

# All machines Allergen Guide



Drink Name	Dietary Choices		Allergens Present																		
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten						Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
<b>SHORTS</b>																					
Espresso	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cortado	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Espresso Lungo	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Espresso Macchiato	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Ristretto	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

<b>12oz DRINKS</b>																					
Cappuccino	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Hot Chocolate	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Flat White	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Black Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
White Americano	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
<b>16oz DRINKS</b>																					
Cappuccino	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Hot Chocolate	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N

Long Black Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long White Americano	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N

<b>OPTIONAL EXTRAS</b>																					
Add one sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add 2 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add 3 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a brown sugar sachet	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add 2 brown sugars sachets	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add 3 brown sugars sachets	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a sachet of sweetener	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a sachet of chocolate flavour powder	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Add a flavour shot to 8oz drink	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a flavour shot to 12oz drink	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a flavour shot to 16oz drink	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a flavour shot to an 8oz drink (MK2 machine)	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a flavour shot to a 12oz drink (MK2 machine)	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a flavour shot to a 16oz drink (MK2 machine)	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a flavour shot to an 8oz Promotion Drink*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a flavour shot to a 12oz Promotion Drink*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add a flavour shot to a 16oz Promotion Drink*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

\* with sugar and sweetener

## Key and how to interpret the data

The allergy data detailed in the table is based on technical specifications from our suppliers. Please note that due to the operation of the machine, cross-contamination of allergens present cannot be prevented. If adding a sachet or additional syrup, please add that allergen data to that of your drink.

**N** means that the component is not present in the product as delivered by our supplier.

**Yes** in the allergen columns means that the allergen is present in the drink or chosen addition therefore this selection is not suitable for customers who have an allergy or intolerance to that allergen.

**Y/N** in the first two columns details whether the product is suitable for vegetarians or vegans.

# All machines Nutrition Guide



Drink Name	PER 100ml or g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>SHORTS</b>								
Espresso	37	10	0.3	0.0	1.3	0.7	0.7	0.0
Cortado	142	34	1.2	0.7	3.6	3.4	2.6	0.1
Espresso Lungo	20	5	0.2	0.0	0.7	0.4	0.4	0.0
Espresso Macchiato	124	30	1.1	0.5	3.4	2.8	2.3	0.0
Ristretto	37	10	0.3	0.0	1.3	0.7	0.7	0.0

The figures below give the nutrition values for each drink offered by the machine. Optional flavours and sachets are listed separately and must be added to the value for the drink.

PER DRINK								
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	
31	8	0.3	0.0	1.1	0.6	0.6	0.0	
171	41	1.5	0.9	4.3	4.0	3.1	0.1	
31	8	0.3	0.0	1.1	0.6	0.6	0.0	
56	14	0.5	0.2	1.5	1.3	1.0	0.0	
22	6	0.0	0.0	1.0	0.0	0.0	0.0	

12oz DRINKS								
Cappuccino	166	39	1.4	0.9	4.1	4.0	3.0	0.1
Latte	173	41	1.5	1.0	4.2	4.2	3.1	0.1
Mocha	229	54	1.2	0.7	8.3	8.0	2.5	0.1
Hot Chocolate	261	62	1.4	0.9	9.3	9.1	2.9	0.1

407	97	3.5	2.2	10.0	9.7	7.3	0.2	
572	136	5.0	3.1	14.0	13.7	10.3	0.3	
710	169	3.7	2.2	25.7	24.8	7.7	0.3	
732	173	3.9	2.5	26.0	25.4	8.1	0.3	

Flat White	167	40	1.4	0.9	4.1	4.0	3.0	0.1
------------	-----	----	-----	-----	-----	-----	-----	-----

354	84	3.1	1.9	8.7	8.5	6.4	0.2	
-----	----	-----	-----	-----	-----	-----	-----	--

Black Americano	6	2	0.1	0.0	0.2	0.1	0.1	0.0
White Americano	85	20	0.7	0.4	2.1	2.0	1.5	0.0

20	6	0.2	0.0	0.7	0.4	0.4	0.0	
303	72	2.6	1.6	7.5	7.2	5.5	0.1	

16oz DRINKS								
Cappuccino	165	39	1.4	0.9	4.0	3.9	3.0	0.1
Latte	177	42	1.5	1.0	4.3	4.3	3.2	0.1
Mocha	244	58	1.2	0.7	9.0	8.7	2.5	0.1
Hot Chocolate	264	62	1.4	0.9	9.5	9.2	2.9	0.1

469	111	4.1	2.5	11.5	11.2	8.4	0.2	
719	170	6.3	4.0	17.5	17.2	12.9	0.4	
892	212	4.4	2.7	32.9	31.7	9.3	0.4	
950	225	5.0	3.1	34.1	33.2	10.3	0.4	

Long Black Americano	7	2	0.1	0.0	0.2	0.1	0.1	0.0
Long White Americano	82	19	0.7	0.4	2.0	1.9	1.5	0.0

26	7	0.2	0.0	0.9	0.5	0.5	0.0	
334	80	2.9	1.8	8.3	7.9	6.0	0.2	

OPTIONAL EXTRAS								
Add one sugar	1700	400	0	0	100	100	0	0
Add 2 sugars	1700	400	0	0	100	100	0	0
Add 3 sugars	1700	400	0	0	100	100	0	0
Add a brown sugar sachet	1680	394	0	0	99.5	99.5	0.5	0
Add 2 brown sugars sachets	1680	394	0	0	99.5	99.5	0.5	0
Add 3 brown sugars sachets	1680	394	0	0	99.5	99.5	0.5	0
Add a sachet of sweetener	1530	360	0	0	90.0	90.0	0	0
Add a sachet of chocolate flavour powder	1637	387	5.8	4.8	74.7	66.8	7.2	1.6
Add a flavour shot to 8oz drink	1200	280	1.0	1.0	66.0	66.0	1.0	1.0
Add a flavour shot to 12oz drink	1200	280	1.0	1.0	66.0	66.0	1.0	1.0
Add a flavour shot to 16oz drink	1200	280	1.0	1.0	66.0	66.0	1.0	1.0
Add a flavour shot to an 8oz drink (MK2 machine)	1200	280	1.0	1.0	66.0	66.0	1.0	1.0
Add a flavour shot to a 12oz drink (MK2 machine)	1200	280	1.0	1.0	66.0	66.0	1.0	1.0
Add a flavour shot to a 16oz drink (MK2 machine)	1200	280	1.0	1.0	66.0	66.0	1.0	1.0
Add a flavour shot to an 8oz Promotion Drink*	1100	260	1.0	1.0	62.0	62.0	1.0	1.0
Add a flavour shot to a 12oz Promotion Drink*	1100	260	1.0	1.0	62.0	62.0	1.0	1.0
Add a flavour shot to a 16oz Promotion Drink*	1100	260	1.0	1.0	62.0	62.0	1.0	1.0

\* with sugar and sweetener

INGREDIENTS	PER 100ml or g							
Roasted Coffee beans	1374	334	14.2	6.12	61.6	1.2	16.9	0.0
Hot Chocolate powder	1595	378	5.6	3.4	66.4	64.3	11.8	0.6
Daily reference intake (RI) for an average adult	8400	2000	70	20	260	90	50	6

34	8	0	0	2.0	2.0	0	0	
68	16	0	0	4.0	4.0	0	0	
102	24	0	0	6.0	6.0	0	0	
34	8	0	0	2.0	2.0	0	0	
67	16	0	0	4.0	4.0	0	0	
101	24	0	0	6.0	6.0	0	0	
8	2	0	0	0.5	0.5	0	0	
21	5	0.1	0.1	1.0	0.9	0.1	0.0	
48	11	0.0	0.0	2.6	2.6	0.0	0.0	
60	14	0.1	0.1	3.3	3.3	0.1	0.1	
84	20	0.1	0.1	4.6	4.6	0.1	0.1	
96	22	0.1	0.1	5.3	5.3	0.1	0.1	
120	28	0.1	0.1	6.6	6.6	0.1	0.1	
156	36	0.1	0.1	8.6	8.6	0.1	0.1	
88	21	0.1	0.1	5.0	5.0	0.1	0.1	
110	26	0.1	0.1	6.2	6.2	0.1	0.1	
143	34	0.1	0.1	8.1	8.1	0.1	0.1	