



ITALIAN TO GO

Delivery Kitchen Allergen Guide



Disclaimers



Disclaimers

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

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

DELIVERY

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

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

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

Disclaimers

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

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

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

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

**where a dish contains a species of cereals containing gluten or tree nuts, please note additional species may contain 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

Which are the 14 allergens covered within your allergen guide?

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

Can you guarantee my food will be allergen free?

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

Do you pass on supplier 'May Contain' warnings?

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

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

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

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

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

FAQs

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

We are unable to cater for dietary requirements for delivery orders. If you have ordered non-gluten containing fusilli pasta, look out for the 'Non Gluten' sticker on pasta pots.

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

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

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

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

I am Coeliac, what can I eat?

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

Is your non-gluten pasta cooked separately?

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

Which cheeses are pasteurised?

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

Allergens



Information about Allergen Guides

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

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

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

ALLERGEN GUIDE

Desserts

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Biscoff Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Biscoff Cheesecake	Yes			Yes: Wheat		*			Yes					Yes	*	*	
Biscoff Trio	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Coco Chocolate Melt	Yes					Yes	*		*					Yes	*	*	
Mega Biscoff Bombo- loni Party	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Mega Bomboloni Party	Yes			Yes: Wheat		Yes			Yes					Yes		*	
Tiramisu Pot	Yes			Yes: Wheat		Yes			Yes					*		*	
White Choc bombo trio	Yes			Yes: Wheat		Yes			Yes					Yes		*	
White Chocolate Bomboloni	Yes			Yes: Wheat		Yes			Yes					Yes		*	

ALLERGEN GUIDE

Cold Drinks

[illegible]

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Extras

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Add Basil	Yes	Yes															
Add Cheese	Yes								Yes								
Add Chicken																	
Add Chilli Flakes	Yes	Yes															
Add chilli oil - Partners	Yes	Yes															
Add Mozzarella	Yes								Yes								

ALLERGEN GUIDE

Extras

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Add Olives	Yes	Yes															
Add Rocket	Yes	Yes															
Add Sunblush Tomatoes	Yes	Yes															
Add Truffle Oil	Yes	Yes															
Extra Cheese CS	Yes								Yes								

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Pasta

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Gluten Free	Yes	Yes				*								*			
Rigatoni	Yes	Yes		Yes: Wheat		*					*			*			
Wholewheat	Yes	Yes		Yes: Wheat							*			*			

ALLERGEN GUIDE

Pasta

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Caprese Green Eats	Yes								Yes								
Carbonara									Yes						Yes		
Coco's Signature Bolognese			Yes												Yes		
Meatballs al Sugo				Yes: Barley, Wheat					Yes								
Mushroom	Yes								Yes								
Nduja & Sausage Ragu			*	*		*			*		*		*	*	Yes		
Pesto Genovese (VE)	Yes	Yes															
Spicy Pollo			*	*	*	*	*		Yes		*		*	*	Yes		
Sugo Caprese (V)	Yes								Yes								

ALLERGEN GUIDE

Pasta & Pasta Toppings

[illegible]

ALLERGEN GUIDE

Pinsa

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Cotto Ham & Mushroom Pinsa				Yes: Wheat		*			Yes		*		*	*			
Salami Piccante Pinsa				Yes: Wheat		*			Yes		*		*	*			
Ham & Mushroom Pinsa				Yes: Wheat		*			Yes		*		*	*		*	
Pinsa Napoletana (V)	Yes			Yes: Wheat		*			Yes		*		*	*			

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Sides

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Chocolate Fudge Cake	Yes	Yes		Yes: Wheat										Yes		*	
Add Riserva Cheese	Yes								Yes								
Beetroot Hummus	Yes	Yes															
Calabrese Sauce Dip (VE)	Yes	Yes	Yes														
Calamari						Yes				Yes	Yes						
Calamari with dip						Yes				Yes	Yes						
Cheeky Caprese Side Salad	Yes								Yes								
Cheesy Garlic Bread (V)	Yes			Yes: Rye, Wheat		*			Yes		*		*	*			
Cheesy Garlic Bread with Dips (V)	Yes			Yes: Rye, Wheat		Yes			Yes		Yes			*			

ALLERGEN GUIDE

Sides

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Coco Chunky Chips & Garlic Aioli	Yes			Yes: Wheat		Yes					Yes						
Coco's Crispy Italian Herb Chips (VE)	Yes	Yes															
Double Up Coco Chunky Chips & Garlic Aioli	Yes			Yes: Wheat		Yes					Yes						
Double Up Coco's Crispy Italian Herb Chips (VE)	Yes	Yes															
Double Up Mozzarella Arancini (no dip)	Yes								Yes								
Double up Seasoned Fries (not chips)	Yes	Yes															
Garlic Aioli Dip (V) - Coco in Zizzi	Yes					Yes					Yes						
Garlic Mayo	Yes					Yes					Yes						

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Sides

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Lemon Mayo Dip	Yes					Yes					Yes						
Mozzarella Arancini (no dip)	Yes								Yes								
Nduja Garlic Bread				Yes: Rye, Wheat		Yes			Yes		Yes			*			
Nduja Garlic Bread with dip				Yes: Rye, Wheat		Yes			Yes		Yes			*			
Olives	Yes	Yes															
Pollo Fritti with Dips			Yes	Yes: Wheat			*		*					Yes		*	
Reef Fries - Cheese & Rosemary	Yes								Yes								
Reef Plain Fries	Yes	Yes															
Rosemary Garlic Bread	Yes			Yes: Rye, Wheat		*			*		*		*	*			

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Sides

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Rosemary Garlic Bread with Dips (VE)	Yes		Yes	Yes: Rye, Wheat		Yes			*		Yes			*			
Sassy Side Salad	Yes	Yes													Yes		
Seasoned Fries (Not chips)	Yes	Yes															
Smoked Chilli Jelly Dip	Yes	Yes															
Spicy Tomato Dip	Yes	Yes															
Three Cheese Mac & Cheese Bites with Dip (V)	Yes			Yes: Wheat					Yes		*			*			
Trio of dips	Yes					Yes					Yes						
Truffle Cheese Chips (V)	Yes		*	Yes: Wheat					Yes							*	
Truffle Cheese Fries (V)	Yes					Yes			Yes								
Zucchini Fries	Yes			Yes: Wheat		Yes					Yes						

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Starters

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Chicken Croccante				Yes: Barley, Wheat		Yes			Yes		Yes						
Double up Tomato & Basil Arancini	Yes								Yes								
Red Pepper, Chilli & Cannellini Dip	Yes	Yes															
Tomato & Basil Arancini	Yes								Yes								

Extra Information



Cheese | Pasteurised?

Cheese	Yes/No
Grated Mozzarella	Yes
Cows Milk Mozzarella	Yes
Sliced Cheddar	Yes
Mature Italian Cheese	No
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Ingredients | Sauces

Sauces	Full Ingredients
Coco's Signature Bolognese	Tomato Passata, Beef, Water, Onion, Celery, Red Wine (Sulphites), Tomato Purée, Mushrooms, Garlic Purée, Porcini Mushroom Stock (Mushroom Juice Concentrate, Yeast Extract, Water, Salt, Sugar, Porcini Mushroom Powder, Maize Starch), Rapeseed Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Sunflower Oil, Lovage Extract, Ground Lovage, Ground Turmeric, Ground White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Dried Parsley), Modified Maize Starch, Salt, Yeast Extract, Brown Sugar, Thyme, Rosemary, Ground Black Pepper, Ground Bay Leaves.
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.
Sugo di Pomodoro (VE)	Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Extra Virgin Olive Oil, Garlic, Tomato Paste, Corn flour, Basil, Brown Sugar, Sea Salt, Black Pepper.
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Ingredients | Sauces

Sauces	Full Ingredients
Ham Hock & Pancetta Carbonara	Water, Double Cream (From Cows Milk), Pancetta (13%) (Pork Belly (92%), Water, Salt, Glucose Syrup, Maltodextrin, Spice Extract, Antioxidant (Sodium Ascorbate, Trisodium Citrate), Preservatives (Sodium Nitrite, Potassium Nitrate), Smoke Flavouring), Ham Hock (8%) (Pork, Salt, Demerara Sugar, Emulsifier (Diphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Mascarpone (Cream (From Cows MILK), MILK Protein Concentrate (From Cows MILK), Acidity Regulator (Citric Acid)), White Cooking Wine (De-Alcoholised Wine From Concentrate, White Wine, Salt, Preservative (Potassium METABISULPHITE)), Modified Maize Starch, Hard Cheese (From Cows MILK, Salt, Starter Culture, Rennet, Potato Starch), Smoked Bacon (2%) (Pork (86%), 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)
'Nduja & Sausage Ragu	Diced Tomatoes (Diced Tomatoes, Acidity Regulator (Citric Acid)), Sausage (Pork, Water, Gluten Free Rusk (Pea Protein), Salt, Spices (Ground Black Pepper, Ground Nutmeg, Ground White Pepper), Rubbed Herbs (Sage, Marjoram), Potato Starch, Acidity Regulator (Calcium Lactate), Stabiliser (Triphosphates), Yeast Extract, Preservative (Sodium Metabisulphite), Antioxidant (Sodium Ascorbate)), White Onions, Nduja Paste (Pork Fat, Pork, Picante Pepper, Salt, Antioxidant (Ascorbic Acid), Preservative (Potassium Nitrate), Sucrose, Dextrose), Water, Olive Oil, Salt, Garlic Puree, Chilli Flakes, 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)
Sugo Caprese (V)	Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Extra Virgin Olive Oil, Garlic, Tomato Paste, Corn flour, 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).

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