



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

## **Information correct as at February 2025**

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](http://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](http://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)

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

**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								
<b>HOT BEVERAGES</b>																							
Espresso																							
Long Black																							
Fluffy - Full Cream Milk	M			P	M			M														P	
Fluffy - Skim Milk	M			P	M			M														P	
Fluffy - Soy Milk	M			P	M			M														P	
Fluffy - Almond Milk	M			P	M			P														P	
Fluffy - Oat Milk	P			P	M			M														P	
Macchiato - Full Cream Milk	M			P	M			M															
Macchiato - Skim Milk	M			P	M			M															
Macchiato - Soy Milk	M			P	M			M															
Macchiato - Almond Milk	M			P	M			P															
Macchiato - Oat Milk	P			P	M			M															
Piccolo Latte - Full Cream Milk	M			P	M			M															
Piccolo Latte - Skim Milk	M			P	M			M															
Piccolo Latte - Soy Milk	M			P	M			M															
Piccolo Latte - Almond Milk	M			P	M			P															
Piccolo Latte - Oat Milk	P			P	M			M															
Tea																							
Flat White - Full Cream Milk	M			P	M			M															
Flat White - Skim Milk	M			P	M			M															
Flat White - Soy Milk	M			P	M			M															
Flat White - Almond Milk	M			P	M			P															
Flat White - Oat Milk	P			P	M			M															
Cappuccino - Full Cream Milk	M			P	M			M														P	
Cappuccino - Skim Milk	M			P	M			M														P	
Cappuccino - Soy Milk	M			P	M			M														P	
Cappuccino - Almond Milk	M			P	M			P														P	
Cappuccino - Oat Milk	P			P	M			M															
Latte - Full Cream Milk	M			P	M			M															
Latte - Skim Milk	M			P	M			M															
Latte - Soy Milk	M			P	M			M															
Latte - Almond Milk	M			P	M			P															
Latte - Oat Milk	P			P	M			M															
Flavoured Latte - Full Cream Milk	M			P	M			M													P		
Flavoured Latte - Skim Milk	M			P	M			M													P		
Flavoured Latte - Soy Milk	M			P	M			M													P		
Flavoured Latte - Almond Milk	M			P	M			P													P		
Flavoured Latte - Oat Milk	P			P	M			M													P		
Mocha - Full Cream Milk	M			P	M			M														P	
Mocha - Skim Milk	M			P	M			M														P	
Mocha - Soy Milk	M			P	M			M														P	
Mocha - Almond Milk	M			P	M			P														P	
Mocha - Oat Milk	P			P	M			M														P	
Hot Chocolate - Full Cream Milk	M			P	M			M														P	
Hot Chocolate - Skim Milk	M			P	M			M														P	
Hot Chocolate - Soy Milk	M			P	M			M														P	
Hot Chocolate - Almond Milk	M			P	M			P														P	
Hot Chocolate - Oat Milk	P			P	M			M														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			P	M			M									P				P		
Chai Latte - Almond Milk	P			P	M			P									P				P		
Chai Latte - Oat Milk	P			P	M			M									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								
<b>COLD BEVERAGES</b>																							
Iced Long Black																							
Iced Chocolate - Full Cream Milk	M			P	M			M											P		P		
Iced Chocolate - Skim Milk	M			P	M			M											P		P		
Iced Chocolate - Soy Milk	M			P	P			M											P		P		
Iced Chocolate - Almond Milk	M			P	M			P											P		P		
Iced Chocolate - Oat Milk	P			P	M			M											P		P		
Iced Chai - Full Cream Milk	P			P	M			M									P			P	P		
Iced Chai - Skim Milk	P			P	M			M									P			P	P		
Iced Chai - Soy Milk	P			P	P			M									P			P	P		
Iced Chai - Almond Milk	P			P	M			P									P			P	P		
Iced Chai - Oat Milk	P			P	M			M									P			P	P		
Iced Latte - Full Cream Milk	M			P	M			M											P				
Iced Latte - Skim Milk	M			P	M			M											P				
Iced Latte - Soy Milk	M			M	P			M											P				
Iced Latte - Almond Milk	M			M	M			P											P				
Iced Latte - Oat Milk	P			M	M			M											P				
Flavoured Iced Latte - Full Cream Milk	M			P	M			M											P				
Flavoured Iced Latte - Skim Milk	M			P	M			M											P				
Flavoured Iced Latte - Soy Milk	M			M	P			M											P				
Flavoured Iced Latte - Almond Milk	M			M	M			P											P				
Flavoured Iced Latte - Oat Milk	P			M	M			M											P				
Iced Mocha - Full Cream Milk	M			P	M			M											P		P		
Iced Mocha - Skim Milk	M			P	M			M											P		P		
Iced Mocha - Soy Milk	M			M	P			M											P		P		
Iced Mocha - Almond Milk	M			M	M			P											P		P		
Iced Mocha - Oat Milk	P			M	M			M											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											
<b>Espresso</b> COFFEE EXTRACT: Coffee, Water.  <b>Contains: Caffeine.</b>						<b>Espresso</b>					
						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			
<b>Long Black</b> COFFEE EXTRACT: Coffee, Water.  <b>Contains: Caffeine.</b>						<b>Small</b>		<b>Medium</b>		<b>Large</b>	
						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	0.0	<1	
						Sugars (g)	0.0	0.0	0.0	0.0	
						Sodium (mg)	1	<1	1	<1	
<b>Fluffy - Full Cream Milk</b> FULL CREAM MILK: <b>Milk</b> . HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.  <b>Contains: Milk.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>						<b>Fluffy - Full Cream Milk</b>					
						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			
<b>Fluffy - Skim Milk</b> SKIM MILK: Skim <b>Milk</b> . HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.  <b>Contains: Milk.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>						<b>Fluffy - Skim Milk</b>					
						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			
<b>Fluffy - Soy Milk</b> SOY MILK: Filtered Water, Whole <b>Soybean</b> , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.  <b>Contains: Milk, Soy.</b> <b>May be present: Gluten, Almond due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>						<b>Fluffy - Soy Milk</b>					
						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			
<b>Fluffy - Almond Milk</b> ALMOND MILK: Filtered Water, Ground <b>Almonds</b> , 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 <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.  <b>Contains: Milk, Tree Nuts (Almond).</b> <b>May be present: Gluten, Soy due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>						<b>Fluffy - Almond Milk</b>					
						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			

<b>Hot Beverages</b>			
<b>Fluffy - Oat Milk</b>		<b>Fluffy - Oat Milk</b>	
OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471). CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.		Avg Qty / Serve    Avg Qty / 100mL	
		Energy (kJ)	157    245
		Energy (Cal)	37    59
		Protein (g)	0.5    0.7
		Fat, total (g)	1.5    2.4
		Saturated Fat (g)	0.3    0.4
		Carbohydrate (g)	5.4    8.4
		Sugars (g)	2.8    4.4
		Sodium (mg)	45    71
<b>Contains Milk, Gluten.</b> <b>May be present: Soy, Almond due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>			
<b>Macchiato - Full Cream Milk</b>		<b>Macchiato - Full Cream Milk</b>	
FULL CREAM MILK: <b>Milk</b> . COFFEE EXTRACT: Coffee, Water.		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
<b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b>			
<b>Macchiato - Skim Milk</b>		<b>Macchiato - Skim Milk</b>	
SKIM MILK: Skim <b>Milk</b> . COFFEE EXTRACT: Coffee, Water.		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
<b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b>			
<b>Macchiato - Soy Milk</b>		<b>Macchiato - Soy Milk</b>	
SOY MILK: Filtered Water, Whole <b>Soybean</b> , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). COFFEE EXTRACT: Coffee, Water.		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
<b>Contains: Soy, Caffeine.</b> <b>May be present: Milk, Gluten, Almond due to equipment cross contact.</b>			
<b>Macchiato - Almond Milk</b>		<b>Macchiato - Almond Milk</b>	
ALMOND MILK: Filtered Water, Ground <b>Almonds</b> , 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.		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
<b>Contains: Tree Nut (Almond), Caffeine.</b> <b>May be present: Milk, Gluten, Soy due to equipment cross contact.</b>			
<b>Macchiato - Oat Milk</b>		<b>Macchiato - Oat Milk</b>	
OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471). COFFEE EXTRACT: Coffee, Water.		Avg Qty / Serve    Avg Qty / 100mL	
		Energy (kJ)	12    22
		Energy (Cal)	3    5
		Protein (g)	0.1    0.1
		Fat, total (g)	0.1    0.2
		Saturated Fat (g)	0.0    0.0
		Carbohydrate (g)	0.4    0.7
		Sugars (g)	0.1    0.3
		Sodium (mg)	5    8
<b>Contains: Gluten, Caffeine.</b> <b>May be present: Milk, Tree Nut (Almond), Soy due to equipment cross contact.</b>			

Hot Beverages								
<b>Piccolo Latte - Full Cream Milk</b> FULL CREAM MILK: Milk. COFFEE EXTRACT: Coffee, Water.  <b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b>	<b>Piccolo Latte - Full Cream Milk</b>							
		Avg Qty / Serve	Avg Qty / 100mL					
	Energy (kJ)	199	156					
	Energy (Cal)	48	37					
	Protein (g)	2.5	2.0					
	Fat, total (g)	2.6	2.0					
	Saturated Fat (g)	1.7	1.3					
	Carbohydrate (g)	3.6	2.8					
	Sugars (g)	3.6	2.8					
	Sodium (mg)	31	24					
	<b>Piccolo Latte - Skim Milk</b> SKIM MILK: Skim Milk. COFFEE EXTRACT: Coffee, Water.  <b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b>	<b>Piccolo Latte - Skim Milk</b>						
			Avg Qty / Serve	Avg Qty / 100mL				
Energy (kJ)		118	93					
Energy (Cal)		28	22					
Protein (g)		3.0	2.4					
Fat, total (g)		0.1	0.1					
Saturated Fat (g)		0.1	0.0					
Carbohydrate (g)		3.8	3.0					
Sugars (g)		3.8	3.0					
Sodium (mg)		32	25					
<b>Piccolo Latte - Soy Milk</b> SOY MILK: Filtered Water, Whole <b>Soybean</b> , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). COFFEE EXTRACT: Coffee, Water.  <b>Contains: Soy, Caffeine.</b> <b>May be present: Gluten, Milk, Almond due to equipment cross contact.</b>		<b>Piccolo Latte - Soy Milk</b>						
			Avg Qty / Serve	Avg Qty / 100mL				
	Energy (kJ)	136	107					
	Energy (Cal)	33	26					
	Protein (g)	2.4	1.9					
	Fat, total (g)	1.4	1.1					
	Saturated Fat (g)	0.2	0.2					
	Carbohydrate (g)	2.4	1.9					
	Sugars (g)	1.6	1.4					
	Sodium (mg)	55	43					
	<b>Piccolo Latte - Almond Milk</b> ALMOND MILK: Filtered Water, Ground <b>Almonds</b> , 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.  <b>Contains: Tree Nut (Almond), Caffeine.</b> <b>May be present: Gluten, Milk, Soy due to equipment cross contact.</b>	<b>Piccolo Latte - Almond Milk</b>						
			Avg Qty / Serve	Avg Qty / 100mL				
Energy (kJ)		124	98					
Energy (Cal)		30	23					
Protein (g)		0.6	0.5					
Fat, total (g)		2.2	1.7					
Saturated Fat (g)		0.2	0.2					
Carbohydrate (g)		1.6	1.3					
Sugars (g)		1.3	1.0					
Sodium (mg)		50	39					
<b>Piccolo Latte - Oat Milk</b> OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471). COFFEE EXTRACT: Coffee, Water.  <b>Contains: Gluten, Caffeine.</b> <b>May be present: Milk, Soy, Tree Nut (Almond) due to equipment cross contact.</b>		<b>Piccolo Latte - Oat Milk</b>						
			Avg Qty / Serve	Avg Qty / 100mL				
	Energy (kJ)	161	126					
	Energy (Cal)	38	30					
	Protein (g)	0.4	0.3					
	Fat, total (g)	1.9	1.5					
	Saturated Fat (g)	0.3	0.2					
	Carbohydrate (g)	4.7	3.7					
	Sugars (g)	1.5	1.2					
	Sodium (mg)	54	42					
	<b>Tea</b> 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.		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)		16	6	23	6	27	6	
Energy (Cal)		4	1	5	1	6	1	
Protein (g)		0.3	0.1	0.4	0.1	0.5	0.1	
Fat, total (g)		0.3	0.1	0.4	0.1	0.5	0.1	
Saturated Fat (g)		0.0	0.0	0.0	0.0	0.0	0.0	
Carbohydrate (g)		0.0	0.0	0.0	0.0	0.0	0.0	
Sugars (g)		0.0	0.0	0.0	0.0	0.0	0.0	
Sodium (mg)		10	4	15	4	18	4	

<b>Hot Beverages</b>							
<b>Flat White - Full Cream Milk</b> COFFEE EXTRACT: Coffee, Water. FULL CREAM MILK: <b>Milk</b> .  <b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>		
	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
	<b>Flat White - Skim Milk</b> COFFEE EXTRACT: Coffee, Water. SKIM MILK: Skim <b>Milk</b> .  <b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		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
<b>Flat White - Soy Milk</b> COFFEE EXTRACT: Coffee, Water. SOY MILK: Filtered Water, Whole <b>Soybean</b> , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).  <b>Contains: Soy, Caffeine.</b> <b>May be present: Gluten, Milk, Almond due to equipment cross contact.</b>		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		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
	<b>Flat White - Almond Milk</b> COFFEE EXTRACT: Coffee, Water. ALMOND MILK: Filtered Water, Ground <b>Almonds</b> , Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.  <b>Contains: Tree Nut (Almond), Caffeine.</b> <b>May be present: Gluten, Milk, Soy due to equipment cross contact.</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		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
<b>Flat White - Oat Milk</b> OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471). COFFEE EXTRACT: Coffee, Water.  <b>Contains: Gluten, Caffeine.</b> <b>May be present: Milk, Tree Nut (Almond), Soy due to equipment cross contact.</b>		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	426	166	607	174	830	179
	Energy (Cal)	102	40	145	42	198	43
	Protein (g)	1.1	0.4	1.5	0.4	2.1	0.4
	Fat, total (g)	5.0	1.9	7.1	2.0	9.7	2.1
	Saturated Fat (g)	0.8	0.3	1.2	0.3	1.6	0.3
	Carbohydrate (g)	12.4	4.8	17.7	5.1	24.2	5.2
	Sugars (g)	4.0	1.5	5.6	1.6	7.7	1.7
	Sodium (mg)	141	55	201	58	275	59
	<b>Cappuccino - Full Cream Milk</b> COFFEE EXTRACT: Coffee, Water. FULL CREAM MILK: <b>Milk</b> . HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.  <b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		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

<b>Hot Beverages</b>							
<b>Cappuccino - Skim Milk</b> COFFEE EXTRACT: Coffee, Water. SKIM MILK: Skim <b>Milk</b> . HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.  <b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Almond due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>		
	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
	<b>Cappuccino - Soy Milk</b> COFFEE EXTRACT: Coffee, Water. SOY MILK: Filtered Water, Whole <b>Soybean</b> , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.  <b>Contains: Milk, Soy, Caffeine.</b> <b>May be present: Gluten, Tree Nuts (Almond) due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		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
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
<b>Cappuccino - Almond Milk</b> COFFEE EXTRACT: Coffee, Water. ALMOND MILK: Filtered Water, Ground <b>Almonds</b> , 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 <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.  <b>Contains: Milk, Tree Nuts (Almond), Caffeine.</b> <b>May be present: Gluten, Soy due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		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
	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
	<b>Cappuccino - Oat Milk</b> COFFEE EXTRACT: Coffee, Water. OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471). HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anticaking Agent (551), Flavour.  <b>Contains: Gluten, Milk, Caffeine.</b> <b>May be present: Soy, Tree Nuts (Almond) due to equipment cross contact.</b> <b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
		Energy (kJ)	458	177	639	182	862
Energy (Cal)		110	42	153	44	206	44
Protein (g)		1.2	0.5	1.7	0.5	2.2	0.5
Fat, total (g)		5.0	1.9	7.1	2.0	9.7	2.1
Saturated Fat (g)		0.8	0.3	1.2	0.3	1.6	0.3
Carbohydrate (g)		14.1	5.5	19.4	5.5	25.9	5.6
Sugars (g)		5.6	2.2	7.3	2.1	9.4	2.0
Sodium (mg)		144	56	204	58	278	60
<b>Latte - Full Cream Milk</b> COFFEE EXTRACT: Coffee, Water. FULL CREAM MILK: <b>Milk</b> .  <b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.</b>		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		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
	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



## Hot Beverages

Latte - Skim 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. SKIM MILK: <b>Skim</b> Milk.	312	121	444	127	608	131
<b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.</b>	75	29	106	30	145	31
	7.9	3.1	11.3	3.2	15.4	3.3
	0.2	0.1	0.3	0.1	0.4	0.1
	0.1	0.1	0.2	0.1	0.3	0.1
	10.0	3.9	14.2	4.1	19.5	4.2
	10.0	3.9	14.2	4.1	19.5	4.2
	84	33	119	34	163	35

Latte - 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 <b>Soybean</b> , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).	360	141	512	148	701	153
<b>Contains: Soy, Caffeine.</b> <b>May be present: Gluten, Milk, Tree Nuts (Almond) due to equipment cross contact.</b>	86	34	122	35	167	36
	6.2	2.4	8.8	2.5	12.0	2.6
	3.7	1.4	5.2	1.5	7.2	1.6
	0.6	0.2	0.9	0.3	1.2	0.3
	6.4	2.5	9.1	2.6	12.4	2.7
	4.1	1.6	5.9	1.7	8.0	1.8
	144	57	205	59	280	61

Latte - 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 <b>Almonds</b> , Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.	327	129	466	135	637	139
<b>Contains: Tree Nuts (Almond), Caffeine.</b> <b>May be present: Gluten, Milk, Soy due to equipment cross contact.</b>	78	31	111	32	152	33
	1.5	0.6	2.1	0.6	2.8	0.6
	5.8	2.3	8.3	2.4	11.3	2.5
	0.6	0.2	0.8	0.2	1.2	0.3
	4.3	1.7	6.0	1.7	8.3	1.8
	3.5	1.4	4.9	1.4	6.7	1.5
	132	52	187	54	256	56

Latte - Oat 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. OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).	426	166	607	174	830	179
<b>Contains: Gluten, Caffeine.</b> <b>May be present: Milk, Soy, Tree Nuts (Almond) due to equipment cross contact.</b>	102	40	145	42	198	43
	1.1	0.4	1.5	0.4	2.1	0.4
	5.0	1.9	7.1	2.0	9.7	2.1
	0.8	0.3	1.2	0.3	1.6	0.3
	12.4	4.8	17.7	5.1	24.2	5.2
	4.0	1.5	5.6	1.6	7.7	1.7
	141	55	201	58	275	59

Flavoured Latte - 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: <b>Milk</b> . 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).	665	256	1030	288	1440	304
<b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.</b> <b>All FLAVOURED SYRUPS have the same nutritional content.</b>	159	61	245	69	344	73
	6.2	2.4	8.5	2.4	11.5	2.4
	6.3	2.4	8.7	2.4	11.8	2.5
	4.2	1.6	5.8	1.6	7.8	1.6
	19.2	7.4	33.0	9.3	47.6	10.1
	19.2	7.4	32.8	9.2	47.4	10.0
	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: Gluten, Soy, Tree Nuts (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: Gluten, Milk, Tree Nuts (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 Nuts (Almond), Caffeine.**  
**May be present: Gluten, 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	38.5	8.2
Sugars (g)	13.5	5.3	25.0	7.1	36.9	7.9
Sodium (mg)	122	47	168	48	227	48

### Flavoured Latte - Oat Milk

OAT MILK: Filtered Water, Whole **Oats (Gluten)**, Sunflower Oil, Raw Sugar, **Oat (Gluten)** Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).  
 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: Gluten, Caffeine.**  
**May be present: Milk, Soy, Tree Nuts (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)	571	220	896	252	1190	252
Energy (Cal)	136	53	214	60	285	60
Protein (g)	1.0	0.4	1.4	0.4	1.8	0.4
Fat, total (g)	4.6	1.8	6.3	1.8	8.4	1.8
Saturated Fat (g)	0.8	0.3	1.1	0.3	1.4	0.3
Carbohydrate (g)	21.9	8.4	36.6	10.3	48.6	10.3
Sugars (g)	14.0	5.4	25.7	7.2	34.1	7.2
Sodium (mg)	131	50	180	51	239	51

### 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: Gluten, Soy, Tree Nuts (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

## Hot Beverages

### 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: Gluten, Soy, Tree Nuts (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

### Mocha - 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: Gluten, Tree Nuts (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)	608	237	976	281	1380	300
Energy (Cal)	145	57	233	67	330	72
Protein (g)	7.1	2.8	10.4	3.0	14.4	3.1
Fat, total (g)	3.6	1.4	5.0	1.4	6.8	1.5
Saturated Fat (g)	0.7	0.3	0.9	0.3	1.3	0.3
Carbohydrate (g)	20.1	7.9	34.9	10.0	50.3	10.9
Sugars (g)	18.0	7.0	31.9	9.2	46.3	10.1
Sodium (mg)	160	62	234	67	322	70

### Mocha - 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, Tree Nuts (Almond), Caffeine.**

**May be present: Gluten, Soy 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)	578	226	935	269	1320	289
Energy (Cal)	138	54	223	64	316	69
Protein (g)	2.7	1.1	4.4	1.3	6.2	1.4
Fat, total (g)	5.5	2.2	7.7	2.2	10.5	2.3
Saturated Fat (g)	0.6	0.2	0.9	0.3	1.3	0.3
Carbohydrate (g)	18.2	7.1	32.2	9.3	46.6	10.2
Sugars (g)	17.4	6.8	31.1	8.9	45.1	9.8
Sodium (mg)	148	58	217	63	300	65

### Mocha - Oat Milk

COFFEE EXTRACT: Coffee, Water.

OAT MILK: Filtered Water, Whole **Oats (Gluten)**, Sunflower Oil, Raw Sugar, **Oat (Gluten)** Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).

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

**Contains: Gluten, Milk, Caffeine.**

**May be present: Soy, Tree Nuts (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)	669	260	1060	303	1490	323
Energy (Cal)	160	62	253	72	357	77
Protein (g)	2.3	0.9	3.9	1.1	5.6	1.2
Fat, total (g)	4.8	1.8	6.6	1.9	9.0	1.9
Saturated Fat (g)	0.8	0.3	1.2	0.3	1.7	0.4
Carbohydrate (g)	25.7	10.0	42.6	12.2	60.8	13.1
Sugars (g)	17.8	6.9	31.7	9.1	46.0	9.9
Sodium (mg)	157	61	230	66	317	68

### Hot Chocolate - 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: Gluten, Soy, Tree Nuts (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)	919	384	1410	404	1810	383
Energy (Cal)	220	92	336	97	431	92
Protein (g)	7.8	3.3	11.8	3.4	15.5	3.3
Fat, total (g)	6.4	2.7	9.6	2.8	12.8	2.7
Saturated Fat (g)	4.2	1.8	6.4	1.8	8.5	1.8
Carbohydrate (g)	31.9	13.4	49.5	14.2	62.1	13.2
Sugars (g)	31.0	13.0	47.6	13.7	60.2	12.8
Sodium (mg)	110	46	166	48	218	46

### Hot Chocolate - 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: Gluten, Soy, Tree Nuts (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)	725	303	1120	320	1420	300
Energy (Cal)	173	72	267	76	339	72
Protein (g)	9.0	3.7	13.5	3.9	17.8	3.8
Fat, total (g)	0.5	0.2	0.7	0.2	0.9	0.2
Saturated Fat (g)	0.3	0.1	0.5	0.1	0.6	0.1
Carbohydrate (g)	32.3	13.5	50.1	14.4	62.9	13.3
Sugars (g)	31.4	13.1	48.2	13.8	61.0	12.9
Sodium (mg)	112	47	169	48	222	47

## Hot Beverages

### Hot Chocolate - 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: Gluten, Tree Nuts (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)	768	324	1180	342	1500	322
Energy (Cal)	183	77	282	82	359	77
Protein (g)	7.4	3.1	11.1	3.2	14.7	3.1
Fat, total (g)	3.6	1.5	5.4	1.6	7.2	1.5
Saturated Fat (g)	0.7	0.3	1.1	0.3	1.4	0.3
Carbohydrate (g)	29.1	12.3	45.2	13.1	56.4	12.1
Sugars (g)	26.1	11.0	40.3	11.7	50.5	10.8
Sodium (mg)	167	70	250	73	330	71

### 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: Gluten, Soy 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)	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

### Hot Chocolate - Oat Milk

OAT MILK: Filtered Water, Whole **Oats (Gluten)**, Sunflower Oil, Raw Sugar, **Oat (Gluten)** Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).  
HOT CHOCOLATE POWDER: Sugar, Non-Fat **Milk** Solids, Cocoa Powder, Anticaking Agent (551), Flavour.

**Contains: Gluten, Milk.**

**May be present: Soy, Tree Nuts (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)	1010	373	1250	439	1960	372
Energy (Cal)	241	89	298	2	468	89
Protein (g)	3.7	1.4	4.9	1.7	7.2	1.4
Fat, total (g)	6.0	2.2	6.2	2.2	11.8	2.2
Saturated Fat (g)	1.1	0.4	1.2	0.4	2.2	0.4
Carbohydrate (g)	41.1	15.2	53.6	18.8	79.8	15.2
Sugars (g)	31.2	11.6	43.7	15.4	60.5	11.5
Sodium (mg)	212	78	235	83	412	78

### 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(i)), Anti-caking Agent (551), Antioxidant (307b)), Maltodextrin, Tea Powder, Colour 150d (**Sulphites**), Spices, Malt Extract (**Barley**), Flavours, 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

## Hot Beverages

### 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(i)), Anti-caking Agent (551), Antioxidant (307b)), Maltodextrin, Tea Powder, Colour 150d (Sulphites), 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(i)), Anti-caking Agent (551), Antioxidant (307b)), Maltodextrin, Tea Powder, Colour 150d (Sulphites), 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

### 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 (Sulphites), 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

### Chai Latte - Oat Milk

OAT MILK: Filtered Water, Whole Oats (Gluten), Sunflower Oil, Raw Sugar, Oat (Gluten) Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).

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 (Sulphites), 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)	691	318	1140	345	1650	347
Energy (Cal)	165	76	271	82	395	83
Protein (g)	2.0	0.9	3.3	1.0	4.8	1.0
Fat, total (g)	5.7	2.6	8.7	2.7	12.7	2.7
Saturated Fat (g)	1.2	0.6	2.0	0.6	2.9	0.6
Carbohydrate (g)	25.6	11.8	43.3	13.1	63.1	13.2
Sugars (g)	15.9	7.3	28.3	8.6	41.4	8.7
Sodium (mg)	164	75	254	77	369	77

<b>COLD BEVERAGES</b>				
<b>Iced Long Black</b>				
ICE: Water.				
COFFEE EXTRACT: Coffee, Water.				
<b>Contains: Caffeine.</b>				
		<b>Medium</b>		<b>Large</b>
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve
Energy (kJ)		2	<1	2
Energy (Cal)		<1	<1	<1
Protein (g)		0.1	0.0	0.1
Fat, total (g)		0.0	0.0	0.0
Saturated Fat (g)		0.0	0.0	0.0
Carbohydrate (g)		0.1	0.0	0.1
Sugars (g)		0.1	0.0	0.1
Sodium (mg)		1	<1	1
<b>Iced Chocolate - Full Cream Milk</b>				
FULL CREAM MILK: <b>Milk.</b>				
ICE: Water.				
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Milk.</b>				
<b>May be present: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.</b>				
<b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>				
		<b>Medium</b>		<b>Large</b>
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve
Energy (kJ)		1670	340	2010
Energy (Cal)		399	81	480
Protein (g)		11.3	2.3	14.2
Fat, total (g)		16.4	3.3	19.3
Saturated Fat (g)		11.1	2.3	13.0
Carbohydrate (g)		50.8	10.3	61.5
Sugars (g)		43.0	8.7	52.2
Sodium (mg)		257	52	315
<b>Iced Chocolate - Skim Milk</b>				
SKIM MILK: Skim <b>Milk.</b>				
ICE: Water.				
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Milk.</b>				
<b>May be present: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.</b>				
<b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>				
		<b>Medium</b>		<b>Large</b>
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve
Energy (kJ)		1350	273	1600
Energy (Cal)		322	65	382
Protein (g)		13.2	2.7	16.6
Fat, total (g)		6.5	1.3	6.7
Saturated Fat (g)		4.5	0.9	4.7
Carbohydrate (g)		51.4	10.4	62.3
Sugars (g)		43.6	8.9	53.0
Sodium (mg)		260	53	319
<b>Iced Chocolate - Soy Milk</b>				
SOY MILK: Filtered Water, Whole <b>Soybean</b> , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331).				
ICE: Water.				
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Soy, Milk.</b>				
<b>May be present: Gluten, Tree Nuts (Almond) due to equipment cross contact.</b>				
<b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>				
		<b>Medium</b>		<b>Large</b>
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve
Energy (kJ)		1420	290	1690
Energy (Cal)		339	69	404
Protein (g)		10.6	2.2	13.3
Fat, total (g)		11.7	2.4	13.3
Saturated Fat (g)		5.3	1.1	5.6
Carbohydrate (g)		46.0	9.4	55.5
Sugars (g)		34.8	7.1	41.8
Sodium (mg)		350	72	435
<b>Iced Chocolate - Almond Milk</b>				
ALMOND MILK: Filtered Water, Ground <b>Almonds</b> , 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, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Milk, Tree Nuts (Almond).</b>				
<b>May be present: Gluten, Soy due to equipment cross contact.</b>				
<b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>				
		<b>Medium</b>		<b>Large</b>
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve
Energy (kJ)		1370	281	1630
Energy (Cal)		327	67	389
Protein (g)		3.5	0.7	4.3
Fat, total (g)		14.9	3.1	17.4
Saturated Fat (g)		5.2	1.1	5.5
Carbohydrate (g)		42.8	8.8	51.4
Sugars (g)		33.8	6.9	40.5
Sodium (mg)		331	68	410

<b>COLD BEVERAGES</b>				
<b>Iced Chocolate - Oat Milk</b>				
OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).				
ICE: Water.				
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Milk, Tree Nuts (Almond).</b>				
<b>May be present: Gluten, Soy due to equipment cross contact.</b>				
<b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>				
		<b>Medium</b>		<b>Large</b>
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1520	309	1820	296
Energy (Cal)	362	74	434	71
Protein (g)	3.0	0.6	3.6	0.6
Fat, total (g)	13.6	2.8	15.8	2.6
Saturated Fat (g)	5.6	1.1	6.0	1.0
Carbohydrate (g)	55.1	11.2	67.0	10.9
Sugars (g)	34.6	7.0	41.5	6.8
Sodium (mg)	346	70	429	70
<b>Iced Chocolate - Oat Milk</b>				
OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).				
ICE: Water.				
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Milk, Tree Nuts (Almond).</b>				
<b>May be present: Gluten, Soy due to equipment cross contact.</b>				
<b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>				
		<b>Medium</b>		<b>Large</b>
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1390	295	1800	316
Energy (Cal)	331	70	430	75
Protein (g)	12.7	2.7	15.5	2.7
Fat, total (g)	12.8	2.7	15.5	2.7
Saturated Fat (g)	8.2	1.8	10.0	1.7
Carbohydrate (g)	41.0	8.7	56.4	9.9
Sugars (g)	38.2	8.1	52.3	9.2
Sodium (mg)	183	39	232	41
<b>Iced Chocolate - Oat Milk</b>				
OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).				
ICE: Water.				
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Milk, Tree Nuts (Almond).</b>				
<b>May be present: Gluten, Soy due to equipment cross contact.</b>				
<b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>				
		<b>Medium</b>		<b>Large</b>
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1030	219.0	1380	242.0
Energy (Cal)	246	52	330	58
Protein (g)	14.8	3.1	18.0	3.1
Fat, total (g)	1.9	0.4	2.7	0.5
Saturated Fat (g)	1.0	0.2	1.5	0.3
Carbohydrate (g)	41.7	8.9	57.2	10.0
Sugars (g)	39.0	8.3	53.2	0.3
Sodium (mg)	187	40.0	237	41
<b>Iced Chocolate - Oat Milk</b>				
OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).				
ICE: Water.				
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Milk, Tree Nuts (Almond).</b>				
<b>May be present: Gluten, Soy due to equipment cross contact.</b>				
<b>HOT CHOCOLATE POWDER is produced in the same facility as products containing Gluten, Soy.</b>				
		<b>Medium</b>		<b>Large</b>
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1110	238	1480	260
Energy (Cal)	265	57	355	62
Protein (g)	11.9	2.6	14.7	2.6
Fat, total (g)	7.6	1.6	9.5	1.7
Saturated Fat (g)	1.8	0.4	2.4	0.4
Carbohydrate (g)	35.8	7.7	50.6	8.9
Sugars (g)	29.3	6.3	42.1	7.4
Sodium (mg)	287	61	356	62
<b>Iced Chocolate - Oat Milk</b>				
OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).				
ICE: Water.				
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Milk, Tree Nuts (Almond).</b>				
<b>May be present: Tree Nuts (Almond) due to equipment cross contact.</b>				
		<b>Medium</b>		<b>Large</b>
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1070	227	1410	250
Energy (Cal)	255	54	337	60
Protein (g)	4.2	0.9	5.5	1.0
Fat, total (g)	11.2	2.4	13.5	2.4
Saturated Fat (g)	1.8	0.4	2.4	0.4
Carbohydrate (g)	32.5	6.9	46.1	8.2
Sugars (g)	28.5	6.1	40.5	7.2
Sodium (mg)	268	57	329	58
<b>Iced Chocolate - Oat Milk</b>				
OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).				
ICE: Water.				
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.				
WHIPPED CREAM: <b>Milk</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).				
HOT CHOCOLATE POWDER: Sugar, Non-Fat <b>Milk</b> Solids, Cocoa Powder, Anti-caking Agent (551), Flavour.				
<b>Contains: Milk, Tree Nuts (Almond), Sulphites.</b>				
<b>May be present: Soy due to equipment cross contact.</b>				
		<b>Medium</b>		<b>Large</b>
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1220	260	1600	281
Energy (Cal)	291	62	383	67
Protein (g)	3.5	0.7	4.7	0.8
Fat, total (g)	9.7	2.1	11.9	2.1
Saturated Fat (g)	2.2	0.5	2.8	0.5
Carbohydrate (g)	45.7	9.7	61.9	10.9
Sugars (g)	29.1	6.2	41.5	7.3
Sodium (mg)	282	60	348	61

<b>COLD BEVERAGES</b>						
<b>Iced Latte - Full Cream Milk</b>		<b>Medium</b>		<b>Large</b>		
FULL CREAM MILK: <b>Milk</b> . ICE: Water. COFFEE EXTRACT: Coffee, Water. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.</b>		Energy (kJ)	1230	244	1390	233
		Energy (Cal)	294	58	332	56
		Protein (g)	10.0	2.0	12.0	2.0
		Fat, total (g)	10.2	2.0	12.3	2.1
		Saturated Fat (g)	6.8	1.3	8.1	1.4
		Carbohydrate (g)	40.1	8.0	42.9	7.2
		Sugars (g)	40.1	8.0	42.9	7.2
		Sodium (mg)	123	24	147	25
<b>Iced Latte - Skim Milk</b>		<b>Medium</b>		<b>Large</b>		
SKIM MILK: <b>Skim Milk</b> . ICE: Water. COFFEE EXTRACT: Coffee, Water. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.</b>		Energy (kJ)	906	179	999	167
		Energy (Cal)	216	43	239	40
		Protein (g)	11.9	2.4	14.2	2.4
		Fat, total (g)	0.3	0.1	0.4	0.1
		Saturated Fat (g)	0.2	0.0	0.2	0.0
		Carbohydrate (g)	40.7	8.1	43.7	7.3
		Sugars (g)	40.7	8.1	43.7	7.3
		Sodium (mg)	126	25	151	25
<b>Iced Latte - Soy Milk</b>		<b>Medium</b>		<b>Large</b>		
SOY MILK: Filtered Water, Whole <b>Soybean</b> , 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).		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Contains: Soy, Caffeine.</b> <b>May be present: Gluten, Milk, Tree Nuts (Almond) due to equipment cross contact.</b>		Energy (kJ)	977	195	1080	183
		Energy (Cal)	234	47	259	44
		Protein (g)	9.3	1.8	11.1	1.9
		Fat, total (g)	5.5	1.1	6.6	1.1
		Saturated Fat (g)	0.9	0.2	1.1	0.2
		Carbohydrate (g)	35.3	7.1	37.2	6.3
		Sugars (g)	32.0	6.4	33.2	5.6
		Sodium (mg)	217	43	260	44
<b>Iced Latte - Almond Milk</b>		<b>Medium</b>		<b>Large</b>		
ALMOND MILK: Filtered Water, Ground <b>Almonds</b> , 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).		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Contains: Tree Nuts (Almond), Caffeine.</b> <b>May be present: Gluten, Milk, Soy due to equipment cross contact.</b>		Energy (kJ)	929	186	1030	174
		Energy (Cal)	222	44	245	41
		Protein (g)	2.2	0.4	2.6	0.4
		Fat, total (g)	8.7	1.7	10.4	1.8
		Saturated Fat (g)	0.9	0.2	1.1	0.2
		Carbohydrate (g)	32.1	6.4	33.4	5.6
		Sugars (g)	30.9	6.2	32.0	5.4
		Sodium (mg)	198	40	237	40
<b>Iced Latte - Oat Milk</b>		<b>Medium</b>		<b>Large</b>		
OAT MILK: Filtered Water, Whole <b>Oats (Gluten)</b> , Sunflower Oil, Raw Sugar, <b>Oat (Gluten)</b> Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471). ICE: Water. COFFEE EXTRACT: Coffee, Water. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Contains: Gluten, Caffeine.</b> <b>May be present: Milk, Soy, Tree Nuts (Almond) due to equipment cross contact.</b>		Energy (kJ)	931	190	1200	202
		Energy (Cal)	222	45	288	48
		Protein (g)	1.6	0.3	1.9	0.3
		Fat, total (g)	7.4	1.5	8.9	1.5
		Saturated Fat (g)	1.2	0.3	1.5	0.2
		Carbohydrate (g)	35.8	7.3	48.1	8.1
		Sugars (g)	23.1	4.7	32.9	5.5
		Sodium (mg)	212	45	254	43
<b>Flavoured Iced Latte - Full Cream Milk</b>		<b>Medium</b>				
FULL CREAM MILK: <b>Milk</b> . 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).		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / 100mL		
<b>Contains: Milk, Caffeine.</b> <b>May be present: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.</b> <b>All FLAVOURED SYRUPS have the same nutritional content.</b>		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	



## COLD BEVERAGES

### 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: Gluten, 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: Gluten, Milk, 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)	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: Gluten, 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

### Flavoured Iced Latte - Oat Milk

OAT MILK: Filtered Water, Whole **Oats (Gluten)**, Sunflower Oil, Raw Sugar, **Oat (Gluten)** Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).  
 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: Gluten, Caffeine.**  
**May be present: Milk, 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)	992	197
Energy (Cal)	237	47
Protein (g)	1.6	0.3
Fat, total (g)	7.4	1.5
Saturated Fat (g)	1.2	0.2
Carbohydrate (g)	39.4	7.8
Sugars (g)	26.6	5.3
Sodium (mg)	212	42

### 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: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.**

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1680	327	2140	340
Energy (Cal)	402	78	511	81
Protein (g)	9.4	1.8	11.2	1.8
Fat, total (g)	9.2	1.8	11.1	1.8
Saturated Fat (g)	6.1	1.2	7.3	1.2
Carbohydrate (g)	68.8	13.4	90.1	14.3
Sugars (g)	64.1	12.4	80.8	12.9
Sodium (mg)	221	43	279	44

## COLD BEVERAGES

### Iced Mocha - 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: Gluten, Soy, Tree Nuts (Almond) due to equipment cross contact.**

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1410	273	1810	287
Energy (Cal)	336	65	432	69
Protein (g)	11.0	2.1	13.1	2.1
Fat, total (g)	0.8	0.2	1.0	0.2
Saturated Fat (g)	0.5	0.1	0.6	0.1
Carbohydrate (g)	69.4	13.5	90.7	14.4
Sugars (g)	64.6	12.5	81.4	12.9
Sodium (mg)	223	43	282	45

### Iced Mocha - 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: Gluten, Milk, Tree Nuts (Almond) due to equipment cross contact.**

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1470	287	1880	301
Energy (Cal)	351	68	450	72
Protein (g)	8.8	1.7	10.5	1.7
Fat, total (g)	5.2	1.0	6.3	1.0
Saturated Fat (g)	1.1	0.2	1.3	0.2
Carbohydrate (g)	64.8	12.7	85.2	13.6
Sugars (g)	57.2	11.2	72.5	11.6
Sodium (mg)	300	59	374	60

### Iced Mocha - 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: Gluten, Milk, Soy due to equipment cross contact.**

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1430	279	1830	93
Energy (Cal)	341	67	438	70
Protein (g)	2.8	0.5	3.3	0.5
Fat, total (g)	7.9	1.5	9.5	1.5
Saturated Fat (g)	1.1	0.2	1.3	0.2
Carbohydrate (g)	62.0	12.1	82.0	13.1
Sugars (g)	56.3	11.0	71.5	11.4
Sodium (mg)	284	56	355	57

### Iced Mocha - Oat Milk

OAT MILK: Filtered Water, Whole Oats (Gluten), Sunflower Oil, Raw Sugar, Oat (Gluten) Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471).

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: Gluten, Caffeine.**

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

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1330	270	1980	316
Energy (Cal)	319	64	474	75
Protein (g)	2.1	0.4	2.7	0.4
Fat, total (g)	6.8	1.4	8.2	1.3
Saturated Fat (g)	1.3	0.3	1.6	0.3
Carbohydrate (g)	60.4	12.2	94.4	15.0
Sugars (g)	43.5	8.8	72.2	11.5
Sodium (mg)	283	57	370	59

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

### Change Tracker:

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. 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 supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically.

Date	Document Number/Revision Number	Document Title	Issued	Upload Date	Description
11/02/2025	22	NZ McCafe Beverages_February 2025	12/02/2025	12/02/2025	Added Oat Milk options
3/12/2024	21	NZ McCafe Beverages_December 2024	3/12/2024	4/12/2024	Added Iced Chai, Iced chocolate, Piccolo, Fluffy; Large size for iced latte, iced mocha
9/02/2024	20	NZ McCafe Beverages_Feb 2024	20/02/2024	20/02/2024	Updated to comply with PEAL Legislative requirements