

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	Salt (g) per 100g
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## Soft Drinks

Orange Juice 200ml	1	0.2	20	20	0	1.2	0.02	0.5	0.1	10	10	0	0.6	0
Cranberry Juice 200ml	0	0	12	9.4	0	0	0	0	0	5.8	4.7	0	0	0
Apple Juice 200ml	1	0.2	20	20	0	1	0.02	0.5	0.1	9.8	9.8	0	0.5	0
Pepsi 330ml	0	0	15	15	0	0	0.03	0	0	4.6	4.6	0	0	0
Diet Pepsi 330ml	0	0	0	0	0	0	0.17	0	0	0	0	0	0	0.05
Pepsi Max 330ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0
7up Free 330ml	0	0	0	0	0	0	0.13	0	0	0	0	0	0	0.04
TRIP Peach and Ginger	0	0	5.3	4.5	0	0	0	0		2.1	1.8	0	0	0
London Essence Lemonade 200ml	0	0	8.8	8.8	0	0	0.04	0	0	4.4	4.4	0	0	0.02
London Essence Soda Water 200ml	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0.05
London Essence Tonic Water 200ml	0	0	8.6	8.6	0	0	0	0	0	4.3	4.3	0	0	0
Appletiser	0	0	30	29	0	0	0	0	0	11	11	0	0	0
TRIP Elderflower Mint	0	0	4.8	3.8	0	0	0	0	0	1.9	1.5	0	0	0

## Hand Crafted Softs

Citrus Cooler	0	0	21	20	1.1	0.5	0.1	0	0	6.7	6.5	0.5	0	0.03
Lemon Ice Tea	0	0	26	26	0.8	0.5	0.07	0	0	9.7	9.6	0.5	0	0.03
Morello Cherry and Cranberry Cooler	0	0	13	12	0	0	0.08	0	0	4.7	4.5	0	0	0.03
Apple and Elderflower Cooler	0	0	31	30	0.5	0	0	0	0	10	9.7	0	0	0
Mango Ice Tea	0	0	34	34	0	0	0.08	0	0	13	13	0	0	0.03
Peach Ice Tea	0	0	34	33	0.8	0.5	0.07	0	0	9.7	9.6	0.5	0	0.03

Blood Orange Lemonade	0	0	23	23	0.5	0	0.04	0	0	8.5	8.4	0	0	0.02
Wild Strawberry Lemonade	0	0	24	24	0.5	0	0.02	0	0	8.9	8.8	0	0	0
Sicilian Cloudy Lemonade	0	0	17	16	1.1	0.5	0.02	0	0	6.1	6	0.5	0	0
<b>Cocktails</b>														
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	0.14
<b>Kids Drinks</b>														
Glass of Milk - Kids	17	1	5	5	0	3.4	0.15	3.4	2	10	10	0	6.8	0.3
Bambinoccino	2	12	9.4	9.3	0.6	3.6	0.14	0.6	0.4	3	3	0	1.1	0.05
Apple & Blackcurrant Squash	0	0	0.8	0	0	0	0	0	0	2	0.5	0	0	0.02
Orange Squash	0	0	0.8	0	0	0	0	0	0	2	0.5	0	0	0.02
Fruit Shoot - Orange	0	0	1.2	1.2	0	0	0.03	0	0	3	3	0	0	0.08
Fruit Shoot - Apple And Blackcurrant	0	0	0.8	0.8	0	0	0.03	0	0	2	2	0	0	0.08
Kids Peach Ice Tea	0	0	16	16	0	0	0.03	0	0	36	36	0	0	0.06
Kids Lemon Ice Tea	0	0	10	10	0	0	0.03	0	0	23	23	0	0	0.06
Kids Wild Strawberry Lemonade	0	0	9.6	9.6	0	0	0	0	0	22	22	0	0	0.01
Kids Sicilian Cloudy Lemonade	0	0	6.3	6.3	0	0	0	0	0	14	14	0	0	0
<b>Hot Drinks</b>														
Americano	0.6	0.3	1.7	0	0	2.4	0	0.5	0.2	1	0	0	1.5	0
Decaf Americano	0.6	0.3	1.7	0	0	2.4	0	0.5	0.2	1	0	0	1.5	0
Decaf Americano with Milk	1.6	0.8	4.5	2.8	0	4.3	0.09	0.7	0.4	2	1.3	0	2	0.04
Decaf Americano with Oat Milk	1.8	0.4	5.6	1.8	0	2.6	0.06	0.8	0.2	2.5	0.8	0	1.2	0.03
Americano with Milk	1.6	0.8	4.5	2.8	0	4.3	0.09	0.7	0.4	2	1.3	0	2	0.04
Americano with Oat Milk	1.8	0.4	5.6	1.8	0	2.6	0.06	0.8	0.2	2.5	0.8	0	1.2	0.03
Caffe Latte	4.8	2.7	14	12	0	11	0.37	1.8	1	5.4	4.7	0	4.1	0.14
Decaf Caffe Latte	4.8	2.7	14	12	0	11	0.37	1.8	1	5.4	4.7	0	4.1	0.14

Decaf Caffe Latte With Oat Milk	6	0.8	18	7.6	0	3.1	0.24	2.3	0.3	7.1	2.9	0	1.2	0.09
Caffe Latte with Oat Milk	6	0.8	18	7.6	0	3.1	0.24	2.3	0.3	7.1	2.9	0	1.2	0.09
Cappuccino	4	2.3	12	10	0	9.2	0.3	1.9	1.1	5.5	4.7	0	4.3	0.14
Decaf Cappuccino	4	2.3	12	10	0	9.2	0.3	1.9	1.1	5.5	4.7	0	4.3	0.14
Decaf Cappuccino With Oat Milk	5	0.7	15	6.2	0	3	0.2	2.3	0.3	7.1	2.9	0	1.4	0.09
Cappuccino with Oat Milk	5	0.7	15	6.2	0	3	0.2	2.3	0.3	7.1	2.9	0	1.4	0.09
Double Espresso	0.6	0.3	1.7	0	0	2.4	0	0.8	0.4	2.3	0	0	3.2	0
Decaf Double Espresso	0.6	0.3	1.7	0	0	2.4	0	0.8	0.4	2.3	0	0	3.2	0