

BAKERS + BARISTAS

Nutrition & Allergen Guide

Ireland & Northern Ireland

Autumn 2023

This guide will provide nutritional and allergen information for core products. Please ensure you take extra care to identify all the possible allergens present in our products, if you require support please ask a member of our team.

PLEASE BE AWARE WE HANDLE ALL ALLERGENS IN OUR KITCHENS AND CANNOT GUARANTEE AN ALLERGEN FREE ENVIRONMENT.

ANY PRODUCTS MADE AND SERVED FRESH IN OUR STORES MAY CONTAIN ALLERGENS NOT LISTED BELOW.

THE ALLERGENS LISTED BELOW ARE THOSE CONTAINED IN THE INGREDIENTS TO THE RECIPE.

If the product you are interested in is not listing within this guide, please speak to a store member or email customercare@bakersbaristas.com for more information.

For prepackaged food and drink, the allergen information is provided on the packaging labels in-store.

This information is updated regularly to reflect our procedures instore and seasonal product range.

Please make sure you are referencing the most up-to-date guide.

Please check at <https://www.bakersbaristas.com/allergen-information/> for the most up to date information.

Within this booklet it will provide information on the following 14 allergens:

- **Cereals Containing Gluten**
Wheat (Spelt and Kamut), Rye, Barley and Oats
- **Nuts**
(Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia Nut, Queensland Nut)
- **Egg**
- **Milk**
- **Soya**
- **Fish**
- **Crustaceans**
- **Molluscs**
- **Sesame**
- **Lupin**
- **Celery**
- **Mustard**
- **Peanuts**
- **Sulphur Dioxide and Sulphites**

Classic Seasonal Deluxe Made without Gluten Vegan Mini

Product	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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CLASSIC MUFFINS

Chocolate Chunk Muffin	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Double Chocolate Chunk with Malted Balls	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Double Chocolate Butterfly Muffin	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Polka Dot Muffin	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Raspberry & Apple Crumble Muffin	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	
Sticky Toffee Muffin	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	

LIMITED EDITION MUFFINS

Berry Eton Mess	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Strawberries & Cream	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Coconut & Pineapple	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	Soya
Biscoff	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Bueno Kinder	Y	N	N	N	N	N	N	Y	N	N	Y	Y	Y	N	N	N	Y	N	N	Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias

DELUXE MUFFINS

Victoria Sponge Muffin	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Double Chocolate Explosion	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	

MADE WITHOUT GLUTEN MUFFINS

Blueberry Muffin	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	Wheat
Lemon & Ginger	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	MUSTARD
Coffee & Walnut	N	N	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	Oats, Wheat, Barley, Rye, Mustard, Sesame

VEGAN MUFFINS

Strawberry & Chocolate	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Milk
Cherry Bakewell	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	Sesame, Soya

MINI MUFFINS

Chocolate Mini Muffin - plain	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Crème Mini Muffin - plain	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	

Product	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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COOKIES

Triple Chocolate Belgian Cookie	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
Double Chocolate Belgian Cookie	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
Belgian White Chocolate Chunk	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	

DONUTS

White Chocolate Ball Doughnut	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	N	
Chocolate & Caramel Ball Doughnut	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	N	

SCONES

Fruit Scone with Butter and Jam	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Plain Scone with Butter and Jam	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Brown Scone with Butter and Jam																					
Strawberry Jam Jar																					

PASTRIES

Pain au Raisin	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Butter Croissant	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Cinnamon Swirl	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree Nuts, Sesame, Soya
Raspberry & Custard Danish	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tress nuts, Soya
Maple & Pecan Plait	Y	N	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	N	Nuts. Also contains seeds

SLICED CAKES

Pear & Almond Cake	Y	N	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	N	
Apple Crumble Cake	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Y	N	N	N	Hazelnuts, Peacans, Walnuts

TRAYBAKES

Honeycomb Tiffin Traybake	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts
Salted Caramel Traybake	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	N	Nuts

Product	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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FRESH BAPS

Sausage & Bacon Bap	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	Nuts, Sesame, Soya, Milk, Mustard, Cereals containing Gluten, Soya
Bacon Bap	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Nuts, Sesame, Soya, Cereals containing Gluten, Sulphites, Soya

BAGUETTES

Ham & Cheese Baguette (White ONLY)	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Nuts, Sesame, Cereals containing Gluten
Tuna Mayonnaise & Rocket Baguette (Seeded ONLY)	Y	N	Y	N	N	N	N	Y	Y	N	Y	N	N	N	Y	N	N	N	N	Nuts, Sesame, Peanuts, Celery, Cereals containing Gluten, Crustaceans, Milk
Mozzarella, Tomato, Basil & Pesto Malted Baguette	Y	N	Y	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	Sesame
Chicken Tikka with Manho Chutney White Baguette	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	Tress nuts, Peanuts, Sesame

ITALIAN FLATBREADS

Ham Hock with Mayo and Grated Mozzarella	Y	Y	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Nuts, Sesame, Egg
Mozzarella, Tomato, Basil & Green Pesto	Y	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	Egg, Nuts
Chorizo & Grilled Cheese Flatbread	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Egg
Piri Piri Chicken Italian Flatbread	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Egg
Pepperoni Melt Italian Flatbread	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Egg

BAGELS

Smoked Salmon & Cream Cheese Bagel	Y	N	N	N	N	N	N	N	Y	N	Y	Y	N	N	N	N	N	N	N	
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TOASTIES

Cheddar Cheese & Red Onion Toastie	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	BARLEY
Ultimate Grilled Cheese Toastie	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	BARLEY
Ham & Cheese toastie	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	BARLEY
Cheddar Cheese & Tomato Toastie	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	BARLEY

Product	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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PANINIS

Tuna Melt Panini	Y	N	N	N	N	N	N	Y	Y	N	N	Y	N	N	Y	N	N	N	N	Barley, Celery, Gluten, Crustaceans, Mustard, Sesame, Soya, Nuts
Ham & Cheese Panini	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Nuts, Sesame
Chicken, Bacon & Mozzarella Panini	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Pecans, Walnuts

WRAPS

Chicken Fajita Wrap	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
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CROISSANTS

Ham & Cheese filled croissant	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Nuts, Sesame, Soya, Cereals Containing Gluten, Sulphur Dioxide
BLT Croissant	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Tress Nuts, Soya

FRESH TOAST

Toast with Butter - white	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	Y	N	N	N	
Toast with Butter - brown	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	Y	N	N	N	

SAUSAGE ROLL

Sausage Roll	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	Cereals containig gluten, Egg, Soya, Milk
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SOUP

Tomato & Basil Soup with half baguette	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	
Cream of Vegetable Soup with half baguette	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N	

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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COFFEE (PAGE 1 OF 2)

Espresso	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Double Espresso	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Flat White (skimmed milk) Small	70	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Flat White (whole milk) Small	130	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Flat White (almond milk) Small	25	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Flat White (coconut milk) Small	66	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Flat White (oat milk) Small	90	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Flat White (soya milk) Small	87	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Americano (black) Small	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Americano (black) Regular	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Americano (black) Large	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Americano (white skimmed milk) Small	44	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Americano (white skimmed milk) Regular	44	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Americano (white skimmed milk) Large	44	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Americano (white whole milk) Small	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Americano (white whole milk) Regular	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Americano (white whole milk) Large	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Americano (white almond milk) Small	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Americano (white almond milk) Regular	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Americano (white almond milk) Large	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Americano (white coconut milk) Small	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Americano (white coconut milk) Regular	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Americano (white coconut milk) Large	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Americano (white oat milk) Small	57	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Americano (white oat milk) Regular	57	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Americano (white oat milk) Large	57	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Americano (white soya milk) Small	55	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Americano (white soya milk) Regular	55	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Americano (white soya milk) Large	55	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

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COFFEE (PAGE 2 OF 2)

Cappuccino (skimmed milk) Small	72	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Cappuccino (skimmed milk) Regular	86	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Cappuccino (skimmed milk) Large	98	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Cappuccino (whole milk) Small	133	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Cappuccino (whole milk) Regular	158	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Cappuccino (whole milk) Large	180	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Cappuccino (almond milk) Small	27	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Cappuccino (almond milk) Regular	31	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Cappuccino (almond milk) Large	36	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Cappuccino (coconut milk) Small	68	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Cappuccino (coconut milk) Regular	81	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Cappuccino (coconut milk) Large	92	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Cappuccino (oat milk) Small	92	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cappuccino (oat milk) Regular	110	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cappuccino (oat milk) Large	125	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cappuccino (soya milk) Small	89	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Cappuccino (soya milk) Regular	106	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Cappuccino (soya milk) Large	121	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Latte (skimmed milk) Regular	84	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Latte (skimmed milk) Large	95	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Latte (whole milk) Regular	156	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Latte (whole milk) Large	178	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Latte (almond milk) Regular	29	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Latte (almond milk) Large	34	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Latte (coconut milk) Regular	79	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Latte (coconut milk) Large	90	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Latte (oat milk) Regular	108	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Latte (oat milk) Large	123	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Latte (soya milk) Regular	104	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Latte (soya milk) Large	119	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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CHOCOLATE DRINKS (PAGE 1 OF 3)

Hot Chocolate (skimmed milk) Regular	239	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Hot Chocolate (skimmed milk) Large	310	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Hot Chocolate (whole milk) Regular	312	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Hot Chocolate (whole milk) Large	392	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Hot Chocolate (almond milk) Regular	185	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Hot Chocolate (almond milk) Large	248	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Hot Chocolate (coconut milk) Regular	235	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Hot Chocolate (coconut milk) Large	304	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Hot Chocolate (oat milk) Regular	264	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hot Chocolate (oat milk) Large	337	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hot Chocolate (soya milk) Regular	260	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Hot Chocolate (soya milk) Large	333	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Mocha (skimmed milk) Regular	229	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Mocha (skimmed milk) Large	289	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Mocha (whole milk) Regular	293	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Mocha (whole milk) Large	354	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Mocha (almond milk) Regular	182	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Mocha (almond milk) Large	241	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Mocha (coconut milk) Regular	225	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Mocha (coconut milk) Large	285	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Mocha (oat milk) Regular	250	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mocha (oat milk) Large	311	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mocha (soya milk) Regular	247	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Mocha (soya milk) Large	308	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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CHOCOLATE DRINKS (PAGE 2 OF 3)

Kids Hot Chocolate (skimmed milk)	269	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Kids Hot Chocolate (whole milk)	330	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Kids Hot Chocolate (almond milk)	224	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Kids Hot Chocolate (coconut milk)	265	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Kids Hot Chocolate (oat milk)	290	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Kids Hot Chocolate (soya milk)	286	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Kiddiccino (Warm Skimmed Milk)	89	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Kiddiccino (Warm Whole Milk)	149	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Kiddiccino (Warm Almond Milk)	43	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Kiddiccino (Warm Coconut Milk)	85	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Kiddiccino (Warm Oat Milk)	109	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Kiddiccino (Warm Soya Milk)	105	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (skimmed milk) Regular	225	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (skimmed milk) Large	273	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (whole milk) Regular	242	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (whole milk) Large	300	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (almond milk) Regular	182	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (almond milk) Large	208	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (coconut milk) Regular	198	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (coconut milk) Large	234	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (oat milk) Regular	239	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (oat milk) Large	294	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (soya milk) Regular	217	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Marshmallow S'mores Hot Chocolate (soya milk) Large	261	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Popcorn Hot Chocolate - Regular	261	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Popcorn Hot Chocolate - Large	340	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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CHOCOLATE DRINKS (PAGE 3 OF 3)

Millionaires Hot Chocolate (skimmed milk) Regular	369	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Millionaires Hot Chocolate (skimmed milk) Large	498	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Millionaires Hot Chocolate (whole milk) Regular	413	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Millionaires Hot Chocolate (whole milk) Large	557	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Millionaires Hot Chocolate (almond milk) Regular	336	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Millionaires Hot Chocolate (almond milk) Large	454	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Millionaires Hot Chocolate (coconut milk) Regular	366	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Millionaires Hot Chocolate (coconut milk) Large	494	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Millionaires Hot Chocolate (oat milk) Large	518	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Millionaires Hot Chocolate (oat milk) Regular	384	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Millionaires Hot Chocolate (soya milk) Large	514	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Millionaires Hot Chocolate (soya milk) Regular	381	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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SPECIALITY DRINKS (PAGE 1 OF 2)

Salted Caramel Latte (skimmed milk) Regular	208	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Salted Caramel Latte (skimmed milk) Large	249	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Salted Caramel Latte (whole milk) Regular	252	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Salted Caramel Latte (whole milk) Large	308	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Salted Caramel Latte (almond milk) Regular	175	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Salted Caramel Latte (almond milk) Large	205	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Salted Caramel Latte (coconut milk) Regular	205	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Salted Caramel Latte (coconut milk) Large	245	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Salted Caramel Latte (oat milk) Regular	223	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salted Caramel Latte (oat milk) Large	269	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salted Caramel Latte (soya milk) Regular	220	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Salted Caramel Latte (soya milk) Large	265	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Pumpkin Spiced Latte (skimmed milk) Regular	213	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Pumpkin Spiced Latte (skimmed milk) Large	274	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Pumpkin Spiced Latte (whole milk) Regular	230	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Pumpkin Spiced Latte (whole milk) Large	301	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Pumpkin Spiced Latte (almond milk) Regular	170	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Pumpkin Spiced Latte (almond milk) Large	209	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Pumpkin Spiced Latte (coconut milk) Regular	186	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Pumpkin Spiced Latte (coconut milk) Large	235	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Pumpkin Spiced Latte (oat milk) Regular	227	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pumpkin Spiced Latte (oat milk) Large	295	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pumpkin Spiced Latte (soya milk) Regular	205	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Pumpkin Spiced Latte (soya milk) Large	262	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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SPECIALITY DRINKS (PAGE 2 OF 2)

Irish Cream Latte (skimmed milk) Regular	125	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Irish Cream Latte (skimmed milk) Large	185	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Irish Cream Latte (whole milk) Regular	142	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Irish Cream Latte (whole milk) Large	212	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Irish Cream Latte (almond milk) Regular	82	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Irish Cream Latte (almond milk) Large	120	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Irish Cream (coconut milk) Regular	98	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Irish Cream (coconut milk) Large	146	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Irish Cream (oat milk) Regular	139	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Irish Cream (oat milk) Large	206	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Irish Cream (soya milk) Regular	117	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Irish Cream (soya milk) Large	173	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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TEA

Traditional Tea Regular Mug or Pot for one (skimmed milk)	45	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Traditional Tea Regular Mug or Pot for one (whole milk)	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Traditional Tea Regular Mug or Pot for one (almond milk)	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Traditional Tea Regular Mug or Pot for one (coconut milk)	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Traditional Tea Regular Mug or Pot for one (oat milk)	58	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Traditional Tea Regular Mug or Pot for one (soya milk)	56	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Traditional Tea Pot of Tea for 2 (skimmed milk)	23	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Traditional Tea Pot of Tea for 2 (whole milk)	42	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Traditional Tea Pot of Tea for 2 (almond milk)	8	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Traditional Tea Pot of Tea for 2 (coconut milk)	21	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Traditional Tea Pot of Tea for 2 (oat milk)	29	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Traditional Tea Pot of Tea for 2 (soya milk)	28	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Decaf Tea (skimmed milk) Regular	44	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Decaf Tea (whole milk) Regular	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Decaf Tea (almond milk) Regular	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Decaf Tea (coconut milk) Regular	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Decaf Tea (oat milk) Regular	57	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Decaf Tea (soya milk) Regular	55	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Decaf Pot of Tea for 2 (skimmed milk)	22	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Decaf Pot of Tea for 2 (whole milk)	41	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Decaf Pot of Tea for 2 (almond milk)	8	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Decaf Pot of Tea for 2 (coconut milk)	21	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Decaf Pot of Tea for 2 (oat milk)	29	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Decaf Pot of Tea for 2 (soya milk)	28	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

SPECIALITY TEAS

Green Tea Sencha	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Eary Gray	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chamomile	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red Berry	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Peppermint	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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EXTRAS

Cream	47	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Chocolate Flake	51	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Pink & White Mini Mallows	20	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Vanilla Syrup	20	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Caramel Syrup	21	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hazelnut Syrup	21	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

MILK

Low Fat Milk 2 LTR		N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Skimmed Milk 1 LTR (84kcal per 245ml serving)	343	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Semi Skimmed Milk		N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Full Fat Milk 2 LTR		N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Oat Milk	108	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Almond Milk	29	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Soya Milk	104	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Coconut Milk	79	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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ICED COFFEE (PAGE 1 OF 3)

Iced Latte (skimmed milk) Regular	51	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Latte (skimmed milk) Large	61	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Latte (whole milk) Regular	95	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Latte (whole milk) Large	114	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Latte (almond milk) Regular	18	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Iced Latte (almond milk) Large	22	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Iced Latte (coconut milk) Regular	48	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Latte (coconut milk) Large	58	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Latte (oat milk) Regular	66	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Latte (oat milk) Large	79	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Latte (soya milk) Regular	64	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Latte (soya milk) Large	76	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Salted Caramel Iced Latte (skimmed milk) Regular	207	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Salted Caramel Iced Latte (skimmed milk) Large	235	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Salted Caramel Iced Latte (whole milk) Regular	224	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Salted Caramel Iced Latte (whole milk) Large	262	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Salted Caramel Iced Latte (almond milk) Regular	164	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Salted Caramel Iced Latte (almond milk) Large	170	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Salted Caramel Iced Latte (coconut milk) Regular	180	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Salted Caramel Iced Latte (coconut milk) Large	170	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Salted Caramel Iced Latte (oat milk) Regular	221	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salted Caramel Iced Latte (oat milk) Large	256	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salted Caramel Iced Latte (soya milk) Regular	199	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Salted Caramel Iced Latte (soya milk) Large	223	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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ICED COFFEE (PAGE 2 OF 3)

Strawberry Iced Latte (skimmed milk) Regular	109	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Strawberry Iced Latte (skimmed milk) Large	155	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Strawberry Iced Latte (whole milk) Regular	127	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Strawberry Iced Latte (whole milk) Large	182	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Strawberry Iced Latte (almond milk) Regular	79	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Strawberry Iced Latte (almond milk) Large	110	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Strawberry Iced Latte (coconut milk) Regular	89	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Strawberry Iced Latte (coconut milk) Large	125	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Strawberry Iced Latte (oat milk) Regular	123	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Iced Latte (oat milk) Large	177	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Iced Latte (soya milk) Regular	101	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Strawberry Iced Latte (soya milk) Large	143	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (skimmed milk) Regular	187	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (skimmed milk) Large	244	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (whole milk) Regular	258	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (whole milk) Large	326	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (almond milk) Regular	134	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (almond milk) Large	182	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (coconut milk) Regular	183	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (coconut milk) Large	238	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (oat milk) Regular	211	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (oat milk) Large	271	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (soya milk) Regular	207	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Salted Caramel Popcorn Cappuccino (soya milk) Large	267	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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Iced Mocha (skimmed milk) Regular	132	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Mocha (skimmed milk) Large	182	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Mocha (whole milk) Regular	176	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Mocha (whole milk) Large	235	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Iced Mocha (almond milk) Regular	98	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Iced Mocha (almond milk) Large	142	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Iced Mocha (coconut milk) Regular	129	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Mocha (coconut milk) Large	178	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Mocha (oat milk) Regular	146	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha (oat milk) Large	200	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha (soya milk) Regular	144	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Iced Mocha (soya milk) Large	197	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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CREAMY FRAPPES

Strawberry Delight Frappe (whole milk) Regular	269	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Strawberry Delight Frappe Frappe (whole milk) Large	349	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Passionfruit Martini Frappe (whole milk) Regular	284	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Passionfruit Martini Frappe (whole milk) Large	374	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Espresso Frappe (skimmed milk) Regular	176	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Espresso Frappe (skimmed milk) Large	199	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Espresso Frappe (whole milk) Regular	200	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Espresso Frappe (whole milk) Large	225	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Espresso Frappe (almond milk) Regular	158	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Espresso Frappe (almond milk) Large	179	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Espresso Frappe (coconut milk) Regular	175	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Espresso Frappe (coconut milk) Large	197	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Espresso Frappe (oat milk) Regular	184	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Espresso Frappe (oat milk) Large	207	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Espresso Frappe (soya milk) Regular	183	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Espresso Frappe (soya milk) Large	199	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Triple Chocolate Frappe (skimmed milk) Regular	303	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Triple Chocolate Frappe (skimmed milk) Large	386	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Triple Chocolate Frappe (whole milk) Regular	332	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Triple Chocolate Frappe (whole milk) Large	427	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Triple Chocolate Frappe (almond milk) Regular	281	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Triple Chocolate Frappe (almond milk) Large	355	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Triple Chocolate Frappe (coconut milk) Regular	301	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Triple Chocolate Frappe (coconut milk) Large	384	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Triple Chocolate Frappe (oat milk) Regular	313	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Triple Chocolate Frappe (oat milk) Large	400	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Triple Chocolate Frappe (soya milk) Regular	311	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Triple Chocolate Frappe (soya milk) Large	398	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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FRUIT SMOOTHIES

Strawberry & Banana Smoothie Regular	177	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry & Banana Smoothie Large	197	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mango Pineapple & Passionfruit Regular	179	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mango Pineapple & Passionfruit Large	199	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Super Berry Smoothie Regular	192	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Super Berry Smoothie Large	212	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

MILKSHAKES (PAGE 1 OF 2)

Chocolate Milkshake (skimmed milk) Regular	447	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Chocolate Milkshake (skimmed milk) Large	581	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Chocolate Milkshake (whole milk) Regular	491	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Chocolate Milkshake (whole milk) Large	640	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Chocolate Milkshake (almond milk) Regular		N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Chocolate Milkshake (almond milk) Large		N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Chocolate Milkshake (coconut milk) Regular	444	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Chocolate Milkshake (coconut milk) Large	577	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Chocolate Milkshake (oat milk) Regular	462	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chocolate Milkshake (oat milk) Large	600	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chocolate Milkshake (soya milk) Regular	459	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Chocolate Milkshake (soya milk) Large	597	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Vanilla Milkshake (skimmed milk) Regular	406	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Vanilla Milkshake (skimmed milk) Large	520	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Vanilla Milkshake (whole milk) Regular	450	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Vanilla Milkshake (whole milk) Large	579	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Vanilla Milkshake (almond milk) Regular	373	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Vanilla Milkshake (almond milk) Large	476	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Vanilla Milkshake (coconut milk) Regular	403	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Vanilla Milkshake (coconut milk) Large	516	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Vanilla Milkshake (oat milk) Regular	421	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Vanilla Milkshake (oat milk) Large	540	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Vanilla Milkshake (soya milk) Regular	419	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Vanilla Milkshake (soya milk) Large	537	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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MILKSHAKES (PAGE 2 OF 2)

Strawberry Milkshake (skimmed milk) Regular	537	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Strawberry Milkshake (skimmed milk) Large	681	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Strawberry Milkshake (whole milk) Regular	581	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Strawberry Milkshake (whole milk) Large	740	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Strawberry Milkshake (almond milk) Regular	504	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Strawberry Milkshake (almond milk) Large	638	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Strawberry Milkshake (coconut milk) Regular	534	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Strawberry Milkshake (coconut milk) Large	678	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Strawberry Milkshake (oat milk) Regular	552	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Milkshake (oat milk) Large	701	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Milkshake (soya milk) Regular	549	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Strawberry Milkshake (soya milk) Large	698	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Banana Milkshake (skimmed milk) Regular	426	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Banana Milkshake (skimmed milk) Large	550	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Banana Milkshake (whole milk) Regular	471	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Banana Milkshake (whole milk) Large	609	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Banana Milkshake (almond milk) Regular	394	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Banana Milkshake (almond milk) Large	507	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Banana Milkshake (coconut milk) Regular	423	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Banana Milkshake (coconut milk) Large	547	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Banana Milkshake (oat milk) Regular	441	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Banana Milkshake (oat milk) Large	570	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Banana Milkshake (soya milk) Regular	439	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Banana Milkshake (soya milk) Large	567	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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ICED TEAS

Green Tea & Peach Iced Tea Regular	88	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Green Tea & Peach Iced Tea Large	131	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Lemon Iced Tea Regular	58	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Lemon Iced Tea Large	87	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Elderflower Iced Tea Regular	82	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Elderflower Iced Tea Large	122	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

ICED LEMONADES

Traditonal Lemonade Regular	77	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Traditonal Lemonade Large	102	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Passionfruit Iced Lemonade Regular	102	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Passionfruit Iced Lemonade Large	124	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Cloudy Lemonade Regular	104	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Cloudy Lemonade Large	148	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

Ice Cream

Ice Cream Extras

Product	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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ICE CREAM

Strawberry Ice Cream	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Mint Chocolate Ice Cream	N	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
Bourbon Vanilla Ice Cream	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Cookies & Cream Ice Cream	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
Double Chocolate Ice Cream	N	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
Honeycombe Ice Cream	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Raspberry Sorbet	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

ICE CREAM EXTRAS

Waffle Cone Small	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
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Sugars & Condiments

Extras

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs
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SUGARS & CONDIMENTS

White Sugar Sticks		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Brown Sugar Sticks		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Canderel Sweetner		N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Pepper Sachet		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salt Sachet		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

EXTRAS

Mayonnaise Sachets		N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y	N	N	N	N
Tomato Ketchup Sachets		N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Brown Sauce Sachets		Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Jam		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Butter Portions		N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N

BAKERS + BARISTAS