

Coffee#1

CONTENTS	
NUTRITIONAL & INGREDIENTS	NUTRITIONAL & INGREDIENTS
HOW TO USE THIS GUIDE	3
WINTER DRINKS NUTRITIONAL & ALLERGENS	4

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	5.7	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	5.8	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	3.3	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	3.3	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	3.9	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	3.9	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	5.3	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	5.4	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	5.6	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	5.7	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.

STICKY TOFFEE OAT LATTE

A double shot espresso, butterscotch syrup, with steamed oat 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		
Sticky Toffee Oat Latte - Oat Milk	OAT	Regular	294	70	2.7	0.3	10.2	7.1	0.9	0.8	0.12	742	176	6.7	0.7	25.6	17.9	2.3	2	0.29		
		Large	310	74	2.6	0.3	11.2	8.1	0.9	0.8	0.11	930	221	7.9	0.8	33.5	24.4	2.7	2.4	0.34		
Sticky Toffee Oat Latte - Coconut	SOYA	Regular	199	47	1.3	0.6	7.2	7.1	0.2	3.6	0.09	502	119	3.2	1.6	18.2	17.9	0.5	3.6	0.23		
		Large	216	51	1.2	0.6	8.2	8.1	0.2	1.4	0.09	647	153	3.7	1.8	24.7	24.4	0.6	4.2	0.27		
Sticky Toffee Oat Latte - Soya	SOYA	Regular	232	55	1.7	0.3	6.7	6.4	0.6	7.5	0.07	586	139	4.3	0.7	16.8	16.1	1.4	7.5	0.18		
		Large	249	59	1.7	0.3	7.7	7.4	0.5	3	0.07	746	176	5	0.8	23.1	22.3	1.6	8.9	0.21		
Sticky Toffee Oat Latte - Whole Milk	MILK	Regular	308	73	3.2	2	8.2	8.1	0	7.5	0.09	777	185	8	5	20.6	20.3	0.1	7.5	0.24		
		Large	324	77	3.2	2	9.2	9.1	0	3	0.09	972	231	9.5	6	27.5	27.3	0.1	8.9	0.28		
Sticky Toffee Oat Latte - Skimmed Milk	MILK	Regular	206	49	0.3	0.1	8.3	8.2	0	7.8	0.1	520	123	0.8	0.3	21	20.7	0.1	7.8	0.25		
		Large	223	53	0.3	0.1	9.4	9.3	0	3	0.1	668	158	0.9	0.3	28.1	27.8	0.1	9.1	0.29		

STICKY TOFFEE OAT HOT CHOCOLATE

Dark hot chocolate, and butterscotch syrup, with steamed oat 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		
Sticky Toffee Oat Hot Chocolate- Oat	OAT	Regular	381	90	2	0.5	13.9	12.3	1.5	3.5	0.12	994	235	5.2	1.3	36.2	32.2	4	9.2	0.31		
		Large	454	108	2.9	1.5	18.1	13.9	1.9	1.4	0.16	1425	338	9	1.5	56.8	43.7	5.9	4.4	0.49		
Sticky Toffee Oat Hot Chocolate- Coconut	SOYA	Regular	346	82	1.6	0.8	14.4	13	1.2	2	0.13	902	213	4.1	2.1	37.5	33.9	3.2	5.2	0.35		
		Large	360	85	1.5	0.8	15.3	13.9	1.2	2	0.13	1130	267	4.8	2.5	48	43.7	3.8	6.2	0.42		
Sticky Toffee Oat Hot Chocolate- Soya	SOYA	Regular	381	90	2	0.5	13.9	12.3	1.5	3.5	0.12	994	235	5.2	1.3	36.2	32.2	4	9.2	0.31		
		Large	395	93	2	0.5	14.8	13.2	1.5	3.5	0.12	1241	294	6.1	1.5	46.4	41.6	4.8	10.9	0.36		
Sticky Toffee Oat Hot Chocolate- Whole Milk	MILK	Regular	454	108	3.4	2.2	15.3	13.9	1	3.5	0.14	1186	281	8.9	5.6	39.9	36.3	2.7	9.2	0.36		
		Large	463	110	3.4	2.1	15.9	14.6	1	3.5	0.14	1485	352	10.8	6.8	51.1	46.8	3.3	11.1	0.44		
Sticky Toffee Oat Hot Chocolate- Skimmed Milk	MILK	Regular	356	84	0.6	0.3	15.5	14.1	1	3.6	0.14	928	220	1.7	0.9	40.3	36.8	2.7	9.4	0.37		
		Large	364	86	0.6	0.3	16	14.7	1	3.5	0.14	1175	278	2	1.1	51.7	47.4	3.3	11.4	0.45		

STICKY TOFFEE OAT ICED MATCHA LATTE

Ceremonial grade matcha, butterscotch syrup, and oat 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		
Sticky Toffee Oat Iced Matcha Latte- Oat	OAT	Regular	338	80	2.7	0.3	12.4	9.2	1.2	1	0.12	568	135	4.6	0.5	20.8	15.5	2	1.6	0.2		
		Large	337	80	2.7	0.3	12.5	9.3	1.1	0.9	0.12	829	197	6.7	0.7	30.7	23	2.7	2.2	0.29		
Sticky Toffee Oat Iced Matcha Latte- Coconut	SOYA	Regular	242	57	1.3	0.6	9.4	9.2	0.5	1.6	0.09	407	96	2.2	1.1	15.7	15.5	0.8	2.7	0.15		
		Large	241	57	1.3	0.6	9.4	9.3	0.4	1.5	0.09	593	140	3.1	1.6	23.2	23	0.9	3.7	0.22		
Sticky Toffee Oat Iced Matcha Latte- Soya	SOYA	Regular	276	65	1.7	0.3	8.8	8.5	0.8	3.2	0.07	464	110	2.9	0.5	14.8	14.3	1.4	5.4	0.12		
		Large	275	65	1.7	0.3	8.9	8.6	0.7	3.1	0.07	677	160	4.3	0.7	21.9	21.2	1.8	7.7	0.18		
Sticky Toffee Oat Iced Matcha Latte- Whole Milk	MILK	Regular	353	84	3.3	2.1	10.4	10.2	0.3	3.2	0.09	593	141	5.5	3.5	17.4	17.1	0.5	5.4	0.16		
		Large	353	84	3.3	2.1	10.4	10.3	0.2	3.1	0.09	869	206	8	5.1	25.7	25.4	0.5	7.7	0.23		
Sticky Toffee Oat Iced Matcha Latte- Skimmed Milk	MILK	Regular	249	59	0.3	0.1	10.5	10.4	0.3	3.3	0.1	419	99	0.5	0.2	17.7	17.4	0.5	5.5	0.17		
		Large	248	59	0.3	0.1	10.6	10.5	0.2	3.2	0.1	611	145	0.7	0.3	26.1	25.8	0.5	7.9	0.24		

COLD FOAM STICKY TOFFEE LATTE

A double shot espresso, butterscotch syrup, over iced milk, topped with skimmed milk cold foam, and caramel drizzle.

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 Sticky Toffee Latte- Whole Milk	MILK	Regular	290	69	1.4	0.8	11	10.5	0.1	2.9	0.1	536	127	2.6	1.5	20.4	19.5	0.1	5.4	0.19		
		Large	305	72	2.1	1.3	10.4	10.1	0	3	0.1	863	205	5.8	3.6	29.5	28.6	0.1	8.4	0.29		
Cold Foam Sticky Toffee Latte- Skimmed Milk	MILK	Regular	252	60	0.3	0.1	11.1	10.6	0.1	3	0.1	466	110	0.6	0.2	20.5	19.6	0.1	5.5	0.19		
		Large	243	57	0.3	0.1	10.5	10.2	0	3	0.1	687	163	0.9	0.4	29.8	28.9	0.1	8.5	0.29		
Cold Foam Sticky Toffee Latte- Oat	MILK, OAT	Regular	284	67	1.2	0.2	11.8	10.2	0.4	2.1	0.11	526	125	2.2	0.3	21.8	18.8	0.7	3.9	0.21		
		Large	296	70	1.7	0.2	11.7	9.5	0.6	1.6	0.11	839	199	4.9	0.6	33	27	1.6	4.6	0.32		
Cold Foam Sticky Toffee Latte- Coconut	MILK, SOYA	Regular	249	59	0.7	0.3	10.7	10.2	0.1	2.3	0.1	461	109	1.3	0.6	19.7	18.8	0.2	4.3	0.19		
		Large	239	56	0.9	0.4	9.9	9.5	0.1	2	0.1	675	160	2.5	1.2	27.9	27	0.4	5.7	0.28		
Cold Foam Sticky Toffee Latte- Soya	MILK, SOYA	Regular	284	67	1.2	0.2	11.8	10.2	0.4	2.1	0.11	526	125	2.2	0.3	21.8	18.8	0.7	3.9	0.21		
		Large	259	61	1.2	0.2	9.5	9.1	0.4	3	0.09	732	173	3.3	0.6	27	25.8	1	8.4	0.25		

STICKY TOFFEE HOT CHOCOLATE

Dark hot chocolate, with butterscotch syrup, and steamed milk, topped with whipped cream, and caramel drizzle.

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		
Sticky Toffee Hot Chocolate- Whole Milk	MILK	Regular	627	150	8.7	5.5	14.2	13	0.9	3.3	0.13	1937	464	27	16.9	43.7	40.2	2.7	10.1	0.39		
		Large	613	146	7.9	5	15.1	13.9	0.9	3.3	0.13	2217	530	28.6	18	54.7	50.4	3.3	11.8	0.46		
Sticky Toffee Hot Chocolate- Skimmed Milk	MILK	Regular	544	130	6.4	3.9	14.3	13.1	0.9	3.3	0.13	1680	402	19.8	12.2	44.2	40.6	2.7	10.3	0.4		
		Large	528	126	5.5	3.4	15.2	14.1	0.9	3.3	0.13	1913	457	20.1	12.4	55.2	50.9	3.3	12	0.47		
Sticky Toffee Hot Chocolate- Oat	OAT, MILK	Regular	615	147	8.3	4.1	15.8	12.2	1.6	1.5	0.14	1902	455	25.7	12.6	48.8	37.8	4.9	4.6	0.45		
		Large	601	144	7.5	3.5	16.8	13.1	1.6	1.5	0.14	2176	520	27.1	12.8	60.6	47.5	5.9	5.3	0.52		
Sticky Toffee Hot Chocolate- Coconut	SOYA, MILK	Regular	538	129	7.2	4.3	13.4	12.2	1	2	0.12	1662	398	22.2	13.4	41.3	37.8	3.2	6.1	0.38		
		Large	523	125	6.3	3.8	14.3	13.1	1	2	0.12	1892	452	22.9	13.8	51.8	47.5	3.8	7.1	0.45		
Sticky Toffee Hot Chocolate- Soya	SOYA, MILK	Regular	565	135	7.5	4.1	12.9	11.6	1.3	3.3	0.11	1746	417	23.3	12.6	40	36	4	10.1	0.34		
		Large	550	131	6.7	3.5	13.9	12.6	1.3	1.3	0.11	1991	475	24.2	12.8	50.2	45.4	4.8	11.8	0.39		

STICKY TOFFEE LATTE

A double Shot Espresso Latte, butterscotch syrup, and steamed milk, topped with whipped cream, and caramel drizzle.

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		
Sticky Toffee Latte- Whole Milk	MILK	Regular	509	122	8.7	5.4	8.1	8	0	2.8	0.09	1528	366	26.1	16.3	24.4	24.1	0.1	8.4	0.27		
		Large	495	119	7.9	5	9	8.9	0	2.8	0.09	1722	413	27.6	17.3	31.4	31.1	0.1	9.8	0.31		
Sticky Toffee Latte- Skimmed Milk	MILK	Regular	423	102	6.3	3.9	8.3	8.2	0	2.9	0.09	1270	305	18.9	11.6	24.9	24.9	0.1	8.7	0.28		
		Large	408	98	5.5	3.3	9.2	9.1	0	2.9	0.09	1418	340	19	11.6	31.9	31.6	0.1	10	0.32		
Sticky Toffee Latte- Oat	OAT, MILK	Regular	445	107	7.5	4	6.9	6.7	0.5	2.8	0.07	1336	320	22.4	12	20.7	20	1.4	8.4	0.21		
		Large	483	116	7.5	3.5	10.7	8.1	0.8	0.9	0.11	1681	402	26	12.1	37.4	28.2	2.7	3.3	0.37		
Sticky Toffee Latte- Coconut	SOYA, MILK	Regular	418	100	7.1	4.3	7.3	7.2	0.2	1.5	0.08	1253	301	21.3	12.8	22	21.7	0.5	4.5	0.25		
		Large	402	96	6.3	3.8	8.2	8.1	0.2	1.5	0.08	1397	335	21.8	13.1	28.5	28.2	0.6	5.1	0.29		
Sticky Toffee Latte- Soya	SOYA, MILK	Regular	418	100	7.1	4.3	7.3	7.2	0.2	1.5	0.08	1253	301	21.3	12.8	22	21.7	0.5	4.5	0.25		
		Large	430	103	6.6	3.5	7.7	7.5	0.5	2.8	0.07	1496	358	23.1	12.1	27	26.2	1.6	9.8	0.24		