
HOT BEVERAGES

Flat White (Full Cream Milk)

Flat White - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	614kJ (147Cal)	198kJ (47Cal)
Protein	7.7g	2.5g
Fat, Total	8.1g	2.6g
- Saturated	5.4g	1.7g
Carbohydrate	10.6g	3.4g
- Sugars	10.5g	3.4g
Sodium	88mg	29mg
Flat White - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	727kJ (174Cal)	189kJ (45Cal)
Protein	9.1g	2.4g
Fat, Total	9.6g	2.5g
- Saturated	6.3g	1.6g
Carbohydrate	12.6g	3.3g
- Sugars	12.4g	3.2g
Sodium	105mg	27mg
Flat White - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	981kJ (234Cal)	197kJ (47Cal)
Protein	12.3g	2.5g
Fat, Total	12.9g	2.6g
- Saturated	8.5g	1.7g
Carbohydrate	17.1g	3.4g
- Sugars	16.7g	3.4g
Sodium	141mg	28mg

Ingredients: Milk, Espresso (Water, Coffee).

Contains Milk.

Flat White (Skim Milk)

Flat White - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	302kJ (72Cal)	98kJ (23Cal)
Protein	7.5g	2.4g
Fat, Total	0.2g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	9.9g	3.2g
- Sugars	9.8g	3.2g
Sodium	96mg	31mg
Flat White - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	359kJ (86Cal)	93kJ (22Cal)
Protein	8.8g	2.3g
Fat, Total	0.3g	0.1g
- Saturated	0.2g	0.1g
Carbohydrate	11.8g	3.1g
- Sugars	11.6g	3.0g
Sodium	114mg	30mg
Flat White - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	485kJ (116Cal)	95kJ (23Cal)
Protein	11.9g	2.3g
Fat, Total	0.4g	0.1g
- Saturated	0.2g	0.1g
Carbohydrate	15.9g	3.1g
- Sugars	15.6g	3.1g
Sodium	154mg	30mg

Ingredients: Skim Milk (Homogenised & Pasteurised Skim Milk), Espresso (Water, Coffee).
Contains Milk.

Flat White (Almond Milk)

Flat White - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	339kJ (81Cal)	109kJ (26Cal)
Protein	1.8g	0.6g
Fat, Total	5.4g	1.8g
- Saturated	0.4g	0.1g
Carbohydrate	6.2g	2.0g
- Sugars	3.7g	1.2g
Sodium	90mg	29mg
Flat White - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	402kJ (96Cal)	105kJ (25Cal)
Protein	2.1g	0.5g
Fat, Total	6.4g	1.7g
- Saturated	0.5g	0.1g
Carbohydrate	7.4g	1.9g
- Sugars	4.4g	1.1g
Sodium	106mg	28mg
Flat White - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	543kJ (130Cal)	107kJ (26Cal)
Protein	2.8g	0.6g
Fat, Total	8.6g	1.7g
- Saturated	0.7g	0.1g
Carbohydrate	10.1g	2.0g
- Sugars	5.9g	1.2g
Sodium	143mg	28mg

Ingredients: Almond Milk (Australian Water (93.2%), Almonds (3.5%), Sugar (1.5%), Sunflower Oil, Maltodextrin (From Corn), Acidity Regulators (340, 332), Stabilisers (418, 415, 410), Sunflower Lecithin and Salt), Espresso (Water, Coffee).

Contains Tree Nuts.

Flat White (Soy Milk)

Flat White - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	565kJ (135Cal)	182kJ (44Cal)
Protein	8.1g	2.6g
Fat, Total	7.1g	2.3g
- Saturated	0.6g	0.2g
Carbohydrate	10.8g	3.5g
- Sugars	4.1g	1.3g
Sodium	182mg	59mg
Flat White - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	669kJ (160Cal)	174kJ (42Cal)
Protein	9.6g	2.5g
Fat, Total	8.3g	2.2g
- Saturated	0.8g	0.2g
Carbohydrate	12.9g	3.3g
- Sugars	4.8	1.3g
Sodium	216mg	56mg
Flat White - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	903kJ (216Cal)	177kJ (42Cal)
Protein	13.0g	2.5g
Fat, Total	11.2g	2.2g
- Saturated	1.0g	0.2g
Carbohydrate	17.4g	3.4g
- Sugars	6.5g	1.3g
Sodium	291mg	57mg

Ingredients: Soy Milk (Australian Water (87.3%), Soy Blend (Soy Protein, Milled Soybeans) (4.4%), Canola Oil (3%), Maltodextrin (From Corn) (3%), Sugar (1.7%) Acidity Regulators (340, 332), Natural Flavour, Sunflower Lecithin, Stabilisers (460, 466), and Salt), Espresso (Water, Coffee).

Contains Milk.

Cappuccino (Full Cream Milk)

Cappuccino - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	560kJ (134Cal)	181kJ (43Cal)
Protein	7.0g	2.3g
Fat, Total	7.4g	2.4g
- Saturated	4.9g	1.6g
Carbohydrate	9.7g	3.1g
- Sugars	9.6g	3.1g
Sodium	81mg	26mg
Cappuccino - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	645kJ (154Cal)	168kJ (40Cal)
Protein	8.1g	2.1g
Fat, Total	8.5g	2.2g
- Saturated	5.6g	1.5g
Carbohydrate	11.3g	2.9g
- Sugars	11.0g	2.9g
Sodium	93mg	24mg
Cappuccino - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	871kJ (208Cal)	171kJ (41Cal)
Protein	10.9g	2.1g
Fat, Total	11.5g	2.3g
- Saturated	7.6g	1.5g
Carbohydrate	15.2g	3.0g
- Sugars	14.8g	2.9g
Sodium	125mg	25mg

Ingredients: Milk, Espresso (Water, Coffee), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca Starch, Salt).

Contains Milk, Soybeans.

Cappuccino (Skim Milk)

Cappuccino - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	276kJ (66Cal)	89kJ (21Cal)
Protein	6.8g	2.2g
Fat, Total	0.2g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	9.1g	2.9g
- Sugars	9.0g	2.9g
Sodium	88mg	28mg
Cappuccino - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	320kJ (76Cal)	114kJ (27Cal)
Protein	7.8g	2.8g
Fat, Total	0.2g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	10.5g	3.8g
- Sugars	10.3g	3.7g
Sodium	101mg	36mg
Cappuccino - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	432kJ (103Cal)	85kJ (20Cal)
Protein	10.5g	2.1g
Fat, Total	0.3g	0.1g
- Saturated	0.2g	0.1g
Carbohydrate	14.2g	2.8g
- Sugars	13.9g	2.7g
Sodium	137mg	27mg

Ingredients: Skim Milk (Homogenised & Pasteurised Skim Milk), Espresso (Water, Coffee), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca, Salt)

Contains: Milk & Soybeans

Cappuccino (Almond Milk)

Cappuccino - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	310kJ (74Cal)	100kJ (24Cal)
Protein	1.6g	0.5g
Fat, Total	4.9g	1.6g
- Saturated	0.4g	0.1g
Carbohydrate	5.7g	1.9g
- Sugars	3.4g	1.1g
Sodium	82mg	26mg
Cappuccino - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	358kJ (86Cal)	93kJ (22Cal)
Protein	1.8g	0.5g
Fat, Total	5.7g	1.5g
- Saturated	0.5g	0.1g
Carbohydrate	6.7g	1.7g
- Sugars	3.9g	1.0g
Sodium	94mg	25mg
Cappuccino - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	484kJ (116Cal)	95kJ (23Cal)
Protein	2.5g	0.5g
Fat, Total	7.7g	1.5g
- Saturated	0.6g	0.1g
Carbohydrate	9.0g	1.8g
- Sugars	5.3g	1.0g
Sodium	127mg	25mg

Ingredients: Almond Milk (Australian Water (93.2%), Almonds (3.5%), Sugar (1.5%), Sunflower Oil, Maltodextrin (From Corn), Acidity Regulators (340, 332), Stabilisers (418, 415, 410), Sunflower Lecithin and Salt), Espresso (Water, Coffee), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca, Salt)

Contains: Milk, Soybeans & Tree Nuts

Cappuccino (Soy Milk)

Cappuccino - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	515kJ (123Cal)	166kJ (40Cal)
Protein	7.4g	2.4g
Fat, Total	6.4g	2.1g
- Saturated	0.6g	0.2g
Carbohydrate	9.9g	3.2g
- Sugars	3.8g	1.2g
Sodium	166mg	54mg
Cappuccino - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	594kJ (142Cal)	154kJ (37Cal)
Protein	8.5g	2.2g
Fat, Total	7.4g	1.9g
- Saturated	0.7g	0.2g
Carbohydrate	11.5g	3.0g
- Sugars	4.3g	1.1g
Sodium	191mg	50mg
Cappuccino - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	802kJ (192Cal)	157kJ (38Cal)
Protein	11.5g	2.3g
Fat, Total	10g	2.0g
- Saturated	0.9g	0.2g
Carbohydrate	15.5g	3.1g
- Sugars	5.8g	1.1g
Sodium	258mg	51mg

Ingredients: Soy Milk (Australian Water (87.3%), Soy Blend (Soy Protein, Milled Soybeans) (4.4%), Canola Oil (3%), Maltodextrin (From Corn) (3%), Sugar (1.7%) Acidity Regulators (340, 332), Natural Flavour, Sunflower Lecithin, Stabilisers (460, 466), and Salt), Espresso (Water, Coffee), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca, Salt).

Contains: Milk, Soybeans & Tree Nuts

Latte (Full Cream Milk)

Latte - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	586kJ (140Cal)	189kJ (45Cal)
Protein	7.4g	2.4g
Fat, Total	7.8g	2.5g
- Saturated	5.1g	1.7g
Carbohydrate	10.1g	3.3g
- Sugars	10.0g	3.2g
Sodium	84mg	27mg
Latte - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	672kJ (160Cal)	174kJ (42Cal)
Protein	8.4g	2.2g
Fat, Total	8.9g	2.3g
- Saturated	5.8g	1.5g
Carbohydrate	11.7g	3.0g
- Sugars	11.4g	3.0g
Sodium	97mg	25mg
Latte - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	925kJ (221Cal)	181kJ (43Cal)
Protein	11.6g	2.3g
Fat, Total	12.2g	2.4g
- Saturated	8.0g	1.6g
Carbohydrate	16.1g	3.2g
- Sugars	15.7g	3.1g
Sodium	133mg	26mg

Ingredients: **Milk**, Espresso (Water, Coffee).

Contains **Milk**.

Latte (Skim Milk)

Latte - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	289kJ (69Cal)	93kJ (22Cal)
Protein	7.1g	2.3g
Fat, Total	0.2g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	9.5g	3.1g
- Sugars	9.3g	3.0g
Sodium	92mg	30mg
Latte - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	332kJ (160Cal)	114kJ (27Cal)
Protein	8.1g	2.8g
Fat, Total	0.2g	0.1g
- Saturated	0.2g	0.1g
Carbohydrate	10.9g	3.8g
- Sugars	10.7g	3.7g
Sodium	105mg	36mg
Latte - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	458kJ (109Cal)	90kJ (22Cal)
Protein	11.2g	2.2g
Fat, Total	0.3g	0.1g
- Saturated	0.2g	0.1g
Carbohydrate	15.1g	3.0g
- Sugars	14.7g	2.9g
Sodium	145mg	28mg

Ingredients: Skim Milk (Homogenised & Pasteurised Skim Milk), Espresso (Water, Coffee).

Contains Milk.

Latte (Almond Milk)

Latte - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	323kJ (77Cal)	104kJ (25Cal)
Protein	1.7g	0.5g
Fat, Total	5.2g	1.7g
- Saturated	0.4g	0.1g
Carbohydrate	5.9g	1.9g
- Sugars	3.5g	1.1g
Sodium	86mg	28mg
Latte - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	372kJ (89Cal)	97kJ (23Cal)
Protein	1.9g	0.5g
Fat, Total	5.9g	1.5g
- Saturated	0.5g	0.1g
Carbohydrate	6.9g	1.8g
- Sugars	4.0g	1.1g
Sodium	98mg	26mg
Latte - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	513kJ (123Cal)	101kJ (24Cal)
Protein	2.7g	0.5g
Fat, Total	8.2g	1.6g
- Saturated	0.7g	0.1g
Carbohydrate	9.5g	1.9g
- Sugars	5.6g	1.1g
Sodium	135mg	27mg

Ingredients: Almond Milk (Australian Water (93.2%), Almonds (3.5%), Sugar (1.5%), Sunflower Oil, Maltodextrin (From Corn), Acidity Regulators (340, 332), Stabilisers (418, 415, 410), Sunflower Lecithin and Salt), Espresso (Water, Coffee).

Contains Tree Nuts.

Latte (Soy Milk)

Latte - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	539kJ (129Cal)	225kJ (54Cal)
Protein	7.9g	3.2g
Fat, Total	6.7g	2.8g
- Saturated	0.6g	0.3g
Carbohydrate	10.3g	4.3g
- Sugars	3.9g	1.6g
Sodium	174mg	73mg
Latte - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	618kJ (148Cal)	161kJ (38Cal)
Protein	8.9g	2.3g
Fat, Total	7.7g	2.0g
- Saturated	0.7g	0.2g
Carbohydrate	11.9g	3.1g
- Sugars	4.4g	1.2g
Sodium	199mg	52mg
Latte - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	852kJ (203Cal)	167kJ (40Cal)
Protein	12.2g	2.4g
Fat, Total	10.6g	2.1g
- Saturated	1.0g	0.2g
Carbohydrate	16.4g	3.2g
- Sugars	6.1g	1.2g
Sodium	274mg	54mg

Ingredients: Soy Milk (Australian Water (87.3%), Soy Blend (Soy Protein, Milled Soybeans) (4.4%), Canola Oil (3%), Maltodextrin (From Corn) (3%), Sugar (1.7%) Acidity Regulators (340, 332), Natural Flavour, Sunflower Lecithin, Stabilisers (460, 466), and Salt), Espresso (Water, Coffee).

Contains Soybeans.

Long Black

Long Black - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	5kJ (1Cal)	2kJ (0Cal)
Protein	less than 0.1g	less than 0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	0.2g	less than 0.1g
- Sugars	less than 0.1g	less than 0.1g
Sodium	3mg	1mg
Long Black - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	9kJ (2Cal)	2kJ (1Cal)
Protein	less than 0.1g	less than 0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	0.4g	0.1g
- Sugars	less than 0.1g	less than 0.1g
Sodium	5mg	1mg
Long Black - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	11kJ (3Cal)	2kJ (0Cal)
Protein	less than 0.1g	less than 0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	0.5g	less than 0.1g
- Sugars	less than 0.1g	less than 0.1g
Sodium	6mg	1mg

Ingredients: Water, Espresso (Water, Coffee).

Espresso Macchiato

Espresso Macchiato		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	17kJ (4Cal)	48kJ (11Cal)
Protein	0.2g	0.5g
Fat, Total	0.2g	0.5g
- Saturated	0.1g	0.4g
Carbohydrate	0.4g	1.0g
- Sugars	0.2g	0.7g
Sodium	3mg	8mg

Ingredients: Espresso (Water, Coffee), Milk.

Contains Milk.

Short Black

Short Black		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 30mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	3kJ (1Cal)	9kJ (2Cal)
Protein	Less than 0.1g	Less than 0.1g
Fat, Total	Less than 0.1g	Less than 0.1g
- Saturated	Less than 0.1g	Less than 0.1g
Carbohydrate	0.1g	0.4g
- Sugars	Less than 0.1g	Less than 0.1g
Sodium	Less than 1mg	2mg

Ingredients: Espresso (Water, Coffee)

Hot Chocolate (Full Cream Milk)

Hot Chocolate - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	938kJ (224Cal)	303kJ (72Cal)
Protein	8.9g	2.9g
Fat, Total	9.0g	2.9g
- Saturated	5.9g	1.9g
Carbohydrate	26.9g	8.7g
- Sugars	23.8g	7.7g
Sodium	147mg	48mg
Hot Chocolate - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1200kJ (286Cal)	311kJ (74Cal)
Protein	10.8g	2.8g
Fat, Total	10.7g	2.8g
- Saturated	7.0g	1.8g
Carbohydrate	36.8g	9.6g
- Sugars	32.0g	8.3g
Sodium	191mg	50mg
Hot Chocolate - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1570kJ (375Cal)	308kJ (74Cal)
Protein	14.0g	2.8g
Fat, Total	13.9g	2.7g
- Saturated	9.1g	1.8g
Carbohydrate	48.6g	9.5g
- Sugars	42.2g	8.3g
Sodium	251mg	49mg

Ingredients: Milk, Chocolate Powder (8%) (Sugar, Cocoa (21%), Maltodextrin, Tapioca Starch, Salt).

Contains Milk, Soybeans.

Hot Chocolate (Skim Milk)

Hot Chocolate - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	610kJ (146Cal)	198kJ (47Cal)
Protein	8.7g	2.8g
Fat, Total	0.7g	0.2g
- Saturated	0.5g	0.1g
Carbohydrate	26.2g	8.5g
- Sugars	23.0g	7.4g
Sodium	156mg	50mg
Hot Chocolate - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	816kJ (195Cal)	212kJ (51Cal)
Protein	10.5g	2.7g
Fat, Total	1.0g	0.3g
- Saturated	0.6g	0.2g
Carbohydrate	35.9g	9.3g
- Sugars	31.2g	8.1g
Sodium	201mg	52mg
Hot Chocolate - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1070kJ (275Cal)	275kJ (66Cal)
Protein	13.6g	3.5g
Fat, Total	1.3g	0.3g
- Saturated	0.8g	0.2g
Carbohydrate	47.5g	12.2g
- Sugars	41.1g	10.5g
Sodium	264mg	68mg

Ingredients: Skim Milk (Homogenised & Pasteurised Skim Milk), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca, Salt)

Contains: Milk & Soybeans

Hot Chocolate (Almond Milk)

Hot Chocolate - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	651kJ (155Cal)	260kJ (62Cal)
Protein	2.7g	1.1g
Fat, Total	6.2g	2.5g
- Saturated	0.8g	0.3g
Carbohydrate	22.3g	8.9g
- Sugars	19.7g	6.7g
Sodium	149mg	60mg
Hot Chocolate - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	861kJ (206Cal)	224kJ (53Cal)
Protein	3.5g	0.9g
Fat, Total	7.4g	1.9g
- Saturated	1.0g	0.3g
Carbohydrate	31.4g	8.2g
- Sugars	23.7g	6.2g
Sodium	193mg	50mg
Hot Chocolate - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1130kJ (270Cal)	222kJ (53Cal)
Protein	4.6g	0.9g
Fat, Total	9.6g	1.9g
- Saturated	1.3g	0.3g
Carbohydrate	41.6g	8.2g
- Sugars	31.4g	6.2g
Sodium	253mg	50mg

Ingredients: Almond Milk (Australian Water (93.2%), Almonds (3.5%), Sugar (1.5%), Sunflower Oil, Maltodextrin (From Corn), Acidity Regulators (340, 332), Stabilisers (418, 415, 410), Sunflower Lecithin and Salt), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca, Salt)

Contains: Milk, Soybeans & Tree Nuts

May Contain: Cereals Containing Gluten

Hot Chocolate (Soy Milk)

Hot Chocolate - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	887kJ (212Cal)	286kJ (68Cal)
Protein	9.4g	3.0g
Fat, Total	7.9g	2.5g
- Saturated	1.0g	0.3g
Carbohydrate	27.2g	8.8g
- Sugars	27.2g	5.5g
Sodium	246mg	79mg
Hot Chocolate - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1140kJ (272Cal)	379kJ (91Cal)
Protein	11.3g	3.8g
Fat, Total	9.4g	3.1g
- Saturated	1.3g	0.4g
Carbohydrate	37.1g	12.4g
- Sugars	24.2g	8.1g
Sodium	306mg	102mg
Hot Chocolate - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1490kJ (356Cal)	382kJ (91Cal)
Protein	14.7g	3.8g
Fat, Total	12.2g	3.1g
- Saturated	1.7g	0.4g
Carbohydrate	48.9g	12.5g
- Sugars	32.0g	8.2g
Sodium	400mg	103mg

Ingredients: Soy Milk (Australian Water (87.3%), Soy Blend (Soy Protein, Milled Soybeans) (4.4%), Canola Oil (3%), Maltodextrin (From Corn) (3%), Sugar (1.7%) Acidity Regulators (340, 332), Natural Flavour, Sunflower Lecithin, Stabilisers (460, 466), and Salt), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca, Salt).

Contains: Milk, Soybeans & Tree Nuts

May Contain: Cereals Containing Gluten

Mocha (Full Cream Milk)

Mocha - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	858kJ (205Cal)	277kJ (66Cal)
Protein	7.9g	2.6g
Fat, Total	7.9g	2.5g
- Saturated	5.2g	1.7g
Carbohydrate	25.6g	8.3g
- Sugars	22.3g	7.2g
Sodium	136mg	44mg
Mocha - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1060kJ (254Cal)	277kJ (66Cal)
Protein	9.1g	2.4g
Fat, Total	8.9g	2.3g
- Saturated	5.8g	1.5g
Carbohydrate	34.7g	9.0g
- Sugars	29.7g	7.7g
Sodium	172mg	45mg
Mocha - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1440kJ (344Cal)	282kJ (67Cal)
Protein	12.3g	2.4g
Fat, Total	12.1g	2.4g
- Saturated	8.0g	1.6g
Carbohydrate	46.6g	9.1g
- Sugars	39.9g	7.8g
Sodium	233mg	46mg

Ingredients: Milk, Espresso (12%) (Water, Coffee), Chocolate Powder (8%) (Sugar, Cocoa (21%), Maltodextrin, Tapioca Starch, Salt).

Contains Milk, Soybeans.

Mocha (Skim Milk)

Mocha - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	547kJ (137Cal)	185kJ (44Cal)
Protein	7.7g	2.5g
Fat, Total	0.7g	0.2g
- Saturated	0.4g	0.1g
Carbohydrate	25.0g	8.1g
- Sugars	21.7g	7.0g
Sodium	143mg	46mg
Mocha - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	753kJ (180Cal)	196kJ (47Cal)
Protein	8.8g	2.3g
Fat, Total	1.0g	0.3g
- Saturated	0.6g	0.2g
Carbohydrate	34.0g	8.8g
- Sugars	29.0g	7.5g
Sodium	180mg	47mg
Mocha - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1010kJ (242Cal)	199kJ (48Cal)
Protein	12.0g	2.4g
Fat, Total	1.3g	0.3g
- Saturated	0.8g	0.2g
Carbohydrate	45.6g	9.0g
- Sugars	38.9g	7.6g
Sodium	244mg	48mg

Ingredients: Skim Milk (Homogenised & Pasteurised Skim Milk), Espresso (Water, Coffee), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca, Salt)

Contains: Milk & Soybeans

Mocha (Almond Milk)

Mocha - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	608kJ (145Cal)	196kJ (47Cal)
Protein	2.5g	0.8g
Fat, Total	5.4g	1.8g
- Saturated	0.7g	0.2g
Carbohydrate	21.6g	7.0g
- Sugars	16.2g	5.2g
Sodium	137mg	44mg
Mocha - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	790kJ (189Cal)	205kJ (49Cal)
Protein	3.1g	0.8g
Fat, Total	6.2g	1.6g
- Saturated	0.9g	0.2g
Carbohydrate	30.9g	7.6g
- Sugars	22.9g	6.0g
Sodium	174mg	45mg
Mocha - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1060kJ (254Cal)	209kJ (50Cal)
Protein	4.2g	0.8g
Fat, Total	8.4g	1.7g
- Saturated	1.3g	0.2g
Carbohydrate	40.6g	8.0g
- Sugars	30.6g	6.0g
Sodium	234mg	46mg

Ingredients: Almond Milk (Australian Water (93.2%), Almonds (3.5%), Sugar (1.5%), Sunflower Oil, Maltodextrin (From Corn), Acidity Regulators (340, 332), Stabilisers (418, 415, 410), Sunflower Lecithin and Salt), Espresso (Water, Coffee), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca, Salt)

Contains: Milk, Soybeans & Tree Nuts

Mocha (Soy Milk)

Mocha - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	813kJ (194Cal)	262kJ (63Cal)
Protein	8.3g	2.7g
Fat, Total	6.9g	2.2g
- Saturated	0.9g	0.3g
Carbohydrate	25.8g	8.3g
- Sugars	16.5g	5.3g
Sodium	222mg	72mg
Mocha - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1020kJ (243Cal)	264kJ (63Cal)
Protein	9.5g	2.5g
Fat, Total	7.8g	2.0g
- Saturated	1.1g	0.3g
Carbohydrate	34.9g	9.1g
- Sugars	23.3g	6.1g
Sodium	266mg	69mg
Mocha - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1370kJ (328Cal)	269kJ (64Cal)
Protein	12.9g	2.5g
Fat, Total	10.6g	2.1g
- Saturated	1.5g	0.3g
Carbohydrate	46.9g	9.2g
- Sugars	31.1g	6.1g
Sodium	361mg	71mg

Ingredients: Soy Milk (Australian Water (87.3%), Soy Blend (Soy Protein, Milled Soybeans) (4.4%), Canola Oil (3%), Maltodextrin (From Corn) (3%), Sugar (1.7%) Acidity Regulators (340, 332), Natural Flavour, Sunflower Lecithin, Stabilisers (460, 466), and Salt), Espresso (Water, Coffee), Chocolate Powder (Sugar, Cocoa (21%), Maltodextrin, Tapioca, Salt).

Contains: Milk, Soybeans & Tree Nuts

Chai (Full Cream Milk)

Chai - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1010kJ (242Cal)	327kJ (78Cal)
Protein	9.3g	3.0g
Fat, Total	10.7g	3.5g
- Saturated	7.6g	2.4g
Carbohydrate	27.0g	8.7g
- Sugars	22.7g	7.3g
Sodium	123mg	40mg
Chai - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1470kJ (352Cal)	383kJ (91Cal)
Protein	11.5g	3.0g
Fat, Total	14.1g	3.7g
- Saturated	10.3g	2.7g
Carbohydrate	44.5g	11.6g
- Sugars	35.8g	9.3g
Sodium	166mg	43mg
Chai - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	2040kJ (488Cal)	401kJ (96Cal)
Protein	15.2g	3.0g
Fat, Total	17.0g	3.7g
- Saturated	18.9g	2.7g
Carbohydrate	63.9g	12.5g
- Sugars	50.8g	10.0g
Sodium	225mg	44mg

Ingredients: Milk, Spiced Chai (8%) (Sugar, Dextrose, Glucose Syrup Solids, Milk Solids, Vegetable Fat, Maltodextrin, Tea Powder, Spices, Stabilisers (3430, 407), Emulsifier (471), Colour (150d), Anticaking Agent (551), Salt, Flavour).

Contains Milk.

Chai (Skim Milk)

Chai - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	675kJ (161Cal)	218kJ (52Cal)
Protein	9.0g	2.9g
Fat, Total	2.1g	0.7g
- Saturated	1.9g	0.6g
Carbohydrate	26.2g	8.5g
- Sugars	21.9g	7.1g
Sodium	131mg	42mg
Chai - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1080kJ (257Cal)	280kJ (67Cal)
Protein	11.2g	2.9g
Fat, Total	4.0g	1.0g
- Saturated	3.6g	0.9g
Carbohydrate	43.6g	11.3g
- Sugars	34.9g	9.1g
Sodium	176mg	46mg
Chai - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1530kJ (366Cal)	301kJ (72Cal)
Protein	14.7g	2.9g
Fat, Total	5.9g	1.2g
- Saturated	5.4g	1.1g
Carbohydrate	62.7g	12.3g
- Sugars	49.7g	9.8g
Sodium	238mg	47mg

Ingredients: Skim Milk (Homogenised & Pasteurised Skim Milk), Spiced Chai (8%) (Sugar, Dextrose, Glucose Syrup Solids, Milk Solids, Vegetable Fat, Maltodextrin, Tea Powder, Spices, Stabilisers (3430, 407), Emulsifier (471), Colour (150d), Anticaking Agent (551), Salt, Flavour.).

Contains Milk.

May Contain Soybeans.

Chai (Almond Milk)

Chai - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	715kJ (171Cal)	230kJ (55Cal)
Protein	2.8g	0.9g
Fat, Total	7.8g	2.5g
- Saturated	2.2g	0.7g
Carbohydrate	22.2g	7.2g
- Sugars	15.3g	4.9g
Sodium	124mg	40mg
Chai - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1120kJ (268Cal)	292kJ (70Cal)
Protein	3.9g	1.0g
Fat, Total	10.6g	2.8g
- Saturated	4.0g	1.1g
Carbohydrate	38.9g	10.1g
- Sugars	27.2g	7.1g
Sodium	168mg	44mg
Chai - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1590kJ (381Cal)	313kJ (795Cal)
Protein	5.4g	1.1g
Fat, Total	14.4g	2.8g
- Saturated	5.9g	1.2g
Carbohydrate	56.7g	11.1g
- Sugars	39.7g	7.8g
Sodium	227mg	45mg

Ingredients: Almond Milk (Australian Water (93.2%), Almonds (3.5%), Sugar (1.5%), Sunflower Oil, Maltodextrin (From Corn), Acidity Regulators (340, 332), Stabilisers (418, 415, 410), Sunflower Lecithin and Salt), Spiced Chai (8%) (Sugar, Dextrose, Glucose Syrup Solids, Milk Solids, Vegetable Fat, Maltodextrin, Tea Powder, Spices, Stabilisers (3430, 407), Emulsifier (471), Colour (150d), Anticaking Agent (551), Salt, Flavour).

Contains Milk, Tree Nuts.

May Contain Cereals Containing Gluten, Soybeans.

Chai (Soy Milk)

Chai - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	961kJ (230Cal)	310kJ (74Cal)
Protein	9.7g	3.1g
Fat, Total	9.6g	3.1g
- Saturated	2.4g	0.8g
Carbohydrate	27.2g	8.8g
- Sugars	15.7g	5.1g
Sodium	225mg	73mg
Chai - Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1410kJ (337Cal)	366kJ (88Cal)
Protein	12.0g	3.1g
Fat, Total	12.7g	3.3g
- Saturated	4.3g	1.1g
Carbohydrate	44.8g	11.6g
- Sugars	27.6g	7.2g
Sodium	285mg	74mg
Chai - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1960kJ (469Cal)	385kJ (92Cal)
Protein	15.9g	3.1g
Fat, Total	17.1g	3.4g
- Saturated	6.3g	1.2g
Carbohydrate	64.2g	12.6g
- Sugars	40.4g	7.9g
Sodium	379mg	74mg

Ingredients: Soy Milk (Australian Water (87.3%), Soy Blend (Soy Protein, Milled Soybeans) (4.4%), Canola Oil (3%), Maltodextrin (From Corn) (3%), Sugar (1.7%) Acidity Regulators (340, 332), Natural Flavour, Sunflower Lecithin, Stabilisers (460, 466), and Salt), Spiced Chai (8%) (Sugar, Dextrose, Glucose Syrup Solids, Milk Solids, Vegetable Fat, Maltodextrin, Tea Powder, Spices, Stabilisers (3430, 407), Emulsifier (471), Colour (150d), Anticaking Agent (551), Salt, Flavour).

Contains Milk, Soybeans.

May Contain Cereals Containing Gluten, Tree Nuts.

Tea

Tea - Sml		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 310mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	48kJ (12Cal)	16kJ (4Cal)
Protein	0.9g	0.3g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	1.2g	0.4g
- Sugars	0.1g	less than 0.1g
Sodium	7mg	2mg
Tea- Reg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 385mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	48kJ (12Cal)	13kJ (3Cal)
Protein	0.9g	0.2g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	1.2g	0.3g
- Sugars	0.1g	less than 0.1g
Sodium	10mg	3mg
Tea - Lg		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 510mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	97kJ (23Cal)	19kJ (5Cal)
Protein	1.7g	0.3g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	2.5g	0.5g
- Sugars	0.2g	less than 0.1g
Sodium	12mg	2mg

Ingredients: Water, Tea- English Breakfast (Black Tea).