














































HENLEY DELICATESSEN BEVERAGES NUTRITION & ALLERGEN GUIDE



COFFEE

A top-down photograph of a person's hands holding a white ceramic mug filled with dark coffee. The person is wearing a light-colored, textured knit sweater. The background is a dark, rustic wooden surface. The word "COFFEE" is printed in large, bold, blue capital letters across the top of the image.

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

Adults need around 2000kcal a day
REGULAR LATTE



Vegetarian



Vegan

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 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
MOCHA 55% COW'S MILK	108	309	Milk	V
MOCHA 55% SEMI SKIMMED MILK	97	278	Milk	V
MOCHA 55% OAT MILK	105	302	Cereals Containing Gluten	V VN
MOCHA 55% SOYA MILK	103	296	Soya	V VN
MOCHA 55% DECAF COW'S MILK	109	309	Milk	V
MOCHA 55% DECAF SEMI SKIMMED MILK	98	278	Milk	V
MOCHA 55% DECAF OAT MILK	106	302	Cereals Containing Gluten	V VN
MOCHA 55% DECAF SOYA MILK	104	296	Soya	V VN
MOCHA 65% COW'S MILK	105	301	Milk	V
MOCHA 65% SEMI SKIMMED MILK	94	270	Milk	V
MOCHA 65% OAT MILK	102	293	Cereals Containing Gluten	V VN
MOCHA 65% SOYA MILK	100	287	Soya	V VN
MOCHA 65% DECAF COW'S MILK	106	301	Milk	V
MOCHA 65% DECAF SEMI SKIMMED MILK	95	270	Milk	V
MOCHA 65% DECAF OAT MILK	103	293	Cereals Containing Gluten	V VN
MOCHA 65% DECAF SOYA MILK	101	287	Soya	V VN
MOCHA 75% COW'S MILK	108	308	Milk	V
MOCHA 75% SEMI SKIMMED MILK	118	276	Milk	V
MOCHA 75% OAT MILK	124	250	Cereals Containing Gluten	V VN
MOCHA 75% SOYA MILK	103	294	Soya	V VN
MOCHA 75% DECAF COW'S MILK	108	308	Milk	V
MOCHA 75% DECAF SEMI SKIMMED MILK	97	276	Milk	V
MOCHA 75% DECAF OAT MILK	126	250	Cereals Containing Gluten	V VN

Adults need around 2000kcal a day



Vegetarian



Vegan

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
MOCHA 75% DECAF SOYA MILK	104	294	Soya	V VN
ICED MOCHA COW'S MILK	66	185	Milk	V
ICED MOCHA SEMI SKIMMED MILK	55	181	Milk	V
ICED MOCHA OAT MILK	63	177	Cereals Containing Gluten	V VN
ICED MOCHA SOYA MILK	61	171	Soya	V VN
ICED DECAF MOCHA COW'S MILK	66	185	Milk	V
ICED DECAF MOCHA SEMI SKIMMED MILK	55	153	Milk	V
ICED DECAF MOCHA OAT	64	177	Cereals Containing Gluten	V VN
ICED DECAF MOCHA SOYA MILK	61	171	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
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	Cereals Containing Gluten	V VN

Adults need around 2000kcal a day



TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
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
DECAF COW'S MILK SHORT BLACK	9	19	Milk	V
DECAF SEMI SKIMMED MILK SHORT BLACK	7	14	Milk	V
DECAF OAT MILK SHORT BLACK	8	18	Cereals Containing Gluten	V VN
DECAF SOYA MILK	8	17	Soya	V VN



TEA

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



HOT / ICED CHOCOLATE

TITLE	KCAL PER 100g	KCAL PER PORTION	ALLERGENS	DIETARY
HOT CHOCOLATE 55% COW'S MILK	170	256	Milk	V
HOT CHOCOLATE 55% SEMI SKIMMED MILK	159	238	Milk	V
HOT CHOCOLATE 55% OAT MILK	167	251	Cereals Containing Gluten, Milk	V
HOT CHOCOLATE 55% SOYA MILK	103	296	Soya, Milk	V
HOT CHOCOLATE 65% COW'S MILK	165	247	Milk	V
HOT CHOCOLATE 65% SEMI SKIMMED MILK	153	229	Milk	V
HOT CHOCOLATE 65% OAT MILK	162	243	Cereals Containing Gluten	V VN
HOT CHOCOLATE 65% SOYA MILK	159	239	Soya	V VN
HOT CHOCOLATE 75% COW'S MILK	169	254	Milk	V
HOT CHOCOLATE 75% SEMI SKIMMED MILK	157	236	Milk	V
HOT CHOCOLATE 75% OAT MILK	166	249	Cereals Containing Gluten	V VN
HOT CHOCOLATE 75% SOYA MILK	164	246	Soya	V VN
ICED CHOCOLATE COW'S MILK	80	185	Milk	V
ICED CHOCOLATE SEMI SKIMMED MILK	66	177	Milk	V
ICED CHOCOLATE OAT MILK	77	177	Cereals Containing Gluten	V VN
ICED CHOCOLATE SOYA MILK	74	171	Soya	V VN