
		Values based on standard recipe gram throws																			
Nutrition and Allergy Guide 9oz cup (7oz drink) Dec 2014		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	with extra milk and extra sugar	Cappuccino	latte	frappa	espresso	double espresso	with whitener	with extra whitener	with whitener and sugar	with extra whitener and sugar		
<b>Coffees and teas suitable for</b>		Vegetarian	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
		Vegan	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
		Gluten allergy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
		Milk allergy	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
		Soya allergy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	
<b>Instant Coffee</b>																					
<b>Standard and Decaf (regular strength)</b>		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	0.7	0.8	1.2	2.2	2.0	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	
<b>Fairtrade - (regular strength)</b>		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	
<b>Roast and Ground</b>																					
<b>Standard, Decaf and Fairtrade (regular strength)</b>		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	
<b>Beans</b>																					
<b>Standard and Fairtrade</b>		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	
<b>Tea</b>																					
<b>PG Freshbrew (regular strength)</b>		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
<b>PG Instant (regular strength)</b>		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
<b>Chocolate</b>																					
<b>Chocofino</b>		Kcals	60.5	Chocofino suitable for (contains milk derivatives)		Vegetarian	✓														
		Protein (g)	1.3			Vegan	✗														
		Carbohydrate (g)	11.6			Milk allergy	✗														
		of which sugars (g)	10.1			Gluten allergy	✗														
		Fat (g)	0.8			Soya allergy	✗														
		of which saturated (g)	0.7																		
<b>Chocomilk (with milk)</b>		Kcals	59.8	Chocomilk with milk suitable for		Vegetarian	✓														
		Protein (g)	1.8			Vegan	✗														
		Carbohydrate (g)	11.2			Milk allergy	✗														
		of which sugars (g)	8.8			Gluten allergy	✗														
		Fat (g)	0.7			Soya allergy	✗														
		of which saturated (g)	0.6																		
<b>Chocomilk (with whitener)</b>		Kcals	68.5	Chocomilk with whitener suitable for		Vegetarian	✓														
		Protein (g)	1.2			Vegan	✗														
		Carbohydrate (g)	11.8			Milk allergy	✗														
		of which sugars (g)	9.2			Gluten allergy	✗														
		Fat (g)	1.7			Soya allergy	✗														
		of which saturated (g)	1.5																		
<b>Soup</b>																					
<b>Tomato</b>		Kcals	26.7	Tomato soup suitable for		Vegetarian	✓														
		Protein (g)	0.4			Vegan	✗														
		Carbohydrate (g)	5.3			Milk allergy	✗														
		of which sugars (g)	2.3			Gluten allergy	✓														
		Fat (g)	0.3			Soya allergy	✗														
		of which saturated (g)	0.1			Celery allergy	✓														
<b>Chicken</b>		Kcals	28.0	Chicken soup suitable for		Vegetarian	✗														
		Protein (g)	0.4			Vegan	✗														
		Carbohydrate (g)	4.3			Milk allergy	✗														
		of which sugars (g)	0.5			Gluten allergy	✗														
		Fat (g)	1.0			Soya allergy	✗														
		of which saturated (g)	0.5			Celery allergy	✗														
						Egg allergy	✗														
						Mustard allergy	✗														
<b>Vegetable</b>		Kcals	25.8	Vegetable soup suitable for		Vegetarian	✓														
		Protein (g)	0.4			Vegan	✗														
		Carbohydrate (g)	4.3			Milk allergy	✗														
		of which sugars (g)	1.3			Gluten allergy	✗														
		Fat (g)	0.8			Soya allergy	✗														
		of which saturated (g)	0.3			Celery allergy	✗														

		Values based on standard recipe gram throws																		
Nutrition and Allergy Guide 12oz cup (10oz drink) Dec 2014		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	with extra 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	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗
	Gluten allergy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Milk allergy	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗
	Soya allergy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
<b>Instant Coffee</b>																				
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	0.1	0.0	0.0	0.0	0.0	1.4	1.8	1.4
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	0.1	0.0	0.0	0.0	0.0	1.4	1.8	1.4
<b>Roast and Ground</b>																				
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	
<b>Beans</b>																				
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	
<b>Tea</b>																				
PG 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
PG 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
<b>Chocolate</b>																				
Chocofino	Kcals	102.1	Chocofino suitable for (contains milk derivatives)				Vegetarian	✓												
	Protein (g)	2.2					Vegan	✗												
	Carbohydrate (g)	19.6					Milk allergy	✗												
	of which sugars (g)	17.0					Gluten allergy	✗												
	Fat (g)	1.4					Soya allergy	✗												
Chocomilk (with milk)	Kcals	85.3	Chocomilk with milk suitable for				Vegetarian	✓												
	Protein (g)	1.6					Vegan	✗												
	Carbohydrate (g)	14.5					Milk allergy	✗												
	of which sugars (g)	12.6					Gluten allergy	✗												
	Fat (g)	1.0					Soya allergy	✗												
Chocomilk (with whitener)	Kcals	99.0	Chocomilk with whitener suitable for				Vegetarian	✓												
	Protein (g)	1.7					Vegan	✗												
	Carbohydrate (g)	17.0					Milk allergy	✗												
	of which sugars (g)	13.1					Gluten allergy	✗												
	Fat (g)	2.5					Soya allergy	✗												
<b>Soup</b>																				
Tomato	Kcals	36.7	Tomato soup suitable for				Vegetarian	✓												
	Protein (g)	0.5					Vegan	✗												
	Carbohydrate (g)	7.3					Milk allergy	✓												
	of which sugars (g)	3.2					Gluten allergy	✓												
	Fat (g)	0.5					Soya allergy	✗												
Chicken	Kcals	38.5	Chicken soup suitable for				Vegetarian	✗												
	Protein (g)	0.6					Vegan	✗												
	Carbohydrate (g)	5.9					Milk allergy	✗												
	of which sugars (g)	0.7					Gluten allergy	✗												
	Fat (g)	1.3					Soya allergy	✗												
Vegetable	Kcals	35.4	Vegetable soup suitable for				Vegetarian	✓												
	Protein (g)	0.6					Vegan	✗												
	Carbohydrate (g)	5.9					Milk allergy	✗												
	of which sugars (g)	1.8					Gluten allergy	✗												
	Fat (g)	1.1					Soya allergy	✗												