

Nutritional Chart

Juices

Just Orange			The Great C			Sour Power		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	110.52	36.84	Energy (kCal)	103.92	34.64	Energy (kCal)	148.22	49.41
Protein (g)	2.7	0.9	Protein (g)	2.33	0.78	Protein (g)	4.92	1.64
Total Fat (g)	0.3	0.1	Total Fat (g)	0.3	0.1	Total Fat (g)	1.27	0.42
Saturated Fat (g)	0	0	Saturated Fat (g)	0.02	0.01	Saturated Fat (g)	0.15	0.05
Carbohydrate (g)	20.7	6.9	Carbohydrate (g)	22.31	7.44	Carbohydrate (g)	28.97	9.66
Total Sugar (g)	20.7	6.9	Total Sugar (g)	20.81	6.94	Total Sugar (g)	22.32	7.44
Lactose(g)	0	0	Lactose(g)	0	0	Lactose(g)	0.00	0.00

Yuzu Pop			Sunrise Gold			First Date		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	108.77	36.26	Energy (kCal)	131.71	43.9	Energy (kCal)	112.88	37.63
Protein (g)	2.34	0.78	Protein (g)	2.52	0.84	Protein (g)	0.43	0.14
Total Fat (g)	0.76	0.25	Total Fat (g)	0.28	0.09	Total Fat (g)	0.04	0.01
Saturated Fat (g)	0	0	Saturated Fat (g)	0.01	0	Saturated Fat (g)	0	0
Carbohydrate (g)	19.16	6.39	Carbohydrate (g)	25.91	8.64	Carbohydrate (g)	26.3	8.77
Total Sugar (g)	15.94	5.31	Total Sugar (g)	25.31	8.44	Total Sugar (g)	19.62	6.54
Lactose(g)	15.94	5.31	Lactose(g)	25.42	8.47	Lactose(g)	19.62	6.54

Teas

Lemon Ginger Mint			English Breakfast			Iced English Breakfast		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	-	-	Energy (kCal)	-	-	Energy (kCal)	-	-
Protein (g)	-	-	Protein (g)	-	-	Protein (g)	-	-
Total Fat (g)	-	-	Total Fat (g)	-	-	Total Fat (g)	-	-
Saturated Fat (g)	-	-	Saturated Fat (g)	-	-	Saturated Fat (g)	-	-
Carbohydrate (g)	-	-	Carbohydrate (g)	-	-	Carbohydrate (g)	-	-
Total Sugar (g)	-	-	Total Sugar (g)	-	-	Total Sugar (g)	-	-
Lactose(g)	-	-	Lactose(g)	-	-	Lactose(g)	-	-

Red Espresso			Chamomile Dream			Iced Chamomile Dream		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	-	-	Energy (kCal)	-	-	Energy (kCal)	-	-
Protein (g)	-	-	Protein (g)	-	-	Protein (g)	-	-
Total Fat (g)	-	-	Total Fat (g)	-	-	Total Fat (g)	-	-
Saturated Fat (g)	-	-	Saturated Fat (g)	-	-	Saturated Fat (g)	-	-
Carbohydrate (g)	-	-	Carbohydrate (g)	-	-	Carbohydrate (g)	-	-
Total Sugar (g)	-	-	Total Sugar (g)	-	-	Total Sugar (g)	-	-
Lactose(g)	-	-	Lactose(g)	-	-	Lactose(g)	-	-

Iced Red & Mint Tea			Nymph of the Nile			Iced Nymph of the Nile		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	38.75	11.74	Energy (kCal)	-	-	Energy (kCal)	-	-
Protein (g)	0.00	0.00	Protein (g)	-	-	Protein (g)	-	-
Total Fat (g)	0.00	0.00	Total Fat (g)	-	-	Total Fat (g)	-	-
Saturated Fat (g)	0.00	0.00	Saturated Fat (g)	-	-	Saturated Fat (g)	-	-
Carbohydrate (g)	8.64	2.62	Carbohydrate (g)	-	-	Carbohydrate (g)	-	-
Total Sugar (g)	4.36	1.32	Total Sugar (g)	-	-	Total Sugar (g)	-	-
Lactose(g)	0.00	0.00	Lactose(g)	-	-	Lactose(g)	-	-

Turmeric Latte			Pearl of the Orient			Iced Pearl of the Orient		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	148.50	61.88	Energy (kCal)	-	-	Energy (kCal)	-	-
Protein (g)	6.75	2.81	Protein (g)	-	-	Protein (g)	-	-
Total Fat (g)	8.78	3.66	Total Fat (g)	-	-	Total Fat (g)	-	-
Saturated Fat (g)	5.40	2.25	Saturated Fat (g)	-	-	Saturated Fat (g)	-	-
Carbohydrate (g)	10.80	4.50	Carbohydrate (g)	-	-	Carbohydrate (g)	-	-
Total Sugar (g)	10.80	4.50	Total Sugar (g)	-	-	Total Sugar (g)	-	-
Lactose(g)	10.80	4.50	Lactose(g)	-	-	Lactose(g)	-	-

Jasmine Hibiscus Kombucha			Earl Grey Lavender			Iced Earl Grey Lavender		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	63.00	21.00	Energy (kCal)	-	-	Energy (kCal)	-	-
Protein (g)	3.00	1.00	Protein (g)	-	-	Protein (g)	-	-
Total Fat (g)	3.00	1.00	Total Fat (g)	-	-	Total Fat (g)	-	-
Saturated Fat (g)	3.00	1.00	Saturated Fat (g)	-	-	Saturated Fat (g)	-	-
Carbohydrate (g)	12.00	4.00	Carbohydrate (g)	-	-	Carbohydrate (g)	-	-
Total Sugar (g)	12.00	4.00	Total Sugar (g)	-	-	Total Sugar (g)	-	-
Lactose(g)	0.00	0.00	Lactose(g)	-	-	Lactose(g)	-	-

Yuzu Lavender Kombucha			Teh Tarik			Iced Teh Tarik		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	63.00	21.00	Energy (kCal)	145.20	41.49	Energy (kCal)	52.80	16.00
Protein (g)	3.00	1.00	Protein (g)	6.60	1.89	Protein (g)	2.40	0.73
Total Fat (g)	3.00	1.00	Total Fat (g)	8.58	2.45	Total Fat (g)	3.12	0.95
Saturated Fat (g)	3.00	1.00	Saturated Fat (g)	5.28	1.51	Saturated Fat (g)	1.92	0.58
Carbohydrate (g)	12.00	4.00	Carbohydrate (g)	10.56	3.02	Carbohydrate (g)	3.84	1.16
Total Sugar (g)	12.00	4.00	Total Sugar (g)	10.56	3.02	Total Sugar (g)	3.84	1.16
Lactose(g)	0.00	0.00	Lactose(g)	10.56	3.02	Lactose(g)	3.84	1.16

Hojicha Latte			Iced Hojicha Latte		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	161.31	67.21	Energy (kCal)	143.15	43.38
Protein (g)	6.03	2.51	Protein (g)	4.77	1.45
Total Fat (g)	7.84	3.27	Total Fat (g)	6.20	1.88
Saturated Fat (g)	4.82	2.01	Saturated Fat (g)	3.82	1.16
Carbohydrate (g)	17.13	7.14	Carbohydrate (g)	17.61	5.34
Total Sugar (g)	17.13	7.14	Total Sugar (g)	17.61	5.34
Lactose(g)	9.65	4.02	Lactose(g)	7.63	2.31

Nutritional Chart

Coffee

Double Espresso			Long Black			Iced Long Black		
	Serving (ml)	Per 100ml		Serving (ml)	Per 100ml		Serving (ml)	Per 100ml
Energy (kCal)	0.80	2.00	Energy (kCal)	0.80	0.47	Energy (kCal)	0.80	0.47
Protein (g)	0.05	0.12	Protein (g)	0.05	0.03	Protein (g)	0.05	0.03
Total Fat (g)	0.07	0.18	Total Fat (g)	0.07	0.04	Total Fat (g)	0.07	0.04
Saturated Fat (g)	0.04	0.09	Saturated Fat (g)	0.04	0.02	Saturated Fat (g)	0.04	0.02
Carbohydrate (g)	0.00	0.00	Carbohydrate (g)	0.00	0.00	Carbohydrate (g)	0.00	0.00
Total Sugar (g)	0.00	0.00	Total Sugar (g)	0.00	0.00	Total Sugar (g)	0.00	0.00
Lactose(g)	0.00	0.00	Lactose(g)	0.00	0.00	Lactose(g)	0.00	0.00

Macchiato			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	20.60	29.43	13.70	19.57	73.10	104.43	20.30	29.00
Protein (g)	0.95	1.35	0.98	1.40	1.28	1.83	0.23	0.33
Total Fat (g)	1.24	1.77	0.43	0.62	0.73	1.05	1.03	1.47
Saturated Fat (g)	0.76	1.08	0.28	0.40	0.13	0.18	0.13	0.18
Carbohydrate (g)	1.44	2.06	1.50	2.14	1.65	2.36	2.43	3.47
Total Sugar (g)	1.44	2.06	1.50	2.14	0.66	0.94	0.84	1.20
Lactose(g)	1.44	2.06	1.50	2.14	0.00	0.00	0.00	0.00

Magic			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	93.20	51.78	61.00	33.89	338.20	187.89	91.80	51.00
Protein (g)	4.25	2.36	4.39	2.44	5.79	3.22	0.89	0.49
Total Fat (g)	5.53	3.07	1.75	0.97	3.15	1.75	4.55	2.53
Saturated Fat (g)	3.40	1.89	1.16	0.64	0.46	0.25	0.46	0.25
Carbohydrate (g)	6.72	3.73	7.00	3.89	7.70	4.28	11.34	6.30
Total Sugar (g)	6.72	3.73	7.00	3.89	3.08	1.71	3.92	2.18
Lactose(g)	6.72	3.73	7.00	3.89	0.00	0.00	0.00	0.00

Piccolo Latte			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	33.80	37.56	22.30	24.78	121.30	134.78	33.30	37.00
Protein (g)	1.55	1.72	1.60	1.78	2.10	2.33	0.35	0.39
Total Fat (g)	2.02	2.25	0.67	0.75	1.17	1.30	1.67	1.86
Saturated Fat (g)	1.24	1.37	0.44	0.49	0.19	0.21	0.19	0.21
Carbohydrate (g)	2.40	2.67	2.50	2.78	2.75	3.06	4.05	4.50
Total Sugar (g)	2.40	2.67	2.50	2.78	1.10	1.22	1.40	1.56
Lactose(g)	2.40	2.67	2.50	2.78	0.00	0.00	0.00	0.00

Flat White - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	106.40	53.20	69.60	34.80	386.40	193.20	104.80	52.40
Protein (g)	4.85	2.42	5.01	2.50	6.61	3.30	1.01	0.50
Total Fat (g)	6.31	3.16	1.99	1.00	3.59	1.80	5.19	2.60
Saturated Fat (g)	3.88	1.94	1.32	0.66	0.52	0.26	0.52	0.26
Carbohydrate (g)	7.68	3.84	8.00	4.00	8.80	4.40	12.96	6.48
Total Sugar (g)	7.68	3.84	8.00	4.00	3.52	1.76	4.48	2.24
Lactose(g)	7.68	3.84	8.00	4.00	0.00	0.00	0.00	0.00

Flat White - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	172.40	57.47	112.60	37.53	627.40	209.13	169.80	56.60
Protein (g)	7.85	2.62	8.11	2.70	10.71	3.57	1.61	0.54
Total Fat (g)	10.21	3.40	3.19	1.06	5.79	1.93	8.39	2.80
Saturated Fat (g)	6.28	2.09	2.12	0.71	0.82	0.27	0.82	0.27
Carbohydrate (g)	12.48	4.16	13.00	4.33	14.30	4.77	21.06	7.02
Total Sugar (g)	12.48	4.16	13.00	4.33	5.72	1.91	7.28	2.43
Lactose(g)	12.48	4.16	13.00	4.33	0.00	0.00	0.00	0.00

Mocha - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	139.40	69.70	104.90	52.45	401.90	200.95	137.90	68.95
Protein (g)	5.18	2.59	5.33	2.66	6.83	3.41	1.58	0.79
Total Fat (g)	6.16	3.08	2.11	1.06	3.61	1.81	5.11	2.56
Saturated Fat (g)	3.78	1.89	1.38	0.69	0.63	0.31	0.63	0.31
Carbohydrate (g)	15.10	7.55	15.40	7.70	16.15	8.08	20.05	10.03
Total Sugar (g)	14.87	7.44	15.17	7.59	10.97	5.49	11.87	5.94
Lactose(g)	7.20	3.60	7.50	3.75	0.00	0.00	0.00	0.00

Mocha - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	221.90	73.97	165.55	55.18	650.65	216.88	219.45	73.15
Protein (g)	8.34	2.78	8.59	2.86	11.04	3.68	2.46	0.82
Total Fat (g)	9.99	3.33	3.37	1.12	5.82	1.94	8.27	2.76
Saturated Fat (g)	6.13	2.04	2.21	0.74	0.98	0.33	0.98	0.33
Carbohydrate (g)	23.61	7.87	24.10	8.03	25.33	8.44	31.70	10.57
Total Sugar (g)	23.27	7.76	23.76	7.92	16.90	5.63	18.37	6.12
Lactose(g)	11.76	3.92	12.25	4.08	0.00	0.00	0.00	0.00

Iced Mocha			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	155.90	77.95	122.55	61.28	409.65	204.83	154.45	77.23
Protein (g)	5.34	2.67	5.49	2.74	6.94	3.47	1.86	0.93
Total Fat (g)	6.09	3.04	2.17	1.09	3.62	1.81	5.07	2.54
Saturated Fat (g)	3.73	1.86	1.41	0.70	0.68	0.34	0.68	0.34
Carbohydrate (g)	18.81	9.41	19.10	9.55	19.83	9.91	23.60	11.80
Total Sugar (g)	18.47	9.23	18.76	9.38	14.70	7.35	15.57	7.78
Lactose(g)	6.96	3.48	7.25	3.63	0.00	0.00	0.00	0.00

Latte - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	106.40	53.20	69.60	34.80	386.40	193.20	104.80	52.40
Protein (g)	4.85	2.42	5.01	2.50	6.61	3.30	1.01	0.50
Total Fat (g)	6.31	3.16	1.99	1.00	3.59	1.80	5.19	2.60
Saturated Fat (g)	3.88	1.94	1.32	0.66	0.52	0.26	0.52	0.26
Carbohydrate (g)	7.68	3.84	8.00	4.00	8.80	4.40	12.96	6.48
Total Sugar (g)	7.68	3.84	8.00	4.00	3.52	1.76	4.48	2.24
Lactose(g)	7.68	3.84	8.00	4.00	0.00	0.00	0.00	0.00

Latte - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	172.40	57.47	300	100	300	100	300	100
Protein (g)	7.85	2.62	112.60	37.53	627.40	209.13	169.80	56.60
Total Fat (g)	10.21	3.40	8.11	2.70	10.71	3.57	1.61	0.54
Saturated Fat (g)	6.28	2.09	3.19	1.06	5.79	1.93	8.39	2.80
Carbohydrate (g)	12.48	4.16	0.00	0.00	0.00	0.00	0.00	0.00
Total Sugar (g)	12.48	4.16	13.00	4.33	14.30	4.77	21.06	7.02
Lactose(g)	12.48	4.16	13.00	4.33	0.00	0.00	0.00	0.00

Iced Latte			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	106.40	53.20	69.60	34.80	386.40	193.20	104.80	52.40
Protein (g)	4.85	2.42	5.01	2.50	6.61	3.30	1.01	0.50
Total Fat (g)	6.31	3.16	1.99	1.00	3.59	1.80	5.19	2.60
Saturated Fat (g)	3.88	1.94	1.32	0.66	0.52	0.26	0.52	0.26
Carbohydrate (g)	7.68	3.84	8.00	4.00	8.80	4.40	12.96	6.48
Total Sugar (g)	7.68	3.84	8.00	4.00	3.52	1.76	4.48	2.24
Lactose(g)	7.68	3.84	8.00	4.00	0.00	0.00	0.00	0.00

Cappuccino - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	118.28	58.27	81.48	40.14	131.48	64.77	131.48	64.77
Protein (g)	5.04	2.48	5.20	2.56	5.64	2.78	5.64	2.78
Total Fat (g)	6.38	3.14	2.06	1.02	7.16	3.53	7.16	3.53
Saturated Fat (g)	3.92	1.93	1.36	0.67	4.40	2.17	4.40	2.17
Carbohydrate (g)	10.05	4.95	10.37	5.11	11.01	5.42	11.01	5.42
Total Sugar (g)	9.98	4.92	10.30	5.07	10.94	5.39	10.94	5.39
Lactose(g)	7.68	3.78	8.00	3.94	8.64	4.26	8.64	4.26

Cappuccino - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	184.28	60.82	124.48	41.08	639.28	210.98	181.68	59.96
Protein (g)	8.04	2.65	8.30	2.74	10.90	3.60	1.80	0.59
Total Fat (g)	10.28	3.39	3.26	1.08	5.86	1.94	8.46	2.79
Saturated Fat (g)	6.32	2.09	2.16	0.71	0.86	0.28	0.86	0.28
Carbohydrate (g)	14.85	4.90	15.37	5.07	16.67	5.50	23.43	7.73
Total Sugar (g)	14.78	4.88	15.30	5.05	8.02	2.65	9.58	3.16
Lactose(g)	12.48	4.12	13.00	4.29	0.00	0.00	0.00	0.00

Iced Cappuccino			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	152.60	62.29	106.60	43.51	502.60	205.14	150.60	61.47
Protein (g)	6.36	2.60	6.56	2.68	8.56	3.50	1.56	0.64
Total Fat (g)	7.99	3.26	2.59	1.06	4.59	1.87	6.59	2.69
Saturated Fat (g)	4.91	2.00	1.71	0.70	0.71	0.29	0.71	0.29
Carbohydrate (g)	13.55	5.53	13.95	5.69	14.95	6.10	20.15	8.22
Total Sugar (g)	13.44	5.48	13.84	5.65	8.24	3.36	9.44	3.85
Lactose(g)	9.60	3.92	10.00	4.08	0.00	0.00	0.00	0.00

Hot Brew		
	Serving (ml)	Per 100ml
Energy (kCal)	0.11	0.11
Protein (g)	0.01	0.01
Total Fat (g)	0.01	0.01
Saturated Fat (g)	0.01	0.01
Carbohydrate (g)	0.00	0.00
Total Sugar (g)	0.00	0.00
Lactose(g)	0.00	0.00

Non - Caffeinated

Hot Chocolate - Regular			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	171.60	85.80	132.50	66.25	469.10	234.55	169.90	84.95
Protein (g)	6.05	3.02	6.22	3.11	7.92	3.96	1.97	0.98
Total Fat (g)	6.99	3.50	2.40	1.20	4.10	2.05	5.80	2.90
Saturated Fat (g)	4.29	2.15	1.57	0.79	0.72	0.36	0.72	0.36
Carbohydrate (g)	20.01	10.01	20.35	10.18	21.20	10.60	25.62	12.81
Total Sugar (g)	19.67	9.83	20.01	10.00	15.25	7.62	16.27	8.13
Lactose(g)	8.16	4.08	8.50	4.25	0.00	0.00	0.00	0.00

Hot Chocolate - Large			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	250.80	83.60	191.00	63.67	705.80	235.27	248.20	82.73
Protein (g)	9.06	3.02	9.32	3.11	11.92	3.97	2.82	0.94
Total Fat (g)	10.62	3.54	3.60	1.20	6.20	2.07	8.80	2.93
Saturated Fat (g)	6.52	2.17	2.36	0.79	1.06	0.35	1.06	0.35
Carbohydrate (g)	28.28	9.43	28.80	9.60	30.10	10.03	36.86	12.29
Total Sugar (g)	27.82	9.27	28.34	9.45	21.06	7.02	22.62	7.54
Lactose(g)	12.48	4.16	13.00	4.33	0.00	0.00	0.00	0.00

Iced Chocolate			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	184.80	92.40	148.00	74.00	464.80	232.40	183.20	91.60
Protein (g)	6.06	3.03	6.22	3.11	7.82	3.91	2.22	1.11
Total Fat (g)	6.72	3.36	2.40	1.20	4.00	2.00	5.60	2.80
Saturated Fat (g)	4.12	2.06	1.56	0.78	0.76	0.38	0.76	0.38
Carbohydrate (g)	23.48	11.74	23.80	11.90	24.60	12.30	28.76	14.38
Total Sugar (g)	23.02	11.51	23.34	11.67	18.86	9.43	19.82	9.91
Lactose(g)	7.68	3.84	8.00	4.00	0.00	0.00	0.00	0.00

Babycino			Low Fat Milk		Bonsoy		OATSIDE	
	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml	Serving (ml)	Per 100ml
Energy (kCal)	118.80	66.00	77.40	43.00	433.80	241.00	117.00	65.00
Protein (g)	5.40	3.00	5.58	3.10	7.38	4.10	1.08	0.60
Total Fat (g)	7.02	3.90	2.16	1.20	3.96	2.20	5.76	3.20
Saturated Fat (g)	4.32	2.40	1.44	0.80	0.54	0.30	0.54	0.30
Carbohydrate (g)	8.64	4.80	9.00	5.00	9.90	5.50	14.58	8.10
Total Sugar (g)	8.64	4.80	9.00	5.00	3.96	2.20	5.04	2.80
Lactose(g)	8.64	4.80	9.00	5.00	0.00	0.00	0.00	0.00

Chocolate Milkshake		
	Serving (ml)	Per 100ml
Energy (kCal)	684.73	207.50
Protein (g)	13.03	3.95
Total Fat (g)	38.64	11.71
Saturated Fat (g)	24.29	7.36
Carbohydrate (g)	70.80	21.45
Total Sugar (g)	62.14	18.83
Lactose(g)	3.36	1.02

Espresso Milkshake		
	Serving (ml)	Per 100ml
Energy (kCal)	586.84	186.30
Protein (g)	12.32	3.91
Total Fat (g)	0.06	0.02
Saturated Fat (g)	63.53	20.17
Carbohydrate (g)	53.27	16.91
Total Sugar (g)	50.87	16.15
Lactose(g)	2.40	0.76

Strawberry Milkshake		
	Serving (ml)	Per 100ml
Energy (kCal)	586.84	186.30
Protein (g)	12.32	3.91
Total Fat (g)	31.62	10.04
Saturated Fat (g)	19.32	6.13
Carbohydrate (g)	63.53	20.17
Total Sugar (g)	53.27	16.91
Lactose(g)	2.40	0.76