

Product Description	Statements		Allergens Present																Nutrition Per 100g/ml								Nutrition Per Portion									
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Energy - kJ per 100ml	Energy - kcal per 100ml	Fat per 100ml	Sats per 100ml	Carb per 100ml	Sugar per 100ml	Protein per 100ml	Salt per 100ml	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kcal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
Espresso -small	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	37	10	0.3	0.0	1.3	0.7	0.7	0.03	32	11	3	0.1	0.0	0.4	0.2	0.2	0.01
Espresso -large	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	37	10	0.3	0.0	1.3	0.7	0.7	0.03	34	12	4	0.1	0.0	0.4	0.2	0.2	0.01
Black Americano -small	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	7	2	0.1	0	0.3	0.1	0.1	0.01	160	12	3	0.1	0	0.4	0.2	0.2	0.01
Black Americano -large	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	5	1	0	0	0.2	0.1	0.1	0	230	13	4	0.1	0	0.4	0.2	0.2	0.01
Ristretto	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	37	10	0.3	0	1.3	0.7	0.7	0.03	25	9	3	0.1	0	0.3	0.2	0.2	0.01
Café Crème	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	37	10	0.3	0	1.3	0.7	0.7	0.03	110	41	11	0.3	0	1.4	0.8	0.8	0.03
Cappuccino -small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	153	36	1.3	0.8	3.8	3.6	2.8	0.09	120	183	44	1.6	1	4.6	4.4	3.3	0.1
Cappuccino -large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	167	40	1.5	0.9	4.1	4	3	0.09	195	327	77	2.8	1.8	8	7.8	5.9	0.18
Latte - small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	171	41	1.5	0.9	4.2	4.1	3.1	0.1	212	363	86	3.2	2	8.9	8.7	6.5	0.2
Latte -large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	175	41	1.5	1	4.3	4.2	3.1	0.1	270	473	112	4.1	2.6	11.5	11.3	8.5	0.26
White Americano -small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	74	18	0.6	0.4	1.9	1.8	1.3	0.04	160	119	29	1	0.6	3	2.8	2.1	0.07
White Americano -large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	78	18	0.7	0.4	1.9	1.8	1.4	0.04	280	217	52	1.9	1.2	5.4	5.2	3.9	0.12
Cortado	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	123	30	1.1	0.6	3.2	2.9	2.2	0.07	55	68	16	0.6	0.3	1.7	1.6	1.2	0.04
Flat White	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	167	40	1.5	0.9	4.1	4	3	0.09	195	327	77	2.8	1.8	8	7.8	5.9	0.18
Espresso Macchiato -small	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	94	23	0.8	0.4	2.5	2.1	1.7	0.05	50	47	11	0.4	0.2	1.3	1.1	0.9	0.03
Espresso Macchiato -large	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	105	26	0.9	0.5	2.8	2.4	1.9	0.06	60	63	15	0.5	0.3	1.7	1.5	1.1	0.04
Hot Chocolate	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	160	38	0.8	0.6	6.3	6.2	1.2	0.14	212	340	81	1.7	1.2	13.4	13.2	2.4	0.3

Adults need around 2000 kcal a day. We cannot guarantee that our drinks are suitable for those with food allergies or intolerances.

Please note: all milks used within the Podio machines is dairy based milk (semi skimmed or equivalent)