

GAIL'S

BEVERAGES NUTRITION & ALLERGEN GUIDE

Our food and drinks are made by hand in our bakeries.
We use many ingredients and shared equipment, therefore we
cannot guarantee our food and drinks are free from allergens.



COFFEE

GAIL'S

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
FLAT WHITE COW'S MILK	48	101	Milk	V
FLAT WHITE SEMI SKIMMED MILK	36	76	Milk	V
FLAT WHITE OAT MILK	45	95	Cereals Containing Gluten	V VN
FLAT WHITE SOYA MILK	43	90	Soya	V VN
FLAT WHITE DECAF COW'S MILK	48	101	Milk	V
FLAT WHITE DECAF SEMI SKIMMED MILK	36	76	Milk	V
FLAT WHITE DECAF OAT MILK	45	95	Cereals Containing Gluten	V VN
FLAT WHITE DECAF SOYA MILK	43	90	Soya	V VN
REGULAR CAPPUCCINO COW'S MILK	53	170	Milk	V
REGULAR CAPPUCCINO SEMI SKIMMED MILK	40	127	Milk	V
REGULAR CAPPUCCINO OAT MILK	50	160	Cereals Containing Gluten	V VN
REGULAR CAPPUCCINO SOYA MILK	47	152	Soya	V VN
REGULAR CAPPUCCINO DECAF COW'S MILK	53	170	Milk	V
REGULAR CAPPUCCINO DECAF SEMI SKIMMED MILK	40	127	Milk	V
REGULAR CAPPUCCINO DECAF OAT MILK	50	160	Cereals Containing Gluten	V VN
REGULAR CAPPUCCINO DECAF SOYA MILK	48	151	Soya	V VN
SMALL CAPPUCCINO COW'S MILK	49	107	Milk	V
SMALL CAPPUCCINO SEMI SKIMMED MILK	36	80	Milk	V
SMALL CAPPUCCINO OAT MILK	46	101	Cereals Containing Gluten	V VN
SMALL CAPPUCCINO SOYA MILK	43	96	Soya	V VN
SMALL CAPPUCCINO DECAF COW'S MILK	49	107	Milk	V
SMALL CAPPUCCINO DECAF SEMI SKIMMED MILK	37	80	Milk	V
SMALL CAPPUCCINO DECAF OAT MILK	46	101	Cereals Containing Gluten	V VN
SMALL CAPPUCCINO DECAF SOYA MILK	44	96	Soya	V VN
REGULAR LATTE COW'S MILK	54	180	Milk	V
REGULAR LATTE SEMI SKIMMED MILK	40	134	Milk	V
REGULAR LATTE OAT MILK	50	168	Cereals Containing Gluten	V VN
REGULAR LATTE SOYA MILK	48	160	Soya	V VN
REGULAR LATTE DECAF COW'S MILK	54	180	Milk	V

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
REGULAR LATTE DECAF SEMI SKIMMED MILK	40	134	Milk	V
REGULAR LATTE DECAF OAT MILK	50	168	Cereals Containing Gluten	V VN
REGULAR LATTE DECAF SOYA MILK	48	160	Soya	V VN
SMALL LATTE COW'S MILK	50	126	Milk	V
SMALL LATTE SEMI SKIMMED MILK	38	94	Milk	V
SMALL LATTE OAT MILK	47	118	Cereals Containing Gluten	V VN
SMALL LATTE SOYA MILK	45	112	Soya	V VN
SMALL LATTE DECAF COW'S MILK	51	126	Milk	V
SMALL LATTE DECAF SEMI SKIMMED MILK	38	94	Milk	V
SMALL LATTE DECAF OAT MILK	48	118	Cereals Containing Gluten	V VN
SMALL LATTE DECAF SOYA MILK	45	112	Soya	V VN
ICED LATTE COW'S MILK	47	95	Milk	V
ICED LATTE SEMI SKIMMED MILK	45	92	Milk	V
ICED LATTE OAT MILK	44	89	Cereals Containing Gluten	V VN
ICED LATTE SOYA MILK	42	84	Soya	V VN
ICED LATTE DECAF COW'S MILK	48	95	Milk	V
ICED LATTE DECAF SEMI SKIMMED MILK	36	71	Milk	V
ICED LATTE DECAF OAT MILK	45	89	Cereals Containing Gluten	V VN
ICED LATTE DECAF SOYA MILK	42	84	Soya	V VN
LONG BLACK	<1	<1	None	V VN
SHORT BLACK	<1	<1	None	V VN
ICED BLACK	<1	<1	None	V VN
ICED DECAF BLACK	<1	<1	None	V VN
REGULAR FILTER	<1	<1	None	V VN
REGULAR FILTER COW'S MILK	6	19	Milk	V
REGULAR FILTER SEMI SKIMMED MILK	5	14	Milk	V
REGULAR FILTER OAT MILK	6	18	Cereals Containing Gluten	V VN
REGULAR FILTER SOYA MILK	7	17	Soya	V VN
SMALL FILTER	<1	<1	None	V VN

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
SMALL FILTER COW'S MILK	6	19	Milk	V
SMALL FILTER SEMI SKIMMED MILK	6	14	Milk	V
SMALL FILTER OAT MILK	8	18	Cereals Containing Gluten	V VN
SMALL FILTER SOYA MILK	8	17	Soya	V VN
SMALL MOCHA COW'S MILK	85	174	Milk	V
SMALL MOCHA SEMI SKIMMED MILK	73	150	Milk	V
SMALL MOCHA OAT MILK	82	168	Cereals Containing Gluten	V VN
SMALL MOCHA SOYA MILK	80	164	Soya	V VN
REGULAR MOCHA COW'S MILK	80	260	Milk	V
REGULAR MOCHA SEMI SKIMMED MILK	68	222	Milk	V
REGULAR MOCHA OAT MILK	77	250	Cereals Containing Gluten	V VN
REGULAR MOCHA SOYA MILK	75	243	Soya	V VN
ICED MOCHA COW'S MILK	87	202	Milk	V
ICED MOCHA SEMI SKIMMED MILK	77	179	Milk	V
ICED MOCHA OAT MILK	84	197	Cereals Containing Gluten	V VN
ICED MOCHA SOYA MILK	82	192	Soya	V VN
SINGLE ESPRESSO	0.7	0.3	None	V VN
DOUBLE ESPRESSO	0.7	0.3	None	V VN
SINGLE MACCHIATO COW'S MILK	42	32	Milk	V
SINGLE MACCHIATO SEMI SKIMMED MILK	31	24	Milk	V
SINGLE MACCHIATO OAT MILK	39	30	Cereals Containing Gluten	V VN
SINGLE MACCHIATO SOYA MILK	37	28	Soya	V VN
SINGLE MACCHIATO DECAFF COW'S MILK	35	32	Milk	V
SINGLE MACCHIATO DECAFF SEMI SKIMMED MILK	26	24	Milk	V
SINGLE MACCHIATO DECAFF OAT MILK	33	30	Cereals Containing Gluten	V VN
SINGLE MACCHIATO DECAFF SOYA MILK	31	28	Soya	V VN
DOUBLE MACCHIATO COW'S MILK	32	32	Milk	V







TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
DOUBLE MACCHIATO SEMI SKIMMED MILK	24	24	Milk	V
DOUBLE MACCHIATO OAT MILK	30	30	Cereals Containing Gluten	V VN
DOUBLE MACCHIATO SOYA MILK	28	28	Soya	V VN
DOUBLE MACCHIATO DECAF COW'S MILK	32	32	Milk	V
DOUBLE MACCHIATO DECAF SEMI SKIMMED MILK	24	32	Milk	V
DOUBLE MACCHIATO DECAF OAT MILK	30	30	Milk	V VN
DOUBLE MACCHIATO DECAF SOYA MILK	29	28	Soya	V VN
LONG BLACK COW'S MILK	6	19	Milk	V
LONG BLACK SEMI SKIMMED MILK	4	14	Milk	V
LONG BLACK OAT MILK	38	295	Cereals Containing Gluten	V VN
LONG BLACK SOYA MILK	6	17	Soya	V VN
LONG BLACK DECAF COW'S MILK	6	19	Milk	V
LONG BLACK DECAF SEMI SKIMMED MILK	7	14	Milk	V
LONG BLACK DECAF OAT MILK	8	18	Cereals Containing Gluten	V VN
LONG BLACK DECAF SOYA MILK	8	17	Soya	V VN
SHORT BLACK COW'S MILK	6	19	Milk	V
SHORT BLACK SEMI SKIMMED MILK	7	14	Milk	V
SHORT BLACK OAT MILK	8	18	Cereals Containing Gluten	V VN
SHORT BLACK SOYA MILK	8	17	Soya	V VN
SHORT BLACK DECAF COW'S MILK	9	19	Milk	V
SHORT BLACK DECAF SEMI SKIMMED MILK	7	14	Milk	V
SHORT BLACK DECAF OAT MILK	8	18	Cereals Containing Gluten	V VN
SHORT BLACK DECAF SOYA MILK	8	17	Soya	V VN

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TEA

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
ENGLISH BREAKFAST TEA	<1	<1	None	
ENGLISH BREAKFAST TEA COW'S MILK	4	19	Milk	
ENGLISH BREAKFAST TEA SEMI SKIMMED MILK	3	14	Milk	
ENGLISH BREAKFAST TEA OAT MILK	3	18	Cereals Containing Gluten	
ENGLISH BREAKFAST TEA SOYA MILK	3	17	Soya	
EARL GREY TEA	<1	<1	None	
EARL GREY TEA COW'S MILK	4	19	Milk	
EARL GREY TEA SEMI SKIMMED MILK	3	15	Milk	
EARL GREY TEA OAT MILK	3	18	Cereals Containing Gluten	
EARL GREY TEA SOYA MILK	3	17	Soya	
PEPPERMINT TEA	<1	<1	None	
CHAMOMILE TEA	<1	<1	None	
ROOIBOS TEA	<1	<1	None	
GREEN TEA	<1	<1	None	
LEMONGRASS & GINGER TEA	<1	<1	None	
JASMINE TEA	<1	<1	None	
CHAI LATTE COW'S MILK	76	243	Milk	
CHAI LATTE SEMI SKIMMED MILK	61	196	Milk	
CHAI LATTE OAT MILK	50	160	Cereals Containing Gluten	
CHAI LATTE SOYA MILK	69	222	Soya	
DIRTY CHAI LATTE COW'S MILK	76	243	Milk	
DIRTY CHAI LATTE SEMI SKIMMED MILK	61	196	Milk	
DIRTY CHAI LATTE OAT MILK	50	160	Cereals Containing Gluten	
DIRTY CHAI LATTE SOYA MILK	69	222	Soya	
DIRTY CHAI LATTE DECAF COW'S MILK	64	243	Milk	
DIRTY CHAI LATTE DECAF SEMI SKIMMED MILK	53	196	Milk	
DIRTY CHAI LATTE DECAF OAT MILK	63	231	Cereals Containing Gluten	
DIRTY CHAI LATTE DECAF SOYA MILK	60	223	Soya	

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
ICED CHAI COW'S MILK	80	183	Milk	
ICED CHAI SEMI SKIMMED MILK	66	151	Milk	
ICED CHAI OAT MILK	76	175	Cereals Containing Gluten	 
ICED CHAI SOYA MILK	74	169	Soya	 

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HOT / ICED CHOCOLATE

65%
DARK

Islands

HOT CHOCOLATE BUTTOM

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
HOT CHOCOLATE 55% COW'S MILK	170	256	Milk	
HOT CHOCOLATE 55% SEMI SKIMMED MILK	159	238	Milk	
HOT CHOCOLATE 55% OAT MILK	167	251	Cereals Containing Gluten, Milk	
HOT CHOCOLATE 55% SOYA MILK	103	296	Soya, Milk	
SMALL HOT COCOA COW'S MILK	90	185	Milk	
SMALL HOT COCOA SEMI SKIMMED MILK	69	142	Milk	
SMALL HOT COCOA OAT MILK	87	178	Cereals Containing Gluten	
SMALL HOT COCOA SOYA MILK	84	173	Soya	
REGULAR HOT COCOA COW'S MILK	86	281	Milk	
REGULAR HOT COCOA SEMI SKIMMED MILK	73	238	Milk	
REGULAR HOT COCOA OAT MILK	83	270	Cereals Containing Gluten	
REGULAR HOT COCOA SOYA MILK	81	262	Soya	
HOT CHOCOLATE 75% COW'S MILK	169	254	Milk	
HOT CHOCOLATE 75% SEMI SKIMMED MILK	157	236	Milk	
HOT CHOCOLATE 75% OAT MILK	166	249	Cereals Containing Gluten	
HOT CHOCOLATE 75% SOYA MILK	164	246	Soya	
ICED CHOCOLATE COW'S MILK	96	221	Milk	
ICED CHOCOLATE SEMI SKIMMED MILK	84	193	Milk	
ICED CHOCOLATE OAT MILK	93	214	Cereals Contaning Gluten	
ICED CHOCOLATE SOYA MILK	91	209	Soya	

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