

BAKERS + BARISTAS

# Nutrition & Allergen Guide

United Kingdom  
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](mailto: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

Sticky Toffee Muffin	628	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	
Polka Dot Muffin	602	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	
Chocolate Chunk Muffin	547	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Double Chocolate with Maltesers Muffin	646	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Raspberry & Apple Crumble Muffin	451	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Soya
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

Smores Muffin	773	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	Barley. Not suitable for vegetarians
Kinder Bueno Muffin	722	Y	N	N	N	N	N	N	Y	N	N	Y	Y	Y	N	N	N	Y	N	N	Peanuts, Almonds
Spooky Muffin - Halloween	688	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Savoury Muffin - Sundried Tomato & Cheese	516	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	
Bunny Banoffee Muffin	610	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Lemon & White chocolate Butterfly	619	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	N	Y	N	N	N	N	N	N	N	These products are made in a kitchen containing Gluten, we cannot guarantee they are suitable for Coeliac's
Almond	559	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N	N	Peanuts, Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Nuts. This product is made in a kitchen containing Gluten, we cannot guarantee it is suitable for Coeliac's.

VEGAN MUFFINS

Lemon Drizzle Vegan Muffin	545	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	Eggs, Milk, Soya
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MINI MUFFINS

Chocolate Mini Muffin - No Topping	73	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Crème Mini Muffin - No Topping	106	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	

## Savoury Slices

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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### TARTS

Portuguese Custard Tart	168	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Almonds, Sesame, Soya
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### COOKIES

Belgian White Chocolate Cookie	378	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
Belgian Triple Chocolate Cookie	362	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	

### DONUTS

Strawberry Sprinkle Donut	296	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts, Peanuts
Triple Chocolate Donut	319	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts, Peanuts

### SCONES

Fruit Scone	520	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Plain Scone	450	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
New Bakers Scones - Fruit	463	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Mustard, Sesame, Soya, Oats, Rye
New Bakers Scones - Plain	436	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Mustard, Sesame, Soya, Oats, Rye
New Bakers Scones - Cheese	440	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Mustard, Sesame, Soya, Oats, Rye
Tiptree Strawberry Jam 28g	76	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

### PASTRIES

Almond Croissant	338	Y	N	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	N	
Croissant	355	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Almonds, Soya
Pain au Raisin	337	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Hazelnut, Nuts, Pecan Nut, Sesame, Soya, Walnut
Chocolate Twist	269	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Almonds, Hazelnut and Nuts
Cinnamon Swirl	382	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecans, Almonds, Walnuts

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

Raspberry Victoria Sponge	281	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	Soya
Victoria Sponge Cake	561	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Nuts and Peanuts
Gluten Free - Triple Chocolate Fudge Cake	455	N	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Almonds, Hazelnut, Nuts, Pecan Nut, Pistachio, Walnut
Red Velvet Cake	760	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Almonds, Hazelnut, Nuts, Peanuts, Pecan Nut, Pistachio, Walnut
Lemon Drizzle Cake	694	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnut, Pecan, Almonds, Pistachio, Walnut

#### 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	Fish
Strawberry Cake Pop	153	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	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	

#### TRAYBAKES

Raspberry & Coconut Traybake	357	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Millionaires Caramel Shortcake (460071)	422	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Millionaires Caramel Shortcake (3850)	315	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Almonds, Hazelnut, Nuts, Peanuts, Pecan Nut, Walnut
Chocolate Brownie Traybake	295	Y	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	N	N	N	Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia, Milk, Pecan Nut, Pistachio, Walnut
We Love Cake Chocolate Pecan Brownies	280	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N	N	Peanuts

#### TEACAKES

Teacake	251	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Tree Nuts, Sesame
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#### SAVOURY SLICES

Steak & Onion Slice	372	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Cheese & Onion Slice	595	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	Y	N	Y	N	N	
Chicken & Mushroom Slice	549	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	
Traditional Beef & Onion Pasty	554	Y	N	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Almonds, Cashew Nut and Nuts

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 Brioche Bap	475	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Soya, Sesame, Oats, Rye, Barley
Bacon Brioche Bap	402	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Soya, Sesame, Oats, Rye, Barley

### BAGUETTES

Goats Cheese & Red Onion Chutney Malted Baguette	525	Y	N	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Sesame
Autumn Fruit Chutney & Cheese White Baguette	573	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Sesame, Barley
Harissa Chicken White Baguette	496	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	Tree nuts, Sesame, Barley, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios
Ham & Cheddar Cheese White Baguette	523	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Sesame, Barley
Tuna Mayonnaise & Rocket Malted Wheat Baguette	469	Y	N	Y	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	Sesame
Cheddar Cheese with Little Gem, Tomatoes & Cucumber White Baguette	504	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Sesame, Barley

### ITALIAN FLATBREADS

Chicken, Mango, Cheese & Rocket Flatbread	500	Y	Y	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios
Ham Hock & Grated Cheese	549	Y	Y	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Mozzarella, Tomato & Pesto	452	Y	Y	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	Peanuts, Eggs, Hazelnuts, Pecans, Almonds, Walnuts, Brazil nuts, Pistachios, Macadamias

### BAGELS

Smoked Salmon & Cream Cheese Plain Bagel	415	Y	Y	Y	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	N	N	Sesame
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### TOASTIES

Cheddar Cheese & Red Onion Toastie	560	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Grilled Cheese Toastie	595	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Ham & Cheddar Cheese Toastie	470	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Cheddar Cheese & Tomato Toastie	560	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Mozzarella & Pesto Gluten Free Toastie	378	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Tree nuts, Peanuts, Sesame, Almonds, Cashews, Pistachios

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	533	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Sesame
Meatball Marinara Panini	565	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	Y	N	N	N	N	N	Sesame
Tuna Melt Panini	567	Y	N	N	N	N	N	N	Y	Y	N	N	Y	N	N	N	N	N	N	N	N	Sesame
Ham & Cheddar Cheese Panini	504	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Sesame

#### BLOOMER SANDWICHES

Ham, Double Cheese & Onion Sandwich	415	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Barley
Tuna Salad	374	Y	N	N	N	N	N	N	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	Barley

#### WRAPS

Chicken Caesar Wrap	348	Y	N	N	N	N	N	N	Y	Y	N	N	Y	N	N	N	N	N	N	N	N	Mustard, Sesame
Chicken Fajita Hot Wrap	355	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	

#### FILLED CROISSANTS

Goats Cheese & Red Onion Chutney Croissant	445	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	N	Tree nuts, Soya, Hazelnuts, Almonds
Ham & Cheddar Cheese Croissant	480	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Soya, Hazelnuts, Almonds

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 TOAST**

Toast with Butter - white	368	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Barley
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**SAUSAGE ROLL**

Hot Sausage Roll	532	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	N	Nuts
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**JACKET POTATOES**

Plain with 2 Butter Portions	338	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Plain without Butter	246	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Jacket Potato toppings - toppings do not include calories or allergens for the jacket potato with butter or jacket potato no butter (see above)																						
Grated Cheese - 100g (Portion)	414	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Tuna Mayonnaise - 100g (Portion)	187	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Coleslaw - 100g (Portion)	116	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	
Baked Beans - 100g (Portion)	92	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Marinated Chicken Tikka - 100g (Portion)	140	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Barley, Crustaceans, Egg, Fish, Mustard, Soya , Sulphites >10ppm
Pulled Pork - 100g (Portion)	145	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Barley, Crustaceans, Egg, Fish, Milk, Mustard, Soya, Sulphites >10ppm , Wheat

**SOUP**

Real Carrot & Coriander Soup Pots	206	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Real Leek & Potato Soup Pots	150	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Real Thai Chicken Soup Pots	246	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Real Tomato & Basil Soup Pots	206	N	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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**COFFEE**

<b>Espresso</b>	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	
<b>Flat White (skimmed milk) Small</b>	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	96	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	
<b>Americano (black) Small</b>	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	61	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (white oat milk) Regular	61	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (white oat milk) Large	61	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	

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**

<b>Cappuccino (skimmed milk) Small</b>	<b>72</b>	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	98	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	117	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	133	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**

<b>Latte (skimmed milk) Regular</b>	<b>84</b>	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	115	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Latte (oat milk) Large	131	N	N	N	Y	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	May contain
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### CHOCOLATE DRINKS

<b>Hot Chocolate (skimmed milk) Regular</b>	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	271	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	345	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	
<b>Mocha (skimmed milk) Regular</b>	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	256	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Mocha (oat milk) Large	317	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**

<b>Kids Hot Chocolate (skimmed milk)</b>	269	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Kids Hot Chocolate (whole milk)	330	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Kids Hot Chocolate (almond milk)	224	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Kids Hot Chocolate (coconut milk)	265	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Kids Hot Chocolate (oat milk)	295	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Kids Hot Chocolate (soya milk)	286	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
<b>Kiddiccino (Warm Skimmed Milk)</b>	89	N	N	N	N	N	N	N	N	N	N	N	Y	N	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	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	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	N	
Kiddiccino (Warm Oat Milk)	114	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	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	N	
<b>Millionaires Hot Chocolate (skimmed milk) Regular</b>	369	N	N	N	N	N	N	N	N	N	N	N	Y	N	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	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	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	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	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	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	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	N	
Millionaires Hot Chocolate (oat milk) Large	523	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (oat milk) Regular	388	N	N	N	Y	N	N	N	N	N	N	N	Y*	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	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	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**

Smore's Hot Chocolate (skimmed milk) Medium	320	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Smore's Hot Chocolate (skimmed milk) Large	469	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Smore's Hot Chocolate (whole milk) Medium	367	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Smore's Hot Chocolate (whole milk) Large	540	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Smore's Hot Chocolate (almond milk) Medium	285	Y	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
Smore's Hot Chocolate (almond milk) Large	416	Y	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
Smore's Hot Chocolate (coconut milk) Medium	317	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Smore's Hot Chocolate (coconut milk) Large	465	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Smore's Hot Chocolate (oat milk) Medium	341	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Smore's Hot Chocolate (oak milk) Large	616	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Smore's Hot Chocolate (soya milk) Medium	334	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Smore's Hot Chocolate (soya milk) Large	489	Y	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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**SEASONAL DRINKS**

<b>Original Matcha Latte (skimmed milk) Medium</b>	<b>88</b>	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Original Matcha Latte (skimmed milk) Large	143	N	N	N	N	N	N	N	N	N	N	N	Y	N	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	N	
Original Matcha Latte (whole milk) Large	267	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Original Matcha Latte (almond milk) Medium	31	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Original Matcha Latte (almond milk) Large	51	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	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	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	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	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	N	
Original Matcha Latte (soya milk) Medium	110	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Original Matcha Latte (soya milk) Large	178	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
<b>Vanilla Matcha Latte (skimmed milk) Regular</b>	<b>122</b>	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (skimmed milk) Large	193	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (whole milk) Regular	193	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (whole milk) Large	308	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (almond milk) Regular	69	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Vanilla Matcha Latte (almond milk) Large	107	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	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	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	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	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	N	
Vanilla Matcha Latte (soya milk) Regular	142	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Vanilla Matcha Latte (soya milk) Large	225	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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**SEASONAL DRINKS**

<b>Salted Caramel Latte with Cream (skimmed milk) Regular</b>	<b>208</b>	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 (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 (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	
<b>Spiced Chai Latte (skimmed milk) Regular</b>	<b>246</b>	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

<b>Dirty Chai Latte (skimmed milk) Medium</b>	142	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Dirty Chai Latte (skimmed milk) Large	211	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Dirty Chai Latte (whole milk) Medium	195	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Dirty Chai Latte (whole milk) Large	290	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Dirty Chai Latte (almond milk) Medium	103	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
Dirty Chai Latte (almond milk) Large	152	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
Dirty Chai Latte (coconut milk) Medium	139	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Dirty Chai Latte (coconut milk) Large	206	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Dirty Chai Latte (oat milk) Medium	165	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Dirty Chai Latte (oat milk) Large	245	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Dirty Chai Latte (soya milk) Medium	157	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Dirty Chai Latte (soya milk) Large	233	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
<b>Pumpkin Spiced latte (skimmed milk) Medium</b>	211	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	296	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte (whole milk) Medium	246	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	349	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte (almond milk) Medium	185	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Pumpkin Spiced latte (almond milk) Large	256	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Pumpkin Spiced latte (coconut milk) Medium	209	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Pumpkin Spiced latte (coconut milk) Large	293	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Pumpkin Spiced latte (oat milk) Medium	226	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte (oat milk) Large	319	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte (soya milk) Medium	221	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Pumpkin Spiced latte (soya milk) Large	311	N	N	N	N	N	N	N	N	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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### TEA

<b>Traditional Tea Regular Mug or Pot for one (skimmed milk)</b>	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)	61	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	
<b>Traditional Tea Pot of Tea for 2 (skimmed milk)</b>	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)	31	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	
<b>Decaf Tea (skimmed milk) Regular</b>	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	61	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	
<b>Decaf Pot of Tea for 2 (skimmed milk)</b>	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)	30	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**

<b>Iced Vanilla Matcha Latte (skimmed milk) Medium</b>	<b>78</b>	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Vanilla Matcha Latte (skimmed milk) Large	118	N	N	N	N	N	N	N	N	N	N	N	Y	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	
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	
Iced Vanilla Matcha Latte (almond milk) Medium	41	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
Iced Vanilla Matcha Latte (almond milk) Large	68	N	N	N	N	N	N	N	N	N	N	N	N	Y	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	
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	
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	
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	
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	
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	
<b>Iced Original Matcha Latte (skimmed milk) Medium</b>	<b>58</b>	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Original Matcha Latte (skimmed milk) Large	78	N	N	N	N	N	N	N	N	N	N	N	Y	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	
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	
Iced Original Matcha Latte (almond milk) Medium	85	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
Iced Original Matcha Latte (almond milk) Large	28	N	N	N	N	N	N	N	N	N	N	N	N	Y	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	
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	
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	
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	
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	
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	

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**

<b>Strawberry Iced Matcha Latte (Perfect Ted) (skimmed milk) Medium</b>	91	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (skimmed milk) Large	145	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (whole milk) Medium	142	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (whole milk) Large	213	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (almond milk) Medium	54	N	N	N	N	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Strawberry Iced Matcha Latte (Perfect Ted) (almond milk) Large	95	N	N	N	N	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (coconut milk) Medium	88	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (coconut milk) Large	141	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (oat milk) Medium	113	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (oat milk) Large	175	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (soya milk) Medium	106	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (Perfect Ted) (soya milk) Large	164	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
<b>Iced Dirty Chai Latte (skimmed milk) Medium</b>	139	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Dirty Chai Latte (skimmed milk) Large	180	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Dirty Chai Latte (whole milk) Medium	189	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Dirty Chai Latte (whole milk) Large	233	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Dirty Chai Latte almond milk) Medium	101	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
Iced Dirty Chai Latte (almond milk) Large	141	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Iced Dirty Chai Latte (coconut milk) Medium	136	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Iced Dirty Chai Latte (coconut milk) Large	177	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte (oat milk) Medium	160	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte (oat milk) Large	203	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte (soya milk) Medium	153	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Dirty Chai Latte (soya milk) Large	195	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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**ICED COFFEE**

<b>Iced Latte (skimmed milk) Regular</b>	<b>51</b>	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	70	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	84	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	
<b>Iced Mocha (skimmed milk) Regular</b>	<b>132</b>	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	150	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	205	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**

<b>Smore's Frappe (skimmed milk) Medium</b>	<b>408</b>	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 (skimmed milk) Large	597	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 (whole milk) Medium	443	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 (whole milk) Large	685	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 (almond milk) Medium	382	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Eggs, Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Smore's Frappe (almond milk) Large	531	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Eggs, Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Smore's Frappe (coconut milk) Medium	406	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Smore's Frappe (coconut milk) Large	591	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Smore's Frappe (oat milk) Medium	423	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 (oat milk) Large	635	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 (soya milk) Medium	418	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 (soya milk) Large	622	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Eggs
<b>Banoffee Frappe (Skimmed Milk) Medium</b>	<b>311</b>	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Skimmed Milk) Large	445	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Whole Milk) Medium	340	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Whole Milk) Large	480	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappee (Almond Milk) Medium	289	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Banoffee Frappee (Almond Milk) Large	418	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Banoffee Frappe (Coconut Milk) Medium	309	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Banoffee Frappe (Coconut Milk) Large	443	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Banoffee Frappe (Oat Milk) Medium	324	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Oat Milk) Large	460	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Soya Milk) Medium	319	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Soya Milk) Large	455	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten

**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**

<b>Jammie Dodger Frappe (Skimmed Milk) Medium</b>	373	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Skimmed Milk) Large	505	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Whole Milk) Medium	403	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Whole Milk) Large	540	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappee (Almond Milk) Medium	351	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	Y	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Jammie Dodger Frappee (Almond Milk) Large	479	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	Y	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Jammie Dodger Frappe (Coconut Milk) Medium	372	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Jammie Dodger Frappe (Coconut Milk) Large	503	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Jammie Dodger Frappe (Oat Milk) Medium	386	Y	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Oat Milk) Large	520	Y	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Soya Milk) Medium	382	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Soya Milk) Large	515	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
<b>Espresso Frappe (skimmed milk) Regular</b>	176	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
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	Eggs, Soya, Nuts , Gluten
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	Eggs, Soya, Nuts , Gluten
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	Eggs, Soya, Nuts , Gluten
<b>Triple Chocolate Frappe (skimmed milk) Regular</b>	303	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
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	Eggs, Soya, Nuts , Gluten
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	Eggs, Soya, Nuts , Gluten
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	Eggs, Soya, Nuts , Gluten

**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

<b>Strawberry &amp; Banana Smoothie Regular</b>	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	
<b>Mango Pineapple &amp; Passionfruit Regular</b>	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	
<b>Super Berry Smoothie Regular</b>	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

<b>Chocolate Milkshake (skimmed milk) Regular</b>	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	
<b>Vanilla Milkshake (skimmed milk) Regular</b>	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	
<b>Strawberry Milkshake (skimmed milk) Regular</b>	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	
<b>Banana Milkshake (skimmed milk) Regular</b>	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

<b>Green Tea &amp; Peach Iced Tea Regular</b>	<b>88</b>	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	
<b>Lemon Iced Tea Regular</b>	<b>67</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Lemon Iced Tea Large	67	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

### ICED LEMONADES

<b>Morello Cherry Iced Lemonade Medium</b>	<b>152</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Morello Cherry Iced Lemonade Large</b>	<b>197</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Iced Raspberry Matcha Lemonade Regular</b>	<b>139</b>	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	150	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Traditonal Lemonade Regular</b>	<b>77</b>	N	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	N	
<b>Passionfruit Iced Lemonade Regular</b>	<b>102</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Passionfruit Iced Lemonade Large	125	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

### BUBBLE LEMONADES

<b>Peach Bubble tea Medium</b>	<b>109</b>	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
<b>Mango &amp; Passionfruit Bubble Lemonade Regular</b>	<b>323</b>	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	403	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
<b>Cloudy Strawberry Bubble Lemonade Regular</b>	<b>316</b>	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

B&J Choc Chip Cookie Dough	213	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
B&J Strawberry Cheesecake	178	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
B&J Chocolate Cookie Dough	120	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
B&J Vanilla	167	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
B&J Cone Together	203	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Hazelnuts, Almonds, Walnuts
B&J Non Dairy Chocolate Fudge Brownie	219	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
B&J Peace Pop	217	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias

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	11	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Brown Sauce Sachets	14	N	Y	Y	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	