

**COCO**  
DI MAMA

ITALIAN TO GO

# Store 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.



# ALLERGEN GUIDE

## Breakfast

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Add avocado															Yes	Yes	
Add bacon																	
Add Blueberries															Yes	Yes	
Add brown sauce		Yes: Rye, Barley													Yes	Yes	
Add Butter							Yes								Yes		
Add Calabrese Chilli Honey (V)		*			*		*							*	Yes		
Add Cinnamon															Yes	Yes	
Add Gran Formaggio cheese							Yes								Yes		
Add Honey															Yes		

# ALLERGEN GUIDE

## Breakfast

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Add Ketchup	Yes														Yes	Yes	
Add mushrooms (VE)															Yes	Yes	
Add salmon					Yes												
Add spinach															Yes	Yes	
Add sugo															Yes	Yes	
Apple & Cinnamon Overnight Oats (V)	*	Yes: Oats		*		*	*		*	*	*	*	*	*	Yes		
Berry Fruit Pot															Yes	Yes	
Brown sauce Pot		Yes: Rye, Barley													Yes	Yes	
Calabrese Chilli Honey Pot (V)		*			*		*							*	Yes		

# ALLERGEN GUIDE

## Breakfast

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Calabrese Ketchup Pot (VE)</b>	Yes	*			*		*							*	Yes	Yes	
<b>Caprese Croissant (V)</b>		Yes: Wheat, Barley, Spelt		Yes			Yes								Yes		
<b>Coco Hashbrowns (Ve)</b>															Yes	Yes	
<b>Coco's Breakfast Puccia</b>	*	Yes: Wheat		Yes	*		Yes		*			*		*			
<b>Coco's Classic Porridge</b>		Yes: Oats					Yes								Yes		
<b>Extra Avocado</b>															Yes	Yes	
<b>Extra Bacon</b>																	
<b>Extra Banana</b>															Yes	Yes	
<b>Extra Coconut Flakes</b>													*		Yes	Yes	

# ALLERGEN GUIDE

## Breakfast

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Extra Honey seeds										*	*	*		*	Yes		
Extra Peanut Butter										Yes				*	Yes	Yes	
Extra Sausage		Yes: Wheat															
Extra Strawberries															Yes	Yes	
Ham & Cheese Croissant		Yes: Wheat, Barley, Spelt		Yes			Yes										
Ketchup Pot	Yes														Yes	Yes	
Mushroom & Avo Breakfast Sandwich (VE) - Multigrain		Yes: Wheat, Rye, Barley, Oats		*			*				Yes	*		*	Yes	Yes	
Mushroom & Avo Breakfast Sandwich (VE) - White		Yes: Wheat, Rye, Barley		*			*				*	*		*	Yes	Yes	
Naked Porridge		Yes: Oats					Yes								Yes		

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<b>Pesto, Mushroom &amp; Avo Egg Hot Box (V)</b>				Yes											Yes		
<b>Pesto, Mushroom &amp; Avo Egg Puccia (V)</b>	*	Yes: Wheat		Yes	*		Yes		*			*		*	Yes		
<b>Pistachio Croissant (V)</b>		Yes: Wheat, Barley, Spelt		Yes			Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>Raspberry Croissant (VE)</b>		Yes: Wheat, Spelt		*			*				*	*		*	Yes	Yes	
<b>Crispy Bacon &amp; Sausage on white</b>		Yes: Wheat, Rye, Barley		*			*				*	*		*			
<b>Crispy Bacon on white</b>		Yes: Wheat, Rye, Barley		*			*				*	*		*			
<b>Pork and Sage Sausage on white</b>		Yes: Wheat, Rye, Barley		*			*				*	*		*			
<b>Vegan Bacon on white</b>		Yes: Wheat, Rye, Barley		*			*				*	Yes		*	Yes	Yes	
<b>Salmon &amp; Avo Egg Box</b>				Yes	Yes						Yes	Yes					

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Sausage & Bacon Egg Hot Box		Yes: Wheat		Yes													
Superfood Peanut Oat GF Porridge		Yes: Oats								Yes			*	*	Yes	Yes	
Superfood Peanut Porridge		Yes: Oats					Yes			Yes			*	*	Yes		
Tiramisu Overnight Oats (VE)		Yes: Oats													Yes	Yes	
Crispy Bacon on Multigrain Sourdough		Yes: Wheat, Rye, Barley, Oats		*			*				Yes	*		*			
Bacon & Sausage on Multigrain Sourdough		Yes: Wheat, Rye, Barley, Oats		*			*				Yes	*		*			
Pork & Sage Sausage on Multigrain Sourdough		Yes: Wheat, Rye, Barley, Oats		*			*				Yes	*		*			
Vegan Bacon on Multigrain Sourdough		Yes: Wheat, Rye, Barley, Oats		*			*				Yes	Yes		*	Yes		
Coco's Classic Oat Drink GF Porridge		Yes: Oats													Yes		

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<b>Naked Oat GF Porridge</b>		Yes: Oats													Yes	Yes	
<b>Banana, Honey &amp; Granola Yoghurt</b>		Yes: Oats					Yes							Yes: Almonds	Yes		
<b>Compote Yoghurt</b>		Yes: Oats					Yes							Yes: Almonds	Yes		
<b>Big Boy Bircher</b>		Yes: Oats					Yes						*	Yes: Almonds	Yes		
<b>Butter Croissant (V)</b>		Yes: Wheat, Barley, Spelt		Yes			Yes								Yes		
<b>Almond Croissant (V)</b>		Yes: Wheat		Yes			Yes		*		*	*		Yes: Almonds	Yes		
<b>Pan Aux Raisins</b>		Yes: Wheat		Yes			Yes					*		*	Yes		
<b>Pain au Chocolat</b>		Yes: Wheat		Yes			Yes				*	Yes		*	Yes		

# ALLERGEN GUIDE

## Lunch

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Add 'Nduja &amp; Basilicata Sausage</b>																	
<b>Chicken Cacciatore</b>	Yes	*		*			Yes		*		*	*	Yes				
<b>Coco's Mac &amp; Cheese</b>		Yes: Wheat					Yes		*			*			Yes		
<b>Gigi's Spicy Milanese</b>	Yes	Yes: Wheat		*			Yes		*		*	Yes	*				
<b>Hot Honey Chicken Parm on Sourdough Ciabatta</b>	Yes	Yes: Wheat		Yes	*		Yes		*		*	Yes	Yes	*			
<b>Hot Honey Pulled Pork &amp; Pickles Grain Box</b>	*	Yes: Wheat, Spelt					Yes						*				
<b>Lemon &amp; Herb Chicken Grain Box</b>	*	Yes: Wheat, Spelt					Yes						*				
<b>Pancetta, Pesto &amp; Mushroom</b>							Yes										
<b>Pesto Chicken &amp; Mozzarella on Multigrain Sourdough</b>		Yes: Wheat, Rye, Barley, Oats		Yes			Yes				Yes	*		*			

# ALLERGEN GUIDE

## Lunch

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Rainbow Ciabatta (VE)</b>		Yes: Wheat			*		*		*		*	*		*	Yes	Yes	
<b>Signature Beef Lasagne</b>	Yes	Yes: Wheat					Yes					*	Yes				
<b>Spicy 'Nduja BLT on Sourdough Ciabatta</b>		Yes: Wheat		Yes	*		Yes		*		*	*		*			
<b>Steak Tagliata &amp; Salsa Verde Salad</b>	*	*		*	*		Yes	*	Yes		*	*	Yes	*			
<b>12hr Beef Ragu - Extra</b>	Yes	*	*	*	*		*		*		*	*	Yes				
<b>Add Basil</b>															Yes	Yes	
<b>Add Calabrian Chilli Chicken</b>																	
<b>Add Cheese</b>							Yes								Yes		
<b>Add Chilli Flakes</b>															Yes	Yes	

# ALLERGEN GUIDE

## Lunch

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Add Chilli Oil															Yes	Yes	
Add Crispy Pancetta																	
Add Hot Smoked Salmon					Yes												
Add Pesto (VE)															Yes	Yes	
Add Rocket															Yes	Yes	
Add torn Mozzarella (V)							Yes								Yes		
Add Truffle Oil															Yes	Yes	
Antipasti balance bowl (VE)		Yes: Wheat							*			*			Yes	Yes	
Caesar Parm Dressing				Yes	Yes		Yes				*						

# ALLERGEN GUIDE

## Lunch

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Calabrian Chilli Chicken				*			*		*		*	*	Yes				
Calabrian Chilli Chickpea Grain Box (VE)		Yes: Wheat, Spelt									Yes	Yes	Yes		Yes	Yes	
Calabrian Chilli Hot Honey (V)															Yes		
Calabrian Chilli Prawn			Yes	*			*		*		*	*	Yes				
Calabrian Chilli Prawns			Yes														
Calabrian Hot Honey Glazed Salmon Grain Box		Yes: Wheat, Spelt			Yes		Yes				Yes	Yes	Yes				
Caprese on Multigrain Sourdough (V)		Yes: Wheat, Rye, Barley, Oats		Yes			Yes				Yes	*		*	Yes		
Chickpea, Pickle Salad (VE)															Yes	Yes	
Coco's Signature Bolognese Grande	Yes												Yes				



# ALLERGEN GUIDE

## Lunch

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Extra Hot Honey Salmon					Yes												
Extra House Sugo di Pomodoro (VE)															Yes	Yes	
Extra Lemon & Herb Chicken																	
Extra Pesto															Yes	Yes	
Extra Pesto Genovese (VE)															Yes	Yes	
Extra Spicy Pollo	*	*	*	*	*		Yes		*		*	*	Yes				
Extra Vegan Lentil Ragu															Yes	Yes	
Fiery Nduja, Salami & Chilli Honey Pinsa		Yes: Wheat		*			Yes		*		*	*					
Frozen Rigatoni		Yes: Wheat		*					*			*			Yes	Yes	

# ALLERGEN GUIDE

## Lunch

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Frozen Wholewheat		Yes: Wheat		*								*			Yes	Yes	
Genovese Pesto Pinsa (VE)		Yes: Wheat		*			*		*		*	*			Yes		
Non Gluten Fusilli				*								*			Yes	Yes	
Ham & Mushroom Pinsa		Yes: Wheat		*			Yes		*		*	*					
Ham Hock Carbonara							Yes						Yes				
Herb Salad															Yes	Yes	
Hot Smoked Salmon & Pesto Bowl by Emma Peterson	*				Yes		Yes				Yes	Yes	*				
House Sugo di Pomodoro (VE)															Yes	Yes	
Italian Deli Ham & Cheese on Multigrain Sourdough		Yes: Wheat, Rye, Barley, Oats		Yes			Yes		Yes		Yes	*	Yes	*			

# ALLERGEN GUIDE

## Lunch

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Kale, Ricotta, Sweet Potato Salad (V)</b>	*						Yes						*		Yes		
<b>Lasagne Soup</b>	Yes	Yes: Wheat					Yes		*			*					
<b>Lemon Olive Oil Dressing (VE)</b>															Yes	Yes	
<b>Lemon Wedge (VE)</b>															Yes	Yes	
<b>Margherita Pinsa (V)</b>		Yes: Wheat		*			Yes		*		*	*			Yes		
<b>Mediterranean Chicken Fit Bowl</b>		Yes: Wheat					Yes		*		Yes	Yes	Yes				
<b>Nduja &amp; Sausage Ragu</b>	*	*		*			*		*		*	*	Yes				
<b>NEW Pesto Genovese (VE)</b>															Yes	Yes	
<b>Pancetta Carbonara Pinsa</b>		Yes: Wheat		*			Yes		*		*	*					

# ALLERGEN GUIDE

## Lunch

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Pesto Chicken Milanese on Sourdough Ciabatta</b>		Yes: Wheat		Yes			Yes				*	*		*			
<b>Pesto Pollo Pasta Fit Bowl</b>		Yes: Wheat		Yes			Yes					*					
<b>Pickle &amp; Herb Salad (VE)</b>															Yes	Yes	
<b>Pink Pickled Onions (VE)</b>															Yes	Yes	
<b>Portobello, Porcini &amp; Mascarpone</b>							Yes								Yes		
<b>Power Chicken Caesar</b>	*			Yes	Yes		Yes		*		Yes	Yes					
<b>Prawn Piccante on Multigrain Sourdough</b>		Yes: Wheat, Rye, Barley, Oats	Yes	Yes			*				Yes	*		*			
<b>Prosciutto &amp; Mozzarella on Sourdough Multigrain Baguette</b>		Yes: Wheat, Rye, Barley, Oats		Yes			Yes				Yes	*		*			
<b>Pulled Lemon Chicken Balance Bowl</b>	*	Yes: Wheat							*		*	*	*				

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<b>Ricotta Salata (V)</b>							Yes								Yes		
<b>Signature Tomato Salad (VE)</b>											Yes	Yes	Yes		Yes	Yes	
<b>Slow-cooked Pulled Pork Ragu</b>	Yes	*		*			*		*		*	*	Yes				
<b>Smokey Pickles (VE)</b>															Yes	Yes	
<b>Spicy Milanese &amp; Mozzarella on Sourdough Baguette</b>		Yes: Wheat, Rye, Barley		Yes			Yes				*	*		*			
<b>Spicy Pollo Grande</b>	*	*	*	*	*		Yes		*		*	*	Yes				
<b>Spicy Pollo Lasagne</b>	*	Yes: Wheat	*	*	*		Yes		*		*	*	Yes				
<b>Spicy Pollo Midi</b>	*	*	*	*	*		Yes		*		*	*	Yes				
<b>Sugo Caprese (V)</b>							Yes								Yes		

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PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Three Cheese Mac &amp; Cheese Bites (V)</b>		Yes: Wheat					Yes		*			*			Yes		
<b>Tuna Pesto Butterbean Salad</b>	*				Yes				*		Yes	Yes	*				
<b>Vegan Lentil Ragu</b>															Yes	Yes	
<b>Zingy Green Sauce (VE)</b>															Yes	Yes	
<b>Chicken Caesar &amp; Bacon Baguette</b>		Yes: Wheat, Rye, Barley		Yes	Yes		Yes		Yes		*	*		*			
<b>Add Sundried Tomatoes</b>															Yes	Yes	
<b>12 hr Beef Ragu</b>	Yes	*	*	*	*		*		*		*	*	Yes				
<b>Add Cheese - Soup</b>							Yes								Yes		
<b>Add Roquito Pepper Slices</b>															Yes	Yes	

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<b>Add Chicken</b>																	
<b>Add Mozzarella</b>							Yes								Yes		
<b>Balsamic &amp; Olive Oil Dressing</b>													Yes		Yes	Yes	
<b>Pesto Yoghurt Dressing</b>							Yes								Yes		

# ALLERGEN GUIDE

## Sides and Snacks

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Chocolate Hazelnut Bomboloni (V)</b>		Yes: Wheat		Yes			Yes					Yes		Yes: Hazelnuts	Yes		
<b>Chocolate Hazelnut Bomboloni Trio (V)</b>		Yes: Wheat		Yes			Yes					Yes		Yes: Hazelnuts	Yes		
<b>Green Goddess Chicken Power Pot</b>	*	*							*		*	*	*				
<b>Pistachio Bomboloni (V)</b>		Yes: Wheat		Yes			Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>Pistachio Bomboloni Trio (V)</b>		Yes: Wheat		Yes			Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>Biscoff Bombo Trio</b>		Yes: Wheat		Yes			Yes					Yes		*	Yes		
<b>Biscoff Donut (VE)</b>		Yes: Wheat		*			*					Yes		*	Yes	Yes	
<b>Calabrian Chilli Hot Honey Dip (V)</b>															Yes		
<b>Caprese Side Salad (V)</b>							Yes						Yes		Yes		

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## Sides and Snacks

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Forest Feast Salted Choc Almonds (VE)		*					*			*	*	Yes		Yes: Almonds	Yes	Yes	
Forest Feast Salted Dark Choc Cashews (VE)							*			*	*	Yes		Yes: Cashews	Yes	Yes	
Fresh Fruit - Apple															Yes	Yes	
Fresh Fruit - Banana															Yes	Yes	
Fresh Fruit - Orange															Yes	Yes	
Garlic Mayo (VE)															Yes	Yes	
Herby Hash Bites (V)							Yes								Yes		
HIP - plain choc		Yes: Oats					*			*		*		*	Yes	Yes	
HIP - salted pretzel		Yes: Wheat, Barley, Oats		*			*			*	*	*		*	Yes	Yes	

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## Sides and Snacks

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Mini Biscoff Bomboloni		Yes: Wheat		Yes			Yes					Yes		*	Yes		
Pipers Cheddar and Onion Crisps							Yes								Yes		
Pipers Chorizo Crisps							Yes										
Pipers Crisps - Salt & Vinegar							Yes								Yes		
Pipers Seasalt Crisps															Yes	Yes	
Rosemary & Sea Salt Fries (VE)															Yes	Yes	
Sourdough Garlic Bread with Mozzarella (V)		Yes: Wheat		*			Yes		*		*	*			Yes		
Sourdough Garlic Bread with Rosemary (VE)		Yes: Wheat		*			*		*		*	*			Yes		
Tiramisu (V)		Yes: Wheat		Yes			Yes					*		*	Yes		

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## Sides and Snacks

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Tony's Choclonely Milk Chocolate		*		*			Yes			*		Yes		*	Yes		
Tony's Choclonely Milk Chocolate Caramel Sea Salt		*		*			Yes			*		Yes		*	Yes		
Triple Choc Chunk Cookie		Yes: Wheat		Yes			Yes					Yes		*	Yes		
Truffle Hash Bites (V)							Yes								Yes		
Very Berry Bomboloni (V)		Yes: Wheat		Yes			Yes				*	*		*	Yes		
Very Berry Bomboloni Trio (V)		Yes: Wheat		Yes			Yes				*	*		*	Yes		
Very Berry Fruit Pot															Yes	Yes	A mix of blueberries and strawberries
White Choc Bombo Trio		Yes: Wheat		Yes			Yes					Yes		*	Yes		
White Chocolate Bomboloni		Yes: Wheat		Yes			Yes					Yes		*	Yes		

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## Catering

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Avo &amp; Mushroom Breakfast Baguette Platter SMALL (VE)</b>		Yes: Wheat, Rye, Barley		*			*				*	*		*	Yes	Yes	
<b>Mega Bomboloni Party (V)</b>		Yes: Wheat		Yes			Yes					Yes		*	Yes		
<b>Nutty Bomboloni Box (V)</b>		Yes: Wheat		Yes			Yes					Yes		Yes: Hazelnuts, Pistachio Nuts	Yes		
<b>Savoury Pastries Platter</b>		Yes: Wheat		Yes	*		Yes	*				*		*			
<b>Sourdough Ciabatta Platter</b>	Yes	Yes: Wheat		Yes	*		Yes		*		*	Yes	Yes	*			
<b>Antipasti Balance Platter (VE)</b>		Yes: Wheat							*			*			Yes	Yes	
<b>Bacon &amp; Sausage Baguette Platter</b>		Yes: Wheat, Rye, Barley		*			Yes				*	*		*			
<b>Bacon Baguette Platter</b>		Yes: Wheat, Rye, Barley		*			Yes				*	*		*			
<b>Balance Snack Platter (VE)</b>		Yes: Wheat		*			*					*		*	Yes	Yes	





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## Catering

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Ham &amp; Mushroom Pinsa Platter</b>		Yes: Wheat		*			Yes		*		*	*					
<b>Italian Sandwich Platter</b>		Yes: Wheat, Rye, Barley, Oats		Yes	Yes		Yes		*		Yes	*	Yes	*			
<b>Lunch Hashbites Box (V)</b>		*		*	*		*							*	Yes		
<b>Margherita Pinsa Platter (V)</b>		Yes: Wheat		*			Yes		*		*	*			Yes		
<b>Mini Pastry Platter (V)</b>		Yes: Wheat		Yes			Yes				*	Yes		*	Yes		
<b>Overnight Oats Platter (V)</b>	*	Yes: Oats		*		*	Yes		*	*	*	*	*	Yes: Almonds	Yes		
<b>Pastry Platter (V)</b>		Yes: Wheat, Barley, Spelt		Yes			Yes		*		*	Yes		Yes: Almonds	Yes		
<b>Pesto Butter Bean Platter (V)</b>	*						Yes		*				Yes		Yes		
<b>Pesto Pollo Pasta Platter</b>		Yes: Wheat		Yes			Yes					*					

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## Catering

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Pistachio Bomboloni Trio (V)</b>		Yes: Wheat		Yes			Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>Power Chicken Caesar Salad Platter</b>	*			Yes	Yes		Yes		*		Yes	Yes					
<b>Rainbow ciabatta (ve)</b>		Yes: Wheat			*		*		*		*	*		*	Yes	Yes	
<b>Sausage Baguette Platter</b>		Yes: Wheat, Rye, Barley		*			Yes				*	*		*			
<b>Side Salad Platter (V)</b>							Yes						Yes		Yes		
<b>Signature Beef Lasagne Platter</b>	Yes	Yes: Wheat					Yes					*	Yes				
<b>Signature Puccia Platter</b>	*	Yes: Wheat		Yes	*		Yes		*			*		*			
<b>Sourdough Garlic Bread Platter (V)</b>		Yes: Wheat		*			Yes		*		*	*			Yes		
<b>Spicy Pollo Lasagne Platter</b>	*	Yes: Wheat	*	*	*		Yes		*		*	*	Yes				

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## Catering

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Super Salmon Balance Platter</b>	*			Yes	Yes				Yes		*						
<b>Three Cheese Mac &amp; Cheese Bite Platter (V)</b>		Yes: Wheat			*		Yes		*			*		*	Yes		
<b>Vegan Biscoff Donut Platter (VE)</b>		Yes: Wheat		*			*					Yes		*	Yes	Yes	
<b>Vegan Ciabatta Platter (VE)</b>		Yes: Wheat			*		*		*		*	*		*	Yes	Yes	
<b>Vegan Pastry &amp; Yoghurt Platter (VE)</b>	*	Yes: Wheat, Oats, Spelt		*		*	*		*	*	*	Yes	*	*	Yes	Yes	
<b>Vegan Pesto Pinsa Platter (VE)</b>		Yes: Wheat		*			*		*		*	*			Yes		
<b>Veggie Puccia Platter (V)</b>	*	Yes: Wheat		Yes	*		Yes		*			*		*	Yes		
<b>Veggie Sandwich Platter (V)</b>		Yes: Wheat, Rye, Barley, Oats		Yes	*		Yes		*		Yes	*		*	Yes		
<b>Yoghurt Platter (V)</b>	*	Yes: Oats	*	*	*		Yes		*	*	*	*	Yes	Yes: Almonds	Yes		

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Iced Caramel Latte - almond drink														Yes: Almonds	Yes	Yes	
Iced Caramel Latte - coconut drink															Yes	Yes	
Iced Caramel Latte - oat drink		Yes: Oats													Yes	Yes	
Iced Caramel Latte - skimmed milk							Yes								Yes		
Iced Caramel Latte - soya drink												Yes			Yes	Yes	
Iced Caramel Latte - whole milk							Yes								Yes		
Iced Matcha Latte - almond drink														Yes: Almonds	Yes	Yes	
Iced Matcha Latte - coconut drink												Yes		*	Yes	Yes	
Iced Matcha Latte - oat drink		Yes: Oats													Yes	Yes	

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Iced Matcha Latte - skimmed milk							Yes								Yes		
Iced Matcha Latte - soya drink												Yes		*	Yes	Yes	
Iced Matcha Latte - whole milk							Yes								Yes		
Matcha Latte - almond drink														Yes: Almonds	Yes	Yes	
Matcha Latte - coconut drink												Yes		*	Yes	Yes	
Matcha Latte - oat drink		Yes: Oats													Yes	Yes	
Matcha Latte - skimmed milk							Yes								Yes		
Matcha Latte - soya drink												Yes		*	Yes	Yes	
Matcha Latte - whole milk							Yes								Yes		

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Add Coconut Syrup															Yes	Yes	
Add Toffee Sauce							Yes								Yes		
Add White Chocolate Hazelnut Sauce							Yes					Yes		*	Yes		
Caramel Syrup Large															Yes	Yes	
Caramel Syrup Small															Yes	Yes	
Cherry Syrup															Yes	Yes	
Cortado coconut drink												Yes			Yes	Yes	
Cortado oat drink		Yes: Oats													Yes	Yes	
Cortado Skimmed Milk							Yes								Yes		

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Cortado soya drink												Yes			Yes	Yes	
Cortado Almond Milk														Yes: Almonds	Yes	Yes	
Double Espresso															Yes	Yes	
Macchiato Almond Milk														Yes: Almonds	Yes	Yes	
Macchiato coconut drink												Yes			Yes	Yes	
Macchiato oat drink		Yes: Oats													Yes	Yes	
Macchiato Skimmed Milk							Yes								Yes		
Macchiato soya drink												Yes			Yes	Yes	
Macchiato Whole Milk							Yes								Yes		

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Fancy Teas (all options)															Yes	Yes	
Hazelnut Syrup														Yes: Hazelnuts	Yes	Yes	
Iced Maple Hazelnut Matcha		Yes: Oats					Yes								Yes		
Americano															Yes	Yes	
Cappuccino almond drink														Yes: Almonds	Yes	Yes	
Cappuccino coconut drink												Yes			Yes	Yes	
Cappuccino oat drink		Yes: Oats													Yes	Yes	
Cappuccino Skimmed Milk							Yes								Yes		
Cappuccino soya drink												Yes			Yes	Yes	

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Coconut Vanilla Iced Latte - Almond														Yes: Almonds	Yes	Yes	
Coconut Vanilla Iced Latte - Coconut												Yes		*	Yes	Yes	
Coconut Vanilla Iced Latte - Oat		Yes: Oats													Yes	Yes	
Coconut Vanilla Iced Latte - Skimmed							Yes								Yes		
Coconut Vanilla Iced Latte - Soya												Yes			Yes	Yes	
Coconut Vanilla Iced Matcha - Almond														Yes: Almonds	Yes	Yes	
Coconut Vanilla Iced Matcha - Coconut												Yes		*	Yes	Yes	
Coconut Vanilla Iced Matcha - Oat		Yes: Oats													Yes	Yes	
Coconut Vanilla Iced Matcha - Skimmed							Yes								Yes		

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Coconut Vanilla Iced Matcha - Soya												Yes			Yes	Yes	
Coconut Vanilla Iced Matcha - Whole							Yes								Yes		
Flat White Almond														Yes: Almonds	Yes	Yes	
Flat White coconut drink												Yes			Yes	Yes	
Flat White Skimmed Milk							Yes								Yes		
Flat White soya drink												Yes			Yes	Yes	
Hazelnut Iced Mocha - almond drink							Yes					Yes		Yes: Almonds	Yes		
Hazelnut Iced Mocha - coconut drink							Yes					Yes		*	Yes		
Hazelnut Iced Mocha - oat drink		Yes: Oats					Yes					Yes		*	Yes		

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## Coffees & Teas

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

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Iced Cherry Matcha Latte - coconut drink												Yes		*	Yes	Yes	
Iced Cherry Matcha Latte - oat drink		Yes: Oats													Yes	Yes	
Iced Cherry Matcha Latte - skimmed milk							Yes								Yes		
Iced Cherry Matcha Latte - soya drink												Yes			Yes	Yes	
Iced Cherry Matcha Latte - whole milk							Yes								Yes		
Iced Latte almond drink														Yes: Almonds	Yes	Yes	
Iced Latte coconut drink												Yes			Yes	Yes	
Iced Latte oat drink		Yes: Oats													Yes	Yes	
Iced Latte Skimmed Milk							Yes								Yes		

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Iced Latte soya drink												Yes			Yes	Yes	
Latte almond drink														Yes: Almonds	Yes	Yes	
Latte coconut drink												Yes			Yes	Yes	
Latte oat drink		Yes: Oats													Yes	Yes	
Latte Skimmed Milk							Yes								Yes		
Latte soya drink												Yes			Yes	Yes	
Mocha almond drink							*					Yes		Yes: Almonds	Yes		
Mocha coconut drink							*					Yes			Yes		
Mocha oat drink		Yes: Oats					*								Yes		

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## Coffees & Teas

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

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Pistachio Iced Latte - coconut drink							Yes					Yes		Yes: Pistachio Nuts	Yes		
Pistachio Iced Latte - oat drink		Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	Yes		
Pistachio Iced Latte - skimmed milk							Yes					Yes		Yes: Pistachio Nuts	Yes		
Pistachio Iced Latte - soya drink							Yes					Yes		Yes: Pistachio Nuts	Yes		
Pistachio Iced Matcha - Almond							Yes					Yes		Yes: Almonds, Pistachio Nuts	Yes		
Pistachio Iced Matcha - Coconut							Yes					Yes		Yes: Pistachio Nuts	Yes		
Pistachio Iced Matcha - Oat		Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	Yes		
Pistachio Iced Matcha - Skimmed							Yes					Yes		Yes: Pistachio Nuts	Yes		
Pistachio Iced Matcha - Soya							Yes					Yes		Yes: Pistachio Nuts	Yes		

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Pistachio Iced Matcha - Whole</b>							Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>Pistachio Latte - almond drink</b>							Yes					Yes		Yes: Almonds, Pistachio Nuts	Yes		
<b>Pistachio Latte - coconut drink</b>							Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>Pistachio Latte - oat drink</b>		Yes: Oats					Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>Pistachio Latte - skimmed milk</b>							Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>Pistachio Latte - soya drink</b>							Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>Pistachio Latte - whole milk</b>							Yes					Yes		Yes: Pistachio Nuts	Yes		
<b>White Choc &amp; Hazelnut Iced Latte - almond drink</b>							Yes					Yes		Yes: Almonds	Yes		
<b>White Choc &amp; Hazelnut Iced Latte - almond drink</b>							Yes					Yes		Yes: Almonds	Yes		

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
White Choc & Hazelnut Iced Latte - coconut drink							Yes					Yes		*	Yes		
White Choc & Hazelnut Iced Latte - skimmed milk							Yes					Yes		*	Yes		
White Choc & Hazelnut Iced Latte - soya drink							Yes					Yes		*	Yes		
White Choc & Hazelnut Iced Latte - oat drink		Yes: Oats					Yes					Yes		*	Yes		
White Choc & Hazelnut Latte - almond drink							Yes					Yes		Yes: Almonds	Yes		
White Choc & Hazelnut Latte - coconut drink							Yes					Yes		*	Yes		
White Choc & Hazelnut Latte - oat drink		Yes: Oats					Yes					Yes		*	Yes		
White Choc & Hazelnut Latte - skimmed milk							Yes					Yes		*	Yes		
White Choc & Hazelnut Latte - soya drink							Yes					Yes		*	Yes		

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Maple Hazelnut Matcha Latte		Yes: Oats					Yes								Yes		
Passionfruit & Lemon Iced Tea -															Yes	Yes	
Peach Iced Tea -															Yes	Yes	
Peach Iced Tea - Small															Yes	Yes	
Piccolo almond drink														Yes: Almonds	Yes	Yes	
Piccolo coconut drink												Yes			Yes	Yes	
Piccolo oat drink		Yes: Oats													Yes	Yes	
Piccolo Skimmed Milk							Yes								Yes		
Piccolo soya drink												Yes			Yes	Yes	

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Pistachio Iced Latte - whole milk							Yes					Yes		Yes: Pistachio Nuts	Yes		
Splash of almond drink														Yes: Almonds	Yes	Yes	
Splash of coconut drink												Yes			Yes	Yes	
Splash of oat drink		Yes: Oats													Yes	Yes	
Splash of Skimmed Milk							Yes								Yes		
Splash of soya drink												Yes			Yes	Yes	
Splash of Whole Milk							Yes								Yes		
Sugar Free Syrup Small															Yes	Yes	
Sugar Free Vanilla Syrup															Yes	Yes	

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## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
White Choc & Hazelnut Iced Latte							Yes					Yes		*	Yes		
Flat White Whole Milk							Yes								Yes		
Flat White oat drink		Yes: Oats													Yes	Yes	
Latte Whole Milk							Yes								Yes		
Cappuccino Whole Milk							Yes								Yes		
Mocha Whole Milk							Yes								Yes		
Filter Coffee															Yes	Yes	
Cortardo Whole Milk							Yes								Yes		
Piccolo Whole Milk							Yes								Yes		

# ALLERGEN GUIDE

## Coffees & Teas

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Single Espresso															Yes	Yes	
Single Macchiato Whole Milk							Yes								Yes		
Iced Latte Whole Milk							Yes								Yes		
Iced Americano															Yes	Yes	
Hot Chocolate Whole Milk							Yes								Yes		
Americano															Yes	Yes	

# ALLERGEN GUIDE

## Cold Drinks

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
<b>Aqua Libra Cucumber &amp; Mint</b>													Yes		Yes	Yes	
<b>Aqua Libra Raspberry and Apple</b>															Yes	Yes	
<b>Aqua Libre Sparkling</b>															Yes	Yes	
<b>Aqua Libre Still</b>															Yes	Yes	
<b>Cano Water 330ml</b>															Yes	Yes	
<b>Cano Water 500ml</b>															Yes	Yes	
<b>Cano Water Sparkling 330ml</b>															Yes	Yes	
<b>Daily Dose Apple Juice</b>	*													*	Yes	Yes	
<b>Daily Dose Dulce Verde</b>	*													*	Yes	Yes	

# ALLERGEN GUIDE

## Cold Drinks

PRODUCT NAME	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES	TREE NUTS	VEGETARIAN	VEGAN	COMMENTS
Diet Coke															Yes	Yes	
Daily Dose O'Fresco	*													*	Yes		
Daily Dose Orange Juice	*													*	Yes	Yes	
San Pellegrino Lemon															Yes		
San Pellegrino Orange															Yes	Yes	
Coca Cola															Yes	Yes	
Coca Cola Zero															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
Issue date: 28.04.26	

# 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)
Creamy Salmon Alfredo	Creme Fraiche (from Cows Milk) (Skimmed MILK, Cream (From Cows Milk), Modified Tapioca Starch (Tapioca Starch, Thickener (Guar Gum)), Preservative (Potassium Sorbate), Culture (Lactococcus Bacteria)), Onion Puree, MILK, Water, Rapeseed Oil, Garlic Puree, Cheese Powder (From Cows MILK) (Dried Glucose Syrup, Cheese Powder (from MILK), Yeast Extract, Salt, Flavourings (MILK), Rapeseed Oil), Modified Corn Starch, Lemon Juice From Concentrate (SULPHITES), Vegetable Bouillon (Maltodextrin, Salt, Yeast Extract, Potato Starch, Sugar, Flavourings, Onion, Carrot Juice Concentrate, Extra Virgin Olive Oil, Parsley Root, Parsnip, Onion Juice Concentrate, Garlic Powder, Pepper, Lovage Root, Bay leaves, Turmeric), Fresh Parsley, Fresh Dill, Salt, Ground Black Pepper, Atlantic Salmon (Salmo Salar) (FISH), Salt, Smoke
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).
Calabrian Chilli Chicken	Diced Tomatoes (Diced Tomato, Acidity Regulator (Citric Acid)), Red Onions, Water, White Cooking Wine (White Wine, Water, Sugar, Preservative (SULPHUR Dioxide)), Tomato Paste, Sundried Tomato Paste (Sundried Tomatoes, Tomato Paste, Sunflower Oil, Sugar, Salt, Basil, Oregano, Garlic), Garlic Puree, Rapeseed Oil, Vegetable Bouillon (Maltodextrin, Salt, Yeast Extract, Potato Starch, Sugar, Flavourings, Onion, Carrot Juice Concentrate, Extra Virgin Olive Oil, Parsley Root, Parsnip, Onion Juice Concentrate, Garlic Powder, Pepper, Lovage Root, Bay Leaves, Turmeric), Red Chilli, Ground Smoked Paprika, Light Brown Sugar, Salt, Basil, Modified Corn Starch, Chilli Flakes, Ground Black Pepper, Chicken, Salt, 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

# 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)
Issue date: 28.04.26	

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