

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Latte	Regular with skimmed milk	unit	436	102	0.3	0.1	14.9	14.9	0	9.9	0.3
	Large with skimmed milk	unit	609	143	0.4	0.1	20.9	20.8	0	13.9	0.4
	Regular with soya milk	unit	551	132	5.7	0.9	9.1	8.7	1.8	9.9	0.2
	Large with soya milk	unit	848	204	12	7.8	14.2	14.1	0	10.2	0.3
	Regular with whole milk	unit	770	185	8	1.3	12.7	12.2	2.5	13.9	0.3
	Large with whole milk	unit	1186	286	16.8	10.9	19.8	19.7	0	14.3	0.4
	Regular with coconut	unit	671	159	3.6	3	31.3	12.6	2.1	0.3	0.3
	Large with coconut	unit	938	223	5	4.2	43.7	17.6	2.9	0.5	0.4
	Regular with oat	unit	545	130	4.8	1.2	18.4	12.3	0.9	2.4	0.3
	Large with oat	unit	762	182	6.7	1.7	25.7	17.2	1.3	3.4	0.4
Cappuccino	Regular with skimmed milk	unit	436	102	0.3	0.1	14.9	14.9	0	9.9	0.3
	Large with skimmed milk	unit	609	143	0.4	0.1	20.9	20.8	0	13.9	0.4
	Regular with soya milk	unit	551	132	5.7	0.9	9.1	8.7	1.8	9.9	0.2
	Large with soya milk	unit	848	204	12	7.8	14.2	14.1	0	10.2	0.3
	Regular with whole milk	unit	770	185	8	1.3	12.7	12.2	2.5	13.9	0.3
	Large with whole milk	unit	1186	286	16.8	10.9	19.8	19.7	0	14.3	0.4
	Regular with coconut	unit	671	159	3.6	3	31.3	12.6	2.1	0.3	0.3
	Large with coconut	unit	938	223	5	4.2	43.7	17.6	2.9	0.5	0.4
	Regular with oat	unit	545	130	4.8	1.2	18.4	12.3	0.9	2.4	0.3
	Large with oat	unit	762	182	6.7	1.7	25.7	17.2	1.3	3.4	0.4
	Large with oat	unit	762	182	6.7	1.7	25.7	17.2	1.3	3.4	0.4

Flat White	With skimmed milk	unit	372	89	3	2	9.3	9.3	0	6.2	0
	With soya milk	unit	331	80	3.4	0.5	5.5	5.2	1.1	6	0.1
	With whole milk	unit	509	123	7.2	4.7	8.5	8.5	0	6.2	0.2
	With coconut	unit	403	96	2.2	1.8	18.8	7.6	1.3	0.2	0.2
	With oat	unit	362	87	3.2	0.8	12.3	8.2	0.6	1.6	0.2
Americano	Regular black	unit	2	1	0	0	0.1	0	0	0	0
	Large black	unit	2	1	0	0	0.1	0	0	0	0
	Regular with skimmed milk	unit	45	11	0	0	1.5	1.5	0	1	0
	Large with skimmed milk	unit	57	14	0.6	0.1	1	0.9	0.2	1	0
	Regular with soya milk	unit	86	21	1.2	0.8	1.5	1.4	0	1.1	0
	Large with soya milk	unit	69	16	0.4	0.3	3.2	1.3	0.2	0.1	0
	Regular with whole milk	unit	67	16	0	0	2.3	2.2	0	1.5	0
	Large with whole milk	unit	84	20	0.9	0.1	1.4	1.3	0.3	1.5	0
	Regular with coconut	unit	129	31	1.8	1.2	2.2	2.1	0	1.6	0
	Large with coconut	unit	102	24	0.5	0.5	4.7	1.9	0.3	0.1	0
	Regular with oat	unit	54	13	0.5	0.1	1.8	1.2	0.1	0.2	0
	Large with oat	unit	81	19	0.7	0.2	2.7	1.8	0.1	0.4	0

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Espresso	Single	unit	2	1	0	0	0.1	0	0	0	0
	Double	unit	2	1	0	0	0.1	0	0	0	0
Macchiato	Single with skimmed milk	unit	45	11	0	0	1.5	1.5	0	1	0
	Double with skimmed milk	unit	88	21	0.1	0	3	3	0	2	0.1
	Single with soya milk	unit	57	14	0.6	0.1	1	0.9	0.2	1	0
	Double with soya milk	unit	111	27	1.1	0.2	1.9	1.7	0.4	2	0
	Single with whole milk	unit	86	21	1.2	0.8	1.5	1.4	0	1.1	0
	Double with whole milk	unit	171	41	2.4	1.6	2.9	2.8	0	2.1	0.1
	Single with coconut	unit	69	16	0.4	0.3	3.2	1.3	0.2	0.1	0
	Double with coconut	unit	135	32	0.7	0.6	6.3	2.5	0.4	0.1	0.1
	Single with oat	unit	54	13	0.5	0.1	1.8	1.2	0.1	0.2	0
	Double with oat	unit	105	25	1	0.2	3.5	2.3	0.2	0.4	0
Piccolo	With skimmed milk	unit	218	51	0.1	0	7.5	7.4	0	5	0.1
	With soya milk	unit	275	66	2.9	0.5	4.5	4.4	0.9	5	0.1
	With whole milk	unit	424	102	6	3.9	7.1	7.1	0	5.1	0.1
	With coconut	unit	335	80	1.8	1.5	15.6	6.3	1.1	0.2	0.1
	With oat	unit	271	65	2.4	0.6	9.2	6.2	0.5	1.2	2

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Filter Coffee	Black	unit	2	1	0	0	0.1	0	0	0	0
	With skimmed milk	unit	67	16	0	0	2.3	2.2	0	1.5	0
	With soya milk	unit	84	20	0.9	0.1	1.4	1.3	0.3	1.5	0
	With whole milk	unit	129	31	1.8	1.2	2.2	2.1	0	1.6	0
	With coconut	unit	69	16	0.4	0.3	3.2	1.3	0.2	0.1	0
	With oat	unit	81	19	0.7	0.2	2.7	1.8	0.1	0.4	0
Caramel Macchiato	Regular with skimmed milk	unit	686	163	0.9	0.3	28.1	28	0	10.2	0.3
	Large with skimmed milk	unit	862	205	1.3	0.4	33.6	33.5	0	14.3	0.4
	Regular with soya milk	unit	794	190	5.7	0.9	23.3	22.9	0	9.9	0.3
	Large with soya milk	unit	1014	243	8	1.3	26.9	26.4	0	13.9	0.4
	Regular with whole milk	unit	1070	256	11.7	7.5	27.5	27.4	0	9.9	0.3
	Large with whole milk	unit	1400	335	16.4	10.5	32.8	32.7	0	13.9	0.4
	Regular with coconut	unit	914	216	3.6	3	45.5	26.8	2.1	0.3	0.3
	Large with coconut	unit	1182	281	5	4.2	58	31.8	2.9	0.4	0.4
	Regular with oat	unit	788	187	4.8	1.2	32.6	26.5	0.9	2.4	0.3
	Large with oat	unit	1005	239	6.7	1.7	39.9	31.4	163	0.9	0.3

Vanilla Latte	Regular with skimmed milk	unit	685	163	0.9	0.3	28.1	28	205	1.3	0.4
	Large with skimmed milk	unit	861	205	1.3	0.4	33.6	33.5	190	5.7	0.9
	Regular with soya milk	unit	763	190	5.7	0.9	23.3	22.9	243	8	1.3
	Large with soya milk	unit	1013	243	8	1.3	26.9	26.4	256	11.7	7.5
	Regular with whole milk	unit	1069	256	11.7	7.5	27.5	27.4	335	16.4	10.5
	Large with whole milk	unit	1399	335	16.4	10.5	32.8	32.7	216	3.6	3
	Regular with coconut	unit	913	216	3.6	3	45.5	26.8	281	5	4.2
	Large with coconut	unit	1181	281	5	4.2	58	31.8	187	4.8	1.2
	Regular with oat	unit	787	187	4.8	1.2	32.6	26.5	239	6.7	1.7
	Large with oat	unit	1004	239	6.7	1.7	39.9	31.4	1.3	3.4	0.4

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Gingerbread Latte	with skimmed milk	unit	687	163	0.9	0.3	27.9	37.8	205	1.3	0.4
	with skimmed milk	unit	863	205	1.3	0.4	33.4	33.3	190	5.7	0.9
	with soya milk	unit	765	190	5.7	0.9	23.1	22.7	243	8	1.3
	with soya milk	unit	1015	243	8	1.3	26.7	26.2	256	11.7	7.5
	with whole milk	unit	1071	256	11.7	7.5	27.3	27.2	335	16.4	10.5
	with whole milk	unit	1401	335	16.4	10.5	32.6	32.5	216	3.6	3
	with coconut	unit	925	216	3.6	3	45.3	26.6	281	5	4.2
	with coconut	unit	1183	281	5	4.2	57.8	31.6	187	4.8	1.2
	with oat	unit	789	187	4.8	1.2	32.4	26.3	239	6.7	1.7
	with oat	unit	1006	239	6.7	1.7	39.7	31.2	1.3	3.4	0.4
Mocha	Regular with skimmed milk	unit	854	201	1.3	0.7	33.7	32	2.8	12	0.4
	Large with skimmed milk	unit	1196	282	1.8	1	47.2	44.9	3.9	16.7	0.5
	Regular with soya milk	unit	948	227	6.7	1.5	27	25.1	4.5	11.7	0.3
	Large with soya milk	unit	1326	317	9.3	2.1	37.8	35.1	6.3	16.3	0.4
	Regular with whole milk	unit	1245	298	13	8.4	32.1	30.5	2.7	12	0.4
	Large with whole milk	unit	1742	418	18.2	11.7	44.9	42.7	3.8	16.7	0.5
	Regular with coconut	unit	1056	251	4.6	3.6	48.6	28.8	4.8	2.2	0.4
	Large with coconut	unit	1434	341	6.2	4.8	66	39.5	6.6	3.1	0.6
	Regular with oat	unit	956	225	5.2	1.5	38.2	30.5	3.7	4.2	0.4
	Large with oat	unit	1339	316	7.1	2	53.5	42.8	5.2	5.8	0.5

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
White Mocha	Regular with skimmed milk	unit	785	185	0.3	0.1	35	33.6	0	10.4	0.4
	with skimmed milk	unit	1082	255	0.4	0.1	47.8	46	0	14.8	0.5
	Regular with soya milk	unit	879	210	30.3	19.3	67	60.1	3.8	16.2	0.8
	with soya milk	unit	1225	292	8	1.3	38.9	36.7	2.5	14.4	0.4
	Regular with whole milk	unit	1173	281	11.8	7.7	33.5	32.2	0	10.4	0.4
	with whole milk	unit	1632	391	16.7	10.8	45.9	44.1	0	14.7	0.5
	Regular with coconut	unit	1012	240	3.6	3	51	31	2.1	0.7	0.4
	with coconut	unit	1393	330	5	4.2	70	42.2	2.9	0.9	0.5
	Regular with oat	unit	887	209	4.2	1	39.5	32.1	0.9	2.6	0.4
	with oat	unit	1225	289	5.8	1.4	54.1	43	1.3	3.9	0.5
Mocha Deluxe	Regular with skimmed milk	unit	1434	342	13.6	8.4	40.2	37.7	2.9	12.9	0.4
	Large with skimmed milk	unit	1819	433	15.3	9.4	53.6	50.5	4	17.7	0.5
	Regular with soya milk	unit	1536	369	19	9.2	33.9	31.1	4.7	12.6	0.3
	Large with soya milk	unit	1962	471	22.9	10.6	44.8	41.2	6.5	17.3	0.5
	Regular with whole milk	unit	1833	441	25.3	16.1	39	36.5	2.9	12.9	0.4
	Large with whole milk	unit	2378	571	31.7	20.2	51.9	48.8	4	17.7	0.5
	Regular with coconut	unit	1645	393	17	11.3	55.6	34.9	5	3.1	0.4
	Large with coconut	unit	2114	505	20	13.5	75.1	46.5	6.9	4.1	0.6
	Regular with oat	unit	1536	366	17.5	9.3	44.7	35.6	3.8	5.1	0.4
	Large with oat	unit	1962	467	20.7	10.7	59.9	48.4	5.3	6.8	0.5

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Hot Chocolate	Regular with skimmed milk	unit	828	195	1.2	0.6	32.5	31	2.6	11.9	0.4
	Large with skimmed milk	unit	1166	275	1.7	0.9	45.8	43.7	3.7	16.6	0.5
	Regular with soya milk	unit	930	222	6.6	1.5	26.2	24.4	4.4	11.6	0.3
	Large with soya milk	unit	1309	313	9.3	2	37	34.4	6.2	16.2	0.4
	Regular with whole milk	unit	1227	294	12.9	8.4	31.3	29.8	2.6	11.9	0.4
	Large with whole milk	unit	1715	411	18	11.6	44	41.9	3.7	16.5	0.5
	Regular with coconut	unit	1055	251	4.6	3.6	48.6	28.8	4.8	2.2	0.4
	Large with coconut	unit	1432	340	6.2	4.8	65.9	39.5	6.6	3	0.6
	Regular with oat	unit	927	219	4.1	1.5	37	29.5	3.5	4.1	0.4
	Large with oat	unit	1309	309	7.1	2.2	52.1	41.6	5	5.7	0.5
White Chocolate	Regular with skimmed milk	unit	834	196	1	0.5	36.2	34.9	0	10.6	0.4
	Large with skimmed milk	unit	1152	271	1.1	0.5	49.7	48	0	15.3	0.5
	Regular with soya milk	unit	936	223	6.4	1.3	29.9	28.3	1.8	10.3	0.3
	Large with soya milk	unit	1324	316	9.2	1.8	40.9	38.8	2.7	15.3	0.4
	Regular with whole milk	unit	1233	295	12.7	8.2	35	33.7	0	10.6	0.4
	Large with whole milk	unit	1770	424	18.7	12.1	48.6	46.9	0	15.8	0.5
	Regular with coconut	unit	1056	250	4.3	3.4	52.1	32.2	2.1	0.7	0.4
	Large with coconut	unit	1504	357	6.1	4.9	74.2	44.6	3.1	0.9	0.5
	Regular with oat	unit	936	220	4.9	1.4	40.7	33.4	0.9	2.8	0.4
	Large with oat	unit	1295	305	6.5	1.8	56	45.9	1.3	4.4	0.5

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Hot Chocolate Deluxe	Regular with skimmed milk	unit	1372	327	13.6	8.4	37.9	35.5	2.8	11.7	0.4
	Large with skimmed milk	unit	1712	408	15.2	9.4	49.8	46.7	3.9	15.6	0.5
	Regular with soya milk	unit	1464	351	18.4	9.1	32.3	29.6	4.4	11.5	0.3
	Large with soya milk	unit	1834	440	21.7	10.4	42.2	38.8	6	15.2	0.4
	Regular with whole milk	unit	1731	416	24.1	15.3	36.8	34.4	2.8	11.7	0.4
	Large with whole milk	unit	2191	526	29.3	18.6	48.3	45.3	3.9	15.6	0.5
	Regular with coconut	unit	1561	373	16.6	11	51.7	33	4.7	3	0.4
	Large with coconut	unit	1963	469	19.2	12.9	68.1	43.3	6.4	3.9	0.6
	Regular with oat	unit	1474	351	17.5	9.3	42.4	34	3.7	3.9	0.4
	Large with oat	unit	1855	442	20.6	10.7	56.1	44.6	5.2	4.7	0.5
White Chocolate Deluxe	Regular with skimmed milk	unit	1403	334	13.1	8.1	42.6	40.4	0	11.4	0.4
	Large with skimmed milk	unit	1728	411	14.4	8.9	54.8	52.3	0	15.3	0.5
	Regular with soya milk	unit	1505	361	18.5	8.9	36.3	33.8	1.8	11.1	0.3
	Large with soya milk	unit	1867	448	21.8	10	46.2	43.3	2.5	14.9	0.4
	Regular with whole milk	unit	1802	433	24.8	15.8	41.4	39.2	0	11.4	0.4
	Large with whole milk	unit	2264	544	30.3	19.4	53	50.5	0	15.2	0.5
	Regular with coconut	unit	1625	388	16.4	11	58.5	37.7	2.1	1.5	0.4
	Large with coconut	unit	2031	484	18.9	12.9	76.6	48.6	2.9	1.8	0.5
	Regular with oat	unit	1505	358	17	9	46.8	38.9	0.9	3.6	0.4
	Large with oat	unit	1871	445	19.8	10.2	61.1	50.2	1.3	4.4	0.5

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Babychoc	With skimmed milk	unit	306	72	0.4	0.2	11.9	11.4	0.9	4.6	0.1
	With soya milk	unit	347	83	2.6	0.5	9.3	8.7	1.6	4.5	0.1
	With whole milk	unit	465	112	5.1	3.3	11.4	10.9	0.9	4.6	0.1
	With coconut	unit	391	93	1.8	1.4	18	10.2	1.7	0.7	0.2
	With oat	unit	340	80	1.7	0.5	13.4	10.9	1.2	2	0.1
Babyccino	With skimmed milk	unit	205	48	0.1	0.1	8.6	8	0	3.2	0.1
	With soya milk	unit	235	56	1.7	0.3	6.7	6	0.6	3.1	0.1
	With whole milk	unit	324	78	3.6	2.4	8.2	7.6	0	3.2	0.1
	With coconut	unit	271	64	1.1	0.9	13.4	7.2	0.7	0.3	0.1
	With oat	unit	239	56	1.4	0.4	10.1	7.5	0.3	0.6	0.1

Babyshake	Babyshake Vanilla - skimmed	unit	269	64	0.3	0.1	11.7	11.7	0	3.4	0.1
	Babyshake Vanilla - soya	unit	397	73	1.9	0.3	10.1	10	0	3.3	0.1
	Babyshake Vanilla- whole	unit	397	95	3.9	2.5	11.5	11.5	0	3.3	0.1
	Babyshake Vanilla- coconut	unit	345	82	1.2	1	17.5	11.3	0.7	0.1	0.1
	Babyshake Vanilla- oat	unit	303	72	1.6	0.4	13.2	11.2	0.3	0.8	0.1
	Babyshake Strawberry- skimmed	unit	174	42	0.3	0.1	5.8	4.8	0.5	3.6	0.1
	Babyshake Strawberry - soya	unit	210	51	1.9	0.3	4.2	4.1	0.5	3.5	0.1
	Babyshake Strawberry - whole	unit	302	73	3.9	2.5	5.6	5.6	0.5	3.5	0.1
	Babyshake Strawberry - coconut	unit	250	60	1.2	1	11.6	5.4	1.2	0.3	0.1
	Babyshake Strawberry- oat	unit	208	50	1.6	0.4	7.3	5.3	0.8	1.1	0.1
	Babyshake Chocolate - skimmed	unit	321	75	0.4	0.2	12.8	12.3	0	5	0.1
	Babyshake Chocolate - soya	unit	368	88	2.9	0.6	9.8	9.3	0.8	4.9	0.1
	Babyshake Chocolates - whole	unit	504	121	5.8	3.8	12.2	11.7	0	5	0.1
	Babyshake Chocolate - coconut	unit	424	101	2	1.6	20.2	11.1	1	0.4	0.1
	Babyshake Chocolate - oat	unit	355	83	1.4	0.5	14.3	11.8	0.3	2.4	0.1

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Extras	Espresso Shot	unit	2	1	0	0	0.1	0	0	0	0
	Marshmallows	100	1411	332	<0.5	<0.5	80	68	<0.5	3.5	0.01
	Cream Fresh Whipping	100	1568	381	40.3	25.2	2.6	2.6	0	1.9	0.1
	Sweetbird Syrup Caramel	100	1520	358	0	0	89	89	0	0	0
	Sweetbird Syrup Caramel Sugar Free	100	41	10	0	0	1.4	0	0	0	0.1
	Sweetbird Syrup Gingerbread	100	1527	359	0	0	87.8	87.8	0	0	0
	Sweetbird Syrup Hazelnut	100	1522	358	0	0	89.2	89.2	0	0	0
	Sweetbird Syrup Mint	100	1507	355	0	0	87.4	87.4	0	0	0
	Sweetbird Syrup Vanilla	100	1510	355	0	0	88.6	88.6	0	0	0
	Sweetbird Syrup Vanilla Sugar Free	100	46	11	0	0	2.3	0	0	0	0
	Sweetbird Syrup Coconut	100	1504	354	0	0	87.1	87.1	0	0	0
	Sweetbird Syrup Pumpkin Spice	100	1509	355	0	0	86.7	86.7	0	0	0
	Sweetbird Syrup Salted Pretzel	100	1310	308	0	0	75.7	75.6	0	0	2.6

Spiced Chai	Regular no milk	unit	428	101	1.1	1	20.6	14.6	0.9	2.2	0.1
	Large no milk	unit	599	141	1.58	1.37	28.8	20.4	1.19	3.01	0.2
	Regular with skimmed milk	unit	875	206	1.4	1.1	35.8	29.9	0.9	12.4	0.4
	Large with skimmed milk	unit	1225	288	2	1.5	50.2	41.8	1.2	17.3	0.6
	Regular with soya milk	unit	977	233	6.8	1.9	29.5	23.3	2.6	12	0.4
	Large with soya milk	unit	1368	326	9.6	2.6	41.4	32.6	3.7	16.9	0.5
	Regular with whole milk	unit	1267	303	13	8.7	34.5	28.6	0.9	12.3	0.4
	Large with whole milk	unit	1774	425	18.2	12.2	48.4	40	1.2	17.2	0.6
	Regular with coconut	unit	1097	260	4.7	4	51.7	27.2	2.9	2.5	0.4
	Large with coconut	unit	1536	364	6.6	5.6	72.4	38	4.1	3.4	0.6
	Regular with oat	unit	971	230	6.4	2.2	38.9	26.9	1.8	4.6	0.4
	Large with oat	unit	1359	322	8.3	3.1	54.4	37.6	2.5	6.4	0.6

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Hot Apple & Cinnamon	Regular	unit	826	197	4.4	3.1	29.8	26.2	0	9.2	0.1
	Large	unit	1984	474	18.1	9	69.6	46	1.7	7.5	0.5
Turmeric Latte	with skimmed milk	unit	494	116	0.5	0.2	17.1	16.9	0.5	10.4	0.3
	Large with skimmed milk	unit	658	155	0.7	0.2	22.8	22.5	0.6	13.9	0.4
	with soya milk	unit	598	143	5.9	1	10.8	10.3	2.3	10.1	0.2
	Large with soya milk	unit	794	191	7.9	1.3	14.4	13.7	3	13.5	0.3
	with whole milk	unit	922	222	12.6	8.1	16.4	16.2	0.5	10.7	0.3
	Large with whole milk	unit	1230	296	16.9	10.9	21.9	21.5	0.6	14.3	0.4
	with coconut	unit	716	170	3.8	3.1	33	14.2	2.6	0.5	0.3
	Large with coconut	unit	954	227	5.1	4.1	44	18.9	3.4	0.7	0.4
	with oat	unit	596	140	4.4	1.1	21.6	15.4	1.4	2.6	0.3
	Large with oat	unit	801	189	6.1	1.5	29.1	20.4	1.9	3	0.4
Beetroot Latte	with skimmed milk	unit	485	115	0.9	0.3	15.9	15.2	0.2	10.5	0.3
	with skimmed milk	unit	691	164	1.4	0.4	22.8	21.6	0.3	14.9	0.5
	with soya milk	unit	593	142	5.7	0.9	11.1	10.1	0.2	10.2	0.3
	with soya milk	unit	843	202	8.1	1.3	16.1	14.5	0.3	14.5	0.5
	with whole milk	unit	869	208	11.7	7.5	15.3	14.6	0.2	10.2	0.3
	with whole milk	unit	1229	294	16.5	10.5	22	20.8	0.3	14.5	0.5
	with coconut	unit	713	169	3.6	3	33.3	14	2.3	0.6	0.3
	with coconut	unit	1011	240	5.1	4.2	47.2	19.9	3.2	1	0.5
	with oat	unit	587	139	4.8	1.2	20.4	13.7	1.1	2.7	0.3
	with oat	unit	834	198	6.8	1.7	29.1	19.5	1.6	4	0.5

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Matcha Latte	Regular with skimmed milk	unit	473	111	0.4	0.1	16	15.3	0.5	10.6	0.3
	Large with skimmed milk	unit	635	149	0.5	0.1	21.4	20.4	0.7	14.2	0.4
	Regular with soya milk	unit	575	138	5.8	0.9	9.7	8.7	2.3	10.3	0.2
	Large with soya milk	unit	771	185	7.7	1.2	13	11.6	3.1	13.8	0.3
	Regular with whole milk	unit	901	217	12.5	8.1	15.3	14.6	0.5	11	0.3
	Large with whole milk	unit	1206	291	16.7	10.8	20.5	19.5	0.7	14.7	0.4
	Regular with coconut	unit	695	165	3.7	3	31.9	12.6	2.6	0.7	0.3
	Large with coconut	unit	931	221	4.9	4	42.6	16.8	3.5	1	0.4
	Regular with oat	unit	575	135	4.3	1	20.5	13.8	1.4	0.8	0.3
	Large with oat	unit	778	183	5.9	0.5	27.7	18.3	2	3.3	0.4
Teas	Black	unit	0	0	0	0	0	0	0	0	0
	With skimmed milk	unit	66	16	0	0	2.3	2.3	0	1.5	0
	With soya milk	unit	81	20	0.8	0.1	1.3	1.3	0.3	1.5	0
	With whole milk	unit	125	30	1.8	1.2	2.1	2.1	0	1.5	0
	With coconut	unit	112	27	0.6	0.5	5.2	2.1	0.4	0.1	0
	With oat	unit	81	19	0.7	0.2	2.7	0.9	0.1	0.4	0
Iced Tea	Regular Sugar Free Peach Iced Tea	unit	9.2	2.3	0	0	0.5	0.1	0.1	0	0
	Large Sugar Free Peach Iced Tea	unit	12.3	3	0	0	0.7	0.2	0.1	0	0

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Cold Drinks	Still Water	unit	0	0	0	0	0	0	0	0	0
	Sparkling Water	unit	0	0	0	0	0	0	0	0	0
	Coca Cola	unit	594	139	0	0	35	35	0	0	0
	Coke Diet	unit	5	1	0	0	0	0	0	0	0
	Coke Zero	unit	5	1	0	0	0	0	0	0	0.1
	Cawston Press Summer Berries	unit	214	50	0	0	11.6	11.6	0	0.6	0
	Cawston Press Apple & Pear	unit	234	54	0	0	12.8	12.8	0	0.2	0
	Bottle Green Raspberry Lemonade	unit	407	96.25	0	0	24.475	22.275	0	0	0.11
	Bottle Green Ginger Beer	unit	420.75	99	0	0	24.75	19.8	0	0	0
Salted Pretzel Frappe	Regular with skimmed milk	unit	1680	399	13.4	8.3	60.8	45.2	2.8	6.9	0.8
	Large with skimmed milk	unit	2167	514	15.1	9.3	82.9	61.6	3.9	9.2	1.1
	Regular with soya milk	unit	1723	410	15.7	8.6	58.1	41.4	3.6	6.8	0.8
	Large with soya milk	unit	2225	529	18.1	9.8	79.3	57.8	5	9	1
	Regular with whole milk	unit	1847	440	18.3	11.5	60.3	43.7	2.8	6.9	0.8
	Large with whole milk	unit	2390	569	21.6	13.6	82.1	60.8	3.9	9.1	1.1
	Regular with coconut	unit	1762	419	14.8	9.5	66.8	42.9	3.7	2.9	0.8
	Large with coconut	unit	2278	541	17	11	91.1	59.9	5.2	3.8	1.2

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Salted Pretzel Frappe	Regular with oat	unit	1782	423	17.3	9.2	65.3	42.7	3.7	2.7	0.8
	Large with oat	unit	2310	548	20.5	10.6	89.2	59.5	5.2	3.7	1.1
Mint White Chocolate Frappe	Regular with skimmed milk	unit	1361	324	11.1	6.9	50.9	36.1	0.2	4.9	0.4
	Large with skimmed milk	unit	1995	474	13.7	8.5	80.2	57.5	0.2	7.2	0.6
	Regular with soya milk	unit	1402	334	13.3	7.2	48.4	33.5	0.9	4.8	0.3
	Large with soya milk	unit	2056	490	16.9	9	76.4	53.6	1.3	7	0.6
	Regular with whole milk	unit	1525	364	15.8	10	50.7	35.7	0.2	4.9	0.4
	Large with whole milk	unit	2231	532	20.7	13.1	79.4	56.8	0.2	7.2	0.6
	Regular with coconut	unit	1629	388	13.9	9.1	64.4	39.3	1.1	1	0.4
	Large with coconut	unit	2128	506	15.7	10.3	89.7	55.9	1.5	1.3	0.6
	Regular with oat	unit	1463	348	15	5.1	55.4	34.6	1.1	2.4	0.4
	Large with oat	unit	2138	508	19.1	9.8	86.5	55.4	1.5	3.4	0.6
Chocolate Frappe	Regular with skimmed milk	unit	1430	341	13.2	8.2	47.2	32.8	2.7	6.6	0.3
	Large with skimmed milk	unit	1819	433	14.9	9.2	63.6	44.5	3.8	8.9	0.4
	Regular with soya milk	unit	1473	352	15.5	8.5	44.5	30	3.5	6.5	0.3
	Large with soya milk	unit	1877	448	17.9	9.7	60	40.7	4.9	8.7	0.3
	Regular with whole milk	unit	1597	382	18.1	11.4	46.7	32.3	2.7	6.6	0.3
	Large with whole milk	unit	2042	488	21.4	13.5	62.8	43.7	3.8	8.8	0.4
	Regular with coconut	unit	1512	361	14.6	9.4	53.2	31.5	3.6	2.6	0.3
	Large with coconut	unit	1930	460	16.8	10.9	71.8	42.8	5.1	3.5	0.5
	Regular with oat	unit	1532	365	17.1	9.1	51.7	31.3	3.6	2.4	0.3

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Chocolate Frappe	Large with oat	unit	1962	467	20.3	10.5	69.9	42.4	5.1	3.4	0.4
Mocha Frappe	Regular with skimmed milk	unit	1409	336	13.2	8.2	46.1	32.1	2.8	6.8	0.3
	Large with skimmed milk	unit	1794	427	14.9	9.2	62.2	43.8	3.9	9.1	0.5
	Regular with soya milk	unit	1452	347	15.5	8.5	43.5	29.4	3.5	6.6	0.3
	Large with soya milk	unit	1852	442	17.9	9.7	58.7	40.1	4.9	8.9	0.4
	Regular with whole milk	unit	1588	380	18.3	11.5	45.8	31.9	2.8	6.9	0.3
	Large with whole milk	unit	2037	487	21.7	13.7	61.8	43.4	3.9	9.3	0.5
	Regular with coconut	unit	1502	358	14.6	9.4	52.7	31	3.6	2.6	0.3
	Large with coconut	unit	1920	458	16.7	10.9	71.3	42.3	5.1	3.5	0.5
	Regular with oat	unit	1511	340	17.1	9.1	50.6	30.6	3.7	2.4	0.3
	Large with oat	unit	1937	461	20.3	10.5	68.5	41.7	5.2	3.4	0.5
	Espresso Frappe	Regular with skimmed milk	unit	1024	244	12.2	7.6	28.7	15.9	0	4.9
Large with skimmed milk		unit	1247	297	13.5	8.4	37.7	20.8	0.1	6.3	0.3
Regular with soya milk		unit	1066	256	14.5	7.9	26.1	13.1	0.8	4.8	0.2
Large with soya milk		unit	1312	314	16.5	8.8	34.3	17.3	1.1	6.3	0.2
Regular with whole milk		unit	1190	286	17.1	10.8	28.2	15.4	0	4.9	0.2
Large with whole milk		unit	1480	355	20.1	12.7	37.2	20.4	0.1	6.5	0.3
Regular with coconut		unit	1116	267	13.6	8.8	35.3	14.8	0.9	0.8	0.2
Large with coconut		unit	1380	330	15.3	10	46.9	19.5	1.2	0.9	0.3
Regular with oat		unit	1126	268	16.1	8.5	33.2	14.4	0.9	2.4	0.2
Large with oat		unit	1390	331	18.9	8.9	44	18.7	1.4	3.4	0.3

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Strawberry Frappe	Regular with skimmed milk	unit	1067	255	12.2	7.6	30.7	17.8	0.6	5.1	0.2
	Large with skimmed milk	unit	1314	313	13.5	8.4	40.7	23.6	0.8	6.8	0.3
	Regular with soya milk	unit	1109	266	14.5	7.9	28.1	15	1.3	5	0.2
	Large with soya milk	unit	1371	328	16.5	8.8	37.2	19.9	1.8	6.7	0.2
	Regular with whole milk	unit	1230	295	17.1	10.8	30.2	17.2	0.6	5.1	0.2
	Large with whole milk	unit	1536	368	20	12.7	40	22.9	0.8	6.8	0.3
	Regular with coconut	unit	1159	277	13.6	8.8	37.4	16.7	1.4	1	0.2
	Large with coconut	unit	1439	344	15.3	10	49.7	22.1	2	1.2	0.3
	Regular with oat	unit	1169	279	16.1	8.5	35.2	16.3	1.5	2.4	0.2
	Large with oat	unit	1457	347	18.9	9.7	47	21.5	2.1	3.4	0.3
Caramel Frappe	Regular with skimmed milk	unit	1404	334	12.2	7.6	50.5	33.2	0	5.3	0.4
	Large with skimmed milk	unit	1774	421	13.5	8.4	68	44.5	0.1	6.9	0.5
	Regular with soya milk	unit	1450	346	14.7	8	47.7	30.2	0.9	5.2	0.4
	Large with soya milk	unit	1835	438	16.7	8.9	64.2	40.5	1.1	6.7	0.5
	Regular with whole milk	unit	1583	378	17.5	11.1	50	32.6	0	5.3	0.4
	Large with whole milk	unit	2013	481	20.5	13	67.2	43.7	0.1	6.9	0.5
	Regular with coconut	unit	1504	358	13.7	8.9	57.7	31.9	1	0.9	0.4
	Large with coconut	unit	1907	454	15.5	10.1	77.5	42.8	1.3	1	0.5
	Regular with oat	unit	1506	358	16.1	8.5	55	31.7	0.9	2.4	0.4
	Large with oat	unit	1917	455	18.9	9.7	74.3	42.4	1.4	3.4	0.5

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Smoothies	Ave-A-Go-Go Regular	unit	923	218	5.3	2.3	39.4	37.7	3.9	1.6	0
	Ave-A-Go-Go Large	unit	1101	260	5.7	2.4	49.3	47.6	4.2	2.1	0
	Pip-Me-Up Regular	unit	812	192	1.7	0.4	42.2	42.1	5.2	2.3	0
	Pip-Me-Up Large	unit	990	234	2.1	0.5	52.1	52	5.5	2.6	0
	Pina Colada Regular	unit	991	234	5.4	4.4	44.8	43	2.5	2.4	0
	Pina Colada Large	unit	1169	276	5.8	4.5	54.7	52.9	2.8	2.7	0
	Breakfast Regular	unit	1518	360	6	1	66.3	39.2	8.8	8.1	0
	Breakfast Large	unit	1696	402	6.4	1.1	76.2	49.1	9.1	8.4	0
	Breakfast made with Coconut Regular	unit	1585	377	8.2	3.4	64.7	20.9	9.6	7.3	0.3
	Breakfast made with Coconut Large	unit	1786	425	9.3	4.3	74	24.7	10.2	7.4	0.4
	Breakfast made with Oat Regular	unit	1459	347	9.4	1.6	51.8	20.6	8.4	9.4	0.3
	Breakfast made with Oat Large	unit	1609	383	11	1.8	55.9	24.3	8.6	10.4	0.4
	Summerset Regular	unit	755	179	1.6	0.4	38.8	38.7	5.2	1.8	0
	Summerset Large	unit	943	221	2	0.5	48.7	48.6	5.5	2.1	0
	El Nino Regular	unit	821	193	1.7	0.4	42.2	41.6	6.1	2.4	0
	El Nino Large	unit	999	235	2.1	0.5	52.1	51.5	6.4	2.7	0

Category	Item	Per Unit or 100g/ml	Energy KJ	Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Salt
Juices	Reguar Orange Juice	unit	706	164	0.6	0	37.2	37.2	10.1	5	0
	Large Orange Juice	unit	941	218	0.8	0	49.6	49.6	13.4	6.7	0.1
	Regular Apple Juice	unit	776	182	0.4	0	46.3	46.3	9	1.2	0
	Large Apple Juice	unit	970	228	0.5	0	57.9	57.9	11.2	1.5	0
	Regular Carrot Juice	unit	583	140	1.2	0.4	31.5	29.5	12.8	2.4	0.2
	Large Carrot Juice	unit	797	191	1.6	0.5	43.1	40.4	17.5	3.3	0.3
	Regular Classic - no ginger	unit	810	191	0.9	0.2	45.9	44.9	12.6	2.6	0.1
	Large Classic - no ginger	unit	1046	247	1.1	0.2	59	57.9	16	3.7	0.2
	Regular Classic - ginger	unit	829	196	1	0.2	46.8	45.2	12.65	2.8	0.1
	Large Classic - ginger	unit	1085	256	1.2	0.3	60.8	58.5	16	4.1	0.2
	Regular Refresher	unit	529	124	0.4	0	30.6	30.5	8.1	1.4	0
	Large Refresher	unit	643	151	0.5	0	37	36.9	9.6	1.9	0
Milk & Dairy Alternatives	Cold Skimmed Milk	100	147	35	0.3	0.1	4.6	4.6	0	3.4	0.1
	Cold Soya Milk	100	183	44	1.9	0.3	3	2.9	0	3.3	0.08
	Cold Whole Milk	100	275	66	3.9	2.5	4.4	4.4	0	3.3	0.1
	Cold Coconut Drink	100	223	53	1.2	1	10.4	4.2	0.7	0.1	0.1
	Cold Oat Drink	100	181	43	1.6	0.4	6.1	4.1	0.3	0.8	0.1