



Seasonal

Black Forest Mocha		Nutritional Information																		
		Per 100g										Per Serving								
		Allergens																		
Black Forest Mocha - Semi Skimmed Milk	Contains: Milk	Small	413	98	3.3	2.2	14	12	0	3	0.16	1778	423	14	9.5	60	53	0	13	0.68
		Regular	428	102	3	2	15	14	0	3.1	0.17	2345	556	16	11	85	74	0	17	0.94
		Large	394	93	2.8	1.8	14	12	0	3.1	0.16	2456	583	17	11	88	77	0	19	1
Black Forest Mocha - Skimmed Milk	Contains: Milk	Small	333	78	0.7	0.5	15	13	0	3.2	0.17	1305	308	2.8	1.8	58	51	0	12	0.65
		Regular	401	95	2.2	1.5	16	14	0	3.1	0.17	2197	521	12	8	85	75	0	17	0.94
		Large	365	87	2	1.3	14	12	0	3.1	0.16	2279	540	12	8.1	88	77	0	19	1
Black Forest Mocha - Oat Milk	Contains: Oats, Milk	Small	395	93	2	0.6	17	13	0.5	1.6	0.17	1548	367	7.8	2.2	67	49	1.2	6.4	0.68
		Regular	421	100	2	0.6	18	14	0.5	1.8	0.19	2146	508	10	3.1	94	70	1.5	9.1	0.95
		Large	391	93	2	0.5	17	12	0.5	1.6	0.17	2289	542	12	3.2	99	72	1.8	9.6	1
Black Forest Mocha - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)	Small	355	84	1.8	0.6	14	12	0.5	3.1	0.15	1394	330	7.1	2.4	54	46	1.4	12	0.61
		Regular	338	80	1.5	0.5	15	13	0	1.6	0.17	1724	408	7.4	2.8	77	66	0.9	8.1	0.86
		Large	305	72	1.4	0.5	13	12	0	1.4	0.15	1783	422	8.1	2.8	78	67	1.1	8.4	0.91
Black Forest Mocha - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	Small	330	78	1.5	0.9	14	12	0	2	0.17	1295	306	5.9	3.3	55	48	0.5	8	0.65
		Regular	359	85	1.6	0.9	15	13	0	2.2	0.18	1829	433	8	4.6	79	68	0.6	11	0.92
		Large	326	77	1.5	0.8	14	12	0	2	0.17	1908	452	8.8	5	81	70	0.7	12	0.98
Black Forest Mocha - Soya Milk	Contains: Milk, Soya	Small	355	84	1.8	0.6	14	12	0.5	3.1	0.15	1394	330	7.1	2.4	54	46	1.4	12	0.61
		Regular	383	91	1.9	0.7	15	13	0.5	3.2	0.17	1953	463	9.5	3.4	77	66	1.8	16	0.86
		Large	352	83	1.8	0.6	13	12	0.5	3.1	0.15	2058	488	11	3.6	79	67	2.1	18	0.91



Black Forest Hot Chocolate		Nutritional Information																			
		Per 100g										Per Serving									
Allergens			kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts		kJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts
Black Forest Hot Chocolate - Semi Skimmed Milk	Contains: Milk	Small	388	92	3.2	2.2	13	12	0	3	0.16		1453	345	12	8.2	49	45	0	11	0.6
		Regular	418	99	3	2	15	14	0	2.9	0.18		2178	517	15	11	79	74	0	15	0.94
		Large	384	91	2.7	1.9	14	13	0	2.9	0.17		2290	544	16	11	82	77	0	17	1
Black Forest Hot Chocolate - Skimmed Milk	Contains: Milk	Small	400	95	2.7	1.8	15	14	0	3	0.18		1549	368	10	7.1	57	54	0	12	0.68
		Regular	356	84	2.3	1.6	13	12	0	3	0.16		1632	387	10	7.1	60	56	0	14	0.74
		Large	324	77	2	1.3	12	11	0	2.9	0.15		1714	406	10	7.1	62	59	0	16	0.8
Black Forest Hot Chocolate - Oat Milk	Contains: Oats, Milk	Small	384	91	1.9	0.5	17	13	0.5	1.3	0.18		1437	340	7.2	2	64	49	1.2	4.9	0.68
		Regular	410	97	1.9	0.6	18	14	0.5	1.4	0.2		1979	469	9.4	2.9	88	70	1.5	6.9	0.95
		Large	380	90	1.9	0.5	17	13	0.5	1.3	0.18		2122	503	11	3	93	72	1.8	7.4	1
Black Forest Hot Chocolate - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)	Small	343	81	1.7	0.6	13	12	0.5	2.9	0.16		1284	304	6.5	2.3	50	46	1.4	11	0.61
		Regular	338	80	1.5	0.5	15	13	0	1.6	0.17		1724	408	7.4	2.8	77	66	0.9	8.1	0.86
		Large	289	68	1.3	0.5	13	12	0	1.1	0.16		1616	383	7.1	2.6	73	67	1.1	6.2	0.91
Black Forest Hot Chocolate - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	Small	316	75	1.4	0.9	14	13	0	1.7	0.17		1184	280	5.3	3.2	51	48	0.5	6.5	0.65
		Regular	344	81	1.5	0.9	15	14	0	1.8	0.19		1662	393	7	4.4	73	68	0.6	8.8	0.92
		Large	312	74	1.4	0.9	13	13	0	1.7	0.18		1742	412	7.8	4.8	75	70	0.7	9.7	0.98
Black Forest Hot Chocolate - Soya Milk	Contains: Milk, Soya	Small	343	81	1.7	0.6	13	12	0.5	2.9	0.16		1284	304	6.5	2.3	50	46	1.4	11	0.61
		Regular	383	91	1.9	0.7	15	13	0.5	3.2	0.17		1953	463	9.5	3.4	77	66	1.8	16	0.86
		Large	352	83	1.8	0.6	13	12	0.5	3.1	0.15		2058	488	11	3.6	79	67	2.1	18	0.91



Toasted Marshmallow Hot Chocolate			Nutritional Information																	
			Per 100g									Per Serving								
			Allergens																	
Toasted Marshmallow Hot Chocolate - Semi Skimmed Milk	Contains: Milk	Small	409	97	3.6	2.5	13	11	0	3.5	0.18	1360	323	12	8.3	43	37	0	12	0.6
		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	1631	389	10	7	58	54	0	15	0.87
		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	1330	316	13	6.6	37	33	1.7	12	0.57
		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



Gingerbread 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
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 Hot Chocolate		Nutritional Information																		
		Per 100g										Per Serving								
Allergens		KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	KJ	Kcal	Fats	Sats	Carbs	Sugar	Fibre	Protein	Salts	
Salted Caramel Hot Chocolate - Semi Skimmed Milk	Contains: Milk	Small	442	105	3.5	2.4	15	15	0	2.9	0.25	1738	413	14	9.4	61	57	0	12	1
		Regular	399	95	3.2	2.2	14	13	0	2.9	0.23	1849	439	15	10	63	60	0	14	1.1
		Large	417	99	2.9	2	15	14	0	3	0.26	2363	561	16	11	86	81	0	17	1.5
Salted Caramel Hot Chocolate - Skimmed Milk	Contains: Milk	Small	389	92	2.7	1.8	14	13	0	3	0.26	1485	352	10	7	54	50	0	12	0.99
		Regular	424	101	2.3	1.6	17	16	0	3	0.29	2102	498	11	7.9	84	78	0	15	1.4
		Large	385	91	2	1.4	15	14	0	3	0.26	2185	518	11	8	86	81	0	17	1.5
Salted Caramel Hot Chocolate - Oat Milk	Contains: Oats, Milk	Small	474	113	3.9	1.9	18	14	0.5	1.4	0.26	1863	443	15	7.5	70	56	1.3	5.6	1
		Regular	432	103	3.6	1.6	16	12	0.5	1.3	0.23	2006	477	17	7.6	75	58	1.6	6.1	1.1
		Large	450	107	3.3	1.5	18	14	0.5	1.4	0.27	2552	606	19	8.5	100	79	1.9	8.1	1.5
Salted Caramel Hot Chocolate - Almond Milk	Contains: Tree nuts, Almonds, Milk (May Contain: Peanuts)	Small	388	92	3.3	1.8	14	13	0	1.2	0.24	1526	363	13	7.3	56	52	0.9	4.8	0.95
		Regular	341	81	3	1.6	12	12	0	1.1	0.22	1584	377	14	7.3	58	54	1	5.1	1
		Large	360	86	2.7	1.4	14	13	0	1.2	0.25	2044	486	15	8.1	79	74	1.2	6.9	1.4
Salted Caramel Hot Chocolate - Coconut Milk	Contains: Milk, Soya (May Contain: Tree nuts, Peanuts)	Small	398	95	3.5	2.2	14	13	0	1.8	0.26	1542	367	13	8.6	54	51	0.6	7.2	0.99
		Regular	364	87	3.1	2	13	12	0	1.7	0.23	1689	402	14	9.1	60	56	0.7	8	1.1
		Large	383	91	2.8	1.8	14	14	0	1.8	0.26	2170	515	16	10	82	77	0.9	10	1.5
Salted Caramel Hot Chocolate - Soya Milk	Contains: Milk, Soya	Small	435	103	3.7	2	14	13	0.5	2.9	0.24	1709	407	15	7.7	56	52	1.6	11	0.95
		Regular	447	106	3.4	1.7	16	15	0.5	3	0.28	2214	526	17	8.7	78	72	1.9	15	1.4
		Large	409	97	3.1	1.6	14	13	0.5	3	0.25	2321	552	18	8.8	80	74	2.3	17	1.4



Matcha

Iced Gingerbread Matcha Oat Latte

Iced Gingerbread Matcha Oat Latte

Contains: Oats

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

362 86 1.8 0.2 16 12 0.8 1 0.09 878 208 4.5 0.4 39 29 2 2.3 0.23