

INFORMATION FOR CUSTOMERS

THIS GUIDE IS FOR OUR WE'RE SERVING SITES

We cannot guarantee that our food or drinks are allergen free.

Due to the use of shared equipment in the display, preparation and service of our products there is a risk of cross contamination.

This guide is designed to provide customers who suffer from an allergy or intolerance with accurate information about our food and drinks, so that they can make an informed choice about the suitability of our products for them:

- For drinks made in store allergen information is contained in this guide
- For pre-packed food and drinks, allergen information is provided on the packaging labels
- All open/opened drink products may unavoidably be exposed to other allergens in store

INFORMATION CONTAINED IN THIS GUIDE

Product Description	Dietary Choices		Allergens																			
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten																			
			Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)		
MOCHA CORTADO																						
MOCHA CORTADO - WHOLE MILK - IN-STORE	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	
MOCHA CORTADO - WHOLE MILK - TAKE AWAY	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	
CARAMEL CORTADO																						
CARAMEL CORTADO - WHOLE MILK - IN-STORE	YES	NO	N	N	N	N	N	C	N	YES	N	N	N	N	N	N	N	N	N	N	C	
CARAMEL CORTADO - WHOLE MILK - TAKE AWAY	YES	NO	N	N	N	N	N	C	N	YES	N	N	N	N	N	N	N	N	N	N	C	

CONTENTS KEY	
	The allergen is present in the product
	Although this allergen is not an ingredient of the product, it is present in the manufacturing site / factory / supply-chain and therefore there is a risk of cross-contamination
	The allergen is not an ingredient of this product
	The column entitled 'Dietary Choices' details information supplied by the product manufacturer. It does not take into account the in-store storage / preparation methods where there is a risk of cross-contamination
The allergens listed in this guide are those we are required to declare in accordance with EU Food Information Regulations	

NOTES

- Some of the ingredients used in our drinks may contain sugar and sweeteners
- If you wish to customise your drink by adding a different milk or dairy alternative, adding syrups, changing a topping, etc, please use Ingredients' section at the end of the guide
- If you require additional information please ask a member of the team
- The drinks in the document show the allergy and nutrition for the drink as served, made to the standard recipe, using semi-skimmed milk, unless otherwise stated

NUTRITION INFORMATION

- Please note that all our drinks nutrition information has been calculated using published nutrition data and that dairy-based drinks may be subject to some natural seasonal variation
- Nutrition is calculated for Signature Roast Blend (caffeinated) made to brand standard. Information for decaffeinated coffee will be the same

To confirm (and as by way of a disclaimer):
The information within this file is correct at the point of sending.
At the point of editing, this file will no longer be considered a Technical controlled document.
Please be mindful to maintain the accuracy of the data through any editing process.

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	
Impulse																					
Caramel Waffles	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Fruit & Oat Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Fruity Flapjack*	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	C		
All Butter Jammy Shortbread	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Mini All Butter Shortbreads	YES	NO	YES	NO	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Ginger Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Triple Chocolate Biscuits	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Belgian Chocolate Brownie (Gluten Free)	YES	NO	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND	
Bubble Frappe Gingerbread Biscuit	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Instant Wholegrain Porridge	YES	NO	C	NO	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C	C		

*The oats in this product are gluten free. Oats contain a protein called avenin which is similar to gluten. It is recommended to add gluten free oats to your diet slowly, especially if newly diagnosed

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Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														Tree Nut Source (if present)
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts		
HOT COFFEE																					
Mocha Italia espresso																					
Mocha Italia Espresso - Single	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Mocha Italia Espresso - Double	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato																					
Espresso Macchiato - Semi-Skimmed Milk - Single	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato - Semi-Skimmed Milk - Double	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato - Skimmed Milk - Single	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato - Skimmed Milk - Double	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato - Whole Milk - Single	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato - Whole Milk - Double	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato - Soya Drink - Single	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato - Soya Drink - Double	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato - Coconut Drink - Single	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Espresso Macchiato - Coconut Drink - Double	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Espresso Macchiato - Oat Drink - Single	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Espresso Macchiato - Oat Drink - Double	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cortado																					
Cortado - Whole Milk - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cortado - Whole Milk - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cortado - Semi-Skimmed Milk - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cortado - Skimmed Milk - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cortado - Skimmed Milk - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cortado - Soya Drink - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cortado - Soya Drink - Take away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cortado - Coconut Drink - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Cortado - Coconut Drink - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Cortado - Oat Drink - In Store	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cortado - Oat Drink - Take Away	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Americano																					
Americano - Small	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Americano - Medium	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Americano - Large	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Flat White																					
Flat White - Whole Milk - Small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Flat White - Semi-Skimmed Milk - Small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Flat White - Skimmed Milk - Small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Flat White - Soya Drink - Small	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Flat White - Coconut Drink - Small	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Flat White - Oat Drink - Small	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte																					
Latte - Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Semi-Skimmed Milk - Large - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Semi-Skimmed Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Skimmed Milk - Large - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Skimmed Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Whole Milk - Large - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Whole Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Soya Drink - Small - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Soya Drink - Small - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Soya Drink - Medium	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Soya Drink - Large - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Soya Drink - Large - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Coconut Drink - Small - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Latte - Coconut Drink - Small - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Latte - Coconut Drink - Medium	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Latte - Coconut Drink - Large - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Latte - Coconut Drink - Large - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Latte - Oat Drink - Small - In Store	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Oat Drink - Small - Take Away	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Oat Drink - Medium	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Oat Drink - Large - In Store	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Latte - Oat Drink - Large - Take Away	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino (We're Serving Recipe)																					
Cappuccino - Semi-Skimmed Drink - Small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Semi-Skimmed Drink - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Semi-Skimmed Drink - Large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Skimmed Drink - Small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Skimmed Drink - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Skimmed Drink - Large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Whole Drink - Small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Whole Drink - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Whole Drink - Large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Soya Drink - Small	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Soya Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cappuccino - Soya Drink - Large	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO								

September 2025 - October 2025 v2 Issue date: 04/09/2025

September 2025 - October 2025

Mango And Passionfruit Fruit Cooler (No added sugar)**** - Small - In Store	YES	YES																		
Mango And Passionfruit Fruit Cooler (No added sugar)**** - Medium	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
**** Contains naturally occurring sugars																				
SuperFuzion TEA																				
Citrus Zing with Vitamin C*																				
Citrus Zing with Vitamin C* - Medium	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
*Source of vitamin C																				
ICED TEA																				
Peach Iced Tea																				
Peach Iced Tea - Small - In Store	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Peach Iced Tea - Small - Take Away	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Peach Iced Tea - Medium	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
LEMONADES																				
Still Lemonade																				
Still Lemonade - Small - In Store	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Still Lemonade - Small - Take Away	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Still Lemonade - Medium - In Store	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Still Lemonade - Medium - Take Away	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Pink Lemonade (Strawberry Lemonade)																				
Strawberry Lemonade - Small - In Store	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Strawberry Lemonade - Small - Take Away	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Strawberry Lemonade - Medium - In Store	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Strawberry Lemonade - Medium - Take Away	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Mango Berry Bubble Tea																				
Mango Berry Bubble Tea - Small - In Store	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Mango Berry Bubble Tea - Small - Take Away	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Mango Berry Bubble Tea - Medium	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
FUZE ICED TEA																				
COFFEE Frappés																				
Coffee Frappé (We're Serving Recipe) Espresso Coffee																				
Coffee Frappé - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Soya Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Soya Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Soya Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Coconut Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Coffee Frappé - Coconut Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Coffee Frappé - Coconut Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Coffee Frappé - Oat Drink - Small - In Store	YES	NO	C	C	C	C	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Oat Drink - Small - Take Away	YES	NO	C	C	C	C	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Oat Drink - Medium	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé (We're Serving Recipe) Instant Coffee																				
Coffee Frappé - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Soya Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Soya Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Soya Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Coconut Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Coffee Frappé - Coconut Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Coffee Frappé - Coconut Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Coffee Frappé - Oat Drink - Small - In Store	YES	NO	C	C	C	C	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Oat Drink - Small - Take Away	YES	NO	C	C	C	C	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Oat Drink - Medium	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip Espresso Coffee																				
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Coconut Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Chocolate Fudge Frappé Mocha & Light Whip - Coconut Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Chocolate Fudge Frappé Mocha & Light Whip - Coconut Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Chocolate Fudge Frappé Mocha & Light Whip - Oat Drink - Small - In Store	YES	NO	C	C	C	C	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Oat Drink - Small - Take Away	YES	NO	C	C	C	C	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Oat Drink - Medium	YES	NO	C	C	C	C	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip (We're Serving Recipe) Instant Coffee																				
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

Salted Caramel Frappé & Light Whip - Soya Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé & Light Whip - Coconut Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C
Salted Caramel Frappé & Light Whip - Coconut Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C
Salted Caramel Frappé & Light Whip - Coconut Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C
Salted Caramel Frappé & Light Whip - Oat Drink - Small - In Store	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé & Light Whip - Oat Drink - Small - Take Away	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé & Light Whip - Oat Drink - Medium	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip																		
Tropical Mango Bubble Frappé & Light Whip - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Soya Drink - Small - In Store	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Soya Drink - Small - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Soya Drink - Medium	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Coconut Drink - Small - In Store	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	C
Tropical Mango Bubble Frappé & Light Whip - Coconut Drink - Small - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	C
Tropical Mango Bubble Frappé & Light Whip - Coconut Drink - Medium	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	C
Tropical Mango Bubble Frappé & Light Whip - Oat Drink - Small - In Store	YES	YES	C	C	C	C	YES	NO	NO	C	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Oat Drink - Small - Take Away	YES	YES	C	C	C	C	YES	NO	NO	C	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Oat Drink - Medium	YES	YES	C	C	C	C	YES	NO	NO	C	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte																		
Cinnamon Bun Latte - Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Semi-Skimmed Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Skimmed Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Whole Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Soya Drink - Small - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Soya Drink - Small - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Soya Drink - Medium	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Soya Drink - Large - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Coconut Drink - Small - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Cinnamon Bun Latte - Coconut Drink - Small - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Cinnamon Bun Latte - Coconut Drink - Medium	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Cinnamon Bun Latte - Coconut Drink - Large - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Cinnamon Bun Latte - Oat Drink - Small - In Store	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Oat Drink - Small - Take Away	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Oat Drink - Medium	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Oat Drink - Large - Take Away	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Iced Latte																		
Iced Cinnamon Bun Latte - Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Semi-Skimmed Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Skimmed Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Whole Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Soya Drink - Small - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Soya Drink - Small - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Soya Drink - Medium	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Soya Drink - Large - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Coconut Drink - Small - In Store	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Iced Cinnamon Bun Latte - Coconut Drink - Small - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Iced Cinnamon Bun Latte - Coconut Drink - Medium	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Iced Cinnamon Bun Latte - Coconut Drink - Large - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Iced Cinnamon Bun Latte - Oat Drink - Small - In Store	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Oat Drink - Small - Take Away	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Oat Drink - Medium	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Cinnamon Bun Latte - Oat Drink - Large - Take Away	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé (We're Serving Recipe)																		
Tiramisu Frappé - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Soya Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Soya Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Soya Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Coconut Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C
Tiramisu Frappé - Coconut Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C
Tiramisu Frappé - Coconut Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C
Tiramisu Frappé - Oat Drink - Small - In Store	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Oat Drink - Small - Take Away	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Tiramisu Frappé - Oat Drink - Medium	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Maple Hazel Latte																		
Maple Hazel Latte - Semi-Skimmed Milk - Small - In Store	YES	NO	YES	C	C	C	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO

[illegible]

To confirm (and as by way of a disclaimer):
The information within this file is correct at the point of sending.
At the point of editing, this file will no longer be considered a Technical controlled document.
Please be mindful to maintain the accuracy of the data through any editing process. This document contains information on branded packaged products for your information only. When discussing these products, you should reference back to the brand's own website for further details

	Dietary Choices		Cereals Containing Gluten				Allergens Present														
Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	
Core Ingredients																					
Hot Chocolate Powder	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Coffee																					
MOCHA ITALIA BEANS ESPRESSO SHOT	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
DECAFFEINATED BEANS ESPRESSO SHOT	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
COSTA DECAF SACHETS ESPRESSO SHOT	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
DECAF PODS ESPRESSO SHOT	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
INSTANT COFFEE	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Drinks Extras																					
Vanilla syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Vanilla syrup (Sugar Free)	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Costa CC000383 Roasted Hazelnut Flavour Syrup (PTS CC000457)	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Caramel Syrup FDL	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
10% Reduced Sugar Caramel Syrup (PTS 40809)	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Caramel Syrup (Sugar Free) BO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cinnamon Bun Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Light Whip	YES	YES	NO	NO	NO	NO	NO	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Whipping Cream	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Semi Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Whole Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Alpro Plant Alternative - Soya	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Alpro Plant Alternative - Coconut	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Alpro Plant Alternative - Oat	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Other Ingredients																					
Chai Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Salted Caramel sauce	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Strawberry Sauce	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Golden Twinkle Sprinkle	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
WHITE COSTA SUGAR	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
BROWN COSTA SUGAR	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Frappe Powder	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Mango Sauce	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Caramel Chocolate Flavour Sauce	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Maple Hazel Flavour Sauce	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Crunchy Biscuit Crumb	YES	NO	YES	C	C	C	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Lemon Slices	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO		
Orange Slices	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO		
Chocolate Milk sauce (CC000451)	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
White Peach Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cloudy Lemonade	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Costa 63092 Berry Infusion	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Costa 63090 Green Tea	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Tiramisu Sauce	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Mango Flavour Bubbles	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO		

*Zinc contributes to the normal function of the immune system. Not recommended for consumers taking supplements that contain Zinc. Enjoy as part of a varied and balanced diet and a healthy lifestyle.

Adults need around 2000 kcal a day.

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Product Description	Nutrition Per 100g								Portion Weight (g)	Nutrition Per Portion								Ingredient Declaration
	Energy - kJ per 100g	Energy - Kcal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g		Energy - kJ per portion	Energy - Kcal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion	
Impulse																		
Caramel Waffles	1953	465	17.0	8.8	72.0	37.0	3.9	0.73	78	1523	363	14.0	6.9	56.0	28.0	3.0	0.57	Glucose-Fructose Syrup, WHEAT Flour, Sugar, Palm Fat, Butter (MILK), Sugar Syrup, SOYA Flour, Rapeseed Oil, Salt, Emulsifiers (SOYA Lecithin, E471), Raising Agent (Sodium carbonates), Cinnamon, Acid (Citric Acid), Bourbon Vanilla.
Fruit & Oat Biscuits	1989	475	19.9	6.8	65.5	27.2	5.5	0.80	48	955	228	9.6	3.3	31.4	13.1	2.6	0.40	Rolled OATS (27%), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raisins (12%), Palm Oil, Invert Sugar Syrup, Rapeseed Oil, Salt, Raising Agents (E500(ii), E501(iii)), Skimmed MILK Powder, Colours (Annatto Bixin, Curcumin), Natural Flavouring.
Fruity Flapjack*	1780	424	16.0	5.6	62.0	35.0	5.3	0.19	58	1032	246	9.2	3.2	36.0	20.0	3.1	0.11	Gluten Free OATS (32%), Golden Syrup, Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Sultanas (8%) (Sultanas, Sunflower Oil), Brown Sugar, Dried Apricots (5%) (Apricots, Rice Flour, Preservative (SULPHUR DIOXIDE)), Glucose Syrup, Sweetened Dried Cranberries (4%) (Cranberries, Cane Sugar, Sunflower Oil), Gluten Free OAT Flour, Coconut Flakes (Coconut Flakes, Preservative (SULPHUR DIOXIDE)), Natural Flavourings, Salt.
All Butter Jammy Shortbread	1995	475	21.0	13.0	69.0	28.0	3.5	0.53	50	997	238	10.0	6.6	35.0	14.0	1.8	0.27	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (25%) (Butter (MILK), Salt), Strawberry Jam (20%) (Fructose, Glycerine, Dried Glucose Syrup, Strawberry Puree Concentrate, Acidity Regulators (Citric Acid, E 331), Gelling Agent (Pectins), Colours (Anthocyanins, Paprika Extract), Natural Flavouring), Sugar.
Mini All Butter Shortbreads	2209	528	29.0	22.0	61.0	21.0	5.3	0.17	10	220	53	2.9	2.2	6.1	2.1	0.0	0.02	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK) (29%), Sugar, Cornflour, Salt.
Ginger Biscuits	2047	488	21.0	6.6	68.0	28.0	5.4	0.50	48	983	234	9.8	3.2	33.0	13.0	2.6	0.24	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, OATMEAL, Palm Oil, Rapeseed Oil, Stem Ginger (8%) (Ginger, Sugar), Ground Ginger (1%), Salt, Raising Agents (E500(ii), E501(iii)), Skimmed MILK Powder, Colours (Annatto Bixin, Curcumin), Natural Flavouring.
Triple Chocolate Biscuits	2119	507	26.5	16.1	58.4	32.6	6.6	0.80	50	1059	253	13.3	8.1	29.2	16.3	3.3	0.40	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (23%) (Butter (MILK), Salt), White Chocolate Chips (14%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Dark Chocolate Chips (8%) (Cocoa Mass, Sugar, Dextrose, Emulsifier (SOYA Lecithin)), Fat Reduced Cocoa Powder (6%), Invert Sugar Syrup, Milk Chocolate Chips (4%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Raising Agents (E500(ii), E501(iii)), Green Tea Extract, Natural Flavouring.
Belgian Chocolate Brownie (Gluten Free)	2148	516	35.0	19.0	42.0	37.0	8.1	0.36	60	1289	310	21.0	11.0	25.0	22.0	4.9	0.22	Free Range EGG, Belgian Dark Chocolate (16%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Flavouring), Sugar, Butter (MILK), Belgian Milk Chocolate Chunks (13%) (Sugar, Dried Whole MILK, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Flavouring), Belgian Milk Chocolate (11%) (Sugar, Cocoa Butter, Dried Whole MILK, Cocoa Mass, Emulsifier (SOYA Lecithin), Flavouring), ALMOND Flour, Chocolate Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Emulsifier (SOYA Lecithin), Flavouring), Flavouring, Salt, Preservative (E 202)
Bubble Frappe Gingerbread Biscuit	1771	421	13.0	5.5	70.0	34.0	5.6	0.45	45	797	189	5.7	2.5	32.0	15.0	2.5	0.20	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Partially Inverted Sugar Syrup, Palm Oil, Glucose Syrup, Invert Sugar Syrup, Pasteurised Free Range EGG, Palm Stearin, Rapeseed Oil, Sunflower Oil, Ginger Powder, Raising Agent (Sodium Hydrogen Carbonate), Colours (Beetroot Red, Paprika Extract, Curcumin), Dried Free Range EGG White, Acidity Regulator (Acetic Acid), Cornflour, Stabiliser (Disodium Diphosphate), Lemon Juice from Concentrate.
Instant Wholegrain Porridge	1551	367	4.9	0.8	62.0	21.0	16.0	0.30	290	1240	294	3.9	0.6	49.0	17.0	13.0	0.24	Wholegrain OATFLAKES (67%), Dried Skimmed MILK, Sugar

*The oats in this product are gluten free. Oats contain a protein called avenin which is similar to gluten. It is recommended to add gluten free oats to your diet slowly, especially if newly diagnosed

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Product Description	Nutrition Per 100ml										Nutrition Per Portion									
	Energy - kJ per 100ml	Energy - kCal per 100ml	Fat per 100ml	Sats per 100ml	Carb per 100ml	Sugar per 100ml	Protein per 100ml	Salt per 100ml	Vitamin C (mg) per 100g	Portion Weight (ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion	Vitamin C (mg) per portion	
HOT COFFEE																				
Mocha Italia espresso																				
Mocha Italia Espresso - Single	81	19	0.2	0.1	3.1	0.1	1.3	0.10		30	24	6	0.1	0.0	0.9	0.0	0.4	0.03		
Mocha Italia Espresso - Double	81	19	0.2	0.1	3.1	0.1	1.3	0.10		60	49	12	0.1	0.1	1.9	0.1	0.8	0.06		
Espresso Macchiato																				
Espresso Macchiato - Semi-Skimmed Milk - Single	110	26	0.6	0.3	3.5	1.3	1.9	0.10		40	44	10	0.2	0.1	1.4	0.5	0.7	0.04		
Espresso Macchiato - Semi-Skimmed Milk - Double	110	26	0.6	0.3	3.5	1.3	1.9	0.10		80	88	21	0.5	0.3	2.8	1.0	1.5	0.08		
Espresso Macchiato - Skimmed Milk - Single	95	22	0.2	0.1	3.4	1.2	1.8	0.10		40	38	9	0.1	0.0	1.4	0.5	0.7	0.04		
Espresso Macchiato - Skimmed Milk - Double	95	22	0.2	0.1	3.4	1.2	1.8	0.10		80	76	18	0.2	0.1	2.7	0.9	1.5	0.08		
Espresso Macchiato - Whole Milk - Single	129	31	1.1	0.7	3.5	1.2	1.8	0.10		40	52	12	0.5	0.3	1.4	0.5	0.7	0.04		
Espresso Macchiato - Whole Milk - Double	129	31	1.1	0.7	3.5	1.2	1.8	0.10		80	104	25	0.9	0.6	2.8	1.0	1.4	0.08		
Espresso Macchiato - Soya Drink - Single	105	25	0.6	0.2	3.0	0.7	1.8	0.10		40	42	10	0.3	0.1	1.2	0.3	0.7	0.04		
Espresso Macchiato - Soya Drink - Double	105	25	0.6	0.2	3.0	0.7	1.8	0.10		80	84	20	0.5	0.1	2.4	0.6	1.4	0.08		
Espresso Macchiato - Coconut Drink - Single	95	22	0.5	0.3	3.2	0.9	1.4	0.10		40	38	9	0.2	0.1	1.3	0.4	0.5	0.04		
Espresso Macchiato - Coconut Drink - Double	95	22	0.5	0.3	3.2	0.9	1.4	0.10		80	76	18	0.4	0.2	2.5	0.7	1.1	0.08		
Espresso Macchiato - Oat Drink - Single	123	29	0.9	0.2	4.0	0.9	1.2	0.11		40	49	12	0.4	0.1	1.6	0.4	0.5	0.04		
Espresso Macchiato - Oat Drink - Double	123	29	0.9	0.2	4.0	0.9	1.2	0.11		80	98	23	0.7	0.1	3.2	0.7	0.9	0.09		
Cortado																				
Cortado - Whole Milk - In Store	257	62	3.4	2.2	4.7	3.9	3.2	0.10		145	373	90	5.0	3.2	6.8	5.6	4.6	0.15		
Cortado - Whole Milk - Take Away	261	63	3.5	2.2	4.7	4.0	3.2	0.10		180	469	113	6.3	4.0	8.4	7.2	5.8	0.18		
Cortado - Semi-Skimmed Milk - Take Away	190	45	1.6	1.0	4.9	4.2	3.4	0.11		180	343	81	2.8	1.8	8.7	7.5	6.1	0.19		
Cortado - Skimmed Milk - In Store	139	33	0.2	0.1	4.6	3.8	3.3	0.10		145	201	47	0.4	0.2	6.7	5.5	4.8	0.15		
Cortado - Skimmed Milk - Take Away	138	33	0.2	0.1	4.6	3.9	3.3	0.10		180	248	59	0.4	0.2	8.3	7.1	5.9	0.18		
Cortado - Soya Drink - In Store	174	41	1.7	0.3	3.2	2.2	3.2	0.10		145	252	60	2.5	0.4	4.6	3.1	4.6	0.15		
Cortado - Soya Drink - Take away	174	41	1.7	0.3	3.1	2.2	3.2	0.10		180	314	75	3.1	0.5	5.5	4.0	5.8	0.18		
Cortado - Coconut Drink - In Store	139	33	1.3	0.6	3.7	2.9	1.6	0.10		145	201	47	1.9	0.9	5.3	4.1	2.4	0.15		
Cortado - Coconut Drink - Take Away	138	33	1.3	0.6	3.6	2.9	1.6	0.10		180	248	59	2.3	1.2	6.5	5.3	2.9	0.18		
Cortado - Oat Drink - In Store	235	56	2.7	0.3	6.6	2.9	1.0	0.13		145	341	81	3.9	0.4	9.6	4.1	1.5	0.18		
Cortado - Oat Drink - Take Away	238	57	2.7	0.3	6.6	2.9	1.0	0.13		180	428	102	4.9	0.5	11.9	5.3	1.8	0.23		
Americano																				
Americano - Small	19	4	0.0	0.0	0.7	0.0	0.3	0.02		260	49	12	0.1	0.1	1.9	0.1	0.8	0.06		
Americano - Medium	22	5	0.0	0.0	0.9	0.0	0.4	0.02		340	74	18	0.2	0.1	3.0	0.1	1.2	0.08		
Americano - Large	22	5	0.1	0.0	0.8	0.0	0.3	0.03		450	97	23	0.2	0.1	3.7	0.1	1.6	0.12		
Flat White																				
Flat White - Whole Milk - Small	262	63	3.6	2.3	4.7	4.1	3.2	0.10		300	787	189	10.7	6.8	14.1	12.2	9.6	0.30		
Flat White - Semi-Skimmed Milk - Small	191	45	1.6	1.0	4.9	4.2	3.4	0.11		300	574	135	4.7	2.9	14.6	12.7	10.2	0.32		
Flat White - Skimmed Milk - Small	138	33	0.2	0.1	4.6	4.0	3.3	0.10		300	415	98	0.7	0.3	13.8	11.9	9.9	0.30		
Flat White - Soya Drink - Small	175	42	1.8	0.3	3.1	2.3	3.2	0.10		300	525	125	5.3	0.9	9.2	6.8	9.6	0.30		
Flat White - Coconut Drink - Small	138	33	1.3	0.7	3.6	3.0	1.6	0.10		300	415	98	3.9	2.0	10.9	8.9	4.8	0.30		
Flat White - Oat Drink - Small	239	57	2.7	0.3	6.7	3.0	1.0	0.13		300	717	171	8.2	0.9	20.0	8.9	2.9	0.38		
Latte																				
Latte - Semi-Skimmed Milk - Small - In Store	180	42	1.5	0.9	4.5	4.1	3.2	0.11		226	407	96	3.4	2.1	10.1	9.2	7.3	0.24		
Latte - Semi-Skimmed Milk - Small - Take Away	170	40	1.4	0.9	4.4	3.7	3.0	0.11		276	470	111	3.8	2.4	12.0	10.2	8.3	0.29		
Latte - Semi-Skimmed Milk - Medium	176	42	1.5	0.9	4.4	3.9	3.1	0.11		364	642	151	5.3	3.3	16.1	14.3	11.4	0.39		
Latte - Semi-Skimmed Milk - Large - In Store	178	42	1.4	0.9	4.5	3.9	3.2	0.11		472	839	198	6.8	4.3	21.4	18.5	14.9	0.50		
Latte - Semi-Skimmed Milk - Large - Take Away	179	42	1.5	0.9	4.5	4.0	3.2	0.11		496	885	209	7.2	4.5	22.5	19.6	15.8	0.53		
Latte - Skimmed Milk - Small - In Store	129	30	0.2	0.1	4.2	3.8	3.1	0.10		226	291	68	0.5	0.2	9.6	8.7	7.1	0.23		
Latte - Skimmed Milk - Small - Take Away	124	29	0.2	0.1	4.1	3.5	2.9	0.10		276	342	81	0.6	0.3	11.4	9.6	8.1	0.28		
Latte - Skimmed Milk - Medium	127	30	0.2	0.1	4.2	3.7	3.1	0.10		364	462	109	0.7	0.4	15.2	13.4	11.1	0.36		
Latte - Skimmed Milk - Large - In Store	129	30	0.2	0.1	4.3	3.7	3.1	0.10		472	607	143	0.9	0.5	20.2	17.3	14.5	0.47		
Latte - Skimmed Milk - Large - Take Away	129	30	0.2	0.1	4.3	3.7	3.1	0.10		496	640	151	1.0	0.5	21.3	18.4	15.3	0.50		
Latte - Whole Milk - Small - In Store	248	60	3.4	2.2	4.3	3.9	3.0	0.10		226	561	135	7.7	4.9	9.8	8.9	6.9	0.23		
Latte - Whole Milk - Small - Take Away	232	56	3.1	2.0	4.2	3.5	2.9	0.10		276	641	154	8.5	5.5	11.6	9.8	7.9	0.28		
Latte - Whole Milk - Medium	242	58	3.3	2.1	4.3	3.8	3.0	0.10		364	882	212	12.0	7.7	15.5	13.7	10.8	0.36		
Latte - Whole Milk - Large - In Store	243	59	3.3	2.1	4.4	3.8	3.0	0.10		472	1148	276	15.4	9.9	20.6	17.7	14.1	0.47		
Latte - Whole Milk - Large - Take Away	245	59	3.3	2.1	4.4	3.8	3.0	0.10		496	1214	292	16.4	10.5	21.7	18.8	14.9	0.50		
Latte - Soya Drink - Small - In Store	164	39	1.7	0.3	2.8	2.2	3.0	0.10		226	371	88	3.8	0.6	6.2	4.9	6.9	0.23		
Latte - Soya Drink - Small - Take Away	156	37	1.5	0.3	2.8	2.0	2.9	0.10		276	431	102	4.2	0.7	7.7	5.5	7.9	0.28		
Latte - Soya Drink - Medium	161	38	1.6	0.3	2.8	2.1	3.0	0.10		364	587	139	5.9	1.0	10.1	7.7	10.8	0.36		
Latte - Soya Drink - Large - In Store	163	39	1.6	0.3	2.9	2.1	3.0	0.10		472	768	182	7.6	1.3	13.5	9.9	14.1	0.47		
Latte - Soya Drink - Large - Take Away	163	39	1.6	0.3	2.9	2.1	3.0	0.10		496	810	192	8.1	1.3	14.2	10.5	14.9	0.50		
Latte - Coconut Drink - Small - In Store	129	30	1.2	0.6	3.3	2.9	1.5	0.10		226	291	68	2.8	1.4	7.4	6.5	3.3	0.23		
Latte - Coconut Drink - Small - Take Away	124	29	1.1	0.6	3.3	2.6	1.5	0.10		276	342	81	3.1	1.6	9.0	7.2	4.0	0.28		
Latte - Coconut Drink - Medium	127	30	1.2	0.6	3.3	2.8	1.5	0.10		364	462	109	4.4	2.2	11.9	10.1	5.3	0.36		
Latte - Coconut Drink - Large - In Store	129	30	1.2	0.6	3.4	2.8	1.5	0.10		472	607	143	5.6	2.8	15.9	13.0	7.1	0.47		
Latte - Coconut Drink - Large - Take Away	129	30	1.2	0.6	3.4	2.8	1.5	0.10		496	640	151	6.0	3.0	16.7	13.8	7.4	0.50		
Latte - Oat Drink - Small - In Store	226	54	2.6	0.3	6.2	2.9	0.9	0.13		226	510	121	5.9	0.6	14.1	6.5	2.0	0.28		
Latte - Oat Drink - Small - Take Away	212	50	2.4	0.3	5.9	2.6	0.9	0.12		276	584	139	6.6	0.7	16.3	7.2	2.5	0.34		
Latte - Oat Drink - Medium	221	52	2.5	0.3	6.1	2.8	0.9	0.13		364	803	191	9.2	1.0	22.2	10.1	3.2	0.46		
Latte - Oat Drink - Large - In Store	222	53	2.5	0.3	6.2	2.8	0.9	0.12		472	1046	249	11.9	1.3	29.2	13.0	4.3	0.59		
Latte - Oat Drink - Large - Take Away	223	53	2.5	0.3	6.2	2.8	0.9	0.13		496	1106	263	12.6	1.3	30.8	13.8	4.5	0.62		
Cappuccino (We're Serving Recipe)																				

Cappuccino - Coconut Drink - Small	135	32	1.2	0.6	3.7	3.0	1.5	0.10		287	387	91	3.4	1.7	10.7	8.7	4.4	0.29	
Cappuccino - Coconut Drink - Medium	135	32	1.2	0.6	3.8	2.9	1.6	0.10		362	488	115	4.2	2.1	13.6	10.5	5.6	0.37	
Cappuccino - Coconut Drink - Large	127	30	1.1	0.5	3.6	2.7	1.5	0.10		422	538	127	4.6	2.3	15.0	11.2	6.3	0.43	
Cappuccino - Oat Drink - Small	223	53	2.4	0.3	6.4	3.0	1.0	0.13		287	639	152	7.0	0.8	18.3	8.7	2.8	0.36	
Cappuccino - Oat Drink - Medium	221	53	2.4	0.3	6.4	2.9	1.0	0.13		362	801	190	8.7	1.0	23.1	10.5	3.7	0.45	
Cappuccino - Oat Drink - Large	207	49	2.2	0.3	6.0	2.7	1.0	0.12		422	874	208	9.4	1.1	25.2	11.2	4.2	0.52	
Mocha (We're Serving Recipe)																			
Mocha - Semi-Skimmed Milk - Small	278	66	1.7	1.0	9.3	7.9	3.7	0.13		277	770	182	4.6	2.9	25.7	22.0	10.1	0.37	
Mocha - Semi-Skimmed Milk - Medium	295	69	1.7	1.0	10.1	8.5	3.8	0.14		332	978	231	5.6	3.4	33.6	28.1	12.5	0.46	
Mocha - Semi-Skimmed Milk - Large	292	69	1.6	1.0	10.2	8.5	3.6	0.14		422	1233	291	6.9	4.2	42.8	35.8	15.4	0.59	
Mocha - Skimmed Milk - Small	236	56	0.6	0.3	9.1	7.7	3.6	0.13		277	654	154	1.7	1.0	25.1	21.4	9.9	0.36	
Mocha - Skimmed Milk - Medium	255	60	0.7	0.4	9.9	8.3	3.7	0.13		332	846	199	2.2	1.3	32.9	27.5	12.2	0.44	
Mocha - Skimmed Milk - Large	255	60	0.7	0.4	10.0	8.3	3.6	0.14		422	1077	254	2.9	1.7	42.1	35.0	15.1	0.57	
Mocha - Whole Milk - Small	334	80	3.2	2.0	9.1	7.8	3.5	0.13		277	925	221	8.9	5.7	25.3	21.6	9.8	0.36	
Mocha - Whole Milk - Medium	348	83	3.2	2.0	10.0	8.3	3.6	0.13		332	1154	275	10.5	6.6	33.2	27.7	12.0	0.44	
Mocha - Whole Milk - Large	342	81	3.0	1.9	10.0	8.4	3.5	0.14		422	1442	344	12.7	8.0	42.3	35.3	14.8	0.57	
Mocha - Soya Drink - Small	265	63	1.8	0.5	7.8	6.4	3.5	0.13		277	735	174	5.0	1.4	21.7	17.7	9.8	0.36	
Mocha - Soya Drink - Medium	282	67	1.8	0.5	8.8	7.0	3.6	0.13		332	938	222	6.0	1.7	29.1	23.2	12.0	0.44	
Mocha - Soya Drink - Large	281	66	1.8	0.5	8.9	7.1	3.5	0.14		422	1186	280	7.4	2.2	37.6	30.0	14.8	0.57	
Mocha - Coconut Drink - Small	236	56	1.5	0.8	8.3	6.9	2.2	0.13		277	654	154	4.0	2.1	22.9	19.2	6.2	0.36	
Mocha - Coconut Drink - Medium	255	60	1.5	0.8	9.2	7.5	2.4	0.13		332	846	199	4.9	2.6	30.5	25.0	8.0	0.44	
Mocha - Coconut Drink - Large	255	60	1.4	0.8	9.3	7.6	2.4	0.14		422	1077	254	6.1	3.3	39.2	32.1	10.1	0.57	
Mocha - Oat Drink - Small	316	75	2.6	0.5	10.7	6.9	1.8	0.15		277	874	207	7.2	1.4	29.6	19.2	4.8	0.42	
Mocha - Oat Drink - Medium	330	78	2.6	0.5	11.5	7.5	1.9	0.15		332	1096	260	8.5	1.7	38.1	25.0	6.4	0.51	
Mocha - Oat Drink - Large	325	77	2.4	0.5	11.4	7.6	2.0	0.15		422	1373	325	10.3	2.2	48.1	32.1	8.3	0.65	
TEAS AND INFUSIONS (NO MILK)																			
Mint Infusion	2	0	0.0	0.0	0.0	0.0	0.0	0.00		275	6	1	0.0	0.0	0.0	0.0	0.0	0.03	
Berry Infusion	7	2	0.0	0.0	0.0	0.0	0.0	0.00		275	19	5	0.0	0.0	1.2	0.0	0.0	0.02	
Decaffeinated Tea	9	2	0.0	0.0	0.0	0.0	0.0	0.00		275	25	6	0.0	0.0	1.4	0.0	0.0	0.02	
Green Tea	0	0	0.0	0.0	0.0	0.0	0.0	0.00		275	0	0	0.0	0.0	0.0	0.0	0.0	0.02	
Earl Grey Tea	2	0	0.0	0.0	0.0	0.0	0.0	0.00		275	6	1	0.0	0.0	0.0	0.0	0.0	0.02	
English Breakfast Tea	2	0	0.0	0.0	0.0	0.0	0.0	0.00		275	6	1	0.0	0.0	0.0	0.0	0.0	0.02	
Chai Latte																			
Chai Latte - Semi-Skimmed Milk - Small - In Store	255	60	1.6	1.0	8.6	8.2	3.3	0.11		237	604	143	3.8	2.4	20.3	19.5	7.9	0.26	
Chai Latte - Semi-Skimmed Milk - Small - Take Away	245	58	1.6	1.0	7.9	7.6	3.4	0.11		287	702	166	4.7	2.9	22.6	21.8	9.6	0.31	
Chai Latte - Semi-Skimmed Milk - Medium	247	58	1.6	1.0	8.0	7.7	3.3	0.11		366	903	213	6.0	3.7	29.4	28.3	12.3	0.40	
Chai Latte - Semi-Skimmed Milk - Large	245	58	1.6	1.0	7.9	7.6	3.4	0.11		470	1154	272	7.7	4.8	37.4	36.0	15.8	0.51	
Chai Latte - Skimmed Milk - Small - In Store	199	47	0.2	0.1	8.3	7.9	3.2	0.10		237	472	111	0.5	0.2	19.6	18.8	7.7	0.24	
Chai Latte - Skimmed Milk - Small - Take Away	188	44	0.2	0.1	7.6	7.3	3.3	0.10		287	540	127	0.6	0.3	21.8	21.0	9.4	0.29	
Chai Latte - Skimmed Milk - Medium	190	45	0.2	0.1	7.7	7.4	3.3	0.10		366	697	164	0.7	0.4	28.4	27.2	11.9	0.37	
Chai Latte - Skimmed Milk - Large	189	44	0.2	0.1	7.7	7.4	3.3	0.10		470	888	209	0.9	0.5	36.0	34.6	15.3	0.47	
Chai Latte - Whole Milk - Small - In Store	330	79	3.7	2.4	8.4	8.0	3.1	0.10		237	782	188	8.8	5.6	19.8	19.0	7.4	0.24	
Chai Latte - Whole Milk - Small - Take Away	320	77	3.7	2.4	7.7	7.4	3.2	0.10		287	919	221	10.7	6.9	22.1	21.3	9.1	0.29	
Chai Latte - Whole Milk - Medium	322	77	3.7	2.4	7.8	7.5	3.2	0.10		366	1180	283	13.7	8.8	28.7	27.6	11.6	0.37	
Chai Latte - Whole Milk - Large	321	77	3.7	2.4	7.8	7.5	3.2	0.10		470	1509	362	17.6	11.3	36.5	35.1	14.9	0.47	
Chai Latte - Soya Drink - Small - In Store	238	56	1.8	0.3	6.7	6.1	3.1	0.10		237	564	134	4.3	0.7	15.8	14.5	7.4	0.24	
Chai Latte - Soya Drink - Small - Take Away	227	54	1.8	0.3	6.0	5.5	3.2	0.10		287	652	155	5.2	0.8	17.1	15.8	9.1	0.29	
Chai Latte - Soya Drink - Medium	230	54	1.8	0.3	6.1	5.6	3.2	0.10		366	840	199	6.7	1.1	22.4	20.6	11.6	0.37	
Chai Latte - Soya Drink - Large	228	54	1.8	0.3	6.0	5.5	3.2	0.10		470	1073	254	8.6	1.4	28.4	26.1	14.9	0.47	
Chai Latte - Coconut Drink - Small - In Store	199	47	1.3	0.7	7.2	6.9	1.4	0.10		237	472	111	3.2	1.6	17.1	16.3	3.4	0.24	
Chai Latte - Coconut Drink - Small - Take Away	188	44	1.3	0.7	6.5	6.3	1.4	0.10		287	540	127	3.9	1.9	18.8	18.0	4.1	0.29	
Chai Latte - Coconut Drink - Medium	190	45	1.3	0.7	6.7	6.4	1.4	0.10		366	697	164	4.9	2.5	24.5	23.4	5.3	0.37	
Chai Latte - Coconut Drink - Large	189	44	1.3	0.7	6.6	6.3	1.4	0.10		470	888	209	6.3	3.2	31.1	29.7	6.8	0.47	
Chai Latte - Oat Drink - Small - In Store	305	72	2.8	0.3	10.5	6.9	0.8	0.13		237	724	172	6.8	0.7	24.8	16.3	1.8	0.31	
Chai Latte - Oat Drink - Small - Take Away	295	70	2.9	0.3	9.8	6.3	0.8	0.13		287	848	201	8.3	0.8	28.1	18.0	2.2	0.37	
Chai Latte - Oat Drink - Medium	297	71	2.9	0.3	9.9	6.4	0.8	0.13		366	1089	259	10.5	1.1	36.4	23.4	2.8	0.47	
Chai Latte - Oat Drink - Large	296	70	2.9	0.3	9.9	6.3	0.8	0.13		470	1392	331	13.5	1.4	46.4	29.7	3.6	0.61	
Milk Babyccino																			
Milk Babyccino - Whole Milk	274	66	3.9	2.5	4.5	4.5	3.3	0.10		90	247	59	3.5	2.3	4.1	4.1	3.0	0.09	
Milk Babyccino - Semi-Skimmed Milk	195	46	1.7	1.1	4.7	4.7	3.5	0.11		90	176	41	1.5	1.0	4.2	4.2	3.2	0.10	
Milk Babyccino - Skimmed Milk	136	32	0.2	0.1	4.4	4.4	3.4	0.10		90	122	29	0.2	0.1	4.0	4.0	3.1	0.09	
Milk Babyccino - Soya Drink	177	42	1.9	0.3	2.7	2.5	3.3	0.10		90	159	38	1.7	0.3	2.4	2.3	3.0	0.09	
Milk Babyccino - Coconut Drink	136	32	1.4	0.7	3.3	3.3	1.5	0.10		90	122	29	1.3	0.6	3.0	3.0	1.4	0.09	
Milk Babyccino - Oat Drink	248	59	3.0	0.3	6.7	3.3	0.8	0.13		90	223	53	2.7	0.3	6.0	3.0	0.7	0.12	
Hot Chocolate (We're Serving Recipe)																			
Hot Chocolate - Semi-Skimmed Milk - Small - In Store	332	78	2.1	1.3	10.9	10.1	4.3	0.14		232	770	182	4.8	3.0	25.4	23.4	10.0	0.33	
Hot Chocolate - Semi-Skimmed Milk - Small - Take Away	329	78	2.1	1.3	10.8	10.0	4.3	0.14		297	978	231	6.1	3.8	32.1	29.6	12.8	0.43	
Hot Chocolate - Semi-Skimmed Milk - Medium - In Store	356	84	2.1	1.3	12.0	11.0	4.5	0.15		355	1262	298	7.6	4.7	42.7	39.1	15.8	0.53	
Hot Chocolate - Semi-Skimmed Milk - Medium - Take Away	355	84	2.1	1.3	12.0	11.0	4.4	0.15		387	1374	324	8.3	5.1	46.4	42.5	17.2	0.58	
Hot Chocolate - Semi-Skimmed Milk - Large - In Store	373	88	2.2	1.4	12.8	11.7	4.6	0.16		463	1728	408	10.1	6.3	59.4	54.2	21.1	0.72	
Hot Chocolate - Semi-Skimmed Milk - Large - Take Away	373	88	2.2	1.4	12.8	11.7	4.6	0.15		497	1853	437	10.9	6.8	63.6	58.1	22.6	0.77	
Hot Chocolate - Skimmed Milk - Small - In Store	278	66	0.7	0.4	10.7	9.8	4.2	0.14		232	646	152	1.7	1.0	24.7	22.7	9.8	0.32	
Hot Chocolate - Skimmed Milk - Small - Take Away	276	65	0.7	0.4	10.5	9.7	4.2	0.14		297	819	193	2.1	1.2	31.3	28.8	12.5	0.41	
Hot Chocolate - Skimmed Milk - Medium - In Store	303	71	0.8	0.5	11.8	10.7	4.4	0.14		355	1077	254	2.9	1.7	41.7	38.2	15.5	0.51	

Hot Chocolate - Oat Drink - Medium - In Store	403	95	3.3	0.6	13.8	9.8	2.1	0.17		355	1430	339	11.7	2.3	49.0	34.7	7.3	0.60	
Hot Chocolate - Oat Drink - Medium - Take Away	402	95	3.3	0.6	13.8	9.7	2.1	0.17		387	1556	369	12.7	2.5	53.3	37.7	7.9	0.66	
Hot Chocolate - Oat Drink - Large - In Store	420	99	3.3	0.7	14.6	10.5	2.2	0.17		463	1943	460	15.4	3.2	67.5	48.5	10.2	0.81	
Hot Chocolate - Oat Drink - Large - Take Away	419	99	3.3	0.7	14.6	10.5	2.2	0.17		497	2083	494	16.5	3.4	72.4	52.0	10.9	0.87	
Hot Chocolate Babycino (We're Serving Recipe)																			
Hot Chocolate Babycino - Whole Milk	393	94	4.0	2.6	10.2	9.4	4.1	0.13		90	353	84	3.6	2.3	9.2	8.5	3.7	0.12	
Hot Chocolate Babycino - Semi-Skimmed Milk	320	76	2.0	1.3	10.4	9.6	4.2	0.14		90	288	68	1.8	1.1	9.4	8.7	3.8	0.13	
Hot Chocolate Babycino - Skimmed Milk	267	63	0.7	0.4	10.1	9.4	4.2	0.13		90	240	57	0.6	0.4	9.1	8.4	3.7	0.12	
Hot Chocolate Babycino - Soya Drink	304	72	2.2	0.6	8.6	7.6	4.1	0.13		90	274	65	2.0	0.5	7.7	6.9	3.7	0.12	
Hot Chocolate Babycino - Coconut Drink	267	63	1.8	0.9	9.1	8.4	2.4	0.13		90	240	57	1.6	0.8	8.2	7.5	2.2	0.12	
Hot Chocolate Babycino - Oat Drink	369	87	3.2	0.6	12.2	8.4	1.8	0.16		90	332	79	2.9	0.5	11.0	7.5	1.6	0.15	
COFFEE OVER ICE																			
Iced Americano Black																			
Iced Americano Black - Small - In Store	20	5	0.0	0.0	0.8	0.0	0.3	0.02		245	49	12	0.1	0.1	1.9	0.1	0.8	0.06	
Iced Americano Black - Small - Take Away	19	5	0.0	0.0	0.7	0.0	0.3	0.02		255	49	12	0.1	0.1	1.9	0.1	0.8	0.06	
Iced Americano Black - Medium	21	5	0.0	0.0	0.8	0.0	0.3	0.02		350	74	18	0.2	0.1	3.0	0.1	1.2	0.08	
Iced Americano Black - Large - Take Away	19	5	0.0	0.0	0.7	0.0	0.3	0.02		500	97	23	0.2	0.1	3.7	0.1	1.6	0.12	
Iced Latte (Standard)																			
Iced Latte (Standard) - Semi-Skimmed Milk - Small - In Store	135	32	1.1	0.7	3.5	2.8	2.4	0.09		275	370	87	2.9	1.8	9.6	7.8	6.6	0.24	
Iced Latte (Standard) - Semi-Skimmed Milk - Small - Take Away	133	31	1.1	0.7	3.5	2.8	2.4	0.09		285	380	90	3.0	1.9	9.9	8.1	6.7	0.24	
Iced Latte (Standard) - Semi-Skimmed Milk - Medium	131	31	1.1	0.7	3.3	2.8	2.3	0.08		365	478	113	3.9	2.4	12.2	10.4	8.5	0.30	
Iced Latte (Standard) - Semi-Skimmed Milk - Large - Take Away	140	33	1.1	0.7	3.6	3.0	2.5	0.09		472	659	156	5.3	3.3	17.1	14.2	11.7	0.40	
Iced Latte (Standard) - Skimmed Milk - Small - In Store	99	23	0.2	0.1	3.3	2.7	2.3	0.08		275	273	64	0.5	0.2	9.1	7.3	6.4	0.23	
Iced Latte (Standard) - Skimmed Milk - Small - Take Away	98	23	0.2	0.1	3.3	2.6	2.3	0.08		285	280	66	0.5	0.2	9.3	7.5	6.6	0.23	
Iced Latte (Standard) - Skimmed Milk - Medium	95	22	0.2	0.1	3.2	2.7	2.3	0.08		365	348	82	0.6	0.3	11.5	9.7	8.3	0.28	
Iced Latte (Standard) - Skimmed Milk - Large - Take Away	102	24	0.2	0.1	3.4	2.8	2.4	0.08		472	482	114	0.8	0.4	16.2	13.3	11.4	0.38	
Iced Latte (Standard) - Whole Milk - Small - In Store	182	44	2.4	1.5	3.4	2.7	2.3	0.08		275	501	120	6.6	4.2	9.3	7.5	6.2	0.23	
Iced Latte (Standard) - Whole Milk - Small - Take Away	181	43	2.4	1.5	3.3	2.7	2.2	0.08		285	515	124	6.8	4.3	9.5	7.7	6.4	0.23	
Iced Latte (Standard) - Whole Milk - Medium	178	43	2.4	1.5	3.2	2.7	2.2	0.08		365	652	157	8.7	5.6	11.8	10.0	8.0	0.28	
Iced Latte (Standard) - Whole Milk - Large - Take Away	190	46	2.5	1.6	3.5	2.9	2.4	0.08		472	896	216	11.9	7.6	16.5	13.6	11.1	0.38	
Iced Latte (Standard) - Soya Drink - Small - In Store	124	29	1.2	0.2	2.3	1.5	2.3	0.08		275	341	81	3.3	0.6	6.3	4.2	6.2	0.23	
Iced Latte (Standard) - Soya Drink - Small - Take Away	123	29	1.2	0.2	2.3	1.5	2.2	0.08		285	350	83	3.4	0.6	6.5	4.3	6.4	0.23	
Iced Latte (Standard) - Soya Drink - Medium	120	28	1.2	0.2	2.1	1.5	2.2	0.08		365	438	104	4.3	0.7	7.8	5.6	8.0	0.28	
Iced Latte (Standard) - Soya Drink - Large - Take Away	128	30	1.2	0.2	2.3	1.6	2.4	0.08		472	605	144	5.9	1.0	11.1	7.6	11.1	0.38	
Iced Latte (Standard) - Coconut Drink - Small - In Store	99	23	0.9	0.4	2.7	2.0	1.2	0.08		275	273	64	2.4	1.2	7.3	5.5	3.3	0.23	
Iced Latte (Standard) - Coconut Drink - Small - Take Away	98	23	0.9	0.4	2.6	2.0	1.2	0.08		285	280	66	2.5	1.3	7.5	5.7	3.3	0.23	
Iced Latte (Standard) - Coconut Drink - Medium	95	22	0.9	0.4	2.5	2.0	1.1	0.08		365	348	82	3.2	1.6	9.1	7.3	4.1	0.28	
Iced Latte (Standard) - Coconut Drink - Large - Take Away	102	24	0.9	0.5	2.7	2.1	1.2	0.08		472	482	114	4.4	2.2	12.9	10.0	5.7	0.38	
Iced Latte (Standard) - Oat Drink - Small - In Store	167	40	1.8	0.2	4.7	2.0	0.8	0.10		275	458	109	5.1	0.6	12.9	5.5	2.1	0.27	
Iced Latte (Standard) - Oat Drink - Small - Take Away	165	39	1.8	0.2	4.6	2.0	0.8	0.10		285	470	112	5.2	0.6	13.3	5.7	2.1	0.28	
Iced Latte (Standard) - Oat Drink - Medium	163	39	1.8	0.2	4.5	2.0	0.7	0.09		365	594	141	6.7	0.7	16.6	7.3	2.5	0.35	
Iced Latte (Standard) - Oat Drink - Large - Take Away	173	41	1.9	0.2	4.9	2.1	0.8	0.10		472	818	195	9.2	1.0	23.1	10.0	3.6	0.47	
Iced Cappuccino (We're Serving Recipe)																			
Iced Cappuccino - Semi-Skimmed Milk - Small - In Store	100	23	0.5	0.3	3.1	2.2	1.8	0.07		211	210	50	1.1	0.7	6.5	4.6	3.8	0.15	
Iced Cappuccino - Semi-Skimmed Milk - Small - Take Away	101	24	0.5	0.3	3.1	2.3	1.9	0.07		241	243	57	1.3	0.8	7.4	5.5	4.5	0.17	
Iced Cappuccino - Semi-Skimmed Milk - Medium	95	22	0.5	0.3	2.9	2.1	1.8	0.07		331	313	74	1.5	0.9	9.6	7.1	6.0	0.23	
Iced Cappuccino - Semi-Skimmed Milk - Large - Take Away	95	23	0.5	0.3	2.9	2.0	1.8	0.07		413	394	93	2.0	1.2	12.1	8.4	7.5	0.30	
Iced Cappuccino - Skimmed Milk - Small - In Store	86	20	0.2	0.1	3.0	2.1	1.8	0.07		211	181	43	0.3	0.2	6.3	4.4	3.8	0.15	
Iced Cappuccino - Skimmed Milk - Small - Take Away	86	20	0.2	0.1	3.0	2.2	1.9	0.07		241	208	49	0.4	0.2	7.2	5.3	4.5	0.17	
Iced Cappuccino - Skimmed Milk - Medium	82	19	0.1	0.1	2.8	2.1	1.8	0.07		331	272	64	0.5	0.3	9.3	6.9	5.9	0.22	
Iced Cappuccino - Skimmed Milk - Large - Take Away	83	20	0.2	0.1	2.9	2.0	1.8	0.07		413	342	81	0.6	0.3	11.8	8.1	7.4	0.29	
Iced Cappuccino - Whole Milk - Small - In Store	118	28	1.0	0.7	3.0	2.1	1.8	0.07		211	250	60	2.2	1.4	6.4	4.5	3.7	0.15	
Iced Cappuccino - Whole Milk - Small - Take Away	121	29	1.1	0.7	3.0	2.2	1.8	0.07		241	291	69	2.6	1.6	7.2	5.4	4.4	0.17	
Iced Cappuccino - Whole Milk - Medium	111	27	0.9	0.6	2.8	2.1	1.8	0.07		331	368	88	3.1	1.9	9.4	6.9	5.9	0.22	
Iced Cappuccino - Whole Milk - Large - Take Away	112	27	0.9	0.6	2.9	2.0	1.8	0.07		413	464	111	3.9	2.4	11.9	8.2	7.3	0.29	
Iced Cappuccino - Soya Drink - Small - In Store	95	23	0.6	0.1	2.6	1.6	1.8	0.07		211	201	48	1.2	0.3	5.5	3.5	3.7	0.15	
Iced Cappuccino - Soya Drink - Small - Take Away	96	23	0.6	0.1	2.6	1.7	1.8	0.07		241	232	55	1.4	0.3	6.2	4.2	4.4	0.17	
Iced Cappuccino - Soya Drink - Medium	91	21	0.5	0.1	2.5	1.7	1.8	0.07		331	300	71	1.7	0.4	8.2	5.5	5.9	0.22	
Iced Cappuccino - Soya Drink - Large - Take Away	92	22	0.5	0.1	2.5	1.6	1.8	0.07		413	378	89	2.1	0.5	10.3	6.5	7.3	0.29	
Iced Cappuccino - Coconut Drink - Small - In Store	86	20	0.4	0.2	2.7	1.8	1.3	0.07		211	181	43	0.9	0.5	5.8	3.9	2.8	0.15	
Iced Cappuccino - Coconut Drink - Small - Take Away	86	20	0.5	0.2	2.7	1.9	1.4	0.07		241	208	49	1.1	0.6	6.5	4.6	3.3	0.17	
Iced Cappuccino - Coconut Drink - Medium	82	19	0.4	0.2	2.6	1.8	1.4	0.07		331	272	64	1.3	0.7	8.6	6.1	4.6	0.22	
Iced Cappuccino - Coconut Drink - Large - Take Away	83	20	0.4	0.2	2.6	1.7	1.4	0.07		413	342	81	1.7	0.9	10.8	7.2	5.7	0.29	
Iced Cappuccino - Oat Drink - Small - In Store	112	27	0.8	0.1	3.5	1.8	1.2	0.08		211	237	56	1.7	0.3	7.5	3.9	2.5	0.16	
Iced Cappuccino - Oat Drink - Small - Take Away	114	27	0.9	0.1	3.6	1.9	1.2	0.08		241	275	65	2.1	0.3	8.6	4.6	2.9	0.19	
Iced Cappuccino - Oat Drink - Medium	106	25	0.7	0.1	3.3	1.8	1.2	0.07		331	350	83	2.5	0.4	11.0	6.1	4.1	0.25	
Iced Cappuccino - Oat Drink - Large - Take Away	107	25	0.7	0.1	3.4	1.7	1.2	0.08		413	441	104	3.1	0.5	13.8	7.2	5.1	0.32	
Iced Mocha (We're Serving Recipe)																			
Iced Mocha Semi-Skimmed Milk - Small - In Store	194	46	1.2	0.8	6.2	5.2	2.7	0.10		292	566	134	3.6	2.2	18.0	15.1	8.0	0.30	
Iced Mocha Semi-Skimmed Milk - Small - Take Away	194	46	1.2	0.8	6.1	5.2	2.8	0.10		297	575	136	3.7	2.3	18.3	15.4	8.2	0.30	
Iced Mocha Semi-Skimmed Milk - Medium	219	52	1.3	0.8	7.3	6.2	2.9	0.11		404	884	209	5.2	3.3	29.6	25.1	11.6	0.43	
Iced Mocha Semi-Skimmed Milk - Large - Take Away	220	52	1.3	0.8	7.5	6.3	2.8	0.11		576	1268	299	7.4	4.6	43.0	36.2	16.4	0.62	
Iced Mocha Skimmed Milk - Small - In Store	160	38	0.4	0.2	6.0	5.0	2.7	0.10		292	468	110	1.1	0.6	17.5	14.6	7.8	0.28	
Iced M																			

Mango And Passionfruit Fruit Cooler (No added sugar)**** - Small - In Store	151	36	0.0	0.0	8.1	7.6	0.4	0.00		350	530	125	0.0	0.0	28.5	26.6	1.3	0.00	
Mango And Passionfruit Fruit Cooler (No added sugar)**** - Medium	148	35	0.0	0.0	8.0	7.4	0.4	0.00		470	698	165	0.0	0.0	37.5	35.0	1.8	0.00	
**** Contains naturally occurring sugars																			
SuperFuzion TEA																			
Citrus Zing with Vitamin C*																			
Citrus Zing with Vitamin C* - Medium	5	1	0.0	0.0	0.0	0.0	0.0	0.00	4.4	275	14	3	0.0	0.0	0.0	0.0	0.0	0.00	12
*Source of vitamin C																			
ICED TEA																			
Peach Iced Tea																			
Peach Iced Tea - Small - In Store	103	25	0.0	0.0	6.1	6.0	0.0	0.00		325	335	80	0.0	0.0	19.9	19.4	0.0	0.01	
Peach Iced Tea - Small - Take Away	97	23	0.0	0.0	5.8	5.6	0.0	0.00		345	335	80	0.0	0.0	19.9	19.4	0.0	0.01	
Peach Iced Tea - Medium	103	25	0.0	0.0	6.1	6.0	0.0	0.00		433	447	107	0.0	0.0	26.6	25.9	0.0	0.01	
LEMONADES																			
Still Lemonade																			
Still Lemonade - Small - In Store	74	18	0.0	0.0	4.0	4.0	0.0	0.00		227	168	40	0.0	0.0	9.1	9.1	0.0	0.01	
Still Lemonade - Small - Take Away	58	14	0.0	0.0	3.1	3.1	0.0	0.00		291	168	40	0.0	0.0	9.1	9.1	0.0	0.01	
Still Lemonade - Medium - In Store	71	17	0.0	0.0	3.8	3.8	0.0	0.00		317	224	54	0.0	0.0	12.2	12.2	0.0	0.01	
Still Lemonade - Medium - Take Away	63	15	0.0	0.0	3.4	3.4	0.0	0.00		357	224	54	0.0	0.0	12.2	12.2	0.0	0.01	
Pink Lemonade (Strawberry Lemonade)																			
Strawberry Lemonade - Small - In Store	138	33	0.1	0.1	7.6	6.9	0.0	0.01		247	341	81	0.3	0.2	18.7	16.9	0.0	0.03	
Strawberry Lemonade - Small - Take Away	110	26	0.1	0.1	6.0	5.4	0.0	0.01		311	341	81	0.3	0.2	18.7	16.9	0.0	0.03	
Strawberry Lemonade - Medium - In Store	139	33	0.1	0.1	7.7	6.9	0.0	0.01		347	484	114	0.4	0.4	26.6	23.9	0.0	0.04	
Strawberry Lemonade - Medium - Take Away	125	29	0.1	0.1	6.9	6.2	0.0	0.01		387	484	114	0.4	0.4	26.6	23.9	0.0	0.04	
Mango Berry Bubble Tea																			
Mango Berry Bubble Tea - Small - In Store	131	31	0.0	0.0	7.4	6.5	0.0	0.01		253	332	79	0.0	0.0	18.6	16.5	0.0	0.04	
Mango Berry Bubble Tea - Small - Take Away	121	29	0.0	0.0	6.8	6.0	0.0	0.01		273	332	79	0.0	0.0	18.6	16.5	0.0	0.04	
Mango Berry Bubble Tea - Medium	166	39	0.0	0.0	9.4	8.3	0.0	0.02		316	526	125	0.0	0.0	29.6	26.3	0.1	0.06	
FUZE ICED TEA																			
COFFEE Frappés																			
Coffee Frappé (We're Serving Recipe) Espresso Coffee																			
Coffee Frappé - Whole Milk - Small - In Store	248	59	3.3	2.8	6.2	4.9	1.3	0.06		363	899	216	12.0	10.2	22.6	17.9	4.7	0.21	
Coffee Frappé - Whole Milk - Small - Take Away	249	60	3.3	2.8	6.2	4.9	1.4	0.06		378	941	226	12.6	10.6	23.3	18.6	5.2	0.23	
Coffee Frappé - Whole Milk - Medium	228	55	2.8	2.3	6.2	4.8	1.3	0.06		499	1136	272	13.9	11.4	30.9	23.8	6.5	0.29	
Coffee Frappé - Semi-Skimmed Milk - Small - In Store	221	53	2.6	2.3	6.3	5.0	1.4	0.06		363	801	191	9.3	8.4	22.9	18.2	5.0	0.22	
Coffee Frappé - Semi-Skimmed Milk - Small - Take Away	220	52	2.5	2.3	6.2	5.0	1.5	0.06		378	830	198	9.6	8.6	23.6	18.9	5.5	0.24	
Coffee Frappé - Semi-Skimmed Milk - Medium	202	48	2.1	1.8	6.3	4.8	1.4	0.06		499	1006	239	10.2	9.0	31.3	24.2	6.8	0.30	
Coffee Frappé - Skimmed Milk - Small - In Store	200	48	2.0	2.0	6.2	4.9	1.3	0.06		363	727	173	7.4	7.2	22.5	17.8	4.9	0.21	
Coffee Frappé - Skimmed Milk - Small - Take Away	198	47	2.0	1.9	6.1	4.9	1.4	0.06		378	747	178	7.5	7.2	23.2	18.5	5.4	0.23	
Coffee Frappé - Skimmed Milk - Medium	182	43	1.6	1.5	6.2	4.7	1.3	0.06		499	908	216	7.8	7.4	30.8	23.7	6.7	0.29	
Coffee Frappé - Soya Drink - Small - In Store	214	51	2.6	2.1	5.6	4.2	1.3	0.06		363	778	186	9.5	7.4	20.4	15.4	4.7	0.21	
Coffee Frappé - Soya Drink - Small - Take Away	213	51	2.6	2.0	5.5	4.2	1.4	0.06		378	805	192	9.8	7.5	20.8	15.8	5.2	0.23	
Coffee Frappé - Soya Drink - Medium	196	47	2.1	1.6	5.6	4.1	1.3	0.06		499	976	233	10.6	7.8	28.0	20.5	6.5	0.29	
Coffee Frappé - Coconut Drink - Small - In Store	200	48	2.5	2.2	5.8	4.5	0.7	0.06		363	727	173	8.9	7.9	21.1	16.4	2.5	0.21	
Coffee Frappé - Coconut Drink - Small - Take Away	198	47	2.4	2.1	5.7	4.5	0.7	0.06		378	747	178	9.1	8.1	21.6	16.9	2.7	0.23	
Coffee Frappé - Coconut Drink - Medium	182	43	2.0	1.7	5.8	4.4	0.7	0.06		499	908	216	9.7	8.4	28.9	21.9	3.5	0.29	
Coffee Frappé - Oat Drink - Small - In Store	239	57	3.0	2.1	7.0	4.5	0.4	0.07		363	867	207	10.9	7.4	25.4	16.4	1.6	0.25	
Coffee Frappé - Oat Drink - Small - Take Away	239	57	3.0	2.0	7.0	4.5	0.5	0.07		378	904	216	11.4	7.5	26.4	16.9	1.7	0.27	
Coffee Frappé - Oat Drink - Medium	219	52	2.5	1.6	6.9	4.4	0.5	0.07		499	1093	261	12.4	7.8	34.6	21.9	2.4	0.34	
Coffee Frappé (We're Serving Recipe) Instant Coffee																			
Coffee Frappé - Whole Milk - Small - In Store	269	65	3.6	3.0	6.9	5.3	1.4	0.06		335	900	216	12.0	10.2	23.1	17.9	4.8	0.18	
Coffee Frappé - Whole Milk - Small - Take Away	269	65	3.6	3.0	6.8	5.3	1.5	0.06		350	941	226	12.6	10.5	23.7	18.6	5.3	0.20	
Coffee Frappé - Whole Milk - Medium	257	62	3.1	2.6	7.2	5.4	1.5	0.05		443	1138	273	13.8	11.4	31.8	23.8	6.6	0.23	
Coffee Frappé - Semi-Skimmed Milk - Small - In Store	239	57	2.8	2.5	7.0	5.4	1.5	0.06		335	802	191	9.2	8.4	23.3	18.2	5.0	0.19	
Coffee Frappé - Semi-Skimmed Milk - Small - Take Away	237	57	2.7	2.4	6.9	5.4	1.6	0.06		350	831	198	9.5	8.5	24.0	18.9	5.6	0.21	
Coffee Frappé - Semi-Skimmed Milk - Medium	227	54	2.3	2.0	7.3	5.4	1.6	0.06		443	1007	240	10.1	9.0	32.2	24.1	6.9	0.24	
Coffee Frappé - Skimmed Milk - Small - In Store	217	52	2.2	2.1	6.8	5.3	1.5	0.06		335	728	174	7.4	7.2	22.9	17.8	4.9	0.18	
Coffee Frappé - Skimmed Milk - Small - Take Away	214	51	2.1	2.1	6.7	5.3	1.5	0.06		350	748	178	7.4	7.2	23.6	18.4	5.4	0.20	
Coffee Frappé - Skimmed Milk - Medium	205	49	1.7	1.7	7.1	5.3	1.5	0.05		443	910	217	7.7	7.4	31.7	23.6	6.8	0.23	
Coffee Frappé - Soya Drink - Small - In Store	233	56	2.8	2.2	6.2	4.6	1.4	0.06		335	779	186	9.5	7.4	20.8	15.4	4.8	0.18	
Coffee Frappé - Soya Drink - Small - Take Away	230	55	2.8	2.1	6.1	4.5	1.5	0.06		350	806	192	9.8	7.5	21.2	15.8	5.3	0.20	
Coffee Frappé - Soya Drink - Medium	221	53	2.4	1.7	6.5	4.6	1.5	0.05		443	978	233	10.5	7.7	28.9	20.5	6.6	0.23	
Coffee Frappé - Coconut Drink - Small - In Store	217	52	2.6	2.4	6.4	4.9	0.8	0.06		335	728	174	8.9	7.9	21.6	16.4	2.5	0.18	
Coffee Frappé - Coconut Drink - Small - Take Away	214	51	2.6	2.3	6.3	4.8	0.8	0.06		350	748	178	9.1	8.0	22.1	16.9	2.8	0.20	
Coffee Frappé - Coconut Drink - Medium	205	49	2.2	1.9	6.7	4.9	0.8	0.05		443	910	217	9.6	8.4	29.8	21.8	3.6	0.23	
Coffee Frappé - Oat Drink - Small - In Store	259	62	3.2	2.2	7.7	4.9	0.5	0.07		335	868	207	10.9	7.4	25.8	16.4	1.7	0.22	
Coffee Frappé - Oat Drink - Small - Take Away	259	62	3.2	2.1	7.7	4.8	0.5	0.07		350	905	216	11.4	7.5	26.8	16.9	1.8	0.24	
Coffee Frappé - Oat Drink - Medium	247	59	2.8	1.7	8.0	4.9	0.6	0.06		443	1095	261	12.3	7.7	35.5	21.8	2.5	0.28	
Chocolate Fudge Frappé Mocha & Light Whip Espresso Coffee																			
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Small - In Store	323	77	3.3	2.9	10.1	8.2	1.5	0.14		364	1174	279	12.2	10.4	36.8	29.7	5.5	0.50	
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Small - Take Away	324	77	3.3	2.9	10.3	8.3	1.4	0.14		354	1147	273	11.8	10.2	36.3	29.2	5.1	0.49	
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Medium	328	78	2.8	2.3	11.4	9.1	1.6	0.15		492	1613	382	13.8	11.6	56.0	44.8	7.9	0.73	
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Small - In Store	302	72	2.8	2.5	10.2	8.2	1.6	0.14		364	1099	260	10.1	9.0	37.0	29.9	5.7	0.50	
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Small - Take Away	305	7																	

Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Small - Take Away	327	77	3.1	2.5	10.8	8.4	1.6	0.14		326	1065	253	10.0	8.3	35.2	27.5	5.2	0.46	
Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Medium	347	82	2.7	2.1	12.6	9.8	1.8	0.15		436	1513	358	11.6	9.2	55.0	42.6	8.0	0.67	
Chocolate Fudge Frappé Mocha & Light Whip - Coconut Drink - Small - In Store	311	74	2.9	2.6	10.7	8.5	1.1	0.14		336	1044	247	9.7	8.7	36.1	28.5	3.8	0.47	
Chocolate Fudge Frappé Mocha & Light Whip - Coconut Drink - Small - Take Away	316	75	2.9	2.6	11.0	8.6	1.1	0.14		326	1030	244	9.6	8.6	35.7	28.2	3.7	0.46	
Chocolate Fudge Frappé Mocha & Light Whip - Coconut Drink - Medium	337	80	2.5	2.2	12.8	10.0	1.4	0.15		436	1470	347	11.1	9.6	55.7	43.5	6.1	0.67	
Chocolate Fudge Frappé Mocha & Light Whip - Oat Drink - Small - In Store	342	81	3.3	2.5	11.7	8.5	0.9	0.15		336	1150	273	11.2	8.3	39.3	28.5	3.1	0.50	
Chocolate Fudge Frappé Mocha & Light Whip - Oat Drink - Small - Take Away	345	82	3.4	2.5	11.9	8.6	0.9	0.15		326	1126	267	10.9	8.3	38.6	28.2	3.1	0.48	
Chocolate Fudge Frappé Mocha & Light Whip - Oat Drink - Medium	364	86	2.9	2.1	13.6	10.0	1.2	0.16		436	1587	376	12.8	9.2	59.2	43.5	5.3	0.71	
Salted Caramel Frappé with Coffee & Light Whip (We're Serving Recipe) Espresso Coffee																			
Salted Caramel Frappé with Coffee & Light Whip - Whole Milk - Small - In Store	269	64	3.4	2.8	7.5	6.0	1.1	0.05		362	973	233	12.1	10.3	27.3	21.8	4.1	0.19	
Salted Caramel Frappé with Coffee & Light Whip - Whole Milk - Small - Take Away	283	68	3.5	2.9	8.2	6.6	1.1	0.05		352	995	238	12.2	10.3	28.8	23.3	3.8	0.17	
Salted Caramel Frappé with Coffee & Light Whip - Whole Milk - Medium	248	59	2.8	2.3	7.6	5.9	1.1	0.05		478	1185	283	13.2	11.0	36.5	28.3	5.1	0.24	
Salted Caramel Frappé with Coffee & Light Whip - Semi-Skimmed Milk - Small - In Store	248	59	2.8	2.5	7.6	6.1	1.2	0.05		362	898	214	10.1	8.9	27.5	22.0	4.3	0.20	
Salted Caramel Frappé with Coffee & Light Whip - Semi-Skimmed Milk - Small - Take Away	264	63	2.9	2.6	8.2	6.7	1.1	0.05		352	928	221	10.3	9.1	29.0	23.5	4.0	0.18	
Salted Caramel Frappé with Coffee & Light Whip - Semi-Skimmed Milk - Medium	231	55	2.3	2.0	7.7	6.0	1.1	0.05		478	1102	282	10.9	9.5	36.7	28.5	5.3	0.24	
Salted Caramel Frappé with Coffee & Light Whip - Skimmed Milk - Small - In Store	233	55	2.4	2.2	7.5	6.0	1.2	0.05		362	842	201	8.6	8.0	27.2	21.7	4.2	0.19	
Salted Caramel Frappé with Coffee & Light Whip - Skimmed Milk - Small - Take Away	249	59	2.6	2.3	8.2	6.6	1.1	0.05		352	878	209	9.0	8.2	28.7	23.2	3.9	0.17	
Salted Caramel Frappé with Coffee & Light Whip - Skimmed Milk - Medium	218	52	2.0	1.8	7.6	5.9	1.1	0.05		478	1040	247	9.4	8.5	36.4	28.2	5.2	0.24	
Salted Caramel Frappé with Coffee & Light Whip - Soya Drink - Small - In Store	243	58	2.8	2.3	7.1	5.5	1.1	0.05		362	881	210	10.2	8.2	25.6	19.9	4.1	0.19	
Salted Caramel Frappé with Coffee & Light Whip - Soya Drink - Small - Take Away	259	62	3.0	2.4	7.7	6.1	1.1	0.05		352	913	218	10.5	8.4	27.3	21.6	3.8	0.17	
Salted Caramel Frappé with Coffee & Light Whip - Soya Drink - Medium	227	54	2.3	1.8	7.2	5.5	1.1	0.05		478	1083	258	11.1	8.7	34.6	26.2	5.1	0.24	
Salted Caramel Frappé with Coffee & Light Whip - Coconut Drink - Small - In Store	233	55	2.7	2.4	7.2	5.7	0.7	0.05		362	842	201	9.8	8.5	26.2	20.7	2.4	0.19	
Salted Caramel Frappé with Coffee & Light Whip - Coconut Drink - Small - Take Away	249	59	2.9	2.5	7.9	6.3	0.7	0.05		352	878	209	10.0	8.7	27.8	22.3	2.3	0.17	
Salted Caramel Frappé with Coffee & Light Whip - Coconut Drink - Medium	218	52	2.2	1.9	7.4	5.7	0.7	0.05		478	1040	247	10.6	9.1	35.3	27.1	3.2	0.24	
Salted Caramel Frappé with Coffee & Light Whip - Oat Drink - Small - In Store	262	63	3.1	2.3	8.1	5.7	0.5	0.06		362	949	226	11.3	8.2	29.4	20.7	1.8	0.22	
Salted Caramel Frappé with Coffee & Light Whip - Oat Drink - Small - Take Away	276	66	3.2	2.4	8.7	6.3	0.5	0.06		352	973	232	11.4	8.4	30.7	22.3	1.7	0.20	
Salted Caramel Frappé with Coffee & Light Whip - Oat Drink - Medium	242	58	2.6	1.8	8.1	5.7	0.5	0.06		478	1158	276	12.3	8.7	38.8	27.1	2.4	0.27	
Salted Caramel Frappé with Coffee & Light Whip (We're Serving Recipe) Instant Coffee																			
Salted Caramel Frappé with Coffee & Light Whip - Whole Milk - Small - In Store	292	70	3.6	3.1	8.3	6.5	1.3	0.05		334	974	233	12.1	10.2	27.8	21.8	4.2	0.16	
Salted Caramel Frappé with Coffee & Light Whip - Whole Milk - Small - Take Away	301	72	3.6	3.1	8.9	7.0	1.2	0.05		334	1004	240	12.1	10.3	29.6	23.3	4.0	0.15	
Salted Caramel Frappé with Coffee & Light Whip - Whole Milk - Medium	281	67	3.1	2.6	8.9	6.7	1.2	0.04		422	1187	284	13.1	10.9	37.4	28.3	5.2	0.18	
Salted Caramel Frappé with Coffee & Light Whip - Semi-Skimmed Milk - Small - In Store	269	64	3.0	2.7	8.4	6.6	1.3	0.05		334	899	214	10.0	8.9	28.0	22.0	4.4	0.17	
Salted Caramel Frappé with Coffee & Light Whip - Semi-Skimmed Milk - Small - Take Away	280	67	3.1	2.7	8.9	7.0	1.3	0.05		334	937	223	10.3	9.0	29.7	23.5	4.2	0.16	
Salted Caramel Frappé with Coffee & Light Whip - Semi-Skimmed Milk - Medium	262	62	2.6	2.2	8.9	6.8	1.3	0.04		422	1104	263	10.8	9.4	37.6	28.5	5.4	0.19	
Salted Caramel Frappé with Coffee & Light Whip - Skimmed Milk - Small - In Store	252	60	2.6	2.4	8.3	6.5	1.3	0.05		334	843	201	8.6	7.9	27.7	21.7	4.3	0.16	
Salted Caramel Frappé with Coffee & Light Whip - Skimmed Milk - Small - Take Away	265	63	2.7	2.5	8.8	6.9	1.2	0.05		334	887	211	9.0	8.2	29.5	23.2	4.1	0.15	
Salted Caramel Frappé with Coffee & Light Whip - Skimmed Milk - Medium	247	59	2.2	2.0	8.8	6.7	1.2	0.04		422	1042	248	9.2	8.4	37.3	28.2	5.3	0.18	
Salted Caramel Frappé with Coffee & Light Whip - Soya Drink - Small - In Store	264	63	3.0	2.4	7.8	6.0	1.3	0.05		334	882	210	10.2	8.1	26.1	19.9	4.2	0.16	
Salted Caramel Frappé with Coffee & Light Whip - Soya Drink - Small - Take Away	276	66	3.1	2.5	8.4	6.5	1.2	0.05		334	922	220	10.4	8.4	28.0	21.6	4.0	0.15	
Salted Caramel Frappé with Coffee & Light Whip - Soya Drink - Medium	257	61	2.6	2.0	8.4	6.2	1.2	0.04		422	1085	259	11.0	8.6	35.5	26.2	5.2	0.18	
Salted Caramel Frappé with Coffee & Light Whip - Coconut Drink - Small - In Store	252	60	2.9	2.6	8.0	6.2	0.7	0.05		334	843	201	9.7	8.5	26.6	20.7	2.5	0.16	
Salted Caramel Frappé with Coffee & Light Whip - Coconut Drink - Small - Take Away	265	63	3.0	2.6	8.5	6.7	0.7	0.05		334	887	211	10.0	8.7	28.5	22.3	2.5	0.15	
Salted Caramel Frappé with Coffee & Light Whip - Coconut Drink - Medium	247	59	2.5	2.1	8.6	6.4	0.8	0.04		422	1042	248	10.5	9.0	36.2	27.0	3.3	0.18	
Salted Caramel Frappé with Coffee & Light Whip - Oat Drink - Small - In Store	284	68	3.4	2.4	8.9	6.2	0.5	0.06		334	949	227	11.2	8.1	29.9	20.7	1.8	0.19	
Salted Caramel Frappé with Coffee & Light Whip - Oat Drink - Small - Take Away	294	70	3.4	2.5	9.4	6.7	0.6	0.05		334	982	234	11.4	8.4	31.4	22.3	1.9	0.18	
Salted Caramel Frappé with Coffee & Light Whip - Oat Drink - Medium	275	65	2.9	2.0	9.4	6.4	0.6	0.05		422	1159	276	12.2	8.6	39.7	27.0	2.5	0.21	
NON-COFFEE Frappés																			
Strawberry Drizzle Frappé																			
Strawberry Drizzle Frappé - Whole Milk - Small - In Store	309	74	3.4	2.9	9.8	8.0	1.2	0.06		362	1118	267	12.3	10.5	35.4	29.0	4.2	0.21	
Strawberry Drizzle Frappé - Whole Milk - Small - Take Away	308	73	3.4	2.9	9.6	7.9	1.3	0.06		377	1159	276	12.9	10.9	36.1	29.7	4.7	0.22	
Strawberry Drizzle Frappé - Whole Milk - Medium	296	71	3.0	2.5	10.0	8.1	1.2	0.06		478	1417	337	14.2	11.8	47.6	38.8	5.6	0.27	
Strawberry Drizzle Frappé - Semi-Skimmed Milk - Small - In Store	282	67	2.6	2.4	9.8	8.1	1.2	0.06		362	1020	242	9.6	8.7	35.6	29.2	4.5	0.22	
Strawberry Drizzle Frappé - Semi-Skimmed Milk - Small - Take Away	278	66	2.6	2.4	9.6	7.9	1.3	0.06		377	1049	248	9.8	8.9	36.3	29.9	5.0	0.23	
Strawberry Drizzle Frappé - Semi-Skimmed Milk - Medium	269	64	2.2	2.0	10.0	8.2	1.2	0.06		478	1287	304	10.6	9.4	47.9	39.1	5.9	0.28	
Strawberry Drizzle Frappé - Skimmed Milk - Small - In Store	261	62	2.1	2.1	9.7	8.0	1.2	0.06		362	946	224	7.7	7.5	35.3	28.9	4.3	0.21	
Strawberry Drizzle Frappé - Skimmed Milk - Small - Take Away	256	61	2.0	2.0	9.5	7.8	1.3	0.06		377	966	229	7.7	7.5	35.9	29.5	4.9	0.22	
Strawberry Drizzle Frappé - Skimmed Milk - Medium	249	59	1.7	1.6	9.9	8.1	1.2	0.06		478	1189	281	8.1	7.8	47.4	38.6	5.8	0.27	
Strawberry Drizzle Frappé - Soya Drink - Small - In Store	275	65	2.7	2.1	9.2	7.3	1.2	0.06		362	997	237	9.8	7.7	33.1	26.5	4.2	0.21	
Strawberry Drizzle Frappé - Soya Drink - Small - Take Away	272	64	2.7	2.1	8.9	7.1	1.3	0.06		377	1024	243	10.1	7.8	33.5	26.9	4.7	0.22	
Strawberry Drizzle Frappé - Soya Drink - Medium	263	62	2.3	1.7	9.3	7.4	1.2	0.06		478	1257	298	10.9	8.2	44.6	35.5	5.6	0.27	
Strawberry Drizzle Frappé - Coconut Drink - Small - In Store	261	62	2.5	2.3	9.4	7.6	0.5	0.06		362	946	224	9.2	8.2	33.9	27.5	2.0	0.21	
Strawberry Drizzle Frappé - Coconut Drink - Small - Take Away	256	61	2.5	2.2	9.1	7.4	0.6	0.06		377	966	229	9.4	8.4	34.4	28.0	2.2	0.22	
Strawberry Drizzle Frappé - Coconut Drink - Medium	249	59	2.1	1.8	9.5	7.7	0.5	0.06		478	1189	281	10.1	8.8	45.6	36.8	2.6	0.27	
Strawberry Drizzle Frappé - Oat Drink - Small - In Store	300	71	3.1	2.1	10.5	7.6	0.3	0.07		362	1086	258	11.2	7.7	38.1	27.5	1.1	0.25	
Strawberry Drizzle Frappé - Oat Drink - Small - Take Away	298	71	3.1	2.1	10.4	7.4	0.3	0.07		377	1123	267	11.6	7.8	39.1	28.0	1.2	0.27	
Strawberry Drizzle Frappé - Oat Drink - Medium	287	68	2.7	1.7	10.7	7.7	0.3	0.07		478	1374	326	12.7	8.2	51.2	36.8	1.5	0.31	
Chocolate Fudge Frappé & Light Whip																			
Chocolate Fudge Frappé & Light Whip - Whole Milk - Small - In Store	338	81	3.6	3.1	10.2	8.5	1.7	0.14		364	1232	293	13.3	11.1	37.2	31.0	6.1	0.50	
Chocolate Fudge Frappé & Light Whip - Whole Milk - Small - Take Away	336	80	3.7	3.0	10.0	8													

Salted Caramel Frappé & Light Whip - Soya Drink - Medium	239	57	2.5	1.8	7.2	5.8	1.3	0.05		478	1141	272	12.2	8.8	34.4	27.7	6.3	0.24	
Salted Caramel Frappé & Light Whip - Coconut Drink - Small - In Store	237	57	2.8	2.4	7.2	6.0	0.7	0.05		362	859	205	10.1	8.7	26.2	21.6	2.5	0.19	
Salted Caramel Frappé & Light Whip - Coconut Drink - Small - Take Away	233	56	2.7	2.3	7.1	5.9	0.7	0.05		377	879	209	10.3	8.8	26.7	22.1	2.7	0.20	
Salted Caramel Frappé & Light Whip - Coconut Drink - Medium	224	53	2.4	2.0	7.4	6.1	0.7	0.05		478	1073	255	11.3	9.5	35.4	29.0	3.3	0.24	
Salted Caramel Frappé & Light Whip - Oat Drink - Small - In Store	276	66	3.4	2.3	8.4	6.0	0.4	0.06		362	999	238	12.1	8.2	30.5	21.6	1.6	0.23	
Salted Caramel Frappé & Light Whip - Oat Drink - Small - Take Away	275	66	3.3	2.2	8.4	5.9	0.5	0.06		377	1036	247	12.6	8.3	31.5	22.1	1.7	0.25	
Salted Caramel Frappé & Light Whip - Oat Drink - Medium	263	63	2.9	1.8	8.6	6.1	0.4	0.06		478	1258	300	14.0	8.8	41.0	29.0	2.1	0.29	
Tropical Mango Bubble Frappé & Light Whip																			
Tropical Mango Bubble Frappé & Light Whip - Whole Milk - Small - In Store	311	74	3.1	2.6	10.3	8.3	1.1	0.06		384	1196	286	12.0	9.8	39.4	31.8	4.3	0.24	
Tropical Mango Bubble Frappé & Light Whip - Whole Milk - Small - Take Away	310	74	3.2	2.5	10.0	8.1	1.2	0.06		399	1237	296	12.6	10.2	40.1	32.5	4.8	0.25	
Tropical Mango Bubble Frappé & Light Whip - Whole Milk - Medium	298	71	2.7	2.1	10.4	8.4	1.1	0.06		512	1523	364	13.8	11.0	53.5	42.8	5.7	0.30	
Tropical Mango Bubble Frappé & Light Whip - Semi-Skimmed Milk - Small - In Store	286	68	2.4	2.1	10.3	8.4	1.2	0.06		384	1097	261	9.2	8.0	39.7	32.1	4.5	0.24	
Tropical Mango Bubble Frappé & Light Whip - Semi-Skimmed Milk - Small - Take Away	282	67	2.4	2.0	10.1	8.2	1.3	0.07		399	1126	268	9.5	8.2	40.4	32.8	5.1	0.26	
Tropical Mango Bubble Frappé & Light Whip - Semi-Skimmed Milk - Medium	272	65	2.0	1.7	10.5	8.4	1.2	0.06		512	1393	331	10.1	8.6	53.8	43.1	6.0	0.32	
Tropical Mango Bubble Frappé & Light Whip - Skimmed Milk - Small - In Store	266	63	1.9	1.8	10.2	8.3	1.2	0.06		384	1023	243	7.4	6.8	39.3	31.7	4.4	0.24	
Tropical Mango Bubble Frappé & Light Whip - Skimmed Milk - Small - Take Away	262	62	1.9	1.7	10.0	8.1	1.2	0.06		399	1044	248	7.4	6.8	39.9	32.4	4.9	0.25	
Tropical Mango Bubble Frappé & Light Whip - Skimmed Milk - Medium	253	60	1.5	1.4	10.4	8.3	1.1	0.06		512	1296	308	7.7	7.0	53.3	42.6	5.8	0.30	
Tropical Mango Bubble Frappé & Light Whip - Soya Drink - Small - In Store	280	67	2.5	1.8	9.7	7.6	1.1	0.06		384	1074	256	9.5	7.0	37.2	29.3	4.3	0.24	
Tropical Mango Bubble Frappé & Light Whip - Soya Drink - Small - Take Away	276	66	2.4	1.8	9.4	7.4	1.2	0.06		399	1101	262	9.8	7.1	37.6	29.7	4.8	0.25	
Tropical Mango Bubble Frappé & Light Whip - Soya Drink - Medium	266	63	2.0	1.4	9.9	7.7	1.1	0.06		512	1363	324	10.5	7.3	50.5	39.5	5.7	0.30	
Tropical Mango Bubble Frappé & Light Whip - Coconut Drink - Small - In Store	266	63	2.3	2.0	9.9	7.9	0.5	0.06		384	1023	243	8.9	7.5	37.9	30.3	2.0	0.24	
Tropical Mango Bubble Frappé & Light Whip - Coconut Drink - Small - Take Away	262	62	2.3	1.9	9.6	7.7	0.6	0.06		399	1044	248	9.1	7.6	38.4	30.8	2.3	0.25	
Tropical Mango Bubble Frappé & Light Whip - Coconut Drink - Medium	253	60	1.9	1.6	10.1	8.0	0.5	0.06		512	1296	308	9.6	8.0	51.5	40.8	2.7	0.30	
Tropical Mango Bubble Frappé & Light Whip - Oat Drink - Small - In Store	303	72	2.8	1.8	11.0	7.9	0.3	0.07		384	1163	277	10.9	7.0	42.2	30.3	1.2	0.27	
Tropical Mango Bubble Frappé & Light Whip - Oat Drink - Small - Take Away	301	72	2.8	1.8	10.8	7.7	0.3	0.07		399	1200	286	11.3	7.1	43.2	30.8	1.3	0.29	
Tropical Mango Bubble Frappé & Light Whip - Oat Drink - Medium	289	69	2.4	1.4	11.2	8.0	0.3	0.07		512	1480	352	12.3	7.3	57.1	40.8	1.6	0.35	
Cinnamon Bun Latte																			
Cinnamon Bun Latte - Semi-Skimmed Milk - Small - In Store	169	40	1.4	0.9	4.8	3.7	2.9	0.11		192	324	77	2.6	1.6	9.2	7.1	5.6	0.21	
Cinnamon Bun Latte - Semi-Skimmed Milk - Small - Take Away	164	39	1.3	0.8	4.6	3.5	2.9	0.11		272	446	105	3.5	2.2	12.5	9.5	7.8	0.29	
Cinnamon Bun Latte - Semi-Skimmed Milk - Medium	168	40	1.3	0.8	4.7	3.6	2.9	0.11		326	546	129	4.4	2.7	15.2	11.8	9.5	0.35	
Cinnamon Bun Latte - Semi-Skimmed Milk - Large - Take Away	169	40	1.4	0.9	4.7	3.7	3.0	0.11		450	760	179	6.1	3.8	21.0	16.5	13.3	0.49	
Cinnamon Bun Latte - Skimmed Milk - Small - In Store	123	29	0.2	0.1	4.6	3.5	2.9	0.10		192	236	56	0.4	0.2	8.7	6.6	5.5	0.20	
Cinnamon Bun Latte - Skimmed Milk - Small - Take Away	121	28	0.2	0.1	4.4	3.3	2.8	0.10		272	328	77	0.5	0.3	11.9	8.9	7.6	0.28	
Cinnamon Bun Latte - Skimmed Milk - Medium	122	29	0.2	0.1	4.4	3.4	2.8	0.10		326	399	94	0.6	0.3	14.5	11.1	9.3	0.34	
Cinnamon Bun Latte - Skimmed Milk - Large - Take Away	123	29	0.2	0.1	4.4	3.4	2.9	0.10		450	553	130	0.9	0.4	19.9	15.5	12.9	0.46	
Cinnamon Bun Latte - Whole Milk - Small - In Store	231	56	3.1	2.0	4.6	3.5	2.8	0.10		192	443	107	5.9	3.8	8.9	6.8	5.3	0.20	
Cinnamon Bun Latte - Whole Milk - Small - Take Away	222	53	2.9	1.9	4.4	3.3	2.7	0.10		272	604	145	7.9	5.1	12.1	9.1	7.4	0.28	
Cinnamon Bun Latte - Whole Milk - Medium	228	55	3.0	1.9	4.5	3.5	2.8	0.10		326	744	179	9.9	6.3	14.7	11.3	9.0	0.34	
Cinnamon Bun Latte - Whole Milk - Large - Take Away	230	55	3.1	2.0	4.5	3.5	2.8	0.10		450	1036	249	13.8	8.8	20.3	15.8	12.6	0.46	
Cinnamon Bun Latte - Soya Drink - Small - In Store	155	37	1.5	0.3	3.2	2.0	2.8	0.10		192	297	71	2.9	0.5	6.2	3.8	5.3	0.20	
Cinnamon Bun Latte - Soya Drink - Small - Take Away	151	36	1.4	0.2	3.1	1.9	2.7	0.10		272	410	97	3.9	0.7	8.5	5.1	7.4	0.28	
Cinnamon Bun Latte - Soya Drink - Medium	154	36	1.5	0.2	3.1	1.9	2.8	0.10		326	501	119	4.9	0.8	10.2	6.3	9.0	0.34	
Cinnamon Bun Latte - Soya Drink - Large - Take Away	155	37	1.5	0.3	3.1	2.0	2.8	0.10		450	697	165	6.8	1.1	14.0	8.8	12.6	0.46	
Cinnamon Bun Latte - Coconut Drink - Small - In Store	123	29	1.1	0.6	3.7	2.6	1.4	0.10		192	236	56	2.2	1.1	7.1	5.0	2.6	0.20	
Cinnamon Bun Latte - Coconut Drink - Small - Take Away	121	28	1.1	0.5	3.6	2.4	1.4	0.10		272	328	77	2.9	1.5	9.7	6.7	3.8	0.28	
Cinnamon Bun Latte - Coconut Drink - Medium	122	29	1.1	0.6	3.6	2.5	1.4	0.10		326	399	94	3.6	1.8	11.7	8.3	4.5	0.34	
Cinnamon Bun Latte - Coconut Drink - Large - Take Away	123	29	1.1	0.6	3.6	2.6	1.4	0.10		450	553	130	5.1	2.5	16.1	11.6	6.3	0.46	
Cinnamon Bun Latte - Oat Drink - Small - In Store	210	50	2.4	0.3	6.4	2.6	0.8	0.13		192	404	96	4.6	0.5	12.2	5.0	1.6	0.24	
Cinnamon Bun Latte - Oat Drink - Small - Take Away	203	48	2.3	0.2	6.1	2.4	0.9	0.12		272	552	131	6.1	0.7	16.5	6.7	2.4	0.34	
Cinnamon Bun Latte - Oat Drink - Medium	208	50	2.3	0.2	6.2	2.5	0.9	0.13		326	679	161	7.6	0.8	20.2	8.3	2.8	0.41	
Cinnamon Bun Latte - Oat Drink - Large - Take Away	210	50	2.4	0.3	6.2	2.6	0.9	0.13		450	945	225	10.7	1.1	28.0	11.6	3.8	0.57	
Cinnamon Bun Iced Latte																			
Iced Cinnamon Bun Latte - Semi-Skimmed Milk - Small - In Store	132	31	1.0	0.6	3.8	2.7	2.3	0.09		287	378	89	2.9	1.8	10.8	7.8	6.6	0.26	
Iced Cinnamon Bun Latte - Semi-Skimmed Milk - Small - Take Away	133	31	1.0	0.6	3.8	2.8	2.3	0.09		292	388	92	3.0	1.9	11.1	8.1	6.7	0.26	
Iced Cinnamon Bun Latte - Semi-Skimmed Milk - Medium	128	30	1.0	0.6	3.6	2.7	2.2	0.08		381	488	115	3.9	2.4	13.8	10.4	8.5	0.32	
Iced Cinnamon Bun Latte - Semi-Skimmed Milk - Large - Take Away	131	31	1.0	0.6	3.7	2.8	2.3	0.09		475	623	147	4.9	3.1	17.7	13.2	10.8	0.41	
Iced Cinnamon Bun Latte - Skimmed Milk - Small - In Store	98	23	0.2	0.1	3.6	2.6	2.2	0.09		287	281	66	0.5	0.2	10.3	7.3	6.4	0.24	
Iced Cinnamon Bun Latte - Skimmed Milk - Small - Take Away	98	23	0.2	0.1	3.6	2.6	2.2	0.09		292	287	68	0.5	0.2	10.6	7.5	6.6	0.25	
Iced Cinnamon Bun Latte - Skimmed Milk - Medium	94	22	0.1	0.1	3.5	2.6	2.2	0.08		381	358	84	0.6	0.3	13.2	9.7	8.3	0.31	
Iced Cinnamon Bun Latte - Skimmed Milk - Large - Take Away	96	23	0.2	0.1	3.5	2.6	2.2	0.08		475	458	108	0.7	0.					

Maple Hazel Latte - made with Semi-Skimmed Milk - Small - Take Away	342	81	3.7	3.1	9.1	5.8	2.9	0.16		296	1012	240	10.9	9.0	27.0	17.2	8.7	0.48	
Maple Hazel Latte - made with Semi-Skimmed Milk - Medium	333	79	3.3	2.7	9.2	5.9	3.1	0.17		376	1252	296	12.5	10.0	34.5	22.3	11.8	0.63	
Maple Hazel Latte - made with Skimmed Milk - Small - In Store	369	88	3.6	3.2	10.6	6.6	3.0	0.18		226	832	197	8.2	7.3	23.8	14.9	6.8	0.40	
Maple Hazel Latte - made with Skimmed Milk - Small - Take Away	308	73	2.8	2.5	9.0	5.6	2.9	0.16		296	911	216	8.3	7.4	26.5	16.7	8.5	0.47	
Maple Hazel Latte - made with Skimmed Milk - Medium	296	70	2.4	2.0	9.0	5.7	3.1	0.16		376	1110	263	8.9	7.6	33.8	21.5	11.6	0.61	
Maple Hazel Latte - made with Whole Milk - Small - In Store	449	107	5.8	4.6	10.6	6.7	3.0	0.18		226	1012	242	13.0	10.4	24.0	15.0	6.7	0.40	
Maple Hazel Latte - made with Whole Milk - Small - Take Away	388	93	5.0	3.9	9.0	5.7	2.8	0.16		296	1146	274	14.6	11.5	26.7	16.8	8.4	0.47	
Maple Hazel Latte - made with Whole Milk - Medium	384	92	4.7	3.6	9.1	5.8	3.0	0.16		376	1441	344	17.8	13.4	34.0	21.8	11.3	0.61	
Maple Hazel Latte - made with Soya Drink - Small - In Store	393	93	4.6	3.4	9.6	5.5	3.0	0.18		226	886	210	10.4	7.6	21.6	12.4	6.7	0.40	
Maple Hazel Latte - made with Soya Drink - Small - Take Away	332	79	3.8	2.6	8.0	4.5	2.8	0.16		296	981	233	11.2	7.7	23.6	13.4	8.4	0.47	
Maple Hazel Latte - made with Soya Drink - Medium	322	76	3.5	2.2	7.9	4.5	3.0	0.16		376	1208	287	13.0	8.1	29.7	17.0	11.3	0.61	
Maple Hazel Latte - made with Coconut Drink - Small - In Store	369	88	4.3	3.6	9.9	6.0	1.9	0.18		226	832	197	9.8	8.1	22.4	13.4	4.3	0.40	
Maple Hazel Latte - made with Coconut Drink - Small - Take Away	308	73	3.5	2.8	8.3	5.0	1.8	0.16		296	911	216	10.4	8.4	24.7	14.8	5.3	0.47	
Maple Hazel Latte - made with Coconut Drink - Medium	296	70	3.1	2.4	8.3	5.0	1.9	0.16		376	1110	263	11.8	9.1	31.2	18.9	7.0	0.61	
Maple Hazel Latte - made with Oat Drink - Small - In Store	434	103	5.3	3.4	11.9	6.0	1.5	0.20		226	978	233	11.8	7.6	26.8	13.4	3.4	0.44	
Maple Hazel Latte - made with Oat Drink - Small - Take Away	373	89	4.4	2.6	10.3	5.0	1.4	0.18		296	1102	262	13.1	7.7	30.4	14.8	4.1	0.52	
Maple Hazel Latte - made with Oat Drink - Medium	367	87	4.2	2.2	10.5	5.0	1.4	0.18		376	1379	327	15.6	8.1	39.3	18.9	5.3	0.68	
Maple Hazel Iced Latte																			
Maple Hazel Iced Latte - Semi-Skimmed Milk - Small - In Store	290	69	3.2	2.7	7.7	4.8	2.2	0.13		311	899	213	10.1	8.5	24.0	15.0	6.7	0.41	
Maple Hazel Iced Latte - Semi-Skimmed Milk - Small - Take Away	261	62	2.8	2.4	7.0	4.3	2.1	0.12		366	953	226	10.4	8.7	25.6	15.8	7.7	0.45	
Maple Hazel Iced Latte - Semi-Skimmed Milk - Medium	257	61	2.6	2.1	7.2	4.4	2.1	0.13		431	1105	262	11.2	9.1	31.0	18.7	9.2	0.54	
Maple Hazel Iced Latte - Skimmed Milk - Small - In Store	266	63	2.6	2.4	7.6	4.7	2.1	0.13		311	826	196	8.2	7.3	23.6	14.7	6.6	0.40	
Maple Hazel Iced Latte - Skimmed Milk - Small - Take Away	238	56	2.3	2.0	6.9	4.2	2.1	0.12		366	870	206	8.3	7.4	25.2	15.3	7.5	0.44	
Maple Hazel Iced Latte - Skimmed Milk - Medium	234	55	2.0	1.8	7.1	4.2	2.1	0.12		431	1008	239	8.7	7.5	30.5	18.2	9.0	0.53	
Maple Hazel Iced Latte - Whole Milk - Small - In Store	321	77	4.1	3.3	7.6	4.8	2.1	0.13		311	998	238	12.8	10.3	23.7	14.8	6.5	0.40	
Maple Hazel Iced Latte - Whole Milk - Small - Take Away	291	69	3.7	2.9	6.9	4.2	2.0	0.12		366	1064	254	13.5	10.7	25.3	15.5	7.4	0.44	
Maple Hazel Iced Latte - Whole Milk - Medium	287	68	3.4	2.7	7.1	4.3	2.1	0.12		431	1236	295	14.8	11.5	30.7	18.4	8.8	0.53	
Maple Hazel Iced Latte - Soya Drink - Small - In Store	282	67	3.3	2.4	6.9	4.0	2.1	0.13		311	877	208	10.3	7.6	21.5	12.3	6.5	0.40	
Maple Hazel Iced Latte - Soya Drink - Small - Take Away	254	60	2.9	2.1	6.2	3.5	2.0	0.12		366	928	220	10.7	7.6	22.8	12.7	7.4	0.44	
Maple Hazel Iced Latte - Soya Drink - Medium	250	59	2.7	1.8	6.4	3.5	2.1	0.12		431	1076	255	11.5	7.9	27.7	15.1	8.8	0.53	
Maple Hazel Iced Latte - Coconut Drink - Small - In Store	266	63	3.1	2.6	7.2	4.3	1.4	0.13		311	826	196	9.7	8.1	22.2	13.3	4.2	0.40	
Maple Hazel Iced Latte - Coconut Drink - Small - Take Away	238	56	2.7	2.2	6.5	3.8	1.3	0.12		366	870	206	10.0	8.2	23.7	13.8	4.9	0.44	
Maple Hazel Iced Latte - Coconut Drink - Medium	234	55	2.5	2.0	6.7	3.8	1.4	0.12		431	1008	239	10.7	8.5	28.7	16.4	5.9	0.53	
Maple Hazel Iced Latte - Oat Drink - Small - In Store	311	74	3.8	2.4	8.5	4.3	1.1	0.14		311	966	230	11.7	7.6	26.5	13.3	3.4	0.43	
Maple Hazel Iced Latte - Oat Drink - Small - Take Away	281	67	3.3	2.1	7.8	3.8	1.1	0.13		366	1027	244	12.2	7.6	28.4	13.8	3.9	0.48	
Maple Hazel Iced Latte - Oat Drink - Medium	277	66	3.1	1.8	8.0	3.8	1.1	0.14		431	1193	283	13.3	7.9	34.3	16.4	4.7	0.58	
Maple Hazel Hot Chocolate																			
Maple Hazel Hot Chocolate - Semi-Skimmed Milk - Small - In Store	558	132	5.7	4.8	16.3	11.3	3.8	0.22		181	1009	239	10.3	8.7	29.6	20.4	6.9	0.40	
Maple Hazel Hot Chocolate - Semi-Skimmed Milk - Small - Take Away	499	118	4.8	3.9	14.9	10.9	3.9	0.20		241	1201	285	11.5	9.4	35.8	26.2	9.4	0.49	
Maple Hazel Hot Chocolate - Semi-Skimmed Milk - Medium - In Store	516	122	4.5	3.5	16.2	11.8	4.2	0.22		286	1476	349	12.8	10.1	46.3	33.7	11.9	0.62	
Maple Hazel Hot Chocolate - Semi-Skimmed Milk - Medium - Take Away	500	118	4.2	3.3	15.8	11.7	4.2	0.21		316	1581	374	13.4	10.5	49.8	36.9	13.2	0.66	
Maple Hazel Hot Chocolate - Skimmed Milk - Small - In Store	523	124	4.8	4.2	16.2	11.1	3.7	0.22		181	947	225	8.7	7.6	29.2	20.1	6.8	0.40	
Maple Hazel Hot Chocolate - Skimmed Milk - Small - Take Away	459	109	3.8	3.3	14.7	10.7	3.8	0.20		241	1107	262	9.1	7.9	35.3	25.7	9.3	0.48	
Maple Hazel Hot Chocolate - Skimmed Milk - Medium - In Store	477	113	3.5	2.9	16.0	11.6	4.1	0.21		286	1365	323	10.0	8.3	45.8	33.1	11.7	0.61	
Maple Hazel Hot Chocolate - Skimmed Milk - Medium - Take Away	460	109	3.2	2.7	15.6	11.5	4.1	0.21		316	1454	344	10.2	8.4	49.2	36.3	13.0	0.65	
Maple Hazel Hot Chocolate - Whole Milk - Small - In Store	603	144	7.0	5.6	16.2	11.2	3.7	0.22		181	1092	260	12.6	10.2	29.3	20.2	6.7	0.40	
Maple Hazel Hot Chocolate - Whole Milk - Small - Take Away	551	131	6.2	4.9	14.7	10.7	3.8	0.20		241	1328	317	15.0	11.7	35.5	25.9	9.1	0.48	
Maple Hazel Hot Chocolate - Whole Milk - Medium - In Store	568	135	5.9	4.5	16.1	11.6	4.0	0.21		286	1624	387	16.9	12.8	46.0	33.3	11.5	0.61	
Maple Hazel Hot Chocolate - Whole Milk - Medium - Take Away	554	132	5.7	4.3	15.6	11.5	4.1	0.21		316	1750	417	18.1	13.6	49.4	36.5	12.8	0.65	
Maple Hazel Hot Chocolate - Soya Drink - Small - In Store	547	130	5.8	4.3	15.2	10.0	3.7	0.22		181	990	235	10.5	7.9	27.5	18.1	6.7	0.40	
Maple Hazel Hot Chocolate - Soya Drink - Small - Take Away	487	115	4.9	3.4	13.5	9.4	3.8	0.20		241	1173	278	11.8	8.2	32.6	22.7	9.1	0.48	
Maple Hazel Hot Chocolate - Soya Drink - Medium - In Store	504	119	4.6	3.0	14.9	10.3	4.0	0.21		286	1442	342	13.2	8.7	42.6	29.6	11.5	0.61	
Maple Hazel Hot Chocolate - Soya Drink - Medium - Take Away	488	116	4.4	2.8	14.4	10.2	4.1	0.21		316	1542	365	13.9	8.9	45.6	32.2	12.8	0.65	
Maple Hazel Hot Chocolate - Coconut Drink - Small - In Store	523	124	5.5	4.6	15.5	10.5	2.6	0.22		181	947	225	10.0	8.3	28.1	19.0	4.8	0.40	
Maple Hazel Hot Chocolate - Coconut Drink - Small - Take Away	459	109	4.6	3.7	13.9	9.9	2.6	0.20		241	1107	262	11.0	8.8	33.6	24.0	6.2	0.48	
Maple Hazel Hot Chocolate - Coconut Drink - Medium - In Store	477	113	4.3	3.3	15.3	10.9	2.9	0.21		286	1365	323	12.2	9.4	43.7	31.1	8.2	0.61	
Maple Hazel Hot Chocolate - Coconut Drink - Medium - Take Away	460	109	4.0	3.1	14.8	10.7	2.8	0.21		316	1454	344	12.8	9.7	46.8	33.9	8.9	0.65	
Maple Hazel Hot Chocolate - Oat Drink - Small - In Store	588	140	6.4	4.3	17.5	10.5	2.2	0.24		181	1065	253	11.7	7.9	31.7	19.0	4.0	0.43	
Maple Hazel Hot Chocolate - Oat Drink - Small - Take Away	534	127	5.6	3.4	16.2	9.9	2.1	0.22		241	1286	305	13.6	8.2	39.0	24.0	5.1	0.52	
Maple Hazel Hot Chocolate - Oat Drink - Medium - In Store	551	131	5.3	3.0	17.5	10.9	2.4	0.23		286	1575	374	15.2	8.7	50.1	31.1	6.8	0.66	
Maple Hazel Hot Chocolate - Oat Drink - Medium - Take Away	536	127	5.1	2.8	17.1	10.7	2.4	0.23		316	1694	402	16.2	8.9	54.1	33.9	7.4	0.71	
Maple Hazel Frappe																			
Maple Hazel Frappé - Whole Milk - Small - In Store	325	78	3.6	2.9	9.4	6.3	1.7	0.10		363	1179	281	13.2	10.6	34.0	22.9	6.2	0.38	
Maple Hazel Frappé - Whole Milk - Small - Take Away	323	77	3.6	2.9	9.2	6.2	1.8	0.10		378	1220	291	13.8	11.0	34.6	23.6	6.7	0.39	
Maple Hazel Frappé - Whole Milk - Medium	312	74	3.2	2.5	9.5	6.4	1.7	0.10		479	1495	356	15.3	12.0	45.6	30.6	8.2	0.49	
Maple Hazel Frappé - Semi-Skimmed Milk - Small - In Store	298	71	2.9	2.4	9.4	6.4	1.8	0.11		363	1080	256	10.4	8.9	34.2	23.2	6.4	0.39	
Maple Hazel Frappé - Semi-Skimmed Milk - Small - Take Away	294	70	2.8	2.4	9.3	6.3	1.8	0.11		378	1110	263	10.7	9.0	34.9	23.9	7.0	0.40	
Maple Hazel Frappé - Semi-Skimmed Milk - Medium	285	67	2.4	2.0	9.6	6.5	1.8	0.10		479	1364	323	11.7	9.6	45.9	30.9	8.5	0.50	
Maple Hazel Frappé - Skimmed Milk - Small - In Store	278	66	2.4	2.1	9.3	6.3	1.7	0.10		363	1007	239	8.5	7.6	33.8	22.8	6.3	0.38	
Maple Hazel Frappé - Skimmed Milk - Small - Take Away	272	64	2.3	2.0	9.1	6.2	1.8	0.10		378	1027	243	8.6	7.7	34.5	23.4	6.8	0.39	
Maple Hazel Frappé - Skimmed Milk - Medium	265	63	1.9	1.7	9.5	6.4													

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	Nutrition Per 100g/ml										Nutrition Per Portion								
Product Description	Energy - kJ per 100ml	Energy - kCal per 100ml	Fat per 100ml	Sats per 100ml	Carb per 100ml	Sugar per 100ml	Protein per 100ml	Salt per 100ml	Vitamin C (mg) per 100g	Portion Weight (ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion	Vitamin C (mg) per portion
Core Ingredients																			
Hot Chocolate Powder	1627	384	5.6	3.4	70.0	61.0	12.0	0.49											
Coffee																			
MOCHA ITALIA BEANS ESPRESSO SHOT	81	19	0.2	0.1	3.1	0.1	1.3	0.10		30	24	6	0.1	0.0	0.9	0.0	0.4	0.03	
DECAFFEINATED BEANS ESPRESSO SHOT	40	10	0.1	0.1	1.8	0.1	0.4	0.10		30	12	3	0.0	0.0	0.5	0.0	0.1	0.03	
COSTA DECAF SACHETS ESPRESSO SHOT	40	10	0.1	0.1	1.8	0.1	0.4	0.10		30	12	3	0.0	0.0	0.5	0.0	0.1	0.03	
DECAF PODS ESPRESSO SHOT	40	10	0.1	0.1	1.8	0.1	0.4	0.10		30	12	3	0.0	0.0	0.5	0.0	0.1	0.03	
INSTANT COFFEE	1258	301	0.1	0.1	69.0	0.5	22.0	0.05		2	25	6	0.0	0.0	1.4	0.0	0.4	0.00	
Drinks Extras																			
Vanilla syrup	1264	313	0.0	0.0	76.0	75.0	0.0	0.00		4	51	13	0.0	0.0	3.0	3.0	0.0	0.00	
Vanilla syrup (Sugar Free)	56	13	0.0	0.0	10.0	0.4	0.0	0.20		4	2	1	0.0	0.0	0.4	0.0	0.0	0.01	
Costa CC000383 Roasted Hazelnut Flavour Syrup (PTS CC000457)	1190	285	0.0	0.0	69.0	69.0	0.0	0.00		4	48	11	0.0	0.0	2.8	2.8	0.0	0.00	
Caramel Syrup FDL	1166	279	0.0	0.0	69.0	68.0	0.0	0.00		4	47	11	0.0	0.0	2.8	2.7	0.0	0.00	
10% Reduced Sugar Caramel Syrup (PTS 40809)	1176	277	0.0	0.0	69.2	69.2	0.0	0.00		4	47	11	0.0	0.0	2.8	2.8	0.0	0.00	
Caramel Syrup (Sugar Free) BO	80	19	0.0	0.0	10.0	0.4	0.0	0.20		4	3	1	0.0	0.0	0.4	0.0	0.0	0.01	
Cinnamon Bun Syrup	62	15	0.0	0.0	10.1	0.0	0.0	0.16		4	2	1	0.0	0.0	0.4	0.0	0.0	0.01	
Light Whip	894	216	19.0	18.0	10.0	10.0	0.0	0.12		35	313	76	6.7	6.3	3.5	3.5	0.0	0.04	
Whipping Cream	1557	378	40.0	25.0	2.6	2.6	1.9	0.10		40	623	151	16.0	10.0	1.0	1.0	0.8	0.04	
Semi Skimmed Milk	195	46	1.7	1.1	4.7	4.7	3.5	0.11		100	195	46	1.7	1.1	4.7	4.7	3.5	0.11	
Skimmed Milk	136	32	0.2	0.1	4.4	4.4	3.4	0.10		100	136	32	0.2	0.1	4.4	4.4	3.4	0.10	
Whole Milk	274	66	3.9	2.5	4.5	4.5	3.3	0.10		100	274	66	3.9	2.5	4.5	4.5	3.3	0.10	
Alpro Plant Alternative - Soya	177	42	1.9	0.3	2.7	2.5	3.3	0.10		200	354	84	3.8	0.6	5.4	5.0	6.6	0.20	
Alpro Plant Alternative - Coconut	136	32	1.4	0.7	3.3	3.3	1.5	0.10		200	272	64	2.8	1.4	6.6	6.6	3.0	0.20	
Alpro Plant Alternative - Oat	248	59	3.0	0.3	6.7	3.3	0.8	0.13		200	496	118	6.0	0.6	13.4	6.6	1.6	0.26	
Other Ingredients																			
Chai Syrup	1380	325	0.0	0.0	81.2	74.2	0.0	0.12		4	55	13	0.0	0.0	3.2	3.0	0.0	0.00	
Salted Caramel sauce	574	136	4.4	2.8	22.5	19.5	1.7	0.03		10	57	14	0.4	0.3	2.3	2.0	0.2	0.00	
Strawberry Sauce	865	201	1.3	1.2	48.0	39.0	0.4	0.07		10	87	20	0.1	0.1	4.8	3.9	0.0	0.01	
Golden Twinkle Sprinkle	1615	380	0.0	0.0	95.0	3.0	0.0	0.10		1	16	4	0.0	0.0	1.0	0.0	0.0	0.00	
WHITE COSTA SUGAR	1700	400	0.0	0.0	100.0	100.0	0.0	0.00		2	34	8	0.0	0.0	2.0	2.0	0.0	0.00	
BROWN COSTA SUGAR	1700	400	0.0	0.0	100.0	100.0	0.0	0.00		2	34	8	0.0	0.0	2.0	2.0	0.0	0.00	
Frappe Powder	1710	404	3.4	3.0	93.0	68.0	0.8	0.10		6	103	24	0.2	0.2	5.6	4.1	0.0	0.01	
Mango Sauce	732	173	0.1	0.0	41.5	31.6	0.2	0.11		20	146	35	0.0	0.0	8.3	6.3	0.0	0.02	
Caramel Chocolate Flavour Sauce	890	205	3.3	2.9	39.4	31.7	2.0	1.30		10	89	21	0.3	0.3	3.9	3.2	0.2	0.13	
Maple Hazel Flavour Sauce	1036	242	3.9	1.6	42.0	18.0	6.5	0.66		10	104	24	0.4	0.2	4.2	1.8	0.7	0.07	
Crunchy Biscuit Crumb	1874	445	13.0	6.8	77.0	45.0	4.7	0.20		1	9	2	0.1	0.0	0.4	0.2	0.0	0.00	
Lemon Slices	131	31	0.0	0.2	4.3	1.1	0.0	0.04											
Orange Slices	153	37	0.3	0.1	5.4	4.7	0.6	0.03											
Chocolate Milk sauce (CC000451)	881	192	2.6	1.9	43.0	41.0	3.7	0.18		10	88	19	0.3	0.2	4.3	4.1	0.4	0.02	
White Peach Syrup	1397	334	0.0	0.0	83	81	0.0	0.03		8	112	27	0.0	0.0	6.6	6.5	0.0	0.00	
Cloudy Lemonade	700	168	0.0	0.0	38.0	38.0	0.0	0.03		16	112	27	0.0	0.0	6.1	6.1	0.0	0.00	
Costa 63092 Berry Infusion	7	2	0.0	0.0	0.0	0.0	0.0	0.00		275	19	5	0.0	0.0	1.2	0.0	0.0	0.02	
Costa 63090 Green Tea	0	0	0.0	0.0	0.0	0.0	0.0	0.00		275	0	0	0.0	0.0	0.0	0.0	0.0	0.02	
Tiramisu Sauce	1091	260	2.4	1.4	55	19	0.6	0.52		10	109	26	0.2	0.1	5.5	1.9	0.1	0.05	
Mango Flavour Bubbles	431	101	0.0	0.0	25.0	24.0	0.0	0.06		17	73	17	0.0	0.0	4.3	4.1	0.0	0.01	

*Zinc contributes to the normal function of the immune system. Not recommended for consumers taking supplements that contain Zinc. Enjoy as part of a varied and balanced diet and a healthy lifestyle.

Adults need around 2000 kcal a day.