



Nutritional Information

Beverage calculations containing milk are based on low fat milk
Low fat milk is used as standard milk option in our barista outlets

Hot beverages - TALL (12oz)									
Espresso based beverages									
	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Caffeine (mg)	
Americano	10.0	0.0	0.0	0.0	0.0	0.0	0	0.0	150
Latte	140.0	6.2	8.8	8.8	3.0		2	0.0	150
Cappuccino	68.0	0.0	0.0	0.0	2.2		1.4	0.0	150
Flat White (8oz)	68.0	4.3	6.1	6.1	2.1		1.3	0.0	150
Non Espresso based beverages - Tall (12oz)									
	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)		
HOT CHOCOLATE	345.0	10.2	37.1	36.6	23.0		14.5	1.2	
HOT ANGEL	214.0	7.6	28.3	28.3	4.1		2.5	0.0	
CHAI LATTE	207	6.9	22.0	21.0	5.2		1.9	0.0	
MATCHA LATTE	140	10.0	15.5	13.5	4.3		0.0	0.0	
Hot beverages - GRANDE (16oz)									
Espresso based beverages									
	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Caffeine (mg)	
Americano	10.0	0.0	0.0	0.0	0.0	0.0	0	0.0	150
Latte	184.0	8.8	12.5	12.5	4.3		3	0.0	150
Cappuccino	90.0	6.6	9.4	9.4	3.2		2	0.0	150
Flat White (8oz)	68.0	4.3	6.1	6.1	2.1		1.3	0.0	150
Non Espresso based beverages - Grande (16oz)									
	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)		
HOT CHOCOLATE	559.0	13.8	50.5	49.7	49.7		31.3	1.6	
HOT ANGEL	299.0	10.1	40.6	40.6	5.5		3.4	0.0	
CHAI LATTE	277.0	9.2	30.8	29.3	7.1		2.6	0.0	
TEA									
	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Caffeine (mg)	
Fairtrade Insomnia Tea	-	-	-	-	-	-	-	-	Trace
Organic Chunmee Green Tea, Organic Darjeeling, Organic Earl Grey, Organic Jasmine Green Tea, Organic White Tea (Pai Mu Tan)	-	-	-	-	-	-	-	-	Trace
Organic Berry Fruity, Chamomile Relax/ Organic Herbal Tea, Mint Digest/ Organic Herbal Tea, Organic Rooibos Chocolate Chai	-	-	-	-	-	-	-	-	-
KIDDIE\$ KORNER									
	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Calcium(mg)	
Babychino	58.0	4.2	6.0	6.0	2.0		1.3	0.0	151.7
Teeny Hot angel	234.0	5.7	16.8	16.8	2.9		1.8	0.0	191.6
Tiny Tots Hot Choc	114.0	7.3	24.8	24.4	15.0		9.5	0.7	174.9

Bakery: Muffins, Cakes, Pastries, Scones, Bagels

Muffins	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
Blueberry Muffin	449	18.9	64.4	1.5	5.7
Double Chocolate Muffin	351	22.0	49.1	2.9	5.7
Apple Crumble Muffin	343	18.4	65.2	1.5	5.6
Strawberry & Cream filled Muffin	458	22.5	58.9	1.3	5.7
Breakfast Bran & Raisin Muffin	497	22.0	63.6	4.3	8.5
Chocolate Muffin	598	30.6	72.0	3.3	9.0
Toffee Apple Muffin	477	21.3	66.1	1.4	6.2
Lemon & White Chocolate Muffin	370	21.1	66.7	0.9	6.1
Four Berry Muffin	349	3.9	81.2	1.2	7.4
Raspberry & White Chocolate Muffin	344	27.2	78.1	2.4	8.6
Sticky Toffee Muffin	379	25.9	61.0	1.2	7.2
Logs / Cakes	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
Apple Slice	450	13.6	33.9	1.7	3.1
Banana Bread	338	13.6	52.7	1.5	4.4
Brownie (95g)	340.1	13.6	52.9	0.9	4.9
Carrot Cake	322	16.2	44.3	2.1	4.7
Death By Chocolate	358	14.3	55.7	0.9	5.2
Hazelnut & Almond Granola Slice (110g)	250	10.8	36.7	2.6	3.4
Pecan Slice	425.9	26.0	42.4	1.5	5.3
Raspberry & Coconut Log (90g)	338.841	16.8	40.7	1.7	5.3
Rhubarb & Strawberry Crumble	290.5	16.5	32.5	0.8	2.5
Rocky Road (70g)	492	25.4	35.9	1.9	3.6
Salted Caramel Slice (110g)	544.467	32.2	53.2	2.4	9.4
Tea Brack	249	3.7	56.0	1.6	2.7
Pasteries, Breads, Bagels, Scones, Pies	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
Almond Croissant	510	25.0	63.0	3.0	13.0
Bagel - Plain	310	2.0	72.0	2.0	11.0
Bagel - Poppy Seed	350	2.8	74.0	2.0	11.0
Bagel - Sesame Seed	380	4.8	75.0	3.0	11.2
Cinammon Bun	371	18.0	46.0	2.1	6.0
Croissant	339	17.0	35.9	2.0	7.0
German Grain Sliced (2 slices)	227	9.6	38.9	6.1	14.7
Pain au Chocolat	320	16.8	47.1	2.0	6.1
Pain au Raisin	355	14.6	38.9	5.9	14.9
Pear Danish	365	12.4	47.0	3.1	11.5
Scones	394	10.8	70.3	2.5	8.1
Porridge	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
100% Wholegrain Porridge	174	1.8	30.0	6.1	9.1

Lunch menu: Sandwiches, Wraps, Flatbreads, Rolls, Thins, Focaccia, Ciabatta, Toasts & Salads

Sandwiches	Calories (kcal) per portion	Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)
Chicken Mayo & Stuffing	486	24.2	54.6	4.8	5.1	23.4
Best BLT	402	19.3	50.2	7.2	1.9	14.3
BBQ Pulled Pork	316	11.0	35.2	4.3	2.5	21.6
Chicken & Bacon Club	386	18.8	43.5	5.6	3.8	18.8
Citrus Tuna with Lemon Zest & Mixed Greens	331	16.2	35.4	4.2	2.2	16.4
Free Range Eggs & Rocket	413	22.8	36.8	4.1	2.8	18.8
Smoked Salmon & Cream Cheese	346	11.8	40.2	2.6	4.7	22.2
Coronation Chicken & Mango Salsa	377	15.6	44.3	5.3	3.3	19.8
Special Free Range Eggs & Bacon	484	19.3	41.9	4.1	4.8	21.9
Perfect Ploughmans	342	14.7	35.9	5.3	2.9	16.5
Wraps	Calories (kcal) per portion	Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)
Chicken & Bacon Caesar	518	23.7	54.6	3.1	2.4	25.9
Goats Cheese, Cranberry & Mango Chutney	443	12.0	73.7	2.3	3.7	14.5
Tandoori Chicken & Minted Yogurt on Spinach Wrap	358	8.3	57.8	2.4	2.8	18.1
Tuna Nicoise	454	18.5	56.3	2.9	2.9	23.0
Flatbreads	Calories (kcal) per portion	Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)
Falafel & Hummus Mezze	312	11.8	33.8	11.5	4.0	10.6
Moroccan Chicken & Mango Mezze	304	6.1	47.6	4.5	2.2	15.8
Thins	Calories (kcal) per portion	Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)
Cajun Mango Chicken & Rocket	285	3.5	47.8	1.4	0.8	15.7
Tuna Protein Crunch	324	14.9	31.1	3.7	1.4	14.8
Focaccia	Calories (kcal) per portion	Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)
Buffalo Mozzarella, Tomato & Pesto with Rocket	391	23.9	51.1	4.1	3.2	19.3
Dry Cured Ham & Mozzarella & Pesto	384	18.4	49.2	2.9	2.8	17.6
Ciabatta	Calories (kcal) per portion	Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)
Classic Chicken and Bacon Ciabatta	513	21.2	55.8	6.3	2.6	31.2
Classic Ham & Cheddar Panini	465	13.8	59.2	1.4	0.0	24.5
Hot Mexican Ciabatta	437	11.2	60.9	8.9	2.6	26.2
Toasts	Calories (kcal) per portion	Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)
Ultimate Croque Monsieur on Sesame Bloomer	511	20.3	58.6	3.7	1.5	27.3
Pesto Chicken Sourdough	463	12.2	56.2	0.4	11.1	30.4
Mushroom, Caramelised Onion & Double Cheese	495	15.3	67.8	1.3	11.2	20.4
Superfoods & Salads	Calories (kcal)	Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)
Teriyaki Chicken Salad on Rice Noodles & Supergreens	228	3.6	37.1	9.4	2.1	13.5
Superfood Tuna Mezze	385	14.9	45.1	8.5	1.7	20.0
Falafel, Couscous, Beetroot, Hummus & Feta Pot	151	7.2	15.4	4.8	1.7	5.0
Crayfish & Egg Protein Pot	198	5.9	28.6	3.1	0.8	9.6