

 Nutrition based on 7oz cup (6oz drink) November 2011		Values based on standard recipe gram throws																					
		black	with sugar	with extra sugar	with milk	with extra milk	with milk and sugar	with extra milk and sugar	with milk and extra sugar	capuccino	latte	mocha	espresso	double espresso	with whitener	with extra whitener	with whitener and sugar	with extra whitener and sugar					
Coffees and teas suitable for	Vegetarian	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					
	Vegan	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗					
	Coeliacs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					
	Lactose	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗					
	HVO free	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗	✗					
Instant Coffee																							
Standard and Decaf - regular strength	Kcals	1.2	13.2	21.2	5.7	6.4	17.7	18.4	25.7	26.4	9.8	18.5	64.8	1.2	2.0	14.2	19.4	26.2	39.4				
	Protein (g)	0.2	0.2	0.2	0.6	0.7	0.6	0.7	0.6	0.7	1.0	1.8	1.7	0.2	0.3	0.2	0.3	0.2	0.3				
	Carbohydrate (g)	0.1	3.1	5.1	0.8	0.9	3.8	3.9	5.8	5.9	1.5	2.8	12.8	0.1	0.2	1.5	2.1	4.5	7.0				
	of which sugars (g)	0.1	3.1	5.1	0.1	0.1	3.1	3.1	5.1	5.1	0.1	0.1	10.6	0.1	0.1	0.4	0.5	3.3	5.4				
	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.8	1.1	0.8	1.1				
	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.8	1.1	0.8	1.1				
Fairtrade - regular strength	Kcals	1.3	13.3	21.3	5.8	6.5	17.8	18.5	25.8	26.5	9.9	18.6	64.9	1.2	2.0	14.3	19.5	26.3	39.5				
	Protein (g)	0.2	0.2	0.2	0.6	0.7	0.6	0.7	0.6	0.7	1.0	1.8	1.8	0.2	0.3	0.2	0.3	0.2	0.3				
	Carbohydrate (g)	0.1	3.1	5.1	0.8	1.0	3.8	3.9	5.8	5.9	1.5	2.8	12.8	0.1	0.2	1.5	2.1	4.5	7.0				
	of which sugars (g)	0.1	3.1	5.1	0.1	0.1	3.1	3.1	5.1	5.1	0.1	0.1	10.6	0.1	0.1	0.4	0.5	3.3	5.4				
	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.8	1.1	0.8	1.1				
	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.8	1.1	0.8	1.1				
Roast and Ground																							
Standard, Decaf and Fairtrade - regular strength	Kcals	9.7	21.7	29.7	15.6	16.3	27.6	28.3	35.6	36.3	24.2	35.6	73.3	11.3	15.8	22.7	27.9	34.7	47.9				
	Protein (g)	0.7	0.7	0.7	1.3	1.4	1.3	1.4	1.3	1.4	2.1	3.2	2.3	0.9	1.2	0.8	0.8	0.8	0.8				
	Carbohydrate (g)	0.1	3.1	5.1	1.0	1.1	4.0	4.1	6.0	6.1	2.4	4.1	12.8	0.1	0.1	1.5	2.0	4.4	7.0				
	of which sugars (g)	0.0	3.0	5.0	0.0	0.0	3.0	3.0	5.0	5.0	0.0	0.0	10.6	0.0	0.0	0.3	0.4	3.3	5.4				
	Fat (g)	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.8	0.8	1.4	0.8	1.2	1.5	1.8	1.5	1.8				
	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.8	1.1	0.8	1.1				
Beans																							
Standard and Fairtrade	Kcals	12.7	24.7	32.7	20.3	21.0	32.3	33.0	40.3	41.0	27.2	38.6	76.3	13.1	15.7	25.7	30.9	37.7	50.9				
	Protein (g)	1.0	1.0	1.0	1.7	1.8	1.7	1.8	1.7	1.8	2.4	3.4	2.5	1.0	1.2	1.0	1.1	1.0	1.1				
	Carbohydrate (g)	0.1	3.1	5.1	1.3	1.4	4.3	4.4	6.3	6.4	2.4	4.2	12.8	0.1	0.1	1.5	2.0	4.5	7.0				
	of which sugars (g)	0.0	3.0	5.0	0.0	0.0	3.0	3.0	5.0	5.0	0.0	0.0	10.6	0.0	0.0	0.3	0.4	3.3	5.4				
	Fat (g)	0.9	0.9	0.9	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.6	1.0	1.2	1.7	2.1	1.7	2.1				
	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.8	1.1	0.8	1.1				
Tea																							
PG Freshbrew - regular	Kcals	0.0	12.0	20.0	3.5	4.2	15.5	16.2	23.5	24.2							7.3	8.3	19.3	28.3			
	Protein (g)	0.0	0.0	0.0	0.3	0.4	0.3	0.4	0.3	0.4							0.0	0.0	0.0	0.0			
	Carbohydrate (g)	0.0	3.0	5.0	0.5	0.6	3.5	3.6	5.5	5.6							0.8	0.9	3.8	5.9			
	of which sugars (g)	0.0	3.0	5.0	0.0	0.0	3.0	3.0	5.0	5.0							0.2	0.2	3.1	5.2			
	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.4	0.5	0.4	0.5			
	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.4	0.5	0.4	0.5			
PG instant - regular	Kcals	0.0	12.0	20.0	2.8	3.5	14.8	15.5	22.8	23.5							7.3	8.3	19.3	28.3			
	Protein (g)	0.0	0.0	0.0	0.3	0.3	0.3	0.3	0.3	0.3							0.0	0.0	0.0	0.0			
	Carbohydrate (g)	0.0	3.0	5.0	0.4	0.5	3.4	3.5	5.4	5.5							0.8	0.9	3.8	5.9			
	of which sugars (g)	0.0	3.0	5.0	0.0	0.0	3.0	3.0	5.0	5.0							0.2	0.2	3.1	5.2			
	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.4	0.5	0.4	0.5			
	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.4	0.5	0.4	0.5			
Chocolate																							
Chocofino	Kcals	52.9	Chocofino suitable for (contains milk derivatives)				Vegetarian	✓															
	Protein (g)	1.1					Vegan	✗															
	Carbohydrate (g)	10.2					Lactose intolerant	✗															
	of which sugars (g)	8.8					Coeliacs	✓															
	Fat (g)	0.7					HVO-free	✓															
	of which saturated (g)	0.6																					
Chocomilk	Kcals				51.2	Chocomilk with milk suitable for				Vegetarian	✓							58.3	Chocomilk with whitener suitable for			Vegetarian	✓
	Protein (g)				1.5					Vegan	✗							1.0				Vegan	✗
	Carbohydrate (g)				9.6					Lactose intolerant	✗							10.1				Lactose intolerant	✗
	of which sugars (g)				7.6					Coeliacs	✓							7.8				Coeliacs	✓
	Fat (g)				0.6					HVO-free	✓							1.4				HVO-free	✗
	of which saturated (g)				0.5													1.3					
Soup																							
Tomato	Kcals	23.4	Tomato soup suitable for				Vegetarian	✓															
	Protein (g)	0.3					Vegan	✗															
	Carbohydrate (g)	4.6					Lactose intolerant	✗															
	of which sugars (g)	2.0					Coeliacs	✗															
	Fat (g)	0.3					HVO-free	✓															
	of which saturated (g)	0.1					Celery allergy	✓															
Chicken	Kcals	24.5	Chicken soup suitable for				Vegetarian	✗															
	Protein (g)	0.4					Vegan	✗															
	Carbohydrate (g)	3.8					Lactose intolerant	✗															
	of which sugars (g)	0.5					Coeliacs	✗															
	Fat (g)	0.8					HVO-free	✓															
	of which saturated (g)	0.4					Celery allergy	✓															
Vegetable	Kcals	22.5	Vegetable soup suitable for				Vegetarian	✓															
	Protein (g)	0.4					Vegan	✗															
	Carbohydrate (g)	3.7					Lactose intolerant	✗															
	of which sugars (g)	1.2					Coeliacs	✗															
	Fat (g)	0.7					HVO-free	✓															
	of which saturated (g)	0.2					Celery allergy	✗															

 Nutrition based on 9oz cup (7oz drink) November 2011 Values based on standard recipe gram throws		black with sugar with extra sugar with milk with extra milk with milk and sugar with extra milk and sugar with milk and extra sugar Cappuccino latte mocha espresso double espresso with whitener with extra whitener with whitener and sugar with extra whitener and sugar																																																																																																																						
		black	with sugar	with extra sugar	with milk	with extra milk	with milk and sugar	with extra milk and sugar	with milk and extra sugar	Cappuccino	latte	mocha	espresso	double espresso	with whitener	with extra whitener	with whitener and sugar	with extra whitener and sugar																																																																																																						
Coffees and teas suitable for		Vegetarian	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Vegan	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	Coeliacs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Lactose	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	HVO free	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗	✗																																		
Instant Coffee		Kcals	1.4	21.4	29.4	6.6	7.3	26.6	27.3	34.6	35.3	11.8	22.1	77.2	1.2	2.0	17.0	22.2	37.0	50.2	Protein (g)	0.2	0.2	0.2	0.7	0.8	0.7	0.8	0.7	0.8	1.2	2.2	2.0	0.2	0.3	0.3	0.3	0.3	0.3	Carbohydrate (g)	0.2	5.1	7.1	1.0	1.1	5.9	6.0	7.9	8.0	1.8	3.4	15.4	0.1	0.2	1.8	2.4	6.8	9.3	of which sugars (g)	0.1	5.1	7.1	0.1	0.1	5.1	5.1	7.1	7.1	0.1	0.1	12.9	0.1	0.1	0.4	0.5	5.4	7.5	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	1.0	1.3	1.0	1.3	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	1.0	1.3	1.0	1.3					
Standard and Decaf - regular strength		Kcals	1.5	21.5	29.5	6.7	7.4	26.7	27.4	34.7	35.4	11.9	22.2	77.3	1.2	2.0	17.1	22.3	37.1	50.3	Protein (g)	0.2	0.2	0.2	0.7	0.8	0.7	0.8	0.7	0.8	1.2	2.2	2.0	0.2	0.3	0.3	0.3	0.3	0.3	Carbohydrate (g)	0.2	5.1	7.1	1.0	1.1	6.0	6.1	7.9	8.0	1.8	3.4	15.4	0.1	0.2	1.8	2.4	6.8	9.3	of which sugars (g)	0.1	5.1	7.1	0.1	0.1	5.1	5.1	7.1	7.1	0.1	0.1	12.9	0.1	0.1	0.4	0.5	5.4	7.5	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	1.0	1.3	1.0	1.3	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	1.0	1.3	1.0	1.3					
Fairtrade - regular strength		Kcals	11.3	31.3	39.3	18.2	18.9	38.2	38.9	46.2	46.9	27.5	38.9	87.1	11.3	15.8	26.9	32.1	46.9	60.1	Protein (g)	0.9	0.9	0.9	1.5	1.6	1.5	1.6	1.5	1.6	2.4	3.5	2.7	0.9	1.2	0.9	1.0	0.9	1.0	Carbohydrate (g)	0.1	5.1	7.1	1.2	1.3	6.2	6.3	8.1	8.3	2.6	4.4	15.3	0.1	0.1	1.7	2.3	6.7	9.3	of which sugars (g)	0.0	5.0	7.0	0.0	0.0	5.0	5.0	7.0	7.0	0.0	0.0	12.8	0.0	0.0	0.3	0.4	5.3	7.4	Fat (g)	0.8	0.8	0.8	0.9	0.9	0.9	0.9	0.9	0.9	0.9	1.0	1.6	0.8	1.2	1.8	2.1	1.8	2.1	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	1.0	1.3	1.0	1.3					
Roast and Ground		Kcals	13.1	33.1	41.1	21.3	22.0	41.3	42.0	49.3	50.0	29.3	40.7	88.9	13.1	15.7	28.6	33.8	48.6	61.8	Protein (g)	1.0	1.0	1.0	1.8	1.9	1.8	1.9	1.8	1.9	2.5	3.6	2.8	1.0	1.2	1.1	1.1	1.1	1.1	Carbohydrate (g)	0.1	5.1	7.1	1.4	1.5	6.4	6.5	8.4	8.5	2.7	4.4	15.3	0.1	0.1	1.8	2.3	6.7	9.3	of which sugars (g)	0.0	5.0	7.0	0.0	0.0	5.0	5.0	7.0	7.0	0.0	0.0	12.8	0.0	0.0	0.3	0.4	5.3	7.4	Fat (g)	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.1	1.7	1.0	1.2	1.9	2.2	1.9	2.2	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	1.0	1.3	1.0	1.3					
Beans		Kcals	13.1	33.1	41.1	21.3	22.0	41.3	42.0	49.3	50.0	29.3	40.7	88.9	13.1	15.7	28.6	33.8	48.6	61.8	Protein (g)	1.0	1.0	1.0	1.8	1.9	1.8	1.9	1.8	1.9	2.5	3.6	2.8	1.0	1.2	1.1	1.1	1.1	1.1	Carbohydrate (g)	0.1	5.1	7.1	1.4	1.5	6.4	6.5	8.4	8.5	2.7	4.4	15.3	0.1	0.1	1.8	2.3	6.7	9.3	of which sugars (g)	0.0	5.0	7.0	0.0	0.0	5.0	5.0	7.0	7.0	0.0	0.0	12.8	0.0	0.0	0.3	0.4	5.3	7.4	Fat (g)	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.1	1.7	1.0	1.2	1.9	2.2	1.9	2.2	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	1.0	1.3	1.0	1.3					
Tea		Kcals	0.0	20.0	28.0	4.2	4.9	24.2	24.9	32.2	32.9						8.3	9.4	28.3	37.4	Protein (g)	0.0	0.0	0.0	0.4	0.5	0.4	0.5	0.4	0.5							0.0	0.0	0.0	0.0	Carbohydrate (g)	0.0	5.0	7.0	0.6	0.8	5.6	5.7	7.6	7.7							0.9	1.0	5.9	8.0	of which sugars (g)	0.0	5.0	7.0	0.0	0.0	5.0	5.0	7.0	7.0							0.2	0.2	5.2	7.2	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.5	0.6	0.5	0.6	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.5	0.6	0.5	0.6
PG Freshbrew - regular		Kcals	0.0	20.0	28.0	3.5	4.1	23.5	24.1	31.5	32.1						8.3	9.3	28.3	37.3	Protein (g)	0.0	0.0	0.0	0.3	0.4	0.3	0.4	0.3	0.4							0.0	0.0	0.0	0.0	Carbohydrate (g)	0.0	5.0	7.0	0.5	0.6	5.5	5.6	7.5	7.6							0.9	1.0	5.9	8.0	of which sugars (g)	0.0	5.0	7.0	0.0	0.0	5.0	5.0	7.0	7.0							0.2	0.2	5.2	7.2	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.5	0.6	0.5	0.6	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.5	0.6	0.5	0.6
PG instant - regular		Kcals	0.0	20.0	28.0	3.5	4.1	23.5	24.1	31.5	32.1						8.3	9.3	28.3	37.3	Protein (g)	0.0	0.0	0.0	0.3	0.4	0.3	0.4	0.3	0.4							0.0	0.0	0.0	0.0	Carbohydrate (g)	0.0	5.0	7.0	0.5	0.6	5.5	5.6	7.5	7.6							0.9	1.0	5.9	8.0	of which sugars (g)	0.0	5.0	7.0	0.0	0.0	5.0	5.0	7.0	7.0							0.2	0.2	5.2	7.2	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.5	0.6	0.5	0.6	of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.5	0.6	0.5	0.6
Chocolate		Kcals	60.5																		Protein (g)	1.3																		Carbohydrate (g)	11.6																			of which sugars (g)	10.1																			Fat (g)	0.8																			of which saturated (g)	0.7																			
Chocofino		Kcals	60.5																		Protein (g)	1.3																		Carbohydrate (g)	11.6																			of which sugars (g)	10.1																			Fat (g)	0.8																			of which saturated (g)	0.7																			
Chocomilk		Kcals			59.8												68.5				Protein (g)			1.8												1.2				Carbohydrate (g)			11.2													11.8				of which sugars (g)			8.8													9.2				Fat (g)			0.7													1.7				of which saturated (g)			0.6													1.5				
Chocomilk with milk suitable for		Kcals			59.8												68.5				Protein (g)			1.8												1.2				Carbohydrate (g)			11.2													11.8				of which sugars (g)			8.8													9.2				Fat (g)			0.7													1.7				of which saturated (g)			0.6													1.5				
Chocomilk with whitener suitable for		Kcals			59.8												68.5				Protein (g)			1.8												1.2				Carbohydrate (g)			11.2													11.8				of which sugars (g)			8.8													9.2				Fat (g)			0.7													1.7				of which saturated (g)			0.6													1.5				
Chocomilk with whitener and sugar suitable for		Kcals			59.8												68.5				Protein (g)			1.8												1.2				Carbohydrate (g)			11.2													11.8				of which sugars (g)			8.8													9.2				Fat (g)			0.7													1.7				of which saturated (g)			0.6													1.5				
Soup		Kcals	26.7																		Protein (g)	0.4																		Carbohydrate (g)	5.3																			of which sugars (g)	2.3																			Fat (g)	0.3																			of which saturated (g)	0.1																			
Tomato		Kcals	26.7																																																																																																																					

 Nutrition based on 12oz cup (10oz drink) November 2011		Values based on standard recipe gram throws																				
		black	with sugar	with extra sugar	with milk	with extra milk	with milk and sugar	with extra milk and sugar	with milk and extra sugar	capuccino	latte	mocha	espresso	double espresso	with whitener	with extra whitener	with whitener and sugar					
Coffees and teas suitable for	Vegetarian	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					
	Vegan	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗					
	Coeliacs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					
	Lactose	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗					
	HVO free	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗					
Instant Coffee																						
Standard and Decaf - regular strength	Kcals	2.0	34.0	42.0	9.2	9.9	41.2	41.9	49.2	49.9	17.5	32.7	114.9	1.2	2.0	25.4	30.5	57.4	62.5			
	Protein (g)	0.3	0.3	0.3	1.0	1.1	1.0	1.1	1.0	1.1	1.8	3.2	2.8	0.2	0.3	0.4	0.4	0.4	0.4			
	Carbohydrate (g)	0.2	8.2	10.2	1.4	1.5	9.3	9.4	11.3	11.4	2.7	5.0	23.2	0.1	0.2	2.7	3.2	10.7	11.2			
	of which sugars (g)	0.1	8.1	10.1	0.1	0.1	8.1	8.1	10.1	10.1	0.1	0.1	19.7	0.1	0.1	0.6	0.7	8.6	8.7			
	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.1	0.0	0.0	1.4	1.8	1.4	1.8			
of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	1.4	1.7	1.4	1.7				
Fairtrade - regular strength	Kcals	2.1	34.1	42.1	9.3	10.0	41.3	42.0	49.3	50.0	17.6	32.8	115.0	1.2	2.0	25.5	30.6	57.5	62.6			
	Protein (g)	0.3	0.3	0.3	1.0	1.1	1.0	1.1	1.0	1.1	1.8	3.2	2.8	0.2	0.3	0.4	0.4	0.4	0.4			
	Carbohydrate (g)	0.2	8.2	10.2	1.4	1.5	9.3	9.4	11.3	11.4	2.7	5.0	23.2	0.1	0.2	2.7	3.3	10.7	11.2			
	of which sugars (g)	0.1	8.1	10.1	0.1	0.1	8.1	8.1	10.1	10.1	0.1	0.1	19.7	0.1	0.1	0.6	0.7	8.6	8.7			
	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.1	0.0	0.0	1.4	1.8	1.4	1.8			
of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	1.4	1.7	1.4	1.7				
Roast and Ground																						
Standard, Decaf and Fairtrade - regular strength	Kcals	17.1	49.1	57.1	27.1	27.4	59.1	59.4	67.1	67.4	38.4	51.6	130.0	11.3	15.8	40.4	45.6	72.4	77.6			
	Protein (g)	1.3	1.3	1.3	2.3	2.3	2.3	2.3	2.3	2.3	3.3	4.6	3.8	0.9	1.2	1.4	1.4	1.4	1.4			
	Carbohydrate (g)	0.1	8.1	10.1	1.7	1.8	9.7	9.7	11.7	11.7	3.5	5.5	23.1	0.1	0.1	2.6	3.2	10.6	11.1			
	of which sugars (g)	0.0	8.0	10.0	0.0	0.0	8.0	8.0	10.0	10.0	0.0	0.0	19.6	0.0	0.0	0.5	0.6	8.5	8.6			
	Fat (g)	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.4	2.3	0.8	1.2	2.7	3.0	2.7	3.0			
of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	1.4	1.7	1.4	1.7				
Bean																						
Standard and Fairtrade	Kcals	16.9	48.9	56.9	27.6	28.3	59.6	60.3	67.6	68.3	38.3	51.4	129.8	13.1	15.7	40.2	45.4	72.2	77.4			
	Protein (g)	1.3	1.3	1.3	2.3	2.4	2.3	2.4	2.3	2.4	3.3	4.6	3.8	1.0	1.2	1.4	1.4	1.4	1.4			
	Carbohydrate (g)	0.1	8.1	10.1	1.8	1.9	9.8	9.9	11.8	11.9	3.5	5.5	23.1	0.1	0.1	2.6	3.2	10.6	11.1			
	of which sugars (g)	0.0	8.0	10.0	0.0	0.0	8.0	8.0	10.0	10.0	0.0	0.0	19.6	0.0	0.0	0.5	0.6	8.5	8.6			
	Fat (g)	1.2	1.2	1.2	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.4	2.3	1.0	1.2	2.7	3.0	2.7	3.0			
of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	1.4	1.7	1.4	1.7				
Tea																						
Freshbrew - regular strength	Kcals	0.0	32.0	40.0	6.3	6.9	38.3	38.9	46.3	46.9							10.4	11.5	42.4	43.5		
	Protein (g)	0.0	0.0	0.0	0.6	0.7	0.6	0.7	0.6	0.7							0.1	0.1	0.1	0.1		
	Carbohydrate (g)	0.0	8.0	10.0	1.0	1.1	8.9	9.0	10.9	11.0							1.1	1.2	9.1	9.2		
	of which sugars (g)	0.0	8.0	10.0	0.0	0.0	8.0	8.0	10.0	10.0							0.2	0.2	8.2	8.2		
	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.6	0.7	0.6	0.7		
of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.6	0.7	0.6	0.7			
Instant - regular strength	Kcals	0.0	32.0	40.0	5.5	6.2	37.5	38.2	45.5	46.2							10.4	11.4	42.4	43.4		
	Protein (g)	0.0	0.0	0.0	0.5	0.6	0.5	0.6	0.5	0.6							0.0	0.1	0.0	0.1		
	Carbohydrate (g)	0.0	8.0	10.0	0.9	1.0	8.8	8.9	10.8	10.9							1.1	1.2	9.1	9.2		
	of which sugars (g)	0.0	8.0	10.0	0.0	0.0	8.0	8.0	10.0	10.0							0.2	0.2	8.2	8.2		
	Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.6	0.7	0.6	0.7		
of which saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0							0.6	0.7	0.6	0.7			
Chocolate																						
Chocofino	Kcals	102.1	Chocofino suitable for (contains milk derivatives)				Vegetarian	✓														
	Protein (g)	2.2					Vegan	✗														
	Carbohydrate (g)	19.6					Lactose intolerant	✗														
	of which sugars (g)	17.0					Coeliacs	✓														
	Fat (g)	1.4					HVO-free	✓														
of which saturated (g)	1.1																					
Chocomilk	Kcals				85.3	Chocomilk with milk suitable for				Vegetarian	✓							99.0	Chocomilk with whitener suitable for		Vegetarian	✓
	Protein (g)				1.6					Vegan	✗							1.7			Vegan	✗
	Carbohydrate (g)				14.5					Lactose intolerant	✗							17.0			Lactose intolerant	✗
	of which sugars (g)				12.6					Coeliacs	✓							13.1			Coeliacs	✓
	Fat (g)				1.0					HVO-free	✓							2.5			HVO-free	✗
of which saturated (g)				0.8											2.2							
Soup																						
Tomato	Kcals	36.7	Tomato soup suitable for				Vegetarian	✓														
	Protein (g)	0.5					Vegan	✗														
	Carbohydrate (g)	7.3					Lactose intolerant	✗														
	of which sugars (g)	3.2					Coeliacs	✗														
	Fat (g)	0.5					HVO-free	✓														
of which saturated (g)	0.2					Celery allergy	✓															
Chicken	Kcals	38.5	Chicken soup suitable for				Vegetarian	✗														
	Protein (g)	0.6					Vegan	✗														
	Carbohydrate (g)	5.9					Lactose intolerant	✗														
	of which sugars (g)	0.7					Coeliacs	✗														
	Fat (g)	1.3					HVO-free	✓														
of which saturated (g)	0.7					Celery allergy	✓															
Vegetable	Kcals	35.4	Vegetable soup suitable for				Vegetarian	✓														
	Protein (g)	0.6					Vegan	✗														
	Carbohydrate (g)	5.9					Lactose intolerant	✗														
	of which sugars (g)	1.8					Coeliacs	✗														
	Fat (g)	1.1					HVO-free	✓														
of which saturated (g)	0.4					Celery allergy	✗															