

# NUTRITION & ALLERGEN GUIDE



## Iced Drinks

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Group	Dept	Name	Calories	Allergens
Drinks	Cold Drinks – Iced Coffee	ICED AMERICANO (NO MILK)	3	No allergens present
Drinks	Cold Drinks – Iced Coffee	ICED AMERICANO (WITH MILK)	18	Milk
Drinks	Cold Drinks – Iced Coffee	ICED CAPPUCCINO	53	Milk
Drinks	Cold Drinks – Iced Coffee	ICED LATTE	63	Milk
Drinks	Cold Drinks – Iced Coffee	ICED MOCHA	66	Milk, Soya
Drinks	Cold Drinks – Iced Tea	GREEN ICED TEA	2	No allergens present
Drinks	Cold Drinks – Iced Tea	RASPBERRY ICED TEA	28	No allergens present
Drinks	Cold Drinks – Smoothies	BERRY GO ROUND	54	No allergens present
Drinks	Cold Drinks – Smoothies	BIG 5	72	No allergens present
Drinks	Cold Drinks – Smoothies	CHERRY POPPINS	70	No allergens present
Drinks	Cold Drinks – Smoothies	COCO LOCO	105	No allergens present
Drinks	Cold Drinks – Smoothies	PASH N SHOOT	75	No allergens present
Drinks	Cold Drinks – Smoothies	STRAWBERRY SPLIT	89	No allergens present
Drinks	Cold Drinks – Smoothies – Extras	APPLE JUICE	60	No allergens present
Drinks	Cold Drinks – Smoothies – Extras	PROTEIN POWDER	116	No allergens present

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## Hot Drinks

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Drinks	Hot Drinks - Coffee	AMERICANO (NO MILK) LARGE	6	No allergens present
Drinks	Hot Drinks - Coffee	AMERICANO (NO MILK) REGULAR	3	No allergens present
Drinks	Hot Drinks - Coffee	AMERICANO (WITH MILK) LARGE	45	Milk
Drinks	Hot Drinks - Coffee	AMERICANO (WITH MILK) REGULAR	30	Milk
Drinks	Hot Drinks - Coffee	CAPPUCCINO LARGE	103	Milk
Drinks	Hot Drinks - Coffee	CAPPUCCINO REGULAR	87	Milk
Drinks	Hot Drinks - Coffee	DOUBLE ESPRESSO	6	No allergens present
Drinks	Hot Drinks - Coffee	ESPRESSO	3	No allergens present
Drinks	Hot Drinks - Coffee	FLAT WHITE	86	Milk
Drinks	Hot Drinks - Coffee	LATTE LARGE	174	Milk
Drinks	Hot Drinks - Coffee	LATTE REGULAR	144	Milk
Drinks	Hot Drinks - Coffee	MOCHA LARGE	293	Milk
Drinks	Hot Drinks - Coffee	MOCHA REGULAR	264	Milk
Drinks	Hot Drinks - Extras	MARSHMALLOWS (PER SERVING)	40	Fish, Maise, Sulphites
Drinks	Hot Drinks - Extras	SYRUPS (PER SERVING)	100	No allergens present
Drinks	Hot Drinks - Extras	WHIPPED CREAM (PER SERVING)	32	No allergens present
Drinks	Hot Drinks - Hot Chocolate	HOT CHOCOLATE LARGE	215	Milk
Drinks	Hot Drinks - Hot Chocolate	HOT CHOCOLATE REGULAR	207	Milk

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Drinks	Hot Drinks - Speciality Tea	CHAI LATTE LARGE	230	Milk
Drinks	Hot Drinks - Speciality Tea	CHAI LATTE REGULAR	200	Milk
Drinks	Hot Drinks - Speciality Tea	EARL GREY TEA	2	No allergens present
Drinks	Hot Drinks - Speciality Tea	GREEN TEA	3	No allergens present
Drinks	Hot Drinks - Speciality Tea	MATCHA LATTE LARGE	194	Milk
Drinks	Hot Drinks - Speciality Tea	MATCHA LATTE REGULAR	165	Milk
Drinks	Hot Drinks - Speciality Tea	PEPPERMINT TEA	0	No allergens present
Drinks	Hot Drinks - Speciality Tea	RASPBERRY TEA	10	No allergens present
Drinks	Hot Drinks - Tea	TEA (NO MILK) LARGE	2	No allergens present
Drinks	Hot Drinks - Tea	TEA (NO MILK) REGULAR	2	No allergens present
Drinks	Hot Drinks - Tea	TEA (WITH MILK) LARGE	30	Milk
Drinks	Hot Drinks - Tea	TEA (WITH MILK) REGULAR	25	Milk