

BAKERS + BARISTAS

Nutrition & Allergen Guide

Ireland & Northern Ireland
Autumn 2024

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** (such as Barley, Kamut, Oats, Rye, Spelt, Wheat)
- **Crustaceans** (such as prawns, crabs and lobsters)
- **Eggs**
- **Fish**
- **Lupin**
- **Milk**
- **Celery,**
- **Molluscs** (such as mussels and oysters),
- **Mustard**
- **Peanuts**
- **Sesame**
- **Soybeans** (Soya)
- **Sulphur Dioxide and Sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million)
- **Tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

Classic Seasonal Deluxe Made without Gluten Vegan Mini

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	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	
Apple & Cinnamon Muffin	433	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Soya
Blueberry Muffin - Crème	446	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	

LIMITED EDITION MUFFINS

Smore's Muffin	773	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	Barley
Kinder Bueno Muffin	726	Y	N	N	N	N	N	N	Y	N	N	Y	Y	Y	N	N	N	Y	N	N	Almonds, Peanuts
Spooky Muffin - Halloween	695	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Savoury Muffin - Sundried Tomato & Cheese	729	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Soya

DELUXE MUFFINS

Winter Berry Muffin	595	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Soya
Victoria Sponge Muffin	698	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	

MADE WITHOUT GLUTEN MUFFINS

Blueberry Muffin	503	N	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Gluten
Almond Muffin	562	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N	N	Sesame

VEGAN MUFFINS

Lemon Drizzle Vegan Muffin	540	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Eggs, Milk, Soya
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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	
Mini Bakes (6) Crème		Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Mini Bakes (6) Chocolate		Y	N	N	N	N	N	N	Y	N	N	Y	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	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	
Double Chocolate Belgian Cookie		Y	N	N	N	N	N	N	Y	N	N	Y	Y	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	

DONUTS

White Chocolate Ball Doughnut		Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	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	

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	
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	
Brown Scone with Butter and Jam		Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Celery, Nuts, Sesame Seeds, Soya

PASTRIES

LaBo Almond Croissant	357	Y	N	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	Sesame, Soya, Hazelnuts, Pecans
Pain au Raisin		Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Plain Croissant		Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Cinnamon Swirl	337	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Tree nuts, Sesame, Soya

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	May contain
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SLICED CAKES

Pear & Almond Cake	310	Y	N	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	N	
Banana Walnut Loaf cake	286	Y	N	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	N	Sesame,
Lemon Drizzle Cake		Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry and Rhubarb Crumble cake	330	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	May contain Tree Nuts

CAKE POPS

Vanilla Cake Pop	157	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Fish
Strawberry Cake Pop	153	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	N	
Chocolate Cake Pop	141	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	

TRAYBAKES

Rocky Road Traybake		Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	N	Tree nuts, Peanuts
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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	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

Goats Cheese & Red Onion Chutney Malted Baguette	494	Y	N	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Tree nuts, Sesame
Autumn Fruit Chutney & Cheese Baguette	579	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Tree nuts, Sesame
Katsu Chicken Baguette	568	Y	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Sesame
Ham & Cheese White Baguette		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 Malted Wheat Baguette		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

BLOOMER SANDWICHES

Ham & Ballymaloe	323	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Tree nuts, Eggs, Milk, Sesame, Sulphites
Tuna Salad	374	Y	N	N	N	N	N	N	Y	Y	N	Y	N	N	N	N	N	N	N	N	Barley

ITALIAN FLATBREADS

Chicken, Mango, Cheese & Rocket Flatbread	640	Y	Y	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Ham Hock & Grated Cheese	528	Y	Y	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Nuts, Sesame, Egg
Triple Cheese and Ballymaloe Relish Flatbread	567	Y	Y	N	N	N	N	N	Y	N	N	N	Y	N	N	Y	N	N	N	N	N	
Mozzarella, Tomato, Pesto & Rocket	499	Y	Y	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	N	
BBQ Chicken with Grated Cheese Flatbread	446	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	Eggs

BAGELS

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

Sausage & Red Onion Toastie	552	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y	N	N	Tree nuts, Eggs, Milk, Sesame
Cheddar Cheese & Red Onion		Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Grilled Cheese		Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Ham & Cheddar Cheese		Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Cheddar Cheese & Tomato		Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley

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	May contain
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PANINIS

Chicken & Chorizo Panini	522	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	Y	N	N	N	N	Tree nuts, Pecans, Walnuts
Meatball Marinara Panini	542	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	Tree nuts, Pecans, Walnuts
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 & Cheddar Cheese Panini		Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Nuts, Sesame

WRAPS

Chicken Fajita Hot Wrap	348	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Chicken Caesar Wrap	384	Y	N	N	N	N	N	N	Y	Y	N	N	Y	N	Y	Y	N	N	N	N	

FILLED CROISSANTS

Goats Cheese & Red Onion Chutney Croissant	389	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	Tree nuts, Sesame, Soya
Ham & Cheddar Cheese		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

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

Hot 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

Cream of Vegetable Soup 1x2 LT	135	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N	
Chicken & Vegetable Soup 1x2 LT	150	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N	
Potato & Leek Soup 1 x 2lt	166	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N	
Tomato & Basil Soup 1x2 LT	128	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	

JACKET POTATOES

Grated Cheese	691	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Beans	512	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Tuna Mayo	704	N	N	N	N	N	N	N	Y	Y	N	N	Y	N	N	N	N	N	N	N	
Coleslaw	618	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	Y	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	May contain
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COFFEE

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	N	N	N	Y	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	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (white oat milk) Regular	57	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (white oat milk) Large	57	N	N	N	Y	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

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 No Chocolate Sprinkles (almond milk) Small	27	N	N	N	N	N	N	N	N	N	N	N	N*	Y	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (almond milk) Regular	31	N	N	N	N	N	N	N	N	N	N	N	N*	Y	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (almond milk) Large	36	N	N	N	N	N	N	N	N	N	N	N	N*	Y	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (coconut milk) Small	68	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (coconut milk) Regular	81	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (coconut milk) Large	92	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (oat milk) Small	92	N	N	N	Y	N	N	N	N	N	N	N	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (oat milk) Regular	110	N	N	N	Y	N	N	N	N	N	N	N	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (oat milk) Large	125	N	N	N	Y	N	N	N	N	N	N	N	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (soya milk) Small	89	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (soya milk) Regular	106	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (soya milk) Large	121	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	

***ALLERGY ADVICE - PLEASE NOTE: OUR HOT CHOCOLATE POWDER USED FOR SPRINKLES CONTAIN MILK**

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	May contain
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COFFEE

Latte (skimmed milk) Regular	84	N	N	N	N	N	N	N	N	N	N	N	Y	N	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	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	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	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	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	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	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	N	
Latte (oat milk) Regular	108	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Latte (oat milk) Large	123	N	N	N	Y	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	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	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	May contain
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CHOCOLATE DRINKS

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	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	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	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	N	
Hot Chocolate (almond milk) Regular	185	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Hot Chocolate (almond milk) Large	248	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Hot Chocolate (coconut milk) Regular	235	N	N	N	N	N	N	N	N	N	N	Y	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	Y*	N	N	N	N	N	N	N	N	
Hot Chocolate (oat milk) Regular	264	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Hot Chocolate (oat milk) Large	337	N	N	N	Y	N	N	N	N	N	N	N	Y*	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	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	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	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	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	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	N	
Mocha (almond milk) Regular	182	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Mocha (almond milk) Large	241	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Mocha (coconut milk) Regular	225	N	N	N	N	N	N	N	N	N	N	Y	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	Y*	N	N	N	N	N	N	N	N	
Mocha (oat milk) Regular	250	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Mocha (oat milk) Large	311	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Mocha (soya milk) Regular	247	N	N	N	N	N	N	N	N	N	N	Y	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	Y*	N	N	N	N	N	N	N	N	

***ALLERGY ADVICE - OUR HOT CHOCOLATE POWDER DOES CONTAIN MILK, ANY MILK CHANGES WON'T REMOVE THE ALLERGEN**

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	May contain
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CHOCOLATE DRINKS

Kids Hot Chocolate (skimmed milk)	225	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Kids Hot Chocolate (whole milk)	273	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Kids Hot Chocolate (almond milk)	242	N	N	N	N	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	
Kids Hot Chocolate (coconut milk)	300	N	N	N	N	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	
Kids Hot Chocolate (oat milk)	182	N	N	N	Y	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	
Kids Hot Chocolate (soya milk)	208	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	
Kiddiccino (Warm Skimmed Milk)	89	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Kiddiccino (Warm Whole Milk)	149	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Kiddiccino (Warm Almond Milk)	43	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	
Kiddiccino (Warm Coconut Milk)	85	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	
Kiddiccino (Warm Oat Milk)	109	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	
Kiddiccino (Warm Soya Milk)	105	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	
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	Y*	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	Y*	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	Y*	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	Y*	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (oat milk) Large	518	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (oat milk) Regular	384	N	N	N	Y	N	N	N	N	N	N	N	Y*	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	Y*	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	Y*	N	N	N	N	N	N	N	

***ALLERGY ADVICE - OUR HOT CHOCOLATE POWDER DOES CONTAIN MILK, ANY MILK CHANGES WON'T REMOVE THE ALLERGEN**

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	May contain
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CHOCOLATE DRINKS

Smore's Hot Chocolate - Medium - Whole Milk	388	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Smore's Hot Chocolate - Medium - Oat	380	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Smore's Hot Chocolate - Medium - Coconut	338	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Smore's Hot Chocolate - Medium - Soya	354	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Smore's Hot Chocolate - Medium - Almond	324	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	
Smore's Hot Chocolate - Medium - Low Fat	364	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Smore's Hot Chocolate - Large - Whole Milk	570	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Smore's Hot Chocolate - Large - Oat	559	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Smore's Hot Chocolate - Large - Coconut	495	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Smore's Hot Chocolate - Large - Soya	519	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Smore's Hot Chocolate - Large - Almond	475	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	
Smore's Hot Chocolate - Large - Low Fat	535	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	

***ALLERGY ADVICE - OUR HOT CHOCOLATE POWDER DOES CONTAIN MILK, ANY MILK CHANGES WON'T REMOVE THE ALLERGEN**

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	May contain
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SEASONAL DRINKS

Original Matcha Latte (skimmed milk) Medium	127	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Original Matcha Latte (skimmed milk) Large	205	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Original Matcha Latte (whole milk) Regular	165	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Original Matcha Latte (whole milk) Large	266	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Original Matcha Latte (almond milk) Medium	62	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Original Matcha Latte (almond milk) Large	100	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Original Matcha Latte (coconut milk) Medium	84	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Original Matcha Latte (coconut milk) Large	135	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Original Matcha Latte (oat milk) Medium	122	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Original Matcha Latte (oat milk) Large	197	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Original Matcha Latte (soya milk) Medium	109	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Original Matcha Latte (soya milk) Large	177	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (skimmed milk) Regular	157	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Vanilla Matcha Latte (skimmed milk) Large	251	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Vanilla Matcha Latte (whole milk) Regular	192	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Vanilla Matcha Latte (whole milk) Large	307	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Vanilla Matcha Latte (almond milk) Regular	97	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Vanilla Matcha Latte (almond milk) Large	153	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Vanilla Matcha Latte (coconut milk) Regular	117	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (coconut milk) Large	186	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (oat milk) Regular	152	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (oat milk) Large	243	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (soya milk) Regular	141	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (soya milk) Large	224	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	May contain
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SEASONAL DRINKS

Salted Caramel Latte with Cream (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 with Cream (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 with Cream (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 with Cream (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 with Cream (almond milk) Regular	175	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Salted Caramel Latte with Cream (almond milk) Large	205	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Salted Caramel Latte with Cream (coconut milk) Regular	205	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Almonds
Salted Caramel Latte with Cream (coconut milk) Large	245	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Almonds
Salted Caramel Latte with Cream (oat milk) Regular	227	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (oat milk) Large	274	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (soya milk) Regular	220	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (soya milk) Large	265	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Spiced Chai Latte (skimmed milk) Regular	246	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Spiced Chai Latte (skimmed milk) Large	349	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Spiced Chai Latte (whole milk) Regular	288	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Spiced Chai Latte (whole milk) Large	417	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Spiced Chai Latte (almond milk) Regular	215	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Spiced Chai Latte (almond milk) Large	298	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Spiced Chai Latte (coconut milk) Regular	244	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Spiced Chai Latte (coconut milk) Large	345	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Spiced Chai Latte (oat milk) Regular	264	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Spiced Chai Latte (oat milk) Large	378	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Spiced Chai Latte (soya milk) Regular	258	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Spiced Chai Latte (soya milk) Large	368	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	May contain
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SEASONAL DRINKS

Pumpkin Spiced latte Medium - Whole Milk	270	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte Medium - Oat	265	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte Medium - Coconut	233	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte Medium - Soya	244	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte Medium - Almond	222	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Pumpkin Spiced latte Medium - Low Fat	252	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte Large - Whole Milk	379	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte Large - Oat	371	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte Large - Coconut	323	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte Large - Soya	341	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte Large - Almond	308	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Pumpkin Spiced latte Large - Low Fat	353	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Dirty Chai Latte Medium - Whole Milk	195	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Dirty Chai Latte Medium - Oat	187	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Dirty Chai Latte Medium - Coconut	139	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Dirty Chai Latte Medium - Soya	157	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Dirty Chai Latte Medium - Almond	124	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Dirty Chai Latte Medium - Low Fat	169	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Dirty Chai Latte Large - Whole Milk	290	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Dirty Chai Latte Large - Oat	278	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Dirty Chai Latte Large - Coconut	206	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Dirty Chai Latte Large - Soya	233	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Dirty Chai Latte Large - Almond	183	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Dirty Chai Latte Large - Low Fat	251	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	May contain
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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	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	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	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	N	
Traditional Tea Regular Mug or Pot for one (oat milk)	58	N	N	N	Y	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	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	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	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	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	N	
Traditional Tea Pot of Tea for 2 (oat milk)	29	N	N	N	Y	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	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	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	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	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	N	
Decaf Tea (oat milk) Regular	57	N	N	N	Y	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	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	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	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	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	N	
Decaf Pot of Tea for 2 (oat milk)	29	N	N	N	Y	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	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	N	
Eary Gray	0	N	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	N	
Red Berry	0	N	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	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	May contain
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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	

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	May contain
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ICED COFFEE

Iced Vanilla Matcha Latte (skimmed milk) Medium	103	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (skimmed milk) Large	152	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (whole milk) Medium	128	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (whole milk) Large	186	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (almond milk) Medium	60	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (almond milk) Large	95	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (coconut milk) Medium	75	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (coconut milk) Large	114	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (oat milk) Medium	100	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (oat milk) Large	148	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (soya milk) Medium	92	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (soya milk) Large	137	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (skimmed milk) Medium	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (skimmed milk) Large	112	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (whole milk) Medium	108	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (whole milk) Large	146	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (almond milk) Medium	40	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Original Matcha Latte (almond milk) Large	55	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Original Matcha Latte (coconut milk) Medium	55	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (coconut milk) Large	74	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (oat milk) Medium	80	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (oat milk) Large	108	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (soya milk) Medium	72	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Original Matcha Latte (soya milk) Large	97	N	N	N	N	N	N	N	N	N	N	Y	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	May contain
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ICED COFFEE

Iced Strawberry Matcha Latte (skimmed milk) Medium	117	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (skimmed milk) Large	179	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (whole milk) Medium	141	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (whole milk) Large	213	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (almond milk) Medium	74	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (almond milk) Large	122	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (coconut milk) Medium	88	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (coconut milk) Large	141	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (oat milk) Medium	113	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (oat milk) Large	175	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (soya milk) Medium	105	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Strawberry Matcha Latte (soya milk) Large	164	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
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	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	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	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	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	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	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	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	N	
Iced Latte (oat milk) Regular	66	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Latte (oat milk) Large	79	N	N	N	Y	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	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	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	May contain
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ICED COFFEE

Iced Dirty Chai Latte Medium - Whole Milk	189	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Medium - Oat	181	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Medium - Coconut	136	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Medium - Soya	152	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Medium - Almond	121	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Medium - Low Fat	164	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Large - Whole Milk	233	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Large - Oat	225	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Large - Coconut	177	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Large - Soya	195	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Large - Almond	162	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Dirty Chai Latte Large - Low Fat	207	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
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	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	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	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	N	
Iced Mocha (almond milk) Regular	98	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Iced Mocha (almond milk) Large	142	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Iced Mocha (coconut milk) Regular	129	N	N	N	N	N	N	N	N	N	N	Y	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	Y*	N	N	N	N	N	N	N	N	
Iced Mocha (oat milk) Regular	146	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Iced Mocha (oat milk) Large	200	N	N	N	Y	N	N	N	N	N	N	N	Y*	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	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	Y*	N	N	N	N	N	N	N	N	

***ALLERGY ADVICE - OUR HOT CHOCOLATE POWDER DOES CONTAIN MILK, ANY MILK CHANGES WON'T REMOVE THE ALLERGEN**

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	May contain
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CREAMY FRAPPES

Smore's Frappe Medium - Whole Milk	464	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Smore's Frappe Medium - Oat	458	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Smore's Frappe Medium - Coconut	426	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Smore's Frappe Medium - Soya	438	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Smore's Frappe Medium - Almond	416	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Eggs
Smore's Frappe Medium - Low Fat	446	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Smore's Frappe Large - Whole Milk	716	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Smore's Frappe Large - Oat	702	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Smore's Frappe Large - Coconut	622	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Smore's Frappe Large - Soya	652	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Smore's Frappe Large - Almond	597	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Eggs
Smore's Frappe Large - Low Fat	672	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
Banoffee Frappe (Skimmed Milk) Medium	334	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians
Banoffee Frappe (Skimmed Milk) Large	476	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians
Banoffee Frappe (Whole Milk) Medium	363	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians
Banoffee Frappe (Whole Milk) Large	511	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians
Banoffee Frappee (Almond Milk) Medium	312	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Not suitable for vegetarians
Banoffee Frappee (Almond Milk) Large	449	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias. Not suitable for vegetarians
Banoffee Frappe (Coconut Milk) Medium	332	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians
Banoffee Frappe (Coconut Milk) Large	473	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians
Banoffee Frappe (Oat Milk) Medium	347	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians
Banoffee Frappe (Oat Milk) Large	491	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians
Banoffee Frappe (Soya Milk) Medium	352	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians
Banoffee Frappe (Soya Milk) Large	485	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Not suitable for vegetarians

ALLERGY ADVICE - WE DO NOT SERVE ANY FRAPPES WITH DAIRY FREE ALTERNATIVE MILKS

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	May contain
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CREAMY FRAPPES

Jammie Dodger Frappe (Skimmed Milk) Medium	387	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	
Jammie Dodger Frappe (Skimmed Milk) Large	522	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	
Jammie Dodger Frappe (Whole Milk) Medium	416	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	
Jammie Dodger Frappe (Whole Milk) Large	557	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	
Jammie Dodger Frappee (Almond Milk) Medium	365	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	Y	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Jammie Dodger Frappee (Almond Milk) Large	496	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	Y	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Jammie Dodger Frappe (Coconut Milk) Medium	385	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	
Jammie Dodger Frappe (Coconut Milk) Large	520	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	
Jammie Dodger Frappe (Oat Milk) Medium	400	Y	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	
Jammie Dodger Frappe (Oat Milk) Large	537	Y	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	
Jammie Dodger Frappe (Soya Milk) Medium	395	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	
Jammie Dodger Frappe (Soya Milk) Large	532	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	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	
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	

ALLERGY ADVICE - WE DO NOT SERVE ANY FRAPPES WITH DAIRY FREE ALTERNATIVE MILKS

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	May contain
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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	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	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	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	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	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	N	

MILKSHAKES

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	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	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	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	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	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	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	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	N	
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	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	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	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	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	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	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	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	N	

ALLERGY ADVICE - WE DO NOT SERVE ANY MILKSHAKES WITH DAIRY FREE ALTERNATIVE MILKS

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	May contain
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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	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	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	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	N	

ICED LEMONADES

Morello Cherry Iced Lemonade Medium	151	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Morello Cherry Iced Lemonade Large	196	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Pineapple Iced Lemonade Medium	117	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Pineapple Iced Lemonade Large	153	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Traditional Lemonade Regular	77	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Traditional Lemonade Large	102	N	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	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	N	
Iced Raspberry Matcha Lemonade Regular	139	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Raspberry Matcha Lemonade Large	185	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

BUBBLE LEMONADES

Peach Bubble tea Medium	109	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Milk
Peach Bubble Tea Large	134	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Milk
Mango & Passionfruit Bubble Lemonade Regular	284	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Mango & Passionfruit Bubble Lemonade Large	337	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Cloudy Strawberry Bubble Lemonade Regular	316	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Cloudy Strawberry Bubble Lemonade Large	362	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	

Ice Cream

Product	Kcal (Per 100g)	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	May contain
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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	N	
Brown Sugar Sticks		N	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	N	
Pepper Sachet		N	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	N	

EXTRAS

Mayonnaise Sachets		N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y	N	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	N	
Brown Sauce Sachets		Y	N	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	N	
Butter Portions		N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	