

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 - Oat	OAT	Regular	191	45	1.3	0.5	7.8	3.7	0.7	0.5	0.08	493	117	3.3	1.2	20.0	9.6	1.9	1.0	0.22		
		Large	192	46	1.3	0.5	7.8	3.7	0.8	0.5	0.08	552	131	3.6	1.4	22.0	11.0	2.2	1.1	0.24		
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		

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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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 - Oat	OAT	Single	142	34	0.9	0.2	5.0	2.2	0.3	1.3	0.03	40	9	0.3	0.1	1.4	0.6	0.1	0.5	0.01		
		Double	156	37	1.0	0.3	5.8	2.7	0.4	1.0	0.05	59	14	0.4	0.1	2.2	1.0	0.2	0.5	0.02		
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

CARMEL 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 - 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	276	65	1.2	0.4	13.0	9.1	0.7	0.5	0.09	869	206	3.7	1.4	41.0	29.0	2.2	1.2	0.28		
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 - Oat	OAT	Regular	168	40	1.1	0.4	6.4	3.0	0.5	0.8	0.06	89	21	0.6	0.2	3.4	1.6	0.3	0.5	0.03		
		Large	168	40	1.1	0.4	6.4	3.0	0.5	0.8	0.06	89	21	0.6	0.2	3.4	1.6	0.3	0.5	0.03		
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 - Oat	OAT	Regular	191	45	1.3	0.5	7.8	3.7	0.7	0.5	0.08	493	117	3.3	1.2	20.0	9.6	1.9	1.0	0.22		
		Large	192	46	1.3	0.5	7.8	3.7	0.8	0.5	0.08	552	131	3.6	1.4	22.0	11.0	2.2	1.1	0.24		
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 - Oat	OAT	Regular	191	45	1.3	0.5	7.7	3.7	0.7	0.5	0.08	464	110	3.1	1.1	19.0	9.0	1.8	1.0	0.20		
		Large	191	45	1.3	0.5	7.8	3.7	0.8	0.5	0.08	513	122	3.4	1.3	21.0	10.0	2.0	1.1	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 - Oat	OAT	Small	187	45	1.2	0.5	7.5	3.6	0.7	0.5	0.08	296	70	2.0	0.7	12.0	5.7	1.1	0.7	0.13		
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 - Oat	OAT	Small	180	43	1.2	0.4	7.1	3.4	0.6	0.6	0.07	158	38	1.0	0.4	6.2	3.0	0.6	0.5	0.06		
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	391	93	3.3	2.1	12.0	11.0	0.8	3.5	0.14	950	226	8.1	5.1	29.0	28.0	1.9	8.6	0.34		
		Large	390	93	3.4	2.1	12.0	11.0	0.8	3.6	0.14	1163	277	10.0	6.3	35.0	33.0	2.3	11.0	0.42		
Mocha - Skimmed Milk	MILK	Regular	295	70	0.6	0.3	12.0	11.0	0.8	3.6	0.14	717	169	1.5	0.7	29.0	28.0	1.9	8.8	0.34		
		Large	292	69	0.6	0.3	12.0	11.0	0.8	3.7	0.14	871	206	1.8	0.9	35.0	34.0	2.3	11.0	0.42		
Mocha - Oat	OAT	Regular	322	76	1.4	0.6	14.0	10.0	1.4	0.9	0.12	864	205	3.8	1.6	38.0	28.0	3.7	2.5	0.33		
		Large	333	79	1.4	0.6	15.0	11.0	1.5	1.0	0.13	993	235	4.3	1.8	44.0	32.0	4.3	2.9	0.38		
Mocha - Soya	SOYA	Regular	304	72	1.9	0.4	9.7	9.1	1.2	3.4	0.13	816	194	5.2	1.1	26.0	24.0	3.3	9.1	0.35		
		Large	315	75	1.9	0.4	10.0	9.6	1.3	3.4	0.13	940	223	5.8	1.3	31.0	29.0	3.8	10.0	0.40		
Mocha - Coconut	SOYA	Regular	265	63	1.5	0.8	10.0	9.5	0.9	1.9	0.13	736	175	4.2	2.1	28.0	27.0	2.4	5.3	0.36		
		Large	276	65	1.5	0.8	11.0	10.0	0.9	1.9	0.13	850	202	4.7	2.4	33.0	31.0	2.8	6.0	0.41		

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WHITE MOCHA

White chocolate sauce, 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		
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 - Oat	MILK, SOYA, OAT	Regular	303	72	1.2	0.5	14.0	9.7	0.7	0.5	0.08	827	196	3.3	1.4	39.0	26.0	1.8	1.3	0.22		
		Large	324	77	1.2	0.5	16.0	11.0	0.7	0.5	0.08	997	236	3.7	1.6	48.0	33.0	2.0	1.5	0.25		
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 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		
Mocha Deluxe - Whole Milk	MILK, SOYA	Regular	599	144	8.9	5.6	12.0	12.0	0.7	3.3	0.13	1777	426	26.4	16.5	36.0	34.0	2.0	9.8	0.37		
		Large	566	136	8.1	5.1	12.0	11.0	0.7	3.3	0.13	1990	477	28.4	17.8	42.0	40.0	2.4	12.0	0.45		
Mocha Deluxe - Skimmed Milk	MILK, SOYA	Regular	521	125	6.7	4.1	12.0	12.0	0.7	3.4	0.13	1544	369	19.8	12.2	37.0	35.0	2.0	10.0	0.37		
		Large	483	115	5.7	3.5	12.0	12.0	0.7	3.4	0.13	1698	406	20.1	12.4	43.0	41.0	2.4	12.0	0.45		
Mocha Deluxe - Oat	MILK, SOYA, OAT	Regular	526	126	6.9	4.1	14.0	11.0	1.2	1.1	0.11	1691	405	22.1	13.1	46.0	34.0	3.8	3.7	0.36		
		Large	518	124	6.4	3.8	15.0	11.0	1.3	1.2	0.11	1820	436	22.6	13.3	52.0	39.0	4.4	4.0	0.40		
Mocha Deluxe - Soya	MILK, SOYA	Regular	511	123	7.3	3.9	10.0	9.7	1.0	3.2	0.12	1643	394	23.5	12.6	34.0	31.0	3.4	10.0	0.38		
		Large	503	120	6.9	3.6	11.0	10.0	1.1	3.2	0.12	1767	423	24.1	12.8	38.0	36.0	3.9	11.0	0.43		
Mocha Deluxe - Coconut	MILK, SOYA	Regular	472	113	6.8	4.1	11.0	10.0	0.8	1.9	0.12	1563	375	22.5	13.6	35.0	33.0	2.5	6.5	0.39		
		Large	464	111	6.4	3.8	11.0	10.0	0.8	2.0	0.12	1677	402	23.0	13.9	40.0	38.0	2.9	7.1	0.44		

WHITE MOCHA DELUXE																						
White chocolate sauce, espresso and steamed milk topped with whipped cream, marshmallows 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		
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 - Oat	MILK, SOYA, OAT	Regular	507	121	6.6	3.9	14.0	10.0	0.6	0.8	0.08	1654	396	21.7	12.8	47.0	33.0	1.9	2.5	0.25		
		Large	505	121	6.1	3.6	15.0	11.0	0.6	0.7	0.08	1824	436	22.1	13.0	56.0	40.0	2.1	2.7	0.27		
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		

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	391	93	3.5	2.2	11.0	11.0	0.7	3.6	0.15	1036	247	9.4	6.0	30.0	29.0	1.9	9.6	0.39		
		Large	390	93	3.5	2.2	11.0	11.0	0.7	3.6	0.15	1249	297	11.3	7.2	36.0	35.0	2.3	12.0	0.47		
Hot Chocolate - Skimmed Milk	MILK	Regular	285	67	0.6	0.3	11.0	11.0	0.7	3.7	0.15	756	179	1.5	0.8	30.0	30.0	1.9	9.9	0.39		
		Large	284	67	0.6	0.3	11.0	11.0	0.7	3.7	0.15	910	215	1.8	0.9	37.0	36.0	2.3	12.0	0.47		
Hot Chocolate - Oat	OAT	Regular	330	78	1.5	0.6	15.0	11.0	1.5	0.8	0.13	873	207	3.9	1.7	39.0	28.0	3.8	2.2	0.34		
		Large	338	80	1.5	0.6	15.0	11.0	1.5	0.9	0.13	1013	240	4.4	1.9	45.0	33.0	4.5	2.6	0.39		
Hot Chocolate - Soya	SOYA	Regular	310	74	2.0	0.4	9.8	9.3	1.3	3.5	0.14	822	195	5.3	1.2	26.0	25.0	3.4	9.3	0.37		
		Large	318	76	2.0	0.5	10.0	9.7	1.3	3.5	0.14	955	227	6.0	1.4	31.0	29.0	3.9	11.0	0.42		
Hot Chocolate - Coconut	SOYA	Regular	268	64	1.6	0.8	10.0	9.7	0.9	1.9	0.14	736	175	4.3	2.2	28.0	27.0	2.4	5.2	0.38		
		Large	276	66	1.6	0.8	11.0	10.0	0.9	1.9	0.14	857	203	4.8	2.5	33.0	32.0	2.9	5.9	0.43		

HOT CHOCOLATE DELUXE

Dark Hot Chocolate with steamed milk topped with whipped cream, marshmallows 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		
Hot Chocolate Deluxe - Whole Milk	MILK, SOYA	Regular	585	140	8.7	5.5	12.0	11.0	0.6	3.4	0.13	1864	447	27.7	17.4	38.0	36.0	2.0	11.0	0.42		
		Large	556	133	8.0	5.0	12.0	11.0	0.6	3.4	0.13	2076	497	29.7	18.7	44.0	42.0	2.4	13.0	0.50		
Hot Chocolate Deluxe - Skimmed Milk	MILK, SOYA	Regular	497	119	6.2	3.8	12.0	11.0	0.6	3.5	0.13	1583	379	19.8	12.3	38.0	36.0	2.0	11.0	0.42		
		Large	465	111	5.4	3.3	12.0	11.0	0.6	3.5	0.13	1737	415	20.1	12.4	44.0	42.0	2.4	13.0	0.50		
Hot Chocolate Deluxe - Oat	MILK, SOYA, OAT	Regular	534	128	7.0	4.1	15.0	11.0	1.2	1.1	0.12	1701	407	22.2	13.1	46.0	35.0	3.9	3.4	0.37		
		Large	520	125	6.4	3.8	15.0	11.0	1.3	1.1	0.12	1840	440	22.8	13.4	53.0	40.0	4.6	3.8	0.42		
Hot Chocolate Deluxe - Soya	MILK, SOYA	Regular	518	124	7.4	4.0	11.0	9.9	1.1	3.3	0.12	1650	396	23.7	12.7	34.0	31.0	3.4	10.0	0.39		
		Large	344	82	3.9	2.1	8.0	7.6	0.6	3.4	0.12	2213	529	25.2	13.2	51.0	49.0	4.0	22.0	0.77		
Hot Chocolate Deluxe - Coconut	MILK, SOYA	Regular	476	114	6.9	4.2	11.0	10.0	0.8	1.9	0.12	1564	375	22.6	13.7	35.0	34.0	2.5	6.4	0.40		
		Large	323	77	3.7	2.2	8.2	7.9	0.5	2.6	0.12	2114	505	24.0	14.4	53.0	52.0	3.0	17.0	0.78		

WHITE HOT CHOCOLATE

White chocolate sauce 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		
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 - Oat	MILK, SOYA, OAT	Regular	310	73	1.3	0.5	15.0	9.9	0.7	0.5	0.09	836	198	3.4	1.4	40.0	27.0	2.0	1.1	0.23		
		Large	328	78	1.3	0.5	16.0	11.0	0.7	0.5	0.08	1017	241	3.9	1.6	49.0	34.0	2.2	1.3	0.26		
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 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		
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 - Oat	MILK, SOYA, OAT	Regular	514	123	6.7	4.0	15.0	10.0	0.6	0.7	0.08	1664	398	21.7	12.9	47.0	34.0	2.0	2.2	0.26		
		Large	507	121	6.1	3.6	16.0	11.0	0.6	0.7	0.08	1844	441	22.2	13.1	57.0	41.0	2.3	2.4	0.29		
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		

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 - Oat	OAT	Regular	215	51	1.4	0.5	8.8	4.5	1.0	0.5	0.09	523	124	3.4	1.3	21.0	11.0	2.4	0.9	0.22		
		Large	217	52	1.4	0.5	8.9	4.6	1.0	0.5	0.09	595	141	3.8	1.4	24.0	13.0	2.8	1.0	0.25		
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

Ceremonial grade 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	270	64	3.6	2.3	4.5	4.4	0.2	3.4	0.10	654	156	8.7	5.5	10.9	10.6	0.5	8.3	0.25		
		Large	272	65	3.6	2.3	4.5	4.4	0.3	3.5	0.10	793	189	10.5	6.6	13.3	12.8	0.7	10.2	0.30		
Matcha Latte - Skimmed Milk	MILK	Regular	154	37	0.3	0.1	4.7	4.6	0.2	3.5	0.11	372	89	0.8	0.3	11.4	11.1	0.5	8.6	0.26		
		Large	155	37	0.3	0.1	4.7	4.6	0.3	3.6	0.11	454	108	1.0	0.4	13.8	13.4	0.7	10.4	0.32		
Matcha Latte - Oat	OAT	Regular	253	60	3.0	0.3	6.8	3.3	1.2	1.0	0.13	613	146	7.3	0.7	16.5	8.0	2.9	2.3	0.31		
		Large	256	61	3.0	0.3	6.8	3.3	1.2	1.0	0.13	747	178	8.8	0.9	19.9	9.7	3.6	2.9	0.38		
Matcha Latte - Soya	SOYA	Regular	184	44	1.9	0.3	2.8	2.5	0.8	3.4	0.08	445	106	4.6	0.7	6.8	6.1	1.9	8.3	0.19		
		Large	184	44	1.9	0.3	2.8	2.5	0.8	3.4	0.1	541	128	5.6	0.9	8.3	7.3	2.5	10.2	0.23		
Matcha Latte - Coconut	SOYA	Regular	146	35	1.4	0.7	3.4	3.3	0.4	1.7	0.10	353	84	3.4	1.7	8.3	8.0	1.0	4.0	0.24		
		Large	146	35	1.4	0.7	3.4	3.3	0.4	1.7	0.1	431	102	4.2	2.0	10.1	9.7	1.3	4.9	0.29		

Core Beverage Allergen Nutritional Information

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	####	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	####	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	####	238	0.9	0.4	46.9	31.5	0.8	10.0	0.36		
Spiced Chai Latte - Oat	OAT	Regular	329	78	1.2	0.5	16.0	8.4	0.9	0.5	0.09	872	206	3.1	1.2	43.0	22.0	2.5	0.7	0.25		
		Large	337	80	1.2	0.5	17.0	8.7	0.9	0.5	0.10	####	239	3.5	1.4	50.0	26.0	2.8	0.8	0.29		
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	####	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	####	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	####	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		

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 - Oat	OAT	Regular	188	45	1.2	0.5	7.6	3.6	0.7	0.5	0.08	316	75	2.1	0.8	13.0	6.1	1.2	0.8	0.13		
		Large	191	45	1.3	0.5	7.7	3.7	0.7	0.5	0.08	454	108	3.0	1.1	18.0	8.8	1.8	1.0	0.20		
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 - Oat	OAT	Regular	168	40	1.1	0.4	6.4	3.0	0.5	0.8	0.06	89	21	0.6	0.2	3.4	1.6	0.3	0.5	0.03		
		Large	168	40	1.1	0.4	6.4	3.0	0.5	0.8	0.06	89	21	0.6	0.2	3.4	1.6	0.3	0.5	0.03		
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		

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	424	101	3.3	2.0	14.0	13.0	1.0	3.6	0.15	818	194	6.3	3.9	27.0	25.0	1.9	6.9	0.29		
		Large	426	101	3.3	2.1	14.0	13.0	1.0	3.6	0.15	1163	277	9.1	5.7	37.0	36.0	2.7	9.9	0.42		
Iced Mocha - Skimmed Milk	MILK	Regular	333	79	0.7	0.3	14.0	13.0	1.0	3.7	0.15	643	152	1.3	0.7	27.0	26.0	1.9	7.1	0.29		
		Large	332	78	0.7	0.3	14.0	13.0	1.0	3.7	0.15	906	214	1.8	0.9	38.0	36.0	2.7	10.0	0.42		
Iced Mocha - Oat	OAT	Regular	371	88	1.5	0.6	17.0	13.0	1.6	1.2	0.13	716	170	2.8	1.2	32.0	25.0	3.1	2.3	0.26		
		Large	371	88	1.5	0.6	17.0	13.0	1.6	1.1	0.14	1014	240	4.0	1.8	46.0	35.0	4.5	3.1	0.37		
Iced Mocha - Soya	SOYA	Regular	354	84	1.9	0.5	12.0	12.0	1.5	3.5	0.14	684	162	3.7	0.9	24.0	23.0	2.8	6.7	0.27		
		Large	354	84	2.0	0.5	12.0	12.0	1.5	3.5	0.14	967	230	5.4	1.3	34.0	32.0	4.0	9.6	0.40		
Iced Mocha - Coconut	SOYA	Regular	322	76	1.5	0.8	13.0	12.0	1.2	2.1	0.14	622	147	3.0	1.5	25.0	24.0	2.2	4.1	0.27		
		Large	321	76	1.6	0.8	13.0	12.0	1.2	2.1	0.14	876	208	4.3	2.2	35.0	33.0	3.1	5.7	0.40		

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 - Oat	OAT	Regular	266	63	1.1	0.4	12.0	8.8	0.7	0.5	0.08	487	115	2.1	0.8	23.0	16.0	1.2	0.8	0.14		
		Large	273	65	1.2	0.4	13.0	9.2	0.7	0.5	0.08	710	168	3.0	1.1	33.0	24.0	1.8	1.0	0.20		
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 - Oat	OAT	Regular	264	62	1.1	0.4	12.0	8.7	0.7	0.5	0.08	483	114	2.1	0.8	23.0	16.0	1.2	0.8	0.14		
		Large	270	64	1.2	0.4	13.0	9.0	0.7	0.5	0.08	704	167	3.0	1.1	33.0	24.0	1.8	1.0	0.21		
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 - Oat	OAT	Regular	263	62	1.1	0.4	12.0	8.7	0.7	0.5	0.08	482	114	2.1	0.8	22.0	16.0	1.2	0.8	0.14		
		Large	270	64	1.2	0.4	13.0	9.0	0.7	0.5	0.08	702	166	3.0	1.1	33.0	23.0	1.8	1.0	0.20		
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 - Oat	MILK, OAT	Regular	166	39	0.8	0.3	5.9	4.0	0.3	2.0	0.09	311	74	1.4	0.5	11.0	7.5	0.6	3.7	0.17		
		Large	172	41	0.9	0.3	6.4	4.0	0.4	1.6	0.09	410	97	2.1	0.8	15.0	9.4	1.0	3.9	0.22		
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 - Oat	MILK, OAT	Regular	157	37	0.6	0.2	5.4	4.0	0.2	2.4	0.09	232	55	0.9	0.3	7.9	5.9	0.3	3.6	0.13		
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

			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

ICED VANILLA MATCHA

Ceremonial grade matcha and vanilla syrup with milk, served over ice

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Proteir	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Proteir	Salt		
Iced Vanilla Matcha - Whole Milk	MILK	Regular	388	92	3.3	2.1	12.4	12.2	0.3	3.2	0.09	688	159	5.6	3.5	21.3	21.1	0.5	5.5	0.16		
		Large	388	92	3.3	2.1	12.4	12.2	0.3	3.2	0.09	986	234	8.2	5.2	31.7	31.3	0.7	8.0	0.24		
Iced Vanilla Matcha - Skimmed Milk	MILK	Regular	331	79	1.6	1.0	12.7	12.5	0.3	3.3	0.10	557	132	2.6	1.6	21.3	21.0	0.5	5.5	0.16		
		Large	290	69	0.3	0.1	13.0	12.8	0.3	3.3	0.1	713	169	0.8	0.3	31.9	31.4	0.7	8.1	0.24		
Iced Vanilla Matcha - Oat	OAT	Regular	376	89	2.7	0.3	14.7	11.5	1.2	1.0	0.12	632	150	4.6	0.5	24.6	19.2	2.0	1.6	0.20		
		Large	380	90	2.7	0.3	14.8	11.6	1.2	1.0	0.12	935	222	6.7	0.7	36.5	28.6	2.9	2.4	0.29		
Iced Vanilla Matcha - Soya	SOYA	Regular	314	74	1.7	0.3	11.1	10.7	0.8	3.2	0.07	528	125	2.9	0.5	18.6	18.0	1.4	5.4	0.12		
		Large	317	75	1.7	0.3	11.3	10.9	0.8	3.2	0.07	779	184	4.3	0.7	27.7	26.8	2.0	7.8	0.18		
Iced Vanilla Matcha - Coconut	SOYA	Regular	314	74	1.7	0.3	11.1	10.7	0.8	3.2	0.07	527	124	2.9	0.5	18.6	18.0	1.4	5.4	0.12		
		Large	279	66	1.3	0.6	11.8	11.6	0.5	1.6	0.09	686	162	3.2	1.5	29.0	28.6	1.2	3.9	0.22		

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 - Oat	MILK, OAT	Regular	542	131	10.0	6.0	9.1	6.3	0.5	0.9	0.08	1076	259	19.8	11.9	18.0	13.0	1.1	1.7	0.15		
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	698	167	10.5	6.5	15.0	14.0	0.9	3.2	0.13	1561	374	23.4	14.6	33.0	32.0	2.0	7.1	0.30		
Mocha Frappe - Skimmed Milk	MILK	Regular	633	152	8.6	5.3	15.0	14.0	0.9	3.2	0.13	1415	339	19.3	11.9	33.0	32.0	2.0	7.2	0.30		
Mocha Frappe - Oat	MILK, OAT	Regular	660	158	9.2	5.5	17.0	14.0	1.3	1.4	0.12	1476	354	20.5	12.4	38.0	31.0	3.0	3.2	0.27		
Mocha Frappe - Soya	MILK, SOYA	Regular	649	156	9.5	5.4	14.0	13.0	1.2	3.1	0.13	1449	348	21.3	12.1	31.0	29.0	2.7	6.9	0.29		
Mocha Frappe - Coconut	MILK, SOYA	Regular	625	150	9.2	5.7	14.0	14.0	1.0	2.1	0.13	1398	335	20.6	12.6	32.0	30.0	2.2	4.7	0.29		

Core Beverage Allergen Nutritional Information

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 - Oat	MILK, OAT	Regular	660	158	9.4	5.7	17.0	15.0	0.5	0.7	0.09	1373	329	19.6	11.9	36.0	30.0	1.1	1.5	0.19		
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	763	183	11.2	7.0	17.0	16.0	1.0	3.3	0.15	1590	381	23.4	14.7	35.0	33.0	2.1	6.9	0.31		
Chocolate Milkshake - Skimmed Milk	MILK, SOYA	Regular	693	166	9.2	5.7	17.0	16.0	1.0	3.4	0.15	1444	346	19.2	12.0	35.0	34.0	2.1	7.0	0.31		
Chocolate Milkshake - Oat	MILK, SOYA, OAT	Regular	722	173	9.8	6.0	19.0	16.0	1.5	1.4	0.14	1505	361	20.5	12.4	39.0	33.0	3.1	3.0	0.28		
Chocolate Milkshake - Soya	MILK, SOYA	Regular	709	170	10.2	5.8	16.0	15.0	1.4	3.2	0.14	1478	354	21.2	12.2	33.0	31.0	2.8	6.7	0.30		
Chocolate Milkshake - Coconut	MILK, SOYA	Regular	684	164	9.9	6.1	16.0	15.0	1.1	2.1	0.14	1427	342	20.6	12.7	33.0	32.0	2.3	4.5	0.30		

STRAWBERRY MILKSHAKE

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 - Oat	OAT	Regular	580	139	7.6	4.6	17.0	15.0	0.5	0.6	0.06	1510	361	20.0	12.0	44.0	38.0	1.1	1.7	0.15		
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 - Oat	MILK, OAT	Regular	682	163	9.2	5.6	19.0	16.0	0.5	0.8	0.08	1476	353	19.8	12.1	41.0	34.0	1.1	1.6	0.17		
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	775	185	10.5	6.6	19.0	19.0	0.9	3.1	0.14	1708	409	23.3	14.6	42.0	41.0	2.0	6.7	0.31		
Chocolate Cookie Dough Milkshake - Skimmed Milk	MILK	Regular	708	169	8.7	5.4	19.0	19.0	0.9	3.1	0.14	1562	373	19.1	11.9	42.0	41.0	2.0	6.9	0.31		
Chocolate Cookie Dough Milkshake - Oat	MILK, OAT	Regular	736	176	9.2	5.6	21.0	18.0	1.4	1.3	0.13	1623	388	20.4	12.4	47.0	41.0	3.0	2.9	0.28		
Chocolate Cookie Dough Milkshake - Soya	MILK, SOYA	Regular	724	173	9.6	5.5	18.0	18.0	1.2	3.0	0.13	1597	382	21.1	12.1	40.0	39.0	2.7	6.6	0.29		
Chocolate Cookie Dough Milkshake - Coconut	MILK, SOYA	Regular	701	168	9.3	5.7	19.0	18.0	1.0	2.0	0.13	1545	370	20.5	12.6	41.0	40.0	2.2	4.4	0.29		

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 - Oat	MILK, OAT	Regular	629	151	10.0	6.1	14.0	12.0	0.5	0.7	0.08	1232	296	19.6	11.9	28.0	23.0	1.1	1.4	0.15		
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	ERG	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	ERG	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	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		
with added Vitamin C	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	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		
with added vintamin B12	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		

			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 - Oat	OAT	Regular	285	68	1.2	0.5	13.0	8.6	0.7	0.5	0.1	277	66	1.2	0.5	13.0	8.3	0.7	0.5	0.08
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	404	96	3.4	2.2	13.0	12.0	0.5	3.5	0.13	545	130	4.6	2.9	17.0	16.0	0.6	4.8	0.17	
Baby Hot Chocolate - Skimmed Milk	MILK	Regular	300	71	0.5	0.2	13.0	12.0	0.5	3.6	0.13	405	96	0.6	0.3	17.0	16.0	0.6	4.9	0.17	
Baby Hot Chocolate - Oat	OAT	Regular	344	81	1.4	0.6	16.0	11.0	1.2	0.8	0.11	464	110	1.8	0.8	21.0	15.0	1.6	1.1	0.15	
Baby Hot Chocolate - Soya	SOYA	Regular	325	77	1.9	0.4	11.0	10.0	1.0	3.4	0.12	438	104	2.6	0.5	15.0	14.0	1.3	4.6	0.16	
Baby Hot Chocolate - Coconut	SOYA	Regular	288	68	1.5	0.7	12.0	11.0	0.6	1.8	0.12	389	92	2.0	1.0	16.0	15.0	0.9	2.5	0.16	

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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 - Oat	OAT	Regular	253	60	1.2	0.5	12.0	7.6	0.8	0.5	0.09	322	76	1.6	0.6	15.0	9.7	1.0	0.5	0.11		
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 - Oat	OAT	308	73	1.5	0.6	14.0	8.6	1.0	0.5	0.11	0.13	400	95	1.9	0.8	18.0	11.0	1.3	0.7	0.14		
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 -Oat	OAT	Regular	196	47	1.1	0.4	8.1	4.5	1.0	0.5	0.08	274	65	1.6	0.6	11.0	6.2	1.4	0.5	0.11	
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	

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	197	47	1.3	0.5	8.1	3.9	0.8	0.5	0.09	
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 Flakes	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