

BAKERS + BARISTAS

Nutrition & Allergen Guide

United Kingdom
Summer 2024

This guide will provide nutritional and allergen information for core products. Please ensure you take extra care to identify all the possible allergens present in our products, if you require support please ask a member of our team.

PLEASE BE AWARE WE HANDLE ALL ALLERGENS IN OUR KITCHENS AND CANNOT GUARANTEE AN ALLERGEN FREE ENVIRONMENT.

ANY PRODUCTS MADE AND SERVED FRESH IN OUR STORES MAY CONTAIN ALLERGENS NOT LISTED BELOW.

THE ALLERGENS LISTED BELOW ARE THOSE CONTAINED IN THE INGREDIENTS TO THE RECIPE.

If the product you are interested in is not listing within this guide, please speak to a store member or email customercare@bakersbaristas.com for more information.

For prepackaged food and drink, the allergen information is provided on the packaging labels in-store.

This information is updated regularly to reflect our procedures instore and seasonal product range.

Please make sure you are referencing the most up-to-date guide.

Please check at <https://www.bakersbaristas.com/allergen-information/> for the most up to date information.

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

- **Cereals containing gluten** (such as Barley, Kamut, Oats, Rye, Spelt, Wheat)
- **Crustaceans** (such as prawns, crabs and lobsters)
- **Eggs**
- **Fish**
- **Lupin**
- **Milk**
- **Celery,**
- **Molluscs** (such as mussels and oysters),
- **Mustard**
- **Peanuts**
- **Sesame**
- **Soybeans** (Soya)
- **Sulphur Dioxide and Sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million)
- **Tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

Classic Seasonal Deluxe Made without Gluten Vegan Mini

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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CLASSIC MUFFINS

Sticky Toffee Muffin	628	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	
Polka Dot Muffin	602	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	
Chocolate Chunk Muffin	547	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Double Chocolate with Maltesers Muffin	646	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Raspberry & Apple Crumble Muffin	451	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Soya
Apple & Cinnamon Muffin	433	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Soya
Blueberry Muffin - Crème	446	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	

LIMITED EDITION MUFFINS

Strawberries & Cream Muffin	561	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Jammie Dodger Muffin	691	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	
Iced Mocha Muffin	725	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Tree nuts, Peanuts
Chocolate Sweetheart Valentine Muffin	622	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	

DELUXE MUFFINS

Victoria Sponge Muffin	698	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Bunny Banoffee Muffin	610	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Lemon & White chocolate Butterfly	619	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	

MADE WITHOUT GLUTEN MUFFINS

Blueberry Muffin	503	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	These products are made in a kitchen containing Gluten, we cannot guarantee they are suitable for Coeliac's
Eton Mess Muffin	628	N	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
Almond	587	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N	N	Peanuts, Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Nuts. This product is made in a kitchen containing Gluten, we cannot guarantee it is suitable for Coeliac's.

VEGAN MUFFINS

Lemon Meringue Muffin	604	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Milk, Barley
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MINI MUFFINS

Chocolate Mini Muffin - No Topping	73	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Crème Mini Muffin - No Topping	106	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	

Savoury Slices

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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TARTS

Portuguese Custard Tart	168	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Almonds, Sesame, Soya
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COOKIES

Belgian White Chocolate Cookie	378	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	
Belgian Triple Chocolate Cookie	362	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	

DONUTS

Strawberry Sprinkle Donut	296	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts, Peanuts
Triple Chocolate Donut	319	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts, Peanuts

SCONES

Fruit Scone	520	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Plain Scone	450	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Cheese Scone	547	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
New Bakers Scones - Fruit	463	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Mustard, Sesame, Soya, Oats, Rye
New Bakers Scones - Plain	436	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Mustard, Sesame, Soya, Oats, Rye
New Bakers Scones - Cheese	440	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Mustard, Sesame, Soya, Oats, Rye
Tiptree Strawberry Jam 28g	76	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

PASTRIES

Almond Croissant	338	Y	N	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	N	
Croissant	355	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Almonds, Soya
Pain au Raisin	337	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Hazelnut, Nuts, Pecan Nut, Sesame, Soya, Walnut
Chocolate Twist	269	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	Almonds, Hazelnut and Nuts
Bridor Apricot Croissant	265	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree Nuts, Sesame, Soya
Cinnamon Swirl	382	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecans, Almonds, Walnuts

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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SLICED CAKES

Raspberry Victoria Sponge	281	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	Y	N	N	Soya
Victoria Sponge Cake	561	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Nuts and Peanuts
Banana Walnut Loaf cake	269	Y	N	N	N	N	N	N	Y	N	N	N	Y	Y	N	N	N	N	N	N	Peanuts, Tree Nuts
Vegan Caramelised Biscuit Cake	544	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Tree Nuts, Eggs, Milk
Gluten Free - Triple Chocolate Fudge Cake	455	N	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Almonds, Hazelnut, Nuts, Pecan Nut, Pistachio, Walnut
Red Velvet Cake	760	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Almonds, Hazelnut, Nuts, Peanuts, Pecan Nut, Pistachio, Walnut
Lemon Drizzle Cake	694	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnut, Pecan, Almonds, Pistachio, Walnut

TRAYBAKES

Raspberry & Coconut Traybake	357	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Millionaires Caramel Shortcake (460071)	422	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Millionaires Caramel Shortcake (3850)	315	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Almonds, Hazelnut, Nuts, Peanuts, Pecan Nut, Walnut
Chocolate Brownie Traybake	295	Y	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	N	N	N	Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia, Milk, Pecan Nut, Pistachio, Walnut
We Love Cake Chocolate Pecan Brownies	280	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N	N	Peanuts

TEACAKES

Teacake	251	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Tree Nuts, Sesame
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SAVOURY SLICES

Steak & Onion Slice	372	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Cheese & Onion Slice	595	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	Y	N	Y	N	N		
Chicken & Mushroom Slice	549	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N		
Traditional Cornish Pasties	554	Y	N	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Almonds, Cashew Nut and Nuts	

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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FRESH BAPS

Sausage Brioche Bap	475	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Soya, Sesame, Oats, Rye, Barley
Bacon Brioche Bap	402	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Soya, Sesame, Oats, Rye, Barley

BAGUETTES

Chicken Tikka with Mango Chutney & Mayo White Baguette	479	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Tree nuts, Fish, Crustaceans, Mustard, Sesame, Soya, Sulphites, Barley, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios
Soft Cheese, Red Onion Chutney, Tomato & Rocket Malted Wheat Baguette	479	Y	N	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Sesame
Ham & Cheddar Cheese White Baguette	523	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Sesame, Barley
Tuna Mayonnaise & Rocket Malted Wheat Baguette	469	Y	N	Y	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	Sesame
Goats Cheese & Red Onion Malted Wheat Baguette	516	Y	N	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Sesame
Coronation Chicken White Baguette	489	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	Barley, Milk, Fish, Crustaceans, Mustard, Sesame, Soya, Sulphites
Swiss Chicken Baguette	481	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Sesame, Barley
Cheddar Cheese with Little Gem, Tomatoes & Cucumber White Baguette	504	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Sesame, Barley

ITALIAN FLATBREADS

Feta, Sunblaze Tomato, Roquette & Pesto	523	Y	Y	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	Peanuts, Eggs, Hazelnuts, Pecans, Almonds, Walnuts, Brazil nuts, Pistachios, Macadamias
Ham Hock & Grated Cheese	549	Y	Y	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
Triple Cheese & Pickle	543	Y	Y	Y	N	N	N	N	Y	N	N	N	Y	N	N	Y	N	Y	N	N	
Sausage, Apple & Ale Chilli Chutney	713	Y	Y	Y	N	N	N	N	Y	N	N	N	Y	N	N	Y	N	Y	N	N	
Mozzarella, Tomato & Pesto	452	Y	Y	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	Peanuts, Eggs, Hazelnuts, Pecans, Almonds, Walnuts, Brazil nuts, Pistachios, Macadamias
BBQ Chicken with Grated Cheese	467	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	Eggs. Contains alcohol

BAGELS

Smoked Salmon & Cream Cheese Plain Bagel	415	Y	Y	Y	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	N	N	Sesame
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TOASTIES

Cheddar Cheese & Red Onion Toastie	560	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Grilled Cheese Toastie	595	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Ham & Cheddar Cheese Toastie	470	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Cheddar Cheese & Tomato Toastie	560	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
Mozzarella & Pesto Gluten Free Toastie	378	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	Tree nuts, Peanuts, Sesame, Almonds, Cashews, Pistachios

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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PANINIS

Chicken with Franks Original Hot Sauce & Mozzarella Panini	545	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Sesame
Summer BBQ Pulled Pork, Crunchy Sweetcorn Relish & Sliced Mozzarella Panini	550	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	Eggs, Fish, Crustaceans, Sesame, Soya, Sulphites, Barley
Tuna Melt Panini	567	Y	N	N	N	N	N	N	Y	Y	N	N	Y	N	N	N	N	N	N	N	N	Sesame
Ham & Cheddar Cheese Panini	504	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Sesame
Brie, Red Onion Chutney, Rocket Panini	478	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	N	Sesame
Cheesy BBQ Bean Panini	484	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	Sesame
BBQ Cajun Chicken Panini	609	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	Y	N	N	N	N	N	Sesame
Mozzarella, Tomato & Pesto Panini	524	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Nuts, Peanuts, Sesame
All Day Breakfast Panini	532	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y	N	N	N	N	N	Sesame

BLOOMER SANDWICHES

Ploughmans	516	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	Y	N	N	N	
Tuna Salad	374	Y	N	N	N	N	N	N	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	Barley

WRAPS

Prawn, Mango and Sweet Chilli	395	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	Tree nuts
Chicken Caesar Wrap	348	Y	N	N	N	N	N	N	Y	Y	N	N	Y	N	N	N	N	N	N	N	N	Mustard, Sesame

FILLED CROISSANTS

Caprese Croissant	462	Y	N	N	N	N	N	N	Y	N	N	Y	Y	Y	N	N	N	N	N	N	N	Peanuts, Hazelnuts, Pecans, Almonds, Walnuts, Brazil nuts, Pistachios, Macadamias
Ham & Cheddar Cheese Croissant	480	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Soya, Hazelnuts, Almonds
Cheese & Tomato Croissant	438	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Tree nuts, Soya, Hazelnuts, Almonds
Brie & Tomato Pesto	462	Y	N	N	N	N	N	N	Y	N	N	Y	Y	Y	N	N	N	N	N	N	N	Tree nuts, Peanuts, Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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FRESH TOAST

Toast with Butter - white	368	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Barley
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SAUSAGE ROLL

Hot Sausage Roll	532	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	Nuts
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JACKET POTATOES

Plain with 2 Butter Portions	338	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Plain without Butter	246	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Jacket Potato toppings - toppings do not include calories or allergens for the jacket potato with butter or jacket potato no butter (see above)																					
Grated Cheese - 100g (Portion)	414	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Tuna Mayonnaise - 100g (Portion)	187	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Coleslaw - 100g (Portion)	116	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	
Baked Beans - 100g (Portion)	92	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Marinated Chicken Tikka - 100g (Portion)	140	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Barley, Crustaceans, Egg, Fish, Mustard, Soya , Sulphites >10ppm
Pulled Pork - 100g (Portion)	145	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Barley, Crustaceans, Egg, Fish, Milk, Mustard, Soya, Sulphites >10ppm , Wheat

SOUP

Tomato & Basil Soup with half baguette	399	Y	N	Y	N	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	
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Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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COFFEE

Espresso	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Double Espresso	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Flat White (skimmed milk) Small	70	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Flat White (whole milk) Small	130	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Flat White (almond milk) Small	25	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Flat White (coconut milk) Small	66	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Flat White (oat milk) Small	96	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Flat White (soya milk) Small	87	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Americano (black) Small	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (black) Regular	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (black) Large	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (white skimmed milk) Small	44	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Americano (white skimmed milk) Regular	44	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Americano (white skimmed milk) Large	44	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Americano (white whole milk) Small	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Americano (white whole milk) Regular	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Americano (white whole milk) Large	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Americano (white almond milk) Small	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Americano (white almond milk) Regular	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Americano (white almond milk) Large	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Americano (white coconut milk) Small	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Americano (white coconut milk) Regular	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Americano (white coconut milk) Large	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Americano (white oat milk) Small	61	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (white oat milk) Regular	61	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (white oat milk) Large	61	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Americano (white soya milk) Small	55	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Americano (white soya milk) Regular	55	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Americano (white soya milk) Large	55	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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COFFEE

Cappuccino (skimmed milk) Small	72	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cappuccino (skimmed milk) Regular	86	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cappuccino (skimmed milk) Large	98	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cappuccino (whole milk) Small	133	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cappuccino (whole milk) Regular	158	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cappuccino (whole milk) Large	180	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (almond milk) Small	27	N	N	N	N	N	N	N	N	N	N	N	N*	Y	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (almond milk) Regular	31	N	N	N	N	N	N	N	N	N	N	N	N*	Y	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (almond milk) Large	36	N	N	N	N	N	N	N	N	N	N	N	N*	Y	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (coconut milk) Small	68	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (coconut milk) Regular	81	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (coconut milk) Large	92	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (oat milk) Small	98	N	N	N	Y	N	N	N	N	N	N	N	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (oat milk) Regular	117	N	N	N	Y	N	N	N	N	N	N	N	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (oat milk) Large	133	N	N	N	Y	N	N	N	N	N	N	N	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (soya milk) Small	89	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (soya milk) Regular	106	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	
Cappuccino No Chocolate Sprinkles (soya milk) Large	121	N	N	N	N	N	N	N	N	N	N	Y	N*	N	N	N	N	N	N	N	

***ALLERGY ADVICE - PLEASE NOTE: OUR HOT CHOCOLATE POWDER USED FOR SPRINKLES CONTAIN MILK**

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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COFFEE

Latte (skimmed milk) Regular	84	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Latte (skimmed milk) Large	95	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Latte (whole milk) Regular	156	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Latte (whole milk) Large	178	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Latte (almond milk) Regular	29	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Latte (almond milk) Large	34	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Latte (coconut milk) Regular	79	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Latte (coconut milk) Large	90	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Latte (oat milk) Regular	115	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Latte (oat milk) Large	131	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Latte (soya milk) Regular	104	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Latte (soya milk) Large	119	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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CHOCOLATE DRINKS

Hot Chocolate (skimmed milk) Regular	239	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Hot Chocolate (skimmed milk) Large	310	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Hot Chocolate (whole milk) Regular	312	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Hot Chocolate (whole milk) Large	392	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Hot Chocolate (almond milk) Regular	185	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Hot Chocolate (almond milk) Large	248	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Hot Chocolate (coconut milk) Regular	235	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Hot Chocolate (coconut milk) Large	304	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Hot Chocolate (oat milk) Regular	271	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Hot Chocolate (oat milk) Large	345	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Hot Chocolate (soya milk) Regular	260	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Hot Chocolate (soya milk) Large	333	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Mocha (skimmed milk) Regular	229	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Mocha (skimmed milk) Large	289	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Mocha (whole milk) Regular	293	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Mocha (whole milk) Large	354	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Mocha (almond milk) Regular	182	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Mocha (almond milk) Large	241	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Mocha (coconut milk) Regular	225	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Mocha (coconut milk) Large	285	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Mocha (oat milk) Regular	256	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Mocha (oat milk) Large	317	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Mocha (soya milk) Regular	247	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Mocha (soya milk) Large	308	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	

***ALLERGY ADVICE - OUR HOT CHOCOLATE POWDER DOES CONTAIN MILK, ANY MILK CHANGES WON'T REMOVE THE ALLERGEN**

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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CHOCOLATE DRINKS

Kids Hot Chocolate (skimmed milk)	269	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Kids Hot Chocolate (whole milk)	330	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Kids Hot Chocolate (almond milk)	224	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Kids Hot Chocolate (coconut milk)	265	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Kids Hot Chocolate (oat milk)	295	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Kids Hot Chocolate (soya milk)	286	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Kiddiccino (Warm Skimmed Milk)	89	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Kiddiccino (Warm Whole Milk)	149	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Kiddiccino (Warm Almond Milk)	43	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	
Kiddiccino (Warm Coconut Milk)	85	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	
Kiddiccino (Warm Oat Milk)	114	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	
Kiddiccino (Warm Soya Milk)	105	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (skimmed milk) Regular	369	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (skimmed milk) Large	498	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (whole milk) Regular	413	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (whole milk) Large	557	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (almond milk) Regular	336	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	
Millionaires Hot Chocolate (almond milk) Large	454	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	
Millionaires Hot Chocolate (coconut milk) Regular	366	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (coconut milk) Large	494	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (oat milk) Large	523	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (oat milk) Regular	388	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (soya milk) Large	514	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	
Millionaires Hot Chocolate (soya milk) Regular	381	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	

***ALLERGY ADVICE - OUR HOT CHOCOLATE POWDER DOES CONTAIN MILK, ANY MILK CHANGES WON'T REMOVE THE ALLERGEN**

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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CHOCOLATE DRINKS

Almond Mocha (skimmed milk) Regular	263	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Almond Mocha (skimmed milk) Large	417	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Almond Mocha (whole milk) Regular	298	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Almond Mocha (whole milk) Large	496	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	
Almond Mocha (almond milk) Regular	236	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Almond Mocha (almond milk) Large	362	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Almond Mocha (coconut milk) Regular	260	N	N	N	N	N	N	N	N	N	N	Y	Y*	Y	N	N	N	N	N	N	
Almond Mocha (coconut milk) Large	415	N	N	N	N	N	N	N	N	N	N	Y	Y*	Y	N	N	N	N	N	N	
Almond Mocha (oat milk) Regular	278	N	N	N	Y	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	
Almond Mocha (oat milk) Large	453	N	N	N	Y	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	
Almond Mocha (soya milk) Regular	273	N	N	N	N	N	N	N	N	N	N	Y	Y*	Y	N	N	N	N	N	N	
Almond Mocha (soya milk) Large	441	N	N	N	N	N	N	N	N	N	N	Y	Y*	Y	N	N	N	N	N	N	

***ALLERGY ADVICE - OUR HOT CHOCOLATE POWDER DOES CONTAIN MILK, ANY MILK CHANGES WON'T REMOVE THE ALLERGEN**

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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SEASONAL DRINKS

Salted Caramel Latte with Cream (skimmed milk) Regular	208	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (skimmed milk) Large	249	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (whole milk) Regular	252	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (whole milk) Large	308	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (almond milk) Regular	175	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Salted Caramel Latte with Cream (almond milk) Large	205	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Salted Caramel Latte with Cream (coconut milk) Regular	205	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Almonds
Salted Caramel Latte with Cream (coconut milk) Large	245	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Almonds
Salted Caramel Latte with Cream (oat milk) Regular	227	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (oat milk) Large	274	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (soya milk) Regular	220	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Salted Caramel Latte with Cream (soya milk) Large	265	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (skimmed milk) Regular	173	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (skimmed milk) Large	240	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (whole milk) Regular	213	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (whole milk) Large	299	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (almond milk) Regular	144	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Cinnamon Bun Latte (almond milk) Large	196	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Cinnamon Bun Latte (coconut milk) Regular	187	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (coconut milk) Large	237	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (oat milk) Regular	190	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (oat milk) Large	257	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (soya milk) Regular	185	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	
Cinnamon Bun Latte (soya milk) Large	257	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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SEASONAL DRINKS

Toasted Marshmallow Latte (skimmed milk) Regular	174	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Soya
Toasted Marshmallow Latte (skimmed milk) Large	211	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Soya
Toasted Marshmallow Latte (whole milk) Regular	214	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Soya
Toasted Marshmallow Latte (whole milk) Large	255	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Soya
Toasted Marshmallow Latte (almond milk) Regular	159	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Soya, Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Toasted Marshmallow Latte (almond milk) Large	167	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Soya, Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Toasted Marshmallow Latte (coconut milk) Regular	186	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Toasted Marshmallow Latte (coconut milk) Large	207	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Toasted Marshmallow Latte (oat milk) Regular	206	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Soya
Toasted Marshmallow Latte (oat milk) Large	236	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Soya
Toasted Marshmallow Latte (soya milk) Regular	200	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Toasted Marshmallow Latte (soya milk) Large	227	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Spiced Chai Latte (skimmed milk) Regular	246	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Spiced Chai Latte (skimmed milk) Large	349	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Spiced Chai Latte (whole milk) Regular	288	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Spiced Chai Latte (whole milk) Large	417	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Spiced Chai Latte (almond milk) Regular	215	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Spiced Chai Latte (almond milk) Large	298	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Spiced Chai Latte (coconut milk) Regular	244	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Spiced Chai Latte (coconut milk) Large	345	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Spiced Chai Latte (oat milk) Regular	264	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Spiced Chai Latte (oat milk) Large	378	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Spiced Chai Latte (soya milk) Regular	258	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Spiced Chai Latte (soya milk) Large	368	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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TEA

Traditional Tea Regular Mug or Pot for one (skimmed milk)	45	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Traditional Tea Regular Mug or Pot for one (whole milk)	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Traditional Tea Regular Mug or Pot for one (almond milk)	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Traditional Tea Regular Mug or Pot for one (coconut milk)	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Traditional Tea Regular Mug or Pot for one (oat milk)	61	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Traditional Tea Regular Mug or Pot for one (soya milk)	56	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Traditional Tea Pot of Tea for 2 (skimmed milk)	23	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Traditional Tea Pot of Tea for 2 (whole milk)	42	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Traditional Tea Pot of Tea for 2 (almond milk)	8	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Traditional Tea Pot of Tea for 2 (coconut milk)	21	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Traditional Tea Pot of Tea for 2 (oat milk)	31	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Traditional Tea Pot of Tea for 2 (soya milk)	28	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Decaf Tea (skimmed milk) Regular	44	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Decaf Tea (whole milk) Regular	83	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Decaf Tea (almond milk) Regular	16	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Decaf Tea (coconut milk) Regular	42	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Decaf Tea (oat milk) Regular	61	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Decaf Tea (soya milk) Regular	55	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Decaf Pot of Tea for 2 (skimmed milk)	22	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Decaf Pot of Tea for 2 (whole milk)	41	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Decaf Pot of Tea for 2 (almond milk)	8	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Decaf Pot of Tea for 2 (coconut milk)	21	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Decaf Pot of Tea for 2 (oat milk)	30	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Decaf Pot of Tea for 2 (soya milk)	28	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	

SPECIALITY TEAS

Green Tea Sencha	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Eary Gray	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Chamomile	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Red Berry	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Peppermint	0	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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EXTRAS

Cream	47	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Chocolate Flake	51	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Pink & White Mini Mallows	20	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Vanilla Syrup	20	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Caramel Syrup	21	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Hazelnut Syrup	21	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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ICED COFFEE

Maryland Cookie Iced Latte (skimmed milk) Medium	256	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts
Maryland Cookie Iced Latte (skimmed milk) Large	309	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts
Maryland Cookie Iced Latte (whole milk) Medium	294	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts
Maryland Cookie Iced Latte (whole milk) Large	354	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts
Maryland Cookie Iced Latte (almond milk) Medium	227	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Nuts
Maryland Cookie Iced Latte (almond milk) Large	277	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Nuts
Maryland Cookie Iced Latte (coconut milk) Medium	253	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts
Maryland Cookie Iced Latte (coconut milk) Large	307	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts
Maryland Cookie Iced Latte (oat milk) Medium	272	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts
Maryland Cookie Iced Latte (oat milk) Large	329	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Nuts
Maryland Cookie Iced Latte (soya milk) Medium	266	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Maryland Cookie Iced Latte (soya milk) Large	332	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Iced Latte (skimmed milk) Regular	51	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Latte (skimmed milk) Large	61	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Latte (whole milk) Regular	95	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Latte (whole milk) Large	114	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Latte (almond milk) Regular	18	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Latte (almond milk) Large	22	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Iced Latte (coconut milk) Regular	48	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Latte (coconut milk) Large	58	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Latte (oat milk) Regular	70	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Latte (oat milk) Large	84	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced Latte (soya milk) Regular	64	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	
Iced Latte (soya milk) Large	76	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	

***ALLERGY ADVICE - OUR HOT CHOCOLATE POWDER DOES CONTAIN MILK, ANY MILK CHANGES WON'T REMOVE THE ALLERGEN**

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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ICED COFFEE

Iced Mocha (skimmed milk) Regular	132	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Mocha (skimmed milk) Large	182	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Mocha (whole milk) Regular	176	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Mocha (whole milk) Large	235	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Iced Mocha (almond milk) Regular	98	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Iced Mocha (almond milk) Large	142	N	N	N	N	N	N	N	N	N	N	N	Y*	Y	N	N	N	N	N	N	N	
Iced Mocha (coconut milk) Regular	129	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Iced Mocha (coconut milk) Large	178	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Iced Mocha (oat milk) Regular	150	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Iced Mocha (oat milk) Large	205	N	N	N	Y	N	N	N	N	N	N	N	Y*	N	N	N	N	N	N	N	N	
Iced Mocha (soya milk) Regular	144	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Iced Mocha (soya milk) Large	197	N	N	N	N	N	N	N	N	N	N	Y	Y*	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (skimmed milk) Regular	171	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (skimmed milk) Large	173	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (whole milk) Regular	210	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (whole milk) Large	269	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (almond milk) Regular	143	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Cinnamon Bun Iced Latte (almond milk) Large	192	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias
Cinnamon Bun Iced Latte (coconut milk) Regular	169	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (coconut milk) Large	222	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (oat milk) Regular	190	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (oat milk) Large	244	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (soya milk) Regular	182	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	
Cinnamon Bun Iced Latte (soya milk) Large	237	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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CREAMY FRAPPES

Maryland Cookie Frappe (Skimmed Milk) Medium	359	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Maryland Cookie Frappe (Skimmed Milk) Large	470	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Maryland Cookie Frappe (Whole Milk) Medium	388	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Maryland Cookie Frappe (Whole Milk) Large	505	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Maryland Cookie Frappe (Almond Milk) Medium	337	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, nuts, Soya, Egg Gluten
Maryland Cookie Frappee (Almond Milk) Large	443	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, nuts, Soya, Egg Gluten
Maryland Cookie Frappe (Coconut Milk) Medium	357	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Maryland Cookie Frappe (Coconut Milk) Large	467	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Maryland Cookie Frappe (Oat Milk) Medium	372	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Maryland Cookie Frappe (Oat Milk) Large	485	Y	N	N	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Maryland Cookie Frappe (Soya Milk) Medium	367	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Maryland Cookie Frappe (Soya Milk) Large	480	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Skimmed Milk) Medium	311	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Skimmed Milk) Large	445	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Whole Milk) Medium	340	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Whole Milk) Large	480	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappee (Almond Milk) Medium	289	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Banoffee Frappee (Almond Milk) Large	418	N	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Banoffee Frappe (Coconut Milk) Medium	309	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Banoffee Frappe (Coconut Milk) Large	443	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Banoffee Frappe (Oat Milk) Medium	324	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Oat Milk) Large	460	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Soya Milk) Medium	319	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Banoffee Frappe (Soya Milk) Large	455	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten

ALLERGY ADVICE - WE DO NOT SERVE ANY FRAPPES WITH DAIRY FREE ALTERNATIVE MILKS

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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CREAMY FRAPPES

Jammie Dodger Frappe (Skimmed Milk) Medium	373	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Skimmed Milk) Large	505	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Whole Milk) Medium	403	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Whole Milk) Large	540	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappee (Almond Milk) Medium	351	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	Y	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Jammie Dodger Frappee (Almond Milk) Large	479	Y	N	N	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	Y	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Jammie Dodger Frappe (Coconut Milk) Medium	372	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Jammie Dodger Frappe (Coconut Milk) Large	503	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	Tree nuts, Hazelnuts, Pecan, nuts, Almonds, Cashews, Walnuts, Brazil nuts, Pistachios, Macadamias, Soya, Egg Gluten
Jammie Dodger Frappe (Oat Milk) Medium	386	Y	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Oat Milk) Large	520	Y	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Soya Milk) Medium	382	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Jammie Dodger Frappe (Soya Milk) Large	515	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N	Eggs, Soya, Nuts , Gluten
Espresso Frappe (skimmed milk) Regular	176	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Espresso Frappe (skimmed milk) Large	199	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Espresso Frappe (whole milk) Regular	200	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Espresso Frappe (whole milk) Large	225	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Triple Chocolate Frappe (skimmed milk) Regular	303	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Triple Chocolate Frappe (skimmed milk) Large	386	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Triple Chocolate Frappe (whole milk) Regular	332	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Triple Chocolate Frappe (whole milk) Large	427	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Blueberry Ginger Frappe (skimmed milk) Regular	235	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Blueberry Ginger Frappe (skimmed milk) Large	358	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Blueberry Ginger Frappe (whole milk) Regular	270	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten
Blueberry Ginger Frappe (whole milk) Large	396	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Eggs, Soya, Nuts , Gluten

ALLERGY ADVICE - WE DO NOT SERVE ANY FRAPPES WITH DAIRY FREE ALTERNATIVE MILKS

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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FRUIT SMOOTHIES

Strawberry & Banana Smoothie Regular	177	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Strawberry & Banana Smoothie Large	197	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Mango Pineapple & Passionfruit Regular	179	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Mango Pineapple & Passionfruit Large	199	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Super Berry Smoothie Regular	192	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Super Berry Smoothie Large	212	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

MILKSHAKES

Chocolate Milkshake (skimmed milk) Regular	447	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Chocolate Milkshake (skimmed milk) Large	581	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Chocolate Milkshake (whole milk) Regular	491	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Chocolate Milkshake (whole milk) Large	640	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Milkshake (skimmed milk) Regular	406	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Milkshake (skimmed milk) Large	520	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Milkshake (whole milk) Regular	450	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Vanilla Milkshake (whole milk) Large	579	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Milkshake (skimmed milk) Regular	537	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Milkshake (skimmed milk) Large	681	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Milkshake (whole milk) Regular	581	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Strawberry Milkshake (whole milk) Large	740	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Banana Milkshake (skimmed milk) Regular	426	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Banana Milkshake (skimmed milk) Large	550	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Banana Milkshake (whole milk) Regular	471	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Banana Milkshake (whole milk) Large	609	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	

ALLERGY ADVICE - WE DO NOT SERVE ANY MILKSHAKES WITH DAIRY FREE ALTERNATIVE MILKS

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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ICED TEAS

Green Tea & Peach Iced Tea Regular	88	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Green Tea & Peach Iced Tea Large	131	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Lemon Iced Tea Regular	67	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Lemon Iced Tea Large	67	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

ICED LEMONADES

Pineapple Iced Lemonade Medium	117	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Pineapple Iced Lemonade Large	153	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Traditional Lemonade Regular	77	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Traditional Lemonade Large	102	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Passionfruit Iced Lemonade Regular	102	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Passionfruit Iced Lemonade Large	125	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

BUBBLE LEMONADES

Peach Bubble tea Medium	109	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Milk
Peach Bubble Tea Large	134	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Milk
Mango & Passionfruit Bubble Lemonade Regular	323	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Mango & Passionfruit Bubble Lemonade Large	403	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cloudy Strawberry Bubble Lemonade Regular	316	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	
Cloudy Strawberry Bubble Lemonade Large	362	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	

Ice Cream

Product	Kcal (Per 100g)	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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ICE CREAM

B&J Choc Chip Cookie Dough	213	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
B&J Strawberry Cheesecake	178	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
B&J Chocolate Cookie Dough	120	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	
B&J Vanilla	167	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	
B&J Cone Together	203	Y	N	Y	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Almonds, Walnuts
B&J Non Dairy Chocolate Fudge Brownie	219	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	
B&J Peace Pop	217	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil Nuts, Pistachios, Macadamias

Sugars & Condiments

Extras

Product	Kcal	Gluten / Wheat	Gluten / Rye	Gluten / Barley	Gluten / Oats	Gluten / Spelt	Gluten / Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	May contain
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SUGARS & CONDIMENTS

White Sugar Sticks		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Brown Sugar Sticks		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Canderel Sweetner		N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Pepper Sachet		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Salt Sachet		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

EXTRAS

Mayonnaise Sachets		N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y	N	N	N	N	N	
Tomato Ketchup Sachets	11	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Brown Sauce Sachets	14	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Strawberry Jam		N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Butter Portions		N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	