

## Summer Range Nutritional Information

Summer Ice Beverages	Energy (Kcal)	Fat (g)	of which Saturates (g)	Carbohydrates (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Caffeine (mg)
Oreo Icecup	679.0	35.0	22.8	75.1	52.7	4.2	9.6	0
Caramel Latte Icecup	223.8	4.3	2.8	39.9	33.8	0.7	6.7	75.0
Mango & Cream Icecup	366.6	14.0	8.9	50.6	47.6	0.1	5.1	0
Mocha Icecup	298.6	9.8	8.1	48.7	39.1	0.8	5.9	75.0
Iced Coconut Milk Caramel Latte	77.8	1.4	1.4	15.5	13.0	0	0.7	75.0
Traditional Lemonade	76.8	0	0.0	17.9	17.4	0	0.2	0
Raspberry Lemonade	62.6	0	0.0	15.4	9.4	0	0	0
Iced Tea	75.3	0	0.0	18.6	17.7	0.1	0.1	0
Granita	198.0	0	0.0	49.6	48.1	0	0	0

Coffee Over Ice	Energy (Kcal)	Fat (g)	of which Saturates (g)	Carbohydrates (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Caffeine (mg)
Americano Tall	10.0	0	0	2.0	0	0	1.0	150.0
Americano Grande	10.0	0	0	2.0	0	0	1.0	150.0
Latte Tall	100.3	3.3	2.1	12.1	7.5	1.0	6.0	150.0
Latte Grande	121.1	4.0	2.6	14.5	9.2	1.2	7.1	150.0
White Mocha Tall	178.3	3.3	2.1	32.2	24.4	1.0	6.2	150.0
White Mocha Grande	199.1	4.0	2.6	34.6	26.2	1.2	7.3	150.0
Dark Mocha Tall	180.1	3.5	2.3	32.8	24.9	1.0	6.5	150.0
Dark Mocha Grande	200.9	4.3	2.8	35.2	26.6	1.2	7.7	150.0
Chai Latte Tall	186.0	5.9	2.1	26.6	21.6	1.0	5.6	0
Chai Latte Grande	259.0	8.1	2.6	38.0	31.0	1.2	7.1	0

Summer Bakery Range	Energy (Kcal)	Fat (g)	Carbs (g)	of which Sugars (g)	Protein (g)
Peach Frangipane	401.5	26.2	36.3	24.8	6.3
Lemon & Coconut Fudge Square	530.6	33.2	52.3	40.0	6.5
White chocolate and berry log	397.0	23.6	39.5	27.1	6.3
Eton Mess	468.5	27.6	49.8	31.3	6.4

Lunchtime Range	Energy (Kcal)	Fat (g)	of which Saturates (g)	Carbohydrates (g)	of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Avocado & Mozzarella Mash Up	673.0	32.3	9.0	68.1	6.9	6.1	24.4	4.2
Maroccan Wrap	635.0	23.6	1.6	81.6	6.1	3.2	22.5	1.6
Brioche Brunch	278.0	19.7	4.8	1.5	10.3	2.7	22.3	1.9
Hot Smoked Salmon Salad	377.0	26.0	4.9	11.6	6.5	3.4	22.6	0.6