

# Coffee#1

## Festive Beverage Nutritional & Allergen Information

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

### IRISH CREAM LATTE (with whipped cream)

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
Irish Cream Latte - Skimmed Milk	MILK	Regular	489	117	7.6	4.7	9.6	9.4	0.0	2.6	0.07	1110	267	17.2	10.7	21.8	21.3	0.1	6.0	0.17
		Large	385	92	4.4	2.7	10.2	10.0	0.0	2.8	0.08	1228	295	14.1	8.6	32.4	31.9	0.1	8.9	0.27
Irish Cream Latte - Whole Milk	MILK	Regular	412	99	5.4	3.3	9.7	9.5	0.0	2.7	0.08	935	225	12.3	7.5	22.1	21.6	0.1	6.1	0.18
		Large	469	113	6.8	4.3	10.0	9.9	0.0	2.7	0.08	1497	359	21.7	13.6	32.0	31.5	0.1	8.7	0.25
Irish Cream Latte - Coconut Milk	MILK	Regular	462	111	6.0	3.9	13.6	9.2	0.5	0.4	0.07	1049	252	13.6	8.8	30.8	21.0	1.2	1.0	0.16
		Large	440	105	5.1	3.3	14.4	9.7	0.5	0.3	0.08	1403	336	16.2	10.6	45.8	31.0	1.7	1.1	0.24
Irish Cream Latte - Soya Milk	MILK, SOYA	Regular	432	104	6.5	3.4	8.5	8.1	0.4	2.6	0.06	980	235	14.7	7.8	19.2	18.4	1.0	6.0	0.13
		Large	407	97	5.6	2.8	8.8	8.5	0.5	2.7	0.06	1237	311	17.8	9.0	28.0	27.1	1.5	8.7	0.20
Irish Cream Latte - Gluten Free Oat Milk	MILK	Regular	434	104	6.3	3.5	10.7	9.2	0.2	1.0	0.07	986	237	14.2	7.9	24.3	20.8	0.6	2.2	0.16
		Large	409	98	5.4	2.9	11.2	9.6	0.3	0.9	0.08	1306	313	17.1	9.2	35.9	30.8	0.8	2.9	0.24

#### 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.

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### IRISH CREAM LATTE (with whipped cream)

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		
Irish Cream Latte - Skimmed Milk	MILK	Regular	489	117	7.6	4.7	9.6	9.4	0.0	2.6	0.07	1110	267	17.2	10.7	21.8	21.3	0.1	6.0	0.17		
		Large	385	92	4.4	2.7	10.2	10.0	0.0	2.8	0.08	1228	295	14.1	8.6	32.4	31.9	0.1	8.9	0.27		
Irish Cream Latte - Whole Milk	MILK	Regular	412	99	5.4	3.3	9.7	9.5	0.0	2.7	0.08	935	225	12.3	7.5	22.1	21.6	0.1	6.1	0.18		
		Large	469	113	6.8	4.3	10.0	9.9	0.0	2.7	0.08	1497	359	21.7	13.6	32.0	31.5	0.1	8.7	0.25		
Irish Cream Latte - Coconut Milk	MILK	Regular	462	111	6.0	3.9	13.6	9.2	0.5	0.4	0.07	1049	252	13.6	8.8	30.8	21.0	1.2	1.0	0.16		
		Large	440	105	5.1	3.3	14.4	9.7	0.5	0.3	0.08	1403	336	16.2	10.6	45.8	31.0	1.7	1.1	0.24		
Irish Cream Latte - Soya Milk	MILK, SOYA	Regular	432	104	6.5	3.4	8.5	8.1	0.4	2.6	0.06	980	235	14.7	7.8	19.2	18.4	1.0	6.0	0.13		
		Large	407	97	5.6	2.8	8.8	8.5	0.5	2.7	0.06	1297	311	17.8	9.0	28.0	27.1	1.5	8.7	0.20		
Irish Cream Latte - Gluten Free Oat Milk	MILK	Regular	434	104	6.3	3.5	10.7	9.2	0.2	1.0	0.07	986	237	14.2	7.9	24.3	20.8	0.6	2.2	0.16		
		Large	409	98	5.4	2.9	11.2	9.6	0.3	0.9	0.08	1306	313	17.1	9.2	35.9	30.8	0.8	2.9	0.24		

### IRISH CREAM LATTE (without cream)

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		
Irish Cream Latte - Skimmed Milk	MILK	Regular	243	58	0.3	0.1	10.8	10.5	0.1	2.8	0.09	481	114	0.6	0.2	21.3	20.8	0.1	5.5	0.18		
		Large	248	59	0.3	0.1	11.0	10.9	0.1	2.9	0.09	710	169	0.9	0.3	31.6	31.1	0.1	8.3	0.27		
Irish Cream Latte - Whole Milk	MILK	Regular	331	79	2.8	1.7	10.6	10.4	0.1	2.7	0.08	656	156	5.6	3.5	21.0	20.5	0.1	5.4	0.17		
		Large	343	82	3.0	1.9	10.9	10.7	0.1	2.8	0.09	980	234	8.5	5.3	31.1	30.6	0.1	8.0	0.25		
Irish Cream Latte - Coconut Milk		Regular	300	71	1.0	0.8	15.2	10.2	0.6	0.2	0.08	595	141	2.0	1.5	30.0	20.2	1.2	0.4	0.16		
		Large	310	74	1.0	0.8	15.7	10.5	0.6	0.1	0.09	885	211	2.9	2.3	44.9	30.1	1.7	0.4	0.24		
Irish Cream Latte - Soya Milk	SOYA	Regular	266	63	1.5	0.2	9.3	8.9	0.5	2.7	0.07	526	125	3.0	0.5	18.5	17.7	1.0	5.4	0.13		
		Large	273	65	1.6	0.3	9.5	9.2	0.5	2.8	0.07	779	185	4.5	0.7	27.2	26.2	1.5	8.0	0.20		
Irish Cream Latte - Gluten Free Oat Milk		Regular	269	64	1.3	0.3	11.9	10.1	0.3	0.8	0.08	532	126	2.6	0.6	23.6	20.1	0.6	1.6	0.16		
		Large	276	66	1.3	0.3	12.2	10.5	0.3	0.8	0.09	789	188	3.9	0.9	35.0	29.9	0.8	2.3	0.24		

### FESTIVE GINGERBREAD LATTE

(with whipped cream)

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		
Festive Gingerbread Latte - Skimmed Milk	WHEAT, MILK	Regular	466	112	5.9	3.2	11.8	10.1	0.1	2.8	0.11	1095	262	13.8	7.5	27.8	23.8	0.2	6.5	0.25		
		Large	425	102	4.8	2.6	11.7	10.5	0.1	2.9	0.10	1387	332	15.6	8.6	38.2	34.2	0.2	9.3	0.34		
Festive Gingerbread Latte - Whole Milk	WHEAT, MILK	Regular	541	129	8.0	4.6	11.7	10.0	0.1	2.7	0.10	1271	304	18.7	10.7	27.5	23.5	0.2	6.4	0.24		
		Large	507	121	7.1	4.2	11.5	10.3	0.1	2.8	0.10	1656	396	23.2	13.5	37.7	33.7	0.2	9.1	0.33		
Festive Gingerbread Latte - Coconut Milk	WHEAT, MILK	Regular	514	123	6.4	3.7	15.5	9.9	0.5	0.6	0.10	1209	289	15.1	8.8	36.5	23.2	1.2	1.4	0.24		
		Large	478	114	5.4	3.2	15.8	10.2	0.6	0.5	0.10	1562	373	17.7	10.6	51.5	33.3	1.8	1.5	0.32		
Festive Gingerbread Latte - Soya Milk	WHEAT, MILK, SOYA	Regular	485	116	6.9	3.3	10.6	8.8	0.5	2.7	0.09	1140	273	16.2	7.7	24.9	20.7	1.1	6.4	0.21		
		Large	446	106	5.9	2.7	10.3	9.0	0.5	2.8	0.08	1456	348	19.3	9.0	33.8	29.4	1.6	9.1	0.27		
Festive Gingerbread Latte - Gluten Free Oat Milk	WHEAT, MILK	Regular	488	117	6.7	3.4	12.8	9.8	0.3	1.1	0.10	1146	274	15.7	7.9	30.0	23.1	0.6	2.6	0.24		
		Large	449	107	5.7	2.8	12.7	10.1	0.3	1.0	0.10	1465	350	18.6	9.2	41.6	33.0	0.9	3.4	0.32		

### FESTIVE GINGERBREAD LATTE

without cream

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		
Festive Gingerbread Latte - Skimmed Milk	WHEAT, MILK	Regular	311	74	1.0	0.1	13.1	11.2	0.1	2.9	0.12	641	152	2.1	0.2	27.0	23.1	0.2	6.0	0.25		
		Large	297	70	0.8	0.1	12.7	11.4	0.1	3.0	0.12	870	206	2.3	0.3	37.3	33.3	0.2	8.7	0.34		
Festive Gingerbread Latte - Whole Milk	WHEAT, MILK	Regular	396	94	3.4	1.7	13.0	11.0	0.1	2.8	0.12	816	194	7.0	3.4	26.7	22.8	0.2	5.8	0.24		
		Large	388	92	3.4	1.8	12.6	11.2	0.1	2.9	0.11	1140	271	9.9	5.3	36.8	32.9	0.2	8.5	0.33		
Festive Gingerbread Latte - Coconut Milk	WHEAT	Regular	366	87	1.7	0.7	17.3	10.9	0.6	0.4	0.11	755	179	3.4	1.5	35.7	22.5	1.2	0.9	0.24		
		Large	356	84	1.5	0.8	17.3	11.0	0.6	0.3	0.11	1045	248	4.4	2.3	50.6	32.4	1.8	0.9	0.32		
Festive Gingerbread Latte - Soya Milk	WHEAT, SOYA	Regular	333	79	2.2	0.2	11.7	9.7	0.5	2.8	0.10	686	162	4.5	0.5	24.2	19.9	1.1	5.8	0.21		
		Large	320	76	2.1	0.2	11.2	9.7	0.5	2.9	0.09	939	222	6.0	0.7	32.9	28.5	1.6	8.5	0.27		
Festive Gingerbread Latte - Gluten Free Oat Milk	WHEAT	Regular	336	80	2.0	0.3	14.2	10.8	0.3	1.0	0.11	692	164	4.0	0.6	29.3	22.3	0.6	2.1	0.24		
		Large	323	77	1.8	0.3	13.9	11.0	0.3	0.9	0.11	949	225	5.3	0.9	40.7	32.2	0.9	2.7	0.32		

### MINT HOT CHOCOLATE (with whipped cream)

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		
Mint Hot Chocolate - Skimmed Milk	MILK	Regular	646	154	6.3	3.8	20.4	18.4	1.3	3.4	0.13	1473	351	14.3	8.7	46.4	42.0	3.0	7.8	0.30		
		Large	585	140	5.0	3.1	19.5	17.7	1.2	3.4	0.14	1932	461	16.5	10.1	64.4	58.6	4.1	11.4	0.45		
Mint Hot Chocolate - Whole Milk	MILK	Regular	723	173	8.4	5.3	20.2	18.3	1.3	3.4	0.13	1648	393	19.2	12.0	46.1	41.7	3.0	7.6	0.30		
		Large	667	159	7.3	4.6	19.4	17.6	1.2	3.4	0.13	2202	525	24.1	15.1	64.0	58.1	4.1	11.1	0.44		
Mint Hot Chocolate - Coconut Milk	MILK	Regular	696	166	6.8	4.4	24.2	18.2	1.8	1.2	0.13	1587	378	15.6	10.0	55.1	41.4	4.0	2.7	0.29		
		Large	639	152	5.6	3.7	23.6	17.5	1.7	1.1	0.13	2107	502	18.6	12.1	77.8	57.6	5.7	3.5	0.42		
Mint Hot Chocolate - Soya Milk	MILK, SOYA	Regular	666	159	7.3	3.9	19.1	17.0	1.7	3.4	0.11	1518	362	16.7	9.0	43.6	38.8	3.9	7.6	0.26		
		Large	606	144	6.1	3.2	18.2	16.3	1.6	3.4	0.11	2001	477	20.2	10.5	60.1	53.7	5.4	11.1	0.38		
Mint Hot Chocolate - Gluten Free Oat Milk	MILK	Regular	668	159	7.1	4.0	21.4	18.1	1.5	1.7	0.13	1524	363	16.2	9.1	48.7	41.2	3.4	3.9	0.29		
		Large	609	145	5.9	3.2	20.6	17.4	1.4	1.6	0.13	2010	479	19.5	10.7	67.9	57.4	4.8	5.4	0.42		

### MINT HOT CHOCOLATE (without cream)

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		
Mint Hot Chocolate - Skimmed Milk	MILK	Regular	512	121	1.3	0.7	23.0	20.7	1.5	3.6	0.15	1018	241	2.6	1.4	45.7	41.2	3.0	7.2	0.30		
		Large	476	113	1.1	0.6	21.4	19.4	1.4	3.6	0.15	1414	335	3.2	1.8	63.6	57.7	4.1	10.7	0.45		
Mint Hot Chocolate - Whole Milk	MILK	Regular	600	142	3.8	2.4	22.8	20.6	1.5	3.5	0.15	1194	283	7.5	4.7	45.4	40.9	3.0	7.1	0.30		
		Large	567	135	3.7	2.3	21.3	19.3	1.4	3.5	0.15	1684	400	10.8	6.8	63.1	57.3	4.1	10.5	0.44		
Mint Hot Chocolate - Coconut Milk	MILK	Regular	569	135	2.0	1.4	27.3	20.4	2.0	1.1	0.14	1132	268	3.9	2.8	54.4	40.6	4.0	2.1	0.29		
		Large	535	127	1.8	1.3	25.9	19.1	1.9	1.0	0.14	1590	376	5.3	3.8	77.0	56.8	5.7	2.9	0.42		
Mint Hot Chocolate - Soya Milk	MILK, SOYA	Regular	534	126	2.5	0.9	21.5	19.1	1.9	3.5	0.13	1063	252	5.0	1.7	42.8	38.1	3.9	7.1	0.26		
		Large	500	118	2.3	0.7	19.9	17.8	1.8	3.5	0.13	1484	351	6.9	2.2	59.2	52.9	5.4	10.5	0.38		
Mint Hot Chocolate - Gluten Free Oat Milk	MILK	Regular	537	127	2.3	0.9	24.1	20.4	1.7	1.7	0.14	1069	253	4.5	1.9	47.9	40.5	3.4	3.3	0.29		
		Large	503	119	2.1	0.8	22.6	19.0	1.6	1.6	0.14	1493	353	6.2	2.4	67.0	56.6	4.8	4.7	0.42		

### SNOWBALL WHITE HOT CHOCOLATE

(with whipped cream)

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		
Snowball White Hot Chocolate - Skimmed Milk	MILK, SOYA	Regular	571	136	5.9	3.7	17.2	16.0	0.1	2.8	0.14	1228	293	12.7	7.9	36.9	34.3	0.1	6.1	0.30		
		Large	529	126	4.6	2.9	17.4	16.2	0.1	2.9	0.14	1676	400	14.7	9.2	55.1	51.2	0.2	9.0	0.45		
Snowball White Hot Chocolate - Whole Milk	MILK, SOYA	Regular	653	156	8.2	5.2	17.0	15.8	0.1	2.8	0.13	1403	335	17.6	11.2	36.6	34.0	0.1	5.9	0.29		
		Large	614	146	7.0	4.5	17.2	16.0	0.1	2.8	0.14	1945	464	22.3	14.1	54.7	50.8	0.2	8.8	0.44		
Snowball White Hot Chocolate - Coconut Milk	MILK, SOYA	Regular	624	149	6.5	4.3	21.2	15.7	0.6	0.4	0.13	1342	320	14.0	9.2	45.6	33.7	1.2	1.0	0.28		
		Large	584	139	5.3	3.5	21.6	15.9	0.6	0.4	0.13	1851	441	16.7	11.2	68.5	50.3	1.8	1.2	0.43		
Snowball White Hot Chocolate - Soya Milk	MILK, SOYA	Regular	592	141	7.0	3.8	15.8	14.5	0.5	2.8	0.12	1273	304	15.1	8.2	34.1	31.2	1.0	5.9	0.25		
		Large	550	131	5.8	3.0	16.0	14.6	0.5	2.8	0.12	1745	416	18.3	9.5	50.7	46.4	1.6	8.8	0.38		
Snowball White Hot Chocolate - Gluten Free Oat Milk	MILK, SOYA	Regular	595	142	6.8	3.9	18.2	15.6	0.3	1.0	0.13	1279	305	14.6	8.3	39.2	33.6	0.6	2.2	0.28		
		Large	553	132	5.6	3.1	18.5	15.8	0.3	1.0	0.13	1754	418	17.7	9.8	58.6	50.1	0.9	3.1	0.43		

### SNOWBALL WHITE HOT CHOCOLATE

(without cream)

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		
Snowball White Hot Chocolate - Skimmed Milk	MILK, SOYA	Regular	416	98	0.5	0.3	19.4	18.1	0.1	2.9	0.16	774	183	1.0	0.6	36.2	33.6	0.1	5.5	0.30		
		Large	408	96	0.5	0.3	19.1	17.7	0.1	3.0	0.16	1159	274	1.4	0.9	54.3	50.4	0.2	8.4	0.45		
Snowball White Hot Chocolate - Whole Milk	MILK, SOYA	Regular	510	121	3.2	2.1	19.3	17.9	0.1	2.9	0.16	949	225	6.0	3.9	35.9	33.3	0.1	5.3	0.29		
		Large	503	119	3.2	2.1	18.9	17.6	0.1	2.9	0.15	1428	339	9.0	5.8	53.8	49.9	0.2	8.2	0.44		
Snowball White Hot Chocolate - Coconut Milk	MILK, SOYA	Regular	477	113	1.3	1.0	24.1	17.7	0.6	0.2	0.15	888	210	2.4	1.9	44.9	33.0	1.2	0.4	0.28		
		Large	470	111	1.2	1.0	23.8	17.4	0.6	0.2	0.15	1334	315	3.5	2.9	67.6	49.5	1.8	0.6	0.43		
Snowball White Hot Chocolate - Soya Milk	MILK, SOYA	Regular	440	104	1.8	0.5	17.9	16.4	0.6	2.9	0.14	819	194	3.4	0.9	33.3	30.4	1.0	5.3	0.25		
		Large	432	102	1.8	0.4	17.6	16.0	0.6	2.9	0.13	1228	290	5.1	1.3	49.9	45.5	1.6	8.2	0.38		
Snowball White Hot Chocolate - Gluten Free Oat Milk	MILK, SOYA	Regular	443	105	1.6	0.6	20.7	17.6	0.3	0.9	0.15	825	195	3.0	1.0	38.4	32.8	0.6	1.6	0.28		
		Large	436	103	1.5	0.5	20.3	17.3	0.3	0.8	0.15	1237	292	4.4	1.5	57.7	49.2	0.9	2.4	0.43		