



ITALIAN TO GO

# Delivery Kitchen Allergen Guide

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# Disclaimers

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# Disclaimers

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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](mailto: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

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

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

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

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

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

Please bear in mind that due to the seriousness of allergies and food intolerances, our teams will not be able to help select dishes. We recognise that some people want to avoid many other food ingredients and so full ingredients for some of our dishes and dish components, such as sauces, are available at the back of this guide. If you are unable to find a dish suitable for your dietary requirements, we advise you not to order. However, as you know more about your allergy than we do, we will leave it up to you if you want to proceed.

Alternatively, if you let our head office know your dietary requirements in advance of your visit they will try to help you with your dish choices. Drop us a note on [ciao@cocodimama.co.uk](mailto:ciao@cocodimama.co.uk)

## FAQs

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# FAQs

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## **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

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## **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

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# Information about Allergen Guides

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

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

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

# Cross-Contact Information

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**Items fried in our fryers\* may come into contact with: Gluten (Wheat, Barley), Milk, Eggs, Fish, Molluscs, Crustaceans, Celery, Mustard, Soya, Sulphites.**

\*We fry a range of items in our fryers and are unfortunately unable to fry items separately for customers with allergies and intolerances. Please note that we do have separate vegetarian and non-vegetarian fryers. However, these are in close proximity to each other, and we are therefore unable to guarantee full oil segregation. In order to protect those with allergies, we have combined the cross-contact information from both the vegetarian and non-vegetarian fryers.

**Items that are cooked in our pasta boilers\*\* may come into contact with: Gluten (Wheat), Eggs, Milk.**

\*\*Due to the way we cook our pasta in our small, busy kitchens, we are unfortunately unable to guarantee that there will be no cross-contact with other allergens. Our vegan dishes are made to care to a vegan recipe, however, may not be suitable for those with allergies. Our non-gluten pasta dishes are cooked separately to order and this is detailed beside relevant dishes in the allergen tables.

# ALLERGEN GUIDE

## Desserts

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Biscoff Bomboloni</b>		Yes: Wheat		Yes			Yes					Yes		*	Yes		
<b>Biscoff Cheesecake</b>		Yes: Wheat		*			Yes					Yes		*	Yes		
<b>Biscoff Trio</b>		Yes: Wheat		Yes			Yes					Yes		*	Yes		
<b>Chocolate Fudge Cake</b>		Yes: Wheat										Yes		*	Yes	Yes	
<b>Coco Chocolate Melt</b>				Yes	*		*					Yes	*	*	Yes		
<b>Loaded Bomboloni Party (V)</b>	*	Yes: Wheat		Yes			Yes		*			Yes	*	*	Yes		
<b>Loaded Bomboloni Trio (V)</b>	*	Yes: Wheat		Yes			Yes		*			Yes	*	*	Yes		
<b>Mega Biscoff Bomboloni Party</b>		Yes: Wheat		Yes			Yes					Yes		*	Yes		

# ALLERGEN GUIDE

## Desserts

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Tiramisu Pot</b>		Yes: Wheat		Yes			Yes					*		*	Yes		
<b>White Choc bombo trio</b>		Yes: Wheat		Yes			Yes					Yes		*	Yes		
<b>White Chocolate Bomboloni</b>		Yes: Wheat		Yes			Yes					Yes		*	Yes		

# ALLERGEN GUIDE

## Drinks

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Belu Water Sparkling															Yes		
Belu Water Still															Yes		
Coca Cola															Yes	Yes	
Coke Zero Bottle															Yes		
Diet Coke															Yes	Yes	
Flawsome - Apple & Rhubarb															Yes	Yes	
San pellegrino blood orange															Yes		
San Pellegrino Lemon															Yes		
Trip Blood Orange															Yes	Yes	
Sprite															Yes	Yes	



# ALLERGEN GUIDE

## Mains

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Add Mozzarella							Yes								Yes		
Add Olives															Yes	Yes	
Add pesto for Sugo															Yes	Yes	
Add Rocket															Yes	Yes	
Add Sunblush Tomatoes															Yes	Yes	
Add Truffle Oil															Yes	Yes	
Caprese Green Eats							Yes								Yes		
Carbonara							Yes						Yes				
Coco Signature Bolognese	Yes												Yes				

# ALLERGEN GUIDE

## Mains

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Extra Cheese CS							Yes								Yes		
Gluten Free Fusilli				*								*			Yes	Yes	
Ham & Mushroom Pinsa		Yes: Wheat		*			Yes		*		*	*		*			
Meatballs al Sugo		Yes: Wheat, Barley															
Mushroom							Yes								Yes		
Nduja & Sausage Ragu	*	*		*			*		*		*	*	Yes				
New Mushroom							Yes								Yes		
Pesto Chicken & Mozzarella							Yes										
Pesto Genovese Midi (VE)															Yes	Yes	

# ALLERGEN GUIDE

## Mains

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Pinsa Napoletana (V)</b>		Yes: Wheat		*			Yes		*		*	*			Yes		
<b>Rigatoni Grande</b>		Yes: Wheat		*					*			*			Yes	Yes	
<b>Salami Piccante Pinsa</b>		Yes: Wheat		*			Yes		*		*	*					
<b>Spicy Pollo</b>	*	*	*	*	*		Yes		*		*	*	Yes				
<b>Sugo Caprese (V)</b>							Yes								Yes		
<b>Sugo Pomodoro (VE)</b>															Yes	Yes	
<b>Vegan Lentil Ragu</b>															Yes	Yes	
<b>Wholewheat</b>		Yes: Wheat							*			*			Yes		

# ALLERGEN GUIDE

## Sides

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Add Riserva Cheese</b>							Yes								Yes		
<b>Beetroot Hummus</b>															Yes	Yes	
<b>Calabrese Sauce Dip (VE)</b>	Yes														Yes	Yes	
<b>Calamari - with dip</b>				Yes				Yes	Yes								
<b>Cheeky Caprese Side Salad</b>							Yes								Yes		
<b>Cheesy Garlic Bread (V)</b>		Yes: Wheat		*			Yes		*		*	*			Yes		
<b>Cheesy Garlic Bread (V) with dip</b>		Yes: Wheat		Yes			Yes		Yes			*			Yes		
<b>Chicken Croccante</b>	Yes	Yes: Wheat, Barley		Yes			Yes		Yes			Yes					
<b>Coco Chunky Chips &amp; Garlic Aioli</b>		Yes: Wheat		Yes					Yes						Yes		

# ALLERGEN GUIDE

## Sides

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Coco's Crispy Italian Herb Chips (V)															Yes		
Double Up Coco Chunky Chips & Garlic Aioli		Yes: Wheat		Yes					Yes						Yes		
Double Up Coco's Crispy Italian Herb Chips (V)															Yes		
Double Up Mozzarella Arancini							Yes								Yes		
Double up Seasoned Fries (not chips)															Yes		
Double up Tomato & Basil Arancini							Yes								Yes		
Garlic Aioli Dip (V)				Yes					Yes						Yes		
Garlic Mayo				Yes					Yes						Yes		
Lemon Mayo Dip				Yes					Yes						Yes		

# ALLERGEN GUIDE

## Sides

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Mozzarella Arancini</b>							Yes								Yes		
<b>Nduja Garlic Bread</b>		Yes: Wheat		Yes			Yes		Yes			*					
<b>Olives</b>															Yes	Yes	
<b>Pollo Fritti with Dips</b>	Yes	Yes: Wheat			*		*					Yes		*			
<b>Red Pepper, Chilli &amp; Cannellini Dip</b>															Yes	Yes	
<b>Rosemary Garlic Bread (VE)</b>		Yes: Wheat		*			*		*		*	*			Yes		
<b>Rosemary Garlic Bread (VE) with Dip</b>	Yes	Yes: Wheat										*			Yes	Yes	
<b>Sassy Side Salad</b>													Yes		Yes	Yes	
<b>Seasoned Fries (Not chips)</b>															Yes		

# ALLERGEN GUIDE

## Sides

PRODUCT NAME	CELERY	CEREALS	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Smoked Chilli Jelly Dip															Yes	Yes	
Spicy Tomato Dip															Yes	Yes	
Three Cheese Mac & Cheese Bites with Dip (V)		Yes: Wheat					Yes		*			*			Yes		
Tomato & Basil Arancini							Yes								Yes		
Trio of dips				Yes					Yes						Yes		
Truffle Cheese Chips (V)	*	Yes: Wheat		Yes			Yes							*	Yes		
Zucchini Fries		Yes: Wheat		Yes					Yes						Yes		

## Extra Information

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# 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 ( <b>SULPHITES</b> ) (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.

# 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 Ragù	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).
Pesto Chicken & Mozzarella	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), Buffalo Milk, Salt, Rennet (vegetarian), Composition of liquid (water, salt, lactic acid), Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar

# Pasta | Full Ingredients

Pasta	Full Ingredients
Rigatoni	Water, Durum <b>WHEAT</b> Semolina, Salt, Sunflower or Rapeseed Oil
Wholewheat Fusilli	Water, Durum <b>WHEAT</b> Semolina, Sunflower Oil, Salt
Non Gluten Fusilli	Maize Flour, Water, Chickpea Flour, Emulsifier (Mono and Diglycerides of Fatty Acids)
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# COCO

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