Coffee#1

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Y - Product suitable for Vegetarian/Vegan Diet
* - The allergen is present in the product

Product Name	Product suitable for Vegetarians	Product suitable for a vegan diet	Cereals containing Gluten: Wheat	Barley	Oat	Rye	Spelt	Milk (Lactose)	Egg	Soya	Fish	Sulphites	Sesame	Tree Nuts: Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Peanuts	Mustard	Celery	Crustaceans	Lupin	Molluscs
PASTRIES																											
Almond Croissant	Y		*						*					*													
Croissant	Y		*						*																		
Pain Au Chocolat	Y		*						*	*																	
Pain Aux Raisin	Y		*						*																		
Raspberry Vegan Croissant	Y	Y	*																								

An ***** in a box means that the product contains that allergen.
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.

Y - Product suitable for Vegetarian/Vegan Diet

* - The allergen is present in the product

Product Name	Product suitable for Vegetarians	Product suitable for a vegan diet	Cereals containing Gluten					Milk (Lactose)	Egg	Soya	Fish	Sulphites	Sesame	Tree Nuts									Peanuts	Mustard	Celery	Crustaceans	Lupin	Molluscs
			Wheat	Barley	Oat	Rye	Spelt							Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut							
Cakes																												
Black Forest Slice			*					*	*	*																	
Baked Orange & Cranberry Cheesecake	*		*					*	*																		
Glazed Fruit Cake	*								*			*															
Mince Pie	*	*	*																								
Stollen Bites	*		*					*	*					*													
Savoury																												
Festive Yorkshire Pudding Wrap			*					*	*	*		*															
Brie & Cranberry Ciabatta	*		*					*																			
Pigs n Blankets Ciabatta			*						*																		
Festive Focaccia			*						*	*		*															

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Allergens, Ingredients and Nutrition Guide

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). *May contain NUTS and traces of SOYA.*	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

EXAMPLE

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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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.

SWEET

Black Forest Slice

UHT whippable topping (water, fully hydrogenated palm kerneloil, sugar, stabilisers: E420(ii), E463, E401; **MILK** protein,emulsifiers: E472e, **SOYA** lecithin (E322), E435; salt, flavouring,colour: E160a(ii)), chocolate cake mix (sugar, **WHEAT** flour (**WHEAT**flour, calcium carbonate, iron, nicotinamide, thiamine), fat-reduced cocoapowder, dried glucose syrup, whey powder (**MILK**), rapeseed oil, **WHEAT**starch, raising agents: E450(i), E501, E500(ii); modified starch, emulsifiers:E471, E481; **WHEAT** gluten, stabilisers: E466, E412; natural flavouring),dark chocolate flavour coating (sugar, palm oil, fully hydrogenated palm oil,fat-reduced cocoa powder, whey powder (**MILK**), emulsifiers: polyglycerolpolyricinoleate, **SOYA** lecithin; flavouring), cherry glaze(glucose-fructose syrup, sugar, water, amarena cherry purée, gelling agents:E440, E407; acidity regulators: E330, E331; stabiliser: E509; black carrotextract, colours: E120, E150a; flavouring, preservative: E202), black cherryfruit filling (cherries, glucose-fructose syrup, modified starch, acidityregulators: E330, E331; fruit concentrate (elderberry), preservative: E202;natural flavouring), water, pasteurised whole **EGG**, rapeseed oil(rapeseed oil, anti-foaming agent: E900), amarena cherries (cherries,glucose-fructose syrup, colour: E163; natural flavourings, blueberry juiceconcentrate, acidity regulator: E330), bovine gelatine, Sweet Snow (dextrose,cornflour, sugar, vegetable oil).

	Per 100g	Per portion (g)
KJ	1388	1333
Kcal	320	308
Fat	18.42	17.7
Sat	12.95	12.4
Carbs	36.4	35
Sugar	29.4	28.22
Fibre	1.03	1
Protein	2.24	2.15
Salt	0.1	0.09
Product Weight:		96

Glazed Fruit Cake (V)

GF Vanilla Muffin Mix (Sugar, Starch, Maize, Dried **EGG** White, Coconut Oil, Disodium Diphosphate, Sodium Bicarbonate, Sorbitol, E471 Mono- and diglycerides of fatty acids, Maltodextrin, Salt, Natural Flavouring, Xanthan gum, Pea Protein), Water, **EGG**, Glace Cherry (Cherry, Glucose-Fructose Syrup, Carrot, Elderberry Juice, Citric acid), Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Rapeseed Oil, Currants (Currants, Sunflower Oil), Apricot Glaze (Fructose-Glucose Syrup, Sugar, Water, Apricot Puree, Amidated Pectin, Carageenan, Xanthan gum, Citric acid, Trisodium Citrate, Tricalcium Phosphate, Potassium sorbate, Natural Flavouring, Potassium chloride, Paprika Extract), Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sucrose, Potassium sorbate, **SULPHUR DIOXIDE**, Citric acid), Cane Molasses, Orange Fruit Concentrate (Sugar, Water, Orange Peel, Concentrated Orange Juice, Orange Oil, Paprika Extract, Carotenes, Pectins, Guar gum, Citric acid, Potassium sorbate, Ascorbic acid), Lemon Fruit Bits (Sugar, Concentrated Lemon Juice, Lemon Peel, Water, Lemon Puree, Citric acid, Glucose Syrup, Pectin, Lemon Oil, Guar gum, Locust Bean Gum, Potassium sorbate, Carotenes, Anthocyanins, Natural Flavour), Glycerine, Mixed Spice (Cinnamon, Coriander, Ginger, Pimento, Clove, Nutmeg), Ammonia caramel

	Per 100g	Per portion (g)
KJ	1406	1674
Kcal	332	395
Fat	10.8	12.8
Sat	1.6	1.9
Carbs	56.7	67.5
Sugar	43.4	50.4
Fibre	1.9	2.2
Protein	3.1	3.7
Salt	0.41	0.49
Product Weight:		119

Baked Cranberry & Orange Cheesecake (V)

Full Fat Soft Cheese (Skimmed **MILK**, Cream (**MILK**), Lactic Starter Culture, Salt, **MILK** Proteins, Potassium sorbate), **EGG**, Digestive Crumb (Fortified Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamine), Wholemeal **WHEAT** Flour, Palm Oil, Rapeseed Oil, Sugar, Invert Sugar Syrup, Sodium Bicarbonate, Ammonium Bicarbonate, Salt), Sugar, Cranberry, Cream (**MILK**), Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Mono- and diglycerides of fatty acids, Flavouring, Annatto Bixin, Curcumin), Invert Sugar Syrup, Yellow Glaze (Water, Glucose Syrup, Sugar, Pectin, Carrageenan, Xanthan gum, Citric acid, Potassium sorbate, Tripotassium Citrate, Natural Flavour, Sorbitan monolaurate, Calcium chloride, Potassium chloride, Paprika, Curcumin), Orange Zest, Sweet Snow (Dextrose, Sugar, Cornflour, Palm Oil), Xanthan gum, Guar gum, Locust Bean Gum (Dextrose), Orange Paste (Glucose Syrup, Invert Sugar Syrup, Concentrated Orange Juice, Carrot Concentrate, Safflower Concentrate, Citric acid, Alcohol Ethoxylate, Natural Orange Flavouring, Starch)

	Per 100g	Per portion (g)
KJ	298	318
Kcal	1195	1278
Fat	15.5	16.6
Sat	7.6	8.1
Carbs	29.6	31.7
Sugar	19.1	20.5
Fibre	1.5	1.6
Protein	7.4	8
Salt	0.4	0.43
Product Weight:		107

Mince Pie (Vg)

Mincemeat (Sultana, Apple, Acetic acid, Sugar, Fructose-Glucose Syrup, Orange Peel, Non Hydrogenated Vegetable Suet Palm, Sunflower Oil, Palm Oil, Rice Flour, Modified Maize Starch, Spice(s), Citric acid, Caramel, Orange Oil, Lemon Peel, Raisins), Shortcrust Pastry Mix (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Sugar, **WHEAT**, Salt, Disodium Diphosphate, Sodium Bicarbonate), Margarine (Vegetable Oil, Water, E471 Mono- and diglycerides of fatty acids, Flavouring, Annatto Bixin, Curcumin), Water, Sweet Snow (Dextrose, Sugar, Cornflour, Vegetable Oil), Orange Fruit Concentrate (Sugar, Water, Orange Peel, Orange Juice from Concentrate, Orange Oil, Paprika Extract, Carotenes, Pectin, Guar gum, Citric acid, Potassium sorbate, Ascorbic acid)
*Vegan products may not be suitable for customers with allergies

	Per 100g	Per portion (g)
KJ	1463	1390
Kcal	348	330
Fat	11.7	11.1
Sat	4.4	4.2
Carbs	56.6	53.8
Sugar	38.0	36.1
Fibre	1.2	1.2
Protein	2.8	2.7
Salt	0.55	0.53
Product Weight:		95.00

Stollen Bites (V)

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Macaroon Paste (Sugar, Apricot Kernels, Water, Dried **EGG** White, Fructose-Glucose Syrup, Modified Tapioca Starch, Acidity Regulator, Potassium sorbate), **ALMONDS**, Water, Butter (**MILK**) (**MILK**), Sultanas, Sugar Snow Dusting (Dextrose, **WHEAT** Starch, Vegetable Oil), Currants, Caster Sugar, Yeast, **EGG**, Rum, Semi Skimmed **MILK**, Flavour Enhancer (**WHEAT** Flour, **WHEAT** Gluten, Flour Treatment Agent, Enzymes), Crumb Softener (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Enzymes), Mixed Spice (Cinnamon, Coriander Powder, Ginger Powder, Allspice, Clove Powder, Nutmeg)

	Per 100g	Per portion (g)
KJ	1646	823
Kcal	394	394
Fat	21.8	10.9
Sat	9.5	4.75
Carbs	45.6	22.8
Sugar	29	14.5
Fibre	1.7	0.85
Protein	4.2	2.1
Salt	0.09	0.045
Product Weight:		50

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SAVOURY

Brie & Cranberry Ciabatta (V)

Wildfarmed Ciabatta (Wildfarmed **WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), **WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Rapeseed Oil, **WHEAT** Gluten, Preservative (Calcium Propionate), **WHEAT** Flour), Brie (**MILK**) (25%), Cranberry Sauce (15%) (Cranberries (42%), Sugar, Water, Cornflour), Toastie Sauce (Water, Rapeseed Oil, Modified Starch, Salt, Sugar, Lactic Acid, Flavouring, Natural Colour (Beta-carotene)).

	Per 100g	Per portion (g)
KJ	1103	2205
Kcal	263	525
Fat	10.1	20.3
Sat	3.2	6.5
Carbs	32.1	64.1
Sugar	6.4	12.9
Fibre	1.9	3.8
Protein	9.9	19.7
Salt	1.40	2.80
Product Weight:		200

Pigs n Blankets Ciabatta

Wildfarmed Ciabatta (Wildfarmed **WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), **WHEAT** Flour (**WHEAT** Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Rapeseed Oil, **WHEAT** Gluten, Preservative (Calcium Propionate), **WHEAT** Flour), Pork Lentil Sausage (34%) (Pork (73%), Lentil (14%), Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, **WHEAT** Starch, Spices (White Pepper, Nutmeg, Ground Ginger, Ground Mace, Chilli Powder), **WHEAT** Protein, Onion Powder, **WHEAT** Flour, Dried Sage), Caramelised Onion Chutney (9%) (Red Onion, Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Maize Starch, Dried Onion, Salt, Black Pepper), British Streaky Bacon (7%) (Pork Belly (90.94%), Water, Salt, Sugar, Stabiliser (Triphosphates), Honey, Antioxidant (Sodium Ascorbate), Smoked Water, Preservatives (Sodium Nitrite, Sodium Nitrate, Potassium Nitrite)), Mayonnaise (5%) (Water, Rapeseed Oil, Modified Starch, Sugar, Salt, Free Range Pasteurised **EGG**Yolk, Preservative (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Natural Colour (Beta-Carotene)).

	Per 100g	Per portion (g)
KJ	1042	2292
Kcal	248	546
Fat	8.4	18.5
Sat	2.2	4.9
Carbs	30.7	67.5
Sugar	4.2	9.3
Fibre	2	4.4
Protein	11.4	25.1
Salt	1.5	3.2
Product Weight:		220

Festive Focaccia

Focaccia (**WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Folic Acid, Thiamin), Water, Extra Virgin Olive Oil, Salt, Sea Salt, Rosemary, Fermented **WHEAT** Flour, Yeast, **WHEAT** Flour), Sliced Chicken Breast (17%) (Chicken (98%), Water, Salt, Starch, Dextrose, D-xylose, Acidity Regulators (Sodium Citrates, Sodium Carbonates)), Gravy & Stuffing Mayo (17%) (Sage and Onion Stuffing (Water, Breadcrumb (Fortified **WHEAT** Flour (Fortified **WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Water, Yeast), Rapeseed Oil, Onion, Sage, Parsley, Salt, Black Pepper), Mayonnaise (Water, Rapeseed Oil, Modified Starch, Sugar, Salt, Free Range Pasteurised **EGG** Yolk, Preservative (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Natural Colour (Beta-Carotene)), Demi Glace (Vegetable, Chicken and Beef Stock (92%) (Water, Flavouring (**SOYA**), Salt, Yeast Extract, Maltodextrin, Sugar, Hydrolysed **SOYA** Protein, Vegetable Extract (Dried Onion, Dried Carrot, Dried Leek), Chicken Meat, Tomato Powder, Beef Extract, Vegetable Oil (Sunflower, Rapeseed), White Pepper, Dried Herb), Modified Starch, Tomato Puree, Colour (Ammonia Caramel), Flavouring), Caramelised Onion Chutney (Red Onion (50%), Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Maize Starch, Dried Onion, Salt, Black Pepper)), Pickled Slaw (9%) (Red Cabbage, Carrot, White Wine Vinegar (Wine Vinegar (**SULPHITES**))), Cranberry Sauce (9%) (Cranberries (42%), Sugar, Water, Cornflour), British Streaky Bacon (6%) (Pork Belly (90.94%), Water, Salt, Sugar, Stabiliser (Triphosphates), Honey, Antioxidant (Sodium Ascorbate), Smoked Water, Preservatives (Sodium Nitrite, Sodium Nitrate, Potassium Nitrite)).

	Per 100g	Per portion (g)
KJ	861	2024
Kcal	205	481
Fat	5.4	12.8
Sat	1.3	3.1
Carbs	26.9	63.1
Sugar	5.9	13.9
Fibre	2.2	5.1
Protein	10.9	25.7
Salt	1.10	2.60
Product Weight:		235.00

Festive Yorkshire Pudding Wrap

Yorkshire Pudding Wrap (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Whole **EGG**, **EGG** White, Rapeseed Oil, Skimmed **MILK** Powder, Salt), Demi Glace (12%) (Vegetable, Chicken and Beef Stock (Water, Flavouring (**SOYA**), Salt, Yeast Extract, Maltodextrin, Sugar, Hydrolysed **SOYA** Protein, Vegetable Extract (Dried Onion, Dried Carrot, Dried Leek), Chicken Meat, Tomato Powder, Beef Extract, Vegetable Oil (Sunflower, Rapeseed), White Pepper, Dried Herb), Modified Starch, Tomato Puree, Colour (Ammonia Caramel), Flavouring), Gravy & Stuffing Mayo (Sage and Onion Stuffing (Water, Breadcrumb (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Water, Yeast), Rapeseed Oil, Onion, Sage, Parsley, Salt, Black Pepper), Mayonnaise (Water, Rapeseed Oil, Modified Starch, Sugar, Salt, Free Range Pasteurised **EGG** Yolk, Preservative (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Natural Colour (Beta-Carotene)), Demi Glace (Vegetable, Chicken and Beef Stock (Water, Flavouring (**SOYA**), Salt, Yeast Extract, Maltodextrin, Sugar, Hydrolysed **SOYA** Protein, Vegetable Extract (Dried Onion, Dried Carrot, Dried Leek), Chicken Meat, Tomato Powder, Beef Extract, Vegetable Oil (Sunflower, Rapeseed), White Pepper, Dried Herb), Modified Starch, Tomato Puree, Colour (Ammonia Caramel), Flavouring), Caramelised Onion Chutney (Red Onion, Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Maize Starch, Dried Onion, Salt, Black Pepper)), Sliced Chicken Breast (12%) (Chicken (98%), Water, Salt, Starch, Dextrose, D-xylose, Acidity Regulators (Sodium Citrates, Sodium Carbonates)), Cranberry Sauce (6%) (Cranberries, Sugar, Water, Cornflour), Pickled Slaw (6%) (Red Cabbage, Carrot, White Wine Vinegar (Wine Vinegar (**SULPHITES**))), British Streaky Bacon (3%) (Pork Belly (90.94%), Water, Salt, Sugar, Stabiliser (Triphosphates), Honey, Antioxidant (Sodium Ascorbate), Smoked Water, Preservatives (Sodium Nitrite, Sodium Nitrate, Potassium Nitrite)).

	Per 100g	Per portion (g)
KJ	791	2532
Kcal	188	603
Fat	5.9	18.8
Sat	1.1	3.6
Carbs	24.1	77
Sugar	4.7	15
Fibre	1.9	6
Protein	8.9	28.5
Salt	0.7	2.2
Product Weight:		320

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Core Beverage Allergen Nutritional Information

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

EXAMPLE

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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Festive

Beverage Allergen Nutritional Information

NEW BLACK FOREST HOT CHOCOLATE

Dark Hot Chocolate Powder Steamed with Milk, with Cherry Syrup, Topped with Whipped Cream and Chocolate Curls.

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, SOYA	Regular	716	172	10.3	6.5	15.8	15.2	1.1	3.3	0.13	1712	410	24.7	15.5	37.7	36.4	2.7	8	0.32
		Large	623	149	8.3	5.2	14.9	14.4	1	3.3	0.13	2105	504	28	17.6	50.2	48.7	3.2	11.3	0.43
Black Forest Hot Chocolate- Skimmed Milk	MILK, SOYA	Regular	643	154	8.3	5.1	15.9	15.4	1.1	3.4	0.14	1537	368	19.7	12.2	38	36.7	2.7	8.2	0.32
		Large	539	129	5.9	3.7	14.9	14.5	0.9	3.4	0.13	1832	438	20.2	12.5	50.8	49.2	3.2	11.6	0.45
Black Forest Hot Chocolate- Oat	OAT, MILK, SOYA	Regular	706	169	10	5.2	17.2	14.6	1.8	1.8	0.15	1687	404	23.8	12.5	41.2	34.8	4.2	4.3	0.35
		Large	618	148	7.9	3.9	16.7	13.8	1.7	1.6	0.15	2052	491	26.4	12.9	55.3	45.9	5.5	5.3	0.48
Black Forest Hot Chocolate- Soya	MILK, SOYA	Regular	662	158	9.3	5.2	14.7	14.1	1.5	3.3	0.12	1582	379	22.1	12.5	35.2	33.6	3.6	8	0.28
		Large	570	136	7.2	3.9	13.9	13.3	1.4	3.3	0.11	1891	452	23.9	12.9	46.1	44.1	4.6	11.1	0.37
Black Forest Hot Chocolate- Coconut	MILK, SOYA	Regular	636	152	8.9	5.5	15.1	14.6	1.3	2.2	0.13	1519	364	21.4	13.1	36.1	34.8	3	5.3	0.31
		Large	540	129	6.8	4.1	14.3	13.8	1.1	2.1	0.12	1794	429	22.7	13.8	47.5	45.9	3.7	6.9	0.41

NEW PRALINE HOT CHOCOLATE

Dark Hot Chocolate Powder Steamed with Milk, with Praline Syrup, Topped with Whipped Cream, Caramel Drizzle, and Chocolate Curls.

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
Praline Hot Chocolate- Whole Milk	MILK, SOYA	Regular	711	170	10.2	6.4	15.7	15	1.1	3.4	0.14	1728	414	24.8	15.6	38.1	36.4	2.7	8.2	0.34
		Large	624	149	8.3	5.2	14.9	14.3	1	3.3	0.13	2109	504	28	17.6	50.3	48.3	3.2	11.3	0.45
Praline Hot Chocolate- Skimmed Milk	MILK, SOYA	Regular	635	152	8.1	5	15.8	15	1.1	3.4	0.14	1548	371	19.7	12.2	38.4	36.7	2.7	8.4	0.34
		Large	540	129	5.9	3.7	15	14.4	1	3.4	0.14	1836	439	20.2	12.5	50.9	48.9	3.2	11.6	0.46
Praline Hot Chocolate- Oat	OAT, MILK, SOYA	Regular	698	167	9.8	5.1	17.1	14.2	1.7	1.8	0.15	1703	408	23.9	12.5	41.7	34.7	4.3	4.3	0.38
		Large	610	146	7.8	3.8	16.4	13.5	1.7	1.6	0.15	2074	496	26.6	12.9	55.9	45.8	5.6	5.4	0.51
Praline Hot Chocolate- Soya	MILK, SOYA	Regular	654	156	9.1	5.1	14.5	13.7	1.5	3.4	0.12	1595	382	22.2	12.5	35.5	33.4	3.6	8.2	0.3
		Large	561	134	7.1	3.8	13.6	12.9	1.4	3.3	0.11	1908	456	24	12.9	46.4	43.9	4.7	11.4	0.39
Praline Hot Chocolate- Coconut	MILK, SOYA	Regular	627	150	8.8	5.4	14.9	14.2	1.2	2.2	0.13	1530	366	21.5	13.1	36.4	34.7	3	5.4	0.33
		Large	532	127	6.7	4.1	14.1	13.5	1.1	2.1	0.13	1808	432	22.8	13.8	47.8	45.8	3.7	7.1	0.44

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Festive
Beverage Allergen Nutritional Information

NEW GINGERBREAD LATTE

Steamed Milk Over Espresso, with Gingerbread Syrup, Topped with Whipped Cream, and Gingerbread Men Sprinkles

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	613	147	10.3	6.3	11	10.8	0.1	2.7	0.09	1440	345	24.1	14.8	25.8	25.4	0.1	6.3	0.2
		Large	546	131	8.3	5.1	11.2	11.1	0	2.8	0.09	1775	425	27.1	16.7	36.4	36	0.1	9	0.29
Gingerbread Latte- Skimmed Milk	MILK	Regular	536	129	8.1	4.9	11.1	10.9	0.1	2.8	0.09	1259	302	19	11.5	26.1	25.7	0.1	6.5	0.21
		Large	461	110	5.9	3.6	11.3	11.2	0	2.8	0.09	1499	359	19.3	11.6	36.9	36.4	0.1	9.3	0.3
Gingerbread Latte- Oat	OAT, MILK	Regular	602	144	9.9	5	12.5	10.1	0.7	1	0.1	1414	339	23.2	11.8	29.3	23.7	1.7	2.5	0.24
		Large	540	129	8	3.8	13	10.4	0.8	1	0.11	1721	412	25.5	12	41.5	33.2	2.4	3.1	0.34
Gingerbread Latte- Soya	SOYA, MILK	Regular	556	133	9.2	5	9.9	9.5	0.4	2.7	0.07	1306	313	21.5	11.8	23.2	22.4	1.1	6.3	0.16
		Large	489	117	7.2	3.8	10.1	9.8	0.5	2.8	0.07	1560	373	23	12	32.3	31.4	1.5	8.8	0.22
Gingerbread Latte- Coconut	SOYA, MILK	Regular	528	127	8.8	5.3	10.3	10.1	0.2	1.5	0.08	1241	298	20.7	12.4	24.1	23.7	0.4	3.5	0.19
		Large	459	110	6.8	4	10.5	10.4	0.2	1.5	0.08	1464	350	21.8	12.9	33.6	33.2	0.6	4.7	0.27

NEW ESPRESSO MARTINI LATTE

Espresso with Steamed Milk, and Coffee Liqeur Syrup, Topped with Skimmed Milk Cold Foam, and 2 coffee beans *does not contain alcohol

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 Martini Latte- Whole Milk	MILK	Regular	331	79	3	1.9	9.9	9.7	0.1	2.9	0.09	620	147	5.7	3.6	18.5	18.1	0.2	5.5	0.17
		Large	337	80	3.1	2	10.1	9.9	0.1	2.9	0.09	900	214	8.3	5.2	27	26.5	0.2	7.8	0.25
Espresso Martini Latte- Skimmed Milk	MILK	Regular	234	56	0.3	0.1	10	9.8	0.1	3	0.1	441	104	0.6	0.2	18.9	18.4	0.2	5.6	0.18
		Large	237	56	0.3	0.1	10.2	10.1	0.1	3	0.1	638	151	0.8	0.3	27.5	27.1	0.2	8.1	0.26
Espresso Martini Latte- Oat	OAT	Regular	317	75	2.6	0.3	11.8	8.7	0.9	0.9	0.11	596	142	4.8	0.5	22.1	16.4	1.7	1.6	0.21
		Large	322	77	2.6	0.3	12	9	0.9	0.8	0.11	866	206	7	0.7	32.3	24.1	2.5	2.2	0.31
Espresso Martini Latte- Soya	SOYA	Regular	259	61	1.6	0.3	8.5	8.1	0.6	2.9	0.07	487	115	3.1	0.5	15.9	15.2	1.1	5.5	0.13
		Large	263	62	1.7	0.3	8.6	8.3	0.6	2.9	0.07	707	167	4.5	0.7	23.2	22.3	1.6	7.9	0.19
Espresso Martini Latte- Coconut	SOYA	Regular	225	53	1.2	0.6	9	8.7	0.3	1.4	0.09	422	100	2.3	1.1	16.9	16.4	0.5	2.7	0.17
		Large	227	54	1.2	0.6	9.1	9	0.2	1.4	0.09	611	144	3.3	1.6	24.6	24.1	0.6	3.8	0.24

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Festive
Beverage Allergen Nutritional Information

NEW ESPRESSO MARTINI ICED LATTE

Espresso Over Ice with Milk and Coffee Liquer Syrup, Topped with Skimmed Milk Cold Foam, and 2 coffee beans * does not contain alcohol

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 Martini Iced Latte- Whole Milk	MILK	Regular	274	65	1.6	1	9.5	9.3	0.1	3	0.1	562	133	3.4	2	19.5	19.1	0.2	6.1	0.2
		Large	298	71	2	1.2	10.2	10	0.1	3	0.09	789	187	5.2	3.2	27.1	26.6	0.2	7.9	0.25
Espresso Martini Iced Latte- Skimmed Milk	MILK	Regular	227	54	0.3	0.1	9.6	9.4	0.1	3	0.1	466	110	0.7	0.3	19.7	19.2	0.2	6.2	0.2
		Large	238	56	0.3	0.1	10.3	10.1	0.1	3	0.1	634	150	0.8	0.3	27.4	26.9	0.2	8	0.26
Espresso Martini Iced Latte- Oat	OAT, MILK	Regular	267	63	1.4	0.2	10.4	8.9	0.5	2	0.11	548	130	2.9	0.4	21.4	18.2	1	4.1	0.22
		Large	289	69	1.7	0.2	11.4	9.5	0.6	1.7	0.11	769	183	4.5	0.6	30.2	25.2	1.5	4.5	0.29
Espresso Martini Iced Latte- Soya	SOYA, MILK	Regular	239	57	1	0.2	8.8	8.5	0.3	3	0.09	491	116	2	0.4	18.1	17.5	0.7	6.1	0.18
		Large	254	60	1.1	0.2	9.3	9.1	0.4	3	0.08	675	160	3	0.6	24.9	24.1	1	7.9	0.22
Espresso Martini Iced Latte- Coconut	SOYA, MILK	Regular	222	53	0.8	0.4	9.1	8.9	0.2	2.3	0.09	456	108	1.6	0.7	18.6	18.2	0.3	4.7	0.19
		Large	232	55	0.9	0.4	9.6	9.5	0.2	2.1	0.09	618	146	2.3	1.1	25.7	25.2	0.5	5.5	0.24

NEW ESPRESSO MARTINI ICED AMERICANO

Espresso and Water, Over Ice, Topped with Skimmed Milk Cold Foam, and 2 coffee beans *does not contain alcohol

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 Martini Iced Americano	MILK	Regular	278	66	0.3	0.1	12.7	12.4	0.1	2.8	0.09	350	83	0.4	0.2	16	15.6	0.2	3.5	0.11
		Large	328	77	0.3	0.1	15.9	15.5	0.1	2.6	0.08	439	104	0.4	0.2	21.3	20.8	0.2	3.5	0.11

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Festive

Beverage Allergen Nutritional Information

NEW GINGERBREAD MATCHA

Ceremonial Grade Matcha with Steamed Milk, and Gingerbread Syrup, Topped with Whipped Cream and a Ground Cinnamon Dusting

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 Matcha Latte- Whole Milk	MILK	Regular	500	120	9	5.6	6.6	6.3	0.4	3.2	0.1	1509	363	27	16.9	19.9	19.1	1.1	9.5	0.29
		Large	496	119	8.1	5.1	8.2	7.9	0.4	3.2	0.1	1755	421	28.6	17.9	29.1	28	1.4	11.2	0.34
Gingerbread Matcha Latte- Skimmed Milk	MILK	Regular	403	97	6.2	3.8	6.7	6.5	0.4	3.2	0.1	1224	294	18.9	11.6	20.5	19.6	1.1	9.8	0.31
		Large	393	94	5.2	3.2	8.3	8	0.4	3.2	0.1	1434	344	19.1	11.7	30.2	29.1	1.4	11.8	0.37
Gingerbread Matcha Latte- Oat	MILK, OAT	Regular	484	116	8.4	4	8.4	5.4	1.2	1.1	0.12	1472	354	25.6	12	25.7	16.4	3.6	3.4	0.36
		Large	475	114	7.5	3.3	10	6.9	1.2	1.1	0.12	1734	416	27.3	12.2	36.5	25.2	4.4	4	0.43
Gingerbread Matcha Latte- Soya	MILK, SOYA	Regular	427	103	7.5	4	5.2	4.7	0.9	3.2	0.08	1298	312	22.9	12	15.7	14.4	2.6	9.6	0.23
		Large	417	100	6.6	3.3	6.7	6.2	0.9	3.2	0.08	1524	365	23.9	12.2	24.5	22.8	3.2	11.5	0.28
Gingerbread Matcha Latte- Coconut	MILK, SOYA	Regular	393	94	7.1	4.3	5.7	5.4	0.5	1.7	0.09	1194	287	21.7	13	17.2	16.4	1.6	5.1	0.28
		Large	383	92	6.1	3.7	7.2	6.9	0.5	1.7	0.09	1397	335	22.4	13.4	26.3	25.2	2	6.1	0.34

NEW ICED GINGERBREAD MATCHA

Ceremonial Grade Matcha with Milk Over Ice, Topped with Skimmed Cold Foam and a ground Cinnamon Dusting

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 Gingerbread Matcha- Whole Milk	MILK	Regular	307	73	2.2	1.4	9.8	9.5	0.4	3.3	0.1	818	194	5.9	3.7	26	25.1	1.1	8.7	0.27
		Large	329	78	2.5	1.5	10.5	10.2	0.4	3.3	0.1	1141	271	8.6	5.3	36.5	35.4	1.4	11.4	0.35
Iced Gingerbread Matcha- Skimmed Milk	MILK	Regular	239	57	0.3	0.1	9.9	9.5	0.4	3.3	0.11	639	151	0.8	0.3	26.3	25.5	1.1	8.9	0.28
		Large	252	60	0.3	0.1	10.6	10.3	0.4	3.3	0.1	877	208	1.1	0.4	36.9	35.8	1.4	11.6	0.36
Iced Gingerbread Matcha- Oat	OAT, MILK	Regular	297	71	1.9	0.2	11.1	8.8	1	1.8	0.12	794	189	5	0.6	29.6	23.5	2.7	4.9	0.31
		Large	317	75	2.1	0.2	12	9.4	1.1	1.6	0.12	1104	262	7.2	0.8	41.7	32.9	3.7	5.7	0.41
Iced Gingerbread Matcha- Soya	SOYA, MILK	Regular	257	61	1.2	0.2	8.7	8.3	0.8	3.3	0.09	685	162	3.3	0.6	23.4	22.2	2	8.8	0.23
		Large	271	64	1.4	0.2	9.4	8.9	0.8	3.3	0.08	945	224	4.7	0.8	32.6	31	2.8	11.4	0.3
Iced Gingerbread Matcha- Coconut	SOYA, MILK	Regular	232	55	1	0.5	9.1	8.8	0.5	2.2	0.1	620	147	2.5	1.2	24.3	23.5	1.4	6	0.27
		Large	244	58	1	0.5	9.8	9.4	0.5	2.1	0.1	849	201	3.6	1.7	34	32.9	1.9	7.3	0.34

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