



# Nutritional Information

Drink Name	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Fibre (g) per serving	Protein (g) per serving	Salt (g) per serving	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Fibre (g) per 100g	Protein (g) per 100g
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## Soft Drinks

7up Free 330ml	0	0	0	0		0	0.13	0	0	0	0	0	0
Apple Juice 200ml	1	0.2	20	20		1	0.02	0.5	0.1	9.8	9.8	0	0.5
Appletiser	0	0	30	29		0	0	0	0	11	11		0
Cranberry Juice 200ml	0	0	12	9.4		0	0	0	0	5.8	4.7	0	0
Diet Pepsi 330ml	0	0	0	0		0	0.17	0	0	0	0	0	0
J20 Bottle	0	0	15	11	0	0	0	0	0	5.7	4.1	0	0
London Essence Lemonade 200ml	0	0	8.8	8.8	0	0	0.04	0	0	4.4	4.4	0	0
London Essence Soda Water 200ml	0	0	0	0	0	0	0.1	0	0	0	0	0	0
London Essence Tonic Water 200ml	0	0	8.6	8.6	0	0	0	0	0	4.3	4.3	0	0
Orange Juice 200ml	1	0.2	20	20		1.2	0.02	0.5	0.1	10	10	0	0.6
Pepsi 330ml	0	0	15	15	0	0	0.03	0	0	4.6	4.6	0	0
Pepsi Max 330ml	0	0	0	0		0	0	0	0	0	0	0	0
San Pellegrino Orange - Can	0	0	15	15	0.5	0.5	0.04	0	0	4.4	4.4	0	0

## Hand Crafted Softs

Apple and Elderflower Cooler	0	0	31	30	0.5	0	0	0	0	10	9.7	0	0
Blood Orange Lemonade	0	0	23	23	0.5	0	0.04	0	0	8.5	8.4	0	0
Citrus Cooler	0	0	21	20	1.1	0.5	0.1	0	0	6.7	6.5	0.5	0
Lemon Ice Tea	0	0	26	26	0.8	0.5	0.07	0	0	9.7	9.6	0.5	0
Mango Ice Tea	0	0	34	34	0	0	0.08	0	0	13	13	0	0

Morello Cherry and Cranberry Cooler	0	0	13	12	0	0	0.08	0	0	4.7	4.5	0	0
Peach Ice Tea	0	0	34	33	0.8	0.5	0.07	0	0	12	12	0.5	0
Sicilian Cloudy Lemonade	0	0	17	16	1.1	0.5	0.02	0	0	6.1	6	0.5	0
Wild Strawberry Lemonade	0	0	24	24	0.5	0	0.02	0	0	8.9	8.8	0	0

## Cocktails

Lemon and Elderflower Spritz Non Alc	0.5	0	15	15	0.9	0	0.23	0	0	8.5	8.5	0.5	0
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## Kids Drinks

Glass of Milk - Kids	1.7	1	5	5	0	3.4	0.15	3.4	2	10	10	0	6.8
Bambinoccino	2	1.2	9.4	9.3	0.6	3.6	0.14	0.6	0.4	3	3	0	1.1
Apple & Blackcurrant Squash	0	0	0.8	0	0	0	0	0	0	2	0.5	0	0
Orange Squash	0	0	0.8	0	0	0	0	0	0	2	0.5	0	0
Fruit Shoot - Orange	0	0	1.2	1.2	0	0	0.03	0	0	3	3	0	0
Fruit Shoot - Apple And Blackcurrant	0	0	0.8	0.8	0	0	0.03	0	0	2	2	0	0
Kids Peach Ice Tea	0	0	16	16	0	0	0.03	0	0	36	36	0	0
Kids Lemon Ice Tea	0	0	10	10	0	0	0.03	0	0	23	23	0	0
Kids Wild Strawberry Lemonade	0	0	9.6	9.6	0	0	0	0	0	22	22	0	0
Kids Sicilian Cloudy Lemonade	0	0	6.3	6.3	0	0	0	0	0	14	14	0	0

## Hot Drinks

Add Caramel Syrup	0	0	16	16	0	0	0	0	0	79	79	0	0
Add Hazelnut Syrup	0	0	16	16	0	0	0	0	0	79	78	0	0
Add Vanilla Syrup	0	0	17	17	0	0	0	0	0	84	84	0	0
Americano	0.6	0.3	1.7	0	0	2.4	0	0.5	0.2	1	0	0	1.5
Caffe Latte	4.8	2.7	14	12	0	11	0.37	1.8	1	5.4	4.7	0	4.1
Cappuccino	4	2.3	12	10	0	9.2	0.3	1.9	1.1	5.5	4.7	0	4.3
Double Espresso	0.6	0.3	1.7	0	0	2.4	0	0.8	0.4	2.3	0	0	3.2
Double Macchiato	2	1.1	5.9	4.3	0	5.3	0.13	2.1	1.1	6	4.3	0	5.3

Espresso	0.5	0.1	0.8	0	0	1.2	0	0.8	0.4	2.3	0	0	3.2
Flat White	3.8	2.1	11	9.3	0	8.7	0.28	1.9	1.1	5.5	4.7	0	4.4
Hot Chocolate	4.6	2.7	17	16	0.5	9	0.38	1.8	1	6.4	6.3	0	3.5
Iced Caffe Latte	4.8	2.8	14	13	0	11	0.38	1.8	1	5.4	4.7	0	4.1
Iced Caramel Caffe Latte	4.8	2.8	30	28	0	11	0.38	1.7	1	11	10	0	3.8
Iced Vanilla Caffe Latte	4.8	2.8	31	29	0	11	0.38	1.7	1	11	10	0	3.8
Macchiato	2	1.1	5.9	4.3	0	5.3	0.13	2.1	1.1	6	4.3	0	5.3
Mocha	5	2.9	18	16	0.5	11	0.37	1.9	1.1	6.7	6	0	4.2
Americano Decaf	0.6	0.3	1.7	0	0	2.4	0	0.5	0.2	1	0	0	1.5
Americano Decaf with Milk	1.6	0.8	4.5	2.8	0	4.3	0.09	0.7	0.4	2	1.3	0	2