



Nutritional Information

Beverage menu

Beverage calculations containing milk are based on low fat milk
 Low fat milk is used as standard milk option in our barista outlets

Hot beverages - TALL	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Caffine (mg)
AMERICANO 3SHOTS TALL	15	0.0	3.0	0.0	0.0	0.0	0.0	225
AMERICANO TALL	10	1.0	2.0	0.0	0.0	0.0	0.0	150
CAPPUCCINO TALL	68	5.0	8.0	6.0	4.0	2.5	0.0	150
CARAMEL LATTE TALL	180	10.0	25.4	23.4	9.0	5.6	0.0	150
CHAI TALL - low fat	208	6.0	9.0	9.0	6.0	3.8	0.0	0
CON PAN DOUBLE	42	1.0	2.0	0.0	1.0	0.5	0.0	150
CON PAN SINGLE	37	0.0	1.0	0.0	1.0	0.5	0.0	75
DARK MOCHA TALL	225	10.6	24.7	22.7	9.3	5.8	0.9	150
ESPRESSO DOUBLE	10	1.0	2.0	0.0	0.0	0.0	0.0	150
ESPRESSO SINGLE	5	0.0	1.0	0.0	0.0	0.0	0.0	75
EXTRA SHOT ESPRESSO	5	0.0	1.0	0.0	0.0	0.0	0.0	75
FLAT WHITE	68	5.0	8.0	6.0	4.0	2.5	0.0	150
HOT ANGEL TALL	214	9.7	32.0	32.0	5.0	0.4	0.0	0
HOT CHOC TALL	345	20.0	39.6	34.1	16.7	9.4	2.2	0
LATTE TALL	140	10.0	15.5	13.5	9.0	5.6	0.0	150
MACHIATTO DOUBLE	24	2.0	3.5	1.5	0.5	0.0	0.0	150
MACHIATTO SINGLE	19	1.0	2.5	1.5	0.5	0.0	0.0	75
RISTRET DOUBLE	10	1.0	2.0	0.0	0.0	0.0	0.0	150
RISTRET SINGLE	5	0.0	1.0	0.0	0.0	0.0	0.0	75
STEAMER TALL	214	12.0	28.2	27.9	12.0	7.5	0.0	0
WHITE MOCHA TALL	224	9.7	32.0	32.0	9.7	6.1	0.0	0
Hot beverages - GRANDE	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Caffine (mg)
AMERICANO 3SHOTS GRANDE	15	2	3	0	0	0	0	225
AMERICANO GRANDE	10	1.0	2.0	0.0	0.0	0.0	0.0	150
CAPPUCCINO GRANDE	90	6.5	10.3	8.3	5.5	3.4	0.0	150
CARAMEL LATTE GRANDE	243	13.0	34.9	32.9	12.0	7.5	0.0	150
CHAI GRANDE	277	8.0	12.0	12.0	8.0	5.0	0.0	0
DARK MOCHA GRANDE	310	14.7	47.7	45.7	12.9	8.0	2.7	150
HOT ANGEL GRANDE	299	13.1	45.7	45.7	6.8	0.7	0.0	0
HOT CHOC GRANDE	459	26.4	52.8	45.3	22.4	12.8	3.0	0
LATTE GRANDE	184	13.0	20.0	18.0	12.0	7.5	0.0	150
STEAMER GRANDE	293	16.0	39.2	38.8	16.0	10.0	0.0	0
WHITE MOCHA GRANDE	309	13.1	45.7	45.7	13.1	8.2	0.0	0
KIDDIES KORNER	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Caffine (mg)
BABYCHINO	58	4.0	6.0	6.0	1.9	0.0	0.0	0
FUNSOMNIA	136	8.0	17.0	17.0	3.8	0.0	0.0	0
TEENY HOT ANGEL	114	5.4	16.7	16.7	2.7	0.2	0.0	0
TINY TOTS HOT CHOCOLATE	234	13.8	26.8	23.3	11.1	6.0	1.4	0
TEA	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Caffine (mg)
TEAPOT	0	0.0	0.0	0.0	0.0	0.0	0.0	0
FAIRTRADE TEA	0	0.0	0.0	0.0	0.0	0.0	0.0	0
FRUIT TEA / HERBAL TEA	0	0.0	0.0	0.0	0.0	0.0	0.0	0
ICECAP MENU	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Caffine (mg)
Caramel Latte	327	12.4	61.2	60.2	3.3	0.1	0.0	75
Mint Chocolate	395	17.2	67.3	65.3	8.0	3.5	0.8	0
OREO®	492	15.0	77.4	62.0	14.9	5.7	1.1	0
SYRUPS & CONDIMENTS	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. (g)	Fibre (g)	Caffine (mg)
syrup per 100 ml								
VANILLA SYRUP	299	0.0	74.7	74.7	0.0	0.0	0.0	0
CINNAMON SYRUP	264	0.0	66.0	66.0	0.0	0.0	0.0	0
ALMOND SYRUP	271	0.0	67.7	65.9	0.0	0.0	0.0	0
CARAMEL SYRUP	264	0.0	66.0	66.0	0.0	0.0	0.0	0
HAZELNUT SYRUP	264	0.0	66.0	66.0	0.0	0.0	0.0	0
IRISH CREAM SYRUP	310	0.0	77.5	77.5	0.0	0.0	0.0	0
BANANA SYRUP	264	0.0	65.9	65.9	0.0	0.0	0.0	0
COCONUT SYRUP	308	0.0	77.0	77.0	0.0	0.0	0.0	0
MINT SYRUP	309	0.0	77.2	77.2	0.0	0.0	0.0	0
GINGERBREAD SYRUP	312	0.0	77.9	77.9	0.0	0.0	0.0	0
CHAI TEA MIX (1 oz)	20	0.0	16.0	16.0	0.0	0.0	0.0	
MILK (1 Oz.)	19	1.0	1.5	1.5	1.0	0.6	0.0	0
MILK LOWFAT (1 oz)	14	1.0	1.5	1.5	0.5		0.0	0
MILK NONFAT (1 oz)	10	1.0	1.5	1.5	0.0		0.0	0
SOYA MILK (1 oz)	9	1.0	0.0	0.0	0.6	0.6	0.0	0
DARK MOCHA SAUCE per 100 g.	301	4.1	65.9	65.9	2.2	1.3	6.4	0
WHITE MOCHA SAUCE per 100 g.	297	2.5	66.0	66.0	2.6	1.6	0.0	0
MILK CHOCOLATE (PER 100g.)	463	25.0	55.0	45.0	25.0	17.0	4.0	0
HOT COCO MIX per 100g.	358	7.2	63.4	57.0	8.4	5.2	11.2	0
WHIPPED CREAM (10 g)	32	0.0	0.0	0.0	1.0	0.5	0.0	0