

	Energy (KJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrates (g)	Sugar (g)	Protein (g)	Salt (g)
Serving g	per serving	per serving	per serving	per serving	per serving	per serving	per serving	per serving

## THE COFFEES

Cappuccino - Skimmed Milk	Small	181	43	0.4	0.1	6.3	5.9	3.8	0.1
	Regular	312	75	0.8	0.3	10.6	10.1	7.0	0.3
	Large	334	78	0.9	0.3	11.3	10.4	7.5	0.3
Cappuccino - Semi Skimmed Milk	Small	241	53	1.9	1.2	6.6	6.2	4.0	0.1
	Regular	423	101	3.6	2.1	11.1	10.6	7.2	0.1
	Large	452	107	3.8	2.3	11.9	11.3	7.8	0.3
Cappuccino - Whole Milk	Small	322	78	4.3	2.6	6.3	5.9	3.8	0.0
	Regular	575	139	7.7	4.9	10.8	10.3	6.7	0.0
	Large	615	148	8.4	5.2	11.6	10.7	7.3	0.0
Cappuccino - Coconut	Small	184	44	1.6	0.7	5.1	4.7	1.9	0.0
	Regular	317	77	3.1	1.3	8.5	8.0	3.4	0.3
	Large	339	81	3.2	1.5	9.6	9.0	3.8	0.0
Cappuccino - Soya	Small	223	53	2.2	0.3	4.6	3.8	3.8	0.1
	Regular	390	93	3.9	0.5	7.5	6.5	6.7	0.3
	Large	418	99	4.4	0.6	7.8	6.7	7.3	0.3
Cappuccino - Oat	Small	210	50	1.9	0.1	8.8	3.7	1.0	0.1
	Regular	369	88	3.4	0.3	15.5	6.5	1.8	0.3
	Large	470	113	4.4	0.3	20.6	9.0	1.5	0.3
Caffe Latte - Skimmed Milk	Small	451	42	0.3	0.1	5.8	5.7	4.4	0.1
	Regular	330	77	0.5	0.3	10.7	10.5	8.0	0.3
	Large	437	103	0.7	0.4	14.3	13.9	10.6	0.4
Caffe Latte - Semi Skimmed Milk	Small	254	60	2.2	1.3	6.3	6.1	4.5	0.1
	Regular	465	110	4.1	2.5	11.3	11.0	8.3	0.3
	Large	617	147	5.5	3.3	15.0	14.7	11.0	0.4
Caffe Latte - Whole Milk	Small	353	86	5.0	3.2	6.0	5.8	4.4	0.4
	Regular	862	157	9.1	5.8	11.0	10.7	8.0	0.3
	Large	859	209	12.1	7.7	14.7	14.3	10.6	0.4
Caffe Latte - Coconut	Small	183	44	1.9	0.9	4.4	4.4	2.0	0.1
	Regular	336	80	3.3	1.7	8.3	8.0	3.9	0.3

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Caffe Latte - Soya	Large	448	106	4.4	2.2	11.0	10.6	5.1	0.4
	Small	231	55	2.5	0.4	3.7	3.4	4.4	0.1
	Regular	424	102	4.4	0.8	6.9	6.1	8.0	0.3
Caffe Latte - Oat	Large	562	136	5.9	0.7	9.2	8.1	10.6	0.4
	Small	291	69	1.9	1.0	11.8	5.7	0.4	0.1
	Regular	547	129	3.6	1.9	22.3	10.7	0.8	0.3
Caffe Mocha - Skimmed Milk	Large	730	172	4.8	2.6	29.7	14.3	1.1	0.4
	Regular	1227	292	19.3	11.7	22.4	19.1	7.6	0.3
	Large	1418	338	19.7	12.1	29.7	26.2	10.4	0.3
Caffe Mocha - Semi Skimmed Milk	Regular	1280	305	20.8	12.7	22.4	19.1	6.9	0.3
	Large	1518	362	22.4	13.8	29.7	25.9	10.4	0.3
Caffe Mocha - Whole Milk	Regular	1341	343	22.1	13.7	22.4	19.1	7.6	0.3
	Large	1659	383	24.5	15.5	29.7	25.9	10.4	0.3

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Café Americano	Small	23	6	0.0	0.0	0.9	0.0	0.4	0.0
	Regular	29	8	0.3	0.0	1.1	0.0	0.5	0.0
	Large	44	12	0.4	0.0	1.4	0.0	0.8	0.0
Caramelatte - Skimmed Milk	Regular	1031	246	12.3	7.5	27.5	25.4	6.9	0.3
	Large	1378	328	16.4	10.0	36.8	33.9	9.3	0.4
Caramelatte - Semi Skimmed Milk	Regular	1116	267	14.7	9.1	27.2	25.4	6.9	0.3
	Large	1492	357	19.6	12.1	36.4	33.9	9.3	0.4
Caramelatte - Coconut	Regular	1028	246	14.2	7.7	24.8	23.2	3.7	0.3
	Large	1374	328	18.9	10.4	33.2	31.1	5.0	0.4
Caramelatte - Soya	Regular	1100	262	15.0	7.7	24.6	22.4	6.4	0.3
	Large	1471	350	20.0	10.4	32.8	30.0	8.6	0.4
Caramelatte - Oat	Regular	1127	270	15.2	7.7	34.7	25.1	1.6	0.4
	Large	1507	361	20.3	10.4	46.4	33.6	2.1	0.4
Filter Coffee	Small	13	3	0.0	0.0	0.5	0.0	0.3	0.0
	Regular	18	4	0.0	0.0	0.6	0.0	0.4	0.0
	Large	23	6	0.0	0.0	0.6	0.0	0.5	0.0
Flat White - Skimmed Milk	Small	195	46	0.3	0.2	6.3	6.3	4.9	0.2
	Regular	329	77	0.5	0.3	10.6	10.6	8.2	0.3
Flat White - Semi Skimmed Milk	Small	278	66	2.4	1.4	6.8	6.6	5.0	0.2
	Regular	469	111	4.0	2.4	11.4	11.1	8.5	0.3
Flat White - Whole Milk	Small	386	93	5.5	3.5	6.4	6.4	4.7	0.2
	Regular	652	156	9.3	5.8	10.9	10.9	8.0	0.3
Flat White - Soya	Small	253	60	2.7	0.5	3.9	3.6	4.7	0.2
	Regular	427	101	4.5	0.8	6.6	6.1	8.0	0.3
Flat White - Coconut	Small	199	47	2.0	0.9	4.9	4.7	2.2	0.2
	Regular	337	80	3.4	1.6	8.2	8.0	3.7	0.0
Espresso - Single	Single	11	3	0.0	0.0	0.4	0.2	0.2	0.0
Espresso - Double	Double	22	6	0.0	0.0	0.0	0.0	0.0	0.0



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## THICKSHAKES

Strawberry Thickshake	1416	336	5.6	3.8	65.1	53.7	9.8	0.0
Raspberry Thickshake	1437	337	5.6	3.8	66.5	54.8	9.8	0.0
Vanilla Thickshake	1615	383	5.6	3.8	77.3	66.2	9.8	0.0
Banana Thickshake	1634	389	5.9	3.9	79.7	55.7	11.1	0.0
Crunchie Bar Shake	1970	467	12.5	7.8	81.1	67.3	11.0	0.0
Malteser Bar Shake	1968	467	14.7	3.8	75.1	60.3	12.8	0.0
Oreo Bar Shake	1626	385	9.8	6.2	67.1	49.7	10.4	0.0
Aero Bar Shake	1403	345	9.1	5.9	59.1	48.3	10.3	0.0

## 100% PURE FRUIT SMOOTHIE

Pinapple & Mango	923	218	1.8	0.3	49.5	49.5	0.8	0.0
Strawberry & Banana	855	201	1.5	0.3	45.9	44.3	1.2	0.0
Raspberry & Blueberry	906	213	1.8	0.3	47.4	46.4	0.0	0.0

## KIDS DRINKS

Kids Strawberry Flavoured Milk	560	132	3	2	19	19	7	0
Kids Chocolate Flavoured Milk	576	136	4	2	19	19	7	0
My5 Fruit Shoot	282	66	0	0	15	15	0	0