



ITALIAN TO GO

Store 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**](mailto: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

Breakfast Egg Boxes and Breakfast Extras

[illegible]

ALLERGEN GUIDE

Breakfast Extras

[illegible]

ALLERGEN GUIDE

Breakfast Extras

[illegible]

ALLERGEN GUIDE

Breakfast Extras

[illegible]

Breakfast Rolls, Fruit & Hot Breakfast

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|---|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Pesto, Mushroom & Avo Egg Puccia (V) | Yes | | * | Yes: Wheat | | Yes | * | | Yes | | * | | | * | | * | |
| Coco's Breakfast Puccia | | | * | Yes: Wheat | | Yes | * | | Yes | | * | | | * | | * | |
| Berry Fruit Pot | Yes | Yes | | | | | | | | | | | | | | | |
| Pork & Sage Sausage on Multigrain Sourdough | | | | Yes: Barley, Oats, Rye, Wheat | | * | | | * | | | | Yes | * | | * | |
| Crispy Bacon on white | | | | Yes: Barley, Rye, Wheat | | * | | | * | | | | * | * | | * | |
| 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 | * | | * | |

ALLERGEN GUIDE

Pastries & Porridge

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

ALLERGEN GUIDE

Al Forno



| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Coco's Mac & Cheese | Yes | | | Yes: Wheat | | | | | Yes | | * | | | * | | | |
| Signature Beef Lasagne | | | Yes | Yes: Wheat | | | | | Yes | | | | | * | Yes | | |
| Spicy Pollo Lasagne | | | * | Yes: Wheat | * | * | * | | Yes | | * | | * | * | Yes | | |

ALLERGEN GUIDE



Extra Sauces & Extras

[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 |
|------------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Extra ‘Nduja & Sausage Ragu | | | * | * | | * | | | * | | * | | * | * | Yes | | |
| Ham Hock carbonara | | | | | | | | | Yes | | | | | | Yes | | |
| Spicy Sausage & Greens | | | * | * | | * | | | Yes | | * | | * | * | Yes | | |
| Truffle Sausage Cacio e Pepe | | | * | * | | * | | | Yes | | * | | * | * | Yes | | |
| Sugo Caprese (V) | Yes | | | | | | | | Yes | | | | | | | | |
| Spicy Pollo | | | * | * | * | * | * | | Yes | | * | | * | * | Yes | | |

Pasta

PRODUCT NAME

VEGETARIAN

VEGAN

CELERY

**CEREALS
CONTAINING
GLUTEN**

CRUSTACEANS

EGG

FISH

LUPIN

MILK

MOLLUSCS

MUSTARD

PEANUTS

SESAME

SOYA

SULPHITES

TREE NUTS

COMMENTS

**NEW Pesto
Genovese (VE)**

Yes

Yes

Coco's Signature Bolognese

Yes

Yes

Alberto's Amatriciana

*

*

*

*

*

*

Yes

**Extra Truffle
Sausage Cacio e Pepe**

*

*

*

Yes

*

*

*

Yes

Extra Coco's Signature Bolognese

Yes

Yes

ALLERGEN GUIDE

Pasta Toppings

COCO
DI MAMA

[illegible]

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Pasta Toppings

[illegible]

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Pasta Types

| 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

Pinsa

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|---|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Margherita Pinsa (V) | Yes | | | Yes: Wheat | | * | | | Yes | | * | | * | * | | | |
| Fiery Nduja, Salami & Chilli Honey Pinsa | | | | Yes: Wheat | | * | | | Yes | | * | | * | * | | | |
| Superstraccia- Roquito & Olive Pinsa (VE) | Yes | Yes | | Yes: Wheat | | * | | | * | | * | | * | Yes | | | |
| Pancetta Carbonara Pinsa | | | | Yes: Wheat | | * | | | Yes | | * | | * | * | | | |

ALLERGEN GUIDE



Salads & Salad Dressings

[illegible]

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 | | | | * | * | | * | |
| Hot Meatball Ciabatta | | | | Yes: Wheat | | * | * | | Yes | | * | | * | * | | * | |
| Spicy Chicken Nduja Club | | | | Yes: Wheat | | * | * | | Yes | | * | | * | * | Yes | * | |
| Pesto Chicken & Mozzarella on Multigrain Sourdough | | | | Yes: Barley, Oats, Rye, Wheat | | Yes | | | Yes | | | | Yes | * | | * | |
| Italian Deli Ham & Cheese on Multigrain Sourdough | | | | Yes: Barley, Oats, Rye, Wheat | | Yes | | | Yes | | Yes | | Yes | * | Yes | * | |

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Sandwiches

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|--|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Rainbow Ciabatta (VE) | Yes | Yes | | Yes: Wheat | | | * | | * | | * | | * | Yes | | * | |
| Prosciutto & Mozzarella on Sourdough Multigrain Baguette | | | | Yes: Barley, Oats, Rye, Wheat | | Yes | | | Yes | | | | Yes | * | | * | |
| Steak Tagliata on Sourdough Ciabatta | | | * | Yes: Wheat | | * | * | | Yes | * | * | | * | * | Yes | * | |
| Spicy 'Nduja BLT on Sourdough Ciabatta | | | | Yes: Wheat | | Yes | * | | Yes | | * | | * | * | | * | |
| Hot Honey Chicken Parm on Sourdough Ciabatta | | | Yes | Yes: Wheat | | Yes | * | | Yes | | * | | * | Yes | Yes | * | |
| Caprese on Multigrain Sourdough (V) | Yes | | | Yes: Barley, Oats, Rye, Wheat | | Yes | | | Yes | | | | Yes | * | | * | |

ALLERGEN GUIDE

Extra Sauces

[illegible]

ALLERGEN GUIDE

Soup, Sides & Snacks

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|-------------------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Lasagne Soup | | | Yes | Yes: Wheat | | | | | Yes | | * | | | * | | | |
| Three Cheese Mac & Cheese Bites (V) | Yes | | | Yes: Wheat | | | | | Yes | | * | | | * | | | |
| Green Goddess Chicken Power Pot | | | * | * | | | | | | | * | | * | * | * | | |
| Herby Hash Bites (V) | Yes | | | | | | | | Yes | | | | | | | | |
| Truffle Hash Bites (V) | Yes | | | | | | | | Yes | | | | | | | | |
| Garlic Mayo (VE) | Yes | Yes | | | | | | | | | | | | | | | |
| Sourdough Focaccia (VE) | Yes | Yes | | Yes: Rye, Wheat | | * | | | * | | | | | * | | * | |

ALLERGEN GUIDE

Sides & Snacks

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|--|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Sourdough Garlic Bread with Mozzarella (V) | Yes | | | Yes: Wheat | | * | | | Yes | | * | | * | * | | | |
| Calabrian Chilli Hot Honey Dip (V) | Yes | | | | | | | | | | | | | | | | |
| Rosemary & Sea Salt Fries (VE) | Yes | Yes | | | | | | | | | | | | | | | |
| Sourdough Garlic Bread with Rosemary (VE) | Yes | Yes | | Yes: Wheat | | * | | | * | | * | | * | * | | | |
| HIP - Salted Pretzel | Yes | Yes | | Yes: Barley, Oats, Wheat | | * | | | * | | | * | * | * | | * | |
| HIP - Plain Choc | Yes | Yes | | Yes: Oats | | | | | * | | | * | | * | | * | |
| Pipers Chorizo Crisps | | | | | | | | | Yes | | | | | | | | |

ALLERGEN GUIDE

Snacks, Cakes & Bakes

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|--|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|---------------------|----------|
| Forest Feast Salted Dark Choc Cashews (VE) | Yes | Yes | | | | | | | * | | | * | * | Yes | | Yes: Cashews | |
| Pipers Crisps - Salt & Vinegar | Yes | | | | | | | | Yes | | | | | | | | |
| Forest Feast Salted Choc Almonds (VE) | Yes | Yes | | * | | | | | * | | | * | * | Yes | | Yes: Almonds | |
| Pipers Seasalt Crisps | Yes | Yes | | | | | | | | | | | | | | | |
| Pipers Cheddar and Onion Crisps | 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 | |

ALLERGEN GUIDE

Cakes & Bakes

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|---------------------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|----------------|----------|
| Blueberry Cream Muffin (V) | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | * | * | | |
| 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 | |
| Mini Biscoff Bomboloni | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | Yes | | * | |
| Biscoff Bombo Trio | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | Yes | | * | |
| White Chocolate Bomboloni | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | Yes | | * | |
| White Choc Bombo Trio | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | Yes | | * | |
| Vegan Chocolate Banana Bread | Yes | Yes | | Yes: Wheat | | * | | | * | | | * | * | Yes | * | * | |
| Triple Choc Chunk Cookie | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | Yes | | * | |

ALLERGEN GUIDE

Cakes & Bakes, Confectionary & Fruit

COCO

DI MAMA

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|--|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-------------|----------|
| Tiramisu (V) | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | * | | * | |
| Super Flapjack (GF, VE) | Yes | Yes | | Yes: Oats | | * | | | * | | | | | Yes | | Yes: Pecans | |
| Dark Choc Chunk Cookie (V) | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | Yes | | * | |
| Fresh Fruit - Banana | Yes | Yes | | | | | | | | | | | | | | | |
| Fresh Fruit - Orange | Yes | Yes | | | | | | | | | | | | | | | |
| Fresh Fruit - Apple | Yes | Yes | | | | | | | | | | | | | | | |
| Very Berry Fruit Pot | Yes | Yes | | | | | | | | | | | | | | | |
| Tony's Chocolonely Milk Chocolate Caramel Sea Salt | Yes | | | * | | * | | | Yes | | | * | | Yes | | * | |
| Tony's Chocolonely Milk Chocolate | Yes | | | * | | * | | | Yes | | | * | | Yes | | * | |

ALLERGEN GUIDE

Hot List & Pinsa Platters

COCO

DI MAMA

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|---|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Spinach & Ricotta Cannelloni (V) | Yes | | | Yes: Wheat | | | | | Yes | | * | | | * | | | |
| Spicy Pollo Lasagne (Individual portion) | | | * | Yes: Wheat | * | * | * | | Yes | | * | | * | * | Yes | | |
| Superstraccia, Roquito & Olive Pinsa Platter (VE) | Yes | Yes | | Yes: Wheat | | * | | | * | | * | | * | Yes | | | |
| Fiery Nduja, Salami & Chilli Honey Pinsa Platter | | | | Yes: Wheat | | * | | | Yes | | * | | * | * | | | |

ALLERGEN GUIDE

Boxes & Platters

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|--|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|--------------------------------------|----------|
| Vegan Pastry & Yoghurt Platter (VE) | Yes | Yes | | Yes: Oats, Spelt, Wheat | | * | | | * | | | * | * | Yes | * | * | |
| Breakfast Hashbites Box (V) | Yes | | Yes | Yes: Barley, Rye | | * | | | | | | | | | | | |
| Sweet Treats Platter (V) | Yes | Yes | | Yes: Oats, Wheat | | * | | | * | | | * | * | Yes | * | Yes: Almonds, Pecans, Pistachio Nuts | |
| Three Cheese Mac & Cheese Bite Platter (V) | Yes | | | Yes: Wheat | | | * | | Yes | | * | | | * | | * | |
| Deli Wrap Platter | | | | Yes: Wheat | | Yes | Yes | | Yes | | | | * | | Yes | | |
| Sourdough Ciabatta Platter | | | Yes | Yes: Wheat | | Yes | * | | Yes | | * | | * | Yes | Yes | * | |
| Pesto Butter Bean Platter (V) | Yes | | * | | | | | | Yes | | * | | | | Yes | | |

ALLERGEN GUIDE

Boxes & Platters

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|----------------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|--------------------------------|--|
| Coco Crisps Box (V) | Yes | Yes | | | | | | | | | | | | | | | Please see individual packaging for allergen information |
| Coco Snack Box (V) | Yes | Yes | | | | | | | | | | | | | | | Please see individual packaging for allergen information |
| Crackin' Cookie Platter (V) | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | Yes | | * | |
| Nutty Bomboloni Box (V) | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | Yes | | Yes: Hazelnuts, Pistachio Nuts | |
| Pancetta Carbonara Pinsa Platter | | | | Yes: Wheat | | * | | | Yes | | * | | * | * | | | |
| Side Salad Platter (V) | Yes | | | | | | | | Yes | | | | | | Yes | | |
| Yoghurt Platter (V) | Yes | | | Yes: Oats | | | | | Yes | | | | | | | Yes: Almonds | |
| Sausage Baguette Platter | | | | Yes: Barley, Rye, Wheat | | * | | | Yes | | | | * | * | | * | |
| Mini Pastry Platter (V) | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | * | Yes | | * | |

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|--------------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Mega Bomboloni Party (V) | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | Yes | | * | |
| Caprese Croissant Platter (V) | Yes | | | Yes: Wheat | | Yes | | | Yes | | | | | * | | * | |
| Ham & Cheese Croissant Platter | | | | Yes: Wheat | | Yes | | | Yes | | | | | * | | * | |
| Signature Puccia Platter | | | * | Yes: Wheat | | Yes | * | | Yes | | * | | | * | | * | |
| Veggie Puccia Platter (V) | Yes | | * | Yes: Wheat | | Yes | * | | Yes | | * | | | * | | * | |
| Balance Snack Platter (VE) | Yes | Yes | | Yes: Wheat | | * | | | * | | | | | * | | * | |
| Lunch Hashbites Box (V) | Yes | | | * | | * | * | | * | | | | | | | * | |
| Ultimate Sandwich Platter | | | | Yes: Barley, Oats, Rye, Wheat | | Yes | * | | Yes | | * | | Yes | Yes | | * | |
| Veggie Sandwich Platter (V) | Yes | | | Yes: Barley, Oats, Rye, Wheat | | Yes | * | | Yes | | * | | Yes | Yes | | * | |

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| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|------------------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Savoury Pastries Platter | | | | Yes: Wheat | | Yes | * | | Yes | * | | | | * | | * | |
| Coco's Mac & Cheese Platter (V) | Yes | | | Yes: Wheat | | | | | Yes | | * | | | * | | | |
| Margherita Pinsa Platter (V) | Yes | | | Yes: Wheat | | * | | | Yes | | * | | * | * | | | |
| Focaccia Sandwich Platter | | | | Yes: Rye, Wheat | | Yes | Yes | | Yes | | Yes | | | * | Yes | * | |
| Signature Beef Lasagne Platter | | | Yes | Yes: Wheat | | | | | Yes | | | | | * | Yes | | |
| Antipasti Balance Platter (VE) | Yes | Yes | | Yes: Wheat | | | | | | | * | | | * | | | |
| Antipasti Charcuterie Platter | | | | Yes: Wheat | | * | | | Yes | | | | | * | Yes | * | |
| Sourdough Garlic Bread Platter (V) | Yes | | | Yes: Wheat | | * | | | Yes | | * | | * | * | | | |
| Spicy Pollo Lasagne Platter | | | * | Yes: Wheat | * | * | * | | Yes | | * | | * | * | Yes | | |

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|--|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------------|----------|
| Power Chicken Caesar Salad Platter | | | * | | | Yes | Yes | | Yes | | * | | Yes | Yes | | | |
| Cacio e Pepe Gnocchi Platter (V) | Yes | | | Yes: Wheat | | | | | Yes | | | | | * | | | |
| Spinach & Ricotta Cannelloni Platter (V) | Yes | | | Yes: Wheat | | | | | Yes | | * | | | * | | | |
| Bacon Baguette Platter | | | | Yes: Barley, Rye, Wheat | | * | | | Yes | | | | * | * | | * | |
| Super Salmon Balance Platter | | | * | | | Yes | Yes | | | | Yes | | * | | | | |
| Fruit Platter (VE) | Yes | Yes | * | | | | | | | | * | | | | * | | |
| Pesto Pollo Pasta Platter | | | * | Yes: Wheat | | * | | | Yes | | * | | | * | | | |
| Overnight Oats Platter (V) | Yes | | | Yes: Oats | | | | | Yes | | | | | | * | Yes: Almonds | |
| Vegan Bacon Baguette Platter (VE) | Yes | Yes | | Yes: Barley, Rye, Wheat | | * | | | * | | | | * | Yes | | * | |

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| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|----------------------------------|------------|-------|--------|-------------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------------|----------|
| Classic Baguette Platter | | | | Yes: Barley, Oats, Rye, Wheat | | Yes | Yes | | Yes | | | | Yes | * | | * | |
| Pastry Platter (V) | Yes | | | Yes: Wheat | | Yes | | | Yes | | * | | * | Yes | | Yes: Almonds | |
| Bacon & Sausage Baguette Platter | | | | Yes: Barley, Rye, Wheat | | * | | | Yes | | | | * | * | | * | |
| Focaccia Bag (VE) | Yes | Yes | | Yes: Rye, Wheat | | * | | | * | | | | | * | | * | |

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Coffee & Tea

| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|--|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|------------------------------|----------|
| Pistachio & Chocolate Iced Latte - oat drink | Yes | | | Yes: Oats | | | | | Yes | | | | | Yes | | Yes: Pistachio Nuts | |
| Iced Caramel Latte - Skimmed Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Hazelnut Iced Mocha - oat drink | Yes | | | Yes: Oats | | | | | Yes | | | | | Yes | | * | |
| Hazelnut Iced Mocha - skimmed milk | Yes | | | | | | | | Yes | | | | | Yes | | * | |
| Hazelnut Iced Mocha - Whole Milk | Yes | | | | | | | | Yes | | | | | Yes | | * | |
| Pistachio & Chocolate Iced Latte - coconut drink | Yes | | | | | | | | Yes | | | | | Yes | | Yes: Pistachio Nuts | |
| Pistachio & Chocolate Iced Latte - soya drink | Yes | | | | | | | | Yes | | | | | | | Yes: Pistachio Nuts | |
| Pistachio & Chocolate Iced Latte - almond drink | Yes | | | | | | | | Yes | | | | | | | Yes: Almonds, Pistachio Nuts | |
| Pistachio & Chocolate Iced Latte - whole milk | Yes | | | | | | | | Yes | | | | | | | Yes: Pistachio Nuts | |

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|---|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|---------------------|----------|
| White Choc & Hazelnut Iced Latte - soya drink | Yes | | | | | | | | Yes | | | | | Yes | | * | |
| Pistachio Iced Latte - coconut drink | Yes | | | | | | | | Yes | | | | | Yes | | Yes: Pistachio Nuts | |
| Iced Latte Whole Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Iced Latte Skimmed Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Iced Latte soya drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Iced Americano | Yes | Yes | | | | | | | | | | | | | | | |
| Iced Latte oat drink | Yes | Yes | | Yes: Oats | | | | | | | | | | | | | |
| Pistachio Iced Latte - soya drink | Yes | | | | | | | | Yes | | | | | Yes | | Yes: Pistachio Nuts | |
| White Choc & Hazelnut Iced Latte Large | Yes | | | | | | | | Yes | | | | | Yes | | * | |

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|---|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|------------------------|----------|
| Pistachio Iced Latte - oat drink | Yes | | | Yes: Oats | | | | | Yes | | | | | Yes | | Yes: Pistachio Nuts | |
| Passionfruit & Lemon Iced Tea - Large | Yes | Yes | | | | | | | | | | | | | | | |
| Iced Cherry Matcha Latte - coconut drink | Yes | Yes | | | | | | | | | | | | Yes | | * | |
| Iced Matcha Latte - skimmed milk | Yes | | | | | | | | Yes | | | | | | | | |
| Iced Matcha Spritz | Yes | | | | | | | | | | | | | | | | |
| Iced Matcha Latte - coconut drink | Yes | Yes | | | | | | | | | | | | Yes | | * | |
| Iced Cherry Matcha Latte - skimmed milk | Yes | | | | | | | | Yes | | | | | | | | |
| Iced Cherry Matcha Latte - soya drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Iced Latte coconut drink | Yes | Yes | | | | | | | | | | | | Yes | | | |

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|---|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|--------------|----------|
| White Choc & Hazelnut Iced Latte - almond drink | Yes | | | | | | | | Yes | | | | | Yes | | Yes: Almonds | |
| White Choc & Hazelnut Iced Latte - almond drink | Yes | | | | | | | | Yes | | | | | Yes | | Yes: Almonds | |
| Iced Matcha Latte - whole milk | Yes | | | | | | | | Yes | | | | | | | | |
| Iced Matcha Latte - oat drink | Yes | Yes | | Yes: Oats | | | | | | | | | | | | | |
| Iced Matcha Latte - soya drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Iced Cherry Matcha Latte - whole milk | Yes | | | | | | | | Yes | | | | | | | | |
| Iced Cherry Matcha Latte - oat drink | Yes | Yes | | Yes: Oats | | | | | | | | | | | | | |
| Iced Cherry Matcha Latte - almond drink | Yes | Yes | | | | | | | | | | | | | | Yes: Almonds | |
| White Choc & Hazelnut Iced Latter - oat drink | Yes | | | Yes: Oats | | | | | Yes | | | | | Yes | | * | |

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| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|--------------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|---------------------|----------|
| Cappuccino oat drink | Yes | Yes | | Yes: Oats | | | | | | | | | | | | | |
| Matcha Latte - soya drink | Yes | Yes | | | | | | | | | | | | Yes | | * | |
| Matcha Latte - Skimmed Milk | Yes | | | | | | | | | | | | | | | | |
| Matcha Latte - Whole Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Pistachio Latte - oat drink | Yes | | | Yes: Oats | | | | | Yes | | | | | Yes | | Yes: Pistachio Nuts | |
| Double Macchiato coconut drink | Yes | Yes | | | | | | | Yes | | | | | Yes | | | |
| Latte coconut drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Hot Chocolate soya drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Piccolo soya drink | Yes | Yes | | | | | | | | | | | | Yes | | | |

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|------------------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|---------------------------------|----------|
| Hot Chocolate almond drink | Yes | Yes | | | | | | | | | | | | | | Yes: Almonds | |
| Latte almond drink | Yes | Yes | | | | | | | | | | | | | | Yes: Almonds | |
| Splash of Whole Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Cappuccino coconut drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Piccolo coconut drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Cortado soya drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Pistachio Latte - soya drink | Yes | | | | | | | | Yes | | | | | Yes | | Yes: Pistachio Nuts | |
| Pistachio Latte - almond drink | Yes | | | | | | | | Yes | | | | | Yes | | Yes: Almonds, Pistachio Nuts | |
| Pistachio Latte - coconut drink | Yes | | | | | | | | Yes | | | | | Yes | | Yes: Pistachio Nuts | |

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| PRODUCT NAME | VEGETARIAN | VEGAN | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGG | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | PEANUTS | SESAME | SOYA | SULPHITES | TREE NUTS | COMMENTS |
|------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|--------------|----------|
| Mocha coconut drink | Yes | | | | | | | | * | | | | | Yes | | | |
| Cortado coconut drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Splash of almond drink | Yes | Yes | | | | | | | | | | | | | | Yes: Almonds | |
| Cortado Whole Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Macchiato Whole Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Filter Coffee | Yes | Yes | | | | | | | | | | | | | | | |
| Espresso | Yes | Yes | | | | | | | | | | | | | | | |
| Cappuccino Whole Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Latte Whole Milk | Yes | | | | | | | | Yes | | | | | | | | |

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|-------------------------|------------|-------|--------|---------------------------------|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-----------|-----------|----------|
| Mocha oat drink | Yes | | | Yes: Oats | | | | | * | | | | | | | | |
| Latte oat drink | Yes | Yes | | Yes: Oats | | | | | | | | | | | | | |
| Mocha soya drink | Yes | | | | | | | | * | | | | | Yes | | | |
| Macchiato soya drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Flat White soya drink | Yes | Yes | | | | | | | | | | | | Yes | | | |
| Macchiato Skimmed Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Cappuccino Skimmed Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Flat White Skimmed Milk | Yes | | | | | | | | Yes | | | | | | | | |
| Cortado Skimmed Milk | Yes | | | | | | | | Yes | | | | | | | | |

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COCO
DI MAMA

Coffee, Tea & Cold Drinks

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Cold Drinks

[illegible]

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Cold Drinks

[illegible]

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 |
| Issue date: 09.09.25 | |

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) |
| Issue date: 09.09.25 | |

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). |
| 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 |

COCO
DI MAMA

ITALIAN TO GO

