

# NUTRITION & ALLERGEN GUIDE

AUTUMN 2020



Pumpkin  
Spice Latte



Pumpkin Spice  
Frappuccino®  
blended beverage



Vegan Pumpkin  
Spiced Cookie

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This guide will provide nutritional and allergen information for Autumn beverages and food. Allergens can be found in **BOLD CAPITALS** within the ingredient declaration. Please ensure you take extra care to identify all the possible allergens present in our food, if you require support please ask one of our trained baristas.

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

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

#### **Cross Contamination**

Due to the nature of how our partners handle our bakery and heated food items equipment and utensils there is a risk of cross-contamination of other allergens. Whilst our partners try to keep things separate there is no guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

**This information is updated regularly to reflect our procedures instore and is correct as of time of print. Please check [www.starbucks.co.uk](http://www.starbucks.co.uk) for the most up to date information.**

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Pumpkin Spice Latte - Skimmed Milk</b>		Short	691	165	7.4	5.2	19.8	18.9	2.1	3.8	0.12	56
		Tall	1037	247	9.4	6.6	31.9	30.3	3.1	7.3	0.23	113
		Grande	1370	327	13.1	9.2	41.3	39.7	4.1	8.9	0.29	113
		Venti	1634	389	13.2	9.2	52.8	50.4	5.1	12.2	0.39	169
<b>Pumpkin Spice Latte - Semi-skimmed Milk</b>	<b>MILK</b> , vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], brewed espresso, whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents]	Short	747	179	8.9	6.2	19.6	18.8	2.1	3.9	0.12	56
		Tall	1151	275	12.5	8.5	31.5	30.0	3.1	7.6	0.23	113
		Grande	1512	361	16.9	11.6	40.9	39.3	4.1	9.4	0.29	113
		Venti	1830	437	18.5	12.6	52.1	49.8	5.1	12.8	0.39	169
<b>Pumpkin Spice Latte -Whole Milk</b>		Short	800	192	10.6	7.3	19.5	18.7	2.1	3.6	0.12	56
		Tall	1256	301	15.7	10.7	31.4	29.8	3.1	6.9	0.23	113
		Grande	1643	393	20.9	14.3	40.6	39.0	4.1	8.5	0.29	113
		Venti	2011	481	24.1	16.3	51.8	49.5	5.1	11.6	0.39	169
<b>Pumpkin Spice Latte - Soya</b>	Soya drink [water, hulled <b>SOYA</b> beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], brewed espresso, whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Short	713	171	8.9	5.5	18.1	17.2	2.5	3.4	0.13	56
		Tall	1080	258	12.3	7.1	28.5	26.9	4.0	6.5	0.25	113
		Grande	1425	341	16.7	9.8	37.0	35.4	5.2	8.0	0.31	113
		Venti	1709	408	18.2	10.1	46.8	44.5	6.7	10.9	0.42	169
<b>Pumpkin Spice Latte - Coconut</b>	Coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], brewed espresso, whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Short	728	175	9.6	7.3	18.5	17.3	4.0	1.6	0.08	56
		Tall	1111	266	13.7	10.7	29.4	27.1	6.9	2.9	0.14	113
		Grande	1463	351	18.5	14.3	38.2	35.7	8.8	3.5	0.18	113
		Venti	1762	422	20.7	16.3	48.4	44.8	11.7	4.7	0.23	169
<b>Pumpkin Spice Latte - Almond</b>	Almond drink [water, <b>ALMOND</b> , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], brewed espresso, whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Short	649	155	8.4	5.3	17.6	16.7	2.3	1.2	0.09	56
		Tall	951	228	11.4	6.7	27.5	25.8	3.6	2.0	0.16	113
		Grande	1265	303	15.5	9.4	35.9	34.1	4.8	2.4	0.20	113
		Venti	1487	356	16.6	9.5	45.3	42.6	6.1	3.1	0.26	169

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Product	Ingredients	Size	Energy (KJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Pumpkin Spice Latte - Oat</b>	Oat drink [water, <b>OAT</b> , inulin, coconut fat, <b>OAT</b> protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], brewed espresso, whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents]	Short	845	202	9.8	6.7	25.1	20.5	3.9	1.6	0.15	56
		Tall	1348	322	14.1	9.4	42.6	33.4	6.7	2.9	0.28	113
		Grande	1757	420	18.9	12.8	54.6	43.5	8.6	3.5	0.36	113
		Venti	2169	518	21.3	14.2	71.2	55.7	11.4	4.7	0.48	169
<b>Pumpkin Spice Crème Frappuccino® - Skimmed Milk</b>		Mini	705	168	7.3	5.2	22.1	21.7	1.3	2.8	0.27	0
		Tall	1000	238	9.2	6.5	33.7	33.1	1.9	4.1	0.42	0
		Grande	1386	330	12.9	9.2	46.9	46.1	2.7	5.3	0.58	0
		Venti	1629	387	13.0	9.2	59.7	58.8	3.6	6.2	0.73	0
<b>Pumpkin Spice Crème Frappuccino® - Semi-skimmed Milk</b>	Ice, <b>MILK</b> , creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents]	Mini	748	179	8.5	6.0	22.0	21.6	1.3	2.9	0.27	0
		Tall	1066	254	11.0	7.7	33.5	32.9	1.9	4.4	0.42	0
		Grande	1471	351	15.2	10.6	46.6	45.9	2.7	5.6	0.58	0
		Venti	1729	412	15.7	10.9	59.4	58.4	3.6	6.5	0.73	0
<b>Pumpkin Spice Crème Frappuccino® - Whole Milk</b>		Mini	788	188	9.7	6.8	21.9	21.5	1.3	2.6	0.27	0
		Tall	1128	269	12.9	9.0	33.4	32.8	1.9	3.9	0.42	0
		Grande	1549	370	17.6	12.2	46.5	45.7	2.7	5.0	0.58	0
		Venti	1821	434	18.6	12.8	59.2	58.3	3.6	5.9	0.73	0
<b>Pumpkin Spice Crème Frappuccino® - Soya</b>	Ice, soya drink [water, hulled <b>SOYA</b> beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	721	172	8.4	5.4	20.8	20.4	1.6	2.5	0.28	0
		Tall	1025	245	10.9	6.8	31.7	31.1	2.5	3.7	0.43	0
		Grande	1419	339	15.1	9.5	44.3	43.6	3.4	4.8	0.59	0
		Venti	1667	397	15.5	9.6	56.7	55.7	4.4	5.5	0.75	0
<b>Pumpkin Spice Crème Frappuccino® - Coconut</b>	Ice, coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	733	175	9.0	6.8	21.2	20.5	2.7	1.1	0.24	0
		Tall	1043	249	11.8	9.0	32.2	31.2	4.2	1.6	0.37	0
		Grande	1441	345	16.1	12.2	45.0	43.7	5.6	2.1	0.51	0
		Venti	1694	404	16.8	12.8	57.5	55.9	6.9	2.3	0.65	0

## Beverages

Product	Ingredients	Size	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Pumpkin Spice Crème Frappuccino® - Almond</b>	Ice, almond drink [water, <b>ALMOND</b> , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	673	161	8.1	5.3	20.5	20.0	1.5	0.8	0.25	0
		Tall	950	227	10.4	6.6	31.1	30.5	2.3	1.1	0.38	0
		Grande	1323	316	14.4	9.3	43.7	42.8	3.1	1.4	0.52	0
		Venti	1554	370	14.7	9.3	55.9	54.8	4.1	1.5	0.67	0
<b>Pumpkin Spice Crème Frappuccino® - Oat</b>	Ice, oat drink [water, <b>OAT</b> , inulin, coconut fat, <b>OAT</b> protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum,] creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	823	197	9.1	6.3	26.2	22.9	2.6	1.1	0.29	0
		Tall	1182	282	12.0	8.2	39.9	34.9	4.1	1.6	0.45	0
		Grande	1617	386	16.4	11.3	54.8	48.4	5.4	2.1	0.62	0
		Venti	1902	453	17.1	11.7	69.1	61.5	6.8	2.3	0.78	0
<b>Pumpkin Spice Coffee Frappuccino® - Skimmed Milk</b>		Mini	739	176	7.3	5.2	24.7	24.5	1.3	2.2	0.26	42
		Tall	1066	254	9.2	6.5	38.5	38.1	2.0	3.3	0.40	66
		Grande	1396	333	12.9	9.1	49.2	48.8	2.6	3.8	0.51	86
		Venti	1683	400	12.9	9.2	64.9	64.4	3.5	4.4	0.66	116
<b>Pumpkin Spice Coffee Frappuccino® - Semi-skimmed Milk</b>	Ice, <b>MILK</b> , coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: concentrate of apple, carrot, hibiscus, and molasses], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], coffee [water, FRSC coffee roast soluble], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	771	184	8.2	5.8	24.6	24.4	1.3	2.3	0.26	42
		Tall	1117	266	10.6	7.4	38.3	38.0	2.0	3.5	0.40	66
		Grande	1453	346	14.4	10.1	49.0	48.6	2.6	4.0	0.51	86
		Venti	1750	417	14.7	10.3	64.7	64.2	3.5	4.6	0.66	116
<b>Pumpkin Spice Coffee Frappuccino® - Whole Milk</b>		Mini	801	191	9.1	6.4	24.6	24.3	1.3	2.1	0.26	42
		Tall	1165	278	12.1	8.4	38.4	37.9	2.0	3.1	0.40	66
		Grande	1506	359	16.0	11.2	48.9	48.5	2.6	3.6	0.51	86
		Venti	1812	432	16.7	11.6	64.6	64.1	3.5	4.2	0.66	116
<b>Pumpkin Spice Coffee Frappuccino® - Soya</b>	Ice, soya drink [water, hulled <b>SOYA</b> beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: concentrate of apple, carrot, hibiscus, and molasses], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], coffee [water, FRSC coffee roast soluble], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	751	179	8.2	5.4	23.7	23.5	1.5	2.0	0.26	42
		Tall	1086	259	10.5	6.8	36.9	36.6	2.4	3.0	0.41	66
		Grande	1418	338	14.3	9.4	47.5	47.0	3.0	3.5	0.52	86
		Venti	1709	407	14.6	9.5	62.9	62.4	4.0	3.9	0.67	116

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Pumpkin Spice Coffee Frappuccino® - Coconut</b>	Ice, coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: concentrate of apple, carrot, hibiscus, and molasses], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], coffee [water, FRSC coffee roast soluble], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	760	182	8.6	6.4	24.0	23.6	2.4	0.9	0.23	42
		Tall	1100	262	11.2	8.4	37.3	36.7	3.7	1.3	0.36	66
		Grande	1433	342	15.0	11.2	47.9	47.1	4.5	1.6	0.46	86
		Venti	1727	412	15.5	11.6	63.4	62.5	5.7	1.8	0.61	116
<b>Pumpkin Spice Coffee Frappuccino® - Almond</b>	Ice, almond drink [water, <b>ALMOND</b> , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: concentrate of apple, carrot, hibiscus, and molasses], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], coffee [water, FRSC coffee roast soluble], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	714	171	7.9	5.3	23.5	23.2	1.4	0.7	0.24	42
		Tall	1028	245	10.1	6.6	36.5	36.1	2.2	0.9	0.37	66
		Grande	1354	323	13.9	9.2	47.0	46.5	2.8	1.2	0.47	86
		Venti	1633	389	14.1	9.3	62.3	61.7	3.8	1.3	0.62	116
<b>Pumpkin Spice Coffee Frappuccino® - Oat</b>	Ice, oat drink [water, <b>OAT</b> , inulin, coconut fat, <b>OAT</b> protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: concentrate of apple, carrot, hibiscus, and molasses], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], coffee [water, FRSC coffee roast soluble], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	827	197	8.7	6.0	27.8	25.4	2.3	0.9	0.27	42
		Tall	1206	288	11.3	7.8	43.3	39.5	3.6	1.3	0.43	66
		Grande	1552	370	15.2	10.6	54.5	50.3	4.4	1.6	0.54	86
		Venti	1866	444	15.7	10.9	71.2	66.2	5.6	1.8	0.70	116
<b>Vegan Pumpkin Spice Latte - Soya</b>	Soya drink [water, hulled <b>SOYA</b> beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], brewed espresso, soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Short	624	149	6.1	4.2	19.2	17.3	2.6	3.0	0.14	56
		Tall	970	231	8.9	5.5	29.9	26.9	4.0	6.0	0.26	113
		Grande	1270	303	11.9	7.6	39.0	35.5	5.3	7.3	0.32	113
		Venti	1554	370	13.4	7.8	48.8	44.5	6.7	10.2	0.43	169
<b>Vegan Pumpkin Spice Latte- Coconut</b>	Coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], brewed espresso, soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Short	639	153	6.8	6.0	19.7	17.4	4.0	1.2	0.09	56
		Tall	1000	239	10.3	9.1	30.8	27.1	6.9	2.4	0.15	113
		Grande	1308	313	13.7	12.1	40.1	35.7	8.9	2.8	0.19	113
		Venti	1607	384	15.9	14.1	50.4	44.9	11.7	4.0	0.24	169
<b>Vegan Pumpkin Spice Latte- Almond</b>	Almond drink [water, <b>ALMOND</b> , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], brewed espresso, soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Short	560	134	5.7	4.0	18.8	16.7	2.4	0.8	0.09	56
		Tall	841	201	7.9	5.1	29.0	25.8	3.7	1.5	0.16	113
		Grande	1110	265	10.8	7.1	37.9	34.1	4.8	1.7	0.21	113
		Venti	1332	318	11.9	7.2	47.3	42.7	6.1	2.4	0.27	169

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## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Vegan Pumpkin Spice Latte - Oat</b>	Oat drink [water, <b>OAT</b> , inulin, coconut fat, <b>OAT</b> protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum.] vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], brewed espresso, soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Short	757	181	7.0	5.4	26.2	20.5	3.9	1.2	0.16	56
		Tall	1238	295	10.7	7.8	44.0	33.4	6.8	2.4	0.29	113
		Grande	1602	382	14.1	10.5	56.6	43.6	8.7	2.8	0.37	113
		Venti	2014	480	16.5	11.9	73.1	55.8	11.4	4.0	0.49	169
<b>Vegan Pumpkin Spice Crème Frappuccino® - Soya</b>	Ice, soya drink [water, hulled <b>SOYA</b> beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	633	151	5.7	4.1	22.0	20.5	1.7	2.1	0.29	0
		Tall	914	218	7.5	5.2	33.1	31.1	2.5	3.2	0.44	0
		Grande	1264	301	10.3	7.3	46.3	43.6	3.5	4.1	0.60	0
		Venti	1512	359	10.7	7.4	58.7	55.8	4.4	4.8	0.76	0
<b>Vegan Pumpkin Spice Crème Frappuccino® - Coconut</b>	Ice, coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	644	154	6.3	5.5	22.3	20.5	2.7	0.7	0.25	0
		Tall	932	222	8.4	7.4	33.6	31.2	4.2	1.1	0.37	0
		Grande	1287	307	11.3	10.0	47.0	43.8	5.6	1.4	0.52	0
		Venti	1529	366	12.0	10.6	59.5	55.9	7.0	1.6	0.66	0
<b>Vegan Pumpkin Spice Crème Frappuccino® - Almond</b>	Ice, almond drink [water, <b>ALMOND</b> , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	584	139	5.4	4.0	21.6	20.0	1.5	0.4	0.25	0
		Tall	839	200	7.0	5.0	32.5	30.5	2.3	0.6	0.38	0
		Grande	1168	278	9.6	7.0	45.6	42.8	3.2	0.7	0.53	0
		Venti	1399	333	9.9	7.0	57.9	54.8	4.1	0.8	0.68	0
<b>Vegan Pumpkin Spice Crème Frappuccino® - Oat</b>	Ice, oat drink [water, <b>OAT</b> , inulin, coconut fat, <b>OAT</b> protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum.] creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	734	175	6.4	5.0	27.3	22.9	2.7	0.7	0.30	0
		Tall	1071	255	8.6	6.6	41.4	35.0	4.1	1.1	0.46	0
		Grande	1462	348	11.6	9.0	56.8	48.5	5.5	1.4	0.63	0
		Venti	1747	416	12.3	9.4	71.1	61.5	6.8	1.6	0.79	0

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Vegan Pumpkin Spice Coffee Frappuccino® - Soya</b>	Ice, soya drink [water, hulled <b>SOYA</b> beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: concentrate of apple, carrot, hibiscus, and molasses], soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	663	158	5.4	4.1	24.9	23.5	1.6	1.6	0.27	42
		Tall	975	232	7.1	5.2	38.3	36.6	2.4	2.5	0.42	66
		Grande	1263	300	9.5	7.1	49.4	47.1	3.1	2.8	0.53	86
		Venti	1554	369	9.8	7.2	64.9	62.4	4.0	3.2	0.69	116
<b>Vegan Pumpkin Spice Coffee Frappuccino® - Coconut</b>	Ice, coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: concentrate of apple, carrot, hibiscus, and molasses], soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	671	160	5.8	5.1	25.1	23.6	2.4	0.5	0.24	42
		Tall	989	235	7.8	6.8	38.7	36.7	3.7	0.8	0.37	66
		Grande	1279	304	10.2	9.0	49.9	47.2	4.5	0.9	0.47	86
		Venti	1572	374	10.7	9.3	65.4	62.5	5.8	1.1	0.62	116
<b>Vegan Pumpkin Spice Coffee Frappuccino® - Almond</b>	Ice, almond drink [water, <b>ALMOND</b> , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: concentrate of apple, carrot, hibiscus, and molasses], soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	626	149	5.2	4.0	24.6	23.2	1.5	0.3	0.24	42
		Tall	917	218	6.7	5.0	37.9	36.1	2.3	0.4	0.38	66
		Grande	1199	285	9.1	7.0	49.0	46.5	2.9	0.5	0.48	86
		Venti	1478	351	9.3	7.0	64.3	61.8	3.8	0.6	0.63	116
<b>Vegan Pumpkin Spice Coffee Frappuccino® - Oat</b>	Ice, oat drink [water, <b>OAT</b> , inulin, coconut fat, <b>OAT</b> protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: concentrate of apple, carrot, hibiscus, and molasses], soya whipped topping [soya whipping topping [water, vegetable oils and fats [fully hydrogenated palm kernel oil, palm oil, palm kernel oil], maltodextrin, sugar, hulled <b>SOYA</b> beans (2%), emulsifiers [sucrose esters of fatty acids, lactic esters of mono- and diglycerides of fatty acids], sea salt, flavouring], vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], vegan pumpkin spice sauce [sugar, water, inulin, pumpkin juice from concentrate (2%), salt, natural flavouring, stabilisers: carrageenan, xanthan gum; preservative: potassium sorbate, colours: paprika extract, carotenes; acid: citric acid], pumpkin spice topping [cinnamon, ginger, nutmeg, clove, and less than 25 ppm sulfiting agents].	Mini	739	176	5.9	4.8	28.9	25.4	2.3	0.5	0.28	42
		Tall	1096	261	7.9	6.2	44.7	39.5	3.7	0.8	0.43	66
		Grande	1397	332	10.4	8.3	56.5	50.3	4.4	0.9	0.55	86
		Venti	1712	407	10.9	8.6	73.2	66.2	5.6	1.1	0.71	116
<b>Strawberry Vampire Frappuccino® - Skimmed Milk</b>	Ice, <b>MILK</b> , strawberry sauce [strawberries, water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], mocha sauce [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	838	200	10.0	7.1	25.0	23.8	0.4	2.4	0.26	1
		Tall	973	232	10.1	7.1	31.9	30.4	0.5	3.3	0.37	2
		Grande	1179	281	11.3	8.1	40.4	38.7	0.5	4.1	0.53	2
		Venti	1368	325	11.5	8.1	50.8	48.5	0.8	4.3	0.61	4

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## Beverages

Product	Ingredients	Size	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Strawberry Vampire Frappuccino® - Semi-skimmed Milk</b>	Ice, <b>MILK</b> , strawberry sauce [strawberries, water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], mocha sauce [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	870	208	10.8	7.7	24.9	23.7	0.4	2.5	0.26	1
		Tall	1021	244	11.3	8.0	31.7	30.3	0.5	3.4	0.37	2
		Grande	1242	296	13.0	9.1	40.2	38.5	0.5	4.3	0.53	2
		Venti	1433	341	13.2	9.3	50.6	48.3	0.8	4.5	0.61	4
<b>Strawberry Vampire Frappuccino® - Whole Milk</b>	Ice, <b>MILK</b> , strawberry sauce [strawberries, water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], mocha sauce [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	901	215	11.8	8.3	24.8	23.6	0.4	2.3	0.26	1
		Tall	1065	254	12.7	8.9	31.6	30.2	0.5	3.1	0.37	2
		Grande	1299	310	14.8	10.3	40.1	38.4	0.5	3.9	0.53	2
		Venti	1492	356	15.1	10.5	50.5	48.2	0.8	4.1	0.61	4
<b>Strawberry Vampire Frappuccino® - Soya</b>	Ice, soya drink [water, hulled <b>SOYA</b> beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], strawberry sauce [strawberries, water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], mocha sauce [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	850	203	10.8	7.3	24.0	22.8	0.7	2.2	0.27	1
		Tall	991	237	11.3	7.4	30.4	29.0	0.9	3.0	0.38	2
		Grande	1203	287	12.9	8.3	38.5	36.8	1.0	3.7	0.54	2
		Venti	1393	332	13.1	8.4	48.9	46.5	1.3	3.9	0.62	4
<b>Strawberry Vampire Frappuccino® - Coconut</b>	Ice, coconut drink [water, coconut milk, sugar, coconut juice from concentrate, emulsifier: E472c, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate], strawberry sauce [strawberries, water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], mocha sauce [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	850	203	11.4	8.5	24.1	22.8	0.5	0.8	0.24	1
		Tall	991	237	12.2	9.2	30.7	29.0	0.7	0.8	0.33	2
		Grande	1203	287	14.1	10.7	38.8	36.8	0.7	1.0	0.49	2
		Venti	1393	332	14.4	10.9	49.2	46.5	1.0	1.0	0.57	4
<b>Strawberry Vampire Frappuccino® - Almond</b>	Ice, almond drink [water, <b>ALMOND</b> , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], strawberry sauce [strawberries, water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], mocha sauce [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	813	194	10.5	7.2	23.7	22.5	0.6	0.9	0.24	1
		Tall	937	224	10.9	7.2	30.0	28.5	0.7	1.1	0.34	2
		Grande	1133	270	12.4	8.1	38.0	36.2	0.8	1.2	0.49	2
		Venti	1321	315	12.6	8.2	48.3	45.9	1.1	1.3	0.57	4
<b>Strawberry Vampire Frappuccino® - Oat</b>	Ice, oat drink [water, <b>OAT</b> , inulin, coconut fat, <b>OAT</b> protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum], strawberry sauce [strawberries, water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], mocha sauce [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	927	222	11.3	7.9	28.0	24.7	1.4	1.2	0.28	1
		Tall	1103	263	12.0	8.4	36.4	31.7	2.0	1.4	0.39	2
		Grande	1349	322	13.9	9.6	46.2	40.4	2.5	1.7	0.56	2
		Venti	1543	368	14.2	9.8	56.8	50.2	2.8	1.8	0.64	4

## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Cakes</b>												
<b>Lemon Loaf Cake</b>	Y	N	Sugar, pasteurised free range <b>EGG</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), vegetable margarine [vegetable oils (palm oil, rapeseed oil), water, salt], salted butter [butter ( <b>MILK</b> ), salt], lemon juice (5%), ground <b>ALMONDS</b> , water, lemon curd (2%) [granulated sugar, free range whole <b>EGG</b> , salted butter [butter ( <b>MILK</b> ), salt], concentrated lemon juice, water, lemon oil], lemon zest (2%), cream ( <b>MILK</b> ), emulsifiers: native starch, mono and diglycerides of fatty acids, polyglycerol ester of fatty acids; icing sugar, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], caramelised lemon zest [sugar, lemon, water], lemon flavouring, preservative: potassium sorbate, invert sugar syrup, citric acid, thickening agents: cellulose, gum guar.	1096	262	10	5.0	38	24	1.3	4.6	0.25
<b>Coconut and Raspberry Loaf Cake</b>	Y	N	Caster sugar, pasteurised free range <b>EGG</b> , wheat flour [ <b>WHEAT</b> flour, calcium, iron, niacin, thiamin], salted butter [butter ( <b>MILK</b> ), salt], vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: distilled monoglyceride; natural flavouring; natural colourings: annatto, curcumin], desiccated coconut (8%), icing sugar, coconut milk (3%) [coconut milk, water], raspberry jam (3%) [glucose fructose syrup, raspberry puree, sugar, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, tri-sodium citrate, natural colouring: anthocyanin, natural flavouring], white chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], full fat soft cheese ( <b>MILK</b> ), emulsifier: native starch, mono- and diglycerides of fatty acids, polyglycerol ester of fatty acids, modified starch, natural vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], humectant: glycerine, preservative: potassium sorbate, thickeners: gum gum, xanthan gum.	1785	428	26	15.1	44	30	0.6	3.8	0.40
<b>Vegan Chocolate and Raspberry Mini Loaf</b>	Y	Y	Almond drink [water, <b>ALMONDS (NUTS)</b> , calcium, sea salt, stabilisers: locust bean gum, gellan gum; emulsifier: sunflower lecithin, vitamins: B2 riboflavin, B12 folate, E alpha tocopherol, D2 ergocalciferol], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], dairy free vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, natural colourings: annatto, curcumin; natural flavouring], sugar, raspberry jam (10%) [glucose fructose syrup, raspberry puree, sugar, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, tri-sodium citrate, colour: anthocyanin, natural flavouring], icing sugar, dark chocolate (7%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], golden syrup, cocoa powder, water, lemon juice, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], freeze dried raspberries (1%), malted <b>BARLEY</b> extract, glucose syrup, raising agent: sodium bicarbonate, preservative: potassium sorbate, natural vanilla flavouring, coffee extract, thickening agent: xanthan gum, acidity regulator: citric acid.	1238	293	7	3.2	54	33	2.2	2.9	0.38
<b>Cherry &amp; White Chocolate Cupcake</b>	Y	N	Cherry fruit preparation (13%) [sour cherry puree, glucose syrup, dextrose, water, sugar, stabiliser: modified waxy maize starch, sour cherry concentrate, acidity regulators: citric acid, trisodium citrate; gelling agent: pectin, natural colour: anthocyanin, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate], icing sugar, salted butter [butter ( <b>MILK</b> ), salt], white chocolate (10%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable margarine (vegetable oils (palm oil, rapeseed), water, salt, emulsifier: polyglycerol ester of fatty acids, natural flavouring; colourings: annatto, curcumin), pasteurised free range whole <b>EGG</b> , mallow [glucose syrup, sugar, water, maize starch, dried <b>EGG</b> white, modified starch, stabiliser: diphosphates, acid: acetic acid, natural flavouring], water, full fat cream cheese ( <b>MILK</b> ), soluble plant fibre, freeze-dried sour cherry pieces (2%), butter ( <b>MILK</b> ), <b>MILK</b> powder, modified starch, maltodextrin, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], emulsifiers: propylene glycol ester of fatty acids, mono- and diglycerides of fatty acids; natural vanilla flavour, cornflour, preservative: potassium sorbate, salt, natural colour: beta carotene.	1711	410	22	12	51	33	0.7	3.4	0.64
<b>Raspberry Cheesecake Muffin</b>	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], free range <b>EGG</b> , sugar, rapeseed oil, full fat soft cheese ( <b>MILK</b> ), <b>WHEAT</b> flour, mascarpone cheese ( <b>MILK</b> ), raspberry (2.7%), <b>WHEAT</b> starch, cream cheese ( <b>MILK</b> ), raising agents: mono calcium phosphate, diphosphates, sodium hydrogen carbonate, potassium carbonate; potato starch, freeze dried raspberry pieces, free range <b>EGG</b> white, glucose syrup, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT GLUTEN</b> , whey powder ( <b>MILK</b> ), flavouring, stabilisers: xanthan gum, locust bean gum; preservative: potassium sorbate, modified maize starch, salt, modified tapioca starch, acid: lactic acid ( <b>MILK</b> ), antioxidants: tocopherol-rich extract, rosemary extract.	1843	441	24	5.3	49	23	1.7	6.8	0.5

# Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Cookies</b>												
<b>Vegan Pumpkin Spiced Cookie</b>	Y	Y	Fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), sugar, sweetened dried cranberries (cranberries, sugar, sunflower oil), palm oil, pumpkin seeds, rapeseed oil, raising agents: monocalcium phosphate (E341), potassium hydrogen carbonate, glucose fructose syrup, water, <b>WHEAT</b> fibre, natural colouring (paprika, carrot), cassia, ginger, natural flavouring, nutmeg.	1425	340	15	5.3	45	27.5	2.2	4.9	0.03
<b>Porridge, Fruit &amp; Yoghurt</b>												
<b>Berry Bircher</b>	Y	N	Greek style yoghurt ( <b>MILK</b> ) (26%), berry compote (26%) [sugar, strawberries, water, blackberries, blueberries, redcurrants, corn flour, lemon juice, natural flavouring, gelling agent: pectin]water, rolled <b>OATS</b> (16%), shredded apple (6%), dried berry mix (3%) [juice infused dried blueberry (dried blueberry, apple juice from concentrate, sunflower oil), juice infused dried cranberries (pineapple juice from concentrate, dried cranberries, sunflower oil)], pomegranate seeds (1%), toasted pumpkin seeds (1%), apple juice concentrate.	1240	294	8	4.3	46	22.0	4.0	7.4	0.07
<b>Breakfast Sandwiches &amp; Savoury Muffins</b>												
<b>Bacon &amp; Egg Muffin</b>	N	N	Soft bran muffin [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>WHEAT</b> bran, vegetable oil (palm, rapeseed), yeast, durum <b>WHEAT</b> semolina, skimmed <b>MILK</b> powder, salt, flour treatment agent: ascorbic acid], scrambled egg (27%) [free range <b>EGG</b> , water, rapeseed oil, skimmed <b>MILK</b> , lemon juice, salt, ground pepper], hickory smoked bacon (15%) [pork belly, water, salt, antioxidant: sodium ascorbate, preservative: sodium nitrate], tomato relish [water, tomatoes, sugar, tomato paste, red wine vinegar, slow roasted tomatoes (tomatoes, tomato concentrate, vegetable oils (sunflower, olive), salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], white pepper. May also contain traces of egg and soya.	1653	394	14	5.1	41	2.5	3.2	24	2.12
<b>Ham &amp; Cheese Croissant</b>	N	N	All butter croissant [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), unsalted butter ( <b>MILK</b> ) (13%), water, sugar, yeast, salt, pasteurised free range whole <b>EGG</b> , flour treatment agent (ascorbic acid)], formed hickory smoked ham (28%) [pork, salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], medium mature Cheddar cheese ( <b>MILK</b> ) (14%).	1934	463	25	14	36	5.5	4.1	21	1.7
<b>Hot Sandwiches</b>												
<b>Chicken Mushroom &amp; Emmental on Rosemary Focaccia</b>	N	N	Ciabatta [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, olive oil, rosemary, salt, yeast, malted <b>BARLEY</b> flour], hot smoked pulled chicken (13%) [chicken breast, cornflour, salt], roasted chestnut mushrooms (13%) [chestnut mushrooms, thyme, rapeseed oil], thyme shallot cream [water, double cream ( <b>MILK</b> ), shallot, salted butter (cream ( <b>MILK</b> ), salt) cornflour, white wine, onion, lemon juice, carrot, fennel, bouillon (salt, maltodextrin, potato starch, yeast extract, sugar, onion, parsnip, parsley, sunflower oil, spices, spice extract), white wine vinegar, thyme, salt, lemon zest, white pepper], Emmental full fat hard cheese ( <b>MILK</b> ) (4%), spinach.	2400	571	21	6.9	68	1.5	5.7	25	2.00
<b>Cold Sandwiches and Wraps</b>												
<b>Roast Chicken Salad Sandwich</b>	N	N	Malted brown bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, <b>WHEAT</b> bran, <b>WHEAT GLUTEN</b> , malted <b>BARLEY</b> flour, salt, yeast, spirit vinegar, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, malted <b>WHEAT</b> flour, vegetable oils (rapeseed, palm), flour treatment agent: ascorbic acid], roast chicken breast (22%) [chicken breast, cornflour, marinade (salt, black pepper, garlic powder, sunflower oil)], plum tomato, lemon tarragon and mustard mayonnaise [ rapeseed oil, water, wholegrain mustard (water, brown <b>MUSTARD</b> seeds, vinegar, salt), free range pasteurised egg yolk ( <b>EGG</b> yolk, salt), white wine vinegar, cornflour, Dijon mustard (water, brown <b>MUSTARD</b> seeds, spirit vinegar, salt), lemon juice, tarragon, <b>MUSTARD</b> flour, lemon zest], lettuce.	2070	493	11	4.3	48	4.5	6.9	26	1.30

## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>King Prawn Sandwich</b>	N	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>OATS</b> , <b>BARLEY</b> flakes, <b>WHEAT</b> bran, yeast, salt, vegetable oils (rapeseed, palm), <b>WHEAT GLUTEN</b> , spirit vinegar, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, fermented <b>WHEAT</b> flour, flour treatment agent: ascorbic acid], king prawns ( <b>CRUSTACEAN</b> ) (23%), prawns ( <b>CRUSTACEAN</b> ) (11%), marie rose sauce with dill [water, rapeseed oil, tomato ketchup (water, sugar, tomato paste, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), spirit vinegar, salt, cloves), Worcester sauce (water, sugar, spirit vinegar, molasses, onion purée, salt, tamarind paste, cloves, ginger purée, garlic purée), pasteurised free-range <b>EGG</b> yolk, salt, cornflour, lemon juice, white wine vinegar, wholegrain mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), dill, smoked paprika, black pepper, <b>MUSTARD</b> flour, chipotle chilli powder, cayenne pepper], lettuce.	1438	341	7.3	1.0	46	2.5	3.8	20	1.90
<b>Cold Sandwiches and Wraps</b>												
<b>Smoked Chicken and Sunshine Grain Wrap</b>	N	N	Wheat-corn tortilla wrap [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, cornflour, vegetable oils (palm, rapeseed), humectant: glycerol, <b>WHEAT GLUTEN</b> , sugar, raising agents: sodium bicarbonate, diphosphates; acidity regulator: malic acid; flour treatment agent: L-cysteine, salt, stabiliser: sodium carboxymethylcellulose], pulled smoked chicken (19%) [chicken breast, salt, cornflour], pickled red slaw [red cabbage, beetroot, onion, water, cider vinegar, sugar, salt], black turtle beans, spinach, habanero and mango salsa [water, mango purée, sugar, spirit vinegar, white onion, red pepper, cornflour, red chilli purée, concentrated lemon juice, salt, dried red pepper, lemon zest, <b>MUSTARD</b> flour, habanero chilli, ground turmeric, acidity regulator: acetic acid], bulgur <b>WHEAT</b> , roasted red pepper [red pepper, rapeseed oil], onion, spicy tomato dressing [water, tomato paste, red pepper, onion, spirit vinegar, sugar, chilli purée, concentrated lemon juice, basil, garlic purée, salt, cornflour, oregano, Dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), dried chilli, black pepper], marinated semi-dried tomatoes [tomato, sunflower oil, salt, garlic, oregano], rapeseed oil, parsley, pickled chillies [chilli, spirit vinegar], cornflour, ground turmeric, black pepper.	1484	354	8	2.8	49	9.8	7.6	18	1.2
<b>Vegan Beetroot Wrap</b>	Y	Y	Beetroot wrap [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), beetroot powder, chia seeds, sugar, raising agents: sodium bicarbonate, diphosphates; acidity regulator: malic acid, salt, flour treatment agent: L-cysteine], smokey butternut squash crush (21%) [butternut squash, rapeseed oil, lemon juice, smoked paprika, salt], chipotle relish [roasted red pepper, tomatoes, sugar, water, onion, white wine vinegar, glucose syrup, cornflour, cider, tomato paste, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, ground cumin], spinach, roast red peppers [roasted red peppers, water, salt, acidity regulator: citric acid], black turtle beans, sweetcorn [sweetcorn, water, salt, acidity regulator: citric acid], coriander, roasted tomato [tomatoes, sunflower oil, salt, garlic, oregano], cornflour.	1545	368	11	4.1	56	7.5	4.2	9.3	1.2
<b>Salad Bowls</b>												
<b>Chicken &amp; Avocado Protein Bowl</b>	N	N	Free range hard-boiled <b>EGG</b> , cucumber, chicken breast (13%) [chicken breast, marinade (cornflour, salt, black pepper, garlic powder, sunflower oil)], cooked wheatberries [water, wheatberries ( <b>WHEAT</b> )], cooked white quinoa [water, white quinoa], spinach, diced beetroot, dipped avocado [avocado, water, salt, preservatives: L-cysteine, calcium chloride; antioxidant: ascorbic acid; acidity regulator: citric acid], edamame <b>SOYA</b> beans, cooked spelt [water, spelt ( <b>WHEAT</b> )], diced apple, honey, reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, pasteurised free range <b>EGG</b> yolk, salt, sugar, citrus fibre, stabiliser: pectin, concentrated lemon juice], nut-free basil pesto [medium fat hard cheese ( <b>MILK</b> ), basil, sunflower oil, extra virgin olive oil, salt, garlic purée, acidity regulator: citric acid], crème fraîche ( <b>MILK</b> ), concentrated lemon juice, beetroot powder, parsley, extra virgin olive oil, mint, cider vinegar, rapeseed oil, salt, cornflour.	1147	274	9	2.8	20	5.0	7.8	24	1.00
<b>Dessert</b>												
<b>Caramel Chococado Pot</b>	Y	N	Caramel sauce (28%) [coconut milk powder (coconut milk, maltodextrin, modified corn starch), margarine (vegetable oils (palm, rapeseed), water, salt, emulsifier: E475, preservative: potassium sorbate, flavouring, colour: beta carotene), sugar, golden syrup, water, palm oil, coconut oil, flavouring, modified maize starch, salt, emulsifier: E471], coconut dessert (28%) [coconut cream, coconut water, tapioca starch, non-dairy cultures], chocolate (20%) [cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, vanilla extract], rice drink [water, rice, sunflower oil, calcium phosphate, stabiliser: gellan gum, sea salt, vitamin D, vitamin B12], avocado (7%), maple syrup, cocoa powder, cacao nibs, modified maize starch, flavouring, salt, yacon syrup.	1553	373	27	8.1	25	20.0	5.3	7.1	0.33

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