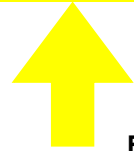


HOW TO USE THIS GUIDE

PASTRIES	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	*	*	*										
Butter Croissant	*	*	*											
Cinnamon Swirl	*	*	*											



An * in a box means that the product contains that allergen.

**E.G. the Almond Croissant above contains Gluten, Egg, Milk and Nuts.
The Butter Croissant and Cinnamon Swirl contain Gluten, Egg and Milk.**

For pre-packaged food (e.g. panini & biscuits etc.), the Allergen information can be found on the product's packaging.

NEVER GUESS - Always use this guide to help answer any customer queries.

The allergens that are featured in this guide are in accordance with the EU Food Information Regulations:

- Cereals containing gluten: including Wheat, Rye, Barley, Oats
- Eggs
- Milk
- Tree Nuts: including Almonds, Hazelnuts, Pistachios, Walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur Dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. Prawns
- Sesame Seeds
- Molluscs e.g. Mussels

Please note: Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain a protein called Avenin which some people are sensitive to.

WE TAKE CARE TO LIST ALL INGREDIENTS IN OUR FOOD AND DRINKS, HOWEVER WE CANNOT GUARANTEE A 100% ALLERGEN FREE ENVIRONMENT AS WE USE SHARED EQUIPMENT TO DISPLAY, PREPARE AND SERVE.

CONTENTS		
ALLERGEN GUIDE		
FESTIVE SWEET	3
PASTRIES	3
MUFFINS & SCONES	3
CAKES & SLICES	3
LOAF CAKES	4
BROWNIES & SHORTBREAD	4
TRAYBAKES	4
INDIVIDUAL CAKES	4
DESSERTS	4
COOKIES	5
GRAB & GO CHOCOLATE	5
PORRIDGE	5
SAVOURY PASTRIES & ROLLS	5
SOUPS	5
EXTRAS	6
SYRUPS	6
NUTRITIONAL & INGREDIENT GUIDE		
FESTIVE SWEET	8
FESTIVE SAVOURY	9
PASTRIES	10
MUFFINS & SCONES	11
EXTRAS	12
PORRIDGE	13
CAKES & SLICES	14
LOAF CAKES	14
BROWNIES & SHORTBREAD	15
TRAYBAKES	15
INDIVIDUAL CAKES	16
DESSERTS	16
COOKIES	17
SAVOURY PASTRIES & ROLLS	18
PANINI	19
TOSTATI	19
FOCCACIA	20
BREAKFAST ROLLS	20
SANDWICHES	21
SOUPS	22
MEAL POTS	22
ANTIPASTI	22
BISCUITS & SNACKS	23
CRISPS & POPCORN	26
YOGHURTS & GRANOLA POT	26
BEVERAGE		
FESTIVE BEVERAGE	28
HOT COFFEE	31
HOT CHOCOLATE	36
LUXURY & CHAI	37
ICED COFFEE	39
FRAPPE	40
FLAVOURED LATTE	41
FRAPPE CRÈME	42
MILKSHAKE	44
OVER ICE	46

FESTIVE SWEET

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
NEW Millionaires Cake	*	*	*				*		*					
NEW Luxury Amaretto Mince Pie	*	*	*	*										
NEW Classic Mince Pie	*								*					
NEW Sticky Toffee Pudding Cheesecake	*	*	*				*							

PASTRIES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	*	*	*										
Apricot Croissant	*	*	*											
Butter Croissant	*	*	*											
Chocolate Twist	*	*	*				*							
Cinnamon Swirl	*	*	*											
Pain au Chocolat	*	*	*				*							
Pain aux Raisins	*	*	*											
Raspberry Croissant	*													

MUFFINS & SCONES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chocolate Muffin	*	*	*				*		*					
Blueberry Muffin	*	*	*											
Sicilian Lemon Curd Muffin	*	*	*						*					
Fruit Scone	*	*	*											

CAKES & SLICES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate Fudge Cake	*	*	*				*							
Cappuccino Cake	*	*	*				*							
Carrot Cake	*	*	*	*										
Peach Bellini Meringue Roulade	*	*	*											

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LOAF CAKES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Banana & Walnut Loaf Cake	*	*	*	*										
Sicilian Lemon Drizzle Loaf Cake	*	*	*											

BROWNIES & SHORTBREAD

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Caramel Shortbread	*		*				*		*					
Belgian Chocolate Brownie	*	*	*				*							
Salted Caramel Cookie Brownie	*	*	*				*		*					

TRAYBAKES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Belgian Chocolate & Caramel Crispy	*		*				*		*					
Vegan Granola Flapjack	*			*					*					

INDIVIDUAL CAKES

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chocolate & Salted Caramel Cookie Pie	*	*	*				*							
Raspberry & Almond Frangipane	*	*	*	*										

DESSERTS

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Blueberry Muffin Cheesecake	*	*	*				*							
Chocolate Hazelnut Chouxnut	*	*	*	*			*							
Sicilian Lemon Meringue Cheesecake	*	*	*				*							
Salted Caramel & Chocolate Vegan Cheesecake	*						*							
Italian Tiramisu	*	*	*											
Pistachio & Chocolate Mousse Cake	*	*	*	*			*							
Plant Based Chocolate & Caramelised Biscuit Cheesecake	*						*							

COOKIES

This Product Contains														
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chocolate & Salted Caramel Cookie	*	*	*											
Chocolate Chip Cookie	*						*							
Oat & Cranberry Cookie	*													

GRAB & GO CHOCOLATE

This Product Contains														
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chocolate Coin			*				*							
Gianduja Chocolate				*			*							

PORRIDGE

This Product Contains														
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Porridge with semi-skimmed or skimmed milk	*		*											
Porridge with Alpro Soya	*						*							
Porridge with Alpro Coconut	*						*							
Porridge with Alpro Oat	*													

SAVOURY PASTRIES & ROLLS

This Product Contains														
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Serrano Ham & Cheddar Lattice	*	*	*											
Caramelised Red Onion & Cheddar Lattice	*	*	*											
Pork & Pancetta Sausage Roll	*	*	*											
Sourdough Bread Roll	*													
Vegetable 'Sausage' Roll	*													

SOUPS

This Product Contains														
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Tomato & Basil Soup														
Supergreen Soup			*											

For Allergen and Nutritional Information for our Core or Seasonal Beverage range, please see information on pages **28-46**

EXTRAS	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Chocolate Chips							*							
Heinz Ketchup								*						
Honey														
HP Sauce	*													
Raspberry Jam														
Rhoddas Clotted Cream			*											
Strawberry Jam														
Vegan Creamy Topping														
Marshmallows														
Whipped Cream			*											

SYRUPS	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
All Caffè Nero Syrups														
Caramel Sauce														
Salted Caramel & Pistachio Sauce														
White Chocolate Sauce			*				*							

Within this guide you will find Allergen, Nutritional and Ingredient information as well as dietary suitability for food & beverage products sold in our stores.

Allergens can be found in **BOLD CAPITALS** within the Ingredient Declaration.
Dietary suitability is listed under the product name. Please see below for the key for Dietary Suitability.
Nutritional information can be found to the right beside the ingredient declaration, per 100g and per product.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Pastry: Wheat Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG . Almond Filling (19%) (Sugar, Almonds (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: Almond Flakes (4.2%) (NUTS).	KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.7	0.6
		Portion weight (g)		84

The allergens that are featured within this guide are in accordance with the EU Food Information Regulations:

- Cereals containing Gluten including Wheat, Rye, Barley, Oats
- Eggs
- Milk
- Tree Nuts including Almonds, Hazelnuts, Pistachios, Walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur Dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. Prawns
- Sesame Seeds
- Molluscs e.g. Mussels

Please note: Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain a protein called Avenin which some people are sensitive to.

We take care to list all ingredients in our food and drinks, however we cannot guarantee a 100% allergen free environment as we use shared equipment to display, prepare and serve.

Key for Dietary Suitability:

Vegetarian (V): produced to a recipe and with ingredients that do not contain any sources of meat and fish, including seafood and insects. Vegetarian products may contain ingredients that are produced by animals, such as milk, eggs, and honey.

Vegan (Vg): produced to a recipe with ingredients do not contain any products that are derived from animals, including all animal species, fish, seafood, insects, and products produced by animals, such as honey. Due to our manufacturing environments and to the use of shared displays in store, our vegan products may not be suitable for those with MILK or EGG allergies.

Gluten Free (GF): All products that are labelled as Gluten Free are produced in manufacturing sites that are certified to produce products to the required standards to be called Gluten Free and have been tested to ensure the level of gluten is below the legal threshold.

FESTIVE SWEET

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
NEW Millionaires Cake (V)	Chocolate Sponge (62%) [Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG , Rapeseed Oil, Water, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Cake Concentrate (Modified Maize Starch, WHEAT Starch, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Modified Potato Starch, Rapeseed Oil, Raising Agents: Potassium Carbonates, Diphosphates; Dextrose, Preservative: Potassium Sorbate; Emulsifiers: Sodiumstearoyl-2-lactylate, Mono- and Diglycerides of Fatty Acids, Propylene Glycol Esters of Fatty Acids; WHEAT Gluten, Acidity Regulator: Citric Acid; Stabiliser: Xanthan gum), Cocoa Powder (Cocoa Powder, Acidity Regulator: Potassium Carbonates), Baking Powder (Raising Agents: Diphosphates, Potassium Carbonates)], Caramel Frosting [Icing Sugar, Caramel (8%) (Condensed MILK , Glucose Syrup (SULPHITES), Palm Oil, Invert Sugar Syrup, Butter (MILK), Sugar, Stabiliser: Pectins; Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Natural Flavouring), Full Fat Soft Cheese (Cream (MILK), Skimmed MILK Powder, Salt, Preservative: Potassium Sorbate; Lactic Starter Culture (MILK)), Butter (MILK), Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Water, Salt, Colour: Caramel; Emulsifier (Water, Emulsifier: Mono- and diglycerides of fatty acids, Humectant; Glycerol)], Caramel Shortbread Bites (9%) [(Shortbread (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), Sugar, Maize Starch, Salt), Caramel (Caramel (Condensed MILK , Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Diglycerides of Fatty Acids; Natural Flavouring, Stabiliser: Pectins, Salt), Salt), Milk Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin's; Natural Flavouring), Colour: Iron Oxides and Hydroxides)], Dark Chocolate Ganache (1%) [Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin's; Natural Flavouring), Golden Syrup, Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Butter (MILK)], Bronze Coloured Chocolate Drops (1%) [Chocolate Drops (Cocoa Mass, Raw Cane Sugar, Cocoa Butter), Colour: Iron Oxides and Hydroxides].	per 100g	per portion (g)		
		KJ	1710	1864	
		Kcal	407	444	
		Fat	18.8	20.5	
		Sat	5.0	5.5	
		Carbs	54.1	58.9	
		Sugar	40.4	44.0	
		Fibre	1.0	1.0	
		Protein	5.0	5.5	
		Salt	0.59	0.64	
		Portion weight (g)	109		
		NEW Luxury Amaretto Mince Pie (V)	Mincemeat Filling (50%) [Mincemeat (Sugar, Apple Puree, Sultanas (Sultanas, Sunflower Oil), Raisins (Raisins, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Water, Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Mixed Spice, Acidity Regulator: Acetic acid; Colour: Caramel; Orange Oil, Lemon Oil), OATS , Amaretto (1%), Maize Starch, Natural Flavouring)], Pastry (32%) [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter (MILK), Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), EGG , Water, Mixed Spice, Salt, Colour: Caramel], Florentine Topping (18%) [Flaked ALMONDS , Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sucrose, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid), Sugar, Golden Syrup, Water].	per 100g	per portion (g)
				KJ	1547
Kcal	368			386	
Fat	12.5			13.1	
Sat	4.5			4.7	
Carbs	55.4			58.1	
Sugar	40.4			42.4	
Fibre	3.7			3.9	
Protein	6.5			6.8	
Salt	0.17			0.18	
Portion weight (g)	105				
NEW Classic Mince Pie (Vg)	Mincemeat (55%) [Sugar, Apple Puree, Raisins (Raisins, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose Syrup, Water, Mixed Peel (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid, Preservative: SULPHUR DIOXIDE), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Mixed Spice, Acidity Regulator: Acetic Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Pastry (44%) [Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and diglycerides of Fatty Acids), Sugar, Water, Salt, Colour: Plain Caramel], Sugar Dusting (1%) [Dextrose, Cornflour, Palm Oil].			per 100g	per portion (g)
				KJ	1567
		Kcal	373	354	
		Fat	10.5	10.0	
		Sat	3.7	3.5	
		Carbs	63.7	60.5	
		Sugar	35.5	33.7	
		Fibre	4.3	4.1	
		Protein	3.8	3.6	
		Salt	0.20	0.19	
		Portion weight (g)	95		
		NEW Sticky Toffee Pudding Cheesecake (V)	Digestive Biscuit Crumb (17%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Shortening (Palm Oil, Rapeseed Oil), Sugar, Wholemeal WHEAT Flour, Invert Sugar Syrup, Raising Agent: Ammonium Bicarbonate), White Chocolate (10%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Single Cream (10%) (MILK), Water, Brown Sugar, Medium Fat Soft Cheese (7%) (Skimmed MILK , Cream (MILK), Salt, Native Starch, Stabilisers: Locust Bean Gum, Xanthan Gum), Self-Raising Flour (WHEAT Flour, Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate; Calcium Carbonate, Niacin, Iron, Thiamine), Whipping Cream (10%) (MILK), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Date Paste (Dates, Water), Free Range EGG , Sugar, Unsalted Butter (MILK), Condensed MILK (MILK , Granulated Sugar), Invert Sugar Syrup, Modified Potato Starch, Modified Waxy Maize Starch, Raising Agent: Potassium Hydrogen Carbonate, Cane Molasses, Thickener: Guar Gum, Natural Vanilla Flavouring, Natural Sticky Toffee Flavouring, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum, Salt, Caramelised Sugar Syrup.	per 100g	per portion (g)
				KJ	1502
Kcal	359			373	
Fat	18.1			18.8	
Sat	8.9			9.2	
Carbs	43.6			45.4	
Sugar	28.9			30.0	
Fibre	1.5			1.6	
Protein	4.6			4.8	
Salt	0.29			0.30	
Portion weight (g)	104				
NEW Milk Chocolate Florentines (V)	Milk Chocolate (32%) (Sugar, Cocoa Butter, Dried Whole MILK , Cocoa Mass, Emulsifiers: SOYA Lecithin, Sunflower Lecithin; Vanilla Flavouring), Sugar, ALMONDS (NUTS) (7%), Candied Orange and Lemon Peel (7%) (Orange Peel, Glucose-Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), CASHEW NUTS (7%), Sultanas (7%), Butter (Butter (MILK), Salt), Cream (MILK), Rice Flour, Stem Ginger, Glucose Syrup, Invert Sugar Syrup, Salt, Emulsifier: SOYA Lecithin.			per 100g	per Florentine (g)
				KJ	2094
		Kcal	501	105	
		Fat	27.3	5.7	
		Sat	12.8	2.7	
		Carbs	55.7	11.7	
		Sugar	44.9	9.4	
		Fibre	3.7	0.8	
		Protein	6.3	1.3	
		Salt	0.41	0.09	
		Portion weight (g)	21		

FESTIVE SAVOURY

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
NEW Pigs Under Blankets Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Malted WHEAT Flour, Fermented RYE Flour], Pork and Lentil Sausage in Beef Collagen Casing (22%) [Pork, Lentils, Potato Starch, Dextrose, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Stabiliser; Diphosphates, WHEAT Protein, Chilli Powder, Ginger, Mace, Nutmeg, White Pepper, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Balsamic Onion Chutney (11%) [Red Onion, Sugar, Balsamic Vinegar (Wine Vinegar, Grape Must), White Wine Vinegar, Water, Cornflour, Molasses, Salt, Garlic Purée, Ginger Purée, Black Pepper], Beechwood Smoked Streaky Bacon (9%) [Pork, Salt, Antioxidant; Sodium Ascorbate, Preservatives; Potassium Nitrate, Sodium Nitrite], Cheddar Cheese (9%) (MILK).	KJ	1108	2415
		Kcal	264	576
		Fat	10.6	23.0
		Sat	4.1	9.0
		Carbs	28.5	62.2
		Sugar	5.7	12.4
		Fibre	1.6	3.6
		Protein	12.9	28.0
		Salt	1.61	3.50
		Portion weight (g)		218
		NEW Brie, Bacon & Cranberry Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Malted WHEAT Flour, Fermented RYE Flour], Brie (21%) (MILK), Cranberry Sauce (13%) [Cranberries, Plums, Sugar, Water, Red Wine Vinegar, Cornflour, Plum Juice Concentrate, Dried Cranberries, Sunflower Oil], Beechwood Smoked Streaky Bacon (11%) [Pork, Salt, Antioxidant; Sodium Ascorbate, Preservatives; Potassium Nitrate, Sodium Nitrite].	KJ
Kcal	279			530
Fat	11.3			21.5
Sat	5.5			10.4
Carbs	31.1			59.1
Sugar	4.5			8.6
Fibre	1.4			2.7
Protein	12.6			24.0
Salt	1.18			2.24
Portion weight (g)				190
NEW Plant Based Festive Feast Panini (Vg)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Yeast, Malted WHEAT Flour, Fermented RYE Flour], Vegan Seasoned Mayonnaise (17%) [Water, Rapeseed Oil, Cornflour, Sugar, Spirit Vinegar, Mushroom Juice Concentrate, Yeast Extract, Concentrated Lemon Juice, Pea Protein, Salt, Garlic Powder, Onion Powder, Black Pepper, MUSTARD Seed, Ground Paprika, Maltodextrin, Mushroom Juice Powder], Plant Based Soya Pieces (13%) [Water, SOYA Protein Concentrate, Sunflower Oil, Natural Flavouring, Pea Protein Isolate, Potato Starch, Salt, Maltodextrin, Pea Fibre, Rapeseed Oil, Stabiliser; Calcium Sulphate, Black Pepper, Sugar, Yeast Extract Powder, Iron, Vitamin B12], Spiced Pickled Red Cabbage and Onion (13%) [Red Cabbage, Red Wine (SULPHUR DIOXIDE), Glucose Syrup, Red Onion, Muscovado Sugar, Red Wine Vinegar, Olive Oil, Ginger Purée, Water, Corn Starch, Salt, Redcurrant Juice from Concentrate, Acidity Regulators; Citric Acid, Sodium Citrate, Gelling Agent; Pectins, Black Pepper, Cinnamon, Allspice, Clove, Star Anise, Elderberry Extract], Apple, Sage and Fennel Stuffing (7%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Onion, Apple, Water, Rapeseed Oil, Sage, Parsley, Salt, Fennel Seed, Ground Fennel, Black Pepper, Onion Powder, Yeast], Spinach (4%).			KJ
		Kcal	197	450
		Fat	3.9	9.0
		Sat	0.4	1.0
		Carbs	29.4	67.0
		Sugar	4.5	10.3
		Fibre	3.0	6.8
		Protein	9.6	21.8
		Salt	1.05	2.40
		Portion weight (g)		228
		NEW Turkey Feast Focaccia	Rosemary and Rock Salt Focaccia [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary, Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent; Ascorbic Acid, Malted WHEAT Flour, Sunflower Oil], Butter Basted Cooked Turkey (16%) [Turkey Breast, Butter (MILK), Cornflour, Salt], Pork, Apricot and Cranberry Stuffing Mayonnaise (14%) [Rapeseed Oil, Pork, Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Onion, Pasteurised EGG Yolk, Rice Vinegar, Sugar, Chicken Bones, Salt, Dried Apricot (Apricot, Rice Flour, Preservative; SULPHUR DIOXIDE), Lemon Juice, Cornflour, Cranberries, Brown MUSTARD Seed, Yeast Extract, Rosemary, Sage, Thyme, Molasses, Lemon Zest, Orange Zest, Vinegar, Onion Powder, SOYA Bean, Black Pepper, BARLEY Malt Vinegar, Carrot, Leek, BARLEY Malt Extract, Yeast, WHEAT Flour, Parsley, Garlic, White Pepper, Bay Leaf], Cranberry Sauce (12%) [Cranberries, Plums, Sugar, Water, Red Wine Vinegar, Cornflour, Plum Juice Concentrate, Dried Cranberries, Sunflower Oil], Beechwood Smoked Streaky Bacon (6%) [Pork, Salt, Antioxidant; Sodium Ascorbate, Preservatives; Potassium Nitrate, Sodium Nitrite].	KJ
Kcal	237			514
Fat	6.7			14.5
Sat	1.4			3.1
Carbs	31.2			67.7
Sugar	4.7			10.1
Fibre	2.2			4.8
Protein	12.0			26.0
Salt	1.01			2.19
Portion weight (g)				217

PASTIRES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Croissant (V)	Pastry: Wheat flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water, Palm Fat, Yeast, Sugar, Butter (MILK 2%, Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), Emulsifier (Mono- and diglycerides of fatty acids E471), Acidity Regulator (Citric Acid E330), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (7%) (NUTS), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase E1103). Topping: ALMOND Flakes (4.2%) (NUTS). <i>May contain other NUTS (Hazelnuts).</i>	KJ	1701	1435
		Kcal	407	343
		Fat	21.1	17.8
		Sat	9.0	7.6
		Carbs	43.9	36.9
		Sugar	13.7	11.6
		Fibre	2.4	1.9
		Protein	9.3	7.8
		Salt	0.73	0.61
		Portion weight (g)		84
Apricot Croissant (V)	Pastry: 56% (WHEAT flour, butter 19% (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash (EGGS , water). <i>May contain NUTS and traces of SOYA.</i>	KJ	1081	1113
		Kcal	258	266
		Fat	11.0	11.3
		Sat	6.7	6.9
		Carbs	34.0	35.0
		Sugar	11.0	11.3
		Fibre	2.0	2.1
		Protein	4.7	4.8
		Salt	0.72	0.70
		Portion weight (g)		115
Butter Croissant (V)	Pastry: WHEAT flour, butter 22% (MILK), water, sugar, whole MILK pasteurized, yeast, EGGS , salt, WHEAT gluten, emulsifier : E322 (rape lecithin), flour treatment agent : E300, enzymes, egg wash (Free Range EGGS) 1,5g.	KJ	1792	915
		Kcal	429	219
		Fat	23.0	11.8
		Sat	15.0	7.7
		Carbs	46.0	23.2
		Sugar	6.8	3.5
		Fibre	2.6	1.3
		Protein	8.1	4.3
		Salt	1.20	0.60
		Portion weight (g)		60
Chocolate Twist (V)	Pastry: WHEAT flour, butter (MILK), water, yeast, sugar, EGGS , salt, WHEAT gluten, enzymes (amylases, hemicellulases, flour treatment agent (E300)), Pastry cream (water, sugar, modified starch, powdered whey (MILK), skimmed MILK powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), Chocolate 15.6% (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier (E322 (SOYA lecithin)), natural vanilla flavour), egg wash (EGGS , water), Icing sugar (Glucose, cornflour, vegetable oil).	KJ	1512	1176
		Kcal	361	281
		Fat	16.0	11.9
		Sat	9.6	7.4
		Carbs	47.0	37.9
		Sugar	21.0	17.4
		Fibre	3.0	2.3
		Protein	5.7	4.3
		Salt	0.76	0.60
		Portion weight (g)		90
Cinnamon Swirl (V)	WHEAT Flour, Fine Butter (MILK) (19%), Water, Sugar, Yeast, EGG , Cinnamon (1.4%), Maize Starch, WHEAT Gluten, Salt, Whey Powder (MILK), Whole MILK Powder, Skimmed MILK Powder, Thickener (Sodium Alginate), EGG Albumin Powder, Turmeric Extract, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Flavouring, Acidity Regulator (Citric Acid), Carrot Extract.	KJ	1706	1467
		Kcal	407	350
		Fat	18.6	16.0
		Sat	12.0	10.3
		Carbs	51.2	44.0
		Sugar	21.8	18.7
		Fibre	2.78	2.4
		Protein	6.7	5.8
		Salt	0.62	0.50
		Portion weight (g)		86
Pain au Chocolat (V)	Pastry: (WHEAT flour, Butter (MILK), water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, whole MILK , yeast, EGGS , salt, WHEAT gluten, Emulsifier (rape lecithin), flour treatment agent (E300), enzymes (amylases, hemicellulases)), egg wash (Free Range EGG).	KJ	1786	1120
		Kcal	427	268
		Fat	23.0	14.3
		Sat	15.0	9.3
		Carbs	46.0	29.1
		Sugar	12.0	8.1
		Fibre	3.0	1.9
		Protein	7.6	4.8
		Salt	1.00	0.61
		Portion weight (g)		75
Pain aux Raisins (V)	WHEAT flour, water, raisins 13%, Butter (MILK), sugar, yeast, corn starch, EGGS , salt, powdered whey (MILK), whole MILK powder, WHEAT gluten, EGG albumin powder, skimmed MILK powder, thickener (sodium alginate), emulsifier (rape lecithin), fruit and plant extract (turmeric and carrot), natural flavouring, acidity regulator (citric acid), flour treatment agent (ascorbic acid), enzymes (hemicellulases, amylases), egg wash (Free Range EGGS), Neutral glaze (water, glucose syrup, sugar, acidity regulators (E330, E332, E333), flavour, gelling agent (pectin), preservative (potassium sorbate)).	KJ	1417	1245
		Kcal	338	296
		Fat	14.0	10.8
		Sat	9.1	6.8
		Carbs	46.0	43.2
		Sugar	19.0	17.1
		Fibre	2.3	2.3
		Protein	5.8	5.4
		Salt	0.78	0.57
		Portion weight (g)		110
Raspberry Croissant (Vg)	WHEAT flour, Water, Vegetable Fat (17%) Non-Hydrogenated Palm Oil, Water, Non Hydrogenated Coconut Oil, Non Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring), Raspberry Filling (16%) (Glucose Syrup, Raspberry Purée, Sugar, Raspberries (2%), Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator Tricalcium Citrate), Natural Flavouring, Preservative (Potassium Sorbate)), Sugar, Yeast, Decoration (3%) (Sugar, Non-Hydrogenated Palm Oil, Food Colours (Radish, Blackcurrant, Apple concentrate)), Spelt flour, WHEAT gluten Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid).	KJ	1589	1239
		Kcal	379	296
		Fat	16.3	12.7
		Sat	8.2	6.4
		Carbs	50.7	39.5
		Sugar	18.5	14.4
		Fibre	2.7	2.1
		Protein	6.4	5.0
		Salt	0.52	0.40
		Portion weight (g)		110

MUFFINS & SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chocolate Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed Oil, EGG , Cocoa filling (12%) (Sugar, Palm Fat, Fat Reduced Cocoa Powder, Lactose (MILK), SOYA Lecithins, Natural Flavouring), Dark Chocolate chips and chunks (7%) (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithins, Natural Flavouring), Water, Cocoa Powder (3%), Buttermilk (2%) (MILK), Chocolate curled shavings mix (2%) (Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Lactose (MILK), Butter oil (MILK), SOYA Lecithins, Natural Flavouring), Glucose Syrup, Fat Reduced Cocoa Powder (1%), Raising Agent (Disodium Diphosphate, Sodium Bicarbonate, Potassium Hydrogen Carbonate, Monocalcium Phosphate), Inulin, MILK Proteins, WHEAT Starch, Modified Maize Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), WHEAT gluten, Salt, Emulsifiers (Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids), Humectants (Sorbitol, Glycerol), Acidity regulator (Citric acid), Natural Flavouring, Preservative (Sodium Metabisulphite (SULPHITES)).	KJ	1716	1888
		Kcal	411	452
		Fat	22.2	24.4
		Sat	4.9	5.4
		Carbs	45.9	50.4
		Sugar	25.9	28.5
		Fibre	2.0	2.2
		Protein	5.8	6.4
		Salt	0.47	0.52
		Portion weight (g)		110
		Blueberry Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG , Rapeseed Oil, Blueberry (11%), Blueberry Puree (9%) (Blueberry, Sugar, Water, Modified Maize Starch, Preservative: Potassium sorbate; Natural Flavouring, Acidity regulator: Citric acid), Water, Buttermilk (MILK) (2%), Raising Agents: Potassium carbonates, Sodium carbonates, Diphosphates, Calcium phosphates; Inulin, Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, WHEAT Gluten, Preservative: Potassium sorbate, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum; Salt, Glucose Syrup, Lemon Oil, Acidity regulator: Citric acid, Natural Flavourings, Colour: Carotenes.	per 100g
KJ	1431			1502
Kcal	342			359
Fat	15.5			16.3
Sat	1.8			1.9
Carbs	44.1			46.3
Sugar	21.1			22.1
Fibre	1.2			1.3
Protein	5.8			6.1
Salt	0.44			0.46
Portion weight (g)				105
Sicilian Lemon Curd Muffin (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, EGG , Rapeseed Oil, Sicilian Lemon filling (9%) (Sugar, EGG , Butter (MILK), Water, Concentrated Lemon Juice (Lemon, Sodium Metabisulphite (SULPHITES), Potassium Metabisulphite (SULPHITES)), Gelling agent: Agar, Lemon Oil), Inulin, Lemon Zest (4%), Water, Buttermilk (MILK), Glucose Syrup, Raising Agents: Potassium carbonates, Sodium carbonates, Calcium phosphates, Diphosphates; Palm Oil, MILK Proteins, WHEAT Starch, Modified Maize Starch, Natural Flavourings, Preservative: Potassium sorbate, WHEAT Gluten, Emulsifiers: Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids; Stabiliser: Xanthan gum, Salt, Humectants: Sorbitol syrup, Glycerol; Acidity regulator: Citric acid, Preservative: Sodium Metabisulphite (SULPHITES), Colour: Carotenes.	per 100g		per portion (g)
		KJ	1487	1561
		Kcal	354	372
		Fat	15.1	15.9
		Sat	2.2	2.3
		Carbs	50.0	52.5
		Sugar	24.9	26.1
		Fibre	4.7	4.9
		Protein	5.0	5.2
		Salt	0.45	0.48
		Portion weight (g)		105
Fruit Scone (V)	WHEAT Flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk (22%) (MILK), sultanas(13%) (sultanas, cottonseed oil), sugar, Margarine (5.5%) (Non hydrogenated vegetable oil(palm, rapeseed), water, salt, emulsifier E475, Colour (E100, E160b(i)), natural flavouring) free range EGG , raising agents (E450, E501), glaze (2%) (water, vegetable Protein (pea), dextrose), salt.	per 100g		
		KJ	1260	
		Kcal	299	
		Fat	6.3	
		Sat	2.2	
		Carbs	52	
		Sugar	20.5	
		Protein	7.6	
		Salt	1.06	
		Portion weight (g)		100

EXTRAS

PRODUCT		INGREDIENTS	NUTRITIONAL INFO	
Raspberry Jam (Vg)	Raspberry Jam: Sugar, Raspberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Sodium Citrate.		per 100g	per portion (g)
		KJ	1016	305
		Kcal	239	72
		Fat	0.2	0.1
		Sat	0.0	0.0
		Carbs	57.0	17.1
		Sugar	57.0	17.1
		Protein	0.7	0.2
		Salt	0.00	0.00
		Portion weight (g)	30	
		Strawberry Jam (Vg)	Strawberry Jam: Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	
KJ	1023			307
Kcal	241			72
Fat	0.1			0.03
Sat	0.0			0.0
Carbs	59.0			17.7
Sugar	59.0			17.7
Protein	0.4			0.12
Salt	0.00			0.00
Portion weight (g)	30			
Lakeland Butter (V)	Butter: Cream (MILK), Salt.			
		KJ	3036	213
		Kcal	738	52
		Fat	81.4	5.7
		Sat	52.3	3.7
		Carbs	0.8	0.1
		Sugar	0.8	0.1
		Protein	0.6	0.04
		Salt	1.90	0.13
		Portion weight (g)	7	
		Rodda's Cornish Clotted Cream (V)	100% Cornish cows MILK.	
KJ	2413			965
Kcal	586			234
Fat	63.7			25.5
Sat	39.7			15.9
Carbs	2.2			0.9
Sugar	2.2			0.9
Protein	1.6			0.6
Salt	0.05			0.02
Portion weight (g)	40			
Marshmallows (Vg)	Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapioca Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.			
		KJ	1351	81
		Kcal	323	19
		Fat	0.5	0.03
		Sat	0.1	0.01
		Carbs	79.0	4.74
		Sugar	71.0	4.26
		Protein	0.5	0.03
		Salt	0.12	0.01
		Portion weight (g)	6	
		Seeds & Fruit Mix Topper (Vg)	Toasted pumpkin seeds (20%), Toasted sunflower seeds (20%), Golden raisins (20%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (20%) (Sugar, Cranberries, Sunflower oil), Brown linseed (20%). May contain traces of PEANUTS and NUTS.	
KJ	1934			483
Kcal	462			115
Fat	22.5			5.6
Sat	2.6			0.7
Carbs	46.5			11.6
Sugar	27.9			7.0
Fibre	13.5			3.4
Protein	11.7			2.9
Salt	0.05			0.01
Portion weight (g)	25			
Fruit Mix Topper (Vg)	Golden raisins (30%) (Raisins, Sunflower oil, Preservative: SULPHUR DIOXIDE), Dried sweetened cranberries (30%) (Sugar, Cranberries, Sunflower oil), Raisins (30%) (Raisins, Sunflower oil), Dried sweetened blueberries (10%) (Blueberries, Sugar, Sunflower oil).		per 100g	per portion (g)
		KJ	1336	334
		Kcal	319	80
		Fat	0.5	0.1
		Sat	0.2	0.0
		Carbs	75.1	18.8
		Sugar	67.4	16.8
		Fibre	4.4	1.1
		Protein	1.5	0.4
		Salt	0.10	0.03
		Portion weight (g)	25	

PORRIDGE

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
Porridge made with Semi Skimmed Milk (V)	Semi Skimmed MILK (83%), Quaker Rolled OATS (17%).	per 100g	per portion (g)		
		KJ	414	993	
		Kcal	99	237	
		Fat	2.7	6.5	
		Sat	1.1	2.7	
		Carbs	13.3	31.9	
		Sugar	4.0	9.5	
		Fibre	1.4	3.4	
		Protein	4.6	11.0	
		Salt	0.09	0.22	
		Portion weight (g)		240	
		Porridge made with Skimmed Milk (V)	Skimmed MILK (83%), Quaker Rolled OATS (17%).	per 100g	per portion (g)
				KJ	372
Kcal	89			213	
Fat	1.5			3.6	
Sat	0.3			0.8	
Carbs	13.4			32.1	
Sugar	4.0			9.7	
Fibre	1.4			3.4	
Protein	4.6			11	
Salt	0.09			0.22	
Portion weight (g)				240	
Porridge made with Whole Milk (V)	Whole MILK (83%), Quaker Rolled OATS (17%).			per 100g	per portion (g)
				KJ	470
		Kcal	112	269	
		Fat	4.3	10.3	
		Sat	2.2	5.2	
		Carbs	13.2	31.7	
		Sugar	3.9	9.3	
		Fibre	1.4	3.4	
		Protein	4.5	10.8	
		Salt	0.09	0.21	
		Portion weight (g)		240	
		Porridge made with Alpro Soya (Vg)	Alpro Soya Milk (83%) [Water, Hulled SOYA Beans (8.7%), Apple Extract, Acidity Regulators (Monopotassium Phosphate, Dipotassium Phosphate), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Vitamins (Riboflavin [B2], B12, D2)], Quaker Rolled OATS (17%).	per 100g	per portion (g)
				KJ	397
Kcal	95			227	
Fat	2.9			6.9	
Sat	0.5			1.2	
Carbs	11.8			28.3	
Sugar	2.3			5.5	
Fibre	1.9			4.6	
Protein	4.5			10.8	
Salt	0.07			0.16	
Portion weight (g)				240	
Porridge made with Alpro Coconut (Vg)	Alpro Coconut Milk (83%) [SOYA Base (Water, Hulled SOYA Beans (2.9%)), Coconut Milk (3.5%) (Coconut Cream, Water), Sugar, Fructose, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Flavouring, Stabiliser (Gellan gum)], Quaker Rolled OATS (17%).			per 100g	per portion (g)
				KJ	365
		Kcal	87	209	
		Fat	2.4	5.9	
		Sat	0.8	2.0	
		Carbs	12.3	29.5	
		Sugar	3.0	7.1	
		Fibre	1.6	3.8	
		Protein	3.0	7.2	
		Salt	0.08	0.22	
		Portion weight (g)		240	
		Porridge made with Alpro Oat (Vg)	Alpro Gluten Free Oat Milk (83%) [OAT Base (Water, Gluten Free OATS), Sunflower Oil, Sea Salt, Vitamins (B2, B12, D2)], Quaker Rolled OATS (17%).	per 100g	per portion (g)
				KJ	462
Kcal	111			265	
Fat	3.9			9.3	
Sat	0.6			1.4	
Carbs	16.1			38.8	
Sugar	3.4			8.1	
Fibre	1.4			3.4	
Protein	2.0			4.8	
Salt	0.08			0.20	
Portion weight (g)				240	

CAKES & SLICES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Belgian Chocolate Fudge Cake (V)	Cake (67%) (EGG , Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Flavouring), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Glycerine, Skimmed MILK Powder, Emulsifiers (E477, E471, E475), Raising Agents (E450, E501)), Icing (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Butter (MILK) (4%), Fat Reduced Cocoa Powder, Water, Emulsifiers (E477, E471, E475), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, SOYA Lecithin, Flavouring).	KJ	1759
		Kcal	420
		Fat	19.9
		Sat	8.9
		Carbs	54.2
		Sugar	36.3
		Fibre	1.2
		Protein	5.6
		Salt	0.36
		Portion weight (g)	106
Cappuccino Cake (V)	Coffee Sponge (67%) [Sugar, WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range EGG , Rapeseed Oil, Water, Humectant (Vegetable Glycerine), Coffee Powder (1.1%), Raising Agents (E450, E501), Skimmed MILK Powder], Coffee Icing (29%) [Icing Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto Bixin, Curcumin)], Skimmed MILK Powder, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Thickener (Guar Gum)], Ground Caffè Nero Coffee Powder (1.4%), Coffee Flavouring (0.5%)], Coffee Drizzle (2.4%) [Brewed Caffè Nero Coffee, Coffee Flavouring], Dark Chocolate Coffee Bean Decorations (1.5%) [Sugar, Cocoa Mass, Cocoa Butter, Coffee, Emulsifier (Sunflower Lecithin), Natural Flavourings, Glazing Agents (Shellac, Acacia Gum)], Milk Chocolate (0.1%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder (0.02%).	KJ	1888
		Kcal	449
		Fat	22.9
		Sat	5.0
		Carbs	57.4
		Sugar	40.5
		Fibre	1.1
		Protein	4.7
		Salt	0.52
		Portion weight (g)	114
Carrot Cake (V)	Cake (73%) (Brown Sugar, Carrot (11%), EGG , Rapeseed Oil, Wholemeal WHEAT Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Date Paste (Dates, Rice flour), Pineapple Pulp, Water, Walnuts (NUTS), Raising Agents (E500, E450, E501), Cinnamon, Salt, Mixed Spice, Thickener (E415)), Frosting (25%) (Icing Sugar, Full Fat Soft Cheese (Full Fat Soft Cheese (MILK), Salt, Preservative: E202), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Skimmed MILK Powder, Modified Maize Starch, Emulsifiers (E477, E471, E475), Flavouring, Stabiliser (E410)), Walnuts (NUTS), Pistachios (NUTS).	KJ	2274
		Kcal	541
		Fat	24.1
		Sat	4.9
		Carbs	73.7
		Sugar	44.7
		Fibre	2.5
		Protein	4.7
		Salt	0.80
		Portion weight (g)	143
Peach Bellini Meringue Roulade (V)	Sugar, Water, Single Cream (MILK), Reduced Fat Soft Cheese (10%) (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Free Range EGG , WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Powdered Fondant (Sugar, Dried Glucose Syrup), Peach (4%), Modified Waxy Maize Starch, Maize Starch, Free Range EGG White Powder (WHEAT Starch, Dried EGG Albumen, Sugar, Modified Starch, Acidity Regulators: Cream Of Tartar, Calcium Lactate, Tartaric Acid; Dextrose, Stabiliser: Guar Gum), Natural Flavourings, Modified Potato Starch, Raising Agent [Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Acidity Regulator: Citric Acid; Colours: Beta Carotene, Beetroot Red; Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum; Caramelised Sugar Syrup.	KJ	1304
		Kcal	310
		Fat	11
		Sat	3.8
		Carbs	48.5
		Sugar	34.5
		Fibre	0.5
		Protein	4.4
		Salt	0.38
		Portion weight (g)	104

LOAF CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Banana & Walnut Loaf Cake (V)	Banana Puree (17%) (Banana Puree, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, EGG , Walnuts (6%) (NUTS), Wholemeal Flour (Wholemeal WHEAT Flour, WHEAT Gluten), Water, Brown Sugar, Dessicated Coconut, Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum.	KJ	1444
		Kcal	345
		Fat	18.9
		Sat	2.4
		Carbs	40.4
		Sugar	20.7
		Fibre	1.7
		Protein	5.8
		Salt	0.53
		Portion weight (g)	88
Sicilian Lemon Drizzle Loaf Cake (V)	Cake (Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG , Rapeseed Oil, Water, Cake concentrate (Modified Maize Starch, WHEAT Starch, Raising agent: Disodium Diphosphate, Potassium Bicarbonate; Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Emulsifier: Mono- and Diglyceride of fatty acids, Propane 1,2 diol esters of fatty acid, Sodium stearoyl-2-lactylate; Rapeseed Oil, Dextrose, Preservative: Potassium Sorbate; WHEAT Gluten, Acidity Regulator: Citric acid; Stabiliser: Xanthan Gum), Sicilian Lemon Juice (3%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglyceride of Fatty acids, Sodium Stearoyl-2-lactylate; Raising agent: Diphosphates, Potassium Carbonate; WHEAT protein), Glycerine, Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate) Fondant (Sugar, Glucose Syrup, Water, Rapeseed Oil, Palm Oil, Dextrose, Fructose, Cornflour, Emulsifier: Mono- and Diglyceride of fatty acids, Sucrose esters of fatty acids; Humectant: Glycerine; Rice Starch, Acidity Regulator: Citric acid), Caramelised Lemon zest (1%) (Sugar, Lemon Zest, Water), Dextrose, Cornflour, Palm Oil.	KJ	1561
		Kcal	372
		Fat	15.8
		Sat	1.6
		Carbs	52.3
		Sugar	27.6
		Fibre	1.0
		Protein	4.6
		Salt	0.52
		Portion weight (g)	95

BROWNIES & SHORTBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Caramel Shortbread (V)	Shortbread (44%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Sugar, Maize Starch, Salt), Caramel (40%) (Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Unsalted Butter (MILK), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Salt, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Natural Flavouring), Milk Chocolate (16%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Flavouring).	KJ	2133	1386
		Kcal	511	332
		Fat	30.3	19.7
		Sat	18.1	11.8
		Carbs	54.0	35.1
		Sugar	30.5	19.8
		Fibre	1.6	1.0
		Protein	4.9	3.2
		Salt	0.62	0.40
		Portion weight (g)		65
Belgian Chocolate Brownie (V)	Dark Belgian Chocolate (27%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring), Sugar, Unsalted Butter (MILK), Free Range EGG , Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cocoa Powder, Salt.	per 100g		per portion (g)
		KJ	1933	1314
		Kcal	462	314
		Fat	26.1	17.7
		Sat	15.6	10.6
		Carbs	50.4	34.3
		Sugar	35.7	24.3
		Fibre	1.4	1.0
		Protein	5.7	3.9
		Salt	0.50	0.34
Portion weight (g)		68		
Salted Caramel Cookie Brownie (V)	Brownie (74%) (Sugar, Dark Chocolate (17%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring), Free Range EGG , Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Cocoa Powder, Salt), Salted Caramel Topping (26%) (Caramel (Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Natural Flavouring), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin; Natural Flavouring), Cookie Crumb (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Cocoa Powder, Vegetable Fat (Shea Kernel Oil, Palm Oil, Emulsifier: Sunflower Lecithin), Salt, Raising Agent: Sodium Bicarbonate), White Chocolate Flavour Coating (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Water, Salt, Colour: Plain Caramel).	per 100g		per portion (g)
		KJ	1900	1330
		Kcal	454	318
		Fat	24.8	17.4
		Sat	13.5	9.5
		Carbs	52.3	36.6
		Sugar	40.0	28.0
		Fibre	1.8	1.3
		Protein	4.6	3.2
		Salt	0.51	0.36
Portion weight (g)		70		

TRAYBAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Belgian Chocolate & Caramel Crispy (V)	Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, SOYA Lecithin, Flavouring), Crisped Rice (17%) (Rice Flour, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), BARLEY Malt Flour, Salt, Rapeseed Oil, Emulsifier: SOYA Lecithin), Caramel (16%) (Sweetened Condensed MILK , Glucose Syrup (SULPHITES), Invert Sugar Syrup, Palm Oil, Salted Butter (MILK), Sugar, Emulsifier: Mono- and Di-Glycerides of Fatty Acids; Stabiliser: Pectin; Salt, Flavouring), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), White Chocolate Flavour Coating (3%) (Sugar, Palm Oil, Whey Powder (MILK), Emulsifier: SOYA Lecithin), Unsalted Butter (MILK), Cocoa Powder, Concentrated Grape Juice (Concentrated Grape Juice, Rice Starch). <i>Made in an environment that handles Egg and Nuts.</i>	KJ	2070	1159
		Kcal	495	277
		Fat	26.0	14.6
		Sat	14.7	8.2
		Carbs	58.9	33.0
		Sugar	33.1	18.5
		Fibre	1.6	0.9
		Protein	5.4	3.0
		Salt	0.38	0.21
		Portion weight (g)		56
Vegan Granola Flapjack (V)	OATS (31%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (8%), Flaked ALMONDS (7%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.	per 100g		per portion (g)
		KJ	1920	1344
		Kcal	458	321
		Fat	22.2	15.5
		Sat	6.0	4.2
		Carbs	50.8	35.6
		Sugar	22.3	15.6
		Fibre	4.5	3.2
		Protein	11.5	8.1
		Salt	0.15	0.11
Portion weight (g)		70		

INDIVIDUAL CAKES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
Chocolate & Salted Caramel Cookie Pie (V)	Cookie Pastry Case [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Palm Oil, Rapeseed Oil, Water Emulsifier: Mono- and Diglycerides of Fatty Acids), Brown Sugar, Sugar, Water, Cookie Biscuit Crumble (1%) [Dark Cocoa Biscuit (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Fat Reduced Cocoa Powder, Salt, Raising Agent: Sodium Bicarbonate; Vegetable Fat (Shea Fat, Palm Oil, Emulsifier: Sunflower Lecithins)), Colour: Caramel; Salt], Chocolate Ganache [Dark Chocolate (10%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Flavouring] Golden Syrup, Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Unsalted Butter (MILK), Water, Coffee Powder], Mallow Filling (12%) Mallow (Sugar, Glucose Syrup, Water, Maize Starch, Dried EGG White), Water], Chocolate Brownie (12%) [Sugar, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Flavouring), Unsalted Butter (MILK), EGG , Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithins, Natural Flavouring) Cocoa Powder (Cocoa Powder, Sodium Carbonate, Potassium Carbonate), Salt, Preservative: Potassium Sorbate], Salted Caramel (10%) Caramel (Glucose Syrup, Sugar, Condensed MILK , Palm Oil, Water, Butter (MILK), Salt, Invert Sugar Syrup, Stabiliser: Pectins; Preservative: Potassium Sorbate; Emulsifier: Mono- and Diglycerides of Fatty Acids), Salt], Biscuit Crumb (5%) [Digestive Biscuit Pieces (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Fat (Rapeseed Oil, Palm Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agents: Ammonium Carbonates, Sodium Carbonates, Salt), Unsalted Butter (MILK), Golden Syrup, Sugar],	per 100g	per portion (g)		
		KJ	1940	1940	
		Kcal	463	463	
		Fat	23.7	23.7	
		Sat	11.3	11.3	
		Carbs	57.6	57.6	
		Sugar	33	33	
		Fibre	0.6	0.6	
		Protein	4.7	4.7	
		Salt	0.29	0.29	
		Portion weight (g)		100	
		Raspberry & Almond Frangipane (V)	Frangipane [EGG , Ground ALMONDS (16%), Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raspberry (5%), Stabiliser (Maize Starch, Whey Powder (MILK), Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Raising Agents: Diphosphates, Potassium Carbonates; WHEAT Protein), Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Natural Flavouring, Preservative: Potassium Sorbate; Salt], White Chocolate Flavoured Frosting (14%) [Icing Sugar, White Chocolate Flavoured Filling (Sugar, Vegetable Fat (Olive Oil, Sunflower Oil), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder), Skimmed MILK Powder, Whole MILK Powder, Emulsifier: Sunflower Lecithins; Natural Flavouring), Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Glucose Syrup, Water, Natural Flavouring, Emulsifier Mix (Water, Emulsifier: Mono- and Diglycerides of Fatty Acids, Humectant: Glycerol, Acidity Regulator: Sodium hydroxide)], Fondant (9%) [Fondant (Sugar, Glucose Syrup, Rapeseed Oil, Palm Oil, Fructose, Water, Dextrose Monohydrate, Acidity Regulator: Citric Acid; Glycerine, Maize Starch, Rice Flour, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sucrose Esters of Fatty Acids), Cranberry Juice from Concentrate, Water], Freeze Dried Raspberry Pieces.	per 100g	per portion (g)
				KJ	2007
Kcal	480			456	
Fat	30.7			29.2	
Sat	8.1			7.7	
Carbs	42			39.9	
Sugar	31.4			29.8	
Fibre	0.6			0.6	
Protein	8.8			8.4	
Salt	0.23			0.22	
Portion weight (g)				95	

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
Blueberry Muffin Cheesecake (V)	Reduced Fat Soft Cheese (23%) (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Digestive Biscuit Crumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Blueberry Fruit Filling (13%) (Blueberry, Water, Sugar, Modified Starch, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate; Natural Flavour), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Whipping Cream (MILK), White Chocolate (8%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Self-Raising Flour (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphate, Sodium Hydrogen Carbonate), Icing Sugar, Sugar, Glucose Syrup, Free Range EGG , Single Cream (MILK), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Modified Potato Starch, Modified Waxy Maize Starch, Sugar Dusting (Dextrose, WHEAT Starch, Vegetable Oil (Palm Oil), Salt, Natural Flavouring), Maize Starch, Natural Vanilla Flavouring, Acidity Regulator: Citric Acid; Raising Agent (Raising Agents: Diphosphates, Sodium Carbonates; WHEAT Flour), Natural Blackcurrant Flavouring, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum.	per 100g	per portion (g)		
		KJ	1366	1462	
		Kcal	327	349	
		Fat	18.2	19.9	
		Sat	8.6	9.2	
		Carbs	34.7	37.2	
		Sugar	18.1	19.3	
		Fibre	1.0	1.1	
		Protein	5.7	6.1	
		Salt	0.39	0.42	
		Portion weight (g)		107	
		Chocolate Hazelnut Chouxnut (V)	Single Cream (MILK), Dark Chocolate (25%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Water, Free Range EGG , Whipping Cream (MILK), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar, Hazelnuts (2%) (NUIT), Icing Sugar, Rapeseed Oil, Fat Reduced Alkalised Cocoa Powder, Glucose Syrup, Modified Waxy Maize Starch, Modified Potato Starch, Natural Flavouring, Salt.	per 100g	per portion (g)
				KJ	1404
Kcal	337			270	
Fat	24.1			19.3	
Sat	12.3			9.9	
Carbs	25.0			20.0	
Sugar	18.9			15.1	
Fibre	2.3			1.8	
Protein	4.2			3.4	
Salt	0.21			0.17	
Portion weight (g)				80	
Sicilian Lemon Meringue Cheesecake (V)	Digestive Biscuit Crumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Salt), Sugar, Single Cream (MILK), Lemon Curd (12%) (Glucose Syrup, Water, Sugar, Salted Butter (MILK), Lemon Concentrate, Modified Waxy Maize Starch, Free Range EGG Powder, Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Emulsifier: Sunflower Lecithin; Lemon Oil, Colour: Lutein), Reduced Fat Soft Cheese (12%) (Skimmed MILK , Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Xanthan Gum, Locust Bean Gum), Condensed Milk (MILK , Granulated Sugar), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Free Range EGG , Water, Sicilian Lemon Juice (2%) (From Concentrate), Dextrose Monohydrate, White Chocolate Shavings (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Modified Maize Starch, Maize Starch, Powdered EGG White, Modified Waxy Maize Starch, Acidity Regulator: Citric Acid.			per 100g	per portion (g)
				KJ	1318
		Kcal	314	333	
		Fat	13.7	14.5	
		Sat	6.5	6.8	
		Carbs	42.7	45.3	
		Sugar	29.8	31.6	
		Fibre	0.6	0.6	
		Protein	4.7	5.0	
		Salt	0.31	0.33	
		Portion weight (g)		106	
		Salted Caramel & Chocolate Vegan Cheesecake (Vg)	Coconut Milk (Coconut Extract, Water), Bourbon Biscuit Crumb (21%) (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sugar, Cocoa Powder, Inverted Sugar Syrup, Raising Agent: Sodium Bicarbonate, Salt), Non-Dairy Soft Cheese (15%) (Water, Coconut Oil, Stabiliser Blend (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum), Coconut, Salt, Natural Flavouring, Acidity Regulator: Tri-Calcium Phosphate, Citric Acid; Colour: Carrot Juice Concentrate; Vitamin D2, Vitamin B12), Dark Couverture Chocolate (11%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Lemon Juice, Natural Vanilla Flavouring), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener: Carrageenan), Cornflour (Maize), Cocoa Butter, Stabiliser Mix (Water, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Water, Speculous Spread (Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar Syrup, Raising Agent: Sodium Hydrogen Carbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithin; Acidity Regulator: Citric Acid), Modified Potato Starch, Low Sodium Salt (0.34%) (Potassium Chloride, Sodium Chloride, Magnesium Carbonate), Glazing Agent: Locust Bean Gum, Xanthan Gum, Guar Gum; Glucose, Cream Cheese Flavouring, Natural Vanilla Flavouring, Salt (0.03%).	per 100g	per portion (g)
				KJ	1467
Kcal	351			353	
Fat	22.1			22.2	
Sat	13.8			13.8	
Carbs	35.3			35.4	
Sugar	19.9			19.9	
Fibre	1.9			1.9	
Protein	2.4			2.4	
Salt	0.22			0.22	
Portion weight (g)				100	

GF = Gluten-Free
V = Vegetarian
Vg = Vegan

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Italian Tiramisu (V)	Rehydrated soluble coffee (20.3%), Ladyfingers (WHEAT flour, sugar, EGGS , raising agents: E500,E503), sugar, water, Mascarpone cheese (6.8%) (Cream (MILK), acidity regulator: E330), vegetable fats (coconut, palm), rehydrated skimmed MILK , MILK proteins, maltodextrin, Marsala wine, glucose-fructose syrup, stabiliser: E420; glucose syrup, cocoa powder (1.1%), modified starch, dextrose, alcohol, EGG yolk, emulsifiers: E471, E472e, E322 (of sunflower); thickeners: E415, E463; WHEAT starch, cocoa butter, natural flavours, vegetable fibres. <i>ADDITIONAL INFORMATION: This recipe contains Alcohol.</i>	KJ	1119	1231	
		Kcal	267	294	
		Fat	11.0	12.1	
		Sat	8.8	9.7	
		Carbs	38.0	41.8	
		Sugar	28.0	30.8	
		Protein	3.3	3.6	
		Salt	0.11	0.12	
		Portion weight (g)		110	
		Pistachio & Chocolate Mousse Cake	Water, Rehydrated Skim MILK , Vegetable Fats (Coconut, Palm), Sugar, Rehydrated EGG White, Pistachios, Crunchy MILK Chocolate (MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifiers Lecithins (of SOYA), Natural Vanilla Flavouring), Extruded Rice (Rice Flour, Sugar, WHEAT , Salt), Glazing Agents Shellac And Acacia Gum), Glucose, Fructose Syrup, WHEAT Flour, EGGS , Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Emulsifiers Lecithins (SOYA), Natural Vanilla Flavouring), Chopped Caramelised HAZELNUTS (HAZELNUTS (NUTS), Sugar), HAZELNUT Powder (NUTS), Glucose Syrup, EGG Yolk, Butter (MILK), Humectant Glycerol, Fat, Reduced Cocoa Powder, Apricot Stone Powder, Modified Starch, Beef Gelatine, Emulsifiers, Mono- and Di-glycerides of Fatty Acids, Mono- and Di-acetyl Tartaric Acid Esters of Mono- and Di-glycerides of Fatty Acids and Lecithins (Sunflower), Lactose (MILK), Artificial Flavourings, MILK Proteins, Raising Agents Diphosphates and Sodium Carbonates, Maltodextrins, Salt, Thickener Xanthan Gum, Colour: E133. <i>PLEASE NOTE: This product contains beef gelatine; therefore, it is not suitable for Vegetarians.</i>	KJ	1311
Kcal	315			236	
Fat	21.0			16.0	
Sat	13.0			9.8	
Carbs	26.0			20.0	
Sugar	19.0			14.0	
Fibre	1.8			1.4	
Protein	5.0			3.8	
Salt	0.08			0.06	
Portion weight (g)				75	
Plant Based Chocolate & Caramelised Biscuit Cheesecake (Vg)	Dairy Free Soft Cheese (23%) (Water, Coconut Oil, Stabilisers: Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum, Acacia Gum; Coconut Cream, Salt, Calcium Phosphate, Acidity Regulator: Citric Acid; Maltodextrin, Carrot Concentrate, Natural Flavouring, Vitamin D2, Vitamin B12), Digestive Biscuit (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Fat (Palm Oil, Rapeseed Oil), Sugar, Wholemeal WHEAT Flour, Invert Sugar Syrup, Raising Agent: Ammonium Bicarbonate), Coconut Cream, Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids), Caramelised Biscuit Spread (8%) [Caramelised Biscuit (WHEAT Flour, Sugar, Vegetable Oils (Palm, Rapeseed), Sugar Syrup, Raising Agent: Sodium Bicarbonate; SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: SOYA Lecithins; Acidity Regulator: Citric Acid], Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithins; Natural Flavouring), Fat Reduced Cocoa Powder, Modified Maize Starch, Glucose Syrup, Caramelised Biscuit (1%) (WHEAT Flour, Sugar, Vegetable Oils (Palm, Rapeseed), Sugar Syrup, Raising Agent: Sodium Bicarbonate; Salt, Cinnamon), Dried Glucose Syrup, Tapioca Starch, Natural Flavouring, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids; Rapeseed Oil, Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum; Acidity Regulator: Dairy Free Lactic Acid.	KJ	1640	1656	
		Kcal	393	397	
		Fat	24.1	24.3	
		Sat	12.0	12.1	
		Carbs	42.1	42.5	
		Sugar	24.3	24.5	
		Fibre	2.0	2.0	
		Protein	3.0	3.0	
		Salt	0.25	0.25	
		Portion weight (g)		101	

COOKIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Chocolate & Salted Caramel Cookie (V)	WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Sugar, Unsalted Butter (MILK), Salted Caramel Fudge Pieces [Sugar, Fondant (Sugar, Glucose Syrup, Water), Sweetened Condensed MILK (MILK , Sugar), Glucose Syrup, Vegetable Fat (Palm), Stabilisers: Low Methoxyl Pectin, Sodium Alginate, Salt, Natural Flavouring], EGG , Cocoa Powder, Golden Syrup, Humectant: Glycerine, Durum WHEAT Semolina, Cornflour, Raising Agents: Disodium Diphosphate, Potassium Carbonate, Sodium Bicarbonate, Salt, Natural Flavourings.	KJ	1909	1466
		Kcal	455	350
		Fat	20.2	15.5
		Sat	12.4	9.5
		Carbs	62.1	47.7
		Sugar	37.2	28.6
		Fibre	2.6	2.0
		Protein	4.9	3.8
		Salt	0.63	0.49
		Portion weight (g)		77
Chocolate Chip Cookie (Vg)	WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithins, Natural Vanilla Flavouring], Sugar, Margarine [Palm Oil, Palm Stearin, Rapeseed Oil, Water, Salt, Lemon Juice), Oat Drink (Water, OATS , Dietary Fibre: Inulin, Sunflower Oil, Calcium: Tri-Calcium Phosphate, Maltodextrin, Sea Salt, Stabiliser: Gellan Gum, Vitamins: B2, B12, D2), Golden Syrup, Glycerine, Durum WHEAT Semolina, Cornflour, Raising Agents: Disodium Diphosphate, Potassium Carbonate, Sodium Bicarbonate, Salt, Lemon Juice Concentrate, Caramelised Sugar Syrup, Natural Vanilla Flavouring.	KJ	1915	1471
		Kcal	457	351
		Fat	19.0	14.6
		Sat	10.0	7.7
		Carbs	64.2	49.3
		Sugar	37.7	28.9
		Fibre	3.2	2.5
		Protein	5.1	3.9
		Salt	0.94	0.72
		Portion weight (g)		77
Oat & Cranberry Cookie (Vg)	Margarine (Palm Oil, Water, Palm Stearin, Rapeseed Oil, Lemon Juice), WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Brown Sugar, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sugar, OATS , Pumpkin Seeds, Maple Syrup, Desiccated Coconut, Cornflour, Water, Raising Agents: Disodium Diphosphate, Potassium Carbonate, Salt, Ground Cinnamon, Sodium Bicarbonate.	KJ	2009	1511
		Kcal	481	361
		Fat	23.3	17.5
		Sat	11.2	8.4
		Carbs	60.7	45.7
		Sugar	34	25.5
		Fibre	3.1	2.4
		Protein	5.9	4.4
		Salt	0.60	0.45
		Portion weight (g)		75

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Serrano Ham & Cheddar Lattice	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK) (18%), Potato, Double Cream (MILK), Serrano Ham (9%) [Pork, Salt, Preservatives: E250 Sodium Nitrite, E252 Potassium Nitrate, Antioxidant: E301 Sodium Ascorbate], Onion, MILK , Mature Cheddar Cheese (MILK) (4%), Regato Cheese (MILK) (4%), Pasteurised EGG , White Wine Vinegar, Rapeseed Oil, Salt, Yeast Extract, Thyme, Thickeners: Pectin, Garlic Puree, Ground White Pepper, Yeast, Dried Parsley, Sugar, Cracked Black Pepper.	KJ	1480	1924
		Kcal	355	462
		Fat	23.5	30.6
		Sat	14.1	18.3
		Carbs	26	33.8
		Sugar	2.4	3.1
		Fibre	1.7	2.2
		Protein	9.1	11.8
		Salt	1.25	1.63
		Portion weight (g)		130
		Caramelised Red Onion & Cheddar Lattice (V)	Red Onion (46%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (MILK) (16%), Onion (12%), Mature Cheddar Cheese (MILK) (4%), Regato Cheese (MILK) (4%), Rapeseed Oil, Pasteurised EGG , White Wine Vinegar, Salt, Thyme, Cracked Black Pepper, Garlic Puree, Thickeners: Pectin, Sugar.	per 100g
KJ	1219			1585
Kcal	293			381
Fat	18.5			24.1
Sat	10.3			13.4
Carbs	24.9			32.4
Sugar	3.8			4.9
Fibre	2.0			2.6
Protein	5.6			7.3
Salt	1.15			1.50
Portion weight (g)				130
Pork & Pancetta Sausage Roll	British Pork (33%), Wheat flour contains Gluten [with WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Unsalted Butter (13%) (MILK), Caramelised Onion (Onions, Rapeseed Oil, Cracked Black Pepper), Regatto Cheese (MILK), Breadcrumbs (WHEAT FLOUR (Gluten), Water, Salt, Yeast), Smoked Pancetta (3%) (Pork Belly (97%), Salt, Herbs, Spices, Antioxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Potassium Nitrate), Smoked Bacon Lardons (British Pork (94%), Curing Salt (Salt, Preservative: Sodium Nitrite, Sodium Nitrate)), Sugar, Antioxidant: Sodium Ascorbate), Pasteurised Free Range EGG , White Wine Vinegar, Honey, Pork Cracking (Pork Rind, Sea Salt), Paprika Flakes, Salt, Sage, Cracked Black Pepper, Dried Oregano, Rosemary, Garlic, Ground Fennel, Rapeseed Oil.	per 100g		per portion (g)
		KJ	1499	1949
		Kcal	359	467
		Fat	22.6	29.4
		Sat	12.1	15.7
		Carbs	23.4	30.4
		Sugar	2.3	3.0
		Fibre	1.4	1.8
		Protein	14.9	19.4
		Salt	1.10	1.43
		Portion weight (g)		130
Sourdough Bread Roll (Vg)	WHEAT flour, water, sourdough (WHEAT flour, water), salt, yeast, dehydrated devitalized WHEAT sourdough, WHEAT GLUTEN, deactivated yeast, malted WHEAT flour, flour treatment agent (ascorbic acid).	per 100g		per portion (g)
		KJ	1045	773
		Kcal	246	182
		Fat	0.6	0.4
		Sat	0.0	0.0
		Carbs	50.0	37.0
		Sugar	1.3	1.0
		Fibre	2.9	2.1
		Protein	8.4	6.2
		Salt	1.20	0.89
		Portion weight (g)		74
Plant Based Vegetable 'Sausage' Roll (Vg)	Mixed Roast Vegetables (38%) (Butternut Squash, Courgette, Red Onion, Sweet Potato), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Passata (14%), Palm Oil, Roast Tomatoes (5%), Palm Fat, Rapeseed Oil, Potato Starch, Salt, Poppy Seeds, Tomato Concentrate, Basil, Cornflour, Sunflower Oil, Garlic, Olive Oil, Rosemary, Cracked Black Pepper, Dried Oregano, Emulsifier: E471, Sugar, Garlic Powder, Yeast, Lemon Juice.	per 100g		per portion (g)
		KJ	1133	1473
		Kcal	272	354
		Fat	16	20.8
		Sat	7.9	10.3
		Carbs	26.5	34.5
		Sugar	4.8	6.2
		Fibre	2.4	3.1
		Protein	4.2	5.5
		Salt	0.93	1.20
		Portion weight (g)		130
Ham & Cheese Croissant	Croissant [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Butter (MILK), Water, Sugar, Skimmed MILK Powder, Yeast, Pasteurised Whole EGG , Salt, Inactive WHEAT Sourdough, Acids: Acetic Acid, Lactic Acid; Flour Treatment Agent: Ascorbic Acid], Dry Cured Cooked Formed Ham (25%) [Pork, Salt, Brown Sugar, Stabilisers: Triphosphates, Diphosphates; Water, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Cheddar Cheese (17%) (MILK).	per 100g		per portion (g)
		KJ	1358	1643
		Kcal	325	394
		Fat	18.4	22.3
		Sat	11.0	13.3
		Carbs	26.4	31.9
		Sugar	5.0	6.0
		Fibre	1.7	2.1
		Protein	14.3	17.3
		Salt	1.07	1.29
		Portion weight (g)		121

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Ham & Mozzarella Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Dry Cured Formed Ham (22%) [Pork, Salt, Brown Sugar, Stabilisers: Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate, Water, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Mozzarella & Cheddar Cheese [Mozzarella Cheese (MILK) (6%), Cheddar Cheese (MILK) (4%)], Seasoned Béchamel [Béchamel Sauce (8%) (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (MILK)), Black Pepper].	KJ	945	1702		
		Kcal	224	404		
		Fat	5.7	10.3		
		Sat	2.4	4.4		
		Carbs	28.8	51.9		
		Sugar	3.1	5.5		
		Fibre	2.5	4.4		
		Protein	13.3	23.9		
		Salt	0.92	1.66		
		Portion weight (g)		180		
				per 100g	per portion (g)	
				KJ	1033	1983
				Kcal	246	472
		Fat	9.8	18.8		
		Sat	3.9	7.5		
		Carbs	27.2	52.3		
		Sugar	3.0	5.8		
		Fibre	1.9	3.6		
		Protein	11.4	21.9		
		Salt	0.93	1.79		
Portion weight (g)		192				
Mozzarella & Tomato Panini (V)	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Tomato (16%), Mozzarella Cheese (MILK) (15%), Cheese & Basil Pesto [Cheddar Cheese (MILK) (7%), Green Pesto [Basil Paste (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Hard Fat Cheese (MILK), Garlic, Acidity Regulator: Citric Acid].	KJ	1058	1957		
		Kcal	252	466		
		Fat	9.3	17.3		
		Sat	1.8	3.3		
		Carbs	28.5	52.8		
		Sugar	2.6	4.7		
		Fibre	2.2	4.1		
		Protein	12.3	22.8		
		Salt	0.87	1.61		
		Portion weight (g)		185		
		Pole & Line Tuna Melt Panini	Sourdough Panini [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Tuna Melt Mix [Pole and Line Caught Tuna (20%) (Skipjack Tuna (FISH), Water, Salt), Mayonnaise (9%) (Rapeseed Oil, Water, Free-Range Salted EGG Yolk (Free-Range EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Red Pepper (3%), Slow Roast Tomato (2%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), Red Onion (1%), Parsley, Lemon Juice, Cornflour, Black Pepper], Cheddar Cheese (MILK) (5%).	KJ	1058	1957
				Kcal	252	466
				Fat	9.3	17.3
Sat	1.8			3.3		
Carbs	28.5			52.8		
Sugar	2.6			4.7		
Fibre	2.2			4.1		
Protein	12.3			22.8		
Salt	0.87			1.61		
Portion weight (g)				185		

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Chicken & Bacon Tostati Melt	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (7%) (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (MILK)), Mozzarella Cheese (MILK) (7%), Cheddar Cheese (MILK) (5%)], Chicken, Bacon & Mascarpone Béchamel Mix [Béchamel Sauce (13%) (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (MILK)), Diced Chicken Breast (12%) (Chicken Breast, Salt, Chicken Stock (Water, Chicken Carcass), Cornflour), Mascarpone Full Fat Soft Cheese (MILK) (4%), Diced Beechwood Smoked Streaky Bacon (4%) (Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite), Chicken Gravy (1%) (Water, Roasted Chicken Stock (Chicken Stock, Salt, Onion Juice Concentrate, Carrot Extract, Tomato Paste), Cornflour, Sugar, Lemon Juice Concentrate, Onion Powder, Tomato Paste, White Wine Vinegar, Garlic Purée, Salt, White Pepper), Mozzarella Cheese (MILK) (1%), Regato Cheese (MILK) (1%) (Regato Cheese (MILK), Anti-caking Agent: Potato Starch), Cheddar Cheese (MILK) (1%), Lemon Juice, Parsley, Black Pepper].	KJ	1007	1964		
		Kcal	240	468		
		Fat	10.0	19.4		
		Sat	5.3	10.4		
		Carbs	22.3	43.5		
		Sugar	2.6	5.0		
		Fibre	1.3	2.6		
		Protein	14.6	28.5		
		Salt	1.00	1.94		
		Portion weight (g)		195		
		Ham & Cheese Tostati Melt	White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK), Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%)], Mascarpone & Tomato Tomatade Dressing (15%) [Mascarpone Full Fat Soft Cheese (MILK) (7%), SunBlush Tomatade (3%) (Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Tomato and Onion Sauce (3%) (Water, Tomato Paste, Chopped Tomato, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Garlic Puree, Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Diced Onion, Soft Dark Brown Sugar, Basil, Salt, Oregano, Cracked Black Pepper), Modified Maize Starch, Cracked Black Pepper, Parsley], Mozzarella Cheese (MILK) (11%).	KJ	987	1727
				Kcal	235	411
				Fat	9.3	16.3
Sat	5.3			9.2		
Carbs	23.9			41.8		
Sugar	3.1			5.4		
Fibre	1.4			2.5		
Protein	13.3			23.2		
Salt	1.01			1.77		
Portion weight (g)				175		
Mozzarella & Roasted Tomato Tostati Melt (V)	Grilled Cheese Tomato Topped White Bread [White Bread (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (Whole MILK), Single Cream (MILK), Water, Cornflour, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Preservative: Potassium Sorbate), Mozzarella Cheese (MILK) (8%), Semi Dried Cherry Tomato (6%), Cheddar Cheese (MILK) (5%)], Mascarpone & Tomato Tomatade Dressing (15%) [Mascarpone Full Fat Soft Cheese (MILK) (7%), SunBlush Tomatade (3%) (Slow Roast Tomato, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Tomato and Onion Sauce (3%) (Water, Tomato Paste, Chopped Tomato, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Garlic Puree, Concentrated Lemon Juice, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Diced Onion, Soft Dark Brown Sugar, Basil, Salt, Oregano, Cracked Black Pepper), Modified Maize Starch, Cracked Black Pepper, Parsley], Mozzarella Cheese (MILK) (11%).			KJ	983	1691
				Kcal	236	406
				Fat	10.4	17.9
		Sat	5.7	9.8		
		Carbs	24.3	41.8		
		Sugar	3.7	6.4		
		Fibre	1.3	2.3		
		Protein	11.0	19.0		
		Salt	0.99	1.70		
		Portion weight (g)		172		
		Roasted Mushroom & Mascarpone Tostati Melt (V)	Grilled Cheese Topped Bread [White Bread (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, SOYA Flour, Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid), Béchamel Sauce (8%) (Water, Butter (MILK), Skimmed MILK Powder, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (MILK)), Mozzarella Cheese (MILK) (8%), Cheddar Cheese (MILK) (5%)], Mushroom & Mascarpone Mix [Mascarpone Full Fat Soft Cheese (MILK) (8%), Roasted Chestnut Mushrooms (7%) (Chestnut Mushrooms, Olive Oil, Salt, Black Pepper), Mayonnaise (6%) (Water, Rapeseed Oil, Free-Range Salted EGG Yolk (Free-Range EGG Yolk, Salt), Cornflour, Spirit Vinegar, Sugar, Dijon MUSTARD (Water, Black MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar), Mushroom and Porcini Tapenade (3%) (Grilled Mushrooms, Rapeseed Oil, Porcini Mushrooms, Concentrated Lemon Juice, Salt, Dehydrated Porcini Mushroom Powder, Garlic, Parsley, Chive), Cornflour, Thyme], Roasted Chestnut Mushrooms (8%) (Chestnut Mushrooms, Olive Oil, Salt, Black Pepper].	KJ	921	1611
				Kcal	219	384
				Fat	8.8	15.4
Sat	4.2			7.3		
Carbs	24.3			42.5		
Sugar	2.9			5.1		
Fibre	2.1			3.6		
Protein	9.7			17.0		
Salt	0.82			1.44		
Portion weight (g)				175		

GF = Gluten-Free
V = Vegetarian
Vg = Vegan

FOCACCIA

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Brie & Vine Ripened Tomato Focaccia (V)	Rosemary and Rock Salt Focaccia [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Fermented WHEAT Flour, Rosemary (1.9%), Yeast, Salt, WHEAT Gluten, BARLEY Malt Vinegar, Rock Salt, WHEAT Flour, Waxy Maize Starch, Flour Treatment Agent: Ascorbic Acid, Malted WHEAT Flour, Sunflower Oil], Brie (MILK) (18%), Tomato (17%), Smoked Chilli Relish (11%) [Sugar, Red Pepper, Water, Red Onion, Red Chilli Purée, Concentrated Lemon Juice, Chillies, Smoked Chillies, Smoked Salt, Thickening Agent: Pectin], Spinach (4%).	KJ	970	2047	
		Kcal	231	487	
		Fat	7.3	15.4	
		Sat	3.6	7.6	
		Carbs	30	63.3	
		Sugar	9.7	20.5	
		Protein	11.7	24.7	
		Salt	0.99	2.09	
		Portion weight (g)		211	
				per 100g	per portion (g)
				KJ	1165
		Kcal	278	556	
		Fat	13.9	27.8	
		Sat	1.8	3.6	
		Carbs	26.9	53.8	
		Sugar	1.8	3.6	
		Protein	10.2	20.4	
		Salt	1.06	2.13	
		Portion weight (g)		200	

BREAKFAST ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Scrambled Egg & Bacon Brioche	Brioche Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Pasteurised Whole EGG, Unsalted Butter (MILK), Skimmed MILK Powder, Sugar, Yeast, Salt, Broad Bean Flour, WHEAT Flour, Vegetable Proteins, WHEAT Gluten, Inactive Dry Yeast, Sunflower Oil, Flour Treatment Agent: Ascorbic Acid, Dextrose, Maltodextrins, Starch], Scrambled EGG with Cheddar Cheese and Tomato (39%) [Pasteurised Whole EGG (49%), Cheddar Cheese (MILK), Water, Tomato, Skimmed MILK Powder, Butter (MILK), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sunflower Oil, Parsley, Double Cream (MILK), Rapeseed Oil, Salt, Lemon Juice, Garlic, Oregano, White Pepper], Beechwood Smoked Streaky Bacon (7%) [Pork, Salt, Antioxidant; Sodium Ascorbate, Preservatives; Potassium Nitrate, Sodium Nitrite], Tomato Ketchup (7%) [Water, Sugar, Tomato Paste, Spirit Vinegar, Cornflour, Salt, White Pepper], Tomato Mayonnaise (7%) [Rapeseed Oil, Water, SunBlush® Tomato, Tomato Concentrate, Olive Oil, Cornflour, Pasteurised EGG Yolk, Spirit Vinegar, Sugar, Salt, Oregano, White Wine Vinegar, Garlic, MUSTARD Seed].	KJ	1001	2051	
		Kcal	239	490	
		Fat	10.8	22.1	
		Sat	4.0	8.2	
		Carbs	25.5	52.3	
		Sugar	5.4	11.0	
		Fibre	1.5	3.1	
		Protein	10.7	22.0	
		Salt	1.18	2.41	
		Portion weight (g)		205	
				per 100g	per portion (g)
		KJ	1264	1593	
		Kcal	301	380	
		Fat	11.6	14.6	
		Sat	4.8	6.0	
		Carbs	30.5	38.5	
		Sugar	2.4	3.0	
		Fibre	3.2	4.0	
		Protein	17.2	21.7	
		Salt	2.20	2.77	
		Portion weight (g)		126	
Bacon Ciabatta	Ciabatta Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil], Beechwood Smoked Streaky Bacon (32%) [Pork, Salt, Antioxidant; Sodium Ascorbate, Preservatives; Potassium Nitrate, Sodium Nitrite], Unsalted Butter (3%) (MILK).	KJ	1097	1766	
		Kcal	261	421	
		Fat	11.1	17.9	
		Sat	4.4	7.1	
		Carbs	27.8	44.8	
		Sugar	2.2	3.6	
		Fibre	2.2	3.5	
		Protein	11.5	18.6	
		Salt	1.32	2.13	
		Portion weight (g)		161	
				per 100g	per portion (g)
		KJ	847	1330	
		Kcal	200	314	
		Fat	2.1	3.2	
		Sat	0.7	1.1	
		Carbs	33.6	52.7	
		Sugar	2.6	4.1	
		Fibre	6.3	9.8	
		Protein	8.8	13.8	
		Salt	1.29	2.03	
		Portion weight (g)		157	
Butcher's Sausage Ciabatta	Vienna Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, Improver (WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil, Enzyme)], Pork and Lentil Sausage in Beef Collagen Casing (46%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, WHEAT Starch, Beef Collagen Casing, Spices (Ground Ginger, Ground Mace, Ground Nutmeg, Ground White Pepper, Chilli Powder)], Stabiliser: Sodium Diphosphate, WHEAT Protein, Onion Powder, Rubbed Sage, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Butter (MILK).	KJ	1097	1766	
		Kcal	261	421	
		Fat	11.1	17.9	
		Sat	4.4	7.1	
		Carbs	27.8	44.8	
		Sugar	2.2	3.6	
		Fibre	2.2	3.5	
		Protein	11.5	18.6	
		Salt	1.32	2.13	
		Portion weight (g)		161	
				per 100g	per portion (g)
		KJ	847	1330	
		Kcal	200	314	
		Fat	2.1	3.2	
		Sat	0.7	1.1	
		Carbs	33.6	52.7	
		Sugar	2.6	4.1	
		Fibre	6.3	9.8	
		Protein	8.8	13.8	
		Salt	1.29	2.03	
		Portion weight (g)		157	
THIS Plant Based 'Sausage' Ciabatta (Vg)	Ciabatta Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, RYE Flour, Yeast, Salt, Malted WHEAT Flour, WHEAT Flour, Flour Treatment Agent: Ascorbic Acid, Rapeseed Oil], Plant Based Sausage (47%) [Mushrooms, Water, Pea Flour, Onions, Rapeseed Oil, Stabilisers: Processed Eucheuma Seaweed, Methyl Cellulose, Palm Oil, Pea Fibre, Pea Protein, Pea Starch, Rice Flour, Sugar, Flavouring, Maize Flour, Yeast Extract, Salt, Dried Onion, Textured Pea Protein, Parsley, Sodium Alginate Casing, Porcini Mushroom Powder, Cracked Black Pepper, Maize Starch, Colour: Plain Caramel, Sage, Preservative: Sodium METABISULPHITE, Ground Mace, Dextrose, White Pepper].	KJ	847	1330	
		Kcal	200	314	
		Fat	2.1	3.2	
		Sat	0.7	1.1	
		Carbs	33.6	52.7	
		Sugar	2.6	4.1	
		Fibre	6.3	9.8	
		Protein	8.8	13.8	
		Salt	1.29	2.03	
		Portion weight (g)		157	

SANDWICHES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Gluten Free Cheddar Ploughmans Sandwich (GF, V)	Gluten Free Brown Seeded Bloomer [Water, Maize Starch, Potato Starch, Rapeseed Oil, Tapioca Starch, Rice Flour, Sunflower Seeds, Yeast, Brown Linseed, Rice Protein, Bamboo Fibre, Dried Psyllium Husk, Thickener: Hydroxypropyl Methyl Cellulose, Xanthan Gum; Sugar, Humectant: Glycerol; Millet Seeds, Poppy Seeds, Buckwheat Flour, Millet Flour, Apple Cider Vinegar, Salt, Fermented Syrups, Apple Extract], Tomato, Mature Cheddar Cheese (19%) (MILK), Roast Tomato Chutney (8%) [Tomato, Onion, Sundried Tomato Paste, Tomato Paste, Balsamic Vinegar (SULPHITES), Dark Brown Sugar, Garlic Purée, Salt, Rapeseed Oil, Paprika, Cornflour, Thyme, Black Pepper], Rocket (4%).	KJ	930	1665
		Kcal	223	399
		Fat	12.1	21.7
		Sat	6.0	10.7
		Carbs	18.9	33.8
		Sugar	3.3	5.9
		Fibre	5.0	9.0
		Protein	7.1	12.7
		Salt	0.91	1.63
		Portion weight (g)	179	
		Tuna, Red Pepper & Spinach Sandwich	Malted Brown Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; WHEAT Protein, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, WHEAT Starch], Pole and Line Caught Tuna (FISH) (27%) [Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt], Tomato Mayonnaise [Mayonnaise (7%) (Water, Rapeseed Oil, Free-Range Salted EGG Yolk (Free-Range EGG Yolk, Salt), Cornflour, Spirit Vinegar, Sugar, Dijon MUSTARD (Water, Black MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar), Slow Roasted Tomato (3%) (Tomato, Sunflower Oil, Salt, Garlic, Oregano), SunBlush® Tomatade (3%) (Slow Roast Tomatoes, Tomato Concentrate, Rapeseed Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Parsley, Lemon Juice, Cornflour, Black Pepper], Red Pepper (7%), Spinach (4%).	KJ
Kcal	189			353
Fat	4.2			7.8
Sat	0.6			1.1
Carbs	24.2			45.3
Sugar	2.6			4.9
Fibre	2.5			4.7
Protein	12.4			23.1
Salt	0.70			1.32
Portion weight (g)	187			
Free Range Egg Mayo Sandwich (V)	OATMEAL Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, OATMEAL, WHEAT Bran, Yeast, Salt, WHEAT Protein, Spirit Vinegar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Vegetable Oils (Rapeseed, Palm), Malted BARLEY Flour, Flour Treatment Agent: Ascorbic Acid, Palm Fat, WHEAT Starch], Free Range EGG Mayonnaise [Hard Boiled EGG (27%), Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Dijon MUSTARD (Water, Spirit Vinegar, Yellow MUSTARD Flour, MUSTARD Flour, Salt, Ground Yellow MUSTARD Bran, Ground Turmeric, Ground Black Pepper, Pimento, Ground Cinnamon, Ground Cloves), Black Pepper, Salt], Free Range Hard Boiled EGG (21%).			KJ
		Kcal	222	449
		Fat	11.1	22.4
		Sat	2.0	4.1
		Carbs	19	38.3
		Sugar	0.3	0.6
		Fibre	2.0	4.0
		Protein	11.0	22.2
		Salt	0.70	1.50
		Portion weight (g)	202	
		Chargrilled Chicken Salad Sandwich	Malted Brown Bread [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, WHEAT Protein, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Spirit Vinegar, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, Palm Fat, Palm Oil, WHEAT Starch], British Chargrilled Chicken Breast (25%) [Chicken Breast, Salt, Cornflour], Black Pepper Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Free Range Salted EGG Yolk (EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Tomato (7%), Cucumber (5%), Lettuce (4%).	KJ
Kcal	217			441
Fat	9.7			19.6
Sat	1.1			2.2
Carbs	19.8			40.1
Sugar	0.9			1.9
Fibre	1.9			3.9
Protein	11.6			23.5
Salt	0.70			1.40
Portion weight (g)	203			
Classic BLT Sandwich	Malted Brown Bread [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, WHEAT Bran, Yeast, Malted BARLEY Flour, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, WHEAT Protein, Malted WHEAT Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid, WHEAT Starch], Beechwood Smoked Streaky Bacon (16%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite], Tomatoes (14%), Black Pepper Mayonnaise [Mayonnaise (8%) (Rapeseed Oil, Water, Free-Range Salted EGG Yolk (Free-Range EGG Yolk, Salt), Spirit Vinegar, Dijon MUSTARD (Water, Brown MUSTARD Seeds, Spirit Vinegar, Salt), White Wine Vinegar, Cornflour, Sugar), Black Pepper], Lettuce (5%).			KJ
		Kcal	241	402
		Fat	9.9	16.5
		Sat	5.4	9
		Carbs	23.6	39.5
		Sugar	2.8	4.7
		Fibre	1.3	2.1
		Protein	13.7	22.9
		Salt	1.14	1.90
		Portion weight (g)	167	

SOUPS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Tomato & Basil Soup (Vg)	Water, Tomato (33%), Tomato Paste (6%), Onion (5.5%), Carrot (5.5%), Garlic, Rapeseed Oil, Fennel (<1), Salt, Sugar, Vegetable Stock (Salt, Yeast Extract, Onion Powder, Carrot Powder, Natural Flavouring, Tomato Powder, Rapeseed Oil), Basil, Basil Paste (Basil, Sunflower Oil, Salt), Tomato, Dry Basil, Fennel Seed, White Pepper.	KJ	157	550	
		Kcal	38	133	
		Fat	1.9	6.7	
		Sat	0.1	0.4	
		Carbs	3.2	11.2	
		Sugar	3.1	10.9	
		Fibre	1.3	4.6	
		Protein	1.3	4.6	
		Salt	0.40	1.40	
		Portion weight (g)		350	
		Supergreen Soup (V)	Water, Garden Peas (22%), White Onion, Spinach (5%), Rapeseed Oil, Garlic, Salt, Thickener; Corn Starch, Mascarpone (Cream (MILK), Citric Acid), Italian Hard Fat Cheese (Pasteurised Cow's MILK, Salt, Microbial Rennet, Starter Culture, Firming Agent), Natural Vegetable Stock (Salt, Yeast Extracts, Onion Powder, Carrot Powder, Tomato Powder, Rapeseed Oil, Natural Flavouring), Lemon Juice, Basil, Lemon Zest, Black Pepper.	KJ	350
Kcal	46			161	
Fat	2.1			7.4	
Sat	0.3			1.2	
Carbs	3.5			12.3	
Sugar	1.3			4.5	
Fibre	2.6			9.1	
Protein	2.0			7.0	
Salt	0.80			2.80	
Portion weight (g)				35	

MEAL POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Arrabbiata Meatball Pasta	Cooked Tomato Pasta (85%) [Pasta (Water, Durum WHEAT Semolina), Tomato Sauce (Tomato, Salt, Sugar, Onion, Oregano, Basil, Spices), Water, Red Pesto (Sundried Tomato, Vegetable Oil, Extra Virgin Olive Oil, Medium Fat Hard Cheese (MILK), Semi Dried Tomato, Sugar, Vinegar, Herbs, Garlic Purée, Salt), Black Pepper], Tomato, Chilli and Fennel Pork Meatballs (14%) [Pork, Onion, Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Tomato Purée, Garlic Purée, Rapeseed Oil, Spices, Potato Starch, Salt, Parsley, Herbs, Sugar, Yeast Extract, Stabiliser: Diphosphates; Garlic Powder], Parsley.	KJ	594	1568	
		Kcal	141	372	
		Fat	4.9	12.9	
		Sat	1.1	2.9	
		Carbs	18.2	48.0	
		Sugar	0.3	0.8	
		Fibre	2.3	6.1	
		Protein	5.0	13.2	
		Salt	0.38	1.00	
		Portion weight (g)		264	

ANTIPASTI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Chorizo Antipasti	Chorizo (38%) – Pork (95%), Salt, Paprika, Dextrose, Garlic, Rosemary Extract, Sodium Nitrite. Cheese (MILK) (37%) Toasts (25%) - Flour (WHEAT), Malted WHEAT, Flour Treatment Agents: Ascorbic Acid, Glucose-Fructose Syrup, Yeast, Salt, Vegetable Fat, Emulsifier Mixture (Sugar, Emulsifier: Mono- and Diacetyl-Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Emulsifier: Lecithin, Raising Agent: Sodium Carbonates.	KJ	1562	1000	
		Kcal	375	240	
		Fat	22.7	14.5	
		Sat	11.4	7.3	
		Carbs	20.7	13.3	
		Sugar	2.0	1.3	
		Protein	21.4	13.7	
		Salt	2.91	1.86	
		Portion weight (g)		64	

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Almond Biscotti (V)	WHEAT flour, sugar, ALMONDS (15%), EGG , EGG yolk, butter, honey, partly skimmed MILK , raising agent: E 503 (ammonium bicarbonate), salt, natural flavour (orange), flavours.	KJ	1841	618
		Kcal	440	130
		Fat	14.45	3.0
		Sat	2.71	1.0
		Carbs	66.5	22.0
		Sugar	31.0	11.0
		Fibre	2.7	0.0
		Protein	9.6	3.0
		Salt	1.55	0.05
		Portion weight (g)		37
		Caramel Waffle (V)	Glucose fructose syrup, wheat flour, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium carbonates), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla.	per 100g
KJ	1786			1411
Kcal	425			336
Fat	16.0			12.6
Sat	9.0			7.1
Carbs	66.0			52.1
Sugar	38.0			30.0
Fibre	1.5			1.2
Protein	3.5			2.8
Salt	0.58			0.46
Portion weight (g)				78
Chocolate & Yoghurt Covered Raisins (V)	Milk Chocolate Raisins (50%) (MILK Chocolate Coating (Sugar, MILK Powder, Cocoa Butter, Cocoa Mass, Palm Oil, Whey (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Gum Arabic, Shellac), Raisins (Raisins, Sunflower Oil)), Yoghurt Coated Raisins (50%) (Yoghurt Flavoured Coating (Sugar, Palm Oil, Whey Powder (MILK), Rice Flour, Yoghurt Powder (3%) (MILK), Emulsifier: Sunflower Lecithin, Glazing Agents: Shellac, Gum Arabic), Raisins (Raisins, Sunflower Oil)).	per 100g		per portion (g)
		KJ	1829	695
		Kcal	437	166
		Fat	18.0	6.8
		Sat	11.2	4.3
		Carbs	64.7	24.6
		Sugar	63.3	24.1
		Fibre	1.0	0.4
		Protein	3.6	1.4
		Salt	0.30	0.09
		Portion weight (g)		40
Dark Chocolate & Hazelnut Chocolate Bar (V)	Dark chocolate 57% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour), hazelnut cream 43% [sugar, vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), HAZELNUTS (14%), skimmed cocoa powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, nibbed HAZELNUTS (11.5%)].	per 100g		per portion (g)
		KJ	2338	409
		Kcal	562	98
		Fat	38.0	6.7
		Sat	24.0	4.2
		Carbs	48.0	8.4
		Sugar	46.0	8.1
		Protein	4.5	0.8
		Salt	0.10	0.02
		Portion weight (g)		17.5
		Eat Natural Dark Choc & Sea Salt Bar (V)	Dark chocolate (20%) (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), glucose syrup, PEANUTS 12%, crisped rice (rice, sugar), figs 8% (figs, rice flour), dried apricots 8% (apricots, rice flour), honey, sultanas 7% (sultanas, sunflower oil), shredded coconut, ALMONDS 6%, cocoa powder, sea salt.	per 100g
KJ	1830			823
Kcal	438			197
Fat	21.5			9.7
Sat	9.6			4.3
Carbs	49.2			22.1
Sugar	30.7			13.8
Protein	8.5			3.8
Salt	0.05			0.02
Portion weight (g)				45
Eat Natural Vegan Bar (Vg)	Dark chocolate 20% (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), PEANUTS 18%, shredded coconut 14%, dried apricots 12%, glucose syrup, coconut blossom nectar 6%, pumpkin seeds, crisped rice (rice, sugar), sunflower seeds, roasted chickpeas.			per 100g
		KJ	2063	929
		Kcal	496	223
		Fat	30.0	13.5
		Sat	15.3	6.9
		Carbs	40.4	18.2
		Sugar	22.4	10.1
		Protein	11.9	3.5
		Salt	0.14	0.07
		Portion weight (g)		45

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Fruit & Nut Mix (Vg)	Almonds (NUTS) (30%), Pistachios (NUTS) (25%), Dried Sweetened Cranberries (20%) (Sugar, Cranberries, Sunflower Oil), Golden raisins (15%) (Raisins, Sunflower Oil, Preservative: SULPHUR DIOXIDE), Cashew NUTS (10%).	KJ	2093
		Kcal	500
		Fat	32.7
		Sat	3.6
		Carbs	34.5
		Sugar	28.7
		Fibre	6.8
		Protein	13.6
		Salt	0.00
		Portion weight (g)	40
Fruit Teacake (Vg)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sultanas (9.5%) (Sultanas, Water, Sunflower Oil, Preservative (E202)), Raisins (9.5%) (Raisins, Water, Sunflower Oil, Preservative (E202)), Citrus Peel (6%) (Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator (E330)), Preservatives: (SULPHUR DIOXIDE, E202)), Sweetened Dried Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Sugar, Yeast, Humectant (Glucose Syrup, Water, Acidity Regulator (E260)), Bread Fat (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471)), Dough Conditioner (Calcium Sulphate, SOYA Flour, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (E472e), Flour Treatment Agent (E300)), Enzymes), Water, Emulsifiers (E471, E472e), Acidity Regulators (E260, E525), Salt.	KJ	1200
		Kcal	283
		Fat	2.5
		Sat	0.8
		Carbs	56.2
		Sugar	22.0
		Fibre	3.8
		Protein	7.3
		Salt	0.20
		Portion weight (g)	96
Gianduja Chocolate (Vg)	Sugar, HAZELNUTS (30%), cocoa mass, cocoa butter, emulsifier: SOY lecithin, natural vanilla flavour. Cocoa solids: 23% min. May contain MILK and other NUTS.	KJ	2416
		Kcal	581
		Fat	40.0
		Sat	15.0
		Carbs	47.0
		Sugar	44.0
		Protein	5.7
		Salt	0.03
		Portion weight (g)	10
		Gingerbread Biscuit (V)	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Partially Inverted Refiners Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)), Glucose Syrup (WHEAT, SULPHUR DIOXIDE), Fondant (Sugar, Glucose Syrup, Water), Humectant (Glycerol), Whole EGG Powder, Treacle (Cane Molasses, Partially Inverted Refiners Syrup), Mixed Spices (Ginger, Cinnamon, Coriander, Cassia, Nutmeg, Fennel, Cloves, Cardamon), Raising agent (Bicarbonate Of Soda), Water, Colours (Plant Extracts (Safflower, Spirulina), Trehalose, Concentrates (Radish, Carrot), Lutein), EGG White Powder, Acidity Regulator (Sodium Citrates, Citric Acid).
Kcal	402		
Fat	12.4		
Sat	4.5		
Carbs	67.5		
Sugar	39.1		
Fibre	1.6		
Protein	4.3		
Salt	0.96		
Portion weight (g)	73		
Locker Creamkakao (V)	Crispy wafer filled with cocoa cream (75%), WHEAT flour, coconut oil, glucose syrup, sugar, fat reduced cocoa 9% in the cream, dextrose, sweet whey powder, SOYA flour, skimmed MILK powder, malt extract, salt, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, HAZELNUTS, vanilla pods (Bourbon). May contain ALMONDS.	KJ	2136
		Kcal	511
		Fat	26.0
		Sat	22.0
		Carbs	59.0
		Sugar	28.0
		Protein	7.7
		Salt	0.31
		Portion weight (g)	45
		Locker Neapolitaner (V)	Crispy wafer filled with HAZELNUT cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, hazelnut 9% in the cream, sweet whey powder, SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon). May contain ALMONDS.
Kcal	519		
Fat	27.0		
Sat	20.0		
Carbs	59.0		
Sugar	26.0		
Protein	8.1		
Salt	0.33		
Portion weight (g)	45		
Locker Vanille (V)	Crispy wafer filled with vanilla cream (75% cream). Ingredients: WHEAT flour, coconut oil, glucose syrup, sugar, skimmed MILK powder, dextrose, SOYA flour, malt extract, sugar, raising agents (sodium hydrogen carbonate, disodium diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon), HAZELNUT. May contain ALMONDS.		
		Kcal	523
		Fat	27.0
		Sat	23.0
		Carbs	61.0
		Sugar	31.0
		Protein	7.8
		Salt	0.40
		Portion weight (g)	45

BISCUITS & SNACKS

PRODUCT		INGREDIENTS		NUTRITIONAL INFO		
Milk Chocolate Stracciatella Bar (V)	Milk chocolate 57% [sugar, MILK powder, cocoa butter, cocoa mass, emulsifier: SOY lecithin, natural vanilla flavour], milk cream 43% [vegetable fats (coconut, palm kernel oil, shea butter in variable proportions), sugar, skimmed MILK powder, whey powder (contains MILK), emulsifier: SOY lecithin, natural vanilla flavour, cocoa chips (11.5%)].			per 100g	per portion (g)	
				KJ	2380	417
				Kcal	572	100
				Fat	39.0	6.8
				Sat	24.0	4.2
				Carbs	47.0	8.2
				Sugar	46.0	8.1
				Protein	6.6	1.2
				Salt	0.19	0.03
				Portion weight (g)		17.5
				per 100g		per portion (g)
				KJ	1548	1548
		Panettone (V)	WHEAT flour, sultanas, fresh EGGS, butter (MILK), sugar, candied orange peels (orange peels, glucose-fructose syrup, sugar, acidity regulator: citric acid), MILK, fresh EGG yolk, natural yeast (WHEAT), emulsifiers: mono and diglycerides of fatty acids, glucose syrup, flavourings, cocoa butter, salt. <i>May contain traces of NUTS and SOY.</i>			per 100g
				KJ	2656	1063
				Kcal	635	254
				Fat	56.2	22.5
				Sat	5.7	2.3
				Carbs	12.5	5.0
				Sugar	4.7	1.9
				Fibre	5.5	2.2
				Protein	16.8	6.7
				Salt	0.00	0.01
				Portion weight (g)		40.0
				per 100g		per portion (g)
				KJ	1882	1321
Totally Nutty (Vg)	Almonds (NUTS) (35%), Cashew NUTS (30%), Pecan NUTS (20%), Hazelnuts (NUTS) (15%).			per 100g	per portion (g)	
				KJ	449	315
				Kcal	17.7	12.4
				Fat	6.2	4.4
				Sat	6.2	4.4
				Carbs	69.6	48.9
				Sugar	46.0	32.3
				Fibre	4.7	3.3
				Protein	4.6	3.2
				Salt	0.67	0.47
				Portion weight (g)		60
				per 100g		per portion (g)
				KJ	1853	558
Fruit Flapjack (Vg)	OATS (31%), Soft Brown Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - and - Diglycerides of Fatty Acids)), Golden Syrup, Raisins (8%) (Raisins, Sunflower Oil), Mixed Peel (6%) (Orange peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator (Citric acid)), Cranberries (4%) (cranberries, Sugar, Sunflower Oil), PISTACHIO NUTS (1%), Salt. <i>May contain traces of other NUTS.</i>			per 100g	per portion (g)	
				KJ	440	133
				Kcal	14.2	4.3
				Fat	5.6	1.7
				Sat	5.6	1.7
				Carbs	72.3	21.7
				Sugar	37.7	11.3
				Protein	4.9	1.5
				Salt	0.60	0.20
				Portion weight (g)		30
				per 100g		per portion (g)
				KJ	1973	947
		Stem Ginger Biscuit (Vg)	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Partially inverted refiners syrup, Sugar, Margarine (Palm oil, Rapeseed oil, Salt, Colours (Annatto, Curcumin), Natural flavouring), Stem Ginger (4.6%)(Ginger, Sugar), Ground ginger, Raising Agent (Sodium bicarbonate, Ammonium bicarbonate).			per 100g
				KJ	473	227
				Kcal	27.7	13.3
				Fat	6.9	3.3
				Sat	6.9	3.3
				Carbs	48.4	23.2
				Sugar	32.0	15.4
				Fibre	2.7	1.3
				Protein	6.1	2.9
				Salt	0.27	0.13
				Portion weight (g)		48
				per 100g		per biscuit (g)
				KJ	2199	550
Vegan & Gluten Free Chocolate Brownie (Vg, GF)	Dark Chocolate (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin), Sugar, Chick Pea Flour, Rapeseed Oil, Water, Chick pea, Cocoa Powder, Chocolate drops (2%) (Cocoa Mass, Sugar, Cocoa Butter), Flavourings, Hydroxypropyl methyl cellulose, Raising agents (Calcium Phosphate, Sodium Hydrogen Carbonate), Preservative (Potassium Sorbate), Salt.			per 100g	per portion (g)	
				KJ	526	132
				Kcal	28.2	7.1
				Fat	18.6	4.7
				Sat	18.6	4.7
				Carbs	62.3	15.6
				Sugar	22.9	5.7
				Protein	5.4	1.4
				Salt	0.70	0.20
				Portion weight (g)		25
				per 100g		per biscuit (g)
				KJ	2199	550
		Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (33%)(MILK), Icing Sugar, Light Brown Sugar (Sugar, Molasses).			per 100g
				KJ	526	132
				Kcal	28.2	7.1
				Fat	18.6	4.7
				Sat	18.6	4.7
				Carbs	62.3	15.6
				Sugar	22.9	5.7
				Protein	5.4	1.4
				Salt	0.70	0.20
				Portion weight (g)		25
				per 100g		per biscuit (g)
				KJ	2199	550

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Kettle Sea Salt Crisps (Vg)	Select Potatoes, Sunflower Oil, Sea Salt.	KJ	2139	
		Kcal	513	
		Fat	30.1	
		Sat	3.5	
		Carbs	51.5	
		Sugar	0.5	
		Protein	5.8	
		Salt	0.90	
		Portion weight (g)		40
				per 100g
Kettle Sea Salt & Vinegar Crisps (Vg)	Select Potatoes, Sunflower Oil, Sea Salt and Balsamic Vinegar Seasoning (Sea Salt, Potato Maltodextrin, Dried Balsamic Vinegar, Sugar, Acid: Citric Acid, Dried Red Wine Extract, Natural Flavouring).	KJ	2125	
		Kcal	509	
		Fat	28.1	
		Sat	2.8	
		Carbs	55.8	
		Sugar	1.5	
		Protein	5.7	
		Salt	1.40	
		Portion weight (g)		40
				per 100g
Kettle Cheddar & Onion Crisps (V)	Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese (MILK), Dried Onion, Dried Red Onion, Sea Salt, Dried Yeast Extract, Dried Yeast, Dried Chives, Colour: Paprika Extract).	KJ	2106	
		Kcal	505	
		Fat	28.9	
		Sat	3.3	
		Carbs	51.1	
		Sugar	2.5	
		Protein	7.1	
		Salt	1.10	
		Portion weight (g)		40
				per 100g
Metcalle's® Charity Popcorn Sea Salt (Vg)	Popped Butterfly Corn (75%), Rapeseed Oil, Sea Salt.	KJ	1833	
		Kcal	437	
		Fat	16.3	
		Sat	1.2	
		Carbs	55.1	
		Sugar	0.8	
		Protein	11.2	
		Salt	0.97	
		Portion weight (g)		20
				per 100g
Metcalle's Skinny Popcorn® Sweet 'n Salt (Vg)	Popped Butterfly Corn (64%), Rapeseed Oil, Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Salt.	KJ	1908	
		Kcal	455	
		Fat	17.8	
		Sat	1.3	
		Carbs	60.5	
		Sugar	15.9	
		Protein	8.6	
		Salt	0.52	
		Portion weight (g)		25

YOGHURTS & GRANOLA POT

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Mango & Passionfruit Bircher (Vg)	Mango and Passionfruit Compote (30%) [Water, Mango, Sugar, Passionfruit Purée with Seeds, Cornflour, Passionfruit Juice Concentrate, Natural Flavourings, Gelling Agent: Pectin, Colour: Beta Carotene, Lemon Juice], Plant Based Coconut Product (26%) [Coconut Extract, Coconut Water, Tapioca Starch, Cultures: Streptococcus thermophilus, Lactobacillus delbrueckii subsp. bulgaricus], Water, Wholegrain Rolled OATS (15%), Shredded Green Apple (6%), Juice Infused Mixed Dried Berries (2%) [Blueberries, Pineapple Juice Concentrate, Cranberries, Apple Juice Concentrate, Sunflower Oil], Toasted Coconut Shavings (2%), Apple Juice Concentrate.	KJ	690
		Kcal	165
		Fat	6.4
		Sat	4.7
		Carbs	23.0
		Sugar	11.3
		Fibre	2.5
		Protein	2.6
		Salt	0.03
		Portion weight (g)	
		per 100g	per portion (g)
Berry Granola Pot (V)	Greek Style Yogurt (MILK) (64%), Summer Berry Compote (23%) [Sugar, Strawberries, Water, Blackberries, Blueberries, Redcurrants, Cornflour, Lemon Juice, Natural Flavouring, Gelling Agent: Pectin], Dried Cranberry Granola (11%) [OAT Flakes, Sweetened Dried Cranberries (1%) (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Pumpkin Seeds, Glucose Syrup, Water, Brown Rice Flour, Quinoa, Freeze Dried Raspberries, Natural Flavouring].	KJ	704
		Kcal	168
		Fat	9.2
		Sat	4.6
		Carbs	15.9
		Sugar	10.7
		Fibre	0.8
		Protein	5.1
		Salt	0.94
		Portion weight (g)	
		per 100g	per portion (g)
Tim's Raspberry Yoghurt (V)	Greek Style Natural Yogurt (MILK), Sugar, Raspberries (6%), Cornflour, Natural Flavouring, Citric Acid.	KJ	594
		Kcal	142
		Fat	8.4
		Sat	5.2
		Carbs	12.2
		Sugar	11.8
		Fibre	0.4
		Protein	4.9
		Salt	0.20
		Portion weight (g)	

GF = Gluten-Free
V = Vegetarian
Vg = Vegan

Within this guide you will find the Allergen and Nutritional information for our beverages with all milk variants and milk alternatives that we offer.

CAPPUCCINO

Espresso with steamed milk and microfoam

PRODUCT	ALLERGENS	SIZE	Per 100ml										Per product							
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Cappuccino - Semi Skimmed Milk	MILK	Regular	245	35	1.2	0.6	3.5	3	0	2.5	0.1	216	51	1.8	1.0	5.1	4.5	0	3.7	0.1
		Grande	163	39	1.4	0.8	3.8	3.5	0	2.8	0.1	374	89	3.1	1.8	8.7	8.1	0	6.4	0.2
Cappuccino - Skimmed Milk	MILK	Regular	115	27	0.3	0.1	3.5	3.1	0	2.5	0.1	172	41	0.5	0.1	5.2	4.6	0	3.7	0.1
		Grande	126	30	0.3	0.1	3.9	3.6	0	2.8	0.1	289	69	0.7	0.2	8.9	8.3	0	6.4	0.2
Cappuccino - Whole Milk	MILK	Regular	185	44	2.3	1.4	3.4	3	0	2.4	0.1	276	66	3.4	2	5.1	4.4	0	3.6	0.1
		Grande	213	51	2.8	1.7	3.7	3.5	0	2.7	0.1	487	116	6.3	3.9	8.6	7.9	0	6.2	0.2

The allergens that are featured within this guide are in accordance with the EU Food Information Regulations:

- Cereals containing Gluten including Wheat, Rye, Barley, Oats
- Eggs
- Milk
- Tree Nuts including Almonds, Hazelnuts, Pistachios, Walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. Prawns
- Sesame seeds
- Molluscs e.g. Mussels

Please note: Although we use Gluten Free Oat Drink, we still list OAT as an allergen as Oats contain a protein called Avenin which some people are sensitive to.

We take care to list all allergens in our drinks, however we cannot guarantee a 100% allergen free environment as we use shared equipment to display, prepare and serve.

PANETTONE LATTE

Classico espresso, Panettone syrup & steamed oat drink, topped with vegan creamy topping and a dusting of cinnamon.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Panettone Latte - Gluten Free Oat	OAT	394	94	6.1	2.6	9.1	5.9	0.2	0.6	0.09	1365	326	21.2	9.0	31.4	20.4	0.8	2.0	0.32	
Panettone Latte - Semi Skimmed Milk	MILK	357	86	5.2	3.6	6.9	6.3	0.2	2.6	0.10	1236	296	18.1	12.3	23.9	21.9	0.8	8.9	0.34	
Panettone Latte - Skimmed Milk	MILK	325	78	4.3	3.0	7.0	6.4	0.2	2.6	0.10	1126	270	15.0	10.2	24.1	22.1	0.8	8.9	0.34	
Panettone Latte - Whole Milk	MILK	400	96	6.4	4.3	6.8	6.3	0.2	2.5	0.10	1383	332	22.3	15.0	23.7	21.7	0.8	8.6	0.33	
Panettone Latte - Soya	SOYA	344	82	5.4	3.1	5.8	5.1	0.6	2.5	0.08	1192	285	18.5	10.6	19.9	17.5	2.1	8.6	0.28	
Panettone Latte - Coconut	SOYA	320	77	5.0	3.3	6.1	5.6	0.3	1.4	0.09	1108	266	17.4	11.5	21.3	19.3	1.2	4.7	0.32	

PANETTONE LATTE

Classico espresso, Panettone syrup & steamed oat drink, topped a dusting of cinnamon.

Nutritional and allergen information does not include Cream

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Panettone Latte - Gluten Free Oat	OAT	272	65	2.4	0.3	10.1	6.6	0.2	0.6	0.09	819	196	7.2	0.9	30.3	19.8	0.5	1.8	0.27	
Panettone Latte - Semi Skimmed Milk	MILK	230	55	1.4	0.8	7.6	7.1	0.2	2.9	0.10	693	165	4.2	2.4	22.9	21.3	0.5	8.6	0.29	
Panettone Latte - Skimmed Milk	MILK	194	46	0.4	0.1	7.7	7.2	0.2	2.9	0.10	583	139	1.1	0.3	23.1	21.5	0.5	8.6	0.29	
Panettone Latte - Whole Milk	MILK	279	66	2.8	1.7	7.5	7.0	0.2	2.8	0.09	841	200	8.3	5.1	22.6	21.1	0.5	8.4	0.28	
Panettone Latte - Soya	SOYA	216	51	1.5	0.2	6.3	5.6	0.6	2.8	0.09	649	154	4.6	0.7	18.9	16.9	1.9	8.4	0.23	
Panettone Latte - Coconut	SOYA	188	45	1.2	0.5	6.7	6.2	0.3	1.5	0.09	566	134	3.5	1.6	20.2	18.7	1.0	4.4	0.27	

PANETTONE ICED LATTE

Classico espresso, Panettone syrup & oat drink over ice, topped with vegan creamy topping and a dusting of cinnamon.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Panettone Iced Latte - Gluten Free Oat	OAT	424	101	6.8	3.1	9.3	6.3	0.3	0.7	0.09	1212	289	19.3	8.8	26.6	18.1	0.8	1.9	0.26	
Panettone Iced Latte - Semi Skimmed Milk	MILK	391	94	6.0	4.1	7.4	6.7	0.3	2.4	0.10	1117	268	17.1	11.7	21.2	19.2	0.8	6.8	0.27	
Panettone Iced Latte - Skimmed Milk	MILK	363	87	5.2	3.6	7.5	6.8	0.3	2.4	0.10	1037	249	14.8	10.2	21.4	19.4	0.8	6.8	0.28	
Panettone Iced Latte - Whole Milk	MILK	428	103	7.0	4.8	7.4	6.7	0.3	2.3	0.09	1225	294	20.1	13.6	21.0	19.0	0.8	6.7	0.27	
Panettone Iced Latte - Soya	SOYA	360	85	5.8	3.2	6.7	6.0	0.4	1.3	0.09	1028	244	16.6	9.3	19.3	17.3	1.1	3.8	0.26	
Panettone Iced Latte - Coconut	SOYA	381	90	6.1	3.0	6.4	5.6	0.6	2.3	0.08	1089	259	17.4	8.6	18.3	16.0	1.7	6.7	0.23	

PANETTONE ICED LATTE

Classico espresso, Panettone syrup & oat drink over ice, topped a dusting of cinnamon.

Nutritional and allergen information does not include Cream

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Panettone Iced Latte - Gluten Free Oat	OAT	276	66	2.2	0.3	10.6	7.3	0.2	0.7	0.09	666	159	5.4	0.7	25.6	17.5	0.5	1.6	0.21	
Panettone Iced Latte - Semi Skimmed Milk	MILK	239	57	1.3	0.7	8.4	7.7	0.2	2.7	0.09	575	137	3.1	1.8	20.2	18.6	0.5	6.6	0.22	
Panettone Iced Latte - Skimmed Milk	MILK	205	49	0.4	0.1	8.4	7.8	0.2	2.7	0.09	495	118	0.9	0.3	20.3	18.8	0.5	6.6	0.23	
Panettone Iced Latte - Whole Milk	MILK	283	67	2.6	1.5	8.3	7.7	0.2	2.7	0.09	682	162	6.2	3.7	20.0	18.5	0.5	6.4	0.22	
Panettone Iced Latte - Soya	SOYA	200	47	1.1	0.5	7.6	6.9	0.4	1.5	0.09	482	114	2.7	1.2	18.2	16.7	0.9	3.5	0.21	
Panettone Iced Latte - Coconut	SOYA	225	53	1.4	0.2	7.2	6.4	0.6	2.7	0.07	543	129	3.5	0.5	17.3	15.4	1.5	6.4	0.18	

MILLIONAIRE'S HOT CHOCOLATE

Cocoa powder, salted caramel syrup & steamed milk, topped with chocolate cream & a drizzle of caramel.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Millionaire's Hot Chocolate - Semi Skimmed Milk	SOYA, MILK	518	124	4.9	3.1	16.1	14.6	0.9	3.2	0.17	1659	396	15.7	9.8	51.6	46.7	3.0	10.3	0.54	
Millionaire's Hot Chocolate - Skimmed Milk	SOYA, MILK	483	115	3.9	2.4	16.2	14.7	0.9	3.2	0.17	1547	369	12.6	7.7	51.7	46.9	3.0	10.3	0.55	
Millionaire's Hot Chocolate - Whole Milk	SOYA, MILK	564	134	6.2	3.9	16.0	14.5	0.9	3.2	0.17	1804	430	19.9	12.5	51.3	46.5	3.0	10.1	0.54	
Millionaire's Hot Chocolate - Soya	SOYA, MILK	504	120	5.0	2.5	14.9	13.2	1.4	3.2	0.15	1613	384	16.1	8.1	47.6	42.3	4.3	10.1	0.48	
Millionaire's Hot Chocolate - Coconut	SOYA, MILK	478	114	4.7	2.8	15.3	13.8	1.1	1.9	0.16	1529	364	15.0	9.0	48.9	44.0	3.5	6.1	0.53	
Millionaire's Hot Chocolate - Gluten Free Oat	SOYA, OAT, MILK	557	133	5.9	2.6	18.4	14.1	0.9	1.1	0.16	1782	426	18.8	8.3	59.0	45.1	3.0	3.5	0.53	

MILLIONAIRE'S HOT CHOCOLATE

Cocoa powder, salted caramel syrup & steamed milk, topped with a drizzle of caramel. *Nutritional and allergen information does not include Whipped Cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Millionaire's Hot Chocolate - Semi Skimmed Milk	SOYA, MILK	422	100	1.7	1.1	17.3	15.8	0.9	3.5	0.18	1161	275	4.6	2.9	47.5	43.3	2.6	9.6	0.51	
Millionaire's Hot Chocolate - Skimmed Milk	SOYA, MILK	382	90	0.5	0.3	17.3	15.8	0.9	3.5	0.19	1051	249	1.5	0.8	47.7	43.6	2.6	9.6	0.51	
Millionaire's Hot Chocolate - Whole Milk	SOYA, MILK	476	113	3.2	2.0	17.2	15.7	0.9	3.4	0.18	1309	310	8.8	5.6	47.3	43.1	2.6	9.4	0.50	
Millionaire's Hot Chocolate - Soya	SOYA, MILK	406	96	1.8	0.4	15.8	14.2	1.4	3.4	0.16	1117	264	5.0	1.2	43.5	38.9	3.9	9.4	0.45	
Millionaire's Hot Chocolate - Coconut	SOYA, MILK	376	89	1.4	0.8	16.3	14.8	1.1	2.0	0.18	1034	244	3.9	2.1	44.8	40.7	3.1	5.4	0.49	
Millionaire's Hot Chocolate - Gluten Free Oat	SOYA, OAT	468	111	2.8	0.5	20.0	15.2	0.9	1.0	0.18	1287	306	7.7	1.4	55.0	41.8	2.6	2.8	0.49	

FLORENTINE MOCHA

Our signature espresso with rich chocolate, salted caramel syrup, our festive panettone syrup and steamed milk, topped with whipped cream and chocolate chips.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Florentine Mocha - Semi Skimmed Milk	MILK, SOYA	477	114	6.6	4.0	10.6	9.7	0.4	2.9	0.27	1740	417	24.0	14.8	38.6	35.5	1.5	10.7	1.00	
Florentine Mocha - Skimmed Milk	MILK, SOYA	447	107	5.7	3.5	10.6	9.8	0.4	2.9	0.28	1630	391	20.9	12.7	38.8	35.7	1.5	10.7	1.01	
Florentine Mocha - Whole Milk	MILK, SOYA	517	124	7.7	4.8	10.5	9.7	0.4	2.9	0.27	1888	452	28.2	17.5	38.4	35.2	1.5	10.5	1.00	
Florentine Mocha - Soya	MILK, SOYA	465	111	6.7	3.6	9.5	8.5	0.8	2.9	0.26	1696	406	24.5	13.1	34.6	31.1	2.9	10.5	0.94	
Florentine Mocha - Coconut	MILK, SOYA	442	106	6.4	3.8	9.8	9.0	0.5	1.8	0.27	1613	386	23.4	14.0	35.9	32.8	2.0	6.5	0.98	
Florentine Mocha - Gluten Free Oat	MILK, SOYA, OAT	511	123	7.4	3.6	12.6	9.3	0.4	1.1	0.27	1866	448	27.1	13.3	46.1	33.9	1.5	3.9	0.98	

FLORENTINE MOCHA

Our signature espresso with rich chocolate, salted caramel syrup, our festive panettone syrup and steamed milk, topped chocolate chips. *Nutritional and allergen information does not include Whipped Cream*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Florentine Mocha - Semi Skimmed Milk	MILK, SOYA	324	77	1.9	1.1	11.7	10.7	0.5	3.1	0.30	1036	246	5.9	3.5	37.4	34.3	1.5	9.8	0.97	
Florentine Mocha - Skimmed Milk	MILK, SOYA	289	69	0.9	0.4	11.8	10.8	0.5	3.1	0.31	926	220	2.8	1.4	37.6	34.5	1.5	9.8	0.98	
Florentine Mocha - Whole Milk	MILK, SOYA	370	88	3.2	1.9	11.6	10.6	0.5	3.0	0.30	1183	281	10.1	6.2	37.2	34.1	1.5	9.6	0.97	
Florentine Mocha - Soya	SOYA	310	73	2.0	0.6	10.5	9.3	0.9	3.0	0.28	992	235	6.4	1.8	33.4	29.9	2.9	9.6	0.91	
Florentine Mocha - Coconut	SOYA	284	67	1.6	0.8	10.9	9.9	0.6	1.8	0.30	908	215	5.3	2.7	34.8	31.7	2.0	5.6	0.96	
Florentine Mocha - Gluten Free Oat	SOYA, OAT	363	87	2.8	0.6	14.0	10.2	0.5	0.9	0.30	1161	277	9.0	2.0	44.9	32.8	1.5	3.0	0.96	

CLASSIC ESPRESSO

PRODUCT	ALLERGENS	SIZE	NUTRITIONAL INFORMATION																	
			Per 100ml									Per product								
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Espresso		Single	113	27	0.7	0.1	3.2	1.3	0	1.8	0.04	34	8	0.2	0.0	1.0	0.4	0	0.5	0.01
		Double	113	27	0.7	0.1	3.2	1.3	0	1.8	0.04	68	16	0.4	0.0	1.9	0.8	0	1.1	0.02

RISTRETTO ESPRESSO

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																	
		Per 100ml									Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Ristretto Espresso		113	27	0.7	0	3.2	1.3	0	1.8	0.04	27	6	0.2	0.0	0.8	0.3	0	0.4	0.01

ESPRESSO CON PANNA

A double shot of our classic espresso with whipped cream.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																	
		Per 100ml									Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Espresso Con Panna	MILK	648	157	15.2	9.3	3.0	1.8	0	1.9	0.05	616	149	14.5	8.8	2.8	1.7	0	1.8	0.04

CORTADO

A combination of 2:1 steamed milk to espresso, topped with a thin layer of micro-foam.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																	
		Per 100ml									Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Cortado - Whole Milk	MILK	229	55	2.9	1.8	4.1	3.7	0.0	3.0	0.09	298	71	3.8	2.3	5.4	4.8	0.0	3.8	0.12
Cortado - Semi Skimmed Milk	MILK	178	42	1.5	0.8	4.2	3.8	0.0	3.0	0.09	231	55	1.9	1.1	5.5	4.9	0.0	3.9	0.12
Cortado - Skimmed Milk	MILK	139	33	0.4	0.1	4.3	3.8	0.0	3.0	0.09	181	43	0.5	0.2	5.6	5.0	0.0	3.9	0.12
Cortado - Soya	SOYA	162	39	1.6	0.2	2.8	2.2	0.5	3.0	0.07	211	50	2.1	0.3	3.7	2.9	0.6	3.8	0.09
Cortado - Coconut	SOYA	133	32	1.2	0.6	3.3	2.8	0.2	1.6	0.09	173	41	1.6	0.7	4.3	3.7	0.2	2.0	0.11
Cortado - Gluten Free Oat	OAT	221	53	2.5	0.3	6.8	3.2	0.0	0.6	0.09	288	69	3.3	0.4	8.9	4.2	0.0	0.8	0.11

MACCHIATO

Our signature espresso with a touch of milk foam.

PRODUCT	ALLERGENS	SIZE	NUTRITIONAL INFORMATION																		
			Per 100ml									Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Macchiato - Semi Skimmed Milk	MILK	Single	133	32	0.9	0.3	3.5	2.1	0.0	2.2	0.05	53	13	0.4	0.1	1.4	0.8	0.0	0.9	0.02	
		Double	124	30	0.8	0.2	3.4	1.8	0.0	2.0	0.04	87	21	0.6	0.1	2.3	1.2	0.0	1.4	0.03	
Macchiato - Skimmed Milk	MILK	Single	121	29	0.6	0.1	3.5	2.1	0.0	2.2	0.05	48	12	0.2	0.0	1.4	0.8	0.0	0.9	0.02	
		Double	118	28	0.6	0.1	3.4	1.8	0.0	2.0	0.05	82	20	0.4	0.1	2.4	1.2	0.0	1.4	0.03	
Macchiato - Whole Milk	MILK	Single	149	36	1.4	0.6	3.5	2.1	0.0	2.2	0.05	60	14	0.5	0.2	1.4	0.8	0.0	0.9	0.02	
		Double	134	32	1.1	0.4	3.3	1.7	0.0	2.0	0.04	94	22	0.7	0.3	2.3	1.2	0.0	1.4	0.03	
Macchiato - Soya	SOYA	Single	128	31	1.0	0.1	3.1	1.6	0.1	2.2	0.05	51	12	0.4	0.1	1.2	0.6	0.1	0.9	0.02	
		Double	122	29	0.8	0.1	3.1	1.5	0.1	2.0	0.04	85	20	0.6	0.1	2.2	1.0	0.1	1.4	0.03	
Macchiato - Coconut	SOYA	Single	119	28	0.8	0.2	3.2	1.8	0.0	1.7	0.05	48	11	0.3	0.1	1.3	0.7	0.0	0.7	0.02	
		Double	117	28	0.8	0.2	3.2	1.6	0.0	1.8	0.04	82	19	0.5	0.1	2.2	1.1	0.0	1.2	0.03	
Macchiato - Gluten Free Oat	OAT	Single	147	35	1.3	0.1	4.3	1.9	0.0	1.4	0.05	59	14	0.5	0.1	1.7	0.8	0.0	0.6	0.02	
		Double	132	32	1.0	0.1	3.8	1.7	0.0	1.6	0.04	93	22	0.7	0.1	2.7	1.2	0.0	1.1	0.03	

AMERICANO

A long black coffee with 2 shots of espresso for regular, and 3 for grande.

PRODUCT	ALLERGENS	SIZE	NUTRITIONAL INFORMATION																		
			Per 100ml									Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Americano - Black		Regular	34	8	0.2	0.0	1.0	0.4	0.0	0.5	0.02	68	16	0.4	0.0	1.9	0.8	0.0	1.1	0.04	
		Grande	30	7	0.2	0.0	0.8	0.3	0.0	0.5	0.02	102	24	0.6	0.1	2.9	1.2	0.0	1.6	0.06	
Americano - Semi Skimmed Milk	MILK	Regular	49	12	0.3	0.1	1.3	0.8	0.0	0.8	0.03	107	26	0.7	0.3	2.8	1.7	0.0	1.8	0.06	
		Grande	39	9	0.3	0.1	1.0	0.6	0.0	0.6	0.02	141	34	0.9	0.3	3.8	2.1	0.0	2.3	0.08	
Americano - Skimmed Milk	MILK	Regular	44	11	0.2	0.0	1.3	0.8	0.0	0.8	0.03	97	23	0.5	0.1	2.8	1.7	0.0	1.8	0.06	
		Grande	36	9	0.2	0.0	1.0	0.6	0.0	0.6	0.02	131	31	0.7	0.1	3.8	2.1	0.0	2.3	0.09	
Americano - Whole Milk	MILK	Regular	55	13	0.5	0.2	1.3	0.8	0.0	0.8	0.03	121	29	1.1	0.5	2.8	1.7	0.0	1.7	0.06	
		Grande	42	10	0.4	0.1	1.0	0.6	0.0	0.6	0.02	154	37	1.3	0.5	3.7	2.1	0.0	2.3	0.08	
Americano - Soya	SOYA	Regular	47	11	0.4	0.0	1.1	0.6	0.1	0.8	0.02	103	25	0.8	0.1	2.4	1.3	0.1	1.7	0.05	
		Grande	38	9	0.3	0.0	0.9	0.5	0.0	0.6	0.02	137	33	1.0	0.1	3.4	1.7	0.1	2.3	0.08	
Americano - Coconut	SOYA	Regular	43	10	0.3	0.1	1.2	0.7	0.0	0.6	0.03	96	23	0.7	0.2	2.6	1.5	0.0	1.4	0.06	
		Grande	36	8	0.2	0.1	1.0	0.5	0.0	0.5	0.02	130	31	0.9	0.2	3.5	1.9	0.0	1.9	0.08	
Americano - Gluten Free Oat	OAT	Regular	54	13	0.5	0.1	1.6	0.7	0.0	0.5	0.03	119	28	1.0	0.1	3.5	1.6	0.0	1.1	0.06	
		Grande	42	10	0.3	0.0	1.2	0.5	0.0	0.5	0.02	152	36	1.2	0.1	4.4	2.0	0.0	1.7	0.08	

CAPPUCCINO

Espresso with steamed milk and microfoam.

PRODUCT	ALLERGENS	SIZE	NUTRITIONAL INFORMATION																		
			Per 100ml									Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Cappuccino - Semi Skimmed Milk	MILK	Regular	174	41	1.4	0.8	4.1	3.6	0.0	3.0	0.09	377	90	3.1	1.7	9.0	7.9	0.0	6.4	0.19	
		Grande	180	43	1.5	0.9	4.2	3.9	0.0	3.1	0.09	533	127	4.4	2.6	12.5	11.4	0.0	9.1	0.27	
Cappuccino - Skimmed Milk	MILK	Regular	138	33	0.4	0.1	4.2	3.7	0.0	3.0	0.09	299	71	0.9	0.2	9.1	8.0	0.0	6.4	0.19	
		Grande	140	33	0.4	0.1	4.3	3.9	0.0	3.1	0.09	415	99	1.1	0.3	12.8	11.7	0.0	9.1	0.28	
Cappuccino - Whole Milk	MILK	Regular	222	53	2.8	1.7	4.1	3.6	0.0	2.9	0.09	482	115	6.1	3.6	8.8	7.7	0.0	6.3	0.19	
		Grande	233	56	3.0	1.8	4.2	3.8	0.0	3.0	0.09	691	165	8.9	5.4	12.3	11.2	0.0	8.9	0.27	
Cappuccino - Soya	SOYA	Regular	159	38	1.6	0.2	2.8	2.2	0.4	2.9	0.07	346	82	3.4	0.5	6.1	4.7	0.9	6.3	0.15	
		Grande	164	39	1.7	0.3	2.8	2.3	0.5	3.0	0.07	486	115	4.9	0.8	8.3	6.7	1.4	8.9	0.21	
Cappuccino - Coconut	SOYA	Regular	132	31	1.2	0.5	3.3	2.8	0.1	1.6	0.08	286	68	2.6	1.1	7.1	6.0	0.3	3.4	0.18	
		Grande	134	32	1.3	0.6	3.3	2.9	0.2	1.6	0.09	396	94	3.7	1.7	9.7	8.6	0.5	4.6	0.26	
Cappuccino - Gluten Free Oat	OAT	Regular	215	52	2.4	0.3	6.6	3.1	0.0	0.7	0.08	467	112	5.3	0.7	14.3	6.8	0.0	1.6	0.18	
		Grande	225	54	2.6	0.3	6.9	3.3	0.0	0.6	0.09	667	160	7.7	1.0	20.5	9.8	0.0	1.8	0.26	

LATTE

Espresso topped with steamed milk and a thin layer of micro-foam.

PRODUCT	ALLERGENS	SIZE	NUTRITIONAL INFORMATION																		
			Per 100ml									Per product									
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Latte - Semi Skimmed Milk	MILK	Regular	180	43	1.5	0.9	4.2	3.9	0.0	3.1	0.09	533	123	4.4	2.6	12.5	11.4	0.0	9.1	0.27	
		Grande	185	44	1.6	0.9	4.3	4.0	0.0	3.2	0.10	765	183	6.4	3.8	17.8	16.7	0.0	13.1	0.40	
Latte - Skimmed Milk	MILK	Regular	140	33	0.4	0.1	4.3	3.9	0.0	3.1	0.09	415	99	1.1	0.3	12.8	11.7	0.0	9.1	0.28	
		Grande	142	34	0.4	0.1	4.4	4.1	0.0	3.2	0.10	588	140	1.5	0.5	18.2	17.1	0.0	13.1	0.41	
Latte - Whole Milk	MILK	Regular	233	56	3.0	1.8	4.2	3.8	0.0	3.0	0.09	691	165	8.9	5.4	12.3	11.2	0.0	8.9	0.27	
		Grande	242	58	3.2	2.0	4.2	4.0	0.0	3.1	0.09	1002	239	13.1	8.1	17.5	16.4	0.0	12.8	0.39	
Latte - Soya	SOYA	Regular	164	39	1.7	0.3	2.8	2.3	0.5	3.0	0.07	486	115	4.9	0.8	8.3	6.7	1.4	8.9	0.21	
		Grande	168	40	1.7	0.3	2.8	2.3	0.5	3.1	0.07	694	165	7.1	1.1	11.5	9.6	2.1	12.8	0.30	
Latte - Coconut	SOYA	Regular	134	32	1.3	0.6	3.3	2.9	0.2	1.6	0.09	396	94	3.7	1.7	9.7	8.6	0.5	4.6	0.26	
		Grande	135	32	1.3	0.6	3.3	3.0	0.2	1.5	0.09	560	133	5.4	2.5	13.6	12.5	0.7	6.4	0.37	
Latte - Gluten Free Oat	OAT	Regular	225	54	2.6	0.3	6.9	3.3	0.0	0.6	0.09	667	160	7.7	1.0	20.5	9.8	0.0	1.8	0.26	
		Grande	234	56	2.7	0.4	7.2	3.4	0.0	0.5	0.09	967	232	11.4	1.5	29.9	14.2	0.0	2.1	0.37	

FLAT WHITE

A rich, intense ristretto-based coffee drink.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Flat White - Whole Milk	MILK	227	54	2.9	1.7	4.1	3.6	0.0	2.9	0.09	445	106	5.6	3.4	8.0	7.2	0.0	5.7	0.17	
Flat White - Skimmed Milk	MILK	176	42	1.4	0.8	4.2	3.7	0.0	3.0	0.09	346	83	2.8	1.6	8.2	7.3	0.0	5.9	0.18	
Flat White - Semi Skimmed Milk	MILK	139	33	0.4	0.1	4.2	3.8	0.0	3.0	0.09	272	65	0.8	0.2	8.3	7.4	0.0	5.9	0.18	
Flat White - Soya	SOYA	161	38	1.6	0.2	2.8	2.2	0.5	2.9	0.07	316	75	3.1	0.5	5.5	4.3	0.9	5.7	0.14	
Flat White - Coconut	SOYA	133	32	1.2	0.5	3.3	2.8	0.2	1.6	0.08	260	62	2.4	1.1	6.4	5.5	0.3	3.1	0.16	
Flat White - Gluten Free Oat	OAT	219	53	2.5	0.3	6.7	3.2	0.0	0.7	0.08	430	103	4.9	0.6	13.2	6.3	0.0	1.3	0.16	

MOCHA

 Our signature espresso with rich chocolate and steamed milk. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	SIZE	NUTRITIONAL INFORMATION																		
			Per 100ml										Per product								
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Mocha - Semi Skimmed Milk	MILK	Regular	255	61	1.5	0.9	8.2	7.1	0.5	3.2	0.09	702	167	4.2	2.5	22.5	19.6	1.3	8.9	0.25	
		Grande	262	62	1.6	0.9	8.4	7.4	0.5	3.3	0.09	874	208	5.3	3.1	28.0	24.7	1.7	11.1	0.31	
Mocha - Skimmed Milk	MILK	Regular	219	52	0.5	0.2	8.2	7.2	0.5	3.2	0.09	602	143	1.4	0.6	22.7	19.8	1.3	8.9	0.26	
		Grande	223	53	0.5	0.2	8.5	7.5	0.5	3.3	0.10	746	177	1.7	0.7	28.3	24.9	1.7	11.1	0.32	
Mocha - Whole Milk	MILK	Regular	304	72	2.9	1.8	8.1	7.1	0.5	3.2	0.09	836	199	8.0	4.9	22.3	19.4	1.3	8.7	0.25	
		Grande	246	58	1.7	0.3	7.0	5.9	1.0	3.2	0.07	823	195	5.8	1.1	23.4	19.6	3.2	10.8	0.24	
Mocha - Soya	SOYA	Regular	241	57	1.7	0.3	6.9	5.7	0.9	3.2	0.07	662	157	4.6	0.9	18.9	15.6	2.5	8.7	0.20	
		Grande	246	58	1.7	0.3	7.0	5.9	1.0	3.2	0.07	823	195	5.8	1.1	23.4	19.6	3.2	10.8	0.24	
Mocha - Coconut	SOYA	Regular	213	51	1.3	0.6	7.3	6.3	0.6	1.9	0.09	586	139	3.6	1.7	20.1	17.2	1.7	5.1	0.24	
		Grande	217	52	1.3	0.6	7.5	6.5	0.6	1.9	0.09	726	172	4.5	2.2	25.0	21.6	2.2	6.2	0.29	
Mocha - Gluten Free Oat	OAT	Regular	297	71	2.6	0.4	10.6	6.6	0.5	1.0	0.09	816	195	7.0	1.1	29.3	18.2	1.3	2.7	0.24	
		Grande	305	73	2.6	0.4	11.0	6.9	0.5	1.0	0.09	1019	244	8.8	1.4	36.7	22.9	1.7	3.2	0.29	

MOCHA

Our signature espresso with rich chocolate and steamed milk topped with whipped cream.

PRODUCT	ALLERGENS	SIZE	NUTRITIONAL INFORMATION																	
			Per 100ml									Per product								
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Mocha - Semi Skimmed Milk	MILK	Regular	439	106	7.0	4.3	7.4	6.5	0.4	3.1	0.09	1406	338	22.3	13.7	23.6	20.8	1.3	9.8	0.28
		Grande	416	100	6.2	3.8	7.7	6.8	0.4	3.2	0.09	1578	379	23.4	14.4	29.2	25.8	1.7	12.0	0.34
Mocha - Skimmed Milk	MILK	Regular	408	98	6.1	3.7	7.4	6.6	0.4	3.1	0.09	1306	314	19.5	11.9	23.8	21.0	1.3	9.8	0.28
		Grande	370	89	5.2	3.2	7.0	6.3	0.3	3.1	0.09	1387	333	19.7	11.9	26.4	23.5	1.3	11.7	0.34
Mocha - Whole Milk	MILK	Regular	481	116	8.2	5.1	7.3	6.4	0.4	3.0	0.09	1540	370	26.1	16.2	23.4	20.6	1.3	9.6	0.27
		Grande	449	108	7.5	4.7	6.9	6.1	0.3	3.1	0.09	1685	405	28.1	17.4	25.9	23.0	1.3	11.4	0.33
Mocha - Soya	MILK, SOYA	Regular	427	102	7.1	3.8	6.3	5.2	0.8	3.0	0.07	1366	328	22.7	12.2	20.0	16.8	2.5	9.6	0.22
		Grande	390	94	6.3	3.3	5.7	4.8	0.8	3.1	0.07	1464	351	23.8	12.4	21.5	18.1	2.8	11.4	0.27
Mocha - Coconut	MILK, SOYA	Regular	403	97	6.8	4.1	6.6	5.7	0.5	1.9	0.08	1290	310	21.7	13.0	21.2	18.4	1.7	6.0	0.26
		Grande	364	87	6.0	3.6	6.1	5.4	0.5	1.8	0.09	1367	328	22.5	13.4	23.1	20.2	1.8	6.9	0.32
Mocha - Gluten Free Oat	MILK, OAT	Regular	475	114	7.8	3.9	9.5	6.1	0.4	1.1	0.08	1520	366	25.1	12.4	30.4	19.4	1.3	3.6	0.26
		Grande	443	107	7.2	3.4	9.3	5.7	0.3	1.0	0.09	1660	399	26.8	12.6	34.8	21.5	1.3	3.8	0.32

HOT CHOCOLATE

A hot, milky chocolate drink, topped with chocolate sprinkles. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	SIZE	NUTRITIONAL INFORMATION																	
			Per 100ml									Per product								
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Hot Chocolate - Semi Skimmed Milk	MILK, SOYA	Regular	355	84	1.8	1.2	12.7	11.4	1.0	3.8	0.11	944	224	4.9	3.1	33.8	30.2	2.6	10.1	0.28
		Grande	355	84	1.8	1.2	12.7	11.4	1.0	3.8	0.11	1416	336	7.3	4.6	50.6	45.3	3.9	15.2	0.43
Hot Chocolate - Skimmed Milk	MILK, SOYA	Regular	311	74	0.6	0.3	12.8	11.4	1.0	3.8	0.11	826	196	1.5	0.8	34.0	30.4	2.6	10.1	0.28
		Grande	311	74	0.6	0.3	12.8	11.4	1.0	3.8	0.11	1239	294	2.3	1.3	51.0	45.7	3.9	15.2	0.43
Hot Chocolate - Whole Milk	MILK, SOYA	Regular	414	99	3.5	2.2	12.6	11.3	1.0	3.7	0.10	1102	262	9.3	5.9	33.5	30	2.6	9.9	0.28
		Grande	414	99	3.5	2.2	12.6	11.3	1.0	3.7	0.10	1654	393	14.0	8.9	50.3	45	3.9	14.8	0.42
Hot Chocolate - Soya	SOYA	Regular	337	80	2.0	0.5	11.1	9.6	1.5	3.7	0.08	897	213	5.3	1.2	29.5	25.5	4.0	9.9	0.22
		Grande	337	80	2.0	0.5	11.1	9.6	1.5	3.7	0.08	1346	319	8.0	1.9	44.3	38.2	6.0	14.8	0.33
Hot Chocolate - Coconut	SOYA	Regular	304	72	1.6	0.8	11.6	10.3	1.2	2.1	0.10	807	191	4.1	2.2	30.9	27.4	3.1	5.6	0.27
		Grande	304	72	1.6	0.8	11.6	10.3	1.2	2.1	0.10	1211	287	6.2	3.3	46.4	41.1	4.6	8.5	0.40
Hot Chocolate - Gluten Free Oat	SOYA, OAT	Regular	406	97	3.1	0.6	15.7	10.7	1.0	1.1	0.10	1079	257	8.2	1.5	41.8	28.6	2.6	2.8	0.27
		Grande	406	97	3.1	0.6	15.7	10.7	1.0	1.1	0.10	1618	386	12.2	2.2	62.7	42.8	3.9	4.2	0.40

HOT CHOCOLATE

A hot, milky chocolate drink topped with whipped cream and chocolate sprinkles.

PRODUCT	ALLERGENS	SIZE	NUTRITIONAL INFORMATION																	
			Per 100ml									Per product								
			KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Hot Chocolate - Semi Skimmed Milk	MILK, SOYA	Regular	530	127	7.4	4.6	11.2	10.1	0.8	3.5	0.10	1649	395	22.9	14.4	34.9	31.4	2.6	11.0	0.31
		Grande	487	116	5.8	3.7	11.9	10.7	0.9	3.6	0.10	2094	501	25.1	15.7	51.2	45.9	3.9	15.6	0.44
Hot Chocolate - Skimmed Milk	MILK, SOYA	Regular	503	120	6.5	4.0	11.5	10.3	0.9	3.5	0.10	1518	364	19.6	12.1	34.7	31.2	2.6	10.7	0.31
		Grande	447	107	4.7	2.9	12.0	10.7	0.9	3.6	0.10	1924	460	20.4	12.5	51.5	46.2	3.9	15.6	0.45
Hot Chocolate - Whole Milk	MILK, SOYA	Regular	591	142	9	5.6	11.4	10.2	0.9	3.5	0.10	1783	427	27.1	17.0	34.3	30.7	2.6	10.5	0.30
		Grande	540	129	7.3	4.6	11.8	10.6	0.9	3.6	0.10	2321	555	31.6	19.9	50.8	45.5	3.9	15.3	0.43
Hot Chocolate - Soya	MILK, SOYA	Regular	525	126	7.7	4.1	10.1	8.8	1.3	3.5	0.08	1586	380	23.2	12.5	30.4	26.4	4.0	10.5	0.24
		Grande	471	113	6.0	3.1	10.5	9.1	1.4	3.6	0.08	2026	484	25.8	13.1	45.0	39.1	6.0	15.3	0.35
Hot Chocolate - Coconut	MILK, SOYA	Regular	497	119	7.3	4.4	10.5	9.4	1.0	2.1	0.09	1500	359	22.1	13.4	31.8	28.3	3.1	6.4	0.29
		Grande	441	105	5.6	3.4	11.0	9.7	1.1	2.1	0.10	1896	453	24.1	14.5	47.1	41.8	4.6	9.1	0.41
Hot Chocolate - Gluten Free Oat	MILK, SOYA, OAT	Regular	583	140	8.6	4.2	14.0	9.7	0.9	1.2	0.09	1761	423	26	12.7	42.2	29.4	2.6	3.7	0.29
		Grande	532	128	7.0	3.1	14.6	10.1	0.9	1.2	0.10	2287	548	29.9	13.5	62.7	43.5	3.9	5.1	0.41

KIDS HOT CHOCOLATE

A kids sized hot, milky chocolate drink. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																	
		Per 100ml									Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt
Kids Hot Chocolate - Semi Skimmed Milk	MILK	361	86	1.8	1.2	13.0	11.6	0.0	3.8	0.10	714	170	3.6	2.3	25.7	23.0	0.0	7.6	0.21
Kids Hot Chocolate - Skimmed Milk	MILK	316	75	0.6	0.3	13.1	11.7	0.0	3.8	0.10	626	149	1.2	0.6	25.9	23.1	0.0	7.6	0.22
Kids Hot Chocolate - Whole Milk	MILK	420	100	3.5	2.2	12.9	11.5	0.0	3.7	0.10	831	198	6.9	4.4	25.5	22.8	0.0	7.4	0.21
Kids Hot Chocolate - Soya	SOYA	343	81	2.0	0.5	11.4	9.8	0.5	3.7	0.08	679	161	4.0	0.9	22.5	19.5	1.0	7.4	0.16
Kids Hot Chocolate - Coconut	SOYA	309	73	1.6	0.8	11.9	10.5	0.2	2.1	0.10	612	145	3.1	1.6	23.6	20.9	0.3	4.2	0.20
Kids Hot Chocolate - Gluten Free Oat	OAT	411	98	3.1	0.6	16.0	11.0	0.0	1.1	0.10	814	194	6.1	1.1	31.6	21.7	0.0	2.1	0.20

LUXURY HOT CHOCOLATE

Rich, smooth liquid chocolate, served in a glass, topped with whipped cream and Belgian chocolate sprinkles.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Luxury Hot Chocolate	MILK, SOYA	697	168	10.7	6.5	15.3	12.1	2.0	1.5	0.33	1744	419	26.9	16.3	38.3	30.2	5.0	3.9	0.82	

LUXURY MOCHA

Rich, smooth liquid chocolate, double espresso, served in a glass, topped with whipped cream and chocolate powder.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Luxury Mocha	MILK, SOYA	594	143	9.6	5.8	11.8	8.9	1.5	1.6	0.09	1503	362	24.3	14.7	29.9	22.6	3.8	4.0	0.22	

LUXURY CAMELATE

Our espresso, a shot of vanilla syrup, and steamed milk, topped with whipped cream and caramel sauce.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Luxury Caramelatte - Semi Skimmed Milk	MILK	385	92	5.4	3.4	7.9	7.5	0.0	2.8	0.09	1661	398	23.5	14.5	34.3	32.6	0.0	12.0	0.37	
Luxury Caramelatte - Skimmed Milk	MILK	350	84	4.5	2.7	8.0	7.6	0.0	2.8	0.09	1514	363	19.4	11.7	34.6	32.9	0.0	12.0	0.38	
Luxury Caramelatte - Whole Milk	MILK	430	103	6.7	4.2	7.9	7.5	0.0	2.7	0.09	1859	445	29.1	18.1	34.0	32.3	0.0	11.7	0.37	
Luxury Caramelatte - Soya	MILK, SOYA	371	89	5.6	2.8	6.7	6.2	0.4	2.7	0.07	1602	383	24.1	12.2	29.0	26.7	1.8	11.7	0.29	
Luxury Caramelatte - Coconut	MILK, SOYA	345	83	5.2	3.1	7.1	6.7	0.1	1.5	0.08	1490	357	22.6	13.4	30.7	29.0	0.6	6.4	0.35	
Luxury Caramelatte - Gluten Free Oat	MILK, OAT	424	102	6.4	2.9	10.3	7.1	0.0	0.7	0.08	1830	439	27.6	12.5	44.3	30.5	0.0	2.9	0.35	

LUXURY CAMELATE

 Our espresso, a shot of vanilla syrup, and steamed milk, topped with caramel sauce. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Luxury Caramelatte - Semi Skimmed Milk	MILK	247	59	1.4	0.8	8.5	8.1	0.0	2.9	0.09	956	227	5.4	3.2	33.1	31.4	0.0	11.1	0.35	
Luxury Caramelatte - Skimmed Milk	MILK	209	49	0.3	0.1	8.6	8.2	0.0	2.9	0.09	808	192	1.3	0.4	33.4	31.7	0.0	11.1	0.35	
Luxury Caramelatte - Whole Milk	MILK	298	71	2.8	1.8	8.5	8.0	0.0	2.8	0.09	1154	274	11.0	6.8	32.8	31.1	0.0	10.8	0.34	
Luxury Caramelatte - Soya	SOYA	232	55	1.6	0.2	7.2	6.6	0.5	2.8	0.07	897	212	6.0	0.9	27.7	25.5	1.8	10.8	0.27	
Luxury Caramelatte - Coconut	SOYA	203	48	1.2	0.5	7.6	7.2	0.2	1.4	0.08	785	186	4.5	2.1	29.5	27.9	0.6	5.5	0.32	
Luxury Caramelatte - Gluten Free Oat	OAT	290	69	2.5	0.3	11.1	7.6	0.0	0.5	0.08	1124	268	9.5	1.2	43.1	29.3	0.0	2.0	0.32	

WHITE CHOCOLATE MOCHA

Espresso, blended with steamed milk and white chocolate sauce, whipped cream and chocolate powder.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
White Chocolate Mocha - Semi Skimmed Milk	MILK	423	101	5.7	3.5	9.6	8.4	0.0	2.9	0.09	1855	444	25.1	15.5	42.1	37.1	0.0	12.6	0.39	
White Chocolate Mocha - Skimmed Milk	MILK	389	93	4.8	2.9	9.7	8.5	0.0	2.9	0.09	1708	409	20.9	12.7	42.4	37.4	0.0	12.6	0.40	
White Chocolate Mocha - Whole Milk	MILK	468	112	7.0	4.3	9.5	8.4	0.0	2.8	0.09	2053	492	30.7	19.1	41.8	36.8	0.0	12.3	0.38	
White Chocolate Mocha - Soya	MILK, SOYA	409	98	5.8	3.0	8.4	7.1	0.4	2.8	0.07	1796	430	25.7	13.2	36.8	31.2	1.8	12.3	0.31	
White Chocolate Mocha - Coconut	MILK, SOYA	384	92	5.5	3.3	8.8	7.6	0.1	1.6	0.08	1684	403	24.2	14.4	38.5	33.5	0.6	7.0	0.37	
White Chocolate Mocha - Gluten Free Oat	MILK, OAT	461	111	6.7	3.1	11.9	8.0	0.0	0.8	0.08	2023	486	29.2	13.5	52.1	35.0	0.0	3.4	0.37	

WHITE CHOCOLATE MOCHA

 Espresso, blended with steamed milk and white chocolate sauce, topped with chocolate powder. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
White Chocolate Mocha - Semi Skimmed Milk	MILK	292	69	1.8	1.1	10.4	9.1	0.0	3.0	0.09	1150	273	7.0	4.2	40.9	35.9	0.0	11.7	0.36	
White Chocolate Mocha - Skimmed Milk	MILK	255	60	0.7	0.4	10.5	9.2	0.0	3.0	0.09	1003	238	2.8	1.4	41.2	36.2	0.0	11.7	0.37	
White Chocolate Mocha - Whole Milk	MILK	269	64	3.6	2.2	4.8	4.0	0.0	3.2	0.11	1060	253	14.1	8.8	18.9	15.7	0.1	12.5	0.43	
White Chocolate Mocha - Soya	MILK, SOYA	277	66	1.9	0.5	9.0	7.6	0.4	2.9	0.07	1091	259	7.6	1.9	35.6	30.0	1.8	11.4	0.28	
White Chocolate Mocha - Coconut	MILK, SOYA	249	59	1.5	0.8	9.5	8.2	0.1	1.5	0.09	979	232	6.1	3.1	37.4	32.4	0.6	6.1	0.34	
White Chocolate Mocha - Gluten Free Oat	MILK, OAT	335	80	2.8	0.6	12.9	8.6	0.0	0.6	0.09	1319	315	11.1	2.2	50.9	33.8	0.0	2.5	0.34	

CHAI LATTE

An exotic blend of cinnamon, spices, black tea and sugar with steamed milk and a layer of foam.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Chai Latte - Semi Skimmed Milk	MILK	287	68	1.6	1.0	10.2	7.2	0.1	3.2	0.12	1086	258	6.0	3.8	38.6	27.1	0.4	12.1	0.44	
Chai Latte - Skimmed Milk	MILK	241	57	0.3	0.1	10.3	7.3	0.1	3.2	0.12	909	215	1.1	0.5	38.9	27.5	0.4	12.1	0.44	
Chai Latte - Whole Milk	MILK	350	83	3.4	2.1	10.1	7.1	0.1	3.1	0.11	1323	314	12.8	8.1	38.2	26.8	0.4	11.7	0.43	
Chai Latte - Soya	SOYA	269	64	1.8	0.3	8.5	5.3	0.7	3.1	0.09	1015	240	6.8	1.1	32.2	20.0	2.5	11.7	0.34	
Chai Latte- Coconut	SOYA	233	55	1.3	0.7	9.1	6.0	0.3	1.4	0.11	881	208	5.0	2.5	34.3	22.9	1.1	5.3	0.41	
Chai Latte - Gluten Free Oat	OAT	341	81	2.9	0.4	13.4	6.5	0.1	0.3	0.11	1288	307	11	1.4	50.6	24.6	0.4	1.1	0.41	

ICED AMERICANO

Nero Classico espresso over ice.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Iced Americano		34	8	0.2	0.0	1.0	0.4	0	0.5	0.02	68	16	0.4	0.0	1.9	0.8	0	1.1	0.04	

ICED LATTE

Nero Classico espresso and milk, over ice.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Iced Latte - Semi Skimmed Milk	MILK	174	42	1.4	0.8	4.1	3.6	0.0	3.0	0.09	383	91	3.1	1.8	9.1	8.0	0.0	6.5	0.19	
Iced Latte - Skimmed Milk	MILK	138	33	0.4	0.1	4.2	3.7	0.0	3.0	0.09	303	72	0.9	0.2	9.3	8.2	0.0	6.5	0.20	
Iced Latte - Whole Milk	MILK	223	53	2.8	1.7	4.1	3.6	0.0	2.9	0.09	490	117	6.2	3.7	8.9	7.8	0.0	6.4	0.19	
Iced Latte - Soya	SOYA	160	38	1.6	0.2	2.8	2.2	0.4	2.9	0.07	351	83	3.4	0.5	6.2	4.8	1.0	6.4	0.15	
Iced Latte - Coconut	SOYA	132	31	1.2	0.5	3.3	2.8	0.1	1.6	0.08	290	69	2.6	1.2	7.2	6.1	0.3	3.5	0.18	
Iced Latte - Gluten Free Oat	OAT	216	52	2.4	0.3	6.6	3.1	0.0	0.7	0.08	474	114	5.4	0.7	14.5	6.9	0.0	1.6	0.18	

ICED FLAT WHITE

Foamed Nero classico espresso poured over iced whole milk.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Iced Flat White	MILK	223	53	2.8	1.7	4.1	3.6	0	2.9	0.09	490	117	6.2	3.7	8.9	7.8	0	6.4	0.19	

ICED CAPPUCCINO

Nero Classico espresso over ice with a light, smooth and creamy skimmed milk foam and a sprinkle of sweet cocoa powder.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Iced Cappuccino	MILK	138	33	0.4	0.1	4.2	3.7	0	3.0	0.09	303	72	0.9	0.2	9.3	8.2	0	6.5	0.20	

FRAPPE LATTE

Our classico espresso blended smooth with milk, ice and our frappe mix. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Frappe Latte - Semi Skimmed Milk	MILK	336	79	1.2	0.8	14.4	8.8	0.1	2.50	0.11	929	220	3.4	2.1	39.9	24.5	0.3	7.0	0.31	
Frappe Latte - Skimmed Milk	MILK	302	71	0.3	0.1	14.5	8.9	0.1	2.50	0.11	837	198	0.8	0.4	40.0	24.7	0.3	7.0	0.32	
Frappe Latte - Whole Milk	MILK	380	90	2.5	1.6	14.3	8.8	0.1	2.40	0.11	1053	250	6.9	4.4	39.7	24.3	0.3	6.8	0.31	
Frappe Latte - Soya	SOYA	322	76	1.4	0.2	13.2	7.5	0.5	2.40	0.09	892	211	3.8	0.7	36.5	20.8	1.4	6.8	0.26	
Frappe Latte - Coconut	SOYA	297	70	1.0	0.5	13.6	8.0	0.2	1.20	0.11	822	194	2.8	1.4	37.6	22.3	0.7	3.4	0.30	
Frappe Latte - Gluten Free Oat	OAT	374	89	2.2	0.3	16.7	8.4	0.1	0.40	0.11	1035	246	6.0	0.9	46.2	23.2	0.3	1.2	0.30	

FRAPPE LATTE

Our classico espresso blended smooth with milk, ice and our frappe mix topped with whipped cream.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Frappe Latte with Whipped Cream - Semi Skimmed Milk	MILK	507	121	6.7	4.2	12.7	8.0	0.1	2.40	0.13	1634	391	21.5	13.4	41.0	25.7	0.3	7.8	0.40	
Frappe Latte with Whipped Cream - Skimmed Milk	MILK	479	115	5.9	3.6	12.8	8.0	0.1	2.40	0.13	1542	369	18.9	11.7	41.2	25.8	0.3	7.8	0.41	
Frappe Latte with Whipped Cream - Whole Milk	MILK	546	131	7.8	4.9	12.7	7.9	0.1	2.40	0.12	1758	421	25.0	15.7	40.8	25.5	0.3	7.7	0.40	
Frappe Latte with Whipped Cream - Soya	MILK, SOYA	496	119	6.8	3.7	11.7	6.8	0.4	2.40	0.11	1597	382	21.8	12.0	37.7	22.0	1.4	7.7	0.35	
Frappe Latte with Whipped Cream - Coconut	MILK, SOYA	474	113	6.5	3.9	12.1	7.3	0.2	1.30	0.12	1527	365	20.9	12.7	38.8	23.4	0.7	4.3	0.39	
Frappe Latte with Whipped Cream - Gluten Free Oat	MILK, OAT	540	129	7.5	3.8	14.7	7.6	0.1	0.70	0.12	1740	417	24.1	12.2	47.3	24.4	0.3	2.1	0.39	

MOCHA FRAPPE

Our classico espresso blended with luxury chocolate, milk, ice and frappe mix. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Mocha Frappe - Semi Skimmed Milk	MILK, SOYA	402	95	1.6	0.9	17.9	11.0	0.6	2.00	0.11	1014	240	4.0	2.3	45.0	27.6	1.5	5.1	0.29	
Mocha Frappe - Skimmed Milk	MILK, SOYA	381	90	1.0	0.5	17.9	11.0	0.6	2.00	0.12	959	227	2.4	1.3	45.1	27.7	1.5	5.1	0.29	
Mocha Frappe - Whole Milk	MILK, SOYA	432	102	2.4	1.5	17.8	10.9	0.6	2.00	0.11	1088	258	6.0	3.7	44.9	27.5	1.5	5.0	0.28	
Mocha Frappe - Soya	SOYA	394	93	1.7	0.6	17.1	10.1	0.9	2.00	0.10	992	235	4.2	1.5	43.0	25.4	2.2	5.0	0.26	
Mocha Frappe - Coconut	SOYA	377	89	1.4	0.8	17.3	10.4	0.7	1.20	0.11	950	225	3.6	1.9	43.7	26.3	1.7	3.0	0.28	
Mocha Frappe - Gluten Free Oat	SOYA, OAT	427	101	2.2	0.6	19.3	10.7	0.6	0.70	0.11	1077	256	5.5	1.6	48.7	26.8	1.5	1.7	0.28	

MOCHA FRAPPE

Our classico espresso blended with luxury chocolate, milk, ice and frappe mix topped with whipped cream.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Mocha Frappe with Whipped Cream - Semi Skimmed Milk	MILK, SOYA	579	138	7.4	4.6	15.5	9.7	0.5	2.00	0.13	1719	411	22.0	13.6	46.2	28.8	1.5	6.0	0.38	
Mocha Frappe with Whipped Cream - Skimmed Milk	MILK, SOYA	560	134	6.9	4.2	15.6	9.7	0.5	2.00	0.13	1664	398	20.5	12.6	46.3	28.9	1.5	6.0	0.38	
Mocha Frappe with Whipped Cream - Whole Milk	MILK, SOYA	604	144	8.1	5.0	15.5	9.7	0.5	2.00	0.13	1793	429	24.1	15.0	46.1	28.7	1.5	5.9	0.37	
Mocha Frappe with Whipped Cream - Soya	MILK, SOYA	571	137	7.5	4.3	14.9	8.9	0.7	2.00	0.12	1697	406	22.3	12.8	44.2	26.6	2.2	5.9	0.35	
Mocha Frappe with Whipped Cream - Coconut	MILK, SOYA	557	133	7.3	4.5	15.1	9.2	0.6	1.30	0.12	1655	396	21.7	13.2	44.8	27.5	1.7	3.9	0.37	
Mocha Frappe with Whipped Cream - Gluten Free Oat	MILK, SOYA, OAT	600	144	7.9	4.3	16.8	9.4	0.5	0.90	0.12	1782	427	23.6	12.9	49.9	28.0	1.5	2.6	0.37	

CHERRY ICED LATTE

Two shots of espresso and milk with cherry and a hint of vanilla.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Cherry Iced Latte - Semi Skimmed Milk	MILK	225	53	1.2	0.7	7.9	7.6	0.0	2.5	0.08	539	128	3.0	1.7	19.0	18.1	0.0	6.1	0.19	
Cherry Iced Latte - Skimmed Milk	MILK	191	45	0.3	0.1	8.0	7.6	0.0	2.5	0.08	459	109	0.7	0.2	19.2	18.3	0.0	6.1	0.20	
Cherry Iced Latte - Whole Milk	MILK	269	64	2.5	1.5	7.9	7.5	0.0	2.5	0.08	646	153	6.0	3.7	18.9	18.0	0.0	5.9	0.19	
Cherry Iced Latte - Soya	SOYA	211	50	1.4	0.2	6.7	6.2	0.4	2.5	0.08	507	120	3.3	0.5	16.2	14.9	1.0	5.9	0.15	
Cherry Iced Latte - Coconut	SOYA	186	44	1.0	0.5	7.1	6.8	0.1	1.3	0.08	446	105	2.5	1.1	17.1	16.2	0.3	3.1	0.18	
Cherry Iced Latte - Gluten Free Oat	OAT	263	63	2.2	0.3	10.2	7.1	0.0	0.5	0.08	630	150	5.2	0.6	24.5	17.0	0.0	1.1	0.18	

COCONUT & CARAMEL ICED LATTE

Two shots of espresso with caramel, blended with Alpro coconut.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Coconut & Caramel Iced Latte	SOYA	251	59	1	0.4	11.1	9.1	0.1	1.2	0.12	627	148	2.5	1.1	27.7	22.9	0.3	3.1	0.29	

PISTACHIO ICED LATTE

Two shots of espresso and milk perfectly flavoured with pistachio and sweetness of salted caramel.

Pistachio achieved with flavouring.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml										Per product								
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Pistachio Iced Latte - Semi Skimmed Milk	MILK	329	78	1.2	0.7	14.2	11.8	0.0	2.5	0.14	852	202	3.2	1.8	36.8	30.6	0.0	6.5	0.35	
Pistachio Iced Latte - Skimmed Milk	MILK	298	70	0.4	0.1	14.3	11.9	0.0	2.5	0.14	772	183	0.9	0.2	37.0	30.8	0.0	6.5	0.36	
Pistachio Iced Latte - Whole Milk	MILK	370	88	2.4	1.4	14.1	11.8	0.0	2.5	0.13	959	227	6.2	3.7	36.6	30.5	0.0	6.4	0.35	
Pistachio Iced Latte - Soya	SOYA	317	75	1.3	0.2	13.1	10.6	0.4	2.5	0.12	820	194	3.5	0.5	33.9	27.4	1.0	6.4	0.31	
Pistachio Iced Latte - Coconut	SOYA	293	69	1.0	0.4	13.5	11.1	0.1	1.3	0.13	759	179	2.7	1.2	34.9	28.7	0.3	3.5	0.34	
Pistachio Iced Latte - Gluten Free Oat	OAT	364	87	2.1	0.3	16.3	11.4	0.0	0.6	0.13	943	224	5.4	0.7	42.2	29.5	0.0	1.6	0.34	

ESPRESSO & CARAMEL FRAPPE CRÈME

A mix of our signature espresso and caramel, blended with milk and ice, topped with whipped cream and caramel sauce.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																			
		Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Espresso & Caramel Frappe Crème - Semi Skimmed Milk	MILK	509	122	6.0	3.8	14.8	12.7	0.0	2.00	0.14	1782	425	21.0	13.1	51.9	44.5	0.2	7.0	0.50		
Espresso & Caramel Frappe Crème - Skimmed Milk	MILK	486	116	5.4	3.3	14.9	12.8	0.0	2.00	0.14	1702	406	18.8	11.6	52.0	44.7	0.2	7.0	0.50		
Espresso & Caramel Frappe Crème - Whole Milk	MILK	540	129	6.9	4.3	14.8	12.7	0.0	2.00	0.14	1889	451	24.1	15.1	51.7	44.3	0.2	6.8	0.50		
Espresso & Caramel Frappe Crème - Soya	MILK, SOYA	500	119	6.1	3.4	14.0	11.8	0.3	2.00	0.13	1750	417	21.4	11.9	49.0	41.3	1.1	6.8	0.46		
Espresso & Caramel Frappe Crème - Coconut	MILK, SOYA	483	115	5.9	3.6	14.3	12.2	0.1	1.10	0.14	1689	403	20.6	12.5	49.9	42.6	0.5	4.0	0.49		
Espresso & Caramel Frappe Crème - Gluten Free Oat	MILK, OAT	535	128	6.7	3.4	16.4	12.4	0.0	0.60	0.14	1873	448	23.3	12.1	57.3	43.4	0.2	2.0	0.49		

BELGIAN CHOCOLATE & HAZELNUT FRAPPE CRÈME

Belgian luxury chocolate, milk and Hazelnut syrup blended with ice, topped with whipped cream and chocolate chips.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																			
		Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Belgian Chocolate & Hazelnut Frappe Crème - Semi Skimmed Milk	MILK, SOYA	654	156	8.5	5.3	17.9	16.2	1.1	1.50	0.21	1817	435	23.7	14.8	49.8	44.9	2.9	4.2	0.59		
Belgian Chocolate & Hazelnut Frappe Crème - Skimmed Milk	MILK, SOYA	645	154	8.3	5.1	17.9	16.2	1.1	1.50	0.21	1792	429	23.0	14.3	49.8	45.0	2.9	4.2	0.59		
Belgian Chocolate & Hazelnut Frappe Crème - Whole Milk	MILK, SOYA	666	159	8.9	5.5	17.9	16.1	1.1	1.50	0.21	1851	443	24.7	15.4	49.7	44.9	2.9	4.2	0.58		
Belgian Chocolate & Hazelnut Frappe Crème - Soya	MILK, SOYA	650	156	8.6	5.2	17.6	15.8	1.2	1.50	0.21	1807	432	23.8	14.4	48.9	43.9	3.2	4.2	0.57		
Belgian Chocolate & Hazelnut Frappe Crème - Coconut	MILK, SOYA	643	154	8.5	5.2	17.7	15.9	1.1	1.20	0.21	1788	428	23.6	14.6	49.2	44.3	3	3.3	0.58		
Belgian Chocolate & Hazelnut Frappe Crème - Gluten Free Oat	MILK, SOYA, OAT	664	159	8.8	5.2	18.5	16.0	1.1	1.00	0.21	1846	442	24.4	14.4	51.5	44.6	2.9	2.7	0.58		

SALTED CARAMEL & PISTACHIO FRAPPE CRÈME

Salted caramel & pistachio sauce blended with milk and ice, topped with whipped cream and caramel sauce.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																			
		Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Salted Caramel & Pistachio Frappe Crème - Semi Skimmed Milk	MILK, SOYA	603	144	7.1	4.5	17.9	15.6	0.1	2.20	0.17	1761	420	20.9	13.0	52.1	45.6	0.2	6.3	0.49		
Salted Caramel & Pistachio Frappe Crème - Skimmed Milk	MILK, SOYA	576	137	6.4	3.9	17.9	15.7	0.1	2.20	0.17	1681	401	18.6	11.5	52.3	45.8	0.2	6.3	0.49		
Salted Caramel & Pistachio Frappe Crème - Whole Milk	MILK, SOYA	640	153	8.2	5.1	17.8	15.6	0.1	2.10	0.17	1868	446	23.9	15.0	52.0	45.4	0.2	6.2	0.48		
Salted Caramel & Pistachio Frappe Crème - Soya	MILK, SOYA	592	141	7.3	4.0	16.9	14.5	0.4	2.10	0.15	1729	412	21.2	11.8	49.3	42.4	1.1	6.2	0.44		
Salted Caramel & Pistachio Frappe Crème - Coconut	MILK, SOYA	571	136	7.0	4.3	17.2	15.0	0.2	1.10	0.16	1668	398	20.4	12.4	50.2	43.7	0.5	3.3	0.48		
Salted Caramel & Pistachio Frappe Crème - Gluten Free Oat	MILK, SOYA, OAT	634	152	7.9	4.1	19.7	15.2	0.1	0.50	0.16	1852	443	23.1	11.9	57.6	44.5	0.2	1.4	0.48		

FRAPPE CRÈME (without whipped cream)

ESPRESSO & CARAMEL FRAPPE CRÈME

A mix of our signature espresso and caramel, blended with milk and ice. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																			
		Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Espresso & Caramel Frappe Crème - Semi Skimmed Milk	MILK, SOYA	353	83	1.0	0.6	16.6	14.2	0.1	2.00	0.13	1077	254	3.0	1.8	50.7	43.3	0.2	6.1	0.41		
Espresso & Caramel Frappe Crème - Skimmed Milk	MILK, SOYA	327	77	0.2	0.1	16.7	14.3	0.1	2.00	0.14	997	235	0.7	0.3	50.8	43.5	0.2	6.1	0.41		
Espresso & Caramel Frappe Crème - Whole Milk	MILK, SOYA	388	92	2.0	1.2	16.6	14.2	0.1	1.90	0.13	1184	280	6.0	3.8	50.5	43.2	0.2	5.9	0.41		
Espresso & Caramel Frappe Crème - Soya	SOYA	343	81	1.1	0.2	15.7	13.2	0.4	1.90	0.12	1045	246	3.3	0.6	47.8	40.1	1.1	5.9	0.37		
Espresso & Caramel Frappe Crème - Coconut	SOYA	323	76	0.8	0.4	16.0	13.6	0.2	1.00	0.13	984	232	2.5	1.2	48.8	41.4	0.5	3.1	0.40		
Espresso & Caramel Frappe Crème - Gluten Free Oat	SOYA, OAT	383	91	1.7	0.2	18.4	13.8	0.1	0.40	0.13	1168	277	5.2	0.8	56.1	42.2	0.2	1.1	0.40		

BELGIAN CHOCOLATE & HAZELNUT FRAPPE CRÈME

Belgian luxury chocolate, milk and Hazelnut syrup blended with ice, topped with chocolate chips. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																			
		Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Belgian Chocolate & Hazelnut Frappe Crème - Semi Skimmed Milk	MILK, SOYA	477	113	2.4	1.5	20.9	18.8	1.3	1.40	0.21	1111	264	5.6	3.4	48.6	43.7	2.9	3.3	0.50		
Belgian Chocolate & Hazelnut Frappe Crème - Skimmed Milk	MILK, SOYA	466	111	2.1	1.3	20.9	18.8	1.3	1.40	0.21	1086	258	4.9	3.0	48.7	43.8	2.9	3.3	0.50		
Belgian Chocolate & Hazelnut Frappe Crème - Whole Milk	MILK, SOYA	491	117	2.8	1.7	20.8	18.8	1.3	1.40	0.21	1145	272	6.6	4.1	48.6	43.7	2.9	3.3	0.49		
Belgian Chocolate & Hazelnut Frappe Crème - Soya	SOYA	473	112	2.5	1.3	20.5	18.3	1.4	1.40	0.21	1101	261	5.7	3.1	47.7	42.7	3.2	3.3	0.48		
Belgian Chocolate & Hazelnut Frappe Crème - Coconut	SOYA	465	110	2.3	1.4	20.6	18.5	1.3	1.00	0.21	1082	257	5.5	3.3	48.0	43.1	3	2.4	0.49		
Belgian Chocolate & Hazelnut Frappe Crème - Gluten Free Oat	SOYA, OAT	489	116	2.7	1.3	21.6	18.6	1.3	0.80	0.21	1140	271	6.3	3.1	50.3	43.4	2.9	1.8	0.49		

SALTED CARAMEL & PISTACHIO FRAPPE CRÈME

Salted caramel & pistachio sauce blended with milk and ice. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																			
		Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Salted Caramel & Pistachio Frappe Crème - Semi Skimmed Milk	MILK, SOYA	428	101	1.1	0.7	20.6	18.0	0.1	2.20	0.16	1056	249	2.8	1.7	51.0	44.4	0.2	5.4	0.40		
Salted Caramel & Pistachio Frappe Crème - Skimmed Milk	MILK, SOYA	395	93	0.2	0.1	20.7	18.1	0.1	2.20	0.16	976	230	0.5	0.2	51.1	44.6	0.2	5.4	0.40		
Salted Caramel & Pistachio Frappe Crème - Whole Milk	MILK, SOYA	471	111	2.4	1.5	20.6	17.9	0.1	2.10	0.16	1164	275	5.8	3.7	50.8	44.3	0.2	5.3	0.39		
Salted Caramel & Pistachio Frappe Crème - Soya	SOYA	415	98	1.2	0.2	19.5	16.7	0.5	2.10	0.14	1024	241	3.1	0.5	48.1	41.2	1.1	5.3	0.35		
Salted Caramel & Pistachio Frappe Crème - Coconut	SOYA	390	92	0.9	0.5	19.9	17.2	0.2	1.00	0.16	964	227	2.3	1.1	49.1	42.5	0.5	2.4	0.39		
Salted Caramel & Pistachio Frappe Crème - Gluten Free Oat	SOYA, OAT	465	110	2.0	0.3	22.8	17.5	0.1	0.20	0.16	1148	272	5.0	0.6	56.4	43.3	0.2	0.5	0.39		

VANILLA MILKSHAKE

A creamy milkshake blended with milk, vanilla syrup and ice topped with whipped cream.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml											Per product							
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Vanilla Milkshake with Whipped Cream - Semi Skimmed Milk	MILK	478	114	6.7	4.2	10.9	10.7	0.0	2.6	0.11	1553	372	21.8	13.6	35.4	34.8	0.1	8.4	0.35	
Vanilla Milkshake with Whipped Cream - Skimmed Milk	MILK	444	106	5.8	3.6	11.0	10.8	0.0	2.6	0.11	1443	346	18.8	11.6	35.6	35.0	0.1	8.4	0.36	
Vanilla Milkshake with Whipped Cream - Whole Milk	MILK	523	125	8.0	5.0	10.8	10.6	0.0	2.5	0.11	1701	407	26.0	16.3	35.2	34.6	0.1	8.2	0.34	
Vanilla Milkshake with Whipped Cream - Soya	MILK, SOYA	464	111	6.9	3.7	9.7	9.3	0.4	2.5	0.09	1509	361	22.3	12.0	31.4	30.4	1.4	8.2	0.29	
Vanilla Milkshake with Whipped Cream - Coconut	MILK, SOYA	439	105	6.5	3.9	10.1	9.9	0.2	1.3	0.10	1426	341	21.2	12.8	32.7	32.1	0.6	4.2	0.33	
Vanilla Milkshake with Whipped Cream - Gluten Free Oat	MILK, OAT	517	124	7.7	3.7	13.2	10.2	0.0	0.5	0.10	1679	403	24.9	12.2	42.8	33.2	0.1	1.6	0.33	

CHOCOLATE MILKSHAKE

Milk and ice blended with chocolate base, topped with whipped cream.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml											Per product							
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Chocolate Milkshake with Whipped Cream - Semi Skimmed Milk	MILK	557	133	6.9	4.3	14.1	12.7	0.0	3.3	0.12	1845	441	22.8	14.3	46.6	42.1	0.1	10.9	0.39	
Chocolate Milkshake with Whipped Cream - Skimmed Milk	MILK	524	125	6.0	3.7	14.2	12.8	0.0	3.3	0.12	1735	415	19.8	12.2	46.8	42.3	0.1	10.9	0.39	
Chocolate Milkshake with Whipped Cream - Whole Milk	MILK	602	144	8.2	5.1	14.0	12.6	0.0	3.2	0.12	1992	477	27.0	17.0	46.4	41.9	0.1	10.7	0.38	
Chocolate Milkshake with Whipped Cream - Soya	MILK, SOYA	544	130	7.0	3.8	12.9	11.4	0.4	3.2	0.10	1801	430	23.3	12.6	42.7	37.7	1.4	10.7	0.33	
Chocolate Milkshake with Whipped Cream - Coconut	MILK, SOYA	519	124	6.7	4.1	13.3	11.9	0.2	2.0	0.11	1717	411	22.2	13.5	44.0	39.4	0.6	6.7	0.37	
Chocolate Milkshake with Whipped Cream - Gluten Free Oat	MILK, OAT	595	143	7.8	3.9	16.3	12.2	0.0	1.2	0.11	1970	472	25.9	12.8	54.1	40.5	0.1	4.1	0.37	

STRAWBERRY MILKSHAKE

Milk and ice blended with our natural strawberry base, topped with whipped cream.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml											Per product							
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Strawberry Milkshake with Whipped Cream - Semi Skimmed Milk	MILK	524	127	6.8	4.3	13.3	12.4	0.0	2.6	0.11	1672	406	21.8	13.6	42.4	39.7	0.1	8.4	0.36	
Strawberry Milkshake with Whipped Cream - Skimmed Milk	MILK	490	119	5.9	3.6	13.4	12.5	0.0	2.6	0.12	1562	380	18.8	11.6	42.6	39.9	0.1	8.4	0.37	
Strawberry Milkshake with Whipped Cream - Whole Milk	MILK	570	138	8.2	5.1	13.2	12.4	0.0	2.6	0.11	1819	442	26.0	16.3	42.2	39.5	0.1	8.2	0.36	
Strawberry Milkshake with Whipped Cream - Soya	MILK, SOYA	510	124	7.0	3.7	12.0	11.1	0.5	2.6	0.09	1628	395	22.3	12.0	38.4	35.3	1.4	8.2	0.30	
Strawberry Milkshake with Whipped Cream - Coconut	MILK, SOYA	484	118	6.6	4.0	12.5	11.6	0.2	1.3	0.11	1544	376	21.2	12.8	39.8	37.0	0.6	4.2	0.35	
Strawberry Milkshake with Whipped Cream - Gluten Free Oat	MILK, OAT	563	137	7.8	3.8	15.6	12.0	0.0	0.5	0.11	1797	437	24.9	12.2	49.9	38.2	0.1	1.6	0.35	

MILKSHAKES (without whipped cream)

VANILLA MILKSHAKE

A creamy milkshake blended with milk, vanilla syrup and ice. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																			
		Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Vanilla Milkshake - Semi Skimmed Milk	MILK	303	72	1.3	0.8	12.2	12.0	0.0	2.7	0.09	849	201	3.7	2.4	34.2	33.6	0.1	7.5	0.26		
Vanilla Milkshake - Skimmed Milk	MILK	264	62	0.2	0.1	12.3	12.1	0.0	2.7	0.10	739	174	0.7	0.3	34.4	33.8	0.1	7.5	0.27		
Vanilla Milkshake - Whole Milk	MILK	356	84	2.8	1.8	12.1	11.9	0.0	2.6	0.09	996	236	7.9	5.0	34.0	33.4	0.1	7.3	0.26		
Vanilla Milkshake - Soya	SOYA	287	68	1.5	0.2	10.8	10.4	0.5	2.6	0.07	805	190	4.2	0.7	30.2	29.2	1.4	7.3	0.20		
Vanilla Milkshake - Coconut	SOYA	258	61	1.1	0.6	11.3	11.1	0.2	1.2	0.09	721	170	3.1	1.5	31.6	31.0	0.6	3.3	0.24		
Vanilla Milkshake - Gluten Free Oat	OAT	348	83	2.4	0.3	14.9	11.4	0.0	0.2	0.09	974	232	6.8	0.9	41.7	32.1	0.1	0.7	0.24		

CHOCOLATE MILKSHAKE

Milk and ice blended with chocolate. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																			
		Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Chocolate Milkshake - Semi Skimmed Milk	MILK	399	95	1.7	1.0	15.9	14.3	0.0	3.5	0.10	1140	270	4.7	3.0	45.5	40.9	0.1	10.0	0.30		
Chocolate Milkshake - Skimmed Milk	MILK	360	85	0.6	0.3	16.0	14.4	0.0	3.5	0.11	1030	244	1.7	0.9	45.7	41.1	0.1	10.0	0.30		
Chocolate Milkshake - Whole Milk	MILK	450	107	3.1	2.0	15.8	14.2	0.0	3.4	0.10	1288	306	8.9	5.7	45.2	40.7	0.1	9.8	0.29		
Chocolate Milkshake - Soya	SOYA	383	91	1.8	0.5	14.5	12.8	0.5	3.4	0.08	1096	259	5.2	1.3	41.5	36.5	1.4	9.8	0.24		
Chocolate Milkshake - Coconut	SOYA	354	84	1.4	0.8	15.0	13.4	0.2	2.0	0.10	1013	240	4.1	2.2	42.8	38.3	0.6	5.8	0.28		
Chocolate Milkshake - Gluten Free Oat	OAT	443	105	2.7	0.5	18.5	13.8	0.0	1.1	0.10	1266	301	7.8	1.5	52.9	39.4	0.1	3.2	0.28		

STRAWBERRY MILKSHAKE

Milk and ice blended with our natural strawberry. *Nutritional & Allergen information does not include whipped cream.*

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																			
		Per 100ml										Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt		
Strawberry Milkshake - Semi Skimmed Milk	MILK	417	101	1.4	0.9	18.7	17.8	0.1	2.9	0.10	1143	277	3.7	2.4	51.1	48.7	0.2	7.8	0.28		
Strawberry Milkshake - Skimmed Milk	MILK	313	76	0.2	0.1	15.1	14.1	0.0	2.7	0.10	857	209	0.7	0.3	41.4	38.7	0.1	7.5	0.28		
Strawberry Milkshake - Whole Milk	MILK	407	99	2.9	1.8	15.0	14.0	0.0	2.6	0.10	1115	271	7.9	5.0	41.0	38.3	0.1	7.3	0.27		
Strawberry Milkshake - Soya	SOYA	337	82	1.5	0.2	13.6	12.5	0.5	2.6	0.08	923	224	4.2	0.7	37.3	34.1	1.4	7.3	0.21		
Strawberry Milkshake - Coconut	SOYA	306	75	1.1	0.6	14.1	13.1	0.2	1.2	0.09	840	205	3.1	1.5	38.6	35.9	0.6	3.3	0.26		
Strawberry Milkshake - Gluten Free Oat	OAT	399	97	2.5	0.3	17.8	13.5	0.0	0.2	0.09	1093	266	6.8	0.9	48.7	37.0	0.1	0.7	0.26		

FRUIT BOOSTERS

MANGO & PASSIONFRUIT BOOSTER

A refreshing blend of mango and passionfruit puree.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml									Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Mango & Passionfruit		281	66	0.1	0.0	15.6	13.1	0.8	0.3	0.01	687	162	0.2	0.0	38.2	32.1	2.0	0.6	0.03	

ITALIAN PEACH & STRAWBERRY BOOSTER

A refreshing blend of Strawberry combined with Italian peach blended with ice.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml									Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Italian Peach & Strawberry		250	59	0.0	0.0	14.0	10.0	0.5	0.0	0.27	612.5	145	0.0	0.0	34.3	24.5	1.2	0.0	0.66	

OVER ICE

SICILIAN LEMONADE

Classic, refreshing Sicilian Lemonade served over ice.

Please note lemon slice contains Shellac. For plant based option, ask for beverage without lemon slice.

PRODUCT	ALLERGENS	NUTRITIONAL INFORMATION																		
		Per 100ml									Per product									
		KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	KJ	Kcal	Fat	Sat	Carb	Sugar	Fibre	Protein	Salt	
Sicilian Lemonade		192	45	0.0	0.0	11.0	10.8	0.2	0.1	0.01	307	72	0.0	0.0	17.5	17.2	0.4	0.2	0.01	