

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	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 our Oat Milk and Coconut Milk contain Gluten Free Oats, 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		
HOT COFFEE	3
HOT CHOCOLATE	9
SPECIALITY	11
ICED COFFEE	13
COLD FOAM	17
FRAPPE	19
MILKSHAKES	20
SMOOTHIES	23
HOMEMADE QUENCHERS	24
KIDS	25
MILK & DAIRY ALTERNATIVES	28
EXTRAS, SYRUPS & SAUCES	28

Core Beverage Allergen Nutritional Information

ESPRESSO

Coffee#1 classic Espresso

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		
Espresso		Single	68	16	0.4	0	1.9	0.8	0	1.1	0	11	3	0.1	0	0.3	0.1	0	0.2	0		
		Double	68	16	0.4	0	1.9	0.8	0	1.1	0	22	5	0.1	0	0.6	0.3	0	0.4	0		

MACCHIATO

Coffee#1 blend Espresso and foamed milk

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		
Macchiato - Whole Milk	MILK	Single	143	34	1.6	1.0	2.9	2.2	0.0	1.9	0.05	37	9	0.4	0.3	0.7	0.6	0.0	0.5	0.01		
		Double	143	34	1.6	1.0	2.9	2.2	0.0	1.9	0.05	37	9	0.4	0.3	0.7	0.6	0.0	0.5	0.01		
Macchiato - Skimmed Milk	MILK	Single	98	23	0.4	0.2	2.9	2.3	0.0	2.0	0.05	26	6	0.1	0.0	0.8	0.6	0.0	0.5	0.01		
		Double	98	23	0.4	0.2	2.9	2.3	0.0	2.0	0.05	51	12	0.2	0.1	1.5	1.2	0.0	1.0	0.03		
Macchiato - Gluten Free Oat	OAT	Single	140	33	1.4	0.3	4.2	2.0	0.0	0.8	0.05	36	9	0.4	0.1	1.1	0.5	0.0	0.2	0.01		
		Double	140	33	1.4	0.3	4.2	2.0	0.0	0.8	0.05	73	17	0.7	0.1	2.2	1.0	0.0	0.4	0.03		
Macchiato - Soya	SOYA	Single	110	26	1.0	0.2	2.2	1.5	0.2	1.9	0.04	29	7	0.3	0.1	0.6	0.4	0.1	0.5	0.01		
		Double	110	26	1.0	0.2	2.2	1.5	0.2	1.9	0.04	57	14	0.5	0.1	1.1	0.8	0.1	1.0	0.02		
Macchiato - Coconut	SOYA	Single	136	32	0.8	0.6	5.4	2.1	0.2	0.7	0.04	35	8	0.2	0.2	1.4	0.5	0.0	0.2	0.01		
		Double	136	32	0.8	0.6	5.4	2.1	0.2	0.7	0.04	71	17	0.4	0.3	2.8	1.1	0.1	0.4	0.02		

Core Beverage Allergen Nutritional Information

CARAMEL MACCHIATO

Espresso, foamed milk, caramel syrup and 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		
Caramel Macchiato - Whole Milk	MILK	12oz	319	76	3.2	2.0	8.7	8.4	0.0	3.1	0.11	919	219	9.1	5.8	25.0	24.1	0.0	9.0	0.31		
		16oz	329	78	3.2	2.0	9.3	9.1	0.0	3.1	0.11	1137	271	10.9	6.9	32.2	31.3	0.0	10.7	0.37		
Caramel Macchiato - Skimmed Milk	MILK	12oz	217	51	0.3	0.1	8.8	8.5	0.0	3.2	0.11	626	148	0.9	0.4	25.5	24.6	0.0	9.2	0.31		
		16oz	227	54	0.3	0.1	9.5	9.2	0.0	3.2	0.11	785	185	1.0	0.4	32.8	31.9	0.0	11.0	0.37		
Caramel Macchiato - Gluten Free Oat	OAT, MILK	12oz	311	74	2.7	0.4	11.9	8.0	0.0	0.4	0.10	865	207	7.6	1.0	33.0	22.3	0.0	1.2	0.28		
		16oz	325	78	2.7	0.4	12.8	9.0	0.0	0.4	0.10	1026	245	8.5	1.1	40.4	28.5	0.0	1.3	0.31		
Caramel Macchiato - Soya	SOYA, MILK	12oz	245	58	1.7	0.3	7.4	6.9	0.5	3.0	0.10	680	161	4.7	0.8	20.5	19.2	1.4	8.4	0.28		
		16oz	259	61	1.7	0.3	8.4	7.9	0.5	3.0	0.10	819	194	5.3	0.8	26.4	24.9	1.6	9.4	0.31		
Caramel Macchiato - Coconut	SOYA, MILK	12oz	212	50	1.3	0.6	7.9	7.6	0.2	1.5	0.10	589	139	3.5	1.7	22.0	21.1	0.5	4.1	0.28		
		16oz	227	54	1.2	0.6	8.9	8.6	0.2	1.4	0.10	716	169	3.9	1.9	28.0	27.1	0.5	4.5	0.31		

AMERICANO

Espresso and hot water with a splash of milk

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		
Americano - Black		Regular	6	1	0.0	0.0	0.2	0.1	0.0	0.1	0.01	22	5	0.1	0.1	0.6	0.3	0.0	0.4	0.05		
		Large	5	1	0.0	0.0	0.1	0.1	0.0	0.1	0.01	22	5	0.1	0.1	0.6	0.3	0.0	0.4	0.06		
Americano - Whole Milk	MILK	Regular	27	7	0.3	0.2	0.5	0.4	0.0	0.4	0.02	114	27	1.4	0.9	2.1	1.8	0.0	1.5	0.09		
		Large	25	6	0.3	0.2	0.5	0.4	0.0	0.3	0.02	114	27	1.4	0.9	2.1	1.8	0.0	1.5	0.09		
Americano - Skimmed Milk	MILK	Regular	18	4	0.1	0.0	0.5	0.4	0.0	0.4	0.02	73	17	0.2	0.1	2.2	1.9	0.0	1.5	0.09		
		Large	16	4	0.1	0.0	0.5	0.4	0.0	0.3	0.02	73	17	0.2	0.1	2.2	1.9	0.0	1.5	0.09		
Americano - Gluten Free Oat	OAT	Regular	20	5	0.2	0.0	0.7	0.4	0.0	0.2	0.02	85	20	0.7	0.2	2.7	1.7	0.1	0.6	0.09		
		Large	19	4	0.2	0.0	0.6	0.4	0.0	0.1	0.02	85	20	0.7	0.2	2.7	1.7	0.1	0.6	0.09		
Americano - Soya	SOYA	Regular	20	5	0.2	0.0	0.4	0.3	0.1	0.4	0.02	84	20	0.8	0.2	1.6	1.1	0.2	1.5	0.08		
		Large	18	4	0.2	0.0	0.3	0.2	0.0	0.3	0.02	84	20	0.8	0.2	1.6	1.1	0.2	1.5	0.08		
Americano - Coconut	SOYA	Regular	26	6	0.1	0.1	1.1	0.4	0.0	0.1	0.02	107	25	0.6	0.5	4.5	1.7	0.1	0.4	0.08		
		Large	23	6	0.1	0.1	1.0	0.4	0.0	0.1	0.02	107	25	0.6	0.5	4.5	1.7	0.1	0.4	0.08		

Core Beverage Allergen Nutritional Information

LATTE

Espresso and steamed milk

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		
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 - 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		
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	SOYA	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		

CAPPUCCINO

Espresso with foamed milk

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		
Cappuccino - Whole Milk	MILK	Regular	233	56	3.1	2.0	4.0	3.8	0.0	3.0	0.09	471	112	6.2	4.0	8.1	7.7	0.0	6.0	0.18		
		Large	238	57	3.2	2.0	4.1	3.9	0.0	3.0	0.09	576	137	7.7	4.9	9.8	9.5	0.0	7.3	0.23		
Cappuccino - Skimmed Milk	MILK	Regular	134	32	0.3	0.1	4.2	4.0	0.0	3.0	0.10	272	65	0.6	0.3	8.4	8.1	0.0	6.1	0.19		
		Large	137	32	0.3	0.1	4.2	4.1	0.0	3.1	0.10	330	79	0.8	0.3	10.3	9.9	0.0	7.5	0.24		
Cappuccino - Gluten Free Oat	OAT	Regular	225	54	2.7	0.4	6.9	3.3	0.0	0.4	0.09	454	109	5.4	0.7	14.0	6.7	0.0	0.9	0.18		
		Large	229	55	2.7	0.4	7.1	3.4	0.0	0.4	0.09	555	133	6.6	0.9	17.2	8.2	0.0	1.0	0.22		
Cappuccino - Soya	SOYA	Regular	160	38	1.7	0.3	2.6	2.2	0.5	3.0	0.07	323	77	3.4	0.6	5.2	4.5	1.0	6.0	0.14		
		Large	163	39	1.7	0.3	2.6	2.3	0.5	3.0	0.07	393	93	4.1	0.7	6.3	5.5	1.3	7.3	0.17		
Cappuccino - Coconut	SOYA	Regular	216	51	1.2	1.0	9.6	3.6	0.3	0.3	0.07	437	104	2.5	2.1	19.3	7.2	0.7	0.5	0.14		
		Large	221	52	1.3	1.1	9.8	3.7	0.3	0.2	0.07	534	127	3.1	2.6	23.7	8.9	0.8	0.6	0.17		

Core Beverage Allergen Nutritional Information

FLAT WHITE

Strong Espresso with steamed milk

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		
Flat White - Whole Milk	MILK	Small	225	54	3.0	1.9	3.9	3.7	0.0	2.9	0.09	365	87	4.8	3.0	6.3	6.0	0.0	4.6	0.14		
Flat White - Skimmed Milk	MILK	Small	131	31	0.3	0.1	4.1	3.8	0.0	2.9	0.09	213	51	0.5	0.2	6.6	6.2	0.0	4.8	0.15		
Flat White - Gluten Free Oat	OAT	Small	217	52	2.6	0.4	6.7	3.2	0.0	0.5	0.08	352	84	4.2	0.6	10.9	5.2	0.0	0.7	0.14		
Flat White - Soya	SOYA	Small	155	37	1.6	0.3	2.5	2.2	0.5	2.9	0.07	252	60	2.6	0.5	4.1	3.5	0.8	4.6	0.11		
Flat White - Coconut	SOYA	Small	209	50	1.2	1.0	9.2	3.4	0.3	0.3	0.07	339	81	1.9	1.6	14.9	5.6	0.5	0.5	0.11		

PICCOLO

Espresso with steamed milk

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		
Piccolo - Whole Milk	MILK	Small	228	54	3.0	1.9	3.9	3.7	0.0	2.9	0.09	196	47	2.6	1.6	3.4	3.2	0.0	2.5	0.08		
Piccolo - Skimmed Milk	MILK	Small	132	31	0.3	0.1	4.1	3.9	0.0	3.0	0.09	114	27	0.3	0.1	3.5	3.3	0.0	2.6	0.08		
Piccolo - Gluten Free Oat	OAT	Small	219	53	2.6	0.4	6.8	3.2	0.0	0.4	0.09	189	45	2.2	0.3	5.8	2.8	0.0	0.4	0.07		
Piccolo - Soya	SOYA	Small	157	37	1.6	0.3	2.6	2.2	0.5	2.9	0.07	135	32	1.4	0.2	2.2	1.9	0.4	2.5	0.06		
Piccolo - Coconut	SOYA	Small	211	50	1.2	1.0	9.3	3.5	0.3	0.3	0.07	182	43	1.0	0.9	8.0	3.0	0.3	0.2	0.06		

MOCHA

Dark chocolate, espresso and steamed milk

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		
Mocha - Whole Milk	MILK	Regular	380	90	3.2	2.0	11.4	9.8	1.1	3.4	0.13	977	232	8.3	5.2	29.2	25.3	2.7	8.9	0.35		
		Large	404	96	3.3	2.1	12.4	10.7	1.2	3.6	0.14	1280	304	10.5	6.6	39.4	34.0	3.8	11.3	0.45		
Mocha - Skimmed Milk	MILK	Regular	289	69	0.7	0.4	11.5	10.0	1.1	3.5	0.14	743	176	1.7	0.9	29.6	25.7	2.7	9.1	0.36		
		Large	312	74	0.7	0.4	12.6	10.9	1.2	3.6	0.15	988	234	2.3	1.2	39.9	34.5	3.8	11.5	0.46		
Mocha - Gluten Free Oat	OAT	Regular	372	89	2.9	0.6	14.1	9.4	1.1	1.1	0.13	957	228	7.3	1.5	36.2	24.1	2.7	2.9	0.34		
		Large	396	94	2.9	0.6	15.2	10.3	1.2	1.2	0.14	1255	299	9.3	1.9	48.1	32.5	3.8	3.8	0.44		
Mocha - Soya	SOYA	Regular	313	74	1.9	0.5	10.1	8.4	1.5	3.4	0.12	803	190	4.9	1.3	25.8	21.5	3.9	8.9	0.30		
		Large	335	79	2.0	0.5	11.1	9.2	1.7	3.6	0.12	1063	252	6.3	1.7	35.1	29.3	5.3	11.3	0.39		
Mocha - Coconut	SOYA	Regular	365	87	1.5	1.2	16.5	9.6	1.4	1.0	0.12	937	222	3.9	3.1	42.4	24.7	3.5	2.5	0.30		
		Large	388	92	1.6	1.2	17.6	10.5	1.5	1.0	0.12	1230	292	5.0	3.9	55.9	33.3	4.8	3.3	0.39		

Core Beverage Allergen Nutritional Information

WHITE MOCHA

White chocolate sauce, espresso and steamed milk, topped with dark chocolate curls

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		
White Mocha - Whole Milk	MILK, SOYA	Regular	407	97	3.0	1.9	13.5	11.9	0.1	2.9	0.15	1070	254	8.0	5.1	35.6	31.4	0.2	7.5	0.41		
		Large	423	100	3.1	1.9	14.4	12.6	0.1	2.9	0.16	1368	325	9.9	6.3	46.4	40.8	0.3	9.3	0.52		
White Mocha - Skimmed Milk	MILK, SOYA	Regular	318	75	0.5	0.3	13.7	12.1	0.1	2.9	0.16	836	198	1.4	0.7	36.0	31.8	0.2	7.7	0.41		
		Large	333	79	0.5	0.3	14.5	12.8	0.1	3.0	0.16	1075	255	1.7	0.9	46.9	41.4	0.3	9.6	0.53		
White Mocha - Gluten Free Oat	MILK, SOYA, OAT	Regular	399	95	2.7	0.5	16.2	11.5	0.1	0.6	0.15	1050	250	7.0	1.3	42.6	30.2	0.2	1.5	0.40		
		Large	416	99	2.7	0.5	17.1	12.2	0.1	0.6	0.16	1343	320	8.7	1.5	55.1	39.4	0.3	1.8	0.51		
White Mocha - Soya	MILK, SOYA	Regular	341	81	1.8	0.4	12.3	10.5	0.5	2.9	0.13	896	212	4.6	1.1	32.2	27.6	1.4	7.5	0.35		
		Large	356	84	1.8	0.4	13.0	11.2	0.6	2.9	0.14	1150	272	5.7	1.3	42.1	36.1	1.8	9.3	0.46		
White Mocha - Coconut	MILK, SOYA	Regular	392	93	1.4	1.1	18.6	11.7	0.4	0.4	0.13	1030	244	3.6	2.9	48.8	30.8	1.0	1.1	0.35		
		Large	408	97	1.4	1.1	19.5	12.4	0.4	0.4	0.14	1318	312	4.4	3.5	62.9	40.1	1.3	1.3	0.46		

MOCHA DELUXE

Dark chocolate, espresso and steamed milk topped with whipped cream, marshmallows and dark chocolate curls

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		
Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	582	139	8.5	5.3	11.9	10.5	0.9	3.2	0.14	1803	432	26.5	16.6	37.0	32.5	2.8	10.0	0.44		
		Large	617	148	8.4	5.2	14.0	12.2	1.2	3.4	0.15	1974	472	26.9	16.8	45.0	39.0	3.9	10.8	0.49		
Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	506	121	6.4	3.9	12.1	10.6	0.9	3.3	0.14	1569	376	19.9	12.2	37.4	32.9	2.8	10.2	0.45		
		Large	490	117	5.5	3.4	12.9	11.3	1.1	3.4	0.15	1813	434	20.4	12.5	47.7	41.7	3.9	12.7	0.55		
Mocha Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	575	138	8.2	4.1	14.2	10.1	0.9	1.3	0.14	1783	428	25.5	12.8	44.0	31.3	2.8	4.0	0.43		
		Large	562	135	7.4	3.6	15.1	10.7	1.1	1.3	0.14	2081	499	27.4	13.2	55.9	39.7	3.9	5.0	0.53		
Mocha Deluxe - Soya	MILK, SOYA	Regular	525	126	7.4	4.1	10.8	9.3	1.3	3.2	0.12	1629	390	23.1	12.6	33.6	28.7	4.0	10.0	0.39		
		Large	510	122	6.6	3.5	11.6	9.9	1.5	3.4	0.13	1888	451	24.4	13.0	42.9	36.5	5.4	12.5	0.48		
Mocha Deluxe - Coconut	MILK, SOYA	Regular	569	136	7.1	4.6	16.2	10.3	1.2	1.2	0.12	1763	422	22.1	14.4	50.2	31.9	3.6	3.6	0.39		
		Large	556	133	6.3	4.1	17.2	10.9	1.3	1.2	0.13	2056	491	23.2	15.2	63.7	40.5	4.9	4.5	0.48		

Core Beverage Allergen Nutritional Information

WHITE MOCHA DELUXE

White chocolate sauce, espresso and steamed milk topped with whipped cream, marshmallows and dark chocolate curls

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		
White Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	595	142	8.2	5.1	13.6	12.1	0.1	2.7	0.16	1874	448	25.8	16.2	42.9	38.1	0.2	8.6	0.50		
		Large	579	138	7.4	4.6	14.3	12.7	0.1	2.8	0.16	2171	519	27.8	17.4	53.6	47.6	0.3	10.5	0.61		
White Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	521	124	6.1	3.8	13.7	12.2	0.1	2.8	0.16	1640	392	19.2	11.9	43.3	38.5	0.2	8.8	0.51		
		Large	501	120	5.2	3.2	14.4	12.8	0.1	2.9	0.17	1879	449	19.5	12.0	54.1	48.1	0.3	10.7	0.62		
White Mocha Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	588	141	7.9	3.9	15.8	11.7	0.1	0.8	0.15	1854	444	24.8	12.4	49.9	36.9	0.2	2.6	0.49		
		Large	572	137	7.1	3.4	16.6	12.3	0.1	0.8	0.16	2146	514	26.5	12.7	62.4	46.1	0.3	3.0	0.60		
White Mocha Deluxe - Soya	MILK, SOYA	Regular	540	129	7.1	3.9	12.5	10.9	0.4	2.7	0.14	1700	406	22.4	12.2	39.5	34.3	1.4	8.6	0.45		
		Large	521	124	6.3	3.3	13.2	11.4	0.5	2.8	0.15	1954	466	23.5	12.4	49.4	42.8	1.8	10.5	0.55		
White Mocha Deluxe - Coconut	MILK, SOYA	Regular	582	139	6.8	4.4	17.8	11.9	0.3	0.7	0.14	1834	438	21.4	14.0	56.1	37.5	1.0	2.2	0.45		
		Large	566	135	5.9	3.9	18.7	12.5	0.3	0.7	0.15	2121	506	22.3	14.7	70.1	46.8	1.3	2.5	0.55		

Core Beverage Allergen Nutritional Information

HOT CHOCOLATE

Dark Hot Chocolate with steamed milk

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
Hot Chocolate - Whole Milk	MILK	Regular	400	95	3.6	2.3	11.5	10.1	1.0	3.7	0.14	1061	252	9.6	6.1	30.4	26.8	2.7	9.8	0.38
		Large	420	100	3.6	2.3	12.5	10.9	1.2	3.8	0.15	1364	324	11.8	7.5	40.5	35.5	3.8	12.2	0.49
Hot Chocolate - Skimmed Milk	MILK	Regular	294	70	0.6	0.3	11.6	10.3	1.0	3.8	0.15	780	185	1.7	0.9	30.9	27.3	2.7	10.1	0.39
		Large	315	75	0.7	0.4	12.6	11.1	1.2	3.9	0.15	1025	243	2.3	1.2	41.1	36.1	3.8	12.5	0.50
Hot Chocolate - Gluten Free Oat	OAT	Regular	391	93	3.2	0.6	14.6	9.6	1	1.0	0.14	1037	248	8.4	1.6	38.8	25.4	2.7	2.6	0.37
		Large	411	98	3.2	0.6	15.6	10.4	1.2	1.1	0.15	1335	319	10.4	2.0	50.7	33.8	3.8	3.5	0.47
Hot Chocolate - Soya	SOYA	Regular	322	76	2.1	0.5	9.9	8.4	1.6	3.7	0.12	852	202	5.6	1.3	26.3	22.2	4.2	9.8	0.32
		Large	342	81	2.1	0.5	10.9	9.2	1.7	3.8	0.13	1112	264	6.9	1.7	35.6	30.0	5.6	12.2	0.41
Hot Chocolate - Coconut	SOYA	Regular	382	91	1.6	1.3	17.4	9.8	1.4	0.8	0.12	1013	240	4.4	3.5	46.2	26.1	3.7	2.1	0.32
		Large	402	95	1.7	1.3	18.4	10.7	1.5	0.9	0.13	1306	310	5.5	4.3	59.7	34.6	5.0	3.0	0.41

HOT CHOCOLATE DELUXE

Dark Hot Chocolate with steamed milk topped with whipped cream, marshmallows and dark chocolate curls

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
Hot Chocolate Deluxe - Whole Milk	MILK, SOYA	Regular	593	142	8.7	5.5	12.0	10.7	0.9	3.5	0.15	1887	452	27.8	17.4	38.2	34.0	2.8	11.0	0.47
		Large	579	139	7.9	5.0	12.8	11.3	1.0	3.6	0.15	2190	524	30.0	18.8	48.3	42.7	3.9	13.4	0.58
Hot Chocolate Deluxe - Skimmed Milk	MILK, SOYA	Regular	505	121	6.2	3.8	12.2	10.8	0.9	3.5	0.15	1606	385	19.8	12.2	38.7	34.5	2.8	11.2	0.48
		Large	489	117	5.4	3.3	12.9	11.5	1.0	3.6	0.16	1850	443	20.4	12.5	48.9	43.3	3.9	13.7	0.59
Hot Chocolate Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	578	138	7.1	4.7	17.0	10.5	1.2	1.0	0.13	1839	440	22.5	14.8	54.0	33.3	3.8	3.3	0.41
		Large	572	137	7.6	3.6	15.3	10.7	1.0	1.3	0.15	2161	518	28.8	13.5	57.9	40.4	3.9	4.7	0.56
Hot Chocolate Deluxe - Soya	MILK, SOYA	Regular	528	126	7.4	4.0	10.7	9.3	1.3	3.5	0.13	1678	401	23.7	12.6	34.1	29.5	4.2	11.0	0.41
		Large	513	122	6.6	3.4	11.5	9.8	1.5	3.6	0.13	1937	463	25.0	13.0	43.4	37.2	5.6	13.4	0.50
Hot Chocolate Deluxe - Coconut	MILK, SOYA	Regular	578	138	7.1	4.7	17.0	10.5	1.2	1.0	0.13	1839	440	22.5	14.8	54.0	33.3	3.8	3.3	0.41
		Large	564	135	6.3	4.2	17.7	10.9	1.3	1.1	0.13	2132	510	23.9	15.8	66.9	41.3	5.1	4.2	0.51

WHITE HOT CHOCOLATE

White chocolate sauce and steamed milk topped with dark chocolate curls

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
White Hot Chocolate - Whole Milk	MILK, SOYA	Regular	426	101	3.4	2.2	13.6	12.1	0.1	3.1	0.16	1154	274	9.3	5.9	36.8	32.9	0.2	8.5	0.44
		Large	438	104	3.4	2.2	14.4	12.8	0.1	3.1	0.17	1451	345	11.2	7.1	47.5	42.4	0.3	10.3	0.56
White Hot Chocolate - Skimmed Milk	MILK, SOYA	Regular	322	76	0.5	0.3	13.7	12.3	0.1	3.2	0.17	873	207	1.4	0.7	37.3	33.4	0.2	8.7	0.45
		Large	336	80	0.5	0.3	14.5	13.0	0.1	3.2	0.17	1112	263	1.7	0.9	48.1	42.9	0.3	10.6	0.57
White Hot Chocolate - Gluten Free Oat	MILK, SOYA, OAT	Regular	417	99	3.0	0.5	16.7	11.6	0.1	0.5	0.16	1130	269	8.1	1.4	45.2	31.5	0.2	1.3	0.43
		Large	430	102	3.0	0.5	17.4	12.3	0.1	0.5	0.16	1422	339	9.8	1.6	57.7	40.6	0.3	1.6	0.54
White Hot Chocolate - Soya	MILK, SOYA	Regular	349	83	1.9	0.4	12.1	10.5	0.6	3.1	0.14	945	224	5.2	1.1	32.7	28.3	1.6	8.5	0.38
		Large	362	86	1.9	0.4	12.9	11.1	0.6	3.1	0.15	1199	284	6.3	1.4	42.6	36.8	2.0	10.3	0.48
White Hot Chocolate - Coconut	MILK, SOYA	Regular	408	97	1.5	1.2	19.4	11.9	0.4	0.3	0.14	1106	262	4.0	3.3	52.6	32.2	1.2	0.8	0.38
		Large	421	100	1.5	1.2	20.1	12.5	0.4	0.3	0.15	1393	330	4.9	4.0	66.7	41.5	1.4	1.0	0.48

WHITE HOT CHOCOLATE DELUXE

White chocolate sauce and steamed milk topped with whipped cream, marshmallows and dark chocolate curls

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
White Hot Chocolate Deluxe - Whole Milk	MILK, SOYA	Regular	606	145	8.4	5.3	13.6	12.3	0.1	3	0.16	1957	468	27.1	17.0	44.1	39.6	0.2	9.6	0.53
		Large	589	141	7.6	4.8	14.3	12.8	0.1	3.0	0.17	2255	539	29.1	18.3	54.8	49.1	0.3	11.4	0.65
White Hot Chocolate Deluxe - Skimmed Milk	MILK, SOYA	Regular	519	124	6.0	3.7	13.8	12.4	0.1	3.1	0.17	1677	401	19.2	11.9	44.5	40.1	0.2	9.9	0.54
		Large	500	119	5.1	3.1	14.5	13.0	0.1	3.1	0.17	1916	458	19.5	12.0	55.4	49.6	0.3	11.7	0.66
White Hot Chocolate Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	599	144	8.1	3.9	16.1	11.6	0.1	0.8	0.16	1934	464	26.2	12.7	51.9	37.6	0.2	2.4	0.52
		Large	581	139	7.2	3.3	17.0	12.4	0.1	0.7	0.16	2226	533	27.6	12.8	64.9	47.3	0.3	2.7	0.63
White Hot Chocolate Deluxe - Soya	MILK, SOYA	Regular	541	129	7.2	3.8	12.2	10.7	0.5	3	0.15	1749	418	23.3	12.4	39.4	34.5	1.6	9.6	0.47
		Large	523	125	6.3	3.3	13.0	11.4	0.5	3	0.15	2003	478	24.1	12.5	49.9	43.6	2.0	11.4	0.57
White Hot Chocolate Deluxe - Coconut	MILK, SOYA	Regular	591	141	6.8	4.5	18.5	12.0	0.4	0.6	0.15	1909	456	21.9	14.4	59.9	38.9	1.2	1.9	0.47
		Large	574	137	5.9	3.9	19.3	12.6	0.4	0.6	0.15	2197	524	22.7	15.1	73.9	48.2	1.4	2.2	0.57

Core Beverage Allergen Nutritional Information

TUMERIC LATTE

A mild blend of turmeric with flavours of ginger, vanilla and orange with steamed milk

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		
Turmeric Latte - Whole Milk	MILK	Regular	281	67	3.7	2.3	5.1	5.0	0.2	3.3	0.10	683	163	8.9	5.6	12.5	12.2	0.5	8.1	0.25		
		Large	282	67	3.7	2.3	5.2	5.1	0.2	3.3	0.10	828	198	10.7	6.7	15.2	14.9	0.6	9.8	0.31		
Turmeric Latte - Skimmed Milk	MILK	Regular	166	39	0.4	0.2	5.3	5.2	0.2	3.4	0.11	402	96	1.0	0.4	13.0	12.7	0.5	8.4	0.27		
		Large	166	40	0.4	0.2	5.4	5.2	0.2	3.4	0.11	488	116	1.2	0.5	15.8	15.4	0.6	10.1	0.32		
Turmeric Latte - Gluten Free Oat	OAT	Regular	271	65	3.2	0.4	8.6	4.4	0.2	0.4	0.10	659	158	7.7	1.0	20.9	10.8	0.5	0.9	0.24		
		Large	272	65	3.2	0.4	8.6	4.5	0.2	0.4	0.10	799	192	9.3	1.2	25.4	13.1	0.6	1.1	0.29		
Turmeric Latte - Soya	SOYA	Regular	195	46	2.0	0.3	3.5	3.2	0.8	3.3	0.08	474	113	4.8	0.8	8.4	7.7	2.0	8.1	0.19		
		Large	196	46	2.0	0.3	3.5	3.2	0.8	3.3	0.08	576	137	5.8	1.0	10.3	9.3	2.4	9.8	0.24		
Turmeric Latte - Coconut	SOYA	Regular	261	62	1.5	1.2	11.7	4.7	0.6	0.2	0.08	635	151	3.6	2.9	28.3	11.5	1.5	0.4	0.19		
		Large	262	62	1.5	1.2	11.7	4.8	0.6	0.2	0.08	770	183	4.4	3.6	34.3	14.0	1.8	0.5	0.24		

MATCHA LATTE

Fresh flavoured matcha powder with steamed milk

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		
Matcha Latte - Whole Milk	MILK	Regular	273	65	3.6	2.3	4.7	4.4	0.2	3.4	0.10	661	158	8.8	5.5	11.3	10.6	0.5	8.3	0.25		
		Large	275	66	3.6	2.3	4.7	4.4	0.2	3.5	0.10	803	192	10.6	6.6	13.8	12.7	0.7	10.2	0.30		
Matcha Latte - Skimmed Milk	MILK	Regular	157	37	0.3	0.1	4.9	4.6	0.2	3.5	0.11	379	90	0.8	0.3	11.7	11.1	0.5	8.6	0.26		
		Large	159	38	0.3	0.1	4.9	4.6	0.2	3.6	0.11	464	111	1.0	0.4	14.3	13.3	0.7	10.4	0.32		
Matcha Latte - Gluten Free Oat	OAT	Regular	263	63	3.1	0.4	8.1	3.8	0.2	0.5	0.10	637	153	7.6	1.0	19.7	9.1	0.5	1.1	0.24		
		Large	265	64	3.1	0.4	8.2	3.8	0.2	0.5	0.10	774	186	9.1	1.2	23.9	11.0	0.7	1.5	0.29		
Matcha Latte - Soya	SOYA	Regular	187	44	1.9	0.3	3.0	2.5	0.8	3.4	0.08	451	107	4.7	0.7	7.2	6.0	1.9	8.3	0.19		
		Large	189	45	1.9	0.3	3.0	2.5	0.8	3.5	0.08	551	131	5.7	0.9	8.8	7.2	2.5	10.2	0.23		
Matcha Latte - Coconut	SOYA	Regular	253	60	1.4	1.2	11.2	4.1	0.6	0.3	0.08	613	146	3.5	2.9	27.1	9.9	1.4	0.6	0.19		
		Large	255	61	1.4	1.2	11.3	4.1	0.6	0.3	0.08	745	177	4.2	3.5	32.9	11.9	1.9	0.9	0.23		

SPICED CHAI LATTE

A blend of black tea extract with ginger and cinnamon with steamed milk

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
Spiced Chai Latte - Whole Milk	MILK	Regular	396	94	3.3	2.1	13.0	8.9	0.2	3.0	0.11	1049	249	8.7	5.5	34.5	23.6	0.6	8.0	0.28
		Large	414	98	3.2	2.1	14.2	9.5	0.3	3.0	0.11	1347	320	10.5	6.7	46.3	31.0	0.8	9.7	0.35
Spiced Chai Latte - Skimmed Milk	MILK	Regular	290	69	0.3	0.1	13.2	9.1	0.2	3.1	0.11	768	182	0.7	0.3	35.0	24.0	0.6	8.3	0.30
		Large	310	73	0.3	0.1	14.4	9.7	0.3	3.1	0.11	1007	238	0.9	0.4	46.9	31.5	0.8	10.0	0.36
Spiced Chai Latte - Gluten Free Oat	OAT	Regular	387	92	2.8	0.4	16.2	8.3	0.2	0.3	0.10	1025	244	7.5	1.0	42.9	22.1	0.6	0.8	0.27
		Large	405	97	2.8	0.4	17.4	9.0	0.3	0.3	0.10	1318	314	9.0	1.2	56.4	29.2	0.8	1.0	0.34
Spiced Chai Latte - Soya	SOYA	Regular	317	75	1.7	0.3	11.5	7.2	0.8	3.0	0.08	840	199	4.6	0.7	30.4	19.0	2.0	8.0	0.22
		Large	337	80	1.7	0.3	12.7	7.8	0.8	3.0	0.09	1094	259	5.5	0.9	41.4	25.4	2.6	9.7	0.28
Spiced Chai Latte - Coconut	SOYA	Regular	378	89	1.3	1.1	19.0	8.6	0.6	0.1	0.08	1001	237	3.4	2.9	50.4	22.8	1.6	0.4	0.22
		Large	377	89	1.3	1.1	19.0	8.6	0.6	0.1	0.08	1206	286	4.1	3.5	60.6	27.5	1.9	0.4	0.27

HOT APPLE & CINNAMON

Hot Apple juice infused with cinnamon

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
Hot Apple & Cinnamon		Regular	185	43	0.5	0.5	10	10	0	0.5	0.5	610	142	1.6	1.6	33	33	0	1.6	1.7
		Large	185	43	0.5	0.5	10	10	0	0.5	0.5	832	194	2.2	2.2	45	45	0	2.2	2.3

Core Beverage Allergen Nutritional Information

ICED LATTE

Espresso and milk over ice

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		
Iced Latte - Whole Milk	MILK	Regular	230	55	3.0	1.9	4.0	3.8	0.0	2.9	0.09	418	100	5.5	3.5	7.2	6.9	0.0	5.3	0.16		
		Large	239	57	3.2	2.0	4.1	3.9	0.0	3.0	0.09	603	144	8.0	5.1	10.3	9.9	0.0	7.6	0.24		
Iced Latte - Skimmed Milk	MILK	Regular	133	32	0.3	0.1	4.1	3.9	0.0	3.0	0.09	242	58	0.6	0.3	7.5	7.2	0.0	5.5	0.17		
		Large	137	33	0.3	0.1	4.3	4.1	0.0	3.1	0.10	345	82	0.8	0.4	10.7	10.4	0.0	7.8	0.25		
Iced Latte - Gluten Free Oat	OAT	Regular	221	53	2.6	0.4	6.8	3.3	0.0	0.4	0.09	403	97	4.8	0.7	12.5	6.0	0.0	0.8	0.16		
		Large	230	55	2.8	0.4	7.1	3.4	0.0	0.4	0.09	581	139	6.9	0.9	18.0	8.6	0.0	1.0	0.23		
Iced Latte - Soya	SOYA	Regular	158	37	1.6	0.3	2.6	2.2	0.5	2.9	0.07	287	68	3.0	0.5	4.7	4.0	0.9	5.3	0.13		
		Large	163	39	1.7	0.3	2.6	2.3	0.5	3.0	0.07	411	98	4.3	0.7	6.5	5.8	1.3	7.6	0.18		
Iced Latte - Coconut	SOYA	Regular	213	51	1.2	1.0	9.4	3.5	0.3	0.3	0.07	388	92	2.2	1.9	17.1	6.4	0.6	0.5	0.13		
		Large	222	53	1.3	1.1	9.8	3.7	0.3	0.2	0.07	559	133	3.2	2.7	24.8	9.3	0.9	0.6	0.18		

ICED AMERICANO

Espresso and cold water over ice

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		
Iced Americano - Black	MILK	Regular	6	1	0.0	0.0	0.2	0.1	0.0	0.1	0.01	22	5	0.1	0.1	0.6	0.3	0.0	0.4	0.05		
		Large	5	1	0.0	0.0	0.1	0.1	0.0	0.1	0.01	22	5	0.1	0.1	0.6	0.3	0.0	0.4	0.06		
Iced Americano - Whole Milk	MILK	Regular	53	13	0.6	0.4	1.0	0.8	0.0	0.7	0.03	114	27	1.4	0.9	2.1	1.8	0.0	1.5	0.06		
		Large	40	9	0.5	0.3	0.7	0.6	0.0	0.5	0.02	114	27	1.4	0.9	2.1	1.8	0.0	1.5	0.07		
Iced Americano - Skimmed Milk	MILK	Regular	18	4	0.1	0.0	0.5	0.4	0.0	0.4	0.02	73	17	0.2	0.1	2.2	1.9	0.0	1.5	0.09		
		Large	16	4	0.1	0.0	0.5	0.4	0.0	0.3	0.02	73	17	0.2	0.1	2.2	1.9	0.0	1.5	0.09		
Iced Americano - Gluten Free Oat	OAT	Regular	20	5	0.2	0.0	0.7	0.4	0.0	0.2	0.02	85	20	0.7	0.2	2.7	1.7	0.1	0.6	0.09		
		Large	20	5	0.2	0.0	0.7	0.4	0.0	0.2	0.02	85	20	0.7	0.2	2.7	1.7	0.1	0.6	0.09		
Iced Americano - Soya	SOYA	Regular	20	5	0.2	0.0	0.4	0.3	0.1	0.4	0.02	84	20	0.8	0.2	1.6	1.1	0.2	1.5	0.08		
		Large	18	4	0.2	0.0	0.3	0.2	0.0	0.3	0.02	84	20	0.8	0.2	1.6	1.1	0.2	1.5	0.08		
Iced Americano - Coconut	SOYA	Regular	26	6	0.1	0.1	1.1	0.4	0.0	0.1	0.02	107	25	0.6	0.5	4.5	1.7	0.1	0.4	0.08		
		Large	23	6	0.1	0.1	1.0	0.4	0.0	0.1	0.02	107	25	0.6	0.5	4.5	1.7	0.1	0.4	0.08		

Core Beverage Allergen Nutritional Information

ICED MOCHA

Espresso, dark chocolate powder and milk over ice

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		
Iced Mocha - Whole Milk	MILK	Regular	408	97	3.2	2.0	13.1	11.2	1.3	3.5	0.14	845	201	6.5	4.1	27.0	23.1	2.7	7.2	0.29		
		Large	418	99	3.3	2.1	13.3	11.4	1.3	3.6	0.15	1201	285	9.4	5.9	38	32.7	3.8	10	0.42		
Iced Mocha - Skimmed Milk	MILK	Regular	316	75	0.7	0.4	12.8	11.0	1.3	3.5	0.14	683	162	1.6	0.9	27.7	23.8	2.7	7.7	0.31		
		Large	329	78	0.8	0.4	13.4	11.5	1.3	3.7	0.15	944	224	2.2	1.2	38.5	33.1	3.8	10.5	0.43		
Iced Mocha - Gluten Free Oat	OAT	Regular	394	93	1.6	1.2	17.8	10.9	1.6	1.2	0.12	815	193	3.2	2.5	36.9	22.7	3.3	2.4	0.26		
		Large	411	98	2.9	0.6	15.9	10.9	1.3	1.3	0.14	1179	281	8.3	1.8	45.7	31.4	3.8	3.7	0.41		
Iced Mocha - Soya	SOYA	Regular	345	82	1.9	0.5	11.8	9.8	1.8	3.5	0.12	715	169	4.0	1.1	24.5	20.3	3.6	7.2	0.26		
		Large	352	83	2.0	0.5	12.0	9.9	1.8	3.6	0.13	1010	239	5.7	1.6	34.3	28.5	5.1	10.3	0.36		
Iced Mocha - Coconut	SOYA	Regular	394	93	1.6	1.2	17.8	10.9	1.6	1.2	0.12	815	193	3.2	2.5	36.9	22.7	3.3	2.4	0.26		
		Large	403	96	1.6	1.2	18.3	11.2	1.6	1.1	0.13	1157	274	4.6	3.5	52.6	32.0	4.7	3.2	0.36		

ICED MOCHA DELUXE

Espresso, dark chocolate powder, milk over ice topped with cream and dark chocolate curls

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		
Iced Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	643	154	9.5	5.9	13.4	11.7	1.1	3.2	0.15	1671	400	24.7	15.4	34.8	30.3	2.8	8.4	0.38		
		Large	596	143	8.1	5.1	13.5	11.7	1.1	3.4	0.15	2027	485	27.6	17.3	45.8	39.9	3.9	12	0.51		
Iced Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	575	138	7.6	4.7	13.5	11.8	1.1	3.3	0.15	1495	358	19.7	12.2	35.1	30.6	2.8	8.5	0.39		
		Large	520	124	6.0	3.7	13.6	11.9	1.1	3.4	0.15	1769	423	20.3	12.5	46.3	40.3	3.9	11.7	0.52		
Iced Mocha Deluxe - Gluten Free Oat	MILK, SOYA, OAT	Regular	637	153	9.2	4.8	15.4	11.3	1.1	1.5	0.14	1656	397	23.9	12.6	40.1	29.4	2.8	3.9	0.38		
		Large	590	141	7.8	3.9	15.7	11.3	1.1	1.4	0.15	2005	480	26.5	13.1	53.5	38.6	3.9	4.9	0.50		
Iced Mocha Deluxe - Soya	MILK, SOYA	Regular	592	142	8.5	4.8	12.4	10.6	1.4	3.2	0.13	1540	369	22.1	12.4	32.3	27.5	3.7	8.4	0.35		
		Large	540	129	7.0	3.8	12.4	10.5	1.5	3.4	0.13	1835	439	23.8	12.9	42.1	35.7	5.2	11.5	0.45		
Iced Mocha Deluxe - Coconut	MILK, SOYA	Regular	631	151	8.2	5.3	17.2	11.5	1.3	1.4	0.13	1641	393	21.4	13.8	44.7	29.9	3.4	3.6	0.35		
		Large	583	139	6.7	4.4	17.8	11.5	1.4	1.3	0.13	1983	474	22.7	14.9	60.4	39.2	4.8	4.4	0.45		

Core Beverage Allergen Nutritional Information

VANILLA ICED LATTE

Espresso, milk and vanilla syrup over ice

		Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Vanilla Iced Latte - Whole Milk	MILK	Regular	322	77	3.0	1.9	9.4	9.2	0.0	3.0	0.09	590	140	5.5	3.5	17.2	16.9	0.0	5.4	0.17	
		Large	331	79	3.1	1.9	9.7	9.6	0.0	3.0	0.09	861	205	8.1	5.1	25.3	25.0	0.0	7.8	0.25	
Vanilla Iced Latte - Skimmed Milk	MILK	Regular	226	53	0.3	0.1	9.6	9.4	0.0	3.1	0.09	414	98	0.6	0.2	17.5	17.1	0.0	5.6	0.17	
		Large	232	55	0.3	0.1	9.9	9.7	0.0	3.1	0.09	604	142	0.8	0.3	25.7	25.4	0.0	8.0	0.25	
Vanilla Iced Latte - Gluten Free Oat	OAT	Regular	313	75	2.6	0.3	12.3	8.7	0.0	0.4	0.08	573	137	4.8	0.6	22.5	16.0	0.0	0.8	0.15	
		Large	321	77	2.7	0.3	12.7	9.1	0.0	0.4	0.09	836	200	7.0	0.9	33.0	23.7	0.0	1.0	0.22	
Vanilla Iced Latte - Soya	SOYA	Regular	250	59	1.6	0.3	8.0	7.7	0.5	2.9	0.08	457	108	3.0	0.5	14.7	14.0	0.9	5.3	0.15	
		Large	256	61	1.7	0.3	8.3	8.0	0.5	2.9	0.09	667	158	4.3	0.7	21.6	20.8	1.3	7.6	0.22	
Vanilla Iced Latte - Coconut	SOYA	Regular	219	52	1.2	0.6	8.5	8.3	0.2	1.4	0.08	400	95	2.2	1.1	15.6	15.2	0.3	2.6	0.15	
		Large	224	53	1.2	0.6	8.8	8.7	0.2	1.4	0.09	583	138	3.2	1.6	22.9	22.6	0.4	3.6	0.22	

ICED COOKIE DOUGH LATTE

Espresso, milk and cookie dough syrup over ice

		Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Iced Cookie Dough Latte Latte - Whole Milk	MILK	Regular	320	77	3.0	1.9	9.3	9.1	0.0	3.0	0.09	585	140	5.5	3.5	17.0	16.6	0.0	5.4	0.17	
		Large	328	78	3.1	1.9	9.6	9.4	0.0	3.0	0.10	855	204	8.1	5.1	25.0	24.6	0.0	7.8	0.25	
Iced Cookie Dough Latte Latte - Skimmed Milk	MILK	Regular	224	53	0.3	0.1	9.4	9.2	0.0	3.1	0.09	410	97	0.6	0.2	17.3	16.9	0.0	5.6	0.17	
		Large	229	54	0.3	0.1	9.7	9.6	0.0	3.1	0.10	597	142	0.8	0.3	25.4	25.0	0.0	8.0	0.25	
Iced Cookie Dough Latte Latte - Gluten Free Oat	OAT	Regular	310	74	2.6	0.3	12.2	8.6	0.0	0.4	0.09	568	136	4.8	0.6	22.3	15.7	0.0	0.8	0.16	
		Large	318	76	2.7	0.3	12.6	9.0	0.0	0.4	0.09	829	199	7.0	0.9	32.7	23.3	0.0	1.0	0.23	
Iced Cookie Dough Latte Latte - Soya	SOYA	Regular	247	59	1.6	0.3	7.9	7.5	0.5	2.9	0.09	453	108	3.0	0.5	14.5	13.8	0.9	5.3	0.16	
		Large	253	60	1.7	0.3	8.2	7.9	0.5	2.9	0.09	660	157	4.3	0.7	21.3	20.5	1.3	7.6	0.23	
Iced Cookie Dough Latte Latte - Coconut	SOYA	Regular	216	52	1.2	0.6	8.4	8.2	0.2	1.4	0.09	396	94	2.2	1.1	15.4	15.0	0.3	2.6	0.16	
		Large	221	53	1.2	0.6	8.7	8.5	0.2	1.4	0.09	576	137	3.2	1.6	22.6	22.2	0.4	3.6	0.23	

ICED MACADAMIA LATTE

Espresso, milk and macadamia syrup over ice

		Per 100ml											Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Iced Macadamia Latte - Whole Milk	MILK	Regular	321	77	3.0	1.9	9.2	9.1	0.0	3.0	0.09	588	141	5.5	3.5	16.9	16.6	0.0	5.4	0.17		
		Large	330	79	3.1	1.9	9.5	9.4	0.0	3.0	0.09	859	206	8.1	5.1	24.8	24.5	0.0	7.8	0.25		
Iced Macadamia Latte - Skimmed Milk	MILK	Regular	225	54	0.3	0.1	9.4	9.2	0.0	3.1	0.09	413	98	0.6	0.2	17.2	16.8	0.0	5.6	0.17		
		Large	231	55	0.3	0.1	9.7	9.6	0.0	3.1	0.09	601	143	0.8	0.3	25.3	24.9	0.0	8.0	0.25		
Iced Macadamia Latte - Gluten Free Oat	OAT	Regular	312	75	2.6	0.3	12.1	8.6	0.0	0.4	0.08	571	137	4.8	0.6	22.2	15.7	0.0	0.8	0.15		
		Large	320	77	2.7	0.3	12.5	8.9	0.0	0.4	0.09	834	200	7.0	0.9	32.6	23.2	0.0	1.0	0.22		
Iced Macadamia Latte - Soya	SOYA	Regular	249	59	1.6	0.3	7.9	7.5	0.5	2.9	0.08	456	109	3.0	0.5	14.4	13.7	0.9	5.3	0.15		
		Large	255	61	1.7	0.3	8.1	7.8	0.5	2.9	0.09	664	158	4.3	0.7	21.1	20.4	1.3	7.6	0.22		
Iced Macadamia Latte - Coconut	SOYA	Regular	218	52	1.2	0.6	8.4	8.2	0.2	1.4	0.08	399	95	2.2	1.1	15.3	14.9	0.3	2.6	0.15		
		Large	223	53	1.2	0.6	8.6	8.5	0.2	1.4	0.09	581	138	3.2	1.6	22.5	22.1	0.4	3.6	0.22		

COLD FOAM - ICED CAPPUCCINO

Espresso and milk over ice, topped with cold foam

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		
Cold Foam - Iced Cappuccino - Whole Milk	MILK	Regular	195	46	1.7	1.1	4.4	4.2	0.0	3.3	0.10	366	87	3.3	2.0	8.2	7.9	0.0	6.2	0.19		
		Large	210	50	2.1	1.3	4.4	4.2	0.0	3.3	0.10	499	119	5.1	3.1	10.4	10.0	0.0	7.9	0.24		
Cold Foam - Iced Cappuccino - Skimmed Milk	MILK	Regular	145	34	0.3	0.1	4.4	4.3	0.0	3.3	0.10	272	64	0.6	0.2	8.4	8.0	0.0	6.3	0.19		
		Large	146	34	0.3	0.1	4.5	4.3	0.0	3.4	0.10	347	82	0.8	0.3	10.6	10.3	0.0	8.0	0.24		
Cold Foam - Iced Cappuccino - Gluten Free Oat	MILK, OAT	Regular	190	45	1.5	0.2	5.9	3.9	0.0	2.0	0.10	357	85	2.9	0.5	11.0	7.4	0.0	3.7	0.18		
		Large	203	49	1.9	0.3	6.3	3.9	0.0	1.6	0.10	484	116	4.4	0.7	15.0	9.3	0.0	3.9	0.23		
Cold Foam - Iced Cappuccino - Soya	MILK, SOYA	Regular	157	37	1.0	0.2	3.6	3.4	0.3	3.3	0.10	295	70	1.9	0.4	6.9	6.4	0.5	6.1	0.18		
		Large	161	38	1.2	0.2	3.4	3.2	0.3	3.3	0.10	384	91	2.9	0.5	8.2	7.6	0.8	7.8	0.23		
Cold Foam - Iced Cappuccino - Coconut	MILK, SOYA	Regular	141	33	0.8	0.4	3.9	3.7	0.1	2.5	0.10	265	63	1.5	0.7	7.3	7.0	0.2	4.7	0.18		
		Large	141	33	0.9	0.4	3.8	3.6	0.1	2.3	0.10	335	79	2.2	1.1	9.0	8.6	0.3	5.4	0.23		

COLD FOAM - ICED FLAT WHITE

Espresso and milk over ice, topped with cold foam

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		
Cold Foam - Iced Flat White - Whole Milk	MILK	Regular	176	42	1.2	0.7	4.4	4.1	0.0	3.3	0.10	260	62	1.8	1.1	6.4	6.1	0.0	4.8	0.14		
Cold Foam - Iced Flat White - Skimmed Milk	MILK	Regular	144	34	0.4	0.1	4.4	4.2	0.0	3.3	0.10	213	50	0.5	0.2	6.5	6.2	0.0	4.9	0.14		
Cold Foam - Iced Flat White - Gluten Free Oat	MILK, OAT	Regular	173	41	1.1	0.2	5.3	4.0	0.0	2.4	0.09	255	61	1.6	0.3	7.9	5.9	0.0	3.6	0.14		
Cold Foam - Iced Flat White - Soya	MILK, SOYA	Regular	152	36	0.8	0.2	3.9	3.6	0.2	3.2	0.09	225	53	1.2	0.3	5.8	5.4	0.2	4.8	0.14		
Cold Foam - Iced Flat White - Coconut	MILK, SOYA	Regular	141	33	0.7	0.3	4.1	3.8	0.1	2.8	0.09	209	50	1.0	0.4	6.0	5.7	0.1	4.1	0.14		

COLD FOAM - ICED AMERICANO

Espresso over ice, topped with cold foam

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
Cold Foam - Iced American	MILK	Regular	82	19	0.2	0.1	2.5	2.3	0.0	1.9	0.05	154	36	0.4	0.1	4.7	4.4	0.0	3.5	0.10
		Large	65	15	0.2	0.1	2.0	1.8	0.0	1.5	0.04	154	36	0.4	0.1	4.7	4.4	0.0	3.5	0.10

Core Beverage Allergen Nutritional Information

ESPRESSO FRAPPE

Espresso blended with milk, 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		
Espresso Frappe - Whole Milk	MILK	Regular	547	132	10.7	6.7	6.2	6.0	0.0	2.6	0.07	1159	279	22.7	14.2	13.2	12.8	0.1	5.5	0.14		
Espresso Frappe - Skimmed Milk	MILK	Regular	478	115	8.8	5.4	6.3	6.2	0.0	2.7	0.07	1013	244	18.6	11.5	13.4	13.1	0.1	5.6	0.15		
Espresso Frappe - Gluten Free Oat	MILK, OAT	Regular	498	120	9.5	5.6	7.2	5.9	0.2	1.1	0.06	1055	254	20.2	11.8	15.3	12.5	0.4	2.4	0.14		
Espresso Frappe - Soya	MILK, SOYA	Regular	495	119	9.7	5.5	5.2	4.9	0.4	2.6	0.05	1050	253	20.6	11.7	11.1	10.5	0.8	5.5	0.11		
Espresso Frappe - Coconut	MILK, SOYA	Regular	522	126	9.3	5.9	9.8	5.9	0.4	0.7	0.06	1108	266	19.7	12.5	20.7	12.6	0.9	1.5	0.14		

MOCHA FRAPPE

Espresso blended with chocolate, 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		
Mocha Frappe - Whole Milk	MILK	Regular	681	163	9.9	6.2	14.8	12.9	1.2	3.1	0.12	1635	392	23.8	14.8	35.5	31.0	2.9	7.5	0.28		
Mocha Frappe - Skimmed Milk	MILK	Regular	616	148	8.2	5.1	14.6	12.8	1.2	3.2	0.12	1473	353	19.7	12.1	34.9	30.6	2.9	7.6	0.28		
Mocha Frappe - Gluten Free Oat	MILK, OAT	Regular	634	152	8.9	5.2	15.4	12.6	1.4	1.8	0.11	1515	363	21.3	12.4	36.8	30.0	3.2	4.3	0.27		
Mocha Frappe - Soya	MILK, SOYA	Regular	632	151	9.1	5.0	13.6	11.7	1.5	3.1	0.10	1510	362	21.7	11.9	32.5	28.0	3.6	7.5	0.25		
Mocha Frappe - Coconut	MILK, SOYA	Regular	656	157	8.7	5.5	17.6	12.6	1.6	1.5	0.11	1568	375	20.8	13.2	42.2	30.1	3.7	3.5	0.27		

CARAMEL MILKSHAKE

Caramel syrup blended with milk, topped with whipped cream and 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		
Caramel Milkshake - Whole Milk	MILK	Regular	752	180	10.9	6.8	17.9	17.4	0.0	2.5	0.09	1560	373	22.7	14.2	37.1	36.1	0.1	5.3	0.19		
Caramel Milkshake - Skimmed Milk	MILK	Regular	681	163	8.9	5.5	18.0	17.5	0.0	2.6	0.09	1414	338	18.5	11.5	37.3	36.3	0.1	5.4	0.19		
Caramel Milkshake - Gluten Free Oat	MILK, OAT	Regular	702	168	9.7	5.7	18.9	17.2	0.2	1.0	0.09	1456	348	20.2	11.9	39.2	35.7	0.5	2.2	0.18		
Caramel Milkshake - Soya	MILK, SOYA	Regular	699	167	9.9	5.7	16.8	16.2	0.4	2.5	0.07	1451	347	20.5	11.7	35.0	33.7	0.8	5.3	0.16		
Caramel Milkshake - Coconut	MILK, SOYA	Regular	727	174	9.5	6.1	21.5	17.3	0.5	0.6	0.09	1509	361	19.7	12.6	44.6	35.8	1.0	1.3	0.18		

CHOCOLATE MILKSHAKE

Chocolate mix blended with milk, topped with whipped cream and dark 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		
Chocolate Milkshake - Whole Milk	MILK, SOYA	Regular	776	186	11.4	7.1	16.8	14.8	1.4	3.4	0.14	1614	387	23.7	14.8	34.9	30.8	2.9	7.2	0.28		
Chocolate Milkshake - Skimmed Milk	MILK, SOYA	Regular	701	168	9.4	5.8	16.6	14.7	1.4	3.5	0.14	1451	348	19.5	12.1	34.3	30.4	2.9	7.2	0.28		
Chocolate Milkshake - Gluten Free Oat	MILK, SOYA, OAT	Regular	721	173	10.2	6.0	17.5	14.4	1.6	1.9	0.13	1493	358	21.2	12.4	36.2	29.8	3.2	4.0	0.27		
Chocolate Milkshake - Soya	MILK, SOYA	Regular	719	172	10.4	5.9	15.4	13.4	1.7	3.4	0.12	1488	357	21.5	12.3	31.9	27.8	3.6	7.1	0.25		
Chocolate Milkshake - Coconut	MILK, SOYA	Regular	747	179	10.0	6.4	20.1	14.4	1.8	1.5	0.13	1546	370	20.7	13.2	41.6	29.9	3.7	3.1	0.27		

Core Beverage Allergen Nutritional Information

STRAWBERRY MILKSHAKE

Strawberry mix blended with milk, 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	
Strawberry Milkshake - Whole Milk	MILK	Regular	552	147	8.7	5.4	15.0	14.9	0.0	2.2	0.07	1439	383	22.6	14.2	39.1	38.7	0.1	5.6	0.17	
Strawberry Milkshake - Skimmed Milk	MILK	Regular	496	133	7.1	4.4	15.1	15.0	0.0	2.2	0.07	1293	347	18.5	11.5	39.4	39.0	0.1	5.7	0.17	
Strawberry Milkshake - Gluten Free Oat	MILK, OAT	Regular	547	146	8.4	4.5	16.7	14.6	0.0	0.7	0.06	1425	380	22.0	11.8	43.5	38.0	0.1	1.7	0.16	
Strawberry Milkshake - Soya	MILK, SOYA	Regular	510	137	7.9	4.5	14.2	14.0	0.3	2.1	0.06	1328	356	20.5	11.7	37.0	36.4	0.8	5.5	0.16	
Strawberry Milkshake - Coconut	MILK, SOYA	Regular	492	132	7.6	4.7	14.5	14.4	0.1	1.2	0.06	1281	345	19.8	12.2	37.8	37.4	0.3	3.2	0.16	

WHITE CHOC MINT MILKSHAKE

White chocolate and mint blended with milk, 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	
White Choc Mint Milkshake - Whole Milk	MILK	Regular	787	188	10.6	6.7	19.8	12.8	0.1	2.6	0.15	1699	406	22.9	14.4	42.9	27.7	0.2	5.5	0.31	
White Choc Mint Milkshake - Skimmed Milk	MILK	Regular	719	172	8.7	5.4	20.0	13.0	0.1	2.6	0.15	1553	371	18.7	11.7	43.1	28.0	0.2	5.6	0.32	
White Choc Mint Milkshake - Gluten Free Oat	MILK, OAT	Regular	739	177	9.4	5.6	20.8	12.7	0.3	1.1	0.14	1595	381	20.4	12.1	45.0	27.4	0.6	2.4	0.31	
White Choc Mint Milkshake - Soya	MILK, SOYA	Regular	736	176	9.6	5.4	18.9	11.7	0.5	2.6	0.13	1590	380	20.7	11.6	40.7	25.4	1.0	5.5	0.28	
White Choc Mint Milkshake - Coconut	MILK, SOYA	Regular	763	182	9.2	5.9	23.3	12.7	0.5	0.7	0.14	1648	394	19.9	12.8	50.4	27.5	1.1	1.5	0.31	

Core Beverage Allergen Nutritional Information

CHOCOLATE COOKIE DOUGH MILKSHAKE

Cookie dough syrup, frappe syrup, and vanilla syrup blended with milk, topped with whipped cream and chocolate powder

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
Chocolate Cookie Dough Milkshake - Whole Milk	MILK	Regular	772	185	10.7	6.7	18.2	17.7	1.2	3.3	0.14	1703	408	23.5	14.8	40.2	38.9	2.7	7.4	0.31
Chocolate Cookie Dough Milkshake - Skimmed Milk	MILK	Regular	706	169	8.8	5.5	18.4	17.8	1.2	3.4	0.14	1556	373	19.4	12.1	40.5	39.2	2.7	7.5	0.31
Chocolate Cookie Dough Milkshake - Gluten Free Oat	MILK, OAT	Regular	766	184	10.4	5.6	20.2	17.3	1.2	1.6	0.13	1688	405	22.9	12.4	44.6	38.2	2.7	3.5	0.30
Chocolate Cookie Dough Milkshake - Soya	MILK, SOYA	Regular	722	173	9.7	5.6	17.3	16.6	1.6	3.3	0.13	1592	381	21.4	12.3	38.1	36.6	3.4	7.2	0.30
Chocolate Cookie Dough Milkshake - Coconut	MILK, SOYA	Regular	701	168	9.4	5.8	17.6	17.0	1.3	2.3	0.13	1545	370	20.8	12.8	38.9	37.6	2.9	5.0	0.30

VANILLA MILKSHAKE

Vanilla syrup and frappe syrup blended with milk, 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
Vanilla Milkshake - Whole Milk	MILK	Regular	674	162	11.5	7.2	11.9	11.9	0.0	2.7	0.09	1322	318	22.5	14.2	23.3	23.3	0.1	5.3	0.18
Vanilla Milkshake - Skimmed Milk	MILK	Regular	600	144	9.4	5.9	12.0	12.0	0.0	2.8	0.09	1175	282	18.4	11.5	23.5	23.5	0.1	5.4	0.18
Vanilla Milkshake - Gluten Free Oat	MILK, OAT	Regular	667	160	11.2	6.0	14.1	11.5	0.0	0.7	0.08	1307	314	21.9	11.8	27.7	22.5	0.1	1.4	0.17
Vanilla Milkshake - Soya	MILK, SOYA	Regular	618	148	10.4	6.0	10.8	10.7	0.4	2.6	0.08	1211	291	20.4	11.7	21.2	20.9	0.8	5.2	0.17
Vanilla Milkshake - Coconut	MILK, SOYA	Regular	594	143	10.1	6.2	11.2	11.2	0.2	1.5	0.08	1164	279	19.8	12.2	21.9	21.9	0.3	2.9	0.17

SMOOTHIES

Frozen fruit pouches blended with apple juice

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
Strawberry & Mango		Regular	184	44	0.1	0.1	10.2	10.2	0.4	0.1	0.01	539	129	0.4	0.3	29.8	29.8	1.0	0.4	0.03
		Large	184	44	0.1	0.1	10.2	10.2	0.4	0.1	0.01	718	172	0.5	0.4	39.7	39.7	1.4	0.5	0.04
Strawberry, Cherry, Mango, Banana, Raspberry & Blackcurrant		Regular	194	46	0.2	0.1	10.1	10.0	0.8	0.3	0.01	758	179	0.8	0.4	39.5	39.1	3.3	1.2	0.03
		Large	193	46	0.2	0.1	10.2	10.1	0.7	0.3	0.01	928	218	0.8	0.5	48.8	48.5	3.4	1.3	0.04
Passionfruit, Mango & Pineapple		Regular	201	47	0.1	0.1	10.4	10.4	1.2	0.4	0.01	785	185	0.5	0.4	40.6	40.4	4.5	1.5	0.03
		Large	199	47	0.1	0.1	10.4	10.4	1.0	0.3	0.01	954	224	0.6	0.5	49.9	49.8	4.6	1.6	0.04
Spinach, Apple, Lemongrass, Pineapple & Mango		Regular	191	45	0.2	0.1	10.1	10.0	0.6	0.4	0.01	745	175	0.6	0.4	39.2	39.0	2.3	1.4	0.03
		Large	191	45	0.2	0.1	10.1	10.1	0.5	0.3	0.01	914	215	0.7	0.5	48.6	48.4	2.4	1.4	0.04
Pina Colada		Regular	247	58	1.2	1.1	11.1	10.6	0.4	0.4	0.01	964	227	4.6	4.4	43.2	41.4	1.7	1.6	0.03
		Large	236	56	1.0	0.9	11.0	10.6	0.4	0.4	0.01	1133	266	4.7	4.4	52.6	50.8	1.8	1.7	0.04

HOMEMADE QUENCHERS

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		
Raspberry Iced Tea		Regular	86	20	0.0	0.0	4.9	4.9	0.2	0.0	0.00	250	59	0.0	0.0	14.3	14.2	0.5	0.1	0.01		
		Large	90	21	0.0	0.0	5.2	5.1	0.1	0.0	0.00	330	78	0.0	0.0	19.0	18.9	0.5	0.1	0.01		
Passionfruit & Lemon Iced Tea		Regular	139	33	0.0	0.0	8.1	8.0	0.0	0.0	0.01	240	56	0.0	0.0	14.0	13.9	0.0	0.0	0.01		
		Large	128	30	0.0	0.0	7.5	7.4	0.0	0.0	0.01	320	75	0.0	0.0	18.7	18.5	0.0	0.0	0.01		

PRODUCT	Vitamin Content	ALLERGENS	SIZE	Per 100ml										Per product									
				KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Pink Limeade with added Vitamin C	20.64mg		Regular	114	27	0.0	0.0	6.8	6.7	0.0	0.0	0.01	199	48	0.0	0.0	11.8	11.7	0.0	0.0	0.02		
	27.52mg		Large	146	35	0.0	0.0	8.7	8.6	0.0	0.0	0.01	265	63	0.0	0.0	15.8	15.6	0.0	0.0	0.02		
Mango & Passionfruit with added vintamin B12	2.21ug		Regular	152	36	0.0	0.0	8.9	8.8	0.0	0.0	0.04	265	63	0.0	0.0	15.5	15.4	0.0	0.0	0.08		
	2.944ug		Large	194	46	0.0	0.0	11.4	11.3	0.0	0.0	0.06	354	84	0.0	0.0	20.7	20.5	0.0	0.0	0.10		

Core Beverage Allergen Nutritional Information

BABYCCINO

Warm milk

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
Babyccino - Whole Milk	MILK	Regular	354	84	3.6	2.3	9.1	8.2	0.7	3.6	0.13	454	108	4.6	2.9	11.6	10.5	0.9	4.6	0.17
Babyccino - Skimmed Milk	MILK	Regular	245	58	0.5	0.3	9.3	8.4	0.7	3.7	0.14	313	74	0.7	0.3	11.9	10.7	0.9	4.7	0.17
Babyccino - Gluten Free Oat	OAT	Regular	277	66	1.8	0.5	10.7	7.9	1.0	1.2	0.13	354	84	2.2	0.7	13.7	10.1	1.2	1.6	0.16
Babyccino - Soya	SOYA	Regular	273	65	2.0	0.3	7.5	6.4	1.2	3.6	0.11	349	83	2.6	0.3	9.6	8.2	1.6	4.6	0.14
Babyccino - Coconut	SOYA	Regular	316	75	1.4	1.1	14.7	8.0	1.3	0.6	0.13	404	96	1.8	1.4	18.8	10.2	1.7	0.7	0.16

BABY HOT CHOCOLATE

Dark chocolate with steamed milk

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
Baby Hot Chocolate - Whole Milk	MILK	Regular	354	84	3.6	2.3	9.1	8.2	0.7	3.6	0.13	454	108	4.6	2.9	11.6	10.5	0.9	4.6	0.17
Baby Hot Chocolate - Skimmed Milk	MILK	Regular	245	58	0.5	0.3	9.3	8.4	0.7	3.7	0.14	313	74	0.7	0.3	11.9	10.7	0.9	4.7	0.17
Baby Hot Chocolate - Gluten Free Oat	OAT	Regular	277	66	1.8	0.5	10.7	7.9	1.0	1.2	0.13	354	84	2.2	0.7	13.7	10.1	1.2	1.6	0.16
Baby Hot Chocolate - Soya	SOYA	Regular	273	65	2.0	0.4	7.5	6.4	1.2	3.6	0.11	349	83	2.6	0.6	9.6	8.2	1.6	4.6	0.14
Baby Hot Chocolate - Coconut	SOYA	Regular	316	75	1.4	1.1	14.7	8.0	1.3	0.6	0.13	404	96	1.8	1.4	18.8	10.2	1.7	0.7	0.16

Core Beverage Allergen Nutritional Information

VANILLA BABYSHAKE

Vanilla syrup blended with milk and ice

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
Vanilla Babyshake - Whole Milk	MILK	Regular	337	80	3.4	2.2	9.4	9.4	0.0	3.1	0.10	430	102	4.3	2.7	11.9	11.9	0.0	4.0	0.13
Vanilla Babyshake - Skimmed Milk	MILK	Regular	227	54	0.3	0.1	9.5	9.5	0.0	3.2	0.10	290	69	0.4	0.2	12.2	12.2	0.0	4.1	0.13
Vanilla Babyshake - Gluten Free Oat	OAT	Regular	259	61	1.5	0.4	11.0	9.1	0.3	0.8	0.09	330	78	1.9	0.5	14.0	11.6	0.4	1.0	0.12
Vanilla Babyshake - Soya	SOYA	Regular	255	60	1.8	0.3	7.8	7.6	0.6	3.1	0.08	326	77	2.3	0.4	9.9	9.6	0.7	4.0	0.10
Vanilla Babyshake - Coconut	SOYA	Regular	299	71	1.1	0.9	15.0	9.2	0.7	0.1	0.09	381	90	1.4	1.2	19.1	11.7	0.8	0.1	0.12

CHOCOLATE BABYSHAKE

Chocolate blended with milk and ice

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
Chocolate Babyshake - Whole Milk	MILK	Regular	375	89	3.6	2.3	10.2	9.1	0.8	3.6	0.14	488	116	4.7	3.0	13.2	11.8	1.1	4.7	0.18
Chocolate Babyshake - Skimmed Milk	MILK	Regular	267	63	0.6	0.3	10.3	9.2	0.8	3.7	0.14	347	82	0.8	0.4	13.4	12.0	1.1	4.8	0.18
Chocolate Babyshake - Gluten Free Oat	OAT	Regular	299	71	1.8	0.6	11.7	8.8	1.1	1.3	0.13	388	92	2.3	0.7	15.2	11.4	1.5	1.7	0.17
Chocolate Babyshake - Soya	SOYA	Regular	295	70	2.1	0.5	8.6	7.3	1.4	3.6	0.11	383	91	2.7	0.6	11.2	9.5	1.8	4.7	0.15
Chocolate Babyshake - Coconut	SOYA	Regular	337	80	1.4	1.1	15.7	8.9	1.5	0.7	0.13	439	104	1.8	1.4	20.4	11.5	1.9	0.9	0.17

Core Beverage Allergen Nutritional Information

STRAWBERRY BABYSHAKE

Strawberry mix blended with milk and ice

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
Strawberry Babyshake - Whole Milk	MILK	Regular	316	75	3.1	2.0	8.9	8.8	0.0	2.8	0.09	443	105	4.3	2.7	12.5	12.3	0.0	4.0	0.13
Strawberry Babyshake - Skimmed Milk	MILK	Regular	216	51	0.3	0.1	9.1	8.9	0.0	2.9	0.10	303	72	0.4	0.2	12.7	12.5	0.0	4.1	0.13
Strawberry Babyshake - Gluten Free Oat	OAT	Regular	245	58	1.4	0.3	10.4	8.5	0.3	0.7	0.09	343	81	1.9	0.5	14.5	11.9	0.4	1.0	0.12
Strawberry Babyshake - Soya	SOYA	Regular	242	57	1.6	0.3	7.5	7.1	0.5	2.8	0.07	339	80	2.3	0.4	10.4	10.0	0.7	4.0	0.10
Strawberry Babyshake - Coconut	SOYA	Regular	281	67	1.0	0.9	14.1	8.6	0.6	0.1	0.09	394	93	1.4	1.2	19.7	12.0	0.8	0.1	0.12

MINT BABYSHAKE

Mint syrup blended with milk and ice

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
Mint Babyshake - Whole Milk	MILK	Regular	332	79	3.4	2.2	9.0	4.1	0.0	3.1	0.12	424	101	4.3	2.7	11.5	5.3	0.0	4.0	0.15
Mint Babyshake - Skimmed Milk	MILK	Regular	222	53	0.3	0.1	9.2	4.3	0.0	3.2	0.12	283	67	0.4	0.2	11.7	5.5	0.0	4.1	0.15
Mint Babyshake - Gluten Free Oat	OAT	Regular	254	60	1.5	0.4	10.6	3.9	0.3	0.8	0.11	324	77	1.9	0.5	13.5	4.9	0.4	1.0	0.14
Mint Babyshake - Soya	SOYA	Regular	251	59	1.8	0.3	7.4	2.4	0.6	3.1	0.09	320	76	2.3	0.4	9.4	3.0	0.7	4.0	0.12
Mint Babyshake - Coconut	SOYA	Regular	294	70	1.1	0.9	14.6	4.0	0.7	0.1	0.11	375	89	1.4	1.2	18.7	5.0	0.8	0.1	0.14

MILK & DAIRY ALTERNATIVES

PRODUCT	ALLERGENS	Per 100ml										
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Whole Milk	MILK	265	64	3.6	2.3	4.4	4.4	0.0	3.4	0.11		
Skimmed Milk	MILK	198	47	1.7	1.1	4.5	4.5	0.0	3.5	0.11		
Oat Milk	OAT	254	61	3.1	0.4	7.9	3.8	0.0	0.3	0.10		
Soya Milk	SOYA	177	42	1.9	0.3	2.7	2.5	0.6	3.3	0.10		
Coconut Milk	SOYA	139	33	1.4	0.7	3.3	3.3	0.2	0.5	0.10		

EXTRAS

PRODUCT	ALLERGENS	Per 100g										Per serving									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Cream	MILK	1566	380	40.0	25.1	2.6	2.6	0.0	2.0	0.06	705	171	18.0	11.3	1.2	1.2	0.0	0.9	0.03		
Dark Chocolate Curls	SOYA	2175	520	30.3	18.2	52.2	49.7	8.0	5.1	0.00	22	5	0.3	0.2	0.5	0.5	0.1	0.1	0.00		
Mini Marshmallows		1396	329	0.5	0.1	79.0	69.0	0.0	3.2	0.02	98	23	0.0	0.0	5.5	4.8	0.0	0.2	0.00		

SWEETBIRD SYRUPS & SAUCES

PRODUCT	ALLERGENS	Per 15ml										Per 22.5ml									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Sweetbird Syrup		173	41	0.0	0.0	9.9	9.9	0.0	0.0	0.00	259	61	0.0	0.0	14.9	14.9	0.0	0.0	0.00		
Sweetbird Syrup Sugar Free		6	2	0.0	0.0	0.2	0.0	0.0	0.0	0.32	9	2	0.0	0.0	0.3	0.0	0.0	0.0	0.48		
Caramel Sauce	MILK	193	45	0.1	0.0	10.3	8.7	0.0	0.4	0.10	290	68	0.1	0.1	15.4	13.1	0.0	0.6	0.15		
Dark Chocolate Sauce		245	58	0.6	0.3	12.4	9.8	0.5	0.5	0.05	367	87	0.8	0.5	18.7	14.7	0.8	0.8	0.08		
White Chocolate Sauce	MILK	191	45	0.1	0.1	10.2	8.7	0.0	0.2	0.01	286	68	0.2	0.2	15.3	13.1	0.0	0.3	0.01		