

# NUTRITION & ALLERGEN GUIDE

HOLIDAY  
(NOVEMBER 2023 - JANUARY 2024)

[Espressos >](#)

[Mocha & Hot Chocolate >](#)

[Teas >](#)

[Frozen / Iced Teas >](#)

[Cold Craft >](#)

[Iced Coffee >](#)

[Frappuccino® >](#)

[Modifiers >](#)

[Reserve >](#)

[Oleato™ >](#)

**CORE BEVERAGES**

This guide will provide nutritional and allergen information for core beverages. 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 beverages, if you require support please ask one of our trained barista's.

**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 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.

Ingredient information within this booklet is based on standard product formulations, variations may occur. Please note some menu items may not be available in all stores, and will not cover test products. If you require allergen information about test products, please ask one of our trained barista's.

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

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Americano</b>	Water, Espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	22	5	0.1	0	0.5	0.1	0.1	0.5	0.03	33
		Tall	43	10	0.2	0	1	0.1	0.2	0.9	0.06	66
		Grande	65	16	0.3	0.1	1.5	0.2	0.3	1.4	0.08	99
		Venti	86	21	0.5	0.1	2	0.3	0.5	1.9	0.11	132
<b>Caffe Latte - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	264	63	0.6	0.2	8.1	7.7	0.1	6	0.20	33
		Tall	430	102	1	0.4	13.2	12.3	0.2	9.8	0.34	66
		Grande	564	134	1.3	0.5	17.4	16.6	0.2	12.9	0.43	66
		Venti	731	173	1.7	0.6	22.5	21.2	0.3	16.8	0.57	99
<b>Caffe Latte - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	343	82	2.8	2.7	8	7.6	0.1	6	0.20	33
		Tall	557	132	4.5	4.4	12.9	12.1	0.2	9.8	0.33	66
		Grande	736	175	6.1	5.9	17.1	16.3	0.2	12.9	0.42	66
		Venti	950	226	7.8	7.5	22.1	20.8	0.3	16.8	0.56	99
<b>Caffe Latte - whole milk</b>	Whole milk [whole <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	450	107	5.8	3.7	7.8	7.4	0.1	5.9	0.20	33
		Tall	727	173	9.4	5.9	12.7	11.8	0.2	9.6	0.32	66
		Grande	966	230	12.6	7.9	16.8	15.9	0.2	12.6	0.42	66
		Venti	1244	296	16.1	10.1	21.6	20.4	0.3	16.3	0.54	99
<b>Caffe Latte - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	181	43	2	0.2	4.6	4	0.6	1.3	0.16	33
		Tall	297	71	3.3	0.3	7.6	6.5	1	2.2	0.26	66
		Grande	386	93	4.3	0.4	9.9	8.7	1.3	2.7	0.33	66
		Venti	503	121	5.6	0.5	12.9	11.2	1.7	3.6	0.44	99
<b>Caffe Latte - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	304	72	3.1	0.5	4.8	4	1.1	5.7	0.19	33
		Tall	493	117	5.1	0.8	7.9	6.5	1.8	9.3	0.31	66
		Grande	650	154	6.7	1.1	10.2	8.7	2.3	12.3	0.40	66
		Venti	841	200	8.7	1.4	13.3	11.2	3	15.9	0.52	99
<b>Caffe Latte - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).), espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	415	99	4.9	0.5	11.2	5.3	1.7	1.7	0.24	33
		Tall	671	160	7.9	0.8	18	8.5	2.8	3	0.39	66
		Grande	890	213	10.5	1.1	24	11.5	3.7	3.7	0.50	66
		Venti	1147	274	13.5	1.4	30.9	14.7	4.7	4.9	0.65	99
<b>Caffe Latte - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	310	75	4.1	3.7	6.1	5.6	2.5	2.1	0.33	33
		Tall	503	122	6.6	5.9	9.9	9	4	3.5	0.53	66
		Grande	664	161	8.8	7.9	13	12.1	5.4	4.4	0.70	66
		Venti	858	208	11.3	10.1	16.8	15.5	6.9	5.8	0.91	99
<b>Cappuccino - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	212	50	0.5	0.2	6.5	6.1	0.1	4.9	0.17	33
		Tall	390	93	0.9	0.3	11.9	11.1	0.2	8.9	0.31	66
		Grande	449	106	1	0.4	13.8	13	0.2	10.3	0.35	66
		Venti	628	149	1.4	0.5	19.3	18	0.3	14.4	0.49	99
<b>Cappuccino - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	274	65	2.2	2.1	6.4	5.9	0.1	4.9	0.16	33
		Tall	504	120	4.1	3.9	11.7	10.9	0.2	8.9	0.30	66
		Grande	583	139	4.8	4.6	13.5	12.7	0.2	10.3	0.34	66
		Venti	813	193	6.6	6.4	18.9	17.6	0.3	14.4	0.48	99

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.

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)
Cappuccino - whole milk	Whole milk [whole <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	358	85	4.6	2.9	6.3	5.8	0.1	4.7	0.16	33
		Tall	657	156	8.4	5.3	11.5	10.6	0.2	8.7	0.30	66
		Grande	762	181	9.8	6.2	13.3	12.4	0.2	10	0.34	66
		Venti	1061	253	13.7	8.5	18.5	17.2	0.3	14	0.47	99
Cappuccino - almond drink	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	147	35	1.6	0.1	3.7	3.2	0.5	1.1	0.13	33
		Tall	271	65	3	0.3	6.9	5.8	0.9	2.1	0.24	66
		Grande	310	74	3.4	0.3	7.9	6.8	1	2.3	0.27	66
		Venti	435	104	4.8	0.4	11.1	9.5	1.4	3.3	0.38	99
Cappuccino - soya drink	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	243	58	2.5	0.4	3.9	3.2	0.9	4.6	0.15	33
		Tall	447	106	4.6	0.7	7.2	5.8	1.6	8.5	0.28	66
		Grande	516	123	5.3	0.8	8.2	6.8	1.8	9.8	0.32	66
		Venti	720	171	7.4	1.2	11.5	9.5	2.6	13.6	0.45	99
Cappuccino - oat drink	Oat drink [Oat base (water, <b>OAT</b> (10%), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	331	79	3.9	0.4	8.9	4.2	1.4	1.5	0.19	33
		Tall	607	145	7.1	0.7	16.3	7.7	2.5	2.8	0.35	66
		Grande	703	168	8.2	0.8	18.9	8.9	2.9	3.1	0.40	66
		Venti	980	234	11.4	1.2	26.3	12.4	4	4.4	0.57	99
Cappuccino - coconut drink	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	248	60	3.2	2.9	4.9	4.4	2	1.7	0.26	33
		Tall	456	111	5.9	5.3	9	8.1	3.6	3.2	0.48	66
		Grande	527	128	6.9	6.2	10.3	9.5	4.2	3.6	0.56	66
		Venti	735	178	9.6	8.6	14.4	13.2	5.9	5.1	0.78	99
Caramel Macchiato - skimmed milk	skimmed milk [skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Short	393	93	1.5	0.8	14.4	13.6	0.1	5.3	0.21	33.1
		Tall	608	144	1.9	1	22.6	21.3	0.2	8.9	0.33	66.2
		Grande	776	184	2.1	1.1	29.6	28.2	0.2	11.4	0.41	66.2
		Venti	944	224	2.4	1.2	36.3	34.4	0.3	13.8	0.50	99.2
Caramel Macchiato - semi-skimmed milk	semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Short	461	109	3.4	3	14.3	13.5	0.1	5.3	0.21	33.1
		Tall	719	171	5	4.5	22.4	21.1	0.2	8.9	0.33	66.2
		Grande	924	219	6.3	5.7	29.3	27.9	0.2	11.4	0.41	66.2
		Venti	1121	266	7.3	6.7	35.9	34.1	0.3	13.8	0.50	99.2
Caramel Macchiato - whole milk	whole milk [whole <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Short	552	131	6	3.8	14.1	13.3	0.1	5.2	0.20	33.1
		Tall	869	207	9.3	5.8	22.2	20.9	0.2	8.6	0.32	66.2
		Grande	1122	266	11.9	7.4	29	27.6	0.2	11.1	0.40	66.2
		Venti	1357	322	14	8.8	35.6	33.7	0.3	13.5	0.49	99.2
Caramel Macchiato - almond drink	almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], espresso shot - espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Short	322	77	2.7	0.8	11.4	10.5	0.5	1.2	0.17	33.1
		Tall	491	117	3.9	0.9	17.7	16.2	0.9	2.1	0.27	66.2
		Grande	623	148	4.8	1	23.1	21.4	1.1	2.5	0.32	66.2
		Venti	761	181	5.6	1.1	28.5	26.3	1.4	3.3	0.40	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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Macchiato - soya drink</b>	soya drink [Soya base [water, hulled <b>SOYA</b> beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], espresso shot - espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Short	427	101	3.7	1.1	11.6	10.5	0.9	5	0.20	33.1
		Tall	664	157	5.5	1.3	17.9	16.2	1.6	8.4	0.31	66.2
		Grande	850	201	6.8	1.6	23.4	21.4	2	10.8	0.38	66.2
		Venti	1033	245	8	1.8	28.9	26.3	2.5	13.1	0.47	99.2
<b>Caramel Macchiato - oat drink</b>	oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso shot - espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Short	522	124	5.2	1.1	17	11.6	1.5	1.6	0.24	33.1
		Tall	820	195	7.9	1.3	26.9	18	2.5	2.8	0.38	66.2
		Grande	1057	252	10.1	1.6	35.2	23.8	3.2	3.4	0.47	66.2
		Venti	1280	305	11.9	1.8	43	29.1	3.9	4.3	0.57	99.2
<b>Caramel Macchiato - coconut drink</b>	coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot - espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Short	432	104	4.5	3.8	12.6	11.8	2.1	1.9	0.31	33.1
		Tall	673	162	6.8	5.8	19.7	18.4	3.6	3.3	0.51	66.2
		Grande	862	207	8.6	7.5	25.7	24.3	4.7	4	0.64	66.2
		Venti	1047	252	10.2	8.8	31.7	29.8	5.6	5	0.78	99.2
<b>Cortado - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], whole bean roasted coffee	Short	189	45	0.5	0.2	5.6	4.7	0.2	4.3	0.16	66
<b>Cortado - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], whole bean roasted coffee	Short	237	56	1.9	1.7	5.5	4.6	0.2	4.3	0.16	66
<b>Cortado - whole milk</b>	Whole milk [whole <b>MILK</b> ], whole bean roasted coffee	Short	302	72	3.7	2.2	5.4	4.6	0.2	4.2	0.16	66
<b>Cortado - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], whole bean roasted coffee	Short	139	33	1.4	0.1	3.5	2.5	0.5	1.4	0.13	66
<b>Cortado - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], whole bean roasted coffee	Short	213	51	2	0.3	3.6	2.5	0.8	4.1	0.15	66
<b>Cortado - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], whole bean roasted coffee	Short	280	67	3.1	0.3	7.4	3.3	1.2	1.7	0.18	66
<b>Cortado - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], whole bean roasted coffee	Short	217	53	2.6	2.3	4.4	3.5	1.7	1.9	0.24	66
<b>Espresso</b>	Whole bean roasted coffee	Short	22	5	0.1	0	0.5	0.1	0.1	0.5	0.03	33
		Doppio	43	10	0.2	0	1	0.1	0.2	0.9	0.06	66
<b>Espresso Con Panna</b>	Reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], whole bean roasted coffee	Short	240	58	5.2	3.7	1.9	1.4	0.1	0.8	0.04	33
		Doppio	303	73	6.3	4.4	2.6	1.8	0.2	1.4	0.07	66
<b>Espresso Macchiato - skimmed milk</b>	Espresso shot - espresso roast as brewed [whole bean roasted coffee], skimmed milk [skimmed <b>MILK</b> ]	Short	30	7	0.1	0	0.7	0.3	0.1	0.7	0.03	33
		Doppio	68	16	0.3	0.1	1.8	0.9	0.2	1.5	0.07	66
<b>Espresso Macchiato - semi-skimmed milk</b>	Espresso shot - espresso roast as brewed [whole bean roasted coffee], semi skimmed milk [semi skimmed <b>MILK</b> ]	Short	32	8	0.2	0.1	0.7	0.3	0.1	0.7	0.03	33
		Doppio	76	18	0.5	0.3	1.8	0.9	0.2	1.5	0.07	66
<b>Espresso Macchiato - whole milk</b>	Espresso shot - espresso roast as brewed [whole bean roasted coffee], whole milk [whole <b>MILK</b> ]	Short	36	9	0.3	0.1	0.7	0.3	0.1	0.7	0.03	33
		Doppio	87	21	0.8	0.4	1.7	0.9	0.2	1.5	0.07	66
<b>Espresso Macchiato - almond drink</b>	Espresso shot - espresso roast as brewed [whole bean roasted coffee], almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt]	Short	27	6	0.2	0	0.6	0.2	0.1	0.5	0.03	33
		Doppio	60	14	0.4	0.1	1.4	0.5	0.3	1	0.07	66

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Espresso Macchiato - soya drink</b>	Whole bean roasted coffee, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]]	Short	31	7	0.2	0	0.6	0.2	0.1	0.6	0.03	33
		Doppio	72	17	0.5	0.1	1.4	0.5	0.3	1.5	0.07	66
<b>Espresso Macchiato - oat drink</b>	Whole bean roasted coffee, oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).]	Short	35	8	0.3	0	0.8	0.2	0.2	0.5	0.03	33
		Doppio	84	20	0.7	0.1	2.1	0.7	0.4	1.1	0.08	66
<b>Espresso Macchiato - coconut drink</b>	Whole bean roasted coffee, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.]	Short	31	7	0.2	0.1	0.7	0.3	0.2	0.5	0.04	33
		Doppio	73	18	0.6	0.4	1.6	0.7	0.5	1.1	0.09	66
<b>Flat White - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	302	72	0.7	0.3	9.2	8.3	0.2	6.9	0.24	66
<b>Flat White - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	387	92	3.1	2.9	9	8.1	0.2	6.9	0.24	66
<b>Flat White - whole milk</b>	Whole milk [whole <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	501	119	6.3	3.9	8.8	8	0.2	6.7	0.23	66
<b>Flat White - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	213	51	2.3	0.2	5.4	4.4	0.7	1.8	0.19	66
<b>Flat White - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	344	82	3.5	0.6	5.6	4.4	1.2	6.6	0.23	66
<b>Flat White - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	463	111	5.3	0.6	12.4	5.7	1.9	2.3	0.28	66
<b>Flat White - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	351	85	4.5	4	6.9	6.1	2.8	2.6	0.38	66
<b>Freshly Brewed Coffee</b>	Pike place coffee as brewed [whole bean roasted coffee]	Short	96	24	1.2	0.2	1	0.2	1.2	1.4	0.30	70
		Tall	140	35	1.8	0.4	1.4	0.4	1.8	2.1	0.44	102
		Grande	188	47	2.4	0.5	1.9	0.5	2.4	2.8	0.59	136
		Venti	236	59	3	0.6	2.4	0.6	3	3.5	0.74	171
<b>Latte Macchiato - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	264	63	0.6	0.2	8.1	7.7	0.1	6	0.20	33
		Tall	430	102	1	0.4	13.2	12.3	0.2	9.8	0.34	66
		Grande	563	133	1.3	0.5	17.4	16.5	0.2	12.9	0.43	66
		Venti	731	173	1.7	0.6	22.5	21.2	0.3	16.8	0.57	99
<b>Latte Macchiato - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	343	82	2.8	2.7	8	7.6	0.1	6	0.20	33
		Tall	557	132	4.5	4.4	12.9	12.1	0.2	9.8	0.33	66
		Grande	734	174	6	5.9	17.1	16.2	0.2	12.9	0.42	66
		Venti	950	226	7.8	7.5	22.1	20.8	0.3	16.8	0.56	99
<b>Latte Macchiato - whole milk</b>	Whole milk [whole <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	450	107	5.8	3.7	7.8	7.4	0.1	5.9	0.20	33
		Tall	727	173	9.4	5.9	12.7	11.8	0.2	9.6	0.32	66
		Grande	963	229	12.5	7.9	16.7	15.9	0.2	12.6	0.42	66
		Venti	1244	296	16.1	10.1	21.6	20.4	0.3	16.3	0.54	99

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Latte Macchiato - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	181	43	2	0.2	4.6	4	0.6	1.3	0.16	33
		Tall	297	71	3.3	0.3	7.6	6.5	1	2.2	0.26	66
		Grande	385	92	4.3	0.4	9.9	8.7	1.3	2.7	0.33	66
		Venti	503	121	5.6	0.5	12.9	11.2	1.7	3.6	0.44	99
<b>Latte Macchiato - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	304	72	3.1	0.5	4.8	4	1.1	5.7	0.19	33
		Tall	493	117	5.1	0.8	7.9	6.5	1.8	9.3	0.31	66
		Grande	648	154	6.7	1.1	10.2	8.7	2.3	12.2	0.40	66
		Venti	841	200	8.7	1.4	13.3	11.2	3	15.9	0.52	99
<b>Latte Macchiato - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	415	99	4.9	0.5	11.2	5.3	1.7	1.7	0.24	33
		Tall	671	160	7.9	0.8	18	8.5	2.8	3	0.39	66
		Grande	888	212	10.5	1.1	23.9	11.4	3.6	3.7	0.50	66
		Venti	1147	274	13.5	1.4	30.9	14.7	4.7	4.9	0.65	99
<b>Latte Macchiato - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Short	310	75	4.1	3.7	6.1	5.6	2.5	2.1	0.33	33
		Tall	503	122	6.6	5.9	9.9	9	4	3.5	0.53	66
		Grande	662	161	8.8	7.9	13	12.1	5.4	4.4	0.70	66
		Venti	858	208	11.3	10.1	16.8	15.5	6.9	5.8	0.91	99
<b>Misto - skimmed milk</b>	Pike place coffee as brewed [whole bean roasted coffee], skimmed milk [skimmed <b>MILK</b> ]	Short	198	48	0.9	0.2	5.2	4.9	0.6	4.2	0.26	35
		Tall	383	92	1.5	0.4	10.5	9.9	0.9	8.2	0.45	54
		Grande	464	111	1.8	0.5	12.8	12.1	1.1	10	0.54	63
		Venti	632	151	2.4	0.7	17.5	16.7	1.4	13.6	0.73	82
<b>Misto - semi-skimmed milk</b>	Pike place coffee as brewed [whole bean roasted coffee], semi skimmed milk [semi skimmed <b>MILK</b> ]	Short	248	59	2.3	1.8	5.1	4.8	0.6	4.2	0.26	35
		Tall	484	116	4.4	3.6	10.3	9.7	0.9	8.2	0.45	54
		Grande	589	141	5.3	4.4	12.5	11.9	1.1	10	0.54	63
		Venti	802	192	7.2	6.1	17.2	16.3	1.4	13.6	0.72	82
<b>Misto - whole milk</b>	Pike place coffee as brewed [whole bean roasted coffee], whole milk [whole <b>MILK</b> ]	Short	314	75	4.2	2.4	5	4.7	0.6	4.1	0.25	35
		Tall	620	148	8.2	4.8	10.1	9.5	0.9	8	0.44	54
		Grande	755	181	10	5.9	12.3	11.6	1.1	9.7	0.53	63
		Venti	1031	247	13.7	8.1	16.8	16	1.4	13.3	0.71	82
<b>Misto - almond drink</b>	Pike place coffee as brewed [whole bean roasted coffee], almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt]	Short	147	36	1.8	0.2	3	2.6	0.9	1.2	0.23	35
		Tall	277	67	3.4	0.4	6	5.3	1.5	2.1	0.39	54
		Grande	335	81	4.1	0.5	7.3	6.4	1.8	2.5	0.47	63
		Venti	454	110	5.5	0.6	10	8.8	2.4	3.4	0.63	82
<b>Misto - soya drink</b>	Pike place coffee as brewed [whole bean roasted coffee], soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]]	Short	223	53	2.5	0.4	3.1	2.6	1.2	4	0.25	35
		Tall	433	104	4.8	0.8	6.2	5.3	2.1	7.8	0.43	54
		Grande	526	126	5.8	1	7.6	6.4	2.6	9.5	0.52	63
		Venti	717	172	7.9	1.3	10.3	8.8	3.5	13	0.69	82

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Misto - oat drink</b>	Pike place coffee as brewed [whole bean roasted coffee], oat drink [Oat base (water, <b>OAT</b> (10%), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).]	Short	292	70	3.6	0.4	7.1	3.4	1.6	1.5	0.28	35
		Tall	576	138	7	0.8	14.3	6.9	3	2.7	0.50	54
		Grande	700	168	8.5	1	17.5	8.4	3.6	3.3	0.59	63
		Venti	956	230	11.6	1.3	24	11.5	4.8	4.4	0.80	82
<b>Misto - coconut drink</b>	Pike place coffee as brewed [whole bean roasted coffee], coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.]	Short	227	55	3.1	2.4	3.9	3.6	2.1	1.7	0.34	35
		Tall	442	108	6	4.9	7.8	7.3	4	3.1	0.61	54
		Grande	536	131	7.3	5.9	9.6	8.9	4.8	3.8	0.74	63
		Venti	731	178	9.9	8.1	13.1	12.2	6.5	5.1	0.99	82



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.





**Mocha & Hot Chocolate**

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Classic Hot Chocolate - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Short	670	160	6.7	4.6	18.1	17.3	1.5	6	0.13	0.0
		Tall	999	238	8.6	5.8	28.5	27.3	2.2	10.6	0.24	0.0
		Grande	1232	294	10.2	6.9	36	34.4	2.9	13	0.29	0.0
		Venti	1506	358	11.1	7.3	45.7	43.8	3.6	17.2	0.39	0.0
<b>Classic Hot Chocolate - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Short	720	172	8.1	6.2	18	17.2	1.5	6	0.12	0.0
		Tall	1099	262	11.4	8.9	28.3	27.1	2.2	10.6	0.24	0.0
		Grande	1353	322	13.6	10.6	35.7	34.2	2.9	13	0.28	0.0
		Venti	1672	398	15.7	12.6	45.3	43.5	3.6	17.2	0.38	0.0
<b>Classic Hot Chocolate - whole milk</b>	Whole milk [whole <b>MILK</b> ], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Short	786	188	10	6.7	17.9	17.1	1.5	5.9	0.12	0.0
		Tall	1234	294	15.2	10.1	28.1	26.9	2.2	10.4	0.23	0.0
		Grande	1513	361	18.1	12.1	35.5	33.9	2.9	12.8	0.28	0.0
		Venti	1895	451	22	14.5	45	43.1	3.6	16.9	0.38	0.0
<b>Classic Hot Chocolate - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Short	619	148	7.6	4.6	15.9	15	1.8	3	0.10	0.0
		Tall	894	214	10.4	5.7	24.1	22.7	2.8	4.6	0.18	0.0
		Grande	1108	265	12.4	6.8	30.7	28.9	3.6	5.8	0.22	0.0
		Venti	1333	318	14	7.2	38.4	36.1	4.6	7.2	0.29	0.0
<b>Classic Hot Chocolate - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Short	695	166	8.3	4.8	16	15	2.1	5.8	0.12	0.0
		Tall	1049	250	11.8	6.1	24.3	22.7	3.4	10.2	0.22	0.0
		Grande	1292	308	14	7.3	30.9	28.9	4.3	12.5	0.27	0.0
		Venti	1589	378	16.4	7.9	38.7	36.1	5.6	16.5	0.36	0.0
<b>Classic Hot Chocolate - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Short	765	183	9.4	4.8	20	15.8	2.5	3.3	0.15	0.0
		Tall	1190	284	14	6.1	32.3	24.3	4.2	5.2	0.28	0.0
		Grande	1461	349	16.7	7.3	40.5	30.8	5.3	6.5	0.34	0.0
		Venti	1822	435	20	7.9	52	38.8	6.9	8.2	0.46	0.0
<b>Classic Hot Chocolate - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Short	699	168	8.9	6.8	16.8	16	3	3.5	0.20	0.0
		Tall	1057	254	13	10.1	25.9	24.7	5.2	5.6	0.40	0.0
		Grande	1302	313	15.5	12.1	32.8	31.3	6.5	7	0.48	0.0
		Venti	1602	385	18.4	14.6	41.4	39.5	8.6	8.9	0.65	0.0

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Hot White Chocolate - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	807	193	7.9	5.9	24.5	24.5	0	5.7	0.24	0.0
		Tall	1222	291	10.5	7.7	38.8	38.8	0	10.3	0.41	0.0
		Grande	1541	367	12.8	9.5	50.1	50.1	0	12.7	0.51	0.0
		Venti	1900	452	14.4	10.7	63.8	63.8	0	16.8	0.67	0.0
<b>Hot White Chocolate - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	857	204	9.3	7.4	24.4	24.4	0	5.7	0.23	0.0
		Tall	1322	315	13.3	10.9	38.6	38.6	0	10.3	0.40	0.0
		Grande	1661	396	16.2	13.3	49.9	49.9	0	12.7	0.51	0.0
		Venti	2067	492	19	15.9	63.4	63.4	0	16.8	0.66	0.0
<b>Hot White Chocolate - whole milk</b>	Whole milk [whole <b>MILK</b> ], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	924	220	11.2	8	24.3	24.3	0	5.6	0.23	0.0
		Tall	1457	347	17.1	12.1	38.4	38.4	0	10.1	0.40	0.0
		Grande	1822	434	20.7	14.7	49.7	49.7	0	12.4	0.50	0.0
		Venti	2290	545	25.3	17.9	63.1	63.1	0	16.5	0.66	0.0
<b>Hot White Chocolate - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	756	181	8.8	5.9	22.3	22.2	0.3	2.7	0.21	0.0
		Tall	1117	267	12.3	7.7	34.4	34.2	0.6	4.2	0.35	0.0
		Grande	1416	338	15	9.5	44.9	44.6	0.7	5.4	0.44	0.0
		Venti	1728	412	17.4	10.6	56.4	56.1	1	6.9	0.57	0.0
<b>Hot White Chocolate - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	832	198	9.5	6.1	22.4	22.2	0.6	5.5	0.23	0.0
		Tall	1272	303	13.7	8.1	34.6	34.2	1.2	9.9	0.39	0.0
		Grande	1601	381	16.7	9.9	45.1	44.6	1.4	12.2	0.49	0.0
		Venti	1984	472	19.7	11.2	56.8	56.1	2	16.2	0.64	0.0
<b>Hot White Chocolate - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	902	215	10.6	6.1	26.4	23	1	3	0.26	0.0
		Tall	1413	337	15.9	8.1	42.6	35.8	2	4.8	0.45	0.0
		Grande	1769	422	19.3	9.9	54.7	46.5	2.4	6.2	0.56	0.0
		Venti	2216	529	23.3	11.2	70.1	58.8	3.3	7.8	0.74	0.0
<b>Hot White Chocolate - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	836	200	10.1	8	23.2	23.2	1.5	3.2	0.31	0.0
		Tall	1280	307	14.9	12.1	36.2	36.2	3	5.2	0.56	0.0
		Grande	1611	386	18.1	14.7	47	47	3.6	6.6	0.70	0.0
		Venti	1997	479	21.7	17.9	59.4	59.4	5	8.5	0.93	0.0

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced Chocolate - skimmed milk</b>	Ice, skimmed <b>MILK</b> , Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	979	234	10.3	7.1	25.8	24.6	2.2	8.5	0.18	0.0
		Grande	1297	310	14.1	9.8	33.5	31.9	2.9	10.7	0.22	0.0
		Venti	1522	363	14.9	10.2	41.6	39.8	3.6	13.8	0.29	0.0
<b>Iced Chocolate - semi-skimmed milk</b>	Ice, semi skimmed <b>MILK</b> , Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1048	250	12.2	9.2	25.7	24.5	2.2	8.5	0.17	0.0
		Grande	1381	330	16.5	12.4	33.3	31.8	2.9	10.7	0.22	0.0
		Venti	1636	390	18.1	13.8	41.4	39.5	3.6	13.8	0.28	0.0
<b>Iced Chocolate - whole milk</b>	Ice, whole <b>MILK</b> , Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1139	272	14.8	10	25.5	24.4	2.2	8.3	0.17	0.0
		Grande	1494	357	19.7	13.4	33.1	31.6	2.9	10.6	0.21	0.0
		Venti	1789	427	22.4	15.1	41.2	39.3	3.6	13.6	0.28	0.0
<b>Iced Chocolate - almond drink</b>	Ice, water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	908	217	11.5	7	22.8	21.5	2.6	4.4	0.13	0.0
		Grande	1210	290	15.6	9.7	29.8	28.1	3.4	5.7	0.17	0.0
		Venti	1403	336	16.9	10.1	36.6	34.5	4.2	7	0.22	0.0
<b>Iced Chocolate - soya drink</b>	Ice, <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1013	242	12.4	7.3	22.9	21.5	3	8.2	0.16	0.0
		Grande	1339	320	16.8	10	29.9	28.1	3.9	10.4	0.20	0.0
		Venti	1579	377	18.5	10.6	36.9	34.5	4.9	13.4	0.27	0.0
<b>Iced Chocolate - oat drink</b>	Ice, Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1109	265	13.9	7.3	28.4	22.6	3.6	4.8	0.20	0.0
		Grande	1457	348	18.7	10	36.7	29.4	4.6	6.2	0.25	0.0
		Venti	1739	416	21	10.6	46	36.3	5.8	7.7	0.33	0.0
<b>Iced Chocolate - coconut drink</b>	Ice, Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1019	245	13.3	10	24	22.9	4.2	5	0.28	0.0
		Grande	1346	323	17.8	13.4	31.3	29.8	5.4	6.5	0.35	0.0
		Venti	1588	381	19.9	15.1	38.7	36.8	7	8.1	0.47	0.0

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced White Chocolate - skimmed milk</b>	Ice, skimmed <b>MILK</b> , white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1206	288	12.2	9	36.2	36.2	0	8.1	0.34	0.0
		Grande	1610	384	16.8	12.4	47.8	47.8	0	10.4	0.44	0.0
		Venti	1920	458	18.2	13.5	59.9	59.9	0	13.5	0.57	0.0
<b>Iced White Chocolate - semi-skimmed milk</b>	Ice, semi skimmed <b>MILK</b> , white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1274	304	14.1	11.2	36.1	36.1	0	8.1	0.34	0.0
		Grande	1694	404	19.1	15.1	47.6	47.6	0	10.4	0.44	0.0
		Venti	2034	485	21.4	17.1	59.6	59.6	0	13.5	0.56	0.0
<b>Iced White Chocolate - whole milk</b>	Ice, whole <b>MILK</b> , white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1365	326	16.7	12	36	36	0	8	0.34	0.0
		Grande	1806	431	22.3	16.1	47.5	47.5	0	10.3	0.43	0.0
		Venti	2187	522	25.7	18.5	59.4	59.4	0	13.2	0.56	0.0
<b>Iced White Chocolate - almond drink</b>	Ice, water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1135	271	13.4	9	33.2	33.1	0.4	4.1	0.30	0.0
		Grande	1522	364	18.3	12.4	44.1	43.9	0.5	5.4	0.39	0.0
		Venti	1801	430	20.3	13.5	54.9	54.6	0.7	6.6	0.50	0.0
<b>Iced White Chocolate - soya drink</b>	Ice, <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1240	296	14.4	9.3	33.4	33.1	0.8	7.9	0.33	0.0
		Grande	1652	394	19.5	12.7	44.3	43.9	1	10.1	0.43	0.0
		Venti	1977	471	21.9	13.9	55.1	54.6	1.4	13	0.54	0.0
<b>Iced White Chocolate - oat drink</b>	Ice, Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1335	319	15.9	9.3	38.8	34.2	1.4	4.5	0.37	0.0
		Grande	1769	423	21.3	12.7	51	45.3	1.7	5.9	0.48	0.0
		Venti	2137	510	24.4	13.9	64.2	56.4	2.3	7.3	0.61	0.0
<b>Iced White Chocolate - coconut drink</b>	Ice, Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1245	298	15.2	12	34.5	34.5	2	4.7	0.45	0.0
		Grande	1658	397	20.5	16.1	45.6	45.6	2.5	6.2	0.57	0.0
		Venti	1986	476	23.2	18.5	56.9	56.9	3.4	7.8	0.74	0.0

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Mocha - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	641	153	6.6	4.5	16.7	15.6	1.5	5.9	0.14	33
		Tall	933	223	8.5	5.7	25.8	23.9	2.3	9.6	0.24	66
		Grande	1218	290	10.2	6.8	34.8	32.5	2.9	13.2	0.33	66
		Venti	1418	338	11	7.2	42.1	39	3.7	15.6	0.39	99
<b>Mocha - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	686	164	7.9	5.9	16.6	15.5	1.5	5.9	0.14	33
		Tall	1010	241	10.6	8.1	25.7	23.7	2.3	9.6	0.24	66
		Grande	1330	317	13.4	10.3	34.6	32.3	2.9	13.2	0.32	66
		Venti	1546	368	14.6	11.2	41.8	38.7	3.7	15.6	0.38	99
<b>Mocha - whole milk</b>	Whole milk [whole <b>MILK</b> ], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	745	178	9.6	6.4	16.5	15.4	1.5	5.8	0.14	33
		Tall	1111	265	13.5	9	25.5	23.6	2.3	9.4	0.24	66
		Grande	1481	353	17.6	11.7	34.4	32.1	2.9	12.9	0.32	66
		Venti	1716	409	19.4	12.7	41.6	38.5	3.7	15.4	0.38	99
<b>Mocha - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	595	143	7.4	4.5	14.8	13.5	1.7	3.2	0.12	33
		Tall	854	204	9.9	5.6	22.5	20.4	2.7	5	0.20	66
		Grande	1101	263	12.3	6.7	29.9	27.4	3.6	6.4	0.26	66
		Venti	1286	307	13.3	7.1	36.5	33.1	4.5	8	0.31	99
<b>Mocha - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	664	158	8.1	4.7	14.9	13.5	2	5.7	0.13	33
		Tall	971	232	10.9	5.9	22.6	20.4	3.2	9.3	0.23	66
		Grande	1274	304	13.8	7.2	30.1	27.4	4.3	12.7	0.31	66
		Venti	1482	353	15.1	7.7	36.7	33.1	5.3	15.1	0.37	99
<b>Mocha - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	726	174	9	4.7	18.4	14.2	2.4	3.5	0.16	33
		Tall	1078	258	12.6	5.9	28.7	21.6	3.8	5.5	0.27	66
		Grande	1431	342	16.3	7.2	39.1	29.2	5.2	7.1	0.37	66
		Venti	1660	396	17.9	7.7	46.9	35.2	6.3	8.8	0.44	99
<b>Mocha - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	667	160	8.6	6.4	15.6	14.4	2.8	3.6	0.21	33
		Tall	978	235	11.8	9	23.8	21.9	4.5	5.8	0.36	66
		Grande	1283	308	15.2	11.7	31.9	29.6	6.3	7.5	0.50	66
		Venti	1492	358	16.6	12.7	38.8	35.7	7.6	9.3	0.59	99
		Venti	2522	601	25	9.4	80.5	63.4	10.1	8	0.62	34

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>White Mocha - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	744	177	7.2	5.2	22.7	22.3	0.1	5.2	0.26	33.1
		Tall	1112	265	9.4	6.7	35.6	34.8	0.3	9.2	0.44	66.2
		Grande	1416	337	11.4	8.2	46.7	45.8	0.3	11.7	0.56	66.2
		Venti	1752	417	12.6	9	59.6	58.3	0.4	15.9	0.74	99.2
<b>White Mocha - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	789	188	8.5	6.6	22.7	22.2	0.1	5.2	0.26	33.1
		Tall	1198	286	11.8	9.4	35.5	34.6	0.3	9.2	0.43	66.2
		Grande	1528	364	14.5	11.7	46.4	45.6	0.3	11.7	0.55	66.2
		Venti	1907	454	17	13.9	59.3	58	0.4	15.9	0.73	99.2
<b>White Mocha - whole milk</b>	Whole milk [whole <b>MILK</b> ], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	850	203	10.2	7.2	22.6	22.1	0.1	5.1	0.25	33.1
		Tall	1313	313	15.1	10.4	35.3	34.4	0.3	9	0.43	66.2
		Grande	1679	400	18.8	13	46.2	45.4	0.3	11.5	0.55	66.2
		Venti	2115	504	22.9	15.7	58.9	57.7	0.4	15.5	0.72	99.2
<b>White Mocha - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	697	167	8	5.2	20.7	20.2	0.4	2.5	0.23	33.1
		Tall	1023	244	10.9	6.7	31.9	30.8	0.8	4.1	0.39	66.2
		Grande	1300	310	13.4	8.1	41.7	40.7	1	5	0.49	66.2
		Venti	1590	379	15.4	8.9	52.7	51.1	1.4	6.5	0.65	99.2
<b>White Mocha - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	767	183	8.7	5.4	20.8	20.2	0.7	5.1	0.25	33.1
		Tall	1155	275	12.1	7	32	30.8	1.3	8.9	0.42	66.2
		Grande	1472	351	15	8.6	42	40.7	1.6	11.3	0.54	66.2
		Venti	1829	435	17.6	9.5	53	51.1	2.3	15.2	0.71	99.2
<b>White Mocha - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	830	198	9.7	5.4	24.5	21	1.1	2.8	0.28	33.1
		Tall	1275	304	14	7	38.9	32.2	2	4.6	0.47	66.2
		Grande	1629	389	17.4	8.6	50.9	42.5	2.5	5.7	0.6	66.2
		Venti	2047	488	21	9.5	65.5	53.6	3.5	7.5	0.8	99.2
<b>White Mocha - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Short	770	185	9.2	7.2	21.6	21.1	1.5	3	0.33	33.1
		Tall	1162	279	13.2	10.5	33.4	32.5	2.8	4.9	0.57	66.2
		Grande	1481	355	16.3	13.1	43.8	42.9	3.7	6.1	0.73	66.2
		Venti	1842	442	19.4	15.8	55.5	54.2	5.1	8.1	0.98	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.



**Teas**



Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Chai Tea</b>	Water, chai tea [black tea, ginger root, cinnamon, black pepper, cardamom extract, star anise, cloves, natural flavour/cardamom west indian oil]	Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
<b>Chai Tea Latte - skimmed milk</b>	skimmed milk [skimmed <b>MILK</b> ], water, classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Short	352	83	0.3	0.1	16.5	16.5	0.1	3.4	0.11	23
		Tall	643	152	0.7	0.3	28.4	28.3	0.2	7.8	0.25	34.5
		Grande	720	170	0.7	0.3	33.5	33.4	0.3	7.2	0.24	46
		Venti	945	224	1	0.4	43.4	43.2	0.3	10	0.33	57.4
<b>Chai Tea Latte - semi-skimmed milk</b>	semi skimmed milk [semi skimmed <b>MILK</b> ], water, classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Short	400	95	1.7	1.6	16.4	16.4	0.1	3.4	0.11	23
		Tall	753	179	3.8	3.7	28.2	28.1	0.2	7.8	0.25	34.5
		Grande	821	195	3.5	3.5	33.3	33.2	0.3	7.2	0.23	46
		Venti	1087	258	4.9	4.8	43.1	43	0.3	10	0.32	57.4
<b>Chai Tea Latte - whole milk</b>	whole milk [whole <b>MILK</b> ], water, classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Short	464	110	3.5	2.2	16.3	16.3	0.1	3.3	0.11	23
		Tall	900	214	8	5	28	27.9	0.2	7.5	0.24	34.5
		Grande	957	227	7.4	4.7	33.1	33	0.3	7	0.23	46
		Venti	1277	303	10.3	6.5	42.8	42.7	0.3	9.7	0.32	57.4
<b>Chai Tea Latte - almond drink</b>	almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], water, classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Short	302	72	1.2	0.1	14.4	14.3	0.4	0.5	0.08	23
		Tall	529	126	2.7	0.2	23.6	23.3	0.9	1.2	0.19	34.5
		Grande	615	146	2.5	0.2	29.1	28.8	0.9	1.1	0.18	46
		Venti	798	190	3.5	0.3	37.1	36.7	1.2	1.5	0.25	57.4
<b>Chai Tea Latte - soya drink</b>	soya drink [Soya base [water, hulled <b>SOYA</b> beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], water, classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Short	376	89	1.9	0.3	14.5	14.3	0.7	3.2	0.10	23
		Tall	698	165	4.2	0.7	23.8	23.3	1.5	7.3	0.23	34.5
		Grande	771	183	3.9	0.6	29.3	28.8	1.5	6.8	0.22	46
		Venti	1016	241	5.5	0.9	37.4	36.7	2	9.5	0.30	57.4
<b>Chai Tea Latte - oat drink</b>	oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], water, classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Short	443	105	2.9	0.3	18.3	15	1.1	0.8	0.13	23
		Tall	852	203	6.7	0.7	32.6	25	2.4	1.8	0.30	34.5
		Grande	913	217	6.2	0.6	37.4	30.4	2.3	1.7	0.28	46
		Venti	1214	289	8.6	0.9	48.7	39	3.2	2.4	0.39	57.4
<b>Chai Tea Latte - coconut drink</b>	coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], water, classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Short	380	91	2.4	2.2	15.3	15.2	1.6	1	0.19	23
		Tall	707	170	5.6	5.1	25.5	25.5	3.5	2.3	0.42	34.5
		Grande	779	187	5.2	4.7	30.9	30.8	3.3	2.1	0.40	46
		Venti	1027	246	7.2	6.5	39.7	39.6	4.6	2.9	0.55	57.4

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Chamomile</b>	Water, chamomile tea [camomile flower, blackberry leaf, lemongrass, rose petal, spearmint, lemon, hibiscus flower, lavender, marigold extract]	Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
<b>Earl Grey Tea</b>	Water, black tea, natural flavouring	Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
<b>Emperor's Clouds &amp; Mist Tea</b>	Water, green tea	Short	1	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Tall	1	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Grande	1	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Venti	2	1	0.0	0.0	0.0	0.0	0.0	0.0	0.00	2
<b>English Breakfast Tea</b>	Water, English breakfast tea [black tea]	Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	2
<b>Hibiscus Tea</b>	Water, hibiscus blend tea [hibiscus, cinnamon, lemongrass, apple bits, licorice root, natural flavouring]	Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
<b>Jasmine Pearls Tea</b>	Skimmed milk [skimmed <b>MILK</b> ], matcha blend [Matcha green tea]	Short	1	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Tall	1	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Grande	1	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Venti	3	1	0.0	0.0	0.0	0.0	0.0	0.0	0.00	2
<b>Matcha Green Tea Latte - skimmed milk</b>	Skimmed <b>MILK</b> , Matcha blend [Matcha green tea]	Short	202	48	0.4	0.2	6.3	6	0.3	4.6	0.14	19
		Tall	325	77	0.7	0.3	10.1	9.5	0.6	7.3	0.22	39
		Grande	479	114	1	0.4	14.9	13.8	1.1	10.7	0.31	66
		Venti	596	141	1.2	0.5	18.5	17.2	1.4	13.3	0.39	83
<b>Matcha Green Tea Latte - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], matcha blend [Matcha green tea]	Short	264	63	2.2	2.1	6.2	5.9	0.3	4.6	0.13	19
		Tall	424	101	3.4	3.4	9.9	9.3	0.6	7.3	0.21	39
		Grande	622	148	5	4.9	14.6	13.6	1.1	10.7	0.31	66
		Venti	773	184	6.2	6.1	18.2	16.8	1.4	13.3	0.38	83
<b>Matcha Green Tea Latte - whole milk</b>	Whole milk [whole <b>MILK</b> ], matcha blend [Matcha green tea]	Short	348	83	4.5	2.9	6.1	5.8	0.3	4.4	0.13	19
		Tall	556	132	7.2	4.5	9.8	9.1	0.6	7.1	0.21	39
		Grande	814	194	10.4	6.6	14.3	13.3	1.1	10.4	0.30	66
		Venti	1012	241	13	8.2	17.8	16.5	1.4	13	0.37	83

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Matcha Green Tea Latte - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], matcha blend [Matcha green tea]	Short	137	33	1.5	0.1	3.6	3.1	0.7	0.8	0.10	19
		Tall	223	53	2.4	0.2	5.8	5	1.2	1.4	0.16	39
		Grande	330	79	3.6	0.3	8.6	7.3	1.9	2.1	0.23	66
		Venti	411	99	4.4	0.4	10.7	9	2.4	2.7	0.28	83
<b>Matcha Green Tea Latte - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], matcha blend [Matcha green tea]	Short	233	55	2.4	0.4	3.7	3.1	1.1	4.3	0.12	19
		Tall	374	89	3.8	0.6	6	5	1.8	6.9	0.20	39
		Grande	550	131	5.6	0.9	8.9	7.3	2.8	10.1	0.29	66
		Venti	685	163	6.9	1.1	11.1	9	3.5	12.6	0.36	83
<b>Matcha Green Tea Latte - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], matcha blend [Matcha green tea]	Short	320	76	3.8	0.4	8.7	4.1	1.6	1.2	0.16	19.3
		Tall	512	122	6	0.6	13.9	6.6	2.6	2	0.26	38.5
		Grande	751	179	8.7	0.9	20.4	9.6	3.9	3	0.37	65.7
		Venti	933	223	10.8	1.1	25.3	11.9	4.9	3.7	0.46	83.4
<b>Matcha Green Tea Latte - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], matcha blend [Matcha green tea]	Short	238	58	3.1	2.9	4.7	4.4	2.2	1.4	0.23	19
		Tall	382	93	5	4.5	7.6	7	3.6	2.4	0.37	39
		Grande	562	136	7.3	6.6	11.2	10.1	5.4	3.6	0.54	66
		Venti	699	170	9	8.2	13.9	12.6	6.7	4.4	0.67	83
<b>Mint Citrus Green Tea</b>	Water, mint citrus flavoured green tea [green tea, spearmint leaves, lemon verbena leaves, lemongrass , natural lemon flavouring]	Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
<b>Mint Herbal Blend</b>	Water, harmonic mint blend [spearmint, peppermint leaves, lemon verbena leaves]	Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
<b>Youthberry Tea</b>	Water, youthberry tea [apple bits, white tea, candied pineapple bits [pineapple, sugar], hibiscus blossoms, candied mango bits [mango, sugar], rose hip peels, natural flavouring mango and pineapple, acai bits (acai, apple, apple juice concentrate, rice flour, acidity regulator: citric acid) ]	Short	2	0	0	0	0	0	0	0	0.00	0
		Tall	2	0	0	0	0	0	0	0	0.00	0
		Grande	2	0	0	0	0	0	0	0	0.00	0
		Venti	3	1	0	0	0.1	0.1	0	0	0.00	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.



**Frozen / Iced Teas**

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Classic Shaken Iced Green Tea</b>	Ice, water, Green Tea Concentrate [water, iced green tea blend [green tea, spearmint, lemon verbena leaves, lemongrass, natural lemon flavouring]]	Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
		Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	1
<b>Classic Shaken Iced Green Tea Lemonade</b>	Ice, lemonade [water, lemon juice (13.9%), sugar, lemon oil.], Green Tea Concentrate [water, iced green tea blend [green tea, spearmint, lemon verbena leaves, lemongrass, natural lemon flavouring]]	Tall	162	38	0.1	0.0	9.1	9.1	0.1	0.1	0.00	1
		Grande	217	52	0.1	0.0	12.3	12.3	0.1	0.1	0.00	1
		Venti	236	56	0.2	0.0	13.3	13.3	0.2	0.2	0.00	1
<b>Classic Shaken Hibiscus Tea (Seasonal Only)</b>	Ice, water, Hibiscus tea concentrate [water, hibiscus flower, acid: citric acid, natural flavouring, cinnamon, apple, licorice root, lemongrass, hibiscus fruit and elderberry extract]	Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
		Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0
<b>Classic Shaken Hibiscus Tea Lemonade (Seasonal Only)</b>	Ice, lemonade [water, lemon juice (13.9%), sugar, lemon oil.], Hibiscus tea concentrate [water, hibiscus flower, acid: citric acid, natural flavouring, cinnamon, apple, licorice root, lemongrass, hibiscus fruit and elderberry extract]	Tall	162	38	0.1	0.0	9.1	9.1	0.1	0.1	0.00	0
		Grande	217	52	0.1	0.0	12.3	12.3	0.1	0.1	0.00	0
		Venti	236	56	0.2	0.0	13.3	13.3	0.2	0.2	0.00	0
<b>Iced Chai Tea Latte - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Tall	516	122	0.5	0.2	24.4	24.3	0.2	4.8	0.16	34.5
		Grande	667	158	0.6	0.2	31.9	31.8	0.3	6	0.20	46
		Venti	862	204	0.8	0.3	40.7	40.6	0.3	8.1	0.27	57.4
<b>Iced Chai Tea Latte - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Tall	584	138	2.4	2.3	24.3	24.2	0.2	4.8	0.16	34.5
		Grande	751	178	3	2.9	31.7	31.6	0.3	6	0.20	46
		Venti	976	231	4	3.9	40.5	40.4	0.3	8.1	0.27	57.4
<b>Iced Chai Tea Latte - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Tall	675	160	5	3.1	24.1	24.1	0.2	4.7	0.16	34.5
		Grande	864	205	6.1	3.9	31.5	31.5	0.3	5.8	0.19	46
		Venti	1129	268	8.3	5.2	40.3	40.1	0.3	7.9	0.26	57.4
<b>Iced Chai Tea Latte - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Tall	445	106	1.7	0.1	21.4	21.2	0.6	0.8	0.12	34.5
		Grande	580	138	2.1	0.2	28.2	27.9	0.8	0.9	0.15	46
		Venti	743	177	2.9	0.2	35.7	35.4	1	1.3	0.20	57.4
<b>Iced Chai Tea Latte - soya drink</b>	Ice, soya drink [Soya base [water, hulled <b>SOYA</b> beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Tall	550	130	2.7	0.4	21.5	21.2	1	4.6	0.15	34.5
		Grande	709	168	3.3	0.5	28.3	27.9	1.3	5.6	0.18	46
		Venti	919	218	4.5	0.7	35.9	35.4	1.7	7.6	0.25	57.4
<b>Iced Chai Tea Latte - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Tall	646	153	4.2	0.4	27	22.3	1.6	1.2	0.19	34.5
		Grande	827	197	5.1	0.5	35.1	29.3	2	1.4	0.23	46
		Venti	1079	257	7	0.7	45.1	37.2	2.6	1.9	0.32	57.4
<b>Iced Chai Tea Latte - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Tall	556	133	3.5	3.1	22.6	22.6	2.3	1.4	0.27	34.5
		Grande	716	171	4.3	3.9	29.7	29.6	2.8	1.8	0.33	46
		Venti	928	222	5.8	5.3	37.8	37.6	3.8	2.4	0.45	57.4

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced Matcha Green Tea Latte - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], ice, matcha blend [Matcha green tea]	Tall	312	74	0.6	0.3	9.7	8.8	0.9	6.9	0.20	52.8
		Grande	402	95	0.8	0.3	12.4	11.1	1.3	8.9	0.25	79.2
		Venti	466	111	1	0.4	14.4	12.7	1.7	10.2	0.29	105.6
<b>Iced Matcha Green Tea Latte - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], ice, matcha blend [Matcha green tea]	Tall	404	96	3.2	3.1	9.5	8.7	0.9	6.9	0.20	52.8
		Grande	517	123	4	3.9	12.2	10.9	1.3	8.9	0.25	79.2
		Venti	597	142	4.6	4.5	14.1	12.4	1.7	10.2	0.28	105.6
<b>Iced Matcha Green Tea Latte - whole milk</b>	Whole milk [whole <b>MILK</b> ], ice, matcha blend [Matcha green tea]	Tall	526	125	6.7	4.2	9.3	8.5	0.9	6.8	0.19	52.8
		Grande	670	160	8.4	5.3	12	10.7	1.3	8.7	0.24	79.2
		Venti	771	184	9.6	6	13.9	12.2	1.7	10	0.27	105.6
<b>Iced Matcha Green Tea Latte - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], ice, matcha blend [Matcha green tea]	Tall	217	52	2.3	0.2	5.7	4.6	1.4	1.5	0.15	52.8
		Grande	282	68	2.9	0.3	7.4	5.9	2	2	0.18	79.2
		Venti	331	79	3.3	0.3	8.7	6.7	2.5	2.4	0.21	105.6
<b>Iced Matcha Green Tea Latte - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], ice, matcha blend [Matcha green tea]	Tall	358	85	3.6	0.6	5.9	4.6	1.9	6.6	0.18	52.8
		Grande	459	109	4.5	0.7	7.6	5.9	2.7	8.4	0.23	79.2
		Venti	532	126	5.1	0.8	8.9	6.7	3.3	9.7	0.26	105.6
<b>Iced Matcha Green Tea Latte - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], ice, matcha blend [Matcha green tea]	Tall	486	116	5.6	0.6	13.2	6.1	2.7	2	0.24	52.8
		Grande	620	148	7	0.7	16.8	7.7	3.6	2.7	0.30	79.2
		Venti	714	171	8	0.8	19.3	8.8	4.3	3.2	0.34	105.6
<b>Iced Matcha Green Tea Latte - coconut drink</b>	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, matcha blend [Matcha green tea]	Tall	365	89	4.7	4.2	7.3	6.5	3.6	2.4	0.34	52.8
		Grande	468	114	5.9	5.3	9.4	8.2	4.7	3.1	0.43	79.2
		Venti	542	131	6.7	6	11	9.3	5.6	3.7	0.49	105.6
<b>Lemon Iced Tea (Seasonal Only)</b>	Ice, Green Tea Concentrate [water, iced green tea blend [green tea, spearmint, lemon verbena leaves, lemongrass, natural lemon flavouring]], lemonade [water, lemon juice (13.9%), sugar, lemon oil.], citrus flavour syrup [Water, sugar, natural flavourings, acidity regulator: citric acid, colour: lutein, natural lemon and lime flavouring with other natural flavourings, natural orange flavouring, preservative: potassium sorbate, thickener: xanthan gum]	Tall	223	53	0.1	0	12.8	12.6	0.1	0.1	0.00	1
		Grande	310	73	0.1	0	17.8	17.5	0.1	0.1	0.00	1
		Venti	393	93	0.1	0	22.6	22.2	0.1	0.1	0.00	1
<b>Peach Iced Tea</b>	Ice, Green Tea Concentrate [water, iced green tea blend [green tea, spearmint, lemon verbena leaves, lemongrass, natural lemon flavouring]], lemonade [water, lemon juice (13.9%), sugar, lemon oil.], peach flavour syrup [Water, sugar, natural flavourings, acidity regulator: citric acid, colours: paprika extract, anthocyanins; preservative: potassium sorbate, thickener: xanthan gum]	Tall	225	53	0.1	0	12.9	12.6	0.1	0.1	0.00	1
		Grande	313	74	0.1	0	17.9	17.5	0.1	0.1	0.00	1
		Venti	396	94	0.1	0	22.8	22.2	0.1	0.1	0.00	1



**Cold Craft**

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Cold Brew</b>	Cold brew as brewed [arabica coffee], ice	Tall	68	16	1	0.2	0	0	1	1.2	0.26	37
		Grande	92	22	1.4	0.3	0	0	1.4	1.7	0.35	50
		Venti	116	28	1.8	0.4	0	0	1.8	2.1	0.44	63
<b>Cold Brew Latte - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], cold brew - concentrated [arabica coffee], ice	Tall	306	73	1	0.3	9	8.1	0.5	6.6	0.31	39
		Grande	406	97	1.3	0.4	11.9	10.7	0.7	8.8	0.41	52
		Venti	501	119	1.8	0.5	14.5	12.7	1	10.7	0.53	77
<b>Cold Brew Latte - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], cold brew - concentrated [arabica coffee], ice	Tall	390	93	3.3	2.9	8.8	7.9	0.5	6.6	0.30	39
		Grande	517	123	4.4	3.9	11.7	10.5	0.7	8.8	0.40	52
		Venti	631	151	5.4	4.6	14.2	12.4	1	10.7	0.53	77
<b>Cold Brew Latte - whole milk</b>	Whole milk [whole <b>MILK</b> ], cold brew - concentrated [arabica coffee], ice	Tall	502	120	6.5	3.9	8.7	7.8	0.5	6.5	0.30	39
		Grande	665	159	8.6	5.2	11.5	10.3	0.7	8.6	0.40	52
		Venti	806	192	10.4	6.2	14	12.2	1	10.4	0.52	77
<b>Cold Brew Latte - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], cold brew - concentrated [arabica coffee], ice	Tall	220	53	2.5	0.3	5.3	4.3	1	1.6	0.26	39
		Grande	291	70	3.3	0.4	7.1	5.7	1.3	2.2	0.34	52
		Venti	365	88	4.1	0.5	8.8	6.7	1.8	2.9	0.46	77
<b>Cold Brew Latte - soya drink</b>	Soya drink [Soya base [water, hulled <b>SOYA</b> beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], cold brew - concentrated [arabica coffee], ice	Tall	346	83	3.4	0.6	6.3	5.4	1.4	6	0.35	39
		Grande	459	110	4.5	0.8	8.4	7.2	1.8	7.9	0.46	52
		Venti	563	135	5.5	1	10.3	8.5	2.3	9.6	0.60	77
<b>Cold Brew Latte - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], cold brew - concentrated [arabica coffee], ice	Tall	494	117	5.5	0.6	11.2	5.5	2.2	6.1	0.34	38.7
		Grande	655	156	7.3	0.8	14.8	7.3	2.9	8.1	0.45	51.8
		Venti	806	191	8.8	1	17.5	8.6	3.6	11.6	0.59	76.9
<b>Cold Brew Latte - coconut drink</b>	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], cold brew - concentrated [arabica coffee], ice	Tall	355	86	4.7	3.9	6.8	5.9	3	2.5	0.44	39
		Grande	470	115	6.2	5.2	9.1	7.9	4	3.3	0.58	52
		Venti	576	140	7.5	6.2	11.1	9.3	4.9	4.2	0.74	77
<b>Clotted Cream Fudge Cold Brew</b>	cold brew as brewed [arabica coffee], ice, whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate, Glucose Syrup, Sugar, Water, Condensed <b>MILK</b> , Unsalted Butter ( <b>MILK</b> ), Glycerol, Modified Maize Starch, Natural Flavourings, Devon Cream ( <b>MILK</b> ), <b>SOYA</b> Lecithin, Potassium Sorbate, Xanthan Gum, water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate, clotted cream fudge topping [Flour (Thiamin, Iron, Niacin, Calcium, <b>WHEAT</b> Flour), Sugar, Water, Clotted Cream Fudge (Sugar, Sweetened Condensed Milk ( <b>MILK</b> , Sugar), Glucose Syrup, Salted Butter (Salt, <b>MILK</b> ), Clotted Cream (From Cows <b>MILK</b> ) (Milk Fat (From Cows <b>MILK</b> ), Milk Fat (From Cows <b>MILK</b> )), Invert Sugar Syrup, <b>SOYA</b> Lecithin, Salt), Rapeseed Oil, Natural Flavourings, Sodium Bicarbonate, Sodium Chloride]	Tall	818	195	11.3	6.6	16.5	13.9	1.1	9.3	0.34	36.9
		Grande	1225	292	16.7	9.8	26.1	22.5	1.4	12.6	0.46	50
		Venti	1632	389	22.2	13	35.7	31	1.8	15.9	0.58	63.2
<b>Nitro Cold Brew</b>	Cold brew as brewed [arabica coffee]	Tall	115	28	1.7	0.3	0	0	1.7	2.1	0.43	63
		Grande	157	38	2.4	0.5	0	0	2.4	2.9	0.60	86
		Venti	221	54	3.3	0.7	0	0	3.3	4	0.84	120
<b>Nitro Cappuccino</b>	Cold brew as brewed [arabica coffee], skimmed milk [skimmed <b>MILK</b> ]	Tall	193	46	1.4	0.3	3.6	3.6	1.2	4.1	0.38	63
		Grande	260	62	1.9	0.5	4.8	4.8	1.6	5.5	0.52	86
		Venti	360	86	2.8	0.7	6.3	6.3	2.4	7.5	0.75	88
<b>Nitro Latte</b>	cold brew as brewed [arabica coffee], Vanilla Cream Foam [skimmed <b>MILK</b> , whipping cream ( <b>MILK</b> ), vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate ]]	Tall	684	163	11.2	6.4	6.6	6.5	1.2	12	0.37	42.9
		Grande	924	221	15	8.7	8.9	8.8	1.6	16.4	0.50	58.6
		Venti	1245	297	19.8	11.3	11.4	11.3	2.4	24.1	0.74	88.2

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.





**Iced Coffee**

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Classic Iced Cappuccino - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	321	76	0.8	0.3	9.7	8.9	0.2	7.3	0.26	66
		Grande	392	93	0.9	0.3	12	11.2	0.2	9	0.31	66
		Venti	461	109	1.1	0.4	14	12.7	0.3	10.5	0.37	99
<b>Classic Iced Cappuccino - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	412	98	3.3	3.1	9.6	8.7	0.2	7.3	0.25	66
		Grande	507	121	4.1	3.9	11.8	10.9	0.2	9	0.30	66
		Venti	591	141	4.8	4.5	13.7	12.5	0.3	10.5	0.36	99
<b>Classic Iced Cappuccino - whole milk</b>	Whole milk [whole <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	534	127	6.8	4.2	9.4	8.5	0.2	7.1	0.25	66
		Grande	661	157	8.5	5.3	11.6	10.7	0.2	8.8	0.30	66
		Venti	766	182	9.7	6	13.5	12.2	0.3	10.3	0.36	99
<b>Classic Iced Cappuccino - almond drink</b>	Almond drink [water, <b>ALMOND</b> (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]	Tall	226	54	2.4	0.2	5.7	4.7	0.8	1.9	0.20	66
		Grande	273	65	3	0.3	7	5.9	0.9	2.1	0.24	66
		Venti	325	78	3.5	0.3	8.3	6.7	1.1	2.7	0.29	99
<b>Classic Iced Cappuccino - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	366	87	3.7	0.6	5.9	4.7	1.3	7	0.24	66
		Grande	450	107	4.6	0.7	7.2	5.9	1.6	8.5	0.29	66
		Venti	526	125	5.3	0.8	8.5	6.7	1.9	10	0.35	99
<b>Classic Iced Cappuccino - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (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]	Tall	494	118	5.7	0.6	13.2	6.2	2	2.4	0.29	66
		Grande	611	146	7.1	0.7	16.4	7.7	2.5	2.8	0.35	66
		Venti	709	169	8.2	0.8	19	8.8	2.9	3.5	0.42	99
<b>Classic Iced Cappuccino - coconut drink</b>	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]	Tall	373	91	4.8	4.2	7.4	6.5	3	2.8	0.40	66
		Grande	459	111	6	5.3	9	8.2	3.7	3.2	0.49	66
		Venti	537	130	6.9	6.1	10.6	9.3	4.2	4	0.57	99
<b>Iced Americano</b>	Ice, water, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	43	10	0.2	0	1	0.1	0.2	0.9	0.06	66
		Grande	65	16	0.3	0.1	1.5	0.2	0.3	1.4	0.08	99
		Venti	86	21	0.5	0.1	2	0.3	0.5	1.9	0.11	132
<b>Iced Brown Sugar Shaken Espresso - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], espresso shot - blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid]	Tall	315	74	0.6	0.2	12.3	11.4	0.2	4.8	0.18	56.7
		Grande	422	100	0.8	0.2	16.9	15.6	0.3	6.1	0.24	85.1
		Venti	523	123	0.9	0.3	21.3	19.5	0.5	7.2	0.29	113.4
<b>Iced Brown Sugar Shaken Espresso - semi skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot - blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid]	Tall	372	88	2.2	2	12.2	11.3	0.2	4.8	0.18	56.7
		Grande	492	117	2.7	2.4	16.8	15.4	0.3	6.1	0.23	85.1
		Venti	603	143	3.2	2.8	21.1	19.3	0.5	7.2	0.28	113.4
<b>Iced Brown Sugar Shaken Espresso - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], espresso shot - blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid]	Tall	449	107	4.4	2.7	12.1	11.2	0.2	4.7	0.18	56.7
		Grande	586	139	5.4	3.3	16.7	15.3	0.3	6	0.23	85.1
		Venti	710	168	6.2	3.8	21	19.2	0.5	7.1	0.28	113.4
<b>Iced Brown Sugar Shaken Espresso - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid]	Tall	255	61	1.6	0.2	9.8	8.8	0.6	1.4	0.15	56.7
		Grande	350	83	2	0.2	13.9	12.4	0.8	1.9	0.20	85.1
		Venti	440	104	2.4	0.3	17.8	15.8	0.9	2.4	0.24	113.4
<b>Iced Brown Sugar Shaken Espresso - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], espresso shot - blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid]	Tall	343	81	2.4	0.4	9.9	8.8	0.9	4.6	0.17	56.7
		Grande	457	108	3	0.5	14	12.4	1.2	5.8	0.22	85.1
		Venti	563	133	3.5	0.6	17.9	15.8	1.4	6.9	0.27	113.4

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced Brown Sugar Oat Shaken Espresso – oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid]	Tall	424	101	3.7	0.4	14.5	9.7	1.4	1.7	0.21	56.7
		Grande	555	132	4.5	0.5	19.6	13.5	1.7	2.3	0.27	85.1
		Venti	675	160	5.3	0.6	24.3	17.1	2.1	2.9	0.32	113.4
<b>Iced Brown Sugar Shaken Espresso – coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot – blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid]	Tall	348	84	3.1	2.7	10.8	9.9	2	2	0.27	56.7
		Grande	463	111	3.8	3.3	15.1	13.8	2.4	2.6	0.35	85.1
		Venti	569	136	4.5	3.8	19.2	17.4	2.9	3.2	0.41	113.4
<b>Iced Cappuccino with Cold Foam</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], espresso shot – espresso roast as brewed [whole bean roasted coffee], simple syrup [sugar, water, preservative: potassium sorbate, acid: citric acid]	Tall	243	58	0.5	0.1	9.7	8.8	0.2	3.6	0.14	66
		Grande	325	77	0.5	0.2	13.4	12.6	0.2	4.5	0.17	66
		Venti	436	103	0.7	0.2	17.9	16.6	0.3	6	0.23	99
<b>Iced Caramel Macchiato – skimmed milk</b>	skimmed milk [skimmed <b>MILK</b> ], ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Tall	545	129	1.8	0.9	20.6	19.3	0.2	7.4	0.29	66.2
		Grande	676	160	1.9	1	26.4	25	0.2	9.1	0.34	66.2
		Venti	805	190	2.1	1	31.9	30	0.3	10.6	0.40	99.2
<b>Iced Caramel Macchiato – semi-skimmed milk</b>	semi skimmed milk [semi skimmed <b>MILK</b> ], ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Tall	636	151	4.3	3.8	20.5	19.2	0.2	7.4	0.28	66.2
		Grande	791	188	5.1	4.6	26.2	24.8	0.2	9.1	0.33	66.2
		Venti	935	222	5.8	5.1	31.6	29.8	0.3	10.6	0.40	99.2
<b>Iced Caramel Macchiato – whole milk</b>	whole milk [whole <b>MILK</b> ], ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Tall	759	180	7.8	4.9	20.3	19	0.2	7.2	0.28	66.2
		Grande	945	224	9.5	5.9	25.9	24.6	0.2	8.8	0.33	66.2
		Venti	1110	264	10.7	6.7	31.4	29.5	0.3	10.4	0.39	99.2
<b>Iced Caramel Macchiato – almond drink</b>	almond drink [water, <b>ALMOND</b> (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], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Tall	450	107	3.4	0.9	16.6	15.1	0.8	1.9	0.23	66.2
		Grande	557	133	4	0.9	21.3	19.7	0.9	2.2	0.27	66.2
		Venti	669	159	4.5	1	26.2	24	1.1	2.8	0.32	99.2
<b>Iced Caramel Macchiato – soya drink</b>	soya drink [Soya base [water, hulled <b>SOYA</b> 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], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Tall	591	140	4.7	1.2	16.8	15.1	1.3	7	0.27	66.2
		Grande	734	174	5.6	1.4	21.6	19.7	1.6	8.6	0.32	66.2
		Venti	870	206	6.3	1.5	26.4	24	1.9	10.1	0.38	99.2
<b>Iced Caramel Macchiato – oat drink</b>	oat drink [Oat base (water, <b>OAT</b> (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], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Tall	718	171	6.7	1.2	24.1	16.6	2	2.5	0.32	66.2
		Grande	895	213	8.1	1.4	30.8	21.6	2.5	2.9	0.39	66.2
		Venti	1053	250	9.2	1.5	36.8	26.1	2.9	3.6	0.46	99.2

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced Caramel Macchiato - coconut drink</b>	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], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator:citric acid, preservative : potassium sorbate ], caramel drizzle [Sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifiers: <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids; acidity regulator: sodium citrates, salt, stabiliser: triphosphates, anti-foaming agent: dimethyl polysiloxane.]	Tall	598	144	5.8	4.9	18.3	17	3	2.9	0.43	66.2
		Grande	743	178	7	6	23.4	22	3.7	3.3	0.52	66.2
		Venti	880	211	7.9	6.7	28.5	26.6	4.3	4.1	0.61	99.2
<b>Iced Latte - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	321	76	0.8	0.3	9.7	8.9	0.2	7.3	0.26	66
		Grande	392	93	0.9	0.3	12	11.2	0.2	9	0.31	66
		Venti	461	109	1.1	0.4	14	12.7	0.3	10.5	0.37	99
<b>Iced Latte - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	412	98	3.3	3.1	9.6	8.7	0.2	7.3	0.25	66
		Grande	507	121	4.1	3.9	11.8	10.9	0.2	9	0.30	66
		Venti	592	141	4.8	4.5	13.7	12.5	0.3	10.5	0.36	99
<b>Iced Latte - whole milk</b>	Whole milk [whole <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	534	127	6.8	4.2	9.4	8.5	0.2	7.1	0.25	66
		Grande	661	157	8.5	5.3	11.6	10.7	0.2	8.8	0.30	66
		Venti	767	182	9.7	6	13.5	12.2	0.3	10.3	0.36	99
<b>Iced Latte - almond drink</b>	Almond drink [water, <b>ALMOND</b> (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]	Tall	226	54	2.4	0.2	5.7	4.7	0.8	1.9	0.20	66
		Grande	273	65	3	0.3	7	5.9	0.9	2.1	0.24	66
		Venti	326	78	3.5	0.3	8.3	6.7	1.1	2.7	0.29	99
<b>Iced Latte - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	366	87	3.7	0.6	5.9	4.7	1.3	7	0.24	66
		Grande	450	107	4.6	0.7	7.2	5.9	1.6	8.5	0.29	66
		Venti	527	125	5.3	0.9	8.5	6.7	1.9	10	0.35	99
<b>Iced Latte - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (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]	Tall	494	118	5.7	0.6	13.2	6.2	2	2.4	0.29	66
		Grande	611	146	7.1	0.7	16.4	7.7	2.5	2.8	0.35	66
		Venti	709	169	8.2	0.9	19	8.8	2.9	3.5	0.42	99
<b>Iced Latte - coconut drink</b>	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]	Tall	373	91	4.8	4.2	7.4	6.5	3	2.8	0.40	66
		Grande	459	111	6	5.3	9	8.2	3.7	3.2	0.49	66
		Venti	537	130	6.9	6.1	10.6	9.3	4.3	4	0.57	99
<b>Iced Latte Macchiato - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	321	76	0.8	0.3	9.7	8.9	0.2	7.3	0.26	66
		Grande	392	93	0.9	0.3	12	11.2	0.2	9	0.31	66
		Venti	461	109	1.1	0.4	14	12.7	0.3	10.5	0.37	99
<b>Iced Latte Macchiato - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	412	98	3.3	3.1	9.6	8.7	0.2	7.3	0.25	66
		Grande	507	121	4.1	3.9	11.8	10.9	0.2	9	0.30	66
		Venti	592	141	4.8	4.5	13.7	12.5	0.3	10.5	0.36	99
<b>Iced Latte Macchiato - whole milk</b>	Whole milk [whole <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	534	127	6.8	4.2	9.4	8.5	0.2	7.1	0.25	66
		Grande	661	157	8.5	5.3	11.6	10.7	0.2	8.8	0.30	66
		Venti	767	182	9.7	6	13.5	12.2	0.3	10.3	0.36	99
<b>Iced Latte Macchiato - almond drink</b>	Almond drink [water, <b>ALMOND</b> (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]	Tall	226	54	2.4	0.2	5.7	4.7	0.8	1.9	0.20	66
		Grande	273	65	3	0.3	7	5.9	0.9	2.1	0.24	66
		Venti	326	78	3.5	0.3	8.3	6.7	1.1	2.7	0.29	99
<b>Iced Latte Macchiato - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee]	Tall	366	87	3.7	0.6	5.9	4.7	1.3	7	0.24	66
		Grande	450	107	4.6	0.7	7.2	5.9	1.6	8.5	0.29	66
		Venti	527	125	5.3	0.9	8.5	6.7	1.9	10	0.35	99

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced Latte Macchiato - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (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]	Tall	494	118	5.7	0.6	13.2	6.2	2	2.4	0.29	66
		Grande	611	146	7.1	0.7	16.4	7.7	2.5	2.8	0.35	66
		Venti	709	169	8.2	0.9	19	8.8	2.9	3.5	0.42	99
<b>Iced Latte Macchiato - coconut drink</b>	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]	Tall	373	91	4.8	4.2	7.4	6.5	3	2.8	0.40	66
		Grande	459	111	6	5.3	9	8.2	3.7	3.2	0.49	66
		Venti	537	130	6.9	6.1	10.6	9.3	4.3	4	0.57	99
<b>Iced Mocha - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], ice, Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1062	253	10.5	7.1	27.8	25.8	2.3	10.8	0.28	66
		Grande	1403	335	14.4	9.8	36.2	33.9	2.9	13.6	0.34	66
		Venti	1605	383	15.2	10.2	43.5	40.4	3.7	16.2	0.41	99
<b>Iced Mocha - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], ice, Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1153	275	13	10	27.6	25.7	2.3	10.8	0.28	66
		Grande	1518	363	17.6	13.4	36	33.7	2.9	13.6	0.34	66
		Venti	1736	414	18.8	14.3	43.2	40.1	3.7	16.2	0.40	99
<b>Iced Mocha - whole milk</b>	Whole milk [whole <b>MILK</b> ], ice, Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1275	304	16.5	11	27.4	25.5	2.3	10.6	0.27	66
		Grande	1672	399	22	14.8	35.7	33.4	2.9	13.4	0.33	66
		Venti	1911	456	23.8	15.9	43	39.9	3.7	15.9	0.39	99
<b>Iced Mocha - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], ice, Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	967	232	12.1	7	23.8	21.6	2.8	5.3	0.23	66
		Grande	1284	307	16.5	9.7	31.1	28.6	3.6	6.7	0.27	66
		Venti	1470	352	17.5	10.1	37.7	34.4	4.5	8.3	0.33	99
<b>Iced Mocha - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], ice, Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1107	264	13.4	7.4	23.9	21.6	3.4	10.4	0.26	66
		Grande	1461	349	18.1	10.2	31.4	28.6	4.3	13.2	0.32	66
		Venti	1671	399	19.4	10.7	38	34.4	5.3	15.6	0.38	99
<b>Iced Mocha - oat drink</b>	oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], ice, Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1235	295	15.4	7.4	31.2	23.1	4.1	5.9	0.32	66
		Grande	1622	388	20.6	10.2	40.6	30.5	5.2	7.4	0.39	66
		Venti	1853	443	22.2	10.7	48.4	36.5	6.3	9.1	0.46	99
<b>Iced Mocha - coconut drink</b>	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, Mocha Sauce [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1115	268	14.5	11	25.4	23.5	5	6.2	0.42	66
		Grande	1470	353	19.5	14.8	33.2	30.9	6.4	7.9	0.52	66
		Venti	1681	404	20.9	15.9	40.1	37	7.7	9.6	0.61	99
<b>Iced White Mocha - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], ice, white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1211	289	11.4	8.1	36.7	35.8	0.3	9.7	0.45	66.2
		Grande	1602	382	15.6	11.2	48	47.2	0.3	12.2	0.57	66.2
		Venti	1854	442	16.6	11.9	58.3	57	0.4	14.4	0.7	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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced White Mocha - semi-skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], ice, white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1302	311	13.9	11	36.5	35.6	0.3	9.7	0.45	66.2
		Grande	1717	410	18.8	14.8	47.8	47	0.3	12.2	0.57	66.2
		Venti	1985	473	20.3	16	58	56.8	0.4	14.4	0.69	99.2
<b>Iced White Mocha - whole milk</b>	Whole milk [whole <b>MILK</b> ], ice, white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1424	340	17.4	12.1	36.3	35.4	0.3	9.5	0.45	66.2
		Grande	1871	446	23.1	16.1	47.6	46.7	0.3	12	0.56	66.2
		Venti	2159	515	25.2	17.6	57.8	56.5	0.4	14.1	0.68	99.2
<b>Iced White Mocha - almond drink</b>	Almond drink [water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt], ice, white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1116	267	13	8.1	32.7	31.6	0.8	4.3	0.4	66.2
		Grande	1483	355	17.6	11.1	43	41.9	1	5.3	0.5	66.2
		Venti	1719	411	19	11.9	52.6	51	1.2	6.6	0.62	99.2
<b>Iced White Mocha - soya drink</b>	Soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]], ice, white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1257	300	14.3	8.4	32.8	31.6	1.4	9.4	0.44	66.2
		Grande	1660	396	19.2	11.6	43.2	41.9	1.7	11.8	0.55	66.2
		Venti	1919	457	20.8	12.4	52.8	51	2	13.9	0.67	99.2
<b>Iced White Mocha - oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], ice, white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1384	331	16.3	8.4	40.1	33.1	2.1	4.8	0.49	66.2
		Grande	1821	435	21.8	11.6	52.4	43.7	2.6	6	0.62	66.2
		0.61	2102	502	23.7	12.4	63.3	53.1	3	7.4	0.75	99.2
<b>Iced White Mocha - coconut drink</b>	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, white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring], espresso shot - espresso roast as brewed [whole bean roasted coffee], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Tall	1264	303	15.4	12.1	34.3	33.4	3	5.2	0.6	66.2
		Grande	1669	400	20.6	16.2	45.1	44.2	3.7	6.5	0.75	66.2
		Venti	1930	463	22.4	17.6	54.9	53.6	4.3	7.9	0.9	99.2
<b>Starbucks Doubleshot™ Iced Coffee</b>	Ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], Half and Half Cream Mix [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> ]	Mini	368	89	8.1	5	2.3	1.5	0.2	1.6	0.09	66
<b>Starbucks Doubleshot™ Vanilla Iced Coffee</b>	Ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], Half and Half Cream Mix [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> ], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate]	Mini	434	105	8.1	5	6.2	5.3	0.2	1.6	0.09	66.2
<b>Pink Coconut Starbucks Refresha® Drink</b>	Strawberry slices (freeze dried), 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, strawberry & acai flavour beverage base [Water, sugar, grape juice concentrate, green coffee extract, acid: citric acid, colouring concentrate from carrot, antioxidant: ascorbic acid, natural flavouring, preservative: potassium sorbate, colour: beta-carotene from blakeslea trispora.]	Tall	449	107	2.3	2.1	19.1	18.9	1.8	1.2	0.17	8
		Grande	603	143	3.1	2.7	25.5	25.3	2.5	1.6	0.23	11
		Venti	761	181	3.9	3.4	32.2	31.9	3.2	2.1	0.29	14
<b>Strawberry Acai Starbucks Refresha® Drink</b>	Water, strawberry slices (freeze dried), ice, strawberry & acai flavour beverage base [Water, sugar, grape juice concentrate, green coffee extract, acid: citric acid, colouring concentrate from carrot, antioxidant: ascorbic acid, natural flavouring, preservative: potassium sorbate, colour: beta-carotene from blakeslea trispora.]	Tall	288	68	0.1	0	15.9	15.7	0.5	0.3	0.00	8
		Grande	389	91	0.2	0	21.4	21.1	0.7	0.5	0.01	11
		Venti	493	116	0.2	0	27	26.7	0.9	0.6	0.01	14

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Cool Lime Starbucks Refresha® Drink (Seasonal Only)</b>	Ice, cool lime base [Ingredients: Water, sugar, white grape juice concentrate, flavouring, green coffee extract, antioxidants (citric acid E330, ascorbic acid E300) ], water, freeze dried lime slice [freeze dried lime slices ]	Tall	245	58	0.1	0	13.9	13.3	0.4	0.3	0.04	37
		Grande	320	75	0.1	0	18.2	17.5	0.4	0.3	0.05	49
		Venti	398	93	0.1	0	22.7	22	0.4	0.4	0.07	62

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.



**Frappuccino®**  
Blended Beverage



Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono-and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	765	182	7.9	5.5	24.9	24.1	0.1	2.6	0.31	15
		Tall	1062	253	10	6.9	36.6	35.3	0.1	3.9	0.47	23
		Grande	1454	346	13.7	9.5	50.3	48.6	0.2	4.9	0.64	33
		Venti	1699	404	14.5	9.9	62.5	60.2	0.2	5.4	0.78	42
<b>Caramel Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono-and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	790	188	8.6	6.3	24.9	24	0.1	2.6	0.31	15
		Tall	1102	262	11.1	8.1	36.5	35.3	0.1	3.9	0.46	23
		Grande	1503	358	15.1	11	50.2	48.5	0.2	4.9	0.63	33
		Venti	1752	417	16	11.6	62.4	60.1	0.2	5.4	0.78	42
<b>Caramel Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono-and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	825	197	9.6	6.6	24.8	24	0.1	2.5	0.31	15
		Tall	1155	275	12.6	8.6	36.5	35.2	0.1	3.8	0.46	23
		Grande	1567	373	16.9	11.6	50.1	48.4	0.2	4.8	0.63	33
		Venti	1823	434	18	12.2	62.2	60	0.2	5.3	0.78	42
<b>Caramel Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono-and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	738	176	8.4	5.5	23.8	22.9	0.2	1	0.30	15
		Tall	1021	243	10.7	6.9	34.9	33.5	0.4	1.5	0.44	23
		Grande	1404	335	14.6	9.5	48.2	46.3	0.5	2	0.61	33
		Venti	1643	391	15.4	9.9	60.1	57.8	0.5	2.2	0.75	42
<b>Caramel Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono-and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	778	185	8.7	5.6	23.9	22.9	0.4	2.5	0.31	15
		Tall	1082	258	11.2	7	34.9	33.5	0.6	3.7	0.46	23
		Grande	1478	352	15.3	9.7	48.3	46.3	0.8	4.7	0.63	33
		Venti	1725	410	16.2	10.1	60.2	57.8	0.9	5.2	0.77	42
<b>Caramel Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono-and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	814	194	9.3	5.6	25.9	23.3	0.6	1.2	0.32	15
		Tall	1138	271	12.1	7	38.1	34.1	0.9	1.7	0.48	23
		Grande	1546	368	16.4	9.7	52.1	47.1	1.1	2.3	0.65	33
		Venti	1800	428	17.3	10.1	64.5	58.6	1.3	2.5	0.80	42

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	780	186	9.1	6.6	24.3	23.4	0.9	1.3	0.35	15
		Tall	1085	259	11.7	8.6	35.6	34.3	1.3	1.9	0.53	23
		Grande	1482	354	15.9	11.6	49	47.3	1.6	2.4	0.71	33
		Venti	1729	412	16.8	12.2	61.1	58.9	1.8	2.7	0.87	42
<b>Caramel Cream Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	719	172	7.9	5.5	22.2	21.5	0	2.9	0.31	0
		Tall	986	235	9.9	6.9	32.1	31.1	0	4.4	0.46	0
		Grande	1330	317	13.7	9.5	43	41.7	0	5.5	0.61	0
		Venti	1578	376	14.4	10	55.1	53.4	0	6.4	0.78	0
<b>Caramel Cream Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	753	180	8.8	6.6	22.1	21.4	0	2.9	0.31	0
		Tall	1038	247	11.4	8.5	31.9	31	0	4.4	0.45	0
		Grande	1395	333	15.5	11.5	42.9	41.6	0	5.5	0.61	0
		Venti	1656	394	16.6	12.4	55	53.3	0	6.4	0.78	0
<b>Caramel Cream Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	799	191	10.1	7	22	21.3	0	2.9	0.31	0
		Tall	1108	264	13.4	9.2	31.8	30.9	0	4.2	0.45	0
		Grande	1481	353	17.9	12.3	42.8	41.5	0	5.3	0.60	0
		Venti	1759	419	19.5	13.3	54.8	53.1	0	6.3	0.77	0
<b>Caramel Cream Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono- and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	683	163	8.5	5.5	20.7	19.9	0.2	0.9	0.29	0
		Tall	931	222	10.9	6.9	29.7	28.7	0.3	1.2	0.42	0
		Grande	1263	302	14.8	9.5	40.2	38.8	0.4	1.6	0.57	0
		Venti	1498	357	15.8	9.9	51.7	49.9	0.5	1.8	0.73	0

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Cream Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono-and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	736	176	9	5.6	20.7	19.9	0.4	2.8	0.30	0
		Tall	1012	241	11.6	7.1	29.8	28.7	0.6	4.1	0.45	0
		Grande	1362	325	15.7	9.7	40.3	38.8	0.8	5.2	0.60	0
		Venti	1617	385	16.9	10.2	51.9	49.9	0.9	6.1	0.76	0
<b>Caramel Cream Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono-and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	784	187	9.7	5.6	23.5	20.5	0.7	1.1	0.32	0
		Tall	1085	259	12.7	7.1	34	29.5	1	1.5	0.48	0
		Grande	1453	347	17.2	9.7	45.5	39.8	1.3	2	0.63	0
		Venti	1725	411	18.6	10.2	58.1	51.1	1.5	2.2	0.81	0
<b>Caramel Cream Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel drizzle [sugar, dextrose, glucose syrup, butter ( <b>MILK</b> ), fructose, double cream ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, natural flavouring, emulsifier; <b>SOYA</b> lecithins, mono-and diglycerides of fatty acids, acidity regulator; sodium citrates, salt, stabiliser; triphosphates, anti-foaming agent; dimethyl polysiloxane], caramel flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid, caramel sugar syrup]	Mini	739	177	9.4	7	21.3	20.6	1	1.2	0.36	0
		Tall	1016	243	12.2	9.2	30.7	29.7	1.6	1.7	0.54	0
		Grande	1367	327	16.5	12.3	41.4	40.1	1.9	2.2	0.71	0
		Venti	1623	388	17.8	13.3	53.1	51.4	2.3	2.5	0.90	0
<b>Chai Tea Cream Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], cream 34% ( <b>MILK</b> ), sugar (6%), , propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Mini	596	142	6.6	4.7	17.8	17.5	0	2.9	0.27	7
		Tall	808	193	8.3	5.9	25.4	25	0.1	4	0.39	10.1
		Grande	1153	275	11.6	8.2	37.4	36.8	0.1	5.2	0.53	18.8
		Venti	1306	311	11.7	8.3	45.3	44.5	0.1	6.1	0.69	19
<b>Chai Tea Cream Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], cream 34% ( <b>MILK</b> ), sugar (6%), , propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Mini	630	151	7.6	5.8	17.7	17.4	0	2.9	0.27	7
		Tall	858	205	9.7	7.4	25.3	24.9	0.1	4	0.39	10.1
		Grande	1215	290	13.4	10.2	37.3	36.6	0.1	5.2	0.53	18.8
		Venti	1382	330	13.8	10.6	45.2	44.3	0.1	6.1	0.68	19
<b>Chai Tea Cream Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], cream 34% ( <b>MILK</b> ), sugar (6%), , propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Mini	676	162	8.9	6.2	17.7	17.4	0	2.8	0.27	7
		Tall	924	221	11.6	8	25.2	24.8	0.1	3.9	0.38	10.1
		Grande	1298	310	15.7	10.9	37.1	36.5	0.1	5	0.52	18.8
		Venti	1483	354	16.7	11.5	45	44.2	0.1	6	0.68	19

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Chai Tea Cream Frappuccino® - almond drink</b>	ice, almond drink [water, <b>ALMOND</b> (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: carrageenan, maltodextrin.], cream 34% ( <b>MILK</b> ), sugar (6%), , propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Mini	560	134	7.2	4.7	16.3	15.9	0.2	0.8	0.25	7
		Tall	756	181	9.2	5.9	23.2	22.7	0.4	1.1	0.36	10.1
		Grande	1088	260	12.7	8.2	34.7	33.9	0.5	1.4	0.49	18.8
		Venti	1227	293	13.1	8.2	42	41	0.6	1.6	0.64	19
<b>Chai Tea Cream Frappuccino® - soya drink</b>	ice, soya drink [Soya base [water, hulled <b>SOYA</b> 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: carrageenan, maltodextrin.], cream 34% ( <b>MILK</b> ), sugar (6%), , propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Mini	613	147	7.7	4.8	16.4	15.9	0.5	2.7	0.26	7
		Tall	833	199	9.9	6	23.3	22.7	0.7	3.8	0.38	10.1
		Grande	1184	283	13.6	8.4	34.8	33.9	0.9	4.9	0.52	18.8
		Venti	1344	321	14.1	8.5	42.1	41	1	5.8	0.67	19
<b>Chai Tea Cream Frappuccino® - oat drink</b>	ice, oat drink [Oat base (water, <b>OAT</b> (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: carrageenan, maltodextrin.], cream 34% ( <b>MILK</b> ), sugar (6%), , propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Mini	661	158	8.5	4.8	19.1	16.5	0.7	1	0.28	7
		Tall	902	216	11	6	27.3	23.5	1.1	1.4	0.41	10.1
		Grande	1271	304	15	8.4	39.8	34.9	1.4	1.8	0.56	18.8
		Venti	1450	346	15.8	8.5	48.2	42.2	1.6	2	0.72	19
<b>Chai Tea Cream Frappuccino® - coconut drink</b>	ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], cream 34% ( <b>MILK</b> ), sugar (6%), , propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., classic chai [Brewed tea with spices and flavourings (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose]	Mini	616	148	8.1	6.2	16.9	16.6	1.1	1.1	0.32	7
		Tall	837	201	10.5	8	24.1	23.7	1.5	1.6	0.47	10.1
		Grande	1189	285	14.3	10.9	35.8	35.1	2	2.1	0.63	18.8
		Venti	1350	324	15	11.5	43.3	42.5	2.4	2.3	0.80	19
<b>Chocolate Cream Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	698	166	7.3	5.1	20.7	20	0.8	4	0.27	0
		Tall	906	216	9	6.3	27.9	27	0.8	5.4	0.41	0
		Grande	1251	298	12.6	8.8	38.5	37.3	1.2	7.1	0.56	0
		Venti	1483	353	13	9	49.7	48	1.5	8.6	0.73	0
<b>Chocolate Cream Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	732	175	8.3	6.2	20.6	19.9	0.8	4	0.27	0
		Tall	959	229	10.5	8	27.7	26.8	0.8	5.4	0.41	0
		Grande	1317	314	14.5	10.9	38.4	37.1	1.2	7.1	0.56	0
		Venti	1564	373	15.2	11.6	49.5	47.8	1.5	8.6	0.73	0
<b>Chocolate Cream Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	778	186	9.6	6.6	20.6	19.8	0.8	4	0.27	0
		Tall	1029	246	12.5	8.6	27.6	26.7	0.8	5.3	0.41	0
		Grande	1406	335	17	11.7	38.3	37	1.2	7	0.56	0
		Venti	1674	399	18.3	12.6	49.4	47.7	1.5	8.5	0.73	0

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Chocolate Cream Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	662	158	7.9	5.1	19.2	18.4	1	2	0.25	0
		Tall	851	203	10	6.3	25.5	24.5	1.2	2.3	0.38	0
		Grande	1181	282	13.8	8.8	35.6	34.2	1.6	3.1	0.52	0
		Venti	1398	333	14.4	9	46.1	44.3	2	3.7	0.68	0
<b>Chocolate Cream Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> 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: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	715	171	8.4	5.2	19.3	18.4	1.2	3.9	0.26	0
		Tall	932	222	10.7	6.5	25.6	24.5	1.5	5.2	0.40	0
		Grande	1284	306	14.7	9.1	35.7	34.2	2	6.8	0.55	0
		Venti	1524	363	15.6	9.3	46.3	44.3	2.5	8.3	0.72	0
<b>Chocolate Cream Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	763	182	9.2	5.2	22	18.9	1.5	2.2	0.28	0
		Tall	1006	240	11.9	6.5	29.9	25.4	1.9	2.6	0.43	0
		Grande	1377	329	16.2	9.1	41	35.3	2.5	3.5	0.59	0
		Venti	1638	391	17.4	9.3	52.8	45.6	3.1	4.2	0.77	0
<b>Chocolate Cream Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	718	172	8.8	6.6	19.8	19.1	1.9	2.3	0.32	0
		Tall	937	224	11.3	8.6	26.5	25.6	2.4	2.8	0.49	0
		Grande	1289	309	15.5	11.7	36.8	35.5	3.2	3.8	0.67	0
		Venti	1530	366	16.6	12.6	47.6	45.9	4	4.6	0.86	0
<b>Coffee Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	580	138	6.6	4.7	17	16.5	0.1	2.5	0.27	15
		Tall	816	194	8.4	5.9	25.7	25	0.1	3.7	0.42	23
		Grande	1125	268	11.7	8.2	35.6	34.6	0.2	4.7	0.57	33
		Venti	1273	303	11.7	8.2	43.6	42.2	0.2	5.2	0.70	42
<b>Coffee Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	606	145	7.4	5.5	16.9	16.4	0.1	2.5	0.27	15
		Tall	856	204	9.5	7.1	25.7	24.9	0.1	3.7	0.41	23
		Grande	1173	280	13	9.7	35.5	34.5	0.2	4.7	0.57	33
		Venti	1326	316	13.2	9.9	43.4	42.1	0.2	5.2	0.69	42
<b>Coffee Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	640	153	8.3	5.8	16.9	16.4	0.1	2.4	0.27	15
		Tall	909	217	11	7.6	25.6	24.8	0.1	3.6	0.41	23
		Grande	1238	295	14.9	10.3	35.4	34.4	0.2	4.6	0.57	33
		Venti	1397	333	15.3	10.5	43.3	42	0.2	5.1	0.69	42
<b>Coffee Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	553	132	7.1	4.7	15.8	15.3	0.2	0.9	0.26	15
		Tall	774	185	9.1	5.9	24	23.2	0.4	1.3	0.39	23
		Grande	1075	257	12.5	8.2	33.5	32.3	0.5	1.8	0.54	33
		Venti	1217	290	12.7	8.2	41.2	39.7	0.5	2	0.67	42

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Coffee Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	593	141	7.5	4.8	15.9	15.3	0.4	2.4	0.27	15
		Tall	836	199	9.6	6	24.1	23.2	0.6	3.6	0.41	23
		Grande	1149	274	13.2	8.4	33.6	32.3	0.8	4.5	0.56	33
		Venti	1299	309	13.4	8.4	41.3	39.7	0.9	5	0.69	42
<b>Coffee Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	629	150	8	4.8	18	15.7	0.6	1.1	0.28	15
		Tall	892	213	10.5	6	27.3	23.8	0.9	1.6	0.43	23
		Grande	1217	290	14.3	8.4	37.5	33.1	1.1	2.1	0.59	33
		Venti	1374	327	14.6	8.4	45.6	40.6	1.3	2.3	0.72	42
<b>Coffee Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	595	143	7.8	5.8	16.3	15.8	0.9	1.2	0.31	15
		Tall	839	201	10.1	7.6	24.7	24	1.3	1.7	0.48	23
		Grande	1153	276	13.8	10.3	34.4	33.3	1.6	2.3	0.65	33
		Venti	1304	311	14.1	10.5	42.2	40.8	1.8	2.5	0.78	42
<b>Cookies &amp; Cream Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], chocolate chip inclusion [Self raising <b>WHEAT</b> flour ( <b>WHEAT</b> flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter ( <b>MILK</b> ), milk chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; white chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; fat reduced cocoa powder, whole <b>EGG</b> , salt, natural flavouring.]	Mini	714	170	8.3	5.7	20.4	17.4	0.2	3.6	0.35	0
		Tall	1010	241	10.8	7.4	30.5	25.9	0.3	5.3	0.53	0
		Grande	1431	341	15.3	10.5	43.6	37	0.4	7.1	0.76	0
		Venti	1689	402	16.4	11.2	54.9	46.3	0.5	8.4	0.96	0
<b>Cookies &amp; Cream Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], chocolate chip inclusion [Self raising <b>WHEAT</b> flour ( <b>WHEAT</b> flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter ( <b>MILK</b> ), milk chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; white chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; fat reduced cocoa powder, whole <b>EGG</b> , salt, natural flavouring.]	Mini	748	179	9.2	6.8	20.3	17.3	0.2	3.6	0.35	0
		Tall	1062	253	12.3	9.1	30.4	25.8	0.3	5.3	0.53	0
		Grande	1499	358	17.2	12.6	43.5	36.8	0.4	7.1	0.75	0
		Venti	1768	421	18.7	13.7	54.7	46.1	0.5	8.4	0.95	0
<b>Cookies &amp; Cream Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], chocolate chip inclusion [Self raising <b>WHEAT</b> flour ( <b>WHEAT</b> flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter ( <b>MILK</b> ), milk chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; white chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; fat reduced cocoa powder, whole <b>EGG</b> , salt, natural flavouring.]	Mini	794	190	10.5	7.2	20.2	17.2	0.2	3.5	0.35	0
		Tall	1132	270	14.3	9.7	30.3	25.7	0.3	5.2	0.53	0
		Grande	1590	379	19.8	13.4	43.4	36.7	0.4	7	0.75	0
		Venti	1875	447	21.7	14.7	54.6	46	0.5	8.2	0.95	0

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Cookies &amp; Cream Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], chocolate chip inclusion [Self raising <b>WHEAT</b> flour ( <b>WHEAT</b> flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter ( <b>MILK</b> ), milk chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; white chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; fat reduced cocoa powder, whole <b>EGG</b> , salt, natural flavouring.]	Mini	678	162	8.9	5.7	18.9	15.8	0.4	1.5	0.32	0
		Tall	956	228	11.8	7.4	28.2	23.5	0.6	2.2	0.48	0
		Grande	1360	325	16.5	10.5	40.6	33.9	0.8	3	0.69	0
		Venti	1606	383	17.9	11.2	51.4	42.6	1	3.6	0.88	0
<b>Cookies &amp; Cream Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> 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: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], chocolate chip inclusion [Self raising <b>WHEAT</b> flour ( <b>WHEAT</b> flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter ( <b>MILK</b> ), milk chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; white chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; fat reduced cocoa powder, whole <b>EGG</b> , salt, natural flavouring.]	Mini	731	175	9.4	5.8	18.9	15.8	0.6	3.4	0.35	0
		Tall	1036	247	12.5	7.6	28.3	23.5	0.9	5.1	0.52	0
		Grande	1465	349	17.4	10.7	40.8	33.9	1.2	6.8	0.74	0
		Venti	1728	412	19	11.5	51.6	42.6	1.5	8.1	0.94	0
<b>Cookies &amp; Cream Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], chocolate chip inclusion [Self raising <b>WHEAT</b> flour ( <b>WHEAT</b> flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter ( <b>MILK</b> ), milk chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; white chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; fat reduced cocoa powder, whole <b>EGG</b> , salt, natural flavouring.]	Mini	779	186	10.1	5.8	21.7	16.4	0.9	1.7	0.37	0
		Tall	1109	265	13.6	7.6	32.4	24.4	1.3	2.5	0.55	0
		Grande	1560	372	18.9	10.7	46.2	34.9	1.8	3.4	0.78	0
		Venti	1840	439	20.7	11.5	57.9	43.9	2.1	4.1	0.99	0
<b>Cookies &amp; Cream Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], chocolate chip inclusion [Self raising <b>WHEAT</b> flour ( <b>WHEAT</b> flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter ( <b>MILK</b> ), milk chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; white chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; fat reduced cocoa powder, whole <b>EGG</b> , salt, natural flavouring.]	Mini	734	176	9.8	7.2	19.5	16.5	1.2	1.8	0.41	0
		Tall	1040	249	13.1	9.7	29.1	24.6	1.9	2.7	0.61	0
		Grande	1470	352	18.3	13.5	41.9	35.2	2.5	3.7	0.86	0
		Venti	1735	415	19.9	14.7	52.8	44.2	2.9	4.4	1.08	0
<b>Double Chocolatey Chip Cream Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	833	199	9.2	6.6	24.1	22.9	1.2	4.3	0.32	0
		Tall	1114	266	11.9	8.6	33.1	31.4	1.4	5.9	0.49	0
		Grande	1544	368	16.7	12.1	45.9	43.6	2	7.7	0.67	0
		Venti	1880	448	18.5	13.5	59.7	56.6	2.6	9.5	0.88	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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Double Chocolate Chip Cream Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	867	207	10.1	7.7	24	22.8	1.2	4.3	0.32	0
		Tall	1166	278	13.4	10.3	33	31.3	1.4	5.9	0.49	0
		Grande	1610	384	18.5	14.2	45.7	43.4	2	7.7	0.67	0
		Venti	1962	468	20.8	16.1	59.5	56.4	2.6	9.5	0.88	0
<b>Double Chocolate Chip Cream Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	913	218	11.4	8.1	24	22.7	1.2	4.3	0.32	0
		Tall	1237	295	15.4	10.9	32.8	31.2	1.4	5.8	0.48	0
		Grande	1699	406	21.1	15	45.6	43.3	2	7.6	0.67	0
		Venti	2071	494	23.9	17	59.3	56.2	2.6	9.3	0.87	0
<b>Double Chocolate Chip Cream Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	797	191	9.8	6.6	22.6	21.3	1.4	2.3	0.30	0
		Tall	1059	253	12.9	8.6	30.7	29	1.7	2.7	0.46	0
		Grande	1475	353	17.9	12.1	43	40.5	2.4	3.7	0.63	0
		Venti	1795	429	20	13.4	56.1	52.8	3.1	4.6	0.83	0
<b>Double Chocolate Chip Cream Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	850	203	10.3	6.8	22.7	21.3	1.6	4.2	0.31	0
		Tall	1140	272	13.6	8.8	30.8	29	2.1	5.7	0.48	0
		Grande	1577	376	18.8	12.3	43.1	40.5	2.8	7.5	0.66	0
		Venti	1921	458	21.1	13.8	56.2	52.8	3.6	9.2	0.87	0
<b>Double Chocolate Chip Cream Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	898	215	11	6.8	25.4	21.9	1.9	2.5	0.33	0
		Tall	1214	290	14.8	8.8	35.1	29.8	2.5	3	0.51	0
		Grande	1670	399	20.3	12.3	48.4	41.6	3.3	4.1	0.70	0
		Venti	2035	486	22.9	13.8	62.7	54.1	4.3	5.1	0.91	0



Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Double Chocolatey Chip Cream Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Mini	853	204	10.7	8.1	23.2	22	2.2	2.6	0.37	0
		Tall	1144	274	14.2	10.9	31.7	30	3	3.2	0.57	0
		Grande	1582	379	19.6	15	44.1	41.8	4	4.4	0.77	0
		Venti	1927	461	22.1	17	57.5	54.4	5.1	5.4	1.01	0
<b>Espresso Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], 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], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Mini	319	75	0.3	0.1	15.6	14.8	0.1	2.3	0.27	35
		Tall	441	104	0.4	0.1	21.5	20.5	0.2	3.2	0.38	48
		Grande	627	148	0.5	0.2	31.1	29.8	0.3	4.1	0.54	59
		Venti	767	181	0.6	0.2	38.7	37	0.3	4.5	0.66	66
<b>Espresso Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Mini	345	82	1	0.9	15.5	14.8	0.1	2.3	0.27	35
		Tall	477	113	1.4	1.3	21.4	20.4	0.2	3.2	0.38	48
		Grande	673	159	1.8	1.6	31.1	29.7	0.3	4.1	0.53	59
		Venti	817	193	2	1.8	38.6	36.9	0.3	4.5	0.65	66
<b>Espresso Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Mini	380	90	2	1.2	15.4	14.7	0.1	2.3	0.27	35
		Tall	525	124	2.8	1.7	21.3	20.3	0.2	3.2	0.37	48
		Grande	734	173	3.5	2.1	31	29.6	0.3	4	0.53	59
		Venti	884	209	3.9	2.4	38.5	36.8	0.3	4.4	0.65	66
<b>Espresso Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Mini	293	69	0.8	0.1	14.4	13.6	0.3	0.8	0.26	35
		Tall	404	96	1.1	0.1	19.9	18.8	0.4	1.1	0.36	48
		Grande	579	137	1.4	0.1	29.1	27.7	0.5	1.4	0.51	59
		Venti	714	169	1.5	0.2	36.5	34.7	0.6	1.5	0.63	66
<b>Espresso Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, 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], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Mini	332	78	1.1	0.2	14.5	13.6	0.5	2.2	0.27	35
		Tall	459	108	1.6	0.3	20	18.8	0.6	3.1	0.37	48
		Grande	650	153	2	0.3	29.2	27.7	0.8	3.9	0.53	59
		Venti	792	187	2.2	0.4	36.6	34.7	0.9	4.3	0.65	66
<b>Espresso Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Mini	368	87	1.7	0.2	16.5	14	0.7	0.9	0.28	35
		Tall	509	120	2.3	0.3	22.8	19.4	0.9	1.3	0.39	48
		Grande	714	169	3	0.3	32.9	28.4	1.2	1.6	0.55	59
		Venti	862	204	3.3	0.4	40.6	35.5	1.3	1.8	0.68	66
<b>Espresso Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], espresso shot - espresso roast as brewed [whole bean roasted coffee]	Mini	334	79	1.4	1.2	14.9	14.1	0.9	1	0.31	35
		Tall	462	110	2	1.7	20.6	19.5	1.3	1.4	0.43	48
		Grande	653	155	2.5	2.2	30	28.6	1.6	1.8	0.61	59
		Venti	796	189	2.8	2.4	37.4	35.7	1.8	2	0.73	66

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.

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)
Java Chip Frappuccino® - skimmed milk	Ice, skimmed milk [skimmed <b>MILK</b> ], 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], cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract	Mini	826	197	9	6.5	24.8	23.5	1	3.6	0.32	15
		Tall	1150	274	11.8	8.5	35.9	34	1.5	5.1	0.48	22
		Grande	1597	381	16.5	12	50	47.4	2	6.7	0.67	32
		Venti	1871	446	17.9	13	61.8	58.5	2.5	7.7	0.82	41
Java Chip Frappuccino® - semi-skimmed milk	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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], cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract	Mini	852	203	9.7	7.3	24.7	23.5	1	3.6	0.32	15
		Tall	1188	283	12.9	9.7	35.8	34	1.5	5.1	0.48	22
		Grande	1644	392	17.8	13.4	49.9	47.3	2	6.7	0.66	32
		Venti	1923	458	19.4	14.6	61.7	58.4	2.5	7.7	0.82	41
Java Chip Frappuccino® - whole milk	Ice, whole milk [whole <b>MILK</b> ], 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], cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract	Mini	886	212	10.7	7.6	24.7	23.4	1	3.5	0.32	15
		Tall	1240	296	14.3	10.2	35.7	33.9	1.5	5.1	0.47	22
		Grande	1707	407	19.6	14	49.8	47.2	2	6.6	0.66	32
		Venti	1993	475	21.3	15.2	61.6	58.3	2.5	7.6	0.82	41
Java Chip Frappuccino® - almond drink	Ice, almond drink [water, <b>ALMOND</b> (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], cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract	Mini	799	191	9.5	6.5	23.6	22.3	1.2	2	0.31	15
		Tall	1110	265	12.5	8.5	34.2	32.3	1.7	2.8	0.45	22
		Grande	1548	370	17.4	11.9	47.9	45.2	2.3	3.8	0.64	32
		Venti	1817	433	18.8	13	59.5	56.1	2.8	4.6	0.79	41
Java Chip Frappuccino® - soya drink	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, 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], cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract	Mini	839	200	9.8	6.6	23.7	22.3	1.3	3.5	0.32	15
		Tall	1169	279	13	8.7	34.3	32.3	1.9	5	0.47	22
		Grande	1621	386	18	12.1	48	45.2	2.6	6.5	0.66	32
		Venti	1897	452	19.6	13.2	59.6	56.1	3.2	7.5	0.81	41

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Java Chip Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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], cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract	Mini	875	209	10.4	6.6	25.8	22.7	1.5	2.2	0.33	15
		Tall	1223	292	13.9	8.7	37.4	32.9	2.2	3.1	0.49	22
		Grande	1686	403	19.1	12.1	51.8	46	3	4.1	0.68	32
		Venti	1970	470	20.7	13.2	63.8	56.9	3.6	4.9	0.84	41
<b>Java Chip Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan., frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, chocolate chip [sugar, vegetable fats (palm, palm kernel, shea), alkalised fat reduced cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], fat reduced cocoa powder, vegetable oils (palm, rapeseed oil), salt, emulsifier: <b>SOYA</b> lecithins, raising agent: sodium bicarbonate, acidity regulator: sodium hydroxide.], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract	Mini	841	201	10.1	7.6	24.1	22.8	1.8	2.3	0.36	15
		Tall	1172	280	13.5	10.2	34.9	33	2.6	3.2	0.54	22
		Grande	1624	388	18.6	14	48.8	46.1	3.4	4.3	0.74	32
		Venti	1901	454	20.2	15.3	60.4	57.1	4.1	5.1	0.90	41
<b>Matcha Cream Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], matcha blend [Matcha green tea]	Mini	595	142	6.7	4.7	17.1	16.3	0.5	3.2	0.27	31.9
		Tall	848	202	8.4	5.9	26.4	25.1	0.8	4.9	0.42	50.3
		Grande	1188	283	11.8	8.3	37.4	35.5	1.2	6.4	0.59	73
		Venti	1332	318	11.8	8.3	44.9	42.5	1.5	7.2	0.70	90.5
<b>Matcha Cream Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], matcha blend [Matcha green tea]	Mini	629	150	7.6	5.8	17.1	16.2	0.5	3.2	0.27	31.9
		Tall	902	215	9.9	7.6	26.3	24.9	0.8	4.9	0.41	50.3
		Grande	1258	300	13.7	10.5	37.3	35.3	1.2	6.4	0.58	73
		Venti	1411	336	14	10.8	44.7	42.3	1.5	7.2	0.70	90.5
<b>Matcha Cream Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], matcha blend [Matcha green tea]	Mini	675	161	8.9	6.2	17	16.1	0.5	3.1	0.26	31.9
		Tall	974	233	12	8.2	26.2	24.8	0.8	4.8	0.41	50.3
		Grande	1352	323	16.4	11.3	37.2	35.2	1.2	6.3	0.58	73
		Venti	1516	362	17	11.7	44.6	42.1	1.5	7.1	0.70	90.5
<b>Matcha Cream Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], matcha blend [Matcha green tea]	Mini	559	134	7.3	4.7	15.6	14.7	0.7	1.1	0.25	31.9
		Tall	792	189	9.4	5.9	24	22.6	1.1	1.6	0.39	50.3
		Grande	1115	267	13	8.2	34.4	32.3	1.6	2.2	0.55	73
		Venti	1251	299	13.2	8.2	41.4	38.8	1.9	2.5	0.66	90.5
<b>Matcha Cream Frappuccino® - soya drink</b>	Ice, soya drink [Soya base [water, hulled <b>SOYA</b> 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% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate], matcha blend [Matcha green tea]	Mini	612	146	7.8	4.8	15.7	14.7	0.9	3	0.26	31.9
		Tall	875	209	10.1	6.1	24.1	22.6	1.5	4.6	0.41	50.3
		Grande	1223	292	14	8.5	34.5	32.3	2	6.2	0.57	73
		Venti	1371	327	14.3	8.6	41.6	38.8	2.4	6.9	0.69	90.5

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Matcha Cream Frappuccino® - oat drink</b>	ice, oat drink [Oat base (water, <b>OAT</b> (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: carrageenan, maltodextrin.], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%) , propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], matcha blend [Matcha green tea]	Mini	660	158	8.5	4.8	18.4	15.2	1.2	1.3	0.28	31.9
		Tall	950	227	11.3	6.1	28.5	23.4	1.9	1.9	0.44	50.3
		Grande	1321	316	15.5	8.5	40.1	33.4	2.6	2.7	0.62	73
		Venti	1481	354	16.1	8.6	47.9	40.1	3	3	0.73	90.5
<b>Matcha Cream Frappuccino® - coconut drink</b>	ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%) , propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], matcha blend [Matcha green tea]	Mini	615	148	8.2	6.2	16.2	15.4	1.5	1.5	0.32	31.9
		Tall	879	211	10.8	8.3	25	23.7	2.4	2.2	0.50	50.3
		Grande	1228	295	14.8	11.3	35.6	33.7	3.3	2.9	0.70	73
		Venti	1378	330	15.3	11.7	42.9	40.4	3.8	3.3	0.82	90.5
<b>Mocha Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	713	170	7.2	5	22.3	21.4	0.8	3.5	0.27	15
		Tall	926	221	8.9	6.2	29.9	28.8	0.8	4.5	0.40	22
		Grande	1276	304	12.5	8.7	41.1	39.6	1.2	5.9	0.53	30
		Venti	1522	362	12.9	8.9	53.3	51.2	1.6	7	0.69	41
<b>Mocha Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	739	176	7.9	5.8	22.2	21.4	0.8	3.5	0.27	15
		Tall	964	230	10	7.4	29.8	28.7	0.8	4.5	0.40	22
		Grande	1321	315	13.8	10.1	41	39.5	1.2	5.9	0.53	30
		Venti	1574	375	14.3	10.6	53.2	51.1	1.6	7	0.68	41
<b>Mocha Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	773	184	8.9	6.2	22.2	21.3	0.8	3.4	0.27	15
		Tall	1015	242	11.4	7.9	29.7	28.7	0.8	4.5	0.39	22
		Grande	1381	329	15.5	10.7	41	39.4	1.2	5.8	0.53	30
		Venti	1644	391	16.3	11.2	53.1	51	1.6	6.9	0.68	41
<b>Mocha Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	686	164	7.7	5	21.1	20.2	0.9	1.9	0.26	15
		Tall	886	211	9.6	6.2	28.2	27.1	1	2.3	0.38	22
		Grande	1230	293	13.3	8.7	39.2	37.5	1.5	3.2	0.51	30
		Venti	1468	350	13.8	8.9	51	48.8	1.9	3.9	0.66	41
<b>Mocha Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	726	173	8	5.1	21.2	20.2	1.1	3.4	0.27	15
		Tall	945	225	10.1	6.4	28.3	27.1	1.3	4.4	0.39	22
		Grande	1299	309	13.9	8.9	39.3	37.5	1.7	5.7	0.52	30
		Venti	1548	368	14.5	9.1	51.1	48.8	2.2	6.8	0.68	41

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Mocha Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	762	182	8.6	5.1	23.2	20.6	1.3	2.1	0.28	15
		Tall	998	238	11	6.4	31.3	27.7	1.6	2.5	0.41	22
		Grande	1362	325	14.9	8.9	42.8	38.3	2.1	3.4	0.55	30
		Venti	1621	386	15.7	9.1	55.3	49.7	2.6	4.2	0.71	41
<b>Mocha Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], frappuccino roast soluble coffee [roasted soluble coffee]	Mini	728	174	8.3	6.2	21.6	20.7	1.5	2.2	0.31	15
		Tall	948	227	10.6	7.9	28.9	27.8	1.9	2.6	0.46	22
		Grande	1302	311	14.5	10.7	40	38.4	2.5	3.6	0.60	30
		Venti	1552	370	15.2	11.2	51.9	49.9	3.1	4.4	0.77	41
<b>Strawberries &amp; Cream Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], strawberry sauce [Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Mini	688	164	6.7	4.7	22.7	21.7	0.2	3	0.27	0
		Tall	937	223	8.4	5.9	32.3	30.9	0.3	4.2	0.39	0
		Grande	1280	305	11.7	8.2	44.1	42.1	0.4	5.3	0.53	0
		Venti	1495	355	11.8	8.2	55.5	52.9	0.6	6.1	0.66	0
<b>Strawberries &amp; Cream Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], strawberry sauce [Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Mini	722	172	7.6	5.8	22.6	21.6	0.2	3	0.27	0
		Tall	987	235	9.8	7.4	32.2	30.8	0.3	4.2	0.39	0
		Grande	1341	319	13.4	10.1	43.9	41.9	0.4	5.3	0.52	0
		Venti	1566	373	13.8	10.5	55.4	52.8	0.6	6.1	0.65	0
<b>Strawberries &amp; Cream Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], strawberry sauce [Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Mini	768	183	8.9	6.2	22.6	21.6	0.2	2.9	0.27	0
		Tall	1053	251	11.6	8	32.1	30.7	0.3	4.1	0.39	0
		Grande	1422	339	15.7	10.8	43.8	41.8	0.4	5.1	0.52	0
		Venti	1662	395	16.5	11.3	55.2	52.6	0.6	5.9	0.65	0
<b>Strawberries &amp; Cream Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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: carrageenan, maltodextrin.], strawberry sauce [Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Mini	652	156	7.3	4.7	21.2	20.1	0.4	0.9	0.25	0
		Tall	886	211	9.3	5.8	30.2	28.6	0.6	1.2	0.36	0
		Grande	1217	290	12.8	8.2	41.4	39.3	0.8	1.6	0.49	0
		Venti	1420	338	13.1	8.2	52.4	49.6	1	1.8	0.62	0
<b>Strawberries &amp; Cream Frappuccino® - soya drink</b>	Ice, soya drink [Soya base [water, hulled <b>SOYA</b> 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: carrageenan, maltodextrin.], strawberry sauce [Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Mini	705	168	7.8	4.8	21.3	20.1	0.6	2.8	0.27	0
		Tall	962	229	10	6	30.3	28.6	0.9	4	0.38	0
		Grande	1310	312	13.6	8.4	41.5	39.3	1.2	5	0.51	0
		Venti	1530	364	14.1	8.5	52.5	49.6	1.4	5.8	0.64	0
<b>Strawberries &amp; Cream Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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: carrageenan, maltodextrin.], strawberry sauce [Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.]	Mini	753	180	8.5	4.8	24	20.7	0.9	1.1	0.29	0
		Tall	1031	246	11	6	34.2	29.4	1.3	1.5	0.41	0
		Grande	1396	333	15	8.4	46.4	40.2	1.7	2	0.55	0
		Venti	1630	388	15.6	8.5	58.2	50.8	2	2.2	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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Strawberries &amp; Cream Frappuccino® - coconut drink</b>	ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], strawberry sauce [Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], 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.]	Mini	708	169	8.2	6.2	21.8	20.8	1.3	1.2	0.33	0
		Tall	966	231	10.5	8	31.1	29.6	1.8	1.7	0.47	0
		Grande	1315	315	14.4	10.9	42.5	40.5	2.3	2.2	0.62	0
		Venti	1536	367	14.9	11.3	53.7	51.1	2.7	2.5	0.77	0
<b>Vanilla Cream Frappuccino® - skimmed milk</b>	ice, skimmed milk [skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate]	Mini	574	137	6.6	4.7	16.6	16.2	0	2.8	0.27	0
		Tall	801	191	8.3	5.9	24.9	24.3	0	4.2	0.41	0
		Grande	1089	260	11.6	8.2	33.6	32.9	0	5.3	0.54	0
		Venti	1262	301	11.7	8.3	42.8	41.8	0	6.2	0.69	0
<b>Vanilla Cream Frappuccino® - semi-skimmed milk</b>	ice, semi skimmed milk [semi skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate]	Mini	608	145	7.6	5.8	16.5	16.2	0	2.8	0.27	0
		Tall	853	204	9.8	7.5	24.7	24.2	0	4.2	0.40	0
		Grande	1153	275	13.4	10.2	33.5	32.7	0	5.3	0.54	0
		Venti	1339	319	13.8	10.7	42.6	41.7	0	6.2	0.69	0
<b>Vanilla Cream Frappuccino® - whole milk</b>	ice, whole milk [whole MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate]	Mini	654	156	8.9	6.2	16.4	16.1	0	2.8	0.26	0
		Tall	924	221	11.8	8.2	24.6	24.1	0	4.1	0.40	0
		Grande	1240	296	15.9	11	33.3	32.6	0	5.2	0.54	0
		Venti	1443	344	16.8	11.6	42.5	41.5	0	6	0.69	0
<b>Vanilla Cream Frappuccino® - almond drink</b>	ice, almond drink [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.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate]	Mini	538	129	7.2	4.7	15.1	14.6	0.2	0.8	0.25	0
		Tall	746	179	9.3	5.9	22.5	21.9	0.3	1.1	0.37	0
		Grande	1021	244	12.8	8.2	30.8	29.9	0.4	1.4	0.51	0
		Venti	1181	282	13.1	8.2	39.4	38.2	0.5	1.5	0.65	0
<b>Vanilla Cream Frappuccino® - soya drink</b>	ice, soya drink [Soya base [water, hulled SOYA beans (7.9%)], sugar, fructose, acidity regulators: potassium phosphates; calcium carbonate, sea salt, natural flavouring, stabiliser: gellan gum.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate]	Mini	591	141	7.7	4.8	15.1	14.6	0.4	2.7	0.26	0
		Tall	827	197	10	6.1	22.7	21.9	0.6	4	0.40	0
		Grande	1121	268	13.7	8.4	30.9	29.9	0.8	5	0.53	0
		Venti	1301	310	14.1	8.5	39.5	38.2	0.9	5.9	0.68	0
<b>Vanilla Cream Frappuccino® - oat drink</b>	ice, oat drink [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.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate]	Mini	639	153	8.5	4.8	17.9	15.2	0.7	1	0.28	0
		Tall	900	215	11.1	6.1	26.8	22.8	1	1.4	0.43	0
		Grande	1211	290	15.1	8.4	36.1	30.9	1.3	1.8	0.57	0
		Venti	1409	336	15.8	8.5	45.7	39.5	1.5	2	0.73	0
<b>Vanilla Cream Frappuccino® - coconut drink</b>	ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate]	Mini	594	143	8.1	6.2	15.7	15.3	1	1.1	0.32	0
		Tall	831	200	10.6	8.2	23.5	23	1.6	1.6	0.49	0
		Grande	1126	270	14.4	11	31.9	31.2	1.9	2.1	0.64	0
		Venti	1307	313	15.1	11.6	40.8	39.8	2.3	2.3	0.81	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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>White Chocolate Cream Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)]	Mini	667	159	7.4	5.3	19.8	19.5	0	3.4	0.30	0
		Tall	943	225	9.5	6.8	29.7	29.3	0	5.1	0.46	0
		Grande	1377	328	13.7	10	44.2	43.6	0	6.9	0.64	0
		Venti	1522	362	13.8	10	51.7	50.9	0	7.8	0.79	0
<b>White Chocolate Cream Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)]	Mini	701	167	8.3	6.4	19.7	19.4	0	3.4	0.30	0
		Tall	995	237	11	8.5	29.6	29.2	0	5.1	0.46	0
		Grande	1442	344	15.6	12	44.1	43.5	0	6.9	0.64	0
		Venti	1599	381	16	12.4	51.5	50.7	0	7.8	0.79	0
<b>White Chocolate Cream Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)]	Mini	747	178	9.6	6.8	19.6	19.3	0	3.3	0.30	0
		Tall	1065	254	12.9	9.1	29.5	29.1	0	5	0.45	0
		Grande	1529	364	18	12.8	44	43.4	0	6.8	0.64	0
		Venti	1703	406	18.9	13.4	51.4	50.6	0	7.6	0.78	0
<b>White Chocolate Cream Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)]	Mini	631	151	8	5.3	18.3	17.9	0.2	1.4	0.28	0
		Tall	888	212	10.4	6.8	27.4	26.9	0.3	1.9	0.43	0
		Grande	1310	313	14.9	9.9	41.4	40.6	0.4	3	0.60	0
		Venti	1441	344	15.2	10	48.3	47.3	0.5	3.1	0.75	0
<b>White Chocolate Cream Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)]	Mini	684	163	8.5	5.4	18.3	17.9	0.4	3.3	0.30	0
		Tall	969	231	11.2	7	27.5	26.9	0.6	4.9	0.45	0
		Grande	1410	336	15.8	10.2	41.5	40.6	0.8	6.6	0.63	0
		Venti	1560	372	16.3	10.3	48.4	47.3	0.9	7.5	0.78	0
<b>White Chocolate Cream Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)]	Mini	732	175	9.2	5.4	21.1	18.4	0.7	1.6	0.32	0
		Tall	1042	249	12.3	7	31.7	27.7	1	2.3	0.48	0
		Grande	1500	358	17.2	10.2	46.7	41.7	1.3	3.4	0.67	0
		Venti	1669	398	18	10.3	54.6	48.5	1.5	3.6	0.82	0
<b>White Chocolate Cream Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], white chocolate mocha [sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)]	Mini	686	165	8.9	6.8	18.9	18.6	1	1.7	0.36	0
		Tall	973	233	11.8	9.1	28.4	27.9	1.6	2.5	0.54	0
		Grande	1415	339	16.6	12.8	42.6	41.9	1.9	3.7	0.74	0
		Venti	1566	375	17.2	13.4	49.7	48.8	2.3	3.9	0.91	0
<b>White Mocha Frappuccino® - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring]	Mini	691	165	7.2	5.1	22	21.5	0.1	2.9	0.31	15
		Tall	963	229	9.1	6.5	32.3	31.6	0.1	4.2	0.45	22.4
		Grande	1387	330	13.1	9.4	47.3	46.3	0.2	5.5	0.63	30.8
		Venti	1536	365	13.1	9.4	55.3	54	0.2	6	0.77	40

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>White Mocha Frappuccino® - semi-skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring]	Mini	716	171	7.9	5.9	21.9	21.4	0.1	2.9	0.31	15
		Tall	1001	239	10.2	7.7	32.2	31.5	0.1	4.2	0.45	22.4
		Grande	1433	341	14.3	10.8	47.2	46.2	0.2	5.5	0.63	30.8
		Venti	1587	378	14.5	11	55.2	53.9	0.2	6	0.76	40
<b>White Mocha Frappuccino® - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring]	Mini	751	179	8.9	6.2	21.9	21.4	0.1	2.8	0.3	15
		Tall	1053	251	11.7	8.2	32.2	31.4	0.1	4.1	0.45	22.4
		Grande	1494	356	16.1	11.3	47.1	46.1	0.2	5.4	0.63	30.8
		Venti	1656	394	16.5	11.6	55.1	53.8	0.2	5.9	0.76	40
<b>White Mocha Frappuccino® - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring]	Mini	664	158	7.6	5.1	20.8	20.3	0.2	1.3	0.29	15
		Tall	923	220	9.8	6.5	30.6	29.8	0.4	1.9	0.43	22.4
		Grande	1340	319	13.9	9.3	45.3	44.2	0.5	2.7	0.61	30.8
		Venti	1483	353	14	9.3	53	51.6	0.6	2.9	0.74	40
<b>White Mocha Frappuccino® - soya drink</b>	Ice, soya drink [ <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, 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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring]	Mini	703	168	8	5.2	20.9	20.3	0.4	2.8	0.3	15
		Tall	982	234	10.4	6.6	30.7	29.8	0.6	4	0.45	22.4
		Grande	1410	336	14.5	9.5	45.4	44.2	0.7	5.3	0.63	30.8
		Venti	1562	372	14.7	9.5	53.1	51.6	0.9	5.8	0.76	40
<b>White Mocha Frappuccino® - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring]	Mini	740	176	8.5	5.2	22.9	20.7	0.6	1.5	0.32	15
		Tall	1036	247	11.2	6.6	33.8	30.4	0.9	2.1	0.47	22.4
		Grande	1474	351	15.5	9.5	49	44.9	1.1	3	0.65	30.8
		Venti	1633	389	15.9	9.5	57.2	52.4	1.3	3.2	0.79	40
<b>White Mocha Frappuccino® - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%)], propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], white chocolate mocha [sugar, water, skimmed <b>MILK</b> powder, coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids), stabiliser [guar gum, carrageenan], preservative (potassium sorbate), natural flavouring]	Mini	705	169	8.3	6.2	21.3	20.8	0.9	1.6	0.35	15
		Tall	985	235	10.8	8.2	31.3	30.6	1.3	2.2	0.51	22.4
		Grande	1414	338	15.1	11.3	46.1	45.1	1.6	3.2	0.71	30.8
		Venti	1566	374	15.4	11.6	53.9	52.6	1.8	3.4	0.85	40





**Modifiers**





R<sup>TM</sup>

Reserve

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>COLD COFFEE</b>												
<b>Iced Americano</b>	Ice, microblend espresso (as consumed) [100% Arabica coffee], water	Tall	35	8	0.2	0	1.3	0	0.2	0.6	0.05	115.6
		Grande	52	12	0.3	0.1	1.9	0.1	0.3	0.9	0.07	173.5
<b>Iced Latte - skimmed milk</b>	Skimmed <b>MILK</b> , ice, microblend espresso (as consumed) [100% Arabica coffee]	Tall	312	74	0.7	0.3	10	8.8	0.2	7	0.25	115.6
		Grande	384	91	0.9	0.3	12.3	11.1	0.2	8.7	0.30	115.6
<b>Iced Latte - semi skimmed milk</b>	Semi skimmed <b>MILK</b> , ice, microblend espresso (as consumed) [100% Arabica coffee]	Tall	403	96	3.3	3.1	9.8	8.6	0.2	7	0.24	115.6
		Grande	499	119	4.1	3.9	12.1	10.8	0.2	8.7	0.29	115.6
<b>Iced Latte - whole milk</b>	Whole <b>MILK</b> , ice, microblend espresso (as consumed) [100% Arabica coffee]	Tall	525	125	6.7	4.2	9.7	8.4	0.2	6.8	0.24	115.6
		Grande	652	155	8.4	5.3	11.8	10.6	0.2	8.4	0.29	115.6
<b>Iced Latte - almond drink</b>	Water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, ice, microblend espresso (as consumed) [100% Arabica coffee]	Tall	217	52	2.4	0.2	6	4.6	0.7	1.5	0.19	115.6
		Grande	264	63	2.9	0.3	7.2	5.8	0.9	1.8	0.23	115.6
<b>Iced Latte - soya drink</b>	<b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], ice, microblend espresso (as consumed) [100% Arabica coffee]	Tall	358	85	3.6	0.6	6.2	4.6	1.3	6.6	0.23	115.6
		Grande	441	105	4.5	0.7	7.5	5.8	1.6	8.2	0.27	115.6
<b>Iced Latte - oat drink</b>	Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), ice, microblend espresso (as consumed) [100% Arabica coffee]	Tall	485	116	5.7	0.6	13.5	6.1	2	2.1	0.28	115.6
		Grande	602	144	7.1	0.7	16.7	7.6	2.5	2.4	0.34	115.6
<b>Iced Latte - coconut drink</b>	Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., ice, microblend espresso (as consumed) [100% Arabica coffee]	Tall	365	89	4.7	4.2	7.6	6.4	2.9	2.4	0.39	115.6
		Grande	450	109	5.9	5.3	9.3	8.1	3.6	2.9	0.48	115.6
<b>Iced Mocha - skimmed milk</b>	Skimmed <b>MILK</b> , ice, microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Tall	764	182	3.8	2.2	25.4	22.8	3.8	9.5	0.25	136
		Grande	975	232	4.8	2.8	32.5	29.5	4.9	12	0.31	142.8
<b>Iced Mocha - semi skimmed milk</b>	Semi skimmed <b>MILK</b> , ice, microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Tall	855	203	6.4	5	25.2	22.6	3.8	9.5	0.25	136
		Grande	1090	259	8	6.4	32.3	29.3	4.9	12	0.30	142.8
<b>Iced Mocha - whole milk</b>	Whole <b>MILK</b> , ice, microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Tall	977	233	9.8	6.1	25	22.4	3.8	9.3	0.24	136
		Grande	1244	296	12.4	7.7	32.1	29.1	4.9	11.7	0.30	142.8
<b>Iced Mocha - almond drink</b>	Water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, ice, microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Tall	669	160	5.5	2.1	21.3	18.6	4.3	4	0.20	136
		Grande	855	204	6.9	2.7	27.5	24.2	5.6	5.1	0.24	142.8
<b>Iced Mocha - soya drink</b>	<b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], ice, microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Tall	810	193	6.7	2.5	21.5	18.6	4.9	9.1	0.24	136
		Grande	1032	245	8.5	3.1	27.7	24.2	6.3	11.5	0.29	142.8

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced Mocha - oat drink</b>	Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), ice, microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Tall	937	224	8.7	2.5	28.8	20	5.6	4.6	0.29	136
		Grande	1193	284	11	3.1	36.9	26.1	7.2	5.8	0.35	142.8
<b>Iced Mocha - coconut drink</b>	Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., ice, microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Tall	817	196	7.8	6.1	23	20.4	6.5	4.9	0.39	136
		Grande	1041	250	9.9	7.7	29.5	26.5	8.4	6.2	0.49	142.8
<b>Iced Mocha Bianco</b>	Mocha Bianco Milk [whole <b>MILK</b> , sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed <b>MILK</b> , sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], ice, microblend espresso (as consumed) [100% Arabica coffee]	Tall	733	174	7.4	4.9	20.2	19	0.2	7.1	0.28	115.6
		Grande	1043	248	10.6	7.1	28.6	27.4	0.2	10	0.39	115.6
<b>HOT COFFEE</b>												
<b>Mocha - skimmed milk</b>	Semi skimmed <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Short	577	137	2.7	1.5	19	17.5	2.5	7.9	0.21	71.4
		Tall	897	213	4.1	2.3	29.6	27	3.8	12.6	0.35	136
		Grande	1150	273	5.2	2.9	38.1	35.1	4.9	16	0.43	142.8
<b>Mocha - semi skimmed milk</b>	Skimmed <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Short	662	157	5	4.2	18.8	17.3	2.5	7.9	0.21	71.4
		Tall	1032	245	7.9	6.5	29.3	26.7	3.8	12.6	0.34	136
		Grande	1323	315	10	8.3	37.7	34.7	4.9	16	0.43	142.8
<b>Mocha - whole milk</b>	semi skimmed <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Short	776	185	8.3	5.2	18.7	17.2	2.5	7.8	0.21	71.4
		Tall	1213	289	13	8.1	29	26.4	3.8	12.3	0.34	136
		Grande	1554	370	16.5	10.4	37.4	34.4	4.9	15.6	0.42	142.8
<b>Mocha - almond drink</b>	Water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Short	489	117	4.2	1.5	15.3	13.6	3	2.8	0.16	71.4
		Tall	757	181	6.5	2.2	23.6	20.8	4.6	4.5	0.27	136
		Grande	971	232	8.3	2.8	30.5	27.1	6	5.6	0.33	142.8
<b>Mocha - soya drink</b>	<b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Short	620	147	5.4	1.8	15.4	13.6	3.5	7.6	0.20	71.4
		Tall	965	229	8.4	2.7	23.9	20.8	5.4	12	0.32	136
		Grande	1236	294	10.7	3.5	30.8	27.1	7	15.3	0.40	142.8
<b>Mocha - oat drink</b>	Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Short	739	176	7.3	1.8	22.2	15	4.2	3.3	0.25	71.4
		Tall	1154	275	11.4	2.7	34.7	22.9	6.5	5.3	0.40	136
		Grande	1478	352	14.5	3.5	44.6	29.9	8.4	6.7	0.50	142.8
<b>Mocha - coconut drink</b>	Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., microblend espresso (as consumed) [100% Arabica coffee], premium cocoa mix [sugar, fat-reduced cocoa powder, cocoa mass, vanilla extract.], dark chocolate [Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring]	Short	626	151	6.4	5.2	16.8	15.3	5	3.7	0.35	71.4
		Tall	975	235	10	8.1	26	23.5	7.8	5.8	0.56	136
		Grande	1250	301	12.7	10.4	33.6	30.6	10.1	7.4	0.70	142.8

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Mocha Bianco	Mocha Bianco Milk [whole <b>MILK</b> , sugar, condensed skimmed <b>MILK</b> , sweetened condensed <b>MILK</b> [condensed skimmed MILK, sugar], coconut oil, cocoa butter, salt, emulsifier (mono and di glycerides of fatty acids)], microblend espresso (as consumed) [100% Arabica coffee]	Short	750	178	7.6	5.1	20.5	19.9	0.1	7.1	0.27	57.8
		Tall	1230	292	12.5	8.4	33.7	32.5	0.2	11.7	0.45	115.6
		Grande	1639	390	16.7	11.3	44.8	43.6	0.2	15.5	0.59	115.6
Chemex	Whole bean green coffee	One	260	65	3	0.6	5	0.6	3	2.4	0.74	525.1
Clover	Whole bean green coffee	Short	53	12	1.2	0.2	1.6	0.2	1.2	1.1	0.30	151.2
		Tall	77	18	1.8	0.4	2.3	0.4	1.8	1.6	0.44	220.5
		Grande	103	24	2.4	0.5	3.1	0.5	2.4	2.1	0.59	296.1
		Venti	130	30	3	0.6	3.8	0.6	3	2.7	0.74	371.7
Pour Over	Whole bean green coffee	Short	58	14	1.2	0.2	1.7	0.2	1.2	1.2	0.78	276
		Tall	84	21	1.8	0.4	2.5	0.4	1.8	1.8	1.14	402.5
		Grande	113	28	2.4	0.5	3.3	0.5	2.4	2.4	1.53	540.5
French Press	Whole bean green coffee	One	198	45	4.5	0.9	5.4	0.9	4.5	4.1	1.21	549
Americano	Microblend espresso (as consumed) [100% Arabica coffee], water	Short	17	4	0.1	0	0.6	0	0.1	0.3	0.02	57.8
		Tall	35	8	0.2	0	1.3	0	0.2	0.6	0.05	115.6
		Grande	52	12	0.3	0.1	1.9	0.1	0.3	0.9	0.07	173.5
Cappuccino - skimmed milk	Skimmed <b>MILK</b> , Reserve Microblend 21 Espresso (as consumed) [100% Arabica coffee]	Short	207	49	0.5	0.2	6.6	6	0.1	4.7	0.16	57.8
		Tall	382	90	0.9	0.3	12.2	11	0.2	8.6	0.30	115.6
		Grande	440	104	1	0.4	14.1	12.9	0.2	10	0.34	115.6
Cappuccino - semi-skimmed milk	Semi skimmed <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee]	Short	270	64	2.2	2.1	6.5	5.9	0.1	4.7	0.16	57.8
		Tall	496	118	4.1	3.9	12	10.8	0.2	8.6	0.29	115.6
		Grande	574	136	4.7	4.6	13.8	12.6	0.2	10	0.33	115.6
Cappuccino - whole milk	Whole <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee]	Short	354	84	4.6	2.9	6.4	5.8	0.1	4.6	0.15	57.8
		Tall	649	154	8.4	5.3	11.8	10.5	0.2	8.4	0.28	115.6
		Grande	753	179	9.8	6.2	13.5	12.3	0.2	9.7	0.33	115.6
Cappuccino - almond drink	Water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, microblend espresso (as consumed) [100% Arabica coffee]	Short	142	34	1.6	0.1	3.9	3.1	0.5	0.9	0.12	57.8
		Tall	263	63	2.9	0.3	7.2	5.7	0.9	1.8	0.23	115.6
		Grande	302	72	3.4	0.3	8.2	6.7	1	1.9	0.26	115.6
Cappuccino - soya drink	<b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium carbonate, sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], microblend espresso (as consumed) [100% Arabica coffee]	Short	239	57	2.5	0.4	4	3.1	0.8	4.4	0.15	57.8
		Tall	439	104	4.5	0.7	7.4	5.7	1.5	8.1	0.27	115.6
		Grande	507	120	5.3	0.8	8.5	6.7	1.8	9.4	0.31	115.6
Cappuccino - oat drink	Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), microblend espresso (as consumed) [100% Arabica coffee]	Short	326	78	3.8	0.4	9	4.1	1.3	1.3	0.19	57.8
		Tall	598	143	7	0.7	16.6	7.6	2.5	2.4	0.34	115.6
		Grande	694	166	8.2	0.8	19.2	8.8	2.9	2.7	0.39	115.6
Cappuccino - coconut drink	Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., microblend espresso (as consumed) [100% Arabica coffee]	Short	244	59	3.2	2.9	5	4.4	2	1.6	0.26	57.8
		Tall	448	109	5.9	5.3	9.3	8	3.6	2.9	0.47	115.6
		Grande	518	126	6.9	6.2	10.6	9.4	4.2	3.3	0.55	115.6

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Espresso</b>	Microblend espresso (as consumed) [100% Arabica coffee]	Single	17	4	0.1	0	0.6	0	0.1	0.3	0.02	57.8
		Double	35	8	0.2	0	1.3	0	0.2	0.6	0.05	115.6
<b>Espresso Con Panna</b>	Reduced fat whipped cream [cream 34% ( <b>MILK</b> ), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], microblend espresso (as consumed) [100% Arabica coffee]	Single	123	30	2.6	1.8	1.3	0.7	0.1	0.5	0.03	57.8
		Double	140	34	2.7	1.8	1.9	0.7	0.2	0.8	0.05	115.6
<b>Espresso Macchiato - skimmed milk</b>	Microblend espresso (as consumed) [100% Arabica coffee], skimmed <b>MILK</b>	Single	37	9	0.1	0	1.3	0.6	0.1	0.8	0.04	57.8
		Double	41	10	0.2	0	1.5	0.2	0.2	0.8	0.05	115.6
<b>Espresso Macchiato - semi-skimmed milk</b>	Microblend espresso (as consumed) [100% Arabica coffee], semi skimmed <b>MILK</b>	Single	44	10	0.3	0.2	1.2	0.6	0.1	0.8	0.04	57.8
		Double	43	10	0.2	0.1	1.4	0.2	0.2	0.8	0.05	115.6
<b>Espresso Macchiato - whole milk</b>	Microblend espresso (as consumed) [100% Arabica coffee], whole <b>MILK</b>	Single	52	12	0.6	0.3	1.2	0.6	0.1	0.7	0.04	57.8
		Double	45	11	0.3	0.1	1.4	0.2	0.2	0.7	0.05	115.6
<b>Espresso Macchiato - almond drink</b>	Microblend espresso (as consumed) [100% Arabica coffee], water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt	Single	30	7	0.2	0	1	0.3	0.1	0.4	0.03	57.8
		Double	39	9	0.2	0	1.4	0.1	0.2	0.6	0.05	115.6
<b>Espresso Macchiato - soya drink</b>	Microblend espresso (as consumed) [100% Arabica coffee], <b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2]	Single	40	10	0.3	0.1	1	0.3	0.2	0.7	0.04	57.8
		Double	42	10	0.3	0	1.4	0.1	0.2	0.7	0.05	115.6
<b>Espresso Macchiato - oat drink</b>	Microblend espresso (as consumed) [100% Arabica coffee], Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).	Single	49	12	0.5	0.1	1.5	0.4	0.2	0.4	0.04	57.8
		Double	44	11	0.3	0	1.5	0.2	0.2	0.6	0.05	115.6
<b>Espresso Macchiato - coconut drink</b>	Microblend espresso (as consumed) [100% Arabica coffee], Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.	Single	41	10	0.4	0.3	1.1	0.5	0.3	0.4	0.05	57.8
		Double	42	10	0.3	0.1	1.4	0.2	0.2	0.7	0.05	115.6
<b>Flat White - skimmed milk</b>	Semi skimmed <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee]	Short	266	63	0.6	0.2	8.6	7.3	0.2	5.9	0.21	115.6
<b>Flat White - semi-skimmed milk</b>	Skimmed <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee]	Short	342	81	2.8	2.6	8.4	7.2	0.2	5.9	0.21	115.6
<b>Flat White - whole milk</b>	Whole <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee]	Short	444	106	5.7	3.5	8.3	7	0.2	5.8	0.20	115.6
<b>Flat White - almond drink</b>	Water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, microblend espresso (as consumed) [100% Arabica coffee]	Short	187	45	2	0.2	5.2	3.8	0.6	1.4	0.17	115.6
<b>Flat White - soya drink</b>	<b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], microblend espresso (as consumed) [100% Arabica coffee]	Short	304	72	3.1	0.5	5.4	3.8	1.1	5.6	0.20	115.6
<b>Flat White - oat drink</b>	Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2),., microblend espresso (as consumed) [100% Arabica coffee]	Short	411	98	4.7	0.5	11.5	5.1	1.7	1.8	0.24	115.6
<b>Flat White - coconut drink</b>	Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., microblend espresso (as consumed) [100% Arabica coffee]	Short	310	75	4	3.5	6.6	5.4	2.5	2.1	0.33	115.6
<b>Latte - skimmed milk</b>	Skimmed <b>MILK</b> , 100% Arabica coffee	Short	260	62	0.6	0.2	8.3	7.7	0.1	5.9	0.20	57.8
		Tall	423	100	0.9	0.4	13.5	12.3	0.2	9.6	0.33	115.6
		Grande	552	131	1.2	0.5	17.6	16.4	0.2	12.5	0.42	115.6

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Latte - semi-skimmed milk	Semi skimmed <b>MILK</b> , 100% Arabica coffee	Short	340	81	2.8	2.7	8.1	7.5	0.1	5.9	0.19	57.8
		Tall	551	131	4.5	4.4	13.3	12	0.2	9.6	0.32	115.6
		Grande	722	172	6	5.8	17.3	16	0.2	12.5	0.41	115.6
Latte - whole milk	Whole <b>MILK</b> , 100% Arabica coffee	Short	447	106	5.8	3.7	8	7.4	0.1	5.7	0.19	57.8
		Tall	722	172	9.4	5.9	13	11.8	0.2	9.3	0.31	115.6
		Grande	951	226	12.4	7.8	16.9	15.7	0.2	12.2	0.40	115.6
Latte - almond drink	Water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, 100% Arabica coffee	Short	177	42	2	0.2	4.8	4	0.6	1.1	0.15	57.8
		Tall	290	70	3.2	0.3	7.9	6.4	0.9	1.9	0.25	115.6
		Grande	375	90	4.3	0.4	10.1	8.5	1.2	2.3	0.32	115.6
Latte - soya drink	<b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], 100% Arabica coffee	Short	300	71	3.1	0.5	4.9	4	1	5.6	0.18	57.8
		Tall	487	116	5	0.8	8.2	6.4	1.7	9	0.30	115.6
		Grande	637	151	6.6	1.1	10.5	8.5	2.2	11.8	0.39	115.6
Latte - oat drink	Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), 100% Arabica coffee	Short	412	98	4.9	0.5	11.3	5.3	1.7	1.6	0.23	57.8
		Tall	666	159	7.8	0.8	18.4	8.5	2.7	2.7	0.38	115.6
		Grande	876	209	10.4	1.1	24.1	11.3	3.6	3.3	0.49	115.6
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, 100% Arabica coffee	Short	306	74	4.1	3.7	6.2	5.6	2.5	1.9	0.32	57.8
		Tall	497	121	6.6	5.9	10.2	9	4	3.2	0.52	115.6
		Grande	651	158	8.7	7.9	13.2	12	5.3	4	0.68	115.6
Latte Macchiato - skimmed milk	Skimmed <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee]	Short	260	62	0.6	0.2	8.3	7.7	0.1	5.9	0.20	57.8
		Tall	423	100	0.9	0.4	13.5	12.3	0.2	9.6	0.33	115.6
		Grande	552	131	1.2	0.5	17.6	16.4	0.2	12.5	0.42	115.6
Latte Macchiato - semi-skimmed milk	Semi skimmed <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee]	Short	340	81	2.8	2.7	8.1	7.5	0.1	5.9	0.19	57.8
		Tall	551	131	4.5	4.4	13.3	12	0.2	9.6	0.32	115.6
		Grande	722	172	6	5.8	17.3	16	0.2	12.5	0.41	115.6
Latte Macchiato - whole milk	Whole <b>MILK</b> , microblend espresso (as consumed) [100% Arabica coffee]	Short	447	106	5.8	3.7	8	7.4	0.1	5.7	0.19	57.8
		Tall	722	172	9.4	5.9	13	11.8	0.2	9.3	0.31	115.6
		Grande	951	226	12.4	7.8	16.9	15.7	0.2	12.2	0.40	115.6
Latte Macchiato - almond drink	Water, <b>ALMOND</b> (2.5%), sugar, fructose, acidity regulators (potassium phosphates), calcium carbonate, natural flavourings, stabilisers (gellan gum, guar gum), sea salt, microblend espresso (as consumed) [100% Arabica coffee]	Short	177	42	2	0.2	4.8	4	0.6	1.1	0.15	57.8
		Tall	290	70	3.2	0.3	7.9	6.4	0.9	1.9	0.25	115.6
		Grande	375	90	4.3	0.4	10.1	8.5	1.2	2.3	0.32	115.6
Latte Macchiato - soya drink	<b>SOYA</b> base [water, hulled <b>SOYA</b> beans (8.7%)], apple extract, acidity regulators (potassium phosphates), calcium (calcium carbonate), sea salt, stabiliser (gellan gum), vitamins [B2, B12, D2], microblend espresso (as consumed) [100% Arabica coffee]	Short	300	71	3.1	0.5	4.9	4	1	5.6	0.18	57.8
		Tall	487	116	5	0.8	8.2	6.4	1.7	9	0.30	115.6
		Grande	637	151	6.6	1.1	10.5	8.5	2.2	11.8	0.39	115.6

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.



Product	Ingredients	Size	Energy (kj)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Latte Macchiato - oat drink</b>	Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2), microblend espresso (as consumed) [100% Arabica coffee]	Short	412	98	4.9	0.5	11.3	5.3	1.7	1.6	0.23	57.8
		Tall	666	159	7.8	0.8	18.4	8.5	2.7	2.7	0.38	115.6
		Grande	876	209	10.4	1.1	24.1	11.3	3.6	3.3	0.49	115.6
<b>Latte Macchiato - coconut drink</b>	Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring., microblend espresso (as consumed) [100% Arabica coffee]	Short	306	74	4.1	3.7	6.2	5.6	2.5	1.9	0.32	57.8
		Tall	497	121	6.6	5.9	10.2	9	4	3.2	0.52	115.6
		Grande	651	158	8.7	7.9	13.2	12	5.3	4	0.68	115.6

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.



Oleato™

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Oleato™ Golden Foam™ Cold Brew</b>	Arabica coffee, ice, gold foam cream cold top [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , brown sugar syrup [sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], partanna olive oil [Olives]], vanilla flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate]	Tall	1073	256	22.8	7.6	7.4	7.3	1	9.2	0.28	36.9
		Grande	1621	387	34	11.3	13.1	12.8	1.4	12.5	0.38	50
		Venti	2170	518	45.2	15.1	18.8	18.4	1.8	15.8	0.49	63.2
<b>Oleato™ Caffè Latte – skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], partanna olive oil [Olives]	Short	740	176	13.5	2	8.6	8.2	0.1	6.4	0.22	28.4
		Tall	897	213	13.8	2.2	13.4	12.6	0.2	9.9	0.34	56.7
		Grande	1026	244	14.1	2.3	17.5	16.7	0.2	12.9	0.44	56.7
<b>Oleato™ Caffè Latte – semi skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], partanna olive oil [Olives]	Venti	1206	287	14.5	2.4	23	21.8	0.3	17	0.58	85.1
		Short	825	197	15.8	4.7	8.5	8.1	0.1	6.4	0.21	28.4
		Tall	1027	245	17.5	6.3	13.2	12.4	0.2	9.9	0.34	56.7
<b>Oleato™ Caffè Latte – whole milk</b>	Whole milk [whole <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], partanna olive oil [Olives]	Grande	1199	285	18.9	7.7	17.2	16.4	0.2	12.9	0.43	56.7
		Venti	1431	341	20.8	9.5	22.6	21.4	0.3	17	0.57	85.1
		Short	939	224	19.1	5.7	8.3	7.9	0.1	6.2	0.21	28.4
<b>Oleato™ Caffè Latte – almond drink</b>	Almond drink [water, <b>ALMOND</b> (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], partanna olive oil [Olives]	Tall	1201	286	22.4	7.8	12.9	12.1	0.2	9.7	0.33	56.7
		Grande	1430	341	25.5	9.7	16.8	16	0.2	12.5	0.42	56.7
		Venti	1732	413	29.4	12.2	22.1	20.9	0.3	16.5	0.56	85.1
<b>Oleato™ Caffè Latte – soya drink</b>	Soya drink [Soya base [water, hulled <b>SOYA</b> 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], partanna olive oil [Olives]	Short	652	156	15	2	4.9	4.3	0.6	1.3	0.16	28.4
		Tall	762	182	16.2	2.1	7.7	6.6	1	2.1	0.26	56.7
		Grande	847	203	17.2	2.2	9.9	8.8	1.3	2.5	0.33	56.7
<b>Oleato™ Caffè Latte – oat drink</b>	Oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulators: potassium phosphates, sea salt, vitamins (B2, D2).], espresso shot – blonde roast as brewed [whole bean roasted coffee], partanna olive oil [Olives]	Venti	972	233	18.6	2.3	13.1	11.5	1.7	3.5	0.44	85.1
		Short	783	187	16.2	2.3	5.1	4.3	1.1	6	0.20	28.4
		Tall	962	229	18	2.6	8	6.6	1.8	9.4	0.32	56.7
<b>Oleato™ Caffè Latte – coconut drink</b>	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], partanna olive oil [Olives]	Grande	1113	265	19.6	2.9	10.3	8.8	2.3	12.2	0.40	56.7
		Venti	1318	314	21.7	3.2	13.6	11.5	3	16.1	0.53	85.1
		Short	902	215	18	2.3	11.9	5.7	1.8	1.8	0.25	28.4
<b>Oleato™ Iced Shaken Espresso – skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], hazelnut flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.], partanna olive oil [Olives]	Tall	1144	273	20.9	2.6	18.4	8.7	2.8	2.9	0.39	56.7
		Grande	1354	323	23.4	2.9	24.1	11.5	3.7	3.6	0.50	56.7
		Venti	1633	390	26.7	3.2	31.6	15.1	4.8	4.8	0.67	85.1
<b>Oleato™ Iced Shaken Espresso – semi skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], hazelnut flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.], partanna olive oil [Olives]	Short	790	190	17.2	5.7	6.4	6	2.7	2.1	0.35	28.4
		Tall	973	234	19.6	7.8	10	9.2	4.1	3.4	0.54	56.7
		Grande	1126	272	21.7	9.8	13	12.2	5.4	4.3	0.70	56.7
<b>Oleato™ Iced Shaken Espresso – semi skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], hazelnut flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.], partanna olive oil [Olives]	Venti	1336	323	24.4	12.2	17.2	16	7.1	5.7	0.93	85.1
		Tall	795	189	13.4	2	13.6	12.5	0.2	4.8	0.18	56.7
		Grande	893	212	13.6	2	17.6	16	0.3	6.1	0.24	85.1
<b>Oleato™ Iced Shaken Espresso – semi skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], hazelnut flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.], partanna olive oil [Olives]	Venti	983	233	13.8	2.1	21.4	19.3	0.5	7.2	0.29	113.4
		Tall	853	203	15	3.8	13.4	12.4	0.2	4.8	0.18	56.7
		Grande	963	229	15.6	4.2	17.5	15.9	0.3	6.1	0.23	85.1
Venti	1063	253	16	4.6	21.2	19.1	0.5	7.2	0.28	113.4		

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.

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Oleato™ Iced Shaken Espresso - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], espresso shot - blonde roast as brewed [whole bean roasted coffee], hazelnut flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.], partanna olive oil [Olives]	Tall	930	221	17.2	4.5	13.3	12.2	0.2	4.7	0.18	56.7
		Grande	1057	251	18.2	5.1	17.3	15.7	0.3	6	0.23	85.1
		Venti	1170	278	19	5.5	21.1	19	0.5	7.1	0.28	113.4
<b>Oleato™ Iced Shaken Espresso - almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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], hazelnut flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.], partanna olive oil [Olives]	Tall	736	175	14.4	2	11	9.8	0.6	1.4	0.15	56.7
		Grande	820	195	14.9	2	14.5	12.8	0.8	1.9	0.20	85.1
		Venti	900	214	15.2	2	17.9	15.6	0.9	2.4	0.24	113.4
<b>Oleato™ Iced Shaken Espresso - soya drink</b>	Ice, soya drink [Soya base [water, hulled <b>SOYA</b> 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], hazelnut flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.], partanna olive oil [Olives]	Tall	824	196	15.2	2.2	11.1	9.8	0.9	4.6	0.17	56.7
		Grande	928	221	15.8	2.3	14.7	12.8	1.2	5.8	0.22	85.1
		Venti	1023	243	16.3	2.4	18	15.6	1.4	6.9	0.27	113.4
<b>Oleato™ Iced Shaken Espresso - oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (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], hazelnut flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.], partanna olive oil [Olives]	Tall	905	216	16.5	2.2	15.7	10.7	1.4	1.7	0.21	56.7
		Grande	1026	244	17.4	2.3	20.3	13.9	1.7	2.3	0.27	85.1
		Venti	1135	270	18.1	2.4	24.4	16.9	2.1	2.9	0.32	113.4
<b>Oleato™ Iced Shaken Espresso - coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot - blonde roast as brewed [whole bean roasted coffee], hazelnut flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.], partanna olive oil [Olives]	Tall	829	198	15.9	4.5	12.1	11	2	2	0.27	56.7
		Grande	934	223	16.7	5.1	15.8	14.2	2.4	2.6	0.35	85.1
		Venti	1029	246	17.3	5.6	19.3	17.2	2.9	3.2	0.41	113.4

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.

