

Allergen Information – Podere Grotta Antica

Last update: November 2025

At Podere Grotta Antica, everything is prepared with local and genuine ingredients. We understand how important specific dietary needs can be, so we take special care with any allergies or intolerances. Please let us know in advance, so we can welcome you at our best and adapt breakfast, dinner, and aperitifs to your needs.

Allergen	May be found in
Gluten	Bread, cakes, pasta, biscuits, baked goods
Milk and dairy products	Cheese, butter, yogurt, desserts
Eggs	Cakes, fresh pasta, sauces
Nuts	Walnuts, almonds, hazelnuts, biscuits
Soy	Some processed foods
Fish	Only in some daily dishes
Celery	Soups and basic recipes
Mustard	Dressings and sauces
Sesame seeds	Bread and handmade breadsticks
Sulphur dioxide and sulphites	Wines and some preserved foods
Lupin	Rarely, in some packaged products
Molluscs and crustaceans	Not used in our kitchen

Despite all our care, traces of allergens may occur due to cross-contamination in a home-style kitchen. For severe allergies or specific dietary requirements, please contact Alessio directly: WhatsApp +3514232376.

Thank you for your understanding and enjoy your stay at Podere Grotta Antica!