COCO
DI MAMA

ITALIAN TO GO

Store Allergen Guide

Disclaimers

ALLERGEN GUIDE

Disclaimers

COCO DI MAMA

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.

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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

FAQs

COCO
DI MAMA

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 contains 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 webite 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 contains 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.

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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.

FAQs

COCO DI MAMA

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

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Information about Allergen Guides

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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.

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Breakfast Egg Boxes and Breakfast Extras

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pesto, Mushroom & Avo Egg Hot Box (V)	Yes					Yes											
Salmon & Avo Egg Box						Yes	Yes						Yes	Yes			
Sausage & Bacon Egg Hot Box				Yes: Wheat		Yes											
Add 1 plain egg	Yes					Yes											
Add 1 pesto egg	Yes					Yes											
Add 2 plain eggs	Yes					Yes											
Add 2 pesto eggs	Yes					Yes											
Extra Honey seeds	Yes											*	*	*		*	

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Breakfast Extras

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Extra Coconut Flakes	Yes	Yes													*		
Add 1 sausage				Yes: Wheat													
Add brown sauce	Yes	Yes		Yes: Barley, Rye													
Add Gran Formaggio cheese	Yes								Yes								
Add sugo	Yes	Yes															
Brown sauce Pot	Yes	Yes		Yes: Barley, Rye													
Ketchup Pot	Yes	Yes	Yes														
Extra Banana	Yes	Yes															

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Breakfast Extras

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Extra Avocado	Yes	Yes															
Add Ketchup	Yes	Yes	Yes														
Extra Peanut Butter	Yes	Yes										Yes				*	
Add Blueberries	Yes	Yes															
Extra Sausage				Yes: Wheat													
Extra Bacon																	
Add Butter	Yes								Yes								
Add Cinnamon	Yes	Yes															

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Breakfast Extras

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Add Honey	Yes																
Add avocado	Yes	Yes															
Add Calabrese Chilli Honey (V)	Yes			*			*		*							*	
Coco Hashbrowns (Ve)	Yes	Yes															
Calabrese Ketchup Pot (VE)	Yes	Yes	Yes	*			*		*							*	
Add mushrooms (VE)	Yes	Yes															
Add bacon																	
Add salmon							Yes										

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Breakfast Extras, Rolls, Fruit & Hot Breakfast

COCO PLMAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Extra Strawberries	Yes	Yes															
Calabrese Chilli Honey Pot (V)	Yes			*			*		*							*	
Add 2 sausages				Yes: Wheat													
Add spinach	Yes	Yes															
Pesto, Mushroom & Avo Egg Puccia (V)	Yes		*	Yes: Wheat		Yes	*		Yes		*			*		*	
Coco's Breakfast Puccia			*	Yes: Wheat		Yes	*		Yes		*			*		*	
Berry Fruit Pot	Yes	Yes															
Crispy Bacon on white				Yes: Barley, Rye, Wheat		*			*				*	*		*	

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Hot Breakfast & Pastries

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pork & Sage Sausage on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat		*			*				Yes	*		*	
Vegan Bacon on white	Yes	Yes		Yes: Barley, Rye, Wheat		*			*				*	Yes		*	
Pork and Sage Sausage on white				Yes: Barley, Rye, Wheat		*			*				*	*		*	
Crispy Bacon & Sausage on white				Yes: Barley, Rye, Wheat		*			*				*	*		*	
Bacon & Sausage on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat		*			*				Yes	*		*	
Crispy Bacon on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat		*			*				Yes	*		*	
Pan Aux Raisins	Yes			Yes: Wheat		Yes			Yes					*		*	
Butter Croissant (V)	Yes			Yes: Wheat		Yes			Yes		*		*	*		*	

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Pastries & Porridge

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pain au Chocolat	Yes			Yes: Wheat		Yes			Yes				*	Yes		*	
Raspberry Croissant (VE)	Yes	Yes		Yes: Spelt, Wheat		*			*				*	*		*	
Almond Croissant (V)	Yes			Yes: Wheat		Yes			Yes		*		*	*		Yes: Almonds	
Pistachio Filled Croissant	Yes			Yes: Wheat		Yes			Yes		*		*	Yes		Yes: Pistachio Nuts	
Caprese Croissant (V)	Yes			Yes: Wheat		Yes			Yes		*		*	*		*	
Superfood Peanut Porridge	Yes			Yes: Oats					Yes			Yes			*	*	
Naked Porridge	Yes			Yes: Oats					Yes								
Naked Oat GF Porridge	Yes	Yes		Yes: Oats													

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Porridge, Yoghurts & Overnight Oats

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Superfood Peanut Oat GF Porridge	Yes	Yes		Yes: Oats								Yes			*	*	
Coco's Classic Oat Milk GF Porridge	Yes			Yes: Oats													
Coco's Classic Porridge	Yes			Yes: Oats					Yes								
Banana, Honey & Granola Yoghurt	Yes			Yes: Oats					Yes							Yes: Almonds	
Big Boy Bircher	Yes			Yes: Oats					Yes						*	Yes: Almonds	
Tiramisu Overnight Oats (VE)	Yes	Yes		Yes: Oats					*								
Compote Yoghurt	Yes			Yes: Oats					Yes							Yes: Almonds	
Peach & Raspberry Yoghurt Pot (V)	Yes		*	*	*	*	*		Yes		*	*	*	*	Yes	*	

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Extra Sauce

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Extra Pesto Genovese (VE)	Yes	Yes															
Extra House Sugo di Pomodoro (VE)	Yes	Yes															
Extra Spicy Pollo			*	*	*	*	*		Yes		*		*	*	Yes		
Extra Pesto	Yes	Yes															
Extra Vegan Lentil Ragu	Yes	Yes															
Extra Carbonara									Yes						Yes		
12hr Beef Ragu - Extra			Yes	*	*	*	*		*		*		*	*	Yes		
Extra Pork & Nduja			Yes	*	*	*	*		*		*		*	*	Yes		

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Extras, Hot List, Lasagne & Pasta

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Add torn Mozzarella (V)	Yes								Yes								
Add Pesto (VE)	Yes	Yes															
Spicy Pollo Lasagne			*	Yes: Wheat	*	*	*		Yes		*		*	*	Yes		
Supergreen Mac (V)	Yes			Yes: Wheat					Yes		*			*			
Cacio e Pepe Gnocchi (V)	Yes			Yes: Wheat					Yes					*			
Slow cooked 3-Beef Lasagne			Yes	Yes: Wheat					Yes					*	Yes		
Classic Bolognese			Yes												Yes		
Extra Classic Bolognese			Yes												Yes		

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Pasta

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Meatballs Sugo JAN24																	
Pork and nduja			Yes	*	*	*	*		*		*		*	*	Yes		
Extra Meatballs																	
Pasta Fresca Pollo Piccante																	
Extra Creamy 'Nduja			*	*	*	*	*		Yes		*		*	*	Yes		
Sugo Caprese (V)	Yes								Yes								
Pasta Fresca	Yes	Yes															
Creamy 'Nduja & Basilicata Sausage			*	*	*	*	*		Yes		*		*	*	Yes		

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Pasta & Toppings

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
NEW Pesto Genovese (VE)	Yes	Yes															
Spicy Pollo			*	*	*	*	*		Yes		*		*	*	Yes		
Pasta Fresca with Mozzarella	Yes								Yes								
Add Spicy Chicken																	
Add 'Nduja & Basilicata Sausage																	
Add Chilli Flakes	Yes	Yes															
Add Rocket	Yes	Yes															
Vegan Cheese Topping	Yes	Yes		Yes: Oats													

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Pasta Toppings

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Add Oilves	Yes	Yes															
Add Mozzarella	Yes								Yes								
Add Cheese	Yes								Yes								
Add Crispy Pancetta																	
Add Roquito Pepper Slices	Yes	Yes															
Add Chicken																	
Add Cheese - Soup	Yes								Yes								
Add Chilli Oil	Yes	Yes															

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Pasta Toppings, Pasta Types & Pinsa

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Add Truffle Oil	Yes	Yes															
Add Basil	Yes	Yes															
Gluten Free	Yes	Yes				*								*			
Wholewheat	Yes	Yes		Yes: Wheat		*								*			
Rigatoni	Yes	Yes		Yes: Wheat		*					*			*			
Fiery Nduja, Salami & Chilli Honey Pinsa				Yes: Wheat		*			Yes		*		*	*			
Cotto Ham, Truffle & Artichoke Pinsa				Yes: Wheat		*			Yes		*		*	*			
Pesto & Sundried Tomato Pinsa (V)	Yes			Yes: Wheat		*			Yes		*		*	*			

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Pinsa, Salad Dressings & Salads

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Superstraccia, Roquito & Olive Pinsa (VE)	Yes	Yes		Yes: Wheat		*			*		*		*	Yes			
Balsamic & Olive Oil Dressing	Yes	Yes													Yes		
Pesto Yoghurt Dressing	Yes								Yes								
Coco's Italian Dressing	Yes		*	*	*	*	*		*		Yes		*	*	Yes		
Caesar Dressing Pot						Yes	Yes		Yes				*				
Pesto Pollo Pasta Fit Bowl			*	Yes: Wheat		*			Yes		*			*			
Creamy Chicken & Butter Bean Pesto Salad									Yes						Yes		
Steak Tagliata & Salsa Verde Salad			*	*		*	*		Yes	*	Yes		*	*	Yes	*	

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Salads & Sandwiches

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pulled Lemon Chicken Balance Bowl			*	Yes: Wheat	*	*	*		*		Yes		*	*	Yes		
Power Chicken Caesar			*			Yes	Yes		Yes		*		Yes	Yes			
Antipasti balance bowl (VE)	Yes	Yes		Yes: Wheat							*			*			
Super Salmon Balance Bowl			*			Yes	Yes				Yes		*				
Chicken Pesto Seeded Roll				Yes: Wheat					Yes				*	*		*	
Pesto Tuna Piccante Seeded Roll				Yes: Wheat		Yes	Yes		*				*	*	Yes	*	
Hot Honey Chicken Parm on Sourdough Ciabatta			Yes	Yes: Wheat		Yes			Yes		*		*	Yes	Yes		
Spicy 'Nduja BLT on Sourdough Ciabatta				Yes: Wheat		Yes			Yes		*		*	*			

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Sandwiches

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Steak Tagliata on Sourdough Ciabatta			*	Yes: Wheat		*	*		Yes	*	*		*	*	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	*		*	
Sicilian on Sourdough Ciabatta (VE)	Yes	Yes		Yes: Wheat					*		*		*	Yes			
Spicy Milanese & Mozzarella on Sourdough Baguette				Yes: Barley, Rye, Wheat		Yes			Yes				*	*		*	
Spicy Chicken Nduja Club				Yes: Wheat					Yes		*		*	*	Yes		
Hot Meatball Ciabatta				Yes: Wheat					Yes		*		*	*			
Chicken Caesar & Bacon Baguette				Yes: Barley, Rye, Wheat		Yes	Yes		Yes				*	*		*	

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Sandwiches & Sauces

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Salami & Mozzarella Toasted Panini			*	Yes: Wheat		*	*		Yes		*			*		*	
House Sugo di Pomodoro (VE) Grande	Yes	Yes															
Extra Slow-Cooked Ultimate Bolognese			Yes												Yes		
Portobello, Porcini & Mascarpone Grande	Yes								Yes								
Ham Hock Carbonara Grande									Yes						Yes		
12 hr Beef Ragu Grande			Yes	*	*	*	*		*		*		*	*	Yes		
Slow-Cooked Ultimate Bolognese - Grande			Yes												Yes		
Extra Hot Smoked Salmon							Yes										

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Sauces, Sides, Soups, Toasted Sandwiches, Cakes & Bakes

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Vegan Lentil Ragu Grande	Yes	Yes															
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		*			*		*	
Vegan Chocolate Banana Bread	Yes	Yes		Yes: Wheat		*			*			*	*	Yes	*	*	
Surprisingly Super Flapjack (VE)	Yes	Yes		Yes: Oats		*			*					Yes		Yes: Pecans	
Blueberry Cream Muffin (V)	Yes			Yes: Wheat		Yes			Yes					*	*		

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Cakes & Bakes

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Sticky Toffee Biscoff Slice (VE)	Yes	Yes		Yes: Wheat		*			*			*	*	Yes	*	*	
White Chocolate Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Tiramisu (V)	Yes			Yes: Wheat		Yes			Yes					*		*	
Cherry & Pistachio Frangipane Cake (VE)	Yes	Yes		Yes: Wheat		*			*			*	*	Yes	*	Yes: Almonds, Pistachio Nuts	
Espresso Caramel Brownie (V)	Yes			*		Yes			Yes			*	*	Yes	*	*	
White Choc Bombo Trio	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Biscoff Bombo Trio	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Triple Choc Chunk Cookie	Yes			Yes: Wheat		Yes			Yes					Yes		*	

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Cakes & Bakes, Confectionary, Extras, Fruit

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Mini Biscoff Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Tony's Chocolonely Milk Chocolate Caramel Sea Salt	Yes			*		*			Yes			*		Yes		*	
Tony's Chocolonely Milk Chocolate	Yes			*		*			Yes			*		Yes		*	
Sage Mayo Dip (V)	Yes					Yes											
Sage Mayo	Yes					Yes											
Very Berry Fruit Pot	Yes	Yes															
Fresh Fruit - Apple	Yes	Yes															
Fresh Fruit - Banana	Yes	Yes															

ALLERGEN GUIDE

Fruit, Salads & Sides

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Fresh Fruit - Orange	Yes	Yes															
Green Goddess Chicken Power Pot			*	*							*		*	*	*		
Sourdough Garlic Bread with Mozzarella (V)	Yes			Yes: Wheat		*			Yes		*		*	*		*	
Garlic Mayo (VE)	Yes	Yes															
Truffle Hash Bites (V)	Yes								Yes								
Herby Hash Bites (V)	Yes								Yes								
Rosemary & Sea Salt Focaccia Slice (VE)	Yes	Yes		Yes: Wheat		*			*					*		*	
Calabrian Chilli Hot Honey Dip (V)	Yes																

ALLERGEN GUIDE

Sides & Snacks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Rosemary & Sea Salt Fries (VE)	Yes	Yes															
Bread & Butter	Yes			Yes: Wheat		*			Yes				*			*	
Sourdough Garlic Bread with Rosemary (V)	Yes	Yes		Yes: Wheat		*			*		*		*	*		*	
HIP - plain choc	Yes	Yes		Yes: Oats					*			*		*		*	
HIP - salted pretzel	Yes	Yes		Yes: Barley, Oats, Wheat		*			*			*	*	*		*	
Pipers Cheddar and Onion Crisps	Yes								Yes								
Fennel Tarralini	Yes	Yes		Yes: Wheat									*	*			
Forest Feast Salted Dark Choc Cashews (VE)	Yes	Yes							*			*	*	Yes		Yes: Cashews	

ALLERGEN GUIDE

Snacks, Sweet Stuff, Hot List & Pinsa

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Crosta & Mollica Tarralini - Multigrain	Yes	Yes		Yes: Barley, Oats, Rye, Spelt, Wheat									Yes	Yes			
Pipers Chorizo Crisps									Yes								
Pipers Crisps - Salt & Vinegar	Yes								Yes								
Forest Feast Salted Choc Almonds (VE)	Yes	Yes		*					*			*	*	Yes		Yes: Almonds	
Pipers Seasalt Crisps	Yes	Yes															
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		

ALLERGEN GUIDE

Pinsa & Platters

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Fiery Nduja, Salami & Chilli Honey Pinsa Platter				Yes: Wheat		*			Yes		*		*	*			
Superstraccia?, Roquito & Olive Pinsa Platter (VE)	Yes	Yes		Yes: Wheat		*			*		*		*	Yes			
Pesto & Sunblush Tomato Pinsa Platter (V)	Yes			Yes: Wheat		*			Yes		*		*	*			
Spicy Pollo Lasagne Platter			*	Yes: Wheat	*	*	*		Yes		*		*	*	Yes		
Power Chicken Caesar Salad Platter			*			Yes	Yes		Yes		*		Yes	Yes			
Bacon Baguette Platter				Yes: Barley, Rye, Wheat		*			Yes				*	*		*	
Super Salmon Balance Platter			*			Yes	Yes				Yes		*				
Spinach & Ricotta Cannelloni Platter (V)	Yes			Yes: Wheat					Yes		*			*			

ALLERGEN GUIDE

Platters

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Sicilian Ciabatta Sandwich Platter (VE)	Yes	Yes		Yes: Wheat					*				*	Yes		*	
Cacio e Pepe Gnocchi Platter (V)	Yes			Yes: Wheat					Yes					*			
Three Beef Lasagne Platter			Yes	Yes: Wheat					Yes					*	Yes		
Lunch Hashbites Box (V)	Yes			*		*	*		*							*	
Sausage Baguette Platter				Yes: Barley, Rye, Wheat		*			Yes				*	*		*	
Antipasti Balance Platter (VE)	Yes			Yes: Wheat							*			*			
Antipasti Charcuterie Platter				Yes: Wheat		*			Yes					*	Yes	*	
Ultimate Veggie Sandwich Platter	Yes			Yes: Barley, Oats, Rye, Wheat		Yes			Yes				Yes	Yes		*	

ALLERGEN GUIDE

Platters

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Supergreen Mac Platter (V)	Yes			Yes: Wheat					Yes		*			*			
Vegan Sweet Treats Platter (VE)	Yes	Yes		Yes: Wheat		*			*			*	*	Yes	*	Yes: Almonds, Pistachio Nuts	
Sweet Treats Platter (V)	Yes			Yes: Wheat		Yes			Yes			*	*	Yes	*	Yes: Almonds, Pistachio Nuts	
Coco's Signature Sandwich Platter			*	Yes: Wheat		Yes	Yes		Yes	*	*		*	Yes	Yes	*	
Three Cheese Mac & Cheese Bite Platter (V)	Yes			Yes: Wheat			*		Yes		*			*		*	
Vegan Pastry & Yoghurt Platter (VE)	Yes	Yes		Yes: Oats, Spelt, Wheat		*			*			*	*	Yes	*	*	
Mini Pastry Platter	Yes			Yes: Kamut, Spelt, Wheat		Yes			Yes				*	Yes		*	
Breakfast Hashbites Box (VE)	Yes		Yes	Yes: Barley, Rye		*											

ALLERGEN GUIDE

Platters

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Crackin' Cookie Platter (V)	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Pesto Butter Bean Platter (V)	Yes		*						Yes		*				Yes		
Ultimate Sandwich Platter				Yes: Barley, Oats, Rye, Wheat		Yes			Yes				Yes	Yes		*	
Focaccia Bag (VE)	Yes	Yes		Yes: Wheat							*			Yes		*	
Side Salad Platter (V)	Yes								Yes						Yes		
Yoghurt Platter (V)	Yes			Yes: Oats					Yes							Yes: Almonds	
Classic Baguette Platter				Yes: Barley, Oats, Rye, Wheat		Yes	Yes		Yes				Yes	*		*	
Vegan Bacon Baguette Platter (VE)	Yes	Yes		Yes: Barley, Rye, Wheat		*			*				*	Yes		*	

ALLERGEN GUIDE

Platters

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Bacon & Sausage Baguette Platter				Yes: Barley, Rye, Wheat		*			Yes				*	*		*	
Pastry Platter (V)	Yes			Yes: Wheat		Yes			Yes		*		*	Yes		Yes: Almonds	
Fruit Platter (VE)	Yes	Yes	*								*				*		
Caprese Croissant Platter (V)	Yes			Yes: Wheat		Yes			Yes					*		*	
Balance Snack Platter (VE)	Yes	Yes		Yes: Wheat		*			*					*		*	
Veggie Puccia Platter (V)	Yes		*	Yes: Wheat		Yes	*		Yes		*			*		*	
Signature Puccia Platter			*	Yes: Wheat		Yes	*		Yes		*			*		*	
Ham & Cheese Croissant Platter				Yes: Wheat		Yes			Yes					*		*	

ALLERGEN GUIDE

Platters, Sides, Coffee & Teas

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Sourdough Garlic Bread Platter (V)	Yes			Yes: Wheat		*			Yes		*		*	*			
Pesto Pollo Pasta Platter			*	Yes: Wheat		*			Yes		*			*			
Overnight Oats Platter (VE)	Yes			Yes: Oats					Yes						*	Yes: Almonds	
Mega Bomboloni Party	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Coco Snack Box (V)	Yes	Yes															For allergen information please see individual packs.
Coco Crisps Box (V)	Yes	Yes															For allergen information please see individual packs.
Pumpkin Mac & Cheese Bites (V)	Yes			Yes: Wheat					Yes		Yes						
Iced Caramel Latte - skimmed milk	Yes								Yes								

ALLERGEN GUIDE

Coffee & Teas

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Hazelnut Iced Mocha - Soya Drink	Yes								Yes					Yes		*	
Hazelnut Iced Mocha - Coconut Drink	Yes								Yes					Yes		*	
Iced Caramel Latte - oat drink	Yes	Yes		Yes: Oats													
Iced Caramel Latte - almond drink	Yes	Yes														Yes: Almonds	
Pistachio & Chocolate Iced Latte - Oat Drink	Yes			Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	
Iced Caramel Latte - soya drink	Yes	Yes												Yes			
Iced Caramel Latte - whole milk	Yes								Yes								
Iced Caramel Latte - coconut drink	Yes	Yes															

ALLERGEN GUIDE

Coffee & Teas

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pistachio & Chocolate Iced Latte - whole milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Pistachio & Chocolate Iced Latte - almond drink	Yes								Yes					Yes		Yes: Almonds, Pistachio Nuts	
Pistachio & Chocolate Iced Latte - Soya Drink	Yes								Yes					Yes		Yes: Pistachio Nuts	
Pistachio & Chocolate Iced Latte - Coconut Drink	Yes								Yes					Yes		Yes: Pistachio Nuts	
Hazelnut Iced Mocha - Whole Milk	Yes								Yes					Yes		*	
Hazelnut Iced Mocha - skimmed milk	Yes								Yes					Yes		*	
Hazelnut Iced Mocha - Oat Drink	Yes			Yes: Oats					Yes					Yes		*	
Pistachio & Chocolate Iced Latte - skimmed milk	Yes								Yes					Yes		Yes: Pistachio Nuts	

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Coffee & Teas, Cold Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Hazelnut Iced Mocha - almond drink	Yes								Yes					Yes		Yes: Almonds	
White Choc & Hazelnut Iced Latte - almond drink	Yes								Yes					Yes		Yes: Almonds	
White Choc & Hazelnut Iced Latte - almond drink	Yes								Yes					Yes		Yes: Almonds	
Pistachio Iced Latte - Soya Drink	Yes								Yes					Yes		Yes: Pistachio Nuts	
Pistachio Iced Latte - Oat Drink	Yes			Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	
White Choc & Hazelnut Iced Latte	Yes								Yes					Yes		*	
Passionfruit & Lemon Iced Tea -	Yes	Yes															
Iced Latte Oat Drink	Yes	Yes		Yes: Oats													

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Cold Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Iced Americano	Yes	Yes															
Iced Latte Soya Drink	Yes	Yes												Yes			
White Choc & Hazelnut Iced Latte - Soya Drink	Yes								Yes					Yes		*	
Pistachio Iced Latte - Coconut Drink	Yes								Yes					Yes		Yes: Pistachio Nuts	
Iced Matcha Latte - skimmed milk	Yes								Yes								
Iced Matcha Latte - almond drink	Yes	Yes														Yes: Almonds	
Iced Latte almond drink	Yes	Yes														Yes: Almonds	
Iced Latte Skimmed Milk	Yes								Yes								

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Cold Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Iced Latte Whole Milk	Yes								Yes								
White Choc & Hazelnut Iced Latter - Oat Drink	Yes			Yes: Oats					Yes					Yes		*	
White Choc & Hazelnut Iced Latte - skimmed milk	Yes								Yes					Yes		*	
Pistachio Iced Latte - almond drink	Yes								Yes					Yes		Yes: Almonds, Pistachio Nuts	
Pistachio Iced Latte - skimmed milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Pistachio Iced Latte - whole milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
White Choc & Hazelnut Iced Latte - Coconut Drink	Yes								Yes					Yes		*	
Iced Matcha Spritz	Yes																

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Cold & Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Peach Iced Tea -	Yes	Yes															
Iced Matcha Latte - coconut drink	Yes	Yes												Yes		*	
Iced Latte Coconut Drink	Yes	Yes												Yes			
Iced Matcha Latte - oat drink	Yes	Yes		Yes: Oats													
Iced Matcha Latte - whole milk	Yes								Yes								
Iced Matcha Latte - soya drink	Yes	Yes												Yes			
Matcha Latte - whole drink	Yes								Yes								
Matcha Latte - skimmed milk	Yes								Yes								

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Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Matcha Latte - soya drink	Yes	Yes												Yes		*	
Piccolo Whole Milk	Yes								Yes								
Mocha almond drink	Yes								*					Yes		Yes: Almonds	
Americano	Yes	Yes															
Piccolo almond drink	Yes	Yes														Yes: Almonds	
Double Macchiato Coconut Drink	Yes	Yes												Yes			
Latte Coconut Drink	Yes	Yes												Yes			
Hot Chocolate Soya Drink	Yes	Yes												Yes			

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Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Piccolo Soya Drink	Yes	Yes												Yes			
Latte Skimmed Milk	Yes								Yes								
Hot Chocolate Oat Drink	Yes	Yes		Yes: Oats													
Cortado Oat Drink	Yes	Yes		Yes: Oats													
Double Macchiato Oat Drink	Yes	Yes		Yes: Oats													
Single Macchiato Oat Drink	Yes	Yes		Yes: Oats													
Single Macchiato Whole Milk	Yes								Yes								
Americano	Yes	Yes															

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Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Cappuccino Oat Drink	Yes	Yes		Yes: Oats													
Flat White Coconut Drink	Yes	Yes												Yes			
Flat White Whole Milk	Yes								Yes								
Cappuccino Coconut Drink	Yes	Yes												Yes			
Piccolo Coconut Drink	Yes	Yes												Yes			
Splash of Whole Milk	Yes								Yes								
Cortado Soya Drink	Yes	Yes												Yes			
Single Macchiato Soya Drink	Yes	Yes												Yes			

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Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Cappuccino Soya Drink	Yes	Yes												Yes			
Latte Soya Drink	Yes	Yes												Yes			
Single Macchiato Skimmed Milk	Yes								Yes								
Cortado Skimmed Milk	Yes								Yes								
Mocha Skimmed Milk	Yes								Yes								
Hot Chocolate Whole Milk	Yes								Yes								
Flat White Oat Drink	Yes	Yes		Yes: Oats													
Single Macchiato almond drink	Yes	Yes														Yes: Almonds	

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Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Hot Chocolate Skimmed Milk	Yes								Yes								
Splash of Soya Drink	Yes	Yes												Yes			
Matcha Latte - oat drink	Yes	Yes		Yes: Oats													
Matcha Latte - almond drink	Yes	Yes														Yes: Almonds	
Matcha Latte - coconut drink	Yes	Yes												Yes		*	
Cortardo almond drink	Yes	Yes														Yes: Almonds	
Piccolo Oat Drink	Yes	Yes		Yes: Oats													
Mocha Whole Milk	Yes								Yes								

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Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Single Macchiato Coconut Drink	Yes	Yes												Yes			
Splash of Coconut Drink	Yes	Yes												Yes			
Piccolo Skimmed Milk	Yes								Yes								
White Choc & Hazelnut Latte - Oat Drink	Yes			Yes: Oats					Yes					Yes		*	
Pistachio Latte - whole milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Pistachio Latte - skimmed milk	Yes								Yes					Yes		Yes: Pistachio Nuts	
Cappuccino almond drink	Yes	Yes														Yes: Almonds	
Double Macchiato Soya Drink	Yes	Yes												Yes			

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Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Flat White Soya Drink	Yes	Yes												Yes			
Double Macchiato Skimmed Milk	Yes								Yes								
Cappuccino Skimmed Milk	Yes								Yes								
Mocha Coconut Drink	Yes								*					Yes			
Cortado Coconut Drink	Yes	Yes												Yes			
Mocha Soya Drink	Yes								*					Yes			
Splash of Oat Drink	Yes	Yes		Yes: Oats													
Splash of Skimmed Milk	Yes								Yes								

ALLERGEN GUIDE

Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Hot Chocolate Coconut Drink	Yes	Yes												Yes		*	
Double Macchiato almond drink	Yes	Yes														Yes: Almonds	
Flat White Almond	Yes	Yes														Yes: Almonds	
Single Espresso	Yes	Yes															
Cortardo Whole Milk	Yes								Yes								
Double Macchiato Whole Milk	Yes								Yes								
Double Espresso	Yes	Yes															
Filter Coffee	Yes	Yes															

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Hot Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Cappuccino Whole Milk	Yes								Yes								
Latte Whole Milk	Yes								Yes								
Flat White Skimmed Milk	Yes								Yes								
Mocha Oat Drink	Yes			Yes: Oats					*								
Latte Oat Drink	Yes	Yes		Yes: Oats													
Splash of almond drink	Yes	Yes														Yes: Almonds	
White Choc & Hazelnut Latte - almond drink	Yes								Yes					Yes		Yes: Almonds	
White Choc & Hazelnut Latte - Soya Drink	Yes								Yes					Yes		*	

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Hot Drinks

COCO DI MAMA

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

ALLERGEN GUIDE

Fancy Teas, Syrups, Cold Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Fancy Teas (all options)	Yes	Yes															
Hazelnut Syrup	Yes	Yes														Yes: Hazelnuts	
Caramel Syrup	Yes	Yes															
Sugar Free Vanilla Syrup Large	Yes	Yes															
Aqua Libra Raspberry and Apple	Yes	Yes															
Cano Water 500ml	Yes	Yes															
Diet Coke	Yes	Yes															
San Pellegrino Lemon	Yes																

ALLERGEN GUIDE

Cold Drinks

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Daily Dose Apple Juice	Yes	Yes	*													*	
Coca Cola Zero	Yes	Yes															
Daily Dose OFresco	Yes		*													*	
Daily Dose Orange Juice	Yes	Yes	*													*	
Coca Cola	Yes	Yes															
San Pellegrino Orange	Yes	Yes															
Aqua Libra Cucumber & Mint	Yes	Yes													Yes		
Cano Water 330ml	Yes	Yes															

ALLERGEN GUIDE

Cold Drinks & Pinsa

COCO DI MAMA

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUT	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Daily Dose Dulce Verde	Yes	Yes	*													*	
Cano Water Sparkling 330ml	Yes	Yes															
Extra Sausage & Pancetta Ragu			Yes	*	*	*	*		*		*		*	*	Yes		
Sausage & Pancetta Ragu Grande			Yes	*	*	*	*		*		*		*	*	Yes		
Pinsa Napoletana (V)	Yes			Yes: Wheat		*			Yes		*		*	*			
Caprese Pinsa (V)	Yes			Yes: Wheat		*			Yes		*		*	*			
Salami Piccante Pinsa				Yes: Wheat		*			Yes		*		*	*			

Extra Information

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Cheese | Pasteurised?

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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
Ricotta Salata	No
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Ingredients | Sauces

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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.

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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).
Creamy 'Nduja & Basilicata Sausage	Diced Tomatoes (Diced Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onions, Water, Mascarpone (**MILK**) (Double Cream (From Cows **MILK**), Skimmed **MILK**, **MILK** Solids, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate, Nisin)), Tomato Paste, Sundried Tomato Paste (Sundried Tomato, Tomato Paste, Sunflower Oil, Sugar, Salt, Basil, Oregano, Garlic), Nduja Paste (Pork Fat, Pork, Pepper (Picante Pepper), Salt, Antioxidant (Ascorbic Acid, Preservative (Potassium Nitrate), Sucrose, Dextrose)), Rapeseed Oil, Garlic Puree, Lemon Juice (Potassium Metabisulphite, (**SULPHITES**)), Chicken Bouillon (Maltodextrin, Flavouring, Salt, Sugar, Chicken Fat, Antioxidant (Extracts of Rosemary), Yeast Extract, Chicken, Turmeric, Garlic, Onion Juice Concentrate, Lovage Roots), Chopped Chilli, Water, Smoked Paprika, Lemon Zest, Ground Coriander, Light Brown Sugar, Modified Corn Starch, Chilli Flakes, Salt, Ground Black Pepper, Pork, Salt, Paprika, Chilli Powder, Fennel Seeds, Pork Belly, Pork Fat, Chilli Blend (Calabrian Spicy), Red Pepper, Salt, Flavourings, Spices, Dextrose, Sugar, Smoke Flavouring, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite)

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Pasta | Full Ingredients

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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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Soup & Dips | Full Ingredients

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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).
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.
Calabrian Chilli Honey (V)	Honey, Rapeseed Oil, Lemon Juice, Pepper Paste (Red Peppers, Salt, Lemon Juice), Sweet Paprika, Calabrian Chilli Peppers (Chilli Peppers, Sunflower Oil, Extra Virgin Olive Oil, Salt, Red Wine Vinegar), Salt, Water

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