



NUTRITION SURVIVAL GUIDE TO

WILD BEAN CAFE

CALORIES AND MACRONUTRIENTS

2021

WWW.PDFITNESSANDNUTRITION.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CAFFEINATED COFFEE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cappuccino Soya - Regular	92	-	-	-	-	-	-
Cappuccino Soya - Large	112	-	-	-	-	-	-
Cappuccino Whole - Regular	137	-	-	-	-	-	-
Cappuccino Whole - Large	167	-	-	-	-	-	-
Cappuccino Semi - Regular	98	-	-	-	-	-	-
Cappuccino Semi - Large	119	-	-	-	-	-	-
Cappuccino Skimmed - Regular	67	-	-	-	-	-	-
Cappuccino Skimmed - Large	82	-	-	-	-	-	-
Cappuccino Coconut - Regular	71	-	-	-	-	-	-
Cappuccino Coconut - Large	85	-	-	-	-	-	-
Latte Soya - Regular	127	-	-	-	-	-	-
Latte Soya - Large	151	-	-	-	-	-	-
Latte Whole - Regular	189	-	-	-	-	-	-
Latte Whole - Large	226	-	-	-	-	-	-
Latte Semi - Regular	135	-	-	-	-	-	-
Latte Semi - Large	162	-	-	-	-	-	-
Latte Skimmed - Regular	93	-	-	-	-	-	-
Latte Skimmed - Large	111	-	-	-	-	-	-
Latte Coconut - Regular	96	-	-	-	-	-	-
Latte Coconut - Large	116	-	-	-	-	-	-
Macchiato Soya - Regular	14	-	-	-	-	-	-
Macchiato Soya - Large	15	-	-	-	-	-	-
Macchiato Whole - Regular	21	-	-	-	-	-	-
Macchiato Whole - Large	21	-	-	-	-	-	-
Macchiato Semi - Regular	15	-	-	-	-	-	-
Macchiato Semi - Large	16	-	-	-	-	-	-
Macchiato Skimmed - Regular	11	-	-	-	-	-	-
Macchiato Skimmed - Large	11	-	-	-	-	-	-
Macchiato Coconut - Regular	10	-	-	-	-	-	-
Macchiato Coconut - Large	10	-	-	-	-	-	-
Flat White Whole - Regular	101	-	-	-	-	-	-
Flat White Coconut - Regular	58	-	-	-	-	-	-
Americano Black - Regular	1	-	-	-	-	-	-
Americano Black - Large	2	-	-	-	-	-	-
Espresso Black - Regular	1	-	-	-	-	-	-
Espresso Black - Large	2	-	-	-	-	-	-
Mocha Soya - Regular	176	-	-	-	-	-	-
Mocha Soya - Large	177	-	-	-	-	-	-
Mocha Whole - Regular	185	-	-	-	-	-	-
Mocha Whole - Large	185	-	-	-	-	-	-
Mocha Semi - Regular	177	-	-	-	-	-	-
Mocha Semi - Large	185	-	-	-	-	-	-
Mocha Skimmed - Regular	171	-	-	-	-	-	-

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mocha Skimmed - Large	172	-	-	-	-	-	-
Mocha Coconut - Regular	176	-	-	-	-	-	-
Mocha Coconut - Large	179	-	-	-	-	-	-
Caramel Fudge Latte Soya - Regular	328	-	-	-	-	-	-
Caramel Fudge Latte Whole - Regular	336	-	-	-	-	-	-
Caramel Fudge Latte Semi - Regular	390	-	-	-	-	-	-
Caramel Fudge Latte Skimmed - Regular	294	-	-	-	-	-	-
Caramel Fudge Latte Coconut - Regular	298	-	-	-	-	-	-

DECAFFEINATED COFFEE

Decaffeinated Americano Black - Regular	1	-	-	-	-	-	-
Decaffeinated Americano Black - Large	2	-	-	-	-	-	-
Decaffeinated Espresso Black - Regular	1	-	-	-	-	-	-
Decaffeinated Espresso Black - Large	2	-	-	-	-	-	-
Decaffeinated Flat White Whole - Regular	101	-	-	-	-	-	-
Decaffeinated Cappuccino Soya - Regular	92	-	-	-	-	-	-
Decaffeinated Cappuccino Soya - Large	112	-	-	-	-	-	-
Decaffeinated Cappuccino Whole - Regular	137	-	-	-	-	-	-
Decaffeinated Cappuccino Whole - Large	167	-	-	-	-	-	-
Decaffeinated Cappuccino Semi - Regular	98	-	-	-	-	-	-
Decaffeinated Cappuccino Semi - Large	119	-	-	-	-	-	-
Decaffeinated Cappuccino Skimmed - Regular	67	-	-	-	-	-	-
Decaffeinated Cappuccino Skimmed - Large	82	-	-	-	-	-	-
Decaffeinated Cappuccino Coconut - Regular	69	-	-	-	-	-	-
Decaffeinated Cappuccino Coconut - Large	87	-	-	-	-	-	-
Decaffeinated Latte Soya - Regular	127	-	-	-	-	-	-
Decaffeinated Latte Soya - Large	151	-	-	-	-	-	-
Decaffeinated Latte Whole - Regular	189	-	-	-	-	-	-
Decaffeinated Latte Whole - Large	226	-	-	-	-	-	-
Decaffeinated Latte Semi - Regular	135	-	-	-	-	-	-
Decaffeinated Latte Semi - Large	162	-	-	-	-	-	-
Decaffeinated Latte Skimmed - Regular	93	-	-	-	-	-	-
Decaffeinated Latte Skimmed - Large	111	-	-	-	-	-	-
Decaffeinated Latte Coconut - Regular	81	-	-	-	-	-	-
Decaffeinated Latte Coconut - Large	93	-	-	-	-	-	-
Decaffeinated Macchiato Soya - Regular	14	-	-	-	-	-	-
Decaffeinated Macchiato Soya - Large	15	-	-	-	-	-	-
Decaffeinated Macchiato Whole - Regular	21	-	-	-	-	-	-
Decaffeinated Macchiato Whole - Large	21	-	-	-	-	-	-
Decaffeinated Macchiato Semi - Regular	15	-	-	-	-	-	-
Decaffeinated Macchiato Semi - Large	16	-	-	-	-	-	-
Decaffeinated Macchiato Skimmed - Regular	11	-	-	-	-	-	-
Decaffeinated Macchiato Skimmed - Large	11	-	-	-	-	-	-

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Decaffeinated Mocha Semi - Large	185	-	-	-	-	-	-
Decaffeinated Mocha Skimmed - Regular	171	-	-	-	-	-	-
Decaffeinated Mocha Skimmed - Large	172	-	-	-	-	-	-
Decaffeinated Mocha Coconut - Regular	176	-	-	-	-	-	-
Decaffeinated Mocha Coconut - Large	179	-	-	-	-	-	-

TEA

Yorkshire Tea Black - Regular	1	-	-	-	-	-	-
Yorkshire Tea Black - Large	2	-	-	-	-	-	-
Yorkshire Tea Soya - Regular	23	-	-	-	-	-	-
Yorkshire Tea Soya - Large	26	-	-	-	-	-	-
Yorkshire Tea Whole - Regular	32	-	-	-	-	-	-
Yorkshire Tea Whole - Large	37	-	-	-	-	-	-
Yorkshire Tea Semi - Regular	21	-	-	-	-	-	-
Yorkshire Tea Semi - Large	34	-	-	-	-	-	-
Yorkshire Tea Skimmed - Regular	17	-	-	-	-	-	-
Yorkshire Tea Skimmed - Large	19	-	-	-	-	-	-
Yorkshire Tea Coconut - Regular	16	-	-	-	-	-	-
Yorkshire Tea Coconut - Large	18	-	-	-	-	-	-
Teapigs Everyday Brew Black - Regular	1	-	-	-	-	-	-
Teapigs Everyday Brew Black - Large	2	-	-	-	-	-	-
Teapigs Everyday Brew Soya - Regular	23	-	-	-	-	-	-
Teapigs Everyday Brew Soya - Large	26	-	-	-	-	-	-
Teapigs Everyday Brew Whole - Regular	32	-	-	-	-	-	-
Teapigs Everyday Brew Whole - Large	37	-	-	-	-	-	-
Teapigs Everyday Brew Semi - Regular	21	-	-	-	-	-	-
Teapigs Everyday Brew Semi - Large	34	-	-	-	-	-	-
Teapigs Everyday Brew Skimmed - Regular	17	-	-	-	-	-	-
Teapigs Everyday Brew Skimmed - Large	19	-	-	-	-	-	-
Teapigs Everyday Brew Coconut - Regular	16	-	-	-	-	-	-
Teapigs Everyday Brew Coconut - Large	18	-	-	-	-	-	-
Teapigs Earl Grey Black - Regular	1	-	-	-	-	-	-
Teapigs Earl Grey Black - Large	2	-	-	-	-	-	-
Teapigs Earl Grey Soya - Regular	23	-	-	-	-	-	-
Teapigs Earl Grey Soya - Large	26	-	-	-	-	-	-
Teapigs Earl Grey Whole - Regular	37	-	-	-	-	-	-
Teapigs Earl Grey Whole - Large	43	-	-	-	-	-	-
Teapigs Earl Grey Semi - Regular	32	-	-	-	-	-	-
Teapigs Earl Grey Semi - Large	37	-	-	-	-	-	-
Teapigs Earl Grey Skimmed - Regular	17	-	-	-	-	-	-
Teapigs Earl Grey Skimmed - Large	19	-	-	-	-	-	-
Teapigs Earl Grey Coconut - Regular	16	-	-	-	-	-	-
Teapigs Earl Grey Coconut - Large	18	-	-	-	-	-	-

1-200 CAL

SYRUPS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Vanilla	324	-	84.1	-	83.7	-	-
Hazelnut	315	-	78.6	-	78.2	-	-
Salted Caramel	309	-	80.3	-	80.1	-	-
Sugar-Free Caramel Syrup	20	-	0.6	-	0	-	-

201-300 CAL

SEASONAL DRINKS

Winter Berry Tea	118	-	37.2	-	36.9	0	-
Iced Latte	121	-	21.4	-	21.3	2	-
Salted Caramel Cold Brew	73	-	18.06	-	18.06	0	-

301-400 CAL

HOT CHOCOLATE

Hot Chocolate Soya - Regular	271	-	-	-	-	-	-
Hot Chocolate Whole - Regular	289	-	-	-	-	-	-
Hot Chocolate Semi - Regular	273	-	-	-	-	-	-
Hot Chocolate Skimmed - Regular	261	-	-	-	-	-	-
Hot Chocolate Cocunut - Regular	260	-	-	-	-	-	-
Hot Chocolate Soya - Large	362	-	-	-	-	-	-
Hot Chocolate Whole - Large	380	-	-	-	-	-	-
Hot Chocolate Semi - Large	364	-	-	-	-	-	-
Hot Chocolate Skimmed - Large	352	-	-	-	-	-	-
Hot Chocolate Cocunut - Large	356	-	-	-	-	-	-
Luxury Hot Chocolate Soya - Regular	347	-	-	-	-	-	-
Luxury Hot Chocolate Whole - Regular	350	-	-	-	-	-	-
Luxury Hot Chocolate Semi - Regular	366	-	-	-	-	-	-
Luxury Hot Chocolate Skimmed - Regular	388	-	-	-	-	-	-
Luxury Hot Chocolate Cocunut - Regular	336	-	-	-	-	-	-
Luxury Hot Chocolate Soya - Large	-	-	-	-	-	-	-
Luxury Hot Chocolate Whole - Large	-	-	-	-	-	-	-
Luxury Hot Chocolate Semi - Large	-	-	-	-	-	-	-
Luxury Hot Chocolate Skimmed - Large	-	-	-	-	-	-	-
Luxury Hot Chocolate Cocunut - Large	-	-	-	-	-	-	-

401-500 CAL

501+ CAL

BREAKFAST– BAPS & WRAPS

Bacon Bap	388	20.1	41.8	-	4.1	15	2.27
Sausage Bap	488	19	44.6	-	5.2	25.2	2.17
Breakfast Wrap	611	25.2	58.9	-	6	29.8	2.67

HOT LUNCH

Pepperoni & Mozzarella Panini	466	22	58.7	-	8.2	15.1	1.9
Tuna Melt Panini	414	22.8	54.4	-	5	11.1	1.59

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

TOASTIES

3 Cheese & Onion Toastie	486	23.2	50.8	-	3.6	20.4	2.31
Ham & Cheese Toastie	469	26.1	47.5	-	1.4	28.5	2.05
Festive Turkey Toastie	451	25.1	53.9	-	6.7	14.5	1.8

201-300 CAL

TURNOVER & ROLLS

Bacon & Cheese Turnover	545	18.4	32	-	1.5	38.6	1.98
Sausage Roll	530	21.1	31.5	-	3.4	35	2
Vegan Sausage Roll	396	12	26.5	-	2.7	26	1.4

301-400 CAL

PASTY & SLICES

Cornish Pasty	772	17.8	81.2	-	7.4	41	2.8
Cheese & Onion Slice	514	10.2	41	-	1.5	33.7	1.8
Chicken Curry Slice	520	12.6	41	-	3.4	33.4	2

401-500 CAL

501+ CAL

PIES

Chicken & Mushroom Pie	607	19.4	43.4	-	3.1	38.6	2.1
Steak Pie	607	19.4	49	-	2.2	36	2.5
Scotch Pie	390	13.6	35.9	-	2.6	20.5	0.54

BREAD & BLOOMERS

Demi- Baguette	303	9.8	61.5	-	1.3	1.1	1.5
Parisienne	240	7.8	48.6	-	1.1	0.9	1.2
White Bloomer	250	8.5	50.5	-	1	1	0.82
Rustic White Bloomer	235	8.6	49	-	1.4	0.5	0.98
Tiger Bloomer	278	9.5	50.8	-	3.2	3.5	1

MUFFINS

Triple Chocolate	506	6.4	55.4	-	34.7	28.9	0.4
Blueberry	435	4.5	57.9	-	28.8	21.3	0.4
Sicilian Lemon	455	5	56.2	-	30.7	23.9	0.3
Salted Caramel	529	5.1	68.2	-	43.7	26.4	0.6

PASTRIES

Croissant	294	7.3	33.5	-	5.9	14.1	0.9
Almond Croissant	354	8.4	39.2	-	13.2	17.6	0.7
Pain au Chocolat	275	5.4	27.5	-	8.6	15.5	0.7
Pain aux Raisin	268	4.8	36.5	-	16.9	11.1	0.6

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

COOKIES & SHORTBREAD

Milk Chocolate Cookie	341	3.7	48.4	-	28.7	14.8	0.11
Double Chocolate Cookie	353	4.2	46.7	-	30.7	16.6	0.33
Mini Shortbread Bites	54	0.5	6.6	-	2.2	2.8	<0.1

201-300 CAL

DOUGHNUTS

Jam Doughnut	216	3.9	33.2	-	11.1	7.2	0.27
Chocolate Doughnut	26.2	4.6	31.5	-	11.3	12.9	0.27
Custard Doughnut	214	3.8	30.1	-	6.4	8.5	0.29

301-400 CAL

HOT SAVOURY SNACKING

Southern Fried Chicken Goujons	306	18.4	20.9	-	1.8	16.5	0.54
Mini Hash Browns	166	2.3	21	-	0.5	7.6	0.9
Potato Wedges	278	2.6	34.8	-	1.9	12.6	1.2
Garlic Bread	579	20.7	75.7	-	3.12	20.5	2.2

401-500 CAL

501+ CAL

PIZZA

4 Cheese Pizza	437	18	50	-	3.8	18	1.6
Pepperoni Pizza	442	17	50	-	4.2	19	1.9

HUSKI HOT CHOCOLATE

Huski Hot Chocolate - Soya	248	-	35.1	-	25.5	6.7	-
Huski Hot Chocolate - Whole	314	-	40.8	-	31.8	11.84	-
Huski Hot Chocolate - Semi	266	-	41.1	-	32.1	6.14	-
Huski Hot Chocolate - Skimmed	233	-	42	-	33	1.34	-
Huski Hot Chocolate - Coconut	221	-	36.9	-	27.9	5.24	-