

Allergen & nutritional information guide

Puccino's

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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

Latte		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens																		
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
Vegetarian																				
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
Vegetarian																				
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
		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
Vegetarian, Vegan																				
Latte - Almond Milk	Contains: Tree nuts, Almonds (May Contain: Peanuts)	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
		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
Vegetarian, Vegan																				
Latte - Coconut Milk	Contains: Soya (May Contain: Tree nuts, Peanuts)	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
		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
Vegetarian, Vegan																				
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
		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
Vegetarian, Vegan																				



Cappuccino		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
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
Cappuccino - Almond Milk	Contains: Tree nuts, Almonds (May Contain: Peanuts)	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
Cappuccino - Coconut Milk	Contains: Soya (May Contain: Tree nuts, Peanuts)	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
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



Flat White	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	
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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																		
		Allergens	Per 100g										Per Serving							
			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
Short Flat - Almond Milk		Contains: Tree nuts, Almonds (May Contain: Peanuts)	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 - Coconut Milk		Contains: Soya (May Contain: Tree nuts, Peanuts)	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 - 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



Americano		Nutritional Information																		
		Allergens	Per 100g								Per Serving									
Americano - No Milk	Vegetarian, Vegan	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
		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
		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 (May Contain: Peanuts)	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
		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 (May Contain: Tree nuts, Peanuts)	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
		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																		
							</													

Espresso	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	
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	
Vegetarian, 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	
Vegetarian, Vegan, Halal, Gluten Free, Kosher																				



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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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

Macchiato	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		
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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																		
		Allergens	Per 100g									Per Serving								
			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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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																		
		Allergens	Per 100g									Per Serving								
			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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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																			
		Allergens	Per 100g									Per Serving									
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	
Vegetarian																					
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	
Vegetarian																					
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	
Vegetarian, Vegan																					
Vanilla Latte - Almond Milk	Contains: Tree nuts, Almonds (May Contain: Peanuts)	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	
Vegetarian, Vegan																					
Vanilla Latte - Coconut Milk	Contains: Soya (May Contain: Tree nuts, Peanuts)	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	
Vegetarian, Vegan																					
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	
Vegetarian, Vegan																					



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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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	Vegan	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
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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	0
		Regular	0	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	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
Decaf Tea - Almond Milk	Contains: Tree nuts, Almonds (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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
Earl Grey 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
		Large	0	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	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
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	Contains: Tree nuts, Almonds (May Contain: Peanuts)	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	0	50	12	0.6	0	1.3	1.3	0	0.5	0.04
Earl Grey Tea - Coconut Milk	Contains: Soya (May Contain: Tree nuts, Peanuts)	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
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	0.5	0	89	21	1	0.2	1.4	1.3	0.5	1.7	0.04
Vegan																				



Specialty 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
	Large	Vegan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Camomile Tea - No Milk	Small		0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
	Regular		0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
	Large	Vegan	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Lemon & Ginger Tea - No Milk	Small		1	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
	Regular		0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
	Large	Vegan	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
Raspberry & Peach Tea - No Milk	Small		1	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0
	Regular		0	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0
	Large	Vegan	0	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0
Peppermint Tea - No Milk	Small		0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
	Regular		0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
	Large	Vegan	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0



Other Hot Drinks

Hot Chocolate		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
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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



Chai 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
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
		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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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	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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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																		
		Allergens	Per 100g									Per Serving								
			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 (May Contain: Peanuts)		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 (May Contain: Tree nuts, Peanuts)		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																		
		Allergens	Per 100g									Per Serving								
			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 (May Contain: Peanuts)		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 (May Contain: Tree nuts, Peanuts)		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																	
		Allergens	Per 100g									Per Serving							
			KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
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
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
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
Vegan																			
Hazelnut Iced Latte - Almond Milk	Contains: Tree nuts, Almonds (May Contain: Peanuts)		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
Vegan																			
Hazelnut Iced Latte - Coconut Milk	Contains: Soya (May Contain: Tree nuts, Peanuts)		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
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
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 (May Contain: Peanuts)		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 (May Contain: Peanuts)		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
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
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 (May Contain: Peanuts)	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
Iced Mocha - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	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
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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	Salts	
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	

Vegetarian, Vegan

Frappe Latte - Almond Milk

Contains: Tree nuts,
Almonds
(May Contain: Peanuts)

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
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Vegetarian, Vegan

Frappe Latte - Coconut Milk

Contains: Soya
(May Contain: Tree nuts,
Peanuts)

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
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Vegetarian, 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
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Vegetarian, Vegan

Caramel Frappe Latte

		Allergens																			
		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
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	

Vegetarian



Caramel Frappe 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
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
Vegetarian																			
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
Vegetarian																			
Caramel Frappe Latte - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)		349	83	2.4	1.3	14	9.1	0	0.7	0.07	1674	397	12	6	69	44	0.8	3.5
Vegetarian																			
Caramel Frappe Latte - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)		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
Vegetarian																			
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
Vegetarian																			



White Chocolate Mocha Frappe		Nutritional Information																	
		Allergens	Per 100g									Per Serving							
			KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein
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
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
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
White Chocolate Mocha Frappe - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)		714	170	5.3	2.8	28	18	0.5	2.4	0.29	1799	427	13	7	70	45	0.9	6.1
White Chocolate Mocha Frappe - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)		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
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



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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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																		
		Allergens	Per 100g									Per Serving								
			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
Vegetarian, Vegan																				
Chai Frappe Latte - Almond Milk	Contains: Tree nuts, Almonds (May Contain: Peanuts)		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
Vegetarian, Vegan																				
Chai Frappe Latte - Coconut Milk	Contains: Soya (May Contain: Tree nuts, Peanuts)		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
Vegetarian, 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
Vegetarian, Vegan																				



Strawberries & Cream Frappe		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
Strawberries & Cream Frappe - Coconut milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	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	
Vegetarian, Vegan																				
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 - Almond milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)	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	
Vegetarian, 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	
Vegetarian, 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	
Vegetarian, Vegan																				



Double Chocolate Cream Frappe		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
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 (May Contain: Peanuts)		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 (May Contain: Tree nuts, Peanuts)		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

	Allergens	Per 100g									Per Serving								
		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

Vegan

Dragonfruit Lemonade

117	28	0	0	6.9	6.8	0	0	0	557	131	0	0	33	32	0	0	0.02
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Vegetarian, Vegan, Gluten Free

Mango Lemonade

110	26	0	0	6.5	6.3	0	0	0	520	122	0	0	31	30	0	0	0.01
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Vegetarian, Vegan

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

Vegan

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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Vegetarian, Vegan



Iced 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
Peach Iced Tea		150	35	0	0	8.8	8.8	0	0	0	709	167	0	0	42	42	0	0	0.02
Vegetarian, Vegan																			



Matcha

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
Matcha Latte - Semi Skimmed Milk	Contains: Milk	Small	188	45	1.4	0.9	4.5	4.2	0.5	3.3	0.09	600	143	4.5	3	14	13	1	11	0.3
		Regular	186	44	1.4	0.9	4.4	4.2	0.5	3.3	0.09	712	169	5.4	3.6	17	16	1	13	0.36
		Large	188	45	1.4	0.9	4.5	4.2	0.5	3.3	0.09	844	201	6.3	4.2	20	19	1.6	15	0.41
Matcha Latte - Skimmed Milk	Contains: Milk	Small	141	33	0	0	4.6	4.3	0.5	3.3	0.09	452	107	0.5	0.2	15	14	1	11	0.3
		Regular	139	33	0	0	4.5	4.3	0.5	3.3	0.09	534	126	0.5	0.2	17	16	1	13	0.36
		Large	142	34	0	0	4.6	4.3	0.5	3.3	0.09	636	150	0.5	0.2	21	19	1.6	15	0.41
Matcha Latte - Oat Milk	Contains: Gluten, Oats	Small	195	46	1.2	0.5	7.8	3.6	1.1	0.5	0.08	624	148	3.9	1.5	25	12	3.4	1.6	0.27
		Regular	194	46	1.2	0.5	7.8	3.6	1	0.5	0.08	741	176	4.7	1.8	30	14	3.9	1.8	0.32
		Large	196	47	1.2	0.5	7.8	3.6	1.1	0.5	0.08	878	209	5.5	2.1	35	16	4.9	2.3	0.37
Matcha Latte - Almond Milk	Contains: Tree nuts, Almonds (May Contain: Peanuts)	Small	104	25	1.1	0.1	2.7	2.4	0.6	0.7	0.07	334	80	3.6	0.3	8.7	7.5	1.9	2.1	0.24
		Regular	107	26	1.1	0.1	2.8	2.4	0.7	0.7	0.07	413	99	4.4	0.4	11	9.1	2.6	2.8	0.28
		Large	105	25	1.1	0.1	2.7	2.4	0.6	0.7	0.07	472	113	5.1	0.5	12	11	2.8	3.1	0.33
Matcha Latte - Coconut Milk	Contains: Soya (May Contain: Tree nuts, Peanuts)	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
Matcha Latte - Soya Milk	Contains: Soya	Small	177	42	1.8	0.3	2.8	2.4	0.9	3.3	0.07	564	135	5.7	0.9	9	7.5	2.8	10	0.24
		Regular	175	42	1.8	0.3	2.8	2.3	0.8	3.2	0.07	669	160	6.8	1.1	11	9	3.2	12	0.28
		Large	177	42	1.8	0.3	2.8	2.4	0.9	3.3	0.07	794	190	8	1.3	13	11	4.1	15	0.33



Vanilla Matcha Latte			Nutritional Information																	
			Per 100g									Per Serving								
			Allergens																	
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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 (May Contain: Peanuts)	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																			
			Allergens	Per 100g									Per Serving									
				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 (May Contain: Tree nuts, Peanuts)	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																			
			Allergens	Per 100g									Per Serving									
				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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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

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	
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

Matcha Tea

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	Contains: 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	Contains: 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	Contains: Gluten, Oats	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



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
Matcha Tea - Almond Milk	Contains: Tree nuts, Almonds (May Contain: Peanuts)	Small	196	47	1.2	0.2	5	2.5	3.2	2.3	0.07	69	17	0.5	0	1.8	0.9	1.1	0.8	0.02
		Regular	172	41	1.2	0.1	4.4	2.4	2.5	1.9	0.07	79	19	0.6	0	2	1.1	1.2	0.9	0.03
		Large	187	45	1.2	0.1	4.8	2.4	2.9	2.1	0.07	110	26	0.7	0	2.8	1.4	1.7	1.2	0.04
Matcha Tea - Coconut Milk	Contains: Soya (May Contain: Tree nuts, Peanuts)	Small	226	54	1.4	0.7	5.6	3.1	3.1	3.1	0.09	80	19	0.5	0.2	2	1.1	1.1	1.1	0.03
		Regular	203	48	1.4	0.7	5	3.1	2.4	2.7	0.09	93	22	0.6	0.3	2.3	1.4	1.1	1.3	0.04
		Large	217	52	1.4	0.7	5.4	3.1	2.9	3	0.09	128	30	0.8	0.4	3.2	1.8	1.7	1.8	0.05
Matcha Tea - Soya Milk	Contains: Soya	Small	262	63	1.8	0.3	5.1	2.5	3.5	4.7	0.07	93	22	0.6	0.1	1.8	0.9	1.2	1.7	0.02
		Regular	240	57	1.8	0.3	4.5	2.4	2.8	4.3	0.07	110	26	0.8	0.1	2.1	1.1	1.3	2	0.03
		Large	254	61	1.8	0.3	4.9	2.4	3.2	4.5	0.07	149	36	1.1	0.2	2.9	1.4	1.9	2.7	0.04



Seasonal

Pumpkin Spice Iced Latte

	Allergens																			



Pumpkin Spice Latte			Nutritional Information																		
			Per 100g									Per Serving									
			Allergens																		
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	
Vegetarian																					
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	
Vegetarian																					
Pumpkin Spice Latte - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)	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	
Vegetarian																					
Pumpkin Spice Latte - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	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	
Vegetarian																					
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	
Vegetarian																					



Toasted Marshmallow Hot Chocolate			Nutritional Information																	
			Per 100g									Per Serving								
			Allergens																	
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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																	
			Per 100g									Per Serving								
			Allergens																	
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
Vegetarian																				
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
Vegetarian																				
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
Vegetarian																				
Gingerbread Latte - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)	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
Vegetarian																				
Gingerbread Latte - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	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
Vegetarian																				
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
Vegetarian																				



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
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 (May Contain: Peanuts)	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 (May Contain: Tree nuts, Peanuts)	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																	
Coconut Cream Chai	Contains: Soya (May Contain: Tree nuts, Peanuts)	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

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
Croissant		Contains: Gluten, Wheat, Eggs, Milk (May Contain: Tree nuts, Soya)	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
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
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
Pain Au Raisin		Contains: Gluten, Wheat, Eggs, Milk (May Contain: Tree nuts, Soya)	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
Almond Filled Croissant		Contains: Gluten, Wheat, Tree nuts, Almonds, Eggs, Milk, Soya (May Contain: Sesame)	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		Contains: Gluten, Wheat, Eggs, Milk, Soya (May Contain: Tree nuts, Sesame)	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



Pastries

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		
Vanilla Custard Crown	Contains: Gluten, Wheat, Tree nuts, Hazelnuts, Almonds, Milk										1599	383	23	9.2	38	15	1.8	5.1	0.4	

Savoury Food

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		
Steak Parcel	Contains: Gluten, Wheat, Barley (May Contain: Milk, Soya)																				
		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	Contains: Gluten, Wheat, Milk (May Contain: Soya)																				
		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	Contains: Gluten, Wheat, Milk (May Contain: Soya)																				
		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		
Ham & Cheese Filled Croissant	Contains: Gluten, Wheat, Eggs, Milk (May Contain: Tree nuts, Soya)																				
		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																		
		Allergens	Per 100g										Per Serving							
			KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Cheese & Tomato Filled Croissant	Contains: Gluten, Wheat, Eggs, Milk (May Contain: Tree nuts, Soya)		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
Sausage Roll	Contains: Gluten, Wheat, Eggs (May Contain: Tree nuts, Milk, Mustard)		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	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 (May Contain: Eggs, Milk)		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																		
		Allergens	Per 100g										Per Serving							
			KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Jammy Biscuit Blondie	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews,		1985	473	22	13	63	40	0	6.3	0.4	1806	431	20	12	57	36	0	5.7	0.36



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																		
	(May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews,	2929	703	46	23	66	40	0	7.5	1.2	2197	527	34	17	49	30	0	5.6	0.9
Cookie and Cream Brownie	Contains: Gluten, Wheat, Eggs, Milk, Soya																		
	(May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews,	1857	444	24	12	52	41	0	5	0.29	1857	444	24	12	52	41	0	5	0.29
Chocolate Chip Cookie	Contains: Gluten, Wheat, Eggs, Soya																		
	(May Contain: Tree nuts, Milk, Celery, Mustard, Sesame)	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	Contains: Gluten, Wheat, Eggs, Milk, Soya																		
	(May Contain: Tree nuts, Celery, Mustard, Sesame)	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	Contains: Gluten, Wheat, Eggs, Milk, Soya																		
	(May Contain: Tree nuts, Celery, Mustard, Sesame)	1999	478	26	14	54	35	3.2	5.1	0.6	1699	407	22	12	46	30	2.7	4.4	0.51
Cranberry Chocolate Tiffin	Contains: Gluten, Wheat, Barley, Milk, Soya																		
	(May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews,	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	Salts
Blueberry Cheesecake Muffin	Contains: Gluten, Wheat, Milk (May Contain: Soya)	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
White Chocolate & Macadamia Cookie	Contains: Gluten, Wheat, Tree nuts, Macadamias, Eggs, Milk, Soya (May Contain: Celery, Mustard, Sesame)	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
Megaberry Muffin	Contains: Gluten, Wheat, Eggs, Milk (May Contain: Soya)	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
Carrot Cake Muffin	Contains: Gluten, Wheat, Eggs, Milk (May Contain: Soya)	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



Milk Alternatives & Extras

Syrups

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
Orange Syrup - Extra		1301	306	0	0	77	76	0	0	0.03	312	73	0	0	18	18	0	0	0
Vegetarian, Vegan																			
Amaretto Syrup - Extra		1399	329	0	0	82	81	0	0	0.03	70	16	0	0	4.1	4.1	0	0	0
Vegetarian, Vegan																			
Cinnamon Syrup - Extra		1481	348	0	0	87	87	0	0	0.03	355	84	0	0	21	21	0	0	0
Vegetarian, Vegan																			
Dragon Fruit & Papaya Syrup - Extra		1323	311	0	0	78	77	0	0	0.04	317	75	0	0	19	19	0	0	0
Vegetarian, Vegan																			
Caramel Syrup - Extra		1513	356	0	0	89	89	0	0	0.03	363	85	0	0	21	21	0	0	0
Honeycomb Syrup - Extra		1488	350	0	0	88	88	0	0	0.03	357	84	0	0	21	21	0	0	0



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
Creme Brulee Syrup - Extra		1392	328	0	0	82	80	0	0	0.03	278	66	0	0	16	16	0	0	0
Vanilla Syrup - Extra		1506	354	0	0	89	89	0	0	0.03	361	85	0	0	21	21	0	0	0
Vegetarian, Vegan																			
Gingerbread Syrup - Extra		1493	351	0	0	88	88	0	0	0.03	358	84	0	0	21	21	0	0	0
Vegetarian, Vegan																			
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
Vegetarian, Vegan																			
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
Vegetarian, Vegan																			
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



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 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

Hazelnut Syrup - Extra

1516	357	0	0	89	89	0	0	0.03	364	86	0	0	21	21	0	0	0
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Vegetarian, Vegan

Extras

		Allergens																			
		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
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		

Vegan Cream - Extra

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
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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
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Vegetarian, 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

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

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

Vegetarian, Vegan