

All Machines Allergen Guide

Some of the ingredients used in our drinks may contain sugar and sweeteners. Please refer to the nutrition information for the individual drink.

We cannot guarantee that our drinks are suitable for those with food allergies or intolerances

Milk added to all milk based drinks is dairy semi skimmed milk

DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	
Cortado																				
Cortado	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cortado, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cortado, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cortado, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Espresso Macchiato																				
Espresso Macchiato	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Espresso Macchiato, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Espresso Macchiato, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Espresso Macchiato, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cappuccino (Regular)																				
Cappuccino	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cappuccino, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cappuccino, 2 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cappuccino, 3 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cappuccino, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cappuccino, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cappuccino, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Cappuccino, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte (Regular)																				
Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte, 2 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte, 3 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Latte, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Vanilla Latte (Regular)																				
Vanilla Latte*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Vanilla Latte, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Vanilla Latte, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Vanilla Latte, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha (Regular)																				
Mocha	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha, 2 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha, 3 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Mocha, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N

*with added sweeteners

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Adults need around 2000kcal per day	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
DRINK NAME																			
Hot Chocolate (Regular)																			
Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate (Regular)																			
Caramel Hot Chocolate*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Flat White (Regular)																			
Flat White	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Flat White , 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Flat White , 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Flat White , 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Flat White , Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Flat White , Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Flat White , Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Flat White , Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Americano (Regular)																			
White Americano	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Americano, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Americano, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Americano, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Americano, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Americano, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Americano, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Americano, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Milk Cooler (Regular)																			
Milk Cooler	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Milk Cooler, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Milk Cooler, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Milk Cooler, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Tea																			
White Tea	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Tea, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Tea, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White Tea, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N

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	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
Cappuccino (Large)																			
Cappuccino	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cappuccino, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cappuccino, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cappuccino, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cappuccino, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cappuccino, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cappuccino, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cappuccino, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Latte (Large)																			
Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Latte, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Latte, 2 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Latte, 3 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Latte, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Latte, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Latte, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Latte, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Vanilla Latte (Large)																			
Vanilla Latte*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Vanilla Latte, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Vanilla Latte, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Vanilla Latte, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Mocha (Large)																			
Mocha	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Mocha, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Mocha, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Mocha, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Mocha, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Mocha, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Mocha, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Mocha, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate (Large)																			
Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hot Chocolate, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N

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Caramel Hot Chocolate (Large)																			
Caramel Hot Chocolate*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Long White Americano (Large)																			
Long White Americano	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Long White Americano, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Long White Americano, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Long White Americano, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Long White Americano, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Long White Americano, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Long White Americano, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Long White Americano, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Milk (no flavour) (Regular)																			
Iced Milk (no flavour)	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Milk (no flavour), 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Milk (no flavour), 2 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Milk (no flavour), 3 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced White Americano (Regular)																			
Iced White Americano	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced White Americano, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced White Americano, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced White Americano, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced White Americano, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced White Americano, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced White Americano, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced White Americano, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Cappuccino (Regular)																			
Iced Cappuccino	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Cappuccino, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Cappuccino, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Cappuccino, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Cappuccino, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Cappuccino, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Cappuccino, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Cappuccino, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Latte (Regular)																			
Iced Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Latte, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Latte, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Latte, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Latte, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N

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DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	
Adults need around 2000kcal per day																				
Iced Latte, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Latte, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Latte, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Vanilla Latte (Regular)																				
Iced Vanilla Latte*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Vanilla Latte, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Vanilla Latte 2 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Vanilla Latte, 3 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Chocolate (Regular)																				
Iced Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha (Regular)																				
Iced Mocha	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha, Syrup*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha, Syrup, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha, Syrup, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N
Iced Mocha, Syrup, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N

Key and how to interpret the data	
We cannot guarantee that our drinks are suitable for those with food allergies or intolerances.	YES indicates that the drink contains that allergen
	N indicates that the allergen is not part of the ingredients that make up the drink.
	C indicates that the allergen is present at the manufacturing site/supply chain of the ingredient and our supplier believes there is a significant risk that this allergen could cross contaminate the food.

*with added sweeteners

All Machines Allergen Guide

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DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
Black Drinks (no milk)																			
Espresso																			
Espresso	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Espresso, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Espresso, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Espresso, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ristretto																			
Ristretto	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ristretto, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ristretto, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ristretto, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano (Regular)																			
Black Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano (Large)																			
Long Black Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano (Large)																			
Iced Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano, Syrup*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano, Syrup, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano, Syrup, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano, Syrup, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Tea (Large)																			
Black Tea	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Tea, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Tea, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Tea, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

*with added sweeteners

All Machines Allergen Guide

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Adults need around 2000kcal per day	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
DRINK NAME																			
Iced Coolers																			
Iced Mango & Passionfruit Cooler (Regular)																			
Iced Mango & Passionfruit Cooler*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mango & Passionfruit Cooler, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mango & Passionfruit Cooler, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mango & Passionfruit Cooler, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler (Regular)																			
Iced Strawberry & Lime Cooler*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler, 1 sugar*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler, 2 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler, 3 sugars*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme drinks 2026 LTO																			
Hazelnut Creme Latte (Regular)																			
Hazelnut Creme Latte*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Latte, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Latte, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Latte, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Latte (Large)																			
Hazelnut Creme Latte*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Latte, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Latte, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Latte, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Iced Latte (Regular)																			
Hazelnut Creme Iced Latte*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Iced Latte, 1 sugar*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Iced Latte, 2 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Creme Iced Latte, 3 sugars*	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Optional Extras																			
White sugar sachet	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Brown sugar sachet	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sugar flavour shot*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sweetener sachet	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chocolate Flavoured Powder sachet	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Syrup flavour shot 12oz (regular) drink*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Syrup flavour shot to 16oz (Large) drink*	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

*with added sweeteners

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Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Cortado								
Cortado	142	34	1.2	0.7	3.6	3.4	2.6	0.08
Cortado, 1 sugar*	174	41	1.2	0.7	5.6	5.1	2.5	0.08
Cortado, 2 sugars*	203	48	1.1	0.7	7.5	6.7	2.4	0.07
Cortado, 3 sugars*	229	54	1.1	0.7	9.3	8.2	2.3	0.07
Espresso Macchiato								
Espresso Macchiato	87	21	0.7	0.3	2.4	2.0	1.6	0.05
Espresso Macchiato, 1 sugar*	149	36	0.7	0.3	6.2	5.3	1.5	0.05
Espresso Macchiato, 2 sugars*	202	48	0.6	0.3	9.6	8.1	1.4	0.04
Espresso Macchiato, 3 sugars*	249	59	0.6	0.3	12.5	10.6	1.3	0.04
Cappuccino (Regular)								
Cappuccino	164	39	1.4	0.9	4.0	3.9	3.0	0.09
Cappuccino, 1 sugar*	181	43	1.4	0.9	5.1	4.8	2.9	0.09
Cappuccino, 2 sugar*	196	46	1.4	0.9	6.1	5.7	2.8	0.09
Cappuccino, 3 sugar*	211	50	1.3	0.8	7.1	6.5	2.8	0.09
Cappuccino, Syrup*	181	43	1.4	0.9	5.1	4.8	2.9	0.09
Cappuccino, Syrup, 1 sugar*	196	46	1.4	0.9	6.1	5.7	2.8	0.09
Cappuccino, Syrup, 2 sugars*	211	50	1.3	0.8	7.1	6.5	2.8	0.09
Cappuccino, Syrup, 3 sugars*	225	53	1.3	0.8	8.1	7.3	2.7	0.08
Latte (Regular)								
Latte	174	41	1.5	1.0	4.3	4.2	3.1	0.10
Latte, 1 sugar*	186	44	1.5	0.9	5.0	4.8	3.1	0.10
Latte, 2 sugar*	197	47	1.5	0.9	5.8	5.4	3.0	0.09
Latte, 3 sugar*	207	49	1.5	0.9	6.5	6.0	3.0	0.09
Latte, Syrup*	186	44	1.5	0.9	5.0	4.8	3.1	0.10
Latte, Syrup, 1 sugar*	197	47	1.5	0.9	5.8	5.4	3.0	0.09
Latte, Syrup, 2 sugars*	207	49	1.5	0.9	6.5	6.0	3.0	0.09
Latte, Syrup, 3 sugars*	218	51	1.4	0.9	7.2	6.6	3.0	0.09
Vanilla Latte (Regular)								
Vanilla Latte*	185	44	1.5	0.9	5.0	4.8	3.1	0.09
Vanilla Latte, 1 sugar*	196	46	1.5	0.9	5.7	5.4	3.0	0.09
Vanilla Latte, 2 sugars*	206	49	1.4	0.9	6.4	6.0	3.0	0.09
Vanilla Latte, 3 sugars*	217	51	1.4	0.9	7.1	6.6	2.9	0.09
Mocha (Regular)								
Mocha	238	56	1.1	0.7	9.2	8.1	2.4	0.09
Mocha, 1 sugar*	247	58	1.1	0.7	9.8	8.6	2.3	0.09
Mocha, 2 sugar*	256	61	1.1	0.7	10.4	9.1	2.3	0.08
Mocha, 3 sugar*	265	63	1.1	0.7	11.0	9.6	2.3	0.08
Mocha, Syrup*	247	58	1.1	0.7	9.8	8.6	2.3	0.09
Mocha, Syrup, 1 sugar*	256	61	1.1	0.7	10.4	9.1	2.3	0.08
Mocha, Syrup, 2 sugars*	265	63	1.1	0.7	11.0	9.6	2.3	0.08
Mocha, Syrup, 3 sugars*	274	65	1.1	0.6	11.6	10.1	2.2	0.08

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Cortado							
171	41	1.5	0.9	4.3	4.0	3.1	0.10
217	52	1.5	0.9	7.0	6.4	3.1	0.10
263	63	1.5	0.9	9.8	8.7	3.1	0.10
310	74	1.5	0.9	12.5	11.1	3.1	0.10
Espresso Macchiato							
55	14	0.5	0.2	1.5	1.2	1.0	0.03
101	24	0.5	0.2	4.2	3.6	1.0	0.03
148	35	0.5	0.2	7.0	5.9	1.0	0.03
194	46	0.5	0.2	9.7	8.3	1.0	0.03
Cappuccino (Regular)							
383	91	3.3	2.1	9.4	9.2	6.9	0.21
430	102	3.3	2.1	12.2	11.5	6.9	0.21
476	113	3.3	2.1	14.9	13.9	6.9	0.21
522	124	3.3	2.1	17.7	16.2	6.9	0.21
430	102	3.3	2.1	12.2	11.5	6.9	0.21
476	113	3.3	2.1	14.9	13.9	6.9	0.21
522	124	3.3	2.1	17.7	16.2	6.9	0.21
569	135	3.3	2.1	20.4	18.6	6.9	0.21
Latte (Regular)							
572	135	5.0	3.1	14.0	13.7	10.3	0.32
618	146	5.0	3.1	16.7	16.0	10.3	0.32
664	157	5.0	3.1	19.5	18.4	10.3	0.32
711	168	5.0	3.1	22.2	20.7	10.3	0.32
618	146	5.0	3.1	16.7	16.0	10.3	0.32
664	157	5.0	3.1	19.5	18.4	10.3	0.32
711	168	5.0	3.1	22.2	20.7	10.3	0.32
757	179	5.0	3.1	25.0	23.1	10.3	0.32
Vanilla Latte (Regular)							
619	147	5.0	3.1	16.7	16.0	10.3	0.32
665	157	5.0	3.1	19.5	18.4	10.3	0.32
711	168	5.0	3.1	22.2	20.7	10.3	0.32
758	179	5.0	3.1	25.0	23.1	10.3	0.32
Mocha (Regular)							
862	204	4.1	2.5	33.3	29.4	8.6	0.31
909	215	4.1	2.5	36.0	31.8	8.6	0.31
955	226	4.1	2.5	38.8	34.1	8.6	0.31
1002	237	4.1	2.5	41.5	36.5	8.6	0.31
909	215	4.1	2.5	36.0	31.8	8.6	0.31
955	226	4.1	2.5	38.8	34.1	8.6	0.31
1002	237	4.1	2.5	41.5	36.5	8.6	0.31
1048	248	4.1	2.5	44.3	38.8	8.6	0.31

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Hot Chocolate (Regular)								
Hot Chocolate	277	65	1.3	0.8	10.5	9.4	2.8	0.10
Hot Chocolate, 1 sugar*	286	68	1.3	0.8	11.1	9.9	2.8	0.10
Hot Chocolate, 2 sugars*	295	70	1.3	0.8	11.7	10.4	2.8	0.10
Hot Chocolate, 3 sugars*	303	72	1.3	0.8	12.3	10.9	2.7	0.10
Hot Chocolate, Syrup*	286	68	1.3	0.8	11.1	9.9	2.8	0.10
Hot Chocolate, Syrup, 1 sugar*	295	70	1.3	0.8	11.7	10.4	2.8	0.10
Hot Chocolate, Syrup, 2 sugars*	303	72	1.3	0.8	12.3	10.9	2.7	0.10
Hot Chocolate, Syrup, 3 sugars*	311	73	1.3	0.8	12.9	11.4	2.7	0.10
Caramel Hot Chocolate (Regular)								
Caramel Hot Chocolate*	255	60	1.3	0.8	9.5	8.6	2.7	0.09
Caramel Hot Chocolate, 1 sugar*	266	63	1.3	0.8	10.2	9.2	2.7	0.09
Caramel Hot Chocolate, 2 sugars*	276	65	1.3	0.8	10.9	9.7	2.6	0.09
Caramel Hot Chocolate, 3 sugars*	285	67	1.2	0.8	11.6	10.3	2.6	0.09
Flat White (Regular)								
Flat White	160	38	1.4	0.9	3.9	3.8	2.9	0.09
Flat White , 1 sugar*	173	41	1.4	0.8	4.8	4.6	2.8	0.09
Flat White , 2 sugars*	186	44	1.3	0.8	5.7	5.3	2.8	0.09
Flat White , 3 sugars*	198	47	1.3	0.8	6.5	6.0	2.7	0.08
Flat White , Syrup*	173	41	1.4	0.8	4.8	4.6	2.8	0.09
Flat White , Syrup, 1 sugar*	186	44	1.3	0.8	5.7	5.3	2.8	0.09
Flat White , Syrup, 2 sugars*	198	47	1.3	0.8	6.5	6.0	2.7	0.08
Flat White , Syrup, 3 sugars*	210	50	1.3	0.8	7.3	6.7	2.7	0.08
White Americano (Regular)								
White Americano	86	20	0.7	0.5	2.1	2.0	1.5	0.05
White Americano, 1 sugar*	99	23	0.7	0.4	2.9	2.7	1.5	0.05
White Americano, 2 sugars*	111	26	0.7	0.4	3.7	3.4	1.5	0.05
White Americano, 3 sugars*	123	29	0.7	0.4	4.5	4.1	1.5	0.05
White Americano, Syrup*	99	23	0.7	0.4	2.9	2.7	1.5	0.05
White Americano, Syrup, 1 sugar*	111	26	0.7	0.4	3.7	3.4	1.5	0.05
White Americano, Syrup, 2 sugars*	123	29	0.7	0.4	4.5	4.1	1.5	0.05
White Americano, Syrup, 3 sugars*	135	32	0.7	0.4	5.2	4.7	1.4	0.04
Milk Cooler (Regular)								
Milk Cooler	213	50	1.7	1.1	5.9	5.7	3.4	0.10
Milk Cooler, 1 sugar*	230	54	1.6	1.0	7.1	6.7	3.3	0.10
Milk Cooler, 2 sugars*	246	58	1.6	1.0	8.2	7.7	3.3	0.09
Milk Cooler, 3 sugars*	262	62	1.5	1.0	9.3	8.5	3.2	0.09
White Tea								
White Tea	26	6	0.2	0.1	0.9	0.7	0.4	0.01
White Tea, 1 sugar*	41	10	0.2	0.1	1.7	1.4	0.4	0.01
White Tea, 2 sugars*	54	13	0.2	0.1	2.5	2.1	0.4	0.01
White Tea, 3 sugars*	68	16	0.2	0.1	3.3	2.8	0.4	0.01

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
1001	236	4.9	3.0	38.0	33.9	10.2	0.37
1048	247	4.9	3.0	40.7	36.3	10.2	0.37
1094	258	4.9	3.0	43.5	38.6	10.2	0.37
1140	269	4.9	3.0	46.2	41.0	10.2	0.37
1048	247	4.9	3.0	40.7	36.3	10.2	0.37
1094	258	4.9	3.0	43.5	38.6	10.2	0.37
1140	269	4.9	3.0	46.2	41.0	10.2	0.37
1187	280	4.9	3.0	49.0	43.3	10.2	0.37
817	193	4.1	2.6	30.5	27.4	8.7	0.30
864	204	4.1	2.6	33.3	29.8	8.7	0.30
910	215	4.1	2.6	36.0	32.1	8.7	0.30
956	226	4.1	2.6	38.8	34.5	8.7	0.30
452	108	3.9	2.4	11.2	10.8	8.1	0.25
498	119	3.9	2.4	14.0	13.2	8.1	0.25
545	130	3.9	2.4	16.7	15.5	8.1	0.25
591	141	3.9	2.4	19.5	17.9	8.1	0.25
498	119	3.9	2.4	14.0	13.2	8.1	0.25
545	130	3.9	2.4	16.7	15.5	8.1	0.25
591	141	3.9	2.4	19.5	17.9	8.1	0.25
637	152	3.9	2.4	22.2	20.2	8.1	0.25
272	65	2.4	1.4	6.7	6.5	4.9	0.15
318	76	2.4	1.4	9.5	8.8	4.9	0.15
365	87	2.4	1.4	12.2	11.2	4.9	0.15
411	97	2.4	1.4	15.0	13.5	4.9	0.15
318	76	2.4	1.4	9.5	8.8	4.9	0.15
365	87	2.4	1.4	12.2	11.2	4.9	0.15
411	97	2.4	1.4	15.0	13.5	4.9	0.15
458	108	2.4	1.4	17.7	15.9	4.9	0.15
436	103	3.4	2.2	12.2	11.8	7.0	0.20
483	114	3.4	2.2	14.9	14.1	7.0	0.20
529	125	3.4	2.2	17.7	16.5	7.0	0.20
575	136	3.4	2.2	20.4	18.8	7.0	0.20
83	20	0.7	0.4	2.7	2.0	1.4	0.04
129	31	0.7	0.4	5.5	4.4	1.4	0.04
176	42	0.7	0.4	8.2	6.7	1.4	0.04
222	53	0.7	0.4	11.0	9.1	1.4	0.04

*with added sweeteners

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Cappuccino (Large)								
Cappuccino	165	39	1.4	0.9	4.1	3.9	3.0	0.09
Cappuccino, 1 sugar*	177	42	1.4	0.9	4.8	4.6	2.9	0.09
Cappuccino, 2 sugars*	188	45	1.4	0.9	5.6	5.3	2.9	0.09
Cappuccino, 3 sugars*	200	47	1.4	0.9	6.4	5.9	2.8	0.09
Cappuccino, Syrup*	177	42	1.4	0.9	4.8	4.6	2.9	0.09
Cappuccino, Syrup, 1 sugar*	188	45	1.4	0.9	5.6	5.3	2.9	0.09
Cappuccino, Syrup, 2 sugars*	200	47	1.4	0.9	6.4	5.9	2.8	0.09
Cappuccino, Syrup, 3 sugars*	210	50	1.3	0.8	7.1	6.5	2.8	0.09
Latte (Large)								
Latte	178	42	1.6	1	4.3	4.3	3.2	0.1
Latte, 1 sugar*	187	44	1.5	1	5	4.8	3.2	0.1
Latte, 2 sugar*	196	46	1.5	1	5.6	5.3	3.1	0.1
Latte, 3 sugar*	205	48	1.5	0.9	6.2	5.8	3.1	0.1
Latte, Syrup*	190	45	1.5	1	5.1	5	3.1	0.1
Latte, Syrup, 1 sugar*	199	47	1.5	1	5.7	5.5	3.1	0.1
Latte, Syrup, 2 sugars*	208	49	1.5	0.9	6.3	6	3.1	0.09
Latte, Syrup, 3 sugars*	216	51	1.5	0.9	6.9	6.4	3	0.09
Vanilla Latte (Large)								
Vanilla Latte*	192	45	1.5	1.0	5.1	5.0	3.2	0.10
Vanilla Latte, 1 sugar*	200	47	1.5	1.0	5.7	5.4	3.2	0.10
Vanilla Latte, 2 sugars*	208	49	1.5	1.0	6.3	5.9	3.1	0.10
Vanilla Latte, 3 sugars*	216	51	1.5	0.9	6.8	6.4	3.1	0.09
Mocha (Large)								
Mocha	245	58	1.3	0.8	8.8	7.9	2.8	0.10
Mocha, 1 sugar*	251	59	1.3	0.8	9.2	8.2	2.8	0.10
Mocha, 2 sugars*	257	61	1.3	0.8	9.6	8.6	2.8	0.10
Mocha, 3 sugars*	263	62	1.3	0.8	10.0	8.9	2.7	0.10
Mocha, Syrup*	253	60	1.3	0.8	9.3	8.4	2.8	0.10
Mocha, Syrup, 1 sugar*	259	61	1.3	0.8	9.7	8.7	2.8	0.10
Mocha, Syrup, 2 sugars*	265	63	1.3	0.8	10.2	9.0	2.7	0.10
Mocha, Syrup, 3 sugars*	271	64	1.3	0.8	10.6	9.4	2.7	0.09
Hot Chocolate (Large)								
Hot Chocolate	269	63	1.3	0.8	10.3	9.2	2.7	0.10
Hot Chocolate, 1 sugar*	277	65	1.3	0.8	10.8	9.6	2.7	0.10
Hot Chocolate, 2 sugars*	285	67	1.2	0.8	11.4	10.1	2.6	0.10
Hot Chocolate, 3 sugars*	292	69	1.2	0.8	11.9	10.5	2.6	0.09
Hot Chocolate, Syrup*	279	66	1.3	0.8	11.0	9.8	2.6	0.10
Hot Chocolate, Syrup, 1 sugar*	287	68	1.2	0.8	11.5	10.2	2.6	0.09
Hot Chocolate, Syrup, 2 sugars*	295	70	1.2	0.8	12.1	10.7	2.6	0.09
Hot Chocolate, Syrup, 3 sugars*	302	71	1.2	0.8	12.6	11.1	2.6	0.09

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
521	124	4.5	2.8	12.8	12.5	9.4	0.29
568	135	4.5	2.8	15.6	14.8	9.4	0.29
614	146	4.5	2.8	18.3	17.2	9.4	0.29
660	156	4.5	2.8	21.1	19.5	9.4	0.29
568	135	4.5	2.8	15.6	14.8	9.4	0.29
614	146	4.5	2.8	18.3	17.2	9.4	0.29
660	156	4.5	2.8	21.1	19.5	9.4	0.29
707	167	4.5	2.8	23.8	21.9	9.4	0.29
718	170	6.2	4	17.5	17.2	12.9	0.4
764	181	6.2	4	20.2	19.6	12.9	0.4
811	192	6.2	4	23	21.9	12.9	0.4
857	203	6.2	4	25.7	24.3	12.9	0.4
779	184	6.2	4	21.1	20.3	12.9	0.4
825	195	6.2	4	23.8	22.6	12.9	0.4
872	206	6.2	4	26.6	25	12.9	0.4
918	217	6.2	4	29.3	27.3	12.9	0.4
829	196	6.7	4.2	22.3	21.5	13.8	0.42
875	207	6.7	4.2	25.0	23.8	13.8	0.42
921	218	6.7	4.2	27.8	26.2	13.8	0.42
968	229	6.7	4.2	30.5	28.5	13.8	0.42
1327	314	7.3	4.5	47.6	42.8	15.2	0.53
1373	325	7.3	4.5	50.4	45.1	15.2	0.53
1420	336	7.3	4.5	53.1	47.5	15.2	0.53
1466	347	7.3	4.5	55.9	49.8	15.2	0.53
1388	328	7.3	4.5	51.2	45.8	15.2	0.53
1435	339	7.3	4.5	54.0	48.2	15.2	0.53
1481	350	7.3	4.5	56.7	50.5	15.2	0.53
1527	361	7.3	4.5	59.5	52.9	15.2	0.53
1083	255	5.1	3.2	41.5	37.0	10.8	0.39
1129	266	5.1	3.2	44.2	39.3	10.8	0.39
1175	277	5.1	3.2	47.0	41.7	10.8	0.39
1222	288	5.1	3.2	49.7	44.0	10.8	0.39
1144	270	5.1	3.2	45.1	40.1	10.8	0.39
1190	281	5.1	3.2	47.8	42.4	10.8	0.39
1236	292	5.1	3.2	50.6	44.8	10.8	0.39
1283	303	5.1	3.2	53.3	47.1	10.8	0.39

*with added sweeteners

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Caramel Hot Chocolate (Large)								
Caramel Hot Chocolate*	279	66	1.4	0.9	10.7	9.5	2.8	0.10
Caramel Hot Chocolate, 1 sugar*	288	68	1.3	0.8	11.3	10.1	2.8	0.10
Caramel Hot Chocolate, 2 sugars*	297	70	1.3	0.8	11.8	10.5	2.8	0.10
Caramel Hot Chocolate, 3 sugars*	305	72	1.3	0.8	12.4	11.0	2.7	0.10
Long White Americano (Large)								
Long White Americano	71	17	0.6	0.4	1.8	1.7	1.3	0.04
Long White Americano, 1 sugar*	82	20	0.6	0.4	2.4	2.3	1.3	0.04
Long White Americano, 2 sugars*	92	23	0.6	0.4	3.1	2.8	1.2	0.04
Long White Americano, 3 sugars*	103	25	0.6	0.4	3.7	3.4	1.2	0.04
Long White Americano, Syrup*	82	20	0.6	0.4	2.4	2.3	1.3	0.04
Long White Americano, Syrup, 1 sugar*	92	23	0.6	0.4	3.1	2.8	1.2	0.04
Long White Americano, Syrup, 2 sugars*	103	25	0.6	0.4	3.7	3.4	1.2	0.04
Long White Americano, Syrup, 3 sugars*	113	28	0.6	0.4	4.4	3.9	1.2	0.04
Iced Milk (no flavour) (Regular)								
Iced Milk (no flavour)	47	11	0.4	0.3	1.1	1.1	0.8	0.03
Iced Milk (no flavour), 1 sugar*	60	14	0.4	0.3	2.0	1.8	0.8	0.03
Iced Milk (no flavour), 2 sugar*	73	17	0.4	0.3	2.7	2.5	0.8	0.03
Iced Milk (no flavour), 3 sugar*	86	20	0.4	0.3	3.5	3.1	0.8	0.03
Iced White Americano (Regular)								
Iced White Americano	23	5	0.2	0.1	0.6	0.5	0.4	0.01
Iced White Americano, 1 sugar*	31	8	0.2	0.1	1.1	1.0	0.4	0.01
Iced White Americano, 2 sugars*	40	10	0.2	0.1	1.6	1.4	0.4	0.01
Iced White Americano, 3 sugars*	49	12	0.2	0.1	2.1	1.9	0.4	0.01
Iced White Americano, Syrup*	34	8	0.2	0.1	1.3	1.1	0.4	0.01
Iced White Americano, Syrup, 1 sugar*	43	10	0.2	0.1	1.8	1.6	0.4	0.01
Iced White Americano, Syrup, 2 sugars*	51	12	0.2	0.1	2.3	2.0	0.4	0.01
Iced White Americano, Syrup, 3 sugars*	60	14	0.2	0.1	2.8	2.4	0.4	0.01
Iced Cappuccino (Regular)								
Iced Cappuccino	60	14	0.5	0.3	1.5	1.4	1.1	0.03
Iced Cappuccino, 1 sugar*	71	17	0.5	0.3	2.1	2.0	1.1	0.03
Iced Cappuccino, 2 sugars*	81	19	0.5	0.3	2.8	2.5	1.1	0.03
Iced Cappuccino, 3 sugars*	91	22	0.5	0.3	3.4	3.0	1.0	0.03
Iced Cappuccino, Syrup*	74	18	0.5	0.3	2.3	2.2	1.1	0.03
Iced Cappuccino, Syrup, 1 sugar*	84	20	0.5	0.3	2.9	2.7	1.1	0.03
Iced Cappuccino, Syrup, 2 sugars*	94	22	0.5	0.3	3.5	3.2	1.0	0.03
Iced Cappuccino, Syrup, 3 sugars*	103	25	0.5	0.3	4.1	3.7	1.0	0.03
Iced Latte (Regular)								
Iced Latte	60	14	0.5	0.3	1.5	1.4	1.1	0.03
Iced Latte, 1 sugar*	71	17	0.5	0.3	2.1	2.0	1.1	0.03
Iced Latte, 2 sugars*	81	19	0.5	0.3	2.8	2.5	1.1	0.03
Iced Latte, 3 sugars*	91	22	0.5	0.3	3.4	3.0	1.0	0.03
Iced Latte, Syrup(with added sweeteners)	74	18	0.5	0.3	2.3	2.2	1.1	0.03

*with added sweeteners

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
1024	242	5.0	3.1	39.1	35.0	10.4	0.37
1070	253	5.0	3.1	41.9	37.4	10.4	0.37
1117	264	5.0	3.1	44.6	39.7	10.4	0.37
1163	275	5.0	3.1	47.4	42.1	10.4	0.37
278	70	2.4	1.4	6.9	6.6	5.0	0.16
324	81	2.4	1.4	9.7	8.9	5.0	0.16
370	92	2.4	1.4	12.4	11.3	5.0	0.16
417	103	2.4	1.4	15.2	13.6	5.0	0.16
324	81	2.4	1.4	9.7	8.9	5.0	0.16
370	92	2.4	1.4	12.4	11.3	5.0	0.16
417	103	2.4	1.4	15.2	13.6	5.0	0.16
463	114	2.4	1.4	17.9	16.0	5.0	0.16
156	37	1.4	0.9	3.8	3.8	2.8	0.09
202	48	1.4	0.9	6.6	6.2	2.8	0.09
249	59	1.4	0.9	9.3	8.5	2.8	0.09
295	70	1.4	0.9	12.1	10.9	2.8	0.09
114	28	1.0	0.6	2.9	2.7	2.1	0.05
160	39	1.0	0.6	5.7	5.1	2.1	0.05
207	50	1.0	0.6	8.4	7.4	2.1	0.05
253	61	1.0	0.6	11.2	9.8	2.1	0.05
175	42	1.0	0.6	6.5	5.8	2.1	0.05
222	53	1.0	0.6	9.2	8.1	2.1	0.05
268	64	1.0	0.6	12.0	10.5	2.1	0.05
314	75	1.0	0.6	14.7	12.8	2.1	0.05
251	60	2.2	1.3	6.2	6.0	4.5	0.13
297	71	2.2	1.3	9.0	8.4	4.5	0.13
344	82	2.2	1.3	11.7	10.7	4.5	0.13
390	93	2.2	1.3	14.5	13.1	4.5	0.13
312	74	2.2	1.3	9.8	9.1	4.5	0.13
359	85	2.2	1.3	12.5	11.4	4.5	0.13
405	96	2.2	1.3	15.3	13.8	4.5	0.13
451	107	2.2	1.3	18.0	16.1	4.5	0.13
251	60	2.2	1.3	6.2	6.0	4.5	0.13
297	71	2.2	1.3	9.0	8.4	4.5	0.13
344	82	2.2	1.3	11.7	10.7	4.5	0.13
390	93	2.2	1.3	14.5	13.1	4.5	0.13
312	74	2.2	1.3	9.8	9.1	4.5	0.13

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	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Iced Latte, Syrup, 1 sugar*	84	20	0.5	0.3	2.9	2.7	1.1	0.03
Iced Latte, Syrup, 2 sugars*	94	22	0.5	0.3	3.5	3.2	1.0	0.03
Iced Latte, Syrup, 3 sugars(with added sweeteners)	103	25	0.5	0.3	4.1	3.7	1.0	0.03
Iced Vanilla Latte (Regular)								
Iced Vanilla Latte*	74	18	0.5	0.3	2.3	2.1	1.1	0.03
Iced Vanilla Latte, 1 sugar*	84	20	0.5	0.3	2.9	2.7	1.1	0.03
Iced Vanilla Latte 2 sugar*	94	22	0.5	0.3	3.5	3.2	1.0	0.03
Iced Vanilla Latte, 3 sugar*	103	24	0.5	0.3	4.1	3.7	1.0	0.03
Iced Chocolate (Regular)								
Iced Chocolate	137	32	0.6	0.4	5.3	4.7	1.4	0.05
Iced Chocolate, 1 sugar*	146	34	0.6	0.4	5.8	5.2	1.3	0.05
Iced Chocolate, 2 sugars*	154	36	0.6	0.4	6.3	5.6	1.3	0.05
Iced Chocolate, 3 sugars*	162	38	0.6	0.4	6.8	6.0	1.3	0.05
Iced Chocolate, Syrup*	146	34	0.6	0.4	5.8	5.2	1.3	0.05
Iced Chocolate, Syrup, 1 sugar*	154	36	0.6	0.4	6.3	5.6	1.3	0.05
Iced Chocolate, Syrup, 2 sugars*	162	38	0.6	0.4	6.8	6.0	1.3	0.05
Iced Chocolate, Syrup, 3 sugars*	170	40	0.6	0.4	7.3	6.5	1.3	0.05
Iced Mocha (Regular)								
Iced Mocha	129	30	0.6	0.4	4.9	4.4	1.3	0.05
Iced Mocha, 1 sugar*	136	32	0.6	0.4	5.4	4.8	1.3	0.05
Iced Mocha, 2 sugars*	144	34	0.6	0.4	5.9	5.2	1.3	0.05
Iced Mocha, 3 sugars*	151	36	0.6	0.4	6.4	5.6	1.3	0.05
Iced Mocha, Syrup*	136	32	0.6	0.4	5.4	4.8	1.3	0.05
Iced Mocha, Syrup, 1 sugar*	144	34	0.6	0.4	5.9	5.2	1.3	0.05
Iced Mocha, Syrup, 2 sugars*	151	36	0.6	0.4	6.4	5.6	1.3	0.05
Iced Mocha, Syrup, 3 sugars*	159	38	0.6	0.4	6.8	6.0	1.3	0.05

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
359	85	2.2	1.3	12.5	11.4	4.5	0.13
405	96	2.2	1.3	15.3	13.8	4.5	0.13
451	107	2.2	1.3	18.0	16.1	4.5	0.13
Iced Vanilla Latte (Regular)							
312	74	2.2	1.3	9.8	9.0	4.5	0.13
358	85	2.2	1.3	12.6	11.4	4.5	0.13
405	96	2.2	1.3	15.3	13.7	4.5	0.13
451	107	2.2	1.3	18.1	16.1	4.5	0.13
Iced Chocolate (Regular)							
640	151	3.0	1.9	24.7	22.0	6.3	0.23
687	162	3.0	1.9	27.4	24.3	6.3	0.23
733	173	3.0	1.9	30.2	26.7	6.3	0.23
779	184	3.0	1.9	32.9	29.0	6.3	0.23
687	162	3.0	1.9	27.4	24.3	6.3	0.23
733	173	3.0	1.9	30.2	26.7	6.3	0.23
779	184	3.0	1.9	32.9	29.0	6.3	0.23
826	195	3.0	1.9	35.7	31.4	6.3	0.23
Iced Mocha (Regular)							
657	156	3.1	1.9	25.3	22.3	6.6	0.24
703	166	3.1	1.9	28.0	24.6	6.6	0.24
750	177	3.1	1.9	30.8	27.0	6.6	0.24
796	188	3.1	1.9	33.5	29.3	6.6	0.24
703	166	3.1	1.9	28.0	24.6	6.6	0.24
750	177	3.1	1.9	30.8	27.0	6.6	0.24
796	188	3.1	1.9	33.5	29.3	6.6	0.24
842	199	3.1	1.9	36.3	31.7	6.6	0.24

*with added sweeteners

All Machines Nutrition Guide

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Milk added to all milk based drinks is dairy semi skimmed milk

Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Black Drinks (no milk)								
Espresso								
Espresso	37	10	0.3		1.3	0.7	0.7	0.03
Espresso, 1 sugar*	130	32	0.3		6.9	5.5	0.6	0.02
Espresso, 2 sugars*	205	49	0.2		11.4	9.4	0.6	0.02
Espresso, 3 sugars*	267	64	0.2		15.2	12.7	0.5	0.02
Ristretto								
Ristretto	37	10	0.3		1.3	0.7	0.7	0.03
Ristretto, 1 sugar*	136	33	0.2		7.2	5.9	0.7	0.02
Ristretto, 2 sugars*	215	52	0.2		12.0	10.0	0.6	0.02
Ristretto, 3 sugars*	280	67	0.2		15.9	13.4	0.5	0.02
Black Americano (Regular)								
Black Americano	6	2	0.1		0.2	0.1	0.1	0.05
Black Americano, 1 sugar*	20	5	0.1		1.1	0.8	0.1	0.05
Black Americano, 2 sugars*	34	8	0.1		1.9	1.5	0.1	0.05
Black Americano, 3 sugars*	47	12	0.1		2.7	2.2	0.1	0.05
Black Americano, Syrup*	20	5	0.1		1.1	0.8	0.1	0.05
Black Americano, Syrup, 1 sugar*	34	8	0.1		1.9	1.5	0.1	0.05
Black Americano, Syrup, 2 sugars*	47	12	0.1		2.7	2.2	0.1	0.05
Black Americano, Syrup, 3 sugars*	60	15	0.1		3.4	2.9	0.1	0.04
Long Black Americano (Large)								
Long Black Americano	7	2	0.1		0.2	0.1	0.1	
Long Black Americano, 1 sugar*	20	5	0.1		1.0	0.8	0.1	0.01
Long Black Americano, 2 sugars*	32	8	0.1		1.7	1.4	0.1	0.01
Long Black Americano, 3 sugars*	43	10	0.1		2.4	2.0	0.1	0.01
Long Black Americano, Syrup*	23	6	0.1		1.2	1.0	0.1	0.01
Long Black Americano, Syrup, 1 sugar*	35	9	0.1		1.9	1.6	0.1	0.01
Long Black Americano, Syrup, 2 sugars*	47	11	0.1		2.6	2.2	0.1	0.01
Long Black Americano, Syrup, 3 sugars*	59	14	0.1		3.3	2.7	0.1	0.01
Iced Americano (Large)								
Iced Americano	4	1			0.1	0.1	0.1	
Iced Americano, 1 sugar*	15	4			0.8	0.6	0.1	
Iced Americano, 2 sugars*	26	6			1.4	1.2	0.1	
Iced Americano, 3 sugars*	36	9			2.0	1.7	0.1	
Iced Americano, Syrup*	18	5			1.0	0.8	0.1	
Iced Americano, Syrup, 1 sugar*	29	7			1.6	1.3	0.1	
Iced Americano, Syrup, 2 sugars*	39	9			2.2	1.8	0.1	
Iced Americano, Syrup, 3 sugars*	49	12			2.8	2.4	0.1	
Black Tea (Large)								
Black Tea	2	1			0.3	0.1		
Black Tea, 1 sugar*	16	4			1.1	0.8		
Black Tea, 2 sugars*	31	7			2.0	1.5		
Black Tea, 3 sugars*	44	11			2.8	2.2		

*with added sweeteners

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
16	4	0.1		0.6	0.3	0.3	0.01
62	15	0.1		3.3	2.7	0.3	0.01
109	26	0.1		6.1	5.0	0.3	0.01
155	37	0.1		8.8	7.4	0.3	0.01
15	4	0.1		0.5	0.3	0.3	0.01
61	15	0.1		3.3	2.7	0.3	0.01
108	26	0.1		6.0	5.0	0.3	0.01
154	37	0.1		8.8	7.4	0.3	0.01
20	6	0.2		0.7	0.4	0.4	0.17
66	17	0.2		3.5	2.8	0.4	0.17
113	28	0.2		6.2	5.1	0.4	0.17
159	39	0.2		9.0	7.5	0.4	0.17
66	17	0.2		3.5	2.8	0.4	0.17
113	28	0.2		6.2	5.1	0.4	0.17
159	39	0.2		9.0	7.5	0.4	0.17
205	50	0.2		11.7	9.8	0.4	0.17
26	7	0.2		0.9	0.5	0.5	0.02
72	18	0.2		3.7	2.9	0.5	0.02
119	29	0.2		6.4	5.2	0.5	0.02
165	40	0.2		9.2	7.6	0.5	0.02
87	21	0.2		4.5	3.6	0.5	0.02
134	32	0.2		7.2	5.9	0.5	0.02
180	43	0.2		10.0	8.3	0.5	0.02
226	54	0.2		12.7	10.6	0.5	0.02
17	5	0.1		0.6	0.3	0.3	
63	16	0.1		3.4	2.7	0.3	
110	27	0.1		6.1	5.0	0.3	
156	38	0.1		8.9	7.4	0.3	
78	19	0.1		4.2	3.4	0.3	
125	30	0.1		6.9	5.7	0.3	
171	41	0.1		9.7	8.1	0.3	
217	52	0.1		12.4	10.4	0.3	
5	2			0.8	0.2		
51	13			3.6	2.6		
98	24			6.3	4.9		
144	35			9.1	7.3		

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Milk added to all milk based drinks is dairy semi skimmed milk

Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Iced Coolers								
Iced Mango & Passionfruit Cooler (Regular)								
Iced Mango & Passionfruit Cooler*	38	9			2.2	1.4		0.01
Iced Mango & Passionfruit Cooler, 1 sugar*	50	12			3.0	2.0		0.01
Iced Mango & Passionfruit Cooler, 2 sugars*	62	15			3.7	2.6		0.01
Iced Mango & Passionfruit Cooler, 3 sugars*	74	17			4.4	3.2		0.01
Iced Strawberry & Lime Cooler (Regular)								
Iced Strawberry & Lime Cooler*	27	6			1.6	1.3		0.01
Iced Strawberry & Lime Cooler, 1 sugar*	40	9			2.3	1.9		0.01
Iced Strawberry & Lime Cooler, 2 sugars*	52	12			3.1	2.5		0.01
Iced Strawberry & Lime Cooler, 3 sugars*	64	15			3.8	3.1		0.01
Hazelnut Creme drinks 2026 LTO								
Hazelnut Creme Latte (Regular)								
Hazelnut Creme Latte*	195	46	1.5	0.9	5.6	5.5	3	0.09
Hazelnut Creme Latte, 1 sugar*	206	49	1.4	0.9	6.3	6.1	3	0.09
Hazelnut Creme Latte, 2 sugars*	216	51	1.4	0.9	7	6.7	2.9	0.09
Hazelnut Creme Latte, 3 sugars*	226	54	1.4	0.9	7.7	7.3	2.9	0.09
Hazelnut Creme Latte (Large)								
Hazelnut Creme Latte*	201	48	1.5	0.9	5.8	5.7	3.1	0.1
Hazelnut Creme Latte, 1 sugar*	210	50	1.5	0.9	6.4	6.2	3	0.09
Hazelnut Creme Latte, 2 sugars*	218	52	1.5	0.9	7	6.7	3	0.09
Hazelnut Creme Latte, 3 sugars*	226	53	1.4	0.9	7.5	7.2	3	0.09
Hazelnut Creme Iced Latte (Regular)								
Hazelnut Creme Iced Latte*	134	32	1	0.6	4	3.9	2	0.06
Hazelnut Creme Iced Latte, 1 sugar*	144	34	1	0.6	4.6	4.4	2	0.06
Hazelnut Creme Iced Latte, 2 sugars*	153	36	0.9	0.6	5.2	4.9	2	0.06
Hazelnut Creme Iced Latte, 3 sugars*	162	38	0.9	0.6	5.8	5.4	2	0.06
Optional Extras								
White sugar sachet	1700	400			100	100		0.01
Brown sugar sachet	1700	400			100	100		0.01
Sugar flavour shot (with sweeteners)	927	218			55	47		
Sweetener sachet	1530	360			90	90		
Chocolate Flavoured Powder sachet	1637	387	5.8	4.8	75	67	7.2	1.6
Syrup flavour shot 12oz (regular) drink (with sweeteners)	927	218			55	47		
Syrup flavour shot to 16oz (Large) drink (with sweeteners)	927	218			55	47		

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
135	32			8.0	4.8	0.1	0.02
182	43			10.7	7.2	0.1	0.02
228	54			13.5	9.5	0.1	0.02
274	65			16.2	11.9	0.1	0.02
94	22			5.5	4.4	0.1	0.03
141	33			8.3	6.8	0.1	0.03
187	44			11.0	9.1	0.1	0.03
233	55			13.8	11.5	0.1	0.03
664	158	5	3.1	19.1	18.8	10.3	0.32
710	169	5	3.1	21.9	21.2	10.3	0.32
757	180	5	3.1	24.6	23.5	10.3	0.32
803	191	5	3.1	27.4	25.9	10.3	0.32
837	198	6.2	3.9	24.2	23.9	12.8	0.4
883	209	6.2	3.9	27	26.3	12.8	0.4
930	220	6.2	3.9	29.7	28.6	12.8	0.4
976	231	6.2	3.9	32.5	31	12.8	0.4
557	132	4	2.5	16.5	16.2	8.4	0.26
603	143	4	2.5	19.3	18.6	8.4	0.26
650	154	4	2.5	22	20.9	8.4	0.26
696	165	4	2.5	24.8	23.3	8.4	0.26
2	8			2	2		
2	8			2	2		
34	8			2	2		
34	8			2	2		
68	16			4	4		
46	11			2.8	2.4		
65	15			3.9	3.3		

*with added sweeteners