

## Puccino's Allergen & Nutrition Guide

The following guide will allow you to look up which of the 14 major allergens are present in our hand crafted beverages and unwrapped sweet and savoury foods. For pre-packaged foods (e.g. sandwiches, impulse items, bottled/canned drinks), this information can be found on the products packaging.

### *How to use the Allergen & Nutrition Guide*

The following allergens are featured in this guide:

- Cereals containing gluten
- Crustaceans
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk
- Nuts
- Celery
- Mustard
- Sesame
- Sulphites
- Lupin
- Molluscs

Allergen guide key:

- **Y** = The allergen is present in the product.
- **M** = The product is produced in premises that handle the allergen.

The Nutrition information is provided in amounts per 100 grams (food) or 100 millimetres (beverage) of the product and per the weight or volume of the individual portion.



### Allergen & Nutrition Guide - Drinks



Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Nutrition Values per 100ml										Nutrition Values per serving							
																Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Latte - Semi Skimmed Milk - Large								Y								228	54	1.7	1	5.9	4.2	0	3.8	0.09	1345	319	10	5.9	35	25	0	23	0.55
Latte - Skimmed Milk - Small								Y								169	40	0.5	0	5.6	4.4	0	3.7	0.1	598	141	1.1	0.3	20	16	0	13	0.34
Latte - Skimmed Milk - Regular								Y								139	33	0.5	0	4.6	3.4	0	3	0.07	659	156	1.3	0.4	22	16	0	14	0.35
Latte - Skimmed Milk - Large								Y								181	43	0.5	0.1	5.9	4.3	0	3.8	0.09	1067	252	2.3	0.6	35	25	0	23	0.55
Latte - Coconut Milk - Small	Y						Y									144	34	1.3	0.6	3.8	2.7	0	1.7	0.08	509	121	4.8	2.2	13	9.7	0.6	5.9	0.29
Latte - Coconut Milk - Regular	Y						Y									136	32	1.3	0.6	3.6	2.5	0	1.6	0.07	644	153	5.9	2.7	17	12	0.7	7.5	0.35
Latte - Coconut Milk - Large	Y						Y									177	42	1.6	0.7	4.7	3.1	0	2.1	0.09	1044	248	9.5	4.2	28	18	1.1	12	0.55
Latte - Almond Milk - Small	Y								Y							114	27	1.2	0.1	3.2	2.1	0	0.8	0.07	404	96	4.2	0.4	11	7.4	0.9	3	0.24
Latte - Almond Milk - Regular	Y								Y							110	26	1.1	0.1	3.1	1.9	0	0.8	0.06	519	124	5.2	0.6	15	8.8	1.1	4	0.28
Latte - Almond Milk - Large	Y								Y							143	34	1.4	0.2	4.1	2.3	0.5	1.1	0.07	847	202	8.4	0.9	24	14	1.7	6.7	0.44
Latte - Oat Milk - Small	Y	Y														224	53	1.5	0.5	8.9	3.7	0.8	0.8	0.09	795	189	5.1	1.8	32	13	2.7	2.8	0.3
Latte - Oat Milk - Regular	Y	Y														183	43	1.2	0.4	7.2	2.9	0.6	0.7	0.07	865	206	5.6	2	34	14	2.8	3.3	0.32
Latte - Oat Milk - Large	Y	Y														235	56	1.5	0.5	9.2	3.7	0.7	1	0.08	1390	330	8.9	3.1	55	22	4.4	5.7	0.5
Latte - Soya Milk - Small	Y						Y									205	49	2	0.3	3.8	2.4	0.6	3.6	0.08	726	173	7.2	1.2	13	8.5	2	13	0.27
Latte - Soya Milk - Regular	Y						Y									168	40	1.6	0.3	3.2	1.9	0.5	3	0.06	794	189	7.7	1.3	15	8.8	2.1	14	0.28
Latte - Soya Milk - Large	Y						Y									216	52	2.1	0.3	4.2	2.3	0.6	3.8	0.07	1278	305	12	2	25	14	3.3	22	0.44
Cappuccino - Semi Skimmed Milk - Small								Y								158	37	1.2	0.7	4	3	0	2.7	0.07	558	132	4.2	2.5	14	11	0	9.5	0.24
Cappuccino - Semi Skimmed Milk - Regular								Y								154	36	1.1	0.7	4	2.8	0	2.6	0.06	725	172	5.4	3.2	19	13	0	12	0.3
Cappuccino - Semi Skimmed Milk - Large								Y								151	36	1.1	0.6	3.9	2.7	0	2.5	0.06	892	212	6.6	3.8	23	16	0	15	0.35
Cappuccino - Skimmed Milk - Small								Y								124	29	0	0	4.1	3.1	0	2.7	0.07	440	104	0.9	0.3	14	11	0	9.5	0.24
Cappuccino - Skimmed Milk - Regular								Y								122	29	0.5	0	4	2.9	0	2.6	0.06	577	136	1.3	0.3	19	14	0	12	0.29
Cappuccino - Skimmed Milk - Large								Y								121	29	0.5	0	4	2.8	0	2.5	0.06	715	169	1.6	0.4	24	16	0	15	0.35
Cappuccino - Coconut Milk - Small	Y						Y									121	29	1.1	0.5	3.2	2.2	0	1.4	0.07	429	102	4	1.8	11	7.8	0.5	5	0.24
Cappuccino - Coconut Milk - Regular	Y						Y									119	28	1.1	0.5	3.2	2.1	0	1.4	0.06	565	134	5.1	2.3	15	9.7	0.6	6.7	0.29
Cappuccino - Coconut Milk - Large	Y						Y									118	28	1.1	0.5	3.2	2	0	1.4	0.06	700	167	6.2	2.7	19	12	0.7	8.3	0.35
Cappuccino - Almond Milk - Small	Y								Y							98	23	1	0.1	2.8	1.7	0	0.8	0.05	346	82	3.5	0.4	9.8	5.9	0.7	2.7	0.19
Cappuccino - Almond Milk - Regular	Y								Y							97	23	1	0.1	2.8	1.6	0	0.8	0.05	460	110	4.5	0.5	13	7.4	0.9	3.7	0.24
Cappuccino - Almond Milk - Large	Y								Y							97	23	0.9	0.1	2.8	1.5	0	0.8	0.05	574	137	5.5	0.6	16	8.9	1.1	4.7	0.28
Cappuccino - Oat Milk - Small	Y	Y														163	39	1	0.4	6.4	2.6	0.5	0.6	0.06	577	137	3.7	1.3	23	9.2	1.9	2.2	0.21
Cappuccino - Oat Milk - Regular	Y	Y														158	38	1	0.4	6.2	2.4	0.5	0.7	0.06	749	178	4.8	1.7	29	12	2.4	3.2	0.27
Cappuccino - Oat Milk - Large	Y	Y														156	37	1	0.3	6.1	2.3	0.5	0.7	0.05	921	219	5.9	2	36	14	2.8	4.1	0.32
Cappuccino - Soya Milk - Small	Y						Y									150	36	1.4	0.2	2.8	1.7	0.5	2.6	0.05	529	126	5.1	0.8	10	5.9	1.4	9.3	0.19
Cappuccino - Soya Milk - Regular	Y						Y									142	34	1.4	0.2	2.8	1.5	0.5	2.5	0.05	689	164	6.6	1.1	13	7.4	1.8	12	0.24
Cappuccino - Soya Milk - Large	Y						Y									144	34	1.4	0.2	2.8	1.5	0.5	2.5	0.05	849	202	8	1.3	17	8.9	2.1	15	0.28
Mocha - Semi Skimmed Milk - Small								Y								283	67	0.8	0.5	11	9.5	0	3.5	0.18	1002	236	2.7	1.7	41	34	0	12	0.64
Mocha - Semi Skimmed Milk - Regular								Y								300	71	0.8	0.5	12	10	0	3.5	0.19	1420	335	4	2.6	58	48	0	17	0.91
Mocha - Semi Skimmed Milk - Large								Y								293	70	1.6	1	11	8.5	0	3.3	0.16	1735	411	9.4	6	62	50	0	19	0.96
Mocha - Skimmed Milk - Small								Y								252	59	0.6	0.5	10	9.5	0	3.1	0.18	891	210	2.1	1.6	37	34	0	11	0.64
Mocha - Skimmed Milk - Regular								Y								265	63	0.6	0.5	11	10	0	3	0.19	1255	296	3	2.4	53	48	0	14	0.91
Mocha - Skimmed Milk - Large								Y								263	62	0.7	0.4	11	8.5	0	3.3	0.16	1558	368	4.4	2.7	63	50	0	19	0.96
Mocha - Coconut Milk - Small							Y	Y								280	66	1.6	0.9	11	8.6	0	2.2	0.18	991	235	5.8	3.3	38	31	0.5	8	0.64
Mocha - Coconut Milk - Regular							Y	Y								298	71	1.7	0.9	11	9.3	0	2.3	0.19	1407	334	7.9	4.5	54	44	0.6	11	0.91
Mocha - Coconut Milk - Large							Y	Y								261	62	1.5	0.8	9.8	7.7	0	2.1	0.16	1543	366	9	5	58	46	0.7	13	0.96
Mocha - Almond Milk - Small								Y	Y							256	61	1.5	0.5	10	8.1	0	1.6	0.17	908	215	5.3	1.8	36	29	0.7	5.6	0.6
Mocha - Almond Milk - Regular								Y	Y							276	65	1.5	0.6	11	8.8	0	1.7	0.18	1303	309	7.3	2.7	52	41	0.9	8.1	0.85
Mocha - Almond Milk - Large								Y	Y							240	57	1.4	0.5	9.4	7.3	0	1.5	0.15	1417	336	8.3	2.8	56	43	1.1	9.1	0.89
Mocha - Oat Milk - Small		Y						Y								322	76	1.6	0.8	14	9	0.5	1.5	0.17	1139	270	5.6	2.8	49	32	1.9	5.2	0.62
Mocha - Oat Milk - Regular		Y						Y								337	80	1.6	0.8	14	9.6	0.5	1.6	0.19	1592	377	7.6	3.9	69	46	2.4	7.5	0.88
Mocha - Oat Milk - Large		Y						Y								298	71	1.5	0.7	13	8.1	0.5	1.4	0.16	1764	418	8.6	4.3	75	48	2.8	8.5	0.93
Mocha - Soya Milk - Small								Y	Y							308	73	2	0.7	10	8.1	0.5	3.5	0.17	1091	259	7	2.3	36	29	1.4	12	0.6
Mocha - Soya Milk - Regular								Y	Y							324	77	2	0.7	11	8.8	0.5	3.5	0.18	1532	363	9.3	3.3	53	41	1.8	16	0.85
Mocha - Soya Milk - Large								Y	Y							286	68	1.8	0.6	9.5	7.3	0.5	3.2	0.15	1692	402	11	3.5	56	43	2.1	19	0.89
Oat & Dark Chocolate Mocha - Small	Y	Y														207	49	1.2	0.4	8.8	4.8	0.6	0.6	0.07	712	169	4	1.5	30	16	1.9	2.2	0.23
Oat & Dark Chocolate Mocha - Regular	Y	Y														191	45	1.1	0.4	7.9	4	0.5	0.7</										

## Allergen & Nutrition Guide - Drinks



Product	Allergen Information												Nutrition Values per 100ml								Nutrition Values per serving												
	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Vanilla Latte - Semi Skimmed Milk - Regular								Y								237	56	1.3	0.8	8.1	6.9	0	3	0.08	1123	266	6.3	3.7	38	33	0	14	0.36
Vanilla Latte - Semi Skimmed Milk - Large								Y								231	55	1.3	0.7	7.9	6.7	0	2.9	0.07	1363	323	7.5	4.4	47	40	0	17	0.42
Vanilla Latte - Skimmed Milk - Small								Y								227	54	0.5	0	9.2	8.1	0	3.5	0.09	805	190	1	0.3	33	29	0	13	0.33
Vanilla Latte - Skimmed Milk - Regular								Y								239	56	0.5	0	9.8	8.4	0	3.6	0.09	1131	267	1.6	0.5	46	40	0	17	0.43
Vanilla Latte - Skimmed Milk - Large								Y								247	58	0.5	0.1	10	8.6	0	3.6	0.09	1463	345	2.2	0.6	60	51	0	21	0.53
Vanilla Latte - Coconut Milk - Small	Y						Y									223	53	1.5	0.7	8	6.9	0	1.8	0.09	791	188	5.2	2.4	28	24	0.6	6.5	0.33
Vanilla Latte - Coconut Milk - Regular	Y						Y									235	56	1.5	0.7	8.6	7.2	0	1.9	0.09	1113	264	7.1	3.2	41	34	0.8	9	0.43
Vanilla Latte - Coconut Milk - Large	Y						Y									244	58	1.5	0.7	9	7.4	0	2	0.09	1441	342	9	4	53	44	1	12	0.53
Vanilla Latte - Almond Milk - Small	Y								Y							191	45	1.3	0.1	7.4	6.2	0.5	0.9	0.07	676	161	4.6	0.5	26	22	1	3.2	0.26
Vanilla Latte - Almond Milk - Regular	Y								Y							204	48	1.3	0.1	8	6.5	0.5	1	0.07	963	229	6.2	0.7	38	31	1.3	4.8	0.35
Vanilla Latte - Almond Milk - Large	Y								Y							212	50	1.3	0.1	8.4	6.7	0.5	1.1	0.07	1255	298	7.9	0.9	49	40	1.6	6.4	0.43
Vanilla Latte - Oat Milk - Small	Y	Y														280	66	1.4	0.5	12	7.4	0.7	0.7	0.08	992	235	4.9	1.8	44	26	2.6	2.6	0.3
Vanilla Latte - Oat Milk - Regular	Y	Y														291	69	1.4	0.5	13	7.7	0.7	0.8	0.08	1378	327	6.7	2.4	61	37	3.4	4	0.39
Vanilla Latte - Oat Milk - Large	Y	Y														299	71	1.4	0.5	13	7.9	0.7	0.9	0.08	1768	419	8.5	3	78	47	4.2	5.4	0.48
Vanilla Latte - Soya Milk - Small	Y						Y									262	62	1.9	0.3	7.5	6.2	0.5	3.5	0.07	927	220	6.8	1.1	26	22	1.9	12	0.26
Vanilla Latte - Soya Milk - Regular	Y						Y									273	65	1.9	0.3	8.1	6.5	0.5	3.5	0.07	1293	307	9.2	1.5	38	31	2.5	17	0.35
Vanilla Latte - Soya Milk - Large	Y						Y									281	67	2	0.3	8.4	6.7	0.5	3.6	0.07	1663	395	12	1.9	50	40	3.1	21	0.43
Caramel Latte - Semi Skimmed Milk - Small								Y								246	58	1.4	0.9	8.1	7.1	0	3.2	0.08	872	207	5.1	3.1	29	25	0	11	0.3
Caramel Latte - Semi Skimmed Milk - Regular								Y								234	55	1.3	0.8	7.9	6.7	0	3	0.08	1106	262	6.3	3.7	37	32	0	14	0.36
Caramel Latte - Semi Skimmed Milk - Large								Y								227	54	1.3	0.7	7.7	6.5	0	2.9	0.07	1343	318	7.5	4.4	46	38	0	17	0.42
Caramel Latte - Skimmed Milk - Small								Y								204	48	0.5	0	8.2	7.2	0	3.2	0.08	724	171	0.9	0.3	29	25	0	11	0.3
Caramel Latte - Skimmed Milk - Regular								Y								196	46	0.5	0	7.9	6.8	0	3	0.08	929	219	1.3	0.4	38	32	0	14	0.36
Caramel Latte - Skimmed Milk - Large								Y								192	45	0.5	0	7.8	6.6	0	2.9	0.07	1135	268	1.7	0.5	46	39	0	17	0.42
Caramel Latte - Coconut Milk - Small	Y						Y									201	48	1.3	0.6	7.1	6.1	0	1.7	0.08	711	169	4.8	2.2	25	22	0.6	5.9	0.3
Caramel Latte - Coconut Milk - Regular	Y						Y									193	46	1.3	0.6	7	5.8	0	1.6	0.08	914	217	5.9	2.7	33	28	0.7	7.5	0.36
Caramel Latte - Coconut Milk - Large	Y						Y									189	45	1.2	0.5	6.9	5.7	0	1.6	0.07	1118	265	7.1	3.2	41	33	0.8	9.2	0.42
Caramel Latte - Almond Milk - Small	Y								Y							171	41	1.2	0.1	6.5	5.4	0	0.8	0.07	607	144	4.2	0.4	23	19	0.9	3	0.24
Caramel Latte - Almond Milk - Regular	Y								Y							167	40	1.1	0.1	6.5	5.2	0	0.8	0.06	788	187	5.2	0.6	31	25	1.1	4	0.29
Caramel Latte - Almond Milk - Large	Y								Y							164	39	1.1	0.1	6.4	5.1	0	0.9	0.06	971	230	6.3	0.7	38	30	1.2	5	0.34
Caramel Latte - Oat Milk - Small	Y	Y														253	60	1.3	0.5	11	6.6	0.7	0.7	0.08	896	212	4.5	1.6	39	23	2.4	2.4	0.27
Caramel Latte - Oat Milk - Regular	Y	Y														240	57	1.2	0.4	11	6.3	0.6	0.7	0.07	1135	269	5.6	2	50	30	2.8	3.3	0.32
Caramel Latte - Oat Milk - Large	Y	Y														233	55	1.1	0.4	10	6.1	0.6	0.7	0.06	1376	326	6.7	2.3	61	36	3.3	4.3	0.38
Caramel Latte - Soya Milk - Small	Y						Y									236	56	1.8	0.3	6.6	5.4	0.5	3.2	0.07	836	199	6.3	1	23	19	1.8	11	0.24
Caramel Latte - Soya Milk - Regular	Y						Y									225	53	1.6	0.3	6.5	5.2	0.5	3	0.06	1064	253	7.7	1.3	31	25	2.1	14	0.29
Caramel Latte - Soya Milk - Large	Y						Y									219	52	1.5	0.3	6.5	5.1	0.5	2.8	0.06	1293	307	9.2	1.5	38	30	2.5	17	0.34
Hazelnut Latte - Semi Skimmed Milk - Small								Y	Y							246	58	1.4	0.9	8.1	7.1	0	3.2	0.08	870	206	5.1	3.1	29	25	0	11	0.3
Hazelnut Latte - Semi Skimmed Milk - Regular								Y	Y							233	55	1.3	0.8	7.8	6.7	0	3	0.08	1104	262	6.3	3.7	37	32	0	14	0.36
Hazelnut Latte - Semi Skimmed Milk - Large								Y	Y							227	54	1.3	0.7	7.7	6.5	0	2.9	0.07	1340	317	7.5	4.4	46	38	0	17	0.42
Hazelnut Latte - Skimmed Milk - Small								Y	Y							204	48	0.5	0	8.2	7.1	0	3.2	0.08	722	170	0.9	0.3	29	25	0	11	0.3
Hazelnut Latte - Skimmed Milk - Regular								Y	Y							196	46	0.5	0	7.9	6.8	0	3	0.08	927	218	1.3	0.4	37	32	0	14	0.36
Hazelnut Latte - Skimmed Milk - Large								Y	Y							192	45	0.5	0	7.8	6.5	0	2.9	0.07	1132	267	1.7	0.5	46	39	0	17	0.42
Hazelnut Latte - Coconut Milk - Small	Y						Y		Y							200	48	1.3	0.6	7.1	6.1	0	1.7	0.08	710	168	4.8	2.2	25	21	0.6	5.9	0.3
Hazelnut Latte - Coconut Milk - Regular	Y						Y		Y							193	46	1.3	0.6	6.9	5.8	0	1.6	0.08	911	216	5.9	2.7	33	27	0.7	7.5	0.36
Hazelnut Latte - Coconut Milk - Large	Y						Y		Y							189	45	1.2	0.5	6.9	5.6	0	1.6	0.07	1115	264	7.1	3.2	41	33	0.8	9.2	0.42
Hazelnut Latte - Almond Milk - Small	Y								Y							171	41	1.2	0.1	6.5	5.4	0	0.8	0.07	605	144	4.2	0.4	23	19	0.9	3	0.24
Hazelnut Latte - Almond Milk - Regular	Y								Y							166	39	1.1	0.1	6.4	5.2	0	0.8	0.06	786	187	5.2	0.6	30	24	1.1	4	0.29
Hazelnut Latte - Almond Milk - Large	Y								Y							164	39	1.1	0.1	6.4	5.1	0	0.9	0.06	968	230	6.3	0.7	38	30	1.2	5	0.34
Hazelnut Latte - Oat Milk - Small	Y	Y							Y							252	60	1.3	0.5	11	6.6	0.7	0.7	0.08	894	212	4.5	1.6	39	23	2.4	2.4	0.27
Hazelnut Latte - Oat Milk - Regular	Y	Y							Y							240	57	1.2	0.4	11	6.2	0.6	0.7	0.07	1133	268	5.6	2	50	29	2.8	3.3	0.32
Hazelnut Latte - Oat Milk - Large	Y	Y							Y							232	55	1.1	0.4	10	6	0.6	0.7	0.06	1373	326	6.7	2.3	60	36	3.3	4.3	0.38
Hazelnut Latte - Soya Milk - Small	Y								Y							236	56	1.8	0.3	6.6	5.4	0.5	3.2	0.07	834	198	6.3	1	23	19	1.8	11	0.24
Hazelnut Latte - Soya Milk - Regular	Y								Y							224	53	1.6	0.3	6.5	5.2	0.5	3	0.06	1061	252	7.7	1.3	31	24	2.1	14	0.29
Hazelnut Latte - Soya Milk - Large	Y								Y							218	52	1.5	0.3	6.4	5.1	0.5	2.8	0.06	1290	306	9.2	1.5	38	30	2.5	17	0.34
Oatie Autumn Spiced Latte - Small	Y	Y																															





Allergen & Nutrition Guide - Drinks



Nutrition Values per 100ml

Nutrition Values per serving

Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Nutrition Values per 100ml												Nutrition Values per serving											
																Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)						
Caramelised Orange Hot Chocolate - Coconut Milk - Small							Y	Y								281	66	1.4	0.9	12	11	0	1.8	0.17	1165	276	6	3.5	48	44	0.6	7.4	0.71						
Caramelised Orange Hot Chocolate - Coconut Milk - Regular							Y	Y								310	73	1.5	0.9	13	12	0	1.9	0.19	1592	377	7.7	4.7	62	0.7	9.7	0.97							
Caramelised Orange Hot Chocolate - Coconut Milk - Large							Y	Y								295	70	1.4	0.9	12	11	0	1.8	0.17	1742	412	8.5	5.1	73	68	0.8	11	1						
Caramelised Orange Hot Chocolate - Almond Milk - Small							Y	Y								255	60	1.3	0.4	11	10	0	1.1	0.16	1060	251	5.4	1.8	46	42	0.9	4.4	0.65						
Caramelised Orange Hot Chocolate - Almond Milk - Regular							Y	Y	Y							286	68	1.4	0.5	13	11	0	1.2	0.18	1467	347	7	2.6	64	59	1.1	6.2	0.9						
Caramelised Orange Hot Chocolate - Almond Milk - Large							Y	Y	Y							270	64	1.3	0.4	12	11	0	1.1	0.16	1595	378	7.7	2.6	70	64	1.2	6.5	0.95						
Caramelised Orange Hot Chocolate - Oat Milk - Small		Y					Y									325	77	1.4	0.7	15	11	0.6	0.9	0.16	1349	319	5.7	3	62	46	2.4	3.8	0.68						
Caramelised Orange Hot Chocolate - Oat Milk - Regular		Y					Y									354	84	1.4	0.8	16	12	0.6	1.1	0.18	1814	429	7.4	4	84	64	2.8	5.5	0.93						
Caramelised Orange Hot Chocolate - Oat Milk - Large		Y					Y									338	80	1.4	0.7	16	12	0.6	1	0.17	2000	473	8.1	4.3	93	70	3.3	5.7	0.99						
Caramelised Orange Hot Chocolate - Soya Milk - Small							Y	Y								311	74	1.8	0.6	11	10	0.5	3.1	0.16	1289	306	7.4	2.4	46	42	1.8	13	0.65						
Caramelised Orange Hot Chocolate - Soya Milk - Regular							Y	Y								340	80	1.8	0.6	13	11	0.5	3.1	0.18	1742	413	9.5	3.3	65	59	2.1	16	0.9						
Caramelised Orange Hot Chocolate - Soya Milk - Large							Y	Y								324	77	1.8	0.6	12	11	0.5	3.1	0.16	1917	454	11	3.5	70	64	2.5	18	0.95						
<b>TEA</b>																																							
Tea - No Milk - Small	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						
Tea - No Milk - Regular	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						
Tea - No Milk - Large	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						
Tea - Semi Skimmed Milk - Small							Y									16	4	0	0	0.5	0.5	0	0.5	0	57	14	0.5	0.3	1.4	1.4	0	1	0.03						
Tea - Semi Skimmed Milk - Regular							Y									16	4	0	0	0.5	0.5	0	0.5	0	76	18	0.6	0.4	1.8	1.8	0	1.4	0.04						
Tea - Semi Skimmed Milk - Large							Y									16	4	0	0	0.5	0.5	0	0.5	0	95	23	0.8	0.5	2.3	2.3	0	1.7	0.05						
Tea - Skimmed Milk - Small							Y									12	3	0	0	0.5	0.5	0	0.5	0	42	10	0	0	1.4	1.4	0	1	0.03						
Tea - Skimmed Milk - Regular							Y									12	3	0	0	0.5	0.5	0	0.5	0	56	13	0	0	1.8	1.8	0	1.4	0.04						
Tea - Skimmed Milk - Large							Y									12	3	0	0	0.5	0.5	0	0.5	0	70	16	0	0	2.3	2.3	0	1.7	0.05						
Tea - Coconut Milk - Small	Y						Y									11	3	0	0	0.5	0.5	0	0	0	41	10	0.5	0.2	1	1	0	0.5	0.03						
Tea - Coconut Milk - Regular	Y						Y									11	3	0	0	0.5	0.5	0	0	0	54	13	0.6	0.3	1.3	1.3	0	0.6	0.04						
Tea - Coconut Milk - Large	Y						Y									11	3	0	0	0.5	0.5	0	0	0	68	16	0.7	0.4	1.7	1.7	0	0.8	0.05						
Tea - Almond Milk - Small	Y								Y							8	2	0	0	0.5	0.5	0	0	0	30	7	0.5	0	0.8	0.8	0	0	0.02						
Tea - Almond Milk - Regular	Y								Y							8	2	0	0	0.5	0.5	0	0	0	40	10	0.5	0	1	1	0	0.5	0.03						
Tea - Almond Milk - Large	Y								Y							8	2	0	0	0.5	0.5	0	0	0	50	12	0.6	0	1.3	1.3	0	0.5	0.04						
Tea - Oat Milk - Small	Y	Y														17	4	0	0	0.7	0.5	0	0	0	59	14	0.5	0.2	2.4	1.2	0.5	0	0.03						
Tea - Oat Milk - Regular	Y	Y														17	4	0	0	0.7	0.5	0	0	0	79	19	0.5	0.2	3.2	1.6	0.5	0	0.04						
Tea - Oat Milk - Large	Y	Y														17	4	0	0	0.7	0.5	0	0	0	99	24	0.7	0.3	4.1	2	0.5	0	0.05						
Tea - Soya Milk - Small	Y						Y									15	4	0	0	0.5	0.5	0	0.5	0	53	13	0.6	0	0.8	0.8	0	1	0.02						
Tea - Soya Milk - Regular	Y						Y									15	4	0	0	0.5	0.5	0	0.5	0	71	17	0.8	0.1	1.1	1	0.5	1.3	0.03						
Tea - Soya Milk - Large	Y						Y									15	4	0	0	0.5	0.5	0	0.5	0	89	21	1	0.2	1.4	1.3	0.5	1.7	0.04						
Decaff Tea - No Milk - Small	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						
Decaff Tea - No Milk - Regular	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						
Decaff Tea - No Milk - Large	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						
Decaff Tea - Semi Skimmed Milk - Small							Y									16	4	0	0	0.5	0.5	0	0.5	0	57	14	0.5	0.3	1.4	1.4	0	1	0.03						
Decaff Tea - Semi Skimmed Milk - Regular							Y									16	4	0	0	0.5	0.5	0	0.5	0	76	18	0.6	0.4	1.8	1.8	0	1.4	0.04						
Decaff Tea - Semi Skimmed Milk - Large							Y									16	4	0	0	0.5	0.5	0	0.5	0	95	23	0.8	0.5	2.3	2.3	0	1.7	0.05						
Decaff Tea - Skimmed Milk - Small							Y									12	3	0	0	0.5	0.5	0	0.5	0	42	10	0	0	1.4	1.4	0	1	0.03						
Decaff Tea - Skimmed Milk - Regular							Y									12	3	0	0	0.5	0.5	0	0.5	0	56	13	0	0	1.8	1.8	0	1.4	0.04						
Decaff Tea - Skimmed Milk - Large							Y									12	3	0	0	0.5	0.5	0	0.5	0	70	16	0	0	2.3	2.3	0	1.7	0.05						
Decaff Tea - Coconut Milk - Small	Y						Y									11	3	0	0	0.5	0.5	0	0	0	41	10	0.5	0.2	1	1	0	0.5	0.03						
Decaff Tea - Coconut Milk - Regular	Y						Y									11	3	0	0	0.5	0.5	0	0	0	54	13	0.6	0.3	1.3	1.3	0	0.6	0.04						
Decaff Tea - Coconut Milk - Large	Y						Y									11	3	0	0	0.5	0.5	0	0	0	68	16	0.7	0.4	1.7	1.7	0	0.8	0.05						
Decaff Tea - Almond Milk - Small	Y								Y							8	2	0	0	0.5	0.5	0	0	0	30	7	0.5	0	0.8	0.8	0	0	0.02						
Decaff Tea - Almond Milk - Regular	Y								Y							8	2	0	0	0.5	0.5	0	0	0	40	10	0.5	0	1	1	0	0.5	0.03						
Decaff Tea - Almond Milk - Large	Y								Y							8	2	0	0	0	0	0	0	0	50														

# Allergen & Nutrition Guide - Drinks



Nutrition Values per 100ml

Nutrition Values per serving

Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Nutrition Values per 100ml							Nutrition Values per serving													
																Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)			
Earl Grey Tea - No Milk - Large	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
Earl Grey Tea - Semi Skimmed Milk - Small								Y								16	4	0	0	0.5	0.5	0	0.5	0	57	14	0.5	0.3	1.4	1.4	0	1	0.03			
Earl Grey Tea - Semi Skimmed Milk - Regular								Y								16	4	0	0	0.5	0.5	0	0.5	0	76	18	0.6	0.4	1.8	1.8	0	1.4	0.04			
Earl Grey Tea - Semi Skimmed Milk - Large								Y								16	4	0	0	0.5	0.5	0	0.5	0	95	23	0.8	0.5	2.3	2.3	0	1.7	0.05			
Earl Grey Tea - Skimmed Milk - Small								Y								12	3	0	0	0.5	0.5	0	0.5	0	42	10	0	0	1.4	1.4	0	1	0.03			
Earl Grey Tea - Skimmed Milk - Regular								Y								12	3	0	0	0.5	0.5	0	0.5	0	56	13	0	0	1.8	1.8	0	1.4	0.04			
Earl Grey Tea - Skimmed Milk - Large								Y								12	3	0	0	0.5	0.5	0	0.5	0	70	16	0	0	2.3	2.3	0	1.7	0.05			
Earl Grey Tea - Coconut Milk - Small	Y						Y									11	3	0	0	0.5	0.5	0	0	0	41	10	0.5	0.2	1	1	0	0.5	0.03			
Earl Grey Tea - Coconut Milk - Regular	Y						Y									11	3	0	0	0.5	0.5	0	0	0	54	13	0.6	0.3	1.3	1.3	0	0.6	0.04			
Earl Grey Tea - Coconut Milk - Large	Y						Y									11	3	0	0	0.5	0.5	0	0	0	68	16	0.7	0.4	1.7	1.7	0	0.8	0.05			
Earl Grey Tea - Almond Milk - Small	Y								Y							8	2	0	0	0.5	0.5	0	0	0	30	7	0.5	0	0.8	0.8	0	0	0.02			
Earl Grey Tea - Almond Milk - Regular	Y								Y							8	2	0	0	0.5	0.5	0	0	0	40	10	0.5	0	1	1	0	0.5	0.03			
Earl Grey Tea - Almond Milk - Large	Y								Y							8	2	0	0	0.5	0.5	0	0	0	50	12	0.6	0	1.3	1.3	0	0.5	0.04			
Earl Grey Tea - Oat Milk - Small	Y	Y														17	4	0	0	0.7	0.5	0	0	0	60	14	0.5	0.2	2.4	1.2	0.5	0	0.03			
Earl Grey Tea - Oat Milk - Regular	Y	Y														17	4	0	0	0.7	0.5	0	0	0	79	19	0.5	0.2	3.2	1.6	0.5	0	0.04			
Earl Grey Tea - Oat Milk - Large	Y	Y														17	4	0	0	0.7	0.5	0	0	0	99	24	0.7	0.3	4.1	2	0.5	0	0.05			
Earl Grey Tea - Soya Milk - Small	Y						Y									15	4	0	0	0.5	0.5	0	0.5	0	53	13	0.6	0	0.8	0.8	0	1	0.02			
Earl Grey Tea - Soya Milk - Regular	Y						Y									15	4	0	0	0.5	0.5	0	0.5	0	71	17	0.8	0.1	1.1	1	0.5	1.3	0.03			
Earl Grey Tea - Soya Milk - Large	Y						Y									15	4	0	0	0.5	0.5	0	0.5	0	89	21	1	0.2	1.4	1.3	0.5	1.7	0.04			
Green Tea - No Milk - Small	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
Green Tea - No Milk - Regular	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Green Tea - No Milk - Large	Y															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Peppermint Tea - No Milk - Small	Y															0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Peppermint Tea - No Milk - Regular	Y															0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Peppermint Tea - No Milk - Large	Y															0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Camomile Tea - No Milk - Small	Y															0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Camomile Tea - No Milk - Regular	Y															0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Camomile Tea - No Milk - Large	Y															0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Lemon & Ginger Tea - No Milk - Small	Y															0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	
Lemon & Ginger Tea - No Milk - Regular	Y															0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	
Lemon & Ginger Tea - No Milk - Large	Y															0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	
Raspberry & Peach Tea - No Milk - Small	Y															0	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	
Raspberry & Peach Tea - No Milk - Regular	Y															0	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	
Raspberry & Peach Tea - No Milk - Large	Y															0	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	
Chai Masala Tea - No Milk - Small	Y															0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Chai Masala Tea - No Milk - Regular	Y															0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Chai Masala Tea - No Milk - Large	Y															0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
<b>EXTRAS</b>																																				
Mini Marshmallow - Extra		Y														1440	339	0.5	0.1	80	68	0.5	3.5	0.02	144	34	0	0	8	6.8	0	0.5	0			
Caramel Sauce - Extra	Y							Y								1579	373	4.7	3.1	79	73	0	3.4	0.29	79	19	0.5	0.2	4	3.6	0	0	0.01			
Dark Chocolate Sauce - Extra	Y															1347	318	2.6	1.6	74	72	0	0	0.13	67	16	0	0	3.7	3.6	0	0	0	0	0	
Cream - Extra		M			M			M	Y	M						1185	287	27	18	8.4	8.4	0.5	2.3	0.08	356	86	8.1	5.4	2.5	2.5	0	0.7	0.02			
Sugar Free Caramel Syrup - Extra	Y															89	22	0	0	0.6	0.5	9.8	0	0.15	4	1	0	0	0	0	0.5	0	0	0		
Sugar Free Vanilla Syrup - Extra	Y															60	15	0	0	0	0	9.8	0	0.15	3	1	0	0	0	0	0.5	0	0	0	0	
Sugar Free Hazelnut Syrup - Extra	Y								Y							77	20	0	0	1.2	0	9.8	0	0.15	4	1	0	0	0	0	0.5	0	0	0	0	
Pure Sugar Cane Syrup - Extra	Y															1455	342	0	0	86	86	0	0	0	73	17	0	0	4.3	4.3	0	0	0	0	0	
Gingerbread Syrup - Extra	Y															1421	334	0	0	84	84	0	0	0.03	71	17	0	0	4.2	4.2	0	0	0	0	0	0
Vanilla Syrup - Extra	Y															1430	336	0	0	84	84	0	0	0.03	71	17	0	0	4.2	4.2	0	0	0	0	0	0
Hazelnut Syrup - Extra	Y									Y						1336	314	0	0	79	78	0	0	0.03	67	16	0	0	3.9	3.9	0	0	0	0	0	
Cinnamon Syrup - Extra	Y															1367	322	0	0	80	80	0	0	0.03	68	16	0	0	4	4	0	0	0	0	0	
Amaretto Syrup - Extra	Y															1399	329	0	0	82	81	0	0	0.03	70	16	0	0	4.1	4.1	0	0	0	0	0	0
Elderflower Syrup - Extra																1270	299	0	0	75	75	0	0	0.03	63	15	0	0	3.7	3.7	0	0	0	0	0	0
White Peach Syrup - Extra																1403	330	0	0	83	81	0	0	0.03	70	17	0	0	4.1	4.1	0	0	0	0	0	0
Lemon Syrup - Extra													Y			1074	253	0	0	63	63	0	0	0.03	54	13	0	0	3.2	3.2	0	0	0	0	0	0
Green Mint Syrup - Extra																1292	304	0	0	76	76	0	0	0.03	65	15	0	0	3.8	3.8	0	0	0	0	0	0
Crema Brulee Syrup - Extra																1392	328	0	0	82	80	0	0	0.03	70	16	0	0	4.1	4	0	0	0			



Allergen & Nutrition Guide - Drinks



Nutrition Values per 100ml

Nutrition Values per serving

Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Nutrition Values per 100ml										Nutrition Values per serving									
																Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)		
Roasted Hazelnut Syrup - Extra	Y								Y							1335	314	0	0	79	78	0	0	0.03	67	16	0	0	3.9	3.9	0	0	0	0	
Tripls Sec Curacao Syrup - Extra	Y															1360	320	0	0	80	80	0	0	0.03	68	16	0	0	4	4	0	0	0	0	
Caramel Syrup - Extra																1348	317	0	0	79	79	0	0	0.03	67	16	0	0	4	4	0	0	0	0	
<b>ICED COFFEE</b>																																			
Iced Americano - No Milk	Y															23	6	0	0	0.8	0	0	0.5	0	111	26	0.6	0.1	3.6	0	0	1.5	0		
Iced Americano - Semi Skimmed Milk								Y								40	9	0.5	0.1	1.1	0.5	0	0.6	0	187	44	1.2	0.5	5.4	1.8	0	2.8	0.04		
Iced Americano - Skimmed Milk								Y								35	8	0	0	1.2	0.5	0	0.6	0	167	39	0.7	0.2	5.5	1.8	0	2.8	0.04		
Iced Americano - Coconut Milk	Y								Y							32	8	0	0	1	0	0	0.5	0	151	36	1.1	0.2	4.7	1	0	1.7	0.03		
Iced Americano - Almond Milk	Y								Y							32	8	0	0	1	0	0	0.5	0	151	36	1.1	0.2	4.7	1	0	1.7	0.03		
Iced Americano - Oat Milk	Y	Y														40	10	0	0	1.5	0.5	0	0.5	0	190	45	1.2	0.3	6.9	1.6	0.5	1.6	0.04		
Iced Americano - Soya Milk	Y						Y									38	9	0.5	0	1	0	0	0.6	0	182	43	1.4	0.3	4.7	1	0	2.8	0.03		
Classic Iced Latte - Semi Skimmed Milk								Y								165	39	0.8	0.5	6.3	5.5	0	1.7	0.04	781	185	3.6	2.1	30	26	0	8.2	0.2		
Classic Iced Latte - Skimmed Milk								Y								144	34	0	0	6.3	5.6	0	1.7	0.04	680	160	0.8	0.2	30	26	0	8.2	0.2		
Classic Iced Latte - Coconut Milk	Y						Y									142	34	0.7	0.3	5.8	5	0	0.9	0.04	672	159	3.4	1.5	27	24	0.5	4.5	0.2		
Classic Iced Latte - Almond Milk	Y								Y							127	30	0.6	0	5.5	4.7	0	0.5	0.03	601	142	3	0.3	26	22	0.6	2.5	0.16		
Classic Iced Latte - Oat Milk	Y	Y														168	40	0.7	0.2	7.8	5.3	0.5	0.5	0.04	797	189	3.2	1.1	37	25	1.6	2.1	0.18		
Classic Iced Latte - Soya Milk	Y						Y									160	38	0.9	0.2	5.5	4.7	0.5	1.7	0.03	757	179	4.4	0.7	26	22	1.2	8.1	0.16		
Vanilla Iced Latte - Semi Skimmed Milk								Y								164	39	0.8	0.5	6.2	5.4	0	1.7	0.04	776	184	3.6	2.1	29	26	0	8.2	0.21		
Vanilla Iced Latte - Skimmed Milk								Y								143	34	0	0	6.3	5.5	0	1.7	0.04	675	159	0.8	0.2	30	26	0	8.2	0.21		
Vanilla Iced Latte - Coconut Milk	Y						Y									141	33	0.7	0.3	5.7	4.9	0	0.9	0.04	667	158	3.4	1.5	27	23	0.5	4.5	0.21		
Vanilla Iced Latte - Almond Milk	Y								Y							126	30	0.6	0	5.4	4.6	0	0.5	0.04	596	141	3	0.3	26	22	0.6	2.5	0.17		
Vanilla Iced Latte - Oat Milk	Y	Y														167	40	0.7	0.2	7.7	5.2	0.5	0.5	0.04	792	187	3.2	1.1	37	25	1.6	2.1	0.19		
Vanilla Iced Latte - Soya Milk	Y						Y									159	38	0.9	0.2	5.5	4.6	0.5	1.7	0.04	751	178	4.4	0.7	26	22	1.2	8.1	0.17		
Caramel Iced Latte - Semi Skimmed Milk								Y								160	38	0.8	0.5	6	5.3	0	1.7	0.04	759	180	3.6	2.1	28	25	0	8.2	0.21		
Caramel Iced Latte - Skimmed Milk								Y								139	33	0	0	6.1	5.3	0	1.7	0.04	659	155	0.8	0.2	29	25	0	8.2	0.21		
Caramel Iced Latte - Coconut Milk	Y						Y									137	33	0.7	0.3	5.5	4.7	0	0.9	0.04	650	154	3.4	1.5	26	22	0.5	4.5	0.21		
Caramel Iced Latte - Almond Milk	Y								Y							122	29	0.6	0	5.2	4.4	0	0.5	0.04	579	137	3	0.3	25	21	0.6	2.5	0.17		
Caramel Iced Latte - Oat Milk	Y	Y														164	39	0.7	0.2	7.5	5	0.5	0.5	0.04	776	184	3.2	1.1	36	24	1.6	2.1	0.19		
Caramel Iced Latte - Soya Milk	Y						Y									155	37	0.9	0.2	5.3	4.4	0.5	1.7	0.04	735	174	4.4	0.7	25	21	1.2	8.1	0.17		
Hazelnut Iced Latte - Semi Skimmed Milk								Y	Y							160	38	0.8	0.5	6	5.2	0	1.7	0.04	757	179	3.6	2.1	28	25	0	8.2	0.21		
Hazelnut Iced Latte - Skimmed Milk								Y	Y							139	33	0	0	6	5.2	0	1.7	0.04	657	155	0.8	0.2	29	25	0	8.2	0.21		
Hazelnut Iced Latte - Coconut Milk	Y						Y	Y	Y							137	32	0.7	0.3	5.5	4.7	0	0.9	0.04	648	154	3.4	1.5	26	22	0.5	4.5	0.21		
Hazelnut Iced Latte - Almond Milk	Y								Y							122	29	0.6	0	5.2	4.4	0	0.5	0.04	577	137	3	0.3	25	21	0.6	2.5	0.17		
Hazelnut Iced Latte - Oat Milk	Y	Y							Y							163	39	0.7	0.2	7.5	5	0.5	0.5	0.04	773	183	3.2	1.1	36	23	1.6	2.1	0.19		
Hazelnut Iced Latte - Soya Milk	Y						Y		Y							155	37	0.9	0.2	5.2	4.4	0.5	1.7	0.04	733	174	4.4	0.7	25	21	1.2	8.1	0.17		
Creme Brulee Iced Latte - Semi Skimmed Milk								Y								162	38	0.8	0.5	6.1	5.3	0	1.7	0.04	768	182	3.6	2.1	29	25	0	8.2	0.21		
Creme Brulee Iced Latte - Skimmed Milk								Y								141	33	0	0	6.2	5.3	0	1.7	0.04	668	157	0.8	0.2	29	25	0	8.2	0.21		
Creme Brulee Iced Latte - Coconut Milk	Y						Y									139	33	0.7	0.3	5.6	4.8	0	0.9	0.04	659	156	3.4	1.5	27	23	0.5	4.5	0.21		
Creme Brulee Iced Latte - Almond Milk	Y								Y							124	29	0.6	0	5.3	4.4	0	0.5	0.04	588	139	3	0.3	25	21	0.6	2.5	0.17		
Creme Brulee Iced Latte - Oat Milk	Y	Y														166	39	0.7	0.2	7.6	5	0.5	0.5	0.04	784	186	3.2	1.1	36	24	1.6	2.1	0.19		
Creme Brulee Iced Latte - Soya Milk	Y						Y									157	37	0.9	0.2	5.4	4.4	0.5	1.7	0.04	744	176	4.4	0.7	25	21	1.2	8.1	0.17		
Gingerbread Iced Latte - Semi Skimmed Milk								Y								164	39	0.8	0.5	6.2	5.4	0	1.7	0.04	774	183	3.6	2.1	29	26	0	8.2	0.21		
Gingerbread Iced Latte - Skimmed Milk								Y								142	34	0	0	6.2	5.5	0	1.7	0.04	674	159	0.8	0.2	30	26	0	8.2	0.21		
Gingerbread Iced Latte - Coconut Milk	Y						Y									141	33	0.7	0.3	5.7	4.9	0	0.9	0.04	665	158	3.4	1.5	27	23	0.5	4.5	0.21		
Gingerbread Iced Latte - Almond Milk	Y								Y							126	30	0.6	0	5.4	4.6	0	0.5	0.04	594	141	3	0.3	26	22	0.6	2.5	0.17		
Gingerbread Iced Latte - Oat Milk	Y	Y														167	40	0.7	0.2	7.7	5.2	0.5	0.5	0.04	790	187	3.2	1.1	37	24	1.6	2.1	0.19		
Gingerbread Iced Latte - Soya Milk	Y						Y									158	38	0.9	0.2	5.4	4.6	0.5	1.7	0.04	750	178									



## Allergen & Nutrition Guide - Drinks



### Nutrition Values per 100ml

### Nutrition Values per serving

Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Nutrition Values per 100ml										Nutrition Values per serving									
																Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)		
Roasted Hazelnut Frappe - Soya Milk		Y		M			Y	Y	Y							346	82	2.7	1.3	13	7.2	0.5	1.9	0.06	1628	387	13	6.1	59	34	1.3	8.8	0.3		
Caramelised Orange Chocolate Frappe - Semi Skimmed Milk		M		M			M	Y	M							385	91	2.5	1.7	15	10	0	1.9	0.12	1827	433	12	8.1	72	49	0	8.9	0.55		
Caramelised Orange Chocolate Frappe - Skimmed Milk		M		M			M	Y	M							365	87	2	1.3	15	10	0	1.9	0.12	1725	409	9.2	6.2	72	50	0	8.9	0.54		
Caramelised Orange Chocolate Frappe - Coconut Milk		M		M			Y	Y	M							362	86	2.5	1.6	15	9.9	0	1.1	0.12	1718	408	12	7.5	70	47	0.6	5.2	0.55		
Caramelised Orange Chocolate Frappe - Almond Milk		M		M			M	Y	Y							347	82	2.4	1.3	14	9.6	0	0.7	0.11	1647	391	11	6.3	69	45	0.7	3.2	0.51		
Caramelised Orange Chocolate Frappe - Oat Milk		Y		M			M	Y	M							389	92	2.5	1.5	17	10	0.5	0.6	0.11	1843	437	12	7.1	80	48	1.7	2.8	0.53		
Caramelised Orange Chocolate Frappe - Soya Milk		M		M			M	Y	M							381	91	2.7	1.4	15	9.6	0.5	1.9	0.11	1801	428	13	6.7	69	45	1.3	8.8	0.5		
Triple Chocolate Cream Frappe - Semi Skimmed Milk		M		M			Y	Y	M							545	129	3.7	2.5	21	15	0	2.6	0.17	1931	458	13	8.7	76	53	0.5	9	0.59		
Triple Chocolate Cream Frappe - Skimmed Milk		M		M			Y	Y	M							517	123	2.9	1.9	22	15	0	2.6	0.17	1831	434	10	6.8	76	53	0.5	9	0.59		
Triple Chocolate Cream Frappe - Coconut Milk		M		M			Y	Y	M							388	92	2.7	1.7	16	11	0	1.1	0.13	1822	433	13	8.1	74	50	0.9	5.3	0.59		
Triple Chocolate Cream Frappe - Almond Milk		M		M			Y	Y	Y							372	88	2.6	1.5	15	10	0	0.7	0.12	1751	416	12	6.9	72	49	1.1	3.3	0.55		
Triple Chocolate Cream Frappe - Oat Milk		Y		M			Y	Y	M							414	98	2.7	1.6	18	11	0.5	0.6	0.12	1947	462	13	7.7	83	52	2.1	2.9	0.57		
Triple Chocolate Cream Frappe - Soya Milk		M		M			Y	Y	M							406	96	2.9	1.6	15	10	0.5	1.9	0.12	1907	453	14	7.3	72	49	1.7	8.9	0.55		
<b>ICED DRINKS</b>																																			
Iced Tea - Green Tea & Elderflower	Y															134	32	0	0	7.9	7.9	0	0	0	635	149	0	0	37	37	0	0	0.02		
Iced Tea - Peach	Y															148	35	0	0	8.7	8.6	0	0	0	702	165	0	0	41	41	0	0	0.02		
Pink Lemonade	Y															86	20	0	0	5	5	0	0	0	407	96	0	0	24	24	0	0	0		
Strawberry & Kiwi Smoothie	Y															475	112	0	0	27	27	1.2	0.5	0	2247	529	0	0	128	125	5.5	1.6	0		
Mango & Passion Fruit Smoothie	Y															372	88	0	0	22	21	0.5	0	0	1759	414	0	0	103	100	2	0	0.05		

