



ALLERGEN

Information guide



PIZZAS

		WHEAT	BARLEY	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYBEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	WALNUTS
MARGHERITA		X							X						
HAWAII FIVE-0		X							X						
SPICY NDUJA		X							X						
INTO THE WEST		X	X						X						
THE G.O.A.T		X							X	X					X
ALL OUT PEPPERONI		X							X						
RED HOT CHILLI PEPPERS		X							X						
VODKA PI		X							X						
THE ITALIAN STALLION		X							X					X	
HERE COMES TRUFFLE		X							X						
VOCAL VEGAN		X													

NOT PIZZAS

		WHEAT	BARLEY	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYBEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	WALNUTS
FOCCACCIA BREAD		X							X						
DYNAMITE ROCK SHRIMP		X		X	X										
HOMEMADE CHICKEN TENDERS		X							X			X			
CACIO E PEPE ARANCINI		X			X				X			X			
SPICY BUFFALO WINGS			X					X	X						
STICKY BBQ WINGS			X					X							
STICKY HOISIN WINGS		X						X					X		
HANDCUT CHIPS															
WAFFLE CHIPS		X													



CONTAINS INDICATED ALLERGEN

DIPS

		WHEAT	BARLEY	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYBEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	WALNUTS
KETCHUP			X												
GARLIC MAYO					X										
CHIPOTLE					X							X			
BBQ															
FRED UP SRIRACHA SWEET CHILI															
BLUE CHEESE					X				X						
RANCH					X				X						
BUFFALO SAUCE			X					X	X						

DESSERTS

		WHEAT	BARLEY	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYBEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	HAZELNUTS
NUTELLA PIZZA		X						X	X	X					X
WHITE CHOCOLATE CHIP Caramel ICE CREAM		X			X				X						
CHOCOLATE CARAMEL ICE CREAM SANDWICH		X			X				X						
CHOCOLATE CHIP COOKIES		X			X			X	X						
TIRAMISU		X			X				X						



At Fired Up Pizza, all food is prepared in a kitchen where all 14 major allergens are present. While we take every reasonable precaution to minimise the risk of cross-contamination, we cannot guarantee that any menu item is completely free from allergens. Customers with food allergies or intolerances should inform a member of staff before ordering.

Fired Ups Alternative pizza base: Our non-gluten homemade pizza bases are produced using gluten-free ingredients.

NOTE: Prepared in a kitchen where gluten is handled.

Cross-contamination can occur as pizzas are cooked using the same oven

www.firedupizza.ie/allergens/