

The information within this file is correct at the point of writing.																																						
Product Description	Contains any of the following allergens?	Dietary Choices	Cereals Containing Gluten										Allergens Present										Nutrition Per 100g/ml								Nutrition Per Portion							
			Wheat	Rye	Barley	Oat	Soy	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Seamless	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut	Energy - kJ per 100g/ml	Energy - kcal per 100g/ml	Fat per 100g/ml	Carb per 100g/ml	Fiber per 100g/ml	Protein per 100g/ml	Sodium per 100g/ml	Zinc (mg) per 100g/ml	Iron (mg) per 100g/ml	Weight (g/ml)	Portion	Portion	Portion	Portion	Portion	Portion		
Mocha - made with Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	237	57	1.1	9.5	7.3	0.3	0.4	0.0	0.0	237	222	65.4	3.8	37.8	25.5	11.2	0.48	0.3	
Mocha - made with Semi-Skimmed Milk - Large	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	267	64	1.6	11.9	8.9	0.3	0.4	0.0	0.0	267	256	76.6	4.3	41.9	28.1	14.7	0.56	0.4	
Mocha - made with Semi-Skimmed Milk - Small	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	203	50	0.8	6.8	5.0	0.2	0.3	0.0	0.0	203	196	57.4	1.8	25.9	19.8	6.8	0.36	0.3	
Mocha - made with Skimmed Milk - Large	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	229	54	0.7	8.2	6.8	0.3	0.4	0.0	0.0	229	220	29.7	1.7	37.0	27.2	13.9	0.57	0.4	
Mocha - made with Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	229	54	0.7	8.2	6.8	0.3	0.4	0.0	0.0	229	220	29.7	1.7	37.0	27.2	13.9	0.57	0.4	
Mocha - made with Skimmed Milk - Small	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	203	48	0.6	6.2	4.8	0.2	0.3	0.0	0.0	203	194	55.8	1.7	26.1	20.3	6.8	0.36	0.3	
Mocha - made with Whole Milk - Large	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	358	88	1.5	12.4	9.3	0.3	0.5	0.0	0.0	358	341	98.3	5.4	54.4	39.3	20.2	0.81	0.6	
Mocha - made with Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	358	77	1.4	11.4	8.6	0.3	0.5	0.0	0.0	358	341	98.3	5.4	54.4	39.3	20.2	0.81	0.6	
Mocha - made with Whole Milk - Small	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	318	76	1.3	10.8	8.6	0.3	0.4	0.0	0.0	318	311	92.7	3.7	37.4	28.8	15.7	0.6	0.4	
Mocha - made with Soy Drink - Mini - Take Away	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	234	58	1.0	8.4	7.5	0.3	0.4	0.0	0.0	234	226	65.8	2.9	36.9	27.1	14.1	0.54	0.4	
Mocha - made with Soy Drink - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	205	48	0.8	6.3	5.1	0.3	0.3	0.0	0.0	207	207	59.4	1.8	30.9	23.3	6.3	0.36	0.3	
Mocha - made with Soy Drink - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	235	53	1.0	8.3	7.1	0.3	0.4	0.0	0.0	235	228	67.7	3.1	37.9	29.7	15.6	0.6	0.4	
Mocha - made with Soy Drink - Large	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	228	54	1.0	8.4	7.3	0.3	0.4	0.0	0.0	228	221	68.8	3.1	39.0	30.7	15.9	0.59	0.4	
Mocha - made with Coconut Drink - Mini - Take Away	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	206	50	1.0	9.0	10.5	0.3	0.4	0.0	0.0	206	199	58.1	1.6	31.1	22.4	12.4	0.54	0.4	
Mocha - made with Coconut Drink - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	250	61	1.1	9.8	9.2	0.3	0.4	0.0	0.0	277	276	70.4	2.2	35.6	26.1	13.8	0.56	0.4	
Mocha - made with Coconut Drink - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	278	65	1.1	9.8	10.0	0.3	0.4	0.0	0.0	332	318	87.7	2.9	37.2	29.3	15.5	0.60	0.4	
Mocha - made with Coconut Drink - Large	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	275	65	1.1	9.8	10.0	0.3	0.4	0.0	0.0	422	416	27.2	1.6	34.4	27.1	15.1	0.59	0.4	
Mocha - made with Almond Drink - Mini - Take Away	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Almond	262	62	1.0	8.4	10.0	0.3	0.4	0.0	0.0	172	160	47.0	2.2	31.6	22.1	12.5	0.54	0.4
Mocha - made with Almond Drink - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Almond	231	55	1.0	8.3	8.7	0.3	0.3	0.0	0.0	277	261	72.1	2.1	36.0	26.4	13.7	0.56	0.4
Mocha - made with Almond Drink - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Almond	250	59	1.0	8.5	9.3	0.3	0.4	0.0	0.0	332	320	81.1	2.1	37.6	29.5	14.6	0.60	0.4
Mocha - made with Almond Drink - Large	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Almond	291	68	1.5	9.4	9.8	0.3	0.4	0.0	0.0	422	409	26.0	1.6	40.5	28.8	15.3	0.59	0.4
Mocha - made with Oat Drink - Mini - Take Away	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	308	73	1.0	9.5	12.6	0.3	0.5	0.0	0.0	172	170	52.6	1.3	31.6	22.8	11.4	0.54	0.4	
Mocha - made with Oat Drink - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	278	68	1.1	9.4	11.2	0.3	0.5	0.0	0.0	277	274	72.1	2.1	37.0	27.2	14.1	0.56	0.4	
Mocha - made with Oat Drink - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	302	70	1.1	9.5	11.9	0.3	0.6	0.0	0.0	332	320	81.1	2.1	39.8	29.0	15.1	0.60	0.4	
Mocha - made with Oat Drink - Large	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	291	69	1.1	8.5	11.8	0.3	0.6	0.0	0.0	422	426	29.2	1.7	41.9	29.0	14.1	0.59	0.4	
TEAS AND INFUSIONS (NO MILK)																																						
Mint Infusion	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Soy Infusion	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chai Infusion	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chai Infusion - Large	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chai Infusion - Small	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chai Infusion - Medium	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chai Infusion - Large	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chai Infusion - Small	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chai Infusion - Medium	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chai Infusion - Large	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chai Infusion - Small	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	0	0	0.0	0.0	0.0	0.0	0												

Product Description	Dietary Choices	Allergens Present																		Nutrition Per 100g/ml							Nutrition Per Portion										
		Cereals Containing Gluten																		Nutrition Per 100g/ml							Nutrition Per Portion										
		Wheat	Rye	Barley	Oat	Soy	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Seamless	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source	Energy, kJ per 100g/ml	Energy, kcal per 100g/ml	Total Fat, g per 100g/ml	Saturable Fat, g per 100g/ml	Cholesterol, mg per 100g/ml	Sodium, mg per 100g/ml	Zinc, mg per 100g/ml	Weight (g/ml)	Portion	Energy, kJ per portion	Energy, kcal per portion	Total Fat, g per portion	Saturable Fat, g per portion	Cholesterol, mg per portion	Sodium, mg per portion	Protein, g per portion	Zinc, mg per portion	
Ruby hot Chocolate with Light Dairy Base - made with Our Drink - Medium - Take Away	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	371	89	3.2	1.5	13.6	8.4	0.9	0.24	0.0	300	1147	274	64.8	15.5	4.21	25.8	2.8	0.74	0.0
Cheese Flakes	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	229	55	1.8	1.0	8.7	8.3	0.11	0.0	0.0	232	529	132	31.2	7.7	1.71	19.5	7.0	0.25	0.0
Chai Latte - made with Semi-Skimmed Milk - Mini - Take Away	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	239	57	1.6	1.0	8.7	8.3	0.11	0.0	0.0	232	529	132	31.2	7.7	1.71	19.5	7.0	0.25	0.0
Chai Latte - made with Semi-Skimmed Milk - Small - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	239	57	1.6	1.0	8.7	8.3	0.11	0.0	0.0	232	529	132	31.2	7.7	1.71	19.5	7.0	0.25	0.0
Chai Latte - made with Semi-Skimmed Milk - Medium - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	239	57	1.6	1.0	8.7	8.3	0.11	0.0	0.0	232	529	132	31.2	7.7	1.71	19.5	7.0	0.25	0.0
Chai Latte - made with Semi-Skimmed Milk - Large - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	239	57	1.6	1.0	8.7	8.3	0.11	0.0	0.0	232	529	132	31.2	7.7	1.71	19.5	7.0	0.25	0.0
Chai Latte - made with Semi-Skimmed Milk - Mini - Take Away	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	362	85	0.2	0.1	7.1	6.8	0.3	0.0	0.0	234	436	100	24.0	5.7	1.26	15.9	7.3	0.25	0.0
Chai Latte - made with Semi-Skimmed Milk - Small - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	362	85	0.2	0.1	7.1	6.8	0.3	0.0	0.0	234	436	100	24.0	5.7	1.26	15.9	7.3	0.25	0.0
Chai Latte - made with Semi-Skimmed Milk - Medium - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	362	85	0.2	0.1	7.1	6.8	0.3	0.0	0.0	234	436	100	24.0	5.7	1.26	15.9	7.3	0.25	0.0
Chai Latte - made with Semi-Skimmed Milk - Large - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	362	85	0.2	0.1	7.1	6.8	0.3	0.0	0.0	234	436	100	24.0	5.7	1.26	15.9	7.3	0.25	0.0
Chai Latte - made with Whole Milk - Mini - Take Away	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	365	86	0.2	0.1	7.2	7.4	0.3	0.0	0.0	236	509	126	30.6	6.3	2.21	21.6	9.4	0.26	0.0
Chai Latte - made with Whole Milk - Small - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	365	86	0.2	0.1	7.2	7.4	0.3	0.0	0.0	236	509	126	30.6	6.3	2.21	21.6	9.4	0.26	0.0
Chai Latte - made with Whole Milk - Medium - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	365	86	0.2	0.1	7.2	7.4	0.3	0.0	0.0	236	509	126	30.6	6.3	2.21	21.6	9.4	0.26	0.0
Chai Latte - made with Whole Milk - Large - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	365	86	0.2	0.1	7.2	7.4	0.3	0.0	0.0	236	509	126	30.6	6.3	2.21	21.6	9.4	0.26	0.0
Chai Latte - made with Whole Milk - Mini - Take Away	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	353	77	3.7	2.4	7.8	7.1	0.2	0.0	0.0	281	233	103	29.8	11.3	6.1	13.1	6.1	0.26	0.0
Chai Latte - made with Whole Milk - Small - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	353	77	3.7	2.4	7.8	7.1	0.2	0.0	0.0	281	233	103	29.8	11.3	6.1	13.1	6.1	0.26	0.0
Chai Latte - made with Whole Milk - Medium - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	353	77	3.7	2.4	7.8	7.1	0.2	0.0	0.0	281	233	103	29.8	11.3	6.1	13.1	6.1	0.26	0.0
Chai Latte - made with Whole Milk - Large - In Store	YES	NO	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	353	77	3.7	2.4	7.8	7.1	0.2	0.0	0.0	281	233	103	29.8	11.3	6.1	13.1	6.1	0.26	0.0
Chai Latte - made with Soy Drink - Mini - Take Away	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	157	37	1.4	0.0	4.0	2.5	2.0	0.0	0.0	234	368	87	34.0	0.0	9.5	6.0	4.8	0.23	0.0
Chai Latte - made with Soy Drink - Small - In Store	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	173	42	1.4	0.0	5.2	3.8	2.0	0.0	0.0	238	423	100	34.0	0.0	12.5	8.0	4.8	0.24	0.0
Chai Latte - made with Soy Drink - Small - Take Away	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	166	39	1.4	0.0	4.5	3.1	2.0	0.0	0.0	288	476	113	41.0	0.0	13.0	8.9	5.8	0.29	0.0
Chai Latte - made with Soy Drink - Medium	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	168	40	1.4	0.0	4.7	3.2	2.0	0.0	0.0	367	636	145	53.0	0.0	17.1	11.9	7.4	0.37	0.0
Chai Latte - made with Soy Drink - Large	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	166	39	1.4	0.0	4.6	3.2	2.0	0.0	0.0	471	781	184	68.0	0.0	21.6	14.9	9.5	0.47	0.0
Chai Latte - made with Coconut Drink - Mini - Take Away	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	229	54	1.6	0.7	8.1	6.1	1.5	0.0	0.0	234	537	127	31.8	1.6	18.9	13.4	8.2	0.33	0.0
Chai Latte - made with Coconut Drink - Small - In Store	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	249	59	1.6	0.7	9.3	7.2	1.4	0.0	0.0	238	562	140	38.1	1.6	22.2	17.3	3.4	0.24	0.0
Chai Latte - made with Coconut Drink - Small - Take Away	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	238	56	1.6	0.7	8.6	6.6	1.4	0.0	0.0	288	664	162	47.7	1.9	24.9	20.1	4.2	0.29	0.0
Chai Latte - made with Coconut Drink - Medium	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	229	57	1.6	0.7	8.8	6.8	1.4	0.0	0.0	367	678	208	60.2	2.6	32.2	24.8	5.3	0.37	0.0
Chai Latte - made with Coconut Drink - Large	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	237	56	1.6	0.7	8.7	6.7	1.4	0.0	0.0	471	1119	265	77.2	3.2	40.8	31.6	6.8	0.47	0.0
Chai Latte - made with Almond Drink - Mini - Take Away	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Almond 193	48	1.4	0.0	7.4	6.0	0.9	0.0	0.0	234	441	107	30.0	0.0	17.3	12.1	1.8	0.23	0.0
Chai Latte - made with Almond Drink - Small - In Store	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Almond 213	38	1.3	0.0	8.7	7.4	0.8	0.0	0.0	238	508	127	31.8	0.0	20.8	17.2	1.9	0.24	0.0
Chai Latte - made with Almond Drink - Small - Take Away	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Almond 201	48	1.4	0.0	8.1	6.9	0.9	0.0	0.0	288	580	139	34.0	0.0	22.9	18.8	2.4	0.32	0.0
Chai Latte - made with Almond Drink - Medium	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Almond 201	48	1.4	0.0	8.1	6.9	0.9	0.0	0.0	288	580	139	34.0	0.0	22.9	18.8	2.4	0.32	0.0
Chai Latte - made with Almond Drink - Large	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Almond 251	48	1.3	0.0	8.6	6.8	0.9	0.0	0.0	471	1188	275	68.0	0.0	37.7	31.1	3.8	0.47	0.0
Chai Latte - made with Our Drink - Mini - Take Away	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	252	60	1.6	0.2	10.8	6.4	0.0	0.0	0.0	234	591	141	38.0	0.5	25.2	16.0	0.23	0.0	
Chai Latte - made with Our Drink - Small - In Store	YES	YES	CROSS CONTAMINATED ON BIS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	271	65	1.6	0.2	12.0	7.5	0.0	0.0	0.0	238	646	154	38.0	0.5	28.5	17.9	0.0	0.24	0.0
Chai Latte - made with Our Drink - Small - Take Away	YES	YES	CROSS CONTAMINATED ON BIS																																		

Product Description	Vegetarian	Vegan	Allergens Present											Nutrition Per 100g/ml											Nutrition Per Portion																																	
			Cereals Containing Gluten					Allergens Present						Nutrition Per 100g/ml					Nutrition Per Portion																																							
			Wheat	Rye	Barley	Oat	Soy	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Cherry	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if applicable)	Energy - kJ per 100g/ml	Energy - kcal per 100g/ml	Fat per 100g/ml	Sat per 100g/ml	Carb per 100g/ml	Fiber per 100g/ml	Protein per 100g/ml	Zinc (mg) per 100g/ml	Energy - kJ per portion	Energy - kcal per portion	Fat per portion	Sat per portion	Carb per portion	Fiber per portion	Protein per portion	Zinc (mg) per portion																						
Chocolate Fudge Brownie Frappe with Coffee - made with Whole Milk - Medium	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	302	72	2.0	1.4	11.1	8.0	1.9	0.2	0.0	560	1600	401	11.2	7.7	62.3	1.4	1.0	6.0	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Semi-Skimmed Milk - Small	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	269	65	1.5	1.0	10.0	6.5	1.5	0.2	0.0	497	1296	296	6.8	4.6	42.6	1.0	0.8	4.5	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Semi-Skimmed Milk - Medium	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	279	68	1.6	1.1	10.5	7.0	1.6	0.2	0.0	560	1600	396	10.1	6.5	52.0	1.5	1.1	6.0	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Skimmed Milk - Small	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	263	65	1.4	0.9	10.0	6.5	1.5	0.2	0.0	497	1296	296	6.8	4.6	42.6	1.0	0.8	4.5	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Skimmed Milk - Medium	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	263	65	1.4	0.9	10.0	6.5	1.5	0.2	0.0	497	1296	296	6.8	4.6	42.6	1.0	0.8	4.5	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Soy Drink - Small	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	263	65	1.4	0.9	10.0	6.5	1.5	0.2	0.0	497	1296	296	6.8	4.6	42.6	1.0	0.8	4.5	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Soy Drink - Medium	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	254	60	1.3	0.8	10.1	6.7	1.5	0.2	0.0	560	1400	336	7.5	5.1	39.7	1.4	1.0	6.0	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Coconut Drink - Small	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	266	63	1.5	0.9	10.7	7.2	1.4	0.2	0.0	497	1261	265	6.0	3.5	43.8	2.0	1.5	5.8	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Coconut Drink - Medium	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	276	65	1.4	0.8	11.4	7.7	1.3	0.2	0.0	560	1543	364	7.6	4.7	43.8	2.0	1.5	5.8	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Almond Drink - Small	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	253	60	1.4	0.8	10.5	7.2	1.1	0.2	0.0	497	1268	243	5.6	2.5	42.8	2.0	1.5	5.8	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Almond Drink - Medium	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	264	60	1.3	0.8	11.2	7.7	1.1	0.2	0.0	560	1481	349	7.4	3.5	42.8	2.0	1.5	5.8	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Our Drink - Small	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	274	68	1.5	0.9	11.7	7.8	1.8	0.2	0.0	497	1315	341	5.1	3.7	43.1	2.0	1.5	5.8	0.0																					
Chocolate Fudge Brownie Frappe with Coffee - made with Our Drink - Medium	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	283	67	1.4	0.7	12.2	7.8	0.9	0.2	0.0	560	1551	374	7.8	3.9	43.4	2.0	1.5	5.8	0.0																					
Caramel Frappe with Coffee & Light Dairy Bar																																																										
Salted Caramel Frappe with Coffee - made with Whole Milk - Small	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	253	60	2.1	1.4	8.7	6.6	1.7	0.1	0.0	415	1051	260	8.8	5.9	35.9	2.7	1.2	4.4	0.0																					
Salted Caramel Frappe with Coffee - made with Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	234	56	1.9	1.3	8.2	6.2	1.6	0.1	0.0	556	1304	310	10.4	7.0	45.8	3.4	1.6	5.6	0.0																					
Salted Caramel Frappe with Coffee - made with Semi-Skimmed Milk - Small	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	227	54	1.4	0.9	8.7	6.7	1.8	0.1	0.0	415	940	222	5.7	3.9	36.2	2.7	1.2	4.4	0.0																					
Salted Caramel Frappe with Coffee - made with Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	211	50	1.2	0.8	8.3	6.3	1.6	0.1	0.0	556	1173	277	6.8	4.6	41.1	3.0	1.4	4.4	0.0																					
Salted Caramel Frappe with Coffee - made with Skimmed Milk - Small	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	207	49	0.9	0.6	8.6	6.6	1.8	0.1	0.0	415	857	203	3.8	2.5	35.8	2.7	1.2	4.4	0.0																					
Salted Caramel Frappe with Coffee - made with Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	193	46	0.8	0.5	8.2	6.2	1.6	0.1	0.0	556	1078	254	4.3	3.0	45.8	3.4	1.6	5.6	0.0																					
Salted Caramel Frappe with Coffee - made with Soy Drink - Small	YES	NO	CROSS CONTAMINATION RISK	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	198	47	1.3	0.6	7.5	5.1	1.3	0.1	0.0	415	821	194	5.4	2.4	31.2	2.1	0.5	4.4	0.0																					
Salted Caramel Frappe with Coffee - made with Soy Drink - Medium	YES	NO	CROSS CONTAMINATION RISK	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	186	44	1.2	0.5	7.2	4.8	1.2	0.1	0.0	556	1003	244	6.0	2.9	40.2	3.7	1.6	5.6	0.0																					
Salted Caramel Frappe with Coffee - made with Coconut Drink - Small	YES	NO	CROSS CONTAMINATION RISK	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	223	53	1.4	0.8	9.0	6.4	1.1	0.1	0.0	415	935	229	5.7	3.3	37.2	2.6	1.4	4.4	0.0																					
Salted Caramel Frappe with Coffee - made with Coconut Drink - Medium	YES	NO	CROSS CONTAMINATION RISK	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	208	49	1.2	0.7	8.5	6.5	1.0	0.1	0.0	556	1127	274	6.8	4.0	47.3	3.4	1.5	5.6	0.0																					
Salted Caramel Frappe with Coffee - made with Almond Drink - Small	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	210	50	1.3	0.6	8.7	6.3	0.9	0.1	0.0	415	875	207	5.3	2.4	36.2	2.6	1.3	4.4	0.0																					
Salted Caramel Frappe with Coffee - made with Almond Drink - Medium	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	197	47	1.1	0.5	8.3	6.0	0.8	0.1	0.0	556	1004	259	6.3	2.9	41.1	3.2	1.5	5.6	0.0																					
Salted Caramel Frappe with Coffee - made with Our Drink - Small	YES	NO	CROSS CONTAMINATION RISK	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	231	55	1.4	0.8	9.0	6.5	0.8	0.1	0.0	415	960	228	5.7	2.6	41.1	2.8	1.4	4.4	0.0																					
Salted Caramel Frappe with Coffee - made with Our Drink - Medium	YES	NO	CROSS CONTAMINATION RISK	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	215	51	1.2	0.6	9.3	6.1	0.8	0.1	0.0	556	1196	284	6.8	3.2	51.9	3.3	1.5	5.6	0.0																					
NON-COFFEE FRAPPE																																																										
Chocolate Fudge Brownie Frappe & Light Dairy Bar	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	311	73	2.5	1.7	10.5	7.8	2.1	0.2	0.0	607	1251	300	10.2	6.7	47.1	1.7	1.3	6.0	0.0																					
Chocolate Fudge Brownie Frappe - made with Whole Milk - Small	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	278	65	1.8	1.1	10.6	7.8	2.1	0.2	0.0	497	1330	296	6.8	4.3	43.1	1.0	0.8	4.5	0.0																					
Chocolate Fudge Brownie Frappe - made with Semi-Skimmed Milk - Small	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	278	65	1.8	1.1	10.6	7.8	2.1	0.2	0.0	497	1330	296	6.8	4.3	43.1	1.0	0.8	4.5	0.0																					
Chocolate Fudge Brownie Frappe - made with Semi-Skimmed Milk - Medium	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	262	65	1.8	1.1	10.6	7.8	2.1	0.2	0.0	497	1302	282	7.4	4.9	42.6	1.6	1.0	6.0	0.0																					
Chocolate Fudge Brownie Frappe - made with Skimmed Milk - Small	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	262	65	1.8	1.1	10.6	7.8	2.1	0.2	0.0	497	1302	282	7.4	4.9	42.6	1.6	1.0	6.0	0.0																					
Chocolate Fudge Brownie Frappe - made with Skimmed Milk - Medium	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	262	65	1.8	1.1	10.6	7.8	2.1	0.2	0.0	497	1302	282	7.4	4.9	42.6	1.6	1.0	6.0	0.0																					
Chocolate Fudge Brownie Frappe - made with Soy Drink - Small	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	250	57	1.5	0.8	9.1	6.9	1.8	0.2	0.0	497	1265	292	6.0	3.5	39.0	2.1	0.9	4.5	0.0																					
Chocolate Fudge Brownie Frappe - made with Soy Drink - Medium	YES	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	250	57	1.5	0.8	9.1	6.9	1.8	0.2	0.0	497	1265	292																												

The information within this file is correct at the point of writing.

Product Description	Contains any of the following allergens?	Allergens Present										Nutrition Per 100g/ml						Nutrition Per Portion																						
		Cereals Containing Gluten										Tree Nuts	Tree Nut Source (if any)	Energy - kJ per 100g/ml	Energy - kcal per 100g/ml	Fat per 100g/ml	Fibre per 100g/ml	Sugar per 100g/ml	Protein per 100g/ml	Zinc (mg) per 100g/ml	Weight (g/ml)	Portion	Energy - kJ per portion	Energy - kcal per portion	Fat per portion	Fibre per portion	Sugar per portion	Protein per portion	Zinc (mg) per portion											
		Wheat	Rye	Barley	Oats	Soyya	Egg	Milk	Fish	Crustacean	Mollusc																			Sulphites	Seame	Costry	Mustard	Lupin	Peanut					
Strawberries & Cream Frappé - made with Cut Drink - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	334	80	3.8	2.1	11.0	7.6	0.2	0.1	0.0	0.0	154	1802	442	212	11.8	60.8	42.4	1.2	0.3	0.0	
Tropical Mango Bubble Frappé & Light Dairy Beer	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	261	97	1.8	1.2	10.0	8.5	0.7	0.1	0.0	0.0	438	1200	292	81	5.4	27.9	20.2	0.7	0.2	0.0	
Tropical Mango Bubble Frappé - made with White Milk - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	269	94	1.8	1.2	10.0	8.2	0.6	0.1	0.0	0.0	436	1197	290	103	7.0	26.7	20.1	0.6	0.2	0.0	
Tropical Mango Bubble Frappé - made with Semi-Skimmed Milk - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	270	92	1.8	1.2	11.0	8.5	0.8	0.1	0.0	0.0	438	1204	298	43	6.0	28.1	21.2	0.6	0.4	0.0	
Tropical Mango Bubble Frappé - made with Semi-Skimmed Milk - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	270	92	1.8	1.2	11.0	8.5	0.8	0.1	0.0	0.0	438	1204	298	86	11.4	28.4	20.6	1.2	0.4	0.0	
Tropical Mango Bubble Frappé - made with Semi-Skimmed Milk - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	270	92	1.8	1.2	11.0	8.5	0.8	0.1	0.0	0.0	438	1204	298	43	6.0	28.1	21.2	0.6	0.4	0.0	
Tropical Mango Bubble Frappé - made with White Milk - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	270	92	1.8	1.2	11.0	8.5	0.8	0.1	0.0	0.0	438	1204	298	21	1.6	6.5	28.9	0.7	0.5	0.0	
Tropical Mango Bubble Frappé - made with Soy Drink - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	277	95	0.8	0.3	8.6	6.7	1.2	0.1	0.0	0.0	438	900	224	4.0	1.2	42.2	20.5	0.6	0.4	0.0	
Tropical Mango Bubble Frappé - made with Soy Drink - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	206	49	0.8	0.2	9.3	6.5	1.1	0.1	0.0	0.0	595	1204	290	5.0	1.5	30.0	6.8	0.5	0.0		
Tropical Mango Bubble Frappé - made with Coconut Drink - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	246	58	1.8	0.5	11.5	8.2	1.0	0.1	0.0	0.0	438	1197	295	43	2.4	48.5	26.8	4.4	0.4	0.0	
Tropical Mango Bubble Frappé - made with Coconut Drink - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	235	58	0.9	0.5	10.9	7.9	0.9	0.1	0.0	0.0	595	1306	330	5.5	3.0	64.8	47.3	5.4	0.5	0.0	
Tropical Mango Bubble Frappé - made with Almond Drink - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	221	35	0.9	0.3	11.0	8.1	0.7	0.1	0.0	0.0	438	1103	240	3.8	1.2	48.7	3.2	0.4	0.0		
Tropical Mango Bubble Frappé - made with Almond Drink - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	236	35	0.9	0.3	11.0	8.1	0.7	0.1	0.0	0.0	595	1214	320	6.9	2.4	49.4	3.4	0.5	0.0		
Tropical Mango Bubble Frappé - made with Cut Drink - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	255	81	1.0	0.4	12.4	8.3	0.8	0.1	0.0	0.0	438	1118	265	43	1.5	54.2	36.3	1.8	0.4	0.0	
Tropical Mango Bubble Frappé - made with Cut Drink - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	244	58	0.9	0.3	11.9	8.1	0.3	0.1	0.0	0.0	595	1440	344	5.5	1.8	71.1	48.0	2.0	0.5	0.0	
COLD BREW COFFEE																																								
Cold Brew Coffee Black	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	11	3	0.1	0.1	0.4	0.1	0.2	0.0	0.0	0.0	220	26	0.6	0.2	0.4	0.2	0.1	0.1	0.0		
Cold Brew Coffee Black - Small	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	11	3	0.1	0.1	0.4	0.1	0.2	0.0	0.0	0.0	220	26	0.6	0.2	0.4	0.2	0.1	0.1	0.0		
Cold Brew Coffee Black - Medium	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	11	3	0.1	0.1	0.4	0.1	0.2	0.0	0.0	0.0	220	26	0.6	0.2	0.4	0.2	0.1	0.1	0.0		
Cold Brew Coffee with whipped milk	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	32	9	0.1	0.1	1.4	1.1	0.9	0.0	0.0	0.0	330	55	2.2	0.3	3.3	2.4	2.0	0.2	0.0		
Cold Brew Coffee with whipped milk - Small	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	32	9	0.1	0.1	1.4	1.1	0.9	0.0	0.0	0.0	330	55	2.2	0.3	3.3	2.4	2.0	0.2	0.0		
Cold Brew Coffee with whipped milk - Medium	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	32	9	0.1	0.1	1.4	1.1	0.9	0.0	0.0	0.0	330	55	2.2	0.3	3.3	2.4	2.0	0.2	0.0		
Cold Brew Coffee White - made with Semi-Skimmed Milk - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	41	13	0.3	0.2	1.3	0.9	0.9	0.0	0.0	0.0	235	135	3.1	1.1	8.8	1.8	2.6	0.3	0.0		
Cold Brew Coffee White - made with Semi-Skimmed Milk - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	41	13	0.3	0.2	1.3	0.9	0.9	0.0	0.0	0.0	235	135	3.1	1.1	8.8	1.8	2.6	0.3	0.0		
Cold Brew Coffee White - made with Semi-Skimmed Milk - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	41	13	0.3	0.2	1.3	0.9	0.9	0.0	0.0	0.0	235	135	3.1	1.1	8.8	1.8	2.6	0.3	0.0		
Cold Brew Coffee White - made with Semi-Skimmed Milk - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	41	13	0.3	0.2	1.3	0.9	0.9	0.0	0.0	0.0	235	135	3.1	1.1	8.8	1.8	2.6	0.3	0.0		
Cold Brew Coffee White - made with Whole Milk - Small	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	55	13	0.7	0.4	1.1	0.7	0.8	0.0	0.0	0.0	349	180	4.3	2.2	1.5	2.2	2.3	0.3	0.0		
Cold Brew Coffee White - made with Whole Milk - Medium	YES	NO	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	55	13	0.7	0.4	1.1	0.7	0.8	0.0	0.0	0.0	349	180	4.3	2.2	1.5	2.2	2.3	0.3	0.0		
Cold Brew Coffee White - made with Soy Drink - Small	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	32	8	0.4	0.1	0.6	0.1	0.5	0.0	0.0	0.0	275	81	2.1	0.2	1.7	0.2	1.5	0.2	0.0		
Cold Brew Coffee White - made with Soy Drink - Medium	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	28	7	0.3	0.1	0.8	0.1	0.5	0.0	0.0	0.0	345	98	2.3	1.0	0.3	1.3	0.3	1.8	0.5	0.0	
Cold Brew Coffee White - made with Coconut Drink - Small	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	46	11	0.4	0.2	1.4	0.8	0.4	0.0	0.0	0.0	275	125	3.0	1.1	0.6	3.8	2.1	1.2	0.2	0.0	
Cold Brew Coffee White - made with Coconut Drink - Medium	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	38	9	0.3	0.2	1.2	0.8	0.4	0.0	0.0	0.0	345	138	3.2	1.1	0.6	4.2	2.1	1.3	0.3	0.0	
Cold Brew Coffee White - made with Almond Drink - Small	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	32	9	0.3	0.1	1.3	0.7	0.3	0.0	0.0	0.0	276	128	2.6	0.9	0.2	3.5	2.0	0.8	0.3	0.0	
Cold Brew Coffee White - made with Almond Drink - Medium	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	34	8	0.3	0.1	1.1	0.6	0.3	0.0	0.0	0.0	345	137	2.8	1.0	0.3	3.8	2.1	1.6	0.3	0.0	
Cold Brew Coffee White - made with Cut Drink - Small	YES	YES	CROSS CONTAMINATED ON RISK	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	50	12	0.4	0.1	1.9	0.8	0.2	0.0	0.0	0.0	275	137	3.9	1.1	0.5	2.2	0.6	0.2	0.0		
Cold Brew Coffee White - made with Cut Drink - Medium	YES	YES																																						

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Product Description	Dietary Choices		Cereals				Allergens Present											Nutrition Per 100g/ml							Nutrition Per Portion							Ingredient Declaration							
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kCal per portion		Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion	
Mini All Butter Shortbreads	YES	NO	YES	NO	CROSS CONTAMINATION RISK	CROSS CONTAMINATION RISK	CROSS CONTAMINATION RISK	CROSS CONTAMINATION RISK	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	CROSS CONTAMINATION RISK		2209	528	29.0	22.0	61	21.0	5.3	0.20	10	220	53	2.9	2.2	6.1	2.1	0.5	0.10	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK) (29%), Sugar, Cornflour, Salt.
Fruit & Oat Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1989	475	19.9	6.8	65.5	27.2	5.5	0.80	48	955	228	9.6	3.3	31	13.0	2.6	0.40	Rolled OATS(27%), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raisins(12%), Palm Oil, Invert Sugar Syrup, Rapeseed Oil, Salt, Raising Agents: E 500(i), E 501(ii), Skimmed MILK Powder, Colours: Annatto Bixin, Curcumin, Natural Flavouring.
Belgian Chocolate Brownie	YES	NO	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	Almond	2145	515	34.7	18.3	41.6	36.6	7.8	0.41	60	1287	309	21.0	11.0	25	22.0	4.7	0.20	Belgian Dark Chocolate (19%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin, Flavouring), Free Range EGG, Sugar, Butter (MILK), Belgian Milk Chocolate (14%) (Sugar, Cocoa Butter, Dried Whole MILK, Cocoa Mass, Emulsifier: SOYA Lecithin, Flavouring), ALMOND Flour, Dark Compound Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin, Flavouring), Belgian White Chocolate (3%) (Sugar, Dried Whole MILK, Cocoa Butter, Emulsifier: SOYA Lecithin, Flavouring), Flavouring, Salt, Preservative: E 202.
Fruity Flapjack*	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	CROSS CONTAMINATION RISK		1780	424	15.9	5.6	62.3	35.2	5.3	0.16	58	1032	246	9.2	3.2	36.1	20.4	3.1	0.10	Gluten Free OATS (32%), Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: E471), Sultanas (8%) (Sultanas, Sunflower Oil), Brown Sugar, Dried Apricots (5%) (Apricots, Rice Flour, Preservative: SULPHUR DIOXIDE), Glucose Syrup, Sweetened Dried Cranberries (4%) (Cranberries, Cane Sugar, Sunflower Oil), Gluten Free OAT Flour, Coconut Flakes (Preservative: SULPHUR DIOXIDE), Natural Flavourings, Salt. *The oats in this product are gluten free. Oats contain a protein called avenin which is similar to gluten. It is recommended to add gluten free oats to your diet slowly, especially if newly diagnosed.
Biscotti	YES	NO	YES	NO	NO	NO	CROSS CONTAMINATION RISK	YES	YES	NO	NO	NO	NO	CROSS CONTAMINATION RISK	NO	NO	NO	NO	NO	YES	Almonds	1835	436	14.0	3.3	64	33.0	13	0.21	34	624	148	4.6	1.1	22	11.0	4.3	0.07	WHEAT Flour, Sugar, ALMONDS (19%), EGG, Butter (MILK) (4%), Glucose-Fructose Syrup, Salt, Raising Agent: E503 (i), Natural Flavouring.
Stem Ginger Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		2047	488	20.5	6.6	68	27.9	5.4	0.50	48	983	234	9.8	3.2	33	13.0	2.6	0.20	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, OATMEAL, Palm Oil, Rapeseed Oil, Stem Ginger(8%) (Ginger, Sugar), Ground Ginger(1%), Salt, Raising Agents (E 500(ii), E 501(ii)), Skimmed MILK Powder, Colours (Annatto, Curcumin), Natural Flavouring
Milk Chocolate Medal	YES	NO	NO	NO	NO	NO	CROSS CONTAMINATION RISK	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		2267	543	30.5	18.5	59	55.5	7.1	0.13	23	521	125	7.0	4.3	14	13.0	1.63	0.10	Sugar, Dried Whole MILK, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin, Vanilla Flavouring. Milk Chocolate contains Cocoa Solids 28% minimum, Milk Solids 15% minimum.
Pick 'n' Mix	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1549	365	1.2	1.1	87.5	54.0	0.8	0.33	60	929	219	0.7	0.7	53	32.0	0.48	0.20	Glucose Syrup, Sugar, Modified Potato Starch, Modified Tapioca Starch, Dextrose, Acidity Regulators: Citric Acid, E331, Lactic Acid, Potato Protein, Natural Flavourings, Glazing Agent: Sunflower Oil, Carnauba Wax, Fruit & Vegetable Concentrates: Apple, Carrot, Blackcurrant, Hibiscus, Lemon, Molasses, Safflower, Colour: Paprika Extract.

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Product Description	Dietary Choices		Allergens Present														Nutrition Per 100g/ml							Nutrition Per Portion							Ingredient Declaration							
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion		Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO																		
Caramel Waffles	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	1953	465	17.4	8.8	72.4	36.5	3.9	0.73	78	1523	363	14.0	6.9	56	28.0	3.042	0.57	Glucose-Fructose Syrup, WHEAT Flour, Sugar, Palm Fat, Butter (MILK), Sugar Syrup, SOYA Flour, Rapeseed Oil, Dextrin (WHEAT), Salt, Emulsifier: SOYA Lecithin, E471, Raising Agent: Sodium Bicarbonate, Cinnamon, Citric Acid, Bourbon Vanilla.
Triple Chocolate Biscuits	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	2119	507	26.5	16.1	58.4	32.6	6.6	0.80	48	1059	253	13.3	8.1	29.2	16.3	3.3	0.40	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (23%) (MILK, Salt), White Chocolate Chips (14%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Dark Chocolate Chips (8%) (Cocoa Mass, Sugar, Dextrose, Emulsifier: SOYA Lecithin), Fat Reduced Cocoa Powder (6%), Invert Sugar Syrup, MILK Chocolate Chips (4%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Raising Agents: E500(ii), E501(i); Green Tea Extract, Natural Flavouring.
Cheddar & Black Pepper Flatbreads	YES	NO	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	CRO S CONT AMIN ATIO N RISK	NO	NO	NO	NO	NO	NO	1823	433	11.6	3.1	66.7	6.4	12.6	1.10	45	820	195	5.2	1.4	30	2.9	5.7	0.50	WHEAT Flour, Glucose Syrup, Wholemeal Rye Flour (Whole RYE Flour, Malted WHEAT Flour), Mature Cheddar Cheese (MILK, Colour: Annatto Norbixin), Potato Starch (5%), Extra Virgin Olive Oil, Seasoning (Dextrose, Salt, Sugar, Sea Salt, Yeast Extract, Ground Black Pepper, Natural Flavouring, Spices (White Pepper, Cracked Black Pepper), Acid : Citric Acid, Sunflower Oil), Sunflower Oil, Natural Flavouring (MILK), Black Pepper (0.7%)
Sweet Chili Rice Snacks	YES	YES	NO	NO	NO	NO	CRO S CONT AMIN ATIO N RISK	NO	CRO S CONT AMIN ATIO N RISK	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	1880	448	16.3	1.7	63.9	4.9	8.9	1.30	23	432	103	3.7	0.4	14.7	1.1	2	0.29	Wholegrain Brown Rice Flour (79%), Sunflower Oil, Sugar, Salt, Yeast Extract, Rice Flour, Onion Powder, Spices (Ginger, Cayenne, Aniseed, White Pepper), Tomato Powder, Garlic Powder, Acidity Regulator: Citric Acid, Basil, Natural Flavouring, Colour: Paprika Extract.
Giant Bourbon Cream	YES	NO	YES	NO	NO	NO	CRO S CONT AMIN ATIO N RISK	CRO S CONT AMIN ATIO N RISK	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	2072	495	23.7	11.7	63.2	35.5	5.8	0.40	65	1347	322	15.4	7.6	41.1	23.1	3.8	0.20	Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Icing Sugar, Palm Oil, Invert Sugar Syrup, Cocoa Powder, Palm Kernel Oil, Palm Stearin Oil, Rapeseed Oil, Raising Agents (Sodium Bicarbonate, E 450), Skimmed MILK Powder, Flavourings, Whey Powder (MILK), Salt, Emulsifier (E 471).
Giant Custard Cream	YES	NO	YES	NO	NO	NO	CRO S CONT AMIN ATIO N RISK	CRO S CONT AMIN ATIO N RISK	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	2105	503	25.4	12.6	62.9	31.1	5.1	0.60	65	1369	327	16.5	8.2	40.9	20.2	3.3	0.40	Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Icing Sugar, Palm Oil, Palm Kernel Oil, Palm Stearin Oil, Glucose Syrup, Rapeseed Oil, Skimmed MILK Powder, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, E 450), Flavouring, Salt, Whey Powder (MILK), Emulsifier (E 471), Colour (Carotenes).
Dark Chocolate Rice Cakes	YES	YES	NO	NO	NO	NO	YES	NO	CRO S CONT AMIN ATIO N RISK	NO	NO	NO	NO	CRO S CONT AMIN ATIO N RISK	NO	NO	NO	NO	NO	NO	1967	468	17.0	10.0	68	22.0	7.9	0.03	33	649	155	5.7	3.4	22	7.4	2.6	0.00	Dark Chocolate (60%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), Brown Rice.
Jammy Shortbread	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	1995	475	20.5	13.1	69.2	27.5	3.53	0.53	50	997	238	10.0	6.6	35	14.0	1.765	0.27	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (25%) (MILK), Strawberry Jam (20%) (Fructose, Glycerine, Dried Glucose Syrup, Strawberry Puree Concentrate, Acidity Regulators: Citric Acid, E 331, Gelling agent: Pectin, Colours: Anthocyanins, Paprika Extract, Natural Flavouring), Sugar.
Mini Caramel Waffles	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	1967	469	18.0	8.9	70	36.0	4.6	0.65	32	629	150	5.9	2.8	22	11.0	1.5	0.21	WHEAT Flour, Glucose-Fructose Syrup, Sugar, Palm Fat, Butter (MILK), Sugar Syrup, SOYA Flour, Rapeseed Oil, Salt, Dextrin (WHEAT), Emulsifier: SOYA Lecithin, E471, Raising Agent (Sodium Bicarbonate), Cinnamon, Citric Acid, Bourbon Vanilla.

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Product Description	Dietary Choices		Allergens Present																Nutrition Per 100g/ml								Nutrition Per Portion								Ingredient Declaration				
	Suitable for Vegetarians	Suitable for Vegans	Cereals																																				
			Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion		Sugar per portion	Protein per portion	Salt per portion	
Lemon and Ginger Slice*	YES	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	Almond, F	1826	436	21.0	6.2	56	33.0	5.9	0.32	48	877	209	9.9	3.0	27	16.0	2.8	0.15	Gingerbread (46%) (Light Brown Soft Sugar, Golden Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: E471), Brown Rice Flour, Lentil Flour, Gluten Free OAT Flour, Tapioca Starch, Rapeseed Oil, Pea Protein, Ground Ginger, Water, Raising Agent: Sodium Bicarbonate; Thickener: Xanthan Gum; Natural Flavourings), Lemon Frangipane (36%) (Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: E471), Sugar, Free Range EGG, Brown Rice Flour, Ground ALMONDS, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Tapioca Starch, Water, Natural Flavouring, Citric Acid, Thickener: Xanthan Gum), Lemon Filling (13%) (Lemon Fill (Sugar, Water, Cornflour, Fructose, Lemon Juice From Concentrate, Salt, Lemon Oil, Acidity Regulator: E331; Preservative: E202; Colour: Lutein), Citric Acid), White Chocolate Alternative (3%) (Sugar, Cocoa Butter, Rice Flour, Natural Flavouring, Emulsifier: Sunflower Lecithin), PISTACHIO Nuts (2%), Crystallised Ginger (1%) (Ginger, Cane Sugar, Water), Freeze Dried Raspberries.*The oats in this product are gluten free. Oats contain a protein called avenin which is similar to gluten. It is recommended to add gluten free oats to your diet slowly, especially if newly diagnosed

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 Adults need around 2000 kcal a day.

