

# NUTRITION & ALLERGEN GUIDE

SUMMER 2

July - September 2024



All Day  
Breakfast Wrap



Crème Brulée  
X  
Iced Brown Sugar Oat  
Shaken Espresso



Boston Cream  
Muffin

This guide will provide nutritional and allergen information for Summer 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/Queensland Nut)

• **Egg**

• **Milk**

• **Soya**

• **Fish**

• **Crustaceans**

• **Molluscs**

• **Sesame**

• **Lupin**

• **Celery**

• **Mustard**

• **Peanuts**

• **Sulphur Dioxide and Sulphites**

**Cross Contamination**

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

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Chocolate Cream Cold Brew</b>	Cold brew as brewed [arabica coffee], ice, Chocolate Cream for Cold Brew [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed <b>MILK</b> powder, potato starch, thickener: xanthan gum. , water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract, water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], vanilla flavour syrup [water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate ], cocoa malt biscuit topping [ <b>WHEAT</b> flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sugar, chocolate powder (20%)[sugar, cocoa mass, fat reduced cocoa powder, natural vanilla flavouring]; butter ( <b>MILK</b> ), water, salt, raising agent: sodium carbonate, malt flour ( <b>BARLEY</b> ), natural flavouring.]	Tall	883	211	12.6	7.4	16.3	15	1.6	10.3	0.30	37
		Grande	1154	275	15.7	9.2	22.8	21.3	2.1	13.6	0.40	49.4
		Venti	1225	292	15.8	9.3	26.4	24.9	2.2	14	0.41	51
<b>Crème Brulée X Cold Brew</b>	Cold brew as brewed [arabica coffee], ice, custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], vanilla flavour syrup [water, sugar, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate], ground coffee topping [Whole bean roasted coffee]	Tall	1047	250	17.3	10.4	16.2	14.8	1.3	9.8	0.37	40.1
		Grande	1166	279	17.7	10.5	20.3	18.8	1.6	12.7	0.46	52.5
		Venti	1242	296	17.7	10.5	24.4	22.8	1.6	13.1	0.47	54.1
<b>Crème Brulée X Brown Sugar Frappuccino® Blended Beverage - skimmed milk</b>	Ice, custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], skimmed milk [skimmed <b>MILK</b> ], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], brown sugar syrup [Sugar, water, brown sugar (5%)] [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee (inside cup) [Whole bean roasted coffee], ground coffee topping [Whole bean roasted coffee]	Tall	1234	295	16.6	10.3	33	31.1	0.3	3.2	0.40	29.2
		Grande	1423	340	16.7	10.4	42.8	40.6	0.4	4.1	0.52	37.2
		Venti	1578	376	16.7	10.4	51.5	49	0.4	4.4	0.63	44.9
<b>Crème Brulée X Brown Sugar Frappuccino® Blended Beverage - semi skimmed milk</b>	Ice, custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], semi skimmed milk [semi skimmed <b>MILK</b> ], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], brown sugar syrup [Sugar, water, brown sugar (5%)] [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee (inside cup) [Whole bean roasted coffee], ground coffee topping [Whole bean roasted coffee]	Tall	1262	302	17.4	11.2	33	31	0.3	3.2	0.39	29.2
		Grande	1463	349	17.8	11.6	42.8	40.5	0.4	4.1	0.52	37.2
		Venti	1620	386	17.9	11.7	51.4	48.9	0.4	4.4	0.63	44.9
<b>Crème Brulée X Brown Sugar Frappuccino® Blended Beverage - whole milk</b>	Ice, custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], whole milk [whole <b>MILK</b> ], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], brown sugar syrup [Sugar, water, brown sugar (5%)] [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee (inside cup) [Whole bean roasted coffee], ground coffee topping [Whole bean roasted coffee]	Tall	1300	311	18.4	11.5	32.9	31	0.3	3.1	0.39	29.2
		Grande	1516	362	19.3	12.1	42.7	40.5	0.4	4	0.52	37.2
		Venti	1676	400	19.5	12.2	51.3	48.8	0.4	4.3	0.63	44.9
<b>Crème Brulée X Brown Sugar Frappuccino® Blended Beverage - almond drink</b>	Ice, custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], almond drink [water, <b>ALMOND</b> (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], frappuccino roast soluble coffee [roasted soluble coffee], brown sugar syrup [Sugar, water, brown sugar (5%)] [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee (inside cup) [Whole bean roasted coffee], ground coffee topping [Whole bean roasted coffee]	Tall	1205	289	17.1	10.3	31.7	29.8	0.4	1.5	0.37	29.2
		Grande	1382	331	17.4	10.3	41	38.8	0.5	1.7	0.49	37.2
		Venti	1535	367	17.5	10.3	49.5	47	0.6	1.9	0.60	44.9

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Adults need around 2000kcal a day

## Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Crème Brulée X Brown Sugar Frappuccino® Blended Beverage - soya drink</b>	Ice, custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], soya drink [ <b>SOYA</b> base (96%) (Water, Hulled <b>SOYA</b> beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2), coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee (inside cup) [Whole bean roasted coffee], ground coffee topping [Whole bean roasted coffee]	Tall	1248	299	17.5	10.4	31.8	29.8	0.7	3.1	0.39	29.2
		Grande	1443	344	18	10.5	41.2	38.8	0.8	4	0.52	37.2
		Venti	1599	381	18.1	10.5	49.7	47	0.9	4.2	0.62	44.9
<b>Crème Brulée X Brown Sugar Frappuccino® Blended Beverage - oat drink</b>	Ice, custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee (inside cup) [Whole bean roasted coffee], ground coffee topping [Whole bean roasted coffee]	Tall	1288	308	18.1	10.4	34.1	30.3	0.9	1.7	0.41	29.2
		Grande	1499	358	18.8	10.5	44.4	39.4	1.2	2	0.54	37.2
		Venti	1658	395	19	10.5	53.1	47.7	1.2	2.1	0.65	44.9
<b>Crème Brulée X Brown Sugar Frappuccino® Blended Beverage - coconut drink</b>	Ice, custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee (inside cup) [Whole bean roasted coffee], ground coffee topping [Whole bean roasted coffee]	Tall	1251	300	17.8	11.5	32.3	30.4	1.2	1.8	0.44	29.2
		Grande	1446	346	18.4	12.1	41.8	39.6	1.6	2.1	0.59	37.2
		Venti	1603	383	18.6	12.2	50.4	47.9	1.7	2.3	0.70	44.9
<b>Crème Brulée X Iced Brown Sugar Oat Shaken Espresso - skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], espresso shot - blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee topping [Whole bean roasted coffee]	Tall	1152	276	16.9	10.4	25	22.8	0.5	5.8	0.30	59.8
		Grande	1265	302	17.1	10.5	29.9	27.2	0.6	7	0.35	88.2
		Venti	1370	327	17.2	10.5	34.6	31.4	0.7	8.2	0.40	116.5
<b>Crème Brulée X Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], espresso shot - blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee topping [Whole bean roasted coffee]	Tall	1209	290	18.5	12.2	24.9	22.7	0.5	5.8	0.30	59.8
		Grande	1335	319	19	12.7	29.8	27.1	0.6	7	0.35	88.2
		Venti	1450	347	19.5	13	34.4	31.3	0.7	8.2	0.40	116.5
<b>Crème Brulée X Iced Brown Sugar Oat Shaken Espresso - whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], espresso shot - blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee topping [Whole bean roasted coffee]	Tall	1286	308	20.7	12.9	24.8	22.6	0.5	5.7	0.29	59.8
		Grande	1428	342	21.7	13.5	29.6	27	0.6	6.9	0.35	88.2
		Venti	1557	372	22.5	14	34.3	31.1	0.7	8	0.40	116.5

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<b>Crème Brulée X Iced Brown Sugar Oat Shaken Espresso – almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], espresso shot – blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee topping [Whole bean roasted coffee]	Tall	1092	263	17.9	10.4	22.3	20.1	0.7	2.3	0.26	59.8
		Grande	1192	287	18.3	10.4	26.6	24	0.8	2.8	0.30	88.2
		Venti	1287	310	18.7	10.5	30.8	27.7	1	3.3	0.34	116.5
<b>Crème Brulée X Iced Brown Sugar Oat Shaken Espresso – soya drink</b>	Ice, soya drink [ <b>SOYA</b> base (96%) (Water, Hulled <b>SOYA</b> beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], espresso shot – blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee topping [Whole bean roasted coffee]	Tall	1180	283	18.7	10.6	22.6	20.2	1.1	5.5	0.29	59.8
		Grande	1300	311	19.3	10.7	27	24	1.4	6.8	0.34	88.2
		Venti	1410	337	19.8	10.8	31.2	27.8	1.6	7.8	0.39	116.5
<b>Crème Brulée X Iced Brown Sugar Oat Shaken Espresso – oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], espresso shot – blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee topping [Whole bean roasted coffee]	Tall	1261	302	20	10.6	27.2	21.1	1.6	2.7	0.32	59.8
		Grande	1398	335	20.9	10.7	32.6	25.1	2	3.3	0.38	88.2
		Venti	1522	364	21.6	10.8	37.6	29	2.3	3.8	0.44	116.5
<b>Crème Brulée X Iced Brown Sugar Oat Shaken Espresso – coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.], espresso shot – blonde roast as brewed [whole bean roasted coffee], brown sugar syrup [Sugar, water, brown sugar (5%) [sugar, molasses], natural flavourings, preservative: potassium sorbate, acidity regulator: citric acid], ground coffee topping [Whole bean roasted coffee]	Tall	1185	285	19.4	12.9	23.5	21.3	2.2	2.9	0.39	59.8
		Grande	1305	314	20.2	13.5	28.1	25.4	2.7	3.5	0.46	88.2
		Venti	1416	340	20.8	14	32.5	29.4	3.1	4.2	0.53	116.5
<b>Iced White Chocolate Pistachio Oat Shaken Espresso – skimmed milk</b>	Ice, skimmed milk [skimmed <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], white chocolate pistachio sauce [Water, sugar, sweetened condensed <b>MILK</b> (condensed <b>MILK</b> , sugar), modified starch hydroxypropyl distarch phosphate, natural flavouring, salt, acidity regulator: dipotassium phosphate.]	Tall	499	118	1.1	0.6	21.5	20	0.2	5.4	0.25	56.7
		Grande	699	165	1.6	0.8	30.6	28.4	0.3	6.9	0.33	85.1
		Venti	892	211	2	1.1	39.6	36.6	0.5	8.3	0.42	113.4
<b>Iced White Chocolate Pistachio Oat Shaken Espresso – semi skimmed milk</b>	Ice, semi skimmed milk [semi skimmed <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], white chocolate pistachio sauce [Water, sugar, sweetened condensed <b>MILK</b> (condensed <b>MILK</b> , sugar), modified starch hydroxypropyl distarch phosphate, natural flavouring, salt, acidity regulator: dipotassium phosphate.]	Tall	557	132	2.7	2.4	21.3	19.9	0.2	5.4	0.24	56.7
		Grande	769	182	3.5	3	30.5	28.3	0.3	6.9	0.33	85.1
		Venti	972	230	4.3	3.6	39.4	36.5	0.5	8.3	0.41	113.4
<b>Iced White Chocolate Pistachio Oat Shaken Espresso – whole milk</b>	Ice, whole milk [whole <b>MILK</b> ], espresso shot – blonde roast as brewed [whole bean roasted coffee], white chocolate pistachio sauce [Water, sugar, sweetened condensed <b>MILK</b> (condensed <b>MILK</b> , sugar), modified starch hydroxypropyl distarch phosphate, natural flavouring, salt, acidity regulator: dipotassium phosphate.]	Tall	634	150	4.9	3.1	21.2	19.8	0.2	5.2	0.24	56.7
		Grande	863	205	6.2	3.9	30.4	28.2	0.3	6.8	0.33	85.1
		Venti	1079	256	7.3	4.5	39.2	36.3	0.5	8.1	0.41	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)
<b>Iced White Chocolate Pistachio Oat Shaken Espresso – almond drink</b>	Ice, almond drink [water, <b>ALMOND</b> (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], white chocolate pistachio sauce [Water, sugar, sweetened condensed <b>MILK</b> (condensed <b>MILK</b> , sugar), modified starch hydroxypropyl distarch phosphate, natural flavouring, salt, acidity regulator: dipotassium phosphate.]	Tall	439	105	2.1	0.5	18.8	17.3	0.5	1.9	0.20	56.7
		Grande	626	150	2.8	0.8	27.4	25.2	0.6	2.7	0.28	85.1
		Venti	809	193	3.4	1	35.8	32.9	0.8	3.5	0.36	113.4
<b>Iced White Chocolate Pistachio Oat Shaken Espresso – soya drink</b>	Ice, soya drink [ <b>SOYA</b> base (96%) (Water, Hulled <b>SOYA</b> beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], espresso shot – blonde roast as brewed [whole bean roasted coffee], white chocolate pistachio sauce [Water, sugar, sweetened condensed <b>MILK</b> (condensed <b>MILK</b> , sugar), modified starch hydroxypropyl distarch phosphate, natural flavouring, salt, acidity regulator: dipotassium phosphate.]	Tall	528	125	3	0.8	19	17.4	0.9	5.1	0.23	56.7
		Grande	734	174	3.8	1.1	27.7	25.2	1.2	6.6	0.32	85.1
		Venti	932	220	4.6	1.4	36.2	33	1.4	7.9	0.40	113.4
<b>Iced White Chocolate Pistachio Oat Shaken Espresso – oat drink</b>	Ice, oat drink [Oat base (water, <b>OAT</b> (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso shot – blonde roast as brewed [whole bean roasted coffee], white chocolate pistachio sauce [Water, sugar, sweetened condensed <b>MILK</b> (condensed <b>MILK</b> , sugar), modified starch hydroxypropyl distarch phosphate, natural flavouring, salt, acidity regulator: dipotassium phosphate.]	Tall	608	144	4.2	0.8	23.6	18.3	1.4	2.3	0.27	56.7
		Grande	832	198	5.4	1.1	33.3	26.3	1.7	3.1	0.36	85.1
		Venti	1044	248	6.4	1.4	42.6	34.2	2.1	3.9	0.45	113.4
<b>Iced White Chocolate Pistachio Oat Shaken Espresso – coconut drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso shot – blonde roast as brewed [whole bean roasted coffee], white chocolate pistachio sauce [Water, sugar, sweetened condensed <b>MILK</b> (condensed <b>MILK</b> , sugar), modified starch hydroxypropyl distarch phosphate, natural flavouring, salt, acidity regulator: dipotassium phosphate.]	Tall	532	127	3.7	3.1	20	18.5	2	2.5	0.34	56.7
		Grande	740	177	4.7	3.9	28.8	26.6	2.4	3.4	0.44	85.1
		Venti	938	224	5.6	4.6	37.5	34.6	2.9	4.3	0.54	113.4
<b>Dragon Coconut Starbucks Refresha Drink</b>	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], mango & dragon fruit flavour base [Water, sugar, grape juice concentrate, green coffee extract, acid: citric acid, natural flavouring, preservative: potassium sorbate, antioxidant: ascorbic acid.], freeze dried dragonfruit [Dragon Fruit Pieces (freeze dried)]	Tall	533	127	2.6	2.3	23.1	21.6	2	1.5	0.19	8.4
		Grande	670	160	3.4	3.1	28.9	27.3	2.5	1.9	0.25	11.1
		Venti	805	191	4.1	3.7	34.8	33.1	2.9	2.2	0.30	14
<b>Mango Dragonfruit Starbucks Refresha Drink</b>	Ice, mango & dragon fruit flavour base [Water, sugar, grape juice concentrate, green coffee extract, acid: citric acid, natural flavouring, preservative: potassium sorbate, antioxidant: ascorbic acid.], water, freeze dried dragonfruit [Dragon Fruit Pieces (freeze dried)]	Tall	355	83	0.2	0	19.7	18.2	0.5	0.5	0.00	8.4
		Grande	434	102	0.2	0	24.3	22.7	0.5	0.6	0.00	11.1
		Venti	518	122	0.2	0	29.2	27.6	0.5	0.6	0.01	14
<b>Very Berry Starbucks Refresha Drink</b>	Ice, berry hibiscus beverage base [Water, sugar, white grape juice concentrate, natural flavourings, green coffee extract, antioxidants (citric acid E330, ascorbic acid E300)], water, freeze dried blackcurrant pieces [blackcurrants (freeze-dried)]	Tall	315	74	0.1	0	15.9	15.7	2.1	0.6	0.04	37.2
		Grande	392	93	0.1	0	20.4	20.1	2.1	0.6	0.05	49.2
		Venti	473	112	0.1	0	25	24.7	2.1	0.7	0.07	61.6

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

Adults need around 2000kcal a day

## Remix – Cold Foam Toppings

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Cookies &amp; Cream Cold Foam</b>	Cream cold foam [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed <b>MILK</b> powder, potato starch, thickener: xanthan gum. ], Self raising <b>WHEAT</b> flour ( <b>WHEAT</b> flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter ( <b>MILK</b> ), milk chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; white chocolate (10%): [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: lecithin ( <b>SOYA</b> ); natural flavouring]; fat reduced cocoa powder, whole <b>EGG</b> , salt, natural flavouring.	Short	661	159	12.1	7.6	11.4	8.6	0.2	1.2	0.11	0
		Mini	661	159	12.1	7.6	11.4	8.6	0.2	1.2	0.11	0
		Tall	360	87	6.6	4.1	6.2	4.7	0.1	0.6	0.06	0
		Grande	718	173	13.1	8.2	12.3	9.4	0.2	1.3	0.12	0
		Venti	899	216	16.4	10.3	15.4	11.8	0.2	1.6	0.14	0
<b>Crème Brulée Cream Cold Foam</b>	Custard flavoured sweet cream [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Sugar, <b>MILK</b> solids, modified starch, natural flavourings, colouring foods (concentrates of carrot, caramelised carrot), thickener: xanthan gum, salt, acidity regulator: citric acid.]	Short	827	199	16.3	10.2	12.1	10.8	0.2	0.9	0.12	0
		Mini	827	199	16.3	10.2	12.1	10.8	0.2	0.9	0.12	0
		Tall	827	199	16.3	10.2	12.1	10.8	0.2	0.9	0.12	0
		Grande	827	199	16.3	10.2	12.1	10.8	0.2	0.9	0.12	0
		Venti	827	199	16.3	10.2	12.1	10.8	0.2	0.9	0.12	0
<b>Matcha Cream Cold Foam</b>	Cream cold foam [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed <b>MILK</b> powder, potato starch, thickener: xanthan gum. ], matcha blend [Matcha green tea]	Short	592	143	12	7.5	7.5	6.5	0.6	1	0.04	32.8
		Mini	592	143	12	7.5	7.5	6.5	0.6	1	0.04	32.8
		Tall	381	92	7.7	4.8	4.8	4.2	0.4	0.6	0.03	21.1
		Grande	571	138	11.6	7.2	7.3	6.2	0.5	1	0.04	31.7
		Venti	825	199	16.7	10.4	10.5	9	0.8	1.4	0.06	45.7
<b>Strawberry Cream Cold Foam</b>	Cream cold foam [whipping cream ( <b>MILK</b> ), whole <b>MILK</b> , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed <b>MILK</b> powder, potato starch, thickener: xanthan gum. ], strawberry sauce [Strawberries (45%), water, sugar, waxy maize starch, lemon juice concentrate, natural flavouring, stabiliser: xanthan gum, colour: beta-carotene.]	Short	699	168	12.5	7.8	13	11.9	0.2	0.8	0.05	0
		Mini	699	168	12.5	7.8	13	11.9	0.2	0.8	0.05	0
		Tall	547	131	9.8	6.1	10.1	9.3	0.1	0.6	0.04	0
		Grande	725	174	13	8.1	13.4	12.4	0.2	0.8	0.05	0
		Venti	826	198	14.8	9.2	15.3	14.1	0.2	0.9	0.06	0

## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Breakfast</b>												
Per portion												
<b>All Day Breakfast Wrap</b>	N	N	Tortilla wrap (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, <b>WHEAT</b> starch), scrambled egg (12%) (free-range pasteurised whole <b>EGG</b> , water, rapeseed oil, tapioca starch, dried skimmed <b>MILK</b> , lemon juice, salt, ground white pepper), pork sausage (7%) (pork, water, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], pork fat, onion, <b>WHEAT</b> starch, rapeseed oil, brown sugar, salt, rubbed sage, dextrose, black pepper, stabiliser: sodium diphosphate, <b>WHEAT</b> protein, yeast extract, antioxidant: ascorbic acid, cane molasses, coriander extract, mace extract, nutmeg extract, pepper extract, sage extract, raising agent: ammonium carbonates), pinto beans (pinto beans, water, firming agent: calcium chloride), mature Cheddar cheese ( <b>MILK</b> ), hickory smoked streaky bacon (5%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), béchamel sauce (whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter [butter ( <b>MILK</b> ), salt], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), spinach, barbecue sauce (water, sugar, red wine vinegar, tomato paste, treacle, cornflour, smoked paprika, salt, cane molasses, roasted garlic purée, dried onion, garlic powder, cayenne pepper, mace), smoky roast red pepper sauce (tomato [tomato, tomato juice], water, red pepper, tomato paste, sugar, cornflour, onion, garlic purée, red wine vinegar, cane molasses, smoked paprika, red chilli purée, olive oil, lemon juice, parsley, salt), water, cornflour, black pepper.	1947	465	23	9.5	42	6	3.1	21	1.6
<b>Hot Paninis &amp; Wraps</b>												
Per portion												
<b>Chicken &amp; Honey BBQ Panini</b>	N	N	Ciabatta roll (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, olive oil, fermented <b>WHEAT</b> flour, salt, yeast, <b>BARLEY</b> malt flour, preservative: calcium propionate), steamed chicken breast (16%) (chicken breast, cornflour, salt, black pepper, garlic powder, yeast extract, onion powder, maltodextrin, sunflower oil, rapeseed oil, lemon juice powder, mushroom extract powder), honey barbecue sauce (16%) (water, tomato, tomato paste, white wine vinegar, sugar, honey, tomato juice, cornflour, spirit vinegar, yellow <b>MUSTARD</b> flour, smoked water, smoked salt, cane molasses, smoked garlic, smoked onion powder, <b>MUSTARD</b> husk, sea salt, turmeric, allspice, ground cumin, paprika, brown <b>MUSTARD</b> flour, oriental <b>MUSTARD</b> flour, garlic powder), roasted vegetables (11%) (red onion, yellow pepper, red pepper, rapeseed oil), mature Cheddar cheese (9%) ( <b>MILK</b> ).	1785	423	9.6	5.3	59	9.8	2.4	24	1.40
<b>Chicken, Mozzarella &amp; Pesto Focaccia</b>	N	N	Rosemary topped focaccia (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, extra virgin olive oil, rosemary, salt, yeast, malted <b>BARLEY</b> flour), steamed chicken breast (20%) (chicken breast, cornflour, salt, black pepper, garlic powder, yeast extract, onion powder, maltodextrin, sunflower oil, rapeseed oil, lemon juice powder, mushroom extract powder), mozzarella full fat soft cheese (10%) ( <b>MILK</b> ), tomato sauce (water, tomato paste, onion, rapeseed oil, tomato, white wine vinegar, cornflour, garlic purée, salt, concentrated lemon juice), spinach, mayonnaise (water, rapeseed oil, spirit vinegar, cornflour, free-range pasteurised <b>EGG</b> yolk, sugar, salt, citrus fibre, stabiliser: pectin, concentrated lemon juice), green pesto (2.5%) (basil paste [basil, sunflower oil, salt, antioxidant: ascorbic acid], medium fat hard cheese ( <b>MILK</b> ), extra virgin olive oil, sunflower oil, garlic purée, acidity regulator: citric acid), cornflour.	1864	444	15	4.2	49	6	4.3	26	1.60
<b>Mexican-Style Wrap</b>	Y	Y	Tomato tortilla wrap (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, palm oil, rapeseed oil, tomato powder, raising agents: sodium bicarbonate, diphosphates, malic acid, sugar, salt, red pepper powder, paprika, basil, <b>WHEAT</b> starch), soya protein pieces (12%) (water, <b>SOYA</b> protein concentrate, <b>WHEAT</b> gluten, spirit vinegar, natural flavouring, yeast extract, salt, thickener: locust bean gum, sugar, onion powder), spicy tomato dressing (7%) (water, tomato paste, red pepper, onion, spirit vinegar, sugar, rapeseed oil, red chilli purée, cornflour, concentrated lemon juice, basil, garlic purée, oregano, salt, Dijon mustard [water, <b>MUSTARD</b> seed, spirit vinegar, salt], chilli flakes, black pepper), pea protein alternative to mayonnaise (water, rapeseed oil, cornflour, sugar, thickener: pectin, spirit vinegar, Dijon mustard [water, brown <b>MUSTARD</b> seed, spirit vinegar, salt], salt, pea protein, concentrated lemon juice), smoky roasted red pepper sauce (tomato, water, roasted red pepper, tomato paste, sugar, cornflour, onion, garlic purée, red wine vinegar, cane molasses, smoked paprika, red chilli purée, olive oil, lemon juice, parsley, salt), spinach, three chilli sauce (tomato paste, sugar, water, spirit vinegar, olive oil, ground chilli, lemon juice, coriander, cornflour, red chilli purée, smoked paprika, lemon zest, garlic purée, Dijon mustard [water, <b>MUSTARD</b> seed, spirit vinegar, salt], salt, chipotle chilli powder, black pepper), coconut oil alternative to cheese (water, coconut oil, modified starch, potato starch, sea salt, flavouring, olive extract, colour: beta carotene, vitamin b12), roasted red pepper (red pepper, water, salt, acidity regulator: citric acid), red onion, water, coriander, cornflour.	1819	432	14	5	59	7.4	3.2	16	1.5
<b>Cold Wrap</b>												
Per portion												
<b>Sweetcorn Fritter &amp; Chimichurri Wrap</b>	Y	Y	Corn tortilla wrap (wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, cornflour, palm oil, humectant: glycerine, rapeseed oil, <b>WHEAT</b> gluten, raising agents: sodium bicarbonate, disodium diphosphate, sugar, acidity regulator: malic acid, <b>WHEAT</b> flour, salt, stabiliser: sodium carboxymethylcellulose, paprika oil, <b>WHEAT</b> starch, flour treatment agent: L-cysteine), sweetcorn fritter (16%) (sweetcorn, carrot, gram flour, spring onion, rapeseed oil, ginger purée, chilli flakes), reduced-fat houmous (cooked chickpeas, water, sunflower oil, tahini <b>SESAME SEED</b> paste, concentrated lemon juice, salt, garlic powder, cornflour), chimichurri mix (8%) (rapeseed oil, spring onion, coriander, parsley, garlic purée, cider vinegar, red chilli purée, lemon juice, cornflour, salt), spinach, red cabbage, water, cider vinegar, beetroot, red onion, sugar, coriander, salt, cornflour.	1956	464	17	3.7	66	11	5.6	8.9	1.1



## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Muffin, Cakes &amp; Cake Pops</b>												
Per portion												
<b>Boston Cream Muffin</b>	Y	N	Sugar, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), free range pasteurised whole <b>EGG</b> , rapeseed oil, water, dark chocolate (6%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), salted butter (butter ( <b>MILK</b> ), salt), custard (3%) (sugar, modified maize starch, palm fat, stabiliser: calcium sulphate, natural flavouring, acid: glucono delta-lactone, emulsifier: rapeseed lecithin, preservative: potassium sorbate, colour: beta carotene, fruit and flower concentrate: safflower, lemon), custard (3%) (sugar, palm oil, inulin, maltodextrin, modified starch, acidity regulator: tricalcium citrate, natural vanilla flavouring, vanilla seed, acid: glucono delta-lactone, colour: carotenes, emulsifier: polysorbate 80, gelling agent: gellan gum, sodium alginate; preservative: potassium sorbate), humectant: glycerine, milk chocolate (2%) (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), modified maize starch, cream ( <b>MILK</b> ), glucose syrup, vanilla flavouring, potato starch, emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, <b>SOYA</b> flour), baking powder (raising agent: potassium hydrogen carbonate, disodium diphosphate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate), chocolate shavings (1%) (sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), glucose syrup, <b>WHEAT</b> gluten, <b>BUTTERMILK</b> powder, skimmed <b>MILK</b> powder, icing sugar, salt, preservative: potassium sorbate, cocoa powder, thickener: guar gum, raising agent: sodium bicarbonate.	1878	449	22	5.3	56	30	1.9	5.7	0.50
<b>Lemon Sherbert Cake Pop</b>	Y	N	White chocolate (26%) (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), creme cake concentrate ( <b>WHEAT</b> flour, sugar, modified maize starch, whey powder ( <b>MILK</b> ), raising agent: sodium bicarbonate, diphosphates; salt, vanilla flavouring), icing sugar, salted butter (butter ( <b>MILK</b> ), salt), free range pasturised <b>EGG</b> yolk, rapeseed oil, lemon curd (4%) (sugar, free range <b>EGG</b> , salted butter (butter ( <b>MILK</b> ), salt), concentrated lemon juice, lemon oil, gelling agent: agar), digestive biscuit (wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamine), wholemeal <b>WHEAT</b> flour, vegetable oil (palm oil, rapeseed oil), sugar, invert sugar syrup, raising agent: sodium bicarbonate, ammonium bicarbonate; salt], hundreds and thousands (sugar, maize starch, icing sugar, colour: lutein, coconut oil, glazing agents: coconut oil, beeswax), cocoa butter, <b>BUTTERMILK</b> powder, vanilla flavouring, fruit and flower concentrates: safflower, lemon; lemon juice, acidity regulator: citric acid, modified starch, preservative: potassium sorbate, raising agent: sodium bicarbonate, lemon oil.	691	165	9.2	4.4	19	14	<0.5	1.5	0.19
<b>Raspberry &amp; Coconut Loaf Cake</b>	Y	N	Free range pasteurised <b>EGG</b> , sugar, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salted butter (butter ( <b>MILK</b> ), salt), vegetable margarine (vegetable oils: palm oil, rapeseed oil; salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin), desiccated coconut (8%), icing sugar, humectant: glycerine, raspberry jam (3%) (glucose fructose syrup, raspberry puree, sugar, raspberry crumb, thickener: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, raspberry flavouring, coconut milk (2%) (coconut extract, water), white chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin; vanilla extract), cream cheese ( <b>MILK</b> ), ground <b>ALMONDS</b> , emulsifier: starch, polyglycerol ester ( <b>SOYA</b> ), mono and di glycerides of fatty acids; modified starch; baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate; calcium carbonate), natural vanilla flavouring, preservative: potassium sorbate, gelling agents: xanthan gum, guar gum; natural coconut flavouring.	1694	405	20	4.8	49	31	1.5	6.4	0.64
<b>Traybakes &amp; Mallow Tops</b>												
Per portion												
<b>Hazelnut Cream Brookie</b>	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salted butter (butter ( <b>MILK</b> ), salt), dark chocolate (14%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), milk chocolate (13%) (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract), free range pasteurised whole <b>EGG</b> , caster sugar, soft brown sugar (sugar, cane molasses, inverted sugar syrup), hazelnut cream filling (6%) (sugar, vegetable oils (sunflower oil, palm oil, palm kernel oil), <b>HAZELNUT</b> , whey powder ( <b>MILK</b> ), <b>MILK</b> protein, skimmed <b>MILK</b> powder, lactose ( <b>MILK</b> ), emulsifiers: <b>SOYA</b> lecithin, natural flavouring), dark chocolate chunks (4%) (cocoa mass, sugar, emulsifier: <b>SOYA</b> lecithin, vanilla extract), roasted <b>HAZELNUTS</b> (2%), ground <b>ALMONDS</b> , white chocolate with caramel (2%) (cocoa butter, sugar, whole <b>MILK</b> powder, <b>MILK</b> sugar, whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, caramelised sugar, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring, salt), soft dark brown sugar (sugar, molasses), rapeseed oil, cocoa powder, cocoa mass, vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), preservative: potassium sorbate, salt.	1493	358	22	9.8	34	28	2.2	4.9	0.31
<b>Raspberry &amp; White Chocolate Mallow Top</b>	Y	N	White chocolate (15%) (sugar, cocoa butter ( <b>MILK</b> ), whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract), <b>EGG</b> white powder (sugar, glucose syrup, maize starch, dried <b>EGG</b> white), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamine), white chocolate chips (sugar, cocoa butter, whole <b>MILK</b> powder, lactose ( <b>MILK</b> ), whey powder ( <b>MILK</b> ), emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), salted butter (butter ( <b>MILK</b> ), salt), raspberry jam (8%) (glucose fructose syrup, raspberry puree, sugar, raspberry crumb, thickener: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, natural raspberry flavouring), raspberry jam (6%) (glucose fructose syrup, raspberry puree, raspberry juice concentrate, acidity regulators: citric acid, trisodium citrate, thickener: pectin, colour: anthocyanins, natural raspberry flavouring), free range <b>EGG</b> , caster sugar, soft brown sugar (sugar, cane molasses, inverted sugar syrup), dried <b>EGG</b> albumin powder ( <b>EGG</b> albumin, sugar, stabilisers: sodium carboxymethylcellulose, guar gum; acidity regulator: citric acid), water, raspberry (2%), soft dark brown sugar (sugar, molasses), ground <b>ALMONDS</b> , rapeseed oil, glucose syrup, freeze dried raspberry pieces (<1%), skimmed <b>MILK</b> powder, vanilla flavouring, baking powder (raising agents (disodium diphosphate), raising agents: potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), maize starch, preservative: potassium sorbate, colour: beetroot.	1299	310	14	7.2	42	32	2	3	0.24

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 that any of these items are allergen free. The allergen information for all our packaged and loose bakery products are detailed within the booklet. For prepackaged items, allergen information can also be found on the label, whereas allergen information for our bakery items are also detailed on the labels in the bakery case. Please remember to check this information regularly as we're always working on our products. **For more allergen information, please ask your barista.**

Adults need around 2000kcal a day.

## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients		Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
				Fruit	Per portion								
<b>Watermelon Chunks</b>	Y	Y	Watermelon		177	42	0.6	0.1	8.2	8.2	0.6	0.6	0.04

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