



How often when you're out shopping do you take time for a coffee break and well-earned rest! The following treats may surprise you  
- and could be more than a full roast dinner!!!

	Cals		Cals
Caffe Latte Skinny/whole milk (Standard)	102/176	Cappuccino Skinny/whole milk (Standard)	64/91
Hot Chocolate with whipped cream (Standard)	258/319	1 cup of Black Coffee/Tea	Nil
Costa Medium Black forest Hot Chocolate & Cream with semi skimmed milk	346	Costa Quality Street Medium Toffee Penny Latte with light dairy swirl & semi skimmed milk	268
Costa Pigs Under Blankets Panini	501	Costa British Turkey & Trimmings Toastie	440
Costa Terry's Chocolate Orange Muffin	470	Costa Christmas Cake	320
Starbuck's Tall Toffee Nut Coffee Frappuccino with whole milk	240	Starbuck's Tall Gingerbread Coffee with semi skimmed milk	220
Starbuck's Festive Feast Panini	530	Starbuck's Blitzen's Blue Cheese & Chutney Toastie	476
Starbuck's Cran-Merry Cheesecake	410	Starbuck's South Pole Sam Shortbread	236
Greggs Regular Mint Mocha	303	Gregg's Regular Salted Caramel Latte	223
Gregg's Pigs Under Blankets Baguette	571	Gregg's Christmas Lunch Soup	159
Gregg's Triple Chocolate Muffin	462	Greggs Sweet Mince Pie	281

