

GAIL'S

BEVERAGES NUTRITION & ALLERGEN GUIDE

Due to the nature of how we prepare our food and drinks,
we cannot guarantee they are free from allergens



COFFEE

GAIL's

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

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
REGULAR LATTE DECAF SEMI SKIMMED MILK	40	134	Milk	V
REGULAR LATTE DECAF OAT MILK	50	168	Cereals Containing Gluten	V VN
REGULAR LATTE DECAF SOYA MILK	48	160	Soya	V VN
SMALL LATTE COW'S MILK	50	126	Milk	V
SMALL LATTE SEMI SKIMMED MILK	38	94	Milk	V
SMALL LATTE OAT MILK	47	118	Cereals Containing Gluten	V VN
SMALL LATTE SOYA MILK	45	112	Soya	V VN
SMALL LATTE DECAF COW'S MILK	51	126	Milk	V
SMALL LATTE DECAF SEMI SKIMMED MILK	38	94	Milk	V
SMALL LATTE DECAF OAT MILK	48	118	Cereals Containing Gluten	V VN
SMALL LATTE DECAF SOYA MILK	45	112	Soya	V VN
ICED LATTE COW'S MILK	47	95	Milk	V
ICED LATTE SEMI SKIMMED MILK	45	92	Milk	V
ICED LATTE OAT MILK	44	89	Cereals Containing Gluten	V VN
ICED LATTE SOYA MILK	42	84	Soya	V VN
ICED LATTE DECAF COW'S MILK	48	95	Milk	V
ICED LATTE DECAF SEMI SKIMMED MILK	36	71	Milk	V
ICED LATTE DECAF OAT MILK	45	89	Cereals Containing Gluten	V VN
ICED LATTE DECAF SOYA MILK	42	84	Soya	V VN
LONG BLACK	<1	<1	None	V VN
SHORT BLACK	<1	<1	None	V VN
ICED BLACK	<1	<1	None	V VN
ICED DECAF BLACK	<1	<1	None	V VN
REGULAR FILTER	<1	<1	None	V VN
REGULAR FILTER COW'S MILK	6	19	Milk	V
REGULAR FILTER SEMI SKIMMED MILK	5	14	Milk	V
REGULAR FILTER OAT MILK	6	18	Cereals Containing Gluten	V VN
REGULAR FILTER SOYA MILK	7	17	Soya	V VN
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	
SMALL FILTER OAT MILK	8	18	Cereals Containing Gluten	
SMALL FILTER SOYA MILK	8	17	Soya	
MOCHA 55% COW'S MILK	108	309	Milk	
MOCHA 55% SEMI SKIMMED MILK	97	278	Milk	
MOCHA 55% OAT MILK	105	302	Cereals Containing Gluten	
MOCHA 55% SOYA MILK	103	296	Soya	
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	
MOCHA 55% DECAF SOYA MILK	104	296	Soya	
MOCHA 65% COW'S MILK	105	301	Milk	
MOCHA 65% SEMI SKIMMED MILK	94	270	Milk	
MOCHA 65% OAT MILK	102	293	Cereals Containing Gluten	
MOCHA 65% SOYA MILK	100	287	Soya	
MOCHA 65% DECAF COW'S MILK	106	301	Milk	
MOCHA 65% DECAF SEMI SKIMMED MILK	95	270	Milk	
MOCHA 65% DECAF OAT MILK	103	293	Cereals Containing Gluten	
MOCHA 65% DECAF SOYA MILK	101	287	Soya	
MOCHA 75% COW'S MILK	108	308	Milk	
MOCHA 75% SEMI SKIMMED MILK	118	276	Milk	
MOCHA 75% OAT MILK	124	250	Cereals Containing Gluten	
MOCHA 75% SOYA MILK	103	294	Soya	
MOCHA 75% DECAF COW'S MILK	108	308	Milk	
MOCHA 75% DECAF SEMI SKIMMED MILK	97	276	Milk	
MOCHA 75% DECAF OAT MILK	126	250	Cereals Containing Gluten	

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
MOCHA 75% DECAF SOYA MILK	104	294	Soya	V VN
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 VN
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 VN
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 VN
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 VN
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 VN

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 VN
LONG BLACK DECAF SOYA MILK	8	17	Soya	V VN
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

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TEA







EARLY

ASSAM
BREAKFAST

CAMOMILE

GINGER
& LEMON

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

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

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HOT / ICED CHOCOLATE

65%
DARK

Islands

HOT CHOCOLATE BUTTOM

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

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