

Regular	Energy KJ	Energy Kcal	Fat(g)	Sat. Fat(g)	CHO(g)	Sugar(g)	Fibre(g)	Protein(g)	Salt(g)	Sodium(mg)
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 (per serving - 60g)	1214	291	17.7	10.8	28	26.1	1.9	4	0.06	-
Choc Bar (per serving - 70g)	1528	366	22.6	13.6	36.9	25.8	2.1	3.5	0.4	0
Love Bar (per serving - 70g)	1453	349	23	14	32	25	2.3	3.2	0.32	-
Popcorn Bar (per serving - 34g)	724	173	8.2	4.8	22.8	13.9	0.7	1.7	0.09	-
Pret a Mango	506	119	0.3	0.1	28.5	13.4	1.3	0.6	0	0
Dark Chocolate Almonds Snack (per serving - 38g)	892	215	15	5.3	12	7.9	3.5	5.5	0.2	80
Juices & Smoothies										
Juice - Orange (per serving - 250g)	410	98	0	0	22.8	21.5	0	2	0	-
Juice - Grapefruit (per serving - 250g)	453	108	0	0	24.3	22.8	0	1.3	7.5	-
Juice - Lemon and Mint (per serving - 250g)	620	148	0	0	37.5	36.5	0	0	0	-
Juice - Coconut Water (per serving - 250g)	235	55	0	0	13.8	11.3	0	0	0.2	-
Radiance (per serving - 250g)	373	88	0.5	0	18	16	1.7	1.5	-	75.75
Ultra Boost (per serving - 250g)	315	74	0.7	0	14	14	0.8	1.6	-	18.75
Coke										
Coke - 500ml Bottle	900	210	0	0	53	53	0	0	0	0
Coke Zero - 500ml Bottle	8	2	0	0	0	0	0	0	0	0
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 500ml	574	137	0	0	11.2	1.7	0	0	0	7
Heineken Beer 500ml	581	139	0	0	10.6	0	0	0	0	0
Chang Beer 320ml	816	195	0	0	12.8	0	0	1.7	-	-
Coffee (Per Serving)										
Coffee - 12oz Latte	494	118	4.3	2.7	11.3	11.3	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	3	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	-
Gingerbread Latte Milk - 12oz	364	86	3.2	2.3	11	11	0	3	0.09	-
Other Hot Drinks										
12oz Hot Chocolate	1077	256	6.4	4	37.5	35.5	2.8	10.6	0.3	0
12oz Caramel Hot Chocolate	1318	314	12	8.1	41	22	2.2	11	0.27	-
12oz - Chai Latte	756	180	3.6	2.2	29.8	29.8	0	7.1	0.2	0
Milk - Organic Milk (per 100ml)	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
12oz Lavender Earl Grey Tea Latte	271	64	1.8	1.3	10	10	0	1.6	0.05	-
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
Tea - 12oz Lemon Tea	29	7	0.2	0	1.2	0	0.2	0	0	-
Syrups & Alt Milks										
Caramel Syrup (per 100ml)	206	49	0	0	12.1	12.1	0	0	0	0
Vanilla Syrup (per 100ml)	203	49	0	0	12	12	0	0	0	0
Hazelnut Syrup (per 100ml)	197	47	0	0	11.7	11.7	0	0	0	0
Soya Milk - Rude Health (per 100ml)	179	43	1.6	0.3	3.5	2	0.7	3.2	0.1	-
Rice Coconut Milk - Rude Health (per 100ml)	225	54	2.3	1.2	7	4.5	0.9	0.8	0.1	-
Oat Milk - Rude Health (per 100ml)	205	49	2.3	0.3	6.2	4.6	0.9	0.5	0.09	-
Almond Milk - Rude Health (per 100ml)	237	56	1.49	0.3	10.5	4.7	0.2	0.2	0.1	-
Iced Coffees										
12oz Iced Black Americano	3	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	-
12oz Iced Cold Brew	3	1	0	0	0.8	0	0	0	0	-
16oz Iced Cold Brew with Coconut Water	390	92	0	0	22	18	0	0	0.19	-