



Hong Kong Saizeriya's menu items and ingredients may change based on seasonal availability, supplier changes, or recipe updates. Therefore, please use this list solely as a reference. If you have specific allergy-related concerns, please consult medical specialists and make decisions at your responsibility.

*As tableware and cooking utensils are shared at restaurants, there is a possibility of minuscule allergen contamination.

*Sensitivity to allergens varies greatly between individuals. It also significantly changes depending on health conditions.



Allergen List

Updated date: 17/8/2026

Class	Menu Name	Gluten	Crustacea	Egg	Fish	Peanuts, Soybean	Milk	Tree nuts	Sulphite
Salad	Northern Shrimp Salad	●	●	●		●			
Salad	Smoked Salmon Salad	●		●	●	●			
Salad	Pineapple Mixed Vegetables Salad (Double topping)	●		●		●			
Salad	Seaweed Salad (Double topping)	●		●		●			
Salad	Mortadella Salad	●		●		●		●	
Salad	Garden Salad (Saizeriya Salad Dressing) (Lunch Menu Exclusive)	●		●		●	●		
Soup	Creamy Mushroom Soup	●			●	●	●		
Soup	Cream Corn Soup						●		
Soup	Minestrone Vegetable Soup					●			
Soup	Seafood Chowder	●	●		●	●	●		
Cold Starter	Pesto Smoked Salmon with Broccoli	●		●	●	●	●	●	
Cold Starter	Chilled Shrimp Platter		●						
Cold Starter	Buffalo Mozzarella Cheese with Tomato						●		
Cold Starter	Mortadella (4pcs.) with Focaccia	●				●		●	
Cold Starter	Mortadella (4pcs.) with Rosemary Focaccia	●				●		●	
Cold Starter	Prosciutto Crudo (2 pcs.) and Focaccia	●				●			
Cold Starter	Prosciutto Crudo (2 pcs.) and Rosemary Focaccia	●				●			
Cold Starter	Prosciutto Crudo (4pcs)								
Cold Starter	Seaweed								
Appetizer	Grilled Chicken Wings (4pcs.)	●		●		●			
Appetizer	Escargots with Herb Butter	●		●		●	●		
Appetizer	Grilled Lamb Skewers (2 Skewers)								
Appetizer	Golden Crispy Chicken	●					●		
Appetizer	Gourmet Sausages	●		●		●	●		
Appetizer	Cheese and Bacon Potatoes	●				●	●		
Appetizer	Baked Diced Potatoes	●				●			
Appetizer	Baked King Oyster Mushrooms	●		●			●		
Appetizer	Grilled Squid with Garlic Sauce				●	●			●
Appetizer	Cream Sauce Sauteed Mussels						●		
Appetizer	Crispy Calamari	●		●		●	●		
Appetizer	Popcorn Shrimp	●	●	●		●	●		
Appetizer	Black Pepper Sauteed Clam								
Appetizer	Sauteed Spinach with Bacon								
Appetizer	Sauteed Garlic Broccoli with Mushrooms					●			
Appetizer	Baked Spinach with White Sauce			●			●		
Appetizer	Frittata with Eggplant & Bacon	●		●		●	●		
Baked Dish	Meat Doria with a Soft-boiled Egg	●		●		●	●		
Baked Dish	Meat Doria	●		●		●	●		
Baked Dish	Scallop Smoked Salmon Doria	●		●	●	●	●		
Baked Dish	Chicken Doria	●		●		●	●		●
Baked Dish	Penne with Scallop and Shrimp	●	●				●		
Baked Dish	Penne with Chicken	●				●	●		●
Baked Dish	Baked Spaghetti Bolognese with chicken (Lunch Menu Exclusive)	●				●	●		

Class	Menu Name	Gluten	Crustacea	Egg	Fish	Peanuts, Soybean	Milk	Tree nuts	Sulphite
Pizza	Pizza with Triple Buffalo Mozzarella Cheese	●				●	●		
Pizza	Pizza "MARGHERITA"	●				●	●		
Pizza	Pizza with Bacon & Pineapple	●				●	●		
Pizza	Pizza with Mushrooms and Bacon	●				●	●		
Pizza	Spicy Salami Pizza	●				●	●	●	
Pizza	Pizza with Sweet Corn and White Sauce	●				●	●		
Pizza	White Sauce Pizza with Sausage and Spinach	●		●		●	●		
Pizza	White Sauce Pizza with Mortadella	●				●	●	●	
Pizza	Salami Pizza (Lunch Menu Exclusive)	●				●	●		
Pasta	Spaghetti with "TARAKO" Sauce	●	●		●	●	●		
Pasta	Spaghetti with "TARAKO" Sauce and Northern Shrimp	●	●		●	●	●		
Pasta	Spaghetti with Smoked Salmon & Spinach	●		●	●		●		
Pasta	Pesto Spaghetti with Shrimp & Broccoli	●	●	●	●	●	●	●	
Pasta	Spaghetti "Nero DI SEPPIA"	●	●		●	●			
Pasta	Spaghetti "Nero DI SEPPIA" with Northern Shrimp	●	●		●	●			
Pasta	Spaghetti with Black Pepper Shredded Beef and Broccoli	●				●			●
Pasta	Spaghetti "VONGOLE" with Mussels	●				●			
Pasta	Spaghetti "CARBONARA"	●		●			●		
Pasta	Spaghetti with Black Truffle Sauce	●		●			●		●
Pasta	Spaghetti with Black Truffle Sauce and a Soft-boiled Egg	●		●			●		●
Pasta	Spaghetti "PEPERONCINO" with A-Choy	●				●			
Pasta	Spaghetti Bolognese	●		●		●	●		
Pasta	Spaghetti Bolognese with Soft-boiled Egg	●		●		●	●		
Pasta	Spaghetti with White Bolognese & Eggplant	●		●		●	●		●
Pasta	Spaghetti with Tomato & Bacon	●		●		●	●		
Pasta	Spaghetti "ARRABBIATA" with Sausage & Eggplant	●		●		●			
Pasta	Tomato Spaghetti "VONGOLE" with Mixed Vegetables (Lunch Menu Exclusive)	●				●			
Pasta	Creamy Peperoncino Spaghetti with Mushrooms and Chicken (Lunch Menu Exclusive)	●				●	●		
Pasta	Spaghetti Pescatore (Lunch Menu Exclusive)	●				●			
Grill	Grilled Lamb Rack (3pc.)	●				●	●		
Grill	Grilled Lamb Rack (2pc.)	●				●	●		
Grill	Baked Pork Ribs with Barbecue Sauce	●				●			
Grill	Grilled Salmon Fillet	●			●	●	●		
Grill	Salmon Fillet with Cheesy White Sauce	●			●	●	●		
Grill	Acqua Pazza				●				●
Grill	Grilled Chicken with Vegetables Salsa and Gourmet Sausages	●			●	●	●		●
Grill	Grilled Chicken with Vegetable Salsa	●			●	●	●		●
Grill	Black Pepper Sauce Chicken Steak	●				●	●		●
Grill	Hamburg Steak and Gourmet Sausage with Black Pepper Sauce	●		●		●	●	●	●
Grill	Hamburg Steak with Vegetable Salsa	●		●	●	●	●	●	●
Grill	Black Pepper Sauce Hamburg Steak	●		●		●	●	●	●

Class	Menu Name	Gluten	Crustacea	Egg	Fish	Peanuts, Soybean	Milk	Tree nuts	Sulphite
Grill	Hamburg Steak with Golden Crispy Chicken & Gourmet Sausage with Black Pepper Sauce (Lunch Menu Exclusive)	●		●		●	●	●	●
Dessert	Ice Tiramisu	●		●		●	●		
Dessert	Meringue Cake	●		●		●	●		
Dessert	Italian Custard Gelato	●		●		●	●		
Dessert	Italian Custard Pudding			●			●		
Dessert	Chocolate & Milk Ice-cream (MILK TOP) (Double Scoops)						●		
Dessert	Milk Ice-cream (MILK TOP) with Italian Custard Pudding			●			●		
Dessert	Panna Cotta with Raspberry Sauce						●		
Dessert	Earl Grey Cheesecake	●		●		●	●		
Dessert	Belgian Chocolate Mille Crepe Cake	●		●		●	●		
Wine	White Wine (Glass)								●
Wine	Red Wine (Glass)								●
Wine	Sparkling Rose Wine (Glass)								●
Wine	White Wine (Decanter)								●
Wine	Red Wine (Decanter)								●
Wine	Sparkling Rose Wine (Decanter)								●
Wine	Cliternia Vinobianco White Wine (Bottle)								●
Wine	Cliternia Vinorosso Red Wine (Bottle)								●
Wine	Lambrusco Sparkling Rose Wine (Bottle)								●
Wine	Falceri Moscato Dolce (Bottle)								●
Wine	Raffaello Chianti Bellini (Fiasco)								●
Wine	Asahi Beer (330ml)	●							
Others	Focaccia	●				●			
Others	Rosemary Focaccia	●				●			
Others	Garlic Baguette	●				●			
Others	Rice	●							
Others	Soft-Boiled Egg			●					
Others	Grated cheese			●			●		
Others	Ketchup (pack)								
Others	Italian Chili Sauce								
Others	Pesto Sauce (Add-on Item)	●		●	●	●	●	●	