

NUTRITION & ALLERGEN GUIDE

AUTUMN

September to November 2023



NEW

Chocolate
Brownie



Pumpkin
Spice Latte



NEW

Katsu
Chicken Roll



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)
Pumpkin Cream Cold Brew	cold brew as brewed [arabica coffee], ice, Pumpkin Cream - For Cold Brew [Vanilla Sweet Cream [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator: citric acid, preservative : potassium sorbate], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	749	179	12.2	7.2	10.4	10.2	1.5	9.2	0.30	36.9
		Grande	1131	270	18.1	10.7	17.3	17	2.2	12.5	0.41	50
		Venti	1513	362	24	14.3	24.2	23.9	2.8	15.8	0.52	63.2
Pumpkin Spice Latte - skimmed milk	skimmed MILK , pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], 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.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Short	671	160	6.9	4.8	19.4	18.9	2.3	4.1	0.19	33.1
		Tall	1020	243	8.9	6.1	31.1	30.2	3.5	7.9	0.34	66.2
		Grande	1342	320	12.2	8.4	40.5	39.5	4.6	9.6	0.42	66.2
		Venti	1615	385	12.7	8.6	51.5	50.2	5.8	13.2	0.57	99.2
Pumpkin Spice Latte - semi skimmed milk	semi skimmed MILK , pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], 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.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Short	716	171	8.1	6.2	19.3	18.8	2.3	4.1	0.19	33.1
		Tall	1110	265	11.4	8.9	30.9	30	3.5	7.9	0.34	66.2
		Grande	1454	347	15.4	12	40.2	39.3	4.6	9.6	0.42	66.2
		Venti	1771	422	17	13.5	51.2	49.9	5.8	13.2	0.56	99.2
Pumpkin Spice Latte - whole milk	whole MILK , pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], 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.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Short	777	186	9.8	6.7	19.2	18.7	2.3	4	0.18	33.1
		Tall	1232	294	14.9	10	30.7	29.8	3.5	7.7	0.33	66.2
		Grande	1605	383	19.7	13.3	40	39.1	4.6	9.4	0.41	66.2
		Venti	1980	472	22.9	15.3	50.9	49.5	5.8	12.9	0.55	99.2

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.

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)
Pumpkin Spice Latte - almond drink	water, ALMOND (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], 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.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Short	625	150	7.7	4.7	17.4	16.8	2.6	1.4	0.16	33.1
		Tall	925	222	10.5	6	27.1	26	4.1	2.4	0.29	66.2
		Grande	1225	293	14.3	8.4	35.5	34.4	5.3	2.9	0.35	66.2
		Venti	1453	348	15.5	8.5	44.7	43	6.7	3.8	0.47	99.2
Pumpkin Spice Latte - 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., pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], 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.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Short	694	166	8.3	4.9	17.5	16.8	2.9	3.9	0.18	33.1
		Tall	1065	254	11.8	6.4	27.3	26	4.6	7.5	0.33	66.2
		Grande	1398	334	15.8	8.8	35.7	34.4	6	9.2	0.40	66.2
		Venti	1693	404	17.6	9.1	45	43	7.7	12.5	0.54	99.2
Pumpkin Spice Latte - oat drink	Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2)., pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], 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.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Short	757	181	9.3	4.9	21.1	17.5	3.2	1.7	0.21	33.1
		Tall	1192	285	13.8	6.4	34.6	27.5	5.3	3	0.38	66.2
		Grande	1556	372	18.3	8.8	44.7	36.2	6.9	3.6	0.47	66.2
		Venti	1911	457	21.1	9.1	57.5	45.5	8.9	4.7	0.63	99.2
Pumpkin Spice Latte - coconut drink	Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], 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.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Short	698	168	8.8	6.7	18.2	17.7	3.7	1.8	0.26	33.1
		Tall	1072	258	12.9	10	28.7	27.8	6.2	3.4	0.48	66.2
		Grande	1407	338	17.2	13.3	37.5	36.6	8	4	0.60	66.2
		Venti	1705	410	19.5	15.3	47.5	46.1	10.5	5.4	0.81	99.2
Iced Pumpkin Spice Latte – skimmed milk	skimmed MILK , ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	812	192	1.1	0.4	33.2	32.3	3.5	10.4	0.42	66.2
		Grande	1044	247	1.4	0.5	43.2	42.2	4.6	13	0.53	66.2
		Venti	1346	319	1.9	0.7	55.2	53.8	5.8	17.2	0.69	99.2

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.

Adults need around 2000kcal a day

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Pumpkin Spice Latte – semi skimmed milk	semi skimmed MILK , ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	947	225	4.9	4.7	32.9	32	3.5	10.4	0.42	66.2
		Grande	1216	289	6.2	5.9	42.8	41.9	4.6	13	0.52	66.2
		Venti	1571	373	8.2	7.8	54.7	53.3	5.8	17.2	0.68	99.2
Iced Pumpkin Spice Latte – whole milk	whole MILK , ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1128	268	10.1	6.3	32.7	31.7	3.5	10.2	0.41	66.2
		Grande	1446	344	12.8	8	42.5	41.5	4.6	12.7	0.51	66.2
		Venti	1872	445	16.7	10.4	54.3	52.9	5.8	16.8	0.67	99.2
Iced Pumpkin Spice Latte – almond drink	water, ALMOND (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	672	160	3.6	0.3	27.3	26.1	4.3	2.3	0.34	66.2
		Grande	865	206	4.5	0.4	35.6	34.3	5.6	2.7	0.42	66.2
		Venti	1112	265	5.9	0.6	45.3	43.4	7.2	3.7	0.56	99.2
Iced Pumpkin Spice Latte – 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], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	880	209	5.5	0.9	27.5	26.1	5.1	9.9	0.39	66.2
		Grande	1130	268	6.9	1.1	35.9	34.3	6.7	12.3	0.49	66.2
		Venti	1458	346	9.1	1.5	45.7	43.4	8.5	16.3	0.65	99.2
Iced Pumpkin Spice Latte – oat drink	Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1069	255	8.4	0.9	38.3	28.2	6.2	3.1	0.48	66.2
		Grande	1371	326	10.7	1.1	49.7	37.1	8	3.7	0.59	66.2
		Venti	1773	422	14	1.5	63.7	47	10.3	5.1	0.78	99.2
Iced Pumpkin Spice Latte – 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], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	891	214	7.1	6.3	29.7	28.8	7.6	3.7	0.63	66.2
		Grande	1144	275	9	8	38.7	37.8	9.8	4.4	0.79	66.2
		Venti	1476	355	11.8	10.5	49.3	47.9	12.6	6	1.04	99.2

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.

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)
Pumpkin Spice Frappuccino® – skimmed milk	ice, skimmed MILK , coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble 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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1040	248	8.4	5.9	37.8	37	2.2	3.8	0.46	23.2
		Grande	1442	343	11.8	8.2	52.6	51.5	3.1	4.7	0.63	32.9
		Venti	1674	398	11.9	8.3	65.1	63.7	3.9	5.2	0.77	41.7
Pumpkin Spice Frappuccino® – semi skimmed milk	ice, semi skimmed MILK , coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble 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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1080	257	9.6	7.2	37.7	36.9	2.2	3.8	0.46	23.2
		Grande	1490	355	13.1	9.8	52.5	51.4	3.1	4.7	0.63	32.9
		Venti	1727	411	13.4	9.9	65	63.6	3.9	5.2	0.77	41.7
Pumpkin Spice Frappuccino® – whole milk	ice, whole MILK , coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble 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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1134	270	11.1	7.6	37.6	36.8	2.2	3.7	0.45	23.2
		Grande	1555	370	15	10.3	52.4	51.3	3.1	4.6	0.63	32.9
		Venti	1798	428	15.4	10.6	64.9	63.5	3.9	5.1	0.77	41.7
Pumpkin Spice Frappuccino® – almond drink	ice, water, ALMOND (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble 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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	999	238	9.2	5.9	36	35.1	2.4	1.4	0.43	23.2
		Grande	1392	332	12.6	8.2	50.5	49.3	3.4	1.8	0.60	32.9
		Venti	1619	385	12.8	8.2	62.8	61.2	4.2	2	0.74	41.7
Pumpkin Spice Frappuccino® – soya drink	ice, 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 flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble 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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1060	252	9.7	6	36.1	35.1	2.7	3.6	0.45	23.2
		Grande	1466	349	13.3	8.4	50.6	49.3	3.7	4.5	0.62	32.9
		Venti	1701	404	13.6	8.4	62.9	61.2	4.5	5	0.76	41.7
Pumpkin Spice Frappuccino® – oat drink	ice, Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble 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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1116	266	10.6	6	39.3	35.8	3	1.6	0.47	23.2
		Grande	1534	365	14.4	8.4	54.5	50	4.1	2.1	0.65	32.9
		Venti	1775	422	14.7	8.4	67.1	62.1	5	2.3	0.80	41.7

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.
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)
Pumpkin Spice Frappuccino® – coconut drink	ice, 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 flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble 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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1063	254	10.2	7.6	36.7	35.9	3.4	1.8	0.52	23.2
		Grande	1470	351	13.9	10.3	51.4	50.2	4.5	2.3	0.71	32.9
		Venti	1705	406	14.2	10.6	63.7	62.3	5.5	2.6	0.86	41.7
Pumpkin Spice Cream Frappuccino® – skimmed milk	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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	961	229	8.4	5.9	33.1	32.6	2	4.2	0.45	0
		Grande	1309	312	11.7	8.2	45	44.3	2.8	5.3	0.60	0
		Venti	1554	370	11.8	8.3	57.9	57	3.7	6.2	0.77	0
Pumpkin Spice Cream Frappuccino® – semi skimmed milk	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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1014	242	9.9	7.6	33	32.5	2	4.2	0.45	0
		Grande	1374	328	13.5	10.3	44.9	44.2	2.8	5.3	0.60	0
		Venti	1632	389	14	10.7	57.7	56.8	3.7	6.2	0.77	0
Pumpkin Spice Cream Frappuccino® – whole milk	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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1084	259	11.8	8.2	32.9	32.4	2	4.1	0.44	0
		Grande	1460	348	15.9	11	44.7	44.1	2.8	5.2	0.60	0
		Venti	1735	414	16.9	11.6	57.6	56.7	3.7	6.1	0.76	0
Pumpkin Spice Cream Frappuccino® – almond drink	ice, water, ALMOND (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), 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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	907	217	9.3	5.9	30.8	30.2	2.4	1.1	0.42	0
		Grande	1242	297	12.8	8.2	42.2	41.3	3.2	1.5	0.56	0
		Venti	1474	352	13.2	8.2	54.5	53.4	4.2	1.6	0.73	0
Pumpkin Spice Cream Frappuccino® – soya drink	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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	987	235	10.1	6.1	30.9	30.2	2.7	4	0.44	0
		Grande	1341	320	13.7	8.5	42.3	41.3	3.6	5.1	0.59	0
		Venti	1593	379	14.3	8.5	54.6	53.4	4.6	5.9	0.76	0

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.
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)
Pumpkin Spice Cream Frappuccino® – oat drink	ice, Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, 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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	1061	253	11.2	6.1	35.1	31	3.1	1.4	0.47	0
		Grande	1432	342	15.2	8.5	47.5	42.4	4.1	1.8	0.63	0
		Venti	1701	406	16	8.5	60.8	54.6	5.3	2.1	0.80	0
Pumpkin Spice Cream Frappuccino® – coconut drink	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.], pumpkin spice sauce [sugar, water, fructooligosaccharides, pumpkin juice from concentrate (2%), salt, natural flavouring, preservative: potassium sorbate; stabilisers: carageenan, xanthan gum; colours: paprika extract, carotenes; acid: citric acid.], pumpkin spice topping [cinnamon, ginger, nutmeg, clove]	Tall	992	238	10.7	8.2	31.8	31.3	3.6	1.6	0.53	0
		Grande	1347	323	14.5	11	43.3	42.6	4.7	2.1	0.70	0
		Venti	1599	383	15.2	11.6	55.9	55	6	2.4	0.89	0
Salted Maple & Caramel Cream Cold Brew	cold brew as brewed [arabica coffee], ice, Salted Maple & Caramel Cream for Cream Cold Brew [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Tall	803	192	12.3	7.3	13.5	13.3	1	9.2	0.30	36.9
		Grande	1187	284	18.3	10.8	20.6	20.3	1.4	12.5	0.41	50
		Venti	1571	375	24.2	14.4	27.8	27.3	1.8	15.8	0.52	63.2
Salted Maple & Caramel Latte – skimmed milk	skimmed MILK , espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Short	424	100	0.7	0.3	17.3	16.8	0.1	6	0.23	28.4
		Tall	732	173	1.2	0.5	30.6	29.7	0.2	9.7	0.39	56.7
		Grande	992	234	1.5	0.6	42.3	41.3	0.3	12.8	0.52	56.7
Salted Maple & Caramel Latte – semi skimmed milk	semi skimmed MILK , espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Venti	1285	303	1.9	0.8	54.7	53.4	0.4	16.6	0.68	85.1
		Short	503	119	3	2.8	17.2	16.7	0.1	6	0.23	28.4
		Tall	859	203	4.8	4.5	30.4	29.5	0.2	9.7	0.39	56.7
		Grande	1163	275	6.3	6	41.9	41	0.3	12.8	0.51	56.7
		Venti	1504	356	8	7.6	54.3	53	0.4	16.6	0.67	85.1

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.

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)
Salted Maple & Caramel Latte - whole milk	whole MILK , espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Short	610	145	6	3.7	17	16.5	0.1	5.8	0.22	28.4
		Tall	1030	244	9.6	6	30.1	29.2	0.2	9.5	0.38	56.7
		Grande	1392	330	12.7	8	41.6	40.6	0.3	12.5	0.50	56.7
		Venti	1798	426	16.3	10.2	53.9	52.5	0.4	16.2	0.66	85.1
Salted Maple & Caramel Latte - almond drink	water, ALMOND (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Short	341	81	2.2	0.3	13.8	13.2	0.6	1.2	0.18	28.4
		Tall	600	142	3.5	0.4	25.1	23.9	1	2.1	0.32	56.7
		Grande	814	193	4.5	0.5	34.7	33.4	1.3	2.6	0.42	56.7
		Venti	1057	251	5.8	0.6	45.1	43.3	1.7	3.5	0.55	85.1
Salted Maple & Caramel Latte - 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 – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Short	464	110	3.3	0.6	14	13.2	1.1	5.7	0.22	28.4
		Tall	796	188	5.3	0.9	25.3	23.9	1.8	9.2	0.37	56.7
		Grande	1077	255	6.9	1.2	35.1	33.4	2.3	12.1	0.49	56.7
		Venti	1394	330	8.9	1.5	45.5	43.3	3	15.7	0.64	85.1
Salted Maple & Caramel Latte - oat drink	Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2)., espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Short	575	137	5	0.6	20.3	14.4	1.7	1.7	0.26	28.4
		Tall	974	231	8.1	0.9	35.5	25.9	2.8	2.9	0.45	56.7
		Grande	1317	313	10.7	1.2	48.7	36.2	3.7	3.6	0.59	56.7
		Venti	1701	404	13.7	1.5	63.1	46.8	4.8	4.8	0.77	85.1
Salted Maple Caramel Latte - 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 – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Short	470	113	4.2	3.8	15.2	14.8	2.5	2	0.36	28.4
		Tall	806	193	6.8	6	27.3	26.4	4.1	3.4	0.59	56.7
		Grande	1091	262	9	8	37.8	36.9	5.4	4.3	0.79	56.7
		Venti	1412	338	11.5	10.3	49.1	47.7	7	5.6	1.02	85.1

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.

Adults need around 2000kcal a day

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Salted Maple & Caramel Latte – skimmed milk	ice, skimmed MILK , espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Tall	623	147	1	0.4	27.2	26.3	0.2	7.2	0.32	56.7
		Grande	821	194	1.1	0.5	36.9	35.9	0.3	8.9	0.40	56.7
		Venti	1015	239	1.3	0.5	46.2	44.9	0.4	10.4	0.49	85.1
Iced Salted Maple & Caramel Latte – semi skimmed milk	ice, semi skimmed MILK , espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Tall	714	169	3.5	3.3	27	26.1	0.2	7.2	0.31	56.7
		Grande	936	221	4.3	4.1	36.6	35.7	0.3	8.9	0.39	56.7
		Venti	1146	271	5	4.6	46	44.6	0.4	10.4	0.48	85.1
Iced Salted Maple & Caramel Latte – whole milk	ice, whole MILK , espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Tall	836	198	7	4.3	26.8	25.9	0.2	7	0.31	56.7
		Grande	1090	258	8.7	5.4	36.4	35.5	0.3	8.7	0.39	56.7
		Venti	1320	313	10	6.2	45.7	44.4	0.4	10.1	0.48	85.1
Iced Salted Maple & Caramel Latte – almond drink	ice, water, ALMOND (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Tall	528	125	2.6	0.3	23.2	22.1	0.8	1.7	0.26	56.7
		Grande	702	166	3.2	0.4	31.8	30.6	0.9	2	0.33	56.7
		Venti	879	208	3.7	0.4	40.5	38.9	1.2	2.6	0.41	85.1
Iced Salted Maple & Caramel Latte – soya drink	ice, 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 – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Tall	669	158	3.9	0.7	23.4	22.1	1.3	6.9	0.30	56.7
		Grande	879	208	4.8	0.9	32	30.6	1.6	8.4	0.37	56.7
		Venti	1080	255	5.5	1	40.8	38.9	2	9.9	0.46	85.1
Iced Salted Maple & Caramel Latte – oat drink	ice, Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Tall	796	189	5.9	0.7	30.7	23.5	2.1	2.3	0.35	56.7
		Grande	1039	247	7.3	0.9	41.2	32.5	2.6	2.7	0.44	56.7
		Venti	1263	299	8.4	1	51.2	41	3	3.4	0.54	85.1

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.

Adults need around 2000kcal a day

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Salted Maple & Caramel Latte – coconut drink	ice, Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., espresso shot – blonde roast as brewed [whole bean roasted coffee], salted caramel and maple syrup flavouring sauce [Sugar, water, caramel sugar syrup, natural flavouring, salt, preservative: potassium sorbate; stabilisers: carrageenan, xanthan gum.], crunchy caramel sugar topping [sugar, cocoa butter, rice starch, raising agent: sodium bicarbonate, natural flavouring]	Tall	676	162	5	4.4	24.8	23.9	3	2.7	0.46	56.7
		Grande	888	212	6.2	5.4	33.9	32.9	3.7	3.1	0.57	56.7
		Venti	1091	260	7.1	6.2	42.8	41.5	4.3	3.9	0.69	85.1
Ghost Pumpkin Frappuccino® – skimmed milk	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.], 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., pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.], blue grey sugar topping [Sugar, water, concentrate: spirulina, colour: anthocyanins, BARLEY malt extract.], pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.]	Tall	1006	240	9.5	6.9	34	29.1	0.1	4.5	0.42	0
		Grande	1394	332	13.3	9.8	47.6	40.3	0.1	5.5	0.58	0
		Venti	1626	387	13.8	10.2	59.3	50	0.2	6.2	0.73	0
Ghost Pumpkin Frappuccino® – semi skimmed milk	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.], 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., pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.], blue grey sugar topping [Sugar, water, concentrate: spirulina, colour: anthocyanins, BARLEY malt extract.], pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.]	Tall	1058	252	10.9	8.6	33.9	29	0.1	4.5	0.42	0
		Grande	1455	347	15	11.7	47.5	40.2	0.1	5.5	0.58	0
		Venti	1696	404	15.8	12.4	59.2	49.8	0.2	6.2	0.72	0
Ghost Pumpkin Frappuccino® – whole milk	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.], 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., pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.], blue grey sugar topping [Sugar, water, concentrate: spirulina, colour: anthocyanins, BARLEY malt extract.], pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.]	Tall	1128	269	12.9	9.2	33.8	28.9	0.1	4.4	0.42	0
		Grande	1536	366	17.3	12.4	47.3	40.1	0.1	5.4	0.58	0
		Venti	1789	426	18.4	13.2	59.1	49.7	0.2	6.1	0.72	0
Ghost Pumpkin Frappuccino® – almond drink	ice, water, ALMOND (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], 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., pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.], blue grey sugar topping [Sugar, water, concentrate: spirulina, colour: anthocyanins, BARLEY malt extract.], pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.]	Tall	952	227	10.4	6.9	31.7	26.7	0.4	1.4	0.39	0
		Grande	1331	318	14.4	9.7	44.9	37.5	0.5	1.9	0.55	0
		Venti	1554	370	15.1	10.2	56.3	46.8	0.6	2.1	0.69	0

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.
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)
Ghost Pumpkin Frappuccino® – soya drink	ice, Soya base [water, hulled SOYA beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], 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., pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.], blue grey sugar topping [Sugar, water, concentrate: spirulina, colour: anthocyanins, BARLEY malt extract.], pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.]	Tall	1032	246	11.1	7.1	31.8	26.7	0.7	4.3	0.41	0
		Grande	1424	339	15.2	10	45	37.5	0.9	5.3	0.57	0
		Venti	1661	395	16	10.5	56.4	46.8	1	6	0.71	0
Ghost Pumpkin Frappuccino® – oat drink	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.], 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., pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.], blue grey sugar topping [Sugar, water, concentrate: spirulina, colour: anthocyanins, BARLEY malt extract.], pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.]	Tall	1092	261	11.8	8.8	35.7	28	2.3	1.9	0.43	0
		Grande	1495	357	16	11.9	49.5	39.1	2.7	2.5	0.59	0
		Venti	1741	415	16.9	12.7	61.6	48.6	3.1	2.8	0.73	0
Ghost Pumpkin Frappuccino® – coconut drink	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.], 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., pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.], blue grey sugar topping [Sugar, water, concentrate: spirulina, colour: anthocyanins, BARLEY malt extract.], pumpkin flavour blend [Sugar, maltodextrin, glucose syrup, refined coconut oil, natural flavouring, concentrate: spirulina, fat reduced cocoa powder, emulsifiers: mono and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids; pea protein, stabiliser: dipotassium phosphate.]	Tall	1036	248	11.8	9.2	32.7	27.7	1.7	1.9	0.50	0
		Grande	1429	342	16	12.4	46	38.7	2	2.5	0.68	0
		Venti	1666	398	16.9	13.2	57.5	48.2	2.3	2.8	0.84	0

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages 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.

Adults need around 2000kcal a day

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)
Cakes												
Caramelised Biscuit Cake Pop	Y	N	White chocolate with caramel [sugar, cocoa butter, whole MILK , caramel powder (skimmed MILK powder, whey powder (MILK), sugar, MILK fat, vanilla flavouring), skimmed MILK powder, caramelised sugar, cocoa mass, sunflower lecithin, salt], vanilla cake mix [WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium bicarbonate, diphosphates; salt, vanilla flavouring], caramelised biscuit spread [rape seed oil, sugar, caramelised biscuit (WHEAT flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate), SOYA flour, salt, cinnamon), emulsifier: SOYA lecithin, acidity regulator: citric acid], icing sugar, caramelised biscuit crumb [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable oils (palm, rapeseed), invert sugar syrup, raising agent: sodium bicarbonate, salt, cinnamon], salted butter [MILK , salt], free range pasteurised whole EGG , rapeseed oil, cocoa butter, BUTTERMILK powder, colours: apple, hibiscus, vanilla flavouring, maize starch, preservative: potassium sorbate	704	169	10	4.1	17	17	1.6	1.9	0.24
Chocolate Cake Pop	Y	N	Chocolate cake mix [sugar, WHEAT flour, cocoa powder, modified maize starch, whey powder (MILK), raising agent: sodium hydrogen carbonate, diphosphates; salt, vanilla flavour], milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], dark chocolate (12%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], free range pasteurised whole EGG , rapeseed oil, salted butter [butter (MILK), salt], water, dark chocolate grains (5%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring], 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, cocoa butter, icing sugar, cocoa powder, vanilla flavouring, preservative: potassium sorbate.	702	168	10	4.4	17	12	0.9	2.1	0.22
Birthday Cake Pop	Y	N	White chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], creme cake concentrate [WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium bicarbonate, diphosphates; salt, vanilla flavouring], icing sugar, salted butter (MILK) [MILK , salt], free range pasteurised whole EGG , rapeseed oil, digestive biscuit [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), wholemeal WHEAT flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agent: sodium bicarbonate, ammonium bicarbonate; salt], hundreds and thousands [sugar, maize starch, coconut oil, vegetable concentrate (sweet potato, radish), glazing agent: beeswax], cocoa butter, BUTTERMILK powder, vanilla flavouring, maize starch, preservative: potassium sorbate, colouring [sweet potato, radish, apple, blackcurrant, cherry], strawberry flavouring.	719	172	9.9	4.8	19	8.5	0.1	1.7	0.21
Loaf Cakes												
Caramelised Biscuit Loaf Cake	Y	N	Free range pasteurised whole EGG , soft brown sugar [sugar, cane molasses, inverted sugar syrup], salted butter [butter (MILK), salt], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], caramelised biscuit spread [caramelised biscuit (WHEAT flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate, SOYA flour, salt, cinnamon), rape seed oil, sugar, emulsifier: SOYA lecithin, acidity regulator: citric acid], icing sugar, vegetable margarine [vegetable oil:palm oil, rapeseed oil; salt, emulsifier: polyglycerol esters of fatty acids], natural flavouring, colours : annatto bixin, curcumin;], ALMONDS , caramelised biscuits [WHEAT flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate, SOYA flour, salt, cinnamon], soft cheese (MILK), cream (MILK), caramel [sweetened condensed MILK , glucose syrup, invert sugar syrup, palm oil, butter (MILK), sugar, emulsifier: mono and di glycerides of fatty acids, stabiliser: pectin, salt, natural flavouring], emulsifier [starch, emulsifier: polyglycerol ester, mono- and diglycerides of fatty acids;], white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], modified starch, caramel flavouring, vanilla flavouring, baking powder [raising agents : disodium diphosphate, potassium hydrogen carbonate, calcium carbonate;], maize starch, raising agent: sodium bicarbonate, preservative: potassium sorbate.	1868	448	28	13	42	22	1.8	6.1	0.64
Pumpkin Marble Loaf Cake	Y	N	Wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], free range pasteurised whole EGG , ground ALMONDS , sugar, salted butter [butter (MILK), salt], rapeseed oil, icing sugar, water, soft dark brown sugar, soft brown sugar, pumpkin (4%), cream (MILK), white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], caramel [palm oil, emulsifier: mono- and diglycerides of fatty acids, sweetened condensed MILK , glucose syrup, invert sugar syrup, butter (MILK), sugar, stabiliser: pectin, salt, natural flavouring], soft cheese (MILK), black treacle [invert sugar syrup, cane molasses], vanilla flavouring, pumpkin seeds, modified maize starch, BUTTERMILK powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate], pumpkin spice flavouring, potato starch, emulsifier [glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA flour], raising agent: sodium bicarbonate, preservative: potassium sorbate, salt, colours: apple, hibiscus, maple flavouring, thickening agent: xanthan gum.	1706	409	23	7.4	42	20	2.8	7	0.71

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee these items are allergen free. The allergen information for our packaged products that are not handled by our baristas are detailed within the booklet or alternatively detailed on the label. Please remember to check this information regularly as we're always working on our products . For more allergen information please ask your barista. Adults need around 2000kcal a day.

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)
Muffins												
Banana Caramel Muffin (Plant Based)	Y	Y	Banana pulp (26%) [banana pulp, antioxidant: ascorbic acid], wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], caramel (9%) [glucose syrup, palm oil, sugar, invert sugar syrup, pea protein, salt, emulsifier: mono and di glycerides of fatty acids; flavouring, sugar syrup], soft dark brown sugar [sugar, molasses], soft brown sugar [sugar, cane molasses, inverted sugar syrup], maple syrup, dried banana (6%) [banana, rice flour], rapeseed oil, sweetened dried banana coins (5%) [banana, coconut oil, sugar, natural banana flavouring], coconut milk [coconut extract], SOYA protein, alpha dextrin, salt, vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; calcium carbonate], raising agent: sodium bicarbonate, cinnamon, preservative: potassium sorbate, modified maize starch.	1463	348	10	3.1	58	31	3.2	4.8	0.9
S'mores Muffin	Y	N	Free range pasteurised whole EGG , sugar, rapeseed oil, wheat flour, [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, dark chocolate chunks [cocoa mass, sugar, emulsifier: SOYA lecithin, vanilla extract], chocolate filling [dark chocolate [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavour], milk chocolate [sugar, cocoa mass, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla flavour], humectant: glycerol, dextrose, sweetened condensed skimmed MILK , sugar, thickeners: sodium alginate, carboxy methyl cellulose; modified maize starch, salt, tartaric acid, preservative: potassium sorbate, emulsifier: polysorbate 60], cocoa powder, marshmallow [tapioca syrup, cane sugar, tapioca starch, gelling agent: carrageenan, SOYA protein, vanilla flavour], salted butter (butter (MILK), salt), milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], dark chocolate couverture [sugar, palm oil, cocoa powder, emulsifier: SOYA lecithin, vanilla flavouring], humectant: glycerine, glucose syrup, speculoos cookies crumb [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable oils (palm, rapeseed), invert sugar syrup, raising agent: sodium bicarbonate, salt, cinnamon], modified maize starch, dark chocolate [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate, silicon dioxide, calcium stearate, rapeseed oil], potato starch, emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA , malt extract (BARLEY), WHEAT GLUTEN , icing sugar, vanilla flavouring, skimmed MILK powder, salt, preservative: potassium sorbate, cream flavour (MILK), raising agent: sodium bicarbonate, thickener: guar gum, acidity regulator: citric acid.	1871	447	22	5.5	54	32	3.5	6.5	0.58
Toffee Apple Muffin	Y	N	Sugar, WHEAT flour, free range pasteurised whole EGG , rapeseed oil, water, apple filling (apple, sugar, starch, preservative; potassium sorbate), apple (apple, sugar, glucose fructose syrup), caramel [sugar, glucose syrup, palm oil, sweetened condensed milk (MILK , sugar), rapeseed oil, salt, flavouring, emulsifier: SOYA lecithin, colours: curcumin, annatto bixin], humectant: glycerine, icing sugar, salted butter [MILK , salt], wholemeal WHEAT flour, modified maize starch, vanilla flavouring, baking powder [raising agent: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate], potato starch, soft brown sugar (sugar, cane molasses, inverted sugar syrup), white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], soft cheese (MILK), toffee flavouring, WHEAT gluten, OATFLAKES , jumbo OATS , maize starch, BUTTERMILK powder, skimmed MILK powder, soft dark brown sugar (sugar, molasses), mono and di glycerides of fatty acids, emulsifier (glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA), skimmed MILK (water, skimmed MILK powder), salt, custard powder (maize starch, salt, flavouring, colour: annatto norbixin), OAT bran, preservative: potassium sorbate, icing powder (dextrose, cornflour, palm oil), raising agent: sodium bicarbonate, thickener: guar gum, raising agents : disodium diphosphate, potassium hydrogen carbonate, calcium carbonate	1756	419	18	4.1	58	32	1.9	5.2	0.62
Rest In Chocolate Muffin	Y	N	Free range pasteurised whole EGG , sugar, rapeseed oil, wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, dark chocolate chunks [cocoa mass, sugar, emulsifier: SOYA lecithin, vanilla extract], chocolate filling [dark chocolate [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavour], dextrose, sugar, glucose syrup, milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla flavour], sweetened condensed skimmed MILK (skimmed MILK , sugar, lactose (MILK)), whole MILK , humectant: glycerine, maize starch, gelling agent: sodium alginate, salt, preservative: potassium sorbate, firming agent: tartaric acid], cocoa powder, decorated white chocolate [sugar, cocoa butter, whole MILK powder, fat reduced cocoa powder, vanilla flavour,emulsifier: SOYA lecithin], salted butter [MILK , salt], humectant: glycerine, dark chocolate couverture [sugar, palm oil, cocoa powder, emulsifier: SOYA lecithin, vanilla flavouring], milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], glucose syrup, speculoos cookies [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable oils (palm, rapeseed), invert sugar syrup, raising agent: sodium bicarbonate, salt, cinnamon], baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate, silicon dioxide], potato starch, emulsifier: mono and diglycerides of fatty acids, malt extract (BARLEY), WHEAT gluten, dark chocolate [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], modified maize starch, skimmed MILK powder, vanilla flavouring, icing sugar, salt, preservative: potassium sorbate, raising agent: sodium bicarbonate, thickener: guar gum, acidity regulator: citric acid.	1862	445	22	6.5	53	32	4.3	6.6	0.67

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee these items are allergen free. The allergen information for our packaged products that are not handled by our baristas are detailed within the booklet or alternatively detailed on the label. Please remember to check this information regularly as we're always working on our products . For more allergen information please ask your barista. Adults need around 2000kcal a day.

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)
Cookies												
Pumpkin Spice Cookie (Plant Based)	Y	Y	Wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], sugar, vegetable margarine [vegetable oils (palm, rapeseed), water, salt, preservative: potassium sorbate, emulsifier: mono and di glycerides of fatty acids, natural flavouring, colour: beta carotene], sweetened dried cranberries [sugar, cranberries, sunflower oil], pumpkin seeds, soft brown sugar, cookie mix [WHEAT fibre, dextrose, raising agent: sodium bicarbonate, WHEAT flour, salt, raising agent: disodium diphosphate, acidity regulator: monocalcium phosphate, natural vanilla flavouring], baking powder [raising agents: monosodium phosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], humectant: glycerine, cinnamon, colour: paprika, carrot; ginger, vanilla flavouring, pumpkin spice flavouring, nutmeg.	1387	331	14	4.1	44	18	4.5	5	0.53
Skeleton Starbucks® Bearista Cookie	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing sugar, sugar, partially inverted refiners syrup, water, vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin], sugar paste pumpkin [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifier: mono- and diglycerides of fatty acids, humectant: glycerol, colours: beetroot red, carotenes], fruit, plant and vegetable concentrates (safflower, apple, carrot, hibiscus), spirulina, raising agent: sodium carbonates, egg white powder [WHEAT starch, EGG albumen, sugar, modified potato starch, dextrose, gelling agent: guar gum], ginger, mixed spice, cinnamon, colour: vegetable carbon.	798	189	4.1	1.6	35	17	0.9	2.6	0.41
Bars & Traybakes												
Cookies & Cream Brownie Bite	Y	N	Sugar, dark chocolate (14%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], milk chocolate (13%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], pasteurised free range EGG, white chocolate (12%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], salted butter (butter (MILK), salt), cream cheese (MILK), ground ALMONDS, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cookies and cream biscuit crumb (3%) [WHEAT flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, WHEAT starch, glucose fructose syrup, raising agent: ammonium carbonate, potassium carbonates, sodium carbonate; salt, emulsifiers: SOYA lecithin, acidity regulator: sodium hydroxide], pasteurised free range liquid EGG white, cocoa powder, natural vanilla flavouring, cocoa mass, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate;], salt, preservative: potassium sorbate.	452	109	6.7	3.9	10	8.3	0.9	1.6	0.12
Caramel Brownie Bite	Y	N	Dark chocolate (22%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], milk chocolate (21%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], salted butter [butter (MILK), salt], sugar, free range pasteurised whole EGG, [sweetened condensed milk [MILK, sugar], ALMONDS, WHEAT flour, partially inverted refiners syrup, miso paste (2%)(SOYA), cocoa powder, palm oil, cocoa mass, vanilla flavouring, whey powder (MILK), rapeseed oil, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate], salt, preservative: potassium sorbate, SOYA sauce.	506	122	7.7	4.3	11	9.4	0.9	1.6	0.16
White Chocolate & Raspberry Blondie Bite	Y	N	White chocolate (27%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], caster sugar, free range pasteurised whole EGG, salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raspberry jam (8%)[glucose fructose syrup, sugar, raspberry puree, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, raspberry flavouring], raspberries, ground ALMONDS, rapeseed oil, water, freeze dried raspberry pieces (0.3%), vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], maize starch, gelling agent: xanthan gum.	402	96	4.8	2.9	12	8.2	<0.5	1	0.08
Chocolate Brownie	Y	N	Dark chocolate (19%) [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, white chocolate (10%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], milk chocolate (7%)[sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], rapeseed oil, cocoa mass, cocoa powder, glucose syrup, colours: paprika, carrot; icing sugar, vanilla flavouring, preservative: potassium sorbate, salt, baking powder: raising agents: disodium diphosphate, potassium hydrogen carbonate, WHEAT flour], emulsifier: SOYA lecithin.	1472	354	25	13	28	28	0.1	4.1	0.35

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee these items are allergen free. The allergen information for our packaged products that are not handled by our baristas are detailed within the booklet or alternatively detailed on the label. Please remember to check this information regularly as we're always working on our products . For more allergen information please ask your barista. Adults need around 2000kcal a day.

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)
Porridge, Fruit & Yoghurt												
Mango & Passion Fruit Coconut Yog Pot	Y	Y	Cultured Coconut Milk (85%)(Coconut Milk, Coconut Water, Water, Corn Flour, Potato Starch, Stabiliser (Fruit Pectin), Corn Fibre, Cultures (S.thermophilus L. bulgaricus, Lactobacillus acidophilus, Bifidobacterium lactis)), Mango & Passion Fruit Compote (15%) (Fruit Derived Sugars*, Water, Mango Puree (20%), Passion Fruit Puree (10%), Cornflour, Passion Fruit Juice Concentrate (2.3%), Natural Flavouring, Colour (Beta-Carotene)). *from grape and apple	412	98	5	4.6	13	4	1	0.6	0.07
Peach & Raspberry Overnight Oats	Y	Y	Plant based plain yoghurt alternative (24%) [water, coconut cream, OAT flour, cornflour, sugar, rice flour, coconut oil, tri-calcium phosphate, stabiliser: pectins, salt, vegan cultures (<i>L. Bulgaricus</i> , <i>S. Thermophilus</i>)], raspberry and peach sauce (23%) [water, raspberries, sugar, peach, concentrated peach juice, cornflour, lemon juice, gelling agent: pectins, colour: anthocyanins, natural flavouring], water, rolled OATS (15%), cooked peaches (10%) [peaches, water, sugar, acidity regulator: citric acid], shredded apple, dried berry mix [juice infused dried blueberry (dried blueberries, apple juice from concentrate, sunflower oil), juice infused dried cranberries (pineapple juice from concentrate, dried cranberries, sunflower oil)].	1157	274	5	2.4	50	19	4.6	5	0.09
Hot Box												
Chipotle Chilli Tater Bites	Y	N	Potato rosti (60%) [potato, sunflower oil, potato starch, dehydrated potatoes, salt, flavouring, onion powder, dextrose, emulsifier: mono- and diglycerides of fatty acids, stabiliser: disodium diphosphate, antioxidants: rosemary extract, citric acid], chipotle relish [roasted red pepper, tomatoes, sugar, water, onion, white wine vinegar, glucose syrup, cornflour, tomato paste, cider, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, cumin], tomatoes, mature Cheddar cheese (8%) (MILK), mozzarella full fat soft cheese (5%) (MILK), jalapeño chilli [jalapeño chilli, water, sea salt, acidity regulator: acetic acid].	1335	319	14	4.5	37	5.5	5.2	8.6	1.8
Hot Sandwiches												
Chicken & N'Duja Melt Panini	N	N	Chilli & herb ciabatta panini [wheat flour (WHEAT flour, calcium carbonate, thiamin, iron, niacin), water, tomato paste, durum WHEAT semolina, rapeseed oil, yeast, chilli flakes, salt, fermented WHEAT flour, malted WHEAT flour, basil, marjoram, rosemary, thyme, flour treatment agent: ascorbic acid], steamed chicken breast (18%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil, rapeseed oil], mature Cheddar cheese (MILK), 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], rocket, N'duja paste [pork, extra virgin olive oil, hot peppers, smoked paprika, salt, paprika, dextrose, antioxidants: sodium ascorbate, ascorbic acid, preservatives: potassium nitrate, sodium nitrite, acidity regulator: citric acid], roasted red pepper (3%) [red pepper, water, salt, acidity regulator: citric acid], cornflour.	1877	447	15	7	49	3.1	3.8	27	1.2
Egg Bites												
Egg Bites with Red Pepper & Spinach	Y	N	Free-range pasteurised EGG , low fat soft cheese (10%) [curd (MILK), sweet whey powder (MILK), butter (MILK), salt, thickeners: carob gum, carrageenan], spinach, mature Cheddar cheese (5%) (MILK), Gouda full fat hard cheese (5%) (MILK), red bell pepper, stabiliser: modified maize starch, salt, acidity regulator: citric acid, potato starch.	603	145	8.8	4.3	4.7	0.9	1.3	11	1.3
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.	736	177	11	5.4	5.7	<0.5	1.4	13	1.5

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee these items are allergen free. The allergen information for our packaged products that are not handled by our baristas are detailed within the booklet or alternatively detailed on the label. Please remember to check this information regularly as we're always working on our products . For more allergen information please ask your barista. Adults need around 2000kcal a day.

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)
Cold Sandwiches and Wraps												
Chicken Caesar Wrap	N	N	Plain tortilla [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, sugar, raising agent: sodium carbonate, salt, palm oil], steamed chicken breast (17%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil], ranch style Caesar dressing [water, rapeseed oil, soured cream (MILK), white wine vinegar, garlic purée, medium fat hard cheese (MILK), cornflour, free range pasteurised EGG yolk, Dijon mustard (MUSTARD seed, vinegar, salt), sugar, chives, Worcestershire sauce (spirit vinegar, black treacle, tamarind concentrate, onion powder, salt, garlic powder, white pepper, ground pimento, ground ginger, ground paprika, ground clove), concentrated lemon juice, salt, parsley, garlic powder, black pepper], smoked bacon (6%) [pork belly, sugar, salt, emulsifier: sodium triphosphate, honey, preservative: sodium nitrite], lettuce, cornflour.	1920	457	18	5.2	52	3.9	1.6	21	1.4
Red Leicester Cheese & Pickle Sandwich	Y	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, rapeseed oil, palm oil], tomato, Red Leicester cheese (16%) (MILK), pickle (10%) [sugar, distilled malt vinegar (BARLEY), courgette, carrot, swede, onion, water, molasses, spirit vinegar, cornflour, salt, BARLEY malt extract, spices, concentrated lemon juice, black pepper], lettuce.	1541	366	10	6.3	52	9.4	4	15	1.4
Brunch Burrito	Y	Y	Spinach tortilla [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, humectant: glycerol, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, spinach, parsley, acidity regulator: malic acid], smoked tofu (11%) [water, SOYA beans, sea salt, magnesium chloride], pinto beans [pinto beans, calcium chloride], Lincolnshire style meat-free sausage coins with wheat and pea protein (9%) [water, rapeseed oil, onion, WHEAT protein, stabilisers: carrageenan, methyl cellulose, potassium chloride, bamboo fibre, dextrose, rice flour, parsley, thickeners: konjac gum, xanthan gum, salt, pea protein, pea fibre, thyme, sugar, white pepper, caramelised sugar powder, onion powder, black pepper, sage, mace, oregano, marjoram, sunflower oil, ginger, emulsifier: mono- and di-glycerides of fatty acids, caramelised sugar syrup, colour: paprika extract], vegan barbecue sauce [sugar, red wine vinegar, tomato paste, sugar, cornflour, smoked paprika, salt, cane molasses, roasted garlic purée, dried onion, garlic powder, cayenne pepper, mace], spinach, Sheese © coconut oil based spread [coconut oil, SOYA protein concentrate, salt, acidity regulator: lactic acid, sugar, tricalcium citrate, thickener: carrageenan, sunflower oil, flavouring, propylene glycol], smoky roast red pepper sauce [tomato, red pepper, tomato paste, sugar, cornflour, onion, garlic purée, red wine vinegar, cane molasses, smoked paprika, red chilli purée, olive oil, lemon juice, parsley, salt], cornflour, turmeric.	1533	365	12	4.8	49	7	6.5	12	1.4
Katsu Chicken Sub Roll	N	N	White sub roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, durum WHEAT semolina, pasteurised EGG , rapeseed oil, sugar, salt, WHEAT gluten, dried whole MILK , dried fermented WHEAT flour, yeast, palm fat, emulsifiers: mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium, potassium and calcium salts of fatty acids, deactivated yeast, flour treatment agent: ascorbic acid, WHEAT starch], breaded chicken (20%) [chicken breast, WHEAT flour, palm oil, cornflour, rice flour, sugar, salt, WHEAT gluten, MUSTARD , onion powder, garlic powder, raising agents: sodium acid pyrophosphate, sodium bicarbonate, white pepper, black pepper, WHEAT starch, dextrose, tapioca starch, sunflower oil, fennel, yeast extract, nutmeg, SOYA flour, paprika extract, yeast, black pepper extract, colour: curcumin], pink slaw (12%) [white cabbage, carrot, red cabbage, red onion, water, cider vinegar, salt, sugar], katsu curry sauce [water, sugar, apple purée, tomato paste, white wine vinegar, cornflour, onion purée, garlic purée, concentrated lemon juice, rapeseed oil, ground coriander, salt, ginger purée, honey, ground cumin, yeast extract, ground turmeric, fenugreek powder, cayenne pepper, coriander seed, ground cinnamon, MUSTARD powder, black pepper, ginger, garlic powder, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), turmeric extract, ground clove, asafoetida extract, chilli extract, clove extract, white pepper extract, antioxidant: ascorbic acid], spinach, mayonnaise [water, rapeseed oil, free range pasteurised EGG , cornflour, spirit vinegar, salt, MUSTARD flour], coriander.	1790	425	11	3.5	63	8.8	2.9	17	1.5
Fiery No'Chicken Wrap	Y	Y	Tortilla wrap [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, WHEAT starch], soya protein pieces (12%) [water, soya protein (SOYA protein isolate, WHEAT gluten, WHEAT starch), rapeseed oil, SOYA protein concentrate, WHEAT protein, thickeners: methyl cellulose, carageenan, flavouring, yeast, sea salt], firecracker sauce [water, rapeseed oil, tomato paste, onion, spirit vinegar, red chilli purée, sugar, soy sauce (water, soya extract (water, SOYA beans, salt, WHEAT flour), salt, molasses, BARLEY malt vinegar, BARLEY malt extract), cornflour, garlic purée, tomatoes (tomatoes, acidity regulator: citric acid), sugar, tamarind paste, ginger purée, concentrated lime juice, coriander, salt, dried red chilli, cayenne pepper, molasses, chilli powder blend (chilli powder, cumin, garlic, oregano, salt), white pepper, paprika extract], pea protein alternative to mayonnaise [water, rapeseed oil, cornflour, sugar, spirit vinegar, Dijon mustard (brown MUSTARD seed, spirit vinegar, salt), salt, pea protein, concentrated lemon juice, thickener: pectin], spinach, coconut oil alternative to cheese [water, coconut oil, modified starch, potato starch, sea salt, flavouring, olive extract, colour: beta carotene, vitamin b12], red pepper, spring onion, water, red chilli purée, cornflour.	1835	438	20	5.2	52	6.3	3	11	1.5
Sweet Potato & Pumpkin Seed Fritter Wrap	Y	Y	Tomato tortilla [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, tomato powder, raising agents: sodium bicarbonate, diphosphates, malic acid, sugar, salt, red pepper powder, paprika, basil], butternut squash and pumpkin fritter (19%) [butternut squash, chickpea flour, pumpkin seed, rapeseed oil, yeast, garlic powder, baking powder, salt, ground cumin, chilli powder, dried oregano, black pepper], spinach (7%), houmous [chickpeas, water, sunflower oil, tahini SESAME seed paste, concentrated lemon juice, salt, garlic powder, cornflour], white cabbage, sweet potato, three chilli sauce [tomato paste, sugar, water, spirit vinegar, olive oil, ground chilli, lemon juice, coriander, cornflour, red chilli purée, smoked paprika, lemon zest, garlic purée, Dijon mustard (MUSTARD seed, spirit vinegar, salt), salt, chipotle chilli powder, black pepper], cider vinegar, spicy tomato dressing [water, tomato paste, red pepper, onion, spirit vinegar, sugar, rapeseed oil, red chilli purée, cornflour, concentrated lemon juice, basil, garlic purée, oregano, salt, Dijon mustard (spirit vinegar, salt, MUSTARD seed), chilli flakes, black pepper], carrot, sugar, red cabbage, red onion, cornflour, salt.	1965	470	23	4.1	50	13	7.5	12	1.4

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee these items are allergen free. The allergen information for our packaged products that are not handled by our baristas are detailed within the booklet or alternatively detailed on the label. Please remember to check this information regularly as we're always working on our products . For more allergen information please ask your barista. Adults need around 2000kcal a day.

[Home >](#)

[Beverages >](#)

[Food >](#)

