

COCO
DI MAMA

ITALIAN TO GO

Stores & Catering Allergen Guide



Disclaimers



Disclaimers

This guide has been developed to help you make a safe and informed choice about our food but if you have any concerns, please talk to a member of staff, click on Contact Us on our website, or email ciao@cocodimama.co.uk

Please take some time to read the important information at the front of the guide and please tell us about your allergy before ordering. Please also remember to check this guide every time as our dish descriptions don't always mention every single ingredient and recipes do change from time to time.

DELIVERY

For Delivery Orders, including Catering, we can't currently cater for allergies or specific dietary requirements. Please come and visit one of our kitchens in person.

This allergen guide covers the 14 allergens specified by the EU Food Information Regulations*. It lists what allergenic ingredients are contained in each of our dishes and shows which are suitable for vegan and vegetarian diets.

We also include 'may contain' warnings from our suppliers**. (This is where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contact may still be a risk). However, please bear in mind that our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that any of our dishes will be allergen free.

Disclaimers

Please note our non-gluten pasta is always cooked separately to order. However, none of our pasta dishes are gluten free so they may not be suitable for coeliacs.

Allergens contained within our condiments & extra toppings are not included in dish information. Please check these separately as these may alter the suitability of your dish.

Our vegan dishes are made with care to a vegan recipe. However, due to cross contact at our suppliers and in our busy kitchens, these dishes are not necessarily suitable for those with allergies.

* in accordance with the EU Food Information Regulations only cashew nuts, almonds, hazelnuts, walnuts, brazil nuts, pistachio nuts, macadamia nuts and pecan nuts are covered under the “nuts” column on our allergen guide therefore ingredients such as pine nuts (pine kernels) or chestnuts are not covered.

**where a dish contains a species of cereals containing gluten or tree nuts, please note additional species may contains are not covered.

Please bear in mind that due to the seriousness of allergies and food intolerances, our teams will not be able to help select dishes. We recognise that some people want to avoid many other food ingredients and so full ingredients for some of our dishes and dish components, such as sauces, are available at the back of this guide. If you are unable to find a dish suitable for your dietary requirements, we advise you not to order. However, as you know more about your allergy than we do, we will leave it up to you if you want to proceed.

Alternatively, if you let our head office know your dietary requirements in advance of your visit they will try to help you with your dish choices. Drop us a note on ciao@cocodimama.co.uk

FAQs



Which are the 14 allergens covered within your allergen guide?

Celery, cereals containing gluten, crustaceans, egg, fish, lupin, milk, molluscs, mustard, peanuts, sesame, soya, sulphites and tree nuts.

Can you guarantee my food will be allergen free?

No, we can't guarantee that any of the dishes on our menu will be allergen free as our kitchens are busy places where we handle numerous ingredients and allergens. In addition, some of our ingredients come from suppliers who put 'may contain' warnings on their products. This is where the manufacturer believes that traces of allergens may be present.

Do you pass on supplier 'May Contain' warnings?

Yes, we do. Supplier may contain warnings are highlighted with an asterisk*. However, please bear in mind that our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that any of our dishes will be allergen free. Please note, where a dish contains a species of cereals containing gluten or tree nuts, additional species may contain are not covered.

How can a dish be labelled vegan if it may contain milk, eggs, crustaceans, fish or molluscs?

Vegan food can be prepared in factories and areas where products of animal origin may be present. This could mean that some vegan food products could unintentionally contain allergens. You can read more about this on the Food Standards Agency website <https://www.food.gov.uk/safety-hygiene/vegan-food-and-allergens>.

How can a dish be labelled Non Gluten if it may contain cereals containing gluten?

Our Non Gluten dishes are recipes that do not intentionally contain gluten. Some of these recipes therefore have manufacturer's may contain warnings for gluten and there is also the risk of cross-contact in our busy kitchens. For these reasons, we do not label these dishes as gluten free so they may not be suitable for coeliacs.

Are you able to alter dishes to make it safe for my allergy?

As part of our allergen policy, we are unable to make modifications to dishes to remove allergens. Sometimes the allergen is hidden in ingredients such as stocks and sauces. Please use the allergen table to choose a dish that is suitable for you. However, you are welcome to remove ingredients or add suitable ingredients to dishes that don't contain the allergen you are trying to avoid.

How will I know that the dish served to me is suitable for my allergy?

Provided you make us aware of your allergy, we will take extra care preparing your dish. For non-gluten requirements, look out for the 'Non Gluten' sticker on pasta pots.

I'm allergic to dairy, can I use the vegan menu?

Our vegan dishes are made with care to a vegan recipe. However, due to cross-contact at our suppliers and in our busy kitchens, these dishes are not necessarily suitable for those with allergies. Please refer to the allergen tables.

I have a nut allergy. Which nuts are covered in the allergen guide?

In accordance with the EU Food Information Regulations only cashew nuts, almonds, hazelnuts, walnuts, brazil nuts, pistachio nuts, macadamia nuts and pecan nuts are covered under the "nuts" column on our allergen guide. Therefore ingredients such as pine nuts (pine kernels) or chestnuts are not covered.

I am Coeliac, what can I eat?

None of our dishes are gluten free but our pastas can be made with our non gluten containing fusilli. Please use the guide to find other items that do not intentionally contain gluten.

Is your non-gluten pasta cooked separately?

Yes, our non-gluten containing fusilli is cooked separately to order.

Which cheeses are pasteurised?

Please check the back of this allergen guide for a list of pasteurised cheeses'.

Allergens



Information about Allergen Guides

This allergen guide covers the 14 allergens specified by the EU Food Information Regulations. It lists what allergenic ingredients are contained in each of our dishes and shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers.

* a black asterisk means that the dish 'may contain' the specified allergen. (This is where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contact may still be a risk). However, please bear in mind that our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that any of our dishes will be allergen free.

Where a dish contains a species of cereals containing gluten or tree nuts, please note additional species may contains are not covered.

Hot Breakfast Baguettes

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Crispy Bacon on white				Yes: Barley, Rye, Wheat		*			*				*	*		*	
Crispy Bacon & Sausage on white				Yes: Barley, Rye, Wheat		*			*				*	*		*	
Pork and Sage Sausage on white				Yes: Barley, Rye, Wheat		*			*				*	*		*	
Vegan Bacon on white	Yes	Yes		Yes: Barley, Rye, Wheat		*			*				*	Yes		*	
Pork & Sage Sausage on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat		*			*				Yes	*		*	
Vegan Bacon on Multigrain Sourdough	Yes			Yes: Barley, Oats, Rye, Wheat		*			*				Yes	Yes		*	

Hot Breakfast Baguettes, Pastries & Porridge

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Bacon & Sausage on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat		*			*				Yes	*		*	
Crispy Bacon on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat		*			*				Yes	*		*	
Raspberry Croissant (VE)	Yes	Yes		Yes: Spelt, Wheat		*			*				*	*		*	
Pan Au Chocolat	Yes			Yes: Wheat		Yes			Yes				*	Yes		*	
Pan Aux Raisins	Yes			Yes: Wheat		Yes			Yes					*		*	
Almond Croissant	Yes			Yes: Wheat		*			*				*	*			Yes: Almonds
Butter Croissant	Yes			Yes: Wheat		Yes			Yes				*	*		*	

Porridge, Yoghurt & Overnight Oats

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Superfood Peanut Porridge	Yes			Yes: Oats					Yes			Yes			*	*	
Naked Porridge	Yes			Yes: Oats					Yes								
Naked Oat GF Porridge	Yes	Yes		Yes: Oats													
Coco's Classic oat drink GF Porridge	Yes			Yes: Oats													
Superfood Peanut Oat GF Porridge	Yes	Yes		Yes: Oats								Yes			*	*	
Big Boy Bircher	Yes			Yes: Oats					Yes						*	Yes: Almonds	
Compote Yoghurt	Yes			Yes: Oats					Yes							Yes: Almonds	
Banana, Honey & Granola Yoghurt	Yes			Yes: Oats					Yes							Yes: Almonds	

Extra Sauce, Extras & Hot List

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Extra Pork & Nduja			Yes	*	*	*	*		*		*		*	*	Yes		
12hr Beef Ragu - Extra			Yes	*	*	*	*		*		*		*	*	Yes		
Add Focaccia Croutons	Yes	Yes		Yes: Wheat							*			Yes		*	
Add torn Mozzarella (V)	Yes								Yes								
Add Pesto (VE)	Yes	Yes															
Pulled Beef Mac & Cheese			Yes	Yes: Wheat	*	*	*		Yes		*		*	*	Yes		
Cacio e Pepe Gnocchi (V)	Yes			Yes: Wheat					Yes					*			
Nduja Mac & Cheese				Yes: Wheat			*		Yes		*			*		*	

Hot List, Lasagne & Pasta

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pancetta e Pesto Mac & Cheese				Yes: Wheat					Yes		*			*			
Slow cooked 3-Beef Lasagne			Yes	Yes: Wheat					Yes					*	Yes		
Classic Bolognese			Yes												Yes		
Extra Classic Bolognese			Yes												Yes		
Midi Meatballs Sugo JAN 24																	
Extra Meatballs																	
Pork and Nduja			Yes	*	*	*	*		*		*		*	*	Yes		
Pancetta Gorgonzola Carbonara			*	*	*	*	*		Yes		*		*	*	*		

Pasta Toppings, Pasta Types & Pinsa

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Vegan Cheese Topping	Yes	Yes		Yes: Oats													
Add Crispy Pancetta																	
Gluten Free	Yes	Yes				*								*			
Frozen Wholewheat	Yes	Yes		Yes: Wheat		*								*			
Frozen Rigatoni	Yes	Yes		Yes: Wheat		*					*			*			
Superstraccia, Roquito & Olive Pinsa (VE)	Yes			Yes: Wheat		*			*		*		*	Yes			
Pesto & Sundried Tomato Pinsa (V)	Yes			Yes: Wheat		*			Yes		*		*	*			
Fiery Nduja, Salami & Chilli Honey Pinsa				Yes: Wheat		*	*		Yes		*		*	*		*	

Pinsa, Salad Dressings & Salads

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Cotto Ham, Mushroom & Mascarpone Pinsa				Yes: Wheat		*			Yes		*		*	*			
Pesto Yoghurt Dressing	Yes								Yes								
Balsamic & Olive Oil Dressing	Yes	Yes													Yes		
Coco's Italian Dressing	Yes		*	*	*	*	*		*		Yes		*	*	Yes		
Caesar Dressing Pot						Yes	Yes		Yes				*				
Super Salmon Balance Bowl			*			Yes	Yes				Yes	*	*		Yes	*	
Pesto Pollo Pasta Fit Bowl			*	Yes: Wheat		*			Yes		*			*			
Pulled Lemon Chicken Balance Bowl			*	Yes: Wheat	*	*	*		*		Yes		*	*	Yes		

Salads & Sandwiches

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Antipasti Balance Bowl (VE)	Yes			Yes: Wheat							*			*			
Kale, Caesar! Salad			*	Yes: Wheat		Yes	Yes		Yes		*		*	Yes		*	
Steak Tagliata Salad			*	Yes: Wheat		*	*		Yes	*	*		*	Yes	Yes	*	
Creamy Chicken & Butter Bean Pesto Salad									Yes						Yes		
Salmon, Avocado & Pesto Seeded Roll				Yes: Wheat			Yes		Yes				*	*		*	
Chicken Pesto Seeded Roll				Yes: Wheat					Yes				*	*		*	
Salami & Mozzarella Toasted Panini			*	Yes: Wheat		*	*		Yes		*			*		*	
Steak Tagliata Signature Ciabatta			*	Yes: Wheat		*	*		Yes	*	*		*	*	Yes	*	

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Sandwiches



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Mighty Muffaletta Signature Ciabatta				Yes: Wheat					Yes				*	*		*	
Caprese on Multigrain Sourdough Baguette	Yes			Yes: Barley, Oats, Rye, Wheat		Yes			Yes				Yes	*		*	
Prosciutto & Mozzarella on Sourdough Multigrain Baguette				Yes: Barley, Oats, Rye, Wheat		Yes			Yes				Yes	*		*	
Spicy Milanese & Mozzarella on Sourdough Baguette				Yes: Barley, Rye, Wheat		Yes			Yes				*	*		*	
Chicken Caesar & Bacon Baguette				Yes: Barley, Rye, Wheat		Yes	Yes		Yes				*	*		*	
Hot Meatball Ciabatta				Yes: Wheat					Yes				*	*		*	
Spicy Chicken Nduja Club				Yes: Wheat			*		Yes		Yes		*	*	Yes	*	

Sides, Soups, Toasted Sandwiches & Cakes

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Three Cheese Mac & Cheese Bites (V)	Yes			Yes: Wheat					Yes		*			*			
Lasagne Soup			Yes	Yes: Wheat					Yes								
Pasta E Fagioli	Yes	Yes	Yes	Yes: Wheat	*	*	*		*		*			*	Yes		
Salami & Mozzarella Toasted Panini			*	Yes: Wheat		*	*		Yes		*			*		*	
Pesto & Mozzarella Toasted Panini (V)	Yes		*	Yes: Wheat		*	*		Yes		*			*		*	
Tiramisu (V)	Yes			Yes: Wheat		Yes			Yes					*		*	
Triple Choc Chunk Cookie	Yes			Yes: Wheat		Yes			Yes					Yes		*	
White Choc Bombo Trio	Yes			Yes: Wheat		Yes			Yes					Yes		*	

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Cakes & Bakes



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Biscoff Bombo Trio	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Espresso Caramel Brownie (V)	Yes			*		Yes			Yes			*	*	Yes	*	*	
Sticky Toffee Biscoff Slice (VE)	Yes	Yes		Yes: Wheat		*			*			*	*	Yes	*	*	
Blueberry Cream Muffin (V)	Yes			Yes: Wheat		Yes			Yes					*	*		
White Chocolate Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Mini Biscoff Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Surprisingly Super Flapjack (VE)	Yes	Yes		Yes: Oats		*			*					Yes		Yes: Pecans	
Vegan Chocolate Banana Bread	Yes	Yes		Yes: Wheat		*			*			*	*	Yes	*	*	

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Fruit, Salads & Sides



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Very Berry Fruit Pot	Yes	Yes															
Cheeky Caprese Side Salad (V)	Yes		*	*	*	*	*		Yes		Yes		*	*	Yes		
Rosemary & Sea Salt Focaccia Slice (VE)	Yes	Yes		Yes: Wheat		*			*					*			
Truffle Hash Bites (V)	Yes								Yes								
Garlic Mayo (VE)	Yes	Yes															
Herby Hash Bites (V)	Yes								Yes								
Cheesy Garlic Bread (V)	Yes			Yes: Wheat		*			Yes				*	*		*	
Bread & Butter	Yes			Yes: Wheat		*			Yes				*			*	

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Sides & Snacks



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Rosemary Garlic Bread (VE)	Yes	Yes		Yes: Wheat		*			*				*	*		*	
Rosemary & Sea Salt Fries (VE)	Yes	Yes															
HIP - salted pretzel	Yes	Yes		Yes: Barley, Oats, Wheat		*			*			*	*	*		*	
HIP - plain choc	Yes	Yes		Yes: Oats					*			*		*		*	
Fennel Tarralini	Yes	Yes		Yes: Wheat									*	*			
Pip & Nut Peanut Butter Cup	Yes								Yes			Yes		Yes		*	
Gianduiotti chocolate	Yes								Yes					Yes		Yes: Hazelnuts	

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Snacks



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Crosta & Mollica Tarralini - Multigrain	Yes	Yes		Yes: Barley, Oats, Rye, Spelt, Wheat									Yes	Yes			
Pipers Seasalt Crisps	Yes	Yes															
Pipers Cheddar and Onion Crisps	Yes								Yes								
Pipers Chorizo Crisps									Yes								
Pipers Crisps - Salt & Vinegar	Yes								Yes								
Propercorn - Sweet & Salty	Yes	Yes							*								
Forest Feast Salted Dark Choc Cashews (VE)	Yes	Yes							*			*	*	Yes		Yes: Cashews	
Forest Feast Salted Choc Almonds (VE)	Yes	Yes		*					*			*	*	Yes		Yes: Almonds	

Snacks, Sweet Stuff, Hot List, Lasagne & Platter

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Forest Feast Choco Corn (VE)	Yes	Yes		*					*		*	*	*	*	*	Yes: Almonds	
Dark Choc Chunk Cookie (V)	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Spinach & Ricotta Cannelloni (V)	Yes			Yes: Wheat					Yes		*			*			
Spicy Pollo Lasagne (Individual portion)			*	Yes: Wheat	*	*	*		Yes		*		*	*	Yes		
Sweet Treats Platter (V)	Yes			Yes: Oats, Wheat		Yes			Yes			*	*	Yes	*	Yes: Almonds, Pecans, Pistachio Nuts	
Vegan Pastry & Yoghurt Platter (VE)	Yes	Yes		Yes: Oats, Spelt, Wheat		*			*			*	*	Yes	*	*	
Fruit Platter (VE)	Yes	Yes	*								*				*		
Three Cheese Mac & Cheese Bite Platter (V)	Yes			Yes: Wheat			*		Yes		*			*		*	

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Platter



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Crackin' Cookie Platter (V)	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Pesto Butter Bean Platter (V)	Yes		*						Yes		*				Yes		
Coco Snack Box (V)	Yes	Yes															Please see individual packaging for allergen information.
Coco Crisps Box (V)	Yes	Yes															Please see individual packaging for allergen information.
Hot Breakfast Vegan Bacon Baguette Platter (VE) - version	Yes	Yes		Yes: Barley, Rye, Wheat		*			*				*	Yes		*	
Kale Caesar! Salad Platter			*	Yes: Wheat		Yes	Yes		Yes		*		*	Yes		*	
Coco's Signature Sandwich Platter			*	Yes: Wheat		*	Yes		Yes	*	*		*	Yes	Yes	*	

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Platter



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Sicilian Ciabatta Sandwich Platter (VE)	Yes	Yes		Yes: Wheat					*				*	Yes		*	
Ultimate Veggie Sandwich Platter	Yes			Yes: Barley, Oats, Rye, Wheat		Yes			Yes				Yes	Yes		*	
Ultimate Sandwich Platter				Yes: Barley, Oats, Rye, Wheat		Yes			Yes				Yes	Yes		*	
Spicy Pollo Lasagne Platter			*	Yes: Wheat	*	*	*		Yes		*		*	*	Yes		
Three Beef Lasagne Platter			Yes	Yes: Wheat					Yes					*	Yes		
Pulled Beef Mac & Cheese Platter			Yes	Yes: Wheat	*	*	*		Yes		*		*	*	Yes		
Antipasti Balance Platter (VE)	Yes			Yes: Wheat							*			*			
Cacio e Pepe Gnocchi Platter (V)	Yes			Yes: Wheat					Yes					*			

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Platter



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Garlic Bread Platter	Yes			Yes: Wheat		*			Yes				*	*		*	
Pastry Platter (V)	Yes			Yes: Wheat		Yes			Yes				*	Yes		Yes: Almonds	
Side Salad Platter (V)	Yes								Yes						Yes		
Overnight Oats Platter (VE)	Yes			Yes: Oats					Yes						*	Yes: Almonds	
Mega Bomboloni Party	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Focaccia Bag (VE)	Yes	Yes		Yes: Wheat							*			Yes		*	
Vegan Bacon Baguette Platter (VE)	Yes	Yes		Yes: Barley, Rye, Wheat		*			*				*	Yes		*	
Classic Baguette Platter				Yes: Barley, Oats, Rye, Wheat		Yes	Yes		Yes				Yes	*		*	

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Platter, Sides, Coffee & Teas

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Sausage Baguette Platter				Yes: Barley, Rye, Wheat		*			Yes				*	*		*	
Bacon Baguette Platter				Yes: Barley, Rye, Wheat		*			Yes				*	*		*	
Bacon & Sausage Baguette Platter				Yes: Barley, Rye, Wheat		*			Yes				*	*		*	
Yoghurt Platter (V)	Yes			Yes: Oats					Yes							Yes: Almonds	
Super Salmon Balance Platter			*			Yes	Yes				Yes	*	*		Yes	*	
Pesto Pollo Pasta Platter			*	Yes: Wheat		*			Yes		*			*			
Pumpkin Mac & Cheese Bites (V)	Yes			Yes: Wheat					Yes		Yes						
Pistachio & Chocolate Iced Latte - coconut drink	Yes								Yes					Yes		Yes: Pistachio Nuts	

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Coffee & Teas



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pistachio & Chocolate Iced Latte - almond drink	Yes								Yes					Yes		Yes: Almonds, Pistachio Nuts	
Pistachio & Chocolate Iced Latte - skimmed milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Pistachio & Chocolate Iced Latte - oat drink	Yes			Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	
Pistachio & Chocolate Iced Latte - soya drink	Yes								Yes					Yes		Yes: Pistachio Nuts	
Hazelnut Iced Mocha - soya drink	Yes								Yes					Yes		*	
Hazelnut Iced Mocha - oat drink	Yes			Yes: Oats					Yes					Yes		*	
Hazelnut Iced Mocha - almond drink	Yes								Yes					Yes		Yes: Almonds	
Hazelnut Iced Mocha - skimmed milk	Yes								Yes					Yes		*	

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Cold Drinks



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Iced Latte almond drink	Yes	Yes														Yes: Almonds	
White Choc & Hazelnut Iced Latte - soya drink	Yes								Yes					Yes		*	
White Choc & Hazelnut Iced Latte - almond drink	Yes								Yes					Yes		Yes: Almonds	
White Choc & Hazelnut Iced Latte - skimmed milk	Yes								Yes					Yes		*	
White Choc & Hazelnut Iced Latte - oat drink	Yes			Yes: Oats					Yes					Yes		*	
Pistachio Iced Latte - almond drink	Yes								Yes					Yes		Yes: Almonds, Pistachio Nuts	
Pistachio Iced Latte - soya drink	Yes								Yes					Yes		Yes: Pistachio Nuts	
Pistachio Iced Latte - oat drink	Yes			Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	

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Cold Drinks



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pistachio Iced Latte - skimmed milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Pistachio Iced Latte - oat drink	Yes			Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	
White Chocolate & Hazelnut Latte	Yes								Yes					Yes		*	
Pistachio Iced Latte - whole milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Passionfruit & Lemon Iced Tea	Yes	Yes															
Iced Americano	Yes	Yes															
Iced Latte Whole Milk	Yes								Yes								
White Choc & Hazelnut Iced Latte - coconut drink	Yes								Yes					Yes		*	

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Hot Drinks



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pistachio Iced Latte - coconut drink	Yes								Yes					Yes		Yes: Pistachio Nuts	
White Choc & Hazelnut Latte - soya drink	Yes								Yes					Yes		*	
White Choc & Hazelnut Latte - almond drink	Yes								Yes					Yes		Yes: Almonds	
White Choc & Hazelnut Latte - skimmed milk	Yes								Yes					Yes		*	
White Choc & Hazelnut Latte - oat drink	Yes			Yes: Oats					Yes					Yes		*	
Pistachio Latte - almond drink	Yes								Yes					Yes		Yes: Almonds, Pistachio Nuts	
Pistachio Latte - soya drink	Yes								Yes					Yes		Yes: Pistachio Nuts	
Pistachio Latte - oat drink	Yes			Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	

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Hot Drinks



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Macchiato Whole Milk	Yes								Yes								
Cappuccino almond drink	Yes	Yes														Yes: Almonds	
Latte almond drink	Yes	Yes														Yes: Almonds	
Flat White almond drink	Yes	Yes														Yes: Almonds	
White Choc & Hazelnut Latte - coconut drink	Yes								Yes					Yes		*	
Pistachio Latte - coconut drink	Yes								Yes					Yes		Yes: Pistachio Nuts	
Cortardo almond drink	Yes	Yes														Yes: Almonds	
Mocha almond drink	Yes								*					Yes		Yes: Almonds	

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Hot Drinks



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Macchiato oat drink	Yes	Yes		Yes: Oats													
Cappuccino oat drink	Yes	Yes		Yes: Oats													
Mocha oat drink	Yes			Yes: Oats					*								
Latte oat drink	Yes	Yes		Yes: Oats													
Flat White oat drink	Yes	Yes		Yes: Oats													
Americano	Yes	Yes															
Hot Chocolate Whole Milk	Yes								Yes								
Splash of coconut drink	Yes	Yes												Yes			

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Hot Drinks



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Splash of soya drink	Yes	Yes												Yes			
Splash of oat drink	Yes	Yes		Yes: Oats													
Splash of Skimmed Milk	Yes								Yes								
Splash of Whole Milk	Yes								Yes								
Hot Chocolate coconut drink	Yes	Yes												Yes		*	
Piccolo coconut drink	Yes	Yes												Yes			
Cortado coconut drink	Yes	Yes												Yes			
Macchiato coconut drink	Yes	Yes												Yes			

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Hot Drinks



PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAININ G GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Mocha coconut drink	Yes								*					Yes			
Cappuccino coconut drink	Yes	Yes												Yes			
Latte coconut drink	Yes	Yes												Yes			
Flat White coconut drink	Yes	Yes												Yes			
Hot Chocolate soya drink	Yes	Yes												Yes			
Mocha soya drink	Yes								*					Yes			
Piccolo soya drink	Yes	Yes												Yes			
Cortado soya drink	Yes	Yes												Yes			

Extra Information



Cheese | Pasteurised?

Cheese	Yes/No
Grated Mozzarella	Yes
Cows Milk Mozzarella	Yes
Sliced Cheddar	Yes
Mature Italian Cheese Shavings	No
Mascarpone Cheese	Yes
Full Fat Cream Cheese	Yes
Grated Hard Italian Cheese	Yes
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Ingredients | Sauces

Sauces	Full Ingredients
Slow-cooked 3 Beef Bolognese	Passata (Tomatoes), Minced Beef, Red Onion, Red Cooking Wine (Sulphites), Carrot, Tomato Paste, Celery, Beef Steak, Beef Brisket, Garlic, Beef Flavour Stock Powder (Salt, Sugar, Flavouring, Yeast Extract, Rapeseed Oil), Rapeseed Oil, Sea Salt, Porcini Mushroom Stock (Mushroom Concentrate (Salt), Yeast Extract, Water, Salt, Potato Flakes, Sugar, Porcini Mushroom Powder, Lemon Juice Concentrate), Rosemary, Thyme, Basil, Bay Leaf, Black Pepper
Classic Bolognese	Minced Beef (Beef Chuck, Beef Trim), Tomato Passata, Red Cooking Wine (De-Alcoholised Wine From Concentrate, Red Wine, Salt, Preservative (Potassium Metabisulphite)), Onions, Celery, Tomato Puree, Garlic, Mushrooms, Vegetable Stock (Salt, Sugar, Yeast Extract, Dried Vegetables (Onion, Carrot, Leek), Rapeseed Oil, Turmeric, Black Pepper, Parsley), Rapeseed Oil, Mushroom Stock (Mushroom Concentrate, Rehydrated Porcini, Yeast Extract, Salt, Water, Dried Potato, Sugar, Lemon Juice Concentrate), Sea Salt, Thyme, Black Pepper, Rosemary, Bay Leaf.
Genovese Pesto (VE)	Sunflower Oil, Basilico Genovese P.D.O, Rehydrated Potato Flakes, Extra Virgin Olive Oil, Sunflower Seeds, Pumpkin Seeds, Inactive Yeast, Lemon Juice, Pine Kernels, Garlic, Salt, Black Pepper, Antioxidant (Ascorbic Acid).
Portobello, Porcini & Mascarpone (V)	Water, Portobello Mushrooms, Double Cream (Milk), Onion, Garlic, Mascarpone Cheese (Cream (Milk), Milk Protein Concentrate (Milk), Acidity Regulator (Citric Acid)), Porcini Mushroom Stock (Mushroom Concentrate (Salt), Yeast Extract, Water, Salt, Dried Potato Flakes, Sugar, Porcini Mushroom Powder, Lemon Juice From Concentrate), Modified Maize Starch, Butter (Milk), Cornflour, Shiitake Mushroom, Tapioca Starch, Sea Salt, Olive Oil, Porcini Mushroom Powder, Black Pepper, Thickener (Xanthan Gum), Rosemary, Thyme.
Vegan Lentil Ragu (VE)	Tomatoes, Water, Puy Style Lentils, Carrot, Onion, Olive Oil, Tomato Paste, Sundried Tomato Paste (Sun Dried Tomatoes (Sundried Tomatoes, Salt)), Vegetable Stock (Salt, Sugar, Yeast Extract, Dried Vegetables (Onion, Carrot, Leek), Sunflower Oil, Turmeric, Black Pepper, Parsley Seed Oil), Garlic, Lemon Juice, Sea Salt, Basil, Oregano, Smoked Paprika, Rosemary, Black Pepper.
Spicy Pollo	Diced Tomatoes (Diced Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Chicken Thigh, Onions, Water, Spinach, Red Peppers, Mascarpone Cheese (From Cows Milk) (Cream (From Cows Milk), Skimmed Milk, Milk Solids, Acidity Regulator (Citric Acid), Preservatives (Potassium Sorbate, Nisin)), White Cooking Wine (Sulphites) (White Wine, Water, Sugar, Sea Salt, Preservative (Sulphur Dioxide)), Tomato Paste, Sundried Tomato Paste (Sundried Tomatoes, Tomato Paste, Sunflower Oil, Sugar, Salt, Basil, Oregano, Garlic), Hard Cheese (MILK) (Cows Milk, Salt, Starter Culture, Microbial Rennet), Garlic, Rapeseed Oil, Chicken Bouillon (Maltodextrin, Flavourings, Salt, Sugar, Chicken Fat, Antioxidant (Extracts of Rosemary), Yeast Extract, Chicken, Turmeric, Garlic, Onion Juice Concentrate, Lovage Roots), Basil, Red Chilli, Modified Corn Starch, Light Brown Sugar, Salt, Ground black pepper, Oregano, Chilli Flakes.
12hr Beef Ragu	Tinned Tomatoes, Beef Shin, Red Cooking Wine (Sulphites), Water, Red Onions, Carrot, Celery, Chestnut Mushrooms, Rapeseed Oil, Garlic, Chicken Bouillon (Maltodextrin, Flavourings, Salt, Sugar, Chicken Fat, Yeast Extract, Chicken, Turmeric, Garlic, Onion Juice Concentrate, Lovage Roots), Smoked Paprika, Dried Mushrooms, Salt, Thyme Leaves, Star Anise, Rosemary, Black Pepper.
Sugo di Pomodoro (VE)	Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Extra Virgin Olive Oil, Garlic, Tomato Paste, Cornflour, Basil, Brown Sugar, Sea Salt, Black Pepper.

Ingredients | Sauces

Sauces	Full Ingredients
Meatballs al Sugo	Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Extra Virgin Olive Oil, Garlic, Tomato Paste, Cornflour, Basil, Brown Sugar, Sea Salt, Black Pepper, Pork Shoulder, Potato Starch, Salt, Parsley, White Sugar, Dextrose, Garlic Powder, Onion Powder, White Pepper, Black Pepper, Ginger Powder.
Sugo Caprese (V)	Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Extra Virgin Olive Oil, Garlic, Tomato Paste, Cornflour, Basil, Brown Sugar, Sea Salt, Black Pepper, Cows Milk, Salt, Acidity Regulator: Citric Acid, Vegetarian Rennet, Sunflower Oil, Basilico Genovese P.D.O, Rehydrated Potato Flakes, Extra Virgin Olive Oil, Sunflower Seeds, Pumpkin Seeds, Inactive Yeast, Lemon Juice, Pine Kernels, Garlic, Salt, Black Pepper, Antioxidant (Ascorbic Acid).
Pancetta Gorgonzola Carbonara	Cream Fraiche (Milk Fat), Pork Gammon, Spinach, Water, Blue Stilton Cheese (Milk), Red Onion, Milk, Rapeseed Oil, Corn Flour, Gorgonzola Cheese (Milk), Vegetable Bouillon (Turmeric, Parsley, Sunflower Oil, Yeast Extract, Vegetables (Onion, Parsnip, Carrot), Rice Flour, Maltodextrin, Sea Salt), Preservatives (Sodium Citrate), Black Pepper, Salt, Pork Meat, Salt, Dextrose (from Maize), Glucose Syrup, Antioxidant (Ascorbic Acid), Preservatives (Potassium Nitrate, Sodium Nitrite), Natural Flavouring, Garlic Powder, Smoke with Natural Beechwood Chip.
Gigis Spicy Milanese	Diced Tomatoes (Diced Tomato, Tomato Juice, Acidity Regulator (Citric Acid)), Onions, Water, Creme Fraiche (Milk (Skimmed Milk, Cream (Milk), Modified Tapioca Starch (Tapioca Starch, Thickener (Guar Gum))), Preservative (Potassium Sorbate), Culture (Lactococcus Bacteria)), Double Cream (Milk), Tomato Paste, Sundried Tomato Paste (Sundried Tomatoes, Tomato Paste, Sunflower Oil, Sugar, Salt, Basil, Oregano, Garlic), Water, Garlic Puree, Vodka, Rapeseed Oil, Hard Cheese (Milk), Vegetable Bouillon (Sea Salt, Maltodextrin, Rice Flour, Vegetables (Onion, Carrot, Parsnips), Yeast Extract, Sunflower Oil, Parsley, Turmeric), Modified Corn Starch, Red Chilli, Smoked Paprika, Salt, Light Brown Sugar, Ground Black Pepper, Chilli Flakes, Dried Oregano, Chicken Breast, Wheat Flour, Water, Breadcrumbs (Wheat Flour, Salt, Yeast), Vegetable Oil (Palm Oil, Soya Oil), Modified Tapioca Starch, Salt, Maize Starch, Wheat Gluten, Raising Agents (Diphosphates, Sodium Carbonates), Spice Extracts (Paprika, Pepper), Stabiliser (Triphosphates), Yeast Extract, Garlic, Spices (Celery), Dextrose, Onion, Gran Formaggio Cheese (Unpasteurised Cows Milk), Roquito® Peppers, Water, Sugar, Vinegar, Mixed Flower Honey, Calabrian Hot Chili Pepper, Sunflower Oil, Salt, White Wine Vinegar.

Pasta | Full Ingredients

Pasta	Full Ingredients
Rigatoni	Water, Durum WHEAT Semolina, Salt, Sunflower or Rapeseed Oil
Wholewheat Fusilli	Water, Durum WHEAT Semolina, Sunflower Oil, Salt
Non Gluten Fusilli	Maize Flour, Water, Chickpea Flour, Emulsifier (Mono and Diglycerides of Fatty Acids)
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Pasta | Full Ingredients

Soup & Dips	Full Ingredients
Lasagne Soup	Lasagne Soup (Water, Beef, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Mascarpone Cheese (Cream (Milk), Milk Protein Concentrate, Acidity Regulator (Citric Acid)), Red Onion, Tomato Paste, Pasta (Durum Wheat Semolina), Carrot, Celery, Hard Cheese (Milk Fat, Salt, Starter Culture, Rennet), Garlic, Olive Oil, Beef Flavour Stock Powder (Salt, Sugar, Flavouring, Yeast Extract, Rapeseed Oil), Sea Salt, Savoury Stock (Yeast Extract, Sugar, Salt, Natural Flavourings, Rapeseed Oil), Basil, Oregano, Black Pepper, Rosemary, Thyme), Mozzarella (Mozzarella Cheese (Milk), Potato Starch).
Vegan Garlic Mayo Dip (VE)	Vegan Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Modified Potato Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavourings, Colours (Curcumin, Paprika Extract)), Garlic Puree, Acidity Regulator (Lactic Acid), Ground Black Pepper, Dried Dill, Preservative (Potassium Sorbate).
Garlic Dip (VE)	Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colour (Beta-Carotene)), Rapeseed Oil, Garlic Puree, Garlic Granules, Salt, Parsley, Ground Black Pepper, Preservative (Citric Acid)
Ketchup (VE)	Tomatoes, Spirit Vinegar, Sugar, Salt, Extracts – Spices Extracts (Contains Celery), Spices.
Brown Sauce (VE)	Tomatoes, Malt Vinegar (From Barley), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, Rye Flour, Salt, Spices, Flavourings, Tamarind.
Calabrese Chilli Honey (V)	Mixed Flower Honey, Calabrian Hot Chili Pepper, Sunflower Oil, Salt, White Wine Vinegar.
Calabrese Ketchup (VE)	Tomatoes, Spirit Vinegar, Sugar, Salt, Spice Extracts (Contains Celery), Spices, Calabrian Hot Chili Pepper, Sunflower Oil, Salt, White Wine Vinegar.
Issue date: 24.02.25	

COCO

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