

# NUTRITION & ALLERGEN GUIDE

HOLIDAY

November 2023 - January 2024



**NEW**

Caramel Waffle Muffin



Caramel Waffle Latte



**NEW**

Pigs Under Blanket Roll



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

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

• **Cereals Containing Gluten**

Wheat (Spelt and Kamut), Rye, Barley and Oats

• **Nuts**

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

• **Egg**

• **Milk**

• **Soya**

• **Fish**

• **Crustaceans**

• **Molluscs**

• **Sesame**

• **Lupin**

• **Celery**

• **Mustard**

• **Peanuts**

• **Sulphur Dioxide and Sulphites**

**Cross Contamination**

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**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.**

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Toffee Nut Latte – skimmed milk (new allergen)</b>	Skimmed milk [skimmed <b>MILK</b> ], espresso shot – espresso roast as brewed [whole bean roasted coffee], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , 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.], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	887	211	7.1	4.8	26	24.9	0.2	10.6	0.60	66.2
		Grande	1098	261	8.3	5.5	33.1	31.9	0.2	13.4	0.77	66.2
		Venti	1320	314	8.7	5.7	41.3	39.7	0.3	17.2	0.98	99.2
<b>Toffee Nut Latte – semi skimmed milk (new allergen)</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot – espresso roast as brewed [whole bean roasted coffee], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , 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.], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	1019	243	10.8	8.9	25.7	24.7	0.2	10.6	0.60	66.2
		Grande	1268	302	13.1	10.9	32.7	31.6	0.2	13.4	0.76	66.2
		Venti	1539	366	14.8	12.6	40.9	39.3	0.3	17.2	0.97	99.2
<b>Toffee Nut Latte – whole milk (new allergen)</b>	Whole milk [whole <b>MILK</b> ], espresso shot – espresso roast as brewed [whole bean roasted coffee], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , 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.], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	1196	285	15.8	10.5	25.5	24.4	0.2	10.3	0.59	66.2
		Grande	1496	357	19.5	12.9	32.4	31.2	0.2	13	0.75	66.2
		Venti	1833	437	23.2	15.2	40.5	38.9	0.3	16.8	0.96	99.2
<b>Toffee Nut Latte – almond drink (new allergen)</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], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , 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.], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	749	179	9.5	4.7	20.2	18.9	1	2.7	0.52	66.2
		Grande	920	220	11.4	5.4	25.6	24.1	1.2	3.1	0.66	66.2
		Venti	1092	261	12.6	5.6	31.7	29.6	1.7	4.1	0.85	99.2
<b>Toffee Nut Latte – soya drink (new allergen)</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], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , 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.], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	953	227	11.3	5.2	20.5	18.9	1.8	10.1	0.58	66.2
		Grande	1183	282	13.7	6.1	25.9	24.1	2.3	12.7	0.73	66.2
		Venti	1430	340	15.7	6.4	32.1	29.6	3	16.4	0.93	99.2

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Adults need around 2000kcal a day

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Toffee Nut Latte – oat drink (new allergen)</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], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , 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.], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	1138	272	14.2	5.2	31	21	2.9	3.5	0.66	66.2
		Grande	1421	340	17.5	6.1	39.5	26.8	3.6	4.2	0.83	66.2
		Venti	1736	415	20.5	6.4	49.7	33.2	4.7	5.4	1.07	99.2
<b>Toffee Nut Latte – coconut drink (new allergen)</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], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , 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.], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	963	232	12.9	10.5	22.6	21.5	4.2	4	0.81	66.2
		Grande	1196	288	15.8	12.9	28.6	27.5	5.3	4.8	1.03	66.2
		Venti	1447	349	18.3	15.2	35.6	34	6.9	6.3	1.32	99.2
<b>Gingerbread Latte – skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	875	208	7.4	4.4	25.1	23.8	0.3	10.2	0.37	66.2
		Grande	1089	259	8.7	5.1	32.3	30.9	0.3	12.9	0.46	66.2
		Venti	1315	313	9.1	5.3	40.8	38.9	0.4	16.8	0.60	99.2
<b>Gingerbread Latte – semi skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	1007	240	11.1	8.5	24.8	23.6	0.3	10.2	0.37	66.2
		Grande	1259	300	13.4	10.5	32	30.6	0.3	12.9	0.45	66.2
		Venti	1534	365	15.2	12.2	40.4	38.5	0.4	16.8	0.59	99.2
<b>Gingerbread Latte – whole milk</b>	Whole milk [whole <b>MILK</b> ], espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	1184	282	16.1	10.1	24.6	23.3	0.3	9.9	0.36	66.2
		Grande	1488	355	19.9	12.5	31.6	30.3	0.3	12.5	0.45	66.2
		Venti	1827	435	23.5	14.7	39.9	38	0.4	16.3	0.58	99.2

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<b>Gingerbread 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], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	737	177	9.8	4.3	19.3	17.8	1.1	2.3	0.29	66.2
		Grande	912	218	11.7	5	24.8	23.1	1.3	2.7	0.36	66.2
		Venti	1087	260	13	5.1	31.2	28.8	1.7	3.6	0.47	99.2
<b>Gingerbread 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 – espresso roast as brewed [whole bean roasted coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	941	224	11.7	4.8	19.5	17.8	1.9	9.7	0.35	66.2
		Grande	1174	280	14.1	5.7	25.2	23.1	2.3	12.2	0.43	66.2
		Venti	1424	339	16.1	6	31.6	28.8	3	15.9	0.56	99.2
<b>Gingerbread 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], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	1126	269	14.6	4.8	30.1	19.9	2.9	3.1	0.43	66.2
		Grande	1413	338	17.9	5.7	38.8	25.8	3.7	3.7	0.53	66.2
		Venti	1731	414	20.9	6	49.1	32.3	4.8	4.9	0.69	99.2
<b>Gingerbread 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], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	951	230	13.2	10.1	21.6	20.4	4.2	3.6	0.58	66.2
		Grande	1188	287	16.2	12.5	27.9	26.5	5.4	4.4	0.73	66.2
		Venti	1442	348	18.7	14.8	35.1	33.2	7	5.8	0.94	99.2
<b>Caramel Waffle Latte – skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], espresso shot – espresso roast as brewed [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], 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.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	952	227	7.7	5.1	28.1	26.2	0.3	11	0.39	66.2
		Grande	1164	277	8.9	5.9	35.4	33.4	0.3	13.6	0.47	66.2
		Venti	1406	334	9.3	6.1	44.4	41.9	0.4	17.8	0.62	99.2

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Caramel Waffle Latte - semi skimmed milk	Semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], 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.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	1087	259	11.5	9.4	27.9	26	0.3	11	0.38	66.2
		Grande	1336	318	13.7	11.3	35	33.1	0.3	13.6	0.46	66.2
		Venti	1631	388	15.6	13.1	44	41.5	0.4	17.8	0.60	99.2
Caramel Waffle Latte - whole milk	Whole milk [whole <b>MILK</b> ], espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], 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.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	1267	302	16.6	11	27.6	25.7	0.3	10.7	0.37	66.2
		Grande	1566	373	20.2	13.3	34.7	32.7	0.3	13.3	0.45	66.2
		Venti	1932	460	24.2	15.8	43.5	41	0.4	17.4	0.59	99.2
Caramel Waffle Latte - 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], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], 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.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	811	194	10.1	5	22.2	20	1.1	2.9	0.31	66.2
		Grande	985	236	12	5.8	27.8	25.5	1.3	3.3	0.37	66.2
		Venti	1172	280	13.4	5.9	34.5	31.6	1.8	4.3	0.48	99.2
Caramel Waffle Latte - soya drink	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], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], 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.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	1019	243	12	5.6	22.5	20	1.9	10.4	0.36	66.2
		Grande	1250	298	14.4	6.5	28.2	25.5	2.4	12.9	0.44	66.2
		Venti	1518	361	16.5	6.8	35	31.6	3.1	16.9	0.57	99.2
Caramel Waffle Latte - 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], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], 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.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	1208	289	15	5.6	33.3	22.2	3	3.7	0.44	66.2
		Grande	1491	356	18.2	6.5	41.9	28.2	3.7	4.3	0.54	66.2
		Venti	1833	438	21.5	6.8	53	35.2	4.9	5.7	0.71	99.2

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## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Waffle 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], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], 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.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	1030	248	13.6	11	24.6	22.7	4.3	4.2	0.60	66.2
		Grande	1264	305	16.5	13.4	30.9	28.9	5.5	5	0.74	66.2
		Venti	1536	370	19.2	15.8	38.6	36.1	7.2	6.6	0.96	99.2
<b>Chocolately Gingerbread Latte - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	971	231	8.2	4.9	27.5	25.9	1.1	11.4	0.37	66.2
		Grande	1227	292	9.7	5.8	35.9	34.1	1.4	14.6	0.46	66.2
		Venti	1495	356	10.4	6.1	45.6	43.1	1.9	19	0.60	99.2
<b>Chocolately Gingerbread Latte - semi skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1103	263	11.9	9	27.2	25.7	1.1	11.4	0.36	66.2
		Grande	1398	333	14.5	11.1	35.6	33.8	1.4	14.6	0.45	66.2
		Venti	1714	408	16.5	13	45.2	42.7	1.9	19	0.59	99.2
<b>Chocolately Gingerbread Latte - whole milk</b>	Whole milk [whole <b>MILK</b> ], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1280	305	16.9	10.6	27	25.4	1.1	11.2	0.36	66.2
		Grande	1626	388	20.9	13.1	35.2	33.4	1.4	14.3	0.44	66.2
		Venti	2008	478	24.8	15.6	44.7	42.2	1.9	18.5	0.58	99.2
<b>Chocolately Gingerbread 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.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1037	247	12.4	5.3	21.9	19.9	2.7	10.9	0.34	66.2
		Grande	1312	313	15.1	6.3	28.8	26.3	3.5	13.9	0.42	66.2
		Venti	1604	382	17.4	6.8	36.4	33	4.5	18.1	0.55	99.2

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## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Chocolatey Gingerbread 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).], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1222	292	15.3	5.3	32.5	22	3.7	4.3	0.42	66.2
		Grande	1551	371	18.9	6.3	42.4	29	4.8	5.4	0.53	66.2
		Venti	1911	456	22.2	6.8	53.9	36.5	6.3	7.1	0.69	99.2
<b>Chocolatey Gingerbread 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.], Mocha Sauce - CBS [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], espresso shot - espresso roast as brewed [whole bean roasted coffee], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1048	253	14	10.6	24.1	22.5	5.1	4.8	0.57	66.2
		Grande	1326	320	17.2	13.2	31.5	29.7	6.6	6.1	0.72	66.2
		Venti	1622	391	20	15.6	39.9	37.4	8.5	8	0.94	99.2
<b>Eggnog Latte</b>	Eggnog [Water, skimmed <b>MILK</b> , cream ( <b>MILK</b> ), sugar, skimmed <b>MILK</b> powder, <b>EGG</b> yolk, stabilisers: guar gum, cellulose gum, carrageenan, triphosphates; natural flavourings, salt, spice extract, cinnamon. ], espresso shot - espresso roast as brewed [whole bean roasted coffee], Ground nutmeg.	Tall	1192	284	12.8	7.5	32.8	31.8	1	9.2	0.52	66.2
		Grande	1528	364	16.4	9.7	42.1	41.2	1.1	11.6	0.65	66.2
		Venti	1966	469	21.1	12.4	54.2	52.8	1.4	15	0.85	99.2
<b>Iced Eggnog Latte</b>	Eggnog [Water, skimmed <b>MILK</b> , cream ( <b>MILK</b> ), sugar, skimmed <b>MILK</b> powder, <b>EGG</b> yolk, stabilisers: guar gum, cellulose gum, carrageenan, triphosphates; natural flavourings, salt, spice extract, cinnamon.], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], Ground nutmeg.	Tall	854	204	9.1	5.3	23.4	22.5	0.8	6.7	0.38	66.2
		Grande	1062	253	11.3	6.7	29.2	28.2	0.9	8.2	0.47	66.2
		Venti	1484	354	15.8	9.3	40.8	39.4	1.2	11.6	0.66	99.2
<b>Iced Toffee Nut Latte - skimmed milk (new allergen)</b>	Skimmed milk [skimmed <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. ], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	503	119	0.8	0.3	20.4	19.4	0.2	7.3	0.50	66.2
		Grande	628	148	0.9	0.3	25.8	24.7	0.2	9	0.63	66.2
		Venti	749	177	1.1	0.4	30.9	29.3	0.3	10.6	0.77	99.2



## Beverages

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<b>Iced Toffee Nut Latte – semi skimmed milk (new allergen)</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. ], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	594	141	3.3	3.1	20.3	19.2	0.2	7.3	0.49	66.2
		Grande	742	176	4.1	4	25.6	24.5	0.2	9	0.62	66.2
		Venti	880	208	4.8	4.5	30.7	29.1	0.3	10.6	0.76	99.2
<b>Iced Toffee Nut Latte – whole milk (new allergen)</b>	Whole milk [whole <b>MILK</b> ], ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. ], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	716	170	6.8	4.2	20.1	19	0.2	7.2	0.49	66.2
		Grande	896	213	8.5	5.3	25.4	24.2	0.2	8.8	0.62	66.2
		Venti	1055	250	9.7	6	30.4	28.8	0.3	10.3	0.75	99.2
<b>Iced Toffee Nut Latte – almond drink (new allergen)</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], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. ], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	408	97	2.4	0.2	16.4	15.2	0.8	1.9	0.44	66.2
		Grande	508	121	3	0.3	20.8	19.4	0.9	2.1	0.56	66.2
		Venti	614	146	3.5	0.3	25.2	23.3	1.1	2.7	0.69	99.2
<b>Iced Toffee Nut Latte – soya drink (new allergen)</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], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. ], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	548	130	3.7	0.6	16.6	15.2	1.3	7	0.48	66.2
		Grande	685	162	4.6	0.7	21	19.4	1.6	8.5	0.60	66.2
		Venti	815	193	5.3	0.9	25.5	23.3	1.9	10	0.74	99.2
<b>Iced Toffee Nut Latte – oat drink (new allergen)</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], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. ], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	676	161	5.7	0.6	23.9	16.6	2.1	2.4	0.54	66.2
		Grande	846	201	7.1	0.7	30.2	21.3	2.5	2.8	0.67	66.2
		Venti	997	237	8.2	0.9	35.9	25.4	2.9	3.5	0.82	99.2

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Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced Toffee Nut Latte – coconut drink (new allergen)</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], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. ], toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	556	133	4.8	4.2	18.1	17	3	2.8	0.64	66.2
		Grande	694	167	6	5.3	22.8	21.7	3.7	3.2	0.81	66.2
		Venti	825	198	6.9	6.1	27.5	25.9	4.3	4	0.97	99.2
<b>Iced Gingerbread Latte – skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	489	116	0.8	0.3	19.7	18.5	0.3	7.3	0.27	66.2
		Grande	617	146	0.9	0.3	25.3	24	0.3	9	0.33	66.2
		Venti	742	176	1.1	0.4	30.6	28.8	0.4	10.6	0.39	99.2
<b>Iced Gingerbread Latte – semi skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	581	138	3.3	3.1	19.5	18.3	0.3	7.3	0.27	66.2
		Grande	732	174	4.1	4	25.1	23.8	0.3	9	0.32	66.2
		Venti	873	207	4.8	4.5	30.4	28.5	0.4	10.6	0.39	99.2
<b>Iced Gingerbread Latte – whole milk</b>	Whole milk [whole <b>MILK</b> ], ice, espresso shot – espresso roast as brewed [whole bean roasted coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	703	167	6.8	4.2	19.4	18.1	0.3	7.2	0.26	66.2
		Grande	886	210	8.5	5.3	24.9	23.5	0.3	8.8	0.32	66.2
		Venti	1048	249	9.7	6	30.1	28.2	0.4	10.3	0.38	99.2
<b>Iced Gingerbread 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], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	395	94	2.4	0.2	15.7	14.3	0.8	1.9	0.22	66.2
		Grande	498	118	3	0.3	20.3	18.7	1	2.1	0.26	66.2
		Venti	607	144	3.5	0.3	24.9	22.8	1.2	2.7	0.32	99.2

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Adults need around 2000kcal a day

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced Gingerbread 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.], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	535	127	3.7	0.6	15.9	14.3	1.4	7	0.25	66.2
		Grande	675	160	4.6	0.7	20.5	18.7	1.7	8.5	0.30	66.2
		Venti	808	191	5.3	0.9	25.2	22.8	2	10	0.37	99.2
<b>Iced Gingerbread 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], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	663	158	5.7	0.6	23.2	15.8	2.1	2.4	0.31	66.2
		Grande	835	199	7.1	0.7	29.7	20.5	2.6	2.8	0.37	66.2
		Venti	990	236	8.2	0.9	35.6	24.8	3	3.5	0.45	99.2
<b>Iced Gingerbread 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], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	542	130	4.8	4.2	17.4	16.1	3	2.8	0.41	66.2
		Grande	684	164	6	5.3	22.3	21	3.7	3.2	0.51	66.2
		Venti	818	196	6.9	6.1	27.2	25.4	4.3	4	0.60	99.2
<b>Iced Caramel Waffle Latte - skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	559	132	1.4	0.6	22.3	20.4	0.3	7.5	0.28	66.2
		Grande	689	163	1.5	0.7	28	26	0.3	9.1	0.33	66.2
		Venti	817	193	1.7	0.8	33.5	30.9	0.4	10.7	0.39	99.2
<b>Iced Caramel Waffle Latte - semi skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	650	154	3.9	3.5	22.1	20.2	0.3	7.5	0.27	66.2
		Grande	804	191	4.7	4.3	27.8	25.8	0.3	9.1	0.32	66.2
		Venti	948	225	5.4	4.9	33.2	30.7	0.4	10.7	0.38	99.2

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Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Iced Caramel Waffle Latte - whole milk</b>	Whole milk [whole <b>MILK</b> ], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	772	183	7.4	4.6	21.9	20	0.3	7.3	0.27	66.2
		Grande	958	227	9.1	5.7	27.5	25.6	0.3	8.9	0.32	66.2
		Venti	1122	267	10.3	6.4	32.9	30.4	0.4	10.5	0.38	99.2
<b>Iced Caramel Waffle 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], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	464	110	3	0.6	18.3	16.2	0.8	2	0.22	66.2
		Grande	570	136	3.6	0.6	23	20.7	1	2.3	0.26	66.2
		Venti	682	162	4.1	0.7	27.7	24.9	1.2	2.9	0.31	99.2
<b>Iced Caramel Waffle 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.], ice, espresso shot - espresso roast as brewed [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	604	143	4.3	1	18.5	16.2	1.4	7.1	0.26	66.2
		Grande	747	177	5.2	1.1	23.2	20.7	1.7	8.7	0.31	66.2
		Venti	882	209	5.9	1.2	28	24.9	2	10.2	0.36	99.2
<b>Iced Caramel Waffle 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], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	732	174	6.3	1	25.8	17.7	2.1	2.6	0.31	66.2
		Grande	907	216	7.7	1.1	32.4	22.6	2.6	2.9	0.37	66.2
		Venti	1065	253	8.8	1.2	38.4	27	3	3.7	0.44	99.2
<b>Iced Caramel Waffle 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], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	611	147	5.4	4.6	19.9	18	3	2.9	0.42	66.2
		Grande	756	182	6.6	5.7	25	23	3.7	3.4	0.51	66.2
		Venti	893	214	7.5	6.4	30.1	27.5	4.3	4.2	0.59	99.2

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## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Toffee Nut Frappuccino® – skimmed milk (new allergen)</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], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	889	212	8.4	5.9	30.1	29.2	0.1	3.7	0.50	23
		Grande	1224	291	11.7	8.2	41.4	40.2	0.2	4.7	0.69	32.7
		Venti	1399	332	11.7	8.2	50.9	49.4	0.2	5.2	0.86	41.8
<b>Toffee Nut Frappuccino® – semi skimmed milk (new allergen)</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], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	929	221	9.5	7.1	30	29.2	0.1	3.7	0.50	23
		Grande	1272	303	13	9.7	41.3	40.1	0.2	4.7	0.69	32.7
		Venti	1452	345	13.2	9.9	50.8	49.3	0.2	5.2	0.85	41.8
<b>Toffee Nut Frappuccino® – whole milk (new allergen)</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], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	981	234	11	7.6	29.9	29.1	0.1	3.6	0.50	23
		Grande	1336	318	14.9	10.3	41.2	40	0.2	4.6	0.69	32.7
		Venti	1524	362	15.3	10.5	50.7	49.2	0.2	5.1	0.85	41.8
<b>Toffee Nut Frappuccino® – almond drink (new allergen)</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], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	848	202	9.1	5.9	28.3	27.4	0.4	1.3	0.48	23
		Grande	1173	280	12.5	8.2	39.3	38	0.5	1.8	0.66	32.7
		Venti	1343	320	12.7	8.2	48.6	47	0.5	2	0.82	41.8
<b>Toffee Nut Frappuccino® – soya drink (new allergen)</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.], 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], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	909	216	9.6	6	28.4	27.4	0.6	3.5	0.50	23
		Grande	1248	297	13.2	8.4	39.4	38	0.8	4.5	0.68	32.7
		Venti	1425	339	13.5	8.4	48.7	47	0.9	5	0.85	41.8

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<b>Toffee Nut Frappuccino® – oat drink (new allergen)</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]. Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	964	230	10.5	6	31.6	28	0.9	1.6	0.52	23
		Grande	1315	313	14.3	8.4	43.3	38.8	1.1	2.1	0.71	32.7
		Venti	1500	357	14.6	8.4	53	47.8	1.3	2.3	0.88	41.8
<b>Toffee Nut Frappuccino® – coconut drink (new allergen)</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]. Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	912	218	10.1	7.6	29.1	28.2	1.3	1.7	0.57	23
		Grande	1251	299	13.8	10.3	40.2	39	1.6	2.3	0.77	32.7
		Venti	1430	341	14.1	10.6	49.5	48	1.8	2.5	0.94	41.8
<b>Toffee Nut Cream Frappuccino® – skimmed milk (new allergen)</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.], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	818	195	8.3	5.9	25.8	25.3	0	4.2	0.50	0
		Grande	1122	268	11.6	8.2	35.4	34.6	0	5.4	0.69	0
		Venti	1270	303	11.7	8.3	43.2	42.2	0	6.2	0.85	0
<b>Toffee Nut Cream Frappuccino® – semi skimmed milk (new allergen)</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.], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	871	208	9.8	7.5	25.7	25.2	0	4.2	0.50	0
		Grande	1189	284	13.5	10.3	35.3	34.5	0	5.4	0.68	0
		Venti	1347	321	13.8	10.7	43.1	42.1	0	6.2	0.84	0
<b>Toffee Nut Cream Frappuccino® – whole milk (new allergen)</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.], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	941	225	11.8	8.2	25.6	25.1	0	4.1	0.49	0
		Grande	1279	305	16	11.1	35.1	34.4	0	5.3	0.68	0
		Venti	1450	346	16.7	11.6	42.9	41.9	0	6	0.84	0

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Adults need around 2000kcal a day

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Toffee Nut Cream Frappuccino® - almond drink (new allergen)</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.], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	763	183	9.3	5.9	23.5	22.9	0.3	1.1	0.47	0
		Grande	1053	252	12.8	8.2	32.5	31.6	0.4	1.4	0.65	0
		Venti	1189	284	13.1	8.2	39.8	38.7	0.5	1.5	0.80	0
<b>Toffee Nut Cream Frappuccino® - soya drink (new allergen)</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.], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	844	201	10	6.1	23.6	22.9	0.6	4	0.49	0
		Grande	1156	276	13.7	8.5	32.6	31.6	0.8	5.2	0.67	0
		Venti	1308	312	14.1	8.5	40	38.7	0.9	5.9	0.83	0
<b>Toffee Nut Cream Frappuccino® - oat drink (new allergen)</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.], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	918	219	11.2	6.1	27.8	23.7	1.1	1.4	0.52	0
		Grande	1249	299	15.2	8.5	37.9	32.6	1.3	1.8	0.71	0
		Venti	1416	338	15.8	8.5	46.2	39.9	1.5	2	0.88	0
<b>Toffee Nut Cream Frappuccino® - coconut drink (new allergen)</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.], Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates. , toffee nut sprinkles [Sugar, water, salt, malt extract ( <b>BARLEY GLUTEN</b> ), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	848	204	10.6	8.2	24.5	23.9	1.6	1.6	0.58	0
		Grande	1161	279	14.5	11.1	33.7	32.9	2	2.1	0.79	0
		Venti	1314	315	15.1	11.6	41.2	40.2	2.3	2.3	0.97	0
<b>Gingerbread 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]. Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	911	217	8.9	5.4	29.9	29	0.2	4.1	0.44	23
		Grande	1264	301	12.4	7.6	41.8	40.5	0.2	5.2	0.61	32.7
		Venti	1456	346	12.5	7.6	51.9	50.2	0.3	6.1	0.76	41.8

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## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Gingerbread Frappuccino®</b> – 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	963	230	10.3	7.1	29.8	28.9	0.2	4.1	0.44	23
		Grande	1331	317	14.3	9.7	41.7	40.4	0.2	5.2	0.61	32.7
		Venti	1533	365	14.7	10	51.7	50.1	0.3	6.1	0.75	41.8
<b>Gingerbread Frappuccino®</b> – 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	1034	246	12.3	7.7	29.7	28.8	0.2	3.9	0.44	23
		Grande	1420	339	16.8	10.5	41.5	40.2	0.2	5.1	0.60	32.7
		Venti	1637	390	17.6	11	51.6	49.9	0.3	5.9	0.75	41.8
<b>Gingerbread Frappuccino®</b> – 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	856	204	9.8	5.4	27.6	26.6	0.5	0.9	0.41	23
		Grande	1195	285	13.6	7.6	38.9	37.4	0.6	1.2	0.57	32.7
		Venti	1376	328	13.9	7.6	48.5	46.7	0.7	1.5	0.71	41.8
<b>Gingerbread Frappuccino®</b> – soya drink	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.], 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	937	223	10.6	5.6	27.7	26.6	0.8	3.8	0.43	23
		Grande	1298	309	14.5	7.8	39	37.4	1	4.9	0.60	32.7
		Venti	1495	356	15	7.9	48.6	46.7	1.2	5.8	0.74	41.8
<b>Gingerbread Frappuccino®</b> – oat drink	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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	1011	241	11.7	5.6	31.9	27.4	1.2	1.2	0.46	23
		Grande	1391	332	16	7.8	44.3	38.5	1.6	1.6	0.64	32.7
		Venti	1603	382	16.7	7.9	54.8	47.9	1.8	1.9	0.79	41.8

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## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Gingerbread 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	941	225	11.2	7.7	28.6	27.6	1.8	1.4	0.52	23
		Grande	1303	312	15.3	10.5	40.1	38.8	2.2	1.9	0.71	32.7
		Venti	1501	359	15.9	11	49.9	48.2	2.6	2.2	0.88	41.8
<b>Gingerbread 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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	800	191	8.7	5.4	24.4	23.8	0.1	3.7	0.41	0
		Grande	1107	264	12.2	7.6	34	33.1	0.1	4.7	0.56	0
		Venti	1255	299	12.3	7.6	41.9	40.8	0.1	5.4	0.70	0
<b>Gingerbread 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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	853	204	10.2	7.1	24.3	23.7	0.1	3.7	0.41	0
		Grande	1174	280	14.1	9.7	33.9	33	0.1	4.7	0.56	0
		Venti	1332	318	14.4	10	41.7	40.6	0.1	5.4	0.69	0
<b>Gingerbread 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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	923	221	12.2	7.7	24.2	23.6	0.1	3.6	0.40	0
		Grande	1263	302	16.6	10.4	33.7	32.8	0.1	4.5	0.56	0
		Venti	1436	343	17.4	10.9	41.6	40.5	0.1	5.2	0.69	0
<b>Gingerbread 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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	746	179	9.7	5.4	22.1	21.4	0.4	0.5	0.38	0
		Grande	1037	248	13.4	7.5	31.1	30	0.5	0.7	0.52	0
		Venti	1175	281	13.7	7.5	38.5	37.2	0.5	0.8	0.65	0

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Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Gingerbread 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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	827	197	10.4	5.6	22.2	21.4	0.7	3.5	0.40	0
		Grande	1140	272	14.3	7.8	31.2	30	0.9	4.4	0.55	0
		Venti	1294	309	14.7	7.8	38.7	37.2	1	5.1	0.68	0
<b>Gingerbread 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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	900	215	11.6	5.6	26.4	22.2	1.1	0.8	0.43	0
		Grande	1234	295	15.8	7.8	36.5	31.1	1.4	1.1	0.59	0
		Venti	1402	335	16.4	7.8	44.8	38.5	1.6	1.2	0.73	0
<b>Gingerbread 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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], ground cinnamon	Tall	831	200	11.1	7.7	23.1	22.5	1.6	1.1	0.49	0
		Grande	1146	275	15.1	10.5	32.3	31.4	2.1	1.3	0.67	0
		Venti	1300	312	15.7	10.9	39.9	38.8	2.4	1.5	0.81	0
<b>Caramel Waffle 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], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	939	224	9	6.2	31.5	30	0.2	3.9	0.43	23.2
		Grande	1274	303	12.3	8.6	42.9	41	0.2	4.8	0.59	32.9
		Venti	1445	344	12.3	8.6	52.2	49.9	0.3	5.3	0.72	41.7
<b>Caramel Waffle 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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	979	233	10.1	7.5	31.5	29.9	0.2	3.9	0.43	23.2
		Grande	1322	315	13.6	10.1	42.8	40.9	0.2	4.8	0.59	32.9
		Venti	1498	356	13.8	10.3	52.1	49.8	0.3	5.3	0.71	41.7

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Waffle 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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	1032	246	11.6	8	31.4	29.8	0.2	3.8	0.43	23.2
		Grande	1387	330	15.5	10.7	42.7	40.8	0.2	4.7	0.58	32.9
		Venti	1569	373	15.8	10.9	52	49.7	0.3	5.2	0.71	41.7
<b>Caramel Waffle 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], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	897	214	9.7	6.2	29.8	28.1	0.4	1.5	0.41	23.2
		Grande	1223	292	13.1	8.5	40.8	38.8	0.5	1.9	0.56	32.9
		Venti	1389	331	13.3	8.6	49.9	47.5	0.6	2.1	0.68	41.7
<b>Caramel Waffle 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.], 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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	959	228	10.2	6.4	29.9	28.1	0.7	3.7	0.43	23.2
		Grande	1298	309	13.8	8.7	40.9	38.8	0.8	4.6	0.58	32.9
		Venti	1471	350	14	8.8	50	47.5	0.9	5.1	0.71	41.7
<b>Caramel Waffle 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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	1015	242	11.1	6.4	33.1	28.8	1	1.7	0.45	23.2
		Grande	1366	326	14.9	8.7	44.8	39.5	1.2	2.2	0.61	32.9
		Venti	1546	368	15.2	8.8	54.2	48.3	1.3	2.4	0.74	41.7
<b>Caramel Waffle 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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	962	230	10.7	8	30.5	28.9	1.4	1.9	0.50	23.2
		Grande	1302	311	14.4	10.7	41.7	39.7	1.7	2.4	0.66	32.9
		Venti	1475	352	14.7	10.9	50.8	48.6	1.9	2.7	0.80	41.7

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages are prepared where allergens are handled by our partners, and where equipment and utensils are used for multiple menu items, including those containing allergens. Whilst we try to keep things separate we cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

Adults need around 2000kcal a day

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Waffle 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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	827	198	8.8	6.2	26	24.7	0	3.5	0.40	0
		Grande	1116	266	12.1	8.5	35.1	33.6	0	4.3	0.54	0
		Venti	1244	297	12.1	8.6	42.3	40.5	0.1	4.6	0.66	0
<b>Caramel Waffle 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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	867	207	9.9	7.5	25.9	24.6	0	3.5	0.40	0
		Grande	1164	278	13.4	10.1	35	33.5	0	4.3	0.54	0
		Venti	1298	310	13.6	10.2	42.2	40.4	0.1	4.6	0.65	0
<b>Caramel Waffle 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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	921	220	11.5	7.9	25.8	24.6	0	3.4	0.40	0
		Grande	1229	294	15.3	10.6	34.9	33.4	0	4.2	0.54	0
		Venti	1369	327	15.6	10.9	42.1	40.3	0.1	4.5	0.65	0
<b>Caramel Waffle 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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	786	188	9.5	6.2	24.2	22.9	0.3	1.1	0.38	0
		Grande	1065	255	13	8.5	33	31.3	0.3	1.4	0.51	0
		Venti	1189	284	13.1	8.5	39.9	38.1	0.4	1.4	0.62	0
<b>Caramel Waffle 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.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	847	202	10.1	6.4	24.3	22.9	0.5	3.3	0.39	0
		Grande	1140	272	13.6	8.7	33.1	31.3	0.6	4.1	0.53	0
		Venti	1271	303	13.8	8.7	40	38.1	0.7	4.4	0.65	0

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Waffle Cream Frappuccino®</b> – oat drink	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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	903	216	11	6.4	27.5	23.5	0.8	1.3	0.42	0
		Grande	1208	289	14.7	8.7	36.9	32.1	1	1.7	0.56	0
		Venti	1345	321	15	8.7	44.3	38.9	1.1	1.8	0.68	0
<b>Caramel Waffle Cream Frappuccino®</b> – coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% ( <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 waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [Sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), white chocolate (20%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring], butter ( <b>MILK</b> ), water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates; anti-caking agent: silicon dioxide.]	Tall	850	204	10.6	7.9	25	23.7	1.2	1.5	0.46	0
		Grande	1144	274	14.2	10.6	33.8	32.3	1.5	1.9	0.62	0
		Venti	1275	305	14.5	10.9	40.9	39.2	1.6	2	0.74	0
<b>Chocolatey Gingerbread Frappuccino®</b> – 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1024	244	9.4	5.8	34.8	33.5	0.9	4.2	0.42	23.2
		Grande	1418	337	13.2	8.1	48.4	46.5	1.2	5.4	0.58	32.9
		Venti	1634	389	13.4	8.2	59.5	57.2	1.5	6.2	0.71	41.7
<b>Chocolatey Gingerbread Frappuccino®</b> – 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1064	253	10.5	7	34.8	33.4	0.9	4.2	0.42	23.2
		Grande	1466	349	14.5	9.6	48.3	46.4	1.2	5.4	0.57	32.9
		Venti	1688	401	14.9	9.9	59.4	57.1	1.5	6.2	0.70	41.7
<b>Chocolatey Gingerbread Frappuccino®</b> – 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1117	266	12.1	7.5	34.7	33.3	0.9	4.2	0.42	23.2
		Grande	1531	365	16.4	10.2	48.2	46.4	1.2	5.3	0.57	32.9
		Venti	1759	418	17	10.5	59.3	57	1.5	6.1	0.70	41.7

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Chocolatey Gingerbread 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	982	234	10.2	5.8	33.1	31.7	1.1	1.8	0.40	23.2
		Grande	1367	326	14	8.1	46.3	44.3	1.5	2.5	0.55	32.9
		Venti	1579	376	14.4	8.2	57.2	54.7	1.8	3.1	0.67	41.7
<b>Chocolatey Gingerbread 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.], 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1044	249	10.7	5.9	33.2	31.7	1.4	4.1	0.41	23.2
		Grande	1442	343	14.7	8.3	46.4	44.3	1.8	5.2	0.57	32.9
		Venti	1661	395	15.1	8.4	57.3	54.7	2.2	6	0.69	41.7
<b>Chocolatey Gingerbread 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1100	262	11.6	5.9	36.4	32.3	1.7	2.1	0.44	23.2
		Grande	1510	360	15.8	8.3	50.3	45.1	2.2	2.8	0.59	32.9
		Venti	1736	413	16.3	8.4	61.6	55.6	2.6	3.4	0.73	41.7
<b>Chocolatey Gingerbread 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], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], frappuccino roast soluble coffee [roasted soluble coffee], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1047	250	11.2	7.5	33.8	32.5	2.1	2.2	0.48	23.2
		Grande	1446	345	15.3	10.2	47.2	45.3	2.7	3	0.65	32.9
		Venti	1665	397	15.8	10.5	58.1	55.8	3.1	3.6	0.79	41.7
<b>Chocolatey Gingerbread 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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	952	227	9.4	5.8	30.6	29.5	0.8	4.8	0.41	0
		Grande	1316	314	13.1	8.1	42.4	40.9	1.1	6.2	0.57	0
		Venti	1506	359	13.4	8.3	51.9	50.1	1.3	7.2	0.70	0

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Adults need around 2000kcal a day

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Chocolatey Gingerbread Cream Frappuccino®</b> – semi skimmed milk	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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1005	240	10.9	7.5	30.4	29.4	0.8	4.8	0.41	0
		Grande	1383	330	15	10.2	42.2	40.8	1.1	6.2	0.57	0
		Venti	1583	377	15.5	10.7	51.7	49.9	1.3	7.2	0.69	0
<b>Chocolatey Gingerbread Cream Frappuccino®</b> – whole milk	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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1076	257	12.9	8.1	30.3	29.3	0.8	4.7	0.41	0
		Grande	1473	352	17.5	11	42.1	40.6	1.1	6.1	0.56	0
		Venti	1685	402	18.4	11.6	51.6	49.8	1.3	7.1	0.69	0
<b>Chocolatey Gingerbread Cream Frappuccino®</b> – 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], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	897	214	10.3	5.8	28.2	27.1	1.1	1.6	0.38	0
		Grande	1246	298	14.3	8.1	39.4	37.8	1.5	2.2	0.53	0
		Venti	1426	340	14.7	8.2	48.5	46.5	1.8	2.6	0.65	0
<b>Chocolatey Gingerbread Cream Frappuccino®</b> – soya drink	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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	979	234	11.1	6	28.3	27.1	1.4	4.6	0.40	0
		Grande	1349	322	15.2	8.3	39.5	37.8	1.9	5.9	0.56	0
		Venti	1544	368	15.8	8.5	48.6	46.5	2.2	6.9	0.68	0
<b>Chocolatey Gingerbread Cream Frappuccino®</b> – oat drink	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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	1053	252	12.2	6	32.6	27.9	1.8	1.9	0.44	0
		Grande	1443	345	16.7	8.3	44.9	38.9	2.4	2.6	0.60	0
		Venti	1652	394	17.5	8.5	54.8	47.8	2.8	3.1	0.73	0

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## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Chocolatey Gingerbread 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.], Gingerbread whip [whipping cream ( <b>MILK</b> ), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, gingerbread flavour syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Mocha Drizzle [water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract]	Tall	983	236	11.7	8.1	29.2	28.1	2.3	2.1	0.50	0
		Grande	1355	325	16	11	40.6	39.2	3.1	2.8	0.67	0
		Venti	1550	371	16.7	11.6	49.9	48.1	3.6	3.4	0.82	0
<b>Hazelnut Crunch Hot Chocolate – skimmed milk</b>	Skimmed milk [skimmed <b>MILK</b> ], Mocha Whipped Cream (Reduced Mocha Dosage) [whipping cream [whipping cream ( <b>MILK</b> )], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], hazelnut truffle flavour blend [Sugar, alkalised fat reduced cocoa powder [fat reduced cocoa powder, alkasing agent: potassium carbonates], fructose, natural flavourings, natural maple flavouring, salt], hazelnut truffle flavour topping [Flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, fat reduced cocoa powder, <b>MILK</b> chocolate (2.5%) [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], maple syrup, natural flavouring, salt, raising agent (sodium carbonate), vegetable and fruits concentrates (apple, carrot, hibiscus).]	Tall	891	212	7.7	4.4	25.9	23.9	0.3	9.7	0.38	0
		Grande	1123	268	9.4	5.4	33.2	31	0.3	12.4	0.48	0
		Venti	1319	314	9.8	5.6	40.6	38.1	0.3	15.7	0.59	0
<b>Hazelnut Crunch Hot Chocolate – semi skimmed milk</b>	Semi skimmed milk [semi skimmed <b>MILK</b> ], Mocha Whipped Cream (Reduced Mocha Dosage) [whipping cream [whipping cream ( <b>MILK</b> )], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], hazelnut truffle flavour blend [Sugar, alkalised fat reduced cocoa powder [fat reduced cocoa powder, alkasing agent: potassium carbonates], fructose, natural flavourings, natural maple flavouring, salt], hazelnut truffle flavour topping [Flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, fat reduced cocoa powder, <b>MILK</b> chocolate (2.5%) [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], maple syrup, natural flavouring, salt, raising agent (sodium carbonate), vegetable and fruits concentrates (apple, carrot, hibiscus).]	Tall	1023	244	11.4	8.5	25.6	23.7	0.3	9.7	0.38	0
		Grande	1294	308	14.1	10.7	32.9	30.6	0.3	12.4	0.47	0
		Venti	1536	366	15.8	12.4	40.2	37.6	0.3	15.7	0.58	0
<b>Hazelnut Crunch Hot Chocolate – whole milk</b>	Whole milk [whole <b>MILK</b> ], Mocha Whipped Cream (Reduced Mocha Dosage) [whipping cream [whipping cream ( <b>MILK</b> )], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], hazelnut truffle flavour blend [Sugar, alkalised fat reduced cocoa powder [fat reduced cocoa powder, alkasing agent: potassium carbonates], fructose, natural flavourings, natural maple flavouring, salt], hazelnut truffle flavour topping [Flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, fat reduced cocoa powder, <b>MILK</b> chocolate (2.5%) [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], maple syrup, natural flavouring, salt, raising agent (sodium carbonate), vegetable and fruits concentrates (apple, carrot, hibiscus).]	Tall	1200	286	16.4	10.1	25.4	23.4	0.3	9.4	0.37	0
		Grande	1522	363	20.6	12.7	32.5	30.3	0.3	12	0.46	0
		Venti	1826	435	24.1	14.9	39.7	37.2	0.3	15.2	0.57	0
<b>Hazelnut Crunch 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 Whipped Cream (Reduced Mocha Dosage) [whipping cream [whipping cream ( <b>MILK</b> )], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], hazelnut truffle flavour blend [Sugar, alkalised fat reduced cocoa powder [fat reduced cocoa powder, alkasing agent: potassium carbonates], fructose, natural flavourings, natural maple flavouring, salt], hazelnut truffle flavour topping [Flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, fat reduced cocoa powder, <b>MILK</b> chocolate (2.5%) [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], maple syrup, natural flavouring, salt, raising agent (sodium carbonate), vegetable and fruits concentrates (apple, carrot, hibiscus).]	Tall	753	181	10.1	4.3	20.1	17.9	1.1	1.8	0.30	0
		Grande	946	227	12.4	5.3	25.7	23.1	1.3	2.2	0.38	0
		Venti	1093	262	13.7	5.4	31	28.1	1.6	2.6	0.46	0

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## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Hazelnut Crunch Hot Chocolate – 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.], Mocha Whipped Cream (Reduced Mocha Dosage) [whipping cream [whipping cream ( <b>MILK</b> )], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], hazelnut truffle flavour blend [Sugar, alkalised fat reduced cocoa powder [fat reduced cocoa powder, alkasing agent: potassium carbonates], fructose, natural flavourings, natural maple flavouring, salt], hazelnut truffle flavour topping [Flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, fat reduced cocoa powder, <b>MILK</b> chocolate (2.5%) [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], maple syrup, natural flavouring, salt, raising agent (sodium carbonate), vegetable and fruits concentrates (apple, carrot, hibiscus).]	Tall	957	228	11.9	4.8	20.3	17.9	1.9	9.1	0.36	0
		Grande	1208	288	14.8	5.9	26.1	23.1	2.3	11.7	0.44	0
		Venti	1427	340	16.7	6.3	31.5	28.1	2.9	14.8	0.55	0
<b>Hazelnut Crunch 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 Whipped Cream (Reduced Mocha Dosage) [whipping cream [whipping cream ( <b>MILK</b> )], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], hazelnut truffle flavour blend [Sugar, alkalised fat reduced cocoa powder [fat reduced cocoa powder, alkasing agent: potassium carbonates], fructose, natural flavourings, natural maple flavouring, salt], hazelnut truffle flavour topping [Flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, fat reduced cocoa powder, <b>MILK</b> chocolate (2.5%) [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], maple syrup, natural flavouring, salt, raising agent (sodium carbonate), vegetable and fruits concentrates (apple, carrot, hibiscus).]	Tall	1141	273	14.8	4.8	30.9	20	2.9	2.5	0.44	0
		Grande	1447	346	18.6	5.9	39.7	25.9	3.7	3.2	0.55	0
		Venti	1731	414	21.5	6.3	48.8	31.6	4.6	3.9	0.68	0
<b>Hazelnut Crunch 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 Whipped Cream (Reduced Mocha Dosage) [whipping cream [whipping cream ( <b>MILK</b> )], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], hazelnut truffle flavour blend [Sugar, alkalised fat reduced cocoa powder [fat reduced cocoa powder, alkasing agent: potassium carbonates], fructose, natural flavourings, natural maple flavouring, salt], hazelnut truffle flavour topping [Flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, fat reduced cocoa powder, <b>MILK</b> chocolate (2.5%) [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], maple syrup, natural flavouring, salt, raising agent (sodium carbonate), vegetable and fruits concentrates (apple, carrot, hibiscus).]	Tall	967	233	13.5	10.1	22.5	20.5	4.2	3.1	0.59	0
		Grande	1222	295	16.8	12.8	28.8	26.5	5.4	3.9	0.74	0
		Venti	1444	348	19.3	15	35	32.4	6.8	4.8	0.93	0
<b>Oleato Gingerbread Oat Milk Latte – skimmed milk</b>	Skimmed <b>MILK</b> , whole bean roasted coffee, Olives, Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate, ground cinnamon	Tall	991	236	13.5	2.1	19.8	18.8	0.3	9.7	0.35	56.7
		Grande	1186	282	14	2.3	27.3	26.2	0.3	12.8	0.45	56.7
		Venti	1401	332	14.2	2.4	35.8	34.1	0.4	16.6	0.59	85.1
<b>Oleato Gingerbread Oat Milk Latte – semi skimmed milk</b>	Semi skimmed <b>MILK</b> , whole bean roasted coffee, Olives, Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate, ground cinnamon	Tall	1118	266	17.1	6.1	19.5	18.5	0.3	9.7	0.34	56.7
		Grande	1357	323	18.8	7.6	27	25.8	0.3	12.8	0.44	56.7
		Venti	1620	385	20.3	9.3	35.3	33.6	0.4	16.6	0.57	85.1

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## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Oleato Gingerbread Oat Milk Latte - whole milk</b>	Whole <b>MILK</b> , whole bean roasted coffee, Olives, Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate, ground cinnamon	Tall	1289	307	21.9	7.6	19.3	18.2	0.3	9.5	0.33	56.7
		Grande	1586	377	25.3	9.7	26.6	25.5	0.3	12.4	0.43	56.7
		Venti	1914	455	28.6	11.9	34.9	33.2	0.4	16.1	0.56	85.1
<b>Oleato Gingerbread Oat Milk 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, whole bean roasted coffee, Olives, Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate, ground cinnamon	Tall	859	205	15.8	2.1	14.2	12.9	1	2.1	0.27	56.7
		Grande	1009	241	17	2.2	19.8	18.3	1.3	2.5	0.34	56.7
		Venti	1173	280	18.1	2.3	26.1	24	1.7	3.4	0.45	85.1
<b>Oleato Gingerbread Oat Milk Latte - soya drink</b>	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., whole bean roasted coffee, Olives, Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate, ground cinnamon	Tall	1055	251	17.6	2.6	14.5	12.9	1.8	9.2	0.32	56.7
		Grande	1272	302	19.4	2.8	20.2	18.3	2.3	12.1	0.41	56.7
		Venti	1511	359	21.2	3.1	26.6	24	3	15.7	0.54	85.1
<b>Oleato Gingerbread Oat Milk 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), whole bean roasted coffee, Olives, Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate, ground cinnamon	Tall	1233	294	20.4	2.6	24.6	14.9	2.8	2.8	0.4	56.7
		Grande	1511	360	23.2	2.8	33.8	21	3.7	3.5	0.51	56.7
		Venti	1817	433	26	3.1	44.1	27.5	4.8	4.7	0.67	85.1
<b>Oleato Gingerbread Oat Milk 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., whole bean roasted coffee, Olives, Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate, ground cinnamon	Tall	1065	256	19.1	7.6	16.5	15.4	4.1	3.4	0.54	56.7
		Grande	1285	309	21.5	9.7	22.9	21.7	5.4	4.2	0.71	56.7
		Venti	1528	367	23.8	11.9	30.1	28.4	7	5.6	0.92	85.1

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## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Pastries</b>												
<b>Cheese Twist</b>	Y	N	Cheese Filling (31%) (water, grated white cheddar cheese (11%) [pasteurised <b>MILK</b> , salt, anti-caking agent: powdered cellulose, lactic starter culture, coagulant], pasteurised <b>EGG</b> , whey powder ( <b>MILK</b> ), modified maize starch, salt, coconut oil, skimmed <b>MILK</b> powder, thickener: sodium alginate, <b>EGG</b> yolk powder, sugar), <b>WHEAT</b> flour, water, butter (12%) ( <b>MILK</b> ), red leicester cheese (5%) (pasteurised <b>MILK</b> , potato starch, salt, rennet, starter culture, Annatto norbixin), sugar, yeast, salt, <b>WHEAT</b> gluten, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	780	187	11	7.3	16	3	0.5	5.7	0.68
<b>Cake Pops</b>												
<b>Birthday Cake Pop</b>	Y	N	White chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], creme cake concentrate [ <b>WHEAT</b> flour, sugar, modified maize starch, whey powder ( <b>MILK</b> ), raising agents: sodium bicarbonate, diphosphates; salt, vanilla flavouring], icing sugar, salted butter ( <b>MILK</b> ) [ <b>MILK</b> , salt], free range pasteurised whole <b>EGG</b> , rapeseed oil, digestive biscuit [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamine), wholemeal <b>WHEAT</b> flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agent: sodium bicarbonate, ammonium bicarbonate; salt], hundreds and thousands [sugar, maize starch, coconut oil, vegetable concentrate (sweet potato, radish), glazing agent: beeswax], cocoa butter, <b>BUTTERMILK</b> powder, vanilla flavouring, maize starch, preservative: potassium sorbate, colouring [sweet potato, radish, apple, blackcurrant, cherry], strawberry flavouring.	719	172	9.9	4.8	19	8.5	0.1	1.7	0.21
<b>Caramelised Biscuit Cake Pop</b>	Y	N	White chocolate with caramel [sugar, cocoa butter, whole <b>MILK</b> , caramel powder (skimmed <b>MILK</b> powder, whey powder ( <b>MILK</b> ), sugar, <b>MILK</b> fat, vanilla flavouring), skimmed <b>MILK</b> powder, caramelised sugar, cocoa mass, sunflower lecithin, salt], vanilla cake mix [ <b>WHEAT</b> flour, sugar, modified maize starch, whey powder ( <b>MILK</b> ), raising agents: sodium bicarbonate, diphosphates; salt, vanilla flavouring], caramelised biscuit spread [rape seed oil, sugar, caramelised biscuit ( <b>WHEAT</b> flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate), <b>SOYA</b> flour, salt, cinnamon), emulsifier: <b>SOYA</b> lecithin, acidity regulator: citric acid], icing sugar, caramelised biscuit crumb [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable oils (palm, rapeseed), invert sugar syrup, raising agent: sodium bicarbonate, salt, cinnamon], salted butter [ <b>MILK</b> , salt], free range pasteurised whole <b>EGG</b> , rapeseed oil, cocoa butter, <b>BUTTERMILK</b> powder, colours: apple, hibiscus, vanilla flavouring, maize starch, preservative: potassium sorbate	704	169	10	4.1	17	17	1.6	1.9	0.24
<b>Chocolate Cake Pop</b>	Y	N	Chocolate cake mix [sugar, <b>WHEAT</b> flour, cocoa powder, modified maize starch, whey powder ( <b>MILK</b> ), raising agent: sodium hydrogen carbonate, diphosphates; salt, vanilla flavour], milk chocolate (15%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], dark chocolate (12%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], free range pasteurised whole <b>EGG</b> , rapeseed oil, salted butter [butter ( <b>MILK</b> ), salt], water, dark chocolate grains (5%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, vanilla flavouring], white chocolate flavoured compound [sugar, palm oil, whey powder ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), emulsifier: <b>SOYA</b> lecithin, natural flavouring], glucose syrup, cocoa butter, icing sugar, cocoa powder, vanilla flavouring, preservative: potassium sorbate.	702	168	10	4.4	17	12	0.9	2.1	0.22
<b>Loaf Cakes</b>												
<b>Caramelised Biscuit Loaf Cake</b>	Y	N	Free range pasteurised whole <b>EGG</b> , soft brown sugar [sugar, cane molasses, inverted sugar syrup], salted butter [butter ( <b>MILK</b> ), salt], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], caramelised biscuit spread [caramelised biscuit ( <b>WHEAT</b> flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate, <b>SOYA</b> flour, salt, cinnamon), rape seed oil, sugar, emulsifier: <b>SOYA</b> lecithin, acidity regulator: citric acid], icing sugar, vegetable margarine [vegetable oil: palm oil, rapeseed oil; salt, emulsifier: polyglycerol esters of fatty acids], natural flavouring, colours : annatto bixin, curcumin;], <b>ALMONDS</b> , caramelised biscuits [ <b>WHEAT</b> flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate, <b>SOYA</b> flour, salt, cinnamon], soft cheese ( <b>MILK</b> ), cream ( <b>MILK</b> ), caramel [sweetened condensed <b>MILK</b> , glucose syrup, invert sugar syrup, palm oil, butter ( <b>MILK</b> ), sugar, emulsifier: mono and di glycerides of fatty acids, stabiliser: pectin, salt, natural flavouring], emulsifier [starch, emulsifier: polyglycerol ester, mono- and di glycerides of fatty acids;], white chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], modified starch, caramel flavouring, vanilla flavouring, baking powder [raising agents : disodium diphosphate, potassium hydrogen carbonate, calcium carbonate;], maize starch, raising agent: sodium bicarbonate, preservative: potassium sorbate.	1868	448	28	13	42	22	1.8	6.1	0.64
<b>Red Velvet Loaf Cake</b>	Y	N	Raising sugar, free range pasteurised whole <b>EGG</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), ground <b>ALMONDS</b> , rapeseed oil, salted butter (butter ( <b>MILK</b> ) salt), water, icing sugar, cream ( <b>MILK</b> ), white chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], soft cheese ( <b>MILK</b> ), vanilla flavouring, beetroot juice concentrate [beetroot juice, acidity regulators : ascorbic acid, citric acid], modified maize starch, <b>BUTTERMILK</b> powder, cocoa powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate], potato starch, emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, <b>SOYA</b> flour; white wine vinegar, agent: sodium bicarbonate, preservative: potassium sorbate, salt, maize starch, thickening agent: xanthan gum, colour: iron oxides.	1750	419	23	7	45	28	2.3	6.8	0.78

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<b>Muffins</b>												
<b>Banana Caramel Muffin (Plant Based)</b>	Y	Y	Banana pulp (26%) [banana pulp, antioxidant: ascorbic acid], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin], caramel (9%) [glucose syrup, palm oil, sugar, invert sugar syrup, pea protein, salt, emulsifier: mono and di glycerides of fatty acids; flavouring, sugar syrup], soft dark brown sugar [sugar, molasses], soft brown sugar [sugar, cane molasses, inverted sugar syrup], maple syrup, dried banana (6%) [banana, rice flour], rapeseed oil, sweetened dried banana coins (5%) [banana, coconut oil, sugar, natural banana flavouring], coconut milk [coconut extract], <b>SOYA</b> protein, alpha dextrin, salt, vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; calcium carbonate], raising agent: sodium bicarbonate, cinnamon, preservative: potassium sorbate, modified maize starch.	1463	348	10	3.1	58	31	3.2	4.8	0.9
<b>Caramel Waffle Muffin</b>	Y	N	Soft brown sugar [sugar, cane molasses, inverted sugar syrup], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin], free range pasteurised <b>EGG</b> , rapeseed oil, water, caramel [glucose syrup, palm oil, sugar, invert sugar syrup, pea protein, salt, emulsifier: mono and di glycerides of fatty acids; flavouring, sugar syrup], waffle [ <b>WHEAT</b> flour, glucose fructose syrup, sugar, palm fat, concentrated butter ( <b>MILK</b> ), sugar syrup, <b>SOYA</b> flour, rapeseed oil, salt, Emulsifier: <b>SOYA</b> lecithin, Raising agent: sodium bicarbonate, cinnamon, citric acid, vanilla, Emulsifier: mono and di glycerides of fatty acids], icing sugar, partially inverted refiners syrup, salted butter [butter ( <b>MILK</b> ), salt], modified maize starch, cream ( <b>MILK</b> ), humectant: glycerine, caramel [sweetened condensed <b>MILK</b> , glucose syrup, invert sugar syrup, palm oil, butter ( <b>MILK</b> ), sugar, emulsifier: mono and di glycerides of fatty acids, stabiliser: pectin, salt, natural flavouring], potato starch, baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, <b>SOYA</b> flour; white chocolate with caramel [whole <b>MILK</b> , caramel powder (skimmed <b>MILK</b> powder, whey powder ( <b>MILK</b> ), sugar, <b>MILK</b> fat, vanilla flavouring), skimmed <b>MILK</b> powder, caramelised sugar, cocoa mass, emulsifier: sunflower lecithin, salt, sugar, cocoa butter], butterscotch flavouring ( <b>MILK</b> ), white chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], <b>WHEAT</b> gluten, vanilla flavouring, skimmed <b>MILK</b> powder, <b>BUTTERMILK</b> powder, salt, preservative: potassium sorbate, thickener: guar gum, raising agent: sodium bicarbonate, toffee flavouring.	1956	467	23	5.4	59	31	0.8	5.6	0.62
<b>Cookies</b>												
<b>Toffee Nut Cookie</b>	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid], white chocolate with caramel [sugar, cocoa butter, whole <b>MILK</b> , caramel powder (skimmed <b>MILK</b> powder, whey powder ( <b>MILK</b> ), sugar, <b>MILK</b> fat, vanilla flavouring), skimmed <b>MILK</b> powder, caramelised sugar, cocoa mass, emulsifier: sunflower lecithin, salt], salted butter [butter ( <b>MILK</b> ), salt], sugar, soft dark brown sugar [sugar, molasses], <b>HAZELNUTS</b> (3%), baking powder [raising agents: sodium phosphate, potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], humectant: glycerine, toffee flavouring, dextrose, whey powder ( <b>MILK</b> ), vanilla flavouring.	1521	364	20	11	42	22	0.9	3.5	0.13
<b>Bars &amp; Traybakes</b>												
<b>Caramel Brownie Bite</b>	Y	N	Dark chocolate (22%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], milk chocolate (21%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], salted butter [butter ( <b>MILK</b> ), salt], sugar, free range pasteurised whole <b>EGG</b> , [sweetened condensed milk [ <b>MILK</b> , sugar], <b>ALMONDS</b> , <b>WHEAT</b> flour, partially inverted refiners syrup, miso paste (2%)( <b>SOYA</b> ), cocoa powder, palm oil, cocoa mass, vanilla flavouring, whey powder ( <b>MILK</b> ), rapeseed oil, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate], salt, preservative: potassium sorbate, <b>SOYA</b> sauce.	506	122	7.7	4.3	11	9.4	0.9	1.6	0.16
<b>Christmas Tree Brownie</b>	Y	N	Dark chocolate (18%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sugar, salted butter [butter ( <b>MILK</b> ), salt], free range pasteurised whole <b>EGG</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], milk chocolate (8%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], rapeseed oil, cocoa mass, white chocolate flavoured compound [sugar, palm oil, whey powder ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), emulsifier: <b>SOYA</b> lecithin, natural flavouring], cocoa powder, glucose syrup, icing sugar, dried <b>EGG</b> white, dried <b>EGG</b> white [ <b>WHEAT</b> starch, albumen ( <b>EGG</b> ), sugar, modified starch, acidity regulator, dextrose, gelling agent: guar gum], vanilla flavouring, preservative: potassium sorbate, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], colour: iron oxide.	1439	345	22	10	32	24	2.2	3.7	0.19

## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Cookies &amp; Cream Brownie Bite</b>	Y	N	Sugar, dark chocolate (14%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], milk chocolate (13%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], pasteurised free range <b>EGG</b> , white chocolate (12%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], salted butter (butter ( <b>MILK</b> ), salt), cream cheese ( <b>MILK</b> ), ground <b>ALMONDS</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cookies and cream biscuit crumb (3%) [ <b>WHEAT</b> flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, <b>WHEAT</b> starch, glucose fructose syrup, raising agent: ammonium carbonate, potassium carbonates, sodium carbonate; salt, emulsifiers: <b>SOYA</b> lecithin, acidity regulator: sodium hydroxide], pasteurised free range liquid <b>EGG</b> white, cocoa powder, natural vanilla flavouring, cocoa mass, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate;], salt, preservative: potassium sorbate.	452	109	6.7	3.9	10	8.3	0.9	1.6	0.12
<b>White Chocolate &amp; Raspberry Blondie Bite</b>	Y	N	White chocolate (27%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], caster sugar, free range pasteurised whole <b>EGG</b> , salted butter ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raspberry jam (8%)[glucose fructose syrup, sugar, raspberry puree, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, raspberry flavouring], raspberries, ground <b>ALMONDS</b> , rapeseed oil, water, freeze dried raspberry pieces (0.3%), vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], maize starch, gelling agent: xanthan gum.	402	96	4.8	2.9	12	8.2	<0.5	1	0.08
<b>Porridge, Fruit &amp; Yoghurt</b>												
<b>Peach &amp; Raspberry Overnight Oats (Plant Based)</b>	Y	Y	Cultured oat, coconut and rice (24%) (water, coconut cream, <b>OAT</b> flour, cornflour, sugar, rice flour, coconut oil, tri-calcium phosphate, gelling agent [pectins], salt, vegan cultures [ <i>L.Bulgaricus</i> , <i>S.Thermophilus</i> ], vitamins [D2, B12]), raspberry and peach sauce (23%) (water, raspberries, glucose syrup, concentrated peach juice, white sugar, cornflour, lemon juice, gelling agent [pectins]), water, jumbo <b>OATS</b> (15%), diced peaches (10%) (peaches, sugar, acidity regulator [citric acid]), shredded apple, dried berry mix (juice infused dried blueberries [blueberries, apple juice from concentrate, sunflower oil]), juice infused dried cranberries [pineapple juice, cranberries, sunflower oil]).	1129	268	5.3	2.5	48	14	4	5	0.08
<b>Egg Bites</b>												
<b>Egg Bites with Red Pepper &amp; Spinach</b>	Y	N	Free-range pasteurised <b>EGG</b> , low fat soft cheese (10%) [curd ( <b>MILK</b> ), sweet whey powder ( <b>MILK</b> ), butter ( <b>MILK</b> ), salt, thickeners: carob gum, carrageenan], spinach, mature Cheddar cheese (5%) ( <b>MILK</b> ), Gouda full fat hard cheese (5%) ( <b>MILK</b> ), red bell pepper, stabiliser: modified maize starch, salt, acidity regulator: citric acid, potato starch.	603	145	8.8	4.3	4.7	0.9	1.3	11	1.3
<b>Egg Bites with Three Cheese &amp; Ham</b>	N	N	Free-range pasteurised <b>EGG</b> , low fat soft cheese (11%) [curd ( <b>MILK</b> ), butter ( <b>MILK</b> ), sweet whey powder ( <b>MILK</b> ), salt, thickeners: carrageenan, carob gum], Gouda full fat hard cheese (7%) ( <b>MILK</b> ), mature Cheddar cheese (7%) ( <b>MILK</b> ), formed ham (4%) [pork, salt, sugar, dextrose, garlic powder, ground white pepper, antioxidant: sodium ascorbate, flavouring, preservative: sodium nitrite, nutmeg], cornflour, salt, acidity regulator: citric acid, potato starch.	736	177	11	5.4	5.7	<0.5	1.4	13	1.5
<b>Hot Box</b>												
<b>Chipotle Chilli Tater Bites</b>	Y	N	Potato rosti (60%) (potato, sunflower oil, potato starch, dehydrated potatoes, salt, flavouring, onion powder, dextrose, emulsifier: mono- and diglycerides of fatty acids, stabiliser: disodium diphosphate, antioxidants: rosemary extract, citric acid), chipotle relish (roasted red pepper, tomatoes [tomato, tomato juice], sugar, water, onion, white wine vinegar, glucose syrup, cornflour, tomato paste, cider, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, cumin), tomatoes, mature Cheddar cheese (8%) ( <b>MILK</b> ), mozzarella full fat soft cheese (5%) ( <b>MILK</b> ), roasted red pepper (red pepper, salt, acidity regulator: citric acid).	1155	276	14	4.5	29	2.8	2.1	7.5	0.9

## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Breakfast Sandwiches</b>												
<b>Pigs Under Blanket Roll</b>	N	N	White bread roll (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, sugar, yeast, palm oil, rapeseed oil, salt, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid, acidity regulator: citric acid), pork sausage (25%) (pork, water, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], pork fat, onion, <b>WHEAT</b> starch, rapeseed oil, brown sugar, salt, rubbed sage, dextrose, black pepper, stabiliser: tetrasodium diphosphate, <b>WHEAT</b> protein, yeast extract, antioxidant: ascorbic acid, cane molasses, coriander extract, mace extract, nutmeg extract, pepper extract, sage extract, raising agent: ammonium bicarbonate), mild Cheddar cheese ( <b>MILK</b> ), cranberry chutney (cranberries, plum, sugar, red wine vinegar, cornflour, concentrated plum juice, dried cranberries [sugar, cranberries, sunflower oil]), smoked bacon (5%) (pork belly, sugar, salt, stabiliser: pentasodium triphosphate, honey, preservative: sodium nitrite), mayonnaise (water, rapeseed oil, free range pasteurised whole <b>EGG</b> , cornflour, spirit vinegar, salt, <b>MUSTARD</b> flour), sage and onion stuffing (water, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], onion, <b>OATS</b> , salt, dried sage, parsley, black pepper, raising agent: ammonium bicarbonate, yeast).	2040	486	19	7	54	7.9	3.5	23	1.5
<b>Tomato &amp; Mozzarella Croissant</b>	Y	N	Croissant ( <b>WHEAT</b> flour, butter ( <b>MILK</b> ), sugar, water, yeast, pasteurised <b>EGG</b> , skimmed <b>MILK</b> powder, iodised salt, <b>WHEAT</b> gluten, natural butter flavouring ( <b>MILK</b> ), pea fibre, flour treatment agent: ascorbic acid, yeast powder), tomato (13%), tomato dressing (tomato purée, rapeseed oil, tomato, red onion, sugar, parsley, onion, garlic purée, concentrated lemon juice, white wine vinegar, basil, Dijon mustard [ <b>MUSTARD</b> seeds, spirit vinegar, salt], cornflour, salt, oregano, black pepper, white pepper), mozzarella full fat soft cheese (9%) ( <b>MILK</b> ), béchamel sauce (whole <b>MILK</b> , single cream ( <b>MILK</b> ), salted butter [butter ( <b>MILK</b> ), salt], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), mature Cheddar cheese ( <b>MILK</b> ), cornflour.	1409	337	18	12	33	6.8	1.5	10	0.9
<b>Hot Sandwiches</b>												
<b>Brie &amp; Cranberry Focaccia</b>	Y	N	Rosemary topped focaccia (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, extra virgin olive oil, rosemary, salt, yeast, malted <b>BARLEY</b> flour), brie full fat soft cheese (18%) ( <b>MILK</b> ), cranberry chutney (12%) (cranberries, plum, sugar, water, red wine vinegar, cornflour, concentrated plum juice, dried cranberries [sugar, cranberries, sunflower oil]), spinach.	1854	441	16	6.9	56	9.5	4.7	16	1.1
<b>Festive Feast Panini</b>	N	N	Sourdough ciabatta panini (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, olive oil, fermented <b>WHEAT</b> flour, sourdough, malted <b>WHEAT</b> flour, salt, yeast), steamed chicken breast (19%) (chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil, rapeseed oil), turkey and chicken gravy (water, cornflour, onion, carrot, tomato paste, chicken skin, cornflour, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, turkey extract, salted butter [butter ( <b>MILK</b> ), salt], chicken, salt, garlic purée, chicken extract, plain caramel, chicken fat, rosemary, concentrated onion juice, thyme, sage), mature Cheddar cheese ( <b>MILK</b> ) (7%), smoked bacon (5%) (pork belly, sugar, salt, stabiliser: pentasodium triphosphate, honey, preservative: sodium nitrite), pork, bacon and caramelised onion stuffing (pork, smoked bacon [pork, salt, preservatives: sodium nitrate, potassium nitrate], red onion, onion, rice flour, gram flour, honey, potato starch, muscovado sugar, sugar, pea fibre, salt, red wine, white wine vinegar, sage, parsley, stabilisers: tetrasodium diphosphate, disodium diphosphate, cider vinegar, maize starch, cornflour, ground nutmeg, ground ginger, ground white pepper, ground clove, ground cinnamon, balsamic vinegar, rapeseed oil, garlic purée, black pepper), cranberry chutney (cranberries, plum, sugar, water, red wine vinegar, cornflour, concentrated plum juice, dried cranberries [sugar, cranberries, sunflower oil]).	2165	515	17	2.7	60	5.4	2.9	29	1.8
<b>Cold Sandwiches and Wraps</b>												
<b>Chicken Caesar Wrap</b>	N	N	Plain tortilla [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, sugar, raising agent: sodium carbonate, salt, palm oil], steamed chicken breast (17%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil], ranch style Caesar dressing [water, rapeseed oil, soured cream ( <b>MILK</b> ), white wine vinegar, garlic purée, medium fat hard cheese ( <b>MILK</b> ), cornflour, free range pasteurised <b>EGG</b> yolk, Dijon mustard ( <b>MUSTARD</b> seed, vinegar, salt), sugar, chives, Worcestershire sauce (spirit vinegar, black treacle, tamarind concentrate, onion powder, salt, garlic powder, white pepper, ground pimento, ground ginger, ground paprika, ground clove), concentrated lemon juice, salt, parsley, garlic powder, black pepper], smoked bacon (6%) [pork belly, sugar, salt, emulsifier: sodium triphosphate, honey, preservative: sodium nitrite], lettuce, cornflour.	1920	457	18	5.2	52	3.9	1.6	21	1.4

## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Fiery No'Chicken Wrap</b>	Y	Y	Tortilla wrap [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, <b>WHEAT</b> starch], soya protein pieces (12%) [water, soya protein ( <b>SOYA</b> protein isolate, <b>WHEAT</b> gluten, <b>WHEAT</b> starch), rapeseed oil, <b>SOYA</b> protein concentrate, <b>WHEAT</b> protein, thickeners: methyl cellulose, carageenan, flavouring, yeast, sea salt], firecracker sauce [water, rapeseed oil, tomato paste, onion, spirit vinegar, red chilli purée, sugar, soy sauce (water, soya extract (water, <b>SOYA</b> beans, salt, <b>WHEAT</b> flour), salt, molasses, <b>BARLEY</b> malt vinegar, <b>BARLEY</b> malt extract), cornflour, garlic purée, tomatoes (tomatoes, acidity regulator: citric acid), sugar, tamarind paste, ginger purée, concentrated lime juice, coriander, salt, dried red chilli, cayenne pepper, molasses, chilli powder blend (chilli powder, cumin, garlic, oregano, salt), white pepper, paprika extract], pea protein alternative to mayonnaise [water, rapeseed oil, cornflour, sugar, spirit vinegar, Dijon mustard (brown <b>MUSTARD</b> seed, spirit vinegar, salt), salt, pea protein, concentrated lemon juice, thickener: pectin], spinach, coconut oil alternative to cheese [water, coconut oil, modified starch, potato starch, sea salt, flavouring, olive extract, colour: beta carotene, vitamin b12], red pepper, spring onion, water, red chilli purée, cornflour.	1835	438	20	5.2	52	6.3	3	11	1.5
<b>Holiday Ham Sub Roll</b>	N	N	White sub roll (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, durum <b>WHEAT</b> semolina, pasteurised <b>EGG</b> , rapeseed oil, sugar, salt, <b>WHEAT</b> gluten, dried whole <b>MILK</b> , dried fermented <b>WHEAT</b> flour, yeast, palm fat, emulsifiers: mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, mono and diglycerides of fatty acids, sodium, potassium and calcium salts of fatty acids, deactivated yeast, flour treatment agent: ascorbic acid, <b>WHEAT</b> starch), honey roast formed ham (15%) (pork, honey, salt, dextrose, sugar, stabilisers: diphosphates, triphosphates, antioxidant: sodium ascorbate, salt, preservative: sodium nitrite), mature Cheddar cheese (7%) ( <b>MILK</b> ), cranberry sauce (cranberries, plum, sugar, water, red wine vinegar, cornflour, concentrated plum juice, dried cranberries [sugar, cranberries, sunflower oil]), mayonnaise (water, rapeseed oil, free range pasteurised whole <b>EGG</b> , cornflour, spirit vinegar, salt, <b>MUSTARD</b> flour), spinach, red cabbage, carrot, onion, wholegrain mustard (water, <b>MUSTARD</b> seed, spirit vinegar, salt), Dijon mustard (water, spirit vinegar, yellow <b>MUSTARD</b> flour, brown <b>MUSTARD</b> flour, sea salt, ground pimento, ground turmeric), honey, parsley, garlic purée, cornflour, white pepper.	1788	425	13	4.5	53	4.5	1.9	23	1.7
<b>Red Leicester Cheese &amp; Pickle Sandwich</b>	Y	N	Malted bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, <b>WHEAT</b> bran, salt, yeast, malted <b>BARLEY</b> flour, <b>WHEAT</b> gluten, spirit vinegar, malted <b>WHEAT</b> flour, emulsifiers: mono and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid, rapeseed oil, palm oil], tomato, Red Leicester cheese (16%) ( <b>MILK</b> ), pickle (10%) [sugar, distilled malt vinegar ( <b>BARLEY</b> ), courgette, carrot, swede, onion, water, molasses, spirit vinegar, cornflour, salt, <b>BARLEY</b> malt extract, spices, concentrated lemon juice, black pepper], lettuce.	1541	366	10	6.3	52	9.4	4	15	1.4
<b>Turkey &amp; Chicken Sandwich</b>	N	N	Malted bread (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, <b>WHEAT</b> bran, yeast, malted <b>BARLEY</b> flour, salt, emulsifiers: mono- and di glycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, <b>WHEAT</b> gluten, spirit vinegar, malted <b>WHEAT</b> flour, rapeseed oil, flour treatment agent: ascorbic acid, palm oil), mayonnaise (water, rapeseed oil, free range pasteurised whole <b>EGG</b> , cornflour, spirit vinegar, salt, <b>MUSTARD</b> flour), steamed turkey breast (9%) (turkey breast, salt, cornflour), steamed chicken breast (9%) (chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil, rapeseed oil), cranberry sauce (9%) (cranberries, plum, sugar, red wine vinegar, cornflour, concentrated plum juice, dried cranberries [sugar, cranberries, sunflower oil]), smoked bacon (5%) (pork belly, sugar, salt, stabiliser: pentasodium triphosphate, honey, preservative: sodium nitrite), sage and onion stuffing (water, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], onion, <b>OATS</b> , dried sage, salt, parsley, black pepper, raising agent: ammonium bicarbonate, yeast), spinach.	1682	400	9.9	2.1	58	7.9	7.2	16	1.7

[Home >](#)

[Beverages >](#)

[Food >](#)

