

NUTRITION & ALLERGEN GUIDE

SPRING

March - May 2024



Iced Strawberry
Matcha Latte

Cheese & Marmite®
Mini Ciabatta

Egg White Bites
with Three Cheese
& Red Pepper



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

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

• **Cereals Containing Gluten**

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

• **Nuts**

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

• **Egg**

• **Milk**

• **Soya**

• **Fish**

• **Crustaceans**

• **Molluscs**

• **Sesame**

• **Lupin**

• **Celery**

• **Mustard**

• **Peanuts**

• **Sulphur Dioxide and Sulphites**

Cross Contamination

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

This information is updated regularly to reflect our procedures instore. Please check www.starbucks.co.uk for the most up to date information.

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Caramelised Macadamia Oat Latte - skimmed milk	Skimmed milk [skimmed MILK], espresso shot – espresso roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.], caramelised macadamia flavour topping [Sugar, water, BARLEY malt extract, natural flavouring, vegetable and fruits concentrates: apple, carrot, hibiscus; colour: carotenes; anticaking agent: silicon dioxide.]	Tall	560	133	0.9	0.3	21.8	20.7	0.2	9.1	0.31	66.2
		Grande	726	172	1.2	0.4	28.3	27.1	0.2	11.8	0.40	66.2
		Venti	911	216	1.5	0.6	35.2	33.6	0.3	15	0.51	99.2
Caramelised Macadamia Oat Latte - semi-skimmed milk	Semi skimmed milk [semi skimmed MILK], espresso shot – espresso roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.], caramelised macadamia flavour topping [Sugar, water, BARLEY malt extract, natural flavouring, vegetable and fruits concentrates: apple, carrot, hibiscus; colour: carotenes; anticaking agent: silicon dioxide.]	Tall	677	160	4.2	4	21.5	20.5	0.2	9.1	0.31	66.2
		Grande	882	209	5.5	5.3	28	26.8	0.2	11.8	0.39	66.2
		Venti	1105	262	6.9	6.7	34.8	33.2	0.3	15	0.50	99.2
Caramelised Macadamia Oat Latte - whole milk	Whole milk [whole MILK], espresso shot – espresso roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.], caramelised macadamia flavour topping [Sugar, water, BARLEY malt extract, natural flavouring, vegetable and fruits concentrates: apple, carrot, hibiscus; colour: carotenes; anticaking agent: silicon dioxide.]	Tall	832	198	8.6	5.4	21.3	20.3	0.2	8.8	0.30	66.2
		Grande	1090	259	11.4	7.2	27.7	26.5	0.2	11.5	0.38	66.2
		Venti	1365	324	14.3	9	34.4	32.8	0.3	14.6	0.49	99.2
Caramelised Macadamia Oat 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], espresso shot – espresso roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.], caramelised macadamia flavour topping [Sugar, water, BARLEY malt extract, natural flavouring, vegetable and fruits concentrates: apple, carrot, hibiscus; colour: carotenes; anticaking agent: silicon dioxide.]	Tall	439	107	3	0.3	16.3	15.3	0.7	2.1	0.22	66.2
		Grande	564	138	3.9	0.3	21	19.9	0.8	2.5	0.28	66.2
		Venti	709	173	4.9	0.4	26.1	24.5	1.1	3.3	0.37	99.2
Caramelised Macadamia Oat 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], espresso shot – espresso roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.], caramelised macadamia flavour topping [Sugar, water, BARLEY malt extract, natural flavouring, vegetable and fruits concentrates: apple, carrot, hibiscus; colour: carotenes; anticaking agent: silicon dioxide.]	Tall	618	147	4.6	0.7	16.9	15.4	1.6	8.6	0.29	66.2
		Grande	804	190	6.1	1	21.7	20	2.1	11.2	0.37	66.2
		Venti	1008	239	7.7	1.2	27	24.6	2.7	14.2	0.47	99.2
Caramelised Macadamia Oat 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).], espresso shot – espresso roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.], caramelised macadamia flavour topping [Sugar, water, BARLEY malt extract, natural flavouring, vegetable and fruits concentrates: apple, carrot, hibiscus; colour: carotenes; anticaking agent: silicon dioxide.]	Tall	781	186	7.2	0.7	26.2	17.2	2.6	2.8	0.36	66.2
		Grande	1022	243	9.6	1	34.2	22.5	3.3	3.4	0.46	66.2
		Venti	1279	305	12	1.2	42.6	27.7	4.2	4.5	0.59	99.2
Caramelised Macadamia Oat Latte - coconut drink	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot – espresso roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.], caramelised macadamia flavour topping [Sugar, water, BARLEY malt extract, natural flavouring, vegetable and fruits concentrates: apple, carrot, hibiscus; colour: carotenes; anticaking agent: silicon dioxide.]	Tall	628	151	6	5.4	18.8	17.7	3.7	3.3	0.49	66.2
		Grande	816	197	8	7.2	24.2	23.1	4.9	4.1	0.64	66.2
		Venti	1023	247	10	9	30.1	28.5	6.2	5.3	0.81	99.2
Iced Caramelised Macadamia Oat Shaken Espresso - skimmed milk	Ice, skimmed milk [skimmed MILK], espresso shot – blonde roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.]	Tall	307	73	0.6	0.2	11.9	11	0.2	4.8	0.18	56.7
		Grande	412	97	0.8	0.2	16.3	14.9	0.3	6.1	0.24	85.1
		Venti	508	120	0.9	0.3	20.5	18.6	0.5	7.2	0.29	113.4

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

Adults need around 2000kcal a day

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Caramelised Macadamia Oat Shaken Espresso - semi-skimmed milk	Ice, semi skimmed milk [semi skimmed MILK], espresso shot - blonde roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.]	Tall	365	86	2.2	2	11.8	10.8	0.2	4.8	0.18	56.7
		Grande	482	114	2.7	2.4	16.2	14.7	0.3	6.1	0.23	85.1
		Venti	588	139	3.2	2.8	20.3	18.4	0.5	7.2	0.28	113.4
Iced Caramelised Macadamia Oat Shaken Espresso - whole milk	Ice, whole milk [whole MILK], espresso shot - blonde roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.]	Tall	442	105	4.4	2.7	11.7	10.7	0.2	4.7	0.18	56.7
		Grande	575	136	5.4	3.3	16	14.6	0.3	6	0.23	85.1
		Venti	696	165	6.2	3.8	20.1	18.2	0.5	7.1	0.28	113.4
Iced Caramelised Macadamia Oat Shaken Espresso - 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], espresso shot - blonde roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.]	Tall	248	60	1.6	0.2	9.2	8.3	0.5	1.4	0.14	56.7
		Grande	339	82	2	0.2	13	11.6	0.6	1.9	0.19	85.1
		Venti	425	102	2.3	0.2	16.7	14.8	0.8	2.4	0.23	113.4
Iced Caramelised Macadamia Oat Shaken Espresso - 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], espresso shot - blonde roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.]	Tall	336	80	2.4	0.4	9.5	8.3	0.9	4.6	0.17	56.7
		Grande	447	106	3	0.5	13.4	11.7	1.2	5.8	0.22	85.1
		Venti	548	130	3.5	0.6	17.1	14.9	1.4	6.9	0.27	113.4
Iced Caramelised Macadamia Oat Shaken Espresso - 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).], espresso shot - blonde roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.]	Tall	417	99	3.7	0.4	14.1	9.2	1.4	1.7	0.21	56.7
		Grande	545	129	4.5	0.5	19	12.8	1.7	2.3	0.27	85.1
		Venti	660	157	5.3	0.6	23.5	16.2	2.1	2.9	0.32	113.4
Iced Caramelised Macadamia Oat Shaken Espresso - 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.], espresso shot - blonde roast as brewed [whole bean roasted coffee], caramelised macadamia flavour syrup [sugar, water, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate.]	Tall	341	82	3.1	2.7	10.4	9.5	2	2	0.27	56.7
		Grande	452	108	3.8	3.3	14.5	13.1	2.4	2.6	0.35	85.1
		Venti	555	133	4.5	3.8	18.4	16.5	2.9	3.2	0.41	113.4
Iced Toasted Vanilla Oat Shaken Espresso - skimmed milk	Ice, skimmed milk [skimmed MILK], espresso shot - blonde roast as brewed [whole bean roasted coffee], toasted vanilla flavour syrup [sugar, water, natural flavourings, acidity regulator :citric acid, preservative: potassium sorbate]	Tall	321	76	0.6	0.2	12.7	11.7	0.2	4.8	0.18	56.7
		Grande	432	102	0.8	0.2	17.5	16	0.3	6.1	0.24	85.1
		Venti	535	126	0.9	0.3	22	20	0.5	7.2	0.29	113.4
Iced Toasted Vanilla Oat Shaken Espresso - semi-skimmed milk	Ice, semi skimmed milk [semi skimmed MILK], espresso shot - blonde roast as brewed [whole bean roasted coffee], toasted vanilla flavour syrup [sugar, water, natural flavourings, acidity regulator :citric acid, preservative: potassium sorbate]	Tall	378	90	2.2	2	12.6	11.6	0.2	4.8	0.18	56.7
		Grande	502	119	2.7	2.4	17.4	15.8	0.3	6.1	0.23	85.1
		Venti	615	146	3.2	2.8	21.9	19.9	0.5	7.2	0.28	113.4

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Toasted Vanilla Oat Shaken Espresso - whole milk	Ice, whole milk [whole MILK], espresso shot - blonde roast as brewed [whole bean roasted coffee], toasted vanilla flavour syrup [sugar, water, natural flavourings, acidity regulator :citric acid, preservative: potassium sorbate]	Tall	455	108	4.4	2.7	12.5	11.5	0.2	4.7	0.18	56.7
		Grande	596	141	5.4	3.3	17.2	15.7	0.3	6	0.23	85.1
		Venti	723	171	6.2	3.8	21.7	19.7	0.5	7.1	0.28	113.4
Iced Toasted Vanilla Oat Shaken Espresso - 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], espresso shot - blonde roast as brewed [whole bean roasted coffee], toasted vanilla flavour syrup [sugar, water, natural flavourings, acidity regulator :citric acid, preservative: potassium sorbate]	Tall	261	63	1.6	0.2	10	9	0.5	1.4	0.14	56.7
		Grande	359	87	2	0.2	14.2	12.7	0.6	1.9	0.19	85.1
		Venti	452	109	2.3	0.2	18.3	16.3	0.8	2.4	0.23	113.4
Iced Toasted Vanilla Oat Shaken Espresso - 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], espresso shot - blonde roast as brewed [whole bean roasted coffee], toasted vanilla flavour syrup [sugar, water, natural flavourings, acidity regulator :citric acid, preservative: potassium sorbate]	Tall	350	83	2.4	0.4	10.3	9	0.9	4.6	0.17	56.7
		Grande	467	110	3	0.5	14.6	12.8	1.2	5.8	0.22	85.1
		Venti	575	136	3.5	0.6	18.7	16.3	1.4	6.9	0.27	113.4
Iced Toasted Vanilla Oat Shaken Espresso - 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).], espresso shot - blonde roast as brewed [whole bean roasted coffee], toasted vanilla flavour syrup [sugar, water, natural flavourings, acidity regulator :citric acid, preservative: potassium sorbate]	Tall	430	102	3.7	0.4	14.9	10	1.4	1.7	0.21	56.7
		Grande	565	134	4.5	0.5	20.2	13.9	1.7	2.3	0.27	85.1
		Venti	687	163	5.3	0.6	25.1	17.6	2.1	2.9	0.32	113.4
Iced Toasted Vanilla Oat Shaken Espresso - 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.], espresso shot - blonde roast as brewed [whole bean roasted coffee], toasted vanilla flavour syrup [sugar, water, natural flavourings, acidity regulator :citric acid, preservative: potassium sorbate]	Tall	354	85	3.1	2.7	11.2	10.2	2	2	0.27	56.7
		Grande	473	113	3.8	3.3	15.7	14.2	2.4	2.6	0.35	85.1
		Venti	582	139	4.5	3.8	20	17.9	2.9	3.2	0.41	113.4
Iced Strawberry Matcha Latte - skimmed milk	Matcha premix [water, Matcha green tea], ice, skimmed milk [skimmed MILK], strawberry cream foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate]	Tall	743	178	10.2	6.3	16.5	15.3	0.9	4.5	0.14	51.1
		Grande	1083	259	15.3	9.4	23.8	21.8	1.5	6	0.18	83.9
		Venti	1392	334	20.3	12.5	30.1	27.7	1.8	6.8	0.21	101.9
Iced Strawberry Matcha Latte - semi-skimmed milk	Matcha premix [water, Matcha green tea], semi skimmed milk [semi skimmed MILK], ice, strawberry cream foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate]	Tall	795	190	11.7	7.9	16.4	15.2	0.9	4.5	0.14	51.1
		Grande	1148	275	17.1	11.4	23.6	21.7	1.5	6	0.18	83.9
		Venti	1464	351	22.3	14.8	29.9	27.5	1.8	6.8	0.21	101.9
Iced Strawberry Matcha Latte - whole milk	Matcha premix [water, Matcha green tea], whole milk [whole MILK], ice, strawberry cream foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate]	Tall	864	207	13.6	8.5	16.3	15.1	0.9	4.4	0.14	51.1
		Grande	1235	296	19.6	12.2	23.5	21.6	1.5	5.8	0.18	83.9
		Venti	1561	374	25	15.6	29.8	27.4	1.8	6.7	0.21	101.9

Beverages

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Iced Strawberry Matcha Latte - almond drink	Matcha premix [water, Matcha green tea], 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], strawberry cream foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate, Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate]	Tall	690	167	11.1	6.3	14.1	12.9	1.1	1.4	0.10	51.1
		Grande	1015	245	16.4	9.4	20.7	18.8	1.7	2.1	0.13	83.9
		Venti	1317	318	21.5	12.5	26.7	24.3	2.1	2.5	0.16	101.9
Iced Strawberry Matcha Latte - soya drink	Matcha premix [water, Matcha green tea], 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], strawberry cream foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate, Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate]	Tall	769	184	11.9	6.5	14.4	13	1.5	4.3	0.13	51.1
		Grande	1115	267	17.4	9.6	21	18.8	2.3	5.7	0.17	83.9
		Venti	1428	342	22.6	12.7	27.1	24.4	2.7	6.5	0.20	101.9
Iced Strawberry Matcha Latte - oat drink	Matcha premix [water, Matcha green tea], ice, oat drink [Oat base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], strawberry cream foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate]	Tall	841	202	13	6.5	18.5	13.8	1.9	1.7	0.16	51.1
		Grande	1206	289	18.8	9.6	26.2	19.9	2.8	2.5	0.21	83.9
		Venti	1529	367	24.1	12.7	32.8	25.5	3.3	2.9	0.24	101.9
Iced Strawberry Matcha Latte - coconut drink	Matcha premix [water, Matcha green tea], 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.], strawberry cream foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate]	Tall	773	186	12.5	8.5	15.2	14	2.5	1.9	0.22	51.1
		Grande	1120	270	18.1	12.2	22.1	20.1	3.4	2.7	0.28	83.9
		Venti	1434	345	23.4	15.6	28.2	25.8	4	3.2	0.32	101.9

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Adults need around 2000kcal a day

Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
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

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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)
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
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
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 Chili 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

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