

Fanta Orange 500ml



Components

Ingredients

Carbonated Water  
Sugar  
Orange Juice from Concentrate (3.7%)  
Citrus Fruit from Concentrate (1.3%)  
Acids (Citric Acid, Malic Acid)  
Vegetable Extracts (Carrot, Pumpkin)  
Sweeteners (Acesulfame K, Sucralose)  
Preservative (Potassium Sorbate)  
Acidity Regulator (Sodium Citrates)  
Stabiliser (Guar Gum)  
Natural Orange Flavourings with other Natural Flavourings  
Antioxidant (Ascorbic Acid)

Nutrition

	100 ml:	200 ml (%*):
Energy:	81 kJ	203 kJ (2%)
	19 kcal	48 kcal (2%)
Fat:	0 g	0 g (0%)
of which saturates:	0 g	0 g (0%)
Carbohydrate:	4.5 g	11 g (4%)
of which sugars:	4.5 g	11 g (13%)
Protein:	0 g	0 g (0%)
Salt:	0 g	0 g (0%)
* Reference intake of an average adult (8400 kJ/ 2000 kcal)		

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# IRN-BRU Sugar Free 500ml



## Components

### Ingredients

Carbonated Water  
Acid (Citric Acid)  
Flavourings (including Caffeine, Ammonium Ferric Citrate & Quinine)  
Sweeteners (Acesulfame K, Aspartame)  
Preservative (E211)  
Colours (Sunset Yellow FCF, Ponceau 4R)

### Nutrition

	Per 100ml
Energy	3kJ/0.7kcal
Fat	0g
of which saturates	0g
Carbohydrate	0g
of which sugars	0g
Protein	<0.5g
Salt	<0.01g

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Irn-Bru 500ml



Components

Ingredients

Carbonated Water  
Sugar  
Acid (Citric Acid)  
Flavourings (including Caffeine Ammonium Ferric Citrate & Quinine)  
Sweeteners (Aspartame, Acesulfame K)  
Preservative (E211)  
Colours (Sunset Yellow FCF, Ponceau 4R)

Nutrition

	Per 100ml
Energy	80kJ/19kcal
Fat	0g
of which saturates	0g
Carbohydrate	4.5g
of which sugars	4.5g
Protein	<0.5g
Salt	<0.01g

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## Robinsons Fruit Shoot Apple & Blackcurrant 275ml



### Components

#### Ingredients

Water  
Fruit Juices from Concentrate (Apple 6%, Blackcurrant 2%)  
Acid (Citric Acid)  
Natural Flavourings  
Acidity Regulator (Sodium Citrate)  
Carrot And Blueberry Concentrate  
Antioxidant (Ascorbic Acid)  
Sweeteners (Acesulfame K, Sucralose)

#### Nutrition

	Per 100ml
Energy	18kJ/4kcal
Carbohydrate	0.8g
of which sugars	0.7g
Salt	0.03g
Contains negligible amounts of fat, saturates and protein	

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Costa Coffee Classic Latte Iced Coffee 330ml



Components

Ingredients

- Semi-Skimmed Milk 75%
- Coffee 22% (Water, Coffee Extract\*\*)
- Sugar
- Acidity Regulator (Potassium Carbonates)
- Stabilisers (Gellan Gum, Carrageenan)
- Natural Flavourings
- \*\*Rainforest Alliance Certified

Nutrition

	Per: 100 ml	Per: 330 ml	(%*)
Energy	205 kJ	677 kJ	(8%)
	49 kcal	162 kcal	(8%)
Fat	1.0 g	3.3 g	(5%)
of which saturates	0.7 g	2.3 g	(12%)
Carbohydrate	7.2 g	24 g	(9%)
of which sugars	5.7 g	19 g	(21%)
Protein	2.7 g	8.9 g	(18%)
Salt	0.1 g	0.33 g	(6%)
* Reference intake of an average adult (8400 kJ/ 2000 kcal)			

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Costa Coffee Caramel Latte Iced Coffee 330ml



Components

Ingredients

- Semi-Skimmed MILK (75%)
- Coffee 21% (Water, Coffee Extract\*\*)
- Sugar
- Acidity Regulator (Potassium Carbonates)
- Natural Flavourings
- Stabilisers (Gellan Gum, Carrageenan)
- \*\*Rainforest Alliance Certified

Nutrition

	Per: 100 ml	Per: 330 ml	(%*)
Energy	238 kJ	785 kJ	(9%)
	56 kcal	185 kcal	
Fat	1.5 g	5.0 g	(7%)
of which saturates	1.0 g	3.3 g	(17%)
Carbohydrate	7.9 g	26 g	(10%)
of which sugars	7.0 g	23 g	(26%)
Protein	2.9 g	9.6 g	(19%)
Salt	0.09 g	0.30 g	(5%)
* Reference intake of an average adult (8400 kJ/ 2000 kcal)			

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Balocco Snack Cocoa Wafers 45g



Components

Ingredients

- Wheat Flour
- Coconut Oil
- Sugar
- Dried Glucose Syrup
- Low Fat Cocoa 12.3% in the Cream Corresponding to 9.7% of the total ingredients
- Dextrose
- Whey Powder (Milk)
- Soya Flour
- Dried Skimmed Milk
- Emulsifier: Soya Lecithin (E322)
- Raising Agents: Sodium Hydrogen Carbonate, Disodium Diphosphate
- Salt
- Natural Flavouring: Vanilla Pods

Allergy Text

May contain Tree Nuts and Peanuts.

Nutrition

	100 g
Energy	2106 kJ / 504 kcal
Fat	26 g
of which Saturates	21 g
Carbohydrate	58 g
of which Sugars	28 g
Protein	7,0 g
Salt	0,25 g

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Balocco Snack Milk Vanilla Wafers 45g



Components

Ingredients

- Wheat** Flour
- Coconut Oil
- Dried Glucose Syrup
- Whey Powder (**Milk**) 15% in the Cream
- Sugar
- Dried Skimmed **Milk** 9.8% in the Cream
- Dextrose
- Soya** Flour
- Emulsifier: **Soya** Lecithin (E322)
- Raising Agents: Sodium Hydrogen Carbonate, Disodium Diphosphate
- Salt
- Natural Flavouring: Vanilla Pods 0.02% in the Cream

Allergy Text

May contain Tree Nuts and Peanuts.

Nutrition

	100 g
Energy	2183 kJ / 522 kcal
Fat	29 g
of which Saturates	25 g
Carbohydrate	57 g
of which Sugars	28 g
Protein	7,8 g
Salt	0,38 g

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Milliways Peppermint Plastic Free Gum 19g



Components

Ingredients

Sweeteners: Xylitol, Steviol Glycosides Extract from the Stevia Plant  
Natural Gum Base  
Stabiliser: Vegetable Glycerol  
Natural Flavouring  
Thickener: Gum Arabic  
Glazing Agent: Carnauba Wax

Allergy Text

May contain traces of **Soya**.

Nutrition

	per 100 g
Energy	730 kJ (175 kcal)
Fat	0 g
(of which saturates	0 g)
Carbohydrate	73 g
(of which sugars	0 g)
(of which Polyols	73 g)
Protein	0 g
Salt	0 g

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# Innocent Kiwi, Ginger, Apple & Lime Gut Health Shot 80ml



## Components

### Ingredients

Apple Juice (36%)  
Courgette Juice  
Golden Kiwi Puree (21%)  
Lime Juice (5.1%)  
Ginger Juice (4%)  
Apple Cider Vinegar (3%)  
Chicory Root Fibre  
Calcium Lactate  
Spirulina Extract  
Turmeric Extract  
Bacillus Coagulans GBI-30  
6086 (0.01%)

### Nutrition

	100 ml
Energy	144kJ (34kcal)
Fat	0g
of which saturates	0g
Carbohydrate	6.8g
of which sugars	6.8g
Fibre	3.5g
Protein	0g
Salt	0.01g
Calcium	176mg (22%*)
*% Reference Intake	

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Innocent Ginger, Turmeric, Apple & Lemon Immunity Shot 80ml



Components

Ingredients

- Apple Juice (66%)
- Ginger Juice (25%)
- Turmeric Juice (6%)
- Lemon Juice (3%)
- Vitamins (A & D)

Nutrition

	100ml
Energy	112kJ (26kcal)
Fat	0g
of which saturates	0g
Carbohydrate	6.6g
of which sugars	6.6g
Fibre	0g
Protein	0g
Salt	0g
Vitamin A	165µg (21%*)
Vitamin D	1.1µg (22%*)
*% Reference Intake	

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Bonne Maman Strawberry Conserve 30g



Components

Ingredients

Strawberries  
Sugar  
Cane Sugar  
Concentrated Lemon Juice  
Gelling Agent (Fruit Pectin)  
Prepared with 50 g Strawberries per 100 g  
Total Sugar content: 60 g per 100 g

Nutrition

	per 100 g:
Energy	1023 kJ/241 kcal
Fat	0.1 g
of which saturates	0 g
Carbohydrate	59 g
of which sugars	59 g
Fibre	1.2 g
Protein	0.4 g
Salt	0 g

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## Bonne Maman Bitter Orange Marmalade 30g



### Components

#### Ingredients

Sugar  
Oranges  
Cane Sugar  
Concentrated Lemon Juice  
Gelling Agent (Fruit Pectin)

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## Bonne Maman Honey 30g



### Components

#### Ingredients

Honey

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# Bonne Maman Hazelnut Chocolate Spread 25g



## Components

### Ingredients

- Sugar
- Hazelnuts 20%
- Vegetable Oils (Sunflower, Rapeseed)
- Skimmed **Milk** Powder
- Fat Reduced Cocoa Powder 5.5%
- Cocoa Butter
- Emulsifier: Sunflower Lecithin
- Vanilla Extract

### Allergen Tag Text

For allergens: See ingredients in **bold**.

### Allergy Text

May contain other Nuts.

### Nutrition

	per 100 g:
Energy	2299 kJ/551 kcal
Fat:	34 g
of which saturates:	5.2 g
Carbohydrate:	53 g
of which sugars:	51 g
Fibre:	3.3 g
Protein:	6.7 g
Salt:	0.10 g

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Pom-Bear Original Crisps 19g



Components

Ingredients

Dried Potato  
Sunflower Oil (25%)  
Maize Starch  
Potato Starch  
Maize Dextrin  
Sugar  
Salt  
Yeast Extract  
Emulsifier: Mono-and Diglycerides of Fatty Acids  
Paprika Powder

Nutrition

	Per 100g	Per 19g Pack
Energy	2109 kJ	401 kJ
	505 kcal	96 kcal
Fat	26 g	4.9 g
of which Saturates	2.6 g	0.5 g
Carbohydrate	61 g	12 g
of which Sugars	2.0 g	<0.5 g
Fibre	5.6 g	1.1 g
Protein	3.7 g	0.7 g
Salt	1.3 g	0.25 g
1 serving per pack		

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# HP The Original Sauce 200 x 11.5g



## Components

### Ingredients

- Tomatoes
- Malt Vinegar (from **Barley**)
- Molasses
- Glucose-Fructose Syrup
- Spirit Vinegar
- Sugar
- Dates
- Modified Starch
- Rye** Flour
- Salt
- Spices
- Flavourings
- Tamarind

### Nutrition

	Per 100g
Energy	517 kJ / 122 kcal
Fat	0.1 g
-of which saturates	<0.1g
Carbohydrate	28 g
-of which sugars	23 g
Protein	0.9 g
Salt	1.3 g

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Diet Coke 500ml



Components

Ingredients

Carbonated Water  
Colour (Caramel E150d)  
Sweeteners (Aspartame, Acesulfame K)  
Natural Flavourings including Caffeine  
Acids (Phosphoric Acid, Citric Acid)

Nutrition

	Per 100ml	Per 250ml (%*)
Energy	1.6kJ	4kJ
	0.4kcal	1kcal (0%)
Fat	0g	0g (0%)
of which saturates	0g	0g (0%)
Carbohydrate	0g	0g (0%)
of which sugars	0g	0g (0%)
Protein	0g	0g (0%)
Salt	0g	0g (0%)
*Reference intake of an average adult (8400kJ/2000kcal)		

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# Coca-Cola Original Taste 500ml



## Components

### Ingredients

Carbonated Water  
Sugar  
Colour (Caramel E150d)  
Acid (Phosphoric Acid)  
Natural Flavourings including Caffeine

### Nutrition

	Per 100ml	Per 500ml (%*)
Energy	180kJ	900kJ
	42kcal	210kcal (11%)
Fat	0g	0g (0%)
of which saturates	0g	0g (0%)
Carbohydrate	10.6g	53g (20%)
of which sugars	10.6g	53g (59%)
Protein	0g	0g (0%)
Salt	0g	0g (0%)
*Reference intake of an average adult (8400kJ/2000kcal)		

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# Heinz Tomato Ketchup 11g



## Components

### Ingredients

- Tomatoes (148g per 100g Tomato Ketchup)
- Spirit Vinegar
- Sugar
- Salt
- Spice and Herb Extracts (contain **Celery**)
- Spice

### Nutrition

	per 100g
Energy	435kJ/102kcal
Fat	0,1g
of which saturates	<0,1g
Carbohydrate	23,2g
of which sugars	22,8g
Protein	1,2g
Salt	1,8g

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# Anchor Salted Butter Portions 7g



## Components

### Ingredients

Butter (**Milk**)

Salt (1.7%)

Minimum Fat content 80%

### Allergen Tag Text

For allergens, see ingredients in **bold**

### Nutrition

	Per 100g
Energy	3059kJ/744kcal
Fat	82g
of which saturates	52g
Carbohydrate	0.6g
of which sugars	0.6g
Protein	0.6g
Salt	1.7g

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Marmite Yeast Extract 100 x 8g



Components

Ingredients

Yeast Extract (contains BARLEY, WHEAT, OATS, RYE)  
Salt  
Vegetable Juice Concentrate  
Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid)  
Natural Flavouring (contains CELERY)

Nutrition

	per 100g as sold	per portion*
Energy	1100 kJ / 260 kcal	88 kJ / 21 kcal
Fat	<0.5 g	<0.5 g
of which saturates	<0.1 g	<0.1 g
Carbohydrates	30.0 g	2.4 g
of which sugars	1.2 g	<0.5 g
Fibre	1.1 g	<0.5 g
Protein	34.0 g	2.7 g
Salt	10.8 g	0.86 g
Thiamin	7.7mg (700% NRV)	0.62mg (56% NRV)
Riboflavin	6.8mg (485% NRV)	0.54mg (39% NRV)
Niacin	69mg (431% NRV)	5.5mg (34% NRV)
Folic Acid	1250µg (625% NRV)	100µg (50% NRV)
Vitamin B12	24µg (960% NRV)	1.9µg (76% NRV)

\*1 serving = 8g

Contains 100 x 8g portion packs (100 servings)

NRV = Nutrient Reference Value

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## Innocent Juicy Water with Bubbles Raspberry & Blackcurrant 330ml



### Components

#### Ingredients

Carbonated Spring Water  
Apple Juice (39%)  
White Grape Juice  
Raspberry Juice (3%)  
Lemon Juice  
Blackcurrant Juice (0.79%)  
Lime Juice  
Natural Flavourings

#### Nutrition

	100ml
Energy	90kJ (21kcal)
Fat	0g
of which saturates	0g
Carbohydrate	4,5g
of which sugars	4,5g
Fibre	0g
Protein	0,82g
Salt	0g
Vitamin C	14mg (18%*)
*% reference intake	
*Contains naturally occurring sugars from fruit	

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# Innocent Juicy Water with Bubbles Lemon & Lime 330ml



## Components

### Ingredients

Carbonated Spring Water  
Apple Juice (37%)  
Lemon Juice (5%)  
White Grape Juice  
Lime Juice (0,9%)  
Natural Lime Flavouring  
Natural Flavourings

### Nutrition

	100ml
Energy	90kJ (21kcal)
Fat	0g
of which saturates	0g
Carbohydrate	4,5g
of which sugars	4,5g
Fibre	0g
Protein	0,82g
Salt	0,13g
Vitamin C	13mg (16%*)
*% reference intake	
Contains naturally occurring sugars from fruit	

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# Innocent Apple Pure Fruit Juice 250ml



## Components

### Ingredients

- 2 Pressed Apples
- A Dash of Antioxidant: Ascorbic Acid (Vitamin C)

### Nutrition

	100ml
Energy	195kJ (46kcal)
Fat	0g
of which saturates	0g
Carbohydrate	11g
of which sugars	11g
Fibre	0.47g
Protein	0.1g
Salt	0g
Vitamin C	27mg (34%*)
*% Reference Intake	

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# Innocent Smooth Orange Pure Fruit Juice 250ml



## Components

### Ingredients

3 ¼ Squeezed Oranges

### Nutrition

	100ml
Energy	177kJ (42kcal)
Fat	0g
of which saturates	0g
Carbohydrate	9.4g
of which sugars	8.8g
Fibre	0.68g
Protein	0.71g
Salt	0g
Folic Acid	28µg (14%*)
Vitamin C	23mg (29%*)
Potassium	179mg (9%*)
*% Reference Intake	

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# Innocent Kids Apples & Strawberries Juicy Water 200ml



## Components

### Ingredients

- Apple Juice (34%)
- Apple Juice from Concentrate (32%)
- Water
- Strawberry Puree (5.6%)
- Natural Flavourings
- Antioxidant (Ascorbic Acid)

### Nutrition

	100ml
Energy	135kJ (32kcal)
Fat	0.1g
of which saturates	0g
Carbohydrate	6.6g
of which sugars	6.6g
Fibre	0g
Protein	1.1g
Salt	0g

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innocent Plus Blue Bolt Guava, Lime, Apple, Coconut Water & Blue Spirulina Juice with Vitamins

330ml



Components

Ingredients

2 Pressed Apples (66%)  
Some Coconut Water (18%)  
5 Pressed White Grapes  
1/3 of a Crushed White Guava (5.2%)  
A Dash of Pressed Passion Fruit  
A Splash of Squeezed Lime (0.87%)  
A Dash of Spirulina Extract (0.6%)  
Some Vitamins (B6, B12, C, Niacin, Pantothenic Acid, Biotin, Folic Acid)

Nutrition

	100ml
Energy	167kJ (39kcal)
Fat	0g
of which saturates	0g
Carbohydrate	9.6g
of which sugars	8.9g
Fibre	0g
Protein	0.17g
Salt	0.01g
Niacin	4.2mg (26%*)
Pantothenic acid	2mg (33%*)
Vitamin B6	0.36mg (26%*)
Biotin	13µg (26%*)
Folic acid	47µg (24%*)
Vitamin B12	0.77µg (31%*)
Vitamin C	25mg (31%*)
*% Reference Intake	

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innocent Green Energise, Kiwi, Cucumber, Apple & Matcha Super Smoothie 300ml



Components

Ingredients

1 1/2 Pressed Apples (64%)  
1/2 of a Mashed Banana  
5 Pressed White Grapes  
1/4 of a Crushed Mango  
1/4 of a Crushed Kiwi (6.1%)  
A Chunk of Crushed Cucumber (1.5%)  
A Dash of Spirulina Extract  
Some Milled Flax Seeds  
A Splash of Squeezed Lime  
A Dash of Turmeric Extract  
A Dash of Matcha Infusion (0.05%)  
Some Vitamins (B1, B2, B6, C, E, Niacin)

Nutrition

	per 100ml	per 150ml
Energy kJ	224kJ (53kcal)	336kJ (79kcal)
Fat	0.11g	0.16g
of which saturates	0g	0g
Carbohydrate	11g	17g
of which sugars	11g	16g
Fibre	0.93g	1.4g
Protein	1.3g	2g
Salt	0g	0g
Thiamin (vitamin B1)	0.29mg (26%*)	0.44mg (40%*)
Riboflavin (vitamin B2)	0.45mg (32%*)	0.67mg (48%*)
Niacin	4.5mg (28%*)	6.8mg (43%*)
Vitamin B6	0.45mg (32%*)	0.67mg (48%*)
Vitamin C	23mg (29%*)	34mg (43%*)
Vitamin E	4.6mg (38%*)	6.9mg (58%*)
*% Reference Intake		
*Contains naturally occurring sugars from fruit and vegetables		
150ml = 1 serving = 1 of your 5 a day		
This bottle contains 2 servings		

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innocent Strawberries, Bananas & Apples Smoothie 250ml



Components

Ingredients

- 1 Pressed Apple (44%)
- 5 Crushed Strawberries (25%)
- 3/4 of a Mashed Banana (18%)
- 3 Pressed White Grapes
- A Splash of Squeezed Orange
- 4 Crushed Blackcurrants
- A Splash of Pressed Beetroot

Nutrition

	100ml
Energy	204kJ (48kcal)
Fat	0.05g
of which saturates	0g
Carbohydrate	11g
of which sugars	10g
Fibre	1.1g
Protein	0.53g
Salt	0g
Folic acid	22µg (11%*)
Vitamin C	9.9mg (12%*)
Manganese	0.21mg (11%*)
Potassium	193mg (10%*)
*% Reference Intake	
*Contains naturally occurring sugars from fruit and vegetables	

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# Innocent Mangoes, Apples & Passion Fruits Fruit Smoothie 250ml



## Components

### Ingredients

- 1 Pressed Apple (51%)
- 1/2 of a Crushed Mango (16%)
- 1/2 of a Mashed Banana
- 1/3 of a Squeezed Orange
- A Dash of Pressed Passion Fruit (3%)
- A Dash of Crushed Peach

### Nutrition

	per 100ml
Energy	217kJ (51kcal)
Fat	0g
of which saturates	0g
Carbohydrate	12g
of which sugars	10g
Fibre	1.2g
Protein	0g
Salt	0g
Folic acid	17µg (9%*)
Vitamin C	23mg (29%*)
Potassium	176mg (9%*)
*% Reference Intake	
*Contains naturally occurring sugars from fruit	

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Candy Kittens Sour Watermelon Gourmet Sweets 54g



Components

Ingredients

Sugar  
Glucose Syrup  
Modified Starch  
10% Watermelon Juice from Concentrate  
Dextrose  
Acids (Malic Acid, Citric Acid, Lactic Acid)  
Hydrolysed Pea Protein  
Natural Flavouring  
Acidity Regulators: Sodium Malates and Calcium Carbonate  
Fruit and Plant Concentrates (Black Carrot, Pumpkin, Apple)  
Spirulina Concentrate  
Potato Protein

Allergy Text

Packed in a factory that handles Peanuts, Nuts, Sesame and Milk.

Nutrition

	Per 100g
Energy	1460kJ / 344kcal
Fat	0.1g
of which saturates	<0.1g
Carbohydrate	84g
of which sugars	60g
Protein	0.4g
Salt	0.32g

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Lakeland Dairies Pure Irish Butter 100 x 6.2g



Components

Ingredients

- Butter (**Milk**)
- Salt (1.9%)
- Fat 80% min.

Allergen Tag Text

For allergens, see ingredients in **bold**

Nutrition

	per 100g
Energy	3036 kJ/738kcal
Fat	81.4g
of which saturates	52.3g
Carbohydrates	0.8g
of which sugars	0.8g
Protein	0.6g
Salt	1.9g

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Glacéau Smartwater Still 600ml



Components

Ingredients

Vapour Distilled Spring Water  
Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate)

Nutrition

	per 100ml
Energy	0kJ
	0kcal
Fat	0g
Of which saturates	0g
Carbohydrate	0g
Of which sugars	0g
Protein	0g
Salt	0g

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Sprite Zero Sugar 500ml



Components

Ingredients

Carbonated Water  
Acids (Citric Acid, Tartaric Acid)  
Acidity Regulator (Sodium Citrates)  
Sweeteners (Aspartame, Acesulfame-K, Sucralose)  
Natural Lemon and Lime Flavourings

Nutrition

	100 ml:	250 ml: (%*)
Energy:	5 kJ, 1 kcal	13 kJ (0%), 3 kcal (0%)
Fat:	0 g	0 g (0%)
of which saturates:	0 g	0 g (0%)
Carbohydrate:	0 g	0 g (0%)
of which sugars:	0 g	0 g (0%)
Protein:	0 g	0 g (0%)
Salt:	0.03 g	0.08 g (1%)
Vitamins/Minerals		
Sodium:	11.9 mg	29.75 mg (496%)
* Reference intake of an average adult (8400 kJ/ 2000 kcal)		

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Coca-Cola Zero Sugar 500ml



Components

Ingredients

Carbonated Water  
Colour (E150d)  
Acid (Phosphoric Acid)  
Sweeteners (Aspartame, Acesulfame-K, Enzymatically produced Steviol Glycosides)  
Natural Flavourings  
Caffeine Flavouring  
Acidity Regulator (Sodium Citrates)

Nutrition

	100 ml	250 ml	(%*)
Energy	1.3 kJ	3.3 kJ	(0%)
	0.3 kcal	1 kcal	(0%)
Fat	0 g	0 g	(0%)
of which saturates	0 g	0 g	(0%)
Carbohydrate	0 g	0 g	(0%)
of which sugars	0 g	0 g	(0%)
Protein	0 g	0 g	(0%)
Salt	0.01 g	0.03 g	(0%)
Vitamins			
Sodium	0.00515 g	0.00515 g	(215%)
* Reference intake of an average adult (8400 kJ/ 2000 kcal)			

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Glacéau Smartwater Still 850ml



Components

Ingredients

Vapour Distilled Spring Water  
Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate)

Nutrition

	Per 100ml
Energy	0kJ
	0kcal
Fat	0g
Of which saturates	0g
Carbohydrate	0g
Of which sugars	0g
Protein	0g
Salt	0g

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## Glacéau Smartwater Sparkling 600ml



### Components

#### Ingredients

Vapour Distilled Carbonated Spring Water  
Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate)

#### Nutrition

	Per 100ml
Energy	0kJ
	0kcal
Fat	0g
Of which saturates	0g
Carbohydrate	0g
Of which sugars	0g
Protein	0g
Salt	0g

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Costa Coffee Frappe Caramel Swirl Iced Coffee 250ml



Components

Ingredients

- Semi-Skimmed Milk 75%
- Coffee 20% (Water, Coffee Extract\*\*)
- Sugar
- Acidity Regulator (Potassium Carbonates)
- Stabilisers (Gellan Gum, Carrageenan)
- Natural Flavourings
- \*\*Rainforest Alliance Certified™

Nutrition

	per 100ml	for: 250ml (%*)
Energy:	246 kJ / 58 kcal	615 kJ / 145 kcal (7%)
Fat:	1.2 g	3 g (4%)
of which saturates:	0.8 g	2 g (10%)
Carbohydrate:	9 g	23 g (9%)
of which sugars:	7.7 g	19 g (21%)
Protein:	2.8 g	7 g (14%)
Salt:	0.1 g	0.25 g (4%)

\* Reference intake of an average adult (8 400 kJ/ 2 000 kcal)

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Costa Coffee Frappe Creamy Tiramisu Iced Coffee 250ml



Components

Ingredients

- Semi-Skimmed **Milk** (75%)
- Coffee 20% (Water, Coffee Extract\*\* )
- Sugar
- Stabilisers (Gellan Gum, Carrageenan)
- Acidity Regulator (Potassium Carbonates)
- Natural Flavourings
- \*\*Rainforest Alliance Certified

Nutrition

	Per: 100ml	Per: 250ml (%*)
Energy	259 kJ	648 kJ (8%)
	61 kcal	153 kcal
Fat	1.4 g	3.5 g (5%)
of which saturates	0.9 g	2.3 g (11%)
Carbohydrate	9.5 g	24 g (9%)
of which sugars	8.1 g	20 g (23%)
Protein	2.7 g	6.8 g (14%)
Salt	0.08 g	0.20 g (3%)
*Reference intake of an average adult (8400kJ / 2000kcal)		

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Costa Coffee Double Shot Plus Caramel 250ml



Components

Ingredients

- 0.8% Fat MILK (75%)
- Coffee 23% (Water, Coffee Extract<sup>†</sup>)
- MILK Protein
- Stabilisers (Cellulose, Cellulose Gum, Carrageenan)
- Acidity Regulator (Potassium Carbonates)
- Natural Flavourings
- Sweeteners (Acesulfame K, Sucralose)
- Vitamins (Niacin (B3), Pantothenic Acid (B5), Vitamin B6)
- <sup>†</sup>Rainforest Alliance Certified

Nutrition

	Per: 100 ml	(%*)	Per: 250 ml	(%*)
Energy	180 kJ		450 kJ	(5%)
	43 kcal		108 kcal	
Fat	0.5 g		1.3 g	(2%)
of which saturates	0.3 g		0.8 g	(4%)
Carbohydrate	4.6 g		12 g	(4%)
of which sugars	3.1 g		7.8 g	(9%)
Protein	4.8 g		12 g	(24%)
Salt	0.10 g		0.25 g	(4%)
Vitamins				
Niacin	1.5 mg	(9%)	3.8 mg	(23%)
Vitamin B6	0.13 mg	(9%)	0.33 mg	(23%)
Pantothenic Acid	0.69 mg	(12%)	1.7 mg	(29%)
* Reference intake of an average adult (8 400 kJ/ 2 000 kcal)				

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Flora Original 100 x 10g



Components

Ingredients

Plant Oils (Sunflower, Rapeseed, Palm1, Linseed)  
Water  
Salt  
Plant Based Emulsifier (Sunflower Lecithin)  
Vinegar  
Natural Flavourings  
Vitamin A  
1Flora uses certified, sustainable Palm Oil

Allergy Text

We do not add any Dairy ingredients to this Flora recipe, but it may contain traces of Milk. To avoid dairy altogether, we recommend Flora Dairy Free

Nutrition

	Per 100g
Energy	2589kJ/619kcal
Fat	70g
of which saturates	17g
of which monounsaturates	27g
of which polyunsaturates	25g
Carbohydrates	<0.5g
of which sugars	<0.5g
Protein	<0.5g
Salt	1.35g
Vitamin A	(15% NRV) 120µg
Omega 6	21g
Omega 3	3.9g
NRV = Nutrient Reference Value	

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