

If this document has been printed, please visit <https://mcdonalds.co.nz/maccas-food/nutrition> for most current information.



McDonald's New Zealand McCafe Beverages Menu Allergen - Ingredients - Nutrition Information

Information correct as at February 2024

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our standard or core menu items. For information regarding short-time menu items, please either ask a manager in our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

The nutrition information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the local supplier, region of the country, and the season of the year. Further, product formulations may change periodically. We recommend you check this information on our website to ensure it is the most current.

Food Sensitivities and Preferences

Please refer to our Allergen Information for specific allergen details. This information is available on our website www.mcdonalds.co.nz

Select items sold in McCafe are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other food items are sold as allergen free.

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of items in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food sold is free from traces of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have no Halal certified restaurants and no ingredients or menu items are certified Halal.

Ingredient Information

Please refer to our Ingredient Information for our standard or core menu items. This information is available on our website www.mcdonalds.co.nz

If you would like further information or have concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

Our allergen labelling complies with Australia New Zealand Food Standards Code – Standard 1.2.3 (Registered 09 March 2021)

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Allergen Summary: As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens.

	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut								Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
HOT BEVERAGES																							
Espresso																							
Long Black																							
Babyccino - Full Cream Milk				P	M			M														P	
Babyccino - Skim Milk				P	M			M														P	
Babyccino - Soy Milk				P	P			M														P	
Babyccino - Almond Milk				P	M			P														P	
Macchiato - Full Cream Milk				P	M			M															
Macchiato - Skim Milk				P	M			M															
Macchiato - Soy Milk				M	P			M															
Macchiato - Almond Milk				M	M			P															
Tea																							
Flat White - Full Cream Milk				P	M			M															
Flat White - Skim Milk				P	M			M															
Flat White - Soy Milk				M	P			M															
Flat White - Almond Milk				M	M			P															
Cappuccino - Full Cream Milk				P	M			M														P	
Cappuccino - Skim Milk				P	M			M														P	
Cappuccino - Soy Milk				P	P			M														P	
Cappuccino - Almond Milk				P	M			P														P	
Latte - Full Cream Milk				P	M			M															
Latte - Skim Milk				P	M			M															
Latte - Soy Milk				M	P			M															
Latte - Almond Milk				M	M			P															
Flavoured Latte - Full Cream Milk				P	M			M												P			
Flavoured Latte - Skim Milk				P	M			M												P			
Flavoured Latte - Soy Milk				M	P			M															
Flavoured Latte - Almond Milk				M	M			P															
Mocha - Full Cream Milk				P	M			M														P	
Mocha - Skim Milk				P	M			M														P	
Mocha - Soy Milk				P	P			M														P	
Mocha - Almond Milk				P	M			P														P	
Hot Chocolate - Full Cream Milk				P	M			M														P	
Hot Chocolate - Skim Milk				P	M			M														P	
Hot Chocolate - Soy Milk				P	P			M														P	
Hot Chocolate - Almond Milk				P	M			P														P	
Value Hot Chocolate				P																		P	
Chai Latte - Full Cream Milk	P			P	M			M													P	P	
Chai Latte - Skim Milk	P			P	M			M													P	P	
Chai Latte - Soy Milk	P			M	P			M													P	P	
Chai Latte - Almond Milk	P			M	M			P													P	P	

Chart key:
P: Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.
M: Ingredient may be present

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	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut								Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
COLD BEVERAGES																							
Iced Latte - Full Cream Milk				P	M			M												P			
Iced Latte - Skim Milk				P	M			M												P			
Iced Latte - Soy Milk				M	P			M												P			
Iced Latte - Almond Milk				M	M			P												P			
Flavoured Iced Latte - Full Cream Milk				P	M			M												P			
Flavoured Iced Latte - Skim Milk				P	M			M												P			
Flavoured Iced Latte - Soy Milk				M	P			M												P			
Flavoured Iced Latte - Almond Milk				M	M			P												P			
Iced Mocha - Full Cream Milk				P	M			M												P		P	
Iced Mocha - Skim Milk				P	M			M												P		P	
Iced Mocha - Soy Milk				M	P			M												P		P	
Iced Mocha - Almond Milk				M	M			P												P		P	

Chart key:
P: Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.
M: Ingredient may be present

Hot Beverages									
Espresso COFFEE EXTRACT: Coffee, Water. Contains: Caffeine.				Espresso					
				Avg Qty / Serve	Avg Qty / 100mL				
				Energy (kJ)	2	3			
				Energy (Cal)	<1	1			
				Protein (g)	0.0	0.1			
				Fat, total (g)	0.0	0.0			
				Saturated Fat (g)	0.0	0.0			
				Carbohydrate (g)	0.0	0.1			
				Sugars (g)	0.0	0.1			
				Sodium (mg)	<1	2			
Long Black COFFEE EXTRACT: Coffee, Water. Contains: Caffeine.				Small		Medium		Large	
				Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
				Energy (kJ)	2	<1	2	<1	
				Energy (Cal)	<1	<1	<1	<1	
				Protein (g)	<1	0.0	<1	0.0	
				Fat, total (g)	0.0	0.0	0.0	0.0	
				Saturated Fat (g)	0.0	0.0	0.0	0.0	
				Carbohydrate (g)	0.0	0.0	<1	0.0	
				Sugars (g)	0.0	0.0	0.0	0.0	
				Sodium (mg)	1	<1	1	<1	
Babyccino - Full Cream Milk FULL CREAM MILK: Milk . HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. Contains: Milk. May be present: Soy, Almond due to equipment cross contact. HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.				Babyccino - Full Cream Milk					
				Avg Qty / Serve	Avg Qty / 100mL				
				Energy (kJ)	190	297			
				Energy (Cal)	45	71			
				Protein (g)	2.1	3.3			
				Fat, total (g)	2.1	3.2			
				Saturated Fat (g)	1.4	2.1			
				Carbohydrate (g)	4.5	7.1			
				Sugars (g)	4.5	7.1			
				Sodium (mg)	27	43			
Babyccino - Skim Milk SKIM MILK: Skim Milk . HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. Contains: Milk. May be present: Soy, Almond due to equipment cross contact. HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.				Babyccino - Skim Milk					
				Avg Qty / Serve	Avg Qty / 100mL				
				Energy (kJ)	126	196			
				Energy (Cal)	30	47			
				Protein (g)	2.5	3.9			
				Fat, total (g)	0.1	0.1			
				Saturated Fat (g)	0.1	0.1			
				Carbohydrate (g)	4.7	7.3			
				Sugars (g)	4.7	7.2			
				Sodium (mg)	28	44			
Babyccino - Soy Milk SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. Contains: Milk, Soy. May be present: Almond due to equipment cross contact. HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.				Babyccino - Soy Milk					
				Avg Qty / Serve	Avg Qty / 100mL				
				Energy (kJ)	140	221			
				Energy (Cal)	33	53			
				Protein (g)	2.0	3.2			
				Fat, total (g)	1.1	1.8			
				Saturated Fat (g)	0.2	0.3			
				Carbohydrate (g)	3.6	5.6			
				Sugars (g)	2.9	4.6			
				Sodium (mg)	46	73			
Babyccino - Almond Milk ALMOND MILK: Filtered Water, Ground Almonds , Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum. HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. Contains: Milk, Tree Nuts (Almond). May be present: Soy due to equipment cross contact. HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.				Babyccino - Almond Milk					
				Avg Qty / Serve	Avg Qty / 100mL				
				Energy (kJ)	128	206			
				Energy (Cal)	30	49			
				Protein (g)	0.6	0.9			
				Fat, total (g)	1.8	2.8			
				Saturated Fat (g)	0.2	0.3			
				Carbohydrate (g)	2.9	4.7			
				Sugars (g)	2.7	4.3			
				Sodium (mg)	42	68			

Hot Beverages											
Macchiato - Full Cream Milk			Macchiato - Full Cream Milk								
COFFEE EXTRACT: Coffee, Water. FULL CREAM MILK: Milk .			Avg Qty / Serve		Avg Qty / 100mL						
			Energy (kJ)	15	27						
			Energy (Cal)	4	6						
			Protein (g)	<1	<1						
			Fat, total (g)	<1	<1						
			Saturated Fat (g)	<1	<1						
			Carbohydrate (g)	<1	<1						
			Sugars (g)	<1	<1						
			Sodium (mg)	3	5						
Contains: Milk, Caffeine. May be present: Soy, Almond due to equipment cross contact.											
Macchiato - Skim Milk			Macchiato - Skim Milk								
COFFEE EXTRACT: Coffee, Water. SKIM MILK: Skim Milk .			Avg Qty / Serve		Avg Qty / 100mL						
			Energy (kJ)	9	17						
			Energy (Cal)	2	4						
			Protein (g)	<1	<1						
			Fat, total (g)	<1	<1						
			Saturated Fat (g)	<1	<1						
			Carbohydrate (g)	<1	<1						
			Sugars (g)	<1	<1						
			Sodium (mg)	3	6						
Contains: Milk, Caffeine. May be present: Soy, Almond due to equipment cross contact.											
Macchiato - Soy Milk			Macchiato - Soy Milk								
COFFEE EXTRACT: Coffee, Water. SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).			Avg Qty / Serve		Avg Qty / 100mL						
			Energy (kJ)	11	19						
			Energy (Cal)	3	5						
			Protein (g)	<1	<1						
			Fat, total (g)	<1	<1						
			Saturated Fat (g)	<1	<1						
			Carbohydrate (g)	<1	<1						
			Sugars (g)	<1	<1						
			Sodium (mg)	5	8						
Contains: Soy, Caffeine. May be present: Milk, Almond due to equipment cross contact.											
Macchiato - Almond Milk			Macchiato - Almond Milk								
COFFEE EXTRACT: Coffee, Water. ALMOND MILK: Filtered Water, Ground Almonds , Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.			Avg Qty / Serve		Avg Qty / 100mL						
			Energy (kJ)	10	18						
			Energy (Cal)	2.0	4						
			Protein (g)	<1	<1						
			Fat, total (g)	<1	<1						
			Saturated Fat (g)	<1	<1						
			Carbohydrate (g)	<1	<1						
			Sugars (g)	<1	<1						
			Sodium (mg)	4	8						
Contains: Tree Nut (Almond), Caffeine. May be present: Milk, Soy due to equipment cross contact.											
Tea			Small		Medium		Large				
ENGLISH BREAKFAST TEA: Water, Ceylon Tea. EARL GREY TEA: Water, Ceylon Black Tea, Bergamont Flavour. GREEN TEA: Water, Green Tea. PEPPERMINT TEA: Water, Peppermint Herb.			Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / Serve		Avg Qty / 100mL		
			15		6		23		6		
			4		1		5		1		
			0.3		0.1		0.4		0.1		
			0.3		0.1		0.4		0.1		
			0.0		0.0		0.0		0.0		
			0.0		0.0		0.0		0.0		
			0.0		0.0		0.0		0.0		
			10		4		15		4		
Flat White - Full Cream Milk			Small		Medium		Large				
COFFEE EXTRACT: Coffee, Water. FULL CREAM MILK: Milk .			Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / Serve		Avg Qty / 100mL		
			528		206		752		215		
			126		49		180		51		
			6.7		2.6		9.5		2.7		
			6.8		2.7		9.7		2.8		
			4.5		1.8		6.4		1.8		
			9.6		3.7		13.6		3.9		
			9.6		3.7		13.6		3.9		
			82		32		116		33		
Contains: Milk, Caffeine. May be present: Soy, Almond due to equipment cross contact.											

Hot Beverages							
Flat White - Skim Milk COFFEE EXTRACT: Coffee, Water. SKIM MILK: Skim Milk . Contains: Milk, Caffeine. May be present: Soy, Almond due to equipment cross contact.	Small		Medium		Large		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
	Energy (kJ)	312	121	444	127	608	131
	Energy (Cal)	75	29	106	30	145	31
	Protein (g)	7.9	3.1	11.3	3.0	15.4	3.3
	Fat, total (g)	0.2	0.1	0.3	0.1	0.4	0.1
	Saturated Fat (g)	0.1	0.1	0.2	0.1	0.3	0.1
	Carbohydrate (g)	10.0	3.9	14.2	4.1	19.5	4.2
	Sugars (g)	10.0	3.9	14.2	4.1	19.5	4.2
	Sodium (mg)	84	33	119	34	163	35
	Flat White - Soy Milk COFFEE EXTRACT: Coffee, Water. SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). Contains: Soy, Caffeine. May be present: Milk, Almond due to equipment cross contact.	Small		Medium		Large	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)		360	141	512	148	701	153
Energy (Cal)		86	34	122	35	167	36
Protein (g)		6.2	2.4	8.8	2.5	12.0	2.6
Fat, total (g)		3.7	1.4	5.2	1.5	7.2	1.6
Saturated Fat (g)		0.6	0.2	0.9	0.3	1.2	0.3
Carbohydrate (g)		6.4	2.5	9.1	2.6	12.4	2.7
Sugars (g)		4.1	1.6	5.9	1.7	8.0	1.8
Sodium (mg)		144	57	205	59	280	61
Flat White - Almond Milk COFFEE EXTRACT: Coffee, Water. ALMOND MILK: Filtered Water, Ground Almonds , Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum. Contains: Tree Nut (Almond), Caffeine. May be present: Milk, Soy due to equipment cross contact.		Small		Medium		Large	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	327	129	466	135	637	139
	Energy (Cal)	78	31	111	32	152	33
	Protein (g)	1.5	0.6	2.1	0.6	2.8	0.6
	Fat, total (g)	5.8	2.3	8.3	2.4	11.3	2.5
	Saturated Fat (g)	0.6	0.2	0.8	0.2	1.2	0.3
	Carbohydrate (g)	4.3	1.7	6.0	1.7	8.3	1.8
	Sugars (g)	3.5	1.4	4.9	1.4	6.7	1.5
	Sodium (mg)	132	52	187	54	256	56
	Cappuccino - Full Cream Milk COFFEE EXTRACT: Coffee, Water. FULL CREAM MILK: Milk . HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. Contains: Milk, Caffeine. May be present: Soy, Almond due to equipment cross contact. HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.	Small		Medium		Large	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)		504	249	690	238	776	235
Energy (Cal)		120	59	165	57	185	56
Protein (g)		5.8	2.9	8.1	2.8	9.1	2.7
Fat, total (g)		6.5	3.2	9.1	3.1	10.3	3.1
Saturated Fat (g)		4.3	2.1	6.0	2.1	6.8	2.0
Carbohydrate (g)		9.5	4.7	12.6	4.4	14.1	4.3
Sugars (g)		9.4	4.6	12.5	4.3	14.0	4.2
Sodium (mg)		75	37	103	35	116	35
Cappuccino - Skim Milk COFFEE EXTRACT: Coffee, Water. SKIM MILK: Skim Milk . HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. Contains: Milk, Caffeine. May be present: Soy, Almond due to equipment cross contact. HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.		Small		Medium		Large	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	279	142	378	134	423	131
	Energy (Cal)	67	34	90	32	101	31
	Protein (g)	6.1	3.1	8.5	3.0	9.6	3.0
	Fat, total (g)	0.2	0.1	0.3	0.1	0.3	0.1
	Saturated Fat (g)	0.2	0.1	0.3	0.1	0.3	0.1
	Carbohydrate (g)	9.7	4.9	13.0	4.6	14.5	4.5
	Sugars (g)	9.6	4.9	12.9	4.6	14.4	4.5
	Sodium (mg)	77	39	106	38	120	37
	Cappuccino - Soy Milk COFFEE EXTRACT: Coffee, Water. SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. Contains: Milk, Soy, Caffeine. May be present: Almond due to equipment cross contact.	Small		Medium		Large	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)		325	162	445	155	499	152
Energy (Cal)		78	39	106	37	119	36
Protein (g)		5.3	2.6	7.3	2.5	8.2	2.5
Fat, total (g)		3.1	1.5	4.3	1.5	4.9	1.5
Saturated Fat (g)		0.5	0.3	0.7	0.3	0.8	0.3
Carbohydrate (g)		6.5	3.2	8.8	3.1	9.7	3.0
Sugars (g)		4.7	2.4	6.1	2.1	6.7	2.0
Sodium (mg)		123	61	170	59	192	58

Hot Beverages

Cappuccino - Almond Milk

COFFEE EXTRACT: Coffee, Water.

ALMOND MILK: Filtered Water, Ground **Almonds**, Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.

HOT CHOCOLATE POWDER: Sugar, Non-Fat **Milk** Solids, Cocoa Powder, Anticaking Agent (551), Flavour.

Contains: Milk, Almond, Caffeine.

May be present: Soy due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	283	143	383	135	429	132
Energy (Cal)	68	34	92	32	103	32
Protein (g)	1.5	0.8	2.1	0.7	2.3	0.7
Fat, total (g)	3.9	2.0	5.4	1.9	6.1	1.9
Saturated Fat (g)	0.4	0.2	0.5	0.2	0.6	0.2
Carbohydrate (g)	6.1	3.2	8.2	2.9	9.1	2.8
Sugars (g)	4.0	2.0	5.1	1.8	5.6	1.7
Sodium (mg)	83	42	114	40	129	40

Latte - Full Cream Milk

COFFEE EXTRACT: Coffee, Water.

FULL CREAM MILK: **Milk**.

Contains: Milk, Caffeine.

May be present: Soy, Almond due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	528	206	752	215	1030	222
Energy (Cal)	126	49	180	51	246	53
Protein (g)	6.7	2.6	9.5	2.7	13.0	2.8
Fat, total (g)	6.8	2.7	9.7	2.8	13.3	2.9
Saturated Fat (g)	4.5	1.8	6.4	1.8	8.8	1.9
Carbohydrate (g)	9.6	3.7	13.6	3.9	18.6	4.0
Sugars (g)	9.6	3.7	13.6	3.9	18.6	4.0
Sodium (mg)	82	32	116	33	158	34

Latte - Skim Milk

COFFEE EXTRACT: Coffee, Water.

SKIM MILK: **Skim** Milk.

Contains: Milk, Caffeine.

May be present: Soy, Almond due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	312	121	444	127	608	131
Energy (Cal)	75	29	106	30	145	31
Protein (g)	7.9	3.1	11.3	3.2	15.4	3.3
Fat, total (g)	0.2	0.1	0.3	0.1	0.4	0.1
Saturated Fat (g)	0.1	0.1	0.2	0.1	0.3	0.1
Carbohydrate (g)	10.0	3.9	14.2	4.1	19.5	4.2
Sugars (g)	10.0	3.9	14.2	4.1	19.5	4.2
Sodium (mg)	84	33	119	34	163	35

Latte - Soy Milk

COFFEE EXTRACT: Coffee, Water.

SOY MILK: Filtered Water, Whole **Soybean**, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).

Contains: Soy, Caffeine.

May be present: Milk, Almond due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	360	141	512	148	701	153
Energy (Cal)	86	34	122	35	167	36
Protein (g)	6.2	2.4	8.8	2.5	12.0	2.6
Fat, total (g)	3.7	1.4	5.2	1.5	7.2	1.6
Saturated Fat (g)	0.6	0.2	0.9	0.3	1.2	0.3
Carbohydrate (g)	6.4	2.5	9.1	2.6	12.4	2.7
Sugars (g)	4.1	1.6	5.9	1.7	8.0	1.8
Sodium (mg)	144	57	205	59	280	61

Latte - Almond Milk

COFFEE EXTRACT: Coffee, Water.

ALMOND MILK: Filtered Water, Ground **Almonds**, Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.

Contains: Tree Nut (Almond), Caffeine.

May be present: Milk, Soy due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	327	129	466	135	637	139
Energy (Cal)	78	31	111	32	152	33
Protein (g)	1.5	0.6	2.1	0.6	2.8	0.6
Fat, total (g)	5.8	2.3	8.3	2.4	11.3	2.5
Saturated Fat (g)	0.6	0.2	0.8	0.2	1.2	0.3
Carbohydrate (g)	4.3	1.7	6.0	1.7	8.3	1.8
Sugars (g)	3.5	1.4	4.9	1.4	6.7	1.5
Sodium (mg)	132	52	187	54	256	56

Flavoured Latte - Full Cream Milk

FULL CREAM MILK: **Milk**.

COFFEE EXTRACT: Coffee, Water.

CARAMEL FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer (415).

VANILLA FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer (415).

HAZELNUT FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Acidity Regulator (330), Preservative (202), Stabilizer (415).

Contains: Milk, Caffeine.

May be present: Soy, Almond due to equipment cross contact.

All FLAVOURED SYRUPS have the same nutritional content.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	665	256	1030	288	1440	304
Energy (Cal)	159	61	245	69	344	73
Protein (g)	6.2	2.4	8.5	2.4	11.5	2.4
Fat, total (g)	6.3	2.4	8.7	2.4	11.8	2.5
Saturated Fat (g)	4.2	1.6	5.8	1.6	7.8	1.6
Carbohydrate (g)	19.2	7.4	33.0	9.3	47.6	10.1
Sugars (g)	19.2	7.4	32.8	9.2	47.4	10.0
Sodium (mg)	76	29	104	29	140	30

Hot Beverages

Flavoured Latte - Skim Milk

SKIM MILK: Skim **Milk**.
 COFFEE EXTRACT: Coffee, Water.
 CARAMEL FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer (415).
 VANILLA FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer(415).
 HAZELNUT FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Acidity Regulator (330), Preservative (202), Stabilizer (415).

Contains: Milk, Caffeine.
May be present: Soy, Almond due to equipment cross contact.
All FLAVOURED SYRUPS have the same nutritional content.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	466	179	751	210	1070	225
Energy (Cal)	111	43	180	50	255	54
Protein (g)	7.3	2.8	10.1	2.8	13.6	2.9
Fat, total (g)	0.2	0.1	0.3	0.1	0.4	0.1
Saturated Fat (g)	0.1	0.0	0.2	0.0	0.2	0.0
Carbohydrate (g)	19.6	7.5	33.5	9.4	48.4	10.2
Sugars (g)	19.6	7.5	33.4	9.4	48.2	10.2
Sodium (mg)	78	30	107	30	144	30

Flavoured Latte - Soy Milk

SOY MILK: Filtered Water, Whole **Soybean**, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).
 COFFEE EXTRACT: Coffee, Water.
 CARAMEL FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer (415).
 VANILLA FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer(415).
 HAZELNUT FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Acidity Regulator (330), Preservative (202), Stabilizer (415).

Contains: Soy, Caffeine.
May be present: Milk, Almond due to equipment cross contact.
All FLAVOURED SYRUPS have the same nutritional content.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	510	197	812	230	1150	245
Energy (Cal)	122	47	194	55	275	59
Protein (g)	5.7	2.2	7.9	2.2	10.6	2.3
Fat, total (g)	3.4	1.3	4.7	1.3	6.4	1.4
Saturated Fat (g)	0.6	0.2	0.8	0.2	1.1	0.2
Carbohydrate (g)	16.3	6.3	28.9	8.2	42.2	9.0
Sugars (g)	14.2	5.5	25.9	7.3	38.1	8.1
Sodium (mg)	134	52	184	52	248	53

Flavoured Latte - Almond Milk

ALMOND MILK: Filtered Water, Ground **Almonds**, Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.
 COFFEE EXTRACT: Coffee, Water.
 CARAMEL FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer (415).
 VANILLA FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer(415).
 HAZELNUT FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Acidity Regulator (330), Preservative (202), Stabilizer (415).

Contains: Tree Nut (Almond), Caffeine.
May be present: Milk, Soy due to equipment cross contact.
All FLAVOURED SYRUPS have the same nutritional content.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	480	186	770	218	1090	233
Energy (Cal)	115	45	184	52	261	56
Protein (g)	1.4	0.5	1.8	0.5	2.5	0.5
Fat, total (g)	5.4	2.1	7.4	2.1	10.0	2.1
Saturated Fat (g)	0.5	0.2	0.8	0.2	1.0	0.2
Carbohydrate (g)	14.3	5.6	26.2	7.4	36.5	8.2
Sugars (g)	13.5	5.3	25.0	7.1	36.9	7.9
Sodium (mg)	122	47	168	48	227	48

Mocha - Full Cream Milk

COFFEE EXTRACT: Coffee, Water.
 FULL CREAM MILK: **Milk**.
 HOT CHOCOLATE POWDER: Sugar, Non-Fat **Milk** Solids, Cocoa Powder, Anticaking Agent (551), Flavour.

Contains: Milk, Caffeine.
May be present: Soy, Almond due to equipment cross contact.
HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	763	296	1190	340	1670	360
Energy (Cal)	182	71	284	81	399	86
Protein (g)	7.5	2.9	11.0	3.1	15.2	3.3
Fat, total (g)	6.5	2.5	9.0	2.6	12.2	2.6
Saturated Fat (g)	4.3	1.7	5.9	1.7	8.0	1.7
Carbohydrate (g)	23.1	8.9	39.0	11.1	55.8	12.0
Sugars (g)	23.0	8.9	38.8	11.1	55.6	12.0
Sodium (mg)	102	40	154	44	214	46

Mocha - Skim Milk

COFFEE EXTRACT: Coffee, Water.
 SKIM MILK: Skim **Milk**.
 HOT CHOCOLATE POWDER: Sugar, Non-Fat **Milk** Solids, Cocoa Powder, Anticaking Agent (551), Flavour.

Contains: Milk, Caffeine.
May be present: Soy, Almond due to equipment cross contact.
HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	564	218	915	261	1300	279
Energy (Cal)	135	52	219	62	310	67
Protein (g)	8.7	3.4	12.6	3.6	17.4	3.7
Fat, total (g)	0.4	0.1	0.6	0.2	0.8	0.2
Saturated Fat (g)	0.2	0.1	0.3	0.1	0.5	0.1
Carbohydrate (g)	23.5	9.1	39.5	11.3	56.6	12.2
Sugars (g)	23.4	9.1	39.4	11.2	56.4	12.1
Sodium (mg)	104	40	157	45	217	47

Hot Beverages

Mocha - Soy Milk	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
COFFEE EXTRACT: Coffee, Water. SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.	608	237	976	281	1380	300
	145	57	233	67	330	72
	7.1	2.8	10.4	3.0	14.4	3.1
	3.6	1.4	5.0	1.4	6.8	1.5
	0.7	0.3	0.9	0.3	1.3	0.3
	20.1	7.9	34.9	10.0	50.3	10.9
	18.0	7.0	31.9	9.2	46.3	10.1
	160	62	234	67	322	70

Mocha - Almond Milk	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
COFFEE EXTRACT: Coffee, Water. ALMOND MILK: Filtered Water, Ground Almonds , Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum. HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.	578	226	935	269	1320	289
	138	54	223	64	316	69
	2.7	1.1	4.4	1.3	6.2	1.4
	5.5	2.2	7.7	2.2	10.5	2.3
	0.6	0.2	0.9	0.3	1.3	0.3
	18.2	7.1	32.2	9.3	46.6	10.2
	17.4	6.8	31.1	8.9	45.1	9.8
	148	58	217	63	300	65

Hot Chocolate - Full Cream Milk	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
FULL CREAM MILK: Milk . HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.	919	384	1410	404	1810	383
	220	92	336	97	431	92
	7.8	3.3	11.8	3.4	15.5	3.3
	6.4	2.7	9.6	2.8	12.8	2.7
	4.2	1.8	6.4	1.8	8.5	1.8
	31.9	13.4	49.5	14.2	62.1	13.2
	31.0	13.0	47.6	13.7	60.2	12.8
	110	46	166	48	218	46

Hot Chocolate - Skim Milk	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
SKIM MILK: Skim Milk . HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.	725	303	1120	320	1420	300
	173	72	267	76	339	72
	9.0	3.7	13.5	3.9	17.8	3.8
	0.5	0.2	0.7	0.2	0.9	0.2
	0.3	0.1	0.5	0.1	0.6	0.1
	32.3	13.5	50.1	14.4	62.9	13.3
	31.4	13.1	48.2	13.8	61.0	12.9
	112	47	169	48	222	47

Hot Chocolate - Soy Milk	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.	768	324	1180	342	1500	322
	183	77	282	82	359	77
	7.4	3.1	11.1	3.2	14.7	3.1
	3.6	1.5	5.4	1.6	7.2	1.5
	0.7	0.3	1.1	0.3	1.4	0.3
	29.1	12.3	45.2	13.1	56.4	12.1
	26.1	11.0	40.3	11.7	50.5	10.8
	167	70	250	73	330	71

Hot Beverages

Hot Chocolate - Almond Milk

ALMOND MILK: Filtered Water, Ground **Almonds**, Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.
HOT CHOCOLATE POWDER: Sugar, Non-Fat **Milk** Solids, Cocoa Powder, Anticaking Agent (551), Flavour.

Contains: Milk, Tree Nuts (Almond).
May be present: Soy due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	738	312	1140	330	1440	310
Energy (Cal)	176	75	271	79	345	74
Protein (g)	3.2	1.3	4.7	1.4	6.2	1.3
Fat, total (g)	5.5	2.3	8.3	2.4	11.0	2.4
Saturated Fat (g)	0.7	0.3	1.1	0.3	1.4	0.3
Carbohydrate (g)	27.1	11.5	42.3	12.3	52.6	11.3
Sugars (g)	25.5	10.8	39.4	11.4	49.3	10.6
Sodium (mg)	155	66	233	68	308	66

Value Hot Chocolate

WATER: Water.
LIQUID HOT CHOCOLATE: Sugar, Water, Hydrogenated Vegetable Oil (Coconut, Palm), Cocoa Powder, Skim **Milk** Powder, Salt, Acidity Regulators (Disodium Phosphate, Citric Acid), Natural Flavours, Preservative (Potassium Sorbate).
MARSHMALLOWS: Sugar, Glucose Syrup, Invert Sugar, Gelatine, Flavours, Colour (120), Cornstarch.

Contains: Milk.
MARSHMALLOWS are produced in the same facility as products containing milk.

	Value Hot Chocolate	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	574	301
Energy (Cal)	137	72
Protein (g)	1.6	0.8
Fat, total (g)	3.8	2.0
Saturated Fat (g)	3.7	1.9
Carbohydrate (g)	23.4	12.3
Sugars (g)	22.2	11.6
Sodium (mg)	140	73

Chai Latte - Full Cream Milk

FULL CREAM MILK: **Milk**.
WATER: Water.
CHAI POWDER: Sugar, **Milk** Solids, Beverage Whitener (Vegetable Fat, Glucose Syrup Solids, **Milk** Protein, Emulsifiers (471, 472c), Stabilisers (339(ii)) (450(ii)), Anti-caking Agent (551), Antioxidant (307b)), Maltodextrin, Tea Powder, Colour 150d, Spices, Malt Extract (**Barley**), Flavourings, Vegetable Gum (407), Spice Extract, Lactose (**Milk**), Anticaking Agent (551).

Contains: Gluten, Milk, Sulphites.
May be present: Soy, Tree Nuts (Almonds) due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	756	352	1250	390	1750	409
Energy (Cal)	181	84	300	93	419	98
Protein (g)	7.1	3.3	11.1	3.4	15.1	3.5
Fat, total (g)	7.8	3.6	12.1	3.7	16.3	3.8
Saturated Fat (g)	5.0	2.3	7.7	2.4	10.4	2.4
Carbohydrate (g)	20.4	9.5	36.4	11.3	52.4	12.2
Sugars (g)	19.7	9.2	35.0	10.9	50.4	11.7
Sodium (mg)	100	47	162	50	224	52

Chai Latte - Skim Milk

SKIM MILK: Skim **Milk**.
WATER: Water.
CHAI POWDER: Sugar, **Milk** Solids, Beverage Whitener (Vegetable Fat, Glucose Syrup Solids, **Milk** Protein, Emulsifiers (471, 472c), Stabilisers (339(ii)) (450(ii)), Anti-caking Agent (551), Antioxidant (307b)), Maltodextrin, Tea Powder, Colour 150d, Spices, Malt Extract (**Barley**), Flavourings, Vegetable Gum (407), Spice Extract, Lactose (**Milk**), Anticaking Agent (551).

Contains: Gluten, Milk, Sulphites.
May be present: Soy, Tree Nuts (Almonds) due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	511	245	888	284	1260	303
Energy (Cal)	122	58	212	68	302	72
Protein (g)	7.4	3.5	11.6	3.7	15.8	3.8
Fat, total (g)	0.9	0.4	1.7	0.6	2.6	0.6
Saturated Fat (g)	0.5	0.3	1.0	0.3	1.4	0.3
Carbohydrate (g)	20.6	9.9	36.8	11.7	52.9	12.7
Sugars (g)	20.0	9.6	35.5	11.3	50.9	12.2
Sodium (mg)	103	49	166	53	230	55

Chai Latte - Soy Milk

SOY MILK: Filtered Water, Whole **Soybean**, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).
WATER: Water.
CHAI POWDER: Sugar, **Milk** Solids, Beverage Whitener (Vegetable Fat, Glucose Syrup Solids, **Milk** Protein, Emulsifiers (471, 472c), Stabilisers (339(ii)) (450(ii)), Anti-caking Agent (551), Antioxidant (307b)), Maltodextrin, Tea Powder, Colour 150d, Spices, Malt Extract (**Barley**), Flavourings, Vegetable Gum (407), Spice Extract, Lactose (**Milk**), Anticaking Agent (551).

Contains: Gluten, Milk, Soy, Sulphites.
May be present: Tree Nuts (Almonds) due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	564	265	967	303	1370	322
Energy (Cal)	135	63	231	72	327	77
Protein (g)	6.5	3.0	10.2	3.2	12.8	3.3
Fat, total (g)	4.0	1.9	6.4	2.0	8.8	2.1
Saturated Fat (g)	0.9	0.4	1.5	0.5	2.2	0.5
Carbohydrate (g)	17.3	8.1	31.8	10.0	46.3	10.9
Sugars (g)	14.7	6.9	27.5	8.6	40.3	9.5
Sodium (mg)	153	72	241	76	329	77

Hot Beverages

Chai Latte - Almond Milk

ALMOND MILK: Filtered Water, Ground **Almonds**, Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.
 WATER: Water.
 CHAI POWDER: Sugar, **Milk** Solids, Beverage Whitener (Vegetable Fat, Glucose Syrup Solids, **Milk** Protein, Emulsifiers (471, 472c), Stabilisers (339(ii)) (450(i)), Anti-caking Agent (551), Antioxidant (307b)), Maltodextrin, Tea Powder, Colour 150d, Spices, Malt Extract (**Barley**), Flavourings, Vegetable Gum (407), Spice Extract, Lactose (**Milk**), Anticaking Agent (551).

Contains: Gluten, Milk, Tree Nuts (Almonds), Sulphites.
May be present: Soy due to equipment cross contact.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	517	246	897	285	1280	304
Energy (Cal)	124	59	214	68	305	73
Protein (g)	2.3	1.0	3.9	1.2	5.5	1.3
Fat, total (g)	4.9	2.3	7.7	2.4	10.5	2.5
Saturated Fat (g)	0.7	0.4	1.3	0.4	1.9	0.4
Carbohydrate (g)	17.1	8.1	31.5	10.0	46.0	11.0
Sugars (g)	13.5	6.4	25.5	8.1	37.5	8.9
Sodium (mg)	109	52	175	56	242	58

COLD BEVERAGES

Iced Latte - Full Cream Milk

FULL CREAM MILK: **Milk**.
 ICE: Water.
 COFFEE EXTRACT: Coffee, Water.
 SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).

Contains: Milk, Caffeine.
May be present: Soy, Almond due to equipment cross contact.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1230	244
Energy (Cal)	294	58
Protein (g)	10.0	2.0
Fat, total (g)	10.2	2.0
Saturated Fat (g)	6.8	1.3
Carbohydrate (g)	40.1	8.0
Sugars (g)	40.1	8.0
Sodium (mg)	123	24

Iced Latte - Skim Milk

SKIM MILK: Skim **Milk**.
 ICE: Water.
 COFFEE EXTRACT: Coffee, Water.
 SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).

Contains: Milk, Caffeine.
 May be present: Soy, Almond due to equipment cross contact.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	906	179
Energy (Cal)	216	43
Protein (g)	11.9	2.4
Fat, total (g)	0.3	0.1
Saturated Fat (g)	0.2	0.0
Carbohydrate (g)	40.7	8.1
Sugars (g)	40.7	8.1
Sodium (mg)	126	25

Iced Latte - Soy Milk

SOY MILK: Filtered Water, Whole **Soybean**, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).
 ICE: Water.
 COFFEE EXTRACT: Coffee, Water.
 SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).

Contains: Soy, Caffeine.
May be present: Milk, Almond due to equipment cross contact.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	977	195
Energy (Cal)	234	47
Protein (g)	9.3	1.8
Fat, total (g)	5.5	1.1
Saturated Fat (g)	0.9	0.2
Carbohydrate (g)	35.3	7.1
Sugars (g)	32.0	6.4
Sodium (mg)	217	43

Iced Latte - Almond Milk

ALMOND MILK: Filtered Water, Ground **Almonds**, Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.
 ICE: Water.
 COFFEE EXTRACT: Coffee, Water.
 SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).

Contains: Tree Nuts (Almond), Caffeine.
May be present: Milk, Soy due to equipment cross contact.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	929	186
Energy (Cal)	222	44
Protein (g)	2.2	0.4
Fat, total (g)	8.7	1.7
Saturated Fat (g)	0.9	0.2
Carbohydrate (g)	32.1	6.4
Sugars (g)	30.9	6.2
Sodium (mg)	198	40

COLD BEVERAGES

Flavoured Iced Latte - Full Cream Milk

FULL CREAM MILK: **Milk**.
 ICE: Water.
 COFFEE EXTRACT: Coffee, Water.
 CARAMEL FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer (415).
 VANILLA FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer(415).
 HAZELNUT FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Acidity Regulator (330), Preservative (202), Stabilizer (415).

Contains: Milk, Caffeine.
May be present: Soy, Tree Nuts (Almond) due to equipment cross contact.
All FLAVOURED SYRUPS have the same nutritional content.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1140	228
Energy (Cal)	274	54
Protein (g)	10.0	2.0
Fat, total (g)	10.2	2.0
Saturated Fat (g)	6.8	1.3
Carbohydrate (g)	35.1	7.0
Sugars (g)	35.0	7.0
Sodium (mg)	122	24

Flavoured Iced Latte - Skim Milk

SKIM MILK: Skim Milk.
 ICE: Water.
 COFFEE EXTRACT: Coffee, Water.
 CARAMEL FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer (415).
 VANILLA FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer(415).
 HAZELNUT FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Acidity Regulator (330), Preservative (202), Stabilizer (415).

Contains: Milk, Caffeine.
May be present: Soy, Tree Nuts (Almond) due to equipment cross contact.
All FLAVOURED SYRUPS have the same nutritional content.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	821	163
Energy (Cal)	196	29
Protein (g)	11.9	2.4
Fat, total (g)	0.3	0.1
Saturated Fat (g)	0.2	0.0
Carbohydrate (g)	35.8	7.1
Sugars (g)	35.6	7.1
Sodium (mg)	126	25

Flavoured Iced Latte - Soy Milk

SOY MILK: Filtered Water, Whole **Soybean**, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).
 ICE: Water.
 COFFEE EXTRACT: Coffee, Water.
 CARAMEL FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer (415).
 VANILLA FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer(415).
 HAZELNUT FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Acidity Regulator (330), Preservative (202), Stabilizer (415).

Contains: Soy, Caffeine.
May be present: Milk, Almond due to equipment cross contact.
All FLAVOURED SYRUPS have the same nutritional content.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	893	179
Energy (Cal)	213	43
Protein (g)	9.3	1.9
Fat, total (g)	5.5	1.1
Saturated Fat (g)	0.9	0.2
Carbohydrate (g)	30.3	6.1
Sugars (g)	26.8	5.4
Sodium (mg)	216	43

Flavoured Iced Latte - Almond Milk

ALMOND MILK: Filtered Water, Ground **Almonds**, Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.
 ICE: Water.
 COFFEE EXTRACT: Coffee, Water.
 CARAMEL FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer (415).
 VANILLA FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Preservative (202), Acidity Regulator (330), Stabilizer(415).
 HAZELNUT FLAVOURED SYRUP: Cane Sugar Syrup, Filtered Water, Natural Flavourings, Acidity Regulator (330), Preservative (202), Stabilizer (415).

Contains: Tree Nuts (Almond), Caffeine.
May be present: Milk, Soy due to equipment cross contact.
All FLAVOURED SYRUPS have the same nutritional content.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	844	169
Energy (Cal)	202	40
Protein (g)	2.2	0.4
Fat, total (g)	8.7	1.7
Saturated Fat (g)	0.9	0.2
Carbohydrate (g)	27.1	5.4
Sugars (g)	25.8	5.2
Sodium (mg)	197	40

Iced Mocha - Full Cream Milk

FULL CREAM MILK: **Milk**.
 ICE: Water.
 CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Glucose, Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavourings.
 COFFEE EXTRACT: Coffee, Water.

Contains: Milk, Caffeine.
May be present: Soy, Tree Nuts (Almond) due to equipment cross contact.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1680	327
Energy (Cal)	402	78
Protein (g)	9.4	1.8
Fat, total (g)	9.2	1.8
Saturated Fat (g)	6.1	1.2
Carbohydrate (g)	68.8	13.4
Sugars (g)	64.1	12.4
Sodium (mg)	221	43

COLD BEVERAGES

Iced Latte - Skim Milk

SKIM MILK: Skim Milk.

ICE: Water.

CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Glucose, Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.

COFFEE EXTRACT: Coffee, Water.

Contains: Milk, Caffeine.

May be present: Soy, Tree Nuts (Almond) due to equipment cross contact.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1410	273
Energy (Cal)	336	65
Protein (g)	11.0	2.1
Fat, total (g)	0.8	0.2
Saturated Fat (g)	0.5	0.1
Carbohydrate (g)	69.4	13.5
Sugars (g)	64.6	12.5
Sodium (mg)	223	43

Iced Latte - Soy Milk

SOY MILK: Filtered Water, Whole Soybean, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).

ICE: Water.

CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Glucose, Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.

COFFEE EXTRACT: Coffee, Water.

Contains: Soy, Caffeine.

May be present: Milk, Tree Nuts (Almond) due to equipment cross contact.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1470	287
Energy (Cal)	351	68
Protein (g)	8.8	1.7
Fat, total (g)	5.2	1.0
Saturated Fat (g)	1.1	0.2
Carbohydrate (g)	64.8	12.7
Sugars (g)	57.2	11.2
Sodium (mg)	300	59

Iced Latte - Almond Milk

ALMOND MILK: Filtered Water, Ground Almonds, Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt,

Gellan Gum.

ICE: Water.

CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Glucose, Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.

COFFEE EXTRACT: Coffee, Water.

Contains: Tree Nuts (Almond), Caffeine.

May be present: Milk, Soy due to equipment cross contact.

	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1430	279
Energy (Cal)	341	67
Protein (g)	2.8	0.5
Fat, total (g)	7.9	1.5
Saturated Fat (g)	1.1	0.2
Carbohydrate (g)	62.0	12.1
Sugars (g)	56.3	11.0
Sodium (mg)	284	56

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Change Tracker:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
9/02/2024	20	NZ McCafe Beverages_Feb 2024	20/02/2024	20/02/2024	Udpsated to comply with PEAL Legislative requirements