

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.

Bread	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
White Floured Bap 5" 85g	Brakes 4581	204		✓										✓*		
Butter and spread	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Butter Portions 6.2g	Brakes 78252	N/a							✓							
Chilled/Processed Meats	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cooked Back Bacon Kcal per 100g (Not portion size)	Brakes 70296	260														
Sweet Bakery	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Teacakes 5" 93g	Brakes 30006	251		✓										✓*		
Mini White Marshmallows Kcal Per 100g (Not portion size)	Brakes 29957	329							✓*						✓*	
Mini Pink and White Marshmallows Kcal Per 100g (Not portion size)	Brakes 136227	329							✓*						✓*	

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Jams, honey, spreads, and sauces	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Brakes Strawberry Jam Portions 20g	Brakes 34024	N/a														
Brakes Brown Sauce Sachet	Brakes 3848	N/a		Rye ✓												
Brakes Tomato Ketchup Sachet	Brakes 3853	N/a														
Milk	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Alpro for Professionals Soya Per 100g not portion size	Brakes 113654	42													✓	
Alpro Oat Long Life Per 100g not portion size	Brakes 118560	43		Oat ✓												
UHT SEMI Milk Portion	Brakes 87940	N/a							✓							
UHT WHOLE Milk Portion	Brakes 6365	N/a							✓							
Semi Skimmed Milk (Green) 1x2.27L Per 100ml not portion size	Brakes 70218	49							✓							

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Milk / Cream	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
UHT Aerosol Cream Sweetened Per 100g not portion size	Brakes 18502	294							✓							
Love Struck Smoothies & Milkshakes	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pash N Shoot Smoothie Mix Blended with 200ml Apple Juice	Brakes 56364	151														
Strawberry Split Smoothie Mix Blended with 200ml Apple Juice	Brakes 56244	165														
Big 5 Smoothie Mix Blended with 200ml Apple Juice	Brakes 103254	148														
Detox Zing Smoothie Mix Blended with 200ml Apple Juice	Brakes 113536	156														

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Love Struck Smoothies & Milkshakes	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Kale Kick Smoothie Mix Blended with 200ml Apple Juice	Brakes 113537	135														
Avo Go-Go Smoothie Mix Blended with 200ml Apple Juice	Brakes 125375	184														
Va va vanilla milkshake (150ml Semi skimmed milk)	Brakes F131188	262							✓							
Livin la vida cocoa milkshake (150ml Semi skimmed milk)	Brakes F131183	288							✓						✓	
Top Banana Milkshake (150ml Semi skimmed milk)	Brakes F131181	246							✓							
Strawberry glory milkshake ((150ml Semi skimmed milk)	Brakes F131182	221							✓							
Love Taste Vanilla Frappe Shake Mix Discontinuing									✓							

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Polar Krush*	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Strawberry / Raspberry 14kcal Per 100ml 46kcal per 330ml	Polar Krush	14														

Slushy Jack's*	Supplier ref	Calories Kcal	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Strawberry / Raspberry 20kcal Per 100ml 68kcal per 341ml	Frozen Brothers	20														

*Product contains glycerol. Not suitable for under 4's. Further information can be found on the FSA website: <https://www.food.gov.uk/news-alerts/news/not-suitable-for-under-4s-new-industry-guidance-issued-on-glycerol-in-slush-ice-drinks>