

NUTRITION & ALLERGEN GUIDE

HOLIDAY

November 2024 - January 2025



Toffee Nut Frappuccino®
blended beverage



Gingerbread Latte



'Tis the Season Sandwich



**Polar Bear
Cake Pop**



**Pigs Under Blanket
Panini**

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

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

• **Cereals Containing Gluten**

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

• **Nuts**

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

• **Egg**

• **Milk**

• **Soya**

• **Fish**

• **Crustaceans**

• **Molluscs**

• **Sesame**

• **Lupin**

• **Celery**

• **Mustard**

• **Peanuts**

• **Sulphur Dioxide and Sulphites**

Cross Contamination

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

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

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Toffee Nut Latte - skimmed milk	Skimmed milk [skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Short	506	121	4.5	3.1	15.1	14.6	0.1	4.7	0.31	44.6
		Tall	713	170	5.8	3.9	22.1	21	0.3	7.2	0.46	89.1
		Grande	868	207	6	4.1	28.4	27.3	0.3	9.5	0.61	89.1
		Venti	1075	256	6.7	4.5	36	34.4	0.4	12.5	0.78	133.7
Toffee Nut Latte - semi-skimmed milk	Semi-skimmed MILK [semi-skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Short	567	135	6.2	5	15	14.5	0.1	4.7	0.31	44.6
		Tall	805	192	8.4	6.8	21.9	20.9	0.3	7.2	0.46	89.1
		Grande	992	236	9.5	8	28.1	27	0.3	9.5	0.61	89.1
		Venti	1239	295	11.3	9.6	35.6	34.1	0.4	12.5	0.77	133.7
Toffee Nut Latte - whole milk	Whole MILK [whole MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Short	648	155	8.5	5.7	14.9	14.3	0.1	4.6	0.31	44.6
		Tall	928	221	11.8	7.9	21.7	20.7	0.3	7	0.46	89.1
		Grande	1158	276	14.2	9.4	27.9	26.8	0.3	9.2	0.60	89.1
		Venti	1459	347	17.5	11.6	35.3	33.7	0.4	12.1	0.76	133.7
Toffee Nut Latte - almond drink	ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Short	443	107	5.6	3.1	12.3	11.7	0.4	1.1	0.27	44.6
		Tall	618	150	7.4	3.9	17.8	16.7	0.6	1.7	0.40	89.1
		Grande	739	179	8.2	4	22.6	21.5	0.8	2	0.52	89.1
		Venti	904	220	9.6	4.4	28.3	26.7	1.1	2.6	0.66	133.7
Toffee Nut Latte - soya drink	SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Short	536	128	6.5	3.3	12.6	11.8	0.9	4.5	0.30	44.6
		Tall	759	181	8.7	4.3	18.2	16.8	1.4	6.8	0.45	89.1
		Grande	930	221	10	4.5	23.2	21.6	1.8	9	0.59	89.1
		Venti	1157	275	12	5	29.1	26.9	2.4	11.8	0.75	133.7
Toffee Nut Latte - oat drink	OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Short	621	148	7.8	3.3	17.4	12.8	1.3	1.5	0.34	44.6
		Tall	888	212	10.7	4.3	25.6	18.3	2.1	2.2	0.50	89.1
		Grande	1104	264	12.7	4.5	33.1	23.6	2.8	2.8	0.66	89.1
		Venti	1386	331	15.6	5	42.2	29.5	3.7	3.6	0.85	133.7
Toffee Nut Latte - coconut drink	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Short	541	130	7.2	5.8	13.6	13	2	1.7	0.24	44.6
		Tall	766	185	9.8	7.9	19.7	18.6	3	2.6	0.34	89.1
		Grande	940	226	11.5	9.5	25.1	24.1	4	3.2	0.45	89.1
		Venti	1170	282	13.9	11.6	31.7	30.1	5.3	4.3	0.57	133.7

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Gingerbread Latte - skimmed milk	Skimmed MILK [skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Short	555	133	5.9	3.6	15.3	14.5	0.2	4.4	0.16	44.6
		Tall	809	193	8	4.9	23	21.6	0.3	6.8	0.24	89.1
		Grande	985	235	8.5	5.1	30	28.4	0.3	9.1	0.31	89.1
		Venti	1209	288	9.4	5.6	38.3	36.1	0.5	12.1	0.41	133.7
Gingerbread Latte - semi-skimmed milk	Semi-skimmed MILK [semi-skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Short	616	147	7.6	5.5	15.1	14.4	0.2	4.4	0.15	44.6
		Tall	901	215	10.6	7.8	22.8	21.5	0.3	6.8	0.23	89.1
		Grande	1109	265	12	9	29.8	28.2	0.3	9.1	0.31	89.1
		Venti	1373	327	13.9	10.8	37.9	35.8	0.5	12.1	0.40	133.7
Gingerbread Latte - whole milk	Whole MILK [whole MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Short	697	167	9.9	6.2	15	14.2	0.2	4.3	0.15	44.6
		Tall	1024	245	14.1	8.8	22.7	21.3	0.3	6.7	0.23	89.1
		Grande	1275	304	16.7	10.5	29.5	28	0.3	8.8	0.30	89.1
		Venti	1593	380	20.2	12.7	37.6	35.5	0.5	11.8	0.39	133.7
Gingerbread Latte - almond drink	ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Short	492	119	6.9	3.5	12.4	11.6	0.4	0.8	0.11	44.6
		Tall	713	173	9.6	4.8	18.7	17.3	0.7	1.3	0.17	89.1
		Grande	856	208	10.7	5.1	24.2	22.6	0.8	1.6	0.22	89.1
		Venti	1038	252	12.2	5.5	30.6	28.4	1.1	2.2	0.29	133.7
Gingerbread Latte - soya drink	SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Short	586	140	7.8	3.8	12.7	11.7	0.9	4.2	0.14	44.6
		Tall	855	204	11	5.2	19.2	17.4	1.4	6.5	0.22	89.1
		Grande	1047	250	12.5	5.6	24.8	22.7	1.8	8.6	0.29	89.1
		Venti	1291	308	14.6	6.2	31.4	28.6	2.4	11.4	0.38	133.7
Gingerbread Latte - oat drink	OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Short	670	160	9.1	3.8	17.6	12.7	1.4	1.2	0.18	44.6
		Tall	984	235	13	5.2	26.5	18.9	2.2	1.9	0.27	89.1
		Grande	1221	292	15.2	5.6	34.7	24.7	2.8	2.4	0.36	89.1
		Venti	1521	363	18.2	6.2	44.5	31.2	3.7	3.2	0.47	133.7
Gingerbread Latte - coconut drink	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Short	590	142	8.5	6.2	13.7	12.9	2	1.4	0.08	44.6
		Tall	862	208	12.1	8.9	20.6	19.2	3.1	2.2	0.12	89.1
		Grande	1057	255	14	10.5	26.8	25.2	4	2.9	0.15	89.1
		Venti	1304	314	16.6	12.7	34	31.8	5.4	3.9	0.20	133.7

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Caramel Waffle Latte - skimmed milk	Skimmed MILK [skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Short	520	124	4.8	3.3	15.3	14.2	0.2	4.8	0.15	44.6
		Tall	758	181	6.3	4.3	23.4	21.4	0.3	7.3	0.24	89.1
		Grande	919	219	6.6	4.4	30	27.9	0.3	9.6	0.31	89.1
		Venti	1132	269	7.2	4.8	38	35.3	0.5	12.6	0.40	133.7
Caramel Waffle Latte - semi-skimmed milk	Semi-skimmed MILK [semi-skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Short	580	139	6.5	5.2	15.2	14.1	0.2	4.8	0.15	44.6
		Tall	850	203	8.9	7.2	23.2	21.2	0.3	7.3	0.23	89.1
		Grande	1043	249	10	8.3	29.8	27.7	0.3	9.6	0.30	89.1
		Venti	1296	309	11.8	9.9	37.7	35	0.5	12.6	0.39	133.7
Caramel Waffle Latte - whole milk	Whole MILK [whole MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Short	661	158	8.8	5.9	15	14	0.2	4.7	0.15	44.6
		Tall	973	232	12.4	8.2	23	21	0.3	7.1	0.23	89.1
		Grande	1209	288	14.7	9.8	29.5	27.4	0.3	9.3	0.30	89.1
		Venti	1515	361	18.1	11.9	37.3	34.7	0.5	12.3	0.38	133.7
Caramel Waffle Latte - almond drink	ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Short	457	111	5.9	3.2	12.5	11.4	0.4	1.2	0.11	44.6
		Tall	662	160	7.9	4.2	19.1	17.1	0.7	1.8	0.17	89.1
		Grande	790	191	8.7	4.3	24.2	22.1	0.8	2.1	0.22	89.1
		Venti	961	233	10.1	4.7	30.3	27.7	1.1	2.8	0.28	133.7
Caramel Waffle Latte - soya drink	SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Short	550	131	6.7	3.5	12.7	11.4	0.9	4.6	0.14	44.6
		Tall	804	192	9.2	4.6	19.5	17.1	1.4	7	0.22	89.1
		Grande	981	234	10.5	4.8	24.8	22.2	1.8	9.1	0.28	89.1
		Venti	1214	289	12.5	5.4	31.1	27.8	2.5	12	0.37	133.7

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Caramel Waffle Latte - oat drink	OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%)] [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Short	635	152	8.1	3.5	17.6	12.4	1.4	1.5	0.18	44.6
		Tall	932	223	11.3	4.6	26.9	18.6	2.2	2.4	0.28	89.1
		Grande	1154	276	13.3	4.8	34.8	24.2	2.8	2.9	0.36	89.1
		Venti	1443	345	16.1	5.4	44.2	30.4	3.8	3.8	0.46	133.7
Caramel Waffle Latte - coconut drink	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%)] [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Short	555	134	7.5	5.9	13.7	12.6	2	1.8	0.08	44.6
		Tall	811	195	10.3	8.3	21	19	3.1	2.7	0.12	89.1
		Grande	991	239	12	9.8	26.8	24.7	4.1	3.4	0.15	89.1
		Venti	1227	296	14.5	11.9	33.7	31.1	5.4	4.4	0.19	133.7
Eggnog Latte	EGG nog [Water, skimmed MILK , cream (MILK), sugar, skimmed MILK powder, EGG yolk, stabilisers: guar gum, cellulose gum, carrageenan, triphosphates; natural flavourings, salt, spice extract, cinnamon], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], nutmeg [Ground nutmeg.]	Short	715	171	7.7	4.6	19.7	19.2	0.7	5.2	0.28	44.6
		Tall	1186	284	12.7	7.5	32.7	31.8	1	8.6	0.46	89.1
		Grande	1524	365	16.3	9.7	42	41.1	1.2	11	0.60	89.1
		Venti	1958	468	20.9	12.4	54.1	52.7	1.5	14.2	0.77	133.7
Iced Toffee Nut Latte - skimmed milk	Ice, skimmed MILK [skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	428	101	0.6	0.2	18.6	17.6	0.3	5.3	0.40	89.1
		Grande	613	145	0.8	0.3	25.9	24.8	0.3	8.3	0.58	89.1
		Venti	666	157	0.8	0.3	29	27.5	0.4	8.1	0.64	133.7
Iced Toffee Nut Latte - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	498	118	2.5	2.4	18.4	17.4	0.3	5.3	0.40	89.1
		Grande	726	172	4	3.9	25.7	24.6	0.3	8.3	0.57	89.1
		Venti	773	183	3.9	3.7	28.8	27.3	0.4	8.1	0.64	133.7
Iced Toffee Nut Latte - whole milk	Ice, whole MILK [whole MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	592	141	5.2	3.2	18.3	17.3	0.3	5.2	0.40	89.1
		Grande	877	208	8.3	5.2	25.5	24.4	0.3	8.1	0.57	89.1
		Venti	917	218	7.9	5	28.6	27	0.4	7.9	0.63	133.7
Iced Toffee Nut Latte - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	356	86	1.8	0.2	15.3	14.3	0.5	1.1	0.35	89.1
		Grande	496	120	2.8	0.3	20.6	19.5	0.7	1.5	0.49	89.1
		Venti	554	134	2.7	0.3	24	22.4	0.8	1.7	0.56	133.7
Iced Toffee Nut Latte - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	463	110	2.8	0.5	15.6	14.3	1.1	5	0.39	89.1
		Grande	670	159	4.4	0.7	21.2	19.6	1.6	7.9	0.55	89.1
		Venti	719	170	4.3	0.7	24.5	22.5	1.7	7.7	0.62	133.7

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Toffee Nut Latte - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	561	134	4.3	0.5	21.2	15.5	1.7	1.5	0.43	89.1
		Grande	828	197	6.9	0.7	30.2	21.4	2.5	2.2	0.62	89.1
		Venti	870	207	6.6	0.7	33.1	24.3	2.6	2.3	0.69	133.7
Iced Toffee Nut Latte - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Tall	469	113	3.6	3.3	16.8	15.7	2.4	1.8	0.31	89.1
		Grande	679	163	5.8	5.2	23	21.9	3.7	2.7	0.43	89.1
		Venti	728	175	5.6	5	26.2	24.7	3.6	2.8	0.50	133.7
Iced Gingerbread Latte - skimmed milk	Ice, skimmed MILK [skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	440	104	0.6	0.2	19.1	17.8	0.3	5.3	0.17	89.1
		Grande	636	150	0.8	0.3	27	25.5	0.3	8.3	0.27	89.1
		Venti	700	166	0.8	0.3	30.8	28.7	0.5	8.1	0.27	133.7
Iced Gingerbread Latte - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	510	121	2.5	2.4	19	17.6	0.3	5.3	0.17	89.1
		Grande	749	178	4	3.9	26.8	25.3	0.3	8.3	0.27	89.1
		Venti	807	191	3.9	3.7	30.6	28.5	0.5	8.1	0.26	133.7
Iced Gingerbread Latte - whole milk	Ice, whole MILK [whole MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	603	143	5.2	3.2	18.8	17.5	0.3	5.2	0.17	89.1
		Grande	900	214	8.3	5.2	26.6	25.1	0.3	8.1	0.26	89.1
		Venti	951	226	7.9	5	30.4	28.3	0.5	7.9	0.26	133.7
Iced Gingerbread Latte - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	367	89	1.8	0.2	15.8	14.5	0.6	1.1	0.12	89.1
		Grande	519	126	2.8	0.3	21.8	20.3	0.8	1.5	0.19	89.1
		Venti	588	142	2.7	0.3	25.8	23.7	0.9	1.7	0.19	133.7
Iced Gingerbread Latte - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	475	112	2.8	0.5	16.2	14.5	1.2	5	0.16	89.1
		Grande	692	164	4.4	0.7	22.3	20.3	1.7	7.9	0.25	89.1
		Venti	753	178	4.3	0.7	26.3	23.8	1.7	7.7	0.25	133.7

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Gingerbread Latte - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	572	136	4.3	0.5	21.7	15.7	1.7	1.5	0.20	89.1
		Grande	850	202	6.9	0.7	31.3	22.1	2.6	2.2	0.32	89.1
		Venti	904	215	6.6	0.7	34.9	25.5	2.6	2.3	0.31	133.7
Iced Gingerbread Latte - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	480	115	3.6	3.3	17.3	15.9	2.4	1.8	0.08	89.1
		Grande	701	169	5.8	5.2	24.1	22.6	3.7	2.7	0.13	89.1
		Venti	762	183	5.6	5	28	25.9	3.7	2.8	0.13	133.7
Iced Caramel Waffle Latte - skimmed milk	Ice, skimmed MILK [skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	473	112	1.1	0.6	19.9	17.9	0.3	5.4	0.18	89.1
		Grande	664	157	1.3	0.7	27.6	25.4	0.3	8.4	0.27	89.1
		Venti	723	171	1.4	0.7	31	28.4	0.5	8.3	0.26	133.7
Iced Caramel Waffle Latte - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	543	129	3	2.7	19.8	17.7	0.3	5.4	0.17	89.1
		Grande	777	184	4.5	4.2	27.3	25.2	0.3	8.4	0.27	89.1
		Venti	830	197	4.4	4	30.8	28.2	0.5	8.3	0.26	133.7
Iced Caramel Waffle Latte - whole milk	Ice, whole MILK [whole MILK], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	637	151	5.7	3.6	19.6	17.6	0.3	5.3	0.17	89.1
		Grande	928	220	8.8	5.5	27.1	25	0.3	8.2	0.26	89.1
		Venti	974	231	8.4	5.3	30.6	28	0.5	8.1	0.25	133.7
Iced Caramel Waffle Latte - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	400	97	2.3	0.5	16.6	14.6	0.6	1.2	0.13	89.1
		Grande	547	133	3.3	0.6	22.3	20.2	0.8	1.7	0.19	89.1
		Venti	611	148	3.3	0.6	26	23.4	0.9	1.8	0.18	133.7

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Caramel Waffle Latte - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	508	121	3.3	0.8	17	14.7	1.2	5.2	0.16	89.1
		Grande	720	171	4.9	1	22.8	20.2	1.7	8	0.25	89.1
		Venti	776	184	4.8	1	26.5	23.5	1.8	7.8	0.24	133.7
Iced Caramel Waffle Latte - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	606	144	4.9	0.8	22.6	15.8	1.7	1.7	0.21	89.1
		Grande	878	209	7.4	1	31.9	22.1	2.6	2.4	0.32	89.1
		Venti	926	221	7.2	1	35.1	25.2	2.6	2.5	0.30	133.7
Iced Caramel Waffle Latte - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	514	123	4.2	3.6	18.1	16.1	2.4	1.9	0.09	89.1
		Grande	729	175	6.3	5.6	24.6	22.5	3.7	2.8	0.13	89.1
		Venti	785	188	6.1	5.3	28.3	25.6	3.7	2.9	0.12	133.7
Iced Eggnog Latte	EGG nog [Water, skimmed MILK , cream (MILK), sugar, skimmed MILK powder, EGG yolk, stabilisers: guar gum, cellulose gum, carrageenan, triphosphates; natural flavourings, salt, spice extract, cinnamon], ice, espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], nutmeg [Ground nutmeg.]	Tall	846	202	9	5.3	23.3	22.4	0.8	6.2	0.33	89.1
		Grande	1055	253	11.2	6.7	29.1	28.2	0.9	7.7	0.41	89.1
		Venti	1473	353	15.7	9.3	40.7	39.4	1.3	10.8	0.57	133.7
Iced Caramel Waffle Cream Latte - skimmed milk	Ice, skimmed MILK [skimmed MILK], caramel waffle cream [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate, Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	1172	280	14	8.6	32.2	29.5	0.4	6.2	0.22	89.1
		Grande	1389	332	14.7	9	40.3	37.5	0.4	9.2	0.32	89.1
		Venti	1483	354	15.4	9.5	44.4	41	0.5	9.1	0.31	133.7
Iced Caramel Waffle Cream Latte - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], caramel waffle cream [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator: citric acid, preservative: potassium sorbate, Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	1242	297	15.9	10.8	32.1	29.3	0.4	6.2	0.22	89.1
		Grande	1502	359	17.9	12.6	40.1	37.2	0.4	9.2	0.31	89.1
		Venti	1590	380	18.4	12.8	44.2	40.8	0.5	9.1	0.30	133.7

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Caramel Waffle Cream Latte - whole milk	Ice, whole MILK [whole MILK], caramel waffle cream [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	1335	319	18.6	11.6	31.9	29.2	0.4	6	0.22	89.1
		Grande	1653	395	22.2	13.9	39.9	37	0.4	9	0.31	89.1
		Venti	1734	414	22.5	14.1	44	40.6	0.5	8.8	0.30	133.7
Iced Caramel Waffle Cream Latte - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], caramel waffle cream [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative: potassium sorbate, Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	1099	265	15.2	8.6	28.9	26.2	0.6	2	0.17	89.1
		Grande	1272	307	16.7	9	35	32.2	0.8	2.4	0.23	89.1
		Venti	1371	330	17.3	9.4	39.4	36	0.9	2.6	0.23	133.7
Iced Caramel Waffle Cream Latte - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], caramel waffle cream [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	1207	289	16.2	8.9	29.3	26.2	1.2	5.9	0.21	89.1
		Grande	1445	345	18.3	9.4	35.6	32.3	1.7	8.7	0.30	89.1
		Venti	1536	367	18.8	9.8	39.9	36.1	1.8	8.6	0.29	133.7
Iced Caramel Waffle Cream Latte - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], caramel waffle cream [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	1305	312	17.8	8.9	34.9	27.4	1.8	2.4	0.25	89.1
		Grande	1603	384	20.8	9.4	44.6	34.1	2.6	3.1	0.36	89.1
		Venti	1686	403	21.2	9.8	48.5	37.8	2.7	3.3	0.35	133.7
Iced Caramel Waffle Cream Latte - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], caramel waffle cream [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], espresso roast (as consumed) [whole bean roasted coffee], espresso roast (as consumed) [whole bean roasted coffee], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Tall	1212	291	17.1	11.7	30.4	27.6	2.5	2.7	0.13	89.1
		Grande	1454	350	19.7	13.9	37.4	34.5	3.8	3.6	0.17	89.1
		Venti	1545	371	20.1	14.1	41.6	38.2	3.7	3.7	0.17	133.7

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

For more allergen information please ask your barista. Adults need around 2000kcal a day

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Gingerbread Cream Chai Latte - skimmed milk	Ice, skimmed MILK [skimmed MILK], classic chai [Brewed tea with spices and flavourings (54%) (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose], gingerbread cold foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	1234	295	13.4	8.3	37.1	36.3	0.3	6	0.23	33.3
		Grande	1446	345	14.1	8.7	46.1	45.2	0.3	8.1	0.30	44.4
		Venti	1610	384	14.8	9.1	53.4	52.4	0.4	8.8	0.33	55.5
Iced Gingerbread Cream Chai Latte - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], classic chai [Brewed tea with spices and flavourings (54%) (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose], gingerbread cold foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	1309	313	15.5	10.6	37	36.1	0.3	6	0.23	33.3
		Grande	1550	370	17	11.9	45.9	45	0.3	8.1	0.29	44.4
		Venti	1723	411	18	12.7	53.2	52.2	0.4	8.8	0.32	55.5
Iced Gingerbread Cream Chai Latte - whole milk	Ice, whole MILK [whole MILK], classic chai [Brewed tea with spices and flavourings (54%) (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose], gingerbread cold foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	1410	337	18.4	11.5	36.8	36	0.3	5.9	0.22	33.3
		Grande	1689	403	21	13.1	45.7	44.8	0.3	7.9	0.29	44.4
		Venti	1875	447	22.3	14	53	52	0.4	8.6	0.31	55.5
Iced Gingerbread Cream Chai Latte - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], classic chai [Brewed tea with spices and flavourings (54%) (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose], gingerbread cold foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	1155	278	14.7	8.2	33.6	32.8	0.6	1.5	0.17	33.3
		Grande	1338	322	15.9	8.6	41.2	40.3	0.8	1.8	0.22	44.4
		Venti	1492	359	16.8	9	48.1	47.1	0.9	2	0.24	55.5
Iced Gingerbread Cream Chai Latte - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], classic chai [Brewed tea with spices and flavourings (54%) (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose], gingerbread cold foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	1271	304	15.8	8.5	34	32.8	1.2	5.7	0.21	33.3
		Grande	1498	358	17.4	9	41.8	40.4	1.6	7.7	0.28	44.4
		Venti	1667	398	18.5	9.5	48.7	47.2	1.8	8.4	0.30	55.5
Iced Gingerbread Cream Chai Latte - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2,), classic chai [Brewed tea with spices and flavourings (54%) (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose], gingerbread cold foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	1377	329	17.5	8.5	40	34	1.8	2	0.26	33.3
		Grande	1644	393	19.7	9	50.1	42.1	2.4	2.5	0.34	44.4
		Venti	1825	436	20.9	9.5	57.7	49	2.7	2.7	0.37	55.5

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Iced Gingerbread Cream Chai Latte - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], classic chai [Brewed tea with spices and flavourings (54%) (water, black tea, sugar, ginger, cinnamon, black pepper, cloves, cardamom, natural flavouring, star anise), fructose syrup, water, sugar, ginger juice, natural vanilla flavouring with other natural flavourings, acid: citric acid, stabiliser: xanthan gum, sweeteners: acesulfame k, sucralose], gingerbread cold foam [whipping cream (MILK), whole MILK , water, sugar, natural flavourings, acidity regulator :citric acid, preservative : potassium sorbate , Maltodextrin, skimmed MILK powder, potato starch, thickener: xanthan gum. , Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Tall	1277	307	16.7	11.5	35.2	34.3	2.5	2.3	0.13	33.3
		Grande	1507	362	18.7	13.2	43.4	42.5	3.5	2.9	0.16	44.4
		Venti	1676	402	19.8	14	50.5	49.5	3.8	3.1	0.18	55.5
Toffee Nut Creme Frappuccino® Blended Beverage - skimmed milk	Ice, skimmed MILK [skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	616	147	6.2	4.4	19.7	19.2	0	3.1	0.38	0
		Tall	853	204	9.5	6.7	25.5	24.9	0	4.1	0.49	0
		Grande	1160	277	12.5	8.9	35.4	34.6	0	5.7	0.68	0
		Venti	1315	314	12.6	8.9	43.8	42.8	0	6.3	0.86	0
Toffee Nut Creme Frappuccino® Blended Beverage - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	655	156	7.3	5.6	19.6	19.2	0	3.1	0.37	0
		Tall	903	216	10.9	8.3	25.4	24.8	0	4.1	0.49	0
		Grande	1229	294	14.5	11.1	35.2	34.5	0	5.7	0.68	0
		Venti	1392	332	14.8	11.4	43.6	42.6	0	6.3	0.85	0
Toffee Nut Creme Frappuccino® Blended Beverage - whole milk	Ice, whole MILK [whole MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	706	168	8.7	6.1	19.5	19.1	0	3	0.37	0
		Tall	969	232	12.8	8.9	25.3	24.7	0	4	0.48	0
		Grande	1321	316	17.1	11.9	35.1	34.3	0	5.5	0.68	0
		Venti	1496	357	17.7	12.3	43.5	42.5	0	6.1	0.85	0
Toffee Nut Creme Frappuccino® Blended Beverage - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	577	139	6.9	4.4	17.9	17.5	0.2	0.8	0.35	0
		Tall	802	193	10.4	6.7	23.2	22.6	0.2	1.1	0.45	0
		Grande	1089	262	13.8	8.9	32.2	31.4	0.3	1.5	0.63	0
		Venti	1234	296	14	8.9	40.1	39.2	0.3	1.6	0.80	0

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Toffee Nut Creme Frappuccino® Blended Beverage - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	635	152	7.4	4.5	18.1	17.5	0.5	2.9	0.37	0
		Tall	878	210	11.1	6.9	23.4	22.7	0.6	3.9	0.48	0
		Grande	1195	285	14.7	9.1	32.5	31.5	0.8	5.4	0.67	0
		Venti	1354	323	15.1	9.2	40.5	39.2	0.9	6	0.84	0
Toffee Nut Creme Frappuccino® Blended Beverage - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	689	165	8.3	4.5	21.1	18.1	0.8	1	0.39	0
		Tall	947	227	12.2	6.9	27.4	23.5	1	1.4	0.51	0
		Grande	1291	309	16.3	9.1	38	32.6	1.4	1.9	0.71	0
		Venti	1462	349	16.8	9.2	46.7	40.5	1.6	2.1	0.89	0
Toffee Nut Creme Frappuccino® Blended Beverage - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	638	153	7.9	6.1	18.7	18.3	1.1	1.2	0.33	0
		Tall	882	212	11.7	8.9	24.2	23.7	1.5	1.6	0.42	0
		Grande	1200	288	15.6	11.9	33.6	32.8	2.1	2.2	0.59	0
		Venti	1360	326	16	12.3	41.8	40.8	2.3	2.4	0.76	0
Gingerbread Creme Frappuccino® Blended Beverage - skimmed milk	Ice, skimmed MILK [skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	661	158	7.9	4.9	19.1	18.5	0.1	2.7	0.31	0
		Tall	953	228	12.5	7.8	25.3	24.6	0.1	3.5	0.40	0
		Grande	1225	293	14.7	9.1	35.2	34.2	0.1	4.8	0.57	0
		Venti	1385	331	14.8	9.2	43.9	42.6	0.1	5.4	0.71	0
Gingerbread Creme Frappuccino® Blended Beverage - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	699	167	8.9	6.1	19	18.5	0.1	2.7	0.31	0
		Tall	1003	240	13.9	9.3	25.2	24.5	0.1	3.5	0.40	0
		Grande	1294	309	16.6	11.3	35	34	0.1	4.8	0.56	0
		Venti	1462	349	16.9	11.6	43.7	42.4	0.1	5.4	0.70	0

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Gingerbread Creme Frappuccino® Blended Beverage - whole milk	Ice, whole MILK [whole MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	750	179	10.4	6.5	18.9	18.4	0.1	2.6	0.30	0
		Tall	1069	256	15.8	9.9	25.1	24.4	0.1	3.4	0.40	0
		Grande	1386	331	19.3	12.1	34.9	33.9	0.1	4.7	0.56	0
		Venti	1566	374	19.9	12.5	43.5	42.3	0.1	5.3	0.70	0
Gingerbread Creme Frappuccino® Blended Beverage - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	621	150	8.5	4.8	17.3	16.7	0.2	0.4	0.28	0
		Tall	902	217	13.4	7.7	23	22.3	0.2	0.5	0.37	0
		Grande	1154	278	15.9	9.1	32	31	0.3	0.7	0.52	0
		Venti	1304	314	16.1	9.1	40.2	39	0.4	0.8	0.65	0
Gingerbread Creme Frappuccino® Blended Beverage - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	680	163	9.1	5	17.5	16.8	0.5	2.5	0.30	0
		Tall	978	234	14.1	7.9	23.2	22.3	0.6	3.3	0.39	0
		Grande	1260	301	16.9	9.4	32.3	31	0.9	4.5	0.55	0
		Venti	1424	340	17.3	9.4	40.6	39	1	5.1	0.69	0
Gingerbread Creme Frappuccino® Blended Beverage - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	733	176	9.9	5	20.5	17.4	0.8	0.6	0.32	0
		Tall	1047	251	15.2	7.9	27.2	23.1	1	0.8	0.42	0
		Grande	1356	325	18.4	9.4	37.8	32.1	1.4	1.1	0.59	0
		Venti	1532	366	19	9.4	46.8	40.3	1.6	1.2	0.74	0
Gingerbread Creme Frappuccino® Blended Beverage - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	683	164	9.5	6.5	18.1	17.5	1.2	0.8	0.26	0
		Tall	982	236	14.7	9.9	24	23.3	1.5	1	0.34	0
		Grande	1265	304	17.7	12.1	33.4	32.4	2.1	1.4	0.48	0
		Venti	1430	343	18.2	12.5	41.8	40.6	2.4	1.6	0.61	0

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Caramel Waffle Creme Frappuccino® Blended Beverage - skimmed milk	Ice, skimmed MILK [skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	622	149	6.5	4.6	19.4	18.5	0	3.2	0.31	0
		Tall	885	212	10	7.1	26.1	24.7	0.1	4.2	0.42	0
		Grande	1195	285	13.1	9.2	36.1	34.5	0.1	5.8	0.58	0
		Venti	1352	323	13.1	9.2	44.7	42.8	0.1	6.4	0.72	0
Caramel Waffle Creme Frappuccino® Blended Beverage - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	661	158	7.5	5.8	19.3	18.4	0	3.2	0.31	0
		Tall	935	223	11.4	8.6	26	24.6	0.1	4.2	0.42	0
		Grande	1264	302	15	11.4	36	34.3	0.1	5.8	0.58	0
		Venti	1430	341	15.3	11.7	44.5	42.6	0.1	6.4	0.72	0
Caramel Waffle Creme Frappuccino® Blended Beverage - whole milk	Ice, whole MILK [whole MILK], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	712	170	9	6.2	19.2	18.4	0	3.1	0.31	0
		Tall	1002	239	13.3	9.2	25.9	24.5	0.1	4.1	0.41	0
		Grande	1356	324	17.6	12.2	35.9	34.2	0.1	5.6	0.58	0
		Venti	1534	366	18.2	12.6	44.4	42.4	0.1	6.2	0.71	0
Caramel Waffle Creme Frappuccino® Blended Beverage - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	583	140	7.1	4.5	17.6	16.7	0.2	0.9	0.29	0
		Tall	834	201	10.9	7	23.8	22.3	0.2	1.2	0.38	0
		Grande	1124	270	14.3	9.2	32.9	31.2	0.3	1.6	0.53	0
		Venti	1272	306	14.5	9.2	41.1	39.1	0.4	1.7	0.66	0
Caramel Waffle Creme Frappuccino® Blended Beverage - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	642	153	7.7	4.7	17.8	16.8	0.5	3	0.31	0
		Tall	910	218	11.6	7.2	24	22.4	0.6	4	0.41	0
		Grande	1229	294	15.3	9.5	33.3	31.3	0.9	5.5	0.57	0
		Venti	1391	332	15.6	9.5	41.4	39.2	1	6.1	0.70	0

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Caramel Waffle Creme Frappuccino® Blended Beverage - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2)], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	695	166	8.5	4.7	20.8	17.4	0.8	1.1	0.33	0
		Tall	980	234	12.7	7.2	28	23.2	1	1.6	0.44	0
		Grande	1326	317	16.8	9.5	38.8	32.4	1.4	2.1	0.61	0
		Venti	1500	358	17.3	9.5	47.6	40.4	1.6	2.2	0.75	0
Caramel Waffle Creme Frappuccino® Blended Beverage - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], creme frappuccino syrup [Water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin.], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	645	155	8.2	6.2	18.4	17.5	1.2	1.2	0.26	0
		Tall	914	220	12.2	9.2	24.8	23.4	1.5	1.7	0.35	0
		Grande	1235	296	16.1	12.2	34.4	32.7	2.1	2.3	0.49	0
		Venti	1397	335	16.5	12.6	42.7	40.7	2.4	2.5	0.62	0
Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Ice, skimmed MILK [skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	636	152	6.2	4.4	21.1	20.5	0.1	2.6	0.35	16
		Tall	932	222	9.5	6.7	30	29.2	0.1	3.7	0.50	23.1
		Grande	1223	291	12.6	8.9	39.3	38.2	0.2	4.8	0.66	30.8
		Venti	1376	327	12.6	8.9	47.8	46.4	0.2	5	0.80	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	663	158	7	5.2	21	20.4	0.1	2.6	0.35	16
		Tall	971	231	10.6	7.9	29.9	29.1	0.1	3.7	0.50	23.1
		Grande	1273	303	14	10.4	39.2	38.1	0.2	4.8	0.66	30.8
		Venti	1427	340	14.1	10.5	47.7	46.3	0.2	5	0.80	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Ice, whole MILK [whole MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	699	167	8	5.6	21	20.4	0.1	2.5	0.35	16
		Tall	1023	244	12.1	8.4	29.9	29	0.1	3.7	0.50	23.1
		Grande	1339	319	15.9	11	39.1	38	0.2	4.7	0.65	30.8
		Venti	1495	356	16	11.1	47.6	46.2	0.2	4.9	0.80	39.5

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)
Toffee Nut Coffee Frappuccino® Blended drink - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	608	146	6.7	4.4	19.8	19.2	0.2	0.9	0.33	16
		Tall	892	214	10.2	6.7	28.2	27.3	0.3	1.4	0.47	23.1
		Grande	1172	281	13.5	8.8	37	35.9	0.4	1.8	0.62	30.8
		Venti	1323	316	13.5	8.9	45.4	44	0.4	2	0.76	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	650	155	7.1	4.5	20	19.3	0.4	2.5	0.34	16
		Tall	952	227	10.8	6.9	28.4	27.4	0.6	3.6	0.49	23.1
		Grande	1248	297	14.2	9	37.2	35.9	0.8	4.6	0.65	30.8
		Venti	1401	333	14.3	9.1	45.7	44	0.8	4.8	0.79	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	687	164	7.7	4.5	22.1	19.7	0.6	1.1	0.36	16
		Tall	1006	240	11.6	6.9	31.5	28	0.9	1.6	0.52	23.1
		Grande	1317	314	15.3	9	41.2	36.7	1.2	2.1	0.68	30.8
		Venti	1472	351	15.4	9.1	49.7	44.8	1.2	2.3	0.82	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], toffee nut flavour syrup [Water, sugar, fructose, salt, flavouring, natural flavouring, preservative: potassium sorbate, acidity regulators: citric acid, tripotassium citrates], toffee nut sprinkles [Sugar, water, salt, malt extract (BARLEY GLUTEN), vegetable and fruits concentrates: apple, carrot, hibiscus; natural flavouring, colour: carotenes.]	Mini	652	156	7.4	5.6	20.4	19.8	0.9	1.2	0.32	16
		Tall	955	228	11.3	8.4	29	28.2	1.3	1.8	0.45	23.1
		Grande	1252	299	14.8	11	38	36.9	1.7	2.3	0.59	30.8
		Venti	1405	335	14.9	11.1	46.5	45.1	1.7	2.5	0.74	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Ice, skimmed MILK [skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	680	162	7.9	4.9	20.4	19.7	0.1	2.1	0.29	16
		Tall	1033	247	12.6	7.8	29.9	28.8	0.2	3.1	0.42	23.1
		Grande	1287	307	14.8	9.1	39.1	37.7	0.2	4	0.54	30.8
		Venti	1444	344	14.8	9.1	47.8	46.1	0.3	4.2	0.66	39.5

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Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Gingerbread Coffee Frappuccino® Blended Beverage - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	707	169	8.6	5.7	20.4	19.7	0.1	2.1	0.28	16
		Tall	1072	256	13.7	9	29.8	28.7	0.2	3.1	0.41	23.1
		Grande	1337	319	16.2	10.7	39	37.6	0.2	4	0.54	30.8
		Venti	1495	356	16.3	10.7	47.7	46	0.3	4.2	0.66	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Ice, whole MILK [whole MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	743	177	9.6	6	20.3	19.6	0.1	2.1	0.28	16
		Tall	1124	268	15.2	9.5	29.7	28.7	0.2	3	0.41	23.1
		Grande	1403	335	18	11.3	38.9	37.5	0.2	3.9	0.54	30.8
		Venti	1564	373	18.2	11.3	47.6	45.9	0.3	4.1	0.66	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	652	156	8.3	4.8	19.2	18.5	0.2	0.5	0.27	16
		Tall	992	238	13.3	7.8	28	27	0.3	0.8	0.39	23.1
		Grande	1236	296	15.6	9.1	36.8	35.4	0.4	1	0.51	30.8
		Venti	1391	333	15.7	9.1	45.4	43.7	0.5	1.1	0.62	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	694	166	8.7	4.9	19.3	18.5	0.5	2	0.28	16
		Tall	1052	251	13.8	7.9	28.2	27	0.6	2.9	0.41	23.1
		Grande	1312	313	16.4	9.3	37	35.4	0.8	3.8	0.53	30.8
		Venti	1470	350	16.5	9.3	45.7	43.8	0.9	4	0.65	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2)], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	731	175	9.3	4.9	21.5	18.9	0.7	0.7	0.30	16
		Tall	1107	265	14.7	7.9	31.3	27.7	1	1	0.43	23.1
		Grande	1382	330	17.5	9.3	41	36.2	1.2	1.3	0.56	30.8
		Venti	1541	368	17.6	9.3	49.8	44.6	1.3	1.5	0.68	39.5

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Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum,xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], Gingerbread whip [whipping cream (MILK), Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], gingerbread syrup [Water, sugar, fructose, colouring food: concentrate of apple, carrot, hibiscus, molasses; natural flavourings, stabilisers: gum arabic, sucrose acetate isobutyrate; colour: carotenes, acidity regulators: citric acid, lactic acid; preservative: potassium sorbate], cinnamon powder [ground cinnamon]	Mini	696	167	9.1	6	19.7	19	0.9	0.8	0.25	16
		Tall	1055	253	14.3	9.5	28.8	27.8	1.3	1.2	0.36	23.1
		Grande	1316	315	17	11.3	37.8	36.4	1.7	1.5	0.48	30.8
		Venti	1474	352	17.1	11.3	46.5	44.8	1.8	1.7	0.60	39.5
Caramel Waffle Coffee Frappuccino® Blended Beverage - skimmed milk	Ice, skimmed MILK [skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	642	153	6.5	4.6	20.8	19.7	0.1	2.6	0.29	16
		Tall	965	230	10.1	7.1	30.7	28.9	0.2	3.9	0.43	23.1
		Grande	1258	300	13.1	9.2	40.1	38	0.2	4.9	0.56	30.8
		Venti	1413	336	13.2	9.2	48.7	46.3	0.3	5.2	0.68	39.5
Caramel Waffle Coffee Frappuccino® Blended Beverage - semi-skimmed milk	Ice, semi-skimmed MILK [semi-skimmed MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	669	159	7.2	5.4	20.7	19.7	0.1	2.6	0.29	16
		Tall	1004	239	11.2	8.3	30.6	28.8	0.2	3.9	0.43	23.1
		Grande	1307	312	14.5	10.8	40	37.9	0.2	4.9	0.56	30.8
		Venti	1463	348	14.6	10.8	48.6	46.2	0.3	5.2	0.67	39.5
Caramel Waffle Coffee Frappuccino® Blended Beverage - whole milk	Ice, whole MILK [whole MILK], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	705	168	8.3	5.7	20.7	19.6	0.1	2.6	0.29	16
		Tall	1056	252	12.6	8.7	30.5	28.7	0.2	3.8	0.43	23.1
		Grande	1374	328	16.4	11.3	39.9	37.8	0.2	4.8	0.56	30.8
		Venti	1532	365	16.5	11.4	48.5	46.1	0.3	5.1	0.67	39.5
Caramel Waffle Coffee Frappuccino® Blended Beverage - almond drink	Ice, ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	614	147	7	4.5	19.5	18.5	0.2	1	0.27	16
		Tall	924	221	10.8	7	28.8	27.1	0.3	1.5	0.40	23.1
		Grande	1206	289	14	9.2	37.7	35.7	0.4	2	0.52	30.8
		Venti	1360	325	14.1	9.2	46.3	43.9	0.5	2.1	0.64	39.5

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)
Caramel Waffle Coffee Frappuccino® Blended Beverage - soya drink	Ice, SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	656	156	7.4	4.6	19.7	18.5	0.4	2.5	0.29	16
		Tall	984	235	11.3	7.2	29	27.1	0.6	3.7	0.42	23.1
		Grande	1282	306	14.7	9.4	38	35.7	0.8	4.7	0.55	30.8
		Venti	1438	342	14.8	9.4	46.6	44	0.9	5	0.67	39.5
Caramel Waffle Coffee Frappuccino® Blended Beverage - oat drink	Ice, OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	693	165	7.9	4.6	21.8	18.9	0.7	1.2	0.30	16
		Tall	1039	248	12.2	7.2	32.1	27.7	1	1.8	0.45	23.1
		Grande	1352	323	15.8	9.4	41.9	36.5	1.2	2.3	0.58	30.8
		Venti	1509	360	15.9	9.4	50.6	44.8	1.3	2.4	0.70	39.5
Caramel Waffle Coffee Frappuccino® Blended Beverage - coconut drink	Ice, coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, colouring food: apple, carrot, hibiscus, molasses], frappuccino roast soluble coffee [roasted soluble coffee], reduced fat whipped cream [cream 34% (MILK), sugar (6%), propellant gas: nitrous oxide, propellant gas: nitrogen, emulsifier: mono and di glycerides of fatty acids, natural vanilla flavouring, stabiliser: carrageenan.], caramel waffle flavour syrup [Water, sugar, caramel sugar syrup, natural flavouring, preservative: potassium sorbate, acid: citric acid.], spiced caramel waffle crunch [WHEAT flour (WHEAT flour, calcium, niacin, iron, thiamin), sugar, butter (MILK), white chocolate (8.8%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin; natural vanilla flavouring], maltodextrin, water, cornflour, natural flavouring, salt, raising agent: sodium bicarbonate; vegetable and fruits concentrates: carrot, safflower, apple; colours: anthocyanins, curcumin.]	Mini	658	157	7.7	5.7	20.1	19	0.9	1.3	0.26	16
		Tall	987	236	11.8	8.7	29.6	27.9	1.3	1.9	0.38	23.1
		Grande	1286	308	15.3	11.4	38.8	36.7	1.7	2.5	0.50	30.8
		Venti	1442	344	15.4	11.4	47.4	45	1.8	2.6	0.61	39.5
Fudge Brownie Hot Chocolate - skimmed milk	Skimmed MILK [skimmed MILK], fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Short	619	148	5.8	3.6	18	17	1	5.2	0.19	0
		Tall	923	220	8.2	5	27.3	26.1	1.5	8.5	0.30	0
		Grande	1143	272	8.9	5.4	35.6	34.3	1.9	11.4	0.39	0
		Venti	1423	339	10.7	6.5	44.7	43.2	2.4	14.6	0.50	0
Fudge Brownie Hot Chocolate - semi-skimmed milk	Semi-skimmed MILK [semi-skimmed MILK], fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Short	679	162	7.5	5.5	17.9	16.9	1	5.2	0.19	0
		Tall	1025	245	11	8.2	27.1	25.9	1.5	8.5	0.29	0
		Grande	1281	305	12.8	9.7	35.3	34	1.9	11.4	0.38	0
		Venti	1603	382	15.7	12.1	44.3	42.8	2.4	14.6	0.49	0

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Fudge Brownie Hot Chocolate - whole milk	Whole MILK [whole MILK], fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Short	759	181	9.8	6.2	17.8	16.7	1	5	0.18	0
		Tall	1162	277	14.9	9.4	26.9	25.7	1.5	8.3	0.29	0
		Grande	1466	349	18	11.4	35.1	33.7	1.9	11.1	0.38	0
		Venti	1843	439	22.6	14.2	44	42.5	2.4	14.3	0.48	0
Fudge Brownie Hot Chocolate - almond drink	ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Short	556	134	6.9	3.5	15.2	14.2	1.3	1.6	0.14	0
		Tall	817	197	10	4.9	22.5	21.3	1.9	2.4	0.22	0
		Grande	999	242	11.3	5.3	29.1	27.8	2.5	3.1	0.29	0
		Venti	1236	299	13.9	6.4	36.3	34.8	3.1	3.8	0.36	0
Fudge Brownie Hot Chocolate - soya drink	SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Short	649	155	7.8	3.8	15.5	14.2	1.7	4.9	0.18	0
		Tall	974	232	11.4	5.3	23	21.4	2.7	8.1	0.28	0
		Grande	1212	289	13.3	5.9	29.8	27.9	3.6	10.8	0.36	0
		Venti	1513	360	16.4	7.1	37.1	34.9	4.6	13.9	0.46	0
Fudge Brownie Hot Chocolate - oat drink	OAT drink [OAT base (water, OAT (10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Short	732	175	9.1	3.8	20.3	15.2	2.2	1.9	0.21	0
		Tall	1117	267	13.7	5.3	31.2	23	3.5	3	0.34	0
		Grande	1405	336	16.4	5.9	40.9	30.1	4.7	3.9	0.45	0
		Venti	1764	421	20.4	7.1	51.5	37.8	6	4.9	0.57	0
Fudge Brownie Hot Chocolate - coconut drink	Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Short	653	157	8.5	6.2	16.5	15.4	2.8	2.2	0.11	0
		Tall	982	236	12.7	9.4	24.7	23.4	4.6	3.4	0.17	0
		Grande	1223	294	15	11.4	32	30.7	6.1	4.5	0.21	0
		Venti	1527	367	18.6	14.3	40	38.5	7.8	5.7	0.26	0

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. Please remember to check this information regularly as we're always working on our recipes.

For more allergen information please ask your barista. Adults need around 2000kcal a day

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Fudge Brownie Iced Chocolate - skimmed milk	Skimmed MILK [skimmed MILK], ice, fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Tall	1029	246	12	7.4	26.4	25.1	1.6	7.3	0.26	0
		Grande	1384	331	15.9	9.8	35.5	34.1	2.1	10.3	0.36	0
		Venti	1493	357	16.1	9.9	40.6	39.1	2.5	10.9	0.39	0
Fudge Brownie Iced Chocolate - semi-skimmed milk	Semi-skimmed MILK [semi-skimmed MILK], ice, fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Tall	1112	266	14.3	10	26.2	25	1.6	7.3	0.26	0
		Grande	1504	360	19.3	13.6	35.2	33.8	2.1	10.3	0.36	0
		Venti	1618	386	19.6	13.8	40.4	38.9	2.5	10.9	0.38	0
Fudge Brownie Iced Chocolate - whole milk	Whole MILK [whole MILK], ice, fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Tall	1224	293	17.5	11	26.1	24.8	1.6	7.2	0.26	0
		Grande	1665	398	23.9	15	35	33.6	2.1	10.1	0.35	0
		Venti	1785	426	24.3	15.3	40.2	38.6	2.5	10.7	0.37	0
Fudge Brownie Iced Chocolate - almond drink	ALMOND drink [water, ALMOND (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt], ice, fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Tall	942	227	13.5	7.3	22.5	21.2	1.9	2.3	0.20	0
		Grande	1259	304	18	9.7	29.8	28.4	2.6	3.1	0.27	0
		Venti	1364	329	18.3	9.9	34.8	33.3	3	3.4	0.29	0
Fudge Brownie Iced Chocolate - soya drink	SOYA drink [SOYA base (96%) (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins B2, B12, D2], ice, fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG , salt, natural flavouring.]	Tall	1071	256	14.7	7.7	22.9	21.3	2.6	7	0.25	0
		Grande	1444	345	19.8	10.2	30.4	28.5	3.5	9.8	0.34	0
		Venti	1556	372	20.1	10.4	35.4	33.4	4	10.4	0.36	0

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Fudge Brownie Iced Chocolate - oat drink	<p>OAT drink [OAT base (water, OAT(10%)), sunflower oil, chicory root fibre, pea protein, acidity regulator: potassium phosphates, sea salt, vitamins (B2, D2).], ice, fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG, salt, natural flavouring.]</p>	Tall	1188	284	16.5	7.7	29.6	22.6	3.2	2.8	0.30	0
		Grande	1612	386	22.4	10.2	40	30.4	4.5	3.8	0.41	0
		Venti	1730	414	22.9	10.4	45.4	35.4	5	4.2	0.44	0
Fudge Brownie Iced Chocolate - coconut drink	<p>Coconut drink [Water, coconut milk (10%), sugar, maize dextrin, fava bean flour, stabilisers: gellan gum, xanthan gum, acidity regulator: sodium hydrogen carbonate, natural flavouring.], ice, fudge brownie premix sauce [Sugar, Water, Maize Dextrin, Natural Flavourings, Acid (Lactic Acid), Salt, Preservative (Potassium Sorbate), Stabilisers (Carrageenan, Xanthan Gum), water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], Mocha Whipped Cream [whipping cream [whipping cream (MILK)], water, sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract], chocolate chip crumb [Self raising WHEAT flour (WHEAT flour, raising agents: monocalcium phosphate, sodium hydrogen carbonate; calcium, niacin, iron, thiamine), sugar, butter (MILK), MILK chocolate (10%): [sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; white chocolate (10%): [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: lecithin (SOYA); natural flavouring]; fat reduced cocoa powder, whole EGG, salt, natural flavouring.]</p>	Tall	1077	259	15.7	11	24.2	23	4.1	3.1	0.16	0
		Grande	1454	350	21.2	15	32.3	30.9	5.7	4.3	0.21	0
		Venti	1566	377	21.6	15.3	37.4	35.9	6.2	4.7	0.22	0
Winter Spiced Apple Tea	<p>Water, winter spiced apple tea [apple bits (51%) (apple, acid (citric acid)), raisins, coconut flakes, carrot bits, cinnamon (8%), beetroot bits, natural flavouring, popped rice, rose blossom leaves]</p>	Short	38	9	0.3	0.2	1.5	1.4	0	0.1	0.00	0
		Tall	38	9	0.3	0.2	1.5	1.4	0	0.1	0.00	0
		Grande	38	9	0.3	0.2	1.5	1.4	0	0.1	0.00	0
		Venti	76	18	0.6	0.4	3	2.7	0	0.2	0.01	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)
Breakfast												
Per portion												
All Day Breakfast Wrap	N	N	Tortilla wrap (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, WHEAT starch), scrambled egg (12%) (free-range pasteurised whole EGG , water, rapeseed oil, tapioca starch, dried skimmed MILK , lemon juice, salt, ground white pepper), pork sausage (7%) (pork, water, wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], pork fat, onion, WHEAT starch, rapeseed oil, brown sugar, salt, rubbed sage, dextrose, black pepper, stabiliser: sodium diphosphate, WHEAT 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 (MILK), hickory smoked streaky bacon (5%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), béchamel sauce (whole MILK , water, single cream (MILK), salted butter [butter (MILK), salt], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), 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
Hot Paninis & Wraps												
Per portion												
Festive Feast Panini	N	N	Ciabatta panini (WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, fermented WHEAT flour, yeast, salt, extra virgin olive oil, WHEAT semolina, preservative: calcium propionate), seasoned chicken breast (19%) (chicken breast, cornflour, yeast extract, onion powder, salt, black pepper, maltodextrin, mushroom extract powder, lemon juice powder), turkey and chicken gravy (11%) (water, cornflour, onion, carrot, tomato paste, chicken skin, WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, turkey extract, salted butter [butter (MILK), salt], chicken, salt, garlic puree, chicken extract, colour: plain caramel, chicken fat, rosemary, concentrated onion juice, thyme, sage), mature cheddar cheese (MILK) (7%), hickory smoked streaky bacon (5%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), pork, bacon & caramelised onion stuffing (pork, smoked bacon with added water [pork, water, salt, preservatives: sodium nitrite, potassium nitrate], red onion, water, pork fat, onion, sugar, rice flour, gram flour, honey, potato starch, pea fibre, salt, onion, red wine, white wine vinegar, sage, parsley, stabilisers: tetrasodium diphosphate, disodium diphosphate, cider vinegar, maize starch, cornflour, ground nutmeg, ground ginger, ground white pepper, ground clove, ground cinnamon, balsamic vinegar (wine vinegar, concentrated grape must), rapeseed oil, garlic puree, dextrose, black pepper), cranberry sauce (cranberries, plum, sugar, water, red wine vinegar, cornflour, concentrated plum juice, dried cranberries [cranberries, sugar, sunflower oil]).	2155	511	11	3.6	66	5.6	1.8	36	2.2
Pigs Under Blanket Panini	N	N	Ciabatta (WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, fermented WHEAT flour, yeast, salt, extra virgin olive oil, WHEAT semolina, preservative: calcium propionate), pork sausage (24%) (pork, WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], potato starch, rapeseed oil, dextrose, stabiliser: triphosphates, black pepper, chilli, coriander, mace, antioxidant: sodium ascorbate, black pepper extract, mace extract, nutmeg extract, ginger extract), mature Cheddar cheese (MILK), hickory smoked streaky bacon (5%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), caramelised onion chutney (red onion, sugar, balsamic vinegar [wine vinegar, grape must], white wine vinegar, cornflour, molasses, salt, garlic purée, ginger purée, black pepper), American style MUSTARD (water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt), sage and onion stuffing (water, WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], onion, OATS , sage, parsley, salt, flavouring, thyme, black pepper, onion powder, yeast, raising agent: ammonium hydrogen carbonate, bay leaf, rosemary, clove), black pepper. Sausage filled into plant-based casings.	2087	497	21	8.4	52	5.5	2.2	24	2.2
Fiery No' Chicken Wrap	Y	Y	Tortilla wrap (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, WHEAT starch), soya protein pieces (12%) (water, SOYA protein concentrate, WHEAT gluten, spirit vinegar, natural flavouring, yeast extract, salt, thickener: locust bean gum, sugar, onion powder), firecracker sauce (11%) (water, rapeseed oil, tomato paste, onion, spirit vinegar, red chilli purée, sugar, soy sauce [water, soya extract [water, SOYA beans, salt, WHEAT flour], salt, molasses, BARLEY malt vinegar, BARLEY malt extract], cornflour, garlic purée, tomato [tomato, acidity regulator: citric acid], sugar, tamarind paste, ginger purée, concentrated lime juice, coriander, salt, dried red chilli, cayenne pepper, molasses, chilli powder blend [chilli powder, cumin, garlic powder, oregano, salt], white pepper, paprika extract), pea protein alternative to mayonnaise (water, rapeseed oil, cornflour, sugar, spirit vinegar, Dijon mustard [water, brown MUSTARD seed, spirit vinegar, salt], salt, pea protein, concentrated lemon juice, thickener: pectin), spinach, coconut oil alternative to cheese (water, coconut oil, modified starch, potato starch, sea salt, flavouring, olive extract, colour: beta carotene, vitamin b12), red pepper, spring onion, water, red chilli purée, cornflour.	1674	399	16	5.1	49	5.2	3.5	13	1.3

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Adults need around 2000kcal a day.

Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Sandwich												
Per portion												
'Tis the Season Sandwich	N	N	Malted bread (WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, malted WHEAT flakes, WHEAT bran, yeast, malted BARLEY flour, salt, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, WHEAT GLUTEN , spirit vinegar, rapeseed oil, malted WHEAT flour, flour treatment agent: ascorbic acid, palm oil), chicken breast (19%) (chicken breast, cornflour, yeast extract, onion powder, salt, black pepper, maltodextrin, mushroom extract powder, lemon juice powder), mayonnaise (water, rapeseed oil, free-range pasteurised whole EGG , cornflour, spirit vinegar, salt, MUSTARD flour), cranberry chutney (9%) (cranberries, plum, sugar, water, red wine vinegar, cornflour, concentrated plum juice, dried cranberries [cranberries, sugar, sunflower oil]), hickory smoked streaky bacon (5%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), sage and onion stuffing (5%) (water, WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], onion, OATS , salt, sage, parsley, thyme, natural flavouring, black pepper, onion powder, yeast, bay leaf, rosemary, clove, raising agent: ammonium hydrogen carbonate), spinach.	1752	416	9.3	2.1	56	7.2	3.9	25	1.6
Muffins, Cakes & Cake Pops												
Per portion												
Caramel Waffle Muffin	Y	N	Soft brown sugar (sugar, cane molasses, inverted sugar syrup), WHEAT flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), free range pasteurised EGG , rapeseed oil, water, caramel filling (glucose syrup, palm oil, sugar, invert sugar syrup, pea protein, salt, emulsifier: mono and di glycerides of fatty acids; flavouring, sugar syrup), waffle (WHEAT flour, glucose fructose syrup, sugar, palm fat, concentrated butter (MILK), sugar syrup, SOYA flour, rapeseed oil, salt, emulsifier: SOYA lecithin, raising agent: sodium bicarbonate, cinnamon, citric acid, vanilla, emulsifier: mono and di glycerides of fatty acids), icing sugar, partially inverted refiners syrup, salted butter (butter (MILK), salt), modified maize starch, cream (MILK), humectant: glycerine, caramel (sweetened condensed MILK , glucose syrup, invert sugar syrup, palm oil, butter (MILK), sugar, emulsifier: mono and di glycerides of fatty acids, stabiliser: pectin, salt, natural flavouring), potato starch, baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate; WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA flour; white chocolate with caramel [whole MILK , caramel powder (skimmed MILK powder, whey powder (MILK), sugar, MILK fat, vanilla flavouring), skimmed MILK powder, caramelised sugar, cocoa mass, emulsifier: sunflower lecithin, salt, sugar, cocoa butter], caramel chocolate crispies (blend of MILK and White Chocolate with Caramel Flavour (sugar, cocoa butter, whole MILK powder, caramel powder (skimmed MILK powder, whey powder (MILK), sugar, MILK fat, natural vanilla flavouring), skimmed MILK powder, caramelised sugar, sunflower lecithin, cocoa mass, salt), cereal cereal (GLUTEN) (WHEAT flour, sugar, salt, sodium bicarbonate), glucose syrup, sugar, gum arabic), white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier (SOYA lecithin), vanilla extract], WHEAT GLUTEN , vanilla flavouring, skimmed MILK powder, BUTTERMILK powder, salt, preservative (potassium sorbate), thickener (guar gum), raising agents (sodium bicarbonate), toffee flavouring.	1956	467	23	5.4	59	31	0.8	5.6	0.62
Polar Bear Cake Pop	Y	N	White chocolate flavoured compound (sugar, vegetable fats [coconut, palm kernel], starch, emulsifier: SOYA lecithin, natural vanilla flavouring), cake base (WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium hydrogen carbonate, diphosphates, salt, natural vanilla flavouring), icing sugar, salted butter (MILK , salt), white chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), free-range pasteurised whole EGG , rapeseed oil, digestive biscuit (WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), wholemeal WHEAT flour, vegetable oil [palm, rapeseed], sugar, invert sugar syrup, raising agents: sodium hydrogen carbonate, ammonium hydrogen carbonate, salt), white chocolate buttons (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), BUTTERMILK powder, dark chocolate button (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring), MILK chocolate flavoured coating (sugar, vegetable fats [palm kernel, palm], skimmed MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier: SOYA lecithin, natural vanilla flavouring), vanilla flavouring, fondant icing (sugar, glucose syrup, dried EGG white, corn flour, stabiliser: diphosphates, acidity regulator: acetic acid), maize starch, preservative: potassium sorbate, glucose syrup, colour:vegetable carbon, free-range EGG albumen, humectant: glycerine.	704	168	9.1	5.3	20	14	0.4	1.4	0.18
Red Velvet Marble Loaf Cake	Y	N	Sugar, free range pasteurised whole EGG , WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), ground ALMONDS , rapeseed oil, salted butter (butter (MILK) salt), water, icing sugar, cream (MILK), white chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), soft cheese (MILK), vanilla flavouring, beetroot juice concentrate (beetroot juice, acidity regulators: ascorbic acid, citric acid), modified maize starch, BUTTERMILK powder, cocoa powder, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate, calcium carbonate), potato starch, emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA flour; white wine vinegar, raising agent: sodium bicarbonate, preservative: potassium sorbate, salt, maize starch, thickening agent: xanthan gum, colour: iron oxide.	1750	419	23	7	45	28	2.3	6.8	0.78

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Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Traybakes & Swirls												
Per portion												
Christmas Tree Brownie	Y	N	Dark chocolate (18%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], sugar, salted butter [butter (MILK), salt], free range pasteurised whole EGG , WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], MILK chocolate (8%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], rapeseed oil, cocoa mass, white chocolate flavoured compound [sugar, palm oil, whey powder (MILK), WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], cocoa powder, glucose syrup, icing sugar, dried EGG white, dried EGG white [WHEAT starch, albumen (EGG), sugar, modified starch, acidity regulator, dextrose, gelling agent: guar gum], vanilla flavouring, preservative: potassium sorbate, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], colour: iron oxide.	1439	345	22	10	32	24	2.2	3.7	0.19
Maple and Pecan Swirl	Y	N	Wheat flour (WHEAT flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid), water, soft dark brown sugar (sugar, molasses), icing sugar, PECAN NUTS , free range pasteurised whole EGG , bun concentrate (palm stearin, rapeseed oil, dextrose, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, colour: beta carotene, flour treatment agent: ascorbic acid, emulsifier: sodium stearoyl-2-lactylate), salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium, niacin, iron, thiamine), modified starch, yeast, rapeseed oil, soft cheese (MILK), MILK , shortening (palm oil, rapeseed oil), invert sugar syrup, improver (rapeseed oil, emulsifiers: mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate, acidity regulators: acetic acid, preservative: calcium propionate), maple syrup, dried EGG albumin powder, maltodextrin, maple flavouring, vanilla flavouring, skimmed MILK powder, whole EGG powder, salt, raising agent: sodium bicarbonate, preservative: potassium sorbate.	1623	387	16	5.4	52	21	2.7	7.4	0.34
Cookies												
Per portion												
Santa Starbucks Bearista™ Gingerbread Cookie	Y	N	WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing sugar (17%), demerara sugar, vegetable margarine (vegetable oils [palm, rapeseed], salt), partially inverted refiners syrup, black treacle (invert sugar syrup, cane molasses), soft dark brown sugar (sugar, molasses), water, glucose syrup, fruit and plant concentrates (radish, pumpkin, tomato, carrot, apple, hibiscus, safflower, lemon), mixed spices (cinnamon, coriander seed, caraway seeds, fennel seed, ginger, cloves, nutmeg, turmeric), ginger, raising agent: sodium hydrogen carbonate, dried free-range EGG white, humectant: glycerol, maize starch, acidity regulator: citric acid, thickener: xanthan gum, colour: vegetable carbon.	731	173	3.1	1	34	15	0.9	1.8	0.25
Dulce de Leche Chocolate Cookie	Y	N	Dark chocolate (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), wheat flour (WHEAT flour, calcium, niacin, iron, thiamine), salted butter (MILK , salt), sweetened condensed MILK , milk chocolate (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), soft dark brown sugar (sugar, molasses), cocoa powder, free range pasteurised whole EGG , partially inverted refiners syrup, humectant: glycerine, palm oil, EGG yolk, caster sugar, whey powder (MILK), rapeseed oil, white chocolate with caramel (cocoa butter, sugar, whole MILK powder, MILK sugar, whey powder (MILK), skimmed MILK powder, caramelised sugar, emulsifier: SOYA lecithin, natural vanilla flavouring), dextrose, baking powder (raising agents: monosodium phosphate, potassium hydrogen carbonate), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), vanilla flavouring, salt, emulsifier: mono and di glycerides of fatty acids.	1732	415	23	14	45	28	3.5	5.2	0.34

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