

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

PRODUCT	ALLERGENS	SIZE	LATTE										Per product									
			Per 100ml																			
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Latte - Skimmed Milk	MILK	Regular	137	33	0.3	0.1	4.3	4.1	0	3.1	0.10	353	84	0.8	0.3	11.0	10.6	0	8.0	0.25		
		Large	138	33	0.3	0.1	4.3	4.2	0	3.1	0.10	404	96	0.9	0.3	12.6	12.2	0	9.2	0.29		
Latte - Whole Milk	MILK	Regular	240	57	3.2	2.0	4.1	4.0	0	3	0.09	616	147	8.2	5.2	10.5	10.2	0	7.8	0.24		
		Large	243	58	3.2	2.0	4.1	4.0	0	3.1	0.09	708	169	9.5	6.0	12.0	11.7	0	8.9	0.27		
Latte - Coconut Milk		Regular	205	49	1.1	0.9	9.4	3.8	0.6	0.2	0.09	579	138	3.1	2.5	26.6	10.8	1.7	0.6	0.25		
		Large	210	50	1.1	0.9	9.7	3.9	0.6	0.2	0.09	780	185	4.2	3.4	36.0	14.5	2.4	0.7	0.34		
Latte - Soya Milk	SOYA	Regular	164	39	1.7	0	2.6	2.3	0.5	3.0	0.07	447	106	4.7	0	7.1	6.3	1.4	8.3	0.19		
		Large	167	40	1.8	0	2.6	2.3	0.5	3.1	0.07	606	144	6.4	0	9.5	8.5	2.0	11.2	0.26		
Latte - Gluten Free Oat Milk	OAT	Regular	168	40	1.5	0.4	5.6	3.7	0.3	0.8	0.09	456	108	4.0	1.0	15.2	10.1	0.7	2.3	0.24		
		Large	171	41	1.5	0.4	5.7	3.8	0.3	0.8	0.09	619	147	5.4	1.3	20.7	13.8	1.0	3.0	0.33		

Please note: Although we use Gluten Free Oat Milk we still OAT as an allergen as Oats contain a protein called Avenin which some people are sensitive to.

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

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Hot Coffee

ESPRESSO

Coffee#1 classic Espresso

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		Single	68	16	0.4	0	1.9	0.8	0	1.1	0	11	3	0.1	0	0.3	0.1	0	0.2	0
		Double	68	16	0.4	0	1.9	0.8	0	1.1	0	22	5	0.1	0	0.6	0.3	0	0.4	0

MACCHIATO

Coffee#1 blend Espresso and foam milk

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
Macchiato - Skimmed Milk	MILK	Single	120	28	0.3	0.1	3.7	3.3	0	2.6	0.07	55	13	0.2	0	1.7	1.5	0.0	1.2	0.03
		Double	116	28	0.3	0.1	3.5	3.1	0	2.5	0.07	95	23	0.3	0.1	2.9	2.6	0.0	2.1	0.05
Macchiato - Whole Milk	MILK	Single	196	47	2.5	1.5	3.5	3.1	0	2.5	0.07	90	21	1.1	0.7	1.6	1.4	0.0	1.2	0.03
		Double	188	45	2.4	1.4	3.4	3.0	0	2.4	0.06	154	37	1.9	1.1	2.8	2.5	0.0	2.0	0.05
Macchiato - Coconut Milk		Single	169	40	0.9	0.7	7.4	3.0	0.5	0.4	0.07	78	18	0.4	0.3	3.4	1.4	0.2	0.2	0.03
		Double	163	39	0.9	0.6	7.1	2.9	0.4	0.5	0.06	133	32	0.7	0.5	5.8	2.4	0.4	0.4	0.05
Macchiato - Soya Milk	SOYA	Single	139	33	1.4	0.2	2.4	1.9	0.4	2.5	0.05	64	15	0.6	0.1	1.1	0.9	0.2	1.2	0.02
		Double	134	32	1.3	0.2	2.4	1.8	0.4	2.4	0.05	110	26	1.1	0.2	2.0	1.5	0.3	2.0	0.04
Macchiato - Gluten Free Oat Milk	OAT	Single	142	34	1.2	0.3	4.6	3.0	0.2	0.9	0.07	65	15	0.5	0.1	2.1	1.4	0.1	0.4	0.03
		Double	137	32	1.1	0.2	4.5	2.8	0.2	0.9	0.06	112	27	0.9	0.2	3.7	2.3	0.2	0.8	0.05

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Hot Coffee

CARAMEL MACCHIATO

Espresso, foamed milk and caramel syrup

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 Macchiato - Skimmed Milk	MILK	12oz	239	57	0.3	0.1	10.4	9.9	0	2.9	0.10	662	157	0.9	0	28.8	27.4	0	8.1	0.29		
		16oz	259	61	0.3	0.1	11.6	11.2	0	2.9	0.10	827	196	1.0	0.4	37.1	35.7	0	9.3	0.33		
Caramel Macchiato - Whole Milk	MILK	12oz	334	79	3.0	1.9	10.2	9.7	0	2.9	0.10	925	220	8.3	5.2	28.3	27.0	0	7.9	0.28		
		16oz	354	84	3.0	1.9	11.4	11.0	0	2.8	0.10	1131	269	9.6	6.0	36.6	35.2	0	9.1	0.32		
Caramel Macchiato - Coconut Milk		12oz	294	70	1.1	0.8	14.7	9.1	0.6	0.2	0.10	888	210	3.2	2.6	44.4	27.6	1.8	0.7	0.29		
		16oz	301	71	1.1	0.9	15.1	9.5	0.6	0.2	0.10	1203	285	4.3	3.5	60.5	38.1	2.4	0.8	0.39		
Caramel Macchiato - Soya Milk	SOYA	12oz	259	61	1.6	0.3	8.5	7.9	0.5	2.9	0.08	756	179	4.8	0.8	24.9	23.1	1.5	8.4	0.23		
		16oz	264	62	1.7	0.3	8.7	8.2	0.5	2.9	0.08	1029	243	6.5	1.0	34.0	32.0	2.0	11.4	0.31		
Caramel Macchiato - Gluten Free Oat Milk	OAT	12oz	262	62	1.4	0.3	11.3	9.2	0.3	0.8	0.10	765	181	4.0	1.0	33.1	26.9	0.8	2.4	0.28		
		16oz	268	63	1.4	0.4	11.6	9.6	0.3	0.8	0.10	1042	247	5.5	1.4	45.2	37.3	1.0	3.1	0.38		

AMERICANO

Espresso and hot water with a splash of milk

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		
Americano - Black		Regular	6	1	0	0	0.2	0.1	0	0.1	0.01	22	5	0.1	0	0.6	0.3	0	0.4	0.04		
		Large	5	1	0	0	0.1	0.1	0	0.1	0.01	22	5	0.1	0	0.6	0.3	0	0.4	0.05		
Americano - Skimmed Milk	MILK	Regular	16	4	0.1	0	0.5	0.4	0	0.3	0.02	66	16	0.2	0	2.0	1.6	0	1.4	0.08		
		Large	20	5	0.1	0	0.6	0.5	0	0.4	0.02	95	23	0.3	0.1	2.9	2.6	0	2.1	0.10		
Americano - Whole Milk	MILK	Regular	25	6	0.3	0.2	0.5	0.4	0	0.3	0.02	101	24	1.2	0.7	1.9	1.6	0	1.3	0.08		
		Large	33	8	0.4	0.2	0.6	0.5	0	0.4	0.02	154	37	1.9	1.1	2.8	2.5	0	2.0	0.10		
Americano - Coconut Milk		Regular	22	5	0.1	0.1	0.9	0.4	0.1	0.1	0.02	89	21	0.5	0.3	3.7	1.5	0.2	0.4	0.07		
		Large	28	7	0.2	0.1	1.2	0.5	0.1	0.1	0.02	133	32	0.7	0.5	5.8	2.4	0.4	0.4	0.10		
Americano - Soya Milk	SOYA	Regular	18	4	0.2	0	0.3	0.2	0	0.3	0.02	75	18	0.7	0.1	1.4	1.0	0.2	1.3	0.07		
		Large	23	6	0.2	0	0.4	0.3	0.1	0.4	0.02	110	26	1.1	0.2	2.0	1.5	0.3	2.0	0.09		
Americano - Gluten Free Oat Milk	OAT	Regular	18	4	0.1	0	0.6	0.4	0	0.1	0.02	76	18	0.6	0.1	2.4	1.5	0.1	0.6	0.07		
		Large	24	6	0.2	0	0.8	0.5	0	0.2	0.02	112	27	0.9	0.2	3.7	2.3	0.2	0.8	0.10		

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Hot Coffee

FILTER COFFEE

Filter coffee, black or with a splash of milk

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
Filter Coffee - Black		Regular	5	1	0.0	0	0.1	0.1	0	0.1	0.01	15	4	0.1	0	0.4	0.2	0	0.2	0.04
		Large	5	1	0.0	0	0.1	0.1	0	0.1	0.01	20	5	0.1	0	0.6	0.2	0	0.3	0.05
Filter Coffee - Skimmed Milk	MILK	Regular	17	4	0.1	0.0	0.5	0.5	0	0.4	0.02	59	14	0.2	0	1.8	1.6	0	1.3	0.07
		Large	20	5	0.1	0.0	0.6	0.6	0	0.4	0.02	94	22	0.3	0.1	2.9	2.5	0	2.0	0.10
Filter Coffee - Whole Milk	MILK	Regular	28	7	0.3	0.2	0.5	0.4	0	0.4	0.02	94	22	1.2	0.7	1.7	1.5	0	1.2	0.07
		Large	33	8	0.4	0.2	0.6	0.5	0	0.4	0.02	152	36	1.9	1.1	2.8	2.4	0	2.0	0.10
Filter Coffee - Coconut Milk		Regular	24	6	0.1	0.1	1.0	0.4	0.1	0.1	0.02	82	19	0.4	0.3	3.5	1.4	0.2	0.3	0.07
		Large	29	7	0.2	0.1	1.3	0.5	0.1	0.1	0.02	132	31	0.7	0.5	5.8	2.3	0.4	0.4	0.10
Filter Coffee - Soya Milk	SOYA	Regular	20	5	0.2	0	0.4	0.3	0.1	0.4	0.02	68	16	0.7	0	1.2	0.9	0.2	1.2	0.06
		Large	24	6	0.2	0	0.4	0.3	0.1	0.4	0.02	109	26	1.1	0	1.9	1.5	0.3	2.0	0.09
Filter Coffee - Gluten Free Oat Milk	OAT	Regular	20	5	0.2	0.0	0.7	0.4	0	0.1	0.02	69	16	0.6	0.1	2.2	1.4	0.1	0.5	0.07
		Large	24	6	0.2	0.0	0.8	0.5	0	0.2	0.02	111	26	0.9	0.2	3.6	2.3	0.2	0.7	0.10

LATTE

Espresso and steamed milk

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
Latte - Skimmed Milk	MILK	Regular	137	33	0.3	0.1	4.3	4.1	0	3.1	0.10	353	84	0.8	0.3	11.0	10.6	0	8.0	0.25
		Large	138	33	0.3	0.1	4.3	4.2	0	3.1	0.10	404	96	0.9	0.3	12.6	12.2	0	9.2	0.29
Latte - Whole Milk	MILK	Regular	240	57	3.2	2.0	4.1	4.0	0	3.0	0.09	616	147	8.2	5.2	10.5	10.2	0	7.8	0.24
		Large	243	58	3.2	2.0	4.1	4.0	0	3.1	0.09	708	169	9.5	6.0	12.0	11.7	0	8.9	0.27
Latte - Coconut Milk		Regular	205	49	1.1	0.9	9.4	3.8	0.6	0.2	0.09	579	138	3.1	2.5	26.6	10.8	1.7	0.6	0.25
		Large	210	50	1.1	0.9	9.7	3.9	0.6	0.2	0.09	780	185	4.2	3.4	36.0	14.5	2.4	0.7	0.34
Latte - Soya Milk	SOYA	Regular	164	39	1.7	0.3	2.6	2.3	0.5	3.0	0.07	447	106	4.7	0.7	7.1	6.3	1.4	8.3	0.19
		Large	167	40	1.8	0.3	2.6	2.3	0.5	3.1	0.07	606	144	6.4	1.0	9.5	8.5	2.0	11.2	0.26
Latte - Gluten Free Oat Milk	OAT	Regular	168	40	1.5	0.4	5.6	3.7	0.3	0.8	0.09	456	108	4.0	1.0	15.2	10.1	0.7	2.3	0.24
		Large	171	41	1.5	0.4	5.7	3.8	0.3	0.8	0.09	619	147	5.4	1.3	20.7	13.8	1.0	3.0	0.33

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Hot Coffee

CAPPUCCINO

Espresso with foamed milk

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
Cappuccino - Skimmed Milk	MILK	Regular	133	32	0.3	0.1	4.1	3.9	0	3	0.09	242	58	0.6	0.2	7.5	7.2	0	5.5	0.17
		Large	136	32	0.3	0.1	4.2	4.1	0	3.1	0.09	316	75	0.7	0.3	9.8	9.5	0	7.2	0.22
Cappuccino - Whole Milk	MILK	Regular	230	55	3.0	1.9	4.0	3.8	0	2.9	0.09	418	100	5.5	3.4	7.2	6.9	0	5.3	0.16
		Large	237	57	3.2	2.0	4.1	3.9	0	3.0	0.09	550	131	7.3	4.6	9.4	9.1	0	7.0	0.21
Cappuccino - Coconut Milk		Regular	202	48	1.1	0.9	9.2	3.7	0.6	0.2	0.09	468	111	2.5	2.0	21.4	8.7	1.4	0.6	0.20
		Large	208	49	1.1	0.9	9.6	3.9	0.6	0.2	0.09	691	164	3.7	3.0	31.8	12.9	2.1	0.7	0.30
Cappuccino - Soya Milk	SOYA	Regular	162	38	1.7	0.3	2.6	2.3	0.5	3.0	0.07	376	89	3.9	0.6	6.0	5.3	1.2	7.0	0.16
		Large	166	39	1.8	0.3	2.6	2.3	0.5	3.1	0.07	553	131	5.8	0.9	8.7	7.8	1.8	10.3	0.24
Cappuccino - Gluten Free Oat Milk	OAT	Regular	165	39	1.4	0.3	5.5	3.6	0.3	0.8	0.09	384	91	3.3	0.8	12.8	8.5	0.6	2.0	0.20
		Large	170	40	1.5	0.4	5.7	3.8	0.3	0.8	0.09	565	134	4.9	1.2	18.9	12.6	0.9	2.8	0.30

FLAT WHITE

Strong Espresso with steamed milk

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
Flat White - Skimmed Milk	MILK	Small	132	31	0.3	0.1	4.1	3.9	0	3	0.09	228	54	0.5	0.2	7.0	6.7	0	5.1	0.15
Flat White - Whole Milk	MILK	Small	228	54	3.0	1.9	3.9	3.7	0	2.9	0.09	391	93	5.2	3.2	6.8	6.4	0	5.0	0.15
Flat White - Coconut Milk		Small	194	46	1.1	0.8	8.8	3.6	0.6	0.3	0.08	334	79	1.8	1.4	15.2	6.1	1.0	0.5	0.14
Flat White - Soya Milk	SOYA	Small	157	37	1.6	0.2	2.6	2.2	0.5	2.9	0.07	270	64	2.8	0.4	4.4	3.8	0.8	5.0	0.11
Flat White - Gluten Free Oat Milk	OAT	Small	160	38	1.4	0.3	5.3	3.5	0.2	0.9	0.08	275	65	2.4	0.6	9.1	6.0	0.4	1.5	0.14

PICCOLO

Strong Espresso with steamed milk

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
Piccolo - Skimmed Milk	MILK	Small	139	33	0.3	0.1	4.3	4.2	0	3.2	0.10	217	52	0.5	0.2	6.7	6.6	0	4.9	0.15
Piccolo - Whole Milk	MILK	Small	244	58	3.3	2.1	4.1	4.0	0	3.1	0.09	380	91	5.1	3.2	6.5	6.3	0	4.8	0.15
Piccolo - Coconut Milk		Small	207	49	1.1	0.9	9.5	3.9	0.6	0.2	0.09	323	77	1.7	1.4	14.9	6.0	1.0	0.3	0.14
Piccolo - Soya Milk	SOYA	Small	166	39	1.7	0.3	2.6	2.3	0.5	3.1	0.07	259	61	2.7	0.4	4.1	3.6	0.8	4.8	0.11
Piccolo - Gluten Free Oat Milk	OAT	Small	169	40	1.5	0.4	5.7	3.8	0.3	0.8	0.09	264	63	2.3	0.6	8.8	5.9	0.4	1.3	0.14

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Hot Coffee

GINGERBEAD LATTE

Espresso and steamed milk with gingerbread syrup

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		
Gingerbread Latte - Skimmed Milk	MILK	Regular	214	51	0.3	0.1	8.9	8.7	0	2.9	0.09	582	138	0.8	0.3	24.1	23.8	0	8.0	0.25		
		Large	238	56	0.3	0.1	10.3	10.2	0	2.9	0.09	748	177	0.9	0.3	32.3	32.0	0	9.2	0.29		
Gingerbread Latte - Whole Milk	MILK	Regular	311	74	3.0	1.9	8.7	8.6	0	2.9	0.09	845	201	8.2	5.2	23.7	23.3	0	7.8	0.24		
		Large	334	79	3.0	1.9	10.1	10.0	0	2.8	0.09	1052	250	9.5	6.0	31.8	31.5	0	8.9	0.28		
Gingerbread Latte - Coconut Milk		Regular	272	64	1.1	0.8	13.4	8.1	0.6	0.2	0.09	808	191	3.1	2.5	39.8	23.9	1.8	0.6	0.25		
		Large	285	67	1.1	0.9	14.1	8.7	0.6	0.2	0.09	1124	266	4.2	3.4	55.7	34.3	2.4	0.7	0.35		
Gingerbread Latte - Soya Milk	SOYA	Regular	235	56	1.6	0.3	7.1	6.8	0.5	2.9	0.07	676	160	4.7	0.7	20.3	19.4	1.4	8.3	0.20		
		Large	247	58	1.7	0.3	7.6	7.4	0.5	2.9	0.07	949	224	6.4	1.0	29.3	28.3	2.0	11.2	0.27		
Gingerbread Latte - Gluten Free Oat Milk	OAT	Regular	239	57	1.4	0.3	9.9	8.1	0.3	0.8	0.09	685	162	4.0	1.0	28.4	23.3	0.7	2.3	0.24		
		Large	250	59	1.4	0.3	10.5	8.7	0.3	0.8	0.09	963	228	5.4	1.3	40.5	33.5	1.0	3.0	0.34		

VANILLA LATTE

Espresso and steamed milk with vanilla syrup

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		
Vanilla Latte - Skimmed Milk	MILK	Regular	213	50	0.3	0.1	8.9	8.8	0	2.9	0.09	579	137	0.8	0.3	24.2	23.9	0	8.0	0.25		
		Large	236	56	0.3	0.1	10.3	10.2	0	2.9	0.09	744	176	0.9	0.3	32.5	32.2	0	9.2	0.29		
Vanilla Latte - Whole Milk	MILK	Regular	310	74	3.0	1.9	8.7	8.6	0	2.9	0.09	842	200	8.2	5.2	23.8	23.4	0	7.8	0.24		
		Large	333	79	3.0	1.9	10.2	10.1	0	2.8	0.09	1048	249	9.5	6.0	32.0	31.6	0	8.9	0.27		
Vanilla Latte - Coconut Milk		Regular	271	64	1.1	0.8	13.4	8.1	0.6	0.2	0.08	806	191	3.1	2.5	39.9	24.0	1.8	0.6	0.25		
		Large	284	67	1.1	0.9	14.2	8.7	0.6	0.2	0.09	1120	265	4.2	3.4	55.9	34.5	2.4	0.7	0.34		
Vanilla Latte - Soya Milk	SOYA	Regular	235	55	1.6	0.3	7.1	6.8	0.5	2.9	0.07	673	159	4.7	0.7	20.4	19.5	1.4	8.3	0.19		
		Large	246	58	1.7	0.3	7.7	7.4	0.5	2.9	0.07	946	224	6.4	1.0	29.5	28.4	2.0	11.2	0.26		
Vanilla Latte - Gluten Free Oat Milk	OAT	Regular	238	56	1.4	0.3	9.9	8.1	0.3	0.8	0.08	683	162	4.0	1.0	28.5	23.4	0.7	2.3	0.24		
		Large	249	59	1.4	0.3	10.6	8.8	0.3	0.8	0.09	959	227	5.4	1.3	40.7	33.7	1.0	3.0	0.33		

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Hot Coffee

MOCHA

Dark chocolate, espresso and steamed milk

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 - Skimmed Milk	MILK	Regular	277	66	0.6	0.3	10.9	9.5	1.0	3.5	0.13	780	185	1.8	0.9	30.8	26.9	2.7	9.9	0.38
		Large	307	73	0.7	0.4	12.3	10.7	1.2	3.6	0.10	1002	238	2.3	1.2	40.3	35.0	3.8	11.9	0.47
Mocha - Whole Milk	MILK	Regular	370	88	3.3	2.0	10.8	9.4	1.0	3.4	0.13	1043	248	9.2	5.8	30.3	26.4	2.7	9.7	0.37
		Large	400	95	3.3	2.1	12.2	10.5	1.2	3.5	0.14	1307	311	10.9	6.8	39.8	34.4	3.8	11.6	0.46
Mocha - Coconut Milk		Regular	328	78	1.3	1.0	15.1	8.8	1.5	0.8	0.12	1007	239	4.1	3.1	46.4	27.0	4.5	2.5	0.38
		Large	339	80	1.4	1.0	15.7	9.2	1.5	0.8	0.13	1378	327	5.6	4.2	63.7	37.3	6.2	3.4	0.52
Mocha - Soya Milk	SOYA	Regular	294	70	1.9	0.4	9.1	7.6	1.4	3.4	0.11	874	207	5.7	1.3	26.9	22.5	4.2	10.2	0.32
		Large	303	72	2.0	0.5	9.4	7.9	1.5	3.5	0.11	1204	285	7.8	1.8	37.3	31.3	5.8	13.9	0.45
Mocha - Gluten Free Oat Milk	OAT	Regular	294	70	1.9	0.2	9.1	7.6	1.4	3.4	0.11	874	207	5.7	0.6	26.9	22.5	4.2	10.2	0.32
		Large	307	73	1.7	0.5	12.2	9.2	1.2	1.4	0.13	1218	289	6.8	2.2	48.5	36.5	4.8	5.7	0.51

WHITE MOCHA

White chocolate sauce, espresso and steamed milk, topped with white chocolate curls

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 Mocha - Skimmed Milk	MILK, SOYA	Regular	303	72	0.5	0.3	12.9	11.4	0.1	3.0	0.15	873	207	1.5	0.9	37.2	32.9	0.2	8.6	0.44
		Large	327	77	0.5	0.3	14.2	12.6	0.1	3.0	0.16	1090	258	1.7	1.0	47.3	41.8	0.3	9.9	0.54
White Mocha - Whole Milk	MILK, SOYA	Regular	394	94	3.1	2.0	12.8	11.3	0.1	2.9	0.15	1136	270	8.9	5.7	36.7	32.5	0.2	8.3	0.42
		Large	419	99	3.1	2.0	14.1	12.4	0.1	2.9	0.16	1394	331	10.3	6.6	46.8	41.3	0.3	9.7	0.52
White Mocha - Coconut Milk	MILK, SOYA	Regular	351	83	1.2	1.0	16.9	10.6	0.6	0.4	0.14	1099	260	3.8	3.1	52.8	33.1	2.0	1.2	0.44
		Large	355	84	1.2	1.0	17.1	10.7	0.6	0.3	0.14	1466	347	5.0	4.1	70.7	44.1	2.7	1.4	0.59
White Mocha - Soya Milk	MILK, SOYA	Regular	319	75	1.8	0.4	11.0	9.4	0.5	2.9	0.13	967	229	5.4	1.3	33.3	28.6	1.6	8.8	0.38
		Large	321	76	1.8	0.4	11.0	9.5	0.6	3.0	0.13	1292	306	7.2	1.7	44.3	38.1	2.3	12.0	0.51
White Mocha - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	322	76	1.5	0.5	13.7	10.7	0.3	0.9	0.14	976	231	4.7	1.5	41.5	32.4	0.9	2.8	0.43
		Large	324	77	1.5	0.5	13.8	10.8	0.3	0.9	0.14	1305	309	6.2	2.0	55.5	43.4	1.3	3.7	0.58

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Hot Coffee

MOCHA DELUXE

Dark chocolate, espresso and steamed milk topped with whipped cream, marshmallows and chocolate curls

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 Deluxe - Skimmed Milk	MILK, SOYA	Regular	507	121	5.4	3.3	14.0	12.2	1.2	3.4	0.12	1234	295	13.3	8.1	34.1	29.6	2.8	8.2	0.30
		Large	472	113	4.7	2.8	13.6	11.8	1.2	3.5	0.13	1596	381	15.8	9.6	45.9	39.9	3.9	11.8	0.44
Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	579	138	7.5	4.7	13.9	12.0	1.2	3.3	0.12	1409	337	18.2	11.3	33.8	29.3	2.8	8.1	0.29
		Large	552	132	6.9	4.3	13.4	11.7	1.2	3.4	0.13	1865	446	23.4	14.6	45.4	39.5	3.9	11.6	0.42
Mocha Deluxe - Coconut Milk	MILK, SOYA	Regular	554	132	6.0	3.9	17.6	11.9	1.6	1.3	0.12	1348	322	14.6	9.4	42.8	29.0	3.9	3.3	0.28
		Large	524	125	5.3	3.4	17.5	11.5	1.6	1.2	0.12	1771	423	17.9	11.6	59.2	39.0	5.5	4.2	0.41
Mocha Deluxe - Soya Milk	MILK, SOYA	Regular	526	126	6.4	3.4	12.9	10.9	1.5	3.3	0.10	1279	305	15.7	8.3	31.3	26.5	3.7	8.1	0.25
		Large	493	118	5.8	3.0	12.3	10.4	1.6	3.4	0.11	1665	397	19.5	10.0	41.5	35.1	5.3	11.6	0.37
Mocha Deluxe - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	528	126	6.2	3.5	14.9	11.9	1.3	1.8	0.12	1285	307	15.2	8.5	36.4	28.9	3.3	4.3	0.28
		Large	495	118	5.6	3.0	14.6	11.5	1.4	1.7	0.12	1674	400	18.8	10.2	49.3	38.8	4.6	5.8	0.41

WHITE MOCHA DELUXE

White chocolate sauce, espresso and steamed milk topped with whipped cream, marshmallows and white chocolate curls

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 Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	526	125	5.1	3.2	16.1	14.2	0.1	2.7	0.14	1305	311	12.6	7.9	40.0	35.2	0.2	6.8	0.35
		Large	484	116	4.3	2.7	15.3	13.5	0.1	2.9	0.15	1662	396	14.9	9.3	52.3	46.3	0.3	9.8	0.51
White Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	596	142	7.1	4.5	16.0	14.1	0.1	2.7	0.14	1480	353	17.6	11.1	39.7	34.9	0.2	6.7	0.35
		Large	563	134	6.6	4.1	15.1	13.4	0.1	2.8	0.14	1931	461	22.5	14.2	51.9	45.8	0.3	9.6	0.49
White Mocha Deluxe - Coconut Milk	MILK, SOYA	Regular	571	136	5.6	3.7	19.6	13.9	0.5	0.8	0.14	1419	338	14.0	9.2	48.7	34.6	1.3	1.9	0.34
		Large	535	128	4.9	3.3	19.1	13.2	0.6	0.6	0.14	1837	438	17.0	11.3	65.7	45.3	1.9	2.2	0.48
White Mocha Deluxe - Soya Milk	MILK, SOYA	Regular	544	130	6.1	3.3	15.0	12.9	0.4	2.7	0.12	1350	322	15.0	8.1	37.1	32.1	1.1	6.7	0.31
		Large	505	120	5.4	2.8	14.0	12.1	0.5	2.8	0.13	1731	412	18.6	9.7	48.0	41.4	1.7	9.6	0.44
White Mocha Deluxe - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	546	130	5.9	3.3	17.0	13.9	0.3	1.2	0.14	1356	323	14.6	8.3	42.2	34.5	0.7	2.9	0.34
		Large	507	121	5.2	2.9	16.3	13.2	0.3	1.1	0.14	1740	415	17.9	9.9	55.8	45.1	1.0	3.8	0.48

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HOT CHOCOLATE

Dark Hot Chocolate with steamed milk

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
Hot Chocolate - Skimmed Milk	MILK	Regular	303	72	0.7	0.4	12.1	10.6	1.1	3.8	0.15	758	180	1.7	0.9	30.2	26.6	2.7	9.5	0.38
		Large	332	79	0.7	0.4	13.5	11.8	1.3	3.9	0.16	981	233	2.2	1.2	39.7	34.7	3.8	11.5	0.47
Hot Chocolate - Whole Milk	MILK	Regular	409	97	3.6	2.3	11.9	10.5	1.1	3.7	0.15	1022	243	9.1	5.8	29.7	26.2	2.7	9.3	0.37
		Large	436	104	3.6	2.3	13.3	11.6	1.3	3.8	0.15	1285	306	10.8	6.8	39.2	34.2	3.8	11.2	0.46
Hot Chocolate - Coconut Milk		Regular	358	85	1.5	1.1	16.7	9.7	1.6	0.8	0.14	985	234	4.0	3.1	45.8	26.8	4.5	2.2	0.38
		Large	362	86	1.5	1.1	16.8	9.9	1.7	0.8	0.14	1357	322	5.5	4.2	63.1	37.0	6.2	3.0	0.52
Hot Chocolate - Soya Milk	SOYA	Regular	322	76	2.1	0.5	9.9	8.4	1.6	3.7	0.12	852	202	5.6	1.3	26.3	22.2	4.2	9.8	0.32
		Large	324	77	2.1	0.5	10.0	8.5	1.6	3.7	0.12	1183	280	7.7	1.8	36.7	31.0	5.8	13.6	0.45
Hot Chocolate - Gluten Free Oat Milk	OAT	Regular	325	77	1.8	0.6	13.0	9.8	1.3	1.4	0.14	862	204	4.8	1.6	34.5	26.1	3.4	3.8	0.37
		Large	328	78	1.8	0.6	13.1	9.9	1.3	1.5	0.14	1196	284	6.7	2.2	47.9	36.3	4.8	5.3	0.51

HOT CHOCOLATE DELUXE

Dark Hot Chocolate with steamed milk topped with whipped cream, marshmallows and chocolate curls

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
Hot Chocolate Deluxe - Skimmed Milk	MILK, SOYA	Regular	646	155	8.7	5.4	14.9	13.1	1.2	3.6	0.13	1474	353	19.8	12.3	33.9	29.8	2.8	8.2	0.30
		Large	554	133	6.4	4.0	14.3	12.6	1.2	3.7	0.14	1762	422	20.5	12.6	45.6	40.0	3.9	11.7	0.44
Hot Chocolate Deluxe - Whole Milk	MILK, SOYA	Regular	723	173	10.9	6.8	14.8	12.9	1.2	3.5	0.13	1649	395	24.8	15.5	33.6	29.5	2.8	8.1	0.29
		Large	639	153	8.8	5.5	14.2	12.4	1.2	3.6	0.13	2032	486	28.1	17.6	45.1	39.5	3.9	11.5	0.42
Hot Chocolate Deluxe - Coconut Milk	MILK, SOYA	Regular	696	167	9.3	6.0	18.7	12.8	1.7	1.4	0.12	1588	380	21.2	13.6	42.6	29.2	3.9	3.3	0.28
		Large	609	146	7.1	4.6	18.5	12.3	1.7	1.3	0.13	1937	463	22.6	14.6	58.9	39.0	5.5	4.1	0.41
Hot Chocolate Deluxe - Soya Milk	MILK, SOYA	Regular	666	160	9.8	5.5	13.6	11.7	1.6	3.5	0.11	1519	364	22.2	12.5	31.1	26.6	3.7	8.1	0.25
		Large	576	138	7.6	4.1	13.0	11.0	1.7	3.6	0.12	1831	438	24.2	13.0	41.2	35.1	5.3	11.5	0.37
Hot Chocolate Deluxe - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	696	167	9.3	6.0	18.7	12.8	1.7	1.4	0.12	1588	380	21.2	13.6	42.6	29.2	3.9	3.3	0.28
		Large	579	138	7.4	4.2	15.4	12.2	1.4	1.8	0.13	1841	440	23.5	13.2	49.0	38.8	4.6	5.7	0.41

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Hot Chocolate

WHITE HOT CHOCOLATE

White chocolate sauce and steamed milk topped white chocolate curls

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 Hot Chocolate - Skimmed Milk	MILK, SOYA	Regular	332	79	0.5	0.3	14.3	12.8	0.1	3.2	0.17	851	202	1.4	0.9	36.6	32.7	0.2	8.2	0.44
		Large	355	84	0.5	0.3	15.5	13.8	0.1	3.2	0.18	1068	253	1.6	1.0	46.7	41.6	0.3	9.6	0.54
White Hot Chocolate - Whole Milk	MILK, SOYA	Regular	435	103	3.4	2.2	14.1	12.6	0.1	3.1	0.17	1114	265	8.8	5.7	36.1	32.2	0.2	8.0	0.42
		Large	456	108	3.4	2.2	15.3	13.6	0.1	3.1	0.17	1372	326	10.2	6.6	46.2	41.0	0.3	9.3	0.52
White Hot Chocolate - Coconut Milk	MILK, SOYA	Regular	383	91	1.3	1.1	18.6	11.7	0.7	0.3	0.16	1078	255	3.7	3.1	52.2	32.8	2.0	0.8	0.44
		Large	379	90	1.3	1.1	18.4	11.5	0.7	0.3	0.16	1444	342	4.9	4.1	70.1	43.9	2.7	1.1	0.59
White Hot Chocolate - Soya Milk	MILK, SOYA	Regular	349	83	1.9	0.5	12.1	10.5	0.6	3.1	0.14	945	224	5.2	1.3	32.7	28.3	1.6	8.5	0.38
		Large	342	81	1.9	0.5	11.8	10.2	0.6	3.1	0.14	1270	301	7.1	1.7	43.7	37.8	2.3	11.6	0.51
White Hot Chocolate - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	352	83	1.7	0.6	15.1	11.9	0.3	0.9	0.16	954	226	4.5	1.5	40.9	32.2	0.9	2.5	0.43
		Large	346	82	1.6	0.5	14.8	11.6	0.3	0.9	0.16	1283	304	6.1	2.0	54.9	43.1	1.3	3.4	0.58

WHITE HOT CHOCOLATE DELUXE

White chocolate sauce and steamed milk topped with whipped cream, marshmallows and white chocolate curls

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 Hot Chocolate Deluxe - Skimmed Milk	MILK, SOYA	Regular	663	159	8.3	5.2	17.1	15.2	0.1	2.9	0.15	1545	370	19.2	12.1	39.8	35.4	0.2	6.8	0.36
		Large	566	135	6.1	3.8	16.1	14.3	0.1	3.0	0.16	1828	437	19.6	12.3	52.0	46.3	0.3	9.7	0.50
White Hot Chocolate Deluxe - Whole Milk	MILK, SOYA	Regular	738	177	10.4	6.6	17.0	15.1	0.1	2.9	0.15	1720	412	24.2	15.3	39.5	35.1	0.2	6.7	0.35
		Large	649	155	8.4	5.3	16.0	14.2	0.1	2.9	0.15	2097	501	27.2	17.2	51.6	45.9	0.3	9.5	0.49
White Hot Chocolate Deluxe - Coconut Milk	MILK, SOYA	Regular	712	170	8.8	5.7	20.8	14.9	0.5	0.8	0.15	1659	397	20.6	13.4	48.5	34.8	1.3	1.9	0.34
		Large	620	148	6.7	4.4	20.2	14.1	0.6	0.7	0.15	2003	478	21.7	14.3	65.4	45.4	1.9	2.1	0.48
White Hot Chocolate Deluxe - Soya Milk	MILK, SOYA	Regular	682	163	9.3	5.3	15.9	13.8	0.5	2.9	0.13	1590	380	21.6	12.3	37.0	32.2	1.1	6.7	0.31
		Large	587	140	7.2	3.9	14.8	12.8	0.5	2.9	0.13	1897	453	23.3	12.7	47.7	41.5	1.7	9.5	0.44
White Hot Chocolate Deluxe - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	685	164	9.1	5.3	18.1	14.9	0.3	1.2	0.15	1596	382	21.2	12.5	42.1	34.6	0.7	2.9	0.34
		Large	590	141	7.0	4.0	17.2	14.0	0.3	1.2	0.15	1906	455	22.6	12.9	55.5	45.2	1.0	3.7	0.48

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TUMERIC LATTE

A mild blend of turmeric with flavours of ginger, vanilla and orange with steamed milk

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		
Turmeric Latte - Skimmed Milk	MILK	Regular	167	40	0.4	0.2	5.4	5.3	0.2	3.4	0.11	381	91	0.9	0.4	12.3	12.0	0.5	7.9	0.25		
		Large	168	40	0.4	0.2	5.5	5.3	0.2	3.4	0.11	444	106	1.1	0.4	14.4	14.1	0.6	9.1	0.29		
Turmeric Latte - Whole Milk	MILK	Regular	282	67	3.7	2.3	5.2	5.1	0.2	3.3	0.10	644	154	8.3	5.2	11.9	11.6	0.5	7.6	0.24		
		Large	284	68	3.7	2.3	5.3	5.1	0.2	3.3	0.10	749	179	9.7	6.0	13.9	13.5	0.6	8.8	0.28		
Turmeric Latte - Coconut Milk		Regular	240	57	1.3	1.0	11.0	4.8	0.9	0.2	0.10	607	144	3.2	2.6	28.0	12.2	2.3	0.5	0.25		
		Large	238	57	1.3	1.0	11.0	4.8	0.9	0.2	0.10	820	195	4.4	3.5	37.8	16.4	3.0	0.6	0.34		
Turmeric Latte - Soya Milk	SOYA	Regular	195	46	2.0	0.3	3.5	3.2	0.8	3.3	0.08	475	113	4.8	0.8	8.4	7.7	2.0	8.1	0.19		
		Large	194	46	2.0	0.3	3.4	3.1	0.8	3.3	0.08	646	153	6.6	1.1	11.4	10.3	2.6	11.1	0.27		
Turmeric Latte - Gluten Free Oat Milk	OAT	Regular	199	47	1.7	0.4	6.8	4.7	0.5	0.9	0.10	484	115	4.1	1.0	16.6	11.5	1.2	2.1	0.24		
		Large	197	47	1.7	0.4	6.8	4.7	0.5	0.9	0.10	660	157	5.6	1.4	22.6	15.6	1.6	2.9	0.33		

MATCHA LATTE

Fresh flavoured matcha powder with steamed milk

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		
Matcha Latte - Skimmed Milk	MILK	Regular	157	37	0.3	0.1	4.9	4.6	0.2	3.6	0.11	356	85	0.8	0.3	11.0	10.4	0.5	8.0	0.25		
		Large	160	38	0.4	0.1	4.9	4.6	0.3	3.6	0.11	421	100	0.9	0.3	13.0	12.0	0.7	9.4	0.29		
Matcha Latte - Whole Milk	MILK	Regular	274	65	3.6	2.3	4.7	4.4	0.2	3.5	0.10	620	148	8.2	5.2	10.6	9.9	0.5	7.8	0.24		
		Large	276	66	3.6	2.3	4.8	4.4	0.3	3.5	0.10	725	173	9.5	6.0	12.5	11.4	0.7	9.2	0.27		
Matcha Latte - Coconut Milk		Regular	232	55	1.2	1.0	10.6	4.2	0.9	0.3	0.10	583	139	3.1	2.5	26.7	10.5	2.2	0.6	0.25		
		Large	233	55	1.2	1.0	10.6	4.2	0.9	0.3	0.10	797	189	4.2	3.4	36.4	14.3	3.1	0.9	0.34		
Matcha Latte - Soya Milk	SOYA	Regular	187	44	1.9	0.3	3.0	2.5	0.8	3.4	0.08	450	107	4.7	0.7	7.2	6.0	1.9	8.3	0.19		
		Large	187	44	1.9	0.3	3.0	2.5	0.8	3.5	0.08	623	148	6.4	1.0	9.9	8.2	2.7	11.5	0.26		
Matcha Latte - Gluten Free Oat Milk	OAT	Regular	191	45	1.6	0.4	6.3	4.1	0.5	1.0	0.10	460	109	3.9	1.0	15.3	9.8	1.2	2.3	0.24		
		Large	191	45	1.6	0.4	6.4	4.1	0.5	1.0	0.10	636	151	5.4	1.3	21.1	13.5	1.7	3.2	0.33		

Speciality Drinks

BEETROOT LATTE

Earthy beetroot powder with steamed milk

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		
Beetroot Latte - Skimmed Milk	MILK	Regular	164	39	0.3	0.1	5.5	5.1	0.1	3.5	0.13	375	89	0.7	0.3	12.4	11.7	0.2	8.0	0.29		
		Large	167	40	0.3	0.1	5.6	5.2	0.1	3.5	0.13	441	105	0.8	0.3	14.8	13.8	0.2	9.3	0.34		
Beetroot Latte - Whole Milk	MILK	Regular	280	67	3.6	2.3	5.3	4.9	0.1	3.4	0.12	638	152	8.1	5.2	12.0	11.3	0.2	7.8	0.28		
		Large	282	67	3.6	2.3	5.4	5.0	0.1	3.4	0.12	745	178	9.4	6.0	14.2	13.3	0.2	9.0	0.33		
Beetroot Latte - Coconut Milk		Regular	238	56	1.2	1.0	11.1	4.7	0.8	0.2	0.12	602	143	3.0	2.5	28.1	11.9	1.9	0.6	0.29		
		Large	238	56	1.2	1.0	11.1	4.7	0.8	0.2	0.11	817	194	4.1	3.4	38.2	16.1	2.6	0.8	0.39		
Beetroot Latte - Soya Milk	SOYA	Regular	193	46	1.9	0.3	3.5	3.0	0.7	3.4	0.10	469	111	4.6	0.7	8.6	7.4	1.6	8.3	0.23		
		Large	192	46	1.9	0.3	3.5	3.0	0.7	3.4	0.10	643	152	6.3	1.0	11.7	10.1	2.2	11.3	0.32		
Beetroot Latte - Gluten Free Oat Milk	OAT	Regular	197	47	1.6	0.4	6.9	4.6	0.4	0.9	0.12	478	114	3.9	1.0	16.7	11.2	0.9	2.3	0.28		
		Large	196	47	1.6	0.4	6.9	4.6	0.4	0.9	0.12	656	156	5.3	1.3	22.9	15.4	1.2	3.1	0.38		

SPICED CHAI LATTE

A blend of black tea extract with ginger and cinnamon with steamed milk

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		
Spiced Chai Latte - Skimmed Milk	MILK	Regular	298	71	0.3	0.1	13.7	9.3	0.2	3.1	0.11	746	176	0.7	0.3	34.3	23.4	0.6	7.8	0.28		
		Large	327	77	0.3	0.1	15.4	10.2	0.3	3.1	0.11	963	228	0.8	0.4	45.5	30.2	0.8	9.0	0.33		
Spiced Chai Latte - Whole Milk	MILK	Regular	404	96	3.2	2.1	13.5	9.2	0.2	3.0	0.11	1009	240	8.1	5.2	33.8	22.9	0.6	7.6	0.27		
		Large	430	102	3.2	2.0	15.2	10.0	0.3	3.0	0.11	1267	301	9.4	6.0	45.0	29.6	0.8	8.8	0.32		
Spiced Chai Latte - Coconut Milk		Regular	354	84	1.1	0.9	18.2	8.5	0.9	0.1	0.10	972	230	3.0	2.5	50.0	23.5	2.3	0.4	0.28		
		Large	340	80	1.1	0.9	17.3	8.1	0.8	0.1	0.10	1256	298	4.1	3.4	64.1	29.9	3.1	0.5	0.38		
Spiced Chai Latte - Soya Milk	SOYA	Regular	317	75	1.7	0.3	11.5	7.2	0.8	3.0	0.08	840	199	4.6	0.7	30.4	19.0	2.0	8.0	0.22		
		Large	319	75	1.7	0.3	11.6	7.2	0.8	3.0	0.08	1165	275	6.3	1.0	42.4	26.4	2.8	11.1	0.31		
Spiced Chai Latte - Gluten Free Oat Milk	OAT	Regular	321	76	1.5	0.4	14.6	8.6	0.5	0.8	0.10	849	201	3.9	1.0	38.6	22.8	1.3	2.0	0.27		
		Large	304	72	1.5	0.4	13.6	8.1	0.5	0.8	0.10	1095	259	5.3	1.4	48.9	29.1	1.7	2.8	0.37		

HOT APPLE & CINNAMON

Hot Apple juice infused with cinnamon

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		
Hot Apple & Cinnamon		Regular	185	43	0.5	0.5	10	10	0	0.5	0.5	610	142	1.6	1.6	33	33	0	1.6	1.7		
		Large	185	43	0.5	0.5	10	10	0	0.5	0.5	832	194	2.2	2.2	45	45	0	2.2	2.3		

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Iced Coffee

ICED LATTE

Espresso and milk over ice

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
Iced Latte - Skimmed Milk	MILK	Regular	139	33	0.3	0.1	4.3	4.2	0.0	3.2	0.10	463	110	1.0	0.4	14.4	14.1	0.0	10.6	0.33
		Large	141	34	0.3	0.1	4.4	4.3	0.0	3.2	0.10	610	145	1.3	0.5	19.0	18.7	0.0	14.0	0.44
Iced Latte - Whole Milk	MILK	Regular	245	58	3.3	2.1	4.2	4.1	0.0	3.1	0.09	814	194	10.9	6.9	13.8	13.5	0.0	10.3	0.32
		Large	249	60	3.4	2.1	4.2	4.1	0.0	3.1	0.10	1078	257	14.5	9.2	18.2	17.9	0.0	13.6	0.42
Iced Latte - Coconut Milk		Regular	208	49	1.1	0.9	9.6	3.9	0.6	0.2	0.09	691	164	3.7	3.0	31.8	12.9	2.1	0.7	0.30
		Large	212	50	1.1	0.9	9.8	3.9	0.6	0.2	0.09	914	217	4.9	4.0	42.2	17.1	2.8	0.8	0.40
Iced Latte - Soya Milk	SOYA	Regular	166	39	1.8	0.3	2.6	2.3	0.5	3.1	0.07	553	131	5.8	0.9	8.7	7.8	1.8	10.3	0.24
		Large	169	40	1.8	0.3	2.6	2.4	0.6	3.1	0.07	730	173	7.7	1.2	11.4	10.3	2.4	13.6	0.32
Iced Latte - Gluten Free Oat Milk	OAT	Regular	170	40	1.5	0.4	5.7	3.8	0.3	0.8	0.09	565	134	4.9	1.2	18.9	12.6	0.9	2.8	0.30
		Large	173	41	1.5	0.4	5.8	3.9	0.3	0.8	0.09	746	177	6.5	1.6	25.0	16.7	1.2	3.6	0.40

ICED CAPPUCCINO

Iced espresso topped with foamed milk

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
Iced Cappuccino - Skimmed Milk	MILK	Regular	138	33	0.3	0.1	4.3	4.2	0	3.1	0.10	389	93	0.9	0.3	12.1	11.8	0	8.9	0.28
		Large	140	33	0.3	0.1	4.4	4.3	0	3.2	0.10	536	128	1.2	0.5	16.7	16.4	0	12.3	0.38
Iced Cappuccino - Whole Milk	MILK	Regular	242	58	3.2	2.0	4.1	4.0	0	3.1	0.09	682	163	9.1	5.7	11.6	11.3	0	8.6	0.26
		Large	248	59	3.3	2.1	4.2	4.1	0	3.1	0.10	946	226	12.7	8.0	16.0	15.7	0	11.9	0.37
Iced Cappuccino - Coconut Milk		Regular	205	49	1.1	0.9	9.4	3.8	0.6	0.2	0.09	579	138	3.1	2.5	26.6	10.8	1.7	0.6	0.25
		Large	210	50	1.1	0.9	9.7	3.9	0.6	0.2	0.09	802	191	4.3	3.5	37.0	15.0	2.4	0.7	0.35
Iced Cappuccino - Soya Milk	SOYA	Regular	165	39	1.7	0.3	2.6	2.3	0.5	3.1	0.07	464	110	4.9	0.7	7.4	6.5	1.5	8.6	0.20
		Large	168	40	1.8	0.3	2.6	2.4	0.5	3.1	0.07	641	152	6.8	1.0	10.1	9.0	2.1	11.9	0.28
Iced Cappuccino - Gluten Free Oat Milk	OAT	Regular	168	40	1.5	0.4	5.6	3.7	0.3	0.8	0.09	474	113	4.1	1.0	15.9	10.5	0.7	2.4	0.25
		Large	172	41	1.5	0.4	5.7	3.8	0.3	0.8	0.09	655	156	5.7	1.4	22.0	14.6	1.0	3.2	0.35

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Iced Coffee

ICED AMERICANO

Espresso and cold water over ice

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
Iced Americano - Black	MILK	Regular	6	1	0	0	0.2	0.1	0	0.1	0.01	22	5	0.1	0	0.6	0.3	0	0.4	0.04
		Large	5	1	0	0	0.1	0.1	0	0.1	0.01	22	5	0.1	0	0.6	0.3	0	0.4	0.05
Iced Americano - Skimmed Milk	MILK	Regular	16	4	0.1	0	0.5	0.4	0	0.3	0.02	66	16	0.2	0	2.0	1.6	0	1.4	0.08
		Large	19	4	0.1	0	0.6	0.5	0	0.4	0.02	88	21	0.3	0.1	2.7	2.3	0	1.9	0.10
Iced Americano - Whole Milk	MILK	Regular	25	6	0.3	0.2	0.5	0.4	0	0.3	0.02	101	24	1.2	0.7	1.9	1.6	0	1.3	0.08
		Large	30	7	0.4	0.2	0.6	0.5	0	0.4	0.02	141	33	1.7	1.0	2.6	2.2	0	1.8	0.10
Iced Americano - Coconut Milk		Regular	22	5	0.1	0.1	0.9	0.4	0.1	0.1	0.02	89	21	0.5	0.3	3.7	1.5	0.2	0.4	0.07
		Large	26	6	0.1	0.1	1.1	0.5	0.1	0.1	0.02	122	29	0.7	0.4	5.3	2.1	0.3	0.4	0.09
Iced Americano - Soya Milk	SOYA	Regular	18	4	0.2	0	0.3	0.2	0	0.3	0.02	75	18	0.7	0.1	1.4	1.0	0.2	1.3	0.07
		Large	22	5	0.2	0	0.4	0.3	0.1	0.4	0.02	101	24	1.0	0.1	1.8	1.4	0.3	1.8	0.08
Iced Americano - Gluten Free Oat Milk	OAT	Regular	18	4	0.1	0	0.6	0.4	0	0.1	0.02	76	18	0.6	0.1	2.4	1.5	0.1	0.6	0.07
		Large	24	6	0.2	0	0.8	0.5	0	0.2	0.02	103	24	0.8	0.2	3.4	2.1	0.1	0.7	0.09

ICED MACCHIATO

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
Iced Macchiato - Skimmed Milk	MILK	Single	106	25	0.4	0.1	3.2	2.6	0.0	2.2	0.05	66	16	0.2	0.0	2.0	1.6	0.0	1.4	0.03
		Double	120	28	0.3	0.1	3.7	3.3	0.0	2.6	0.07	110	26	0.3	0.1	3.4	3.0	0.0	2.4	0.07
Iced Macchiato - Whole Milk	MILK	Single	163	39	1.9	1.1	3.1	2.5	0.0	2.2	0.05	101	24	1.2	0.7	1.9	1.6	0.0	1.3	0.03
		Double	196	47	2.5	1.5	3.5	3.1	0.0	2.5	0.07	180	43	2.3	1.4	3.2	2.9	0.0	2.3	0.06
Iced Macchiato - Coconut Milk		Single	143	34	0.8	0.5	6.0	2.4	0.3	0.6	0.05	89	21	0.5	0.3	3.7	1.5	0.2	0.4	0.03
		Double	169	40	0.9	0.7	7.4	3.0	0.5	0.4	0.07	156	37	0.8	0.6	6.8	2.8	0.4	0.4	0.06
Iced Macchiato - Soya Milk	SOYA	Single	121	29	1.1	0.1	2.3	1.6	0.3	2.2	0.04	75	18	0.7	0.1	1.4	1.0	0.2	1.3	0.02
		Double	139	33	1.4	0.2	2.4	1.9	0.4	2.5	0.05	128	30	1.3	0.2	2.2	1.8	0.4	2.3	0.05
Iced Macchiato - Gluten Free Oat Milk	OAT	Single	123	29	1.0	0.2	3.9	2.4	0.1	1.0	0.05	76	18	0.6	0.1	2.4	1.5	0.1	0.6	0.03
		Double	142	34	1.2	0.3	4.6	3.0	0.2	0.9	0.07	130	31	1.1	0.2	4.3	2.7	0.2	0.8	0.06

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Iced Coffee

ICED CARAMEL MACCHIATO

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
Iced Caramel Macchiato - Skimmed Milk	MILK	Single	226	54	0.3	0.1	9.6	9.2	0	3.0	0.11	728	172	1.0	0.4	30.9	29.5	0	9.7	0.34
		Double	232	55	0.3	0.1	9.9	9.6	0	3.0	0.11	974	231	1.3	0.5	41.7	40.3	0	12.7	0.44
Iced Caramel Macchiato - Whole Milk	MILK	Single	324	77	3.1	1.9	9.4	9.0	0	2.9	0.10	1044	248	9.9	6.2	30.3	29.0	0	9.4	0.33
		Double	333	79	3.1	2.0	9.8	9.4	0	3.0	0.10	1395	332	13.2	8.3	41.0	39.6	0	12.4	0.42
Iced Caramel Macchiato - Coconut Milk		Single	254	60	1.4	0.4	10.8	8.7	0.3	0.8	0.10	819	194	4.5	1.1	34.9	28.2	0.8	2.7	0.31
		Double	261	62	1.4	0.4	11.2	9.2	0.3	0.8	0.10	1096	260	6.0	1.5	47.1	38.5	1.1	3.4	0.41
Iced Caramel Macchiato - Soya Milk	SOYA	Single	251	59	1.7	0.3	8.0	7.4	0.5	2.9	0.08	809	191	5.3	0.9	25.7	23.8	1.7	9.4	0.26
		Double	258	61	1.7	0.3	8.3	7.8	0.5	3	0.08	1082	256	7.0	1.1	34.8	32.8	2.2	12.4	0.33
Iced Caramel Macchiato - Gluten Free Oat Milk	OAT	Single	290	69	1.1	0.9	14.4	8.8	0.6	0.2	0.10	933	221	3.4	2.8	46.5	28.4	1.9	0.8	0.31
		Double	297	70	1.1	0.9	14.9	9.3	0.6	0.2	0.10	1248	296	4.5	3.7	62.6	38.9	2.6	0.9	0.41

ICED GINGER LATTE

Espresso, milk and ginger syrup over ice

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
Iced Ginger Latte - Skimmed Milk	MILK	Regular	204	48	0.3	0.1	8.3	8.2	0	3.0	0.10	648	153	0.9	0.4	26.2	25.8	0	9.5	0.30
		Large	216	51	0.3	0.1	8.9	8.8	0	3.0	0.10	895	212	1.2	0.5	36.9	36.6	0	12.6	0.40
Iced Ginger Latte - Whole Milk	MILK	Regular	304	72	3.1	2.0	8.1	8.0	0	2.9	0.09	964	229	9.8	6.2	25.7	25.3	0	9.3	0.29
		Large	317	75	3.2	2.0	8.7	8.6	0	3.0	0.09	1316	313	13.1	8.2	36.2	35.9	0	12.2	0.38
Iced Ginger Latte - Coconut Milk		Regular	269	64	1.1	0.9	13.2	7.8	0.6	0.2	0.09	853	202	3.4	2.7	41.9	24.8	1.9	0.6	0.27
		Large	282	67	1.1	0.9	13.9	8.5	0.6	0.2	0.09	1168	277	4.4	3.6	57.8	35.1	2.5	0.7	0.37
Iced Ginger Latte - Soya Milk	SOYA	Regular	230	54	1.7	0.3	6.7	6.4	0.5	2.9	0.07	728	172	5.3	0.8	21.2	20.4	1.6	9.3	0.22
		Large	242	57	1.7	0.3	7.3	7.0	0.5	3.0	0.07	1003	237	7.0	1.1	30.1	29.0	2.2	12.2	0.29
Iced Ginger Latte - Gluten Free Oat Milk	OAT	Regular	233	55	1.4	0.3	9.5	7.7	0.3	0.8	0.09	740	175	4.4	1.1	30.2	24.5	0.8	2.5	0.27
		Large	245	58	1.4	0.3	10.2	8.4	0.3	0.8	0.09	1017	241	5.9	1.4	42.3	34.8	1.1	3.2	0.37

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Iced Coffee

ICED VANILLA LATTE

Espresso, milk and vanilla syrup over ice

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		
Iced Vanilla Latte - Skimmed Milk	MILK	Regular	204	48	0.3	0.1	8.3	8.2	0	3.0	0.09	645	153	0.9	0.4	26.3	26.0	0	9.5	0.30		
		Large	215	51	0.3	0.1	9.0	8.9	0	3.0	0.10	891	211	1.2	0.5	37.1	36.8	0	12.6	0.40		
Iced Vanilla Latte - Whole Milk	MILK	Regular	303	72	3.1	2.0	8.1	8.0	0	2.9	0.09	961	228	9.8	6.2	25.8	25.4	0	9.3	0.28		
		Large	317	75	3.2	2.0	8.8	8.7	0	3.0	0.09	1312	312	13.1	8.2	36.4	36.0	0	12.2	0.30		
Iced Vanilla Latte - Coconut Milk		Regular	268	64	1.1	0.9	13.2	7.9	0.6	0.2	0.09	850	201	3.4	2.7	42.0	24.9	1.9	0.6	0.27		
		Large	281	67	1.1	0.9	14.0	8.5	0.6	0.2	0.09	1164	276	4.4	3.6	58.0	35.3	2.5	0.7	0.36		
Iced Vanilla Latte - Soya Milk	SOYA	Regular	229	54	1.7	0.3	6.7	6.4	0.5	2.9	0.07	726	172	5.3	0.8	21.2	20.3	1.6	9.3	0.22		
		Large	241	57	1.7	0.3	7.3	7.0	0.5	3.0	0.07	999	236	7.0	1.1	30.3	29.2	2.2	12.2	0.29		
Iced Vanilla Latte - Gluten Free Oat Milk	OAT	Regular	232	55	1.4	0.3	9.6	7.8	0.3	0.8	0.09	737	174	4.4	1.1	30.4	24.6	0.8	2.5	0.27		
		Large	244	58	1.4	0.3	10.3	8.4	0.3	0.8	0.09	1013	240	5.9	1.4	42.5	35.0	1.1	3.2	0.36		

ICED FLAT WHITE

Espresso and foamed milk over ice

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		
Iced Flat White - Skimmed Milk	MILK	Regular	135	32	0.3	0.1	4.2	4.0	0	3.1	0.09	286	68	0.7	0.2	8.9	8.5	0.0	6.5	0.20		
Iced Flat White - Whole Milk	MILK	Regular	234	56	3.1	1.9	4.0	3.9	0	3.0	0.09	497	119	6.6	4.1	8.5	8.2	0.0	6.3	0.19		
Iced Flat White - Coconut Milk		Regular	200	47	1.1	0.8	9.1	3.7	0.6	0.3	0.08	423	101	2.3	1.8	19.3	7.8	1.3	0.5	0.18		
Iced Flat White - Soya Milk	SOYA	Regular	161	38	1.7	0.3	2.6	2.2	0.5	3.0	0.07	340	81	3.5	0.5	5.5	4.8	1.1	6.3	0.14		
Iced Flat White -GF Oat Milk	OAT	Regular	164	39	1.4	0.3	5.5	3.6	0.3	0.8	0.08	348	83	3.0	0.7	11.6	7.6	0.5	1.8	0.18		

ICED PICCOLO

Espresso and milk over ice

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		
Iced Piccolo - Skimmed Milk	MILK	Regular	133	32	0.3	0.1	4.1	3.9	0	3	0.09	242	58	0.6	0.2	7.5	7.2	0	5.5	0.17		
Iced Piccolo - Whole Milk	MILK	Regular	230	55	3.0	1.9	4.0	3.8	0	2.9	0.09	418	100	5.5	3.4	7.2	6.9	0	5.3	0.16		
Iced Piccolo - Coconut Milk		Regular	196	46	1.1	0.8	8.9	3.6	0.6	0.3	0.08	356	85	1.9	1.5	16.2	6.6	1.0	0.5	0.15		
Iced Piccolo - Soya Milk	SOYA	Regular	158	37	1.6	0.2	2.6	2.2	0.5	2.9	0.07	287	68	3.0	0.4	4.7	4.0	0.9	5.3	0.12		
Iced Piccolo - GF Oat Milk	OAT	Regular	161	38	1.4	0.3	5.4	3.5	0.2	0.9	0.08	293	70	2.5	0.6	9.8	6.4	0.4	1.6	0.15		

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Iced Coffee

ICED MOCHA

Espresso, dark chocolate powder, milk over ice topped with dark chocolate curls

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
Iced Mocha - Skimmed Milk	MILK	Regular	249	59	0.6	0.3	9.6	8.5	0.8	3.5	0.13	890	211	2.0	1.0	34.2	30.3	2.7	12.5	0.46
		Large	259	61	0.6	0.3	10.0	8.9	0.8	3.6	0.13	1208	287	2.7	1.4	46.8	41.4	3.8	16.6	0.62
Iced Mocha - Whole Milk	MILK	Regular	348	83	3.3	2.1	9.4	8.3	0.8	3.4	0.12	1241	295	11.9	7.5	33.6	29.7	2.7	12.2	0.45
		Large	359	85	3.4	2.1	9.8	8.7	0.8	3.5	0.13	1676	399	15.9	10.0	46.0	40.6	3.8	16.2	0.60
Iced Mocha - Coconut Milk		Regular	313	74	1.3	1.0	14.5	8.2	1.4	0.7	0.12	1118	265	4.7	3.6	51.6	29.1	4.8	2.6	0.43
		Large	324	77	1.4	1.0	15.0	8.5	1.4	0.7	0.12	1512	359	6.3	4.8	70.0	39.8	6.6	3.4	0.58
Iced Mocha - Soya Milk	SOYA	Regular	275	65	1.9	0.4	8.0	6.7	1.3	3.4	0.10	980	232	6.8	1.5	28.5	24.0	4.5	12.2	0.37
		Large	284	67	2.0	0.4	8.4	7.1	1.3	3.5	0.11	1328	315	9.1	2.0	39.2	33.0	6.2	16.2	0.50
Iced Mocha - Gluten Free Oat Milk	OAT	Regular	313	74	1.3	1.0	14.5	8.2	1.4	0.7	0.12	1118	265	4.7	3.6	51.6	29.1	4.8	2.6	0.43
		Large	288	68	1.7	0.5	11.3	8.4	1.1	1.3	0.12	1344	319	7.9	2.4	52.8	39.4	5.0	6.2	0.58

ICED WHITE MOCHA

Espresso, white chocolate sauce, milk over ice topped with white chocolate curls

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
Iced White Mocha - Skimmed Milk	MILK, SOYA	Regular	282	67	0.5	0.3	11.8	10.5	0.1	3.0	0.15	939	222	1.6	0.9	39.2	35.0	0.2	10.1	0.49
		Large	286	68	0.5	0.3	12.0	10.7	0.1	3.1	0.15	1237	293	2.0	1.1	51.9	46.4	0.3	13.3	0.65
Iced White Mocha - Whole Milk	MILK, SOYA	Regular	377	89	3.2	2.0	11.6	10.4	0.1	2.9	0.15	1255	298	10.5	6.7	38.7	34.5	0.2	9.8	0.47
		Large	383	91	3.2	2.1	11.8	10.6	0.1	3.0	0.15	1658	394	13.9	8.9	51.2	45.7	0.3	13.0	0.63
Iced White Mocha - Coconut Milk	MILK, SOYA	Regular	344	81	1.2	1.0	16.5	10.2	0.6	0.4	0.14	1144	271	4.1	3.3	54.9	33.9	2.1	1.2	0.46
		Large	349	83	1.2	1.0	16.8	10.4	0.6	0.3	0.14	1510	358	5.3	4.3	72.8	45.0	2.8	1.4	0.61
Iced White Mocha - Soya Milk	MILK, SOYA	Regular	306	72	1.8	0.4	10.2	8.8	0.5	2.9	0.12	1020	241	5.9	1.4	34.1	29.4	1.8	9.8	0.40
		Large	311	73	1.8	0.4	10.4	9.0	0.6	3	0.12	1345	318	7.8	1.8	45.1	38.8	2.4	13.0	0.54
Iced White Mocha - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	309	73	1.5	0.5	13.0	10.1	0.3	0.9	0.14	1031	244	5.1	1.6	43.3	33.7	1.0	3.1	0.46
		Large	314	74	1.5	0.5	13.2	10.3	0.3	0.9	0.14	1359	322	6.7	2.1	57.3	44.6	1.4	4.0	0.61

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Iced Coffee

ICED MOCHA DELUXE

Espresso, dark chocolate powder, milk over ice topped with cream and chocolate curls

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
Iced Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	440	105	5.4	3.3	10.5	9.4	0.7	3.3	0.11	1672	400	20.3	12.4	40.1	35.6	2.8	12.6	0.43
		Large	423	101	4.6	2.8	11.1	9.8	0.8	3.4	0.12	1946	465	20.9	12.8	51.2	45.3	3.9	15.8	0.56
Iced Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	523	125	7.7	4.8	10.4	9.2	0.7	3.3	0.11	1988	476	29.2	18.3	39.5	35.0	2.8	12.4	0.41
		Large	510	122	7.0	4.4	11.0	9.7	0.8	3.4	0.12	2344	561	32.2	20.1	50.5	44.6	3.9	15.4	0.54
Iced Mocha Deluxe - Coconut Milk	MILK, SOYA	Regular	494	118	6.0	3.9	14.7	9.1	1.2	1.0	0.11	1877	449	22.8	14.8	55.7	34.5	4.7	3.7	0.40
		Large	479	114	5.2	3.4	15.4	9.5	1.4	1.0	0.11	2204	527	24.0	15.7	70.9	43.9	6.3	4.6	0.52
Iced Mocha Deluxe - Soya Milk	MILK, SOYA	Regular	461	110	6.5	3.2	9.2	7.9	1.2	3.3	0.09	1753	419	24.7	12.1	34.9	29.9	4.4	12.4	0.35
		Large	417	100	5.8	2.7	8.2	7.0	1.1	3.3	0.09	1877	449	26.0	12.1	36.8	31.6	4.8	14.7	0.40
Iced Mocha Deluxe - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	464	111	6.3	3.5	11.6	9.0	1.0	1.5	0.11	1764	422	23.8	13.2	44.1	34.2	3.6	5.6	0.40
		Large	448	107	5.5	3.0	12.2	9.5	1.1	1.5	0.11	2062	493	25.4	13.7	56.3	43.6	4.9	6.9	0.52

ICED WHITE MOCHA DELUXE

Espresso, white chocolate sauce, milk over ice topped with whipped cream and white chocolate curls

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
Iced White Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	479	114	5.5	3.4	12.6	11.2	0.1	2.9	0.13	1699	406	19.6	12.2	44.6	39.8	0.2	10.2	0.45
		Large	459	110	4.7	2.9	13.1	11.7	0.1	2.9	0.14	1953	466	19.9	12.4	55.9	49.8	0.3	12.4	0.58
Iced White Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	558	133	7.8	4.9	12.4	11.1	0.1	2.8	0.12	1980	474	27.5	17.4	44.1	39.3	0.2	10.0	0.44
		Large	542	130	7.0	4.4	13.0	11.6	0.1	2.9	0.13	2304	550	29.8	18.8	55.3	49.2	0.3	12.1	0.57
Iced White Mocha Deluxe - Coconut Milk	MILK, SOYA	Regular	530	127	6.1	4.0	16.5	10.9	0.5	0.6	0.12	1881	450	21.8	14.3	58.5	38.8	1.9	2.3	0.43
		Large	513	122	5.3	3.5	17.2	11.4	0.6	0.6	0.13	2181	520	22.6	15.0	73.3	48.6	2.4	2.5	0.55
Iced White Mocha Deluxe - Soya Milk	MILK, SOYA	Regular	499	119	6.6	3.5	11.3	9.8	0.5	2.8	0.11	1771	423	23.5	12.6	40.0	34.7	1.6	10.0	0.38
		Large	481	115	5.8	3.0	11.8	10.2	0.5	2.9	0.12	2043	487	24.7	12.9	50.2	43.5	2.1	12.1	0.49
Iced White Mocha Deluxe - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	502	120	6.4	3.6	13.6	10.9	0.3	1.1	0.12	1780	426	22.7	12.8	48.2	38.6	0.9	4.0	0.43
		Large	483	115	5.6	3.1	14.2	11.4	0.3	1.1	0.13	2055	490	23.8	13.2	60.4	48.3	1.2	4.6	0.55

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Core Beverage Nutritional Information Frappe

Adults need around 2000 kcal a day

ESPRESSO FRAPPE

Espresso blended with milk, topped 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		
Espresso Frappe - Skimmed Milk	MILK	Regular	478	115	8.8	5.4	6.3	6.2	0.0	2.7	0.07	1013	244	18.6	11.5	13.4	13.1	0.1	5.6	0.15		
		Large	442	106	7.0	4.3	8.0	7.9	0.0	2.7	0.08	1181	284	18.7	11.5	21.4	21.0	0.1	7.3	0.21		
Espresso Frappe - Whole Milk	MILK	Regular	547	132	10.7	6.7	6.2	6.0	0.0	2.6	0.07	1159	279	22.7	14.2	13.2	12.8	0.1	5.5	0.14		
		Large	517	124	9.1	5.7	7.9	7.8	0.0	2.7	0.07	1380	331	24.3	15.2	21.1	20.7	0.1	7.1	0.20		
Espresso Frappe - Coconut Milk	MILK	Regular	522	126	9.3	5.9	9.8	5.9	0.4	0.7	0.06	1108	266	19.7	12.5	20.7	12.6	0.9	1.5	0.14		
		Large	491	118	7.6	4.9	11.7	7.6	0.5	0.6	0.07	1310	314	20.3	13.0	31.3	20.4	1.3	1.7	0.19		
Espresso Frappe - Soya Milk	MILK, SOYA	Regular	495	119	9.7	5.5	5.2	4.9	0.4	2.6	0.05	1050	253	20.6	11.7	11.1	10.5	0.8	5.5	0.11		
		Large	461	111	8.0	4.4	6.8	6.5	0.4	2.7	0.06	1232	296	21.4	11.8	18.2	17.5	1.1	7.1	0.16		
Espresso Frappe - Gluten Free Oat Milk	MILK, OAT	Regular	498	120	9.5	5.6	7.2	5.9	0.2	1.1	0.06	1055	254	20.2	11.8	15.3	12.5	0.4	2.4	0.14		
		Large	464	111	7.8	4.5	9.0	7.6	0.2	1.1	0.07	1239	297	20.9	12.0	23.9	20.2	0.6	2.9	0.19		

CARAMEL FRAPPE

Caramel syrup blended with milk, topped with whipped cream and caramel sauce

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	681	163	8.9	5.5	18.0	17.5	0.0	2.6	0.09	1414	338	18.5	11.5	37.3	36.3	0.1	5.4	0.19		
		Large	628	150	6.9	4.3	19.2	18.9	0.1	2.6	0.09	1696	405	18.7	11.6	52.0	51.0	0.2	7.1	0.25		
Caramel Frappe - Whole Milk	MILK	Regular	752	180	10.9	6.8	17.9	17.4	0.0	2.5	0.09	1560	373	22.7	14.2	37.1	36.1	0.1	5.3	0.19		
		Large	702	168	9.0	5.6	19.1	18.8	0.1	2.6	0.09	1895	453	24.3	15.2	51.6	50.6	0.2	6.9	0.25		
Caramel Frappe - Coconut Milk	MILK	Regular	727	174	9.5	6.1	21.5	17.3	0.5	0.6	0.09	1509	361	19.7	12.6	44.6	35.8	1.0	1.3	0.18		
		Large	676	161	7.5	4.8	22.9	18.6	0.5	0.5	0.09	1826	436	20.2	13.0	61.8	50.3	1.3	1.5	0.24		
Caramel Frappe - Soya Milk	MILK, SOYA	Regular	699	167	9.9	5.7	16.8	16.2	0.4	2.5	0.07	1451	347	20.5	11.7	35.0	33.7	0.8	5.3	0.16		
		Large	647	154	7.9	4.4	18.1	17.6	0.4	2.6	0.08	1747	417	21.4	11.9	48.7	47.4	1.2	6.9	0.20		
Caramel Frappe - Gluten Free Oat Milk	MILK, OAT	Regular	702	168	9.7	5.7	18.9	17.2	0.2	1.0	0.09	1456	348	20.2	11.9	39.2	35.7	0.5	2.2	0.18		
		Large	650	155	7.7	4.5	20.2	18.6	0.2	1.0	0.09	1754	419	20.9	12.0	54.5	50.1	0.7	2.6	0.24		

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CHOCOLATE FRAPPE

Chocolate mix blended with milk, topped 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
Chocolate Frappe - Skimmed Milk	MILK, SOYA	Regular	701	168	9.4	5.8	16.6	14.7	1.4	3.5	0.14	1451	348	19.5	12.1	34.3	30.4	2.9	7.2	0.28
		Large	658	157	7.4	4.6	18.5	16.5	1.5	3.5	0.15	1791	428	20.1	12.4	50.2	44.8	4.0	9.6	0.40
Chocolate Frappe - Whole Milk	MILK, SOYA	Regular	776	186	11.4	7.1	16.8	14.8	1.4	3.4	0.14	1614	387	23.7	14.8	34.9	30.8	2.9	7.2	0.28
		Large	735	176	9.4	5.9	18.6	16.5	1.5	3.5	0.14	2006	480	25.7	16.1	50.7	45.2	4.0	9.5	0.39
Chocolate Frappe - Coconut Milk	MILK, SOYA	Regular	747	179	10.0	6.4	20.1	14.4	1.8	1.5	0.13	1546	370	20.7	13.2	41.6	29.9	3.7	3.1	0.27
		Large	706	169	7.9	5.1	22.1	16.2	1.9	1.5	0.14	1920	459	21.6	13.9	60.1	44.2	5.2	4.0	0.38
Chocolate Frappe - Soya Milk	MILK, SOYA	Regular	719	172	10.4	5.9	15.4	13.4	1.7	3.4	0.12	1488	357	21.5	12.3	31.9	27.8	3.6	7.1	0.25
		Large	677	162	8.4	4.7	17.3	15.2	1.8	3.5	0.13	1842	440	22.8	12.7	47.0	41.3	5.0	9.5	0.34
Chocolate Frappe - Gluten Free Oat Milk	MILK, SOYA, OAT	Regular	721	173	10.2	6.0	17.5	14.4	1.6	1.9	0.13	1493	358	21.2	12.4	36.2	29.8	3.2	4.0	0.27
		Large	680	162	8.2	4.7	19.4	16.2	1.7	1.9	0.14	1848	442	22.3	12.9	52.8	44.0	4.5	5.2	0.38

COCONUT ICE FRAPPE

Coconut ice syrup blended with milk, topped 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
Coconut Ice Frappe - Skimmed Milk	MILK	Regular	610	146	9.5	5.9	12.5	12.5	0.0	2.7	0.08	1190	286	18.5	11.5	24.4	24.4	0.1	5.3	0.15
		Large	566	135	7.2	4.5	14.8	14.8	0.0	2.7	0.08	1458	349	18.6	11.5	38.2	38.2	0.1	6.9	0.21
Coconut Ice Frappe - Whole Milk	MILK	Regular	685	164	11.6	7.3	12.4	12.4	0.0	2.6	0.07	1336	321	22.6	14.2	24.2	24.2	0.1	5.1	0.15
		Large	643	154	9.4	5.9	14.7	14.7	0.0	2.6	0.08	1657	397	24.2	15.2	37.8	37.8	0.1	6.8	0.21
Coconut Ice Frappe - Coconut Milk	MILK	Regular	659	158	10.0	6.4	16.2	12.3	0.5	0.6	0.07	1285	308	19.6	12.5	31.6	23.9	0.9	1.1	0.14
		Large	616	147	7.8	5.0	18.6	14.6	0.5	0.5	0.08	1587	380	20.1	13.0	48.0	37.5	1.3	1.3	0.20
Coconut Ice Frappe - Soya Milk	MILK, SOYA	Regular	629	151	10.5	6.0	11.3	11.2	0.4	2.6	0.06	1227	294	20.5	11.7	22.0	21.8	0.8	5.1	0.11
		Large	586	140	8.3	4.6	13.6	13.4	0.4	2.6	0.06	1509	361	21.3	11.8	34.9	34.6	1.1	6.8	0.16
Coconut Ice Frappe - Gluten Free Oat Milk	MILK, OAT	Regular	632	152	10.3	6.0	13.5	12.2	0.2	1.0	0.07	1232	296	20.1	11.8	26.3	23.8	0.4	2.0	0.14
		Large	589	141	8.1	4.7	15.8	14.5	0.2	1.0	0.08	1516	362	20.8	12.0	40.7	37.3	0.6	2.5	0.20

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Core Beverage Nutritional Information Frappe

Adults need around 2000 kcal a day

STRAWBERRY FRAPPE

Strawberry mix blended with milk, topped 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
Strawberry Frappe - Skimmed Milk	MILK	Regular	575	138	7.1	4.4	16.0	15.7	0	2.0	0.06	1496	358	18.5	11.5	41.6	40.8	0.1	5.3	0.15
		Large	531	127	5.7	3.5	16.4	16.1	0	2.1	0.07	1727	413	18.6	11.5	53.2	52.3	0.1	6.9	0.21
Strawberry Frappe - Whole Milk	MILK	Regular	632	151	8.7	5.4	15.9	15.6	0	2.0	0.06	1642	393	22.6	14.2	41.4	40.6	0.1	5.1	0.15
		Large	593	142	7.4	4.7	16.3	16.0	0	2.1	0.06	1926	460	24.2	15.2	52.8	52.0	0.1	6.8	0.21
Strawberry Frappe - Coconut Milk	MILK	Regular	546	130	5.3	3.4	19.9	16.4	0.4	0.3	0.06	1329	317	12.9	8.4	48.4	39.9	0.9	0.8	0.14
		Large	533	127	4.9	3.2	20.0	16.4	0.4	0.3	0.06	1669	398	15.3	10.0	62.7	51.3	1.3	1.1	0.20
Strawberry Frappe - Soya Milk	MILK, SOYA	Regular	590	141	7.9	4.5	15.1	14.7	0.3	2.0	0.04	1533	367	20.5	11.7	39.2	38.2	0.8	5.1	0.12
		Large	547	131	6.6	3.6	15.4	15.0	0.4	2.1	0.05	1778	425	21.3	11.8	50.0	48.7	1.1	6.8	0.16
Strawberry Frappe - Gluten Free Oat Milk	MILK, OAT	Regular	592	142	7.7	4.5	16.7	15.5	0.2	0.8	0.05	1538	368	20.1	11.8	43.5	40.2	0.4	2.0	0.14
		Large	549	131	6.4	3.7	17.2	15.8	0.2	0.8	0.06	1785	426	20.8	12.0	55.7	51.4	0.6	2.5	0.20

WHITE CHOC MINT FRAPPE

White chocolate and mint frappe, topped with whipped cream and chocolate sauce

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	719	172	8.7	5.4	20.0	13.0	0.1	2.6	0.15	1553	371	18.7	11.7	43.1	28.0	0.2	5.6	0.32
		Large	691	165	6.6	4.1	22.8	15.0	0.1	2.6	0.16	1994	475	19.0	11.9	65.8	43.2	0.4	7.5	0.46
White Choc Mint Frappe - Whole Milk	MILK	Regular	787	188	10.6	6.7	19.8	12.8	0.1	2.6	0.15	1699	406	22.9	14.4	42.9	27.7	0.2	5.5	0.31
		Large	760	181	8.5	5.4	22.7	14.9	0.1	2.5	0.16	2193	523	24.6	15.6	65.5	42.9	0.4	7.3	0.46
White Choc Mint Frappe - Coconut Milk	MILK	Regular	763	182	9.2	5.9	23.3	12.7	0.5	0.7	0.14	1648	394	19.9	12.8	50.4	27.5	1.1	1.5	0.31
		Large	736	175	7.1	4.6	26.2	14.7	0.5	0.6	0.15	2123	506	20.5	13.4	75.7	42.5	1.6	1.9	0.45
White Choc Mint Frappe - Soya Milk	MILK, SOYA	Regular	736	176	9.6	5.4	18.9	11.7	0.5	2.6	0.13	1590	380	20.7	11.6	40.7	25.4	1.0	5.5	0.28
		Large	709	169	7.5	4.0	21.7	13.7	0.5	2.5	0.14	2045	487	21.7	11.7	62.6	39.6	1.4	7.3	0.41
White Choc Mint Frappe - Gluten Free Oat Milk	MILK, OAT	Regular	739	177	9.4	5.6	20.8	12.7	0.3	1.1	0.14	1595	381	20.4	12.1	45.0	27.4	0.6	2.4	0.31
		Large	711	170	7.4	4.3	23.7	14.7	0.3	1.1	0.15	2052	489	21.2	12.4	68.4	42.3	0.9	3.0	0.45

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Core Beverage Nutritional Information Frappe

Adults need around 2000 kcal a day

MOCHA FRAPPE

Espresso blended with chocolate, topped with whipped cream and chocolate sauce

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	616	148	8.2	5.1	14.6	12.8	1.2	3.2	0.12	1473	353	19.7	12.1	34.9	30.6	2.9	7.6	0.28		
		Large	591	141	6.6	4.1	16.5	14.6	1.3	3.3	0.14	1795	428	20.0	12.3	50.1	44.4	4.0	10.0	0.42		
Mocha Frappe - Whole Milk	MILK	Regular	681	163	9.9	6.2	14.8	12.9	1.2	3.1	0.12	1635	392	23.8	14.8	35.5	31.0	2.9	7.5	0.28		
		Large	665	159	8.5	5.3	16.8	14.9	1.3	3.2	0.13	2027	485	25.8	16.1	51.3	45.4	4.0	9.9	0.39		
Mocha Frappe - Coconut Milk	MILK	Regular	656	157	8.7	5.5	17.6	12.6	1.6	1.5	0.11	1568	375	20.8	13.2	42.2	30.1	3.7	3.5	0.27		
		Large	639	153	7.1	4.6	20.0	14.6	1.7	1.4	0.12	1941	464	21.7	13.9	60.7	44.4	5.2	4.4	0.38		
Mocha Frappe - Soya Milk	MILK, SOYA	Regular	632	151	9.1	5.0	13.6	11.7	1.5	3.1	0.10	1510	362	21.7	11.9	32.5	28.0	3.6	7.5	0.25		
		Large	613	146	7.5	4.0	15.7	13.7	1.7	3.2	0.11	1863	445	22.9	12.2	47.6	41.5	5.0	9.8	0.34		
Mocha Frappe - Gluten Free Oat Milk	MILK, OAT	Regular	634	152	8.9	5.2	15.4	12.6	1.4	1.8	0.11	1515	363	21.3	12.4	36.8	30.0	3.2	4.3	0.27		
		Large	615	147	7.4	4.2	17.6	14.6	1.5	1.8	0.12	1870	447	22.4	12.9	53.4	44.3	4.5	5.6	0.38		

SMOOTHIES

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	Regular	170	43	0.2	0.1	9.1	9.1	1.1	0.4	0.01	662	169	0.8	0.4	35.6	35.5	4.4	1.5	0.06
	Large	172	43	0.2	0.1	9.2	9.2	0.9	0.4	0.02	828	208	0.8	0.5	44.4	44.3	4.4	1.8	0.07			
El Nino	Regular	201	47	0.1	0.1	10.0	9.8	1.4	0.5	0.02	782	183	0.5	0.4	38.9	38.3	5.3	2.1	0.06			
	Large	198	46	0.1	0.1	10.0	9.8	1.1	0.5	0.02	948	222	0.6	0.5	47.8	47.2	5.4	2.4	0.08			
Pip Me Up	Regular	198	47	0.1	0.1	10.0	10.0	1.1	0.5	0.02	774	182	0.5	0.4	38.9	38.8	4.5	2.0	0.10			
	Large	196	46	0.1	0.1	10.0	9.9	1	0.5	0.02	940	221	0.6	0.5	47.8	47.6	4.6	2.3	0.11			
Blueberry Thrill	Regular	219	52	0.4	0.1	10.5	10.3	1.1	0.7	0.02	856	201	1.5	0.4	41.1	40.0	4.5	2.6	0.06			
	Large	213	50	0.3	0.1	10.4	10.2	1	0.6	0.02	1021	240	1.6	0.5	49.9	48.8	4.6	2.9	0.08			
Super Green	Regular	188	44	0.2	0.1	9.6	9.6	0.6	0.5	0.02	734	172	0.6	0.4	37.6	37.4	2.3	1.9	0.08			
	Large	188	44	0.2	0.1	9.7	9.6	0.5	0.4	0.02	900	211	0.7	0.5	46.4	46.2	2.4	2.2	0.10			
Pina Colada	Regular	244	57	1.2	1.1	10.7	10.2	0.4	0.5	0.01	953	224	4.6	4.4	41.6	39.8	1.7	2.1	0.06			
	Large	233	55	1.0	0.9	10.5	10.1	0.4	0.5	0.02	1118	263	4.7	4.4	50.4	48.6	1.8	2.4	0.07			

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	0.0	2.2	0.0	0.0	0	0.12	14	3	0.0	0.0	0.5	0.0	0.0	0.0	0.03
	Large	61	14	0.0	0.0	2.2	0.0	0.0	0	0.12	18	4	0.0	0.0	0.7	0.0	0.0	0.0	0.04			

Kids Drinks

BABYCCINO

Warm milk

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	
Babyccino - Skimmed Milk	MILK	Regular	245	58	0.5	0.3	9.3	8.4	0.7	3.7	0.14	313	74	0.7	0.3	11.9	10.7	0.9	4.7	0.17	
Babyccino - Whole Milk	MILK	Regular	354	84	3.6	2.3	9.1	8.2	0.7	3.6	0.13	454	108	4.6	2.9	11.6	10.5	0.9	4.6	0.17	
Babyccino - Coconut Milk		Regular	316	75	1.4	1.1	14.7	8.0	1.3	0.6	0.13	404	96	1.8	1.4	18.8	10.2	1.7	0.7	0.16	
Babyccino - Soya Milk	SOYA	Regular	273	65	2.0	0.3	7.5	6.4	1.2	3.6	0.11	349	83	2.6	0.3	9.6	8.2	1.6	4.6	0.14	
Babyccino - Gluten Free Oat Milk	OAT	Regular	277	66	1.8	0.5	10.7	7.9	1.0	1.2	0.13	354	84	2.2	0.7	13.7	10.1	1.2	1.6	0.16	

BABY HOT CHOCOLATE

Dark chocolate with steamed milk

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	
Baby Hot Chocolate - Skimmed Milk	MILK	Regular	245	58	0.5	0.3	9.3	8.4	0.7	3.7	0.14	313	74	0.7	0.3	11.9	10.7	0.9	4.7	0.17	
Baby Hot Chocolate - Whole Milk	MILK	Regular	354	84	3.6	2.3	9.1	8.2	0.7	3.6	0.13	454	108	4.6	2.9	11.6	10.5	0.9	4.6	0.17	
Baby Hot Chocolate - Coconut Milk		Regular	316	75	1.4	1.1	14.7	8.0	1.3	0.6	0.13	404	96	1.8	1.4	18.8	10.2	1.7	0.7	0.16	
Baby Hot Chocolate - Soya Milk	SOYA	Regular	273	65	2.0	0.4	7.5	6.4	1.2	3.6	0.11	349	83	2.6	0.6	9.6	8.2	1.6	4.6	0.14	
Baby Hot Chocolate - GF Oat Milk	OAT	Regular	277	66	1.8	0.5	10.7	7.9	1.0	1.2	0.13	354	84	2.2	0.7	13.7	10.1	1.2	1.6	0.16	

VANILLA BABYSHAKE

Vanilla syrup blended with milk and ice

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	
Vanilla Babyshake - Skimmed Milk	MILK	Regular	227	54	0.3	0.1	9.5	9.5	0.0	3.2	0.10	290	69	0.4	0.2	12.2	12.2	0.0	4.1	0.13	
Vanilla Babyshake - Whole Milk	MILK	Regular	337	80	3.4	2.2	9.4	9.4	0.0	3.1	0.10	430	102	4.3	2.7	11.9	11.9	0.0	4.0	0.13	
Vanilla Babyshake - Coconut Milk		Regular	299	71	1.1	0.9	15.0	9.2	0.7	0.1	0.09	381	90	1.4	1.2	19.1	11.7	0.8	0.1	0.12	
Vanilla Babyshake - Soya Milk	SOYA	Regular	255	60	1.8	0.3	7.8	7.6	0.6	3.1	0.08	326	77	2.3	0.4	9.9	9.6	0.7	4.0	0.10	
Vanilla Babyshake - GF Oat Milk	OAT	Regular	259	61	1.5	0.4	11.0	9.1	0.3	0.8	0.09	330	78	1.9	0.5	14.0	11.6	0.4	1.0	0.12	

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Kids Drinks

CHOCOLATE BABYSHAKE

Chocolate blended with milk and ice

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 Babyshake - Skimmed Milk	MILK	Regular	267	63	0.6	0.3	10.3	9.2	0.8	3.7	0.14	347	82	0.8	0.4	13.4	12.0	1.1	4.8	0.18
Chocolate Babyshake - Whole Milk	MILK	Regular	375	89	3.6	2.3	10.2	9.1	0.8	3.6	0.14	488	116	4.7	3.0	13.2	11.8	1.1	4.7	0.18
Chocolate Babyshake - Coconut Milk		Regular	337	80	1.4	1.1	15.7	8.9	1.5	0.7	0.13	439	104	1.8	1.4	20.4	11.5	1.9	0.9	0.17
Chocolate Babyshake - Soya Milk	SOYA	Regular	295	70	2.1	0.5	8.6	7.3	1.4	3.6	0.11	383	91	2.7	0.6	11.2	9.5	1.8	4.7	0.15
Chocolate Babyshake - GF Oat Milk	OAT	Regular	299	71	1.8	0.6	11.7	8.8	1.1	1.3	0.13	388	92	2.3	0.7	15.2	11.4	1.5	1.7	0.17

STRAWBERRY BABYSHAKE

Strawberry mix blended with milk and ice

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 Babyshake - Skimmed Milk	MILK	Regular	216	51	0.3	0.1	9.1	8.9	0.0	2.9	0.10	303	72	0.4	0.2	12.7	12.5	0.0	4.1	0.13
Strawberry Babyshake - Whole Milk	MILK	Regular	316	75	3.1	2.0	8.9	8.8	0.0	2.8	0.09	443	105	4.3	2.7	12.5	12.3	0.0	4.0	0.13
Strawberry Babyshake - Coconut Milk		Regular	281	67	1.0	0.9	14.1	8.6	0.6	0.1	0.09	394	93	1.4	1.2	19.7	12.0	0.8	0.1	0.12
Strawberry Babyshake - Soya Milk	SOYA	Regular	242	57	1.6	0.3	7.5	7.1	0.5	2.8	0.07	339	80	2.3	0.4	10.4	10.0	0.7	4.0	0.10
Strawberry Babyshake - GF Oat Milk	OAT	Regular	245	58	1.4	0.3	10.4	8.5	0.3	0.7	0.09	343	81	1.9	0.5	14.5	11.9	0.4	1.0	0.12

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.

Kids Drinks

MINT BABYSHAKE

Mint syrup blended with blended and ice

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 Babyshake - Skimmed Milk	MILK	Regular	222	53	0.3	0.1	9.2	4.3	0.0	3.2	0.12	283	67	0.4	0.2	11.7	5.5	0.0	4.1	0.15	
Mint Babyshake - Whole Milk	MILK	Regular	332	79	3.4	2.2	9.0	4.1	0.0	3.1	0.12	424	101	4.3	2.7	11.5	5.3	0.0	4.0	0.15	
Mint Babyshake - Coconut Milk		Regular	294	70	1.1	0.9	14.6	4.0	0.7	0.1	0.11	375	89	1.4	1.2	18.7	5.0	0.8	0.1	0.14	
Mint Babyshake - Soya Milk	SOYA	Regular	251	59	1.8	0.3	7.4	2.4	0.6	3.1	0.09	320	76	2.3	0.4	9.4	3.0	0.7	4.0	0.12	
Mint Babyshake - GF Oat Milk	OAT	Regular	254	60	1.5	0.4	10.6	3.9	0.3	0.8	0.11	324	77	1.9	0.5	13.5	4.9	0.4	1.0	0.14	

CARMEL BABYSHAKE

Caramel syrup blended with blended and ice

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 Babyshake - Skimmed Milk	MILK	Regular	228	54	0.3	0.1	9.6	9.6	0.0	3.2	0.11	290	69	0.4	0.2	12.2	12.2	0.0	4.1	0.13	
Caramel Babyshake - Whole Milk	MILK	Regular	338	80	3.4	2.2	9.4	9.4	0.0	3.1	0.10	431	102	4.3	2.7	12.0	12.0	0.0	4.0	0.13	
Caramel Babyshake - Coconut Milk		Regular	299	71	1.1	0.9	15.0	9.2	0.7	0.1	0.10	382	90	1.4	1.2	19.2	11.7	0.8	0.1	0.12	
Caramel Babyshake - Soya Milk	SOYA	Regular	256	61	1.8	0.3	7.8	7.6	0.6	3.1	0.08	326	77	2.3	0.4	9.9	9.7	0.7	4.0	0.10	
Caramel Babyshake - GF Oat Milk	OAT	Regular	260	62	1.5	0.4	11.0	9.1	0.3	0.8	0.10	331	78	1.9	0.5	14.0	11.6	0.4	1.0	0.12	