

GLUTEN FREE MENU

Yes, the entire menu is gluten-free!

PIZZA NATURA

At Pizza Natura, food safety is paramount. **We strive to keep all allergen information up to date, ensuring a safe and enjoyable dining experience** for all our customers. **Your health and well-being are our priority!**

SALADS

TROPICAL BURRATA	UNPASTEURIZED CHEESES	NUTS / DAIRY / SULFITES
GREEN CAPRESSE	UNPASTEURIZED CHEESES	NUTS / DAIRY / SULFITES
SPECIAL CESAR SALAD	PASTEURIZED SAUCE / UNPASTEURIZED PADANO CHEES	EGGS / DAIRY / MUSTARD / SULFITES

STARTERS

SHREDDED BEEF TACOS	PASTEURIZED MOZZARELLA CHEESE / PASTEURIZED SAUCE	DAIRY / SULPHITES / CELERY / SESAME TRACES / PEANUT TRACES / TREE NUT TRACES / SOY TRACES
MINCED BEEF TACOS	PASTEURIZED MOZZARELLA CHEESE / PASTEURIZED SAUCE	DAIRY / SULPHITES / CELERY / SESAME TRACES / PEANUT TRACES / TREE NUT TRACES / SOY TRACES
CHICKEN TACOS	PASTEURIZED MOZZARELLA CHEESE / PASTEURIZED SAUCE	DAIRY
HEURA VEGAN TACOS	-	SOY / TRACES OF PEANUT
JACKFRUIT VEGAN TACOS	-	SULPHITES / CELERY / SESAME / PEANUT / TREE NUTS / SOY
SWEET POTATOES	PASTEURIZED SAUCE	SULFITES / DAIRY

PIZZAS

MARGARITA	PASTEURIZED CHEESE MOZZARELLA BASE	DAIRY
NAPOLI	PASTEURIZED MOZZARELLA BASE / UNPASTEURIZED PADANO CHEESE	DAIRY / EGG TRACES
4 CHEESES	PASTEURIZED MOZZARELLA BASE / PASTEURIZED KABRA CHEESE / UNPASTEURIZED BLUE CHEESE / UNPASTEURIZED PADANO CHEESE	DAIRY / EGG
IBERICA	MOZZARELLA CHEESE PASTEURIZED / PADANO CHEESE UNPASTEURIZED	DAIRY / EGG TRACES / TREE NUTS
VEGETARIANISIMA	PASTEURIZED MOZZARELLA BASE	DAIRY
TRUFFLED EGG	PASTEURIZED MOZZARELLA BASE / UNPASTEURIZED PADANO CHEESE	DAIRY / EGG
EGGOCADO	PASTEURIZED MOZZARELLA BASE / UNPASTEURIZED PADANO CHEESE	DAIRY / EGG
CODORNIZZA	PASTEURIZED MOZZARELLA BASE / UNPASTEURIZED PADANO CHEESE	DAIRY / EGG
BURRATA BURST	PASTEURIZED MOZZARELLA BASE / UNPASTEURIZED BURRATA	DAIRY / TREE NUTS
CAPRESSE	PASTEURIZED MOZZARELLA BASE	DAIRY / TREE NUTS
MEXICAN	PASTEURIZED MOZZARELLA BASE	DAIRY / SULPHITES / CELERY / SESAME TRACES / PEANUT TRACES / TREE NUT TRACES / SOY TRACES
CHICKEN BBQ	PASTEURIZED MOZZARELLA BASE	DAIRY / SULPHITES
BBQ BEEF	PASTEURIZED MOZZARELLA BASE	DAIRY / SULPHITES / CELERY / SESAME TRACES / PEANUT TRACES / TREE NUT TRACES / SOY TRACES
DEL CASAR	PASTEURIZED MOZZARELLA BASE / UNPASTEURIZED QUESO DEL CAZAR	DAIRY
PIZZAGNA	PASTEURIZED MOZZARELLA BASE / UNPASTEURIZED PADANO CHEESE / PASTEURIZED BÉCHAMEL SAUCE	CELERY / DAIRY / SULPHITE TRACES / SESAME TRACES / PEANUT TRACES / TREE NUT TRACES / SOY TRACES / EGG TRACES
NATRUFA	PASTEURIZED MOZZARELLA BASE / PADANO CHEESE IS UNPASTEURIZED / PASTEURIZED BÉCHAMEL SAUCE	DAIRY / EGG TRACES
BROCOLISIMA	PASTEURIZED MOZZARELLA BASE / UNPASTEURIZED BLUE CHEESE / PASTEURIZED GOAT CHEESE / PASTEURIZED BÉCHAMEL SAUCE	DAIRY / EGG TRACES
AVOCADO ROQUEFORT	-	NO ALLERGENS
VEGAN CHICKEN BBQ	-	SOY / SULPHITES
VEGAN MEXICAN	-	SULPHITES / CELERY / SESAME TRACES / PEANUT TRACES / TREE NUT TRACES / SOY TRACES
GARDENER	-	TREE NUTS
VEGAN BBQ BEEF	-	SULPHITES / CELERY / SESAME TRACES / PEANUT TRACES / TREE NUT TRACES / SOY TRACES

NATURA DISHES

VEGETARIAN	-	EGGS / SULPHITES
SMOKED CHICKEN	PASTEURIZED AVOCADO CREAM / PASTEURIZED HUMMUS / UNPASTEURIZED POTATOES	EGGS / DAIRY / SULPHITES
SALMON CHIMICHURRI	-	FISH / DAIRY / EGG TRACES / SULPHITES
MEXICAN	PASTEURIZED AVOCADO CREAM	DAIRY / EGG / SULPHITES / CELERY / SESAME / PEANUT TRACES / TREE NUTS / SOY TRACES
EL GRANJERO	-	CELERY / SULPHITES / SESAME TRACES / PEANUT TRACES / TREE NUTS / SOY TRACES / DAIRY
PLANT BASE	-	SOY / SULPHITES / SESAME / TREE NUTS
LASAÑA DE BERENJENA	PASTEURIZED MOZZARELLA AND UNPASTEURIZED GRANA PADANO	DAIRY / SULPHITES / CELERY / SESAME TRACES / PEANUT / TREE NUTS / SOY TRACES / EGG TRACES
ESPAGUETIS DE CALABACIN	PASTEURIZED MOZZARELLA AND UNPASTEURIZED PADANO / PASTEURIZED BÉCHAMEL	DAIRY / SULPHITES / CELERY / SESAME TRACES / PEANUT TRACES / TREE NUTS / SOY TRACES / EGG TRACES

DESSERTS

CHESSECAKE	UNPASTEURIZED	TREE NUTS / EGGS / DAIRY
PASSION MOUSSE	PASTEURIZED	TREE NUTS / DAIRY / SULPHITE TRACES / PEANUT TRACES / EGG TRACES / SOY TRACES
BROWNIE	PASTEURIZED	TREE NUTS / DAIRY / EGG
TIRAMISU	PASTEURIZED	TREE NUTS / EGG / DAIRY
VEGAN QUEEN	-	TREE NUTS / TRACES OF DAIRY
AVOCADO LIME	-	TREE NUTS
NATURELLA	-	TREE NUTS / TRACES OF DAIRY