

Allergen & Nutrition Guide 30th October 2018		Calories 25		Fat (g)		Sat Fat (g)		Carbohydrate (g)		Sugar (g)		Protein (g)		Salt (g)		Gluten		Crustaceans		Eggs		Fish		Peanuts		Soybeans		Milk		Nuts		Celery		Mustard		Sesame		Sulphur Dioxide		Lupin		Molluscs		
																																												crepeaffaire CAFÉ & CRÉPÉRIE
Sweet		341		10.7		5.5		54.5		15.7		5.6		0.2																														
Sweet Crêpe	Cinnamon	422	17	6.5	55.4	16.7	8.5	1.5																																				
Sweet Crêpe	Cinnamon Buckwheat Galette	351	10.8	5.6	56.5	17.7	5.8	0.2																																				
Sweet Crêpe	Mellow Yellow	432	17.1	6.5	57.4	18.7	8.8	1.5																																				
Sweet Crêpe	Mellow Yellow Buckwheat Galette	349	10.5	2.4	55	16.1	7.2	0																																				
Sweet Crêpe	Nutella	430	16.8	3.3	55.9	17	10.1	1.4																																				
Sweet Crêpe	Nutella Buckwheat Galette	342	10.1	4.9	54.1	15.3	7.4	0.1																																				
Sweet Crêpe	Belgian Chocolate	423	16.4	5.8	55	16.3	10.4	1.4																																				
Sweet Crêpe	Belgian Chocolate Buckwheat Galette	392	10.3	4.9	65.1	25.3	8	0.1																																				
Sweet Crêpe	Bananalicious - Belgian Chocolate	472	16.6	5.9	66.1	26.2	10.9	1.4																																				
Sweet Crêpe	Bananalicious - Belgian Chocolate Buckwheat Galette	399	10.6	2.4	66	26	7.8	0																																				
Sweet Crêpe	Bananalicious - Nutella	480	16.9	3.4	67	27	10.7	1.4																																				
Sweet Crêpe	Bananalicious - Nutella Buckwheat Galette	425	17.2	6.6	57.3	18.3	8.5	0.1																																				
Sweet Crêpe	I'll Have What She's Having - Nutella	506	23.5	7.6	58.2	19.3	11.5	1.4																																				
Sweet Crêpe	I'll Have What She's Having - Nutella Buckwheat Galette	418	16.9	9.1	56.4	17.6	8.8	0.1																																				
Sweet Crêpe	I'll Have What She's Having - Belgian Chocolate	499	23.1	10.1	57.3	18.5	11.7	1.4																																				
Sweet Crêpe	I'll Have What She's Having - Belgian Choco Buckwheat Galette	620	10	4.9	96.8	36.4	7.9	0.3																																				
Sweet Crêpe	Apple Crumble	501	16.2	5.8	97.7	39.4	10.9	1.7																																				
Sweet Crêpe	Apple Crumble Buckwheat Galette	788	41.9	15.3	92	52.7	11.6	0.2																																				
Sweet Crêpe	Ultimate Nutella	869	48.2	16.2	92.9	53.6	14.5	1.6																																				
Sweet Crêpe	Ultimate Nutella Buckwheat Galette	903	36.9	19.5	125.8	51.5	14.8	0.8																																				
Sweet Crêpe	Oreo Cookie Opulence	984	43.2	20.4	126.7	52.5	17.7	2.1																																				
Sweet Crêpe	Oreo Cookie Opulence Buckwheat Galette	1018	60.6	17.9	84.2	41	29.8	0.6																																				
Sweet Crêpe	Reeses Peanut Butter Pie	1099	66.9	18.9	85.2	42	32.7	2																																				
Sweet Crêpe	Reeses Peanut Butter Pie Buckwheat Galette	756	38.1	17.3	86	40	15.6	0.2																																				
Sweet Crêpe	Ferrero Rocher Extravagance	837	44.4	18.2	86.9	41	18.6	1.6																																				
Sweet Crêpe	Ferrero Rocher Extravagance Buckwheat Galette	517.2	23	10.1	65.34	23.4	9.15	1.5																																				
Vegan Sweet Crêpe	Chocolate, Strawberries & Dreams (vegan choc)	510.2	23	10.1	63.74	21.8	8.95	1.5																																				
Vegan Sweet Crêpe	Chocolate Galette (vegan choc)	558.2	23.1	10.2	75.34	32.2	9.55	1.5																																				
Vegan Sweet Crêpe	Cheeky Monkey (vegan choc)																																											
Savory breakfast																																												
Breakfast Crêpe	Maple bacon	407	8	2.3	71.5	29.7	11.3	1.2																																				
Breakfast Crêpe	Maple bacon Buckwheat Galette	488	14.2	3.3	72.5	30.6	14.2	2.6																																				
Breakfast Crêpe	Eggs Florentine	703	49.1	26.7	40.1	1.2	23.9	1.8																																				
Breakfast Crêpe	Eggs Florentine Buckwheat Galette	784	55.4	27.6	41	2.2	26.8	3.1																																				
Breakfast Crêpe	Eggs Benedict	772	51.2	27.4	40.5	1.6	36	3.8																																				
Breakfast Crêpe	Eggs Benedict Buckwheat Galette	852	57.5	28.3	41.5	2.6	38.9	5.1																																				
Breakfast Crêpe	All Day breakfast	537	27.8	12.7	40.6	1.8	29.5	2.1																																				
Breakfast Crêpe	All Day breakfast Buckwheat Galette	618	34	13.6	41.6	2.8	32.5	3.5																																				
Breakfast Crêpe	The Londoner (Bacon)	569	30.3	13.6	41.7	1	30.9	2.7																																				
Breakfast Crêpe	The Londoner (Bacon) Buckwheat Galette	650	36.6	14.6	42.7	2	33.9	4																																				
Breakfast Crêpe	Eggs Royale	777	51.8	27.2	39.9	1	36.8	4.1																																				
Breakfast Crêpe	Eggs Royale Buckwheat Galette	858	58.1	28.2	40.8	1.9	39.7	5.5																																				
Savory																																												
Savory Crêpe	Ham & Cheese	445	18.7	9.7	40.2	1.5																																						

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Mini Pancakes	Mellow Yellow	257	9.6	5.5	37	17.7	3.4	0.5	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No				
Mini Pancakes	Nutella	255	9.3	2.3	35.5	16.1	4.8	0.3	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Mini Pancakes	Belgian Chocolate	248	8.9	4.8	34.6	15.3	5	0.4	Yes	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No				
Mini Pancakes	Bananalicious - Belgian Chocolate	298	9.1	4.8	45.6	25.3	5.6	0.4	Yes	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No				
Mini Pancakes	Bananalicious - Nutella	305	9.4	2.3	46.5	26	5.4	0.3	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Mini Pancakes	I'll Have What She's Having - Nutella	331	16	6.5	37.8	18.3	6.1	0.4	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Mini Pancakes	I'll Have What She's Having - Belgian Choco	324	15.7	9	36.9	17.6	6.4	0.4	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Mini Pancakes	Apple Crumble	426	8.8	4.8	77.3	36.4	5.5	0.6	Yes	No	Yes	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No				
Mini Pancakes	Ultimate Nutella	694	40.7	15.2	72.5	52.7	9.2	0.5	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Mini Pancakes	Oreo Cookie Opulence	809	35.7	19.4	106.3	51.5	12.4	1.1	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Mini Pancakes	Reeses Peanut Butter Pie	924	59.4	17.8	64.7	41	27.4	0.9	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No				
Mini Pancakes	Ferrero Rocher Extravagance	662	36.9	17.2	66.5	40	13.2	0.5	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Smoothies & Juices																											
Smoothies & Juices	Freshly squeezed orange juice								No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Smoothies & Juices	Strawberry Split								No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Smoothies & Juices	Kale kick Kale								No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Smoothies & Juices	Berry Go Round								No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Smoothies & Juices	Pash 'n' shoot Passionfruit								No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Smoothies & Juices	Fresh Cloudy Lemonade								No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Hot drinks (semi-skimmed milk)																											
Hot Drinks	Espresso	0	0	0	0	0	0	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Double Espresso	0	0	0	0	0	0	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Americano Regular	0	0	0	0	0	0	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Americano Large	0	0	0	0	0	0	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Cappuccino Regular	69	2.4	1.5	7.2	6.9	4.7	0.2	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Cappuccino Large	92	3.2	2	9.3	9.1	6.4	0.2	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Latte Regular	92	3.3	2.1	9	8.7	6.6	0.2	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Latte Large	139	5.1	3.2	13.5	13.2	10	0.3	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Flat White	71	2.6	1.6	6.9	6.7	5.1	0.2	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Mocha	241	5.6	3.4	38.6	37.6	9.1	0.4	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Large Mocha	288	7.3	4.5	43.1	42.1	12.5	0.6	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Macchiato	4	0.1	0.1	0.5	0.2	0.2	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Double Macchiato	4	0.1	0.1	0.5	0.2	0.2	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Hot Chocolate	240	5.6	3.4	38.3	37.6	9.1	0.4	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Large Hot Chocolate	287	7.3	4.5	42.9	42	12.5	0.6	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	TEA								No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Salted Caramel Latte								No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Hot Drinks	Salted Caramel Cappuccino								No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Add-ons																											
Add-ons: Sweet	Apple mix	83	0.2	0	21.3	21.2	0.6	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Bacon	72	5.4	2	0	0	5.8	1.1	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Banana	48	0.1	0.1	11.6	10.4	0.6	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Savoury	BBQ Chicken	64	1.4	0.4	1.8	1.8	11.4	0.3	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Belgian Chocolate	156	9.2	5.5	17.1	17.1	2.3	0	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Butter	74	8.2	5.2	0.1	0.1	0.1	0.1	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Butterscotch	196	1.6	1	47.5	42.2	0	0.5	No	No	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No				
Add-ons: Savoury	Caramelised Onion	14	0.1	0	3.2	2.2	0.5	0	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	Yes	No	No	No				
Add-ons: Savoury	Cheese	166	14	8.7	0	0	10.2	0.7	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Chicken	69	1.6	0.5	0	0	13.6	0.1	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Chillies	3	0	0	0.4	0.4	0.2	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Cream	68	6.7	4.3	0.8	0	1.2	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Cream Cheese & Chives	149	16.1	10.1	0	0	1.1	0.3	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Base - Crêpe	Crêpe	199	2.5	0.3	41.6	0.8	5	0.1	Yes	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Crumble Topping	114	5.3	3.3	16.3	6.8	1.2	0.1	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Egg	83	6.2	1.7	0	0	6.9	0.2	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Ferrero Rocher	217	15.4	5	16	14.4	3	0.2	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Add-ons: Savoury	Goat's cheese	67	5.4	3.8	0.2	0.2	4.4	0.3	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Ham	73	2.2	0.7	0.7	0	12.5	2.1	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Hollandaise Sauce	251	26.9	16.1	0.3	0	1.8	0.8	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Ice Cream	88	4.9	3.1	9.9	7.5	1.8	0.1	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Add-ons: Sweet	Maple Syrup	131	0.1	0	33.6	30.4	0	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Mixed Grains	48	0.4	0.1	10.9	0.2	0.9	0	No	No	No	No	Yes	No	No	Yes	No	No	Yes	No	No	No	No				
Base - Mini	Mini pancakes	105	1.3	0.2	22.1	0.8	2.6	0.4	Yes	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Mozzarella	128	10.2	6.9	0	0	9.3	0.4	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Mushroom	6	0.2	0	0.2	0.1	0.8	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Nutella	165	9.9	2.8	18.1	17.9	1.9	0.1	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No				
Add-ons: Sweet	Oreo Cookie	53	2.2	1.1	7.6	4.1	0.5	0.1	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Oreo Cookie Crumb	119	5.4	1	17.6	9.5	1.2	0.3	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Peanut Butter	304	25.9	6.4	6.5	3.4	11.4	0.4	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No				
Add-ons: Savoury	Pesto	75	6.9	0.2	0.4	0.1	2.9	0.1	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No				
Add-ons: Sweet	Raisins	88	0.1	0	20.8	20.8	0.6	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No				
Add-ons: Savoury	Red Onion	6	0	0	1.4	1	0.2																				