



ITALIAN TO GO

Service Station 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



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.

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.

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

Pasta

[illegible]

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
Sugo Di Pomodoro	Yes	Yes															
Pesto Genovese	Yes	Yes															
Lasagne Soup			Yes	Yes: Wheat					Yes		*			*			
Gluten Free Fusilli	Yes	Yes															
Wholewheat Fusilli	Yes	Yes		Yes: Wheat							*			*			
Rigatoni	Yes	Yes		Yes: Wheat		*					*			*			

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
Pinsa Napoletana (V)	Yes			Yes: Wheat		*			Yes		*		*	*			
Ham & Mushroom Pinsa				Yes: Wheat		*			Yes		*		*	*		*	
Salami Piccante Pinsa				Yes: Wheat		*			Yes		*		*	*			

ALLERGEN GUIDE

Salads & Sides

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Pesto Pollo Pasta Fit Bowl			*	Yes: Wheat		*			Yes		*			*			
Kale, Caesar! Midi Salad			*	Yes: Wheat		Yes	Yes		Yes		*		*	Yes		*	
Rosemary & Sea Salt Fries (VE)	Yes	Yes															
Cheesy Garlic Bread (V)	Yes			Yes: Wheat		*			Yes		*		*	*		*	
Three Cheese Mac & Cheese Bites (V)	Yes			Yes: Wheat					Yes		*			*			
Rosemary Garlic Bread (VE)	Yes	Yes		Yes: Wheat		*			*		*		*	*		*	
Focaccia Slice (VE)	Yes	Yes		Yes: Rye, Wheat		*			*					*		*	

ALLERGEN GUIDE

Sandwiches

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Chicken Caesar & Bacon Baguette				Yes: Barley, Rye, Wheat		Yes	Yes		Yes				*	*		*	
Spicy Milanese & Mozzarella on Sourdough Baguette				Yes: Barley, Rye, Wheat		Yes			Yes				*	*		*	
Italian Deli Ham & Cheese on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat		Yes			Yes		Yes		Yes	*	Yes	*	
Pesto Chicken & Mozzarella on Multigrain Sourdough				Yes: Barley, Oats, Rye, Wheat		Yes			Yes				Yes	*		*	
Caprese on Multigrain Sourdough (V)	Yes			Yes: Barley, Oats, Rye, Wheat		Yes			Yes				Yes	*		*	

ALLERGEN GUIDE

Cakes, Bakes & Sweet Stuff

PRODUCT NAME	VEGETARIAN	VEGAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	COMMENTS
Chocolate Hazelnut Bomboloni (V)	Yes			Yes: Wheat		Yes			Yes					Yes		Yes: Hazelnuts	
Chocolate Hazelnut Bomboloni Trio (V)	Yes			Yes: Wheat		Yes			Yes					Yes		Yes: Hazelnuts	
Tiramisu (V)	Yes			Yes: Wheat		Yes			Yes					*		*	
Pistachio Bomboloni (V)	Yes			Yes: Wheat		Yes			Yes					Yes		Yes: Pistachio Nuts	
Pistachio Bomboloni Trio (V)	Yes			Yes: Wheat		Yes			Yes					Yes		Yes: Pistachio Nuts	

Extra Information



Cheese | Pasteurised?

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 Mature Italian Cheese	No
Ricotta Salata	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.
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, Corn flour, Basil, Brown Sugar, Sea Salt, Black Pepper.

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).
Spicy Sausage & Greens	MILK (From Cow's MILK), Creme Fraiche (MILK) (Skimmed MILK (From Cows MILK), Cream (From Cows MILK), Modified Tapioca Starch, Thickener (Guar Gum), Culture (Lactobacillus Bacteria)), Sausage (Pork, Water, Gluten Free Rusk (Pea Protein), Salt, Spices (Ground Black Pepper, Ground Nutmeg, Ground White Pepper), Rubbed Herbs (Sage, Majoram), Potato Starch, Acidity Regulator (Calcium Lactate), Stabiliser (Triphosphates), Yeast Extract, Preservative (Sodium METABISULPHITE), Antioxidant (Sodium Ascorbate)), Onions, Kale, White Cooking Wine (SULPHITES), Water, Hard Cheese (MILK) (Cow's MILK, Salt, Starter Culture, Microbial Rennet), Rapeseed Oil, Garlic Puree, Modified Corn Starch, Fennel, Chicken Bouillon (Maltodextrin, Flavourings, Salt, Sugar, Chicken Fat (Chicken Fat), Antioxidant (Extracts of Rosemary), Yeast Extract, Chicken (Chicken, Salt, Antioxidant (Extracts of Rosemary)), Turmeric, Garlic, Onion Juice Concentrate, Lovage Roots), Thyme Leaves, Salt, Chilli Flakes, Ground Black Pepper, Fennel Seeds, 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)

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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Soup & Dips | Full Ingredients

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).
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