

All Machines Allergen Guide



We cannot guarantee that our drinks are suitable for those with food allergies or intolerances.

FOR OAT DRINKS ONLY IN ADDITION TO THE ABOVE: The milk alternative drinks are not suitable for those suffering with milk or oat allergies.

DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
Black Americano (Regular)																			
Black Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup, 2 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Americano, Syrup, 3 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano (Large)																			
Long Black Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup, 2 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Long Black Americano, Syrup, 3 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano (Large)																			
Iced Americano	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , Syrup	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , Syrup, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , Syrup, 2 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano , Syrup, 3 sugars	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Coolers																			
Iced Mango & Passionfruit Cooler (Regular)																			
Iced Mango & Passionfruit Cooler	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mango & Passionfruit Cooler, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mango & Passionfruit Cooler, 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Mango & Passionfruit Cooler, 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler (Regular)																			
Iced Strawberry & Lime Cooler	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler, 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Strawberry & Lime Cooler, 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

Key and how to interpret the data

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DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
Festive 2023 LTO Semi-Skimmed Milk Iced Drinks																			
Maple Hazel Iced Latte (Regular)																			
Maple Hazel Iced Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Maple Hazel Iced Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Maple Hazel Iced Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Maple Hazel Iced Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Roasted Hazelnut Iced Latte (Regular)																			
Roasted Hazelnut Iced Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Roasted Hazelnut Iced Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Roasted Hazelnut Iced Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Roasted Hazelnut Iced Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Bonfire Spice Iced Latte (Regular)																			
Bonfire Spice Iced Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Bonfire Spice Iced Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Bonfire Spice Iced Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Bonfire Spice Iced Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Sticky Toffee Iced Latte (Regular)																			
Sticky Toffee Iced Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Sticky Toffee Iced Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Sticky Toffee Iced Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Sticky Toffee Iced Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Maple Hazel Frappe (Regular)																			
Maple Hazel Frappe	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Maple Hazel Frappe, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Maple Hazel Frappe, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Maple Hazel Frappe, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Bonfire Spice Frappe (Regular)																			
Bonfire Spice Frappe	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Bonfire Spice Frappe, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Bonfire Spice Frappe, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Bonfire Spice Frappe, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N

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Dairy Alternative Allergen Guide



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FOR OAT DRINKS ONLY IN ADDITION TO THE ABOVE: The milk alternative drinks are not suitable for those suffering with milk or oat allergies.

DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
Oat Hot Chocolate (Regular)																			
Oat Hot Chocolate	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Hot Chocolate, 1 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Hot Chocolate, 2 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Hot Chocolate, 3 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Hot Chocolate, Syrup	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Hot Chocolate, Syrup, 1 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Hot Chocolate, Syrup, 2 sugars	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Hot Chocolate, Syrup, 3 sugars	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Caramel Hot Chocolate (Regular)																			
Oat Caramel Hot Chocolate	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Caramel Hot Chocolate, 1 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Caramel Hot Chocolate, 2 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Caramel Hot Chocolate, 3 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Flat White (Regular)																			
Oat Flat White	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Flat White, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Flat White, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Flat White, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Flat White, Syrup	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Flat White, Syrup, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Flat White, Syrup, 2 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Flat White, Syrup, 3 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat White Americano (Regular)																			
Oat White Americano	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat White Americano, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat White Americano, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat White Americano, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat White Americano, Syrup	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat White Americano, Syrup, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat White Americano, Syrup, 2 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat White Americano, Syrup, 3 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Chai Latte (Regular)																			
Oat Chai Latte	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Chai Latte, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Chai Latte, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Chai Latte, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N

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Oat Long White Americano (Large)																			
Oat Long White Americano	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Long White Americano, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Long White Americano, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Long White Americano, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Long White Americano, Syrup	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Long White Americano, Syrup, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Long White Americano, Syrup, 2 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Long White Americano, Syrup, 3 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Flavoured Oat Drink (Regular)																			
Oat Iced Flavoured Oat Drink	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Flavoured Oat Drink, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Flavoured Oat Drink, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Flavoured Oat Drink, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Oat Drink (no flavour)	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Oat Drink (no flavour), 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Oat Drink (no flavour), 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Oat Drink (no flavour), 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced White Americano (Regular)																			
Oat Iced White Americano	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced White Americano, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced White Americano, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced White Americano, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced White Americano, Syrup	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced White Americano, Syrup, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced White Americano, Syrup, 2 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced White Americano, Syrup, 3 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Cappuccino (Regular)																			
Oat Iced Cappuccino	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Cappuccino, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Cappuccino, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Cappuccino, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Cappuccino, Syrup	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Cappuccino, Syrup, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Cappuccino, Syrup, 2 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Cappuccino, Syrup, 3 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N

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Oat Iced Latte (Regular)																			
Oat Iced Latte	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Latte, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Latte, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Latte, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Latte, Syrup	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Latte, Syrup, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Latte, Syrup, 2 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Latte, Syrup, 3 sugars	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Vanilla Latte (Regular)																			
Oat Iced Vanilla Latte	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Vanilla Latte, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Vanilla Latte, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Vanilla Latte, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Iced Chocolate (Regular)																			
Oat Iced Chocolate	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Chocolate, 1 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Chocolate, 2 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Chocolate, 3 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Chocolate, Syrup	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Chocolate, Syrup, 1 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Chocolate, Syrup, 2 sugars	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Chocolate, Syrup, 3 sugars	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Mocha (Regular)																			
Oat Iced Mocha	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Mocha, 1 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Mocha, 2 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Mocha, 3 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Mocha, Syrup	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Mocha, Syrup, 1 sugar	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Mocha, Syrup, 2 sugars	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N
Oat Iced Mocha, Syrup, 3 sugars	YES	YES	N	N	N	YES	N	N	C	N	N	N	N	N	N	N	N	N	N

Key and how to interpret the data

We cannot guarantee that our drinks are suitable for those with food allergies or intolerances.

YES indicates that the drink contains that allergen

N indicates that the allergen is not part of the ingredients that make up the drink.

C indicates that the allergen is present at the manufacturing site/supply chain of the ingredient and our supplier believes there is a significant risk that this allergen could cross contaminate the food.

Dairy Alternative Allergen Guide



We cannot guarantee that our drinks are suitable for those with food allergies or intolerances.

FOR OAT DRINKS ONLY IN ADDITION TO THE ABOVE: The milk alternative drinks are not suitable for those suffering with milk or oat allergies.

DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
Festive 2023 LTO Adez Oat Iced Drinks																			
Oat Maple Hazel Iced Latte (Regular)																			
Oat Maple Hazel Iced Latte	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Maple Hazel Iced Latte, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Maple Hazel Iced Latte, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Maple Hazel Iced Latte, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Roasted Hazelnut Iced Latte (Regular)																			
Oat Roasted Hazelnut Iced Latte	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Roasted Hazelnut Iced Latte, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Roasted Hazelnut Iced Latte, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Roasted Hazelnut Iced Latte, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Bonfire Spice Iced Latte (Regular)																			
Oat Bonfire Spice Iced Latte	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Bonfire Spice Iced Latte, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Bonfire Spice Iced Latte, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Bonfire Spice Iced Latte, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Sticky Toffee Iced Latte (Regular)																			
Oat Sticky Toffee Iced Latte	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Sticky Toffee Iced Latte, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Sticky Toffee Iced Latte, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Sticky Toffee Iced Latte, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Maple Hazel Frappe (Regular)																			
Oat Maple Hazel Frappe	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Maple Hazel Frappe, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Maple Hazel Frappe, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Maple Hazel Frappe, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Bonfire Spice Frappe (Regular)																			
Oat Bonfire Spice Frappe	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Bonfire Spice Frappe, 1 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Bonfire Spice Frappe, 2 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N
Oat Bonfire Spice Frappe, 3 sugar	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N

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Dual Machine Allergen Guide



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FOR OAT DRINKS ONLY IN ADDITION TO THE ABOVE: The milk alternative drinks are not suitable for those suffering with milk or oat allergies.

Hot chocolate powder in the dual milk machine is different to that in our standard machines.

The nutrition information for the following drinks made with semi-skimmed milk is therefore different to the same drink from a standard machine

DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
Caramel Hot Chocolate, dual milk (Large)																			
Caramel Hot Chocolate, dual milk, dual milk	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate, dual milk, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate, dual milk, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Caramel Hot Chocolate, dual milk, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Semi Skimmed Iced Drinks																			
Iced Mocha, dual milk (Regular)																			
Iced Mocha, dual milk	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Mocha, dual milk, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Mocha, dual milk, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Mocha, dual milk, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Mocha, dual milk, Syrup	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Mocha, dual milk, Syrup, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Mocha, dual milk, Syrup, 2 sugars	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Mocha, dual milk, Syrup, 3 sugars	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, dual milk (Regular)																			
Iced Chocolate, dual milk	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, dual milk, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, dual milk, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, dual milk, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, dual milk, Syrup	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, dual milk, Syrup, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, dual milk, Syrup, 2 sugars	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Iced Chocolate, dual milk, Syrup, 3 sugars	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Watermelon & Mint Refresher (Regular)																			
Watermelon & Mint Refresher	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Watermelon & Mint Refresher, 1 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Watermelon & Mint Refresher, 2 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Watermelon & Mint Refresher, 3 sugar	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

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Dual Machine Allergen Guide



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Hot chocolate powder in the dual milk machine is different to that in our standard machines.

The nutrition information for the following drinks made with semi-skimmed milk is therefore different to the same drink from a standard machine

DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
Festive 2023 LTO Dual Milk Hot Drinks																			
Dual Milk Maple Hazel Hot Chocolate (Regular)																			
Dual Milk Maple Hazel Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Roasted Hazelnut Hot Chocolate (Regular)																			
Dual Milk Roasted Hazelnut Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Roasted Hazelnut Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Roasted Hazelnut Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Roasted Hazelnut Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Hot Chocolate (Regular)																			
Dual Milk Bonfire Spice Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Sticky Toffee Hot Chocolate (Regular)																			
Dual Milk Sticky Toffee Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Sticky Toffee Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Sticky Toffee Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Sticky Toffee Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Latte (Regular)																			
Dual Milk Maple Hazel Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Latte (Regular)																			
Dual Milk Bonfire Spice Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N

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DRINK NAME	Dietary Choices		Cereals Containing Gluten				Allergens Present												
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya Products	Egg Products	Milk Products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products
Festive 2023 LTO Dual Milk Hot Drinks																			
Dual Milk Maple Hazel Hot Chocolate (Large)																			
Dual Milk Maple Hazel Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Roasted Hazelnut Hot Chocolate (Large)																			
Dual Milk Roasted Hazelnut Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Roasted Hazelnut Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Roasted Hazelnut Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Roasted Hazelnut Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Hot Chocolate (Large)																			
Dual Milk Bonfire Spice Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Sticky Toffee Hot Chocolat (Large)																			
Dual Milk Sticky Toffee Hot Chocolate	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Sticky Toffee Hot Chocolate, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Sticky Toffee Hot Chocolate, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Sticky Toffee Hot Chocolate, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Latte (Large)																			
Dual Milk Maple Hazel Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Latte (Large)																			
Dual Milk Bonfire Spice Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N

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Festive 2023 LTO Dual Milk Iced Drinks																			
Dual Milk Maple Hazel Iced Latte (Regular)																			
Dual Milk Maple Hazel Iced Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Iced Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Iced Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Iced Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Iced Latte (Regular)																			
Dual Milk Bonfire Spice Iced Latte	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Iced Latte, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Iced Latte, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Iced Latte, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Frappe (Regular)																			
Dual Milk Maple Hazel Frappe	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Frappe, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Frappe, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Maple Hazel Frappe, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Frappe (Regular)																			
Dual Milk Bonfire Spice Frappe	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Frappe, 1 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Frappe, 2 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N
Dual Milk Bonfire Spice Frappe, 3 sugar	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N

Key and how to interpret the data	
We cannot guarantee that our drinks are suitable for those with food allergies or intolerances.	YES indicates that the drink contains that allergen
	N indicates that the allergen is not part of the ingredients that make up the drink.
	C indicates that the allergen is present at the manufacturing site/supply chain of the ingredient and our supplier believes there is a significant risk that this allergen could cross contaminate the food.

All Machines Nutrition Guide



Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Semi-Skimmed Milk								
Cortado								
Cortado	142	34	1.2	0.7	3.6	3.4	2.6	0.08
Cortado, 1 sugar	174	41	1.2	0.7	5.6	5.1	2.5	0.08
Cortado, 2 sugar	203	48	1.1	0.7	7.5	6.7	2.4	0.07
Cortado, 3 sugar	229	54	1.1	0.7	9.3	8.2	2.3	0.07
Espresso Macchiato								
Espresso Macchiato	87	21	0.7	0.3	2.4	2.0	1.6	0.05
Espresso Macchiato, 1 sugar	149	36	0.7	0.3	6.2	5.3	1.5	0.05
Espresso Macchiato, 2 sugar	202	48	0.6	0.3	9.6	8.1	1.4	0.04
Espresso Macchiato, 3 sugar	249	59	0.6	0.3	12.5	10.6	1.3	0.04
Cappuccino (Regular)								
Cappuccino	167	40	1.5	0.9	4.1	4.0	3.0	0.09
Cappuccino, 1 sugar	182	43	1.4	0.9	5.1	4.9	2.9	0.09
Cappuccino, 2 sugar	197	47	1.4	0.9	6.1	5.7	2.9	0.09
Cappuccino, 3 sugar	211	50	1.4	0.9	7.1	6.5	2.8	0.09
Cappuccino, Syrup	182	43	1.4	0.9	5.1	4.9	2.9	0.09
Cappuccino, Syrup, 1 sugar	197	47	1.4	0.9	6.1	5.7	2.9	0.09
Cappuccino, Syrup, 2 sugars	211	50	1.4	0.9	7.1	6.5	2.8	0.09
Cappuccino, Syrup, 3 sugars	225	53	1.3	0.8	8.0	7.3	2.8	0.09
Latte (Regular)								
Latte	174	41	1.5	1.0	4.3	4.2	3.1	0.10
Latte, 1 sugar	186	44	1.5	0.9	5.0	4.8	3.1	0.10
Latte, 2 sugar	197	47	1.5	0.9	5.8	5.4	3.0	0.09
Latte, 3 sugar	207	49	1.5	0.9	6.5	6.0	3.0	0.09
Latte, Syrup	186	44	1.5	0.9	5.0	4.8	3.1	0.10
Latte, Syrup, 1 sugar	197	47	1.5	0.9	5.8	5.4	3.0	0.09
Latte, Syrup, 2 sugars	207	49	1.5	0.9	6.5	6.0	3.0	0.09
Latte, Syrup, 3 sugars	218	51	1.4	0.9	7.2	6.6	3.0	0.09
Vanilla Latte	186	44	1.5	0.9	5.0	4.8	3.1	0.10
Vanilla Latte, 1 sugar	197	47	1.5	0.9	5.7	5.4	3.0	0.09
Vanilla Latte, 2 sugar	207	49	1.5	0.9	6.5	6.0	3.0	0.09
Vanilla Latte, 3 sugar	218	51	1.4	0.9	7.2	6.6	3.0	0.09
Mocha (Regular)								
Mocha	223	53	1.1	0.7	8.4	7.4	2.4	0.08
Mocha, 1 sugar	234	55	1.1	0.7	9.1	8.1	2.3	0.08
Mocha, 2 sugar	245	58	1.1	0.7	9.8	8.7	2.3	0.08
Mocha, 3 sugar	256	60	1.1	0.6	10.5	9.3	2.3	0.08
Mocha, Syrup	234	55	1.1	0.7	9.1	8.1	2.3	0.08
Mocha, Syrup, 1 sugar	245	58	1.1	0.7	9.8	8.7	2.3	0.08
Mocha, Syrup, 2 sugars	256	60	1.1	0.6	10.5	9.3	2.3	0.08
Mocha, Syrup, 3 sugars	266	63	1.1	0.6	11.2	9.8	2.2	0.08

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
171	41	1.5	0.9	4.3	4.0	3.1	0.10
217	52	1.5	0.9	7.0	6.4	3.1	0.10
263	63	1.5	0.9	9.8	8.7	3.1	0.10
310	74	1.5	0.9	12.5	11.1	3.1	0.10
55	14	0.5	0.2	1.5	1.2	1.0	0.03
101	24	0.5	0.2	4.2	3.6	1.0	0.03
148	35	0.5	0.2	7.0	5.9	1.0	0.03
194	46	0.5	0.2	9.7	8.3	1.0	0.03
406	96	3.5	2.2	10.0	9.7	7.3	0.23
452	107	3.5	2.2	12.7	12.1	7.3	0.23
499	118	3.5	2.2	15.5	14.4	7.3	0.23
545	129	3.5	2.2	18.2	16.8	7.3	0.23
452	107	3.5	2.2	12.7	12.1	7.3	0.23
499	118	3.5	2.2	15.5	14.4	7.3	0.23
545	129	3.5	2.2	18.2	16.8	7.3	0.23
591	140	3.5	2.2	21.0	19.1	7.3	0.23
572	135	5.0	3.1	14.0	13.7	10.3	0.32
618	146	5.0	3.1	16.7	16.0	10.3	0.32
664	157	5.0	3.1	19.5	18.4	10.3	0.32
711	168	5.0	3.1	22.2	20.7	10.3	0.32
618	146	5.0	3.1	16.7	16.0	10.3	0.32
664	157	5.0	3.1	19.5	18.4	10.3	0.32
711	168	5.0	3.1	22.2	20.7	10.3	0.32
757	179	5.0	3.1	25.0	23.1	10.3	0.32
618	146	5.0	3.1	16.7	16.0	10.3	0.32
664	157	5.0	3.1	19.4	18.4	10.3	0.32
711	168	5.0	3.1	22.2	20.7	10.3	0.32
757	179	5.0	3.1	24.9	23.1	10.3	0.32
699	166	3.5	2.1	26.3	23.3	7.4	0.27
745	176	3.5	2.1	29.0	25.7	7.4	0.27
792	187	3.5	2.1	31.8	28.0	7.4	0.27
838	198	3.5	2.1	34.5	30.4	7.4	0.27
745	176	3.5	2.1	29.0	25.7	7.4	0.27
792	187	3.5	2.1	31.8	28.0	7.4	0.27
838	198	3.5	2.1	34.5	30.4	7.4	0.27
884	209	3.5	2.1	37.3	32.7	7.4	0.27

All Machines Nutrition Guide



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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Hot Chocolate (Regular)								
Hot Chocolate	245	58	1.3	0.8	8.8	8.0	2.8	0.10
Hot Chocolate, 1 sugar	255	60	1.3	0.8	9.6	8.6	2.7	0.09
Hot Chocolate, 2 sugar	266	63	1.3	0.8	10.3	9.2	2.7	0.09
Hot Chocolate, 3 sugar	276	65	1.3	0.8	10.9	9.7	2.6	0.09
Hot Chocolate, Syrup	255	60	1.3	0.8	9.6	8.6	2.7	0.09
Hot Chocolate, Syrup, 1 sugar	266	63	1.3	0.8	10.3	9.2	2.7	0.09
Hot Chocolate, Syrup, 2 sugars	276	65	1.3	0.8	10.9	9.7	2.6	0.09
Hot Chocolate, Syrup, 3 sugars	285	67	1.2	0.8	11.6	10.3	2.6	0.09
Caramel Hot Chocolate (Regular)								
Caramel Hot Chocolate	255	60	1.3	0.8	9.5	8.6	2.7	0.09
Caramel Hot Chocolate, 1 sugar	266	63	1.3	0.8	10.2	9.2	2.7	0.09
Caramel Hot Chocolate, 2 sugar	276	65	1.3	0.8	10.9	9.7	2.6	0.09
Caramel Hot Chocolate, 3 sugar	285	67	1.2	0.8	11.6	10.3	2.6	0.09
Flat White (Regular)								
Flat White	169	40	1.5	0.9	4.1	4.0	3.0	0.09
Flat White , 1 sugar	186	44	1.4	0.9	5.3	5.0	3.0	0.09
Flat White , 2 sugar	203	48	1.4	0.9	6.5	6.0	2.9	0.09
Flat White , 3 sugar	219	52	1.4	0.8	7.5	6.9	2.8	0.09
Flat White , Syrup	186	44	1.4	0.9	5.3	5.0	3.0	0.09
Flat White , Syrup, 1 sugar	203	48	1.4	0.9	6.5	6.0	2.9	0.09
Flat White , Syrup, 2 sugars	219	52	1.4	0.8	7.5	6.9	2.8	0.09
Flat White , Syrup, 3 sugars	235	55	1.3	0.8	8.6	7.8	2.8	0.09
White Americano (Regular)								
White Americano	79	19	0.7	0.4	2.0	1.9	1.4	0.04
White Americano, 1 sugar	91	22	0.7	0.4	2.7	2.5	1.4	0.04
White Americano, 2 sugar	103	25	0.7	0.4	3.5	3.2	1.4	0.04
White Americano, 3 sugar	115	27	0.7	0.4	4.2	3.8	1.4	0.04
White Americano, Syrup	91	22	0.7	0.4	2.7	2.5	1.4	0.04
White Americano, Syrup, 1 sugar	103	25	0.7	0.4	3.5	3.2	1.4	0.04
White Americano, Syrup, 2 sugars	115	27	0.7	0.4	4.2	3.8	1.4	0.04
White Americano, Syrup, 3 sugars	126	30	0.7	0.4	4.9	4.4	1.4	0.04
Chai Latte (Regular)								
Chai Latte	207	49	1.7	1.1	5.5	5.4	3.4	0.11
Chai Latte, 1 sugar	219	52	1.6	1.1	6.3	6.0	3.4	0.10
Chai Latte, 2 sugar	230	54	1.6	1.0	7.1	6.7	3.3	0.10
Chai Latte, 3 sugar	241	57	1.6	1.0	7.8	7.3	3.3	0.10
Milk Cooler (Regular)								
Milk Cooler	213	50	1.7	1.1	5.9	5.7	3.4	0.10
Milk Cooler, 1 sugar	230	54	1.6	1.0	7.1	6.7	3.3	0.10
Milk Cooler, 2 sugar	246	58	1.6	1.0	8.2	7.7	3.3	0.09
Milk Cooler, 3 sugar	262	62	1.5	1.0	9.3	8.5	3.2	0.09

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
771	182	4.1	2.6	27.8	25.1	8.7	0.30
817	193	4.1	2.6	30.6	27.5	8.7	0.30
864	204	4.1	2.6	33.3	29.8	8.7	0.30
910	215	4.1	2.6	36.1	32.2	8.7	0.30
817	193	4.1	2.6	30.6	27.5	8.7	0.30
864	204	4.1	2.6	33.3	29.8	8.7	0.30
910	215	4.1	2.6	36.1	32.2	8.7	0.30
956	226	4.1	2.6	38.8	34.5	8.7	0.30
817	193	4.1	2.6	30.5	27.4	8.7	0.30
864	204	4.1	2.6	33.3	29.8	8.7	0.30
910	215	4.1	2.6	36.0	32.1	8.7	0.30
956	226	4.1	2.6	38.8	34.5	8.7	0.30
354	84	3.1	1.9	8.7	8.5	6.4	0.20
400	95	3.1	1.9	11.5	10.9	6.4	0.20
447	106	3.1	1.9	14.2	13.2	6.4	0.20
493	117	3.1	1.9	17.0	15.6	6.4	0.20
400	95	3.1	1.9	11.5	10.9	6.4	0.20
447	106	3.1	1.9	14.2	13.2	6.4	0.20
493	117	3.1	1.9	17.0	15.6	6.4	0.20
539	128	3.1	1.9	19.7	17.9	6.4	0.20
274	65	2.4	1.4	6.8	6.5	4.9	0.15
320	76	2.4	1.4	9.6	8.8	4.9	0.15
367	87	2.4	1.4	12.3	11.2	4.9	0.15
413	98	2.4	1.4	15.1	13.5	4.9	0.15
320	76	2.4	1.4	9.6	8.8	4.9	0.15
367	87	2.4	1.4	12.3	11.2	4.9	0.15
413	98	2.4	1.4	15.1	13.5	4.9	0.15
459	109	2.4	1.4	17.8	15.9	4.9	0.15
631	149	5.1	3.3	16.8	16.4	10.5	0.32
677	160	5.1	3.3	19.6	18.8	10.5	0.32
724	171	5.1	3.3	22.3	21.1	10.5	0.32
770	182	5.1	3.3	25.1	23.5	10.5	0.32
436	103	3.4	2.2	12.2	11.8	7.0	0.20
483	114	3.4	2.2	14.9	14.1	7.0	0.20
529	125	3.4	2.2	17.7	16.5	7.0	0.20
575	136	3.4	2.2	20.4	18.8	7.0	0.20

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Cappuccino (Large)								
Cappuccino	165	39	1.4	0.9	4.0	3.9	3.0	0.09
Cappuccino, 1 sugar	178	42	1.4	0.9	4.9	4.7	2.9	0.09
Cappuccino, 2 sugar	190	45	1.4	0.8	5.8	5.4	2.8	0.09
Cappuccino, 3 sugar	203	48	1.4	0.8	6.6	6.1	2.8	0.09
Cappuccino, Syrup	182	43	1.4	0.9	5.2	4.9	2.9	0.09
Cappuccino, Syrup, 1 sugar	194	46	1.4	0.8	6.0	5.6	2.8	0.09
Cappuccino, Syrup, 2 sugars	207	49	1.4	0.8	6.8	6.3	2.8	0.09
Cappuccino, Syrup, 3 sugars	218	52	1.3	0.8	7.6	7.0	2.7	0.08
Latte (Large)								
Latte	178	42	1.6	1.0	4.3	4.3	3.2	0.10
Latte, 1 sugar	187	44	1.5	1.0	5.0	4.8	3.2	0.10
Latte, 2 sugar	196	46	1.5	1.0	5.6	5.3	3.1	0.10
Latte, 3 sugar	205	48	1.5	0.9	6.2	5.8	3.1	0.10
Latte, Syrup	190	45	1.5	1.0	5.1	5.0	3.1	0.10
Latte, Syrup, 1 sugar	199	47	1.5	1.0	5.7	5.5	3.1	0.10
Latte, Syrup, 2 sugars	208	49	1.5	0.9	6.3	6.0	3.1	0.09
Latte, Syrup, 3 sugars	216	51	1.5	0.9	6.9	6.4	3.0	0.09
Vanilla Latte (Large)								
Vanilla Latte	190	45	1.5	1.0	5.1	5.0	3.1	0.10
Vanilla Latte, 1 sugar	199	47	1.5	1.0	5.7	5.5	3.1	0.10
Vanilla Latte, 2 sugar	208	49	1.5	0.9	6.3	6.0	3.1	0.09
Vanilla Latte, 3 sugar	216	51	1.5	0.9	6.9	6.4	3.0	0.09
Mocha (Large)								
Mocha	240	57	1.2	0.7	9.0	8.0	2.5	0.09
Mocha, 1 sugar	249	59	1.2	0.7	9.6	8.5	2.5	0.09
Mocha, 2 sugar	258	61	1.2	0.7	10.2	9.0	2.5	0.09
Mocha, 3 sugar	266	63	1.2	0.7	10.8	9.5	2.4	0.09
Mocha, Syrup	252	60	1.2	0.7	9.8	8.7	2.5	0.09
Mocha, Syrup, 1 sugar	260	62	1.2	0.7	10.4	9.2	2.5	0.09
Mocha, Syrup, 2 sugars	269	64	1.1	0.7	10.9	9.6	2.4	0.09
Mocha, Syrup, 3 sugars	277	65	1.1	0.7	11.5	10.1	2.4	0.09
Hot Chocolate (Large)								
Hot Chocolate	267	63	1.4	0.9	9.9	8.9	2.9	0.10
Hot Chocolate, 1 sugar	277	65	1.4	0.8	10.5	9.4	2.8	0.10
Hot Chocolate, 2 sugar	285	67	1.4	0.8	11.1	9.9	2.8	0.10
Hot Chocolate, 3 sugar	294	69	1.3	0.8	11.7	10.4	2.8	0.10
Hot Chocolate, Syrup	279	66	1.4	0.8	10.7	9.5	2.8	0.10
Hot Chocolate, Syrup, 1 sugar	288	68	1.3	0.8	11.3	10.0	2.8	0.10
Hot Chocolate, Syrup, 2 sugars	297	70	1.3	0.8	11.8	10.5	2.8	0.10
Hot Chocolate, Syrup, 3 sugars	305	72	1.3	0.8	12.4	11.0	2.7	0.10

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
469	111	4.1	2.5	11.5	11.2	8.4	0.26
515	122	4.1	2.5	14.3	13.6	8.4	0.26
562	133	4.1	2.5	17.0	15.9	8.4	0.26
608	144	4.1	2.5	19.8	18.3	8.4	0.26
530	125	4.1	2.5	15.1	14.3	8.4	0.26
577	136	4.1	2.5	17.8	16.6	8.4	0.26
623	147	4.1	2.5	20.6	19.0	8.4	0.26
669	158	4.1	2.5	23.3	21.3	8.4	0.26
718	170	6.2	4.0	17.5	17.2	12.9	0.40
764	181	6.2	4.0	20.2	19.6	12.9	0.40
811	192	6.2	4.0	23.0	21.9	12.9	0.40
857	203	6.2	4.0	25.7	24.3	12.9	0.40
779	184	6.2	4.0	21.1	20.3	12.9	0.40
825	195	6.2	4.0	23.8	22.6	12.9	0.40
872	206	6.2	4.0	26.6	25.0	12.9	0.40
918	217	6.2	4.0	29.3	27.3	12.9	0.40
779	184	6.2	4.0	21.1	20.3	12.9	0.40
825	195	6.2	4.0	23.8	22.6	12.9	0.40
872	206	6.2	4.0	26.6	25.0	12.9	0.40
918	217	6.2	4.0	29.3	27.3	12.9	0.40
925	219	4.6	2.8	34.8	30.9	9.7	0.35
971	230	4.6	2.8	37.6	33.2	9.7	0.35
1017	241	4.6	2.8	40.3	35.6	9.7	0.35
1064	252	4.6	2.8	43.1	37.9	9.7	0.35
986	233	4.6	2.8	38.4	34.0	9.7	0.35
1032	244	4.6	2.8	41.2	36.3	9.7	0.35
1079	255	4.6	2.8	43.9	38.7	9.7	0.35
1125	266	4.6	2.8	46.7	41.0	9.7	0.35
963	227	5.0	3.1	35.5	31.9	10.4	0.37
1009	238	5.0	3.1	38.3	34.3	10.4	0.37
1056	249	5.0	3.1	41.0	36.6	10.4	0.37
1102	260	5.0	3.1	43.8	39.0	10.4	0.37
1024	241	5.0	3.1	39.1	35.0	10.4	0.37
1071	252	5.0	3.1	41.8	37.3	10.4	0.37
1117	263	5.0	3.1	44.6	39.7	10.4	0.37
1163	274	5.0	3.1	47.3	42.0	10.4	0.37

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Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Caramel Hot Chocolate (Large)								
Caramel Hot Chocolate	279	66	1.4	0.9	10.7	9.5	2.8	0.10
Caramel Hot Chocolate, 1 sugar	288	68	1.3	0.8	11.3	10.1	2.8	0.10
Caramel Hot Chocolate, 2 sugar	297	70	1.3	0.8	11.8	10.5	2.8	0.10
Caramel Hot Chocolate, 3 sugar	305	72	1.3	0.8	12.4	11.0	2.7	0.10
Long White Americano (Large)								
Long White Americano	80	19	0.7	0.4	2.0	1.9	1.5	0.05
Long White Americano, 1 sugar	90	22	0.7	0.4	2.6	2.4	1.4	0.04
Long White Americano, 2 sugar	100	24	0.7	0.4	3.2	3.0	1.4	0.04
Long White Americano, 3 sugar	110	26	0.7	0.4	3.8	3.5	1.4	0.04
Long White Americano, Syrup	94	22	0.7	0.4	2.8	2.6	1.4	0.04
Long White Americano, Syrup, 1 sugar	103	25	0.7	0.4	3.4	3.1	1.4	0.04
Long White Americano, Syrup, 2 sugars	113	27	0.7	0.4	4.0	3.6	1.4	0.04
Long White Americano, Syrup, 3 sugars	122	29	0.7	0.4	4.6	4.1	1.4	0.04
Chai Latte (Large)								
Chai Latte	209	49	1.7	1.1	5.6	5.5	3.4	0.11
Chai Latte, 1 sugar	219	51	1.7	1.1	6.3	6.0	3.4	0.11
Chai Latte, 2 sugar	228	54	1.6	1.1	7.0	6.6	3.4	0.10
Chai Latte, 3 sugar	238	56	1.6	1.0	7.6	7.1	3.3	0.10
Iced Milk (no flavour) (Regular)								
Iced Milk (no flavour)	47	11	0.4	0.3	1.1	1.1	0.8	0.03
Iced Milk (no flavour), 1 sugar	60	14	0.4	0.3	2.0	1.8	0.8	0.03
Iced Milk (no flavour), 2 sugar	73	17	0.4	0.3	2.7	2.5	0.8	0.03
Iced Milk (no flavour), 3 sugar	86	20	0.4	0.3	3.5	3.1	0.8	0.03
Iced White Americano (Regular)								
Iced White Americano	23	5	0.2	0.1	0.6	0.5	0.4	0.01
Iced White Americano, 1 sugar	31	8	0.2	0.1	1.1	1.0	0.4	0.01
Iced White Americano, 2 sugar	40	10	0.2	0.1	1.6	1.4	0.4	0.01
Iced White Americano, 3 sugar	49	12	0.2	0.1	2.1	1.9	0.4	0.01
Iced White Americano, Syrup	34	8	0.2	0.1	1.3	1.1	0.4	0.01
Iced White Americano, Syrup, 1 sugar	43	10	0.2	0.1	1.8	1.6	0.4	0.01
Iced White Americano, Syrup, 2 sugars	51	12	0.2	0.1	2.3	2.0	0.4	0.01
Iced White Americano, Syrup, 3 sugars	60	14	0.2	0.1	2.8	2.4	0.4	0.01
Iced Cappuccino (Regular)								
Iced Cappuccino	60	14	0.5	0.3	1.5	1.4	1.1	0.03
Iced Cappuccino, 1 sugar	71	17	0.5	0.3	2.1	2.0	1.1	0.03
Iced Cappuccino, 2 sugar	81	19	0.5	0.3	2.8	2.5	1.1	0.03
Iced Cappuccino, 3 sugar	91	22	0.5	0.3	3.4	3.0	1.0	0.03
Iced Cappuccino, Syrup	74	18	0.5	0.3	2.3	2.2	1.1	0.03
Iced Cappuccino, Syrup, 1 sugar	84	20	0.5	0.3	2.9	2.7	1.1	0.03
Iced Cappuccino, Syrup, 2 sugars	94	22	0.5	0.3	3.5	3.2	1.0	0.03
Iced Cappuccino, Syrup, 3 sugars	103	25	0.5	0.3	4.1	3.7	1.0	0.03

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
1024	242	5.0	3.1	39.1	35.0	10.4	0.37
1070	253	5.0	3.1	41.9	37.4	10.4	0.37
1117	264	5.0	3.1	44.6	39.7	10.4	0.37
1163	275	5.0	3.1	47.4	42.1	10.4	0.37
338	81	2.9	1.8	8.4	8.0	6.1	0.19
384	92	2.9	1.8	11.2	10.4	6.1	0.19
431	103	2.9	1.8	13.9	12.7	6.1	0.19
477	114	2.9	1.8	16.7	15.1	6.1	0.19
399	95	2.9	1.8	12.0	11.1	6.1	0.19
446	106	2.9	1.8	14.7	13.4	6.1	0.19
492	117	2.9	1.8	17.5	15.8	6.1	0.19
538	128	2.9	1.8	20.2	18.1	6.1	0.19
744	175	6.0	3.9	20.0	19.5	12.3	0.38
790	186	6.0	3.9	22.8	21.9	12.3	0.38
837	197	6.0	3.9	25.5	24.2	12.3	0.38
883	208	6.0	3.9	28.3	26.6	12.3	0.38
156	37	1.4	0.9	3.8	3.8	2.8	0.09
202	48	1.4	0.9	6.6	6.2	2.8	0.09
249	59	1.4	0.9	9.3	8.5	2.8	0.09
295	70	1.4	0.9	12.1	10.9	2.8	0.09
114	28	1.0	0.6	2.9	2.7	2.1	0.05
160	39	1.0	0.6	5.7	5.1	2.1	0.05
207	50	1.0	0.6	8.4	7.4	2.1	0.05
253	61	1.0	0.6	11.2	9.8	2.1	0.05
175	42	1.0	0.6	6.5	5.8	2.1	0.05
222	53	1.0	0.6	9.2	8.1	2.1	0.05
268	64	1.0	0.6	12.0	10.5	2.1	0.05
314	75	1.0	0.6	14.7	12.8	2.1	0.05
251	60	2.2	1.3	6.2	6.0	4.5	0.13
297	71	2.2	1.3	9.0	8.4	4.5	0.13
344	82	2.2	1.3	11.7	10.7	4.5	0.13
390	93	2.2	1.3	14.5	13.1	4.5	0.13
312	74	2.2	1.3	9.8	9.1	4.5	0.13
359	85	2.2	1.3	12.5	11.4	4.5	0.13
405	96	2.2	1.3	15.3	13.8	4.5	0.13
451	107	2.2	1.3	18.0	16.1	4.5	0.13

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Iced Latte (Regular)								
Iced Latte	60	14	0.5	0.3	1.5	1.4	1.1	0.03
Iced Latte, 1 sugar	71	17	0.5	0.3	2.1	2.0	1.1	0.03
Iced Latte, 2 sugar	81	19	0.5	0.3	2.8	2.5	1.1	0.03
Iced Latte, 3 sugar	91	22	0.5	0.3	3.4	3.0	1.0	0.03
Iced Latte, Syrup	74	18	0.5	0.3	2.3	2.2	1.1	0.03
Iced Latte, Syrup, 1 sugar	84	20	0.5	0.3	2.9	2.7	1.1	0.03
Iced Latte, Syrup, 2 sugars	94	22	0.5	0.3	3.5	3.2	1.0	0.03
Iced Latte, Syrup, 3 sugars	103	25	0.5	0.3	4.1	3.7	1.0	0.03
Iced Vanilla Latte (Regular)								
Iced Vanilla Latte	74	18	0.5	0.3	2.3	2.1	1.1	0.03
Iced Vanilla Latte, 1 sugar	84	20	0.5	0.3	2.9	2.7	1.1	0.03
Iced Vanilla Latte 2 sugar	94	22	0.5	0.3	3.5	3.2	1.0	0.03
Iced Vanilla Latte, 3 sugar	103	24	0.5	0.3	4.1	3.7	1.0	0.03
Iced Chocolate (Regular)								
Iced Chocolate	182	43	1.0	0.6	6.4	5.8	2.1	0.07
Iced Chocolate, 1 sugar	190	45	1.0	0.6	6.9	6.3	2.1	0.07
Iced Chocolate, 2 sugar	198	47	1.0	0.6	7.5	6.7	2.1	0.07
Iced Chocolate, 3 sugar	206	49	1.0	0.6	8.0	7.1	2.1	0.07
Iced Chocolate, Syrup	193	46	1.0	0.6	7.1	6.4	2.1	0.07
Iced Chocolate, Syrup, 1 sugar	201	47	1.0	0.6	7.6	6.8	2.1	0.07
Iced Chocolate, Syrup, 2 sugars	208	49	1.0	0.6	8.1	7.3	2.1	0.07
Iced Chocolate, Syrup, 3 sugars	216	51	1.0	0.6	8.6	7.7	2.0	0.07
Iced Mocha (Regular)								
Iced Mocha	161	38	0.9	0.5	5.8	5.2	1.9	0.06
Iced Mocha, 1 sugar	169	40	0.9	0.5	6.3	5.6	1.8	0.06
Iced Mocha, 2 sugar	176	42	0.9	0.5	6.8	6.0	1.8	0.06
Iced Mocha, 3 sugar	184	43	0.9	0.5	7.2	6.4	1.8	0.06
Iced Mocha, Syrup	171	41	0.9	0.5	6.4	5.7	1.8	0.06
Iced Mocha, Syrup, 1 sugar	179	42	0.9	0.5	6.9	6.1	1.8	0.06
Iced Mocha, Syrup, 2 sugars	186	44	0.9	0.5	7.4	6.5	1.8	0.06
Iced Mocha, Syrup, 3 sugars	193	46	0.9	0.5	7.8	6.9	1.8	0.06
Black Drinks (no milk or oat drink)								
Espresso								
Espresso	37	10	0.3		1.3	0.7	0.7	0.03
Espresso, 1 sugar	130	32	0.3		6.9	5.5	0.6	0.02
Espresso, 2 sugar	205	49	0.2		11.4	9.4	0.6	0.02
Espresso, 3 sugar	267	64	0.2		15.2	12.7	0.5	0.02
Ristretto								
Ristretto	37	10	0.3		1.3	0.7	0.7	0.03
Ristretto, 1 sugar	136	33	0.2		7.2	5.9	0.7	0.02
Ristretto, 2 sugar	215	52	0.2		12.0	10.0	0.6	0.02
Ristretto, 3 sugar	280	67	0.2		15.9	13.4	0.5	0.02

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
251	60	2.2	1.3	6.2	6.0	4.5	0.13
297	71	2.2	1.3	9.0	8.4	4.5	0.13
344	82	2.2	1.3	11.7	10.7	4.5	0.13
390	93	2.2	1.3	14.5	13.1	4.5	0.13
312	74	2.2	1.3	9.8	9.1	4.5	0.13
359	85	2.2	1.3	12.5	11.4	4.5	0.13
405	96	2.2	1.3	15.3	13.8	4.5	0.13
451	107	2.2	1.3	18.0	16.1	4.5	0.13
312	74	2.2	1.3	9.8	9.0	4.5	0.13
358	85	2.2	1.3	12.6	11.4	4.5	0.13
405	96	2.2	1.3	15.3	13.7	4.5	0.13
451	107	2.2	1.3	18.1	16.1	4.5	0.13
829	196	4.7	2.9	29.2	26.5	9.7	0.34
875	207	4.7	2.9	32.0	28.9	9.7	0.34
922	218	4.7	2.9	34.7	31.2	9.7	0.34
968	229	4.7	2.9	37.5	33.6	9.7	0.34
890	210	4.7	2.9	32.8	29.6	9.7	0.34
937	221	4.7	2.9	35.5	31.9	9.7	0.34
983	232	4.7	2.9	38.3	34.3	9.7	0.34
1029	243	4.7	2.9	41.0	36.6	9.7	0.34
797	189	4.4	2.7	28.6	25.7	9.2	0.31
843	200	4.4	2.7	31.4	28.1	9.2	0.31
890	211	4.4	2.7	34.1	30.4	9.2	0.31
936	222	4.4	2.7	36.9	32.8	9.2	0.31
858	203	4.4	2.7	32.2	28.8	9.2	0.31
905	214	4.4	2.7	34.9	31.1	9.2	0.31
951	225	4.4	2.7	37.7	33.5	9.2	0.31
997	236	4.4	2.7	40.4	35.8	9.2	0.31
16	4	0.1		0.6	0.3	0.3	0.01
62	15	0.1		3.3	2.7	0.3	0.01
109	26	0.1		6.1	5.0	0.3	0.01
155	37	0.1		8.8	7.4	0.3	0.01
15	4	0.1		0.5	0.3	0.3	0.01
61	15	0.1		3.3	2.7	0.3	0.01
108	26	0.1		6.0	5.0	0.3	0.01
154	37	0.1		8.8	7.4	0.3	0.01

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Black Americano (Regular)								
Black Americano	6	2	0.1		0.2	0.1	0.1	0.05
Black Americano, 1 sugar	20	5	0.1		1.1	0.8	0.1	0.05
Black Americano, 2 sugar	34	8	0.1		1.9	1.5	0.1	0.05
Black Americano, 3 sugar	47	12	0.1		2.7	2.2	0.1	0.05
Black Americano, Syrup	20	5	0.1		1.1	0.8	0.1	0.05
Black Americano, Syrup, 1 sugar	34	8	0.1		1.9	1.5	0.1	0.05
Black Americano, Syrup, 2 sugars	47	12	0.1		2.7	2.2	0.1	0.05
Black Americano, Syrup, 3 sugars	60	15	0.1		3.4	2.9	0.1	0.04
Long Black Americano (Large)								
Long Black Americano	7	2	0.1		0.2	0.1	0.1	
Long Black Americano, 1 sugar	20	5	0.1		1.0	0.8	0.1	0.01
Long Black Americano, 2 sugar	32	8	0.1		1.7	1.4	0.1	0.01
Long Black Americano, 3 sugar	43	10	0.1		2.4	2.0	0.1	0.01
Long Black Americano, Syrup	23	6	0.1		1.2	1.0	0.1	0.01
Long Black Americano, Syrup, 1 sugar	35	9	0.1		1.9	1.6	0.1	0.01
Long Black Americano, Syrup, 2 sugars	47	11	0.1		2.6	2.2	0.1	0.01
Long Black Americano, Syrup, 3 sugars	59	14	0.1		3.3	2.7	0.1	0.01
Iced Americano (Large)								
Iced Americano	4	1			0.1	0.1	0.1	
Iced Americano, 1 sugar	15	4			0.8	0.6	0.1	
Iced Americano, 2 sugar	26	6			1.4	1.2	0.1	
Iced Americano, 3 sugar	36	9			2.0	1.7	0.1	
Iced Americano, Syrup	18	5			1.0	0.8	0.1	
Iced Americano, Syrup, 1 sugar	29	7			1.6	1.3	0.1	
Iced Americano, Syrup, 2 sugars	39	9			2.2	1.8	0.1	
Iced Americano, Syrup, 3 sugars	49	12			2.8	2.4	0.1	
Iced Coolers								
Iced Mango & Passionfruit Cooler (Regular)								
Iced Mango & Passionfruit Cooler	38	9			2.2	1.4		0.01
Iced Mango & Passionfruit Cooler, 1 sugar	50	12			3.0	2.0		0.01
Iced Mango & Passionfruit Cooler, 2 sugar	62	15			3.7	2.6		0.01
Iced Mango & Passionfruit Cooler, 3 sugar	74	17			4.4	3.2		0.01
Iced Strawberry & Lime Cooler (Regular)								
Iced Strawberry & Lime Cooler	27	6			1.6	1.3		0.01
Iced Strawberry & Lime Cooler, 1 sugar	40	9			2.3	1.9		0.01
Iced Strawberry & Lime Cooler, 2 sugar	52	12			3.1	2.5		0.01
Iced Strawberry & Lime Cooler, 3 sugar	64	15			3.8	3.1		0.01

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
20	6	0.2		0.7	0.4	0.4	0.17
66	17	0.2		3.5	2.8	0.4	0.17
113	28	0.2		6.2	5.1	0.4	0.17
159	39	0.2		9.0	7.5	0.4	0.17
66	17	0.2		3.5	2.8	0.4	0.17
113	28	0.2		6.2	5.1	0.4	0.17
159	39	0.2		9.0	7.5	0.4	0.17
205	50	0.2		11.7	9.8	0.4	0.17
26	7	0.2		0.9	0.5	0.5	0.02
72	18	0.2		3.7	2.9	0.5	0.02
119	29	0.2		6.4	5.2	0.5	0.02
165	40	0.2		9.2	7.6	0.5	0.02
87	21	0.2		4.5	3.6	0.5	0.02
134	32	0.2		7.2	5.9	0.5	0.02
180	43	0.2		10.0	8.3	0.5	0.02
226	54	0.2		12.7	10.6	0.5	0.02
17	5	0.1		0.6	0.3	0.3	
63	16	0.1		3.4	2.7	0.3	
110	27	0.1		6.1	5.0	0.3	
156	38	0.1		8.9	7.4	0.3	
78	19	0.1		4.2	3.4	0.3	
125	30	0.1		6.9	5.7	0.3	
171	41	0.1		9.7	8.1	0.3	
217	52	0.1		12.4	10.4	0.3	
135	32			8.0	4.8	0.1	0.02
182	43			10.7	7.2	0.1	0.02
228	54			13.5	9.5	0.1	0.02
274	65			16.2	11.9	0.1	0.02
94	22			5.5	4.4	0.1	0.03
141	33			8.3	6.8	0.1	0.03
187	44			11.0	9.1	0.1	0.03
233	55			13.8	11.5	0.1	0.03

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Festive 2023 LTO Semi-Skimmed Milk Drinks								
Maple Hazel Hot Chocolate (Regular)								
Maple Hazel Hot Chocolate	292	69	1.4	0.8	11.4	10.0	2.8	0.10
Maple Hazel Hot Chocolate, 1 sugar	303	71	1.3	0.8	12.2	10.6	2.8	0.10
Maple Hazel Hot Chocolate, 2 sugar	313	74	1.3	0.8	12.9	11.2	2.8	0.10
Maple Hazel Hot Chocolate, 3 sugar	324	76	1.3	0.8	13.6	11.8	2.7	0.09
Roasted Hazelnut Hot Chocolate (Regular)								
Roasted Hazelnut Hot Chocolate	297	70	1.5	1.0	11.5	10.0	2.9	0.10
Roasted Hazelnut Hot Chocolate, 1 sugar	308	73	1.4	0.9	12.2	10.6	2.8	0.10
Roasted Hazelnut Hot Chocolate, 2 sugar	318	75	1.4	0.9	12.9	11.2	2.8	0.10
Roasted Hazelnut Hot Chocolate, 3 sugar	328	78	1.4	0.9	13.6	11.8	2.7	0.10
Bonfire Spice Hot Chocolate (Regular)								
Bonfire Spice Hot Chocolate	290	69	1.4	0.8	11.3	9.9	2.9	0.10
Bonfire Spice Hot Chocolate, 1 sugar	301	71	1.3	0.8	12.0	10.6	2.8	0.10
Bonfire Spice Hot Chocolate, 2 sugar	312	74	1.3	0.8	12.7	11.2	2.8	0.10
Bonfire Spice Hot Chocolate, 3 sugar	322	76	1.3	0.8	13.4	11.8	2.7	0.09
Sticky Toffee Hot Chocolate (Regular)								
Sticky Toffee Hot Chocolate	306	72	1.3	0.8	12.3	10.5	2.8	0.10
Sticky Toffee Hot Chocolate, 1 sugar	316	75	1.3	0.8	13.0	11.1	2.8	0.10
Sticky Toffee Hot Chocolate, 2 sugar	326	77	1.3	0.8	13.7	11.7	2.8	0.10
Sticky Toffee Hot Chocolate, 3 sugar	336	79	1.3	0.8	14.4	12.3	2.7	0.10
Maple Hazel Latte (Regular)								
Maple Hazel Latte	201	47	1.5	0.9	5.9	5.4	3.1	0.09
Maple Hazel Latte, 1 sugar	211	50	1.5	0.9	6.6	6.0	3.0	0.09
Maple Hazel Latte, 2 sugar	221	52	1.4	0.9	7.3	6.6	3.0	0.09
Maple Hazel Latte, 3 sugar	231	55	1.4	0.9	8.0	7.2	2.9	0.09
Roasted Hazelnut Latte (Regular)								
Roasted Hazelnut Latte	204	48	1.6	1.0	5.9	5.3	3.1	0.10
Roasted Hazelnut Latte, 1 sugar	214	51	1.6	1.0	6.6	5.9	3.0	0.10
Roasted Hazelnut Latte, 2 sugar	224	53	1.5	1.0	7.3	6.5	3.0	0.10
Roasted Hazelnut Latte, 3 sugar	234	55	1.5	1.0	8.0	7.1	3.0	0.10
Bonfire Spice Latte (Regular)								
Bonfire Spice Latte	199	47	1.5	0.9	5.8	5.4	3.1	0.09
Bonfire Spice Latte, 1 sugar	210	50	1.5	0.9	6.5	6.0	3.0	0.09
Bonfire Spice Latte, 2 sugar	220	52	1.5	0.9	7.2	6.6	3.0	0.09
Bonfire Spice Latte, 3 sugar	230	54	1.4	0.9	7.9	7.1	2.9	0.09
Sticky Toffee Latte (Regular)								
Sticky Toffee Latte	213	50	1.4	0.9	6.7	5.9	3.1	0.10
Sticky Toffee Latte, 1 sugar	223	53	1.4	0.9	7.4	6.5	3.0	0.10
Sticky Toffee Latte, 2 sugar	233	55	1.4	0.9	8.1	7.1	3.0	0.10
Sticky Toffee Latte, 3 sugar	242	57	1.4	0.9	8.7	7.6	2.9	0.10

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
848	200	3.9	2.5	33.2	29.0	8.3	0.29
894	211	3.9	2.5	35.9	31.3	8.3	0.29
940	222	3.9	2.5	38.7	33.7	8.3	0.29
987	233	3.9	2.5	41.4	36.0	8.3	0.29
862	204	4.3	2.8	33.2	28.9	8.4	0.30
908	215	4.3	2.8	36.0	31.2	8.4	0.30
954	226	4.3	2.8	38.7	33.6	8.4	0.30
1001	236	4.3	2.8	41.5	35.9	8.4	0.30
842	199	4.0	2.5	32.7	28.8	8.3	0.29
889	210	4.0	2.5	35.5	31.2	8.3	0.29
935	221	4.0	2.5	38.2	33.5	8.3	0.29
981	231	4.0	2.5	41.0	35.9	8.3	0.29
902	213	3.9	2.5	36.3	31.1	8.4	0.30
949	224	3.9	2.5	39.0	33.4	8.4	0.30
995	235	3.9	2.5	41.8	35.8	8.4	0.30
1041	246	3.9	2.5	44.5	38.1	8.4	0.30
678	160	5.0	3.1	20.0	18.2	10.4	0.32
724	171	5.0	3.1	22.7	20.6	10.4	0.32
770	182	5.0	3.1	25.5	22.9	10.4	0.32
817	193	5.0	3.1	28.2	25.3	10.4	0.32
692	164	5.4	3.5	20.1	18.2	10.5	0.30
739	175	5.4	3.5	22.8	20.5	10.5	0.30
785	186	5.4	3.5	25.6	22.9	10.5	0.30
831	197	5.4	3.5	28.3	25.2	10.5	0.30
672	159	5.1	3.1	19.6	18.1	10.4	0.32
719	170	5.1	3.1	22.3	20.5	10.4	0.32
765	181	5.1	3.1	25.1	22.8	10.4	0.32
812	192	5.1	3.1	27.8	25.2	10.4	0.32
733	174	5.0	3.2	23.1	20.4	10.5	0.30
780	184	5.0	3.2	25.9	22.7	10.5	0.30
826	195	5.0	3.2	28.6	25.1	10.5	0.30
872	206	5.0	3.2	31.4	27.4	10.5	0.30

All Machines Nutrition Guide



Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Festive 2023 LTO Semi-Skimmed Milk Drinks								
Maple Hazel Hot Chocolate (Large)								
Maple Hazel Hot Chocolate	299	71	1.3	0.8	11.9	10.3	2.8	0.10
Maple Hazel Hot Chocolate, 1 sugar	307	73	1.3	0.8	12.5	10.8	2.8	0.10
Maple Hazel Hot Chocolate, 2 sugar	315	74	1.3	0.8	13.0	11.3	2.7	0.10
Maple Hazel Hot Chocolate, 3 sugar	323	76	1.3	0.8	13.5	11.7	2.7	0.09
Roasted Hazelnut Hot Chocolate (Large)								
Roasted Hazelnut Hot Chocolate	301	71	1.5	1.0	11.7	10.1	2.9	0.10
Roasted Hazelnut Hot Chocolate, 1 sugar	309	73	1.4	0.9	12.3	10.6	2.8	0.10
Roasted Hazelnut Hot Chocolate, 2 sugar	317	75	1.4	0.9	12.8	11.1	2.8	0.10
Roasted Hazelnut Hot Chocolate, 3 sugar	325	77	1.4	0.9	13.4	11.6	2.8	0.10
Bonfire Spice Hot Chocolate (Large)								
Bonfire Spice Hot Chocolate	297	70	1.4	0.8	11.7	10.3	2.8	0.10
Bonfire Spice Hot Chocolate, 1 sugar	305	72	1.3	0.8	12.3	10.8	2.8	0.10
Bonfire Spice Hot Chocolate, 2 sugar	313	74	1.3	0.8	12.8	11.2	2.8	0.10
Bonfire Spice Hot Chocolate, 3 sugar	321	76	1.3	0.8	13.4	11.7	2.7	0.10
Sticky Toffee Hot Chocolate (Large)								
Sticky Toffee Hot Chocolate	310	73	1.3	0.8	12.6	10.7	2.8	0.10
Sticky Toffee Hot Chocolate, 1 sugar	318	75	1.3	0.8	13.1	11.2	2.8	0.10
Sticky Toffee Hot Chocolate, 2 sugar	326	77	1.3	0.8	13.7	11.7	2.8	0.10
Sticky Toffee Hot Chocolate, 3 sugar	333	79	1.3	0.8	14.2	12.1	2.7	0.10
Maple Hazel Latte (Large)								
Maple Hazel Latte	209	49	1.5	0.9	6.3	5.7	3.1	0.10
Maple Hazel Latte, 1 sugar	275	51	1.5	0.9	6.9	6.2	3.1	0.09
Maple Hazel Latte, 2 sugar	283	53	1.5	0.9	7.5	6.7	3.0	0.09
Maple Hazel Latte, 3 sugar	290	55	1.5	0.9	8.0	7.2	3.0	0.09
Roasted Hazelnut Latte (Large)								
Roasted Hazelnut Latte	210	50	1.6	1.1	6.1	5.5	3.2	0.10
Roasted Hazelnut Latte, 1 sugar	218	52	1.6	1.0	6.7	6.0	3.1	0.10
Roasted Hazelnut Latte, 2 sugar	227	54	1.6	1.0	7.3	6.5	3.1	0.10
Roasted Hazelnut Latte, 3 sugar	235	56	1.6	1.0	7.8	7.0	3.1	0.10
Bonfire Spice Latte (Large)								
Bonfire Spice Latte	207	49	1.5	0.9	6.2	5.7	3.1	0.10
Bonfire Spice Latte, 1 sugar	216	51	1.5	0.9	6.8	6.2	3.1	0.09
Bonfire Spice Latte, 2 sugar	224	53	1.5	0.9	7.3	6.6	3.0	0.09
Bonfire Spice Latte, 3 sugar	232	55	1.5	0.9	7.9	7.1	3.0	0.09
Sticky Toffee Latte (Large)								
Sticky Toffee Latte	220	52	1.5	0.9	7.0	6.1	3.1	0.10
Sticky Toffee Latte, 1 sugar	228	54	1.5	0.9	7.6	6.6	3.1	0.10
Sticky Toffee Latte, 2 sugar	236	56	1.4	0.9	8.1	7.1	3.0	0.10
Sticky Toffee Latte, 3 sugar	244	58	1.4	0.9	8.6	7.5	3.0	0.10

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
1122	265	5.0	3.1	44.6	38.7	10.6	0.40
1168	276	5.0	3.1	47.3	41.1	10.6	0.40
1215	287	5.0	3.1	50.1	43.4	10.6	0.40
1261	297	5.0	3.1	52.8	45.8	10.6	0.40
1122	265	5.5	3.6	43.6	37.8	10.7	0.40
1169	276	5.5	3.6	46.4	40.2	10.7	0.40
1215	287	5.5	3.6	49.1	42.5	10.7	0.40
1261	298	5.5	3.6	51.9	44.9	10.7	0.40
1114	263	5.1	3.1	44.0	38.6	10.6	0.40
1160	274	5.1	3.1	46.7	40.9	10.6	0.40
1207	285	5.1	3.1	49.5	43.3	10.6	0.40
1253	295	5.1	3.1	52.2	45.6	10.6	0.40
1177	278	5.0	3.1	47.7	40.8	10.7	0.40
1224	289	5.0	3.1	50.5	43.2	10.7	0.40
1270	300	5.0	3.1	53.2	45.5	10.7	0.40
1316	311	5.0	3.1	56.0	47.9	10.7	0.40
1122	208	6.3	4.0	26.6	24.1	13.1	0.40
1168	219	6.3	4.0	29.3	26.4	13.1	0.40
1215	229	6.3	4.0	32.1	28.8	13.1	0.40
1261	240	6.3	4.0	34.8	31.1	13.1	0.40
878	208	6.7	4.4	25.6	23.2	13.2	0.40
924	219	6.7	4.4	28.4	25.5	13.2	0.40
971	230	6.7	4.4	31.1	27.9	13.2	0.40
1017	241	6.7	4.4	33.9	30.2	13.2	0.40
870	206	6.4	4.0	26.0	23.9	13.1	0.40
916	217	6.4	4.0	28.7	26.2	13.1	0.40
963	227	6.4	4.0	31.5	28.6	13.1	0.40
1009	238	6.4	4.0	34.2	30.9	13.1	0.40
933	221	6.3	4.0	29.7	26.1	13.3	0.40
979	232	6.3	4.0	32.5	28.5	13.3	0.40
1026	243	6.3	4.0	35.2	30.8	13.3	0.40
1072	253	6.3	4.0	38.0	33.2	13.3	0.40

All Machines Nutrition Guide



Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Festive 2023 LTO Semi-Skimmed Milk Iced Drinks								
Maple Hazel Iced Latte (Regular)								
Maple Hazel Iced Latte	150	35	1.0	0.6	4.9	4.3	2.1	0.06
Maple Hazel Iced Latte, 1 sugar	269	38	1.0	0.6	5.4	4.8	2.0	0.06
Maple Hazel Iced Latte, 2 sugar	276	40	1.0	0.6	6.0	5.3	2.0	0.06
Maple Hazel Iced Latte, 3 sugar	283	42	1.0	0.6	6.6	5.7	2.0	0.06
Roasted Hazelnut Iced Latte (Regular)								
Roasted Hazelnut Iced Latte	100	24	0.6	0.4	3.6	2.9	1.1	
Roasted Hazelnut Iced Latte, 1 sugar	110	26	0.6	0.4	4.2	3.4	1.1	
Roasted Hazelnut Iced Latte, 2 sugar	119	28	0.6	0.4	4.7	3.9	1.1	
Roasted Hazelnut Iced Latte, 3 sugar	128	30	0.6	0.4	5.3	4.4	1.1	
Bonfire Spice Iced Latte (Regular)								
Bonfire Spice Iced Latte	148	35	1.0	0.6	4.7	4.2	2.1	0.06
Bonfire Spice Iced Latte, 1 sugar	157	37	1.0	0.6	5.3	4.7	2.0	0.06
Bonfire Spice Iced Latte, 2 sugar	166	39	1.0	0.6	5.9	5.2	2.0	0.06
Bonfire Spice Iced Latte, 3 sugar	174	41	1.0	0.6	6.4	5.7	2.0	0.06
Sticky Toffee Iced Latte (Regular)								
Sticky Toffee Iced Latte	96	23	0.5	0.3	3.6	2.9	1.1	
Sticky Toffee Iced Latte, 1 sugar	105	25	0.5	0.3	4.2	3.4	1.1	
Sticky Toffee Iced Latte, 2 sugar	115	27	0.5	0.3	4.7	3.9	1.1	
Sticky Toffee Iced Latte, 3 sugar	124	29	0.5	0.3	5.3	4.4	1.1	
Maple Hazel Frappe (Regular)								
Maple Hazel Frappe	139	33	0.8	0.5	5.2	4.4	1.6	0.05
Maple Hazel Frappe, 1 sugar	152	36	0.7	0.5	6.0	5.1	1.5	0.05
Maple Hazel Frappe, 2 sugar	165	39	0.7	0.5	6.8	5.8	1.5	0.05
Maple Hazel Frappe, 3 sugar	178	42	0.7	0.5	7.6	6.5	1.5	0.04
Bonfire Spice Frappe (Regular)								
Bonfire Spice Frappe	136	32	0.8	0.5	4.9	4.3	1.6	0.05
Bonfire Spice Frappe, 1 sugar	150	35	0.8	0.5	5.8	5.0	1.5	0.05
Bonfire Spice Frappe, 2 sugar	163	38	0.8	0.5	6.6	5.7	1.5	0.05
Bonfire Spice Frappe, 3 sugar	175	41	0.7	0.5	7.4	6.4	1.5	0.05

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
1122	152	4.3	2.7	20.9	18.4	8.9	0.30
1168	163	4.3	2.7	23.7	20.8	8.9	0.30
1215	174	4.3	2.7	26.4	23.1	8.9	0.30
1261	185	4.3	2.7	29.2	25.5	8.9	0.30
431	103	2.7	1.8	15.4	12.6	4.9	0.10
477	114	2.7	1.8	18.1	15.0	4.9	0.10
523	125	2.7	1.8	20.9	17.3	4.9	0.10
570	135	2.7	1.8	23.6	19.7	4.9	0.10
636	150	4.3	2.7	20.3	18.2	8.9	0.30
682	161	4.3	2.7	23.1	20.6	8.9	0.30
729	172	4.3	2.7	25.8	22.9	8.9	0.30
775	183	4.3	2.7	28.6	25.3	8.9	0.30
411	98	2.2	1.3	15.4	12.6	4.8	0.10
458	109	2.2	1.3	18.1	15.0	4.8	0.10
504	119	2.2	1.3	20.9	17.3	4.8	0.10
551	130	2.2	1.3	23.6	19.7	4.8	0.10
403	95	2.2	1.4	14.9	12.7	4.5	0.10
449	106	2.2	1.4	17.7	15.1	4.5	0.10
496	117	2.2	1.4	20.4	17.4	4.5	0.10
542	128	2.2	1.4	23.2	19.8	4.5	0.10
395	93	2.3	1.4	14.3	12.5	4.6	0.10
441	104	2.3	1.4	17.1	14.9	4.6	0.10
488	115	2.3	1.4	19.8	17.2	4.6	0.10
534	126	2.3	1.4	22.6	19.6	4.6	0.10

Optional Extras	TYPICAL VALUES PER 100g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Add a sachet of Chocolate Flavoured Powder	1637	387	5.8	4.8	75.0	67.0	7.2	1.60

TYPICAL VALUES PER SACHET							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
21	5	0	0	1.0	0.9	0.1	0.02

Dairy Alternative Nutrition Guide



Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Adez Oat Drinks								
Oat Cortado								
Oat Cortado	182	44	2.2	0.3	5.7	2.8	0.4	0.08
Oat Cortado, 1 sugar	211	51	2.1	0.2	7.6	4.5	0.4	0.07
Oat Cortado, 2 sugar	239	58	2.0	0.2	9.5	6.2	0.4	0.07
Oat Cortado, 3 sugar	264	63	1.9	0.2	11.1	7.7	0.4	0.07
Espresso Macchiato								
Espresso Macchiato	106	26	1.2	0.1	3.4	1.7	0.6	0.05
Espresso Macchiato, 1 sugar	166	40	1.1	0.1	7.2	5.0	0.5	0.05
Espresso Macchiato, 2 sugar	218	52	1.0	0.1	10.5	7.9	0.5	0.04
Espresso Macchiato, 3 sugar	264	63	1.0	0.1	13.3	10.4	0.5	0.04
Oat Cappuccino (Regular)								
Oat Cappuccino	216	52	2.6	0.3	6.7	3.3	0.4	0.09
Oat Cappuccino, 1 sugar	230	55	2.6	0.3	7.7	4.1	0.4	0.08
Oat Cappuccino, 2 sugar	244	59	2.5	0.3	8.6	5.0	0.4	0.08
Oat Cappuccino, 3 sugar	257	62	2.5	0.3	9.5	5.8	0.3	0.08
Oat Cappuccino, Syrup	230	55	2.6	0.3	7.7	4.1	0.4	0.08
Oat Cappuccino, Syrup, 1 sugar	244	59	2.5	0.3	8.6	5.0	0.4	0.08
Oat Cappuccino, Syrup, 2 sugars	257	62	2.5	0.3	9.5	5.8	0.3	0.08
Oat Cappuccino, Syrup, 3 sugars	270	65	2.4	0.3	10.4	6.6	0.3	0.08
Oat Latte (Regular)								
Oat Latte	226	54	2.7	0.3	7.0	3.4	0.4	0.09
Oat Latte, 1 sugar	236	57	2.7	0.3	7.8	4.0	0.3	0.09
Oat Latte, 2 sugar	246	59	2.7	0.3	8.5	4.7	0.3	0.09
Oat Latte, 3 sugar	256	61	2.6	0.3	9.1	5.3	0.3	0.09
Oat Latte, Syrup	236	57	2.7	0.3	7.8	4.0	0.3	0.09
Oat Latte, Syrup, 1 sugar	246	59	2.7	0.3	8.5	4.7	0.3	0.09
Oat Latte, Syrup, 2 sugars	256	61	2.6	0.3	9.1	5.3	0.3	0.09
Oat Latte, Syrup, 3 sugars	266	64	2.6	0.3	9.8	5.9	0.3	0.08
Oat Vanilla Latte (Regular)								
Oat Vanilla Latte	236	57	2.7	0.3	7.7	4.0	0.3	0.09
Oat Vanilla Latte, 1 sugar	246	59	2.7	0.3	8.4	4.7	0.3	0.09
Oat Vanilla Latte, 2 sugar	256	61	2.6	0.3	9.1	5.3	0.3	0.09
Oat Vanilla Latte, 3 sugar	266	64	2.6	0.3	9.8	5.9	0.3	0.08
Oat Mocha (Regular)								
Oat Mocha	244	58	1.7	0.5	9.4	7.7	0.8	0.04
Oat Mocha, 1 sugar	255	61	1.7	0.5	10.1	8.3	0.8	0.04
Oat Mocha, 2 sugar	266	63	1.6	0.5	10.8	8.9	0.8	0.04
Oat Mocha, 3 sugar	276	66	1.6	0.5	11.5	9.5	0.8	0.03
Oat Mocha, Syrup	255	61	1.7	0.5	10.1	8.3	0.8	0.04
Oat Mocha, Syrup, 1 sugar	266	63	1.6	0.5	10.8	8.9	0.8	0.04
Oat Mocha, Syrup, 2 sugars	276	66	1.6	0.5	11.5	9.5	0.8	0.03
Oat Mocha, Syrup, 3 sugars	285	68	1.6	0.5	12.1	10.1	0.7	0.03

TYPICAL VALUES PER DRINK								
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	
218	53	2.6	0.3	6.8	3.3	0.5	0.09	
264	64	2.6	0.3	9.6	5.7	0.5	0.09	
311	75	2.6	0.3	12.3	8.0	0.5	0.09	
357	86	2.6	0.3	15.1	10.4	0.5	0.09	
67	17	0.7	0.1	2.1	1.1	0.4	0.03	
113	27	0.7	0.1	4.9	3.4	0.4	0.03	
159	38	0.7	0.1	7.6	5.8	0.4	0.03	
206	49	0.7	0.1	10.4	8.1	0.4	0.03	
524	126	6.3	0.8	16.4	7.9	0.9	0.21	
570	137	6.3	0.8	19.1	10.3	0.9	0.21	
617	148	6.3	0.8	21.9	12.6	0.9	0.21	
663	159	6.3	0.8	24.6	15.0	0.9	0.21	
570	137	6.3	0.8	19.1	10.3	0.9	0.21	
617	148	6.3	0.8	21.9	12.6	0.9	0.21	
663	159	6.3	0.8	24.6	15.0	0.9	0.21	
709	170	6.3	0.8	27.4	17.3	0.9	0.21	
740	178	9.0	1.1	23.1	11.1	1.2	0.30	
786	189	9.0	1.1	25.8	13.5	1.2	0.30	
833	200	9.0	1.1	28.6	15.8	1.2	0.30	
879	211	9.0	1.1	31.3	18.2	1.2	0.30	
786	189	9.0	1.1	25.8	13.5	1.2	0.30	
833	200	9.0	1.1	28.6	15.8	1.2	0.30	
879	211	9.0	1.1	31.3	18.2	1.2	0.30	
925	222	9.0	1.1	34.1	20.5	1.2	0.30	
786	189	9.0	1.1	25.8	13.5	1.2	0.30	
833	200	9.0	1.1	28.5	15.8	1.2	0.30	
879	211	9.0	1.1	31.3	18.2	1.2	0.30	
925	222	9.0	1.1	34.0	20.5	1.2	0.30	
765	182	5.3	1.6	29.5	24.2	2.5	0.11	
811	193	5.3	1.6	32.2	26.6	2.5	0.11	
858	204	5.3	1.6	35.0	28.9	2.5	0.11	
904	215	5.3	1.6	37.7	31.3	2.5	0.11	
811	193	5.3	1.6	32.2	26.6	2.5	0.11	
858	204	5.3	1.6	35.0	28.9	2.5	0.11	
904	215	5.3	1.6	37.7	31.3	2.5	0.11	
950	226	5.3	1.6	40.5	33.6	2.5	0.11	

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Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Oat Hot Chocolate (Regular)								
Oat Hot Chocolate	274	65	2.1	0.6	10.3	8.1	0.7	0.05
Oat Hot Chocolate, 1 sugar	284	68	2.0	0.6	11.0	8.7	0.7	0.05
Oat Hot Chocolate, 2 sugar	294	70	2.0	0.6	11.7	9.3	0.7	0.05
Oat Hot Chocolate, 3 sugar	304	72	2.0	0.5	12.3	9.9	0.7	0.04
Oat Hot Chocolate, Syrup	284	68	2.0	0.6	11.0	8.7	0.7	0.05
Oat Hot Chocolate, Syrup, 1 sugar	294	70	2.0	0.6	11.7	9.3	0.7	0.05
Oat Hot Chocolate, Syrup, 2 sugars	304	72	2.0	0.5	12.3	9.9	0.7	0.04
Oat Hot Chocolate, Syrup, 3 sugars	313	74	2.0	0.5	13.0	10.5	0.7	0.04
Oat Caramel Hot Chocolate (Regular)								
Oat Caramel Hot Chocolate	284	68	2.0	0.6	11.0	8.7	0.7	0.05
Oat Caramel Hot Chocolate, 1 sugar	294	70	2.0	0.6	11.7	9.3	0.7	0.05
Oat Caramel Hot Chocolate, 2 sugar	304	72	2.0	0.5	12.3	9.9	0.7	0.04
Oat Caramel Hot Chocolate, 3 sugar	313	74	2.0	0.5	13.0	10.4	0.7	0.04
Oat Flat White (Regular)								
Oat Flat White	218	53	2.6	0.3	6.8	3.3	0.4	0.09
Oat Flat White, 1 sugar	234	56	2.6	0.3	7.9	4.3	0.4	0.08
Oat Flat White, 2 sugar	250	60	2.5	0.3	9.0	5.3	0.4	0.08
Oat Flat White, 3 sugar	265	63	2.4	0.3	10.0	6.2	0.4	0.08
Oat Flat White, Syrup	234	56	2.6	0.3	7.9	4.3	0.4	0.08
Oat Flat White, Syrup, 1 sugar	250	60	2.5	0.3	9.0	5.3	0.4	0.08
Oat Flat White, Syrup, 2 sugars	265	63	2.4	0.3	10.0	6.2	0.4	0.08
Oat Flat White, Syrup, 3 sugars	279	67	2.4	0.3	11.0	7.1	0.3	0.08
Oat White Americano (Regular)								
Oat White Americano	102	25	1.2	0.2	3.2	1.5	0.2	0.04
Oat White Americano, 1 sugar	113	27	1.2	0.1	3.9	2.2	0.2	0.04
Oat White Americano, 2 sugar	125	30	1.2	0.1	4.6	2.8	0.2	0.04
Oat White Americano, 3 sugar	136	33	1.2	0.1	5.3	3.4	0.2	0.04
Oat White Americano, Syrup	113	27	1.2	0.1	3.9	2.2	0.2	0.04
Oat White Americano, Syrup, 1 sugar	125	30	1.2	0.1	4.6	2.8	0.2	0.04
Oat White Americano, Syrup, 2 sugars	136	33	1.2	0.1	5.3	3.4	0.2	0.04
Oat White Americano, Syrup, 3 sugars	147	35	1.1	0.1	6.0	4.0	0.2	0.04
Oat Chai Latte (Regular)								
Oat Chai Latte	265	64	3.0	0.4	8.7	4.5	0.3	0.10
Oat Chai Latte, 1 sugar	276	66	3.0	0.4	9.4	5.2	0.3	0.10
Oat Chai Latte, 2 sugar	286	69	3.0	0.4	10.1	5.8	0.3	0.10
Oat Chai Latte, 3 sugar	296	71	2.9	0.4	10.8	6.5	0.3	0.09

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
863	205	6.5	1.8	32.5	25.6	2.3	0.15
910	216	6.5	1.8	35.2	28.0	2.3	0.15
956	227	6.5	1.8	38.0	30.3	2.3	0.15
1002	238	6.5	1.8	40.7	32.7	2.3	0.15
910	216	6.5	1.8	35.2	28.0	2.3	0.15
956	227	6.5	1.8	38.0	30.3	2.3	0.15
1002	238	6.5	1.8	40.7	32.7	2.3	0.15
1049	249	6.5	1.8	43.5	35.0	2.3	0.15
910	216	6.5	1.8	35.2	27.9	2.3	0.15
956	227	6.5	1.8	37.9	30.3	2.3	0.15
1002	238	6.5	1.8	40.7	32.6	2.3	0.15
1049	249	6.5	1.8	43.4	35.0	2.3	0.15
457	110	5.5	0.7	14.3	6.9	0.8	0.18
503	121	5.5	0.7	17.1	9.3	0.8	0.18
550	132	5.5	0.7	19.8	11.6	0.8	0.18
596	143	5.5	0.7	22.6	14.0	0.8	0.18
503	121	5.5	0.7	17.1	9.3	0.8	0.18
550	132	5.5	0.7	19.8	11.6	0.8	0.18
596	143	5.5	0.7	22.6	14.0	0.8	0.18
642	154	5.5	0.7	25.3	16.3	0.8	0.18
351	85	4.2	0.5	11.0	5.3	0.8	0.14
397	96	4.2	0.5	13.7	7.7	0.8	0.14
443	107	4.2	0.5	16.5	10.0	0.8	0.14
490	118	4.2	0.5	19.2	12.4	0.8	0.14
397	96	4.2	0.5	13.7	7.7	0.8	0.14
443	107	4.2	0.5	16.5	10.0	0.8	0.14
490	118	4.2	0.5	19.2	12.4	0.8	0.14
536	128	4.2	0.5	22.0	14.7	0.8	0.14
808	194	9.3	1.2	26.4	13.7	0.9	0.30
854	205	9.3	1.2	29.2	16.1	0.9	0.30
901	216	9.3	1.2	31.9	18.4	0.9	0.30
947	227	9.3	1.2	34.7	20.8	0.9	0.30

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Oat Latte (Large)								
Oat Latte	231	56	2.8	0.4	7.2	3.5	0.3	0.09
Oat Latte, 1 sugar	239	58	2.8	0.4	7.8	4.0	0.3	0.09
Oat Latte, 2 sugar	248	59	2.7	0.3	8.4	4.5	0.3	0.09
Oat Latte, 3 sugar	256	61	2.7	0.3	8.9	5.0	0.3	0.09
Oat Latte, Syrup	242	58	2.8	0.4	8.0	4.2	0.3	0.09
Oat Latte, Syrup, 1 sugar	250	60	2.7	0.3	8.5	4.7	0.3	0.09
Oat Latte, Syrup, 2 sugars	258	62	2.7	0.3	9.1	5.2	0.3	0.09
Oat Latte, Syrup, 3 sugars	266	64	2.7	0.3	9.6	5.7	0.3	0.09
Oat Vanilla Latte (Large)								
Oat Vanilla Latte	242	58	2.8	0.4	8.0	4.2	0.3	0.09
Oat Vanilla Latte, 1 sugar	250	60	2.7	0.3	8.5	4.7	0.3	0.09
Oat Vanilla Latte, 2 sugar	258	62	2.7	0.3	9.1	5.2	0.3	0.09
Oat Vanilla Latte, 3 sugar	266	64	2.7	0.3	9.6	5.7	0.3	0.09
Oat Mocha (Large)								
Oat Mocha	262	63	1.8	0.6	10.1	8.3	0.9	0.04
Oat Mocha, 1 sugar	271	65	1.8	0.6	10.7	8.8	0.8	0.04
Oat Mocha, 2 sugar	279	66	1.8	0.5	11.3	9.3	0.8	0.04
Oat Mocha, 3 sugar	287	68	1.7	0.5	11.8	9.8	0.8	0.04
Oat Mocha, Syrup	274	65	1.8	0.6	10.9	9.0	0.8	0.04
Oat Mocha, Syrup, 1 sugar	282	67	1.7	0.5	11.4	9.5	0.8	0.04
Oat Mocha, Syrup, 2 sugars	290	69	1.7	0.5	12.0	9.9	0.8	0.04
Oat Mocha, Syrup, 3 sugars	298	71	1.7	0.5	12.5	10.4	0.8	0.04
Oat Hot Chocolate (Large)								
Oat Hot Chocolate	296	70	2.1	0.6	11.3	9.1	0.8	0.05
Oat Hot Chocolate, 1 sugar	305	73	2.1	0.6	11.9	9.7	0.8	0.04
Oat Hot Chocolate, 2 sugar	313	75	2.1	0.6	12.5	10.2	0.8	0.04
Oat Hot Chocolate, 3 sugar	321	76	2.1	0.6	13.0	10.7	0.8	0.04
Oat Hot Chocolate, Syrup	307	73	2.1	0.6	12.1	9.8	0.8	0.04
Oat Hot Chocolate, Syrup, 1 sugar	316	75	2.1	0.6	12.6	10.3	0.8	0.04
Oat Hot Chocolate, Syrup, 2 sugars	324	77	2.0	0.6	13.2	10.8	0.8	0.04
Oat Hot Chocolate, Syrup, 3 sugars	332	79	2.0	0.6	13.7	11.3	0.8	0.04
Oat Caramel Hot Chocolate (Large)								
Oat Caramel Hot Chocolate	308	73	2.1	0.6	12.1	9.8	0.8	0.04
Oat Caramel Hot Chocolate, 1 sugar	316	75	2.1	0.6	12.6	10.3	0.8	0.04
Oat Caramel Hot Chocolate, 2 sugar	324	77	2.0	0.6	13.2	10.8	0.8	0.04
Oat Caramel Hot Chocolate, 3 sugar	332	79	2.0	0.6	13.7	11.3	0.8	0.04
Oat Chai Latte (Large)								
Oat Chai Latte	266	64	3.0	0.4	8.8	4.6	0.3	0.10
Oat Chai Latte, 1 sugar	276	66	3.0	0.4	9.4	5.2	0.3	0.10
Oat Chai Latte, 2 sugar	284	68	3.0	0.4	10.0	5.8	0.3	0.10
Oat Chai Latte, 3 sugar	293	70	2.9	0.4	10.6	6.3	0.3	0.09

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
930	224	11.3	1.4	29.0	14.0	1.4	0.37
977	235	11.3	1.4	31.7	16.3	1.4	0.37
1023	246	11.3	1.4	34.5	18.7	1.4	0.37
1069	257	11.3	1.4	37.2	21.0	1.4	0.37
991	238	11.3	1.4	32.6	17.1	1.4	0.37
1038	249	11.3	1.4	35.3	19.4	1.4	0.37
1084	260	11.3	1.4	38.1	21.8	1.4	0.37
1131	271	11.3	1.4	40.8	24.1	1.4	0.37
991	238	11.3	1.4	32.6	17.1	1.4	0.37
1038	249	11.3	1.4	35.3	19.4	1.4	0.37
1084	260	11.3	1.4	38.1	21.8	1.4	0.37
1131	271	11.3	1.4	40.8	24.1	1.4	0.37
1011	241	6.9	2.2	39.0	32.1	3.3	0.15
1057	252	6.9	2.2	41.7	34.5	3.3	0.15
1103	263	6.9	2.2	44.5	36.8	3.3	0.15
1150	274	6.9	2.2	47.2	39.2	3.3	0.15
1072	255	6.9	2.2	42.6	35.2	3.3	0.15
1118	266	6.9	2.2	45.3	37.5	3.3	0.15
1164	277	6.9	2.2	48.1	39.9	3.3	0.15
1211	288	6.9	2.2	50.8	42.2	3.3	0.15
1066	254	7.7	2.3	40.6	32.9	3.0	0.16
1112	265	7.7	2.3	43.4	35.3	3.0	0.16
1159	276	7.7	2.3	46.1	37.6	3.0	0.16
1205	287	7.7	2.3	48.9	40.0	3.0	0.16
1127	268	7.7	2.3	44.2	36.0	3.0	0.16
1174	279	7.7	2.3	46.9	38.3	3.0	0.16
1220	290	7.7	2.3	49.7	40.7	3.0	0.16
1266	301	7.7	2.3	52.4	43.0	3.0	0.16
1128	268	7.7	2.3	44.2	35.9	3.0	0.16
1174	279	7.7	2.3	47.0	38.3	3.0	0.16
1221	290	7.7	2.3	49.7	40.6	3.0	0.16
1267	301	7.7	2.3	52.5	43.0	3.0	0.16
950	228	10.9	1.4	31.2	16.4	1.1	0.35
996	239	10.9	1.4	34.0	18.8	1.1	0.35
1043	250	10.9	1.4	36.7	21.1	1.1	0.35
1089	261	10.9	1.4	39.5	23.5	1.1	0.35

Dairy Alternative Nutrition Guide



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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Oat Long White Americano (Large)								
Oat Long White Americano	103	25	1.2	0.2	3.2	1.6	0.2	0.04
Oat Long White Americano, 1 sugar	113	27	1.2	0.1	3.8	2.1	0.2	0.04
Oat Long White Americano, 2 sugar	122	29	1.2	0.1	4.4	2.6	0.2	0.04
Oat Long White Americano, 3 sugar	131	32	1.2	0.1	5.0	3.1	0.2	0.04
Oat Long White Americano, Syrup	116	28	1.2	0.1	4.0	2.3	0.2	0.04
Oat Long White Americano, Syrup, 1 sugar	125	30	1.2	0.1	4.6	2.8	0.2	0.04
Oat Long White Americano, Syrup, 2 sugars	134	32	1.2	0.1	5.2	3.3	0.2	0.04
Oat Long White Americano, Syrup, 3 sugars	143	34	1.2	0.1	5.8	3.8	0.2	0.04
Oat Iced Flavoured Oat Drink (Regular)								
Oat Iced Flavoured Oat Drink	74	18	0.7	0.1	2.7	1.6	0.1	0.02
Oat Iced Flavoured Oat Drink, 1 sugar	87	21	0.7	0.1	3.5	2.3	0.1	0.02
Oat Iced Flavoured Oat Drink, 2 sugar	99	24	0.7	0.1	4.2	2.9	0.1	0.02
Oat Iced Flavoured Oat Drink, 3 sugar	111	26	0.7	0.1	4.9	3.6	0.1	0.02
Oat Iced Oat Drink (no flavour)	62	15	0.8	0.1	1.9	0.9	0.1	0.02
Oat Iced Oat Drink (no flavour), 1 sugar	74	18	0.7	0.1	2.7	1.6	0.1	0.02
Oat Iced Oat Drink (no flavour), 2 sugar	87	21	0.7	0.1	3.5	2.3	0.1	0.02
Oat Iced Oat Drink (no flavour), 3 sugar	99	24	0.7	0.1	4.2	2.9	0.1	0.02
Oat Iced White Americano (Regular)								
Oat Iced White Americano	28	7	0.3		0.9	0.4	0.1	0.01
Oat Iced White Americano, 1 sugar	37	9	0.3		1.4	0.9	0.1	0.01
Oat Iced White Americano, 2 sugar	46	11	0.3		1.9	1.3	0.1	0.01
Oat Iced White Americano, 3 sugar	54	13	0.3		2.5	1.8	0.1	0.01
Oat Iced White Americano, Syrup	40	10	0.3		1.6	1.0	0.1	0.01
Oat Iced White Americano, Syrup, 1 sugar	49	12	0.3		2.1	1.5	0.1	0.01
Oat Iced White Americano, Syrup, 2 sugars	57	14	0.3		2.6	1.9	0.1	0.01
Oat Iced White Americano, Syrup, 3 sugars	65	16	0.3		3.1	2.3	0.1	0.01
Oat Iced Cappuccino (Regular)								
Oat Iced Cappuccino	77	19	0.9	0.1	2.4	1.2	0.2	0.03
Oat Iced Cappuccino, 1 sugar	87	21	0.9	0.1	3.1	1.7	0.2	0.03
Oat Iced Cappuccino, 2 sugar	97	23	0.9	0.1	3.7	2.3	0.2	0.03
Oat Iced Cappuccino, 3 sugar	107	26	0.9	0.1	4.3	2.8	0.2	0.03
Oat Iced Cappuccino, Syrup	91	22	0.9	0.1	3.2	1.9	0.2	0.03
Oat Iced Cappuccino, Syrup, 1 sugar	100	24	0.9	0.1	3.9	2.4	0.2	0.03
Oat Iced Cappuccino, Syrup, 2 sugars	110	26	0.9	0.1	4.4	2.9	0.2	0.03
Oat Iced Cappuccino, Syrup, 3 sugars	119	29	0.9	0.1	5.0	3.4	0.2	0.03

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
432	105	5.2	0.6	13.6	6.6	1.0	0.16
478	116	5.2	0.6	16.4	9.0	1.0	0.16
525	127	5.2	0.6	19.1	11.3	1.0	0.16
571	138	5.2	0.6	21.9	13.7	1.0	0.16
493	119	5.2	0.6	17.2	9.7	1.0	0.16
540	130	5.2	0.6	19.9	12.0	1.0	0.16
586	141	5.2	0.6	22.7	14.4	1.0	0.16
632	152	5.2	0.6	25.4	16.7	1.0	0.16
250	60	2.5	0.3	9.1	5.4	0.2	0.08
296	71	2.5	0.3	11.8	7.7	0.2	0.08
342	82	2.5	0.3	14.6	10.1	0.2	0.08
389	92	2.5	0.3	17.3	12.4	0.2	0.08
203	49	2.5	0.3	6.3	3.0	0.2	0.08
250	60	2.5	0.3	9.1	5.4	0.2	0.08
296	71	2.5	0.3	11.8	7.7	0.2	0.08
342	82	2.5	0.3	14.6	10.1	0.2	0.08
144	35	1.7	0.2	4.5	2.2	0.5	0.05
190	46	1.7	0.2	7.3	4.6	0.5	0.05
237	57	1.7	0.2	10.0	6.9	0.5	0.05
283	68	1.7	0.2	12.8	9.3	0.5	0.05
205	49	1.7	0.2	8.1	5.3	0.5	0.05
252	60	1.7	0.2	10.8	7.6	0.5	0.05
298	71	1.7	0.2	13.6	10.0	0.5	0.05
344	82	1.7	0.2	16.3	12.3	0.5	0.05
321	78	3.9	0.5	10.1	4.9	0.7	0.12
367	89	3.9	0.5	12.9	7.3	0.7	0.12
414	100	3.9	0.5	15.6	9.6	0.7	0.12
460	111	3.9	0.5	18.4	12.0	0.7	0.12
382	92	3.9	0.5	13.7	8.0	0.7	0.12
429	103	3.9	0.5	16.4	10.3	0.7	0.12
475	114	3.9	0.5	19.2	12.7	0.7	0.12
521	125	3.9	0.5	21.9	15.0	0.7	0.12

Optional Extras	TYPICAL VALUES PER 100g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Add a sachet of Chocolate Flavoured Powder	1637	387	5.8	4.8	75.0	67.0	7.2	1.60

TYPICAL VALUES PER SACHET							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
21	5	0	0	1.0	0.9	0.1	0.02

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Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Oat Iced Latte (Regular)								
Oat Iced Latte	77	19	0.9	0.1	2.4	1.2	0.2	0.03
Oat Iced Latte, 1 sugar	87	21	0.9	0.1	3.1	1.7	0.2	0.03
Oat Iced Latte, 2 sugar	97	23	0.9	0.1	3.7	2.3	0.2	0.03
Oat Iced Latte, 3 sugar	107	26	0.9	0.1	4.3	2.8	0.2	0.03
Oat Iced Latte, Syrup	91	22	0.9	0.1	3.2	1.9	0.2	0.03
Oat Iced Latte, Syrup, 1 sugar	100	24	0.9	0.1	3.9	2.4	0.2	0.03
Oat Iced Latte, Syrup, 2 sugars	110	26	0.9	0.1	4.4	2.9	0.2	0.03
Oat Iced Latte, Syrup, 3 sugars	119	29	0.9	0.1	5.0	3.4	0.2	0.03
Oat Iced Vanilla Latte (Regular)								
Oat Iced Vanilla Latte	91	22	0.9	0.1	3.2	1.9	0.2	0.03
Oat Iced Vanilla Latte, 1 sugar	101	24	0.9	0.1	3.9	2.4	0.2	0.03
Oat Iced Vanilla Latte, 2 sugar	110	26	0.9	0.1	4.4	2.9	0.2	0.03
Oat Iced Vanilla Latte, 3 sugar	120	29	0.9	0.1	5.0	3.4	0.2	0.03
Oat Iced Chocolate (Regular)								
Oat Iced Chocolate	206	49	1.6	0.4	7.7	5.9	0.5	0.04
Oat Iced Chocolate, 1 sugar	214	51	1.6	0.4	8.2	6.3	0.5	0.04
Oat Iced Chocolate, 2 sugar	222	53	1.6	0.4	8.7	6.8	0.5	0.04
Oat Iced Chocolate, 3 sugar	230	55	1.6	0.4	9.2	7.2	0.5	0.04
Oat Iced Chocolate, Syrup	217	52	1.6	0.4	8.3	6.5	0.5	0.04
Oat Iced Chocolate, Syrup, 1 sugar	225	53	1.6	0.4	8.8	6.9	0.5	0.04
Oat Iced Chocolate, Syrup, 2 sugars	232	55	1.6	0.4	9.3	7.3	0.5	0.04
Oat Iced Chocolate, Syrup, 3 sugars	239	57	1.6	0.4	9.8	7.7	0.5	0.04
Oat Iced Mocha (Regular)								
Oat Iced Mocha	180	43	1.4	0.4	6.8	5.3	0.5	0.03
Oat Iced Mocha, 1 sugar	188	45	1.4	0.4	7.2	5.7	0.5	0.03
Oat Iced Mocha, 2 sugar	195	46	1.3	0.4	7.7	6.1	0.5	0.03
Oat Iced Mocha, 3 sugar	202	48	1.3	0.4	8.2	6.5	0.5	0.03
Oat Iced Mocha, Syrup	190	45	1.4	0.4	7.4	5.8	0.5	0.03
Oat Iced Mocha, Syrup, 1 sugar	197	47	1.3	0.4	7.8	6.2	0.5	0.03
Oat Iced Mocha, Syrup, 2 sugars	205	49	1.3	0.4	8.3	6.6	0.5	0.03
Oat Iced Mocha, Syrup, 3 sugars	212	50	1.3	0.3	8.8	7.0	0.5	0.03

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
321	78	3.9	0.5	10.1	4.9	0.7	0.12
367	89	3.9	0.5	12.9	7.3	0.7	0.12
414	100	3.9	0.5	15.6	9.6	0.7	0.12
460	111	3.9	0.5	18.4	12.0	0.7	0.12
382	92	3.9	0.5	13.7	8.0	0.7	0.12
429	103	3.9	0.5	16.4	10.3	0.7	0.12
475	114	3.9	0.5	19.2	12.7	0.7	0.12
521	125	3.9	0.5	21.9	15.0	0.7	0.12
383	92	3.9	0.5	13.7	7.9	0.7	0.12
429	103	3.9	0.5	16.5	10.3	0.7	0.12
476	114	3.9	0.5	19.2	12.6	0.7	0.12
522	125	3.9	0.5	22.0	15.0	0.7	0.12
940	224	7.5	1.9	34.8	26.8	2.4	0.18
986	235	7.5	1.9	37.6	29.2	2.4	0.18
1033	246	7.5	1.9	40.3	31.5	2.4	0.18
1079	257	7.5	1.9	43.1	33.9	2.4	0.18
1001	238	7.5	1.9	38.4	29.9	2.4	0.18
1048	249	7.5	1.9	41.1	32.2	2.4	0.18
1094	260	7.5	1.9	43.9	34.6	2.4	0.18
1140	271	7.5	1.9	46.6	36.9	2.4	0.18
893	213	6.8	1.8	33.4	26.1	2.7	0.15
939	224	6.8	1.8	36.2	28.5	2.7	0.15
986	235	6.8	1.8	38.9	30.8	2.7	0.15
1032	246	6.8	1.8	41.7	33.2	2.7	0.15
954	227	6.8	1.8	37.0	29.2	2.7	0.15
1001	238	6.8	1.8	39.7	31.5	2.7	0.15
1047	249	6.8	1.8	42.5	33.9	2.7	0.15
1093	260	6.8	1.8	45.2	36.2	2.7	0.15

Optional Extras	TYPICAL VALUES PER 100g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Add a sachet of Chocolate Flavoured Powder	1637	387	5.8	4.8	75.0	67.0	7.2	1.60

TYPICAL VALUES PER SACHET							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
21	5	0	0	1.0	0.9	0.1	0.02

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Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Festive 2023 LTO Adez Oat Drinks								
Oat Maple Hazel Hot Chocolate (Regular)								
Oat Maple Hazel Hot Chocolate	301	71	1.5	0.5	13.0	10.3	0.7	0.05
Oat Maple Hazel Hot Chocolate, 1 sugar	312	74	1.5	0.5	13.7	10.9	0.7	0.05
Oat Maple Hazel Hot Chocolate, 2 sugar	322	76	1.4	0.5	14.4	11.5	0.7	0.04
Oat Maple Hazel Hot Chocolate, 3 sugar	332	79	1.4	0.5	15.1	12.1	0.7	0.04
Oat Roasted Hazelnut Hot Chocolate (Regular)								
Oat Roasted Hazelnut Hot Chocolate	326	78	2.2	0.7	12.9	10.2	0.9	
Oat Roasted Hazelnut Hot Chocolate, 1 sugar	336	80	2.2	0.7	13.6	10.8	0.9	
Oat Roasted Hazelnut Hot Chocolate, 2 sugar	346	82	2.1	0.7	14.3	11.4	0.8	
Oat Roasted Hazelnut Hot Chocolate, 3 sugar	355	84	2.1	0.7	15.0	12.0	0.8	
Oat Bonfire Spice Hot Chocolate (Regular)								
Oat Bonfire Spice Hot Chocolate	299	71	1.5	0.5	12.9	10.2	0.7	0.05
Oat Bonfire Spice Hot Chocolate, 1 sugar	310	73	1.5	0.5	13.6	10.9	0.7	0.05
Oat Bonfire Spice Hot Chocolate, 2 sugar	320	76	1.4	0.5	14.3	11.5	0.7	0.05
Oat Bonfire Spice Hot Chocolate, 3 sugar	330	78	1.4	0.5	14.9	12.1	0.7	0.04
Oat Sticky Toffee Hot Chocolate (Regular)								
Oat Sticky Toffee Hot Chocolate	324	79	2.1	0.6	13.7	10.8	0.9	
Oat Sticky Toffee Hot Chocolate, 1 sugar	334	79	2.1	0.6	13.7	10.8	0.9	
Oat Sticky Toffee Hot Chocolate, 2 sugar	354	84	2.0	0.6	15.1	11.9	0.8	
Oat Sticky Toffee Hot Chocolate, 3 sugar	363	86	2.0	0.6	15.7	12.5	0.8	
Oat Maple Hazel Latte (Regular)								
Oat Maple Hazel Latte	212	51	1.5	0.2	8.9	4.8	0.1	0.09
Oat Maple Hazel Latte, 1 sugar	223	53	1.5	0.2	9.5	5.4	0.1	0.09
Oat Maple Hazel Latte, 2 sugar	233	56	1.4	0.2	10.2	6.0	0.1	0.09
Oat Maple Hazel Latte, 3 sugar	243	58	1.4	0.2	10.8	6.6	0.1	0.08
Oat Roasted Hazelnut Latte (Regular)								
Oat Roasted Hazelnut Latte	253	61	2.7	0.4	8.6	4.6	0.4	0.10
Oat Roasted Hazelnut Latte, 1 sugar	253	61	2.7	0.4	8.6	4.6	0.4	0.10
Oat Roasted Hazelnut Latte, 2 sugar	272	65	2.7	0.4	9.9	5.8	0.4	0.10
Oat Roasted Hazelnut Latte, 3 sugar	282	68	2.6	0.4	10.6	6.4	0.4	0.10
Oat Bonfire Spice Latte (Regular)								
Oat Bonfire Spice Latte	211	50	1.0	0.2	8.7	4.8	0.1	0.10
Oat Bonfire Spice Latte, 1 sugar	221	53	1.0	0.2	9.4	5.4	0.1	0.10
Oat Bonfire Spice Latte, 2 sugar	231	55	1.0	0.2	10.1	6.0	0.1	0.10
Oat Bonfire Spice Latte, 3 sugar	241	58	1.0	0.2	10.7	6.6	0.1	0.10
Oat Sticky Toffee Latte (Regular)								
Oat Sticky Toffee Latte	261	63	2.6	0.3	9.4	5.2	0.4	0.10
Oat Sticky Toffee Latte, 1 sugar	271	65	2.6	0.3	10.0	5.8	0.4	0.10
Oat Sticky Toffee Latte, 2 sugar	280	67	2.5	0.3	10.6	6.3	0.4	0.10
Oat Sticky Toffee Latte, 3 sugar	289	69	2.5	0.3	11.3	6.9	0.4	0.10

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
873	207	4.3	1.5	37.7	29.9	2.0	0.10
919	218	4.3	1.5	40.5	32.2	2.0	0.10
966	229	4.3	1.5	43.2	34.6	2.0	0.10
1012	240	4.3	1.5	46.0	36.9	2.0	0.10
945	225	6.4	2.1	37.4	29.5	2.5	0.10
991	236	6.4	2.1	40.1	31.8	2.5	0.10
1038	247	6.4	2.1	42.9	34.2	2.5	0.10
1084	258	6.4	2.1	45.6	36.5	2.5	0.10
868	206	4.3	1.5	37.3	29.7	2.0	0.10
914	217	4.3	1.5	40.0	32.1	2.0	0.10
960	228	4.3	1.5	42.8	34.4	2.0	0.10
1007	238	4.3	1.5	45.5	36.8	2.0	0.10
986	234	6.1	1.8	40.4	31.7	2.5	0.10
986	234	6.1	1.8	40.4	31.7	2.5	0.10
1079	256	6.1	1.8	45.9	36.4	2.5	0.10
1125	267	6.1	1.8	48.7	38.8	2.5	0.10
718	172	5.0	0.6	30.0	16.3	0.4	0.30
764	183	5.0	0.6	32.7	18.6	0.4	0.30
810	194	5.0	0.6	35.5	21.0	0.4	0.30
857	205	5.0	0.6	38.2	23.3	0.4	0.30
860	207	9.3	1.5	29.2	15.6	1.4	0.30
860	207	9.3	1.5	29.2	15.6	1.4	0.30
953	229	9.3	1.5	34.7	20.3	1.4	0.30
1000	240	9.3	1.5	37.5	22.6	1.4	0.30
712	171	5.1	0.6	29.6	16.1	0.4	0.30
759	181	5.1	0.6	32.3	18.5	0.4	0.30
805	192	5.1	0.6	35.1	20.8	0.4	0.30
851	203	5.1	0.6	37.8	23.2	0.4	0.30
901	216	9.0	1.2	32.3	17.8	1.4	0.30
948	227	9.0	1.2	35.0	20.2	1.4	0.30
994	238	9.0	1.2	37.8	22.5	1.4	0.30
1040	249	9.0	1.2	40.5	24.9	1.4	0.30

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Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Festive 2023 LTO Adez Oat Drinks								
Oat Maple Hazel Hot Chocolate (Large)								
Oat Maple Hazel Hot Chocolate	308	73	1.5	0.5	13.4	10.7	0.7	0.04
Oat Maple Hazel Hot Chocolate, 1 sugar	316	75	1.5	0.5	13.9	11.2	0.7	0.04
Oat Maple Hazel Hot Chocolate, 2 sugar	324	77	1.4	0.5	14.5	11.6	0.7	0.04
Oat Maple Hazel Hot Chocolate, 3 sugar	331	79	1.4	0.5	15.0	12.1	0.7	0.04
Oat Roasted Hazelnut Hot Chocolate (Large)								
Oat Roasted Hazelnut Hot Chocolate	328	78	2.2	0.7	13.1	10.4	0.9	
Oat Roasted Hazelnut Hot Chocolate, 1 sugar	336	80	2.2	0.7	13.6	10.9	0.9	
Oat Roasted Hazelnut Hot Chocolate, 2 sugar	344	82	2.1	0.7	14.2	11.3	0.9	
Oat Roasted Hazelnut Hot Chocolate, 3 sugar	352	84	2.1	0.7	14.7	11.8	0.9	
Oat Bonfire Spice Hot Chocolate (Large)								
Oat Bonfire Spice Hot Chocolate	305	72	1.5	0.5	13.2	10.6	0.7	0.04
Oat Bonfire Spice Hot Chocolate, 1 sugar	314	74	1.5	0.5	13.8	11.1	0.7	0.04
Oat Bonfire Spice Hot Chocolate, 2 sugar	322	76	1.4	0.5	14.3	11.6	0.7	0.04
Oat Bonfire Spice Hot Chocolate, 3 sugar	329	78	1.4	0.5	14.8	12.0	0.7	0.04
Oat Sticky Toffee Hot Chocolate (Large)								
Oat Sticky Toffee Hot Chocolate	337	80	2.0	0.6	13.9	11.0	0.9	
Oat Sticky Toffee Hot Chocolate, 1 sugar	345	82	2.0	0.6	14.4	11.5	0.9	
Oat Sticky Toffee Hot Chocolate, 2 sugar	352	84	2.0	0.6	15.0	11.9	0.9	
Oat Sticky Toffee Hot Chocolate, 3 sugar	359	85	2.0	0.6	15.5	12.4	0.8	
Oat Maple Hazel Latte (Large)								
Oat Maple Hazel Latte	221	53	1.5	0.2	9.3	5.1	0.1	0.09
Oat Maple Hazel Latte, 1 sugar	229	55	1.5	0.2	9.9	5.6	0.1	0.09
Oat Maple Hazel Latte, 2 sugar	237	57	1.5	0.2	10.4	6.1	0.1	0.09
Oat Maple Hazel Latte, 3 sugar	245	59	1.5	0.2	10.9	6.6	0.1	0.09
Oat Roasted Hazelnut Latte (Large)								
Oat Roasted Hazelnut Latte	261	63	2.8	0.5	8.9	4.8	0.4	0.10
Oat Roasted Hazelnut Latte, 1 sugar	269	65	2.8	0.4	9.4	5.3	0.4	0.10
Oat Roasted Hazelnut Latte, 2 sugar	276	66	2.8	0.4	10.0	5.7	0.4	0.10
Oat Roasted Hazelnut Latte, 3 sugar	284	68	2.7	0.4	10.5	6.2	0.4	0.10
Oat Bonfire Spice Latte (Large)								
Oat Bonfire Spice Latte	219	52	1.5	0.2	9.2	5.1	0.1	0.09
Oat Bonfire Spice Latte, 1 sugar	227	54	1.5	0.2	9.7	5.6	0.1	0.09
Oat Bonfire Spice Latte, 2 sugar	236	56	1.5	0.2	10.2	6.1	0.1	0.09
Oat Bonfire Spice Latte, 3 sugar	244	58	1.5	0.2	10.8	6.5	0.1	0.09
Oat Sticky Toffee Latte (Large)								
Oat Sticky Toffee Latte	270	65	2.7	0.3	9.7	5.4	0.4	0.10
Oat Sticky Toffee Latte, 1 sugar	277	66	2.6	0.3	10.2	5.9	0.4	0.10
Oat Sticky Toffee Latte, 2 sugar	285	68	2.6	0.3	10.7	6.3	0.4	0.10
Oat Sticky Toffee Latte, 3 sugar	292	70	2.6	0.3	11.2	6.8	0.4	0.10

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
1154	274	5.5	2.0	50.2	40.0	2.7	0.20
1200	284	5.5	2.0	52.9	42.4	2.7	0.20
1246	295	5.5	2.0	55.7	44.7	2.7	0.20
1293	306	5.5	2.0	58.4	47.1	2.7	0.20
1226	292	8.2	2.7	48.8	38.8	3.3	0.20
1272	303	8.2	2.7	51.5	41.1	3.3	0.20
1319	314	8.2	2.7	54.3	43.5	3.3	0.20
1365	324	8.2	2.7	57.0	45.8	3.3	0.20
1146	272	5.6	2.0	49.6	39.8	2.7	0.20
1192	282	5.6	2.0	52.3	42.2	2.7	0.20
1238	293	5.6	2.0	55.1	44.5	2.7	0.20
1285	304	5.6	2.0	57.8	46.9	2.7	0.20
1281	304	7.7	2.3	52.9	41.8	3.3	0.20
1327	315	7.7	2.3	55.6	44.1	3.3	0.20
1374	326	7.7	2.3	58.4	46.5	3.3	0.20
1420	337	7.7	2.3	61.1	48.8	3.3	0.20
928	222	6.3	0.7	39.2	21.5	0.5	0.40
975	233	6.3	0.7	41.9	23.9	0.5	0.40
1021	244	6.3	0.7	44.7	26.2	0.5	0.40
1067	255	6.3	0.7	47.4	28.6	0.5	0.40
1091	262	11.8	1.9	37.2	19.9	1.7	0.40
1137	273	11.8	1.9	39.9	22.3	1.7	0.40
1183	284	11.8	1.9	42.7	24.6	1.7	0.40
1230	295	11.8	1.9	45.4	27.0	1.7	0.40
920	220	6.4	0.7	38.6	21.3	0.5	0.40
967	231	6.4	0.7	41.3	23.7	0.5	0.40
1013	242	6.4	0.7	44.1	26.0	0.5	0.40
1059	253	6.4	0.7	46.8	28.4	0.5	0.40
1145	275	11.3	1.5	41.2	22.9	1.7	0.40
1192	286	11.3	1.5	44.0	25.2	1.7	0.40
1238	297	11.3	1.5	46.7	27.6	1.7	0.40
1285	307	11.3	1.5	49.5	29.9	1.7	0.40

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DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Festive 2023 LTO Adez Oat Iced Drinks								
Oat Maple Hazel Iced Latte (Regular)								
Oat Maple Hazel Iced Latte	158	38	1.0	0.1	6.8	3.9	0.1	0.06
Oat Maple Hazel Iced Latte, 1 sugar	166	40	1.0	0.1	7.4	4.4	0.1	0.06
Oat Maple Hazel Iced Latte, 2 sugar	175	42	1.0	0.1	7.9	4.9	0.1	0.06
Oat Maple Hazel Iced Latte, 3 sugar	183	44	1.0	0.1	8.4	5.3	0.1	0.06
Oat Roasted Hazelnut Iced Latte (Regular)								
Oat Roasted Hazelnut Iced Latte	117	28	1.0	0.2	4.5	2.7	0.2	
Oat Roasted Hazelnut Iced Latte, 1 sugar	126	30	1.0	0.2	5.1	3.2	0.2	
Oat Roasted Hazelnut Iced Latte, 2 sugar	135	32	1.0	0.2	5.6	3.7	0.2	
Oat Roasted Hazelnut Iced Latte, 3 sugar	144	34	1.0	0.2	6.2	4.2	0.2	
Oat Bonfire Spice Iced Latte (Regular)								
Oat Bonfire Spice Iced Latte	156	37	1.0	0.1	6.7	3.8	0.1	0.06
Oat Bonfire Spice Iced Latte, 1 sugar	165	39	1.0	0.1	7.2	4.3	0.1	0.06
Oat Bonfire Spice Iced Latte, 2 sugar	173	41	1.0	0.1	7.8	4.8	0.1	0.06
Oat Bonfire Spice Iced Latte, 3 sugar	182	43	1.0	0.1	8.3	5.3	0.1	0.06
Oat Sticky Toffee Iced Latte (Regular)								
Oat Sticky Toffee Iced Latte	112	27	0.9	0.1	4.5	2.7	0.2	
Oat Sticky Toffee Iced Latte, 1 sugar	122	29	0.9	0.1	5.1	3.2	0.2	
Oat Sticky Toffee Iced Latte, 2 sugar	131	31	0.9	0.1	5.6	3.7	0.2	
Oat Sticky Toffee Iced Latte, 3 sugar	140	33	0.9	0.1	6.2	4.2	0.2	
Oat Maple Hazel Frappe (Regular)								
Oat Maple Hazel Frappe	145	34	0.8	0.1	6.7	4.1	0.1	0.04
Oat Maple Hazel Frappe, 1 sugar	158	38	0.7	0.1	7.5	4.8	0.1	0.04
Oat Maple Hazel Frappe, 2 sugar	171	41	0.7	0.1	8.3	5.5	0.1	0.04
Oat Maple Hazel Frappe, 3 sugar	183	44	0.7	0.1	9.0	6.2	0.1	0.04
Oat Bonfire Spice Frappe (Regular)								
Oat Bonfire Spice Frappe	142	34	0.8	0.1	6.4	4.0	0.1	0.04
Oat Bonfire Spice Frappe, 1 sugar	156	37	0.8	0.1	7.3	4.7	0.1	0.04
Oat Bonfire Spice Frappe, 2 sugar	168	40	0.8	0.1	8.1	5.4	0.1	0.04
Oat Bonfire Spice Frappe, 3 sugar	181	43	0.7	0.1	8.8	6.1	0.1	0.04

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
677	162	4.3	0.5	29.3	16.7	0.5	0.25
724	173	4.3	0.5	32.1	19.1	0.5	0.25
770	184	4.3	0.5	34.8	21.4	0.5	0.25
816	195	4.3	0.5	37.6	23.8	0.5	0.25
501	121	4.4	1.0	19.2	11.6	1.0	0.10
548	132	4.4	1.0	22.0	13.9	1.0	0.10
594	143	4.4	1.0	24.7	16.3	1.0	0.10
640	153	4.4	1.0	27.5	18.6	1.0	0.10
669	160	4.3	0.5	28.7	16.5	0.5	0.25
716	171	4.3	0.5	31.5	18.9	0.5	0.25
762	182	4.3	0.5	34.2	21.2	0.5	0.25
809	193	4.3	0.5	37.0	23.6	0.5	0.25
482	116	3.9	0.5	19.2	11.6	0.9	0.10
529	127	3.9	0.5	22.0	13.9	0.9	0.10
575	137	3.9	0.5	24.7	16.3	0.9	0.10
621	148	3.9	0.5	27.5	18.6	0.9	0.10
420	100	2.2	0.3	19.3	11.8	0.2	0.10
467	111	2.2	0.3	22.1	14.2	0.2	0.10
513	122	2.2	0.3	24.8	16.5	0.2	0.10
559	133	2.2	0.3	27.6	18.9	0.2	0.10
412	98	2.3	0.3	18.7	11.6	0.2	0.13
459	109	2.3	0.3	21.4	14.0	0.2	0.13
505	120	2.3	0.3	24.2	16.3	0.2	0.13
552	131	2.3	0.3	26.9	18.7	0.2	0.13

Optional Extras	TYPICAL VALUES PER 100g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Add a sachet of Chocolate Flavoured Powder	1637	387	5.8	4.8	75.0	67.0	7.2	1.60

TYPICAL VALUES PER SACHET							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
21	5	0	0	1.0	0.9	0.1	0.02

Dual Machine Nutrition Guide



Hot chocolate powder in the dual milk machine is different to that in our standard machines. The nutrition information for the following drinks made with semi-skimmed milk is therefore different to the same drink from a standard machine

Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Dual Milk Semi Skimmed Drinks								
Mocha, dual milk (Regular)								
Mocha, dual milk	226	53	1.2	0.7	8.4	8.0	1.8	0.04
Mocha, dual milk, 1 sugar	237	56	1.2	0.7	9.1	8.6	1.8	0.04
Mocha, dual milk, 2 sugar	247	59	1.2	0.7	9.8	9.2	1.8	0.04
Mocha, dual milk, 3 sugar	258	61	1.2	0.7	10.5	9.8	1.7	0.04
Mocha, dual milk, Syrup	237	56	1.2	0.7	9.1	8.6	1.8	0.04
Mocha, dual milk, Syrup, 1 sugar	247	59	1.2	0.7	9.8	9.2	1.8	0.04
Mocha, dual milk, Syrup, 2 sugars	258	61	1.2	0.7	10.5	9.8	1.7	0.04
Mocha, dual milk, Syrup, 3 sugars	268	63	1.2	0.7	11.2	10.4	1.7	0.04
Hot Chocolate, dual milk (Regular)								
Hot Chocolate, dual milk	247	58	1.4	0.9	8.8	8.5	2.2	0.05
Hot Chocolate, dual milk, 1 sugar	258	61	1.4	0.9	9.6	9.1	2.2	0.05
Hot Chocolate, dual milk, 2 sugar	268	63	1.4	0.9	10.3	9.7	2.1	0.05
Hot Chocolate, dual milk, 3 sugar	278	66	1.4	0.9	10.9	10.3	2.1	0.05
Hot Chocolate, dual milk, Syrup	258	61	1.4	0.9	9.6	9.1	2.2	0.05
Hot Chocolate, dual milk, Syrup, 1 sugar	268	63	1.4	0.9	10.3	9.7	2.1	0.05
Hot Chocolate, dual milk, Syrup, 2 sugars	278	66	1.4	0.9	10.9	10.3	2.1	0.05
Hot Chocolate, dual milk, Syrup, 3 sugars	288	68	1.3	0.8	11.6	10.8	2.1	0.05
Caramel Hot Chocolate, dual milk (Regular)								
Caramel Hot Chocolate, dual milk	258	61	1.4	0.9	9.5	9.1	2.2	0.05
Caramel Hot Chocolate, dual milk, 1 sugar	268	63	1.4	0.9	10.2	9.7	2.1	0.05
Caramel Hot Chocolate, dual milk, 2 sugar	278	66	1.4	0.9	10.9	10.3	2.1	0.05
Caramel Hot Chocolate, dual milk, 3 sugar	288	68	1.3	0.8	11.6	10.8	2.1	0.05
Mocha, dual milk (Large)								
Mocha, dual milk	243	57	1.3	0.8	9.0	8.6	1.9	0.04
Mocha, dual milk, 1 sugar	251	60	1.3	0.8	9.6	9.1	1.9	0.04
Mocha, dual milk, 2 sugar	260	62	1.3	0.8	10.2	9.6	1.9	0.04
Mocha, dual milk, 3 sugar	268	64	1.3	0.8	10.8	10.1	1.9	0.04
Mocha, dual milk, Syrup	254	60	1.3	0.8	9.8	9.3	1.9	0.04
Mocha, dual milk, Syrup, 1 sugar	263	62	1.3	0.8	10.4	9.8	1.9	0.04
Mocha, dual milk, Syrup, 2 sugars	271	64	1.3	0.8	10.9	10.2	1.9	0.04
Mocha, dual milk, Syrup, 3 sugars	279	66	1.3	0.8	11.5	10.7	1.8	0.04
Hot Chocolate, dual milk (Large)								
Hot Chocolate, dual milk	270	64	1.5	0.9	9.9	9.5	2.3	0.05
Hot Chocolate, dual milk, 1 sugar	279	66	1.5	0.9	10.5	10.0	2.2	0.05
Hot Chocolate, dual milk, 2 sugar	288	68	1.5	0.9	11.1	10.5	2.2	0.05
Hot Chocolate, dual milk, 3 sugar	296	70	1.4	0.9	11.7	11.0	2.2	0.05
Hot Chocolate, dual milk, Syrup	282	67	1.5	0.9	10.7	10.2	2.2	0.05
Hot Chocolate, dual milk, Syrup, 1 sugar	291	69	1.5	0.9	11.3	10.7	2.2	0.05
Hot Chocolate, dual milk, Syrup, 2 sugars	299	71	1.4	0.9	11.8	11.2	2.2	0.05
Hot Chocolate, dual milk, Syrup, 3 sugars	307	73	1.4	0.9	12.4	11.6	2.1	0.05

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
706	167	3.9	2.3	26.3	25.1	5.7	0.12
752	178	3.9	2.3	29.0	27.5	5.7	0.12
799	189	3.9	2.3	31.8	29.8	5.7	0.12
845	200	3.9	2.3	34.5	32.2	5.7	0.12
752	178	3.9	2.3	29.0	27.5	5.7	0.12
799	189	3.9	2.3	31.8	29.8	5.7	0.12
845	200	3.9	2.3	34.5	32.2	5.7	0.12
891	211	3.9	2.3	37.3	34.5	5.7	0.12
778	184	4.5	2.8	27.8	26.9	7.0	0.16
824	195	4.5	2.8	30.6	29.3	7.0	0.16
870	206	4.5	2.8	33.3	31.6	7.0	0.16
917	216	4.5	2.8	36.1	34.0	7.0	0.16
824	195	4.5	2.8	30.6	29.3	7.0	0.16
870	206	4.5	2.8	33.3	31.6	7.0	0.16
917	216	4.5	2.8	36.1	34.0	7.0	0.16
963	227	4.5	2.8	38.8	36.3	7.0	0.16
824	195	4.5	2.8	30.5	29.2	7.0	0.16
870	206	4.5	2.8	33.3	31.6	7.0	0.16
917	216	4.5	2.8	36.0	33.9	7.0	0.16
963	227	4.5	2.8	38.8	36.3	7.0	0.16
934	221	5.1	3.1	34.8	33.3	7.5	0.16
980	232	5.1	3.1	37.6	35.6	7.5	0.16
1027	243	5.1	3.1	40.3	38.0	7.5	0.16
1073	254	5.1	3.1	43.1	40.3	7.5	0.16
995	236	5.1	3.1	38.4	36.4	7.5	0.16
1041	247	5.1	3.1	41.2	38.7	7.5	0.16
1088	257	5.1	3.1	43.9	41.1	7.5	0.16
1134	268	5.1	3.1	46.7	43.4	7.5	0.16
972	230	5.4	3.4	35.5	34.3	8.1	0.18
1018	241	5.4	3.4	38.3	36.7	8.1	0.18
1065	252	5.4	3.4	41.0	39.0	8.1	0.18
1111	263	5.4	3.4	43.8	41.4	8.1	0.18
1033	244	5.4	3.4	39.1	37.4	8.1	0.18
1080	255	5.4	3.4	41.8	39.7	8.1	0.18
1126	266	5.4	3.4	44.6	42.1	8.1	0.18
1172	277	5.4	3.4	47.3	44.4	8.1	0.18

Dual Machine Nutrition Guide



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Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Caramel Hot Chocolate, dual milk (Large)								
Caramel Hot Chocolate, dual milk, dual milk	282	67	1.5	0.9	10.7	10.2	2.2	0.05
Caramel Hot Chocolate, dual milk, 1 sugar	290	69	1.5	0.9	11.3	10.7	2.2	0.05
Caramel Hot Chocolate, dual milk, 2 sugar	299	71	1.4	0.9	11.8	11.2	2.2	0.05
Caramel Hot Chocolate, dual milk, 3 sugar	307	73	1.4	0.9	12.4	11.6	2.1	0.05
Dual Milk Semi Skimmed Iced Drinks								
Iced Mocha, dual milk (Regular)								
Iced Mocha, dual milk	162	38	1.0	0.6	5.8	5.5	1.5	0.04
Iced Mocha, dual milk, 1 sugar	170	40	0.9	0.6	6.3	6.0	1.5	0.03
Iced Mocha, dual milk, 2 sugar	178	42	0.9	0.6	6.8	6.4	1.5	0.03
Iced Mocha, dual milk, 3 sugar	185	44	0.9	0.6	7.2	6.8	1.5	0.03
Iced Mocha, dual milk, Syrup	172	41	0.9	0.6	6.4	6.1	1.5	0.03
Iced Mocha, dual milk, Syrup, 1 sugar	180	43	0.9	0.6	6.9	6.5	1.5	0.03
Iced Mocha, dual milk, Syrup, 2 sugars	187	44	0.9	0.6	7.4	6.9	1.5	0.03
Iced Mocha, dual milk, Syrup, 3 sugars	194	46	0.9	0.6	7.8	7.3	1.5	0.03
Iced Chocolate, dual milk (Regular)								
Iced Chocolate, dual milk	184	43	1.1	0.7	6.4	6.2	1.8	0.04
Iced Chocolate, dual milk, 1 sugar	192	45	1.1	0.7	6.9	6.7	1.7	0.04
Iced Chocolate, dual milk, 2 sugar	200	47	1.1	0.7	7.5	7.1	1.7	0.04
Iced Chocolate, dual milk, 3 sugar	207	49	1.1	0.7	8.0	7.5	1.7	0.04
Iced Chocolate, dual milk, Syrup	194	46	1.1	0.7	7.1	6.8	1.7	0.04
Iced Chocolate, dual milk, Syrup, 1 sugar	202	48	1.1	0.7	7.6	7.2	1.7	0.04
Iced Chocolate, dual milk, Syrup, 2 sugars	210	50	1.1	0.7	8.1	7.6	1.7	0.04
Iced Chocolate, dual milk, Syrup, 3 sugars	217	51	1.0	0.7	8.6	8.1	1.7	0.04
Watermelon & Mint Refresher (Regular)								
Watermelon & Mint Refresher	10	2			0.5	0.5		
Watermelon & Mint Refresher, 1 sugar	21	5			1.2	1.1		
Watermelon & Mint Refresher, 2 sugar	32	8			1.9	1.7		
Watermelon & Mint Refresher, 3 sugar	43	10			2.6	2.2		

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
1033	244	5.4	3.4	39.1	37.4	8.1	0.18
1079	255	5.4	3.4	41.9	39.8	8.1	0.18
1126	266	5.4	3.4	44.6	42.1	8.1	0.18
1172	277	5.4	3.4	47.4	44.5	8.1	0.18
804	191	4.7	2.9	28.6	27.5	7.5	0.16
850	202	4.7	2.9	31.4	29.9	7.5	0.16
897	213	4.7	2.9	34.1	32.2	7.5	0.16
943	224	4.7	2.9	36.9	34.6	7.5	0.16
865	205	4.7	2.9	32.2	30.6	7.5	0.16
912	216	4.7	2.9	34.9	32.9	7.5	0.16
958	227	4.7	2.9	37.7	35.3	7.5	0.16
1004	238	4.7	2.9	40.4	37.6	7.5	0.16
836	198	5.0	3.2	29.2	28.3	8.0	0.19
882	209	5.0	3.2	32.0	30.7	8.0	0.19
929	220	5.0	3.2	34.7	33.0	8.0	0.19
975	231	5.0	3.2	37.5	35.4	8.0	0.19
897	212	5.0	3.2	32.8	31.4	8.0	0.19
944	223	5.0	3.2	35.5	33.7	8.0	0.19
990	234	5.0	3.2	38.3	36.1	8.0	0.19
1036	245	5.0	3.2	41.0	38.4	8.0	0.19
37	9			2.1	1.9		0.01
83	20			4.9	4.3		0.01
130	31			7.6	6.6		0.01
176	42			10.4	9.0		0.01

Optional Extras	TYPICAL VALUES PER 100g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Add a sachet of Chocolate Flavoured Powder	1637	387	5.8	4.8	75.0	67.0	7.2	1.60

TYPICAL VALUES PER SACHET							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
21	5	0	0	1.0	0.9	0.1	0.02

Dual Machine Nutrition Guide



Hot chocolate powder in the dual milk machine is different to that in our standard machines. The nutrition information for the following drinks made with semi-skimmed milk is therefore different to the same drink from a standard machine

Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Festive 2023 LTO Dual Milk Hot Drinks								
Dual Milk Maple Hazel Hot Chocolate (Regular)								
Dual Milk Maple Hazel Hot Chocolate	295	70	1.5	0.9	11.4	10.6	2.3	0.05
Dual Milk Maple Hazel Hot Chocolate, 1 sugar	305	72	1.5	0.9	12.2	11.2	2.2	0.05
Dual Milk Maple Hazel Hot Chocolate, 2 sugar	316	75	1.4	0.9	12.9	11.8	2.2	0.05
Dual Milk Maple Hazel Hot Chocolate, 3 sugar	326	77	1.4	0.9	13.6	12.4	2.1	0.05
Dual Milk Roasted Hazelnut Hot Chocolate (Regular)								
Dual Milk Roasted Hazelnut Hot Chocolate	299	71	1.6	1.0	11.5	10.6	2.3	
Dual Milk Roasted Hazelnut Hot Chocolate, 1 sugar	299	71	1.6	1.0	11.5	10.6	2.3	
Dual Milk Roasted Hazelnut Hot Chocolate, 2 sugar	320	76	1.5	1.0	12.9	11.8	2.2	
Dual Milk Roasted Hazelnut Hot Chocolate, 3 sugar	330	78	1.5	1.0	13.6	12.4	2.2	
Dual Milk Bonfire Spice Hot Chocolate (Regular)								
Dual Milk Bonfire Spice Hot Chocolate	293	69	1.5	0.9	11.3	10.6	2.3	0.05
Dual Milk Bonfire Spice Hot Chocolate, 1 sugar	304	72	1.5	0.9	12.0	11.2	2.2	0.05
Dual Milk Bonfire Spice Hot Chocolate, 2 sugar	314	74	1.4	0.9	12.7	11.8	2.2	0.05
Dual Milk Bonfire Spice Hot Chocolate, 3 sugar	324	76	1.4	0.9	13.4	12.4	2.2	0.05
Dual Milk Sticky Toffee Hot Chocolate (Regular)								
Dual Milk Sticky Toffee Hot Chocolate	308	73	1.4	0.9	12.3	11.1	2.3	
Dual Milk Sticky Toffee Hot Chocolate, 1 sugar	318	73	1.4	0.9	12.3	11.1	2.3	
Dual Milk Sticky Toffee Hot Chocolate, 2 sugar	329	78	1.4	0.9	13.7	12.3	2.2	
Dual Milk Sticky Toffee Hot Chocolate, 3 sugar	338	80	1.4	0.9	14.4	12.9	2.2	
Dual Milk Maple Hazel Latte (Regular)								
Dual Milk Maple Hazel Latte	201	47	1.5	0.9	5.9	5.4	3.1	0.09
Dual Milk Maple Hazel Latte, 1 sugar	211	50	1.5	0.9	6.6	6.0	3.0	0.09
Dual Milk Maple Hazel Latte, 2 sugar	221	52	1.4	0.9	7.3	6.6	3.0	0.09
Dual Milk Maple Hazel Latte, 3 sugar	231	55	1.4	0.9	8.0	7.2	2.9	0.09
Dual Milk Bonfire Spice Latte (Regular)								
Dual Milk Bonfire Spice Latte	199	47	1.5	0.9	5.8	5.4	3.1	0.10
Dual Milk Bonfire Spice Latte, 1 sugar	210	50	1.5	0.9	6.5	6.0	3.0	0.10
Dual Milk Bonfire Spice Latte, 2 sugar	220	52	1.5	0.9	7.2	6.6	3.0	0.10
Dual Milk Bonfire Spice Latte, 3 sugar	230	54	1.4	0.9	7.9	7.1	2.9	0.10

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
855	202	4.3	2.7	33.2	30.8	6.6	0.10
901	213	4.3	2.7	35.9	33.1	6.6	0.10
947	224	4.3	2.7	38.7	35.5	6.6	0.10
994	235	4.3	2.7	41.4	37.8	6.6	0.10
868	206	4.6	3.0	33.2	30.7	6.7	0.10
868	206	4.6	3.0	33.2	30.7	6.7	0.10
961	227	4.6	3.0	38.7	35.4	6.7	0.10
1007	238	4.6	3.0	41.5	37.7	6.7	0.10
849	201	4.3	2.7	32.7	30.6	6.6	0.10
896	211	4.3	2.7	35.5	33.0	6.6	0.10
942	222	4.3	2.7	38.2	35.3	6.6	0.10
988	233	4.3	2.7	41.0	37.7	6.6	0.10
909	215	4.3	2.7	36.3	32.9	6.7	0.10
909	215	4.3	2.7	36.3	32.9	6.7	0.10
1002	237	4.3	2.7	41.8	37.6	6.7	0.10
1048	247	4.3	2.7	44.5	39.9	6.7	0.10
678	160	5.0	3.1	20.0	18.2	10.4	0.30
724	171	5.0	3.1	22.7	20.6	10.4	0.30
770	182	5.0	3.1	25.5	22.9	10.4	0.30
817	193	5.0	3.1	28.2	25.3	10.4	0.30
672	159	5.1	3.1	19.6	18.1	10.4	0.30
719	170	5.1	3.1	22.3	20.5	10.4	0.30
765	181	5.1	3.1	25.1	22.8	10.4	0.30
812	192	5.1	3.1	27.8	25.2	10.4	0.30

Optional Extras	TYPICAL VALUES PER 100g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Add a sachet of Chocolate Flavoured Powder	1637	387	5.8	4.8	75.0	67.0	7.2	1.60

TYPICAL VALUES PER SACHET							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
21	5	0	0	1.0	0.9	0.1	0.02

Dual Machine Nutrition Guide



Hot chocolate powder in the dual milk machine is different to that in our standard machines. The nutrition information for the following drinks made with semi-skimmed milk is therefore different to the same drink from a standard machine

Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Festive 2023 LTO Dual Milk Hot Drinks								
Dual Milk Maple Hazel Hot Chocolate (Large)								
Dual Milk Maple Hazel Hot Chocolate	302	71	1.0	1.0	12.0	11.0	2.0	
Dual Milk Maple Hazel Hot Chocolate, 1 sugar	310	73	1.0	1.0	12.0	11.0	2.0	
Dual Milk Maple Hazel Hot Chocolate, 2 sugar	318	75	1.0	1.0	13.0	12.0	2.0	
Dual Milk Maple Hazel Hot Chocolate, 3 sugar	326	77	1.0	1.0	14.0	12.0	2.0	
Dual Milk Roasted Hazelnut Hot Chocolate (Large)								
Dual Milk Roasted Hazelnut Hot Chocolate	303	72	1.6	1.0	11.7	10.8	2.3	
Dual Milk Roasted Hazelnut Hot Chocolate, 1 sugar	311	74	1.6	1.0	12.3	11.3	2.2	
Dual Milk Roasted Hazelnut Hot Chocolate, 2 sugar	319	76	1.5	1.0	12.8	11.7	2.2	
Dual Milk Roasted Hazelnut Hot Chocolate, 3 sugar	327	77	1.5	1.0	13.4	12.2	2.2	
Dual Milk Bonfire Spice Hot Chocolate (Large)								
Dual Milk Bonfire Spice Hot Chocolate	300	71	1.5	0.9	11.7	10.9	2.2	0.05
Dual Milk Bonfire Spice Hot Chocolate, 1 sugar	308	73	1.5	0.9	12.3	11.4	2.2	0.05
Dual Milk Bonfire Spice Hot Chocolate, 2 sugar	316	75	1.4	0.9	12.8	11.9	2.2	0.05
Dual Milk Bonfire Spice Hot Chocolate, 3 sugar	324	76	1.4	0.9	13.4	12.3	2.1	0.05
Dual Milk Sticky Toffee Hot Chocolat (Large)								
Dual Milk Sticky Toffee Hot Chocolate	312	74	1.4	0.9	12.6	11.4	2.2	
Dual Milk Sticky Toffee Hot Chocolate, 1 sugar	320	76	1.4	0.9	13.1	11.8	2.2	
Dual Milk Sticky Toffee Hot Chocolate, 2 sugar	328	77	1.4	0.9	13.7	12.3	2.2	
Dual Milk Sticky Toffee Hot Chocolate, 3 sugar	336	79	1.4	0.9	14.2	12.7	2.1	
Dual Milk Maple Hazel Latte (Large)								
Dual Milk Maple Hazel Latte	209	49	1.5	0.9	6.3	5.7	3.1	0.10
Dual Milk Maple Hazel Latte, 1 sugar	217	51	1.5	0.9	6.9	6.2	3.1	0.09
Dual Milk Maple Hazel Latte, 2 sugar	226	53	1.5	0.9	7.5	6.7	3.0	0.09
Dual Milk Maple Hazel Latte, 3 sugar	234	55	1.5	0.9	8.0	7.2	3.0	0.09
Dual Milk Bonfire Spice Latte (Large)								
Dual Milk Bonfire Spice Latte	207	49	1.5	0.9	6.2	5.7	3.1	0.10
Dual Milk Bonfire Spice Latte, 1 sugar	216	51	1.5	0.9	6.8	6.2	3.1	0.09
Dual Milk Bonfire Spice Latte, 2 sugar	224	53	1.5	0.9	7.3	6.6	3.0	0.09
Dual Milk Bonfire Spice Latte, 3 sugar	232	55	1.5	0.9	7.9	7.1	3.0	0.09

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
1131	267	5.5	3.4	44.6	41.1	8.3	0.20
1178	278	5.5	3.4	47.3	43.5	8.3	0.20
1224	289	5.5	3.4	50.1	45.8	8.3	0.20
1270	300	5.5	3.4	52.8	48.2	8.3	0.20
1131	268	5.9	3.9	43.6	40.2	8.4	0.20
1178	279	5.9	3.9	46.4	42.6	8.4	0.20
1224	290	5.9	3.9	49.1	44.9	8.4	0.20
1271	300	5.9	3.9	51.9	47.3	8.4	0.20
1123	265	5.6	3.4	44.0	41.0	8.3	0.20
1170	276	5.6	3.4	46.7	43.3	8.3	0.20
1216	287	5.6	3.4	49.5	45.7	8.3	0.20
1262	298	5.6	3.4	52.2	48.0	8.3	0.20
1186	280	5.5	3.4	47.7	43.2	8.5	0.20
1233	291	5.5	3.4	50.5	45.6	8.5	0.20
1279	302	5.5	3.4	53.2	47.9	8.5	0.20
1325	313	5.5	3.4	56.0	50.3	8.5	0.20
878	208	6.3	4.0	26.6	24.1	13.1	0.40
924	219	6.3	4.0	29.3	26.4	13.1	0.40
971	229	6.3	4.0	32.1	28.8	13.1	0.40
1017	240	6.3	4.0	34.8	31.1	13.1	0.40
870	206	6.4	4.0	26.0	23.9	13.1	0.40
916	217	6.4	4.0	28.7	26.2	13.1	0.40
963	227	6.4	4.0	31.5	28.6	13.1	0.40
1009	238	6.4	4.0	34.2	30.9	13.1	0.40

Optional Extras	TYPICAL VALUES PER 100g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Add a sachet of Chocolate Flavoured Powder	1637	387	5.8	4.8	75.0	67.0	7.2	1.60

TYPICAL VALUES PER SACHET							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
21	5	0	0	1.0	0.9	0.1	0.02

Dual Machine Nutrition Guide



Hot chocolate powder in the dual milk machine is different to that in our standard machines. The nutrition information for the following drinks made with semi-skimmed milk is therefore different to the same drink from a standard machine

Adults need around 2000kcal per day

DRINK NAME	TYPICAL VALUES PER 100ml							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Festive 2023 LTO Dual Milk Iced Drinks								
Dual Milk Maple Hazel Iced Latte (Regular)								
Dual Milk Maple Hazel Iced Latte	150	35	1.0	0.6	4.9	4.3	2.1	0.06
Dual Milk Maple Hazel Iced Latte, 1 sugar	159	38	1.0	0.6	5.4	4.8	2.0	0.06
Dual Milk Maple Hazel Iced Latte, 2 sugar	167	40	1.0	0.6	6.0	5.3	2.0	0.06
Dual Milk Maple Hazel Iced Latte, 3 sugar	176	42	1.0	0.6	6.6	5.7	2.0	0.06
Dual Milk Bonfire Spice Iced Latte (Regular)								
Dual Milk Bonfire Spice Iced Latte	207	49	1.5	0.9	6.2	5.7	3.1	0.10
Dual Milk Bonfire Spice Iced Latte, 1 sugar	161	38	1.0	0.6	5.4	4.8	2.1	0.06
Dual Milk Bonfire Spice Iced Latte, 2 sugar	169	40	1.0	0.6	6.0	5.3	2.1	0.06
Dual Milk Bonfire Spice Iced Latte, 3 sugar	178	42	1.0	0.6	6.6	5.8	2.0	0.06
Dual Milk Maple Hazel Frappe (Regular)								
Dual Milk Maple Hazel Frappe	139	33	0.8	0.5	5.2	4.4	1.6	0.05
Dual Milk Maple Hazel Frappe, 1 sugar	152	36	0.7	0.5	6.0	5.1	1.5	0.05
Dual Milk Maple Hazel Frappe, 2 sugar	165	39	0.7	0.5	6.8	5.8	1.5	0.05
Dual Milk Maple Hazel Frappe, 3 sugar	178	42	0.7	0.5	7.6	6.5	1.5	0.04
Dual Milk Bonfire Spice Frappe (Regular)								
Dual Milk Bonfire Spice Frappe	136	32	0.8	0.5	4.9	4.3	1.6	0.05
Dual Milk Bonfire Spice Frappe, 1 sugar	150	35	0.8	0.5	5.8	5.0	1.5	0.05
Dual Milk Bonfire Spice Frappe, 2 sugar	163	38	0.8	0.5	6.6	5.7	1.5	0.05
Dual Milk Bonfire Spice Frappe, 3 sugar	175	41	0.7	0.5	7.4	6.4	1.5	0.05

TYPICAL VALUES PER DRINK							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
644	152	4.3	2.7	20.9	18.4	8.9	0.30
690	163	4.3	2.7	23.7	20.8	8.9	0.30
737	174	4.3	2.7	26.4	23.1	8.9	0.30
783	185	4.3	2.7	29.2	25.5	8.9	0.30
636	150	4.3	2.7	20.3	18.2	8.9	0.30
682	161	4.3	2.7	23.1	20.6	8.9	0.30
729	172	4.3	2.7	25.8	22.9	8.9	0.30
775	183	4.3	2.7	28.6	25.3	8.9	0.30
403	95	2.2	1.4	14.9	12.7	4.5	0.14
449	106	2.2	1.4	17.7	15.1	4.5	0.14
496	117	2.2	1.4	20.4	17.4	4.5	0.14
542	128	2.2	1.4	23.2	19.8	4.5	0.14
395	93	2.3	1.4	14.3	12.5	4.6	0.10
441	104	2.3	1.4	17.1	14.9	4.6	0.10
488	115	2.3	1.4	19.8	17.2	4.6	0.10
534	126	2.3	1.4	22.6	19.6	4.6	0.10

Optional Extras	TYPICAL VALUES PER 100g							
	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Add a sachet of Chocolate Flavoured Powder	1637	387	5.8	4.8	75.0	67.0	7.2	1.60

TYPICAL VALUES PER SACHET							
Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
21	5	0	0	1.0	0.9	0.1	0.02