

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)									
Corn relish														
Curry Goat	X									X	X			
Frittata			X				X							
Frittelle di Pasta (pasta fritters)					X (wheat)		X							
Italian Pork Spiedini														X
Italian Rice Salad	X								X	X (olive)				

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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							
Neapolitan Vegan Panini (pizza dough rolls)					X (wheat)					X (olive)				
Pancakes			X		X (wheat)		X			X				
Pancakes (gluten-free)			X				X			X				
Pasta Frittata (meat)			X		X (wheat)		X							X
Pasta Frittata (vegetarian)			X		X (wheat)		X							
Pizza Chiena (pizza pie)			X		X (wheat)		X							

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Polpettone	X		X		X (wheat)		X							

Updated 28/08/2022