

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	2.6	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	OAT	Regular	223	53	1.3	1.1	9.9	3.7	0.4	0.2	0.07	697	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 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

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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PEANUT BUTTER CUP LATTE

Espresso and Steamed Milk with Peanut Butter and Salted Caramel Syrups

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
Peanut Butter Cup Latte - Coconut Milk	SOYA	Regular	192	45	1.3	0.6	6.8	6.6	0.2	1.4	0.13	524	124	3.5	1.7	18.4	18.1	0.5	3.9	0.36
		Large	205	49	1.3	0.6	7.6	7.5	0.2	1.4	0.12	679	161	4.2	2.1	25.1	24.7	0.6	4.7	0.41
Peanut Butter Cup Latte - Whole Milk	MILK	Regular	307	73	3.2	2.0	8.0	7.9	0.0	3.0	0.13	839	200	8.8	5.5	21.9	21.6	0.0	8.2	0.36
		Large	321	76	3.2	2.0	8.9	8.8	0.0	3.0	0.12	1060	252	10.6	6.7	29.3	29.0	0.0	9.9	0.41
Peanut Butter Cup Latte - Skimmed Milk	MILK	Regular	188	44	0.2	0.1	7.4	7.2	0.0	3.2	0.14	514	121	0.6	0.3	20.1	19.8	0.0	8.7	0.38
		Large	202	48	0.2	0.1	8.2	8.1	0.0	3.2	0.13	667	157	0.7	0.3	27.1	26.8	0.0	10.5	0.44
Peanut Butter Cup Latte - Oat Milk	OAT	Regular	293	70	2.8	0.4	10.8	7.1	0.0	0.4	0.13	800	191	7.6	1.0	29.5	19.3	0.0	1.0	0.36
		Large	306	73	2.8	0.4	11.6	7.9	0.0	0.4	0.12	1012	242	9.1	1.2	38.4	26.2	0.0	1.2	0.41
Peanut Butter Cup Latte - Soya Milk	SOYA	Regular	225	53	1.7	0.3	6.2	5.9	0.5	3.0	0.13	615	146	4.7	0.7	17.0	16.2	1.4	8.2	0.36
		Large	239	57	1.7	0.3	7.1	6.8	0.5	3.0	0.12	789	187	5.6	0.9	23.4	22.4	1.7	9.9	0.41

PEANUT BUTTER CUP MOCHA

Espresso, Steamed Milk and Dark Hot Chocolate with Peanut Butter and Salted Caramel Syrups

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
Peanut Butter Cup Mocha - Oat Milk	OAT	Regular	400	95	2.9	0.5	15.8	11.9	0.9	1.1	0.16	1191	284	8.6	1.6	47.0	35.5	2.6	3.1	0.48
		Large	427	102	2.9	0.6	17.2	13.4	1.0	1.1	0.16	1560	371	10.5	2.1	63.0	48.9	3.7	4.1	0.59
Peanut Butter Cup Mocha - Whole Milk	MILK	Regular	413	98	3.3	2.1	13.2	12.7	0.9	3.5	0.16	1230	292	9.8	6.1	39.5	37.8	2.6	10.3	0.48
		Large	440	104	3.3	2.1	14.7	14.1	1.0	3.5	0.16	1607	382	12.0	7.5	53.9	51.7	3.7	12.8	0.59
Peanut Butter Cup Mocha - Skimmed Milk	MILK	Regular	304	72	0.5	0.3	12.6	12.1	0.9	3.6	0.17	905	214	1.6	0.9	37.6	36.0	2.6	10.8	0.51
		Large	332	78	0.6	0.3	14.1	13.5	1.0	3.7	0.17	1215	287	2.1	1.2	51.7	49.5	3.7	13.4	0.61
Peanut Butter Cup Mocha - Coconut Milk	SOYA	Regular	307	73	1.5	0.8	12.1	11.5	1.0	2.0	0.16	915	217	4.5	2.3	36.0	34.3	3.1	6.0	0.48
		Large	336	79	1.5	0.8	13.6	13.0	1.2	2.1	0.16	1227	290	5.6	2.9	49.6	47.5	4.3	7.6	0.59
Peanut Butter Cup Mocha - Soya Milk	SOYA	Regular	338	80	1.9	0.5	11.6	10.9	1.4	3.5	0.16	1006	238	5.7	1.4	34.5	32.4	4.1	10.3	0.48
		Large	366	87	1.9	0.5	13.1	12.4	1.5	3.5	0.16	1337	316	7.0	1.8	47.9	45.1	5.4	12.8	0.59

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PEANUT BUTTER CUP HOT CHOCOLATE

Steamed Milk and Dark Hot Chocolate with Peanut Butter and Salted Caramel Syrups

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		
Peanut Butter Cup Hot Chocolate - Oat Milk	OAT	Regular	418	100	3.0	0.6	16.6	12.6	0.9	1.0	0.17	1171	279	8.4	1.6	46.4	35.3	2.6	2.8	0.48		
		Large	443	105	3.0	0.6	18.0	14.0	1.1	1.1	0.17	1540	366	10.4	2.0	62.4	48.7	3.7	3.8	0.59		
Peanut Butter Cup Hot Chocolate - Whole Milk	MILK	Regular	432	103	3.4	2.2	13.9	13.4	0.9	3.6	0.17	1210	288	9.6	6.1	38.9	37.6	2.6	10.0	0.48		
		Large	457	109	3.4	2.2	15.3	14.8	1.1	3.6	0.17	1587	377	11.8	7.5	53.3	51.5	3.7	12.5	0.59		
Peanut Butter Cup Hot Chocolate - Skimmed Milk	MILK	Regular	316	75	0.5	0.3	13.2	12.8	0.9	3.8	0.18	885	209	1.5	0.9	37.1	35.8	2.6	10.5	0.51		
		Large	344	81	0.6	0.3	14.7	14.2	1.1	3.8	0.18	1194	282	2.0	1.2	51.1	49.3	3.7	13.1	0.61		
Peanut Butter Cup Hot Chocolate - Coconut Milk	SOYA	Regular	320	76	1.6	0.8	12.6	12.2	1.1	2.0	0.17	895	212	4.4	2.3	35.4	34.1	3.1	5.7	0.48		
		Large	347	82	1.6	0.8	14.1	13.6	1.2	2.1	0.17	1206	285	5.5	2.9	49.1	47.2	4.3	7.3	0.59		
Peanut Butter Cup Hot Chocolate - Soya Milk	SOYA	Regular	352	83	2.0	0.5	12.1	11.5	1.5	3.6	0.17	986	233	5.6	1.3	33.9	32.2	4.1	10.0	0.48		
		Large	379	90	2.0	0.5	13.6	12.9	1.6	3.6	0.17	1317	311	6.9	1.7	47.3	44.9	5.4	12.5	0.59		

PEANUT BUTTER CUP FRAPPE

Steamed Milk and Dark Hot Chocolate with Peanut Butter, Salted Caramel, and Frappe Syrups, 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		
Peanut Butter Cup Frappe - Whole Milk	MILK	Regular	787	188	10.6	6.7	19.3	18.5	1.3	3.3	0.19	1755	420	23.6	14.9	43.0	41.2	2.8	7.4	0.42		
		Large	752	179	8.7	5.5	21.3	20.5	1.3	3.3	0.18	2221	530	25.6	16.1	63.0	60.7	3.9	9.8	0.52		
Peanut Butter Cup Frappe - Skimmed Milk	MILK	Regular	711	170	8.7	5.4	18.8	18.0	1.3	3.4	0.19	1586	379	19.4	12.1	42.0	40.2	2.8	7.6	0.43		
		Large	674	161	6.7	4.2	20.9	20.1	1.3	3.4	0.18	1991	474	19.9	12.4	61.7	59.4	3.9	10.1	0.54		
Peanut Butter Cup Frappe - Coconut Milk	MILK, SOYA	Regular	713	171	9.4	5.8	18.5	17.6	1.4	2.3	0.19	1591	380	20.9	12.9	41.1	39.3	3.0	5.1	0.42		
		Large	676	161	7.4	4.5	20.5	19.7	1.4	2.3	0.18	1998	476	21.9	13.4	60.5	58.2	4.2	6.7	0.52		
Peanut Butter Cup Frappe - Oat Milk	MILK, OAT	Regular	778	186	10.3	5.6	21.0	17.9	1.3	1.6	0.19	1735	415	23.0	12.5	46.9	40.0	2.8	3.6	0.42		
		Large	742	177	8.4	4.4	23.1	20.0	1.3	1.6	0.18	2194	524	24.8	12.9	68.4	59.1	3.9	4.7	0.52		
Peanut Butter Cup Frappe - Soya Milk	MILK, SOYA	Regular	735	176	9.6	5.5	18.1	17.2	1.6	3.3	0.19	1638	392	21.5	12.4	40.4	38.3	3.5	7.4	0.42		
		Large	698	166	7.7	4.3	20.1	19.2	1.7	3.3	0.18	2063	492	22.7	12.7	59.5	56.8	4.9	9.8	0.52		

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PEANUT BUTTER CUP FRAPPE

Steamed Milk and Dark Hot Chocolate with Peanut Butter, Salted Caramel, and Frappe Syrups, topped with Chocolate Sauce

Please note the nutritional and allergen information below does not include 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		
Peanut Butter Cup Frappe - Whole Milk	MILK	Regular	590	140	3.2	2.0	23.5	22.5	1.6	3.6	0.22	1050	249	5.6	3.6	41.8	40.0	2.8	6.5	0.39		
		Large	605	143	3.1	1.9	24.7	23.8	1.6	3.6	0.20	1516	359	7.6	4.8	61.9	59.5	3.9	8.9	0.50		
Peanut Butter Cup Frappe - Skimmed Milk	MILK	Regular	495	117	0.8	0.5	23.0	21.9	1.6	3.8	0.23	881	208	1.4	0.8	40.9	39.0	2.8	6.7	0.40		
		Large	514	121	0.7	0.4	24.2	23.2	1.6	3.7	0.20	1286	303	1.9	1.1	60.6	58.2	3.9	9.2	0.51		
Peanut Butter Cup Frappe - Coconut Milk	SOYA	Regular	498	118	1.6	0.9	22.5	21.4	1.7	2.4	0.22	886	209	2.9	1.6	40.0	38.2	3.0	4.2	0.39		
		Large	516	122	1.6	0.9	23.7	22.8	1.7	2.3	0.20	1293	305	3.9	2.1	59.4	57.0	4.2	5.8	0.50		
Peanut Butter Cup Frappe - Oat Milk	OAT	Regular	579	137	2.8	0.7	25.7	21.8	1.6	1.5	0.22	1030	244	5.0	1.2	45.7	38.8	2.8	2.7	0.39		
		Large	594	141	2.7	0.7	26.8	23.1	1.6	1.5	0.20	1489	353	6.8	1.6	67.2	57.9	3.9	3.8	0.50		
Peanut Butter Cup Frappe - Soya Milk	SOYA	Regular	525	124	2.0	0.6	22.0	20.9	2.0	3.6	0.22	934	221	3.5	1.1	39.2	37.2	3.5	6.5	0.39		
		Large	542	128	1.9	0.6	23.3	22.2	2.0	3.6	0.20	1358	321	4.7	1.5	58.4	55.7	4.9	8.9	0.50		