

**OAKMAN SITES (EXCLUDING THE FOREST)**

<b>SOFTS</b>	
<b>Draught &amp; Juices</b>	
Coke	105 Calories   210 Calories
Diet Coke	1 Calorie   2 Calories
Lemonade	45 Calories   90 Calories
Orange Juice	138 Calories   276 Calories
Apple Juice	116 Calories   233 Calories
Pineapple Juice	105 Calories   210 Calories
Cranberry Juice	130 Calories   260 Calories
<b>Bottles &amp; Cans</b>	
Corrigans Citrus & Ginger	20 Calories
Corrigans Apple & Ginger	20 Calories
Hartridges Orange & Passionfruit	118 Calories
Hartridges Apple & Mango	118 Calories
Bottlegreen Raspberry Lemonade	55 Calories
Bottlegreen Elderflower Presse	55 Calories
Bottlegreen Sparkling Ginger	55 Calories
Lemonaid Blood Orange	99 Calories
Coke	139 Calories
Coke Zero (GF) [V]	0 Calories
Appletiser	129 Calories
Red Bull SF	8 Calories
Big Tom	54 Calories
Sparkling Water	0 Calories
Still Water	0 Calories

<b>Fever Tree Mixers</b>	
TONIC WATER	72 Calories
NATURALLY LIGHT TONIC WATER	36 Calories
MEDITERRANEAN TONIC WATER	38 Calories
ELDERFLOWER TONIC	68 Calories
MEXICAN LIME SODA	32 Calories
GINGER ALE	68 Calories
GINGER BEER	80 Calories

<b>LO &amp; NO</b>	
Lucky Saint 0.5% [VE]	53 Calories
Peroni 0.0% [VE]	72 Calories
Peroni Libero 0.0% [VE]	73 Calories
Big Drop Pale Ale 0.5% [V]	61 Calories
Asahi 0.0%	80 Calories
Eins, Zwei, Drei Sparkling Riesling 0.0%	189 Calories
Copenhagen Organic Sparkling Tea 5%	150 Calories
Virgin Elderflower Mojito	57 Calories
Basil Smash	65 Calories
P&T	40 Calories
HUGO 0.0%	100 Calories
Lucky Saint 0.5% [VE] - Draught	53 Calories
Pentire Adrift	4 calories per 50ml
Sipsmith Free glider	1 calorie per 50ml

**THE FOREST**

<b>SOFTS</b>	
<b>Draught &amp; Juices</b>	
Coke	105 Calories   210 Calories
Diet Coke	1 Calorie   2 Calories
Lemonade	45 Calories   90 Calories
Orange Juice	138 Calories   276 Calories
Apple Juice	116 Calories   233 Calories
Pineapple Juice	105 Calories   210 Calories
Cranberry Juice	130 Calories   260 Calories
<b>Bottles &amp; Cans</b>	
Corrigans Citrus & Ginger	20 Calories
Corrigans Apple & Ginger	20 Calories
J2O Orange & Passionfruit	52 Calories
J2O Apple & Mango	50 Calories
Bottlegreen Raspberry Lemonade	55 Calories
Bottlegreen Elderflower Presse	55 Calories
Bottlegreen Sparkling Ginger	55 Calories
Coke	139 Calories
Coke Zero (GF) [V]	0 Calories
Red Bull SF	8 Calories
Big Tom	54 Calories
San Pellegrino Sparkling Water	0 Calories
Acqua Panna Still Water	0 Calories

<b>Fever Tree Mixers</b>	
TONIC WATER	72 Calories
NATURALLY LIGHT TONIC WATER	36 Calories
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Big Drop Pale Ale 0.5% [V]	61 Calories
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Eins, Zwei, Drei Sparkling Riesling 0.0%	189 Calories
Copenhagen Organic Sparkling Tea 5%	150 Calories
Basil Smash	65 Calories
P&T	40 Calories
HUGO 0.0%	100 Calories
Genie Komucha dry apple	73 Calories
Genie Komucha Fiery Ginger	66 Calories
Lucky Saint 0.5% [VE] - Draught	53 Calories
Pentire Adrift	4 calories per 50ml
Sipsmith Free glider	1 calorie per 50ml

<b>Coffee</b>	
Espresso	34.20 Calories
Double Espresso	68.40 Calories
Cappuccino	145.22 Calories
Flat White	137.40 Calories
Caffe Latte	136.56 Calories
Mocha	302.13 Calories
Macchiato	71.16 Calories
Americano	114.40 Calories

<b>Tea</b>	
English Breakfast	18.43 Calories
Earl Grey	18.43 Calories
Peppermint	0.03 Calories
Superfruit	0.03 Calories
Lemon & Ginger	0.03 Calories
Green	0.03 Calories

<b>Hot Chocolate</b>	263.89 Calories
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