












## ALLERGENS TABLE

## BH WATFORD JANUARY

BRUNCH & LUNCH	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - THE FULL ENGLISH WITH POACHED EGGS - GLUTEN FREE		867.97kcal	3,626.03kJ	53.21g	14.58g	37.53g	8.78g	4.25g	67.17g	9.02g
AW23 - OAKMAN - CHOPPED AVOCADO & EGGS - GLUTEN FREE		460.05kcal	1,913.61kJ	43.64g	7.47g	5.24g	0.75g	0.04g	18.91g	0.62g
AW22 - OAKMAN - GLUTEN FREE - CHOPPED AVOCADO, BACON & EGGS		658.86kcal	2,741.58kJ	55.68g	12.12g	5.24g	0.71g	0.04g	41.16g	3.89g
OAKMAN - BLT PANINO SANDWICH - Gluten Free Version		572.57kcal	2,376.23kJ	51.17g	9.23g	4.00g	3.95g	2.24g	35.22g	5.50g
OAKMAN - HLT PANINO - Gluten Free Version		574.10kcal	2,382.03kJ	54.81g	18.78g	5.68g	5.64g	2.11g	26.06g	3.49g
*OAKMAN - THE FULL ENGLISH + FRIED EGGS		1,617.92kcal	6,744.75kJ	116.90g	27.63g	71.46g	11.61g	4.79g	71.60g	11.32g
*OAKMAN - THE FULL ENGLISH + POACHED EGGS		1,529.92kcal	6,383.10kJ	106.91g	26.97g	71.48g	11.61g	4.79g	71.60g	11.32g
AW22 - OAKMAN - CHOPPED AVOCADO & EGGS		602.17kcal	2,507.68kJ	42.08g	7.66g	32.84g	0.71g	0.04g	23.94g	1.26g
AW22 - OAKMAN - CHOPPED AVOCADO, BACON & EGGS		799.86kcal	3,331.52kJ	54.31g	12.27g	32.84g	0.71g	0.04g	45.78g	4.59g
BH WATFORD - SWEET POTATO HASH		360.65kcal	1,512.00kJ	22.98g	3.02g	36.27g	10.18g	1.66g	6.89g	1.17g
PANETONNE FRENCH TOAST - With Bacon & Maple Syrup		728.52kcal	3,029.38kJ	48.22g	20.65g	32.59g	31.16g	0.00g	27.14g	3.50g
PANETONNE FRENCH TOAST - With Bananas & Chocolate Sauce		654.90kcal	2,724.92kJ	38.54g	17.87g	58.12g	29.87g	0.00g	7.32g	0.19g
OAKMAN - BATTERED FISH FINGER PANINO SANDWICH		673.79kcal	2,825.95kJ	26.52g	2.28g	78.96g	7.01g	4.09g	34.21g	7.08g
OAKMAN - BLT PANINO SANDWICH		910.01kcal	3,804.13kJ	54.49g	10.51g	64.93g	4.33g	4.78g	43.96g	9.79g
OAKMAN - HLT PANINO		911.54kcal	3,809.93kJ	58.14g	20.06g	66.61g	6.02g	4.65g	34.79g	7.78g
OAKMAN - THE FULL ENGLISH WITH FRIED EGGS - GLUTEN FREE		955.97kcal	3,987.68kJ	63.20g	15.24g	37.50g	8.78g	4.25g	67.17g	9.02g














SOMETHING TO START... SOMETHING ON THE SIDE	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - ARTISAN BREAD, OIL AND BALSAMIC		782.39kcal	3,299.03kJ	26.44g	4.00g	125.26g	3.76g	5.08g	17.57g	3.75g
OAKMAN - GARLIC FLATBREAD		906.77kcal	3,810.49kJ	40.94g	6.23g	124.18g	0.86g	6.32g	18.08g	6.65g
OAKMAN - GARLIC FLATBREAD ADD MOZZARELLA		1,131.77kcal	4,751.89kJ	57.71g	16.09g	125.82g	1.64g	6.32g	34.71g	7.82g
OAKMAN - GARLIC FLATBREAD ADD VEGAN MOZZARELLA ALTERNATIVE		1,142.77kcal	4,797.92kJ	56.77g	15.26g	128.64g	2.38g	6.32g	37.08g	7.98g
TOMATO BRUSCHETTA FLATBREAD		808.03kcal	3,405.03kJ	29.87g	4.18g	123.71g	2.44g	6.06g	18.82g	5.16g
TOMATO BRUSCHETTA FLATBREAD with BURRATA MOZZARELLA		814.23kcal	3,430.95kJ	30.28g	4.42g	123.83g	2.48g	6.06g	19.32g	5.19g
BH WATFORD - MACARONI CHEESE - SIDE PORTION		916.97kcal	3,845.69kJ	51.26g	17.81g	80.55g	7.87g	3.08g	36.84g	4.90g
BH WATFORD - VEGAN - MACARONI CHEESE - SIDE PORTION		719.72kcal	3,020.40kJ	33.76g	7.27g	81.23g	9.36g	3.08g	26.14g	3.96g
BH WATFORD - BUTTERMILK CALAMARI		408.87kcal	1,693.56kJ	31.42g	3.20g	9.76g	2.43g	0.19g	21.44g	1.20g
SPC - CORE - CHORIZO IN CIDER		528.74kcal	2,193.26kJ	42.37g	15.79g	3.81g	2.10g	1.32g	31.58g	4.61g
5 CHICKEN WINGS with House Seasoning		766.26kcal	3,208.29kJ	45.40g	12.04g	31.77g	0.15g	0.00g	55.21g	5.80g
5 CHICKEN WINGS with BBQ Sauce		785.84kcal	3,292.51kJ	45.31g	12.03g	37.27g	6.00g	0.24g	55.01g	4.05g
5 CHICKEN WINGS with Brown Sugar & Harissa Glaze		815.59kcal	3,418.61kJ	45.79g	12.15g	43.82g	13.65g	0.10g	55.19g	3.97g
5 CHICKEN WINGS with Hot Sauce		761.84kcal	3,189.65kJ	45.31g	12.03g	31.05g	0.53g	0.00g	54.95g	3.75g
CAULIFLOWER WINGS with House Seasoning		430.76kcal	1,784.79kJ	40.32g	18.44g	12.74g	7.75g	4.40g	6.23g	2.16g
CAULIFLOWER WINGS with BBQ Sauce		450.34kcal	1,869.01kJ	40.23g	18.42g	18.25g	13.60g	4.64g	6.03g	0.41g
5 CAULIFLOWER WINGS with Brown Sugar & Harissa Glaze		480.09kcal	1,995.11kJ	40.71g	18.55g	24.80g	21.25g	4.50g	6.21g	0.32g
CAULIFLOWER WINGS with Hot Sauce		426.34kcal	1,766.15kJ	40.23g	18.42g	12.03g	8.13g	4.40g	5.97g	0.11g
AW23 - OAKMAN - HALLOUMI CHIPS		558.10kcal	2,331.32kJ	36.04g	25.06g	23.47g	23.25g	0.14g	36.57g	4.84g
LEBANESE FRIES		626.01kcal	2,620.95kJ	17.42g	3.36g	108.43g	8.50g	0.12g	10.42g	3.58g
BH WATFORD - HOT FLAME FRIES - SIDE		401.51kcal	1,679.99kJ	10.23g	2.08g	70.97g	0.65g	0.07g	6.72g	3.93g
BH WATFORD - SEASONED FRENCH FRIES - SIDE		404.05kcal	1,690.64kJ	10.24g	2.08g	71.56g	0.68g	0.00g	6.81g	3.62g
BATTERED ONION RINGS - BH WATFORD		741.33kcal	3,101.74kJ	44.85g	7.45g	77.48g	9.65g	0.00g	6.86g	3.45g
OAKMAN - ROCKET, LETTUCE & TOMATO SALAD		172.33kcal	713.72kJ	16.46g	1.95g	3.73g	3.51g	2.62g	2.52g	2.65g
BH WATFORD - MACARONI CHEESE - SIDE PORTION - Gluten Free Version		851.22kcal	3,578.90kJ	37.88g	16.09g	84.97g	7.21g	4.40g	40.04g	3.18g
BH WATFORD - VEGAN - MACARONI CHEESE - SIDE PORTION - Gluten Free Version		653.97kcal	2,753.60kJ	20.39g	5.54g	85.64g	8.70g	4.40g	29.34g	2.23g

PIZZA	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - MARGHERITA		972.89kcal	4,101.21kJ	37.97g	13.59g	129.06g	5.67g	6.12g	36.56g	5.01g
OAKMAN - MARINARA D.O.C.		789.78kcal	3,331.89kJ	26.19g	4.02g	128.26g	6.14g	8.64g	19.43g	5.63g
OAKMAN - VEGAN MARGHERITA		968.89kcal	4,084.47kJ	35.91g	12.10g	131.77g	6.37g	6.12g	37.83g	5.08g
*OAKMAN - CASA LINGO PIZZA		1,271.88kcal	5,351.10kJ	60.07g	18.14g	145.67g	16.61g	6.76g	44.98g	7.59g
OAKMAN - ZUCCA [V]		1,196.87kcal	5,053.89kJ	50.20g	12.70g	156.96g	10.85g	9.59g	39.23g	6.27g
OAKMAN - ZUCCA - SWAP TO VEGAN		1,193.87kcal	5,041.34kJ	48.66g	11.58g	158.99g	11.37g	9.59g	40.18g	6.33g
OAKMAN - POLLO DIAVOLA		1,463.19kcal	6,153.91kJ	74.09g	21.88g	134.09g	6.45g	6.12g	72.59g	8.39g
OAKMAN - NAPOLI FORTE		1,162.06kcal	4,887.93kJ	54.14g	19.32g	130.34g	6.49g	6.23g	45.93g	6.48g














PIZZA EXTRAS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
BH WATFORD - ADD BURRATA		2.95kcal	12.34kJ	0.20g	0.11g	0.06g	0.02g	0.00g	0.24g	0.02g
OAKMAN - ROCKET PIZZA TOPPING		4.50kcal	18.50kJ	0.10g	0.02g	0.00g	0.00g	0.43g	0.90g	0.02g
OAKMAN - NDUJA PIZZA TOPPING		103.20kcal	431.79kJ	8.19g	3.06g	1.28g	0.56g	0.00g	5.74g	0.56g
OAKMAN - PANCETTA PIZZA TOPPING		134.38kcal	556.88kJ	10.31g	3.88g	0.00g	0.00g	0.00g	10.31g	1.78g
OAKMAN - NAPOLI SALAMI PIZZA TOPPING		122.64kcal	507.92kJ	10.98g	4.09g	0.14g	0.14g	0.11g	5.85g	1.07g
OAKMAN - CHICKEN PIZZA TOPPING		123.41kcal	517.01kJ	5.87g	0.64g	0.06g	0.00g	0.00g	17.57g	0.98g
OAKMAN - CHORIZO PIZZA TOPPING		193.96kcal	803.04kJ	16.88g	5.37g	0.96g	0.44g	0.40g	9.60g	1.40g
OAKMAN - PARMIGIANO-REGGIANO PIZZA TOPPING		84.00kcal	351.46kJ	5.57g	3.07g	2.78g	0.01g	0.00g	5.68g	0.90g
OAKMAN - MIXED MUSHROOMS PIZZA TOPPING		60.88kcal	251.83kJ	4.73g	0.35g	3.77g	2.40g	0.00g	2.03g	0.41g
OAKMAN - GRILLED PEPPERS PIZZA TOPPING		10.50kcal	44.50kJ	0.10g	0.03g	2.15g	2.10g	1.10g	0.40g	0.00g





















BH CLASSICS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - POLLO PICANTE SKEWERS		900.59kcal	3,762.68kJ	44.93g	5.91g	56.80g	1.91g	0.57g	66.85g	4.20g
BH WATFORD - SMALL FISH AND CHIPS		738.60kcal	3,090.37kJ	19.18g	1.95g	101.69g	7.67g	6.99g	39.34g	8.17g
BH WATFORD - FISH AND CHIPS		861.23kcal	3,602.28kJ	20.57g	2.06g	108.91g	7.67g	6.99g	60.07g	9.19g
BH WATFORD - CHICKEN CAESAR SALAD		1,184.05kcal	4,957.29kJ	87.11g	18.13g	39.35g	6.20g	4.50g	62.08g	84.92g
BH WATFORD - MACARONI CHEESE - MAIN PORTION		1,667.63kcal	6,995.26kJ	91.81g	31.05g	152.86g	12.88g	6.20g	64.57g	9.52g
BH WATFORD - VEGAN - MACARONI CHEESE - MAIN PORTION		1,332.88kcal	5,594.66kJ	62.86g	13.82g	152.74g	14.84g	6.20g	46.15g	7.77g
BH WATFORD - NOURISH BOWL		556.79kcal	2,325.93kJ	38.53g	5.19g	43.51g	10.52g	3.09g	14.79g	1.79g
BH WATFORD - MACARONI CHEESE - MAIN PORTION - Gluten Free Version		1,352.47kcal	5,684.84kJ	61.70g	26.93g	130.41g	11.68g	6.60g	65.11g	5.30g
BH WATFORD - VEGAN - MACARONI CHEESE - MAIN PORTION - Gluten Free Version		1,017.72kcal	4,284.24kJ	32.75g	9.70g	130.28g	13.64g	6.60g	46.69g	3.54g

BURGER BAR	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
BH WATFORD -6OZ CLASSIC BEEF BURGER		1,445.07kcal	6,018.24kJ	85.15g	19.82g	126.44g	12.05g	3.26g	47.01g	6.56g
BH Watford - 6OZ LOADED BEEF BURGER		1,892.55kcal	7,884.93kJ	115.64g	27.36g	157.73g	17.89g	4.03g	59.08g	9.75g
BH WATFORD -CHICKEN KATSU BURGER		1,657.96kcal	6,903.88kJ	97.85g	12.04g	147.33g	4.40g	0.69g	53.48g	8.02g
BH WATFORD - CHICKEN MILANESE BURGER		1,287.50kcal	5,379.20kJ	58.67g	9.61g	142.18g	3.15g	0.96g	52.53g	6.83g
OAKMAN - SYMPLICITY BURGER		740.79kcal	3,091.82kJ	33.01g	5.52g	96.70g	4.29g	1.62g	17.65g	4.81g
Add Spanish Chorizo		207.89kcal	862.11kJ	16.95g	6.32g	1.26g	0.58g	0.53g	12.63g	1.84g
BH WATFORD -6OZ CLASSIC BEEF BURGER - Gluten Free Version		1,100.13kcal	4,598.41kJ	47.34g	16.98g	125.64g	10.76g	3.25g	46.53g	6.39g
BH Watford - 6OZ LOADED BEEF BURGER - Gluten Free Version		1,269.61kcal	5,301.95kJ	61.01g	21.72g	127.87g	12.98g	4.03g	56.02g	8.30g

DESSERTS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
BH WATFORD - TRIPLE CHOCOLATE BROWNIE		175.34kcal	733.54kJ	4.48g	3.06g	30.66g	25.17g	0.00g	4.45g	0.15g
BH WATFORD - CHOCOLATE CHIP BAKED COOKIE DOUGH		626.03kcal	2,627.83kJ	26.77g	12.24g	89.18g	50.47g	0.09g	10.72g	1.27g
BH WATFORD - BAKED VANILLA CHEESECAKE	   	165.66kcal	696.22kJ	4.38g	1.75g	28.83g	25.31g	0.01g	4.19g	0.38g
BH WATFORD - APPLE PIE	  	101.11kcal	423.42kJ	2.10g	1.28g	17.72g	15.19g	0.02g	3.70g	0.13g
BH WATFORD - VANILLA SOFT-SERVE ICE CREAM		283.50kcal	1,186.16kJ	5.85g	3.67g	49.05g	42.05g	0.00g	11.03g	0.39g
OAKMAN - CHOCOLATE SAUCE		50.52kcal	211.34kJ	1.48g	1.11g	9.18g	7.13g	0.00g	0.48g	0.01g
OAKMAN - CARAMEL/TOFFEE SAUCE		60.29kcal	255.41kJ	2.18g	0.39g	10.42g	9.84g	0.00g	0.41g	0.23g
OAKMAN - RASPBERRY SAUCE		45.86kcal	191.86kJ	0.09g	0.03g	11.33g	10.09g	0.00g	0.33g	0.01g
BH WATFORD - BOMBOLONE	 	419.18kcal	1,763.46kJ	6.53g	3.73g	85.16g	48.43g	1.27g	8.99g	1.09g
BH WATFORD - AFFOGATO		161.57kcal	676.01kJ	2.05g	1.26g	30.68g	14.02g	0.00g	5.99g	0.15g

KIDS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - KIDS FULL ENGLISH		957.71kcal	3,989.30kJ	67.18g	19.09g	50.31g	5.57g	2.63g	38.49g	6.07g
OAKMAN - KIDS VEGANO		397.70kcal	1,662.84kJ	12.91g	1.96g	52.12g	6.63g	5.81g	17.77g	2.65g
OAKMAN - KIDS BEANS ON TOAST		222.00kcal	932.94kJ	1.58g	0.25g	42.60g	4.80g	4.90g	9.62g	1.35g
OAKMAN - BACON BRIOCHE BUN		403.61kcal	1,686.00kJ	16.13g	5.47g	38.06g	0.00g	0.00g	28.94g	4.40g
OAKMAN - SAUSAGE BRIOCHE BUN		669.56kcal	2,802.01kJ	45.88g	15.96g	38.94g	0.00g	0.00g	26.19g	3.52g
*OAKMAN - KIDS NO-PORK SAUSAGE BUN		338.88kcal	1,415.56kJ	11.23g	2.25g	37.12g	1.30g	6.05g	21.54g	2.54g
OAKMAN - KIDS GARLIC BREAD		226.69kcal	952.62kJ	10.24g	1.56g	31.04g	0.22g	1.58g	4.52g	1.66g
OAKMAN - KIDS VEGETABLE STICKS		179.60kcal	751.83kJ	8.34g	1.29g	20.87g	8.96g	1.76g	7.66g	0.86g
OAKMAN - KIDS HALLOUMI CHIPS		269.75kcal	1,122.75kJ	19.88g	12.75g	4.53g	3.83g	0.65g	18.68g	2.26g
OAKMAN - KIDS BEEF BURGER		512.47kcal	2,141.18kJ	30.80g	11.61g	23.16g	13.31g	1.65g	37.11g	2.67g
OAKMAN - KIDS PIZZA		716.99kcal	3,037.36kJ	15.87g	5.46g	126.41g	4.14g	5.86g	25.02g	4.22g
OAKMAN - KIDS VEGAN PIZZA		744.99kcal	3,154.51kJ	17.07g	6.03g	127.99g	4.59g	5.86g	27.87g	4.41g
OAKMAN - KIDS PIZZA TOPPING - MUSHROOM		30.44kcal	125.92kJ	2.37g	0.17g	1.88g	1.20g	0.00g	1.02g	0.20g
OAKMAN - KIDS PIZZA TOPPING - CHICKEN		176.30kcal	738.58kJ	8.39g	0.91g	0.09g	0.00g	0.00g	25.10g	1.40g
OAKMAN - KIDS PIZZA TOPPING - SALAMI		61.32kcal	253.96kJ	5.49g	2.04g	0.07g	0.07g	0.06g	2.93g	0.54g
OAKMAN - KIDS FISH GOUJONS		252.64kcal	1,064.57kJ	7.40g	0.34g	23.84g	3.33g	0.52g	23.93g	1.74g
OAKMAN - KIDS GRILLED PORK SAUSAGE		506.41kcal	2,121.43kJ	42.51g	15.31g	7.88g	0.90g	1.27g	21.63g	3.00g
OAKMAN - KIDS GRILLED NO PORK SAUSAGE GLUTEN FREE		203.44kcal	851.09kJ	8.52g	1.79g	11.40g	2.09g	7.32g	17.86g	2.13g
BH WATFORD - MACARONI CHEESE - KIDS PORTION		600.60kcal	2,519.11kJ	34.81g	12.37g	49.64g	4.73g	2.05g	24.27g	3.17g
BH WATFORD - KIDS BREADED CHICKEN STRIPS		193.60kcal	810.57kJ	10.16g	1.68g	11.84g	0.00g	0.00g	14.40g	0.84g
OAKMAN - KIDS - CHUNKY CHIPS		141.39kcal	591.39kJ	3.07g	0.41g	24.59g	0.61g	2.46g	2.70g	0.70g
OAKMAN - KIDS GEM LETTUCE AND TOMATO SALAD		102.15kcal	423.58kJ	9.73g	0.96g	2.22g	2.13g	1.75g	1.50g	0.65g
OAKMAN - KIDS BAKED BEANS		81.00kcal	343.00kJ	0.50g	0.09g	15.00g	4.80g	4.90g	5.00g	0.65g
BH WATFORD - KIDS CHOCOLATE BROWNIE		103.42kcal	432.67kJ	2.57g	1.73g	18.05g	14.92g	0.00g	2.84g	0.10g
BH WATFORD - KIDS VANILLA SOFT-SERVE ICE CREAM		189.00kcal	790.77kJ	3.90g	2.45g	32.70g	28.04g	0.00g	7.35g	0.26g
OAKMAN - ROCKET LOLLY		0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g
*OAKMAN - KIDS MILK		69.00kcal	292.50kJ	2.55g	1.61g	7.05g	7.05g	0.00g	5.25g	0.16g

OAKMAN - KIDS STRAWBERRY MILKSHAKE		113.75kcal	480.46kJ	2.98g	1.87g	17.10g	8.23g	0.00g	5.88g	0.22g
OAKMAN - KIDS CHOCOLATE MILKSHAKE		113.75kcal	480.46kJ	2.98g	1.87g	17.10g	8.23g	0.00g	5.88g	0.22g
OAKMAN - KIDS HOT CHOCOLATE	 	175.11kcal	735.38kJ	9.98g	7.76g	18.30g	4.32g	0.00g	4.38g	0.18g
*OAKMAN - KIDS APPLE JUICE		55.50kcal	235.50kJ	0.00g	0.00g	14.55g	14.55g	0.00g	0.15g	0.01g
*OAKMAN - KIDS ORANGE JUICE		73.50kcal	307.53kJ	0.18g	0.02g	17.31g	12.47g	0.00g	1.02g	0.01g
OAKMAN - BABYCINOS		50.88kcal	215.71kJ	1.88g	1.18g	5.20g	5.20g	0.00g	3.87g	0.12g
OAKMAN - GLUTEN FREE - KIDS FULL ENGLISH	 	683.73kcal	2,841.34kJ	53.68g	13.69g	22.28g	5.57g	2.63g	35.25g	5.81g
OAKMAN - KIDS VEGANO GLUTEN FREE		256.70kcal	1,072.89kJ	14.28g	1.80g	24.52g	6.63g	5.81g	13.15g	1.95g
OAKMAN - GLUTEN FREE - KIDS BEANS ON TOAST		81.00kcal	343.00kJ	2.95g	0.09g	15.00g	4.80g	4.90g	5.00g	0.65g
OAKMAN - GLUTEN FREE - BACON BRIOCHE BUN		197.69kcal	823.85kJ	17.13g	4.62g	0.00g	0.00g	0.00g	21.85g	3.33g
OAKMAN - GLUTEN FREE - KIDS BEEF BURGER		506.41kcal	2,121.60kJ	19.85g	6.87g	56.91g	10.67g	0.96g	28.71g	2.95g
BH WATFORD - MACARONI CHEESE - KIDS PORTION - Gluten Free Version	   	570.31kcal	2,397.78kJ	26.15g	11.25g	55.20g	4.29g	2.93g	26.74g	2.05g

HOT DRINKS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - SINGLE ESPRESSO		33.54kcal	140.31kJ	0.05g	0.02g	7.16g	0.00g	0.00g	1.16g	0.01g
OAKMAN - DOUBLE ESPRESSO		67.07kcal	280.62kJ	0.10g	0.04g	14.33g	0.00g	0.00g	2.32g	0.02g
OAKMAN - CAPPUCCINO		136.86kcal	576.47kJ	2.67g	1.66g	21.46g	7.13g	0.00g	7.63g	0.18g
OAKMAN - OAT MILK CAPPUCCINO		137.08kcal	573.53kJ	3.19g	0.36g	19.69g	3.94g	0.00g	6.89g	0.21g
OAKMAN - FLAT WHITE		130.29kcal	548.60kJ	2.43g	1.51g	20.78g	6.46g	0.00g	7.13g	0.17g
OAKMAN - OAT MILK FLAT WHITE		129.45kcal	541.62kJ	2.85g	0.33g	19.11g	3.51g	0.00g	6.39g	0.19g
OAKMAN - CAFFE LATTE		127.05kcal	534.88kJ	2.31g	1.43g	20.45g	6.13g	0.00g	6.88g	0.16g
OAKMAN - OAT MILK CAFFE LATTE		127.30kcal	532.61kJ	2.76g	0.32g	18.94g	3.39g	0.00g	6.25g	0.18g
OAKMAN - MOCHA	 	284.21kcal	1,192.49kJ	12.47g	9.66g	37.02g	5.36g	0.00g	7.75g	0.24g
OAKMAN - OAT MILK MOCHA	 	276.60kcal	1,157.75kJ	12.39g	8.33g	34.91g	2.91g	0.00g	7.08g	0.25g
OAKMAN - MACCHIATO		69.68kcal	291.70kJ	0.19g	0.10g	14.59g	0.27g	0.00g	2.52g	0.02g
OAKMAN - OAT MILK MACCHIATO		70.31kcal	294.18kJ	0.24g	0.05g	14.57g	0.18g	0.00g	2.53g	0.03g
OAKMAN - AMERICANO		107.78kcal	453.19kJ	1.60g	0.98g	18.49g	4.16g	0.00g	5.42g	0.11g
OAKMAN - OAT MILK AMERICANO		112.07kcal	468.90kJ	2.09g	0.25g	17.78g	2.53g	0.00g	5.26g	0.14g
OAKMAN - AMERICANO NO MILK		67.07kcal	280.62kJ	0.10g	0.04g	14.33g	0.00g	0.00g	2.32g	0.02g
OAKMAN - ENGLISH BREAKFAST TEA		18.43kcal	78.08kJ	0.68g	0.43g	1.89g	1.88g	0.00g	1.40g	0.04g
OAKMAN - EARL GREY TEA		18.43kcal	78.08kJ	0.68g	0.43g	1.89g	1.88g	0.00g	1.40g	0.04g
OAKMAN - PEPPERMINT TEA		0.03kcal	0.08kJ	0.00g	0.00g	0.01g	0.00g	0.00g	0.00g	0.00g
OAKMAN - SUPERFRUIT TEA		0.03kcal	0.08kJ	0.00g	0.00g	0.01g	0.00g	0.00g	0.00g	0.00g
OAKMAN - LEMON AND GINGER TEA		0.03kcal	0.08kJ	0.00g	0.00g	0.01g	0.00g	0.00g	0.00g	0.00g
OAKMAN - GREEN TEA		0.03kcal	0.08kJ	0.00g	0.00g	0.01g	0.00g	0.00g	0.00g	0.00g
OAKMAN - HOT CHOCOLATE	 	245.16kcal	1,029.53kJ	13.98g	10.86g	25.63g	6.05g	0.00g	6.13g	0.25g
OAKMAN - OAT MILK HOT CHOCOLATE	 	218.70kcal	915.50kJ	12.83g	8.65g	21.48g	3.04g	0.00g	4.97g	0.25g