

NUTRITION & ALLERGEN GUIDE

Holiday 2022



Brie & Cran-merry
Focaccia



Toffee Nut
Latte



Gingerbread
Latte

This guide will provide nutritional and allergen information for Holiday 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 (Spelt and Kamut), Rye, Barley and Oats

• **Nuts**

(Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia Nut, Queensland Nut)

• **Egg**

• **Milk**

• **Soya**

• **Fish**

• **Crustaceans**

• **Molluscs**

• **Sesame**

• **Lupin**

• **Celery**

• **Mustard**

• **Peanuts**

• **Sulphur Dioxide and Sulphites**

Cross Contamination

All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages and how we handle our food items we cannot guarantee that they are free from any allergens. Our beverages and food items are prepared where allergens are handled by our partners, and where equipment and utensils are used for multiple menu items, including those containing allergens. Whilst we try to keep things separate we cannot 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. Please check 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) |
|--|---|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Toffee Nut Latte – skimmed milk | Skimmed milk [skimmed MILK], espresso shot – espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 574 | 137 | 5.8 | 3.9 | 14.8 | 14.2 | 0.1 | 6.4 | 0.31 | 33.1 |
| | | Tall | 829 | 198 | 7.1 | 4.8 | 22.6 | 21.4 | 0.2 | 10.6 | 0.50 | 66.2 |
| | | Grande | 1021 | 243 | 8.3 | 5.6 | 28.5 | 27.3 | 0.2 | 13.4 | 0.63 | 66.2 |
| | | Venti | 1224 | 291 | 8.7 | 5.7 | 35.6 | 33.9 | 0.3 | 17.2 | 0.81 | 99.2 |
| Toffee Nut Latte – semi skimmed milk | Semi skimmed milk [semi skimmed MILK], espresso shot – espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 653 | 156 | 8 | 6.4 | 14.6 | 14 | 0.1 | 6.4 | 0.31 | 33.1 |
| | | Tall | 961 | 229 | 10.8 | 8.9 | 22.3 | 21.1 | 0.2 | 10.6 | 0.49 | 66.2 |
| | | Grande | 1191 | 284 | 13.1 | 10.9 | 28.1 | 26.9 | 0.2 | 13.4 | 0.62 | 66.2 |
| | | Venti | 1444 | 344 | 14.9 | 12.6 | 35.2 | 33.4 | 0.3 | 17.2 | 0.80 | 99.2 |
| Toffee Nut Latte – whole milk | Whole milk [whole MILK], espresso shot – espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 760 | 182 | 11 | 7.4 | 14.5 | 13.8 | 0.1 | 6.2 | 0.30 | 33.1 |
| | | Tall | 1138 | 272 | 15.9 | 10.5 | 22 | 20.9 | 0.2 | 10.3 | 0.49 | 66.2 |
| | | Grande | 1420 | 339 | 19.6 | 12.9 | 27.8 | 26.6 | 0.2 | 13 | 0.61 | 66.2 |
| | | Venti | 1737 | 414 | 23.2 | 15.2 | 34.8 | 33 | 0.3 | 16.8 | 0.79 | 99.2 |
| Toffee Nut Latte – almond drink | Almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], espresso shot – espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 496 | 119 | 7.3 | 3.9 | 11.4 | 10.7 | 0.6 | 1.7 | 0.23 | 33.1 |
| | | Tall | 700 | 169 | 9.6 | 4.7 | 17 | 15.6 | 1 | 2.7 | 0.37 | 66.2 |
| | | Grande | 854 | 206 | 11.6 | 5.5 | 21.3 | 19.8 | 1.3 | 3.2 | 0.46 | 66.2 |
| | | Venti | 1010 | 243 | 12.9 | 5.6 | 26.4 | 24.2 | 1.7 | 4.2 | 0.59 | 99.2 |
| Toffee Nut Latte – Original Nut Blend | Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], espresso shot – espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 601 | 143 | 7.7 | 4.1 | 14.8 | 11.6 | 0.6 | 3.4 | 0.36 | 33.1 |
| | | Tall | 874 | 208 | 10.4 | 5 | 22.6 | 17.1 | 1 | 5.7 | 0.59 | 66.2 |
| | | Grande | 1079 | 257 | 12.6 | 5.8 | 28.6 | 21.7 | 1.3 | 7 | 0.74 | 66.2 |
| | | Venti | 1299 | 309 | 14.2 | 6.1 | 35.7 | 26.8 | 1.7 | 9.1 | 0.95 | 99.2 |
| Toffee Nut Latte – soya drink | Soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], espresso shot – espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 612 | 147 | 8.1 | 4.2 | 12.2 | 11.6 | 0.9 | 5.7 | 0.35 | 33.1 |
| | | Tall | 893 | 214 | 11 | 5.3 | 18.3 | 17.2 | 1.6 | 9.5 | 0.57 | 66.2 |
| | | Grande | 1103 | 264 | 13.3 | 6.2 | 23 | 21.8 | 2 | 12 | 0.71 | 66.2 |
| | | Venti | 1330 | 318 | 15.1 | 6.5 | 28.6 | 26.8 | 2.6 | 15.4 | 0.92 | 99.2 |
| Toffee Nut Latte – oat drink | Oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], espresso shot – espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 706 | 169 | 9.3 | 6.8 | 17.3 | 12.6 | 3.5 | 2.4 | 0.32 | 33.1 |
| | | Tall | 1049 | 251 | 12.9 | 9.5 | 26.8 | 18.8 | 5.8 | 4 | 0.51 | 66.2 |
| | | Grande | 1304 | 311 | 15.8 | 11.6 | 33.9 | 23.8 | 7.4 | 4.8 | 0.65 | 66.2 |
| | | Venti | 1588 | 379 | 18.4 | 13.5 | 42.7 | 29.5 | 9.5 | 6.3 | 0.83 | 99.2 |
| Toffee Nut Latte – coconut drink | Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot – espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 620 | 150 | 9.3 | 7.4 | 12.7 | 12.1 | 2.5 | 2.4 | 0.44 | 33.1 |
| | | Tall | 906 | 219 | 12.9 | 10.5 | 19.1 | 18 | 4.2 | 4 | 0.70 | 66.2 |
| | | Grande | 1120 | 271 | 15.8 | 13 | 24.1 | 22.8 | 5.3 | 4.8 | 0.89 | 66.2 |
| | | Venti | 1352 | 327 | 18.4 | 15.2 | 29.9 | 28.2 | 6.9 | 6.3 | 1.15 | 99.2 |

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Adults need around 2000kcal a day

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) |
|--|--|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Gingerbread Latte – skimmed milk | Skimmed milk [skimmed MILK], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 631 | 151 | 6 | 3.6 | 17.9 | 16.8 | 0.1 | 6.1 | 0.24 | 33.1 |
| | | Tall | 875 | 208 | 6.4 | 3.8 | 27.2 | 25.4 | 0.2 | 10.2 | 0.39 | 66.2 |
| | | Grande | 1139 | 271 | 8.7 | 5.1 | 35.1 | 33.2 | 0.2 | 12.9 | 0.48 | 66.2 |
| | | Venti | 1372 | 326 | 9.1 | 5.3 | 44 | 41.4 | 0.4 | 16.8 | 0.63 | 99.2 |
| Gingerbread Latte – semi skimmed milk | Semi skimmed milk [semi skimmed MILK], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 711 | 170 | 8.2 | 6.1 | 17.8 | 16.6 | 0.1 | 6.1 | 0.24 | 33.1 |
| | | Tall | 1007 | 240 | 10.1 | 7.9 | 26.9 | 25.2 | 0.2 | 10.2 | 0.38 | 66.2 |
| | | Grande | 1309 | 312 | 13.4 | 10.5 | 34.8 | 32.8 | 0.2 | 12.9 | 0.48 | 66.2 |
| | | Venti | 1591 | 379 | 15.2 | 12.2 | 43.5 | 41 | 0.4 | 16.8 | 0.61 | 99.2 |
| Gingerbread Latte – whole milk | Whole milk [whole MILK], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 818 | 195 | 11.2 | 7 | 17.6 | 16.5 | 0.1 | 5.9 | 0.23 | 33.1 |
| | | Tall | 1184 | 282 | 15.1 | 9.5 | 26.7 | 24.9 | 0.2 | 10 | 0.38 | 66.2 |
| | | Grande | 1538 | 366 | 19.9 | 12.5 | 34.4 | 32.5 | 0.2 | 12.6 | 0.47 | 66.2 |
| | | Venti | 1884 | 449 | 23.5 | 14.7 | 43.1 | 40.6 | 0.4 | 16.4 | 0.60 | 99.2 |
| Gingerbread Latte – almond drink | Almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carageenan, guar gum; natural flavourings, sea salt], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 553 | 133 | 7.5 | 3.6 | 14.6 | 13.3 | 0.6 | 1.4 | 0.16 | 33.1 |
| | | Tall | 746 | 179 | 8.9 | 3.7 | 21.6 | 19.6 | 1.1 | 2.4 | 0.26 | 66.2 |
| | | Grande | 972 | 234 | 11.9 | 5 | 27.9 | 25.7 | 1.3 | 2.8 | 0.31 | 66.2 |
| | | Venti | 1157 | 278 | 13.2 | 5.1 | 34.8 | 31.8 | 1.7 | 3.8 | 0.41 | 99.2 |
| Gingerbread Latte – Original Nut Blend | Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 658 | 157 | 8 | 3.7 | 18 | 14.2 | 0.6 | 3.1 | 0.29 | 33.1 |
| | | Tall | 920 | 219 | 9.7 | 4 | 27.2 | 21.2 | 1.1 | 5.3 | 0.48 | 66.2 |
| | | Grande | 1197 | 285 | 12.9 | 5.4 | 35.2 | 27.6 | 1.3 | 6.6 | 0.59 | 66.2 |
| | | Venti | 1446 | 344 | 14.5 | 5.6 | 44.1 | 34.3 | 1.7 | 8.7 | 0.77 | 99.2 |
| Gingerbread Latte – soya drink | Soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 669 | 160 | 8.3 | 3.9 | 15.4 | 14.2 | 1 | 5.4 | 0.28 | 33.1 |
| | | Tall | 939 | 224 | 10.2 | 4.2 | 22.9 | 21.2 | 1.6 | 9.2 | 0.46 | 66.2 |
| | | Grande | 1220 | 291 | 13.6 | 5.7 | 29.6 | 27.7 | 2 | 11.5 | 0.57 | 66.2 |
| | | Venti | 1477 | 352 | 15.4 | 6.1 | 36.9 | 34.4 | 2.6 | 15 | 0.73 | 99.2 |
| Gingerbread Latte – oat drink | Oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 763 | 182 | 9.5 | 6.4 | 20.5 | 15.2 | 3.5 | 2.1 | 0.25 | 33.1 |
| | | Tall | 1095 | 261 | 12.2 | 8.4 | 31.4 | 22.8 | 5.8 | 3.6 | 0.40 | 66.2 |
| | | Grande | 1422 | 339 | 16.2 | 11.2 | 40.5 | 29.7 | 7.4 | 4.4 | 0.50 | 66.2 |
| | | Venti | 1735 | 414 | 18.7 | 13 | 51 | 37.1 | 9.6 | 5.9 | 0.65 | 99.2 |

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Beverages

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|--|--|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Gingerbread Latte - coconut drink | Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 677 | 163 | 9.5 | 7.1 | 15.9 | 14.7 | 2.5 | 2.1 | 0.36 | 33.1 |
| | | Tall | 952 | 229 | 12.2 | 9.5 | 23.8 | 22 | 4.2 | 3.6 | 0.59 | 66.2 |
| | | Grande | 1238 | 298 | 16.2 | 12.5 | 30.7 | 28.7 | 5.4 | 4.4 | 0.75 | 66.2 |
| | | Venti | 1499 | 361 | 18.7 | 14.8 | 38.3 | 35.8 | 6.9 | 5.9 | 0.96 | 99.2 |
| Caramel Waffle Latte - skimmed milk | Skimmed milk [skimmed MILK], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Short | 678 | 162 | 6 | 4.1 | 19.9 | 18.9 | 0.1 | 6.8 | 0.24 | 33.1 |
| | | Tall | 998 | 238 | 7.7 | 5.1 | 30.9 | 29 | 0.3 | 10.9 | 0.39 | 66.2 |
| | | Grande | 1226 | 292 | 8.9 | 5.9 | 39.1 | 37.1 | 0.3 | 13.6 | 0.47 | 66.2 |
| | | Venti | 1483 | 353 | 9.3 | 6.1 | 49 | 46.5 | 0.4 | 17.8 | 0.62 | 99.2 |
| Caramel Waffle Latte - semi skimmed milk | Semi skimmed milk [semi skimmed MILK], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Short | 763 | 182 | 8.4 | 6.8 | 19.7 | 18.7 | 0.1 | 6.8 | 0.23 | 33.1 |
| | | Tall | 1133 | 270 | 11.5 | 9.4 | 30.6 | 28.7 | 0.3 | 10.9 | 0.38 | 66.2 |
| | | Grande | 1398 | 333 | 13.7 | 11.3 | 38.7 | 36.7 | 0.3 | 13.6 | 0.46 | 66.2 |
| | | Venti | 1708 | 407 | 15.6 | 13.1 | 48.6 | 46.1 | 0.4 | 17.8 | 0.60 | 99.2 |
| Caramel Waffle Latte - whole milk | Whole milk [whole MILK], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Short | 877 | 209 | 11.6 | 7.8 | 19.5 | 18.5 | 0.1 | 6.7 | 0.23 | 33.1 |
| | | Tall | 1314 | 313 | 16.6 | 11 | 30.4 | 28.5 | 0.3 | 10.7 | 0.37 | 66.2 |
| | | Grande | 1628 | 388 | 20.2 | 13.3 | 38.4 | 36.4 | 0.3 | 13.3 | 0.45 | 66.2 |
| | | Venti | 2009 | 479 | 24.2 | 15.8 | 48.1 | 45.6 | 0.4 | 17.3 | 0.59 | 99.2 |
| Caramel Waffle Latte - almond drink | Almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Short | 595 | 143 | 7.7 | 4.1 | 16.3 | 15.1 | 0.7 | 1.8 | 0.15 | 33.1 |
| | | Tall | 866 | 208 | 10.3 | 5 | 25.2 | 23.1 | 1.1 | 2.9 | 0.25 | 66.2 |
| | | Grande | 1057 | 254 | 12.2 | 5.8 | 31.9 | 29.5 | 1.3 | 3.3 | 0.30 | 66.2 |
| | | Venti | 1262 | 303 | 13.6 | 5.9 | 39.6 | 36.6 | 1.8 | 4.4 | 0.39 | 99.2 |
| Caramel Waffle Latte - Original Nut Blend | Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Short | 707 | 168 | 8.1 | 4.2 | 19.9 | 16.1 | 0.7 | 3.7 | 0.29 | 33.1 |
| | | Tall | 1044 | 248 | 11.1 | 5.3 | 30.9 | 24.6 | 1.1 | 5.9 | 0.47 | 66.2 |
| | | Grande | 1284 | 305 | 13.2 | 6.2 | 39.1 | 31.5 | 1.3 | 7.2 | 0.58 | 66.2 |
| | | Venti | 1559 | 371 | 14.9 | 6.4 | 49.1 | 39.2 | 1.8 | 9.4 | 0.76 | 99.2 |
| Caramel Waffle Latte - soya drink | Soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Short | 719 | 172 | 8.5 | 4.4 | 17.1 | 16.1 | 1 | 6.1 | 0.28 | 33.1 |
| | | Tall | 1063 | 254 | 11.6 | 5.6 | 26.5 | 24.7 | 1.7 | 9.8 | 0.45 | 66.2 |
| | | Grande | 1308 | 312 | 13.9 | 6.5 | 33.5 | 31.6 | 2 | 12.2 | 0.56 | 66.2 |
| | | Venti | 1591 | 380 | 15.8 | 6.9 | 41.8 | 39.3 | 2.7 | 15.9 | 0.73 | 99.2 |

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Adults need around 2000kcal a day

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) |
|--|--|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Caramel Waffle Latte - oat drink | Oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Short | 819 | 196 | 9.8 | 7.1 | 22.6 | 17.2 | 3.7 | 2.6 | 0.25 | 33.1 |
| | | Tall | 1222 | 292 | 13.6 | 9.9 | 35.2 | 26.3 | 5.9 | 4.2 | 0.40 | 66.2 |
| | | Grande | 1511 | 360 | 16.5 | 12 | 44.6 | 33.6 | 7.5 | 5 | 0.49 | 66.2 |
| | | Venti | 1856 | 443 | 19.2 | 14 | 56.2 | 42 | 9.8 | 6.5 | 0.64 | 99.2 |
| Caramel Waffle Latte - coconut drink | Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Short | 728 | 175 | 9.8 | 7.8 | 17.7 | 16.7 | 2.7 | 2.6 | 0.37 | 33.1 |
| | | Tall | 1076 | 259 | 13.6 | 11 | 27.4 | 25.5 | 4.3 | 4.2 | 0.60 | 66.2 |
| | | Grande | 1326 | 319 | 16.5 | 13.4 | 34.6 | 32.6 | 5.4 | 5 | 0.74 | 66.2 |
| | | Venti | 1613 | 389 | 19.2 | 15.8 | 43.2 | 40.7 | 7.1 | 6.5 | 0.96 | 99.2 |
| Eggnog Latte | Eggnog [Water, skimmed MILK , cream (MILK), sugar, skimmed MILK powder, EGG yolk, stabilisers: guar gum, cellulose gum, carrageenan, triphosphates; natural flavourings, salt, spice extract, cinnamon.], espresso shot - espresso roast as brewed [whole bean roasted coffee], Ground nutmeg. | Short | 717 | 171 | 7.7 | 4.6 | 19.7 | 19.2 | 0.6 | 5.4 | 0.31 | 33.1 |
| | | Tall | 1192 | 284 | 12.8 | 7.5 | 32.8 | 31.8 | 1 | 9.2 | 0.52 | 66.2 |
| | | Grande | 1528 | 364 | 16.4 | 9.7 | 42.1 | 41.2 | 1.1 | 11.6 | 0.65 | 66.2 |
| | | Venti | 1966 | 469 | 21.1 | 12.4 | 54.2 | 52.8 | 1.4 | 15 | 0.85 | 99.2 |
| Iced Eggnog Latte | Water, skimmed MILK , cream (MILK), sugar, skimmed MILK powder, EGG yolk, stabilisers: guar gum, cellulose gum, carrageenan, triphosphates; natural flavourings, salt, spice extract, cinnamon, ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], Ground nutmeg. | Short | 591 | 141 | 6.3 | 3.8 | 16.2 | 15.7 | 0.6 | 4.5 | 0.26 | 33.1 |
| | | Tall | 854 | 204 | 9.1 | 5.3 | 23.4 | 22.5 | 0.8 | 6.7 | 0.38 | 66.2 |
| | | Grande | 1062 | 253 | 11.3 | 6.7 | 29.2 | 28.2 | 0.9 | 8.2 | 0.47 | 66.2 |
| | | Venti | 1484 | 354 | 15.8 | 9.3 | 40.8 | 39.4 | 1.2 | 11.6 | 0.66 | 99.2 |
| Iced Toffee Nut Latte - skimmed milk | Skimmed milk [skimmed MILK], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 392 | 93 | 0.6 | 0.2 | 16 | 15.3 | 0.1 | 5.7 | 0.36 | 33.1 |
| | | Tall | 525 | 124 | 0.8 | 0.3 | 21.7 | 20.3 | 0.2 | 7.3 | 0.50 | 66.2 |
| | | Grande | 658 | 155 | 1 | 0.4 | 27.5 | 26 | 0.2 | 9 | 0.62 | 66.2 |
| | | Venti | 787 | 186 | 1.2 | 0.4 | 33.1 | 30.9 | 0.3 | 10.6 | 0.76 | 99.2 |
| Iced Toffee Nut Latte - semi skimmed milk | Semi skimmed milk [semi skimmed MILK], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 466 | 111 | 2.7 | 2.6 | 15.9 | 15.1 | 0.1 | 5.7 | 0.35 | 33.1 |
| | | Tall | 617 | 146 | 3.4 | 3.2 | 21.5 | 20.2 | 0.2 | 7.3 | 0.49 | 66.2 |
| | | Grande | 772 | 183 | 4.2 | 4 | 27.3 | 25.8 | 0.2 | 9 | 0.62 | 66.2 |
| | | Venti | 917 | 217 | 4.8 | 4.5 | 32.8 | 30.7 | 0.3 | 10.6 | 0.76 | 99.2 |
| Iced Toffee Nut Latte - whole milk | Whole milk [whole MILK], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 566 | 134 | 5.5 | 3.5 | 15.7 | 15 | 0.1 | 5.5 | 0.35 | 33.1 |
| | | Tall | 739 | 175 | 6.8 | 4.2 | 21.3 | 20 | 0.2 | 7.1 | 0.49 | 66.2 |
| | | Grande | 926 | 220 | 8.5 | 5.3 | 27.1 | 25.5 | 0.2 | 8.8 | 0.61 | 66.2 |
| | | Venti | 1092 | 259 | 9.8 | 6.1 | 32.5 | 30.4 | 0.3 | 10.3 | 0.75 | 99.2 |
| Iced Toffee Nut Latte - almond drink | Almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carageenan, guar gum; natural flavourings, sea salt], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 319 | 76 | 2 | 0.2 | 12.9 | 12 | 0.6 | 1.2 | 0.28 | 33.1 |
| | | Tall | 436 | 104 | 2.5 | 0.3 | 17.9 | 16.3 | 0.8 | 1.9 | 0.41 | 66.2 |
| | | Grande | 545 | 130 | 3.1 | 0.3 | 22.7 | 20.9 | 0.9 | 2.1 | 0.51 | 66.2 |
| | | Venti | 659 | 157 | 3.6 | 0.4 | 27.6 | 25.2 | 1.1 | 2.8 | 0.63 | 99.2 |

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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) |
|---|---|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Iced Toffee Nut Latte - Original Nut Blend | Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 417 | 99 | 2.4 | 0.4 | 16.1 | 12.9 | 0.6 | 2.9 | 0.40 | 33.1 |
| | | Tall | 556 | 132 | 3.1 | 0.5 | 21.7 | 17.4 | 0.8 | 3.9 | 0.56 | 66.2 |
| | | Grande | 697 | 165 | 3.8 | 0.6 | 27.6 | 22.3 | 0.9 | 4.7 | 0.70 | 66.2 |
| | | Venti | 831 | 197 | 4.4 | 0.6 | 33.1 | 26.7 | 1.1 | 5.7 | 0.85 | 99.2 |
| Iced Toffee Nut Latte - soya drink | Soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 428 | 102 | 2.8 | 0.5 | 13.6 | 12.9 | 0.9 | 5.1 | 0.39 | 33.1 |
| | | Tall | 569 | 135 | 3.5 | 0.6 | 18.8 | 17.4 | 1.2 | 6.6 | 0.54 | 66.2 |
| | | Grande | 713 | 169 | 4.3 | 0.8 | 23.8 | 22.3 | 1.4 | 8 | 0.68 | 66.2 |
| | | Venti | 850 | 202 | 4.9 | 0.9 | 28.9 | 26.7 | 1.7 | 9.5 | 0.83 | 99.2 |
| Iced Toffee Nut Latte - oat drink | Oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 515 | 122 | 3.9 | 2.9 | 18.4 | 13.8 | 3.2 | 2 | 0.36 | 33.1 |
| | | Tall | 677 | 161 | 4.8 | 3.5 | 24.6 | 18.5 | 4.1 | 2.8 | 0.51 | 66.2 |
| | | Grande | 848 | 201 | 6 | 4.4 | 31.2 | 23.7 | 5 | 3.2 | 0.64 | 66.2 |
| | | Venti | 1004 | 238 | 6.9 | 5.1 | 37.2 | 28.3 | 5.8 | 4 | 0.78 | 99.2 |
| Iced Toffee Nut Latte - coconut drink | Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Short | 435 | 105 | 3.9 | 3.5 | 14.1 | 13.3 | 2.3 | 2 | 0.47 | 33.1 |
| | | Tall | 578 | 139 | 4.8 | 4.3 | 19.3 | 18 | 3 | 2.8 | 0.64 | 66.2 |
| | | Grande | 724 | 174 | 6 | 5.4 | 24.5 | 23 | 3.7 | 3.2 | 0.80 | 66.2 |
| | | Venti | 863 | 207 | 6.9 | 6.1 | 29.7 | 27.5 | 4.3 | 4 | 0.97 | 99.2 |
| Iced Gingerbread Latte - skimmed milk | Skimmed milk [skimmed MILK], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 400 | 95 | 0.6 | 0.2 | 16.5 | 15.3 | 0.1 | 5.7 | 0.22 | 33.1 |
| | | Tall | 537 | 127 | 0.8 | 0.3 | 22.4 | 20.5 | 0.2 | 7.4 | 0.30 | 66.2 |
| | | Grande | 672 | 159 | 0.9 | 0.3 | 28.3 | 26.3 | 0.2 | 9.1 | 0.35 | 66.2 |
| | | Venti | 804 | 190 | 1.1 | 0.4 | 34.1 | 31.5 | 0.4 | 10.6 | 0.42 | 99.2 |
| Iced Gingerbread Latte - semi skimmed milk | Semi skimmed milk [semi skimmed MILK], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 475 | 112 | 2.6 | 2.6 | 16.4 | 15.1 | 0.1 | 5.7 | 0.22 | 33.1 |
| | | Tall | 628 | 149 | 3.3 | 3.1 | 22.2 | 20.3 | 0.2 | 7.4 | 0.29 | 66.2 |
| | | Grande | 787 | 186 | 4.1 | 4 | 28.1 | 26.1 | 0.2 | 9.1 | 0.35 | 66.2 |
| | | Venti | 934 | 221 | 4.8 | 4.5 | 33.8 | 31.2 | 0.4 | 10.6 | 0.42 | 99.2 |
| Iced Gingerbread Latte - whole milk | Whole milk [whole MILK], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 574 | 136 | 5.5 | 3.4 | 16.2 | 15 | 0.1 | 5.6 | 0.22 | 33.1 |
| | | Tall | 750 | 178 | 6.8 | 4.2 | 22 | 20.1 | 0.2 | 7.2 | 0.29 | 66.2 |
| | | Grande | 940 | 223 | 8.5 | 5.3 | 27.9 | 25.9 | 0.2 | 8.8 | 0.34 | 66.2 |
| | | Venti | 1109 | 263 | 9.7 | 6 | 33.5 | 30.9 | 0.4 | 10.4 | 0.41 | 99.2 |
| Iced Gingerbread Latte - almond drink | Almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carageenan, guar gum; natural flavourings, sea salt], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 328 | 78 | 2 | 0.2 | 13.4 | 12 | 0.6 | 1.3 | 0.15 | 33.1 |
| | | Tall | 447 | 107 | 2.5 | 0.2 | 18.5 | 16.5 | 0.8 | 2 | 0.20 | 66.2 |
| | | Grande | 559 | 134 | 3.1 | 0.3 | 23.5 | 21.3 | 1 | 2.2 | 0.24 | 66.2 |
| | | Venti | 676 | 161 | 3.6 | 0.3 | 28.6 | 25.7 | 1.2 | 2.8 | 0.29 | 99.2 |

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Adults need around 2000kcal a day

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) |
|---|--|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Iced Gingerbread Latte - Original Nut Blend | Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 426 | 101 | 2.4 | 0.3 | 16.5 | 12.9 | 0.6 | 3 | 0.27 | 33.1 |
| | | Tall | 568 | 134 | 3 | 0.4 | 22.4 | 17.6 | 0.8 | 4 | 0.35 | 66.2 |
| | | Grande | 711 | 168 | 3.8 | 0.5 | 28.4 | 22.6 | 1 | 4.8 | 0.43 | 66.2 |
| | | Venti | 848 | 201 | 4.4 | 0.6 | 34.1 | 27.2 | 1.2 | 5.8 | 0.51 | 99.2 |
| Iced Gingerbread Latte - soya drink | Soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 436 | 104 | 2.7 | 0.5 | 14.1 | 12.9 | 0.9 | 5.1 | 0.26 | 33.1 |
| | | Tall | 580 | 138 | 3.4 | 0.6 | 19.4 | 17.6 | 1.2 | 6.7 | 0.34 | 66.2 |
| | | Grande | 727 | 173 | 4.3 | 0.8 | 24.7 | 22.6 | 1.4 | 8.1 | 0.41 | 66.2 |
| | | Venti | 867 | 206 | 4.9 | 0.9 | 29.9 | 27.3 | 1.7 | 9.6 | 0.49 | 99.2 |
| Iced Gingerbread Latte - oat drink | Oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 524 | 124 | 3.8 | 2.8 | 18.9 | 13.8 | 3.3 | 2 | 0.23 | 33.1 |
| | | Tall | 688 | 163 | 4.8 | 3.5 | 25.3 | 18.7 | 4.1 | 2.8 | 0.30 | 66.2 |
| | | Grande | 862 | 205 | 6 | 4.4 | 32 | 24 | 5.1 | 3.3 | 0.36 | 66.2 |
| | | Venti | 1021 | 242 | 6.9 | 5 | 38.2 | 28.8 | 5.8 | 4.1 | 0.43 | 99.2 |
| Iced Gingerbread Latte - coconut drink | Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Short | 443 | 107 | 3.8 | 3.4 | 14.6 | 13.3 | 2.4 | 2 | 0.34 | 33.1 |
| | | Tall | 590 | 141 | 4.8 | 4.2 | 20 | 18.1 | 3 | 2.8 | 0.44 | 66.2 |
| | | Grande | 738 | 177 | 6 | 5.3 | 25.4 | 23.3 | 3.7 | 3.3 | 0.53 | 66.2 |
| | | Venti | 880 | 211 | 6.9 | 6.1 | 30.7 | 28.1 | 4.3 | 4.1 | 0.62 | 99.2 |
| Toffee Nut Cream Cold Brew | Cold brew as brewed [arabica coffee], ice, Toffee Nut Cream - For Cold Brew [whipping cream (MILK), whole MILK , water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate, toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates]], vanilla flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier: sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Tall | 681 | 164 | 11.7 | 6.9 | 12.5 | 12.2 | 1 | 1.6 | 0.36 | 36.9 |
| | | Grande | 1033 | 248 | 17.4 | 10.3 | 20.1 | 19.6 | 1.4 | 2.2 | 0.50 | 50 |
| | | Venti | 1386 | 333 | 23.1 | 13.7 | 27.6 | 27 | 1.8 | 2.8 | 0.63 | 63.2 |
| Praline Cookie Hot Chocolate - skimmed milk | Skimmed milk [skimmed MILK], Praline Cookie Mocha Sauce Mix [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, Sugar, water, natural flavouring, caramel sugar syrup, salt, stabiliser: carageenan, xanthan gum; acid: lactic acid; preservative: potassium sorbate], Praline Cookie Hot Chocolate Mocha Whipped Cream [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, whipping cream [whipping cream (MILK)]], caramelised nut flavour cookie blend [WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), sunflower seeds, sugar, water, rapeseed oil, maltodextrin, maize starch, glucose syrup, fat reduced cocoa powder, vegetable and fruits concentrates: apple, carrot, safflower, lemon; raising agent: sodium carbonate; salt, BARLEY malt extract, natural flavouring.] | Short | 731 | 174 | 6.7 | 3.8 | 23 | 21.5 | 1.1 | 4.9 | 0.18 | 0 |
| | | Tall | 1081 | 257 | 8.3 | 4.8 | 35.8 | 34.1 | 1.5 | 9 | 0.31 | 0 |
| | | Grande | 1335 | 318 | 9.7 | 5.6 | 45.6 | 43.7 | 1.9 | 10.9 | 0.38 | 0 |
| | | Venti | 1630 | 387 | 10.3 | 5.9 | 57.8 | 55.6 | 2.2 | 14.7 | 0.50 | 0 |
| Praline Cookie Hot Chocolate - semi skimmed milk | Semi skimmed milk [semi skimmed MILK], Praline Cookie Mocha Sauce Mix [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, Sugar, water, natural flavouring, caramel sugar syrup, salt, stabiliser: carageenan, xanthan gum; acid: lactic acid; preservative: potassium sorbate], Praline Cookie Hot Chocolate Mocha Whipped Cream [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, whipping cream [whipping cream (MILK)]], caramelised nut flavour cookie blend [WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), sunflower seeds, sugar, water, rapeseed oil, maltodextrin, maize starch, glucose syrup, fat reduced cocoa powder, vegetable and fruits concentrates: apple, carrot, safflower, lemon; raising agent: sodium carbonate; salt, BARLEY malt extract, natural flavouring.] | Short | 781 | 186 | 8.1 | 5.4 | 22.9 | 21.4 | 1.1 | 4.9 | 0.17 | 0 |
| | | Tall | 1181 | 281 | 11.1 | 7.9 | 35.6 | 33.9 | 1.5 | 9 | 0.31 | 0 |
| | | Grande | 1455 | 346 | 13.1 | 9.4 | 45.4 | 43.4 | 1.9 | 10.9 | 0.37 | 0 |
| | | Venti | 1796 | 427 | 15 | 11.2 | 57.4 | 55.3 | 2.2 | 14.7 | 0.49 | 0 |
| Praline Cookie Hot Chocolate - whole milk | Whole milk [whole MILK], Praline Cookie Mocha Sauce Mix [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, Sugar, water, natural flavouring, caramel sugar syrup, salt, stabiliser: carageenan, xanthan gum; acid: lactic acid; preservative: potassium sorbate], Praline Cookie Hot Chocolate Mocha Whipped Cream [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, whipping cream [whipping cream (MILK)]], caramelised nut flavour cookie blend [WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), sunflower seeds, sugar, water, rapeseed oil, maltodextrin, maize starch, glucose syrup, fat reduced cocoa powder, vegetable and fruits concentrates: apple, carrot, safflower, lemon; raising agent: sodium carbonate; salt, BARLEY malt extract, natural flavouring.] | Short | 848 | 202 | 10 | 6 | 22.8 | 21.3 | 1.1 | 4.8 | 0.17 | 0 |
| | | Tall | 1316 | 313 | 14.9 | 9.1 | 35.4 | 33.7 | 1.5 | 8.8 | 0.30 | 0 |
| | | Grande | 1616 | 385 | 17.6 | 10.8 | 45.1 | 43.2 | 1.9 | 10.7 | 0.36 | 0 |
| | | Venti | 2019 | 480 | 21.3 | 13.1 | 57.1 | 55 | 2.2 | 14.4 | 0.48 | 0 |

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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) |
|--|--|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Praline Cookie Hot Chocolate - almond drink | Almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carageenan, guar gum; natural flavourings, sea salt], Praline Cookie Mocha Sauce Mix [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, Sugar, water, natural flavouring, caramel sugar syrup, salt, stabiliser: carageenan, xanthan gum; acid: lactic acid; preservative: potassium sorbate], Praline Cookie Hot Chocolate Mocha Whipped Cream [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, whipping cream [whipping cream (MILK)]], caramelised nut flavour cookie blend [WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), sunflower seeds, sugar, water, rapeseed oil, maltodextrin, maize starch, glucose syrup, fat reduced cocoa powder, vegetable and fruits concentrates: apple, carrot, safflower, lemon; raising agent: sodium carbonate; salt, BARLEY malt extract, natural flavouring.] | Short | 683 | 163 | 7.7 | 3.8 | 20.9 | 19.3 | 1.4 | 2 | 0.13 | 0 |
| | | Tall | 982 | 235 | 10.2 | 4.7 | 31.6 | 29.7 | 2.1 | 3 | 0.21 | 0 |
| | | Grande | 1217 | 291 | 12 | 5.6 | 40.6 | 38.4 | 2.6 | 3.8 | 0.26 | 0 |
| | | Venti | 1467 | 351 | 13.5 | 5.8 | 50.8 | 48.3 | 3.3 | 4.8 | 0.33 | 0 |
| Praline Cookie Hot Chocolate - Original Nut Blend | Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], Praline Cookie Mocha Sauce Mix [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, Sugar, water, natural flavouring, caramel sugar syrup, salt, stabiliser: carageenan, xanthan gum; acid: lactic acid; preservative: potassium sorbate], Praline Cookie Hot Chocolate Mocha Whipped Cream [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, whipping cream [whipping cream (MILK)]], caramelised nut flavour cookie blend [WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), sunflower seeds, sugar, water, rapeseed oil, maltodextrin, maize starch, glucose syrup, fat reduced cocoa powder, vegetable and fruits concentrates: apple, carrot, safflower, lemon; raising agent: sodium carbonate; salt, BARLEY malt extract, natural flavouring.] | Short | 748 | 178 | 7.9 | 3.9 | 23 | 19.9 | 1.4 | 3.1 | 0.21 | 0 |
| | | Tall | 1115 | 265 | 10.8 | 4.9 | 35.9 | 30.8 | 2.1 | 5.3 | 0.38 | 0 |
| | | Grande | 1376 | 327 | 12.7 | 5.8 | 45.7 | 39.8 | 2.6 | 6.5 | 0.45 | 0 |
| | | Venti | 1686 | 401 | 14.4 | 6.2 | 57.8 | 50.2 | 3.3 | 8.5 | 0.61 | 0 |
| Praline Cookie Hot Chocolate - soya drink | Soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], Praline Cookie Mocha Sauce Mix [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, Sugar, water, natural flavouring, caramel sugar syrup, salt, stabiliser: carageenan, xanthan gum; acid: lactic acid; preservative: potassium sorbate], Praline Cookie Hot Chocolate Mocha Whipped Cream [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, whipping cream [whipping cream (MILK)]], caramelised nut flavour cookie blend [WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), sunflower seeds, sugar, water, rapeseed oil, maltodextrin, maize starch, glucose syrup, fat reduced cocoa powder, vegetable and fruits concentrates: apple, carrot, safflower, lemon; raising agent: sodium carbonate; salt, BARLEY malt extract, natural flavouring.] | Short | 755 | 180 | 8.2 | 4 | 21.4 | 19.9 | 1.6 | 4.5 | 0.20 | 0 |
| | | Tall | 1129 | 269 | 11.2 | 5.1 | 32.6 | 30.8 | 2.5 | 8.2 | 0.36 | 0 |
| | | Grande | 1393 | 332 | 13.2 | 6.1 | 41.8 | 39.8 | 3.1 | 10 | 0.44 | 0 |
| | | Venti | 1709 | 407 | 15.1 | 6.5 | 52.4 | 50.3 | 4 | 13.3 | 0.58 | 0 |
| Praline Cookie Hot Chocolate - oat drink | Oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], Praline Cookie Mocha Sauce Mix [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, Sugar, water, natural flavouring, caramel sugar syrup, salt, stabiliser: carageenan, xanthan gum; acid: lactic acid; preservative: potassium sorbate], Praline Cookie Hot Chocolate Mocha Whipped Cream [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, whipping cream [whipping cream (MILK)]], caramelised nut flavour cookie blend [WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), sunflower seeds, sugar, water, rapeseed oil, maltodextrin, maize starch, glucose syrup, fat reduced cocoa powder, vegetable and fruits concentrates: apple, carrot, safflower, lemon; raising agent: sodium carbonate; salt, BARLEY malt extract, natural flavouring.] | Short | 814 | 194 | 8.9 | 5.6 | 24.6 | 20.5 | 3.1 | 2.4 | 0.18 | 0 |
| | | Tall | 1247 | 297 | 12.7 | 8.3 | 39 | 32.1 | 5.7 | 4 | 0.32 | 0 |
| | | Grande | 1534 | 366 | 15 | 9.9 | 49.5 | 41.3 | 6.9 | 4.9 | 0.39 | 0 |
| | | Venti | 1906 | 454 | 17.6 | 11.8 | 63.1 | 52.3 | 9.2 | 6.4 | 0.51 | 0 |
| Praline Cookie Hot Chocolate - coconut drink | Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], Praline Cookie Mocha Sauce Mix [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, Sugar, water, natural flavouring, caramel sugar syrup, salt, stabiliser: carageenan, xanthan gum; acid: lactic acid; preservative: potassium sorbate], Praline Cookie Hot Chocolate Mocha Whipped Cream [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, whipping cream [whipping cream (MILK)]], caramelised nut flavour cookie blend [WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), sunflower seeds, sugar, water, rapeseed oil, maltodextrin, maize starch, glucose syrup, fat reduced cocoa powder, vegetable and fruits concentrates: apple, carrot, safflower, lemon; raising agent: sodium carbonate; salt, BARLEY malt extract, natural flavouring.] | Short | 760 | 182 | 8.9 | 6 | 21.7 | 20.2 | 2.5 | 2.4 | 0.25 | 0 |
| | | Tall | 1139 | 273 | 12.7 | 9.1 | 33.2 | 31.5 | 4.5 | 4 | 0.47 | 0 |
| | | Grande | 1405 | 337 | 15 | 10.8 | 42.5 | 40.6 | 5.5 | 4.9 | 0.56 | 0 |
| | | Venti | 1726 | 414 | 17.6 | 13.2 | 53.4 | 51.3 | 7.2 | 6.4 | 0.76 | 0 |
| Toffee Nut Cream Frappuccino® - skimmed milk | Ice [ice], skimmed MILK , creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates, toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Tall | 826 | 197 | 8.4 | 5.9 | 26.2 | 25.6 | 0 | 4.2 | 0.50 | 0 |
| | | Grande | 1046 | 249 | 10 | 7.1 | 34.5 | 33.7 | 0 | 5.2 | 0.66 | 0 |
| | | Venti | 1289 | 307 | 11.7 | 8.3 | 44.2 | 43 | 0 | 6.2 | 0.85 | 0 |
| Toffee Nut Cream Frappuccino® - semi skimmed milk | Ice [ice], semi skimmed MILK , creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates, toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Tall | 879 | 210 | 9.8 | 7.6 | 26.1 | 25.5 | 0 | 4.2 | 0.49 | 0 |
| | | Grande | 1111 | 265 | 11.8 | 9.1 | 34.4 | 33.5 | 0 | 5.2 | 0.66 | 0 |
| | | Venti | 1367 | 325 | 13.9 | 10.7 | 44 | 42.9 | 0 | 6.2 | 0.85 | 0 |

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|--|--|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Toffee Nut Cream Frappuccino® – whole milk | Ice [Ice], whole MILK , creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], water, sugar, flavouring, salt, natural flavouring, preservative : potassium sorbate, acidity regulators : citric acid, potassium citrates, toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Tall | 949 | 226 | 11.8 | 8.2 | 26 | 25.4 | 0 | 4.1 | 0.49 | 0 |
| | | Grande | 1198 | 285 | 14.3 | 9.9 | 34.3 | 33.4 | 0 | 5.1 | 0.65 | 0 |
| | | Venti | 1470 | 350 | 16.8 | 11.6 | 43.9 | 42.7 | 0 | 6 | 0.84 | 0 |
| Toffee Nut Cream Frappuccino® – almond drink | Ice [Ice], water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carageenan, 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: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], water, sugar, flavouring, salt, natural flavouring, preservative : potassium sorbate, acidity regulators : citric acid, potassium citrates, toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Tall | 775 | 185 | 9.4 | 5.9 | 24 | 23.3 | 0.3 | 1.1 | 0.44 | 0 |
| | | Grande | 983 | 235 | 11.3 | 7.1 | 31.8 | 30.8 | 0.4 | 1.3 | 0.60 | 0 |
| | | Venti | 1213 | 290 | 13.2 | 8.2 | 40.9 | 39.6 | 0.5 | 1.6 | 0.77 | 0 |
| Toffee Nut Cream Frappuccino® – Original Nut Blend | Ice [Ice], Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], water, sugar, flavouring, salt, natural flavouring, preservative : potassium sorbate, acidity regulators : citric acid, potassium citrates, toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Tall | 844 | 201 | 9.7 | 6 | 26.2 | 23.9 | 0.3 | 2.3 | 0.53 | 0 |
| | | Grande | 1068 | 254 | 11.6 | 7.2 | 34.6 | 31.6 | 0.4 | 2.8 | 0.70 | 0 |
| | | Venti | 1316 | 313 | 13.6 | 8.4 | 44.2 | 40.5 | 0.5 | 3.3 | 0.90 | 0 |
| Toffee Nut Cream Frappuccino® – soya drink | Ice [Ice], Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum., creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], water, sugar, flavouring, salt, natural flavouring, preservative : potassium sorbate, acidity regulators : citric acid, potassium citrates, toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Tall | 852 | 203 | 9.9 | 6.1 | 24.5 | 23.9 | 0.5 | 3.8 | 0.52 | 0 |
| | | Grande | 1077 | 257 | 11.9 | 7.3 | 32.5 | 31.6 | 0.7 | 4.7 | 0.69 | 0 |
| | | Venti | 1326 | 316 | 14 | 8.6 | 41.7 | 40.5 | 0.8 | 5.6 | 0.89 | 0 |
| Toffee Nut Cream Frappuccino® – oat drink | Ice [Ice], Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum., creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], water, sugar, flavouring, salt, natural flavouring, preservative : potassium sorbate, acidity regulators : citric acid, potassium citrates, toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Tall | 913 | 218 | 10.7 | 7.8 | 27.9 | 24.5 | 2.2 | 1.6 | 0.50 | 0 |
| | | Grande | 1154 | 275 | 12.9 | 9.4 | 36.6 | 32.4 | 2.7 | 2 | 0.67 | 0 |
| | | Venti | 1418 | 338 | 15.1 | 11 | 46.6 | 41.5 | 3.3 | 2.3 | 0.86 | 0 |
| Toffee Nut Cream Frappuccino® – coconut drink | Ice [Ice], Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, 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: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], water, sugar, flavouring, salt, natural flavouring, preservative : potassium sorbate, acidity regulators : citric acid, potassium citrates, toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Tall | 857 | 205 | 10.7 | 8.2 | 24.8 | 24.2 | 1.6 | 1.6 | 0.58 | 0 |
| | | Grande | 1084 | 260 | 12.9 | 9.9 | 32.9 | 32 | 1.9 | 2 | 0.76 | 0 |
| | | Venti | 1334 | 319 | 15.1 | 11.6 | 42.2 | 41 | 2.3 | 2.3 | 0.97 | 0 |
| Toffee Nut Frappuccino® – skimmed milk | Ice, skimmed milk [skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative : potassium sorbate, acidity regulators : citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Mini | 642 | 153 | 6.7 | 4.7 | 20.7 | 20.1 | 0.1 | 2.5 | 0.33 | 15 |
| | | Tall | 898 | 214 | 8.4 | 5.9 | 30.8 | 29.8 | 0.1 | 3.7 | 0.51 | 23.2 |
| | | Grande | 1232 | 293 | 11.7 | 8.2 | 42.2 | 40.9 | 0.2 | 4.7 | 0.69 | 32.9 |
| Venti | 1402 | 333 | 11.8 | 8.3 | 51.5 | 49.8 | 0.2 | 5.2 | 0.85 | 41.7 | | |

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Adults need around 2000kcal a day

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) |
|---|--|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Toffee Nut Frappuccino® - semi skimmed milk | Ice, semi skimmed milk [semi skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Mini | 667 | 159 | 7.4 | 5.5 | 20.6 | 20 | 0.1 | 2.5 | 0.33 | 15 |
| | | Tall | 938 | 224 | 9.5 | 7.2 | 30.7 | 29.7 | 0.1 | 3.7 | 0.50 | 23.2 |
| | | Grande | 1280 | 305 | 13.1 | 9.8 | 42.1 | 40.8 | 0.2 | 4.7 | 0.69 | 32.9 |
| | | Venti | 1455 | 346 | 13.3 | 9.9 | 51.4 | 49.7 | 0.2 | 5.2 | 0.85 | 41.7 |
| Toffee Nut Frappuccino® - whole milk | Ice, whole milk [whole MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Mini | 702 | 167 | 8.4 | 5.8 | 20.6 | 20 | 0.1 | 2.4 | 0.33 | 15 |
| | | Tall | 992 | 236 | 11 | 7.6 | 30.6 | 29.7 | 0.1 | 3.6 | 0.50 | 23.2 |
| | | Grande | 1345 | 321 | 14.9 | 10.3 | 42 | 40.7 | 0.2 | 4.6 | 0.69 | 32.9 |
| | | Venti | 1526 | 363 | 15.3 | 10.6 | 51.3 | 49.6 | 0.2 | 5.1 | 0.85 | 41.7 |
| Toffee Nut Frappuccino® - almond drink | Ice, almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Mini | 616 | 147 | 7.2 | 4.7 | 19.6 | 18.9 | 0.2 | 1 | 0.31 | 15 |
| | | Tall | 859 | 205 | 9.2 | 5.9 | 29.1 | 28.1 | 0.4 | 1.3 | 0.47 | 23.2 |
| | | Grande | 1184 | 283 | 12.6 | 8.2 | 40.2 | 38.7 | 0.5 | 1.8 | 0.65 | 32.9 |
| | | Venti | 1350 | 322 | 12.8 | 8.2 | 49.3 | 47.5 | 0.6 | 2 | 0.80 | 41.7 |
| Toffee Nut Frappuccino® - Original Nut Blend | Ice, Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Mini | 650 | 155 | 7.3 | 4.8 | 20.7 | 19.2 | 0.2 | 1.5 | 0.35 | 15 |
| | | Tall | 912 | 217 | 9.4 | 6 | 30.8 | 28.5 | 0.4 | 2.2 | 0.53 | 23.2 |
| | | Grande | 1248 | 297 | 12.9 | 8.3 | 42.2 | 39.3 | 0.5 | 2.9 | 0.73 | 32.9 |
| | | Venti | 1420 | 338 | 13.1 | 8.3 | 51.5 | 48.1 | 0.6 | 3.2 | 0.89 | 41.7 |
| Toffee Nut Frappuccino® - soya drink | Ice, soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Mini | 654 | 156 | 7.4 | 4.8 | 19.8 | 19.2 | 0.4 | 2.3 | 0.35 | 15 |
| | | Tall | 918 | 219 | 9.6 | 6 | 29.5 | 28.5 | 0.5 | 3.4 | 0.53 | 23.2 |
| | | Grande | 1255 | 299 | 13.1 | 8.4 | 40.6 | 39.3 | 0.7 | 4.3 | 0.72 | 32.9 |
| | | Venti | 1427 | 340 | 13.3 | 8.5 | 49.8 | 48.1 | 0.8 | 4.7 | 0.88 | 41.7 |
| Toffee Nut Frappuccino® - oat drink | Ice, oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Mini | 684 | 163 | 7.8 | 5.6 | 21.5 | 19.5 | 1.2 | 1.2 | 0.34 | 15 |
| | | Tall | 965 | 230 | 10.2 | 7.3 | 32 | 29 | 1.8 | 1.7 | 0.51 | 23.2 |
| | | Grande | 1312 | 313 | 13.8 | 10 | 43.7 | 39.9 | 2.2 | 2.3 | 0.70 | 32.9 |
| | | Venti | 1490 | 355 | 14.1 | 10.1 | 53.2 | 48.8 | 2.5 | 2.5 | 0.86 | 41.7 |
| Toffee Nut Frappuccino® - coconut drink | Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], toffee nut syrup [water, sugar, flavouring, salt, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, potassium citrates], toffee nut sprinkles [sugar, vegetable oil [shea kernel oil, palm oil, Emulsifier; sunflower lecithin], colouring food concentrate of carrot, sea salt, natural flavourings] | Mini | 657 | 157 | 7.8 | 5.8 | 20 | 19.4 | 0.9 | 1.2 | 0.37 | 15 |
| | | Tall | 922 | 220 | 10.2 | 7.6 | 29.7 | 28.8 | 1.3 | 1.7 | 0.57 | 23.2 |
| | | Grande | 1260 | 301 | 13.8 | 10.3 | 40.9 | 39.6 | 1.6 | 2.3 | 0.77 | 32.9 |
| | | Venti | 1433 | 342 | 14.1 | 10.6 | 50.1 | 48.5 | 1.8 | 2.5 | 0.93 | 41.7 |

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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) |
|---|---|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Gingerbread Cream Frappuccino® - skimmed milk | Ice, skimmed milk [skimmed MILK], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 830 | 198 | 8.8 | 5.4 | 26.1 | 25 | 0 | 3.7 | 0.42 | 0 |
| | | Grande | 1122 | 268 | 12.2 | 7.6 | 34.9 | 33.6 | 0 | 4.6 | 0.56 | 0 |
| | | Venti | 1297 | 309 | 12.3 | 7.6 | 44.2 | 42.6 | 0 | 5.5 | 0.72 | 0 |
| Gingerbread Cream Frappuccino® - semi skimmed milk | Ice, semi skimmed milk [semi skimmed MILK], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 882 | 211 | 10.2 | 7.1 | 26 | 24.9 | 0 | 3.7 | 0.42 | 0 |
| | | Grande | 1186 | 283 | 14 | 9.6 | 34.7 | 33.4 | 0 | 4.6 | 0.56 | 0 |
| | | Venti | 1375 | 328 | 14.4 | 10 | 44 | 42.4 | 0 | 5.5 | 0.71 | 0 |
| Gingerbread Cream Frappuccino® - whole milk | Ice, whole milk [whole MILK], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 953 | 227 | 12.2 | 7.7 | 25.9 | 24.8 | 0 | 3.6 | 0.42 | 0 |
| | | Grande | 1273 | 304 | 16.5 | 10.3 | 34.6 | 33.3 | 0 | 4.4 | 0.56 | 0 |
| | | Venti | 1479 | 352 | 17.4 | 10.9 | 43.8 | 42.2 | 0 | 5.3 | 0.71 | 0 |
| Gingerbread Cream Frappuccino® - almond drink | Ice, almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carageenan, 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: carageenan, maltodextrin], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 779 | 186 | 9.7 | 5.4 | 23.9 | 22.7 | 0.3 | 0.6 | 0.37 | 0 |
| | | Grande | 1058 | 253 | 13.4 | 7.5 | 32.2 | 30.7 | 0.4 | 0.7 | 0.50 | 0 |
| | | Venti | 1222 | 292 | 13.7 | 7.5 | 40.9 | 39.1 | 0.5 | 0.9 | 0.64 | 0 |
| Gingerbread Cream Frappuccino® - Original Nut Blend | Ice, Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 848 | 202 | 10.1 | 5.5 | 26.1 | 23.3 | 0.3 | 1.8 | 0.46 | 0 |
| | | Grande | 1144 | 273 | 13.8 | 7.7 | 34.9 | 31.5 | 0.4 | 2.2 | 0.61 | 0 |
| | | Venti | 1324 | 315 | 14.2 | 7.7 | 44.2 | 40 | 0.5 | 2.6 | 0.77 | 0 |
| Gingerbread Cream Frappuccino® - soya drink | Ice, soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 855 | 204 | 10.3 | 5.6 | 24.4 | 23.3 | 0.6 | 3.3 | 0.45 | 0 |
| | | Grande | 1153 | 275 | 14.1 | 7.8 | 32.8 | 31.5 | 0.7 | 4 | 0.60 | 0 |
| | | Venti | 1335 | 318 | 14.5 | 7.9 | 41.7 | 40.1 | 0.8 | 4.8 | 0.76 | 0 |

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|---|---|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Gingerbread Cream Frappuccino® – oat drink | Ice, oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 917 | 219 | 11.1 | 7.3 | 27.7 | 24 | 2.2 | 1.1 | 0.43 | 0 |
| | | Grande | 1229 | 293 | 15 | 9.8 | 36.9 | 32.3 | 2.7 | 1.3 | 0.57 | 0 |
| | | Venti | 1426 | 340 | 15.7 | 10.3 | 46.6 | 41 | 3.3 | 1.6 | 0.72 | 0 |
| Gingerbread Cream Frappuccino® – coconut drink | Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, 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: carageenan, maltodextrin], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 860 | 206 | 11.1 | 7.7 | 24.7 | 23.7 | 1.6 | 1.1 | 0.51 | 0 |
| | | Grande | 1159 | 278 | 15 | 10.4 | 33.2 | 31.9 | 2 | 1.3 | 0.66 | 0 |
| | | Venti | 1342 | 321 | 15.7 | 10.9 | 42.1 | 40.5 | 2.3 | 1.6 | 0.84 | 0 |
| Gingerbread Frappuccino® – skimmed milk | Ice, skimmed milk [skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 935 | 223 | 8.9 | 5.4 | 31.5 | 30.2 | 0.1 | 4.1 | 0.46 | 23 |
| | | Grande | 1267 | 302 | 12.4 | 7.6 | 42.4 | 40.7 | 0.2 | 5.1 | 0.61 | 31.7 |
| | | Venti | 1490 | 354 | 12.5 | 7.6 | 54.2 | 52 | 0.2 | 6.2 | 0.78 | 42 |
| Gingerbread Frappuccino® – semi skimmed milk | Ice, semi skimmed milk [semi skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 988 | 235 | 10.3 | 7.1 | 31.4 | 30.1 | 0.1 | 4.1 | 0.46 | 23 |
| | | Grande | 1331 | 317 | 14.2 | 9.6 | 42.3 | 40.6 | 0.2 | 5.1 | 0.61 | 31.7 |
| | | Venti | 1567 | 373 | 14.7 | 10.1 | 54 | 51.9 | 0.2 | 6.2 | 0.77 | 42 |
| Gingerbread Frappuccino® – whole milk | Ice, whole milk [whole MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 1058 | 252 | 12.3 | 7.7 | 31.3 | 30 | 0.1 | 4 | 0.45 | 23 |
| | | Grande | 1418 | 338 | 16.6 | 10.4 | 42.2 | 40.4 | 0.2 | 5 | 0.60 | 31.7 |
| | | Venti | 1671 | 398 | 17.6 | 11 | 53.9 | 51.7 | 0.2 | 6 | 0.77 | 42 |
| Gingerbread Frappuccino® – almond drink | Ice, almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carageenan, guar gum; natural flavourings, sea salt], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate Isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 884 | 211 | 9.9 | 5.4 | 29.3 | 27.9 | 0.5 | 1 | 0.41 | 23 |
| | | Grande | 1203 | 288 | 13.6 | 7.5 | 39.7 | 37.9 | 0.6 | 1.2 | 0.54 | 31.7 |
| | | Venti | 1414 | 337 | 14 | 7.6 | 50.9 | 48.6 | 0.7 | 1.5 | 0.70 | 42 |

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Adults need around 2000kcal a day

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) |
|---|---|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Gingerbread Frappuccino® - Original Nut Blend | Ice, Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 953 | 227 | 10.2 | 5.5 | 31.6 | 28.5 | 0.5 | 2.1 | 0.49 | 23 |
| | | Grande | 1289 | 307 | 14 | 7.7 | 42.4 | 38.6 | 0.6 | 2.7 | 0.65 | 31.7 |
| | | Venti | 1516 | 361 | 14.4 | 7.8 | 54.2 | 49.5 | 0.7 | 3.3 | 0.83 | 42 |
| Gingerbread Frappuccino® - soya drink | Ice, soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 960 | 229 | 10.4 | 5.6 | 29.9 | 28.5 | 0.7 | 3.7 | 0.48 | 23 |
| | | Grande | 1298 | 310 | 14.2 | 7.8 | 40.3 | 38.6 | 0.9 | 4.6 | 0.64 | 31.7 |
| | | Venti | 1527 | 364 | 14.7 | 7.9 | 51.7 | 49.5 | 1 | 5.5 | 0.82 | 42 |
| Gingerbread Frappuccino® - oat drink | Ice, oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 1022 | 244 | 11.2 | 7.3 | 33.2 | 29.1 | 2.3 | 1.5 | 0.46 | 23 |
| | | Grande | 1374 | 328 | 15.2 | 9.9 | 44.5 | 39.4 | 2.9 | 1.9 | 0.62 | 31.7 |
| | | Venti | 1618 | 385 | 15.9 | 10.4 | 56.6 | 50.5 | 3.5 | 2.3 | 0.79 | 42 |
| Gingerbread Frappuccino® - coconut drink | Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], waffle pieces [Sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), raising agent: sodium carbonates; salt, malted BARLEY flour.] | Tall | 966 | 231 | 11.2 | 7.7 | 30.2 | 28.8 | 1.7 | 1.5 | 0.54 | 23 |
| | | Grande | 1304 | 312 | 15.2 | 10.4 | 40.7 | 39 | 2.1 | 1.9 | 0.71 | 31.7 |
| | | Venti | 1535 | 367 | 15.9 | 11 | 52.2 | 50 | 2.6 | 2.3 | 0.90 | 42 |
| Caramel Waffle Cream Frappuccino® - skimmed milk | Ice, skimmed milk [skimmed MILK], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Tall | 845 | 201 | 8.8 | 6.2 | 27 | 25.7 | 0 | 3.5 | 0.40 | 0 |
| | | Grande | 1140 | 272 | 12.1 | 8.5 | 36.5 | 35 | 0 | 4.3 | 0.54 | 0 |
| | | Venti | 1276 | 304 | 12.1 | 8.6 | 44.1 | 42.3 | 0 | 4.6 | 0.66 | 0 |
| Caramel Waffle Cream Frappuccino® - semi skimmed milk | Ice, semi skimmed milk [semi skimmed MILK], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Tall | 885 | 211 | 9.9 | 7.5 | 26.9 | 25.6 | 0 | 3.5 | 0.40 | 0 |
| | | Grande | 1189 | 284 | 13.4 | 10.1 | 36.4 | 34.9 | 0 | 4.3 | 0.54 | 0 |
| | | Venti | 1329 | 317 | 13.6 | 10.2 | 44 | 42.2 | 0 | 4.6 | 0.65 | 0 |

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|--|---|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Caramel Waffle Cream Frappuccino® - whole milk | Ice, whole milk [whole MILK], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Tall | 938 | 224 | 11.5 | 7.9 | 26.8 | 25.5 | 0 | 3.4 | 0.40 | 0 |
| | | Grande | 1254 | 299 | 15.3 | 10.6 | 36.3 | 34.8 | 0 | 4.2 | 0.54 | 0 |
| | | Venti | 1400 | 334 | 15.6 | 10.9 | 43.9 | 42.1 | 0 | 4.5 | 0.65 | 0 |
| Caramel Waffle Cream Frappuccino® - almond drink | Ice, almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carageenan, 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: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Tall | 806 | 193 | 9.6 | 6.2 | 25.3 | 24 | 0.3 | 1.1 | 0.36 | 0 |
| | | Grande | 1093 | 261 | 13 | 8.5 | 34.5 | 32.8 | 0.3 | 1.4 | 0.49 | 0 |
| | | Venti | 1224 | 292 | 13.1 | 8.5 | 41.8 | 40 | 0.4 | 1.4 | 0.60 | 0 |
| Caramel Waffle Cream Frappuccino® - Original Nut Blend | Ice, Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Tall | 858 | 205 | 9.8 | 6.3 | 27 | 24.4 | 0.3 | 2 | 0.43 | 0 |
| | | Grande | 1157 | 276 | 13.3 | 8.6 | 36.5 | 33.4 | 0.3 | 2.5 | 0.57 | 0 |
| | | Venti | 1294 | 308 | 13.4 | 8.6 | 44.1 | 40.6 | 0.4 | 2.6 | 0.69 | 0 |
| Caramel Waffle Cream Frappuccino® - soya drink | Ice, soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Tall | 864 | 206 | 10 | 6.4 | 25.7 | 24.4 | 0.5 | 3.1 | 0.42 | 0 |
| | | Grande | 1164 | 278 | 13.5 | 8.7 | 34.9 | 33.4 | 0.5 | 3.9 | 0.57 | 0 |
| | | Venti | 1301 | 310 | 13.7 | 8.7 | 42.3 | 40.6 | 0.6 | 4.2 | 0.68 | 0 |
| Caramel Waffle Cream Frappuccino® - oat drink | Ice, oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Tall | 911 | 217 | 10.6 | 7.6 | 28.3 | 24.9 | 1.7 | 1.5 | 0.40 | 0 |
| | | Grande | 1221 | 291 | 14.2 | 10.3 | 38 | 34 | 2.1 | 1.9 | 0.55 | 0 |
| | | Venti | 1364 | 325 | 14.5 | 10.4 | 45.8 | 41.3 | 2.3 | 2 | 0.66 | 0 |
| Caramel Waffle Cream Frappuccino® - coconut drink | Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, 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: carageenan, maltodextrin], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Tall | 868 | 208 | 10.6 | 7.9 | 26 | 24.7 | 1.2 | 1.5 | 0.46 | 0 |
| | | Grande | 1169 | 280 | 14.2 | 10.6 | 35.2 | 33.7 | 1.5 | 1.9 | 0.62 | 0 |
| | | Venti | 1307 | 312 | 14.5 | 10.9 | 42.7 | 40.9 | 1.6 | 2 | 0.74 | 0 |

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Adults need around 2000kcal a day

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) |
|--|--|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Caramel Waffle Frappuccino® - skimmed milk | Ice, skimmed milk [skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrogen oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Mini | 658 | 157 | 6.9 | 4.9 | 21 | 20.1 | 0.1 | 2.6 | 0.28 | 15 |
| | | Tall | 951 | 227 | 9 | 6.2 | 32.5 | 30.9 | 0.2 | 3.8 | 0.43 | 23.2 |
| | | Grande | 1291 | 307 | 12.3 | 8.6 | 44.3 | 42.4 | 0.2 | 4.8 | 0.59 | 32.9 |
| | | Venti | 1467 | 349 | 12.3 | 8.6 | 54 | 51.7 | 0.3 | 5.3 | 0.72 | 41.7 |
| Caramel Waffle Frappuccino® - semi skimmed milk | Ice, semi skimmed milk [semi skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrogen oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Mini | 684 | 163 | 7.7 | 5.7 | 21 | 20.1 | 0.1 | 2.6 | 0.28 | 15 |
| | | Tall | 991 | 236 | 10.1 | 7.5 | 32.5 | 30.9 | 0.2 | 3.8 | 0.43 | 23.2 |
| | | Grande | 1340 | 319 | 13.6 | 10.1 | 44.2 | 42.3 | 0.2 | 4.8 | 0.59 | 32.9 |
| | | Venti | 1520 | 362 | 13.8 | 10.3 | 53.9 | 51.6 | 0.3 | 5.3 | 0.71 | 41.7 |
| Caramel Waffle Frappuccino® - whole milk | Ice, whole milk [whole MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrogen oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Mini | 719 | 171 | 8.6 | 6 | 20.9 | 20 | 0.1 | 2.5 | 0.28 | 15 |
| | | Tall | 1045 | 249 | 11.6 | 8 | 32.4 | 30.8 | 0.2 | 3.8 | 0.43 | 23.2 |
| | | Grande | 1404 | 335 | 15.5 | 10.7 | 44.1 | 42.2 | 0.2 | 4.7 | 0.58 | 32.9 |
| | | Venti | 1591 | 379 | 15.8 | 10.9 | 53.8 | 51.5 | 0.3 | 5.2 | 0.71 | 41.7 |
| Caramel Waffle Frappuccino® - almond drink | Ice, almond drink [water, ALMOND (2.5%), fructose, acidity regulators: monopotassium phosphate, dipotassium diphosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrogen oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Mini | 633 | 151 | 7.4 | 4.9 | 20 | 19 | 0.3 | 1 | 0.26 | 15 |
| | | Tall | 912 | 218 | 9.7 | 6.2 | 30.9 | 29.2 | 0.4 | 1.5 | 0.39 | 23.2 |
| | | Grande | 1244 | 297 | 13.2 | 8.5 | 42.3 | 40.3 | 0.5 | 1.9 | 0.54 | 32.9 |
| | | Venti | 1415 | 337 | 13.3 | 8.6 | 51.8 | 49.4 | 0.6 | 2.1 | 0.66 | 41.7 |
| Caramel Waffle Frappuccino® - Original Nut Blend | Ice, Original Nut Blend [Water, rice (5.3%), CASHEW (1.5%), HAZELNUTS (1.4%), pea protein, flavourings, acidity regulator: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins [B2, B12, E, D2]], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrogen oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Mini | 667 | 159 | 7.6 | 4.9 | 21.1 | 19.3 | 0.3 | 1.6 | 0.30 | 15 |
| | | Tall | 965 | 230 | 9.9 | 6.3 | 32.6 | 29.7 | 0.4 | 2.4 | 0.46 | 23.2 |
| | | Grande | 1308 | 311 | 13.5 | 8.7 | 44.4 | 40.8 | 0.5 | 3 | 0.62 | 32.9 |
| | | Venti | 1485 | 353 | 13.7 | 8.7 | 54 | 50 | 0.6 | 3.3 | 0.75 | 41.7 |
| Caramel Waffle Frappuccino® - soya drink | Ice, soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrogen oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Mini | 671 | 160 | 7.7 | 5 | 20.2 | 19.3 | 0.4 | 2.3 | 0.29 | 15 |
| | | Tall | 970 | 231 | 10.1 | 6.4 | 31.3 | 29.7 | 0.6 | 3.5 | 0.45 | 23.2 |
| | | Grande | 1314 | 313 | 13.7 | 8.8 | 42.8 | 40.8 | 0.7 | 4.4 | 0.61 | 32.9 |
| | | Venti | 1492 | 355 | 13.9 | 8.8 | 52.3 | 50 | 0.8 | 4.9 | 0.74 | 41.7 |

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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) |
|--|---|--------|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|---------------|
| Caramel Waffle Frappuccino® – oat drink | Ice, oat drink [Water, OAT (12%), coconut fat, maize dextrin, fava bean flour, acidity regulator: dipotassium phosphate, sea salt, stabilisers: gellan gum, xanthan gum.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Mini | 701 | 167 | 8.1 | 5.8 | 21.9 | 19.6 | 1.2 | 1.3 | 0.28 | 15 |
| | | Tall | 1018 | 243 | 10.7 | 7.7 | 33.8 | 30.2 | 1.8 | 1.9 | 0.44 | 23.2 |
| | | Grande | 1371 | 327 | 14.4 | 10.3 | 45.9 | 41.4 | 2.2 | 2.4 | 0.59 | 32.9 |
| | | Venti | 1555 | 370 | 14.7 | 10.5 | 55.7 | 50.7 | 2.5 | 2.6 | 0.72 | 41.7 |
| Caramel Waffle Frappuccino® – coconut drink | Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavouring, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel winter waffle flavour syrup [Sugar, water, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [sugar, WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), white chocolate [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring], butter (MILK), natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonate; anti-caking agent: silicon dioxide.] | Mini | 673 | 161 | 8.1 | 6 | 20.4 | 19.5 | 0.9 | 1.3 | 0.32 | 15 |
| | | Tall | 974 | 233 | 10.7 | 8 | 31.5 | 29.9 | 1.4 | 1.9 | 0.50 | 23.2 |
| | | Grande | 1319 | 315 | 14.4 | 10.7 | 43.1 | 41.1 | 1.7 | 2.4 | 0.66 | 32.9 |
| | | Venti | 1498 | 357 | 14.7 | 10.9 | 52.6 | 50.3 | 1.9 | 2.6 | 0.80 | 41.7 |

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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) |
|---|-------------------------|--------------------|--|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|
| Morning Pastries | | | | | | | | | | | | |
| Iced Raspberry Swirl | Y | N | WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, icing (9%) [sugar, palm fat, emulsifiers: citric acid esters of mono and diglycerides of fatty acids, polyoxyethylene sorbitan monostearate; gelling agent: agar], sugar, free range EGG , unsalted butter (MILK), flaked ALMOND (3%) (NUTS), invert sugar, yeast, dextrose, salt, emulsifiers: mono and diglycerides of fatty acids; palm oil, colours: beetroot concentrate, carotenes, carrot concentrate; freeze dried raspberry pieces (0.4%), lemon pulp, vegetable oil, natural flavouring, raising agents: disodium diphosphate, potassium hydrogen carbonate; stabiliser: guar gum, flour treatment agent: ascorbic acid; rapeseed oil, acidity regulator: citric acid. | 1682 | 399 | 11 | 5 | 65 | 19 | 1.9 | 9.1 | 0.91 |
| Sea Salted Caramel & Pecan Swirl | Y | N | Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted caramel icing (13%) [sweetened condensed MILK (MILK , sugar, lactose (MILK)), partially inverted refiners syrup, glucose syrup, palm kernel oil, unsalted butter (MILK), sugar, palm oil, gelling agent: pectin; emulsifiers: rapeseed lecithin (E322), sorbitan tristearate (E492); dried glucose syrup, salt, sea salt, colour: beta carotene (E160a); preservative: potassium sorbate (E202)], free range EGG , sugar, unsalted butter (MILK), PECANS (3%), palm oil, partially inverted sugar syrup, yeast, dextrose, salt, rapeseed oil, natural flavouring, emulsifier: mono and diglycerides of fatty acids (E471); caramelised sugar [caramelised sugar syrup, maltodextrin], colour: carotenes, stabiliser: guar gum (E412); raising agents: disodium diphosphate (E450), potassium hydrogen carbonate (E501); acid: ascorbic acid. | 1692 | 403 | 14 | 6 | 58 | 19 | 2.3 | 10 | 0.75 |
| Cakes | | | | | | | | | | | | |
| Ginger Mini Loaf Cake | Y | N | WHEAT flour, semi skimmed MILK , dark muscovado sugar, icing sugar, golden syrup, black treacle [invert sugar syrup, cane molasses], rapeseed oil, free range pasteurised whole EGG , salted butter [MILK , salt], ginger pieces (4%) [ginger, cane sugar], white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin; vanilla extract], soft cheese (MILK), ginger biscuit [WHEAT flour, sugar, palm oil, glucose fructose syrup, molasses, raising agent: sodium bicarbonate, disodium diphosphate; ground ginger, salt, natural flavouring: lemon, ginger], ginger, malt extract (BARLEY), raising agent: sodium bicarbonate; modified starch, preservative: potassium sorbate; humectant: glycerine; mixed spice [coriander, cassia, ginger, nutmeg, fennel, cloves], baking powder [raising agent: disodium diphosphate, potassium hydrogen carbonate: wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)]. | 1231 | 293 | 11 | 3.1 | 45 | 32 | 0.8 | 3.1 | 0.36 |
| Red Velvet Loaf Cake | Y | N | Sugar, free range pasteurised whole EGG , wheat flour [WHEAT flour, calcium carbonate, iron, thiamin, niacin], ground ALMONDS , BUTTERMILK , icing sugar, rapeseed oil, beetroot concentrate [beetroot juice, acids: citric, ascorbic], salted butter [butter (MILK), salt], soft cheese (MILK), cocoa powder, white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], BUTTERMILK powder, vanilla flavouring, glucose syrup, non pareilles [sugar, maize starch, fruit and plant concentrates: radish, carrot, hibiscus, safflower, lemon, apple, blackcurrant; spirulina, coconut oil, tapioca starch, caramelised sugar syrup, glazing agent: beeswax], white wine vinegar, baking powder [raising agents: disodium diphosphate, sodium hydrogen carbonate; WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], raising agent: sodium bicarbonate, preservative: potassium sorbate, salt. | 1689 | 404 | 20 | 4.5 | 46 | 32 | 3.2 | 8.3 | 0.77 |
| Toffee Nut Mini Loaf Cake (Plant Based) | Y | Y | ALMOND milk, wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], vegan caramel [glucose syrup, palm oil, sugar, invert sugar syrup, pea protein, salt, emulsifier: mono and di glycerides of fatty acids; flavouring, sugar syrup], soft brown sugar [sugar, cane molasses, inverted sugar syrup], rapeseed oil, icing sugar, roasted HAZELNUTS , caster sugar, vegetable margarine [vegetable oil (palm oil, rapeseed oil), salt, emulsifier: polyglycerol esters of fatty acids; natural flavouring, colours: annatto bixin, curcumin], baking powder [raising agent: disodium diphosphate, potassium hydrogen carbonate; calcium carbonate], vanilla flavouring, flavour, lemon juice, raising agent: sodium bicarbonate; salt, preservative: potassium sorbate; flavour. | 1568 | 375 | 20 | 3.7 | 45 | 29 | 1.5 | 3 | 0.65 |
| Muffins | | | | | | | | | | | | |
| Chocolate & Caramel Muffin (Plant Based) | Y | Y | Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, rapeseed oil, water, dark chocolate [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring], caramel filling [glucose syrup, palm oil, sugar, invert sugar syrup, pea protein, salt, emulsifier: mono and di glycerides of fatty acids, caramel flavouring, sugar syrup], cocoa powder, partially inverted refiners syrup, humectant: glycerine, glucose syrup, malt extract (BARLEY), sugar crunch [sugar, non hydrogenated vegetable oil (palm oil, emulsifier: sunflower lecithin, colour: caramelised carrot concentrate, carrot concentrate, natural flavouring], cocoa nibs [cocoa powder, sugar], baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], raising agent: mono calcium phosphate, WHEAT gluten, maize starch, emulsifier: mono- and diglycerides of fatty acids, preservative: potassium sorbate, thickener: xanthan gum, vanilla flavouring. | 1874 | 448 | 22 | 5.1 | 55 | 31 | 1.6 | 6.6 | 0.37 |

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) |
|--|-------------------------|--------------------|---|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|
| Toffee Nut Muffin | Y | N | Soft brown sugar [sugar, cane molasses, inverted sugar syrup], wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], free range pasteurised whole EGG , rapeseed oil, water, caramel filling [glucose syrup, palm oil, sugar, invert sugar syrup, pea protein, salt, emulsifier: mono and diglycerides of fatty acids, natural flavouring, sugar syrup], icing sugar, milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin; vanilla extract], salted butter [MILK , salt], black treacle [invert sugar syrup, cane molasses], modified maize starch, cream (MILK), humectant: glycerine; vanilla flavouring, baking powder [raising agent: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], potato starch, roasted HAZELNUTS , emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA flour; toffee flavouring, white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin; vanilla extract], WHEAT gluten, skimmed MILK powder, butter MILK powder, salt, preservative: potassium sorbate; thickener: guar gum; raising agent: sodium bicarbonate. | 1764 | 422 | 22 | 4.3 | 50 | 31 | 1 | 5.4 | 0.52 |
| Bars & Traybakes | | | | | | | | | | | | |
| S'mores Blondie Brownie | Y | N | Milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], salted butter (MILK), dark chocolate [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], marshmallow [tapioca, sugar, tapioca starch, gelling agent: carrageenan, SOYA protein, vanilla flavouring], free range pasteurised whole EGG , white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], caster sugar, WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], soft brown sugar [sugar, cane molasses, inverted sugar syrup], speculoos crumb [WHEAT flour, palm fat, sugar, glucose syrup, invert sugar syrup, spices: cinnamon, clove, nutmeg, coriander, pimento, mace, ginger, cardamom, bourbon vanilla extract, star anise extract, salt, raising agent: sodium hydrogen carbonate, cinnamon flavouring, orange peel], ground ALMONDS , glucose syrup, cocoa powder, digestive biscuits [WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), wholemeal WHEAT flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agents: sodium bicarbonate, ammonium bicarbonate; salt], icing sugar, vanilla flavouring, cocoa mass, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, rapeseed oil, salt, xanthan gum]. | 1446 | 345 | 17 | 9.8 | 42 | 31 | 2.4 | 4.9 | 0.41 |
| Christmas Tree Brownie | Y | N | Dark chocolate (18%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], sugar, salted butter [butter (MILK), salt], free range pasteurised whole EGG , WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], milk chocolate (8%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], rapeseed oil, cocoa mass, white chocolate flavoured compound [sugar, palm oil, whey powder (MILK), WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], cocoa powder, glucose syrup, icing sugar, dried EGG white, dried EGG white [WHEAT starch, albumen (EGG), sugar, modified starch, acidity regulator, dextrose, gelling agent: guar gum], vanilla flavouring, preservative: potassium sorbate, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], colour: iron oxide. | 1439 | 345 | 22 | 10 | 32 | 24 | 2.2 | 3.7 | 0.19 |
| Starbucks® Espresso Roast Blondie | Y | N | White chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], salted butter [MILK , salt], free range pasteurised whole EGG , wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], icing sugar, sugar, soft brown sugar [sugar, cane molasses, inverted sugar syrup], dark chocolate [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavour], white chocolate chunks [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], soft cheese (MILK), chocolate coffee bean [sugar, cocoa mass, cocoa butter, coffee beans, emulsifier: sunflower lecithin, coffee flavouring, glazing agent: gum arabic, glucose syrup, vanilla extract], milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], ground ALMONDS , coffee, white chocolate flavoured compound [sugar, palm oil, whey powder (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], glucose syrup, vanilla flavouring, meringue mix [WHEAT starch, albumen (EGG), sugar, modified starch, acidity regulator: calcium lactate, acidity regulator: tartaric acid, cream of tartar, lactic acid (MILK); dextrose, stabiliser: guar gum], baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate], thickening agent: xanthan gum, modified maize starch, preservative: potassium sorbate. | 1425 | 341 | 17 | 11 | 41 | 32 | 2.2 | 4.8 | 0.38 |
| Cookies | | | | | | | | | | | | |
| South Pole Sam Shortbread | Y | N | Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], sugar, salted butter [butter (MILK), salt], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin], dark chocolate [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], chocolate beans (6%) [sugar, cocoa butter, dried skimmed MILK , cocoa mass, dried whey (MILK), tapioca starch, lactose (MILK), butter oil (MILK), colour: carotenes], emulsifier: SOYA lecithin, vanilla flavour, glazing agent: carnauba wax], white chocolate button (5%) [sugar, whole MILK powder, cocoa butter, whey powder (MILK), vegetable fat (palm oil, shea butter, mango kernel oil, sal fat), emulsifier: SOYA lecithin, natural flavouring], maize starch, cocoa butter, vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], icing sugar, glucose syrup, free range liquid EGG white, glycerine, colour: carbon black. | 987 | 236 | 14 | 8.2 | 25 | 15 | <0.5 | 2.4 | 0.21 |

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) |
|--|-------------------------|--------------------|---|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|
| North Pole Nat Shortbread | Y | N | White chocolate (29%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin], salted butter [butter (MILK), salt], chocolate beans (8%) [sugar, cocoa butter, whey powder (MILK), cocoa powder, whole MILK powder, emulsifier: sunflower lecithin, glazing agents: gum Arabic, carnauba wax, bees wax; colour: riboflavin, fruit and vegetable concentrates: grape, radish, blackcurrant], white chocolate button (5%) [sugar, whole MILK powder, cocoa butter, whey powder (MILK), vegetable fat (palm oil, shea butter, mango kernel oil, sal fat), emulsifier: SOYA lecithin, natural flavouring], maize starch, cocoa butter, vanilla flavouring, icing sugar, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], dried EGG white, colour: carbon black. | 1019 | 244 | 14 | 7.9 | 27 | 16 | <0.5 | 2.3 | 0.21 |
| Birthday Cake Cookie | Y | N | Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, unsalted butter (MILK), palm oil, coloured sugar pearls (7%) [sugar, palm fat, colours (safflower concentrate, spirulina concentrate, lemon concentrate, radish, blackcurrant concentrate, apple concentrate)], white chocolate chips (5%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], white compound drizzle (5%) [sugar, coconut oil, palm fat, maize starch, emulsifier: SOYA lecithin; natural vanilla flavouring], free range EGG , raising agents: mono calcium phosphate, potassium hydrogen carbonate; rapeseed oil, glucose fructose syrup, WHEAT fibre, natural flavouring, lactose powder (MILK), vegetarian whey powder (MILK), sugar, salt, rapeseed oil. | 1457 | 348 | 16 | 8.4 | 46 | 30 | 2.3 | 3.8 | 0.08 |
| Porridge, Fruit & Yoghurt | | | | | | | | | | | | |
| Apple & Blackberry Overnight Oats | Y | Y | Blackberry and apple sauce (26%) [water, blackberries, diced apple, sugar, cornflour, blackberry purée, Sicilian lemon juice, gelling agent: pectins, colour: anthocyanins, natural flavouring], plant based plain yoghurt alternative (25%) [water, coconut cream, OAT flour, corn starch, sugar, rice flour, coconut oil, tri-calcium phosphate, stabiliser: pectins, salt, vegan cultures (L. Bulgaricus, S. Thermophilus)], water, rolled OATS (17%), shredded apple (6%), dried berry mix [juice infused dried blueberries (dried blueberries, 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%). | 1122 | 266 | 6 | 2.8 | 45 | 16 | 4.7 | 5.7 | 0.09 |
| Hot Sandwiches | | | | | | | | | | | | |
| Mushroom & Egg Muffin | Y | N | Wholemeal muffin [water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), wholemeal WHEAT flour, durum WHEAT semolina, rapeseed oil, yeast, sugar, salt, WHEAT gluten, flour treatment agent: ascorbic acid], scrambled EGG (18%) [pasteurised free range EGG , water, rapeseed oil, tapioca starch, skimmed MILK powder, lemon juice, salt, white pepper], mushroom (17%) [mushroom, rapeseed oil], mature Cheddar cheese (8%) (MILK), spinach, béchamel sauce [whole MILK , water, single cream (MILK), salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], black pepper. | 1314 | 312 | 8.9 | 3.7 | 40 | 3.1 | 4.1 | 16 | 1.4 |
| Festive Feast Panini | N | N | Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, yeast, extra virgin olive oil, salt], turkey (19%) [turkey breast, salt, cornflour], turkey and chicken gravy [water, cornflour, onion, carrot, tomato paste, chicken skin, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), CELERY , sugar, salted butter (butter (MILK), salt), chicken, salt, turkey, garlic, colour: plain caramel, chicken fat, chicken, rosemary, onion juice concentrate, thyme, sage] mature cheddar cheese (7%) (MILK), smoked bacon (5%) [pork belly, sugar, salt, stabiliser: pentasodium triphosphate, honey, preservative: sodium nitrite], sage and onion stuffing [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), onion, OATS , sage, parsley, salt, yeast, raising agent: ammonium bicarbonate], cranberry chutney [cranberries, plums, sugar, red wine vinegar, cornflour, concentrated plum juice, sugar, sunflower oil]. | 1987 | 471 | 11 | 5.4 | 62 | 6.4 | 4.1 | 29 | 1.9 |
| Brie & Cran-merry Focaccia | Y | N | Rosemary topped focaccia [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, extra virgin olive oil, rosemary, salt, yeast, malted BARLEY flour], brie full fat soft cheese (17%) (MILK), cranberry chutney (11%) [cranberry, plum, sugar, water, red wine vinegar, cornflour, concentrated plum juice, dried cranberry (sugar, cranberry, sunflower oil)], mayonnaise [water, rapeseed oil, free range pasteurised EGG , cornflour, spirit vinegar, salt, MUSTARD flour], spinach. | 1869 | 445 | 18 | 7.2 | 54 | 6.8 | 3.7 | 15 | 1.4 |

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) |
|--|-------------------------|--------------------|---|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|
| Pigs Under Blanket Roll | N | N | Stone baked roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, malted WHEAT flour, WHEAT flour, flour treatment agent: ascorbic acid, rapeseed oil], pork sausage in beef collagen casing (30%) [pork, pork fat, rusk (wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), salt), potato starch, pea protein, rapeseed oil, citrus fibre, beef collagen casing, parsley, dextrose, salt, spices (black pepper, chilli powder, coriander, mace), rubbed sage, stabiliser: triphosphates, marjoram, spice extracts (black pepper, mace, nutmeg, ginger), antioxidant: sodium ascorbate], Cheddar cheese (7%) (MILK), chunky cranberry chutney (7%) [cranberries, plums, water, sugar, red wine vinegar, cornflour, concentrated plum juice, sweetened dried cranberries (sugar, cranberries, sunflower oil)], hickory smoked streaky bacon (5%) [pork belly, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite], mayonnaise (3%) [water, rapeseed oil, cornflour, spirit vinegar, pasteurised free range EGG yolk (EGG yolk, salt), sugar, salt, white wine vinegar, Dijon Mustard (water, brown MUSTARD seed, spirit vinegar, salt), thickener: pectins, concentrated lemon juice], pork, sage and onion stuffing (2%) [pork, water, onion, breadcrumb (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), yeast), rusk (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt), salt, sage, dextrose, emulsifier: sodium triphosphate, white pepper, mace, black pepper], fried onion [palm oil, WHEAT flour, onion, salt], parsley. | 2281 | 545 | 25 | 9.2 | 53 | 6.3 | 3.8 | 25 | 2.3 |
| Fiery No'Chicken Wrap | Y | Y | Tortilla wrap [wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, palm oil, rapeseed oil, raising agents: sodium carbonates, diphosphates; sugar, acidity regulator: malic acid, WHEAT starch], soya protein pieces (14%) [water, SOYA protein (isolated SOYA protein, WHEAT gluten, WHEAT starch), sunflower oil, SOYA concentrate, WHEAT protein, stabiliser: methyl cellulose, thickener: carrageenan; natural flavouring, yeast extract, sea salt], vegan mayonnaise [water, rapeseed oil, cornflour, thickener: pectins, sugar, spirit vinegar, Dijon Mustard (water, MUSTARD seeds, spirit vinegar, salt), pea protein, salt, concentrated lemon juice], firecracker sauce (9%) [water, rapeseed oil, tomato paste, diced onion, red chilli purée, spirit vinegar, sugar, soy sauce (water, soya extract (water, SOYA beans, salt, wheat flour (WHEAT flour, calcium carbonate, nicotinamide, iron, thiamine)), salt, molasses, malt (BARLEY) vinegar, malt (BARLEY) extract], cornflour, crushed tomato, garlic purée, dark brown soft sugar, tamarind paste, ginger purée, lime juice concentrate, coriander, salt, dried chillies, cayenne pepper, chilli powder blend (chilli powder, cumin powder, garlic powder, oregano, salt), white pepper, paprika extract], spinach (4%), coconut oil alternative to grated mozzarella cheese (3%) [water, modified potato starch, coconut oil, sea salt, olive extract, natural flavouring, colour: beta carotene], diced red peppers, water, sliced spring onions, red chilli puree [red chilli, olive oil], cornflour. | 1812 | 431 | 15 | 4.5 | 59 | 5.9 | 4.1 | 13 | 1.4 |
| Hot Box & Egg Bites | | | | | | | | | | | | |
| Egg Bites with Three Cheese & Ham | N | N | Free-range pasteurised EGG , low fat soft cheese (11%) [curd (MILK), butter (MILK), sweet whey powder (MILK), salt, thickeners: carrageenan, carob gum], Gouda full fat hard cheese (7%) (MILK), mature Cheddar cheese (7%) (MILK), formed ham (4%) [pork, salt, sugar, dextrose, garlic powder, ground white pepper, antioxidant: sodium ascorbate, flavouring, preservative: sodium nitrite, nutmeg], cornflour, salt, acidity regulator: citric acid, potato starch. | 822 | 197 | 12 | 6.1 | 6.5 | 0.5 | 1.6 | 15 | 1.7 |
| Cold Sandwiches and Wraps | | | | | | | | | | | | |
| Tis the Season Turkey Sandwich | N | N | Malted bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, malted WHEAT flakes, WHEAT bran, salt, yeast, malted BARLEY flour, WHEAT gluten, spirit vinegar, malted WHEAT flour, emulsifiers: mono and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid, palm oil, rapeseed oil], turkey (18%) [turkey breast, salt, cornflour], mayonnaise [rapeseed oil, free range pasteurised EGG yolk, cornflour, white wine vinegar, salt, MUSTARD flour], cranberry chutney (9%) [cranberries, plums, sugar, red wine vinegar, cornflour, concentrated plum juice, dried cranberries (sugar, cranberries, sunflower oil)], smoked bacon (5%) [pork belly, sugar, salt, stabiliser: pentasodium triphosphate, honey, preservative: sodium nitrite], sage and onion stuffing (4%) [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), onion, OATS , sage, parsley, salt, yeast, raising agent (ammonium bicarbonate), spinach. | 2114 | 503 | 17 | 3.5 | 64 | 5.7 | 5 | 21 | 1.6 |
| Impulse | | | | | | | | | | | | |
| Milk Chocolate Florentines | Y | N | MILK chocolate (32%) [sugar, cocoa butter, whole MILK powder, cocoa mass, vanilla extract, emulsifier: sunflower lecithin], caramel (27%) [caster sugar, whipping cream (MILK), salted butter (MILK), golden syrup (invert sugar, sucrose), glucose syrup (dextrose, maltose), salt, emulsifier: SOYA lecithin], flaked ALMOND (14%) (NUTS), whole ALMONDS (9%) (NUTS), mixed peel [orange peel, lemon peel, sugar, acid: citric acid], ginger [ginger, sugar syrup], PECAN NUT HALVES (2%) (NUTS), rice flour, maple syrup (0.7%). Milk chocolate contains Cocoa Solids 34% Minimum, Milk Solids 20% Minimum. | 913 | 214 | 14 | 6.2 | 18 | 18 | 2 | 3.1 | 0.18 |
| Santa Bearista | Y | N | Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing (12%) [sugar, glucose syrup, water, free range dried EGG white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], demerara sugar, vegetable margarine [vegetable oils (palm, rapeseed, palm stearin), water, lemon juice from concentrate], partially inverted refiners syrup, black treacle, brown sugar, water, spices, raising agent: sodium carbonates, ginger, colours: beetroot red, paprika extract, vegetable carbon; fruit and plant concentrates [apple, hibiscus]. | 623 | 147 | 2.9 | 1.1 | 28 | 13 | <0.5 | 2.1 | 0.33 |

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