

Allergen & nutritional information guide

Puccino's



About this guide.

This guide provides allergen and nutritional information for:

• Hot Coffees • Tea • Other Hot Drinks • Iced Drinks • Matcha • Seasonal Drinks • Food • Milk Alternatives & Extras •

Allergen information

Allergens are highlighted in **BOLD** within the allergen column for each product. This guide covers the following 14 allergens:

• Milk • Nuts • Celery • Mustard • Sesame • Sulphites • Lupin • Molluscs •
• Crustaceans • Eggs • Fish • Peanuts • Soybeans • Cereals containing **Gluten** •

Please check all allergens carefully before ordering, and speak to your barista if you have any questions about allergens or ingredients.

Please note: All our beverages are handcrafted to order in busy environments where allergens are present. While we take care in preparation, we cannot guarantee any drink is completely free from allergens due to shared equipment and handling. As standard, we use Brodies and Sweetbird syrups, which are free from the major allergens listed above- including Hazelnut and Sugar-Free Hazelnut.



Hot Coffee

Latte		Nutritional Information																			
		Allergens	Per 100g									Per Serving									
				KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Latte - Semi Skimmed Milk		(Contains: Milk)	Small	172	41	1.3	0.8	4.3	3.4	0	2.9	0.08	670	159	5.1	3.1	17	13	0	11	0.3
			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
			Large	170	40	1.3	0.7	4.4	3.2	0	2.9	0.07	1006	239	7.5	4.4	26	19	0	17	0.41
Latte - Skimmed Milk		(Contains: Milk)	Small	147	35	0.5	0	4.9	3.8	0	3.2	0.08	522	123	0.9	0.3	17	14	0	11	0.29
			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
			Large	135	32	0.5	0	4.4	3.2	0	2.9	0.07	798	188	1.7	0.5	26	19	0	17	0.41
Latte - Oat Milk		(Contains: Oats)	Small	233	56	2	0.2	8	3.2	0.5	1.1	0.09	826	197	7.1	0.7	28	12	1.5	4	0.32
			Regular	217	52	1.9	0.2	7.4	2.9	0.5	1.1	0.08	1025	244	8.8	0.9	35	14	1.8	5.2	0.39
Vegan			Large	207	49	1.8	0.2	7.1	2.7	0.5	1.1	0.08	1226	292	10	1.1	42	16	2.1	6.5	0.46
Latte - Almond Milk		(Contains: Tree nuts, Almonds)	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
			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
Vegan			Large	107	26	1.1	0.1	3	1.8	0	0.9	0.06	634	151	6.3	0.7	18	10	1.2	5	0.33
Latte - Coconut Milk		(Contains: Soya)	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
			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
Vegan			Large	132	31	1.2	0.5	3.5	2.3	0	1.6	0.07	781	186	7.1	3.2	21	14	0.8	9.2	0.41
Latte - Soya Milk		(Contains: Soya)	Small	179	43	1.8	0.3	3.3	2.1	0.5	3.2	0.07	634	151	6.3	1	12	7.4	1.8	11	0.24
			Regular	168	40	1.6	0.3	3.2	1.9	0.5	3	0.06	794	189	7.7	1.3	15	8.8	2.1	14	0.28
Vegan			Large	162	39	1.5	0.3	3.1	1.8	0.5	2.8	0.06	956	228	9.2	1.5	18	10	2.5	17	0.33



Cappuccino			Nutritional Information																	
			Per 100g									Per Serving								
			Allergens																	
Cappuccino - Semi Skimmed Milk	(Contains: Milk)	Small	158	37	1.2	0.7	4	3	0	2.7	0.07	558	132	4.2	2.5	14	11	0	9.5	0.24
		Regular	154	36	1.1	0.7	4	2.8	0	2.6	0.06	725	172	5.4	3.2	19	13	0	12	0.3
		Large	151	36	1.1	0.6	3.9	2.7	0	2.5	0.06	892	212	6.6	3.8	23	16	0	15	0.35
Cappuccino - Skimmed Milk	(Contains: Milk)	Small	124	29	0	0	4.1	3.1	0	2.7	0.07	440	104	0.9	0.3	14	11	0	9.5	0.24
		Regular	122	29	0.5	0	4	2.9	0	2.6	0.06	577	136	1.3	0.3	19	14	0	12	0.29
		Large	121	29	0.5	0	4	2.8	0	2.5	0.06	715	169	1.6	0.4	24	16	0	15	0.35
Cappuccino - Oat Milk	(Contains: Oats)	Small	193	46	1.6	0.2	6.6	2.6	0.5	1	0.07	683	163	5.8	0.6	23	9.2	1.2	3.5	0.26
		Regular	186	44	1.6	0.2	6.4	2.4	0.5	1	0.07	882	210	7.5	0.8	30	12	1.5	4.7	0.32
		Large	183	43	1.5	0.2	6.3	2.3	0.5	1	0.07	1080	257	9.1	1	37	14	1.8	5.9	0.39
Vegan																				
Cappuccino - Almond Milk	(Contains: Tree nuts, Almonds)	Small	98	23	1	0.1	2.8	1.7	0	0.8	0.05	346	82	3.5	0.4	9.8	5.9	0.7	2.7	0.19
		Regular	97	23	1	0.1	2.8	1.6	0	0.8	0.05	460	110	4.5	0.5	13	7.4	0.9	3.7	0.24
		Large	97	23	0.9	0.1	2.8	1.5	0	0.8	0.05	574	137	5.5	0.6	16	8.9	1.1	4.7	0.28
Vegan																				
Cappuccino - Coconut Milk	(Contains: Soya)	Small	121	29	1.1	0.5	3.2	2.2	0	1.4	0.07	429	102	4	1.8	11	7.8	0.5	5	0.24
		Regular	119	28	1.1	0.5	3.2	2.1	0	1.4	0.06	565	134	5.1	2.3	15	9.7	0.6	6.7	0.29
		Large	118	28	1.1	0.5	3.2	2	0	1.4	0.06	700	167	6.2	2.7	19	12	0.7	8.3	0.35
Vegan																				
Cappuccino - Soya Milk	(Contains: Soya)	Small	150	36	1.4	0.2	2.8	1.7	0.5	2.6	0.05	529	126	5.1	0.8	10	5.9	1.4	9.3	0.19
		Regular	142	34	1.4	0.2	2.8	1.5	0.5	2.5	0.05	689	164	6.6	1.1	13	7.4	1.8	12	0.24
		Large	144	34	1.4	0.2	2.8	1.5	0.5	2.5	0.05	849	202	8	1.3	17	8.9	2.1	15	0.28
Vegan																				



Flat White		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Flat White - Semi Skimmed Milk		(Contains: 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		(Contains: 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 - Oat Milk		(Contains: Oats)	229	55	1.9	0.2	7.9	2.9	0.5	1.3	0.08	811	193	6.8	0.7	28	10	1.3	4.5	0.29
Vegan																				
Flat White - Almond Milk		(Contains: Tree nuts, Almonds)	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
Vegan																				
Flat White - Coconut Milk		(Contains: Soya)	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
Vegan																				
Flat White - Soya Milk		(Contains: Soya)	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
Vegan																				



Short Flat		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Short Flat - Semi Skimmed Milk		(Contains: 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		(Contains: 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 - Oat Milk		(Contains: Oats)	229	54	1.9	0.2	7.8	2.9	0.5	1.3	0.08	540	129	4.5	0.5	18	6.9	0.9	3	0.19
		Vegan																		
Short Flat - Almond Milk		(Contains: Tree nuts, Almonds)	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
		Vegan																		
Short Flat - Coconut Milk		(Contains: Soya)	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
		Vegan																		
Short Flat - Soya Milk		(Contains: Soya)	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
		Vegan																		

			Nutritional Information																	
			Per 100g									Per Serving								
Americano	Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
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
		Regular	35	8	0	0	1.1	0	0	0.5	0	166	39	1	0.2	5.4	0	0	2.2	0
Vegan		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 - Semi Skimmed Milk	(Contains: 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
		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
		Large	54	13	0.5	0.1	1.6	0.5	0	0.8	0	316	75	2	0.8	9.5	2.2	0	4.7	0.05
Americano - Skimmed Milk	(Contains: 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
		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
		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 - Oat Milk	(Contains: Oats)	Small	52	12	0.5	0	1.7	0.5	0	0.5	0	184	44	1.3	0.2	6.1	1.2	0	1.7	0.03
		Regular	56	13	0.5	0	1.9	0.5	0	0.5	0	263	63	1.9	0.3	8.8	1.6	0	2.6	0.04
Vegan		Large	58	14	0.5	0	1.9	0.5	0	0.6	0	343	81	2.4	0.4	11	1.9	0.5	3.4	0.06
Americano - Almond Milk	(Contains: Tree nuts, Almonds)	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
		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
Vegan		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 - Coconut Milk	(Contains: Soya)	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
		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
Vegan		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		Nutritional Information																		
		Per 100g										Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Americano - Soya Milk	(Contains: Soya)	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
		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
Vegan		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

Espresso		Nutritional Information																		
		Per 100g										Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
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	
Vegan, Gluten Free																				
Espresso - Double		319	76	1.9	0.4	10	0	0	4.3	0	111	26	0.6	0.1	3.6	0	0	1.5	0	
Vegan																				
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	
Vegan, Gluten Free																				



Macchiato		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Macchiato - Single - Semi Skimmed Milk		(Contains: 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		(Contains: 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 - Oat Milk		(Contains: Oats)	314	75	2.4	0.3	11	2.6	0.5	2.6	0.07	116	28	0.9	0.1	3.9	1	0	1	0.03
Vegan																				
Macchiato - Single - Almond Milk		(Contains: Tree nuts, Almonds)	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
Vegan																				
Macchiato - Single - Coconut Milk		(Contains: Soya)	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
Vegan																				
Macchiato - Single - Soya Milk		(Contains: Soya)	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
Vegan																				



Macchiato		Nutritional Information																			
		Per 100g										Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Macchiato - Double - Semi Skimmed Milk		(Contains: 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		(Contains: 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 - Oat Milk		(Contains: Oats)	273	65	2.1	0.3	9.2	2.3	0.5	2.2	0.06	232	55	1.7	0.2	7.8	1.9	0	1.9	0.06	
Macchiato - Double - Almond Milk		(Contains: Tree nuts, Almonds)	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	
Vegan																					
Macchiato - Double - Coconut Milk		(Contains: Soya)	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	
Vegan																					
Macchiato - Double - Soya Milk		(Contains: Soya)	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	
Vegan																					



Macchiato		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Macchiato - Triple - Semi Skimmed Milk		(Contains: 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		(Contains: 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 - Oat Milk		(Contains: Oats)	290	69	2.2	0.3	9.8	2.4	0.5	2.4	0.07	348	83	2.6	0.4	12	2.9	0.5	2.9	0.08
Vegan																				
Macchiato - Triple - Almond Milk		(Contains: Tree nuts, Almonds)	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
Vegan																				
Macchiato - Triple - Coconut Milk		(Contains: Soya)	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
Vegan																				
Macchiato - Triple - Soya Milk		(Contains: Soya)	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
Vegan																				



Hazelnut Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Hazelnut Latte - Semi Skimmed Milk	(Contains: Milk)	Small	253	60	1.4	0.9	8.6	7.5	0	3.2	0.08	897	213	5.1	3.1	30	27	0	11	0.3
		Regular	241	57	1.3	0.8	8.3	7.1	0	3	0.08	1140	270	6.3	3.7	39	34	0	14	0.36
		Large	234	55	1.3	0.7	8.1	6.9	0	2.9	0.07	1385	328	7.5	4.4	48	41	0	17	0.42
Hazelnut Latte - Skimmed Milk	(Contains: Milk)	Small	212	50	0.5	0	8.6	7.6	0	3.2	0.08	749	177	0.9	0.3	31	27	0	11	0.3
		Regular	204	48	0.5	0	8.4	7.2	0	3	0.08	963	227	1.3	0.4	40	34	0	14	0.36
		Large	199	47	0.5	0	8.2	7	0	2.9	0.07	1177	278	1.7	0.5	49	41	0	17	0.42
Hazelnut Latte - Oat Milk	(Contains: Oats)	Small	298	71	2	0.2	12	7	0.5	1.1	0.09	1054	250	7.1	0.7	42	25	1.5	4	0.33
		Regular	281	67	1.9	0.2	11	6.7	0.5	1.1	0.08	1328	315	8.8	0.9	53	32	1.8	5.2	0.4
		Large	271	64	1.8	0.2	11	6.5	0.5	1.1	0.08	1605	381	10	1.1	64	38	2.1	6.5	0.46
Hazelnut Latte - Almond Milk	(Contains: Tree nuts, Almonds)	Small	178	42	1.2	0.1	7	5.9	0	0.8	0.07	632	150	4.2	0.4	25	21	0.9	3	0.24
		Regular	174	41	1.1	0.1	6.9	5.6	0	0.8	0.06	822	195	5.2	0.6	32	27	1.1	4	0.29
		Large	171	41	1.1	0.1	6.8	5.5	0	0.9	0.06	1013	240	6.3	0.7	40	33	1.2	5	0.34
Hazelnut Latte - Coconut Milk	(Contains: Soya)	Small	208	49	1.3	0.6	7.6	6.5	0	1.7	0.08	737	175	4.8	2.2	27	23	0.6	5.9	0.3
		Regular	200	48	1.3	0.6	7.4	6.2	0	1.6	0.08	947	225	5.9	2.7	35	30	0.7	7.5	0.36
		Large	196	47	1.2	0.5	7.3	6.1	0	1.6	0.07	1160	275	7.1	3.2	43	36	0.8	9.2	0.42
Hazelnut Latte - Soya Milk	(Contains: Soya)	Small	243	58	1.8	0.3	7.1	5.9	0.5	3.2	0.07	861	205	6.3	1	25	21	1.8	11	0.24
		Regular	232	55	1.6	0.3	6.9	5.6	0.5	3	0.06	1097	261	7.7	1.3	33	27	2.1	14	0.29
		Large	226	54	1.5	0.3	6.9	5.5	0.5	2.8	0.06	1335	317	9.2	1.5	41	33	2.5	17	0.34



Caramel Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Caramel Latte - Semi Skimmed Milk	(Contains: 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
		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
		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	(Contains: 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
		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
		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 - Oat Milk	(Contains: Oats)	Small	297	71	2	0.2	12	7	0.5	1.1	0.09	1053	250	7.1	0.7	42	25	1.5	4	0.33
		Regular	281	67	1.9	0.2	11	6.7	0.5	1.1	0.08	1327	315	8.8	0.9	53	32	1.8	5.2	0.4
		Large	271	64	1.8	0.2	11	6.5	0.5	1.1	0.08	1604	381	10	1.1	64	38	2.1	6.5	0.46
Caramel Latte - Almond Milk	(Contains: Tree nuts, Almonds)	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
		Regular	174	41	1.1	0.1	6.9	5.6	0	0.8	0.06	821	195	5.2	0.6	32	27	1.1	4	0.29
		Large	171	41	1.1	0.1	6.8	5.5	0	0.9	0.06	1012	240	6.3	0.7	40	33	1.2	5	0.34
Caramel Latte - Coconut Milk	(Contains: Soya)	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
		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
		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 - Soya Milk	(Contains: Soya)	Small	243	58	1.8	0.3	7	5.9	0.5	3.2	0.07	861	205	6.3	1	25	21	1.8	11	0.24
		Regular	232	55	1.6	0.3	6.9	5.6	0.5	3	0.06	1097	261	7.7	1.3	33	27	2.1	14	0.29
		Large	226	54	1.5	0.3	6.9	5.5	0.5	2.8	0.06	1334	317	9.2	1.5	41	33	2.5	17	0.34



Vanilla Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Vanilla Latte - Semi Skimmed Milk	(Contains: 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
		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
		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	(Contains: Milk)	Small	211	50	0.5	0	8.6	7.6	0	3.2	0.08	748	176	0.9	0.3	30	27	0	11	0.3
		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
		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 - Oat Milk	(Contains: Oats)	Small	297	71	2	0.2	12	7	0.5	1.1	0.09	1052	250	7.1	0.7	42	25	1.5	4	0.33
		Regular	280	67	1.9	0.2	11	6.7	0.5	1.1	0.08	1326	315	8.8	0.9	53	32	1.8	5.2	0.4
		Large	271	64	1.8	0.2	11	6.5	0.5	1.1	0.08	1602	380	10	1.1	64	38	2.1	6.5	0.46
Vanilla Latte - Almond Milk	(Contains: Tree nuts, Almonds)	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
		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
		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 - Coconut Milk	(Contains: Soya)	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
		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
		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 - Soya Milk	(Contains: Soya)	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
		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
		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



Mocha		Nutritional Information																		
		Allergens	Per 100g									Per Serving								
			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Mocha - Semi Skimmed Milk	(Contains: Milk)	Small	316	75	1.7	1.1	11	9.4	0	3.5	0.18	1120	265	6	4	40	33	0	12	0.64
		Regular	332	79	1.7	1.1	12	10	0	3.5	0.19	1568	371	8.1	5.4	58	47	0	17	0.91
		Large	293	70	1.6	1	11	8.5	0	3.3	0.16	1735	411	9.4	6	62	50	0	19	0.96
Mocha - Skimmed Milk	(Contains: Milk)	Small	283	67	0.8	0.5	11	9.5	0	3.5	0.18	1002	236	2.7	1.7	41	34	0	12	0.64
		Regular	300	71	0.8	0.5	12	10	0	3.5	0.19	1420	335	4	2.6	58	48	0	17	0.91
		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 - Oat Milk	(Contains: Oats, Milk)	Small	352	83	2.2	0.6	14	9	0.5	1.8	0.19	1245	295	7.7	2.1	50	32	1.2	6.4	0.67
		Regular	365	86	2.2	0.6	15	9.6	0.5	1.9	0.2	1725	409	10	3	69	46	1.5	9.1	0.93
		Large	325	77	2	0.5	13	8.1	0.5	1.7	0.17	1923	456	12	3.2	76	48	1.8	10	1
Mocha - Almond Milk	(Contains: Tree nuts, Almonds, 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
		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
		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	0.89
Mocha - Coconut Milk	(Contains: Milk, Soya)	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
		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
		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 - Soya Milk	(Contains: Milk, Soya)	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
		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
		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		Nutritional Information																		
		Per 100g										Per Serving								
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
White Chocolate Mocha - Semi Skimmed Milk	(Contains: Milk)	Small	307	73	1.8	1.1	11	9.4	0	3.5	0.19	1082	256	6.3	3.8	37	33	0	12	0.66
		Regular	301	71	1.7	1	10	9.1	0	3.4	0.18	1423	337	8.3	4.9	50	43	0	16	0.85
		Large	269	64	1.6	0.9	9.1	7.8	0	3.2	0.15	1591	377	9.5	5.5	54	46	0	19	0.91
White Chocolate Mocha - Skimmed Milk	(Contains: Milk)	Small	273	65	0.9	0.4	11	9.5	0	3.5	0.19	963	228	3	1.5	38	33	0	12	0.66
		Regular	269	64	0.9	0.4	11	9.2	0	3.4	0.18	1276	301	4.1	2.1	50	44	0	16	0.85
		Large	239	57	0.8	0.4	9.2	7.8	0	3.2	0.15	1413	334	4.5	2.2	54	46	0	19	0.91
White Chocolate Mocha - Oat Milk	(Contains: Oats, Milk)	Small	342	81	2.3	0.5	13	9	0.5	1.8	0.19	1207	286	8	1.9	47	32	1.3	6.4	0.68
		Regular	334	79	2.2	0.5	13	8.8	0.5	1.8	0.19	1580	375	10	2.5	61	42	1.7	8.6	0.88
		Large	301	71	2	0.5	11	7.4	0.5	1.7	0.16	1778	422	12	2.7	68	44	2	9.9	0.95
White Chocolate Mocha - Almond Milk	(Contains: Tree nuts, Almonds, Milk)	Small	246	58	1.6	0.5	9.3	8	0	1.6	0.17	869	206	5.6	1.7	33	28	0.9	5.6	0.61
		Regular	245	58	1.6	0.5	9.3	7.9	0	1.6	0.17	1158	275	7.4	2.2	44	37	1.1	7.6	0.8
		Large	215	51	1.4	0.4	8	6.6	0	1.5	0.14	1272	302	8.4	2.3	47	39	1.3	8.7	0.84
White Chocolate Mocha - Coconut Milk	(Contains: Milk, Soya)	Small	270	64	1.7	0.9	9.8	8.6	0	2.3	0.19	953	226	6.1	3.1	35	30	0.6	8	0.66
		Regular	267	63	1.7	0.8	9.7	8.4	0	2.2	0.18	1263	300	8	4	46	40	0.8	11	0.85
		Large	237	56	1.5	0.8	8.4	7.1	0	2.1	0.15	1398	332	9.1	4.5	50	42	0.9	12	0.91
White Chocolate Mocha - Soya Milk	(Contains: Milk, Soya)	Small	299	71	2.1	0.6	9.4	8	0.5	3.5	0.17	1053	250	7.3	2.1	33	28	1.6	12	0.61
		Regular	293	70	2	0.6	9.3	7.9	0.5	3.4	0.17	1388	330	9.5	2.8	44	37	2	16	0.8
		Large	262	62	1.8	0.5	8.1	6.6	0.5	3.2	0.14	1548	368	11	3.1	48	39	2.3	19	0.84



Tea

Tea		Nutritional Information																		
		Allergens	Per 100g										Per Serving							
			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Tea - No Milk		Small	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		Regular	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Vegan	Large	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tea - Semi Skimmed Milk	(Contains: 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
		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
		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	(Contains: 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
		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
		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 - Oat Milk	(Contains: Oats)	Small	21	5	0	0	0.7	0.5	0	0	0	73	17	0.7	0	2.5	1.2	0	0.5	0.03
		Regular	21	5	0	0	0.7	0.5	0	0	0	97	23	0.9	0	3.4	1.6	0	0.5	0.04
		Large	20	5	0	0	0.7	0.5	0	0	0	121	29	1.1	0.1	4.2	2	0	0.5	0.06
Tea - Almond Milk	(Contains: Tree nuts, Almonds)	Small	8	2	0	0	0	0	0	0	0	30	7	0.5	0	0.8	0.8	0	0	0.02
		Regular	8	2	0	0	0	0	0	0	0	40	10	0.5	0	1	1	0	0	0.03
		Large	8	2	0	0	0	0	0	0	0	50	12	0.6	0	1.3	1.3	0	0.5	0.04
Tea - Coconut Milk	(Contains: Soya)	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
		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
		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		Nutritional Information																		
		Allergens	Per 100g									Per Serving								
			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Tea - Soya Milk	(Contains: Soya)	Small	15	4	0	0	0	0	0	0.5	0	53	13	0.6	0	0.8	0.8	0	1	0.02
		Regular	15	4	0	0	0	0	0	0.5	0	71	17	0.8	0.1	1.1	1	0	1.3	0.03
		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
Vegan																				
Decaf Tea		Nutritional Information																		
		Allergens	Per 100g									Per Serving								
			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Decaf Tea - No Milk		Small	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		Regular	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		Large	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegan																				
Decaf Tea - Semi Skimmed Milk	(Contains: 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
		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
		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
Decaf Tea - Skimmed Milk	(Contains: 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
		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
		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
Decaf Tea - Oat Milk	(Contains: Oats)	Small	21	5	0	0	0.7	0.5	0	0	0	73	17	0.7	0	2.5	1.2	0	0.5	0.03
		Regular	21	5	0	0	0.7	0.5	0	0	0	97	23	0.9	0	3.4	1.6	0	0.5	0.04
		Large	20	5	0	0	0.7	0.5	0	0	0	121	29	1.1	0.1	4.2	2	0	0.5	0.06
Vegan																				



Decaf Tea			Nutritional Information																	
			Per 100g									Per Serving								
			Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Decaf Tea - Almond Milk	(Contains: Tree nuts, Almonds)	Small	8	2	0	0	0	0	0	0	0	30	7	0.5	0	0.8	0.8	0	0	0.02
		Regular	8	2	0	0	0	0	0	0	0	40	10	0.5	0	1	1	0	0	0.03
		Large	8	2	0	0	0	0	0	0	0	50	12	0.6	0	1.3	1.3	0	0.5	0.04
Vegan																				
Decaf Tea - Coconut Milk	(Contains: Soya)	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
		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
		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
Vegan																				
Decaf Tea - Soya Milk	(Contains: Soya)	Small	15	4	0	0	0	0	0	0.5	0	53	13	0.6	0	0.8	0.8	0	1	0.02
		Regular	15	4	0	0	0	0	0	0.5	0	71	17	0.8	0.1	1.1	1	0	1.3	0.03
		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
Vegan																				
Earl Grey Tea			Nutritional Information																	
			Per 100g									Per Serving								
			Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Earl Grey Tea - No Milk		Small	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		Regular	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		Large	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegan																				
Earl Grey Tea - Semi Skimmed Milk	(Contains: 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
		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
		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			Nutritional Information																	
			Per 100g									Per Serving								
			Allergens																	
Earl Grey Tea - Skimmed Milk	(Contains: 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
		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
		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 - Oat Milk	(Contains: Oats)	Small	21	5	0	0	0.7	0.5	0	0	0	73	17	0.7	0	2.5	1.2	0	0.5	0.03
		Regular	21	5	0	0	0.7	0.5	0	0	0	97	23	0.9	0	3.4	1.6	0	0.5	0.04
		Large	20	5	0	0	0.7	0.5	0	0	0	122	29	1.1	0.1	4.2	2	0	0.5	0.06
Vegan																				
Earl Grey Tea - Almond Milk	(Contains: Tree nuts, Almonds)	Small	8	2	0	0	0	0	0	0	0	30	7	0.5	0	0.8	0.8	0	0	0.02
		Regular	8	2	0	0	0	0	0	0	0	40	10	0.5	0	1	1	0	0	0.03
		Large	8	2	0	0	0	0	0	0	0	50	12	0.6	0	1.3	1.3	0	0.5	0.04
Vegan																				
Earl Grey Tea - Coconut Milk	(Contains: Soya)	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
		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
		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
Vegan																				
Earl Grey Tea - Soya Milk	(Contains: Soya)	Small	15	4	0	0	0	0	0	0.5	0	53	13	0.6	0	0.8	0.8	0	1	0.02
		Regular	15	4	0	0	0	0	0	0.5	0	71	17	0.8	0.1	1.1	1	0	1.3	0.03
		Large	15	4	0	0	0	0	0	0	0.5	0	89	21	1	0.2	1.4	1.3	0.5	1.7
Vegan																				



Speciality Teas		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Green Tea - No Milk	Small	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Regular	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Vegan	Large	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peppermint Tea - No Milk	Small	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
	Regular	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
	Vegan	Large	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Camomile Tea - No Milk	Small	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
	Regular	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
	Vegan	Large	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Lemon & Ginger Tea - No Milk	Small	1	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
	Regular	0	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
		Large	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
Raspberry & Peach Tea - No Milk	Small	1	0	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0
	Regular	0	0	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0
	Vegan	Large	0	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0



Other Hot Drinks

Hot Chocolate		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Hot Chocolate - Semi Skimmed Milk	(Contains: 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
		Regular	320	76	1.7	1.2	12	11	0	3.5	0.2	1513	358	8.1	5.8	55	50	0	16	0.96
		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	(Contains: 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
		Regular	283	67	0.7	0.5	12	11	0	3.5	0.2	1336	315	3.1	2.4	55	50	0	16	0.96
		Large	240	57	0.5	0.4	9.9	9	0	3.1	0.17	1420	335	3.2	2.4	58	53	0	18	1
Hot Chocolate - Oat Milk	(Contains: Oats, Milk)	Small	361	86	2.4	0.6	14	9.7	0.5	1.5	0.21	1277	303	8.3	2.1	51	34	1.5	5.4	0.73
		Regular	360	85	2.2	0.6	15	10	0.5	1.6	0.21	1701	404	11	2.9	69	48	1.8	7.4	1
		Large	312	74	2	0.5	13	8.5	0.5	1.3	0.18	1847	438	12	3	74	50	2.1	7.9	1.1
Hot Chocolate - Almond Milk	(Contains: Tree nuts, Almonds, 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
		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
		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 - Coconut Milk	(Contains: Milk, Soya)	Small	271	64	1.7	1	10	9.2	0	2.1	0.2	960	228	6	3.5	36	32	0.6	7.4	0.7
		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
		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 - Soya Milk	(Contains: Milk, Soya)	Small	307	73	2.1	0.7	9.6	8.5	0.5	3.6	0.18	1085	258	7.4	2.4	34	30	1.8	13	0.64
		Regular	311	74	2	0.7	10	9.1	0.5	3.4	0.19	1471	349	9.5	3.3	49	43	2.1	16	0.89
		Large	267	63	1.8	0.6	8.5	7.5	0.5	3.1	0.16	1577	374	11	3.5	50	44	2.5	18	0.94

		Nutritional Information																		
		Per 100g										Per Serving								
Chai Latte		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Chai Latte - Semi Skimmed Milk	(Contains: 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
		Regular	270	64	1.1	0.7	11	7.2	0	2.6	0.11	1279	303	5.3	3.5	51	34	0.5	12	0.5
		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	(Contains: Milk)	Small	230	54	0	0	11	7.2	0	2.8	0.11	815	192	0.5	0.1	37	26	0	10	0.39
		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
		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 - Oat Milk	(Contains: Oats)	Small	316	75	1.8	0.2	14	6.6	0.5	0.7	0.12	1120	266	6.5	0.6	48	24	1.6	2.6	0.42
		Regular	310	73	1.6	0.1	14	6.7	0.5	0.7	0.11	1467	348	7.8	0.7	65	32	2	3.1	0.53
		Vegan Large	307	73	1.5	0.1	14	6.8	0.5	0.6	0.11	1813	430	9.1	0.8	82	40	2.4	3.7	0.65
Chai Latte - Almond Milk	(Contains: Tree nuts, Almonds) Vegan	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
		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
		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 - Coconut Milk	(Contains: Soya) Vegan	Small	227	54	1.2	0.6	9.4	6.1	0	1.3	0.11	803	190	4.1	2.1	33	22	0.8	4.5	0.39
		Regular	230	54	1	0.5	10	6.3	0	1.2	0.11	1086	257	5	2.5	47	30	1	5.5	0.5
		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 - Soya Milk	(Contains: Soya) Vegan	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
		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
		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



Iced Drinks

Classic Iced Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Classic Iced Latte - Semi Skimmed Milk		(Contains: Milk)	108	26	0.8	0.5	2.8	5.7	0	1.8	0.04	490	116	3.5	2	13	26	0	8.2	0.2
Classic Iced Latte - Skimmed Milk		(Contains: Milk)	146	34	0	0	6.5	5.7	0	1.7	0.04	663	156	0.8	0.2	29	26	0	7.9	0.2
Classic Iced Latte - Oat Milk		(Contains: Oats)	131	31	1.1	0.1	4.5	1.7	0	0.7	0.05	596	142	5	0.5	20	7.8	1	3.2	0.22
Vegan																				
Classic Iced Latte - Almond Milk		(Contains: Tree nuts, Almonds)	68	16	0.6	0	1.9	4.8	0	0.5	0.04	310	74	2.9	0.3	8.8	22	0.6	2.5	0.16
Vegan																				
Classic Iced Latte - Coconut Milk		(Contains: Soya)	84	20	0.7	0.3	2.3	5.2	0	1	0.04	381	91	3.3	1.5	10	23	0.5	4.5	0.2
Vegan																				
Classic Iced Latte - Soya Milk		(Contains: Soya)	103	24	1	0.2	2	1.1	0.5	1.8	0.04	465	111	4.4	0.7	9	5	1.2	8.1	0.16
Vegan																				



Vanilla Iced Latte		Nutritional Information																		
		Per 100g									Per Serving									
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Vanilla Iced Latte - Semi Skimmed Milk		(Contains: 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		(Contains: 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 - Oat Milk		(Contains: Oats)	190	45	1.1	0.1	8.1	5.4	0	0.7	0.05	897	213	5	0.5	38	26	1	3.2	0.23
Vegan																				
Vanilla Iced Latte - Almond Milk		(Contains: Tree nuts, Almonds)	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
Vegan																				
Vanilla Iced Latte - Coconut Milk		(Contains: Soya)	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
Vegan																				
Vanilla Iced Latte - Soya Milk		(Contains: Soya)	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
Vegan																				



Caramel Iced Latte		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Caramel Iced Latte - Semi Skimmed Milk		(Contains: 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		(Contains: 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 - Oat Milk		(Contains: Oats)	190	45	1.1	0.1	8.1	5.4	0	0.7	0.05	898	213	5	0.5	38	26	1	3.2	0.23
Vegan																				
Caramel Iced Latte - Almond Milk		(Contains: Tree nuts, Almonds)	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
Vegan																				
Caramel Iced Latte - Coconut Milk		(Contains: Soya)	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
Vegan																				
Caramel Iced Latte - Soya Milk		(Contains: Soya)	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
Vegan																				



Hazelnut Iced Latte		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Hazelnut Iced Latte - Semi Skimmed Milk		(Contains: 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		(Contains: 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 - Oat Milk		(Contains: Oats)	190	45	1.1	0.1	8.1	5.4	0	0.7	0.05	899	213	5	0.5	38	26	1	3.2	0.23
Vegan																				
Hazelnut Iced Latte - Almond Milk		(Contains: Tree nuts, Almonds)	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
Vegan																				
Hazelnut Iced Latte - Coconut Milk		(Contains: Soya)	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
Vegan																				
Hazelnut Iced Latte - Soya Milk		(Contains: Soya)	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
Vegan																				



Iced Americano		Nutritional Information																		
		Per 100g									Per Serving									
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
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	
Vegan																				
Iced Americano - Semi Skimmed Milk		(Contains: 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		(Contains: 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 - Oat Milk		(Contains: Oats)	44	10	0.5	0	1.5	0.5	0	0.5	0	208	49	1.5	0.2	7	1.6	0	1.8	0.04
Vegan																				
Iced Americano - Almond Milk		(Contains: Tree nuts, Almonds)	32	8	0	0	1	0	0	0.5	0	151	36	1.1	0.2	4.7	1	0	1.7	0.03
Vegan																				
Iced Americano - Coconut Milk		(Contains: Tree nuts, Almonds)	32	8	0	0	1	0	0	0.5	0	151	36	1.1	0.2	4.7	1	0	1.7	0.03
Vegan																				



Iced Americano		Nutritional Information																	
		Per 100g									Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Iced Americano - Soya Milk	(Contains: Soya)	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
Vegan																			
Iced Mocha		Nutritional Information																	
		Per 100g									Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Iced Mocha - Semi Skimmed Milk	(Contains: Milk)	294	69	1.4	1	11	9.5	0	2.8	0.18	1333	315	6.4	4.3	52	43	0	13	0.81
Iced Mocha - Skimmed Milk	(Contains: Milk)	271	64	0.8	0.5	11	9.5	0	2.8	0.18	1232	291	3.6	2.4	52	43	0	13	0.81
Iced Mocha - Oat Milk	(Contains: Oats, Milk)	317	75	1.7	0.6	13	9.2	0	1.7	0.18	1439	341	7.8	2.7	60	42	1	7.6	0.83
Iced Mocha - Almond Milk	(Contains: Tree nuts, Almonds, Milk)	254	60	1.3	0.6	11	8.6	0	1.5	0.17	1153	273	5.8	2.5	48	39	0.6	6.9	0.77



Iced Mocha		Nutritional Information																		
		Per 100g									Per Serving									
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Iced Mocha - Coconut Milk		(Contains: Milk, Soya)	270	64	1.4	0.8	11	9	0	2	0.18	1224	290	6.2	3.7	49	41	0.5	8.9	0.81
Iced Mocha - Soya Milk		(Contains: Milk, Soya)	288	68	1.6	0.6	11	8.6	0.5	2.8	0.17	1308	310	7.2	2.9	48	39	1.2	12	0.77
Iced White Mocha		Nutritional Information																		
		Per 100g									Per Serving									
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Iced White Mocha - Semi Skimmed Milk		(Contains: Milk)	316	75	1.7	1	12	11	0	3	0.21	1432	339	7.5	4.5	54	49	0.5	14	0.96
Iced White Mocha - Skimmed Milk		(Contains: Milk)	293	69	1	0.6	12	11	0	3	0.21	1332	315	4.7	2.6	54	50	0.5	14	0.96
Iced White Mocha - Oat Milk		(Contains: Oats, Milk)	339	80	2	0.6	14	11	0.5	1.9	0.21	1539	365	8.9	2.9	62	48	1.3	8.5	0.98



Iced White Mocha		Nutritional Information																		
		Per 100g										Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Iced White Mocha - Almond Milk		(Contains: Tree nuts, Almonds, Milk)	276	65	1.5	0.6	11	10	0	1.7	0.2	1253	297	6.9	2.7	50	45	0.9	7.8	0.92
Iced White Mocha - Coconut Milk		(Contains: Milk, Soya)	292	69	1.6	0.8	11	10	0	2.2	0.21	1324	314	7.3	3.9	52	47	0.7	9.8	0.96
Iced White Mocha - Soya Milk		(Contains: Milk, Soya)	310	74	1.8	0.7	11	10	0.5	3	0.2	1408	334	8.3	3.1	51	45	1.5	13	0.92
Frappe Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Frappe Latte - Semi Skimmed Milk		(Contains: Milk)	232	55	0.8	0.5	10	5	0	1.7	0.07	1098	259	3.6	2.1	48	24	0	8.2	0.31
Frappe Latte - Skimmed Milk		(Contains: 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		Nutritional Information																	
		Per 100g									Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Frappe Latte - Oat Milk	(Contains: Oats)	254	60	1.1	0.1	12	4.7	0	0.7	0.07	1204	285	5.1	0.5	56	22	1	3.2	0.33
Frappe Latte - Almond Milk	(Contains: Tree nuts, Almonds)	194	46	0.6	0	9.4	4.1	0	0.5	0.06	918	217	3	0.3	45	20	0.6	2.5	0.27
Vegan																			
Frappe Latte - Coconut Milk	(Contains: Soya)	209	49	0.7	0.3	9.7	4.5	0	0.9	0.07	989	234	3.4	1.5	46	21	0.5	4.5	0.31
Vegan																			
Frappe Latte - Soya Milk	(Contains: Soya)	227	54	0.9	0.2	9.5	4.1	0.5	1.7	0.06	1074	254	4.5	0.7	45	20	1.2	8.1	0.27
Vegan																			
Caramel Frappe Latte		Nutritional Information																	
		Per 100g									Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Caramel Frappe Latte - Semi Skimmed Milk	(Contains: Milk)	386	92	2.5	1.6	15	9.9	0	1.9	0.08	1854	440	12	7.8	73	48	0	9.3	0.37



Caramel Frappe Latte		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Caramel Frappe Latte - Skimmed Milk		(Contains: Milk)	365	86	2	1.2	15	9.9	0	1.9	0.08	1753	415	9.4	5.9	73	48	0	9.3	0.37
Caramel Frappe Latte - Oat Milk		(Contains: Oats, Milk)	408	97	2.8	1.3	17	9.7	0	0.9	0.08	1960	465	14	6.2	81	46	1.2	4.2	0.39
Caramel Frappe Latte - Almond Milk		(Contains: Tree nuts, Almonds, Milk)	349	83	2.4	1.3	14	9.1	0	0.7	0.07	1674	397	12	6	69	44	0.8	3.5	0.33
Caramel Frappe Latte - Coconut Milk		(Contains: Milk, Soya)	363	86	2.5	1.5	15	9.4	0	1.1	0.08	1745	414	12	7.2	71	45	0.6	5.5	0.37
Caramel Frappe Latte - Soya Milk		(Contains: Soya)	295	70	1	0.2	13	7.6	0.5	1.8	0.06	1316	311	4.5	0.7	59	34	1.2	8.1	0.28



White Chocolate Mocha Frappe		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
White Chocolate Mocha Frappe - Semi Skimmed Milk		(Contains: Milk)	786	186	5.5	3.5	29	19	0	4.7	0.3	1979	470	14	8.8	74	49	0.5	12	0.76
White Chocolate Mocha Frappe - Skimmed Milk		(Contains: Milk)	746	177	4.4	2.8	29	19	0	4.7	0.3	1878	445	11	6.9	74	49	0.5	12	0.76
White Chocolate Mocha Frappe - Oat Milk		(Contains: Oats, Milk)	828	197	6.1	2.9	33	19	0.5	2.7	0.31	2085	495	15	7.2	82	47	1.3	6.8	0.78
White Chocolate Mocha Frappe - Almond Milk		(Contains: Tree nuts, Almonds, Milk)	714	170	5.3	2.8	28	18	0.5	2.4	0.29	1799	427	13	7	70	45	0.9	6.1	0.72
White Chocolate Mocha Frappe - Coconut Milk		(Contains: Milk, Soya)	742	176	5.4	3.3	28	18	0.5	3.2	0.3	1870	444	14	8.2	72	46	0.7	8.1	0.76
White Chocolate Mocha Frappe - Soya Milk		(Contains: Milk, Soya)	776	184	5.8	3	28	18	0.6	4.7	0.29	1955	464	15	7.4	70	45	1.5	12	0.72



Mocha Frappe		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Mocha Frappe - Semi Skimmed Milk		(Contains: Milk)	292	69	1	0.6	13	7.4	0	2.1	0.11	1379	326	4.6	2.9	61	35	0	9.7	0.52
Mocha Frappe - Skimmed Milk		(Contains: Milk)	271	64	0.5	0.2	13	7.4	0	2.1	0.11	1279	301	1.8	1	62	35	0	9.7	0.52
Mocha Frappe - Oat Milk		(Contains: Oats, Milk)	314	74	1.3	0.3	15	7.1	0	1	0.11	1485	351	6	1.3	69	34	1	4.6	0.54
Mocha Frappe - Almond Milk		(Contains: Tree nuts, Almonds, Milk)	254	60	0.8	0.2	12	6.5	0	0.8	0.1	1199	283	4	1.1	58	31	0.6	4	0.48
Mocha Frappe - Coconut Milk		(Contains: Milk, Soya)	269	64	0.9	0.5	13	6.9	0	1.3	0.11	1270	300	4.4	2.3	59	32	0.5	6	0.52
Mocha Frappe - Soya Milk		(Contains: Milk, Soya)	287	68	1.1	0.3	12	6.5	0.5	2	0.1	1355	320	5.4	1.5	58	31	1.2	9.6	0.48



Chai Frappe Latte		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Chai Frappe Latte - Semi Skimmed Milk		(Contains: Milk)	338	80	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		(Contains: Milk)	317	75	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 - Oat Milk		(Contains: Oats)	360	85	0.9	0	19	8.5	0.5	0.5	0.1	1699	401	4.4	0.4	88	40	1.3	1.8	0.48
Vegan																				
Chai Frappe Latte - Almond Milk		(Contains: Tree nuts, Almonds)	300	71	0.5	0	16	8	0	0	0.09	1413	333	2.4	0.2	76	37	0.9	1.1	0.42
Vegan																				
Chai Frappe Latte - Coconut Milk		(Contains: Soya)	315	74	0.6	0.3	16	8.3	0	0.7	0.1	1484	350	2.8	1.4	78	39	0.7	3.1	0.46
Vegan																				
Chai Frappe Latte - Soya Milk		(Contains: Soya)	333	79	0.8	0.1	16	8	0.5	1.4	0.09	1569	370	3.8	0.6	77	37	1.5	6.8	0.42
Vegan																				



Strawberries & Cream Frappe		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Strawberries & Cream Frappe - Semi Skimmed Milk		(Contains: Milk)	443	105	2.5	1.7	19	14	0	1.7	0.08	1957	464	11	7.4	83	61	0.6	7.6	0.35
Strawberries & Cream Frappe - Skimmed Milk		(Contains: Milk)	420	99	1.9	1.2	19	14	0	1.7	0.08	1857	439	8.3	5.5	83	61	0.6	7.6	0.35
Strawberries & Cream Frappe - Coconut milk		(Contains: Milk, Soya)	418	99	2.5	1.5	18	13	0	0.9	0.08	1848	438	11	6.8	81	58	1	3.9	0.35
Vegan																				
Strawberries & Cream Frappe - Soya milk		(Contains: Milk, Soya)	437	104	2.7	1.4	18	13	0.5	1.7	0.07	1933	459	12	6	79	57	1.8	7.5	0.31
Vegan																				
Strawberries & Cream Frappe - Oat milk		(Contains: Oats, Milk)	467	111	2.8	1.3	21	13	0.5	0.6	0.08	2063	489	13	5.8	91	59	1.6	2.5	0.37
Vegan																				
Strawberries & Cream Frappe - Almond milk		(Contains: Tree nuts, Almonds, Milk)	402	95	2.4	1.3	18	13	0.5	0.5	0.07	1777	421	11	5.6	79	57	1.2	1.9	0.31
Vegan																				



Double Chocolate Cream Frappe		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Double Chocolate Cream Frappe - Semi Skimmed Milk		(Contains: Milk)	746	177	5.2	3.5	29	19	0	3.8	0.24	1760	418	12	8.3	68	45	0	8.9	0.55
Double Chocolate Cream Frappe - Skimmed Milk		(Contains: Milk)	703	167	4	2.7	29	19	0	3.8	0.24	1659	393	9.5	6.4	68	45	0	8.9	0.55
Double Chocolate Cream Frappe - Oat Milk		(Contains: Gluten, Oats, Milk)	753	179	5	3.1	32	18	0.7	1.2	0.23	1776	422	12	7.3	75	43	1.8	2.8	0.53
Double Chocolate Cream Frappe - Almond Milk		(Contains: Tree nuts, Almonds, Milk)	669	159	5	2.8	27	17	0.5	1.3	0.22	1580	375	12	6.5	64	41	0.8	3.2	0.51
Double Chocolate Cream Frappe - Coconut Milk		(Contains: Milk, Soya)	699	166	5.1	3.3	28	18	0	2.2	0.24	1651	392	12	7.7	65	42	0.6	5.2	0.55
Double Chocolate Cream Frappe - Soya Milk		(Contains: Milk, Soya)	735	175	5.5	2.9	27	17	0.6	3.7	0.22	1736	412	13	6.9	64	41	1.4	8.8	0.51



Lemonades		Nutritional Information																	
		Per 100g									Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
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		110	26	0	0	6.5	6.3	0	0	0	520	122	0	0	31	30	0	0	0.01
Dragonfruit Lemonade		117	28	0	0	6.9	6.8	0	0	0	557	131	0	0	33	32	0	0	0.02
Lime & Guava Lemonade		117	28	0	0	6.9	6.9	0	0	0	559	132	0	0	33	33	0	0	0.02
Cherry Lemonade		141	33	0	0	8.3	8.3	0	0	0	671	158	0	0	39	39	0	0	0.02



Smoothies	Allergens	Nutritional Information																	
		Per 100g									Per Serving								
		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts

Strawberry & Banana Smoothie

572	135	0	0	33	33	0.8	0	0	1934	455	0	0	112	112	2.7	0	0.03
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Mango & Passionfruit Smoothie

372	88	0	0	22	21	0.5	0	0	1759	414	0	0	103	100	2	0	0.05
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Iced Tea	Allergens	Nutritional Information																	
		Per 100g									Per Serving								
		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts

Peach Iced Tea

150	35	0	0	8.8	8.8	0	0	0	709	167	0	0	42	42	0	0	0.02
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Stupid Little Biscuit Frappe	Allergens	Nutritional Information																	
		Per 100g									Per Serving								
		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts

Stupid Little Biscuit Frappe - Oat Milk (standard)

411	98	2.7	1.3	18	11	0	0.6	0.08	1953	463	13	6.1	83	52	1.2	2.7	0.4
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Vegan



Stupid Little Biscuit Frappe		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Stupid Little Biscuit Frappe - Almond Milk			351	83	2.3	1.2	15	10	0	0.5	0.07	1667	395	11	5.9	72	50	0.8	2	0.34
Vegan																				
Stupid Little Biscuit Frappe - Soya Milk			384	91	2.6	1.3	15	10	0.5	1.6	0.07	1822	433	12	6.3	72	50	1.4	7.7	0.34
Vegan																				
Stupid Little Biscuit Frappe - Semi Skimmed Milk			389	92	2.4	1.6	16	11	0	1.6	0.08	1847	438	12	7.7	76	54	0	7.8	0.38
Vegan																				
Stupid Little Biscuit Frappe - Skimmed Milk			368	87	1.8	1.2	16	11	0	1.6	0.08	1746	413	8.8	5.8	76	54	0	7.8	0.38
Vegan																				



Puccino's



Vanilla Matcha Latte		Nutritional Information																		
		Allergens	Per 100g									Per Serving								
			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Vanilla Matcha Latte - Semi Skimmed Milk	(Contains: Milk)	Small	250	59	1.3	0.9	8.5	8.2	0.5	3.2	0.09	841	199	4.5	3	29	28	1	11	0.3
		Regular	263	62	1.3	0.9	9.4	9.1	0.5	3.1	0.09	1073	254	5.4	3.6	38	37	1	13	0.36
		Large	251	60	1.3	0.9	8.7	8.5	0	3.1	0.09	1185	281	6.3	4.2	41	40	1	15	0.42
Vanilla Matcha Latte - Skimmed Milk	(Contains: Milk)	Small	206	48	0	0	8.6	8.3	0.5	3.2	0.09	693	163	0.5	0.2	29	28	1	11	0.3
		Regular	219	52	0	0	9.5	9.2	0.5	3.1	0.09	895	211	0.5	0.2	39	38	1	13	0.36
		Large	207	49	0	0	8.8	8.6	0	3.1	0.09	977	230	0.5	0.2	41	40	1	15	0.42
Vanilla Matcha Latte - Oat Milk	(Contains: Gluten, Oats)	Small	257	61	1.2	0.4	12	7.7	1	0.5	0.08	865	205	3.9	1.5	39	26	3.4	1.6	0.27
		Regular	270	64	1.1	0.4	12	8.6	1	0.5	0.08	1102	261	4.7	1.8	51	35	3.9	1.8	0.33
		Large	258	61	1.2	0.4	12	8	0.9	0.5	0.08	1219	289	5.5	2.1	56	38	4.4	2	0.38
Vanilla Matcha Latte - Almond Milk	(Contains: Tree nuts, Almonds)	Small	171	41	1.1	0	6.8	6.4	0.6	0.6	0.07	575	137	3.6	0.3	23	22	1.9	2.1	0.24
		Regular	185	44	1.1	0	7.7	7.4	0.5	0.6	0.07	754	179	4.3	0.4	31	30	2.1	2.4	0.29
		Large	172	41	1.1	0	7	6.7	0.5	0.6	0.07	813	193	5	0.4	33	32	2.3	2.7	0.34
Vanilla Matcha Latte - Coconut Milk	(Contains: Soya)	Small	202	48	1.3	0.6	7.4	7.1	0.5	1.5	0.09	680	161	4.2	2.1	25	24	1.6	5.1	0.3
		Regular	216	51	1.2	0.6	8.3	8.1	0.5	1.5	0.09	880	209	5	2.5	34	33	1.8	6	0.36
		Large	204	48	1.2	0.6	7.6	7.4	0.5	1.5	0.09	960	228	5.9	2.9	36	35	1.9	6.9	0.42
Vanilla Matcha Latte - Soya Milk	(Contains: Soya)	Small	239	57	1.7	0.3	6.9	6.4	0.8	3.1	0.07	805	191	5.7	0.9	23	22	2.8	10	0.24
		Regular	252	60	1.7	0.3	7.8	7.4	0.8	3	0.07	1030	245	6.8	1.1	32	30	3.2	12	0.29
		Large	241	57	1.7	0.3	7.1	6.7	0.7	3	0.07	1135	270	7.9	1.3	33	32	3.5	14	0.34



Coconut Matcha Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Coconut Matcha Latte	(Contains: Soya)	Small	137	33	1.3	0.7	3.4	3.1	0.5	1.6	0.09	439	105	4.2	2.1	11	9.9	1.6	5.1	0.3
		Regular	136	32	1.3	0.7	3.3	3.1	0.5	1.6	0.09	519	124	5	2.5	13	12	1.8	6	0.36
		Large	138	33	1.3	0.7	3.4	3.1	0.5	1.6	0.09	619	148	5.9	2.9	15	14	2.4	7.2	0.41
Iced Matcha Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Iced Matcha Latte - Semi Skimmed Milk	(Contains: Milk)	Regular	193	46	1.4	0.9	4.6	4.2	0.5	3.4	0.09	418	99	3.1	2	10	9.1	1	7.4	0.2
Iced Matcha Latte - Skimmed Milk	(Contains: Milk)	Regular	147	35	0	0	4.7	4.3	0.5	3.4	0.09	318	75	0.5	0.1	10	9.3	1	7.4	0.2
Iced Matcha Latte - Oat Milk	(Contains: Gluten, Oats)	Regular	200	48	1.2	0.5	7.9	3.6	1.2	0.6	0.08	434	103	2.7	1	17	7.9	2.6	1.3	0.18
Iced Matcha Latte - Almond Milk	(Contains: Tree nuts, Almonds)	Regular	110	26	1.1	0.1	2.9	2.4	0.8	0.8	0.07	238	57	2.5	0.2	6.2	5.1	1.6	1.7	0.16



Iced Matcha Latte		Nutritional Information																			
		Per 100g										Per Serving									
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Iced Matcha Latte - Coconut Milk		(Contains: Soya)	Regular	143	34	1.3	0.7	3.5	3.1	0.7	1.7	0.09	309	74	2.9	1.4	7.6	6.7	1.4	3.7	0.2
Iced Matcha Latte - Soya Milk		(Contains: Soya)	Regular	182	43	1.8	0.3	2.9	2.4	1	3.4	0.07	394	94	3.9	0.6	6.4	5.1	2.2	7.3	0.16
Iced Vanilla Matcha Latte		Nutritional Information																			
		Per 100g										Per Serving									
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Iced Vanilla Matcha Latte - Semi Skimmed Milk		(Contains: Milk)	Regular	321	76	1.3	0.8	13	13	0.5	3.1	0.09	780	184	3.1	2	31	30	1	7.4	0.21
Iced Vanilla Matcha Latte - Skimmed Milk		(Contains: Milk)	Regular	280	66	0	0	13	13	0.5	3.1	0.09	679	160	0.5	0.1	31	31	1	7.4	0.21
Iced Vanilla Matcha Latte - Oat Milk		(Contains: Gluten, Oats)	Regular	328	78	1.1	0.4	16	12	1.1	0.5	0.08	796	188	2.7	1	38	29	2.6	1.3	0.19



Iced Vanilla Matcha Latte		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Iced Vanilla Matcha Latte - Almond Milk	(Contains: Tree nuts, Almonds)	Regular	247	59	1	0	11	11	0.7	0.7	0.07	600	142	2.5	0.2	27	26	1.6	1.7	0.17
Iced Vanilla Matcha Latte - Coconut Milk	(Contains: Soya)	Regular	276	65	1.2	0.6	12	12	0.6	1.5	0.09	671	159	2.9	1.4	29	28	1.4	3.7	0.21
Iced Vanilla Matcha Latte - Soya Milk	(Contains: Soya)	Regular	311	74	1.6	0.3	11	11	0.9	3	0.07	756	179	3.9	0.6	28	26	2.2	7.3	0.17
Strawberry Matcha Lemonade		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Strawberry Matcha Lemonade		Regular	1272	299	0	0	73	71	1.6	0.9	0.03	1101	259	0	0	63	61	1.4	0.8	0.03



Mango Matcha Lemonade		Nutritional Information																			
		Per 100g										Per Serving									
Allergens		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		

Mango Matcha Lemonade

Regular	1250	294	0	0	72	70	1.6	0.8	0.02	1082	255	0	0	62	60	1.4	0.7	0.02		
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Matcha Tea		Nutritional Information																			
		Per 100g										Per Serving									
Allergens		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		
Matcha Tea	Small	1228	294	2.4	0.7	31	3.6	33	20	0	39	9	0	0	1	0	1	0.7	0		
	Regular	1228	294	2.4	0.7	31	3.6	33	20	0	39	9	0	0	1	0	1	0.7	0		
	Large	1228	294	2.4	0.7	31	3.6	33	20	0	59	14	0	0	1.5	0	1.6	1	0		
Matcha Tea - Semi Skimmed Milk	Small	273	65	1.5	0.9	6.7	4.2	3	4.7	0.09	96	23	0.5	0.3	2.3	1.5	1	1.7	0.03		
	Regular	250	60	1.5	0.9	6.1	4.2	2.3	4.4	0.09	115	27	0.7	0.4	2.8	1.9	1	2	0.04		
	Large	264	63	1.5	0.9	6.4	4.2	2.7	4.6	0.09	155	37	0.9	0.5	3.8	2.4	1.6	2.7	0.05		
Matcha Tea - Skimmed Milk	Small	230	55	0.5	0.1	6.7	4.2	3	4.7	0.09	81	19	0	0	2.4	1.5	1	1.7	0.03		
	Regular	207	49	0.5	0	6.2	4.3	2.3	4.4	0.09	95	23	0	0	2.8	2	1	2	0.04		
	Large	221	52	0.5	0.1	6.5	4.2	2.7	4.6	0.09	130	31	0	0	3.8	2.5	1.6	2.7	0.05		
Matcha Tea - Oat Milk	Small	280	67	1.3	0.5	9.7	3.6	3.6	2.1	0.08	99	23	0.5	0.2	3.4	1.3	1.3	0.8	0.03		
	Regular	258	61	1.3	0.5	9.2	3.6	3	1.7	0.08	118	28	0.6	0.2	4.2	1.7	1.4	0.8	0.04		
	Large	271	65	1.3	0.5	9.5	3.6	3.4	2	0.08	159	38	0.8	0.3	5.6	2.1	2	1.2	0.05		





Seasonal

Pumpkin Spice Iced Latte		Nutritional Information																	
		Per 100g										Per Serving							
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Pumpkin Spice Iced Latte - Semi Skimmed Milk	(Contains: 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	(Contains: 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 - Oat Milk	(Contains: Oats)	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 - Almond Milk	(Contains: Tree nuts, Almonds)	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 - Coconut Milk	(Contains: Soya)	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 - Soya Milk	(Contains: Soya)	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



Pumpkin Spice Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Pumpkin Spice Latte - Semi Skimmed Milk	(Contains: 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
		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
		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	(Contains: 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
		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
		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 - Oat Milk	(Contains: Oats, 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
		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
		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 - Almond Milk	(Contains: Tree nuts, Almonds, 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
		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
		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 - Coconut Milk	(Contains: Milk, Soya)	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
		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
		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 - Soya Milk	(Contains: Milk, Soya)	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
		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
		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 Chocolate			Nutritional Information																	
			Per 100g									Per Serving								
Allergens			KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Toasted Marshmallow Hot Chocolate - Semi Skimmed Milk	(Contains: Gluten, Wheat, 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
		Regular	420	100	3.4	2.3	14	12	0	3.6	0.21	2013	478	16	11	66	59	0	17	0.99
		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 Chocolate - Skimmed Milk	(Contains: Gluten, Wheat, 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
		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
		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 Chocolate - Oat Milk	(Contains: Gluten, Oats, Wheat, 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
		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
		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 Chocolate - Almond Milk	(Contains: Gluten, Wheat, Tree nuts, Almonds, 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
		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
		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 Chocolate - Coconut Milk	(Contains: Gluten, Wheat, Milk, Soya)	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
		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
		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 Chocolate - Soya Milk	(Contains: Gluten, Wheat, Milk, Soya)	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
		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
		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



Caramelised Orange Hot Chocolate		Nutritional Information																		
		Per 100g										Per Serving								
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Caramelised Orange Hot Chocolate - Semi Skimmed Milk	(Contains: Milk)	Small	385	92	3.2	2.2	13	12	0	3	0.16	1763	419	15	10	58	54	0	14	0.75
		Regular	439	104	3.2	2.2	16	15	0	3.1	0.19	2148	510	16	11	77	72	0	15	0.95
		Large	395	94	2.9	2	14	13	0	3.1	0.18	2194	521	16	11	77	72	0	17	1
Caramelised Orange Hot Chocolate - Skimmed Milk	(Contains: Milk)	Small	299	70	0.6	0.4	13	12	0	3.1	0.17	1260	297	2.4	1.8	56	52	0	13	0.72
		Regular	372	88	2	1.4	14	13	0	3.1	0.18	2083	493	11	7.9	80	75	0	17	1
		Large	300	71	0.5	0.4	13	12	0	3.1	0.18	1725	407	3.2	2.4	77	72	0	18	1
Caramelised Orange Hot Chocolate - Oat Milk	(Contains: Oats, Milk)	Small	444	105	2.4	0.6	19	14	0.5	1.6	0.21	1564	371	8.6	2.2	67	50	1.5	5.6	0.75
		Regular	382	91	2.1	0.6	16	12	0.5	1.4	0.2	1961	465	11	2.9	84	63	1.8	7.4	1
		Large	441	104	2.4	0.6	19	14	0.5	1.6	0.22	2172	515	12	3	93	69	2.1	7.9	1.1
Caramelised Orange Hot Chocolate - Almond Milk	(Contains: Tree nuts, Almonds, Milk)	Small	271	64	1.3	0.5	12	11	0	1.1	0.16	1143	271	5.6	1.9	50	46	0.9	4.6	0.66
		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
		Large	238	56	1.2	0.4	10	9.6	0	0.9	0.13	1365	323	7	2	59	55	1.2	5.2	0.76
Caramelised Orange Hot Chocolate - Coconut Milk	(Contains: Milk, Soya)	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
		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
		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 - Soya Milk	(Contains: Milk, Soya)	Small	325	77	1.8	0.6	12	11	0.5	3	0.16	1372	325	7.7	2.5	50	46	1.8	13	0.66
		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
		Large	330	78	1.8	0.6	12	11	0.5	3.1	0.16	1968	467	11	3.6	73	66	2.5	18	0.96



Honeycomb Hot Chocolate		Nutritional Information																		
		Per 100g										Per Serving								
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Honeycomb Hot Chocolate - Semi Skimmed Milk	(Contains: Milk)	Small	442	105	3.7	2.6	14	13	0	3.5	0.19	1699	404	14	9.8	55	52	0	14	0.73
		Regular	466	111	3.5	2.4	16	15	0	3.4	0.21	2055	488	15	11	72	67	0	15	0.94
		Large	404	96	2.9	2	14	13	0	3.1	0.18	2241	532	16	11	80	74	0	17	1
Honeycomb Hot Chocolate - Skimmed Milk	(Contains: Milk)	Small	470	111	3.1	2.1	17	16	0	3.5	0.21	1552	368	10	7.1	57	54	0	12	0.68
		Regular	345	81	0.7	0.5	15	14	0	3.5	0.21	1633	385	3.1	2.4	73	68	0	16	0.97
		Large	303	71	0.5	0.4	14	13	0	3.1	0.17	1791	422	3.2	2.4	80	75	0	18	1
Honeycomb Hot Chocolate - Oat Milk	(Contains: Oats, Milk)	Small	424	100	2.4	0.6	18	13	0.5	1.5	0.21	1500	356	8.3	2.1	64	47	1.5	5.4	0.74
		Regular	431	102	2.2	0.6	19	14	0.5	1.5	0.21	2058	488	11	2.9	90	69	1.8	7.4	1
		Large	375	89	2	0.5	16	12	0.5	1.3	0.18	2219	526	12	3	96	72	2.1	7.9	1.1
Honeycomb Hot Chocolate - Almond Milk	(Contains: Tree nuts, Almonds, Milk)	Small	305	72	1.5	0.5	13	12	0.5	1.2	0.18	1079	255	5.4	1.8	47	43	0.9	4.4	0.65
		Regular	316	75	1.5	0.5	14	13	0	1.3	0.19	1493	353	7	2.6	66	60	1.1	6.2	0.9
		Large	275	65	1.3	0.4	12	11	0	1.1	0.16	1627	385	7.7	2.6	72	66	1.2	6.5	0.95
Honeycomb Hot Chocolate - Coconut Milk	(Contains: Milk, Soya)	Small	334	79	1.7	1	14	13	0	2.1	0.2	1183	280	6	3.5	49	46	0.6	7.4	0.71
		Regular	342	81	1.6	1	14	13	0	2.1	0.21	1618	383	7.7	4.7	68	63	0.7	9.7	0.97
		Large	300	71	1.4	0.9	13	12	0	1.8	0.17	1774	420	8.6	5.1	75	70	0.8	11	1
Honeycomb Hot Chocolate - Soya Milk	(Contains: Milk, Soya)	Small	370	88	2.1	0.7	13	12	0.5	3.6	0.18	1308	310	7.4	2.4	47	43	1.8	13	0.65
		Regular	374	89	2	0.7	14	13	0.5	3.4	0.19	1768	419	9.5	3.3	66	60	2.1	16	0.9
		Large	330	78	1.8	0.6	12	11	0.5	3.1	0.16	1949	462	11	3.5	72	66	2.5	18	0.95



Creme Brulee Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Creme Brulee Latte - Semi Skimmed Milk	(Contains: Milk)	Small	349	83	3.7	2.4	9	7.9	0	3.4	0.09	1234	294	13	8.5	32	28	0	12	0.32
		Regular	311	74	3	1.9	8.5	7.3	0	3.1	0.08	1471	350	14	9.1	40	34	0	15	0.38
		Large	289	69	2.6	1.7	8.3	7	0	3	0.08	1709	407	16	9.8	49	41	0	18	0.45
Creme Brulee Latte - Skimmed Milk	(Contains: 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
		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
		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 - Oat Milk	(Contains: Oats, Milk)	Small	393	94	4.3	1.7	12	7.4	0.5	1.3	0.1	1391	332	15	6.1	43	26	1.6	4.7	0.35
		Regular	351	84	3.6	1.3	11	6.8	0.5	1.2	0.09	1659	395	17	6.3	54	32	1.9	5.9	0.42
		Large	326	78	3.1	1.1	11	6.5	0.5	1.2	0.08	1929	460	19	6.5	65	39	2.2	7.1	0.49
Creme Brulee Latte - Almond Milk	(Contains: Tree nuts, Almonds, 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
		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
		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 - Coconut Milk	(Contains: Milk, Soya)	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
		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
		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 - Soya Milk	(Contains: Milk, Soya)	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
		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
		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		Nutritional Information																		
		Allergens	Per 100g									Per Serving								
			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Gingerbread Latte - Semi Skimmed Milk	(Contains: 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
		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
		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	(Contains: 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
		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
		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 - Oat Milk	(Contains: Oats, Milk)	Small	397	95	4.3	1.7	12	7.7	0.5	1.3	0.1	1406	335	15	6.1	44	27	1.6	4.7	0.35
		Regular	355	85	3.6	1.3	12	7.2	0.5	1.2	0.09	1679	400	17	6.3	55	34	1.9	5.9	0.42
		Large	331	79	3.1	1.1	11	6.9	0.5	1.2	0.08	1954	466	19	6.5	66	41	2.2	7.1	0.49
Gingerbread Latte - Almond Milk	(Contains: Tree nuts, Almonds, 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
		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
		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 - Coconut Milk	(Contains: Milk, Soya)	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
		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
		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 - Soya Milk	(Contains: Milk, Soya)	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
		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
		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



Salted Caramel Latte		Nutritional Information																		
		Per 100g										Per Serving								
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Salted Caramel Latte - Semi Skimmed Milk	(Contains: Milk)	Small	384	91	3.4	2.2	12	11	0	3	0.21	1574	375	14	9.1	50	45	0	12	0.85
		Regular	346	82	2.9	1.8	11	10	0	2.8	0.2	1861	442	15	9.8	61	54	0	15	1.1
		Large	311	74	2.5	1.6	10	8.7	0	2.7	0.17	2030	483	17	10	66	57	0	18	1.1
Salted Caramel Latte - Skimmed Milk	(Contains: Milk)	Small	384	91	3.4	2.2	12	11	0	3	0.21	1574	375	14	9.1	50	45	0	12	0.85
		Regular	313	74	1.9	1.2	11	10	0	2.8	0.2	1684	399	10	6.4	62	55	0	15	1.1
		Large	279	66	1.6	1	10	8.8	0	2.7	0.17	1823	432	11	6.5	66	57	0	18	1.1
Salted Caramel Latte - Oat Milk	(Contains: Gluten, Oats, Milk)	Small	390	93	3.3	1.9	15	10	0.6	0.8	0.2	1598	380	14	7.6	60	43	2.5	3.1	0.82
		Regular	352	84	2.7	1.5	14	9.7	0.6	0.8	0.19	1890	449	15	8	74	52	3	4	1
		Large	316	75	2.4	1.3	12	8.4	0.5	0.8	0.17	2064	491	16	8.4	81	55	3.5	5	1.1
Salted Caramel Latte - Almond Milk	(Contains: Tree nuts, Almonds, Milk)	Small	319	76	3.2	1.6	11	9.5	0.5	0.9	0.19	1309	312	13	6.4	44	39	1	3.7	0.79
		Regular	287	68	2.7	1.2	10	8.8	0	0.9	0.18	1543	367	14	6.6	54	47	1.2	4.7	0.99
		Large	254	60	2.3	1	8.9	7.5	0	0.9	0.16	1658	395	15	6.7	58	49	1.4	5.7	1
Salted Caramel Latte - Coconut Milk	(Contains: Milk, Soya)	Small	345	82	3.4	2	11	10	0	1.6	0.21	1414	337	14	8.2	46	41	0.7	6.6	0.85
		Regular	210	50	2	0.9	6.9	6.1	0	1	0.14	2021	481	19	9.1	66	59	1.9	10	1.3
		Large	276	66	2.5	1.4	9.3	8	0	1.5	0.17	1805	430	16	9.2	61	52	1	9.9	1.1
Salted Caramel Latte - Soya Milk	(Contains: Milk, Soya)	Small	375	89	3.7	1.7	11	9.5	0.5	2.9	0.19	1539	367	15	7	44	39	1.9	12	0.79
		Regular	338	81	3.1	1.4	10	8.8	0.5	2.7	0.18	1818	433	17	7.3	55	47	2.3	15	0.99
		Large	303	72	2.8	1.2	8.9	7.5	0.5	2.7	0.16	1980	472	18	7.5	58	49	2.6	17	1



Coconut Cream Chai		Nutritional Information																		
		Per 100g										Per Serving								
Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Coconut Cream Chai	(Contains: Soya)	Small	310	74	2.8	2	11	7.1	0	1.2	0.11	1202	286	11	7.8	42	27	0.8	4.7	0.43
		Regular	325	77	2.5	1.7	12	7.8	0	1.2	0.12	1524	362	12	8.2	58	37	1	5.6	0.54
		Large	335	80	2.2	1.6	14	8.3	0	1.2	0.12	1849	439	12	8.6	75	46	1.3	6.6	0.66



Food

Pastries		Nutritional Information																	
		Per 100g										Per Serving							
		Allergens	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Vanilla Custard Crown	(Contains: Gluten, Wheat, Tree nuts, Hazelnuts, Almonds, Milk)	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
Pain Au Chocolate	(Contains: Gluten, Wheat, Eggs, Milk, Soya)	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
Cinnamon Whirl	(Contains: Gluten, Wheat, Tree nuts, Almonds, Eggs, Milk)	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
Croissant	(Contains: Gluten, Wheat, Eggs, Milk)	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
Pain Au Raisin	(Contains: Gluten, Wheat, Eggs, Milk)	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
Maple & Pecan Danish	(Contains: Gluten, Wheat, Tree nuts, Pecans, Eggs, Milk)	2029	487	33	12	42	16	1.8	4.7	0.3	1928	463	31	11	40	15	1.7	4.5	0.29



Pastries		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Almond Filled Croissant	(Contains: Gluten, Wheat, Tree nuts, Almonds, Eggs, Milk, Soya)		1786	428	25	12	40	12	3.5	9.4	0.78	1697	407	23	11	38	11	3.3	8.9	0.74
Savoury Food		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Cheese & Onion Slice	(Contains: Gluten, Wheat, Milk)		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
Vegetarian																				
Cheese & Tomato Filled Croissant	(Contains: Gluten, Wheat, Eggs, Milk)		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
Vegetarian																				
Sausage Roll	(Contains: Gluten, Wheat, Eggs)		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
Ham & Cheese Filled Croissant	(Contains: Gluten, Wheat, Eggs, Milk)		1302	312	19	11	24	3.9	1	12	1.7	1459	349	21	13	27	4.3	1.1	13	1.8



Savoury Food		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Steak Slice	(Contains: Gluten, Wheat, Barley)	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 Slice	(Contains: Gluten, Wheat, Milk)	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	
Vegan Sausage Roll	(Contains: Gluten, Wheat, Soya, Sulphites)	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	(Contains: Gluten, Wheat)	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	
Sweet Treats		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Millionaire Rocky Road	(Contains: Gluten, Wheat, Milk, Soya, Sulphites)	2929	703	46	23	66	40	0	7.5	1.2	2197	527	34	17	49	30	0	5.6	0.9	



Sweet Treats		Nutritional Information																	
		Per 100g									Per Serving								
		Allergens	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Chocolate Chip Cookie	(Contains: Gluten, Wheat, Eggs, Soya)	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
Stupid Little Biscuit	(Contains: Gluten, Wheat)	2021	481	18	8.6	74	34	0	5.7	0.83	121	29	1.1	0.5	4.4	2	0	0.5	0.05
Cherry Slice	(Contains: Gluten, Wheat, Milk)	1371	328	19	1.9	36	20	0	3.3	0.51	1303	312	18	1.8	34	19	0	3.1	0.48
Jammy Biscuit Blondie	(Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites)	1985	473	22	13	63	40	0	6.3	0.4	1806	431	20	12	57	36	0	5.7	0.36
Cookie and Cream Brownie	(Contains: Gluten, Wheat, Eggs, Milk, Soya)	1857	444	24	12	52	41	0	5	0.29	1857	444	24	12	52	41	0	5	0.29
Cranberry Chocolate Tiffin	(Contains: Gluten, Wheat, Barley, Milk, Soya)	2247	540	39	18	43	25	0	4.3	0.56	2090	502	36	17	40	23	0	4	0.52



Sweet Treats		Nutritional Information																	
		Per 100g									Per Serving								
		Allergens	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
White Chocolate & Macadamia Cookie	(Contains: Gluten, Wheat, Tree nuts, Macadamias, Eggs, Milk, Soya)	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
White Chocolate & Cranberry Cookie	(Contains: Gluten, Wheat, Eggs, Milk, Soya)	1999	478	26	14	54	35	3.2	5.1	0.6	1699	407	22	12	46	30	2.7	4.4	0.51
Double Chocolate Cookie	(Contains: Gluten, Wheat, Eggs, Milk, Soya)	1895	452	20	12	61	41	3.2	4.9	0.6	1610	384	17	10	52	35	2.7	4.1	0.51
Megaberry Muffin	(Contains: Gluten, Wheat, Eggs, Milk)	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
Blueberry Cheesecake Muffin	(Contains: Gluten, Wheat, Milk)	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
Triple Chocolate Muffin	(Contains: Gluten, Wheat, Eggs, Milk, Soya)	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



Sweet Treats		Nutritional Information																	
		Per 100g									Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Carrot Cake Muffin	(Contains: Gluten, Wheat, Eggs, Milk)	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
Seasonal Food		Nutritional Information																	
		Per 100g									Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
Lattice Mince Pie	(Contains: Gluten, Wheat)	1451	347	17	8.7	44	24	1	3.9	0.33	1088	260	13	6.5	33	18	0.8	2.9	0.25
Gingerbread Muffin	(Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites)	1823	435	21	4.1	56	33	1.5	4.8	0.42	1823	435	21	4.1	56	33	1.5	4.8	0.42
Banana & Walnut Loaf Cake	(Contains: Gluten, Wheat, Rye, Tree nuts, Walnuts, Eggs)	1508	360	18	1.7	43	29	2.6	5.3	0.5	905	216	11	1	26	17	1.6	3.2	0.3
Apple Pie Doughnut	(Contains: Gluten, Wheat, Rye, Milk, Soya)	1622	388	22	13	42	22	1.3	4.9	1.1	1135	272	15	9.1	29	15	0.9	3.4	0.77



Milk Alternatives & Extras

Syrups	Allergens	Nutritional Information																	
		Per 100g										Per Serving							
		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Dragon Fruit & Papaya Syrup - Extra		1323	311	0	0	78	77	0	0	0.04	317	75	0	0	19	19	0	0	0
Vegan																			
Caramel Syrup - Extra		1513	356	0	0	89	89	0	0	0.03	363	85	0	0	21	21	0	0	0
Cinnamon Syrup - Extra		1481	348	0	0	87	87	0	0	0.03	355	84	0	0	21	21	0	0	0
Vegan																			
Hazelnut Syrup - Extra		1516	357	0	0	89	89	0	0	0.03	364	86	0	0	21	21	0	0	0
Vegan																			
Vanilla Syrup - Extra		1506	354	0	0	89	89	0	0	0.03	361	85	0	0	21	21	0	0	0
Vegan																			
Gingerbread Syrup - Extra		1493	351	0	0	88	88	0	0	0.03	358	84	0	0	21	21	0	0	0
Vegan																			



Syrups	Allergens	Nutritional Information																	
		Per 100g										Per Serving							
		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Sugar Free Vanilla Syrup - Extra		67	16	0	0	5.1	0	0	0	0.13	16	4	0	0	1.2	0	0	0	0.03
Vegan																			
Honeycomb Syrup - Extra		1488	350	0	0	88	88	0	0	0.03	357	84	0	0	21	21	0	0	0
Sugar Free Hazelnut Syrup - Extra		15	4	0	0	1.1	0	0.5	0	0.13	4	1	0	0	0.5	0	0	0	0.03
Lemon Syrup - Extra	(Contains: Sulphites)	1074	253	0	0	63	63	0	0	0.03	54	13	0	0	3.2	3.2	0	0	0
Creame Brulee Syrup - Extra		1392	328	0	0	82	80	0	0	0.03	278	66	0	0	16	16	0	0	0
Sugar Free Caramel Syrup - Extra		11	3	0	0	1.4	0	0	0	0.13	3	1	0	0	0.5	0	0	0	0.03
Vegan																			



Syrups		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Amaretto Syrup - Extra			1399	329	0	0	82	81	0	0	0.03	70	16	0	0	4.1	4.1	0	0	0
Vegan																				
Orange Syrup - Extra			1301	306	0	0	77	76	0	0	0.03	312	73	0	0	18	18	0	0	0
Vegan																				
Extras		Nutritional Information																		
		Per 100g									Per Serving									
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Vegan Cream - Extra		(Contains: Soya)	1061	256	22	19	14	11	0	0.5	0.06	318	77	6.6	5.7	4.2	3.3	0	0	0.02
Cream - Extra		(Contains: Milk)	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
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
Vegan																				



Extras		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Caramel Sauce - Extra		(Contains: Milk)	1579	373	4.7	3.1	79	73	0	3.4	0.29	79	19	0	0.2	4	3.6	0	0	0.01
Vegan																				
Mini Marshmallow - Extra		(Contains: Gluten, Wheat)	1440	339	0.5	0.1	80	68	0	3.5	0.02	144	34	0	0	8	6.8	0	0.5	0