

NUTRITION & ALLERGEN GUIDE

WINTER – SPRING

January – May 2024



Caramel Oat
Latte



Cheese & Marmite®
Mini Ciabatta



Egg White Bites
with Three Cheese
& Red Pepper



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 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)
Almond Biscotti Latte – skimmed milk	Skimmed milk [skimmed MILK], whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	597	141	1.3	0.4	22.3	20.6	0.3	10	0.39	66.2
		Grande	776	184	1.5	0.5	29.2	27.4	0.3	13	0.49	66.2
		Venti	990	234	1.9	0.7	37	34.7	0.4	16.9	0.64	99.2
Almond Biscotti Latte – semi skimmed milk	Semi skimmed milk [semi skimmed MILK], whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	725	172	4.8	4.4	22	20.4	0.3	10	0.38	66.2
		Grande	947	225	6.3	5.9	28.9	27.1	0.3	13	0.49	66.2
		Venti	1210	287	8.1	7.6	36.6	34.3	0.4	16.9	0.63	99.2
Almond Biscotti Latte – whole milk	Whole milk [whole MILK], whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	895	213	9.7	5.9	21.8	20.1	0.3	9.7	0.38	66.2
		Grande	1176	280	12.8	7.9	28.5	26.7	0.3	12.7	0.48	66.2
		Venti	1503	357	16.4	10.1	36.1	33.9	0.4	16.4	0.62	99.2
Almond Biscotti Latte – almond drink	Almond drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	465	113	3.5	0.3	16.3	14.7	0.8	2.3	0.29	66.2
		Grande	599	146	4.5	0.4	21.2	19.4	1	2.7	0.37	66.2
		Venti	763	186	5.8	0.5	26.8	24.5	1.3	3.7	0.47	99.2
Almond Biscotti Latte – soya drink	Soya drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	661	157	5.3	0.8	17	14.8	1.8	9.5	0.36	66.2
		Grande	862	204	7	1.1	22	19.6	2.3	12.3	0.46	66.2
		Venti	1100	261	9	1.4	27.8	24.6	3	16	0.59	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)
Almond Biscotti Latte – oat drink	Oat drink [Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	839	200	8.1	0.8	27.1	16.8	2.8	3.1	0.44	66.2
		Grande	1101	262	10.8	1.1	35.7	22.3	3.7	3.8	0.56	66.2
		Venti	1407	335	13.8	1.4	45.3	28.2	4.8	5	0.73	99.2
Almond Biscotti Latte – coconut drink	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	671	162	6.9	5.9	19	17.3	4.1	3.6	0.59	66.2
		Grande	876	211	9.1	7.9	24.8	23	5.4	4.5	0.76	66.2
		Venti	1118	270	11.6	10.2	31.3	29	7	5.9	0.98	99.2
Iced Almond Biscotti Latte – skimmed milk	Skimmed milk [skimmed MILK], ice, whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	488	116	1.1	0.3	18.8	17.2	0.3	7.5	0.31	66.2
		Grande	606	143	1.2	0.4	23.8	22	0.3	9.1	0.37	66.2
		Venti	721	171	1.4	0.4	28.5	26.2	0.4	10.7	0.44	99.2
Iced Almond Biscotti Latte – semi skimmed milk	Semi skimmed milk [semi skimmed MILK], ice, whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	580	137	3.6	3.2	18.7	17	0.3	7.5	0.31	66.2
		Grande	721	171	4.4	4	23.6	21.8	0.3	9.1	0.37	66.2
		Venti	851	202	5.1	4.5	28.2	26	0.4	10.7	0.44	99.2
Iced Almond Biscotti Latte – whole milk	Whole milk [whole MILK], ice, whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	702	167	7.1	4.3	18.5	16.8	0.3	7.3	0.30	66.2
		Grande	875	208	8.8	5.3	23.4	21.6	0.3	8.9	0.36	66.2
		Venti	1026	244	10	6.1	28	25.7	0.4	10.4	0.43	99.2

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Beverages

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Iced Almond Biscotti Latte - almond drink	Almond drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], ice, whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	393	96	2.7	0.3	14.6	12.9	0.6	2	0.24	66.2
		Grande	486	118	3.2	0.3	18.4	16.7	0.7	2.2	0.29	66.2
		Venti	585	142	3.7	0.4	22.4	20.1	0.9	2.8	0.35	99.2
Iced Almond Biscotti Latte - soya drink	Soya drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], ice, whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	534	127	4	0.6	15	13	1.4	7.1	0.29	66.2
		Grande	663	157	4.9	0.8	19	16.8	1.7	8.6	0.35	66.2
		Venti	786	186	5.6	0.9	23	20.2	2	10.1	0.42	99.2
Iced Almond Biscotti Latte - oat drink	Oat drink [Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], ice, whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	662	158	6	0.6	22.3	14.4	2.1	2.5	0.35	66.2
		Grande	824	196	7.4	0.8	28.2	18.6	2.6	2.9	0.42	66.2
		Venti	969	231	8.4	0.9	33.5	22.3	3	3.6	0.50	99.2
Iced Almond Biscotti Latte - coconut drink	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], ice, whole bean roasted coffee, almond biscotti syrup [sugar, water, natural flavourings, acidity regulator: citric acid, salt, preservative: potassium sorbate.], almond biscotti topping [WHEAT Flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, sunflower seeds, water, rapeseed oil, maple syrup, natural flavourings, salt, vegetable and fruits concentrates: apple, carrot, hibiscus; raising agent: sodium carbonate.]	Tall	541	130	5.1	4.3	16.5	14.8	3	2.9	0.45	66.2
		Grande	673	162	6.3	5.4	20.8	19.1	3.7	3.4	0.55	66.2
		Venti	796	191	7.1	6.1	25.1	22.8	4.3	4.1	0.65	99.2

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Golden Caramel White Chocolate Crème Frappuccino® – skimmed milk	Ice, skimmed milk [skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1091	260	9.5	6.6	40.3	34	0	3.4	0.47	0
		Grande	1468	349	13.1	9.2	53.7	45.5	0	4.2	0.62	0
		Venti	1719	409	13.5	9.5	67.1	56.6	0	4.7	0.78	0
Golden Caramel White Chocolate Crème Frappuccino® – semi skimmed milk	Ice, semi skimmed milk [semi skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1128	269	10.5	7.8	40.2	33.9	0	3.4	0.46	0
		Grande	1512	360	14.3	10.6	53.7	45.4	0	4.2	0.62	0
		Venti	1769	421	14.9	11	67	56.5	0	4.7	0.78	0
Golden Caramel White Chocolate Crème Frappuccino® – whole milk	Ice, whole milk [whole MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1178	280	11.9	8.2	40.1	33.9	0	3.3	0.46	0
		Grande	1571	374	16	11.1	53.6	45.3	0	4.1	0.62	0
		Venti	1835	436	16.8	11.6	66.9	56.4	0	4.6	0.77	0
Golden Caramel White Chocolate Crème Frappuccino® – almond drink	Ice, almond drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (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.], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1052	251	10.1	6.6	38.5	32.3	0.1	1.2	0.44	0
		Grande	1422	340	13.9	9.2	51.7	43.4	0.2	1.5	0.59	0
		Venti	1668	398	14.4	9.4	64.8	54.3	0.2	1.7	0.74	0

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Golden Caramel White Chocolate Crème Frappuccino® – soya drink	Ice, soya drink SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1110	264	10.6	6.7	38.7	32.3	0.4	3.3	0.46	0
		Grande	1490	355	14.5	9.3	51.9	43.4	0.5	4	0.61	0
		Venti	1744	415	15.1	9.6	65	54.3	0.6	4.5	0.77	0
Golden Caramel White Chocolate Crème Frappuccino® – oat drink	Ice, oat drink [Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1162	277	11.5	6.7	41.7	32.9	0.7	1.4	0.48	0
		Grande	1552	370	15.5	9.3	55.4	44.1	0.9	1.8	0.64	0
		Venti	1814	432	16.2	9.6	69	55.1	1	2	0.80	0
Golden Caramel White Chocolate Crème Frappuccino® – coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1113	266	11.1	8.2	39.3	33.1	1.1	1.6	0.52	0
		Grande	1493	356	15	11.1	52.6	44.3	1.3	2	0.69	0
		Venti	1748	417	15.7	11.6	65.8	55.3	1.5	2.2	0.85	0
Golden Caramel White Chocolate Coffee Frappuccino® – skimmed milk	Ice, skimmed milk [skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1195	284	9.6	6.6	45.4	38.9	0.1	3.8	0.50	21.6
		Grande	1611	383	13.3	9.2	60.9	52.2	0.2	4.7	0.67	29.9
		Venti	1906	452	13.8	9.5	76.3	65.4	0.2	5.3	0.83	38.7

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Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Golden Caramel White Chocolate offee Frappuccino® – semi skimmed milk	Ice, semi skimmed milk [semi skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1232	293	10.6	7.8	45.3	38.8	0.1	3.8	0.50	21.6
		Grande	1655	393	14.5	10.6	60.8	52.1	0.2	4.7	0.66	29.9
		Venti	1955	464	15.1	11.1	76.2	65.3	0.2	5.3	0.83	38.7
Golden Caramel Coffee Frappuccino® – whole milk	Ice, whole milk [whole MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1282	305	12	8.2	45.3	38.7	0.1	3.7	0.49	21.6
		Grande	1714	408	16.2	11.1	60.7	52	0.2	4.6	0.66	29.9
		Venti	2021	480	17	11.7	76.1	65.2	0.2	5.2	0.83	38.7
Golden Caramel Coffee Frappuccino® – almond drink	Ice, almond drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (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], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1156	276	10.2	6.6	43.7	37.2	0.3	1.5	0.47	21.6
		Grande	1566	373	14	9.2	58.8	50.1	0.3	2	0.63	29.9
		Venti	1854	441	14.6	9.5	74	63	0.4	2.3	0.80	38.7
Golden Caramel Coffee Frappuccino® – soya drink	Ice, soya drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1213	288	10.8	6.8	43.9	37.2	0.6	3.6	0.49	21.6
		Grande	1633	388	14.7	9.4	59	50.2	0.7	4.5	0.66	29.9
		Venti	1930	458	15.3	9.7	74.3	63.1	0.8	5.1	0.82	38.7

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Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Golden Caramel White Chocolate Coffee Frappuccino® – oat drink	Ice, oat drink [Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1265	301	11.6	6.8	46.8	37.8	0.9	1.8	0.51	21.6
		Grande	1695	403	15.6	9.4	62.5	50.9	1	2.3	0.68	29.9
		Venti	2000	475	16.4	9.7	78.2	63.9	1.2	2.6	0.85	38.7
Golden Caramel White Chocolate Coffee Frappuccino® – coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], frappuccino roast soluble coffee [roasted soluble coffee], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1216	290	11.2	8.3	44.4	37.9	1.2	1.9	0.55	21.6
		Grande	1637	390	15.2	11.1	59.7	51.1	1.5	2.5	0.73	29.9
		Venti	1934	460	15.9	11.7	75	64.1	1.7	2.8	0.91	38.7
Golden Caramel White Hot Chocolate – skimmed milk	Skimmed milk [skimmed MILK], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1230	292	8.7	5.9	45.7	36.3	0	7.9	0.41	0
		Grande	1550	368	10.4	7	58.8	46.6	0	9.9	0.52	0
		Venti	1889	448	11.2	7.5	73.5	58.5	0	13.2	0.68	0
Golden Caramel White Hot Chocolate – semi skimmed milk	Semi skimmed milk [semi skimmed MILK], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1330	316	11.5	9	45.5	36.1	0	7.9	0.41	0
		Grande	1676	398	13.9	11	58.5	46.3	0	9.9	0.52	0
		Venti	2061	489	16.1	12.9	73.2	58.1	0	13.2	0.67	0

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Golden Caramel White Hot Chocolate – whole milk	Whole milk [whole MILK], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1465	348	15.3	10.2	45.3	35.9	0	7.7	0.40	0
		Grande	1845	439	18.7	12.5	58.3	46.1	0	9.6	0.51	0
		Venti	2291	544	22.6	14.9	72.8	57.8	0	12.8	0.66	0
Golden Caramel White Hot Chocolate – almond drink	Almond drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1126	270	10.4	5.8	41	31.6	0.4	1.8	0.34	0
		Grande	1419	340	12.6	6.9	52.8	40.6	0.5	2.3	0.43	0
		Venti	1710	410	14.3	7.4	65.4	50.4	0.7	2.8	0.55	0
Golden Caramel White Hot Chocolate – soya drink	Soya drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1280	304	11.9	6.2	41.4	31.7	1.2	7.5	0.39	0
		Grande	1613	383	14.4	7.4	53.5	40.7	1.5	9.4	0.50	0
		Venti	1975	469	16.7	8.1	66.3	50.6	2.1	12.5	0.64	0
Golden Caramel White Hot Chocolate – oat drink	Oat drink [Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK , Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1421	338	14.1	6.2	49.5	33.3	2	2.4	0.45	0
		Grande	1790	426	17.2	7.4	63.6	42.8	2.5	3	0.58	0
		Venti	2216	527	20.5	8.1	80	53.3	3.4	3.9	0.75	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)
Golden Caramel White Hot Chocolate - coconut drink	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], caramel flavour white chocolate sauce [Glucose syrup, Water, Sugar, Sweetened condensed MILK, Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel flavour white chocolate drizzle [Glucose syrup, Water, Sugar, Sweetened condensed MILK, Humectant: glycerol, Brown sugar [Sugar, molasses], Unsalted butter (MILK), White chocolate powder (1.5%) [Sugar, Cocoa butter, Whole MILK powder, Emulsifier: SOYA lecithin, Vanilla extract], Modified starch, Colouring food: concentrate of apple, carrot, hibiscus and molasses, Salt, Natural flavourings, Emulsifier: SOYA lecithins, Preservative: potassium sorbate, Thickener: xanthan gum.]	Tall	1288	308	13.1	10.2	43	33.7	3	2.8	0.57	0
		Grande	1623	388	15.9	12.5	55.5	43.3	3.8	3.6	0.72	0
		Venti	1989	475	18.8	15	69	54	5.2	4.6	0.95	0

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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)
Pastries												
Cheese Twist	Y	N	Cheese Filling (31%) (water, grated white cheddar cheese (11%) [pasteurised MILK , salt, anti-caking agent: powdered cellulose, lactic starter culture, coagulant], pasteurised EGG , whey powder (MILK), modified maize starch, salt, coconut oil, skimmed MILK powder, thickener: sodium alginate, EGG yolk powder, sugar), WHEAT flour, water, butter (12%) (MILK), red leicester cheese (5%) (pasteurised MILK , potato starch, salt, rennet, starter culture, Annatto norbixin), sugar, yeast, salt, WHEAT gluten, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	780	187	11	7.3	16	3	0.5	5.7	0.68
Cake Pops												
Birthday Cake Pop	Y	N	White chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], creme cake concentrate [WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium bicarbonate, diphosphates; salt, vanilla flavouring], icing sugar, salted butter (MILK) (MILK , salt], free range pasteurised whole EGG , rapeseed oil, digestive biscuit [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), wholemeal WHEAT flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agent: sodium bicarbonate, ammonium bicarbonate; salt], hundreds and thousands [sugar, maize starch, coconut oil, vegetable concentrate (sweet potato, radish), glazing agent: beeswax], cocoa butter, BUTTERMILK powder, vanilla flavouring, maize starch, preservative: potassium sorbate, colouring [sweet potato, radish, apple, blackcurrant, cherry], strawberry flavouring.	719	172	9.9	4.8	19	8.5	0.1	1.7	0.21
Caramelised Biscuit Cake Pop	Y	N	White chocolate with caramel [sugar, cocoa butter, whole MILK , caramel powder (skimmed MILK powder, whey powder (MILK), sugar, MILK fat, vanilla flavouring), skimmed MILK powder, caramelised sugar, cocoa mass, sunflower lecithin, salt], vanilla cake mix [WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium bicarbonate, diphosphates; salt, vanilla flavouring], caramelised biscuit spread [rape seed oil, sugar, caramelised biscuit (WHEAT flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate), SOYA flour, salt, cinnamon), emulsifier: SOYA lecithin, acidity regulator: citric acid], icing sugar, caramelised biscuit crumb [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable oils (palm, rapeseed), invert sugar syrup, raising agent: sodium bicarbonate, salt, cinnamon], salted butter [MILK , salt], free range pasteurised whole EGG , rapeseed oil, cocoa butter, BUTTERMILK powder, colours: apple, hibiscus, vanilla flavouring, maize starch, preservative: potassium sorbate	704	169	10	4.1	17	17	1.6	1.9	0.24
Chocolate Cake Pop	Y	N	Chocolate cake mix [sugar, WHEAT flour, cocoa powder, modified maize starch, whey powder (MILK), raising agent: sodium hydrogen carbonate, diphosphates; salt, vanilla flavour], milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], dark chocolate (12%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], free range pasteurised whole EGG , rapeseed oil, salted butter [butter (MILK), salt], water, dark chocolate grains (5%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring], white chocolate flavoured compound [sugar, palm oil, whey powder (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], glucose syrup, cocoa butter, icing sugar, cocoa powder, vanilla flavouring, preservative: potassium sorbate.	702	168	10	4.4	17	12	0.9	2.1	0.22
Cookies & Cream Cake Pop	Y	N	White chocolate (29%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), creme cake concentrate (WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium bicarbonate, diphosphates, salt, vanilla flavouring), icing sugar, salted butter (butter (MILK), salt), free range pasteurised whole EGG , cookies and cream biscuit crumb (6%) (WHEAT flour, sugar, rapeseed oil, fat reduced cocoa powder, glucose fructose syrup, WHEAT starch, raising agents: ammonium carbonate, potassium carbonates, sodium carbonate; palm oil, salt, emulsifier: SOYA lecithin, acidity regulator : sodium hydroxide, flavouring), rapeseed oil, cocoa butter, BUTTERMILK powder, vanilla flavouring, modified maize starch, preservative: potassium sorbate.	701	168	9.5	5.1	19	14	0.1	1.5	0.21
Loaf Cakes												
Banana Loaf Cake	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), banana (22%) (banana pulp, lemon juice concentrate, antioxidant: ascorbic acid), sugar, pasteurised free range EGG , rapeseed oil, PECANS (5%), WALNUTS (5%), soft dark brown sugar (sugar, molasses), sweetened dried banana coins (1%) (banana, coconut oil, sugar, natural banana flavouring), baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), raising agent:sodium bicarbonate), salt, preservative: potassium sorbate.	1538	368	20	2	41	22	1.1	5.4	0.6

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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)
Caramelised Biscuit Loaf Cake	Y	N	Free range pasteurised whole EGG , soft brown sugar [sugar, cane molasses, inverted sugar syrup], salted butter [butter (MILK), salt], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], caramelised biscuit spread [caramelised biscuit (WHEAT flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate, SOYA flour, salt, cinnamon), rape seed oil, sugar, emulsifier: SOYA lecithin, acidity regulator: citric acid], icing sugar, vegetable margarine [vegetable oil:palm oil, rapeseed oil; salt, emulsifier: polyglycerol esters of fatty acids), natural flavouring, colours : annatto bixin, curcumin:], ALMONDS , caramelised biscuits [WHEAT flour, sugar, vegetable oils (palm, rapeseed), sugar syrup, raising agent: sodium hydrogen carbonate, SOYA flour, salt, cinnamon], soft cheese (MILK), cream (MILK), caramel [sweetened condensed MILK , glucose syrup, invert sugar syrup, palm oil, butter (MILK), sugar, emulsifier: mono and di glycerides of fatty acids, stabiliser: pectin, salt, natural flavouring], emulsifier [starch, emulsifier: polyglycerol ester, mono- and di glycerides of fatty acids;], white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], modified starch, caramel flavouring, vanilla flavouring, baking powder [raising agents : disodium diphosphate, potassium hydrogen carbonate, calcium carbonate;], maize starch, raising agent: sodium bicarbonate, preservative: potassium sorbate.	1868	448	28	13	42	22	1.8	6.1	0.64
Muffins												
Chocolate & Caramel Muffin (plant based)	Y	Y	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, rapeseed oil, water, dark chocolate [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring], caramel filling [glucose syrup, palm oil, sugar, invert sugar syrup, pea protein, salt, emulsifier: mono and di glycerides of fatty acids, caramel flavouring, sugar syrup], cocoa powder, partially inverted refiners syrup, humectant: glycerine, glucose syrup, malt extract (BARLEY), sugar crunch [sugar, non hydrogenated vegetable oil (palm oil, emulsifier: sunflower lecithin, colour: caramelised carrot concentrate, carrot concentrate, natural flavouring], cocoa nibs [cocoa powder, sugar], baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate], WHEAT gluten, maize starch, emulsifier: mono- and diglycerides of fatty acids, preservative: potassium sorbate, thickener: xanthan gum, vanilla flavouring.	1874	448	22	5.1	55	31	1.6	6.6	0.37
Cookies												
Almond Biscotti Cookie	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (butter (MILK), salt), white chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), sugar, roasted ALMONDS (7%), cookie crumb (WHEAT flour, sugar, butter (MILK), salt), soft dark brown sugar (sugar, molasses), humectant: glycerine, baking powder (raising agents: monosodium phosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), dextrose, whey powder (MILK), almond flavouring.	1421	340	18	10	39	20	2.4	4.3	0.25
Valentines Cookie	Y	N	Shortbread biscuit (76%) (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, salted butter (butter (MILK), salt), vegetable margarine (vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, colours: annatto bixin, curcumin; natural flavouring), cornflour, palm oil), sugar icing (23%) (icing sugar, water, meringue & royal icing mix (WHEAT starch, dried EGG albumen, sugar, modified potato starch, acidity regulators: calcium lactate, tartaric acid, potassium tartrates, lactic acid; dextrose, gelling agent: guar gum), colour: vegetable carbon), sugarpaste heart (1%) (sugar, glucose syrup, vegetable fat (palm kernel, palm oil), invert sugar syrup, thickeners: gum arabic, xanthan gum; colours: beetroot red, carotenes; emulsifier: mono- and diglycerides of fatty acids, humectant: glycerol, glazing agent: maize protein).	1273	305	17	10	34	12	1.4	3.2	0.47
Bars & Traybakes												
Caramel White Chocolate Blondie	Y	N	White chocolate (24%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), salted butter (butter (MILK), salt), free range pasteurised whole EGG , wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), white chocolate with caramel (10%) (sugar, cocoa butter, whole MILK , caramel powder (skimmed MILK powder, whey powder (MILK), sugar, MILK fat, vanilla flavouring), skimmed MILK powder, caramelised sugar, cocoa mass, emulsifier: sunflower lecithin, salt), caster sugar, sweetened condensed MILK , soft brown sugar (sugar, cane molasses, inverted sugar syrup), ground ALMONDS , partially inverted refiners syrup, skimmed MILK powder, date syrup, palm oil, butterscotch flavouring, whey powder (MILK), rapeseed oil, vanilla flavouring, raising agent (baking powder, raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate), thickener: xanthan gum, preservative: potassium sorbate.	1341	321	18	9.8	34	25	1.9	4.8	0.31

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Food

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Chocolate Brownie	Y	N	Dark chocolate (21%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), milk chocolate (20%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), sugar, pasteurised free range EGG , salted butter (butter (MILK), salt), ground ALMONDS , wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cocoa powder, cocoa mass, vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, preservative: potassium sorbate.	1289	309	18	9.8	29	26	4.1	5.7	0.42
Easter Crispy Bar	Y	N	Milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin; vanilla extract], dark chocolate [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin; vanilla extract], salted butter [butter (MILK), salt], sweetened condensed MILK , chocolate mini eggs [sugar, cocoa butter, dried skimmed MILK , cocoa mass, dried whey (MILK), lactose (MILK), butter oil (MILK), tapioca starch, emulsifier: SOYA lecithin], caramelised sugar syrup, vanilla flavouring, vegetable extract (beetroot, spirulina, safflower, apple), acidity regulator: citric acid; colour: curcumin], shortcake biscuit [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), vegetable fat (palm oil, rapeseed oil), sugar, invert sugar syrup, tapioca starch, salt, raising agent: sodium bicarbonate, ammonium bicarbonate, non hydrogenated vegetable oil: shea kernel oil, palm oil; emulsifier: sunflower lecithin], rice crispies [rice, sugar, BARLEY malt extract, salt, iron, niacin, vitamin b5, folic acid, vitamin d, riboflavin, vitamin b6, thiamin, vitamin b12], partially inverted refiners syrup, white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin; vanilla extract], palm oil, rapeseed oil, whey powder (MILK), vanilla flavouring, chocolate flake [sugar, MILK , cocoa mass, cocoa butter, whey powder (MILK), vegetable fat: palm, shea butter; emulsifier, flavourings], emulsifier: mono and diglycerides of fatty acids.	1816	436	29	17	38	28	1.9	4.8	0.4
Porridge, Fruit & Yoghurt												
Five Grain Porridge	Y	Y	Water, soya drink (26%) [water, hulled SOYA beans (9%), apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, stabiliser (gellan gum), vitamins [riboflavin (B2), B12, D2]], gluten-free OATS (11%), coconut cream [coconut, water], red rice (1%), linseed (0.7%), quinoa (0.5%), wild rice (0.3%), cinnamon powder.	934	223	10	6	24	2.4	3.6	7.5	0.09
Egg Bites												
Egg Bites with Three Cheese & Ham	N	N	Free-range pasteurised EGG , low fat soft cheese (11%) [curd (MILK), butter (MILK), sweet whey powder (MILK), salt, thickeners: carrageenan, carob gum], Gouda full fat hard cheese (7%) (MILK), mature Cheddar cheese (7%) (MILK), formed ham (4%) [pork, salt, sugar, dextrose, garlic powder, ground white pepper, antioxidant: sodium ascorbate, flavouring, preservative: sodium nitrite, nutmeg], cornflour, salt, acidity regulator: citric acid, potato starch.	736	177	11	5.4	5.7	<0.5	1.4	13	1.5
Egg White Bites with Three Cheese and Red Pepper	Y	N	Free-range EGG white (39%), Gouda full fat hard cheese (16%) (MILK), full fat soft cheese (13%) (MILK), roasted red pepper (9%), EGG white powder, Monterey Jack cheese (4%) (MILK), spinach (4%), modified maize starch, spring onion, acidity regulator: citric acid, potato starch, salt, thickener: xanthan gum.	677	162	9.5	5.9	5.9	1.3	0.5	13	1
Hot Box												
Chipotle Chilli Tater Bites	Y	N	Potato rosti (60%) (potato, sunflower oil, potato starch, dehydrated potatoes, salt, flavouring, onion powder, dextrose, emulsifier: mono- and diglycerides of fatty acids, stabiliser: disodium diphosphate, antioxidants: rosemary extract, citric acid), chipotle relish (roasted red pepper, tomatoes [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%) (MILK), mozzarella full fat soft cheese (5%) (MILK), roasted red pepper (red pepper, salt, acidity regulator: citric acid).	1155	276	14	4.5	29	2.8	2.1	7.5	0.9

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Breakfast Sandwiches												
Tomato & Mozzarella Croissant	Y	N	Croissant (WHEAT flour, butter (MILK), sugar, water, yeast, pasteurised EGG , skimmed MILK powder, iodised salt, WHEAT gluten, natural butter flavouring (MILK), 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 [MUSTARD seeds, spirit vinegar, salt], cornflour, salt, oregano, black pepper, white pepper), mozzarella full fat soft cheese (9%) (MILK), béchamel sauce (whole MILK , single cream (MILK), salted butter [butter (MILK), salt], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), mature Cheddar cheese (MILK), cornflour.	1409	337	18	12	33	6.8	1.5	10	0.9
Hot Sandwiches												
Cheese & Marmite® Mini Ciabatta	Y	N	Ciabatta roll (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, yeast, salt, vegetable oils [palm, rapeseed], emulsifier: mono- and diglycerides of fatty acids, sunflower oil), mature Cheddar cheese (32%) (MILK), béchamel sauce (whole MILK , water, single cream (MILK), salted butter [butter (MILK), salt], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), Marmite® yeast extract (5%) (yeast extract (BARLEY , WHEAT , OATS , RYE), salt, vegetable juice concentrate, vitamins [thiamin, riboflavin, niacin, vitamin b12, folic acid], natural flavouring (CELERY)), cornflour.	1479	352	12	7.2	41	3	1.9	19	1.6
Cold Sandwiches and Wraps												
Chicken Caesar Wrap	N	N	Plain tortilla [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, sugar, raising agent: sodium carbonate, salt, palm oil], steamed chicken breast (17%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil], ranch style Caesar dressing [water, rapeseed oil, soured cream (MILK), white wine vinegar, garlic purée, medium fat hard cheese (MILK), cornflour, free range pasteurised EGG yolk, Dijon mustard (MUSTARD seed, vinegar, salt), sugar, chives, Worcestershire sauce (spirit vinegar, black treacle, tamarind concentrate, onion powder, salt, garlic powder, white pepper, ground pimento, ground ginger, ground paprika, ground clove), concentrated lemon juice, salt, parsley, garlic powder, black pepper], smoked bacon (6%) [pork belly, sugar, salt, emulsifier: sodium triphosphate, honey, preservative: sodium nitrite], lettuce, cornflour.	1920	457	18	5.2	52	3.9	1.6	21	1.4
Fiery No'Chicken Wrap	Y	Y	Tortilla wrap [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, WHEAT starch], soya protein pieces (12%) [water, soya protein (SOYA protein isolate, WHEAT gluten, WHEAT starch), rapeseed oil, SOYA protein concentrate, WHEAT protein, thickeners: methyl cellulose, carageenan, flavouring, yeast, sea salt], firecracker sauce [water, rapeseed oil, tomato paste, onion, spirit vinegar, red chilli purée, sugar, soy sauce (water, soya extract (water, SOYA beans, salt, WHEAT flour), salt, molasses, BARLEY malt vinegar, BARLEY malt extract), cornflour, garlic purée, tomatoes (tomatoes, acidity regulator: citric acid), sugar, tamarind paste, ginger purée, concentrated lime juice, coriander, salt, dried red chilli, cayenne pepper, molasses, chilli powder blend (chilli powder, cumin, garlic, oregano, salt), white pepper, paprika extract], pea protein alternative to mayonnaise [water, rapeseed oil, cornflour, sugar, spirit vinegar, Dijon mustard (brown MUSTARD seed, spirit vinegar, salt), salt, pea protein, concentrated lemon juice, thickener: pectin], spinach, coconut oil alternative to cheese [water, coconut oil, modified starch, potato starch, sea salt, flavouring, olive extract, colour: beta carotene, vitamin b12], red pepper, spring onion, water, red chilli purée, cornflour.	1835	438	20	5.2	52	6.3	3	11	1.5
Red Leicester Cheese & Pickle Sandwich	Y	N	Malted bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, malted WHEAT flakes, WHEAT bran, salt, yeast, malted BARLEY flour, WHEAT gluten, spirit vinegar, malted WHEAT flour, emulsifiers: mono and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid, rapeseed oil, palm oil], tomato, Red Leicester cheese (16%) (MILK), pickle (10%) [sugar, distilled malt vinegar (BARLEY), courgette, carrot, swede, onion, water, molasses, spirit vinegar, cornflour, salt, BARLEY malt extract, spices, concentrated lemon juice, black pepper], lettuce.	1541	366	10	6.3	52	9.4	4	15	1.4

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

[Home >](#)

[Beverages >](#)

[Food >](#)

