

COCO
DI MAMA

ITALIAN TO GO

DK Nutrition Guide



Disclaimers



Disclaimers

Calories & nutritional information for sauces from our Delivery Kitchens are higher than those in-store.

This is because we ensure our pasta pots are extra saucy so they retain their quality and heat, even after 30 minutes on the road.

Values are for sauce only, please see next page to add pasta. All values are in Grams (with Kcal & kJ as exceptions)

Core and Seasonal Sauces

PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Sugo Pomodoro Grande (VE)	218	907	14	2.6	18	12	4	2.6	3	84	349	5.4	1	6.9	4.7	1.4	1	1.2
Sugo Pomodoro Midi (VE)	109	454	7	1.3	9	6.1	1.8	1.3	1.5	84	349	5.4	1	6.9	4.7	1.4	1	1.1
Portobello, Porcini & Mascarpone Grande	421	1750	34	20	22	3.6	2.1	5.5	2.5	162	673	13	7.8	8.4	1.4	0.8	2.1	0.94
Portobello, Porcini & Mascarpone Midi	211	875	17	10	11	1.8	1	2.7	1.2	162	673	13	7.8	8.4	1.4	0.8	2.1	0.94
Bolognese Grande	251	1048	14	5.7	13	7.7	16	2.2	1.9	102	424	5.8	2.3	5.4	3.1	6.5	0.9	0.77
Bolognese Midi	125	524	7.2	2.8	6.7	3.8	8	1.1	1	102	424	5.8	2.3	5.4	3.1	6.5	0.9	0.77
Vegan Lentil Ragu Grande (VE)	257	1068	19	2.6	16	6.2	3.7	2.9	2.4	117	486	8.8	1.2	7.1	2.8	1.7	1.3	1.1
Vegan Lentil Ragu Midi (VE)	129	543	10	1.3	7.8	3.1	1.9	1.4	1.2	117	486	8.8	1.2	7.1	2.8	1.7	1.3	1.1

Core and Seasonal Sauces

PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Pesto Genovese Grande (VE)	528	2186	45	6.6	25	1.6	4.4	4.1	3	422	1749	36	5.3	20	1.3	3.5	3.3	2.4
Pesto Genovese Midi (VE)	317	1312	27	4	15	1	2.6	2.5	1.8	422	1749	36	5.3	20	1.3	3.5	3.3	2.4
Spicy Pollo Grande	342	1422	22	8.1	24	14	9.3	4.2	3.4	114	474	7.4	2.7	8	4.6	3.1	1.4	1.1
Spicy Pollo Midi	171	711	11	4.1	12	6.9	4.7	2.1	1.7	114	474	7.4	2.7	8	4.6	3.1	1.4	1.1
Sugo Caprese Grande (V)	481	1997	35	12	24	14	16	3.4	4	138	575	10	3.6	7	4	4.5	1	1.1
Sugo Caprese Midi (V)	319	1324	23	10	13	7.5	14	1.7	2.1	156	646	11	5.1	6.2	3.7	6.6	0.8	1
Meatballs al Sugo Grande (Pork Meatballs)	626	2597	46	14	28	13	24	3.0	4	158	658	11.6	3.5	7	3	6	1	1.1
Meatballs al Sugo Grande (Beef Meatballs)	356	1479	22.5	6.3	23.8	13	13.1	2.6	3.83	117	485	7.4	2.1	7.8	4.3	4.3	0.9	1

Core and Seasonal Sauces

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	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Spicy Arrabiata Grande (V)	255	1053	19.5	2.6	15.9	12.2	2.3	2.6	2.392	98	405	7.5	1	6.1	4.7	0.9	1	0.92
Spicy Arrabiata Midi (V)	127	527	9.8	1.3	7.9	6.1	1.2	1.3	1.9	98	405	7.5	1	6.1	4.7	0.9	1	0.92
Spicy Arrabiata with Pollo Piccante - Grande (Hot Honey)	508	2117	25.9	3.9	22.9	14.6	43.9	2.7	3.095	112	468	5.7	0.9	5.1	3.2	9.7	0.6	0.684
Spicy Arrabiata with Pollo Piccante - Midi (Hot Honey)	389	1629	15.4	2.4	10.8	8.8	50.4	2.3	2	124	517	4.9	0.9	5.1	3.2	9.7	0.6	0.684
Spicy Arrabiata with Pollo Piccante - (Harissa) Grande	341	1412	23	3.1	17.8	12.6	13.6	3	2.76	108	448	7.3	1	5.7	4	4.3	1	0.878
Spicy Arrabiata with Pollo Piccante - (Harissa) Midi	213	885	13.3	1.9	9.9	6.5	12.4	1.7	1.57	108	448	7.3	1	5.7	4	4.3	1	0.878

Other Nutritional Info

ALL VALUES ARE IN GRAMS
(WITH KCAL & KJ AS EXCEPTIONS)



PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Cotto Ham and Mushroom Pinsa	485	2039	14.8	8.5	61.2	2.4	26.4	0.5	3	204	859	6.2	3.6	25.8	1	11.1	0.2	1.271
Salami Piccante Pinsa	560	2354	18.8	10	71.7	12	26.2	0.4	3.672	229	963	7.7	4.1	29.1	5	10.7	0.2	1.5
Caprese Pinsa (V)	571	2395	23.1	9.5	66.7	3	23.2	1.2	3.25	240	1006	9.7	4	28	1.3	9.3	0.5	1.36
Pinsa Napoletana (V)	462	1942	14	8.2	61.3	2.4	22.3	0.3	2.5	218	919	6.6	3.9	29	1.1	10.6	0.1	1.21

Pasta & Toppings

PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Rigatoni - Grande	437	1848	3	0	80	1	18	8	2	175	739	1	0	32	0	7	3	1
Rigatoni - Midi	252	1109	2	0	48	1	11	5	1	175	739	1	0	32	0	7	3	1
Gluten Free Fusilli - Grande	582	2467	4	1	125	2	10	4	0	194	822	1	0	42	0	4	1	0
Gluten Free Fusilli - Midi	388	1645	3	1	83	1	7	2	0	194	822	1	0	42	0	4	1	0
Wholewheat - Grande	335	1423	3	0	69	0	13	11	0	134	569	1	0	28	0	5	4	0
Wholewheat - Midi	201	945	854	0	41	0	8	6	0	134	569	1	0	28	0	5	4	0
Add Cheese	39	160	3	2	0	0	3	0	0	385	1600	29	20	0	0	31	0	2
Add Rocket	2	7	0	0	0	0	0	0	0	22	92	0	0	0	0	3	3	0
Add Basil	0	2	0	0	0	0	0	0	0	40	169	1	0	5	0	3	0	0

Pasta & Toppings

PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Add Mozzarella	139	579	11	8	0	0	10	0	0	279	1158	22	15	1	1	20	0	0
Add Olives	13	54	1	0	0	0	0	0	0	206	844	21	2	1	0	1	7	4
Add Chicken	78	330	1	0	1	0	17	0	0	120	508	1	0	1	0	27	0	1
Add Sundried Tomatoes	17	71	1	0	1	1	0	1	0	114	475	7	1	9	8	3	4	2
Add Harrissa Chicken	63	265	3	0	1	0	0	8	0	181	757	9	1	2	1	1	23	1
Add Chilli Flakes	1	5	0	0	0	0	0	0	0	351	1453	17	3	21	7	12	34	0
Add Roquito Chillies	10	43	0	0	2	2	0	0	0	107	452	0	0	24	22	1	1	2
Add Truffle Oil	33	136	4	1	0	0	0	0	0	824	3389	92	13	0	0	0	0	0

Sides



PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Cheeky Caprese Side Salad	341	1410	31	10	6	5	8	1	0	180	746	16	5	3	2	4	1	0
Calamari	185	781	2	0	23	0	18	1	2	123	519	1	0	16	0	12	0	1
Mozzarella Arancini	206	865	6	3	31	1	7	1	1	169	709	5	3	26	1	6	1	1
Double Up Mozzarella	415	1743	11	6	62	2	15	2	2	170	715	5	3	26	1	6	1	1
Mozzarella, Basil & Tomato Arancini	316	1319	18	10	25	2	13	1	2	232	968	13	7	19	1	9	1	2
Double Up Mozzarella, Basil & Tomato Arancini	632	2638	36	20	51	3	26	2	4	232	968	13	7	19	1	9	1	2
Nocellara Olives	150	617	15	2	1	0	1	4	3	15	625	15	2	1	0	1	4	4
Marinated Olives	218	896	21	3	5	1	1	5	4	174	716	16	3	4	1	1	3	3

Sides

PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Double Up Fries	710	2986	27	3	104	2	9	8	4	738	176	7	1	26	0	2	2	1
Rosemary & Sea Salt Fries	356	1493	14	2	52	1	4	4	2	176	738	7	1	26	1	2	2	1
Mozzarella Garlic Bread without dips	826	3467	33	15	95	5	35	6	3	323	1356	13	6	37	2	14	2	1
Nduja Garlic Bread without dips	867	3634	37	16	95	6	36	6	3	330	1383	14	6	36	2	14	2	1
Rosemary Garlic Bread without dips	609	2566	17	4	94	5	17	5	2	328	1381	9	2	51	3	9	3	1
Coco's Chunky Chips with Garlic Aioli	557	2330	29	3	66	2	6	5	2	239	1002	12	1	29	1	3	2	1
Double Up Coco's Chunky Chips with Garlic Aioli	1113	4661	57	5	133	5	13	9	3	239	1002	12	1	29	1	3	2	1
"Chicken Croccante with Garlic Mayo & Spicy Tomato Dip"	468	1953	27	5	26	3	28	2	2	234	976	14	3	13	2	14	1	1

Sides



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	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Chicken Croccante with Wild Garlic Aioli	569	2378	31	3	45	5	28	0	1	202	844	11	1	16	2	10	0	0
Zucchini Fries	248	1030	19	3	18	2	2	1	1	292	1211	22	3	21	3	3	2	1
Coco's Crispy Italian Herb Chips (VE)	327	1371	11	1	48	2	5	6	1	160	669	5	1	24	1	3	3	1
Double Up Coco's Crispy Italian Herb Chips (VE)	640	2677	22	3	94	3	10	11	3	160	669	5	1	24	1	3	3	1
Pollo Fritti with Calabrese Chilli Honey & Vegan Garlic Mayo	739	3087	46	10	52	22	29	2	3	284	1187	18	4	20	8	11	1	1

Dips for Sides

PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Wild Garlic Aioli Dip	120	494	11.8	1	3	1	0	0	0	343	1411	34	2	8	3	1	1	1
Garlic Mayo Dip	103	423	10	1	2	1	0	0	0	410	1690	41	3	9	4	2	0	1
Vegan Garlic Mayo Dip	267	1097	29	2	2	1	0	0	1	533	2193	57	4	4	2	1	1	1
Truffle Mayo Dip	227	934	25	3	1	1	0	0	0	648	2668	70	9	4	2	1	0	1
Beetroot Hummus	35	146	1	0	4	1	2	1	0	99	416	4	1	11	3	4	3	1
Calabrese Dip	29	124	1	1	3	3	1	1	1	84	353	3	1	10	9	2	3	1

Dips for Sides



PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Calabrese Chilli Honey Dip	92	389	2.4	0.5	17.4	15.2	0.2	0	0.098	307	1295	8	1.7	58.1	50.7	0.7	0	0.327
Garlic & Lemon Mayo Dip	103	423	10	1	2	1	0	0	1	410	1690	41	3	7	4	2	0	1
Spicy Tomato Dip	6	27	0	0	1	1	0	0	0	26	109	1	0	4	3	1	1	1
Smoked Chilli Jelly Dip	62	265	0	0	15	15	0	0	0	249	1059	0	0	62	62	0	0	0

Desserts



PRODUCT NAME	PER PORTION NUTRITION									PER 100G NUTRITION								
	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT	ENERGY KCAL	ENERGY KJ	FAT	SATURATES	CARBOHYDRATES	SUGAR	PROTEIN	FIBRE	SALT
Mini Biscoff Bomboloni	106	442	6	2	11	4	2	0	0	423	1768	25	9	43	14	7	0	1
Double Chocolate Bomboloni	106	442	6	2	11	5	2	0	0	423	1769	24	9	45	20	7	0	1
Coco's Best Ever Tiramisu	389	1628	19	11	51	36	1	4	0	299	1252	15	8	39	28	3	1	0
Coco Choco Fudge Cake	608	2546	28	7	83	60	4	3	0	408	1709	19	5	56	40	3	2	0
Mega Bomboloni Party	1269	5306	74	28	132	51	20	0	2	423	1769	25	9	44	17	7	0	1
Mega Biscoff Bomboloni Party	1269	5304	75	28	129	42	20	0	2	423	1768	25	9	43	14	7	0	1
Coco Chocolate Melt	470	1956	32	17	37	36	8	0	0	343	1428	24	12	27	26	6	0	0
Banging Biscoff Cheesecake	575	2395	37	15	55	31	6	1	1	447	1863	29	12	42	24	4	1	1

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