

BAKERS + BARISTAS

Nutrition & Allergen Guide

United Kingdom
Christmas 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

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

Salted Caramel & Pretzel Muffin	694	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	Tree nuts, Peanuts, Oats, Rye, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Ferrero Rocher Muffin	722	Y	N	N	N	N	N	N	Y	N	N	Y	Y	Y	N	N	N	Y	N	N	
Mr Frosty Muffin	700	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Savoury - Goats Cheese & Red Onion Chutney Muffin	474	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	

DELUXE MUFFINS

Christmas Crumble & Winter Spice Muffin	518	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	
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	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
Ginger Bread Muffin	622	N	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	

VEGAN MUFFINS

Lemon & Poppy Seed Muffin	449	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
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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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MINCE PIES

We Love Cake Gluten & Dairy Free Mince Pies	310	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	Brazil Nut, Cashew Nut, Egg, Hazelnut, Peanuts, Pecan Nut , Walnut
PV Mince Pie	328	Y	N	Y	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Mustard, Soya, Tree nuts, Sulphites, Oats, Rye

TARTS

Portuguese Custard Tart	168	Y	N	N	N	N	N	N	Y	N	N	N	Y	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	
Belgian Triple Chocolate Cookie	362	Y	N	N	N	N	N	N	Y	N	N	Y	Y	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	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	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	
Plain Scone	450	Y	N	N	N	N	N	N	Y	N	N	N	Y	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	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	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	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	

PASTRIES

Almond Croissant	338	Y	N	N	N	N	N	N	Y	N	N	N	Y	Y	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	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	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	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	Tree nuts, Hazelnuts, Pecans, Almonds, Walnuts

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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	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	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

Festive Ploughmans Baguette	467	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Sesame, Barley
Mozzarella Tomato, Basil & Pesto Seeded Baguette	501	Y	N	Y	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	Peanuts, Sesame, Hazelnuts, Pecans, Almonds, Walnuts, Brazil nuts, Pistachios, Macadamias
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

Christmas Celebration Flatbread	543	Y	Y	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Eggs
Brie, Plum Chutney & Rocket Flatbread	510	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	Y	N	Y	N	N	Eggs
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

Pigs in Blankets with Cranberry Sauce Panini	563	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Sesame
Chipotle Chicken Panini	619	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	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	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	Sesame

BLOOMER SANDWICHES

Turkey & Stuffing Bloomer Sandwich	372	Y	N	N	Y	N	N	N	Y	N	N	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	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	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	

FILLED CROISSANTS

Brie & Cranberry Croissant	517	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	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	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	

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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	N	
Double Espresso	0	N	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	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	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	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	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	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	N	
Americano (black) Small	0	N	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	N	
Americano (black) Large	0	N	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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

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	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

Latte (skimmed milk) Regular	84	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Latte (skimmed milk) Large	95	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Latte (whole milk) Regular	156	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Latte (whole milk) Large	178	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Latte (almond milk) Regular	29	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Latte (almond milk) Large	34	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Latte (coconut milk) Regular	79	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Latte (coconut milk) Large	90	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Latte (oat milk) Regular	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	
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 (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	

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	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	
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	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

Kids Hot Chocolate (skimmed milk)	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	
Kiddiccino (Warm Skimmed Milk)	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	
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	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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SEASONAL DRINKS

Original Matcha Latte (skimmed milk) Medium	88	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	143	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	267	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	31	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	51	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	110	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	178	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	122	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	193	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	193	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	308	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	69	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
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	
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	142	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	225	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

Strawberry Matcha Latte (skimmed milk) Regular	149	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Matcha Latte (skimmed milk) Large	233	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Matcha Latte (whole milk) Regular	220	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Matcha Latte (whole milk) Large	348	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Matcha Latte (almond milk) Regular	96	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
Strawberry Matcha Latte (almond milk) Large	148	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Strawberry Matcha Latte (coconut milk) Regular	144	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Strawberry Matcha Latte (coconut milk) Large	226	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Strawberry Matcha Latte (oat milk) Regular	180	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Strawberry Matcha Latte (oat milk) Large	283	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Strawberry Matcha Latte (soya milk) Regular	169	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Strawberry Matcha Latte (soya milk) Large	266	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Gingerbread Latte (Skimmed Milk) Regular	177	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Latte (skimmed milk) Large	267	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Latte (whole milk) Regular	229	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Latte (whole milk) Large	354	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Latte (almond milk) Regular	139	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
Gingerbread Latte (almond milk) Large	203	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	
Gingerbread Latte (coconut milk) Regular	174	N	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
Gingerbread Latte (coconut milk) Large	262	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Latte (oat milk) Regular	200	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Latte (oat milk) Large	305	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Latte (soya milk) Regular	192	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Latte (soya milk) Large	292	N	N	N	N	N	N	N	N	N	N	Y	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

Honeycomb Latte (Skimmed Milk) Regular	235	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Latte (skimmed milk) Large	330	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Latte (whole milk) Regular	286	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Latte (whole milk) Large	417	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Latte (almond milk) Regular	196	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Honeycomb Latte (almond milk) Large	266	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Honeycomb Latte (coconut milk) Regular	231	N	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
Honeycomb Latte (coconut milk) Large	325	N	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
Honeycomb Latte (oat milk) Regular	257	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Latte (oat milk) Large	368	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Latte (soya milk) Regular	249	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Honeycomb Latte (soya milk) Large	355	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Mr Frosty Hot Chocolate (Skimmed Milk) Regular	254	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Mr Frosty Hot Chocolate (skimmed milk) Large	384	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Mr Frosty Hot Chocolate (whole milk) Regular	295	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Mr Frosty Hot Chocolate (whole milk) Large	461	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Mr Frosty Hot Chocolate (almond milk) Regular	223	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
Mr Frosty Hot Chocolate (almond milk) Large	327	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
Mr Frosty Hot Chocolate (coconut milk) Regular	252	N	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
Mr Frosty Hot Chocolate (coconut milk) Large	379	N	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
Mr Frosty Hot Chocolate (oat milk) Regular	272	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Mr Frosty Hot Chocolate (oat milk) Large	417	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Mr Frosty Hot Chocolate (soya milk) Regular	266	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Mr Frosty Hot Chocolate (soya milk) Large	406	N	N	N	N	N	N	N	N	N	N	Y	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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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)	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	
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)	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	
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	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	
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)	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

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	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	
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	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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ICED COFFEE

Salted Caramel Iced Latte (skimmed milk) Regular	161	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Iced Latte (skimmed milk) Large	214	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Iced Latte (whole milk) Regular	198	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Iced Latte (whole milk) Large	272	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Iced Latte (almond milk) Regular	133	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 Iced Latte (almond milk) Large	185	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Salted Caramel Iced Latte (coconut milk) Regular	158	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
Salted Caramel Iced Latte (coconut milk) Large	219	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Salted Caramel Iced Latte (oat milk) Regular	177	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Iced Latte (oat milk) Large	244	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Iced Latte (soya milk) Regular	171	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Salted Caramel Iced Latte (soya milk) Large	236	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Iced Original Matcha Latte (skimmed milk) Medium	58	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	
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	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
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

Iced Vanilla Matcha Latte (skimmed milk) Medium	78	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	
Strawberry Iced Matcha Latte (skimmed milk) Medium	91	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Strawberry Iced Matcha Latte (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 (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 (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 (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 (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 (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 (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 (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 (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 (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 (soya milk) Large	164	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

Gingerbread Iced Latte (skimmed milk) Medium	160	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Iced Latte (skimmed milk) Large	202	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Iced Latte (whole milk) Medium	197	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Iced Latte (whole milk) Large	245	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Iced Latte (almond milk) Medium	133	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
Gingerbread Iced Latte (almond milk) Large	170	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	
Gingerbread Iced Latte (coconut milk) Medium	158	N	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
Gingerbread Iced Latte (coconut milk) Large	199	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Iced Latte (oat milk) Medium	176	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Iced Latte (oat milk) Large	220	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Iced Latte (soya milk) Medium	171	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Iced Latte (soya milk) Large	214	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Honeycomb Iced Latte (skimmed milk) Medium	218	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Iced Latte (skimmed milk) Large	264	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Iced Latte (whole milk) Medium	254	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Iced Latte (whole milk) Large	307	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Iced Latte (almond milk) Medium	190	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Honeycomb Iced Latte (almond milk) Large	233	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Honeycomb Iced Latte (coconut milk) Medium	215	N	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
Honeycomb Iced Latte (coconut milk) Large	262	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Honeycomb Iced Latte (oat milk) Medium	234	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Iced Latte (oat milk) Large	283	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Honeycomb Iced Latte (soya milk) Medium	228	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Honeycomb Iced Latte (soya milk) Large	276	N	N	N	N	N	N	N	N	N	N	Y	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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CREAMY FRAPPES

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	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	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	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	N	Eggs, Soya, Nuts , Gluten
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	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	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	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	N	Eggs, Soya, Nuts , Gluten
Gingerbread Frappe (skimmed milk) Medium	257	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Frappe (skimmed milk) Large	355	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Frappe (whole milk) Medium	279	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Frappe (whole milk) Large	383	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Frappe (almond milk) Medium	241	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
Gingerbread Frappe (almond milk) Large	355	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	
Gingerbread Frappe (coconut milk) Medium	256	N	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
Gingerbread Frappe (coconut milk) Large	354	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Frappe (oat milk) Medium	267	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Frappe (oat milk) Large	368	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Frappe (soya milk) Medium	263	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Gingerbread Frappe (soya milk) Large	363	N	N	N	N	N	N	N	N	N	N	Y	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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CREAMY FRAPPES

Honeycomb Frappe (skimmed milk) Medium	218	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Honeycomb Frappe (skimmed milk) Large	264	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Honeycomb Frappe (whole milk) Medium	254	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Honeycomb Frappe (whole milk) Large	307	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Honeycomb Frappe (almond milk) Medium	190	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
Honeycomb Frappe (almond milk) Large	233	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Honeycomb Frappe (coconut milk) Medium	215	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
Honeycomb Frappe (coconut milk) Large	262	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Honeycomb Frappe (oat milk) Medium	234	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Honeycomb Frappe (oat milk) Large	283	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Honeycomb Frappe (soya milk) Medium	228	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Honeycomb Frappe (soya milk) Large	276	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Mr Frosty Frappe (skimmed milk) Medium	354	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Mr Frosty Frappe (skimmed milk) Large	492	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Mr Frosty Frappe (whole milk) Medium	384	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Mr Frosty Frappe (whole milk) Large	528	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Mr Frosty Frappe (almond milk) Medium	332	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Mr Frosty Frappe (almond milk) Large	466	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	
Mr Frosty Frappe (coconut milk) Medium	352	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
Mr Frosty Frappe (coconut milk) Large	490	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Mr Frosty Frappe (oat milk) Medium	367	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Mr Frosty Frappe (oat milk) Large	508	N	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Mr Frosty Frappe (soya milk) Medium	363	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Mr Frosty Frappe (soya milk) Large	502	N	N	N	N	N	N	N	N	N	N	Y	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	
Green Tea & Peach Iced Tea Large	131	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Lemon Iced Tea Regular	67	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	

ICED LEMONADES

Morello Cherry Iced Lemonade Medium	152	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Morello Cherry Iced Lemonade Large	197	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	
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	
Traditonal Lemonade Regular	77	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Traditonal Lemonade Large	102	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Passionfruit Iced Lemonade Regular	102	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Passionfruit Iced Lemonade Large	125	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	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	Milk
Mango & Passionfruit Bubble Lemonade Regular	323	N	N	N	N	N	N	N	N	N	N	N	Y	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	
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	
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	

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	
B&J Strawberry Cheesecake	178	Y	N	N	N	N	N	N	Y	N	N	Y	Y	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	
B&J Vanilla	167	N	N	N	N	N	N	N	Y	N	N	N	Y	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	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	
B&J Peace Pop	217	Y	N	N	N	N	N	N	Y	N	N	Y	Y	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	