

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.

LATTE

Espresso and steamed milk

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Latte - Whole Milk	MILK	Regular	241	57	3.2	2.0	4.1	4.0	0.0	3.0	0.10	655	156	8.8	5.6	11.2	10.8	0.0	8.3	0.26
		Large	245	58	3.3	2.1	4.2	4.0	0.0	3.1	0.10	787	188	10.6	6.7	13.4	13.0	0.0	9.9	0.31
Latte - Skimmed Milk	MILK	Regular	138	33	0.3	0.1	4.3	4.2	0.0	3.1	0.10	375	89	0.8	0.4	11.6	11.3	0.0	8.5	0.27
		Large	139	33	0.3	0.1	4.3	4.2	0.0	3.2	0.10	448	107	1.0	0.4	13.9	13.6	0.0	10.2	0.33
Latte - Soya	SOYA	Regular	164	39	1.7	0.3	2.5	2.3	0.5	3.0	0.07	447	106	4.7	0.8	7.1	6.3	1.4	8.3	0.20
		Large	166	39	1.8	0.3	2.5	2.3	0.5	3.1	0.07	535	127	5.6	0.9	8.4	7.5	1.7	9.9	0.23
Latte - Coconut	OAT	Regular	223	53	1.3	1.1	9.9	3.7	0.4	0.2	0.07	607	144	3.5	2.9	27.0	10.1	1.0	0.6	0.20
		Large	227	54	1.3	1.1	10.1	3.8	0.4	0.2	0.07	729	173	4.2	3.5	32.5	12.1	1.2	0.6	0.23
Latte - Gluten Free Oat	OAT	Regular	232	56	2.8	0.4	7.2	3.4	0.0	0.4	0.09	631	152	7.6	1.0	19.6	9.4	0.0	1.1	0.25
		Large	236	57	2.8	0.4	7.3	3.5	0.0	0.4	0.09	758	182	9.1	1.2	23.5	11.3	0.0	1.2	0.30

PLEASE NOTE: Although our Oat Milk and Coconut Milk contain Gluten Free Oats, 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

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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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 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		
Macchiato - Whole Milk	MILK	Single	143	34	1.6	1.0	2.9	2.2	0.0	1.9	0.05	37	9	0.4	0.3	0.7	0.6	0.0	0.5	0.01		
		Double	143	34	1.6	1.0	2.9	2.2	0.0	1.9	0.05	37	9	0.4	0.3	0.7	0.6	0.0	0.5	0.01		
Macchiato - Skimmed Milk	MILK	Single	98	23	0.4	0.2	2.9	2.3	0.0	2.0	0.05	26	6	0.1	0.0	0.8	0.6	0.0	0.5	0.01		
		Double	98	23	0.4	0.2	2.9	2.3	0.0	2.0	0.05	51	12	0.2	0.1	1.5	1.2	0.0	1.0	0.03		
Macchiato - Soya	SOYA	Single	110	26	1.0	0.2	2.2	1.5	0.2	1.9	0.04	29	7	0.3	0.1	0.6	0.4	0.1	0.5	0.01		
		Double	110	26	1.0	0.2	2.2	1.5	0.2	1.9	0.04	57	14	0.5	0.1	1.1	0.8	0.1	1.0	0.02		
Macchiato - Coconut	SOYA, OAT**	Single	136	32	0.8	0.6	5.4	2.1	0.2	0.7	0.04	35	8	0.2	0.2	1.4	0.5	0.0	0.2	0.01		
		Double	136	32	0.8	0.6	5.4	2.1	0.2	0.7	0.04	71	17	0.4	0.3	2.8	1.1	0.1	0.4	0.02		
Macchiato - Gluten Free Oat	OAT	Single	140	33	1.4	0.3	4.2	2.0	0.0	0.8	0.05	36	9	0.4	0.1	1.1	0.5	0.0	0.2	0.01		
		Double	140	33	1.4	0.3	4.2	2.0	0.0	0.8	0.05	73	17	0.7	0.1	2.2	1.0	0.0	0.4	0.03		

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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 - Whole Milk	MILK	12oz	330	78	3.0	1.9	9.9	9.5	0.0	2.9	0.10	964	229	8.8	5.6	29.0	27.7	0.0	8.4	0.30		
		16oz	346	82	3.0	1.9	10.8	10.5	0.0	2.9	0.10	1212	288	10.6	6.8	37.9	36.6	0.0	10.1	0.36		
Caramel Macchiato - Skimmed Milk	MILK	12oz	234	55	0.3	0.1	10.1	9.6	0.0	3.0	0.11	684	162	0.9	0.4	29.5	28.1	0.0	8.7	0.31		
		16oz	249	59	0.3	0.1	11.0	10.6	0.0	3.0	0.11	872	207	1.1	0.5	38.5	37.2	0.0	10.4	0.37		
Caramel Macchiato - Soya	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	0.24		
		16oz	274	65	1.6	0.3	9.4	8.9	0.5	2.9	0.08	959	227	5.7	1.0	33.0	31.1	1.8	10.1	0.28		
Caramel Macchiato - Coconut	SOYA, OAT**	12oz	314	74	1.2	1.0	15.4	9.2	0.3	0.3	0.08	916	217	3.6	3.0	44.8	26.9	1.0	0.7	0.24		
		16oz	330	78	1.2	1.0	16.3	10.2	0.3	0.2	0.08	1154	273	4.3	3.6	57.1	35.7	1.2	0.8	0.28		
Caramel Macchiato - Gluten Free Oat	OAT	12oz	322	77	2.6	0.4	12.8	9.0	0.0	0.4	0.10	940	224	7.6	1.1	37.4	26.2	0.0	1.2	0.29		
		16oz	338	81	2.6	0.4	13.7	10.0	0.0	0.4	0.10	1183	282	9.2	1.3	48.1	34.8	0.0	1.4	0.34		

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	0.0	0.2	0.1	0.0	0.1	0.01	22	5	0.1	0.1	0.6	0.3	0.0	0.4	0.05		
		Large	5	1	0.0	0.0	0.1	0.1	0.0	0.1	0.01	22	5	0.1	0.1	0.6	0.3	0.0	0.4	0.06		
Americano - Whole Milk	MILK	Regular	27	7	0.3	0.2	0.5	0.4	0.0	0.4	0.02	114	27	1.4	0.9	2.1	1.8	0.0	1.5	0.09		
		Large	25	6	0.3	0.2	0.5	0.4	0.0	0.3	0.02	114	27	1.4	0.9	2.1	1.8	0.0	1.5	0.09		
Americano - Skimmed Milk	MILK	Regular	18	4	0.1	0.0	0.5	0.4	0.0	0.4	0.02	73	17	0.2	0.1	2.2	1.9	0.0	1.5	0.09		
		Large	16	4	0.1	0.0	0.5	0.4	0.0	0.3	0.02	73	17	0.2	0.1	2.2	1.9	0.0	1.5	0.09		
Americano - Soya	SOYA	Regular	20	5	0.2	0.0	0.4	0.3	0.1	0.4	0.02	84	20	0.8	0.2	1.6	1.1	0.2	1.5	0.08		
		Large	18	4	0.2	0.0	0.3	0.2	0.0	0.3	0.02	84	20	0.8	0.2	1.6	1.1	0.2	1.5	0.08		
Americano - Coconut	SOYA, OAT**	Regular	26	6	0.1	0.1	1.1	0.4	0.0	0.1	0.02	107	25	0.6	0.5	4.5	1.7	0.1	0.4	0.08		
		Large	23	6	0.1	0.1	1.0	0.4	0.0	0.1	0.02	107	25	0.6	0.5	4.5	1.7	0.1	0.4	0.08		
Americano - Gluten Free Oat	OAT	Regular	20	5	0.2	0.0	0.7	0.4	0.0	0.2	0.02	85	20	0.7	0.2	2.7	1.7	0.1	0.6	0.09		
		Large	19	4	0.2	0.0	0.6	0.4	0.0	0.1	0.02	85	20	0.7	0.2	2.7	1.7	0.1	0.6	0.09		

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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	0.1	0.1	0.0	0.1	0.01	15	4	0.1	0.0	0.4	0.2	0.0	0.2	0.04		
		Large	5	1	0.0	0.0	0.1	0.1	0.0	0.1	0.01	20	5	0.1	0.1	0.6	0.2	0.0	0.3	0.05		
Filter Coffee - Whole Milk	MILK	Regular	31	7	0.4	0.2	0.6	0.5	0.0	0.4	0.02	107	26	1.3	0.8	2.0	1.7	0.0	1.4	0.08		
		Large	25	6	0.3	0.2	0.5	0.4	0.0	0.3	0.02	113	27	1.4	0.9	2.1	1.8	0.0	1.5	0.09		
Filter Coffee - Skimmed Milk	MILK	Regular	19	5	0.1	0.0	0.6	0.5	0.0	0.4	0.02	66	16	0.2	0.1	2.0	1.8	0.0	1.4	0.08		
		Large	16	4	0.1	0.0	0.5	0.4	0.0	0.3	0.02	72	17	0.2	0.1	2.2	1.8	0.0	1.5	0.09		
Filter Coffee - Soya	SOYA	Regular	22	5	0.2	0.0	0.4	0.3	0.1	0.4	0.02	77	18	0.8	0.1	1.4	1.1	0.2	1.4	0.07		
		Large	19	4	0.2	0.0	0.3	0.3	0.0	0.3	0.02	82	20	0.8	0.2	1.5	1.1	0.2	1.5	0.08		
Filter Coffee - Coconut	SOYA, OAT**	Regular	29	7	0.2	0.1	1.2	0.5	0.0	0.1	0.02	100	24	0.6	0.5	4.3	1.6	0.1	0.3	0.07		
		Large	24	6	0.1	0.1	1.0	0.4	0.0	0.1	0.02	106	25	0.6	0.5	4.4	1.7	0.1	0.4	0.08		
Filter Coffee - Gluten Free Oat	OAT	Regular	30	7	0.3	0.1	0.9	0.4	0.0	0.1	0.02	104	25	1.2	0.2	3.2	1.5	0.0	0.3	0.08		
		Large	19	4	0.2	0.0	0.6	0.4	0.0	0.1	0.02	84	20	0.7	0.2	2.7	1.7	0.1	0.6	0.09		

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 - Whole Milk	MILK	Regular	241	57	3.2	2.0	4.1	4.0	0.0	3.0	0.10	655	156	8.8	5.6	11.2	10.8	0.0	8.3	0.26		
		Large	245	58	3.3	2.1	4.2	4.0	0.0	3.1	0.10	787	188	10.6	6.7	13.4	13.0	0.0	9.9	0.31		
Latte - Skimmed Milk	MILK	Regular	138	33	0.3	0.1	4.3	4.2	0.0	3.1	0.10	375	89	0.8	0.4	11.6	11.3	0.0	8.5	0.27		
		Large	139	33	0.3	0.1	4.3	4.2	0.0	3.2	0.10	448	107	1.0	0.4	13.9	13.6	0.0	10.2	0.33		
Latte - Soya	SOYA	Regular	164	39	1.7	0.3	2.6	2.3	0.5	3.0	0.07	447	106	4.7	0.8	7.1	6.3	1.4	8.3	0.20		
		Large	166	39	1.8	0.3	2.6	2.3	0.5	3.1	0.07	535	127	5.6	0.9	8.4	7.5	1.7	9.9	0.23		
Latte - Coconut	SOYA, OAT**	Regular	223	53	1.3	1.1	9.9	3.7	0.4	0.2	0.07	607	144	3.5	2.9	27.0	10.1	1.0	0.6	0.20		
		Large	227	54	1.3	1.1	10.1	3.8	0.4	0.2	0.07	729	173	4.2	3.5	32.5	12.1	1.2	0.6	0.23		
Latte - Gluten Free Oat	OAT	Regular	232	56	2.8	0.4	7.2	3.4	0.0	0.4	0.09	631	152	7.6	1.0	19.6	9.4	0.0	1.1	0.25		
		Large	236	57	2.8	0.4	7.3	3.5	0.0	0.4	0.09	758	182	9.1	1.2	23.5	11.3	0.0	1.2	0.30		

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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 - Whole Milk	MILK	Regular	233	56	3.1	2.0	4.0	3.8	0.0	3.0	0.09	471	112	6.2	4.0	8.1	7.7	0.0	6.0	0.18		
		Large	238	57	3.2	2.0	4.1	3.9	0.0	3.0	0.09	576	137	7.7	4.9	9.8	9.5	0.0	7.3	0.23		
Cappuccino - Skimmed Milk	MILK	Regular	134	32	0.3	0.1	4.2	4.0	0.0	3.0	0.10	272	65	0.6	0.3	8.4	8.1	0.0	6.1	0.19		
		Large	137	32	0.3	0.1	4.2	4.1	0.0	3.1	0.10	330	79	0.8	0.3	10.3	9.9	0.0	7.5	0.24		
Cappuccino - Soya	SOYA	Regular	160	38	1.7	0.3	2.6	2.2	0.5	3.0	0.07	323	77	3.4	0.6	5.2	4.5	1.0	6.0	0.14		
		Large	163	39	1.7	0.3	2.6	2.3	0.5	3.0	0.07	393	93	4.1	0.7	6.3	5.5	1.3	7.3	0.17		
Cappuccino - Coconut	SOYA, OAT**	Regular	216	51	1.2	1.0	9.6	3.6	0.3	0.3	0.07	437	104	2.5	2.1	19.3	7.2	0.7	0.5	0.14		
		Large	221	52	1.3	1.1	9.8	3.7	0.3	0.2	0.07	534	127	3.1	2.6	23.7	8.9	0.8	0.6	0.17		
Cappuccino - Gluten Free Oat	OAT	Regular	225	54	2.7	0.4	6.9	3.3	0.0	0.4	0.09	454	109	5.4	0.7	14.0	6.7	0.0	0.9	0.18		
		Large	229	55	2.7	0.4	7.1	3.4	0.0	0.4	0.09	555	133	6.6	0.9	17.2	8.2	0.0	1.0	0.22		

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 - Whole Milk	MILK	Small	225	54	3.0	1.9	3.9	3.7	0.0	2.9	0.09	365	87	4.8	3.0	6.3	6.0	0.0	4.6	0.14		
Flat White - Skimmed Milk	MILK	Small	131	31	0.3	0.1	4.1	3.8	0.0	2.9	0.09	213	51	0.5	0.2	6.6	6.2	0.0	4.8	0.15		
Flat White - Soya	SOYA	Small	155	37	1.6	0.3	2.5	2.2	0.5	2.9	0.07	252	60	2.6	0.5	4.1	3.5	0.8	4.6	0.11		
Flat White - Coconut	SOYA, OAT**	Small	209	50	1.2	1.0	9.2	3.4	0.3	0.3	0.07	339	81	1.9	1.6	14.9	5.6	0.5	0.5	0.11		
Flat White - Gluten Free Oat	OAT	Small	217	52	2.6	0.4	6.7	3.2	0.0	0.5	0.08	352	84	4.2	0.6	10.9	5.2	0.0	0.7	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 - Whole Milk	MILK	Small	228	54	3.0	1.9	3.9	3.7	0.0	2.9	0.09	196	47	2.6	1.6	3.4	3.2	0.0	2.5	0.08		
Piccolo - Skimmed Milk	MILK	Small	132	31	0.3	0.1	4.1	3.9	0.0	3.0	0.09	114	27	0.3	0.1	3.5	3.3	0.0	2.6	0.08		
Piccolo - Soya	SOYA	Small	157	37	1.6	0.3	2.6	2.2	0.5	2.9	0.07	135	32	1.4	0.2	2.2	1.9	0.4	2.5	0.06		
Piccolo - Coconut	SOYA, OAT**	Small	211	50	1.2	1.0	9.3	3.5	0.3	0.3	0.07	182	43	1.0	0.9	8.0	3.0	0.3	0.2	0.06		
Piccolo - Gluten Free Oat	OAT	Small	219	53	2.6	0.4	6.8	3.2	0.0	0.4	0.09	189	45	2.2	0.3	5.8	2.8	0.0	0.4	0.07		

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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 - Whole Milk	MILK	Regular	380	90	3.2	2.0	11.4	9.8	1.1	3.4	0.13	977	232	8.3	5.2	29.2	25.3	2.7	8.9	0.35		
		Large	404	96	3.3	2.1	12.4	10.7	1.2	3.6	0.14	1280	304	10.5	6.6	39.4	34.0	3.8	11.3	0.45		
Mocha - Skimmed Milk	MILK	Regular	289	69	0.7	0.4	11.5	10.0	1.1	3.5	0.14	743	176	1.7	0.9	29.6	25.7	2.7	9.1	0.36		
		Large	312	74	0.7	0.4	12.6	10.9	1.2	3.6	0.15	988	234	2.3	1.2	39.9	34.5	3.8	11.5	0.46		
Mocha - Soya	SOYA	Regular	313	74	1.9	0.5	10.1	8.4	1.5	3.4	0.12	803	190	4.9	1.3	25.8	21.5	3.9	8.9	0.30		
		Large	335	79	2.0	0.5	11.1	9.2	1.7	3.6	0.12	1063	252	6.3	1.7	35.1	29.3	5.3	11.3	0.39		
Mocha - Coconut	SOYA, OAT**	Regular	365	87	1.5	1.2	16.5	9.6	1.4	1.0	0.12	937	222	3.9	3.1	42.4	24.7	3.5	2.5	0.30		
		Large	388	92	1.6	1.2	17.6	10.5	1.5	1.0	0.12	1230	292	5.0	3.9	55.9	33.3	4.8	3.3	0.39		
Mocha - Gluten Free Oat	OAT	Regular	372	89	2.9	0.6	14.1	9.4	1.1	1.1	0.13	957	228	7.3	1.5	36.2	24.1	2.7	2.9	0.34		
		Large	396	94	2.9	0.6	15.2	10.3	1.2	1.2	0.14	1255	299	9.3	1.9	48.1	32.5	3.8	3.8	0.44		

WHITE MOCHA

White chocolate sauce, espresso and steamed milk, 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		
White Mocha - Whole Milk	MILK, SOYA	Regular	407	97	3.0	1.9	13.5	11.9	0.1	2.9	0.15	1070	254	8.0	5.1	35.6	31.4	0.2	7.5	0.41		
		Large	423	100	3.1	1.9	14.4	12.6	0.1	2.9	0.16	1368	325	9.9	6.3	46.4	40.8	0.3	9.3	0.52		
White Mocha - Skimmed Milk	MILK, SOYA	Regular	318	75	0.5	0.3	13.7	12.1	0.1	2.9	0.16	836	198	1.4	0.7	36.0	31.8	0.2	7.7	0.41		
		Large	333	79	0.5	0.3	14.5	12.8	0.1	3.0	0.16	1075	255	1.7	0.9	46.9	41.4	0.3	9.6	0.53		
White Mocha - Soya	MILK, SOYA	Regular	341	81	1.8	0.4	12.3	10.5	0.5	2.9	0.13	896	212	4.6	1.1	32.2	27.6	1.4	7.5	0.35		
		Large	356	84	1.8	0.4	13.0	11.2	0.6	2.9	0.14	1150	272	5.7	1.3	42.1	36.1	1.8	9.3	0.46		
White Mocha - Coconut	MILK, SOYA, OAT**	Regular	392	93	1.4	1.1	18.6	11.7	0.4	0.4	0.13	1030	244	3.6	2.9	48.8	30.8	1.0	1.1	0.35		
		Large	408	97	1.4	1.1	19.5	12.4	0.4	0.4	0.14	1318	312	4.4	3.5	62.9	40.1	1.3	1.3	0.46		
White Mocha - Gluten Free Oat	MILK, SOYA, OAT	Regular	399	95	2.7	0.5	16.2	11.5	0.1	0.6	0.15	1050	250	7.0	1.3	42.6	30.2	0.2	1.5	0.40		
		Large	416	99	2.7	0.5	17.1	12.2	0.1	0.6	0.16	1343	320	8.7	1.5	55.1	39.4	0.3	1.8	0.51		

** We have changed supply for the coconut milk alternative. Our new Alpro coconut milk has different allergen information. If you require further information, please ask one of our baristas or visit our website

MOCHA DELUXE

Dark chocolate, espresso and steamed milk topped with whipped cream, marshmallows and 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		
Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	582	139	8.5	5.3	11.9	10.5	0.9	3.2	0.14	1803	432	26.5	16.6	37.0	32.5	2.8	10.0	0.44		
		Large	617	148	8.4	5.2	14.0	12.2	1.2	3.4	0.15	1974	472	26.9	16.8	45.0	39.0	3.9	10.8	0.49		
Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	506	121	6.4	3.9	12.1	10.6	0.9	3.3	0.14	1569	376	19.9	12.2	37.4	32.9	2.8	10.2	0.45		
		Large	490	117	5.5	3.4	12.9	11.3	1.1	3.4	0.15	1813	434	20.4	12.5	47.7	41.7	3.9	12.7	0.55		
Mocha Deluxe - Soya	MILK, SOYA	Regular	525	126	7.4	4.1	10.8	9.3	1.3	3.2	0.12	1629	390	23.1	12.6	33.6	28.7	4.0	10.0	0.39		
		Large	510	122	6.6	3.5	11.6	9.9	1.5	3.4	0.13	1888	451	24.4	13.0	42.9	36.5	5.4	12.5	0.48		
Mocha Deluxe - Coconut	MILK, SOYA, OAT**	Regular	569	136	7.1	4.6	16.2	10.3	1.2	1.2	0.12	1763	422	22.1	14.4	50.2	31.9	3.6	3.6	0.39		
		Large	556	133	6.3	4.1	17.2	10.9	1.3	1.2	0.13	2056	491	23.2	15.2	63.7	40.5	4.9	4.5	0.48		
Mocha Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	575	138	8.2	4.1	14.2	10.1	0.9	1.3	0.14	1783	428	25.5	12.8	44.0	31.3	2.8	4.0	0.43		
		Large	562	135	7.4	3.6	15.1	10.7	1.1	1.3	0.14	2081	499	27.4	13.2	55.9	39.7	3.9	5.0	0.53		

WHITE MOCHA DELUXE

White chocolate sauce, espresso and steamed milk topped with whipped cream, marshmallows and 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		
White Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	595	142	8.2	5.1	13.6	12.1	0.1	2.7	0.16	1874	448	25.8	16.2	42.9	38.1	0.2	8.6	0.50		
		Large	579	138	7.4	4.6	14.3	12.7	0.1	2.8	0.16	2171	519	27.8	17.4	53.6	47.6	0.3	10.5	0.61		
White Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	521	124	6.1	3.8	13.7	12.2	0.1	2.8	0.16	1640	392	19.2	11.9	43.3	38.5	0.2	8.8	0.51		
		Large	501	120	5.2	3.2	14.4	12.8	0.1	2.9	0.17	1879	449	19.5	12.0	54.1	48.1	0.3	10.7	0.62		
White Mocha Deluxe - Soya	MILK, SOYA	Regular	540	129	7.1	3.9	12.5	10.9	0.4	2.7	0.14	1700	406	22.4	12.2	39.5	34.3	1.4	8.6	0.45		
		Large	521	124	6.3	3.3	13.2	11.4	0.5	2.8	0.15	1954	466	23.5	12.4	49.4	42.8	1.8	10.5	0.55		
White Mocha Deluxe - Coconut	MILK, SOYA, OAT**	Regular	582	139	6.8	4.4	17.8	11.9	0.3	0.7	0.14	1834	438	21.4	14.0	56.1	37.5	1.0	2.2	0.45		
		Large	566	135	5.9	3.9	18.7	12.5	0.3	0.7	0.15	2121	506	22.3	14.7	70.1	46.8	1.3	2.5	0.55		
White Mocha Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	588	141	7.9	3.9	15.8	11.7	0.1	0.8	0.15	1854	444	24.8	12.4	49.9	36.9	0.2	2.6	0.49		
		Large	572	137	7.1	3.4	16.6	12.3	0.1	0.8	0.16	2146	514	26.5	12.7	62.4	46.1	0.3	3.0	0.60		

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Hot Chocolate

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 - Whole Milk	MILK	Regular	400	95	3.6	2.3	11.5	10.1	1.0	3.7	0.14	1061	252	9.6	6.1	30.4	26.8	2.7	9.8	0.38		
		Large	420	100	3.6	2.3	12.5	10.9	1.2	3.8	0.15	1364	324	11.8	7.5	40.5	35.5	3.8	12.2	0.49		
Hot Chocolate - Skimmed Milk	MILK	Regular	294	70	0.6	0.3	11.6	10.3	1.0	3.8	0.15	780	185	1.7	0.9	30.9	27.3	2.7	10.1	0.39		
		Large	315	75	0.7	0.4	12.6	11.1	1.2	3.9	0.15	1025	243	2.3	1.2	41.1	36.1	3.8	12.5	0.50		
Hot Chocolate - Soya	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	342	81	2.1	0.5	10.9	9.2	1.7	3.8	0.13	1112	264	6.9	1.7	35.6	30.0	5.6	12.2	0.41		
Hot Chocolate - Coconut	SOYA, OAT**	Regular	382	91	1.6	1.3	17.4	9.8	1.4	0.8	0.12	1013	240	4.4	3.5	46.2	26.1	3.7	2.1	0.32		
		Large	402	95	1.7	1.3	18.4	10.7	1.5	0.9	0.13	1306	310	5.5	4.3	59.7	34.6	5.0	3.0	0.41		
Hot Chocolate - Gluten Free Oat	OAT	Regular	391	93	3.2	0.6	14.6	9.6	1	1.0	0.14	1037	248	8.4	1.6	38.8	25.4	2.7	2.6	0.37		
		Large	411	98	3.2	0.6	15.6	10.4	1.2	1.1	0.15	1335	319	10.4	2.0	50.7	33.8	3.8	3.5	0.47		

HOT CHOCOLATE DELUXE

Dark Hot Chocolate with steamed milk topped with whipped cream, marshmallows and 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		
Hot Chocolate Deluxe - Whole Milk	MILK, SOYA	Regular	593	142	8.7	5.5	12.0	10.7	0.9	3.5	0.15	1887	452	27.8	17.4	38.2	34.0	2.8	11.0	0.47		
		Large	579	139	7.9	5.0	12.8	11.3	1.0	3.6	0.15	2190	524	30.0	18.8	48.3	42.7	3.9	13.4	0.58		
Hot Chocolate Deluxe - Skimmed Milk	MILK, SOYA	Regular	505	121	6.2	3.8	12.2	10.8	0.9	3.5	0.15	1606	385	19.8	12.2	38.7	34.5	2.8	11.2	0.48		
		Large	489	117	5.4	3.3	12.9	11.5	1.0	3.6	0.16	1850	443	20.4	12.5	48.9	43.3	3.9	13.7	0.59		
Hot Chocolate Deluxe - Soya	MILK, SOYA	Regular	528	126	7.4	4.0	10.7	9.3	1.3	3.5	0.13	1678	401	23.7	12.6	34.1	29.5	4.2	11.0	0.41		
		Large	513	122	6.6	3.4	11.5	9.8	1.5	3.6	0.13	1937	463	25.0	13.0	43.4	37.2	5.6	13.4	0.50		
Hot Chocolate Deluxe - Coconut	MILK, SOYA, OAT**	Regular	578	138	7.1	4.7	17.0	10.5	1.2	1.0	0.13	1839	440	22.5	14.8	54.0	33.3	3.8	3.3	0.41		
		Large	564	135	6.3	4.2	17.7	10.9	1.3	1.1	0.13	2132	510	23.9	15.8	66.9	41.3	5.1	4.2	0.51		
Hot Chocolate Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	578	138	7.1	4.7	17.0	10.5	1.2	1.0	0.13	1839	440	22.5	14.8	54.0	33.3	3.8	3.3	0.41		
		Large	572	137	7.6	3.6	15.3	10.7	1.0	1.3	0.15	2161	518	28.8	13.5	57.9	40.4	3.9	4.7	0.56		

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Hot Chocolate

WHITE HOT CHOCOLATE

White chocolate sauce and steamed milk 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		
White Hot Chocolate - Whole Milk	MILK, SOYA	Regular	426	101	3.4	2.2	13.6	12.1	0.1	3.1	0.16	1154	274	9.3	5.9	36.8	32.9	0.2	8.5	0.44		
		Large	438	104	3.4	2.2	14.4	12.8	0.1	3.1	0.17	1451	345	11.2	7.1	47.5	42.4	0.3	10.3	0.56		
White Hot Chocolate - Skimmed Milk	MILK, SOYA	Regular	322	76	0.5	0.3	13.7	12.3	0.1	3.2	0.17	873	207	1.4	0.7	37.3	33.4	0.2	8.7	0.45		
		Large	336	80	0.5	0.3	14.5	13.0	0.1	3.2	0.17	1112	263	1.7	0.9	48.1	42.9	0.3	10.6	0.57		
White Hot Chocolate - Soya	MILK, SOYA	Regular	349	83	1.9	0.4	12.1	10.5	0.6	3.1	0.14	945	224	5.2	1.1	32.7	28.3	1.6	8.5	0.38		
		Large	362	86	1.9	0.4	12.9	11.1	0.6	3.1	0.15	1199	284	6.3	1.4	42.6	36.8	2.0	10.3	0.48		
White Hot Chocolate - Coconut	MILK, SOYA, OAT**	Regular	408	97	1.5	1.2	19.4	11.9	0.4	0.3	0.14	1106	262	4.0	3.3	52.6	32.2	1.2	0.8	0.38		
		Large	421	100	1.5	1.2	20.1	12.5	0.4	0.3	0.15	1393	330	4.9	4.0	66.7	41.5	1.4	1.0	0.48		
White Hot Chocolate - Gluten Free Oat	MILK, SOYA, OAT	Regular	417	99	3.0	0.5	16.7	11.6	0.1	0.5	0.16	1130	269	8.1	1.4	45.2	31.5	0.2	1.3	0.43		
		Large	430	102	3.0	0.5	17.4	12.3	0.1	0.5	0.16	1422	339	9.8	1.6	57.7	40.6	0.3	1.6	0.54		

WHITE HOT CHOCOLATE DELUXE

White chocolate sauce and steamed milk topped with whipped cream, marshmallows and 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		
White Hot Chocolate Deluxe - Whole Milk	MILK, SOYA	Regular	606	145	8.4	5.3	13.6	12.3	0.1	3	0.16	1957	468	27.1	17.0	44.1	39.6	0.2	9.6	0.53		
		Large	589	141	7.6	4.8	14.3	12.8	0.1	3.0	0.17	2255	539	29.1	18.3	54.8	49.1	0.3	11.4	0.65		
White Hot Chocolate Deluxe - Skimmed Milk	MILK, SOYA	Regular	519	124	6.0	3.7	13.8	12.4	0.1	3.1	0.17	1677	401	19.2	11.9	44.5	40.1	0.2	9.9	0.54		
		Large	500	119	5.1	3.1	14.5	13.0	0.1	3.1	0.17	1916	458	19.5	12.0	55.4	49.6	0.3	11.7	0.66		
White Hot Chocolate Deluxe - Soya	MILK, SOYA	Regular	541	129	7.2	3.8	12.2	10.7	0.5	3	0.15	1749	418	23.3	12.4	39.4	34.5	1.6	9.6	0.47		
		Large	523	125	6.3	3.3	13.0	11.4	0.5	3	0.15	2003	478	24.1	12.5	49.9	43.6	2.0	11.4	0.57		
White Hot Chocolate Deluxe - Coconut	MILK, SOYA, OAT**	Regular	591	141	6.8	4.5	18.5	12.0	0.4	0.6	0.15	1909	456	21.9	14.4	59.9	38.9	1.2	1.9	0.47		
		Large	574	137	5.9	3.9	19.3	12.6	0.4	0.6	0.15	2197	524	22.7	15.1	73.9	48.2	1.4	2.2	0.57		
White Hot Chocolate Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	599	144	8.1	3.9	16.1	11.6	0.1	0.8	0.16	1934	464	26.2	12.7	51.9	37.6	0.2	2.4	0.52		
		Large	581	139	7.2	3.3	17.0	12.4	0.1	0.7	0.16	2226	533	27.6	12.8	64.9	47.3	0.3	2.7	0.63		

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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 - Whole Milk	MILK	Regular	281	67	3.7	2.3	5.1	5.0	0.2	3.3	0.10	683	163	8.9	5.6	12.5	12.2	0.5	8.1	0.25		
		Large	282	67	3.7	2.3	5.2	5.1	0.2	3.3	0.10	828	198	10.7	6.7	15.2	14.9	0.6	9.8	0.31		
Turmeric Latte - Skimmed Milk	MILK	Regular	166	39	0.4	0.2	5.3	5.2	0.2	3.4	0.11	402	96	1.0	0.4	13.0	12.7	0.5	8.4	0.27		
		Large	166	40	0.4	0.2	5.4	5.2	0.2	3.4	0.11	488	116	1.2	0.5	15.8	15.4	0.6	10.1	0.32		
Turmeric Latte - Soya	SOYA	Regular	195	46	2.0	0.3	3.5	3.2	0.8	3.3	0.08	474	113	4.8	0.8	8.4	7.7	2.0	8.1	0.19		
		Large	196	46	2.0	0.3	3.5	3.2	0.8	3.3	0.08	576	137	5.8	1.0	10.3	9.3	2.4	9.8	0.24		
Turmeric Latte - Coconut	SOYA, OAT**	Regular	261	62	1.5	1.2	11.7	4.7	0.6	0.2	0.08	635	151	3.6	2.9	28.3	11.5	1.5	0.4	0.19		
		Large	262	62	1.5	1.2	11.7	4.8	0.6	0.2	0.08	770	183	4.4	3.6	34.3	14.0	1.8	0.5	0.24		
Turmeric Latte - Gluten Free Oat	OAT	Regular	271	65	3.2	0.4	8.6	4.4	0.2	0.4	0.10	659	158	7.7	1.0	20.9	10.8	0.5	0.9	0.24		
		Large	272	65	3.2	0.4	8.6	4.5	0.2	0.4	0.10	799	192	9.3	1.2	25.4	13.1	0.6	1.1	0.29		

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 - Whole Milk	MILK	Regular	273	65	3.6	2.3	4.7	4.4	0.2	3.4	0.10	661	158	8.8	5.5	11.3	10.6	0.5	8.3	0.25		
		Large	275	66	3.6	2.3	4.7	4.4	0.2	3.5	0.10	803	192	10.6	6.6	13.8	12.7	0.7	10.2	0.30		
Matcha Latte - Skimmed Milk	MILK	Regular	157	37	0.3	0.1	4.9	4.6	0.2	3.5	0.11	379	90	0.8	0.3	11.7	11.1	0.5	8.6	0.26		
		Large	159	38	0.3	0.1	4.9	4.6	0.2	3.6	0.11	464	111	1.0	0.4	14.3	13.3	0.7	10.4	0.32		
Matcha Latte - Soya	SOYA	Regular	187	44	1.9	0.3	3.0	2.5	0.8	3.4	0.08	451	107	4.7	0.7	7.2	6.0	1.9	8.3	0.19		
		Large	189	45	1.9	0.3	3.0	2.5	0.8	3.5	0.08	551	131	5.7	0.9	8.8	7.2	2.5	10.2	0.23		
Matcha Latte - Coconut	SOYA, OAT**	Regular	253	60	1.4	1.2	11.2	4.1	0.6	0.3	0.08	613	146	3.5	2.9	27.1	9.9	1.4	0.6	0.19		
		Large	255	61	1.4	1.2	11.3	4.1	0.6	0.3	0.08	745	177	4.2	3.5	32.9	11.9	1.9	0.9	0.23		
Matcha Latte - Gluten Free Oat	OAT	Regular	263	63	3.1	0.4	8.1	3.8	0.2	0.5	0.10	637	153	7.6	1.0	19.7	9.1	0.5	1.1	0.24		
		Large	265	64	3.1	0.4	8.2	3.8	0.2	0.5	0.10	774	186	9.1	1.2	23.9	11.0	0.7	1.5	0.29		

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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 - Whole Milk	MILK	Regular	396	94	3.3	2.1	13.0	8.9	0.2	3.0	0.11	1049	249	8.7	5.5	34.5	23.6	0.6	8.0	0.28		
		Large	414	98	3.2	2.1	14.2	9.5	0.3	3.0	0.11	1347	320	10.5	6.7	46.3	31.0	0.8	9.7	0.35		
Spiced Chai Latte - Skimmed Milk	MILK	Regular	290	69	0.3	0.1	13.2	9.1	0.2	3.1	0.11	768	182	0.7	0.3	35.0	24.0	0.6	8.3	0.30		
		Large	310	73	0.3	0.1	14.4	9.7	0.3	3.1	0.11	1007	238	0.9	0.4	46.9	31.5	0.8	10.0	0.36		
Spiced Chai Latte - Soya	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	337	80	1.7	0.3	12.7	7.8	0.8	3.0	0.09	1094	259	5.5	0.9	41.4	25.4	2.6	9.7	0.28		
Spiced Chai Latte - Coconut	SOYA, OAT**	Regular	378	89	1.3	1.1	19.0	8.6	0.6	0.1	0.08	1001	237	3.4	2.9	50.4	22.8	1.6	0.4	0.22		
		Large	377	89	1.3	1.1	19.0	8.6	0.6	0.1	0.08	1206	286	4.1	3.5	60.6	27.5	1.9	0.4	0.27		
Spiced Chai Latte - Gluten Free Oat	OAT	Regular	387	92	2.8	0.4	16.2	8.3	0.2	0.3	0.10	1025	244	7.5	1.0	42.9	22.1	0.6	0.8	0.27		
		Large	405	97	2.8	0.4	17.4	9.0	0.3	0.3	0.10	1318	314	9.0	1.2	56.4	29.2	0.8	1.0	0.34		

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 - Whole Milk	MILK	Regular	230	55	3.0	1.9	4.0	3.8	0.0	2.9	0.09	418	100	5.5	3.5	7.2	6.9	0.0	5.3	0.16		
		Large	239	57	3.2	2.0	4.1	3.9	0.0	3.0	0.09	603	144	8.0	5.1	10.3	9.9	0.0	7.6	0.24		
Iced Latte - Skimmed Milk	MILK	Regular	133	32	0.3	0.1	4.1	3.9	0.0	3.0	0.09	242	58	0.6	0.3	7.5	7.2	0.0	5.5	0.17		
		Large	137	33	0.3	0.1	4.3	4.1	0.0	3.1	0.10	345	82	0.8	0.4	10.7	10.4	0.0	7.8	0.25		
Iced Latte - Soya	SOYA	Regular	158	37	1.6	0.3	2.6	2.2	0.5	2.9	0.07	287	68	3.0	0.5	4.7	4.0	0.9	5.3	0.13		
		Large	163	39	1.7	0.3	2.6	2.3	0.5	3.0	0.07	411	98	4.3	0.7	6.5	5.8	1.3	7.6	0.18		
Iced Latte - Coconut	SOYA, OAT**	Regular	213	51	1.2	1.0	9.4	3.5	0.3	0.3	0.07	388	92	2.2	1.9	17.1	6.4	0.6	0.5	0.13		
		Large	222	53	1.3	1.1	9.8	3.7	0.3	0.2	0.07	559	133	3.2	2.7	24.8	9.3	0.9	0.6	0.18		
Iced Latte - Gluten Free Oat	OAT	Regular	221	53	2.6	0.4	6.8	3.3	0.0	0.4	0.09	403	97	4.8	0.7	12.5	6.0	0.0	0.8	0.16		
		Large	230	55	2.8	0.4	7.1	3.4	0.0	0.4	0.09	581	139	6.9	0.9	18.0	8.6	0.0	1.0	0.23		

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	0.0	0.2	0.1	0.0	0.1	0.01	22	5	0.1	0.1	0.6	0.3	0.0	0.4	0.05		
		Large	5	1	0.0	0.0	0.1	0.1	0.0	0.1	0.01	22	5	0.1	0.1	0.6	0.3	0.0	0.4	0.06		
Iced Americano - Whole Milk	MILK	Regular	53	13	0.6	0.4	1.0	0.8	0.0	0.7	0.03	114	27	1.4	0.9	2.1	1.8	0.0	1.5	0.06		
		Large	40	9	0.5	0.3	0.7	0.6	0.0	0.5	0.02	114	27	1.4	0.9	2.1	1.8	0.0	1.5	0.07		
Iced Americano - Skimmed Milk	MILK	Regular	18	4	0.1	0.0	0.5	0.4	0.0	0.4	0.02	73	17	0.2	0.1	2.2	1.9	0.0	1.5	0.09		
		Large	16	4	0.1	0.0	0.5	0.4	0.0	0.3	0.02	73	17	0.2	0.1	2.2	1.9	0.0	1.5	0.09		
Iced Americano - Soya	SOYA	Regular	20	5	0.2	0.0	0.4	0.3	0.1	0.4	0.02	84	20	0.8	0.2	1.6	1.1	0.2	1.5	0.08		
		Large	18	4	0.2	0.0	0.3	0.2	0.0	0.3	0.02	84	20	0.8	0.2	1.6	1.1	0.2	1.5	0.08		
Iced Americano - Coconut	SOYA, OAT**	Regular	26	6	0.1	0.1	1.1	0.4	0.0	0.1	0.02	107	25	0.6	0.5	4.5	1.7	0.1	0.4	0.08		
		Large	23	6	0.1	0.1	1.0	0.4	0.0	0.1	0.02	107	25	0.6	0.5	4.5	1.7	0.1	0.4	0.08		
Iced Americano - Gluten Free Oat	OAT	Regular	20	5	0.2	0.0	0.7	0.4	0.0	0.2	0.02	85	20	0.7	0.2	2.7	1.7	0.1	0.6	0.09		
		Large	20	5	0.2	0.0	0.7	0.4	0.0	0.2	0.02	85	20	0.7	0.2	2.7	1.7	0.1	0.6	0.09		

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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.

Iced Coffee

ICED MOCHA

Espresso, dark chocolate powder 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 Mocha - Whole Milk	MILK	Regular	408	97	3.2	2.0	13.1	11.2	1.3	3.5	0.14	845	201	6.5	4.1	27.0	23.1	2.7	7.2	0.29
		Large	418	99	3.3	2.1	13.3	11.4	1.3	3.6	0.15	1201	285	9.4	5.9	38	32.7	3.8	10	0.42
Iced Mocha - Skimmed Milk	MILK	Regular	316	75	0.7	0.4	12.8	11.0	1.3	3.5	0.14	683	162	1.6	0.9	27.7	23.8	2.7	7.7	0.31
		Large	329	78	0.8	0.4	13.4	11.5	1.3	3.7	0.15	944	224	2.2	1.2	38.5	33.1	3.8	10.5	0.43
Iced Mocha - Soya	SOYA	Regular	345	82	1.9	0.5	11.8	9.8	1.8	3.5	0.12	715	169	4.0	1.1	24.5	20.3	3.6	7.2	0.26
		Large	352	83	2.0	0.5	12.0	9.9	1.8	3.6	0.13	1010	239	5.7	1.6	34.3	28.5	5.1	10.3	0.36
Iced Mocha - Coconut	SOYA, OAT**	Regular	394	93	1.6	1.2	17.8	10.9	1.6	1.2	0.12	815	193	3.2	2.5	36.9	22.7	3.3	2.4	0.26
		Large	403	96	1.6	1.2	18.3	11.2	1.6	1.1	0.13	1157	274	4.6	3.5	52.6	32.0	4.7	3.2	0.36
Iced Mocha - Gluten Free Oat	OAT	Regular	394	93	1.6	1.2	17.8	10.9	1.6	1.2	0.12	815	193	3.2	2.5	36.9	22.7	3.3	2.4	0.26
		Large	411	98	2.9	0.6	15.9	10.9	1.3	1.3	0.14	1179	281	8.3	1.8	45.7	31.4	3.8	3.7	0.41

ICED MOCHA DELUXE

Espresso, dark chocolate powder, milk over ice topped with cream and 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 Deluxe - Whole Milk	MILK, SOYA	Regular	643	154	9.5	5.9	13.4	11.7	1.1	3.2	0.15	1671	400	24.7	15.4	34.8	30.3	2.8	8.4	0.38
		Large	596	143	8.1	5.1	13.5	11.7	1.1	3.4	0.15	2027	485	27.6	17.3	45.8	39.9	3.9	12	0.51
Iced Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	575	138	7.6	4.7	13.5	11.8	1.1	3.3	0.15	1495	358	19.7	12.2	35.1	30.6	2.8	8.5	0.39
		Large	520	124	6.0	3.7	13.6	11.9	1.1	3.4	0.15	1769	423	20.3	12.5	46.3	40.3	3.9	11.7	0.52
Iced Mocha Deluxe - Soya	MILK, SOYA	Regular	592	142	8.5	4.8	12.4	10.6	1.4	3.2	0.13	1540	369	22.1	12.4	32.3	27.5	3.7	8.4	0.35
		Large	540	129	7.0	3.8	12.4	10.5	1.5	3.4	0.13	1835	439	23.8	12.9	42.1	35.7	5.2	11.5	0.45
Iced Mocha Deluxe - Coconut	MILK, SOYA, OAT**	Regular	631	151	8.2	5.3	17.2	11.5	1.3	1.4	0.13	1641	393	21.4	13.8	44.7	29.9	3.4	3.6	0.35
		Large	583	139	6.7	4.4	17.8	11.5	1.4	1.3	0.13	1983	474	22.7	14.9	60.4	39.2	4.8	4.4	0.45
Iced Mocha Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	637	153	9.2	4.8	15.4	11.3	1.1	1.5	0.14	1656	397	23.9	12.6	40.1	29.4	2.8	3.9	0.38
		Large	590	141	7.8	3.9	15.7	11.3	1.1	1.4	0.15	2005	480	26.5	13.1	53.5	38.6	3.9	4.9	0.50

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Iced Coffee

PISTACHIO ICED LATTE

Espresso, milk and Pistachio syrup over ice

		Per 100ml											Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Pistachio Iced Latte - Whole Milk	MILK	Regular	292	70	2.8	1.8	8.5	8.3	0.0	2.7	0.20	576	137	5.5	3.5	16.7	16.3	0.0	5.3	0.39		
		Large	306	73	2.9	1.9	8.9	8.8	0.0	2.8	0.21	841	201	8.1	5.1	24.5	24.2	0.0	7.6	0.58		
Pistachio Iced Latte - Skimmed Milk	MILK	Regular	203	48	0.3	0.1	8.6	8.4	0.0	2.8	0.20	401	95	0.6	0.3	17.0	16.6	0.0	5.5	0.40		
		Large	212	51	0.3	0.1	9.1	8.9	0.0	2.9	0.22	584	139	0.8	0.4	24.9	24.6	0.0	7.8	0.59		
Pistachio Iced Latte - Soya	SOYA	Regular	226	54	1.5	0.3	7.2	6.8	0.5	2.7	0.18	446	106	3.0	0.5	14.1	13.5	0.9	5.3	0.35		
		Large	236	56	1.6	0.3	7.5	7.3	0.5	2.8	0.19	650	155	4.3	0.7	20.8	20.0	1.3	7.6	0.53		
Pistachio Iced Latte - Coconut	SOYA, OAT**	Regular	277	66	1.1	0.9	13.5	8.0	0.3	0.3	0.18	546	130	2.2	1.9	26.6	15.9	0.6	0.5	0.34		
		Large	290	69	1.2	1.0	14.2	8.5	0.3	0.2	0.19	797	190	3.2	2.7	39.1	23.5	0.9	0.6	0.53		
Pistachio Iced Latte - Oat	OAT	Regular	285	68	2.4	0.3	11.1	7.8	0.0	0.4	0.20	561	134	4.8	0.7	21.9	15.4	0.0	0.8	0.38		
		Large	298	71	2.5	0.3	11.7	8.3	0.0	0.4	0.21	819	196	7.0	0.9	32.2	22.8	0.0	1.0	0.57		

HONEYCOMB ICED LATTE

Espresso, milk and Honeycomb syrup over ice

		Per 100ml											Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Honeycomb Iced Latte - Whole Milk	MILK	Regular	328	78	2.8	1.8	10.3	10.1	0.3	2.7	0.09	646	153	5.5	3.5	20.3	20.0	0.6	5.3	0.17		
		Large	344	82	2.9	1.9	10.9	10.8	0.3	2.8	0.09	947	225	8.1	5.1	30.0	29.7	1.0	7.6	0.24		
Honeycomb Iced Latte - Skimmed Milk	MILK	Regular	239	57	0.3	0.1	10.5	10.3	0.3	2.8	0.09	471	111	0.6	0.3	20.6	20.3	0.6	5.5	0.18		
		Large	250	59	0.3	0.1	11.1	11.0	0.3	2.9	0.09	689	163	0.8	0.4	30.5	30.1	1.0	7.8	0.26		
Honeycomb Iced Latte - Soya	SOYA	Regular	262	62	1.5	0.3	9.0	8.7	0.8	2.7	0.07	516	122	3.0	0.5	17.8	17.1	1.5	5.3	0.13		
		Large	275	65	1.6	0.3	9.6	9.3	0.8	2.8	0.07	755	178	4.3	0.7	26.3	25.5	2.3	7.6	0.19		
Honeycomb Iced Latte - Coconut	SOYA, OAT**	Regular	313	74	1.1	0.9	15.3	9.9	0.6	0.3	0.07	616	146	2.2	1.9	30.2	19.5	1.2	0.5	0.13		
		Large	328	78	1.2	1.0	16.2	10.6	0.7	0.2	0.07	903	214	3.2	2.7	44.6	29.0	1.8	0.6	0.19		
Honeycomb Iced Latte - Oat	OAT	Regular	320	76	2.4	0.3	13.0	9.7	0.3	0.4	0.08	631	150	4.8	0.7	25.6	19.1	0.6	0.8	0.16		
		Large	336	80	2.5	0.3	13.7	10.3	0.3	0.4	0.08	925	220	7.0	0.9	37.7	28.4	1.0	1.0	0.23		

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VANILLA ICED LATTE

Espresso, milk and vanilla syrup over ice

			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 - Whole Milk	MILK	Regular	327	78	2.8	1.8	10.4	10.2	0.0	2.7	0.08	644	153	5.5	3.5	20.5	20.1	0.0	5.3	0.16
		Large	343	81	2.9	1.9	11.0	10.9	0.0	2.8	0.09	944	224	8.1	5.1	30.3	29.9	0.0	7.6	0.24
Iced Vanilla Latte - Skimmed Milk	MILK	Regular	238	56	0.3	0.1	10.6	10.4	0.0	2.8	0.09	469	111	0.6	0.3	20.8	20.4	0.0	5.5	0.17
		Large	250	59	0.3	0.1	11.2	11.0	0.0	2.9	0.09	686	162	0.8	0.4	30.7	30.4	0.0	7.8	0.25
Iced Vanilla Latte - Soya	SOYA	Regular	261	62	1.5	0.3	9.1	8.8	0.5	2.7	0.06	514	121	3.0	0.5	17.9	17.3	0.9	5.3	0.13
		Large	274	65	1.6	0.3	9.6	9.4	0.5	2.8	0.07	752	178	4.3	0.7	26.5	25.7	1.3	7.6	0.18
Iced Vanilla Latte - Coconut	SOYA, OAT**	Regular	312	74	1.1	0.9	15.4	10.0	0.3	0.3	0.06	614	145	2.2	1.9	30.4	19.7	0.6	0.5	0.13
		Large	327	77	1.2	1.0	16.3	10.6	0.3	0.2	0.07	900	213	3.2	2.7	44.8	29.3	0.9	0.6	0.18
Iced Vanilla Latte - Oat	OAT	Regular	319	76	2.4	0.3	13.1	9.8	0.0	0.4	0.08	629	150	4.8	0.7	25.7	19.2	0.0	0.8	0.16
		Large	335	80	2.5	0.3	13.8	10.4	0.0	0.4	0.08	922	220	7.0	0.9	38.0	28.6	0.0	1.0	0.23

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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, SOYA, OAT**	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, 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, 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, SOYA, OAT**	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, 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, 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, SOYA, OAT**	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, 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, 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

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, SOYA, OAT**	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, 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, 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

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Frappe

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, SOYA, OAT**	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, 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, 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		

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, SOYA, OAT**	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, 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, 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		

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Frappe

PISTACHIO & SALTED CARAMEL FRAPPE

Pistachio syrup and Salted Caramel syrup, blended with milk and ice, 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
Pistachio & Salted Caramel Frappe - Whole Milk	MILK	Regular	563	135	9.6	6.0	9.9	9.7	0.0	2.3	0.27	1323	318	22.5	14.1	23.4	22.9	0.1	5.5	0.63
		Large	546	131	8.1	5.1	12.1	11.9	0.0	2.4	0.27	1620	389	24.1	15.1	35.9	35.5	0.1	7.1	0.80
Pistachio & Salted Caramel Frappe - Skimmed Milk	MILK	Regular	500	120	7.8	4.8	10.0	9.8	0.0	2.4	0.27	1176	283	18.4	11.4	23.6	23.1	0.1	5.6	0.64
		Large	479	115	6.2	3.8	12.2	12.1	0.0	2.4	0.27	1421	341	18.5	11.4	36.2	35.8	0.1	7.3	0.81
Pistachio & Salted Caramel Frappe - Soya	MILK, SOYA	Regular	516	124	8.7	4.9	9.0	8.7	0.3	2.3	0.26	1214	292	20.4	11.6	21.2	20.5	0.8	5.5	0.60
		Large	496	119	7.1	3.9	11.1	10.8	0.4	2.4	0.26	1472	353	21.2	11.7	33.0	32.2	1.1	7.1	0.76
Pistachio & Salted Caramel Frappe - Coconut	MILK, SOYA, OAT**	Regular	552	133	8.4	5.4	13.5	9.6	0.2	0.6	0.26	1298	312	19.7	12.7	31.6	22.5	0.6	1.5	0.60
		Large	534	128	6.8	4.5	15.9	11.8	0.3	0.6	0.26	1586	380	20.3	13.2	47.1	34.9	0.8	1.6	0.76
Pistachio & Salted Caramel Frappe - Oat	MILK, OAT	Regular	558	134	9.3	5.0	11.8	9.4	0.0	0.7	0.27	1310	316	21.9	11.7	27.7	22.1	0.1	1.7	0.62
		Large	540	130	7.8	4.0	14.1	11.6	0.0	0.7	0.27	1603	385	23.2	11.9	41.9	34.4	0.1	2.0	0.79

HONEYCOMB FRAPPE

Honeycomb syrup, blended with milk and ice, 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
Honeycomb Frappe - Whole Milk	MILK	Regular	700	168	11.4	7.2	13.5	13.5	0.4	2.6	0.12	1365	327	22.3	14.0	26.3	26.3	0.7	5.1	0.23
		Large	660	158	9.3	5.8	15.8	15.8	0.4	2.6	0.11	1704	407	24.0	15.1	40.8	40.8	1.1	6.7	0.29
Honeycomb Frappe - Skimmed Milk	MILK	Regular	625	150	9.3	5.8	13.6	13.6	0.4	2.7	0.12	1219	292	18.2	11.3	26.5	26.5	0.7	5.3	0.24
		Large	583	139	7.1	4.4	15.9	15.9	0.4	2.7	0.12	1504	360	18.4	11.4	41.1	41.1	1.1	6.9	0.30
Honeycomb Frappe - Soya	MILK, SOYA	Regular	636	152	10.4	5.9	12.0	11.8	0.6	2.6	0.10	1240	297	20.2	11.5	23.4	23.0	1.2	5.0	0.19
		Large	603	144	8.2	4.5	14.7	14.6	0.8	2.6	0.10	1555	372	21.1	11.7	37.9	37.6	2.1	6.7	0.25
Honeycomb Frappe - Coconut	MILK, SOYA, OAT**	Regular	687	165	10.0	6.5	17.7	13.3	0.6	0.6	0.10	1340	321	19.6	12.6	34.5	25.9	1.2	1.1	0.20
		Large	647	155	7.8	5.1	20.2	15.6	0.7	0.5	0.10	1670	399	20.2	13.2	52.0	40.3	1.8	1.3	0.25
Honeycomb Frappe - Oat	MILK, OAT	Regular	694	167	11.1	6.0	15.7	13.1	0.4	0.7	0.12	1353	325	21.7	11.6	30.6	25.5	0.7	1.4	0.23
		Large	654	157	9.0	4.6	18.1	15.4	0.4	0.6	0.11	1687	404	23.1	11.8	46.8	39.8	1.1	1.6	0.29

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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		
Berry Cherry Smoothie		Regular	192	45	0.2	0.1	9.7	9.6	0.8	0.5	0.02	748	176	0.8	0.4	37.9	37.5	3.3	1.8	0.06		
		Large	190	45	0.2	0.1	9.7	9.6	0.7	0.4	0.02	913	215	0.8	0.5	46.7	46.3	3.4	2.0	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		
Sugar Free Peach Iced Tea		Regular	8	2	0.0	0.0	0.3	0.0	0.0	0.0	0.03	14	3	0.0	0.0	0.5	0.0	0.0	0.0	0.05		
		Large	7	2	0.0	0.0	0.3	0.0	0.0	0.0	0.03	18	4	0.0	0.0	0.7	0.0	0.0	0.0	0.06		

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	SOYA, OAT**	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	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	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	SOYA, OAT**	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	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 - Gluten Free Oat	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

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VANILLA BABYSHAKE

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Kids Drinks

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	SOYA, OAT**	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	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 - Gluten Free Oat	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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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	SOYA, OAT**	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	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 - Gluten Free Oat	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	SOYA, OAT**	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	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 - Gluten Free Oat	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	

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Kids Drinks

MINT BABYSHAKE

Mint 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	
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	SOYA, OAT**	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	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 - Gluten Free Oat	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	

CARAMEL BABYSHAKE

Caramel 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	
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	SOYA, OAT**	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	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 - Gluten Free Oat	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	

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