

RAYS ITALIAN KITCHEN ALLERGEN MATRIX - SPRING / SUMMER 2026

While we pay very close attention to cross contamination of allergens in our kitchens we have only a small space and limited equipment to produce menu items meaning we can not 100% say that allergens won't be present in dishes. Please advise the staff of any allergens at all stages of ordering

Our fryers are gluten free, but contain fish - crustaceans - egg - milk not suitable for a plant based diet

House olives
Orange - rosemary - peppers - garlic
Milk - nuts - lupins - sulphites

Tuscan bean dip
Whipped with garlic lemon olive oil
Celery - wheat
Milk - soy - sesame - tree nuts - mustard
Gluten free bread available

Focaccia
Wheat - sulphites

Garlic mozzarella bread
Wheat - milk

Rosemary garlic bread
Wheat

Three garlic butter
Wheat - milk

Rays Italian board
Wheat - milk - sulphites - celery
Soy - sesame - tree nuts - mustard - lupins

ANTIPASTI - all contain garlic

Arancini porcini
Egg - milk - mustard - fish - crustaceans

Tomato bruschetta
Wheat - milk - sulphites
Gluten free bread available

Trio crostini
Wheat - egg - milk - sulphites - fish

Spicy shrimp
Milk - crustaceans - wheat
Gluten free bread available

Caesar salad
Fish - egg - wheat - sulphites - milk - mustard
Gluten free no crostini

IL SECONDO

Chicken Milanese
Fish - egg - mustard - milk

Ragu bolognese
Celery - sulphites - wheat - egg - milk
Pasta cooked in a pan that contains other allergens can be cooked separately

Carbonara
Milk - wheat - sulphites
Mustard - soy
Pasta cooked in a pan that contains other allergens can be cooked separately

Tiger prawn tagliatelle
Milk - wheat - crustaceans - egg
Pasta cooked in a pan that contains other allergens can be cooked separately

Lentil and mushroom ragu
Celery - sulphites - milk
Plant based with no vegetarian parmesan

Rigatoni alla vodka
Wheat - milk
Pasta cooked in a pan that contains other allergens can be cooked separately. Gluten free pasta available

Chicken

Prawns
Crustaceans

Chargrilled vegetables

Goats cheese girasole
Nuts - wheat - milk - egg - celery
Pasta cooked in a pan that contains other allergens can be cooked separately

PIZZA

Gluten free dough available - no allergens but cooked on a tray in the pizza oven

Capricosa
Wheat - egg -milk

Zucchini
Wheat - milk

Chicken arrabbiata
Wheat - milk

Margherita
Milk - wheat

Quatro stagioni
Wheat - milk - sulphites

Prosciutto crudo
Milk - wheat

Pepperoni
Wheat - milk inc in pepperoni

Piedemonte
Milk - sulphites - wheat
Goats cheese not suitable for coeliac but is gluten free

Diavola
Wheat - milk inc pepperoni

CONTORNO

Italian salad
Wheat - mustard - sulphites

Rucola
Milk

Tomato salad
Sulphates

Garlic butter new potatoes
Milk

Italian fries
Milk - fish - crustaceans - egg
Spice mix - sesame - nuts

Truffle fries
Milk - fish - crustaceans - egg

Allergen **Trace**