

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.

CONTENTS

CINNAMON BUN LATTE 3

CINNAMON BUN ICED LATTE 3

CINNAMON BUN HOT CHOCOLATE 4

CINNAMON BUN FRAPPE 4 & 5

March 2024

CINNAMON BUN LATTE

Espresso and Steamed Milk with Cinnamon Bun 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
Cinnamon Bun Latte - Whole Milk	MILK	Regular	302	72	3.2	2.0	7.6	7.4	0.0	3.1	0.10	823	197	8.8	5.5	20.7	20.3	0.0	8.5	0.27
		Large	314	75	3.2	2.0	8.4	8.2	0.0	3.1	0.10	1039	248	10.6	6.7	27.7	27.2	0.0	10.2	0.32
Cinnamon Bun Latte - Skimmed Milk	MILK	Regular	199	47	0.3	0.1	7.7	7.6	0.0	3.2	0.10	542	128	0.9	0.3	21.1	20.7	0.0	8.7	0.27
		Large	212	50	0.3	0.1	8.5	8.4	0.0	3.2	0.10	699	166	1.0	0.4	28.2	27.8	0.0	10.5	0.32
Cinnamon Bun Latte - Soya Milk	SOYA	Regular	224	53	1.7	0.3	6.1	5.8	0.5	3.0	0.09	611	145	4.7	0.7	16.6	15.8	1.4	8.2	0.24
		Large	237	56	1.7	0.3	6.9	6.6	0.5	3.0	0.09	782	186	5.6	0.9	22.8	21.8	1.7	9.9	0.29
Cinnamon Bun Latte - Coconut Milk	SOYA	Regular	190	45	1.3	0.6	6.6	6.5	0.2	1.4	0.09	520	124	3.5	1.7	18.1	17.7	0.5	3.9	0.24
		Large	203	48	1.3	0.6	7.4	7.3	0.2	1.4	0.09	672	160	4.2	2.1	24.5	24.1	0.6	4.7	0.29
Cinnamon Bun Latte - Oat Milk	OAT	Regular	292	70	2.8	0.4	10.7	6.9	0.0	0.4	0.09	796	191	7.6	1.0	29.1	18.9	0.0	1.0	0.24
		Large	304	73	2.8	0.4	11.5	7.7	0.0	0.4	0.09	1006	241	9.1	1.2	37.9	25.5	0.0	1.2	0.29

CINNAMON BUN ICED LATTE

Espresso and Iced Milk with Cinnamon Bun 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
Cinnamon Bun Iced Latte - Whole Milk	MILK	Regular	319	76	3.0	1.9	9.1	8.9	0.0	3.0	0.09	584	140	5.5	3.5	16.7	16.3	0.0	5.4	0.17
		Large	328	78	3.1	1.9	9.4	9.3	0.0	3.0	0.09	853	204	8.1	5.1	24.6	24.2	0.0	7.8	0.25
Cinnamon Bun Iced Latte - Skimmed Milk	MILK	Regular	223	53	0.3	0.1	9.3	9.1	0.0	3.1	0.09	409	97	0.6	0.2	17.0	16.6	0.0	5.6	0.17
		Large	229	54	0.3	0.1	9.6	9.4	0.0	3.1	0.09	595	141	0.8	0.3	25.0	24.6	0.0	8.0	0.25
Cinnamon Bun Iced Latte - Soya Milk	SOYA	Regular	247	59	1.6	0.3	7.8	7.4	0.5	2.9	0.08	452	107	3.0	0.5	14.2	13.5	0.9	5.3	0.15
		Large	253	60	1.7	0.3	8.0	7.7	0.5	2.9	0.09	659	157	4.3	0.7	20.9	20.0	1.3	7.6	0.22
Cinnamon Bun Iced Latte - Coconut Milk	SOYA	Regular	216	51	1.2	0.6	8.3	8.0	0.2	1.4	0.08	395	94	2.2	1.1	15.1	14.7	0.3	2.6	0.15
		Large	221	53	1.2	0.6	8.5	8.4	0.2	1.4	0.09	575	137	3.2	1.6	22.2	21.8	0.4	3.6	0.22
Cinnamon Bun Iced Latte - Oat Milk	OAT	Regular	310	74	2.6	0.3	12.0	8.5	0.0	0.4	0.08	567	136	4.8	0.6	22.0	15.5	0.0	0.8	0.15
		Large	318	76	2.7	0.3	12.4	8.8	0.0	0.4	0.09	828	198	7.0	0.9	32.3	22.9	0.0	1.0	0.22

CINNAMON BUN HOT CHOCOLATE

Steamed Milk and Dark Hot Chocolate with Cinnamon Bun 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		
Cinnamon Bun Hot Chocolate - Whole Milk	MILK	Regular	427	102	3.4	2.2	13.4	13.0	0.9	3.7	0.14	1194	285	9.6	6.1	37.6	36.3	2.6	10.3	0.39		
		Large	451	107	3.4	2.2	14.9	14.3	1.1	3.7	0.14	1566	373	11.8	7.5	51.6	49.7	3.7	12.8	0.50		
Cinnamon Bun Hot Chocolate - Skimmed Milk	MILK	Regular	326	77	0.6	0.3	13.6	13.1	0.9	3.8	0.14	913	216	1.7	0.9	38.1	36.7	2.6	10.5	0.39		
		Large	353	84	0.7	0.4	15.0	14.5	1.1	3.8	0.14	1227	290	2.3	1.3	52.2	50.3	3.7	13.1	0.50		
Cinnamon Bun Hot Chocolate - Soya Milk	SOYA	Regular	351	83	2.0	0.5	12.0	11.3	1.5	3.6	0.13	982	233	5.6	1.3	33.6	31.8	4.1	10.0	0.37		
		Large	377	89	2.0	0.5	13.5	12.7	1.6	3.6	0.14	1310	311	6.9	1.7	46.7	44.3	5.4	12.5	0.47		
Cinnamon Bun Hot Chocolate - Coconut Milk	SOYA	Regular	318	75	1.6	0.8	12.5	12.0	1.1	2.0	0.13	891	211	4.4	2.3	35.0	33.7	3.1	5.7	0.37		
		Large	345	82	1.6	0.8	14.0	13.4	1.2	2.1	0.14	1200	285	5.5	2.9	48.5	46.6	4.3	7.3	0.47		
Cinnamon Bun Hot Chocolate - Oat Milk	OAT	Regular	417	99	3.0	0.6	16.5	12.5	0.9	1.0	0.13	1167	279	8.4	1.6	46.1	34.9	2.6	2.8	0.37		
		Large	441	105	3.0	0.6	17.8	13.8	1.1	1.1	0.14	1533	366	10.4	2.0	61.8	48.0	3.7	3.8	0.47		

CINNAMON BUN FRAPPE

Steamed Milk with Cinnamon Bun 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		
Cinnamon Bun Frappe - Whole Milk	MILK	Regular	699	168	11.0	6.9	14.3	14.0	0.1	2.6	0.09	1437	345	22.6	14.2	29.4	28.8	0.2	5.4	0.19		
		Large	650	156	9.0	5.7	15.7	15.5	0.1	2.6	0.09	1742	418	24.2	15.3	42.1	41.4	0.2	7.0	0.25		
Cinnamon Bun Frappe - Skimmed Milk	MILK	Regular	628	151	9.0	5.6	14.4	14.1	0.1	2.7	0.09	1290	310	18.5	11.5	29.7	29.0	0.2	5.5	0.19		
		Large	575	138	7.0	4.3	15.8	15.6	0.1	2.7	0.09	1542	369	18.6	11.6	42.4	41.8	0.2	7.2	0.25		
Cinnamon Bun Frappe - Soya Milk	SOYA, MILK	Regular	645	155	10.0	5.7	13.3	12.9	0.4	2.6	0.09	1326	319	20.5	11.7	27.3	26.5	0.9	5.3	0.18		
		Large	594	142	8.0	4.4	14.6	14.3	0.5	2.6	0.09	1591	381	21.3	11.9	39.2	38.2	1.2	6.9	0.23		
Cinnamon Bun Frappe - Coconut Milk	SOYA, MILK	Regular	622	150	9.7	6.0	13.7	13.4	0.2	1.5	0.09	1279	307	19.9	12.2	28.1	27.5	0.4	3.0	0.18		
		Large	570	137	7.7	4.7	15.0	14.8	0.2	1.4	0.09	1527	366	20.5	12.6	40.2	39.6	0.6	3.8	0.23		
Cinnamon Bun Frappe - Oat Milk	OAT, MILK	Regular	692	167	10.7	5.8	16.5	13.7	0.1	0.7	0.09	1422	342	22.0	11.9	33.8	28.1	0.2	1.5	0.18		
		Large	643	154	8.7	4.5	17.9	15.1	0.1	0.7	0.09	1722	414	23.4	12.0	48.1	40.4	0.2	1.8	0.23		

March 2024

CINNAMON BUN FRAPPE

Steamed Milk with Cinnamon Bun 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		
Cinnamon Bun Frappe - Whole Milk	MILK	Regular	456	109	2.9	1.8	17.6	17.2	0.1	2.8	0.10	732	174	4.6	2.9	28.2	27.6	0.2	4.5	0.16		
		Large	465	111	2.8	1.8	18.3	18.1	0.1	2.8	0.10	1037	247	6.2	4.0	40.9	40.3	0.2	6.1	0.22		
Cinnamon Bun Frappe - Skimmed Milk	MILK	Regular	365	86	0.3	0.1	17.7	17.4	0.1	2.9	0.10	586	139	0.5	0.2	28.5	27.9	0.2	4.6	0.16		
		Large	376	89	0.3	0.1	18.5	18.2	0.1	2.8	0.10	838	198	0.6	0.3	41.2	40.6	0.2	6.3	0.22		
Cinnamon Bun Frappe - Soya Milk	SOYA	Regular	387	92	1.6	0.3	16.3	15.8	0.6	2.7	0.09	621	148	2.5	0.4	26.1	25.3	0.9	4.4	0.15		
		Large	398	94	1.5	0.3	17.1	16.6	0.6	2.7	0.09	886	210	3.3	0.6	38.1	37.1	1.2	6.0	0.21		
Cinnamon Bun Frappe - Coconut Milk	SOYA	Regular	358	85	1.2	0.6	16.8	16.4	0.3	1.3	0.09	574	136	1.9	0.9	26.9	26.3	0.4	2.1	0.15		
		Large	369	87	1.1	0.6	17.5	17.2	0.3	1.3	0.09	822	195	2.5	1.3	39.1	38.4	0.6	2.9	0.21		
Cinnamon Bun Frappe - Oat Milk	OAT	Regular	447	107	2.5	0.4	20.3	16.8	0.1	0.4	0.09	718	171	4.0	0.6	32.6	26.9	0.2	0.6	0.15		
		Large	456	109	2.4	0.3	21.0	17.6	0.1	0.4	0.09	1017	243	5.4	0.7	46.9	39.3	0.2	0.9	0.21		