

## Hot Drink - Coffee Shop Calorie & Allergen Chart - ✓ = Contains / ✓\* = May Contain

'Adults need around 2000 kcal a day'

It is not possible to guarantee that our products are free from any allergens as we use shared equipment in our café site operations. Some of our products may have been produced in areas where allergens are present.

Hot Drinks 8oz	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Americano	Cafeology	10							✓*							
Hot Chocolate	Cafeology	202							✓							
Latte	Cafeology	90							✓							
Cappuccino	Cafeology	101							✓							
Mocha	Cafeology	165							✓							
Breakfast Tea (No Milk Added)	Brakes	1														

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Hot Drinks 12 oz	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Espresso Shot	Cafeology	5							✓*							
Espresso Double Shot	Cafeology	10							✓*							
Americano	Cafeology	10							✓*							
Hot Chocolate	Cafeology	262							✓							
Latte	Cafeology	132							✓							
Cappuccino	Cafeology	120							✓							
Mocha	Cafeology	241							✓							
Hot Chocolate Deluxe	Cafeology	323							✓						✓*	
Breakfast Tea	Brakes	1														

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Hot Drinks 16 oz	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Espresso Shot	Cafeology	5							✓*							
Espresso Double Shot	Cafeology	10							✓*							
Americano	Cafeology	16							✓*							
Hot Chocolate	Cafeology	322							✓							
Latte	Cafeology	174							✓							
Cappuccino	Cafeology	139							✓							
Mocha	Cafeology	317							✓							
Hot Chocolate Deluxe	Cafeology	322							✓						✓*	
Breakfast Tea	Brakes	1														

Monin Syrups	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sugar Free Vanilla 30ml	Cafeology	1														
Sugar Free Hazelnut 30ml	Cafeology	1										✓				
Sugar Free Caramel 30ml	Cafeology	1														

Every care has been taken to ensure this document is up to date as of September 2023, but we recommend that you read the product packaging and labels as ingredient information may change.