

COCO

DI MAMA

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 also shows which are suitable for vegan and vegetarian diets.

We do not currently carry across 'may contain' warnings from our suppliers. Our food is freshly prepared in small kitchens that handle allergens so we can't guarantee that our food and drinks are allergen-free.

Please note our non-gluten pasta is always cooked separately to order.

Our dish descriptions don't always mention every single ingredient and our ingredients and recipes do change from time to time so please remember to check the allergen guide every time if you have any allergies.

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.

For any questions around dietary requirements, please contact our head office in advance of placing your order and they will try to help you with your dish choices. Click on contact us on our website or email ciao@cocodimama.co.uk.

Delivery

For catering and delivery Orders, we can't currently cater for allergies or specific dietary requirements.

* 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

Section Name	Category	Menu Item Name	Vegetarian	Vegan	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Comments
Breakfast	Breakfast Extra	Add Honey	Yes																
Breakfast	Breakfast Extra	Extra Avocado	Yes	Yes															
Breakfast	Breakfast Extra	Extra Bacon																	
Breakfast	Breakfast Extra	Extra Banana	Yes	Yes															
Breakfast	Breakfast Extra	Extra Blueberries	Yes	Yes															
Breakfast	Breakfast Extra	Extra Butter	Yes								Yes								
Breakfast	Breakfast Extra	Extra Cherry Compote	Yes	Yes															
Breakfast	Breakfast Extra	Extra Cinnamon	Yes	Yes															
Breakfast	Breakfast Extra	Extra Coconut Flakes	Yes	Yes															
Breakfast	Breakfast Extra	Extra Compote	Yes	Yes															
Breakfast	Breakfast Extra	Extra Dark Chocolate Shavings	Yes	Yes												Yes			
Breakfast	Breakfast Extra	Extra Harissa Ketchup	Yes	Yes	Yes														
Breakfast	Breakfast Extra	Extra Peanut Butter	Yes	Yes										Yes					
Breakfast	Breakfast Extra	Extra Poached Egg	Yes					Yes											
Breakfast	Breakfast Extra	Extra Power Beans	Yes	Yes												Yes			
Breakfast	Breakfast Extra	Extra Sausage				Yes: Wheat													
Breakfast	Breakfast Extra	Extra Strawberries	Yes	Yes															
Breakfast	Breakfast Extra	Extra Vegan Bacon	Yes	Yes												Yes			
Breakfast	Breakfast Extras	Add spicy calabrese ketchup	Yes	Yes	Yes														
Breakfast	Breakfast Extras	Extra Brown Sauce	Yes	Yes		Yes: Barley, Rye													
Breakfast	Fruit	Very Berry Fruit Pot	Yes	Yes															
Breakfast	Hot Breakfast Baguettes	Bacon & Sausage on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat									Yes				
Breakfast	Hot Breakfast Baguettes	Crispy Bacon & Sausage on White				Yes: Barley, Rye, Wheat													
Breakfast	Hot Breakfast Baguettes	Crispy Bacon on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat									Yes				
Breakfast	Hot Breakfast Baguettes	Crispy Bacon on White				Yes: Barley, Rye, Wheat													
Breakfast	Hot Breakfast Baguettes	Pork & Sage Sausage on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat									Yes				
Breakfast	Hot Breakfast Baguettes	Pork & Sage Sausage on White				Yes: Barley, Rye, Wheat													
Breakfast	Hot Breakfast Baguettes	Vegan Bacon on Multigrain Sourdough	Yes			Yes: Barley, Oats, Rye, Wheat									Yes	Yes			
Breakfast	Hot Breakfast Baguettes	Vegan Bacon on White	Yes	Yes		Yes: Barley, Rye, Wheat										Yes			
Breakfast	Pastries	Almond Croissant	Yes			Yes: Wheat		Yes			Yes								Yes: Almonds
Breakfast	Pastries	Cinnamon Bun	Yes			Yes: Wheat		Yes			Yes								
Breakfast	Pastries	Ham & Cheese Croissant				Yes: Wheat		Yes			Yes								
Breakfast	Pastries	Pan Aux Chocolat	Yes			Yes: Wheat		Yes			Yes					Yes			
Breakfast	Pastries	Plain Croissant	Yes			Yes: Wheat		Yes			Yes								
Breakfast	Pastries	Vegan Apricot Croissant	Yes	Yes		Yes: Wheat													
Breakfast	Poached Eggs	Avocado & Harissa Poached Egg Pot	Yes		Yes			Yes							Yes	Yes			
Breakfast	Poached Eggs	Bacon & Power Beans Poached Egg Pot						Yes								Yes			
Breakfast	Poached Eggs	Superstart Salmon & Poached Egg Pot						Yes	Yes						Yes	Yes			
Breakfast	Porridge	Cherry & Dark Chocolate Oat Milk GF Porridge	Yes	Yes		Yes: Oats												Yes	
Breakfast	Porridge	Cherry & Dark Chocolate Porridge	Yes			Yes: Oats					Yes							Yes	
Breakfast	Porridge	Coco's Classic Oat Milk GF Porridge	Yes			Yes: Oats													
Breakfast	Porridge	Coco's Classic Porridge	Yes			Yes: Oats					Yes								
Breakfast	Porridge	Naked Oat Milk GF Porridge	Yes	Yes		Yes: Oats													
Breakfast	Porridge	Naked Porridge	Yes			Yes: Oats					Yes								
Breakfast	Porridge	Peanut Royale Oat Milk GF Porridge	Yes			Yes: Oats								Yes		Yes			
Breakfast	Porridge	Peanut Royale Porridge	Yes			Yes: Oats					Yes			Yes		Yes			
Breakfast	Porridge	Superfood Peanut Oat Milk GF Porridge	Yes	Yes		Yes: Oats								Yes					

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Breakfast	Porridge	Superfood Peanut	Yes			Yes: Oats					Yes			Yes					
Breakfast	Yoghurt & Overnight Oats	Banana, Honey & Granola Yoghurt	Yes			Yes: Oats					Yes							Yes: Almonds	
Breakfast	Yoghurt & Overnight Oats	Big Boy Bircher	Yes			Yes: Oats					Yes							Yes: Almonds	
Breakfast	Yoghurt & Overnight Oats	Compote Yoghurt	Yes			Yes: Oats					Yes							Yes: Almonds	
Breakfast	Yoghurt & Overnight Oats	Holy Cacao	Yes	Yes		Yes: Oats													
Breakfast	Yoghurt & Overnight Oats	Mango & Coconut Sunshine Bircher (VE)	Yes	Yes		Yes: Oats												Yes	
Breakfast	Yoghurt & Overnight Oats	Tiramisu Overnight Oats	Yes	Yes		Yes: Oats													
Counter	Cakes & Bakes	Biscoff Blondie	Yes			Yes: Wheat		Yes			Yes					Yes			
Counter	Cakes & Bakes	Biscoff Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes			
Counter	Cakes & Bakes	Blueberry Muffin	Yes			Yes: Wheat		Yes			Yes								
Counter	Cakes & Bakes	Chocolate Brownie	Yes					Yes			Yes							Yes	
Counter	Cakes & Bakes	Chocolate, Rye & Sea Salt Cookie	Yes			Yes: Rye, Wheat		Yes			Yes					Yes		Yes: Pecans	
Counter	Cakes & Bakes	Lemon, Zucchini & Pistachio Loaf	Yes			Yes: Wheat		Yes										Yes: Almonds, Pistachio Nuts	
Counter	Cakes & Bakes	Pistachio Filled Croissant	Yes			Yes: Wheat		Yes			Yes					Yes		Yes: Pistachio Nuts	
Counter	Cakes & Bakes	Raspberry, Frangipane & Coconut Slice	Yes					Yes								Yes		Yes: Almonds	
Counter	Cakes & Bakes	Trio of Biscoff Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes			
Counter	Cakes & Bakes	Trio of White Chocolate Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes			
Counter	Cakes & Bakes	Vegan Banana Bread	Yes	Yes		Yes: Wheat										Yes			
Counter	Cakes & Bakes	White Chocolate Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes			
Lunch	Extra Sauce	Extra 12hr Beef Ragù			Yes													Yes	
Lunch	Extra Sauce	Extra Carbonara									Yes							Yes	
Lunch	Extra Sauce	Extra Gorgonzola Carbonara									Yes								
Lunch	Extra Sauce	Extra House Sugo di Pomodoro (VE)	Yes	Yes															
Lunch	Extra Sauce	Extra Pesto	Yes	Yes															
Lunch	Extra Sauce	Extra Pork & Nduja			Yes													Yes	
Lunch	Extra Sauce	Extra Portobello, Porcini & Mascarpone	Yes								Yes								
Lunch	Extra Sauce	Extra Sausage & Pancetta Ragù			Yes													Yes	
Lunch	Extra Sauce	Extra Sausage, Leek & Pecori									Yes							Yes	
Lunch	Extra Sauce	Extra Vegan Lentil Ragù	Yes	Yes															
Lunch	Extras	Extra Meatballs																	
Lunch	Hot List	Classic Lasagne			Yes	Yes: Wheat					Yes							Yes	
Lunch	Hot List	Spicy Cheezy Mac (VE)	Yes	Yes		Yes: Oats, Wheat							Yes			Yes			
Lunch	Hot List	Spinach & Ricotta Cannelloni (V)	Yes			Yes: Wheat					Yes								
Lunch	Lasagne	3 Beef Lasagne			Yes	Yes: Wheat					Yes							Yes	
Lunch	Lasagne	Tuscan-style Spicy Pollo Lasagne				Yes: Wheat					Yes							Yes	
Lunch	Pasta	Classic Bolognese			Yes													Yes	
Lunch	Pasta	Extra Classic Bolognese			Yes													Yes	
Lunch	Pasta	Meatballs al Sugo																	
Lunch	Pasta Toppings	Add Basil	Yes	Yes															
Lunch	Pasta Toppings	Add Cheese	Yes								Yes								
Lunch	Pasta Toppings	Add Cheese -	Yes								Yes								
Lunch	Pasta Toppings	Add Chicken																	
Lunch	Pasta Toppings	Add Chilll Flakes	Yes	Yes															
Lunch	Pasta Toppings	Add Harissa Chicken																	
Lunch	Pasta Toppings	Add Mozzarella	Yes								Yes								
Lunch	Pasta Toppings	Add Olives	Yes	Yes															
Lunch	Pasta Toppings	Add Rocket	Yes	Yes															
Lunch	Pasta Toppings	Add Roquito Pepper Slices	Yes	Yes															
Lunch	Pasta Toppings	Add Truffle Oil	Yes	Yes															
Lunch	Pasta Toppings	Add Vegan Cheese	Yes	Yes															
Lunch	Pasta Toppings	Crispy Pancetta & Sage Crumb				Yes: Wheat													
Lunch	Pasta Types	Frozen Wholewheat	Yes	Yes		Yes: Wheat													
Lunch	Pasta Types	Gluten Free	Yes	Yes															
Lunch	Pasta Types	Rigatoni	Yes	Yes		Yes: Wheat													
Lunch	Salad Dressings	Balsamic & Olive Oil Dressing	Yes	Yes														Yes	
Lunch	Salad Dressings	Caesar Dressing						Yes	Yes		Yes								
Lunch	Salad Dressings	Coco's Italian Dressing	Yes										Yes					Yes	

Section Name	Category	Menu Item Name	Vegetarian	Vegan	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Comments
Sides & Snacks	Extras	Sage Mayo Dip (V)	Yes					Yes											
Sides & Snacks	Extras	Wild Garlic Aioli	Yes	Yes									Yes						
Sides & Snacks	Fruit	Fresh Fruit - Apple	Yes	Yes															
Sides & Snacks	Fruit	Fresh Fruit - Banana	Yes	Yes															
Sides & Snacks	Fruit	Fresh Fruit - Orange	Yes	Yes															
Sides & Snacks	Fruit	Very Berry Fruit Pot	Yes	Yes															
Sides & Snacks	Pastries	Cheese Straw	Yes			Yes: Wheat		Yes			Yes								
Sides & Snacks	Sides	Cheeky Caprese Side Salad (V)	Yes								Yes		Yes				Yes		
Sides & Snacks	Sides	Cheesy Garlic Bread (V)	Yes			Yes: Wheat					Yes								
Sides & Snacks	Sides	House Meatball Trio									Yes								
Sides & Snacks	Sides	Olive, Cheese & Thyme Sourdough Stick	Yes			Yes: Rye, Spelt, Wheat					Yes								
Sides & Snacks	Sides	Pumpkin Mac & Cheese Bites	Yes			Yes: Wheat					Yes		Yes						
Sides & Snacks	Sides	Rosemary Garlic Bread (VE)	Yes	Yes		Yes: Wheat													
Sides & Snacks	Sides	Slice of Focaccia	Yes	Yes		Yes: Wheat													
Sides & Snacks	Snacks	Fennel Tarralini	Yes	Yes		Yes: Wheat													
Sides & Snacks	Snacks	Kind Bar - Caramel, Almond & Sea Salt	Yes								Yes					Yes		Yes: Almonds	
Sides & Snacks	Snacks	Kind Bar - Crunchy Peanut Butter	Yes								Yes			Yes		Yes			
Sides & Snacks	Snacks	Kind Bar - Dark Choc, Nuts & Sea Salt	Yes								Yes			Yes		Yes		Yes: Almonds	
Sides & Snacks	Snacks	Multigrain Tarralini	Yes	Yes		Yes: Barley, Oats, Rye, Spelt, Wheat									Yes	Yes			
Sides & Snacks	Snacks	Pipers - Cheddar & Onion Crisps	Yes								Yes								
Sides & Snacks	Snacks	Pipers - Salt & Vinegar Crisps	Yes								Yes								
Sides & Snacks	Snacks	Propercorn - Sweet & Salty	Yes	Yes															
Catering	Platter	Bacon & Sausage Baguette Platter				Yes: Barley, Rye, Wheat					Yes								
Catering	Platter	Bacon Baguette Platter				Yes: Barley, Rye, Wheat					Yes								
Catering	Platter	Balance Bowl Platter (VE)	Yes	Yes		Yes: Wheat													
Catering	Platter	Chocolate Salami Platter	Yes			Yes: Wheat		Yes			Yes					Yes			
Catering	Platter	Classic Baguette Platter				Yes: Barley, Oats, Rye, Wheat		Yes	Yes		Yes				Yes				
Catering	Platter	Classic Lasagne Platter			Yes	Yes: Wheat					Yes						Yes		
Catering	Platter	Coco Ultimate Sweet Treats Platter (V)	Yes			Yes: Wheat		Yes			Yes					Yes		Yes: Almonds, Pistachio Nuts	
Catering	Platter	Coco's Ultimate Sandwich Platter				Yes: Barley, Oats, Rye, Wheat					Yes				Yes				
Catering	Platter	Cookie Platter	Yes			Yes: Wheat		Yes			Yes					Yes			
Catering	Platter	Focaccia Bag (VE)	Yes	Yes		Yes: Wheat										Yes			
Catering	Platter	Fruit Platter (VE)	Yes	Yes															
Catering	Platter	Garlic Bread Platter	Yes			Yes: Wheat					Yes								
Catering	Platter	Hot Breakfast Vegan Bacon Baguette Platter (VE)	Yes	Yes		Yes: Barley, Rye, Wheat										Yes			
Catering	Platter	Kale Caesar! Salad Platter				Yes: Wheat		Yes	Yes		Yes					Yes			
Catering	Platter	Mega Bomboloni Party	Yes			Yes: Wheat		Yes			Yes					Yes			
Catering	Platter	Mixed Forno Platter			Yes	Yes: Wheat					Yes						Yes		
Catering	Platter	Mixed Forno Platter SS24			Yes	Yes: Oats, Wheat					Yes		Yes			Yes	Yes		
Catering	Platter	Overnight Oats Platter	Yes			Yes: Oats					Yes						Yes	Yes: Almonds	
Catering	Platter	Pastry Platter (V)	Yes			Yes: Wheat		Yes			Yes					Yes		Yes: Almonds	
Catering	Platter	Pesto Pollo Pasta Platter				Yes: Wheat					Yes								
Catering	Platter	Sausage Baguette Platter				Yes: Barley, Rye, Wheat					Yes								
Catering	Platter	Side Salad Platter (V)	Yes								Yes						Yes		
Catering	Platter	Slow-Cooked 3 Beef Lasagne Platter			Yes	Yes: Wheat					Yes						Yes		

Section Name	Category	Menu Item Name	Vegetarian	Vegan	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Comments
Catering	Platter	Spicy Chargrilled Aubergine & Roasted Pepper Baguette Platter (VE)	Yes	Yes		Yes: Barley, Rye, Wheat													
Catering	Platter	Spicy Cheezy Mac Platter (VE)	Yes	Yes		Yes: Oats, Wheat							Yes			Yes			
Catering	Platter	Spicy Pollo Lasagne Platter				Yes: Wheat					Yes								
Catering	Platter	Spinach & Ricotta Cannelloni Platter (V)	Yes			Yes: Wheat					Yes								
Catering	Platter	Super Salmon Balance Platter						Yes	Yes				Yes					Yes	
Catering	Platter	Super Seeded Roll Duo Platter				Yes: Wheat			Yes		Yes								
Catering	Platter	Tuscan-Style Spicy Pollo Lasagne Platter				Yes: Wheat					Yes							Yes	
Catering	Platter	Ultimate Veggie Platter (V)	Yes			Yes: Barley, Oats, Rye, Wheat					Yes				Yes				
Catering	Platter	Vegan Bacon Baguette Platter (VE)	Yes	Yes		Yes: Barley, Rye, Wheat										Yes			
Catering	Platter	Vegan Breakfast Platter (VE)	Yes	Yes		Yes: Oats, Wheat												Yes	
Catering	Platter	Yoghurt Platter (V)	Yes			Yes: Oats					Yes								Yes: Almonds
Coffee & Teas	Coffee & Teas	Hazelnut Iced Mocha - almond milk	Yes								Yes					Yes			Yes: Almonds
Coffee & Teas	Coffee & Teas	Hazelnut Iced Mocha - coconut milk	Yes								Yes					Yes			
Coffee & Teas	Coffee & Teas	Hazelnut Iced Mocha - oat milk	Yes			Yes: Oats					Yes					Yes			
Coffee & Teas	Coffee & Teas	Hazelnut Iced Mocha - skimmed milk	Yes								Yes					Yes			
Coffee & Teas	Coffee & Teas	Hazelnut Iced Mocha - soya milk	Yes								Yes					Yes			
Coffee & Teas	Coffee & Teas	Hazelnut Iced Mocha - Whole Milk	Yes								Yes					Yes			
Coffee & Teas	Coffee & Teas	Pistachio & Chocolate Iced Latte - almond milk	Yes								Yes					Yes			Yes: Almonds, Pistachio Nuts
Coffee & Teas	Coffee & Teas	Pistachio & Chocolate Iced Latte - coconut milk	Yes								Yes					Yes			Yes: Pistachio Nuts
Coffee & Teas	Coffee & Teas	Pistachio & Chocolate Iced Latte - oat milk	Yes			Yes: Oats					Yes					Yes			Yes: Pistachio Nuts
Coffee & Teas	Coffee & Teas	Pistachio & Chocolate Iced Latte - skimmed milk	Yes								Yes					Yes			Yes: Pistachio Nuts
Coffee & Teas	Coffee & Teas	Pistachio & Chocolate Iced Latte - soya milk	Yes								Yes					Yes			Yes: Pistachio Nuts
Coffee & Teas	Coffee & Teas	Pistachio & Chocolate Iced Latte - Whole Milk	Yes								Yes					Yes			Yes: Pistachio Nuts
Coffee & Teas	Drinks Cold	Iced Americano	Yes	Yes															
Coffee & Teas	Drinks Cold	Iced Latte Almond Milk	Yes	Yes															Yes: Almonds
Coffee & Teas	Drinks Cold	Iced Latte Coconut Milk	Yes	Yes												Yes			
Coffee & Teas	Drinks Cold	Iced Latte Oat Milk	Yes	Yes		Yes: Oats													
Coffee & Teas	Drinks Cold	Iced Latte Skimmed Milk	Yes								Yes								
Coffee & Teas	Drinks Cold	Iced Latte Soya Milk	Yes	Yes												Yes			
Coffee & Teas	Drinks Cold	Iced Latte Whole Milk	Yes								Yes								
Coffee & Teas	Drinks Cold	Pistachio Iced Latte - almond milk	Yes								Yes					Yes			Yes: Almonds, Pistachio Nuts
Coffee & Teas	Drinks Cold	Pistachio Iced Latte - coconut milk	Yes								Yes					Yes			Yes: Pistachio Nuts
Coffee & Teas	Drinks Cold	Pistachio Iced Latte - oat milk	Yes			Yes: Oats					Yes					Yes			Yes: Pistachio Nuts

Section Name	Category	Menu Item Name	Vegetarian	Vegan	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Comments
Coffee & Teas	Drinks Cold	Pistachio Iced Latte - skimmed milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Coffee & Teas	Drinks Cold	Pistachio Iced Latte - soya milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Coffee & Teas	Drinks Cold	Pistachio Iced Latte - whole milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Coffee & Teas	Drinks Cold	White Choc & Hazelnut Iced Latte - almond milk	Yes								Yes					Yes		Yes: Almonds	
Coffee & Teas	Drinks Cold	White Choc & Hazelnut Iced Latte - coconut milk	Yes								Yes					Yes			
Coffee & Teas	Drinks Cold	White Choc & Hazelnut Iced Latte - oat milk	Yes			Yes: Oats					Yes					Yes			
Coffee & Teas	Drinks Cold	White Choc & Hazelnut Iced Latte - skimmed milk	Yes								Yes					Yes			
Coffee & Teas	Drinks Cold	White Choc & Hazelnut Iced Latte - soya milk	Yes								Yes					Yes			
Coffee & Teas	Drinks Cold	Passionfruit & Lemon Iced Tea	Yes	Yes															
Coffee & Teas	Drinks Cold	Peach Iced Tea -	Yes	Yes															
Coffee & Teas	Drinks Cold	White Chocolate & Hazelnut Latte	Yes								Yes					Yes			
Coffee & Teas	Drinks Hot	Cappuccino Almond Milk	Yes	Yes														Yes: Almonds	
Coffee & Teas	Drinks Hot	Cappuccino Coconut Milk	Yes	Yes												Yes			
Coffee & Teas	Drinks Hot	Cappuccino Oat Milk	Yes	Yes		Yes: Oats													
Coffee & Teas	Drinks Hot	Cappuccino Skimmed Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Cappuccino Soya Milk	Yes	Yes												Yes			
Coffee & Teas	Drinks Hot	Cappuccino Whole Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Filter Coffee	Yes	Yes															
Coffee & Teas	Drinks Hot	Flat White Almond Milk	Yes	Yes														Yes: Almonds	
Coffee & Teas	Drinks Hot	Flat White Coconut Milk	Yes	Yes												Yes			
Coffee & Teas	Drinks Hot	Flat White Oat Milk	Yes	Yes		Yes: Oats													
Coffee & Teas	Drinks Hot	Flat White Skimmed Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Flat White Soya Milk	Yes	Yes												Yes			
Coffee & Teas	Drinks Hot	Flat White Whole Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Hot Chocolate Almond Milk	Yes													Yes		Yes: Almonds	
Coffee & Teas	Drinks Hot	Hot Chocolate Coconut Milk	Yes													Yes			
Coffee & Teas	Drinks Hot	Hot Chocolate Oat Milk	Yes			Yes: Oats													
Coffee & Teas	Drinks Hot	Hot Chocolate Skimmed Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Hot Chocolate Soya Milk	Yes													Yes			
Coffee & Teas	Drinks Hot	Hot Chocolate Whole Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Latte Almond Milk	Yes	Yes														Yes: Almonds	
Coffee & Teas	Drinks Hot	Latte Coconut Milk	Yes	Yes												Yes			
Coffee & Teas	Drinks Hot	Latte Oat Milk	Yes	Yes		Yes: Oats													
Coffee & Teas	Drinks Hot	Latte Skimmed Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Latte Soya Milk	Yes	Yes												Yes			
Coffee & Teas	Drinks Hot	Latte Whole Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Mocha Almond Milk	Yes													Yes		Yes: Almonds	
Coffee & Teas	Drinks Hot	Mocha Coconut Milk	Yes													Yes			
Coffee & Teas	Drinks Hot	Mocha Oat Milk	Yes			Yes: Oats													
Coffee & Teas	Drinks Hot	Mocha Skimmed Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Mocha Soya Milk	Yes													Yes			
Coffee & Teas	Drinks Hot	Mocha Whole Milk	Yes								Yes								
Coffee & Teas	Drinks Hot	Pistachio Latte	Yes								Yes					Yes		Yes: Pistachio Nuts	
Coffee & Teas	Drinks Hot	Pistachio Latte - almond milk	Yes								Yes					Yes		Yes: Almonds, Pistachio Nuts	
Coffee & Teas	Drinks Hot	Pistachio Latte - coconut milk	Yes								Yes					Yes		Yes: Pistachio Nuts	

CHEESE | PASTEURISED?

Cheese	Yes/No
Grated Mozzarella	Yes
Cows Milk Mozzarella	Yes
Sliced Cheddar	Yes
Mature Italian Cheese Shavings	No

Issue date: 16.04.24

CORE AND SEASONAL SAUCES | FULL INGREDIENTS

Sauces	Full Ingredients
Slow-cooked Ultimate 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), Red Cooking Wine (De-Alcoholized 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.
Supergreen Pesto (VE)	Vegetable Oils (Sunflower And Rapeseed Oil In Varying Proportions), Broccoli Crumbs, Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant: Ascorbic Acid), Broad Beans, Kale, Garlic Puree, Salt, Acidity Regulator: Citric 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.
Ham Hock & Pancetta Carbonara	Water, Double Cream (Milk), Pancetta (Pork Belly, Water, Salt, Glucose Syrup, Maltodextrin, Spice Extract, Antioxidant [Sodium Ascorbate, Trisodium Citrate]), Preservatives (Sodium Nitrite, Potassium Nitrate), Smoke Flavouring), Ham Hock (Pork, Salt, Demerara Sugar, Emulsifier (Diphosphates), Antioxidant [Sodium Ascorbate]), Preservative (Sodium Nitrite)), Mascarpone (Cream (Milk), Milk Protein Concentrate, Acidity Regulator (Citric Acid)), White Cooking Wine (De-Alcoholised Wine From Concentrate, White Wine, Salt, Preservative (Potassium Metabisulphite)), Modified Maize Starch, Hard Cheese (Milk , Salt, Starter Culture, Rennet, Potato Starch), Smoked Bacon (Pork, Water, Salt, Preservatives [Sodium Nitrite, Potassium Nitrate], Antioxidant [Sodium Ascorbate]), Vegetarian Savoury Stock (Yeast Extract, Sugar, Salt, Natural Flavourings, Rapeseed Oil), Cornflour, Tapioca Starch, Black Pepper, Thickener (Xanthan Gum).
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.
Tuscan-Style Spicy Pollo	Chopped Tomatoes, Water, Chicken Thigh, Courgette, Onions, Red Pepper, Mascarpone Cheese (Cream (From Cows Milk), Skimmed Milk , Milk Solids, Citric Acid, Preservative (Potassium Sorbate), Nisin), White Cooking Wine (White Wine, Water, Sugar, Salt, Sulphur Dioxide), Tomato Paste, Leek, Sundried Tomato, Garlic Puree, Rapeseed Oil, Chicken Bouillon (Maltodextrin, Flavourings, Salt, Sugar, Chicken Fat, Antioxidant (Rosemary Extract), Yeast Extract, Turmeric, Garlic, Onion Concentrate, Lovage Root), Basil, Rapeseed Oil, Brown Sugar, Corn Starch, Salt, Spinach, 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.
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.

CORE AND SEASONAL SAUCES | FULL INGREDIENTS

Sauces	Full Ingredients
Sausage & Pancetta Ragù	Tomato, Pork Sausage Meat (Pork, Water, Pea Protein, Salt, Spices, Rubbed Herbs, Potato Starch, Preservative (Sodium Triphosphate, Sodium Metabisulphite), Yeast Extract, Antioxidant (Sodium L-Ascorbate)), Red Cooking Wine (Red Wine, Sulphur Dioxide, Salt, Sugar), Red Onion, Tomato Paste, Carrot, Celery , Bacon (Pork, Water, Salt, Brown Sugar, Juniper, Coriander Seeds, Black Pepper, Garlic, Bay Leaf, Preservative (Sodium Nitrate), Antioxidant (Sodium Ascorbate)), Water, Chicken Stock (Lovage Root, Onion Juice Concentrate, Garlic, Turmeric, Sugar, Chicken Fat, Yeast Extract, Antioxidant (Rosemary Extract), Salt, Flavourings, Maltodextrin), Rapeseed Oil, Garlic Puree, Pancetta (Pork Meat, Salt, Dextrose, Glucose Syrup, Preservatives (Potassium Nitrate, Potassium Nitrite), Antioxidant (Sodium Ascorbate), Natural Flavourings, Garlic), Salt, Cornflour, Black Pepper, Oregano, Sage.
Creamy Salmon Alfredo	Crème Fraîche (Milk), Water, Onion, Milk , Rapeseed Oil, Cheese Powder (Milk , Yeast Extract, Salt, Flavourings, Dried Glucose Syrup, Rapeseed Oil), Garlic Puree, Corn Starch, Lemon Juice [Potassium Metabisulphite], Vegetable Bouillon (Sea Salt, Maltodextrin, Rice Flour, Onion, Carrot, Parsnip, Yeast Extract, Sunflower Oil, Turmeric Powder, Parsley), Dill, Parsley, Salt, Ground Black Pepper, Salmon (Fish), Salt.

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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
Gluten Free Fusilli	Maize Flour, Water, Chickpea Flour, Emulsifier (Mono and Diglycerides of Fatty Acids)

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SOUPS & DIPS | FULL INGREDIENTS

Soup	Full Ingredients
Tomato & Basil Soup (VE)	Tomato, Water, Cherry Tomatoes, Carrots, Onions, Tomato Puree, Sundried Tomato Paste (Sundried Tomatoes, Sunflower Oil, Water, Salt), Garlic, Basil Paste (Basil, Sunflower Oil, Salt, Antioxidant (Ascorbic Acid)), Olive Oil, Sugar, Sea Salt, Basil, Black Pepper
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 Flavours, Rapeseed Oil), Basil, Oregano, Black Pepper, Rosemary, Thyme), Mozzarella (Mozzarella Cheese (Milk), Potato Starch).
Sage Mayo Dip (V)	Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder, Stabiliser (Xanthan Gum), Salt, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate), Colour (Mixed carotenoids), Sage
Garlic Butter 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)
Harissa Mayo Dip (V)	Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder, Stabiliser (Xanthan Gum), Salt, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate), Colour (Mixed carotenoids), Rehydrated Red Peppers, Vegetable oils (sunflower and rapeseed oil in varying proportions), Spice Mix with Rose Petals, Salt, Garlic, Acidity Regulator: Citric Acid

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