

Coffee#1

CONTENTS			
ALLERGENS		NUTRITIONAL & INGREDIENTS	
HOW TO USE THIS GUIDE	3	HOW TO USE THIS GUIDE	5
FESTIVE SWEET	4	FESTIVE SWEET	6
FESTIVE SAVOURY	4	FESTIVE SAVOURY	7
FESTIVE BEVERAGE	9	FESTIVE BEVERAGE	9

HOW TO USE THIS GUIDE

PASTRIES					This Product Contains									
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	P	*	*										
Butter Croissant	*	*	*											
Cinnamon Swirl	*	*	*											

An * in a box means that the product contains that allergen.
 A 'P' in a box means that the product does not contain that allergen but has been made in a factory where the risk of that allergen cross contamination may be present.

**E.G. the Almond Croissant above contains Gluten, Egg, Milk and Nuts.
 The Butter Croissant and Cinnamon Swirl contain Gluten, Egg and Milk.**

For pre-packaged food (e.g. panini & biscuits etc.), allergen information can be found on the product packaging.

NEVER GUESS - Always use this guide to help answer any customer queries.

The allergens that are featured in 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

****Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliacs disease/gluten allergy due to manufacturing processes and in-store handling methods.**

**WE TAKE CARE TO LIST ALL INGREDIENTS IN OUR FOOD AND DRINKS, HOWEVER WE CANNOT GUARANTEE
 A 100% ALLERGEN FREE ENVIRONMENT AS WE USE SHARED EQUIPMENT TO DISPLAY, PREPARE AND SERVE.**

FESTIVE SWEET

Product Name	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
NEW Black Forest Cherry Bun	*	*	*	P			P			P					*	
NEW Gingerbread & White Chocolate Slice	*	P	*	P	P		*		P				P		*	
NEW Salted White Chocolate Cake	*	*	*	P	P		*		P				P		*	
NEW Chocolate & Orange Loaf	*	P	P	P			*		P				P		*	
NEW Black Cherry and Ricotta Tart	*	*	*	P			P			P					*	
NEW Snowman Design Cupcake	*	*	*	P			*		*						*	
NEW Mince Pie	*	P	P	P			P								*	*
NEW Santa and Rudolph Gingerbread Man	*	*	*	P			*								*	

FESTIVE SAVOURY

Product Name	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
NEW Ultimate Honey-Glazed Ham Sandwich	*	*	P				P	*	*	*						
NEW Pigs Under Blankets Panini	*	*	P							P						
NEW Turkey Feast Focaccia	*	*	P				P		*	*			P			
NEW Brie & Cranberry Panini	*	*	*				P		*	P					*	

Within this guide you will find Allergen, Nutritional and Ingredient information as well as dietary suitability for our products.

Allergens can be found in **BOLD CAPITALS** within the Ingredient Declaration.
Information about allergens that may present within the product, are listed at the bottom of the ingredient list.
Nutritional information can be found to the right beside the ingredient declaration, per 100g and per product.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS , water). <i>May contain NUTS and traces of SOYA.</i>	per 100g	per portion (g)	
		KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
Portion weight (g)		84		

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

**Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliacs disease/gluten allergy due to manufacturing processes and in-store handling methods.

WE TAKE CARE TO LIST ALL INGREDIENTS IN OUR FOOD AND DRINKS, HOWEVER WE CANNOT GUARANTEE A 100% ALLERGEN FREE ENVIRONMENT AS WE USE SHARED EQUIPMENT TO DISPLAY, PREPARE AND SERVE

Key for Dietary Suitability:

Vegetarian (V): produced to a recipe and with ingredients that do not contain any sources of meat and fish, including seafood and insects. Vegetarian products may contain ingredients that are produced by animals, such as milk, eggs, and honey.

Vegan (Vg): produced to a recipe with ingredients do not contain any products that are derived from animals, including all animal species, fish, seafood, insects, and products produced by animals, such as honey. Due to our manufacturing environments and to the use of shared displays in store, our vegan products may not be suitable for those with MILK or EGG allergies.

Gluten Free (GF): All products that are labelled as Gluten Free are produced in manufacturing sites that are certified to produce products to the required standards to be called Gluten Free and have been tested to ensure the level of gluten is below the legal threshold.

FESTIVE SWEET

PRODUCT		NUTRITIONAL INFO		
NEW Snowman Design Cupcake (V)	White Coloured Vanilla Buttercream (35%) [Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate)], Cake Flour [WHEAT Flour (with added Iron,Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range EGG Powder,Modified Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates;Skimmed MILK Powder, Salt, Free Range EGG Albumen,Natural Flavour, Colour: Carotenes], Water, Mixed Fruit Jam [Glucose-Fructose Syrup, Mixed Fruits(Apples, Plums, Rhubarb), SULPHITES, Colour: Anthocyanins; GellingAgent: Pectin; Citric Acid, Flavouring, Acidity Regulator: Sodium Citrates;Preservative: Potassium Sorbate; Anti-oxidant: Ascorbic Acid], Rapeseed Oil, Plainand White Chocolate Snowman Decoration (2.3%) [Sugar, Cocoa Butter, Whole MILK Powder,Cocoa Mass, Lactose (MILK), Skimmed MILK Powder, Butter Oil (MILK),Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring, CarthamusConcentrate, Beetroot Concentrate], Sweet Sugar Dusting (0.6%). May Contain: Nuts		per 100g	per portion (g)
		KJ	1734	3035
		Kcal	414	725
		Fat	19	33.0
		Sat	5	9.0
		Carbs	57	100.0
		Sugar	44.0	77.0
		Fibre	0.6	1.1
		Protein	3.2	5.6
		Salt	0.40	0.70
		Portion weight (g)		
NEW Chocolate & Orange Loaf (V)	Sponge Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Soft Light Brown Sugar (Sugar, Cane Molasses), SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Pasteurised Orange Commminute (12%), Rapeseed Oil, Dark Chocolate Chips (6%) (Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin), Fat Reduced Cocoa Powder (4%), Orange Zest (2%), Ground Flaxseed, Raising Agents: Diphosphates, Sodium Carbonates), Salt, Orange Oil], Topping [Dark Chocolate (2%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Rapeseed Oil, Dried Marigold Petals, Orange Oil]. May Contain: Nuts, eggs, sulphites, milk, sesame		per 100g	per portion (g)
		KJ	1431	1588
		Kcal	342	380
		Fat	14.6	16.2
		Sat	2.9	3.2
		Carbs	49.8	55.3
		Sugar	25.3	28.1
		Fibre	3.8	4.2
		Protein	5.2	5.8
		Salt	0.77	0.85
		Portion weight (g)		
NEW Mince Pie (Vg)	Mincemeat (Vine Fruits (28%) (Sultanas, Raisins, Sunflower Oil), Apple (24%) (Apples, Preservative: Acetic Acid), Sugar, Glucose Fructose Syrup, Candied Mixed Peel (3.4%) (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (2.5%) (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Mixed Spices, Acidity Regulator: Citric Acid, Colour: Plain Caramel, Orange Oil), Pastry Tart & Star (WHEAT Flour, Sugar, Flavouring, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Vegetable Oil (Palm & Rapeseed Oil), Water, Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids, Flavouring, Colour: Annatto Bixin, Curcumin), Sweet Snow (Dextrose, Sugar, Cornflour, Vegetable Oil (Palm)), Orange Fruit Concentrate (Sugar, Water, Orange Peel (15%), Orange Juice Concentrate (8%), Orange Oil, Colours: Paprika Extract, Algal Carotene, Gelling Agent: Pectin, Stabiliser: Guar Gum, Acidity Regulator: Citric Acid, Preservatives: Potassium Sorbate, Antioxidant: Ascorbic Acid). May Contain: eggs, milk, nuts, Soya		per 100g	per portion (g)
		KJ	1483	1380
		Kcal	352	334
		Fat	10.2	9.7
		Sat	3.9	3.7
		Carbs	67.2	63.8
		Sugar	37.5	35.6
		Fibre	1.7	1.6
		Protein	3.3	3.1
		Salt	0.53	0.50
		Portion weight (g)		
NEW Salted White Chocolate Cake (V)	Vanilla Sponge [Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK), Rapeseed Oil, Pasteurised Free Range EGG, Raising Agents: Diphosphates, Sodium Carbonate; Vanilla Extract (Vanilla Extract, Sugar), Salt], Frosting [Icing Sugar, Salted Butter (Butter (MILK), Salt), White Chocolate (4%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Full Fat Soft Cheese (MILK) (Full Fat Soft Cheese (MILK), Salt, Thickener: Modified Tapioca Starch; Stabilisers: Locust Bean Gum, Xanthan Gum), White Chocolate Shavings (2%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar Star Sprinkles (Sugar, Sunflower Oil, Rice Flour, Potato Starch, Natural Vanilla Flavouring, Colour: Iron Oxides and Hydroxides), Sea Salt Flakes, Salt]. May Contain: Nuts, peanuts, Sulphites, Sesame.		per 100g	per portion (g)
		KJ	1728	2022
		Kcal	413	483
		Fat	18.9	22.1
		Sat	5.3	6.2
		Carbs	57.9	67.7
		Sugar	41	48.0
		Fibre	0.8	0.9
		Protein	4.5	5.3
		Salt	0.86	1.01
		Portion weight (g)		
NEW Black Forest Cherry Bun* (V)	WHEAT Flour, Water, Sugar, Cream (MILK)(11.4%), Fresh Pasteurised Cream (MILK)(11.4%), EGG, MILK, Butter(MILK), Vegetable Fats (Palm, Sunflower), Natural Yeast (WHEAT flour,Water), Concentrated sour Cherries Juice (1%), Modified Starch, Yeast,Dextrose, Fat Reduced Cocoa Powder (0.4%), Salt, Honey, Starch, Stabilisers:Sorbitols, Hydroxypropyl cellulose; Concentrated Beetroot Juice, Thickener: Pectin; MILK Proteins,Emulsifiers: Lecithin (of sunflower), Mono-and diacetyl tartaric acid esters ofmono- and diglycerides of fatty acids; Acidity Regulators: Potassium carbonates,calcium hydroxide; Exhausted Vanilla beans Powder. May Contain: Nuts,Mustard, Soya		per 100g	per portion (g)
		KJ	1198	1196
		Kcal	286	272
		Fat	16	15.2
		Sat	9.8	9.3
		Carbs	30	28.3
		Sugar	15.0	14.0
		Fibre	7.1	6.9
		Protein	5.2	4.9
		Salt	0.34	0.32
		Portion weight (g)		
NEW Black Cherry and Ricotta Tart* (V)	WHEAT Flour, Sour Cherry Filling (Glucose-FructoseSyrup, Sour Cherry Puree and Juice (35%), Sugar, Thickener: Pectin; Colours:Anthocyanin, Sulphite Ammonia Caramel; Acid: Citric acid; Natural flavourings),Ricotta cheese (11.8%) (MILK Whey, Acidity Regulators: Lactic acid, Citric acid),Whole Pasteurized Fresh MILK, Sugar, Vegetable Margarine (VegetableFats (Palm, Coconut), Vegetable oil (Sunflower), Water, Emulsifiers: Mono-and Diglycerides of Fatty Acids, Salt, Acidity Regulator Citric Acid), Pasteurized Fresh cream (MILK), EGGS,Modified Starch, Rehydrated EGG White, Dextrose, Starch(of WHEAT), Thickener: Pectin; Raising Agents: Diphosphates, Sodiumcarbonates; Vegetable Fat (Cocoa butter), Glucose-Fructose Syrup, Emulsifier:Mono- and Diglycerides of Fatty Acids; Salt. May Contain: nuts, soya, mustard		per 100g	per portion (g)
		KJ	1269	1587
		Kcal	302	378
		Fat	13.0	16.0
		Sat	7.6	9.5
		Carbs	42.0	53.0
		Sugar	22	28.0
		Fibre	0.8	1.0
		Protein	4.7	5.9
		Salt	0.15	0.19
		Portion weight (g)		
*Although every care has been taken to remove cherry stones, some stones may still remain within the product.				

FESTIVE SWEET

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
NEW Gingerbread and White Chocolate Slice (V)	Gingerbread & White Chocolate Slice [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Coconut Oil, Sugar, SOYA Drink (Water, SOYA Beans, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Black Treacle (8%), White Chocolate Chunks (7%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Biscoff® Crumb (2%) (WHEAT Flour, Sugar, Vegetable Oils (Sustainable Palm, Rapeseed), Candy Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; Salt, Cinnamon), Orange Zest, Ground Flaxseed, Ground Ginger, Raising Agents: Diphosphates, Sodium Carbonate; Salt], White Chocolate Drizzle [White Chocolate (2.5%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Coconut Oil]. <i>May Contain: Other Cereals, Egg, Nuts,Peanuts, Sesame, Suphites</i>	per 100g	per portion (g)
		KJ	1949
		Kcal	466
		Fat	26.6
		Sat	21.3
		Carbs	54.7
		Sugar	30.6
		Fibre	1.6
		Protein	4
		Salt	0.45
		Portion weight (g)	71
		per 100g	per portion (g)
NEW Santa and Rudolph Gingerbread (V)	Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), Sugar, Partially inverted refiners syrup, Margarine (palm oil, rapeseed oil, water, emulsifier (mono- and diglycerides of fatty acids), flavouring, colours (annatto bixin, curcumin)), Water, Glucose syrup, Chocolate flavour compound (sugar, vegetable fat (palm kernel, palm), skimmed MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier (lecithins (SOYA)), flavouring), Ground ginger, Raising agent (sodium carbonates), Concentrates (radish, carrot), EGG white powder, Humectant (glycerol), Acidity regulator (citric acid). <i>May Contain: Nuts</i>	KJ	1630
		Kcal	386
		Fat	9.0
		Sat	3.4
		Carbs	71.4
		Sugar	37.3
		Fibre	1.6
		Protein	4.1
		Salt	0.10
		Portion weight (g)	61

FESTIVE SAVOURY

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
NEW Ultimate Honey Glazed Ham	Malted Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Yeast, BARLEY Malt Flour, Salt, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Honey Glazed Ham (17%) (Pork, Salt, Stabiliser: Triphosphates; Demerara Sugar, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrate; Honey), Celeriac Slaw (17%) [Celeriac (CELERY), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Freshly Squeezed Orange Juice, Dried Cranberry (Cranberry, Sugar, Sunflower Oil), Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE), Honey, Sage, Cornflour, Salt, Cracked Black Pepper, Ground Cinnamon, Ground Ginger, Ground Nutmeg, Ground Coriander), Gravy Mayonnaise (14%) (Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Chicken Glace [Chicken Stock (Water, Chicken Bone Stock, Chicken Fat, Garlic, Carrot Juice, Onion), Yeast Extract, Flavouring, Salt, Sugar, Glucose Syrup, Colour: Caramel; Modified Waxy Maize Starch)], Spinach (5%). <i>May Contain: Milk, Soya</i>	per 100g	per portion (g)
		KJ	1033
		Kcal	247
		Fat	11.5
		Sat	0.9
		Carbs	27.8
		Sugar	4.3
		Fibre	2.8
		Protein	9.4
		Salt	1.38
		Portion weight (g)	176
NEW Pigs Under Blankets Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Pork and Lentil Sausage (29%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (White Pepper, Nutmeg, Ginger, Mace, Chilli Powder), Stabiliser: Sodium Diphosphate; WHEAT Protein, Onion Powder, Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Gravy Mayonnaise (14%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Chicken Glace (Chicken Stock (Water, Chicken Bone Stock, Chicken Fat, Garlic, Carrot Juice, Onion Juice), Yeast Extract, Flavouring, Salt, Sugar, Glucose Syrup, Colour: Caramel; Modified Waxy Maize Starch)], Smoked Bacon (7%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite; Natural Flavouring, Natural Beechwood Smoke] <i>May Contain: Milk, Mustard</i>	per 100g	per portion (g)
		KJ	1335
		Kcal	320
		Fat	19.0
		Sat	3.4
		Carbs	27.0
		Sugar	2.1
		Fibre	2.9
		Protein	11.0
		Salt	1.53
		Portion weight (g)	213
NEW Turkey Feast Focaccia	Rosemary and Sea Salt Focaccia [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Olive Oil (Refined Olive Oil, Extra Virgin Olive Oil), Salt, Rosemary, Sea Salt], Gravy Stuffing Mayonnaise (13%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Sage and Onion Stuffing (Water, Breadcrumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast), Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, OATS , Salt, Sage, Parsley), Chicken Glace (Chicken Stock (Water, Chicken Bone Stock, Chicken Fat, Garlic, Carrot Juice, Onion Juice), Yeast Extract, Flavouring, Salt, Sugar, Glucose Syrup, Colour: Caramel; Modified Waxy Maize Starch), Lemon Juice (Lemon Juice from Concentrate, Preservative: Potassium Metabi SULPHITE)], Cooked Pulled Turkey (13%) [Turkey Breast, Water, Pea starch, Stabilisers: Triphosphates, Diphosphates; Gelling Agent: Carrageenan], Brussel Sprout Slaw (13%) [Brussel Sprouts, Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Dried Cranberry (Cranberry, Sugar, Sunflower Oil), Red Onion, Dijon Mustard (Water, MUSTARD Seed, Spirit Vinegar, Salt, Preservative: Sodium Hydrogen SULPHITE), Sage, Salt, Cracked Black Pepper], Cranberry Sauce (7%) [Cranberry, Sugar, White Wine Vinegar, Orange Comminute (Orange, Preservative: SULPHUR DIOXIDE), Spices]. <i>May Contain: Milk, Soya</i>	per 100g	per portion (g)
		KJ	1063
		Kcal	253
		Fat	9.8
		Sat	0.9
		Carbs	33.2
		Sugar	8.1
		Fibre	3.2
		Protein	9.7
		Salt	1.31
		Portion weight (g)	227
NEW Brie & Cranberry Panini (V)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Water, Durum WHEAT Semolina, Rapeseed Oil, Yeast, Salt, Fermented WHEAT Flour, WHEAT Flour, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid], Brie Cheese (22%) [Cow's MILK , Salt, Starter Culture (MILK)], Rosemary Mayonnaise (11%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG and EGG Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from Concentrate, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Rosemary, Lemon Juice (Lemon Juice from Concentrate, Preservative: Potassium Metabi SULPHITE)], Cranberry Sauce (8%) [Cranberry, Sugar, White Wine Vinegar, Orange Comminute (Orange, Preservative: SULPHUR DIOXIDE), Spices]. <i>May Contain: Soya, Mustard</i>	per 100g	per portion (g)
		KJ	1384
		Kcal	331
		Fat	17.7
		Sat	5.2
		Carbs	34.3
		Sugar	4.9
		Fibre	1.9
		Protein	9.6
		Salt	0.78
		Portion weight (g)	180

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	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 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.

GINGERBREAD LATTE

A double shot espresso and gingerbread syrup, steamed milk, topped with whipped cream and sugared gingerbread men.

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		
Gingerbread Latte - Whole Milk	MILK	Regular	615	148	10.3	6.3	9.6	10.8	0.1	2.7	0.09	1446	347	24.1	14.8	22.5	25.4	0.1	6.3	0.20		
		Large	549	131	8.3	5.1	10.2	11.1	0.0	2.8	0.09	1784	427	27.1	16.7	33.1	36.0	0.1	9.0	0.29		
Gingerbread Latte - Skimmed Milk	MILK	Regular	539	129	8.1	4.9	9.7	10.9	0.1	2.8	0.09	1266	304	19.0	11.5	22.8	25.7	0.1	6.5	0.21		
		Large	464	111	5.9	3.6	10.3	11.2	0.0	2.8	0.09	1508	361	19.3	11.6	33.6	36.4	0.1	9.3	0.30		
Gingerbread Latte - Oat	OAT	Regular	605	145	9.9	5.0	11.1	10.1	0.7	1.0	0.10	1421	341	23.2	11.8	26.0	23.7	1.7	2.5	0.24		
		Large	543	130	8.0	3.8	12.0	10.4	0.8	1.0	0.11	1733	415	25.5	12.0	38.2	33.2	2.4	3.1	0.34		
Gingerbread Latte - Soya	SOYA	Regular	558	134	9.2	5.0	8.5	9.5	0.4	2.7	0.07	1312	315	21.5	11.8	19.9	22.4	1.1	6.3	0.16		
		Large	492	118	7.2	3.8	9.1	9.8	0.5	2.8	0.07	1569	376	23.0	12.0	29.0	31.4	1.5	8.8	0.22		
Gingerbread Latte - Coconut	SOYA	Regular	533	128	8.8	5.3	8.8	10.1	0.2	1.5	0.08	1253	301	20.7	12.4	20.8	23.7	0.4	3.5	0.19		
		Large	465	111	6.8	4.0	9.5	10.4	0.2	1.5	0.08	1482	355	21.8	12.9	30.3	33.2	0.6	4.7	0.27		

NUTCRACKER LATTE

A double shot espresso, hazelnut and salted caramel syrups, steamed 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		
Nutcracker Latte - Whole Milk	MILK	Regular	523	125	8.2	5.2	10.0	9.7	0.0	2.8	0.17	1389	333	24	14.9	23.5	22.6	0.1	6.4	0.3		
		Large	594	143	10.2	6.3	10.1	9.7	0.0	2.7	0.15	1695	406	27	16.7	32.4	31.5	0.1	9.1	0.6		
Nutcracker Latte- Skimmed Milk	MILK	Regular	438	105	5.8	3.6	10.1	9.9	0.0	2.9	0.17	1419	340	18.9	11.6	10.9	32.0	0.1	9.3	0.56		
		Large	517	124	8.0	4.9	10.2	9.8	0.0	2.8	0.15	1209	290	18.7	11.5	23.8	23.0	0.1	6.5	0.35		
Nutcracker Latte- Oat	OAT	Regular	517	124	7.9	3.8	11.8	9.0	0.8	1.0	0.19	1644	393	25.1	12.0	37.4	28.7	2.4	3.1	0.60		
		Large	1364	327	22.8	11.8	27.1	20.9	1.6	2.5	0.38	1364	327	22.8	27.1	0.0	20.9	1.6	2.5	0.38		
Nutcracker Latte - Soya	SOYA	Regular	465	111	7.1	3.8	8.9	8.5	0.5	2.8	0.15	1480	354	22.6	12.0	28.2	26.9	1.5	8.9	0.49		
		Large	536	129	9.0	5.0	8.9	8.4	0.4	2.7	0.13	1255	301	21.1	11.8	20.9	19.7	1.0	6.4	0.30		
Nutcracker Latte - Coconut	SOYA	Regular	438	105	6.7	4.1	9.3	9.0	0.2	1.5	0.17	1393	334	21.5	12.9	29.6	28.7	0.6	4.7	0.53		
		Large	511	123	8.7	5.3	9.3	9.0	0.2	1.5	0.14	1196	287	20.4	12.4	21.8	20.9	0.4	3.6	0.33		

MINT HOT CHOCOLATE

dark hot chocolate, and mint syrup, topped with mint whipped cream, and dark chocolate flakes.

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 Hot Chocolate - Whole Milk	MILK	Regular	748	179	10.3	6.4	17.8	10.2	1.2	3.3	0.15	1817	435	24.9	15.6	43.1	24.7	2.8	7.9	0.37		
		Large	642	153	8.5	5.3	15.4	9.6	1.0	3.3	0.15	2118	506	28.1	17.6	50.7	31.5	3.3	11.0	0.49		
Mint Hot Chocolate - Skimmed Milk	MILK	Regular	673	161	8.1	5.0	17.9	10.3	1.2	3.3	0.16	1636	392	19.8	12.3	43.4	25.0	2.8	8.1	0.38		
		Large	694	166	8.1	5.0	19.1	11.4	1.3	3.4	0.41	1722	412	20.0	12.4	47.4	28.2	3.3	8.5	0.41		
Mint Hot Chocolate- Oat	OAT	Regular	1585	380	21.8	13.6	40.9	20.1	3.2	3.2	0.24	1411	338	19.4	12.1	36.4	17.9	2.8	2.9	0.21		
		Large	755	180	9.7	5.1	20.4	10.5	2.0	1.8	0.18	1879	449	24.2	12.6	50.7	26.3	4.9	4.5	0.44		
Mint Hot Chocolate- Soya	SOYA	Regular	701	168	9.3	5.2	16.9	9.1	1.6	3.3	0.14	1676	401	22.2	12.5	40.4	21.7	3.7	7.8	0.33		
		Large	710	170	9.0	5.1	17.9	10.0	1.7	3.4	0.15	1769	423	22.5	12.6	44.5	25.0	4.3	8.3	0.36		
Mint Hot Chocolate - Coconut	SOYA	Regular	678	162	9.0	5.5	17.3	9.6	1.3	2.1	0.15	1619	387	21.5	13.1	41.3	22.9	3.1	5.1	0.36		
		Large	687	164	8.7	5.3	18.2	10.5	1.5	2.2	0.16	1710	409	21.7	13.3	45.4	26.3	3.7	5.6	0.39		

BLACK FOREST HOT CHOCOLATE

dark hot chocolate, and cherry syrup, topped with whipped cream, cherry drizzle, and dark chocolate flakes.

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	Regular	735	176	10.4	6.5	16.7	15.2	1.2	3.3	0.13	1756	421	24.8	15.5	39.9	36.3	2.8	7.8	0.32		
		Large	646	154	8.4	5.3	15.8	14.5	1.0	3.3	0.13	2144	513	27.9	17.5	52.6	48.3	3.4	10.8	0.43		
Black Forest Hot Chocolate - Skimmed Milk	MILK	Regular	661	158	8.3	5.1	16.8	15.3	1.2	3.3	0.14	1581	379	19.8	12.3	40.2	36.6	2.8	8.0	0.32		
		Large	565	135	6.1	3.8	16.0	14.7	1.0	3.3	0.13	1875	448	20.3	12.5	53.1	48.8	3.4	11.1	0.44		
Black Forest Hot Chocolate - Oat	MILK, OAT	Regular	725	173	10.0	5.2	18.1	14.5	1.8	1.7	0.15	1732	415	23.9	12.5	43.3	34.6	4.3	4.1	0.35		
		Large	635	152	8.0	3.9	17.4	13.8	1.7	1.5	0.15	2108	504	26.5	12.9	57.9	45.8	5.6	5.1	0.48		
Black Forest Hot Chocolate- Soya	MILK, SOYA	Regular	680	163	9.3	5.2	15.6	14.0	1.6	3.3	0.12	1626	389	22.2	12.5	37.3	33.4	3.7	7.8	0.28		
		Large	586	140	7.2	3.9	14.7	13.2	1.4	3.3	0.11	1944	464	24.0	12.9	48.7	43.9	4.7	10.8	0.37		
Black Forest Hot Chocolate - Coconut	MILK, SOYA	Regular	656	157	9.0	5.5	16.0	14.5	1.3	2.1	0.13	1569	376	21.5	13.1	38.2	34.6	3.1	5.1	0.31		
		Large	559	134	6.9	4.2	15.1	13.8	1.1	2.0	0.12	1857	444	22.8	13.8	50.1	45.8	3.8	6.7	0.41		

MACADAMIA ICED MATCHA

Matcha, macadamia syrup, and milk, poured 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		
Macadamia Iced Matcha - Whole Milk	MILK	Regular	360	86	3.3	2.1	10.6	10.1	0.3	3.2	0.10	605	144	5.5	3.4	17.7	17.7	0.5	5.4	0.16		
		Large	605	144	5.5	3.4	10.7	10.3	0.3	3.2	0.10	890	213	8.1	5.0	26.3	25.3	0.7	7.8	0.24		
Macadamia Iced Matcha - Skimmed Milk	MILK	Regular	252	60	0.3	0.1	10.6	10.2	0.3	3.3	0.10	434	104	0.6	0.2	18.2	17.5	0.5	5.6	0.17		
		Large	257	61	0.3	0.1	10.9	10.4	0.3	3.3	0.10	633	151	0.8	0.3	26.7	25.7	0.7	8.1	0.25		
Macadamia Iced Matcha- Oat	OAT	Regular	343	82	2.8	0.3	12.4	9.0	1.2	0.9	0.12	593	141	4.8	0.5	21.5	15.5	2.0	1.6	0.21		
		Large	384	83	2.7	0.3	12.7	9.3	1.2	1.0	0.12	855	204	6.7	0.7	31.3	22.8	2.9	2.4	0.29		
Macadamia Iced Matcha - Soya	SOYA	Regular	279	66	1.8	0.3	8.8	8.3	0.8	3.2	0.07	482	115	3.1	0.5	15.3	14.3	1.4	5.5	0.13		
		Large	284	68	1.8	0.3	9.2	8.6	0.8	3.2	0.02	699	147	4.3	0.7	22.5	21.1	2.0	3.9	0.18		
Macadamia Iced Matcha - Coconut	SOYA	Regular	245	58	1.3	0.6	9.4	9.0	0.5	1.6	0.09	423	101	2.3	0.6	16.2	15.5	0.8	2.7	0.16		
		Large	250	60	1.3	0.6	9.7	9.3	0.5	1.6	0.09	615	147	3.2	1.5	23.9	22.8	1.2	3.9	0.22		