

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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CHERRY BAKEWELL OAT LATTE

Espresso and Gluten Free Oat with Cherry Syrup & Almond 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
Cherry Bakewell Latte - Gluten Free Oat	OAT	Regular	294	70	2.8	0.4	10.8	7.1	0.0	0.4	0.09	801	192	7.6	1.0	29.4	19.3	0.0	1.0	0.24
		Large	310	74	2.7	0.4	11.9	8.2	0.0	0.4	0.09	963	230	8.5	1.1	36.8	25.4	0.0	1.1	0.27
Cherry Bakewell Latte - Whole Milk	MILK	Regular	304	72	3.2	2.0	7.7	7.6	0.0	3.1	0.10	829	198	8.8	5.5	21.0	20.6	0.0	8.5	0.27
		Large	320	76	3.2	2.0	8.8	8.7	0.0	3.1	0.10	994	237	9.9	6.2	27.3	26.9	0.0	9.5	0.30
Cherry Bakewell Latte - Skimmed Milk	MILK	Regular	201	47	0.3	0.1	7.9	7.7	0.0	3.2	0.10	548	129	0.9	0.3	21.4	21.1	0.0	8.7	0.27
		Large	218	51	0.3	0.1	9.0	8.8	0.0	3.2	0.10	677	160	0.9	0.4	27.8	27.5	0.0	9.8	0.30
Cherry Bakewell Latte - Soya	SOYA	Regular	226	53	1.7	0.3	6.2	5.9	0.5	3.0	0.09	616	146	4.7	0.7	17.0	16.1	1.4	8.2	0.24
		Large	243	58	1.7	0.3	7.3	7.0	0.5	3.0	0.09	755	179	5.3	0.8	22.8	21.9	1.6	9.2	0.27
Cherry Bakewell Latte - Coconut	SOYA	Regular	192	46	1.3	0.6	6.7	6.6	0.2	1.4	0.09	525	124	3.5	1.7	18.4	18.1	0.5	3.9	0.24
		Large	210	50	1.3	0.6	7.9	7.7	0.2	1.4	0.09	652	154	3.9	1.9	24.4	24.0	0.5	4.4	0.27

CHERRY BAKEWELL OAT HOT CHOCOLATE

Dark Hot Chocolate with Cherry Syrup & Almond 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
Cherry Bakewell Hot Chocolate - Gluten Free Oat	OAT	Regular	419	100	3.0	0.6	16.6	12.6	0.9	1.0	0.13	1172	279	8.4	1.6	46.4	35.2	2.6	2.8	0.37
		Large	455	108	3.0	0.6	18.6	14.6	1.1	1.2	0.14	1490	355	9.8	2.0	60.8	47.9	3.7	3.8	0.45
Cherry Bakewell Hot Chocolate - Whole Milk	MILK	Regular	428	102	3.4	2.2	13.6	13.1	0.9	3.7	0.14	1200	285	9.6	6.1	37.9	36.6	2.6	10.3	0.39
		Large	464	110	3.4	2.2	15.7	15.1	1.1	3.7	0.15	1521	361	11.1	7.1	51.3	49.4	3.7	12.1	0.48
Cherry Bakewell Hot Chocolate - Skimmed Milk	MILK	Regular	328	77	0.6	0.3	13.7	13.2	0.9	3.8	0.14	918	217	1.7	0.9	38.4	37.1	2.6	10.5	0.39
		Large	368	87	0.7	0.4	15.8	15.3	1.1	3.8	0.15	1205	284	2.2	1.2	51.8	49.9	3.7	12.4	0.48
Cherry Bakewell Hot Chocolate - Soya	SOYA	Regular	353	83	2.0	0.5	12.1	11.5	1.5	3.6	0.13	987	234	5.6	1.3	33.9	32.1	4.1	10.0	0.37
		Large	392	93	2.0	0.5	14.3	13.5	1.6	3.6	0.14	1282	303	6.5	1.7	46.7	44.4	5.3	11.9	0.45
Cherry Bakewell Hot Chocolate - Coconut	SOYA	Regular	320	76	1.6	0.8	12.6	12.2	1.1	2.0	0.13	896	212	4.4	2.3	35.3	34.0	3.1	5.7	0.37
		Large	360	85	1.6	0.8	14.8	14.2	1.3	2.1	0.14	1180	279	5.2	2.8	48.3	46.5	4.2	7.0	0.45

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HONEYCOMB OAT LATTE

Espresso and Gluten Free Oat with Honeycomb 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
Honeycomb Latte - Gluten Free Oat	OAT	Regular	294	70	2.8	0.4	10.8	7.1	0.0	0.4	0.09	803	192	7.6	1.0	29.5	19.3	0.0	1.0	0.24
		Large	311	74	2.7	0.4	11.9	8.2	0.0	0.4	0.09	966	231	8.5	1.1	36.8	25.4	0.0	1.1	0.27
Honeycomb Latte - Whole Milk	MILK	Regular	304	73	3.2	2.0	7.7	7.6	0.0	3.1	0.10	831	198	8.8	5.5	21.0	20.7	0.0	8.5	0.27
		Large	321	77	3.2	2.0	8.8	8.7	0.0	3.1	0.10	997	238	9.9	6.2	27.3	27.0	0.0	9.5	0.30
Honeycomb Latte - Skimmed Milk	MILK	Regular	201	47	0.3	0.1	7.9	7.8	0.0	3.2	0.10	549	130	0.9	0.3	21.5	21.2	0.0	8.7	0.27
		Large	219	52	0.3	0.1	9.0	8.9	0.0	3.2	0.10	680	161	0.9	0.4	27.8	27.5	0.0	9.8	0.30
Honeycomb Latte - Soya	SOYA	Regular	226	54	1.7	0.3	6.2	5.9	0.5	3.0	0.09	618	146	4.7	0.7	17.0	16.2	1.4	8.2	0.24
		Large	244	58	1.7	0.3	7.3	7.1	0.5	3.0	0.09	758	179	5.3	0.8	22.8	21.9	1.6	9.2	0.27
Honeycomb Latte - Coconut	SOYA	Regular	193	46	1.3	0.6	6.8	6.6	0.2	1.4	0.09	527	125	3.5	1.7	18.4	18.1	0.5	3.9	0.24
		Large	211	50	1.3	0.6	7.9	7.8	0.2	1.4	0.09	655	155	3.9	1.9	24.4	24.1	0.5	4.4	0.27

HONEYCOMB OAT ICED LATTE

Espresso and Iced Gluten Free Oat with Honeycomb 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
Honeycomb Iced Latte - Gluten Free Oat	OAT	Regular	314	75	2.6	0.3	12.2	8.7	0.0	0.4	0.08	574	137	4.8	0.6	22.4	15.9	0.0	0.8	0.15
		Large	322	77	2.7	0.3	12.6	9.0	0.0	0.4	0.09	839	200	7.0	0.9	32.9	23.5	0.0	1.0	0.22
Honeycomb Iced Latte - Whole Milk	MILK	Regular	323	77	3.0	1.9	9.3	9.2	0.0	3.0	0.09	592	141	5.5	3.5	17.1	16.8	0.0	5.4	0.17
		Large	332	79	3.1	1.9	9.7	9.5	0.0	3.0	0.09	864	206	8.1	5.1	25.1	24.8	0.0	7.8	0.25
Honeycomb Iced Latte - Skimmed Milk	MILK	Regular	227	54	0.3	0.1	9.5	9.3	0.0	3.1	0.09	416	98	0.6	0.2	17.4	17.0	0.0	5.6	0.17
		Large	233	55	0.3	0.1	9.8	9.7	0.0	3.1	0.09	606	143	0.8	0.3	25.6	25.2	0.0	8.0	0.25
Honeycomb Iced Latte - Soya	SOYA	Regular	251	59	1.6	0.3	8.0	7.6	0.5	2.9	0.08	459	109	3.0	0.5	14.6	13.9	0.9	5.3	0.15
		Large	257	61	1.7	0.3	8.2	7.9	0.5	2.9	0.09	669	158	4.3	0.7	21.4	20.7	1.3	7.6	0.22
Honeycomb Iced Latte - Coconut	SOYA	Regular	220	52	1.2	0.6	8.5	8.3	0.2	1.4	0.08	402	95	2.2	1.1	15.5	15.1	0.3	2.6	0.15
		Large	225	53	1.2	0.6	8.7	8.6	0.2	1.4	0.09	586	139	3.2	1.6	22.8	22.4	0.4	3.6	0.22