

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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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, carageenan, 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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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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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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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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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)
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, 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], 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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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 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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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: 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	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: 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	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: 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	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, 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], 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	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: 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	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: 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	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

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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)
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

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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)
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

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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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[Home >](#)

[Beverages >](#)

[Food >](#)

