

Hot Drinks & Iced Coffee Milk Alternative - calories

	Whole	Skimmed	Coconut	Almond	Soya	Oat
Latte	228 kcal	90 kcal	144 kcal	158 kcal	141 kcal	163 kcal
Flat White	144 kcal	57 kcal	91 kcal	100 kcal	89 kcal	103 kcal
Cappuccino	186 kcal	73 kcal	118 kcal	129 kcal	115 kcal	133 kcal
Mocha	306 kcal	164 kcal	220 kcal	234 kcal	217 kcal	239 kcal
Cortado	80 kcal	31 kcal	50 kcal	55 kcal	49 kcal	57 kcal
Macchiato	44 kcal	17 kcal	28 kcal	30 kcal	27 kcal	31 kcal
Americano	17 kcal	7 kcal	11 kcal	12 kcal	10 kcal	12 kcal
Hot Chocolate	291 kcal	203 kcal	237 kcal	246 kcal	236 kcal	249 kcal
Chai Latte	334 kcal	178 kcal	239 kcal	254 kcal	236 kcal	261 kcal
Iced Americano	17 kcal	7 kcal	11 kcal	12 kcal	10 kcal	12 kcal
Iced Latte	228 kcal	90 kcal	144 kcal	158 kcal	141 kcal	163 kcal
Iced Chai Latte	356 kcal	213 kcal	269 kcal	283 kcal	266 kcal	289 kcal
Iced Ginger & Chocolate	374 kcal	231 kcal	287 kcal	301 kcal	284 kcal	307 kcal
English Breakfast	17 kcal					
Earl Grey	17 kcal					
Peppermint Tea	19 kcal					
Green Tea	17 kcal					

Double Up Hot Box portions - calories

Add an Extra Portion	
Double Up - High Protein Chilli	310 kcal
Double Up - Sweet Potato & Chickpea	377 kcal
Double Up - Thai Red Chicken	204 kcal
Double Up - Mediterranean Chicken	260 kcal
Double Up - Halloumi & Red Pepper Tagine	137 kcal
Double Up - Chicken Korma	227 kcal
Double Up - Kimchi Chicken	260 kcal
Double Up - Keralan Coconut Curry	229 kcal