

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 May 2026

We operate restaurants that handle Gluten, Wheat, Egg, Milk, Soy, Sesame, Fish, Peanut, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Sulphites.

While we identify and manage allergen risks, our menu items may be prepared on the same equipment and in the same kitchen area as menu items that do contain these allergens. Check our website's allergen section regularly, as changes may occur.

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.

The nutrition and ingredient information provided 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 differ 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.

Please refer to our Ingredient Information, 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																							
Fluffy - Full Cream Milk	M			P	M			M														P	
Fluffy - Skim Milk	M			P	M			M														P	
Fluffy - Soy Milk	M			M	P			M														P	
Fluffy - Almond Milk	M			M	M			P														P	
Fluffy - Oat Milk	P			M	M			M														P	
Macchiato - Full Cream Milk	M			P	M			M															
Macchiato - Skim Milk	M			P	M			M															
Macchiato - Soy Milk	M			M	P			M															
Macchiato - Almond Milk	M			M	M			P															
Macchiato - Oat Milk	P			M	M			M															
Piccolo Latte - Full Cream Milk	M			P	M			M															
Piccolo Latte - Skim Milk	M			P	M			M															
Piccolo Latte - Soy Milk	M			M	P			M															
Piccolo Latte - Almond Milk	M			M	M			P															
Piccolo Latte - Oat Milk	P			M	M			M															
Flat White - Full Cream Milk	M			P	M			M															
Flat White - Skim Milk	M			P	M			M															
Flat White - Soy Milk	M			M	P			M															
Flat White - Almond Milk	M			M	M			P															
Flat White - Oat Milk	P			M	M			M															
Cappuccino - Full Cream Milk	M			P	M			M															
Cappuccino - Skim Milk	M			P	M			M														P	
Cappuccino - Soy Milk	M			M	P			M														P	
Cappuccino - Almond Milk	M			M	M			P														P	
Cappuccino - Oat Milk	P			M	M			M															
Latte - Full Cream Milk	M			P	M			M															
Latte - Skim Milk	M			P	M			M															
Latte - Soy Milk	M			M	P			M															
Latte - Almond Milk	M			M	M			P															
Latte - Oat Milk	P			M	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			M	P			M													P		
Flavoured Latte - Almond Milk	M			M	M			P													P		
Flavoured Latte - Oat Milk	P			M	M			M													P		
Mocha - Full Cream Milk	M			P	M			M														P	
Mocha - Skim Milk	M			P	M			M														P	
Mocha - Soy Milk	M			M	P			M														P	
Mocha - Almond Milk	M			M	M			P														P	
Mocha - Oat Milk	P			M	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			M	P			M														P	
Hot Chocolate - Almond Milk	M			M	M			P														P	
Hot Chocolate - Oat Milk	P			M	M			M														P	
Chai Latte - Full Cream Milk	P			P	M			M									P				P	P	
Chai Latte - Skim Milk	P			P	M			M									P				P	P	
Chai Latte - Soy Milk	P			P	P			M									P				P	P	
Chai Latte - Almond Milk	P			P	M			P									P				P	P	
Chai Latte - Oat Milk	P			P	M			M									P				P	P	
Matcha Latte - Full Cream Milk	M			P	M			M															
Matcha Latte - Skim Milk	M			P	M			M															
Matcha Latte - Soy Milk	M			M	P			M															
Matcha Latte - Almond Milk	M			M	M			P															
Matcha Latte - Oat Milk	P			M	M			M															

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																							
Espresso																							
Long Black																							
Fluffy - Full Cream Milk	M			P	M			M														P	
Fluffy - Skim Milk	M			P	M			M														P	
Fluffy - Soy Milk	M			M	P			M														P	
Fluffy - Almond Milk	M			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	
Iced Matcha Latte - Full Cream Milk	M			P	M			M															
Iced Matcha Latte - Skim Milk	M			P	M			M															
Iced Matcha Latte - Soy Milk	M			M	P			M															
Iced Matcha Latte - Almond Milk	M			M	M			P															
Iced Matcha Latte - Oat Milk	P			M	M			M															
Iced Strawberry Matcha Latte - Full Cream Milk	M			P	M			M													P		
Iced Strawberry Matcha Latte - Skim Milk	M			P	M			M													P		
Iced Strawberry Matcha Latte - Soy Milk	M			M	P			M													P		
Iced Strawberry Matcha Latte - Almond Milk	M			M	M			P													P		
Iced Strawberry Matcha Latte - Oat Milk	P			M	M			M													P		

Chart key:

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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	2	<1
Energy (Cal)	<1	<1	<1	<1	<1	<1
Protein (g)	<1	0.0	<1	0.0	<1	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
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	<1	0.0
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	1	<1	1	<1	1	<1

Fluffy - Skim Milk

SKIM MILK: Skim Milk.

HOT CHOCOLATE POWDER: Sugar, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

Contains: Milk.

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

Fluffy - 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

Fluffy - 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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

Contains: Soy.

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

Fluffy - 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

Fluffy - 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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

Contains: Tree Nuts (Almond).

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

Fluffy - 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

Fluffy - 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).
 CHOCOLATE POWDER: Sugar, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

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

	Fluffy - Oat Milk	
	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

Macchiato - Skim Milk

SKIM MILK: Skim **Milk**.
 COFFEE EXTRACT: Coffee, Water.

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

	Macchiato - 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

Macchiato - 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.

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

	Macchiato - Soy Milk	
	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

Macchiato - 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.

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

	Macchiato - Almond Milk	
	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

Macchiato - 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.

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

	Macchiato - Oat Milk	
	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

Hot Beverages

Piccolo Latte - Skim Milk

SKIM MILK: Skim Milk.
COFFEE EXTRACT: Coffee, Water.

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

	Piccolo Latte - Skim Milk	
	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

Piccolo 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.

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

	Piccolo Latte - Soy Milk	
	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

Piccolo 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.

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

	Piccolo Latte - Almond Milk	
	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

Piccolo 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.

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

	Piccolo Latte - Oat Milk	
	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

Hot Beverages							
Flat White - Skim Milk COFFEE EXTRACT: Coffee, Water. SKIM MILK: Skim Milk . Contains: Milk, Caffeine. May be present: Gluten, 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: Gluten, 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: Gluten, 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
	Flat White - 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. Contains: Gluten, Caffeine. May be present: Milk, Almond, 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)		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

Hot Beverages						
Cappuccino - Skim Milk						
COFFEE EXTRACT: Coffee, Water.						
SKIM MILK: Skim Milk .						
HOT CHOCOLATE POWDER: Sugar, Cocoa Powder, Starch (Maize, Tapioca), Flavour.						
Contains: Milk, Caffeine.						
May be present: Gluten, 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)	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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.						
Contains: Soy, Caffeine.						
May be present: Milk, Gluten, Tree Nuts (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
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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.						
Contains: Tree Nuts (Almond), Caffeine.						
May be present: Milk, Gluten, 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
Cappuccino - 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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.						
Contains: Gluten, Caffeine.						
May be present: Milk, Soy, Tree Nuts (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)	458	177	639	182	862	186
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

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

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

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: 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.						
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: 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

Hot Beverages						
Mocha - Skim Milk						
COFFEE EXTRACT: Coffee, Water.						
SKIM MILK: Skim Milk.						
HOT CHOCOLATE POWDER: Sugar, Cocoa Powder, Starch (Maize, Tapioca), Flavour.						
Contains: Milk, Caffeine.						
May be present: Gluten, Soy, Tree Nuts (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)	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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.						
Contains: Milk, Soy, Caffeine.						
May be present: Gluten, Tree Nuts (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)	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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.						
Contains: Tree Nuts (Almond), Caffeine.						
May be present: Milk, Gluten, 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)	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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.						
Contains: Gluten, Caffeine.						
May be present: Milk, Soy, Tree Nuts (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)	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 - Skim Milk						
SKIM MILK: Skim Milk.						
HOT CHOCOLATE POWDER: Sugar, Cocoa Powder, Starch (Maize, Tapioca), Flavour.						
Contains: Milk.						
May be present: Gluten, Soy, Tree Nuts (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)	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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

Contains: Soy.

May be present: Milk, Gluten, Tree Nuts (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)	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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

Contains: Tree Nuts (Almond).

May be present: Milk, Gluten, 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

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, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

Contains: Gluten.

May be present: Milk, Soy, Tree Nuts (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)	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

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

Hot Beverages

Matcha Latte - Skim Milk

SKIM MILK: Skim Milk.
WATER: Water.
MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

Contains: Milk.
May be present: Gluten, 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)	940	441	1350	389	1670	396
Energy (Cal)	225	106	323	93	399	95
Protein (g)	7.8	3.7	12.9	3.7	15.6	3.7
Fat, total (g)	0.3	0.2	0.6	0.2	0.7	0.2
Saturated Fat (g)	0.3	0.2	0.6	0.2	0.7	0.2
Carbohydrate (g)	45.8	21.5	64.1	16.5	79.5	18.9
Sugars (g)	30.2	14.2	43.3	12.5	53.5	12.7
Sodium (mg)	133	62	201	58	246	58

Matcha 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.
MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

Contains: Soy.
May be present: Gluten, Milk, Tree Nuts (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)	977	459	1410	407	1750	414
Energy (Cal)	234	110	338	97	418	99
Protein (g)	6.5	3.0	10.5	3.0	12.8	3.0
Fat, total (g)	3.1	1.4	5.2	1.5	6.3	1.5
Saturated Fat (g)	0.5	0.2	0.9	0.3	1.1	0.3
Carbohydrate (g)	42.9	20.2	59.2	17.0	73.6	17.5
Sugars (g)	25.4	11.9	35.2	10.1	43.7	10.4
Sodium (mg)	189	89	296	85	362	86

Matcha 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.
MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

Contains: Tree Nuts (Almond).
May be present: Gluten, 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)	928	436	1330	383	1640	390
Energy (Cal)	222	104	318	92	393	93
Protein (g)	2.6	1.2	3.9	1.1	4.7	1.1
Fat, total (g)	3.9	1.8	6.7	1.9	8.1	1.9
Saturated Fat (g)	0.5	0.2	0.9	0.3	1.1	0.3
Carbohydrate (g)	42.2	19.8	58.0	16.7	72.2	17.1
Sugars (g)	24.9	11.7	34.3	9.9	42.7	10.1
Sodium (mg)	138	65	209	60	257	61

Matcha 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.
MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

Contains: Gluten.
May be present: Milk, Soy, Tree Nuts (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)	1030	484	1500	433	1850	440
Energy (Cal)	246	115	359	103	442	105
Protein (g)	2.2	1.0	3.3	0.9	4.0	1.0
Fat, total (g)	4.1	1.9	7.0	2.0	8.4	2.0
Saturated Fat (g)	0.7	0.3	1.2	0.3	1.4	0.3
Carbohydrate (g)	47.8	22.5	67.6	19.5	83.7	19.9
Sugars (g)	25.3	11.9	34.9	10.0	43.4	10.3
Sodium (mg)	186	87	291	84	355	355

COLD BEVERAGES

Iced Long Black

ICE: Water.
COFFEE EXTRACT: Coffee, Water.

Contains: Caffeine.

	Medium		Large	
	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)	0.1	0.0	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)	0.1	0.0	0.1	0.0
Sugars (g)	0.1	0.0	0.1	0.0
Sodium (mg)	1	<1	1	<1

Iced Chocolate - Skim Milk

SKIM MILK: Skim **Milk**.
ICE: Water.
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.
WHIPPED CREAM: **Milk**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).
HOT CHOCOLATE POWDER: Sugar, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

Contains: Milk.
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)	1350	273	1600	260
Energy (Cal)	322	65	382	62
Protein (g)	13.2	2.7	16.6	2.7
Fat, total (g)	6.5	1.3	6.7	1.1
Saturated Fat (g)	4.5	0.9	4.7	0.8
Carbohydrate (g)	51.4	10.4	62.3	10.1
Sugars (g)	43.6	8.9	53.0	8.6
Sodium (mg)	260	53	319	52

Iced Chocolate - Soy Milk

SOY MILK: Filtered Water, Whole **Soybean**, 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: **Milk**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).
HOT CHOCOLATE POWDER: Sugar, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

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

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1420	290	1690	277
Energy (Cal)	339	69	404	66
Protein (g)	10.6	2.2	13.3	2.2
Fat, total (g)	11.7	2.4	13.3	2.2
Saturated Fat (g)	5.3	1.1	5.6	0.9
Carbohydrate (g)	46.0	9.4	55.5	9.1
Sugars (g)	34.8	7.1	41.8	6.9
Sodium (mg)	350	72	435	71

Iced 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.
ICE: Water.
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.
WHIPPED CREAM: **Milk**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).
HOT CHOCOLATE POWDER: Sugar, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

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

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1370	281	1630	267
Energy (Cal)	327	67	389	64
Protein (g)	3.5	0.7	4.3	0.7
Fat, total (g)	14.9	3.1	17.4	2.9
Saturated Fat (g)	5.2	1.1	5.5	0.9
Carbohydrate (g)	42.8	8.8	51.4	8.4
Sugars (g)	33.8	6.9	40.5	6.7
Sodium (mg)	331	68	410	67

COLD BEVERAGES

Iced 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).

ICE: Water.

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

WHIPPED CREAM: **Milk**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).

HOT CHOCOLATE POWDER: Sugar, Cocoa Powder, Starch (Maize, Tapioca), Flavour.

Contains: Milk, Tree Nuts (Almond).

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

	Medium		Large	
	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

Iced Chai Latte - Skim Milk

SKIM MILK: Skim **Milk**.

ICE: 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, Anticaking Agent (551).

Contains: Gluten, Milk, Sulphites.

May be present: 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)	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	9.3
Sodium (mg)	187	40.0	237	41

Iced Chai Latte - Soy Milk

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

ICE: 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, Anticaking Agent (551).

Contains: Gluten, Milk, Soy, Sulphites.

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

	Medium		Large	
	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

Iced 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.

ICE: 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, Anticaking Agent (551).

Contains: Gluten, Milk, Tree Nuts (Almond), Sulphites.

May be present: Soy due to equipment cross contact.

	Medium		Large	
	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

COLD BEVERAGES

Iced 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).

ICE: 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) (**Sulphites**), Spices, Malt Extract (**Barley**), Flavourings, Vegetable Gum (407), Spice Extract, Anticaking Agent (551).

Contains: Gluten, Milk, Sulphites.

May be present: 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)	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

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: 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)	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

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: 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)	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

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: Gluten, Milk, Soy due to equipment cross contact.

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
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

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.

SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).

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)	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

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: 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)	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: 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

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

COLD BEVERAGES

Iced Matcha Latte - Skim Milk

SKIM MILK: Skim Milk.
ICE: Water.
WATER: Water.
MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

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

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1410	364	1720	377
Energy (Cal)	338	87	412	90
Protein (g)	14.4	3.7	16.9	3.7
Fat, total (g)	0.7	0.2	0.8	0.2
Saturated Fat (g)	0.7	0.2	0.8	0.2
Carbohydrate (g)	66.0	17.1	81.2	17.8
Sugars (g)	45.2	11.7	55.2	12.1
Sodium (mg)	216	56	259	57

Iced Matcha 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.
WATER: Water.
MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

Contains: Soy.
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)	1480	383	1810	396
Energy (Cal)	355	92	432	95
Protein (g)	11.7	3.0	13.8	3.0
Fat, total (g)	6.0	1.5	6.9	1.5
Saturated Fat (g)	1.0	0.3	1.2	0.3
Carbohydrate (g)	60.4	15.6	74.7	16.4
Sugars (g)	36.0	9.3	44.4	9.7
Sodium (mg)	324	84	386	85

Iced Matcha 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.
WATER: Water.
MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

Contains: Tree Nuts (Almond).
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)	1390	358	1700	371
Energy (Cal)	332	86	405	89
Protein (g)	4.1	1.1	5.0	1.1
Fat, total (g)	7.6	2.0	8.9	1.9
Saturated Fat (g)	1.0	0.3	1.2	0.3
Carbohydrate (g)	59.1	15.3	73.1	16.0
Sugars (g)	35.0	9.0	43.3	9.5
Sodium (mg)	225	58	271	59

Iced Matcha 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.
WATER: Water.
MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

Contains: Gluten.
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)	1590	410	1930	422
Energy (Cal)	378	98	459	101
Protein (g)	3.5	0.9	4.2	0.9
Fat, total (g)	7.9	2.0	9.3	2.0
Saturated Fat (g)	1.3	0.3	1.6	0.3
Carbohydrate (g)	70.0	18.1	85.8	18.8
Sugars (g)	35.6	9.2	44.0	9.6
Sodium (mg)	318	82	379	83

COLD BEVERAGES

Iced Strawberry Matcha Latte - Skim Milk

SKIM MILK: Skim Milk.

ICE: Water.

WATER: Water.

MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

STRAWBERRY TOPPING: Strawberry, Sugar, High Fructose Corn Syrup, Water, Strawberry Juice Concentrate, Thickeners (440, 410), Acidity Regulator (330), Natural Flavour, Natural Colour (163), Preservative (202), Firming Agent (509).

Contains: Milk.

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

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1900	482	2250	486
Energy (Cal)	465	118	549	119
Protein (g)	13.7	3.5	16.3	3.5
Fat, total (g)	0.3	0.1	0.4	0.1
Saturated Fat (g)	0.3	0.1	0.4	0.1
Carbohydrate (g)	83.8	21.3	99.2	21.4
Sugars (g)	62.8	16.0	73.0	15.8
Sodium (mg)	229	58	277	60

Iced Strawberry Matcha 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.

WATER: Water.

MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

STRAWBERRY TOPPING: Strawberry, Sugar, High Fructose Corn Syrup, Water, Strawberry Juice Concentrate, Thickeners (440, 410), Acidity Regulator (330), Natural Flavour, Natural Colour (163), Preservative (202), Firming Agent (509).

Contains: Soy.

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)	1740	442	2060	445
Energy (Cal)	428	109	505	109
Protein (g)	11.0	2.8	13.1	2.8
Fat, total (g)	5.4	1.4	6.4	1.4
Saturated Fat (g)	0.9	0.2	1.1	0.2
Carbohydrate (g)	77.5	19.7	91.8	19.8
Sugars (g)	53.2	13.5	61.6	13.3
Sodium (mg)	305	78	367	79

Iced Strawberry Matcha 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.

WATER: Water.

MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

STRAWBERRY TOPPING: Strawberry, Sugar, High Fructose Corn Syrup, Water, Strawberry Juice Concentrate, Thickeners (440, 410), Acidity Regulator (330), Natural Flavour, Natural Colour (163), Preservative (202), Firming Agent (509).

Contains: Tree Nuts (Almond).

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)	1660	421	1960	424
Energy (Cal)	407	103	481	104
Protein (g)	4.4	1.1	5.3	1.1
Fat, total (g)	6.9	1.8	8.2	1.8
Saturated Fat (g)	0.6	0.2	0.7	0.2
Carbohydrate (g)	76.9	19.5	91.1	19.7
Sugars (g)	52.0	13.2	60.2	13.0
Sodium (mg)	236	60	285	62

Iced Strawberry Matcha 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.

WATER: Water.

MATCHA POWDER: Sugar, Maltodextrin, Matcha, Salt, Colours (100, 141).

STRAWBERRY TOPPING: Strawberry, Sugar, High Fructose Corn Syrup, Water, Strawberry Juice Concentrate, Thickeners (440, 410), Acidity Regulator (330), Natural Flavour, Natural Colour (163), Preservative (202), Firming Agent (509).

Contains: Gluten.

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)	1830	465	2170	469
Energy (Cal)	449	114	530	115
Protein (g)	3.5	0.9	4.2	0.9
Fat, total (g)	7.2	1.8	8.5	1.8
Saturated Fat (g)	1.2	0.3	1.4	0.3
Carbohydrate (g)	86.2	21.9	102.1	22.1
Sugars (g)	52.9	13.4	61.3	13.2
Sodium (mg)	299	76	360	78

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
19/05/2026	24	NZ McCafe Milk Alternatives_May 2026	19/05/2026	19/05/2026	Update: Brandsite changeover
10/02/2026	23	NZ McCafe Beverages_February 2026	10/02/2026	11/02/2026	Add: Matcha range
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