

November 2024

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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STICKY TOFFEE LATTE

Espresso and Steamed Milk with Butterscotch Syrup & Caramel Sauce, 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
Sticky Toffee Latte - Whole Milk	MILK	Regular	577	139	10.2	6.4	8.8	8.5	0.0	2.8	0.09	1333	320	23.5	14.8	20.3	19.6	0.0	6.4	0.22
		Large	512	123	8.3	5.2	9.0	8.8	0.0	2.9	0.10	1631	391	26.4	16.6	28.7	28.1	0.0	9.1	0.30
Sticky Toffee Latte - Skimmed Milk	MILK	Regular	501	120	8.1	5.0	8.9	8.6	0.0	2.8	0.09	1157	278	18.6	11.5	20.6	19.9	0.0	6.6	0.22
		Large	427	102	5.9	3.7	9.2	9.0	0.0	2.9	0.10	1361	326	18.8	11.6	29.2	28.5	0.0	9.4	0.30
Sticky Toffee Latte - Oat Milk	MILK, OAT	Regular	570	137	9.9	5.2	11.1	8.1	0.0	0.8	0.09	1316	317	22.8	11.9	25.6	18.7	0.0	1.8	0.20
		Large	504	121	7.9	3.8	11.6	8.4	0.0	0.6	0.09	1604	386	25.3	12.2	36.8	26.7	0.0	2.0	0.28
Sticky Toffee Latte - Soya Milk	MILK, SOYA	Regular	520	125	9.1	5.1	7.7	7.3	0.4	2.7	0.09	1200	288	21.0	11.8	17.8	16.8	0.9	6.3	0.20
		Large	448	107	7.1	3.8	7.8	7.5	0.4	2.8	0.09	1427	342	22.5	12.0	24.9	23.7	1.4	8.9	0.28
Sticky Toffee Latte - Coconut Milk	MILK, SOYA	Regular	495	119	8.8	5.4	8.1	7.8	0.1	1.5	0.09	1143	275	20.2	12.4	18.7	18.0	0.3	3.6	0.20
		Large	421	101	6.7	4.1	8.2	8.0	0.1	1.5	0.09	1340	321	21.4	12.9	26.2	25.6	0.5	4.8	0.28

MINCE PIE LATTE

Espresso and Steamed Milk with Mince Pie Syrup, 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
Mince Pie Latte - Whole Milk	MILK	Regular	568	137	10.2	6.4	8.0	7.6	0.5	2.8	0.09	1306	315	23.6	14.8	18.3	17.5	1.1	6.4	0.20
		Large	504	121	8.3	5.2	8.4	8.1	0.3	2.9	0.09	1600	385	26.4	16.6	26.6	25.7	1.1	9.1	0.29
Mince Pie Latte - Skimmed Milk	MILK	Regular	491	118	8.1	5.0	8.1	7.7	0.5	2.9	0.09	1130	272	18.6	11.5	18.6	17.8	1.1	6.6	0.20
		Large	419	101	5.9	3.7	8.5	8.2	0.3	3.0	0.09	1330	319	18.8	11.6	27.0	26.1	1.1	9.4	0.29
Mince Pie Latte - Oat Milk	MILK, OAT	Regular	560	135	9.9	5.2	10.3	7.2	0.5	0.8	0.08	1289	311	22.8	11.9	23.6	16.6	1.1	1.8	0.18
		Large	496	119	8.0	3.9	10.9	7.7	0.3	0.6	0.08	1573	379	25.3	12.2	34.6	24.4	1.1	2.0	0.26
Mince Pie Latte - Soya Milk	MILK, SOYA	Regular	510	123	9.1	5.1	6.9	6.4	0.9	2.7	0.08	1173	283	21.0	11.8	15.8	14.7	2.0	6.3	0.18
		Large	440	106	7.1	3.8	7.1	6.7	0.8	2.8	0.08	1396	336	22.5	12.0	22.7	21.4	2.4	8.9	0.26
Mince Pie Latte - Coconut Milk	MILK, SOYA	Regular	485	117	8.8	5.4	7.3	6.9	0.6	1.6	0.08	1116	269	20.3	12.4	16.7	15.9	1.4	3.6	0.18
		Large	412	99	6.7	4.1	7.6	7.3	0.5	1.5	0.08	1309	315	21.4	12.9	24.1	23.2	1.5	4.8	0.26

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RUDOLF ROCKY ROAD HOT CHOCOLATE

Dark Hot Chocolate with S'more Syrup, topped with Whipped Cream, Mini Marshmallows, and Chocolate Sauce & 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
Rudolf Rocky Road Hot Chocolate - Whole Milk	MILK	Regular	736	176	10.0	6.3	17.5	16.5	1.1	3.4	0.14	1808	433	24.5	15.4	43.0	40.5	2.7	8.4	0.34
		Large	659	157	8.1	5.1	17.0	16.1	1.1	3.5	0.14	2259	540	27.8	17.5	58.3	55.3	3.7	12.0	0.48
Rudolf Rocky Road Hot Chocolate - Skimmed Milk	MILK	Regular	665	159	8.0	5.0	17.6	16.6	1.1	3.5	0.14	1632	390	19.6	12.2	43.3	40.8	2.7	8.6	0.34
		Large	580	138	5.9	3.7	17.1	16.2	1.1	3.6	0.14	1989	474	20.2	12.5	58.7	55.7	3.7	12.2	0.48
Rudolf Rocky Road Hot Chocolate- Oat Milk	MILK, OAT	Regular	729	175	9.7	5.1	19.7	16.1	1.1	1.5	0.13	1791	429	23.8	12.6	48.3	39.6	2.7	3.8	0.33
		Large	651	156	7.8	3.8	19.4	15.7	1.1	1.4	0.13	2233	534	26.6	13.1	66.4	53.9	3.7	4.9	0.46
Rudolf Rocky Road Hot Chocolate - Soya Milk	MILK, SOYA	Regular	682	163	9.0	5.1	16.5	15.3	1.5	3.4	0.13	1675	400	22.0	12.4	40.5	37.7	3.6	8.3	0.33
		Large	599	143	7.0	3.8	15.9	14.9	1.5	3.4	0.13	2056	490	23.9	12.9	54.4	50.9	5.1	11.8	0.46
Rudolf Rocky Road Hot Chocolate - Coconut Milk	MILK, SOYA	Regular	659	158	8.6	5.3	16.9	15.8	1.2	2.3	0.13	1618	387	21.2	13.0	41.4	38.9	3.0	5.6	0.33
		Large	574	137	6.6	4.0	16.3	15.4	1.2	2.2	0.13	1968	470	22.7	13.8	55.8	52.8	4.2	7.6	0.46

BLACK FOREST HOT CHOCOLATE

Dark Hot Chocolate with Cherry Syrup, topped with Whipped Cream, Cherry Syrup Drizzle, and Chocolate Flake

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
Black Forest Hot Chocolate - Whole Milk	MILK, SOYA	Regular	718	172	10.3	6.5	15.6	15.0	1.1	3.4	0.14	1708	409	24.6	15.5	37.1	35.7	2.7	8.2	0.32
		Large	645	154	8.3	5.2	15.7	15.1	1.1	3.5	0.14	2163	517	27.9	17.6	52.5	50.6	3.7	11.7	0.46
Black Forest Hot Chocolate - Skimmed Milk	MILK, SOYA	Regular	644	154	8.3	5.1	15.7	15.1	1.1	3.5	0.14	1532	366	19.6	12.2	37.4	36.0	2.7	8.3	0.32
		Large	564	135	6.1	3.8	15.8	15.2	1.1	3.6	0.14	1893	452	20.3	12.6	52.9	51.1	3.7	11.9	0.46
Black Forest Hot Chocolate - Oat Milk	MILK, SOYA, OAT	Regular	710	170	10.0	5.3	17.8	14.6	1.1	1.5	0.13	1691	405	23.8	12.6	42.3	34.9	2.7	3.5	0.31
		Large	637	152	8.0	3.9	18.1	14.7	1.1	1.4	0.13	2136	512	26.7	13.2	60.6	49.3	3.7	4.6	0.44
Black Forest Hot Chocolate - Soya Milk	MILK, SOYA	Regular	662	158	9.3	5.3	14.5	13.8	1.5	3.4	0.13	1575	377	22.0	12.5	34.5	32.9	3.6	8.0	0.31
		Large	584	139	7.1	3.9	14.5	13.8	1.5	3.4	0.13	1959	468	24.0	13.0	48.6	46.3	5.1	11.5	0.44
Black Forest Hot Chocolate - Coconut Milk	MILK, SOYA	Regular	638	153	9.0	5.5	14.9	14.3	1.3	2.2	0.13	1518	363	21.3	13.1	35.5	34.1	3.0	5.3	0.31
		Large	558	133	6.8	4.1	14.9	14.4	1.3	2.2	0.13	1872	447	22.8	13.9	50.0	48.1	4.2	7.3	0.44