

All Machines Nutrition Guide

Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Semi-Skimmed Milk								
Cortado								
Cortado	142	34	1.2	0.7	3.6	3.4	2.6	0.08
Cortado, 1 sugar	174	41	1.2	0.7	5.6	5.1	2.5	0.08
Cortado, 2 sugar	203	48	1.1	0.7	7.5	6.7	2.4	0.07
Cortado, 3 sugar	229	54	1.1	0.7	9.3	8.2	2.3	0.07
Espresso Macchiato								
Espresso Macchiato	87	21	0.7	0.3	2.4	2.0	1.6	0.05
Espresso Macchiato, 1 sugar	149	36	0.7	0.3	6.2	5.3	1.5	0.05
Espresso Macchiato, 2 sugar	202	48	0.6	0.3	9.6	8.1	1.4	0.04
Espresso Macchiato, 3 sugar	249	59	0.6	0.3	12.5	10.6	1.3	0.04
Cappuccino (Regular)								
Cappuccino	167	40	1.5	0.9	4.1	4.0	3.0	0.09
Cappuccino, 1 sugar	182	43	1.4	0.9	5.1	4.9	2.9	0.09
Cappuccino, 2 sugar	197	47	1.4	0.9	6.1	5.7	2.9	0.09
Cappuccino, 3 sugar	211	50	1.4	0.9	7.1	6.5	2.8	0.09
Cappuccino, Syrup	182	43	1.4	0.9	5.1	4.9	2.9	0.09
Cappuccino, Syrup, 1 sugar	197	47	1.4	0.9	6.1	5.7	2.9	0.09
Cappuccino, Syrup, 2 sugars	211	50	1.4	0.9	7.1	6.5	2.8	0.09
Cappuccino, Syrup, 3 sugars	225	53	1.3	0.8	8.0	7.3	2.8	0.09
Latte (Regular)								
Latte	174	41	1.5	1.0	4.3	4.2	3.1	0.10
Latte, 1 sugar	186	44	1.5	0.9	5.0	4.8	3.1	0.10
Latte, 2 sugar	197	47	1.5	0.9	5.8	5.4	3.0	0.09
Latte, 3 sugar	207	49	1.5	0.9	6.5	6.0	3.0	0.09
Latte, Syrup	186	44	1.5	0.9	5.0	4.8	3.1	0.10
Latte, Syrup, 1 sugar	197	47	1.5	0.9	5.8	5.4	3.0	0.09
Latte, Syrup, 2 sugars	207	49	1.5	0.9	6.5	6.0	3.0	0.09
Latte, Syrup, 3 sugars	218	51	1.4	0.9	7.2	6.6	3.0	0.09
Vanilla Latte	186	44	1.5	0.9	5.0	4.8	3.1	0.10
Vanilla Latte, 1 sugar	197	47	1.5	0.9	5.7	5.4	3.0	0.09
Vanilla Latte, 2 sugar	207	49	1.5	0.9	6.5	6.0	3.0	0.09
Vanilla Latte, 3 sugar	218	51	1.4	0.9	7.2	6.6	3.0	0.09
Mocha (Regular)								
Mocha	223	53	1.1	0.7	8.4	7.4	2.4	0.08
Mocha, 1 sugar	234	55	1.1	0.7	9.1	8.1	2.3	0.08
Mocha, 2 sugar	245	58	1.1	0.7	9.8	8.7	2.3	0.08
Mocha, 3 sugar	256	60	1.1	0.6	10.5	9.3	2.3	0.08
Mocha, Syrup	234	55	1.1	0.7	9.1	8.1	2.3	0.08
Mocha, Syrup, 1 sugar	245	58	1.1	0.7	9.8	8.7	2.3	0.08
Mocha, Syrup, 2 sugars	256	60	1.1	0.6	10.5	9.3	2.3	0.08
Mocha, Syrup, 3 sugars	266	63	1.1	0.6	11.2	9.8	2.2	0.08

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
171	41	1.5	0.9	4.3	4.0	3.1	0.10
217	52	1.5	0.9	7.0	6.4	3.1	0.10
263	63	1.5	0.9	9.8	8.7	3.1	0.10
310	74	1.5	0.9	12.5	11.1	3.1	0.10
55	14	0.5	0.2	1.5	1.2	1.0	0.03
101	24	0.5	0.2	4.2	3.6	1.0	0.03
148	35	0.5	0.2	7.0	5.9	1.0	0.03
194	46	0.5	0.2	9.7	8.3	1.0	0.03
406	96	3.5	2.2	10.0	9.7	7.3	0.23
452	107	3.5	2.2	12.7	12.1	7.3	0.23
499	118	3.5	2.2	15.5	14.4	7.3	0.23
545	129	3.5	2.2	18.2	16.8	7.3	0.23
452	107	3.5	2.2	12.7	12.1	7.3	0.23
499	118	3.5	2.2	15.5	14.4	7.3	0.23
545	129	3.5	2.2	18.2	16.8	7.3	0.23
591	140	3.5	2.2	21.0	19.1	7.3	0.23
572	135	5.0	3.1	14.0	13.7	10.3	0.32
618	146	5.0	3.1	16.7	16.0	10.3	0.32
664	157	5.0	3.1	19.5	18.4	10.3	0.32
711	168	5.0	3.1	22.2	20.7	10.3	0.32
618	146	5.0	3.1	16.7	16.0	10.3	0.32
664	157	5.0	3.1	19.5	18.4	10.3	0.32
711	168	5.0	3.1	22.2	20.7	10.3	0.32
757	179	5.0	3.1	25.0	23.1	10.3	0.32
618	146	5.0	3.1	16.7	16.0	10.3	0.32
664	157	5.0	3.1	19.4	18.4	10.3	0.32
711	168	5.0	3.1	22.2	20.7	10.3	0.32
757	179	5.0	3.1	24.9	23.1	10.3	0.32
699	166	3.5	2.1	26.3	23.3	7.4	0.27
745	176	3.5	2.1	29.0	25.7	7.4	0.27
792	187	3.5	2.1	31.8	28.0	7.4	0.27
838	198	3.5	2.1	34.5	30.4	7.4	0.27
745	176	3.5	2.1	29.0	25.7	7.4	0.27
792	187	3.5	2.1	31.8	28.0	7.4	0.27
838	198	3.5	2.1	34.5	30.4	7.4	0.27
884	209	3.5	2.1	37.3	32.7	7.4	0.27

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DRINK NAME	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Hot Chocolate (Regular)								
Hot Chocolate	245	58	1.3	0.8	8.8	8.0	2.8	0.10
Hot Chocolate, 1 sugar	255	60	1.3	0.8	9.6	8.6	2.7	0.09
Hot Chocolate, 2 sugar	266	63	1.3	0.8	10.3	9.2	2.7	0.09
Hot Chocolate, 3 sugar	276	65	1.3	0.8	10.9	9.7	2.6	0.09
Hot Chocolate, Syrup	255	60	1.3	0.8	9.6	8.6	2.7	0.09
Hot Chocolate, Syrup, 1 sugar	266	63	1.3	0.8	10.3	9.2	2.7	0.09
Hot Chocolate, Syrup, 2 sugars	276	65	1.3	0.8	10.9	9.7	2.6	0.09
Hot Chocolate, Syrup, 3 sugars	285	67	1.2	0.8	11.6	10.3	2.6	0.09
Caramel Hot Chocolate (Regular)								
Caramel Hot Chocolate	255	60	1.3	0.8	9.5	8.6	2.7	0.09
Caramel Hot Chocolate, 1 sugar	266	63	1.3	0.8	10.2	9.2	2.7	0.09
Caramel Hot Chocolate, 2 sugar	276	65	1.3	0.8	10.9	9.7	2.6	0.09
Caramel Hot Chocolate, 3 sugar	285	67	1.2	0.8	11.6	10.3	2.6	0.09
Flat White (Regular)								
Flat White	169	40	1.5	0.9	4.1	4.0	3.0	0.09
Flat White , 1 sugar	186	44	1.4	0.9	5.3	5.0	3.0	0.09
Flat White , 2 sugar	203	48	1.4	0.9	6.5	6.0	2.9	0.09
Flat White , 3 sugar	219	52	1.4	0.8	7.5	6.9	2.8	0.09
Flat White , Syrup	186	44	1.4	0.9	5.3	5.0	3.0	0.09
Flat White , Syrup, 1 sugar	203	48	1.4	0.9	6.5	6.0	2.9	0.09
Flat White , Syrup, 2 sugars	219	52	1.4	0.8	7.5	6.9	2.8	0.09
Flat White , Syrup, 3 sugars	235	55	1.3	0.8	8.6	7.8	2.8	0.09
White Americano (Regular)								
White Americano	79	19	0.7	0.4	2.0	1.9	1.4	0.04
White Americano, 1 sugar	91	22	0.7	0.4	2.7	2.5	1.4	0.04
White Americano, 2 sugar	103	25	0.7	0.4	3.5	3.2	1.4	0.04
White Americano, 3 sugar	115	27	0.7	0.4	4.2	3.8	1.4	0.04
White Americano, Syrup	91	22	0.7	0.4	2.7	2.5	1.4	0.04
White Americano, Syrup, 1 sugar	103	25	0.7	0.4	3.5	3.2	1.4	0.04
White Americano, Syrup, 2 sugars	115	27	0.7	0.4	4.2	3.8	1.4	0.04
White Americano, Syrup, 3 sugars	126	30	0.7	0.4	4.9	4.4	1.4	0.04
Chai Latte (Regular)								
Chai Latte	207	49	1.7	1.1	5.5	5.4	3.4	0.11
Chai Latte, 1 sugar	219	52	1.6	1.1	6.3	6.0	3.4	0.10
Chai Latte, 2 sugar	230	54	1.6	1.0	7.1	6.7	3.3	0.10
Chai Latte, 3 sugar	241	57	1.6	1.0	7.8	7.3	3.3	0.10
Milk Cooler (Regular)								
Milk Cooler	213	50	1.7	1.1	5.9	5.7	3.4	0.10
Milk Cooler, 1 sugar	230	54	1.6	1.0	7.1	6.7	3.3	0.10
Milk Cooler, 2 sugar	246	58	1.6	1.0	8.2	7.7	3.3	0.09
Milk Cooler, 3 sugar	262	62	1.5	1.0	9.3	8.5	3.2	0.09

TYPICAL VALUES PER DRINK

Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
771	182	4.1	2.6	27.8	25.1	8.7	0.30
817	193	4.1	2.6	30.6	27.5	8.7	0.30
864	204	4.1	2.6	33.3	29.8	8.7	0.30
910	215	4.1	2.6	36.1	32.2	8.7	0.30
817	193	4.1	2.6	30.6	27.5	8.7	0.30
864	204	4.1	2.6	33.3	29.8	8.7	0.30
910	215	4.1	2.6	36.1	32.2	8.7	0.30
956	226	4.1	2.6	38.8	34.5	8.7	0.30
817	193	4.1	2.6	30.5	27.4	8.7	0.30
864	204	4.1	2.6	33.3	29.8	8.7	0.30
910	215	4.1	2.6	36.0	32.1	8.7	0.30
956	226	4.1	2.6	38.8	34.5	8.7	0.30
354	84	3.1	1.9	8.7	8.5	6.4	0.20
400	95	3.1	1.9	11.5	10.9	6.4	0.20
447	106	3.1	1.9	14.2	13.2	6.4	0.20
493	117	3.1	1.9	17.0	15.6	6.4	0.20
400	95	3.1	1.9	11.5	10.9	6.4	0.20
447	106	3.1	1.9	14.2	13.2	6.4	0.20
493	117	3.1	1.9	17.0	15.6	6.4	0.20
539	128	3.1	1.9	19.7	17.9	6.4	0.20
274	65	2.4	1.4	6.8	6.5	4.9	0.15
320	76	2.4	1.4	9.6	8.8	4.9	0.15
367	87	2.4	1.4	12.3	11.2	4.9	0.15
413	98	2.4	1.4	15.1	13.5	4.9	0.15
320	76	2.4	1.4	9.6	8.8	4.9	0.15
367	87	2.4	1.4	12.3	11.2	4.9	0.15
413	98	2.4	1.4	15.1	13.5	4.9	0.15
459	109	2.4	1.4	17.8	15.9	4.9	0.15
631	149	5.1	3.3	16.8	16.4	10.5	0.32
677	160	5.1	3.3	19.6	18.8	10.5	0.32
724	171	5.1	3.3	22.3	21.1	10.5	0.32
770	182	5.1	3.3	25.1	23.5	10.5	0.32
436	103	3.4	2.2	12.2	11.8	7.0	0.20
483	114	3.4	2.2	14.9	14.1	7.0	0.20
529	125	3.4	2.2	17.7	16.5	7.0	0.20
575	136	3.4	2.2	20.4	18.8	7.0	0.20

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Cappuccino (Large)								
Cappuccino	165	39	1.4	0.9	4.0	3.9	3.0	0.09
Cappuccino, 1 sugar	178	42	1.4	0.9	4.9	4.7	2.9	0.09
Cappuccino, 2 sugar	190	45	1.4	0.8	5.8	5.4	2.8	0.09
Cappuccino, 3 sugar	203	48	1.4	0.8	6.6	6.1	2.8	0.09
Cappuccino, Syrup	182	43	1.4	0.9	5.2	4.9	2.9	0.09
Cappuccino, Syrup, 1 sugar	194	46	1.4	0.8	6.0	5.6	2.8	0.09
Cappuccino, Syrup, 2 sugars	207	49	1.4	0.8	6.8	6.3	2.8	0.09
Cappuccino, Syrup, 3 sugars	218	52	1.3	0.8	7.6	7.0	2.7	0.08
Latte (Large)								
Latte	178	42	1.6	1.0	4.3	4.3	3.2	0.10
Latte, 1 sugar	187	44	1.5	1.0	5.0	4.8	3.2	0.10
Latte, 2 sugar	196	46	1.5	1.0	5.6	5.3	3.1	0.10
Latte, 3 sugar	205	48	1.5	0.9	6.2	5.8	3.1	0.10
Latte, Syrup	190	45	1.5	1.0	5.1	5.0	3.1	0.10
Latte, Syrup, 1 sugar	199	47	1.5	1.0	5.7	5.5	3.1	0.10
Latte, Syrup, 2 sugars	208	49	1.5	0.9	6.3	6.0	3.1	0.09
Latte, Syrup, 3 sugars	216	51	1.5	0.9	6.9	6.4	3.0	0.09
Vanilla Latte (Large)								
Vanilla Latte	190	45	1.5	1.0	5.1	5.0	3.1	0.10
Vanilla Latte, 1 sugar	199	47	1.5	1.0	5.7	5.5	3.1	0.10
Vanilla Latte, 2 sugar	208	49	1.5	0.9	6.3	6.0	3.1	0.09
Vanilla Latte, 3 sugar	216	51	1.5	0.9	6.9	6.4	3.0	0.09
Mocha (Large)								
Mocha	240	57	1.2	0.7	9.0	8.0	2.5	0.09
Mocha, 1 sugar	249	59	1.2	0.7	9.6	8.5	2.5	0.09
Mocha, 2 sugar	258	61	1.2	0.7	10.2	9.0	2.5	0.09
Mocha, 3 sugar	266	63	1.2	0.7	10.8	9.5	2.4	0.09
Mocha, Syrup	252	60	1.2	0.7	9.8	8.7	2.5	0.09
Mocha, Syrup, 1 sugar	260	62	1.2	0.7	10.4	9.2	2.5	0.09
Mocha, Syrup, 2 sugars	269	64	1.1	0.7	10.9	9.6	2.4	0.09
Mocha, Syrup, 3 sugars	277	65	1.1	0.7	11.5	10.1	2.4	0.09
Hot Chocolate (Large)								
Hot Chocolate	267	63	1.4	0.9	9.9	8.9	2.9	0.10
Hot Chocolate, 1 sugar	277	65	1.4	0.8	10.5	9.4	2.8	0.10
Hot Chocolate, 2 sugar	285	67	1.4	0.8	11.1	9.9	2.8	0.10
Hot Chocolate, 3 sugar	294	69	1.3	0.8	11.7	10.4	2.8	0.10
Hot Chocolate, Syrup	279	66	1.4	0.8	10.7	9.5	2.8	0.10
Hot Chocolate, Syrup, 1 sugar	288	68	1.3	0.8	11.3	10.0	2.8	0.10
Hot Chocolate, Syrup, 2 sugars	297	70	1.3	0.8	11.8	10.5	2.8	0.10
Hot Chocolate, Syrup, 3 sugars	305	72	1.3	0.8	12.4	11.0	2.7	0.10

TYPICAL VALUES PER DRINK

Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
469	111	4.1	2.5	11.5	11.2	8.4	0.26
515	122	4.1	2.5	14.3	13.6	8.4	0.26
562	133	4.1	2.5	17.0	15.9	8.4	0.26
608	144	4.1	2.5	19.8	18.3	8.4	0.26
530	125	4.1	2.5	15.1	14.3	8.4	0.26
577	136	4.1	2.5	17.8	16.6	8.4	0.26
623	147	4.1	2.5	20.6	19.0	8.4	0.26
669	158	4.1	2.5	23.3	21.3	8.4	0.26
718	170	6.2	4.0	17.5	17.2	12.9	0.40
764	181	6.2	4.0	20.2	19.6	12.9	0.40
811	192	6.2	4.0	23.0	21.9	12.9	0.40
857	203	6.2	4.0	25.7	24.3	12.9	0.40
779	184	6.2	4.0	21.1	20.3	12.9	0.40
825	195	6.2	4.0	23.8	22.6	12.9	0.40
872	206	6.2	4.0	26.6	25.0	12.9	0.40
918	217	6.2	4.0	29.3	27.3	12.9	0.40
779	184	6.2	4.0	21.1	20.3	12.9	0.40
825	195	6.2	4.0	23.8	22.6	12.9	0.40
872	206	6.2	4.0	26.6	25.0	12.9	0.40
918	217	6.2	4.0	29.3	27.3	12.9	0.40
925	219	4.6	2.8	34.8	30.9	9.7	0.35
971	230	4.6	2.8	37.6	33.2	9.7	0.35
1017	241	4.6	2.8	40.3	35.6	9.7	0.35
1064	252	4.6	2.8	43.1	37.9	9.7	0.35
986	233	4.6	2.8	38.4	34.0	9.7	0.35
1032	244	4.6	2.8	41.2	36.3	9.7	0.35
1079	255	4.6	2.8	43.9	38.7	9.7	0.35
1125	266	4.6	2.8	46.7	41.0	9.7	0.35
963	227	5.0	3.1	35.5	31.9	10.4	0.37
1009	238	5.0	3.1	38.3	34.3	10.4	0.37
1056	249	5.0	3.1	41.0	36.6	10.4	0.37
1102	260	5.0	3.1	43.8	39.0	10.4	0.37
1024	241	5.0	3.1	39.1	35.0	10.4	0.37
1071	252	5.0	3.1	41.8	37.3	10.4	0.37
1117	263	5.0	3.1	44.6	39.7	10.4	0.37
1163	274	5.0	3.1	47.3	42.0	10.4	0.37

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Caramel Hot Chocolate (Large)								
Caramel Hot Chocolate	279	66	1.4	0.9	10.7	9.5	2.8	0.10
Caramel Hot Chocolate, 1 sugar	288	68	1.3	0.8	11.3	10.1	2.8	0.10
Caramel Hot Chocolate, 2 sugar	297	70	1.3	0.8	11.8	10.5	2.8	0.10
Caramel Hot Chocolate, 3 sugar	305	72	1.3	0.8	12.4	11.0	2.7	0.10
Long White Americano (Large)								
Long White Americano	80	19	0.7	0.4	2.0	1.9	1.5	0.05
Long White Americano, 1 sugar	90	22	0.7	0.4	2.6	2.4	1.4	0.04
Long White Americano, 2 sugar	100	24	0.7	0.4	3.2	3.0	1.4	0.04
Long White Americano, 3 sugar	110	26	0.7	0.4	3.8	3.5	1.4	0.04
Long White Americano, Syrup	94	22	0.7	0.4	2.8	2.6	1.4	0.04
Long White Americano, Syrup, 1 sugar	103	25	0.7	0.4	3.4	3.1	1.4	0.04
Long White Americano, Syrup, 2 sugars	113	27	0.7	0.4	4.0	3.6	1.4	0.04
Long White Americano, Syrup, 3 sugars	122	29	0.7	0.4	4.6	4.1	1.4	0.04
Chai Latte (Large)								
Chai Latte	209	49	1.7	1.1	5.6	5.5	3.4	0.11
Chai Latte, 1 sugar	219	51	1.7	1.1	6.3	6.0	3.4	0.11
Chai Latte, 2 sugar	228	54	1.6	1.1	7.0	6.6	3.4	0.10
Chai Latte, 3 sugar	238	56	1.6	1.0	7.6	7.1	3.3	0.10
Iced Milk (no flavour) (Regular)								
Iced Milk (no flavour)	47	11	0.4	0.3	1.1	1.1	0.8	0.03
Iced Milk (no flavour), 1 sugar	60	14	0.4	0.3	2.0	1.8	0.8	0.03
Iced Milk (no flavour), 2 sugar	73	17	0.4	0.3	2.7	2.5	0.8	0.03
Iced Milk (no flavour), 3 sugar	86	20	0.4	0.3	3.5	3.1	0.8	0.03
Iced White Americano (Regular)								
Iced White Americano	23	5	0.2	0.1	0.6	0.5	0.4	0.01
Iced White Americano, 1 sugar	31	8	0.2	0.1	1.1	1.0	0.4	0.01
Iced White Americano, 2 sugar	40	10	0.2	0.1	1.6	1.4	0.4	0.01
Iced White Americano, 3 sugar	49	12	0.2	0.1	2.1	1.9	0.4	0.01
Iced White Americano, Syrup	34	8	0.2	0.1	1.3	1.1	0.4	0.01
Iced White Americano, Syrup, 1 sugar	43	10	0.2	0.1	1.8	1.6	0.4	0.01
Iced White Americano, Syrup, 2 sugars	51	12	0.2	0.1	2.3	2.0	0.4	0.01
Iced White Americano, Syrup, 3 sugars	60	14	0.2	0.1	2.8	2.4	0.4	0.01
Iced Cappuccino (Regular)								
Iced Cappuccino	60	14	0.5	0.3	1.5	1.4	1.1	0.03
Iced Cappuccino, 1 sugar	71	17	0.5	0.3	2.1	2.0	1.1	0.03
Iced Cappuccino, 2 sugar	81	19	0.5	0.3	2.8	2.5	1.1	0.03
Iced Cappuccino, 3 sugar	91	22	0.5	0.3	3.4	3.0	1.0	0.03
Iced Cappuccino, Syrup	74	18	0.5	0.3	2.3	2.2	1.1	0.03
Iced Cappuccino, Syrup, 1 sugar	84	20	0.5	0.3	2.9	2.7	1.1	0.03
Iced Cappuccino, Syrup, 2 sugars	94	22	0.5	0.3	3.5	3.2	1.0	0.03
Iced Cappuccino, Syrup, 3 sugars	103	25	0.5	0.3	4.1	3.7	1.0	0.03

TYPICAL VALUES PER DRINK

Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
1024	242	5.0	3.1	39.1	35.0	10.4	0.37
1070	253	5.0	3.1	41.9	37.4	10.4	0.37
1117	264	5.0	3.1	44.6	39.7	10.4	0.37
1163	275	5.0	3.1	47.4	42.1	10.4	0.37
338	81	2.9	1.8	8.4	8.0	6.1	0.19
384	92	2.9	1.8	11.2	10.4	6.1	0.19
431	103	2.9	1.8	13.9	12.7	6.1	0.19
477	114	2.9	1.8	16.7	15.1	6.1	0.19
399	95	2.9	1.8	12.0	11.1	6.1	0.19
446	106	2.9	1.8	14.7	13.4	6.1	0.19
492	117	2.9	1.8	17.5	15.8	6.1	0.19
538	128	2.9	1.8	20.2	18.1	6.1	0.19
744	175	6.0	3.9	20.0	19.5	12.3	0.38
790	186	6.0	3.9	22.8	21.9	12.3	0.38
837	197	6.0	3.9	25.5	24.2	12.3	0.38
883	208	6.0	3.9	28.3	26.6	12.3	0.38
156	37	1.4	0.9	3.8	3.8	2.8	0.09
202	48	1.4	0.9	6.6	6.2	2.8	0.09
249	59	1.4	0.9	9.3	8.5	2.8	0.09
295	70	1.4	0.9	12.1	10.9	2.8	0.09
114	28	1.0	0.6	2.9	2.7	2.1	0.05
160	39	1.0	0.6	5.7	5.1	2.1	0.05
207	50	1.0	0.6	8.4	7.4	2.1	0.05
253	61	1.0	0.6	11.2	9.8	2.1	0.05
175	42	1.0	0.6	6.5	5.8	2.1	0.05
222	53	1.0	0.6	9.2	8.1	2.1	0.05
268	64	1.0	0.6	12.0	10.5	2.1	0.05
314	75	1.0	0.6	14.7	12.8	2.1	0.05
251	60	2.2	1.3	6.2	6.0	4.5	0.13
297	71	2.2	1.3	9.0	8.4	4.5	0.13
344	82	2.2	1.3	11.7	10.7	4.5	0.13
390	93	2.2	1.3	14.5	13.1	4.5	0.13
312	74	2.2	1.3	9.8	9.1	4.5	0.13
359	85	2.2	1.3	12.5	11.4	4.5	0.13
405	96	2.2	1.3	15.3	13.8	4.5	0.13
451	107	2.2	1.3	18.0	16.1	4.5	0.13

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Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Iced Latte (Regular)								
Iced Latte	60	14	0.5	0.3	1.5	1.4	1.1	0.03
Iced Latte, 1 sugar	71	17	0.5	0.3	2.1	2.0	1.1	0.03
Iced Latte, 2 sugar	81	19	0.5	0.3	2.8	2.5	1.1	0.03
Iced Latte, 3 sugar	91	22	0.5	0.3	3.4	3.0	1.0	0.03
Iced Latte, Syrup	74	18	0.5	0.3	2.3	2.2	1.1	0.03
Iced Latte, Syrup, 1 sugar	84	20	0.5	0.3	2.9	2.7	1.1	0.03
Iced Latte, Syrup, 2 sugars	94	22	0.5	0.3	3.5	3.2	1.0	0.03
Iced Latte, Syrup, 3 sugars	103	25	0.5	0.3	4.1	3.7	1.0	0.03
Iced Vanilla Latte (Regular)								
Iced Vanilla Latte	74	18	0.5	0.3	2.3	2.1	1.1	0.03
Iced Vanilla Latte, 1 sugar	84	20	0.5	0.3	2.9	2.7	1.1	0.03
Iced Vanilla Latte 2 sugar	94	22	0.5	0.3	3.5	3.2	1.0	0.03
Iced Vanilla Latte, 3 sugar	103	24	0.5	0.3	4.1	3.7	1.0	0.03
Iced Chocolate (Regular)								
Iced Chocolate	182	43	1.0	0.6	6.4	5.8	2.1	0.07
Iced Chocolate, 1 sugar	190	45	1.0	0.6	6.9	6.3	2.1	0.07
Iced Chocolate, 2 sugar	198	47	1.0	0.6	7.5	6.7	2.1	0.07
Iced Chocolate, 3 sugar	206	49	1.0	0.6	8.0	7.1	2.1	0.07
Iced Chocolate, Syrup	193	46	1.0	0.6	7.1	6.4	2.1	0.07
Iced Chocolate, Syrup, 1 sugar	201	47	1.0	0.6	7.6	6.8	2.1	0.07
Iced Chocolate, Syrup, 2 sugars	208	49	1.0	0.6	8.1	7.3	2.1	0.07
Iced Chocolate, Syrup, 3 sugars	216	51	1.0	0.6	8.6	7.7	2.0	0.07
Iced Mocha (Regular)								
Iced Mocha	161	38	0.9	0.5	5.8	5.2	1.9	0.06
Iced Mocha, 1 sugar	169	40	0.9	0.5	6.3	5.6	1.8	0.06
Iced Mocha, 2 sugar	176	42	0.9	0.5	6.8	6.0	1.8	0.06
Iced Mocha, 3 sugar	184	43	0.9	0.5	7.2	6.4	1.8	0.06
Iced Mocha, Syrup	171	41	0.9	0.5	6.4	5.7	1.8	0.06
Iced Mocha, Syrup, 1 sugar	179	42	0.9	0.5	6.9	6.1	1.8	0.06
Iced Mocha, Syrup, 2 sugars	186	44	0.9	0.5	7.4	6.5	1.8	0.06
Iced Mocha, Syrup, 3 sugars	193	46	0.9	0.5	7.8	6.9	1.8	0.06
Black Drinks (no milk or oat drink)								
Espresso								
Espresso	37	10	0.3		1.3	0.7	0.7	0.03
Espresso, 1 sugar	130	32	0.3		6.9	5.5	0.6	0.02
Espresso, 2 sugar	205	49	0.2		11.4	9.4	0.6	0.02
Espresso, 3 sugar	267	64	0.2		15.2	12.7	0.5	0.02
Ristretto								
Ristretto	37	10	0.3		1.3	0.7	0.7	0.03
Ristretto, 1 sugar	136	33	0.2		7.2	5.9	0.7	0.02
Ristretto, 2 sugar	215	52	0.2		12.0	10.0	0.6	0.02
Ristretto, 3 sugar	280	67	0.2		15.9	13.4	0.5	0.02

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Iced Latte (Regular)							
251	60	2.2	1.3	6.2	6.0	4.5	0.13
297	71	2.2	1.3	9.0	8.4	4.5	0.13
344	82	2.2	1.3	11.7	10.7	4.5	0.13
390	93	2.2	1.3	14.5	13.1	4.5	0.13
312	74	2.2	1.3	9.8	9.1	4.5	0.13
359	85	2.2	1.3	12.5	11.4	4.5	0.13
405	96	2.2	1.3	15.3	13.8	4.5	0.13
451	107	2.2	1.3	18.0	16.1	4.5	0.13
Iced Vanilla Latte (Regular)							
312	74	2.2	1.3	9.8	9.0	4.5	0.13
358	85	2.2	1.3	12.6	11.4	4.5	0.13
405	96	2.2	1.3	15.3	13.7	4.5	0.13
451	107	2.2	1.3	18.1	16.1	4.5	0.13
Iced Chocolate (Regular)							
829	196	4.7	2.9	29.2	26.5	9.7	0.34
875	207	4.7	2.9	32.0	28.9	9.7	0.34
922	218	4.7	2.9	34.7	31.2	9.7	0.34
968	229	4.7	2.9	37.5	33.6	9.7	0.34
890	210	4.7	2.9	32.8	29.6	9.7	0.34
937	221	4.7	2.9	35.5	31.9	9.7	0.34
983	232	4.7	2.9	38.3	34.3	9.7	0.34
1029	243	4.7	2.9	41.0	36.6	9.7	0.34
Iced Mocha (Regular)							
797	189	4.4	2.7	28.6	25.7	9.2	0.31
843	200	4.4	2.7	31.4	28.1	9.2	0.31
890	211	4.4	2.7	34.1	30.4	9.2	0.31
936	222	4.4	2.7	36.9	32.8	9.2	0.31
858	203	4.4	2.7	32.2	28.8	9.2	0.31
905	214	4.4	2.7	34.9	31.1	9.2	0.31
951	225	4.4	2.7	37.7	33.5	9.2	0.31
997	236	4.4	2.7	40.4	35.8	9.2	0.31
Black Drinks (no milk or oat drink)							
Espresso							
16	4	0.1		0.6	0.3	0.3	0.01
62	15	0.1		3.3	2.7	0.3	0.01
109	26	0.1		6.1	5.0	0.3	0.01
155	37	0.1		8.8	7.4	0.3	0.01
Ristretto							
15	4	0.1		0.5	0.3	0.3	0.01
61	15	0.1		3.3	2.7	0.3	0.01
108	26	0.1		6.0	5.0	0.3	0.01
154	37	0.1		8.8	7.4	0.3	0.01

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Black Americano (Regular)								
Black Americano	6	2	0.1		0.2	0.1	0.1	0.05
Black Americano, 1 sugar	20	5	0.1		1.1	0.8	0.1	0.05
Black Americano, 2 sugar	34	8	0.1		1.9	1.5	0.1	0.05
Black Americano, 3 sugar	47	12	0.1		2.7	2.2	0.1	0.05
Black Americano, Syrup	20	5	0.1		1.1	0.8	0.1	0.05
Black Americano, Syrup, 1 sugar	34	8	0.1		1.9	1.5	0.1	0.05
Black Americano, Syrup, 2 sugars	47	12	0.1		2.7	2.2	0.1	0.05
Black Americano, Syrup, 3 sugars	60	15	0.1		3.4	2.9	0.1	0.04
Long Black Americano (Large)								
Long Black Americano	7	2	0.1		0.2	0.1	0.1	
Long Black Americano, 1 sugar	20	5	0.1		1.0	0.8	0.1	0.01
Long Black Americano, 2 sugar	32	8	0.1		1.7	1.4	0.1	0.01
Long Black Americano, 3 sugar	43	10	0.1		2.4	2.0	0.1	0.01
Long Black Americano, Syrup	23	6	0.1		1.2	1.0	0.1	0.01
Long Black Americano, Syrup, 1 sugar	35	9	0.1		1.9	1.6	0.1	0.01
Long Black Americano, Syrup, 2 sugars	47	11	0.1		2.6	2.2	0.1	0.01
Long Black Americano, Syrup, 3 sugars	59	14	0.1		3.3	2.7	0.1	0.01
Iced Americano (Large)								
Iced Americano	4	1			0.1	0.1	0.1	
Iced Americano , 1 sugar	15	4			0.8	0.6	0.1	
Iced Americano , 2 sugar	26	6			1.4	1.2	0.1	
Iced Americano , 3 sugar	36	9			2.0	1.7	0.1	
Iced Americano , Syrup	18	5			1.0	0.8	0.1	
Iced Americano , Syrup, 1 sugar	29	7			1.6	1.3	0.1	
Iced Americano , Syrup, 2 sugars	39	9			2.2	1.8	0.1	
Iced Americano , Syrup, 3 sugars	49	12			2.8	2.4	0.1	
Iced Coolers								
Iced Mango & Passionfruit Cooler (Regular)								
Iced Mango & Passionfruit Cooler	38	9			2.2	1.4		0.01
Iced Mango & Passionfruit Cooler, 1 sugar	50	12			3.0	2.0		0.01
Iced Mango & Passionfruit Cooler, 2 sugar	62	15			3.7	2.6		0.01
Iced Mango & Passionfruit Cooler, 3 sugar	74	17			4.4	3.2		0.01
Iced Strawberry & Lime Cooler (Regular)								
Iced Strawberry & Lime Cooler	27	6			1.6	1.3		0.01
Iced Strawberry & Lime Cooler, 1 sugar	40	9			2.3	1.9		0.01
Iced Strawberry & Lime Cooler, 2 sugar	52	12			3.1	2.5		0.01
Iced Strawberry & Lime Cooler, 3 sugar	64	15			3.8	3.1		0.01

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
20	6	0.2		0.7	0.4	0.4	0.17
66	17	0.2		3.5	2.8	0.4	0.17
113	28	0.2		6.2	5.1	0.4	0.17
159	39	0.2		9.0	7.5	0.4	0.17
66	17	0.2		3.5	2.8	0.4	0.17
113	28	0.2		6.2	5.1	0.4	0.17
159	39	0.2		9.0	7.5	0.4	0.17
205	50	0.2		11.7	9.8	0.4	0.17
26	7	0.2		0.9	0.5	0.5	0.02
72	18	0.2		3.7	2.9	0.5	0.02
119	29	0.2		6.4	5.2	0.5	0.02
165	40	0.2		9.2	7.6	0.5	0.02
87	21	0.2		4.5	3.6	0.5	0.02
134	32	0.2		7.2	5.9	0.5	0.02
180	43	0.2		10.0	8.3	0.5	0.02
226	54	0.2		12.7	10.6	0.5	0.02
17	5	0.1		0.6	0.3	0.3	
63	16	0.1		3.4	2.7	0.3	
110	27	0.1		6.1	5.0	0.3	
156	38	0.1		8.9	7.4	0.3	
78	19	0.1		4.2	3.4	0.3	
125	30	0.1		6.9	5.7	0.3	
171	41	0.1		9.7	8.1	0.3	
217	52	0.1		12.4	10.4	0.3	
135	32			8.0	4.8	0.1	0.02
182	43			10.7	7.2	0.1	0.02
228	54			13.5	9.5	0.1	0.02
274	65			16.2	11.9	0.1	0.02
94	22			5.5	4.4	0.1	0.03
141	33			8.3	6.8	0.1	0.03
187	44			11.0	9.1	0.1	0.03
233	55			13.8	11.5	0.1	0.03

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Easter 2024 LTO Semi-Skimmed Milk Drinks								
Cinnamon Bun Hot Chocolate (Regular)								
Cinnamon Bun Hot Chocolate	288	69	1.3	0.8	11.2	10.2	2.8	0.10
Cinnamon Bun Hot Chocolate, 1 sugar	299	71	1.3	0.8	12.0	10.9	2.8	0.10
Cinnamon Bun Hot Chocolate, 2 sugar	310	74	1.3	0.8	12.7	11.5	2.7	0.10
Cinnamon Bun Hot Chocolate, 3 sugar	320	76	1.3	0.8	13.4	12.1	2.7	0.10
Cinnamon Bun Latte (Regular)								
Cinnamon Bun Latte	196	47	1.5	0.9	5.7	5.6	3.0	0.09
Cinnamon Bun Latte, 1 sugar	207	50	1.4	0.9	6.4	6.2	3.0	0.09
Cinnamon Bun Latte, 2 sugar	217	52	1.4	0.9	7.1	6.8	2.9	0.09
Cinnamon Bun Latte, 3 sugar	227	54	1.4	0.9	7.8	7.3	2.9	0.09
Easter 2024 LTO Semi-Skimmed Milk Drinks								
Cinnamon Bun Hot Chocolate (Large)								
Cinnamon Bun Hot Chocolate	292	70	1.3	0.8	11.5	10.4	2.8	0.10
Cinnamon Bun Hot Chocolate, 1 sugar	300	72	1.3	0.8	12.1	10.9	2.7	0.10
Cinnamon Bun Hot Chocolate, 2 sugar	308	73	1.3	0.8	12.6	11.4	2.7	0.10
Cinnamon Bun Hot Chocolate, 3 sugar	316	75	1.3	0.8	13.2	11.9	2.7	0.10
Cinnamon Bun Latte (Large)								
Cinnamon Bun Latte	202	48	1.5	0.9	5.9	5.8	3.1	0.10
Cinnamon Bun Latte, 1 sugar	210	50	1.5	0.9	6.5	6.3	3.1	0.10
Cinnamon Bun Latte, 2 sugar	219	52	1.5	0.9	7.1	6.8	3.0	0.09
Cinnamon Bun Latte, 3 sugar	227	54	1.4	0.9	7.6	7.2	3.0	0.09
Easter 2024 LTO Semi-Skimmed Milk Iced Drinks								
Cinnamon Bun Iced Latte (Regular)								
Cinnamon Bun Iced Latte	88	22	0.5	0.3	3.2	3.0	1.1	0.03
Cinnamon Bun Iced Latte, 1 sugar	98	24	0.5	0.3	3.8	3.5	1.0	0.03
Cinnamon Bun Iced Latte, 2 sugar	107	26	0.5	0.3	4.3	4.0	1.0	0.03
Cinnamon Bun Iced Latte, 3 sugar	116	28	0.5	0.3	4.9	4.5	1.0	0.03

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
836	199	3.9	2.5	32.6	29.7	8.2	0.30
882	210	3.9	2.5	35.4	32.1	8.2	0.30
929	221	3.9	2.5	38.1	34.4	8.2	0.30
975	232	3.9	2.5	40.9	36.8	8.2	0.30
667	160	5.0	3.1	19.5	19.0	10.3	0.32
713	171	5.0	3.1	22.2	21.4	10.3	0.32
760	182	5.0	3.1	25.0	23.7	10.3	0.32
806	193	5.0	3.1	27.7	26.1	10.3	0.32
1088	260	5.0	3.1	42.8	39.0	10.4	0.37
1135	271	5.0	3.1	45.6	41.3	10.4	0.37
1181	281	5.0	3.1	48.3	43.7	10.4	0.37
1227	292	5.0	3.1	51.1	46.0	10.4	0.37
844	203	6.3	4.0	24.8	24.3	12.9	0.40
891	213	6.3	4.0	27.6	26.6	12.9	0.40
937	224	6.3	4.0	30.3	29.0	12.9	0.40
983	235	6.3	4.0	33.1	31.3	12.9	0.40
376	92	2.2	1.3	13.6	13.0	4.5	0.14
423	103	2.2	1.3	16.3	15.4	4.5	0.14
469	114	2.2	1.3	19.1	17.7	4.5	0.14
515	125	2.2	1.3	21.8	20.1	4.5	0.14

	TYPICAL VALUES PER 100g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Optional Extras								
Add a sachet of Chocolate Flavoured Powder	1637	387	5.8	4.8	75.0	67.0	7.2	1.60

TYPICAL VALUES PER SACHET							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
21	5	0	0	1.0	0.9	0.1	0.02

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DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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
Black Americano (Regular)																			
Black Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup, 2 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup, 3 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano (Large)																			
Long Black Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup, 2 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup, 3 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano (Large)																			
Iced Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , Syrup	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , Syrup, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , Syrup, 2 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , Syrup, 3 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Coolers																			
Iced Mango & Passionfruit Cooler (Regular)																			
Iced Mango & Passionfruit Cooler	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mango & Passionfruit Cooler, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mango & Passionfruit Cooler, 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mango & Passionfruit Cooler, 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler (Regular)																			
Iced Strawberry & Lime Cooler	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler, 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler, 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

Key and how to interpret the data

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YES indicates that the drink contains that allergen

N indicates that the allergen is not part of the ingredients that make up the drink.

C indicates that the allergen is present at the manufacturing site/supply chain of the ingredient and our supplier believes there is a significant risk that this allergen could cross contaminate the food.

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DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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
Easter 2024 LTO Semi-Skimmed Milk Drinks																			
Cinnamon Bun Hot Chocolate (Regular)																			
Cinnamon Bun Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Latte (Regular)																			
Cinnamon Bun Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Easter 2024 LTO Semi-Skimmed Milk Drinks																			
Cinnamon Bun Hot Chocolate (Large)																			
Cinnamon Bun Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Latte (Large)																			
Cinnamon Bun Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Easter 2024 LTO Semi-Skimmed Milk Iced Drinks																			
Cinnamon Bun Iced Latte (Regular)																			
Cinnamon Bun Iced Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Iced Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Iced Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cinnamon Bun Iced Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N

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