



# Nutritional Sheet

## Waff-Wich

Menu Items	Per Serving Size (g)	Energy (kcal)	% of RDA 2000 (kcal) total Energy	"Protein (g)"	"Total fat (g)"	% of RDA 47g total fat	Sat Fat (g)	% of RDA 22g sat fat	Trans fat (g)	% of RDA 2g trans fat	Cholesterol (mg)	Total Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	% of RDA 50g added sugar	"Sodium (mg)"	% of RDA 2000 mg sodium	Allergen
Honey Butter Waff-Wich®	96	357.76	17.89	4.52	14.17	21.15	6.84	31.09	0.07	3.50	15.63	53.04	33.00	10.95	21.90	372.31	18.62	Contains Wheat & Milk
Maple Butter Waff-Wich®	111	424.42	21.22	4.52	14.17	21.15	6.84	31.10	0.07	3.25	15.63	49.70	39.00	36.29	72.57	438.04	21.90	Contains Wheat & Milk
Almond Cocoa butter Waff-Wich®	118	563.64	28.18	11.86	32.65	48.74	12.87	58.51	0.11	5.35	4.60	55.58	33.09	29.77	59.53	317.60	15.88	Contains Wheat & Milk Nuts, & Soy.
Snickers Waff-Wich®	131	567.86	28.39	9.88	26.88	40.12	11.26	51.18	0.11	5.45	7.25	71.61	46.93	40.66	81.32	434.63	21.73	Contains Wheat, Peanuts, Milk & Soy (Lecithin of Soya Origin).
Naked Nutella Waff-Wich®	109	470.87	23.54	7.17	23.46	35.01	9.00	40.91	0.11	5.40	6.35	57.76	37.21	32.37	64.73	338.35	16.92	Contains Wheat, Nut, Milk, Soy
Kitkat Waff-Wich®	127	538.16	26.91	8.48	28.29	42.22	18.22	82.80	0.10	5.01	4.63	62.42	37.09	28.78	57.56	394.39	19.72	Contains Wheat, Milk, Sesame & Soy. May contains Nut
Belgian Dark Waff-Wich®	109	493.64	24.68	6.10	26.94	40.21	11.75	53.42	0.11	5.40	4.63	56.69	32.78	30.73	61.47	324.16	16.21	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Belgian Milk Waff-Wich®	109	435.54	21.78	8.59	24.61	36.73	10.99	49.96	0.09	4.71	4.04	46.03	26.32	20.79	41.58	331.62	16.58	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Coffee Mocha Waff-Wich®	109	494.26	24.71	7.55	26.94	40.21	12.18	55.37	0.11	5.40	4.63	55.40	32.35	26.86	53.73	342.00	18.10	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)
Butterscotch Crunch Waff-Wich®	109	478.74	23.94	7.43	23.93	35.72	10.46	47.55	0.11	5.40	4.63	58.41	31.92	25.14	50.29	365.87	18.29	Contains Wheat, Milk, Cashewnuts & Soy (Lecithin of soya Origin ). May contain traces of other nuts
Triple Chocomett Waff- Wich	147	726.94	36.35	11.26	42.21	63.00	18.77	85.30	0.15	7.30	4.32	75.51	47.40	37.53	75.06	386.68	19.33	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)
Dark & White fantasy Waff-Wich®	112	516.84	25.84	8.96	27.78	41.46	12.47	56.67	0.11	5.55	4.32	57.75	33.54	22.87	45.74	378.37	18.92	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)
Chocobite Overload Milk Waff-Wich®	112	526.05	26.30	10.08	29.07	43.39	12.90	58.62	0.11	5.55	4.32	56.03	29.24	22.87	45.74	361.60	18.08	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)
Chocobite Overload Dark Waff-Wich®	112	519.96	26.00	7.59	27.78	41.46	12.04	54.71	0.11	5.55	4.32	59.90	31.82	29.75	59.50	305.27	15.26	Contains Wheat, Milk, Soy (Lecithin of Soya Origin)
Almond Brownie Waff-Wich®	122	588.22	29.41	12.19	34.06	50.83	13.27	60.30	0.11	5.55	4.32	58.23	29.63	22.87	45.74	361.60	18.08	Contains Wheat, Milk, Nuts & Soy (Lecithin of Soya Origin).
Berry Red Velvet Waff-Wich®	155	573.21	28.66	8.86	26.74	39.97	9.59	43.57	0.11	5.67	4.97	74.29	47.12	29.44	58.89	613.52	30.68	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Red Velvet Waff-Wich®	110	502.74	25.14	8.63	26.65	39.70	9.59	43.57	0.11	5.67	4.97	57.10	32.63	22.11	44.22	589.98	29.50	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Lotus Biscoff Waff-Wich®	119	580.35	29.02	6.98	32.69	48.79	16.90	76.84	0.09	4.50	3.29	64.56	35.10	17.60	35.20	341.32	17.07	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)
Kiki & Oreo Cream Waff-Wich®	113	521.91	26.10	7.71	26.71	39.87	11.67	53.05	0.11	5.60	3.29	62.67	32.67	23.69	47.38	376.22	18.81	Contains Wheat, Milk & Soy, Sulphite (Lecithin of Soya Origin). May contain Barley
Almond Flour Honey Butter Waff-Wich®	98	395.61	19.78	4.55	17.21	25.68	7.49	34.05	0.07	3.35	5.79	55.64	30.45	8.57	17.14	402.41	20.12	Contains Milk & Nuts. May contain Soy, Oats & Wheat
Almond Flour Maple Butter Waff-Wich®	113	403.61	20.18	4.55	17.21	25.68	7.49	34.05	0.07	3.35	14.79	57.64	26.05	8.57	17.14	440.16	22.01	Contains Milk & Nuts. May contain Soy, Oats & Wheat
Almond Flour Almond Cocoa Butter Waff-Wich®	121	606.37	30.32	12.03	35.96	53.68	13.43	61.05	0.11	5.50	5.79	58.65	30.82	27.64	55.27	356.36	17.82	Contains Milk & Nuts. May contain Soy, Oats & Wheat
Almond flour snickers Chocolate Waff-Wich®	156	606.04	30.30	9.95	29.92	44.65	11.71	53.25	0.11	5.56	8.41	74.25	44.42	38.31	76.62	470.85	23.54	Contains Milk & Nuts. May contain Soy, Oats & Wheat
Almond Flour Naked nutella Waff-Wich®	109	498.16	24.91	7.11	25.87	38.62	9.24	41.99	0.11	5.40	7.43	59.21	33.53	28.99	57.97	373.58	18.68	Contains, Nut, Milk, Soy. May contain Oats & Wheat
Almond flour Kitkat Waff-Wich®	129	609.01	30.45	8.69	34.62	51.67	17.04	77.46	0.12	5.86	5.79	65.67	38.27	26.67	53.34	450.86	22.54	Contains Nuts, Sesame & Soya. May contain Oats & Wheat
Almond flour Belgian Chocomett Milk Waff-Wich®	111	537.68	26.88	8.66	31.27	46.67	13.06	59.37	0.11	5.50	5.79	55.42	27.65	21.47	42.94	416.56	20.83	Contains Nuts, Milk, Soya (Lecithin of Soya Origin) May contain Oats & Wheat
Almond flour Belgian Chocomett Dark Waff-Wich®	111	531.59	26.58	6.17	29.98	44.74	12.20	55.46	0.11	5.50	5.79	59.29	30.23	28.35	56.70	360.23	18.01	Contains Nuts, Milk, Soya (Lecithin of Soya Origin) May contain Oats & Wheat
Almond Flour Coffee Mocha Waff-Wich®	111	532.21	26.61	7.61	29.98	44.74	12.63	57.42	0.11	5.50	5.79	58.00	29.80	24.48	48.96	398.07	19.90	Contains Nuts, Milk & Soy (Lecithin of Soya Origin) May contain Oats & Wheat
Almond Flour Butterscotch Crunch Waff-Wich®	111	516.70	25.83	7.50	26.97	40.25	10.91	49.60	0.11	5.50	5.79	61.01	29.37	22.76	45.52	401.94	20.10	Contains Nuts, milk, Cashew nuts & Soy (Lecithin of soya Origin ). May contain traces of other nuts, Oats & Wheat

## Mini Pancakes

Honey Butter Mini Pancakes	66	211.42	10.57	2.08	16.06	23.97	9.04	41.09	0.03	1.42	32.65	14.65	5.89	4.78	9.56	274.58	13.73	Contains Wheat & Milk
Maple Butter Mini Pancakes	66	295.23	14.76	3.12	20.33	30.34	11.10	50.45	0.04	2.15	40.47	24.94	10.88	7.25	14.49	379.48	18.97	Contains Wheat & Milk
Almond Cocoa butter Mini Pancakes	74	346.12	17.31	7.14	19.55	29.19	7.87	35.79	0.07	3.40	3.07	35.39	20.74	18.33	36.66	211.88	10.59	Contains Wheat & Milk Nuts, & Soy.
Naked Nutella Mini Pancakes	69	294.47	14.72	4.53	14.45	21.57	5.59	25.40	0.07	3.40	4.07	36.57	23.00	7.25	14.49	222.38	11.12	Contains Wheat, Nut, Milk, Soy
Kitkat Mini Pancakes	87	386.50	19.33	5.87	21.12	31.53	11.58	52.63	0.08	3.76	3.07	43.22	28.23	20.54	41.08	256.63	12.83	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Belgian Milk Mini Pancakes	69	311.25	15.56	5.35	17.23	25.72	7.69	34.95	0.07	3.40	3.07	33.69	18.93	14.75	29.49	246.88	12.34	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Belgian Dark Mini Pancakes	69	329.50	16.47	3.73	18.98	28.33	7.19	32.67	0.07	3.40	3.07	35.94	20.43	18.75	37.49	214.13	10.71	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Coffee Mocha Mini Pancakes	69	308.07	15.40	4.75	16.48	24.60	7.44	33.81	0.07	3.40	3.07	35.19	20.18	16.50	32.99	236.13	11.81	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)
Butterscotch Crunch Mini Pancakes	87	398.34	19.92	5.92	20.49	30.58	8.96	40.72	0.09	4.30	3.07	47.56	27.85	21.44	42.87	257.46	12.87	Contains Wheat, milk, Cashew nuts & soy (Lecithin of soya Origin ), may contain traces of other nuts
Triple Chocomett Mini Pancakes	74	347.42	17.37	5.80	18.96	28.30	8.39	38.13	0.07	3.65	2.73	38.39	21.57	16.90	33.81	223.39	11.17	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)
Dark & White fantasy Mini Pancakes	69	315.61	15.78	5.51	16.71	24.94	7.49	34.04	0.07	3.40	2.73	35.79	20.47	13.80	27.61	235.34	11.77	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Chocobite Overload Milk Mini Pancakes	69	317.42	15.87	4.72	16.71	24.94	7.24	32.90	0.07	3.40	2.73	37.04	19.47	17.80	35.61	192.84	9.64	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Chocobite Overload Dark Mini Pancakes	69	170.68	8.53	4.72	6.96	10.39	2.99	13.59	0.04	2.15	2.73	22.29	7.00	6.30	12.61	190.59	9.53	Contains Wheat & Milk & Soy (Lecithin of Soya Origin)
Lotus Biscoff Mini Pancakes	72	319.00	15.95	4.20	15.87	23.68	6.11	27.79	0.05	2.66	2.18	39.85	20.09	9.72	19.45	217.42	10.87	Contains Wheat and milk & Soy (Lecithin of Soya Origin)
Kiki & Oreo Cream Mini Pancakes	69	194.50	9.73	2.84	10.15	15.14	4.41	20.06	0.04	2.03	1.15	22.96	12.52	8.56	17.12	131.84	6.59	Contains Wheat and milk & Soy (Lecithin of Soya Origin). May contain Barley
Rocky Road Mini Pancake	135	450.41	22.52	8.08	24.83	37.06	10.84	49.27	0.08	3.95	8.67	48.65	29.29	23.25	46.51	311.63	15.58	Contains milk, wheat, Nut, Soy & may contains Sulphite
Vanilla Ice cream and Fudge Mini Pancake	108	206.14	10.31	3.61	8.68	12.95	4.59	20.86	0.04	2.15	3.07	28.39	13.51	12.80	25.59	229.58	11.48	Contains milk, wheat, Soy & may contains Nut, Sulphite
Chocolate Ice cream and Fudge Mini Pancake	108	260.89	13.04	4.71	11.63	17.36	6.49	29.49	0.04	2.15	8.67	34.34	19.41	17.05	34.09	248.13	12.41	Contains milk, wheat, Soy & may contains Nut, Sulphite
Triple Cookies Mini Pancake	152	518.20	25.91	8.60	26.14	39.01	13.68	62.17	0.09	4.30	8.82	62.13	40.37	29.25	58.50	341.39	17.07	Contains milk, wheat, Nut, Soy & Sesame may contains Sulphite, Barley

## Waffle Sundaes

Choco Brownie Sundae Large	125	298.28	14.91	6.56	14.37	21.45	6.61	30.05	0.03	1.70	10.56	35.67	20.49	13.53	27.07	185.83	9.29	Contains Wheat, Milk, Soy, Nut & may contain Sulphite
Choco Brownie Sundae Mini	77	179.58	8.98	4.09	9.14	13.64	3.86	17.55	0.02	0.84	6.64	20.24	12.10	9.98	19.95	96.18	4.81	Contains Wheat, Milk, Soy, Nut & may contain Sulphite
Berry Red Velvet Sundae Large	143	315.28	15.76	5.59	12.98	19.38	5.86	26.65	0.04	2.15	10.88	44.01	30.58	17.77	35.53	206.25	10.31	Contains Wheat, milk, Soy & may contains Nut, Sulphite
Berry Red Velvet Sundae Mini	86	166.96	8.35	2.95	7.11	10.62	3.35	15.23	0.02	1.07	6.80	22.79	16.36	8.81	17.61	109.38	5.47	Contains Wheat, milk, Soy & may contains Nut, Sulphite
Lotus Biscoff Sundae Large	175	362.37	18.12	5.08	16.80													

## Mini Waff-Wich Combos

Menu Items	Per Serving Size (g)	Energy (kCal)	% of RDA 2000(kcal) total Energy	*Protein (g)**	**Total fat (g)**	% of RDA 67g total fat	Sat Fat (g)	% of RDA 22g sat fat	Trans fat (g)	% of RDA 2g trans fat	Cholesterol (mg)	Total Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	% of RDA 50g added sugar	*Sodium (mg)**	% of RDA 2000 mg sodium	Allergen
Assorted box of 4 (Almond Cocoa Butter, Belgian (Milk), Red Velvet & Berry Red velvet.	246	1037.6	51.88	18.97	55.32	82.57	21.52	97.81	0.21	10.70	9.29	116.50	69.58	51.05	102.11	926.36	46.32	Contains Wheat, Milk, Nuts & Soy (Lecithin of Soya Origin).
Almond Cocoa Butter (Mini Waff-Wich*)	59	281.82	14.09	5.93	16.33	24.37	6.44	29.26	0.05	2.68	2.30	27.79	16.55	14.88	29.77	158.80	7.94	Contains Wheat & Milk Nuts, & Soy.
Belgian Chocomett Milk (Mini Waff-Wich*)	54.5	217.77	10.89	4.30	12.30	18.36	5.50	24.98	0.05	2.35	2.02	23.02	13.16	10.39	20.79	165.81	8.29	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Red Velvet (Mini Waff-Wich*)	55	251.37	12.57	4.32	13.32	19.88	4.79	21.79	0.06	2.83	2.48	28.55	16.31	11.05	22.11	294.99	14.75	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Berry Red velvet (Mini Waff-Wich*)	77.5	286.60	14.33	4.43	13.37	19.95	4.79	21.79	0.06	2.83	2.48	37.15	23.56	14.72	29.44	306.76	15.34	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Chocoholic's Box of 4 (Naked Nutella, Belgian (milk), Chocobite Overload (Dark) & Dark & White Fantasy.	221	971.61	48.58	16.16	51.81	77.33	22.25	101.12	0.21	10.60	9.52	110.72	64.44	52.89	105.77	676.81	33.84	Contains Wheat, Milk, Soy (Lecithin of Soya Origin)
Naked Nutella (Mini Waff-Wich*)	54.5	235.44	11.77	3.59	11.73	17.51	4.50	20.45	0.05	2.70	3.2	28.9	18.6	16.2	32.37	169.2	8.46	Contains Wheat, Nut, Milk, Soy
Belgian milk (Mini Waff-Wich*)	54.5	217.77	10.89	4.30	12.30	18.36	5.50	24.98	0.05	2.35	2.0	23.0	13.2	10.4	20.79	165.8	8.29	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Chocobite Overload Dark (Mini Waff-Wich*)	56	259.98	13.00	3.79	13.89	20.73	6.02	27.36	0.06	2.78	2.16	29.95	15.91	14.87	29.75	152.64	7.63	Contains Wheat, Milk, Soy (Lecithin of Soya Origin)
Dark & White Fantasy (Mini Waff-Wich*)	56	258.42	12.92	4.48	13.89	20.73	6.23	28.33	0.06	2.78	2.2	28.9	16.8	11.4	22.87	189.2	9.46	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Assorted box of 6 (Naked Nutella, Belgian (Milk), Chocobite Overload (milk), Dark & White fantasy, Red Velvet & Berry Red velvet.	353.5	1509.58	75.48	24.90	78.50	117.17	31.83	144.70	0.33	16.27	14.5	176.4	104.3	78.7	157.33	1278.6	63.93	Contains Wheat and milk & Soy (Lecithin of Soya Origin).
Naked nutella (Mini Waff-Wich*)	54.5	235.44	11.77	3.59	11.73	17.51	4.50	20.45	0.05	2.70	3.18	28.9	18.6	16.2	32.37	169.2	8.46	Contains Wheat, Nut, Milk, Soy
Belgian Milk (Mini Waff-Wich*)	54.5	217.77	10.89	4.30	12.30	18.36	5.50	24.98	0.05	2.35	2.02	23.02	13.16	10.39	20.79	165.81	8.29	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Chocobite Overload milk (Mini Waff-Wich*)	56	259.98	13.00	3.79	13.89	20.73	6.02	27.36	0.06	2.78	2.16	29.95	15.91	14.87	29.75	152.64	7.63	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Dark & White Fantasy (Mini Waff-Wich*)	56	258.42	12.92	4.48	13.89	20.73	6.23	28.33	0.06	2.78	2.16	28.87	16.77	11.43	22.87	189.19	9.46	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Red Velvet (Mini Waff-Wich*)	55	251.37	12.57	4.32	13.32	19.88	4.79	21.79	0.06	2.83	2.48	28.55	16.31	11.05	22.11	294.99	14.75	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Berry Red velvet (Mini Waff-Wich*)	77.5	286.60	14.33	4.43	13.4	19.95	4.79	21.79	0.1	2.83	2.5	37.1	23.6	14.7	29.44	306.8	15.34	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Chocoholic's Box of 6 (Naked Nutella, Belgian (milk), Chocobite Overload (Milk) & Dark & White Fantasy, Belgian (Dark) & Kikkat	342	1487.51	74.38	23.45	79.43	118.55	37.23	169.23	0.32	15.81	14.15	170.27	99.37	82.64	165.28	1036.08	51.80	Contains Wheat, milk & Soy (Lecithin of Soya Origin).
Naked Nutella (Mini Waff-Wich*)	54.5	235.44	11.77	3.59	11.73	17.51	4.50	20.45	0.05	2.70	3.18	28.88	18.60	16.18	32.37	169.17	8.46	Contains Wheat, Nut, Milk, Soy
Belgian Milk (Mini Waff-Wich*)	56	217.77	10.89	4.30	12.30	18.36	5.50	24.98	0.05	2.35	2.02	23.02	13.16	10.39	20.79	165.81	8.29	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Chocobite Overload milk (Mini Waff-Wich*)	56	260.0	13.00	3.79	13.89	20.73	6.02	27.36	0.06	2.78	2.16	29.95	15.91	14.87	29.75	152.64	7.63	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Dark & White Fantasy (Mini Waff-Wich*)	56	258.42	12.92	4.48	13.89	20.73	6.23	28.33	0.06	2.78	2.16	28.87	16.77	11.43	22.87	189.19	9.46	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Belgian Dark (Mini Waff-Wich*)	56	246.82	12.34	3.05	13.47	20.11	5.88	26.71	0.05	2.70	2.32	28.34	16.39	15.37	30.73	162.08	8.10	Contains Wheat, Milk, Soya (Lecithin of Soya Origin).
Kikkat Waffwich (Mini Waff-Wich*)	63.5	269.08	13.45	4.24	14.14	21.11	9.11	41.40	0.1	2.51	2.32	31.21	18.55	14.39	28.78	197.19	9.86	Contains Wheat, Milk, Sesame & Soy. May contains Nut
Assorted box of 4 (Blueberry Cheesecake Waffwich, Biscoff Cheesecake waffwich, Kikkat Mini waffle, Belgian Chocolate Milk)	237	975.17	48.76	15.02	51.63	77.06	24.18	109.89	0.21	10.45	8.97	113.16	62.04	42.43	84.85	995.91	49.80	Contains Wheat, Milk, Sesame & Soy. May contains Nut
Blueberry Cheesecake Waffwich	62.5	231.63	11.58	3.13	10.84	16.18	4.38	19.91	0.06	3.13	2.32	30.39	15.56	10.07	20.13	304.66	15.23	Contains Wheat, Milk & Soy
Biscoff Cheesecake waffwich	56.5	256.69	12.83	3.35	14.34	21.41	5.19	23.59	0.05	2.47	2.32	28.54	14.78	7.58	15.15	328.24	16.41	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)
Kikkat Mini waffle	63.5	269.08	13.45	4.24	14.14	21.11	9.11	41.40	0.05	2.51	2.32	31.21	18.55	14.39	28.78	197.19	9.86	Contains Wheat, Milk, Sesame & Soy. May contains Nut
Belgian Milk Waff-Wich*	54.5	217.77	10.89	4.30	12.30	18.36	5.50	24.98	0.05	2.35	2.02	23.02	13.16	10.39	20.79	165.81	8.29	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Premium Mini Waff-Wich* Assorted box of 6 (Blueberry Cheesecake Waffwich, Strawberry Cheesecake Waffwich, Red Velvet Waffwich, Berry Red Velvet Waffwich, Kiki & Oreo Cream waffwich, Lotus Biscoff Waffwich)	373.5	1525.19	76.26	22.26	78.07	116.52	32.67	148.48	0.32	16.22	12.89	183.37	106.56	68.67	137.34	1561.48	78.07	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Blueberry Cheesecake Waffwich	62.5	231.63	11.58	3.13	10.84	16.18	4.38	19.91	0.06	3.13	2.32	30.39	15.56	10.07	20.13	304.66	15.23	Contains Wheat, Milk & Soy
Strawberry Cheesecake Waffwich	62.5	204.45	10.22	3.05	10.84	16.18	4.41	20.05	0.05	2.38	2.32	23.67	17.24	12.18	24.36	296.29	14.81	Contains Wheat, Milk & Soy
Red Velvet Waffwich	55	251.37	12.57	4.32	13.32	19.88	4.79	21.79	0.06	2.83	2.48	28.55	16.31	11.05	22.11	294.99	14.75	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Berry Red Velvet Waffwich	77.5	286.60	14.33	4.43	13.37	19.95	4.79	21.79	0.06	2.83	2.48	37.15	23.56	14.72	29.44	306.76	15.34	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).
Kiki & Oreo Cream waffwich	56.5	260.96	13.05	3.85	13.36	19.93	5.84	26.53	0.06	2.80	1.64	31.34	16.34	11.84	23.69	188.11	9.41	Contains Wheat, Milk & Soy, Sulphite (Lecithin of Soya Origin).
Lotus Biscoff Waffwich	59.5	290.17	14.51	3.49	16.34	24.39	8.45	38.42	0.05	2.25	1.64	32.28	17.55	8.80	17.60	170.66	8.53	Contains Wheat, Milk & Soy (Lecithin of Soya Origin).

## Waffle Cake

Death by Choco-rush cake single layer	296	1503.90	75.19	24.53	90.42	134.95	38.95	177.06	0.30	14.80	8.65	148.00	90.94	72.74	145.48	799.21	39.96	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Death by Choco-rush cake single layer (2 servings)	148	751.95	37.60	12.27	45.21	67.48	19.48	88.53	0.15	7.40	4.32	74.00	45.47	36.37	72.74	399.60	19.98	
Death by Choco-rush cake double layer	532	2632.07	131.60	46.03	154.44	230.50	67.41	306.39	0.53	26.60	17.30	264.50	153.08	122.68	245.35	1542.01	77.10	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Death by Choco-rush cake double layer (4 servings)	133	658.0	32.90	11.5	38.61	57.63	16.85	76.60	0.13	6.65	4.32	66.13	38.27	30.67	61.34	385.50	19.28	
Berry red velvet waffle cake single layer	313	1301.39	65.07	20.70	67.33	100.49	24.63	111.97	0.27	13.73	11.16	153.16	94.26	53.77	107.53	1435.49	71.77	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Berry red velvet waffle cake single layer (2 servings)	156.5	650.69	32.53	10.35	33.66	50.24	12.32	55.98	0.14	6.86	5.58	76.58	47.13	26.88	53.77	717.74	35.89	
Berry red velvet waffle cake double layer	595	2455.34	122.77	39.00	126.36	188.60	46.19	209.93	0.52	25.83	21.10	290.52	178.96	101.14	202.27	2700.10	135.01	Contains Wheat, Milk, Soya (Lecithin of Soya Origin)
Berry red velvet waffle cake double layer (4 servings)	148.75	613.83	30.69	9.75	31.59	47.15	11.55	52.48	0.13	6.46	5.28	72.63	44.74	25.28	50.57	675.03	33.75	
Kiki & Oreo Cream waffle cake single layer	246	1157.95	57.90	16.89	60.17	89.80	26.36	119.82	0.25	12.30	6.58	137.22	72.67	54.39	108.79	816.15	40.81	Contains Wheat, Milk, Soya, (Lecithin of Soya Origin) Sulphite, May Contain barley
Kiki & Oreo Cream waffle cake single layer (2 servings)	123	578.98	28.95	8.44	30.08	44.90	13.18	59.91	0.12	6.15	3.29	68.61	36.34	27.20	54.39	408.07	20.40	
Kiki & Oreo Cream waffle cake Double layer	476	2238.34	111.92	32.94	117.20	174.93	51.17	232.58	0.48	23.80	13.16	262.94	139.14	102.60	205.19	1565.10	78.25	Contains Wheat, Milk, Soya, (Lecithin of Soya Origin) Sulphite, May Contain barley
Kiki & Oreo Cream waffle cake Double layer (4 servings)	119	559.58	27.98	8.24	29.30	43.73	12.79	58.14	0.12	5.95	3.29	65.73	34.78	25.65	51.30	391.27	19.56	
Almond Brownie waffle cake Single layer	266	1311.14	65.56	26.11	77.90	116.27	30.89	140.42	0.25	12.30	8.65	126.40	67.52	54.54	109.08	743.71	37.19	Contains Wheat, Milk, Nuts, Soya (Lecithin of Soya Origin)
Almond Brownie waffle cake Single layer (2 servings)	133	655.57	32.78	13.06	38.95	58.13	15.45	70.21	0.12	6.15	4.32	63.20	33.76	27.27	54.54	371.85	18.59	
Almond Brownie waffle cake double layer	522	2563.65	128.18	51.84	151.90	226.71	60.09	273.12	0.48	24.10	17.30	247.30	130.44	104.48	208.95	1486.51	74.33	Contains Wheat, Milk, Nuts, Soya (Lecithin of Soya Origin)
Almond Brownie waffle cake double layer (4 servings)	130.5	640.91	32.05	12.96	37.97	56.68	15.02	68.28	0.12	6.03	4.32	61.83	32.61	26.12	52.24	371.63		

## Cheesecake Waff-Wich

Menu Items	Per Serving Size (g)	Energy (kCal)	% of RDA 2000(kcal) total Energy	"Protein (g)"	"Total fat (g)"	% of RDA 67g total fat	Sat Fat (g)	% of RDA 22g sat fat	Trans fat (g)	% of RDA 2g trans fat	Cholesterol (mg)	Total Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	% of RDA 50g added sugar	"Sodium (mg)"	% of RDA 2000 mg sodium	Allergen
Biscoff Cheesecake	113	513.38	25.67	6.71	28.69	42.82	10.38	47.19	0.10	4.93	4.63	57.09	29.56	15.15	30.31	656.49	32.82	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)
Nutella Cheesecake	114	507.93	25.40	7.31	27.19	40.58	10.61	48.24	0.11	5.67	5.51	58.49	34.38	25.21	50.42	570.93	28.55	Contains Wheat, Nut, Milk, Soy
Strawberry Cheesecake	125	463.27	23.16	6.25	21.68	32.36	8.76	39.82	0.13	6.25	4.63	60.78	31.12	20.13	40.27	609.33	30.47	Contains Wheat, Milk & Soy
Blueberry Cheesecake	125	408.91	20.45	6.10	21.68	32.36	8.82	40.10	0.10	4.75	4.63	47.34	34.48	24.36	48.73	592.59	29.63	Contains Wheat, Milk & Soy
Mango Cheesecake	125	452.92	22.65	6.28	21.77	32.50	8.76	39.82	0.10	4.75	4.63	57.96	32.05	19.65	39.31	604.56	30.23	Contains Wheat, Milk & Soy (Lecithin of Soya Origin)

## Bevergaes

Oreo Shake	290	324.52	16.23	7.82	16.35	24.40	12.18	55.38	0.00	0.00	18.11	36.53	29.27	20.50	41.01	192.13	9.61	Contains Wheat, Milk & Soy (Lecithin of soya Origin), May Contain Barley
Belgian Chocomelt shake	280	490.00	24.50	11.24	30.39	45.36	17.06	77.56	0.04	2.25	15.80	42.88	34.93	22.79	45.58	190.82	9.54	Contains Milk & Soya (Lecithin of soya Origin)
Kitkat Shake	284	430.81	21.54	9.05	23.72	35.40	20.18	91.73	0.02	1.00	15.80	45.28	36.06	25.63	51.26	189.80	9.49	Contains Wheat, Milk, Sesame & Soya (Lecithin of soya Origin)
Blueberry White Choco shake	284	359.21	17.96	7.14	18.01	26.88	11.41	51.85	0.02	0.90	15.80	42.14	33.43	18.30	36.60	157.60	7.88	Contains Milk & Soya (Lecithin of soya Origin)
Nutella shake	276	435.47	21.77	9.01	25.14	37.53	14.43	65.57	0.04	1.80	16.60	43.29	39.26	29.35	58.71	167.95	8.40	Contains Nut, Milk & Soya (Lecithin of soya Origin)
Signature cold coffee	245	200.07	10.00	7.64	5.40	8.06	3.48	15.82	0.00	0.00	18.30	30.23	29.32	16.49	32.98	74.04	3.70	Contains Milk
Lemon Ice Tea	321	142.95	7.15	0.16	0.02	0.03	0.02	0.07	0.00	0.00	0.00	35.53	33.86	33.74	67.47	6.69	0.33	No Allergen
Peach Ice Tea	321	140.41	7.02	0.16	0.02	0.03	0.02	0.07	0.00	0.00	0.00	34.89	33.49	33.38	66.76	6.67	0.33	No Allergen

## Extra goodness

Extra Nutella	30	161.7	8.09	1.89	9.27	13.84	3.18	14.45	0.03	1.50	1.2	17.25	16.89	14.94	29.88	12.6	0.63	Contains Nut, Milk, Soy
Kitkat bits	18	78.84	3.94	1.15	4.64	6.93	4.41	20.05	0.01	0.36	0.00	8.53	6.32	5.20	10.40	17.53	0.88	Contains Wheat, Milk, Sesame, soy, May Contain Nut
Roasted Almond	10	57.50	2.88	2.12	4.99	7.45	0.37	1.68	0	0.00	0	2.20	0.39	0	0.00	0	0.00	Contains Nuts
Snickers	22.5	110.48	5.52	1.99	5.65	8.43	2.29	10.41	0.02	1.13	1.15	12.92	11.66	10.51	21.02	49.95	2.50	Contains Milk, peanut & soy
Biscoff Bits	8	35.84	1.79	0.39	1.52	2.27	0.64	2.91	0	0.00	0	5.81	3.05	0	0.00	0	0.00	Contains wheat & Soyabean
Oreo	8	38.64	1.93	0.416	1.568	2.34	0.78	3.53	0.01	0.40	0	5.75	3.10	3.10	6.19	33.60	1.68	Contains Wheat, sulphite, soy, May Contain milk And barley
Chocolatey Sprinkles	5	23.55	1.18	0.22	1.05	1.57	0.60	2.73	0.05	2.40	0	3.30	3.05	2.85	5.70	1.50	0.08	Contains Milk
Banana	50	52.50	2.63	0.55	0.15	0.22	0	0.00	0	0.00	0	11.5	6	0	0.00	0.5	0.03	No allergen
Vanilla Icecream	50	13.13	0.66	0.14	0.04	0.06	0	0.00	0	0.00	0	2.88	1.50	0	0.00	0.13	0.01	Contains milk, may contains wheat, Nut & Soy
Chocolate Icecream	50	61.55	3.08	1.25	3.05	4.55	1.95	8.86	0	0.00	5.60	7.95	7.35	5.70	11.40	15.55	0.78	Contains milk, may contains wheat, Nut, Soy & Sulphite
Milk Chococream Spread	30	180	9.00	2.88	12.60	18.81	5.70	25.91	0.03	1.50	0	13.80	12	9	18.00	42	2.10	Contains Milk & Soy (Lecithin of Soya Origin)
White Chococream Spread	30	173.70	8.69	2.10	11.70	17.46	5.40	24.55	0.03	1.50	0	15	15	9	18.00	53.70	2.69	Contains Milk & Soy (Lecithin of Soya Origin)
Dark Chococream Spread	30	174.30	8.72	1.14	11.70	17.46	5.10	23.18	0.03	1.50	0	16.50	13.80	13.80	27.60	2.70	0.14	Contains Soy (Lecithin of Soya Origin), May contain traces of milk.
Cookies Crunch filling	30	171.30	8.57	2.26	11.10	16.57	4.80	21.82	0.03	1.50	0	17.40	13.20	8.40	16.80	64.50	3.23	Contains Milk & Soy (Lecithin of Soya Origin)
Butter Scotch Chococream Spread	30	165.60	8.28	2.07	9.60	14.33	4.20	19.09	0.03	1.50	0	17.70	13.20	9.90	19.80	31.80	1.59	Contains milk, Cashew nuts & soy (Lecithin of soya Origin), may contain traces of other nuts.
Coffee Chococream Spread	30	174.90	8.75	2.15	11.70	17.46	5.40	24.55	0.03	1.50	0	15.60	13.50	11.10	22.20	29.10	1.46	Contains Milk & Soy (Lecithin of Soya Origin)
Strawberry Cut Filling	30	46.38	2.32	0.15	0.00	0.00	0.00	0.00	0.03	1.50	0.00	13.59	8.10	5.43	10.86	16.74	0.84	No Allergen
Blueberry Fruit Filling	30	54.87	2.74	0.15	0	0.00	0	0.00	0.03	1.50	0	13.59	8.10	5.43	10.86	16.74	0.84	No Allergen
Mango Fruit Filling	30	43.50	2.18	0.18	0.09	0.13	0	0.00	0.04	1.80	0	10.77	9.03	4.95	9.90	309	15.45	No Allergen
Cheese Filling	30	177	8.85	1.73	12.90	19.25	4.80	21.82	0	0.00	0	13.50	10.20	4.50	9.00	0	0.00	Contains Milk & Soy (Lecithin of Soya Origin)
Peanut filling	30	171	8.55	3.83	10.50	15.67	3.30	15.00	0.02	0.90	0	15.30	12	11.10	22.20	45	2.25	Contains Peanuts, Milk & Soy (Lecithin of Soya Origin)

### New Cappuccino range

	Allergen
Cappuccino	Contains Milk
Cappuccino - French Vanilla	Contains Milk
Cappuccino - Irish Cream	Contains Milk
Cappuccino - Caramel	Contains Milk & Gluten
Cappuccino - Roasted Hazelnut	Contains Milk
Choco Cappuccino	Contains Milk
Cappuccino Salted Caramel	Contains Milk
Cafe Latte	Contains Milk
Cafe Mocha	Contains Milk
Cafe Americano	Contains Milk
Hot Choco - Classic	Contains Milk
Hot Choco - Roasted Hazelnut	Contains Milk

### Add On

Choco Waffle	Contains Wheat, Milk & Nut
Classic Waffle	Contains Wheat, Milk & Nut

## Gourmet Waffle

Menu Items	Per & Per Serve Size (g)	Energy (kCal)	% of RDA 2000 (kcal) total Energy	"Protein (g)"	"Total fat (g)"	% of RDA 67g total fat	Sat Fat (g)	% of RDA 22g sat fat	Trans fat (g)	% of RDA 2g trans fat	Cholesterol (mg)	Total Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	% of RDA 50g added sugar	"Sodium (mg)"	% of RDA 2000 mg sodium	Allergen
Kitkat Affair	172.5	645.86	32.29	10.31	37.75	56.34	20.80	94.55	0.12	5.86	3.38	66.22	47.01	34.80	69.59	311.84	15.59	Contains Milk, Wheat, Soy (Lecithin of soy origin) & Sesame may contains Nut & Sulphite
Kitkat Affair (2 servings)	86.25	322.93	16.15	5.15	18.87	28.17	10.40	47.27	0.06	2.93	1.69	33.11	23.51	17.40	34.80	155.92	7.80	
Nuttella Overload	160	502.43	25.12	7.71	25.53	38.10	10.02	45.53	0.08	3.95	9.98	60.46	43.70	34.44	68.89	239.36	11.97	Contains Milk, Wheat, Nut, Soy (Lecithin of soy origin) & may contains Sulphite
Nuttella Overload (2 servings)	80	251.21	12.56	3.86	12.76	19.05	5.01	22.77	0.04	1.98	4.99	30.23	21.85	17.22	34.44	119.68	5.98	
Death By Choco-rush	227	888.80	44.44	13.02	42.51	63.44	18.65	84.79	0.13	6.60	8.40	113.54	71.33	42.07	84.14	405.30	20.27	Contains Wheat, Milk, Cereals, Sesame, Soy (Lecithin of soy origin), Sulphite. May Contain Nut & Barley
Death By Choco-rush (2 servings)	113.5	444.40	22.22	6.51	21.25	31.72	9.33	42.39	0.07	3.30	4.20	56.77	35.67	21.04	42.07	202.65	10.13	
Almond Fudge Brownie	166	591.34	29.57	11.59	34.27	51.15	14.34	65.20	0.10	5.12	8.40	59.14	36.59	27.95	55.90	286.48	14.32	Contains Milk, Wheat, Nut, Soy (Lecithin of soy origin) & may contains Sulphite
Almond Fudge Brownie (2 servings)	83	295.67	14.78	5.79	17.14	25.58	7.17	32.60	0.05	2.56	4.20	29.57	18.29	13.98	27.95	143.24	7.16	

## Waffle Roll

Blueberry Cheesecake Waffle Roll	95	305.07	15.25	2.72	13.41	20.01	5.08	23.09	0.09	4.50	0.0	43.31	27.01	16.56	33.12	396.82	19.84	Contains Milk, Wheat & Soy (Lecithin of soy origin).
Triple chocomelt Waffle Roll	33	151.08	7.55	2.04	8.63	12.88	3.89	17.70	0.02	1.02	0.00	16.32	11.74	10.09	20.18	68.19	3.41	Contains Milk, Wheat & Soy (Lecithin of soy origin).
Kitkat Waffle Roll	34	155.58	7.78	2.62	9.02	13.46	4.17	18.95	0.02	1.00	0.00	15.98	11.47	9.40	18.80	83.03	4.15	Contains Milk, Wheat, Soy (Lecithin of soy origin) & Sesame. May contain nuts.
Nutella Waffle Roll	33	138.19	6.91	1.95	6.62	9.88	2.36	10.72	0.02	1.00	0.80	17.70	14.12	12.56	25.12	60.42	3.02	Contains Wheat, Nut, Milk & Soy (Lecithin of soy origin)
Belgian Waffle Roll (Milk)	34	156.63	7.83	2.70	9.13	13.63	4.17	18.97	0.02	1.03	0.00	15.91	12.47	10.95	21.90	82.53	4.13	Contains Wheat, Milk & Soy (Lecithin of soy origin)
Belgian Waffle Roll (Dark)	33	149.33	7.47	1.52	8.26	12.34	3.66	16.62	0.02	1.00	0.00	17.22	11.98	11.73	23.45	52.54	2.63	Contains Wheat, Milk & Soy (Lecithin of soy origin)

## Waffle Strips

Peri Peri Waffle strips	80	283.97	14.20	6.81	14.29	21.32	5.20	23.62	0.07	3.25	15.40	32.03	5.21	2.83	5.66	1141.58	57.08	Contains sulphite, Milk & Wheat. May contain barley, oats, soy, nuts, sesame, mustard & celery.
Cheese Waffle Strips	80	283.71	14.19	6.76	14.33	21.39	5.21	23.67	0.07	3.25	15.40	31.91	5.45	2.88	5.77	7459.80	372.99	Contains milk, Sulphite & Wheat. May contain barley, oats, soy, nuts, sesame, mustard & celery.

## Potato Pops

Peri Peri Potato Pops	73	125.56	6.28	2.15	4.92	7.34	2.35	10.70	0.06	3.20	0.00	18.17	2.67	2.10	4.20	687.24	34.36	Contain Sulphite. May contain barley, oats, soy, nuts, sesame, mustard & celery.
Cheese Potato Pops	74	128.18	6.41	2.19	5.02	7.49	2.38	10.81	0.06	3.20	0.00	18.56	3.05	2.23	4.46	1065.03	53.25	Contains sulphite & Wheat. May contain barley, oats, soy, nuts, Milk, Sesame, Mustard & celery.

## Extra Goodness

Marshmallow	10	52.80	2.64	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	12.50	6.76	6.76	13.52	1.50	0.08	No Allergen
Cheesy	20	66.78	3.34	0.32	6.30	9.40	1.05	4.77	0.00	0.00	0.00	2.20	0.90	0.74	1.48	204.00	10.20	Contains Milk
Cheesy Jalapeno	20	104.60	5.23	0.20	11.00	16.42	1.60	7.27	0.00	0.00	0.00	1.20	1.00	0.60	1.20	90.00	4.50	Contains Milk

## Beverages

Espresso - Single	30	51.80	2.59	1.57	1.43	2.13	0.00	0.00	0.00	0.00	0.00	8.16	0.12	0.00	0.00	0.10	0.01	No Allergen
Café Americano	180	28.39	1.42	1.18	0.07	0.10	0.07	0.30	0.00	0.00	0.61	5.77	0.29	0.00	0.00	0.73	0.04	No Allergen
Café Mocha	245	183.74	9.19	7.04	6.25	9.33	4.03	18.33	0.00	0.00	20.31	24.83	20.51	10.71	21.43	91.12	4.56	Contain Milk
Café Latte	200	113.13	5.66	5.49	5.13	7.66	3.43	15.60	0.00	0.00	17.31	11.05	8.31	0.00	0.00	63.26	3.16	Contain Milk

## Cappuccino World

Cappuccino	180	101.49	5.07	5.09	4.53	6.76	3.03	13.78	0.00	0.00	15.30	10.09	7.34	0.00	0.00	55.84	2.79	Contain Milk
Caramel	190	136.25	6.81	5.09	4.53	6.76	3.03	13.78	0.00	0.00	15.30	18.78	16.01	8.54	17.08	57.15	2.86	Contain Milk & Wheat
Roasted Hazelnut	190	136.04	6.80	5.09	4.53	6.77	3.03	13.79	0.00	0.00	15.31	18.72	15.95	8.14	16.28	57.14	2.86	Contain Milk
French Vanilla	190	134.60	6.73	5.09	4.53	6.77	3.03	13.79	0.00	0.00	15.31	18.36	15.55	8.13	16.25	57.36	2.87	Contain Milk
Irish Cream	190	136.19	6.81	5.09	4.54	6.77	3.04	13.81	0.00	0.00	15.31	18.75	15.95	8.61	17.21	57.09	2.85	Contain Milk
Choco Cappuccino	200	170.89	8.54	5.74	5.40	8.06	3.58	16.29	0.00	0.00	15.31	24.83	19.96	12.56	25.13	78.52	3.93	Contain Milk
Salted Caramel	190	125.99	6.30	5.09	4.53	6.77	3.03	13.79	0.00	0.00	15.31	16.20	12.80	0.00	0.00	55.86	2.79	Contain Milk
Hot Choco - Classic	235	248.79	12.44	8.30	7.07	10.55	4.35	19.77	0.00	0.00	20.00	37.99	33.23	23.63	47.25	74.00	3.70	Contain Milk & Milk Solids
Hot Choco - Roasted Hazelnut	245	283.59	14.18	8.30	7.07	10.55	4.35	19.77	0.00	0.00	19.99	46.70	41.89	31.83	63.66	75.25	3.76	Contain Milk & Milk Solids
Cold Coffee - Signature	288	485.87	24.29	9.49	19.30	28.80	12.55	57.07	0.10	4.91	4.91	68.56	36.74	21.86	43.73	124.67	6.23	Contains milk, may contains wheat & Nut
Cold Coffee - Mocha Fudge	293	312.59	15.63	8.70	13.40	20.00	9.00	40.89	0.00	0.00	16.59	39.29	44.98	34.23	68.47	105.74	5.29	Contains milk, may contains wheat, Nut & Soy
Cold Coffee - Roasted Hazelnut	303	529.90	26.49	9.45	18.98	28.33	12.22	55.56	0.10	5.00	5.00	80.31	48.45	32.61	65.22	122.84	6.14	Contains milk, may contains wheat, Nut & Soy
Belgian Chocomelt shake	297	495.43	24.77	11.04	29.11	43.45	16.68	75.83	0.04	2.00	16.10	47.33	39.68	26.96	53.92	178.95	8.95	Contains Milk, Soy (Lecithin of soy origin) & may contains wheat, Nut & Sulphite
Blueberry white choco shake	298	389.37	19.47	7.20	17.82	26.60	11.50	52.28	0.05	2.74	20.83	50.04	40.05	25.08	50.16	169.24	8.46	Contains Milk, Soy (Lecithin of soy origin) & may contains wheat & Nut
Oreo shake	292	361.00	18.05	7.96	17.47	26.08	11.66	53.01	0.00	0.00	23.29	42.97	32.35	22.69	45.38	230.39	11.52	Contains Wheat, Milk, Soy (Lecithin of soy origin), Sulphite. May contains wheat, Nut & Barley
Kitkat shake	297	401.65	20.08	8.27	19.55	29.18	15.49	70.41	0.00	0.18	21.29	48.14	39.96	30.75	61.50	177.85	8.89	Contains Milk, Wheat, Soy (Lecithin of soy origin) & Sesame. may contain Nut.
Nutella shake	293	462.26	23.11	9.21	25.95	38.73	15.00	68.17	0.04	1.75	22.10	47.97	43.03	31.56	63.12	163.44	8.17	Contains Milk, Wheat, Nut, Soy (Lecithin of soy origin)
Peach Tea	321	140.41	7.02	0.16	0.02	0.03	0.02	0.07	0.00	0.00	0.00	34.89	33.49	33.38	66.76	6.67	0.33	No Allergen
Lemon Tea	321	142.95	7.15	0.16	0.02	0.03	0.02	0.07	0.00	0.00	0.00	35.53	33.86	33.74	67.47	6.69	0.33	No Allergen

## Coolers

Menu Items	Per & Per Serve Size (g)	Energy (kCal)	% of RDA 2000(kcal) total Energy	"Protein (g)"	"Total fat (g)"	% of RDA 67g total fat	Sat Fat (g)	% of RDA 22g sat fat	Trans fat (g)	% of RDA 2g trans fat	Cholesterols (mg)	Total Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	% of RDA 50g added sugar	"Sodium (mg)"	% of RDA 2000 mg sodium	Allergen
Chilli Pineapple	320	108.25	5.41	0.14	0.05	0.07	0.01	0.04	0.00	0.00	0.00	26.82	26.23	24.00	48.00	834.26	41.71	No allergen
Guava Chilli	322	115.47	5.77	0.14	0.05	0.08	0.01	0.04	0.00	0.00	0.00	28.61	27.97	25.60	51.20	889.88	44.49	No allergen

## Gourmet Shake

Classic Strawberry	250	260.97	13.05	4.23	9.10	13.58	6.94	31.56	0.00	0.00	0.00	40.55	33.95	31.14	62.29	109.19	5.46	Contain Milk
Choco Almond Fudge Shake	227	227.87	11.39	5.01	9.56	14.26	7.09	32.24	0.00	0.00	0.00	30.46	22.43	20.23	40.46	98.66	4.93	Contain Milk
Bournville Berry	248	327.97	16.40	5.63	12.72	18.98	8.99	40.88	0.00	0.00	0.00	47.76	38.14	35.59	71.17	103.35	5.17	Contains Milk & Nuts. May contain wheat.
Bubblegum	244	279.19	13.96	4.03	9.10	13.58	6.94	31.56	0.00	0.00	0.00	45.30	38.99	36.79	73.58	102.51	5.13	Contain Milk

## Indulgent

Roasted Hazelnut Cold Coffee	242	333.54	16.68	5.85	4.05	6.04	2.43	11.05	0.00	0.00	1.80	68.42	63.25	54.85	109.69	54.40	2.72	Contain Milk
Choco Brownie Cold Coffee	227	287.79	14.39	7.10	6.93	10.35	3.04	13.83	0.00	0.00	1.80	49.25	38.66	32.34	64.67	120.32	6.02	Contains Wheat, Milk, Soy, May contain Tree nuts.

## Smoothie

Verry Berry Smoothie	150	80.97	4.05	2.73	2.76	4.12	1.62	7.36	0.00	0.00	0.00	11.30	4.71	5.60	11.19	25.03	1.25	Contain Milk
Mango Muse	204	80.86	4.04	2.73	2.76	4.12	1.62	7.36	0.00	0.00	0.00	11.27	4.72	5.55	11.10	25.05	1.25	Contain Milk

## Improved Shake

Oreo Shake	233	387.71	19.39	8.88	17.86	26.65	12.69	57.70	0.02	1.00	12.15	47.87	32.03	25.31	50.63	232.71	11.64	Contains Wheat, Milk & Soy (Lecithin of soya Origin). May Contain Barley
Belgian Chocomelt shake	242	522.53	26.13	11.21	32.40	48.36	18.14	82.45	0.05	2.51	12.20	46.52	37.77	26.02	52.04	196.81	9.84	Contains Milk & Soya (Lecithin of soya Origin)
Kitkat Shake	240	457.02	22.85	8.87	26.05	38.89	17.63	80.16	0.03	1.61	12.55	46.76	39.26	29.30	58.60	178.02	8.90	Contains Wheat, Milk, Sesame, Nut & Soya (Lecithin of soya Origin)
Bluberry Chocolate shake	237	276.49	13.82	5.36	10.77	16.08	8.21	37.32	0.00	0.00	12.15	39.52	33.01	10.91	21.82	123.45	6.17	Contains Milk & Soya (Lecithin of soya Origin)
Nutella shake	296	515.96	25.80	11.89	28.08	41.91	16.53	75.13	0.04	1.85	16.68	53.92	43.74	33.42	66.83	189.92	9.50	Contains Nut, Milk & Soya (Lecithin of soya Origin)
Signature cold coffee	271	161.69	8.08	6.10	4.04	6.03	2.60	11.83	0.00	0.00	13.91	25.23	24.44	14.09	28.18	56.86	2.84	Contains Milk