

BESWICK'S & CO.
NUTRITIONAL & DIETARY INFORMATION

Brunch	Calories (kcal)	Protein (g)	Carbohydrates (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Fibre (g)
CLASSIC AVOCADO TOAST	568.0	10.9	52.4	8.0	37.8	5.6	13.2
SEASONAL OVERNIGHT OATS	679.5	24.4	103.4	49.2	21.5	4.0	12.3
WILD BERRY & BANANA	735.0	25.3	116.3	61.6	21.9	4.1	13.5
MANGO PASSIONFRUIT	672.0	24.0	99.0	45.0	21.4	4.0	12.0
CINNAMON APPLE WILD BLACKBERRY CHOCOLATE & FOREST BERRY	724.0	25.8	109.9	52.5	23.5	4.1	15.3
LOADED BANANA BREAD	734.7	10.2	104.2	67.5	31.8	16.2	8.4
BURRATOCADO TOAST	885.5	32.7	59.5	13.1	60.5	15.0	11.9
SPICY HALLOUMI & AVOCADO TOAST	815.5	22.4	75.1	30.7	50.6	12.8	11.6
BRITISH BRUNCH SANDWICH	669.6	30.1	45.2	5.6	42.5	9.1	9.2
SALMON & CREAM CHEESE TOAST	482.4	22.3	41.6	8.5	25.3	13	2.9
WILDFLOWER FRUIT TOPPED TOAST	511.2	20.9	77.0	35.8	14.5	1.4	5.8
CLASSIC ACAI	781.0	15.9	97.6	49.4	40.5	4.3	12.2
BERRY YOGURT WAFFLE	707.9	16.2	107.0	54.0	23.8	11.7	4.0
CHOCOLATE HONEYCOMB WAFFLE	907.8	15.5	146.8	91.1	28.8	16.2	3.9

Breakfast / Brunch	Calories (kcal)	Protein (g)	Carbohydrates (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Fibre (g)
SEASONAL CHIA PUDDING	909.9	34.6	113.7	75.1	42.3	6.2	21.9
PALM ISLAND PITAYA	995.0	36.3	124.4	80.7	43.0	6.4	24.3
MALIBU MANGO	898.0	35.1	97.9	55.8	42.1	6.2	20.5
PUMPKIN SPICE MAPLE APPLE	976.0	36.4	114.4	72.2	43.5	6.3	23.3
BLACKBERRY BRAMBLE							
FARMHOUSE BRUNCH BOWL	655.0	17.3	40.3	13.3	49.3	10.7	12.7

Sandwiches, Toasties & Salads	Calories (kcal)	Protein (g)	Carbohydrates (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Fibre (g)
PROSCIUTTO, MOZZARELLA & BASIL	789.0	41.3	80.2	16.3	33.2	11.6	3.8
SALMON & ENGLISH CUCUMBER	611.4	29.3	49.0	6.8	33.7	13.7	2.7
ROAST BEEF & MUSTARD	458.5	20.7	45.3	4.8	21.5	3.5	2.9
CHICKEN CLUB	854.9	29.6	77.0	8.3	38.9	8.0	10.2
ENGLISH CHEDDAR & ONION	853.0	40.8	81.1	16.2	40.1	19.1	4.0
TUNA & AVOCADO	936.9	56.3	79.9	8.5	44.3	12.8	10.3
BASIL PESTO CAPRESE	648.5	24.6	57.3	14.5	35.9	10.7	3.1
FORAGERS TRUFFLE MUSHROOM	842.5	27.0	78.9	13.3	47.7	13.6	5.4
ENGLISH GARDEN GREENS	553.0	12.6	47.5	12.9	37.4	8.6	12.7
THE HARVEST	813.0	17.1	90.8	39.2	46.3	8.9	11.6

Drinks	Calories (kcal)	Protein (g)	Carbohydrates (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Fibre (g)
PALM ISLAND	399.0	3.6	97.3	82.5	1.1	0.2	4.6
STRAWBERRY SHORTCAKE	505.0	15.5	106.3	86.8	5.2	3.2	4.6
OCEAN BLUES	362.0	6.2	78.0	61.6	3.8	0.6	9.0
MANGO GREENS	407.0	5.7	68.3	47.4	16.0	2.4	11.9
DOUBLE ESPRESSO	3.0	0.0	0.5	0.0	0.1	0.0	0.0
CAPPUCCINO	192.3	12.4	19.8	19.0	7.7	4.6	0.8
LATTE	186.0	12.0	18.5	19.0	7.3	4.6	0.0
ESPRESSO MACCHIATO	32.5	2.0	3.2	3.1	1.3	0.8	0.0
BLACK AMERICANO	3.0	0.0	0.5	0.0	0.1	0.0	0.0
DARK CHOCOLATE MOCHA	304.5	13.0	45.25	46.0	8.25	5.1	0.0
FLAT WHITE	95.0	6.0	9.3	9.3	3.7	2.3	0.0
CEREMONIAL MATCHA LATTE	183.0	12.0	18.0	19.0	7.2	4.6	0.0
TOASTED MALLOW HOT CHOCOLATE	440.0	12.5	82.0	63.0	8.2	5.1	2.0

Drinks	Calories (kcal)	Protein (g)	Carbohydrates (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Fibre (g)
CINNAMON DIRTY CHAI LATTE	274.5	13.0	39.25	38.0	7.25	4.6	0.0
PINK DRINK	278.0	12.4	41.0	40.0	7.3	4.6	1.0
BOURBON VANILLA BEAN LATTE	281.0	12.0	46.5	47.0	7.3	4.6	0.0
ENGLISH BREAKFAST TEA (milk)	23.0	1.5	2.2	2.2	0.9	0.6	0.0
EARLY GREY TEA (milk)	23.0	1.5	2.2	2.2	0.9	0.6	0.0
PEPPERMINT TEA	0.0	0.0	0.0	0.0	0.0	0.0	0.0
GREEN TEA	0.0	0.0	0.0	0.0	0.0	0.0	0.0
MASALA CHAI TEA (milk)	23.0	1.5	2.2	2.2	0.9	0.6	0.0
TRADITIONAL LEMONADE	177.5	0.0	45.7	45.7	0.0	0.0	0.0
PEACH ICED TEA	230	0.5	60.0	60	0	0	0.5

Bakery	Calories (kcal)	Protein (g)	Carbohydrates (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Fibre (g)
CHOC' CHIP BANANA BREAD	436.0	5.3	60.7	34.6	19.2	11.6	3.7
ENGLISH BUTTERMILK SCONE	259.1	5.4	43.2	9.3	7.2	4.4	1.2
DARK CHOCOLATE FUDGE BROWNIE	746.0	8.1	88.0	67.1	42.9	25.2	5.3
BLUEBERRY STREUSEL MUFFIN	415.0	5.0	45.7	24.9	24.5	5.2	1.2
BROWN BUTTER COOKIE	700.0	7.9	89.1	51.2	34.3	20.7	3.2

PLEASE NOTE THAT ALL NUTRITIONAL INFORMATION IS A GUIDE / ESTIMATE - FOR SEASONAL ITEMS THAT ARE NOT LISTED PLEASE ASK A MEMBER OF OUR TEAM.

