









-  Each 100ml in the range contains no more than 34kcal and a max of 3.8g sugars. Maximum fat per 100ml in the range is 3.1g. Soya contains the most protein at 3.2g/100ml.


-  Suitable for vegetarians and vegans.

-  Made from no more than 4 ingredients.

-  All Plenish M*Iks are certified Organic by The Soil Association.

-  The Plenish m*Iik range delivers subtle and soft aromatic profiles across the range.

-  The Plenish m*Iik range delivers medium intensity profiles across their range of flavours, through to aftertaste with low, balanced sweetness and sourness.

-  The Plenish m*Iik range delivers medium intensity profiles across their range of flavours, through to aftertaste with low, balanced sweetness and sourness.

PLENISH M*LKS OAT	PLENISH M*LKS ALMOND	PLENISH M*LKS SOYA	PLENISH M*LKS CASHEW	PLENISH M*LKS COCONUT	PLENISH M*LKS HAZELNUT
(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0
(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0
(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0
CALORIES (KCAL/100ML) 41.0	CALORIES (KCAL/100ML) 34.0	CALORIES (KCAL/100ML) 32.0	CALORIES (KCAL/100ML) 32.0	CALORIES (KCAL/100ML) 32.0	CALORIES (KCAL/100ML) 29.0
TOTAL SUGAR (G/100ML) 1.2	TOTAL SUGAR (G/100ML) 0.0	TOTAL SUGAR (G/100ML) 0.0	TOTAL SUGAR (G/100ML) 0.0	TOTAL SUGAR (G/100ML) 3.0	TOTAL SUGAR (G/100ML) 0.0
% KCALS RI/100ML* 2.1	% KCALS RI/100ML* 1.7	% KCALS RI/100ML* 1.6	% KCALS RI/100ML* 1.6	% KCALS RI/100ML* 1.6	% KCALS RI/100ML* 1.5
% SUGAR RI/100ML* 1.3	% SUGAR RI/100ML* 0.0	% SUGAR RI/100ML* 0.0	% SUGAR RI/100ML* 0.0	% SUGAR RI/100ML* 3.3	% SUGAR RI/100ML* 0.0
NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓
NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓
NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓
NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓
SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓
SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓
SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓
CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓

ALPRO OAT MILK	ALPRO ALMOND MILK	ALPRO COCONUT MILK	ALPRO SOYA MILK	ALPRO HAZELNUT MILK	RUDE HEALTH ALMOND MILK
(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0
(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0
(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0
CALORIES (KCALS/100ML) 40.0	CALORIES (KCALS/100ML) 13.0	CALORIES (KCALS/100ML) 20.0	CALORIES (KCALS/100ML) 33.0	CALORIES (KCALS/100ML) 29.0	CALORIES (KCALS/100ML) 54.0
TOTAL SUGAR (G/100ML) 0.0	TOTAL SUGAR (G/100ML) 0.0	TOTAL SUGAR (G/100ML) 1.9	TOTAL SUGAR (G/100ML) 0.0	TOTAL SUGAR (G/100ML) 3.2	TOTAL SUGAR (G/100ML) 4.8
% KCALS RI/100ML* 0.1	% KCALS RI/100ML* 0.1	% KCALS RI/100ML* 1.0	% KCALS RI/100ML* 1.7	% KCALS RI/100ML* 0.1	% KCALS RI/100ML* 2.7
% SUGAR RI/100ML* 0.0	% SUGAR RI/100ML* 0.0	% SUGAR RI/100ML* 2.1	% SUGAR RI/100ML* 0.0	% SUGAR RI/100ML* 3.6	% SUGAR RI/100ML* 5.3
NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓
NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓
NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓
NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓
SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓
SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓
SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓
CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓

This document is compiled by the Nutrisense team for internal use and education purposes only. All information is correct at the time of publishing February 2022.

RUDE HEALTH OAT MILK	RUDE HEALTH COCONUT MILK	RUDE HEALTH SOYA MILK	INNOCENT HAZELNUT MILK	INNOCENT ALMOND MILK	INNOCENT COCONUT MILK
(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0	(%) FRUIT JUICE 0.0
(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0	(%) CAFFEINE PERCENTAGE 0.0
(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0	(%) ALCOHOL PERCENTAGE 0.0
CALORIES (KCAL/100ML) 52.0	CALORIES (KCAL/100ML) 50.0	CALORIES (KCAL/100ML) 42.0	CALORIES (KCAL/100ML) 67.0	CALORIES (KCAL/100ML) 32.0	CALORIES (KCAL/100ML) 46.0
TOTAL SUGAR (G/100ML) 4.3	TOTAL SUGAR (G/100ML) 4.1	TOTAL SUGAR (G/100ML) 2.0	TOTAL SUGAR (G/100ML) 3.5	TOTAL SUGAR (G/100ML) 0.5	TOTAL SUGAR (G/100ML) 3.0
% KCALS RI/100ML* 2.6	% KCALS RI/100ML* 2.5	% KCALS RI/100ML* 2.1	% KCALS RI/100ML* 3.4	% KCALS RI/100ML* 1.6	% KCALS RI/100ML* 2.3
% SUGAR RI/100ML* 4.8	% SUGAR RI/100ML* 4.6	% SUGAR RI/100ML* 2.2	% SUGAR RI/100ML* 3.9	% SUGAR RI/100ML* 0.6	% SUGAR RI/100ML* 1.1
NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓	NO ARTIFICIAL SWEETENERS ✓
NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓	NO ARTIFICIAL COLOURS ✓
NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓	NO ARTIFICIAL PRESERVATIVES ✓
NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓	NO ARTIFICIAL FLAVOURINGS ✓
SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓	SUITABLE FOR VEGETARIANS ✓
SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓	SUITABLE FOR VEGANS ✓
SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓	SUITABLE FOR COELIACS ✓
CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓	CAFFEINE FREE ✓

*RI (Reference Intake) of an average adult (8400kj/2000kcal)

PLENISH M*LKS OAT	PLENISH M*LKS ALMOND	PLENISH M*LKS SOYA	PLENISH M*LKS CASHEW	PLENISH M*LKS COCONUT	PLENISH M*LKS HAZELNUT
<p>APPEARANCE</p> <p>Pearl colouring with a subtle magnolia hue, still.</p>	<p>APPEARANCE</p> <p>Pearl in colouring, shiny and still.</p>	<p>APPEARANCE</p> <p>Pearl in colouring, shiny and still.</p>	<p>APPEARANCE</p> <p>White hue, shiny and still.</p>	<p>APPEARANCE</p> <p>White hue, shiny and still.</p>	<p>APPEARANCE</p> <p>Light brown hue and still.</p>
<p>AROMA</p> <p>Low intensity oat tones with soft milky base notes.</p>	<p>AROMA</p> <p>Medium to high intensity almond with warming roasted tones.</p>	<p>AROMA</p> <p>Low to medium intensity soya with some earthy hues.</p>	<p>AROMA</p> <p>Low to medium cashew tonality with warming nuttiness hues.</p>	<p>AROMA</p> <p>Low intensity coconut with earthy back notes.</p>	<p>AROMA</p> <p>Medium intensity hazelnut with warming nutty cues.</p>
<p>FLAVOUR</p> <p>Medium intensity oat tones with soft milk back notes, medium sweetness.</p>	<p>FLAVOUR</p> <p>Medium intensity almond and roasted tones with balanced neutral low sweetness and sourness.</p>	<p>FLAVOUR</p> <p>Medium intensity soya, sour with low sweetness.</p>	<p>FLAVOUR</p> <p>Medium intensity cashew tones with softer milk back notes, low sweetness and sourness.</p>	<p>FLAVOUR</p> <p>Medium intensity coconut and milk tones, with some sweetness.</p>	<p>FLAVOUR</p> <p>Medium to high intensity hazelnut with nutty roasted tones, neutral low sweetness and sourness.</p>
<p>MOUTH FEEL</p> <p>Thick and smooth.</p>	<p>MOUTH FEEL</p> <p>Thin and smooth.</p>	<p>MOUTH FEEL</p> <p>Thin and smooth.</p>	<p>MOUTH FEEL</p> <p>Some thickness and smooth.</p>	<p>MOUTH FEEL</p> <p>Thin and smooth.</p>	<p>MOUTH FEEL</p> <p>Thin and smooth.</p>
<p>AFTER TASTE</p> <p>Lingering oaty and milky aftertaste with some sweetness to follow.</p>	<p>AFTER TASTE</p> <p>Lingering subtle almond tones remaining,</p>	<p>AFTER TASTE</p> <p>Lingering soya with some savoury tones to follow.</p>	<p>AFTER TASTE</p> <p>Lingering cashew with some soft milky notes remaining.</p>	<p>AFTER TASTE</p> <p>Lingering sweet coconut.</p>	<p>AFTER TASTE</p> <p>High lingering aftertaste of hazelnut.</p>

ALPRO OAT MILK	ALPRO ALMOND MILK	ALPRO COCONUT MILK	ALPRO SOYA MILK	ALPRO HAZELNUT MILK	RUDE HEALTH ALMOND MILK
APPEARANCE -	APPEARANCE -	APPEARANCE -	APPEARANCE -	APPEARANCE -	APPEARANCE -
AROMA -	AROMA -	AROMA -	AROMA -	AROMA -	AROMA -
FLAVOUR -	FLAVOUR -	FLAVOUR -	FLAVOUR -	FLAVOUR -	FLAVOUR -
MOUTH FEEL -	MOUTH FEEL -	MOUTH FEEL -	MOUTH FEEL -	MOUTH FEEL -	MOUTH FEEL -
AFTER TASTE -	AFTER TASTE -	AFTER TASTE -	AFTER TASTE -	AFTER TASTE -	AFTER TASTE -

RUDE HEALTH OAT MILK	RUDE HEALTH COCONUT MILK	RUDE HEALTH SOYA MILK	INNOCENT HAZELNUT MILK	INNOCENT ALMOND MILK	INNOCENT COCONUT MILK
APPEARANCE -	APPEARANCE -	APPEARANCE -	APPEARANCE -	APPEARANCE -	APPEARANCE -
AROMA -	AROMA -	AROMA -	AROMA -	AROMA -	AROMA -
FLAVOUR -	FLAVOUR -	FLAVOUR -	FLAVOUR -	FLAVOUR -	FLAVOUR -
MOUTH FEEL -	MOUTH FEEL -	MOUTH FEEL -	MOUTH FEEL -	MOUTH FEEL -	MOUTH FEEL -
AFTER TASTE -	AFTER TASTE -	AFTER TASTE -	AFTER TASTE -	AFTER TASTE -	AFTER TASTE -

*RI (Reference Intake) of an average adult (8400kj/2000kcal)

PLENISH M*LKS OAT

Water, Oats 11%*, Sea Salt.

*Organic

PLENISH M*LKS ALMOND

Filtered Water, Almonds 6%*, Sea Salt.

*Organic

PLENISH M*LKS SOYA

Filtered Water, Soy Beans* (8%).

*Organic

PLENISH M*LKS CASHEW

Filtered Water, Cashews 5%*, Sea Salt.

*Organic

PLENISH M*LKS COCONUT

Water, Coconut Milk 10% (Coconut Cream, Water), Rice 6%, Sea Salt.

PLENISH M*LKS HAZELNUT

Filtered Water, Hazelnuts 4.5%*, Sea Salt.

*Organic

COMPETITORS

ALPRO OAT MILK

Oat Base (Water, Oat (8.7%)), Chicory Root Fibre, Sunflower Oil, Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Vitamins (B2, B12, D2).

ALPRO ALMOND MILK

Water, Almond (2.3%), Calcium (Tri-Calcium Phosphate), Sea Salt, Stabilisers (Locust Bean Gum, Gellan Gum), Emulsifier (Lecithins (Sunflower)), Vitamins (B2, B12, E, D2).

ALPRO COCONUT MILK

Water, Coconut Milk (5.3%) (Coconut Cream, Water), Rice (3.3%), Calcium (Tri-Calcium Phosphate), Stabilisers (Guar Gum, Gellan Gum, Xanthan Gum), Sea Salt, Flavourings, Vitamins (B12, D2).

ALPRO SOYA MILK

Soya Base (Water, Hulled Soya Beans (8.7%)), Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Flavourings, Sea Salt, Stabiliser (Gellan Gum), Vitamins (B2, B12, D2).

ALPRO HAZELNUT MILK

Water, Sugar, Hazelnuts (2.8%), Calcium (Tri-Calcium Phosphate), Sea Salt, Stabilisers (Locust Bean Gum, Gellan Gum), Emulsifier (Lecithins (Sunflower)), Vitamins (B2, B12, E, D2).

RUDE HEALTH ALMOND MILK

Spring Water, Rice, Almonds (1%), Sunflower Oil, Seaweed (Lithothamnium Calcareum)*, Sea Salt.

*natural source of Calcium

RUDE HEALTH OAT MILK

Water, Gluten Free British Oats (11%), Sunflower Oil, Calcium Carbonate, Sea Salt.

RUDE HEALTH COCONUT MILK

Spring Water, Rice, Coconut Milk (7.5%), Seaweed (Lithothamnium Calcareum)*, Sea Salt.

*natural source of Calcium

RUDE HEALTH SOYA MILK

Water, Organic Soya Beans (11.5%), Organic Rice Syrup, Sea Salt.

INNOCENT HAZELNUT MILK

Spring Water, Rice (11%), Hazelnuts (4.7%), Seaweed Lithothamnium Calcareum*, Sea Salt.

*natural source of Calcium

INNOCENT ALMOND MILK

Spring Water, Almonds (4.5%), Seaweed Lithothamnium Calcareum* and Sea Salt.

*natural source of Calcium

INNOCENT COCONUT MILK

Spring Water, Rice (11%), Coconut Milk (9.1%), Seaweed Lithothamnium Calcareum*, Citrus Plant Fibre, Sea Salt.

*natural source of Calcium

NUTRITION

- ✓ The Plenish Almond and Oat range are classified as organic in status, compared to competitors Alpro Oat and Alpro Almond which are classed as inorganic.
- ✓ The Plenish Almond and Oat variants contain no thickeners, emulsifiers or oils. Competitor Alpro Almond contains sunflower oil, gellan gum; and Alpro Oat contains Locust Bean Gum, Gellan Gum, Sunflower Lecithin. Rude Health Oat also contains organic sunflower oil.
- ✓ The Plenish Almond nutritional claims made are: unsweetened.
- ✓ The Plenish Oat nutritional claims made are: unsweetened and gluten free.
- ✓ The Plenish Oat and Almond range are suitable for Vegans and Vegetarians just as competitors Alpro, Rude Health and Innocent are.
- ✓ Plenish Oat contains only 33Kcals compared to Alpro Oat at 46 kcals and Rude Health at 50 kcals.
- ✓ Plenish Almond and Oat contains no minerals or vitamins. Alpro Oat contains Vitamins D, B2, B12 and Calcium, and Alpro Almond contains Vitamins D, B2, B12, E and Calcium. Innocent Almond contains calcium only.

SENSORY

- ✓ The Plenish range delivers subtle and soft aromatic profiles across the range.
- ✓ The Plenish range delivers medium intensity profiles across their range of flavours, through to aftertaste with low, balanced sweetness and sourness.
- ✓ The Plenish range offers thin and smooth mouthfeels, with thicker bodies found in Oat and Cashew profiles.