

## Contents:

Invitation to arrange a personal consultation via Zoom with Lucy, owner of Lucy Loves Travel bespoke travel company.

Prosecco DOCG – 11.5% ABV A superior Italian dry, sparkling wine from a respected family run vineyard in the Valdobbiadene region- the traditional heart of Prosecco production.

lozzino's Fusilli Casarecce Pasta - These short noodles were traditionally made by rolling small rectangles of dough around a thin wooden pin. The twisted shape makes it perfect for holding sauces such as a simple pesto, or a chunky sauce with tomatoes, cheese and vegetables. lozzino use 100% Italian wheat and the water of their local spring to make their bronze drawn pasta. The bronze die and the slow drying give the pasta a rough texture that is a perfect vehicle for your sauce.

Perche Ci Credo's 'Cacio & Pepe' sauce - a full-bodied tomato based sauce with an intense flavour of cacio cheese and black pepper. It's inspired by a simple and tasty Roman recipe that combines a lightly fried onion, fresh tomato pulp, extra virgin olive oil and a shower of cacio cheese and black pepper. A pinch of parsley is added at the end of the cooking process.

Leccino olives - these are hand-picked and left to ferment, to eliminate the bitter taste of oleuropein (an alkaloid found in olives). They are then seasoned with salt, flavoured with oregano, pitted and preserved in extra virgin olive oil. They are perfect served with aperitif drinks and cocktails, or an excellent ingredient to use when making pizzas, focaccias or any number of pasta sauces or meat and fish dishes.

Green olive pate - produced by a Sicilian co-operative committed to preserving sustainable, local methods of processing the region's prized Nocellara olives. Great as a dip, or on crusty ciabatta bread, stirred into pasta or spread onto meat or fish before roasting.

Taralli Classici - Zio Pasquale's taralli are the best version of this traditional Puglian snack that we have tasted. We're in love with the crispy fennel infused mini-bagels that crumble in the mouth with an intense flavour experience. Perfect with a chilled glass of fizz!

Barroero's 'L'altra Torta' (meaning 'other cake') - this is indeed a cake like no other. Its a delicious brownie-like cake, hand-made from delicious Piedmont IGP hazelnut paste and dark chocolate, without flour. You have to try this melt in the mouth treat!

'Pimiento Cherry Relleno de Queso' (cherry peppers stuffed with cheese) - These delicious little snacks are popular nibbles in Spain, where peppers thrive in the year round sunshine of its southern regions. Conservas Alamanaque is a small, family run factory, using traditional artisanal methods to produce canned organic fruit and vegetables from the Ebro riverbank.

Crema de Alcachofa (artichoke cream) - Create a delicious appetiser by spreading this delicious 'crema de alcachofa' (artichoke cream) on toast or crackers, use as a dip with breadsticks or fresh vegetable crudités, or as a topping for canapés. In Spain the artichoke is prized for both its taste and its health benefits.

Chocolate 'Baci' or 'kisses' from Cortemilia -These are hand made from delicious hazelnut and white chocolate cream enclosed in a dark chocolate casing. Piedmontese hazelnuts are regarded as the best in the world, and the trees of the Langhe region produce a hazelnut with a unique, delicate flavour.

'Almendra caramalizada' (caramelised almonds) these sweet almonds are from the ancient Spanish drylands of Maials in Lleida. This dryland area has the perfect climate for growing almond trees. The locally grown almonds are soft toasted, and then an artisanal method is used to caramelize them with a thin layer of transparent sugar that does not detract from the authentic taste and flavour of the nut. Perfect for sharing with friends, or an indulgent treat for yourself with a cup of coffee.

## Ingredients

Pasta: Durum wheat semolina, water

Salsa Cacio e Pepe: Tomato 81% (Origin Italy), Onion Cacio Cheese 5.4% (contains LACTOSE), Extra Virgin Olive Oil, Parsley, Salt, Black Pepper 0.4%

Leccino olives - Wine vinegar - Salt - Oregano - Extra virgin olive oil

Taralli: soft wheat flour from Puglia, Apulian white wine (contains sulphites), wholemeal durum wheat semolina by Senatore Cappelli, olive oil, extra virgin olive oil, water, salt, wild fennel seeds, fresh yeast

Green olive pate: Nocellara olives, extra virgin olive oil, chilli pepper, garlic, ascorbic acid, lactic acid

Artichoke cream: artichoke hearts, sunflower oil, salt, garlic, spices

Cherry peppers stuffed with cheese: cherry peppers, cheese, sunflower oil, olive oil. Contains sulphites.

Green olive pate: Nocellara olives, extra virgin olive oil, chilli pepper, garlic, ascorbic acid, lactic acid

L'altra Torta: Piedmont IGP hazelnuts, eggs, sugar, chocolate fondant (cocoa paste, sugar, cocoa butter, soy lecithin, vanilla extract), butter

Baci di Cortemilia: Couverture of chocolate fondant (cocoa paste, sugar, cocoa butter, soy lecithin, vanilla extract), hazelnuts, white chocolate (cocoa paste, whole milk powder, sugar, cocoa butter, soy lecithin, vanilla extract)

Caramelised almonds: Almonds, sugar

## Nutritional Info Per 100g

Pasta per 80g portion: 1168kJ 268kCal, 1.2g fat of which saturates 0.4g, 55.2g carbohydrates of which sugars 3.2g, fibre 3.2g, protein 10.4g, salt less than 0.01g

Cacio e Pepe sauce: Energy 407kJ 98kCal, Protein 3.1g, Fat 7.6g, of which saturates 1.9g, Carbohydrates 5.4g, of which sugars 4.5g, Salt 0.8g

Leccino olives: Energy 439kJ 105Kcal, Protein 0.3g, Fat 9.3g of which saturates 1.3g, Carbohydrates 3.4g of which sugars 2.7g, Salt 1.5g

Taralli: Energy: Kcal 449, KJ 1885 Fats: 19g of which saturates 2.7g Carbohydrates: 61g, of which sugars 1.5g Protein: 8.6g Salt: 1.5g

Artichoke cream: Energy 316 kCal 1301kJ, Fat 30.8g, of which saturates 3.3g, Carbohydrates 6.6g, of which sugars 0.2g, Protein 0.9g, Salt 1.09g

Cherry peppers stuffed with cheese: 171.6 kCal 7226 kJ Fat 11g, of which saturates 5.16g, Carbohydrates 14.9g, of which sugars 3.73g, Protein 2.3g, Salt 0.3g

L'Altra Torta: Energy Kcal 451.5 kJ 1888.25, Protein 8.11g, Fat 32.99g, of which saturates 10.33g, Carbohydrates 32.32g, of which sugars 8.13g, Salt 0.175g

Baci di Cortemilia: Kcal 540g kJ 2253g, Fat 27g, of which saturates 15g, Carbohydrates 54g, of which sugars 5g, Protein 5.9g, Salt 0.14g

Caramelised almonds: Energy 526 kcal, 2201 kJ, Fat 39g (of which saturates 4.6g), Carbohydrates 42g, of which sugars 42g, Protein 12g, Salt 0.01g