

Within this guide you will find Allergen and Nutritional information for our iced beverage range with all milk variants and milk alternatives that we offer within our stores.

ESPRESSO FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml											Per product						
			Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Espresso Frappe - Skimmed Milk	MILK	Regular	375	90	0	3.7	6.4	6.3	0	2.6	0.1	735	177	11.8	7.3	12.5	12.4	0	5	0.2
		Large	382	92	5.4	3.3	8.1	8	0	2.6	0.1	974	234	13.8	8.5	20.6	20.5	0	6.7	0.2
Espresso Frappe - Whole Milk	MILK	Regular	450	108	8.1	5.1	6.3	6.2	0	2.5	0.1	881	212	15.9	10	12.3	12.2	0	4.9	0.1
		Large	460	110	7.6	4.8	7.9	7.9	0	2.6	0.1	1173	281	19.4	12.2	20.2	20.1	0	6.6	0.2
Espresso Frappe - Coconut Milk	MILK	Regular	423	102	6.6	4.3	10.1	5.1	0.4	0.4	0.1	830	199	12.9	8.4	19.8	11.9	0.9	0.8	0.1
		Large	433	104	6	3.9	11.9	7.8	0.5	0.4	0.1	1104	264	15.3	10	30.4	19.8	1.2	1	0.2
Espresso Frappe - Soya Milk	MILK, SOYA	Regular	394	95	7	3.8	5.2	5	0.4	2.5	0.1	772	185	13.8	7.5	10.1	9.8	0.8	4.9	0.1
		Large	402	96	6.5	3.4	6.8	6.6	0.4	2.6	0.1	1025	246	16.5	8.8	17.3	16.9	1	6.6	0.2
Espresso Frappe - Oat Milk	MILK	Regular	397	95	6.8	3.9	7.4	6	0.2	0.9	0.1	775	186	13.4	7.6	14.4	11.8	0.4	1.7	0.1
		Large	405	97	6.3	3.5	9.1	7.7	0.2	0.9	0.1	1032	247	16	9	23.1	19.6	0.5	2.3	0.2

The allergens that are featured within this guide are in accordance with the EU Food Information Regulations:

- Cereals containing Gluten including Wheat, Rye, Barley, Oats
- Eggs
- Milk
- Tree nuts including almonds, hazelnuts, pistachios, walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. prawns
- Sesame seeds
- Molluscs e.g. mussels

We take care to list all allergens in our drinks, however we cannot guarantee a 100% allergen free environment as we use shared equipment to display, prepare and serve.

CONTENTS		
FRAPPES (with whipped cream)	3
Espresso Frappe	3
Mocha Frappe	3
Coconut Frappe	4
Chocolate Frappe	4
Strawberry Frappe	5
White Chocolate Mint Frappe	5
Caramel Frappe	6
Banoffee Frappe	6
Salted Pretzel Frappe	7
FRAPPES (without cream)	8
Espresso Frappe	8
Mocha Frappe	8
Coconut Frappe	9
Chocolate Frappe	9
Strawberry Frappe	10
White Chocolate Mint Frappe	10
Caramel Frappe	11
Banoffee Frappe	11
Salted Pretzel Frappe	12
SMOOTHIES	13
Blueberry Thrill Smoothie	13
Super Green Smoothie	13
Pina Colada Smoothie	13
El Nino Smoothie	13
Pip Me Up Smoothie	14
Summerset Smoothie	14
Breakfast Smoothie	14
Avo go go Smoothie	14
ICED TEA	14

FRAPPES (with whipped cream)

ESPRESSO FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Espresso Frappe - Skimmed Milk	MILK	Regular	375	90	6	3.7	6.4	6.3	0	2.6	0.1	735	177	11.8	7.3	12.5	12.4	0	5	0.2		
		Large	382	92	5.4	3.3	8.1	8	0	2.6	0.1	974	234	13.8	8.5	20.6	20.5	0	6.7	0.2		
Espresso Frappe - Whole Milk	MILK	Regular	450	108	8.1	5.1	6.3	6.2	0	2.5	0.1	881	212	15.9	10	12.3	12.2	0	4.9	0.1		
		Large	460	110	7.6	4.8	7.9	7.9	0	2.6	0.1	1173	281	19.4	12.2	20.2	20.1	0	6.6	0.2		
Espresso Frappe - Coconut Milk	MILK	Regular	423	102	6.6	4.3	10.1	6.1	0.4	0.4	0.1	830	199	12.9	8.4	19.8	11.9	0.9	0.8	0.1		
		Large	433	104	6	3.9	11.9	7.8	0.5	0.4	0.1	1104	264	15.3	10	30.4	19.8	1.2	1	0.2		
Espresso Frappe - Soya Milk	MILK, SOYA	Regular	394	95	7	3.8	5.2	5	0.4	2.5	0.1	772	185	13.8	7.5	10.1	9.8	0.8	4.9	0.1		
		Large	402	96	6.5	3.4	6.8	6.6	0.4	2.6	0.1	1025	246	16.5	8.8	17.3	16.9	1	6.6	0.2		
Espresso Frappe - Oat Milk	MILK	Regular	397	95	6.8	3.9	7.4	6	0.2	0.9	0.1	775	186	13.4	7.6	14.4	11.8	0.4	1.7	0.1		
		Large	405	97	6.3	3.5	9.1	7.7	0.2	0.9	0.1	1032	247	16	9	23.1	19.6	0.5	2.3	0.2		

MOCHA FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Mocha Frappe - Skimmed Milk	MILK	Regular	526	126	5.8	3.6	14.7	13	1.2	3.1	0.1	1160	277	12.7	7.9	32.3	28.6	2.7	6.9	0.3		
		Large	542	129	5.2	3.2	16.7	14.9	1.3	3.2	0.1	1573	375	15.2	9.3	48.3	43.2	3.8	9.4	0.4		
Mocha Frappe - Whole Milk	MILK	Regular	593	142	7.7	4.8	14.6	12.9	1.2	3.1	0.1	1306	312	16.9	10.6	32.1	28.4	2.7	6.8	0.3		
		Large	611	146	7.2	4.5	16.5	14.8	1.3	3.2	0.1	1772	423	20.8	13	48	42.9	3.8	9.2	0.4		
Mocha Frappe - Coconut Milk	MILK	Regular	569	136	6.3	4.1	18	12.8	1.6	1.2	0.1	1255	300	13.9	9	39.6	28.1	3.6	2.6	0.3		
		Large	587	140	5.8	3.7	20.1	14.7	1.7	1.2	0.1	1702	406	16.7	10.8	58.2	42.5	5	3.6	0.4		
Mocha Frappe - Soya Milk	MILK, SOYA	Regular	543	130	6.7	3.7	13.6	11.8	1.6	3.1	0.1	1197	286	14.7	8.1	29.9	26	3.5	6.8	0.2		
		Large	560	134	6.2	3.3	15.6	13.7	1.7	3.2	0.1	1624	387	17.9	9.6	45.1	39.7	4.8	9.2	0.3		
Mocha Frappe - Oat Milk	MILK	Regular	546	130	6.5	3.7	15.5	12.7	1.4	1.7	0.1	1202	287	14.4	8.2	34.2	28	3.1	3.6	0.3		
		Large	562	134	6	3.4	17.5	14.6	1.5	1.7	0.1	1631	389	17.4	9.8	50.9	42.4	4.3	5	0.4		

FRAPPES (with whipped cream)

COCONUT FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Coconut Frappe - Skimmed Milk	MILK	Regular	553	132	6.3	3.9	16	16	0	2.7	0.1	1028	246	11.7	7.3	29.8	29.8	0	4.9	0.2		
		Large	541	129	5.4	3.4	17.2	17.2	0	2.6	0.1	1369	327	13.8	8.5	43.6	43.6	0	6.7	0.2		
Coconut Frappe - Whole Milk	MILK	Regular	632	151	8.5	5.4	15.9	15.9	0	2.6	0.1	1174	281	15.9	10	29.5	29.5	0	4.8	0.2		
		Large	620	148	7.7	4.8	17.1	17.1	0	2.6	0.1	1568	374	19.4	12.2	43.3	43.3	0	6.5	0.2		
Coconut Frappe - Coconut Milk	MILK	Regular	604	144	6.9	4.5	19.9	15.7	0.5	0.4	0.1	1123	268	12.9	8.4	37	29.3	0.9	0.7	0.1		
		Large	592	141	6	3.9	21.1	17	0.5	0.4	0.1	1498	357	15.3	10	53.5	43	1.2	0.9	0.2		
Coconut Frappe - Soya Milk	MILK, SOYA	Regular	573	137	7.4	4	14.7	14.6	0.4	2.6	0.1	1065	254	13.7	7.5	27.4	27.1	0.7	4.8	0.1		
		Large	561	134	6.5	3.5	16	15.8	0.4	2.6	0.1	1420	339	16.5	8.8	40.4	40.1	1	6.5	0.2		
Coconut Frappe - Oat Milk	MILK	Regular	576	138	7.2	4.1	17	15.7	0.2	0.9	0.1	1070	256	13.4	7.6	31.6	29.1	0.4	1.7	0.1		
		Large	564	135	6.3	3.5	18.3	16.9	0.2	0.9	0.1	1427	340	16	9	46.2	42.8	0.5	2.3	0.2		

CHOCOLATE FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Chocolate Frappe - Skimmed Milk	MILK	Regular	630	151	6.7	4.1	18.1	16	1.5	3.6	0.2	1206	288	12.9	7.9	34.7	30.6	2.8	6.9	0.3		
		Large	620	148	5.9	3.6	19.4	17.3	1.5	3.6	0.2	1619	386	15.3	9.4	50.7	45.2	3.9	9.4	0.4		
Chocolate Frappe - Whole Milk	MILK	Regular	707	169	8.9	5.6	18	15.9	1.5	3.6	0.2	1352	323	17	10.6	34.4	30.4	2.8	6.8	0.3		
		Large	696	166	8	5	19.3	17.2	1.5	3.6	0.2	1818	434	20.9	13.1	50.4	44.9	3.9	9.3	0.3		
Chocolate Frappe - Coconut Milk	MILK	Regular	680	162	7.3	4.7	21.9	15.7	1.9	1.4	0.1	1301	311	14	9	41.9	30.1	3.7	2.7	0.3		
		Large	670	160	6.4	4.2	23.2	17.1	2	1.4	0.2	1748	417	16.8	10.9	60.6	44.5	5.1	3.7	0.4		
Chocolate Frappe - Soya Milk	MILK, SOYA	Regular	650	155	7.8	4.3	16.9	14.6	1.9	3.6	0.1	1243	297	14.9	8.1	32.3	28	3.6	6.8	0.3		
		Large	640	153	6.9	3.7	18.2	15.9	1.9	3.6	0.1	1670	398	18	9.7	47.5	41.6	4.9	9.3	0.4		
Chocolate Frappe - Oat Milk	MILK	Regular	652	156	7.6	4.3	19.1	15.7	1.7	1.9	0.1	1248	298	14.5	8.3	36.6	30	3.2	3.7	0.3		
		Large	642	153	6.7	3.8	20.4	17	1.7	1.9	0.2	1677	400	17.5	9.9	53.3	44.3	4.4	5	0.4		

FRAPPES (with whipped cream)

STRAWBERRY FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Strawberry Frappe - Skimmed Milk	MILK	Regular	369	89	5.6	3.4	6.9	6.8	0.2	2.5	0.1	777	187	11.7	7.3	14.6	14.4	0.5	5.2	0.2		
		Large	355	85	4.7	2.9	8.1	8	0.2	2.4	0.1	1039	249	13.8	8.5	23.7	23.4	0.7	7.1	0.2		
Strawberry Frappe - Whole Milk	MILK	Regular	438	105	7.5	4.7	6.8	6.7	0.2	2.4	0.1	923	222	15.9	10	14.4	14.2	0.5	5.1	0.2		
		Large	423	101	6.6	4.2	8	7.9	0.2	2.4	0.1	1238	297	19.4	12.2	23.3	23.1	0.7	6.9	0.2		
Strawberry Frappe - Coconut Milk	MILK	Regular	414	99	6.1	4	10.4	6.6	0.7	0.5	0.1	872	209	12.9	8.4	21.9	13.9	1.4	1	0.1		
		Large	399	95	5.2	3.4	11.4	7.8	0.7	0.4	0.1	1169	280	15.3	10	33.5	22.7	1.9	1.3	0.2		
Strawberry Frappe - Soya Milk	MILK, SOYA	Regular	386	93	6.5	3.5	5.8	5.6	0.6	2.4	0.1	815	195	13.7	7.5	12.3	11.8	1.3	5.1	0.1		
		Large	372	89	5.6	3	7	6.8	0.6	2.4	0.1	1090	261	16.5	8.8	20.5	19.8	1.7	6.9	0.2		
Strawberry Frappe - Oat Milk	MILK	Regular	389	93	6.3	3.6	7.8	6.6	0.4	0.9	0.1	820	197	13.4	7.6	16.5	13.8	0.9	2	0.1		
		Large	374	90	5.5	3.1	9	7.7	0.4	0.9	0.1	1097	263	16	9	26.2	22.6	1.2	2.6	0.2		

WHITE CHOCOLATE MINT FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
White Choc Mint Frappe - Skimmed Milk	MILK	Regular	656	156	6	3.8	22	20.5	0.1	2.7	0.1	1320	315	12.1	7.6	44.3	41.2	0.2	5.4	0.3		
		Large	658	157	5.1	3.2	24.1	22.5	0.1	2.6	0.2	1833	436	14.2	8.9	67.2	62.8	0.3	7.3	0.4		
White Choc Mint Frappe - Whole Milk	MILK	Regular	728	174	8.1	5.1	21.9	20.4	0.1	2.6	0.1	1466	350	16.2	10.3	44.1	41	0.2	5.3	0.3		
		Large	730	174	7.1	4.5	24	22.4	0.1	2.6	0.1	2032	484	19.9	12.6	66.8	62.4	0.3	7.1	0.4		
White Choc Mint Frappe - Coconut Milk	MILK	Regular	703	167	6.6	4.3	25.6	20.2	0.6	0.6	0.1	1415	337	13.2	8.7	51.6	40.7	1.1	1.1	0.3		
		Large	705	168	5.7	3.7	27.7	22.3	0.5	0.5	0.1	1963	467	15.8	10.4	77	62.1	1.5	1.5	0.4		
White Choc Mint Frappe - Soya Milk	MILK, SOYA	Regular	674	161	7	3.9	20.8	19.2	0.5	2.6	0.1	1358	323	14.1	7.8	42	38.6	1	5.3	0.3		
		Large	677	161	6.1	3.3	23	21.3	0.5	2.6	0.1	1884	448	17	9.2	63.9	59.2	1.3	7.1	0.4		
White Choc Mint Frappe - Oat Milk	MILK	Regular	677	161	6.8	3.9	23	20.2	0.3	1.1	0.1	1363	325	13.7	7.9	46.2	40.6	0.6	2.1	0.3		
		Large	679	162	5.9	3.4	25	22.2	0.3	1	0.1	1891	450	16.5	9.4	69.7	61.9	0.8	2.9	0.4		

FRAPPES (with whipped cream)

CARAMEL FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Caramel Frappe - Skimmed Milk	MILK	Regular	604	144	6.2	3.8	19.3	18.8	0	2.7	0.1	1152	275	11.8	7.3	36.9	35.9	0	5.1	0.2		
		Large	585	139	5.4	3.3	20	19.6	0	2.6	0.1	1508	360	13.8	8.6	51.7	50.7	0	6.8	0.3		
Caramel Frappe - Whole Milk	MILK	Regular	681	162	8.4	5.3	19.2	18.7	0	2.6	0.1	1298	310	15.9	10	36.6	35.7	0	5	0.2		
		Large	662	158	7.5	4.7	19.9	19.5	0	2.6	0.1	1707	407	19.5	12.2	51.3	50.3	0	6.7	0.3		
Caramel Frappe - Coconut Milk	MILK	Regular	654	156	6.8	4.4	23.1	18.6	0.5	0.4	0.1	1247	297	12.9	8.4	44.1	35.4	0.9	0.8	0.2		
		Large	635	151	6	3.9	23.8	19.4	0.5	0.4	0.1	1638	390	15.4	10	61.5	50	1.2	1	0.2		
Caramel Frappe - Soya Milk	MILK, SOYA	Regular	624	149	7.2	3.9	18.1	17.4	0.4	2.6	0.1	1190	284	13.8	7.5	34.5	33.3	0.8	5	0.2		
		Large	604	144	6.4	3.4	18.8	18.3	0.4	2.6	0.1	1559	371	16.6	8.8	48.4	47.1	1.1	6.7	0.2		
Caramel Frappe - Oat Milk	MILK	Regular	626	149	7	4	20.3	18.5	0.2	1	0.1	1195	285	13.4	7.7	38.8	35.3	0.4	1.8	0.2		
		Large	607	145	6.2	3.5	21	19.3	0.2	0.9	0.1	1566	373	16.1	9	54.2	49.8	0.5	2.4	0.2		

BANOFFEE FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Banoffee Frappe - Skimmed Milk	MILK	Regular	539	128	4.5	2.8	19.5	18.6	0.4	2.2	0.1	1433	341	11.9	7.3	51.9	49.4	1.1	5.9	0.2		
		Large	537	128	4.2	2.6	20	19.3	0.3	2.3	0.1	1789	426	13.9	8.6	66.7	64.2	1.1	7.7	0.3		
Banoffee Frappe - Whole Milk	MILK	Regular	594	141	6	3.8	19.4	18.5	0.4	2.2	0.1	1579	376	16	10	51.6	49.2	1.1	5.8	0.2		
		Large	597	142	5.9	3.7	19.9	19.2	0.3	2.2	0.1	1988	473	19.5	12.3	66.3	63.8	1.1	7.5	0.3		
Banoffee Frappe - Coconut Milk	MILK	Regular	575	137	4.9	3.2	22.3	18.4	0.7	0.6	0.1	1528	363	13	8.4	59.1	48.9	2	1.7	0.2		
		Large	576	137	4.6	3	23	19.1	0.7	0.6	0.1	1918	456	15.4	10.1	76.5	63.5	2.3	1.9	0.2		
Banoffee Frappe - Soya Milk	MILK, SOYA	Regular	553	132	5.2	2.8	18.6	17.6	0.7	2.2	0.1	1470	350	13.9	7.6	49.5	46.8	1.8	5.8	0.2		
		Large	553	131	5	2.7	19	18.2	0.6	2.2	0.1	1840	437	16.6	8.9	63.4	60.6	2.1	7.5	0.2		
Banoffee Frappe - Oat Milk	MILK	Regular	555	132	5.1	2.9	20.2	18.4	0.5	1	0.1	1475	351	13.5	7.7	53.8	48.8	1.5	2.7	0.2		
		Large	555	132	4.8	2.7	20.8	19	0.5	1	0.1	1847	439	16.1	9	69.2	63.3	1.6	3.2	0.2		

FRAPPES (with whipped cream)

SALTED PRETZEL FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Salted Pretzel Frappe - Skimmed Milk	MILK, WHEAT, BARLEY	Regular	679	163	6.3	3.9	22.3	19.4	1.3	3.5	0.4	1402	335	12.9	8	45.9	40	2.7	7.1	0.8
		Large	674	161	5.4	3.3	23.8	21.3	1.3	3.4	0.4	1912	457	15.4	9.4	67.6	60.3	3.8	9.6	1.1
Salted Pretzel Frappe - Whole Milk	MILK, WHEAT, BARLEY	Regular	750	179	8.3	5.2	22.1	19.3	1.3	3.4	0.4	1548	370	17.1	10.7	45.7	39.8	2.7	7	0.8
		Large	744	178	7.4	4.6	23.7	21.2	1.3	3.3	0.4	2110	504	21	13.1	67.3	60	3.8	9.5	1.1
Salted Pretzel Frappe - Coconut Milk	MILK, WHEAT, BARLEY	Regular	726	173	6.8	4.4	25.8	19.2	1.7	1.4	0.4	1497	358	14.1	9.1	53.2	39.5	3.6	2.9	0.8
		Large	720	172	6	3.9	27.3	21	1.8	1.4	0.4	2041	487	16.9	10.9	77.5	59.6	5	3.9	1.1
Salted Pretzel Frappe - Soya Milk	MILK, WHEAT, BARLEY, SOYA	Regular	698	167	7.2	4	21.1	18.1	1.7	7.2	0.4	1439	344	14.9	8.2	43.5	37.4	3.5	7	0.8
		Large	692	165	6.4	3.4	22.7	20	1.7	3.3	0.4	1963	469	18.1	9.7	64.4	56.7	4.8	9.5	1.1
Salted Pretzel Frappe - Oat Milk	MILK, WHEAT, BARLEY	Regular	700	167	7.1	4	23.2	19.1	1.5	1.9	0.4	1444	345	14.6	8.3	47.8	39.4	3.1	3.9	0.8
		Large	695	166	6.2	3.5	24.7	21	1.5	1.8	0.4	1969	470	17.6	9.9	70.2	59.5	4.3	5.2	1.1

FRAPPES (without cream)

ESPRESSO FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Espresso Frappe - Skimmed Milk	MILK	Regular	173	41	0.2	0.1	7	7	0	2.7	0.1	289	68	0.4	0.2	11.7	11.7	0	4.4	0.2		
		Large	206	49	0.2	0.1	8.9	8.8	0	2.7	0.1	458	108	0.5	0.2	19.7	19.6	0	6.1	0.2		
Espresso Frappe - Whole Milk	MILK	Regular	261	62	2.7	1.7	6.9	6.8	0	2.6	0.1	435	103	4.5	2.9	11.5	11.4	0	4.3	0.1		
		Large	296	70	2.8	1.8	8.7	8.7	0	2.7	0.1	656	156	6.1	3.9	19.4	19.3	0	5.9	0.2		
Espresso Frappe - Coconut Milk		Regular	230	54	0.9	0.7	11.4	6.7	0.5	0.1	0.1	384	91	1.5	1.3	19	11.2	0.9	0.2	0.1		
		Large	264	63	0.9	0.8	13.3	8.5	0.5	0.1	0.1	587	139	2	1.7	29.6	18.9	1.2	0.3	0.2		
Espresso Frappe - Soya Milk	SOYA	Regular	196	46	1.4	0.2	5.6	5.4	0.4	2.6	0.1	327	77	2.4	0.4	9.4	9	0.8	4.3	0.1		
		Large	229	54	1.5	0.2	7.4	7.2	0.5	2.7	0.1	509	120	3.2	0.5	16.5	16	1	5.9	0.2		
Espresso Frappe - Oat Milk		Regular	199	47	1.2	0.3	8.2	6.6	0.2	0.7	0.1	332	78	2	0.5	13.6	11	0.4	1.2	0.1		
		Large	232	55	1.2	0.3	10	8.5	0.2	0.7	0.1	515	122	2.7	0.7	22.3	18.8	0.5	1.7	0.2		

MOCHA FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Mocha Frappe - Skimmed Milk	MILK	Regular	373	88	0.7	0.4	16.4	14.5	1.4	3.3	0.1	717	170	1.4	0.8	31.6	27.9	2.7	6.3	0.3		
		Large	411	97	0.7	0.4	18.5	16.5	1.5	3.4	0.2	1056	250	1.9	1.1	47.5	42.4	3.8	8.7	0.4		
Mocha Frappe - Whole Milk	MILK	Regular	449	107	2.9	1.8	16.3	14.4	1.4	3.2	0.1	863	205	5.5	3.5	31.3	27.6	2.7	6.2	0.3		
		Large	488	116	2.9	1.8	18.3	16.4	1.5	3.3	0.2	1255	298	7.5	4.7	47.1	42	3.8	8.6	0.4		
Mocha Frappe - Coconut Milk		Regular	423	100	1.3	1	20.2	14.3	1.9	1.1	0.1	812	192	2.5	1.8	38.8	27.4	3.6	2.1	0.3		
		Large	461	109	1.3	1	22.3	16.2	1.9	1.2	0.1	1185	281	3.4	2.5	57.3	41.7	5	3	0.4		
Mocha Frappe - Soya Milk	SOYA	Regular	393	93	1.8	0.5	15.2	13.2	1.8	3.2	0.1	754	178	3.4	1	29.2	25.3	3.5	6.2	0.2		
		Large	431	102	1.8	0.5	17.2	15.1	1.9	3.3	0.1	1107	262	4.6	1.4	44.2	36.8	4.8	8.6	0.3		
Mocha Frappe - Oat Milk		Regular	395	94	1.6	0.6	17.4	14.2	1.6	1.6	0.1	759	180	3	1.1	33.4	27.3	3.1	3.1	0.3		
		Large	433	103	1.6	0.6	19.5	16.2	1.7	1.7	0.1	1114	264	4.1	1.5	50	41.5	4.3	4.3	0.4		

FRAPPES (without cream)

COCONUT FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Coconut Frappe - Skimmed Milk	MILK	Regular	371	88	0.2	0.1	18.4	18.4	0	2.8	0.1	584	138	0.4	0.2	29	29	0	4.4	0.2
		Large	387	91	0.2	0.1	19.4	19.4	0	2.7	0.1	852	201	0.5	0.2	42.8	42.8	0	6	0.2
Coconut Frappe - Whole Milk	MILK	Regular	464	110	2.9	1.8	18.3	18.3	0	2.7	0.1	731	173	4.5	2.9	28.8	28.8	0	4.2	0.2
		Large	478	113	2.8	1.8	19.3	19.3	0	2.7	0.1	1051	249	6.1	3.9	42.4	42.4	0	5.8	0.2
Coconut Frappe - Coconut Milk		Regular	431	102	1	0.8	23	18.1	0.6	0.1	0.1	680	161	1.5	1.3	36.3	28.5	0.9	0.1	0.1
		Large	446	105	0.9	0.8	23.9	19.1	0.5	0.1	0.1	982	232	2	1.7	52.6	42.1	1.2	0.2	0.2
Coconut Frappe - Soya Milk	SOYA	Regular	395	93	1.5	0.2	16.9	16.8	0.5	2.7	0.1	622	147	2.4	0.4	26.6	26.4	0.8	4.2	0.1
		Large	411	97	1.5	0.2	18	17.8	0.5	2.7	0.1	903	213	3.2	0.5	39.6	39.2	1	5.8	0.2
Coconut Frappe - Oat Milk		Regular	398	94	1.3	0.3	19.6	18	0.2	0.7	0.1	627	148	2	0.5	30.9	28.4	0.4	1.1	0.1
		Large	414	98	1.2	0.3	20.6	19.1	0.2	0.7	0.1	910	215	2.7	0.7	45.3	41.9	0.5	1.6	0.2

CHOCOLATE FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Chocolate Frappe - Skimmed Milk	MILK	Regular	468	111	0.9	0.5	20.8	18.3	1.7	3.9	0.2	763	181	1.5	0.8	34	29.9	2.8	6.4	0.3
		Large	483	114	0.9	0.5	21.9	19.4	1.7	3.9	0.2	1102	261	2	1.1	29.9	44.3	3.9	8.8	0.4
Chocolate Frappe - Whole Milk	MILK	Regular	558	132	3.4	2.2	20.7	18.2	1.7	3.8	0.2	909	216	5.6	3.5	33.7	29.6	2.8	6.3	0.3
		Large	571	135	3.3	2.1	21.7	19.3	1.7	3.8	0.2	1301	309	7.6	4.8	49.5	44	3.9	8.6	0.4
Chocolate Frappe - Coconut Milk		Regular	526	125	1.6	1.2	25.3	18	2.3	1.3	0.2	858	203	2.6	1.9	41.2	29.4	3.7	2.1	0.3
		Large	540	128	1.6	1.1	26.2	19.1	2.2	1.3	0.2	1231	292	3.6	2.6	59.7	43.7	5.1	3	0.4
Chocolate Frappe - Soya Milk	SOYA	Regular	491	116	2.1	0.6	19.4	16.7	2.2	3.8	0.2	800	189	3.5	1	31.6	27.2	3.6	6.3	0.3
		Large	506	120	2.1	0.6	20.5	17.9	2.2	3.8	0.2	1153	273	4.7	1.4	46.6	40.8	4.9	8.6	0.4
Chocolate Frappe - Oat Milk		Regular	494	117	1.9	0.7	22	17.9	2	1.9	0.2	805	191	3.1	1.2	35.8	29.2	3.2	3.2	0.3
		Large	509	120	1.9	0.7	23	19.1	1.9	1.9	0.2	1160	275	4.2	1.6	52.4	43.5	4.4	4.4	0.4

FRAPPES (without cream)

STRAWBERRY FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Strawberry Frappe - Skimmed Milk	MILK	Regular	183	43	0.2	0.1	7.6	7.5	0.3	2.5	0.1	334	79	0.4	0.2	13.9	13.7	0.5	4.6	0.2		
		Large	201	48	0.2	0.1	8.8	8.7	0.3	2.5	0.1	523	124	0.5	0.2	22.8	22.6	0.7	6.4	0.2		
Strawberry Frappe - Whole Milk	MILK	Regular	263	63	2.5	1.6	7.5	7.4	0.3	2.5	0.1	480	114	4.5	2.9	13.7	13.5	0.5	4.5	0.2		
		Large	278	66	2.4	1.5	8.6	8.5	0.3	2.4	0.1	722	171	6.1	3.9	22.5	22.2	0.7	6.2	0.2		
Strawberry Frappe - Coconut Milk		Regular	235	56	0.8	0.7	11.6	7.2	0.8	0.2	0.1	429	102	1.5	1.2	21.2	13.2	1.4	0.4	0.1		
		Large	251	59	0.8	0.7	12.6	8.4	0.7	0.2	0.1	652	154	2	1.7	32.7	21.9	1.9	0.6	0.2		
Strawberry Frappe - Soya Milk	SOYA	Regular	204	48	1.3	0.2	6.3	6.1	0.7	2.5	0.1	371	88	2.4	0.4	11.5	11.1	1.3	4.5	0.1		
		Large	221	52	1.2	0.2	7.5	7.3	0.7	2.4	0.1	574	136	3.2	0.5	19.6	19	1.7	6.2	0.2		
Strawberry Frappe - Oat Milk		Regular	206	49	1.1	0.3	8.6	7.2	0.5	0.8	0.1	376	89	2	0.5	15.8	13.1	0.9	1.4	0.1		
		Large	223	53	1	0.3	9.8	8.3	0.5	0.8	0.1	580	137	2.7	0.7	25.4	21.7	1.2	2	0.2		

WHITE CHOCOLATE MINT FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
White Choc Mint Frappe - Skimmed Milk	MILK	Regular	507	120	0.4	0.3	25.2	23.4	0.1	2.8	0.2	877	207	0.7	0.5	43.6	40.5	0.2	4.8	0.3		
		Large	536	127	0.4	0.3	27	25.2	0.1	2.7	0.2	1317	311	1	0.6	66.3	61.9	0.3	6.6	0.4		
White Choc Mint Frappe - Whole Milk	MILK	Regular	592	140	2.8	1.8	25.1	23.3	0.1	2.7	0.2	1023	242	4.9	3.2	43.4	40.3	0.2	4.7	0.3		
		Large	617	146	2.7	1.8	26.9	25.1	0.1	2.6	0.2	1516	358	6.6	4.3	66	61.6	0.3	6.5	0.4		
White Choc Mint Frappe - Coconut Milk	MILK	Regular	562	133	1.1	0.9	29.4	23.1	0.6	0.3	0.2	972	230	1.9	1.6	50.9	40	1.1	0.6	0.3		
		Large	589	139	1	0.9	31	24.9	0.6	0.3	0.2	1446	341	2.5	2.1	76.2	61.2	1.5	0.9	0.4		
White Choc Mint Frappe - Soya Milk	MILK, SOYA	Regular	529	125	1.6	0.4	23.8	21.9	0.6	2.7	0.1	915	216	2.7	0.7	41.2	37.9	1	4.7	0.3		
		Large	557	131	1.5	0.4	25.7	23.8	0.5	2.6	0.2	1368	323	3.7	0.9	63.1	58.4	1.3	6.5	0.4		
White Choc Mint Frappe - Oat Milk	MILK	Regular	532	125	1.4	0.5	26.3	23.1	0.4	0.9	0.2	920	217	2.4	0.8	45.5	39.9	0.6	1.6	0.3		
		Large	560	132	1.3	0.4	28	24.9	0.3	0.9	0.2	1374	324	3.2	1.1	68.9	61.1	0.8	2.2	0.4		

FRAPPES (without cream)

CARAMEL FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Caramel Frappe - Skimmed Milk	MILK	Regular	436	103	0.3	0.1	22.2	21.6	0	2.8	0.1	709	167	0.4	0.2	36.2	35.2	0	4.5	0.2		
		Large	441	104	0.3	0.1	22.6	22.1	0	2.7	0.1	992	234	0.6	0.3	50.8	49.8	0	6.2	0.3		
Caramel Frappe - Whole Milk	MILK	Regular	526	125	2.8	1.8	22.1	21.5	0	2.7	0.1	855	202	4.6	2.9	35.9	34.9	0	4.4	0.2		
		Large	529	125	2.7	1.8	22.4	22	0	2.7	0.1	1191	282	6.2	3.9	50.5	49.5	0	6	0.3		
Caramel Frappe - Coconut Milk	MILK	Regular	495	117	1	0.8	26.7	21.3	0.6	0.2	0.1	804	190	1.6	1.3	43.4	34.7	0.9	0.3	0.2		
		Large	498	118	0.9	0.8	27	21.8	0.5	0.2	0.1	1121	265	2.1	1.8	60.7	49.1	1.2	0.4	0.2		
Caramel Frappe - Soya Milk	MILK, SOYA	Regular	459	108	1.5	0.3	20.8	20	0.5	2.7	0.1	747	176	2.4	0.4	33.8	32.5	0.8	4.4	0.2		
		Large	463	109	1.5	0.3	21.1	20.6	0.5	2.7	0.1	1043	246	3.3	0.6	47.6	46.2	1.1	6	0.2		
Caramel Frappe - Oat Milk	MILK	Regular	463	109	1.3	0.3	23.4	21.3	0.3	0.8	0.1	752	177	2.1	0.6	38	34.5	0.4	1.3	0.2		
		Large	466	110	1.2	0.3	23.7	21.8	0.2	0.8	0.1	1049	248	2.8	0.7	53.4	49	0.5	1.7	0.2		

BANOFFEE FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Banoffee Frappe - Skimmed Milk	MILK	Regular	417	98	0.2	0.1	21.5	20.5	0.5	2.2	0.1	990	233	0.5	0.2	51.2	48.7	1.1	5.3	0.2		
		Large	424	100	0.2	0.1	21.9	21.1	0.4	2.3	0.1	1272	300	0.7	0.3	65.8	63.3	1.1	7	0.3		
Banoffee Frappe - Whole Milk	MILK	Regular	478	113	2	1.2	21.4	20.4	0.5	2.2	0.1	1136	268	4.6	2.9	50.9	48.4	1.1	5.2	0.2		
		Large	490	116	2.1	1.3	21.8	21	0.4	2.3	0.1	1471	348	6.3	4	65.5	63	1.1	6.8	0.3		
Banoffee Frappe - Coconut Milk	MILK	Regular	457	108	0.7	0.6	24.6	20.3	0.8	0.5	0.1	1085	256	1.6	1.3	58.4	48.2	2	1.1	0.2		
		Large	467	110	0.7	0.6	25.2	20.9	0.8	0.4	0.1	1401	331	2.2	1.8	75.7	62.6	2.3	1.2	0.2		
Banoffee Frappe - Soya Milk	MILK, SOYA	Regular	432	102	1.1	0.2	20.5	19.4	0.8	2.2	0.1	1027	242	2.5	0.5	48.8	46	1.8	5.2	0.2		
		Large	441	104	1.1	0.2	20.9	19.9	0.7	2.3	0.1	1323	312	3.4	0.6	62.6	59.7	2.1	6.8	0.2		
Banoffee Frappe - Oat Milk	MILK	Regular	435	103	0.9	0.2	22.3	20.2	0.6	0.9	0.1	1032	243	2.1	0.6	53	48	1.5	2.1	0.2		
		Large	443	105	1	0.3	22.8	20.8	0.5	0.9	0.1	1330	314	2.9	0.8	68.4	62.5	1.6	2.6	0.2		

FRAPPES (without cream)

SALTED PRETZEL FRAPPE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Salted Pretzel Frappe - Skimmed Milk	MILK, WHEAT, BARLEY	Regular	539	128	0.9	0.5	25.4	22.1	1.5	3.7	0.5	959	228	1.6	0.9	45.2	39.3	2.7	6.6	0.8
		Large	557	132	0.8	0.5	26.6	23.7	1.5	3.6	0.4	1395	331	2.1	1.2	66.7	59.4	3.8	9	1.1
Salted Pretzel Frappe - Whole Milk	MILK, WHEAT, BARLEY	Regular	621	148	3.2	2	25.2	21.9	1.5	3.6	0.4	1105	263	5.7	3.6	44.9	39.1	2.7	6.4	0.8
		Large	636	151	3.1	1.9	26.5	23.6	1.5	3.5	0.4	1594	379	7.7	4.8	66.4	59.1	3.8	8.8	1.1
Salted Pretzel Frappe - Coconut Milk	WHEAT, BARLEY	Regular	592	141	1.5	1.1	29.4	21.8	2	1.3	0.4	1054	250	2.7	2	52.4	38.8	3.6	2.3	0.8
		Large	608	144	1.4	1.1	30.6	23.5	2	1.3	0.4	1524	362	3.6	2.6	76.6	58.8	5	3.2	1.1
Salted Pretzel Frappe - Soya Milk	WHEAT, BARLEY, SOYA	Regular	560	133	2	0.6	24	20.6	2	3.6	0.4	996	236	3.6	1.1	42.8	36.7	3.5	6.4	0.8
		Large	577	137	1.9	0.6	25.4	22.3	1.9	3.5	0.4	1446	343	4.8	1.5	63.5	55.9	4.8	8.8	1.1
Salted Pretzel Frappe - Oat Milk	WHEAT, BARLEY	Regular	562	134	1.8	0.7	26.4	21.7	1.7	1.9	0.4	1001	238	3.2	1.2	47	38.7	3.1	3.3	0.8
		Large	580	138	1.7	0.6	27.7	23.4	1.7	1.8	0.4	1453	345	4.3	1.6	69.3	58.6	4.3	4.6	1.1

SMOOTHIES

BLUEBERRY THRILL SMOOTHIE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Blueberry Thrill Smoothie		Regular	216	51	0.4	0	10.3	10.1	1.1	0.7	0.01	843	197	1.5	0.1	40.3	39.2	4.5	2.7	0.04
		Large	209	49	0.3	0	10.2	10	0.9	0.6	0.01	1005	235	1.6	0.1	48.8	47.8	4.6	3.1	0.1

SUPER GREEN SMOOTHIE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Super Green Smoothie		Regular	185	43	0.2	0	9.4	9.4	0.6	0.5	0.01	722	168	0.6	0.1	36.8	36.8	2.3	2	0.1
		Large	184	43	0.2	0	9.5	9.5	0.5	0.5	0.01	884	206	0.7	0.1	45.4	45.4	2.4	2.3	0.1

PINA COLADA SMOOTHIE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Pina Colada Smoothie		Regular	241	56	1.2	1	10.5	10	0.4	0.6	0.01	941	220	4.6	4.1	40.8	39	1.7	2.3	0.03
		Large	230	54	1	0.8	10.3	9.9	0.4	0.5	0.01	1102	257	4.7	4.1	49.3	47.5	1.8	2.6	0.04

EL NINO SMOOTHIE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
El Nino Smoothie		Regular	197	46	0.1	0	9.8	9.6	1.4	0.6	0.01	770	179	0.5	0.1	38.1	37.5	5.3	2.3	0.03
		Large	194	45	0.1	0	9.7	9.6	1.1	0.5	0.01	932	217	0.6	0.1	46.7	46.1	5.4	2.6	0.04

SMOOTHIES

PIP ME UP SMOOTHIE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Pip Me Up Smoothie		Regular	195	46	0.1	0	9.8	9.7	1.1	0.5	0.01	762	178	0.3	0	38.1	38	4.4	2.1	0.04
		Large	192	45	0.1	0	9.7	9.7	0.9	0.5	0.01	923	215	0.4	0	46.7	46.6	4.4	2.5	0.1

SUMMERSET SMOOTHIE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Summerset Smoothie		Regular	181	42	0.2	0	8.9	8.9	1.1	0.4	0.01	704	165	0.8	0	34.8	34.7	4.4	1.7	0.04
		Large	180	42	0.2	0	9	9	0.9	0.4	0.0	866	202	0.8	0.1	43.3	43.2	4.4	2	0.1

BREAKFAST SMOOTHIE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Breakfast Smoothie	GLUTEN	Regular	376	89	1.3	0.2	16	9	2	2	0.01	1467	346	5.2	0.7	62.2	35.1	8	7.9	0.04
		Large	339	80	1.1	0.2	14.7	9.1	1.7	1.7	0.01	1629	383	5.3	0.7	70.8	43.7	8	8.2	0.1

AVO GO GO SMOOTHIE

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Avo go go Smoothie		Regular	224	52	1.1	0.5	9.1	8.6	0.8	0.8	0.02	872	204	4.5	2	35.4	33.7	3	3.2	0.1
		Large	215	50	0.9	0.4	9.1	8.8	0.6	0.7	0.02	1034	242	4.6	2	43.9	42.2	3.1	3.5	0.1

ICED TEA

PEACH ICED TEA

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Peach Iced Tea		Regular	61	14	0	0	2.2	0	0	0	0.1	14	3	0	0	0.5	0	0	0	0.03
		Large	61	14	0	0	2.2	0	0	0	0.1	18	4	0	0	0.7	0	0	0	0.04