

# Pure. Allergen & Nutritional Guide

Category	Product Name	Vegan	Vegetarian	Cereals containing Gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Cobay	Fish	Crustaceans	Molluscs	Lupin	Sulphites	Energy (kJ)	Energy (kcal)	Fat (g)	of which is saturated (g)	Carbohydrate (g)	of which is sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Birchers & Yoghurts	Blueberry Bircher	Vegan	Vegetarian															1579	375	6.4	4.2	60.7	17.9	6.8	9.4	0.02
Birchers & Yoghurts	Energy Crunch Bircher	Vegan	Vegetarian			Almond Hazelnut												2074	495	13.8	10.0	67.6	16.3	8.5	14.0	0.04
Birchers & Yoghurts	Banana & Honey Yoghurt		Vegetarian	Oats	Milk	Almond Pecan Walnut												1378	335	14.8	7.5	41.2	34.3	1.5	8.3	0.26
Breakfast Toasties	Bacon & Egg			Wheat				Egg		Mustard								2364	564	26.9	6.5	54.2	9.0	5.7	23.9	2.63
Breakfast Toasties	Smoked Salmon			Wheat				Egg		Mustard			Fish					2057	491	23.9	5.0	44.8	1.5	5.8	21.8	2.06
Breakfast Toasties	Super Start		Vegetarian	Wheat	Milk			Egg		Mustard							Sulphites	1897	453	21.3	6.4	45.9	2.1	6.2	16.9	1.82
Pastries	Almond Croissant		Vegetarian	Wheat	Milk	Almond		Egg										1413	338	18.1	10.2	32.2	13.8	2.1	10.6	0.67
Pastries	Chocolate Croissant		Vegetarian	Wheat	Milk			Egg	Soya									1497	358	20.0	10.5	36.2	14.0	2.2	7.2	0.67
Pastries	Croissant		Vegetarian	Wheat	Milk			Egg										1443	345	18.3	11.6	37.5	5.6	1.2	7.1	0.68
Porridge	Pure Porridge	Vegan	Vegetarian	Oats														797	189	3.4	0.6	30.7	2.5	4.3	5.3	0.64
Porridge Toppings	Banana	Vegan	Vegetarian															125	30	0.0	0.0	6.7	6.0	0.5	0.4	0.00
Porridge Toppings	Blossom Honey - 1 or pot		Vegetarian															422	108	0.0	0.0	25.0	23.0	0.0	0.0	0.00
Porridge Toppings	Blueberries	Vegan	Vegetarian															116	27	0.1	0.0	5.8	4.0	1.0	0.3	0.00
Porridge Toppings	Energy Crunch	Vegan	Vegetarian			Almond Hazelnut												547	132	4.0	2.9	9.9	6.0	2.3	3.6	0.01
Porridge Toppings	Golden Syrup - 100 pot	Vegan	Vegetarian															414	98	0.0	0.0	24.0	24.0	0.0	0.0	0.00
Porridge Toppings	Peanut Butter	Vegan	Vegetarian				Peanut											635	153	12.3	1.7	3.3	1.0	0.0	6.8	0.50
Super Eggs	Super Eggs		Vegetarian		Milk			Egg										1090	262	19.1	7.0	1.2	0.5	0.4	21.1	0.91
Super Eggs Toppings	Avocado	Vegan	Vegetarian															285	69	6.8	1.4	0.7	0.2	1.2	0.7	0.04
Super Eggs Toppings	Bacon																	392	94	5.5	2.1	2.8	1.5	0.1	8.3	1.02
Super Eggs Toppings	Sautéed Mushrooms	Vegan	Vegetarian							Mustard							Sulphites	43	11	0.9	0.1	0.1	0.0	0.9	0.5	0.18
Super Eggs Toppings	Smoked Salmon												Fish					164	39	1.8	0.3	0.0	0.0	0.5	5.4	0.60
Toasted Bagels	Toasted Wholegrain Bagel & Butter		Vegetarian	Wheat, Barley	Milk													1752	418	14.6	6.2	54.5	6.6	9.4	12.3	0.87
Toasted Bagels	Bacon & Avocado			Wheat, Barley														2126	508	18.6	4.1	58.2	8.7	10.9	21.3	1.82
Toasted Bagels	Vegan Breakfast Bagel	Vegan	Vegetarian	Wheat, Barley						Mustard							Sulphites	1823	435	13.5	4.4	60.0	7.5	10.7	13.3	1.48

Category	Product Name	Vegan	Vegetarian	Cereals containing gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites	Energy (kJ)	Energy (kcal)	Fat (g)	of which is saturated (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breads	Loch Stock & Hot Smoked Salmon			Wheat, Barley	Milk								Fish					2134	510	18.7	6.4	56.2	7.9	9.8	24.6	2.21
Breads	Ariha Fajita			Wheat	Milk												Sulphites	2331	561	22.7	6.2	62.5	8.2	6.8	23.7	1.48
Breads	Falafel Soldier	Vegan	Vegetarian	Wheat		Almond				Mustard	Sesame						Sulphites	3033	726	40.4	5.6	69.8	12.3	14.1	17.0	2.15
Breads	Hail Caesar			Wheat, Rye, Oats	Milk			Egg									Sulphites	2709	649	32.4	6.8	52.8	1.7	5.8	35.3	1.67
Breads	Smokir' Hot			Wheat							Sesame						Sulphites	2100	504	19.3	3.6	54.7	7.7	8.0	24.9	1.99
Breads	Soy Good	Vegan	Vegetarian	Wheat					Soya		Sesame						Sulphites	2177	517	17.5	3.9	63.6	6.8	11.9	25.2	2.55
Breads	Breadstick and Butter	Vegan	Vegetarian	Wheat, Barley	Milk													589	140	5.9	3.2	19.7	0.9	1.3	0.0	0.62
Salads	Celebrity Skin					Cashew				Mustard			Fish				Sulphites	2132	515	41.7	6.3	10.3	6.3	4.3	23.4	2.38
Salads	Celebrity Skin - Undressed					Cashew							Fish					1290	310	20.3	3.8	7.9	4.1	4.2	23.1	2.17
Salads	Chicken & Bacon Caesar			Wheat, Rye, Oats	Milk			Egg		Mustard							Sulphites	2048	486	32.3	7.0	10.7	1.4	2.2	38.8	1.77
Salads	Chicken & Bacon Caesar - Undressed			Wheat, Rye, Oats	Milk			Egg										1418	340	16.6	5.8	10.2	0.9	2.3	38.3	1.21
Salads	Sesame Ginger	Vegan	Vegetarian						Soya		Sesame						Sulphites	1647	395	18.2	2.4	39.5	11.1	8.3	18.2	3.35
Salads	Sesame Ginger - Undressed	Vegan	Vegetarian						Soya		Sesame						Sulphites	1415	338	14.0	1.8	36.4	10.4	8.3	17.3	2.59
Salads	The Mexican																Sulphites	2684	643	39.3	4.1	40.8	11.2	9.5	30.4	1.70
Salads	The Mexican - Undressed																Sulphites	1992	477	21.9	3.0	38.2	8.9	9.4	30.3	1.53
Dei & Little Pots	Sweet Spot	Vegan	Vegetarian								Sesame							1392	332	20.7	7.4	28.7	4.0	1.9	7.8	1.66
Hot Boxes	Chipotle Chicken				Milk			Egg										2215	525	15.5	2.6	75.4	9.5	8.6	31.5	2.37
Hot Boxes	High Protein Chili								Soya			Celery						2973	707	25.4	6.9	87.9	7.3	11.2	29.2	2.21
Hot Boxes	Thai Red Chicken							Egg	Soya				Fish					2756	656	29.0	15.2	68.2	14.3	11.2	32.6	2.99
Hot Boxes	Vegan Coconut Curry	Vegan	Vegetarian							Mustard								1705	403	9.5	1.1	74.9	13.5	6.2	10.7	2.29
Pasta	Chicken & Mushroom			Wheat	Milk			Egg									Sulphites	3407	812	34.4	13.5	70.9	8.2	11.1	47.2	1.80
Pasta	Pure Bolognese			Wheat	Milk							Celery					Sulphites	2330	554	16.6	5.7	74.3	10.6	6.4	27.1	3.17
Pasta	Vegano Arrabbiata	Vegan	Vegetarian	Wheat													Sulphites	2045	484	13.5	3.2	75.0	11.5	4.0	13.5	1.39
Soups	British Chicken - Large			Wheat								Celery						795	186	3.6	0.4	21.5	6.7	4.5	28.2	2.68
Soups	British Chicken - Regular			Wheat								Celery						505	118	2.3	0.3	13.6	4.3	2.8	17.9	1.70

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Soups	Thai Green Lentil Soup - Large	Vegan	Vegetarian									Celery						1305	313	20.6	16.5	19.7	5.8	7.2	8.5	3.35
Soups	Thai Green Lentil Soup - Regular	Vegan	Vegetarian									Celery						856	205	13.5	10.8	12.9	3.8	4.7	5.6	2.20
Toasties	Chicken Picante			Wheat	Milk													2444	583	25.1	8.0	57.1	6.3	7.4	30.4	1.93
Toasties	Halloumi		Vegetarian	Wheat	Milk					Mustard	Sesame							2298	574	26.1	7.2	58.5	10.3	8.3	19.9	2.91
Hot Snacks	Free Range Chicken Bites																	1947	466	20.8	1.8	47.5	6.6	0.0	22.1	1.74
Deft & Little Pots	A Bit Moorish	Vegan	Vegetarian	Wheat Barley Spelt					Soya	Mustard	Sesame							2516	604	33.0	3.4	66.3	19.1	12.6	15.1	2.13
Deft & Little Pots	Cauli Willoughby	Vegan	Vegetarian	Wheat Barley Spelt					Soya		Sesame							1308	313	12.5	1.3	43.1	6.0	8.0	10.4	1.96
Deft & Little Pots	24 Carrot	Vegan	Vegetarian								Sesame							984	238	14.6	1.2	17.6	10.5	7.4	4.9	0.80
Deft & Little Pots	Chip Off The Gnoc	Vegan	Vegetarian															702	168	10.5	1.9	15.8	0.3	1.5	2.1	0.51
Deft & Little Pots	Free's a Crowd																	1716	411	20.0	1.7	39.7	6.2	0.0	18.1	1.52
Snacks & Treats	Dark Chocolate Fruit & Nuts	Vegan	Vegetarian			Cashew			Soya									644	154	9.8	4.3	12.6	8.3	1.6	2.9	0.01
Snacks & Treats	Go Nuts	Vegan	Vegetarian			Almond Brazil Nuts Cashew												958	229	18.8	3.2	7.4	1.5	2.7	6.3	0.00
Snacks & Treats	Nut & Raisin Mix	Vegan	Vegetarian			Cashew Macadamia												778	186	11.5	2.0	16.3	9.5	1.6	3.5	0.00
Snacks & Treats	Salted Caramel Almonds		Vegetarian		Milk	Almonds			Soya									1002	240	17.2	6.3	15.5	14.6	1.7	4.8	0.20
Snacks & Treats	Smoked Corn & Smoked Almonds	Vegan	Vegetarian			Almond												673	161	9.6	1.0	12.4	1.0	2.3	5.0	0.63
Snacks & Treats	Soft Dried Mango	Vegan	Vegetarian															378	90	0.2	0.1	21.1	18.0	1.1	0.6	0.00
Snacks & Treats	Dark Chocolate & Hazelnut Cookie		Vegetarian			Hazelnut		Egg										1144	275	10.5	1.5	37.8	36.4	2.2	5.1	0.27
Snacks & Treats	Oat & Cranberry Cookie		Vegetarian	Wheat Oat	Milk			Egg										1036	246	9.1	5.0	37.1	23.1	1.6	3.2	0.48
Snacks & Treats	Blueberry & Almond Muffin		Vegetarian	Wheat Oat	Milk	Almond		Egg										2202	527	27.3	3.1	58.5	34.5	3.4	9.6	0.95
Snacks & Treats	Lemon, Courgette & Basil Muffin		Vegetarian	Wheat Oat	Milk			Egg										2025	484	22.1	2.9	61.1	33.8	2.1	7.4	1.01
Snacks & Treats	Cacao, Almond & Ginger Powerball		Vegetarian		Milk	Almond												611	146	5.2	0.9	19.2	17.6	1.6	5.6	0.08
Snacks & Treats	Mango & Macadamia Powerball	Vegan	Vegetarian			Almond Macadamia												608	145	6.8	2.8	16.1	14.8	0.4	5.2	0.06
Snacks & Treats	Choc'Avo Mousse		Vegetarian					Egg	Soya									886	212	13.0	6.9	16.4	15.2	2.8	5.4	0.30
Snacks & Treats	Super Rice Pudding	Vegan	Vegetarian															861	206	10.0	8.2	27.1	6.2	0.9	2.2	0.40
Snacks & Treats	Melen & Grape	Vegan	Vegetarian															352	72	0.2	0.0	14.4	14.4	0.0	1.1	0.02

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Snacks & Treats	Mango & Pineapple	Vegan	Vegetarian															347	83	0.3	0.0	15.8	15.5	0.0	1.3	0.00
Smoothies & Juices	Anti-Oxidiser 250ml	Vegan	Vegetarian															532	127	0.0	0.0	30.1	27.5	0.7	0.7	0.04
Smoothies & Juices	Anti-Oxidiser 900ml	Vegan	Vegetarian															1066	254	0.0	0.0	60.4	55.1	1.4	1.5	0.07
Smoothies & Juices	Martha's Marvellous Apple Juice 250ml	Vegan	Vegetarian															500	120	0.0	0.0	29.5	29.5	0.0	0.3	0.08
Smoothies & Juices	Martha's Marvellous Apple Juice 600ml	Vegan	Vegetarian															1000	240	0.0	0.0	59.0	59.0	0.0	0.5	0.15
Smoothies & Juices	Orange Juice 250ml	Vegan	Vegetarian															503	118	0.0	0.0	27.0	23.3	1.8	1.5	0.00
Smoothies & Juices	Orange Juice 600ml	Vegan	Vegetarian															1005	235	0.0	0.0	54.0	46.5	3.5	3.0	0.00
Smoothies & Juices	Brain Boost 250ml	Vegan	Vegetarian			Almond	Peanut											912	218	9.2	2.5	27.0	23.8	2.7	5.2	0.38
Smoothies & Juices	Brain Boost 600ml	Vegan	Vegetarian			Almond	Peanut											1827	438	18.3	5.0	54.1	47.7	5.4	10.5	0.77
Smoothies & Juices	Get Vit 250ml	Vegan	Vegetarian															650	140	4.8	4.3	21.8	19.3	0.5	1.8	0.13
Smoothies & Juices	Get Vit 600ml	Vegan	Vegetarian															1160	280	9.5	8.5	43.5	38.5	1.0	3.5	0.25
Smoothies & Juices	Mango Power 250ml	Vegan	Vegetarian															778	185	3.8	3.3	28.3	23.8	1.3	8.0	0.18
Smoothies & Juices	Mango Power 600ml	Vegan	Vegetarian															1555	370	7.5	6.5	56.5	47.5	2.5	16.0	0.35
Smoothies & Juices	Superberry 250ml	Vegan	Vegetarian															565	135	2.0	1.5	25.5	23.5	2.0	1.5	0.05
Smoothies & Juices	Superberry 600ml	Vegan	Vegetarian															1130	270	4.0	3.0	51.0	47.0	4.0	3.0	0.10
Cold Drinks	Iced Latte - Coconut Milk	Vegan	Vegetarian						Soya									278	66	2.8	1.4	6.6	6.6	0.4	3.0	0.20
Cold Drinks	Iced Americano	Vegan	Vegetarian															0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Cold Drinks	Iced Latte	Vegan	Vegetarian															518	124	7.0	4.4	8.6	8.6	0.0	7.0	0.00
Cold Drinks	Iced Latte - Oat Milk	Vegan	Vegetarian	Oat														490	118	6.0	0.6	13.0	8.0	1.6	2.0	0.20
Cold Drinks	Iced Latte - Skimmed Milk		Vegetarian		Milk													280	66	0.2	0.1	9.2	9.2	0.0	6.8	0.00
Cold Drinks	Iced Latte - Whole Milk		Vegetarian		Milk													518	124	7.0	4.4	8.6	8.6	0.0	7.0	0.00
Catering	A Bit Moorish Box - Regular	Vegan	Vegetarian	Wheat Barley Spelt					Soya	Mustard	Sesame						Sulphites	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Crisps Box - Large		Vegetarian		Milk						Sesame							0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Crisps Box - Regular		Vegetarian		Milk						Sesame							0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Quinoa Chips - Large	Vegan	Vegetarian								Sesame							0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00

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Catering	Quinoa Chips - Regular	Vegan	Vegetarian								Sesame							0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Good Morning Box - Large		Vegetarian	Wheat Oats	Milk	Almond		Egg	Soya									0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Good Morning Box - Regular		Vegetarian	Wheat Oats	Milk	Almond		Egg	Soya									0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Muffin Box - Large		Vegetarian	Wheat Oats	Milk	Almond		Egg										0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Muffin Box - Regular		Vegetarian	Wheat Oats	Milk	Almond		Egg										0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Pastry Box - Large		Vegetarian	Wheat Oats	Milk			Egg	Soya									0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Pastry Box - Regular		Vegetarian	Wheat Oats	Milk			Egg	Soya									0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Salad Box - Celebrity Skin					Cashew				Mustard			Fish				Sulphites	615	148	12.0	1.8	3.0	1.8	1.2	6.7	0.69
Catering	Salad Box - Chicken and Bacon Caesar			Wheat, Rye, Oats	Milk			Egg		Mustard							Sulphites	601	145	9.1	2.5	3.7	0.2	1.0	12.3	0.56
Catering	Salad Box - Sesame Ginger	Vegan	Vegetarian						Soya		Sesame						Sulphites	405	97	4.2	0.6	9.9	2.7	2.2	4.6	0.75
Catering	Salad Box - The Mexican																Sulphites	654	158	10.2	0.9	9.0	3.4	2.4	9.6	0.76
Catering	Wrap Box - Regular			Wheat Rye Oats	Milk	Almond		Egg	Soya	Mustard	Sesame						Sulphites	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Cookie Box - Regular		Vegetarian	Wheat Oats	Milk	Hazelnut		Egg										0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Catering	Fruit Salad Box - Regular	Vegan	Vegetarian															0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Wellbeing Box	Breakfast Royale			Wheat Barley	Milk	Almond	Peanut						Fish					0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Wellbeing Box	Clean Start	Vegan	Vegetarian						Soya									0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Wellbeing Box	Go-to Breakfast		Vegetarian	Wheat Oats	Milk	Almond Peanut Walnut		Egg										0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Wellbeing Box	Go-to Lunch	Vegan	Vegetarian	Wheat Barley Spelt					Soya	Mustard	Sesame						Sulphites	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Wellbeing Box	Morning Booster	Vegan	Vegetarian			Almond	Peanut		Soya									0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Wellbeing Box	Plant Power	Vegan	Vegetarian	Wheat		Almond Cashew			Soya	Mustard	Sesame						Sulphites	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Wellbeing Box	Protein Power			Wheat Rye Oats	Milk			Egg									Sulphites	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Wellbeing Box	Pure Classic			Wheat	Milk						Sesame						Sulphites	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Coconut Milk - Americano	Vegan	Vegetarian						Soya									30	7	0.3	0.0	0.7	0.7	0.0	0.3	0.00
Hot Drinks	Coconut Milk - Cappuccino	Vegan	Vegetarian						Soya									309	73	3.2	1.6	7.3	7.3	0.8	3.2	0.19
Hot Drinks	Coconut Milk - Chai Latte	Vegan	Vegetarian						Soya									750	179	4.3	2.0	28.9	19.6	0.7	4.6	0.33

Category	Product Name	Vegan	Vegetarian	Cereals containing gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites	Energy (kJ)	Energy (kcal)	Fat (g)	of which is saturated (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Hot Drinks	Coconut Milk - Flat White	Vegan	Vegetarian						Soya									239	57	2.4	1.1	5.7	5.7	0.4	2.6	0.13
Hot Drinks	Coconut Milk - Hot Chocolate	Vegan	Vegetarian						Soya									1009	243	15.8	9.0	16.8	16.1	4.0	5.8	0.18
Hot Drinks	Coconut Milk - Latte	Vegan	Vegetarian						Soya									380	89	3.8	1.9	8.9	8.9	0.6	4.1	0.22
Hot Drinks	Coconut Milk - Macchiato	Vegan	Vegetarian						Soya									73	17	0.7	0.4	1.7	1.7	0.1	0.8	0.04
Hot Drinks	Coconut Milk - Cortado	Vegan	Vegetarian						Soya									132	31	1.3	0.7	3.1	3.1	0.2	1.4	0.08
Hot Drinks	Coconut Milk - Mocha	Vegan	Vegetarian						Soya									0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Black Americano	Vegan	Vegetarian															4	1	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Black Filter Coffee	Vegan	Vegetarian															0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Cappuccino		Vegetarian		Milk				Soya									597	137	7.8	4.8	9.4	9.4	0.0	7.8	0.22
Hot Drinks	Cortado		Vegetarian		Milk													262	63	3.5	2.3	4.5	4.5	0.0	3.3	0.10
Hot Drinks	Espresso	Vegan	Vegetarian															0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Flat White		Vegetarian		Milk													464	107	5.9	3.7	7.4	7.4	0.0	5.9	0.18
Hot Drinks	Latte		Vegetarian		Milk													734	169	9.6	6.1	11.8	11.8	0.0	9.6	0.29
Hot Drinks	Macchiato		Vegetarian		Milk													141	33	1.8	1.2	2.3	2.3	0.0	1.8	0.06
Hot Drinks	Mocha		Vegetarian		Milk				Soya									1096	256	15.9	10.0	16.6	16.3	1.7	11.0	0.27
Hot Drinks	Coconut Milk	Vegan	Vegetarian						Soya									28	7	0.3	0.1	0.7	0.7	0.0	0.3	0.02
Hot Drinks	Oat Milk	Vegan	Vegetarian	Oats														36	9	0.3	0.1	1.2	0.8	0.1	0.2	0.02
Hot Drinks	Oat Milk - Americano	Vegan	Vegetarian	Oats														0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Oat Milk - Cappuccino	Vegan	Vegetarian	Oats					Soya									597	137	7.8	4.8	9.4	9.4	0.0	7.8	0.22
Hot Drinks	Oat Milk - Chai Latte	Vegan	Vegetarian	Oats														0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Oat Milk - Cortado	Vegan	Vegetarian	Oats														172	41	1.5	0.4	5.8	3.9	0.3	0.8	0.10
Hot Drinks	Oat Milk - Flat White	Vegan	Vegetarian	Oats														0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Oat Milk - Hot Chocolate	Vegan	Vegetarian	Oats					Soya									0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Oat Milk - Latte	Vegan	Vegetarian	Oats														0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Oat Milk - Macchiato	Vegan	Vegetarian	Oats														0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00

Category	Product Name	Vegan	Vegetarian	Cereals containing gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites	Energy (kJ)	Energy (kcal)	Fat (g)	of which is saturated (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Hot Drinks	Oat Milk - Mocha	Vegan	Vegetarian	Oats					Soya									0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Caramel Syrup	Vegan	Vegetarian															115	27	0.0	0.0	0.6	6.7	0.0	0.0	0.00
Hot Drinks	Extra Shot	Vegan	Vegetarian															1	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Hazelnut Syrup	Vegan	Vegetarian			Hazelnut												116	27	0.0	0.0	6.7	6.7	0.0	0.0	0.00
Hot Drinks	Vanilla Syrup	Vegan	Vegetarian															117	28	0.0	0.0	6.8	6.8	0.0	0.0	0.00
Hot Drinks	Chai Latte		Vegetarian		Milk													1149	266	10.6	6.6	32.2	22.9	0.0	11.0	0.40
Hot Drinks	Hot Chocolate		Vegetarian		Milk				Soya									1298	306	20.3	12.3	19.1	18.3	3.5	10.0	0.23
Hot Drinks	Skimmed Milk - Americano		Vegetarian		Milk													33	7	0.0	0.0	1.0	1.0	0.0	0.7	0.03
Hot Drinks	Skimmed Milk - Cappuccino		Vegetarian		Milk				Soya									312	73	0.3	0.0	10.2	10.2	0.0	7.5	0.22
Hot Drinks	Skimmed Milk - Chai Latte		Vegetarian		Milk													754	179	0.3	0.3	32.9	23.6	0.0	10.6	0.40
Hot Drinks	Skimmed Milk - Cortado		Vegetarian		Milk													149	35	0.3	0.1	4.8	4.8	0.0	3.4	0.10
Hot Drinks	Skimmed Milk - Flat White		Vegetarian		Milk													241	57	0.2	0.0	7.9	7.9	0.0	5.9	0.18
Hot Drinks	Skimmed Milk - Hot Chocolate		Vegetarian		Milk				Soya									1012	243	12.8	7.5	19.8	18.8	3.5	9.8	0.23
Hot Drinks	Skimmed Milk - Latte		Vegetarian		Milk													383	89	0.3	0.3	12.4	12.4	0.0	9.3	0.29
Hot Drinks	Skimmed Milk - Macchiato		Vegetarian		Milk													73	17	0.1	0.0	2.4	2.4	0.0	1.8	0.05
Hot Drinks	Skimmed Milk - Mocha		Vegetarian		Milk													0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Earl Grey Tea																	3	1	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	English Breakfast Tea																	3	1	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Green Tea	Vegan	Vegetarian															3	1	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Hot Drinks	Peppermint Tea	Vegan	Vegetarian															3	1	0.0	0.0	3.1	0.0	0.0	1.2	0.00
Hot Drinks	Whole Milk - Americano		Vegetarian		Milk													57	13	0.7	0.4	0.9	0.9	0.0	0.7	0.02