

NUTRITIONAL INFORMATION



DIETARY REQUIREMENTS



Vegetarian



Vegan



Gluten Free



Dairy Free



Nut Free



Soya Free

	(4oz) Espresso	(8oz) Flat White	(12oz) Americano 	(12oz) Latte	(12oz) Cappuccino	(12oz) Mocha	(12oz) Flat White	(12oz) Hot Chocolate	(16oz) Americano 	(16oz) Latte	(16oz) Cappuccino	(16oz) Mocha	(16oz) Flat White	(16oz) Hot Chocolate
Energy (kJ)	30	350	25	552	364	940	405	765	29	728	468	1104	518	815
Energy (kcal)	7	84	6	132	87	225	97	183	7	174	112	264	124	195
Fat (g)	0.3	3	0.2	5.7	3.5	9.8	4.2	3.0	0.3	7.6	4.9	11.5	5.4	8.5
Saturates (g)	0.1	2	0	3.5	2.5	8	2	2.5	0.1	4.5	3.5	10	3.5	7.5
Carbohydrate (g)	1	7	0.7	15	11	45	9	37	1	18	13	50	15	45
Sugars (g)	0.5	6	0	14	10	40	8.5	29	0.5	17.5	12.5	40	14	32
Protein (g)	0.5	5	0	9	7	6	6	3.5	0.5	13	10	6	9	5
Salt (g)	0.003	0.25	0	0.3	0.2	0.4	0.2	0.4	0.003	0.4	0.2	0.4	0.3	0.5

The figures above give the nutrition values for each drink offered by the machine. Please remember to add the value of syrups, sugars or additional espresso shots. The values for milk based drinks are estimated on Organic Semi Skimmed milk.

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	Vegetarian 	Vegan 	Gluten Free 	Dairy Free 	Nut Free 	Soya Free 
Breakfast Tea	✓	✓	✓	✓	✓	✓
Earl Grey Blue Flower	✓	✓	✓	✓	✓	✓
Peppermint	✓	✓	✓	✓	✓	✓
Vanilla Syrup	✓	✓	✓	✓	✓	✓
Caramel Syrup	✓	✓	✓	✓	✓	✓
Hazelnut Syrup	✓	✓	✓	✓	✓	✓
Sugar Sachet	✓	✓	✓	✓	✓	✓

	Vanilla Syrup	Caramel Syrup	Hazelnut Syrup	Sugar Sachet
Calories*	20	20	20	2

Calories for syrups based on one pump.