

Allergen & Nutrition Guide 7th January 2020		crepeaffaire CAFÉ & CRÉPERIE																						
		Calories (k)	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			
Mini Pancakes																								
Plain & Simple / Base		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			
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			
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			
I'll Have What She's Having		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			
Banana Split		N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No			
The Whole Shebang		N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No			
Smoothies & Juices																								
Freshly squeezed orange juice		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Strawberry Split		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Berry Go Round		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Pash 'n' shoot Passionfruit		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Fresh Cloudy Lemonade		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Hot drinks (semi-skimmed milk)																								
Espresso		0	0	0	0	0	0	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Americano Regular		0	0	0	0	0	0	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
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			
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			
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			
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			
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			
Tea		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Salted Caramel Latte		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Matcha Latte (Oat Milk)		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Gelato																								
Vanilla		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Chocolate		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Strawberry		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Sea Salted Caramel		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Oreo		N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No			
Mint Chocolate		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No			
Banoffee		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	No	No	No	No	No	No	No			
Dark Chocolate Sorbetto		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Mango Sorbetto		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Raspberry Sorbetto		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Add-ons																								
Avocado		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Bacon		72	5.4	2	0	0	5.8	1.1	No	No	No	No	No	No	No	No	No	No	No	No	No			
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			
BBQ Chicken		64	1.4	0.4	1.8	1.8	11.4	0.3	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No			
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			
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			
Cheese		166	14	8.7	0	0	10.2	0.7	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Chillies		3	0	0	0.4	0.4	0.2	0	No	No	No	No	No	No	No	No	No	No	No	No	No			
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			
Cream Cheese		149	16.1	10.1	0	0	1.1	0.3	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Crepe		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			
Egg		83	6.2	1.7	0	0	6.9	0.2	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No			
Ferro Rocher		217	15.4	5	16	14.4	3	0.2	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No			
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			
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			
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			
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			
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			
Vegan Sausage		N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	No	No	No	No	No	No	No	No			
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			
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			
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			
KitKat		N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No			
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			
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			
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			
Pesto		75	6.9	0.2	0.4	0.1	2.9	0.1	No	No	Yes	No	Yes	No	Yes	Yes	No	No	No	No	No			
Smoked salmon		71	2.2	0.4	0	0	12.7	2.3	No	No	No	Yes	No	No	No	No	No	No	No	No	No			
Salsa		37	0.1	0	1.8	1.4	0.3	0	No	No	No	No	No	No	No	No	No	No	No	No	No			
Spinach		4	0.1	0	0.2	0.2	0.4	0	No	No	No	No	No	No	No	No	No	No	No	No	No			
Blueberry		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Vegan chocolate Brownie		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No			
Strawberries		7	0	0	1.6	1.6	0.2	0	No	No	No	No	No	No	No	No	No	No	No	No	No			
Sugar		59	0	0	15.8	15.8	0	0	No	No	No	No	No	No	No	No	No	No	No	No	No			
Sugar & Cinnamon Mix		59	0	0	15.8	15.8	0	0	No	No	No	No	No	No	No	No	No	No	No	No	No			
Tomato		5	0.1	0	0.9	0.9	0.2	0	No	No	No	No	No	No	No	No	No	No	No	No	No			
Walnuts		138	13.7	1.5	0.7	0.5	2.9	0	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No			
Whipped cream		109	11.6	7.3	0.8	0.8	0.6	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No			
Vegan cheese		159	13.1	10.9	8.5	0.15	0.65	0.95	No	No	No	No	No	No	No	No	No	No	No	No	No			
Vegan chocolate		88.24	6.04	3.57	8.341	5.08	0.45	0	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No			
Vegan butter		67.5	7.5	2.8	0	0	0	0.11	No	No	No	No	No	No	No	No	No	No	No	No	No			
Vegan chicken		133	5.44	0.42	4.835	0.6	16.3	0.28	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No			
Vegan cream		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
BBQ Sauce		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No			
Flavoured Syrup		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Oat Milk		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Marshmallow		N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No			
Galette		363	17	6.5	39.6	0.9	8.5	1.5	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No			
Waffle		120	5.6	1.1	14.2	1	3.2	0.5	Yes	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No			