

INFORMATION FOR CUSTOMERS

THIS GUIDE IS FOR OUR WE'RE SERVING SITES

We cannot guarantee that our food or drinks are allergen free.

Due to the use of shared equipment in the display, preparation and service of our products there is a risk of cross contamination.

This guide is designed to provide customers who suffer from an allergy or intolerance with accurate information about our food and drinks, so that they can make an informed choice about the suitability of our products for them:

- For drinks made in store allergen information is contained in this guide
- For pre-packed food and drinks, allergen information is provided on the packaging labels
- All open/opened drink products may unavoidably be exposed to other allergens in store

INFORMATION CONTAINED IN THIS GUIDE

Product Description	Dietary Choices		Allergens																		
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten																		
			Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	
MOCHA CORTADO																					
MOCHA CORTADO - WHOLE MILK - IN STORE	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	
MOCHA CORTADO - WHOLE MILK - TAKE AWAY	YES	NO	N	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	
CARAMEL CORTADO																					
CARAMEL CORTADO - WHOLE MILK - IN STORE	YES	NO	N	N	N	N	N	C	N	YES	N	N	N	N	N	N	N	N	N	C	
CARAMEL CORTADO - WHOLE MILK - TAKE AWAY	YES	NO	N	N	N	N	N	C	N	YES	N	N	N	N	N	N	N	N	N	C	

CONTENTS KEY	
YES	The allergen is present in the product
C	Although this allergen is not an ingredient of the product, it is present in the manufacturing site / factory / supply-chain and therefore there is a risk of cross-contamination
N	The allergen is not an ingredient of this product
YES NO	The column entitled 'Dietary Choices' details information supplied by the product manufacturer. It does not take into account the in-store storage / preparation methods where there is a risk of cross-contamination
The allergens listed in this guide are those we are required to declare in accordance with EU Food Information Regulations	

NOTES

- Some of the ingredients used in our drinks may contain sugar and sweeteners
- If you wish to customise your drink by adding a different milk or dairy alternative, adding syrups, changing a topping, etc, please use Ingredients' section at the end of the guide
- If you require additional information please ask a member of the team
- The drinks in the document show the allergy and nutrition for the drink as served, made to the standard recipe, using semi-skimmed milk, unless otherwise stated

NUTRITION INFORMATION

- Please note that all our drinks nutrition information has been calculated using published nutrition data and that dairy-based drinks may be subject to some natural seasonal variation
- Nutrition is calculated for Signature Roast Blend (caffeinated) made to brand standard. Information for decaffeinated coffee will be the same

To confirm (and as by way of a disclaimer):
The information within this file is correct at the point of sending.
At the point of editing, this file will no longer be considered a Technical controlled document.
Please be mindful to maintain the accuracy of the data through any editing process.

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	
Impulse																					
Caramel Waffles	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Fruit & Oat Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Fruity Flapjack*	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	C		
All Butter Jammy Shortbread	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Mini All Butter Shortbreads	YES	NO	YES	NO	C	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Ginger Biscuits	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Triple Chocolate Biscuits	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Belgian Chocolate Brownie (Gluten Free)	YES	NO	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND	
Bubble Frappe Gingerbread Biscuit	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Instant Wholegrain Porridge	YES	NO	C	NO	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	C	C		
Gluten Free Vegan Mince Tart	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND	
Iced Penguin Gingerbread Biscuit	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		

*The oats in this product are gluten free. Oats contain a protein called avenin which is similar to gluten. It is recommended to add gluten free oats to your diet slowly, especially if newly diagnosed

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														Tree Nut Source (if present)
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts		
Terry's Chocolate Orange Hot Chocolate - made with Skimmed Milk - Small - Take Away	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Skimmed Milk - Medium	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Whole Milk - Small - In Store	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Whole Milk - Small - Take Away	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Whole Milk - Medium	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Soya Drink - Small - In Store	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Soya Drink - Small - Take Away	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Soya Drink - Medium	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Coconut Drink - Small - In Store	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Coconut Drink - Small - Take Away	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Coconut Drink - Medium	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Oat Drink - Small - In Store	YES	NO	C	C	C	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Oat Drink - Small - Take Away	YES	NO	C	C	C	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Terry's Chocolate Orange Hot Chocolate - made with Oat Drink - Medium	YES	NO	C	C	C	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Black Forest Hot Chocolate																					
Black Forest Hot Chocolate - made with Semi-Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Semi-Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Semi-Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Skimmed Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Skimmed Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Skimmed Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Whole Milk - Small - In Store	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Whole Milk - Small - Take Away	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Whole Milk - Medium	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Soya Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Soya Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Soya Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Coconut Drink - Small - In Store	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Black Forest Hot Chocolate - made with Coconut Drink - Small - Take Away	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Black Forest Hot Chocolate - made with Coconut Drink - Medium	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C	
Black Forest Hot Chocolate - made with Oat Drink - Small - In Store	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Oat Drink - Small - Take Away	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Black Forest Hot Chocolate - made with Oat Drink - Medium	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	

To confirm (and as by way of a disclaimer):

The information within this file is correct at the point of sending.

At the point of editing, this file will no longer be considered a Technical controlled document.

Please be mindful to maintain the accuracy of the data through any editing process. This document contains information on branded packaged products for your information only. When discussing these products, you should reference back to the brand's own website for further details

	Dietary Choices		Cereals Containing Gluten				Allergens Present														
Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	
Core Ingredients																					
Hot Chocolate Powder	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Coffee																					
MOCHA ITALIA BEANS ESPRESSO SHOT	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
DECAFFEINATED BEANS ESPRESSO SHOT	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
COSTA DECAF SACHETS ESPRESSO SHOT	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
DECAF PODS ESPRESSO SHOT	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
INSTANT COFFEE	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Drinks Extras																					
Vanilla syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Vanilla syrup (Sugar Free)	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Costa CC000383 Roasted Hazelnut Flavour Syrup (PTS CC000457)	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Caramel Syrup FDL	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
10% Reduced Sugar Caramel Syrup (PTS 40809)	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Caramel Syrup (Sugar Free) BO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cinnamon Bun Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Light Whip	YES	YES	NO	NO	NO	NO	NO	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Whipping Cream	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Semi Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Skimmed Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Whole Milk	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Alpro Plant Alternative - Soya	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Alpro Plant Alternative - Coconut	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		
Alpro Plant Alternative - Oat	YES	YES	C	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Other Ingredients																					
Chai Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Salted Caramel sauce	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Strawberry Sauce	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Golden Twinkle Sprinkle	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
WHITE COSTA SUGAR	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
BROWN COSTA SUGAR	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Frappe Powder	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Mango Sauce	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Caramel Chocolate Flavour Sauce	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Maple Hazel Flavour Sauce	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Crunchy Biscuit Crumb	YES	NO	YES	C	C	C	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Lemon Slices	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO		
Orange Slices	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO		
Chocolate Milk sauce (CC000451)	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
White Peach Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Cloudy Lemonade	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Costa 63092 Berry Infusion	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Costa 63090 Green Tea	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Tiramisu Sauce	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Mango Flavour Bubbles	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Orange Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Caramel Nut Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Sugar Free Gingerbread Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Butter Pecan Cookie Flavour Syrup	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Bronze Cookie Topping	YES	NO	YES	C	C	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO		
Cherry Sauce	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Red & Green Sprinkle	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Mini Gingerbread Person	YES	NO	YES	NO	NO	NO	C	YES	C	NO	NO	NO	NO	YES	NO	NO	NO	NO	C		
Terry's Choc Orange Sensations	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		

*Zinc contributes to the normal function of the immune system. Not recommended for consumers taking supplements that contain Zinc. Enjoy as part of a varied and balanced diet and a healthy lifestyle.

Adults need around 2000 kcal a day.

To confirm (and as by way of a disclaimer):
The information within this file is correct at the point of sending.
At the point of editing, this file will no longer be considered a Technical controlled document.
Please be mindful to maintain the accuracy of the data through any editing process. This document contains information on branded packaged products for your information only. When discussing these products, you should reference back to the brand's own website for further details

Product Description	Nutrition Per 100g								Nutrition Per Portion								Ingredient Declaration	
	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g)	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
Impulse																		
Caramel Waffles	1953	465	17.0	8.8	72.0	37.0	3.9	0.73	78	1523	363	14.0	6.9	56.0	28.0	3.0	0.57	Glucose-Fructose Syrup, WHEAT Flour, Sugar, Palm Fat, Butter (MILK), Sugar Syrup, SOYA Flour, Rapeseed Oil, Salt, Emulsifiers (SOYA Lecithin, E471), Raising Agent (Sodium carbonates), Cinnamon, Acid (Citric Acid), Bourbon Vanilla.
Fruit & Oat Biscuits	1989	475	19.9	6.8	65.5	27.2	5.5	0.80	48	955	228	9.6	3.3	31.4	13.1	2.6	0.40	Rolled OATS (27%), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Raisins (12%), Palm Oil, Invert Sugar Syrup, Rapeseed Oil, Salt, Raising Agents (E500(ii), E501(iii)), Skimmed MILK Powder, Colours (Annatto Bixin, Curcumin), Natural Flavouring.
Fruity Flapjack*	1780	424	16.0	5.6	62.0	35.0	5.3	0.19	58	1032	246	9.2	3.2	36.0	20.0	3.1	0.11	Gluten Free OATS (32%), Golden Syrup, Vegetable Fat (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Sultanas (8%) (Sultanas, Sunflower Oil), Brown Sugar, Dried Apricots (5%) (Apricots, Rice Flour, Preservative (SULPHUR DIOXIDE)), Glucose Syrup, Sweetened Dried Cranberries (4%) (Cranberries, Cane Sugar, Sunflower Oil), Gluten Free OAT Flour, Coconut Flakes (Coconut Flakes, Preservative (SULPHUR DIOXIDE)), Natural Flavourings, Salt.
All Butter Jammy Shortbread	1995	475	21.0	13.0	69.0	28.0	3.5	0.53	50	997	238	10.0	6.6	35.0	14.0	1.8	0.27	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (25%) (Butter (MILK), Salt), Strawberry Jam (20%) (Fructose, Glycerine, Dried Glucose Syrup, Strawberry Puree Concentrate, Acidity Regulators (Citric Acid, E 331), Gelling Agent (Pectins), Colours (Anthocyanins, Paprica Extract), Natural Flavouring), Sugar.
Mini All Butter Shortbreads	2209	528	29.0	22.0	61.0	21.0	5.3	0.17	10	220	53	2.9	2.2	6.1	2.1	0.0	0.02	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK) (29%), Sugar, Cornflour, Salt.
Ginger Biscuits	2047	488	21.0	6.6	68.0	28.0	5.4	0.50	48	983	234	9.8	3.2	33.0	13.0	2.6	0.24	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, OATMEAL, Palm Oil, Rapeseed Oil, Stem Ginger (8%) (Ginger, Sugar), Ground Ginger (1%), Salt, Raising Agents (E500(ii), E501(iii)), Skimmed MILK Powder, Colours (Annatto Bixin, Curcumin), Natural Flavouring.
Triple Chocolate Biscuits	2119	507	26.5	16.1	58.4	32.6	6.6	0.80	50	1059	253	13.3	8.1	29.2	16.3	3.3	0.40	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (23%) (Butter (MILK), Salt), White Chocolate Chips (14%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Dark Chocolate Chips (8%) (Cocoa Mass, Sugar, Dextrose, Emulsifier (SOYA Lecithin)), Fat Reduced Cocoa Powder (6%), Invert Sugar Syrup, Milk Chocolate Chips (4%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Raising Agents (E500(ii), E501(iii)), Green Tea Extract, Natural Flavouring.
Belgian Chocolate Brownie (Gluten Free)	2148	516	35.0	19.0	42.0	37.0	8.1	0.36	60	1289	310	21.0	11.0	25.0	22.0	4.9	0.22	Free Range EGG, Belgian Dark Chocolate (16%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Flavouring), Sugar, Butter (MILK), Belgian Milk Chocolate Chunks (13%) (Sugar, Dried Whole MILK, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Flavouring), Belgian Milk Chocolate (11%) (Sugar, Cocoa Butter, Dried Whole MILK, Cocoa Mass, Emulsifier (SOYA Lecithin), Flavouring), ALMOND Flour, Chocolate Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Emulsifier (SOYA Lecithin), Flavouring), Flavouring, Salt, Preservative (E 202)
Bubble Frappe Gingerbread Biscuit	1771	421	13.0	5.5	70.0	34.0	5.6	0.45	45	797	189	5.7	2.5	32.0	15.0	2.5	0.20	Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Partially Inverted Sugar Syrup, Palm Oil, Glucose Syrup, Invert Sugar Syrup, Pasteurised Free Range EGG, Palm Stearin, Rapeseed Oil, Sunflower Oil, Ginger Powder, Raising Agent (Sodium Hydrogen Carbonate), Colours (Beetroot Red, Paprika Extract, Curcumin), Dried Free Range EGG White, Acidity Regulator (Acetic Acid), Cornflour, Stabiliser (Disodium Diphosphate), Lemon Juice from Concentrate.
Instant Wholegrain Porridge	1551	367	4.9	0.8	62.0	21.0	16.0	0.30	290	1240	294	3.9	0.6	49.0	17.0	13.0	0.24	Wholegrain OATFLAKES (67%), Dried Skimmed MILK, Sugar
Gluten Free Vegan Mince Tart	1660	394	13.0	4.6	67.0	43.0	2.2	0.23	85	1411	335	11.0	3.9	57.0	36.0	1.9	0.20	Mincemeat (51%) (Sugar, Apple Purée, Sultanas, Raisins, Candied Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar), Vegetable Suet (Palm oil, Sunflower Oil), Glucose Syrup, Currants, Water, Mixed Spices (Coriander, Ginger, Cassia, Caraway), Preservative (Acetic Acid), Acidity Regulator (Citric Acid), Colour (Plain Caramel)), Pastry (48%) (Tapioca Starch, Brown Rice Flour, Palm Oil, Sugar, Light Brown Sugar, Rapeseed Oil, Ground ALMONDS, Water, Salt, Stabiliser (Xanthan Gum), Emulsifier (E471)), Sugar Dusting (1%) (Dextrose, Cornflour, Palm Oil).
Iced Penguin Gingerbread Biscuit	1809	430	13.0	6.0	71.0	29.0	5.9	0.47	47	850	202	6.3	2.8	33.0	14.0	2.8	0.22	Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed, Sunflower), Partially Inverted Sugar Syrup, Glucose Syrup, Invert Sugar Syrup, Free Range EGG, Palm Stearin, Ginger Powder, Raising Agent (Sodium Carbonates), Dried Free Range EGG White, Colours (Beetroot Red, Vegetable Carbon, Paprika Extract, Curcumin), Concentrated Lemon Juice, Cornflour, Spirulina Concentrate, Safflower Concentrate, Stabiliser (Disodium Diphosphate), Acidity Regulators (Acetic Acid, Citric Acid).

*The oats in this product are gluten free. Oats contain a protein called avenin which is similar to gluten. It is recommended to add gluten free oats to your diet slowly, especially if newly diagnosed

Product Description	Nutrition Per 100ml								Vitamin C (mg) per 100g	Portion Weight (ml)	Nutrition Per Portion								
	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			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	Vitamin C (mg) per portion
Caramel Nutcracker Hot Chocolate - made with Whole Milk - Medium	510	122	5.5	4.3	14.5	13.4	3.5	0.14		311	1588	380	17.3	13.4	45.3	41.6	10.9	0.44	
Caramel Nutcracker Hot Chocolate - made with Soya Drink - Small - In Store	469	112	5.2	3.9	13.2	11.9	3.0	0.13		192	902	215	10.0	7.6	25.4	22.8	5.8	0.25	
Caramel Nutcracker Hot Chocolate - made with Soya Drink - Small - Take Away	427	102	4.4	3.1	12.0	10.8	3.3	0.13		257	1099	262	11.4	8.0	31.0	27.8	8.4	0.34	
Caramel Nutcracker Hot Chocolate - made with Soya Drink - Medium	439	104	4.1	2.7	13.2	11.9	3.5	0.14		311	1367	325	12.7	8.4	41.2	37.1	10.9	0.44	
Caramel Nutcracker Hot Chocolate - made with Coconut Drink - Small - In Store	442	105	4.9	4.2	13.6	12.4	1.8	0.13		192	849	202	9.3	8.1	26.1	23.9	3.5	0.25	
Caramel Nutcracker Hot Chocolate - made with Coconut Drink - Small - Take Away	397	94	4.1	3.4	12.5	11.4	2.0	0.13		257	1023	243	10.5	8.7	32.1	29.3	5.0	0.34	
Caramel Nutcracker Hot Chocolate - made with Coconut Drink - Medium	409	97	3.7	3.0	13.7	12.5	2.2	0.14		311	1274	302	11.6	9.3	42.5	38.9	6.8	0.44	
Caramel Nutcracker Hot Chocolate - made with Oat Drink - Small - In Store	516	123	5.9	3.9	15.8	12.4	1.3	0.15		192	992	237	11.4	7.6	30.5	23.9	2.6	0.29	
Caramel Nutcracker Hot Chocolate - made with Oat Drink - Small - Take Away	479	114	5.2	3.1	14.9	11.4	1.5	0.15		257	1232	293	13.5	8.0	38.4	29.3	3.7	0.40	
Caramel Nutcracker Hot Chocolate - made with Oat Drink - Medium	491	117	4.9	2.7	16.1	12.5	1.7	0.16		311	1529	364	15.2	8.4	50.3	38.9	5.2	0.50	
Terry's Chocolate Orange Hot Chocolate																			
Terry's Chocolate Orange Hot Chocolate - made with Semi-Skimmed Milk - Small - In Store	459	109	5.1	4.5	13.1	11.9	3.2	0.13		188	861	205	9.6	8.5	24.5	22.3	6.0	0.24	
Terry's Chocolate Orange Hot Chocolate - made with Semi-Skimmed Milk - Small - Take Away	423	101	4.3	3.7	12.4	11.3	3.5	0.13		253	1069	254	10.9	9.3	31.3	28.5	8.8	0.33	
Terry's Chocolate Orange Hot Chocolate - made with Semi-Skimmed Milk - Medium	434	103	4.0	3.3	13.6	12.4	3.7	0.14		307	1332	316	12.1	10.1	41.5	37.9	11.4	0.42	
Terry's Chocolate Orange Hot Chocolate - made with Skimmed Milk - Small - In Store	419	100	4.1	3.9	12.9	11.7	3.1	0.12		188	785	187	7.7	7.3	24.2	21.9	5.9	0.23	
Terry's Chocolate Orange Hot Chocolate - made with Skimmed Milk - Small - Take Away	380	90	3.2	3.0	12.2	11.1	3.4	0.13		253	959	228	8.1	7.5	30.8	28.0	8.6	0.32	
Terry's Chocolate Orange Hot Chocolate - made with Skimmed Milk - Medium	391	93	2.8	2.6	13.3	12.1	3.6	0.13		307	1197	284	8.7	7.9	40.9	37.2	11.1	0.40	
Terry's Chocolate Orange Hot Chocolate - made with Whole Milk - Small - In Store	513	123	6.6	5.5	13.0	11.7	3.1	0.12		188	962	230	12.4	10.3	24.3	22.0	5.8	0.23	
Terry's Chocolate Orange Hot Chocolate - made with Whole Milk - Small - Take Away	482	115	5.9	4.8	12.3	11.2	3.3	0.13		253	1217	291	15.0	12.0	30.9	28.2	8.4	0.32	
Terry's Chocolate Orange Hot Chocolate - made with Whole Milk - Medium	493	118	5.6	4.4	13.4	12.2	3.6	0.13		307	1512	361	17.1	13.4	41.1	37.5	10.9	0.40	
Terry's Chocolate Orange Hot Chocolate - made with Soya Drink - Small - In Store	447	107	5.2	4.0	11.7	10.4	3.1	0.12		188	838	200	9.8	7.5	22.0	19.5	5.8	0.23	
Terry's Chocolate Orange Hot Chocolate - made with Soya Drink - Small - Take Away	410	98	4.5	3.1	10.9	9.7	3.3	0.13		253	1035	247	11.3	7.9	27.6	24.4	8.4	0.32	
Terry's Chocolate Orange Hot Chocolate - made with Soya Drink - Medium	421	100	4.1	2.7	12.1	10.7	3.6	0.13		307	1291	307	12.6	8.3	37.0	32.9	10.9	0.40	
Terry's Chocolate Orange Hot Chocolate - made with Coconut Drink - Small - In Store	419	100	4.9	4.3	12.1	10.9	1.9	0.12		188	785	187	9.2	8.0	22.8	20.5	3.5	0.23	
Terry's Chocolate Orange Hot Chocolate - made with Coconut Drink - Small - Take Away	380	90	4.1	3.4	11.4	10.3	2.0	0.13		253	959	228	10.3	8.6	28.7	25.9	5.0	0.32	
Terry's Chocolate Orange Hot Chocolate - made with Coconut Drink - Medium	391	93	3.7	3.0	12.5	11.3	2.2	0.13		307	1197	284	11.4	9.3	38.4	34.7	6.8	0.40	
Terry's Chocolate Orange Hot Chocolate - made with Oat Drink - Small - In Store	495	118	6.0	4.0	14.5	10.9	1.4	0.14		188	929	221	11.2	7.5	27.1	20.5	2.6	0.27	
Terry's Chocolate Orange Hot Chocolate - made with Oat Drink - Small - Take Away	463	110	5.3	3.1	13.9	10.3	1.5	0.15		253	1168	278	13.3	7.9	35.1	25.9	3.7	0.37	
Terry's Chocolate Orange Hot Chocolate - made with Oat Drink - Medium	474	113	4.9	2.7	15.0	11.3	1.7	0.15		307	1452	346	15.1	8.3	46.1	34.7	5.2	0.47	
Black Forest Hot Chocolate																			
Black Forest Hot Chocolate - made with Semi-Skimmed Milk - Small - In Store	455	108	5.1	4.5	13.0	11.7	3.1	0.12		186	846	201	9.4	8.4	24.2	21.8	5.8	0.23	
Black Forest Hot Chocolate - made with Semi-Skimmed Milk - Small - Take Away	414	98	4.2	3.5	12.2	11.1	3.5	0.13		266	1102	262	11.0	9.4	32.5	29.5	9.2	0.35	
Black Forest Hot Chocolate - made with Semi-Skimmed Milk - Medium	428	102	3.9	3.2	13.4	12.1	3.7	0.14		310	1327	315	12.1	10.0	41.4	37.5	11.3	0.42	
Black Forest Hot Chocolate - made with Skimmed Milk - Small - In Store	416	99	4.1	3.9	12.8	11.5	3.1	0.12		186	773	184	7.6	7.2	23.8	21.4	5.7	0.22	
Black Forest Hot Chocolate - made with Skimmed Milk - Small - Take Away	371	88	3.0	2.8	12.0	10.9	3.4	0.12		266	987	234	8.1	7.5	31.9	28.9	9.0	0.33	
Black Forest Hot Chocolate - made with Skimmed Milk - Medium	385	91	2.8	2.5	13.1	11.9	3.6	0.13		310	1193	283	8.6	7.8	40.7	36.8	11.1	0.40	
Black Forest Hot Chocolate - made with Whole Milk - Small - In Store	507	121	6.5	5.4	12.9	11.6	3.0	0.12		186	943	226	12.1	10.1	23.9	21.5	5.6	0.22	
Black Forest Hot Chocolate - made with Whole Milk - Small - Take Away	473	113	5.8	4.6	12.1	10.9	3.3	0.12		266	1257	301	15.4	12.2	32.1	29.1	8.8	0.33	
Black Forest Hot Chocolate - made with Whole Milk - Medium	486	116	5.5	4.3	13.2	11.9	3.5	0.13		310	1507	360	17.1	13.3	41.0	37.0	10.9	0.40	
Black Forest Hot Chocolate - made with Soya Drink - Small - In Store	443	106	5.2	4.0	11.7	10.3	3.0	0.12		186	824	196	9.7	7.4	21.7	19.1	5.6	0.22	
Black Forest Hot Chocolate - made with Soya Drink - Small - Take Away	401	95	4.3	3.0	10.8	9.5	3.3	0.12		266	1067	254	11.4	7.9	28.6	25.2	8.8	0.33	
Black Forest Hot Chocolate - made with Soya Drink - Medium	415	99	4.0	2.7	11.9	10.5	3.5	0.13		310	1286	306	12.5	8.3	36.9	32.5	10.9	0.40	
Black Forest Hot Chocolate - made with Coconut Drink - Small - In Store	416	99	4.9	4.3	12.1	10.8	1.8	0.12		186	773	184	9.0	7.9	22.5	20.1	3.3	0.22	
Black Forest Hot Chocolate - made with Coconut Drink - Small - Take Away	371	88	3.9	3.3	11.2	10.1	2.0	0.12		266	987	234	10.5	8.7	29.8	26.7	5.3	0.33	
Black Forest Hot Chocolate - made with Coconut Drink - Medium	385	91	3.7	3.0	12.3	11.1	2.2	0.13		310	1193	283	11.4	9.2	38.2	34.3	6.8	0.40	
Black Forest Hot Chocolate - made with Oat Drink - Small - In Store	490	117	5.9	4.0	14.3	10.8	1.3	0.14		186	911	217	11.0	7.4	26.7	20.1	2.5	0.26	
Black Forest Hot Chocolate - made with Oat Drink - Small - Take Away	453	108	5.1	3.0	13.7	10.1	1.5	0.15		266	1206	287	13.6	7.9	36.4	26.7	3.9	0.39	
Black Forest Hot Chocolate - made with Oat Drink - Medium	467	111	4.8	2.7	14.8	11.1	1.7	0.15		310	1448	344	15.0	8.3	46.0	34.3	5.2	0.47	

To confirm (and as by way of a disclaimer):
The information within this file is correct at the point of sending.
At the point of editing, this file will no longer be considered a Technical controlled document.
Please be mindful to maintain the accuracy of the data through any editing process. This document contains information on branded packaged products for your information only. When discussing these products, you should reference back to the brand's own website for further details

	Nutrition Per 100g/ml										Nutrition Per Portion								
Product Description	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	Vitamin C (mg) per 100g	Portion Weight (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	Vitamin C (mg) per portion
Core Ingredients																			
Hot Chocolate Powder	1627	384	5.6	3.4	70.0	61.0	12.0	0.49											
Coffee																			
MOCHA ITALIA BEANS ESPRESSO SHOT	81	19	0.2	0.1	3.1	0.1	1.3	0.10		30	24	6	0.1	0.0	0.9	0.0	0.4	0.03	
DECAFFEINATED BEANS ESPRESSO SHOT	40	10	0.1	0.1	1.8	0.1	0.4	0.10		30	12	3	0.0	0.0	0.5	0.0	0.1	0.03	
COSTA DECAF SACHETS ESPRESSO SHOT	40	10	0.1	0.1	1.8	0.1	0.4	0.10		30	12	3	0.0	0.0	0.5	0.0	0.1	0.03	
DECAF PODS ESPRESSO SHOT	40	10	0.1	0.1	1.8	0.1	0.4	0.10		30	12	3	0.0	0.0	0.5	0.0	0.1	0.03	
INSTANT COFFEE	1258	301	0.1	0.1	69.0	0.5	22.0	0.05		2	25	6	0.0	0.0	1.4	0.0	0.4	0.00	
Drinks Extras																			
Vanilla syrup	1264	313	0.0	0.0	76.0	75.0	0.0	0.00		4	51	13	0.0	0.0	3.0	3.0	0.0	0.00	
Vanilla syrup (Sugar Free)	56	13	0.0	0.0	10.0	0.4	0.0	0.20		4	2	1	0.0	0.0	0.4	0.0	0.0	0.01	
Costa CC000383 Roasted Hazelnut Flavour Syrup (PTS CC000457)	1190	285	0.0	0.0	69.0	69.0	0.0	0.00		4	48	11	0.0	0.0	2.8	2.8	0.0	0.00	
Caramel Syrup FDL	1166	279	0.0	0.0	69.0	68.0	0.0	0.00		4	47	11	0.0	0.0	2.8	2.7	0.0	0.00	
10% Reduced Sugar Caramel Syrup (PTS 40809)	1176	277	0.0	0.0	69.2	69.2	0.0	0.00		4	47	11	0.0	0.0	2.8	2.8	0.0	0.00	
Caramel Syrup (Sugar Free) BO	80	19	0.0	0.0	10.0	0.4	0.0	0.20		4	3	1	0.0	0.0	0.4	0.0	0.0	0.01	
Cinnamon Bun Syrup	62	15	0.0	0.0	10.1	0.0	0.0	0.16		4	2	1	0.0	0.0	0.4	0.0	0.0	0.01	
Light Whip	894	216	19.0	18.0	10.0	10.0	0.0	0.12		35	313	76	6.7	6.3	3.5	3.5	0.0	0.04	
Whipping Cream	1557	378	40.0	25.0	2.6	2.6	1.9	0.10		40	623	151	16.0	10.0	1.0	1.0	0.8	0.04	
Semi Skimmed Milk	195	46	1.7	1.1	4.7	4.7	3.5	0.11		100	195	46	1.7	1.1	4.7	4.7	3.5	0.11	
Skimmed Milk	136	32	0.2	0.1	4.4	4.4	3.4	0.10		100	136	32	0.2	0.1	4.4	4.4	3.4	0.10	
Whole Milk	274	66	3.9	2.5	4.5	4.5	3.3	0.10		100	274	66	3.9	2.5	4.5	4.5	3.3	0.10	
Alpro Plant Alternative - Soya	177	42	1.9	0.3	2.7	2.5	3.3	0.10		200	354	84	3.8	0.6	5.4	5.0	6.6	0.20	
Alpro Plant Alternative - Coconut	136	32	1.4	0.7	3.3	3.3	1.5	0.10		200	272	64	2.8	1.4	6.6	6.6	3.0	0.20	
Alpro Plant Alternative - Oat	248	59	3.0	0.3	6.7	3.3	0.8	0.13		200	496	118	6.0	0.6	13.4	6.6	1.6	0.26	
Other Ingredients																			
Chai Syrup	1380	325	0.0	0.0	81.2	74.2	0.0	0.12		4	55	13	0.0	0.0	3.2	3.0	0.0	0.00	
Salted Caramel sauce	574	136	4.4	2.8	22.5	19.5	1.7	0.03		10	57	14	0.4	0.3	2.3	2.0	0.2	0.00	
Strawberry Sauce	865	201	1.3	1.2	48.0	39.0	0.4	0.07		10	87	20	0.1	0.1	4.8	3.9	0.0	0.01	
Golden Twinkle Sprinkle	1615	380	0.0	0.0	95.0	3.0	0.0	0.10		1	16	4	0.0	0.0	1.0	0.0	0.0	0.00	
WHITE COSTA SUGAR	1700	400	0.0	0.0	100.0	100.0	0.0	0.00		2	34	8	0.0	0.0	2.0	2.0	0.0	0.00	
BROWN COSTA SUGAR	1700	400	0.0	0.0	100.0	100.0	0.0	0.00		2	34	8	0.0	0.0	2.0	2.0	0.0	0.00	
Frappe Powder	1710	404	3.4	3.0	93.0	68.0	0.8	0.10		6	103	24	0.2	0.2	5.6	4.1	0.0	0.01	
Mango Sauce	732	173	0.1	0.0	41.5	31.6	0.2	0.11		20	146	35	0.0	0.0	8.3	6.3	0.0	0.02	
Caramel Chocolate Flavour Sauce	890	205	3.3	2.9	39.4	31.7	2.0	1.30		10	89	21	0.3	0.3	3.9	3.2	0.2	0.13	
Maple Hazel Flavour Sauce	1036	242	3.9	1.6	42.0	18.0	6.5	0.66		10	104	24	0.4	0.2	4.2	1.8	0.7	0.07	
Crunchy Biscuit Crumb	1874	445	13.0	6.8	77.0	45.0	4.7	0.20		1	9	2	0.1	0.0	0.4	0.2	0.0	0.00	
Lemon Slices	131	31	0.0	0.2	4.3	1.1	0.0	0.04											
Orange Slices	153	37	0.3	0.1	5.4	4.7	0.6	0.03											
Chocolate Milk sauce (CC000451)	881	192	2.6	1.9	43.0	41.0	3.7	0.18		10	88	19	0.3	0.2	4.3	4.1	0.4	0.02	
White Peach Syrup	1397	334	0.0	0.0	83	81	0.0	0.03		8	112	27	0.0	0.0	6.6	6.5	0.0	0.00	
Cloudy Lemonade	700	168	0.0	0.0	38.0	38.0	0.0	0.03		16	112	27	0.0	0.0	6.1	6.1	0.0	0.00	
Costa 63092 Berry Infusion	7	2	0.0	0.0	0.0	0.0	0.0	0.00		275	19	5	0.0	0.0	1.2	0.0	0.0	0.02	
Costa 63090 Green Tea	0	0	0.0	0.0	0.0	0.0	0.0	0.00		275	0	0	0.0	0.0	0.0	0.0	0.0	0.02	
Tiramisu Sauce	1091	260	2.4	1.4	55	19	0.6	0.52		10	109	26	0.2	0.1	5.5	1.9	0.1	0.05	
Mango Flavour Bubbles	431	101	0.0	0.0	25.0	24.0	0.0	0.06		17	73	17	0.0	0.0	4.3	4.1	0.0	0.01	
Orange Syrup	775	182	0.5	0.5	44.0	44.0	0.7	0.00		4	31	7	0.0	0.0	1.8	1.8	0.0	0.00	
Caramel Nut Syrup	1089	256	0.0	0.0	64.0	64.0	0.0	0.19		4	44	10	0.0	0.0	2.6	2.6	0.0	0.01	
Sugar Free Gingerbread Syrup	60	14	0.0	0.0	9.8	0.0	0.0	0.04		4	2	1	0.0	0.0	0.4	0.0	0.0	0.00	
Butter Pecan Cookie Flavour Syrup	935	220	0.1	0.0	54.8	43.4	0.1	0.17		4	37	9	0.0	0.0	2.2	1.7	0.0	0.01	
Bronze Cookie Topping	2046	488	20.2	12.6	74.4	36.9	4.0	1.10		1	20	5	0.2	0.1	0.7	0.4	0.0	0.01	
Cherry Sauce	639	150	0.0	0.0	37.0	33.0	0.5	0.00		4	26	6	0.0	0.0	1.5	1.3	0.0	0.00	
Red & Green Sprinkle	1615	380	0.0	0.0	95.0	3.0	0.0	0.00		1	16	4	0.0	0.0	1.0	0.0	0.0	0.00	
Mini Gingerbread Person	1804	428	12.0	5.7	71.0	26.0	6.7	0.62		4	70	17	0.5	0.2	2.8	1.0	0.3	0.02	
Terry's Choc Orange Sensations	2188	524	29.0	17.0	59.0	59.0	5.8	0.27		7	154	37	2.0	1.2	4.1	4.1	0.4	0.10	

*Zinc contributes to the normal function of the immune system. Not recommended for consumers taking supplements that contain Zinc. Enjoy as part of a varied and balanced diet and a healthy lifestyle.

Adults need around 2000 kcal a day.