THE NESPRESSO

BAR

		Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
COFFEES										
Espresso	Water, roast and ground coffee	4	1	0.0	0.0	0.0	0.0	0.3	0.1	0.01
Espresso Decaf	Water, decaffeinated roast and ground coffee	4	1	0.0	0.0	0.0	0.0	0.3	0.1	0.01
Double Espresso	Water, roast and ground coffee	8	2	0.0	0.0	0.0	0.0	0.6	0.2	0.02
Americano	Water, roast and ground coffee	14	3	0.0	0.0	0.0	0.0	0.9	0.4	0.03
Espresso Macchiato	MILK, water, roast and ground coffee	121	29	0.9	0.5	2.8	2.8	0.3	2.2	0.08
Flat White	MILK, water, roast and ground coffee	220	52	1.7	1.0	5.1	5.1	0.3	4.0	0.13
Cappuccino	MILK, water, roast and ground coffee	258	61	2.0	1.2	6.0	6.0	0.3	4.7	0.15
Latte Macchiato	MILK, water, roast and ground coffee	433	103	3.3	2.0	10.1	10.1	0.6	7.9	0.26
Mocha	MILK , dark chocolate sauce (sugar, water, glucose syrup, fat reduced cocoa powder, dextrose, humectant: glycerol, cocoa butter, flavouring, salt, emulsifier: rapeseed lecithins, acidity regulator: citric acid, preservative: potassium sorbate), water, roast and ground coffee	911	216	4.7	2.9	34.2	29.0	0.3	9.0	0.45
Hot Chocolate	MILK, dark chocolate sauce (sugar, water, glucose syrup, fat reduced cocoa powder, dextrose, humectant: glycerol, cocoa butter, flavouring, salt, emulsifier: rapeseed lecithins, acidity regulator: citric acid, preservative: potassium sorbate).	1008	239	5.5	3.3	36.6	31.4	0.0	10.7	0.50
Iced Cappuccino	Water, MILK, roast and ground coffee	236	56	1.8	1.1	5.5	5.5	0.3	4.3	0.14
Iced Latte	Water, MILK, roast and ground coffee	522	125	6.0	0.6	14.2	6.8	2.2	2.4	0.22
Iced Americano	Water, roast and ground coffee	4	1	0.0	0.0	0.0	0.0	0.3	0.1	0.01
Espresso Macchiato with oat drink	OAT drink (OATS , water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium idodide, salt, vitamins (D2, riboflavin, B12), water, roast and ground coffee	160	38	1.8	0.2	4.3	2.0	0.8	0.8	0.07
Flat White with oat drink	OAT drink (OATS , water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium idodide, salt, vitamins (D2, riboflavin, B12), water, roast and ground coffee	366	87	4.2	0.4	10.0	4.8	1.4	1.7	0.15
Cappuccino with oat drink	OAT drink (OATS , water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium idodide, salt, vitamins (D2, riboflavin, B12), water, roast and ground coffee	366	87	4.2	0.4	10.0	4.8	1.4	1.7	0.15
Latte Macchiato with oat drink	OAT drink (OATS , water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium idodide, salt, vitamins (D2, riboflavin, B12), water, roast and ground coffee	471	113	5.4	0.5	12.8	6.1	2.0	2.2	0.20

		Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Mocha with oat drink	OAT drink (OATS , water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium idodide, salt, vitamins (D2, riboflavin, B12), dark chocolate sauce (sugar, water, glucose syrup, fat reduced cocoa powder, dextrose, humectant: glycerol, cocoa butter, flavouring, salt, emulsifier: rapeseed lecithins, acidity regulator: citric acid, preservative: potassium sorbate), water, roast and ground coffee	949	225	6.8	1.4	36.9	25.0	1.7	3.3	0.39
Hot Chocolate with oat drink	OAT drink (OATS , water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium idodide, salt, vitamins (D2, riboflavin, B12), dark chocolate sauce (sugar, water, glucose syrup, fat reduced cocoa powder, dextrose, humectant: glycerol, cocoa butter, flavouring, salt, emulsifier: rapeseed lecithins, acidity regulator: citric acid, preservative: potassium sorbate).	943	224	6.8	1.4	36.9	25.0	1.4	3.1	0.38
Iced Cappuccino with oat drink	OAT drink (OATS , water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium idodide, salt, vitamins (D2, riboflavin, B12), water, roast and ground coffee	391	94	4.5	0.5	10.7	5.1	1.5	1.8	0.16
Iced Latte with oat drink	OAT drink (OATS , water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium idodide, salt, vitamins (D2, riboflavin, B12), water, roast and ground coffee	522	125	6.0	0.6	14.2	6.8	2.2	2.4	0.22
TEA'S										
Breakfast Tea	Water, black tea	8	4	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Mint Tea	Water, lemon verbena, peppermint , lemongrass, fennel chamomile, spearmint, lemon balm.	8	4	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Earl Grey Tea	Water, black tea, natural bergamot flavouring	8	4	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Breakfast Tea with 30ml semi-skimmed milk	Water, MILK , black tea	63	15	0.5	0.3	1.4	1.4	0.0	1.2	0.03
Breakfast Tea with 30ml oat drink	Water, OAT drink (OATS, water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium idodide, salt, vitamins (D, riboflavin, B12)), black tea	79	19	0.9	0.1	2.1	1.0	0.2	0.5	0.03
PASTRIES										
Plain Croissant per piece	WHEAT flour, butter (MILK), MILK, water, sugar, EGG, salt, yeast May contain: NUTS, SOYA, PEANUTS, SESAME, SULPHITES, MUSTARD, LUPIN, CELERY	1857	440	26.3	18.3	47.9	6.7	n/a	6.1	1.09
Pain au Chocolat per piece	Pastry: WHEAT flour, yeast, MILK, salt, water, butter (MILK), sugar Filling: Dark chocolate (sugar, cocoa mass, cocoa butter, vanilla), glaze (water, pea protein, glucose syrup, rice flour). May contain: NUTS, SOYA, PEANUTS, SESAME, EGG, SULPHITES, MUSTARD, LUPIN, CELERY	1503	356	21.3	14.8	38.8	5.4	n/a	4.9	0.88
Jam Doughnut per piece	Organic WHEAT flour (with added calcium carbonate, nicotinamide, iron and thiamin), water, sugar, MILK, Butter (MILK), raspberries, potato starch, yeast, improver (WHEAT flour, mono- and diglycerides of fatty acids), malt flour (WHEAT), calcium carbonate, dextrose, rapeseed oil, antioxidant: ascorbic acid), lemon, salt, emulsifier: sunflower lecithin, thickener: pectin. May Contain: NUTS, SOYA, PEANUTS, SULPHITES	1634	388	9.9	1.8	65.0	25.0	n/a	8.3	1.38

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Almond Croissant per piece	Pastry: WHEAT flour, butter (MILK), MILK, water, sugar, salt, yeast. Filling: Sugar, MILK, butter (MILK), ground ALMONDS, WHEAT flour, EGG, custard (starch, maize starch (SULPHITES), skimmed MILK powder, vegetable oils: hydrogenated coconut oil, coconut oil, palm oil); thickeners: sodium alginate, calcium sulphate; flavouring, colour: carotene), ALMOND essence. Topping: ground ALMONDS, sugar, butter (MILK), ALMONDS, WHEAT flour, glaze (water, pea protein, glucose syrup, rice flour). May contain: Other NUTS, SOYA, PEANUTS, SESAME, SULPHITES, MUSTARD, LUPIN, CELERY	2861	797	47.8	33.3	72.2	21.8	n/a	12.8	0.48
Cinnamon Bun per piece	WHEAT flour, butter (MILK), MILK, water, sugar, salt, yeast. Filling: sugar, WHEAT flour, water, vegetable oil, humectant (glycerol), cinnamon, salt, preservative: potassium sorbate, natural flavouring contains SULPHITES), vegetable oil. May contain: NUTS, SOYA, PEANUTS, SESAME, SULPHITES, MUSTARD, LUPIN, CELERY	1655	392	22.5	15.6	44.7	9.5	n/a	5.4	0.94
DRINKS OTHERS										
Flawsome! Orange Cold-pressed juice 250ml	Oranges	415	98	0.0	0.0	22.5	22.5	1.3	1.3	0.00
Flawsome! apple and mango Cold-pressed juice 250ml	Apples, Mangoes	522	123	0.0	0.0	28.8	28.8	1.3	1.3	0.00
San Pellegrino Limonata 330ml	Water, lemon juice from concentrate (16%), sugar, carbon dioxide, natural lemon flavourings, natural flavourings, stabiliser: pectins, acid: citric acid, sweetener: steviol glycosides from stevia. Sweetener from natural origin.	309	73	0.1	0.0	14.9	14.9	0.3	0.2	0.02
San Pellegrino Aranciata 330ml	Water, orange juice from concentrate (16%), sugar, carbon dioxide, orange extract (0,1%), acid: citric acid, natural flavourings, stabiliser: pectins, natural orange flavouring, sweetener: steviol glycosides from stevia. Sweetener from natural origin.	272	64	0.0	0.0	14.5	14.5	0.1	0.3	0.03
San Pellegrino Aranciata Rossa 330ml	Water, orange juice from concentrate (12%), blood orange juice from concentrate (4%), sugar, carbon dioxide, natural flavourings, orange extract (0.1%), acid: citric acid, black carrot concentrate, stabiliser: pectins, sweetener: steviol glycosides from stevia. Sweetener from natural origin.	291	69	0.0	0.0	14.9	14.6	0.3	0.0	0.02
San Pellegrino Melograno & Aranciata 330ml	Water, orange juice from concentrate (10%), pomegranate juice from concentrate (6%), sugar, carbon dioxide, natural flavourings, orange extract (0.1%), black carrot concentrate, stabiliser: pectins, acid: citric acid, sweetener: steviol glycosides from stevia. Sweetener from natural origin	289	68	0.1	0.0	15.1	15.0	0.1	0.3	0.03
San Pellegrino Natural Mineral Water 500ml	Carbonated Natural Mineral Water									
Typical Analysis mg/l	Sulphate 418; bicarbonate 252; calcium 174; magnesium 49.6; chloride 48.7; sodium 31.0; silica 7.0; nitrate 2.9; strontium 2.7; potassium 2.4; fluoride 0.5. pH at source 7.5. Total dissolved solids at 180°C 862.									
Acqua Panna Natural Mineral Water 500ml	Still Natural Mineral Water									
Typical Analysis mg/l	Bicarbonate 106; calcium 31.5; sulphate 21.6; chloride 7.3; silica 6.9; sodium 6.5; magnesium 6.5; nitrate 2.9; potassium 0.8. pH at source 7.9. Total dissolved solids at 180°C 142									

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EXTRAS										
Coffee Shot - Forte, Ristretto, Guatamala	Water, roast and ground coffee	4	1	0.0	0.0	0.0	0.0	0.3	0.1	0.01
Decaffeinated Coffee Shot - Decaffeinato	Water, decaffeinated roast and ground coffee	4	1	0.0	0.0	0.0	0.0	0.3	0.1	0.01
Colombia Organic Coffee Shot	Water, organic roast and ground coffee	4	1	0.0	0.0	0.0	0.0	0.3	0.1	0.01
Monin Vanilla syrup per 20ml shot	Sugar, water, natural vanilla flavouring, acid: citric acid, natural flavouring	284	68	0.0	0.0	16.8	16.8	0.0	0.0	0.01
Monin Caramel syrup per 20ml shot	Sugar, water, natural flavouring, acid: citric acid, colour: caramel E150a	270	65	0.0	0.0	15.9	15.9	0.0	0.0	0.00
Monin Sugar Free Vanilla Syrup per 20ml shot	Water, bulking agent: polydextrose, natural flavouring, thickener: cellulose gum, sweeteners: sucralose, acesulfame K, acid: tartaric acid, preservatives: potassium sorbate, sodium benzoate, natural vanilla flavouring	27	6	0.0	0.0	2.0	0.1	0.0	0.0	0.03
Monin Sugar Free Caramel Syrup per 20ml shot	Water, bulking agent: polydextrose, natural flavouring, thickener: cellulose gum, sweeteners: sucralose, acesulfame K, acid: tartaric acid, colour: E150a, preservatives: potassium sorbate, sodium benzoate	27	6	0.0	0.0	2.0	0.0	0.0	0.0	0.03
Starbucks Whipped Cream per Tbsp	Cream (MILK), propellant gas: nitrous oxide.	227	55	5.4	3.9	1.3	1.3	0.0	0.3	0.01