

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	2.6	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	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 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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September 2024

PUMPKIN PIE LATTE

Espresso and Steamed Milk with Pumpkin Spice & Speculoos Syrups, topped with Whipped Cream and Cinnamon Dusting

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
Pumpkin Pie Latte - Whole Milk	MILK	Regular	557	134	8.8	5.6	10.4	10.1	0.2	2.8	0.09	1596	383	25.3	15.9	29.7	29.1	0.5	8.1	0.26
		Large	535	128	7.9	5.0	11.2	11.0	0.2	2.8	0.09	1842	441	27.1	17.0	38.4	37.8	0.5	9.8	0.31
Pumpkin Pie Latte - Skimmed Milk	MILK	Regular	475	114	6.5	4.0	10.5	10.3	0.2	2.9	0.09	1362	326	18.7	11.6	30.1	29.4	0.5	8.3	0.26
		Large	450	108	5.5	3.4	11.3	11.1	0.2	2.9	0.09	1549	370	18.9	11.6	38.9	38.3	0.5	10.0	0.31
Pumpkin Pie Latte - Soya Milk	MILK, SOYA	Regular	495	119	7.7	4.2	9.2	8.8	0.6	2.7	0.08	1419	340	21.9	11.9	26.3	25.3	1.7	7.9	0.24
		Large	471	113	6.7	3.5	9.9	9.6	0.6	2.8	0.08	1621	388	22.9	12.1	34.2	33.1	2.0	9.5	0.29
Pumpkin Pie Latte - Coconut Milk	MILK, SOYA	Regular	469	112	7.3	4.4	9.6	9.4	0.3	1.5	0.08	1343	322	20.9	12.7	27.5	26.9	0.9	4.3	0.24
		Large	444	106	6.3	3.8	10.4	10.2	0.3	1.5	0.08	1526	365	21.6	13.1	35.7	35.1	1.0	5.0	0.29
Pumpkin Pie Latte - Oat Milk	MILK, OAT	Regular	549	132	8.5	4.2	12.8	9.7	0.2	0.7	0.08	1573	378	24.3	12.1	36.7	27.9	0.5	1.9	0.24
		Large	527	126	7.5	3.6	13.7	10.6	0.2	0.6	0.08	1813	435	25.9	12.3	47.2	36.3	0.5	2.0	0.29

PUMPKIN SPICE LATTE

Espresso and Steamed Milk with Pumpkin Spice 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
Pumpkin Spice Latte - Whole Milk	MILK	Regular	327	78	3.2	2.0	9.1	9.0	0.0	3.1	0.10	844	201	8.2	5.2	23.5	23.1	0.0	8.0	0.25
		Large	349	83	3.2	2.0	10.5	10.4	0.0	3.1	0.10	1050	250	9.5	6.0	31.5	31.2	0.0	9.2	0.29
Pumpkin Spice Latte - Skimmed Milk	MILK	Regular	225	53	0.3	0.1	9.3	9.1	0.0	3.2	0.10	580	137	0.8	0.3	23.9	23.6	0.0	8.2	0.25
		Large	248	58	0.3	0.1	10.7	10.6	0.0	3.1	0.10	745	176	0.9	0.4	32.0	31.7	0.0	9.4	0.29
Pumpkin Spice Latte - Soya Milk	SOYA	Regular	250	59	1.7	0.3	7.6	7.3	0.5	3.0	0.09	645	153	4.4	0.7	19.7	18.9	1.4	7.8	0.23
		Large	273	65	1.7	0.3	9.0	8.8	0.5	3.0	0.09	820	194	5.1	0.8	27.2	26.3	1.6	8.9	0.27
Pumpkin Spice Latte - Coconut Milk	SOYA	Regular	217	51	1.3	0.6	8.2	8.0	0.2	1.4	0.09	559	132	3.3	1.6	21.1	20.7	0.5	3.7	0.23
		Large	240	57	1.3	0.6	9.6	9.5	0.2	1.4	0.09	721	171	3.8	1.8	28.7	28.4	0.5	4.2	0.27
Pumpkin Spice Latte - Oat Milk	OAT	Regular	317	76	2.8	0.4	12.2	8.5	0.0	0.4	0.09	818	195	7.1	0.9	31.4	21.8	0.0	1.0	0.23
		Large	340	81	2.7	0.4	13.5	9.9	0.0	0.4	0.09	1020	243	8.2	1.1	40.7	29.7	0.0	1.1	0.27

September 2024

PUMPKIN SPICE HOT CHOCOLATE

Steamed Milk and Dark Hot Chocolate with Pumpkin Spice 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
Pumpkin Spice Hot Chocolate - Whole Milk	MILK	Regular	535	127	3.4	2.1	19.6	18.9	1.4	3.8	0.16	1016	241	6.4	4.1	37.2	35.9	2.6	7.2	0.30
		Large	521	124	3.4	2.1	18.9	18.2	1.3	3.7	0.15	1498	355	9.7	6.1	54.2	52.4	3.7	10.8	0.44
Pumpkin Spice Hot Chocolate - Skimmed Milk	MILK	Regular	442	104	0.8	0.4	19.7	19.0	1.4	3.9	0.16	840	198	1.5	0.8	37.4	36.1	2.6	7.4	0.30
		Large	427	101	0.7	0.4	19.0	18.4	1.3	3.8	0.15	1228	290	2.1	1.2	54.6	52.8	3.7	11.0	0.44
Pumpkin Spice Hot Chocolate - Soya Milk	SOYA	Regular	465	110	2.0	0.6	18.2	17.4	1.9	3.7	0.15	883	209	3.9	1.1	34.6	33.0	3.5	7.1	0.28
		Large	450	106	2.0	0.5	17.5	16.7	1.8	3.7	0.14	1294	306	5.8	1.6	50.3	48.0	5.1	10.5	0.42
Pumpkin Spice Hot Chocolate - Coconut Milk	SOYA	Regular	435	103	1.6	0.9	18.7	18.0	1.5	2.3	0.15	826	195	3.1	1.7	35.5	34.2	2.9	4.4	0.28
		Large	420	99	1.6	0.9	18.0	17.4	1.4	2.2	0.14	1207	285	4.6	2.5	51.7	49.9	4.1	6.4	0.42
Pumpkin Spice Hot Chocolate - Oat Milk	OAT	Regular	526	125	3.0	0.6	22.3	18.4	1.4	1.3	0.15	999	237	5.7	1.2	42.4	35.0	2.6	2.6	0.28
		Large	512	122	3.0	0.6	21.7	17.8	1.3	1.3	0.14	1471	350	8.5	1.8	62.3	51.0	3.7	3.6	0.42

PUMPKIN SPICE FRAPPE

Steamed Milk with Pumpkin Spice & Frappe Syrups, topped with Whipped Cream, Chocolate Sauce and Cinnamon Dusting

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
Pumpkin Spice Frappe - Whole Milk	MILK	Regular	716	172	11.4	7.2	14.3	13.9	0.4	2.7	0.10	1424	342	22.6	14.2	28.4	27.6	0.7	5.4	0.19
		Large	673	161	9.3	5.8	16.4	16.1	0.3	2.7	0.10	1759	421	24.2	15.3	42.8	42.0	0.8	7.1	0.25
Pumpkin Spice Frappe - Skimmed Milk	MILK	Regular	642	154	9.3	5.8	14.4	14.0	0.4	2.8	0.10	1278	306	18.5	11.5	28.6	27.8	0.7	5.5	0.19
		Large	597	142	7.1	4.4	16.5	16.2	0.3	2.8	0.10	1560	373	18.6	11.6	43.1	42.3	0.8	7.2	0.25
Pumpkin Spice Frappe - Soya Milk	MILK, SOYA	Regular	660	158	10.3	5.9	13.2	12.7	0.7	2.7	0.09	1314	315	20.5	11.7	26.3	25.2	1.4	5.3	0.18
		Large	615	147	8.2	4.5	15.3	14.8	0.7	2.6	0.09	1609	384	21.4	11.9	39.9	38.8	1.8	6.9	0.23
Pumpkin Spice Frappe - Coconut Milk	MILK, SOYA	Regular	636	153	10.0	6.2	13.6	13.2	0.5	1.5	0.09	1266	304	19.9	12.2	27.0	26.2	0.9	3.0	0.18
		Large	591	141	7.8	4.8	15.7	15.4	0.4	1.5	0.09	1544	369	20.5	12.6	40.9	40.1	1.1	3.8	0.23
Pumpkin Spice Frappe - Oat Milk	MILK, OAT	Regular	709	170	11.1	6.0	16.5	13.5	0.4	0.8	0.09	1410	339	22.0	11.9	32.8	26.9	0.7	1.5	0.18
		Large	665	159	9.0	4.6	18.6	15.7	0.3	0.7	0.09	1740	417	23.4	12.0	48.7	41.0	0.8	1.8	0.23