

INFORMATION FOR CUSTOMERS

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	
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	
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	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	C	

CONTENTS KEY	
YES	The allergen is present in the product
C	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
N	The allergen is not an ingredient of this product
YES NO	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																Nutrition Per 100g								Portion Weight (g)	Nutrition Per Portion								Ingredient Declaration
	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)	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	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	Rollled 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*	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	C		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	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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, Paprica Extract), Natural Flavouring), Sugar.		
Mini All Butter Shortbreads	YES	NO	YES	NO	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		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	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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(iii), E501(iii)), Skimmed MILK Powder, Colours (Annatto Bixin, Curcumin), Natural Flavouring.		
Triple Chocolate Biscuits	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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)	YES	NO	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND	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	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		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.		

*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
Adults need around 2000 kcal a day.

Latte - Coconut Drink - Medium	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		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	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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 - Semi-Skimmed Drink - Small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		181	43	1.4	0.9	4.8	4.1	3.1	0.11		287	520	123	4.1	2.5	13.8	11.9	8.9	0.31	
Cappuccino - Semi-Skimmed Drink - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		180	43	1.4	0.9	4.8	4.0	3.1	0.11		362	653	154	5.0	3.1	17.5	14.5	11.2	0.39	
Cappuccino - Semi-Skimmed Drink - Large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		169	40	1.3	0.8	4.6	3.7	2.9	0.11		422	715	169	5.5	3.4	19.2	15.4	12.3	0.45	
Cappuccino - Skimmed Drink - Small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		135	32	0.2	0.1	4.6	3.9	3.0	0.10		287	387	91	0.7	0.4	13.2	11.2	8.7	0.29	
Cappuccino - Skimmed Drink - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		135	32	0.2	0.1	4.6	3.8	3.0	0.10		362	488	115	0.8	0.4	16.7	13.6	11.0	0.37	
Cappuccino - Skimmed Drink - Large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		127	30	0.2	0.1	4.3	3.4	2.8	0.10		422	538	127	1.0	0.5	18.3	14.5	12.0	0.43	
Cappuccino - Whole Drink - Small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		243	58	3.1	2.0	4.7	4.0	2.9	0.10		287	698	168	9.0	5.8	13.4	11.4	8.4	0.29	
Cappuccino - Whole Drink - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		241	58	3.1	2.0	4.7	3.8	3.0	0.10		362	874	210	11.2	7.1	17.0	13.9	10.7	0.37	
Cappuccino - Whole Drink - Large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		226	54	2.9	1.8	4.4	3.5	2.8	0.10		422	952	229	12.1	7.7	18.6	14.8	11.7	0.43	
Cappuccino - Soya Drink - Small	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		167	40	1.6	0.3	3.3	2.4	2.9	0.10		287	480	114	4.5	0.8	9.3	6.9	8.4	0.29	
Cappuccino - Soya Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		166	39	1.5	0.3	3.3	2.3	3.0	0.10		362	602	143	5.6	1.0	11.9	8.3	10.7	0.37	
Cappuccino - Soya Drink - Large	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		157	37	1.4	0.3	3.1	2.1	2.8	0.10		422	661	157	6.1	1.1	13.2	8.8	11.7	0.43	
Cappuccino - Coconut Drink - Small	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C		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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C		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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C		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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		282	67	1.8	0.5	8.8	7.0	3.6												

Chai Latte - Oat Drink - Small - In Store	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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 Babycino																																					
Milk Babycino - Whole Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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 Babycino - Semi-Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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 Babycino - Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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 Babycino - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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 Babycino - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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 Babycino - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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 - Skimmed Milk - Medium - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	303	71	0.8	0.5	11.7	10.7	4.4	0.14		387	1171	276	3.1	1.8	45.4	41.5	16.9	0.56	
Hot Chocolate - Skimmed Milk - Large - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	321	76	0.9	0.5	12.6	11.4	4.5	0.15		463	1488	351	4.0	2.4	58.2	53.0	20.7	0.69	
Hot Chocolate - Skimmed Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	321	76	0.9	0.5	12.5	11.4	4.5	0.15		497	1596	376	4.3	2.5	62.3	56.8	22.2	0.74	
Hot Chocolate - Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	403	96	4.1	2.6	10.8	9.9	4.1	0.14		232	935	224	9.4	6.0	24.9	23.0	9.6	0.32	
Hot Chocolate - Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	401	96	4.1	2.6	10.6	9.8	4.1	0.14		297	1190	285	12.1	7.7	31.6	29.1	12.2	0.41	
Hot Chocolate - Whole Milk - Medium - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	426	102	4.1	2.6	11.8	10.8	4.3	0.14		355	1511	361	14.5	9.2	42.1	38.5	15.2	0.51	
Hot Chocolate - Whole Milk - Medium - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	425	102	4.1	2.6	11.8	10.8	4.3	0.14		387	1646	393	15.8	10.1	45.7	41.9	16.5	0.56	
Hot Chocolate - Whole Milk - Large - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	442	106	4.1	2.6	12.6	11.5	4.4	0.15		463	2048	489	19.0	12.1	58.6	53.4	20.3	0.69	
Hot Chocolate - Whole Milk - Large - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	442	105	4.1	2.6	12.6	11.5	4.4	0.15		497	2197	524	20.4	13.0	62.8	57.2	21.8	0.74	
Hot Chocolate - Soya Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	315	75	2.3	0.6	9.1	8.1	4.1	0.14		232	732	173	5.2	1.4	21.2	18.8	9.6	0.32	
Hot Chocolate - Soya Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	313	74	2.2	0.6	9.0	8.0	4.1	0.14		297	929	220	6.7	1.8	26.8	23.7	12.2	0.41	
Hot Chocolate - Soya Drink - Medium - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	340	80	2.3	0.6	10.2	9.1	4.3	0.14		355	1206	285	8.2	2.3	36.4	32.2	15.2	0.51	
Hot Chocolate - Soya Drink - Medium - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	339	80	2.3	0.6	10.2	9.0	4.3	0.14		387	1312	310	9.0	2.5	39.6	35.0	16.5	0.56	
Hot Chocolate - Soya Drink - Large - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	357	85	2.4	0.7	11.1	9.8	4.4	0.15		463	1655	391	10.9	3.2	51.3	45.3	20.3	0.69	
Hot Chocolate - Soya Drink - Large - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	357	84	2.4	0.7	11.1	9.8	4.4	0.15		497	1774	420	11.7	3.4	54.9	48.5	21.8	0.74	
Hot Chocolate - Coconut Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C	278	66	1.8	1.0	9.7	8.8	2.5	0.14		232	646	152	4.2	2.2	22.4	20.4	5.8	0.32	
Hot Chocolate - Coconut Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C	276	65	1.8	1.0	9.6	8.7	2.5	0.14		297	819	193	5.3	2.8	28.4	25.9	7.4	0.41	
Hot Chocolate - Coconut Drink - Medium - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO																					

Iced Latte (Standard) - Soya Drink - Small - Take Away	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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																																						

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	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES																													

Issue date: 08/05/2025

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																																					
Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													Nutrition Per 100g/ml								Portion Weight (ml)	Nutrition Per Portion								
	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)	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	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
Core Ingredients																																					
Hot Chocolate Powder	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1627	384	5.6	3.4	70.0	61.0	12.0	0.49									
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		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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)	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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)	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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)	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		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	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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
Lemon Slices	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO		131	31	0.0	0.2	4.3	1.1	0.0	0.04									
Orange Slices	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO		153	37	0.3	0.1	5.4	4.7	0.6	0.03									
Chocolate Milk sauce (CC000451)	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		0	0	0.0	0													

*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.