

## 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.

### **Important: Allergy notice**

As standard, our handcrafted beverages are now made with Brodies and Sweetbird syrups that are allergen free, including the Hazelnut and Sugar Free Hazelnut flavours. Please check with the barista to enquire if your drink contains Monin syrup ingredients which some sites may be stocking. Further detail can be found within this guide, highlighted in the Monin Syrup sections.

### *Nutritional Information*

The second part of this guide contains the nutritional information.

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
<b>COFFEE</b>															
Espresso Triple	Y														
Espresso Single	Y														
Espresso Double	Y														
Macchiato Single - Semi Skimmed Milk								Y							
Macchiato Single - Skimmed Milk								Y							
Macchiato Single - Coconut Milk	Y						Y								
Macchiato Single - Almond Milk	Y								Y						
Macchiato Single - Oat Milk	Y	Y													
Macchiato Single - Soya Milk	Y						Y								
Macchiato Double - Semi Skimmed Milk								Y							
Macchiato Double - Skimmed Milk								Y							
Macchiato Double - Coconut Milk	Y						Y								
Macchiato Double - Almond Milk	Y								Y						
Macchiato Double - Oat Milk		Y													
Macchiato Double - Soya Milk	Y						Y								
Macchiato Triple - Semi Skimmed Milk								Y							
Macchiato Triple - Skimmed Milk								Y							
Macchiato Triple - Coconut Milk	Y						Y								
Macchiato Triple - Almond Milk	Y								Y						
Macchiato Triple - Oat Milk	Y	Y													
Macchiato Triple - Soya Milk	Y						Y								
Americano - No Milk - Large	Y														
Americano - No Milk - Regular	Y														
Americano - No Milk - Small	Y														
Americano - Semi Skimmed Milk- Small								Y							
Americano - Semi Skimmed Milk- Regular								Y							
Americano - Semi Skimmed Milk- Large								Y							
Americano - Skimmed Milk- Small								Y							
Americano - Skimmed Milk- Regular								Y							
Americano - Skimmed Milk- Large								Y							
Americano - Coconut Milk- Small	Y						Y								
Americano - Coconut Milk- Regular	Y						Y								
Americano - Coconut Milk- Large	Y						Y								
Americano - Almond Milk- Small	Y								Y						
Americano - Almond Milk- Regular	Y								Y						
Americano - Almond Milk- Large	Y								Y						
Americano - Oat Milk- Small	Y	Y													
Americano - Oat Milk- Regular	Y	Y													
Americano - Oat Milk- Large	Y	Y													
Americano - Soya Milk- Small	Y						Y								
Americano - Soya Milk- Regular	Y						Y								
Americano - Soya Milk- Large	Y						Y								
Short Flat - Semi Skimmed Milk								Y							
Short Flat - Skimmed Milk								Y							
Short Flat - Coconut Milk	Y						Y								
Short Flat - Almond Milk	Y								Y						
Short Flat - Oat Milk	Y	Y													
Short Flat - Soya Milk	Y						Y								
Flat White - Semi Skimmed Milk								Y							
Flat White - Skimmed Milk								Y							
Flat White - Coconut Milk	Y						Y								
Flat White - Almond Milk	Y								Y						
Flat White - Oat Milk	Y	Y													
Flat White - Soya Milk	Y						Y								
Latte - Semi Skimmed Milk - Small								Y							
Latte - Semi Skimmed Milk - Regular								Y							
Latte - Semi Skimmed Milk - Large								Y							
Latte - Skimmed Milk - Small								Y							
Latte - Skimmed Milk - Regular								Y							
Latte - Skimmed Milk - Large								Y							
Latte - Coconut Milk - Small	Y						Y								
Latte - Coconut Milk - Regular	Y						Y								
Latte - Coconut Milk - Large	Y						Y								
Latte - Almond Milk - Small	Y								Y						
Latte - Almond Milk - Regular	Y								Y						

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Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Latte - Almond Milk - Large	Y								Y						
Latte - Oat Milk - Small	Y	Y													
Latte - Oat Milk - Regular	Y	Y													
Latte - Oat Milk - Large	Y	Y													
Latte - Soya Milk - Small	Y						Y								
Latte - Soya Milk - Regular	Y						Y								
Latte - Soya Milk - Large	Y						Y								
Cappuccino - Semi Skimmed Milk - Small								Y							
Cappuccino - Semi Skimmed Milk - Regular								Y							
Cappuccino - Semi Skimmed Milk - Large								Y							
Cappuccino - Skimmed Milk - Small								Y							
Cappuccino - Skimmed Milk - Regular								Y							
Cappuccino - Skimmed Milk - Large								Y							
Cappuccino - Coconut Milk - Small	Y						Y								
Cappuccino - Coconut Milk - Regular	Y						Y								
Cappuccino - Coconut Milk - Large	Y						Y								
Cappuccino - Almond Milk - Small	Y								Y						
Cappuccino - Almond Milk - Regular	Y								Y						
Cappuccino - Almond Milk - Large	Y								Y						
Cappuccino - Oat Milk - Small	Y	Y													
Cappuccino - Oat Milk - Regular	Y	Y													
Cappuccino - Oat Milk - Large	Y	Y													
Cappuccino - Soya Milk - Small	Y						Y								
Cappuccino - Soya Milk - Regular	Y						Y								
Cappuccino - Soya Milk - Large	Y						Y								
Mocha - Semi Skimmed Milk - Small								Y							
Mocha - Semi Skimmed Milk - Regular								Y							
Mocha - Semi Skimmed Milk - Large								Y							
Mocha - Skimmed Milk - Small								Y							
Mocha - Skimmed Milk - Regular								Y							
Mocha - Skimmed Milk - Large								Y							
Mocha - Coconut Milk - Small							Y	Y							
Mocha - Coconut Milk - Regular							Y	Y							
Mocha - Coconut Milk - Large							Y	Y							
Mocha - Almond Milk - Small								Y	Y						
Mocha - Almond Milk - Regular								Y	Y						
Mocha - Almond Milk - Large								Y	Y						
Mocha - Oat Milk - Small		Y						Y							
Mocha - Oat Milk - Regular		Y						Y							
Mocha - Oat Milk - Large		Y						Y							
Mocha - Soya Milk - Small							Y	Y							
Mocha - Soya Milk - Regular							Y	Y							
Mocha - Soya Milk - Large							Y	Y							
White Chocolate Mocha - Semi Skimmed Milk - Small								Y							
White Chocolate Mocha - Semi Skimmed Milk - Regular								Y							
White Chocolate Mocha - Semi Skimmed Milk - Large								Y							
White Chocolate Mocha - Skimmed Milk - Small								Y							
White Chocolate Mocha - Skimmed Milk - Regular								Y							
White Chocolate Mocha - Skimmed Milk - Large								Y							
White Chocolate Mocha - Coconut Milk - Small							Y	Y							
White Chocolate Mocha - Coconut Milk - Regular							Y	Y							
White Chocolate Mocha - Coconut Milk - Large							Y	Y							
White Chocolate Mocha - Almond Milk - Small								Y	Y						
White Chocolate Mocha - Almond Milk - Regular								Y	Y						
White Chocolate Mocha - Almond Milk - Large								Y	Y						
White Chocolate Mocha - Oat Milk - Small		Y						Y							
White Chocolate Mocha - Oat Milk - Regular		Y						Y							
White Chocolate Mocha - Oat Milk - Large		Y						Y							
White Chocolate Mocha - Soya Milk - Small							Y	Y							
White Chocolate Mocha - Soya Milk - Regular							Y	Y							
White Chocolate Mocha - Soya Milk - Large							Y	Y							
Oat & Dark Chocolate Mocha - Small	Y	Y													
Oat & Dark Chocolate Mocha - Regular	Y	Y													
Oat & Dark Chocolate Mocha - Large	Y	Y													
<b>FLAVOURED LATTE</b>															
Vanilla Latte - Semi Skimmed Milk - Small								Y							

# Allergen & Nutrition Guide - Drinks



Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vanilla Latte - Semi Skimmed Milk - Regular								Y							
Vanilla Latte - Semi Skimmed Milk - Large								Y							
Vanilla Latte - Skimmed Milk - Small								Y							
Vanilla Latte - Skimmed Milk - Regular								Y							
Vanilla Latte - Skimmed Milk - Large								Y							
Vanilla Latte - Coconut Milk - Small	Y						Y								
Vanilla Latte - Coconut Milk - Regular	Y						Y								
Vanilla Latte - Coconut Milk - Large	Y						Y								
Vanilla Latte - Almond Milk - Small	Y								Y						
Vanilla Latte - Almond Milk - Regular	Y								Y						
Vanilla Latte - Almond Milk - Large	Y								Y						
Vanilla Latte - Oat Milk - Small	Y	Y													
Vanilla Latte - Oat Milk - Regular	Y	Y													
Vanilla Latte - Oat Milk - Large	Y	Y													
Vanilla Latte - Soya Milk - Small	Y						Y								
Vanilla Latte - Soya Milk - Regular	Y						Y								
Vanilla Latte - Soya Milk - Large	Y						Y								
Caramel Latte - Semi Skimmed Milk - Small								Y							
Caramel Latte - Semi Skimmed Milk - Regular								Y							
Caramel Latte - Semi Skimmed Milk - Large								Y							
Caramel Latte - Skimmed Milk - Small								Y							
Caramel Latte - Skimmed Milk - Regular								Y							
Caramel Latte - Skimmed Milk - Large								Y							
Caramel Latte - Coconut Milk - Small	Y						Y								
Caramel Latte - Coconut Milk - Regular	Y						Y								
Caramel Latte - Coconut Milk - Large	Y						Y								
Caramel Latte - Almond Milk - Small	Y								Y						
Caramel Latte - Almond Milk - Regular	Y								Y						
Caramel Latte - Almond Milk - Large	Y								Y						
Caramel Latte - Oat Milk - Small	Y	Y													
Caramel Latte - Oat Milk - Regular	Y	Y													
Caramel Latte - Oat Milk - Large	Y	Y													
Caramel Latte - Soya Milk - Small	Y						Y								
Caramel Latte - Soya Milk - Regular	Y						Y								
Caramel Latte - Soya Milk - Large	Y						Y								
Hazelnut Latte - Semi Skimmed Milk - Small								Y							
Hazelnut Latte - Semi Skimmed Milk - Regular								Y							
Hazelnut Latte - Semi Skimmed Milk - Large								Y							
Hazelnut Latte - Skimmed Milk - Small								Y							
Hazelnut Latte - Skimmed Milk - Regular								Y							
Hazelnut Latte - Skimmed Milk - Large								Y							
Hazelnut Latte - Coconut Milk - Small	Y						Y								
Hazelnut Latte - Coconut Milk - Regular	Y						Y								
Hazelnut Latte - Coconut Milk - Large	Y						Y								
Hazelnut Latte - Almond Milk - Small	Y								Y						
Hazelnut Latte - Almond Milk - Regular	Y								Y						
Hazelnut Latte - Almond Milk - Large	Y								Y						
Hazelnut Latte - Oat Milk - Small	Y	Y													
Hazelnut Latte - Oat Milk - Regular	Y	Y													
Hazelnut Latte - Oat Milk - Large	Y	Y													
Hazelnut Latte - Soya Milk - Small	Y						Y								
Hazelnut Latte - Soya Milk - Regular	Y						Y								
Hazelnut Latte - Soya Milk - Large	Y						Y								
Creme Brulee Latte - Semi Skimmed Milk - Small		M		M			M	Y	M						
Creme Brulee Latte - Semi Skimmed Milk - Regular		M		M			M	Y	M						
Creme Brulee Latte - Semi Skimmed Milk - Large		M		M			M	Y	M						
Creme Brulee Latte - Skimmed Milk - Small		M		M			M	Y	M						
Creme Brulee Latte - Skimmed Milk - Regular		M		M			M	Y	M						
Creme Brulee Latte - Skimmed Milk - Large		M		M			M	Y	M						
Creme Brulee Latte - Coconut Milk - Small		M		M			Y	Y	M						
Creme Brulee Latte - Coconut Milk - Regular		M		M			Y	Y	M						
Creme Brulee Latte - Coconut Milk - Large		M		M			Y	Y	M						
Creme Brulee Latte - Almond Milk - Small		M		M			M	Y	Y						
Creme Brulee Latte - Almond Milk - Regular		M		M			M	Y	Y						
Creme Brulee Latte - Almond Milk - Large		M		M			M	Y	Y						
Creme Brulee Latte - Oat Milk - Small		Y		M			M	Y	M						

# Allergen & Nutrition Guide - Drinks



Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Creme Brulee Latte - Oat Milk - Regular		Y		M			M	Y	M						
Creme Brulee Latte - Oat Milk - Large		Y		M			M	Y	M						
Creme Brulee Latte - Soya Milk - Small		M		M			Y	Y	M						
Creme Brulee Latte - Soya Milk - Regular		M		M			Y	Y	M						
Creme Brulee Latte - Soya Milk - Large		M		M			Y	Y	M						
Gingerbread Latte - Semi Skimmed Milk - Small		M		M			M	Y	M						
Gingerbread Latte - Semi Skimmed Milk - Regular		M		M			M	Y	M						
Gingerbread Latte - Semi Skimmed Milk - Large		M		M			M	Y	M						
Gingerbread Latte - Skimmed Milk - Small		M		M			M	Y	M						
Gingerbread Latte - Skimmed Milk - Regular		M		M			M	Y	M						
Gingerbread Latte - Skimmed Milk - Large		M		M			M	Y	M						
Gingerbread Latte - Coconut Milk - Small		M		M			Y	Y	M						
Gingerbread Latte - Coconut Milk - Regular		M		M			Y	Y	M						
Gingerbread Latte - Coconut Milk - Large		M		M			Y	Y	M						
Gingerbread Latte - Almond Milk - Small		M		M			M	Y	Y						
Gingerbread Latte - Almond Milk - Regular		M		M			M	Y	Y						
Gingerbread Latte - Almond Milk - Large		M		M			M	Y	Y						
Gingerbread Latte - Oat Milk - Small		Y		M			M	Y	M						
Gingerbread Latte - Oat Milk - Regular		Y		M			M	Y	M						
Gingerbread Latte - Oat Milk - Large		Y		M			M	Y	M						
Gingerbread Latte - Soya Milk - Small		M		M			Y	Y	M						
Gingerbread Latte - Soya Milk - Regular		M		M			Y	Y	M						
Gingerbread Latte - Soya Milk - Large		M		M			Y	Y	M						
<b>HOT DRINKS</b>															
Chai Latte - Semi Skimmed Milk - Small								Y							
Chai Latte - Semi Skimmed Milk - Regular								Y							
Chai Latte - Semi Skimmed Milk - Large								Y							
Chai Latte - Skimmed Milk - Small								Y							
Chai Latte - Skimmed Milk - Regular								Y							
Chai Latte - Skimmed Milk - Large								Y							
Chai Latte - Coconut Milk - Small	Y						Y								
Chai Latte - Coconut Milk - Regular	Y						Y								
Chai Latte - Coconut Milk - Large	Y						Y								
Chai Latte - Almond Milk - Small	Y								Y						
Chai Latte - Almond Milk - Regular	Y								Y						
Chai Latte - Almond Milk - Large	Y								Y						
Chai Latte - Oat Milk - Small	Y	Y													
Chai Latte - Oat Milk - Regular	Y	Y													
Chai Latte - Oat Milk - Large	Y	Y													
Chai Latte - Soya Milk - Small	Y						Y								
Chai Latte - Soya Milk - Regular	Y						Y								
Chai Latte - Soya Milk - Large	Y						Y								
Hot Chocolate - Semi Skimmed Milk - Small								Y							
Hot Chocolate - Semi Skimmed Milk - Regular								Y							
Hot Chocolate - Semi Skimmed Milk - Large								Y							
Hot Chocolate - Skimmed Milk - Small								Y							
Hot Chocolate - Skimmed Milk - Regular								Y							
Hot Chocolate - Skimmed Milk - Large								Y							
Hot Chocolate - Coconut Milk - Small							Y	Y							
Hot Chocolate - Coconut Milk - Regular							Y	Y							
Hot Chocolate - Coconut Milk - Large							Y	Y							
Hot Chocolate - Almond Milk - Small								Y	Y						
Hot Chocolate - Almond Milk - Regular								Y	Y						
Hot Chocolate - Almond Milk - Large								Y	Y						
Hot Chocolate - Oat Milk - Small		Y						Y							
Hot Chocolate - Oat Milk - Regular		Y						Y							
Hot Chocolate - Oat Milk - Large		Y						Y							
Hot Chocolate - Soya Milk - Small							Y	Y							
Hot Chocolate - Soya Milk - Regular							Y	Y							
Hot Chocolate - Soya Milk - Large							Y	Y							
Honeycomb Hot Chocolate - Semi Skimmed Milk - Small								Y							
Honeycomb Hot Chocolate - Semi Skimmed Milk - Regular								Y							
Honeycomb Hot Chocolate - Semi Skimmed Milk - Large								Y							
Honeycomb Hot Chocolate - Skimmed Milk - Small								Y							
Honeycomb Hot Chocolate - Skimmed Milk - Regular								Y							
Honeycomb Hot Chocolate - Skimmed Milk - Large								Y							

# Allergen & Nutrition Guide - Drinks



Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Honeycomb Hot Chocolate - Coconut Milk - Small							Y	Y							
Honeycomb Hot Chocolate - Coconut Milk - Regular							Y	Y							
Honeycomb Hot Chocolate - Coconut Milk - Large							Y	Y							
Honeycomb Hot Chocolate - Almond Milk - Small								Y	Y						
Honeycomb Hot Chocolate - Almond Milk - Regular								Y	Y						
Honeycomb Hot Chocolate - Almond Milk - Large								Y	Y						
Honeycomb Hot Chocolate - Oat Milk - Small		Y						Y							
Honeycomb Hot Chocolate - Oat Milk - Regular		Y						Y							
Honeycomb Hot Chocolate - Oat Milk - Large		Y						Y							
Honeycomb Hot Chocolate - Soya Milk - Small							Y	Y							
Honeycomb Hot Chocolate - Soya Milk - Regular							Y	Y							
Honeycomb Hot Chocolate - Soya Milk - Large							Y	Y							
Caramelised Orange Hot Chocolate - Semi Skimmed Milk - Small								Y							
Caramelised Orange Hot Chocolate - Semi Skimmed Milk - Regular								Y							
Caramelised Orange Hot Chocolate - Semi Skimmed Milk - Large								Y							
Caramelised Orange Hot Chocolate - Skimmed Milk - Small								Y							
Caramelised Orange Hot Chocolate - Skimmed Milk - Regular								Y							
Caramelised Orange Hot Chocolate - Skimmed Milk - Large								Y							
Caramelised Orange Hot Chocolate - Coconut Milk - Small							Y	Y							
Caramelised Orange Hot Chocolate - Coconut Milk - Regular							Y	Y							
Caramelised Orange Hot Chocolate - Coconut Milk - Large							Y	Y							
Caramelised Orange Hot Chocolate - Almond Milk - Small								Y	Y						
Caramelised Orange Hot Chocolate - Almond Milk - Regular								Y	Y						
Caramelised Orange Hot Chocolate - Almond Milk - Large								Y	Y						
Caramelised Orange Hot Chocolate - Oat Milk - Small		Y						Y							
Caramelised Orange Hot Chocolate - Oat Milk - Regular		Y						Y							
Caramelised Orange Hot Chocolate - Oat Milk - Large		Y						Y							
Caramelised Orange Hot Chocolate - Soya Milk - Small							Y	Y							
Caramelised Orange Hot Chocolate - Soya Milk - Regular							Y	Y							
Caramelised Orange Hot Chocolate - Soya Milk - Large							Y	Y							
<b>TEA</b>															
Tea - No Milk - Small	Y														
Tea - No Milk - Regular	Y														
Tea - No Milk - Large	Y														
Tea - Semi Skimmed Milk - Small								Y							
Tea - Semi Skimmed Milk - Regular								Y							
Tea - Semi Skimmed Milk - Large								Y							
Tea - Skimmed Milk - Small								Y							
Tea - Skimmed Milk - Regular								Y							
Tea - Skimmed Milk - Large								Y							
Tea - Coconut Milk - Small	Y						Y								
Tea - Coconut Milk - Regular	Y						Y								
Tea - Coconut Milk - Large	Y						Y								
Tea - Almond Milk - Small	Y								Y						
Tea - Almond Milk - Regular	Y								Y						
Tea - Almond Milk - Large	Y								Y						
Tea - Oat Milk - Small	Y	Y													
Tea - Oat Milk - Regular	Y	Y													
Tea - Oat Milk - Large	Y	Y													
Tea - Soya Milk - Small	Y						Y								
Tea - Soya Milk - Regular	Y						Y								
Tea - Soya Milk - Large	Y						Y								
Decaff Tea - No Milk - Small	Y														
Decaff Tea - No Milk - Regular	Y														
Decaff Tea - No Milk - Large	Y														
Decaff Tea - Semi Skimmed Milk - Small								Y							
Decaff Tea - Semi Skimmed Milk - Regular								Y							
Decaff Tea - Semi Skimmed Milk - Large								Y							
Decaff Tea - Skimmed Milk - Small								Y							
Decaff Tea - Skimmed Milk - Regular								Y							
Decaff Tea - Skimmed Milk - Large								Y							
Decaff Tea - Coconut Milk - Small	Y						Y								
Decaff Tea - Coconut Milk - Regular	Y						Y								
Decaff Tea - Coconut Milk - Large	Y						Y								
Decaff Tea - Almond Milk - Small	Y								Y						
Decaff Tea - Almond Milk - Regular	Y								Y						

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Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Decaff Tea - Almond Milk - Large	Y								Y							
Decaff Tea - Oat Milk - Small	Y	Y														
Decaff Tea - Oat Milk - Regular	Y	Y														
Decaff Tea - Oat Milk - Large	Y	Y														
Decaff Tea - Soya Milk - Small	Y						Y									
Decaff Tea - Soya Milk - Regular	Y						Y									
Decaff Tea - Soya Milk - Large	Y						Y									
Earl Grey Tea - No Milk - Small	Y															
Earl Grey Tea - No Milk - Regular	Y															
Earl Grey Tea - No Milk - Large	Y															
Earl Grey Tea - Semi Skimmed Milk - Small								Y								
Earl Grey Tea - Semi Skimmed Milk - Regular								Y								
Earl Grey Tea - Semi Skimmed Milk - Large								Y								
Earl Grey Tea - Skimmed Milk - Small								Y								
Earl Grey Tea - Skimmed Milk - Regular								Y								
Earl Grey Tea - Skimmed Milk - Large								Y								
Earl Grey Tea - Coconut Milk - Small	Y						Y									
Earl Grey Tea - Coconut Milk - Regular	Y						Y									
Earl Grey Tea - Coconut Milk - Large	Y						Y									
Earl Grey Tea - Almond Milk - Small	Y								Y							
Earl Grey Tea - Almond Milk - Regular	Y								Y							
Earl Grey Tea - Almond Milk - Large	Y								Y							
Earl Grey Tea - Oat Milk - Small	Y	Y														
Earl Grey Tea - Oat Milk - Regular	Y	Y														
Earl Grey Tea - Oat Milk - Large	Y	Y														
Earl Grey Tea - Soya Milk - Small	Y						Y									
Earl Grey Tea - Soya Milk - Regular	Y						Y									
Earl Grey Tea - Soya Milk - Large	Y						Y									
Green Tea - No Milk - Small	Y															
Green Tea - No Milk - Regular	Y															
Green Tea - No Milk - Large	Y															
Peppermint Tea - No Milk - Small	Y															
Peppermint Tea - No Milk - Regular	Y															
Peppermint Tea - No Milk - Large	Y															
Camomile Tea - No Milk - Small	Y															
Camomile Tea - No Milk - Regular	Y															
Camomile Tea - No Milk - Large	Y															
Lemon & Ginger Tea - No Milk - Small	Y															
Lemon & Ginger Tea - No Milk - Regular	Y															
Lemon & Ginger Tea - No Milk - Large	Y															
Raspberry & Peach Tea - No Milk - Small	Y															
Raspberry & Peach Tea - No Milk - Regular	Y															
Raspberry & Peach Tea - No Milk - Large	Y															
<b>EXTRAS</b>																
Mini Marshmallow - Extra		Y														
Caramel Sauce - Extra	Y							Y								
Dark Chocolate Sauce - Extra	Y															
Cream - Extra		M		M			M	Y	M							
Vegan Cream - Extra	Y						Y									
<b>EXTRA SYRUP</b>																
Caramel Syrup - Extra	Y															
Hazelnut Syrup - Extra	Y															
Vanilla Syrup - Extra	Y															
Cinnamon Syrup - Extra	Y															
Crepe Brulee Syrup - Extra	Y															
Gingerbread Syrup - Extra	Y															
Honeycomb Syrup - Extra	Y															
Orange Syrup - Extra	Y															
Peach Syrup - Extra	Y															
Pure Sugar Cane Syrup - Extra	Y															
Sugar Free Caramel Syrup - Extra	Y															
Sugar Free Hazelnut Syrup - Extra	Y															
Sugar Free Vanilla Syrup - Extra	Y															
<b>ICED COFFEE</b>																
Iced Americano - No Milk	Y							Y								
Iced Americano - Semi Skimmed Milk																

# Allergen & Nutrition Guide - Drinks



Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Iced Americano - Skimmed Milk								Y								
Iced Americano - Coconut Milk	Y								Y							
Iced Americano - Almond Milk	Y								Y							
Iced Americano - Oat Milk	Y	Y														
Iced Americano - Soya Milk	Y						Y									
Classic Iced Latte - Semi Skimmed Milk								Y								
Classic Iced Latte - Skimmed Milk								Y								
Classic Iced Latte - Coconut Milk	Y						Y									
Classic Iced Latte - Almond Milk	Y								Y							
Classic Iced Latte - Oat Milk	Y	Y														
Classic Iced Latte - Soya Milk	Y						Y									
Vanilla Iced Latte - Semi Skimmed Milk								Y								
Vanilla Iced Latte - Skimmed Milk								Y								
Vanilla Iced Latte - Coconut Milk	Y						Y									
Vanilla Iced Latte - Almond Milk	Y								Y							
Vanilla Iced Latte - Oat Milk	Y	Y														
Vanilla Iced Latte - Soya Milk	Y						Y									
Caramel Iced Latte - Semi Skimmed Milk								Y								
Caramel Iced Latte - Skimmed Milk								Y								
Caramel Iced Latte - Coconut Milk	Y						Y									
Caramel Iced Latte - Almond Milk	Y								Y							
Caramel Iced Latte - Oat Milk	Y	Y														
Caramel Iced Latte - Soya Milk	Y						Y									
Hazelnut Iced Latte - Semi Skimmed Milk								Y								
Hazelnut Iced Latte - Skimmed Milk								Y								
Hazelnut Iced Latte - Coconut Milk	Y						Y									
Hazelnut Iced Latte - Almond Milk	Y								Y							
Hazelnut Iced Latte - Oat Milk	Y	Y														
Hazelnut Iced Latte - Soya Milk	Y						Y									
Crema Brulee Iced Latte- Semi Skimmed Milk								Y								
Crema Brulee Iced Latte- Skimmed Milk								Y								
Crema Brulee Iced Latte- Coconut Milk	Y						Y									
Crema Brulee Iced Latte- Almond Milk	Y								Y							
Crema Brulee Iced Latte- Oat Milk	Y	Y														
Crema Brulee Iced Latte- Soya Milk	Y						Y									
Gingerbread Iced Latte- Semi Skimmed Milk								Y								
Gingerbread Iced Latte- Skimmed Milk								Y								
Gingerbread Iced Latte- Coconut Milk	Y						Y									
Gingerbread Iced Latte- Almond Milk	Y								Y							
Gingerbread Iced Latte- Oat Milk	Y	Y														
Gingerbread Iced Latte- Soya Milk	Y						Y									
<b>FRAPPE</b>																
Frappe Latte - Semi Skimmed Milk								Y								
Frappe Latte - Skimmed Milk								Y								
Frappe Latte - Coconut Milk	Y						Y									
Frappe Latte - Almond Milk	Y								Y							
Frappe Latte - Oat Milk	Y	Y														
Frappe Latte - Soya Milk	Y						Y									
Mocha Frappe - Semi Skimmed Milk								Y								
Mocha Frappe - Skimmed Milk								Y								
Mocha Frappe - Coconut Milk							Y	Y								
Mocha Frappe - Almond Milk								Y	Y							
Mocha Frappe - Oat Milk		Y						Y								
Mocha Frappe - Soya Milk							Y	Y								
White Chocolate Mocha Frappe - Semi Skimmed Milk		M		M			M	Y	M							
White Chocolate Mocha Frappe - Skimmed Milk		M		M			M	Y	M							
White Chocolate Mocha Frappe - Coconut Milk		M		M			Y	Y	M							
White Chocolate Mocha Frappe - Almond Milk		M		M			M	Y	Y							
White Chocolate Mocha Frappe - Oat Milk		Y		M			M	Y	M							
White Chocolate Mocha Frappe - Soya Milk		M		M			Y	Y	M							
Chai Frappe Latte - Semi Skimmed Milk								Y								
Chai Frappe Latte - Skimmed Milk								Y								
Chai Frappe Latte - Coconut Milk	Y						Y									
Chai Frappe Latte - Almond Milk	Y								Y							
Chai Frappe Latte - Oat Milk	Y	Y														
Chai Frappe Latte - Soya Milk	Y						Y									



## Allergen & Nutrition Guide - Drinks



Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Creme Brulee Frappe - Semi Skimmed Milk		M		M			M	Y	M						
Creme Brulee Frappe - Skimmed Milk		M		M			M	Y	M						
Creme Brulee Frappe - Coconut Milk		M		M			Y	Y	M						
Creme Brulee Frappe - Almond Milk		M		M			M	Y	Y						
Creme Brulee Frappe - Oat Milk		Y		M			M	Y	M						
Creme Brulee Frappe - Soya Milk		M		M			Y	Y	M						
Gingerbread Frappe - Semi Skimmed Milk		M		M			M	Y	M						
Gingerbread Frappe - Skimmed Milk		M		M			M	Y	M						
Gingerbread Frappe - Coconut Milk		M		M			Y	Y	M						
Gingerbread Frappe - Almond Milk		M		M			M	Y	Y						
Gingerbread Frappe - Oat Milk		Y		M			M	Y	M						
Gingerbread Frappe - Soya Milk		M		M			Y	Y	M						
Honeycomb Chocolate Frappe - Semi Skimmed Milk		M		M			M	Y	M						
Honeycomb Chocolate Frappe - Skimmed Milk		M		M			M	Y	M						
Honeycomb Chocolate Frappe - Coconut Milk		M		M			Y	Y	M						
Honeycomb Chocolate Frappe - Almond Milk		M		M			M	Y	Y						
Honeycomb Chocolate Frappe - Oat Milk		Y		M			M	Y	M						
Honeycomb Chocolate Frappe - Soya Milk		M		M			Y	Y	M						
Caramelised Orange Chocolate Frappe - Semi Skimmed Milk		M		M			M	Y	M						
Caramelised Orange Chocolate Frappe - Skimmed Milk		M		M			M	Y	M						
Caramelised Orange Chocolate Frappe - Coconut Milk		M		M			Y	Y	M						
Caramelised Orange Chocolate Frappe - Almond Milk		M		M			M	Y	Y						
Caramelised Orange Chocolate Frappe - Oat Milk		Y		M			M	Y	M						
Caramelised Orange Chocolate Frappe - Soya Milk		M		M			M	Y	M						
Triple Chocolate Cream Frappe - Semi Skimmed Milk		M		M			Y	Y	M						
Triple Chocolate Cream Frappe - Skimmed Milk		M		M			Y	Y	M						
Triple Chocolate Cream Frappe - Coconut Milk		M		M			Y	Y	M						
Triple Chocolate Cream Frappe - Almond Milk		M		M			Y	Y	Y						
Triple Chocolate Cream Frappe - Oat Milk		Y		M			Y	Y	M						
Triple Chocolate Cream Frappe - Soya Milk		M		M			Y	Y	M						
Pina Coolada Frappe							Y		Y						
<b>ICED DRINKS</b>															
Iced Tea - Peach	Y														
Pink Lemonade	Y														
Mango Lemonade	Y														
Strawberry & Banana Smoothie	Y														
Mango & Passion Fruit Smoothie	Y														

# Allergen & Nutrition Guide - Unwrapped Food



Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>COMPLIMENTARY</b>															
Stupid Little Biscuit		Y													
<b>SWEET PASTRIES</b>															
Croissant		Y		Y			M	Y	M						
Almond Filled Croissant		Y		Y			Y	Y	Y			M			
Pain Au Chocolate		Y		Y			Y	Y	M			M			
Pain Au Raisin		Y		Y			M	Y	M						
Cinnamon Whirl		Y		Y				Y	Y						
Vanilla Custard Crown		Y						Y	Y						
Maple & Pecan Danish		Y		Y				Y	Y						
<b>SAVOURY PASTRIES</b>															
Cheese & Tomato Filled Croissant		Y		Y			M	Y	M						
Ham & Cheese Filled Croissant		Y		Y			M	Y	M						
Sausage Roll		Y		Y				M	M		M				
Vegan Sausage Roll	Y	Y					Y						Y		
Vegan Spicy Chickpea Roll	Y	Y		M				M							
Steak Parcel		Y					M	M							
Chicken & Mushroom Parcel		Y					M	Y							
Cheese & Onion Parcel		Y					M	Y							
Chorizo, Roasted Pepper & Onion Handheld Pizza		Y		M	M		M	Y	M	M					
Vegetable Handheld Pizza		Y		M	M		M	Y	M	M					
Vegan festive slice	Y	Y													
Festive Slice		Y		M				Y							
Christmas Cracker Roll		Y		Y				Y							
<b>MUFFINS &amp; IMPULSE</b>															
Belgian Waffle		Y		Y			Y	M							
Triple Chocolate Muffin		Y		Y			Y	Y							
Blueberry Cheesecake Muffin		Y					M	Y							
Lemon & White Chocolate Muffin		Y		Y			Y	Y					Y		
Berry Filled Muffin		Y		Y			M	Y							
Toffee & Banana Muffin		Y		Y			Y	Y					Y		
Carrot Cake Muffin		Y		Y			M	Y							
Salted Caramel Muffin		Y		Y			Y	Y							
Chocolate Crunch Muffin		Y		Y			Y	Y					M		
Gingerbread Muffin		Y		Y			Y	Y					Y		
<b>COOKIES</b>															
Chocolate Chip Cookie		Y		Y			Y	M	M	M	M	M			
Double Chocolate Cookie		Y		Y			Y	Y	M	M	M	M			
White Chocolate & Cranberry Cookie		Y		Y			Y	Y	M	M	M	M			
White Chocolate & Macadamia Cookie		Y		Y			Y	Y	Y	M	M	M			
<b>TRAYBAKES</b>															
GF Belgian Chocolate Chunk Brownie				Y			Y	Y							
GF Chocolate Orange and Vanilla Slice				Y			Y	Y	Y						
GF Lemon Slice				Y				Y	Y						
GF Black Cherry & Almond Slice				Y				Y	Y						

# Allergen & Nutrition Guide - Monin Syrups



Product	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>MONIN SYRUP- FLAVOURED LATTE</b>															
Hazelnut Latte - Semi Skimmed Milk - Small								Y	Y						
Hazelnut Latte - Semi Skimmed Milk - Regular								Y	Y						
Hazelnut Latte - Semi Skimmed Milk - Large								Y	Y						
Hazelnut Latte - Skimmed Milk - Small								Y	Y						
Hazelnut Latte - Skimmed Milk - Regular								Y	Y						
Hazelnut Latte - Skimmed Milk - Large								Y	Y						
Hazelnut Latte - Coconut Milk - Small	Y						Y		Y						
Hazelnut Latte - Coconut Milk - Regular	Y						Y		Y						
Hazelnut Latte - Coconut Milk - Large	Y						Y		Y						
Hazelnut Latte - Almond Milk - Small	Y								Y						
Hazelnut Latte - Almond Milk - Regular	Y								Y						
Hazelnut Latte - Almond Milk - Large	Y								Y						
Hazelnut Latte - Oat Milk - Small	Y	Y							Y						
Hazelnut Latte - Oat Milk - Regular	Y	Y							Y						
Hazelnut Latte - Oat Milk - Large	Y	Y							Y						
Hazelnut Latte - Soya Milk - Small	Y						Y		Y						
Hazelnut Latte - Soya Milk - Regular	Y						Y		Y						
Hazelnut Latte - Soya Milk - Large	Y						Y		Y						
Roasted Hazelnut Latte - Semi Skimmed Milk - Small		M		M			M	Y	Y						
Roasted Hazelnut Latte - Semi Skimmed Milk - Regular		M		M			M	Y	Y						
Roasted Hazelnut Latte - Semi Skimmed Milk - Large		M		M			M	Y	Y						
Roasted Hazelnut Latte - Skimmed Milk - Small		M		M			M	Y	Y						
Roasted Hazelnut Latte - Skimmed Milk - Regular		M		M			M	Y	Y						
Roasted Hazelnut Latte - Skimmed Milk - Large		M		M			M	Y	Y						
Roasted Hazelnut Latte - Coconut Milk - Small		M		M			Y	Y	Y						
Roasted Hazelnut Latte - Coconut Milk - Regular		M		M			Y	Y	Y						
Roasted Hazelnut Latte - Coconut Milk - Large		M		M			Y	Y	Y						
Roasted Hazelnut Latte - Almond Milk - Small		M		M			M	Y	Y						
Roasted Hazelnut Latte - Almond Milk - Regular		M		M			M	Y	Y						
Roasted Hazelnut Latte - Almond Milk - Large		M		M			M	Y	Y						
Roasted Hazelnut Latte - Oat Milk - Small		Y		M			M	Y	Y						
Roasted Hazelnut Latte - Oat Milk - Regular		Y		M			M	Y	Y						
Roasted Hazelnut Latte - Oat Milk - Large		Y		M			M	Y	Y						
Roasted Hazelnut Latte - Soya Milk - Small		M		M			Y	Y	Y						
Roasted Hazelnut Latte - Soya Milk - Regular		M		M			Y	Y	Y						
Roasted Hazelnut Latte - Soya Milk - Large		M		M			Y	Y	Y						
<b>MONIN SYRUP- ICED COFFEE</b>															
Hazelnut Iced Latte - Semi Skimmed Milk								Y	Y						
Hazelnut Iced Latte - Skimmed Milk								Y	Y						
Hazelnut Iced Latte - Coconut Milk	Y						Y		Y						
Hazelnut Iced Latte - Almond Milk	Y								Y						
Hazelnut Iced Latte - Oat Milk	Y	Y							Y						
Hazelnut Iced Latte - Soya Milk	Y						Y		Y						
Roasted Hazelnut Iced Latte- Semi Skimmed Milk								Y	Y						
Roasted Hazelnut Iced Latte- Skimmed Milk								Y	Y						
Roasted Hazelnut Iced Latte- Coconut Milk	Y						Y		Y						
Roasted Hazelnut Iced Latte- Almond Milk	Y								Y						
Roasted Hazelnut Iced Latte- Oat Milk	Y	Y							Y						
Roasted Hazelnut Iced Latte- Soya Milk	Y						Y		Y						
<b>MONIN SYRUP - EXTRAS</b>															
Sugar Free Caramel Syrup - Extra	Y														
Sugar Free Vanilla Syrup - Extra	Y														
Sugar Free Hazelnut Syrup - Extra									Y						
Pure Sugar Cane Syrup - Extra	Y														
Gingerbread Syrup - Extra	Y														
Vanilla Syrup - Extra	Y														
Hazelnut Syrup - Extra	Y								Y						
Cinnamon Syrup - Extra	Y														
White Peach Syrup - Extra															
Lemon Syrup - Extra														Y	
Crepe Brulee Syrup - Extra															
Honeycomb Syrup - Extra															
Roasted Hazelnut Syrup - Extra	Y								Y						
Triple Sec Curacao Syrup - Extra	Y														
Caramel Syrup - Extra															













Allergen & Nutrition Guide - Drinks



Nutrition Values per 100ml

Nutrition Values per serving

Product	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)
Gingerbread Frappe - Coconut Milk	333	79	2.5	1.5	13	7.8	0	1.1	0.07	1568	372	12	6.9	62	37	0.5	5.2	0.34
Gingerbread Frappe - Almond Milk	318	76	2.4	1.2	13	7.5	0	0.7	0.06	1497	355	11	5.7	60	35	0.8	3.2	0.3
Gingerbread Frappe - Oat Milk	360	85	2.4	1.4	15	8.1	0.5	0.6	0.07	1693	402	11	6.5	71	38	1.7	2.8	0.32
Gingerbread Frappe - Soya Milk	351	83	2.7	1.3	13	7.5	0.5	1.9	0.06	1652	393	13	6.1	60	35	1.3	8.8	0.3
Honeycomb Chocolate Frappe - Semi Skimmed Milk	389	92	2.5	1.7	15	11	0	1.9	0.12	1846	438	12	8.1	73	50	0	8.9	0.55
Honeycomb Chocolate Frappe - Skimmed Milk	368	87	1.9	1.3	16	11	0	1.9	0.12	1745	413	9.2	6.2	74	51	0	8.9	0.55
Honeycomb Chocolate Frappe - Coconut Milk	369	88	2.5	1.6	15	10	0	1.1	0.12	1737	412	12	7.5	71	48	0.6	5.2	0.55
Honeycomb Chocolate Frappe - Almond Milk	354	84	2.4	1.3	15	9.9	0	0.7	0.11	1666	395	11	6.3	70	46	0.7	3.2	0.51
Honeycomb Chocolate Frappe - Oat Milk	393	93	2.5	1.5	17	10	0.5	0.6	0.11	1862	442	12	7.1	81	49	1.7	2.8	0.53
Honeycomb Chocolate Frappe - Soya Milk	384	91	2.7	1.4	15	9.8	0.5	1.9	0.11	1822	433	13	6.7	70	46	1.3	8.8	0.51
Caramelised Orange Chocolate Frappe - Semi Skimmed Milk	383	91	2.5	1.7	15	10	0	1.9	0.12	1818	431	12	8.1	72	49	0	8.9	0.55
Caramelised Orange Chocolate Frappe - Skimmed Milk	362	86	1.9	1.3	15	10	0	1.9	0.12	1717	407	9.2	6.2	72	49	0	8.9	0.55
Caramelised Orange Chocolate Frappe - Coconut Milk	361	86	2.5	1.6	15	9.8	0	1.1	0.12	1709	406	12	7.5	69	46	0.6	5.2	0.55
Caramelised Orange Chocolate Frappe - Almond Milk	346	82	2.4	1.3	14	9.5	0	0.7	0.11	1638	389	11	6.3	68	45	0.7	3.2	0.51
Caramelised Orange Chocolate Frappe - Oat Milk	387	92	2.5	1.5	17	10	0.5	0.6	0.11	1834	435	12	7.1	79	48	1.7	2.8	0.53
Caramelised Orange Chocolate Frappe - Soya Milk	378	90	2.7	1.4	14	9.5	0.5	1.9	0.11	1793	426	13	6.7	68	45	1.3	8.8	0.51
Triple Chocolate Cream Frappe - Semi Skimmed Milk	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	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	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	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	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	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
Pina Coolada Frappe	647	153	3.5	2.6	29	21	0	1.2	0.12	1746	414	9.4	7.1	79	57	0.5	3.2	0.33
<b>ICED DRINKS</b>																		
Iced Tea - Peach	150	35	0	0	8.8	8.8	0	0	0	709	167	0	0	42	42	0	0	0.02
Pink Lemonade	112	26	0	0	6.6	6.4	0	0	0	530	125	0	0	31	30	0	0	0.02
Mango Lemonade	87	21	0	0	5.1	5.1	0	0	0	412	97	0	0	24	24	0	0	0
Strawberry & Banana Smoothie	572	135	0	0	33	33	0.8	0	0	1934	455	0	0	112	112	2.7	0	0.03
Mango & Passion Fruit Smoothie	372	88	0	0	22	21	0.5	0	0	1759	414	0	0	103	100	2	0	0.05

# Allergen & Nutrition Guide - Unwrapped Food



## Nutrition Values per 100g

## Nutrition Values per serving

Product	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)
<b>COMPLIMENTARY</b>																		
Stupid Little Biscuit	1987	473	18	8.2	72	32	0	5.7	0.78	119	28	1.1	0.5	4.3	1.9	0	0.5	0.05
<b>SWEET PASTRIES</b>																		
Croissant	1506	360	20	13	37	5.5	1.6	7.5	1	1054	252	14	8.8	26	3.9	1.1	5.3	0.71
Almond Filled Croissant	1786	428	25	12	40	12	3.5	9.4	0.78	1697	407	23	11	38	11	3.3	8.9	0.74
Pain Au Chocolate	1575	377	20	13	41	10	2.7	6.9	0.92	1024	245	13	8.5	27	6.5	1.8	4.5	0.6
Pain Au Raisin	1055	251	7.8	3.2	39	17	1.7	5.4	0.69	1160	276	8.6	3.5	43	18	1.9	5.9	0.76
Cinnamon Whirl	1869	448	27	10	46	20	2.2	4.1	0.4	1626	390	23	8.7	40	17	1.9	3.6	0.35
Vanilla Custard Crown	1599	383	23	9.2	38	15	1.8	5.1	0.4	1583	379	23	9.1	38	15	1.8	5.1	0.4
Maple & Pecan Danish	2029	487	33	12	42	16	1.8	4.7	0.3	1928	463	31	11	40	15	1.7	4.5	0.29
<b>SAVOURY PASTRIES</b>																		
Cheese & Tomato Filled Croissant	936	224	13	8.4	19	3.8	1.2	6.6	0.69	1403	336	20	13	28	5.8	1.8	9.9	1
Ham & Cheese Filled Croissant	1302	312	19	11	24	3.9	1	12	1.7	1459	349	21	13	27	4.3	1.1	13	1.8
Sausage Roll	1166	280	21	9.1	17	0.5	0.8	6.3	1.4	1632	393	29	13	24	0.7	1.1	8.8	2
Vegan Sausage Roll	1097	262	14	6.2	21	2	1.8	12	1.1	1645	394	21	9.3	32	3	2.7	18	1.7
Vegan Spicy Chickpea Roll	1060	254	14	5.6	27	2.3	2.3	4.7	0.9	1908	457	24	10	49	4.1	4.1	8.4	1.6
Steak Parcel	1283	307	19	9.6	27	1.4	0.9	7.5	0.87	2053	492	30	15	44	2.2	1.4	12	1.4
Chicken & Mushroom Parcel	1272	305	18	9.4	27	2.1	2.1	7.5	0.91	2036	488	29	15	44	3.4	3.4	12	1.5
Cheese & Onion Parcel	1313	316	22	13	23	1.7	1.2	5.3	0.7	2101	505	36	20	36	2.7	1.9	8.5	1.1
Chorizo, Roasted Pepper & Onion Handheld Pizza	564	134	5.3	2.3	14	1.2	0	6.1	0.94	1016	242	9.6	4.2	26	2.1	0	11	1.7
Vegetable Handheld Pizza	481	114	2.1	0.6	19	0.5	0	4.3	1.1	722	171	3.2	0.9	28	0.7	0	6.5	1.6
Vegan festive slice	1263	303	18	8.5	29	2.9	1.9	6	1.2	1895	455	27	13	44	4.4	2.9	9	1.8
Festive Slice	1279	305	17	8	27	2.7	1.6	8.9	1	1919	458	26	12	41	4.1	2.4	13	1.5
Christmas Cracker Roll	1200	287	15	6.9	29	2.8	1.7	9	1.3	1920	459	24	11	46	4.5	2.7	14	2.1
<b>MUFFINS &amp; IMPULSE</b>																		
Belgian Waffle	1817	433	19	10	59	26	2	5.9	1	1635	390	17	9	53	23	1.8	5.3	0.9
Triple Chocolate Muffin	1703	407	21	5.3	48	36	3.4	5.1	0.4	2043	489	25	6.4	57	44	4.1	6.2	0.48
Blueberry Cheesecake Muffin	1586	379	18	2.8	49	29	1.1	4.6	0.4	1904	454	22	3.4	59	35	1.3	5.6	0.48
Lemon & White Chocolate Muffin	1511	360	16	2.5	49	32	0.8	4.5	0.4	1889	450	20	3.1	62	40	1	5.6	0.5
Berry Filled Muffin	1430	341	15	1.4	47	25	0.8	4.5	0.4	1715	409	18	1.7	56	30	1	5.4	0.48
Toffee & Banana Muffin	1569	374	17	2.8	51	30	0.9	4.6	0.6	1883	449	20	3.4	61	36	1.1	5.6	0.72
Carrot Cake Muffin	1568	375	19	3	44	26	2.2	5.7	0.5	1882	450	23	3.6	53	31	2.6	6.8	0.6
Salted Caramel Muffin	1650	393	17	2.9	54	32	1.2	5.2	0.8	2129	508	22	3.7	70	41	1.5	6.7	1
Chocolate Crunch Muffin	1795	440	23	6.7	50.1	34.9	3.1	5.8	0.7	2154	528	28	8	60	42	3.7	7	0.84
Gingerbread Muffin	1790	427	21.2	4.3	55.6	32.9	1.5	4.8	0.42	1969	470	23	4.7	61	36	1.7	5.3	0.46
<b>COOKIES</b>																		
Chocolate Chip Cookie	1836	438	20	11	59	35	2.7	4.8	0.6	1561	372	17	9.1	50	30	2.3	4.1	0.51
Double Chocolate Cookie	1895	452	20	12	61	41	3.2	4.9	0.6	1610	384	17	10	52	35	2.7	4.1	0.51
White Chocolate & Cranberry Cookie	1999	478	26	14	54	35	3.2	5.1	0.6	1699	407	22	12	46	30	2.7	4.4	0.51
White Chocolate & Macadamia Cookie	1813	432	17	9.9	64	41	2.2	4.3	0.6	1541	367	14	8.4	55	35	1.9	3.7	0.51
<b>TRAYBAKES</b>																		
GF Belgian Chocolate Chunk Brownie	1874	449	27	15	47	41	2.1	4.4	0.31	1405	336.75	20.25	11.3	35.25	30.75	1.575	3.3	0.2325
GF Chocolate Orange and Vanilla Slice	1801	431	25	10	46	36	1.7	5	0.1	1351	323.25	18.75	7.5	34.5	27	1.275	3.8	0.075
GF Lemon Slice	1704	408	24	8.7	42	32	0.8	5.1	0.15	1278	306	18	6.5	31.5	24	0.6	3.8	0.1125
GF Black Cherry & Almond Slice	2323	552	18	12	50	30	0.6	4.73	0.17	1742	414	13.5	9.0	37.5	22.5	0.45	3.5	0.1275

Allergen & Nutrition Guide - Monin Syrups



Product	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)
<b>MONIN SYRUP- FLAVOURED LATTE</b>																		
Hazelnut Latte - Semi Skimmed Milk - Small	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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
Roasted Hazelnut Latte - Semi Skimmed Milk - Small	346	83	3.7	2.4	8.8	7.8	0	3.4	0.09	1225	292	13	8.5	31	27	0	12	0.32
Roasted Hazelnut Latte - Semi Skimmed Milk - Regular	308	73	3	1.9	8.4	7.2	0	3.1	0.08	1459	348	14	9.1	40	34	0	15	0.38
Roasted Hazelnut Latte - Semi Skimmed Milk - Large	287	68	2.6	1.7	8.1	6.9	0	3	0.08	1695	403	16	9.8	48	41	0	18	0.45
Roasted Hazelnut Latte - Skimmed Milk - Small	304	72	2.6	1.6	8.9	7.8	0	3.4	0.09	1077	256	9	5.7	31	28	0	12	0.32
Roasted Hazelnut Latte - Skimmed Milk - Regular	271	64	2	1.2	8.4	7.3	0	3.1	0.08	1282	304	9.4	5.8	40	34	0	15	0.38
Roasted Hazelnut Latte - Skimmed Milk - Large	252	60	1.7	1	8.2	6.9	0	3	0.08	1487	353	9.8	5.9	48	41	0	18	0.45
Roasted Hazelnut Latte - Coconut Milk - Small	301	72	3.6	2.1	7.8	6.8	0	1.9	0.09	1065	254	13	7.6	28	24	0.7	6.6	0.32
Roasted Hazelnut Latte - Coconut Milk - Regular	268	64	3	1.7	7.5	6.3	0	1.7	0.08	1267	302	14	8.1	35	30	0.9	8.2	0.38
Roasted Hazelnut Latte - Coconut Milk - Large	249	59	2.6	1.4	7.3	6	0	1.7	0.08	1470	350	15	8.6	43	36	1	9.9	0.45
Roasted Hazelnut Latte - Almond Milk - Small	271	65	3.5	1.6	7.2	6.1	0.5	1	0.07	960	230	12	5.8	26	22	1	3.7	0.26
Roasted Hazelnut Latte - Almond Milk - Regular	241	58	2.8	1.3	6.9	5.7	0.5	1	0.07	1141	273	13	6	33	27	1.2	4.7	0.31
Roasted Hazelnut Latte - Almond Milk - Large	224	53	2.4	1	6.8	5.5	0	1	0.06	1323	316	14	6.1	40	32	1.4	5.7	0.36
Roasted Hazelnut Latte - Oat Milk - Small	353	84	3.6	2	12	7.3	0.7	0.9	0.08	1249	298	13	7	42	26	2.5	3.1	0.29
Roasted Hazelnut Latte - Oat Milk - Regular	315	75	2.9	1.6	11	6.7	0.6	0.9	0.07	1488	354	14	7.4	52	32	3	4	0.35
Roasted Hazelnut Latte - Oat Milk - Large	293	70	2.5	1.3	11	6.5	0.6	0.8	0.07	1729	411	15	7.7	63	38	3.5	5	0.4
Roasted Hazelnut Latte - Soya Milk - Small	336	80	4.1	1.8	7.3	6.1	0.5	3.4	0.07	1190	284	14	6.4	26	22	1.9	12	0.26
Roasted Hazelnut Latte - Soya Milk - Regular	299	71	3.3	1.4	7	5.7	0.5	3.1	0.07	1416	338	16	6.7	33	27	2.3	15	0.31
Roasted Hazelnut Latte - Soya Milk - Large	278	66	2.9	1.2	6.9	5.5	0.5	2.9	0.06	1645	392	17	6.9	41	32	2.6	17	0.36
<b>MONIN SYRUP- ICED COFFEE</b>																		
Hazelnut Iced Latte - Semi Skimmed Milk	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	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	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	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	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	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
Roasted Hazelnut Iced Latte - Semi Skimmed Milk	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
Roasted Hazelnut Iced Latte - Skimmed Milk	77	18	0.5	0.2	2.9	2.5	0	0.8	0.02	757	179	3.6	2.1	28	25	0	8.2	0.21
Roasted Hazelnut Iced Latte - Coconut Milk	137	32	0.7	0.3	5.5	4.7	0	0.9	0.04	648	153	3.4	1.5	26	22	0.5	4.5	0.21
Roasted Hazelnut Iced Latte - Almond Milk	122	29	0.6	0	5.2	4.3	0	0.5	0.04	577	137	3	0.3	25	21	0.6	2.5	0.17
Roasted Hazelnut Iced Latte - Oat Milk	163	39	0.7	0.2	7.5	4.9	0.5	0.5	0.04	773	183	3.2	1.1	36	23	1.6	2.1	0.19
Roasted Hazelnut Iced Latte - Soya Milk	155	37	0.9	0.2	5.2	4.3	0.5	1.7	0.04	732	174	4.4	0.7	25	21	1.2	8.1	0.17
<b>MONIN SYRUP - EXTRAS</b>																		
Sugar Free Caramel Syrup - Extra	89	22	0	0	0.6	0.5	9.8	0	0.15	4	1	0	0	0	0	0.5	0	0
Sugar Free Vanilla Syrup - Extra	60	15	0	0	0	0	9.8	0	0.15	3	1	0	0	0	0	0.5	0	0
Sugar Free Hazelnut Syrup - Extra	77	20	0	0	1.2	0	9.8	0	0.15	4	1	0	0	0	0	0.5	0	0
Pure Sugar Cane Syrup - Extra	1455	342	0	0	86	86	0	0	0	73	17	0	0	4.3	4.3	0	0	0
Gingerbread Syrup - Extra	1421	334	0	0	84	84	0	0	0.03	71	17	0	0	4.2	4.2	0	0	0
Vanilla Syrup - Extra	1430	336	0	0	84	84	0	0	0.03	71	17	0	0	4.2	4.2	0	0	0
Hazelnut Syrup - Extra	1336	314	0	0	79	78	0	0	0.03	67	16	0	0	3.9	3.9	0	0	0
Cinnamon Syrup - Extra	1367	322	0	0	80	80	0	0	0.03	68	16	0	0	4	4	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
Lemon Syrup - Extra	1074	253	0	0	63	63	0	0	0.03	54	13	0	0	3.2	3.2	0	0	0
Crepe Brulee Syrup - Extra	1392	328	0	0	82	80	0	0	0.03	70	16	0	0	4.1	4	0	0	0
Honeycomb Syrup - Extra	1343	316	0	0	79	79	0	0	0	67	16	0	0	4	3.9	0	0	0
Roasted Hazelnut Syrup - Extra	1335	314	0	0	79	78	0	0	0.03	67	16	0	0	3.9	3.9	0	0	0
Triple Sec Curacao Syrup - Extra	1360	320	0	0	80	80	0	0	0.03	68	16	0	0	4	4	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