



# ALLERGEN & NUTRITIONAL *Information*

We make our doughnuts fresh daily using many ingredients and shared equipment. Whilst we take steps to minimise the risk of cross contamination, we cannot guarantee that any of our products (including drinks) are free from allergens (including cereals containing gluten, milk, eggs, soya nuts, and peanuts).

There are 14 major allergens which need to be declared when used as ingredients. We provide information on the allergens we handle in this guide which are: nuts, eggs, milk, soya and cereals containing gluten.

If you have a query about any other ingredient, please ask a member of our team who will contact our Customer Care team or alternatively, please contact: [helpdesk@krispykreme.co.uk](mailto:helpdesk@krispykreme.co.uk). Please also don't hesitate to ask a member of staff if you are having trouble locating the information you'd like to see within this guide.

For all packaged food, please refer to the packaging for full allergen information.

'✓' in a column indicates that the product contains that allergen and is therefore not suitable for a person with an allergy or intolerance to it.

'The 'Yes' / 'No' in the column entitled 'Dietary Choices' details information supplied by the ingredient suppliers.

Gluten is a protein component of **wheat, rye, barley & oats**.

Milk includes all products containing milk or milk derivatives e.g. cream.

The tree nuts / **nuts** column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their derivatives. The 'Tree Nut Source (if present)' column indicates which tree nut is present in the product.

Drinks - please note that all our drinks nutrition information has been calculated using published data. Please also note that some of our drinks made with **soya** milk may contain other ingredients made from cows' milk.

Vegetarian - we consider our products to be suitable for Vegetarians, however we are not Vegetarian certified.

Vegan - we now offer a vegan range which have been certified by The Vegan Society, however, please be aware we cannot guarantee they are suitable for those with egg or milk allergies due to manufacturing methods and potential risk of cross contamination.

Halal - we consider our doughnuts to be suitable for anyone who follows a Halal diet, however we are not Halal certified.

Kosher - we consider our doughnuts to be suitable for anyone who follows a Kosher diet, however we are not Kosher certified.

Example of how to use the tables - if a customer asks which allergens are present in Original Glazed, help them to find the correct data and advise them to read the contents key and this section before making their choice.









**As we use many ingredients and shared equipment, we cannot guarantee our food to be allergen free. Please check the information in this guide regularly as we introduce new products and ingredients throughout the year which may impact the allergens we handle.**

**Some doughnuts have small pieces of topping which could be considered a choking hazard.**



**PLEASE NOTE:**  
This guide is for Ireland only







**KEY**  
Vegetarian / Vegan / Halal  
Columns  
YES = Suitable for this diet  
NO = Unsuitable for this diet  
  
Allergens Column  
✓ = Contains Allergen

	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
Product Description	Suitable for vegetarians	 Vegan Certified	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg / Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
DOUGHNUTS - RINGS & BITES																					
 Original Glazed	YES	NO	YES	✓																	
 Choc Sprinkles	YES	NO	YES	✓				✓													
 Mini Original Glazed	YES	NO	YES	✓																	
 Mini Chocolate Sprinkles	YES	NO	YES	✓				✓													
 Mini Strawberry Sprinkles	YES	NO	YES	✓				✓													
 OG Bites (1 serving = 2 bites)	YES	NO	YES	✓																	
 Vegan Cookies & Kreme	YES	YES	YES	✓				✓													




**ALLERGY ADVICE:** Please be aware we cannot guarantee that **any** of our products (including drinks) are free from allergens (including cereals containing gluten, milk, eggs, soya and nuts) due to our manufacturing methods.













	Nutrition Per 100g									Nutrition Per Portion										
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	
DOUGHNUTS – RINGS & BITES																				
 Original Glazed	1606	384	15	7.5	53	24	2.3	6.0	0.47	51g	815	195	7.9	3.8	27	12	1.2	3.0	0.24	
 Sprinkles	1602	381	14	6.8	60	36	1.8	5.1	0.40	67g	1073	255	9.2	4.5	40	24	1.2	3.4	0.27	
 Mini Original Glazed	1611	384	16	7.5	53	24	2.3	6.0	0.47	26g	419	100	4.1	2.0	14	6.3	0.6	1.6	0.12	
 Mini Chocolate Sprinkles	1684	401	15	7.4	63	34	1.2	4.8	0.33	33g	547	130	4.7	2.4	21	11	0.4	1.6	0.11	
 Mini Strawberry Sprinkles	1689	402	16	8.0	61	30	1.2	4.9	0.36	33g	566	135	5.3	2.7	20	10	0.4	1.6	0.12	
 OG Bites (1 serving = 2 bites)	1676	400	18	9.3	54	18	1.9	6.4	0.43	24g	402	96	4.4	2.2	13	4.3	0.5	1.5	0.10	
 Vegan Cookies & Kreme	1848	441	20	10	60	35	1.3	3.8	0.36	86g	1589	379	17	8.6	52	30	1.1	3.3	0.31	

	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
Product Description	Suitable for vegetarians	 Vegan Certified	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg / Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
DOUGHNUTS - SHELLS																					
 Biscoff®	YES	NO	YES	✓				✓		✓											
 Nutty Chocolatta	YES	NO	YES	✓				✓		✓										✓	Hazelnut
 Pistachio Overload	YES	NO	YES	✓				✓		✓										✓	Pistachio












**ALLERGY ADVICE:** Please be aware we cannot guarantee that **any** of our products (including drinks) are free from allergens (including cereals containing gluten, barley, milk, eggs, soya and nuts) due to our manufacturing methods.

**ALLERGY ADVICE:** Our Vegan doughnuts are prepared to a vegan recipe which has omitted the egg and milk ingredients, making them suitable for vegans. However, whilst we take steps to minimise the risk of cross contamination, we cannot guarantee that the Vegan doughnuts are free from the allergens we handle, including cereals containing gluten, milk, eggs, soya and nuts.



	Nutrition Per 100g									Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
DOUGHNUTS – SHELLS																			
 Biscoff	1744	417	22	9.0	50	18	2.6	6.0	0.50	94g	1639	392	21	8.5	47	17	2.4	5.6	0.47
 Nutty Chocolatta	1776	425	23	11	48	19	2.7	7.0	0.44	87g	1545	370	20	9.7	42	17	2.3	6.1	0.38
 Pistachio Overload	1815	434	24	11	47	20	2.1	6.8	0.44	84g	1515	363	20	9.0	40	17	1.7	5.7	0.37

Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	 Vegan Certified	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg / Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
DOUGHNUTS - RINGS & SHELLS (NEW CORE RANGE)																					
 Strawberry Sprinkles	YES	NO	YES	✓				✓													
 Cinnamon Swirl	YES	YES	YES	✓				✓													
 White Marble Chocolate	YES	NO	YES	✓				✓		✓											
 Boston Kreme	YES	YES	YES	✓				✓													
 Cookies & Kreme	YES	YES	YES	✓				✓													
 Strawberry Sundae	YES	NO	YES	✓				✓		✓											
 Triple Choc Indulgence	YES	NO	YES	✓				✓		✓											
 Salted Caramel Sensation	YES	YES	YES	✓				✓													
 Pistachio Iced	YES	NO	YES	✓				✓												✓	Pistachio
 Cherry Bakewell	YES	NO	YES	✓				✓													
 Glazed Raspberry	YES	NO	YES	✓																	


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	Nutrition Per 100g										Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	
DOUGHNUTS – RINGS & SHELLS (NEW CORE RANGE)																				
 Strawberry Sprinkles	1736	414	18	9.3	59	38	1.6	4.2	0.31	66g	1146	273	12	6.1	39	25	1.1	2.8	0.20	
 Cinnamon Swirl	1926	462	27	14	48	22	2.0	5.1	0.43	66g	1271	305	18	9.2	32	15	1.3	3.4	0.28	
 White Marble Chocolatta	1836	439	24	14	50	28	1.2	4.9	0.38	61g	1120	268	15	8.5	31	17	0.73	3.0	0.23	
 Boston Kreme	1583	377	17	8.9	51	25	0.70	4.8	0.38	87g	1377	328	15	7.7	44	22	0.61	4.2	0.33	
 Cookies & Kreme	1848	441	20	10	60	35	1.3	3.8	0.36	82g	1515	362	16	8.2	49	29	1.1	3.1	0.30	
 Strawberry Sundae	1713	409	20	11	50	23	1.3	5.2	0.39	94g	1610	384	19	10	47	22	1.2	4.9	0.37	
 Triple Choc Indulgence	1747	417	21	11	52	25	1.1	4.9	0.41	88g	1537	367	18	9.7	46	22	0.97	4.3	0.36	
 Salted Caramel Sensation	1679	401	20	11	49	24	1.3	4.6	0.44	92g	1545	369	18	10	45	22	1.2	4.2	0.40	
 Pistachio Iced	1588	380	14	6.4	58	35	2.0	4.7	0.38	66g	1045	250	9.1	4.2	38	23	1.3	3.1	0.25	
 Cherry Bakewell	1587	380	14	6.3	59	36	1.8	4.6	0.36	68g	1071	256	9.2	4.2	40	24	1.2	3.1	0.24	
 Glazed Raspberry	1460	348	13.3	6.7	52.6	25.1	2.1	5.4	0.47	89g	1299	310	11.8	6.0	46.8	22.3	1.9	4.8	0.42	





	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains														
Product Description	Suitable for vegetarians	 Vegan Certified	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg / Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)	
LIMITED EDITION DOUGHNUTS – First Holy Communion																						
 First Holy Communion	Y	N	Y	✓				✓														

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	Nutrition Per 100g									Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
LIMITED EDITION DOUGHNUTS – First Holy Communion																			
 First Holy Communion	1614	385	16	7.3	54	27	2.3	5.8	0.46	53g	857	204	8.2	3.9	29	14	1.2	3.1	0.24

# INGREDIENT DECLARATIONS

 <p>Original Glazed</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Salt]</p>
 <p>Chocolate Sprinkles</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Flavouring (Vanilla), Salt], Chocolate Icing [Sugar, Water, Fat Reduced Cocoa Powder, Glucose Syrup, Vegetable Oil (Rapeseed, Palm), Emulsifiers (<b>Soya</b> Lecithin, Mono and Diglycerides of Fatty Acids), Salt, Flavouring], Sprinkles [Sugar, <b>Wheat</b> Starch, Modified Starch, Vegetable Oil, Concentrates (Radish, Lemon, Blackcurrant, Beetroot), Colours (Anthocyanin, Chlorophyllin, Curcumin, Paprika Extract), Water, Glucose Syrup, Glazing Agent (Beeswax), Stabiliser (Gum Arabic), Antioxidant (Citric Acid)]</p>

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, please see ingredients in **bold**. Not suitable for nut & peanut allergy sufferers due to manufacturing methods.

# INGREDIENT DECLARATIONS

 <p><b>Vegan Cookies &amp; Kreme</b></p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Salt], Kreme™ Frosting [Icing Sugar (Sugar, Maize Starch), Shortening (Vegetable Oils (Palm, Rapeseed), Emulsifier (Glycerol Monostearate)), White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids))), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour), Glucose Syrup, Humectant (Glycerol), Water, Flavouring, Salt, Emulsifiers (Mono-and Diglycerides of Fatty Acids, Lecithins (Rapeseed, Sunflower), Preservative (Potassium Sorbate), Acidity Regulator (Disodium Phosphate)], Biscuit Crumb [Fortified <b>Wheat</b> Flour, Vegetable Shortening (Palm, Rapeseed), Sugar, Cocoa Powder, Invert Sugar Syrup, Raising Agent, Salt], White Icing [Sugar, White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids))), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour), Water, Stabiliser Base (Sugar, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Flavouring (Vanilla), Salt)].</p>
 <p><b>Nutty Chocolatta</b></p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], <b>Hazelnut</b> Chocolate Spread Filling [Sugar, Vegetable Fat (Palm), <b>Hazelnuts</b>, Skimmed <b>Milk</b> Powder, Fat Reduced Cocoa, Emulsifier: Lecithins (<b>Soya</b>, Sunflower),Vanillin], Chocolate Flavour Coating [Sugar, Palm Oil, Whey Powder (<b>Milk</b>), Fat Reduced Cocoa Powder, Emulsifier: <b>Soya</b> Lecithin, Natural Flavouring], Caramelised <b>Hazelnut</b> Pieces [Granulated Sugar, Roasted <b>Hazelnuts</b>, Salted Butter (<b>Milk</b>), Glucose Syrup, Salt], White Chocolate Flavour Lines [Sugar, Palm Oil, Whey Powder (<b>Milk</b>), Emulsifier: <b>Soya</b> Lecithin]</p>
 <p><b>Biscoff®</b></p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Biscoff® Kreme Filling [Sugar, Biscoff® Spread [Caramelised Biscuits (<b>Wheat</b> Flour, Sugar, Vegetable Oils (Palm, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), <b>Soya</b> Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (<b>Soya</b> Lecithins), Acid (Citric Acid)], Vegetable Oil (Palm, Rapeseed), Emulsifiers (Mono and Diglycerides of Fatty Acids, Polysorbate 60, <b>Soya</b> Lecithins, Propane-1,2-Diol Esters Of Fatty Acids), Dried Glucose Syrup, Corn Flour, Water, Salt, Flavouring (Water, Propylene Glycol, Polysorbate 80, Glycerine, Caramel Colour)], Biscoff® Spread Icing [Caramelised Biscuits (<b>Wheat</b> Flour, Sugar, Vegetable Oils (Palm, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), <b>Soya</b> Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (<b>Soya</b> Lecithins), Acid (Citric Acid)], Biscoff® Biscuit Topping [<b>Wheat</b> Flour, Sugar, Vegetable Oils (Palm Oil from Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Salt, Cinnamon], White Chocolate Shavings [Sugar, Cocoa Butter, Full Cream <b>Milk</b> Powder, Whey Powder (<b>Milk</b>), Vegetable Oils (Palm, Sal, Shea and Mango Kernels), Emulsifier (<b>Soya</b> Lecithin), Vanilla Flavour].</p>

# INGREDIENT DECLARATIONS

 <b>Mini Original Glazed</b>	Doughnut [ <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Stabilisers (Agar, Guar, Locust Bean Gum), Flavouring, Maize Starch, Palm Oil]
 <b>Mini Chocolate Sprinkles</b>	Doughnut [ <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Stabilisers (Agar, Guar, Locust Bean Gum), Flavouring, Maize Starch, Palm Oil], Chocolate Icing [Sugar, Water, Fat Reduced Cocoa Powder, Glucose Syrup, Vegetable Oil (Rapeseed, Palm), Emulsifiers ( <b>Soya</b> Lecithin, Mono and Diglycerides of Fatty Acids), Salt, Flavouring], Sprinkles [Sugar, Vegetable Oil, Colours (Anthocyanin, Curcumin, Paprika Extract, Beetroot Concentrate), Water, Glucose Syrup, Glazing Agent (Beeswax)]
 <b>Mini Strawberry Sprinkles</b>	Doughnut [ <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Stabilisers (Agar, Guar, Locust Bean Gum), Flavouring, Maize Starch, Palm Oil], Strawberry Flavour Icing [Sugar, White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids))), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour), Water, Stabiliser Base (Sugar, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Natural Flavouring, Colours (Beetroot, Paprika), Salt)], Sprinkles [Sugar, Vegetable Oil, Colours (Anthocyanin, Curcumin, Paprika Extract, Beetroot Concentrate), Water, Glucose Syrup, Glazing Agent (Beeswax)]
 <b>Original Glazed Bites</b>	Doughnut [ <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Stabilisers (Agar, Guar, Locust Bean Gum), Flavouring, Maize Starch, Palm Oil]

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, please see ingredients in **bold**. Not suitable for nut allergy sufferers due to manufacturing methods.

# INGREDIENT DECLARATIONS – RINGS & SHELLS (CORE RANGE UPDATE)

 <p>Strawberry Sprinkles</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Salt], Strawberry Icing [Sugar, White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids)), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour), Water, Stabiliser Base (Sugar, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Natural Flavouring, Colours (Beetroot, Paprika, Salt)], Sprinkles [Sugar, <b>Wheat</b> Starch, Modified Starch, Vegetable Oil, Concentrates (Radish, Lemon, Blackcurrant, Beetroot)], Colours (Anthocyanin, Chlorophyllin, Curcumin, Paprika Extract), Water, Glucose Syrup, Glazing Agent (Beeswax), Stabiliser (Gum Arabic), Antioxidant (Citric Acid)].</p>
 <p>Cinnamon Swirl</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Cream Cheese Kreme Frosting [Kreme [Sugar, Vegetable Oil (Palm, Rapeseed), Emulsifiers (Mono and Diglycerides of Fatty Acids, Polysorbate 60, <b>Soya</b> Lecithins, Propane-1,2-Diol Esters Of Fatty Acids), Dried Glucose Syrup, Corn Flour, Water, Salt, Flavouring (Water, Propylene Glycol, Polysorbate 80, Glycerine, Caramel Colour)], Water, Natural Cream Cheese Flavouring, Colour (Plain Caramel)], White Sugar, Cinnamon.</p>
 <p>White Marble Chocolate</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Salt], White Choc Coating [Sugar, Palm Oil, Whey Powder (<b>Milk</b>), Emulsifier (<b>Soya</b> Lecithin)], Blended Chocolate Lines [Sugar, Palm Oil, Whey Powder (<b>Milk</b>), Fat Reduced Cocoa Powder, Emulsifier (<b>Soya</b> Lecithin), Natural Flavouring].</p>
 <p>Boston Kreme</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Raising Agent (Monocalcium Phosphate), Preservative (Calcium Propionate), Stabilisers (Carboxymethyl Cellulose, Calcium Sulphate), Acidity Regulators (Ammonium Sulphate, Diammonium Phosphate, Dicalcium Phosphate), Flour Treatment Agent (Ascorbic Acid), Anticaking Agent (Tricalcium Phosphate)], Custard and Kreme Filling [Custard Filling [Water, Glucose Fructose Syrup, Sugar, Starch, Palm Fat, Acidity Regulator (Calcium Citrates, Glucono-delta-lactone), Natural Flavourings, Thickener (Pectins), Emulsifier (Sunflower Lecithins), Salt, Preservative (Potassium Sorbate), Colour (Carotenes), Extracted Vanilla Bean, Vegetable Concentrate (Black Carrot, Safflower)], Kreme [Sugar, Vegetable Oil (Palm, Rapeseed), Emulsifiers (Mono and Diglycerides of Fatty Acids, Polysorbate 60, <b>Soya</b> Lecithins, Propane-1,2-Diol Esters Of Fatty Acids), Dried Glucose Syrup, Corn Flour, Water, Salt, Flavouring (Water, Propylene Glycol, Polysorbate 80, Glycerine, Caramel Colour)], Chocolate Icing [Sugar, Water, Fat Reduced Cocoa Powder, Glucose Syrup, Vegetable Oil (Rapeseed, Palm), Emulsifiers (<b>Soya</b> Lecithin, Mono and Diglycerides of Fatty Acids), Salt, Flavouring].</p>
 <p>Cookies &amp; Kreme</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Salt], Kreme Frosting [Icing Sugar (Sugar, Maize Starch), Shortening (Vegetable Oils (Palm, Rapeseed), Emulsifier (Glycerol Monostearate), White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids)), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour), Water, Flavouring, Salt], Biscuit Crumb [Fortified <b>Wheat</b> Flour, Vegetable Shortening (Palm, Rapeseed), Sugar, Cocoa Powder, Invert Sugar Syrup, Raising Agent, Salt], White Icing [Sugar, White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids)), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour), Water, Stabiliser Base (Sugar, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Flavouring (Vanilla), Salt)].</p>

# INGREDIENT DECLARATIONS – RINGS & SHELLS (CORE RANGE UPDATE)

 <p>Strawberry Sundae</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Strawberry Icing [Sugar, White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids))), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour], Water, Stabiliser Base (Sugar, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Natural Flavouring, Colours (Beetroot, Paprika, Salt)], Strawberry Filling [Water, Glucose Syrup, Sugar, Strawberries, Modified Waxy Maize Starch, Strawberry Puree, Acidity Regulators (Citric Acid, Trisodium Citrate), Natural Strawberry Flavouring with Other Natural Flavours, Natural Colours (Fruit and Vegetable Extract (Elderberry, Red Radish), Fruit and Vegetable Concentrate (Hibiscus, Carrot), Preservative (Potassium Sorbate), Thickeners (Xanthan Gum, Locust Bean Gum), Salt], Kreme [Sugar, Vegetable Oil (Palm, Rapeseed), Emulsifiers (Mono and Diglycerides of Fatty Acids, Polysorbate 60, <b>Soya</b> Lecithins, Propane-1,2-Diol Esters Of Fatty Acids), Dried Glucose Syrup, Corn Flour, Water, Salt, Flavouring (Water, Propylene Glycol, Polysorbate 80, Glycerine, Caramel Colour)], Red Icing [White Icing [Sugar, Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids))), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, Soya Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour], Colour (Beetroot, Paprika)], White Choc Lines [Sugar, Palm Oil, Whey Powder (<b>Milk</b>), Emulsifier (<b>Soya</b> Lecithin)].</p>
 <p>Triple Chocolate Indulgence</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Brownie Batter Kreme Filling [Brownie Batter Filling [Vegetable Oil (Palm), Fat Reduced Cocoa Powder, Sugar, Dextrose, Sunflower Oil, Dried Glucose Syrup, Emulsifiers (Mono and Diglycerides of Fatty Acids, Sunflower Lecithins), Modified Starch, Salt], Kreme [Sugar, Vegetable Oil (Palm, Rapeseed), Emulsifiers (Mono and Diglycerides of Fatty Acids, Polysorbate 60, <b>Soya</b> Lecithins, Propane-1,2-Diol Esters Of Fatty Acids), Dried Glucose Syrup, Corn Flour, Water, Salt, Flavouring (Water, Propylene Glycol, Polysorbate 80, Glycerine, Caramel Colour)]], Chocolate Icing [Sugar, Water, Fat Reduced Cocoa Powder, Glucose Syrup, Vegetable Oil (Rapeseed, Palm), Emulsifiers (<b>Soya</b> Lecithin, Mono and Diglycerides of Fatty Acids), Salt, Flavouring], White Choc Lines [Sugar, Palm Oil, Whey Powder (<b>Milk</b>), Emulsifier (<b>Soya</b> Lecithin)], White Chocolate Curls [Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Lactose (from <b>Milk</b>), Emulsifier (<b>Soya</b> Lecithin), Natural Vanilla Flavouring], Milk Chocolate Curls [Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Cocoa Mass, Lactose (from <b>Milk</b>), Emulsifier (<b>Soya</b> Lecithin), Natural Vanilla Flavouring].</p>
 <p>Salted Caramel Sensation</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Raising Agent (Monocalcium Phosphate), Preservative (Calcium Propionate), Stabilisers (Carboxymethyl Cellulose, Calcium Sulphate), Acidity Regulators (Ammonium Sulphate, Diammonium Phosphate, Dicalcium Phosphate), Flour Treatment Agent (Ascorbic Acid), Anticaking Agent (Tricalcium Phosphate)], Caramel Icings [Sugar, Glucose Syrup, Vegetable Oil, Water, Caramelised Sugar Syrup, Emulsifiers (Mono and Diglycerides of Fatty acids, <b>Soya</b> Lecithin), Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Flavouring], Kreme [Sugar, Vegetable Oil (Palm, Rapeseed), Emulsifiers (Mono and Diglycerides of Fatty Acids, Polysorbate 60, <b>Soya</b> Lecithins, Propane-1,2-Diol Esters Of Fatty Acids), Dried Glucose Syrup, Corn Flour, Water, Salt, Flavouring (Water, Propylene Glycol, Polysorbate 80, Glycerine, Caramel Colour)], Salted Caramel Filling [Water, Sugar, Glucose Syrup, Modified Maize Starch, Palm Oil, Humectant (Glycerol), Colours (Calcium Sulphate, Plain Caramel, Beta-Carotene), Salt, Natural Flavouring, Preservative (Potassium Sorbate, Sorbic Acid), Acidity Regulator (Glucono Delta Lactone), Emulsifier (Sorbitan Monostearate), Stabiliser (Agar Agar)], Honeycomb Pieces [Glucose Syrup, Sugar, Raising Agent (Sodium Bicarbonate), Cocoa Butter].</p>
 <p>Pistachio Iced</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Salt], <b>Pistachio</b> Icing [White Icing [Sugar, White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids))), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour], Water, Stabiliser Base (Sugar, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Flavouring (Vanilla), Salt)], <b>Pistachio</b> Paste [Glucose-Fructose Syrup, Sugar, <b>Pistachio</b>, Water, Colouring Foods (Stinging Nettle Concentrate, Spinach Concentrate), Natural Flavouring], White Icing [Sugar, White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids))), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour], Water, Stabiliser Base (Sugar, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Flavouring (Vanilla), Salt)], Freeze Dried Raspberry Pieces.</p>



# INGREDIENT DECLARATIONS – RINGS & SHELLS (CORE RANGE UPDATE)

 <p>Cherry Bakewell</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Salt], Almond Flavoured Icing [White Icing [Sugar, White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids))), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour), Water, Stabiliser Base (Sugar, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Flavouring (Vanilla), Salt)], Natural Flavouring], Cherry Flavoured Icing [White Icing [Sugar, White Icing Base (Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids))), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, <b>Soya</b> Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour), Water, Stabiliser Base (Sugar, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Flavouring (Vanilla), Salt)], Natural Flavouring, Colours (Beetroot, Paprika)], Freeze Dried Sour Cherry Pieces.</p>
 <p>Glazed Raspberry</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Flavouring (Vanilla), Salt], Raspberry Filling [Sugar, Glucose Fructose Syrup, Water, Raspberry Puree, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Pectins), Natural Flavouring,, Preservative (Potassium Sorbate), Fruit and Vegetable Concentrate (Black Carrot, Hibiscus), Colour (Paprika Extract)].</p>
 <p>Pistachio Overload</p>	<p>Doughnut [<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, <b>Wheat</b> Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Pistachio Kreme™ Filling [Kreme [Sugar, Vegetable Oil (Palm, Rapeseed), Emulsifiers (Mono and Diglycerides of Fatty Acids, Polysorbate 60, <b>Soya</b> Lecithins, Propane-1,2- Diol Esters Of Fatty Acids), Dried Glucose Syrup, Corn Flour, Water, Salt, Flavouring (Water, Propylene Glycol, Polysorbate 80, Glycerine, Caramel Colour)], Black Milk Pistachio Cream [Sugar, Vegetable Oils and Fats (Palm, Sunflower), <b>Pistachio</b>, Skimmed <b>Milk</b> Powder, <b>Whey</b> Powder (<b>Milk</b>), <b>Lactose</b> (<b>Milk</b>), Emulsifier (Lecithins), Natural Flavourings, Colour (Copper Complexes of Chlorophyll)], Pistachio Paste [Glucose-Fructose Syrup, Sugar, <b>Pistachio</b>, Water, Colouring Foods (Stinging Nettle Concentrate, Spinach Concentrate), Natural Flavouring], Water], Black Milk Pistachio Icing Cream [Sugar, Vegetable Oils and Fats (Palm, Sunflower), <b>Pistachio</b>, Skimmed <b>Milk</b> Powder, <b>Whey</b> Powder (from <b>Milk</b>), <b>Lactose</b> (from <b>Milk</b>), Emulsifier (Lecithins), Natural Flavourings, Colour (Copper Complexes of Chlorophyll)], White Coating [Sugar, Palm Oil, <b>Whey</b> Powder (<b>Milk</b>), Emulsifier (<b>Soya</b> Lecithin)], Chopped and Caramelised Pistachios (Sugar, <b>Pistachios</b>).</p>



# INGREDIENT DECLARATIONS – FIRST HOLY COMMUNION



First Holy Communion

Doughnut [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Yeast, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, **Wheat** Gluten, Raising Agent (Calcium Phosphates), Stabilisers (Calcium Sulphate, Carboxymethyl Cellulose), Acidity Regulator (Calcium Phosphates), Flour Treatment Agent (Ascorbic Acid, Amylase), Anticaking Agent (Tricalcium Phosphate)], Glaze [Sugar, Water, Flour Treatment Agents (Calcium Sulphate, Disodium Phosphate), Stabilisers (Agar, Locust Bean Gum), Dextrose, Palm Oil, Flavouring (Vanilla), Salt], White Sugar Cross [Fondant Icing Sugar (Sugar, Glucose Syrup), Palm Oil, Water, Trehalose\*, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)], White Icing [Sugar, Shortening (Palm Fat, Rapeseed Oil, Emulsifier (Mono and Diglycerides of Fatty Acids)), Sugar, Dried Glucose Syrup, Palm Fat, Rapeseed Oil, Emulsifiers (Polysorbate 60, **Soya** Lecithin, Propane-1,2-diol Esters of Fatty Acids), Corn Flour].

\*Trehalose is a source of glucose.

# BEVERAGES



	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
Product Description	Suitable for vegetarians	Vegan Suitable	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg / Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
MILKSHAKES																					
Strawberry Shake	YES	NO	YES	✓				✓		✓											
Chocolate Shake	YES	NO	YES					✓		✓											
Biscoff Shake	YES	NO	YES	✓				✓		✓											
Cookie Shake made with Oreo®	YES	NO	YES	✓				✓		✓											
Munchies Shake	YES	NO	YES	✓		✓				✓											
PISTACHIO FLAVOUR DRINKS																					
Pistachio Latte (with oat drink)	YES	NO	YES				✓														
Pistachio Latte (with whole, semi-skimmed or skimmed milk)	YES	NO	YES							✓											
Pistachio Iced Latte (with oat drink)							✓														
Pistachio Iced Latte (with whole, semi-skimmed or skimmed milk)										✓											

**ALLERGY ADVICE:** Please be aware we cannot guarantee that **any** of our products (including drinks) are free from allergens (including cereals containing gluten, barley, milk, eggs, soy and nuts) due to our manufacturing methods.

	Nutrition Per 100 ml									Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (ml)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
MILKSHAKES																			
Strawberry Shake	591	138	4.1	2.5	23	22	0.08	3.0	0.00	338ml	1996	468	14	8.4	78	74	0.29	10	0.02
Chocolate Shake	603	141	4.6	2.8	22	21	0.11	3.3	0.02	338ml	2039	477	15	9.5	74	71	0.38	11	0.06
Biscoff Shake	724	171	9.2	3.3	19	16	0.16	3.2	0.06	340ml	2462	581	31	11	66	56	0.56	11	0.21
Cookie Shake made with Oreo®	590	138	4.9	2.8	21	18	0.23	3.3	0.05	330ml	1947	456	16	9.3	68	59	0.77	11	0.15

Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	Vegan Suitable	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg / Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
COFFEE CHILLERS																					
Coffee Chiller 12oz	YES	NO	YES							✓											
Coffee Chiller 16oz	YES	NO	YES							✓											
Mocha Chiller 12oz	YES	NO	YES							✓											
Mocha Chiller 16oz	YES	NO	YES							✓											
Caramel Latte Chiller 12oz	YES	NO	YES							✓											
Caramel Latte Chiller 16oz	YES	NO	YES							✓											
ICED COFFEE																					
Iced Coffee 12oz	YES	NO	YES							✓											
Iced Coffee 16oz	YES	NO	YES							✓											
Iced Mocha 12oz	YES	NO	YES							✓											
Iced Mocha 16oz	YES	NO	YES							✓											
Caramel Iced Coffee 12oz	YES	NO	YES							✓											
Caramel Iced Coffee 16oz	YES	NO	YES							✓											

**ALLERGY ADVICE:** Please be aware we cannot guarantee that **any** of our products (including drinks) are free from allergens (including cereals containing gluten, barley, milk, eggs, soya and nuts) due to our manufacturing methods.

	Nutrition Per 100g									Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (ml)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
COFFEE CHILLERS																			
Coffee Chiller 12oz	299	71	1.2	0.8	13.7	6.4	0.1	1.3	0.04	340 ml	934	221	3.9	2.4	42.7	19.9	0.2	4.0	0.13
Coffee Chiller 16oz	327	77	1.2	0.7	15.5	7.1	0.1	1.2	0.05	455 ml	1328	314	4.7	3.0	63.0	28.6	0.3	4.9	0.19
Mocha Chiller 12oz	375	89	1.2	0.7	18.0	10.6	0.1	1.3	0.05	340 ml	1183	279	3.8	2.4	56.7	33.6	0.2	4.1	0.15
Mocha Chiller 16oz	439	104	1.1	0.7	21.7	13.4	0.1	1.3	0.06	455 ml	1844	435	4.8	3.1	91.3	56.4	0.3	5.4	0.25
Caramel Latte Chiller 12oz	382	90	1.3	0.8	18.2	10.5	0.1	1.1	0.06	340 ml	1204	284	4.2	2.7	57.5	33.1	0.2	3.4	0.18
Caramel Latte Chiller 16oz	393	93	1.2	0.8	19.3	10.3	0.1	1.0	0.06	455 ml	1572	371	4.7	3.1	77.2	41.3	0.3	4.1	0.25
ICED COFFEE																			
Iced Coffee 12oz	147	35	0.1	0.1	7.1	6.7	0.1	1.4	0.01	340 ml	505	120	0.4	0.2	24.5	23.2	0.2	4.9	0.02
Iced Coffee 16oz	192	46	0.1	0.1	9.8	9.3	0.1	1.4	0.01	455 ml	834	199	0.6	0.3	42.7	40.5	0.4	6.0	0.03
Iced Mocha 12oz	148	35	0.3	0.2	6.4	6.0	0.1	1.6	0.01	340 ml	509	120	0.9	0.5	22.1	20.5	0.2	5.6	0.04
Iced Mocha 16oz	198	47	0.4	0.2	8.9	8.3	0.1	1.7	0.02	455 ml	858	203	1.6	0.9	38.7	36.0	0.4	7.4	0.08
Caramel Iced Coffee 12oz	140	33	0.1	0.1	6.6	6.2	0.1	1.4	0.01	340 ml	480	114	0.4	0.2	22.8	21.5	0.2	4.9	0.02
Caramel Iced Coffee 16oz	184	44	0.1	0.1	9.2	8.7	0.1	1.4	0.01	455 ml	799	191	0.6	0.3	40.0	37.9	0.4	6.0	0.04

Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	Vegan Suitable	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg / Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
HOT DRINKS – OAT MILK																					
Flat White 8oz	YES	YES	YES				✓														
Latte 12oz	YES	YES	YES				✓														
Latte 16oz	YES	YES	YES				✓														
Cappuccino 12oz	YES	YES	YES				✓														
Cappuccino 16oz	YES	YES	YES				✓														
Mocha 12oz	YES	YES	YES				✓														
Mocha 16oz	YES	YES	YES				✓														
Black Americano 12oz	YES	YES	YES																		
Black Americano 16oz	YES	YES	YES																		
White Americano 12oz	YES	YES	YES				✓														
White Americano 16oz	YES	YES	YES				✓														
Hot Chocolate 12oz	YES	YES	YES				✓														
Hot Chocolate 16oz	YES	YES	YES				✓														
Tea	YES	YES	YES				✓														

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	Nutrition Per 100g									Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (ml)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>HOT DRINKS – OAT MILK</b>																			
Flat White 8oz	193	46	2.1	0.3	6.1	2.6	0.1	0.5	0.08	227 ml	355	85	3.9	0.6	11.2	4.8	0.2	0.9	0.14
Latte 12oz	212	51	2.4	0.3	6.7	3.0	0.1	0.4	0.08	340 ml	565	136	6.5	0.9	17.8	8.0	0.2	1.2	0.23
Latte 16oz	214	51	2.4	0.3	6.7	3.0	0.1	0.5	0.08	455 ml	857	206	9.8	1.3	26.9	12.0	0.4	1.9	0.34
Cappuccino 12oz	223	54	2.4	0.3	7.2	3.5	0.2	0.5	0.08	340 ml	600	144	6.6	0.9	19.4	9.3	0.5	1.3	0.23
Cappuccino 16oz	221	53	2.5	0.3	7.1	3.3	0.2	0.5	0.08	455 ml	891	214	9.9	1.4	28.5	13.3	0.6	2.0	0.34
Mocha 12oz	356	85	2.5	0.5	13.8	9.1	1.1	1.1	0.08	340 ml	1050	250	7.5	1.5	40.6	26.7	3.2	3.2	0.23
Mocha 16oz	357	85	2.6	0.5	13.8	9.1	1.1	1.1	0.08	455 ml	1583	378	11.4	2.3	61.1	40.1	4.9	5.0	0.35
Black Americano 12oz	18	4	0.1	0.1	0.3	0.1	0.1	0.5	0.03	340 ml	65	14	0.4	0.4	1.1	0.4	0.4	1.8	0.11
Black Americano 16oz	17	4	0.1	0.1	0.3	0.1	0.1	0.4	0.03	455 ml	82	19	0.5	0.5	1.4	0.5	0.5	1.9	0.14
White Americano 12oz	73	17	0.7	0.2	1.9	0.9	0.2	0.8	0.06	340 ml	179	41	1.8	0.6	4.7	2.1	0.4	1.9	0.16
White Americano 16oz	57	13	0.5	0.2	1.4	0.6	0.1	0.6	0.05	455 ml	196	46	1.9	0.7	5.0	2.2	0.5	2.0	0.19
Hot Chocolate 12oz	430	102	3.2	0.6	16.7	11.3	1.3	1.1	0.09	340 ml	1010	241	7.5	1.5	39.2	26.6	3.0	2.7	0.21
Hot Chocolate 16oz	430	102	3.2	0.6	16.7	11.3	1.3	1.1	0.09	455 ml	1517	361	11.2	2.2	58.8	40.0	4.5	4.0	0.32
Tea (with oat milk)	33	8	0.4	0.1	1.0	0.5	0.0	0.0	0.01	340 ml	114	27	1.4	0.2	3.6	1.7	0.0	0.1	0.05



Product Description	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
	Suitable for vegetarians	Vegan Suitable	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg / Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
HOT DRINKS - SKIMMED MILK, SEMI SKIMMED MILK, WHOLE MILK																					
Flat White 8oz	YES	NO	YES							✓											
Latte 12oz	YES	NO	YES							✓											
Latte 16oz	YES	NO	YES							✓											
Cappuccino 12oz	YES	NO	YES							✓											
Cappuccino 16oz	YES	NO	YES							✓											
Mocha 12oz	YES	NO	YES							✓											
Mocha 16oz	YES	NO	YES							✓											
Black Americano 12oz	YES	YES	YES																		
Black Americano 16oz	YES	YES	YES																		
White Americano 12oz	YES	NO	YES							✓											
White Americano 16oz	YES	NO	YES							✓											
Hot Chocolate 12oz	YES	NO	YES							✓											
Hot Chocolate 16oz	YES	NO	YES							✓											
Tea	YES	NO	YES							✓											

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11/05/2025

	Nutrition Per 100g									Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (ml)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
HOT DRINKS - <b>SKIMMED MILK</b>																			
Flat White 8oz	119	28	0.2	0.1	4.0	3.3	0.1	2.7	0.01	227 ml	218	52	0.4	0.2	7.4	6.1	0.2	4.9	0.02
Latte 12oz	126	30	0.3	0.1	4.3	3.8	0.1	2.9	0.01	340 ml	338	80	0.7	0.3	11.4	10.1	0.2	7.8	0.02
Latte 16oz	128	30	0.3	0.1	4.3	3.8	0.1	3.0	0.01	455 ml	515	122	1.1	0.5	17.2	15.1	0.4	11.8	0.03
Cappuccino 12oz	138	33	0.3	0.1	4.8	4.2	0.2	2.9	0.01	340 ml	372	88	0.8	0.4	13.0	11.4	0.5	7.9	0.02
Cappuccino 16oz	136	32	0.3	0.1	4.7	4.1	0.2	3.0	0.01	455 ml	549	130	1.2	0.5	18.9	16.4	0.6	12.0	0.03
Mocha 12oz	279	66	0.6	0.3	11.6	9.8	1.1	3.3	0.01	340 ml	822	195	1.7	1.0	34.2	28.8	3.2	9.8	0.02
Mocha 16oz	280	66	0.6	0.3	11.6	9.8	1.1	3.4	0.01	455 ml	1241	294	2.7	1.5	51.5	43.2	4.9	14.9	0.04
Black Americano 12oz	18	4	0.1	0.1	0.3	0.1	0.1	0.5	0.03	340 ml	65	14	0.4	0.4	1.1	0.4	0.4	1.8	0.11
Black Americano 16oz	17	4	0.1	0.1	0.3	0.1	0.1	0.4	0.03	455 ml	82	19	0.5	0.5	1.4	0.5	0.5	1.9	0.14
White Americano 12oz	53	12	0.2	0.2	1.3	1.0	0.2	1.4	0.04	340 ml	130	29	0.5	0.5	3.3	2.6	0.4	3.4	0.11
White Americano 16oz	43	10	0.2	0.2	1.0	0.8	0.1	1.0	0.04	455 ml	147	34	0.6	0.6	3.6	2.7	0.5	3.5	0.14
Hot Chocolate 12oz	333	79	0.7	0.4	13.9	12.2	1.3	4.0	0.00	340 ml	782	185	1.7	0.9	32.8	28.7	3.0	9.3	0.01
Hot Chocolate 16oz	333	79	0.7	0.4	13.9	12.2	1.3	4.0	0.00	455 ml	1174	278	2.5	1.4	49.2	43.1	4.5	14.0	0.01
Tea (with skimmed milk)	19	4	0.0	0.0	0.6	0.6	0.0	0.5	0.00	340 ml	65	15	0.1	0.1	2.2	2.2	0.0	1.6	0.00

	Nutrition Per 100g									Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (ml)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
HOT DRINKS - SEMI SKIMMED MILK																			
Flat White 8oz	153	36	1.2	0.8	4.0	3.2	0.1	2.7	0.01	227 ml	281	67	2.2	1.4	7.3	5.9	0.2	4.9	0.02
Latte 12oz	166	39	1.3	0.9	4.2	3.7	0.1	2.9	0.01	340 ml	443	105	3.6	2.3	11.2	9.8	0.2	7.8	0.02
Latte 16oz	168	40	1.4	0.9	4.2	3.7	0.1	3.0	0.01	455 ml	673	159	5.5	3.4	16.9	14.8	0.4	11.8	0.03
Cappuccino 12oz	178	42	1.4	0.9	4.8	4.2	0.2	2.9	0.01	340 ml	478	113	3.7	2.3	12.8	11.2	0.5	7.9	0.02
Cappuccino 16oz	176	42	1.4	0.9	4.6	4.0	0.2	3.0	0.01	455 ml	708	167	5.5	3.5	18.6	16.1	0.6	12.0	0.03
Mocha 12oz	314	74	1.6	1.0	11.5	9.7	1.1	3.3	0.01	340 ml	928	219	4.6	2.9	34.0	28.6	3.2	9.8	0.02
Mocha 16oz	316	75	1.6	1.0	11.5	9.7	1.1	3.4	0.01	455 ml	1400	331	7.0	4.4	51.2	42.9	4.9	14.9	0.04
Black Americano 12oz	18	4	0.1	0.1	0.3	0.1	0.1	0.5	0.03	340 ml	65	14	0.4	0.4	1.1	0.4	0.4	1.8	0.11
Black Americano 16oz	17	4	0.1	0.1	0.3	0.1	0.1	0.4	0.03	455 ml	82	19	0.5	0.5	1.4	0.5	0.5	1.9	0.14
White Americano 12oz	62	14	0.5	0.4	1.3	1.0	0.2	1.4	0.04	340 ml	153	35	1.2	0.9	3.2	2.5	0.4	3.4	0.11
White Americano 16oz	49	12	0.4	0.3	1.0	0.8	0.1	1.0	0.04	455 ml	170	40	1.3	1.0	3.5	2.6	0.5	3.5	0.14
Hot Chocolate 12oz	378	89	1.9	1.2	13.9	12.1	1.3	4.0	0.00	340 ml	888	210	4.6	2.9	32.5	28.5	3.0	9.3	0.01
Hot Chocolate 16oz	378	89	1.9	1.2	13.8	12.1	1.3	4.0	0.00	455 ml	1333	315	6.8	4.3	48.8	42.8	4.5	14.0	0.01
Tea (with SS milk)	25	6	0.2	0.1	0.6	0.6	0.0	0.5	0.00	340 ml	88	21	0.8	0.5	2.1	2.1	0.0	1.6	0.00

	Nutrition Per 100g									Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (ml)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>HOT DRINKS - WHOLE MILK</b>																			
Flat White 8oz	200	48	2.5	1.6	3.9	3.2	0.1	2.6	0.01	227 ml	368	88	4.5	2.9	7.1	5.8	0.2	4.8	0.02
Latte 12oz	220	52	2.8	1.8	4.1	3.6	0.1	2.8	0.01	340 ml	588	140	7.5	4.8	11.0	9.6	0.2	7.6	0.02
Latte 16oz	222	53	2.8	1.8	4.1	3.6	0.1	2.9	0.01	455 ml	891	212	11.4	7.2	16.6	14.5	0.4	11.5	0.03
Cappuccino 12oz	232	55	2.8	1.8	4.7	4.1	0.2	2.9	0.01	340 ml	623	148	7.6	4.8	12.6	11.0	0.5	7.7	0.02
Cappuccino 16oz	230	55	2.8	1.8	4.5	3.9	0.2	2.9	0.01	455 ml	926	220	11.5	7.3	18.2	15.8	0.6	11.7	0.03
Mocha 12oz	364	86	2.9	1.8	11.5	9.6	1.1	3.3	0.01	340 ml	1073	255	8.5	5.4	33.8	28.4	3.2	9.6	0.02
Mocha 16oz	365	87	2.9	1.8	11.5	9.6	1.1	3.3	0.01	455 ml	1618	384	12.9	8.2	50.8	42.6	4.9	14.6	0.04
Black Americano 12oz	18	4	0.1	0.1	0.3	0.1	0.1	0.5	0.03	340 ml	65	14	0.4	0.4	1.1	0.4	0.4	1.8	0.11
Black Americano 16oz	17	4	0.1	0.1	0.3	0.1	0.1	0.4	0.03	455 ml	82	19	0.5	0.5	1.4	0.5	0.5	1.9	0.14
White Americano 12oz	75	17	0.8	0.6	1.3	1.0	0.2	1.4	0.04	340 ml	184	42	2.0	1.4	3.2	2.5	0.4	3.3	0.11
White Americano 16oz	58	14	0.6	0.4	1.0	0.7	0.1	1.0	0.04	455 ml	201	47	2.1	1.5	3.5	2.6	0.5	3.4	0.14
Hot Chocolate 12oz	440	104	3.6	2.3	13.8	12.0	1.3	3.9	0.00	340 ml	1033	245	8.5	5.4	32.3	28.3	3.0	9.1	0.01
Hot Chocolate 16oz	439	104	3.6	2.3	13.7	12.0	1.3	3.9	0.00	455 ml	1551	368	12.8	8.1	48.5	42.4	4.5	13.6	0.01
Tea (with whole milk)	25	6	0.2	0.1	0.6	0.6	0.0	0.5	0.00	340 ml	88	21	0.8	0.5	2.1	2.1	0.0	1.6	0.00

	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
Product Description	Suitable for vegetarians	Vegan Suitable	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg / Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
ICE CREAM, TOPPINGS & SAUCES																					
Ice Cream	YES	NO	YES							✓											
Ice Cream & OG	YES	NO	YES	✓				✓	✓	✓											
Ice Cream & Bites	YES	NO	YES	✓				✓	✓	✓											
Caramel Sauce – 1 pump	YES	NO	YES							✓											
Dark Choc Sauce – 1 pump	YES	NO	YES																		
Shortbread Pieces	YES	NO	YES	✓						✓											

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	Nutrition Per 100g									Nutrition Per Portion									
Product Description	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Average Portion weight (g)	Energy - kJ	Energy - kcal	Fat (g)	Of Which Saturates (g)	Carbohydrate (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
ICE CREAM, TOPPINGS & SAUCES																			
Ice Cream	630	150	6.5	3.5	19.0	19.0	0.0	3.9	0.1	160g	1008	240	10.4	5.6	30.4	30.4	0	6.2	0.2
Ice Cream & OG	1085	259	10.9	5.4	34.8	21.4	1.1	4.9	0.28	112g	1216	290	12.2	6.0	39.0	24.0	1.2	5.5	0.31
Ice Cream & Bites	881	210	9.2	4.9	27.0	21.7	0.3	4.9	0.17	160g	1410	336	14.8	7.8	43.2	34.7	0.5	7.8	0.28
Caramel Sauce – 1 pump	1600	378	4.7	3.2	79.3	71.5	0.0	0.0	0.29	15ml	312	74	0.9	0.6	15.5	13.9	0.0	0.0	0.06
Dark Choc Sauce – 1 pump	1492	352	2.6	1.6	75.4	74.1	0.0	3.5	0.13	15ml	291	69	0.5	0.3	14.7	14.4	0.0	0.7	0.03
Shortbread Pieces	2070	494	24.3	15.3	61.1	14.0	1.8	6.9	0.50	5g	104	25	1.2	0.8	3.1	0.7	0.1	0.3	0.03

	Dietary Choices			Cereals containing Gluten				Allergen Present / Contains													
Product Description	Suitable for vegetarians	Vegan Certified	Suitable for Halal	Wheat	Rye	Barley	Oat	Soya	Egg/ Egg Products	Milk / Milk Products	Sulphites above 10ppm	Sesame	Crustaceans	Fish	Lupin	Molluscs	Mustard	Celery	Peanut	Tree Nuts / Nut Derivatives	Tree Nut Source (if present)
HOT DRINKS - SYRUPS																					
Dark Chocolate Sauce	YES	NO	YES																		
Salted Caramel Syrup	YES	NO	YES																		
Caramel Syrup	YES	NO	YES																		
Roasted Hazelnut Syrup	YES	NO	YES																	✓	Hazelnut
French Vanilla Syrup	YES	NO	YES																		
Strawberry Fruit Based Preparation	YES	NO	YES																		

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# SHAKES- INGREDIENT DECLARATIONS

Strawberry Shake	Strawberry Shake & Mini OG: Strawberry Shake [Thick Shake Mix [Reconstituted Skimmed <b>Milk</b> , Sugar, Glucose Syrup, Palm Oil, Skimmed <b>Milk</b> Powder, Stabilisers (Guar Gum, Sodium Tripolyphosphate, Carrageenan), Flavouring], Strawberry Preparation [Sugar, Strawberry Puree, Natural Strawberry Flavouring with other natural flavourings, Acid (Citric Acid), Colour (Anthocyanins), Preservative (Potassium Sorbate), Thickener (Pectin)], Spray Cream [Cream ( <b>Milk</b> ), Sugar, Emulsifier (Mono and Diglycerides of Fatty Acids), Stabiliser (Carrageenan), Propellant (Nitrous Oxide)], Rainbow Sprinkles [Sugar, Vegetable Oils (Coconut, Shea), Concentrates (Sweet Potato, Beetroot, Apple, Spirulina, Carrot, Radish, Hibiscus), Stabiliser (Acacia Gum), Glazing Agent (Carnauba Wax), Colour (Paprika, Lutein)]].
Chocolate Shake	Chocolate Shake & Mini OG: Chocolate Shake [Thick Shake Mix [Reconstituted Skimmed <b>Milk</b> , Sugar, Glucose Syrup, Palm Oil, Skimmed <b>Milk</b> Powder, Stabilisers (Guar Gum, Sodium Tripolyphosphate, Carrageenan), Flavouring], Dark Chocolate Sauce [Sugar, Water, Low Fat Cocoa Powder, Cocoa Mass, Acid (Tartaric Acid), Natural Flavouring, Emulsifier (Mono and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Salt], Spray Cream [Cream ( <b>Milk</b> ), Sugar, Emulsifier (Mono and Diglycerides of Fatty Acids), Stabiliser (Carrageenan), Propellant (Nitrous Oxide)], Milk Chocolate Curls [Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Cocoa Mass, Lactose (from <b>Milk</b> ), Emulsifier ( <b>Soya</b> Lecithin), Natural Vanilla Flavouring], Dark Hot Chocolate Powder [Sugar, Fat Reduced Cocoa Powder].
Biscoff Shake	Biscoff Shake & Mini OG: Biscoff Shake [Thick Shake Mix [Reconstituted Skimmed <b>Milk</b> , Sugar, Glucose Syrup, Palm Oil, Skimmed <b>Milk</b> Powder, Stabilisers (Guar Gum, Sodium Tripolyphosphate, Carrageenan), Flavouring], Biscoff Sauce [Original Caramelised Biscuits ( <b>Wheat</b> Flour, Sugar, Vegetable Oils (Palm, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), <b>Soya</b> Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier ( <b>Soya</b> Lecithin), Acid (Citric Acid)], Spray Cream [Cream ( <b>Milk</b> ), Sugar, Emulsifier (Mono and Diglycerides of Fatty Acids), Stabiliser (Carrageenan), Propellant (Nitrous Oxide)], Biscoff Biscuit Topping [ <b>Wheat</b> Flour, Sugar, Vegetable Oils (Palm Oil from Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Salt, Cinnamon].
Cookies Shake	Cookies Shake & Mini OG: Cookies Shake [Thick Shake Mix [Reconstituted Skimmed <b>Milk</b> , Sugar, Glucose Syrup, Palm Oil, Skimmed <b>Milk</b> Powder, Stabilisers (Guar Gum, Sodium Tripolyphosphate, Carrageenan), Flavouring], Spray Cream [Cream ( <b>Milk</b> ), Sugar, Emulsifier (Mono and Diglycerides of Fatty Acids), Stabiliser (Carrageenan), Propellant (Nitrous Oxide)], Dark Biscuit Crumb [Sugar, Corn Flour, Palm Fat, Potato Starch, Fat Reduced Cocoa Powder, Dextrose, Tapioca Starch, Natural Bourbon Vanilla Flavouring, Natural Flavourings, Salt, Emulsifiers ( <b>Soya</b> Lecithin), Raising Agents (Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate), Alkalizing Agent (Potassium Carbonate)], Chocolate Cookie Syrup [Sugar, Water, Colour (Caramel), Natural Flavouring].
Munchies Shake	Munchies Shake [Thick Shake Mix [Reconstituted Skimmed <b>Milk</b> , Sugar, Glucose Syrup, Palm Oil, Skimmed <b>Milk</b> Powder, Stabilisers (Guar Gum, Sodium Tripolyphosphate, Carrageenan), Flavouring], Dulce de Leche Caramel Sauce [Caramelised Sweetened Condensed <b>Milk</b> ( <b>Milk</b> , Sugar), Stabiliser (Disodium Phosphate)], Crushed Milk Chocolate Coated Munchie Pieces [ <b>Wheat</b> Flour (contains Calcium, Iron, Niacin, Thiamine), Vegetable Oils (Palm, Rapeseed), Sugar, <b>Barley</b> Malt Extract, Salt, Raising Agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate)), <b>Milk</b> Chocolate (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Cocoa Mass, Whey Powder ( <b>Milk</b> ), Lactose ( <b>Milk</b> ), Emulsifier (Lecithin)), Glazing Agent (Gum Arabic)].