

# Nutritional Information

Adults need around 2000 kcal a day.



| Drink name                      | Drink size | Energy (kJ) | Energy (kcal) | Total fat (g) | Saturated fats (g) | Total carbohydrate (g) | Of which sugars (g) | Fiber (g) | Protein (g) | Salt (g) |
|---------------------------------|------------|-------------|---------------|---------------|--------------------|------------------------|---------------------|-----------|-------------|----------|
| Cappuccino                      | 12oz       | 393         | <b>94</b>     | 1.97          | 0.93               | 8.60                   | 7.22                | 6.96      | 6.96        | 0.18     |
| Latte                           | 12oz       | 382         | <b>91</b>     | 1.91          | 0.90               | 8.38                   | 7.04                | 6.74      | 6.77        | 0.18     |
| Americano                       | 12oz       | 189         | <b>46</b>     | 1.91          | 0.88               | 1.48                   | 0.07                | 7.14      | 2.10        | 0.00     |
| White Americano                 | 12oz       | 323         | <b>77</b>     | 1.98          | 0.93               | 6.07                   | 4.65                | 7.14      | 5.25        | 0.12     |
| Flat White                      | 12oz       | 334         | <b>80</b>     | 1.99          | 0.93               | 6.45                   | 5.03                | 7.14      | 5.51        | 0.13     |
| Mocha                           | 12oz       | 630         | <b>155</b>    | 2.86          | 1.72               | 21.38                  | 18.00               | 7.68      | 6.78        | 0.20     |
| Single Espresso                 | 12oz       | 99          | <b>24</b>     | 1.00          | 0.46               | 0.78                   | 0.04                | 3.74      | 1.10        | 0.00     |
| Double Espresso                 | 12oz       | 198         | <b>48</b>     | 2.00          | 0.92               | 1.55                   | 0.07                | 7.48      | 2.20        | 0.00     |
| Thorntons Hot Chocolate         | 12oz       | 753         | <b>178</b>    | 2.34          | 1.41               | 32.64                  | 31.64               | 2.49      | 5.34        | 0.8      |
| Birchall Fresh Leaf Tea - Black | 12oz       | 0           | <b>0</b>      | 0             | 0                  | 0.03                   | 0                   | 0         | 0           | 0        |
| Birchall Fresh Leaf Tea - White | 12oz       | 99          | <b>21</b>     | 0.05          | 0.03               | 3.39                   | 3.36                | 0         | 2.31        | 0        |
| White Sugar                     | 100g       | 1680        | <b>394</b>    | 0             | 0                  | 105                    | 105                 | 0         | Trace       | 0        |
| Brown Sugar                     | 100g       | 1681        | <b>394</b>    | 0             | 0                  | 105                    | 105                 | 0         | Trace       | 0        |
| Canderel Sweetener              | sachet     | 8           | <b>2</b>      | 0             | 0                  | 1                      | 1                   | 0         | 0           | 0        |
| Hazelnut Syrup                  | 100g       | 1365        | <b>321</b>    | 0             | 0                  | 78                     | 58.80               | 0         | 0           | 0.26     |
| Caramel Syrup                   | 100g       | 1366        | <b>321</b>    | 0             | 0                  | 78                     | 58.80               | 0         | 0           | 0.26     |
| Vanilla Syrup                   | 100g       | 1359        | <b>320</b>    | 0             | 0                  | 78                     | 58.80               | 0         | 0           | 0.26     |

Average values per drinks

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|---------------------------------|------------|-------------|---------------|---------------|--------------------|------------------------|---------------------|-----------|-------------|----------|
| Cappuccino                      | 12oz       | 393         | <b>94</b>     | 1.97          | 0.93               | 8.60                   | 7.22                | 6.96      | 6.96        | 0.18     |
| Latte                           | 12oz       | 382         | <b>91</b>     | 1.91          | 0.90               | 8.38                   | 7.04                | 6.74      | 6.77        | 0.18     |
| Americano                       | 12oz       | 189         | <b>46</b>     | 1.91          | 0.88               | 1.48                   | 0.07                | 7.14      | 2.10        | 0.00     |
| White Americano                 | 12oz       | 323         | <b>77</b>     | 1.98          | 0.93               | 6.07                   | 4.65                | 7.14      | 5.25        | 0.12     |
| Flat White                      | 12oz       | 334         | <b>80</b>     | 1.99          | 0.93               | 6.45                   | 5.03                | 7.14      | 5.51        | 0.13     |
| Mocha                           | 12oz       | 630         | <b>155</b>    | 2.86          | 1.72               | 21.38                  | 18.00               | 7.68      | 6.78        | 0.20     |
| Single Espresso                 | 12oz       | 99          | <b>24</b>     | 1.00          | 0.46               | 0.78                   | 0.04                | 3.74      | 1.10        | 0.00     |
| Double Espresso                 | 12oz       | 198         | <b>48</b>     | 2.00          | 0.92               | 1.55                   | 0.07                | 7.48      | 2.20        | 0.00     |
| Cadbury Hot Chocolate           | 12oz       | 500         | <b>125</b>    | 1.42          | 1.21               | 23.39                  | 20.50               | 1.40      | 3.59        | 0.16     |
| Birchall Fresh Leaf Tea - Black | 12oz       | 0           | <b>0</b>      | 0             | 0                  | 0.03                   | 0                   | 0         | 0           | 0        |
| Birchall Fresh Leaf Tea - White | 12oz       | 99          | <b>21</b>     | 0.05          | 0.03               | 3.39                   | 3.36                | 0         | 2.31        | 0        |
| White Sugar                     | 100g       | 1680        | <b>394</b>    | 0             | 0                  | 105                    | 105                 | 0         | Trace       | 0        |
| Brown Sugar                     | 100g       | 1681        | <b>394</b>    | 0             | 0                  | 105                    | 105                 | 0         | Trace       | 0        |
| Canderel Sweetener              | sachet     | 8           | <b>2</b>      | 0             | 0                  | 1                      | 1                   | 0         | 0           | 0        |
| Hazelnut Syrup                  | 100g       | 1365        | <b>321</b>    | 0             | 0                  | 78                     | 58.80               | 0         | 0           | 0.26     |
| Caramel Syrup                   | 100g       | 1366        | <b>321</b>    | 0             | 0                  | 78                     | 58.80               | 0         | 0           | 0.26     |
| Vanilla Syrup                   | 100g       | 1359        | <b>320</b>    | 0             | 0                  | 78                     | 58.80               | 0         | 0           | 0.26     |

Average values per drinks

# Nutritional Information

Adults need around 2000 kcal a day.



| Drink name  | Drink type                  | Drink size | Energy (kJ) | Energy (kcal) | Total fat (g) | Saturated fats (g) | Total carbohydrate (g) | Of which sugars (g) | Fiber (g) | Protein (g) | Salt (g) |      |
|---|-----------------------------|------------|-------------|---------------|---------------|--------------------|------------------------|---------------------|-----------|-------------|----------|------|
| Cappuccino  | Espresso <b>LAVAZZA</b>     | 12oz       | 393         | 94            | 1.97          | 0.93               | 8.60                   | 7.22                | 6.96      | 6.96        | 0.18     |      |
|   |                             | 16oz       | 620         | 148           | 3.38          | 1.59               | 12.84                  | 10.45               | 12.02     | 10.63       | 0.26     |      |
|   | Instant <i>prontissimo!</i> | 12oz       | 236         | 56            | 0.16          | 0.09               | 7.98                   | 7.04                | 0.71      | 5.27        | 0.18     |      |
| Latte   | Espresso <b>LAVAZZA</b>     | 12oz       | 382         | 91            | 1.91          | 0.90               | 8.38                   | 7.04                | 6.74      | 6.77        | 0.18     |      |
|   |                             | 16oz       | 681         | 163           | 3.41          | 1.61               | 14.91                  | 12.52               | 12.02     | 12.05       | 0.31     |      |
|   | Instant <i>prontissimo!</i> | 12oz       | 255         | 60            | 0.17          | 0.10               | 8.62                   | 7.57                | 0.80      | 5.68        | 0.19     |      |
| Americano   | Espresso <b>LAVAZZA</b>     | 12oz       | 189         | 46            | 1.91          | 0.88               | 1.48                   | 0.07                | 7.14      | 2.10        | 0.00     |      |
|   |                             | 16oz       | 318         | 77            | 3.22          | 1.49               | 2.50                   | 0.11                | 12.02     | 3.53        | 0.00     |      |
|   | Instant <i>prontissimo!</i> | 12oz       | 32          | 8             | 0.05          | 0.02               | 1.00                   | 0.06                | 0.71      | 0.48        | 0.00     |      |
| White Americano/<br>White Coffee  | Espresso <b>LAVAZZA</b>     | 12oz       | 323         | 77            | 1.98          | 0.93               | 6.07                   | 4.65                | 7.14      | 5.25        | 0.12     |      |
|   |                             | 16oz       | 416         | 100           | 3.27          | 1.52               | 5.86                   | 3.47                | 12.02     | 5.84        | 0.09     |      |
|   | Instant <i>prontissimo!</i> | 12oz       | 199         | 47            | 0.14          | 0.08               | 6.69                   | 5.75                | 0.71      | 4.38        | 0.14     |      |
| Flat White  | Espresso <b>LAVAZZA</b>     | 12oz       | 334         | 80            | 1.99          | 0.93               | 6.45                   | 5.03                | 7.14      | 5.51        | 0.13     |      |
|   |                             | 16oz       | 525         | 126           | 3.46          | 1.62               | 9.23                   | 6.74                | 12.55     | 8.23        | 0.17     |      |
| Mocha   | Espresso <b>LAVAZZA</b>     | 12oz       | 861         | 205           | 3.68          | 1.97               | 30.23                  | 28.11               | 8.63      | 8.34        | 0.71     |      |
|   |                             | 16oz       | 1187        | 283           | 5.54          | 2.89               | 38.86                  | 35.51               | 14.41     | 12.09       | 0.90     |      |
|   | Instant <i>prontissimo!</i> | 12oz       | 550         | 130           | 1.39          | 0.83               | 22.48                  | 20.99               | 2.08      | 5.84        | 0.53     |      |
| Single Espresso   | Espresso <b>LAVAZZA</b>     | 12oz       | 99          | 24            | 1.00          | 0.46               | 0.78                   | 0.04                | 3.74      | 1.10        | 0.00     |      |
|   | Instant <i>prontissimo!</i> | 12oz       | 32          | 8             | 0.05          | 0.02               | 1.00                   | 0.06                | 0.71      | 0.48        | 0.00     |      |
| Double Espresso   | Espresso <b>LAVAZZA</b>     | 12oz       | 198         | 48            | 2.00          | 0.92               | 1.55                   | 0.07                | 7.48      | 2.20        | 0.00     |      |
|   | Instant <i>prontissimo!</i> | 12oz       | 39          | 9             | 0.06          | 0.03               | 1.20                   | 0.08                | 0.85      | 0.57        | 0.00     |      |
| Hot Chocolate   | Espresso <b>LAVAZZA</b>     | 12oz       | 753         | 178           | 2.34          | 1.41               | 32.64                  | 31.64               | 2.49      | 5.34        | 0.80     |      |
|   |                             | 16oz       | 1030        | 244           | 3.12          | 1.89               | 44.40                  | 43.06               | 3.31      | 7.81        | 1.09     |      |
|   | Instant <i>prontissimo!</i> | 12oz       | 544         | 128           | 0.29          | 0.18               | 18.61                  | 18.61               | 0.00      | 12.78       | 0.47     |      |
| Creamy Hot Chocolate  | Espresso <b>LAVAZZA</b>     | 12oz       | 513         | 121           | 1.47          | 0.89               | 21.81                  | 21.19               | 1.54      | 4.42        | 0.54     |      |
|   | Instant <i>prontissimo!</i> | 12oz       | 513         | 121           | 1.47          | 0.89               | 21.81                  | 21.19               | 1.54      | 4.42        | 0.54     |      |
| Dash of milk  |                             |            | 76          | 18            | 0.04          | 0.03               | 2.59                   | 2.59                | 0.00      | 1.78        | 0.07     |      |
| Batchelors Tomato Soup  |                             |            | 12oz        | 48            | 11            | 0.25               | 0.14                   | 2.04                | 1.09      | 0.14        | 0.17     | 0.14 |
| Birchall Fresh Leaf Tea   | Black                       | 12oz       | 0           | 0             | 0             | 0                  | 0.03                   | 0                   | 0         | 0           | 0        |      |
|   | White                       | 12oz       | 99          | 21            | 0.05          | 0.03               | 3.39                   | 3.36                | 0         | 2.31        | 0        |      |
| Pukka Tea <small>The calorie content of the teas is very low and Pukka does not list the calorific/nutritional values</small> |                             |            |             |               |               |                    |                        |                     |           |             |          |      |
| White Sugar   |                             |            | 100g        | 1680          | 394           | 0                  | 0                      | 105                 | 105       | 0           | Trace    | 0    |
| Brown Sugar   |                             |            | 100g        | 1681          | 394           | 0                  | 0                      | 105                 | 105       | 0           | Trace    | 0    |
| Canderel Sweetener  | 100g                        |            | 1514        | 362           | 0             | 0                  | 90                     | 90                  | 0         | 0           | 0        |      |
|   | sachet                      |            | 8           | 2             | 0             | 0                  | 1                      | 1                   | 0         | 0           | 0        |      |
| Hazelnut Syrup  |                             |            | 100g        | 1365          | 321           | 0                  | 0                      | 78                  | 58.80     | 0           | 0        | 0.26 |
| Caramel Syrup   |                             |            | 100g        | 1366          | 321           | 0                  | 0                      | 78                  | 58.80     | 0           | 0        | 0.26 |
| Vanilla Syrup   |                             |            | 100g        | 1359          | 320           | 0                  | 0                      | 78                  | 58.80     | 0           | 0        | 0.26 |

Average values per drinks



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|----------------------|------------|------------|-------------|---------------|---------------|--------------------|------------------------|---------------------|-----------|-------------|----------|------|
| Cappuccino           | Espresso   | NESCAFÉ    | 12oz        | 304           | 73            | 1.57               | 1.23                   | 9.52                | 7.87      | 5.37        | 2.19     | 0.15 |
|                      | Instant    | GOLD       | 12oz        | 250           | 59            | 1.49               | 1.22                   | 9.19                | 7.55      | 1.68        | 1.32     | 0.13 |
| Latte                | Espresso   | NESCAFÉ    | 12oz        | 322           | 77            | 1.68               | 1.32                   | 10.19               | 8.42      | 5.43        | 2.27     | 0.16 |
|                      | Instant    | GOLD       | 12oz        | 319           | 76            | 1.92               | 1.58                   | 11.89               | 9.75      | 1.84        | 1.63     | 0.16 |
| Americano            | Espresso   | NESCAFÉ    | 12oz        | 71            | 17            | 0.10               | 0.01                   | 0.42                | 0.42      | 4.79        | 1.12     | 0.04 |
|                      | Instant    | GOLD       | 12oz        | 15            | 4             | 0.02               | 0.01                   | 0.09                | 0.09      | 1.03        | 0.24     | 0.01 |
| White Americano      | Espresso   | NESCAFÉ    | 12oz        | 263           | 63            | 1.30               | 1.00                   | 7.85                | 6.50      | 5.40        | 2.02     | 0.13 |
|                      | Instant    | GOLD       | 12oz        | 123           | 29            | 0.70               | 0.57                   | 4.33                | 3.56      | 1.21        | 0.72     | 0.06 |
| Flat White           | Instant    | GOLD       | 12oz        | 225           | 53            | 1.33               | 1.09                   | 8.19                | 6.73      | 1.70        | 1.22     | 0.11 |
| Mocha                | Espresso   | NESCAFÉ    | 12oz        | 555           | 132           | 3.02               | 2.56                   | 19.70               | 16.49     | 6.11        | 3.30     | 0.27 |
|                      | Instant    | GOLD       | 12oz        | 561           | 133           | 3.31               | 2.88                   | 21.86               | 18.24     | 2.51        | 2.70     | 0.27 |
| Single Espresso      | Espresso   | NESCAFÉ    | 12oz        | 35            | 9             | 0.05               | 0.01                   | 0.21                | 0.21      | 2.39        | 0.56     | 0.02 |
|                      | Instant    | GOLD       | 12oz        | 13            | 3             | 0.02               | 0.01                   | 0.08                | 0.08      | 0.86        | 0.20     | 0.01 |
| Double Espresso      | Espresso   | NESCAFÉ    | 12oz        | 71            | 17            | 0.10               | 0.01                   | 0.42                | 0.42      | 4.79        | 1.12     | 0.04 |
|                      | Instant    | GOLD       | 12oz        | 15            | 4             | 0.02               | 0.01                   | 0.09                | 0.09      | 1.03        | 0.24     | 0.01 |
| Hot Chocolate        | Espresso   | NESCAFÉ    | 12oz        | 635           | 150           | 3.82               | 3.35                   | 25.38               | 21.20     | 1.69        | 2.84     | 0.30 |
|                      | Instant    | GOLD       | 12oz        | 635           | 150           | 3.82               | 3.35                   | 25.38               | 21.20     | 1.69        | 2.84     | 0.30 |
| Creamy Hot Chocolate | Espresso   | NESCAFÉ    | 12oz        | 563           | 134           | 3.41               | 2.96                   | 22.41               | 18.67     | 1.55        | 2.54     | 0.27 |
|                      | Instant    | GOLD       | 12oz        | 705           | 167           | 4.25               | 3.71                   | 28.11               | 23.45     | 1.91        | 3.17     | 0.34 |
| White Sugar          |            |            | 100g        | 1680          | 394           | 0                  | 0                      | 105                 | 105       | 0           | Trace    | 0    |
| Brown Sugar          |            |            | 100g        | 1681          | 394           | 0                  | 0                      | 105                 | 105       | 0           | Trace    | 0    |
| Canderel Sweetener   |            |            | 100g        | 1514          | 362           | 0                  | 0                      | 90                  | 90        | 0           | 0        | 0    |
|                      |            |            | sachet      | 8             | 2             | 0                  | 0                      | 1                   | 1         | 0           | 0        | 0    |
| Hazelnut Syrup       |            |            | 100g        | 1365          | 321           | 0                  | 0                      | 78                  | 58.80     | 0           | 0        | 0.26 |
| Caramel Syrup        |            |            | 100g        | 1366          | 321           | 0                  | 0                      | 78                  | 58.80     | 0           | 0        | 0.26 |
| Vanilla Syrup        |            |            | 100g        | 1359          | 320           | 0                  | 0                      | 78                  | 58.80     | 0           | 0        | 0.26 |

Average values per drinks



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| Drink name                 |        | Energy (kJ) | Energy (kcal) | Total fat (g) | Saturated fats (g) | Total carbohydrate (g) | Of which sugars (g) | Fiber (g) | Protein (g) | Salt (g) |
|----------------------------|--------|-------------|---------------|---------------|--------------------|------------------------|---------------------|-----------|-------------|----------|
| White Coffee               |        | 124         | 30            | 1.7           | 1.3                | 2.9                    | 0.5                 | 0.8       | 0.3         | 0.05     |
| Black Coffee               |        | 8           | 2             | Trace         | Trace              | 0.1                    | 0.1                 | 0.6       | 0.1         | Trace    |
| Cappuccino Unsweetened     |        | 289         | 69            | 2.3           | 2.1                | 9.2                    | 5.0                 | 1.0       | 2.3         | 0.23     |
| Latte Cup                  |        | 388         | 92            | 2.6           | 2.4                | 13.5                   | 9.0                 | 0.8       | 3.3         | 0.28     |
| AERO Instant Hot Chocolate |        | 482         | 114           | 2.1           | 1.8                | 20.8                   | 16.8                | 1.2       | 2.4         | 0.35     |
| Tetley Tea                 |        | 15          | 4             | 0             | 0                  | 0.9                    | 0                   | 0         | 0           | 0        |
| White Sugar                | 100g   | 1680        | 394           | 0             | 0                  | 105                    | 105                 | 0         | Trace       | 0        |
| Brown Sugar                | 100g   | 1681        | 394           | 0             | 0                  | 105                    | 105                 | 0         | Trace       | 0        |
| Canderel Sweetener         | 100g   | 1514        | 362           | 0             | 0                  | 90                     | 90                  | 0         | 0           | 0        |
|                            | sachet | 8           | 2             | 0             | 0                  | 1                      | 1                   | 0         | 0           | 0        |

Average values per drinks



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Adults need around 2000 kcal a day.



| Drink name                 | Per 300ml Serving | Energy (kJ) | Energy (kcal) | Total fat (g) | Saturated fats (g) | Total carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
|----------------------------|-------------------|-------------|---------------|---------------|--------------------|------------------------|---------------------|-----------|-------------|----------|
| Strawberry Shmoo Milkshake |                   | 693         | <b>163</b>    | 0.3           | 0.2                | 31.4                   | 27.7                | 0.7       | 8.4         | 0.42     |
| Vanilla Shmoo Milkshake    |                   | 699         | <b>165</b>    | 0.3           | 0.2                | 31.8                   | 27.8                | 0.6       | 8.4         | 0.40     |
| Banana Shmoo Milkshake     |                   | 698         | <b>165</b>    | 0.3           | 0.2                | 31.7                   | 27.7                | 0.7       | 8.4         | 0.42     |
| Chocolate Shmoo Milkshake  |                   | 689         | <b>162</b>    | 0.5           | 0.3                | 30                     | 28.8                | 1.3       | 8.8         | 0.42     |

Average values per drinks