

# M.A.M.A's Allergen Information



We only use olive or sunflower oil and all dishes are created in a kitchen that uses the following ingredients; **nuts, milk, crustaceans, fish, molluscs, lupin, peanuts, eggs, mustard, sesame seeds, celery, cereals containing gluten, soya and sulphur dioxide (sulfites).**

To reduce our carbon footprint, we use plastic-free, biodegradable/compostable/recyclable packaging.

**Please ask us via Whatsapp, Facebook, Instagram, or at our stall about allergens in our weekly special seasonal dishes.**

Product	Celery	Crustaceans	Eggs	Fish	Gluten (type)	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulfur Dioxide
Arancini (Ragu)	X				X (wheat)		X							
Arancini (Vegan)	X				X (wheat)									
Frittelle di Pasta (pasta fritters)					X (wheat)		X							
Jamaican Beef Patties	X				X (wheat)		X		X				X	
Jamaican Vegan Patties	X				X (wheat)									
Jerk Chicken Wraps					X (wheat)		X							
Jerk Sweet Potato with Black Beans	X													
Neapolitan Panini (pizza dough rolls)			X		X (wheat)		X							

Product	Celery	Crustaceans	Eggs	Fish	Gluten (type)	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulfur Dioxide
Neapolitan Vegan Panini (pizza dough rolls)					X (wheat)									
Pasta Frittata (meat)			X		X (wheat)		X							X
Pasta Frittata (vegetarian)			X		X (wheat)		X							
Pizza Chiena (pizza pie)			X		X (wheat)		X							

Updated 28/03/2022