

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
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	
Coffee & Teas	Drinks Cold	Pistachio Iced Latte - oat milk	Yes			Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	
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	
Coffee & Teas	Drinks Hot	Pistachio Latte - oat milk	Yes			Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	
Coffee & Teas	Drinks Hot	Pistachio Latte - skimmed milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Coffee & Teas	Drinks Hot	Pistachio Latte - soya milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Coffee & Teas	Drinks Hot	White Choc & Hazelnut Latte	Yes								Yes					Yes			
Coffee & Teas	Drinks Hot	White Choc & Hazelnut Latte - almond milk	Yes								Yes					Yes		Yes: Almonds	
Coffee & Teas	Drinks Hot	White Choc & Hazelnut Latte - coconut milk	Yes								Yes					Yes			
Coffee & Teas	Drinks Hot	White Choc & Hazelnut Latte - oat milk	Yes			Yes: Oats					Yes					Yes			

CHEESE | PASTEURISED?

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

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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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