

# GLUTEN-FREE

## PICCOLO

**Mixed Olives VG** (139 kcals) 3.90  
Mixed pitted marinated olives.

**Pesto Nuts V** (244 kcals) 2.70  
Basil-pesto-coated broad beans, peanuts and cashews.

## ANTI PASTI

**Burrata** (811 kcals) 8.70  
Whole Pugliese burrata with 24-month-aged Parma ham, pea purée, lemon and mint marinated edamame beans. Served with gluten-free bread and gremolata.

**Tomato Bruschetta V** (468 kcals) 7.20  
Mixed cherry tomatoes, garlic and basil on gluten-free bread, finished with extra virgin olive oil.

## PASTA & RISOTTO

*Our gluten-free rigatoni pasta is made with corn and chickpea flour. They are small, tube-shaped pasta with ridges.*

**Seafood** (881 kcals) 17.70  
Prawns, whole mussels and squid in a crab & chilli sauce. With bottarga.

**Veganesca VG** (726 kcals) 12.20  
A puttanesca-style sauce of olives, capers, tomato, chilli and garlic garnished with toasted mixed nuts and raisins.

**Giardiniera without Spinach Balls V** (976 kcals) 13.30  
Grated courgette, garlic, chilli and cheese.

**Carbonara** (1146 kcals) 13.30  
Eggs, guanciale, cheese and black pepper.

**Risotto ai Funghi V** (701 kcals) 15.90  
Arborio rice with a mix of porcini, shiitake & oyster mushrooms with garlic. Served with a truffle crisp.

**Add: Chicken** (+134 kcals) 3.30

**Truffle Oil** (+10 kcals) 2.00

## SIDES

**Green Beans and Spinach V** (273 kcals) 4.80  
Topped with pine nuts.

**Green Salad** (172 kcals) 4.80  
Finished with Parmigiano-Reggiano shavings and a balsamic dressing.

**Caprese Salad** (272 kcals) 5.30  
Buffalo mozzarella, sliced beef tomatoes, basil and olives, drizzled with extra virgin olive oil.

## SECONDI

**Chicken, Avocado & Pancetta Salad** (1097 kcals) 15.00  
Chicken, pancetta and avocado with green beans, red onion, semi-dried tomatoes, olives and mixed leaves finished with a balsamic dressing and crispy pancetta.

**Minute Steak** (595 kcals) 15.60  
Chargrilled and thinly tenderised minute steak served pink with a green salad topped with Parmigiano-Reggiano shavings.

**Choose from:**

**Garlic Butter** (+247 kcals) 2.30

**Porcini Mushroom Sauce** (+125 kcals) 2.30

**Truffle Butter** (+258 kcals) 2.30

## DESSERTS

**Affogato V** (142 kcals) 5.30  
Vanilla ice cream topped with a shot of hot espresso.

**Add: Frangelico** (+60 kcals) 2.50

**Gelato & Sorbet V**  
2 scoops 5.80 | 3 scoops 6.60

**Choose from:**

**Espresso Coffee** (76 kcals per scoop)

**Chocolate** (125 kcals per scoop)

**Strawberry** (89 kcals per scoop)

**Vanilla** (78 kcals per scoop)

**Raspberry Sorbet** (64 kcals per scoop)

If you have any food allergies or intolerances, please let your server know before ordering.

V Suitable for vegetarians VG Suitable for vegans

V These dishes are made from ingredients that do not contain meat or fish. VG These dishes are not made with any animal products. GF Dishes are made from products which do not contain gluten as an ingredient. However we do not have a dedicated preparation or cooking area for vegetarian, vegan or gluten free food. +Fish dishes may contain small bones. TRG Concessions only use RSPCATM Assured Free Range eggs in our restaurants. We follow good hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item. We advise you speak to a member of staff if you have any food allergies or intolerance. Or visit our interactive site for more details [www.restaurantallergens.com/carluccios](http://www.restaurantallergens.com/carluccios) Adults need around 2000 kcal a day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/-20% variance on published calorie values. For the latest calorie information please visit our website. We accept Visa, MasterCard, Maestro and American Express. All major currencies are accepted. All prices are inclusive of VAT at the current rate. All prices are in pound sterling. We welcome your feedback, please speak to a member of our management team or email us at: [concessions@trgplc.com](mailto:concessions@trgplc.com)

# GLUTEN-FREE BREAKFAST

## SIGNATURE

**Traditional** (from 516 kcals) 11.00

Your choice of eggs with pan-fried smoked pancetta, sautéed mushrooms, slow-roasted tomatoes and toasted gluten-free bread.

**Vegetarian V** (from 641 kcals) 11.00

Your choice of eggs with smashed avocado mixed with tomatoes & red onion, chargrilled courgette, sautéed mushrooms, slow-roasted tomato halves and toasted gluten-free bread.

**Vegan VG** (513 kcals) 11.00

Smashed avocado mixed with tomatoes and red onion, chargrilled courgette, slow-roasted tomato halves and spinach.

## EGGS

**Avocado & Poached Eggs V** (512 kcals) 8.90

Smashed avocado mixed with slow-roasted tomatoes and red onion, with poached eggs on toasted gluten-free bread.

**Add: Pan-Fried Smoked Pancetta** (+112 kcals) 2.30

**Avocado, Smoked Salmon & Poached Eggs** (599 kcals) 11.00

Smashed avocado mixed with slow-roasted tomatoes and red onion, with smoked salmon and poached eggs on toasted gluten-free bread.

**Benedict** (555 kcals) 10.00

Ham with poached eggs and Hollandaise on toasted gluten-free bread.

**Royale** (573 kcals) 10.30

Smoked salmon with poached eggs and Hollandaise on gluten-free bread.

**Florentine** (582 kcals) 8.90

Spinach with poached eggs and Hollandaise on toasted gluten-free bread.

## GO MAGNIFICO!

Add a Mimosa or Bellini to your breakfast for 8.70

## ADDITIONS

**Mushrooms VG** (230 kcals) 2.30

**Smashed Avocado with Red Onion & Tomatoes VG** (97 kcals) 2.30

**Spinach VG** (178 kcals) 2.30

**Pan-Fried Smoked Pancetta** (112 kcals) 2.30

**Smoked Salmon** (84 kcals) 2.30

**Slow-Roasted Tomatoes VG** (35 kcals) 2.30

## COCKTAILS

**Bellini** 8.70

Choose from peach or raspberry.

**Mimosa** 8.70

Prosecco and fresh orange juice.

**Bloody Mary** 8.70

Spiced tomato juice with Ketel One Vodka, garnished with a celery stick.

## FRUIT JUICES & SMOOTHIES

**Fresh Orange** (110 kcals) 3.60

**Fresh Apple** (88 kcals) 3.60

**Pago Cranberry** (110 kcals) 3.60

**Big Tom Spiced Tomato** (45 kcals) 3.60

**Red Berry Smoothie** (130 kcals) 4.80

**Mango Passion Fruit Smoothie** (140 kcals) 4.80

## COFFEE

*Our Milano coffee blend is  
sweet, refined & smooth*

**Espresso/Ristretto** (1 kcal) 2.70

**Double Espresso** (2 kcals) 3.30

**Espresso Macchiato** (4 kcals) 2.70

**Cappuccino** (119 kcals) 3.70

**Caffè Latte** (132 kcals) 3.70

**Flat White** (84 kcals) 3.70

**Americano** (2 kcals) 3.30

**Mocha** (130 kcals) 3.70

**Hot Chocolate** (158 kcals) 3.50

## TEA

**English Breakfast** (1 kcal) 2.70

**English Breakfast Decaf** (1 kcal) 2.70

**Earl Grey** (1 kcal) 2.70

**Camomile** (1 kcal) 2.70

**Green** (1 kcal) 2.70

**Fruit** (1 kcal) 2.70

**Peppermint** (1 kcal) 2.70

*Dairy-free oat, coconut and soya milks are available.*

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