
























ALLERGENS TABLE






























OAKMAN CORE MENU SS24

BREAKFAST	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - EGGS BENEDICT		814.59kcal	3,394.25kJ	58.09g	26.90g	29.79g	2.48g	1.84g	45.55g	5.12g
OAKMAN - HALF EGGS BENEDICT		371.45kcal	1,549.72kJ	25.15g	11.13g	14.85g	1.22g	0.92g	22.52g	2.48g
OAKMAN - GLUTEN FREE - EGGS BENEDICT		586.29kcal	2,434.65kJ	53.58g	22.00g	-0.90g	0.15g	0.03g	38.26g	4.22g
OAKMAN - GLUTEN FREE - HALF EGGS BENEDICT		293.15kcal	1,217.32kJ	26.79g	11.00g	-0.45g	0.08g	0.02g	19.13g	2.11g
OAKMAN - EGGS ROYALE		759.70kcal	3,166.10kJ	54.47g	23.68g	30.56g	2.83g	1.84g	39.24g	4.08g
OAKMAN - HALF EGGS ROYALE		344.00kcal	1,435.65kJ	23.34g	9.52g	15.23g	1.39g	0.92g	19.37g	1.96g
OAKMAN - GLUTEN FREE - EGGS ROYALE		531.40kcal	2,206.50kJ	49.96g	18.79g	-0.13g	0.50g	0.03g	31.95g	3.18g
OAKMAN - GLUTEN FREE - HALF EGGS ROYALE		265.70kcal	1,103.25kJ	24.98g	9.39g	-0.07g	0.25g	0.02g	15.98g	1.59g
OAKMAN - EGGS FUNGHI		597.30kcal	2,493.10kJ	39.44g	17.81g	36.95g	6.71g	2.42g	27.29g	2.06g
OAKMAN - HALF EGGS FUNGHI		298.65kcal	1,246.55kJ	19.72g	8.90g	18.47g	3.35g	1.21g	13.65g	1.03g
OAKMAN - GLUTEN FREE - EGGS FUNGHI		733.08kcal	3,032.17kJ	73.02g	19.61g	10.29g	6.04g	0.99g	22.37g	4.24g
OAKMAN - HALF EGGS FUNGHI - GLUTEN FREE		366.54kcal	1,516.08kJ	36.51g	9.80g	5.15g	3.02g	0.50g	11.19g	2.12g
OAKMAN - SMOKED BACON & AVOCADO BRIOCHE BUN - SS24		658.03kcal	2,718.13kJ	41.54g	9.65g	40.61g	1.49g	0.18g	32.41g	4.95g
OAKMAN - GLUTEN FREE - SMOKED BACON & AVOCADO BRIOCHE BUN		666.09kcal	2,770.86kJ	41.64g	9.68g	43.02g	3.41g	0.88g	32.81g	4.97g
OAKMAN - CUMBERLAND SAUSAGE & HASH BROWN BRIOCHE BUN		874.76kcal	3,663.31kJ	53.14g	17.31g	71.41g	10.25g	0.28g	28.60g	4.91g
OAKMAN - NO-PORK SAUSAGE BUN		544.08kcal	2,276.86kJ	18.49g	3.60g	69.60g	11.55g	6.33g	23.95g	3.93g
OAKMAN - THE FULL VEGANO		739.35kcal	3,087.79kJ	35.22g	5.39g	75.60g	10.76g	10.51g	30.41g	4.40g
OAKMAN - GLUTEN FREE - THE FULL VEGANO		598.35kcal	2,497.85kJ	36.59g	5.23g	48.00g	10.76g	10.51g	25.79g	3.70g
OAKMAN - THE FULL ENGLISH + POACHED EGGS		1,274.92kcal	5,331.99kJ	81.59g	25.22g	66.00g	8.78g	4.25g	69.04g	8.84g
OAKMAN - THE FULL ENGLISH + SCRAMBLED EGGS		1,468.03kcal	6,126.40kJ	102.63g	38.39g	67.07g	9.25g	4.25g	69.58g	9.82g
OAKMAN - THE FULL ENGLISH + FRIED EGGS		1,362.92kcal	5,693.64kJ	91.58g	25.88g	65.97g	8.78g	4.25g	69.04g	8.83g
OAKMAN - THE FULL ENGLISH - NO EGGS		1,101.42kcal	4,605.59kJ	68.51g	21.74g	67.17g	8.78g	4.25g	54.16g	8.41g
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
OAKMAN - THE FULL ENGLISH WITH SCRAMBLED EGGS - GLUTEN FREE		1,061.08kcal	4,420.44kJ	74.25g	27.75g	38.60g	9.25g	4.25g	67.72g	10.00g
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
OAKMAN - THE FULL ENGLISH WITH NO EGGS - GLUTEN FREE		694.47kcal	2,899.63kJ	40.13g	11.10g	38.70g	8.78g	4.25g	52.29g	8.60g
OAKMAN - CHOPPED AVOCADO AND SMOKED SALMON		743.85kcal	3,099.26kJ	50.88g	9.03g	33.61g	1.10g	0.04g	39.07g	3.61g

OAKMAN - GLUTEN FREE - CHOPPED AVOCADO AND SMOKED SALMON		602.85kcal	2,509.31kJ	52.25g	8.87g	6.01g	1.10g	0.04g	34.45g	2.91g
OAKMAN - CHOPPED AVOCADO, BACON & EGGS		798.75kcal	3,327.40kJ	54.50g	12.24g	32.84g	0.75g	0.04g	45.38g	4.65g
OAKMAN - GLUTEN FREE - CHOPPED AVOCADO, BACON & EGGS		657.75kcal	2,737.46kJ	55.87g	12.09g	5.24g	0.75g	0.04g	40.76g	3.95g
OAKMAN - CHOPPED AVOCADO & EGGS		601.05kcal	2,503.56kJ	42.27g	7.63g	32.84g	0.75g	0.04g	23.53g	1.32g
OAKMAN - GLUTEN FREE - CHOPPED AVOCADO & EGGS		460.05kcal	1,913.61kJ	43.64g	7.47g	5.24g	0.75g	0.04g	18.91g	0.62g
OAKMAN - SHAKSHUKA		709.82kcal	2,966.10kJ	32.48g	8.72g	74.83g	26.12g	8.27g	31.57g	3.44g
OAKMAN - GLUTEN FREE - SHAKSHUKA		498.32kcal	2,081.19kJ	34.54g	8.48g	33.43g	26.12g	8.27g	24.64g	2.40g
OAKMAN - TOFU SHAKSHUKA		550.12kcal	2,302.01kJ	18.80g	2.67g	73.59g	23.19g	8.17g	23.37g	3.00g
OAKMAN - GLUTEN FREE - TOFU SHAKSHUKA		353.22kcal	1,477.88kJ	21.60g	2.56g	32.35g	23.27g	8.02g	18.23g	1.96g
OAKMAN - KIDS BUTTERMILK PANCAKES - With Dulce De Leche Caramel & Bananas		390.25kcal	1,643.73kJ	10.87g	2.03g	69.79g	33.23g	1.71g	7.79g	1.00g
BUTTERMILK PANCAKES - With Bacon & Maple Syrup		923.94kcal	3,862.33kJ	51.26g	13.14g	87.51g	47.69g	3.42g	32.83g	6.42g
OAKMAN - TOAST STACK WITH BUTTER		327.00kcal	1,354.69kJ	21.63g	13.18g	27.75g	0.15g	0.00g	4.77g	0.70g
OAKMAN - TOAST STACK WITH RASPBERRY JAM		404.84kcal	1,680.38kJ	21.65g	13.18g	47.03g	13.73g	0.00g	4.87g	0.72g
OAKMAN - TOAST STACK WITH STRAWBERRY JAM		404.84kcal	1,680.38kJ	21.65g	13.18g	47.03g	13.73g	0.00g	4.87g	0.72g
OAKMAN - TOAST STACK WITH MARMALADE		400.08kcal	1,666.61kJ	21.63g	13.18g	47.21g	19.61g	0.14g	4.80g	0.75g
OAKMAN - GLUTEN FREE - TOAST STACK		266.64kcal	1,108.87kJ	23.00g	13.02g	21.54g	21.54g	0.00g	0.26g	0.01g
OAKMAN - GLUTEN FREE - TOAST STACK - WITH STRAWBERRY JAM		263.84kcal	1,090.43kJ	23.02g	13.03g	19.43g	13.73g	0.00g	0.25g	0.03g
OAKMAN - GLUTEN FREE - TOAST STACK - WITH BUTTER		186.00kcal	764.75kJ	23.00g	13.02g	0.15g	0.15g	0.00g	0.15g	0.01g
OAKMAN - GLUTEN FREE - TOAST STACK - WITH RASPBERRY JAM		263.84kcal	1,090.43kJ	23.02g	13.03g	19.43g	13.73g	0.00g	0.25g	0.03g
OAKMAN - GOLDEN SYRUP RAISIN GRANOLA - SS24		456.80kcal	1,898.68kJ	16.65g	10.02g	68.38g	20.29g	1.09g	12.45g	0.74g
OAKMAN - PAIN AU CHOCOLAT		290.94kcal	1,219.14kJ	15.37g	7.61g	33.77g	4.13g	2.42g	6.47g	0.64g
OAKMAN - PLAIN CROISSANT		294.67kcal	1,234.77kJ	15.56g	7.71g	34.21g	4.19g	2.45g	6.56g	0.65g
OAKMAN - BLUEBERRY CROISSANT		298.40kcal	1,250.40kJ	15.76g	7.81g	34.64g	4.24g	2.48g	6.64g	0.66g
OAKMAN - WEETABIX		280.10kcal	1,175.11kJ	3.84g	1.63g	54.78g	9.30g	0.00g	11.23g	0.69g
OAKMAN - CORNFLAKES		204.30kcal	857.96kJ	2.29g	1.38g	39.64g	9.60g	0.00g	7.38g	0.77g
OAKMAN - RICE CRISPIES		171.80kcal	721.98kJ	2.74g	1.48g	31.39g	8.84g	0.00g	6.40g	0.53g
OAKMAN - ALL BRAN		190.70kcal	810.55kJ	3.01g	1.46g	35.20g	14.28g	5.36g	8.22g	0.49g
OAKMAN - ADD FRIED EGG		130.75kcal	544.03kJ	11.54g	2.07g	-0.60g	0.00g	0.00g	7.44g	0.21g
OAKMAN - ADD SCRAMBLED EGGS		366.61kcal	1,520.81kJ	34.12g	16.65g	-0.10g	0.47g	0.00g	15.42g	1.40g

OAKMAN - ADD POACHED EGG		173.50kcal	726.40kJ	13.08g	3.48g	-1.17g	0.00g	0.00g	14.88g	0.42g
Add Spanish Chorizo		207.89kcal	862.11kJ	16.95g	6.32g	1.26g	0.58g	0.53g	12.63g	1.84g
Add on Halloumi		375.60kcal	1,563.60kJ	28.20g	19.90g	2.04g	2.04g	0.00g	28.68g	3.60g
OAKMAN - ADD 2 HASHBROWNS		157.60kcal	659.40kJ	7.19g	1.35g	21.27g	1.10g	0.00g	1.99g	0.94g
*OAKMAN - BERRY GO ROUND		142.60kcal	603.80kJ	0.14g	0.00g	36.48g	35.64g	1.40g	0.90g	0.02g
*OAKMAN - STRAWBERRY SPLIT		142.60kcal	603.80kJ	0.14g	0.00g	36.48g	35.64g	1.40g	0.90g	0.02g
*OAKMAN - PASH N SHOOT		142.60kcal	603.80kJ	0.14g	0.00g	36.48g	35.64g	1.40g	0.90g	0.02g
LUNCH	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - BUTTERMILK CALAMARI PANINO		702.70kcal	2,941.95kJ	34.63g	5.66g	68.82g	2.09g	3.46g	33.09g	5.80g
OAKMAN - ITALIAN MEATBALL & MOZZARELLA PANINO SANDWICH		879.68kcal	3,667.29kJ	61.10g	10.51g	65.66g	3.27g	4.58g	20.62g	5.93g
BRUNCH - SWEET POTATO, COURGETTE & FETA FRITTERS		433.61kcal	1,813.19kJ	28.20g	5.70g	26.68g	5.70g	0.58g	20.84g	1.45g
OAKMAN - TURKISH EGGS		760.21kcal	3,152.43kJ	51.44g	20.34g	40.16g	12.67g	0.97g	34.11g	1.99g
OAKMAN - GLUTEN FREE - TURKISH EGGS		619.21kcal	2,562.48kJ	52.81g	20.19g	12.56g	12.67g	0.97g	29.49g	1.29g
OAKMAN - PROSCUITTO COTTO HAM & CHEDDAR CHEESE PANINO SANDWICH		722.10kcal	3,026.21kJ	41.08g	7.90g	66.11g	4.95g	4.36g	26.05g	6.25g
OAKMAN - PROSCUITTO COTTO HAM & CHEDDAR CHEESE SANDWICH GLUTEN FREE		384.66kcal	1,598.31kJ	37.76g	6.61g	5.18g	4.57g	1.82g	17.32g	1.96g
OAKMAN - AVOCADO & HUMMUS PANINO SANDWICH		728.91kcal	3,058.68kJ	40.10g	5.23g	80.81g	6.00g	5.35g	18.52g	5.67g
OAKMAN - AVOCADO & HUMMUS SANDWICH GLUTEN FREE		391.47kcal	1,630.78kJ	36.77g	3.94g	19.88g	5.61g	2.81g	9.78g	1.38g
OAKMAN - SPANISH CHORIZO PANINO SANDWICH		1,024.15kcal	4,277.26kJ	65.62g	18.47g	70.02g	6.20g	5.23g	42.28g	9.89g
OAKMAN - SPANISH CHORIZO SANDWICH - GLUTEN FREE		686.71kcal	2,849.36kJ	62.29g	17.19g	9.10g	5.81g	2.69g	33.54g	5.60g
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

BREADS AND DIPS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - OLIVE OIL & OREGANO PUCCIA BREAD	 	827.34kcal	3,483.83kJ	31.52g	4.74g	125.26g	3.84g	5.93g	17.75g	5.69g
OAKMAN - OLIVE OIL & OREGANO PUCCIA BREAD - Gluten Free Bread		0.00kcal	0.00kJ	4.90g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g
OAKMAN - LAMB DRIPPING & CAMELISED ONION PUCCIA BREAD		697.78kcal	2,952.84kJ	17.07g	2.35g	125.93g	3.17g	7.39g	18.30g	5.93g
OAKMAN - MOZZARELLA DI BUFALA & TOMATO PUCCIA BREAD	 	1,183.16kcal	4,961.51kJ	60.90g	22.53g	125.10g	3.51g	6.07g	41.62g	7.24g
OAKMAN - MOZZARELLA DI BUFALA & TOMATO PUCCIA BREAD - Gluten Free Version		598.18kcal	2,475.31kJ	56.98g	21.43g	3.24g	2.82g	1.84g	24.32g	4.48g
OAKMAN - TOMATO PUCCIA BREAD		861.91kcal	3,627.76kJ	35.53g	5.35g	125.10g	3.51g	6.07g	18.37g	6.01g
OAKMAN - TOMATO PUCCIA BREAD - Gluten Free Version		276.93kcal	1,141.56kJ	31.60g	4.24g	3.24g	2.82g	1.84g	1.07g	3.24g
OAKMAN - CHICKEN & CHORIZO FLATBREAD		1,359.95kcal	5,700.26kJ	68.80g	17.68g	133.28g	9.70g	9.58g	60.37g	8.29g
OAKMAN - SPICED 'LAMB' STYLE FLATBREAD	 	991.48kcal	4,187.41kJ	17.42g	2.63g	143.93g	8.06g	8.56g	73.73g	17.57g
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
OAKMAN - MARINATED OLIVES - SS24		136.67kcal	561.67kJ	14.67g	2.33g	0.00g	0.00g	0.00g	1.17g	4.43g
OAKMAN - GARLIC & RED PEPPER HUMMUS	   	273.68kcal	1,141.52kJ	18.55g	2.74g	19.08g	0.07g	0.05g	10.77g	1.25g
OAKMAN - TZATZIKI		201.74kcal	829.99kJ	16.23g	7.93g	8.81g	7.79g	0.54g	5.82g	0.30g
OAKMAN - BABA GANOUSH	   	172.41kcal	722.99kJ	8.94g	0.75g	20.75g	18.44g	1.21g	2.60g	0.31g

SMALL PLATES	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - BLISTERED PADRON PEPPERS		33.00kcal	136.95kJ	0.99g	0.00g	1.16g	1.16g	0.00g	4.79g	4.87g
OAKMAN CORE - SPANISH CHORIZO IN CIDER		537.74kcal	2,231.26kJ	42.37g	15.79g	4.46g	2.75g	1.32g	31.58g	4.61g
OAKMAN - LEBANESE FRIES	      	626.01kcal	2,620.95kJ	17.42g	3.36g	108.43g	8.50g	0.12g	10.42g	3.58g
OAKMAN - CRISPY ARTICHOKE		0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	1.71g
OAKMAN - PROSCIUTTO		125.02kcal	522.08kJ	8.09g	2.35g	-0.48g	0.00g	0.00g	13.06g	2.40g
OAKMAN - NAPOLI SALAMI		201.94kcal	835.80kJ	18.46g	6.42g	0.21g	0.21g	0.17g	8.78g	1.61g
OAKMAN - BAKED FETA & SPICED CHICKPEAS	  	322.59kcal	1,342.83kJ	18.29g	9.68g	25.25g	7.62g	1.04g	15.71g	1.04g
OAKMAN - SMALL PLATES - BUTTERMILK CALAMARI	         	249.96kcal	1,036.92kJ	17.19g	3.14g	7.21g	2.29g	0.12g	16.94g	0.77g
OAKMAN - CRISPY CAULIFLOWER BITES	  	366.85kcal	1,522.64kJ	32.05g	13.48g	14.44g	5.40g	3.08g	7.46g	1.68g
OAKMAN - HARISSA GLAZED CHICKEN WINGS	 	644.03kcal	2,702.06kJ	31.94g	8.82g	39.91g	34.09g	1.12g	51.85g	2.28g
OAKMAN - HALLOUMI CHIPS	  	558.10kcal	2,331.32kJ	36.04g	25.06g	23.47g	23.25g	0.14g	36.57g	4.84g



STARTERS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - CHORIZO SCOTCH EGG		868.84kcal	3,615.34kJ	72.83g	18.01g	19.42g	0.63g	1.01g	33.28g	10.00g
OAKMAN - GAMBAS PIL PIL		740.84kcal	3,097.72kJ	35.57g	9.88g	63.30g	1.65g	3.31g	44.53g	6.61g
GAMBAS PIL PIL - GLUTEN FREE		415.87kcal	1,732.22kJ	33.05g	9.13g	2.38g	1.23g	0.35g	33.30g	4.98g
OAKMAN - ITALIAN MEATBALLS		382.74kcal	1,617.93kJ	10.19g	2.26g	65.68g	3.50g	3.74g	11.46g	3.12g
OAKMAN - HAM HOCK TERRINE		166.20kcal	697.94kJ	1.23g	0.19g	32.88g	4.44g	0.00g	4.92g	1.25g
OAKMAN - GLUTEN FREE - HAM HOCK TERRINE		25.20kcal	108.00kJ	2.60g	0.03g	5.28g	4.44g	0.00g	0.30g	0.56g
GREEK SALAD - STARTER		465.17kcal	1,925.23kJ	43.71g	13.55g	7.51g	6.27g	3.22g	11.04g	1.92g
OAKMAN - BEETROOT GNOCCHI		625.04kcal	2,605.03kJ	42.61g	6.19g	48.72g	3.59g	3.33g	14.75g	0.72g






























PASTA	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - GLUTEN FREE - LENTIL SPAGHETTI BOLOGNESE		766.24kcal	3,209.53kJ	32.08g	11.40g	74.74g	7.55g	6.16g	43.57g	2.12g
OAKMAN - FUSILLI FUNGHI		1,119.60kcal	4,648.28kJ	81.36g	31.51g	77.28g	10.31g	7.14g	17.95g	4.73g
CORE ESTATE - FUNGHI PASTA - GLUTEN FREE		1,061.56kcal	4,423.66kJ	65.70g	28.77g	93.64g	9.08g	5.79g	23.11g	2.80g
OAKMAN - FUSILLI POLLO E PANNA		1,300.72kcal	5,408.67kJ	89.06g	32.43g	75.50g	9.11g	7.14g	47.05g	6.21g
CORE ESTATE - POLLO E PANNA - GLUTEN FREE		1,170.48kcal	4,878.45kJ	72.80g	29.51g	78.38g	7.68g	4.91g	49.44g	4.08g
OAKMAN - GLUTEN FREE - CHICKEN CAESAR SALAD SS24		1,026.66kcal	4,307.21kJ	70.28g	16.53g	9.35g	6.20g	4.50g	88.74g	15.35g
OAKMAN - CRISPY CAULIFLOWER NOURISH BOWL - SS24		1,071.58kcal	4,462.72kJ	79.20g	19.98g	70.92g	27.20g	6.66g	26.53g	2.07g
GREEK SALAD - MAIN		772.39kcal	3,199.74kJ	70.91g	24.71g	12.96g	10.88g	6.06g	21.59g	3.49g
OAKMAN - SPAGHETTI PRIMAVERA		1,416.25kcal	5,888.16kJ	103.73g	40.03g	69.08g	5.10g	3.35g	50.90g	5.92g
OAKMAN - MOZZARELLA DI BUFALA PRIMAVERA SPAGHETTI - Gluten Free Version		1,208.02kcal	5,031.24kJ	78.77g	34.59g	75.96g	3.51g	5.34g	47.07g	3.31g
OAKMAN - SPAGHETTI BOLOGNESE		800.57kcal	3,345.40kJ	41.47g	12.34g	65.08g	9.12g	4.17g	41.72g	3.84g

SIDES	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - CHUNKY CHIPS SIDE		345.00kcal	1,443.00kJ	7.50g	0.99g	60.00g	1.50g	6.00g	6.60g	1.72g
OAKMAN - FRENCH FRIES - SIDE		399.00kcal	1,669.41kJ	10.17g	2.07g	70.53g	0.60g	0.00g	6.57g	2.38g
OAKMAN - ROCKET, LETTUCE & TOMATO SALAD		172.33kcal	713.72kJ	16.46g	1.95g	3.73g	3.51g	2.62g	2.52g	2.65g

MAINS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - SALMON EN CROUTE		1,400.25kcal	5,844.44kJ	88.74g	29.44g	83.64g	7.17g	5.87g	63.12g	3.04g
OAKMAN - SPICED 'LAMB' STYLE MOUSSAKA		1,492.88kcal	6,249.59kJ	77.23g	10.73g	136.88g	19.25g	9.20g	73.95g	25.23g
OAKMAN - PORCHETTA		14,650.00kcal	60,950.00kJ	1,070.00g	370.00g	0.00g	0.00g	0.00g	1,255.00g	11.25g
OAKMAN - 10oz SIRLOIN STEAK		408.36kcal	1,701.56kJ	17.18g	5.89g	54.12g	3.79g	5.37g	8.26g	3.45g
AW23 - OAKMAN - 8oz RUMP STEAK		1,270.32kcal	5,307.98kJ	58.98g	19.04g	104.63g	9.70g	6.26g	74.03g	9.92g
Steak Add On - Garlic Prawns		182.66kcal	761.72kJ	12.71g	4.19g	0.74g	0.14g	0.00g	16.56g	2.58g
OAKMAN - PEPPERCORN JUS		176.97kcal	739.04kJ	8.09g	3.45g	20.06g	3.84g	1.08g	2.80g	4.04g
OAKMAN - BEARNAISE SAUCE		517.33kcal	2,130.27kJ	52.89g	30.91g	6.31g	0.33g	0.07g	6.44g	1.07g
OAKMAN - POLLO PICANTE - SS24		911.01kcal	3,798.72kJ	47.13g	9.58g	55.44g	2.29g	0.51g	66.43g	3.01g
OAKMAN - 12OZ GAMMON, EGG AND CHIPS		606.50kcal	2,531.05kJ	30.57g	5.13g	58.80g	1.50g	6.00g	21.48g	2.14g
CORE ESTATE - BACON AND CHEDDAR HOUSE BURGER		1,649.89kcal	6,869.76kJ	99.93g	25.42g	124.50g	10.96g	2.95g	66.70g	7.96g
NEW - AW22 - OAKMAN - GLUTEN FREE - BACON AND CHEDDAR HOUSE BURGER		1,671.52kcal	6,960.90kJ	109.34g	26.50g	109.40g	11.17g	2.95g	65.97g	7.97g
OAKMAN - HARISSA CHICKEN BURGER		1,581.34kcal	6,604.12kJ	69.98g	13.96g	156.39g	12.19g	1.96g	87.00g	8.40g
OAKMAN - LEMON & ROSEMARY BRAISED LAMB SHOULDER		1,033.32kcal	4,342.63kJ	45.54g	11.14g	137.44g	7.89g	7.66g	27.43g	6.18g
CORE ESTATE - SYMPLICITY BURGER		739.90kcal	3,087.94kJ	33.00g	5.52g	96.54g	4.13g	1.52g	17.59g	4.70g
SMALL FISH AND CHIPS		735.23kcal	3,076.21kJ	19.13g	1.95g	101.01g	7.62g	6.99g	39.18g	7.35g
BH WATFORD - FISH AND CHIPS		861.23kcal	3,602.28kJ	20.57g	2.06g	108.91g	7.67g	6.99g	60.07g	9.19g

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 - MARGHERITA ROYALE		1,394.94kcal	5,856.85kJ	73.65g	32.13g	130.14g	5.67g	6.29g	60.83g	6.75g
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 - PIZZA BIANCO PROSCIUTTO E FUNGHI		1,090.39kcal	4,581.00kJ	51.67g	23.36g	124.07g	2.40g	5.29g	39.75g	5.29g
*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 - CALZONE ZUCCA		1,254.95kcal	5,279.31kJ	63.11g	15.54g	140.74g	10.55g	8.37g	39.88g	6.04g
OAKMAN - CASA PEPPERONI		1,285.92kcal	5,411.64kJ	68.36g	22.37g	130.38g	5.58g	6.12g	44.54g	7.33g
OAKMAN - POLLO DIAVOLA		1,463.19kcal	6,153.91kJ	74.09g	21.88g	134.09g	6.45g	6.12g	72.59g	8.39g
OAKMAN - NAPOLETANA		1,078.48kcal	4,537.95kJ	45.67g	13.85g	129.08g	5.61g	6.12g	45.93g	13.54g
OAKMAN - NAPOLI FORTE		1,162.06kcal	4,887.93kJ	54.14g	19.32g	130.34g	6.49g	6.23g	45.93g	6.48g
OAKMAN - CALZONE NAPOLI FORTE		1,212.93kcal	5,098.09kJ	58.51g	19.71g	132.32g	8.04g	6.87g	46.97g	6.52g
OAKMAN - BOLOGNESE PIZZA		1,301.29kcal	5,464.67kJ	60.99g	22.40g	135.37g	8.55g	7.00g	61.31g	6.78g
SPECIALS BANK - PARMA PIZZA		1,197.47kcal	5,039.09kJ	52.42g	18.31g	130.76g	5.61g	6.37g	57.87g	8.99g
OAKMAN - CALZONE PARMA		1,136.89kcal	4,796.70kJ	40.32g	16.04g	145.33g	5.82g	7.63g	56.46g	7.93g

PIZZA TOPPINGS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
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
PIZZA TOPPING - PROSCIUTTO COTTO HAM		52.00kcal	218.00kJ	2.00g	0.68g	0.28g	0.28g	0.00g	8.20g	0.60g
OAKMAN - VEGETARIAN PARMESAN PIZZA TOPPING		53.00kcal	221.75kJ	4.00g	2.66g	0.27g	0.00g	0.00g	4.00g	0.76g
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
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 - PIZZA TOPPING PEPPERONI		252.00kcal	1,054.37kJ	23.14g	8.86g	0.59g	0.00g	0.00g	9.63g	1.98g

DESSERTS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - TRIPLE CHOCOLATE BROWNIE	  	224.58kcal	943.48kJ	9.99g	6.47g	31.72g	29.59g	0.20g	3.74g	0.17g
OAKMAN - CHOCOLATE CHIP BAKED COOKIE DOUGH		846.64kcal	3,547.65kJ	45.56g	18.54g	104.33g	50.96g	-1.00g	10.12g	1.34g
OAKMAN - STICKY TOFFEE PUDDING - SS24		339.03kcal	1,425.44kJ	19.61g	9.93g	38.13g	19.88g	-1.00g	4.76g	0.61g
OAKMAN - CHOCOLATE TORTE - SS24	   	2.50kcal	10.90kJ	0.03g	0.01g	0.46g	0.46g	0.25g	0.14g	0.00g
OAKMAN - DULCE DE LECHE SUNDAE	  	822.91kcal	3,420.07kJ	60.72g	38.01g	64.23g	51.81g	0.20g	7.90g	0.29g
OAKMAN - VANILLA ICE CREAM	 	169.00kcal	711.00kJ	8.20g	5.19g	22.00g	22.00g	0.20g	3.20g	0.16g
OAKMAN - BAKED VANILLA CHEESECAKE SS24	  	207.73kcal	873.14kJ	8.47g	5.25g	31.13g	30.06g	0.46g	3.49g	0.17g
OAKMAN - CHOCOLATE ICE CREAM	 	179.00kcal	749.44kJ	8.00g	5.20g	24.70g	0.00g	0.00g	3.50g	0.15g
OAKMAN - SALTED CARAMEL ICE CREAM		430.00kcal	1,800.32kJ	30.20g	18.12g	33.60g	0.00g	-2.00g	7.80g	0.30g
*OAKMAN - MANGO SORBET	   	74.00kcal	310.00kJ	0.10g	0.00g	18.30g	16.90g	0.00g	0.20g	0.00g
OAKMAN - RASPBERRY SORBET	   	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g
OAKMAN - SPICED TOFFEE SAUCE		80.86kcal	339.11kJ	4.91g	2.02g	9.39g	9.32g	0.04g	0.19g	0.14g
OAKMAN - CHOCOLATE SAUCE		50.52kcal	211.34kJ	1.48g	1.11g	9.18g	7.13g	0.00g	0.48g	0.01g
OAKMAN - RASPBERRY SAUCE		45.86kcal	191.86kJ	0.09g	0.03g	11.33g	10.09g	0.00g	0.33g	0.01g

MINI DESSERTS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
*OAKMAN - AFFOGATO		236.07kcal	991.62kJ	8.30g	5.23g	36.33g	22.00g	0.20g	5.52g	0.18g
CORE ESTATE - PASTEL DE NATA		184.10kcal	771.40kJ	10.01g	4.11g	20.09g	9.94g	0.77g	4.69g	0.20g
OAKMAN - BOMBOLONE		489.13kcal	2,063.73kJ	6.97g	3.33g	101.45g	48.97g	4.69g	10.50g	1.59g

SUNDAY ROASTS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
BARBERS PDO CAULIFLOWER CHEESE		308.13kcal	1,294.91kJ	16.70g	9.35g	27.57g	13.23g	5.30g	13.91g	0.88g
SUNDAY SIDE - HONEY AND MUSTARD CHIPOLATAS		724.20kcal	3,005.99kJ	56.02g	20.19g	29.78g	14.76g	6.16g	27.03g	2.99g
OAKMAN - DUCK FAT ROAST POTATOES		321.35kcal	1,353.83kJ	10.78g	0.81g	53.93g	2.41g	5.92g	5.54g	1.11g
CORE SOUTH - ROAST BEEF SIRLOIN		1,153.71kcal	4,836.43kJ	57.43g	16.73g	74.21g	13.08g	7.01g	84.60g	3.79g
CORE SOUTH - ROAST SIRLOIN BEEF - GLUTEN FREE		1,057.54kcal	4,429.83kJ	53.75g	15.66g	63.03g	12.39g	6.47g	79.20g	3.67g
OAKMAN - SUNDAY PORCHETTA		1,685.50kcal	7,048.00kJ	97.05g	29.50g	103.30g	33.97g	10.37g	104.66g	9.45g
OAKMAN - THYME ROASTED HALF CHICKEN WITH STUFFING		1,980.83kcal	8,259.78kJ	115.85g	28.12g	98.01g	24.36g	8.31g	140.24g	11.42g
OAKMAN - THYME ROASTED HALF CHICKEN - GLUTEN FREE		1,778.22kcal	7,403.02kJ	109.68g	26.73g	69.84g	17.55g	5.72g	131.35g	4.67g
AW23 - OAKMAN - SUNDAY BUTTERNUT SQUASH, MUSHROOM & SPINACH PIE		1,083.28kcal	4,530.15kJ	52.67g	14.38g	115.30g	11.25g	8.58g	37.94g	9.79g

KIDS BREAKFAST	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 - 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		397.70kcal	1,662.84kJ	12.91g	1.96g	52.12g	6.63g	5.81g	17.77g	2.65g
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 - KIDS BEANS ON TOAST		222.00kcal	932.94kJ	1.58g	0.25g	42.60g	4.80g	4.90g	9.62g	1.35g
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 - BACON BRIOCHE BUN		403.61kcal	1,686.00kJ	16.13g	5.47g	38.06g	0.00g	0.00g	28.94g	4.40g
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 - 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 BUTTERMILK PANCAKES - With Bacon & Maple Syrup		468.72kcal	1,959.41kJ	25.63g	6.57g	45.44g	25.34g	1.71g	16.42g	3.21g

KIDS SUNDAY ROASTS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - KIDS ROAST CHICKEN BREAST		653.35kcal	2,747.36kJ	25.53g	4.02g	66.48g	9.54g	4.29g	43.36g	3.80g
OAKMAN - GLUTEN FREE - KIDS ROAST CHICKEN BREAST		448.18kcal	1,878.14kJ	19.20g	1.97g	37.89g	6.68g	2.99g	32.82g	2.85g
OAKMAN - KIDS ROAST BEEF		603.73kcal	2,531.90kJ	28.28g	7.49g	49.01g	7.30g	3.53g	39.37g	1.64g
OAKMAN - GLUTEN FREE - KIDS ROAST BEEF		507.57kcal	2,125.30kJ	24.60g	6.43g	37.83g	6.61g	3.00g	33.97g	1.52g




















KIDS STARTERS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
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

KIDS MAINS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - KIDS BEEF BURGER		512.47kcal	2,141.18kJ	30.80g	11.61g	23.16g	13.31g	1.65g	37.11g	2.67g
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
OAKMAN - KIDS CHICKEN BURGER		438.01kcal	1,830.82kJ	23.91g	6.58g	13.47g	10.90g	0.96g	42.96g	2.91g
OAKMAN - GLUTEN FREE - KIDS CHICKEN BURGER		431.95kcal	1,811.24kJ	12.97g	1.85g	47.22g	8.25g	0.27g	34.56g	3.19g
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 - SPAGHETTI BOLOGNESE		368.71kcal	1,539.81kJ	19.74g	6.02g	27.90g	4.37g	1.89g	19.94g	1.71g
OAKMAN - KIDS - SPAGHETTI BOLOGNESE - GLUTEN FREE		384.49kcal	1,610.53kJ	16.08g	5.70g	37.54g	3.80g	3.09g	21.87g	1.07g
OAKMAN - KIDS TOMATO AND BASIL FUSILLI		267.72kcal	1,120.11kJ	11.70g	1.69g	33.40g	6.09g	4.06g	6.39g	1.31g
OAKMAN - GLUTEN FREE - KIDS TOMATO AND BASIL - LENTIL PASTA		252.50kcal	1,063.45kJ	6.04g	1.08g	40.46g	5.60g	3.50g	8.61g	0.51g
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

KIDS SIDES	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - KIDS - CHUNKY CHIPS		141.39kcal	591.39kJ	3.07g	0.41g	24.59g	0.61g	2.46g	2.70g	0.70g
OAKMAN - KIDS HOUSE FRIES		172.08kcal	720.47kJ	8.93g	0.79g	21.96g	0.00g	0.00g	2.30g	0.06g
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 MASHED POTATO		211.61kcal	892.78kJ	5.80g	3.16g	38.35g	1.64g	3.48g	3.86g	0.27g
OAKMAN - KIDS BAKED BEANS		81.00kcal	343.00kJ	0.50g	0.09g	15.00g	4.80g	4.90g	5.00g	0.65g

KIDS DESSERTS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
OAKMAN - KIDS TRIPLE CHOCOLATE BROWNIE - CHOCOLATE SAUCE		209.42kcal	880.08kJ	9.47g	6.11g	29.15g	27.58g	0.20g	3.59g	0.17g
OAKMAN - ROCKET LOLLY		0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g
GLOBAL - KIDS BUTTERMILK PANCAKES with CHOCOLATE SAUCE		318.78kcal	1,341.22kJ	10.87g	2.33g	52.47g	30.04g	1.71g	5.75g	0.96g
*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

WOBURN HOTEL SET BREAKFAST	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
WOBURN - BREAKFAST - FULL ENGLISH		957.71kcal	3,989.30kJ	67.18g	19.09g	50.31g	5.57g	2.63g	38.49g	6.07g
WOBURN - BREAKFAST - GLUTEN FREE - FULL ENGLISH		683.73kcal	2,841.34kJ	53.68g	13.69g	22.28g	5.57g	2.63g	35.25g	5.81g
WOBURN - BREAKFAST - OAKMAN - CHOPPED AVOCADO		602.17kcal	2,507.68kJ	42.08g	7.66g	32.84g	0.71g	0.04g	23.94g	1.26g
WOBURN - BREAKFAST - GLUTEN FREE - CHOPPED AVOCADO		461.17kcal	1,917.73kJ	43.45g	7.50g	5.24g	0.71g	0.04g	19.32g	0.57g
WOBURN BREAKFAST - EGGS BENEDICT		742.89kcal	3,099.45kJ	50.30g	22.26g	29.70g	2.43g	1.83g	45.04g	4.96g
WOBURN BREAKFAST - GLUTEN FREE - EGGS BENEDICT		586.29kcal	2,434.65kJ	53.58g	22.00g	-0.90g	0.15g	0.03g	38.26g	4.22g
WOBURN - BREAKFAST - THE VEGANO		527.17kcal	2,200.29kJ	25.82g	3.77g	55.58g	5.90g	5.55g	19.19g	2.78g
WOBURN - BREAKFAST -GLUTEN FREE- THE VEGANO		386.17kcal	1,610.34kJ	27.19g	3.61g	27.98g	5.90g	5.55g	14.57g	2.08g

HOT DRINKS	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
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 - 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 - 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
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 - CAPPUCINO		136.86kcal	576.47kJ	2.67g	1.66g	21.46g	7.13g	0.00g	7.63g	0.18g
OAKMAN - OAT MILK CAPPUCINO		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