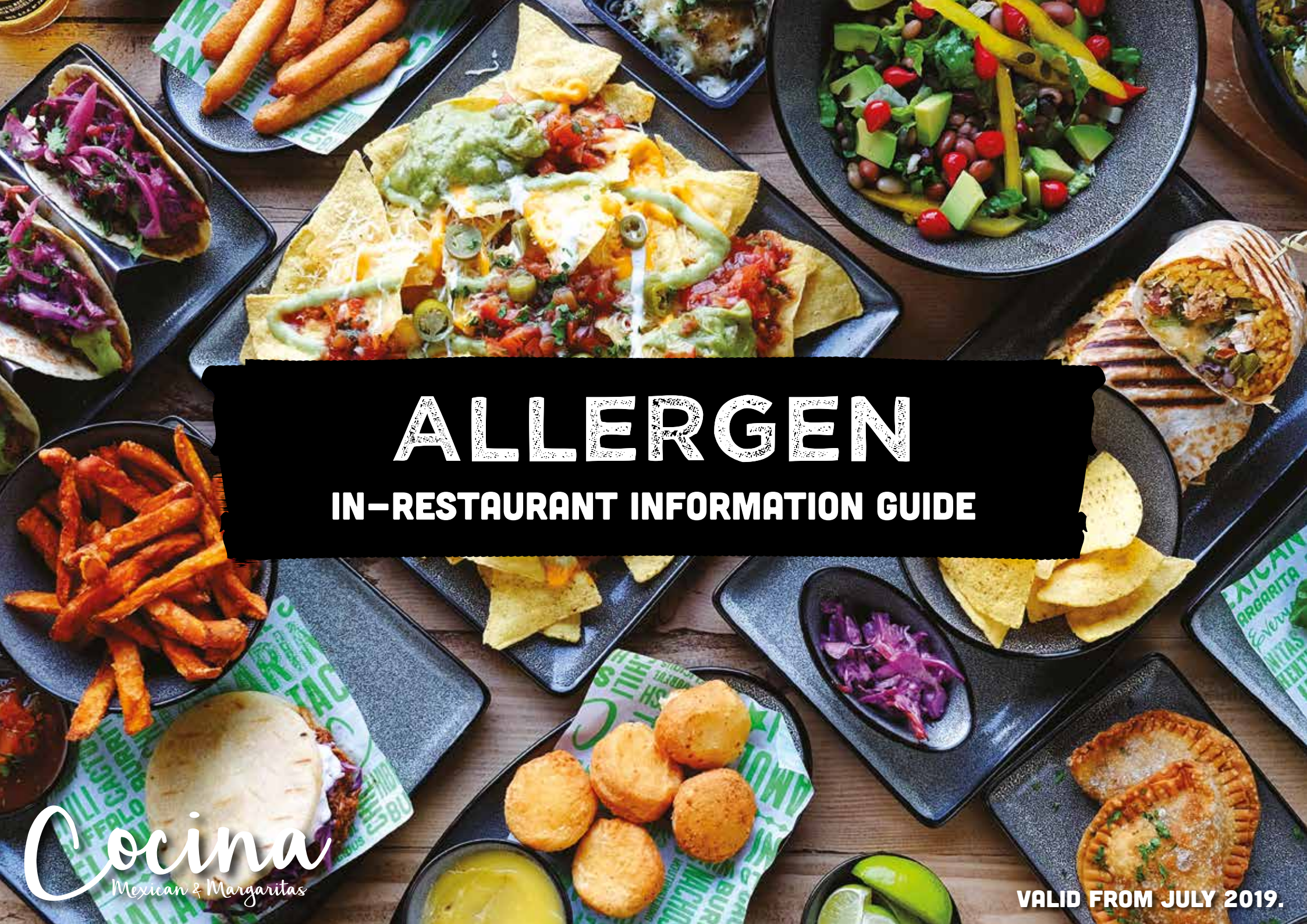




ALLERGEN

IN-RESTAURANT INFORMATION GUIDE

Cocina
Mexican & Margaritas

VALID FROM JULY 2019.

INTRODUCTION

Every effort is made by Cocina and its colleagues to meet EU Allergen requirements and fully support our customers information needs.

The allergen data we provide is based on recipe information and supplier specifications. However, within our kitchens we do use ingredients containing the following major allergens:

- **Gluten**
- **Fish**
- **Milk**
- **Celery**
- **Sulphur Dioxide**
- **Eggs**
- **Soyabean**
- **Nuts**
- **Mustard**

From time to time may use other ingredients that have:

- **Crustaceans**
- **Sesame Seed**
- **Molluscs**
- **Peanuts**
- **Lupin**

It is impossible for us to fully guarantee the separation of these items in storage, preparation or cooking, however we make every effort to do so.

Gluten ingredients which are deep fried will use the same fryers in our kitchens as dishes not containing these ingredients and whilst there may be minimal risk of cross contamination we cannot totally guarantee the absence of wheat or gluten, which may therefore affect extremely sensitive sufferers.

Please ask your restaurant host to confirm any items you are concerned about.

GUIDANCE ON USING THE ALLERGEN DATA:

YES

Indicates that an allergen is present in the ingredient.



Indicates that NO allergen is used in the preparation of this product.



LATIN TAPAS		MAIN MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Baby Back Ribs	YES													
Cactus Strips							YES							
Calamares	YES		YES	YES									YES	
Cocina Meatballs														
Corn Fritters			YES				YES							
Empanadas - Beef Chili	YES						YES							YES
Empanadas - Veg Chili	YES						YES			YES				YES
Fiery Wings In Hot Sauce						YES								
Halloumi Fries	YES						YES							
Jalapeño Hot Shots	YES		YES				YES							
King Prawn Skewers		YES		YES										
Mexican Style Papas							YES							
Mini Chicken Skewers							YES							
Pan De Yuca	YES						YES							
Portobello Mushroom							YES							
Quesadillas - Chicken Tinga	YES						YES							
Quesadillas - Portobello Mushroom	YES						YES							
Quesadillas - Pulled Pork	YES						YES			YES				
Tostadas - Beef Chili							YES							
Tostadas - Chicken Tinga							YES							
Tostadas - Veg Chili							YES			YES				
Tostilocos With Chamoy Sauce	YES													

SHARERS	MAIN MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Cocina Wing Roulette						YES								
Traditional Mexican Nachos							YES							
Traditional Mexican Nachos with Beef Barbacoa							YES			YES				
Traditional Mexican Nachos with Chargrilled Chicken	YES						YES							
Traditional Mexican Nachos with Chorizo							YES							
Traditional Mexican Nachos with Guacamole							YES							

SALADS	MAIN MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Lime & Quinoa Salad														
Lime & Quinoa Salad With Chicken	YES													
Lime & Quinoa Salad With Prawns		YES		YES										
Three Bean Salad											YES			YES
Three Bean Salad With Chicken	YES					YES					YES			YES
Three Bean Salad With Prawns		YES		YES							YES			YES

BURGERS	MAIN MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Big Beefy Burger	YES		YES				YES							
Cocina Chicken Burger	YES		YES			YES	YES							
Viva la Vegan Burger (served with chipotle slaw)	YES		YES				YES							

BURRITOS		MAIN MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
BBQ Jackfruit Burrito	YES		YES				YES			YES				
Beef Barbacoa Burrito	YES		YES				YES			YES				
Grilled Chicken & Chorizo Burrito	YES		YES			YES	YES							
Pulled Pork Burrito	YES		YES				YES			YES				

ENCHILADAS		MAIN MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
BBQ Jackfruit Enchilada							YES			YES				
Beef Barbacoa Enchilada							YES			YES				
Grilled Chicken & Chorizo Enchilada						YES	YES							
Pulled Pork Enchilada							YES			YES				

COCINA SPECIALS		MAIN MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Chicken Brochetas	YES		YES			YES	YES							
Chili con Carne							YES			YES				
Fajitas - Chargrilled Chicken	YES					YES	YES							
Fajitas - Portobello Mushroom	YES					YES	YES							
Meatball Skillet							YES							
Mexican Snapper				YES										

SIDES		MAIN MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Chunky Guacamole														
Elote Corn Cob			YES											
Mexican Fries														
Sweet Potato Fries														

MAINS		LUNCH MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Arepa - BBQ Jackfruit										YES				
Arepa - Chicken Tinga														
Arepa - Pulled Pork										YES				
Burrito - Beef Chili	YES		YES				YES							
Burrito - Veg Chili	YES		YES				YES			YES				
Loaded Quesadilla - Chicken Tinga	YES						YES							
Loaded Quesadilla - Portobello Mushroom	YES						YES							
Loaded Quesadilla - Pulled Pork	YES						YES			YES				
Mexican Nachos							YES							
Mexican Nachos with Beef Barbacoa							YES			YES				
Mexican Nachos with Chargrilled Chicken	YES						YES							
Mexican Nachos with Chorizo							YES							
Mexican Nachos with Guacamole							YES							
Tacos - BBQ Jackfruit	YES									YES				
Tacos - Chicken & Chorizo	YES		YES			YES	YES							
Tacos - Pulled Pork	YES		YES			YES								

MAINS		KIDS MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Cheese And Tomato Quesadilla	YES						YES							
Cod Goujons	YES			YES										
Make Your Own Wrap	YES					YES								

DESSERTS	KIDS MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Churros with Agave Sauce	YES													
Churros with Chocolate Sauce	YES						YES							
Churros with Dulce de Leche	YES						YES							
Churros with Mango Sauce	YES													
Ice Cream						YES	YES							

CHURROS	DESSERTS MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Churros with Agave Sauce	YES													
Churros with Chocolate Sauce	YES						YES							
Churros with Dulce de Leche	YES						YES							
Churros with Mango Sauce	YES													
Chocolate Explosion Churros	YES					YES	YES							
Mint Mania Churros	YES					YES	YES							
Salted Caramel Crunch Churros	YES						YES							
Very Berry Churros	YES													

DESSERTS	DESSERTS MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Chocolate orange Cake														
Churrini	YES					YES	YES							
Ice Cream						YES	YES							
Mango & Passion Fruit Cheesecake			YES				YES							YES
Tikki Bocker Glory	YES					YES	YES							

LATIN TAPAS	VEGAN MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Lightly Seasoned Tortilla Chips														
Mexican Flatbread	YES													
Mexican Style Papas														
Portobello Mushroom														
Tostadas - Veg Chili										YES				
Tostilocos With Chamoy Sauce	YES													

SHARERS	VEGAN MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Traditional Mexican Nachos														
Traditional Mexican Nachos with Veg Chili										YES				

SALADS	VEGAN MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Lime & Quinoa Salad														
Three Bean Salad											YES			YES

COCINA SPECIALS		VEGAN MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Fajitas - BBQ Jackfruit	YES					YES				YES				
Fajitas - Portobello Mushroom	YES					YES								
Veg Chili Burrito	YES									YES				
Viva La Vegan Burger	YES					YES								

SIDES		VEGAN MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Chunky Guacamole														
Elote Corn Cob														
Mexican Fries														
Sweet Potato Fries														

LATIN TAPAS	GLUTEN FREE MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Cactus Strips							YES							
Cocina Meatballs														
Corn Fritters			YES				YES							
Fiery Wings In Hot Sauce						YES								
King Prawn Skewers		YES		YES										
Mexican Style Papas							YES							
Mini Chicken Skewers							YES							
Portobello Mushroom							YES							
Tostadas - Beef Chili							YES							
Tostadas - Chicken Tinga							YES							
Tostadas - Veg Chili							YES			YES				

SHARERS	GLUTEN FREE MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Cocina Wing Roulette						YES								
Traditional Mexican Nachos							YES							
Traditional Mexican Nachos with Beef Barbacoa							YES			YES				
Traditional Mexican Nachos with Chicken							YES							
Traditional Mexican Nachos with Chorizo							YES							
Traditional Mexican Nachos with Guacamole							YES							

SALADS	GLUTEN FREE MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Lime & Quinoa Salad														
Lime & Quinoa Salad With Chicken Tinga														
Lime & Quinoa Salad With Prawns		YES		YES										
Three Bean Salad											YES			YES
Three Bean Salad With Chicken Tinga						YES					YES			YES
Three Bean Salad With Prawns		YES		YES							YES			YES

COCINA SPECIALS	GLUTEN FREE MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Chili con Carne							YES			YES				
Enchiladas - Chicken Tinga							YES							
Enchiladas - Pulled Pork							YES			YES				
Meatball Skillet							YES							

NAKED BURRITOS	GLUTEN FREE MENU													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Chicken Tinga Naked Burrito			YES				YES			YES				
Pulled Barbacoa Beef Naked Burrito			YES				YES			YES				
Veg Chili Naked Burrito			YES				YES							
Naked Burrito with Extra Chorizo			YES				YES							
Naked Burrito with Extra Guacamole			YES				YES							

SIDES		GLUTEN FREE MENU												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)
Chunky Guacamole														
Elote Corn Cob			YES											
Mexican Fries														
Sweet Potato Fries														