

All machines Allergen Guide

Drink	Dietary Choices		Allergens																
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten																
			Wheat Present	Rye Present	Barley Present	Oat Present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish Products present	Crustacean Products present	Mollusc Products present	Sulphite Products Present Above 10ppm	Sesame Products present	Celery Products present	Mustard Products present	Peanut Products present	Lupin Products present	Tree nuts / nut derivatives present
Espresso	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Espresso Macchiato	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Ristretto	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cortado	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Espresso Lungo	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Caffe Latte	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Flat White	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Cappuccino	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Black Americano	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
White Americano	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Vanilla Latte	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Chai Latte	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
White tea	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Black Tea	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hot Chocolate	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Chocolate	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Mocha	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Praline Flavour Latte (with Hot Chocolate)	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Hazelnut Praline Flavour Hot Chocolate	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Milk Cooler (all flavours)	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
ADD:																			
White sugar sachet	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Brown sugar sachet	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sweetener sachet	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chocolate powder sachet	Y	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel syrup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Vanilla Syrup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Gingerbread syrup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hazelnut syrup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Vanilla syrup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cinnamon syrup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chai syrup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Limited Edition syrup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

Key and how to interpret the data

The allergy data detailed in the table is based on technical specifications from our suppliers. Please note that due to the operation of the machine, cross contamination of allergens present cannot be prevented.

If adding a sachet or additional syrup, please add that allergen data to that of your drink.

N means that the component is not present in the product as delivered by our supplier.

Yes in the allergen columns means that the allergen is present in the drink or chosen addition therefore this selection is not suitable for customers who have an allergy or intolerance to that allergen.

Y/N in the first two columns, details whether the product is suitable for vegetarians or vegans

Marlow Nutrition Guide

The figures below give the nutrition values for each drink offered by the machine. Optional flavours and sachets are listed separately and must be added to the value for the drink.

DRINK	PER 100ml or g							
	Energy kj	Energy kcal	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Double Espresso	74	20	0.6	0	2.6	1.4	1.4	0
Espresso Lungo	53	14	0.4	0.0	1.9	1.0	1.0	0.0
Ristretto	74	20	0.6	0	2.6	1.4	1.4	0
Macchiatto	105	27	0.8	0.3	3.1	2.2	1.9	0.0
Cortado	154	37	1.2	0.7	3.9	3.5	2.8	0.1
Caffe Latte Regular	176	42	1.4	0.9	4.3	4.1	3.2	0.1
Caffe Latte Large	180	43	1.4	0.9	4.3	4.2	3.2	0.1
Cappuccino Regular	171	41	1.4	0.8	4.2	4.0	3.1	0.1
Cappuccino Large	170	41	1.3	0.8	4.2	4.0	3.1	0.1
White Americano Regular	86	21	0.7	0.4	2.1	2.0	1.5	0.0
White Americano Large	89	22	0.7	0.4	2.3	2.0	1.6	0.0
Americano Regular	10	3	0.1	0.0	0.4	0.2	0.2	0.0
Americano Large	11	4	0.1	0.0	0.5	0.3	0.3	0.0
Vanilla Latte Regular	189	45	1.4	0.9	5.1	5.0	3.1	0.1
Vanilla Latte Large	194	46	1.4	0.9	5.3	5.2	3.1	0.1
Flat White Regular	179	43	1.4	0.9	4.3	4.2	3.2	0.1
Chai Latte Regular	204	48	1.5	1.0	5.4	5.4	3.3	0.1
Chai Latte Large	205	49	1.5	1.0	5.5	5.5	3.3	0.1
White Tea Regular	28	7	0.2	0.1	0.7	0.6	0.4	0.0
White Tea Large	27	7	0.2	0.1	0.7	0.5	0.4	0.0
Black Tea Regular	5	1	0.0	0.0	0.2	0.0	0.0	0.0
Black Tea Large	5	1	0.0	0.0	0.2	0.0	0.0	0.0
Hot Chocolate Regular	256	60	1.4	0.9	8.4	8.1	2.1	0.1
Hot Chocolate Large	243	57	1.3	0.8	8.1	7.8	1.8	0.1
Caramel Chocolate Regular	268	63	1.4	0.9	9.1	8.9	2.1	0.1
Caramel Chocolate Large	274	64	1.4	0.9	9.4	9.2	2.1	0.1
Mocha Regular	233	55	1.3	0.8	7.8	7.5	1.8	0.1
Mocha Large	214	51	1.2	0.7	7.1	6.8	1.7	0.1
Flavoured milk	342	81	1.3	0.8	14.4	14.4	2.9	0.1
add a flavour to any regular size drink	1100	260	0.1	0.0	64.0	64.0	0.1	0.1
add a flavour to large size drink	1100	260	0.1	0.0	64.0	64.0	0.1	0.1
add a sachet of brown sugar	1692	398	0.0	0.0	99.5	99.5	0.0	0.0
add a sachet of chocolate flavoured powder	1609	318	5.8	5.1	72.4	64.2	7.8	1.0
add a sachet of sweetener	1500	360	0.00	0.00	90	90	0.9	0.01
add one 'lump' of sugar	1700	400	0.0	0.0	100.0	100.0	0.0	0.0

PER DRINK							
Energy kj	Energy kcal	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
31	8	0.3	0.0	1.1	0.6	0.6	0.0
31	8	0.3	0.0	1.1	0.6	0.6	0.0
22	6	0	0	1	0	0	0
60	15	0.5	0.2	1.8	1.3	1.1	0.02
134	32	1.1	0.6	3.4	3.1	2.4	0.1
601	143	4.8	3.0	14.6	14.1	10.8	0.3
839	200	6.6	4.3	20.2	19.7	15.0	0.5
440	105	3.5	2.2	10.8	10.3	7.9	0.2
625	150	4.9	3.1	15.3	14.6	11.2	0.3
316	76	2.5	1.5	7.8	7.3	5.7	0.2
384	93	3.0	1.7	9.8	8.8	6.9	0.2
31	8	0.3	0.0	1.1	0.6	0.6	0.0
46	12	0.4	0.0	1.6	0.9	0.9	0.0
637	152	4.6	2.9	17.3	16.8	10.5	0.3
773	184	5.5	3.5	21.3	20.8	12.5	0.4
528	126	4.2	2.7	12.8	12.4	9.5	0.3
663	157	4.8	3.2	17.7	17.7	10.9	0.4
847	200	6.1	4.1	22.8	22.8	13.8	0.5
90	21	0.7	0.4	2.3	1.8	1.4	0.1
114	27	0.9	0.5	2.9	2.3	1.8	0.1
14	3	0.1	0.0	0.5	0.0	0.1	0.1
19	5	0.2	0.0	0.6	0.0	0.1	0.1
910	214	5.0	3.2	29.7	28.8	7.5	0.4
1079	253	5.7	3.7	36.0	34.9	8.0	0.5
965	227	5.0	3.2	32.9	32.0	7.5	0.5
1146	269	5.8	3.7	39.6	38.5	8.6	0.5
856	202	4.6	2.8	28.8	27.4	6.6	0.4
1015	240	5.5	3.3	33.9	32.2	8.2	0.5
615	146	2.3	1.5	26.0	26.0	5.1	0.2
55	13	0.0	0.0	3.2	3.2	0.0	0.0
77	18	0.0	0.0	4.5	4.5	0.0	0.0
47	11	0.0	0.0	2.8	2.8	0.0	0.0
21	4	0.1	0.1	0.9	0.8	0.1	0.0
8	2	0.0	0.0	0.5	0.5	0.0	0.0
68	16	0.0	0.0	4.0	4.0	0.0	0.0

INGREDIENTS	PER 100ml or g							
Roasted Coffee beans	1374	334	14.2	6.1	61.6	1.2	16.9	<0.1
Tea Concentrate	54	13	0.5	0	1.81	0	0.3	0.2
Hot Chocolate powder	1596	373	6.4	3.9	61.1	58.6	3.5	0.7
Daily reference intake (RI) for an average adult	8400	2000	70	20	260	90	50	6

MK2 Nutrition Guide

The figures below give the nutrition values for each drink offered by the machine. Optional flavours and sachets are listed separately and must be added to the value for the drink.

DRINK	PER 100ml or g							
	Energy kj	Energy kcal	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Caffe Latte Regular	176	42	1.4	0.9	4.3	4.1	3.2	0.1
Caffe Latte Large	178	42	1.4	0.9	4.3	4.2	3.2	0.1
Vanilla Caffe Latte Regular	213	51	1.3	0.8	6.6	6.5	3.1	0.1
Vanilla Caffe Latte Large	215	51	1.4	0.9	6.7	6.6	3.1	0.1
Cappuccino Regular	169	40	1.3	0.8	4.2	3.9	3.0	0.1
Cappuccino Large	165	40	1.3	0.8	4.1	3.8	3.0	0.1
White Americano Regular	54	13	0.4	0.2	1.4	1.2	1.0	0.0
White Americano Large	60	15	0.5	0.2	1.6	1.4	1.1	0.0
Americano Regular	13	4	0.1	0.0	0.5	0.3	0.3	0.0
Americano Large	13	4	0.1	0.0	0.5	0.2	0.2	0.0
Hot Chocolate Regular	271	64	1.5	1.0	8.8	8.5	2.3	0.1
Hot Chocolate Large	279	66	1.5	1.0	9.1	8.8	2.3	0.1
Mocha Regular	244	58	1.4	0.8	8.0	7.6	2.1	0.1
Mocha Large	302	71	1.6	1.0	10.1	9.6	2.4	0.1
Add vanilla flavour to a regular drink	1363	321	0.0	0.0	80.2	79.8	0.0	0.0
Add caramel flavour to a regular drink	1301	306	0.0	0.0	76.5	76.4	0.0	0.1
Add vanilla flavour to large drink	1363	321	0.0	0.0	80.2	79.8	0.0	0.0
Add caramel flavour to large drink	1301	306	0.0	0.0	76.5	76.4	0.0	0.1
Add a sachet of white sugar	1700	400	0.0	0.0	100.0	100.0	0.0	0.0
Add a sachet of brown sugar	1692	398	0.0	0.0	99.5	99.5	0.0	0.0
Add a sachet of chocolate flavoured powder	1609	318	5.8	5.1	72.4	64.2	7.8	1.0
Add a sachet of sweetener	1500	360	0.0	0.0	90.0	90.0	0.9	0.0

PER DRINK							
Energy kj	Energy kcal	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
601	143	4.8	3.0	14.6	14.1	10.8	0.3
765	182	6.0	3.9	18.5	18.0	13.7	0.4
751	179	4.8	3.0	23.4	22.9	10.8	0.3
956	227	6.0	3.9	29.7	29.1	13.7	0.4
413	99	3.3	2.0	10.2	9.6	7.4	0.2
484	116	3.8	2.3	12.0	11.2	8.7	0.3
182	44	1.4	0.8	4.6	4.2	3.3	0.1
251	61	2.0	1.0	6.6	5.7	4.6	0.1
44	12	0.4	0.0	1.6	0.8	0.8	0.0
52	14	0	0	2	1	1	0
904	212	5.0	3.2	29.3	28.5	7.7	0.4
1194	280	6.6	4.2	39.0	37.8	9.8	0.6
875	207	4.9	3.0	28.6	27.2	7.7	0.4
1135	268	6.2	3.7	37.9	36.0	9.1	0.5
150	35	0.0	0.0	8.8	8.8	0.0	0.0
143	34	0.0	0.0	8.4	8.4	0.0	0.0
191	45	0.0	0.0	11.2	11.2	0.0	0.0
182	43	0.0	0.0	10.7	10.7	0.0	0.0
48	11	0.0	0.0	2.8	2.8	0.0	0.0
47	11	0.0	0.0	2.8	2.8	0.0	0.0
21	4	0.1	0.1	0.9	0.8	0.1	0.0
8	2	0.0	0.0	0.5	0.5	0.0	0.0

INGREDIENTS	PER 100ml or g							
	Energy kj	Energy kcal	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Roasted Coffee beans	1374	334	14.2	6.1	61.6	1.2	16.9	<0.1
Tea Concentrate	54	13	0.5	0	1.81	0	0.3	0.2
Hot Chocolate powder	1596	373	6.4	3.9	61.1	58.6	3.5	0.7

Daily reference intake (RI) for an average adult	8400	2000	70	20	260	90	50	6
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MK3 Nutrition Guide

The figures below give the nutrition values for each drink offered by the machine. Optional flavours and sachets are listed separately and must be added to the value for the drink.

DRINK	PER 100ml or g							
	Energy kj	Energy kcal	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Caffe Latte Regular	175	42	1.4	0.9	4.2	4.1	3.1	0.1
Caffe Latte Large	222	53	1.8	1.1	5.3	5.2	4.0	0.1
Cappuccino Regular	168	40	1.3	0.8	4.1	3.9	3.0	0.1
Cappuccino Large	154	37	1.2	0.7	3.9	3.5	2.8	0.1
White Americano Regular	51	13	0.4	0.2	1.4	1.2	0.9	0.0
White Americano Large	59	15	0.5	0.2	1.6	1.3	1.1	0.0
Americano Regular	15	4	0.1	0.0	0.5	0.3	0.3	0.0
Americano Large	17	5	0.1	0.0	0.6	0.3	0.3	0.0
Hot Chocolate Regular	271	64	1.5	1.0	8.8	8.5	2.3	0.1
Hot Chocolate Large	279	66	1.5	1.0	9.1	8.8	2.3	0.1
Mocha Regular	244	58	1.4	0.8	8.0	7.6	2.1	0.1
Mocha Large	302	71	1.6	1.0	10.1	9.6	2.4	0.1
Add vanilla flavour to a regular drink	1100	260	0.1	0.0	64.0	64.0	0.1	0.1
Add caramel flavour to a regular drink	1100	260	0.1	0.0	64.0	64.0	0.1	0.1
Add vanilla flavour to large drink	1363	321	0.0	0.0	80.2	79.8	0.0	0.0
Add caramel flavour to large drink	1301	306	0.0	0.0	76.5	76.4	0.0	0.1
Add a sachet of white sugar	1700	400	0.0	0.0	100.0	100.0	0.0	0.0
Add a sachet of brown sugar	1692	398	0.0	0.0	99.5	99.5	0.0	0.0
Add a sachet of chocolate flavoured powder	1609	318	5.8	5.1	72.4	64.2	7.8	1.0
Add a sachet of sweetener	1500	360	0.0	0.0	90.0	90.0	0.9	0.0

PER DRINK							
Energy kj	Energy kcal	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
616	147	4.9	3.1	15.0	14.4	11.1	0.3
944	225	7.5	4.8	22.8	22.2	16.9	0.5
424	102	3.4	2.0	10.5	9.9	7.6	0.2
528	128	4.2	2.4	13.4	12.1	9.5	0.3
160	39	1.3	0.6	4.2	3.6	2.9	0.1
238	59	1.9	0.9	6.4	5.3	4.3	0.1
47	13	0.4	0.0	1.6	0.9	0.9	0.0
70	19	0.6	0.0	2.4	1.3	1.3	0.0
904	212	5.0	3.2	29.3	28.5	7.7	0.4
1194	280	6.6	4.2	39.0	37.8	9.8	0.6
875	207	4.9	3.0	28.6	27.2	7.7	0.4
1135	268	6.2	3.7	37.9	36.0	9.1	0.5
55	13	0.0	0.0	3.2	3.2	0.0	0.0
77	18	0.0	0.0	4.5	4.5	0.0	0.0
95	22	0.0	0.0	5.6	5.6	0.0	0.0
91	21	0.0	0.0	5.4	5.3	0.0	0.0
48	11	0.0	0.0	2.8	2.8	0.0	0.0
47	11	0.0	0.0	2.8	2.8	0.0	0.0
21	4	0.1	0.1	0.9	0.8	0.1	0.0
8	2	0.0	0.0	0.5	0.5	0.0	0.0

INGREDIENTS	PER 100ml or g							
Roasted Coffee beans	1374	334	14.2	6.1	61.6	1.2	16.9	<0.1
Tea Concentrate	54	13	0.5	0	1.81	0	0.3	0.2
Hot Chocolate powder	1596	373	6.4	3.9	61.1	58.6	3.5	0.7

Daily reference intake (RI) for an average adult	8400	2000	70	20	260	90	50	6
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