

Coffee# 1

HOW TO USE THIS GUIDE

PASTRIES	This Product Contains														
	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.

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		
		per 100g	per portion (g)	
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>	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.

Allergens, Ingredients and Nutrition Guide

BIRTHDAY CAKE

Product Name	This Product Contains														Suitable for...		
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
Birthday Traycake	*	*	*	P	P		P			P					P	*	

BIRTHDAY CAKE

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
NEW Birthday Traycake (V)	Sponge Cake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Sugar, Buttermilk (MILK), Pasteurised Free Range EGG , Rapeseed Oil, Salted Butter (Butter (MILK), Salt), Whole MILK , Raising Agents: Diphosphates; Sodium Carbonate, Salt, Madagascan Vanilla Powder], Frosting [Icing Sugar, Salted Butter (Butter (MILK), Salt), Double Cream (MILK), Confetti Sugar Sprinkles (Sugar, Sunflower Oil, Potato Starch, Rice Flour, Fruit, Vegetable & Plant Concentrates (Radish, Blackcurrant, Apple, Safflower, Lemon, Spirulina), Natural Vanilla Flavouring), Natural Flavouring]. <i>May Contain: NUTS, PEANUTS, SESAME, SOYA, and SULPHITES</i>	KJ	1734	1959
		Kcal	414	468
		Fat	18.6	21
		Sat	7.2	8.1
		Carbs	57.8	65.3
		Sugar	38.5	43.5
		Fibre	0.8	0.9
		Protein	4.7	5.3
		Salt	0.76	0.86
		Portion weight (g)		113

Within this guide you will find Allergen and Nutritional information for our core beverage range with all milk variants and milk alternatives that we offer within our stores.

LATTE																					
Espresso and steamed milk																					
PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product								
			Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Latte - Whole Milk	MILK	Regular	241	57	3.2	2.0	4.1	4.0	0.0	3.0	0.10	655	156	8.8	5.6	11.2	10.8	0.0	8.3	0.26	
		Large	245	58	3.3	2.1	4.2	4.0	0.0	3.1	0.10	787	188	10.6	6.7	13.4	13.0	0.0	9.9	0.31	
Latte - Skimmed Milk	MILK	Regular	138	33	0.3	0.1	4.3	4.2	0.0	3.1	0.10	375	89	0.8	0.4	11.6	11.3	0.0	8.5	0.27	
		Large	139	33	0.3	0.1	4.3	4.2	0.0	3.2	0.10	448	107	1.0	0.4	13.9	13.6	0.0	10.2	0.33	
Latte - Soya	SOYA	Regular	164	39	1.7	0.3	2.6	2.3	0.5	3.0	0.07	447	106	4.7	0.8	7.1	6.3	1.4	8.3	0.20	
		Large	166	39	1.8	0.3	2.6	2.3	0.5	3.1	0.07	535	127	5.6	0.9	8.4	7.5	1.7	9.9	0.23	
Latte - Coconut	OAT	Regular	223	53	1.3	1.1	9.9	3.7	0.4	0.2	0.07	607	144	3.5	2.9	27.0	10.1	1.0	0.6	0.20	
		Large	227	54	1.3	1.1	10.1	3.8	0.4	0.2	0.07	729	173	4.2	3.5	32.5	12.1	1.2	0.6	0.23	
Latte - Gluten Free Oat	OAT	Regular	232	56	2.8	0.4	7.2	3.4	0.0	0.4	0.09	631	152	7.6	1.0	19.6	9.4	0.0	1.1	0.25	
		Large	236	57	2.8	0.4	7.3	3.5	0.0	0.4	0.09	758	182	9.1	1.2	23.5	11.3	0.0	1.2	0.30	

Please note: Although 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.

Birthday Fudge Mocha

Espresso, dark Chocolate, caramel syrup, steamed milk. Topped with whipped cream, caramel drizzle and chocolate flakes.

PRODUCT	ALLERGENS		Per 100g									Per serving								
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Birthday Fudge Mocha- Whole Milk	MILK, SOYA	Regular	715	171	9.7	6	17.3	15.6	1.1	3.2	0.13	1853	443	25.1	15.6	44.8	40.5	2.9	8.3	0.35
		Large	643	154	8	5	16.8	15.4	1	3.2	0.13	2276	544	28.2	17.6	59.5	54.5	3.4	11.4	0.46
Birthday Fudge Mocha- Skimmed Milk	MILK, SOYA	Regular	644	154	7.7	4.7	17.4	15.7	1.1	3.3	0.14	1673	400	20	12.3	45.1	40.9	2.9	8.5	0.35
		Large	563	134	5.7	3.5	16.9	15.5	1	3.3	0.13	2003	479	20.4	12.5	60.1	55.1	3.4	11.7	0.47
Birthday Fudge Mocha- Oat	MILK, SOYA, OAT	Regular	704	168	9.3	4.8	18.6	14.9	1.7	1.7	0.15	1830	438	24.2	12.6	48.4	38.8	4.4	4.4	0.39
		Large	630	150	7.5	3.6	18.3	14.6	1.6	1.5	0.15	2244	536	26.9	12.9	65.1	52	5.8	5.5	0.52
Birthday Fudge Mocha- Soya	MILK, SOYA	Regular	662	158	8.6	4.8	16.2	14.5	1.5	3.2	0.12	1720	411	22.4	12.6	42.2	37.6	3.8	8.3	0.31
		Large	583	139	6.8	3.6	15.6	14.1	1.4	3.2	0.11	2074	495	24.2	12.9	55.5	50.1	4.9	11.4	0.4
Birthday Fudge Mocha- Coconut	MILK, SOYA	Regular	639	153	8.3	5.1	16.6	14.9	1.2	2.1	0.13	1661	397	21.7	13.2	43.1	38.8	3.2	5.5	0.34
		Large	557	133	6.5	3.9	16	14.6	1.1	2	0.13	1984	474	23	13.9	57	52	3.9	7.1	0.45