

BOSWELL'S

	Energy (KJ)		Energy (kcal)		Fat (g)		Saturates (g)		Carbohydrates (g)		Sugar (g)		Protein (g)		Salt (g)	
	Serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g

THE COFFEES

Cappuccino - Skimmed Milk	Small	123	181	29	43	0.3	0.4	0.1	0.1	4.3	6.3	4.0	5.9	2.6	3.8	0.1	0.1
	Regular	121	312	29	75	0.3	0.8	0.1	0.3	4.1	10.6	3.9	10.1	2.7	7.0	0.1	0.3
	Large	115	334	27	78	0.3	0.9	0.1	0.3	3.9	11.3	3.6	10.4	2.6	7.5	0.1	0.3
Cappuccino - Semi Skimmed Milk	Small	164	241	36	53	1.3	1.9	0.8	1.2	4.5	6.6	4.2	6.2	2.7	4.0	0.1	0.1
	Regular	164	423	39	101	1.4	3.6	0.8	2.1	4.3	11.1	4.1	10.6	2.8	7.2	0.1	0.1
	Large	156	452	37	107	1.3	3.8	0.8	2.3	4.1	11.9	3.9	11.3	2.7	7.8	0.1	0.3
Cappuccino - Whole Milk	Small	219	322	53	78	2.9	4.3	1.8	2.6	4.3	6.3	4.0	5.9	2.6	3.8	0.0	0.0
	Regular	223	575	54	139	3.0	7.7	1.9	4.9	4.2	10.8	4.0	10.3	2.6	6.7	0.0	0.0
	Large	212	615	51	148	2.9	8.4	1.8	5.2	4.0	11.6	3.7	10.7	2.5	7.3	0.0	0.0
Cappuccino - Coconut	Small	125	184	30	44	1.1	1.6	0.5	0.7	3.5	5.1	3.2	4.7	1.3	1.9	0.0	0.0
	Regular	123	317	30	77	1.2	3.1	0.5	1.3	3.3	8.5	3.1	8.0	1.3	3.4	0.1	0.3
	Large	117	339	28	81	1.1	3.2	0.5	1.5	3.3	9.6	3.1	9.0	1.3	3.8	0.0	0.0
Cappuccino - Soya	Small	152	223	36	53	1.5	2.2	0.2	0.3	3.1	4.6	2.6	3.8	2.6	3.8	0.1	0.1
	Regular	151	390	36	93	1.5	3.9	0.2	0.5	2.9	7.5	2.5	6.5	2.6	6.7	0.1	0.3
	Large	144	418	34	99	1.5	4.4	0.2	0.6	2.7	7.8	2.3	6.7	2.5	7.3	0.1	0.3
Cappuccino - Oat	Small	143	210	34	50	1.3	1.9	0.1	0.1	6.0	8.8	2.5	3.7	0.7	1.0	0.1	0.1
	Regular	143	369	34	88	1.3	3.4	0.1	0.3	6.0	15.5	2.5	6.5	0.7	1.8	0.1	0.3
	Large	162	470	39	113	1.5	4.4	0.1	0.3	7.1	20.6	3.1	9.0	0.5	1.5	0.1	0.3
Caffe Latte - Skimmed Milk	Small	123	451	29	42	0.2	0.3	0.1	0.1	4.0	5.8	3.9	5.7	3.0	4.4	0.1	0.1
	Regular	120	330	28	77	0.2	0.5	0.1	0.3	3.9	10.7	3.8	10.5	2.9	8.0	0.1	0.3
	Large	119	437	28	103	0.2	0.7	0.1	0.4	3.9	14.3	3.8	13.9	2.9	10.6	0.1	0.4
Caffe Latte - Semi Skimmed Milk	Small	174	254	41	60	1.5	2.2	0.9	1.3	4.3	6.3	4.2	6.1	3.1	4.5	0.1	0.1
	Regular	169	465	40	110	1.5	4.1	0.9	2.5	4.1	11.3	4.0	11.0	3.0	8.3	0.1	0.3
	Large	168	617	40	147	1.5	5.5	0.9	3.3	4.1	15.0	4.0	14.7	3.0	11.0	0.1	0.4
Caffe Latte - Whole Milk	Small	242	353	59	86	3.4	5.0	2.2	3.2	4.1	6.0	4.0	5.8	3.0	4.4	0.1	0.4
	Regular	235	862	57	157	3.3	9.1	2.1	5.8	4.0	11.0	3.9	10.7	2.9	8.0	0.1	0.3
	Large	234	859	57	209	3.3	12.1	2.1	7.7	4.0	14.7	3.9	14.3	2.9	10.6	0.1	0.4
Caffe Latte - Coconut	Small	125	183	30	44	1.3	1.9	0.6	0.9	3.0	4.4	3.0	4.4	1.4	2.0	0.1	0.1
	Regular	122	336	29	80	1.2	3.3	0.6	1.7	3.0	8.3	2.9	8.0	1.4	3.9	0.1	0.3
	Large	122	448	29	106	1.2	4.4	0.6	2.2	3.0	11.0	2.9	10.6	1.4	5.1	0.1	0.4
Caffe Latte - Soya	Small	158	231	38	55	1.7	2.5	0.3	0.4	2.5	3.7	2.3	3.4	3.0	4.4	0.1	0.1
	Regular	154	424	37	102	1.6	4.4	0.3	0.8	2.5	6.9	2.2	6.1	2.9	8.0	0.1	0.3
	Large	153	562	37	136	1.6	5.9	0.2	0.7	2.5	9.2	2.2	8.1	2.9	10.6	0.1	0.4
Caffe Latte - Oat	Small	199	291	47	69	1.3	1.9	0.7	1.0	8.1	11.8	3.9	5.7	0.3	0.4	0.1	0.1
	Regular	199	547	47	129	1.3	3.6	0.7	1.9	8.1	22.3	3.9	10.7	0.3	0.8	0.1	0.3
	Large	199	730	47	172	1.3	4.8	0.7	2.6	8.1	29.7	3.9	14.3	0.3	1.1	0.1	0.4
Caffe Mocha - Skimmed Milk	Regular	483	1227	115	292	7.6	19.3	4.6	11.7	8.8	22.4	7.5	19.1	3.0	7.6	0.1	0.3
	Large	411	1418	98	338	5.7	19.7	3.5	12.1	8.6	29.7	7.6	26.2	3.0	10.4	0.1	0.3
	Regular	504	1280	120	305	8.2	20.8	5.0	12.7	8.8	22.4	7.5	19.1	2.7	6.9	0.1	0.3
Caffe Mocha - Semi Skimmed Milk	Large	440	1518	105	362	6.5	22.4	4.0	13.8	8.6	29.7	7.5	25.9	3.0	10.4	0.1	0.3
	Regular	528	1341	135	343	8.7	22.1	5.4	13.7	8.8	22.4	7.5	19.1	3.0	7.6	0.1	0.3
	Large	481	1659	111	383	7.1	24.5	4.5	15.5	8.6	29.7	7.5	25.9	3.0	10.4	0.1	0.3

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		per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving
Café Americano	Small	8	23	2	6	0.1	0.0	0.0	0.0	0.3	0.9	0.0	0.0	0.1	0.4	0.0	0.0
	Regular	8	29	2	8	0.1	0.3	0.0	0.0	0.3	1.1	0.0	0.0	0.1	0.5	0.0	0.0
	Large	8	44	2	12	0.1	0.4	0.0	0.0	0.3	1.4	0.0	0.0	0.1	0.8	0.0	0.0
Caramelatte - Skimmed Milk	Regular	386	1031	92	246	4.6	12.3	2.8	7.5	10.3	27.5	9.5	25.4	2.6	6.9	0.1	0.3
	Large	386	1378	92	328	4.6	16.4	2.8	10.0	10.3	36.8	9.5	33.9	2.6	9.3	0.1	0.4
Caramelatte - Semi Skimmed Milk	Regular	418	1116	100	267	5.5	14.7	3.4	9.1	10.2	27.2	9.5	25.4	2.6	6.9	0.1	0.3
	Large	418	1492	100	357	5.5	19.6	3.4	12.1	10.2	36.4	9.5	33.9	2.6	9.3	0.1	0.4
Caramelatte - Coconut	Regular	385	1028	92	246	5.3	14.2	2.9	7.7	9.3	24.8	8.7	23.2	1.4	3.7	0.1	0.3
	Large	385	1374	92	328	5.3	18.9	2.9	10.4	9.3	33.2	8.7	31.1	1.4	5.0	0.1	0.4
Caramelatte - Soya	Regular	412	1100	98	262	5.6	15.0	2.9	7.7	9.2	24.6	8.4	22.4	2.4	6.4	0.1	0.3
	Large	412	1471	98	350	5.6	20.0	2.9	10.4	9.2	32.8	8.4	30.0	2.4	8.6	0.1	0.4
Caramelatte - Oat	Regular	422	1127	101	270	5.7	15.2	2.9	7.7	13.0	34.7	9.4	25.1	0.6	1.6	0.1	0.4
	Large	422	1507	101	361	5.7	20.3	2.9	10.4	13.0	46.4	9.4	33.6	0.6	2.1	0.1	0.4
Filter Coffee	Small	5	13	1	3	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.0	0.1	0.3	0.0	0.0
	Regular	5	18	1	4	0.0	0.0	0.0	0.0	0.2	0.6	0.0	0.0	0.1	0.4	0.0	0.0
	Large	5	23	1	6	0.0	0.0	0.0	0.0	0.2	0.6	0.0	0.0	0.1	0.5	0.0	0.0
Flat White - Skimmed Milk	Small	124	195	29	46	0.2	0.3	0.1	0.2	4.0	6.3	4.0	6.3	3.1	4.9	0.1	0.2
	Regular	124	329	29	77	0.2	0.5	0.1	0.3	4.0	10.6	4.0	10.6	3.1	8.2	0.1	0.3
Flat White - Semi Skimmed Milk	Small	177	278	42	66	1.5	2.4	0.9	1.4	4.3	6.8	4.2	6.6	3.2	5.0	0.1	0.2
	Regular	177	469	42	111	1.5	4.0	0.9	2.4	4.3	11.4	4.2	11.1	3.2	8.5	0.1	0.3
Flat White - Whole Milk	Small	246	386	59	93	3.5	5.5	2.2	3.5	4.1	6.4	4.1	6.4	3.0	4.7	0.1	0.2
	Regular	246	652	59	156	3.5	9.3	2.2	5.8	4.1	10.9	4.1	10.9	3.0	8.0	0.1	0.3
Flat White - Soya	Small	161	253	38	60	1.7	2.7	0.3	0.5	2.5	3.9	2.3	3.6	3.0	4.7	0.1	0.2
	Regular	161	427	38	101	1.7	4.5	0.3	0.8	2.5	6.6	2.3	6.1	3.0	8.0	0.1	0.3
Flat White - Coconut	Small	127	199	30	47	1.3	2.0	0.6	0.9	3.1	4.9	3.0	4.7	1.4	2.2	0.1	0.2
	Regular	127	337	30	80	1.3	3.4	0.6	1.6	3.1	8.2	3.0	8.0	1.4	3.7	0.0	0.0
Espresso - Single	Single	37	11	10	3	0.3	0.0	0.0	0.0	1.3	0.4	0.7	0.2	0.7	0.2	0.1	0.0
Espresso - Double	Double	37	22	10	6	0.3	0.0	0.0	0.0	1.3	0.0	0.7	0.0	0.7	0.0	0.0	0.0

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	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving

THICKSHAKES

Strawberry Thickshake	792	1416	187	336	3.7	5.6	2.5	3.8	34.7	65.1	27.5	53.7	6.5	9.8	0.0	0.0
Raspberry Thickshake	792	1437	187	337	3.7	5.6	2.5	3.8	34.7	66.5	27.5	54.8	6.5	9.8	0.0	0.0
Vanilla Thickshake	2214	1615	527	383	3.7	5.6	2.5	3.8	118.7	77.3	110.5	66.2	6.5	9.8	0.0	0.0
Banana Thickshake	1164	1634	277	389	4.0	5.9	2.6	3.9	57.7	79.7	39.5	55.7	7.6	11.1	0.0	0.0
Crunchie Bar Shake	2750	1970	653	467	20.7	12.5	12.5	7.8	108.7	81.1	92.5	67.3	9.6	11.0	0.0	0.0
Malteser Bar Shake	2900	1968	690	467	28.7	14.7	17.5	3.8	96.7	75.1	79.5	60.3	14.7	12.8	0.0	0.0
Oreo Bar Shake	2782	1626	661	385	22.7	9.8	7.7	6.2	102.7	67.1	65.5	49.7	9.2	10.4	0.0	0.0
Aero Bar Shake	3034	1403	723	345	33.4	9.1	20.2	5.9	97.1	59.1	89.6	48.3	10.8	10.3	0.0	0.0

100% PURE FRUIT SMOOTHIE

Pinapple & Mango	423	923	100	218	0.7	1.8	0.1	0.3	22.0	49.5	22.0	49.5	0.5	0.8	0.0	0.0
Strawberry & Banana	378	855	89	201	0.5	1.5	0.1	0.3	19.6	45.9	18.5	44.3	0.8	1.2	0.0	0.0
Raspberry & Blueberry	412	906	97	213	0.7	1.8	0.1	0.3	20.6	47.4	19.9	46.4	0.0	0.0	0.0	0.0

KIDS DRINKS

Kids Strawberry Flavoured Milk	280	560	66	132	2	3	1	2	10	19	10	19	3	7	0	0
Kids Chocolate Flavoured Milk	288	576	68	136	2	4	1	2	10	19	9	19	4	7	0	0
My5 Fruit Shoot	141	282	33	66	0	0	0	0	8	15	8	15	0	0	0	0