

ALLERGENS - SAVOURY ITEMS

ALLERGY INFORMATION		CONTAINS THESE ALLERGENS			LG=LOW GLUTEN	MCT = MAY CONTAIN TRACES				
Category	CIBO Retail Name	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts
TRAMEZZINI	Tuna and Cucumber Sandwich	YES	NO	YES	NO	YES	NO	YES	NO	NO
	Chicken and Avocado Sandwich	YES	NO	YES	NO	NO	NO	YES	NO	NO
	Egg and Mayo Sandwich	YES	NO	YES	NO	NO	NO	YES	NO	NO
PANINO	Roast Chicken Pesto Baguette	YES	NO	YES	YES	NO	NO	NO	NO	YES
	Chicken Cotoletta & Provolone Panino	YES	NO	YES	YES	NO	NO	YES	NO	NO
	Roasted Vegetable Pumpkin and Chia roll. LG	NO	NO	NO	NO	NO	NO	YES	NO	NO
	Roast Beef Baguette	YES	NO	YES	YES	NO	NO	NO	NO	NO
BRIOCHE	Pancetta and Egg Brioche	YES	NO	YES	YES	NO	NO	YES	NO	NO
TOSTINO	BLT Toasted Sandwich	YES	NO	YES	NO	NO	NO	YES	NO	NO
	Smoked Ham, Tomato & Cheese Toasted Sandwich	YES	NO	NO	YES	NO	NO	YES	NO	NO
FOCACCIA	Spicy Salami Focaccia	YES	NO	NO	YES	NO	NO	YES	NO	NO
	Chicken Focaccia with Sundried Tomato Basil Pesto	YES	NO	YES	YES	NO	NO	YES	NO	YES
	Roasted Mediterranean Vegetable Focaccia	YES	NO	NO	YES	NO	NO	YES	NO	NO
PIADINA	Smoked Ham, Mushroom and Cheese Piadina	YES	NO	NO	YES	NO	NO	YES	NO	NO
	Capocollo, Rocket and Mozzarella Piadina	YES	NO	YES	YES	NO	NO	YES	NO	NO
CROISSANT	Butter Croissant	YES	NO	NO	YES	NO	NO	YES	NO	NO
	Mortadella and Provolone croissant	YES	NO	YES	YES	NO	NO	YES	NO	NO
	Ham and Cheese croissant	YES	NO	NO	YES	NO	NO	YES	NO	NO
	Cheese and Tomato croissant	YES	NO	NO	YES	NO	NO	YES	NO	NO
INSALATA	Chicken Salad	NO	NO	YES	NO	NO	NO	YES	NO	NO
	Tuna Salad	NO	NO	YES	NO	YES	NO	YES	NO	NO
TORTA	Italian Spinach and Ricotta pie	YES	NO	YES	YES	NO	NO	YES	NO	NO
TIGELLE	Prosciutto and Rocket Tigelle	YES	NO	YES	YES	NO	NO	YES	NO	NO
	Roasted Mushroom Tigelle with Truffle	YES	NO	NO	YES	YES	NO	YES	NO	NO
FILONE	Sourdough Toast	YES	NO	NO	NO	NO	NO	YES	MCT	MCT

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TORTE AND CROSTATATA	Baked Berry Cheesecake	YES	NO	YES	YES	NO	MCT	MCT	NO	MCT	NO
	Lemon Tart	YES	NO	YES	YES	NO	MCT	MCT	NO	MCT	NO
	Chocolate and Salted Caramel Tart	YES	NO	NO	YES	NO	MCT	YES	NO	MCT	NO
	Pear and Chocolate Frangipan Tart	YES	NO	YES	YES	NO	NO	NO	NO	YES	NO
	Sour Cherry and Almond Frangipan Tart	YES	NO	YES	YES	NO	MCT	MCT	NO	YES	NO
	Orange and Poppy Seed Cake	MCT	NO	YES	NO	NO	MCT	NO	NO	YES	NO
	Lemon Curd Cheesecake	YES	NO	YES	YES	NO	MCT	MCT	MCT	MCT	NO
	Carrot Cake with Walnuts	YES	NO	YES	NO	NO	MCT	MCT	NO	YES	NO
	Tiramisu	YES	NO	YES	YES	NO	MCT	NO	NO	MCT	NO
	Traditional Apricot and Almond Cheesecake	YES	NO	YES	YES	NO	MCT	MCT	NO	YES	NO
	Vanilla Cupcake	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO
ZEPPOLE	Zeppole	YES	NO	YES	YES	NO	MCT	MCT	NO	MCT	NO
CANNOLI	Vanilla Ricotta, Choc & Pistachio Cannoli	YES	NO	YES	YES	NO	MCT	MCT	NO	YES	NO
	Chocolate & Vanilla Custard Cannoli	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO
BOMBOLONI	Nutella Bomboloni	YES	NO	NO	YES	NO	NO	YES	NO	YES	NO
	Vanilla Bomboloni	YES	NO	YES	YES	NO	NO	YES	NO	MCT	NO
	Raspberry Plum Bomboloni	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO
FOCACCINA	Raspberry and Milk Chocolate Muffin	YES	NO	YES	YES	NO	MCT	YES	NO	MCT	NO
	Chocolate Muffin	YES	NO	YES	YES	NO	MCT	YES	NO	MCT	NO
	Apple and Cinnamon Muffin	YES	NO	YES	YES	NO	NO	MCT	NO	NO	NO
	Blueberry Muffin	YES	NO	YES	YES	NO	NO	MCT	NO	NO	NO
FRIAND	Raspberry and Almond Friand	MCT	NO	YES	YES	NO	NO	NO	NO	MCT	NO
	Blueberry Friand	MCT	NO	YES	YES	NO	NO	NO	NO	MCT	NO
SFOGLLIATELLI	Sfogliatelli	YES	NO	YES	YES	NO	MCT	MCT	NO	MCT	NO
BANANA BREAD	Pane di Banane	YES	NO	YES	YES	NO	MCT	MCT	MCT	MCT	MCT
HAZELNUT PASTE	Hazelnut paste	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO

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VIENNESE	Viennese Biscotti	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO
BISCOTTI	Fruit and Nut Biscotti	YES	NO	YES	YES	NO	NO	NO	NO	YES	NO
	Almond Flake	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO
	Kid's Ginger Bear Cookie	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT
	Kid's Chocolate Smartie Biscotti	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	MCT
	Chocolate Salted Caramel Cookie	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	MCT
	Lemon Melting Moment	YES	NO	MCT	YES	NO	MCT	MCT	MCT	MCT	MCT
	Apricot and Almond Cookie	YES	NO	YES	YES	NO	MCT	MCT	NO	YES	NO
	Double Chocolate Cookie LG	YES	NO	YES	YES	NO	MCT	MCT	NO	YES	NO
	Florentine	MCT	NO	MCT	YES	NO	MCT	MCT	NO	MCT	NO
	Macadamia and White Chocolate Cookie	YES	NO	YES	YES	NO	MCT	MCT	NO	YES	NO
	Large Melting Moment	YES	NO	MCT	YES	NO	MCT	MCT	NO	MCT	NO
	Smiley Face Cookie	YES	NO	MCT	YES	NO	YES	YES	NO	YES	NO
	Spottie Chocolate Cookie	YES	NO	MCT	YES	NO	MCT	YES	NO	MCT	NO
BARS	Choc Macadamia Brownie	MCT	NO	YES	YES	NO	MCT	MCT	MCT	YES	NO
	FNG Bar	MCT	NO	YES	MCT	NO	MCT	MCT	MCT	YES	NO
	Not Just Another Seedy Bar	MCT	NO	NO	NO	NO	MCT	MCT	MCT	YES	NO
	Great D8 Bar	MCT	NO	YES	YES	NO	MCT	MCT	MCT	YES	NO
	Pistachio and Coconut Bar	MCT	NO	YES	YES	NO	MCT	MCT	MCT	YES	NO
	VDG Bar (Very damn good bar)	MCT	NO	MCT	MCT	NO	MCT	MCT	MCT	YES	NO
BACI	Baci	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO
PROTEIN BALLS	Chocolate Hazelnut Protein Ball	YES	NO	MCT	YES	NO	MCT	MCT	MCT	YES	YES
	White Chocolate & Pistachio Protein Ball	YES	NO	MCT	YES	NO	MCT	YES	YES	YES	YES
FRUTTA	Seasonal Fruit Salad	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
PANE	Fruit Toast	YES	NO	NO	NO	NO	NO	YES	MCT	MCT	NO
BREAKFAST PASTRIES	Chocolate Croissant	YES	NO	YES	YES	NO	NO	YES	MCT	MCT	NO
	Almond croissant	YES	NO	YES	YES	NO	NO	YES	MCT	YES	NO

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GELATO	Gelati Alla Nutella	MCT	NO	MCT	YES	NO	YES	MCT	MCT	YES	NO
	Gelati Chocolate	MCT	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO
	Gelati Coffee	MCT	NO	MCT	YES	NO	MCT	MCT	MCT	MCT	NO
	Gelati Cookies and Cream	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO
	Gelati di Caramello Salato	MCT	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO
	Gelati di Mandorla Tostata	YES	NO	MCT	YES	NO	YES	YES	MCT	YES	NO
	Gelati Fragola	MCT	NO	MCT	MCT	NO	MCT	MCT	MCT	MCT	NO
	Gelati Hazelnut	MCT	NO	MCT	YES	NO	MCT	YES	MCT	YES	NO
	Gelati Lemon	MCT	NO	MCT	MCT	NO	MCT	MCT	MCT	MCT	NO
	Gelati Mango	MCT	NO	MCT	MCT	NO	MCT	MCT	MCT	MCT	NO
	Gelati Sorbetto al Frutta Della Passione	MCT	NO	MCT	MCT	NO	MCT	MCT	MCT	MCT	NO
	Gelato Arancia rossa	MCT	NO	MCT	MCT	NO	MCT	MCT	MCT	MCT	NO
	Gelato Fichi e Mascapone	MCT	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO
	Gelati Vanilla	MCT	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO
Gelato di Menta e Cioccolato	MCT	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO	

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SALAD	Chermoula Cous Cous with Beetroot, Feta and Rocket	MCT	MCT	MCT	YES	MCT	NO	YES	MCT	MCT	YES
	Italian Penne	MCT	MCT	MCT	YES	MCT	NO	YES	MCT	MCT	MCT
	Mexican Zesty Bean Quinoa	MCT	MCT	MCT	MCT	MCT	NO	YES	MCT	MCT	MCT
	Health Kick Rice	MCT	MCT	MCT	MCT	MCT	NO	YES	MCT	YES	MCT
	Golden Quinoa & Rainbow Vegetables	MCT	MCT	MCT	MCT	MCT	NO	MCT	MCT	MCT	MCT