

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 iodide, 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 iodide, 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 iodide, 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 iodide, 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

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Mocha with oat drink	OAT drink (OATS , water, rapeseed oil, acidity regulator: dipotassium phosphate, minerals: calcium carbonate, potassium iodide, 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 iodide, 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 iodide, 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 iodide, 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 iodide, 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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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