

Water										
San Pellegrino 500ml	0	0	0	0	0	0	0	0	0	0
Vittel 500ml	0	0	0	0	0	0	0	0	0	0
Aqua Panna 500ml	0	0	0	0	0	0	0	0	0	0
Beer										
Tiger Beer	574	137	0	0	11.2	1.7	0	0	0	7
Heineken Beer	581	139	0	0	10.6	0	0	0	0	0
Coffee (Per Serving)										
Coffee - 12oz Latte	494	118	4.3	2.7	11.5	11.5	0	8.5	0.3	-
Coffee - 12oz Cappuccino	384	92	3.3	2.1	8.8	8.8	0	6.6	0.2	-
Coffee - 8oz Flat White	335	80	2.9	1.8	7.7	7.7	0	5.8	0.2	-
Coffee - 12oz Americano	5	1	0	0	0.1	0	0	0	0.2	-
Coffee - 12oz Filter Coffee	0	0	0	0	0	0	0	0	0	-
Coffee - 12oz Mocha	778	185	5.2	3.3	24.4	23.4	1.5	9.3	0.3	-
Coffee - 4oz Macchiato	20	5	0.2	0.1	0.5	0.5	0	0.4	0	-
12oz Hot Matcha Latte	697	167	9.1	5.7	12	12	0.5	8.9	0.34	-
Coffee - 4oz Espresso	0	0	0	0	0	0	0	0	0	-
Make it strong	0	0	0	0	0	0	0	0	0	-
Holiday Joy Latte Milk - 12oz	1066	254	12	7.7	28	26	0	9.2	0.4	-
Rose Cappuccino Full Fat Milk - 12oz	960	228	7.1	4.4	34	34	0	6.7	0.38	152
Rose Cappuccino Low Fat Milk - 12oz	832	197	3.3	2	35	35	0	7	0.38	152
Other Hot Drinks										
12oz Hot Chocolate	1077	256	6.4	4	37.5	35.5	2.8	10.6	0.3	0
12oz - Chai Latte	756	180	3.6	2.2	29.8	29.8	0	7.1	0.2	0
Milk - Organic Milk	396	94	3.4	2.1	9	9	0	6.8	0.2	0
Milk - Babyccino	59	14	0.5	0.3	1.4	1.4	0.1	1	0	0
Tea										
Tea - 12oz Ceylon Breakfast Tea	0	0	0	0	0	0	0	0	0	0
Tea - 12oz Earl Grey Tea	59	14	0.5	0.3	1.4	1.4	0	1	0	0
Tea - 12oz Green Matcha	0	0	0	0	0	0	0	0	0	0
Tea - 12oz Green Tea Tropical	0	0	0	0	0	0	0	0	0	0
Tea - 12oz Peppermint Mint	0	0	0	0	0	0	0	0	0	0
Syrups & Alt Milks										
Caramel Syrup	206	49	0	0	12.1	12.1	0	0	0	0
Vanilla Syrup	203	49	0	0	12	12	0	0	0	0
Hazelnut Syrup	197	47	0	0	11.7	11.7	0	0	0	0
Soya Milk - Australia's Own (per 100ml)	130	31	2.2	0.5	0.4	0.4	0.5	1.9	0	70
Rice Coconut Milk - Provamel (per 100ml)	256	61	0.8	0.8	13	7.7	0	0.2	0.13	0
Oat Milk - Pacific Foods (per 240ml)	544	130	2	0	25	17	2	4	0	105
Iced Coffees										
12oz Iced Black Americano	5	1	0	0	0.1	0	0	0	0	-
12oz Iced Chai Latte	756	180	3.6	2.2	29.8	29.8	0	7.1	0.2	-
12oz Iced Latte	504	120	4.4	2.7	11.5	11.5	0	8.6	0.3	-
12oz Iced Cappuccino	650	151	8.2	5.1	11	11	0	7.7	0.42	-
12oz Iced White Americano	147	35	1.3	0.8	3.4	3.4	0	2.6	0.1	-
12oz Iced Mocha Full Fat Milk	595	142	6.7	4.6	14	11	1	6.2	0.33	-
12oz Iced Mocha Low Fat Milk	487	116	3.5	1.7	14	12	1	6.5	0.33	-
12oz Iced Mocha Soy Milk	367	88	4.3	0.9	7.8	5.6	1.8	3.6	0.45	-
12oz Iced Chocolate Full Fat Milk	756	180	7.3	5.1	21	16	2	6.9	0.28	-
12oz Iced Chocolate Low Fat Milk	648	154	4.1	2.1	21	16	2	7.2	0.28	-
12oz Iced Chocolate Soy Milk	528	126	4.9	1.3	15	10	2.7	4.4	0.4	-
12oz Iced Matcha Latte	418	100	5.3	3.3	7.1	6.9	0.8	5.6	0.2	-
12 oz Iced Holiday Joy Latte Milk	1150	275	13	8.5	29	28	0	10	0.43	-
12 oz Iced Rose Cappuccino Full Fat Milk	828	196	5.4	3.3	32	32	0	5	0.31	124
12 oz Iced Rose Cappuccino Low Fat Milk	732	173	2.5	1.5	32	32	0	5.3	0.31	124
Smoothies										
Smoothie - Mango & Pineapple - 460 ml	225	53	0	0	12	3.3	0.7	0	0.02	-
Smoothie - Strawberry & Banana - 456 ml	228	54	0	0	13	4.6	0.8	0	0	-
Smoothie - Berries and Cherries - 450 ml	847	200	0.9	0.1	44.5	44.1	3	1.5	0	-
Smoothie - Tropical Peach - 450 ml	806	190	0.8	0.1	43.1	42.7	2.2	1.7	0.01	-
Smoothie - Sweet Green - 450 ml	813	193	3.3	0.6	36.6	36	2.2	3	0.07	-
Frappes										
Chocolate Frappe	1850	439	11.2	8.3	71.5	60.7	3.8	11.2	0.7	0
Classic Frappe	1050	251	7.3	5.9	40.5	31.7	1	5.5	0.6	0
Snacks										
Crisps - Tyrrells Mature Cheddar (per 25g pack)	848	203	11.6	1.4	21.1	1.6	1.5	2.8	0.52	0
Crisps - Tyrrells Cider Vinegar (per 25g pack)	511	122	6.5	0.7	14	0.4	0.8	1.6	0.45	0
Crisps - Tyrrells Lightly Salted (per 25g pack)	512	123	6.8	0.8	13	0.2	1.4	1.3	0.2	0
Crisps - Tyrrells Cracked Black Pepper (per 25g pack)	829	198	10.9	1.2	21.4	0.6	2	2.7	0.52	0
Snacks										
Brownie Bar	1218	299	18.5	7.8	29.5	27.5	2	3.7	0.1	0
Choc Bar	1528	366	22.6	13.6	36.9	25.8	2.1	3.5	0.4	0
Love Bar	1572	327	17.6	8.6	37.9	21.8	2.6	4.1	0.4	0
Popcorn Bar	695	167	7.5	3.7	22.3	14.4	0.4	2.1	0.2	0
Cranberries in Coats	1012	242	11.1	6.3	34.1	30.1	1.2	0.5	0.1	0
Pret a Mango	506	119	0.3	0.1	28.5	13.4	1.3	0.6	0	0
Dark Chocolate Almonds Snack - 38g	892	215	15	5.3	12	7.9	3.5	5.5	0.2	80
Tiffin Bar - 75 g	1648	395	24	14	40	29	2.4	3.1	0.31	124
Mince Pies- 84 g	1307	311	12	7.4	48	30	1.5	2.8	0.25	100