

LUPA ALLERGEN REPORT:

APRIL 2021 RECIPES

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1) ANTIPASTI ANALYSIS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Tomato & Basil Soup	X	X	X			X	
Pork & Beef Meatballs	X	X	X	X	X		
Italian Nachos	X	X	X		X		
Chicken Livers	X	X	X	X			
Falkland Calamari	X	X	X		X		
Fresh Saldanha Bay Mussels	X	X					X
Carpaccio Di Manzo	X	X	X	X	X		X
Parma Ham from Davide Vitali							
Port Poached Figs & Gorgonzola Salad			X			X	
Lupa Antipasto Platter	X	X	X				X
Garlic Focaccia	X	X					
Caramelized Onion & Feta Focaccia	X	X					

2) PIZZA ANALYSIS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Margherita	X	X	X				
The Popolare	X	X	X				X
The Amy	X	X	X				
Lindsay	X	X	X				
The Massimo Calzone	X	X	X				
Yoga Bunny	X	X				X	
Spago	X	X	X				
Cajun Chicken	X	X	X				
Meat Lovers	X	X	X				
The Sarah	X	X	X				

3) PASTA ANALYSIS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Loula	X	X	X				
Bolognese	X	X	X	X			X
Gardienera	X	X	X		X		
Lasagne al Forno	X	X	X	X			X
Alfredo	X	X	X				
Penne Con Sugo Di Salsicce	X	X	X	X			X
Penne Oriental	X	X	X				
Lupa	X	X	X			X	X
Gnocchi Fantasia	X	X	X	X	X		X
Porcini Panzerotti	X	X	X		X		
Risotto	X	X	X	-			X
Marinara	X	X	X				

4) SECONDI ANALYSIS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
The Green Burger ; Beyond Meat Patty	X	X				X	X
Chicken Marsala	X	X	X				
Pollo Arrosto			X				
Chargrilled Burger	X	X	X	X	X		X
Balsamic & Avo Fillet	-	-	X	X			X
Mushroom & Parmesan Fillet	X	X	X	X	X		X
Veal Marsala	X	X	X	X			
Pork Ribs (400g)	X	X		X			X
The Lupa Platter	X	X	X	X			X
Hake	X	X	X				X

Falkland Calamari	X	X	X		X		
Sole	X	X	X				X
Kingklip	X	X	X				X
CHOICE OF SIDE DISHES							
Parmesan Fries			X				
Zucchini Fries	X	X	X				
Wood-roasted Vegetables			X				
Green Salad			X				X
Penne with Creamy Parmesan Sauce	X	X	X				X
Wilted Spinach with Butter & Parmesan			X				X

5) DOLCE ANALYSIS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Gelato per Scoop			X				
Nutella Stuffed Crepes	X	X	X		X	X	
Creme Brulee			X		X		
Cremino Al Cioccolato	X	X	X	-	X	X	

DOCUMENT KEY:

EVERYTHING MARKED WITH A "X" IS PRESENT IN THE DISH.

EVERYTHING MARKED WITH A "-" MAY BE PRESENT IN THE DISH.