

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	Barley	Oat	Soya	Eggs	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nut	Any Hot Sauce (if present)	
MOCHA CORTADO																					
MOCHA CORTADO - WHOLE MILK - IN-STORE	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	
MOCHA CORTADO - WHOLE MILK - TAKE AWAY	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	
CARAMEL CORTADO																					
CARAMEL CORTADO - WHOLE MILK - IN-STORE	YES	NO	N	N	N	N	N	C	N	YES	N	N	N	N	N	N	N	N	N	C	
CARAMEL CORTADO - WHOLE MILK - TAKE AWAY	YES	NO	N	N	N	N	N	C	N	YES	N	N	N	N	N	N	N	N	N	C	

CONTENTS KEY	
	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.
At the point of editing, this file will no longer be considered a Technical controlled document.
Please be mindful to maintain the accuracy of the data through any editing process.

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present															
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)		
Impulse																						
Caramel Waffles	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO			
Fruit & Oat Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO			
Fruity Flapjack*	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	C			
Oaty Flapjack*	YES	YES	NO	NO	NO	YES	NO	C	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			
Mini All Butter Shortbreads	YES	NO	YES	NO	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C			
Ginger Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO			
Triple Chocolate Biscuits	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO			
Belgian Chocolate Brownie (Gluten Free)	YES	NO	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND		
Bubble Frappe Gingerbread Biscuit	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	C			
Instant Wholegrain Porridge	YES	NO	C	NO	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C	C			
Dried Mango	YES	YES	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	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	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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	Dietary Choices		Cereals Containing Gluten				Allergens Present														
Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Salpите	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	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	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	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	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	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	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	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 Babycino																					
Milk Babycino - 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 Babycino - Soya Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Milk Babycino - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Milk Babycino - 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	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 Babycino (We're Serving Recipe)																					
Hot Chocolate Babycino - Whole/Semi-Skimmed/Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		

	Dietary Choices		Cereals Containing Gluten				Allergens Present														
Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	
Hot Chocolate Babycino - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Hot Chocolate Babycino - Coconut Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Hot Chocolate Babycino - 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		
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		
Coffee Frappé - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	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		
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		
Coffee Frappé - Soya Drink	YES	NO	NO	NO	NO	NO	YES	NO	YES	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		
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		
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		
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		
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		
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		
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		
Salted Caramel Frappé with Coffee & Light Whip (We're Serving Recipe) Espresso Coffee																					

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														Tree Nut Source (if present)
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts		
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		
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		
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		
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	
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	
SEASONAL																					
Maple Hazel Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																					
Maple Hazel Latte - Whole/Semi-Skimmed/Skimmed Milk	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Latte - Soya Drink	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Latte - Coconut Drink	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	C	
Maple Hazel Latte - Oat Drink	Yes	No	Yes	C	C	C	Yes	C	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Iced Latte *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																					
Maple Hazel Iced Latte - Whole/Semi-Skimmed/Skimmed Milk	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Iced Latte - Soya Drink	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	C	
Maple Hazel Iced Latte - Coconut Drink	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	C	
Maple Hazel Iced Latte - Oat Drink	Yes	No	Yes	C	C	C	Yes	C	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Hot Chocolate *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																					
Maple Hazel Hot Chocolate - Whole/Semi-Skimmed/Skimmed Milk	Yes	No	Yes	C	C	C	C	C	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Hot Chocolate - Soya Drink	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Hot Chocolate - Coconut Drink	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	C	
Maple Hazel Hot Chocolate - Oat Drink	Yes	No	Yes	C	C	C	Yes	C	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Frappé *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																					
Maple Hazel Frappé - Whole/Semi-Skimmed/Skimmed Milk	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Frappé - Soya Drink	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Frappé - Coconut Drink	Yes	No	Yes	C	C	C	C	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	C	
Maple Hazel Frappé - Oat Drink	Yes	No	Yes	C	C	C	Yes	C	Yes	Yes	No	No	No	No	No	No	No	No	No	No	
Maple Hazel Iced Matcha *ATTENTION: This drink cannot be made dairy free, even when made with a dairy alternative, due to other ingredients containing milk*																					
Maple Hazel Iced Matcha - 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	
Maple Hazel Iced Matcha - Soya Drink	Yes	No	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Maple Hazel Iced Matcha - Coconut Drink	Yes	No	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Maple Hazel Iced Matcha - Oat Drink	Yes	No	C	C	C	C	YES	NO	NO	YES	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	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Spanish Latte - Coconut Drink	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Spanish Latte - Oat Drink	YES	NO	C	C	C	C	YES	NO	NO	YES	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	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Spanish Iced Latte - Coconut Drink	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Spanish Iced Latte - Oat Drink	YES	NO	C	C	C	C	YES	NO	NO	YES	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	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Sweet Ube Hot Chocolate - Coconut Drink	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Sweet Ube Hot Chocolate - Oat Drink	YES	NO	C	C	C	C	YES	NO	NO	YES	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*																					

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present															True Nut Source (if present)
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts			
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	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Iced Matcha Latte - Coconut Drink	YES	YES	NO	NO	NO	NO	YES	NO	YES	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		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)
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																				
Maple Flavoured Sauce	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
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									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	Portion Weight (g)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion	
Impulse																		
Caramel Waffles	1953	465	17.0	8.8	72.0	37.0	3.9	0.73	78	1523	363	14.0	6.9	56.0	28.0	3.0	0.57	Glucose-Fructose Syrup, WHEAT Flour, Sugar, Palm Fat, Butter (MILK), Sugar Syrup, SOYA Flour, Rapeseed Oil, Salt, Emulsifiers (SOYA Lecithin, E471), Raising Agent (Sodium carbonates), Cinnamon, Acid (Citric Acid), Bourbon Vanilla.
Fruit & Oat Biscuits	1989	475	19.9	6.8	65.5	27.2	5.5	0.80	48	955	228	9.6	3.3	31.4	13.1	2.6	0.40	Rolled OATS (27%), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raisins (12%), Palm Oil, Invert Sugar Syrup, Rapeseed Oil, Salt, Raising Agents (E500(ii), E501(iii)), Skimmed MILK Powder, Colours (Annatto Bixin, Curcumin), Natural Flavouring.
Fruity Flapjack*	1780	424	16.0	5.6	62.0	35.0	5.3	0.19	58	1032	246	9.2	3.2	36.0	20.0	3.1	0.11	Gluten Free OATS (32%), Golden Syrup, Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Sultanas (8%) (Sultanas, Sunflower Oil), Brown Sugar, Dried Apricots (5%) (Apricots, Rice Flour, Preservative (SULPHUR DIOXIDE)), Glucose Syrup, Sweetened Dried Cranberries (4%) (Cranberries, Cane Sugar, Sunflower Oil), Gluten Free OAT Flour, Coconut Flakes (Coconut Flakes, Preservative (SULPHUR DIOXIDE)), Natural Flavourings, Salt.
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(iii)), Skimmed MILK Powder, Colours (Annatto Bixin, Curcumin), Natural Flavouring.
Triple Chocolate Biscuits	2119	507	26.5	16.1	58.4	32.6	6.6	0.80	50	1059	253	13.3	8.1	29.2	16.3	3.3	0.40	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (23%) (Butter (MILK), Salt), White Chocolate Chips (14%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Dark Chocolate Chips (8%) (Cocoa Mass, Sugar, Dextrose, Emulsifier (SOYA Lecithin)), Fat Reduced Cocoa Powder (6%), Invert Sugar Syrup, Milk Chocolate Chips (4%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Raising Agents (E500(ii), E501(iii)), Green Tea Extract, Natural Flavouring.
Belgian Chocolate Brownie (Gluten Free)	2148	516	35.0	19.0	42.0	37.0	8.1	0.36	60	1289	310	21.0	11.0	25.0	22.0	4.9	0.22	Free Range EGG, Belgian Dark Chocolate (16%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Flavouring), Sugar, Butter (MILK), Belgian Milk Chocolate Chunks (13%) (Sugar, Dried Whole MILK, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Flavouring), Belgian Milk Chocolate (11%) (Sugar, Cocoa Butter, Dried Whole MILK, Cocoa Mass, Emulsifier (SOYA Lecithin), Flavouring), ALMOND Flour, Chocolate Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Emulsifier (SOYA Lecithin), Flavouring), Flavouring, Salt, Preservative (E 202)
Bubble Frappe Gingerbread Biscuit	1771	421	13.0	5.5	70.0	34.0	5.6	0.45	45	797	189	5.7	2.5	32.0	15.0	2.5	0.20	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Partially Inverted Sugar Syrup, Palm Oil, Glucose Syrup, Invert Sugar Syrup, Pasteurised Free Range EGG, Palm Stearin, Rapeseed Oil, Sunflower Oil, Ginger Powder, Raising Agent (Sodium Hydrogen Carbonate), Colours (Beetroot Red, Paprika Extract, Curcumin), Dried Free Range EGG White, Acidity Regulator (Acetic Acid), Cornflour, Stabiliser (Disodium Diphosphate), Lemon Juice from Concentrate.

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

	Nutrition Per 100ml											Nutrition Per Portion									
Product Description	Energy - kJ per 100ml	Energy - kCal per 100ml	Fat per 100ml	Sats per 100ml	Carb per 100ml	Sugar per 100ml	Protein per 100ml	Salt per 100ml	Vitamin C (mg) per 100g	Portion Weight (ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion	Vitamin C (mg) per portion		
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			
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			

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 - 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	3.8	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		
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 Babyccino (We're Serving Recipe)																				
Hot Chocolate Babyccino - 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 Babyccino - 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		

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

	Nutrition Per 100ml											Nutrition Per Portion									
Product Description	Energy - kJ per 100ml	Energy - kCal per 100ml	Fat per 100ml	Sats per 100ml	Carb per 100ml	Sugar per 100ml	Protein per 100ml	Salt per 100ml	Vitamin C (mg) per 100g	Portion Weight (ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion	Vitamin C (mg) per portion		
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	0.0	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			
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			

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 - 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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	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
Product Description																			
Core Ingredients																			
Hot Chocolate Powder	1627	384	5.6	3.4	70.0	61.0	12.0	0.49											
Coffee																			
MOCHA ITALIA BEANS ESPRESSO SHOT	81	19	0.2	0.1	3.1	0.1	1.3	0.10		30	24	6	0.1	0.0	0.9	0.0	0.4	0.03	
DECAFFEINATED BEANS ESPRESSO SHOT	40	10	0.1	0.1	1.8	0.1	0.4	0.10		30	12	3	0.0	0.0	0.5	0.0	0.1	0.03	
COSTA DECAF SACHETS ESPRESSO SHOT	40	10	0.1	0.1	1.8	0.1	0.4	0.10		30	12	3	0.0	0.0	0.5	0.0	0.1	0.03	
DECAF PODS ESPRESSO SHOT	40	10	0.1	0.1	1.8	0.1	0.4	0.10		30	12	3	0.0	0.0	0.5	0.0	0.1	0.03	
INSTANT COFFEE	1258	301	0.1	0.1	69.0	0.5	22.0	0.05		2	25	6	0.0	0.0	1.4	0.0	0.4	0.00	
Drinks Extras																			
Vanilla syrup	1264	313	0.0	0.0	76.0	75.0	0.0	0.00		4	51	13	0.0	0.0	3.0	3.0	0.0	0.00	
Vanilla syrup (Sugar Free)	56	13	0.0	0.0	10.0	0.4	0.0	0.20		4	2	1	0.0	0.0	0.4	0.0	0.0	0.01	
Costa CC000383 Roasted Hazelnut Flavour Syrup (PTS CC000457)	1190	285	0.0	0.0	69.0	69.0	0.0	0.00		4	48	11	0.0	0.0	2.8	2.8	0.0	0.00	
Caramel Syrup FDL	1166	279	0.0	0.0	69.0	68.0	0.0	0.00		4	47	11	0.0	0.0	2.8	2.7	0.0	0.00	
10% Reduced Sugar Caramel Syrup (PTS 40809)	1176	277	0.0	0.0	69.2	69.2	0.0	0.00		4	47	11	0.0	0.0	2.8	2.8	0.0	0.00	
Caramel Syrup (Sugar Free) BO	80	19	0.0	0.0	10.0	0.4	0.0	0.20		4	3	1	0.0	0.0	0.4	0.0	0.0	0.01	
Cinnamon Bun Syrup	62	15	0.0	0.0	10.1	0.0	0.0	0.16		4	2	1	0.0	0.0	0.4	0.0	0.0	0.01	
Light Whip	894	216	19.0	18.0	10.0	10.0	0.0	0.12		35	313	76	6.7	6.3	3.5	3.5	0.0	0.04	
Whipping Cream	1557	378	40.0	25.0	2.6	2.6	1.9	0.10		40	623	151	16.0	10.0	1.0	1.0	0.8	0.04	
Semi Skimmed Milk	195	46	1.7	1.1	4.7	4.7	3.5	0.11		100	195	46	1.7	1.1	4.7	4.7	3.5	0.11	
Skimmed Milk	136	32	0.2	0.1	4.4	4.4	3.4	0.10		100	136	32	0.2	0.1	4.4	4.4	3.4	0.10	
Whole Milk	274	66	3.9	2.5	4.5	4.5	3.3	0.10		100	274	66	3.9	2.5	4.5	4.5	3.3	0.10	
Alpro Plant Alternative - Soya	177	42	1.9	0.3	2.7	2.5	3.3	0.10		200	354	84	3.8	0.6	5.4	5.0	6.6	0.20	
Alpro Plant Alternative - Coconut	136	32	1.4	0.7	3.3	3.3	1.5	0.10		200	272	64	2.8	1.4	6.6	6.6	3.0	0.20	
Alpro Plant Alternative - Oat	248	59	3.0	0.3	6.7	3.3	0.8	0.13		200	496	118	6.0	0.6	13.4	6.6	1.6	0.26	
Other Ingredients																			
Maple Flavoured Sauce	975	231	4.7	2.2	43.4	31.0	2.6	0.20		10	98	23	0.5	0.2	4.3	3.1	0.3	0.02	
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.