Nutritional Guide 16 January 2024



Jack's Café Barista Coffee Allergens

elected fores only	Halal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS	SULPHITES	LACTOSE FREE
			BEPORTANT: Customers should be some that whilst every effort in made to segregate food to maintain the Vagan, Allergen (og Glujan) and Halat status of our lagredants, individual food larins may come in contact					111000010							COUNCE				
	_	Jack's Cafe Barista Coffee	with one another during food manufacturing afor food preparation, and our restaurants serve products containing allergens, as well as becon and meet as part of our standard menu litems.																
			Fresh Milk, Salete Caramel Syrup (Water, Sugar, Golden Syrup, Condensed Milk, Modified Starch (1422), Salt (2%), Natural Flavours, Burnt Sugars, Food And (270), Vegetable Gum (415), Preservative (202), Whipped Cream (Cream (07%) (Contains Milk), Gas Propelant (Ntrous Oxide, Ntrogen), Emulsifier (471, 479), Sighilier (339)),																
		Jack's Café IcedSalted Caramel Small	Natural Flavours, Burnt Sugars, Food Acid (270), Vegetable Gum (415), Preservative (202)), Whipped Cream (Cream (97%) (Contains Milk), Gas Propellant (Ntrous Oxide, Ntrogen), Emulsifier (471,	T	т	WHEAT	N	Y	т	N	N	N	т	T	ALMOND	N	N	N	N
			Figsh ML Grammel Sympy (Water, Sugar, Golden Symp), Condensed Milk, Modified Starch (1422), Sait (2%), Natural Fiseours, Buriff Sugars, Flood And (270), Vegetable Guri (416), Preservative (202)), Whipped Chears (Charen (PSI)) (Contain Milk), Gale Propolate Mylous Oncel, Micropian, (FinalInter (471, Saited Caramel Sprinkle (Sugar, Tapicca Starch, Natural Flavour, Water, Sait, Caramelsed Sugar) Fisch Milk																
		Jack's Café load Salted Caramel Medium	Whipped Cream (Cream (97%) (Contains Milk), Gas Propellant (Nitrous Oxide, Nitrogen), Emulsifier (471, 470). Stabiliser (339)).	Т	т	WHEAT	N	Y	т	N	N	N	т	т	ALMOND	N	N	N	N
			Salfed Caramel Sprinkle (Sugar, Tapioca Starch, Natural Flavour, Water, Salt, Caramelised Sugar) Fresh Milk,																
		Jack's Café loed Saited Caramel Large	Fresh Milk. Sated Caramel Syrup (Water, Sugar, Golden Syrup, Condensed Milk, Modified Starch (1422), Salt (21k), Natural Flavours, Burnt Sugars, Food Acid (217), Vegetable Gum (1415), Preservative (2021), Whipped Craem (Cerval (1974)), Cortains Milk), Gast Propolate (Mircos Oxido, Nirogen), Emulsifier (471, 470) Stabilizer (339)), Salted Caramel Sprinkle (Sugar, Tapioca Starch, Natural Flavour, Water, Salt, Caramelised Sugar)	-		WHEAT	N	,	-	N N	N	N	т.		ALMOND.	N	N	N N	N
		Jacks Care load Saited Caramei Large	Whipped Cream (Cream (97%) (Contains Milk), Gas Propellant (Ntrous Oxide, Ntrogen), Emulsifier (471, 470), Stabiliser (339)).		1	WHEAT						"			ALMOND		N N	IN IN	
			Sated Caramet Sprinke (Sugar, Tapioca Starch, Natural Flavour, Water, Sair, Carametsed Sugar) Fresh Milk,													_			
		Jack's Café loed Coffee Saited Caramel Small	Frejah M.R. Saladi Claramel Syrup (Water, Sugar, Golden Syrup, Condensed Milk, Modified Starch (1422), Salt (21)), Natural Revours, Brun't Sugars, Flood Acid (270), Vegetable Gum (415), Preservative (202)). Whyteped Claram (1974), (Cortae Milk, Gale Projectal Pylono Cortae, Millorgin, (Fluidalfer (471, Coffie Elizad). Coffie Elizadi, Saladi, Caramel Syrinder, Caramel Sprack (Sugar, Tapicca Starch, Natural Flavour, Water, Salt, Caramelised Sugar)	-	-	WHEAT	N		-	N	N	N	т.		ALMOND	N	N	N.	N
		Sauke Cale load Colleg Calabid Calabid Chila	470), Stabiliser (339)), Coffee Extract,				.,												
			Salted Caramel Sprinkle (Sugar, Tapioca Starch, Natural Flavour, Water, Salt, Caramelised Sugar) Fresh Milk.																
		Jack's Café loed Coffee Salted Caramel Medium	Fresh Mill. Stath Caramet Symp (Water, Sugar, Colden Symp, Condensed Milk, Modified Starch (1422), Sait (2%), Natural Piscours, Burnt Sugars, Food Acid (27%), Vegetable Gum (415), Preservative (2021), Allow (147), Stabilizer (30), (167), (Contain Milk, Cale Proglenic Mylloso Conde, Nicologi, Grandaffer (471, 477), Stabilizer (30), (17%), (Contain Starch, Natural Flavour, Water, Sait, Carametsod Sugar) Saited Caramet Spirakle (Sugar, Tapicoa Starch, Natural Flavour, Water, Sait, Carametsod Sugar)			WHEAT			-	N					ALMOND	N		N	
		Medium	Whisped Cream (Cream (97%) (Contains Mik), Gas Propellant (Ntrous Oxide, Ntrogen), Emulsifier (471, 470), Stabiliser (339)). Coffee System.	Т	т	WHEAT	N	Y	Т	N	N	N	т	, ,	ALMOND	N	N	N	N
			Salted Caramel Sprinkle (Sugar, Tapioca Starch, Natural Flavour, Water, Salt, Caramelised Sugar)																
0			Salted Caramel Syrup (Water, Sugar, Golden Syrup, Condensed Milk, Modified Starch (1422), Salt (2%),																
		Jack's Café load Coffee Salted Caramel Large	Whipped Cream (Cream (97%) (Contains Milk), Gas Propellant (Ntrous Oxide, Ntrogen), Emulsifier (471, 470), Stabiliser (339)).	Т	т	WHEAT	N	Y	т	N	N	N	т	T	ALMOND	N	N	N	N
			Coffee Extract, Salted Caramel Sprinkle (Sugar, Tapioca Starch, Natural Flavour, Water, Salt, Caramelised Sugar)																
0					N		N	N	N	N	N	N	N	N		N	N	N	
9	빙	DILMAH WHITE TEA	Tea Infusion, Milk Milk Fresh		N		N	Y	N	N	N	N	N	N		N	N	N	
8	빞	Milk Full Creem	MIK HESTI		N		N	Y	N	N	N	N	N	N		N	N	N	
	-		Ellered Water Whole Suiteens (Mint N) Pau Suntr Minter) (Calcium Bhorel-14) Venetals Com-	-	N		N	Y	N	N	N	N	N	N		N	N	N	
		Soy Milk	Filtered Water, Whole Soybeans (Min14%), Raw Sugar, Mineral (Calcium Phosphate), Vegetable Gums (460, 466, 407), Flavours, Sea Salt, Food Acids (340, 331)		N		N	N	Υ	N	N	N	N	N		N	N	N	
2	-				N		N	N	Y	N	N	N	N	N		N	N	N	
✓		Almond Milk	Filtered Water, Whole Almonds (Min. 3.5%), Raw Sugar, Sunflower Oil, Emulsifier (471, 322), Natural Flavour, Vegetable Gum (407, 418), Food Acid (331), Sea Salt		N		N	N	N	N	N	N	N	Y	ALMOND	N	N	N	
<u>~</u>					N		N	N	N	N	N	N	N	Y	ALMOND	N	N	N	
		CAPPUCCINO Small	Fresh Milk, Coffee Infusion, Drinking Chocolate (Raw Sugar Cane, Cocoa Powder (26%), Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	N	N	N	N		N	N	N	
			Fresh Milk,		N		N		N	N	N	N	N	N		N	N	N	
		CAPPUCCINO Medium	Fresh Milk. Coffee Infusion, Drinking Chocolate (Raw Sugar Cane, Cocoa Powder (26%), Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	N	N	N	N		N	N	N	
		CAPPUCCINO Large	Fresh Milk, Coffee Infusion, Drinking Chocolate (Raw Sugar Cane, Cocca Powder (26%), Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	N	N	N	N		N	N	N	
		FLAT WHITE Small	Coffee Infusion, Milk		N		N	· ·	N	N	N	N	N	N		N	N	N	
ŏ	ň	FLAT WHITE Medium	Coffee Infusion, Milk		N N		N N	Y	N	N N	N N	N N	N N	N N		N	N N	N N	
ŏ	ŏ	FLAT WHITE Large	Coffee Infusion, Milk		N N		N N	Y	N	N N	N N	N N	N N	N N		N	N N	N N	
<u> </u>		- LATTE Small	Coffee Infusion, Milk		N		N	Y	N	N	N	N	N	N		N	N	N	
		LATTE Medium	Coffee Infusion, Milk		N		N	Y	N	N	N	N	N	N		N	N	N	
		LATTE Large	Coffee Infusion, Milk		N		N	Y	N	N	N	N	N	N		N	N	N	
		LONG BLACK	Coffee Infusion		N		N	N	N	N	N	N	N	N		N	N	N	
		■ MOCHA Small	Fresh Milk, Hot Chocolate Syrup, Water, Coffee Infusion, Chocolate Powder (Sugar, Milk Solids, Cocoa Powder (11%), Flavours, Salt).		N		N	Y	N	N	N	N	N	N		N	N	N	
		MOCHA Medium	Fresh Milk, Hot Chocolate Syrup, Water, Coffee Infusion, Chocolate Powder (Sugar, Milk Solids, Cocoa Powder (11%), Flavours, Salt).		N		N	Y	N	N	N	N	N	N		N	N	N	
0		MOCHA Large	Fresh Milk, Hot Chocolate Syrup, Water, Coffee Infusion, Chocolate Powder (Sugar, Milk Solids, Cocoa Powder (11%), Flavours, Salt).		N		N	Y	N	N	N	N	N	N		N	N	N	
<u> </u>					+				- "	+ ::	+	+		<u> </u>	-	+			
	_	■ HOT CHOCOLATE Small	Fresh Milk. Hot Chocolate Syrup (Sugar, Water, Cocoa Powder, Modified Starch (1422), Natural Flavour, Sait, Food Acid (334), Preservative (202), Vegetable Gurn (415)), Chocolate Powder (Sugar, Milk Solids, Cocoa Powder (11%), Flavours, Sait).		N		N	Y	N	N	N	N	N	N		N	N	N	
		HOT CHOCOLATE Medium	Fresh Milk, Hot Chocolate Syrup (Sugar, Water, Cocoa Powder, Modified Starch (1422), Natural Flavour, Sait, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Milk Solids, Cocoa Powder (11%), Flavours, Sait).		N		N	Y	N	N	N	N	N	N		N	N	N	
0			Cocca Powder (11%), Havours, Satt). Fresh Milk, Hot Chocolate Syrup (Sugar, Water, Cocca Powder, Modified Starch (1422), Natural Flavour,											-				-	-
	_	HOT CHOCOLATE Large	Fresh Milk. Hot Chocolate Syrup (Sugar, Water, Cocoa Powder, Modified Starch (1422), Natural Flavour, Sait, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Milk Solids, Cocoa Powder (116), Flavours, Sait).		N		N	Y	N	N	N	N	N	N		N	N	N	
		SHORT BLACK	Coffee Infusion		N		N	N	N	N	N	N	N	N		N	N	N	
		Bebyccino	Fresh Milk, Drinking Chocolate Organic (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	N	N	N	N		N	N	N	
			Fresh Mik,											-					-
		Miniccino Caramei	Water, Syrup Caramel (Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel		N		N N	Y	N	N	N	N	N	N		N	N	N	
			Coloiur (150a)). Drinking Chocolate Organic (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (25%), Organic Skim Mik Powder, Natural Flavour, Salt)							"			"	"					
			Fresh Mik.																
-	-	Minicolno Hazelnut	Water, Syrup Hazehut (Sugar, Water, Natural Flavours, Caramelised Sugar Syrup, Preservative (202), Citric Acid (330f),		N		N	Y	N	N	N	N	N	N		N	N	N	
			Drinking Chocolate Organic (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt)																
			Fresh Milk, Marshmallows (Sugar, Glucose Syrup (Com) (Contains Preservative (221)), Water Devtrose Gelatin Com																
		Miniccino Vanilla	Fresh Milk, Marshmallows (Sugar, Glucose Syrup (Com) (Contains Preservative (221)), Water, Dextrose, Gelatin, Com Starch, Natural Varilla Flavour, Natural Colour (Best Red)), Dirriking Chocciale Organic (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocca Powder (26%), Organic Sizm Milk Powder, Natural Pianuru, Salt)		N		N	Y	N	N	N	N	N	N		N	N	N	
0		Mecchieto	Organic Skim Milk Powder, Natural Flavour, Satt) Coffee Infusion, Milk		N		N	Y	N	N	N	N	N	N		N	N	N	
8	ŏ	Piccolo	Coffee Infusion, Milk		N N		N N	Y	N N	N N	N N	N N	N N	N N	-	N N	N	N N	
ŏ	ŏ	CHAI Latte	Fresh Milk, Spice Chai (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea (4%), Ground Spices, Salt).		N N		N N	Y	N	N N	N N	N N	N N	N N		N	N	N N	
-	ă.				N N		N N	V	N N	N N	N N	N N	N N	N N		N N	N N	N N	
6	-		Fresh Milk. Fresh Milk. Fresh Milk.					Y		N N				N N		N			-
	-		Fresh Milk, Spice Chal (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea (4%), Ground Spices, Salt).	-	N		N	Y	N	N	N	N	N	N		N	N	N	
			Fresh Milk, Water, Spice Chai (Sugar, Dextrose, Malbodextrin, Natural Flavours, Instant Tea (4%), Ground Spices, Salt), Whitped Cream (Cream (97%) (Contains Milk), Gas Propellant (Ntrous Oxide, Ntrogen), Emulsifier (471, 470), Sibaliles (339))	N N	N	N	N		N	N	N	N	N	N	N N	N	N	N	
		loed Chal Small																	

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Selected	i Holel	Menu Item	Ingradients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK	sov	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS	SESAME	LUPINS	SULPHITES	LACTOSE FREE
Stores o	nly		Fresh Milk					PRODUCTS							SOURCE				
382		loed Chal Medium	Water. Spice Chai (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea (4%), Ground Spices, Salt), Whipped Cream (Cream (97%) (Contains Milk), Gas Propellant (Ntrous Oxide, Ntrogen), Emulsifier (471, 470), Stabilizer (389)	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
383		loed Chal Large	Fresh Milk, Water, Spice Chai (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea (4%), Ground Spices, Sat), Whisped Cream (Cream (97%) (Contains Milk), Gas Propellant (Nitrous Oxide, Nitrogen), Emulsifier (471, 470), Salidater (339))	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
384		■ ICED CHOCOLATE	Whipped Cream (Cream (97%) (Contains Milk), Gas Propellant (Nitrous Oxide, Nitrogen), Emulsifier (471, 470), Stabiliser (339))		N		N	Y	N	N	N	N	N	N		N	N	N	
385			Fretzh Mik. Chocolate Syrup (Sugar, Water, Cocoa Powder, Modified Starch (1422), Natural Flavour, Salt, Food Acid (334). Preservative (202), Vegetable Gum (415)). Whipped Cream (Cream (97%), Propellant (Nérous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 401))		N		N	Y	N	N	N	N	N	N		N	N	N	
386			Freth Milk, Chocolate Syup (Sugar, Water, Cocca Powder, Modified Starch (1422), Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415),. Whipped Cream (Cream (97%), Propellant (Ntrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407))		N		N	Y	N	N	N	N	N	N		N	N	N	
387		Caramel Ice Coffee Small	Water Ma. Frank Ma. Frank Ma. Golden Water Glocore Dyng, Innerf Syng, Mils Golden, Vergetable Fest, Thickner (1442) Vegetable Guin (201), Six Emusities (147), 252, Minneré Sibts (505, 339), Freservative (202), L. Colles Spatie, College Spatie, Charles (Spatie), Water Houses (Pascowskie (202), Die Ack (140), Minner (1442), Carrent (Color (150)), Minner (1442), Min		N		N	Y	N	N	N	N	N	N		N	N	N	
388		Caramel Ice Coffee Medium	Water Mail. Camerel Gopping (Souge Water, Glacose Syrup, Innert Syrup, Mils Solids, Vegetable Fat, Thickner (1442), Vegetable Guin (601), Saft Emaldries (1471-229), Minneré Salts (500, 339), Freservative (202), 1 Coffee Sport, Camerel (Spour, With March Falsours, Nevertheir (202), Camer (602), Mintaral Coffee Educat, Coffee Education Coffee		N		N	Y	N	N	N	N	N	N		N	N	N	
389		Caramel Ice Coffee Large	Water Ma. Fresh Ma. Golden Water Glocore Dyng, Innerf Syng, Mik Golden, Vegetable Fort, Thickner (1442) Vegetable Guir (601) Saft Emusities (147, 329, Minneré Siste (500, 330); Freservative (202)). Coffes Sept Cameral (Spart, Wint Master Faircus, Freservative (202); Embod. Coffes Sept Cameral (Spart, Water Master Faircus, Freservative (202); Embod. Coffes Educat. Vegetable Comer (1442); Frespitant (Nimous Oxide), Emusitier (471), Faircus, Vegetable Comer (641).		N		N	Y	N	N	N	N	N	N		N	N	N	
390	0	■ ICED COFFEE Small	Fresh Mit. Fresh Mit. Grade Existact. Grade Castact. Grade Castact		N		N	Y	N	N	N	N	N	N		N	N	N	
391		ICED COFFEE Medium	Frosh Mik, Coffee Estract, Whipped Cream (97%), Propellant (Nérous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407)), Drinking Chocolate (Organic Fairhade Raw Sugar Cane, Organic Fairhade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Estruour, Salt)		N		N	Y	N	N	N	N	N	N		N	N	N	
392		ICED COFFEE Large	Figsh Milk. Coffee Estract, Whipped Cream (97%), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 401)) Drinking Checolate (Organic Fairhade Raw Sugar Cane, Organic Fairhade Cocca Powder (26%), Organic Skim Milk Powder, Natural Harvour, Salt)		N		N	Y	N	N	N	N	N	N		N	N	N	
393		■ ICED MOCHA Small	Fresh Mik. Chocolidals Syrup (Sugar, Water, Cocca Powder, Modified Starch (1422), Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Eurick. Whipped Cream (Cream (87%), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407))		N		N	Y	N	N	N	N	N	N		N	N	N	
194		ICED MOCHA Medium	Fresh Milk. Fresh Milk. Chocolate Syrup (Sugar, Water, Cocca Powder, Modified Starch (1422), Natural Flavour, Salt, Food Acid Col. Programshire (202), Vegetable Gum (415), Wilpood Cream (Cream (97%), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 401)		N		N	Y	N	N	N	N	N	N		N	N	N	
395		ICED MOCHA Large	Frath Milk. Concolate Syrup (Suzar, Water, Cooxa Powder, Modified Starch (1422), Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Exist. Whipped Cream (Cream (97%), Propellant (Mirous Oxide), Emularifier (471), Flavour, Vegetable Gums (401, 407))		N		N	Y	N	N	N	N	N	N		N	N	N	
396		SYRUP CARAMEL	Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel Colour (150a)		N		N	N	N	N	N	N	T	T		N	N	N	
397	Ť	_	Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel Colour (150a)		N		N	N	N	N	N	N	T	T		N	N	N	
398			Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel Colour (150a)		N		N	N	N	N	N	N	Т	т		N	N	N	
399			Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel Colour (150a)		N		N	N	N	N	N	N	т	T		N	N	N	
400		SYRUP HAZELNUT	Sugar, Water, Natural Flavours, Caramelised Sugar Syrup, Preservative (202), Citric Acid (330)		N		N	N	N	N	N	N	T	T	HAZELNUT	N	N	N	
401			Sugar, Water, Natural Flavours, Caramelised Sugar Syrup, Preservative (202), Citric Acid (330)		N		N	N	N	N	N	N	т	т	HAZELNUT	N	N	N	
402			Sugar, Water, Natural Flavours, Caramelised Sugar Syrup, Preservative (202), Citric Acid (330)		N		N	N	N	N	N	N	T	T	HAZELNUT	N	N	N	
403			Sugar, Water, Natural Flavours, Caramelised Sugar Syrup, Preservative (202), Citric Acid (330)		N		N	N	N	N	N	N	T	T	HAZELNUT	N	N	N	
404		SYRUP VANILLA	Sugar, Water, Natural Flavour, Caramelised Sugar Syrup, Citric Acid (330), Preservative (202)		N		N	N	N	N	N	N	т	T		N	N	N	
405			Sugar, Water, Natural Flavour, Caramelised Sugar Syrup, Citric Acid (330), Preservative (202)		N		N	N	N	N	N	N	T	T		N	N	N	
406			Sugar, Water, Natural Flavour, Caramelised Sugar Syrup, Citric Acid (330), Preservative (202)		N		N	N	N	N	N	N	T	T		N	N	N	
407			Sugar, Water, Natural Flavour, Caramelised Sugar Syrup, Citric Acid (330), Preservative (202)		N		N	N	N	N	N	N	Т	T		N	N	N	
408											N	N							