

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								
			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 - 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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FRUIT & NUT HOT CHOCOLATE

Dark Hot Chocolate and milk with Mince Pie Syrup and Hazelnut 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		
Fruit & Nut Hot Chocolate - Whole Milk	MILK	Regular	445	106	3.3	2.1	15.1	14.8	0.7	3.5	0.14	1162	276	8.7	5.5	39.5	38.6	1.9	9.0	0.37		
		Large	457	109	3.3	2.1	16.0	15.6	0.7	3.4	0.14	1435	342	10.3	6.5	50.2	49.1	2.3	10.7	0.44		
Fruit & Nut Hot Chocolate - Skimmed Milk	MILK	Regular	346	82	0.5	0.3	15.3	14.9	0.7	3.5	0.14	904	214	1.4	0.7	39.9	39.0	1.9	9.2	0.37		
		Large	360	85	0.5	0.3	16.1	15.8	0.7	3.5	0.14	1130	267	1.7	0.9	50.7	49.6	2.3	10.9	0.44		
Fruit & Nut Hot Chocolate - Oat	OAT	Regular	389	92	1.4	0.6	18.3	14.4	1.4	0.8	0.12	1016	240	3.6	1.6	47.7	37.5	3.7	2.2	0.33		
		Large	402	95	1.4	0.6	19.1	15.2	1.4	0.8	0.12	1262	299	4.3	1.8	59.9	47.8	4.4	2.6	0.39		
Fruit & Nut Hot Chocolate - Soya	SOYA	Regular	371	88	1.9	0.4	13.7	13.2	1.2	3.4	0.13	967	229	4.9	1.1	35.8	34.5	3.3	8.8	0.35		
		Large	384	91	1.9	0.4	14.6	14.1	1.2	3.3	0.13	1205	286	5.8	1.3	45.8	44.2	3.9	10.4	0.41		
Fruit & Nut Hot Chocolate - Coconut	SOYA	Regular	339	80	1.5	0.8	14.2	13.9	0.9	1.9	0.13	884	209	3.8	2.0	37.1	36.2	2.4	4.8	0.35		
		Large	352	83	1.5	0.8	15.1	14.7	0.9	1.8	0.13	1106	262	4.5	2.4	47.4	46.3	2.8	5.7	0.41		

‘Fruit & Nut’ achieved by flavouring, this product does not contain any fruits and nuts.

PUMPKIN SPICE LATTE

Espresso and 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	310	74	3.2	2.0	8.2	8.0	0.0	3.1	0.10	788	188	8.1	5.1	20.8	20.4	0.0	7.8	0.25		
		Large	327	78	3.1	2.0	9.2	9.1	0.0	3.0	0.10	987	235	9.5	6.0	27.8	27.5	0.0	9.2	0.29		
Pumpkin Spice Latte - Skimmed Milk	MILK	Regular	209	49	0.3	0.1	8.3	8.2	0.0	3.2	0.10	531	125	0.8	0.3	21.2	20.9	0.0	8.0	0.25		
		Large	226	53	0.3	0.1	9.4	9.3	0.0	3.1	0.10	682	161	0.9	0.4	28.3	28.0	0.0	9.4	0.29		
Pumpkin Spice Latte - Oat	OAT	Regular	253	60	1.2	0.4	11.4	7.6	0.7	0.4	0.08	642	152	3.0	1.1	29.0	19.4	1.8	1.0	0.20		
		Large	269	64	1.2	0.4	12.4	8.7	0.7	0.4	0.08	814	192	3.5	1.3	37.5	26.2	2.1	1.1	0.24		
Pumpkin Spice Latte - Soya	SOYA	Regular	234	55	1.7	0.3	6.7	6.4	0.5	3.0	0.09	594	141	4.3	0.7	17.1	16.3	1.3	7.6	0.22		
		Large	251	59	1.7	0.3	7.8	7.5	0.5	3.0	0.09	757	179	5.1	0.8	23.4	22.6	1.6	8.9	0.26		
Pumpkin Spice Latte - Coconut	SOYA	Regular	201	48	1.3	0.6	7.2	7.1	0.2	1.4	0.09	510	121	3.2	1.6	18.4	18.1	0.4	3.6	0.22		
		Large	218	52	1.3	0.6	8.3	8.2	0.2	1.4	0.09	658	156	3.8	1.8	25.0	24.7	0.5	4.2	0.26		

COLD FOAM PUMPKIN SPICE LATTE

Espresso and milk with Pumpkin Spice Syrup, 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 Pumpkin Spice Latte - Whole Milk	MILK	Regular	270	64	1.4	0.8	9.7	9.5	0.0	3.0	0.09	497	118	2.6	1.5	17.9	17.5	0.0	5.5	0.17		
		Large	294	70	2.1	1.3	9.6	9.5	0.0	3.0	0.10	828	197	5.8	3.6	27.1	26.8	0.0	8.6	0.27		
Cold Foam Pumpkin Spice Latte - Skimmed Milk	MILK	Regular	232	55	0.3	0.1	9.8	9.6	0.0	3.0	0.09	427	101	0.6	0.2	18.0	17.7	0.0	5.6	0.17		
		Large	231	55	0.3	0.1	9.7	9.6	0.0	3.1	0.10	652	154	0.9	0.3	27.4	27.0	0.0	8.7	0.27		
Cold Foam Pumpkin Spice Latte - Oat	MILK, OAT	Regular	248	59	0.6	0.2	10.9	9.4	0.3	2.0	0.08	457	108	1.2	0.4	20.1	17.3	0.5	3.7	0.16		
		Large	258	61	0.8	0.3	11.6	9.2	0.4	1.4	0.08	728	172	2.4	0.9	32.7	26.0	1.2	3.9	0.24		
Cold Foam Pumpkin Spice Latte - Soya	MILK, SOYA	Regular	241	57	0.8	0.2	9.2	8.9	0.2	3.0	0.09	444	105	1.5	0.3	16.9	16.4	0.4	5.5	0.16		
		Large	247	58	1.2	0.2	8.7	8.5	0.3	3.0	0.09	695	164	3.3	0.6	24.6	23.9	0.9	8.4	0.25		
Cold Foam Pumpkin Spice Latte - Coconut	MILK, SOYA	Regular	229	54	0.7	0.3	9.4	9.2	0.1	2.4	0.09	421	100	1.2	0.6	17.2	16.9	0.1	4.4	0.16		
		Large	226	54	0.9	0.4	9.0	8.9	0.1	2.0	0.09	638	151	2.5	1.2	25.5	25.1	0.3	5.7	0.25		

PUMPKIN SPICE ICED MATCHA

Matcha and Pumpkin Spice Syrup with 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		
Pumpkin Spice Iced Matcha - Whole Milk	MILK	Regular	359	86	3.3	2.1	10.5	10.3	0.3	3.2	0.10	602	143	5.4	3.5	17.6	17.2	0.5	5.4	0.17		
		Large	361	86	3.2	2.1	10.7	10.4	0.3	3.2	0.10	890	212	8.0	5.1	26.2	25.6	0.8	8.0	0.25		
Pumpkin Spice Iced Matcha - Skimmed Milk	MILK	Regular	254	60	0.3	0.1	10.7	10.4	0.3	3.3	0.10	426	101	0.5	0.2	17.9	17.5	0.5	5.6	0.17		
		Large	257	61	0.3	0.1	10.8	10.6	0.3	3.3	0.10	632	149	0.7	0.3	26.6	26.0	0.8	8.2	0.25		
Pumpkin Spice Iced Matcha - Oat	OAT	Regular	300	71	1.2	0.5	13.9	9.8	1.0	0.5	0.08	502	119	2.0	0.8	23.2	16.5	1.7	0.8	0.14		
		Large	302	71	1.2	0.5	14.0	10.0	1.0	0.5	0.08	743	176	2.9	1.1	34.4	24.5	2.5	1.2	0.20		
Pumpkin Spice Iced Matcha - Soya	SOYA	Regular	280	66	1.7	0.3	9.0	8.6	0.9	3.2	0.09	469	111	2.9	0.5	15.1	14.4	1.4	5.3	0.15		
		Large	282	67	1.7	0.3	9.2	8.7	0.9	3.2	0.09	695	165	4.2	0.7	22.5	21.4	2.1	7.8	0.23		
Pumpkin Spice Iced Matcha - Coconut	SOYA	Regular	246	58	1.3	0.6	9.6	9.3	0.5	1.5	0.09	412	98	2.1	1.1	16.0	15.6	0.8	2.6	0.15		
		Large	248	59	1.3	0.6	9.7	9.4	0.5	1.5	0.09	611	145	3.1	1.6	23.9	23.2	1.2	3.8	0.23		

MAPLE PECAN HOT CHOCOLATE

Dark Hot Chocolate with milk and Maple & Pecan 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		
Maple Pecan Hot Chocolate - Whole Milk	MILK	Regular	444	106	3.3	2.1	15.1	14.8	0.7	3.5	0.14	1159	276	8.7	5.5	39.5	38.6	1.9	9.0	0.37		
		Large	456	109	3.3	2.1	16.0	15.7	0.7	3.4	0.14	1432	341	10.3	6.5	50.4	49.3	2.3	10.7	0.44		
Maple Pecan Hot Chocolate - Skimmed Milk	MILK	Regular	345	82	0.5	0.3	15.3	14.9	0.7	3.5	0.14	901	213	1.4	0.7	39.9	39.0	1.9	9.2	0.37		
		Large	359	85	0.5	0.3	16.2	15.8	0.7	3.5	0.14	1128	267	1.7	0.9	50.9	49.7	2.3	10.9	0.44		
Maple Pecan Hot Chocolate - Oat	OAT	Regular	388	92	1.4	0.6	18.3	14.4	1.4	0.8	0.12	1013	240	3.6	1.6	47.7	37.5	3.7	2.2	0.33		
		Large	401	95	1.4	0.6	19.1	15.3	1.4	0.8	0.12	1260	298	4.3	1.8	60.0	48.0	4.4	2.6	0.39		
Maple Pecan Hot Chocolate - Soya	SOYA	Regular	369	88	1.9	0.4	13.7	13.2	1.2	3.4	0.13	964	229	4.9	1.1	35.8	34.5	3.3	8.8	0.35		
		Large	383	91	1.9	0.4	14.7	14.1	1.2	3.3	0.13	1202	285	5.8	1.3	46.0	44.4	3.9	10.4	0.41		
Maple Pecan Hot Chocolate - Coconut	SOYA	Regular	337	80	1.5	0.8	14.2	13.9	0.9	1.9	0.13	881	209	3.8	2.0	37.1	36.2	2.4	4.8	0.35		
		Large	351	83	1.5	0.8	15.1	14.8	0.9	1.8	0.13	1104	262	4.5	2.4	47.6	46.4	2.8	5.7	0.41		

Pecan achieved by flavouring, this product does not contain Pecan nuts.

MAPLE PECAN LATTE

Espresso and milk with Maple & Pecan 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		
Maple Pecan Latte - Whole Milk	MILK	Regular	307	73	3.2	2.0	8.1	8.0	0.0	3.1	0.10	779	187	8.1	5.1	20.6	20.3	0.0	7.8	0.25		
		Large	322	77	3.1	2.0	9.1	9.0	0.0	3.0	0.10	973	233	9.5	6.0	27.6	27.2	0.0	9.2	0.29		
Maple Pecan Latte - Skimmed Milk	MILK	Regular	205	49	0.3	0.1	8.3	8.1	0.0	3.2	0.10	522	124	0.8	0.3	21.0	20.7	0.0	8.0	0.25		
		Large	221	53	0.3	0.1	9.3	9.2	0.0	3.1	0.10	668	159	0.9	0.4	28.1	27.7	0.0	9.4	0.29		
Maple Pecan Latte - Oat	OAT	Regular	249	59	1.2	0.4	11.3	7.6	0.7	0.4	0.08	633	150	3.0	1.1	28.8	19.2	1.8	1.0	0.20		
		Large	265	63	1.2	0.4	12.3	8.6	0.7	0.4	0.08	800	190	3.5	1.3	37.2	26.0	2.1	1.1	0.24		
Maple Pecan Latte - Soya	SOYA	Regular	230	55	1.7	0.3	6.7	6.4	0.5	3.0	0.09	585	139	4.3	0.7	16.9	16.1	1.3	7.6	0.22		
		Large	246	59	1.7	0.3	7.7	7.4	0.5	3.0	0.09	743	177	5.1	0.8	23.2	22.3	1.6	8.9	0.26		
Maple Pecan Latte - Coconut	SOYA	Regular	197	47	1.3	0.6	7.2	7.0	0.2	1.4	0.09	501	119	3.2	1.6	18.2	17.9	0.4	3.6	0.22		
		Large	213	51	1.3	0.6	8.2	8.1	0.2	1.4	0.09	644	154	3.8	1.8	24.8	24.4	0.5	4.2	0.26		

Pecan achieved by flavouring, this product does not contain Pecan nuts.