

## 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 - Autumn Winter Drinks 2024



| Product                                                    | Vegan | Cereals<br>containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soybeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
|------------------------------------------------------------|-------|------------------------------|-------------|------|------|---------|----------|------|------|--------|---------|--------|-----------|-------|----------|
| <b>FLAVOURED LATTE</b>                                     |       |                              |             |      |      |         |          |      |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Semi Skimmed Milk - Small            |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Semi Skimmed Milk - Regular          |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Semi Skimmed Milk - Large            |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Skimmed Milk - Small                 |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Skimmed Milk - Regular               |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Skimmed Milk - Large                 |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Coconut Milk - Small                 |       |                              |             |      |      | M       | Y        | Y    | M    |        |         |        |           |       |          |
| Pumpkin Spice Latte - Coconut Milk - Regular               |       |                              |             |      |      | M       | Y        | Y    | M    |        |         |        |           |       |          |
| Pumpkin Spice Latte - Coconut Milk - Large                 |       |                              |             |      |      | M       | Y        | Y    | M    |        |         |        |           |       |          |
| Pumpkin Spice Latte - Almond Milk - Small                  |       |                              |             |      |      | M       |          | Y    | Y    |        |         |        |           |       |          |
| Pumpkin Spice Latte - Almond Milk - Regular                |       |                              |             |      |      | M       |          | Y    | Y    |        |         |        |           |       |          |
| Pumpkin Spice Latte - Almond Milk - Large                  |       |                              |             |      |      | M       |          | Y    | Y    |        |         |        |           |       |          |
| Pumpkin Spice Latte - Oat Milk - Small                     |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Oat Milk - Regular                   |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Oat Milk - Large                     |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Soya Milk - Small                    |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Soya Milk - Regular                  |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Latte - Soya Milk - Large                    |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Semi Skimmed Milk - Small   |       | Y                            |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Semi Skimmed Milk - Regular |       | Y                            |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Semi Skimmed Milk - Large   |       | Y                            |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Skimmed Milk - Small        |       | Y                            |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Skimmed Milk - Regular      |       | Y                            |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Skimmed Milk - Large        |       | Y                            |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Coconut Milk - Small        |       | Y                            |             |      |      | M       | Y        | Y    | M    |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Coconut Milk - Regular      |       | Y                            |             |      |      | M       | Y        | Y    | M    |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Coconut Milk - Large        |       | Y                            |             |      |      | M       | Y        | Y    | M    |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Almond Milk - Small         |       | Y                            |             |      |      | M       |          | Y    | Y    |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Almond Milk - Regular       |       | Y                            |             |      |      | M       |          | Y    | Y    |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Almond Milk - Regular       |       | Y                            |             |      |      | M       |          | Y    | Y    |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Oat Milk - Small            |       | Y                            |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Oat Milk - Regular          |       | Y                            |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Oat Milk - Large            |       | Y                            |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Soya Milk - Small           |       | Y                            |             |      |      |         | Y        | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Soya Milk - Regular         |       | Y                            |             |      |      |         | Y        | Y    |      |        |         |        |           |       |          |
| Toasted Marshmallow Hot Choc - Soya Milk - Large           |       | Y                            |             |      |      |         | Y        | Y    |      |        |         |        |           |       |          |
| <b>ICED COFFEE</b>                                         |       |                              |             |      |      |         |          |      |      |        |         |        |           |       |          |
| Pumpkin Spice Iced Latte - Semi Skimmed Milk               |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Iced Latte - Skimmed Milk                    |       |                              |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Pumpkin Spice Iced Latte - Coconut Milk                    |       |                              |             |      |      | M       | Y        |      | M    |        |         |        |           |       |          |
| Pumpkin Spice Iced Latte - Almond Milk                     |       |                              |             |      |      | M       |          |      | Y    |        |         |        |           |       |          |
| Pumpkin Spice Iced Latte - Oat Milk                        |       |                              |             |      |      |         |          |      |      |        |         |        |           |       |          |
| Pumpkin Spice Iced Latte - Soya Milk                       |       |                              |             |      |      |         | Y        |      |      |        |         |        |           |       |          |

Allergen & Nutrition Guide -  
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| 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) |
| FLAVOURED LATTE                                            |                            |               |         |                   |                  |            |           |             |          |                              |               |         |                   |                  |            |           |             |          |
| Pumpkin Spice Latte - Semi Skimmed Milk - Small            | 325                        | 77            | 3.4     | 2.2               | 8.6              | 7.6        | 0         | 3.1         | 0.08     | 1261                         | 301           | 13      | 8.5               | 33               | 30         | 0         | 12          | 0.32     |
| Pumpkin Spice Latte - Semi Skimmed Milk - Regular          | 360                        | 86            | 3.4     | 2.1               | 10               | 9.2        | 0         | 3.5         | 0.09     | 1546                         | 368           | 14      | 9.1               | 45               | 39         | 0         | 15          | 0.39     |
| Pumpkin Spice Latte - Semi Skimmed Milk - Large            | 346                        | 82            | 3.1     | 2                 | 9.9              | 8.5        | 0         | 3.6         | 0.09     | 1715                         | 408           | 16      | 9.8               | 49               | 42         | 0         | 18          | 0.45     |
| Pumpkin Spice Latte - Skimmed Milk - Small                 | 314                        | 75            | 2.5     | 1.6               | 9.5              | 8.4        | 0         | 3.4         | 0.09     | 1113                         | 265           | 9       | 5.7               | 34               | 30         | 0         | 12          | 0.32     |
| Pumpkin Spice Latte - Skimmed Milk - Regular               | 319                        | 76            | 2.2     | 1.3               | 11               | 9.2        | 0         | 3.5         | 0.09     | 1369                         | 325           | 9.4     | 5.8               | 45               | 40         | 0         | 15          | 0.39     |
| Pumpkin Spice Latte - Skimmed Milk - Large                 | 304                        | 72            | 2       | 1.2               | 10               | 8.5        | 0         | 3.6         | 0.09     | 1508                         | 358           | 9.8     | 5.9               | 50               | 42         | 0         | 18          | 0.45     |
| Pumpkin Spice Latte - Coconut Milk - Small                 | 310                        | 74            | 3.6     | 2.1               | 8.4              | 7.4        | 0         | 1.9         | 0.09     | 1100                         | 263           | 13      | 7.6               | 30               | 26         | 0.7       | 6.6         | 0.32     |
| Pumpkin Spice Latte - Coconut Milk - Regular               | 315                        | 75            | 3.3     | 1.9               | 9.4              | 8.2        | 0         | 1.9         | 0.09     | 1353                         | 323           | 14      | 8.1               | 40               | 35         | 0.9       | 8.2         | 0.39     |
| Pumpkin Spice Latte - Coconut Milk - Large                 | 300                        | 72            | 3.1     | 1.7               | 8.9              | 7.5        | 0         | 2           | 0.09     | 1490                         | 355           | 15      | 8.6               | 44               | 37         | 1         | 9.9         | 0.45     |
| Pumpkin Spice Latte - Almond Milk - Small                  | 280                        | 67            | 3.5     | 1.6               | 7.8              | 6.7        | 0.5       | 1           | 0.07     | 996                          | 238           | 12      | 5.8               | 28               | 24         | 1         | 3.7         | 0.26     |
| Pumpkin Spice Latte - Almond Milk - Regular                | 286                        | 68            | 3.1     | 1.4               | 8.9              | 7.5        | 0.5       | 1.1         | 0.07     | 1228                         | 293           | 13      | 6                 | 38               | 32         | 1.2       | 4.7         | 0.31     |
| Pumpkin Spice Latte - Almond Milk - Large                  | 271                        | 65            | 2.9     | 1.2               | 8.3              | 6.8        | 0.5       | 1.2         | 0.07     | 1343                         | 320           | 14      | 6.1               | 41               | 34         | 1.4       | 5.7         | 0.36     |
| Pumpkin Spice Latte - Oat Milk - Small                     | 399                        | 95            | 4.3     | 1.7               | 13               | 7.9        | 0.5       | 1.3         | 0.1      | 1418                         | 338           | 15      | 6.1               | 45               | 28         | 1.6       | 4.7         | 0.35     |
| Pumpkin Spice Latte - Oat Milk - Regular                   | 404                        | 96            | 3.9     | 1.5               | 14               | 8.7        | 0.5       | 1.4         | 0.1      | 1734                         | 413           | 17      | 6.3               | 59               | 37         | 1.9       | 5.9         | 0.42     |
| Pumpkin Spice Latte - Oat Milk - Large                     | 390                        | 93            | 3.7     | 1.3               | 13               | 8          | 0.5       | 1.4         | 0.1      | 1935                         | 461           | 19      | 6.5               | 65               | 39         | 2.2       | 7.1         | 0.49     |
| Pumpkin Spice Latte - Soya Milk - Small                    | 345                        | 82            | 4       | 1.8               | 7.9              | 6.7        | 0.5       | 3.4         | 0.07     | 1225                         | 293           | 14      | 6.4               | 28               | 24         | 1.9       | 12          | 0.26     |
| Pumpkin Spice Latte - Soya Milk - Regular                  | 350                        | 84            | 3.7     | 1.6               | 8.9              | 7.5        | 0.5       | 3.4         | 0.07     | 1503                         | 359           | 16      | 6.7               | 38               | 32         | 2.3       | 15          | 0.31     |
| Pumpkin Spice Latte - Soya Milk - Large                    | 336                        | 80            | 3.5     | 1.4               | 8.4              | 6.8        | 0.5       | 3.5         | 0.07     | 1665                         | 397           | 17      | 6.9               | 42               | 34         | 2.6       | 17          | 0.36     |
| Toasted Marshmallow Hot Choc - Semi Skimmed Milk - Small   | 409                        | 97            | 3.6     | 2.5               | 13               | 11         | 0         | 3.5         | 0.18     | 1620                         | 385           | 14      | 9.8               | 50               | 45         | 0         | 14          | 0.73     |
| Toasted Marshmallow Hot Choc - Semi Skimmed Milk - Regular | 420                        | 100           | 3.4     | 2.3               | 14               | 12         | 0         | 3.6         | 0.21     | 2013                         | 478           | 16      | 11                | 66               | 59         | 0         | 17          | 0.99     |
| Toasted Marshmallow Hot Choc - Semi Skimmed Milk - Large   | 392                        | 93            | 3.2     | 2.2               | 13               | 11         | 0         | 3.6         | 0.19     | 2126                         | 505           | 17      | 12                | 68               | 62         | 0         | 19          | 1.1      |
| Toasted Marshmallow Hot Choc - Skimmed Milk - Small        | 371                        | 88            | 2.6     | 1.8               | 13               | 11         | 0         | 3.5         | 0.18     | 1472                         | 349           | 10      | 7                 | 50               | 46         | 0         | 14          | 0.73     |
| Toasted Marshmallow Hot Choc - Skimmed Milk - Regular      | 383                        | 91            | 2.4     | 1.6               | 14               | 12         | 0         | 3.6         | 0.21     | 1835                         | 435           | 11      | 7.8               | 66               | 60         | 0         | 17          | 0.99     |
| Toasted Marshmallow Hot Choc - Skimmed Milk - Large        | 353                        | 84            | 2.1     | 1.4               | 13               | 11         | 0         | 3.6         | 0.19     | 1919                         | 455           | 11      | 7.8               | 69               | 62         | 0         | 19          | 1.1      |
| Toasted Marshmallow Hot Choc - Coconut Milk - Small        | 368                        | 88            | 3.6     | 2.3               | 12               | 11         | 0         | 2.1         | 0.18     | 1460                         | 348           | 14      | 9                 | 46               | 42         | 0.8       | 8.4         | 0.73     |
| Toasted Marshmallow Hot Choc - Coconut Milk - Regular      | 380                        | 90            | 3.3     | 2.1               | 13               | 12         | 0         | 2.2         | 0.21     | 1820                         | 433           | 16      | 10                | 61               | 55         | 0.9       | 11          | 0.99     |
| Toasted Marshmallow Hot Choc - Coconut Milk - Large        | 350                        | 83            | 3.1     | 1.9               | 12               | 11         | 0         | 2.1         | 0.19     | 1901                         | 452           | 17      | 11                | 63               | 57         | 1         | 12          | 1.1      |
| Toasted Marshmallow Hot Choc - Almond Milk - Small         | 342                        | 81            | 3.4     | 1.8               | 11               | 9.9        | 0.5       | 1.4         | 0.17     | 1355                         | 323           | 14      | 7.2               | 44               | 39         | 1.1       | 5.4         | 0.67     |
| Toasted Marshmallow Hot Choc - Almond Milk - Regular       | 354                        | 84            | 3.2     | 1.7               | 12               | 11         | 0.5       | 1.5         | 0.19     | 1695                         | 403           | 15      | 8                 | 59               | 52         | 1.2       | 7.2         | 0.92     |
| Toasted Marshmallow Hot Choc - Almond Milk - Large         | 323                        | 77            | 2.9     | 1.5               | 11               | 9.9        | 0.5       | 1.4         | 0.18     | 1754                         | 418           | 16      | 8                 | 60               | 54         | 1.4       | 7.5         | 0.97     |
| Toasted Marshmallow Hot Choc - Oat Milk - Small            | 448                        | 107           | 4.2     | 1.9               | 15               | 11         | 0.5       | 1.6         | 0.19     | 1777                         | 423           | 16      | 7.5               | 61               | 44         | 1.6       | 6.4         | 0.76     |
| Toasted Marshmallow Hot Choc - Oat Milk - Regular          | 418                        | 99            | 3.9     | 1.7               | 14               | 10         | 0.5       | 1.5         | 0.18     | 1920                         | 457           | 18      | 7.6               | 66               | 46         | 1.9       | 6.9         | 0.82     |
| Toasted Marshmallow Hot Choc - Oat Milk - Large            | 394                        | 94            | 3.6     | 1.5               | 14               | 9.2        | 0.5       | 1.4         | 0.17     | 2065                         | 492           | 19      | 7.7               | 71               | 48         | 2.2       | 7.4         | 0.89     |
| Toasted Marshmallow Hot Choc - Soya Milk - Small           | 400                        | 95            | 3.9     | 2                 | 11               | 9.9        | 0.5       | 3.5         | 0.17     | 1585                         | 378           | 16      | 7.8               | 45               | 39         | 1.9       | 14          | 0.67     |
| Toasted Marshmallow Hot Choc - Soya Milk - Regular         | 367                        | 88            | 3.6     | 1.7               | 10               | 8.9        | 0.5       | 3.4         | 0.16     | 1689                         | 403           | 17      | 7.9               | 46               | 41         | 2.3       | 16          | 0.72     |
| Toasted Marshmallow Hot Choc - Soya Milk - Large           | 343                        | 82            | 3.4     | 1.6               | 9.1              | 8.1        | 0.5       | 3.4         | 0.15     | 1796                         | 428           | 18      | 8.1               | 48               | 42         | 2.7       | 18          | 0.76     |
| ICED COFFEE                                                |                            |               |         |                   |                  |            |           |             |          |                              |               |         |                   |                  |            |           |             |          |
| Pumpkin Spice Iced Latte - Semi Skimmed Milk               | 177                        | 42            | 0.8     | 0.4               | 7                | 6.2        | 0         | 1.7         | 0.04     | 843                          | 200           | 3.6     | 2.1               | 33               | 30         | 0         | 8.2         | 0.21     |
| Pumpkin Spice Iced Latte - Skimmed Milk                    | 156                        | 37            | 0       | 0                 | 7                | 6.3        | 0         | 1.7         | 0.04     | 743                          | 175           | 0.8     | 0.2               | 34               | 30         | 0         | 8.2         | 0.21     |
| Pumpkin Spice Iced Latte - Coconut Milk                    | 154                        | 36            | 0.7     | 0.3               | 6.5              | 5.7        | 0         | 0.9         | 0.04     | 735                          | 174           | 3.4     | 1.5               | 31               | 27         | 0.5       | 4.5         | 0.21     |
| Pumpkin Spice Iced Latte - Almond Milk                     | 139                        | 33            | 0.6     | 0                 | 6.2              | 5.4        | 0         | 0.5         | 0.04     | 664                          | 157           | 3       | 0.3               | 30               | 26         | 0.6       | 2.5         | 0.17     |
| Pumpkin Spice Iced Latte - Oat Milk                        | 199                        | 47            | 1.1     | 0.1               | 8.6              | 6          | 0         | 0.7         | 0.05     | 950                          | 225           | 5       | 0.5               | 41               | 29         | 1         | 3.2         | 0.23     |
| Pumpkin Spice Iced Latte - Soya Milk                       | 172                        | 41            | 0.9     | 0.2               | 6.3              | 5.4        | 0.5       | 1.7         | 0.04     | 819                          | 194           | 4.4     | 0.7               | 30               | 26         | 1.2       | 8.1         | 0.17     |

Allergen & Nutrition Guide - Unwrapped Food



| Product                          | Vegan | Cereals<br>containing<br>gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Nutrition Values per 100g |               |         |                   |                  |            |           |             |          |             | 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) |  |  |
| COMPLIMENTARY                    |       |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |                           |               |         |                   |                  |            |           |             |          |             |                              |         |                   |                  |            |           |             |          |  |  |
| Stupid Little Biscuit            |       | Y                               |             |      |      |         |           |      |      |        |         |        |           |       |          | 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     |  |  |
| SWEET PASTRIES                   |       |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |                           |               |         |                   |                  |            |           |             |          |             |                              |         |                   |                  |            |           |             |          |  |  |
| Croissant                        |       | Y                               |             | Y    |      |         | M         | Y    | M    |        |         |        |           |       |          | 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          |       | Y                               |             | Y    |      |         | Y         | Y    | Y    |        |         | M      |           |       |          | 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                |       | Y                               |             | Y    |      |         | Y         | Y    | M    |        |         | M      |           |       |          | 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                   |       | Y                               |             | Y    |      |         | M         | Y    | M    |        |         |        |           |       |          | 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                   |       | Y                               |             | Y    |      |         |           | Y    | Y    |        |         |        |           |       |          | 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            |       | Y                               |             |      |      |         |           | Y    | Y    |        |         |        |           |       |          | 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             |       | Y                               |             | Y    |      |         |           | Y    | Y    |        |         |        |           |       |          | 2029                      | 487           | 33      | 12                | 42               | 16         | 1.8       | 4.7         | 0.3      | 1928        | 463                          | 31      | 11                | 40               | 15         | 1.7       | 4.5         | 0.29     |  |  |
| Filled Pretzel - Almond          |       | Y                               |             | Y    | M    |         | M         | Y    | Y    |        |         |        |           |       |          | 1556                      | 371           | 16      | 5.9               | 50               | 31         | 2.4       | 6.3         | 0.63     | 1401        | 334                          | 14      | 5.3               | 45               | 28         | 2.1       | 5.7         | 0.57     |  |  |
| SAVOURY PASTRIES                 |       |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |                           |               |         |                   |                  |            |           |             |          |             |                              |         |                   |                  |            |           |             |          |  |  |
| Cheese & Tomato Filled Croissant |       | Y                               |             | Y    |      |         | M         | Y    | M    |        |         |        |           |       |          | 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    |       | Y                               |             | Y    |      |         | M         | Y    | M    |        |         |        |           |       |          | 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                     |       | Y                               |             | Y    |      |         |           | M    | M    |        | M       |        |           |       |          | 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               | Y     | Y                               |             |      |      |         | Y         |      |      |        |         |        | Y         |       |          | 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        | Y     | Y                               |             | M    |      |         |           | M    |      |        |         |        |           |       |          | 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                     |       | Y                               |             |      |      |         | M         | M    |      |        |         |        |           |       |          | 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        |       | Y                               |             |      |      |         | M         | Y    |      |        |         |        |           |       |          | 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            |       | Y                               |             |      |      |         | M         | Y    |      |        |         |        |           |       |          | 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      |  |  |

Allergen & Nutrition Guide - Unwrapped Food



| Product                        | Vegan | Cereals<br>containing<br>gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Nutrition Values per 100g |               |         |                   |                  |            |           |             |          |             | 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) |  |  |
| MUFFINS & IMPULSE              |       |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |                           |               |         |                   |                  |            |           |             |          |             |                              |         |                   |                  |            |           |             |          |  |  |
| Belgian Waffle                 | Y     | Y                               |             |      |      |         | Y         |      |      |        |         |        |           |       |          | 1856                      | 443           | 22      | 10                | 55               | 25         | 1.8       | 5.8         | 0.9      | 1670        | 399                          | 20      | 9.4               | 50               | 22         | 1.6       | 5.2         | 0.81     |  |  |
| Triple Chocolate Muffin        |       | Y                               |             | Y    |      |         | Y         | Y    |      |        |         |        |           |       |          | 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    |       | Y                               |             |      |      |         | M         | Y    |      |        |         |        |           |       |          | 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 |       | Y                               |             | Y    |      |         | Y         | Y    |      |        |         |        | Y         |       |          | 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            |       | Y                               |             | Y    |      |         | M         | Y    |      |        |         |        |           |       |          | 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         |       | Y                               |             | Y    |      |         | Y         | Y    |      |        |         |        | Y         |       |          | 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             |       | Y                               |             | Y    |      |         | M         | Y    |      |        |         |        |           |       |          | 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          |       | Y                               |             | Y    |      |         | Y         | Y    |      |        |         |        |           |       |          | 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 Santa Muffin         |       | Y                               |             | Y    |      |         | Y         | Y    |      |        |         |        |           |       |          | 1828                      | 437           | 24      | 4.1               | 50               | 31         | 1.7       | 4.7         | 0.39     | 2011        | 481                          | 26      | 4.5               | 55               | 34         | 1.9       | 5.2         | 0.43     |  |  |
| Gingerbread Muffin             |       | Y                               |             | Y    |      |         |           | Y    |      |        |         |        | Y         |       |          | 1791                      | 428           | 21      | 4.1               | 56               | 33         | 1.5       | 4.8         | 0.42     | 1970        | 471                          | 23      | 4.5               | 61               | 36         | 1.6       | 5.3         | 0.46     |  |  |
| COOKIES                        |       |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |                           |               |         |                   |                  |            |           |             |          |             |                              |         |                   |                  |            |           |             |          |  |  |
| Chocolate Chip Cookie          |       | Y                               |             | Y    |      |         | Y         | M    | M    | M      | M       | M      |           |       |          | 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        |       | Y                               |             | Y    |      |         | Y         | Y    | M    | M      | M       | M      |           |       |          | 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    |       | Y                               |             | Y    |      |         | Y         | Y    | M    | M      | M       | M      |           |       |          | 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    |       | Y                               |             | Y    |      |         | Y         | Y    | Y    | M      | M       | M      |           |       |          | 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     |  |  |
| TRAYBAKES                      |       |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |                           |               |         |                   |                  |            |           |             |          |             |                              |         |                   |                  |            |           |             |          |  |  |
| Millionaire Rocky Road         |       | Y                               |             |      |      |         | Y         | Y    |      |        |         |        | Y         |       |          | 2204                      | 529           | 34      | 17                | 49               | 30         | 0         | 5.6         | 0.9      | 1653        | 397                          | 26      | 13                | 37               | 23         | 0         | 4.2         | 0.68     |  |  |
| Cranberry Chocolate Tiffin     |       | Y                               |             |      |      |         | Y         | Y    |      |        |         |        |           |       |          | 2121                      | 507           | 36      | 17                | 40               | 23         | 0         | 4           | 0.52     | 1973        | 472                          | 33      | 16                | 37               | 21         | 0         | 3.7         | 0.48     |  |  |
| Jammy Biscuit Blondie          |       | Y                               |             | Y    |      |         | Y         | Y    |      |        |         |        | Y         |       |          | 1838                      | 439           | 20      | 12                | 57               | 36         | 0         | 5.7         | 0.36     | 1673        | 399                          | 18      | 11                | 52               | 33         | 0         | 5.2         | 0.33     |  |  |
| Cookie & Cream Brownie         |       | Y                               |             | Y    |      |         | Y         | Y    |      |        |         |        | Y         |       |          | 1858                      | 444           | 24      | 12                | 52               | 41         | 0         | 5           | 0.29     | 1839        | 440                          | 24      | 12                | 51               | 41         | 0         | 5           | 0.29     |  |  |
| Cherry Slice                   |       | Y                               |             | Y    |      |         | M         | Y    | Y    |        |         |        |           | M     |          | 1378                      | 329           | 19      | 1.9               | 36               | 20         | 0         | 3.3         | 0.51     | 1309        | 313                          | 18      | 1.8               | 34               | 19         | 0         | 3.1         | 0.48     |  |  |

## 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    |        |         |        |           |       |          |

## Allergen & Nutrition Guide - Drinks



| 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     |                           |             |      |      |         |          |      |      |        |         |        |           |       |          |
| Creme 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     |                           |             |      |      |         |          |      |      |        |         |        |           |       |          |
| Iced Americano - Semi Skimmed Milk          |       |                           |             |      |      |         |          | Y    |      |        |         |        |           |       |          |

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|--------------------------------------------------|-------|---------------------------|-------------|------|------|---------|----------|------|------|--------|---------|--------|-----------|-------|----------|
| 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        |      |      |        |         |        |           |       |          |
| Creme Brulee Iced Latte- Semi Skimmed Milk       |       |                           |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Creme Brulee Iced Latte- Skimmed Milk            |       |                           |             |      |      |         |          | Y    |      |        |         |        |           |       |          |
| Creme Brulee Iced Latte- Coconut Milk            | Y     |                           |             |      |      |         | Y        |      |      |        |         |        |           |       |          |
| Creme Brulee Iced Latte- Almond Milk             | Y     |                           |             |      |      |         |          |      | Y    |        |         |        |           |       |          |
| Creme Brulee Iced Latte- Oat Milk                | Y     | Y                         |             |      |      |         |          |      |      |        |         |        |           |       |          |
| Creme 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         |       |          |
| Creme Brulee Syrup - Extra                           |       |                           |             |      |      |         |           |      |      |        |         |        |           |       |          |
| Honeycomb Syrup - Extra                              |       |                           |             |      |      |         |           |      |      |        |         |        |           |       |          |
| Roasted Hazelnut Syrup - Extra                       | Y     |                           |             |      |      |         |           |      | Y    |        |         |        |           |       |          |
| Triple Sec Curacao Syrup - Extra                     | Y     |                           |             |      |      |         |           |      |      |        |         |        |           |       |          |
| Caramel Syrup - Extra                                |       |                           |             |      |      |         |           |      |      |        |         |        |           |       |          |

## Allergen &amp; Nutrition Guide - Drinks



Nutrition Values per 100ml

Nutrition Values per serving

| Product                                 | Nutritional Information (per 100g) |               |         |                   |                  |            |           |             |          |             |               |         |                   |                  |            |           |             |          |
|-----------------------------------------|------------------------------------|---------------|---------|-------------------|------------------|------------|-----------|-------------|----------|-------------|---------------|---------|-------------------|------------------|------------|-----------|-------------|----------|
|                                         | 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) |
| COFFEE                                  |                                    |               |         |                   |                  |            |           |             |          |             |               |         |                   |                  |            |           |             |          |
| Espresso Triple                         | 370                                | 88            | 2.2     | 0.4               | 12               | 0          | 0         | 5           | 0        | 166         | 39            | 1       | 0.2               | 5.4              | 0          | 0         | 2.2         | 0        |
| Espresso Single                         | 326                                | 77            | 1.9     | 0.4               | 11               | 0          | 0         | 4.4         | 0        | 55          | 13            | 0.5     | 0                 | 1.8              | 0          | 0         | 0.7         | 0        |
| Espresso Double                         | 317                                | 75            | 1.8     | 0.4               | 10               | 0          | 0         | 4.3         | 0        | 111         | 26            | 0.6     | 0.1               | 3.6              | 0          | 0         | 1.5         | 0        |
| Macchiato Single - Semi Skimmed Milk    | 278                                | 66            | 1.9     | 0.9               | 7.9              | 3          | 0         | 4.3         | 0.07     | 103         | 24            | 0.7     | 0.3               | 2.9              | 1.1        | 0         | 1.6         | 0.03     |
| Macchiato Single - Skimmed Milk         | 244                                | 58            | 0.9     | 0.2               | 8                | 3.1        | 0         | 4.3         | 0.07     | 90          | 21            | 0.5     | 0                 | 3                | 1.1        | 0         | 1.6         | 0.03     |
| Macchiato Single - Coconut Milk         | 241                                | 57            | 1.8     | 0.7               | 7.1              | 2.2        | 0         | 3           | 0.07     | 89          | 21            | 0.7     | 0.2               | 2.6              | 0.8        | 0         | 1.1         | 0.03     |
| Macchiato Single - Almond Milk          | 217                                | 52            | 1.7     | 0.2               | 6.7              | 1.7        | 0         | 2.3         | 0.05     | 80          | 19            | 0.6     | 0                 | 2.5              | 0.6        | 0         | 0.9         | 0.02     |
| Macchiato Single - Oat Milk             | 283                                | 67            | 1.8     | 0.5               | 10               | 2.6        | 0.5       | 2.2         | 0.06     | 105         | 25            | 0.6     | 0.2               | 3.8              | 1          | 0         | 0.8         | 0.02     |
| Macchiato Single - Soya Milk            | 270                                | 64            | 2.2     | 0.4               | 6.7              | 1.7        | 0.5       | 4.2         | 0.05     | 100         | 24            | 0.8     | 0.1               | 2.5              | 0.6        | 0         | 1.6         | 0.02     |
| Macchiato Double - Semi Skimmed Milk    | 242                                | 57            | 1.6     | 0.7               | 6.9              | 2.6        | 0         | 3.7         | 0.06     | 206         | 49            | 1.4     | 0.6               | 5.9              | 2.3        | 0         | 3.2         | 0.05     |
| Macchiato Double - Skimmed Milk         | 212                                | 50            | 0.8     | 0.2               | 7                | 2.7        | 0         | 3.7         | 0.06     | 180         | 43            | 0.7     | 0.2               | 5.9              | 2.3        | 0         | 3.2         | 0.05     |
| Macchiato Double - Coconut Milk         | 210                                | 50            | 1.6     | 0.6               | 6.2              | 1.9        | 0         | 2.6         | 0.06     | 178         | 42            | 1.3     | 0.5               | 5.3              | 1.7        | 0         | 2.2         | 0.05     |
| Macchiato Double - Almond Milk          | 189                                | 45            | 1.5     | 0.2               | 5.8              | 1.5        | 0         | 2           | 0.05     | 161         | 38            | 1.2     | 0.2               | 4.9              | 1.3        | 0         | 1.7         | 0.04     |
| Macchiato Double - Oat Milk             | 247                                | 59            | 1.5     | 0.5               | 9                | 2.3        | 0.5       | 1.9         | 0.05     | 210         | 50            | 1.3     | 0.4               | 7.7              | 1.9        | 0.5       | 1.6         | 0.05     |
| Macchiato Double - Soya Milk            | 235                                | 56            | 1.9     | 0.3               | 5.9              | 1.5        | 0.5       | 3.7         | 0.05     | 200         | 47            | 1.6     | 0.3               | 5                | 1.3        | 0.5       | 3.1         | 0.04     |
| Macchiato Triple - Semi Skimmed Milk    | 257                                | 61            | 1.7     | 0.8               | 7.3              | 2.8        | 0         | 4           | 0.06     | 308         | 73            | 2.1     | 1                 | 8.8              | 3.4        | 0         | 4.8         | 0.08     |
| Macchiato Triple - Skimmed Milk         | 226                                | 53            | 0.9     | 0.2               | 7.4              | 2.9        | 0         | 4           | 0.06     | 271         | 64            | 1       | 0.2               | 8.9              | 3.5        | 0         | 4.8         | 0.08     |
| Macchiato Triple - Coconut Milk         | 223                                | 53            | 1.7     | 0.6               | 6.6              | 2.1        | 0         | 2.8         | 0.06     | 268         | 64            | 2       | 0.7               | 7.9              | 2.5        | 0         | 3.4         | 0.08     |
| Macchiato Triple - Almond Milk          | 201                                | 48            | 1.6     | 0.2               | 6.2              | 1.6        | 0         | 2.2         | 0.05     | 241         | 57            | 1.9     | 0.3               | 7.4              | 1.9        | 0         | 2.6         | 0.06     |
| Macchiato Triple - Oat Milk             | 262                                | 62            | 1.6     | 0.5               | 9.6              | 2.4        | 0.5       | 2.1         | 0.06     | 314         | 75            | 1.9     | 0.6               | 12               | 2.9        | 0.6       | 2.5         | 0.07     |
| Macchiato Triple - Soya Milk            | 249                                | 59            | 2       | 0.4               | 6.2              | 1.6        | 0.5       | 3.9         | 0.05     | 299         | 71            | 2.4     | 0.4               | 7.5              | 1.9        | 0.5       | 4.7         | 0.06     |
| Americano - No Milk - Large             | 38                                 | 9             | 0       | 0                 | 1.2              | 0          | 0         | 0.5         | 0        | 222         | 53            | 1.3     | 0.3               | 7.3              | 0          | 0         | 3           | 0        |
| Americano - No Milk - Regular           | 35                                 | 8             | 0       | 0                 | 1.1              | 0          | 0         | 0.5         | 0        | 166         | 39            | 1       | 0.2               | 5.4              | 0          | 0         | 2.2         | 0        |
| Americano - No Milk - Small             | 31                                 | 7             | 0       | 0                 | 1                | 0          | 0         | 0.5         | 0        | 111         | 26            | 0.6     | 0.1               | 3.6              | 0          | 0         | 1.5         | 0        |
| Americano - Semi Skimmed Milk - Small   | 47                                 | 11            | 0.5     | 0.1               | 1.4              | 0.5        | 0         | 0.7         | 0        | 168         | 40            | 1.1     | 0.4               | 5                | 1.3        | 0         | 2.5         | 0.03     |
| Americano - Semi Skimmed Milk - Regular | 51                                 | 12            | 0.5     | 0.1               | 1.5              | 0.5        | 0         | 0.8         | 0        | 242         | 57            | 1.6     | 0.6               | 7.2              | 1.8        | 0         | 3.6         | 0.04     |
| Americano - Semi Skimmed Milk - Large   | 72                                 | 17            | 0.9     | 0.2               | 1.6              | 0.5        | 0         | 0.8         | 0        | 428         | 102           | 5.1     | 1.4               | 9.5              | 2.2        | 0         | 4.7         | 0.05     |
| Americano - Skimmed Milk - Small        | 43                                 | 10            | 0       | 0                 | 1.4              | 0.5        | 0         | 0.7         | 0        | 153         | 36            | 0.7     | 0.1               | 5                | 1.4        | 0         | 2.5         | 0.03     |
| Americano - Skimmed Milk - Regular      | 47                                 | 11            | 0       | 0                 | 1.5              | 0.5        | 0         | 0.8         | 0        | 222         | 53            | 1       | 0.2               | 7.3              | 1.8        | 0         | 3.6         | 0.04     |
| Americano - Skimmed Milk - Large        | 49                                 | 12            | 0       | 0                 | 1.6              | 0.5        | 0         | 0.8         | 0        | 291         | 69            | 1.3     | 0.3               | 9.6              | 2.3        | 0         | 4.7         | 0.05     |
| Americano - Coconut Milk - Small        | 43                                 | 10            | 0.5     | 0                 | 1.3              | 0.5        | 0         | 0.5         | 0        | 151         | 36            | 1.1     | 0.3               | 4.6              | 1          | 0         | 1.9         | 0.03     |
| Americano - Coconut Milk - Regular      | 46                                 | 11            | 0.5     | 0.1               | 1.4              | 0.5        | 0         | 0.6         | 0        | 220         | 52            | 1.5     | 0.5               | 6.8              | 1.3        | 0         | 2.8         | 0.04     |
| Americano - Coconut Milk - Large        | 49                                 | 12            | 0.5     | 0.1               | 1.5              | 0.5        | 0         | 0.6         | 0        | 289         | 69            | 2       | 0.6               | 8.9              | 1.6        | 0         | 3.7         | 0.05     |
| Americano - Almond Milk - Small         | 40                                 | 9             | 0.5     | 0                 | 1.2              | 0          | 0         | 0.5         | 0        | 141         | 33            | 1       | 0.2               | 4.4              | 0.7        | 0         | 1.6         | 0.02     |
| Americano - Almond Milk - Regular       | 43                                 | 10            | 0.5     | 0                 | 1.4              | 0          | 0         | 0.5         | 0        | 206         | 49            | 1.5     | 0.2               | 6.5              | 1          | 0         | 2.4         | 0.03     |
| Americano - Almond Milk - Large         | 46                                 | 11            | 0.5     | 0                 | 1.4              | 0          | 0         | 0.5         | 0        | 271         | 64            | 1.9     | 0.3               | 8.6              | 1.3        | 0         | 3.2         | 0.04     |
| Americano - Oat Milk - Small            | 48                                 | 11            | 0.5     | 0                 | 1.7              | 0.5        | 0         | 0.5         | 0        | 170         | 40            | 1       | 0.3               | 6.1              | 1.2        | 0         | 1.6         | 0.03     |
| Americano - Oat Milk - Regular          | 52                                 | 12            | 0.5     | 0                 | 1.8              | 0.5        | 0         | 0.5         | 0        | 245         | 58            | 1.5     | 0.4               | 8.7              | 1.6        | 0.5       | 2.4         | 0.04     |
| Americano - Oat Milk - Large            | 54                                 | 13            | 0.5     | 0                 | 1.9              | 0.5        | 0         | 0.5         | 0        | 320         | 76            | 1.9     | 0.5               | 11               | 1.9        | 0.5       | 3.1         | 0.05     |
| Americano - Soya Milk - Small           | 46                                 | 11            | 0.5     | 0                 | 1.3              | 0          | 0         | 0.7         | 0        | 164         | 39            | 1.2     | 0.2               | 4.4              | 0.7        | 0         | 2.5         | 0.02     |
| Americano - Soya Milk - Regular         | 50                                 | 12            | 0.5     | 0                 | 1.4              | 0          | 0         | 0.7         | 0        | 237         | 56            | 1.7     | 0.3               | 6.5              | 1          | 0         | 3.6         | 0.03     |
| Americano - Soya Milk - Large           | 52                                 | 12            | 0.5     | 0                 | 1.5              | 0          | 0         | 0.8         | 0        | 310         | 74            | 2.2     | 0.4               | 8.6              | 1.3        | 0.5       | 4.6         | 0.04     |
| Short Flat - Semi Skimmed Milk          | 189                                | 45            | 1.4     | 0.8               | 4.9              | 3.4        | 0         | 3.2         | 0.07     | 446         | 106           | 3.3     | 1.9               | 12               | 8          | 0         | 7.5         | 0.18     |
| Short Flat - Skimmed Milk               | 151                                | 36            | 0.5     | 0                 | 5                | 3.4        | 0         | 3.2         | 0.07     | 357         | 84            | 0.8     | 0.2               | 12               | 8.1        | 0         | 7.5         | 0.18     |
| Short Flat - Coconut Milk               | 148                                | 35            | 1.3     | 0.6               | 4                | 2.5        | 0         | 1.8         | 0.07     | 350         | 83            | 3.1     | 1.4               | 9.5              | 5.8        | 0.5       | 4.1         | 0.18     |
| Short Flat - Almond Milk                | 122                                | 29            | 1.2     | 0.1               | 3.5              | 1.9        | 0         | 1           | 0.06     | 287         | 68            | 2.8     | 0.3               | 8.2              | 4.4        | 0.5       | 2.4         | 0.14     |
| Short Flat - Oat Milk                   | 195                                | 46            | 1.2     | 0.4               | 7.6              | 2.9        | 0.6       | 0.9         | 0.07     | 460         | 109           | 2.9     | 1                 | 18               | 6.9        | 1.4       | 2           | 0.16     |
| Short Flat - Soya Milk                  | 180                                | 43            | 1.7     | 0.3               | 3.6              | 1.9        | 0.5       | 3.1         | 0.06     | 425         | 101           | 4       | 0.7               | 8.4              | 4.4        | 1.1       | 7.4         | 0.14     |
| Flat White - Semi Skimmed Milk          | 189                                | 45            | 1.4     | 0.8               | 4.9              | 3.4        | 0         | 3.2         | 0.08     | 670         | 159           | 5       | 2.9               | 17               | 12         | 0         | 11          | 0.27     |
| Flat White - Skimmed Milk               | 152                                | 36            | 0.5     | 0                 | 5                | 3.5        | 0         | 3.2         | 0.08     | 537         | 127           | 1.2     | 0.3               | 18               | 12         | 0         | 11          | 0.27     |
| Flat White - Coconut Milk               | 148                                | 35            | 1.3     | 0.6               | 4                | 2.5        | 0         | 1.8         | 0.08     | 525         | 125           | 4.7     | 2.1               | 14               | 8.8        | 0.5       | 6.2         | 0.27     |
| Flat White - Almond Milk                | 122                                | 29            | 1.2     | 0.1               | 3.5              | 1.9        | 0         | 1           | 0.06     | 431         | 103           | 4.2     | 0.5               | 12               | 6.7        | 0.8       | 3.6         | 0.21     |
| Flat White - Oat Milk                   | 195                                | 46            | 1.3     | 0.4               | 7.6              | 2.9        | 0.6       | 0.9         | 0.07     | 692         | 164           | 4.4     | 1.5               | 27               | 10         | 2.1       | 3.1         | 0.24     |
| Flat White - Soya Milk                  | 180                                | 43            | 1.7     | 0.3               | 3.6              | 1.9        | 0.5       | 3.1         | 0.06     | 638         | 152           | 6       | 1                 | 13               | 6.7        | 1.6       | 11          | 0.21     |
| Latte - Semi Skimmed Milk - Small       | 217                                | 51            | 1.6     | 1                 | 5.5              | 4.3        | 0         | 3.7         | 0.1      | 767         | 182           | 5.8     | 3.5               | 19               | 15         | 0         | 13          | 0.34     |
| Latte - Semi Skimmed Milk - Regular     | 177                                | 42            | 1.3     | 0.8               | 4.5              | 3.4        | 0         | 3           | 0.07     | 837         | 199           | 6.3     | 3.7               | 21               | 16         | 0         | 14          | 0.35     |
| Latte - Semi Skimmed Milk - Large       | 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            | 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          | 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            | 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            | 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          | 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            | 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             | 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           | 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             | 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                | 224                                | 53            | 1.5     | 0.5               | 8.9              | 3.7        | 0.8       | 0.8         | 0.09     | 795         | 189           | 5.      |                   |                  |            |           |             |          |

## Allergen &amp; Nutrition Guide - Drinks



Nutrition Values per 100ml

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) |
|-----------------------------------------------------|-------------|---------------|---------|-------------------|------------------|------------|-----------|-------------|----------|-------------|---------------|---------|-------------------|------------------|------------|-----------|-------------|----------|
| Mocha - Skimmed Milk - Small                        | 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                      | 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                        | 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                        | 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                      | 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                        | 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                         | 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                       | 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                         | 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         | 0.88     |
| Mocha - Oat Milk - Small                            | 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                          | 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                            | 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                           | 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                         | 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                           | 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     |
| White Chocolate Mocha - Semi Skimmed Milk - Small   | 349         | 83            | 3.7     | 2.2               | 9.1              | 8.1        | 0         | 3.3         | 0.09     | 1231        | 293           | 13      | 7.9               | 32               | 29         | 0         | 12          | 0.31     |
| White Chocolate Mocha - Semi Skimmed Milk - Regular | 343         | 82            | 3.6     | 2.2               | 9                | 7.9        | 0         | 3.2         | 0.08     | 1622        | 387           | 17      | 10                | 43               | 37         | 0         | 15          | 0.4      |
| White Chocolate Mocha - Semi Skimmed Milk - Large   | 303         | 72            | 3.1     | 1.9               | 8                | 6.8        | 0         | 3           | 0.08     | 1789        | 426           | 18      | 11                | 47               | 40         | 0         | 18          | 0.46     |
| White Chocolate Mocha - Skimmed Milk - Small        | 315         | 75            | 2.8     | 1.6               | 9.2              | 8.2        | 0         | 3.3         | 0.09     | 1112        | 265           | 9.8     | 5.7               | 32               | 29         | 0         | 12          | 0.31     |
| White Chocolate Mocha - Skimmed Milk - Regular      | 311         | 74            | 2.8     | 1.6               | 9.1              | 7.9        | 0         | 3.2         | 0.08     | 1474        | 351           | 13      | 7.5               | 43               | 38         | 0         | 15          | 0.4      |
| White Chocolate Mocha - Skimmed Milk - Large        | 273         | 65            | 2.3     | 1.3               | 8                | 6.8        | 0         | 3           | 0.08     | 1612        | 383           | 13      | 7.6               | 48               | 40         | 0         | 18          | 0.46     |
| White Chocolate Mocha - Coconut Milk - Small        | 312         | 75            | 3.6     | 2                 | 8.3              | 7.3        | 0         | 2.1         | 0.09     | 1102        | 263           | 13      | 7.2               | 29               | 26         | 0.5       | 7.3         | 0.31     |
| White Chocolate Mocha - Coconut Milk - Regular      | 309         | 74            | 3.6     | 2                 | 8.3              | 7.1        | 0         | 2           | 0.08     | 1462        | 349           | 17      | 9.5               | 39               | 34         | 0.6       | 9.7         | 0.4      |
| White Chocolate Mocha - Coconut Milk - Large        | 270         | 65            | 3.1     | 1.7               | 7.3              | 6          | 0         | 1.9         | 0.08     | 1597        | 381           | 18      | 9.9               | 43               | 36         | 0.7       | 11          | 0.46     |
| White Chocolate Mocha - Almond Milk - Small         | 289         | 69            | 3.5     | 1.6               | 7.9              | 6.8        | 0         | 1.4         | 0.08     | 1018        | 243           | 12      | 5.8               | 28               | 24         | 0.7       | 4.9         | 0.27     |
| White Chocolate Mocha - Almond Milk - Regular       | 287         | 68            | 3.5     | 1.6               | 7.8              | 6.6        | 0         | 1.4         | 0.07     | 1357        | 324           | 16      | 7.7               | 37               | 31         | 0.9       | 6.7         | 0.34     |
| White Chocolate Mocha - Almond Milk - Large         | 249         | 59            | 2.9     | 1.3               | 6.8              | 5.6        | 0         | 1.3         | 0.07     | 1471        | 351           | 17      | 7.8               | 40               | 33         | 1.1       | 7.7         | 0.39     |
| White Chocolate Mocha - Oat Milk - Small            | 354         | 84            | 3.6     | 1.9               | 12               | 7.7        | 0.5       | 1.3         | 0.08     | 1250        | 298           | 13      | 6.7               | 41               | 27         | 1.9       | 4.5         | 0.29     |
| White Chocolate Mocha - Oat Milk - Regular          | 348         | 83            | 3.5     | 1.9               | 11               | 7.5        | 0.5       | 1.3         | 0.08     | 1646        | 392           | 17      | 8.9               | 53               | 36         | 2.4       | 6.2         | 0.37     |
| White Chocolate Mocha - Oat Milk - Large            | 308         | 73            | 3       | 1.6               | 10               | 6.4        | 0.5       | 1.2         | 0.07     | 1818        | 433           | 18      | 9.2               | 60               | 38         | 2.8       | 7.1         | 0.42     |
| White Chocolate Mocha - Soya Milk - Small           | 341         | 81            | 4       | 1.8               | 7.9              | 6.8        | 0.5       | 3.3         | 0.08     | 1202        | 287           | 14      | 6.2               | 28               | 24         | 1.4       | 12          | 0.27     |
| White Chocolate Mocha - Soya Milk - Regular         | 335         | 80            | 3.9     | 1.8               | 7.9              | 6.6        | 0.5       | 3.2         | 0.07     | 1586        | 379           | 18      | 8.3               | 37               | 31         | 1.8       | 15          | 0.34     |
| White Chocolate Mocha - Soya Milk - Large           | 296         | 71            | 3.4     | 1.4               | 6.9              | 5.6        | 0.5       | 3           | 0.07     | 1746        | 417           | 20      | 8.5               | 41               | 33         | 2.1       | 18          | 0.39     |
| Oat & Dark Chocolate Mocha - Small                  | 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                | 191         | 45            | 1.1     | 0.4               | 7.9              | 4          | 0.5       | 0.7         | 0.06     | 884         | 210           | 5.1     | 1.8               | 37               | 19         | 2.4       | 3.2         | 0.28     |
| Oat & Dark Chocolate Mocha - Large                  | 201         | 48            | 1.1     | 0.4               | 8.6              | 4.8        | 0.5       | 0.7         | 0.06     | 1190        | 282           | 6.4     | 2.4               | 51               | 28         | 2.8       | 4.1         | 0.34     |
| FLAVOURED LATTE                                     |             |               |         |                   |                  |            |           |             |          |             |               |         |                   |                  |            |           |             |          |
| Vanilla Latte - Semi Skimmed Milk - Small           | 253         | 60            | 1.4     | 0.9               | 8.5              | 7.5        | 0         | 3.2         | 0.08     | 895         | 212           | 5.1     | 3.1               | 30               | 27         | 0         | 11          | 0.3      |
| Vanilla Latte - Semi Skimmed Milk - Regular         | 241         | 57            | 1.3     | 0.8               | 8.3              | 7.1        | 0         | 3           | 0.08     | 1138        | 270           | 6.3     | 3.7               | 39               | 34         | 0         | 14          | 0.36     |
| Vanilla Latte - Semi Skimmed Milk - Large           | 234         | 55            | 1.3     | 0.7               | 8.1              | 6.9        | 0         | 2.9         | 0.07     | 1382        | 327           | 7.5     | 4.4               | 48               | 41         | 0         | 17          | 0.42     |
| Vanilla Latte - Skimmed Milk - Small                | 199         | 47            | 0.5     | 0                 | 8.2              | 7          | 0         | 2.9         | 0.07     | 1175        | 277           | 1.7     | 0.5               | 48               | 41         | 0         | 17          | 0.42     |
| Vanilla Latte - Skimmed Milk - Regular              | 203         | 48            | 0.5     | 0                 | 8.3              | 7.2        | 0         | 3           | 0.08     | 961         | 226           | 1.3     | 0.4               | 39               | 34         | 0         | 14          | 0.36     |
| Vanilla Latte - Skimmed Milk - Large                | 199         | 47            | 0.5     | 0                 | 8.2              | 7          | 0         | 2.9         | 0.07     | 1175        | 277           | 1.7     | 0.5               | 48               | 41         | 0         | 17          | 0.42     |
| Vanilla Latte - Coconut Milk - Small                | 208         | 49            | 1.3     | 0.6               | 7.5              | 6.5        | 0         | 1.7         | 0.08     | 735         | 174           | 4.8     | 2.2               | 27               | 23         | 0.6       | 5.9         | 0.3      |
| Vanilla Latte - Coconut Milk - Regular              | 200         | 47            | 1.3     | 0.6               | 7.4              | 6.2        | 0         | 1.6         | 0.08     | 945         | 224           | 5.9     | 2.7               | 35               | 29         | 0.7       | 7.5         | 0.36     |
| Vanilla Latte - Coconut Milk - Large                | 196         | 46            | 1.2     | 0.5               | 7.3              | 6.1        | 0         | 1.6         | 0.07     | 1157        | 274           | 7.1     | 3.2               | 43               | 36         | 0.8       | 9.2         | 0.42     |
| Vanilla Latte - Almond Milk - Small                 | 178         | 42            | 1.2     | 0.1               | 6.9              | 5.8        | 0         | 0.8         | 0.07     | 630         | 150           | 4.2     | 0.4               | 25               | 21         | 0.9       | 3           | 0.24     |
| Vanilla Latte - Almond Milk - Regular               | 173         | 41            | 1.1     | 0.1               | 6.8              | 5.6        | 0         | 0.8         | 0.06     | 820         | 195           | 5.2     | 0.6               | 32               | 27         | 1.1       | 4           | 0.29     |
| Vanilla Latte - Almond Milk - Large                 | 171         | 41            | 1.1     | 0.1               | 6.8              | 5.5        | 0         | 0.9         | 0.06     | 1010        | 240           | 6.3     | 0.7               | 40               | 33         | 1.2       | 5           | 0.34     |
| Vanilla Latte - Oat Milk - Small                    | 260         | 62            | 1.3     | 0.5               | 12               | 7          | 0.7       | 0.7         | 0.08     | 919         | 218           | 4.5     | 1.6               | 41               | 25         | 2.4       | 2.4         | 0.27     |
| Vanilla Latte - Oat Milk - Regular                  | 247         | 58            | 1.2     | 0.4               | 11               | 6.7        | 0.6       | 0.7         | 0.07     | 1167        | 276           | 5.6     | 2                 | 52               | 32         | 2.8       | 3.3         | 0.32     |
| Vanilla Latte - Oat Milk - Large                    | 240         | 57            | 1.1     | 0.4               | 11               | 6.5        | 0.6       | 0.7         | 0.06     | 1416        | 336           | 6.7     | 2.3               | 63               | 38         | 3.3       | 4.3         | 0.38     |
| Vanilla Latte - Soya Milk - Small                   | 243         | 58            | 1.8     | 0.3               | 7                | 5.8        | 0.5       | 3.2         | 0.07     | 860         | 204           | 6.3     | 1                 | 25               | 21         | 1.8       | 11          | 0.24     |
| Vanilla Latte - Soya Milk - Regular                 | 232         | 55            | 1.6     | 0.3               | 6.9              | 5.6        | 0.5       | 3           | 0.06     | 1095        | 260           | 7.7     | 1.3               | 33               | 27         | 2.1       | 14          | 0.29     |
| Vanilla Latte - Soya Milk - Large                   | 225         | 54            | 1.5     | 0.3               | 6.9              | 5.5        | 0.5       | 2.8         | 0.06     | 1332        | 316           | 9.2     | 1.5               | 41               | 33         | 2.5       | 17          | 0.34     |
| Caramel Latte - Semi Skimmed Milk - Small           | 253         | 60            | 1.4     | 0.9               | 8.5              | 7.5        | 0         | 3.2         | 0.08     | 896         | 212           | 5.1     | 3.1               | 30               | 27         | 0         | 11          | 0.3      |
| Caramel Latte - Semi Skimmed Milk - Regular         | 241         | 57            | 1.3     | 0.8               | 8.3              | 7.1        | 0         | 3           | 0.08     | 1139        | 270           | 6.3     | 3.7               | 39               | 34         | 0         | 14          | 0.36     |
| Caramel Latte - Semi Skimmed Milk - Large           | 234         | 55            | 1.3     | 0.7               | 8.1              | 6.9        | 0         | 2.9         | 0.07     | 1384        | 328           | 7.5     | 4.4               | 48               | 41         | 0         | 17          | 0.42     |
| Caramel Latte - Skimmed Milk - Small                | 211         | 50            | 0.5     | 0                 | 8.6              | 7.6        | 0         | 3.2         | 0.08     | 749         | 176           | 0.9     | 0.3               | 31               | 27         | 0         | 11          | 0.3      |
| Caramel Latte - Skimmed Milk - Regular              | 203         | 48            | 0.5     | 0                 | 8.4              | 7.2        | 0         | 3           | 0.08     | 962         | 227           | 1.3     | 0.4               | 40               | 34         | 0         | 14          | 0.36     |
| Caramel Latte - Skimmed Milk - Large                | 199         | 47            | 0.5     | 0                 | 8.2              | 7          | 0         | 2.9         | 0.07     | 1177        | 277           | 1.7     | 0.5               | 49               | 41         | 0         | 17          | 0.42     |
| Caramel Latte - Coconut Milk - Small                | 208         | 49            | 1.3     | 0.6               | 7.5              | 6.5        | 0         | 1.7         | 0.08     | 736         | 175           | 4.8     | 2.2               | 27               | 23         | 0.6       | 5.9         | 0.3      |
| Caramel Latte - Coconut Milk - Regular              | 200         | 48            | 1.3     | 0.6               | 7.4              | 6.2        | 0         | 1.6         | 0.08     | 947         | 225           | 5.9     | 2.7               | 35               | 29         | 0.7       | 7.5         | 0.36     |
| Caramel Latte - Coconut Milk - Large                | 196         | 46            | 1.2     | 0.5               | 7.3              | 6.1        | 0         | 1.6         | 0.07     | 1159        | 275           | 7.1     | 3.2               | 43               | 36         | 0.8       | 9.2         | 0.42     |
| Caramel Latte - Almond Milk - Small                 | 178         | 42            | 1.2     | 0.1               | 7                | 5.9        | 0         | 0.8         | 0.07     | 631         | 150           | 4.2     | 0.4               | 25               | 21         | 0.9       | 3           | 0.24     |
| Caramel Latte - Almond Milk - Regular               | 174         | 41            | 1.1     | 0.1               | 6.9              | 5.6        | 0         | 0.8         | 0.06     | 821         | 195           | 5.2     | 0.6               | 327              |            |           |             |          |

## Allergen &amp; Nutrition Guide - Drinks



Nutrition Values per 100ml

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) |
|-------------------------------------------------|-------------|---------------|---------|-------------------|------------------|------------|-----------|-------------|----------|-------------|---------------|---------|-------------------|------------------|------------|-----------|-------------|----------|
| Creme Brulee Latte - Skimmed Milk - Small       | 307         | 73            | 2.6     | 1.6               | 9                | 7.9        | 0         | 3.4         | 0.09     | 1086        | 258           | 9       | 5.7               | 32               | 28         | 0         | 12          | 0.32     |
| Creme Brulee Latte - Skimmed Milk - Regular     | 273         | 65            | 2       | 1.2               | 8.6              | 7.4        | 0         | 3.1         | 0.08     | 1293        | 307           | 9.4     | 5.8               | 41               | 35         | 0         | 15          | 0.38     |
| Creme Brulee Latte - Skimmed Milk - Large       | 254         | 60            | 1.7     | 1                 | 8.3              | 7          | 0         | 3           | 0.08     | 1502        | 356           | 9.8     | 5.9               | 49               | 42         | 0         | 18          | 0.45     |
| Creme Brulee Latte - Coconut Milk - Small       | 303         | 72            | 3.6     | 2.1               | 8                | 6.9        | 0         | 1.9         | 0.09     | 1073        | 256           | 13      | 7.6               | 28               | 24         | 0.7       | 6.6         | 0.32     |
| Creme Brulee Latte - Coconut Milk - Regular     | 270         | 64            | 3       | 1.7               | 7.6              | 6.4        | 0         | 1.7         | 0.08     | 1278        | 305           | 14      | 8.1               | 36               | 30         | 0.9       | 8.2         | 0.38     |
| Creme Brulee Latte - Coconut Milk - Large       | 251         | 60            | 2.6     | 1.4               | 7.4              | 6.1        | 0         | 1.7         | 0.08     | 1484        | 354           | 15      | 8.6               | 44               | 36         | 1         | 9.9         | 0.45     |
| Creme Brulee Latte - Almond Milk - Small        | 274         | 65            | 3.5     | 1.6               | 7.4              | 6.2        | 0.5       | 1           | 0.07     | 969         | 232           | 12      | 5.8               | 26               | 22         | 1         | 3.7         | 0.26     |
| Creme Brulee Latte - Almond Milk - Regular      | 244         | 58            | 2.8     | 1.3               | 7.1              | 5.8        | 0.5       | 1           | 0.07     | 1153        | 275           | 13      | 6                 | 34               | 27         | 1.2       | 4.7         | 0.31     |
| Creme Brulee Latte - Almond Milk - Large        | 226         | 54            | 2.4     | 1                 | 6.9              | 5.6        | 0         | 1           | 0.06     | 1337        | 319           | 14      | 6.1               | 41               | 33         | 1.4       | 5.7         | 0.36     |
| Creme Brulee Latte - Oat Milk - Small           | 355         | 85            | 3.6     | 2                 | 12               | 7.4        | 0.7       | 0.9         | 0.08     | 1258        | 300           | 13      | 7                 | 42               | 26         | 2.5       | 3.1         | 0.29     |
| Creme Brulee Latte - Oat Milk - Regular         | 317         | 76            | 2.9     | 1.6               | 11               | 6.8        | 0.6       | 0.9         | 0.07     | 1499        | 357           | 14      | 7.4               | 53               | 32         | 3         | 4           | 0.35     |
| Creme Brulee Latte - Oat Milk - Large           | 295         | 70            | 2.5     | 1.3               | 11               | 6.5        | 0.6       | 0.8         | 0.07     | 1743        | 415           | 15      | 7.7               | 64               | 39         | 3.5       | 5           | 0.4      |
| Creme Brulee Latte - Soya Milk - Small          | 339         | 81            | 4.1     | 1.8               | 7.5              | 6.2        | 0.5       | 3.4         | 0.07     | 1198        | 286           | 14      | 6.4               | 26               | 22         | 1.9       | 12          | 0.26     |
| Creme Brulee Latte - Soya Milk - Regular        | 302         | 72            | 3.3     | 1.4               | 7.2              | 5.8        | 0.5       | 3.1         | 0.07     | 1428        | 341           | 16      | 6.7               | 34               | 27         | 2.3       | 15          | 0.31     |
| Creme Brulee Latte - Soya Milk - Large          | 281         | 67            | 2.9     | 1.2               | 7                | 5.6        | 0.5       | 2.9         | 0.06     | 1659        | 396           | 17      | 6.9               | 41               | 33         | 2.6       | 17          | 0.36     |
| Gingerbread Latte - Semi Skimmed Milk - Small   | 353         | 84            | 3.7     | 2.4               | 9.2              | 8.2        | 0         | 3.4         | 0.09     | 1249        | 298           | 13      | 8.5               | 33               | 29         | 0         | 12          | 0.32     |
| Gingerbread Latte - Semi Skimmed Milk - Regular | 315         | 75            | 3       | 1.9               | 8.8              | 7.6        | 0         | 3.1         | 0.08     | 1491        | 355           | 14      | 9.1               | 41               | 36         | 0         | 15          | 0.38     |
| Gingerbread Latte - Semi Skimmed Milk - Large   | 294         | 70            | 2.6     | 1.7               | 8.5              | 7.3        | 0         | 3           | 0.08     | 1734        | 413           | 16      | 9.8               | 50               | 43         | 0         | 18          | 0.45     |
| Gingerbread Latte - Skimmed Milk - Small        | 311         | 74            | 2.6     | 1.6               | 9.3              | 8.3        | 0         | 3.4         | 0.09     | 1101        | 262           | 9       | 5.7               | 33               | 29         | 0         | 12          | 0.32     |
| Gingerbread Latte - Skimmed Milk - Regular      | 278         | 66            | 2       | 1.2               | 8.8              | 7.7        | 0         | 3.1         | 0.08     | 1313        | 312           | 9.4     | 5.8               | 42               | 36         | 0         | 15          | 0.38     |
| Gingerbread Latte - Skimmed Milk - Large        | 258         | 61            | 1.7     | 1                 | 8.6              | 7.4        | 0         | 3           | 0.08     | 1527        | 362           | 9.8     | 5.9               | 51               | 44         | 0         | 18          | 0.45     |
| Gingerbread Latte - Coconut Milk - Small        | 307         | 73            | 3.6     | 2.1               | 8.2              | 7.2        | 0         | 1.9         | 0.09     | 1089        | 260           | 13      | 7.6               | 29               | 25         | 0.7       | 6.6         | 0.32     |
| Gingerbread Latte - Coconut Milk - Regular      | 274         | 65            | 3       | 1.7               | 7.9              | 6.7        | 0         | 1.7         | 0.08     | 1298        | 310           | 14      | 8.1               | 37               | 32         | 0.9       | 8.2         | 0.38     |
| Gingerbread Latte - Coconut Milk - Large        | 255         | 61            | 2.6     | 1.4               | 7.7              | 6.5        | 0         | 1.7         | 0.08     | 1509        | 360           | 15      | 8.6               | 45               | 38         | 1         | 9.9         | 0.45     |
| Gingerbread Latte - Almond Milk - Small         | 278         | 66            | 3.5     | 1.6               | 7.6              | 6.5        | 0.5       | 1           | 0.07     | 984         | 235           | 12      | 5.8               | 27               | 23         | 1         | 3.7         | 0.26     |
| Gingerbread Latte - Almond Milk - Regular       | 248         | 59            | 2.8     | 1.3               | 7.3              | 6.1        | 0.5       | 1           | 0.07     | 1173        | 280           | 13      | 6                 | 35               | 29         | 1.2       | 4.7         | 0.31     |
| Gingerbread Latte - Almond Milk - Large         | 231         | 55            | 2.4     | 1                 | 7.2              | 5.9        | 0         | 1           | 0.06     | 1362        | 325           | 14      | 6.1               | 42               | 35         | 1.4       | 5.7         | 0.36     |
| Gingerbread Latte - Oat Milk - Small            | 360         | 86            | 3.6     | 2                 | 12               | 7.7        | 0.7       | 0.9         | 0.08     | 1273        | 304           | 13      | 7                 | 43               | 27         | 2.5       | 3.1         | 0.29     |
| Gingerbread Latte - Oat Milk - Regular          | 321         | 77            | 2.9     | 1.6               | 11               | 7.2        | 0.6       | 0.9         | 0.07     | 1520        | 362           | 14      | 7.4               | 54               | 34         | 3         | 4           | 0.35     |
| Gingerbread Latte - Oat Milk - Large            | 299         | 71            | 2.5     | 1.3               | 11               | 6.9        | 0.6       | 0.8         | 0.07     | 1768        | 421           | 15      | 7.7               | 65               | 41         | 3.5       | 5           | 0.4      |
| Gingerbread Latte - Soya Milk - Small           | 343         | 82            | 4.1     | 1.8               | 7.7              | 6.5        | 0.5       | 3.4         | 0.07     | 1213        | 290           | 14      | 6.4               | 27               | 23         | 1.9       | 12          | 0.26     |
| Gingerbread Latte - Soya Milk - Regular         | 306         | 73            | 3.3     | 1.4               | 7.4              | 6.1        | 0.5       | 3.1         | 0.07     | 1448        | 346           | 16      | 6.7               | 35               | 29         | 2.3       | 15          | 0.31     |
| Gingerbread Latte - Soya Milk - Large           | 285         | 68            | 2.9     | 1.2               | 7.3              | 5.9        | 0.5       | 2.9         | 0.06     | 1684        | 402           | 17      | 6.9               | 43               | 35         | 2.6       | 17          | 0.36     |
| HOT DRINKS                                      |             |               |         |                   |                  |            |           |             |          |             |               |         |                   |                  |            |           |             |          |
| Chai Latte - Semi Skimmed Milk - Small          | 272         | 64            | 1.3     | 0.8               | 10               | 7.1        | 0         | 2.8         | 0.11     | 963         | 228           | 4.4     | 3                 | 37               | 25         | 0         | 10          | 0.39     |
| Chai Latte - Semi Skimmed Milk - Regular        | 270         | 64            | 1.1     | 0.7               | 11               | 7.2        | 0         | 2.6         | 0.11     | 1279        | 302           | 5.3     | 3.5               | 51               | 34         | 0.5       | 12          | 0.5      |
| Chai Latte - Semi Skimmed Milk - Large          | 270         | 64            | 1.1     | 0.7               | 11               | 7.2        | 0         | 2.4         | 0.1      | 1593        | 377           | 6.2     | 4.1               | 66               | 43         | 0.5       | 14          | 0.6      |
| Chai Latte - Skimmed Milk - Small               | 230         | 54            | 0       | 0                 | 11               | 7.2        | 0         | 2.8         | 0.11     | 816         | 192           | 0.5     | 0.1               | 37               | 26         | 0         | 10          | 0.39     |
| Chai Latte - Skimmed Milk - Regular             | 233         | 55            | 0       | 0                 | 11               | 7.3        | 0         | 2.6         | 0.11     | 1101        | 259           | 0.5     | 0.2               | 52               | 34         | 0.5       | 12          | 0.5      |
| Chai Latte - Skimmed Milk - Large               | 234         | 55            | 0       | 0                 | 11               | 7.3        | 0         | 2.4         | 0.1      | 1386        | 326           | 0.5     | 0.2               | 66               | 43         | 0.5       | 14          | 0.6      |
| Chai Latte - Coconut Milk - Small               | 227         | 54            | 1.2     | 0.6               | 9.4              | 6.1        | 0.5       | 1.3         | 0.11     | 803         | 190           | 4.1     | 2.1               | 33               | 22         | 0.8       | 4.5         | 0.39     |
| Chai Latte - Coconut Milk - Regular             | 230         | 54            | 1       | 0.5               | 10               | 6.3        | 0.5       | 1.2         | 0.11     | 1086        | 257           | 5       | 2.5               | 47               | 30         | 1         | 5.5         | 0.5      |
| Chai Latte - Coconut Milk - Large               | 231         | 55            | 1       | 0.5               | 10               | 6.4        | 0         | 1.1         | 0.1      | 1368        | 324           | 5.8     | 2.9               | 61               | 38         | 1.2       | 6.4         | 0.6      |
| Chai Latte - Almond Milk - Small                | 197         | 47            | 1       | 0                 | 8.8              | 5.5        | 0.5       | 0.5         | 0.09     | 698         | 165           | 3.5     | 0.3               | 31               | 19         | 1.1       | 1.6         | 0.33     |
| Chai Latte - Almond Milk - Regular              | 203         | 48            | 0.9     | 0                 | 9.4              | 5.7        | 0.5       | 0.5         | 0.09     | 960         | 227           | 4.3     | 0.4               | 45               | 27         | 1.3       | 1.9         | 0.43     |
| Chai Latte - Almond Milk - Large                | 207         | 49            | 0.8     | 0                 | 9.8              | 5.8        | 0.5       | 0.5         | 0.09     | 1221        | 289           | 5       | 0.4               | 58               | 34         | 1.6       | 2.3         | 0.52     |
| Chai Latte - Oat Milk - Small                   | 279         | 66            | 1.1     | 0.4               | 13               | 6.6        | 0.7       | 0.5         | 0.1      | 988         | 234           | 3.8     | 1.5               | 48               | 24         | 2.5       | 1           | 0.36     |
| Chai Latte - Oat Milk - Regular                 | 276         | 65            | 1       | 0.4               | 14               | 6.7        | 0.7       | 0.5         | 0.1      | 1307        | 309           | 4.6     | 1.8               | 64               | 32         | 3.1       | 1.2         | 0.46     |
| Chai Latte - Oat Milk - Large                   | 275         | 65            | 0.9     | 0.4               | 14               | 6.8        | 0.6       | 0.5         | 0.1      | 1627        | 385           | 5.4     | 2.1               | 81               | 40         | 3.7       | 1.5         | 0.56     |
| Chai Latte - Soya Milk - Small                  | 262         | 62            | 1.6     | 0.3               | 8.9              | 5.5        | 0.5       | 2.8         | 0.09     | 928         | 220           | 5.6     | 0.9               | 32               | 19         | 1.9       | 9.9         | 0.33     |
| Chai Latte - Soya Milk - Regular                | 261         | 62            | 1.4     | 0.2               | 9.5              | 5.7        | 0.5       | 2.5         | 0.09     | 1236        | 293           | 6.7     | 1.1               | 45               | 27         | 2.4       | 12          | 0.43     |
| Chai Latte - Soya Milk - Large                  | 261         | 62            | 1.3     | 0.2               | 9.9              | 5.8        | 0.5       | 2.4         | 0.09     | 1543        | 366           | 7.9     | 1.2               | 58               | 34         | 2.8       | 14          | 0.52     |
| Hot Chocolate - Semi Skimmed Milk - Small       | 317         | 75            | 1.8     | 1.3               | 11               | 10         | 0         | 3.6         | 0.2      | 1121        | 266           | 6.3     | 4.4               | 39               | 36         | 0         | 13          | 0.7      |
| Hot Chocolate - Semi Skimmed Milk - Regular     | 320         | 76            | 1.7     | 1.2               | 12               | 11         | 0         | 3.5         | 0.2      | 1514        | 359           | 8.1     | 5.8               | 55               | 50         | 0         | 16          | 0.96     |
| Hot Chocolate - Semi Skimmed Milk - Large       | 275         | 65            | 1.5     | 1.1               | 9.8              | 8.9        | 0         | 3.1         | 0.17     | 1627        | 385           | 9       | 6.4               | 58               | 53         | 0         | 18          | 1        |
| Hot Chocolate - Skimmed Milk - Small            | 275         | 65            | 0.6     | 0.5               | 11               | 10         | 0         | 3.6         | 0.2      | 973         | 230           | 2.1     | 1.6               | 40               | 36         | 0         | 13          | 0.7      |
| Hot Chocolate - Skimmed Milk - Regular          | 283         | 67            | 0.7     | 0.5               | 12               | 11         | 0         | 3.5         | 0.2      | 1336        | 315           | 3.1     | 2.4               | 56               | 50         | 0         | 16          | 0.96     |
| Hot Chocolate - Skimmed Milk - Large            | 240         | 57            | 0.5     | 0.4               | 9.9              | 9          | 0         | 3.1         | 0.17     | 1419        | 335           | 3.2     | 2.4               | 58               | 53         | 0         | 18          | 1        |
| Hot Chocolate - Coconut Milk - Small            | 271         | 64            | 1.7     | 1                 | 10               | 9.2        | 0         | 2.1         | 0.2      | 961         | 228           | 6       | 3.5               | 36               | 32         | 0.6       | 7.4         | 0.7      |
| Hot Chocolate - Coconut Milk - Regular          | 279         | 66            | 1.6     | 1                 | 11               | 9.7        | 0         | 2.1         | 0.2      | 1321        | 313           | 7.7     | 4.7               | 51               | 46         | 0.7       | 9.7         | 0.96     |
| Hot Chocolate - Coconut Milk - Large            | 237         | 56            | 1.4     | 0.9               | 8.9              | 8.1        | 0         | 1.8         | 0.17     | 1402        | 332           | 8.5     | 5.1               | 53               | 48         | 0.8       | 11          | 1        |
| Hot Chocolate - Almond Milk - Small             | 242         | 57            | 1.5     | 0.5               | 9.6              | 8.5        | 0.5       | 1.2         | 0.18     | 855         | 203           | 5.4     | 1.8               | 34               | 30         | 0.9       | 4.4         | 0.64     |
| Hot Chocolate - Almond Milk - Regular           | 253         | 60            | 1.5     | 0.5               | 10               | 9.1        | 0         | 1.3         | 0.19     | 1195        | 283           | 7       | 2.6               | 48               | 43         | 1.1       | 6.2         | 0.89     |
| Hot Chocolate - Almond Milk - Large             | 212         | 50            | 1.3     | 0.4               | 8.5              | 7.5        | 0         | 1.1         | 0.16     | 1255        | 298           | 7.7     | 2.6               | 50               | 44         | 1.2       | 6.5         | 0.94     |
| Hot Chocolate - Oat Milk - Small                | 323         | 77            | 1.6     | 0.8               | 14               | 9.7        | 0.7       | 1.1         | 0.19     | 1145        | 271           | 5.7     | 3                 | 50               | 34         | 2.4       | 3.8         | 0.67     |
| Hot Chocolate - Oat Milk - Regular              | 326         | 77            | 1.6     | 0.8               | 14               | 10         | 0.6       | 1.2         | 0.2      | 1543        | 365           | 7.4     | 4                 | 68               | 4          |           |             |          |



| 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) |  |  |
| Caramelised Orange Hot Chocolate - Coconut Milk - Small   | 278                        | 66            | 1.4     | 0.9               | 11               | 11         | 0         | 1.8         | 0.17     | 1155        | 274                          | 6       | 3.5               | 47               | 44         | 0.6       | 7.3         | 0.71     |  |  |
| Caramelised Orange Hot Chocolate - Coconut Milk - Regular | 308                        | 73            | 1.5     | 0.9               | 13               | 12         | 0         | 1.9         | 0.19     | 1581        | 374                          | 7.7     | 4.7               | 66               | 61         | 0.7       | 9.7         | 0.97     |  |  |
| Caramelised Orange Hot Chocolate - Coconut Milk - Large   | 292                        | 69            | 1.4     | 0.9               | 12               | 11         | 0         | 1.8         | 0.17     | 1727        | 409                          | 8.6     | 5.1               | 72               | 67         | 0.8       | 11          | 1        |  |  |
| Caramelised Orange Hot Chocolate - Almond Milk - Small    | 253                        | 60            | 1.3     | 0.4               | 11               | 10         | 0         | 1.1         | 0.16     | 1051        | 249                          | 5.4     | 1.8               | 45               | 42         | 0.9       | 4.4         | 0.65     |  |  |
| Caramelised Orange Hot Chocolate - Almond Milk - Regular  | 284                        | 67            | 1.4     | 0.5               | 12               | 11         | 0         | 1.2         | 0.18     | 1455        | 345                          | 7       | 2.6               | 64               | 58         | 1.1       | 6.2         | 0.9      |  |  |
| Caramelised Orange Hot Chocolate - Almond Milk - Large    | 267                        | 63            | 1.3     | 0.4               | 12               | 11         | 0         | 1.1         | 0.16     | 1580        | 374                          | 7.7     | 2.6               | 69               | 63         | 1.2       | 6.5         | 0.95     |  |  |
| Caramelised Orange Hot Chocolate - Oat Milk - Small       | 387                        | 92            | 1.6     | 0.9               | 18               | 13         | 0.7       | 1.1         | 0.2      | 1340        | 317                          | 5.7     | 3                 | 62               | 46         | 2.4       | 3.8         | 0.68     |  |  |
| Caramelised Orange Hot Chocolate - Oat Milk - Regular     | 351                        | 83            | 1.4     | 0.8               | 16               | 12         | 0.6       | 1.1         | 0.18     | 1802        | 427                          | 7.4     | 4                 | 83               | 63         | 2.8       | 5.5         | 0.93     |  |  |
| Caramelised Orange Hot Chocolate - Oat Milk - Large       | 403                        | 95            | 1.7     | 0.9               | 19               | 14         | 0.7       | 1.2         | 0.2      | 1986        | 470                          | 8.1     | 4.3               | 92               | 69         | 3.3       | 5.7         | 0.99     |  |  |
| Caramelised Orange Hot Chocolate - Soya Milk - Small      | 309                        | 73            | 1.8     | 0.6               | 11               | 10         | 0.5       | 3.1         | 0.16     | 1280        | 304                          | 7.4     | 2.4               | 46               | 42         | 1.8       | 13          | 0.65     |  |  |
| Caramelised Orange Hot Chocolate - Soya Milk - Regular    | 337                        | 80            | 1.8     | 0.6               | 12               | 11         | 0.5       | 3.1         | 0.18     | 1731        | 410                          | 9.5     | 3.3               | 64               | 58         | 2.1       | 16          | 0.9      |  |  |
| Caramelised Orange Hot Chocolate - Soya Milk - Large      | 322                        | 76            | 1.8     | 0.6               | 12               | 11         | 0.5       | 3.1         | 0.16     | 1902        | 451                          | 11      | 3.5               | 70               | 63         | 2.5       | 18          | 0.95     |  |  |
| TEA                                                       |                            |               |         |                   |                  |            |           |             |          |             |                              |         |                   |                  |            |           |             |          |  |  |
| Tea - No Milk - Small                                     | 0                          | 0             | 0       | 0                 | 0                | 0          | 0         | 0           | 0        | 0           | 0                            | 0       | 0                 | 0                | 0          | 0         | 0           | 0        |  |  |
| Tea - No Milk - Regular                                   | 0                          | 0             | 0       | 0                 | 0                | 0          | 0         | 0           | 0        | 0           | 0                            | 0       | 0                 | 0                | 0          | 0         | 0           | 0        |  |  |
| Tea - No Milk - Large                                     | 0                          | 0             | 0       | 0                 | 0                | 0          | 0         | 0           | 0        | 0           | 0                            | 0       | 0                 | 0                | 0          | 0         | 0           | 0        |  |  |
| Tea - Semi Skimmed Milk - Small                           | 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                         | 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                           | 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                                | 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                              | 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                                | 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                                | 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                              | 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                                | 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                                 | 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                               | 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                                 | 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                                    | 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                                  | 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                                    | 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                                   | 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                                 | 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                                   | 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                              | 0                          | 0             | 0       | 0                 | 0                | 0          | 0         | 0           | 0        | 0           | 0                            | 0       | 0                 | 0                | 0          | 0         | 0           | 0        |  |  |
| Decaff Tea - No Milk - Regular                            | 0                          | 0             | 0       | 0                 | 0                | 0          | 0         | 0           | 0        | 0           | 0                            | 0       | 0                 | 0                | 0          | 0         | 0           | 0        |  |  |
| Decaff Tea - No Milk - Large                              | 0                          | 0             | 0       | 0                 | 0                | 0          | 0         | 0           | 0        | 0           | 0                            | 0       | 0                 | 0                | 0          | 0         | 0           | 0        |  |  |
| Decaff Tea - Semi Skimmed Milk - Small                    | 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                  | 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                    | 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                         | 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                       | 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                         | 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                         | 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                       | 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                         | 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                          | 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                        | 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                          | 8                          | 2             | 0       | 0                 | 0                | 0          | 0         | 0           | 0        | 50          | 12                           | 0.6     | 0                 | 1.3              | 1.3        | 0         | 0.5         | 0.04     |  |  |
| Decaff Tea - Oat Milk - Small                             | 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     |  |  |
| Decaff Tea - Oat Milk - Regular                           | 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     |  |  |
| Decaff Tea - Oat Milk - Large                             | 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     |  |  |
| Decaff Tea - Soya Milk - Small                            | 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     |  |  |
| Decaff Tea - Soya Milk - Regular                          | 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     |  |  |
| Decaff Tea - Soya Milk - Large                            | 15                         | 4             | 0       | 0                 | 0                | 0          | 0         | 0.5         | 0        | 89          | 21                           | 1       | 0.2               | 1.4              | 1.3        | 0.5       | 1.7         | 0.04     |  |  |
| Earl Grey Tea - No Milk - Small                           | 0                          | 0             | 0       | 0                 | 0                | 0          | 0         | 0           | 0        | 0           | 0                            | 0       | 0                 | 0                | 0          | 0         | 0           | 0        |  |  |
| Earl Grey Tea - No Milk - Regular                         | 0                          | 0             | 0       | 0                 | 0                | 0          | 0         | 0           | 0        | 0           | 0                            | 0       | 0                 | 0                | 0          | 0         | 0           | 0        |  |  |
| Earl Grey Tea - No Milk - Large                           | 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                 | 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               | 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                 | 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                      | 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                    | 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                      | 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                      | 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                    | 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                      | 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                       | 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                     | 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                       | 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                          | 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                        | 17                         | 4             | 0       | 0                 | 0.7              | 0.5        | 0         | 0           | 0        | 79          |                              |         |                   |                  |            |           |             |          |  |  |

## Allergen & Nutrition Guide - Drinks



### Nutrition Values per 100ml

### Nutrition Values per serving

| Product                                          | Nutritional Information (per 100g) |               |         |                   |                  |            |           |             |          |             |               |         |                   |                  |            |           |             |          |
|--------------------------------------------------|------------------------------------|---------------|---------|-------------------|------------------|------------|-----------|-------------|----------|-------------|---------------|---------|-------------------|------------------|------------|-----------|-------------|----------|
|                                                  | 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) |
| Dark Chocolate Sauce - Extra                     | 1347                               | 318           | 2.6     | 1.6               | 74               | 72         | 0         | 0           | 0.13     | 67          | 16            | 0       | 0                 | 3.7              | 3.6        | 0         | 0           | 0        |
| Cream - Extra                                    | 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     |
| Vegan Cream - Extra                              | 1061                               | 256           | 22      | 19                | 14               | 11         | 0         | 0.5         | 0.06     | 118         | 77            | 6.6     | 5.7               | 2.5              | 3.3        | 0         | 0           | 0.02     |
| EXTRA SYRUP                                      |                                    |               |         |                   |                  |            |           |             |          |             |               |         |                   |                  |            |           |             |          |
| Caramel Syrup - Extra                            | 1513                               | 356           | 0       | 0                 | 89               | 89         | 0         | 0           | 0.03     | 363         | 85            | 0       | 0                 | 21               | 21         | 0         | 0           | 0        |
| Hazelnut Syrup - Extra                           | 1522                               | 358           | 0       | 0                 | 89               | 89         | 0         | 0           | 0.03     | 364         | 86            | 0       | 0                 | 21               | 21         | 0         | 0           | 0        |
| Vanilla Syrup - Extra                            | 1510                               | 355           | 0       | 0                 | 89               | 89         | 0         | 0           | 0.03     | 361         | 85            | 0       | 0                 | 21               | 21         | 0         | 0           | 0        |
| Cinnamon Syrup - Extra                           | 1516                               | 357           | 0       | 0                 | 87               | 87         | 0         | 0           | 0.03     | 355         | 84            | 0       | 0                 | 21               | 21         | 0         | 0           | 0        |
| Creme Brulee Syrup - Extra                       | 1358                               | 325           | 0       | 0                 | 82               | 80         | 0         | 0           | 0.03     | 287         | 66            | 0       | 0                 | 16               | 16         | 0         | 0           | 0        |
| Gingerbread Syrup - Extra                        | 1527                               | 359           | 0       | 0                 | 88               | 88         | 0         | 0           | 0.03     | 358         | 84            | 0       | 0                 | 21               | 21         | 0         | 0           | 0        |
| Honeycomb Syrup - Extra                          | 1522                               | 358           | 0       | 0                 | 88               | 88         | 0         | 0           | 0.03     | 357         | 84            | 0       | 0                 | 21               | 21         | 0         | 0           | 0        |
| Orange Syrup - Extra                             | 1328                               | 313           | 0       | 0                 | 77               | 76         | 0         | 0           | 0.03     | 312         | 73            | 0       | 0                 | 18               | 18         | 0         | 0           | 0        |
| Peach Syrup - Extra                              | 1430                               | 336           | 0       | 0                 | 83               | 83         | 0         | 0           | 0.03     | 340         | 80            | 0       | 0                 | 20               | 20         | 0         | 0           | 0        |
| Pure Sugar Cane Syrup - Extra                    | 1511                               | 356           | 0       | 0                 | 89               | 89         | 0         | 0           | 0.03     | 363         | 85            | 0       | 0                 | 21               | 21         | 0         | 0           | 0        |
| Sugar Free Caramel Syrup - Extra                 | 41                                 | 10            | 0       | 0                 | 1.4              | 0          | 0         | 0           | 0.13     | 4           | 1             | 0       | 0                 | 0.5              | 0          | 0         | 0           | 0.03     |
| Sugar Free Hazelnut Syrup - Extra                | 28                                 | 7             | 0       | 0                 | 1.1              | 0          | 0.5       | 0           | 0.13     | 3           | 1             | 0       | 0                 | 0.5              | 0          | 0         | 0           | 0.03     |
| Sugar Free Vanilla Syrup - Extra                 | 39                                 | 9             | 0       | 0                 | 2.3              | 0          | 0         | 0           | 0.13     | 4           | 1             | 0       | 0                 | 0.5              | 0          | 0         | 0           | 0.03     |
| ICED COFFEE                                      |                                    |               |         |                   |                  |            |           |             |          |             |               |         |                   |                  |            |           |             |          |
| Iced Americano - No Milk                         | 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               | 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                    | 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                    | 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                     | 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                        | 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                       | 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           | 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                | 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                | 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                 | 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                    | 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                   | 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           | 167                                | 40            | 0.8     | 0.5               | 6.4              | 5.6        | 0         | 1.7         | 0.04     | 791         | 187           | 3.6     | 2.1               | 30               | 27         | 0         | 8.2         | 0.21     |
| Vanilla Iced Latte - Skimmed Milk                | 146                                | 34            | 0       | 0                 | 6.5              | 5.7        | 0         | 1.7         | 0.04     | 691         | 163           | 0.8     | 0.2               | 31               | 27         | 0         | 8.2         | 0.21     |
| Vanilla Iced Latte - Coconut Milk                | 144                                | 34            | 0.7     | 0.3               | 5.9              | 5.1        | 0         | 0.9         | 0.04     | 682         | 162           | 3.4     | 1.5               | 28               | 24         | 0.5       | 4.5         | 0.21     |
| Vanilla Iced Latte - Almond Milk                 | 129                                | 31            | 0.6     | 0                 | 5.6              | 4.8        | 0         | 0.5         | 0.04     | 611         | 145           | 3       | 0.3               | 27               | 23         | 0.6       | 2.5         | 0.17     |
| Vanilla Iced Latte - Oat Milk                    | 171                                | 40            | 0.7     | 0.2               | 7.9              | 5.4        | 0.5       | 0.5         | 0.04     | 807         | 191           | 3.2     | 1.1               | 38               | 26         | 1.6       | 2.1         | 0.19     |
| Vanilla Iced Latte - Soya Milk                   | 162                                | 38            | 0.9     | 0.2               | 5.7              | 4.8        | 0.5       | 1.7         | 0.04     | 767         | 182           | 4.4     | 0.7               | 27               | 23         | 1.2       | 8.1         | 0.17     |
| Caramel Iced Latte - Semi Skimmed Milk           | 167                                | 40            | 0.8     | 0.5               | 6.4              | 5.7        | 0         | 1.7         | 0.04     | 792         | 187           | 3.6     | 2.1               | 30               | 27         | 0         | 8.2         | 0.21     |
| Caramel Iced Latte - Skimmed Milk                | 146                                | 34            | 0       | 0                 | 6.5              | 5.7        | 0         | 1.7         | 0.04     | 692         | 163           | 0.8     | 0.2               | 31               | 27         | 0         | 8.2         | 0.21     |
| Caramel Iced Latte - Coconut Milk                | 144                                | 34            | 0.7     | 0.3               | 5.9              | 5.2        | 0         | 0.9         | 0.04     | 683         | 162           | 3.4     | 1.5               | 28               | 24         | 0.5       | 4.5         | 0.21     |
| Caramel Iced Latte - Almond Milk                 | 129                                | 31            | 0.6     | 0                 | 5.6              | 4.8        | 0         | 0.5         | 0.04     | 612         | 145           | 3       | 0.3               | 27               | 23         | 0.6       | 2.5         | 0.17     |
| Caramel Iced Latte - Oat Milk                    | 171                                | 40            | 0.7     | 0.2               | 7.9              | 5.4        | 0.5       | 0.5         | 0.04     | 808         | 191           | 3.2     | 1.1               | 38               | 26         | 1.6       | 2.1         | 0.19     |
| Caramel Iced Latte - Soya Milk                   | 162                                | 38            | 0.9     | 0.2               | 5.7              | 4.8        | 0.5       | 1.7         | 0.04     | 768         | 182           | 4.4     | 0.7               | 27               | 23         | 1.2       | 8.1         | 0.17     |
| Hazelnut Iced Latte - Semi Skimmed Milk          | 168                                | 40            | 0.8     | 0.5               | 6.4              | 5.7        | 0         | 1.7         | 0.04     | 793         | 188           | 3.6     | 2.1               | 30               | 27         | 0         | 8.2         | 0.21     |
| Hazelnut Iced Latte - Skimmed Milk               | 146                                | 34            | 0       | 0                 | 6.5              | 5.7        | 0         | 1.7         | 0.04     | 693         | 163           | 0.8     | 0.2               | 31               | 27         | 0         | 8.2         | 0.21     |
| Hazelnut Iced Latte - Coconut Milk               | 145                                | 34            | 0.7     | 0.3               | 5.9              | 5.2        | 0         | 0.9         | 0.04     | 684         | 162           | 3.4     | 1.5               | 28               | 24         | 0.5       | 4.5         | 0.21     |
| Hazelnut Iced Latte - Almond Milk                | 130                                | 31            | 0.6     | 0                 | 5.6              | 4.8        | 0         | 0.5         | 0.04     | 613         | 145           | 3       | 0.3               | 27               | 23         | 0.6       | 2.5         | 0.17     |
| Hazelnut Iced Latte - Oat Milk                   | 171                                | 40            | 0.7     | 0.2               | 8                | 5.4        | 0.5       | 0.5         | 0.04     | 809         | 192           | 3.2     | 1.1               | 38               | 26         | 1.6       | 2.1         | 0.19     |
| Hazelnut Iced Latte - Soya Milk                  | 162                                | 39            | 0.9     | 0.2               | 5.7              | 4.8        | 0.5       | 1.7         | 0.04     | 769         | 182           | 4.4     | 0.7               | 27               | 23         | 1.2       | 8.1         | 0.17     |
| Creme Brulee Iced Latte - Semi Skimmed Milk      | 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           | 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           | 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            | 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               | 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              | 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       | 167                                | 39            | 0.8     | 0.5               | 6.4              | 5.6        | 0         | 1.7         | 0.04     | 788         | 187           | 3.6     | 2.1               | 30               | 27         | 0         | 8.2         | 0.21     |
| Gingerbread Iced Latte - Skimmed Milk            | 145                                | 34            | 0       | 0                 | 6.4              | 5.7        | 0         | 1.7         | 0.04     | 688         | 162           | 0.8     | 0.2               | 30               | 27         | 0         | 8.2         | 0.21     |
| Gingerbread Iced Latte - Coconut Milk            | 144                                | 34            | 0.7     | 0.3               | 5.9              | 5.1        | 0         | 0.9         | 0.04     | 679         | 161           | 3.4     | 1.5               | 28               | 24         | 0.5       | 4.5         | 0.21     |
| Gingerbread Iced Latte - Almond Milk             | 129                                | 30            | 0.6     | 0                 | 5.6              | 4.8        | 0         | 0.5         | 0.04     | 608         | 144           | 3       | 0.3               | 26               | 23         | 0.6       | 2.5         | 0.17     |
| Gingerbread Iced Latte - Oat Milk                | 170                                | 40            | 0.7     | 0.2               | 7.9              | 5.4        | 0.5       | 0.5         | 0.04     | 804         | 190           | 3.2     | 1.1               | 37               | 25         | 1.6       | 2.1         | 0.19     |
| Gingerbread Iced Latte - Soya Milk               | 161                                | 38            | 0.9     | 0.2               | 5.6              | 4.8        | 0.5       | 1.7         | 0.04     | 764         | 181           | 4.4     | 0.7               | 27               | 23         | 1.2       | 8.1         | 0.17     |
| FRAPPE                                           |                                    |               |         |                   |                  |            |           |             |          |             |               |         |                   |                  |            |           |             |          |
| Frappe Latte - Semi Skimmed Milk                 | 232                                | 55            | 0.8     | 0.5               | 10               | 5          | 0         | 1.7         | 0.07     | 1097        | 259           | 3.6     | 2.1               | 48               | 23         | 0         | 8.2         | 0.31     |
| Frappe Latte - Skimmed Milk                      | 211                                | 50            | 0       | 0                 | 10               | 5          | 0         | 1.7         | 0.07     | 997         | 235           | 0.8     | 0.2               | 49               | 24         | 0         | 8.2         | 0.31     |
| Frappe Latte - Coconut Milk                      | 209                                | 49            | 0.7     | 0.3               | 9.7              | 4.5        | 0         | 0.9         | 0.07     | 988         | 234           | 3.4     | 1.5               | 46               | 21         | 0.5       | 4.5         | 0.31     |
| Frappe Latte - Almond Milk                       | 194                                | 46            | 0.6     | 0                 | 9.4              | 4.1        | 0         | 0.5         | 0.06     | 917         | 217           | 3       | 0.3               | 45               | 19         | 0.6       | 2.5         | 0.27     |
| Frappe Latte - Oat Milk                          | 235                                | 56            | 0.7     | 0.2               | 12               | 4.7        | 0.5       | 0.5         | 0.06     | 1113        | 263           | 3.2     | 1.1               | 56               | 22         | 1.6       | 2.1         | 0.29     |
| Frappe Latte - Soya Milk                         | 227                                | 54            | 0.9     | 0.2               | 9.5              | 4.1        | 0.5       | 1.7         | 0.06     | 1073        | 254           | 4.4     | 0.7               | 45               | 19         | 1.2       | 8.1         | 0.27     |
| Mocha Frappe - Semi Skimmed Milk                 | 292                                | 69            | 1       | 0.6               | 13               | 7.4        | 0         | 2.1         | 0.11     | 1378        | 326           | 4.6     | 2.9               | 61               | 35         | 0         | 9.7         | 0.52     |
| Mocha Frappe - Skimmed Milk                      | 271                                | 64            | 0.5     | 0.2               | 13               | 7.4        | 0         | 2.1         | 0.11     | 1278        | 301           | 1.8     | 1                 | 62               | 35         | 0         | 9.7         | 0.52     |
| Mocha Frappe - Coconut Milk                      | 269                                | 64            | 0.9     | 0.5               | 13               | 6.9        | 0         | 1.3         | 0.11     | 1269        | 300           | 4.4     | 2.3               | 59               | 32         | 0.5       | 5.9         | 0.52     |
| Mocha Frappe - Almond Milk                       | 254                                | 60            | 0.8     | 0.2               | 12               | 6.5        | 0         | 0.8         | 0.1      | 1198        | 283           | 4       | 1.1               | 58               | 31         | 0.6       | 4           | 0.48     |
| Mocha Frappe - Oat Milk                          | 295                                | 70            | 0.9     | 0.4               | 15               | 7.1        | 0.5       | 0.8         | 0.11     | 1394        | 329           | 4.2     | 1.9               | 69               | 34         | 1.6       | 3.6         | 0.5      |
| Mocha Frappe - Soya Milk                         | 287                                | 68            | 1.1     | 0.3               | 12               | 6.5        | 0.5       | 2           | 0.1      | 1354        | 320           | 5.4     | 1.5               | 58               | 31         | 1.2       | 9.6         | 0.48     |
| White Chocolate Mocha Frappe - Semi Skimmed Milk | 845                                | 201           | 8.2     | 5.1               | 27               | 17         | 0         | 4.4         | 0.17     | 2125        | 506           | 21      | 13                | 69               | 44         | 0         | 11          | 0.42     |
| White Chocolate Mocha Frappe - Skimmed Milk      | 805                                | 191           | 7.1     | 4.4               | 27               | 18         | 0         | 4.4         | 0.17     | 2025        | 482           | 18      | 11                | 69               | 44         | 0         | 11          | 0.42     |
| White Chocolate Mocha Frappe - Coconut Milk      | 802                                | 191           | 8.1     | 4.9               | 26               | 17         | 0         | 3           | 0.17     | 2016        | 481           | 20      | 12                | 66               | 42         | 0.5       | 7.4         | 0.42     |
| White Chocolate Mocha Frappe - Almond Milk       | 773                                | 184           | 8       | 4.4               | 26               | 16         | 0.5       | 2.2         | 0.15     | 1945        | 464           | 20      | 11                | 65               | 40         | 0.8       | 5.4         | 0.38     |
| White Chocolate Mocha Frappe - Oat Milk          | 851                                | 203           | 8       | 4.7               | 30               | 17         | 0.7       | 2           | 0.16     | 2141        | 510           | 20      | 12                | 76               | 43         | 1.7       | 5.1         | 0.4      |
| White Chocolate Mocha Frappe - Soya Milk         | 835                                | 199           | 8.5     | 4.6               | 26               | 16         | 0.5       | 4.4         | 0.15     | 2101        | 501           | 21      | 12                | 65               | 40         | 1.4       | 11          | 0.38     |
| Chai Frappe Latte - Semi Skimmed Milk            | 337                                | 79            | 0.6     | 0.4               | 17               | 8.8        | 0         | 1.5         | 0.1      | 1593        | 376           | 3       | 2                 | 80               | 41         | 0.5       | 6.9         | 0.46     |
| Chai Frappe Latte - Skimmed Milk                 | 316                                | 74            | 0       | 0                 | 17               | 8.8        | 0         | 1.5         | 0.1      | 1492        | 351           | 0       | 0                 | 80               | 42         | 0.5       | 6.9         | 0.46     |
| Chai Frappe Latte - Coconut Milk                 | 314                                | 74            | 0.6     | 0.3               |                  |            |           |             |          |             |               |         |                   |                  |            |           |             |          |



| 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     |  |  |
| ICED DRINKS                                             |                            |               |         |                   |                  |            |           |             |          |             |                              |         |                   |                  |            |           |             |          |  |  |
| 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 &amp; 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 &amp; Nutrition Guide - Monin Syrups



| Product                                              | Energy (kJ) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugar (g) | Fibre (g) | Protein (g) | Salt (g) | Energy (kJ) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugar (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       | 4.4         | 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        |
| Crème Brûlée 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        |