GAIL's

BEVERAGES NUTRITION & ALLERGEN GUIDE



TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
FLAT WHITE COW'S MILK	48	101	Milk	V
FLAT WHITE SEMI SKIMMED MILK	36	76	Milk	V
FLAT WHITE OAT MILK	45	95	Cereals Containing Gluten	V VN
FLAT WHITE SOYA MILK	43	90	Soya	V VN
FLAT WHITE DECAF COW'S MILK	48	101	Milk	V
FLAT WHITE DECAF SEMI SKIMMED MILK	36	76	Milk	V
FLAT WHITE DECAF OAT MILK	45	95	Cereals Containing Gluten	V VN
FLAT WHITE DECAF SOYA MILK	43	90	Soya	V VN
REGULAR CAPPUCCINO COW'S MILK	53	170	Milk	V
REGULAR CAPPUCCINO SEMI SKIMMED MILK	40	127	Milk	V
REGULAR CAPPUCCINO OAT MILK	50	160	Cereals Containing Gluten	V VN
REGULAR CAPPUCCINO SOYA MILK	47	152	Soya	V VN
REGULAR CAPPUCCINO DECAF COW'S MILK	53	170	Milk	V
REGULAR CAPPUCCINO DECAF SEMI SKIMMED MILK	40	127	Milk	V
REGULAR CAPPUCCINO DECAF OAT MILK	50	160	Cereals Containing Gluten	V VN
REGULAR CAPPUCCINO DECAF SOYA MILK	48	151	Soya	V VN
SMALL CAPPUCCINO COW'S MILK	49	107	Milk	V
SMALL CAPPUCCINO SEMI SKIMMED MILK	36	80	Milk	V
SMALL CAPPUCCINO OAT MILK	46	101	Cereals Containing Gluten	V VN
SMALL CAPPUCCINO SOYA MILK	43	96	Soya	V VN
SMALL CAPPUCCINO DECAF COW'S MILK	49	107	Milk	V
SMALL CAPPUCCINO DECAF SEMI SKIMMED MILK	37	80	Milk	V
SMALL CAPPUCCINO DECAF OAT MILK	46	101	Cereals Containing Gluten	V VN
SMALL CAPPUCCINO DECAF SOYA MILK	44	96	Soya	V VN
REGULAR LATTE COW'S MILK	54	180	Milk	V
REGULAR LATTE SEMI SKIMMED MILK	40	134	Milk	V
REGULAR LATTE OAT MILK	50	168	Cereals Containing Gluten	V VN
REGULAR LATTE SOYA MILK	48	160	Soya	V VN
REGULAR LATTE DECAF COW'S MILK	54	180	Milk	V



BEGULAR LATTE DECAP SIMILAR MILK DECAP SEMI SKIMMED MILK DECAP SEMI SKIMMED MILK DECAP SEMI SKIMMED MILK DECAP STAND SKIMMED MILK DECAP SEMI SKIMMED MILK DECAP SEMI SKIMMED MILK DECAP SEMI SKIMMED MILK DECAP SOVA MILK DECAP	TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
DECAF COAT MILK			134	Milk	V
DECAF SOYA MILK 48 180 Soya SMALL LATTE COW'S MILK 50 126 Milk SMALL LATTE COW'S MILK 38 94 Milk SMALL LATTE OAY MILK 47 118 Cereals Containing Gluten SMALL LATTE SOYA MILK 45 112 Soya SMALL LATTE DECAF COW'S MILK 51 126 Milk SMALL LATTE DECAF COW'S MILK 38 94 Milk SMALL LATTE DECAF SOYA MILK 48 118 Cereals Containing Gluten SMALL LATTE DECAF SOYA MILK 45 112 Soya © SMALL LATTE DECAF SOYA MILK 45 112 Soya © © SMALL LATTE DECAF SOYA MILK 45 112 Soya © © © ICED LATTE COW'S MILK 47 95 Milk © <td></td> <td>50</td> <td>168</td> <td>Cereals Containing Gluten</td> <td>V VN</td>		50	168	Cereals Containing Gluten	V VN
SMALL LATTE SSMILK SSMILK SSMILK LATTE SSMILK LATTE SSMILK LATTE SSMILK LATTE SSMILK LATTE SOYA MILK 47 118 Cereals Containing Gluten ③ ⑤ OAT MILK 47 118 Cereals Containing Gluten ⑥ ⑥ SMALL LATTE SOYA MILK 45 112 Soya ⑥ ⑥ SMALL LATTE DECAF COW'S MILK 51 126 Milk ⑥ SMALL LATTE DECAF SSMI SKIMMED MILK 38 94 Milk ⑥ SMALL LATTE DECAF SSMI SKIMMED MILK 48 118 Cereals Containing Gluten ⑥ ⑥ DECAF OAT MILK 48 118 Cereals Containing Gluten ⑥ ⑥ SMALL LATTE DECAF SOYA MILK 45 112 Soya ⑥ ⑥ SOYA MILK OECAF SOYA MILK 45 112 Soya ⑥ ⑥ SOYA MILK OECAF SOYA MILK Ø		48	160	Soya	V VN
SEMI SKIMMED MILK 38 94 Milk SMALL LATTE OAT MILK 47 118 Cereals Containing Gluten		50	126	Milk	V
OAT MILK 47 118 Cereals Containing Gluten SMALL LATTE 50YA MILK 45 112 Soya ◎ ◎ SMALL LATTE 51 126 Milk ◎ SMALL LATTE 51 126 Milk ◎ SMALL LATTE 48 118 Cereals Containing Gluten ◎ SMALL LATTE 48 118 Cereals Containing Gluten ◎ SMALL LATTE 45 112 Soya ◎ DECAF SOYA MILK 45 112 Soya ◎ ICED LATTE 45 112 Soya ◎ ICED LATTE 45 92 Milk ◎ ICED LATTE 44 89 Cereals Containing Gluten ◎ OAT MILK 42 84 Soya ◎ ICED LATTE 48 95 Milk ◎ ICED LATTE 48 95 Milk ◎ ICED LATTE 48 89 Cereals Containing Gluten ◎		38	94	Milk	V
SOYA MILK 45 112 Soya SMALL LATTE DECAF COW'S MILK 51 126 Milk SMALL LATTE DECAF SEMI SKIMMED MILK 38 94 Milk SMALL LATTE DECAF OAT MILK 48 118 Cereals Containing Gluten DECAF OAT MILK 45 112 Soya SMALL LATTE DECAF SOYA MILK 45 112 Soya ICED LATTE COW'S MILK 47 95 Milk ICED LATTE SEMI SKIMMED MILK 45 92 Milk ICED LATTE OAT MILK 44 89 Cereals Containing Gluten ICED LATTE OAT MILK 42 84 Soya ICED LATTE OAT MILK 48 95 Milk ICED LATTE DECAF COW'S MILK 48 95 Milk ICED LATTE DECAF SEMI SKIMMED MILK 36 71 Milk 0 ICED LATTE DECAF SEMI SKIMMED MILK 45 89 Cereals Containing Gluten 0 ICED LATTE DECAF SOYA MILK 45 89 Cereals Containing Gluten 0 ICED LATTE DECAF SOYA MIL		47	118	Cereals Containing Gluten	V VN
DECAF COW'S MILK 51 126 Milk SMALL LATTE DECAF SEMI SKIMMED MILK 38 94 Milk SMALL LATTE DECAF OAT MILK 48 118 Cereals Containing Gluten SMALL LATTE DECAF SOYA MILK 45 112 Soya ICED LATTE COW'S MILK 47 95 Milk ICED LATTE OCOW'S MILK 45 92 Milk ICED LATTE OAT MILK 44 89 Cereals Containing Gluten ICED LATTE OAT MILK 42 84 Soya ICED LATTE SOYA MILK 42 84 Soya ICED LATTE SOYA MILK 48 95 Milk ICED LATTE DECAF COW'S MILK 48 95 Milk ICED LATTE DECAF SOYA MILK 45 89 Cereals Containing Gluten ICED LATTE DECAF SOYA MILK 45 89 Cereals Containing Gluten ICED LATTE DECAF SOYA MILK 42 84 Soya ICED LATTE DECAF SOYA MILK 45 89 Cereals Containing Gluten ICED LATTE DECAF SOYA MILK 41 None		45	112	Soya	V VN
DECAF SEMI SKIMMED MILK 38 94 Milk SMALL LATTE DECAF OAT MILK 48 118 Cereals Containing Gluten ◎ ◎ SMALL LATTE DECAF SOYA MILK 45 112 Soya ◎ ◎ ICED LATTE COW'S MILK 47 95 Milk ◎ ICED LATTE SEMI SKIMMED MILK 45 92 Milk ◎ ICED LATTE OAT MILK 44 89 Cereals Containing Gluten ◎ ◎ ICED LATTE OOYA MILK 42 84 Soya ◎ ◎ ICED LATTE DECAF COW'S MILK 48 95 Milk ◎ ICED LATTE DECAF SEMI SKIMMED MILK 36 71 Milk ◎ ICED LATTE DECAF OOTA MILK 45 89 Cereals Containing Gluten ◎ ICED LATTE DECAF SOYA MILK 42 84 Soya ◎ ICED LATTE DECAF OOTA MILK 42 84 Soya ◎ ICED LATTE DECAF OOTA MILK 41 <1		51	126	Milk	V
DECAF OAT MILK 48 118 Cereals Containing Gluten SMALL LATTE DECAF SOYA MILK 45 112 Soya ◎ ◎ ICED LATTE COW'S MILK 47 95 Milk ◎ ICED LATTE SEMI SKIMMED MILK 45 92 Milk ◎ ICED LATTE OAT MILK 44 89 Cereals Containing Gluten ◎ ◎ ICED LATTE SOYA MILK 42 84 Soya ◎ ◎ ICED LATTE DECAF COW'S MILK 48 95 Milk ◎ ICED LATTE DECAF SOWIS KIMMED MILK 36 71 Milk ◎ ICED LATTE DECAF OAT MILK 45 89 Cereals Containing Gluten ◎ ICED LATTE DECAF SOYA MILK 42 84 Soya ◎ ICED LATTE DECAF SOYA MILK 42 84 Soya ◎ LONG BLACK <1		38	94	Milk	V
DECAF SOYA MILK		48	118	Cereals Containing Gluten	V VN
COW'S MILK		45	112	Soya	V VN
SEMI SKIMMED MILK		47	95	Milk	V
OAT MILK 44 89 Cereals Containing Gluten ICED LATTE SOYA MILK 42 84 Soya ICED LATTE DECAF COW'S MILK 48 95 Milk ICED LATTE DECAF SEMI SKIMMED MILK 36 71 Milk ICED LATTE DECAF SOTA MILK 45 89 Cereals Containing Gluten 0 ICED LATTE DECAF SOYA MILK 42 84 Soya 0 LONG BLACK <1		45	92	Milk	V
SOYA MILK		44	89	Cereals Containing Gluten	V VN
DECAF COW'S MILK 48 95 Milk ICED LATTE DECAF SEMI SKIMMED MILK 36 71 Milk ICED LATTE DECAF OAT MILK 45 89 Cereals Containing Gluten ICED LATTE DECAF SOYA MILK 42 84 Soya LONG BLACK <1		42	84	Soya	V VN
DECAF SEMI SKIMMED MILK 35 71 MIIK ICED LATTE DECAF OAT MILK 45 89 Cereals Containing Gluten © © ICED LATTE DECAF SOYA MILK 42 84 Soya © © LONG BLACK <1		48	95	Milk	V
DECAF OAT MILK 45 89 Cereals Containing Gluten ICED LATTE DECAF SOYA MILK 42 84 Soya LONG BLACK <1		36	71	Milk	V
DECAF SOYA MILK 42 84 Soya LONG BLACK <1		45	89	Cereals Containing Gluten	V VN
SHORT BLACK <1 <1 None ICED BLACK <1 <1 None ICED DECAF BLACK <1 <1 None REGULAR FILTER <1 <1 None REGULAR FILTER COW'S MILK REGULAR FILTER SEMI SKIMMED MILK REGULAR FILTER OAT MILK REGULAR FILTER 7 NONE OAT MILK SOME REGULAR FILTER 7 NONE OAT MILK SOME REGULAR FILTER 7 NONE OAT MILK REGULAR FILTER 9 NONE 10 NON		42	84	Soya	V VN
ICED BLACK <1	LONG BLACK	<1	<1	None	V VN
ICED DECAF BLACK <1 <1 None REGULAR FILTER <1 <1 None W W REGULAR FILTER COW'S MILK REGULAR FILTER SEMI SKIMMED MILK REGULAR FILTER OAT MILK 6 18 Cereals Containing Gluten W W REGULAR FILTER OAT MILK REGULAR FILTER	SHORT BLACK	<1	<1	None	V VN
REGULAR FILTER COW'S MILK REGULAR FILTER SEMI SKIMMED MILK REGULAR FILTER OAT MILK 6 19 Milk W Milk W Cereals Containing Gluten REGULAR FILTER OAT MILK REGULAR FILTER OAT MILK REGULAR FILTER OAT MILK REGULAR FILTER 7 17 Source	ICED BLACK	<1	<1	None	V VN
REGULAR FILTER COW'S MILK REGULAR FILTER SEMI SKIMMED MILK REGULAR FILTER OAT MILK 6 19 Milk Milk V Cereals Containing Gluten V REGULAR FILTER OAT MILK 7 17 Sove	ICED DECAF BLACK	<1	<1	None	V VN
COW'S MILK REGULAR FILTER SEMI SKIMMED MILK REGULAR FILTER OAT MILK REGULAR FILTER OAT MILK REGULAR FILTER OAT MILK REGULAR FILTER 7 17 Sova	REGULAR FILTER	<1	<1	None	V VN
SEMI SKIMMED MILK REGULAR FILTER OAT MILK REGULAR FILTER 7 17 Sova		6	19	Milk	V
OAT MILK REGULAR FILTER 7 17 Sova		5	14	Milk	V
		6	18	Cereals Containing Gluten	V VN
		7	17	Soya	V VN
SMALL FILTER <1 <1 None	SMALL FILTER	<1	<1	None	V VN



TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
SMALL FILTER COW'S MILK	6	19	Milk	•
SMALL FILTER SEMI SKIMMED MILK	6	14	Milk	V
SMALL FILTER OAT MILK	8	18	Cereals Containing Gluten	V VN
SMALL FILTER SOYA MILK	8	17	Soya	V VN
MOCHA 55% COW'S MILK	108	309	Milk	V
MOCHA 55% SEMI SKIMMED MILK	97	278	Milk	•
MOCHA 55% OAT MILK	105	302	Cereals Containing Gluten	V VN
MOCHA 55% SOYA MILK	103	296	Soya	V VN
MOCHA 55% DECAF COW'S MILK	109	309	Milk	•
MOCHA 55% DECAF SEMI SKIMMED MILK	98	278	Milk	•
MOCHA 55% DECAF OAT MILK	106	302	Cereals Containing Gluten	V VN
MOCHA 55% DECAF SOYA MILK	104	296	Soya	V VN
MOCHA 65% COW'S MILK	105	301	Milk	V
MOCHA 65% SEMI SKIMMED MILK	94	270	Milk	V
MOCHA 65% OAT MILK	102	293	Cereals Containing Gluten	V VN
MOCHA 65% SOYA MILK	100	287	Soya	V VN
MOCHA 65% DECAF COW'S MILK	106	301	Milk	V
MOCHA 65% DECAF SEMI SKIMMED MILK	95	270	Milk	V
MOCHA 65% DECAF OAT MILK	103	293	Cereals Containing Gluten	V VN
MOCHA 65% DECAF SOYA MILK	101	287	Soya	V VN
MOCHA 75% COW'S MILK	108	308	Milk	V
MOCHA 75% SEMI SKIMMED MILK	118	276	Milk	V
MOCHA 75% OAT MILK	124	250	Cereals Containing Gluten	V VN
MOCHA 75% SOYA MILK	103	294	Soya	V VN
MOCHA 75% DECAF COW'S MILK	108	308	Milk	V
MOCHA 75% DECAF SEMI SKIMMED MILK	97	276	Milk	V
MOCHA 75% DECAF OAT MILK	126	250	Cereals Containing Gluten	V VN



TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
MOCHA 75% DECAF SOYA MILK	104	294	Soya	V W
ICED MOCHA COW'S MILK	66	185	Milk	V
ICED MOCHA SEMI SKIMMED MILK	55	181	Milk	V
ICED MOCHA OAT MILK	63	177	Cereals Containing Gluten	V W
ICED MOCHA SOYA MILK	61	171	Soya	V VN
ICED DECAF MOCHA COW'S MILK	66	185	Milk	V
ICED DECAF MOCHA SEMI SKIMMED MILK	55	153	Milk	V
ICED DECAF MOCHA OAT	64	177	Cereals Containing Gluten	V VN
ICED DECAF MOCHA SOYA MILK	61	171	Soya	V VN
SINGLE ESPRESSO	0.7	0.3	None	V VN
DOUBLE ESPRESSO	0.7	0.3	None	V W
SINGLE MACCHIATO COW'S MILK	42	32	Milk	V
SINGLE MACCHIATO SEMI SKIMMED MILK	31	24	Milk	V
SINGLE MACCHIATO OAT MILK	39	30	Cereals Containing Gluten	V VN
SINGLE MACCHIATO SOYA MILK	37	28	Soya	V VN
SINGLE MACCHIATO DECAFF COW'S MILK	35	32	Milk	V
SINGLE MACCHIATO DECAFF SEMI SKIMMED MILK	26	24	Milk	V
SINGLE MACCHIATO DECAFF OAT MILK	33	30	Cereals Containing Gluten	V (N
SINGLE MACCHIATO DECAFF SOYA MILK	31	28	Soya	V VN
DOUBLE MACCHIATO COW'S MILK	32	32	Milk	V
DOUBLE MACCHIATO SEMI SKIMMED MILK	24	24	Milk	V
DOUBLE MACCHIATO OAT MILK	30	30	Cereals Containing Gluten	V VN
DOUBLE MACCHIATO SOYA MILK	28	28	Soya	V W
DOUBLE MACCHIATO DECAF COW'S MILK	32	32	Milk	V
DOUBLE MACCHIATO DECAF SEMI SKIMMED MILK	24	32	Milk	V
DOUBLE MACCHIATO DECAF OAT MILK	30	30	Cereals Containing Gluten	V W

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
DOUBLE MACCHIATO DECAF SOYA MILK	29	28	Soya	V VN
LONG BLACK COW'S MILK	6	19	Milk	V
LONG BLACK SEMI SKIMMED MILK	4	14	Milk	V
LONG BLACK OAT MILK	38	295	Cereals Containing Gluten	V VN
LONG BLACK SOYA MILK	6	17	Soya	V VN
LONG BLACK DECAF COW'S MILK	6	19	Milk	V
LONG BLACK DECAF SEMI SKIMMED MILK	7	14	Milk	V
LONG BLACK DECAF OAT MILK	8	18	Cereals Containing Gluten	V (N
LONG BLACK DECAF SOYA MILK	8	17	Soya	V (N
SHORT BLACK COW'S MILK	6	19	Milk	V
SHORT BLACK SEMI SKIMMED MILK	7	14	Milk	V
SHORT BLACK OAT MILK	8	18	Cereals Containing Gluten	V VN
SHORT BLACK SOYA MILK	8	17	Soya	V VN
SHORT BLACK DECAF COW'S MILK	9	19	Milk	V
SHORT BLACK DECAF SEMI SKIMMED MILK	7	14	Milk	V
SHORT BLACK DECAF OAT MILK	8	18	Cereals Containing Gluten	V VN
SHORT BLACK DECAF SOYA MILK	8	17	Soya	V VN





TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
ENGLISH BREAKFAST TEA	<1	<1	None	V VN
ENGLISH BREAKFAST TEA COW'S MILK	4	19	Milk	V
ENGLISH BREAKFAST TEA SEMI SKIMMED MILK	3	14	Milk	V
ENGLISH BREAKFAST TEA OAT MILK	3	18	Cereals Containing Gluten	V VN
ENGLISH BREAKFAST TEA SOYA MILK	3	17	Soya	V VN
EARL GREY TEA	<1	<1	None	V VN
EARL GREY TEA COW'S MILK	4	19	Milk	V
EARL GREY TEA SEMI SKIMMED MILK	3	15	Milk	V
EARL GREY TEA OAT MILK	3	18	Cereals Containing Gluten	V VN
EARL GREY TEA SOYA MILK	3	17	Soya	V VN
PEPPERMINT TEA	<1	<1	None	V VN
CHAMOMILE TEA	<1	<1	None	V VN
ROOIBOS TEA	<1	<1	None	V VN
GREEN TEA	<1	<1	None	V VN
LEMONGRASS & GINGER TEA	<1	<1	None	V VN
JASMINE TEA	<1	<1	None	V VN
CHAI LATTE COW'S MILK	76	243	Milk	V
CHAI LATTE SEMI SKIMMED MILK	61	196	Milk	V
CHAI LATTE OAT MILK	50	160	Cereals Containing Gluten	V VN
CHAI LATTE SOYA MILK	69	222	Soya	V VN
DIRTY LATTE COW'S MILK	76	243	Milk	V
DIRTY LATTE SEMI SKIMMED MILK	61	196	Milk	V
DIRTY LATTE OAT MILK	50	160	Cereals Containing Gluten	V VN
DIRTY LATTE SOYA MILK	69	222	Soya	V VN
DIRTY LATTE DECAF COW'S MILK	64	243	Milk	•
DIRTY LATTE DECAF SEMI SKIMMED MILK	53	196	Milk	V
DIRTY LATTE DECAF OAT MILK	63	231	Cereals Containing Gluten	V VN
DIRTY LATTE DECAF SOYA MILK	60	223	Soya	V VN



TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
ICED CHAI COW'S MILK	80	183	Milk	V
ICED CHAI SEMI SKIMMED MILK	66	151	Milk	V
ICED CHAI OAT MILK	76	175	Cereals Containing Gluten	V VN
ICED CHAI SOYA MILK	74	169	Soya	V VN





TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
HOT CHOCOLATE 55% COW'S MILK	170	256	Milk	V
HOT CHOCOLATE 55% SEMI SKIMMED MILK	159	238	Milk	V
HOT CHOCOLATE 55% OAT MILK	167	251	Cereals Containing Gluten, Milk	V
HOT CHOCOLATE 55% SOYA MILK	103	296	Soya, Milk	V
HOT CHOCOLATE 65% COW'S MILK	165	247	Milk	V
HOT CHOCOLATE 65% SEMI SKIMMED MILK	153	229	Milk	•
HOT CHOCOLATE 65% OAT MILK	162	243	Cereals Containing Gluten	V VN
HOT CHOCOLATE 65% SOYA MILK	159	239	Soya	V VN
HOT CHOCOLATE 75% COW'S MILK	169	254	Milk	V
HOT CHOCOLATE 75% SEMI SKIMMED MILK	157	236	Milk	V
HOT CHOCOLATE 75% OAT MILK	166	249	Cereals Containing Gluten	V VN
HOT CHOCOLATE 75% SOYA MILK	164	246	Soya	V VN
ICED CHOCOLATE COW'S MILK	80	185	Milk	V
ICED CHOCOLATE SEMI SKIMMED MILK	66	177	Milk	V
ICED CHOCOLATE OAT MILK	77	177	Cereals Contaning Gluten	V VN
ICED CHOCOLATE SOYA MILK	74	171	Soya	V VN

