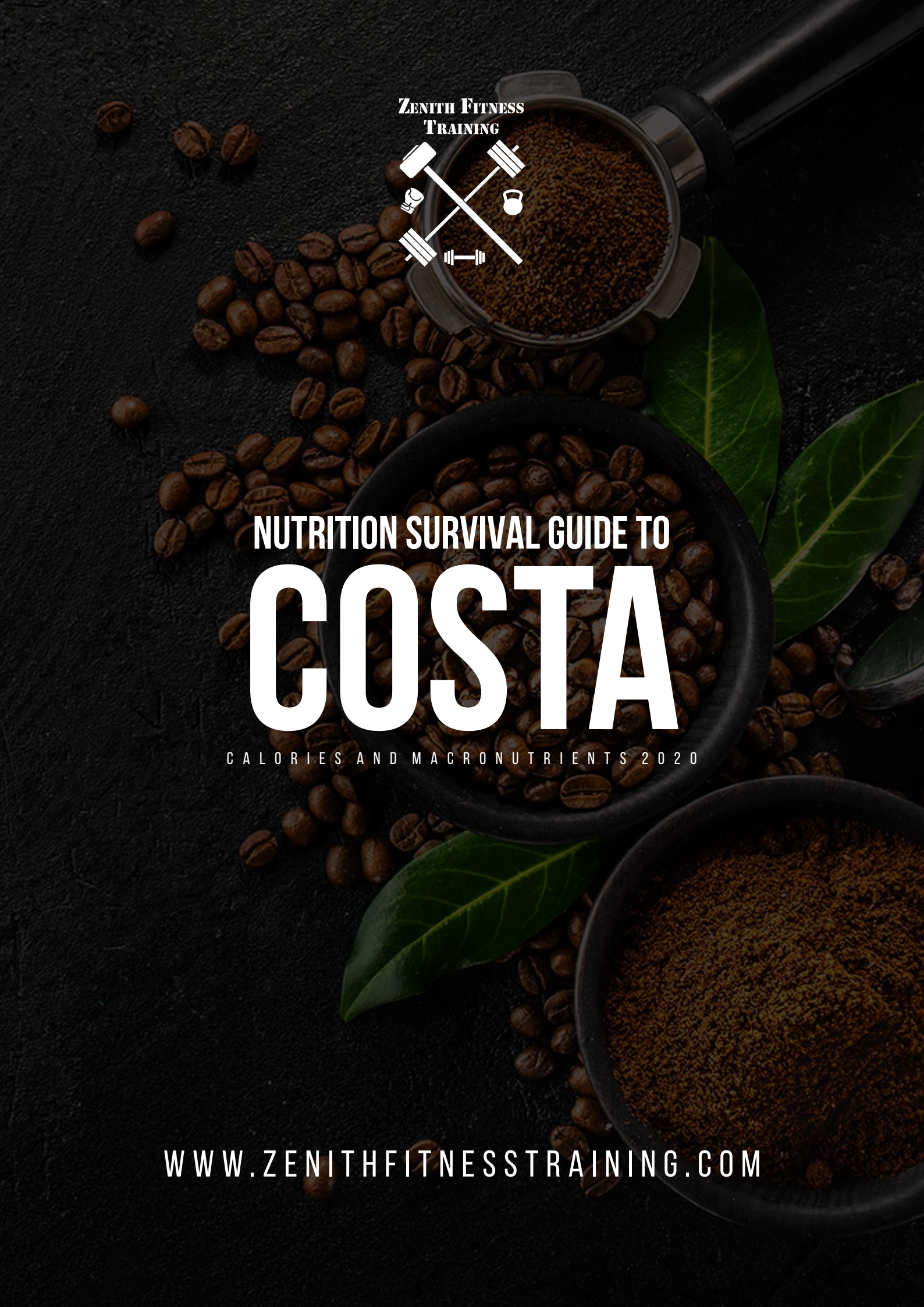

NUTRITION SURVIVAL GUIDE TO

COSTA

CALORIES AND MACRONUTRIENTS 2020

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

FOOD

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cakes							
Bakewell Tart	389	4	57	-	32	16	0.1
Baked Vanilla Cheesecake (Individual Pack)	384	4	44	-	33	21	0.2
Banana And Pecan Loaf Cake	325	4.2	35	-	18	18	0.4
Blueberry Muffin	407	4.8	53	-	27	19	0.6
Carrot & Walnut Cake	576	6.3	78	-	45	26	0.7
Chocolate Tiffin	402	4.4	45	-	24	22	0.7
Cinnamon Brioche Bun	332	7.3	55	-	14.1	8.8	0.6
Nutty Granola Square	329	6.1	39	-	23	16	0.2
Lemon Curd Tart	347	3.4	39	-	19	19	0.1
Lemon Drizzle Loaf	365	4.2	51	-	25	16	0.6
Lemon Drizzle Cake Slice	350	4	49	-	23.7	15	0.5
Sicilian Lemon Muffin	399	5.7	55	-	28	17	0.4
Milk Chocolate Chunk Shortbread	349	4.3	37	-	17	20	0.1
Millionaire's Shortbread	396	4	41	-	23	24	0.4
Raspberry And Almond Bake	465	8.1	36	-	24	31	0.3
Fruited Teacake	295	8.4	58	-	21	2.2	0.7
Chocolate, Caramel & Hazelnut Cookie	338	3.8	48	-	28	14	0.3
Chocolate Muffin (Chunk)	445	4.9	48	-	26	25	0.3
Raspberry & White Chocolate Muffin	403	4.3	55	-	31	18	0.4
Terry's Chocolate Orange Muffin	470	5.8	60	-	38	22	0.4
Rocky Road	421	3.5	58	-	39	19	0.1
White Chocolate & Honeycomb Trillionaires	403	3.7	40	-	26	25	0.4
All Butter Belgian Chocolate Cookie	367	4.2	51	-	30	16	0.5
Seriously Caramel And Hazelnut Cake	596	6.1	81	-	61	27	0.7
Belgian Bun	433	7.4	82	-	41	7.9	0.7
Salted Caramel Brownie	398	4.6	40	-	38	24	0.2
Salted Caramel Muffin	423	4.8	59	-	31	18	0.5
Rolo® Muffin	398	5.3	56	-	36.1	16.7	0.5
Impulse							
Mini All Butter Shortbreads	53	0.5	6.1	-	2.1	2.9	0.1
Chocolate Chip Panettone	407	8	49.1	-	20.9	19.4	0.4
Costa Cocoa Snackwafer	223	2.6	28	-	11	11	0.2
Balocco Wafer - Cocoa	227	3.2	26.1	-	12.6	11.7	0.1
Costa Dark Chocolate Bar	178	2	9.7	-	8.1	13.9	0
Costa Milk Chocolate Bar	176	1.7	14.8	-	14.5	12.1	0.1
Fruit & Oat Biscuits	228	2.6	31	-	13	9.6	0.4
Fruited Panettone	377	7.7	56	-	26	13	0.5
Gluten Free Belgian Chocolate Brownie	309	4.7	25	-	22	21	0.3
Gluten Free Vegan Fruity Flapjack*	251	3.3	36.2	-	20	9.7	0.1
Italian Biscotti	155	3.9	23.1	-	10.2	5	0.1
Mini Bakewell Tarts (Gluten Free)	241	1.5	37	-	17	9.1	0.1

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mini Muffins	76	1.1	9.4	-	5.3	3.7	0.1
Natural Mixed Nuts	187	6.3	2.7	-	1.1	16	0
Stem Ginger Biscuits	234	2.6	33	-	13	9.8	0.2
Costa Sweet And Salty Popcorn	137	1.7	18.3	-	8.7	5.5	0.6
Costa Vanilla Snackwafer	230	2.4	28	-	11	12	0.2
Balocco Wafer - Milk Vanilla	235	3.5	25.7	-	12.6	13.1	0.2
Vegan Sugar Free Cola Bottles	87	0	32.4	-	0	0.1	0
Vegan Sugar Free Gummy Bears	87	0	32.4	-	0	0.1	0
Chocolate Coins	380	5	41	-	39	21	0.1
Lindt Truffle	85	0.6	7.7	-	7.7	5.8	0
Milk Chocolate Raisins	161	1.9	21	-	20	7.3	0
Protein Nut Mix	181	9.4	1.4	-	0.8	15	0.4
Honey Roasted Peanuts And Cashews	180	6.8	7	-	4.8	14	0.1
Gf Millionaire's Shortbread	300	1.3	37	-	20	16	0.3
Jammy Shortbread	238	1.8	35	-	14	10	0.3
Vegan Walking Gingerbread	197	3	36	-	21	4.2	0.1
Sheep Mallow Shortcake	229	2.7	36	-	21	8.3	0.2
Milk Chocolate Mini Eggs	435	4.9	48	-	47	25	0.2
Milk Chocolate Medal	125	1.6	14	-	13	7	0.1
Wraps							
Tomato & Mozzarella Wrap	400	13.3	43.7	-	4.9	18.5	1.1
Roast Chicken Fajita Wrap	406	20.2	45	-	6.5	14	1.6
British Chicken & Bacon Caesar Tortilla Wrap	532	25	50.4	-	4	25.1	1.7
Hoisin Duck Wrap	391	17.6	59.5	-	14.9	8.5	1.8
Salads							
LAYERED CHICKEN & SWEETCORN PASTA SALAD POT	523	18.5	69	-	7.4	18.2	1.6
Sandwiches							
Free Range Egg Mayo Sandwich	342	16.8	36	-	4.6	14	0.9
Pole & Line Tuna & Sweetcorn Sandwich	395	21.6	40.5	-	4.5	15.5	1.3
Roast Chicken & Bacon Sandwich	380	23.2	39.3	-	3.1	13.9	1.7
British Roast Chicken Salad Sandwich	427	14.6	44.8	-	4.2	20.2	1.2
Smoked Salmon & Soft Cheese Sandwich	341	21	46	-	4.4	6.6	1.9
Triple Sandwich Selection	514	27.4	63.8	-	5.8	15.1	2
Paninis							
British Ham & Cheddar Stonebaked Panini	438	25.3	51.8	-	4.3	13.6	2
Mozzarella & Tomato Stonebaked Panini	508	24.3	52.7	-	5.8	21.3	2.3
Tuna Melt Stonebaked Panini	471	29.3	51.7	-	6.1	15.3	1.7
Brie & Bacon Stonebaked Panini	525	25.1	57.8	-	11.8	20.8	1.8
Vegan All Day Breakfast Panini	440	19.2	68.7	-	4.9	8.8	2.1
British Pulled Chicken & Bacon Stonebaked Panini	422	26	54	-	4.7	11	2
Toasties							
British Ham & Cheese Toastie	354	19	44	-	4.1	11	1.3
Cheddar And Slow Roasted Tomato Toastie	463	25	48	-	5	18	1.6
Wiltshire Ham & Mature Cheddar Toastie	434	25	43	-	4.3	18	1.8
Vegan Smoky Ham & Cheeze Toastie	352	13	51	-	2.9	8.9	2
Three Cheese & Chutney Toastie	465	22	49	-	8	19	1.5
British Cumberland Sausage & Caramelised Onion Toastie	478	23	50	-	9.6	20	1.7
New York Deli Pastrami & Emmental Bloomer Toastie	360	20	49	-	3.3	8.6	2
Hot Meals & Soups							
Mac And Cheese	597	22.4	48.5	-	5.5	34.2	2

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Tomato & Basil Soup	127	3.5	12.5	-	11.1	6.6	1
Creamy Mushroom Risotto (Gluten Free)	344	11.2	37.2	-	5.1	16.4	1.7
Vegan Butternut Squash Risotto (Gluten Free)	301	4.7	35.9	-	5.9	14.9	1.2
British Pea & Mint Soup (Gluten Free)	240	13.6	21.8	-	8.9	9.6	1.7
Chicken & Chorizo Soup (Gluten Free)	179	12.2	11.9	-	11.2	8.9	1.7
Breakfast							
British Smoked Bacon Soft Bap	385	19.1	39.3	-	4.3	16.4	2.3
British Pork Sausage Soft Bap	556	20.2	42.5	-	5	33.4	2
British Ham & Emmental Croissant	358	13.9	28.6	-	7.6	20.4	1.1
Egg & Mushroom Breakfast Muffin	298	13.1	38.7	-	1.5	9.3	1.1
Ultimate British Breakfast Wrap	496	18.4	58.6	-	7.3	20	1.6
All Day Sausage Bacon & Egg Breakfast Bloomer	522	26.2	38.2	-	4.1	28.9	2.1
White Toast (Without Butter)	257	9.6	46.8	-	2.3	2.8	0.9
Brown Seeded Toast (Without Butter)	356	12	54	-	1.7	2.8	1
Porridge (Wholegrain - Gluten Free)	231	8.8	30.2	-	8.6	7.7	0.2
Porridge Pot (Instant Oat	294	13.1	49.4	-	16.7	3.9	0.2
Fat Free Greek Style Yogurt With Mango & Passion Fruit	122	9.9	19.8	-	16.2	0.3	0.3
Mixed Berry Compote	38	0.2	8.7	-	8.2	0	0
Mixed Berries Fat Free Greek Style Yogurt	118	9.4	19.8	-	16.3	0.3	0.2
Sweet Pastries							
Almond Croissant (60080)	331	8	39	-	12	16	0.7
Butter Croissant (60081)	233	4.8	19	-	2.1	15	0.5
Butter Croissant (60725)	260	5.3	27	-	3.6	14	0.6
Chocolate Twist (60079)	305	5.5	43	-	14	12	0.8
Chocolate Twist (60727/61611F)	290	4.4	38	-	16	13	0.5
Pain Aux Raisins (60542)	275	4.8	37	-	14	11	0.7
Pain Aux Raisins (60728/61609F)	309	5	41	-	17	14	0.5
Vegan Strawberry Croissant	282	5.4	37	-	11.5	12.2	0.4
Pastel De Nata (Posh Custard Tart)	169	2.9	22.6	-	13.2	7.2	0.2
Savoury Pastries							
Cheese Twist	327	8.9	20	-	1.1	23	0.8
Pork And Apple Sausage Roll	400	14.6	26.9	-	4.5	25.2	1.3
Fruit							
Apple	43	0.5	10	-	10	0.4	0
Banana	113	1.6	28.4	-	25.3	0.1	0
Easy Peeler	59	1	13.9	-	13.9	0.3	0.1
Apple & Grape Fresh Fruit Salad	62	0.3	13.9	-	13.9	0.1	0.1
Selected Stores Only*							
Almond Croissant (10000131)	374	8	39.3	-	17.3	19.7	0.7
Plain Butter Croissant (61608)	267	5.5	26.8	-	5.1	15.1	0.7
Chocolate & Hazelnut Croissant	372	6	40	-	13.6	20.4	0.8
Half Baguette	188	6.4	38.5	-	1	0.5	1.1
Free Range Egg & Beechwood Smoked Bacon Baguette	529	19.7	87	-	1.9	10.3	2.4
British Cheddar & Pickle Ploughman's Baguette	581	21.3	97	-	8.4	10.9	2.7
Chocolatey Doughnut	309	4.4	38	-	17	15	0.6
Pineapple & Coconut Doughnut	359	4.8	48	-	25	16	0.8
New York Cheesecake	564	5.5	59	-	48	31	0.4
Glazed Apple Tart	193	1.6	32	-	16	6.1	0.2
Bake Off Chocolate Chunk Cookie	306	3.9	40	-	23.6	14	0.3
All Butter Belgian Chocolate Cookie (Bake Off)	360	4.4	51	-	31	15	0.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

HOT COFFEE

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mocha Italia Espresso							
Mocha Italia Espresso - Solo	3	0.2	0.4	-	0.2	0.1	0
Mocha Italia Espresso - Doppio	6	0.4	0.8	-	0.4	0.2	0
Character Roast Espresso							
Character Roast Espresso - Solo	3	0.2	0.4	-	0.2	0.1	0
Character Roast Espresso - Doppio	6	0.4	0.8	-	0.4	0.2	0
Ristretto							
Ristretto - Solo	2	0.1	0.3	-	0.1	0.1	0
Ristretto - Doppio	4	0.3	0.5	-	0.3	0.1	0
Macchiato							
Macchiato - Made With Semiskimmed Milk	11	0.8	1.3	-	0.9	0.4	0
Macchiato - Made With Skimmed Milk	9	0.7	1.2	-	0.8	0.2	0
Macchiato - Made With Whole Milk	13	0.7	1.3	-	0.9	0.6	0
Macchiato - Made With Lactofree Milk Drink	10	0.8	1.1	-	0.7	0.4	0
Macchiato - Made With Soya Drink	10	0.7	1.1	-	0.7	0.4	0
Macchiato - Made With Coconut Drink	9	0.6	1.1	-	0.7	0.3	0
Macchiato - Made With Almond Drink	8	0.5	1.1	-	0.7	0.3	0
Macchiato - Made With Oat Drink	11	0.4	1.6	-	0.8	0.3	0
Espresso Con Panna							
Espresso Con Panna - Solo	136	0.9	1.3	-	1.1	14.2	0
Espresso Con Panna - Doppio	139	1.1	1.7	-	1.3	14.3	0.1
Decaffeinated Espresso							
Decaffeinated Espresso - Solo	3	0.2	0.4	-	0.2	0.1	0
Decaffeinated Espresso - Doppio	6	0.4	0.8	-	0.4	0.2	0
Cortado							
Cortado - Made With Whole Milk - In Store	85	4.3	5.9	-	5.8	4.9	0.1
Cortado - Made With Whole Milk - Take Away	108	5.4	7.5	-	7.3	6.3	0.2
Cortado - Made With Semiskimmed Milk - In Store	60	4.5	6.1	-	6	2.2	0.1
Cortado - Made With Semiskimmed Milk - Take Away	76	5.7	7.8	-	7.7	2.8	0.2
Cortado - Made With Skimmed Milk - In Store	42	4.4	5.8	-	5.6	0.3	0.1
Cortado - Made With Skimmed Milk - Take Away	53	5.6	7.3	-	7.2	0.4	0.2
Cortado - Made With Lactofree Milk Drink - In Store	51	4.5	3.6	-	3.5	1.9	0.1
Cortado - Made With Lactofree Milk Drink - Take Away	64	5.7	4.6	-	4.5	2.5	0.1
Cortado - Made With Soya Drink - In Store	55	4.3	3.6	-	3.3	2.4	0.1
Cortado - Made With Soya Drink - Take Away	69	5.4	4.6	-	4.1	3.1	0.1
Cortado - Made With Coconut Drink - In Store	43	2	4.4	-	4.3	1.8	0.1
Cortado - Made With Coconut Drink - Take Away	55	2.5	5.5	-	5.4	2.3	0.1
Cortado - Made With Almond Drink - In Store	32	0.8	3.5	-	3.3	1.6	0.1
Cortado - Made With Almond Drink - Take Away	40	0.9	4.4	-	4.1	2	0.1
Cortado - Made With Oat Drink - In Store	61	0.5	10.4	-	5	1.7	0.1
Cortado - Made With Oat Drink - Take Away	77	0.6	13.2	-	6.4	2.1	s
Mocha Cortado							
Mocha Cortado - Made With Whole Milk - In Store	83	3.2	9.5	-	6.6	3.5	0.1
Mocha Cortado - Made With Whole Milk - Takeaway	135	5.2	15.4	-	10.8	5.8	0.2
Mocha Cortado - Made With Semi Skimmed Milk - In Store	67	3.4	9.6	-	6.7	1.8	0.1
Mocha Cortado - Made With Semi Skimmed Milk - Take Away	110	5.5	15.7	-	11	3	0.2
Mocha Cortado - Made With Skimmed Milk - In Store	56	3.3	9.4	-	6.5	0.7	0.1
Mocha Cortado - Made With Skimmed Milk - Takeaway	92	5.3	15.3	-	10.6	1	0.2
Mocha Cortado - Made With Lactofree Semi Skimmed - In Store	61	3.4	8.1	-	5.2	1.7	0.1

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Latte - Made With Whole Milk - Massimo - In Store	267	13.5	18.7	-	18.2	15.6	0.4
Latte - Made With Whole Milk - Massimo - Take Away	283	14.3	19.8	-	19.3	16.5	0.4
Latte - Made With Lacto-free Milk Drink - Primo - In Store	79	7.1	5.7	-	5.5	3	0.1
Latte - Made With Lacto-free Milk Drink - Primo - Take Away	90	8	6.6	-	6.2	3.4	0.2
Latte - Made With Lacto-free Milk Drink - Medio -	125	11	9	-	8.6	4.8	0.2
Latte - Made With Lacto-free Milk Drink - Massimo - In Store	161	14.3	11.7	-	11.1	6.1	0.3
Latte - Made With Lacto-free Milk Drink - Massimo - Take Away	170	15.1	12.3	-	11.8	6.5	0.3
Latte - Made With Soya Drink - Primo - In Store	85	6.7	5.7	-	5.1	3.8	0.2
Latte - Made With Soya Drink - Primo - Take Away	97	7.5	6.6	-	5.8	4.3	0.2
Latte - Made With Soya Drink - Medio -	134	10.4	9	-	8	6	0.3
Latte - Made With Soya Drink - Massimo - In Store	173	13.5	11.7	-	10.3	7.7	0.3
Latte - Made With Soya Drink - Massimo - Take Away	183	14.3	12.3	-	10.9	8.2	0.4
Latte - Made With Coconut Drink - Primo - In Store	68	3.1	6.9	-	6.7	2.8	0.2
Latte - Made With Coconut Drink - Primo - Take Away	77	3.6	7.9	-	7.5	3.2	0.2
Latte - Made With Coconut Drink - Medio -	106	5	10.8	-	10.4	4.5	0.3
Latte - Made With Coconut Drink - Massimo - In Store	137	6.4	14	-	13.5	5.8	0.3
Latte - Made With Coconut Drink - Massimo - Take Away	145	6.8	14.8	-	14.5	6.1	0.4
Latte - Made With Almond Drink - Primo - In Store	50	1.2	5.5	-	5.1	2.5	0.1
Latte - Made With Almond Drink - Primo - Take Away	58	1.5	6.4	-	5.8	2.8	0.1
Latte - Made With Almond Drink - Medio -	79	1.9	8.7	-	8	3.8	0.2
Latte - Made With Almond Drink - Massimo - In Store	102	2.5	11.3	-	10.3	5	0.3
Latte - Made With Almond Drink - Massimo - Take Away	108	2.6	11.9	-	10.9	5.3	0.3
Latte - Made With Oat Drink - Primo - In Store	95	0.8	16.3	-	7.8	2.6	0.2
Latte - Made With Oat Drink - Primo - Take Away	108	1	18.3	-	8.8	3	0.2
Latte - Made With Oat Drink - Medio -	149	1.3	25.4	-	12.3	4.2	0.3
Latte - Made With Oat Drink - Massimo - In Store	192	1.7	32.8	-	15.8	5.4	0.4
Latte - Made With Oat Drink - Massimo - Take Away	204	1.8	34.8	-	16.8	5.7	0.4
Honeycomb Latte Macchiato							
- Made With Semi-skimmed Milk - Primo - In Store	198	7.4	32.7	-	27.9	4.6	0.9
- Made With Semi-skimmed Milk - Primo - Take Away	207	8.1	33.7	-	28.7	4.9	0.9
- Made With Semi-skimmed Milk - Medio - In Store	266	10.8	43.3	-	38.1	6.2	1.1
- Made With Semi-skimmed Milk - Medio - Take Away	257	10.1	42.4	-	37.2	5.9	1.1
- Made With Skimmed Milk - Primo - In Store	175	7.3	32.2	-	27.4	2.2	0.8
- Made With Skimmed Milk - Primo - Take Away	182	7.9	33.2	-	28.2	2.3	0.9
- Made With Skimmed Milk - Medio - In Store	231	10.5	42.6	-	37.4	2.5	1.1
- Made With Skimmed Milk - Medio - Take Away	224	9.9	41.7		36.5	2.4	1.1
- Made With Whole Milk - Primo - In Store	230	7.1	32.4	-	27.6	8.1	0.8
- Made With Whole Milk - Primo - Take Away	241	7.7	33.4	-	28.4	8.7	0.9
- Made With Whole Milk - Medio - In Store	316	10.3	42.8	-	37.6	11.7	1.1
- Made With Whole Milk - Medio - Take Away	303	9.6	41.9	-	36.7	10.9	1.1
- Made With Lacto-free Milk Drink - Primo - In Store	186	7.4	29.5	-	24.7	4.3	0.8
- Made With Lacto-free A286Milk Drink - Primo - Take Away	194	8.1	30.3	-	25.3	4.6	0.8
- Made With Lacto-free Milk Drink - Medio - In Store	248	10.8	38.3	-	33.1	5.7	1
- Made With Lacto-free Milk Drink - Medio - Take Away	241	10.1	37.8	-	32.6	5.4	1
- Made With Soya Drink - Primo - In Store	191	7.1	29.5	-	24.4	4.9	0.8
- Made With Soya Drink - Primo - Take Away	200	7.7	30.3	-	24.9	5.3	0.8
- Made With Soya Drink - Medio - In Store	256	10.3	38.3	-	32.6	6.7	1
- Made With Soya Drink - Medio - Take Away	247	9.6	37.8	-	32.1	6.3	1
- Made With Coconut Drink - Primo - In Store	177	4.2	30.5		25.7	4.1	0.8
- Made With Coconut Drink - Primo - Take Away	184	4.6	31.3	-	26.3	4.4	0.8

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- Made With Coconut Drink - Medio - In Store	233	5.8	39.8	-	34.6	5.5	1
- Made With Coconut Drink - Medio - Take Away	227	5.5	39.2	-	34	5.2	1
- Made With Almond Drink - Primo - In Store	162	2.6	29.4	-	24.4	3.8	0.8
- Made With Almond Drink - Primo - Take Away	168	2.9	30.1	-	24.9	4.1	0.8
- Made With Almond Drink - Medio - In Store	211	3.3	38.1	-	32.6	5	1
- Made With Almond Drink - Medio - Take Away	206	3.2	37.6	-	32.1	4.7	1
- Made With Oat Milk Drink - Primo - In Store	199	2.3	38.2	-	26.6	4	0.8
- Made With Oat Milk Drink - Primo - Take Away	208	2.6	39.6	-	27.3	4.2	0.8
- Made With Oat Milk Drink - Medio - In Store	268	2.8	51.8	-	36.1	5.2	1.1
- Made With Oat Milk Drink - Medio - Take Away	259	2.7	50.2	-	35.3	5	1
Cappuccino							
Cappuccino - Made With Semiskimmed Milk - Primo - In Store Y	81	5.6	9.2	-	8.6	2.8	0.2
Cappuccino - Made With Semiskimmed Milk - Primo - Take Away	94	6.6	10.6	-	10	3.3	0.2
Cappuccino - Made With Semiskimmed Milk - Medio -	122	8.7	13.5	-	12.8	4.3	0.3
Cappuccino - Made With Semiskimmed Milk - Massimo - In Store	153	11	16.8	-	15.8	5.4	0.3
Cappuccino - Made With Semiskimmed Milk - Massimo - Take Away	162	11.7	17.7	-	16.7	5.7	0.4
Cappuccino - Made With Skimmed Milk - Primo - In Store	60	5.4	8.8	-	8.2	0.6	0.2
Cappuccino - Made With Skimmed Milk - Primo - Take Away	70	6.4	10.1	-	9.5	0.7	0.2
Cappuccino - Made With Skimmed Milk - Medio -	90	8.5	12.8	-	12.1	0.8	0.3
Cappuccino - Made With Skimmed Milk - Massimo - In Store	113	10.7	15.9	-	14.9	1.1	0.3
Cappuccino - Made With Skimmed Milk - Massimo - Take Away	119	11.4	16.8	-	15.8	1.1	0.3
Cappuccino - Made With Whole Milk - Primo - In Store	109	5.3	8.9	-	8.3	5.9	0.2
Cappuccino - Made With Whole Milk - Primo - Take Away	129	6.2	10.2	-	9.6	7.1	0.2
Cappuccino - Made With Whole Milk - Medio -	168	8.2	13.1	-	12.3	9.4	0.3
Cappuccino - Made With Whole Milk - Massimo - In Store	210	10.4	16.2	-	15.2	11.7	0.3
Cappuccino - Made With Whole Milk - Massimo - Take Away	223	11	17.1	-	16.1	12.5	0.3
Cappuccino - Made With Lactofree Milk Drink - Primo - In Store	71	5.6	6.3	-	5.7	2.5	0.1
Cappuccino - Made With Lactofree Milk Drink - Primo - Take Away	82	6.6	7.1	-	6.5	2.9	0.1
Cappuccino - Made With Lactofree Milk Drink - Medio -	106	8.7	8.9	-	8.2	3.8	0.2
Cappuccino - Made With Lactofree Milk Drink - Massimo - In Store	133	11	11	-	10	4.8	0.2
Cappuccino - Made With Lactofree Milk Drink - Massimo - Take Away	140	11.7	11.5	-	10.5	5.1	0.2
Cappuccino - Made With Soya Drink - Primo - In Store	75	5.3	6.3	-	5.5	3.1	0.1
Cappuccino - Made With Soya Drink - Primo - Take Away	87	6.2	7.1	-	6.2	3.6	0.2
Cappuccino - Made With Soya Drink - Medio -	113	8.2	8.9	-	7.7	4.8	0.2
Cappuccino - Made With Soya Drink - Massimo - In Store	141	10.4	11	-	9.5	6	0.3
Cappuccino - Made With Soya Drink - Massimo - Take Away	149	11	11.5	-	9.9	6.3	0.3
Cappuccino - Made With Coconut Drink - Primo - In Store	62	2.7	7.2	-	6.6	2.3	0.1
Cappuccino - Made With Coconut Drink - Primo - Take Away	71	3.1	8.2	-	7.6	2.7	0.2
Cappuccino - Made With Coconut Drink - Medio -	92	4.1	10.3	-	9.6	3.6	0.2
Cappuccino - Made With Coconut Drink - Massimo - In Store	115	5.2	12.8	-	11.8	4.5	0.3
Cappuccino - Made With Coconut Drink - Massimo - Take Away	122	5.5	13.4	-	12.4	4.8	0.3
Cappuccino - Made With Almond Drink - Primo - In Store	49	1.2	6.2		5.5	2	0.1
Cappuccino - Made With Almond Drink - Primo - Take Away	56	1.4	6.9	-	6.2	2.4	0.1
Cappuccino - Made With Almond Drink - Medio -	72	1.8	8.7	-	7.7	3.1	0.2
Cappuccino - Made With Almond Drink - Massimo - In Store	90	2.4	10.7	-	9.5	4	0.2
Cappuccino - Made With Almond Drink - Massimo - Take Away	94	2.4	11.2	-	9.9	4.2	0.2
Cappuccino - Made With Oat Drink - Primo - In Store	82	0.9	14.1	-	7.5	2.2	0.1
Cappuccino - Made With Oat Drink - Primo - Take Away	96	1	16.5	-	8.6	2.6	0.2
Cappuccino - Made With Oat Drink - Medio -	124	1.3	21.3	-	11	3.4	0.2
Cappuccino - Made With Oat Drink - Massimo - In Store	156	1.8	26.6	-	13.5	4.3	0.3

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cappuccino - Made With Oat Drink - Massimo - Take Away	165	1.8	28.1	-	14.2	4.5	0.3
Honeycomb Cappuccino							
Honeycomb Cappuccino - Made With Semi-skimmed - Primo - In Store	146	5.4	26	-	24.5	2.6	0.6
Honeycomb Cappuccino - Made With Semi-skimmed Milk - Primo - Take Away	159	6.5	27.4	-	25.9	3.1	0.6
Honeycomb Cappuccino - Made With Semi-skimmed Milk - Medio -	211	8.6	36.3	-	34.5	4.2	0.8
Honeycomb Cappuccino - Made With Skimmed Milk - Primo - In Store	126	5.3	25.6	-	24.1	0.5	0.6
Honeycomb Cappuccino - Made With Skimmed Milk - Primo - Take Away	135	6.3	26.8	-	25.4	0.5	0.6
Honeycomb Cappuccino - Made With Skimmed Milk - Medio -	179	8.4	35.6	-	33.8	0.7	0.8
Honeycomb Cappuccino - Made With Whole Milk - Primo - In Store	175	5.2	25.7	-	24.2	5.8	0.6
Honeycomb Cappuccino - Made With Whole Milk - Primo - Take Away	194	6.1	27	-	25.5	6.9	0.6
Honeycomb Cappuccino - Made With Whole Milk - Medio -	257	8.1	35.8	-	34	9.2	0.8
Honeycomb Cappuccino - Made With Lacto-free Milk Drink - Primo - In Store	136	5.4	23.1	-	21.6	2.4	0.5
Honeycomb Cappuccino - Made With Lacto-free Milk Drink - Primo - Take Away	147	6.5	23.9	-	22.4	2.8	0.6
Honeycomb Cappuccino - Made With Lacto-free Milk Drink - Medio -	195	8.6	31.7	-	29.9	3.7	0.8
Honeycomb Cappuccino - Made With Soya Drink - Primo - In Store	140	5.2	23.1	-	21.3	2.9	0.6
Honeycomb Cappuccino - Made With Soya Drink - Primo - Take Away	152	6.1	23.9	-	22.1	3.5	0.6
Honeycomb Cappuccino - Made With Soya Drink - Medio -	202	8.1	31.7	-	29.4	4.6	0.6
Honeycomb Cappuccino - Made With Coconut Drink - Primo - In Store	127	2.6	24	-	22.5	2.2	0.6
Honeycomb Cappuccino - Made With Coconut Drink - Primo - Take Away	137	3	24.9	-	23.5	2.6	0.6
Honeycomb Cappuccino - Made With Coconut Drink - Medio -	181	4	33.1	-	31.2	3.5	0.8
Honeycomb Cappuccino - Made With Almond Drink - Primo - In Store	114	1.1	23	-	21.3	1.9	0.5
Honeycomb Cappuccino - Made With Almond Drink - Primo - Take Away	121	1.3	23.7	-	22.1	2.3	0.6
Honeycomb Cappuccino - Made With Almond Drink - Medio -	161	1.7	31.5	-	29.4	3	0.7
Honeycomb Cappuccino - Made With Oat Drink - Primo - In Store	147	0.8	30.9	-	23.4	2.1	0.6
Honeycomb Cappuccino - Made With Oat Drink - Primo - Take Away	161	0.9	33.2	-	24.5	2.4	0.6
Honeycomb Cappuccino - Made With Oat Drink - Medio -	214	1.2	44.1	-	32.6	3.3	0.8
Flat White							
Flat White - Made With Whole Milk - In Store	153	7.7	10.6	-	10.4	9	0.2
Flat White - Made With Whole Milk - Take Away	179	9	12.4	-	12.2	10.5	0.3
Flat White - Made With Semiskimmed Milk - In Store	107	8.1	11.1	-	10.9	4	0.3
Flat White - Made With Semiskimmed Milk - Take Away	126	9.5	12.9	-	12.7	4.6	0.3
Flat White - Made With Skimmed Milk - In Store	76	7.9	10.4	-	10.2	0.6	0.2
Flat White - Made With Skimmed Milk - Take Away	88	9.3	12.1	-	11.9	0.6	0.3
Flat White - Made With Lactofree Milk Drink - In Store	92	8.1	6.5	-	6.3	3.5	0.2
Flat White - Made With Lactofree Milk Drink - Take Away	107	9.5	7.6	-	7.4	4.1	0.2
Flat White - Made With Soya Drink - In Store	98	7.7	6.5	-	5.9	4.4	0.2
Flat White - Made With Soya Drink - Take Away	115	9	7.6	-	6.9	5.2	0.2
Flat White - Made With Coconut Drink - In Store	78	3.6	7.9	-	7.7	3.3	0.2
Flat White - Made With Coconut Drink - Take Away	91	4.2	9.2	-	9	3.8	0.2
Flat White - Made With Almond Drink - In Store	57	1.3	6.3	-	5.9	2.8	0.1
Flat White - Made With Almond Drink - Take Away	67	1.5	7.3	-	6.9	3.3	0.2
Flat White - Made With Oat Drink - In Store	110	0.9	18.8	-	9.1	3.1	0.2
Flat White - Made With Oat Drink - Take Away	128	1	22	-	10.6	3.6	0.2
Mocha							
Mocha - Made With Semiskimmed Milk - Primo - In Store	114	5.8	15.5	-	13.1	3.3	0.2
Mocha - Made With Semiskimmed Milk - Primo - Take Away	135	6.9	18.3	-	15.6	3.9	0.3
Mocha - Made With Semiskimmed Milk - Medio - In Store	198	9.6	27.5	-	23	5.6	0.4
Mocha - Made With Semiskimmed Milk - Medio - Take Away	206	10	28.5	-	23.9	5.8	0.4
Mocha - Made With Semiskimmed Milk - Massimo - In Store	266	12.5	37.5	-	30.9	7.3	0.5
Mocha - Made With Semiskimmed Milk - Massimo - Take Away	283	13.3	39.8	-	32.9	7.8	0.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mocha - Made With Skimmed Milk - Primo - In Store	95	5.6	15.1	-	12.7	1.3	0.2
Mocha - Made With Skimmed Milk - Primo - Take Away	113	6.7	17.9	-	15.1	1.5	0.2
Mocha - Made With Skimmed Milk - Medio - In Store	168	9.4	26.8	-	22.3	2.4	0.4
Mocha - Made With Skimmed Milk - Medio - Take Away	175	9.8	27.9	-	23.2	2.4	0.4
Mocha - Made With Skimmed Milk - Massimo - In Store	229	12.3	36.7	-	30.1	3.3	0.5
Mocha - Made With Skimmed Milk - Massimo - Take Away	243	13	38.9	-	32	3.5	0.5
Mocha - Made With Whole Milk - Primo - In Store	140	5.5	15.3	-	12.9	6.1	0.2
Mocha - Made With Whole Milk - Primo - Take Away	166	6.6	18	-	15.2	7.3	0.2
Mocha - Made With Whole Milk - Medio - In Store	241	9.2	27.1	-	22.6	10.2	0.4
Mocha - Made With Whole Milk - Medio - Take Away	250	9.6	28.1	-	23.4	10.7	0.4
Mocha - Made With Whole Milk - Massimo - In Store	320	12	36.9	-	30.4	13.2	0.5
Mocha - Made With Whole Milk - Massimo - Take Away	340	12.7	39.2	-	32.3	14.1	0.5
Mocha - Made With Lacto-free Milk Drink - Primo - In Store	105	5.8	12.9	-	10.5	3	0.2
Mocha - Made With Lacto-free Milk Drink - Primo - Take Away	124	6.9	15.2	-	12.4	3.6	0.2
Mocha - Made With Lacto-free Milk Drink - Medio - In Store	183	9.6	23.2	-	18.7	5.1	0.3
Mocha - Made With Lacto-free Milk Drink - Medio - Take Away	190	10	24.1	-	19.4	5.3	0.3
Mocha - Made With Lacto-free Milk Drink - Massimo - In Store	248	12.5	32.1	-	25.6	6.8	0.4
Mocha - Made With Lacto-free Milk Drink - Massimo - Take Away	263	13.3	34	-	27.1	7.2	0.4
Mocha - Made With Soya Drink - Primo - In Store	108	5.5	12.9	-	10.3	3.5	0.2
Mocha - Made With Soya Drink - Primo - Take Away	129	6.6	15.2	-	12.1	4.2	0.2
Mocha - Made With Soya Drink - Medio - In Store	190	9.2	23.2	-	18.3	6	0.3
Mocha - Made With Soya Drink - Medio - Take Away	197	9.6	24.1	-	19	6.2	0.3
Mocha - Made With Soya Drink - Massimo - In Store	256	12	32.1	-	25.1	7.9	0.4
Mocha - Made With Soya Drink - Massimo - Take Away	271	12.7	34	-	26.6	8.4	0.5
Mocha - Made With Coconut Drink - Primo - In Store	97	3.2	13.7	-	11.3	2.9	0.2
Mocha - Made With Coconut Drink - Primo - Take Away	114	3.8	16.1	-	13.4	3.4	0.2
Mocha - Made With Coconut Drink - Medio - In Store	170	5.4	24.5	-	20	4.9	0.3
Mocha - Made With Coconut Drink - Medio - Take Away	177	5.6	25.4	-	20.8	5.1	0.3
Mocha - Made With Coconut Drink - Massimo - In Store	232	7.2	33.7	-	27.2	6.5	0.4
Mocha - Made With Coconut Drink - Massimo - Take Away	246	7.6	35.8	-	28.9	6.9	0.5
Mocha - Made With Almond Drink - Primo - In Store	85	1.9	12.8	-	10.3	2.6	0.2
Mocha - Made With Almond Drink - Primo - Take Away	100	2.2	15	-	12.1	3.1	0.2
Mocha - Made With Almond Drink - Medio - In Store	151	3.2	23	-	18.3	4.5	0.3
Mocha - Made With Almond Drink - Medio - Take Away	157	3.4	23.9	-	19	4.7	0.3
Mocha - Made With Almond Drink - Massimo - In Store	207	4.5	31.8	-	25.1	6	0.4
Mocha - Made With Almond Drink - Massimo - Take Away	220	4.7	33.8	-	26.6	6.4	0.4
Mocha - Made With Oat Drink - Primo - In Store	115	1.6	19.9	-	12.1	2.7	0.2
Mocha - Made With Oat Drink - Primo - Take Away	136	1.9	23.7	-	14.3	3.3	0.2
Mocha - Made With Oat Drink - Medio - In Store	200	2.8	34.7	-	21.3	4.7	0.3
Mocha - Made With Oat Drink - Medio - Take Away	208	2.9	36.1	-	22.1	4.9	0.4
Mocha - Made With Oat Drink - Massimo - In Store	269	4	46.6	-	28.8	6.3	0.5
Mocha - Made With Oat Drink - Massimo - Take Away	286	4.2	49.5	-	30.6	6.7	0.5

HOT NON-COFFEE

Teas And Infusions (No Milk)							
English Breakfast	1	0	0	-	0	0	0
All Day Decaf (New Improved Blend)	3	0.1	0.3	-	0.3	0.1	0
The Earl	3	0.1	0.3	-	0.3	0.1	0
Jasmine Green Tea	1	0	0	-	0	0	0
Pure Green Tea	3	0.1	0.3	-	0.3	0.1	0

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Double Mint Infusion	3	0.1	0.3	-	0.3	0.1	0
Superfruity Infusion	2	0	0	-	0	0	0
Hot Chocolate							
Hot Chocolate - Made With Semi-skimmed Milk - Primo - In Store	163	8.6	21.5	-	18.5	4.8	0.3
Hot Chocolate - Made With Semi-skimmed Milk - Primo - Take Away	209	11.1	27.5	-	23.8	6.2	0.4
Hot Chocolate - Made With Semi-skimmed Milk - Medio - In Store	273	13.5	37.2	-	31.5	7.8	0.5
Hot Chocolate - Made With Semi-skimmed Milk - Medio - Take Away	298	14.7	40.6	-	34.4	8.5	0.6
Hot Chocolate - Made With Semi-skimmed Milk - Massimo - In Store	378	17.9	52.6	-	44.1	10.5	0.7
Hot Chocolate - Made With Semi-skimmed Milk - Massimo - Take Away	406	19.2	56.5	-	47.3	11.3	0.8
Hot Chocolate - Made With Skimmed Milk - Primo - In Store	133	8.4	20.8	-	17.9	1.6	0.3
Hot Chocolate - Made With Skimmed Milk - Primo - Take Away	171	10.8	26.7	-	23	2.1	0.4
Hot Chocolate - Made With Skimmed Milk - Medio - In Store	228	13.2	36.2	-	30.6	3	0.5
Hot Chocolate - Made With Skimmed Milk - Medio - Take Away	249	14.4	39.5	-	33.3	3.2	0.5
Hot Chocolate - Made With Skimmed Milk - Massimo - In Store	320	17.5	51.4	-	42.9	4.3	0.7
Hot Chocolate - Made With Skimmed Milk - Massimo - Take Away	344	18.7	55.1	-	46	4.6	0.7
Hot Chocolate - Made With Whole Milk - Primo - In Store	206	8.2	21	-	18.1	9.5	0.3
Hot Chocolate - Made With Whole Milk - Primo - Take Away	264	10.5	27	-	23.2	12.2	0.4
Hot Chocolate - Made With Whole Milk - Medio - In Store	337	12.9	36.6	-	30.9	14.8	0.5
Hot Chocolate - Made With Whole Milk - Medio - Take Away	368	14	39.9	-	33.7	16.2	0.5
Hot Chocolate - Made With Whole Milk - Massimo - In Store	460	17	51.8	-	43.3	19.5	0.7
Hot Chocolate - Made With Whole Milk - Massimo - Take Away	494	18.3	55.6	-	46.5	21	0.7
Hot Chocolate - Made With Lacto-free Milk Drink - Primo - In Store	148	8.6	17.2	-	14.3	4.4	0.2
Hot Chocolate - Made With Lacto-free Milk Drink - Primo - Take Away	190	11.1	22.1	-	18.3	5.6	0.3
Hot Chocolate - Made With Lacto-free Milk Drink - Medio - In Store	251	13.5	30.8	-	25.1	7.1	0.4
Hot Chocolate - Made With Lacto-free Milk Drink - Medio - Take Away	273	14.7	33.6	-	27.4	7.8	0.4
Hot Chocolate - Made With Lacto-free Milk Drink - Massimo - In Store	349	17.9	44.4	-	35.9	9.7	0.6
Hot Chocolate - Made With Lacto-free Milk Drink - Massimo - Take Away	375	19.2	47.6	-	38.5	10.4	0.6
Hot Chocolate - Made With Soya Drink - Primo - In Store	155	8.2	17.2	-	13.9	5.3	0.3
Hot Chocolate - Made With Soya Drink - Primo - Take Away	198	10.5	22.1	-	17.8	6.7	0.3
Hot Chocolate - Made With Soya Drink - Medio - In Store	260	12.9	30.8	-	24.5	8.4	0.4
Hot Chocolate - Made With Soya Drink - Medio - Take Away	284	14	33.6	-	26.7	9.2	0.5
Hot Chocolate - Made With Soya Drink - Massimo - In Store	362	17	44.4	-	35	11.3	0.6
Hot Chocolate - Made With Soya Drink - Massimo - Take Away	388	18.3	47.6	-	37.6	12.1	0.6
Hot Chocolate - Made With Coconut Drink - Primo - In Store	135	4.4	18.5	-	15.6	4.2	0.3
Hot Chocolate - Made With Coconut Drink - Primo - Take Away	174	5.6	23.7	-	20	5.4	0.3
Hot Chocolate - Made With Coconut Drink - Medio - In Store	231	7.1	32.7	-	27.1	6.8	0.4
Hot Chocolate - Made With Coconut Drink - Medio - Take Away	252	7.7	35.7	-	29.5	7.4	0.5
Hot Chocolate - Made With Coconut Drink - Massimo - In Store	325	9.6	46.8	-	38.3	9.3	0.6
Hot Chocolate - Made With Coconut Drink - Massimo - Take Away	348	10.3	50.3	-	41.2	9.9	0.6
Hot Chocolate - Made With Almond Drink - Primo - In Store	116	2.3	17	-	13.9	3.8	0.2
Hot Chocolate - Made With Almond Drink - Primo - Take Away	149	2.9	21.8	-	17.8	4.8	0.3
Hot Chocolate - Made With Almond Drink - Medio - In Store	203	3.9	30.5	-	24.5	6.2	0.4
Hot Chocolate - Made With Almond Drink - Medio - Take Away	221	4.3	33.2	-	26.7	6.7	0.4
Hot Chocolate - Made With Almond Drink - Massimo - In Store	287	5.5	43.9	-	35	8.4	0.5
Hot Chocolate - Made With Almond Drink - Massimo - Take Away	309	5.9	47.2	-	37.6	9.1	0.6
Hot Chocolate - Made With Oat Drink - Primo - In Store	165	1.8	28.7	-	16.8	4	0.3
Hot Chocolate - Made With Oat Drink - Primo - Take Away	212	2.3	36.8	-	21.6	5.1	0.4
Hot Chocolate - Made With Oat Drink - Medio - In Store	276	3.3	48.1	-	29	6.5	0.5
Hot Chocolate - Made With Oat Drink - Medio - Take Away	301	3.6	52.4	-	31.6	7.1	0.5
Hot Chocolate - Made With Oat Drink - Massimo - In Store	382	4.7	66.6	-	40.8	8.8	0.6

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Hot Chocolate - Made With Oat Drink - Massimo - Take Away	410	5	71.5	-	43.8	9.5	0.7
White Hot Chocolate							
White Hot Chocolate - Made With Semi-skimmed Milk - Primo - In Store	183	8.8	20.7	-	19.1	7.7	0.3
White Hot Chocolate - Made With Semi-skimmed Milk - Primo - Take Away	206	10.5	23.1	-	21.4	8.6	0.4
White Hot Chocolate - Made With Semi-skimmed Milk - Medio	267	13.4	30	-	27.8	11.1	0.5
White Hot Chocolate - Made With Semi-skimmed Milk - Massimo	337	17.1	37.8	-	35	14	0.6
White Hot Chocolate - Made With Skimmed Milk - Primo - In Store	154	8.6	20.1	-	18.4	4.6	0.3
White Hot Chocolate - Made With Skimmed Milk - Primo - Take Away	170	10.3	22.3	-	20.6	4.7	0.4
White Hot Chocolate - Made With Skimmed Milk - Medio	221	13.1	29	-	26.8	6.2	0.5
White Hot Chocolate - Made With Skimmed Milk - Massimo	278	16.6	36.6	-	33.8	7.7	0.6
White Hot Chocolate - Made With Whole Milk - Primo - In Store	225	8.3	20.3	-	18.6	12.3	0.3
White Hot Chocolate - Made With Whole Milk - Primo - Take Away	258	10	22.6	-	20.9	14.3	0.4
White Hot Chocolate - Made With Whole Milk - Medio	333	12.8	29.3	-	27.1	18.4	0.5
White Hot Chocolate - Made With Whole Milk - Massimo	421	16.2	37	-	34.2	23.3	0.6
White Hot Chocolate - Made With Lacto-free Milk Drink - Primo - In Store	168	8.8	16.5	-	14.9	7.3	0.2
White Hot Chocolate - Made With Lacto-free Milk Drink - Primo - Take Away	188	10.5	17.9	-	16.2	8	0.3
White Hot Chocolate - Made With Lacto-free Milk Drink - Medio	244	13.4	23.4	-	21.2	10.5	0.4
White Hot Chocolate - Made With Lacto-free Milk Drink - Massimo	308	17.1	29.4	-	26.6	13.2	0.4
White Hot Chocolate - Made With Soya Drink - Primo - In Store	175	8.3	16.5	-	14.4	8.1	0.3
White Hot Chocolate - Made With Soya Drink - Primo - Take Away	196	10	17.9	-	15.7	9.1	0.3
White Hot Chocolate - Made With Soya Drink - Medio	254	12.8	23.4	-	20.5	11.8	0.4
White Hot Chocolate - Made With Soya Drink - Massimo	320	16.2	29.4	-	25.8	14.9	0.5
White Hot Chocolate - Made With Coconut Drink - Primo - In Store	156	4.6	17.8	-	16.1	7.1	0.3
White Hot Chocolate - Made With Coconut Drink - Primo - Take Away	172	5.3	19.4	-	17.8	7.8	0.3
White Hot Chocolate - Made With Coconut Drink - Medio	224	6.8	25.4	-	23.1	10.1	0.4
White Hot Chocolate - Made With Coconut Drink - Massimo	283	8.7	32	-	29.2	12.8	0.5
White Hot Chocolate - Made With Almond Drink - Primo - In Store	137	2.5	16.3	-	14.4	6.7	0.2
White Hot Chocolate - Made With Almond Drink - Primo - Take Away	149	2.7	17.6	-	15.7	7.3	0.2
White Hot Chocolate - Made With Almond Drink - Medio	194	3.5	23.1	-	20.5	9.5	0.3
White Hot Chocolate - Made With Almond Drink - Massimo	245	4.5	29	-	25.8	11.9	0.4
White Hot Chocolate - Made With Oat Drink - Primo - In Store	185	2	27.9	-	17.4	6.9	0.3
White Hot Chocolate - Made With Oat Drink - Primo - Take Away	209	2.2	31.9	-	19.3	7.5	0.3
White Hot Chocolate - Made With Oat Drink - Medio	270	2.9	41.2	-	25.1	9.8	0.4
White Hot Chocolate - Made With Oat Drink - Massimo	341	3.6	52.1	-	31.7	12.4	0.5
Ruby Cocoa Hot Chocolate And Cream							
- Made With Semiskimmed Milk -Primo - In Store	297	7.8	20.8	-	16.6	20.6	0.4
- Made With Semiskimmed Milk - Primo - Take Away	359	10.6	28.6	-	22.5	22.9	0.6
- Made With Semiskimmed Milk - Medio - In Store	420	12.3	37	-	28.1	25.3	0.7
- Made With Semiskimmed Milk - Medio - Take Away	446	13.4	40.2	-	30.6	26.3	0.8
- Made With Skimmed Milk - Primo - In Store	272	7.6	20.3	-	16.1	17.9	0.4
- Made With Skimmed Milk - Primo - Take Away	324	10.4	27.8	-	21.8	19.2	0.5
- Made With Skimmed Milk - Medio - In Store	380	12.1	36.1	-	27.3	21	0.7
- Made With Skimmed Milk - Medio - Take Away	402	13.1	39.3	-	29.6	21.6	0.8
- Made With Whole Milk - Primo - In Store	332	7.4	20.5	-	16.2	24.4	0.4
- Made With Whole Milk - Primo - Take Away	409	10.1	28.1	-	22	28.4	0.5
- Made With Whole Milk - Medio - In Store	477	11.8	36.4	-	27.6	31.6	0.7
- Made With Whole Milk - Medio - Take Away	508	12.8	39.6	-	29.9	33.1	0.8
- Made With Lactofree Milk Drink - Primo - In Store	282	7.8	17.3	-	13.1	20.2	0.3
- Made With Lactofree Milk Drink - Primo - Take Away	339	10.6	23.6	-	17.5	22.4	0.5
- Made With Lactofree Milk Drink - Medio - In Store	397	12.3	31.2	-	22.4	24.7	0.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- Made With Lactofree Milk Drink - Medio - Take Away	420	13.4	34	-	24.3	25.6	0.7
- Made With Soya Drink - Primo - In Store	290	7.4	17.3	-	12.7	20.9	0.4
- Made With Soya Drink - Primo - Take Away	349	10.1	23.6	-	17	23.4	0.5
- Made With Soya Drink - Medio - In Store	408	11.8	31.2	-	21.8	25.8	0.6
- Made With Soya Drink - Medio - Take Away	433	12.8	34	-	23.7	26.9	0.7
- Made With Coconut Drink - Primo - In Store	274	4.2	18.4	-	14.1	20	0.4
- Made With Coconut Drink - Primo - Take Away	326	5.6	25.1	-	19	22.2	0.5
- Made With Coconut Drink - Medio - In Store	383	6.6	33	-	24.1	24.4	0.6
- Made With Coconut Drink - Medio - Take Away	405	7.2	35.9	-	26.2	25.3	0.7
- Made With Almond Drink - Primo - In Store	258	2.5	17.2	-	12.7	19.7	0.3
- Made With Almond Drink - Primo - Take Away	304	3.1	23.3	-	17	21.7	0.4
- Made With Almond Drink - Medio - In Store	357	3.8	31	-	21.8	23.8	0.6
- Made With Almond Drink - Medio - Take Away	377	4.1	33.7	-	23.7	24.7	0.6
- Made With Oat Milk Drink - Primo - In Store	298	2.1	26.8	-	15.2	19.9	0.4
- Made With Oat Milk Drink - Primo - Take Away	361	2.6	37.1	-	20.5	21.9	0.5
- Made With Oat Milk Drink - Medio - In Store	423	3.2	46.7	-	25.8	24.1	0.7
- Made With Oat Milk Drink - Medio - Take Away	449	3.4	50.9	-	28.1	25	0.7
Chai Latte							
Chai Latte - Made With Semiskimmed Milk - Primo - In Store	145	7.9	20.6	-	19.5	3.8	0.3
Chai Latte - Made With Semiskimmed Milk - Primo - Take Away	168	9.7	22.9	-	21.9	4.7	0.3
Chai Latte - Made With Semiskimmed Milk - Medio	215	12.3	29.7	-	28.3	6	0.4
Chai Latte - Made With Semiskimmed Milk - Massimo	274	15.8	37.7	-	36	7.7	0.5
Chai Latte - Made With Skimmed Milk - Primo - In Store	113	7.7	19.9	-	18.8	0.5	0.2
Chai Latte - Made With Skimmed Milk - Primo - Take Away	129	9.4	22.1	-	21	0.6	0.3
Chai Latte - Made With Skimmed Milk - Medio	166	11.9	28.7	-	27.3	0.7	0.4
Chai Latte - Made With Skimmed Milk - Massimo	211	15.3	36.3	-	34.7	0.9	0.5
Chai Latte - Made With Whole Milk - Primo - In Store	190	7.5	20.1	-	19.1	8.8	0.2
Chai Latte - Made With Whole Milk - Primo - Take Away	223	9.1	22.4	-	21.3	10.7	0.3
Chai Latte - Made With Whole Milk - Medio	285	11.6	29	-	27.6	13.7	0.4
Chai Latte - Made With Whole Milk - Massimo	364	14.9	36.8	-	35.1	17.6	0.5
Chai Latte - Made With Lactofree Milk Drink - Primo - In Store	129	7.9	16.1	-	15	3.4	0.2
Chai Latte - Made With Lactofree Milk Drink - Primo - Take Away	149	9.7	17.4	-	16.4	4.1	0.2
Chai Latte - Made With Lactofree Milk Drink - Medio	191	12.3	22.7	-	21.3	5.3	0.3
Chai Latte - Made With Lactofree Milk Drink - Massimo	243	15.8	28.7	-	27	6.8	0.3
Chai Latte - Made With Soya Drink - Primo - In Store	136	7.5	16.1	-	14.6	4.3	0.2
Chai Latte - Made With Soya Drink - Primo - Take Away	157	9.1	17.4	-	15.8	5.2	0.2
Chai Latte - Made With Soya Drink - Medio	201	11.6	22.7	-	20.6	6.7	0.3
Chai Latte - Made With Soya Drink - Massimo	256	14.9	28.7	-	26.1	8.6	0.4
Chai Latte - Made With Coconut Drink - Primo - In Store	116	3.4	17.4	-	16.4	3.2	0.2
Chai Latte - Made With Coconut Drink - Primo - Take Away	132	4.2	19.1	-	18	3.9	0.2
Chai Latte - Made With Coconut Drink - Medio	170	5.3	24.8	-	23.4	4.9	0.3
Chai Latte - Made With Coconut Drink - Massimo	216	6.8	31.4	-	29.7	6.3	0.4
Chai Latte - Made With Almond Drink - Primo - In Store	95	1.2	15.9	-	14.6	2.7	0.1
Chai Latte - Made With Almond Drink - Primo - Take Away	107	1.4	17.2	-	15.8	3.3	0.2
Chai Latte - Made With Almond Drink - Medio	138	1.8	22.4	-	20.6	4.2	0.2
Chai Latte - Made With Almond Drink - Massimo	175	2.3	28.2	-	26.1	5.4	0.3
Chai Latte - Made With Oat Drink - Primo - In Store	147	0.7	28.2	-	17.7	2.9	0.2
Chai Latte - Made With Oat Drink - Primo - Take Away	171	0.9	32.3	-	19.7	3.6	0.3
Chai Latte - Made With Oat Drink - Medio	219	1.1	41.6	-	25.5	4.6	0.3
Chai Latte - Made With Oat Drink - Massimo	279	1.4	53	-	32.4	5.9	0.4

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Milk Babyccino							
Milk Babyccino - Made With Whole Milk	59	3	4.1	-	4.1	3.5	0.1
Milk Babyccino - Made With Semi-Skimmed Milk	41	3.2	4.2	-	4.2	1.5	0.1
Milk Babyccino - Made With Skimmed Milk	29	3.1	4	-	4	0.2	0.1
Milk Babyccino - Made With Lacto-Free Milk Drink	35	3.2	2.4	-	2.4	1.4	0.1
Milk Babyccino - Made With Soya Drink	38	3	2.4	-	2.3	1.7	0.1
Milk Babyccino - Made With Coconut Drink	30	1.4	3	-	3	1.3	0.1
Milk Babyccino - Made With Oat Drink	42	0.3	7.3	-	3.5	1.2	0.1
Mini Hot Chocolate - With Marchmalllow							
Mini Hot Chocolate With Marshmallow - Made With Semi-Skimmed Milk	84	3.6	13.3	-	11	1.9	0.1
Mini Hot Chocolate With Marshmallow - Made With Skimmed Milk	72	3.5	13	-	10.7	0.7	0.1
Mini Hot Chocolate With Marshmallow - Made With Whole Milk	101	3.4	13.1	-	10.8	3.7	0.1
Mini Hot Chocolate With Marshmallow - Made With Lacto-Free Milk Drink	78	3.6	11.6	-	9.3	1.7	0.1
Mini Hot Chocolate With Marshmallow - Made With Soya Drink	81	3.4	11.6	-	9.1	2.1	0.1
Mini Hot Chocolate With Marshmallow - Made With Coconut Drink	73	1.9	12.1	-	9.8	1.7	0.1
Mini Hot Chocolate With Marshmallow - Made With Oat Drink	85	0.9	16.1	-	10.3	1.6	0.1
Mini Hot Chocolate - With Flake							
Mini Hot Chocolate With Flake - Made With Semi-Skimmed Milk	107	4	12.9	-	11.7	4.4	0.1
Mini Hot Chocolate With Flake - Made With Skimmed Milk	95	3.9	12.6	-	11.4	3.1	0.1
Mini Hot Chocolate With Flake - Made With Whole Milk	123	3.9	12.7	-	11.5	6.2	0.1
Mini Hot Chocolate With Flake - Made With Lacto-Free Milk Drink	101	4	11.2	-	10	4.2	0.1
Mini Hot Chocolate With Flake - Made With Soya Drink	103	3.9	11.2	-	9.9	4.5	0.1
Mini Hot Chocolate With Flake - Made With Coconut Drink	96	2.4	11.7	-	10.5	4.1	0.1
Mini Hot Chocolate With Flake - Made With Oat Drink	108	1.4	15.7	-	11	4	0.1

COLD DRINKS

Iced Espresso							
Iced Espresso - Solo	16	0.2	3.7	-	3.5	0.1	0
Iced Espresso - Doppio	33	0.4	7.5	-	7.1	0.2	0
Iced Espresso Macchiato							
Iced Espresso Macchiato - Made With Semi-Skimmed Milk - Solo	17	0.3	3.8	-	3.6	0.1	0
Iced Espresso Macchiato - Made With Semi-Skimmed Milk - Doppio	34	0.5	7.6	-	7.2	0.2	0
Iced Espresso Macchiato - Made With Skimmed Milk - Solo	17	0.3	3.8	-	3.6	0.1	0
Iced Espresso Macchiato - Made With Skimmed Milk - Doppio	34	0.5	7.6	-	7.2	0.2	0
Iced Espresso Macchiato - Made With Whole Milk - Solo	18	0.3	3.8	-	3.6	0.2	0
Iced Espresso Macchiato - Made With Whole Milk - Doppio	34	0.5	7.6	-	7.2	0.3	0
Iced Espresso Macchiato - Made With Lacto-Free Milk Drink - Solo	17	0.3	3.8	-	3.6	0.1	0
Iced Espresso Macchiato - Made With Lacto-Free Milk Drink - Doppio	34	0.5	7.5	-	7.1	0.2	0
Iced Espresso Macchiato - Made With Soya Drink - Solo	17	0.3	3.8	-	3.6	0.1	0
Iced Espresso Macchiato - Made With Soya Drink - Doppio	34	0.5	7.5	-	7.1	0.2	0
Iced Espresso Macchiato - Made With Coconut Drink - Solo	17	0.2	3.8	-	3.6	0.1	0
Iced Espresso Macchiato - Made With Coconut Drink - Doppio	34	0.4	7.5	-	7.1	0.2	0
Iced Espresso Macchiato - Made With Almond Drink - Solo	17	0.2	3.8	-	3.6	0.1	0
Iced Espresso Macchiato - Made With Almond Drink - Doppio	33	0.4	7.5	-	7.1	0.2	0
Iced Espresso Macchiato - Made With Oat Drink - Doppio	17	0.2	3.9	-	3.6	0.1	0
Iced Espresso Macchiato - Made With Oat Drink - Doppio	34	0.4	7.6	-	7.2	0.2	0
Iced Cortado							
Iced Cortado - Made With Semiskimmed Milk	55	3.1	7.6	-	7.5	1.5	0.1
Skimmed Milk	43	3	7.3	-	7.2	0.2	0.1
Iced Cortado - Made WithWhole Milk	72	2.9	7.4	-	7.3	3.4	0.1

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Lacto-Free Milk Drink	49	3.1	5.9	-	5.8	1.3	0.1
Iced Cortado - Made WithSoya Drink	51	2.9	5.9	-	5.6	1.7	0.1
Coconut Drink	44	1.4	6.4	-	6.3	1.3	0.1
Iced Cortado - Made WithAlmond Drink	36	0.6	5.8	-	5.6	1.1	0.1
Drink	55	0.4	10.5	-	6.8	1.2	0.1
Iced Mocha Cortado							
Iced Mocha Cortado - Made With Semi-Skimmed Milk	56	3.1	7.3	-	5.4	1.7	0.1
Iced Mocha Cortado - Made With Skimmed Milk	45	3	7	-	5.2	0.6	0.1
Iced Mocha Cortado - Made With Whole Milk	71	2.9	7.1	-	5.3	3.4	0.1
Iced Mocha Cortado - Made With Lacto-Free Milk Drink	51	3.1	5.8	-	3.9	1.6	0.1
Iced Mocha Cortado - Made With Soya Drink	53	2.9	5.8	-	3.8	1.9	0.1
Iced Mocha Cortado - Made With Coconut Drink	46	1.6	6.2	-	4.4	1.5	0.1
Iced Mocha Cortado - Made With Almond Drink	39	0.8	5.7	-	3.8	1.3	0.1
Iced Mocha Cortado - Made With Oat Drink	57	0.7	9.8	-	4.8	1.4	0.1
Iced Americano Black							
Iced Americano Black - Primo	19	0.4	4.1	-	3.7	0.2	0
Iced Americano Black - Medio	35	0.5	7.7	-	7.2	0.3	0
Iced Cappuccino (With Whipped Milk)							
Iced Cappuccino - Made With Semi-Skimmed Milk - Primo	67	4	10.3	-	9.7	1.3	0.1
Iced Cappuccino - Made With Semi-Skimmed Milk - Medio	101	5.8	16.2	-	15.5	1.7	0.2
Iced Cappuccino - Made With Skimmed Milk - Primo	60	3.9	10.2	-	9.6	0.5	0.1
Iced Cappuccino - Made With Skimmed Milk - Medio	91	5.7	16	-	15.3	0.7	0.2
Iced Cappuccino - Made With Whole Milk - Primo	77	3.9	10.2	-	9.6	2.4	0.1
Iced Cappuccino - Made With Whole Milk - Medio	115	5.7	16.1	-	15.3	3.3	0.2
Iced Cappuccino (Shaken)							
Iced Cappuccino (Shaken) - Made With Semi-Skimmed Milk - Primo	63	3.7	8.6	-	8.2	1.8	0.1
Iced Cappuccino (Shaken) - Made With Semi-Skimmed Milk - Medio	79	3.9	12.2	-	11.7	1.9	0.1
Iced Cappuccino (Shaken) - Made With Skimmed Milk - Primo	50	3.6	8.3	-	7.9	0.4	0.1
Iced Cappuccino (Shaken) - Made With Skimmed Milk - Medio	65	3.8	11.9	-	11.4	0.5	0.1
Iced Cappuccino (Shaken) - Made With Whole Milk - Primo	82	3.5	8.4	-	8	3.9	0.1
Iced Cappuccino (Shaken) - Made With Whole Milk - Medio	98	3.7	12	-	11.5	4	0.1
Iced Cappuccino (Shaken) - Made With Lacto-Free Milk Drink - Primo	57	3.7	6.7	-	6.3	1.6	0.1
Iced Cappuccino (Shaken) - Made With Lacto-Free Milk Drink - Medio	72	3.9	10.3	-	9.8	1.7	0.1
Iced Cappuccino (Shaken) - Made With Soya Drink - Primo	59	3.5	6.7	-	6.1	2	0.1
Iced Cappuccino (Shaken) - Made With Soya Drink - Medio	75	3.7	10.3	-	9.6	2.1	0.1
Iced Cappuccino (Shaken) - Made With Coconut Drink - Primo	51	1.8	7.3	-	6.9	1.5	0.1
Iced Cappuccino (Shaken) - Made With Coconut Drink - Medio	66	2	10.9	-	10.3	1.6	0.1
Iced Cappuccino (Shaken) - Made With Almond Drink - Primo	42	0.9	6.6	-	6.1	1.3	0.1
Iced Cappuccino (Shaken) - Made With Almond Drink - Medio	58	1	10.2	-	9.6	1.4	0.1
Iced Cappuccino (Shaken) - Made With Oat Drink - Primo	64	0.7	11.8	-	7.4	1.4	0.1
Iced Cappuccino (Shaken) - Made With Oat Drink - Medio	80	0.8	15.4	-	10.9	1.5	0.1
Honeycomb Iced Cappuccino							
Honeycomb Iced Cappuccino - Made With Semi-Skimmed Milk - Primo	119	3.9	23.8	-	22.3	1.2	0.6
Honeycomb Iced Cappuccino - Made With Semi-Skimmed Milk - Medio	163	5.7	32.3	-	30.5	1.6	0.8
Honeycomb Iced Cappuccino - Made With Skimmed Milk - Primo	112	3.8	23.6	-	22.1	0.4	0.5
Honeycomb Iced Cappuccino - Made With Skimmed Milk - Medio	154	5.6	32.1	-	30.3	0.6	0.7
Honeycomb Iced Cappuccino - Made With Whole Milk - Primo	129	3.8	23.7	-	22.2	2.3	0.5
Honeycomb Iced Cappuccino - Made With Whole Milk - Medio	177	5.6	32.1	-	30.3	3.2	0.7
Honeycomb Iced Cappuccino - Made With Lacto-Free Milk Drink - Primo	115	3.9	22.8	-	21.3	1.1	0.5
Honeycomb Iced Cappuccino - Made With Lacto-Free Milk Drink - Medio	158	5.7	30.9	-	29.1	1.5	0.7

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Honeycomb Iced Cappuccino - Made With Soya Drink - Primo	117	3.8	22.8	-	21.2	1.3	0.5
Honeycomb Iced Cappuccino - Made With Soya Drink - Medio	161	5.6	30.9	-	28.9	1.8	0.7
Honeycomb Iced Cappuccino - Made With Coconut Drink - Primo	112	2.9	23.1	-	21.6	1	0.5
Honeycomb Iced Cappuccino - Made With Coconut Drink - Medio	154	4.3	31.3	-	29.5	1.4	0.7
Honeycomb Iced Cappuccino - Made With Almond Drink - Primo	108	2.4	22.7	-	21.2	0.9	0.5
Honeycomb Iced Cappuccino - Made With Almond Drink - Medio	148	3.6	30.8	-	28.9	1.3	0.7
Honeycomb Iced Cappuccino - Made With Oat Drink - Primo	119	2.3	25.5	-	21.9	1	0.5
Honeycomb Iced Cappuccino - Made With Oat Drink - Medio	164	3.5	34.7	-	29.9	1.3	0.7
Iced Latte (Standard)							
Iced Latte - Made With Semiskimmed Milk - Primo	100	6.5	12.4	-	12	3.2	0.2
Iced Latte - Made With Semiskimmed Milk - Medio	139	6.5	18.3	-	17.9	4.1	0.3
Iced Latte - Made With Skimmed Milk - Primo	75	6.4	11.8	-	11.4	0.6	0.2
Iced Latte - Made With Skimmed Milk - Medio	107	8.2	17.6	-	17.2	0.7	0.2
Iced Latte - Made With Whole Milk - Primo	135	6.2	12	-	11.6	7	0.2
Iced Latte - Made With Whole Milk - Medio	185	8	17.8	-	17.4	9.2	0.2
Iced Latte - Made With Lactofree Milk Drink - Primo	88	6.5	8.9	-	8.5	2.8	0.1
Iced Latte - Made With Lactofree Milk Drink - Medio	123	8.5	13.7	-	13.3	3.7	0.2
Iced Latte - Made With Soya Drink - Primo	93	6.2	8.9	-	8.1	3.5	0.2
Iced Latte - Made With Soya Drink - Medio	130	8	13.7	-	12.8	4.6	0.2
Iced Latte - Made With Coconut Drink - Primo	77	3	9.9	-	9.5	2.7	0.2
Iced Latte - Made With Coconut Drink - Medio	109	3.9	15.1	-	14.7	3.4	0.2
Iced Latte - Made With Almond Drink - Primo	61	1.3	8.7	-	8.1	2.3	0.1
Iced Latte - Made With Almond Drink - Medio	88	1.6	13.5	-	12.8	3	0.2
Iced Latte - Made With Oat Drink - Primo	102	0.9	18.3	-	10.6	2.5	0.2
Iced Latte - Made With Oat Drink - Medio	141	1.1	26.1	-	16.1	3.2	0.2
Honeycomb Iced Latte (Shaken)							
Honeycomb Iced Latte (Shaken) - Made With Semi-Skimmed Milk - Primo	157	6.3	27.1	-	25.8	3.1	0.6
Honeycomb Iced Latte (Shaken) - Made With Semi-Skimmed Milk - Medio	209	8.5	36	-	34.3	4.1	0.8
Honeycomb Iced Latte (Shaken) - Made With Skimmed Milk - Primo	133	6.2	26.5	-	25.2	0.5	0.6
Honeycomb Iced Latte (Shaken) - Made With Skimmed Milk - Medio	177	8.2	35.3	-	33.6	0.7	0.8
Honeycomb Iced Latte (Shaken) - Made With Whole Milk - Primo	192	6	26.7	-	25.4	6.9	0.6
Honeycomb Iced Latte (Shaken) - Made With Whole Milk - Medio	255	8	35.6	-	33.9	9.2	0.8
Honeycomb Iced Latte (Shaken) - Made With Lactofree Milk Drink - Primo	145	6.3	23.6	-	22.3	2.7	0.6
Honeycomb Iced Latte (Shaken) - Made With Lactofree Milk Drink - Medio	193	8.5	31.4	-	29.7	3.7	0.8
Honeycomb Iced Latte (Shaken) - Made With Soya Drink - Primo	150	6	23.6	-	21.9	3.4	0.6
Honeycomb Iced Latte (Shaken) - Made With Soya Drink - Medio	200	8	31.4	-	29.3	4.6	0.8
Honeycomb Iced Latte (Shaken) - Made With Coconut Drink - Primo	134	2.8	24.6	-	24.6	2.6	0.6
Honeycomb Iced Latte (Shaken) - Made With Coconut Drink - Medio	179	3.9	32.8	-	32.8	3.4	0.8
Honeycomb Iced Latte (Shaken) - Made With Almond Drink - Primo	119	1.1	23.4	-	23.4	2.2	0.5
Honeycomb Iced Latte (Shaken) - Made With Almond Drink - Medio	159	1.6	31.2	-	31.2	3	0.7
Honeycomb Iced Latte (Shaken) - Made With Oat Drink - Primo	159	0.7	33	-	33	2.4	0.6
Honeycomb Iced Latte (Shaken) - Made With Oat Drink - Medio	212	1.1	43.8	-	43.8	3.2	0.8
Iced Latte Base For Speciality Latte (Without Gomme Syrup)							
Primo	87	6.5	9	-	9	3.2	0.2
Medio	112	8.5	11.6	-	11.6	4.1	0.3
Iced Latte Base For Speciality Latte - Made With Skimmed Milk - Primo	62	6.4	8.5	-	8.5	0.6	0.2
Iced Latte Base For Speciality Latte - Made With Skimmed Milk - Medio	80	8.2	10.9	-	10.9	0.7	0.2
Iced Latte Base For Speciality Latte - Made With Whole Milk - Primo	122	6.2	8.7	-	8.7	7	0.2
Iced Latte Base For Speciality Latte - Made With Whole Milk - Medio	158	8	11.2	-	11.2	9.2	0.2
Iced Latte Base For Speciality Latte - Made With Lacto-Free Milk Drink - Primo	74	6.5	5.5	-	5.5	2.8	0.1

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Medio	96	8.5	7	-	7	3.7	0.2
Iced Latte Base For Speciality Latte - Made With Soya Drink - Primo	80	6.2	5.5	-	5.5	3.5	0.2
Iced Latte Base For Speciality Latte - Made With Soya Drink - Medio	103	8	7	-	7	4.6	0.2
Iced Latte Base For Speciality Latte - Made With Coconut Drink - Primo	64	3	6.6	-	6.2	2.7	0.2
Iced Latte Base For Speciality Latte - Made With Coconut Drink - Medio	82	3.9	8.4	-	8	3.4	0.2
Iced Latte Base For Speciality Latte - Made With Almond Drink - Primo	48	1.3	5.4	-	4.8	2.3	0.1
Ced Latte Base For Speciality Latte - Made With Almond Drink - Medio	61	1.6	6.8	-	6.2	3	0.2
Iced Latte Base For Speciality Latte - Made With Oat Drink - Primo	88	0.9	15	-	7.2	2.5	0.2
Iced Latte Base For Speciality Latte - Made With Oat Drink - Medio	114	1.1	19.4	-	9.4	3.2	0.2
Iced Chai Latte							
Iced Chai Latte - Made With Semi-Skimmed Milk - Primo - In Store	97	4.4	15.6	-	14.8	2.1	0.1
Iced Chai Latte - Made With Semi-Skimmed Milk - Primo - Take Away	99	4.6	15.9	-	15	2.2	0.2
Iced Chai Latte - Made With Semi-Skimmed Milk - Medio - In Store	126	5.6	20.5	-	19.4	2.7	0.2
Iced Chai Latte - Made With Semi-Skimmed Milk - Medio - Take Away	130	6	21	-	19.9	2.9	0.2
Iced Chai Latte - Made With Skimmed Milk - Primo - In Store	79	4.3	15.2	-	14.4	0.3	0.1
Iced Chai Latte - Made With Skimmed Milk - Primo - Take Away	81	4.4	15.5	-	14.6	0.3	0.1
Iced Chai Latte - Made With Skimmed Milk - Medio - In Store	103	5.4	20	-	18.9	0.3	0.2
Iced Chai Latte - Made With Skimmed Milk - Medio - Take Away	106	5.8	20.5	-	19.4	0.3	0.2
Iced Chai Latte - Made With Whole Milk - Primo - In Store	122	4.1	15.4	-	14.5	4.9	0.1
Iced Chai Latte - Made With Whole Milk - Primo - Take Away	125	4.3	15.6	-	14.8	5.1	0.1
Iced Chai Latte - Made With Whole Milk - Medio - In Store	158	5.3	20.2	-	19.1	6.2	0.2
Iced Chai Latte - Made With Whole Milk - Medio - Take Away	164	5.6	20.6	-	19.5	6.6	0.2
Iced Chai Latte - Made With Lacto-Free Milk Drink - Primo - In Store	88	4.4	13.1	-	12.3	1.9	0.1
Iced Chai Latte - Made With Lacto-Free Milk Drink - Primo - Take Away	90	4.6	13.3	-	12.4	2	0.1
Iced Chai Latte - Made With Lacto-Free Milk Drink - Medio - In Store	114	5.6	17.3	-	16.2	2.4	0.1
Iced Chai Latte - Made With Lacto-Free Milk Drink - Medio - Take Away	118	6	17.6	-	16.5	2.6	0.1
Iced Chai Latte - Made With Soya Drink - Primo - In Store	92	4.1	13.1	-	12	2.4	0.1
Iced Chai Latte - Made With Soya Drink - Primo - Take Away	94	4.3	13.3	-	12.2	2.5	0.1
Iced Chai Latte - Made With Soya Drink - Medio - In Store	119	5.3	17.3	-	15.9	3	0.1
Iced Chai Latte - Made With Soya Drink - Medio - Take Away	123	5.6	17.6	-	16.1	3.2	0.2
Iced Chai Latte - Made With Coconut Drink - Primo - In Store	80	1.9	13.9	-	13	1.8	0.1
Iced Chai Latte - Made With Coconut Drink - Primo - Take Away	82	2	14	-	13.2	1.8	0.1
Iced Chai Latte - Made With Coconut Drink - Medio - In Store	105	2.4	18.3	-	17.2	2.2	0.1
Iced Chai Latte - Made With Coconut Drink - Medio - Take Away	108	2.6	18.6	-	17.5	2.4	0.2
Iced Chai Latte - Made With Almond Drink - Primo - In Store	69	0.6	13	-	12	1.5	0.1
Iced Chai Latte - Made With Almond Drink - Primo - Take Away	70	0.7	13.1	-	12.2	1.6	0.1
Iced Chai Latte - Made With Almond Drink - Medio - In Store	90	0.8	17.2	-	15.9	1.9	0.1
Iced Chai Latte - Made With Almond Drink - Medio - Take Away	93	0.9	17.4	-	16.1	2	0.1
Iced Chai Latte - Made With Oat Drink - Primo - In Store	98	0.4	19.9	-	13.8	1.6	0.1
Iced Chai Latte - Made With Oat Drink - Primo - Take Away	100	0.4	20.3	-	14	1.7	0.1
Iced Chai Latte - Made With Oat Drink - Medio - In Store	127	0.5	26	-	18.1	2.1	0.2
Iced Chai Latte - Made With Oat Drink - Medio - Take Away	132	0.5	26.8	-	18.5	2.2	0.2
Iced Flat White (With Whipped Milk)							
Iced Flat White - Made With Semi-Skimmed Milk	78	5.1	10.3	-	10.1	2.2	0.2
Iced Flat White - Made With Skimmed Milk	61	5	9.9	-	9.7	0.4	0.1
Iced Flat White - Made With Whole Milk	102	4.8	10	-	9.8	4.8	0.1
Iced Chocolate							
Iced Chocolate - Made With Semi-Skimmed Milk - Primo - In Store	184	8.7	25.6	-	21.4	5.1	0.3
Iced Chocolate - Made With Semi-Skimmed Milk - Primo - Take Away	188	9	26	-	21.9	5.3	0.4
Iced Chocolate - Made With Semi-Skimmed Milk - Medio - In Store	246	10.7	35.3	-	29.1	6.5	0.5

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Iced Chocolate - Made With Semi-Skimmed Milk - Medio - Take Away	262	12	36.9	-	30.7	7.1	0.5
Iced Chocolate - Made With Skimmed Milk - Primo - In Store	156	8.5	25	-	20.8	2.1	0.3
Iced Chocolate - Made With Skimmed Milk - Primo - Take Away	159	8.8	25.4	-	21.3	2.1	0.3
Iced Chocolate - Made With Skimmed Milk - Medio - In Store	246	10.7	35.3	-	29.1	6.5	0.5
Iced Chocolate - Made With Skimmed Milk - Medio - Take Away	262	12	36.9	-	30.7	7.1	0.5
Iced Chocolate - Made With Whole Milk - Primo - In Store	224	8.3	25.2	-	21	9.5	0.3
Iced Chocolate - Made With Whole Milk - Primo - Take Away	230	8.6	25.6	-	21.5	9.9	0.3
Iced Chocolate - Made With Whole Milk - Medio - In Store	293	10.3	34.8	-	28.6	11.7	0.4
Iced Chocolate - Made With Whole Milk - Medio - Take Away	316	11.4	36.4	-	30.2	13.1	0.5
Iced Chocolate - Made With Lacto-Free Milk Drink - Primo - In Store	170	8.7	21.6	-	17.4	4.7	0.3
Iced Chocolate - Made With Lacto-Free Milk Drink - Primo - Take Away	174	9	21.8	-	17.7	4.8	0.3
Iced Chocolate - Made With Lacto-Free Milk Drink - Medio - In Store	229	10.7	30.6	-	24.4	6.1	0.4
Iced Chocolate - Made With Lacto-Free Milk Drink - Medio - Take Away	243	12	31.5	-	25.3	6.6	0.4
Iced Chocolate - Made With Soya Drink - Primo - In Store	176	8.3	21.6	-	17	5.5	0.3
Iced Chocolate - Made With Soya Drink - Primo - Take Away	180	8.6	21.8	-	17.3	5.7	0.3
Iced Chocolate - Made With Soya Drink - Medio - In Store	236	10.3	30.6	-	23.9	7	0.4
Iced Chocolate - Made With Soya Drink - Medio - Take Away	251	11.4	31.5	-	24.8	7.7	0.4
Iced Chocolate - Made With Coconut Drink - Primo - In Store	158	4.7	22.8	-	18.6	4.5	0.3
Iced Chocolate - Made With Coconut Drink - Primo - Take Away	161	4.8	23.1	-	19	4.6	0.3
Iced Chocolate - Made With Coconut Drink - Medio - In Store	215	6	32	-	25.8	5.8	0.4
Iced Chocolate - Made With Coconut Drink - Medio - Take Away	227	6.6	33.1	-	26.9	6.3	0.4
Iced Chocolate - Made With Almond Drink - Primo - In Store	140	2.7	21.4	-	17	4.1	0.3
Iced Chocolate - Made With Almond Drink - Primo - Take Away	142	2.7	21.6	-	17.3	4.2	0.3
Iced Chocolate - Made With Almond Drink - Medio - In Store	194	3.7	30.3	-	23.9	5.4	0.3
Iced Chocolate - Made With Almond Drink - Medio - Take Away	202	3.9	31.2	-	24.8	5.8	0.4
Iced Chocolate - Made With Oat Drink - Primo - In Store	186	2.3	32.4	-	19.8	4.3	0.3
Iced Chocolate - Made With Oat Drink - Primo - Take Away	190	2.3	33.2	-	20.2	4.4	0.3
Iced Chocolate - Made With Oat Drink - Medio - In Store	248	3.2	43.3	-	27.2	5.6	0.4
Iced Chocolate - Made With Oat Drink - Medio - Take Away	264	3.3	46.1	-	28.6	6.1	0.4
Iced Mocha							
Iced Mocha - Made With Semiskimmed Milk - Primo	121	5.8	17.1	-	11.5	3.4	0.1
Iced Mocha - Made With Semiskimmed Milk - Medio	161	7.6	22.7	-	15.3	4.6	0.2
Iced Mocha - Made With Skimmed Milk - Primo	104	5.6	16.7	-	11.2	1.6	0.1
Iced Mocha - Made With Skimmed Milk - Medio	138	7.5	22.2	-	14.8	2.1	0.2
Iced Mocha - Made With Whole Milk - Primo	146	5.5	16.8	-	11.3	6.2	0.1
Iced Mocha - Made With Whole Milk - Medio	194	7.3	22.4	-	15	8.2	0.2
Iced Mocha - Made With Lacto-Free Milk Drink - Primo	113	5.8	14.6	-	9	3.2	0.1
Iced Mocha - Made With Lacto-Free Milk Drink - Medio	150	7.6	19.4	-	12	4.2	0.1
Iced Mocha - Made With Soya Drink - Primo	116	5.5	14.6	-	8.8	3.7	0.1
Iced Mocha - Made With Soya Drink - Medio	155	7.3	19.4	-	11.7	4.9	0.2
Iced Mocha - Made With Coconut Drink - Primo	105	3.3	15.3	-	9.8	3.1	0.1
Iced Mocha - Made With Coconut Drink - Medio	140	4.3	20.4	-	13	4.1	0.2
Iced Mocha - Made With Almond Drink - Primo	94	2	14.5	-	8.8	2.8	0.1
Iced Mocha - Made With Almond Drink - Medio	125	2.7	19.2	-	11.7	3.7	0.1
Iced Mocha - Made With Oat Drink - Primo	123	1.8	21.3	-	10.5	2.9	0.1
Iced Mocha - Made With Oat Drink - Medio	163	2.3	28.3	-	14	3.9	0.2
Peach Iced Tea							
Peach Iced Tea - Primo - In Store	67	0.1	14.9	-	14	0.5	0.2
Peach Iced Tea - Primo - Take Away	67	0.1	14.9	-	14	0.5	0.2
Peach Iced Tea - Medio - In Store	87	0.2	19.5	-	18.6	0.6	0.2

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Peach Iced Tea - Medio - Take Away	87	0.2	19.5	-	18.6	0.6	0.2
Strawberry Iced Tea							
Strawberry Iced Tea - Primo - In Store	67	0.2	14.9	-	12.2	0.4	0
Strawberry Iced Tea - Primo - Take Away	67	0.2	14.9	-	12.2	0.4	0
Strawberry Iced Tea - Medio - In Store	88	0.2	19.7	-	16.1	0.6	0
Strawberry Iced Tea - Medio - Take Away	88	0.2	19.7	-	16.1	0.6	0
Classic Lemonade							
Classic Lemonade - Primo - In Store	35	0.2	8.1	-	6.9	0.2	0
Classic Lemonade - Primo - Take Away	36	0.2	8.3	-	7.2	0.2	0
Classic Lemonade - Medio - In Store	42	0.3	9.7	-	8.6	0.2	0.1
Classic Lemonade - Medio - Take Away	46	0.3	10.6	-	9.4	0.3	0.1
Strawberry Lemonade							
Strawberry Lemonade - Primo - In Store	75	0.3	17.7	-	14.7	0.5	0.1
Strawberry Lemonade - Primo - Take Away	76	0.3	17.9	-	15	0.5	0.1
Strawberry Lemonade - Medio - In Store	103	0.4	24.1	-	20.3	0.6	0.1
Strawberry Lemonade - Medio - Take Away	106	0.4	25	-	21.1	0.6	0.1
Honeycomb Lemonade							
Honeycomb Lemonade - Primo - In Store	79	0.2	19.4	-	18.3	0.2	0.3
Honeycomb Lemonade - Primo- Take Away	80	0.2	19.6	-	18.5	0.2	0.3
Honeycomb Lemonade - Medio - In Store	111	0.2	27	-	25.7	0.2	0.5
Honeycomb Lemonade - Medio - Take Away	114	0.2	27.9	-	26.6	0.2	0.5

COFFEE FROSTINOS

Coffee Frostino							
Coffee Frostino - Made With Semi-Skimmed Milk - Primo - In Store	94	3.5	16.6	-	13.3	1.7	0.1
Coffee Frostino - Made With Semi-Skimmed Milk - Primo - Take Away	96	3.7	16.8	-	13.5	1.8	0.1
Coffee Frostino - Made With Semi-Skimmed Milk - Medio - In Store	123	3.9	23.1	-	18	1.9	0.1
Coffee Frostino - Made With Semi-Skimmed Milk - Medio - Take Away	128	4.3	23.6	-	18.5	2.1	0.2
Coffee Frostino - Made With Skimmed Milk - Primo - In Store	81	3.4	16.3	-	13	0.3	0.1
Coffee Frostino - Made With Skimmed Milk - Primo - Take Away	82	3.6	16.5	-	13.2	0.3	0.1
Coffee Frostino - Made With Skimmed Milk - Medio - In Store	109	3.8	22.8	-	17.7	0.4	0.1
Coffee Frostino - Made With Skimmed Milk - Medio - Take Away	112	4.1	23.3	-	18.1	0.4	0.1
Coffee Frostino - Made With Whole Milk - Primo - In Store	113	3.3	16.4	-	13.1	3.8	0.1
Coffee Frostino - Made With Whole Milk - Primo - Take Away	116	3.5	16.6	-	13.3	4	0.1
Coffee Frostino - Made With Whole Milk - Medio - In Store	143	3.7	22.9	-	17.8	4.1	0.1
Coffee Frostino - Made With Whole Milk - Medio - Take Away	150	4	23.4	-	18.3	4.5	0.1
Coffee Frostino - Made With Lacto-Free Milk Drink - Primo - In Store	88	3.5	14.7	-	11.4	1.5	0.1
Coffee Frostino - Made With Lacto-Free Milk Drink - Primo - Take Away	89	3.7	14.8	-	11.5	1.6	0.1
Coffee Frostino - Made With Lacto-Free Milk Drink - Medio - In Store	116	3.9	21.1	-	16	1.7	0.1
Coffee Frostino - Made With Lacto-Free Milk Drink - Medio - Take Away	120	4.3	21.4	-	16.3	1.9	0.1
Coffee Frostino - Made With Soya Drink - Primo - In Store	90	3.3	14.7	-	11.2	1.9	0.1
Coffee Frostino - Made With Soya Drink - Primo - Take Away	92	3.5	14.8	-	11.3	2	0.1
Coffee Frostino - Made With Soya Drink - Medio - In Store	119	3.7	21.1	-	15.8	2.1	0.1
Coffee Frostino - Made With Soya Drink - Medio - Take Away	123	4	21.4	-	16.1	2.3	0.1
Coffee Frostino - Made With Coconut Drink - Primo - In Store	82	1.6	15.3	-	11.9	1.4	0.1
Coffee Frostino - Made With Coconut Drink - Primo - Take Away	83	1.7	15.4	-	12.1	1.5	0.1
Coffee Frostino - Made With Coconut Drink - Medio - In Store	110	1.9	21.7	-	16.6	1.6	0.1
Coffee Frostino - Made With Coconut Drink - Medio - Take Away	114	2.1	22	-	16.9	1.7	0.1
Coffee Frostino - Made With Almond Drink - Primo - In Store	73	0.7	14.6	-	11.2	1.2	0.1
Coffee Frostino - Made With Almond Drink - Primo - Take Away	74	0.7	14.7	-	11.3	1.3	0.1

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Coffee Frostino - Made With Almond Drink - Medio - In Store	101	0.9	21	-	15.8	1.4	0.1
Coffee Frostino - Made With Almond Drink - Medio - Take Away	104	1	21.3	-	16.1	1.5	0.1
Coffee Frostino - Made With Oat Drink - Primo - In Store	95	0.5	19.8	-	12.5	1.3	0.1
Coffee Frostino - Made With Oat Drink - Primo - Take Away	97	0.5	20.2	-	12.7	1.4	0.1
Coffee Frostino - Made With Oat Drink - Medio - In Store	124	0.7	26.5	-	17.2	1.5	0.1
Coffee Frostino - Made With Oat Drink - Medio - Take Away	129	0.7	27.3	-	17.6	1.6	0.1
Belgian Chocolate & Cream Frostino With Coffee							
- Made With Semi-Skimmed Milk - Primo - In Store	309	5.6	32.3	-	21.9	17.4	0.2
- Made With Semi-Skimmed Milk - Primo - Take Away	311	5.8	32.5	-	22.2	17.4	0.2
- Made With Semi-Skimmed Milk - Medio - In Store	357	6.3	42.2	-	28.4	17.9	0.2
- Made With Semi-Skimmed Milk - Medio - Take Away	362	6.7	42.7	-	28.9	18.1	0.2
- Made With Skimmed Milk - Primo - In Store	296	5.5	32	-	21.7	15.9	0.2
- Made With Skimmed Milk - Primo - Take Away	297	5.7	32.2	-	21.9	15.9	0.2
- Made With Skimmed Milk - Medio - In Store	343	6.2	41.9	-	28.1	16.4	0.2
- Made With Skimmed Milk - Medio - Take Away	346	6.5	42.4	-	28.6	16.4	0.2
- Made With Whole Milk - Primo - In Store	328	5.4	32.1	-	21.8	19.4	0.2
- Made With Whole Milk - Primo - Take Away	331	5.6	32.3	-	22	19.6	0.2
- Made With Whole Milk - Medio - In Store	377	6.1	42	-	28.2	20.1	0.2
- Made With Whole Milk - Medio - Take Away	384	6.4	42.5	-	28.7	20.5	0.2
- Made With Lacto-Free Milk Drink - Primo - In Store	302	5.6	30.4	-	20	17.2	0.1
- Made With Lacto-Free Milk Drink - Primo - Take Away	304	5.8	30.5	-	20.2	17.2	0.1
- Made With Lacto-Free Milk Drink - Medio - In Store	350	6.3	40.2	-	26.4	17.7	0.1
- Made With Lacto-Free Milk Drink - Medio - Take Away	354	6.7	40.5	-	26.7	17.9	0.1
- Made With Soya Drink - Primo - In Store	305	5.4	30.4	-	19.9	17.5	0.1
- Made With Soya Drink - Primo - Take Away	307	5.6	30.5	-	20	17.6	0.1
- Made With Soya Drink - Medio - In Store	353	6.1	40.2	-	26.2	18.1	0.2
- Made With Soya Drink - Medio - Take Away	357	6.4	40.5	-	26.5	18.3	0.2
- Made With Coconut Drink - Primo - In Store	297	3.7	30.9	-	20.6	17.1	0.1
- Made With Coconut Drink - Primo - Take Away	298	3.8	31.1	-	20.8	17.1	0.1
- Made With Coconut Drink - Medio - In Store	344	4.3	40.8	-	27	17.6	0.2
- Made With Coconut Drink - Medio - Take Away	348	4.5	41.2	-	27.4	17.8	0.2
- Made With Almond Drink - Primo - In Store	288	2.8	30.3	-	19.9	16.9	0.1
- Made With Almond Drink - Primo - Take Away	289	2.8	30.4	-	20	16.9	0.1
- Made With Almond Drink - Medio - In Store	335	3.3	40.1	-	26.2	17.4	0.1
- Made With Almond Drink - Medio - Take Away	338	3.4	40.4	-	26.5	17.5	0.1
- Made With Oat Drink - Primo - In Store	310	2.6	35.5	-	21.2	17	0.1
- Made With Oat Drink - Primo - Take Away	312	2.6	35.9	-	21.4	17	0.1
- Made With Oat Drink - Medio - In Store	358	3.1	45.6	-	27.6	17.5	0.2
- Made With Oat Drink - Medio - Take Away	363	3.1	46.4	-	28	17.6	0.2
Salted Caramel & Cream Frostino With Coffee							
- Made With Semi-Skimmed Milk - Primo - In Store	302	4.9	31.5	-	26.7	17.6	0.2
- Made With Semi-Skimmed Milk - Primo - Take Away	304	5.1	31.7	-	26.9	17.7	0.2
- Made With Semi-Skimmed Milk - Medio - In Store	345	5.5	40.2	-	33.4	18.2	0.2
- Made With Semi-Skimmed Milk - Medio - Take Away	349	5.8	40.7	-	33.8	18.4	0.2
- Made With Skimmed Milk - Primo - In Store	289	4.8	31.2	-	26.4	16.2	0.2
- Made With Skimmed Milk - Primo - Take Away	290	5	31.4	-	26.6	16.2	0.2
- Made With Skimmed Milk - Medio - In Store	331	5.4	39.9	-	33.1	16.7	0.2
- Made With Skimmed Milk - Medio - Take Away	334	5.7	40.4	-	33.5	16.8	0.2
- Made With Whole Milk - Primo - In Store	334	4.7	31.3	-	26.5	19.7	0.2
- Made With Whole Milk - Primo - Take Away	324	4.9	31.5	-	26.7	19.9	0.2

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- Made With Whole Milk - Medio - In Store	365	5.3	40	-	33.2	20.4	0.2
- Made With Whole Milk - Medio - Take Away	371	5.6	40.5	-	33.6	20.8	0.2
- Made With Lacto-Free Milk Drink - Primo - In Store	295	4.9	29.6	-	24.8	17.4	0.1
- Made With Lacto-Free Milk Drink - Primo - Take Away	297	5.1	29.7	-	24.9	17.5	0.1
- Made With Lacto-Free Milk Drink -Medio - In Store	338	5.5	38.2	-	31.4	18	0.2
- Made With Lacto-Free Milk Drink - Medio - Take Away	341	5.8	38.5	-	31.6	18.2	0.2
- Made With Soya Drink - Primo - In Store	298	4.7	29.6	-	24.6	17.8	0.1
- Made With Soya Drink - Primo - Take Away	300	4.9	29.7	-	24.7	17.9	0.1
- Made With Soya Drink - Medio - In Store	341	5.3	38.2	-	31.2	18.4	0.2
- Made With Soya Drink - Medio - Take Away	345	5.6	38.5	-	31.4	18.6	0.2
- Made With Coconut Drink - Primo - In Store	290	3	30.1	-	25.4	17.3	0.1
- Made With Coconut Drink - Primo - Take Away	291	3.1	30.3	-	25.5	17.4	0.1
- Made With Coconut Drink - Medio - In Store	332	3.5	38.8	-	32	17.9	0.2
- Made With Coconut Drink - Medio - Take Away	335	3.6	39.2	-	32.3	18.1	0.2
- Made With Almond Drink - Primo - In Store	281	2.1	29.5	-	24.6	17.1	0.1
- Made With Almond Drink - Primo - Take Away	282	2.1	29.6	-	24.7	17.2	0.1
- Made With Almond Drink - Medio - In Store	323	2.5	38.1	-	31.2	17.7	0.1
- Made With Almond Drink - Medio - Take Away	325	2.5	38.4	-	31.4	17.9	0.2
- Made With Oat Drink - Primo - In Store	303	1.9	34.7	-	25.9	17.2	0.2
- Made With Oat Drink - Primo - Take Away	305	1.9	35.1	-	26.1	17.3	0.2
- Made With Oat Drink - Medio - In Store	346	2.3	43.6	-	32.6	17.8	0.2
- Made With Oat Drink - Medio - Take Away	350	2.3	44.4	-	33	18	0.2
Honeycomb Frostino With Light Dairy Swirl (With Coffee)							
- Made With Semiskimmed Milk - Primo - In Store	234	5.5	44.9	-	35.2	3.9	0.8
- Made With Semiskimmed Milk - Primo - Take Away	237	5.7	45.1	-	35.5	3.9	0.8
- Made With Semiskimmed Milk - Medio - In Store	287	5.9	57.4	-	45.7	4	1
- Made With Semiskimmed Milk - Medio - Take Away	292	6.2	57.8	-	46.2	4.2	1
- Made With Skimmed Milk - Primo - In Store	221	5.4	44.6	-	34.9	2.4	0.8
- Made With Skimmed Milk - Primo - Take Away	223	5.6	44.8	-	35.2	2.4	0.8
- Made With Skimmed Milk - Medio - In Store	273	5.8	57.1	-	45.4	2.5	1
- Made With Skimmed Milk - Medio - Take Away	277	6.1	57.5	-	45.9	2.6	1
- Made With Whole Milk - Primo - In Store	253	5.3	44.7	-	35	6	0.8
- Made With Whole Milk - Primo - Take Away	257	5.5	44.9	-	35.3	6.1	0.8
- Made With Whole Milk - Medio - In Store	307	5.7	57.2	-	45.5	6.2	1
- Made With Whole Milk - Medio - Take Away	314	6	57.6	-	46	6.6	1
- Made With Lactofree Milk Drink - Primo - In Store	228	5.5	43	-	33.3	3.7	0.8
- Made With Lactofree Milk Drink - Primo - Take Away	230	5.7	43.1	-	33.5	3.7	0.8
- Made With Lactofree Milk Drink - Medio - In Store	280	5.9	55.4	-	43.7	3.8	0.9
- Made With Lactofree Milk Drink - Medio - Take Awa	284	6.2	55.6	-	44	4	0.9
- Made With Soya Drink - Primo - In Store	231	5.3	43	-	33.1	4.1	0.8
- Made With Soya Drink - Primo - Take Away	233	5.5	43.1	-	33.3	4.1	0.8
- Made With Soya Drink - Medio - In Store	283	5.7	55.4	-	43.5	4.2	0.9
- Made With Soya Drink - Medio - Take Away	288	6	55.6	-	43.8	4.4	0.9
- Made With Coconut Drink - Primo - In Store	222	3.6	43.5	-	33.9	3.6	0.8
- Made With Coconut Drink - Primo - Take Away	224	3.7	43.7	-	34.1	3.6	0.8
- Made With Coconut Drink - Medio - In Store	274	3.9	56	-	44.3	3.7	0.9
- Made With Coconut Drink - Medio - Take Away	278	4	56.3	-	44.7	3.9	0.9
- Made With Almond Drink - Primo - In Store	214	2.6	42.9	-	33.1	3.4	0.8
- Made With Almond Drink - Primo - Take Away	215	2.7	43	-	33.3	3.4	0.8
- Made With Almond Drink - Medio - In Store	265	2.9	55.3	-	43.5	3.5	0.9

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- Made With Almond Drink - Medio - Take Away	268	2.9	55.5	-	43.8	3.7	0.9
- Made With Oat Drink - Primo - In Store	235	2.5	48.1	-	34.5	3.5	0.8
- Made With Oat Drink - Primo - Take Away	238	2.5	48.5	-	34.7	3.5	0.8
- Made With Oat Drink - Medio - In Store	288	2.7	60.8	-	44.9	3.6	0.9
- Made With Oat Drink - Medio - Take Away	293	2.7	61.6	-	45.3	3.8	1

NON-COFFEE FROSTINO

Belgian Chocolate & Cream Frostino							
- Made With Semiskimmed Milk - Primo - In Store	320	6.5	33.3	-	23.2	17.8	0.2
- Made With Semiskimmed Milk - Primo - Take Away	322	6.6	33.5	-	23.4	17.9	0.2
- Made With Semiskimmed Milk - Medio - In Store	379	8	44.3	-	30.8	18.7	0.2
- Made With Semiskimmed Milk - Medio - Take Away	383	8.4	44.7	-	31.3	18.9	0.2
- Made With Skimmed Milk - Primo - In Store	302	6.3	32.9	-	22.8	15.9	0.2
- Made With Skimmed Milk - Primo - Take Away	304	6.5	33.1	-	23	15.9	0.2
- Made With Skimmed Milk - Medio - In Store	356	7.8	43.8	-	30.4	16.3	0.2
- Made With Skimmed Milk - Medio - Take Away	360	8.2	44.2	-	30.8	16.4	0.2
- Made With Whole Milk - Primo - In Store	345	6.2	33	-	22.9	20.5	0.2
- Made With Whole Milk - Primo - Take Away	348	6.4	33.2	-	23.1	20.7	0.2
- Made With Whole Milk - Medio - In Store	411	7.7	43.9	-	30.5	22.3	0.2
- Made With Whole Milk - Medio - Take Away	417	8	44.4	-	31	22.6	0.2
- Made With Lactofree Milk Drink - Primo - In Store	311	6.5	30.8	-	20.7	17.5	0.1
- Made With Lactofree Milk Drink - Primo - Take Away	313	6.6	30.9	-	20.8	17.6	0.1
- Made With Lactofree Milk Drink - Medio - In Store	368	8	41.1	-	27.6	18.4	0.2
- Made With Lactofree Milk Drink - Medio - Take Away	372	8.4	41.3	-	27.9	18.6	0.2
- Made With Soya Drink - Primo - In Store	315	6.2	30.8	-	20.4	18	0.1
- Made With Soya Drink - Primo - Take Away	317	6.4	30.9	-	20.5	18.1	0.2
- Made With Soya Drink - Medio - In Store	372	7.7	41.1	-	27.3	19.1	0.2
- Made With Soya Drink - Medio - Take Away	377	8	41.3	-	27.6	19.2	0.2
- Made With Coconut Drink - Primo - In Store	303	4	31.5	-	21.4	17.4	0.1
- Made With Coconut Drink - Primo - Take Away	305	4	31.7	-	21.6	17.5	0.2
- Made With Coconut Drink - Medio - In Store	358	4.8	42	-	28.6	18.3	0.2
- Made With Coconut Drink - Medio - Take Away	361	5	42.3	-	28.9	18.4	0.2
- Made With Almond Drink - Primo - In Store	292	2.7	30.6	-	20.4	17.1	0.1
- Made With Almond Drink - Primo - Take Away	293	2.7	30.8	-	20.5	17.2	0.1
- Made With Almond Drink - Medio - In Store	344	3.2	40.9	-	27.3	17.9	0.2
- Made With Almond Drink - Medio - Take Away	346	3.3	41.2	-	27.6	18.1	0.2
- Made With Oat Drink - Primo - In Store	321	2.5	37.5	-	22.2	17.3	0.2
- Made With Oat Drink - Primo - Take Away	323	2.5	37.9	-	22.3	17.3	0.2
- Made With Oat Drink - Medio - In Store	380	2.9	49.7	-	29.6	18.1	0.2
- Made With Oat Drink - Medio - Take Away	385	2.9	50.5	-	30	18.2	0.2
Salted Caramel & Cream Frostino							
- Made With Semiskimmed Milk - Primo - In Store	313	5.8	32.5	-	27.9	18	5.8
- Made With Semiskimmed Milk - Primo - Take Away	315	5.9	32.7	-	28.1	18.1	5.9
- Made With Semiskimmed Milk - Medio - In Store	366	7.2	42.2	-	35.8	19.1	7.2
- Made With Semiskimmed Milk - Medio - Take Away	371	7.5	42.7	-	36.3	19.2	7.5
- Made With Skimmed Milk - Primo - In Store	295	5.6	32.1	-	27.5	16.1	5.6
- Made With Skimmed Milk - Primo - Take Away	297	5.8	32.3	-	27.7	16.2	5.8
- Made With Skimmed Milk - Medio - In Store	344	7	41.8	-	35.3	16.7	7
- Made With Skimmed Milk - Medio - Take Away	347	7.3	42.2	-	35.8	16.7	7.3
- Made With Whole Milk - Primo - In Store	338	5.5	32.2	-	27.7	20.8	5.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- Made With Whole Milk - Primo - Take Away	341	5.7	32.5	-	27.9	21	5.7
- Made With Whole Milk - Medio - In Store	398	6.8	41.9	-	35.5	22.6	6.8
- Made With Whole Milk - Medio - Take Away	405	7.2	42.4	-	35.9	23	0.2
- Made With Lactofree Milk Drink - Primo - In Store	304	5.8	30	-	25.4	17.8	0.1
- Made With Lactofree Milk Drink - Primo - Take Away	306	5.9	30.1	-	25.5	17.8	0.2
- Made With Lactofree Milk Drink - Medio - In Store	355	7.2	39	-	32.6	18.7	0.2
- Made With Lactofree Milk Drink - Medio - Take Away	359	7.5	39.3	-	32.9	18.9	0.2
- Made With Soya Drink - Primo - In Store	308	5.5	30	-	25.2	18.3	0.2
- Made With Soya Drink - Primo - Take Away	310	5.7	30.1	-	25.3	18.4	0.2
- Made With Soya Drink - Medio - In Store	360	6.8	39	-	32.3	19.4	0.2
- Made With Soya Drink - Medio - Take Away	364	7.2	39.3	-	32.5	19.6	0.2
- Made With Coconut Drink - Primo - In Store	296	3.3	30.7	-	26.2	17.6	0.2
- Made With Coconut Drink - Primo - Take Away	298	3.3	30.9	-	26.3	17.7	0.2
- Made With Coconut Drink - Medio - In Store	345	4	40	-	33.6	18.6	0.2
- Made With Coconut Drink - Medio - Take Away	349	4.1	40.3	-	33.9	18.7	0.2
- Made With Almond Drink - Primo - In Store	285	2	29.9	-	25.2	17.4	0.1
- Made With Almond Drink - Primo - Take Away	286	2	30	-	25.3	17.5	0.1
- Made With Almond Drink - Medio - In Store	331	2.4	38.9	-	32.3	18.3	0.2
- Made With Almond Drink - Medio - Take Away	333	2.4	39.1	-	32.5	18.4	0.2
- Made With Oat Drink - Primo - In Store	314	1.8	36.7	-	26.9	17.5	0.2
- Made With Oat Drink - Primo - Take Away	316	1.8	37.1	-	27.1	17.6	0.2
- Made With Oat Drink - Medio - In Store	368	2	47.7	-	34.5	18.4	0.2
- Made With Oat Drink - Medio - Take Away	372	2.1	48.5	-	34.9	18.5	0.2
Honeycomb Frostino With Light Dairy Swirl							
- Made With Semi-Skimmed Milk - Primo - In Store	245	6.3	45.9	-	36.4	4.3	0.8
- Made With Semi-Skimmed Milk - Primo - Take Away	248	6.5	46.1	-	36.7	4.4	0.8
- Made With Semi-Skimmed Milk - Medio - In Store	309	7.6	59.4	-	48.2	4.9	1
- Made With Semi-Skimmed Milk - Medio - Take Away	314	7.9	59.9	-	48.6	5	1
- Made With Skimmed Milk - Primo - In Store	228	6.2	45.5	-	36.1	2.4	0.8
- Made With Skimmed Milk - Primo - Take Away	229	6.4	45.7	-	36.3	2.4	0.8
- Made With Skimmed Milk - Medio - In Store	287	7.4	58.9	-	47.7	2.5	1
- Made With Skimmed Milk - Medio - Take Away	290	7.7	59.3	-	48.1	2.5	1
- Made With Whole Milk - Primo - In Store	270	6.1	45.6	-	36.2	7	0.8
- Made With Whole Milk - Primo - Take Away	274	6.3	45.9	-	36.4	7.2	0.8
- Made With Whole Milk - Medio - In Store	341	7.2	59.1	-	47.8	8.4	1
- Made With Whole Milk - Medio - Take Away	348	7.6	59.5	-	48.3	8.8	1
- Made With Lacto-Free Milk Drink - Primo - In Store	237	6.3	43.4	-	33.9	4	0.8
- Made With Lacto-Free Milk Drink - Primo - Take Away	238	6.5	43.5	-	34.1	4.1	0.8
- Made With Lacto-Free Milk Drink - Medio - In Store	298	7.6	56.2	-	45	4.5	1
- Made With Lacto-Free Milk Drink - Medio - Take Away	302	7.9	56.5	-	45.2	4.7	1
- Made With Soya Drink - Primo - In Store	240	6.1	43.4	-	33.7	4.5	0.8
- Made With Soya Drink - Primo - Take Away	242	6.3	43.5	-	33.8	4.6	0.8
- Made With Soya Drink - Medio - In Store	303	7.2	56.2	-	44.6	5.2	1
- Made With Soya Drink - Medio - Take Away	307	7.6	56.5	-	44.9	5.4	1
- Made With Coconut Drink - Primo - In Store	229	3.8	44.1	-	34.7	3.9	0.8
- Made With Coconut Drink - Primo - Take Away	231	3.9	44.3	-	34.8	4	0.8
- Made With Coconut Drink - Medio - In Store	288	4.4	57.1	-	45.9	4.4	1
- Made With Coconut Drink - Medio - Take Away	292	4.5	57.5	-	46.2	4.5	1
- Made With Almond Drink - Primo - In Store	218	2.6	43.3	-	33.7	3.6	0.8
- Made With Almond Drink - Primo - Take Away	219	2.6	43.4	-	33.8	3.7	0.8

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- Made With Almond Drink - Medio - In Store	274	2.8	56	-	44.6	4.1	0.9
- Made With Almond Drink - Medio - Take Away	276	2.8	56.3	-	44.9	4.2	0.9
- Made With Oat Drink - Primo - In Store	247	2.3	50.1	-	35.4	3.8	0.8
- Made With Oat Drink - Primo - Take Away	249	2.4	50.5	-	35.6	3.8	0.8
- Made With Oat Drink - Medio - In Store	311	2.4	64.8	-	46.9	4.2	1
- Made With Oat Drink - Medio - Take Away	315	2.5	65.6	-	47.3	4.4	1
Strawberry & Cream Frostino							
- Made With Semi-Skimmed Milk - Primo - In Store	322	5.3	38.3	-	31.6	16.8	0.2
- Made With Semi-Skimmed Milk - Primo - Take Away	325	5.5	38.5	-	31.8	16.9	0.2
- Made With Semi-Skimmed Milk - Medio - In Store	382	6.6	50.6	-	41.4	17.5	0.3
- Made With Semi-Skimmed Milk - Medio - Take Away	387	6.9	51.1	-	41.9	17.7	0.3
- Made With Skimmed Milk - Primo - In Store	305	5.2	37.9	-	31.2	14.9	0.2
- Made With Skimmed Milk - Primo - Take Away	306	5.4	38.2	-	31.4	14.9	0.2
- Made With Skimmed Milk - Medio - In Store	360	6.4	50.1	-	40.9	15.1	0.2
- Made With Skimmed Milk - Medio - Take Away	363	6.8	50.6	-	41.4	15.1	0.3
- Made With Whole Milk - Primo - In Store	347	5.1	38.1	-	31.3	19.5	0.2
- Made With Whole Milk - Primo - Take Away	351	5.2	38.3	-	31.5	19.7	0.2
- Made With Whole Milk - Medio - In Store	414	6.3	50.3	-	41.1	21	0.2
- Made With Whole Milk - Medio - Take Away	421	6.6	50.8	-	41.5	21.4	0.3
- Made With Lacto-Free Milk Drink - Primo - In Store	313	5.3	35.8	-	29.1	16.5	0.2
- Made With Lacto-Free Milk Drink - Primo - Take Away	315	5.5	35.9	-	29.2	16.6	0.2
- Made With Lacto-Free Milk Drink - Medio - In Store	371	6.6	47.4	-	38.2	17.2	0.2
- Made With Lacto-Free Milk Drink - Medio - Take Away	375	6.9	47.7	-	38.5	17.3	0.2
- Made With Soya Drink - Primo - In Store	317	5.1	35.8	-	28.8	17	0.2
- Made With Soya Drink - Primo - Take Away	319	5.2	35.9	-	28.9	17.1	0.2
- Made With Soya Drink - Medio - In Store	376	6.3	47.4	-	37.9	17.8	0.2
- Made With Soya Drink - Medio - Take Away	380	6.6	47.7	-	38.1	18	0.2
- Made With Coconut Drink - Primo - In Store	306	2.8	36.6	-	29.8	16.4	0.2
- Made With Coconut Drink - Primo - Take Away	308	2.9	36.7	-	30	16.5	0.2
- Made With Coconut Drink - Medio - In Store	361	3.4	48.4	-	39.2	17	0.2
- Made With Coconut Drink - Medio - Take Away	365	3.5	48.7	-	39.5	17.2	0.2
- Made With Almond Drink - Primo - In Store	295	1.6	35.7	-	28.8	16.2	0.2
- Made With Almond Drink - Primo - Take Away	296	1.6	35.8	-	28.9	16.2	0.2
- Made With Almond Drink - Medio - In Store	347	1.8	47.3	-	37.9	16.7	0.2
- Made With Almond Drink - Medio - Take Away	349	1.8	47.5	-	38.1	16.8	0.2
- Made With Oat Drink - Primo - In Store	323	1.3	42.6	-	30.6	16.3	0.2
- Made With Oat Drink - Primo - Take Away	326	1.3	43	-	30.8	16.4	0.2
- Made With Oat Drink - Medio - In Store	384	1.5	56.1	-	40.1	16.9	0.2
- Made With Oat Drink - Medio - Take Away	388	1.5	56.9	-	40.5	17	0.2
Mint Choc Chip Frostino & Cream							
- Made With Semiskimmed Milk - Primo - In Store	345	5.8	36.8	-	31	19.4	0.2
- Made With Semiskimmed Milk - Primo - Take Away	347	6	37.1	-	31.2	19.4	0.2
- Made With Semiskimmed Milk - Medio - In Store	422	7.2	50.4	-	42.5	21.3	0.2
- Made With Semiskimmed Milk - Medio - Take Away	427	7.5	50.9	-	43	21.5	0.2
- Made With Skimmed Milk - Primo - In Store	327	7.5	36.4	-	30.6	17.5	0.2
- Made With Skimmed Milk - Primo - Take Away	329	5.8	36.7	-	30.8	17.5	0.2
- Made With Skimmed Milk - Medio - In Store	400	7	49.9	-	42	18.9	0.2
- Made With Skimmed Milk - Medio - Take Away	403	7.4	50.3	-	42.5	18.9	0.2
- Made With Whole Milk - Primo - In Store	370	5.5	36.6	-	30.7	22.1	0.2
- Made With Whole Milk - Primo - Take Away	373	5.7	36.8	-	31	22.3	0.2

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- Made With Whole Milk - Medio - In Store	454	6.9	50.1	-	42.2	24.8	0.2
- Made With Whole Milk - Medio - Take Away	461	7.2	50.5	-	42.6	25.2	0.2
- Made With Lacto-Free Milk Drink - Primo - In Store	336	5.8	34.3	-	28.5	19.1	0.1
- Made With Lacto-Free Milk Drink - Primo - Take Away	338	6	34.5	-	28.6	19.2	0.1
- Made With Lacto-Free Milk Drink - Medio - In Store	411	7.2	47.2	-	39.3	21	0.2
- Made With Lacto-Free Milk Drink - Medio - Take Away	415	7.5	47.5	-	39.6	21.2	0.2
- Made With Soya Drink - Primo - In Store	340	5.5	34.3	-	28.2	19.6	0.2
- Made With Soya Drink - Primo - Take Away	342	5.7	34.5	-	28.4	19.7	0.2
- Made With Soya Drink - Medio - In Store	416	6.9	47.2	-	39	21.6	0.2
- Made With Soya Drink - Medio - Take Away	420	7.2	47.5	-	39.2	21.8	0.2
- Made With Coconut Drink - Primo - In Store	328	3.3	35.1	-	29.2	19	0.2
- Made With Coconut Drink - Primo - Take Away	330	3.4	35.2	-	29.4	19	0.2
- Made With Coconut Drink - Medio - In Store	402	4	48.1	-	40.3	20.8	0.2
- Made With Coconut Drink - Medio - Take Away	405	4.1	48.5	-	40.6	21	0.2
- Made With Almond Drink - Primo - In Store	317	2	34.2	-	28.2	18.7	0.1
- Made With Almond Drink - Primo - Take Away	318	2.1	34.3	-	28.4	18.8	0.1
- Made With Almond Drink - Medio - In Store	387	2.4	47	-	39	20.5	0.2
- Made With Almond Drink - Medio - Take Away	390	2.4	47.3	-	39.2	20.6	0.2
- Made With Oat Drink - Primo - In Store	346	1.8	41.1	-	30	18.9	0.2
- Made With Oat Drink - Primo - Take Away	348	1.8	41.5	-	30.2	18.9	0.2
- Made With Oat Drink - Medio - In Store	424	2.1	55.8	-	41.2	20.7	0.2
- Made With Oat Drink - Medio - Take Away	429	2.1	56.6	-	41.6	20.8	0.2

COLD BREW COFFEE

Cold Brew Coffee Black							
Cold Brew Coffee Black - Primo	1	0.1	0.1	-	0.1	0	0
Cold Brew Coffee Black - Medio	1	0.1	0.2	-	0.1	0	0
Cold Brew Coffee With Whipped Milk							
Cold Brew Coffee With Whipped Milk - Primo	17	1.8	2.3	-	2.3	0.1	0.1
Cold Brew Coffee With Whipped Milk - Medio	27	2.8	3.7	-	3.6	0.2	0.1
Cold Brew Coffee White							
Cold Brew Coffee White - Made With Semi-Skimmed Milk - Primo	24	1.8	2.5	-	2.4	0.9	0.1
Cold Brew Coffee White - Made With Semi-Skimmed Milk - Medio	24	1.8	2.5	-	2.4	0.9	0.1
Cold Brew Coffee White - Made With Skimmed Milk - Primo	17	1.8	2.3	-	2.3	0.1	0.1
Cold Brew Coffee White - Made With Skimmed Milk - Medio	17	1.8	2.4	-	2.3	0.1	0.1
Cold Brew Coffee White - Made With Whole Milk - Primo	34	1.7	2.4	-	2.3	2	0.1
Cold Brew Coffee White - Made With Whole Milk - Medio	34	1.7	2.4	-	2.3	2	0.1
Cold Brew Coffee White - Made With Lacto-Free Milk Drink - Primo	20	1.8	1.5	-	1.4	0.8	0
Cold Brew Coffee White - Made With Lacto-Free Milk Drink - Medio	20	1.8	1.5	-	1.4	0.8	0
Cold Brew Coffee White - Made With Soya Drink - Primo	22	1.7	1.5	-	1.3	1	0
Cold Brew Coffee White - Made With Soya Drink - Medio	22	1.7	1.5	-	1.3	1	0
Cold Brew Coffee White - Made With Coconut Drink - Primo	18	0.8	1.8	-	1.7	0.7	0
Cold Brew Coffee White - Made With Coconut Drink - Medio	18	0.8	1.8	-	1.7	0.7	0
Cold Brew Coffee White - Made With Almond Drink - Primo	13	0.3	1.4	-	1.3	0.6	0
Cold Brew Coffee White - Made With Almond Drink - Medio	13	0.3	1.5	-	1.3	0.6	0
Cold Brew Coffee White - Made With Oat Drink - Primo	25	0.2	4.2	-	2	0.7	0
Cold Brew Coffee White - Made With Oat Drink - Medio	25	0.2	4.2	-	2	0.7	0
Strawberry Cold Brew Coffee							
Strawberry Cold Brew Coffee - Primo	65	0.3	15.1	-	12.3	0.5	0
Strawberry Cold Brew Coffee - Medio	85	0.3	19.9	-	16.2	0.6	0

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Honeycomb Cold Brew Coffee							
Honeycomb Cold Brew Coffee - Primo	91	1.1	20.7	-	18.5	0.6	0.5
Honeycomb Cold Brew Coffee - Medio	120	1.5	27.4	-	24.6	0.8	0.6

FRUIT COOLERS

Red Summer Berries Fruit Cooler (No Added Sugar)							
Red Summer Berries Fruit Cooler - Primo - In Store	167	1.9	38	-	36.1	0.6	0.1
Red Summer Berries Fruit Cooler - Primo - Take Away	167	1.9	38	-	36.1	0.6	0.1
Red Summer Berries Fruit Cooler - Medio	220	2.5	50	-	47.5	0.8	0.1
Mango And Passionfruit Cooler (No Added Sugar)							
Mango And Passion Fruit Cooler - Primo - In Store	125	1.3	28.1	-	27.4	0.6	0
Mango And Passion Fruit Cooler - Primo - Take Away	125	1.3	28.1	-	27.4	0.6	0
Mango And Passion Fruit Cooler - Medio	165	1.8	37	-	36	0.8	0
Coconut And Watermelon Fruit Cooler (No Added Sugar)							
Coconut And Watermelon Fruit Cooler - Primo - In Store	103	0.4	25.1	-	24.3	0	0
Coconut And Watermelon Fruit Cooler - Primo - Take Away	103	0.4	25.1	-	24.3	0	0
Coconut And Watermelon Fruit Cooler - Medio	135	0.5	33	-	32	0	0
Drinks Extras							
Vanilla Syrup (Per Pump)	16	0	3.8	-	3.8	0	0
Roasted Hazelnut Syrup (Per Pump)	14	0	3.5	-	3.5	0	0
Caramel Syrup (Per Pump)	14	0	3.5	-	3.5	0	0
Caramel Syrup (Sugar Free) (Per Pump)	1	0	0	-	0	0	0
Gingerbread Syrup (Sugar Free)(Per Pump)	1	0	0	-	0	0	0
Whipping Cream	133	0.7	0.9	-	0.9	14.1	0
Light Dairy Swirl	47	1.6	6.3	-	2.8	1.8	0.2
Chocolate Flake	43	0.6	4.5	-	4.4	2.5	0
Marshmallow (Per Piece)	20	0.2	4.8	-	3.7	0	0
Ingredients							
Semi Skimmed Milk	46	3.5	4.7	-	4.7	1.7	0.1
Skimmed Milk	32	3.4	4.4	-	4.4	0.2	0.1
Whole Milk	66	3.3	4.5	-	4.5	3.9	0.1
Lacto-Free Semi-Skimmed	38	3.4	2.6	-	2.6	1.5	0.1
Soya Drink	42	3.3	2.7	-	2.5	1.9	0.1
Coconut Drink	33	1.5	3.3	-	3.3	1.4	0.1
Almond Drink	24	0.5	2.6	-	2.5	1.2	0.1
Oat Drink	47	0.3	8.1	-	3.9	1.3	0.1
Chai Syrup (Per Pump)	13	0	3.2	-	3	0	0
Gomme Syrup (Per Pump)	13	0	3.3	-	3.3	0	0
Mint Syrup (Per Pump)	11	0	2.7	-	2.7	0	0
Black Cherry Sauce 2019 (Per Pump)	6	0	1.5	-	1.3	0	0
Salted Caramel Sauce (Per Pump)	14	0.2	2.3	-	2	0.4	0
White Chocolate Sauce (Per Pump)	29	0.5	3.6	-	3.1	1.4	0
Belgian Chocolate Sauce (Per Pump)	19	0.3	3.5	-	1.8	0.4	0
Caramel Flavoured Syrup (For Golden Honeycomb Drinks)	24	0	6	-	5.8	0	0.1
Fresh Lemonade	18	0.1	4.2	-	4.1	0.1	0
Irish Coffee Flavour Sauce (Per Pump)	10	0	2.4	-	2.4	0	0
Strawberry Sauce (Per Pump)	20	0	4.8	-	3.9	0.1	0
Red Shimmer Chocolate Curls	10	0.1	1	-	1	0.6	0
Cappuccino Dusting	4	0.1	0.8	-	0.7	0.1	0
Caramel Vermicelli	20	0	4.9	-	4.7	0	0

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chocolate Chip Pieces (Per Scoop)	54	0.4	6.7	-	5.9	2.8	0
Golden Twinkle Sprinkle	2	0	0.5	-	0	0	0
Cinnamon Powder	2	0	0.3	-	0	0	0
Frostino Base Powder (Per Scoop)	24	0	5.9	-	4.3	0	0
Strawberry Sprinkle	3	0.1	0.5	-	0.5	0	0
Lemon Slices	4	0	0.9	-	0.1	0	0
Spiced Cappuccino Dusting (Per Scoop)	23	0	5.9	-	5.7	0	0
Hot Chocolate Powder (Per Scoop)	47	0.9	8.4	-	5.8	0.8	0.1
Ruby Cocoa Hot Chocolate Powder (Per Scoop)	57	0.6	8.6	-	5	2.2	0.2