

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	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
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
		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
Vegan	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	
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
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
Vegan																				



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 (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	
Vegan																					
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	
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

Flat White	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
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

Short Flat	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
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 (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
Vegan																			
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
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																			



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
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	
	Large	38	9	0	0	1.2	0	0	0.5	0	222	53	1.3	0.3	7.3	0	0	3	0	
Vegan																				
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
Vegan																				
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
Vegan																				
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
Vegan																				



Americano

		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Americano - Soya Milk																				
	Small	46	11	0.5	0	1.3	0	0	0.7	0		164	39	1.2	0.2	4.4	0.7	0	2.5	0.02
	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

Vegan

Espresso

	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	
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

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
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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
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Vegan



Macchiato

	Allergens	Nutritional Information										Nutritional Information									
		Per 100g										Per Serving									
		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

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

Vegan

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



Vanilla Latte

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
Vegan	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	
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
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
Vegan																				





Caramel Latte

		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
Vegan	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
Vegan																					



Hazelnut Latte

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
Vegan	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
Vegan																				



Mocha

Allergens		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
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

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



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
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																		
		Per 100g									Per Serving									
		Allergens	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

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

		Allergens																					
			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		
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	0		
	Regular	0	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	0	0		
Earl Grey Tea - Semi Skimmed Milk	Small	Contains: Milk	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

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



Speciality Teas

		Allergens	Nutritional Information (per 100g)										Nutritional Information (per Serving)									
			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		
Camomile Tea - No Milk		Small	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	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		
Green 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		
Lemon & Ginger Tea - No Milk		Small	1	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	2	0	0	0	0	0	0	0	0		
	Vegan	Large	0	0	0	0	0	0	0	0	0	2	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		
		Regular	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		
Raspberry & Peach Tea - No Milk		Small	1	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	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 (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

Chai Latte		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
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

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 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

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 (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

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	
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 (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	0.17	
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	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
(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

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	
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

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	
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	
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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	
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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	
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Iced Mocha

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	
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	
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Iced White Mocha

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	
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	
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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	
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Iced White Mocha

Allergens			Per 100g										Per Serving									
			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

			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

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			
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			

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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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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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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Vegan

Caramel Frappe Latte

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			
Contains: Milk	381	90	2.5	1.6	15	9.9	0	1.9	0.07		1831	434	12	7.7	73	47	0	8.9	0.36			



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 - Skimmed Milk	Contains: Milk		360	85	1.9	1.2	15	9.9	0	1.9	0.07	1730	410	9.2	5.8	73	48	0	8.9	0.36
Caramel Frappe Latte - Oat Milk	Contains: Oats		324	77	1.1	0.1	16	8.2	0	0.7	0.08	1446	342	5.1	0.5	70	37	1	3.2	0.34
Caramel Frappe Latte - Almond Milk	Contains: Tree nuts, Almonds (May Contain: Peanuts)		260	61	0.7	0	13	7.6	0	0.6	0.06	1160	274	3	0.3	59	34	0.6	2.5	0.28
Caramel Frappe Latte - Coconut Milk	Contains: Soya (May Contain: Tree nuts, Peanuts)		276	65	0.8	0.3	13	7.9	0	1	0.07	1231	291	3.4	1.5	60	35	0.5	4.5	0.32
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



Mocha Frappe

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	



White Chocolate Mocha Frappe

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 (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	0.72
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	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



Chai Frappe Latte

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 (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
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
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

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 - 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
Vegan																														
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
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 - 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																														



Double Chocolate Cream Frappe

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: Oats, Milk										791	188	5.8	2.8	32	18	0.5	1.6	0.24	1866	443	14	6.7	76	43	1.2	3.8	0.57
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										Nutritional Information										
	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		
Cherry Lemonade	125	29	0	0	7.3	7.3	0	0	0		593	140	0	0	35	35	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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Vegan

Pink Lemonade

	112	26	0	0	6.6	6.4	0	0	0		530	125	0	0	31	30	0	0	0.02		
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Vegan

Smoothies

	Allergens																				
	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		
Mango & Passionfruit Smoothie	372	88	0	0	22	21	0.5	0	0		1759	414	0	0	103	100	2	0	0.05		

Vegan

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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Vegan



Iced Tea

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	

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: Oats	Small	237	56	2.1	0.2	8.1	3.6	0.8	1	0.1	757	180	6.6	0.6	26	12	2.5	3.1	0.33
		Regular	235	56	2.1	0.2	8.1	3.6	0.7	1	0.1	900	214	7.9	0.7	31	14	2.8	3.6	0.39
		Large	238	57	2.1	0.2	8.1	3.6	0.8	1	0.1	1064	254	9.2	0.9	36	16	3.6	4.5	0.46
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



Iced Matcha Latte

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: Oats	Regular	242	58	2.1	0.2	8.2	3.6	0.9	1.1	0.1	524	125	4.5	0.4	18	7.9	2	2.3	0.22
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 - 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



Vanilla Matcha Latte

Allergens			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: Oats	Small	296	70	2	0.2	12	7.7	0.7	0.9	0.1		998	237	6.6	0.6	40	26	2.5	3.1	0.33
		Regular	309	73	1.9	0.2	13	8.6	0.7	0.9	0.1		1262	300	7.9	0.7	52	35	2.8	3.6	0.4
		Large	298	71	1.9	0.2	12	8	0.7	0.9	0.1		1405	334	9.2	0.9	57	38	3.1	4.1	0.46
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



Iced Vanilla Matcha Latte

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: Oats	Regular	365	87	1.8	0.2	16	12	0.8	1	0.09	886	210	4.5	0.4	39	29	2	2.3	0.23
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



Coconut Matcha Latte

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	
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	

Cherry Coconut Matcha

		Allergens																			
		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Cherry Coconut Matcha	Contains: Soya																				
	(May Contain: Tree nuts, Peanuts)	Regular	283	67	1.2	0.6	13	12	0.5	1.4	0.09	1226	290	5	2.5	54	53	1.8	6	0.37	

Iced Cherry Coconut Matcha

		Allergens																												
		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts										
Iced Cherry Coconut Matcha		Contains: Soya (May Contain: Tree nuts, Peanuts)										Regular	273	65	1.2	0.6	12	11	0.6	1.5	0.09	663	157	2.9	1.4	28	28	1.4	3.7	0.21



Pistachio Oat Matcha Latte

		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Pistachio Oat Matcha Latte	Contains: Oats	Regular	267	64	2.7	0.3	8.5	5	0.6	1	0.09	1020	243	10	1.1	33	19	2.1	3.9	0.36
		Large	269	64	2.7	0.3	8.6	5	0.6	1.1	0.09	1204	287	12	1.3	38	23	2.8	4.7	0.41
Vegan																				

Iced Pistachio Oat Matcha Latte

		Allergens	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Iced Pistachio Oat Matcha Latte	Contains: Oats	Regular	273	65	2.7	0.3	8.7	5	0.8	1.1	0.09	592	141	5.9	0.6	19	11	1.6	2.5	0.2
		Vegan																		

Strawberry Matcha Lemonade

		Allergens										Nutritional Information									
		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Strawberry Matcha Lemonade		Regular	1214	286	0	0	69	66	2.3	1.3	0.03		740	174	0	0	42	40	1.4	0.8	0.02



Mango Matcha Lemonade		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
Mango Matcha Lemonade		Regular	1183	279	0	0	67	64	2.3	1.1	0.02	721	170	0	0	41	39	1.4	0.7	0.01

Matcha Tea		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens																		
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	318	76	2.1	0.2	10	3.6	3.4	2.6	0.09	112	27	0.7	0	3.5	1.3	1.2	0.9	0.03	
	Regular	297	71	2.1	0.2	9.5	3.6	2.7	2.2	0.1	136	33	1	0.1	4.4	1.7	1.2	1	0.04	
	Large	310	74	2.1	0.2	9.8	3.6	3.1	2.4	0.1	182	43	1.2	0.1	5.8	2.1	1.8	1.4	0.06	



Matcha Tea

		Allergens	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
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 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 (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
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
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



Pumpkin Spice Iced Latte

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



Toasted Marshmallow Hot Chocolate

		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: 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	457	109	3.7	2.5	15	14	0	3.7	0.22		1901	452	15	11	63	57	0	15	0.93	
		Large	420	100	3.4	2.3	14	12	0	3.6	0.21		2013	478	16	11	66	59	0	17	0.99	
Toasted Marshmallow Hot Chocolate - Skimmed Milk	Contains: Milk	Small	417	99	3.1	2.1	14	13	0	3.6	0.2		1390	330	10	7	48	43	0	12	0.67	
		Regular	394	94	2.5	1.7	14	13	0	3.6	0.21		1809	429	11	7.8	65	59	0	17	0.97	
		Large	383	91	2.4	1.6	14	12	0	3.6	0.21		1835	435	11	7.8	66	60	0	17	0.99	
Toasted Marshmallow Hot Chocolate - Oat Milk	Contains: Oats, Milk	Small	490	117	4.6	2.2	17	12	0.5	1.8	0.21		1634	389	15	7.4	56	41	1.4	6	0.69	
		Regular	490	117	4.6	2.2	17	12	0.5	1.8	0.21		1634	389	15	7.4	56	41	1.4	6	0.69	
		Large	418	99	3.9	1.7	14	10	0.5	1.5	0.18		1920	457	18	7.6	66	46	1.9	6.9	0.82	
Toasted Marshmallow Hot Chocolate - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)	Small	389	93	3.8	2.1	13	11	0.5	1.5	0.19		1296	309	13	7.1	43	38	0.9	5.1	0.62	
		Regular	393	94	3.5	1.9	14	12	0.5	1.7	0.21		1636	389	14	7.9	57	51	1.1	6.9	0.87	
		Large	354	84	3.2	1.7	12	11	0.5	1.5	0.19		1695	403	15	8	59	52	1.2	7.2	0.92	
Toasted Marshmallow Hot Chocolate - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	Small	414	99	4	2.6	13	12	0	2.3	0.2		1380	329	13	8.5	44	40	0.6	7.5	0.67	
		Regular	419	100	3.6	2.3	14	13	0	2.4	0.22		1741	414	15	9.7	59	53	0.8	9.9	0.93	
		Large	380	90	3.3	2.1	13	12	0	2.2	0.21		1820	433	16	10	61	55	0.9	11	0.99	
Toasted Marshmallow Hot Chocolate - Soya Milk	Contains: 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	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	



Caramelised Orange Hot Chocolate

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	373	89	3.2	2.2	12	11	0	3	0.16		1684	401	14	9.8	54	51	0	14	0.73
		Regular	428	102	3.2	2.2	15	14	0	3.1	0.19		2069	491	15	11	73	68	0	15	0.94
		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	284	67	0.5	0.4	12	12	0	3.1	0.17		1181	278	2.1	1.6	52	48	0	13	0.71
		Regular	362	86	2	1.4	14	13	0	3.1	0.18		2004	475	11	7.8	76	71	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	428	101	2.4	0.6	18	13	0.5	1.6	0.21		1485	352	8.3	2.1	63	46	1.5	5.4	0.74
		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	256	61	1.3	0.4	11	10	0	1.1	0.16		1064	252	5.4	1.8	46	42	0.9	4.4	0.65
		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	226	54	1.2	0.3	9.7	9	0	0.9	0.13		1286	305	6.8	1.9	55	51	1.2	5	0.75
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	311	74	1.8	0.6	11	10	0.5	3.1	0.16		1293	307	7.4	2.4	46	42	1.8	13	0.65
		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	320	76	1.8	0.6	12	11	0.5	3.1	0.16		1889	448	11	3.5	69	63	2.5	18	0.95



Honeycomb Hot Chocolate

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 (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



Gingerbread Latte

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
Gingerbread Latte - Semi Skimmed Milk	Contains: Milk	Small	352	84	3.7	2.4	9.2	8.1	0	3.4	0.09	1246	297	13	8.5	32	29	0	12	0.32
		Regular	314	75	3	1.9	8.7	7.6	0	3.1	0.08	1487	354	14	9.1	41	36	0	15	0.38
		Large	293	70	2.6	1.7	8.5	7.2	0	3	0.08	1730	412	16	9.8	50	43	0	18	0.45
Gingerbread Latte - Skimmed Milk	Contains: Milk	Small	310	74	2.6	1.6	9.2	8.2	0	3.4	0.09	1098	261	9	5.7	33	29	0	12	0.32
		Regular	277	66	2	1.2	8.8	7.6	0	3.1	0.08	1310	311	9.4	5.8	42	36	0	15	0.38
		Large	258	61	1.7	1	8.5	7.3	0	3	0.08	1522	361	9.8	5.9	50	43	0	18	0.45
Gingerbread Latte - Oat Milk	Contains: Oats, Milk	Small	396	95	4.3	1.7	12	7.6	0.5	1.3	0.1	1403	335	15	6.1	44	27	1.6	4.7	0.35
		Regular	354	84	3.6	1.3	12	7.1	0.5	1.2	0.09	1675	399	17	6.3	55	34	1.9	5.9	0.42
		Large	330	79	3.1	1.1	11	6.8	0.5	1.2	0.08	1950	464	19	6.5	66	40	2.2	7.1	0.49
Gingerbread Latte - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)	Small	277	66	3.5	1.6	7.6	6.5	0.5	1	0.07	981	235	12	5.8	27	23	1	3.7	0.26
		Regular	247	59	2.8	1.3	7.3	6.1	0.5	1	0.07	1169	279	13	6	35	29	1.2	4.7	0.31
		Large	230	55	2.4	1	7.1	5.8	0	1	0.06	1358	324	14	6.1	42	35	1.4	5.7	0.36
Gingerbread Latte - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	Small	307	73	3.6	2.1	8.2	7.1	0	1.9	0.09	1086	259	13	7.6	29	25	0.7	6.6	0.32
		Regular	274	65	3	1.7	7.8	6.7	0	1.7	0.08	1295	309	14	8.1	37	32	0.9	8.2	0.38
		Large	255	61	2.6	1.4	7.6	6.4	0	1.7	0.08	1505	359	15	8.6	45	38	1	9.9	0.45
Gingerbread Latte - Soya Milk	Contains: Milk, Soya	Small	342	82	4.1	1.8	7.7	6.5	0.5	3.4	0.07	1211	289	14	6.4	27	23	1.9	12	0.26
		Regular	305	73	3.3	1.4	7.4	6.1	0.5	3.1	0.07	1444	345	16	6.7	35	29	2.3	15	0.31
		Large	284	68	2.9	1.2	7.2	5.8	0.5	2.9	0.06	1680	401	17	6.9	43	35	2.6	17	0.36



Salted Caramel Latte

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	326	78	3.4	2.2	8.6	7.7	0	3.1	0.16	1264	301	13	8.5	33	30	0	12	0.64
		Regular	302	72	2.8	1.8	8.8	7.7	0	2.9	0.17	1550	369	14	9.1	45	39	0	15	0.86
		Large	289	69	2.5	1.6	8.9	7.7	0	2.8	0.15	1854	441	16	10	57	49	0	18	0.93
Salted Caramel Latte - Skimmed Milk	Contains: Milk	Small	326	78	3.4	2.2	8.6	7.7	0	3.1	0.16	1264	301	13	8.5	33	30	0	12	0.64
		Regular	267	63	1.8	1.1	8.8	7.8	0	2.9	0.17	1373	326	9.4	5.8	45	40	0	15	0.86
		Large	241	57	1.6	0.9	7.9	6.8	0	2.8	0.15	1512	359	9.8	5.9	50	43	0	18	0.92
Salted Caramel Latte - Oat Milk	Contains: Oats, Milk	Small	366	87	3.9	1.6	12	7.2	0.5	1.2	0.17	1420	339	15	6.1	45	28	1.6	4.7	0.67
		Regular	338	81	3.3	1.2	11	7.3	0.5	1.1	0.17	1738	414	17	6.3	59	37	1.9	5.9	0.89
		Large	309	74	2.9	1	10	6.3	0.5	1.1	0.15	1939	462	19	6.5	66	40	2.2	7.1	0.96
Salted Caramel Latte - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)	Small	257	62	3.2	1.5	7.2	6.2	0.5	0.9	0.15	998	239	12	5.8	28	24	1	3.7	0.58
		Regular	240	57	2.6	1.2	7.4	6.3	0	0.9	0.15	1232	294	13	6	38	32	1.2	4.7	0.79
		Large	215	51	2.3	1	6.6	5.4	0	0.9	0.13	1347	321	14	6.1	42	34	1.4	5.7	0.84
Salted Caramel Latte - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	Small	284	68	3.3	2	7.7	6.8	0	1.7	0.16	1103	263	13	7.6	30	26	0.7	6.6	0.64
		Regular	264	63	2.7	1.6	7.9	6.9	0	1.6	0.17	1358	324	14	8.1	41	35	0.9	8.2	0.86
		Large	238	57	2.4	1.4	7.1	5.9	0	1.6	0.15	1494	356	15	8.6	44	37	1	9.9	0.92
Salted Caramel Latte - Soya Milk	Contains: Milk, Soya	Small	316	76	3.7	1.7	7.3	6.2	0.5	3.1	0.15	1228	293	14	6.4	28	24	1.9	12	0.58
		Regular	294	70	3.1	1.3	7.5	6.3	0.5	2.9	0.15	1507	360	16	6.7	39	32	2.3	15	0.79
		Large	266	63	2.7	1.1	6.7	5.4	0.5	2.8	0.13	1669	398	17	6.9	42	34	2.6	17	0.84



Creme Brulee Latte

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 (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



Pistachio Oat Latte

		Allergens																			
		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Pistachio Oat Latte		Small	261	62	2.6	0.3	8.4	4.5	0	1.2	0.08	926	221	9.2	1	30	16	0.9	4.1	0.29	
	Contains: Oats	Regular	242	58	2.4	0.3	7.8	4	0	1.1	0.07	1144	273	11	1.3	37	19	1.1	5.4	0.35	
Vegan		Large	231	55	2.3	0.3	7.5	3.8	0	1.1	0.07	1366	325	13	1.5	44	22	1.2	6.7	0.41	

Pistachio Oat Hot Chocolate

		Allergens																			
		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Pistachio Oat Hot Chocolate																					
	Small	389	92	2.9	0.7	15	11	0.5	1.6	0.2	1377	327	10	2.4	52	39	0.9	5.6	0.7		
	Regular	385	91	2.8	0.7	15	11	0	1.6	0.2	1821	432	13	3.3	71	53	1.1	7.6	0.96		
	Large	336	80	2.5	0.6	13	9.5	0	1.4	0.17	1987	472	15	3.5	76	56	1.2	8.1	1		

Iced Pistachio Oat Latte

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	
Iced Pistachio Oat Latte		Contains: Oats																			
		146	35	1.4	0.2	4.7	2.4	0	0.7	0.04		663	158	6.4	0.7	21	11	0.6	3.3	0.2	
Vegan																					



Stupid Little Biscuit Frappe

Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Stupid Little Biscuit Frappe - Semi Skimmed Milk	Contains: Milk		362	86	2.4	1.6	14	9.9	0	1.6	0.08	1688	401	11	7.4	68	46	0	7.4	0.35
Stupid Little Biscuit Frappe - Skimmed Milk	Contains: Milk		340	81	1.8	1.2	15	10	0	1.6	0.08	1588	376	8.3	5.5	68	47	0	7.4	0.35
Stupid Little Biscuit Frappe - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)		323	77	2.3	1.2	14	9.1	0	0.5	0.07	1509	358	11	5.6	64	42	0.8	1.7	0.31
Stupid Little Biscuit Frappe - Coconut Milk	Contains: Milk (May Contain: Tree nuts)		442	105	2.7	1.8	20	13	0	0	0.05	1310	311	8.1	5.4	59	37	0	0.7	0.15
Stupid Little Biscuit Frappe - Soya Milk	Contains: Milk, Soya		357	85	2.6	1.3	14	9.1	0.5	1.6	0.07	1664	395	12	6	64	42	1.4	7.3	0.31
Stupid Little Biscuit Frappe - Oat Milk (standard)	Contains: Oats, Milk		385	91	2.7	1.2	16	9.7	0	0.5	0.08	1795	426	13	5.8	75	45	1.2	2.4	0.37



Iced Brown Sugar Latte

			Allergens		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Iced Brown Sugar Latte - Semi Skimmed Milk				Contains: Milk																			
					161	38	0.8	0.5	6	5.3	0	1.7	0.05	762	180	3.6	2.1	29	25	0	8.2	0.23	
Iced Brown Sugar Latte - Skimmed Milk				Contains: Milk																			
					140	33	0	0	6.1	5.3	0	1.7	0.05	661	156	0.8	0.2	29	25	0	8.2	0.23	
Iced Brown Sugar Latte - Oat Milk				Contains: Oats																			
Vegan					183	43	1.1	0.1	7.7	5	0	0.7	0.05	868	206	5	0.5	36	24	1	3.2	0.25	
Iced Brown Sugar Latte - Almond Milk				Contains: Tree nuts, Almonds (May Contain: Peanuts)																			
Vegan					123	29	0.6	0	5.2	4.4	0	0.5	0.04	582	138	3	0.3	25	21	0.6	2.5	0.19	
Iced Brown Sugar Latte - Coconut Milk				Contains: Soya (May Contain: Tree nuts, Peanuts)																			
Vegan					138	33	0.7	0.3	5.5	4.8	0	0.9	0.05	653	155	3.4	1.5	26	23	0.5	4.5	0.23	
Iced Brown Sugar Latte - Soya Milk				Contains: Soya																			
Vegan					156	37	0.9	0.2	5.3	4.4	0.5	1.7	0.04	737	175	4.4	0.7	25	21	1.2	8.1	0.19	





Lime & Guava 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	
Lime & Guava Lemonade	117	28	0	0	6.9	6.9	0	0	0		559	132	0	0	33	33	0	0	0.02	

Vegan

Coconut Cream Chai

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	
Coconut Cream Chai	Small	249	59	1.2	0.6	11	6.8	0	1.3	0.12	884	209	4.1	2.1	38	24	0.8	4.5	0.41	
	Regular	277	65	1.1	0.6	12	7.6	0	1.3	0.12	1206	285	5	2.5	54	33	1	5.5	0.52	
	Large	295	70	1.1	0.6	14	8.2	0	1.2	0.12	1531	362	5.8	2.9	70	42	1.3	6.5	0.64	

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



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	Salts
Almond Filled Croissant	Contains: Gluten, Wheat, Tree nuts, Almonds, Milk (May Contain: Oats, Barley, Rye, Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Eggs, Celery, Mustard, Sesame, Soya)	1669	400	23	11	39	11	3	7.7	0.76		1452	348	20	9.6	34	9.6	2.6	6.7	0.66
Cinnamon Whirl	Contains: Gluten, Wheat, Tree nuts, Hazelnuts, Pecans, Almonds, Eggs, Milk (May Contain: Oats, Barley, Rye)	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 (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Sesame, Soya)	1788	428	23	15	45	6.8	2.6	8.9	1.2		1073	257	14	9	27	4.1	1.6	5.3	0.72
Maple & Pecan Danish	Contains: Gluten, Wheat, Tree nuts, Pecans, Eggs, Milk (May Contain: Hazelnuts, Almonds)	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 Chocolate	Contains: Gluten, Wheat, Eggs, Milk, Soya (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, 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
Pain Aux Raisin	Contains: Gluten, Wheat, Eggs, Milk (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Sesame, 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



Pastries

		Allergens																			
		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, Pecans, Almonds, Eggs, Milk																				
	(May Contain: Oats, Barley, Rye)	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		

Savoury Food

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 (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
Cheese & Tomato Filled Croissant	Contains: Gluten, Wheat, Eggs, Milk (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Sesame, 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
Chicken & Mushroom Slice	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
Ham & Cheese Filled Croissant	Contains: Gluten, Wheat, Eggs, Milk (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Sesame, 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

Allergens		Nutritional Information										Nutritional Information									
Food Item	Allergens	Per 100g										Per Serving									
		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		
Sausage Roll	Contains: Gluten, Wheat, Eggs, Sulphites (May Contain: Milk, Mustard, Soya)	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		
Steak Slice	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		
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

Sweet Treats	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			
Belgian Waffle	Contains: Gluten, Oats, Wheat, Soya	1856	443	22	10	55	25	1.8	5.8	0.9	1670	399	20	9.4	50	22	1.6	5.2	0.81			



Sweet Treats

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, Eggs, 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		
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		
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		
Chocolate Chip Cookie	Contains: Gluten, Wheat, Eggs, Soya (May Contain: Oats, Barley, Rye, Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Milk)	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		
Cookie and Cream Brownie	Contains: Gluten, Wheat, Eggs, Milk, Soya (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Sulphites)	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 (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Eggs, Sulphites)	2247	540	39	18	43	25	0	4.3	0.56	2090	502	36	17	40	23	0	4	0.52		



Sweet Treats

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
Double Chocolate Cookie	Contains: Gluten, Wheat, Eggs, Milk, Soya (May Contain: Oats, Barley, Rye, Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias)		1895	452	20	12	61	41	3.2	4.9	0.6	1610	384	17	10	52	35	2.7	4.1	0.51	
Jammy Biscuit Blondie	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias)		1985	473	22	13	63	40	0	6.3	0.4	1806	431	20	12	57	36	0	5.7	0.36	
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	
Millionaire Rocky Road	Contains: Gluten, Wheat, Milk, Soya, Sulphites (May Contain: Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Eggs)		2929	703	46	23	66	40	0	7.5	1.2	2197	527	34	17	49	30	0	5.6	0.9	
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	
Vegetarian, Vegan																					
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

Allergens		Nutritional Information																			
White Chocolate & Cranberry Cookie	Contains: Gluten, Wheat, Eggs, Milk, Soya (May Contain: Oats, Barley, Rye, Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias)	Per 100g										Per Serving									
		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
		1999	478	26	14	54	35	3.2	5.1	0.6		1699	407	22	12	46	30	2.7	4.4	0.51	
White Chocolate & Macadamia Cookie	Contains: Gluten, Wheat, Tree nuts, Macadamias, Eggs, Milk, Soya (May Contain: Oats, Barley, Rye, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios)	Per 100g										Per Serving									
		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
		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	

Seasonal Food

Allergens		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Apple Pie Doughnut	Contains: Gluten, Wheat, Rye, Tree nuts, Milk, Soya (May Contain: Hazelnuts, Pecans, Almonds, Eggs)	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
Banana & Walnut Loaf Cake	Contains: Gluten, Wheat, Rye, Tree nuts, Walnuts, Eggs (May Contain: Hazelnuts, Pecans, Almonds, Pistachios, Milk)	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
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



Seasonal Food

Nutritional Information

Seasonal Food		Per 100g										Per Serving									
Allergens		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		
Lattice Mince Pie	Contains: Gluten, Wheat (May Contain: Eggs, Milk, Soya)	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		



Milk Alternatives & Extras

Syrups

		Allergens																			
		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts											
Caramel Syrup - Extra		1513	356	0	0	89	89	0	0	0.03	363	85	0	0	21	21	0	0	0		
Vegan																					
Cinnamon Syrup - Extra		1481	348	0	0	87	87	0	0	0.03	355	84	0	0	21	21	0	0	0		
Vegan																					
Creme Brulee Syrup - Extra		1392	328	0	0	82	80	0	0	0.03	278	66	0	0	16	16	0	0	0		
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		
Vegan																					
Gingerbread Syrup - Extra		1474	347	0	0	87	87	0	0	0.03	354	83	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																					



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
Honeycomb Syrup - Extra		1488	350	0	0	88	88	0	0	0.03	357	84	0	0	21	21	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																			
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																			
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
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
Vegan																			
Vanilla Syrup - Extra		1506	354	0	0	89	89	0	0	0.03	361	85	0	0	21	21	0	0	0
Vegan																			



Extras

Allergens																				
			KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Caramel Sauce - Extra	Contains: Milk		1347	318	2.6	1.6	74	72	0	0	0.13	135	32	0.5	0.2	7.4	7.2	0	0	0.01
Vegan																				
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																				
Mini Marshmallow - Extra			1440	339	0.5	0.1	80	68	0	3.5	0.02	144	34	0	0	8	6.8	0	0.5	0
Vegan Cream - Extra			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegan																				