

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.

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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	*	*	*											
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	*	*	*						*					
Plain Scone	*	*	*											
Fruit Scone	*	*	*											
Cranberry & Orange 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	*	*	*	*										
Millionaires Cake	*	*	*				*		*					
Peach Bellini Meringue Roulade	*	*	*											

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	*	*	*											

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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	*		*				*		*					
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	*	*	*	*										
Luxury Amaretto Mince Pie	*	*	*	*										
Classic Mince Pie	*								*					

DESSERTS

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

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COOKIES

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

** Although made with Gluten free oats, this product may not be suitable for people with coeliac disease/gluten allergy due to in-store handling methods.

GRAB & GO CHOCOLATE

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

SAVOURY PASTRIES & ROLLS

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

SOUP & MEAL POTS

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

PORRIDGE

Product Name	This Product Contains													
	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	*													

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Mango & Passionfruit Overnight Oats	*						*							
Lemon Curd & Blueberry Yoghurt with Cranberry, Coconut & Chia Seed Granola	*	*	*											

For Allergen and Nutritional Information for our Core or Seasonal Beverage range, please see information on pages 26-44

EXTRAS

Product Name	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Banana Chips														
Butter			*											
Chocolate Chips							*							
Cinnamon														
Heinz Ketchup								*						
Honey														
HP Sauce	*													
Marshmallows														
Pip & Nut Almond Butter				*										
Raspberry Jam														
Seeds & Fruit Mix Topper									*					
Strawberry Jam														
Plant Based Creamy Topping														
Whipped Cream			*											

SYRUPS

Product Name	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.

PASTRIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Almond Croissant (V)	Dough: WHEAT Flour (contains: WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid), Water, Palm Fat, Yeast, Sugar, Butter (MILK), Rapeseed Oil, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and diglycerides of fatty acids), Acidity Regulator (Citric Acid), Flavouring, EGG , ALMOND Filling (19%) (Sugar, ALMONDS (6.5%), EGG White, Inverted Sugar Syrup, Water, EGG Yolk, Invertase). Topping: ALMOND Flakes (4.2%), Icing Sugar (Dextrose, Cornflour, Vegetable Oil).	KJ	1670	1412		
		Kcal	399	338		
		Fat	21.1	17.5		
		Sat	9.0	7.4		
		Carbs	45.0	36.4		
		Sugar	14	11.4		
		Fibre	2.4	2.0		
		Protein	9.7	7.7		
		Salt	0.73	0.61		
		Portion weight (g)	83			
				per 100g	per portion (g)	
				KJ	1055	1092
				Kcal	252	260
		Fat	11.0	11.0		
		Sat	6.7	7.0		
		Carbs	34.5	35.7		
		Sugar	11.6	12.0		
		Fibre	2.0	2.0		
		Protein	5.3	5.5		
		Salt	0.72	0.74		
		Portion weight (g)	104			
Butter Croissant (V)	WHEAT flour, Butter (MILK) 23%, Water, Sugar, Pasteurized whole MILK , Yeast, EGGS , Salt, WHEAT gluten, Emulsifier (rape lecithin), Flour treatment agents (ascorbic acid), EGG wash, (EGGS , water).	KJ	1840	927		
		Kcal	440	222		
		Fat	24.0	12.0		
		Sat	15.0	7.7		
		Carbs	46.7	23.5		
		Sugar	8.0	4.0		
		Fibre	2.6	1.3		
		Protein	8.8	4.4		
		Salt	1.20	0.58		
		Portion weight (g)	50			
				per 100g	per portion (g)	
				KJ	1720	1477
				Kcal	410	352
		Fat	19.0	16.0		
		Sat	12.0	11.0		
		Carbs	55.5	47.8		
		Sugar	22.0	19.0		
		Fibre	2.8	2.4		
		Protein	6.8	5.9		
		Salt	0.68	0.58		
		Portion weight (g)	86			
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	1779	1174		
		Kcal	426	281		
		Fat	23.0	14.0		
		Sat	15.0	7.7		
		Carbs	46.0	30.0		
		Sugar	13.0	8.0		
		Fibre	3.1	1.9		
		Protein	8.3	5.5		
		Salt	1.00	0.61		
		Portion weight (g)	66			
				per 100g	per portion (g)	
				KJ	1400	1340
				Kcal	334	319
		Fat	14.0	14.0		
		Sat	9.1	8.7		
		Carbs	47.5	45.5		
		Sugar	19.0	18.0		
		Fibre	2.1	2.1		
		Protein	6.3	6.1		
		Salt	0.81	0.77		
		Portion weight (g)	96			
Pain au Chocolat (V)	WHEAT Flour, Butter (MILK), Water, Chocolate 9% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA lecithin), Natural Vanilla Flavouring), Yeast, Sugar, EGG , EGG wash (EGGS , water), Salt, WHEAT Gluten, Flour treatment agent (ascorbic acid).	KJ	1572	1245		
		Kcal	375	295		
		Fat	16.0	13.0		
		Sat	8.3	6.6		
		Carbs	52.4	41.5		
		Sugar	18.0	14.0		
		Fibre	2.6	2		
		Protein	6.5	5.1		
		Salt	0.52	0.41		
		Portion weight (g)	78			
				per 100g	per portion (g)	
				KJ	1572	1245
				Kcal	334	319
		Fat	14.0	14.0		
		Sat	9.1	8.7		
		Carbs	47.5	45.5		
		Sugar	19.0	18.0		
		Fibre	2.1	2.1		
		Protein	6.3	6.1		
		Salt	0.81	0.77		
		Portion weight (g)	96			
Pain aux Raisins (V)	Water, WHEAT flour, Butter (MILK) 14%, Raisins 13%, Sugar, EGGS , Yeast, Modified starch, whole MILK powder, salt, WHEAT gluten, Whey powder (MILK), Stabilisers (calcium acetate, tetrasodium diphosphate, disodium phosphate), Skimmed MILK powder, Carrot extract, Turmeric extract, Flour treatment agent (ascorbic acid), Natural flavouring.	KJ	1572	1245		
		Kcal	375	295		
		Fat	16.0	13.0		
		Sat	8.3	6.6		
		Carbs	52.4	41.5		
		Sugar	18.0	14.0		
		Fibre	2.6	2		
		Protein	6.5	5.1		
		Salt	0.52	0.41		
		Portion weight (g)	78			
				per 100g	per portion (g)	
				KJ	1572	1245
				Kcal	334	319
		Fat	14.0	14.0		
		Sat	9.1	8.7		
		Carbs	47.5	45.5		
		Sugar	19.0	18.0		
		Fibre	2.1	2.1		
		Protein	6.3	6.1		
		Salt	0.81	0.77		
		Portion weight (g)	96			
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 Puree 4%, Sugar, Raspberries 2%, Gelling agent (Pectin), Natural Flavouring, Concentrated Lemon Juice, natural flavourings), Sugar, Yeast, Finish 3% (Sugar, Non hydrogenated Palm Oil, Radish, Blackcurrant, Apple concentrate), Spelt WHEAT Flour, WHEAT Gluten Salt, Flour treatment (Ascorbic acid).	KJ	1572	1245		
		Kcal	375	295		
		Fat	16.0	13.0		
		Sat	8.3	6.6		
		Carbs	52.4	41.5		
		Sugar	18.0	14.0		
		Fibre	2.6	2		
		Protein	6.5	5.1		
		Salt	0.52	0.41		
		Portion weight (g)	78			
				per 100g	per portion (g)	
				KJ	1572	1245
				Kcal	334	319
		Fat	14.0	14.0		
		Sat	9.1	8.7		
		Carbs	47.5	45.5		
		Sugar	19.0	18.0		
		Fibre	2.1	2.1		
		Protein	6.3	6.1		
		Salt	0.81	0.77		
		Portion weight (g)	96			

MUFFINS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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)).	per 100g	per portion (g)	
		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	
			per 100g	per portion (g)
			KJ	1431
	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		
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	per portion (g)	
		KJ	1487	1561
		Kcal	354	372
		Fat	15.1	15.8
		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	
			per 100g	per portion (g)
			KJ	1487
	Kcal	354	372	
	Fat	15.1	15.8	
	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		
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	15.8
		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	
			per 100g	per portion (g)
			KJ	1487
	Kcal	354	372	
	Fat	15.1	15.8	
	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		

SCONES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Fruit Scone (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK) (22%), Sultanas (13%) (Sultanas, Cottonseed Oil), Sugar, Vegetable Oil (Rapeseed Oil, Palm Oil), EGG , Raising Agents (Potassium carbonates, Diphosphates), Glaze (2%) (Water, Pea Protein, Dextrose), Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Annatto bixin, Curcumin), Natural Flavouring.	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	
			per 100g	
			KJ	1198
			Kcal	284
	Fat	6.2		
	Sat	2.1		
	Carbs	47.2		
	Sugar	10.5		
	Protein	8.9		
	Salt	1.00		
	Portion weight (g)	100		
Plain Scone (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (MILK) (25%), Sugar, Vegetable Oil (Rapeseed Oil, Palm Oil), EGG , Raising Agent (Potassium carbonates, Diphosphates), Glaze (Water, Pea Protein, Dextrose), Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Annatto bixin, Curcumin), Natural Flavouring.	per 100g		
		KJ	1254	
		Kcal	297	
		Fat	6.4	
		Sat	2.2	
		Carbs	50.8	
		Sugar	12.5	
		Protein	8.2	
		Salt	1.02	
		Portion weight (g)	100	
			per 100g	
			KJ	1254
			Kcal	297
	Fat	6.4		
	Sat	2.2		
	Carbs	50.8		
	Sugar	12.5		
	Protein	8.2		
	Salt	1.02		
	Portion weight (g)	100		
Cranberry & Orange Scone (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Buttermilk (12%) (MILK), Sugar, Cranberry (9%), EGG , Palm Oil, Raising Agents (Potassium carbonates, Diphosphates), Glaze (Water, Pea Protein, Dextrose), Sugar Beet, Rapeseed Oil, Orange Zest, Orange Concentrate, Salt, Natural Flavouring, Emulsifier (Polyglycerol esters of fatty acids), Colours (Annatto bixin, Curcumin).	per 100g		
		KJ	1254	
		Kcal	297	
		Fat	6.4	
		Sat	2.2	
		Carbs	50.8	
		Sugar	12.5	
		Protein	8.2	
		Salt	1.02	
		Portion weight (g)	100	
			per 100g	
			KJ	1254
			Kcal	297
	Fat	6.4		
	Sat	2.2		
	Carbs	50.8		
	Sugar	12.5		
	Protein	8.2		
	Salt	1.02		
	Portion weight (g)	100		

PORRIDGE

Our porridge is made with semi skimmed milk as standard, but it can be made with other milk variants or dairy alternatives upon request.

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Porridge made with Semi Skimmed Milk (V)	Semi Skimmed MILK (83%), Quaker Rolled OATS (17%).	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		
				per 100g	per portion (g)	
				KJ	372	892
				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%).	KJ	470	1128		
		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		
				per 100g	per portion (g)	
				KJ	397	952
				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 Soya (Vg)	Alpro Barista Soya (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%).	KJ	365	875		
		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)		278		
				per 100g	per portion (g)	
				KJ	462	1108
				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)		278		
Porridge made with Alpro Coconut (Vg)	Alpro Barista Coconut (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%).	KJ	462	1108		
		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)		278		
				per 100g	per portion (g)	
				KJ	462	1108
				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)		278		
Porridge made with Alpro Oat (Vg)	Alpro Barista Gluten Free Oat (83%) [Gluten-free Oat base (95.6%) (Water, OAT (10%)), Sunflower oil, Chicory root fibre, Pea protein, Acidity regulator (Potassium phosphates), Sea salt, Vitamins B2, D2], Quaker Rolled OATS (17%).	KJ	462	1108		
		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)		278		
				per 100g	per portion (g)	
				KJ	462	1108
				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)		278		

EXTRAS

PRODUCT		INGREDIENTS	NUTRITIONAL INFO			
			per 100g	per portion (g)		
Banana Chips (Vg)		Banana (75%), Coconut Oil, Cane Sugar, Natural Banana Flavour.	KJ	2133		
			Kcal	510		
			Fat	26.0		
			Sat	22.0		
			Carbs	66.0		
			Sugar	15.0		
			Fibre	4.0		
			Protein	2.0		
			Salt	0.01		
			Portion weight (g)			25
			Chocolate Chips (Vg)		[Sugar, Vegetable Fats (Palm), Fat - Reduced Cocoa Powder, SOYA (E322), Sorbitan Tristearate (E492), Natural Vanilla Flavouring].	per 100g
KJ	2176	218				
Kcal	520	52				
Fat	27.3	2.7				
Sat	16.4	1.6				
Carbs	62.7	6.3				
Sugar	6.0	6.0				
Fibre	4.7	0.5				
Protein	3.4	0.3				
Salt	1.15	0.12				
Portion weight (g)						52
Cinnamon (Vg)		Cinnamon (100%).	per 100g	per portion (g)		
			KJ	972	31	
			Kcal	235	7	
			Fat	1.2	0.0	
			Sat	0.3	0.0	
			Carbs	25.6	0.8	
			Sugar	2.2	0.7	
			Fibre	53.1	1.6	
			Protein	4.0	0.1	
			Salt	0.03	0.00	
			Portion weight (g)			3
Marshmallows (Vg)		Sugar, Glucose-Fructose Syrup, Water, Maize Starch, Dextrose, Tapioca Starch, Gelling agent: Carrageenan, Hydrolysed Rice Protein, Natural Flavouring, Colour: E162.	per 100g	per portion (g)		
			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
			Pip & Nut Almond Butter (Vg)		ALMOND Butter [Californian ALMONDS (NUTS) (99.6%), Sea Salt].	per 100g
KJ	2384	668				
Kcal	577	156				
Fat	52.3	14.6				
Sat	4.1	1.1				
Carbs	5.9	1.7				
Sugar	5.1	1.4				
Fibre	10.9	2.7				
Protein	20.9	5.2				
Salt	0.40	0.10				
Portion weight (g)						25
Raspberry Jam (Vg)		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)		Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid.	per 100g
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
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 .				per 100g
			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

CAKES & SLICES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Belgian Chocolate Fudge Cake (V)	Cake (68%) [EGG, Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Flavouring), Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Greek Style Natural Yoghurt (MILK), Rapeseed Oil, Glycerine, Water, Fat Reduced Cocoa Powder, Skimmed MILK Powder, Black Cocoa Powder, Emulsifiers (Propylene Glycol Ester of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Raising Agents (Disodium Diphosphate, Potassium Carbonates, Bicarbonate of Soda), Frosting (Icing Sugar, Full Fat Soft Cheese (MILK, Skimmed MILK Powder, Salt, Preservative (Potassium Sorbate), Lactic Starter Culture (MILK)), Fat Reduced Cocoa Powder, Glucose Syrup, Butter (MILK) (2%), Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Water, Emulsifiers (Propylene Glycol Ester of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Decorations [Chocolate Drizzle (Sugar, Vegetable Fats (Sunflower Oil, Shea Oil, Illipe, Olive Oil), Chocolate (Sugar, Fat Reduced Cocoa Powder, Cocoa Mass), Dextrose, Fat Reduced Cocoa Powder, Emulsifier (SOYA Lecithin), Natural Flavouring), Chocolate Shavings (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Flavouring)].	per 100g	per portion (g)	
		KJ	1707	1758
		Kcal	408	420
		Fat	22.2	22.9
		Sat	8.6	8.9
		Carbs	44.6	45.9
		Sugar	32.0	33.0
		Fibre	2.0	2.1
		Protein	6.4	6.6
		Salt	0.42	0.43
Portion weight (g)		103		
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%)].	per 100g	per portion (g)	
		KJ	1656	1756
		Kcal	394	418
		Fat	20.1	21.3
		Sat	4.4	4.7
		Carbs	50.3	53.4
		Sugar	35.6	37.7
		Fibre	0.9	1.0
		Protein	4.1	4.3
		Salt	0.46	0.50
Portion weight (g)		106		
Cappuccino Cake (Updated Recipe) (V)	Caster Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Icing Sugar, EGG, Rapeseed Oil, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring), Water, Skimmed MILK Powder, Coffee (2.4%), Humectant (Vegetable Glycerine), Full Fat Soft Cheese (1.5%) (Full Fat Soft Cheese (MILK), Thickener (Guar Gum)], Milk Chocolate Chips (0.7%) [Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier (Lecithins (SOYA)), Natural Vanilla Flavouring], Cocoa Nibs (0.7%), Coffee Powder (0.7%), Raising Agents (E450, E501), Ground Coffee (0.4%), Natural Flavouring.	per 100g	per portion (g)	
		KJ	1722	1584
		Kcal	411	378
		Fat	20.9	19.2
		Sat	4.6	4.3
		Carbs	50.3	46.3
		Sugar	35.2	32.4
		Fibre	2.1	1.9
		Protein	4.5	4.1
		Salt	0.45	0.41
Portion weight (g)		92		
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).	per 100g	per portion (g)	
		KJ	1590	2274
		Kcal	379	541
		Fat	16.8	24.1
		Sat	3.4	4.9
		Carbs	51.5	73.7
		Sugar	31.3	44.7
		Fibre	1.8	2.5
		Protein	3.3	4.7
		Salt	0.58	0.80
Portion weight (g)		143		
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		
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.	per 100g	per portion (g)	
		KJ	1254	1304
		Kcal	298	310
		Fat	10.5	11.0
		Sat	3.7	3.8
		Carbs	46.6	48.5
		Sugar	33.2	34.5
		Fibre	0.5	0.5
		Protein	4.2	4.4
		Salt	0.37	0.38
Portion weight (g)		104		

GF = Gluten-Free
V = Vegetarian
Vg = Vegan

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 (NUTS) (6%), Glycerine, 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), Cinnamon, Raising Agent: Sodium Bicarbonate, Disodium Diphosphate, Potassium Hydrogen Carbonate; Mixed Spice, Salt, Flavouring, Stabiliser: Xanthan Gum.	KJ	1650	1254
		Kcal	394	299
		Fat	21.6	16.4
		Sat	2.8	2.1
		Carbs	46.2	35.1
		Sugar	23.7	18.0
		Fibre	1.9	1.4
		Protein	6.6	5.0
		Salt	0.61	0.46
		Portion weight (g)	76	
Lemon Drizzle Loaf Cake (V)	Cake [Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG , Rapeseed Oil, Water, Glycerine, 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), 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], Flavouring, Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate] Decoration [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), Candied Lemon Peel (1%) (Lemon Peel, Sugar, Glucose-Fructose Syrup, Acidity Regulator: Citric Acid), Lemon Juice (0.2%)]	KJ	1643	1281
		Kcal	391	305
		Fat	16.6	12.9
		Sat	1.7	1.3
		Carbs	55.1	43
		Sugar	29.0	22.6
		Fibre	1.1	0.9
		Protein	4.8	3.7
		Salt	0.60	0.43
		Portion weight (g)	78	

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 (17%) [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 Fat (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].	KJ	2,070	1097
		Kcal	495	262
		Fat	26.0	13.8
		Sat	14.7	7.8
		Carbs	58.9	31.2
		Sugar	33.1	17.5
		Fibre	1.6	0.9
		Protein	5.4	2.9
		Salt	0.40	0.20
		Portion weight (g)	56	
Granola Flapjack (Vg)	OATS (33%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- and Di-Glycerides of Fatty Acids), Pumpkin Seeds (9%), Flaked ALMONDS (8%), Brown Sugar, Glucose Syrup (SULPHITES), Black Treacle, Sugar, OAT Flour, Water, Flavourings, Salt.	KJ	1887	1227
		Kcal	451	293
		Fat	21.3	13.9
		Sat	6.3	4.1
		Carbs	54.5	35.4
		Sugar	26.1	17.0
		Fibre	3.2	2.0
		Protein	8.7	5.7
		Salt	0.10	0.09
		Portion weight (g)	70	

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.	KJ	1933	1314
		Kcal	462	314
		Fat	26.1	17.8
		Sat	15.6	10.6
		Carbs	50.4	34.3
		Sugar	35.7	24.3
		Fibre	1.4	0.9
		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).	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
		Protein	4.6	3.2
		Salt	0.51	0.36
		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	33.0	33.0
		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	1907
		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			
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	1624
		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			
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	1489
		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			

DESSERTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Apple Strudel (V)	Apples (63%), WHEAT Flour, Vegetable Margarine (Palm Fat, Water, Sunflower Oil, Emulsifier: Mono- And Diglycerides of Fatty Acids; Acidity Regulator: Citric Acid), Water, Breadcrumbs (WHEAT flour, Sugar, Cinnamon, Salt, Yeast), Sugar, Raisins, Salt, Cinnamon, Natural Flavour, Acids: Citric Acid; Thickener: Pectin.	KJ	720
		Kcal	171
		Fat	5.0
		Sat	2.7
		Carbs	28.0
		Sugar	15.0
		Protein	2.5
		Salt	0.25
		Portion weight (g)	125
		KJ	1366
		Kcal	327
		Fat	18.6
		Sat	8.6
		Carbs	34.7
		Sugar	18.1
		Fibre	1.0
		Protein	5.7
		Salt	0.39
		Portion weight (g)	143
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.	KJ	1404
		Kcal	337
		Fat	24.1
		Sat	12.3
		Carbs	25.0
		Sugar	18.9
		Fibre	2.3
		Protein	4.2
		Salt	0.21
		Portion weight (g)	80
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, Niacin, Iron, Thiamin), Shortening (Palm Oil, Rapeseed Oil), Sugar, HAZELNUT (2%) (NUT), Icing Sugar, Rapeseed Oil, Fat Reduced Alkalisated Cocoa Powder, Glucose Syrup, Modified Waxy Maize Starch, Modified Potato Starch, Natural Flavouring, Salt.	KJ	1119
		Kcal	267
		Fat	11.0
		Sat	8.8
		Carbs	38.0
		Sugar	28.0
		Fibre	1.2
		Protein	3.3
		Salt	0.11
		Portion weight (g)	110
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	1311
		Kcal	315
		Fat	21.0
		Sat	13.0
		Carbs	26.0
		Sugar	19.0
		Fibre	1.8
		Protein	5.0
		Salt	0.08
		Portion weight (g)	75
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	1640
		Kcal	393
		Fat	24.1
		Sat	12.0
		Carbs	42.0
		Sugar	24.3
		Fibre	2.0
		Protein	3.0
		Salt	0.25
		Portion weight (g)	101
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	1318
		Kcal	314
		Fat	13.7
		Sat	6.5
		Carbs	42.7
		Sugar	29.8
		Fibre	0.6
		Protein	4.7
		Salt	0.31
		Portion weight (g)	106
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	KJ	1502
		Kcal	359
		Fat	18.1
		Sat	8.9
		Carbs	43.6
		Sugar	28.9
		Fibre	1.5
		Protein	4.6
		Salt	0.29
		Portion weight (g)	104
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.	KJ	1318
		Kcal	314
		Fat	13.7
		Sat	6.5
		Carbs	42.7
		Sugar	29.8
		Fibre	0.6
		Protein	4.7
		Salt	0.31
		Portion weight (g)	106

GF = Gluten-Free
V = Vegetarian
Vg = Vegan

COOKIES

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
Chocolate Chip Cookie** (Vg)	Gluten Free OAT Flour, Caster Sugar, Coconut Oil, Dark Chocolate Chips (Cocoa Mass, Sugar, Cocoa Butter, Natural Flavouring, SOYA Lecithins), Gluten Free OAT Milk (Water, Gluten Free OATS , Sunflower Oil, Sea Salt), Tapioca Flour, Dark Brown Sugar (Molasses), Coconut Sugar, Water, Cocoa Powder, Flax Seeds, Vanilla Flavouring, Sodium Bicarbonate, Sea Salt, Xanthan gum. ** Although made with Gluten free oats, this product may not be suitable for people with coeliac disease/gluten allergy due to in-store handling methods.	KJ	1779	1950		
		Kcal	425	466		
		Fat	21.0	22.0		
		Sat	15.0	17.0		
		Carbs	53.0	59.0		
		Sugar	31.0	34.0		
		Fibre	3.4	3.7		
		Protein	4.2	4.6		
		Salt	0.39	0.42		
		Portion weight (g)	110			
		Chocolate & Orange Cookie** (Vg)	Gluten Free OAT Flour, Coconut oil, Caster sugar, Gluten Free OAT Milk (Water, Gluten Free OATS , Sunflower Oil, Sea Salt), Dark brown soft sugar (Cane Sugar, Molasses), Dark Chocolate Chips (Cocoa Mass, Sugar, Cocoa Butter, SOYA Lecithin, Vanilla), Cocoa Powder, Light brown soft sugar (Cane Sugar, Molasses), Tapioca Starch, Water, Flax seeds, Vanilla Flavouring, Sodium Bicarbonate, Colour (Paprika, Carrot Concentrate), Sea Salt, Orange Extract (Sunflower Oil, Orange Oil), Xanthan gum, Orange Oil. ** Although made with Gluten free oats, this product may not be suitable for people with coeliac disease/gluten allergy due to in-store handling methods.	KJ	1761	1940
				Kcal	421	464
Fat	21.0			23.0		
Sat	15.0			17.0		
Carbs	53.0			58.0		
Sugar	33.0			37.0		
Fibre	3.8			4.2		
Protein	4.4			4.8		
Salt	0.54			0.59		
Portion weight (g)	110					
Cinnamon Cookie** (V)	Gluten Free OAT Flour, Caster Sugar, Coconut Oil, Gluten Free OAT Milk (Water, Sunflower Oil, Sea Salt), Tapioca Flour, Dark Brown Sugar (Cane Sugar, Molasses), Light Brown Soft Sugar (Cane Sugar, Cane Molasses), MILK Chocolate Chips (Sugar, Dried Whole MILK , Cocoa Butter, Cocoa Mass, Vanilla, SOYA Lecithins), Water, Cinnamon, Flax Seeds, Vanilla (Water, 0 Propan-1,2-diol; propylene glycol, Caramel Syrup, Xanthan gum, Potassium sorbate, Citric acid), Cocoa Powder, Sodium Bicarbonate, Sea Salt, Xanthan gum. ** Although made with Gluten free oats, this product may not be suitable for people with coeliac disease/gluten allergy due to in-store handling methods.			KJ	1712	1884
				Kcal	409	450
		Fat	19.0	21.0		
		Sat	15.0	16.0		
		Carbs	54.0	59.0		
		Sugar	31.0	34.0		
		Fibre	3.5	3.8		
		Protein	3.8	4.2		
		Salt	0.47	0.52		
		Portion weight (g)	110			

SAVOURY PASTRIES & ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO				
		per 100g	per portion (g)			
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.	KJ	1133	1473		
		Kcal	272	354		
		Fat	16.0	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			
		Irish Pork & Pancetta Sausage Roll	Pork (37%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caramelised Red Onion (Red Onion, Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Tapioca Starch, Red Kibbled Onions, Salt, Ground Black Pepper), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono & Di-Glycerides Of Fatty Acids), Regatto Cheese (MILK), Breadcrumbs (WHEAT Flour [WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Water, Yeast, Salt), Smoked Pancetta (3%) (Pork, Salt, Dextrose, Glucose Syrup, Preservatives (Potassium Nitrate, Sodium Nitrite), Antioxidant (Sodium Ascorbate), Natural Flavourings, Spice), Smoked Bacon Lardon (3%) (Pork (98%), Water, Salt, Preservative: Sodium Nitrite; Dextrose, Brown Sugar, Smoke Flavour, Stabiliser: Potassium And Sodium Tri-Phosphates; Antioxidant: Sodium L-Ascorbate), Honey, Sage, Paprika, Salt, Glaze (Water, WHEAT Protein), Garlic Puree, Drinde, Black Pepper, Ground Fennel, Oregano, Rosemary.	KJ	1274	1657
				Kcal	305	397
Fat	17.0			22.0		
Sat	7.3			9.5		
Carbs	23.0			30.0		
Sugar	4.3			5.7		
Protein	15.0			19.0		
Salt	1.98			2.60		
Portion weight (g)	130					
Ham & Cheese Croissant	Butter Croissant [WHEAT Flour, Butter (MILK), Water, Sugar, MILK , Yeast, EGG , Salt, WHEAT Gluten, Emulsifier: Rape Lecithin; Flour Treatment Agent: Ascorbic Acid; Enzymes], Ham formed from select cuts of pork (29%) [Pork (80%), Water, Glucose Syrup, Emulsifiers: Triphosphates, Diphosphates; Salt, Sodium Ascorbate, Dextrose, Spice Extracts, Preservative: Sodium Nitrate; Potato Starch, Pea Fibre], Cheddar Cheese (20%) (MILK).			KJ	1405	1433
				Kcal	336	343
				Fat	21.0	21.0
		Sat	13.0	13.0		
		Carbs	24.0	24.0		
		Sugar	4.3	4.4		
		Protein	14.0	14.0		
		Salt	1.11	1.13		
		Portion weight (g)	102			
		Egg & Rocket Croissant (V)	Butter Croissant [WHEAT flour, Butter (MILK), Water, Sugar, Yeast, Whole MILK Powder, WHEAT gluten, EGG , Salt, Emulsifier: Rape Lecithin; Flour Treatment Agent: Ascorbic Acid], Free Range EGG (35%), Mayonnaise (15%) [Rapeseed Oil, Free Range Pasteurised EGG and EGG Yolk, Water, Spirit Vinegar, Sugar, Salt, Lemon Juice Concentrate, Flavouring, Antioxidant: Calcium Disodium EDTA; Paprika Extract], Rocket (7%).	KJ	1455	1746
				Kcal	348	417
				Fat	26.0	31.0
Sat	8.5			10.0		
Carbs	20.0			24.0		
Sugar	4.4			5.3		
Fibre	0.9			1.1		
Protein	8.9			11.0		
Salt	0.70			0.84		
Portion weight (g)	120					
Sourdough Bread Roll (Vg)	WHEAT Flour, Water, Sourdough Culture (WHEAT), Salt, Yeast, Sourdough Culture (WHEAT), WHEAT Gluten, Deactivated Yeast, Malted WHEAT Flour, Ascorbic acid.			KJ	1051	782
				Kcal	248	184
		Fat	0.6	0.0		
		Sat	0.0	0.0		
		Carbs	53.8	40.0		
		Sugar	1.3	1.0		
		Fibre	2.9	2.2		
		Protein	8.4	6.2		
		Salt	1.20	0.91		
		Portion weight (g)	74			

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Vg = Vegan

PANINI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
All Day Breakfast Panini	Sourdough Panini [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Scrambled EGG & Cheese Mix (23%) [Scrambled EGG (EGG , Water, Rapeseed Oil, Buttermilk Powder (MILK), Cornflour, Salt, White Pepper, Antioxidant: Citric Acid; Thickener: Xanthan Gum; Preservative: Lactic Acid), Bechamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK)), Modified Maize Starch, Salt, Emulsifier: SOYA Lecithin), Cheddar Cheese (MILK), Black Pepper, Salt], Pork Sausage Coins (9%) [Pork Water, Rusk (Wheat Flour, Salt, Raising Agent: Ammonium Bicarbonate), Pork Rind, Pork Fat, Potato starch, Seasoning (Dextrose, Salt, Stabiliser: Tri phosphate), Spices (Pepper, Chili, Coriander, Mace), Spice Extract (Pepper, Mace, Nutmeg, Ginger), Antioxidant : Sodium Ascorbate]], Beechwood Bacon (7%) [Pork, Salt, Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite].	per 100g	per portion (g)	
		KJ	1039	1799
		Kcal	248	430
		Fat	8.0	14.0
		Sat	3.1	5.4
		Carbs	32.0	56.0
		Sugar	2.6	4.5
		Fibre	1.8	3.1
		Protein	13.0	22.0
		Salt	1.08	1.88
	Portion weight (g)	173		
Chargrilled Chicken & Pesto Panini	Sourdough Panini [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Chargrilled Chicken (18%) [Chicken Breast, Starch, Salt, Glucose Syrup, Stabilisers: Sodium Triphosphate, Guar Gum; Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar], Tomato (11%), Basil Pesto (8%) [Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Hard Fat Cheese (MILK)], Bechamel (7%) [Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier: SOYA Lecithin], Spinach (4%), Regato Cheese (3%) (MILK).	per 100g	per portion (g)	
		KJ	905	1928
		Kcal	216	461
		Fat	7.3	16.0
		Sat	2.3	5.0
		Carbs	26.0	56.0
		Sugar	2.0	4.4
		Fibre	2.1	4.5
		Protein	12.0	25.0
		Salt	1.25	2.66
	Portion weight (g)	213		
Ham & Mozzarella Panini	Sourdough Panini [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Ham reformed from cuts of pork (22%) [Pork (80%), Water, Glucose Syrup, Emulsifiers: Triphosphates, Diphosphates; Salt, Antioxidant: Sodium Ascorbate; Dextrose, Spice Extracts, Preservative: Sodium Nitrate; Potato Starch, Pea Fibre], Mozzarella (11%) (MILK), Bechamel (6%) [Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot), Tomato, Herbs), Palm Oil, Butter (MILK), Modified Maize Starch, Salt, Emulsifier: SOYA Lecithin (SOYA)], Cheddar Cheese (3%) (MILK).	per 100g	per portion (g)	
		KJ	993	1787
		Kcal	237	427
		Fat	7.2	13.0
		Sat	3.7	6.7
		Carbs	31.0	55.0
		Sugar	2.6	4.7
		Fibre	1.9	3.0
		Protein	14.0	25.0
		Salt	1.60	2.95
	Portion weight (g)	180		
Mozzarella & Tomato Panini (V)	Sourdough Panini [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Mozzarella (21%) (MILK), Basil Pesto & Cheddar Mix (13%) [Green Pesto (Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Medium Hard Fat Cheese (MILK)), Cheddar Cheese (MILK), Tomato (12%)].	per 100g	per portion (g)	
		KJ	1139	2210
		Kcal	272	528
		Fat	13.0	25.0
		Sat	1.6	3.2
		Carbs	29.0	56.0
		Sugar	2.0	3.9
		Fibre	2.2	4.3
		Protein	11.0	22.0
		Salt	1.38	2.68
	Portion weight (g)	194		
Tuna Melt Panini	Sourdough Panini [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sourdough (Water, Fermented RYE Flour, Salt), Salt, Yeast, Malted WHEAT Flour], Tuna Mayonnaise (38%) [Tuna (Tuna (FISH), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range EGG , Free Range EGG Yolk, Spirit Vinegar, Salt, Sugar, Flavouring, Lemon Juice Concentrate, Antioxidant: Calcium Disodium EDTA), Red Pepper, Slow Roast Tomatoes (Slow Roast Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Red Onion, Cornflour, Parsley, Lemon Juice, Cracked Black Pepper], Cheddar Cheese (12%) (MILK).	per 100g	per portion (g)	
		KJ	1209	2504
		Kcal	289	607
		Fat	14.0	30.0
		Sat	3.8	7.9
		Carbs	27.0	57.0
		Sugar	2.2	4.6
		Fibre	2.2	4.7
		Protein	14.0	29.0
		Salt	1.07	2.24
	Portion weight (g)	210		

TOSTATI

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
Chicken & Bacon Tostati Melt	Sourdough Bread [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers (E472(e), E481); Flour Treatment Agent (E300)], Chicken and Bacon Filling (40%) [Bechamel (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot, Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Maize Starch, Salt, Emulsifier (E322) (SOYA)); Chicken (20%) (Chicken, Brine (Water, Sugar, Starch, Glucose Syrup, Stabiliser (E451)); Potato Starch, Whey Protein (MILK), Emulsifier (E412); Salt, Vinegar, Yeast Extract)], Formed Diced Bacon Pieces (8%) (Pork, Water, Salt, Preservative (E250); Stabiliser (E450); Antioxidant (E301)), Cheddar Cheese (MILK), Mozzarella (MILK), Mayonnaise (Rapeseed Oil, Water, Free Range Pasteurised EGG and EGG Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice, Antioxidant (E385); Flavouring, Paprika Extract), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Topping (13%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator (E330); Spice, Stabilisers (E412,E415); Preservative (E202); Colour (E161b)); Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (E330)), Smoked Paprika, Dried Chives].	per 100g	per portion (g)	
		KJ	1007	2017
		Kcal	241	482
		Fat	10.0	20.0
		Sat	4.8	9.5
		Carbs	26.0	53.0
		Sugar	1.2	2.5
		Fibre	1.5	3.1
		Protein	10.0	21.0
		Salt	1.45	2.91
		Portion weight (g)	200	

Ham, Cheese & Mustard Tostati Melt	Sourdough Bread [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: Diacetyltartaric acid esters of mono- and diglycerides, Sodium Stearoyl Lactate; Flour Treatment Agent: Ascorbic Acid], Ham reformed from cuts of Pork (22%) [Pork, Water, Glucose Syrup, Emulsifiers: Sodium Triphosphate, Sodium Diphosphates; Salt, Antioxidant: Sodium Ascorbate; Dextrose, Spice Extracts, Preservative: Sodium Nitrite; Potato Starch, Pea Fibre], Cheese and MUSTARD Topping (19%) [Cheddar Cheese (MILK), Cheese Sauce (Water, Rapeseed Oil, Modified Maize Starch, Sugar, Salt, MILK Protein, Cheddar Cheese (MILK), Yeast Extract, Acidity Regulator: Citric Acid; Spice, Stabilisers: Guar Gum, Xanthan Gum; Preservative: Potassium Sorbate; Colour: Lutein; Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator: Citric Acid; Wholegrain MUSTARD (Water, MUSTARD Seed, White Wine Vinegar, Glucose-Fructose Syrup, MUSTARD Flour, Salt, Acidity Regulator: Acetic Acid; Cinnamon, Pimento, Turmeric)], Cheddar Cheese (11%) (MILK).	per 100g	per portion (g)	
		KJ	1068	1977
		Kcal	255	472
		Fat	10.0	19.0
		Sat	4.9	9.0
		Carbs	27.0	50.0
		Sugar	0.7	1.2
		Fibre	1.6	2.9
		Protein	13.0	25.0
		Salt	1.71	3.17
		Portion weight (g)	185	

Five Cheese & Roasted Tomato Tostati (V)	Sourdough Bread [Fortified WHEAT Flour (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sourdough Culture (RYE), SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: Diacetyltartaric acid esters of mono- and diglycerides, Sodium Stearoyl Lactate; Flour Treatment Agent: Ascorbic Acid], Cheese Topping (17%) [Mozzarella (MILK), Béchamel (Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot, Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier: SOYA Lecithin (SOYA)); Red Cheddar (MILK)), Cheese Filling Mix (15%) [Mascarpone (Cream (MILK), MILK , Acidity Regulator: Citric Acid; Preservatives: Potassium Sorbate, Nisin); Regato (MILK), Béchamel Sauce (Skimmed MILK , Vegetable Stock (Water, Salt, Yeast Extract, Sugar, Vegetable Extract (Onion, Carrot, Tomato, Herbs), Vegetable Oil (Palm), Butter (MILK), Modified Starch (Waxy Maize), Salt, Emulsifier: SOYA Lecithin (SOYA)), Cheddar Cheese (15%) (MILK), Roasted Baby Plum Tomatoes (9%) (Plum Tomatoes, Rapeseed Oil, Salt, Oregano, Garlic).	per 100g	per portion (g)	
		KJ	1188	2317
		Kcal	284	554
		Fat	14.2	27.7
		Sat	8.3	16.2
		Carbs	26.5	51.7
		Sugar	2.4	4.6
		Fibre	1.5	2.9
		Protein	11.8	23.0
		Salt	1.10	2.15
		Portion weight (g)	195	

3 Cheese & Caramelised Onion Sourdough Toastie (V)	Sourdough Bread [WHEAT Flour, Water, WHEAT Sourdough, Iodised Salt (Salt, Glazing agent: Potassium Iodate), Yeast, Antioxidant: Ascorbic Acid], Cheddar Cheese (12.5%) (MILK), Mozzarella Cheese (12.5%) (MILK), Caramelised Red Onion Marmalade (9%) [Red Onion, Red Wine Vinegar (SULPHITES), Sugar, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel (SULPHITES)), Sunflower Oil, Salt, Gelling Agent: Pectin; Spices], Italian Hard Cheese (6%) (MILK , Salt, Microbial Enzymes), Kerrymaid Spread [Water, Rapeseed Oil, Palm Oil, Reconstituted Buttermilk (MILK), Salt, Emulsifier: Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids; Preservative: Potassium sorbate; Acidity Regulator: Lactic acid; Vitamin A, Vitamin D, Colour: Beta-Carotene; Flavouring].	per 100g	per portion (g)	
		KJ	1149	1839
		Kcal	275	440
		Fat	12.0	20.0
		Sat	6.8	11.0
		Carbs	28.0	45.0
		Sugar	4.1	6.6
		Protein	12.0	19.0
		Salt	1.49	2.38
		Portion weight (g)	160	

Pastrami & Emmental Sourdough Toastie	Sourdough Bread [WHEAT Flour, Water, WHEAT Sourdough, Iodised Salt (Salt, Glazing agent: Potassium Iodate), Yeast, Antioxidant: Ascorbic acid], Emmental Cheese (19%) [Cow's MILK , Salt, Starter Culture, Rennet], Pastrami (13%) [Beef, Water, Salt, Glucose Syrup, Stabilisers: Triphosphates, Diphosphates; Antioxidant: Sodium Ascorbate; Dextrose, Spice Extracts (Lovage, Garlic, Stabiliser: Glycerol), Preservative: Sodium Nitrite; Black Peppercorns], Mayonnaise, Gherkin and Dijon Mix (13%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid EGG , Acidity Regulator: Acetic Acid; Sugar, Salt, Modified Starch, Stabiliser: Xanthan Gum; Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate), Gherkins (Gherkins, Vinegar Mix (Water, Sugar, Salt, Spirit Vinegar), Salt, Acidity Regulators: Acetic Acid, Calcium Chloride; Preservative: Potassium Metabisulphite (SULPHITES)), Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator: Citric Acid), Black Pepper], Kerrymaid Spread [Vegetable Oils (Rapeseed, Palm), Water, Reconstituted Buttermilk (MILK), Salt, Emulsifiers: Mono and Di Glyceride of Fatty Acids, Stabiliser: Sodium Alginate; Preservative: Potassium Sorbate; Vitamin A & D, Flavouring, Colour: Carotenes]	per 100g	per portion (g)	
		KJ	1073	1770
		Kcal	256	423
		Fat	12.0	20.0
		Sat	4.7	7.8
		Carbs	25.0	40.0
		Sugar	1.0	1.6
		Protein	11.0	18.0
		Salt	1.60	2.67
		Portion weight (g)	165	

BAGUETTES, FOCACCIA & FLATBREAD

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
Caprese Focaccia (V)	Rosemary and Rock Salt Focaccia [Fortified WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Rosemary, Yeast, Salt, BARLEY Malt Vinegar, Rock Salt, Maize Starch, Fermented WHEAT Flour, Flour Treatment Agent: E300], Mozzarella (21%) [MILK , Salt, Starter Culture, Vegetarian Rennet], Roast Cherry Tomato (10%), [Cherry Tomato, Rapeseed Oil, Salt, Oregano, Garlic], Pesto, Caesar Mayonnaise Mix [Mayonnaise (6%) (Rapeseed Oil, Water, Pasteurised Liquid EGG , Acidity Regulator: E260; Sugar, Salt, Modified Starch, Stabiliser: E415; Acidity regulator: E330; Preservative: E202), Caesar Dressing (2%) (Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator: E330; Medium Fat Hard Cheese (MILK , Preservative: E1105 (EGG)), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser: E415; Sugar, Pasteurised EGG Yolk, Worcester Sauce (Water, BARLEY Malt Vinegar), Sugar, Molasses, Salt, SOYA Sauce (Water, SOYA Beans, WHEAT and Salt), Tamarind Concentrate, Onion Powder, Lemon Juice Concentrate, Ground White Pepper, Chilli Pepper, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator: E330; BARLEY Malt Extract, Salt, Cracked Black Pepper, Preservative: E202; Stabiliser: E415; Natural Flavouring (Contains MILK)), Green Pesto (2%) (Basil Puree 59% (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Med Hard Fat Cheese (MILK)), Spinach (8%).	per 100g	per portion (g)		
		KJ	1225	2390	
		Kcal	293	571	
		Fat	17.0	32.0	
		Sat	1.9	3.7	
		Carbs	24.0	46.0	
		Sugar	1.0	1.9	
		Fibre	5.3	10.0	
		Protein	9.0	18.0	
		Salt	1.70	3.40	
		Portion weight (g)	195		
		Chargrilled Chicken & Tomato Focaccia	Rosemary and Rock Salt Focaccia [Fortified WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, WHEAT Fibre, Rosemary, Yeast, Salt, BARLEY Malt Vinegar, Rock Salt, Maize Starch, Fermented WHEAT Flour, Flour Treatment Agent: E300], Chargrilled Chicken (22%) [Chicken Breast, Starch, Salt, Glucose syrup, Stabilisers: E451, E412; Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar], Soft Cheese & Sundried Tomato Mix (12%) [Soft Cheese (6%) (MILK), Mayonnaise (3%) (Rapeseed Oil, Water, Pasteurised Liquid EGG , Acidity Regulator: E260; Sugar, Salt, Modified Starch, Stabiliser: E415; Acidity Regulator: E330; Preservative: E202), Slow Roasted Tomatoes, (Rapeseed Oil, Salt, Garlic, Oregano) Black Pepper], Mayonnaise Caesar Pesto Mix (8%) [Mayonnaise (5%) (Rapeseed Oil, Water, Pasteurised Liquid EGG , Acidity Regulator: E260; Sugar, Salt, Modified Starch, Stabiliser: E412; Acidity Regulator: E330; Preservative: E202), Caesar dressing (1.5%) (Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator: E330), Medium Fat Hard Cheese (MILK) (Preservative: E1105 (EGG)), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser: E412), Sugar, Pasteurised EGG Yolk, Worcester Sauce (Water, BARLEY Malt Vinegar, Sugar, Molasses, Salt, SOYA Sauce (Water, SOYA Beans, WHEAT , Salt), Tamarind Concentrate, Onion Powder, Lemon Juice Concentrate, Ground White Pepper, Chilli Pepper, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator: E260; BARLEY Malt Extract), Salt, Cracked Black Pepper, Preservative: E202; Stabiliser: E412; Natural Flavouring (MILK)), Green Pesto (1.5%) (Basil Puree (59%) (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian Med Hard Fat Cheese (MILK)), Rocket (8%).	per 100g	per portion (g)
				KJ	1106
Kcal	264			528	
Fat	14.0			28.0	
Sat	3.0			6.0	
Carbs	22.0			44.0	
Sugar	1.3			2.6	
Fibre	4.5			9.0	
Protein	10.0			20.0	
Salt	1.77			3.54	
Portion weight (g)	200				
Irish Ham & Cheese Baguette	Baguette [WHEAT Flour, Water, WHEAT Grits, Yeast, Salt, Dried WHEAT Sourdough, Dextrose, Malt Flour (WHEAT , BARLEY), Rice flour, WHEAT Gluten, Vegetable Oil (Rapeseed)], Ham reformed from select cuts of pork (20%) [Pork (80%), Water, Glucose syrup, Emulsifiers: Triphosphates, Diphosphates; Salt, Antioxidant: Sodium Ascorbate; Dextrose, Spice Extracts, Preservative: Sodium Nitrate; Potato Starch, Pea Fibre], Cheddar (20%) [MILK], Spread (3%) [Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, Buttermilk (MILK), Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid; Emulsifier: Mono & diglycerides of fatty acids; Natural Flavouring, Colour: Carotene; Vitamins A and D].			per 100g	per portion (g)
				KJ	1043
		Kcal	250	501	
		Fat	10.0	20.0	
		Sat	5.2	11.0	
		Carbs	27.0	53.0	
		Sugar	0.5	1.0	
		Fibre	1.2	2.4	
		Protein	12.0	24.0	
		Salt	2.10	4.17	
		Portion weight (g)	201		
		Sweet Chilli Chicken Baguette	Baguette [WHEAT Flour, Water, WHEAT Grits, Yeast, Salt, Dried WHEAT Sourdough, Dextrose, Malt Flour (WHEAT , BARLEY), Rice flour, WHEAT Gluten, Vegetable Oil (Rapeseed)], Sweet Chilli Chicken Mix (29%) [Chicken (Chicken Breast, Starch, Salt, Glucose Syrup, Stabilisers: Sodium Triphosphate, Guar Gum; Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar), Sweet Chilli Sauce (Sugar, Water, Vinegar, Maize Starch, Red Chilli Puree (Red Chilli, Salt, Acidity Regulator: Citric Acid), Salt, Tomato Puree, Red Pepper, Onion Powder, Garlic Powder, Preservative: Potassium Sorbate), Cheddar (15%) (MILK).	per 100g	per portion (g)
				KJ	996
Kcal	238			465	
Fat	6.2			12.0	
Sat	3.5			6.9	
Carbs	31.0			60.0	
Sugar	5.3			10.0	
Fibre	1.2			2.3	
Protein	14.0			28.0	
Salt	1.00			1.93	
Portion weight (g)	205				
Sweet Potato Falafel Flatbread (Vg)	Flatbread [Fortified WHEAT Flour (Calcium Carbonate, Flour treatment agent: E1105; Emulsifier: E516; Niacin, Iron, Thiamine), Water, Sugar, Cultured Sugar, Salt, Preservative: E282; Yeast], Couscous Salad (44%) [Couscous (17%) (Durum WHEAT Semolina), Carrot (7%), Butternut Squash (7%), French Dressing (6.5%) (Water, Rapeseed Oil, Acidity Regulator: E260; Sugar, White Wine Vinegar, Salt, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), MUSTARD Seeds, Lemon Concentrate, Stabiliser: E415; Chives, Preservative: E202; Black Pepper), Sultanas (4.5%) (Sultanas, Sunflower Oil), Chilli Paste (2%) (Chipotle Chilli, Tomato Purée, Onion, Water, Spirit Vinegar, Garlic Puree, Salt, Sugar, Coriander, Acidity Regulator: E260; Corn Flour), Sugar, Salt], Sweet Potato Falafel (15%), [Chickpea, Sweet Potato, Coriander, Chilli, Onion, Dehydrated Potato Flakes, Garlic, Salt, Ground Cumin, Acidity Regulator: E500; Black Pepper, Ground Cardamom, Ground Coriander], Vegan Mayonnaise and Mint Sauce Dressing (15%) [Vegan Mayonnaise (11%) (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: E415, Flavouring, Colour: E160, Antioxidant: E385), Coconut Milk (2%) (Water, Coconut Milk, (Coconut Cream, Water), Hulled SOYA Beans, Sugar, Fructose, Acidity Regulators: E340, E340(i); Calcium: E170; Sea Salt, Flavouring, Stabiliser: E418), Mint Sauce (1.5%) (Water, Sugar, Acidity Regulator: E260; Dried Mint, Salt, Modified Maize Starch, Stabilisers: E412, E415; Colour: E141; Natural Flavouring), Salt, Pepper].			per 100g	per portion (g)
				KJ	983
		Kcal	235	404	
		Fat	11.0	19.0	
		Sat	1.1	1.9	
		Carbs	28.4	49.0	
		Sugar	6.3	11.0	
		Fibre	2.7	4.7	
		Protein	5.0	8.6	
		Salt	0.75	1.29	
		Portion weight (g)	172		

BREAKFAST ROLLS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO			
		per 100g	per portion (g)		
Smoked Bacon Brioche	Brioche Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, EGG , Sugar, Unsalted Butter (MILK), EGG White, Rapeseed Oil, Palm Oil, Yeast, Salt, WHEAT Gluten, Emulsifier: Mono and Di-Acetyl Tartaric Esters of Mono- and Di-Glycerides of Fatty Acids, Colour: Carotenes, Natural Flavouring, Flour Treatment Agent: Ascorbic Acid], Beechwood Bacon (31%) [Pork, Salt, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Vegetable Fat Spread (3%) [Water, Rapeseed Oil, Palm Oil, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Buttermilk Powder (MILK), Preservative: Potassium Sorbate, Acid: Lactic Acid, Colour: Carotenes, Natural Flavouring, Vitamin A, Vitamin D].	KJ	1426	1625	
		Kcal	341	388	
		Fat	16.0	18.0	
		Sat	5.5	6.2	
		Carbs	32.0	36.0	
		Sugar	3.3	3.8	
		Protein	17.0	19.0	
		Salt	1.33	1.52	
		Portion weight (g)		114	
				per 100g	per portion (g)
Pork Sausage Brioche	Brioche Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, EGG , Sugar, Unsalted Butter (MILK), EGG White, Rapeseed Oil, Palm Oil, Yeast, Salt, WHEAT Gluten, Emulsifier: Mono and Di-Acetyl Tartaric Esters of Mono- and Di-Glycerides of Fatty Acids, Colour: Carotenes, Natural Flavouring, Flour Treatment Agent: Ascorbic Acid], Sausage Planks (45%) [Pork (62%), Water, Rusk (WHEAT flour, Salt, raising agent: ammonium bicarbonate), Pork Rind, Pork Fat, Potato starch, Seasoning (Dextrose, Salt, Stabiliser: Tri phosphate), Spices, Spice Extract, Antioxidant: Sodium Ascorbate], Vegetable Fat Spread (3%) [Water, Rapeseed Oil, Palm Oil, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Buttermilk Powder (MILK), Preservative: Potassium Sorbate, Acid: Lactic Acid, Colour: Carotenes, Natural Flavouring, Vitamin A, Vitamin D].	KJ	1296	1853	
		Kcal	310	443	
		Fat	15.0	22.0	
		Sat	6.0	8.5	
		Carbs	30.0	43.0	
		Sugar	3.0	4.4	
		Protein	10.0	15.0	
		Salt	1.08	1.55	
		Portion weight (g)		143	

SOUP & MEAL POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
Tomato & Basil Soup (V)	Water, Tomatoes 17% (Tomato, Tomato Juice, Acid (Citric Acid), Tomato Puree 9%, Onion, Cream (MILK), CELERY , Caster Sugar, Bell Pepper, Courgette, Modified Maize Starch, Salt, Garlic Powder, Dried Basil 0.17%, Dried Ginger, Paprika, Chilli Pepper, White Pepper.	KJ	163	489
		Kcal	39	117
		Fat	1.2	3.6
		Sat	0.7	2.2
		Carbs	6.2	18.5
		Sugar	4.0	11.9
		Fibre	0.9	2.7
		Protein	0.9	2.6
		Salt	0.46	1.38
		Portion weight (g)		300
Roasted Vegetable Fusilli (V)	Pesto Pasta Mix (55%) [Cooked Fusilli Pasta (Durum WHEAT Semolina, Water), Green Pesto (Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian medium fat hard Cheese (MILK)), Mediterranean Veg Mix (39%) [Dressed Veg Mix (Grilled Veg (Red Peppers, Yellow Peppers, Courgette, Onion), Green Pesto (Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian medium fat hard Cheese (MILK)), Ragu Mix (Pizza Sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator: Citric Acid: E330), Onion Marmalade (Onion, Red Wine Vinegar (SULPHITES), Sugar, Sunflower Oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, (SULPHITES)), Gelling agent: Pectin; Spices (Caraway Seeds, Thyme, Pepper, Bay)), Dried Chilli Flakes], Italian hard Cheese (6%) (MILK , Salt, Microbial enzymes)].	KJ	653	1791
		Kcal	156	428
		Fat	6.8	19.0
		Sat	2.2	5.9
		Carbs	18.0	48.0
		Sugar	1.3	3.7
		Fibre	1.8	4.9
		Protein	5.9	16.0
		Salt	0.58	1.59
		Portion weight (g)		275
Beef Bolognese Fusilli	Pesto Pasta Mix (55%) [Cooked Fusilli Pasta (Durum WHEAT Semolina, Water), Green Pesto (Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Vegetarian medium fat hard Cheese (MILK)), Bolognese Mix (41%) [Beef Bolognese (Minced Beef (37%)), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onions, Mushrooms, Tomato Puree (Tomatoes, Salt), Garlic Puree (Water, Garlic, Salt, Acidity Regulator: Citric Acid; Preservative: Sodium Metabisulphite (SULPHITES)); Salt, Carrots, CELERY , Cornflour, Brown Sugar, Pepper, Oregano, Mixed Herbs (Basil, Marjoram, Thyme)), Ragu Mix (Pizza sauce (Tomato Pulp, Salt, Sunflower Oil, Sugar, Marjoram, Basil, Pepper, Onions, Acidity Regulator: Citric Acid), Onion Marmalade (Onion, Red Wine Vinegar (SULPHITES)), Sugar, Sunflower oil, Salt, Balsamic Vinegar (Grape Must, Wine Vinegar, Caramel, (SULPHITES)), Gelling agent: Pectin; Seasoning (Caraway Seeds, Thyme, Pepper, Bay)), Chilli flakes], Italian hard cheese (4%) (MILK , Salt, Microbial enzymes)].	KJ	695	1911
		Kcal	166	457
		Fat	7.3	20.0
		Sat	2.5	6.9
		Carbs	18.0	48.0
		Sugar	2.8	7.7
		Fibre	1.2	3.2
		Protein	7.5	21.0
		Salt	0.82	2.25
		Portion weight (g)		275

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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.	per 100g	per portion (g)	
		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 (33%), WHEAT flour, sugar, palm fat, concentrated butter (MILK), sugar syrup (5%), SOYA flour, rapeseed oil, salt, emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), raising agent (sodium bicarbonate), cinnamon, acidity regulator (citric acid), natural Bourbon vanilla (<1%).	per 100g	per pack (g)	
		KJ	1786	1393
		Kcal	425	332
		Fat	16.0	12.5
		Sat	9.0	7.0
		Carbs	66.0	51.5
		Sugar	38.0	29.6
		Fibre	1.5	1.2
		Protein	3.5	2.7
		Salt	0.58	0.45
Portion weight (g)		78		
Chocolate & Yoghurt Covered Raisins (V)	Milk Chocolate Raisins (50%) [MILK Chocolate Coating (Sugar, Cocoa Butter, MILK Powder, Cocoa Mass, Whey (MILK), Palm Oil, Butter Oil (MILK), Emulsifier: Rapeseed Lecithin, Glazing Agents: Gum Arabic, Maize Protein), Raisins (Raisins, sunflower oil)], Yoghurt Coated Raisins (50%) [Yoghurt Flavoured Coating (Sugar, Palm Oil, Whey Powder (MILK), Rice Flour, Yoghurt Powder (3%) (MILK), Emulsifier: Rapeseed Lecithin, Glazing Agents: Gum Arabic, Maize Protein), Raisins (Raisins, Sunflower Oil)].	per 100g	per portion (g)	
		KJ	1838	735
		Kcal	439	176
		Fat	18.2	7.3
		Sat	11.3	4.5
		Carbs	64.6	25.8
		Sugar	63.9	25.5
		Fibre	1.2	0.5
		Protein	3.6	1.4
		Salt	0.25	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	2355	918
		Kcal	566	221
		Fat	39.0	15.0
		Sat	23.0	8.9
		Carbs	47.0	18.3
		Sugar	44.0	17.2
		Protein	5.0	1.9
		Salt	0.07	0.04
		Portion weight (g)		39
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%).	per 100g	per portion (g)	
		KJ	2093	837
		Kcal	500	200
		Fat	32.7	13.1
		Sat	3.6	1.4
		Carbs	34.5	13.8
		Sugar	28.7	11.5
		Fibre	6.8	2.7
		Protein	13.6	5.4
		Salt	0.04	0.02
Portion weight (g)		40		
Fruit Teacake (Vg)	Fortified Wheat Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Sultanas (9%) [Sultanas, Water, Sunflower Oil, Preservative: Potassium Sorbate], Raisins (9%) [Raisins, Water, Sunflower Oil, Preservative: Potassium Sorbate], Citrus Peel (6%) [Glucose Syrup, Orange Peel, Lemon Peel, Fructose Syrup, Acidity Regulator: Citric Acid], Preservatives: SULPHUR DIOXIDE, Potassium Sorbate], Sweetened Dried Cranberries (5%) [Cranberries, Sugar, Sunflower Oil], Sugar, Yeast, Humectant [Glucose Syrup, Water, Acidity Regulator: Acetic Acid], Bread Fat [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids], Dough Conditioner [Calcium Sulphate, SOYA Flour, Fortified Wheat Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Emulsifier: Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Flour Treatment Agent: Ascorbic Acid; Enzymes], Water, Emulsifiers: Mono- And Diglycerides Of Fatty Acids, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Acidity Regulators: Acetic Acid, Potassium Hydroxide; Salt.	per 100g	per portion (g)	
		KJ	1200	1140
		Kcal	283	269
		Fat	2.5	2.4
		Sat	0.8	0.8
		Carbs	56.2	53.4
		Sugar	22.0	20.9
		Fibre	3.8	3.6
		Protein	7.3	7.0
		Salt	0.50	0.48
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.	per 100g	per portion (g)	
		KJ	2419	242
		Kcal	582	58
		Fat	40.0	4.0
		Sat	15.0	1.5
		Carbs	47.0	4.7
		Sugar	44.0	4.4
		Fibre	5.4	0.5
		Protein	5.7	0.6
		Salt	0.03	0.00
Portion weight (g)		10		

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
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).	per 100g	per portion (g)	
		KJ	1726	1260
		Kcal	402	293
		Fat	12.4	9.1
		Sat	4.5	3.3
		Carbs	67.5	49.3
		Sugar	39.1	28.5
		Fibre	1.6	1.2
		Protein	4.3	3.1
		Salt	0.96	0.70
Portion weight (g)		73		
Loacker Creamkakao (V)	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).	per 100g	per portion (g)	
		KJ	2136	964
		Kcal	511	231
		Fat	26.0	12.0
		Sat	22.0	10.0
		Carbs	59.0	26.0
		Sugar	28.0	13.0
		Protein	7.7	3.5
		Salt	0.31	0.14
		Portion weight (g)		45
Loacker Napolitaner (V)	WHEAT flour, coconut oil, glucose syrup, sugar, HAZELNUT (NUTS) 11% in the cream, whey powder (MILK), SOYA flour, skimmed MILK powder, fat reduced cocoa, diphosphate) emulsifier SOYA lecithin, vanilla pods (bourbon).	per 100g	per portion (g)	
		KJ	2169	978
		Kcal	519	234
		Fat	27.0	12.0
		Sat	20.0	8.9
		Carbs	59.0	27.0
		Sugar	26.0	12.0
		Protein	8.1	3.6
		Salt	0.33	0.15
		Portion weight (g)		45
Loacker Vanille (V)	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 .	per 100g	per portion (g)	
		KJ	2188	985
		Kcal	523	235
		Fat	27.0	12.0
		Sat	23.0	11.0
		Carbs	61.0	28.0
		Sugar	31.0	14.0
		Protein	7.8	3.5
		Salt	0.40	0.18
		Portion weight (g)		45
Metcalfe's® Chocolate Rice Cakes (V, GF)	Milk Chocolate (60%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Rice Cake (40%) (Wholegrain Brown Rice, Rice), (Minimum Cocoa Solids 39%).	per 100g	per portion (g)	
		KJ	1997	339
		Kcal	476	81
		Fat	19.3	3.3
		Sat	11.1	1.9
		Carbs	66.9	11.4
		Sugar	31.4	5.3
		Fibre	1.9	0.3
		Protein	6.0	1.0
		Salt	0.11	0.02
Portion weight (g)		17.0		
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	440
		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		
Milk Chocolate Stracciatella Bar (V)	Milk Chocolate (57%) (Sugar, MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavour), MILK Cream with Cocoa Chips (43%) [Vegetable Fats (Coconut, Palm Kernel Oil, Palm Oil in varying proportions), Sugar, Cocoa Chips (12%), Skimmed MILK Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin, Natural Vanilla Flavour].	per 100g	per portion (g)	
		KJ	2384	929
		Kcal	572	223
		Fat	38.0	14.8
		Sat	23.0	8.9
		Carbs	50.0	19.5
		Sugar	49.0	19.1
		Fibre	2.3	0.9
		Protein	6.1	2.4
		Salt	0.2	0.08
Portion weight (g)		39		
Paneffone (V)	Wheat Flour, Sultanas, EGG , Butter (MILK), Sugar, Candied Orange Peel (Orange Peel, Glucose-fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Rehydrated Whole MILK powder, EGG Yolk, Natural Yeast (WHEAT Flour, Water), Emulsifiers: Mono and Diglycerides of Fatty Acids, Glucose Syrup, Natural Flavours, Cocoa Butter, Salt.	per portion (g)		
		KJ	1532	
		Kcal	365	
		Fat	14.0	
		Sat	8.5	
		Carbs	51.0	
		Sugar	25.0	
		Fibre	2.2	
		Protein	7.6	
		Salt	0.49	
Portion weight (g)		100		

GF = Gluten-Free
V = Vegetarian
Vg = Vegan

BISCUITS & SNACKS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per biscuit (g)
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).	KJ	1853
		Kcal	440
		Fat	14.2
		Sat	5.6
		Carbs	72.3
		Sugar	37.7
		Protein	4.9
		Salt	0.60
		Portion weight (g)	30
		Totally Nutty (Vg)	ALMONDS (NUTS) (35%), CASHEW NUTS (30%), PECAN NUTS (20%), HAZELNUTS (NUTS) (15%).
KJ	2656		
Kcal	635		
Fat	56.2		
Sat	5.7		
Carbs	12.5		
Sugar	4.7		
Fibre	5.5		
Protein	16.8		
Salt	0.02		
Portion weight (g)	40		
Wrapped Shortbread (V)	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (34%) (MILK), Sugar.	per 100g	per biscuit
		KJ	2199
		Kcal	526
		Fat	28.2
		Sat	18.6
		Carbs	62.3
		Sugar	22.9
		Protein	5.4
		Salt	0.70
		Portion weight (g)	25

YOGHURTS & FRUIT POTS

PRODUCT	INGREDIENTS	NUTRITIONAL INFO	
		per 100g	per portion (g)
Lemon Curd & Blueberry Yoghurt with Cranberry, Coconut & Chia Seed Granola (V)	Greek Style Yoghurt (62%) (MILK), Lemon Curd (27%) [Glucose-Fructose Syrup, Water, Palm Oil, Lemon Juice From Concentrate, Cornflour, Dried whole EGG , Gelling Agent: Pectin; Acidity Regulator: Citric Acid; Sodium Citrate; Salt, Lemon oil, Colour: Carotene; Antioxidant: Ascorbic acid], Blueberries (11%), Granola (Gluten Free OATS , Cranberries, Sugar, Vegetable Oil), Desiccated Coconut, Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Honey, Chia Seeds, Natural Vanilla).	per 100g	per portion (g)
		KJ	780
		Kcal	187
		Fat	8.0
		Sat	3.9
		Carbs	23.9
		Sugar	17.7
		Protein	4.1
		Salt	0.15
		Portion weight (g)	265
Mango & Passionfruit Overnight Oats (V)	OATS Mix (88%) [Coconut Milk (Water, Coconut Milk (Coconut Cream, Water), Hulled SOYA Beans, Sugar, Fructose, Acidity Regulators: Dipotassium & Monopotassium Phosphates, Calcium Carbonate; Sea Salt, Flavouring, Stabiliser: Gellan Gum; Porridge OATS (Wholegrain Rolled OATS), Green Apple, Fruit Puree (9%) (Exotic fruits (86%) (Mango, Banana, Passion Fruit, Lime), Pure Cane Sugar, Antioxidant: Ascorbic Acid); Sultanas (Sultanas, Sunflower Oil), Pumpkin Seeds, Chia Seeds, Ground Nutmeg], Fruit Puree (10%) [Exotic fruits (86%) (Mango, Banana, Passion Fruit, Lime), Pure Cane Sugar, Antioxidant: Ascorbic Acid], Pumpkin Seeds (1%), Dried Cranberries (1%) (Cranberries, Sugar, Sunflower).	per 100g	per portion (g)
		KJ	906
		Kcal	216
		Fat	5.0
		Sat	2.2
		Carbs	12.0
		Sugar	10.0
		Protein	2.1
		Salt	0.02
		Portion weight (g)	205
Seasonal Fruit Salad (Vg)	Pineapple (30%), Apple (22%), Cantaloupe Melon (19%), Mango (19%), Red Grapes (5%), Green Grapes (5%).	per 100g	per portion (g)
		KJ	201
		Kcal	48
		Fat	0.3
		Sat	0.0
		Carbs	12.0
		Sugar	8.9
		Fibre	0.8
		Protein	0.6
		Salt	0.00
Portion weight (g)	234		

CRISPS & POPCORN

PRODUCT	INGREDIENTS	NUTRITIONAL INFO		
		per 100g	per portion (g)	
O'Donnell's Salt & Vinegar Crisps (V)	Potato, Sunflower Oil, Irish Cider Vinegar and Sea Salt Flavour (Flavourings, Sea Salt, Maltodextrin, Yeast Extract, Sugar, Dehydrated Apple, The Apple Farm Cider Vinegar Powder).	KJ	2142	
		Kcal	513	
		Fat	29.9	
		Sat	2.5	
		Carbs	54.2	
		Sugar	1.2	
		Protein	5.2	
		Salt	2.30	
		Portion weight (g)	50	
O'Donnell's Cheese & Onion Crisps (V)	Potato, Sunflower Oil, Mature Irish Cheese & Red Onion Flavour (Onion Powder, Sugar, Yeast Extract, Cheese Powder (MILK), Salt, Butter MILK Powder, Flavourings, Irish Cheddar Cheese Powder (MILK), Colour (Paprika Extract)).	KJ	2136	
		Kcal	511	
		Fat	28.8	
		Sat	2.4	
		Carbs	55.7	
		Sugar	4.9	
		Protein	5.8	
		Salt	1.30	
		Portion weight (g)	50	
Metcalfe's® Sea Salt Popcorn (Vg, GF)	Popped Butterfly Corn (77%), Rapeseed Oil, Sea Salt.	KJ	1927	
		Kcal	462	
		Fat	22.3	
		Sat	1.7	
		Carbs	49.4	
		Sugar	0.3	
		Fibre	14.1	
		Protein	8.9	
		Salt	0.80	
		Portion weight (g)	17	
Metcalfe's® Sweet 'n Salt Popcorn (Vg, GF)	Popped Butterfly Corn (67%), Sweetening Blend (Sugar, Sweetener: Isomalt, Sweetener: Steviol Glycosides), Rapeseed Oil, Salt.	KJ	1813	
		Kcal	432	
		Fat	16.7	
		Sat	1.1	
		Carbs	60.9	
		Sugar	11.1	
		Fibre	11.5	
		Protein	8.2	
		Salt	0.57	
		Portion weight (g)	17	

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.

HONEY OAT LATTE

Classico Espresso with Honey Syrup and steamed Oat, topped with Plant Based Creamy Topping and a sprinkle of Honeycomb

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	
Honey Oat Latte	OAT	417	100	6.1	3.1	10.7	7.5	0.1	0.6	0.08	1490	358	21.7	11.0	38.1	26.8	0.2	2.0	0.30	

HONEY OAT LATTE

Classico Espresso with Honey Syrup and steamed Oat, topped with Whipped Cream and a sprinkle of Honeycomb

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	
Honey Oat Latte	OAT	463	111	7.2	3.5	10.7	7.7	0.0	0.7	0.08	1653	397	25.8	12.4	38.2	27.4	0.0	2.7	0.28	

ICED HONEY OAT LATTE

Classico Espresso with Honey Syrup and Oat over ice, topped with Plant Based Creamy Topping and a sprinkle of Honeycomb

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 Honey Oat Latte	OAT	455	109	6.8	3.7	11.3	8.4	0.1	0.6	0.08	1320	317	19.6	10.8	32.8	24.3	0.2	1.8	0.23	

ICED HONEY OAT LATTE

Classico Espresso with Honey Syrup and Oat over ice, topped with Whipped Cream and a sprinkle of Honeycomb

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 Honey Oat Latte	OAT	511	123	8.2	4.2	11.4	8.6	0.0	0.8	0.07	1483	356	23.8	12.2	32.9	24.9	0.0	2.5	0.21	

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 - Semi 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 - 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

PISTACHIO LATTE

Classico espresso and steamed milk with Salted Caramel & Pistachio Sauce

Pistachio achieved by flavouring.

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
Pistachio Latte - Semi Skimmed Milk	MILK	Regular	252	60	1.3	0.7	9.2	8.8	0.1	2.7	0.09	615	146	3.1	1.8	22.5	21.4	0.3	6.5	0.21
		Grande	299	71	1.3	0.8	12.0	10.1	0.0	2.7	0.13	1004	238	4.5	2.6	40.3	34.1	0.0	9.1	0.44
Pistachio Latte - Skimmed Milk	MILK	Regular	219	52	0.4	0.1	9.3	8.9	0.1	2.7	0.09	535	127	0.9	0.2	22.7	21.6	0.3	6.5	0.21
		Grande	264	62	0.3	0.1	12.1	10.2	0.0	2.7	0.13	885	210	1.2	0.4	40.5	34.3	0.0	9.1	0.44
Pistachio Latte - Whole Milk	MILK	Regular	296	70	2.5	1.5	9.2	8.7	0.1	2.6	0.08	722	171	6.2	3.7	22.4	21.3	0.3	6.4	0.20
		Grande	346	82	2.7	1.6	11.9	10.1	0.0	2.6	0.13	1163	276	9.0	5.5	40.0	33.8	0.0	8.9	0.43
Pistachio Latte - Soya	SOYA	Regular	239	57	1.4	0.2	8.1	7.5	0.5	2.6	0.07	583	138	3.5	0.5	19.7	18.2	1.3	6.4	0.16
		Grande	285	67	1.5	0.2	10.7	8.7	0.4	2.6	0.11	956	226	4.9	0.8	36.0	29.3	1.4	8.9	0.37
Pistachio Latte - Coconut	SOYA	Regular	214	51	1.1	0.5	8.5	8.0	0.3	1.4	0.08	522	123	2.7	1.2	20.6	19.5	0.7	3.5	0.20
		Grande	258	61	1.1	0.5	11.1	9.3	0.1	1.4	0.12	866	205	3.8	1.7	37.4	31.2	0.5	4.6	0.42
Pistachio Latte - Gluten Free Oat	OAT	Regular	282	67	2.1	0.3	10.7	7.9	0.8	0.9	0.10	688	163	5.2	0.7	26.1	19.4	1.9	2.2	0.24
		Grande	339	81	2.3	0.3	14.4	9.6	0.0	0.5	0.12	1139	271	7.8	1.0	48.3	32.4	0.0	1.8	0.42

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 CARAMELATTE

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 CARAMELATTE

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	

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	252	60	1.3	0.7	9.2	8.8	0.1	2.7	0.09	615	146	3.1	1.8	22.5	21.4	0.3	6.5	0.21	
Pistachio Iced Latte - Skimmed Milk	MILK	219	52	0.4	0.1	9.3	8.9	0.1	2.7	0.09	535	127	0.9	0.2	22.7	21.6	0.3	6.5	0.21	
Pistachio Iced Latte - Whole Milk	MILK	296	70	2.5	1.5	9.2	8.7	0.1	2.6	0.08	722	171	6.2	3.7	22.4	21.3	0.3	6.4	0.20	
Pistachio Iced Latte - Soya	SOYA	239	57	1.4	0.2	8.1	7.5	0.5	2.6	0.07	583	138	3.5	0.5	19.7	18.2	1.3	6.4	0.16	
Pistachio Iced Latte - Coconut	SOYA	214	51	1.1	0.5	8.5	8	0.3	1.4	0.08	522	123	2.7	1.2	20.6	19.5	0.7	3.5	0.20	
Pistachio Iced Latte - Gluten Free Oat	OAT	289	69	2.2	0.3	11.5	8.3	0.1	0.6	0.08	706	168	5.4	0.7	28.0	20.3	0.3	1.6	0.20	

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.

Hazelnut achieved by 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		
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	554	132	7.4	4.6	14.2	14.0	0.1	2.20	0.09	1567	375	20.8	13.0	40.3	39.7	0.2	6.3	0.26		
Salted Caramel & Pistachio Frappe Crème - Skimmed Milk	MILK, SOYA	525	126	6.6	4.1	14.3	14.1	0.1	2.20	0.09	1487	355	18.6	11.5	40.5	39.8	0.2	6.3	0.27		
Salted Caramel & Pistachio Frappe Crème - Whole Milk	MILK, SOYA	591	141	8.4	5.3	14.2	14.0	0.1	2.20	0.09	1674	400	23.9	15.0	40.2	39.5	0.2	6.2	0.26		
Salted Caramel & Pistachio Frappe Crème - Soya	MILK, SOYA	542	130	7.5	4.2	13.2	12.9	0.4	2.20	0.08	1535	367	21.2	11.8	37.4	36.5	1.2	6.2	0.22		
Salted Caramel & Pistachio Frappe Crème - Coconut	MILK, SOYA	521	124	7.2	4.4	13.6	13.3	0.2	1.20	0.09	1474	352	20.4	12.4	38.4	37.8	0.6	3.3	0.25		
Salted Caramel & Pistachio Frappe Crème - Gluten Free Oat	MILK, SOYA, OAT	586	140	8.2	4.2	16.2	13.6	0.1	0.50	0.09	1658	397	23.1	11.9	45.8	38.6	0.2	1.4	0.25		

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.*
Hazelnut achieved by 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	
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	362	86	1.2	0.7	16.4	16.2	0.1	2.30	0.1	862	204	2.8	1.7	39.1	38.5	0.2	5.4	0.23		
Salted Caramel & Pistachio Frappe Crème - Skimmed Milk	MILK, SOYA	329	77	0.2	0.1	16.5	16.2	0.1	2.30	0.1	782	184	0.5	0.2	39.3	38.7	0.2	5.4	0.24		
Salted Caramel & Pistachio Frappe Crème - Whole Milk	MILK, SOYA	407	96	2.4	1.5	16.4	16.1	0.1	2.20	0.1	969	229	5.8	3.7	39.0	38.3	0.2	5.3	0.23		
Salted Caramel & Pistachio Frappe Crème - Soya	SOYA	349	82	1.3	0.2	15.2	14.8	0.5	2.20	0.08	830	196	3.1	0.5	36.3	35.3	1.2	5.3	0.19		
Salted Caramel & Pistachio Frappe Crème - Coconut	SOYA	323	76	1.0	0.5	15.6	15.4	0.2	1.00	0.09	769	181	2.3	1.1	37.2	36.6	0.6	2.4	0.22		
Salted Caramel & Pistachio Frappe Crème - Gluten Free Oat	SOYA, OAT	400	95	2.1	0.3	18.7	15.7	0.1	0.20	0.09	953	226	5.0	0.6	44.6	37.4	0.2	0.5	0.22		

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	