

# Product Sensitivity and Nutritional Information

Last updated: 15/09/2022

**Key:**  
**P = Present**  
**N = Not present**  
**T = Present in trace quantities**  
**M = May contain**  
**Y = Yes**  
**N = No**

Please be aware that there is always a risk that traces of allergens may be transferred to a product during processing, storage or preparation at store level. For these reasons Wild Bean Cafe cannot guarantee that any product sold is free from traces of allergens.

Product Name	Suitable for Ovo Lacto Vegetarians	Contains											Average Nutritional Value per Serve							Average Nutritional Value per 100g									
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)
<b>Gourmet Pies (260g)</b>																													
Pepper Steak Gourmet Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2520	22.1	29.9	18.6	60.3	3.7	765	100	971	8.5	11.5	7.2	23.2	1.4	294
Thai Chicken Gourmet Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2710	19.9	36.7	25.9	58	2.6	492	100	1040	7.7	14.1	10	22.3	1	189
Butter Chicken Gourmet Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2630	19.8	33.6	23.2	60.5	3.7	890	100	1010	7.6	12.9	8.9	23.3	1.4	342
Angus Steak & Cheese Gourmet	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2640	24.5	33.4	20.7	57	2.1	834	100	1020	9.4	12.8	8	21.9	0.8	321
Mexican Bean & Sour Cream Gourmet Pie	Y	N	N	N	P	P	M	P	P	N	N	N	N	260	2240	12.3	27.5	15.9	68.4	6.1	763	100	861	4.7	10.6	6.1	26.3	2.3	293
American Style Buffalo Chicken Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2620	20.9	32.7	19.3	60.6	3.7	945	100	1010	8	12.6	7.4	23.3	1.4	363
Meatball & Bacon Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2930	18.3	39.2	22.4	64.7	6.7	1140	100	1130	7	15.1	8.6	24.9	2.6	437
Impossible Burger Pie	Y	N	N	N	P	P	M	P	P	N	N	N	N	260	2850	17.5	39.1	18.7	63.3	4.8	1290	100	1100	6.7	15	7.2	24.4	1.9	497
Impossible Mince & Cheese Pie	Y	N	N	N	P	P	M	P	P	N	N	N	N	260	2740	18.7	34.3	19.9	65.4	2.7	1080	100	1050	7.2	13.2	7.7	25.2	1.1	416
Chilli Con Carne with Sour Cream Pie 260g	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2440	19.5	32.7	18.6	63.8	4.3	816	100	940	7.5	12.6	7.1	24.5	1.6	314
<b>Classic Pies (200g)</b>																													
Classic Mince Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	200	1850	14.7	21.5	13.5	46.5	1.5	571	100	923	7.3	10.7	6.8	23.3	0.8	285
Mince & Cheese Classic Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	200	1950	14.9	24.1	15.4	46.5	1.9	643	100	975	7.4	12.1	7.7	23.3	1	321
Prime Steak Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	200	1890	16.2	21.9	13.8	45.2	1.1	539	100	944	8.1	10.9	6.9	22.6	0.5	270
Steak & Cheese Classic Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	200	1970	16.1	24.5	15.6	44.6	1.5	620	100	984	8.1	12.2	7.8	22.3	0.8	310
Bacon & Egg Classic Pie	N	N	N	N	P	P	P	P	P	N	N	N	N	200	2370	15.6	36.3	22.4	43.1	1.5	866	100	1190	7.8	18.2	11.2	21.6	0.8	433
Potato Top Pie 240g	N	N	N	N	P	P	M	P	P	N	N	N	N	240	1820	15.9	21.5	12.9	42.7	1.9	687	100	757	6.6	8.9	5.4	17.8	0.8	286
Vegan Buttery Chick'n Pie	Y	N	N	N	P	P	M	M	P	N	N	N	N	200	1990	11.1	24.9	13.7	49.3	7.8	942	100	993	5.6	12.4	6.8	24.7	3.9	471
<b>Sausage Rolls</b>																													
Beef Roll	N	N	N	N	P	P	M	P	P	N	N	N	N	200	1910	18.8	22.7	14.7	42.6	1.6	1030	100	955	9.4	11.3	7.4	21.3	0.8	516
Sausage Roll	N	N	N	N	P	P	M	P	P	N	N	N	N	120	1100	11.6	12.5	8.1	25.1	0.6	654	100	920	9.6	10.4	6.8	20.9	0.5	545
Garlic & Cheese Roll	N	N	N	N	P	P	M	P	P	N	N	N	N	120	1160	11.9	13.9	8.9	25.2	0.6	638	100	963	9.9	11.5	7.4	21	0.5	532
Vegan Sausage Roll	Y	N	N	N	P	P	M	M	P	N	N	N	N	120	1460	19.4	17.5	7.3	28.1	1.3	590	100	1220	16.1	14.5	6.1	23.5	1.1	492
<b>Savouries</b>																													
Bacon & Cheese Crunchie	N	N	N	N	P	P	T	P	P	N	N	N	T	135	1220	11.8	10.9	4.9	36.1	0.8	820	100	903.7	8.7	8.1	3.6	26.7	0.6	607.4
Bacon Brunch Cake	N	N	N	N	N	N	P	P	N	N	N	N	P	132	1290	9.4	16.9	6.4	28.4	1.7	405	100	977.2	7.1	12.8	4.8	21.5	1.3	3.4
Chicken Cordon Bleu	N	N	N	N	P	P	T	P	P	N	N	N	N	133	1380	18.4	19.4	7.1	20.7	0.5	1170	100	1037.6	13.8	14.5	5.3	15.6	0.37	879.7
Lasagne Toppa	N	N	N	N	P	P	T	P	P	N	N	N	N	143	1570	16.2	16.3	6.6	41.1	2.9	735	100	1097.9	11.3	11.4	4.6	28.7	2	514
Chicken and Mushroom Filo Pastry	N	N	N	N	P	P	P	P	N	N	N	N	N	130	1008	13	10	6	30	1	446	100	775	10	7.9	4.7	23.3	0.8	343
Beef Bacon Croquette	N	N	N	N	P	P	P	P	P	N	N	P	T	100	616	8.4	6.8	3.3	13	0.7	33.3	100	616	8.4	6.8	3.3	13	0.7	33.3
Spinach & Feta Roll	Y	N	T	T	P	P	P	P	-	-	T	-	-	100	1034	7.8	14.3	8.1	21.6	0.5	362	100	1034	7.8	14.3	8.1	21.6	0.5	362
Large Sausages	N	N	Y	Y	Y	Y	Y	Y	P	Y	Y	Y	N	120	970	17	13.4	5.2	11	0.29	864	100	776	13.6	10.7	4.2	8.8	0.2	691
Thai curry vegetable toppla	Y	N	N	N	P	P	T	T	T	T	T	N	T	130	1199	12.9	8.2	2.2	39.8	1.7	855	100	922	9.9	6.3	1.7	30.6	1.3	658
<b>Bites</b>																													
Southern Style Chicken Bites	N	N	N	N	Y	Y	N	N	Y	N	N	N	N	50	386	9.2	5.3	1.6	1.9	0.1	218	100	772	18.4	10.6	3.2	3.8	0.2	436
Memphis Chicken Bite	N	N	N	N	Y	Y	T	T	Y	T	T	N	N	45	423.5	7.1	4.9	1.4	7.2	0.9	321.8	100	941	15.8	10.8	3.2	15.9	1.9	715
Mac & Cheese Bite	N	N	N	N	Y	Y	N	Y	N	N	N	N	N	50	336.5	3	2.2	1.2	11.9	2	273	100	673	6	4.4	2.4	23.8	4	546
Cheeseburger Bite	N	N	N	N	Y	Y	Y	Y	Y	N	N	N	N	45	338	6.2	3	1.5	6.8	0.3	332	100	752	14	6.7	3.4	15	0.7	738
Bacon Potato & Cheese Bite	N	N	N	N	Y	Y	N	Y	N	N	N	N	N	45	323	3.3	3.6	1.8	9.7	0.3	197	100	654	6.8	6.8	3.1	22.7	0.9	434
Pulled Beef Bite	N	N	N	N	P	P	T	T	P	T	T	N	T	45	312	2.9	2.7	1.1	11	1.1	239	100	693	6.4	5.9	2.5	23.9	2.4	531
<b>Poppas</b>																													
Poppa Craft Beer & Cheddar	Y	N	N	N	P	P	N	P	P	N	N	M	N	95	755	6.2	7.9	4.9	20	1.6	189	100	795	6.6	8.3	5.1	21	1.7	198
Poppa Jalapeno & Cream Cheese	Y	N	N	N	P	P	N	P	P	N	N	M	N	95	847	5.1	12	4.9	19	1.7	440	100	891	5.4	12	5.1	20	1.8	463
Poppa Sweetcorn & Sriracha Mayo	Y	N	N	N	P	P	N	P	N	N	N	M	N	95	814	4.3	10	3.4	20	2.9	200	100	857	4.5	11	3.5	21	3.1	210

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		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)
<b>Cookies (Baked)</b>																													
Chunky Chip Baked Cookie	Y	N	T	T	P	P	P	P	P	N	N	N	N	57	1160	2.5	12.8	9.7	37.2	26.2	62	100	2040	4.3	22.5	17.1	65.2	46	109
White Choc Macadamia Baked Cookie	Y	N	T	P	P	P	P	P	P	N	N	N	N	57	1190	3	14.5	9.1	35	22.9	74	100	2080	5.3	25.4	15.9	61.4	40.2	129
Raspberry & White Choc Baked Cookie	Y	N	T	T	P	P	P	P	P	N	N	N	N	57	1100	2.5	10.9	8.5	37.6	24.9	75	100	1930	4.3	19.2	14.9	66	43.6	132
Peanut Brownie Baked Cookie	Y	N	P	T	P	P	P	P	P	N	N	N	N	57	1190	5.4	16.3	7.2	27.8	16.3	70	100	2090	9.5	28.6	12.7	48.7	28.6	122
<b>Cookies (Dough P7)</b>																													
Chunky Choc Chip Cookie	Y	N	T	T	Y	Y	Y	Y	Y	N	N	N	N	60	1170	2.3	12.5	9.7	37.1	25.7	62	60	2050	4	22	17	65	45	109
White Choc Macadamia Cookie	Y	N	T	T	Y	Y	Y	Y	Y	N	N	N	N	60	1190	2.9	14.3	9.1	34.8	22.8	74	60	2090	5	25	16	61	40	130
Red Velvet Cookie	Y	N	T	T	Y	Y	Y	Y	Y	N	N	N	N	60	1120	3	12.1	9.1	36.8	23.5	131	60	1960	5.3	21.2	15.9	64.6	41.3	229
Salted Caramel Cookie	Y	N	T	T	Y	Y	Y	Y	Y	N	N	N	N	60	1160	3	14	10.3	35.2	23.7	233	60	2040	5.3	24.5	18.1	61.7	41.5	408
Double Choc cookie	Y	N	M	M	P	P	P	P	P	N	N	N	N	30	610	1.6	6.7	4.8	19.5	13.1	37	100	2020	5.3	22.3	16	64.9	43.6	123
<b>Cupcakes</b>																													
Cupcake Chocolate	Y	N	N	N	Y	Y	Y	Y	N	N	N	N	P	85	2130	5.3	20.6	9.2	74.4	61	365	100g	2510	6.2	24.2	10.8	87.5	71.8	430
Cupcake Red Velvet	Y	N	N	N	Y	Y	Y	Y	N	N	N	N	P	85	1600	3.2	19.4	5.2	48.4	39.1	327	100g	1880	3.8	22.9	6.1	56.9	46	384
Cupcake Salted Caramel	Y	N	N	N	Y	Y	Y	Y	N	N	N	N	P	85	1700	3.4	20.8	5.5	51.3	41.5	309	100g	2000	4	24.4	6.5	60.4	48.9	364
Cupcake Strawberry	Y	N	N	N	Y	Y	Y	Y	N	N	N	N	P	85	1680	3.3	20.5	5.5	50.6	41	344	100g	1980	3.9	24.1	6.4	59.5	48.2	405
Cupcake Vanilla Surf Lifesaving	Y	N	N	N	Y	Y	Y	Y	N	N	N	N	P	85	1680	3.3	20.5	5.5	50.6	41	344	100g	1980	3.9	24.1	6.4	59.5	48.2	405
<b>Pastries</b>																													
Vanilla Crown	N			Y	Y	Y	Y	Y	Y					100g	1424	4.8	22.1	8.8	30.3	9.7	0.44	100g	1424	4.8	22.1	8.8	30.3	9.7	0.44
Maple Pecan Plait	N			Y	Y	Y	Y	Y	Y					95g	1689	2.1	27.1	10.3	34.7	13.6	0.44	95g	1689	2.1	27.1	10.3	34.7	13.6	0.44
Apple turnover	N	N	I	I	Y	Y	Y	Y	N	N	N	N	N	100g	322	3.7	19	12	33	12	0.74	100g	322	3.7	19	12	33	12	0.74
Pain au Chocolate	N	N	N	N	P	P	N	P	P	N	N	N	N	85g	1291	6.03	15.98	10.11	34.25	10.62	0.81	100g	1519	7.1	18.8	11.9	40.3	12.5	0.96
<b>Brownies</b>																													
Chocolate Fudge Brownie	Y	N	N	N	P	P	P	P	P	N	N	N	N	75	1320	3.9	15.6	10.2	42.2	26.6	137	75	1760	5.2	20.8	13.5	56.3	35.4	183
Cookies'n'cream Brownie	Y	N	T	T	P	P	P	P	P	N	N	N	N	85	1640	3.8	25.9	15.7	45.9	29.9	101	85	1930	4.5	30.5	18.4	54	35.2	119
Double choc brownie	Y	N	M	M	Y	Y	Y	Y	Y	N	N	N	N	70	1210	4.3	18.2	8.7	38.5	29.3	148	100	2020	6.2	26	12.4	55	41.9	211
Blondie	Y	N	T	T	P	P	P	P	P	N	T	T	T	60	1141	4	13	9	35	24	247	100	1901	6	22	15	58	39	412
Apricot citrus slice	Y	N	M	M	P	P	P	P	P	N	N	N	P	90	1650	3.4	18.8	11.6	52	35.3	223	100	1830	3.8	20.9	12.9	57.8	39.2	248
<b>Muffins</b>																													
Blueberry Peach & Apple Muffin	Y	N	T	T	P	P	P	P	P	N	T	T	T	140	1510	6	11	2	60	31	399	100	1078	4	8	1	43	22	285
Raspberry White Chocolate Muffin	Y	N	T	T	P	P	P	P	P	N	T	T	T	140	1875	7	16	5	68	36	382	100	1339	5	12	4	49	26	273
Carrot Bran & Almond Muffin	Y	N	T	P	P	P	P	P	T	N	T	T	T	140	2199	7	26	8	62	37	430	100	1571	5	19	6	45	26	307
Indulgent Chocolate Muffin	Y	N	T	T	P	P	P	P	P	N	T	T	T	140	2014	6	20	7	69	48	478	100	1439	4	14	5	49	34	342
Orange, Hemp & Poppy Seed Muffin	Y	N	T	T	P	P	P	P	P	N	T	T	T	140	1925	9	17	4	67	34	403	100	1375	6	12	3	48	24	288
Lemon Crunch Muffin	Y	N	T	T	P	P	P	P	P	N	T	T	T	140	2009	8	18	5	72	38	493	100	1435	6	13	3	51	27	352
Salted Caramel Muffin	Y	N	T	T	P	P	P	P	P	N	T	T	T	140	2120	7	20	7	74	42	632	100	1514	5	15	5	53	30	452
Triple Berry Crumble Muffin	Y	N	T	T	P	P	P	P	P	N	T	T	T	140	1857	7	17	6	65	32	446	100	1338	5	12	4	47	23	334
Blueberry Crumble Muffin	Y	N	T	T	P	P	P	P	P	N	T	T	T	140	1778	7	14	3	68	32	438	100	1270	5	10	2	49	23	313
Banana Choc Chip Muffin	Y	N	T	T	P	P	P	P	P	N	T	T	T	140	1969	7	18	5	70	39	521	100	1406	5	13	3	50	28	372
<b>Scone</b>																													
Cheese & Onion Scone	Y	N	T	T	P	P	T	P	P	N	T	T	T	95	1238	8	14	9	34	1	689	100	1290	8	15	9	36	1	781
<b>Bread</b>																													
Banana Bread Wrapped	Y	N	T	T	P	P	P	P	T	N	T	T	T	145	2167	7	19	6	80	47	268	100	1495	5	13	4	55	32	185
<b>Sauces</b>																													
Chocolate sauce for pain au choc		N	N	N	N	N	N	P	M	N	N	N	N	10	240	0.65	4.2	2.15	4.3	4.1	5	100	2400	6.5	42	21.5	43	41	50



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<b>Krispy Kreme Doughnuts</b>																													
Original Glazed	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	52	810	2.2	10.1	5	23.8	11.8	79	100	1560	4.2	19.4	9.7	45.8	22.7	153
Strawberry Iced	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	69	1330	2.6	17.7	7.9	37.3	24.2	88	100	1920	3.7	25.7	11.5	54	35.1	127
Kookies and Kreme ring	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	75	1330	3.6	17	9.4	37.5	21.5	146	100	1770	4.8	22.7	12.6	50.1	28.7	195
Caramel Iced	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	65	1150	2.8	16	8.2	29.9	17.9	87	100	1760	4.4	24.7	12.6	46	27.5	134
Strawberry Jam	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	72	1000	3.1	14	7	25.7	8.7	117	100	1390	4.3	19.4	9.8	35.7	12	163
Choc Iced	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	63	1060	2.6	13.5	8.3	30.3	17.9	80	100	1680	4.1	21.5	13.2	48.1	28.5	126
Choc Iced Custard	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	84	1280	3.5	18.4	11.1	32	13.1	127	100	1530	4.2	22	13.2	38.1	15.6	151
Choc Sprinkles	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	73	1230	2.7	14.1	8.9	39.3	26.8	80	100	1690	3.7	19.3	12.2	53.8	36.8	109
Original Glazed Bites 6pack	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	36	573	2.1	5.4	2.1	19.5	8.4	78	100	1590	5.7	15.2	6	54.1	23.6	220
Cinnamon Bites 6pack from P7 29th June 2022	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	12.5	380	1.9	1.7	0.9	16.5	6.8	68	100	1520	7.5	6.7	3.5	65.9	27	272

Product Name	Suitable for Ovo Lacto Vegetarians	Contains											Average Nutritional Value per Serve							Average Nutritional Value per 100g										
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Ambient	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	
<b>Mind Food Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	480	926.1	2.6	0.7	0.1	56.1	43.2	67.3	192.9	0.5	0.1	0.0	11.7	9.0	14.0	40.2		
With Milk	Y	N	N	N	N	N	N	Y	N	N	N	N	480	891.1	9.9	8.9	4.7	57.4	46	109.8	185.6	2.1	1.9	1.0	12.0	9.6	22.9	38.7		
With Soy	Y	N	N	N	N	N	N	N	Y	N	N	N	480	1421.1	82.6	9.5	1.1	58.2	39.5	102.3	296.1	17.2	2.0	0.2	12.1	8.2	21.3	61.7		
<b>Pick Me Up Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	480	852.5	3.1	0.7	0	54	43	88.3	177.6	0.6	0.1	0.0	11.3	9.0	18.4	37.0		
With Milk	Y	N	N	N	N	N	N	Y	N	N	N	N	480	817.5	10.4	8.8	4.7	55.4	45.8	130.8	170.3	2.2	1.8	1.0	11.5	9.5	27.3	35.5		
With Soy	Y	N	N	N	N	N	N	N	Y	N	N	N	480	1347.5	83.1	9.4	1	56.2	39.4	123.3	280.7	17.3	2.0	0.2	11.7	8.2	25.7	58.5		
<b>The Meditator Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	480	897.6	3.2	0.7	0.1	53.4	39.2	82.1	187.0	0.7	0.1	0.0	11.1	8.2	17.1	39.0		
With Milk	Y	N	N	N	N	N	N	Y	N	N	N	N	480	1150.1	11.1	3.1	1.7	55.3	42.4	127.1	239.6	2.3	0.6	0.4	11.5	8.8	26.5	49.9		
With Soy	Y	N	N	N	N	N	N	N	N	N	N	N	480	1392.6	83.2	9.5	1.1	55.6	35.5	117.1	290.1	17.3	2.0	0.2	11.6	7.4	24.4	60.4		
<b>Acai Activate Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	450	1190	2	3.2	0.8	62.8	39	68	100.0	264.0	0.4	0.7	0.2	14.0	8.7	15.0		
With Milk	Y	N	N	N	N	N	N	Y	N	N	N	N	450	1612	10.3	11.7	6.5	61	39.9	110	100.0	358.0	2.3	2.6	1.5	13.6	8.9	25.0		
<b>Vitality Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	450	804	2.7	0.5	0	46.3	35.8	90	100.0	179.0	0.6	0.1	0.0	10.3	8.0	20.0		
With milk	Y	N	N	N	N	N	N	Y	N	N	N	N	450	1225	11	9	5.8	44.5	36.7	133	100.0	272.0	2.4	2.0	1.3	9.9	8.2	30.0		
<b>Energise Smoothie</b>																														
with coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	450	579	0.8	0.3	0.1	37	34	98	100.0	129.0	0.2	0.1	0.0	8.2	7.6	22.0		
with milk	Y	N	N	N	N	N	N	Y	N	N	N	N	450	1000	9.1	8.8	5.8	35.2	34.9	141	100.0	222.0	2.0	2.0	1.3	7.8	7.8	31.0		
<b>Frappes</b>																														
Espresso Frappe	Y	N	N	N	N	N	N	Y	N	N	N	N	486	911	9.1	7.6	4.8	27.7	26.7	84	100	187	1.9	1.6	1	5.7	5.5	18		
Mocha Frappe	Y	N	N	N	N	N	N	Y	N	N	N	N	480	868	9.3	7.7	4.9	24.6	19.7	93	100	181	1.9	1.6	1	5.1	4.1	19		
Chocolate Frappe	Y	N	N	N	N	N	N	Y	N	N	N	N	470	1090	9.4	7.8	4.9	37.6	28.3	102	100	232	2	1.7	1.1	8	6	22		
<b>Milkshakes</b>																														
Strawberry Milkshake	Y	N	N	N	N	N	N	Y	N	N	N	N	468	975	9.2	7.6	4.8	30.8	30	85	100	209	2	1.6	1	6.6	6.4	18		
Mango Milkshake	Y	N	N	N	N	N	N	Y	N	N	N	N	468	967	9.2	7.6	4.8	30.9	30.1	84	100	207	2	1.6	1	6.6	6.4	18		
Banana Milkshake	Y	N	N	N	N	N	N	Y	N	N	N	N	468	1030	9.2	7.6	4.8	34.5	33.6	86	100	220	2	1.6	1	7.4	7.2	18		
Chocolate Milkshake	Y	N	N	N	N	N	N	Y	N	N	N	N	471	1100	9.4	7.7	4.9	38.7	28.8	101	100	233	2	1.6	1	8.2	6.1	22		
<b>Iced Drinks</b>																														
Latte	Y	N	N	N	N	N	N	Y	N	N	N	N	486	898	9	7.7	4.9	27	26.4	83	100	185	1.9	1.6	1	5.6	5.4	17		
Espresso	N	N	N	N	N	N	N	N	N	N	N	N	486	277	0	0.1	0	16.2	15.6	4	100	57	0	0	0	3.3	3.2	0		
Mocha	Y	N	N	N	N	N	N	Y	N	N	N	N	480	853	9.2	7.8	4.9	23.8	19.4	91	100	178	1.9	1.6	1	5	4	19		
Chocolate	Y	N	N	N	N	N	N	Y	N	N	N	N	470	1080	9.3	7.8	5	36.8	28	100	100	230	2	1.7	1.1	7.8	5.9	21		

Product Name	Suitable for Ovo Lacto Vegetarians	Contains											Average Nutritional Value per Serve							Average Nutritional Value per 100g									
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)
<b>Black Coffee</b>																													
Short Black Small (1 shot)	Y												30	0	0	0	0	0	0	0	0	100	0	0	0	0	0	0	0
Long Black Small	Y												290	0	0	0	0	0	0	0	0	100	0	0	0	0	0	0	0
<b>Flat White Regular Milk</b>																													
Small	Y							Y					290	763	10	10	7	14	14	116	100	263	3	3	2	5	5	40	
Medium	Y							Y					400	1052	13	14	9	19	19	160	100	263	3	3	2	5	5	40	
Large	Y							Y					460	1210	15	16	11	22	22	184	100	263	3	3	2	5	5	40	
<b>Flat White Trim Milk</b>																													
Small	Y							Y					290	452	12	0	0	15	15	119	100	156	4	0	0	5	5	41	
Medium	Y							Y					400	624	16	0	0	20	20	164	100	156	4	0	0	5	5	41	
Large	Y							Y					460	718	18	0	0	23	23	189	100	156	4	0	0	5	5	41	
<b>Flat White Soy Milk</b>																													
Small	Y							Y					290	460	8.6	4.9	0.8	7	6.5	78	100	159	3	1.7	0.3	2.4	2.2	27	
Medium	Y							Y					400	602	11.2	6.5	1	9.2	8.5	102	100	151	2.8	1.6	0.3	2.3	2.1	26	
Large	Y							Y					460	655	12.2	7	1.1	10	9.3	111	100	142	2.7	1.5	0.2	2.2	2	24	
<b>Flat White Coconut Milk</b>																													
Small	Y							Y					290	351	3.9	3.6	1.8	8.6	8.6	104	100	121	1.3	1.3	0.6	3	3	36	
Medium	Y							Y					400	459	5.1	4.8	2.4	11.2	11.2	136	100	115	1.3	1.2	0.6	2.8	2.8	34	
Large	Y							Y					460	499	5.6	5.2	2.6	12.2	12.2	148	100	109	1.2	1.1	0.6	2.7	2.7	32	
<b>Flat White Almond Milk</b>																													
Small	Y			Y									290	257	1.3	3.1	0.3	6.8	6.5	78	100	89	0.4	1.1	0.1	2.3	2.2	27	
Medium	Y			Y									400	350	1.7	4.1	0.3	8.8	8.5	102	100	88	0.4	1	0.1	2.2	2.1	26	
Large	Y			Y									460	365	1.9	4.4	0.4	9.6	9.3	111	100	79	0.4	1	0.1	2.1	2	24	
<b>Flat White Oat Milk</b>																													
Small	Y		N	N	Y	Y	N	N	N	N	N	N	290	179.8	2.9	8.12	0.58	22.62	10.15	116	100	62	1	2.8	0.2	7.8	3.5	40	
Medium	Y		N	N	Y	Y	N	N	N	N	N	N	400	248	4	11.2	0.8	31.2	14	160	100	62	1	2.8	0.2	7.8	3.5	40	
Large	Y		N	N	Y	Y	N	N	N	N	N	N	460	285.2	4.6	12.88	0.92	35.88	16.1	184	100	62	1	2.8	0.2	7.8	3.5	40	
<b>Hot Chocolate Regular Milk</b>																													
Small	Y							Y					290	880	9	9	6	25	24	134	100	303	3	3	2	9	8	46	
Medium	Y							Y					400	1256	12	12	8	36	34	191	100	303	3	3	2	9	8	46	
Large	Y							Y					460	1501	14	14	9	45	42	225	100	303	3	3	2	9	8	46	
<b>Hot Chocolate Trim Milk</b>																													
Small	Y							Y					290	650	10	2	1	25	24	139	100	224	3	1	0	9	8	48	
Medium	Y							Y					400	934	14	2	2	37	35	198	100	224	3	1	0	9	8	48	
Large	Y							Y					460	1133	16	3	2	46	43	233	100	224	3	1	0	9	8	48	

<b>Mocha Regular Milk</b>																														
Small	Y	-	-	-	-	-	-	Y	-	-	-	-	-	-	290	880	9	9	6	25	24	134	100	303	3	3	2	9	8	46
Medium	Y	-	-	-	-	-	-	Y	-	-	-	-	-	-	400	1256	12	12	8	36	34	191	100	303	3	3	2	9	8	46
Large	Y	-	-	-	-	-	-	Y	-	-	-	-	-	-	460	1501	14	14	9	45	42	225	100	303	3	3	2	9	8	46
<b>Mocha Trim Milk</b>																														
Small	Y	-	-	-	-	-	-	Y	-	-	-	-	-	-	290	650	10	2	1	25	24	139	100	224	3	1	0	9	8	48
Medium	Y	-	-	-	-	-	-	Y	-	-	-	-	-	-	400	924	14	2	2	37	35	198	100	224	3	1	0	9	8	48
Large	Y	-	-	-	-	-	-	Y	-	-	-	-	-	-	460	1133	16	3	2	46	43	233	100	224	3	1	0	9	8	48
<b>Mocha Coconut Milk</b>																														
Small	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	290	1580	4.2	33.1	29.5	16.2	14.8	65	100	677	1.8	14.2	12.7	6.9	6.4	28
Medium	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	400	2570	6.9	52	46.3	30.5	28.1	112	100	696	1.9	14.1	12.6	8.3	7.6	30
Large	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	460	3280	8.6	69.2	61.8	32.6	30	134	100	685	1.8	14.5	12.9	6.8	6.3	28
<b>Mocha Soy Milk</b>																														
Small	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	290	737	10.4	6	1.1	18.8	14	107	100	315	4.4	2.6	0.5	8	6	46
Medium	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	400	1021	14.6	9.1	1.6	24	16.9	158	100	293	4.2	2.6	0.5	6.9	4.8	45
Large	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	460	1290	18.7	12.1	2	29.1	19.8	206	100	283	4.1	2.6	0.4	6.4	4.3	45
<b>Chai Latte with Regular Milk</b>																														
Small: 10ml chai syrup + milk	Y	-	-	-	-	-	-	Y	-	-	-	-	-	T	290	758	9	10	6	13	13	112	100	262	3	3	2	5	5	39
Medium: 15ml chai syrup + milk	Y	-	-	-	-	-	-	Y	-	-	-	-	-	T	400	1070	13	13	9	19	19	156	100	262	3	3	2	5	5	39
Large: 20ml chai syrup + milk	Y	-	-	-	-	-	-	Y	-	-	-	-	-	T	460	1250	15	15	10	22	22	180	100	262	3	3	2	5	5	39
<b>Chai Latte with Trim Milk</b>																														
Small: 10ml chai syrup + milk	Y	-	-	-	-	-	-	Y	-	-	-	-	-	T	290	459	11	0	0	14	14	115	100	158	4	0	0	5	5	40
Medium: 15ml chai syrup + milk	Y	-	-	-	-	-	-	Y	-	-	-	-	-	T	400	630	16	0	0	20	20	160	100	158	4	0	0	5	5	40
Large: 20ml chai syrup + milk	Y	-	-	-	-	-	-	Y	-	-	-	-	-	T	460	724	18	0	0	23	23	185	100	158	4	0	0	5	5	40







Product Name	Suitable for Ovo Lacto Vegetarians	Contains											Average Nutritional Value per Serve							Average Nutritional Value per 100g										
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	
<b>HEATED</b>																														
Chicken Wings Dings Cajun	N	N	N	N	Y	Y	N	T	Y	N	N	N	Y	333	3766	44.3	62	12	41.3	5.7	1567	100	1130	13.3	18.6	3.6	12.4	1.7	470	
Frozen Louisiana Style Drums 3kg	N	N	N	N	Y	Y	Y	T	T	N	N	N	N	316	2586	39.2	35.7	6.3	35.4	8.5	2337	100	819	12.4	11.3	2	11.2	2.7	740	
Bread Roll Garlic Mini Foil	N	N	N	N	Y	Y	T	T	Y	N	N	T	N	100	1240	7.37	12.2	3.08	38.3	1.33	545	100	1240	7.37	12.2	3.08	38.3	1.33	545	
Chipotle Chicken Burrito	N	N	N	N	Y	Y	N	Y	Y	N	N	T	Y	185	1990	22	14.6	7.8	61.8	3.6	988	100	996	11	7.3	3.9	30.9	1.8	494	
Refried Bean and Cheese Burrito	Y	N	N	N	Y	Y	N	Y	Y	N	N	T	Y	185	1910	17.6	14	8	62.1	5.4	894	100	1040	9.5	7.5	4.3	33.5	2.9	483	
Pepperoni Pizza	N	T	T	T	Y	Y	T	Y	T	T	T	N	Y	203	2280	24.2	20.5	8.6	62.7	2.4	1340	100	1120	11.9	10.1	4.2	31	1.2	661	
Hawaiian Pizza	N	T	T	T	Y	Y	T	Y	T	T	T	N	Y	226	2160	31.3	13.9	6	63.8	3.9	1650	100	957	13.8	6.1	2.7	28.2	1.7	732	
Margherita Pizza	N	T	T	T	Y	Y	T	Y	T	T	T	N	N	237	1880	19.3	12.7	6.7	61.4	4.2	1420	100	794	8.2	5.4	2.8	24.9	1.8	598	