

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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BATTENBERG LATTE

Espresso and Milk with 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		
Battenberg Latte - Whole Milk	MILK	Regular	303	72	3.2	2.0	7.7	7.6	0.0	3.1	0.10	828	198	8.8	5.5	21.1	20.7	0.0	8.5	0.27		
		Large	317	75	3.2	2.0	8.5	8.4	0.0	3.1	0.10	1046	249	10.6	6.7	28.2	27.9	0.0	10.2	0.32		
Battenberg Latte - Skimmed Milk	MILK	Regular	200	47	0.3	0.1	7.9	7.8	0.0	3.2	0.10	547	129	0.9	0.3	21.5	21.2	0.0	8.7	0.27		
		Large	214	50	0.3	0.1	8.7	8.6	0.0	3.2	0.10	707	167	1.0	0.4	28.8	28.5	0.0	10.5	0.32		
Battenberg Latte - Gluten Free Oat	OAT	Regular	293	70	2.8	0.4	10.8	7.1	0.0	0.4	0.09	801	191	7.6	1.0	29.5	19.3	0.0	1.0	0.24		
		Large	307	73	2.8	0.4	11.6	7.9	0.0	0.4	0.09	1013	242	9.1	1.2	38.5	26.2	0.0	1.2	0.29		
Battenberg 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	16.2	1.4	8.2	0.24		
		Large	239	57	1.7	0.3	7.1	6.8	0.5	3.0	0.09	790	187	5.6	0.9	23.4	22.5	1.7	9.9	0.29		
Battenberg Latte - Coconut	SOYA	Regular	192	46	1.3	0.6	6.8	6.6	0.2	1.4	0.09	525	124	3.5	1.7	18.5	18.1	0.5	3.9	0.24		
		Large	206	49	1.3	0.6	7.6	7.5	0.2	1.4	0.09	680	161	4.2	2.1	25.1	24.8	0.6	4.7	0.29		

BATTENBERG HOT CHOCOLATE

Dark Hot Chocolate with Milk & 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		
Battenberg Hot Chocolate - Whole Milk	MILK	Regular	428	102	3.4	2.2	13.6	13.1	0.9	3.7	0.14	1199	285	9.6	6.1	38.0	36.7	2.6	10.3	0.39		
		Large	437	104	3.4	2.2	14.2	13.8	0.9	3.6	0.14	1496	356	11.6	7.4	48.7	47.1	3.2	12.4	0.48		
Battenberg Hot Chocolate - Skimmed Milk	MILK	Regular	328	77	0.6	0.3	13.7	13.3	0.9	3.8	0.14	918	217	1.7	0.9	38.5	37.2	2.6	10.5	0.39		
		Large	337	80	0.6	0.3	14.4	13.9	0.9	3.7	0.14	1156	273	2.1	1.1	49.3	47.7	3.2	12.7	0.48		
Battenberg Hot Chocolate - Gluten Free Oat	OAT	Regular	418	100	3.0	0.6	16.6	12.6	0.9	1.0	0.13	1172	279	8.4	1.6	46.5	35.3	2.6	2.8	0.37		
		Large	427	102	3.0	0.6	17.2	13.3	0.9	1.0	0.13	1462	348	10.2	1.9	58.9	45.5	3.2	3.4	0.45		
Battenberg Hot Chocolate - Soya	SOYA	Regular	352	83	2.0	0.5	12.1	11.5	1.5	3.6	0.13	987	234	5.6	1.3	34.0	32.2	4.1	10.0	0.37		
		Large	362	86	2.0	0.5	12.8	12.2	1.4	3.5	0.13	1239	293	6.7	1.6	43.8	41.7	4.9	12.1	0.45		
Battenberg Hot Chocolate - Coconut	SOYA	Regular	320	76	1.6	0.8	12.7	12.2	1.1	2.0	0.13	896	212	4.4	2.3	35.4	34.1	3.1	5.7	0.37		
		Large	330	78	1.5	0.8	13.3	12.9	1.1	2.0	0.13	1129	267	5.3	2.8	45.6	44.0	3.7	6.9	0.45		

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SALTED CARAMEL LATTE

Espresso and Milk with Salted Caramel 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		
Salted Caramel Latte - Whole Milk	MILK	Regular	303	72	3.2	2.0	7.7	7.6	0.0	3.1	0.18	826	197	8.8	5.5	21.0	20.6	0.0	8.5	0.49		
		Large	316	75	3.2	2.0	8.5	8.4	0.0	3.1	0.20	1043	249	10.6	6.7	28.1	27.7	0.0	10.2	0.66		
Salted Caramel Latte - Skimmed Milk	MILK	Regular	200	47	0.3	0.1	7.8	7.7	0.0	3.2	0.18	545	129	0.9	0.3	21.4	21.1	0.0	8.7	0.49		
		Large	213	50	0.3	0.1	8.7	8.6	0.0	3.2	0.20	704	166	1.0	0.4	28.6	28.3	0.0	10.5	0.66		
Salted Caramel Latte - Gluten Free Oat	OAT	Regular	293	70	2.8	0.4	10.8	7.0	0.0	0.4	0.17	799	191	7.6	1.0	29.4	19.2	0.0	1.0	0.47		
		Large	306	73	2.8	0.4	11.6	7.9	0.0	0.4	0.19	1010	241	9.1	1.2	38.3	26.1	0.0	1.2	0.63		
Salted Caramel Latte - Soya	SOYA	Regular	225	53	1.7	0.3	6.2	5.9	0.5	3.0	0.17	614	145	4.7	0.7	16.9	16.1	1.4	8.2	0.47		
		Large	238	56	1.7	0.3	7.0	6.7	0.5	3.0	0.19	787	186	5.6	0.9	23.2	22.3	1.7	9.9	0.63		
Salted Caramel Latte - Coconut	SOYA	Regular	191	45	1.3	0.6	6.7	6.6	0.2	1.4	0.17	523	124	3.5	1.7	18.4	18.0	0.5	3.9	0.47		
		Large	205	48	1.3	0.6	7.6	7.5	0.2	1.4	0.19	677	160	4.2	2.1	25.0	24.6	0.6	4.7	0.63		

SALTED CARAMEL ICED LATTE

Espresso and Milk with Salted Caramel 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		
Salted Caramel Iced Latte - Whole Milk	MILK	Regular	321	76	3.0	1.9	9.3	9.1	0.0	3.0	0.21	587	140	5.5	3.5	17.0	16.7	0.0	5.4	0.39		
		Large	329	78	3.1	1.9	9.6	9.5	0.0	3.0	0.22	857	204	8.1	5.1	25.0	24.7	0.0	7.8	0.58		
Salted Caramel Iced Latte - Skimmed Milk	MILK	Regular	225	53	0.3	0.1	9.5	9.3	0.0	3.1	0.21	412	97	0.6	0.2	17.3	17.0	0.0	5.6	0.39		
		Large	230	54	0.3	0.1	9.8	9.6	0.0	3.1	0.22	600	141	0.8	0.3	25.4	25.1	0.0	8.0	0.58		
Salted Caramel Iced Latte - Gluten Free Oat	OAT	Regular	312	74	2.6	0.3	12.2	8.6	0.0	0.4	0.21	570	136	4.8	0.6	22.3	15.8	0.0	0.8	0.38		
		Large	319	76	2.7	0.3	12.6	9.0	0.0	0.4	0.22	832	199	7.0	0.9	32.8	23.4	0.0	1.0	0.56		
Salted Caramel Iced Latte - Soya	SOYA	Regular	248	59	1.6	0.3	7.9	7.6	0.5	2.9	0.21	455	108	3.0	0.5	14.5	13.9	0.9	5.3	0.38		
		Large	254	60	1.7	0.3	8.2	7.9	0.5	2.9	0.22	663	157	4.3	0.7	21.3	20.5	1.3	7.6	0.56		
Salted Caramel Iced Latte - Coconut	SOYA	Regular	217	51	1.2	0.6	8.4	8.2	0.2	1.4	0.21	398	94	2.2	1.1	15.4	15.1	0.3	2.6	0.38		
		Large	222	53	1.2	0.6	8.7	8.6	0.2	1.4	0.22	579	137	3.2	1.6	22.6	22.3	0.4	3.6	0.56		