

INFORMATION FOR CUSTOMERS

We cannot guarantee that our food or drinks are allergen free.

Due to the use of shared equipment in the display, preparation and service of our products there is a risk of cross contamination.

This guide is designed to provide customers who suffer from an allergy or intolerance with accurate information about our food and drinks, so that they can make an informed choice about the suitability of our products for them:

- For drinks made in store and unwrapped products (e.g. cakes and pastries) allergen information is contained in this guide
- For pre-packed food and drinks, allergen information is provided on the packaging labels
- All open/opened food and drink products may unavoidably be exposed to other allergens in store

Please see next page for more details about the information contained in this guide.

INFORMATION CONTAINED IN THIS GUIDE





Product Description	Dietary Choices		Allergens Present									
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Sesame Products	Peanut Products	Tree Nuts Products	Tree Nut Source (if present)
Food												
Costa Sweet and Salty Milk Chocolate	Yes	No	Yes	Yes	MC	Yes			MC	Yes	MC	
Costa Café au Lait White Chocolate	Yes	No	MC	Yes	MC	Yes			MC	MC	MC	
Costa Salted Peanut (Milk Chocolate)	Yes	No	Yes	Yes	MC	Yes			MC	Yes	MC	
Costa Dulce de Chile (Milk Chocolate)	Yes	No	MC	Yes	MC	Yes			MC	MC	MC	
Costa Coffee Hazelnut (Paleo)	Yes	No	MC	MC	MC	MC			MC	MC	Yes	Hazelnut
Costa Coconut Chia (Paleo)	Yes	Yes	MC	MC	MC	MC			MC	MC	Yes	Coconut
Costa Almond Butter Raspberry (Paleo)	Yes	Yes	MC	MC	MC	MC			MC	MC	MC	
Costa Himalayan Sea Salt (Keto)	Yes	Yes	MC	MC	MC	MC			MC	MC		
Bars (Earnest Eats) Cranberry Lemon Zest Bar	Yes	Yes									Yes	Almond, Walnut

NOTES

- If you wish to customise your drink by adding a different milk or dairy alternative, adding syrups, changing a topping, etc, please use the 'Drinks Extras and Ingredients' section at the end of the guide
- If you require additional information please ask a member of the team
- The drinks in the document show the allergy and nutrition for the drink as served, made to the standard recipe, using 2% milk, unless otherwise stated

NUTRITION INFORMATION

- Please note that all our drinks nutrition information has been calculated using published nutrition data and that dairy-based drinks may be subject to some natural seasonal variation
- Nutrition is calculated for Signature Roast Blend (caffeinated) made to brand standard. Information for decaffeinated coffee will be the same

CONTENTS KEY	
	The allergen is present in the product
	Although this allergen is not an ingredient of the product, it is present in the manufacturing site / factory / supply-chain and therefore the product may contain the allergen
	The allergen is not an ingredient of this product
	The column entitled 'Dietary Choices' details information supplied by the product manufacturer. It does not take into account the in-store storage / preparation methods where there is a risk of cross-contamination
The allergens listed in this guide are those we are required to declare in accordance with FDA Food Labelling Requirements	



Product Description	Dietary Choices		Allergens Present										Portion weight (g)	Nutrition per portion										
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Soy products	Egg products	Milk products	Fish Products	Crustacean Products	Sesame Products	Peanut Products	Tree Nuts Products	Tree Nut Source (if present)		Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Spiced Mocha																								
Spiced Mocha - made with 2% Milk - Small	Yes	No		Yes		Yes						MC		12 fl oz	380	14	8	0	65	190	50	4	28	13
Spiced Mocha - made with 2% Milk - Medium	Yes	No		Yes		Yes						MC		16 fl oz	470	16	9	0	75	270	64	4	34	18
Spiced Mocha - made with 2% Milk - Large	Yes	No		Yes		Yes						MC		20 fl oz	510	17	10	0	80	310	68	4	34	21
Spiced Mocha - made with Skim Milk - Small	Yes	No		Yes		Yes						MC		12 fl oz	320	8	4	0	45	170	50	4	43	12
Spiced Mocha - made with Skim Milk - Medium	Yes	No		Yes		Yes						MC		16 fl oz	390	8	4	0	50	240	64	4	55	16
Spiced Mocha - made with Skim Milk - Large	Yes	No		Yes		Yes						MC		20 fl oz	420	8	4	0	50	270	68	4	58	19
Spiced Mocha - made with Whole Milk - Small	Yes	No		Yes		Yes						MC		12 fl oz	410	18	10	0	70	170	50	4	43	12
Spiced Mocha - made with Whole Milk - Medium	Yes	No		Yes		Yes						MC		16 fl oz	520	22	12	0	85	240	64	4	55	16
Spiced Mocha - made with Whole Milk - Large	Yes	No		Yes		Yes						MC		20 fl oz	560	24	13	0	90	270	68	4	58	19
Spiced Mocha - made with Oat Drink - Small	Yes	No		Yes		Yes						MC		12 fl oz	380	17	4.5	0	40	170	53	6	31	3
Spiced Mocha - made with Oat Drink - Medium	Yes	No		Yes		Yes						MC		16 fl oz	480	21	5	0	40	240	68	8	39	4
Spiced Mocha - made with Oat Drink - Large	Yes	No		Yes		Yes						MC		20 fl oz	510	22	5	0	40	280	72	8	40	5
Spiced Mocha - made with Almond Drink (unsweet) - Small	Yes	No		Yes		Yes					Yes	Almond		12 fl oz	270	12	4	0	40	210	36	4	28	4
Spiced Mocha - made with Almond Drink (unsweet) - Medium	Yes	No		Yes		Yes					Yes	Almond		16 fl oz	330	14	4	0	40	300	44	4	34	6
Spiced Mocha - made with Almond Drink (unsweet) - Large	Yes	No		Yes		Yes					Yes	Almond		20 fl oz	330	14	4	0	40	340	45	4	34	7
Spiced Mocha - made with Almond Drink (sweet) - Small	Yes	No		Yes		Yes					Yes	Almond		12 fl oz	310	14	4	0	40	210	43	4	34	4
Spiced Mocha - made with Almond Drink (sweet) - Medium	Yes	No		Yes		Yes					Yes	Almond		16 fl oz	380	16	4	0	40	300	54	5	43	6
Spiced Mocha - made with Almond Drink (sweet) - Large	Yes	No		Yes		Yes					Yes	Almond		20 fl oz	410	17	4	0	40	340	56	5	44	7
Iced Spiced Mocha																								
Iced Spiced Mocha - made with 2% Milk - Small	Yes	No		Yes		Yes						MC		12 fl oz	350	13	7	0	60	160	47	4	28	11
Iced Spiced Mocha - made with 2% Milk - Medium	Yes	No		Yes		Yes						MC		16 fl oz	410	14	8	0	65	210	58	4	34	14
Iced Spiced Mocha - made with 2% Milk - Large	Yes	No		Yes		Yes						MC		20 fl oz	480	16	9	0	75	280	65	4	34	19
Iced Spiced Mocha - made with Skim Milk - Small	Yes	No		Yes		Yes						MC		12 fl oz	300	8	4	0	45	140	47	4	40	10
Iced Spiced Mocha - made with Skim Milk - Medium	Yes	No		Yes		Yes						MC		16 fl oz	350	8	4	0	45	180	58	4	49	12
Iced Spiced Mocha - made with Skim Milk - Large	Yes	No		Yes		Yes						MC		20 fl oz	400	8	4	0	50	250	65	4	55	17
Iced Spiced Mocha - made with Whole Milk - Small	Yes	No		Yes		Yes						MC		12 fl oz	370	16	9	0	65	140	47	4	40	10

2,000 calories a day is used for general nutrition advice, but calorie needs vary
Additional nutrition information available upon request

Product Description	Dietary Choices		Allergens Present										Portion weight (g)	Nutrition per portion										
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Soy products	Egg products	Milk products	Fish Products	Crustacean Products	Sesame Products	Peanut Products	Tree Nuts Products	Tree Nut Source (if present)		Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Iced Spiced Mocha - made with Whole Milk - Medium	Yes	No		Yes		Yes						MC		16 fl oz	440	18	10	0	70	180	58	4	49	12
Iced Spiced Mocha- made with Whole Milk - Large	Yes	No		Yes		Yes						MC		20 fl oz	530	22	12	0	85	250	65	4	55	17
Iced Spiced Mocha - made with Oat Drink - Small	Yes	No		Yes		Yes						MC		12 fl oz	340	15	4.5	0	40	150	49	6	31	3
Iced Spiced Mocha - made with Oat Drink - Medium	Yes	No		Yes		Yes						MC		16 fl oz	410	17	4.5	0	40	190	61	7	38	4
Iced Spiced Mocha - made with Oat Drink - Large	Yes	No		Yes		Yes						MC		20 fl oz	490	21	5	0	40	260	69	8	39	5
Iced Spiced Mocha - made with Almond Drink (unsweet) - Small	Yes	No		Yes		Yes					Yes	Almond		12 fl oz	260	11	4	0	40	180	36	4	28	4
Iced Spiced Mocha - made with Almond Drink (unsweet) - Medium	Yes	No		Yes		Yes					Yes	Almond		16 fl oz	300	12	4	0	40	230	44	4	34	5
Iced Spiced Mocha - made with Almond Drink (unsweet) - Large	Yes	No		Yes		Yes					Yes	Almond		20 fl oz	330	14	4	0	40	310	45	4	34	6
Iced Spiced Mocha - made with Almond Drink (sweet) - Small	Yes	No		Yes		Yes					Yes	Almond		12 fl oz	300	13	4	0	40	180	41	4	33	4
Iced Spiced Mocha - made with Almond Drink (sweet) - Medium	Yes	No		Yes		Yes					Yes	Almond		16 fl oz	350	14	4	0	40	230	51	5	40	5
Iced Spiced Mocha - made with Almond Drink (sweet) - Large	Yes	No		Yes		Yes					Yes	Almond		20 fl oz	390	16	4	0	40	310	55	5	43	6
Frosted Cookie Latte																								
Frosted Cookie Latte - made with 2% Milk - Small	Yes	No				Yes								12 fl oz	360	14	8	0	65	180	47	0	29	12
Frosted Cookie Latte - made with 2% Milk - Medium	Yes	No				Yes								16 fl oz	440	16	9	0	75	250	58	0	35	17
Frosted Cookie Latte - made with 2% Milk - Large	Yes	No				Yes								20 fl oz	530	17	10	0	80	290	74	0	46	20
Frosted Cookie Latte - made with Skim Milk - Small	Yes	No				Yes								12 fl oz	300	8	4	0	45	160	47	0	44	11
Frosted Cookie Latte - made with Skim Milk - Medium	Yes	No				Yes								16 fl oz	360	8	4	0	50	210	58	0	56	15
Frosted Cookie Latte - made with Skim Milk - Large	Yes	No				Yes								20 fl oz	440	8	4	0	50	250	74	0	70	18
Frosted Cookie Latte - made with Whole Milk - Small	Yes	No				Yes								12 fl oz	390	18	10	0	70	160	47	0	44	11
Frosted Cookie Latte - made with Whole Milk - Medium	Yes	No				Yes								16 fl oz	490	22	12	0	85	210	58	0	56	15
Frosted Cookie Latte - made with Whole Milk - Large	Yes	No				Yes								20 fl oz	580	24	13	0	90	250	74	0	70	18
Frosted Cookie Latte - made with Oat Drink - Small	Yes	No				Yes								12 fl oz	360	17	4.5	0	40	160	49	3	33	2
Frosted Cookie Latte - made with Oat Drink - Medium	Yes	No				Yes								16 fl oz	440	20	5	0	40	220	62	4	40	3
Frosted Cookie Latte - made with Oat Drink - Large	Yes	No				Yes								20 fl oz	530	22	5	0	40	260	78	4	52	4
Frosted Cookie Latte - made with Almond Drink (unsweet) - Small	Yes	No				Yes					Yes	Almond		12 fl oz	250	12	4	0	40	200	32	0	29	4
Frosted Cookie Latte - made with Almond Drink (unsweet) - Medium	Yes	No				Yes					Yes	Almond		16 fl oz	290	13	4	0	40	270	38	0	35	5
Frosted Cookie Latte - made with Almond Drink (unsweet) - Large	Yes	No				Yes					Yes	Almond		20 fl oz	350	14	4	0	40	320	51	0	46	6

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Product Description	Dietary Choices		Allergens Present										Portion weight (g)	Nutrition per portion									
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Soy products	Egg products	Milk products	Fish Products	Crustacean Products	Sesame Products	Peanut Products	Tree Nuts Products	Tree Nut Source (if present)		Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Frosted Cookie Latte - made with Almond Drink (sweet) - Small	Yes	No				Yes					Yes	Almond	12 fl oz	300	14	4	0	40	200	39	1	35	4
Frosted Cookie Latte - made with Almond Drink (sweet) - Medium	Yes	No				Yes					Yes	Almond	16 fl oz	360	16	4	0	40	270	48	1	44	5
Frosted Cookie Latte - made with Almond Drink (sweet) - Large	Yes	No				Yes					Yes	Almond	20 fl oz	430	17	4	0	40	320	62	1	56	6
Frosted Cookie Iced Latte																							
Frosted Cookie Iced Latte - made with 2% Milk - Small	Yes	No				Yes							12 fl oz	330	13	7	0	60	150	44	0	29	10
Frosted Cookie Iced Latte - made with 2% Milk - Medium	Yes	No				Yes							16 fl oz	380	14	8	0	65	180	52	0	35	12
Frosted Cookie Iced Latte - made with 2% Milk - Large	Yes	No				Yes							20 fl oz	500	16	9	0	75	260	71	0	46	17
Frosted Cookie Iced Latte - made with Skim Milk - Small	Yes	No				Yes							12 fl oz	280	8	4	0	45	130	44	0	41	9
Frosted Cookie Iced Latte - made with Skim Milk - Medium	Yes	No				Yes							16 fl oz	320	8	4	0	45	160	52	0	50	11
Frosted Cookie Iced Latte - made with Skim Milk - Large	Yes	No				Yes							20 fl oz	420	8	4	0	50	220	71	0	67	16
Frosted Cookie Iced Latte - made with Whole Milk - Small	Yes	No				Yes							12 fl oz	360	16	9	0	65	130	44	0	41	9
Frosted Cookie Iced Latte - made with Whole Milk - Medium	Yes	No				Yes							16 fl oz	410	18	10	0	70	160	52	0	50	11
Frosted Cookie Iced Latte - made with Whole Milk - Large	Yes	No				Yes							20 fl oz	550	22	12	0	85	220	71	0	67	16
Frosted Cookie Iced Latte - made with Oat Drink - Small	Yes	No				Yes							12 fl oz	330	15	4.5	0	40	135	46	2	32	2
Frosted Cookie Iced Latte - made with Oat Drink - Medium	Yes	No				Yes							16 fl oz	380	17	4.5	0	40	160	55	3	39	2
Frosted Cookie Iced Latte - made with Oat Drink - Large	Yes	No				Yes							20 fl oz	490	20	5	0	40	230	74	4	51	3
Frosted Cookie Iced Latte - made with Almond Drink (unsweet) - Small	Yes	No				Yes				Yes	Almond	12 fl oz	240	11	4	0	40	170	32	0	29	3	
Frosted Cookie Iced Latte - made with Almond Drink (unsweet) - Medium	Yes	No				Yes				Yes	Almond	16 fl oz	280	12	4	0	40	200	38	0	35	4	
Frosted Cookie Iced Latte - made with Almond Drink (unsweet) - Large	Yes	No				Yes				Yes	Almond	20 fl oz	340	13	4	0	40	280	50	0	46	5	
Frosted Cookie Iced Latte - made with Almond Drink (sweet) - Small	Yes	No				Yes				Yes	Almond	12 fl oz	280	13	4	0	40	170	38	1	34	3	
Frosted Cookie Iced Latte - made with Almond Drink (sweet) - Medium	Yes	No				Yes				Yes	Almond	16 fl oz	320	14	4	0	40	200	45	1	41	4	
Frosted Cookie Iced Latte - made with Almond Drink (sweet) - Large	Yes	No				Yes				Yes	Almond	20 fl oz	400	16	4	0	40	280	60	1	55	5	
Frosted Cookie Cold Foam Cold Brew																							
Frosted Cookie Cold Foam Cold Brew - Small	Yes	Yes											12 fl oz	100	2	0	0	0	30	20	1	18	0
Frosted Cookie Cold Foam Cold Brew - Medium	Yes	Yes											16 fl oz	100	2	0	0	0	35	21	1	18	0
Frosted Cookie Cold Foam Cold Brew - Large	Yes	Yes											20 fl oz	110	2.5	0	0	0	40	22	1	18	0

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