

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 with a food allergy, intolerance or coeliac disease 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	B barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Trace Nat. Source (if present)							
MOCHA CORTADO																											
MOCHA CORTADO - WHOLE MILK - IN STORE	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	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	YES	N	N	N	N	N	N	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	C	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C	N	
CARAMEL CORTADO - WHOLE MILK - TAKE AWAY	YES	NO	N	N	N	N	C	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C	N

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

- 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
- If you wish to customise your drink by using a different milk or dairy alternative, adding syrups, changing a topping, etc, please use Ingredients section at the end of the guide
- Some of the ingredients used in our drinks may contain sugar and sweeteners
- If you require additional information please ask a member of the team

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.

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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	NO	
Fruit & Oat Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Fruity Flapjack*	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	C	
Oaty Flapjack*	YES	YES	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	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	NO	
Mini All Butter Shortbreads	YES	NO	YES	NO	C	C	C	C	YES	NO	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	NO	
Triple Chocolate Biscuits	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	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	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	NO	C	
Instant Wholegrain Porridge	YES	NO	C	NO	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C	C		
Gluten Free Vegan Mince Tart	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND
Iced Penguin Gingerbread Biscuit	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Iced Love Heart Gingerbread Biscuit	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Dried Mango	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Fruit & Nut Mix	YES	YES	NO	NO	NO	NO	C	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND, CASHEWS, PISTACHIO NUTS
Iced Chick Gingerbread Biscuit	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	

*The oats in this product are gluten free. Oats contain a protein called avenin which is similar to gluten. For people with coeliac disease, 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													
	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)
HOT COFFEE																				
Mocha Italia espresso																				
Mocha Italia Espresso	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Espresso Macchiato																				
Espresso Macchiato - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Espresso Macchiato - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Espresso Macchiato - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Espresso Macchiato - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Cortado																				
Cortado - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Cortado - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Cortado - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Cortado - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Americano																				
Americano	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Flat White																				
Flat White - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Flat White - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Flat White - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Flat White - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Latte																				
Latte - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Latte - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Latte - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Latte - Oat Drink	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 - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Cappuccino - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Cappuccino - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Cappuccino - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Mocha (We're Serving Recipe)																				
Mocha - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Mocha - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Mocha - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Mocha - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
TEAS AND INFUSIONS (NO MILK)																				
Mint Infusion	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Berry Infusion	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Decaffeinated Tea	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Green Tea	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Earl Grey Tea	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
English Breakfast Tea	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Chai Latte																				
Chai Latte - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Chai Latte - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Chai Latte - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Chai Latte - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Milk Babyccino																				

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)
Milk Babyccino - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Milk Babyccino - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Milk Babyccino - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Milk Babyccino - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Chocolate (We're Serving Recipe)																				
Hot Chocolate - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Chocolate - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Chocolate - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Hot Chocolate - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Chocolate Babyccino (We're Serving Recipe)																				
Hot Chocolate Babyccino - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Chocolate Babyccino - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Chocolate Babyccino - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Hot Chocolate Babyccino - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
COFFEE OVER ICE																				
Iced Americano Black																				
Iced Americano Black	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Iced Latte (Standard)																				
Iced Latte (Standard) - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Iced Latte (Standard) - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Iced Latte (Standard) - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Iced Latte (Standard) - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Iced Cappuccino (We're Serving Recipe)																				
Iced Cappuccino - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Iced Cappuccino - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Iced Cappuccino - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Iced Cappuccino - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Iced Mocha (We're Serving Recipe)																				
Iced Mocha - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Iced Mocha Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Iced Mocha Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Iced Mocha Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
COOLERS																				
Red Summer Berries Fruit Cooler (No added sugar)****																				
Red Summer Berries Fruit Cooler (No added sugar)****	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Mango And Passionfruit Fruit Cooler (No added sugar)****																				
Mango And Passionfruit Fruit Cooler (No added sugar)****	YES	YES	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*	YES	YES	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
LEMONADES																				
Still Lemonade																				
Still Lemonade	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Pink Lemonade (Strawberry Lemonade)																				
Strawberry Lemonade	YES	YES	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	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	

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)
FUZE ICED TEA																				
COFFEE Frappés																				
Coffee Frappé (We're Serving Recipe) Espresso Coffee																				
Coffee Frappé - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Coffee Frappé - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé (We're Serving Recipe) Instant Coffee																				
Coffee Frappé - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee Frappé - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Coffee Frappé - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	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/Semi-Skimmed/Skimmed Milk	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	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	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	YES	NO	C	C	C	YES	YES	NO	YES	NO	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/Semi-Skimmed/Skimmed Milk	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	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	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	YES	NO	C	C	C	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé with Coffee & Light Whip (We're Serving Recipe) Espresso Coffee																				
Salted Caramel Frappé with Coffee & Light Whip - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé with Coffee & Light Whip - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé with Coffee & Light Whip - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Salted Caramel Frappé with Coffee & Light Whip - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé with Coffee & Light Whip (We're Serving Recipe) Instant Coffee																				
Salted Caramel Frappé with Coffee & Light Whip - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé with Coffee & Light Whip - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé with Coffee & Light Whip - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Salted Caramel Frappé with Coffee & Light Whip - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
NON-COFFEE Frappés																				
Strawberry Drizzle Frappé																				
Strawberry Drizzle Frappé - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Strawberry Drizzle Frappé - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Strawberry Drizzle Frappé - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Strawberry Drizzle Frappé - Oat Drink	YES	YES	C	C	C	YES	NO	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé & Light Whip																				
Chocolate Fudge Frappé & Light Whip - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé & Light Whip - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chocolate Fudge Frappé & Light Whip - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Chocolate Fudge Frappé & Light Whip - Oat Drink	YES	NO	C	C	C	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé & Light Whip																				
Salted Caramel Frappé & Light Whip - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salted Caramel Frappé & Light Whip - Soya Drink	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 - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Salted Caramel Frappé & Light Whip - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip																				
Tropical Mango Bubble Frappé & Light Whip - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Mango Bubble Frappé & Light Whip - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C

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)
Tropical Mango Bubble Frappé & Light Whip - Oat Drink	YES	YES	C	C	C	YES	NO	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte																				
Cinnamon Bun Latte - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cinnamon Bun Latte - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Cinnamon Bun Latte - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Spanish Latte - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Latte - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Latte - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Spanish Latte - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Iced Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Spanish Iced Latte - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Iced Latte - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Iced Latte - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Spanish Iced Latte - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Caramelo Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Spanish Caramelo Latte - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Caramelo Latte - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Caramelo Latte - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Spanish Caramelo Latte - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Caramelo Iced Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Spanish Caramelo Iced Latte - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Caramelo Iced Latte - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spanish Caramelo Iced Latte - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Spanish Caramelo Iced Latte - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Sweet Ube Hot Chocolate																				
Sweet Ube Hot Chocolate - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Sweet Ube Hot Chocolate - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Sweet Ube Hot Chocolate - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Sweet Ube Hot Chocolate - Oat Drink	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Hazelnut Crème Frappe *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Hazelnut Crème Frappe - Whole Milk	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Hazelnut Crème Frappe - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Hazelnut Crème Frappe - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Hazelnut Crème Frappe - Oat Drink	YES	NO	C	C	C	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Matcha Latte																				
Matcha Latte - Semi-Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Matcha Latte - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Matcha Latte - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Matcha Latte - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Matcha Latte																				
Iced Matcha Latte - Semi-Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Matcha Latte - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Iced Matcha Latte - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Iced Matcha Latte - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Strawberry Matcha Iced Latte																				
Strawberry Matcha Iced Latte - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C
Strawberry Matcha Iced Latte - Semi-Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Strawberry Matcha Iced Latte - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Strawberry Matcha Iced Latte - Oat Drink	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

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Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				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	
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	
Mango Flavour Bubbles	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Ube Flavour Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Orange Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Sugar Free Gingerbread Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Cherry Sauce	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Matcha Powder	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hazel Crème Flavoured Sauce	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	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(ii)), 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.
Oaty Flapjack*	1850	441	20.0	7.6	58.0	26.0	5.1	0.15	58	1073	256	11.0	4.4	34.0	15.0	3.0	0.09	Gluten Free OATS (39%), Golden Syrup (23%), Brown Sugar, Palm Oil, Rapeseed Oil, Glucose Syrup, Water, Gluten Free OAT Flour, Desiccated Coconut, Salt, Flavourings, Emulsifier (Mono and Diglycerides of Fatty Acids).
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(ii)), Skimmed MILK Powder, Colours (Annatto Bixin, Curcumin), Natural Flavouring.

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	
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(ii)), 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
Iced Love Heart Gingerbread Biscuit	1753	416	11.0	5.2	72.0	37.0	5.2	0.41	50	877	208	5.7	2.6	36.0	18.0	2.6	0.21	Wheat Flour (WHEAT Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Sugar, Partially Inverted Sugar Syrup, Palm Oil, Glucose Syrup, Invert Sugar Syrup, Rapeseed Oil, Pasteurised Free Range EGG, Palm Stearin, Ginger Powder, Colour (Beetroot Red), Raising Agent (Sodium Carbonates) Dried Free Range EGG White, Acidity Regulator (Acetic Acid), Concentrated Lemon Juice.
Dried Mango	1390	328	1.1	0.3	76.0	68.0	2.0	0.23	35	487	115	0.0	0.1	27.0	24.0	0.7	0.08	Mango, Sugar, Acidity Regulator: Citric Acid and Sodium METABISULPHITE
Fruit & Nut Mix	1897	454	25.0	3.6	43.0	40.0	12.0	0.10	35	664	159	8.8	1.2	15.0	14.0	4.3	0.04	Cashew NUTS, Pistachio NUTS, Sweetened Cranberries (Cranberries, Sugar), Sultanas, Almonds (NUTS), Sunflower Oil.
Iced Chick Gingerbread Biscuit	1477	351	11.0	6.9	55.0	26.0	7.2	1.10	100	1477	351	11.0	6.9	55.0	26.0	7.2	1.10	Wheat Flour (WHEAT Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Sultanas (21%), Cornish Buttermilk (MILK) (14%), Butter (MILK) (11%), Sugar, Pasteurised Free Range EGG, Cornish Clotted Cream (MILK) (3%), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Fermented WHEAT Flour, Salt.

*The oats in this product are gluten free. Oats contain a protein called avenin which is similar to gluten. For people with coeliac disease, 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		

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	
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 - Semi-Skimmed Drink - Small	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	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	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	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	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	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	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	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	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	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	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	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	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		

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	
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 - Skimmed Milk - Medium - Take Away	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	303	71	1.9	1.0	10.8	9.8	2.7	0.14		355	1077	254	6.6	3.6	38.3	34.7	9.5	0.51		
Hot Chocolate - Coconut Drink - Medium - Take Away	303	71	1.9	1.0	10.8	9.7	2.7	0.14		387	1171	276	7.2	3.9	41.6	37.7	10.3	0.56		
Hot Chocolate - Coconut Drink - Large - In Store	321	76	1.9	1.0	11.6	10.5	2.8	0.15		463	1488	351	8.9	4.8	53.7	48.5	13.0	0.69		
Hot Chocolate - Coconut Drink - Large - Take Away	321	76	1.9	1.0	11.6	10.5	2.8	0.15		497	1596	376	9.5	5.1	57.6	52.0	13.9	0.74		
Hot Chocolate - Oat Drink - Small - In Store	380	90	3.2	0.6	12.7	8.8	1.9	0.16		232	881	209	7.5	1.4	29.6	20.4	4.3	0.38		
Hot Chocolate - Oat Drink - Small - Take Away	377	89	3.2	0.6	12.6	8.7	1.8	0.16		297	1120	266	9.6	1.8	37.5	25.9	5.5	0.49		

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 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		

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	
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 Mocha Skimmed Milk - Small - Take Away	66	16	0.2	0.1	2.8	2.5	0.5	0.02		297	195	46	0.7	0.4	8.4	7.3	1.4	0.06		
Iced Mocha Skimmed Milk - Medium	187	44	0.5	0.3	7.2	6.0	2.8	0.10		404	755	178	1.9	1.1	29.0	24.4	11.4	0.42		
Iced Mocha Skimmed Milk - Large - Take Away	189	45	0.5	0.3	7.3	6.1	2.8	0.10		576	1091	257	2.9	1.6	42.1	35.3	16.1	0.60		
Iced Mocha Whole Milk - Small - In Store	238	57	2.5	1.6	6.1	5.1	2.6	0.10		292	696	167	7.2	4.6	17.7	14.8	7.7	0.28		
Iced Mocha Whole Milk - Small - Take Away	239	57	2.5	1.6	6.0	5.1	2.6	0.10		297	710	170	7.4	4.7	17.9	15.0	7.8	0.29		
Iced Mocha Whole Milk - Medium	262	63	2.5	1.6	7.2	6.1	2.8	0.10		404	1058	253	10.1	6.4	29.2	24.6	11.2	0.42		
Iced Mocha Whole Milk - Large - Take Away	261	62	2.4	1.5	7.4	6.2	2.7	0.10		576	1505	359	14.0	8.8	42.4	35.6	15.8	0.60		
Iced Mocha Soya Drink - Small - In Store	184	43	1.3	0.3	5.0	3.9	2.6	0.10		292	536	127	3.9	1.0	14.7	11.5	7.7	0.28		
Iced Mocha Soya Drink - Small - Take Away	183	43	1.4	0.3	5.0	3.9	2.6	0.10		297	545	129	4.0	1.0	14.9	11.6	7.8	0.29		
Iced Mocha Soya Drink - Medium	209	49	1.4	0.4	6.2	5.0	2.8	0.10		404	845	200	5.7	1.6	25.2	20.2	11.2	0.42		
Iced Mocha Soya Drink - Large - Take Away	211	50	1.4	0.4	6.4	5.1	2.7	0.10		576	1214	287	8.0	2.2	37.0	29.6	15.8	0.60		
Iced Mocha Coconut Drink - Small - In Store	160	38	1.1	0.6	5.4	4.4	1.6	0.10		292	468	110	3.1	1.6	15.7	12.8	4.7	0.28		
Iced Mocha Coconut Drink - Small - Take Away	160	38	1.1	0.6	5.3	4.4	1.6	0.10		297	475	112	3.2	1.7	15.9	13.0	4.8	0.29		
Iced Mocha Coconut Drink - Medium	187	44	1.1	0.6	6.6	5.4	1.8	0.10		404	755	178	4.6	2.4	26.5	22.0	7.2	0.42		
Iced Mocha Coconut Drink - Large - Take Away	189	45	1.1	0.6	6.7	5.6	1.8	0.10		576	1091	257	6.5	3.4	38.8	32.0	10.4	0.60		
Iced Mocha Oat Drink - Small - In Store	224	53	2.0	0.3	7.3	4.4	1.2	0.11		292	653	155	5.7	1.0	21.3	12.8	3.5	0.33		
Iced Mocha Oat Drink - Small - Take Away	224	53	2.0	0.3	7.3	4.4	1.2	0.11		297	666	158	5.9	1.0	21.7	13.0	3.6	0.34		
Iced Mocha Oat Drink - Medium	248	59	2.0	0.4	8.4	5.4	1.4	0.12		404	1001	237	8.1	1.6	34.0	22.0	5.7	0.48		
Iced Mocha Oat Drink - Large - Take Away	248	59	2.0	0.4	8.5	5.6	1.4	0.12		576	1427	338	11.3	2.2	49.0	32.0	8.3	0.69		
COOLERS																				
Red Summer Berries Fruit Cooler (No added sugar)****																				
Red Summer Berries Fruit Cooler (No added sugar)**** - Small	203	47	0.0	0.0	11.9	11.4	0.0	0.11		350	711	165	0.0	0.0	41.8	39.9	0.0	0.38		
Red Summer Berries Fruit Cooler (No added sugar)**** - Medium	199	46	0.0	0.0	11.7	11.2	0.0	0.11		470	935	218	0.0	0.0	55.0	52.5	0.0	0.50		
Mango And Passionfruit Fruit Cooler (No added sugar)****																				
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	0.00	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		

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	
FUZZE 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	11.3	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	72	2.8	2.5	10.3	8.3	1.5	0.14		354	1080	256	9.9	8.9	36.5	29.4	5.3	0.49		
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Medium	311	73	2.3	2.0	11.4	9.1	1.6	0.15		492	1530	361	11.5	10.1	56.2	45.0	8.1	0.74		
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Small - In Store	287	68	2.4	2.2	10.1	8.1	1.5	0.14		364	1043	247	8.6	8.1	36.7	29.6	5.6	0.50		
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Small - Take Away	288	68	2.4	2.3	10.1	8.2	1.5	0.14		357	1030	244	8.6	8.1	36.2	29.2	5.2	0.49		
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Medium	298	70	2.0	1.8	11.4	9.1	1.6	0.15		492	1468	347	9.9	9.0	55.9	44.7	8.0	0.73		
Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Small - In Store	297	70	2.8	2.3	9.6	7.6	1.5	0.14		364	1082	256	10.3	8.3	35.1	27.8	5.5	0.50		
Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Small - Take Away	301	71	2.8	2.3	9.8	7.8	1.4	0.14		354	1064	252	10.1	8.3	34.8	27.5	5.1	0.49		
Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Medium	307	73	2.4	1.9	11.0	8.7	1.6	0.15		492	1511	357	11.7	9.3	54.1	42.7	7.9	0.73		
Chocolate Fudge Frappé Mocha & Light Whip - Coconut Drink - Small - In Store	287	68	2.7	2.4	9.8	7.8	1.0	0.14		364	1043	247	9.8	8.7	35.6	28.5	3.8	0.50		
Chocolate Fudge Frappé Mocha & Light Whip - Coconut Drink - Small - Take Away	291	69	2.7	2.4	10.0	8.0	1.0	0.14		354	1030	244	9.6	8.6	35.3	28.2	3.6	0.49		
Chocolate Fudge Frappé Mocha & Light Whip - Coconut Drink - Medium	298	70	2.3	2.0	11.1	8.8	1.2	0.15		492	1468	347	11.2	9.7	54.8	43.5	6.0	0.73		
Chocolate Fudge Frappé Mocha & Light Whip - Oat Drink - Small - In Store	316	75	3.1	2.3	10.7	7.8	0.8	0.14		364	1150	273	11.3	8.3	38.9	28.5	3.1	0.53		
Chocolate Fudge Frappé Mocha & Light Whip - Oat Drink - Small - Take Away	318	75	3.1	2.3	10.8	8.0	0.8	0.15		354	1125	267	11.0	8.3	38.2	28.2	3.0	0.51		
Chocolate Fudge Frappé Mocha & Light Whip - Oat Drink - Medium	322	76	2.6	1.9	11.9	8.8	1.1	0.16		492	1586	375	12.9	9.3	58.3	43.5	5.2	0.76		
Chocolate Fudge Frappé Mocha & Light Whip (We're Serving Recipe) Instant Coffee																				
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Small - In Store	350	83	3.6	3.1	11.1	8.8	1.6	0.14		336	1175	280	12.1	10.4	37.2	29.7	5.5	0.47		
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Small - Take Away	352	84	3.6	3.1	11.3	9.0	1.6	0.14		326	1148	273	11.7	10.1	36.8	29.2	5.2	0.46		

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	
Chocolate Fudge Frappé Mocha & Light Whip - Whole Milk - Medium	370	88	3.1	2.6	13.1	10.3	1.8	0.15		436	1614	383	13.7	11.5	56.9	44.7	8.0	0.67		
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Small - In Store	327	78	3.0	2.7	11.1	8.9	1.7	0.14		336	1100	261	10.0	9.0	37.4	29.9	5.7	0.48		
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Small - Take Away	331	79	3.0	2.7	11.3	9.0	1.6	0.14		326	1081	256	9.8	8.9	36.9	29.4	5.4	0.47		
Chocolate Fudge Frappé Mocha & Light Whip - Semi-Skimmed Milk - Medium	351	83	2.6	2.3	13.1	10.3	1.9	0.16		436	1532	362	11.4	10.0	57.1	44.9	8.2	0.68		
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Small - In Store	311	74	2.6	2.4	11.0	8.8	1.7	0.14		336	1044	247	8.6	8.1	37.1	29.6	5.6	0.47		
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Small - Take Away	316	75	2.6	2.5	11.3	8.9	1.6	0.14		326	1030	244	8.6	8.1	36.7	29.1	5.3	0.46		
Chocolate Fudge Frappé Mocha & Light Whip - Skimmed Milk - Medium	337	80	2.3	2.1	13.0	10.2	1.9	0.15		436	1470	347	9.8	9.0	56.8	44.6	8.1	0.67		
Chocolate Fudge Frappé Mocha & Light Whip - Soya Drink - Small - In Store	322	76	3.0	2.5	10.6	8.3	1.6	0.14		336	1083	257	10.2	8.3	35.5	27.8	5.5	0.47		
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	262	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		

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	
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	8.4	1.7	0.14		379	1273	303	13.9	11.5	37.9	31.7	6.6	0.51		
Chocolate Fudge Frappé & Light Whip - Whole Milk - Medium	351	83	3.3	2.6	11.6	9.6	1.8	0.15		492	1729	411	16.0	13.0	56.9	47.4	9.1	0.73		
Chocolate Fudge Frappé & Light Whip - Semi-Skimmed Milk - Small - In Store	311	74	2.9	2.6	10.3	8.6	1.7	0.14		364	1133	268	10.5	9.3	37.4	31.3	6.3	0.51		
Chocolate Fudge Frappé & Light Whip - Semi-Skimmed Milk - Small - Take Away	307	73	2.8	2.5	10.1	8.4	1.8	0.14		379	1163	275	10.8	9.5	38.1	32.0	6.8	0.52		
Chocolate Fudge Frappé & Light Whip - Semi-Skimmed Milk - Medium	325	77	2.5	2.2	11.6	9.7	1.9	0.15		492	1598	378	12.4	10.6	57.2	47.7	9.4	0.74		
Chocolate Fudge Frappé & Light Whip - Skimmed Milk - Small - In Store	291	69	2.4	2.2	10.2	8.5	1.7	0.14		364	1060	251	8.6	8.1	37.1	30.9	6.2	0.50		
Chocolate Fudge Frappé & Light Whip - Skimmed Milk - Small - Take Away	285	67	2.3	2.1	10.0	8.3	1.8	0.14		379	1080	256	8.7	8.1	37.7	31.5	6.7	0.51		
Chocolate Fudge Frappé & Light Whip - Skimmed Milk - Medium	305	72	2.0	1.8	11.5	9.6	1.9	0.15		492	1501	354	9.9	9.0	56.7	47.2	9.2	0.73		
Chocolate Fudge Frappé & Light Whip - Soya Drink - Small - In Store	305	72	3.0	2.3	9.6	7.8	1.7	0.14		364	1111	263	10.8	8.4	34.9	28.5	6.1	0.50		
Chocolate Fudge Frappé & Light Whip - Soya Drink - Small - Take Away	300	71	2.9	2.2	9.3	7.6	1.7	0.14		379	1137	270	11.1	8.4	35.3	28.9	6.6	0.51		
Chocolate Fudge Frappé & Light Whip - Soya Drink - Medium	319	75	2.6	1.9	11.0	9.0	1.8	0.15		492	1568	371	12.7	9.4	53.9	44.1	9.1	0.73		
Chocolate Fudge Frappé & Light Whip - Coconut Drink - Small - In Store	291	69	2.8	2.4	9.8	8.1	1.0	0.14		364	1060	251	10.1	8.9	35.7	29.5	3.8	0.50		
Chocolate Fudge Frappé & Light Whip - Coconut Drink - Small - Take Away	285	67	2.7	2.4	9.5	7.9	1.1	0.14		379	1080	256	10.4	9.0	36.2	30.0	4.0	0.51		
Chocolate Fudge Frappé & Light Whip - Coconut Drink - Medium	305	72	2.4	2.0	11.2	9.2	1.2	0.15		492	1501	354	11.9	10.0	54.9	45.4	6.1	0.73		
Chocolate Fudge Frappé & Light Whip - Oat Drink - Small - In Store	300	78	3.3	2.3	11.0	8.1	0.8	0.15		364	1200	285	12.1	8.4	39.9	29.5	2.9	0.54		
Chocolate Fudge Frappé & Light Whip - Oat Drink - Small - Take Away	326	77	3.3	2.2	10.8	7.9	0.8	0.15		379	1237	293	12.6	8.4	40.9	30.0	3.1	0.55		
Chocolate Fudge Frappé & Light Whip - Oat Drink - Medium	343	81	3.0	1.9	12.3	9.2	1.0	0.16		492	1686	399	14.5	9.4	60.5	45.4	4.9	0.78		
Salted Caramel Frappé & Light Whip																				
Salted Caramel Frappé & Light Whip - Whole Milk - Small - In Store	285	68	3.7	3.0	7.7	6.4	1.3	0.05		362	1031	247	13.3	11.0	27.7	23.1	4.7	0.19		
Salted Caramel Frappé & Light Whip - Whole Milk - Small - Take Away	284	68	3.7	3.0	7.5	6.3	1.4	0.05		377	1072	257	13.8	11.4	28.4	23.8	5.2	0.20		
Salted Caramel Frappé & Light Whip - Whole Milk - Medium	272	65	3.2	2.6	7.8	6.5	1.3	0.05		478	1301	311	15.5	12.4	37.4	31.0	6.3	0.24		
Salted Caramel Frappé & Light Whip - Semi-Skimmed Milk - Small - In Store	258	61	2.9	2.5	7.7	6.5	1.4	0.05		362	932	222	10.5	9.2	28.0	23.4	5.0	0.20		
Salted Caramel Frappé & Light Whip - Semi-Skimmed Milk - Small - Take Away	255	61	2.9	2.5	7.6	6.4	1.5	0.06		377	962	229	10.8	9.3	28.7	24.1	5.5	0.21		
Salted Caramel Frappé & Light Whip - Semi-Skimmed Milk - Medium	245	58	2.5	2.1	7.9	6.5	1.4	0.05		478	1170	278	11.8	10.1	37.7	31.3	6.6	0.25		
Salted Caramel Frappé & Light Whip - Skimmed Milk - Small - In Store	237	57	2.4	2.2	7.6	6.4	1.3	0.05		362	859	205	8.6	8.0	27.6	23.0	4.9	0.19		
Salted Caramel Frappé & Light Whip - Skimmed Milk - Small - Take Away	233	56	2.3	2.1	7.5	6.3	1.4	0.05		377	879	209	8.7	8.0	28.3	23.7	5.4	0.20		
Salted Caramel Frappé & Light Whip - Skimmed Milk - Medium	224	53	2.0	1.8	7.8	6.4	1.3	0.05		478	1073	255	9.4	8.5	37.2	30.8	6.4	0.24		
Salted Caramel Frappé & Light Whip - Soya Drink - Small - In Store	251	60	3.0	2.3	7.0	5.7	1.3	0.05		362	910	217	10.8	8.2	25.5	20.6	4.7	0.19		
Salted Caramel Frappé & Light Whip - Soya Drink - Small - Take Away	248	59	2.9	2.2	6.9	5.6	1.4	0.05		377	936	223	11.0	8.3	25.9	21.0	5.2	0.20		
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		

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	
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	0.4	16.8	12.4	10.6	0.39		
Iced Cinnamon Bun Latte - Whole Milk - Small - In Store	177	43	2.3	1.5	3.7	2.6	2.2	0.09		287	508	122	6.6	4.2	10.5	7.5	6.2	0.24		
Iced Cinnamon Bun Latte - Whole Milk - Small - Take Away	179	43	2.3	1.5	3.7	2.6	2.2	0.09		292	522	126	6.8	4.3	10.7	7.7	6.4	0.25		
Iced Cinnamon Bun Latte - Whole Milk - Medium	174	42	2.3	1.5	3.5	2.6	2.1	0.08		381	661	159	8.7	5.6	13.4	10.0	8.0	0.31		
Iced Cinnamon Bun Latte - Whole Milk - Large - Take Away	178	43	2.3	1.5	3.6	2.7	2.2	0.08		475	845	203	11.1	7.1	17.1	12.7	10.3	0.39		
Iced Cinnamon Bun Latte - Soya Drink - Small - In Store	121	29	1.1	0.2	2.6	1.5	2.2	0.09		287	348	83	3.3	0.6	7.5	4.2	6.2	0.24		
Iced Cinnamon Bun Latte - Soya Drink - Small - Take Away	122	29	1.1	0.2	2.6	1.5	2.2	0.09		292	357	85	3.4	0.6	7.7	4.3	6.4	0.25		
Iced Cinnamon Bun Latte - Soya Drink - Medium	118	28	1.1	0.2	2.5	1.5	2.1	0.08		381	448	106	4.3	0.7	9.4	5.6	8.0	0.31		
Iced Cinnamon Bun Latte - Soya Drink - Large - Take Away	121	29	1.2	0.2	2.5	1.5	2.2	0.08		475	573	136	5.5	0.9	12.1	7.1	10.3	0.39		
Iced Cinnamon Bun Latte - Coconut Drink - Small - In Store	98	23	0.8	0.4	3.0	1.9	1.1	0.09		287	281	66	2.4	1.2	8.5	5.5	3.3	0.24		
Iced Cinnamon Bun Latte - Coconut Drink - Small - Take Away	98	23	0.9	0.4	3.0	1.9	1.1	0.09		292	287	68	2.5	1.3	8.7	5.7	3.3	0.25		
Iced Cinnamon Bun Latte - Coconut Drink - Medium	94	22	0.8	0.4	2.8	1.9	1.1	0.08		381	358	84	3.2	1.6	10.7	7.3	4.1	0.31		
Iced Cinnamon Bun Latte - Coconut Drink - Large - Take Away	96	23	0.9	0.4	2.9	2.0	1.1	0.08		475	458	108	4.1	2.0	13.7	9.3	5.2	0.39		
Iced Cinnamon Bun Latte - Oat Drink - Small - In Store	162	39	1.8	0.2	4.9	1.9	0.7	0.10		287	465	111	5.1	0.6	14.1	5.5	2.1	0.29		
Iced Cinnamon Bun Latte - Oat Drink - Small - Take Away	164	39	1.8	0.2	5.0	1.9	0.7	0.10		292	478	114	5.2	0.6	14.5	5.7	2.1	0.30		
Iced Cinnamon Bun Latte - Oat Drink - Medium	159	38	1.8	0.2	4.8	1.9	0.7	0.10		381	604	144	6.7	0.7	18.2	7.3	2.5	0.37		
Iced Cinnamon Bun Latte - Oat Drink - Large - Take Away	162	39	1.8	0.2	4.9	2.0	0.7	0.10		475	772	184	8.6	0.9	23.3	9.3	3.3	0.48		
Spanish Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Spanish Latte - Semi-Skimmed Milk - Small - In Store	317	75	1.7	1.1	12.0	9.8	3.4	0.11		240	760	179	4.0	2.6	29.0	23.0	8.2	0.26		
Spanish Latte - Semi-Skimmed Milk - Small - Take Away	284	67	1.5	1.0	11.0	8.4	3.2	0.11		290	824	194	4.4	2.8	31.0	24.0	9.3	0.32		
Spanish Latte - Semi-Skimmed Milk - Medium	292	69	1.6	1.0	11.0	8.7	3.3	0.11		390	1108	262	6.1	3.9	41.0	33.0	13.0	0.42		
Spanish Latte - Skimmed Milk - Small - In Store	273	64	0.6	0.3	12.0	9.6	3.3	0.10		240	654	154	1.3	0.8	28.0	23.0	8.0	0.25		
Spanish Latte - Skimmed Milk - Small - Take Away	243	57	0.5	0.3	10.0	8.2	3.1	0.10		290	706	166	1.4	0.8	30.0	24.0	9.1	0.30		

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	
Spanish Latte - Skimmed Milk - Medium	248	59	0.5	0.3	11.0	8.5	3.2	0.10		380	943	222	1.9	1.1	40.0	32.0	12.0	0.39		
Spanish Latte - Whole Milk - Small - In Store	376	90	3.3	2.1	12.0	9.6	3.3	0.10		240	902	215	8.0	5.1	28.0	23.0	7.9	0.25		
Spanish Latte - Whole Milk - Small - Take Away	338	81	3.0	1.9	10.0	8.3	3.1	0.10		290	982	234	8.8	5.6	30.0	24.0	8.9	0.30		
Spanish Latte - Whole Milk - Medium	350	84	3.2	2.1	11.0	8.6	3.2	0.10		380	1329	318	12.0	7.8	40.0	33.0	12.0	0.39		
Spanish Latte - Soya Drink - Small - In Store	303	72	1.8	0.5	10.0	8.1	3.3	0.10		240	728	172	4.4	1.1	25.0	20.0	7.9	0.25		
Spanish Latte - Soya Drink - Small - Take Away	272	64	1.7	0.4	9.2	6.9	3.1	0.10		290	788	186	4.8	1.2	27.0	20.0	8.9	0.30		
Spanish Latte - Soya Drink - Medium	278	66	1.7	0.4	9.2	7.1	3.2	0.10		380	1058	250	6.6	1.7	35.0	27.0	12.0	0.39		
Spanish Latte - Coconut Drink - Small - In Store	273	64	1.5	0.8	11.0	8.7	1.9	0.10		240	654	154	3.5	1.9	26.0	21.0	4.6	0.25		
Spanish Latte - Coconut Drink - Small - Take Away	243	57	1.3	0.7	9.6	7.5	1.8	0.10		290	706	166	3.8	2.0	28.0	22.0	5.3	0.30		
Spanish Latte - Coconut Drink - Medium	248	59	1.4	0.7	9.7	7.7	1.8	0.10		380	943	222	5.2	2.8	37.0	29.0	7.0	0.39		
Spanish Latte - Oat Drink - Small - In Store	357	85	2.7	0.5	13.0	8.7	1.4	0.13		240	866	203	6.4	1.1	32.0	21.0	3.4	0.30		
Spanish Latte - Oat Drink - Small - Take Away	321	76	2.4	0.4	12.0	7.5	1.3	0.12		290	930	220	7.0	1.2	35.0	22.0	3.9	0.36		
Spanish Latte - Oat Drink - Medium	331	78	2.6	0.4	12.0	7.7	1.3	0.12		380	1256	298	9.7	1.7	46.0	29.0	5.1	0.47		
Spanish Iced Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Spanish Iced Latte - Semi-Skimmed Milk - Small - In Store	250	59	1.2	0.8	9.7	7.6	2.6	0.09		290	726	171	3.6	2.3	28.0	22.0	7.6	0.26		
Spanish Iced Latte - Semi-Skimmed Milk - Small - Take Away	238	56	1.2	0.7	9.2	7.2	2.5	0.09		305	726	171	3.6	2.3	28.0	22.0	7.6	0.26		
Spanish Iced Latte - Semi-Skimmed Milk - Medium - In Store	261	62	1.3	0.8	10.0	8.1	2.7	0.09		365	952	225	4.7	3.0	37.0	29.0	9.8	0.33		
Spanish Iced Latte - Semi-Skimmed Milk - Medium - Take Away	251	59	1.2	0.8	9.7	7.7	2.6	0.09		380	952	225	4.7	3.0	37.0	29.0	9.8	0.33		
Spanish Iced Latte - Skimmed Milk - Small - In Store	220	52	0.5	0.3	9.6	7.5	2.6	0.08		290	638	150	1.3	0.8	28.0	22.0	7.4	0.25		
Spanish Iced Latte - Skimmed Milk - Small - Take Away	209	49	0.4	0.3	9.1	7.1	2.4	0.08		305	638	150	1.3	0.8	28.0	22.0	7.4	0.25		
Spanish Iced Latte - Skimmed Milk - Medium - In Store	228	54	0.5	0.3	10.0	7.9	2.6	0.08		365	834	197	1.7	1.0	36.0	29.0	9.6	0.31		
Spanish Iced Latte - Skimmed Milk - Medium - Take Away	219	52	0.5	0.3	9.6	7.6	2.5	0.08		380	834	197	1.7	1.0	36.0	29.0	9.6	0.31		
Spanish Iced Latte - Whole Milk - Small - In Store	291	69	2.4	1.5	9.6	7.5	2.5	0.08		290	845	201	6.9	4.4	28.0	22.0	7.3	0.25		
Spanish Iced Latte - Whole Milk - Small - Take Away	277	66	2.3	1.4	9.1	7.1	2.4	0.08		305	845	201	6.9	4.4	28.0	22.0	7.3	0.25		
Spanish Iced Latte - Whole Milk - Medium - In Store	304	73	2.5	1.6	10.0	8.0	2.6	0.08		365	1110	265	9.1	5.8	37.0	29.0	9.4	0.31		
Spanish Iced Latte - Whole Milk - Medium - Take Away	292	70	2.4	1.5	9.6	7.6	2.5	0.08		380	1110	265	9.1	5.8	37.0	29.0	9.4	0.31		
Spanish Iced Latte - Soya Drink - Small - In Store	241	57	1.3	0.4	8.7	6.5	2.5	0.08		290	699	165	3.9	1.1	25.0	19.0	7.3	0.25		
Spanish Iced Latte - Soya Drink - Small - Take Away	229	54	1.3	0.4	8.3	6.2	2.4	0.08		305	699	165	3.9	1.1	25.0	19.0	7.3	0.25		
Spanish Iced Latte - Soya Drink - Medium - In Store	251	59	1.4	0.4	9.0	6.9	2.6	0.08		365	916	217	5.1	1.4	33.0	25.0	9.4	0.31		
Spanish Iced Latte - Soya Drink - Medium - Take Away	241	57	1.3	0.4	8.7	6.6	2.5	0.08		380	916	217	5.1	1.4	33.0	25.0	9.4	0.31		
Spanish Iced Latte - Coconut Drink - Small - In Store	220	52	1.1	0.6	9.0	6.9	1.6	0.08		290	638	150	1.3	0.8	28.0	22.0	7.4	0.25		
Spanish Iced Latte - Coconut Drink - Small - Take Away	209	49	1.0	0.6	8.6	6.6	1.5	0.08		305	638	150	1.3	0.8	28.0	22.0	7.4	0.25		
Spanish Iced Latte - Coconut Drink - Medium - In Store	228	54	1.1	0.6	9.4	7.3	1.6	0.08		365	834	197	1.7	1.0	36.0	29.0	9.6	0.31		
Spanish Iced Latte - Coconut Drink - Medium - Take Away	219	52	1.1	0.6	9.0	7.0	1.5	0.08		380	834	197	1.7	1.0	36.0	29.0	9.6	0.31		
Spanish Iced Latte - Oat Drink - Small - In Store	278	66	1.9	0.4	11.0	6.9	1.2	0.10		290	806	191	5.5	1.1	31.0	20.0	3.5	0.29		
Spanish Iced Latte - Oat Drink - Small - Take Away	264	63	1.8	0.4	10.0	6.8	1.2	0.10		305	806	191	5.5	1.1	31.0	20.0	3.5	0.29		
Spanish Iced Latte - Oat Drink - Medium - In Store	290	69	2.0	0.4	11.0	7.3	1.2	0.10		365	1058	251	7.3	1.4	41.0	27.0	4.4	0.37		
Spanish Iced Latte - Oat Drink - Medium - Take Away	278	66	1.9	0.4	11.0	7.0	1.2	0.10		380	1058	251	7.3	1.4	41.0	27.0	4.4	0.37		
Spanish Caramel Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Spanish Caramel Latte - Semi-Skimmed Milk - Small - In Store	312	74	1.6	1.1	12.0	9.6	3.4	0.11		244	761	180	4.0	2.6	29.0	23.0	8.2	0.27		
Spanish Caramel Latte - Semi-Skimmed Milk - Small - Take Away	281	66	1.5	1.0	10.0	8.3	3.2	0.11		294	825	195	4.4	2.8	31.0	24.0	9.3	0.32		
Spanish Caramel Latte - Semi-Skimmed Milk - Medium	286	68	1.6	1.0	11.0	8.6	3.3	0.11		388	1110	262	6.1	3.9	41.0	33.0	13.0	0.42		
Spanish Caramel Latte - Skimmed Milk - Small - In Store	269	63	0.5	0.3	12.0	9.4	3.3	0.10		244	655	155	1.3	0.8	28.0	23.0	8.0	0.25		
Spanish Caramel Latte - Skimmed Milk - Small - Take Away	240	57	0.5	0.3	10.0	8.1	3.1	0.10		294	707	167	1.4	0.8	30.0	24.0	9.1	0.30		
Spanish Caramel Latte - Skimmed Milk - Medium	244	57	0.5	0.3	10.0	8.3	3.2	0.10		388	945	223	1.9	1.1	40.0	32.0	12.0	0.39		
Spanish Caramel Latte - Whole Milk - Small - In Store	370	88	3.3	2.1	12.0	9.5	3.2	0.10		244	904	216	8.0	5.1	29.0	23.0	7.9	0.29		
Spanish Caramel Latte - Whole Milk - Small - Take Away	334	80	3.0	1.9	10.0	8.2	3.0	0.10		294	983	235	8.8	5.6	30.0	24.0	8.9	0.30		
Spanish Caramel Latte - Whole Milk - Medium	343	82	3.2	2.0	10.0	8.4	3.1	0.10		388	1332	318	12.0	7.8	41.0	33.0	12.0	0.39		
Spanish Caramel Latte - Soya Drink - Small - In Store	299	71	1.8	0.5	10.0	8.0	3.2	0.10		244	729	173	4.4	1.1	25.0	20.0	7.9	0.25		
Spanish Caramel Latte - Soya Drink - Small - Take Away	268	64	1.6	0.4	9.1	6.8	3.0	0.10		294	789	187	4.8	1.2	27.0	20.0	8.9	0.30		
Spanish Caramel Latte - Soya Drink - Medium	273	65	1.7	0.4	9.2	7.0	3.1	0.10		388	1060	251	6.6	1.7	36.0	27.0	12.0	0.39		
Spanish Caramel Latte - Coconut Drink - Small - In Store	269	63	1.4	0.8	11.0	8.6	1.9	0.10		244	655	155	3.5	1.9	26.0	21.0	4.6	0.25		
Spanish Caramel Latte - Coconut Drink - Small - Take Away	240	57	1.3	0.7	9.5	7.4	1.8	0.10		294	707	167	3.8	2.0	28.0	22.0	5.3	0.30		
Spanish Caramel Latte - Coconut Drink - Medium	244	57	1.4	0.7	9.6	7.6	1.8	0.10		388	945	223	5.2	2.8	37.0	29.0	7.0	0.39		
Spanish Caramel Latte - Oat Drink - Small - In Store	351	83	2.6	0.5	13.0	8.6	1.4	0.12		244	857	203	6.4	1.1	32.0	21.0	3.4	0.30		
Spanish Caramel Latte - Oat Drink - Small - Take Away	317	75	2.4	0.4	12.0	7.4	1.3	0.12		294	931	221	7.0	1.2	35.0	22.0	3.9	0.36		
Spanish Caramel Latte - Oat Drink - Medium	324	77	2.5	0.4	12.0	7.6	1.3	0.12		388	1259	298	9.7	1.7	47.0	29.0	5.1	0.48		
Spanish Caramel Iced Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Spanish Caramel Iced Latte - Semi-Skimmed Milk - Small - In Store	247	58	1.2	0.8	9.7	7.5	2.6	0.09		294	727	172	3.6	2.3	28.0	22.0	7.6	0.26		
Spanish Caramel Iced Latte - Semi-Skimmed Milk - Small - Take Away	298	70	1.5	0.9	12.0	9.1	3.1	0.11		244	727	172	3.6	2.3	28.0	22.0	7.6	0.26		
Spanish Caramel Iced Latte - Semi-Skimmed Milk - Medium - In Store	256	60	1.3	0.8	10.0	7.9	2.6	0.09		373	954	225	4.7	3.0	37.0	29.0	9.8	0.33		
Spanish Caramel Iced Latte - Semi-Skimmed Milk - Medium - Take Away	211	50	1.0	0.7	8.2	6.5	2.2	0.07		463	954	225	4.7	3.0	37.0	29.0	9.8	0.33		
Spanish Caramel Iced Latte - Skimmed Milk - Small - In Store	217	51	0.4	0.3	9.5	7.4	2.5	0.08		294	639	151	1.3	0.8	28.0	22.0	7.4	0.25		
Spanish Caramel Iced Latte - Skimmed Milk - Small - Take Away	262	62	0.5	0.3	11.0	8.9	3.0	0.10		244	639	151	1.3	0.8	28.0	22.0	7.4	0.25		
Spanish Caramel Iced Latte - Skimmed Milk - Medium - In Store	224	53	0.5	0.3	9.9	7.7	2.6	0.08		373	836	197	1.7	1.0	37.0	29.0	9.6	0.31		
Spanish Caramel Iced Latte - Skimmed Milk - Medium - Take Away	185	44	0.4	0.2	8.1	6.4	2.1	0.07		453	836	197	1.7	1.0	37.0	29.0	9.6	0.31		
Spanish Caramel Iced Latte - Whole Milk - Small - In Store	288	69	2.3	1.5	9.6	7.4	2.5	0.08		294	846	202	6.9	4.4	28.0	22.0	7.3	0.25		
Spanish Caramel Iced Latte - Whole Milk - Small - Take Away	347	83	2.8	1.8	12.0	8.9	3.0	0.10		244	846	202	6.9	4.4	28.0	22.0	7.3	0.25		
Spanish Caramel Iced Latte - Whole Milk - Medium - In Store	298	71	2.4	1.6	9.9	7.8	2.5	0.08		373	1112	265	9.1	5.8	37.0	29.0	9.4	0.31		
Spanish Caramel Iced Latte - Whole Milk - Medium - Take Away	246	59	2.0	0.4	9.1	6.4	2.1	0.07		453	1112	265	9.1	5.8	37.0	29.0	9.4	0.31		
Spanish Caramel Iced Latte - Soya Drink - Small - In Store	238	56	1.3	0.4	8.6	6.4	2.5	0.08		294	700	166	3.9	1.1	25.0	19.0	7.3	0.25		
Spanish Caramel Iced Latte - Soya Drink - Small - Take Away	287	68	1.6	0.4	10.0	7.7	3.0	0.10		244	700	166	3.							

Product Description	Nutrition Per 100ml										Nutrition Per Portion									
	Energy - kJ per 100ml	Energy - kCal per 100ml	Fat per 100ml ¹	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	
Spanish Caramelo Iced Latte - Coconut Drink - Medium - In Store	224	53	1.1	0.6	9.3	7.1	1.6	0.08		373	836	197	4.1	2.2	35.0	27.0	5.8	0.31		
Spanish Caramelo Iced Latte - Coconut Drink - Medium - Take Away	185	44	0.9	0.5	7.6	5.9	1.3	0.07		453	836	197	4.1	2.2	35.0	27.0	5.8	0.31		
Spanish Caramelo Iced Latte - Oat Drink - Small - In Store	274	65	1.9	0.4	11.0	6.8	1.2	0.10		294	807	191	5.5	1.1	31.0	20.0	3.5	0.29		
Spanish Caramelo Iced Latte - Oat Drink - Small - Take Away	331	78	2.3	0.4	13.0	8.2	1.4	0.12		244	807	191	5.5	1.1	31.0	20.0	3.5	0.29		
Spanish Caramelo Iced Latte - Oat Drink - Medium - In Store	284	67	2.0	0.4	11.0	7.1	1.2	0.10		373	1060	251	7.3	1.4	41.0	27.0	4.4	0.37		
Spanish Caramelo Iced Latte - Oat Drink - Medium - Take Away	234	55	1.6	0.3	9.1	5.9	1.0	0.08		453	1060	251	7.3	1.4	41.0	27.0	4.4	0.37		
Sweet Ube Hot Chocolate																				
Sweet Ube Hot Chocolate - Semi-Skimmed Milk - Small	429	102	4.0	3.3	13.4	12.3	3.6	0.16		297	1273	302	11.8	9.8	39.7	36.6	10.6	0.48		
Sweet Ube Hot Chocolate - Semi-Skimmed Milk - Medium	448	106	3.7	3.0	14.8	13.6	3.8	0.17		351	1571	372	13.0	10.6	51.9	47.7	13.2	0.60		
Sweet Ube Hot Chocolate - Skimmed Milk - Small	383	91	2.8	2.6	13.1	12.1	3.5	0.16		297	1139	270	8.3	7.6	39.0	35.9	10.4	0.46		
Sweet Ube Hot Chocolate - Skimmed Milk - Medium	403	95	2.6	2.3	14.8	13.4	3.7	0.17		351	1413	335	9.0	8.0	51.1	48.9	13.0	0.58		
Sweet Ube Hot Chocolate - Whole Milk - Small	489	117	5.6	4.4	13.2	12.2	3.4	0.16		297	1454	348	16.8	13.1	39.3	36.1	10.2	0.46		
Sweet Ube Hot Chocolate - Whole Milk - Medium	508	121	5.4	4.1	14.6	13.4	3.6	0.17		351	1783	426	18.9	14.4	51.4	47.2	12.7	0.58		
Sweet Ube Hot Chocolate - Soya Drink - Small	415	99	4.1	2.7	11.8	10.6	3.4	0.16		297	1232	293	12.2	8.1	35.2	31.6	10.2	0.46		
Sweet Ube Hot Chocolate - Soya Drink - Medium	434	103	3.9	2.4	13.3	11.9	3.6	0.17		351	1523	362	13.5	8.5	46.6	41.8	12.7	0.58		
Sweet Ube Hot Chocolate - Coconut Drink - Small	383	91	3.7	3.0	12.3	11.2	2.0	0.16		297	1139	270	11.1	9.0	36.5	33.4	6.0	0.46		
Sweet Ube Hot Chocolate - Coconut Drink - Medium	403	95	3.5	2.7	13.7	12.5	2.2	0.17		351	1413	335	12.2	9.6	48.2	43.9	7.9	0.58		
Sweet Ube Hot Chocolate - Oat Drink - Small	469	112	5.0	2.7	14.9	11.2	1.5	0.18		297	1394	332	14.7	8.1	44.3	33.4	4.5	0.53		
Sweet Ube Hot Chocolate - Oat Drink - Medium	488	116	4.7	2.4	16.3	12.5	1.7	0.19		351	1713	407	16.5	8.5	57.3	43.9	6.0	0.66		
Hazelnut Crème Frappe *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																				
Hazelnut Crème Frappe - Whole Milk - Small - Eat In	315	75	3.7	2.9	9.3	6.5	1.4	0.07		367	1155	277	13.0	11.0	34.0	24.0	5.2	0.24		
Hazelnut Crème Frappe - Whole Milk - Small - Takeaway	313	75	3.7	2.9	9.4	6.4	1.5	0.07		382	1196	286	14.0	11.0	35.0	25.0	5.7	0.26		
Hazelnut Crème Frappe - Whole Milk - Medium - Eat In	301	72	3.3	2.5	9.4	6.6	1.4	0.06		483	1452	347	16.0	12.0	45.0	32.0	6.8	0.31		
Hazelnut Crème Frappe - Whole Milk - Medium - Takeaway	301	72	3.3	2.5	9.4	6.6	1.4	0.06		483	1452	347	16.0	12.0	45.0	32.0	6.8	0.31		
Hazelnut Crème Frappe - Semi-skimmed Milk - Small - Eat In	288	69	2.9	2.4	9.4	6.6	1.5	0.07		367	1057	252	11.0	9.0	34.0	24.0	5.4	0.25		
Hazelnut Crème Frappe - Semi-skimmed Milk - Small - Takeaway	284	68	2.9	2.4	9.2	6.5	1.6	0.07		382	1086	258	11.0	9.1	35.0	25.0	6.0	0.27		
Hazelnut Crème Frappe - Semi-skimmed Milk - Medium - Eat In	274	65	2.5	2.0	9.4	6.6	1.5	0.07		483	1322	314	12.0	9.8	46.0	32.0	7.2	0.32		
Hazelnut Crème Frappe - Semi-skimmed Milk - Medium - Takeaway	274	65	2.5	2.0	9.4	6.6	1.5	0.07		483	1322	314	12.0	9.8	46.0	32.0	7.2	0.32		
Hazelnut Crème Frappe - Skimmed Milk - Small - Eat In	268	64	2.4	2.1	9.3	6.5	1.5	0.07		367	983	234	8.9	7.7	34.0	24.0	5.3	0.24		
Hazelnut Crème Frappe - Skimmed Milk - Small - Takeaway	263	63	2.3	2.0	9.1	6.4	1.5	0.07		382	1003	239	8.9	7.7	35.0	24.0	5.8	0.26		
Hazelnut Crème Frappe - Skimmed Milk - Medium - Eat In	254	60	2.0	1.7	9.3	6.5	1.5	0.06		483	1254	291	9.8	8.1	45.0	32.0	7.0	0.31		
Hazelnut Crème Frappe - Skimmed Milk - Medium - Takeaway	254	60	2.0	1.7	9.3	6.5	1.5	0.06		483	1225	291	9.8	8.1	45.0	32.0	7.0	0.31		
Hazelnut Crème Frappe - Soya Drink - Small - Eat In	282	67	3.0	2.2	8.7	5.8	1.4	0.07		367	1034	247	11.0	8.0	32.0	21.0	5.2	0.24		
Hazelnut Crème Frappe - Soya Drink - Small - Takeaway	278	66	3.0	2.1	8.4	5.7	1.5	0.07		382	1061	253	11.0	8.0	32.0	22.0	5.7	0.26		
Hazelnut Crème Frappe - Soya Drink - Medium - Eat In	268	64	2.6	1.7	8.7	5.9	1.4	0.06		483	1292	308	12.0	8.4	42.0	28.0	6.8	0.31		
Hazelnut Crème Frappe - Soya Drink - Medium - Takeaway	268	64	2.6	1.7	8.7	5.9	1.4	0.06		483	1292	308	12.0	8.4	42.0	28.0	6.8	0.31		
Hazelnut Crème Frappe - Coconut Drink - Small - Eat In	268	64	2.8	2.3	8.9	6.1	0.8	0.07		367	983	234	10.0	8.5	33.0	22.0	2.9	0.24		
Hazelnut Crème Frappe - Coconut Drink - Small - Takeaway	263	63	2.8	2.2	8.7	6.0	0.8	0.07		382	1003	239	11.0	8.6	33.0	23.0	3.2	0.26		
Hazelnut Crème Frappe - Coconut Drink - Medium - Eat In	254	60	2.4	1.9	9.0	6.2	0.8	0.06		483	1225	291	12.0	9.1	43.0	30.0	3.9	0.31		
Hazelnut Crème Frappe - Coconut Drink - Medium - Takeaway	254	60	2.4	1.9	9.0	6.2	0.8	0.06		483	1225	291	12.0	9.1	43.0	30.0	3.9	0.31		
Hazelnut Crème Frappe - Oat Drink - Small - Eat In	306	73	3.4	2.2	10.0	6.1	0.6	0.08		367	1123	268	12.0	8.0	37.0	22.0	2.1	0.28		
Hazelnut Crème Frappe - Oat Drink - Small - Takeaway	304	72	3.4	2.1	9.9	6.0	0.6	0.08		382	1160	277	13.0	8.0	38.0	23.0	2.2	0.30		
Hazelnut Crème Frappe - Oat Drink - Medium - Eat In	292	70	2.9	1.7	10.0	6.2	0.6	0.07		483	1409	336	14.0	8.4	49.0	30.0	2.7	0.36		
Hazelnut Crème Frappe - Oat Drink - Medium - Takeaway	292	70	2.9	1.7	10.0	6.2	0.6	0.07		483	1409	336	14.0	8.4	49.0	30.0	2.7	0.36		
Matcha Latte																				
Matcha Latte - Semi-Skimmed Milk - Small - In Store	169	40	1.4	0.9	4.3	3.9	3.0	0.09		240	406	96	3.4	2.2	10.0	9.2	7.3	0.21		
Matcha Latte - Semi-Skimmed Milk - Small - Take Away	172	41	1.4	0.9	4.4	3.9	3.1	0.09		270	465	110	3.9	2.5	12.0	11.0	8.4	0.25		
Matcha Latte - Semi-Skimmed Milk - Medium - In Store	172	41	1.4	0.9	4.4	3.9	3.1	0.09		340	585	138	4.9	3.1	15.0	13.0	11.0	0.31		
Matcha Latte - Semi-Skimmed Milk - Medium - Take Away	173	41	1.4	0.9	4.4	3.9	3.1	0.09		360	624	147	5.2	3.3	16.0	14.0	11.0	0.33		
Matcha Latte - Skimmed Milk - Large	170	40	1.4	0.9	4.3	3.9	3.1	0.09		425	722	170	6.1	3.9	18.0	17.0	13.0	0.39		
Matcha Latte - Skimmed Milk - Small - In Store	121	29	0.2	0.1	4.1	3.6	3.0	0.08		240	291	69	0.5	0.2	9.8	8.7	7.1	0.20		
Matcha Latte - Skimmed Milk - Small - Take Away	123	29	0.2	0.1	4.1	3.7	3.0	0.08		270	332	78	0.5	0.2	11.0	10.0	8.1	0.23		
Matcha Latte - Skimmed Milk - Medium - In Store	124	29	0.2	0.1	4.2	3.7	3.0	0.08		340	420	99	0.7	0.3	14.0	12.0	10.0	0.28		
Matcha Latte - Skimmed Milk - Medium - Take Away	124	29	0.2	0.1	4.2	3.7	3.0	0.08		360	447	105	0.7	0.3	15.0	13.0	11.0	0.30		
Matcha Latte - Skimmed Milk - Large	121	29	0.2	0.1	4.1	3.7	3.0	0.08		425	515	121	0.8	0.4	17.0	16.0	13.0	0.35		
Matcha Latte - Whole Milk - Small - In Store	234	56	3.2	2.0	4.2	3.7	2.9	0.08		240	560	135	7.7	4.9	10.0	8.9	6.9	0.20		
Matcha Latte - Whole Milk - Small - Take Away	238	57	3.3	2.1	4.2	3.8	2.9	0.08		270	643	155	8.9	5.6	11.0	10.0	7.9	0.23		
Matcha Latte - Whole Milk - Medium - In Store	237	57	3.2	2.1	4.3	3.7	2.9	0.08		340	806	194	11.0	7.0	14.0	13.0	10.0	0.28		
Matcha Latte - Whole Milk - Medium - Take Away	239	58	3.3	2.1	4.3	3.8	3.0	0.08		360	861	207	12.0	7.5	15.0	14.0	11.0	0.30		
Matcha Latte - Whole Milk - Large	235	57	3.2	2.1	4.2	3.7	2.9	0.08		425	998	240	14.0	8.8	18.0	16.0	12.0	0.35		
Matcha Latte - Soya Drink - Small - In Store	155	37	1.6	0.2	2.7	2.1	2.9	0.08		240	371	88	3.8	0.6	6.5	5.0	6.9	0.20		
Matcha Latte - Soya Drink - Small - Take Away	157	37	1.6	0.3	2.7	2.1	2.9	0.08		270	424	101	4.4	0.7	7.3	5.7	7.9	0.23		
Matcha Latte - Soya Drink - Medium - In Store	157	37	1.6	0.3	2.8	2.1	2.9	0.08		340	535	127	5.4	0.9	9.5	7.1	10.0	0.28		
Matcha Latte - Soya Drink - Medium - Take Away	158	38	1.6	0.3	2.8	2.1	3.0	0.08		360	570	135	5.8	0.9	10.0	7.6	11.0	0.30		

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	
Iced Matcha Latte - Semi-Skimmed Milk - Small - In Store	129	30	1.1	0.7	3.3	2.9	2.3	0.07		270	348	82	2.9	1.8	9.0	7.8	6.3	0.18		
Iced Matcha Latte - Semi-Skimmed Milk - Small - Take Away	104	24	0.9	0.5	2.7	2.3	1.9	0.05		345	358	84	3.0	1.9	9.3	8.1	6.4	0.19		
Iced Matcha Latte - Semi-Skimmed Milk - Medium - In Store	135	32	1.1	0.7	3.5	3.0	2.4	0.07		360	488	115	4.0	2.5	13.0	11.0	8.8	0.25		
Iced Matcha Latte - Semi-Skimmed Milk - Medium - Take Away	104	25	0.9	0.5	2.7	2.3	1.9	0.05		470	488	115	4.0	2.5	13.0	11.0	8.8	0.25		
Iced Matcha Latte - Semi-Skimmed Milk - Large - Take Away	122	29	1.0	0.7	3.1	2.8	2.2	0.06		510	624	147	5.2	3.3	16.0	14.0	11.0	0.33		
Iced Matcha Latte - Skimmed Milk - Small - In Store	93	22	0.0	0.0	3.2	2.7	2.3	0.06		270	251	59	0.0	0.2	8.5	7.3	6.1	0.17		
Iced Matcha Latte - Skimmed Milk - Small - Take Away	75	18	0.0	0.0	2.5	2.2	1.8	0.05		345	257	61	0.0	0.2	8.7	7.6	6.3	0.17		
Iced Matcha Latte - Skimmed Milk - Medium - In Store	98	23	0.0	0.0	3.3	2.8	2.4	0.06		360	352	83	0.6	0.2	12.0	10.0	8.6	0.23		
Iced Matcha Latte - Skimmed Milk - Medium - Take Away	75	18	0.0	0.0	2.6	2.2	1.8	0.05		470	352	83	0.6	0.2	12.0	10.0	8.6	0.23		
Iced Matcha Latte - Skimmed Milk - Large - Take Away	88	21	0.0	0.0	3.0	2.6	2.1	0.06		510	447	105	0.7	0.3	15.0	13.0	11.0	0.30		
Iced Matcha Latte - Whole Milk - Small - In Store	177	43	2.4	1.5	3.2	2.8	2.2	0.08		270	478	115	6.5	4.1	8.7	7.5	5.9	0.17		
Iced Matcha Latte - Whole Milk - Small - Take Away	143	34	1.9	1.2	2.6	2.2	1.8	0.05		345	492	118	6.7	4.3	8.9	7.7	6.1	0.17		
Iced Matcha Latte - Whole Milk - Medium - In Store	186	45	2.5	1.6	3.4	2.9	2.3	0.06		360	669	161	9.1	5.8	12.0	10.0	8.3	0.23		
Iced Matcha Latte - Whole Milk - Medium - Take Away	142	34	1.9	1.2	2.6	2.2	1.8	0.05		470	669	161	9.1	5.8	12.0	10.0	8.3	0.23		
Iced Matcha Latte - Whole Milk - Large - Take Away	169	41	2.3	1.5	3.0	2.7	2.1	0.06		510	861	207	12.0	7.5	15.0	14.0	11.0	0.30		
Iced Matcha Latte - Soya Drink - Small - In Store	118	28	1.2	0.2	2.1	1.6	2.2	0.06		270	318	76	3.2	0.5	5.7	4.2	5.9	0.17		
Iced Matcha Latte - Soya Drink - Small - Take Away	95	23	1.0	0.2	1.7	1.3	1.8	0.05		345	327	78	3.3	0.5	5.9	4.3	6.1	0.17		
Iced Matcha Latte - Soya Drink - Medium - In Store	124	29	1.2	0.2	2.3	1.6	2.3	0.06		360	446	106	4.5	0.7	8.1	5.9	8.3	0.23		
Iced Matcha Latte - Soya Drink - Medium - Take Away	95	23	1.0	0.2	1.7	1.2	1.8	0.05		470	446	106	4.5	0.7	8.1	5.9	8.3	0.23		
Iced Matcha Latte - Soya Drink - Large - Take Away	112	27	1.1	0.2	2.0	1.5	2.1	0.06		510	570	135	5.8	0.9	10.0	7.6	11.0	0.30		
Iced Matcha Latte - Coconut Drink - Small - In Store	93	22	0.9	0.4	2.5	2.0	1.1	0.06		270	251	59	2.4	1.2	6.7	5.5	3.0	0.17		
Iced Matcha Latte - Coconut Drink - Small - Take Away	75	18	0.7	0.3	2.0	1.6	0.9	0.05		345	257	61	2.5	1.2	6.9	5.7	3.0	0.17		
Iced Matcha Latte - Coconut Drink - Medium - In Store	98	23	0.9	0.5	2.6	2.1	1.2	0.06		360	352	83	3.3	1.6	9.5	7.7	4.2	0.23		
Iced Matcha Latte - Coconut Drink - Medium - Take Away	75	18	0.7	0.3	2.0	1.6	0.9	0.05		470	352	83	3.3	1.6	9.5	7.7	4.2	0.23		
Iced Matcha Latte - Coconut Drink - Large - Take Away	88	21	0.8	0.4	2.3	2.0	1.0	0.06		510	447	105	4.3	2.1	12.0	10.0	5.2	0.30		
Iced Matcha Latte - Oat Drink - Small - In Store	161	38	1.9	0.2	4.6	2.0	0.7	0.08		270	435	104	5.0	0.5	12.0	5.5	1.8	0.21		
Iced Matcha Latte - Oat Drink - Small - Take Away	130	31	1.5	0.2	3.7	1.6	0.5	0.06		345	448	107	5.2	0.5	13.0	5.7	1.8	0.22		
Iced Matcha Latte - Oat Drink - Medium - In Store	169	40	1.9	0.2	4.8	2.1	0.7	0.08		360	610	145	7.0	0.7	17.0	7.7	2.6	0.30		
Iced Matcha Latte - Oat Drink - Medium - Take Away	130	31	1.5	0.2	3.7	1.6	0.5	0.06		470	610	145	7.0	0.7	17.0	7.7	2.6	0.30		
Iced Matcha Latte - Oat Drink - Large - Take Away	154	37	1.8	0.2	4.3	2.0	0.6	0.08		510	783	186	9.1	0.9	22.0	10.0	3.1	0.39		
Strawberry Matcha Iced Latte																				
Strawberry Matcha Iced Latte - Coconut Drink - Small - In Store	173	40	0.9	0.5	7.4	6.0	0.9	0.06		275	476	111	2.4	1.4	20.0	16.0	2.6	0.17		
Strawberry Matcha Iced Latte - Coconut Drink - Small - Take Away	138	32	0.7	0.4	5.8	4.7	0.8	0.05		355	490	115	2.6	1.4	21.0	17.0	2.7	0.18		
Strawberry Matcha Iced Latte - Coconut Drink - Medium - In Store	172	40	0.9	0.5	7.2	5.8	1.0	0.06		390	671	157	3.6	2.0	28.0	23.0	3.9	0.25		
Strawberry Matcha Iced Latte - Coconut Drink - Medium - Take Away	140	33	0.7	0.4	5.8	4.7	0.8	0.05		480	671	157	3.6	2.0	28.0	23.0	3.9	0.25		
Strawberry Matcha Iced Latte - Semi-Skimmed Milk - Small - In Store	203	48	1.0	0.7	8.1	6.7	2.0	0.07		275	559	131	2.8	1.9	22.0	18.0	5.4	0.18		
Strawberry Matcha Iced Latte - Semi-Skimmed Milk - Small - Take Away	163	38	0.8	0.6	6.4	5.3	1.6	0.05		355	578	136	3.0	2.0	23.0	19.0	5.7	0.20		
Strawberry Matcha Iced Latte - Semi-Skimmed Milk - Medium - In Store	204	48	1.1	0.7	7.9	6.6	2.1	0.07		390	795	186	4.2	2.8	31.0	26.0	8.1	0.27		
Strawberry Matcha Iced Latte - Semi-Skimmed Milk - Medium - Take Away	166	39	0.9	0.6	6.5	5.3	1.7	0.06		480	795	186	4.2	2.8	31.0	26.0	8.1	0.27		
Strawberry Matcha Iced Latte - Skimmed Milk - Small - In Store	173	40	0.0	0.2	7.9	6.5	1.9	0.06		275	476	111	0.7	0.5	22.0	18.0	5.2	0.17		
Strawberry Matcha Iced Latte - Skimmed Milk - Small - Take Away	138	32	0.0	0.1	6.3	5.2	1.6	0.05		355	490	115	0.8	0.5	22.0	18.0	5.6	0.18		
Strawberry Matcha Iced Latte - Skimmed Milk - Medium - In Store	172	40	0.0	0.2	7.8	6.4	2.0	0.06		390	671	157	1.1	0.7	30.0	25.0	7.9	0.25		
Strawberry Matcha Iced Latte - Skimmed Milk - Medium - Take Away	140	33	0.0	0.1	6.3	5.2	1.6	0.05		480	671	157	1.1	0.7	30.0	25.0	7.9	0.25		
Strawberry Matcha Iced Latte - Whole Milk - Small - In Store	243	58	2.2	1.4	8.0	6.6	1.9	0.06		275	669	159	5.9	3.9	22.0	18.0	5.1	0.17		
Strawberry Matcha Iced Latte - Whole Milk - Small - Take Away	196	47	1.8	1.2	6.3	5.2	1.5	0.05		355	697	166	6.3	4.1	22.0	19.0	5.4	0.18		
Strawberry Matcha Iced Latte - Whole Milk - Medium - In Store	246	59	2.3	1.5	7.8	6.5	2.0	0.06		390	961	228	8.8	5.7	31.0	25.0	7.7	0.25		
Strawberry Matcha Iced Latte - Whole Milk - Medium - Take Away	200	48	1.8	1.2	6.4	5.2	1.6	0.05		480	961	228	8.8	5.7	31.0	25.0	7.7	0.25		
Strawberry Matcha Iced Latte - Soya Drink - Small - In Store	194	46	1.1	0.3	7.1	5.6	1.9	0.06		275	533	125	3.1	0.8	19.0	15.0	5.1	0.17		
Strawberry Matcha Iced Latte - Soya Drink - Small - Take Away	155	36	0.9	0.2	5.6	4.4	1.5	0.05		355	551	130	3.3	0.8	20.0	16.0	5.4	0.18		
Strawberry Matcha Iced Latte - Soya Drink - Medium - In Store	194	46	1.2	0.3	6.9	5.4	2.0	0.06		390	757	178	4.6	1.1	27.0	21.0	7.7	0.25		
Strawberry Matcha Iced Latte - Soya Drink - Medium - Take Away	158	37	1.0	0.2	5.6	4.4	1.6	0.05		480	757	178	4.6	1.1	27.0	21.0	7.7	0.25		
Strawberry Matcha Iced Latte - Oat Drink - Small - In Store	230	54	1.7	0.3	9.1	6.0	0.6	0.08		275	633	149	4.7	0.8	25.0	16.0	1.6	0.21		
Strawberry Matcha Iced Latte - Oat Drink - Small - Take Away	185	44	1.4	0.2	7.2	4.7	0.0	0.06		355	658	155	5.0	0.8	26.0	17.0	1.7	0.23		
Strawberry Matcha Iced Latte - Oat Drink - Medium - In Store	232	55	1.8	0.3	9.0	5.8	0.6	0.08		390	906	214	6.9	1.1	35.0	23.0	2.4	0.31		
Strawberry Matcha Iced Latte - Oat Drink - Medium - Take Away	189	45	1.4	0.2	7.3	4.7	0.5	0.07		480	906	214	6.9	1.1	35.0	23.0	2.4	0.31		

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Product Description	Nutrition Per 100g/ml										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	
Core Ingredients																				
Hot Chocolate Powder	1627	364	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 svrup (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	265	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		
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		
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		
Ube Flavour Syrup	1343	316	0.0	0.0	79.0	75.0	0.0	0.71		4	54	13	0.0	0.0	3.2	3.0	0.0	0.03		
Orange Syrup	775	182	0.5	0.5	44.0	44.0	0.7	0.00		4	31	7	0.0	0.0	1.8	1.8	0.0	0.00		
Caramel Nut Syrup	1089	256	0.0	0.0	64.0	64.0	0.0	0.19		4	44	10	0.0	0.0	2.6	2.6	0.0	0.01		
Sugar Free Gingerbread Syrup	60	14	0.0	0.0	9.8	0.0	0.0	0.04		4	2	1	0.0	0.0	0.4	0.0	0.0	0.00		
Cherry Sauce	639	150	0.0	0.0	37.0	33.0	0.5	0.00		4	26	6	0.0	0.0	1.5	1.3	0.0	0.00		
Matcha Powder	1307	312	3.8	0.6	63.1	3.9	24.4	0.00		3	39	9	0.1	0.0	1.9	0.1	0.7	0.00		
Hazel Crème Flavoured Sauce	847	201	4.5	1.7	37.5	19.1	2.8	0.18		10	85	20	0.4	0.2	3.7	1.9	0.3	0.02		

*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.