

# POLPO

## Allergen menu

Our chicken, meat and eggs are free range and our fish is responsibly sourced.

### Cicchetti

Focaccia

(Gluten)

Mixed olives

(Sulphites)

Stuffed fried olives

(Gluten, dairy, soya, eggs, fish, sulphites, garlic)

Truffle & potato croquette

(Gluten, dairy, soya, eggs)

'Nduja arancini

(Gluten, dairy, soya, eggs, pork, garlic)

Sarde in saor

(Gluten, sulphites, tree nuts, fish)

Burrata, cavolo nero & hazelnuts

(Dairy, nuts, tree nuts, garlic)

Olive tapenade crostino

(Gluten, garlic, sulphites)

Chicken liver & sage crostino

(Gluten, dairy, garlic, alcohol, sulphites, soya)

Fig, salami & gorgonzola crostino

(Gluten, dairy, pork)

Grape, goat's curd & pine nut crostino

(Gluten, dairy, tree nuts)

Garlic aioli

(Garlic, sulphites, eggs, mustard, soya)

### Meat

Pork, fennel & chilli meatballs

(Gluten, dairy, eggs, celery, garlic)

Spaghetti & meatballs

(Gluten, dairy, eggs, celery, garlic)

Beef shin pappardelle

(Gluten, dairy, eggs, celery, garlic, alcohol)

Flank steak, mushroom & Parmesan

(Dairy, garlic)

### Fish

Whole sea bass & citrus vinaigrette

(Mustard, garlic, fish)

Fritto misto

(Gluten, molluscs, eggs, shellfish)

Octopus tonnarelli

(Garlic, gluten, molluscs, alcohol, celery, egg)

Chilli garlic prawns & rocket

(Shellfish, garlic, alcohol, dairy)

### Pizzette

Mozzarella, tomato & oregano

(Gluten, dairy)

Mortadella, straciatella & pistachio

(Gluten, dairy, pork, sulphites, nuts)

Soft egg, spinach & Parmesan

(Gluten, dairy, eggs, garlic)

Mushroom, scamorza & thyme

(Gluten, dairy, garlic)

Vegan 'nduja & rocket

(Gluten, capsicum)

### Vegetables

Mixed leaf

(Mustard)

Beetroot, rocket, gorgonzola & walnut

(Sulphites, nuts, tree nuts, dairy, garlic)

Zucchini fries

(Gluten, dairy, soya)

Chickpea, spinach & ricotta balls

(Gluten, dairy, eggs, garlic, soya)

Pumpkin ravioli, sage & walnuts

(Nuts, tree nut, capsicum, gluten)

Roasted potatoes & rosemary

(Garlic)

Hispi cabbage and Parmesan butter

(Dairy, Gluten, garlic)

### Desserts

Affogato

(Dairy, eggs)

Tiramisu

(Gluten, dairy, eggs, alcohol)

Panna cotta & blackberries

(Dairy, pork)

Nutella pizzetta

(Gluten, dairy, nuts, tree nuts)

Flourless chocolate & pear cake

(Dairy, eggs, nuts, tree nuts, alcohol)

Ice creams

(Dairy, eggs)

Gluten free pizzetta base available with any topping.

Gluten free gnocchi available with any pasta sauce.

Allergen menu is available.

Web: polpo.co.uk / Instagram: polpo\_restaurants