

LACTOSE FREE

Salad:

Bruschetta
Bruschetta Gamberetti
Insalata Mista Piccola
Insalata Mista della Casa
(without cheese)
Insalata Nicoise

Soup:

Tomato Soup (Without Cheese
and Croutons)

Salad Dressing:

Balsamico
Rocket Mustard
Nicoise
Raspberry & Maple

Pasta:

Aglie e Olio
Arrabbiata
Pomodoro
Gamberetti
Funghi Bolognese
Pollo Piccante
Filetto di Manzo e Rucola
Salsiccia con Fichi
Estiva

All Without Cheese on top.

Dolci:

Lemon Sorbet
Raspberry Sorbet

GLUTEN FREE

Antipasti:

Piatto antipasti without bread
Carpaccio without bread and
without Cipriani sauce.

Salad:

Mista Piccola
Mista della Casa
Reef'n beef salad
Caprese (salad)
Strawberry Spinach Salad
Nicoise
Insalata Cesare without croutons

Soup:

Tomato (without croutons)

Risotto:

Risotto Funghi
Risotto Gamberetti e Pomodoro

Salad Dressing:

Nicoise
Raspberry & Maple

Dolci:

Panna Cotta with/without topping
Crema di Fragola

Ice Cream:

Strawberries & Cream
Green Tea Coconut Fudge
Dark Chocolate
Lemon Sorbet
Raspberry Sorbet

Extra:

Grana Padano
Ricotta Cheese
Chicken
Beef
Prawns
Salmon

VAPIANO®

DIETARY GUIDE

*While all our dishes can be modified to suit most dietary preferences, this is purely a guide to help choosing.
If you have any questions, please ask our Managers.*

VEGETARIAN

Antipasti:

Bruschetta

Salad:

Mista Piccola
Mista della Casa (Without Cheese)
Strawberry Spinach Salad

Soup:

Tomato Soup (Without Cheese)

Salad Dressing:

Balsamico
Rucola
Nicoise
Raspberry & Maple

Pasta:

Arrabbiata
Crema di Funghi
Pomodoro
Aglio e Olio
Funghi Bolognese
Kids Pomodoro

All without cheese on top.

Risotto:

Risotto ai Funghi
(Without Cheese)

Pizza:

Margherita
Verdure
Funghi
Fiorentina (Without anchovies or Grana Padano)
Garlic Pizza Bread
Garlic Pizza Bread with Cheese
Kids Margherita

Dolci:

Death by Chocolate
New York Style Cheesecake
Bacio
Cioccolata Bianca

Ice Cream:

Strawberries & Cream
Green Tea Coconut Fudge
Cookies & Cream
Dark Chocolate
Lemon Sorbet
Raspberry Sorbet

Extra:

Bread
All vegetables
Eggs
The vegetarian cheeses (mozzarella grated, or goat cheese)

VEGAN

Salad:

Bruschetta
Mista Piccola
Mista della Casa (Without Cheese)
Strawberry Spinach Salad
(Without Goat's Cheese)

Salad Dressing:

Balsamico
Nicoise
Raspberry & Maple

Pasta:

Arrabbiata
Pomodoro
Aglio e Olio
Funghi Bolognese
Kids Pomodoro

All without Cheese on top

PREGNANT

Soup:

Tomato Soup

Pasta:

Aglio e Olio
Arrabbiata
Pomodoro
Crema di Funghi (Without wine)

All without decoration

Pizza:

Margherita
Verdure
Funghi
Prosciutto e Funghi
Tropicale

Pizza

Margherita no cheese
Verdure no cheese
Funghi no cheese
Capricciosa with no ham or cheese

Soup:

Tomato Soup (Without cheese and croutons)

Ice Cream:

Lemon Sorbet
Raspberry Sorbet

Dolci:

Panna Cotta
Death by Chocolate
New York Style Cheesecake

Ice Cream:

Green Tea Coconut Fudge
Lemon Sorbet
Raspberry Sorbet