

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

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NEW CARAMEL PUMPKIN SPICE LATTE

Double shot latte, with caramel syrup & pumpkin spice syrup, topped with a swirl made with caramel sauce (optional)

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 Pumpkin Spice Latte- Whole Milk	MILK	Regular	331	79	3.2	2	9.5	9.4	0	3	0.1	855	203	8.2	5.2	24.6	24.3	0.1	7.7	0.25		
		Large	353	84	3.2	2	10.9	10.8	0	3	0.1	1083	257	9.7	6.1	33.4	33.1	0.1	9.1	0.29		
Caramel Pumpkin Spice Latte- Skimmed Milk	MILK	Regular	228	54	0.3	0.1	9.7	9.6	0	3.1	0.1	594	141	0.8	0.3	25.1	24.8	0.1	8	0.26		
		Large	250	59	0.3	0.1	11	10.9	0	3.1	0.1	773	183	0.9	0.4	34	33.7	0.1	9.4	0.31		
Caramel Pumpkin Spice Latte- Oat Milk	MILK, OAT	Regular	318	76	2.7	0.3	11.7	8.6	0.9	0.8	0.12	802	191	6.7	0.7	29.4	21.6	2.3	2	0.3		
		Large	340	81	2.6	0.3	13	10	0.9	0.8	0.12	1020	242	7.9	0.8	39.1	30	2.7	2.4	0.35		
Caramel Pumpkin Spice Latte- Soya Milk	MILK, SOYA	Regular	257	61	1.7	0.3	8.2	7.9	0.6	3	0.07	648	153	4.3	0.7	20.6	19.9	1.4	7.5	0.19		
		Large	279	66	1.7	0.3	9.6	9.3	0.5	3	0.07	838	198	5	0.8	28.7	27.9	1.6	8.9	0.22		
Caramel Pumpkin Spice Latte- Coconut Milk	MILK, SOYA	Regular	220	52	1.3	0.6	8.7	8.6	0.2	1.4	0.09	556	131	3.2	1.6	21.9	21.6	0.5	3.6	0.23		
		Large	243	57	1.2	0.6	10.1	10	0.2	1.4	0.09	729	172	3.7	1.8	30.3	30	0.6	4.2	0.27		

NEW CARAMEL PUMPKIN SPICE HOT CHOCOLATE

Velvety smooth Hot chocolate, with caramel syrup & pumpkin spice syrup, topped with a swirl made with caramel sauce (optional)

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	KCa	Fat	Sat	Cal	Suғ	Fib	Prc	Sal	KJ	KCa	Fat	Sat	Cal	Suғ	Fib	Prc	Sal		
Caramel Pumpkin Spice Hot Chocolate - Whole Milk	MILK	Regular	460	109	3.4	2.2	15.6	15.1	1	3.6	0.14	1228	292	9.1	5.8	41.6	40.3	2.6	9.6	0.37		
		Large	478	113	3.4	2.1	16.8	16.3	1	3.5	0.14	1534	364	10.8	6.9	53.9	52.4	3.1	11.3	0.44		
Caramel Pumpkin Spice Hot Chocolate - Skimmed Milk	MILK	Regular	360	85	0.6	0.3	15.7	15.2	1	3.7	0.14	967	229	1.7	0.9	42.2	40.9	2.6	9.9	0.39		
		Large	379	90	0.6	0.3	16.9	16.4	1	3.6	0.14	1224	290	2	1.1	54.5	53	3.1	11.7	0.46		
Caramel Pumpkin Spice Hot Chocolate - Oat	MILK, OAT	Regular	450	107	2.9	0.5	17.8	14.4	1.8	1.5	0.16	1175	279	7.6	1.3	46.4	37.7	4.8	3.9	0.42		
		Large	469	111	2.9	0.5	19	15.7	1.8	1.5	0.16	1472	349	9	1.5	59.6	49.2	5.8	4.6	0.5		
Caramel Pumpkin Spice Hot Chocolate - Coconut	MILK, SOYA	Regular	356	84	1.6	0.8	14.9	14.4	1.2	2.1	0.14	929	220	4.1	2.2	38.9	37.7	3.1	5.4	0.35		
		Large	376	89	1.5	0.8	16.2	15.7	1.2	2	0.13	1181	279	4.8	2.6	50.8	49.2	3.7	6.4	0.42		
Caramel Pumpkin Spice Hot Chocolate - Soya	MILK, SOYA	Regular	391	93	2	0.5	14.4	13.8	1.5	3.6	0.12	1021	242	5.2	1.3	37.6	35.9	3.9	9.4	0.31		
		Large	411	97	2	0.5	15.7	15	1.5	3.5	0.12	1290	305	6.1	1.5	49.2	47.2	4.7	11.1	0.37		

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NEW WHITE CHOCOLATE MATCHA

Ceremonial matcha with white chocolate sauce & 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 Chocolate Matcha - Whole Milk	MILK	Regular	310	74	3.5	2.2	7.2	6.7	0.2	3.4	0.1	738	176	8.3	5.3	17.1	15.8	0.5	8	0.24		
		Large	337	80	3.4	2.2	8.9	8.1	0.3	3.3	0.1	977	232	9.9	6.3	25.9	23.5	0.8	9.7	0.29		
White Chocolate Matcha - Skimmed Milk	MILK	Regular	198	47	0.3	0.2	7.4	6.8	0.2	3.5	0.11	474	113	0.8	0.4	17.6	16.3	0.5	8.3	0.26		
		Large	228	54	0.4	0.2	9.1	8.3	0.3	3.4	0.11	667	158	1.1	0.5	26.5	24.1	0.8	10	0.31		
White Chocolate Matcha - Oat	OAT, MILK	Regular	295	70	2.9	0.3	9.5	5.7	1.2	1	0.13	685	163	6.8	0.7	21.9	13.1	2.7	2.3	0.29		
		Large	323	77	2.9	0.3	11.2	7.2	1.2	1	0.12	912	217	8.1	0.9	31.5	20.3	3.3	2.9	0.35		
White Chocolate Matcha - Soya	SOYA, MILK	Regular	229	54	1.9	0.3	5.6	4.9	0.8	3.4	0.08	530	126	4.3	0.7	13.1	11.4	1.8	7.8	0.18		
		Large	259	61	1.8	0.3	7.5	6.4	0.8	3.3	0.08	730	173	5.2	0.9	21.1	18.2	2.3	9.4	0.22		
White Chocolate Matcha - Coconut	SOYA, MILK	Regular	189	45	1.4	0.7	6.2	5.7	0.4	1.6	0.1	438	104	3.2	1.6	14.4	13.1	0.9	3.8	0.23		
		Large	220	52	1.4	0.7	8	7.2	0.5	1.7	0.1	621	147	3.9	2	22.7	20.3	1.3	4.7	0.27		

NEW WHITE CHOCOLATE MATCHA

Ceremonial matcha with white chocolate & milk, over ice

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product									
			KJ	Kc�	Fat	Sat	Ca	Su�	Fib	Prc	Sal	KJ	Kc�	Fat	Sat	Ca	Su�	Fib	Prc	Sal		
Iced White Chocolate Matcha - Whole Milk	MILK	Regular	330	79	3.4	2.2	8.4	7.6	0.3	3.4	0.1	548	130	5.7	3.6	13.9	12.7	0.5	5.6	0.17		
		Large	349	83	3.4	2.1	9.7	8.7	0.3	3.3	0.1	866	206	8.4	5.3	24	21.6	0.8	8.3	0.25		
Iced White Chocolate Matcha - Skimmed Milk	MILK	Regular	221	52	0.4	0.2	8.6	7.8	0.3	3.5	0.11	368	87	0.6	0.3	14.3	13	0.5	5.8	0.18		
		Large	242	57	0.4	0.2	9.8	8.9	0.3	3.4	0.1	605	143	1	0.4	24.6	22.2	0.8	8.6	0.26		
Iced White Chocolate Matcha - Oat	OAT, MILK	Regular	316	75	2.9	0.3	10.6	6.7	1.2	1.1	0.12	512	122	4.7	0.5	17.2	10.8	2	1.7	0.2		
		Large	336	80	2.8	0.3	11.9	7.8	1.2	1.1	0.12	813	193	6.9	0.8	28.8	18.9	2.9	2.6	0.3		
Iced White Chocolate Matcha - Soya	SOYA, MILK	Regular	251	59	1.9	0.3	6.9	6	0.9	3.4	0.08	251	59	1.9	0.3	6.9	6	0.9	3.4	0.08		
		Large	272	64	1.8	0.3	8.3	7.1	0.9	3.3	0.08	659	156	4.4	0.8	20	17.2	2.1	8.1	0.19		
Iced White Chocolate Matcha - Coconut	SOYA, MILK	Regular	212	50	1.4	0.7	7.5	6.7	0.5	1.7	0.1	343	81	2.3	1.1	12.1	10.8	0.8	2.8	0.16		
		Large	234	55	1.4	0.7	8.8	7.8	0.5	1.7	0.09	567	134	3.4	1.7	21.3	18.9	1.2	4.1	0.23		

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NEW TOASTED MARSHMALLOW ICED MATCHA

Ceremonial matcha poured over ice & cold milk with toasted marshmallow syrup, & white 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		
Toasted Marshmallow Iced Matcha-Whole Milk	MILK	Regular	365	87	3.3	2.1	11	10.4	0.3	3.2	0.1	639	152	5.7	3.6	19.3	18	0.5	5.6	0.17		
		Large	365	87	3.3	2.1	11	10.4	0.3	3.2	0.1	927	220	8.3	5.3	27.9	26.5	0.7	8.2	0.24		
Toasted Marshmallow Iced Matcha-Skimmed Milk	MILK	Regular	263	62	0.4	0.2	11.2	10.5	0.3	3.3	0.1	459	109	0.6	0.3	19.6	18.4	0.5	5.8	0.18		
		Large	260	62	0.3	0.1	11.1	10.6	0.3	3.3	0.1	666	158	0.9	0.4	28.5	27	0.7	8.5	0.26		
Toasted Marshmallow Iced Matcha- Oat	OAT, MILK	Regular	355	84	2.7	0.3	13.3	9.5	1.2	1	0.12	603	143	4.7	0.5	22.6	16.2	2	1.7	0.2		
		Large	352	84	2.7	0.3	13.2	9.6	1.2	1	0.12	873	208	6.8	0.7	32.7	23.8	2.9	2.5	0.29		
Toasted Marshmallow Iced Matcha-Soya	SOYA, MILK	Regular	293	69	1.8	0.3	9.8	8.8	0.8	3.2	0.07	498	118	3	0.5	16.6	15	1.4	5.5	0.13		
		Large	290	69	1.8	0.3	9.6	8.9	0.8	3.2	0.07	720	170	4.4	0.7	23.9	22.1	2.1	8	0.18		
Toasted Marshmallow Iced Matcha-Coconut	SOYA, MILK	Regular	256	60	1.3	0.7	10.3	9.5	0.5	1.6	0.09	434	103	2.3	1.1	17.5	16.2	0.8	2.8	0.16		
		Large	253	60	1.3	0.7	10.2	9.6	0.5	1.6	0.09	627	148	3.3	1.6	25.2	23.8	1.2	4	0.22		

NEW CINNAMON BUN ICED MATCHA

Ceremonial matcha poured over ice & cold milk with cinnamon syrup, and white 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		
Cinnamon Bun Iced Matcha - Whole Milk	MILK	Regular	365	87	3.3	2.1	11	10.2	0.3	3.2	0.1	635	151	5.7	3.6	19.1	17.8	0.5	5.6	0.17		
		Large	362	86	3.3	2.1	10.8	10.2	0.3	3.2	0.1	919	218	8.3	5.3	27.4	26	0.7	8.2	0.24		
Cinnamon Bun Iced Matcha - Skimmed Milk	MILK	Regular	260	62	0.4	0.2	11.1	10.4	0.3	3.3	0.1	455	108	0.6	0.3	19.4	18.1	0.5	5.8	0.18		
		Large	257	61	0.3	0.1	10.9	10.4	0.3	3.3	0.1	658	156	0.9	0.4	28	26.6	0.7	8.5	0.26		
Cinnamon Bun Iced Matcha- Oat	OAT, MILK	Regular	352	84	2.7	0.3	13.2	9.4	1.2	1	0.12	599	142	4.7	0.5	22.4	16	2	1.7	0.2		
		Large	349	83	2.7	0.3	13	9.4	1.2	1	0.12	865	206	6.8	0.7	32.2	23.4	2.9	2.5	0.29		
Cinnamon Bun Iced Matcha - Soya	SOYA, MILK	Regular	290	69	1.8	0.3	9.6	8.7	0.8	3.2	0.07	494	117	3	0.5	16.3	14.8	1.4	5.5	0.13		
		Large	287	68	1.8	0.3	9.5	8.7	0.8	3.2	0.07	712	168	4.4	0.7	23.4	21.6	2.1	8	0.18		
Cinnamon Bun Iced Matcha- Coconut	SOYA, MILK	Regular	253	60	1.3	0.7	10.1	9.4	0.5	1.6	0.09	430	102	2.3	1.1	17.3	16	0.8	2.8	0.16		
		Large	250	59	1.3	0.7	10	9.4	0.5	1.6	0.09	619	146	3.3	1.6	24.8	23.4	1.2	4	0.22		

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NEW MATCHA CORTADO

Ceremonial matcha topped with lightly 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 Cortado - Whole Milk	MILK	Regular	282	67	3.6	2.3	4.7	4.4	0.6	3.7	0.1	237	56	3	1.9	4	3.7	0.5	3.1	0.09		
Matcha Cortado - Skimmed Milk	MILK	Regular	167	40	0.4	0.1	4.9	4.6	0.6	3.8	0.11	140	33	0.3	0.1	4.1	3.9	0.5	3.2	0.09		
Matcha Cortado - Oat	OAT	Regular	265	63	3	0.3	7	3.3	1.6	1.3	0.13	222	53	2.5	0.3	5.9	2.8	1.3	1.1	0.11		
Matcha Cortado - Soya	SOYA	Regular	196	47	1.9	0.3	3.1	2.5	1.2	3.7	0.08	165	39	1.6	0.3	2.6	2.1	1	3.1	0.07		
Matcha Cortado - Coconut	SOYA	Regular	155	37	1.4	0.7	3.6	3.3	0.8	1.9	0.1	130	31	1.2	0.6	3.1	2.8	0.7	1.6	0.08		

NEW ICED MATCHA CORTADO

Ceremonial matcha poured over ice & cold milk

PRODUCT	ALLERGENS		Per 100g										Per serving									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Iced Matcha Cortado- Whole Milk	MILK	Regular	280	67	3.6	2.3	4.7	4.4	0.5	3.7	0.1	263	63	3.4	2.1	4.4	4.1	0.5	3.4	0.1		
Iced Matcha Cortado- Skimmed Milk	MILK	Regular	164	39	0.4	0.1	4.9	4.6	0.5	3.8	0.11	156	37	0.3	0.1	4.6	4.4	0.5	3.6	0.1		
Iced Matcha Cortado- Oat	OAT	Regular	263	63	3	0.3	7	3.3	1.5	1.2	0.13	250	60	2.9	0.3	6.6	3.1	1.4	1.1	0.12		
Iced Matcha Cortado- Soya	SOYA	Regular	194	46	1.9	0.3	3	2.5	1.1	3.7	0.08	184	44	1.8	0.3	2.9	2.4	1	3.5	0.07		
Iced Matcha Cortado- Coconut	SOYA	Regular	153	36	1.4	0.7	3.6	3.3	0.7	1.9	0.1	145	34	1.4	0.7	3.4	3.1	0.7	1.8	0.09		

NEW CORTADO

Double shot, topped with lightly 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		
Cortado- Whole Milk	MILK	Small	243	58	3.2	2	4.2	4	0.1	3.1	0.1	277	66	3.6	2.3	4.8	4.5	0.1	3.5	0.11		
Cortado - Skimmed Milk	MILK	Small	142	34	0.4	0.1	4.4	4.1	0.1	3.2	0.1	162	39	0.4	0.1	5	4.7	0.1	3.6	0.11		
Cortado - Oat	OAT	Small	228	55	2.7	0.3	6.2	3	0.9	0.9	0.12	260	62	3	0.3	7.1	3.4	1.1	1.1	0.13		
Cortado - Soya	SOYA	Small	168	40	1.7	0.3	2.8	2.3	0.6	3.1	0.07	192	45	2	0.3	3.2	2.7	0.7	3.5	0.08		
Cortado- Coconut	SOYA	Small	132	31	1.3	0.6	3.3	3	0.2	1.5	0.09	150	36	1.5	0.7	3.7	3.4	0.3	1.8	0.1		

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