Costa nutritional and allergen information

5	Dietary Choices									AI	llergens i	Present							Nut	rition Per	r 100g/n	nl		3			N	utrition Pe	er Portion		
Product Descripti	Suitable for Vegetarians Suitable for Vecans	Products	Rye Products	Oat Products	Soya products	Egg products	Milk products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Lupin Products Peanut Products	Tree Nuts Products	Tree Nut Source (if present)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Salt (g)
Toffee Penny Latte with light Dairy Swirl (nutrition information does not include sweet piece) Toffee Penny Latte with light Dairy Swirl - made with Semi skimmed milk - Small - Drink in Toffee Penny Latte with light Dairy Swirl - made with Semi skimmed milk - Medium - Drink in Toffee Penny Latte with light Dairy Swirl - made with Semi skimmed milk - Medium - Drink in Toffee Penny Latte with light Dairy Swirl - made with Semi skimmed milk - Medium - Drink in Toffee Penny Latte with light Dairy Swirl - made with skimmed milk - Medium - Drink in Toffee Penny Latte with light Dairy Swirl - made with skimmed milk - Small - Drink in Toffee Penny Latte with light Dairy Swirl - made with skimmed milk - Medium - Drink in Toffee Penny Latte with light Dairy Swirl - made with skimmed milk - Medium - Drink in Toffee Penny Latte with light Dairy Swirl - made with Whole milk - Small - Take away Toffee Penny Latte with light Dairy Swirl - made with Whole milk - Small - Drink in Toffee Penny Latte with light Dairy Swirl - made with Whole milk - Small - Drink in Toffee Penny Latte with light Dairy Swirl - made with Whole milk - Medium - Drink in Toffee Penny Latte with light Dairy Swirl - made with Whole milk - Medium - Drink in Toffee Penny Latte with light Dairy Swirl - made with Soya drink - Medium - Drink in Toffee Penny Latte with light Dairy Swirl - made with Soya drink - Small - Drink in Toffee Penny Latte with light Dairy Swirl - made with Soya drink - Small - Drink in Toffee Penny Latte with light Dairy Swirl - made with Soya drink - Medium - Take away Toffee Penny Latte with light Dairy Swirl - made with Soya drink - Medium - Take away Toffee Penny Latte with light Dairy Swirl - made with Coconut drink - Small - Drink in Toffee Penny Latte with light Dairy Swirl - made with Coconut drink - Small - Drink in Toffee Penny Latte with light Dairy Swirl - made with Coconut drink - Small - Take away Toffee Penny Latte with light Dairy Swirl - made with Coconut drink - Medium - Take away Toffee Penny La	YES NO YE	O N N N O N N O N N O N N O N N O N N O N N O N N O N N O N N O N N O N N N O N N N O N N O N N O N N O N N O N N N O N N N O N N N O N N N O N N N O N N N O N N N N O N	N 1 1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N	N N N N N N N N N N N N N N N N N N N	C C C C C C C C C C C C C C C C C C C	N N N N N N N N N N N N N N N N N N N	YES 1	N		N N N N N N N N N N N N N N N N N N N	N N N N N N N N N N N N N N N N N N N	N	N	N C N C N C N C N C N C N C N C N C N C	YES YES	Almond Almond Almond Almond	336 310 300 295 301 270 262 256 384 364 326 298 283 303 272 264 258 279 246 239 239 239 372 350 338 333	73 71 70 70 64 62 60 91 87 77 70 68 67 77 64 62 61 66 65 85 57 55 88 83 83 80	1.5 1.4 1.4 0.6 0.5 0.4 2.8 3.0 2.8 2.9 1.6 1.7 1.5 1.6 1.3 1.2 1.2 1.2 1.2 1.2 1.2 1.2 1.2 1.2 1.2	1.0 0.9 0.9 0.4 0.4 0.3 0.3 1.9 0.5 0.4 0.4 0.8 0.7 0.7 0.4 0.4 0.3 0.5 0.5 0.6 0.6 0.6 0.7 0.7 0.4 0.8 0.9 0.9 0.9 0.9 0.9 0.9 0.9 0.9	12.2 12.0 11.6 13.7 12.0 11.8 11.4 11.9 11.5 11.0 11.1 11.9 11.5 11.1 11.9 11.5 11.0 11.1 11.1 11.1 11.1 11.1 11.1	10.6 2 10.3 2 12.0 2 10.6 2 10.1 2 10.6 2 10.6 2 10.6 2 10.8 2 10	8.8 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2.2 30.0 1.1 3.1 3.1 3.1 3.1 3.1 3.1 3.1 3.1 3.1	9 113 9 117 5 73 1 813 9 99 9 102 5 94 1 109 9 138 5 79 1 1 89 9 109 9 112 5 688 1 74 1 74 9 90 9 92 5 688 1 74 1 1 105 9 93 9 138	220 220 220 234 25 26 26 27 26 28 28 27 27 28 28 28 28 29 27 27 28 28 28 29 27 29 29 29 29 29 29 29 29 29 29 29 29 29	5.3 5.7 1.4 1.5 1.7 6.9 9.1 10.7 11.5 4.0 5.0 5.8 6.2 3.2 4.0 4.6 4.9 2.9 3.6 4.1 4.4 5.7 7.5 8.8	3.1 3.5 3.7 1.0 1.1 1.2 1.2 4.6 6.0 7.0 7.5 1.3 1.5 1.6 1.7 1.9 2.3 2.6 2.8 1.0 1.1 1.2 1.2 1.2 1.2 1.2 1.2 1.2	36.8 3 45.5 4 46.4 4 33.7 2 36.1 3 44.8 3 45.6 4 33.8 2 36.3 3 45.0 3 40.0 3 38.9 2 40.4 3 38.9 2 443.3 3 53.3 3 53.3 3	10.1 10.7 11.1 11.4 129.3 6.8 13.8 8.7 139.4 10.5 10.3 11.2 129.4 6.7 132.0 8.5 139.6 10.3 10.5 10.9 10.5 10.9 10.5 10.9 10.7 4.0 10.7 4.0 10.	0.46 7 0.54 4 0.56 1 0.39 0.45 5 0.52 2 0.54 1 0.39 1 0.45 3 0.52 9 0.54 0.31 0.47 9 0.48 0.36 0.41 0.47 1 0.47 1 0.48 1 0.37 1 0.42 1 0.43 1 0.37 1 0.42
Terry's Chocolate Orange Hot Chocolate with Light Dairy Swirl (nutrition information does not include chocolate piece Terry's Chocolate Orange Hot Chocolate - made with Semi skimmed milk - Small - Drink in Terry's Chocolate Orange Hot Chocolate- made with Semi skimmed milk - Small - Take Away Terry's Chocolate Orange Hot Chocolate- made with Semi skimmed milk - Medium- Drink in Terry's Chocolate Orange Hot Chocolate- made with Semi skimmed milk - Medium- Take Away Terry's Chocolate Orange Hot Chocolate- made with Skimmed milk - Small - Drink in Terry's Chocolate Orange Hot Chocolate- made with Skimmed milk - Small - Drink in Terry's Chocolate Orange Hot Chocolate- made with Skimmed milk - Medium- Drink in Terry's Chocolate Orange Hot Chocolate- made with Skimmed milk - Medium- Drink in Terry's Chocolate Orange Hot Chocolate- made with Whole milk - Small - Drink in Terry's Chocolate Orange Hot Chocolate- made with Whole milk - Small - Trink in Terry's Chocolate Orange Hot Chocolate- made with Whole milk - Small - Trink in Terry's Chocolate Orange Hot Chocolate- made with Whole milk - Medium- Drink in Terry's Chocolate Orange Hot Chocolate- made with Whole milk - Medium- Drink in Terry's Chocolate Orange Hot Chocolate- made with Soya drink - Small - Drink in Terry's Chocolate Orange Hot Chocolate- made with Soya drink - Small - Take Away Terry's Chocolate Orange Hot Chocolate- made with Soya drink - Small - Take Away Terry's Chocolate Orange Hot Chocolate- made with Soya drink - Small - Take Away Terry's Chocolate Orange Hot Chocolate- made with Soya drink - Medium- Drink in Terry's Chocolate Orange Hot Chocolate- made with Soya drink - Medium- Takeaway Terry's Chocolate Orange Hot Chocolate- made with Coconut drink - Medium- Drink in Terry's Chocolate Orange Hot Chocolate- made with Coconut drink - Small - Take Away Terry's Chocolate Orange Hot Chocolate- made with Malmond drink - Small - Take Away Terry's Chocolate Orange Hot Chocolate- made with Almond drink - Small - Take Away Terry's Chocolate Orange Hot Cho	YES NO	C C C C C C C C C C C C C C C C C C C	N	N N N N N N N N N N N N N N N N N N N	YES	N N N N N N N N N N N N N N N N N N N	YES	N	_	N N N N N N N N N N N N N N N N N N N	N N N N N N N N N N N N N N N N N N N	N N N N N N N N N N N N N N N N N N N	N	N N N N N N N N N N N N N N N N N N N	YES YES	Almond Almond Almond Almond	396 377 408 399 371 351 382 372 345 323 355 344 446 431	92 99 97 87 82 90 109 106 113 112 94 48 88 83 90 88 88 82 106 109 109 109 109 109 109 109 109	3.6 3.6 3.7 2.2 2.2 2.2 2.2 1.8 1.9 1.9 1.7 1.7 1.7 2.9 3.0	1.3 1.4 1.4 0.7 0.7 0.7 0.7 0.7 2.3 2.4 2.4 0.8 0.8 0.8 1.1 1.1 1.1 0.7 0.7 0.7 0.9 0.9	15.2 16.8 16.2 16.0 16.6 16.0 16.6 16.0 16.6 16.0 17.5 16.6 16.0 17.5 16.6 16.0 17.5 17.5 17.5 17.5 17.5 17.5 17.5 17.5	12.3	3.4	.2 26.2 3.3 3.3 2.2 2.2 2.2 2.2 2.2 2.2 2.2 2	7 128 0 139 1 813 6 926 7 116 6 118 7 146 6 100 158 0 158 0 158 1 873 6 100 1 158 1 818 6 93 1 177 1 1	5 2455 3 3040 2199 2199 2199 2199 2199 2199 2199 220 220 2377 220 220 220 2277 220 2377 249 2577 2588 2677 2777 2588 2777 277	6.4 7.1 2.3 2.6 3.2 3.5 7.6 9.5 11.0 12.4 4.7 5.8 6.8 7.6 4.0 4.8 5.7 6.4 3.7 4.5 5.3 5.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6	3.6 4.2 4.6 1.6 1.8 2.1 2.3 5.0 6.2 7.2 8.1 1.9 2.1 2.5 2.8 2.4 2.9 3.4 3.7 1.6 1.8 2.1 2.3 2.1 2.3 2.1 2.5 2.8 2.1 2.1 2.5 2.1 2.1 2.1 2.1 2.1 2.1 2.1 2.1 2.1 2.1	40.3 3 51.4 4 55.0 4 35.7 3 9.7 3 3.9 3 3.1 2 33.9 2 37.7 3 39.9 3 3 3.9 2 37.7 3 39.9 3 39.9 3 39.9 3 30.6 2 46.9 3 49.9 3 40.6 2 46.2 3 58.2 4 46.2 3 58.2 4	12.1 10.5 15.0 11.8 28.7 7.2 32.2 8.9 11.4 10.3 14.3 11.6	0.51 5 0.58 8 0.63 0.49 3 0.56 6 0.61 0.49 1 0.56 3 0.61 0.49 1 0.52 3 0.57 0.40 0.46 1 0.52 3 0.57 0.40 0.46 1 0.52 0.57 0.49 0.46 1 0.52 0.49 0.46 1 0.52 0.49 0.46 1 0.52 0.49 0.49 0.46 0.52 0.49 0.57 0.49 0.49 0.57 0.49 0.49 0.57 0.49 0.57 0.49 0.49 0.57 0.49 0.57 0.49 0.49 0.59 0.49 0.59 0.49 0.59 0.49 0.49 0.59 0.49 0.56 0.49 0.49 0.56 0.56 0.56 0.56 0.56 0.57 0.57 0.48 0.59 0.48 0.59 0.
After 8 Hot Chocolate with Light Dairy Swirl (nutrition information does not include chocolate piece) After 8 Hot Chocolate- made with Semi skimmed milk - Small - Drink in After 8 Hot Chocolate- made with Semi skimmed milk - Small - Take Away After 8 Hot Chocolate - made with Semi skimmed milk - Medium - Drink In After 8 Hot Chocolate - made with Semi skimmed milk - Medium - Take Away After 8 Hot Chocolate- made with Skimmed milk - Small - Drink in After 8 Hot Chocolate- made with Skimmed milk - Small - Drink In After 8 Hot Chocolate - made with Skimmed milk - Medium - Drink In After 8 Hot Chocolate - made with Skimmed milk - Medium - Drink In After 8 Hot Chocolate- made with Whole milk - Small - Drink in After 8 Hot Chocolate- made with Whole milk - Small - Take Away After 8 Hot Chocolate- made with Whole milk - Small - Take Away After 8 Hot Chocolate - made with Whole milk - Medium - Drink In After 8 Hot Chocolate - made with Whole milk - Medium - Take Away After 8 Hot Chocolate- made with Whole milk - Medium - Take Away After 8 Hot Chocolate- made with Whole milk - Medium - Take Away After 8 Hot Chocolate- made with Whole milk - Small - Take Away After 8 Hot Chocolate- made with Soya drink - Small - Drink in After 8 Hot Chocolate- made with Soya drink - Small - Take Away	YES NO	O N N N O N N O N N O N N O N N O N N O N N O N N O N N O N N O N N O N N N O	N 1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N 1	N N N N N N N N N N N N N N N N N N N	N N	N N N N N N N N N N N N N N N N N N N	YES IN YES	1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N 1 N	N N N N N N N N N N N N N N N N N N N	N N N N N N N N N N N N N N N N N N N	N N N N N N N N N N N N N N N N N N N	N N N N N N N N N N N N N N N N N N N	N	N	C C C C C C C C C C C C C C C C C C C		391 385 336 321 348 341 432 422 449 444 365	86 92 91 79 76 82 81 103 101 107 106 86	2.1 2.2 2.2 1.1 1.0 1.1 1.0 3.6 3.7 3.8 3.8 2.2	1.4 1.4 0.7 0.7 0.7 0.7 2.4 2.4 2.4 2.5 0.9	13.3 14.6 14.2 13.9 13.0 14.4 14.0 13.9 13.1 14.5 14.1 12.7	11.3 3 9.7 3	3.6 0 3.6 0 3.6 0 3.5 0 3.	.2 25 .2 29 .2 20 .2 20 .2 25 .2 25	4 925 1 113 4 124 9 703 4 815 1 101 4 110 9 902 4 107 1 130 4 143 9 762	219 3 269 7 295 166 193 2 239 4 261 215 2 256 5 311 3 343 180	5.3 6.3 7.0 2.2 2.5 3.1 3.4 7.6 9.4 10.9 12.3 4.7	3.5 4.1 4.5 1.5 1.7 2.0 2.2 5.0 6.2 7.1 8.0 1.8	33.7 2 42.5 3 46.1 3 29.0 2 33.1 2 41.9 3 45.3 3 29.1 2 33.3 2 42.1 3 45.6 3 26.5 2	36.5 11.6 23.2 7.1	0.52 5 0.59 8 0.64 6 0.44 0.50 3 0.57 6 0.62 0.44 0.50 1 0.57 3 0.62 0.41

After 8 Hot Chocolate - made with Soya drink - Medium - Drink In	YES NO N N N N YE	ES N YES N N N N N N N	N C C	378 89 2.3 0.8 13.1 10.2 3.5 0.2 <mark>291</mark> 1099 260 6.7 2.4 38.3 29.7 10.1
After 8 Hot Chocolate - made with Soya drink - Medium - Take Away After 8 Hot Chocolate- made with Coconut drink - Small - Drink in	YES NO N N N N YE YES NO N N N N YE	ES N YES N N N N N N N N	N C C	371 88 2.3 0.8 12.7 9.8 3.5 0.2 324 1204 285 7.5 2.7 41.2 31.9 11.3 338 80 1.9 1.1 13.1 10.3 2.2 0.2 209 707 167 4.0 2.4 27.4 21.5 4.5
After 8 Hot Chocolate- made with Coconut drink - Small - Take Away	YES NO N N N N YE	YES N YES N N N N N N N N	N C C	323 77 1.9 1.1 12.2 9.6 2.1 0.2 254 820 194 4.8 2.8 31.1 24.5 5.4
After 8 Hot Chocolate - made with Coconut drink - Medium - Drink In	YES NO N N N N YE	ES N YES N N N N N N N	N C C	350 83 1.9 1.1 13.6 10.8 2.2 0.2 <mark>291</mark> 1019 241 5.6 3.3 39.5 31.4 6.3
After 8 Hot Chocolate - made with Coconut drink - Medium - Take Away	YES NO N N N N YE	ES N YES N N N N N N N	N C C	343 81 1.9 1.1 13.2 10.4 2.2 0.2 <mark>324</mark> 1112 263 6.3 3.6 42.7 33.8 7.0
After 8 Hot Chocolate- made with Almond drink - Small - Drink in	YES NO N N N N N	N N YES N N N N N N N	N C YES Almond	
After 8 Hot Chocolate- made with Almond drink - Small - Take Away	YES NO N N N N N N YES NO N N N N N N	N N YES N N N N N N N	N C YES Almond	
After 8 Hot Chocolate - made with Almond drink - Medium - Drink In After 8 Hot Chocolate - made with Almond drink - Medium - Take Away	YES NO N N N N N	N N VES N N N N N N N N	N C YES Almond	
After 8 Hot Chocolate- made with Oat drink - Small - Drink in	YES NO N N N YES N	N N YES N N N N N N N	N C C	418 99 3.1 0.9 16.3 10.6 1.3 0.2 209 873 208 6.4 1.9 34.0 22.2 2.8
After 8 Hot Chocolate- made with Oat drink - Small - Take Away	YES NO N N N YES N	N N YES N N N N N N N	N C C	407 97 3.1 0.9 15.6 10.0 1.2 0.2 254 1034 246 7.9 2.3 39.6 25.4 3.2
After 8 Hot Chocolate - made with Oat drink - Medium - Drink In	YES NO N N N YES N	N N YES N N N N N N N	N C C	434 103 3.2 0.9 16.9 11.1 1.3 0.2 <mark>291</mark> 1263 301 9.2 2.7 49.3 32.4 3.8
After 8 Hot Chocolate - made with Oat drink - Medium - Take Away	YES NO N N N YES N	N N YES N N N N N N N	N C C	429 102 3.2 0.9 16.6 10.8 1.3 0.2 324 1390 331 10.4 2.9 53.8 35.0 4.1
Black Forest Frostino and Light Dairy Swirl				
Black Forest Frostino and Light Dairy Swiri - Black Forest Frostino and Light Dairy Swiri - SEMI SKIMMED MILK - Small - DRINK IN	YES NO N N N N YE	TES N YES N N N N N N N	N N N	278 66 1.4 1.0 11.2 8.3 1.9 0.1 419.4 1168 276 6.0 4.1 47.1 34.9 7.9
Black Forest Frostino and Light Dairy Swirl - SEMI SKIMMED MILK - Small - TAKE AWAY	YES NO N N N N YE	TES N YES N N N N N N N	N N N	299 71 1.5 1.1 12.0 8.9 2.0 0.1 394.4 1177 278 6.1 4.1 47.3 35.1 8.0
Black Forest Frostino and Light Dairy Swirl - SEMI SKIMMED MILK - Medium - DRINK IN	YES NO N N N N YE	ES N YES N N N N N N N	N N N	291 69 1.4 0.9 12.0 8.9 1.9 0.1 <mark>536.6</mark> 1562 369 7.5 5.0 64.5 47.9 10.0
Black Forest Frostino and Light Dairy Swirl - SEMI SKIMMED MILK - Medium - TAKE AWAY Black Forest Frostino and Light Dairy Swirl - SKIMMED MILK - Small - DRINK IN	YES NO N N N N YE	YES N YES N N N N N N N N N N N N N N N N N N N	N N N	306 72 1.5 1.0 12.6 9.4 2.0 0.1 <mark>516.6</mark> 1582 374 7.6 5.1 65.0 48.4 10.4 261 62 1.0 0.7 11.1 8.2 1.8 0.1 419.4 1094 259 4.1 2.9 46.7 34.5 7.7
Black Forest Frostino and Light Dairy Swirl - SKIMMED MILK - Small - TAKE AWAY	YES NO N N N N YE	ES N YES N N N N N N N	N N N	279 66 1.0 0.7 11.9 8.8 2.0 0.1 394.4 1101 260 4.1 2.9 46.9 34.7 7.9
Black Forest Frostino and Light Dairy Swirl - SKIMMED MILK - Medium - DRINK IN	YES NO N N N N YE	ES N YES N N N N N N N	N N N	274 65 0.9 0.6 11.9 8.8 1.8 0.1 <mark>536.6</mark> 1468 347 5.1 3.4 64.0 47.5 9.8
Black Forest Frostino and Light Dairy Swirl - SKIMMED MILK - Medium - TAKE AWAY Black Forest Frostino and Light Dairy Swirl - WHOLE MILK - Small - DRINK IN	YES NO N N N N YE YES NO N N N N YE	YES N N N N N N YES N N N N N N	N N N	287 68 1.0 0.7 12.5 9.3 2.0 0.1 <mark>516.6 1481 350 5.1 3.4 64.5 47.9 10.2 302 72 2.1 1.4 11.2 8.3 1.8 0.1 419.4 1266 301 8.8 5.9 46.8 34.6 7.6</mark>
Black Forest Frostino and Light Dairy Swirl - WHILK - Small - TAKE AWAY	YES NO N N N N YE	ES N YES N N N N N N N	N N N	302 72 2.1 1.4 11.2 6.3 1.6 0.1 419.4 1206 301 6.6 5.9 40.6 34.6 7.6 325 77 2.3 1.5 11.9 8.8 2.0 0.1 394.4 1280 304 8.9 6.0 47.1 34.8 7.8
Black Forest Frostino and Light Dairy Swirl - WHOLE MILK - Medium - DRINK IN	YES NO N N N N YE	ES N YES N N N N N N N	N N N	315 75 2.0 1.4 12.0 8.9 1.8 0.1 <mark>536.6</mark> 1689 401 11.0 7.3 64.2 47.6 9.7
Black Forest Frostino and Light Dairy Swirl - WHOLE MILK - Medium - TAKE AWAY Black Forest Frostino and Light Dairy Swirl - LACTOFREE SEMI SKIMMED - Small - DRINK IN	YES NO N N N N YE YES NO N N N N YE	YES N YES N N N N N N N N N N N N N N N N N N N	N N N	332 79 2.2 1.5 12.5 9.3 1.9 0.1 516.6 1716 408 11.4 7.5 64.6 48.1 10.0 268 63 1.4 1.0 10.6 7.7 1.8 0.1 419.4 1123 266 5.8 4.0 44.5 32.2 7.7
Black Forest Frostino and Light Dairy Swirl - LACTOFREE SEMI SKIMMED - Small - TAKE AWAY	YES NO N N N N YE	ES N YES N N N N N N N	N N N	287 68 1.5 1.0 11.3 8.2 2.0 0.1 394.4 1131 268 5.8 4.1 44.6 32.4 7.9
Black Forest Frostino and Light Dairy Swirl - LACTOFREE SEMI SKIMMED - Medium - DRINK IN	YES NO N N N N YE	ES N YES N N N N N N N	N N N	280 66 1.3 0.9 11.4 8.3 1.8 0.1 <mark>536.6</mark> 1505 357 7.1 4.9 61.2 44.6 9.8
Black Forest Frostino and Light Dairy Swirl - LACTOFREE SEMI SKIMMED - Medium - TAKE AWAY Black Forest Frostino and Light Dairy Swirl - SOYA DRINK - Small - DRINK IN	YES NO N N N N YE YES NO N N N N YE	YES N YES N N N N N N N N N N N N N N N N N N N	N N N	294 70 1.4 1.0 11.9 8.7 2.0 0.1 516.6 1521 360 7.3 5.0 61.4 44.8 10.2 273 65 1.5 0.7 10.6 7.7 1.8 0.1 419.4 1145 271 6.3 3.1 44.6 32.1 7.6
Black Forest Frostino and Light Dairy Swirl - SOYA DRINK - Small - DRINK IN Black Forest Frostino and Light Dairy Swirl - SOYA DRINK - Small - TAKE AWAY	YES NO N N N N YE	ES N YES N N N N N N N	N N N	273 63 1.3 0.7 10.6 7.7 1.8 0.1 419.4 1143 271 6.3 3.1 44.6 32.1 7.8 293 69 1.6 0.8 11.3 8.2 2.0 0.1 394.4 1154 273 6.3 3.1 44.7 32.2 7.8
Black Forest Frostino and Light Dairy Swirl - SOYA DRINK - Medium - DRINK IN	YES NO N N N YE	ES N YES N N N N N N N	N N N	286 68 1.4 0.7 11.4 8.3 1.8 0.1 <mark>536.6</mark> 1533 363 7.8 3.8 61.3 44.4 9.7
Black Forest Frostino and Light Dairy Swirl - SOYA DRINK - Medium - TAKE AWAY Black Forest Frostino and Light Dairy Swirl - COCONUT DRINK - Small - DRINK IN	YES NO N N N N YE YES NO N N N N YE	YES N N N N N N YES N N N N N N	N N N	300 71 1.5 0.7 11.9 8.6 1.9 0.1 516.6 1551 367 8.0 3.8 61.6 44.7 10.0 262 62 1.3 0.9 10.8 7.9 1.3 0.1 419.4 1098 260 5.6 3.6 45.3 33.1 5.4
Black Forest Frostino and Light Dairy Swirl - COCONUT DRINK - Small - TAKE AWAY	YES NO N N N N YE	ES N YES N N N N N N N	N N C	280 66 1.4 0.9 11.5 8.4 1.4 0.1 394.4 1105 262 5.7 3.7 45.5 33.3 5.4
Black Forest Frostino and Light Dairy Swirl - COCONUT DRINK - Medium - DRINK IN	YES NO N N N N YE	ES N YES N N N N N N N	N N C	274 65 1.3 0.8 11.6 8.5 1.3 0.1 536.6 1473 349 7.0 4.4 62.3 45.7 6.8
Black Forest Frostino and Light Dairy Swirl - COCONUT DRINK - Medium - TAKE AWAY Black Forest Frostino and Light Dairy Swirl - ALMOND DRINK - Small - DRINK IN	YES NO N N N N YE YES NO N N N N YE	YES N YES N N N N N N N N	N N C	288 68 1.4 0.9 12.1 8.9 1.3 0.1 516.6 1487 352 7.1 4.5 62.6 46.0 7.0 250 59 1.3 0.7 10.6 7.7 1.0 0.1 419.4 1049 249 5.4 2.9 44.5 32.1 4.1
Black Forest Frostino and Light Dairy Swirl - ALMOND DRINK - Small - TAKE AWAY	YES NO N N N N YE	ES N YES N N N N N N N	N N YES	250 59 1.3 0.7 10.0 7.7 1.0 0.1 394.4 1054 250 5.4 2.9 44.6 32.2 4.1
Black Forest Frostino and Light Dairy Swirl - ALMOND DRINK - Medium - DRINK IN	YES NO N N N YE	ES N YES N N N N N N N	N N YES	263 62 1.2 0.6 11.4 8.3 1.0 0.1 <mark>536.6</mark> 1410 334 6.7 3.4 61.2 44.4 5.2
Black Forest Frostino and Light Dairy Swirl - ALMOND DRINK - Medium - TAKE AWAY Black Forest Frostino and Light Dairy Swirl - OAT DRINK - Small - DRINK IN	YES NO N N N N YE YES NO C C C YES YE	YES N YES N N N N N N N N	N N YES	275 65 1.3 0.7 11.9 8.6 1.0 0.1 516.6 1420 337 6.8 3.4 61.4 44.7 5.3 280 66 1.3 0.8 12.2 8.1 0.9 0.1 419.4 1173 277 5.5 3.4 51.3 33.9 3.9
Black Forest Frostino and Light Dairy Swirl - OAT DRINK - Small - TAKE AWAY	YES NO C C C YES YE	ES N YES N N N N N N N	N N N	300 71 1.4 0.9 13.1 8.6 1.0 0.1 394.4 1183 280 5.6 3.4 51.7 34.1 3.9
Black Forest Frostino and Light Dairy Swirl - OAT DRINK - Medium - DRINK IN	YES NO C C C YES YE	ES N YES N N N N N N N	N N N	292 69 1.3 0.8 13.0 8.7 0.9 0.1 <mark>536.6</mark> 1569 371 6.8 4.1 70.0 46.7 4.9
Black Forest Frostino and Light Dairy Swirl - OAT DRINK - Medium - TAKE AWAY Blackforest Hot Chocolate & Cream	YES NO C C C YES YE	ES N YES N N N N N N N	N N N	307 73 1.3 0.8 13.7 9.1 1.0 0.1 516.6 1589 376 6.9 4.1 70.8 47.0 4.9
Blackforest Hot Chocolate - made with Semi skimmed milk - Small - Drink in	YES NO N N N N YE	ES N YES N N N N N N N	N N N	544 130 8.1 5.2 11.0 9.4 3.3 0.1 206 1121 268 16.8 10.8 22.7 19.5 6.8
Blackforest Hot Chocolate - made with Semi skimmed milk - Small - Take away	YES NO N N N N YE	ES N YES N N N N N N N	N N N	501 120 7.1 4.5 10.8 9.2 3.4 0.1 251 1258 301 17.7 11.3 27.0 23.0 8.5
Blackforest Hot Chocolate - made with Semi skimmed milk - Medium - Drink in Blackforest Hot Chocolate - made with Semi skimmed milk - Medium - Take away	YES NO N N N N YE YES NO N N N N YE	ES N YES N N N N N N N N N N N N N N N N N N N	N N N	503 120 6.5 4.1 12.0 10.0 3.5 0.1 288 1450 346 18.6 11.9 34.6 28.9 10.0 486 116 6.0 3.9 11.9 9.9 3.5 0.1 321 1559 372 19.4 12.4 38.2 31.8 11.2
Blackforest Hot Chocolate - made with skimmed milk - Small - Drink in	YES NO N N N N YE	TES N YES N N N N N N N	N N N	503 120 7.1 4.5 10.8 9.2 3.2 0.1 206 1036 248 14.6 9.4 22.3 19.0 6.6
Blackforest Hot Chocolate - made with skimmed milk - Small - Take away	YES NO N N N N YE	ES N YES N N N N N N N	N N N	457 109 5.9 3.8 10.5 9.0 3.3 0.1 <mark>251</mark> 1148 275 14.9 9.5 26.5 22.5 8.3
Blackforest Hot Chocolate - made with skimmed milk - Medium - Drink in Blackforest Hot Chocolate - made with skimmed milk - Medium - Take away	YES NO N N N N YE YES NO N N N N YE	YES N YES N N N N N N N N N N N N N N N N N N N	N N N	460 110 5.4 3.4 11.8 9.8 3.4 0.1 288 1324 316 15.5 9.9 34.0 28.3 9.7 441 105 4.9 3.1 11.7 9.7 3.4 0.1 321 1416 338 15.7 10.0 37.4 31.1 11.0
Blackforest Hot Chocolate - made with whole milk - Small - Drink in	YES NO N N N YE	TES N YES N N N N N N N N	N N N	600 144 9.7 6.2 10.9 9.3 3.2 0.1 206 1235 297 19.9 12.8 22.4 19.2 6.5
Blackforest Hot Chocolate - made with whole milk - Small - Take away	YES NO N N N N YE	YES N YES N N N N N N N N N N N N N N N N N N N	N N N	560 135 8.7 5.6 10.6 9.0 3.2 0.1 <mark>251</mark> 1405 338 21.8 14.0 26.6 22.7 8.1
Blackforest Hot Chocolate - made with whole milk - Medium - Drink in Blackforest Hot Chocolate - made with whole milk - Medium - Take away	YES NO N N N N YE	YES N YES N N N N N N N N N N N N N N N N N N N	N N N	562 135 8.1 5.2 11.9 9.9 3.3 0.1 288 1617 388 23.3 15.0 34.2 28.5 9.5 545 131 7.7 4.9 11.7 9.8 3.3 0.1 321 1750 420 24.7 15.8 37.7 31.3 10.7
Blackforest Hot Chocolate - made with soya drink - Small - Drink in	YES NO N N N YE	ES N YES N N N N N N N	N N N	532 127 8.3 4.7 9.6 7.9 3.2 0.1 206 1095 263 17.1 9.6 19.8 16.3 6.5
Blackforest Hot Chocolate - made with soya drink - Small - Take away	YES NO N N N N YE	YES N YES N N N N N N N N N N N N N N N N N N N	N N N	488 117 7.2 3.9 9.3 7.5 3.2 0.1 251 1224 293 18.1 9.9 23.3 18.9 8.1
Blackforest Hot Chocolate - made with soya drink - Medium - Drink in Blackforest Hot Chocolate - made with soya drink - Medium - Take away	YES NO N N N N YE YES NO N N N N YE	YES N YES N N N N N N N N N	N N N	490 117 6.6 3.6 10.5 8.4 3.3 0.1 288 1411 338 19.1 10.3 30.3 24.3 9.5 472 113 6.2 3.3 10.4 8.3 3.3 0.1 321 1516 362 19.9 10.5 33.3 26.5 10.7
Blackforest Hot Chocolate - made with coconut drink - Small - Drink in	YES NO N N N YE	ES N YES N N N N N N N	N N C	505 121 7.9 5.0 10.0 8.5 1.9 0.1 206 1040 250 16.3 10.2 20.7 17.4 3.9
Blackforest Hot Chocolate - made with coconut drink - Small - Take away	YES NO N N N N YE YES NO N N N N YE	YES N N N N N N YES N N N N N N	N N C	460 110 6.8 4.2 9.7 8.1 1.9 0.1 251 1153 276 17.2 10.7 24.4 20.4 4.8 462 111 6.3 3.9 11.0 9.0 2.0 0.1 288 1331 318 18.0 11.1 31.6 26.0 5.7
Blackforest Hot Chocolate - made with coconut drink - Medium - Drink in Blackforest Hot Chocolate - made with coconut drink - Medium - Take away	YES NO N N N N YE YES NO N N N N YE	ES N YES N N N N N N N N N	N N C	462 111 6.3 3.9 11.0 9.0 2.0 0.1 288 1331 318 18.0 11.1 31.6 26.0 5.7 443 106 5.8 3.6 10.8 8.9 2.0 0.1 321 1424 340 18.6 11.5 34.8 28.4 6.4
Blackforest Hot Chocolate - made with almond drink - Small - Drink in	YES NO N N N YE	ES N YES N N N N N N N	N N YES	478 115 7.8 4.5 9.6 7.9 1.2 0.1 <mark>206</mark> 984 237 16.0 9.4 19.7 16.3 2.5
Blackforest Hot Chocolate - made with almond drink - Small - Take away Blackforest Hot Chocolate - made with almond drink - Medium - Drink in	YES NO N N N N YE YES NO N N N N YE	YES N N N N N N YES N N N N N N	N N YES	431 103 6.7 3.8 9.2 7.5 1.2 0.1 251 1081 260 16.8 9.5 23.1 18.9 2.9 433 104 6.1 3.4 10.5 8.4 1.2 0.1 288 1248 299 17.6 9.9 30.1 24.3 3.6
Blackforest Hot Chocolate - made with almond drink - Medium - Drink in Blackforest Hot Chocolate - made with almond drink - Medium - Take away	YES NO N N N N YE	ES N YES N N N N N N N N	N N YES	433 104 6.1 3.4 10.5 8.4 1.2 0.1 288 1248 299 17.6 9.9 30.1 24.3 3.6 414 99 5.7 3.1 10.3 8.3 1.2 0.1 321 1329 319 18.2 10.0 33.1 26.5 4.0
Blackforest Hot Chocolate - made with oat drink - Small - Drink in	YES NO N N N YES YE	ES N YES N N N N N N N	N N N	586 141 9.1 4.7 13.3 8.8 1.1 0.1 206 1206 290 18.8 9.8 27.3 18.2 2.2
Blackforest Hot Chocolate - made with oat drink - Small - Take away Blackforest Hot Chocolate - made with oat drink - Medium - Drink in	YES NO N N N YES YE YES NO N N N YES YE	YES N YES N N N N N N N N N N N N N N N N N N N	N N N	545 131 8.1 4.0 13.1 8.5 1.0 0.1 251 1368 329 20.3 10.1 33.0 21.4 2.5 547 131 7.5 3.6 14.4 9.4 1.1 0.1 288 1575 378 21.6 10.5 41.4 27.0 3.2
Blackforest Hot Chocolate - made with oat drink - Medium - Take away	YES NO N N N YES YE	ES N YES N N N N N N N	N N N	530 127 7.1 3.3 14.3 9.2 1.1 0.1 321 1702 408 22.8 10.8 45.9 29.6 3.5
Gingerbread Latte & Cream				
Gingerbread Latte - made with Semi skimmed milk - Small - Drink in	YES NO YES N N N C YES NO YES N N N C	C YES YES N N N N N N N	N N C	397 95 7.1 4.4 5.6 4.0 2.9 0.1 226 896 215 16.0 10.0 12.7 9.0 6.5
Gingerbread Latte - made with Semi skimmed milk - Small - Take away Gingerbread Latte - made with Semi skimmed milk - Medium - Drink in		C YES YES N N N N N N N N	N N C	330 79 5.5 3.4 5.2 3.7 2.8 0.1 312 1030 247 17.0 10.6 16.3 11.7 8.8 312 75 5.0 3.1 5.2 3.8 2.9 0.1 356 1110 266 17.7 11.1 18.6 13.6 10.2
Gingerbread Latte - made with Semi skimmed milk - Medium - Take away	YES NO YES N N N C	C YES YES N N N N N N N	N N C	306 73 4.8 3.0 5.2 3.9 2.9 0.1 376 1149 275 18.1 11.3 19.5 14.5 10.9
Gingerbread Latte - made with skimmed milk - Small - Drink in		C YES YES N N N N N N C YES YES N N N N N N N	N N C	358 86 6.1 3.8 5.4 3.8 2.8 0.1 226 809 194 13.8 8.6 12.3 8.5 6.3
Gingerbread Latte - made with skimmed milk - Small - Take away Gingerbread Latte - made with skimmed milk - Medium - Drink in		C YES YES N N N N N N N N	N N C	292 70 4.5 2.8 5.0 3.5 2.8 0.1 312 909 218 14.0 8.7 15.7 11.0 8.6 271 65 4.0 2.4 5.0 3.6 2.8 0.1 356 966 231 14.1 8.7 17.8 12.8 10.0
Gingerbread Latte - made with skimmed milk - Medium - Take away	YES NO YES N N N C	C YES YES N N N N N N N	N N C	264 63 3.8 2.3 5.0 3.6 2.8 0.1 <mark>376</mark> 993 238 14.1 8.7 18.7 13.7 10.6
Gingerbread Latte - made with whole milk - Small - Drink in		C YES YES N N N N N N N	N N C	448 108 8.5 5.4 5.5 3.8 2.7 0.1 226 1013 245 19.3 12.1 12.5 8.7 6.2
Gingerbread Latte - made with whole milk - Small - Take away Gingerbread Latte - made with whole milk - Medium - Drink in		C YES YES N N N N N N C YES YES N N N N N N N	N N C	382 92 6.9 4.3 5.1 3.6 2.7 0.1 312 1191 287 21.5 13.6 15.9 11.2 8.4 366 88 6.5 4.1 5.1 3.7 2.7 0.1 356 1303 314 23.1 14.6 18.1 13.1 9.7
Gingerbread Latte - made with whole milk - Medium - Take away	YES NO YES N N N C	C YES YES N N N N N N N	N N C	361 87 6.3 4.0 5.0 3.7 2.8 0.1 <mark>376</mark> 1358 328 23.9 15.1 19.0 14.0 10.4
	YES NO YES N N N YE YES NO YES N N N YE	ES YES YES N N N N N N N	N N C	385 93 7.2 3.9 4.3 2.5 2.7 0.1 226 870 209 16.3 8.9 9.8 5.7 6.2
Gingerbread Latte - made with soya drink - Small - Drink in		ES YES YES N N N N N N N	N N C	44 11 0.8 0.4 0.5 0.3 0.4 0.0 2244 993 239 17.5 9.1 12.2 7.2 8.4 300 72 5.1 2.6 3.8 2.3 2.7 0.1 356 1066 256 18.2 9.2 13.7 8.2 9.7
	YES NO YES N N N YE	TES YES YES N N N N N N N N	N N C	293 70 4.9 2.5 3.8 2.3 2.8 0.1 376 1102 264 18.6 9.3 14.2 8.7 10.4
Gingerbread Latte - made with soya drink - Small - Drink in Gingerbread Latte - made with soya drink - Small - Take away Gingerbread Latte - made with soya drink - Medium - Drink in Gingerbread Latte - made with soya drink - Medium - Take away	YES NO YES N N N YE		N N C	360 87 6.9 4.2 4.7 3.1 1.5 0.1 226 813 196 15.6 9.5 10.7 6.9 3.5
Gingerbread Latte - made with soya drink - Small - Drink in Gingerbread Latte - made with soya drink - Small - Take away Gingerbread Latte - made with soya drink - Medium - Drink in Gingerbread Latte - made with soya drink - Medium - Take away Gingerbread Latte - made with coconut drink - Small - Drink in	YES NO YES N N N YE YES NO YES N N N YE	ES YES YES N N N N N N N N	N N C	202 74 52 22 42 22 45 24 240 240 222 424 22 42 42
Gingerbread Latte - made with soya drink - Small - Drink in Gingerbread Latte - made with soya drink - Small - Take away Gingerbread Latte - made with soya drink - Medium - Drink in Gingerbread Latte - made with soya drink - Medium - Take away Gingerbread Latte - made with coconut drink - Small - Drink in Gingerbread Latte - made with coconut drink - Small - Drink in	YES NO YES N N N YE YES NO YES N N N YE YES NO YES N N N YE	TES YES YES N N N N N N N N N N N N N N N N N N N	N N C	293 71 5.3 3.2 4.3 2.8 1.5 0.1 312 916 220 16.4 9.9 13.5 8.8 4.7 273 66 4.8 2.9 4.3 2.8 1.5 0.1 356 974 234 17.0 10.2 15.1 10.1 5.3
Gingerbread Latte - made with soya drink - Small - Drink in Gingerbread Latte - made with soya drink - Small - Take away Gingerbread Latte - made with soya drink - Medium - Drink in Gingerbread Latte - made with soya drink - Medium - Take away Gingerbread Latte - made with coconut drink - Small - Drink in Gingerbread Latte - made with coconut drink - Small - Take away Gingerbread Latte - made with coconut drink - Medium - Drink in Gingerbread Latte - made with coconut drink - Medium - Drink in	YES NO YES N N YES YES NO YES N N N YES			293 71 5.3 3.2 4.3 2.8 1.5 0.1 312 916 220 16.4 9.9 13.5 8.8 4.7 273 66 4.8 2.9 4.3 2.8 1.5 0.1 356 974 234 17.0 10.2 15.1 10.1 5.3 266 64 4.6 2.7 4.2 2.9 1.5 0.1 376 1001 241 17.3 10.3 15.8 10.8 5.6
Gingerbread Latte - made with soya drink - Small - Drink in Gingerbread Latte - made with soya drink - Small - Take away Gingerbread Latte - made with soya drink - Medium - Drink in Gingerbread Latte - made with soya drink - Medium - Take away Gingerbread Latte - made with soya drink - Medium - Take away Gingerbread Latte - made with coconut drink - Small - Drink in Gingerbread Latte - made with coconut drink - Medium - Drink in Gingerbread Latte - made with coconut drink - Medium - Drink in Gingerbread Latte - made with coconut drink - Medium - Take away Gingerbread Latte - made with almond drink - Small - Drink in	YES NO YES N N YES YES NO YES N N N C	TES YES YES N N N N N N N N N N N N N N N N N N N	N N C	273 66 4.8 2.9 4.3 2.8 1.5 0.1 356 974 234 17.0 10.2 15.1 10.1 5.3 266 64 4.6 2.7 4.2 2.9 1.5 0.1 376 1001 241 17.3 10.3 15.8 10.8 5.6 334 81 6.8 3.8 4.3 2.5 0.9 0.1 226 756 183 15.3 8.6 9.6 5.7 2.0
Gingerbread Latte - made with soya drink - Small - Drink in Gingerbread Latte - made with soya drink - Small - Take away Gingerbread Latte - made with soya drink - Medium - Drink in Gingerbread Latte - made with soya drink - Medium - Take away Gingerbread Latte - made with coconut drink - Small - Drink in Gingerbread Latte - made with coconut drink - Small - Drink in Gingerbread Latte - made with coconut drink - Small - Drink in Gingerbread Latte - made with coconut drink - Medium - Drink in Gingerbread Latte - made with coconut drink - Medium - Drink in Gingerbread Latte - made with almond drink - Small - Drink in Gingerbread Latte - made with almond drink - Small - Drink in	YES NO YES N N N YES YES NO YES N N N C	TES YES YES N N N N N N N N N N N N N N N N N N N	N N C	273 66 4.8 2.9 4.3 2.8 1.5 0.1 356 974 234 17.0 10.2 15.1 10.1 5.3 266 64 4.6 2.7 4.2 2.9 1.5 0.1 376 1001 241 17.3 10.3 15.8 10.8 5.6 334 81 6.8 3.8 4.3 2.5 0.9 0.1 226 756 183 15.3 8.6 9.6 5.7 2.0 268 65 5.1 2.8 3.9 2.3 0.9 0.1 312 836 202 16.0 8.7 12.0 7.2 2.7
Gingerbread Latte - made with soya drink - Small - Drink in Gingerbread Latte - made with soya drink - Small - Take away Gingerbread Latte - made with soya drink - Medium - Drink in Gingerbread Latte - made with soya drink - Medium - Take away Gingerbread Latte - made with coconut drink - Small - Drink in Gingerbread Latte - made with coconut drink - Small - Take away Gingerbread Latte - made with coconut drink - Medium - Drink in Gingerbread Latte - made with coconut drink - Medium - Drink in Gingerbread Latte - made with almond drink - Small - Take away Gingerbread Latte - made with almond drink - Small - Take away Gingerbread Latte - made with almond drink - Small - Take away Gingerbread Latte - made with almond drink - Medium - Drink in Gingerbread Latte - made with almond drink - Medium - Drink in	YES NO YES N N YES YES NO YES N N N YES YES NO YES N N N YES N N N YES N N YES N N N YES YES N N N YES N N N YES N N N C YES N N N N C YES N N N N C YES N N N N N	TES YES YES N N N N N N N N N N N N N N N N N N N	N N C	273 66 4.8 2.9 4.3 2.8 1.5 0.1 356 974 234 17.0 10.2 15.1 10.1 5.3 266 64 4.6 2.7 4.2 2.9 1.5 0.1 376 1001 241 17.3 10.3 15.8 10.8 5.6 334 81 6.8 3.8 4.3 2.5 0.9 0.1 226 756 183 15.3 8.6 9.6 5.7 2.0 268 65 5.1 2.8 3.9 2.3 0.9 0.1 312 836 202 16.0 8.7 12.0 7.2 2.7 247 60 4.6 2.4 3.8 2.3 0.8 0.1 356 878 212 16.5 8.7 13.4 8.2 2.9 239 58 4.5 2.3 3.7 2.3 0.8 0.1 376 898 217 16.7
Gingerbread Latte - made with soya drink - Small - Drink in Gingerbread Latte - made with soya drink - Small - Take away Gingerbread Latte - made with soya drink - Medium - Drink in Gingerbread Latte - made with soya drink - Medium - Take away Gingerbread Latte - made with coconut drink - Small - Drink in Gingerbread Latte - made with coconut drink - Small - Drink in Gingerbread Latte - made with coconut drink - Small - Take away Gingerbread Latte - made with coconut drink - Medium - Drink in Gingerbread Latte - made with almond drink - Small - Take away Gingerbread Latte - made with almond drink - Small - Drink in Gingerbread Latte - made with almond drink - Small - Take away Gingerbread Latte - made with almond drink - Small - Take away Gingerbread Latte - made with almond drink - Small - Take away	YES NO YES N N YES YES NO YES N N N YES YES NO YES N N N YES N N N YES N N YES N N N YES YES N N N YES N N N YES N N N C YES N N N N C YES N N N N C YES N N N N N	TES	N N C	273 66 4.8 2.9 4.3 2.8 1.5 0.1 356 974 234 17.0 10.2 15.1 10.1 5.3 266 64 4.6 2.7 4.2 2.9 1.5 0.1 376 1001 241 17.3 10.3 15.8 10.8 5.6 334 81 6.8 3.8 4.3 2.5 0.9 0.1 226 756 183 15.3 8.6 9.6 5.7 2.0 268 65 5.1 2.8 3.9 2.3 0.9 0.1 312 836 202 16.0 8.7 12.0 7.2 2.7 247 60 4.6 2.4 3.8 2.3 0.8 0.1 356 878 212 16.5 8.7 13.4 8.2 2.9

Gingerbread Latte - made with oat drink - Medium - Drink in	YES NO YES N N YES	C YES YES N N N N N N N N C	352 85 5.9 2.7 7.4 3.2 0.7 0.1 356 1254 302 21.1 9.4 26.4 11.4 2.4 0.4
Gingerbread Latte - made with oat drink - Medium - Take away	YES NO YES N N YES	C YES YES N N N N N N N N C	347 84 5.8 2.5 7.4 3.2 0.7 0.1 <mark>376</mark> 1305 314 21.8 9.5 27.9 12.1 2.5 0.4