

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Blonde Roast	NA	Vegan	591	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Grande Blonde Roast French Press	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Short Caffe Misto	Milk	Vegetarian	237	137	11.0	11.0	0.0	NA	7.6	7.1	4.6	0.2	22.9	80.2
% RDA contribution				7%			0%	NA	14%	11%	21%	10%	8%	4%
Grande Caffe Misto	Milk	Vegetarian	473	142	11.3	11.3	0.0	NA	7.8	7.3	4.7	0.2	23.6	82.7
% RDA contribution				7%			0%	NA	14%	11%	21%	10%	8%	4%
Venti Caffe Misto	Milk	Vegetarian	591	173	13.8	13.8	0.0	NA	9.5	8.9	5.7	0.2	28.8	101.1
% RDA contribution				9%			0%	NA	18%	13%	26%	12%	10%	5%
Caffe Vienna	Milk	Vegetarian	120	305	16.3	11.8	11.8	NA	1.9	25.8	16.0	0.0	63.7	1.3
% RDA contribution				15%			24%	NA	3%	38%	73%	0%	21%	0%
Short Cappuccino	Milk	Vegetarian	237	104	8.3	8.3	0.0	NA	5.7	5.3	3.5	0.1	17.3	60.6
% RDA contribution				5%			0%	NA	11%	8%	16%	5%	6%	3%
Tall Cappuccino	Milk	Vegetarian	354	104	8.3	8.3	0.0	NA	5.7	5.3	3.5	0.1	17.3	60.6
% RDA contribution				5%			0%	NA	11%	8%	16%	5%	6%	3%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Cappuccino	Milk	Vegetarian	473	173	13.8	13.8	0.0	NA	9.5	8.8	5.8	0.2	28.8	101.0
% RDA contribution				9%			0%	NA	18%	13%	27%	8%	10%	5%
Venti Cappuccino	Milk	Vegetarian	591	220	17.6	17.6	0.0	NA	12.1	11.2	7.4	0.2	36.7	128.5
% RDA contribution				11%			0%	NA	22%	17%	34%	11%	12%	6%
Tall Cappuccino Freddo	Milk	Vegetarian	354	110	22.4	14.5	14.5	NA	4.3	0.3	0.0	0.0	4.5	2.2
% RDA contribution				5%			29%	NA	8%	0%	0%	0%	2%	0%
Grande Cappuccino Freddo	Milk	Vegetarian	473	139	29.7	21.8	21.8	NA	4.3	0.3	0.0	0.0	4.5	3.3
% RDA contribution				7%			44%	NA	8%	0%	0%	0%	2%	0%
Venti Cappuccino Freddo	Milk	Vegetarian	591	168	37.0	29.0	29.0	NA	4.3	0.3	0.0	0.0	4.5	4.4
% RDA contribution				8%			58%	NA	8%	0%	0%	0%	2%	0%
Short Caramel Macchiato	Milk	Vegetarian	237	162	19.5	18.2	9.9	NA	5.8	6.7	3.5	0.1	17.3	0.6
% RDA contribution				8%			20%	NA	11%	10%	16%	5%	6%	0%
Tall Caramel Macchiato	Milk	Vegetarian	354	255	30.8	28.7	14.9	NA	9.6	10.2	5.8	0.2	28.8	1.2
% RDA contribution				13%			30%	NA	18%	15%	27%	8%	10%	0%
Grande Caramel Macchiato	Milk	Vegetarian	473	333	41.5	38.5	20.9	NA	12.2	12.9	7.4	0.2	36.7	1.8
% RDA contribution				17%			42%	NA	23%	19%	34%	11%	12%	0%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Chemex Anniversary Blend	NA	Vegan	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Grande Chemex Anniversary Blend	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Tall Chemex Blonde Roast	NA	Vegan	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Chocolate Cortado	Milk	Vegetarian	120	88	9.0	8.8	3.4	0.0	4.1	3.8	2.5	0.1	NA	0.6
% RDA contribution				4%			7%	0%	8%	6%	11%	5%	NA	0%
Short Chocolate Macchiato	Milk	Vegetarian	237	211	17.8	16.8	7.1	0.0	8.0	11.7	7.5	0.3	NA	1.2
% RDA contribution				11%			14%	0%	15%	17%	34%	16%	NA	0%
Tall Chocolate Macchiato	Milk	Vegetarian	354	311	28.5	27.0	13.0	0.0	11.7	16.1	10.3	0.4	NA	2.2
% RDA contribution				16%			26%	0%	22%	24%	47%	21%	NA	0%
Grande Chocolate Macchiato	Milk	Vegetarian	473	413	38.5	36.3	18.6	0.0	15.2	21.2	13.5	0.6	NA	3.1
% RDA contribution				21%			37%	0%	28%	32%	61%	28%	NA	0%
Venti Chocolate Macchiato	Milk	Vegetarian	591	518	50.0	47.5	24.1	0.0	19.8	25.4	16.2	0.6	NA	4.0
% RDA contribution				26%			48%	0%	37%	38%	74%	32%	NA	0%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Short Cocoa Cappuccino	Milk	Vegetarian	237	152	16.4	15.8	7.5	0.0	6.8	6.2	4.0	0.1	NA	1.2
% RDA contribution				8%			15%	0%	13%	9%	18%	7%	NA	0%
Tall Cocoa Cappuccino	Milk	Vegetarian	354	199	24.4	23.3	14.9	0.0	7.8	7.1	4.5	0.1	NA	2.5
% RDA contribution				10%			30%	0%	14%	11%	21%	7%	NA	0%
Grande Cocoa Cappuccino	Milk	Vegetarian	473	316	38.0	36.3	22.3	0.0	12.6	11.6	7.4	0.2	NA	3.7
% RDA contribution				16%			45%	0%	23%	17%	34%	12%	NA	0%
Venti Cocoa Cappuccino	Milk	Vegetarian	591	411	49.8	47.6	29.8	0.0	16.3	14.9	9.5	0.3	NA	4.9
% RDA contribution				21%			60%	0%	30%	22%	43%	15%	NA	0%
Tall Cold Coffee	Milk	Vegetarian	354	354	52.4	50.0	44.5	NA	4.5	14.0	8.8	0.1	37.3	161.8
% RDA contribution				18%			89%	NA	8%	21%	40%	5%	12%	8%
Grande Cold Coffee	Milk	Vegetarian	473	473	77.2	74.2	66.5	NA	6.1	15.5	9.7	0.1	42.0	242.6
% RDA contribution				24%			133%	NA	11%	23%	44%	6%	14%	12%
Venti Cold Coffee	Milk	Vegetarian	591	501	81.5	78.0	69.0	NA	6.9	16.3	10.3	0.1	44.6	242.9
% RDA contribution				25%			138%	NA	13%	24%	47%	7%	15%	12%
Cortado	Milk	Vegetarian	120	72	5.7	5.7	0.0	NA	3.9	3.7	2.4	0.1	11.9	41.8
% RDA contribution				4%			0%	NA	7%	5%	11%	3%	4%	2%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Cortado Flight	Milk	Vegetarian	360	246	26.5	25.7	10.5	0.0	11.1	10.4	6.7	0.3	NA	1.6
% RDA contribution				12%			21%	0%	21%	16%	30%	13%	NA	0%
Short Diwali Blend	NA	Vegan	237	0	0.0	0.0	0.0	NA	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Tall Diwali Blend	NA	Vegan	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Grande Diwali Blend	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Venti Diwali Blend	NA	Vegan	591	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Doppio Espresso	NA	Vegan	60	0	0.0	0.0	0.0	NA	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	NA	0%	0%	0%	0%	0%	0%
Tall Espresso Bianco	Milk	Vegetarian	354	209	43.3	43.0	38.8	NA	2.8	2.7	1.7	0.1	8.7	161.1
% RDA contribution				10%			78%	NA	5%	4%	8%	4%	3%	8%
Grande Espresso Bianco	Milk	Vegetarian	473	307	64.4	64.0	58.2	NA	3.9	3.7	2.4	0.1	12.1	241.6
% RDA contribution				15%			116%	NA	7%	6%	11%	5%	4%	12%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Espresso Bianco	Milk	Vegetarian	591	392	84.5	83.9	77.6	NA	4.3	4.1	2.6	0.1	13.2	322.1
% RDA contribution				20%			155%	NA	8%	6%	12%	5%	4%	16%
Tall Espresso Roast Blend	NA	Vegan	354	0	0.0	0.0	0.0	NA	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	NA	0%	0%	0%	0%	0%	0%
Short Espresso Roast Blend	NA	Vegan	237	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Grande Espresso Roast Blend	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Grande Espresso Roast French Press	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Short Flat White	Milk	Vegetarian	237	104	8.3	8.3	0.0	NA	5.7	5.3	3.5	0.1	17.3	60.6
% RDA contribution				5%			0%	NA	11%	8%	16%	5%	6%	3%
Tall Flat White	Milk	Vegetarian	354	173	13.8	13.8	0.0	NA	9.5	8.8	5.8	0.2	28.8	101.0
% RDA contribution				9%			0%	NA	18%	13%	27%	8%	10%	5%
Grande Flat White	Milk	Vegetarian	473	220	17.6	17.6	0.0	NA	12.1	11.2	7.4	0.2	36.7	128.5
% RDA contribution				11%			0%	NA	22%	17%	34%	11%	12%	6%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Flat White	Milk	Vegetarian	591	289	23.1	23.1	0.0	NA	15.9	14.8	9.8	0.3	48.2	168.9
% RDA contribution				14%			0%	NA	29%	22%	44%	14%	16%	8%
Short Hazelnut Bianco Latte	Milk	Vegetarian	237	384	18.0	14.7	11.5	NA	4.3	32.7	20.8	0.0	87.8	1.7
% RDA contribution				19%			23%	NA	8%	49%	95%	2%	29%	0%
Tall Hazelnut Bianco Latte	Milk	Vegetarian	354	567	26.9	22.0	17.4	NA	6.4	48.2	30.7	0.1	129.3	2.5
% RDA contribution				28%			35%	NA	12%	72%	139%	4%	43%	0%
Grande Hazelnut Bianco Latte	Milk	Vegetarian	473	721	34.2	28.0	22.1	NA	8.1	61.3	39.0	0.1	164.6	3.2
% RDA contribution				36%			44%	NA	15%	91%	177%	5%	55%	0%
Venti Hazelnut Bianco Latte	Milk	Vegetarian	591	948	44.9	36.8	29.1	NA	10.6	80.6	51.3	0.1	216.3	4.2
% RDA contribution				47%			58%	NA	20%	120%	233%	6%	72%	0%
Hazelnut Cortado	Milk	Vegetarian	120	76	7.6	7.6	2.3	NA	3.6	3.4	2.2	0.1	11.1	0.3
% RDA contribution				4%			5%	NA	7%	5%	10%	3%	4%	0%
Tall Iced Double Layered Mocha	Milk	Vegetarian	354	447	71.3	52.6	52.5	0.0	15.2	14.1	7.1	0.0	NA	1.8
% RDA contribution				22%			105%	0%	28%	21%	32%	0%	NA	0%
Grande Iced Double Layered Mocha	Milk	Vegetarian	473	547	87.2	65.8	65.7	0.0	18.0	17.6	8.8	0.0	NA	2.3
% RDA contribution				27%			131%	0%	33%	26%	40%	0%	NA	0%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Short Latte	Milk	Vegetarian	237	104	8.3	8.3	0.0	NA	5.7	5.3	3.5	0.1	17.3	60.6
% RDA contribution				5%			0%	NA	11%	8%	16%	5%	6%	3%
Tall Latte	Milk	Vegetarian	354	173	13.8	13.8	0.0	NA	9.5	8.8	5.8	0.2	28.8	101.0
% RDA contribution				9%			0%	NA	18%	13%	27%	8%	10%	5%
Grande Latte	Milk	Vegetarian	473	220	17.6	17.6	0.0	NA	12.1	11.2	7.4	0.2	36.7	128.5
% RDA contribution				11%			0%	NA	22%	17%	34%	11%	12%	6%
Venti Latte	Milk	Vegetarian	591	289	23.1	23.1	0.0	NA	15.9	14.8	9.8	0.3	48.2	168.9
% RDA contribution				14%			0%	NA	29%	22%	44%	14%	16%	8%
Short Mocha	Milk	Vegetarian	237	236	22.6	20.9	12.5	0.0	7.7	12.3	7.8	0.3	NA	2.0
% RDA contribution				12%			25%	0%	14%	18%	36%	17%	NA	0%
Tall Mocha	Milk	Vegetarian	354	341	34.1	32.1	18.1	0.0	12.2	16.5	10.5	0.4	NA	2.9
% RDA contribution				17%			36%	0%	23%	25%	48%	21%	NA	0%
Grande Mocha	Milk	Vegetarian	473	398	40.9	38.1	24.1	0.0	13.1	19.1	12.2	0.5	NA	3.9
% RDA contribution				20%			48%	NA	24%	29%	55%	24%	NA	0%
Venti Mocha	Milk	Vegetarian	591	481	50.6	47.5	29.6	0.0	16.5	22.2	14.2	0.6	NA	4.8
% RDA contribution				24%			59%	NA	31%	33%	64%	28%	NA	0%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Sumatra	NA	Vegan	591	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Sumatra French Press	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Tall Triple Layered Chilled Mocha	Milk	Vegetarian	354	213	22.7	20.9	16.6	0.0	5.6	10.3	6.5	0.3	NA	2.8
% RDA contribution				11%		33%	0%	10%	15%	30%	13%	NA	0%	
Grande Triple Layered Chilled Mocha	Milk	Vegetarian	473	288	30.6	28.1	22.2	0.0	7.6	13.9	8.8	0.4	NA	3.7
% RDA contribution				14%		44%	NA	14%	21%	40%	18%	NA	0%	
Venti Triple Layered Chilled Mocha	Milk	Vegetarian	591	331	37.1	34.3	27.8	0.0	8.8	14.9	9.5	0.4	NA	4.6
% RDA contribution				17%		56%	NA	16%	22%	43%	18%	NA	0%	
Vanilla Cortado	Milk	Vegetarian	120	74	7.2	6.9	1.6	NA	3.6	3.4	2.2	0.1	11.1	0.2
% RDA contribution				4%		3%	NA	7%	5%	10%	3%	4%	0%	
Vanilla Latte	Milk	Vegetarian	250	200	28.3	25.7	15.6	NA	6.9	6.5	4.2	0.2	21.0	2.0
% RDA contribution				10%		31%	NA	13%	10%	19%	9%	7%	0%	
1 Ltr Vanilla Latte	Milk	Vegetarian	1000	800	113.3	102.7	62.5	NA	27.6	26.0	16.8	0.7	83.9	8.1
% RDA contribution				40%		125%	NA	51%	39%	76%	35%	28%	0%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot


Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Short Velvet Vanilla Latte	Milk	Vegetarian	237	280	13.0	10.2	5.0	NA	4.9	23.0	14.5	0.1	60.1	0.6
% RDA contribution				14%			10%	NA	9%	34%	66%	5%	20%	0%
Tall Velvet Vanilla Latte	Milk	Vegetarian	354	474	23.6	18.7	10.0	NA	8.2	38.4	24.2	0.2	100.2	1.2
% RDA contribution				24%			20%	NA	15%	57%	110%	8%	33%	0%
Grande Velvet Vanilla Latte	Milk	Vegetarian	473	615	32.7	26.0	15.0	NA	10.4	48.8	30.8	0.2	127.5	1.8
% RDA contribution				31%			30%	NA	19%	73%	140%	10%	43%	0%
Venti Velvet Vanilla Latte	Milk	Vegetarian	591	809	43.3	34.5	20.0	NA	13.7	64.2	40.4	0.3	167.6	2.4
% RDA contribution				40%			40%	NA	25%	96%	184%	13%	56%	0%
Short White Mocha	Milk	Vegetarian	237	252	29.7	28.0	1.3	NA	7.2	11.3	7.9	0.1	28.7	74.4
% RDA contribution				13%			3%	NA	13%	17%	36%	5%	10%	4%
Tall White Mocha	Milk	Vegetarian	354	395	45.9	43.4	2.0	NA	11.8	17.8	12.4	0.2	45.9	111.6
% RDA contribution				20%			4%	NA	22%	27%	57%	8%	15%	6%
Grande White Mocha	Milk	Vegetarian	473	451	55.9	52.7	2.1	NA	12.4	19.3	13.5	0.2	47.4	148.7
% RDA contribution				23%			4%	NA	23%	29%	62%	8%	16%	7%
Venti White Mocha	Milk	Vegetarian	591	564	70.0	66.1	2.5	NA	15.7	23.9	16.8	0.2	58.8	185.9
% RDA contribution				28%			5%	NA	29%	36%	76%	11%	20%	9%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Venti Hazelnut Mocha Latte	Milk	Vegetarian	591	592	91.5	77.2	67.7	0.2	8.6	19.1	12.4	0.5	NA	486.4
% RDA contribution				30%			135%	NA	16%	28%	56%	26%	NA	24%
Iced Grande Hazelnut Mocha Latte	Milk	Vegetarian	473	509	76.1	64.5	55.6	0.2	7.9	17.3	11.2	0.5	NA	391.9
% RDA contribution				25%			111%	NA	15%	26%	51%	24%	NA	20%
Iced Tall Hazelnut Mocha Latte	Milk	Vegetarian	354	408	59.4	50.4	43.4	0.1	6.4	14.7	9.5	0.4	NA	297.3
% RDA contribution				20%			87%	NA	12%	22%	43%	21%	NA	15%
Venti Hazelnut Mocha Latte	Milk	Vegetarian	591	675	95.4	82.6	61.4	0.2	16.3	23.4	15.1	0.6	NA	445.6
% RDA contribution				34%			123%	NA	30%	35%	69%	31%	NA	22%
Grande Hazelnut Mocha Latte	Milk	Vegetarian	473	553	78.7	68.1	51.5	0.1	13.0	19.1	12.3	0.5	NA	368.4
% RDA contribution				28%			103%	NA	24%	28%	56%	25%	NA	18%
Tall Hazelnut Mocha Latte	Milk	Vegetarian	354	420	58.4	50.6	38.2	0.1	9.8	15.2	9.8	0.4	NA	265.7
% RDA contribution				21%			76%	NA	18%	23%	45%	20%	NA	13%
Short Hazelnut Mocha Latte	Milk	Vegetarian	237	295	42.1	36.5	28.6	0.1	6.5	10.3	6.7	0.3	NA	191.2
% RDA contribution				15%			57%	NA	12%	15%	30%	14%	NA	10%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Coffee Frappuccino

Tall Caramel Frappuccino	Milk	Vegetarian	354	365	59.1	57.0	52.8	NA	3.5	12.8	7.2	0.1	30.7	162.5
% RDA contribution				18%			106%	NA	6%	19%	33%	4%	10%	8%
Grande Caramel Frappuccino	Milk	Vegetarian	473	485	83.3	80.9	75.1	NA	4.6	15.0	8.5	0.1	36.8	243.4
% RDA contribution				24%			150%	NA	9%	22%	39%	5%	12%	12%
Venti Caramel Frappuccino	Milk	Vegetarian	591	602	108.6	105.8	99.4	NA	5.1	16.5	9.5	0.1	40.8	324.7
% RDA contribution				30%			199%	NA	9%	25%	43%	5%	14%	16%
Tall Caramel Java Chip Frappuccino	Wheat, Milk, Soy	Vegetarian	354	398	63.1	59.1	52.1	NA	2.9	15.0	9.6	0.1	26.9	149.1
% RDA contribution				20%			104%	NA	5%	22%	44%	4%	9%	7%
Grande Caramel Java Chip Frappuccino	Wheat, Milk, Soy	Vegetarian	473	574	93.2	87.9	75.2	NA	5.5	20.0	13.2	0.1	36.7	223.5
% RDA contribution				29%			150%	NA	10%	30%	60%	7%	12%	11%
Venti Caramel Java Chip Frappuccino	Wheat, Milk, Soy	Vegetarian	591	714	120.4	113.8	98.2	NA	6.3	23.2	15.7	0.2	40.6	297.9
% RDA contribution				36%			196%	NA	12%	35%	71%	8%	14%	15%
Tall Chocolate Macchiato Frappuccino	Milk	Vegetarian	354	358	55.1	53.4	47.5	0.0	5.7	12.4	7.9	0.4	NA	162.5
% RDA contribution				18%			95%	0%	11%	18%	36%	18%	NA	8%

Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Chocolate Macchiato Frappuccino	Milk	Vegetarian	473	484	80.0	78.0	69.7	0.0	7.8	14.2	9.1	0.4	NA	243.5
% RDA contribution				24%			139%	NA	14%	21%	41%	20%	NA	12%
Venti Chocolate Macchiato Frappuccino	Milk	Vegetarian	591	596	103.8	101.5	91.9	0.0	9.0	15.4	9.8	0.4	NA	324.5
% RDA contribution				30%			184%	NA	17%	23%	45%	21%	NA	16%
Tall Coffee Frappuccino	Milk	Vegetarian	354	209	43.3	43.0	38.8	NA	2.8	2.7	1.7	0.1	8.7	161.1
% RDA contribution				10%			78%	NA	5%	4%	8%	4%	3%	8%
Grande Coffee Frappuccino	Milk	Vegetarian	473	307	64.4	64.0	58.2	NA	3.9	3.7	2.4	0.1	12.1	241.6
% RDA contribution				15%			116%	NA	7%	6%	11%	5%	4%	12%
Venti Coffee Frappuccino	Milk	Vegetarian	591	392	84.5	83.9	77.6	NA	4.3	4.1	2.6	0.1	13.2	322.1
% RDA contribution				20%			155%	NA	8%	6%	12%	5%	4%	16%
Tall Espresso Frappuccino	Milk	Vegetarian	354	195	42.2	41.9	38.8	NA	2.1	2.0	1.3	0.1	6.4	161.1
% RDA contribution				10%			78%	NA	4%	3%	6%	3%	2%	8%
Grande Espresso Frappuccino	Milk	Vegetarian	473	293	63.3	62.8	58.2	NA	3.2	3.0	2.0	0.1	9.7	241.6
% RDA contribution				15%			116%	NA	6%	5%	9%	4%	3%	12%
Venti Espresso Frappuccino	Milk	Vegetarian	591	378	83.4	82.8	77.6	NA	3.6	3.4	2.2	0.1	10.9	322.1
% RDA contribution				19%			155%	NA	7%	5%	10%	4%	4%	16%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Java Chip Frappuccino	Wheat, Milk, Soy	Vegetarian	354	392	60.1	56.1	40.7	NA	4.8	14.3	9.6	0.1	27.9	162.4
% RDA contribution				20%			81%	NA	9%	21%	44%	5%	9%	8%
Grande Java Chip Frappuccino	Wheat, Milk, Soy	Vegetarian	473	536	87.3	82.0	60.1	NA	6.5	17.3	11.8	0.1	31.3	243.3
% RDA contribution				27%			120%	NA	12%	26%	54%	7%	10%	12%
Venti Java Chip Frappuccino	Wheat, Milk, Soy	Vegetarian	591	667	113.5	106.9	79.5	NA	7.6	19.7	13.5	0.2	32.4	324.3
% RDA contribution				33%			159%	NA	14%	29%	62%	8%	11%	16%
Tall Mocha Cookie Crumble Frappuccino	Wheat, Milk, Soy	Vegetarian	354	431	67.0	61.9	57.7	0.2	5.2	15.5	10.7	0.4	NA	170.5
% RDA contribution				22%			115%	1%	10%	23%	49%	18%	NA	9%
Grande Mocha Cookie Crumble Frappuccino	Wheat, Milk, Soy	Vegetarian	473	613	103.3	96.3	90.5	0.3	7.0	18.6	13.2	0.4	NA	274.9
% RDA contribution				31%			181%	1%	13%	28%	60%	20%	NA	14%
Venti Mocha Cookie Crumble Frappuccino	Wheat, Milk, Soy	Vegetarian	591	737	127.3	118.5	112.1	0.3	8.1	21.1	15.2	0.4	NA	333.2
% RDA contribution				37%			224%	1%	15%	31%	69%	21%	NA	17%
Tall Mocha Frappuccino	Milk	Vegetarian	354	342	53.3	51.2	47.0	0.0	4.3	12.1	7.7	0.4	NA	162.4
% RDA contribution				17%			94%	0%	8%	18%	35%	18%	NA	8%
Grande Mocha Frappuccino	Milk	Vegetarian	473	470	78.0	75.4	69.6	0.0	5.8	14.6	9.3	0.4	NA	243.4
% RDA contribution				24%			139%	0%	11%	22%	42%	22%	NA	12%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Mocha Frappuccino	Milk	Vegetarian	591	585	101.6	98.5	92.1	0.0	6.7	16.4	10.4	0.5	NA	324.4
% RDA contribution				29%			184%	0%	12%	24%	47%	24%	NA	16%
Tall Hazelnut Mocha Cream Frappuccino	Milk, Wheat, Oat	Vegetarian	354	489	81.3	71.7	67.3	0.5	5.3	14.7	9.2	0.4	NA	363.6
% RDA contribution				24%			135%	1%	10%	22%	42%	19%	NA	18%
Grande Hazelnut Mocha Cream Frappuccino	Milk, Wheat, Oat	Vegetarian	473	682	118.2	104.4	98.3	0.7	7.2	18.3	11.3	0.4	NA	538.8
% RDA contribution				34%			197%	2%	13%	27%	51%	22%	NA	27%
Venti Hazelnut Mocha Cream Frappuccino	Milk, Wheat, Oat	Vegetarian	591	861	154.0	136.0	129.3	0.9	8.5	21.2	13.0	0.5	NA	714.0
% RDA contribution				43%			259%	3%	16%	32%	59%	24%	NA	36%
Tall Hazelnut Mocha Frappuccino	Milk, Wheat, Oat	Vegetarian	354	492	82.0	72.3	67.9	0.5	5.3	14.7	9.2	0.4	NA	377.1
% RDA contribution				25%			136%	1%	10%	22%	42%	19%	NA	19%
Grande Hazelnut Mocha Frappuccino	Milk, Wheat, Oat	Vegetarian	473	686	119.2	105.3	99.2	0.7	7.2	18.3	11.3	0.4	NA	559.0
% RDA contribution				34%			198%	2%	13%	27%	51%	22%	NA	28%
Venti Hazelnut Mocha Frappuccino	Milk, Wheat, Oat	Vegetarian	591	867	155.4	137.3	130.6	0.9	8.5	21.2	13.0	0.5	NA	741.0
% RDA contribution				43%			261%	3%	16%	32%	59%	24%	NA	37%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Crème Frappuccino

Tall Alphonso Mango Java chip Frappuccino	Wheat, Milk, Soy	Vegetarian	354	498	81.6	68.3	40.1	NA	5.8	16.5	11.6	0.1	27.7	147.8
% RDA contribution				25%		80%	NA	11%	25%	53%	6%	9%	7%	
Grande Alphonso Mango Java chip Frappuccino	Wheat, Milk, Soy	Vegetarian	473	655	112.2	95.6	59.2	NA	7.6	19.6	13.9	0.2	31.1	221.6
% RDA contribution				33%		118%	NA	14%	29%	63%	8%	10%	11%	
Venti Alphonso Mango Java chip Frappuccino	Wheat, Milk, Soy	Vegetarian	591	799	141.8	121.8	78.3	NA	8.7	21.9	15.8	0.2	32.2	295.3
% RDA contribution				40%		157%	NA	16%	33%	72%	9%	11%	15%	
Tall Caramel Cream Frappuccino	Milk	Vegetarian	354	363	58.8	56.9	51.4	NA	4.4	12.2	7.1	0.1	30.5	148.9
% RDA contribution				18%		103%	NA	8%	18%	32%	5%	10%	7%	
Grande Caramel Cream Frappuccino	Milk	Vegetarian	473	483	84.0	81.9	74.2	NA	5.9	13.7	8.0	0.1	35.2	223.2
% RDA contribution				24%		148%	NA	11%	20%	37%	6%	12%	11%	
Venti Caramel Cream Frappuccino	Milk	Vegetarian	591	590	108.1	105.9	96.9	NA	6.8	14.5	8.6	0.1	37.8	297.6
% RDA contribution				29%		194%	NA	13%	22%	39%	7%	13%	15%	
Tall Chai tea Cream Frappuccino	Milk	Vegetarian	354	365	61.8	59.1	38.2	NA	4.8	11.1	7.1	0.1	19.0	147.6
% RDA contribution				18%		76%	NA	9%	17%	32%	5%	6%	7%	

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Chai tea Cream Frappuccino	Milk	Vegetarian	473	503	91.4	88.2	57.3	NA	6.6	12.6	8.0	0.1	19.0	221.4
% RDA contribution				25%		115%	NA	12%	19%	37%	6%	6%	11%	
Venti Chai tea Cream Frappuccino	Milk	Vegetarian	591	629	120.0	116.2	76.4	NA	7.6	13.4	8.6	0.1	19.0	295.1
% RDA contribution				31%		153%	NA	14%	20%	39%	7%	6%	15%	
Tall Chocolate Cream Frappuccino	Milk	Vegetarian	354	341	52.9	51.2	45.6	0.0	5.1	11.8	7.5	0.4	NA	148.8
% RDA contribution				17%		91%	0%	9%	18%	34%	18%	NA	7%	
Grande Chocolate Cream Frappuccino	Milk	Vegetarian	473	464	77.4	75.4	67.5	0.0	7.1	13.6	8.7	0.4	NA	223.1
% RDA contribution				23%		135%	NA	13%	20%	39%	19%	NA	11%	
Venti Chocolate Cream Frappuccino	Milk	Vegetarian	591	574	100.8	98.6	89.4	0.0	8.3	14.8	9.4	0.4	NA	297.3
% RDA contribution				29%		179%	NA	15%	22%	43%	20%	NA	15%	
Tall Double Chocolate Chip Frappuccino	Wheat, Milk, Soy	Vegetarian	354	417	60.7	56.7	51.2	0.0	5.8	16.6	11.5	0.4	NA	148.9
% RDA contribution				21%		102%	NA	11%	25%	52%	21%	NA	7%	
Grande Double Chocolate Chip Frappuccino	Wheat, Milk, Soy	Vegetarian	473	584	89.2	83.7	75.9	0.0	8.1	21.2	15.0	0.5	NA	223.2
% RDA contribution				29%		152%	NA	15%	32%	68%	26%	NA	11%	
Venti Double Chocolate Chip Frappuccino	Wheat, Milk, Soy	Vegetarian	591	734	116.1	109.1	100.0	0.0	9.7	25.2	18.0	0.6	NA	297.4
% RDA contribution				37%		200%	NA	18%	38%	82%	29%	NA	15%	

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in							
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	
Tall Green Tea Frappuccino	Milk	Vegetarian	354	412	69.7	65.8	46.0	NA	5.2	12.7	7.8	0.1	33.5	148.7	
% RDA contribution				21%			92%	NA	10%	19%	35%	5%	11%	7%	
Grande Green Tea Frappuccino	Milk	Vegetarian	473	576	102.6	97.2	68.0	NA	7.2	15.4	9.4	0.1	41.0	222.9	
% RDA contribution				29%			136%	NA	13%	23%	43%	6%	14%	11%	
Venti Green Tea Frappuccino	Milk	Vegetarian	591	727	134.4	127.6	90.0	NA	8.6	17.4	10.6	0.1	46.4	297.1	
% RDA contribution				36%			180%	NA	16%	26%	48%	7%	15%	15%	
Tall Mocha Cookie Crumble Cream Frappuccino	Wheat, Milk, Soy	Vegetarian	354	445	67.7	62.7	57.1	0.3	6.1	16.3	11.3	0.4	NA	157.1	
% RDA contribution				22%			114%	1%	11%	24%	51%	19%	NA	8%	
Grande Mocha Cookie Crumble Cream Frappuccino	Wheat, Milk, Soy	Vegetarian	473	611	98.6	91.9	84.0	0.3	8.4	19.9	14.0	0.4	NA	231.7	
% RDA contribution				31%			168%	NA	16%	30%	64%	22%	NA	12%	
Venti Mocha Cookie Crumble Cream Frappuccino	Wheat, Milk, Soy	Vegetarian	591	765	128.5	120.0	110.9	0.3	9.9	22.8	16.4	0.5	NA	306.3	
% RDA contribution				38%			222%	NA	18%	34%	74%	24%	NA	15%	
Tall Strawberry & Crème Frappuccino	Milk	Vegetarian	354	530	100.3	95.6	90.1	NA	4.6	13.1	7.8	0.1	33.5	148.0	
% RDA contribution				27%			180%	NA	9%	20%	35%	5%	11%	7%	
Grande Strawberry & Crème Frappuccino	Milk	Vegetarian	473	753	148.5	142.0	134.2	NA	6.3	16.0	9.4	0.1	41.0	221.8	
% RDA contribution				38%			268%	NA	12%	24%	43%	6%	14%	11%	

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Strawberry & Crème Frappuccino	Milk	Vegetarian	591	963	195.7	187.3	178.3	NA	7.4	18.2	10.6	0.1	46.4	295.6
% RDA contribution				48%			357%	NA	14%	27%	48%	7%	15%	15%
Tall Tuxedo Frappuccino	Wheat, Milk, Soy	Vegetarian	354	422	63.9	59.4	55.2	0.0	5.1	15.9	11.0	0.4	NA	149.5
% RDA contribution				21%			110%	0%	9%	24%	50%	20%	NA	7%
Grande Tuxedo Frappuccino	Wheat, Milk, Soy	Vegetarian	473	591	94.4	87.9	82.1	0.0	7.0	20.1	14.2	0.5	NA	224.1
% RDA contribution				30%			164%	NA	13%	30%	65%	24%	NA	11%
Venti Tuxedo Frappuccino	Wheat, Milk, Soy	Vegetarian	591	746	123.7	115.4	108.9	0.0	8.1	23.7	17.0	0.5	NA	298.6
% RDA contribution				37%			218%	NA	15%	35%	77%	27%	NA	15%
Tall Vanilla Cream Frappuccino	Milk	Vegetarian	354	345	54.0	51.5	46.0	NA	4.4	12.6	7.8	0.1	33.5	148.6
% RDA contribution				17%			92%	NA	8%	19%	35%	5%	11%	7%
Grande Vanilla Cream Frappuccino	Milk	Vegetarian	473	475	79.0	75.7	68.0	NA	6.0	15.2	9.4	0.1	41.0	222.7
% RDA contribution				24%			136%	NA	11%	23%	43%	6%	14%	11%
Venti Vanilla Cream Frappuccino	Milk	Vegetarian	591	592	102.9	99.0	90.0	NA	7.0	17.2	10.6	0.1	46.4	296.9
% RDA contribution				30%			180%	NA	13%	26%	48%	7%	15%	15%
Tall White Mocha Cream Frappuccino	Milk	Vegetarian	354	371	57.6	55.5	40.8	NA	5.1	13.5	8.6	0.1	33.5	185.1
% RDA contribution				19%			82%	NA	9%	20%	39%	5%	11%	9%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in							
Product	Allergens		Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande White Mocha Cream Frappuccino	Milk		Vegetarian	473	539	89.3	86.4	60.3	NA	7.3	17.0	10.9	0.1	41.0	296.0
% RDA contribution					27%			121%	NA	14%	25%	50%	6%	14%	15%
Venti White Mocha Cream Frappuccino	Milk		Vegetarian	591	644	110.2	107.1	79.7	NA	8.3	19.0	12.1	0.1	46.4	369.8
% RDA contribution					32%			159%	NA	15%	28%	55%	7%	15%	18%
Teavana Tea															
Short Chai Tea Latte	Milk		Vegetarian	237	174	23.2	22.4	0.0	NA	6.8	6.1	3.9	0.2	19.8	69.5
% RDA contribution					9%			0%	NA	13%	9%	18%	8%	7%	3%
Tall Chai Tea Latte	Milk		Vegetarian	354	203	32.7	31.4	0.0	NA	6.3	5.4	3.4	0.1	17.3	60.6
% RDA contribution					10%			0%	NA	12%	8%	16%	7%	6%	3%
Grande Chai Tea Latte	Milk		Vegetarian	473	305	46.4	44.6	0.0	NA	10.3	8.9	5.7	0.2	28.8	101.1
% RDA contribution					15%			0%	NA	19%	13%	26%	12%	10%	5%
Venti Chai Tea Latte	Milk		Vegetarian	591	385	58.3	56.1	0.0	NA	13.1	11.4	7.3	0.3	36.7	128.6
% RDA contribution					19%			0%	NA	24%	17%	33%	16%	12%	6%
Short English Breakfast Tea Latte	Milk		Vegetarian	237	142	11.3	11.3	0.0	NA	7.8	7.3	4.7	0.2	23.6	82.7
% RDA contribution					7%			0%	NA	14%	11%	21%	10%	8%	4%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall English Breakfast Tea Latte	Milk	Vegetarian	354	142	11.3	11.3	0.0	NA	7.8	7.3	4.7	0.2	23.6	82.7
% RDA contribution				7%			0%	NA	14%	11%	21%	10%	8%	4%
Grande English Breakfast Tea Latte	Milk	Vegetarian	473	173	13.8	13.8	0.0	NA	9.5	8.9	5.7	0.2	28.8	101.1
% RDA contribution				9%			0%	NA	18%	13%	26%	12%	10%	5%
Venti English Breakfast Tea Latte	Milk	Vegetarian	591	220	17.6	17.6	0.0	NA	12.1	11.4	7.3	0.3	36.7	128.6
% RDA contribution				11%			0%	NA	22%	17%	33%	16%	12%	6%
Short Green Tea Latte	Milk	Vegetarian	237	171	24.0	22.6	14.3	NA	6.5	5.4	3.5	0.1	17.3	60.7
% RDA contribution				9%			29%	NA	12%	8%	16%	5%	6%	3%
Tall Green Tea Latte	Milk	Vegetarian	354	240	29.5	28.1	14.3	NA	10.3	9.0	5.8	0.2	28.8	101.1
% RDA contribution				12%			29%	NA	19%	13%	27%	8%	10%	5%
Grande Green Tea Latte	Milk	Vegetarian	473	321	41.2	39.1	21.5	NA	13.3	11.4	7.4	0.2	36.7	128.7
% RDA contribution				16%			43%	NA	25%	17%	34%	11%	12%	6%
Venti Green Tea Latte	Milk	Vegetarian	591	424	54.5	51.7	28.6	NA	17.5	15.0	9.8	0.3	48.2	169.1
% RDA contribution				21%			57%	NA	32%	22%	44%	14%	16%	8%
Grande Hathikuli Tea	Milk	Vegetarian	473	152	11.7	11.3	0.0	NA	9.9	7.3	4.7	0.2	23.6	82.7
% RDA contribution				8%			0%	NA	18%	11%	21%	10%	8%	4%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Hathikuli Tea without milk	NA	Vegetarian	473	10	0.4	0.0	0.0	NA	2.1	0.0	0.0	0.0	0.0	0.0
% RDA contribution				1%			0%	NA	4%	0%	0%	0%	0%	0%
Tall Iced Almond Vanilla Chai Latte	Tree nut	Vegetarian	354	164	33.6	29.8	27.8	NA	1.3	2.9	0.2	0.0	0.0	54.3
% RDA contribution				8%			56%	NA	2%	4%	1%	0%	0%	0%
Tall Iced Black Lemon Tea	NA	Vegan	354	74	18.5	18.0	18.0	NA	0.0	0.0	0.0	0.0	0.0	2.2
% RDA contribution				4%			36%	NA	0%	0%	0%	0%	0%	0%
Grande Iced Black Lemon Tea	NA	Vegan	473	111	27.8	27.0	27.0	NA	0.0	0.0	0.0	0.0	0.0	3.3
% RDA contribution				6%			54%	NA	0%	0%	0%	0%	0%	0%
Venti Iced Black Lemon Tea	NA	Vegan	591	149	37.0	36.0	36.0	NA	0.0	0.0	0.0	0.0	0.0	4.4
% RDA contribution				7%			72%	NA	0%	0%	0%	0%	0%	0%
Tall Iced Black Tea with Ruby Grapefruit	NA	Vegetarian	354	174	43.3	41.2	41.2	NA	0.2	0.0	0.0	0.0	0.0	9.2
% RDA contribution				9%			82%	NA	0%	0%	0%	0%	0%	0%
Grande Iced Black Tea with Ruby Grapefruit	NA	Vegetarian	473	261	65.0	61.8	61.8	NA	0.3	0.0	0.0	0.0	0.0	13.8
% RDA contribution				13%			124%	NA	1%	0%	0%	0%	0%	1%
Venti Iced Black Tea with Ruby Grapefruit	NA	Vegetarian	591	348	86.6	82.4	82.4	NA	0.4	0.0	0.0	0.0	0.0	18.4
% RDA contribution				17%			165%	NA	1%	0%	0%	0%	0%	1%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Iced Green Lemon Tea	NA	Vegan	354	74	18.5	18.0	18.0	NA	0.0	0.0	0.0	0.0	0.0	2.2
% RDA contribution				4%		36%	NA	0%	0%	0%	0%	0%	0%	0%
Grande Iced Green Lemon Tea	NA	Vegan	473	111	27.8	27.0	27.0	NA	0.0	0.0	0.0	0.0	0.0	3.3
% RDA contribution				6%		54%	NA	0%	0%	0%	0%	0%	0%	0%
Venti Iced Green Lemon Tea	NA	Vegan	591	149	37.0	36.0	36.0	NA	0.0	0.0	0.0	0.0	0.0	4.4
% RDA contribution				7%		72%	NA	0%	0%	0%	0%	0%	0%	0%
Tall Iced Hibiscus & Passion Lemonade	NA	Vegan	354	74	18.5	18.0	18.0	NA	0.0	0.0	0.0	0.0	0.0	2.2
% RDA contribution				4%		36%	NA	0%	0%	0%	0%	0%	0%	0%
Grande Iced Hibiscus & Passion Lemonade	NA	Vegan	473	111	27.8	27.0	27.0	NA	0.0	0.0	0.0	0.0	0.0	3.3
% RDA contribution				6%		54%	NA	0%	0%	0%	0%	0%	0%	0%
Venti Iced Hibiscus & Passion Lemonade	NA	Vegan	591	149	37.0	36.0	36.0	NA	0.0	0.0	0.0	0.0	0.0	4.4
% RDA contribution				7%		72%	NA	0%	0%	0%	0%	0%	0%	0%
Hibiscus and Passion Lemonade	NA	Vegan	250	84	20.8	20.3	20.3	NA	0.0	0.0	0.0	0.0	0.0	2.5
% RDA contribution				4%		41%	NA	0%	0%	0%	0%	0%	0%	0%
1 Lt Hibiscus and Passion Lemonade	NA	Vegan	1000	334	83.3	81.0	81.0	NA	0.0	0.0	0.0	0.0	0.0	9.9
% RDA contribution				17%		162%	NA	0%	0%	0%	0%	0%	0%	0%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in




Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Teavana® English Breakfast Black Tea	NA	Vegan	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Grande Teavana® English Breakfast Black Tea	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Venti Teavana® English Breakfast Black Tea	NA	Vegan	591	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Cold Brew														
Cold Brew Black	NA	Vegan	250	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
1 Lt Cold Brew Black	NA	Vegan	1000	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Tall Citrus Cold Brew	NA	Vegetarian	354	103	25.6	24.1	24.1	NA	0.1	0.0	0.0	0.0	0.0	4.6
% RDA contribution				5%		48%	NA	0%	0%	0%	0%	0%	0%	0%
Grande Citrus Cold Brew	NA	Vegetarian	473	140	34.8	33.1	33.1	NA	0.1	0.0	0.0	0.0	0.0	5.7
% RDA contribution				7%		66%	NA	0%	0%	0%	0%	0%	0%	0%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Citrus Cold Brew	NA	Vegetarian	591	148	36.8	34.9	34.9	NA	0.1	0.0	0.0	0.0	0.0	5.7
% RDA contribution				7%		70%	NA	0%	0%	0%	0%	0%	0%	0%
Tall Cold Brew Black	NA	Vegan	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Grande Cold Brew Black	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Venti Cold Brew Black	NA	Vegan	591	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Cold Brew Float	Milk	Vegetarian	415	436	43.5	43.1	29.7	0.0	8.8	25.3	14.2	0.0	NA	0.0
% RDA contribution				22%		59%	0%	16%	38%	65%	0%	NA	0%	
Cold Brew Malt	Milk	Vegetarian	415	776	81.5	73.8	51.0	0.0	16.0	43.2	24.2	0.0	NA	0.0
% RDA contribution				39%		102%	0%	30%	65%	110%	0%	NA	0%	
Tall Cold Brew Vanilla Sweet Cream Blend	Milk	Vegetarian	354	276	51.3	48.9	47.8	NA	1.2	7.3	4.7	0.0	19.0	162.2
% RDA contribution				14%		96%	NA	2%	11%	21%	1%	6%	8%	
Grande Cold Brew Vanilla Sweet Cream Blend	Milk	Vegetarian	473	414	77.4	73.8	72.2	NA	1.8	10.7	6.9	0.0	28.0	243.3
% RDA contribution				21%		144%	NA	3%	16%	31%	1%	9%	12%	

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Nitro Cold Brew	NA	Vegan	591	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%			0%	0%	0%	0%	0%	0%	0%	0%
Nitro Cold Brew Float	Milk	Vegetarian	415	436	43.5	43.1	29.7	0.0	8.8	25.3	14.2	0.0	NA	0.0
% RDA contribution				22%			59%	0%	16%	38%	65%	0%	NA	0%
Short Nitro Cold Brew with Salted Foam	Milk	Vegetarian	237	269	35.8	31.7	29.7	NA	2.1	12.9	8.0	0.0	32.9	404.1
% RDA contribution				13%			59%	NA	4%	19%	36%	2%	11%	20%
Tall Nitro Cold Brew with Salted Foam	Milk	Vegetarian	354	269	35.7	31.6	29.7	NA	2.1	12.8	8.0	0.0	32.9	404.1
% RDA contribution				13%			59%	NA	4%	19%	36%	2%	11%	20%
Grande Nitro Cold Brew with Salted Foam	Milk	Vegetarian	473	269	35.7	31.6	29.7	NA	2.1	12.8	8.0	0.0	32.9	404.1
% RDA contribution				13%			59%	NA	4%	19%	36%	2%	11%	20%
Short Nitro Ginger Ale Cold Brew	NA	Vegan	237	85	21.2	21.2	21.2	NA	0.0	0.0	0.0	0.0	0.0	NA
% RDA contribution				4%			42%	NA	0%	0%	0%	0%	0%	NA
Tall Nitro Ginger Ale Cold Brew	NA	Vegan	354	129	32.1	32.1	32.1	NA	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				6%			64%	NA	0%	0%	0%	0%	0%	0%
Grande Nitro Ginger Ale Cold Brew	NA	Vegan	473	139	34.9	34.9	34.9	NA	0.1	0.0	0.0	0.0	0.0	0.0
% RDA contribution				7%			70%	NA	0%	0%	0%	0%	0%	0%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Nitro Ginger Ale Cold Brew	NA	Vegan	591	150	37.6	37.6	37.6	NA	0.1	0.0	0.0	0.0	0.0	0.0
% RDA contribution				8%		75%	NA	0%	0%	0%	0%	0%	0%	0%
Short Nitro Tonic Water Cold Brew	NA	Vegan	237	11	2.8	2.5	2.5	NA	0.0	0.0	0.0	0.0	0.0	NA
% RDA contribution				1%		5%	NA	0%	0%	0%	0%	0%	0%	NA
Tall Nitro Tonic Water Cold Brew	NA	Vegan	354	16	3.9	3.5	3.5	NA	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				1%		7%	NA	0%	0%	0%	0%	0%	0%	0%
Grande Nitro Tonic Water Cold Brew	NA	Vegan	473	24	5.9	5.3	5.3	NA	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				1%		11%	NA	0%	0%	0%	0%	0%	0%	0%
Venti Nitro Tonic Water Cold Brew	NA	Vegan	591	32	7.8	7.0	7.0	NA	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				2%		14%	NA	0%	0%	0%	0%	0%	0%	0%
Short White Mocha Caramel Nitro Cold Brew	Milk	Vegetarian	237	191	36.6	35.4	14.5	NA	3.0	3.4	2.6	0.0	5.2	76.4
% RDA contribution				10%		29%	NA	6%	5%	12%	2%	2%	2%	4%
Tall White Mocha Caramel Nitro Cold Brew	Milk	Vegetarian	354	191	36.6	35.4	14.5	NA	3.0	3.4	2.6	0.0	5.2	76.4
% RDA contribution				10%		29%	NA	6%	5%	12%	2%	2%	2%	4%
Grande White Mocha Caramel Nitro Cold Brew	Milk	Vegetarian	473	191	36.6	35.4	14.5	NA	3.0	3.4	2.6	0.0	5.2	76.4
% RDA contribution				10%		29%	NA	6%	5%	12%	2%	2%	2%	4%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti White Mocha Caramel Nitro Cold Brew	Milk	Vegetarian	591	191	36.6	35.4	14.5	NA	3.0	3.4	2.6	0.0	5.2	76.4
% RDA contribution				10%			29%	NA	6%	5%	12%	2%	2%	4%
Tall Vanilla Sweet Cream Cold brew	Milk	Vegetarian	354	63	6.1	5.0	4.4	NA	0.7	4.0	2.5	0.0	10.3	0.6
% RDA contribution				3%			9%	NA	1%	6%	11%	0%	3%	0%
Grande Vanilla Sweet Cream Cold brew	Milk	Vegetarian	473	84	8.1	6.7	5.9	NA	0.9	5.3	3.3	0.0	13.7	0.7
% RDA contribution				4%			12%	NA	2%	8%	15%	0%	5%	0%
Venti Vanilla Sweet Cream Cold brew	Milk	Vegetarian	591	105	10.2	8.3	7.3	NA	1.1	6.7	4.2	0.0	17.2	0.9
% RDA contribution				5%			15%	NA	2%	10%	19%	0%	6%	0%
Short Vanilla Sweet Cream Nitro Cold Brew	Milk	Vegetarian	237	40	4.2	3.5	3.1	NA	0.4	2.3	1.5	0.0	5.4	0.4
% RDA contribution				2%			6%	NA	1%	3%	7%	0%	2%	0%
Tall Vanilla Sweet Cream Nitro Cold Brew	Milk	Vegetarian	354	65	6.8	5.7	5.0	NA	0.7	3.8	2.4	0.0	8.8	0.6
% RDA contribution				3%			10%	NA	1%	6%	11%	0%	3%	0%
Grande Vanilla Sweet Cream Nitro Cold Brew	Milk	Vegetarian	473	88	9.1	7.6	6.7	NA	0.9	5.1	3.2	0.0	11.8	0.9
% RDA contribution				4%			13%	NA	2%	8%	15%	0%	4%	0%
Venti Vanilla Sweet Cream Nitro Cold Brew	Milk	Vegetarian	591	109	11.4	9.5	8.4	NA	1.1	6.3	4.0	0.0	14.8	1.1
% RDA contribution				5%			17%	NA	2%	9%	18%	0%	5%	0%

Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Vietnamese Cold Brew	Milk	Vegetarian	354	194	36.8	35.6	14.5	NA	3.2	3.6	2.6	0.0	5.7	76.4
% RDA contribution				10%		29%	NA	6%	5%	12%	2%	2%	2%	4%
Grande Vietnamese Cold Brew	Milk	Vegetarian	473	289	55.1	53.3	21.8	NA	4.7	5.3	3.9	0.1	8.3	114.6
% RDA contribution				14%		44%	NA	9%	8%	18%	3%	3%	3%	6%
Venti Vietnamese Cold Brew	Milk	Vegetarian	591	372	72.4	70.0	29.0	NA	5.5	6.4	4.7	0.1	8.8	152.8
% RDA contribution				19%		58%	NA	10%	10%	21%	3%	3%	3%	8%
Iced Shaken														
Tall Iced Shaken Double Shot Bianco	Milk	Vegetarian	354	467	22.6	18.9	13.2	NA	6.4	39.0	2.4	0.1	11.8	2.0
% RDA contribution				23%		26%	NA	12%	58%	11%	5%	4%	4%	0%
Grande Iced Shaken Double Shot Bianco	Milk	Vegetarian	473	648	32.7	27.6	19.8	NA	8.8	53.5	3.3	0.1	16.2	3.0
% RDA contribution				32%		40%	NA	16%	80%	15%	6%	5%	5%	0%
Venti Iced Shaken Double Shot Bianco	Milk	Vegetarian	591	705	34.0	28.4	19.8	NA	9.7	59.0	3.6	0.1	17.8	3.0
% RDA contribution				35%		40%	NA	18%	88%	16%	7%	6%	6%	0%
Tall Iced Shaken Double Shot Espresso	Milk	Vegetarian	354	190	26.0	25.3	21.1	NA	3.2	8.1	5.3	0.1	22.9	3.2
% RDA contribution				9%		42%	NA	6%	12%	24%	4%	4%	8%	0%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Iced Shaken Double Shot Espresso	Milk	Vegetarian	473	236	33.2	32.3	28.1	NA	3.3	10.0	6.6	0.1	27.9	4.3
% RDA contribution				12%		56%	NA	6%	15%	30%	4%	9%	0%	
Venti Iced Shaken Double Shot Espresso	Milk	Vegetarian	591	236	33.2	32.3	28.1	NA	3.3	10.0	6.6	0.1	27.9	4.3
% RDA contribution				12%		56%	NA	6%	15%	30%	4%	9%	0%	
Tall Iced Shaken Strawberry Green Tea Lemonade	NA	Vegan	354	113	28.2	26.9	26.9	NA	0.0	0.0	0.0	0.0	0.0	13.3
% RDA contribution				6%		54%	NA	0%	0%	0%	0%	0%	0%	1%
Grande Iced Shaken Strawberry Green Tea Lemonade	NA	Vegan	473	190	28.2	26.9	26.9	NA	0.0	0.0	0.0	0.0	NA	13.3
% RDA contribution				9%		54%	NA	0%	0%	0%	0%	0%	NA	1%
Venti Iced Shaken Strawberry Green Tea Lemonade	NA	Vegan	591	266	28.2	26.9	26.9	NA	0.0	0.0	0.0	0.0	NA	13.3
% RDA contribution				13%		54%	NA	0%	0%	0%	0%	0%	NA	1%
Tall Iced Shaken Strawberry Tea	NA	Vegan	354	121	30.1	28.2	28.2	NA	0.1	0.2	0.0	0.0	0.0	NA
% RDA contribution				6%		56%	NA	0%	0%	0%	0%	0%	0%	NA
Grande Iced Shaken Strawberry Tea	NA	Vegan	473	181	45.2	42.3	42.3	NA	0.1	0.3	0.0	0.0	0.0	0.0
% RDA contribution				9%		85%	NA	0%	0%	0%	0%	0%	0%	0%
Venti Iced Shaken Strawberry Tea	NA	Vegan	591	220	54.8	51.3	51.3	NA	0.2	0.4	0.0	0.0	0.0	0.0
% RDA contribution				11%		103%	NA	0%	1%	0%	0%	0%	0%	0%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Iced Vanilla Shakerato	Milk	Vegetarian	354	280	27.0	23.3	16.1	NA	5.8	16.4	10.4	0.1	44.7	2.1
% RDA contribution				14%			32%	NA	11%	24%	47%	5%	15%	0%
Grande Iced Vanilla Shakerato	Milk	Vegetarian	473	325	31.5	27.5	18.3	NA	7.3	18.8	11.9	0.1	51.6	2.3
% RDA contribution				16%			37%	NA	13%	28%	54%	6%	17%	0%
Venti Iced Vanilla Shakerato	Milk	Vegetarian	591	404	39.2	34.2	22.7	NA	9.1	23.3	14.8	0.2	64.1	2.9
% RDA contribution				20%			45%	NA	17%	35%	67%	8%	21%	0%
Other Beverages														
Classic Affogato	Milk	Vegetarian	227	397	39.7	39.3	27.1	0.0	8.0	23.1	13.0	0.0	NA	0.0
% RDA contribution				20%			54%	0%	15%	34%	59%	0%	NA	0%
Short Classic Hot chocolate	Milk	Vegetarian	237	247	25.9	23.8	14.3	0.0	8.1	11.9	7.6	0.3	NA	2.2
% RDA contribution				12%			29%	0%	15%	18%	35%	16%	NA	0%
Tall Classic Hot chocolate	Milk	Vegetarian	354	364	39.7	36.8	22.8	0.0	12.2	16.5	10.5	0.4	NA	3.6
% RDA contribution				18%			46%	NA	23%	25%	48%	21%	NA	0%
Grande Classic Hot chocolate	Milk	Vegetarian	473	469	50.4	46.8	29.0	0.0	15.8	21.6	13.8	0.6	NA	4.6
% RDA contribution				23%			58%	NA	29%	32%	63%	28%	NA	0%

Beverage Core	Beverage Moonshot	Beverage LTO	Beverage Reserve	Food Core	Food Moonshot	Food LTO	Food Reserve	Food Bake in						
Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Classic Hot chocolate	Milk	Vegetarian	591	597	67.5	62.7	39.4	0.0	20.4	25.8	16.5	0.6	NA	6.1
% RDA contribution				30%			79%	NA	38%	39%	75%	32%	NA	0%
House Affogato	Milk	Vegetarian	235	417	44.8	44.0	31.7	0.2	8.0	23.1	13.0	0.0	NA	0.1
% RDA contribution				21%			63%	1%	15%	34%	59%	0%	NA	0%
Java chip with Chips	Wheat, Milk, Soy	Vegetarian	140	396	43.1	38.1	31.6	0.0	7.7	20.9	1.6	0.0	NA	0.3
% RDA contribution				20%			63%	0%	14%	31%	7%	1%	NA	0%
Java chip with Chips	Wheat, Milk, Soy	Vegetarian	50	141	15.4	13.6	11.3	0.0	2.7	7.5	0.6	0.0	NA	0.1
% RDA contribution				7%			23%	NA	5%	11%	3%	0%	NA	0%
Short Kids Hot Chocolate	Milk	Vegetarian	237	250	29.7	27.8	19.5	0.0	6.6	11.4	7.3	0.3	NA	1.5
% RDA contribution				12%			39%	0%	12%	17%	33%	17%	NA	0%
Short Signature Hot Chocolate	Milk	Vegetarian	237	284	24.3	20.3	NA	NA	10.9	13.6	5.0	0.1	21.4	0.2
% RDA contribution				14%			NA	NA	20%	20%	23%	4%	7%	0%
Tall Signature Hot Chocolate	Milk	Vegetarian	354	446	38.7	32.4	2.0	NA	17.4	21.0	7.5	0.1	32.2	0.2
% RDA contribution				22%			4%	NA	32%	31%	34%	6%	11%	0%
Grande Signature Hot Chocolate	Milk	Vegetarian	473	580	51.2	43.0	2.1	NA	23.3	26.4	9.0	0.2	39.1	0.3
% RDA contribution				29%			4%	NA	43%	39%	41%	9%	13%	0%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Signature Hot Chocolate	Milk	Vegetarian	591	735	65.2	54.8	2.5	NA	29.7	33.2	11.1	0.2	48.5	0.3
% RDA contribution				37%			5%	NA	55%	50%	51%	11%	16%	0%
Signature Hot Chocolate	Milk	Vegetarian	250	282	26.9	23.0	0.0	NA	12.8	11.0	2.6	0.1	13.1	0.0
% RDA contribution				14%			0%	NA	24%	16%	12%	5%	4%	0%
1 Lt Signature Hot Chocolate	Milk	Vegetarian	1000	1128	107.7	91.9	0.0	NA	51.2	44.1	10.5	0.4	0.0	0.0
% RDA contribution				56%			0%	NA	95%	66%	48%	20%	0%	0%
Toned Milk	Milk	Vegetarian	236.25	142	11.3	11.3	0.0	NA	7.8	7.3	4.7	0.2	23.6	82.6
% RDA contribution				7%			0%	NA	14%	11%	21%	10%	8%	0%
Toned Milk	Milk	Vegetarian	288.75	174	13.9	13.9	0.0	NA	9.6	9.0	5.8	0.2	29.0	101.2
% RDA contribution				9%			0%	NA	18%	13%	26%	12%	10%	5%
Toned Milk	Milk	Vegetarian	367.5	222	17.8	17.8	0.0	NA	12.2	11.5	7.4	0.3	37.0	128.8
% RDA contribution				11%			0%	NA	23%	17%	34%	15%	12%	6%
Toned Milk	Milk	Vegetarian	483	288	23.0	23.0	0.0	NA	15.8	14.9	9.6	0.4	48.0	169.0
% RDA contribution				14%			0%	NA	29%	22%	44%	19%	16%	8%
Vanilla with Chocolate	Milk	Vegetarian	160	348	37.0	36.3	26.6	0.0	7.1	18.9	10.7	0.0	NA	0.8
% RDA contribution				17%			53%	0%	13%	28%	49%	0%	NA	0%

Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Vanilla with Strawberry	Milk	Vegetarian	165	344	43.2	42.3	33.6	NA	5.7	16.6	10.2	0.4	NA	NA
% RDA contribution				17%			67%	NA	11%	25%	46%	21%	NA	NA

Newly included Recipes

Espresso

Short Nitro Flat White	Milk	Vegetarian	237	108	8.6	8.6	0.0	NA	5.9	5.5	3.6	0.1	18.0	63.0
% RDA contribution				5%			0%	NA	11%	8%	17%	5%	6%	3%

Tall Nitro Flat White	Milk	Vegetarian	354	163	13.0	13.0	0.0	NA	8.9	8.3	5.5	0.2	27.1	94.9
% RDA contribution				8%			0%	NA	17%	12%	25%	8%	9%	5%

Grande Nitro Flat White	Milk	Vegetarian	473	217	17.3	17.3	0.0	NA	11.9	11.1	7.3	0.2	36.1	126.4
% RDA contribution				11%			0%	NA	22%	17%	33%	10%	12%	6%

Short Nitro Caramel Macchiato	Milk	Vegetarian	237	175	19.8	18.6	8.6	NA	7.0	7.4	4.2	0.1	20.9	0.6
% RDA contribution				9%			17%	NA	13%	11%	19%	6%	7%	0%

Tall Nitro Caramel Macchiato	Milk	Vegetarian	354	269	31.2	29.2	13.6	NA	10.8	11.0	6.6	0.2	32.7	1.2
% RDA contribution				13%			27%	NA	20%	16%	30%	9%	11%	0%

Grande Nitro Caramel Macchiato	Milk	Vegetarian	473	348	41.8	39.0	19.2	NA	13.7	13.8	8.3	0.2	41.2	1.8
% RDA contribution				17%			38%	NA	25%	21%	38%	12%	14%	0%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Short Nitro Mocha	Milk	Vegetarian	237	78	11.2	11.2	1.4	NA	2.7	2.5	1.7	0.0	8.2	6.7
% RDA contribution				4%			3%	NA	5%	4%	8%	2%	3%	0%
Tall Nitro Mocha	Milk	Vegetarian	354	103	13.2	13.1	7.3	NA	4.0	3.8	2.5	0.1	12.3	9.6
% RDA contribution				5%			15%	NA	7%	6%	11%	4%	4%	0%
Grande Nitro Mocha	Milk	Vegetarian	473	117	14.3	14.3	7.3	NA	4.8	4.5	3.0	0.1	14.6	12.4
% RDA contribution				6%			15%	NA	9%	7%	13%	4%	5%	1%
Teavana Tea														
Short Black Tea with Ruby Grapefruit	NA	Vegetarian	237	174	43.3	41.2	41.2	NA	0.2	0.0	0.0	0.0	0.0	9.2
% RDA contribution				9%			82%	NA	0%	0%	0%	0%	0%	0%
Tall Black Tea with Ruby Grapefruit	NA	Vegetarian	354	174	43.3	41.2	41.2	NA	0.2	0.0	0.0	0.0	0.0	9.2
% RDA contribution				9%			82%	NA	0%	0%	0%	0%	0%	0%
Grande Black Tea with Ruby Grapefruit	NA	Vegetarian	473	261	65.0	61.8	61.8	NA	0.3	0.0	0.0	0.0	0.0	13.8
% RDA contribution				13%			124%	NA	1%	0%	0%	0%	0%	1%
Venti Black Tea with Ruby Grapefruit	NA	Vegetarian	591	348	86.6	82.4	82.4	NA	0.4	0.0	0.0	0.0	0.0	18.4
% RDA contribution				17%			165%	NA	1%	0%	0%	0%	0%	1%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Short Nitro Green Tea Latte	Milk	Vegetarian	237	190	24.5	23.2	12.9	NA	7.8	6.7	4.4	0.1	21.6	75.8
% RDA contribution				10%		26%	NA	15%	10%	20%	6%	7%	4%	
Tall Nitro Green Tea Latte	Milk	Vegetarian	354	264	30.4	29.2	12.9	NA	11.9	10.5	6.9	0.2	34.0	119.0
% RDA contribution				13%		26%	NA	22%	16%	31%	10%	11%	6%	
Grande Nitro Green Tea Latte	Milk	Vegetarian	473	380	49.0	46.4	25.7	NA	15.7	13.5	8.7	0.2	43.1	151.3
% RDA contribution				19%		51%	NA	29%	20%	40%	12%	14%	8%	
Venti Nitro Green Tea Latte	Milk	Vegetarian	591	454	54.9	52.4	25.7	NA	19.7	17.2	11.2	0.3	55.5	194.5
% RDA contribution				23%		51%	NA	37%	26%	51%	16%	18%	10%	
Short Nitro Hibiscus Tea	NA	Vegan	237	29	7.3	7.3	7.3	NA	0.0	0.0	0.0	0.0	0.0	1.1
% RDA contribution				1%		15%	NA	0%	0%	0%	0%	0%	0%	
Tall Nitro Hibiscus Tea	NA	Vegan	354	59	14.6	14.5	14.5	NA	0.0	0.0	0.0	0.0	0.0	2.2
% RDA contribution				3%		29%	NA	0%	0%	0%	0%	0%	0%	
Grande Nitro Hibiscus Tea	NA	Vegan	473	88	21.9	21.8	21.8	NA	0.0	0.0	0.0	0.0	0.0	3.3
% RDA contribution				4%		44%	NA	0%	0%	0%	0%	0%	0%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Other Beverages

Short Nitro Signature Chocolate	Milk	Vegetarian	237	280	26.6	22.8	0.0	NA	12.8	11.1	2.8	0.1	0.0	0.0
% RDA contribution				14%			0%	NA	24%	17%	13%	6%	0%	0%
Tall Nitro Signature Chocolate	Milk	Vegetarian	354	415	39.3	33.8	0.0	NA	19.0	16.5	4.3	0.2	0.0	0.0
% RDA contribution				21%			0%	NA	35%	25%	20%	8%	0%	0%
Grande Nitro Signature Chocolate	Milk	Vegetarian	473	528	49.6	42.9	0.0	NA	24.5	21.3	6.1	0.2	0.0	0.0
% RDA contribution				26%			0%	NA	45%	32%	28%	12%	0%	0%
Vanilla icecream	Milk	Vegetarian	50	106	9.4	NA	6.0	NA	2.0	6.8	NA	NA	NA	NA
% RDA contribution				5%			12%	NA	4%	10%	NA	NA	NA	NA
Caramel macchiato icecream	Milk, Soy	Vegetarian	50	112	12.9	12.9	10.1	NA	2.2	5.8	3.8	0.1	NA	NA
% RDA contribution				6%			20%	NA	4%	9%	17%	3%	NA	NA
Java Mocha chip ice cream	Milk, Soy, Wheat	Vegetarian	50	135	14.4	12.9	10.5	0.0	2.7	7.3	0.0	0.0	NA	0%
% RDA contribution				7%			21%	0%	5%	11%	0%	0%	NA	NA

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Other Beverage ingredients

Vanilla Syrup	NA	Vegan	7.35	21	5.1	4.4	4.4	NA	0.0	0.0	0.0	0.0	0.0	0.6
% RDA contribution				1%		9%	NA	0%	0%	0%	0%	0%	0%	0%
Vanilla Syrup	NA	Vegan	7.5	21	5.2	4.5	4.5	NA	0.0	0.0	0.0	0.0	0.0	0.6
% RDA contribution				1%		9%	NA	0%	0%	0%	0%	0%	0%	0%
Hazelnut Syrup	NA	Vegan	16.13	56	14.1	13.9	13.9	NA	0.0	0.0	0.0	0.0	0.0	2.0
% RDA contribution				3%		28%	NA	0%	0%	0%	0%	0%	0%	0%
Hazelnut Syrup	NA	Vegan	7.5	26	6.5	6.4	6.4	NA	0.0	0.0	0.0	0.0	0.0	0.9
% RDA contribution				1%		13%	NA	0%	0%	0%	0%	0%	0%	0%
Caramel Syrup	NA	Vegan	16.5	58	14.6	14.5	14.5	NA	0.0	0.0	0.0	0.0	0.0	2.2
% RDA contribution				3%		29%	NA	0%	0%	0%	0%	0%	0%	0%
Caramel Syrup	NA	Vegan	7.5	26	6.6	6.5	6.5	NA	0.0	0.0	0.0	0.0	0.0	1.0
% RDA contribution				1%		13%	NA	0%	0%	0%	0%	0%	0%	0%
Skimmed milk	Milk	Vegetarian	100	34	5.2	0.0	0.0	NA	2.9	0.2	NA	NA	NA	NA
% RDA contribution				2%		0%	NA	5%	0%	NA	NA	NA	NA	NA

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Frappuccino Chips	Wheat, Milk, Soy	Vegetarian	100	536	61.0	43.0	43.0	NA	5.4	30.0	27.0	NA	NA	203.0
% RDA contribution				27%			86%	NA	10%	45%	123%	NA	NA	10%
Soy milk	Soy	Vegan	100	41	2.8	2.0	1.6	NA	3.8	1.6	0.3	0.0	0.0	60.0
% RDA contribution				2%			3%	NA	7%	2%	1%	0%	0%	3%
Almond milk	Nut	Vegan	100	37	2.8	1.7	0.0	NA	0.8	2.4	0.2	NA	NA	40.8
% RDA contribution				2%			0%	NA	1%	4%	1%	NA	NA	2%
Oat Milk	Oat Not recommended for Children	Vegan	100	51	6.1	4.6	0.0	NA	0.9	2.6	0.3	NA	NA	51.9
% RDA contribution				3%			0%	NA	2%	4%	1%	NA	NA	3%

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Chocolate Milkshake	Wheat, Soy, Milk	Vegetarian	354	632	86.5	70.7	62.4	0.3	12.8	27.0	22.9	0.2	NA	314.9
% RDA contribution				32%			125%	1%	24%	40%	104%	8%	NA	16%
Grande Chocolate Milkshake	Wheat, Soy, Milk	Vegetarian	473	825	108.8	87.9	76.0	0.4	17.3	36.6	31.1	0.2	NA	395.2
% RDA contribution				41%			152%	1%	32%	55%	141%	12%	NA	20%
Venti Chocolate Milkshake	Wheat, Soy, Milk	Vegetarian	591	1050	145.5	119.8	106.4	0.5	19.9	44.2	38.2	0.3	NA	549.4
% RDA contribution				53%			213%	2%	37%	66%	173%	14%	NA	27%
Tall Strawberry Milkshake	Milk	Vegetarian	354	569	87.3	74.0	65.7	0.3	9.7	20.5	18.1	0.1	NA	241.0
% RDA contribution				28%			131%	1%	18%	31%	82%	7%	NA	12%
Grande Strawberry Milkshake	Milk	Vegetarian	473	769	117.2	99.4	87.6	0.4	13.5	27.8	24.4	0.2	NA	321.4
% RDA contribution				38%			175%	1%	25%	41%	111%	10%	NA	16%
Venti Strawberry Milkshake	Milk	Vegetarian	591	943	145.1	122.8	109.5	0.5	15.8	33.8	29.9	0.2	NA	401.7
% RDA contribution				47%			219%	2%	29%	50%	136%	11%	NA	20%
Tall Vanilla Milkshake	Milk	Vegetarian	354	531	77.4	64.7	56.4	0.3	9.5	20.1	18.1	0.1	NA	316.2
% RDA contribution				27%			113%	1%	18%	30%	82%	7%	NA	16%
Grande Vanilla Milkshake	Milk	Vegetarian	473	700	99.6	82.4	70.6	0.4	13.3	27.3	24.4	0.2	NA	397.2
% RDA contribution				35%			141%	1%	25%	41%	111%	10%	NA	20%

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Vanilla Milkshake	Milk	Vegetarian	591	920	139.0	117.2	103.8	0.5	15.6	33.2	29.9	0.2	NA	552.0
% RDA contribution				46%			208%	2%	29%	50%	136%	11%	NA	28%
Short Indian Tea Masala	Milk	Vegetarian	237	237	36.8	15.8	7.5	0.0	7.2	6.9	4.4	0.1	NA	0.0
% RDA contribution				12%			15%	0%	13%	10%	20%	7%	NA	0%
Tall Indian Tea Masala	Milk	Vegetarian	354	373	56.6	25.1	11.2	0.0	11.8	11.2	7.2	0.2	NA	0.0
% RDA contribution				19%			22%	0%	22%	17%	33%	12%	NA	0%
Grande Indian Tea Masala	Milk	Vegetarian	473	487	74.6	32.6	15.0	0.0	15.1	14.4	9.3	0.3	NA	0.0
% RDA contribution				24%			30%	0%	28%	21%	42%	15%	NA	0%
Venti Indian Tea Masala	Milk	Vegetarian	591	623	94.3	41.9	18.7	0.0	19.7	18.7	12.1	0.4	NA	0.0
% RDA contribution				31%			37%	0%	36%	28%	55%	19%	NA	0%
Shorter TS Signature Hot Chocolate	Milk	Vegetarian	180	123	17.0	14.2	11.7	0.0	4.4	5.1	2.8	0.0	NA	0.0
% RDA contribution				6%			23%	0%	8%	8%	13%	2%	NA	0%
Pico Cappuccino	Milk	Vegetarian	180	95	7.6	7.6	0.0	0.0	5.2	4.9	3.2	0.1	NA	0.0
% RDA contribution				5%			0%	0%	10%	7%	14%	6%	NA	0%
Short Indian Tea Cardamom	Milk	Vegetarian	237	236	36.5	15.8	7.5	0.0	7.2	6.9	4.4	0.1	NA	0.0
% RDA contribution				12%			15%	0%	13%	10%	20%	7%	NA	0%

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Tall Indian Tea Cardamom	Milk	Vegetarian	354	371	56.1	25.1	11.2	0.0	11.8	11.2	7.2	0.2	NA	0.0
% RDA contribution				19%			22%	0%	22%	17%	33%	12%	NA	0%

Grande Indian Tea Cardamom	Milk	Vegetarian	473	485	73.9	32.6	15.0	0.0	15.1	14.4	9.3	0.3	NA	0.0
% RDA contribution				24%			30%	0%	28%	21%	42%	15%	NA	0%

Venti Indian Tea Cardamom	Milk	Vegetarian	591	620	93.5	41.9	18.7	0.0	19.7	18.7	12.1	0.4	NA	0.0
% RDA contribution				31%			37%	0%	36%	28%	55%	19%	NA	0%

Pico Cardamom Chai	Milk	Vegetarian	180	161	21.6	11.3	3.7	0.0	5.9	5.6	3.6	0.1	NA	0.0
% RDA contribution				8%			7%	0%	11%	8%	17%	6%	NA	0%

Pico Masala Chai	Milk	Vegetarian	180	161	21.8	11.3	3.7	0.0	5.9	5.6	3.6	0.1	NA	0.0
% RDA contribution				8%			7%	0%	11%	8%	17%	6%	NA	0%

Shorter TS Latte	Milk	Vegetarian	180	76	6.0	6.0	0.0	0.0	4.2	3.9	2.5	0.1	NA	0.0
% RDA contribution				4%			0%	0%	8%	6%	11%	5%	NA	0%

Short Filter Coffee	Milk	Vegetarian	237	226	32.3	31.7	23.3	0.0	7.0	7.2	5.0	0.1	NA	71.6
% RDA contribution				11%			47%	0%	13%	11%	23%	7%	NA	4%

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Short Crunchy Red Hat Mocha	Wheat, Oat, Milk	Vegetarian	237	415	57.1	47.5	42.4	0.3	10.9	17.3	9.7	0.2	NA	12.8
% RDA contribution				21%		85%	1%	20%	26%	44%	12%	NA	1%	
Tall Crunchy Red Hat Mocha	Wheat, Oat, Milk	Vegetarian	354	621	84.3	70.5	62.4	0.3	17.0	26.3	14.9	0.4	NA	13.8
% RDA contribution				31%		125%	1%	32%	39%	68%	18%	NA	1%	
Grande Crunchy Red Hat Mocha	Wheat, Oat, Milk	Vegetarian	473	797	109.1	91.6	80.7	0.3	22.6	33.1	18.7	0.4	NA	14.7
% RDA contribution				40%		161%	1%	42%	49%	85%	21%	NA	1%	
Venti Crunchy Red Hat Mocha	Wheat, Oat, Milk	Vegetarian	591	994	135.9	114.4	100.4	0.3	28.7	41.3	23.3	0.5	NA	15.6
% RDA contribution				50%		201%	1%	53%	62%	106%	26%	NA	1%	
Tall Crunchy Red Hat Mocha Frappuccino	Wheat, Oat, Soy, Milk	Vegetarian	354	552	85.2	75.6	71.4	0.3	8.1	20.7	13.3	0.4	NA	173.2
% RDA contribution				28%		143%	1%	15%	31%	60%	20%	NA	9%	
Grande Crunchy Red Hat Mocha Frappuccino	Wheat, Oat, Soy, Milk	Vegetarian	473	755	120.3	107.7	101.9	0.3	11.3	26.6	17.3	0.5	NA	254.2
% RDA contribution				38%		204%	1%	21%	40%	78%	24%	NA	13%	
Venti Crunchy Red Hat Mocha Frappuccino	Wheat, Oat, Soy, Milk	Vegetarian	591	908	148.5	134.2	127.8	0.3	12.6	30.5	20.1	0.5	NA	335.2
% RDA contribution				45%		256%	1%	23%	45%	91%	27%	NA	17%	
Short Toffee Nut Crunch Latte	Soy, Milk	Vegetarian	237	222	24.4	20.6	12.3	0.3	6.3	10.9	6.8	0.3	NA	75.7
% RDA contribution				11%		25%	1%	12%	16%	31%	14%	NA	4%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Toffee Nut Crunch Latte	Soy, Milk	Vegetarian	354	338	36.6	31.8	18.0	0.3	10.3	16.7	10.5	0.5	NA	108.6
% RDA contribution				17%		36%	1%	19%	25%	48%	23%	NA	5%	
Grande Toffee Nut Crunch Latte	Soy, Milk	Vegetarian	473	414	46.2	40.7	23.1	0.3	12.9	19.7	12.4	0.5	NA	138.6
% RDA contribution				21%		46%	1%	24%	29%	56%	27%	NA	7%	
Venti Toffee Nut Crunch Latte	Soy, Milk	Vegetarian	591	521	58.0	51.7	28.5	0.3	16.8	24.6	15.6	0.7	NA	170.0
% RDA contribution				26%		57%	1%	31%	37%	71%	34%	NA	9%	
Tall Toffee Nut Crunch Frappuccino	Soy, Milk	Vegetarian	354	352	55.7	51.6	47.4	0.3	3.8	12.6	7.8	0.4	NA	215.3
% RDA contribution				18%		95%	1%	7%	19%	36%	18%	NA	11%	
Grande Toffee Nut Crunch Frappuccino	Soy, Milk	Vegetarian	473	474	80.1	75.5	69.7	0.3	5.0	14.8	9.2	0.4	NA	312.2
% RDA contribution				24%		139%	1%	9%	22%	42%	22%	NA	16%	
Venti Toffee Nut Crunch Frappuccino	Soy, Milk	Vegetarian	591	582	103.5	98.2	91.9	0.3	5.4	16.2	10.1	0.5	NA	409.2
% RDA contribution				29%		184%	1%	10%	24%	46%	24%	NA	20%	
Tall Toffee Nut Crunch Cold Brew	Soy, Milk	Vegetarian	354	193	41.6	32.8	32.8	0.3	3.3	1.4	0.5	0.0	NA	71.4
% RDA contribution				10%		66%	1%	6%	2%	2%	0%	NA	4%	
Grande Toffee Nut Crunch Cold Brew	Soy, Milk	Vegetarian	473	221	48.8	40.0	40.0	0.3	3.3	1.4	0.5	0.0	NA	72.4
% RDA contribution				11%		80%	1%	6%	2%	2%	0%	NA	4%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Toffee Nut Crunch Cold Brew	Soy, Milk	Vegetarian	591	251	56.2	47.4	47.4	0.3	3.3	1.4	0.5	0.0	NA	73.6
% RDA contribution				13%		95%	1%	6%	2%	2%	0%	NA	4%	
Short Toffee Nut Crunch Nitro Cold Brew	Soy, Milk	Vegetarian	237	163	34.3	25.6	25.6	0.3	3.3	1.4	0.5	0.0	NA	70.3
% RDA contribution				8%		51%	1%	6%	2%	2%	0%	NA	4%	
Tall Toffee Nut Crunch Nitro Cold Brew	Soy, Milk	Vegetarian	354	193	41.6	32.8	32.8	0.3	3.3	1.4	0.5	0.0	NA	71.4
% RDA contribution				10%		66%	1%	6%	2%	2%	0%	NA	4%	
Grande Toffee Nut Crunch Nitro Cold Brew	Soy, Milk	Vegetarian	473	221	48.8	40.0	40.0	0.3	3.3	1.4	0.5	0.0	NA	72.4
% RDA contribution				11%		80%	1%	6%	2%	2%	0%	NA	4%	
Short Confetti Cookie Latte	Milk	Vegetarian	237	203	22.7	19.4	1.3	NA	6.1	9.6	6.2	0.1	27.3	2.5
% RDA contribution				10%		3%	NA	11%	14%	28%	7%	9%	0%	
Tall Confetti Cookie Latte	Milk	Vegetarian	354	318	34.6	30.4	2.0	NA	10.1	15.4	9.9	0.2	43.7	2.6
% RDA contribution				16%		4%	NA	19%	23%	45%	11%	15%	0%	
Grande Confetti Cookie Latte	Milk	Vegetarian	473	393	43.9	39.1	2.2	NA	12.7	18.3	11.8	0.3	52.6	2.7
% RDA contribution				20%		4%	NA	24%	27%	54%	14%	18%	0%	
Venti Confetti Cookie Latte	Milk	Vegetarian	591	499	55.5	49.8	2.6	NA	16.7	23.2	15.0	0.4	67.0	2.9
% RDA contribution				25%		5%	NA	31%	35%	68%	18%	22%	0%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
French Press Christmas Blend	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Tall Siphon Christmas Blend	NA	Vegan	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Tall Chemex Christmas Blend	NA	Vegan	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Grande Chemex Christmas Blend	NA	Vegan	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	0%	0%
Short Butterscotch Latte	Milk, Soy	Vegetarian	237	187	23.7	19.4	11.1	NA	5.8	6.8	4.3	0.2	0.0	147.0
% RDA contribution				9%		22%	NA	11%	10%	20%	10%	0%	7%	
Tall Butterscotch Latte	Milk, Soy	Vegetarian	354	294	36.3	30.0	16.2	NA	9.7	11.1	7.1	0.3	0.0	214.7
% RDA contribution				15%		32%	NA	18%	17%	32%	16%	0%	11%	
Grande Butterscotch Latte	Milk, Soy	Vegetarian	473	386	48.4	39.8	22.1	NA	12.3	14.3	9.1	0.4	0.0	294.0
% RDA contribution				19%		44%	NA	23%	21%	41%	21%	0%	15%	
Venti Butterscotch Latte	Milk, Soy	Vegetarian	591	497	61.7	50.8	27.7	NA	16.1	18.6	11.9	0.6	0.0	367.5
% RDA contribution				25%		55%	NA	30%	28%	54%	28%	0%	18%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Tall Butterscotch Latte	Milk, Soy	Vegetarian	354	225	31.1	24.6	16.6	NA	5.7	7.4	4.7	0.3	0.0	220.5
% RDA contribution				11%		33%	NA	10%	11%	21%	16%	0%	0%	11%
Iced Grande Butterscotch Latte	Milk, Soy	Vegetarian	473	310	42.3	33.6	22.1	NA	8.1	10.4	6.6	0.3	0.0	294.0
% RDA contribution				15%		44%	NA	15%	15%	30%	16%	0%	0%	15%
Iced Venti Butterscotch Latte	Milk, Soy	Vegetarian	591	363	51.0	40.1	27.7	NA	8.8	11.7	7.4	0.4	0.0	367.5
% RDA contribution				18%		55%	NA	16%	17%	34%	19%	0%	0%	18%
Tall Butterscotch Frappuccino	Milk, Soy	Vegetarian	354	348	54.9	51.2	47.0	NA	3.5	12.2	7.7	0.4	0.0	234.9
% RDA contribution				17%		94%	NA	7%	18%	35%	20%	0%	0%	12%
Grande Butterscotch Frappuccino	Milk, Soy	Vegetarian	473	551	88.4	82.2	72.3	NA	7.5	17.7	11.2	0.6	0.0	389.0
% RDA contribution				28%		145%	NA	14%	26%	51%	28%	0%	0%	19%
Venti Butterscotch Frappuccino	Milk, Soy	Vegetarian	591	664	110.2	103.7	91.9	NA	8.9	20.0	12.7	0.6	0.0	468.8
% RDA contribution				33%		184%	NA	17%	30%	58%	31%	0%	0%	23%
Tall Butterscotch Cream Frappuccino	Milk, Soy	Vegetarian	354	362	55.6	51.9	46.4	NA	4.5	13.1	8.3	0.4	0.0	221.5
% RDA contribution				18%		93%	NA	8%	20%	38%	21%	0%	0%	11%
Grande Butterscotch Cream Frappuccino	Milk, Soy	Vegetarian	473	521	85.3	79.2	71.4	NA	6.1	16.4	10.4	0.5	0.0	368.8
% RDA contribution				26%		143%	NA	11%	24%	47%	26%	0%	0%	18%

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Butterscotch Cream Frappuccino	Milk, Soy	Vegetarian	591	625	106.2	99.9	90.8	NA	7.1	18.3	11.6	0.6	0.0	442.7
% RDA contribution				31%			182%	NA	13%	27%	53%	29%	0%	22%
Short Red Velvet Cheesecake Latte	Milk, Wheat	Vegetarian	237	226	26.7	24.0	15.7	0.0	6.2	10.3	6.3	0.3	NA	11.1
% RDA contribution				11%			31%	0%	11%	15%	29%	14%	NA	1%
Tall Red Velvet Cheesecake Latte	Milk, Wheat	Vegetarian	354	377	47.7	43.0	29.4	0.0	10.0	15.8	9.9	0.4	NA	21.8
% RDA contribution				19%			59%	0%	19%	24%	45%	22%	NA	1%
Grande Red Velvet Cheesecake Latte	Milk, Wheat	Vegetarian	473	498	67.5	61.1	43.4	0.0	12.8	19.0	12.0	0.5	NA	33.1
% RDA contribution				25%			87%	0%	24%	28%	54%	27%	NA	2%
Venti Red Velvet Cheesecake Latte	Milk, Wheat	Vegetarian	591	636	87.5	79.4	56.5	0.0	16.5	23.7	14.9	0.7	NA	43.5
% RDA contribution				32%			113%	0%	31%	35%	68%	33%	NA	2%
Iced Tall Red Velvet Cheesecake Latte	Milk, Wheat	Vegetarian	354	336	43.7	38.7	30.5	0.0	6.4	14.6	9.1	0.4	NA	22.2
% RDA contribution				17%			61%	0%	12%	22%	41%	22%	NA	1%
Iced Grande Red Velvet Cheesecake Latte	Milk, Wheat	Vegetarian	473	437	61.4	54.6	44.3	0.0	8.0	17.1	10.7	0.5	NA	33.2
% RDA contribution				22%			89%	0%	15%	25%	48%	25%	NA	2%
Iced Venti Red Velvet Cheesecake Latte	Milk, Wheat	Vegetarian	591	521	77.8	69.2	58.1	0.0	8.6	18.6	11.7	0.6	NA	44.2
% RDA contribution				26%			116%	0%	16%	28%	53%	28%	NA	2%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Red Velvet Cheesecake Frappuccino	Milk, Wheat	Vegetarian	354	465	73.4	66.6	61.0	0.0	5.7	16.3	8.4	0.4	NA	158.9
% RDA contribution				23%		122%	0%	11%	24%	38%	19%	NA	8%	
Grande Red Velvet Cheesecake Frappuccino	Milk, Wheat	Vegetarian	473	650	107.4	97.9	90.1	0.0	7.9	20.5	10.3	0.5	NA	238.2
% RDA contribution				32%		180%	0%	15%	31%	47%	23%	NA	12%	
Venti Red Velvet Cheesecake Frappuccino	Milk, Wheat	Vegetarian	591	821	140.4	128.2	119.2	0.0	9.4	24.2	11.8	0.5	NA	317.5
% RDA contribution				41%		238%	0%	17%	36%	54%	26%	NA	16%	
1 Lt. Butterscotch Latte	Milk, Soy	Vegetarian	250	238	32.2	25.7	16.6	NA	6.4	8.0	5.1	0.2	0.0	220.5
% RDA contribution				12%		33%	NA	12%	12%	23%	12%	0%	11%	
Tall Chocolate Truffle Cold Brew	Milk	Vegetarian	354	136	27.2	19.6	19.6	0.0	3.8	0.8	0.4	0.0	NA	149.1
% RDA contribution				7%		39%	0%	7%	1%	2%	0%	NA	7%	
Grande Chocolate Truffle Cold Brew	Milk	Vegetarian	473	157	32.4	24.3	24.3	0.0	3.8	0.8	0.4	0.0	NA	198.5
% RDA contribution				8%		49%	0%	7%	1%	2%	0%	NA	10%	
Venti Chocolate Truffle Cold Brew	Milk	Vegetarian	591	179	37.7	29.0	29.0	0.0	3.8	0.8	0.4	0.0	NA	247.9
% RDA contribution				9%		58%	0%	7%	1%	2%	0%	NA	12%	
Short Chocolate Truffle Nitro Cold Brew	Milk	Vegetarian	237	114	21.9	14.9	14.9	0.0	3.8	0.8	0.4	0.0	NA	99.7
% RDA contribution				6%		30%	0%	7%	1%	2%	0%	NA	5%	

Beverage Core

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Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Chocolate Truffle Nitro Cold Brew	Milk	Vegetarian	354	136	27.2	19.6	19.6	0.0	3.8	0.8	0.4	0.0	NA	149.1
% RDA contribution				7%		39%	0%	7%	1%	2%	0%	NA	7%	
Grande Chocolate Truffle Nitro Cold Brew	Milk	Vegetarian	473	157	32.4	24.3	24.3	0.0	3.8	0.8	0.4	0.0	NA	198.5
% RDA contribution				8%		49%	0%	7%	1%	2%	0%	NA	10%	
Short Cocoa Chai Almond Latte	Nut	Vegetarian	237	133	18.5	16.0	15.9	0.0	2.3	5.5	0.7	0.0	NA	82.3
% RDA contribution				7%		32%	0%	4%	8%	3%	0%	NA	4%	
Tall Cocoa Chai Almond Latte	Nut	Vegetarian	354	245	35.5	31.0	30.9	0.0	4.2	9.3	1.3	0.0	NA	137.5
% RDA contribution				12%		62%	0%	8%	14%	6%	0%	NA	7%	
Grande Cocoa Chai Almond Latte	Nut	Vegetarian	473	343	51.5	45.3	45.2	0.0	5.8	12.2	1.9	0.0	NA	175.4
% RDA contribution				17%		90%	0%	11%	18%	9%	0%	NA	9%	
Venti Cocoa Chai Almond Latte	Nut	Vegetarian	591	443	66.7	58.8	50.7	0.0	7.5	15.6	2.4	0.0	NA	224.7
% RDA contribution				22%		101%	0%	14%	23%	11%	0%	NA	11%	
Iced Tall Cocoa Chai Almond Latte	Nut	Vegetarian	354	198	32.1	28.8	28.8	0.0	3.2	5.8	1.1	0.0	NA	78.2
% RDA contribution				10%		58%	0%	6%	9%	5%	0%	NA	4%	
Iced Grande Cocoa Chai Almond Latte	Nut	Vegetarian	473	282	47.1	42.6	42.5	0.0	4.5	7.6	1.6	0.0	NA	98.9
% RDA contribution				14%		85%	0%	8%	11%	7%	0%	NA	5%	

Beverage Core

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Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Venti Cocoa Chai Almond Latte	Nut	Vegetarian	591	361	61.7	56.0	55.9	0.0	5.7	9.0	2.0	0.0	NA	112.1
% RDA contribution				18%			112%	0%	11%	13%	9%	0%	NA	6%
Short Vanilla Latte	Milk	Vegetarian	237	153	20.4	18.6	10.3	0.0	5.7	5.4	3.5	0.1	0.0	1.3
% RDA contribution				8%			21%	0%	11%	8%	16%	7%	0%	0%
Tall Vanilla Latte	Milk	Vegetarian	354	247	32.0	29.3	15.5	0.0	9.5	9.0	5.8	0.2	0.0	2.0
% RDA contribution				12%			31%	0%	18%	13%	26%	12%	0%	0%
Grande Vanilla Latte	Milk	Vegetarian	473	319	41.8	38.3	20.6	0.0	12.1	11.4	7.4	0.3	0.0	2.7
% RDA contribution				16%			41%	0%	22%	17%	33%	15%	0%	0%
Venti Vanilla Latte	Milk	Vegetarian	591	412	53.3	49.0	25.8	0.0	15.9	15.0	9.7	0.4	0.0	3.3
% RDA contribution				21%			52%	0%	30%	22%	44%	19%	0%	0%
Iced Tall Vanilla Latte	Milk	Vegetarian	354	181	26.7	24.0	15.5	0.0	5.9	5.5	3.6	0.1	0.0	2.0
% RDA contribution				9%			31%	0%	11%	8%	16%	7%	0%	0%
Iced Grande Vanilla Latte	Milk	Vegetarian	473	237	35.2	31.7	20.6	0.0	7.6	7.2	4.6	0.2	0.0	2.7
% RDA contribution				12%			41%	0%	14%	11%	21%	9%	0%	0%
Iced Venti Vanilla Latte	Milk	Vegetarian	591	275	42.4	38.0	25.8	0.0	8.4	7.9	5.1	0.2	0.0	3.3
% RDA contribution				14%			52%	0%	16%	12%	23%	10%	0%	0%

Beverage Core

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Beverage Reserve

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Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Mango On the Beach Frappuccino	Wheat, Oat, Milk	Vegetarian	354	484	85.9	70.6	43.7	1.2	4.8	13.5	8.3	0.4	0.0	147.1
% RDA contribution				24%			87%	4%	9%	20%	38%	20%	0%	7%
Grande Mango On the Beach Frappuccino	Wheat, Oat, Milk	Vegetarian	473	623	118.1	97.7	60.1	1.5	6.1	14.0	8.7	0.4	0.0	204.5
% RDA contribution				31%			120%	5%	11%	21%	40%	20%	0%	10%
Venti Mango On the Beach Frappuccino	Wheat, Oat, Milk	Vegetarian	591	780	153.0	126.8	78.4	2.0	7.0	15.6	9.7	0.5	0.0	267.3
% RDA contribution				39%			157%	6%	13%	23%	44%	23%	0%	13%
Short S'mores Latte	Wheat, Oat, Milk	Vegetarian	237	330	42.1	33.7	25.8	0.8	8.1	13.7	8.1	0.3	NA	31.0
% RDA contribution				17%			52%	2%	15%	21%	37%	14%	NA	2%
Tall S'mores Latte	Wheat, Oat, Milk	Vegetarian	354	454	56.7	47.3	34.7	0.8	12.0	18.9	11.4	0.4	NA	31.2
% RDA contribution				23%			69%	2%	22%	28%	52%	21%	NA	2%
Grande S'mores Latte	Wheat, Oat, Milk	Vegetarian	473	586	75.1	63.8	46.9	0.8	15.9	23.5	14.3	0.5	NA	34.5
% RDA contribution				29%			94%	3%	29%	35%	65%	26%	NA	2%
Venti S'mores Latte	Wheat, Oat, Milk	Vegetarian	591	707	90.1	77.7	56.0	0.8	19.9	28.1	17.3	0.6	NA	35.2
% RDA contribution				35%			112%	2%	37%	42%	79%	31%	NA	2%
Iced Tall S'mores Latte	Wheat, Oat, Milk	Vegetarian	354	436	56.6	45.8	39.1	0.8	8.5	18.5	11.1	0.4	NA	34.7
% RDA contribution				22%			78%	3%	16%	28%	50%	20%	NA	2%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

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Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Grande S'mores Latte	Wheat, Oat, Milk	Vegetarian	473	527	70.5	58.3	50.1	0.8	10.3	21.2	12.8	0.5	NA	36.3
% RDA contribution				26%		100%	3%	19%	32%	58%	23%	NA	2%	
Iced Venti S'mores Latte	Wheat, Oat, Milk	Vegetarian	591	602	83.1	69.5	60.9	0.8	11.4	23.2	14.0	0.5	NA	37.9
% RDA contribution				30%		122%	3%	21%	35%	64%	26%	NA	2%	
Tall S'mores Frappuccino	Wheat, Oat, Milk	Vegetarian	354	509	76.5	60.7	56.5	2.0	5.9	19.7	10.9	0.4	NA	231.5
% RDA contribution				25%		113%	6%	11%	29%	50%	18%	NA	12%	
Grande S'mores Frappuccino	Wheat, Oat, Milk	Vegetarian	473	521	77.0	61.1	56.9	2.0	5.9	20.8	11.6	0.4	NA	231.6
% RDA contribution				26%		114%	6%	11%	31%	53%	20%	NA	12%	
Venti S'mores Frappuccino	Wheat, Oat, Milk	Vegetarian	591	644	101.7	85.0	79.2	2.0	7.1	23.0	13.0	0.5	NA	312.5
% RDA contribution				32%		158%	6%	13%	34%	59%	23%	NA	16%	
Short Macademia White Cocoa Latte	Wheat, Oat, Milk	Vegetarian	237	280	36.6	34.0	25.7	0.2	6.9	11.5	7.4	0.3	NA	45.0
% RDA contribution				14%		51%	1%	13%	17%	34%	15%	NA	2%	
Tall Macademia White Cocoa Latte	Wheat, Oat, Milk	Vegetarian	354	417	54.9	51.9	39.2	0.2	10.5	16.7	10.9	0.4	NA	74.5
% RDA contribution				21%		78%	1%	20%	25%	50%	21%	NA	4%	
Grande Macademia White Cocoa Latte	Wheat, Oat, Milk	Vegetarian	473	559	76.7	73.1	56.4	0.2	14.1	21.1	13.9	0.5	NA	111.7
% RDA contribution				28%		113%	1%	26%	31%	63%	26%	NA	6%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

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Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Macademia White Cocoa Latte	Wheat, Oat, Milk	Vegetarian	591	692	95.2	91.1	69.9	0.2	17.8	25.7	17.0	0.6	NA	141.3
% RDA contribution				35%		140%	1%	33%	38%	77%	31%	NA	7%	
Iced Tall Macademia White Cocoa Latte	Wheat, Oat, Milk	Vegetarian	354	414	55.7	52.1	43.5	0.2	8.0	17.0	11.1	0.4	NA	81.5
% RDA contribution				21%		87%	1%	15%	25%	50%	22%	NA	4%	
Iced Grande Macademia White Cocoa Latte	Wheat, Oat, Milk	Vegetarian	473	538	75.6	71.3	60.3	0.2	10.5	20.7	13.6	0.5	NA	117.9
% RDA contribution				27%		121%	1%	19%	31%	62%	26%	NA	6%	
Iced Venti Macademia White Cocoa Latte	Wheat, Oat, Milk	Vegetarian	591	646	94.0	89.2	77.0	0.2	12.0	23.5	15.6	0.6	NA	154.3
% RDA contribution				32%		154%	1%	22%	35%	71%	29%	NA	8%	
Tall Macademia White Cocoa Ocean Frappuccino	Wheat, Oat, Milk	Vegetarian	354	405	73.9	70.6	65.0	0.2	5.0	9.8	6.3	0.2	NA	199.1
% RDA contribution				20%		130%	1%	9%	15%	28%	12%	NA	10%	
Grande Macademia White Cocoa Ocean Frappuccino	Wheat, Oat, Milk	Vegetarian	473	607	115.2	111.1	103.3	0.2	7.3	12.7	8.4	0.3	NA	309.0
% RDA contribution				30%		207%	1%	13%	19%	38%	15%	NA	15%	
Venti Macademia White Cocoa Ocean Frappuccino	Wheat, Oat, Milk	Vegetarian	591	738	144.3	139.9	130.9	0.2	8.2	14.1	9.2	0.3	NA	383.3
% RDA contribution				37%		262%	1%	15%	21%	42%	17%	NA	19%	
Short Cocoa Cloud Macchiato	Milk	Vegetarian	273	120	22.9	12.4	12.4	0.4	5.4	0.7	0.2	0.0	NA	3.9
% RDA contribution				6%		25%	1%	10%	1%	1%	0%	NA	0%	

Beverage Core

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Beverage LTO

Beverage Reserve

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Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Cocoa Cloud Macchiato	Milk	Vegetarian	354	178	33.7	16.8	16.8	0.8	8.8	0.9	0.2	0.0	NA	6.7
% RDA contribution				9%			34%	3%	16%	1%	1%	0%	NA	0%
Grande Cocoa Cloud Macchiato	Milk	Vegetarian	473	249	48.6	26.3	26.3	1.3	11.1	1.1	0.2	0.0	NA	10.2
% RDA contribution				12%			53%	4%	20%	2%	1%	0%	NA	1%
Venti Cocoa Cloud Macchiato	Milk	Vegetarian	591	307	59.4	30.7	30.7	1.7	14.4	1.3	0.2	0.0	NA	12.9
% RDA contribution				15%			61%	5%	27%	2%	1%	0%	NA	1%
Iced Tall Cocoa Cloud Macchiato	Milk	Vegetarian	354	158	32.9	21.9	21.9	0.8	5.0	0.7	0.2	0.0	NA	7.4
% RDA contribution				8%			44%	3%	9%	1%	1%	0%	NA	0%
Iced Grande Cocoa Cloud Macchiato	Milk	Vegetarian	473	158	32.9	21.9	21.9	0.8	5.0	0.7	0.2	0.0	NA	7.4
% RDA contribution				8%			44%	3%	9%	1%	1%	0%	NA	0%
Iced Venti Cocoa Cloud Macchiato	Milk	Vegetarian	591	158	32.9	21.9	21.9	0.8	5.0	0.7	0.2	0.0	NA	7.4
% RDA contribution				8%			44%	3%	9%	1%	1%	0%	NA	0%
Short Salted Caramel Cloud Macchiato	Milk, Soy	Vegetarian	237	134	24.5	14.0	14.0	0.4	5.1	1.7	0.2	0.0	0.0	52.2
% RDA contribution				7%			28%	1%	10%	2%	1%	0%	0%	3%
Tall Salted Caramel Cloud Macchiato	Milk, Soy	Vegetarian	354	214	40.6	23.1	23.1	0.8	8.5	1.9	0.3	0.0	0.0	104.4
% RDA contribution				11%			46%	3%	16%	3%	1%	0%	0%	5%

Beverage Core

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Beverage Reserve

Food Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Salted Caramel Cloud Macchiato	Milk, Soy	Vegetarian	473	281	54.8	32.2	32.2	1.3	10.8	2.1	0.4	0.0	0.0	156.6
% RDA contribution				14%		64%	4%	20%	3%	2%	0%	0%	8%	
Venti Salted Caramel Cloud Macchiato	Milk, Soy	Vegetarian	591	361	70.8	41.3	41.3	1.7	14.1	2.3	0.5	0.0	0.0	208.8
% RDA contribution				18%		83%	5%	26%	3%	2%	0%	0%	10%	
Iced Tall Salted Caramel Cloud Macchiato	Milk, Soy	Vegetarian	354	169	33.7	23.1	23.1	0.8	4.7	1.6	0.2	0.0	0.0	104.4
% RDA contribution				8%		46%	3%	9%	2%	1%	0%	0%	5%	
Iced Grande Salted Caramel Cloud Macchiato	Milk, Soy	Vegetarian	473	169	33.7	23.1	23.1	0.8	4.7	1.6	0.2	0.0	0.0	104.4
% RDA contribution				8%		46%	3%	9%	2%	1%	0%	0%	5%	
Iced Venti Salted Caramel Cloud Macchiato	Milk, Soy	Vegetarian	591	169	33.7	23.1	23.1	0.8	4.7	1.6	0.2	0.0	0.0	104.4
% RDA contribution				8%		46%	3%	9%	2%	1%	0%	0%	5%	
Tall Salted Caramel Cold Brew	Milk, Soy	Vegetarian	354	179	37.2	28.5	28.5	0.0	3.2	1.5	0.1	0.0	0.0	247.0
% RDA contribution				9%		57%	0%	6%	2%	0%	0%	0%	12%	
Grande Salted Caramel Cold Brew	Milk, Soy	Vegetarian	473	201	42.5	33.2	33.2	0.0	3.2	1.5	0.1	0.0	0.0	296.5
% RDA contribution				10%		66%	0%	6%	2%	0%	0%	0%	15%	
Venti Salted Caramel Cold Brew	Milk, Soy	Vegetarian	591	222	47.8	37.9	37.9	0.0	3.2	1.5	0.1	0.0	0.0	345.6
% RDA contribution				11%		76%	0%	6%	2%	0%	0%	0%	17%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Short Salted Caramel Nitro Cold Brew	Milk	Vegetarian	237	123	26.6	18.9	18.9	0.0	3.0	0.2	0.1	0.0	0.0	197.6
% RDA contribution				6%			38%	0%	6%	0%	0%	0%	0%	10%
Tall Salted Caramel Nitro Cold Brew	Milk	Vegetarian	354	144	31.9	23.6	23.6	0.0	3.0	0.2	0.1	0.0	0.0	247.0
% RDA contribution				7%			47%	0%	6%	0%	0%	0%	0%	12%
Grande Salted Caramel Nitro Cold Brew	Milk	Vegetarian	473	144	31.9	23.6	23.6	0.0	3.0	0.2	0.1	0.0	0.0	247.0
% RDA contribution				7%			47%	0%	6%	0%	0%	0%	0%	12%
Tall Salted Caramel Frappuccino	Milk, Soy	Vegetarian	354	349	55.8	53.3	49.2	0.0	3.6	12.3	7.3	0.4	0.0	210.8
% RDA contribution				17%			98%	0%	7%	18%	33%	18%	0%	11%
Grande Salted Caramel Frappuccino	Milk, Soy	Vegetarian	473	470	80.1	77.0	71.3	0.0	4.7	14.4	8.7	0.4	0.0	316.1
% RDA contribution				24%			143%	0%	9%	21%	39%	21%	0%	16%
Venti Salted Caramel Frappuccino	Milk, Soy	Vegetarian	591	579	103.4	99.7	93.4	0.0	5.2	15.9	9.6	0.5	0.0	421.4
% RDA contribution				29%			187%	0%	10%	24%	44%	24%	0%	21%
Tall Salted Caramel Cream Frappuccino	Milk, Soy	Vegetarian	354	363	56.5	54.1	48.5	0.0	4.5	13.1	7.9	0.4	0.0	197.4
% RDA contribution				18%			97%	0%	8%	20%	36%	19%	0%	10%
Grande Salted Caramel Cream Frappuccino	Milk, Soy	Vegetarian	473	491	81.1	78.1	70.3	0.0	6.1	15.7	9.5	0.5	0.0	295.9
% RDA contribution				25%			141%	0%	11%	23%	43%	23%	0%	15%

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Salted Caramel Cream Frappuccino	Milk, Soy	Vegetarian	591	607	104.6	101.2	92.1	0.0	7.1	17.6	10.7	0.5	0.0	394.5
% RDA contribution				30%			184%	0%	13%	26%	49%	26%	0%	20%
Iced Tall Vanilla Poached Pear with Hibiscus & Passion Tea	NA	Vegan	354	67	16.4	14.6	14.6	0.0	0.0	0.0	0.0	0.0	0.0	1.6
% RDA contribution				3%			29%	0%	0%	0%	0%	0%	0%	0%
Iced Grande Vanilla Poached Pear with Hibiscus & Passion Tea	NA	Vegan	473	100	24.6	21.9	21.9	0.0	0.0	0.0	0.0	0.0	0.0	2.4
% RDA contribution				5%			44%	0%	0%	0%	0%	0%	0%	0%
Iced Venti Vanilla Poached Pear with Hibiscus & Passion Tea	NA	Vegan	591	134	32.8	29.1	29.1	0.0	0.0	0.0	0.0	0.0	0.0	3.1
% RDA contribution				7%			58%	0%	0%	0%	0%	0%	0%	0%
Short Hazelnut Dutch Truffle Latte	Milk, Soy	Vegetarian	237	311	47.2	43.9	36.2	0.4	6.5	10.3	6.6	0.3	NA	13.3
% RDA contribution				16%			72%	1%	12%	15%	30%	14%	NA	1%
Tall Hazelnut Dutch Truffle Latte	Milk, Soy	Vegetarian	354	448	66.8	62.3	50.2	0.6	9.8	15.3	9.7	0.4	NA	18.6
% RDA contribution				22%			100%	2%	18%	23%	44%	20%	NA	1%
Grande Hazelnut Dutch Truffle Latte	Milk, Soy	Vegetarian	473	595	91.1	85.1	68.9	0.9	13.0	19.2	12.3	0.5	NA	25.7
% RDA contribution				30%			138%	3%	24%	29%	56%	25%	NA	1%
Venti Hazelnut Dutch Truffle Latte	Milk, Soy	Vegetarian	591	724	110.3	103.2	82.6	1.1	16.3	23.4	15.0	0.6	NA	31.0
% RDA contribution				36%			165%	3%	30%	35%	68%	30%	NA	2%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

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Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Tall Hazelnut Dutch Truffle Latte	Milk, Soy	Vegetarian	354	446	70.1	64.6	57.9	0.7	6.4	15.0	9.5	0.4	NA	21.3
% RDA contribution				22%		116%	2%	12%	22%	43%	20%	NA	1%	
Iced Grande Hazelnut Dutch Truffle Latte	Milk, Soy	Vegetarian	473	564	91.4	84.4	75.9	1.0	8.0	17.7	11.3	0.5	NA	28.2
% RDA contribution				28%		152%	3%	15%	26%	51%	24%	NA	1%	
Iced Venti Hazelnut Dutch Truffle Latte	Milk, Soy	Vegetarian	591	665	111.3	102.8	94.0	1.2	8.6	19.6	12.5	0.5	NA	35.1
% RDA contribution				33%		188%	4%	16%	29%	57%	26%	NA	2%	
Tall Hazelnut Dutch Truffle Frappuccino	Milk, Soy, Wheat	Vegetarian	354	518	87.0	80.7	76.5	0.5	5.0	16.2	11.2	0.4	NA	174.4
% RDA contribution				26%		153%	2%	9%	24%	51%	20%	NA	9%	
Grande Hazelnut Dutch Truffle Frappuccino	Milk, Soy, Wheat	Vegetarian	473	727	127.3	118.4	112.6	0.7	6.7	20.6	14.5	0.5	NA	261.4
% RDA contribution				36%		225%	2%	12%	31%	66%	24%	NA	13%	
Venti Hazelnut Dutch Truffle Frappuccino	Milk, Soy, Wheat	Vegetarian	591	923	166.7	155.2	148.8	1.0	7.8	24.3	17.3	0.5	NA	348.3
% RDA contribution				46%		298%	3%	14%	36%	79%	27%	NA	17%	
Tall Hazelnut Dutch Truffle Cream Frappuccino	Milk, Soy, Wheat	Vegetarian	354	532	87.6	81.4	75.8	0.5	5.9	17.1	11.8	0.4	NA	161.0
% RDA contribution				27%		152%	2%	11%	26%	54%	21%	NA	8%	
Grande Hazelnut Dutch Truffle Cream Frappuccino	Milk, Soy, Wheat	Vegetarian	473	748	128.3	119.5	111.7	0.7	8.1	21.9	15.3	0.5	NA	241.2
% RDA contribution				37%		223%	2%	15%	33%	70%	25%	NA	12%	

Beverage Core

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Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Hazelnut Dutch Truffle Cream Frappuccino	Milk, Soy, Wheat	Vegetarian	591	951	167.9	156.6	147.5	1.0	9.7	26.1	18.4	0.6	NA	321.4
% RDA contribution				48%		295%	3%	18%	39%	84%	29%	NA	16%	
Short Thandai Spice Latte	Milk, Egg, Wheat, Nut	Non Vegetarian	237	275	36.9	33.4	25.0	0.0	6.7	11.1	6.5	0.3	0.0	76.7
% RDA contribution				14%		50%	0%	12%	17%	30%	14%	0%	4%	
Tall Thandai Spice Latte	Milk, Egg, Wheat, Nut	Non Vegetarian	354	382	48.2	43.5	30.0	0.0	10.4	16.4	9.9	0.4	0.0	75.3
% RDA contribution				19%		60%	0%	19%	24%	45%	22%	0%	4%	
Grande Thandai Spice Latte	Milk, Egg, Wheat, Nut	Non Vegetarian	473	508	68.7	62.7	45.0	0.0	13.3	19.9	12.1	0.5	0.0	111.6
% RDA contribution				25%		90%	0%	25%	30%	55%	27%	0%	6%	
Venti Thandai Spice Latte	Milk, Egg, Wheat, Nut	Non Vegetarian	591	638	87.7	80.5	57.9	0.0	16.8	24.2	14.9	0.7	0.0	142.1
% RDA contribution				32%		116%	0%	31%	36%	68%	33%	0%	7%	
Iced Tall Thandai Spice Latte	Milk, Egg, Wheat, Nut	Non Vegetarian	354	386	48.0	42.9	31.5	0.0	9.1	17.4	10.6	0.5	0.0	77.5
% RDA contribution				19%		63%	0%	17%	26%	48%	24%	0%	4%	
Iced Grande Thandai Spice Latte	Milk, Egg, Wheat, Nut	Non Vegetarian	473	507	67.4	61.0	45.9	0.0	11.8	21.0	12.8	0.6	0.0	111.7
% RDA contribution				25%		92%	0%	22%	31%	58%	29%	0%	6%	
Iced Venti Thandai Spice Latte	Milk, Egg, Wheat, Nut	Non Vegetarian	591	619	86.0	78.3	60.2	0.0	14.0	24.1	14.8	0.7	0.0	145.8
% RDA contribution				31%		120%	0%	26%	36%	67%	33%	0%	7%	

Beverage Core

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Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Thandai Spice Frappuccino	Milk, Egg, Wheat, Nut	Non Vegetarian	354	538	85.1	74.4	68.9	0.0	7.7	18.8	9.2	0.4	0.0	273.7
% RDA contribution				27%			138%	0%	14%	28%	42%	19%	0%	14%
Grande Thandai Spice Frappuccino	Milk, Egg, Wheat, Nut	Non Vegetarian	473	752	124.4	109.7	101.9	0.0	10.7	23.9	11.4	0.5	0.0	405.9
% RDA contribution				38%			204%	0%	20%	36%	52%	23%	0%	20%
Venti Thandai Spice Frappuccino	Milk, Egg, Wheat, Nut	Non Vegetarian	591	953	162.7	143.9	134.9	0.0	12.9	28.4	13.2	0.5	0.0	538.2
% RDA contribution				48%			270%	0%	24%	42%	60%	26%	0%	27%
Iced Tall Cold brew with Tonic Water	NA	Vegan	354	74	18.5	18.1	18.1	0.0	0.0	0.0	0.0	0.0	0.0	5.8
% RDA contribution				4%			36%	0%	0%	0%	0%	0%	0%	0%
Iced Grande Cold brew with Tonic Water	NA	Vegan	473	106	26.6	26.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	8.7
% RDA contribution				5%			52%	0%	0%	0%	0%	0%	0%	0%
Iced Venti Cold brew with Tonic Water	NA	Vegan	591	125	31.2	30.4	30.4	0.0	0.0	0.0	0.0	0.0	0.0	11.6
% RDA contribution				6%			61%	0%	0%	0%	0%	0%	0%	1%
Short nitro Tonic water cold brew	NA	Vegan	237	47	11.7	11.5	11.5	0.0	0.0	0.0	0.0	0.0	0.0	2.9
% RDA contribution				2%			23%	0%	0%	0%	0%	0%	0%	0%
Tall nitro Tonic water cold brew	NA	Vegan	354	74	18.5	18.1	18.1	0.0	0.0	0.0	0.0	0.0	0.0	5.8
% RDA contribution				4%			36%	0%	0%	0%	0%	0%	0%	0%

Beverage Core

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Beverage Reserve

Food Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Venti Honey ruby Grapefruit Cold Brew	NA	Vegetarian	591	433	107.7	102.2	102.2	0.0	0.5	0.0	0.0	0.0	0.0	21.3
% RDA contribution				22%			204%	0%	1%	0%	0%	0%	0%	1%
Iced Grande Honey ruby Grapefruit Cold Brew	NA	Vegetarian	473	339	84.3	79.9	79.9	0.0	0.4	0.0	0.0	0.0	0.0	16.9
% RDA contribution				17%			160%	0%	1%	0%	0%	0%	0%	1%
Iced Tall Honey ruby Grapefruit Cold Brew	NA	Vegetarian	354	245	60.9	57.7	57.7	0.0	0.3	0.0	0.0	0.0	0.0	12.4
% RDA contribution				12%			115%	0%	1%	0%	0%	0%	0%	1%
Iced Venti Frozen Honey ruby Grapefruit Beverage	NA	Vegetarian	591	376	93.6	89.0	89.0	0.0	0.4	0.0	0.0	0.0	0.0	18.0
% RDA contribution				19%			178%	0%	1%	0%	0%	0%	0%	1%
Iced Grande Frozen Honey ruby Grapefruit Beverage	NA	Vegetarian	473	282	70.2	66.7	66.7	0.0	0.3	0.0	0.0	0.0	0.0	13.5
% RDA contribution				14%			133%	0%	1%	0%	0%	0%	0%	1%
Iced Tall Frozen Honey ruby Grapefruit Beverage	NA	Vegetarian	354	188	46.8	44.5	44.5	0.0	0.2	0.0	0.0	0.0	0.0	9.0
% RDA contribution				9%			89%	0%	0%	0%	0%	0%	0%	0%
Grande Pumpkin Spice Cream Nitro Cold Brew	Milk	Vegetarian	473	285	44.1	38.4	36.8	0.1	2.9	10.4	6.7	0.3	NA	50.2
% RDA contribution				14%			74%	0%	5%	16%	30%	17%	NA	3%
Tall Pumpkin Spice Cream Nitro Cold Brew	Milk	Vegetarian	354	261	38.1	33.3	31.7	0.1	2.9	10.4	6.7	0.3	NA	49.6
% RDA contribution				13%			63%	0%	5%	16%	30%	17%	NA	2%

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Short Pumpkin Spice Cream Nitro Cold Brew Milk Vegetarian 237 261 38.1 33.3 31.7 0.1 2.9 10.4 6.7 0.3 NA 49.6

% RDA contribution 13% 63% 0% 5% 16% 30% 17% NA 2%

Venti Pumpkin Spice Cream Cold Brew Milk Vegetarian 591 310 50.2 43.6 42.0 0.1 2.9 10.4 6.7 0.3 NA 50.9

% RDA contribution 15% 84% 0% 5% 16% 30% 17% NA 3%

Grande Pumpkin Spice Cream Cold Brew Milk Vegetarian 473 285 44.1 38.4 36.8 0.1 2.9 10.4 6.7 0.3 NA 50.2

% RDA contribution 14% 74% 0% 5% 16% 30% 17% NA 3%

Tall Pumpkin Spice Cream Cold Brew Milk Vegetarian 354 261 38.1 33.3 31.7 0.1 2.9 10.4 6.7 0.3 NA 49.6

% RDA contribution 13% 63% 0% 5% 16% 30% 17% NA 2%

Venti Mocha Cookie Crumble cream Frappuccino Wheat, Soy, Milk Vegetarian 591 798 128.9 120.0 110.9 0.3 10.2 26.2 18.5 0.6 NA 306.3

% RDA contribution 40% 222% 1% 19% 39% 84% 29% NA 15%

Grande Mocha Cookie Crumble cream Frappuccino Wheat, Soy, Milk Vegetarian 473 633 98.8 91.8 83.9 0.3 8.5 22.2 15.5 0.5 NA 231.7

% RDA contribution 32% 168% 1% 16% 33% 70% 26% NA 12%

Tall Mocha Cookie Crumble cream Frappuccino Wheat, Soy, Milk Vegetarian 354 457 67.8 62.7 57.1 0.3 6.2 17.5 12.0 0.4 NA 157.1

% RDA contribution 23% 114% 1% 12% 26% 55% 21% NA 8%

Venti Pumpkin Spice Creme Frappuccino Milk Vegetarian 591 669 119.1 115.4 106.4 0.2 9.4 17.0 10.9 0.5 NA 390.1

% RDA contribution 33% 213% 1% 17% 25% 49% 26% NA 20%

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Pumpkin Spice Creme Frappuccino	Milk	Vegetarian	473	533	91.1	88.1	80.2	0.1	7.8	15.1	9.6	0.5	NA	292.7
% RDA contribution				27%		160%	0%	15%	22%	44%	23%	NA	15%	
Tall Pumpkin Spice Creme Frappuccino	Milk	Vegetarian	354	384	62.1	59.7	54.2	0.1	5.6	12.5	8.0	0.4	NA	195.2
% RDA contribution				19%		108%	0%	10%	19%	36%	20%	NA	10%	
Venti Mocha Cookie Crumble Frappuccino	Wheat, Soy, Milk	Vegetarian	591	769	127.6	118.5	112.1	0.3	8.3	24.5	17.4	0.5	NA	333.2
% RDA contribution				38%		224%	1%	15%	36%	79%	27%	NA	17%	
Grande Mocha Cookie Crumble Frappuccino	Wheat, Soy, Milk	Vegetarian	473	635	103.5	96.3	90.5	0.3	7.2	20.9	14.6	0.5	NA	274.9
% RDA contribution				32%		181%	1%	13%	31%	67%	24%	NA	14%	
Tall Mocha Cookie Crumble Frappuccino	Wheat, Soy, Milk	Vegetarian	354	443	67.2	62.0	57.8	0.3	5.3	16.7	11.5	0.4	NA	170.6
% RDA contribution				22%		116%	1%	10%	25%	52%	20%	NA	9%	
Iced Venti Mocha Cookie Crumble	Milk, Wheat, Soy	Vegetarian	591	480	56.8	51.2	41.5	0.3	11.6	21.4	13.5	0.5	NA	13.8
% RDA contribution				24%		83%	1%	22%	32%	61%	27%	NA	1%	
Iced Grande Mocha Cookie Crumble	Milk, Wheat, Soy	Vegetarian	473	424	50.0	44.9	35.9	0.3	10.2	19.1	12.1	0.5	NA	12.9
% RDA contribution				21%		72%	1%	19%	29%	55%	24%	NA	1%	
Iced Tall Mocha Cookie Crumble	Milk, Wheat, Soy	Vegetarian	354	332	36.1	32.4	25.2	0.3	8.2	16.2	10.2	0.4	NA	11.3
% RDA contribution				17%		50%	1%	15%	24%	47%	21%	NA	1%	

Beverage Core

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Beverage LTO

Beverage Reserve

Food Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Mocha Cookie Crumble	Milk, Wheat, Soy	Vegetarian	591	611	67.5	56.9	39.3	3.4	15.8	30.9	18.5	0.6	NA	106.1
% RDA contribution				31%		79%	11%	29%	46%	84%	29%	NA	5%	
Grande Mocha Cookie Crumble	Milk, Wheat, Soy	Vegetarian	473	461	54.7	49.9	35.9	0.3	13.5	19.6	12.4	0.5	NA	12.9
% RDA contribution				23%		72%	1%	25%	29%	56%	24%	NA	1%	
Tall Mocha Cookie Crumble	Milk, Wheat, Soy	Vegetarian	354	386	41.6	38.3	24.6	0.2	12.4	18.0	11.4	0.4	NA	11.1
% RDA contribution				19%		49%	1%	23%	27%	52%	22%	NA	1%	
Short Mocha Cookie Crumble	Milk, Wheat, Soy	Vegetarian	237	269	30.9	28.1	19.7	0.2	8.0	12.0	7.6	0.3	NA	10.4
% RDA contribution				13%		39%	1%	15%	18%	34%	14%	NA	1%	
Venti Pumpkin Spice Frappuccino	Milk	Vegetarian	591	641	117.8	114.0	107.6	0.2	7.5	15.2	9.7	0.5	NA	417.1
% RDA contribution				32%		215%	1%	14%	23%	44%	24%	NA	21%	
Grande Pumpkin Spice Frappuccino	Milk	Vegetarian	473	512	90.1	87.0	81.2	0.1	6.5	13.8	8.8	0.4	NA	312.9
% RDA contribution				26%		162%	0%	12%	21%	40%	22%	NA	16%	
Tall Pumpkin Spice Frappuccino	Milk	Vegetarian	354	370	61.5	59.0	54.8	0.1	4.7	11.6	7.4	0.4	NA	208.7
% RDA contribution				19%		110%	0%	9%	17%	34%	19%	NA	10%	
Iced Venti Pumpkin Spice Latte	Milk	Vegetarian	591	426	51.9	48.2	36.6	0.2	11.7	18.7	12.0	0.6	NA	118.4
% RDA contribution				21%		73%	1%	22%	28%	54%	28%	NA	6%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Grande Pumpkin Spice Latte	Milk	Vegetarian	473	369	43.3	40.2	29.6	0.2	10.3	16.9	10.8	0.5	NA	94.8
% RDA contribution				18%		59%	1%	19%	25%	49%	26%	NA	5%	
Iced Tall Pumpkin Spice Latte	Milk	Vegetarian	354	296	33.4	30.9	22.6	0.1	8.0	14.2	9.1	0.4	NA	71.2
% RDA contribution				15%		45%	0%	15%	21%	41%	22%	NA	4%	
Venti Pumpkin Spice Latte	Milk	Vegetarian	591	543	62.4	59.0	35.9	0.2	19.5	23.7	15.2	0.7	NA	118.4
% RDA contribution				27%		72%	1%	36%	35%	69%	34%	NA	6%	
Grande Pumpkin Spice Latte	Milk	Vegetarian	473	427	49.1	46.4	28.8	0.2	15.0	18.7	12.0	0.5	NA	94.7
% RDA contribution				21%		58%	1%	28%	28%	55%	27%	NA	5%	
Tall Pumpkin Spice Latte	Milk	Vegetarian	354	338	37.6	35.4	21.7	0.1	11.6	15.5	9.9	0.5	NA	70.2
% RDA contribution				17%		43%	0%	22%	23%	45%	23%	NA	4%	
Short Pumpkin Spice Latte	Milk	Vegetarian	237	216	24.4	22.9	14.6	0.1	7.2	9.9	6.3	0.3	NA	47.4
% RDA contribution				11%		29%	0%	13%	15%	29%	15%	NA	2%	
Venti Hazelnut Dolce Cream Frappuccino	Milk	Vegetarian	591	660	115.0	104.6	95.5	0.2	7.5	18.8	12.1	0.5	NA	483.9
% RDA contribution				33%		191%	1%	14%	28%	55%	26%	NA	24%	
Grande Hazelnut Dolce Cream Frappuccino	Milk	Vegetarian	473	523	86.5	79.2	70.9	0.1	6.8	16.5	10.6	0.5	NA	347.3
% RDA contribution				26%		142%	0%	13%	25%	48%	24%	NA	17%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Hazelnut Dolce Cream Frappuccino	Milk	Vegetarian	354	360	56.0	51.7	46.2	0.1	4.6	13.0	8.3	0.4	NA	210.7
% RDA contribution				18%		92%	0%	9%	19%	38%	19%	NA	11%	
Venti Hazelnut Dolce Frappuccino	Milk	Vegetarian	591	632	113.7	103.1	96.8	0.2	5.7	17.0	11.0	0.5	NA	510.8
% RDA contribution				32%		194%	1%	10%	25%	50%	24%	NA	26%	
Grande Hazelnut Dolce Frappuccino	Milk	Vegetarian	473	502	85.6	78.1	71.8	0.1	5.4	15.2	9.8	0.4	NA	367.5
% RDA contribution				25%		144%	0%	10%	23%	45%	22%	NA	18%	
Tall Hazelnut Dolce Frappuccino	Milk	Vegetarian	354	346	55.4	51.0	46.8	0.1	3.7	12.1	7.8	0.4	NA	224.2
% RDA contribution				17%		94%	0%	7%	18%	35%	18%	NA	11%	
Iced Venti Hazelnut Dolce Latte	Milk	Vegetarian	591	312	44.6	33.5	21.1	0.2	9.3	10.6	7.0	0.2	NA	251.0
% RDA contribution				16%		42%	1%	17%	16%	32%	11%	NA	13%	
Iced Grande Hazelnut Dolce Latte	Milk	Vegetarian	473	261	35.6	27.3	15.8	0.2	8.4	9.3	6.1	0.2	NA	188.2
% RDA contribution				13%		32%	1%	16%	14%	28%	10%	NA	9%	
Iced Tall Hazelnut Dolce Latte	Milk	Vegetarian	354	191	25.1	19.6	10.6	0.1	6.5	7.1	4.7	0.2	NA	125.5
% RDA contribution				10%		21%	0%	12%	11%	21%	8%	NA	6%	
Venti Hazelnut Dolce Latte	Milk	Vegetarian	591	446	55.3	44.2	21.1	0.2	16.6	17.6	11.5	0.4	NA	251.0
% RDA contribution				22%		42%	1%	31%	26%	52%	20%	NA	13%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Hazelnut Dolce Latte	Milk	Vegetarian	473	338	41.8	33.5	15.8	0.2	12.6	13.3	8.7	0.3	NA	188.2
% RDA contribution				17%		32%	1%	23%	20%	40%	15%	NA	9%	
Tall Hazelnut Dolce Latte	Milk	Vegetarian	354	252	30.0	24.4	10.6	0.1	9.9	10.2	6.7	0.2	NA	125.5
% RDA contribution				13%		21%	0%	18%	15%	30%	12%	NA	6%	
Short Hazelnut Dolce Latte	Milk	Vegetarian	237	143	16.4	13.6	5.3	0.1	5.9	6.0	3.9	0.1	NA	62.8
% RDA contribution				7%		11%	0%	11%	9%	18%	7%	NA	3%	
Venti Shakerato Bianco Over Ice	Milk	Vegetarian	591	199	10.8	9.2	7.4	0.0	2.3	16.2	10.3	0.5	NA	0.2
% RDA contribution				10%		15%	0%	4%	24%	47%	27%	NA	0%	
Grande Shakerato Bianco Over Ice	Milk	Vegetarian	473	179	9.7	8.3	6.6	0.0	2.1	14.6	9.3	0.5	NA	0.2
% RDA contribution				9%		13%	0%	4%	22%	42%	24%	NA	0%	
Tall Shakerato Bianco Over Ice	Milk	Vegetarian	354	159	8.7	7.4	5.9	0.0	1.8	12.9	8.2	0.4	NA	0.1
% RDA contribution				8%		12%	0%	3%	19%	37%	21%	NA	0%	
Tall Peppermint Mocha Cream Frappuccino	Milk	Vegetarian	354	394	62.1	59.2	53.6	0.0	5.5	13.3	8.5	0.4	NA	149.9
% RDA contribution				20%		107%	0%	10%	20%	38%	19%	NA	7%	
Grande Peppermint Mocha Cream Frappuccino	Milk	Vegetarian	473	544	90.9	87.0	79.1	0.0	7.5	16.2	10.3	0.5	NA	244.7
% RDA contribution				27%		158%	0%	14%	24%	47%	23%	NA	12%	

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Peppermint Mocha Cream Frappuccino	Milk	Vegetarian	591	662	113.6	109.4	100.2	0.0	8.8	18.4	11.7	0.5	NA	298.8
% RDA contribution				33%		200%	0%	16%	27%	53%	26%	NA	15%	
Venti Peppermint Mocha Frappuccino	Milk	Vegetarian	591	645	115.2	110.4	103.9	0.0	7.0	16.6	10.6	0.5	NA	326.1
% RDA contribution				32%		208%	0%	13%	25%	48%	24%	NA	16%	
Grande Peppermint Mocha Frappuccino	Milk	Vegetarian	473	519	88.8	84.9	79.1	0.0	6.1	14.8	9.4	0.4	NA	244.7
% RDA contribution				26%		158%	0%	11%	22%	43%	22%	NA	12%	
Tall Peppermint Mocha Frappuccino	Milk	Vegetarian	354	380	61.5	58.5	54.2	0.0	4.6	12.4	7.9	0.4	NA	163.4
% RDA contribution				19%		108%	0%	8%	19%	36%	18%	NA	8%	
Iced Venti Peppermint Mocha	Milk	Vegetarian	591	531	73.5	65.7	57.1	0.0	10.6	19.9	12.6	0.5	NA	8.5
% RDA contribution				27%		114%	0%	20%	30%	57%	26%	NA	0%	
Iced Grande Peppermint Mocha	Milk	Vegetarian	473	457	61.2	54.7	46.5	0.0	9.5	17.9	11.3	0.5	NA	7.0
% RDA contribution				23%		93%	0%	18%	27%	52%	23%	NA	0%	
Iced Tall Peppermint Mocha	Milk	Vegetarian	354	340	44.3	39.5	33.5	0.0	7.0	14.0	8.9	0.4	NA	5.0
% RDA contribution				17%		67%	0%	13%	21%	40%	19%	NA	0%	
Venti Peppermint Mocha	Milk	Vegetarian	591	655	83.0	75.9	53.6	0.0	19.6	25.7	16.3	0.6	NA	8.0
% RDA contribution				33%		107%	0%	36%	38%	74%	32%	NA	0%	

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Peppermint Mocha	Milk	Vegetarian	473	535	68.1	62.2	44.7	0.0	15.6	20.9	13.3	0.5	NA	6.7
% RDA contribution				27%		89%	0%	29%	31%	61%	26%	NA	0%	
Tall Peppermint Mocha	Milk	Vegetarian	354	406	50.4	45.9	32.9	0.0	11.7	16.6	10.5	0.4	NA	4.9
% RDA contribution				20%		66%	0%	22%	25%	48%	21%	NA	0%	
Short Peppermint Mocha	Milk	Vegetarian	237	283	35.8	32.6	24.2	0.0	7.8	11.3	7.2	0.3	NA	3.7
% RDA contribution				14%		48%	0%	14%	17%	33%	14%	NA	0%	
Venti Gingerbread Cream Frappuccino	Milk	Vegetarian	591	588	101.6	99.7	90.6	0.0	7.0	16.8	10.8	0.5	NA	295.2
% RDA contribution				29%		181%	0%	13%	25%	49%	26%	NA	15%	
Grande Gingerbread Cream Frappuccino	Milk	Vegetarian	473	471	77.9	76.3	68.5	0.0	6.1	14.9	9.5	0.5	NA	221.4
% RDA contribution				24%		137%	0%	11%	22%	43%	23%	NA	11%	
Tall Gingerbread Cream Frappuccino	Milk	Vegetarian	354	343	53.2	51.9	46.4	0.0	4.4	12.4	7.9	0.4	NA	147.6
% RDA contribution				17%		93%	0%	8%	18%	36%	19%	NA	7%	
Venti Gingerbread Frappuccino	Milk	Vegetarian	591	559	100.4	98.2	91.9	0.0	5.1	15.1	9.6	0.5	NA	322.2
% RDA contribution				28%		184%	0%	10%	22%	44%	24%	NA	16%	
Grande Gingerbread Frappuccino	Milk	Vegetarian	473	451	77.0	75.2	69.4	0.0	4.7	13.6	8.7	0.4	NA	241.6
% RDA contribution				23%		139%	0%	9%	20%	40%	22%	NA	12%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Gingerbread Frappuccino	Milk	Vegetarian	354	329	52.6	51.2	47.0	0.0	3.5	11.5	7.3	0.4	NA	161.1
% RDA contribution				16%		94%	0%	6%	17%	33%	18%	NA	8%	
Iced Venti Gingerbread Latte	Milk	Vegetarian	591	389	44.6	42.6	30.4	0.0	9.2	18.9	12.1	0.6	NA	0.0
% RDA contribution				19%		61%	0%	17%	28%	55%	29%	NA	0%	
Iced Grande Gingerbread Latte	Milk	Vegetarian	473	340	37.5	35.8	24.7	0.0	8.3	17.0	10.9	0.5	NA	0.0
% RDA contribution				17%		49%	0%	15%	25%	50%	26%	NA	0%	
Iced Tall Gingerbread Latte	Milk	Vegetarian	354	273	29.0	27.5	18.9	0.0	6.5	14.3	9.2	0.4	NA	0.0
% RDA contribution				14%		38%	0%	12%	21%	42%	22%	NA	0%	
Venti Gingerbread Latte	Milk	Vegetarian	591	499	54.6	52.8	29.6	0.0	16.5	23.5	15.1	0.7	NA	0.0
% RDA contribution				25%		59%	0%	31%	35%	69%	34%	NA	0%	
Grande Gingerbread Latte	Milk	Vegetarian	473	391	42.9	41.4	23.8	0.0	12.6	18.5	11.9	0.5	NA	0.0
% RDA contribution				20%		48%	0%	23%	28%	54%	27%	NA	0%	
Tall Gingerbread Latte	Milk	Vegetarian	354	315	33.3	32.1	18.2	0.0	10.0	15.5	10.0	0.5	NA	0.0
% RDA contribution				16%		36%	0%	19%	23%	45%	23%	NA	0%	
Short Gingerbread Latte	Milk	Vegetarian	237	198	21.3	20.5	12.2	0.0	6.0	9.8	6.3	0.3	NA	0.0
% RDA contribution				10%		24%	0%	11%	15%	28%	14%	NA	0%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti toffee nut crunch cream Frappuccino	Milk, Wheat, Oat	Vegetarian	591	611	104.8	99.7	90.6	0.3	7.3	18.0	11.3	0.5	NA	382.3
% RDA contribution				31%			181%	1%	14%	27%	51%	26%	NA	19%
Grande toffee nut crunch cream Frappuccino	Milk, Wheat, Oat	Vegetarian	473	495	81.1	76.5	68.7	0.3	6.4	16.1	10.0	0.5	NA	292.0
% RDA contribution				25%			137%	1%	12%	24%	46%	23%	NA	15%
Tall toffee nut crunch cream frappuccino	Milk, Wheat, Oat	Vegetarian	354	366	56.3	52.4	46.8	0.3	4.7	13.5	8.4	0.4	NA	201.8
% RDA contribution				18%			94%	1%	9%	20%	38%	19%	NA	10%
Iced Venti Toffeenut Crunch Latte	Milk, Wheat, Oat	Vegetarian	591	411	48.0	41.4	29.2	0.3	9.4	20.0	12.6	0.6	NA	174.2
% RDA contribution				21%			58%	1%	17%	30%	57%	29%	NA	9%
Iced Tall Toffeenut Crunch Latte	Milk, Wheat, Oat	Vegetarian	354	296	32.2	27.2	18.6	0.3	6.8	15.5	9.7	0.4	NA	112.3
% RDA contribution				15%			37%	1%	13%	23%	44%	22%	NA	6%
Iced Grande Toffeenut Crunch Latte	Milk, Wheat, Oat	Vegetarian	473	362	40.8	35.0	23.9	0.3	8.6	18.2	11.4	0.5	NA	143.3
% RDA contribution				18%			48%	1%	16%	27%	52%	26%	NA	7%
Venti Crunchy Red Hat Mocha Cream Frappuccino	Wheat, Soy, Milk, Oat	Vegetarian	591	936	149.8	135.7	126.5	0.3	14.5	32.2	21.2	0.6	NA	308.3
% RDA contribution				47%			253%	1%	27%	48%	97%	29%	NA	15%
Grande Crunchy Red Hat Mocha Cream Frappuccino	Wheat, Soy, Milk, Oat	Vegetarian	473	776	121.2	108.8	101.0	0.3	12.6	27.9	18.1	0.5	NA	234.0
% RDA contribution				39%			202%	1%	23%	42%	82%	25%	NA	12%

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Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Crunchy Red Hat Mocha Cream Frappuccino	Wheat, Soy, Milk, Oat	Vegetarian	354	566	85.8	76.3	70.7	0.3	9.0	21.6	13.9	0.4	NA	159.7
% RDA contribution				28%			141%	1%	17%	32%	63%	21%	NA	8%
Iced Venti Crunchy Red Hat Mocha	Wheat, Milk, Oat	Vegetarian	591	545	68.0	58.5	51.0	0.3	13.0	24.4	14.6	0.5	NA	15.7
% RDA contribution				27%			102%	1%	24%	36%	66%	25%	NA	1%
Iced Grande Crunchy Red Hat Mocha	Wheat, Milk, Oat	Vegetarian	473	477	58.6	50.2	43.0	0.3	11.5	21.8	13.1	0.5	NA	14.8
% RDA contribution				24%			86%	1%	21%	32%	59%	23%	NA	1%
Iced Tall Crunchy Red Hat Mocha	Wheat, Milk, Oat	Vegetarian	354	396	48.6	41.1	35.7	0.3	9.1	18.4	11.0	0.4	NA	13.8
% RDA contribution				20%			71%	1%	17%	27%	50%	19%	NA	1%
Venti Cocoa Caramel Delight Frappuccino	Wheat, Soy, Milk	Vegetarian	591	809	137.1	129.3	122.8	0.0	8.8	24.3	17.3	0.5	NA	327.7
% RDA contribution				40%			246%	0%	16%	36%	79%	27%	NA	16%
Grande Cocoa Caramel Delight Frappuccino	Wheat, Soy, Milk	Vegetarian	473	619	101.0	95.3	89.4	0.0	7.1	20.2	14.3	0.5	NA	245.4
% RDA contribution				31%			179%	0%	13%	30%	65%	24%	NA	12%
Tall Cocoa Caramel Delight Frappuccino	Wheat, Soy, Milk	Vegetarian	354	447	69.5	65.3	61.0	0.0	5.3	16.0	11.1	0.4	NA	163.8
% RDA contribution				22%			122%	0%	10%	24%	51%	20%	NA	8%
Iced Venti Cocoa Caramel Delight Latte	Wheat, Soy, Milk	Vegetarian	591	588	83.7	78.8	70.2	0.0	11.0	21.7	14.3	0.5	NA	10.7
% RDA contribution				29%			140%	0%	20%	32%	65%	26%	NA	1%

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Grande Cocoa Caramel Delight Latte	Wheat, Soy, Milk	Vegetarian	473	508	69.9	65.5	57.3	0.0	9.9	19.7	13.0	0.5	NA	8.7
% RDA contribution				25%		115%	0%	18%	29%	59%	24%	NA	0%	
Iced Tall Cocoa Caramel Delight Latte	Wheat, Soy, Milk	Vegetarian	354	410	54.6	50.9	44.5	0.0	7.9	16.9	11.2	0.4	NA	6.7
% RDA contribution				21%		89%	0%	15%	25%	51%	21%	NA	0%	
Venti Cocoa Caramel Delight Latte	Wheat, Soy, Milk	Vegetarian	591	706	92.0	87.6	65.5	0.0	19.8	27.5	18.0	0.7	NA	10.0
% RDA contribution				35%		131%	0%	37%	41%	82%	33%	NA	1%	
Grande Cocoa Caramel Delight Latte	Wheat, Soy, Milk	Vegetarian	473	580	76.1	72.3	55.0	0.0	15.8	22.5	14.8	0.5	NA	8.3
% RDA contribution				29%		110%	0%	29%	34%	67%	27%	NA	0%	
Tall Cocoa Caramel Delight Latte	Wheat, Soy, Milk	Vegetarian	354	443	56.6	53.4	40.5	0.0	11.9	18.0	11.9	0.4	NA	6.1
% RDA contribution				22%		81%	0%	22%	27%	54%	22%	NA	0%	
Short Cocoa Caramel Delight Latte	Wheat, Soy, Milk	Vegetarian	237	315	40.8	38.2	30.0	0.0	8.0	12.8	8.6	0.3	NA	4.4
% RDA contribution				16%		60%	0%	15%	19%	39%	15%	NA	0%	
Venti Caramel Praline Frappuccino	Wheat, Soy, Milk	Vegetarian	591	820	139.1	131.5	125.8	0.0	6.6	26.5	19.2	0.6	NA	327.6
% RDA contribution				41%		252%	0%	12%	39%	87%	32%	NA	16%	
Grande Caramel Praline Frappuccino	Wheat, Soy, Milk	Vegetarian	473	662	107.6	101.4	96.3	0.0	5.8	23.2	16.7	0.6	NA	245.9
% RDA contribution				33%		193%	0%	11%	35%	76%	29%	NA	12%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Caramel Praline Frappuccino	Wheat, Soy, Milk	Vegetarian	354	492	75.2	70.4	66.8	0.0	4.3	19.3	13.7	0.5	NA	164.2
% RDA contribution				25%		134%	0%	8%	29%	62%	25%	NA	8%	
Iced Venti Caramel Praline Latte	Wheat, Soy, Milk	Vegetarian	591	586	94.0	91.0	80.7	0.0	8.4	19.6	13.0	0.6	NA	11.7
% RDA contribution				29%		161%	0%	16%	29%	59%	28%	NA	1%	
Iced Grande Caramel Praline Latte	Wheat, Soy, Milk	Vegetarian	473	505	78.1	75.3	65.8	0.0	7.8	18.0	12.0	0.5	NA	9.5
% RDA contribution				25%		132%	0%	14%	27%	54%	25%	NA	0%	
Iced Tall Caramel Praline Latte	Wheat, Soy, Milk	Vegetarian	354	408	60.8	58.3	50.9	0.0	6.2	15.5	10.4	0.4	NA	7.3
% RDA contribution				20%		102%	0%	12%	23%	47%	22%	NA	0%	
Venti Caramel Praline Latte	Wheat, Soy, Milk	Vegetarian	591	685	100.6	98.0	75.8	0.0	16.3	24.3	16.0	0.7	NA	11.0
% RDA contribution				34%		152%	0%	30%	36%	73%	33%	NA	1%	
Grande Caramel Praline Latte	Wheat, Soy, Milk	Vegetarian	473	562	82.8	80.4	63.1	0.0	12.8	20.0	13.3	0.5	NA	9.1
% RDA contribution				28%		126%	0%	24%	30%	60%	27%	NA	0%	
Tall Caramel Praline Latte	Wheat, Soy, Milk	Vegetarian	354	430	61.4	59.3	46.4	0.0	9.8	16.2	10.8	0.4	NA	6.6
% RDA contribution				22%		93%	0%	18%	24%	49%	22%	NA	0%	
Short Caramel Praline Latte	Wheat, Soy, Milk	Vegetarian	237	305	44.0	42.2	34.0	0.0	6.4	11.5	7.8	0.3	NA	4.7
% RDA contribution				15%		68%	0%	12%	17%	36%	15%	NA	0%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Vanilla Java Chip Delight Frappuccino	Wheat, Soy, Milk	Vegetarian	591	799	131.3	121.6	115.2	0.0	8.8	25.8	18.8	0.6	NA	326.0
% RDA contribution				40%		230%	0%	16%	38%	85%	28%	NA	16%	
Grande Vanilla Java Chip Delight Frappuccino	Wheat, Soy, Milk	Vegetarian	473	641	101.5	93.7	87.9	0.0	7.6	22.2	16.0	0.5	NA	244.6
% RDA contribution				32%		176%	0%	14%	33%	73%	25%	NA	12%	
Tall Vanilla Java Chip Delight Frappuccino	Wheat, Soy, Milk	Vegetarian	354	471	70.7	64.8	60.6	0.0	5.7	17.9	12.8	0.4	NA	163.3
% RDA contribution				24%		121%	0%	11%	27%	58%	21%	NA	8%	
Iced Venti Vanilla Java Chip Delight Latte	Wheat, Soy, Milk	Vegetarian	591	564	76.7	67.9	59.2	0.0	11.2	21.8	14.3	0.5	NA	8.5
% RDA contribution				28%		118%	0%	21%	33%	65%	26%	NA	0%	
Iced Grande Vanilla Java Chip Delight Latte	Wheat, Soy, Milk	Vegetarian	473	489	64.2	56.8	48.6	0.0	10.1	19.9	13.1	0.5	NA	6.9
% RDA contribution				24%		97%	0%	19%	30%	59%	24%	NA	0%	
Iced Tall Vanilla Java Chip Delight Latte	Wheat, Soy, Milk	Vegetarian	354	396	50.3	44.3	37.9	0.0	8.0	17.0	11.3	0.4	NA	5.3
% RDA contribution				20%		76%	0%	15%	25%	51%	21%	NA	0%	
Venti Vanilla Java Chip Delight Latte	Wheat, Soy, Milk	Vegetarian	591	685	85.6	77.5	55.4	0.0	19.9	27.6	18.1	0.7	NA	7.9
% RDA contribution				34%		111%	0%	37%	41%	82%	33%	NA	0%	
Grande Vanilla Java Chip Delight Latte	Wheat, Soy, Milk	Vegetarian	473	561	70.7	63.9	46.6	0.0	15.9	22.6	14.8	0.5	NA	6.6
% RDA contribution				28%		93%	0%	29%	34%	67%	27%	NA	0%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Vanilla Java Chip Delight Latte	Wheat, Soy, Milk	Vegetarian	354	430	52.7	47.3	34.4	0.0	12.0	18.1	12.0	0.4	NA	4.8
% RDA contribution				21%		69%	0%	22%	27%	54%	22%	NA	0%	
Short Vanilla Java Chip Delight Latte	Wheat, Soy, Milk	Vegetarian	237	306	38.1	34.0	25.8	0.0	8.0	12.8	8.6	0.3	NA	3.5
% RDA contribution				15%		52%	0%	15%	19%	39%	15%	NA	0%	
Iced Tall Confetti Cookie Latte	Milk	Vegetarian	354	276	30.33	25.79	2.69	NA	6.53	14.18	9.08	0.14	38.65	2.71
% RDA contribution				14%		5%	NA	12%	21%	41%	7%	13%	0%	
Iced Grande Confetti Cookie Latte	Milk	Vegetarian	473	341	38.71	33.43	3.03	NA	8.35	16.87	10.82	0.18	46.36	2.83
% RDA contribution				17%		6%	NA	15%	25%	49%	9%	15%	0%	
Iced Venti Confetti Cookie Latte	Milk	Vegetarian	591	389	45.72	39.71	3.37	NA	9.21	18.68	11.98	0.19	51.31	2.95
% RDA contribution				19%		7%	NA	17%	28%	54%	10%	17%	0%	
Tall Confetti Cookie Cream Frappuccino	Milk	Vegetarian	354	349	54.95	51.36	40.89	NA	4.43	12.26	7.82	0.09	32.65	150.11
% RDA contribution				17%		82%	NA	8%	18%	36%	4%	11%	8%	
Grande Confetti Cookie Cream Frappuccino	Milk	Vegetarian	473	477	79.60	75.45	60.32	NA	6.07	14.79	9.45	0.12	39.86	223.97
% RDA contribution				24%		121%	NA	11%	22%	43%	6%	13%	11%	
Venti Confetti Cookie Cream Frappuccino	Milk	Vegetarian	591	592	103.24	98.54	79.75	NA	7.02	16.68	10.67	0.14	45.06	297.84
% RDA contribution				30%		160%	NA	13%	25%	48%	7%	15%	15%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Short Chocolate Choux Latte	Wheat, Oat, Milk	Vegetarian	237	324	46.31	36.21	12.04	0.28	7.19	11.26	6.95	0.26	NA	30.65
% RDA contribution				16%		24%	1%	13%	17%	32%	13%	NA	2%	
Tall Chocolate Choux Latte	Wheat, Oat, Milk	Vegetarian	354	462	65.39	51.98	16.55	0.27	10.87	16.19	10.11	0.39	NA	38.70
% RDA contribution				23%		33%	1%	20%	24%	46%	20%	NA	2%	
Grande Chocolate Choux Latte	Wheat, Oat, Milk	Vegetarian	473	612	88.87	71.02	22.31	0.28	14.45	20.23	12.68	0.48	NA	50.70
% RDA contribution				31%		45%	1%	27%	30%	58%	24%	NA	3%	
Venti Chocolate Choux Latte	Wheat, Oat, Milk	Vegetarian	591	748	108.38	87.15	26.83	0.27	18.20	24.66	15.52	0.59	NA	59.35
% RDA contribution				37%		54%	1%	34%	37%	71%	30%	NA	3%	
Iced Tall Chocolate Choux Latte	Wheat, Oat, Milk	Vegetarian	354	448	67.62	51.85	19.73	0.31	6.71	15.23	9.42	0.38	NA	44.64
% RDA contribution				22%		39%	1%	12%	23%	43%	19%	NA	2%	
Iced Grande Chocolate Choux Latte	Wheat, Oat, Milk	Vegetarian	473	564	87.89	67.83	25.37	0.31	8.46	17.83	11.07	0.44	NA	55.85
% RDA contribution				28%		51%	1%	16%	27%	50%	22%	NA	3%	
Iced Venti Chocolate Choux Latte	Wheat, Oat, Milk	Vegetarian	591	663	106.80	82.46	31.02	0.31	9.28	19.55	12.15	0.47	NA	67.07
% RDA contribution				33%		62%	1%	17%	29%	55%	24%	NA	3%	
Tall Chocolate Choux Frappuccino	Wheat, Oat, Milk	Vegetarian	354	485	82.21	70.76	47.30	0.31	5.48	14.22	8.81	0.38	NA	180.24
% RDA contribution				24%		95%	1%	10%	21%	40%	19%	NA	9%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Chocolate Choux Frappuccino	Wheat, Oat, Milk	Vegetarian	473	672	119.69	104.07	69.39	0.31	7.48	17.09	10.64	0.46	NA	264.83
% RDA contribution				34%			139%	1%	14%	26%	48%	23%	NA	13%
Venti Chocolate Choux Frappuccino	Wheat, Oat, Milk	Vegetarian	591	847	156.16	136.36	91.46	0.31	8.79	19.31	12.05	0.52	NA	349.42
% RDA contribution				42%			183%	1%	16%	29%	55%	26%	NA	17%
Tall Strawberry Choux Frappuccino	Wheat, Oat, Milk	Vegetarian	354	523	94.26	82.19	57.68	NA	4.80	13.60	8.35	0.09	32.65	168.44
% RDA contribution				26%			115%	NA	9%	20%	38%	4%	11%	8%
Grande Strawberry Choux Frappuccino	Wheat, Oat, Milk	Vegetarian	473	729	137.78	121.22	85.51	NA	6.47	16.18	9.99	0.12	39.86	252.55
% RDA contribution				36%			171%	NA	12%	24%	45%	6%	13%	13%
Venti Strawberry Choux Frappuccino	Wheat, Oat, Milk	Vegetarian	591	922	180.29	159.24	113.34	NA	7.45	18.12	11.20	0.14	45.06	336.66
% RDA contribution				46%			227%	NA	14%	27%	51%	7%	15%	17%
Tall Iced Cocoa Chai Oat Latte	Oat, Milk	Vegetarian	354	302	60.4	53.5	47.4	0.4	4.1	4.1	0.4	0.0	0.0	74.1
% RDA contribution				15%			95%	0.0	8%	6%	2%	0%	0%	4%

Beverage Core

Beverage Moonshot

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Beverage Reserve

Food Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Reserve Beverages

Venti Reserve Flat White	Milk	Vegetarian	591	378	30.2	30.2	0.0	0.0	20.8	19.5	12.6	0.5	NA	0.0
% RDA contribution				19%		0%	0%	39%	29%	57%	25%	NA	0%	
Grande Reserve Flat White	Milk	Vegetarian	473	264	21.1	21.1	0.0	0.0	14.5	13.7	8.8	0.4	NA	0.0
% RDA contribution				13%		0%	0%	27%	20%	40%	18%	NA	0%	
Tall Reserve Flat White	Milk	Vegetarian	354	151	12.1	12.1	0.0	0.0	8.3	7.8	5.0	0.2	NA	0.0
% RDA contribution				8%		0%	0%	15%	12%	23%	10%	NA	0%	
Short Reserve Flat White	Milk	Vegetarian	237	120	9.6	9.6	0.0	0.0	6.6	6.2	4.0	0.2	NA	0.0
% RDA contribution				6%		0%	0%	12%	9%	18%	8%	NA	0%	
Venti Reserve Cold Brew With Vanilla Sweet Cream	Milk	Vegetarian	591	60	3.2	2.8	2.2	0.0	0.7	4.9	3.1	0.2	NA	0.1
% RDA contribution				3%		4%	0%	1%	7%	14%	8%	NA	0%	
Grande Reserve Cold Brew With Vanilla Sweet Cream	Milk	Vegetarian	473	60	3.2	2.8	2.2	0.0	0.7	4.9	3.1	0.2	NA	0.1
% RDA contribution				3%		4%	0%	1%	7%	14%	8%	NA	0%	
Grande Reserve Nitro Cold Brew With Vanilla Sweet Cream	Milk	Vegetarian	473	60	3.2	2.8	2.2	0.0	0.7	4.9	3.1	0.2	NA	0.1
% RDA contribution				3%		4%	0%	1%	7%	14%	8%	NA	0%	

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Reserve Cold Brew	NA	Vegetarian	591	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	NA	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	NA	0%
Grande Reserve Cold Brew	NA	Vegetarian	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	NA	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	NA	0%
Tall Reserve Cold Brew	NA	Vegetarian	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	NA	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	NA	0%
Grande Reserve Nitro Cold Brew	NA	Vegetarian	473	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	NA	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	NA	0%
Tall Reserve Nitro Cold Brew	NA	Vegetarian	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	NA	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	NA	0%
Iced Grande Reserve Sparkling Espresso with Mint	NA	Vegetarian	473	62	16.9	15.3	15.3	0.2	0.1	0.0	0.0	0.0	NA	0.8
% RDA contribution				3%		31%	1%	0%	0%	0%	0%	0%	NA	0%
Iced Tall Reserve Sparkling Espresso with Mint	NA	Vegetarian	354	42	11.3	10.2	10.2	0.2	0.1	0.0	0.0	0.0	NA	0.7
% RDA contribution				2%		20%	1%	0%	0%	0%	0%	0%	NA	0%
Iced Venti Reserve Hazelnut Bianco Latte	Milk, Nut	Vegetarian	591	380	44.0	39.2	22.1	0.0	13.4	16.8	6.9	0.2	NA	212.8
% RDA contribution				19%		44%	0%	25%	25%	32%	11%	NA	11%	

Beverage Core

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Beverage Reserve

Food Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Grande Reserve Hazelnut Bianco Latte	Milk, Nut	Vegetarian	473	304	35.2	31.3	17.7	0.0	10.8	13.4	5.6	0.2	NA	170.3
% RDA contribution				15%		35%	0%	20%	20%	25%	9%	NA	9%	
Iced Tall Reserve Hazelnut Bianco Latte	Milk, Nut	Vegetarian	354	228	26.3	23.5	13.3	0.0	8.1	10.1	4.2	0.1	NA	127.4
% RDA contribution				11%		27%	0%	15%	15%	19%	7%	NA	6%	
Venti Reserve Hazelnut Bianco Latte	Milk, Nut	Vegetarian	591	652	75.4	67.1	38.0	0.0	23.0	28.8	11.9	0.4	NA	364.8
% RDA contribution				33%		76%	0%	43%	43%	54%	19%	NA	18%	
Grande Reserve Hazelnut Bianco Latte	Milk, Nut	Vegetarian	473	535	61.8	55.0	31.1	0.0	18.9	23.6	9.8	0.3	NA	299.1
% RDA contribution				27%		62%	0%	35%	35%	44%	16%	NA	15%	
Tall Reserve Hazelnut Bianco Latte	Milk, Nut	Vegetarian	354	309	35.7	31.8	18.0	0.0	10.9	13.6	5.6	0.2	NA	172.8
% RDA contribution				15%		36%	0%	20%	20%	26%	9%	NA	9%	
Short Reserve Hazelnut Bianco Latte	Milk, Nut	Vegetarian	237	245	28.3	25.2	14.2	0.0	8.6	10.8	4.5	0.1	NA	136.8
% RDA contribution				12%		28%	0%	16%	16%	20%	7%	NA	7%	
Iced Venti Reserve Americano Con Cream	Milk	Vegetarian	591	145	30.7	19.3	19.3	0.1	4.9	0.4	0.0	0.0	NA	3.1
% RDA contribution				7%		39%	0%	9%	1%	0%	0%	NA	0%	
Iced Grande Reserve Americano Con Cream	Milk	Vegetarian	473	134	28.2	16.9	16.9	0.1	4.9	0.4	0.0	0.0	NA	3.1
% RDA contribution				7%		34%	0%	9%	1%	0%	0%	NA	0%	

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Food Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Iced Tall Reserve Americano Con Cream	Milk	Vegetarian	354	124	25.7	14.5	14.5	0.1	4.9	0.4	0.0	0.0	NA	3.1
% RDA contribution				6%		29%	0%	9%	1%	0%	0%	NA	0%	
Venti Reserve Americano Con Cream	Milk	Vegetarian	591	145	30.7	19.3	19.3	0.1	4.9	0.4	0.0	0.0	NA	3.1
% RDA contribution				7%		39%	0%	9%	1%	0%	0%	NA	0%	
Grande Reserve Americano Con Cream	Milk	Vegetarian	473	134	28.2	16.9	16.9	0.1	4.9	0.4	0.0	0.0	NA	3.1
% RDA contribution				7%		34%	0%	9%	1%	0%	0%	NA	0%	
Tall Reserve Americano Con Cream	Milk	Vegetarian	354	124	25.7	14.5	14.5	0.1	4.9	0.4	0.0	0.0	NA	3.1
% RDA contribution				6%		29%	0%	9%	1%	0%	0%	NA	0%	
Short Reserve Americano Con Cream	Milk	Vegetarian	237	114	23.2	12.1	12.1	0.1	4.9	0.4	0.0	0.0	NA	3.1
% RDA contribution				6%		24%	0%	9%	1%	0%	0%	NA	0%	
Iced Venti Reserve Dark Chocolate Mocha	Milk	Vegetarian	591	395	45.6	39.6	25.6	0.0	15.1	15.2	9.6	0.2	NA	13.8
% RDA contribution				20%		51%	0%	28%	23%	44%	12%	NA	1%	
Iced Grande Reserve Dark Chocolate Mocha	Milk		473	342	38.4	33.5	20.5	0.0	13.6	13.5	8.6	0.2	NA	11.4
% RDA contribution				17%		41%	0%	25%	20%	39%	11%	NA	1%	
Iced Tall Reserve Dark Chocolate Mocha	Milk	Vegetarian	354	252	28.1	24.3	15.4	0.0	9.9	9.9	6.3	0.2	NA	9.0
% RDA contribution				13%		31%	0%	18%	15%	29%	8%	NA	0%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Venti Reserve Dark Chocolate Mocha	Milk	Vegetarian	591	479	49.5	44.7	20.4	0.0	21.1	20.6	13.1	0.4	NA	11.0
% RDA contribution				24%		41%	0%	39%	31%	60%	20%	NA	1%	
Grande Reserve Dark Chocolate Mocha	Milk	Vegetarian	473	388	39.5	35.7	15.8	0.0	17.3	16.8	10.8	0.3	NA	8.8
% RDA contribution				19%		32%	0%	32%	25%	49%	17%	NA	0%	
Tall Reserve Dark Chocolate Mocha	Milk	Vegetarian	354	292	31.3	27.6	15.4	0.0	12.1	12.0	7.6	0.2	NA	9.0
% RDA contribution				15%		31%	0%	22%	18%	35%	10%	NA	0%	
Short Reserve Dark Chocolate Mocha	Milk	Vegetarian	237	208	21.3	18.8	9.7	0.0	8.9	8.8	5.6	0.2	NA	6.3
% RDA contribution				10%		19%	0%	16%	13%	25%	8%	NA	0%	
Iced Venti Reserve Vanilla Bean Latte	Milk	Vegetarian	591	226	26.7	26.6	12.7	0.0	9.6	9.0	5.8	0.2	NA	0.3
% RDA contribution				11%		25%	0%	18%	13%	26%	12%	NA	0%	
Iced Grande Reserve Vanilla Bean Latte	Milk	Vegetarian	473	181	21.4	21.3	10.1	0.0	7.7	7.2	4.7	0.2	NA	0.3
% RDA contribution				9%		20%	0%	14%	11%	21%	10%	NA	0%	
Iced Tall Reserve Vanilla Bean Latte	Milk	Vegetarian	354	136	16.0	16.0	7.6	0.0	5.7	5.4	3.5	0.1	NA	0.2
% RDA contribution				7%		15%	0%	11%	8%	16%	7%	NA	0%	
Venti Reserve Vanilla Bean Latte	Milk	Vegetarian	591	368	36.8	36.7	10.8	0.0	17.8	16.7	10.8	0.4	NA	0.3
% RDA contribution				18%		22%	0%	33%	25%	49%	22%	NA	0%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Grande Reserve Vanilla Bean Latte	Milk	Vegetarian	473	300	29.7	29.6	8.4	0.0	14.6	13.7	8.9	0.4	NA	0.2
% RDA contribution				15%			17%	0%	27%	20%	40%	18%	NA	0%
Tall Reserve Vanilla Bean Latte	Milk	Vegetarian	354	182	19.8	19.7	7.6	0.0	8.3	7.8	5.0	0.2	NA	0.2
% RDA contribution				9%			15%	0%	15%	12%	23%	10%	NA	0%
Short Reserve Vanilla Bean Latte	Milk	Vegetarian	237	141	14.7	14.6	5.1	0.0	6.6	6.2	4.0	0.2	NA	0.1
% RDA contribution				7%			10%	0%	12%	9%	18%	8%	NA	0%
Reserve Espresso Con Panna Doppio	Milk	Vegetarian	60	23	1.0	0.6	0.6	0.0	0.2	2.1	1.3	0.1	NA	0.1
% RDA contribution				1%			1%	0%	0%	3%	6%	4%	NA	0%
Reserve Espresso Con Panna Solo	Milk	Vegetarian	50	23	1.0	0.6	0.6	0.0	0.2	2.1	1.3	0.1	NA	0.1
% RDA contribution				1%			1%	0%	0%	3%	6%	4%	NA	0%
Reserve Espresso Macchiato Doppio	Milk	Vegetarian	60	33	2.6	2.6	0.0	0.0	1.8	1.7	1.1	0.0	NA	0.0
% RDA contribution				2%			0%	0%	3%	3%	5%	2%	NA	0%
Iced Venti Reserve Latte	Milk	Vegetarian	591	186	14.9	14.9	0.0	0.0	10.2	9.6	6.2	0.3	NA	0.0
% RDA contribution				9%			0%	0%	19%	14%	28%	13%	NA	0%
Iced Grande Reserve Latte	Milk	Vegetarian	473	149	11.9	11.9	0.0	0.0	8.2	7.7	5.0	0.2	NA	0.0
% RDA contribution				7%			0%	0%	15%	11%	23%	10%	NA	0%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (ml)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tall Pour Over Reserve Christmas Blend	NA	Vegetarian	354	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	NA	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	NA	0%
Short Pour Over Reserve Christmas Blend	NA	Vegetarian	237	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	NA	0.0
% RDA contribution				0%		0%	0%	0%	0%	0%	0%	0%	NA	0%
Iced Venti Reserve Dark Chocolate Mocha with Mocha Powder	Milk	Vegetarian	591	387	53.9	46.0	32.2	0.0	12.6	13.5	5.8	0.2	NA	0.7
% RDA contribution				19%		64%	0%	23%	20%	26%	12%	NA	0%	
Iced Grande Reserve Dark Chocolate Mocha with Mocha Powder	Milk	Vegetarian	473	332	45.0	38.6	25.8	0.0	11.3	12.0	5.4	0.2	NA	0.5
% RDA contribution				17%		52%	0%	21%	18%	24%	11%	NA	0%	
Iced Tall Reserve Dark Chocolate Mocha with Mocha Powder	Milk	Vegetarian	354	239	32.9	28.2	19.3	0.0	8.0	8.5	3.7	0.2	NA	0.4
% RDA contribution				12%		39%	0%	15%	13%	17%	8%	NA	0%	
Venti Reserve Dark Chocolate Mocha with Mocha Powder	Milk	Vegetarian	591	487	57.8	51.3	26.5	0.0	19.6	19.8	10.4	0.4	NA	0.6
% RDA contribution				24%		53%	0%	36%	30%	47%	21%	NA	0%	
Grande Reserve Dark Chocolate Mocha with Mocha Powder	Milk	Vegetarian	473	392	46.0	40.9	20.5	0.0	16.0	16.1	8.5	0.3	NA	0.4
% RDA contribution				20%		41%	0%	30%	24%	39%	17%	NA	0%	
Tall Reserve Dark Chocolate Mocha with Mocha Powder	Milk	Vegetarian	354	280	36.2	31.4	19.3	0.0	10.2	10.6	5.0	0.2	NA	0.4
% RDA contribution				14%		39%	0%	19%	16%	23%	10%	NA	0%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Cakes & Cookies

Christmas Tree Pastry	Soy, Milk, Egg, Wheat	Non Vegetarian	100	535	55.2	40.8	37.6	0.3	7.3	31.9	20.3	0.2	100.1	74.9
% RDA contribution				27%		75%	1%	14%	48%	92%	11%	33%	4%	
New York Cheesecake	Wheat, Milk, Egg	Non Vegetarian	125	552	50.1	35.2	32.8	0.8	6.3	35.7	21.8	0.1	130.5	151.5
% RDA contribution				28%		66%	3%	12%	53%	99%	5%	44%	8%	
Double Chocolate Chip Cookie	Wheat, Milk, Soy	Vegetarian	80	385	42.9	26.7	21.0	1.0	3.5	22.0	13.5	0.0	36.0	105.1
% RDA contribution				19%		42%	3%	7%	33%	61%	0%	12%	5%	
Double Chocolate Chip Cookie	Wheat, Milk, Soy	Vegetarian	40	192	21.2	12.4	12.2	0.3	1.9	11.0	6.7	0.0	21.5	40.1
% RDA contribution				10%		24%	1%	4%	16%	30%	1%	7%	2%	
Banana Chocolate Loaf Cake	Wheat, Soy, Egg, Milk	Non Vegetarian	125	385	54.9	33.6	23.7	1.4	4.6	16.4	11.3	0.0	56.7	289.0
% RDA contribution				19%		47%	4%	9%	24%	51%	2%	19%	14%	
Dutch Truffle Gateau	Wheat, Milk, Soy	Vegetarian	100	307	55.4	38.6	38.4	0.4	2.8	8.2	3.5	0.2	0.0	0.4
% RDA contribution				15%		77%	1%	5%	12%	16%	8%	0%	0%	
Blueberry Muffin	Wheat, Milk, Egg	Non Vegetarian	120	375	44.5	26.3	5.1	0.2	8.5	18.1	3.4	0.0	63.4	39.9
% RDA contribution				19%		10%	1%	16%	27%	16%	0%	21%	2%	

Beverage Core

Beverage Moonshot

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Beverage Reserve

Food Core

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Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Red Velvet & Orange Cake	Wheat, Milk, Egg, Soy	Non Vegetarian	100	379	45.3	28.9	13.2	0.6	7.1	18.9	12.5	0.0	74.4	323.9
% RDA contribution				19%		26%	2%	13%	28%	57%	2%	25%	16%	
Tiramisu	Milk, Soy, Wheat	Vegetarian	90	533	52.9	35.9	35.5	0.0	4.9	33.4	22.9	0.0	69.3	68.7
% RDA contribution				27%		71%	0%	9%	50%	104%	1%	23%	3%	
Lemon Loaf Cake	Wheat, Egg , Milk	Non Vegetarian	120	477	48.4	30.2	29.8	0.7	6.8	28.6	13.7	0.0	146.8	87.1
% RDA contribution				24%		60%	2%	13%	43%	62%	0%	49%	4%	
Almond Butterscotch Cookie	Wheat, Milk, Nut	Vegetarian	40	174	21.3	12.3	0.0	0.7	3.0	8.7	3.6	0.0	9.8	0.7
% RDA contribution				9%		0%	2%	6%	13%	16%	0%	3%	0%	
Almond Butterscotch Cookie	Wheat, Milk, Nut	Vegetarian	85	370	45.3	26.1	0.0	1.6	6.4	18.4	7.5	0.0	20.8	1.4
% RDA contribution				18%		0%	5%	12%	27%	34%	0%	7%	0%	
Strawberry & Almond Cake	Wheat, Milk, Nut	Vegetarian	100	315	37.5	26.4	7.9	0.5	5.0	16.0	3.6	0.0	11.2	32.7
% RDA contribution				16%		16%	2%	9%	24%	16%	0%	4%	2%	
Cherry Chocolate Cake	Wheat, Milk, Soy	Vegetarian	175	577	77.3	38.0	23.9	0.4	5.0	27.6	19.4	0.0	35.3	4.4
% RDA contribution				29%		48%	1%	9%	41%	88%	0%	12%	0%	
Dutch Truffle Gateau with Cream	Wheat, Milk, Soy	Vegetarian	132	406	71.7	50.1	49.6	0.5	3.7	11.5	5.2	0.3	0.0	1.3
% RDA contribution				20%		99%	2%	7%	17%	24%	13%	0%	0%	

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Cream Cheese Filled Blueberry Muffin	Wheat, Milk, Egg	Non Vegetarian	170	538	54.3	36.4	16.5	0.2	11.6	30.8	11.8	0.0	104.2	161.8
% RDA contribution				27%		33%	1%	21%	46%	54%	0%	35%	8%	
Chocolate Pistachio Truffle Cake	Wheat, Barley, Milk, Soy, Nut	Vegetarian	125	440	61.4	32.2	14.0	0.6	4.2	19.7	12.2	0.0	15.6	4.2
% RDA contribution				22%		28%	2%	8%	29%	56%	0%	5%	0%	
Brownie Cheesecake	Milk, Egg, Soy, Wheat	NonVegetarian	110	442	40.2	31.2	30.2	0.4	5.3	28.6	12.3	0.1	43.5	124.5
% RDA contribution				22%		60%	1%	10%	43%	56%	7%	14%	6%	
Croissants & More														
Creamy Spinach & Corn Pocket	Wheat, Milk	Vegetarian	160	358	34.4	5.8	3.7	3.1	8.7	20.1	11.5	0.0	35.3	505.8
% RDA contribution				18%		7%	10%	16%	30%	52%	0%	12%	25%	
Butter Croissant	Wheat, Barley, Milk, Egg, Soy	Non Vegetarian	75	255	32.0	NA	3.0	NA	6.1	11.4	5.4	0.0	18.0	83.6
% RDA contribution				13%		9%	NA	11%	17%	25%	0%	6%	4%	
Butter Croissant Add on Preserve	Wheat, Barley, Milk, Egg, Soy	Non Vegetarian	105	333	51.5	19.2	15.0	3.3	6.1	11.4	5.4	0.0	18.0	83.6
% RDA contribution				17%		30%	10%	11%	17%	25%	0%	6%	4%	
Chocolate Croissant	Wheat, Egg, Soy, Milk	Non Vegetarian	80	297	29.3	10.4	1.9	0.6	4.4	17.8	11.5	0.0	41.4	153.7
% RDA contribution				15%		4%	2%	8%	27%	52%	0%	14%	8%	

Beverage
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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Masala Chicken Croissant	Wheat, Milk, Egg	Non Vegetarian	180	505	44.1	6.2	4.4	2.5	15.8	29.3	14.8	0.0	77.6	440.7
% RDA contribution				25%			9%	8%	29%	44%	67%	0%	26%	22%
Peri Peri Paneer Croissant	Wheat, Milk	Vegetarian	180	602	48.7	16.1	4.6	1.8	23.1	34.8	9.8	0.0	43.7	471.3
% RDA contribution				30%			9%	6%	43%	52%	45%	0%	15%	24%
Chicken Seekh Pocket	Wheat, Soy, Egg, Milk	Non Vegetarian	160	444	34.9	2.8	0.7	5.0	12.5	29.2	13.9	0.0	56.4	771.3
% RDA contribution				22%			1%	16%	23%	44%	63%	0%	19%	39%
Chole Paneer Kulcha	Wheat, Milk	Vegetarian	180	471	46.4	8.3	4.5	3.0	9.8	27.3	15.6	0.0	43.6	395.0
% RDA contribution				24%			9%	10%	18%	41%	71%	0%	15%	20%
Almond Croissant	Wheat, Nut, Egg, Milk	Non Vegetarian	105	430	30.0	9.3	8.4	4.0	8.7	30.7	11.6	0.0	60.8	200.6
% RDA contribution				21%			17%	12%	16%	46%	53%	0%	20%	10%
Chicken Mozzarella Turnover	Wheat, Milk, Egg	Non Vegetarian	120	336	27.1	3.5	2.6	2.3	12.6	19.6	9.6	0.0	65.0	593.2
% RDA contribution				17%			5%	7%	23%	29%	44%	0%	22%	30%
Vegetarian Empanada	Wheat, Milk	Vegetarian	180	537	45.9	3.0	1.5	3.2	7.6	35.8	0.0	20.1	57.8	82.7
% RDA contribution				27%			3%	10%	14%	54%	0%	91%	19%	4%

Beverage
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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Sandwiches, Wraps & More

Katori Kebab Wrap	Wheat, Milk, Nut, Egg	Non Vegetarian	230	709	32.1	4.0	0.2	1.1	20.2	45.4	13.3	0.0	156.0	1260.3
% RDA contribution				35%			0%	3%	37%	68%	60%	0%	52%	63%
Basil Tomato and Mozzarella Cheese Sandwich	Wheat, Milk, Soy, Nut, Oat	Vegetarian	170	379	31.3	2.1	1.0	4.6	14.9	21.5	4.7	0.0	14.5	1124.4
% RDA contribution				19%			2%	14%	28%	32%	21%	0%	5%	56%
Chatpata Paratha Wrap	Wheat, Milk	Vegetarian	180	465	55.0	9.7	0.7	1.9	15.9	20.1	10.3	0.0	14.9	784.2
% RDA contribution				23%			1%	6%	29%	30%	47%	0%	5%	39%
Chicken Naanwich	Wheat, Oat, Milk, Soy	Non Vegetarian	210	631	41.8	6.9	1.2	5.4	22.3	32.3	10.3	0.0	69.0	655.9
% RDA contribution				32%			2%	17%	41%	48%	47%	0%	23%	33%
Chicken Club Sandwich	Wheat, Milk, Soy	Non Vegetarian	185	351	35.3	4.6	2.6	5.1	10.7	18.1	5.7	0.0	5.0	851.6
% RDA contribution				18%			5%	16%	20%	27%	26%	0%	2%	43%
Cottage Cheese & Spinach Wrap	Wheat, Milk	Vegetarian	250	618	64.0	11.5	1.1	5.7	20.3	28.6	13.6	0.0	27.5	783.1
% RDA contribution				31%			2%	18%	38%	43%	62%	0%	9%	39%
Double Meat Club Sandwich	Wheat, Milk, Egg, Soy	Non Vegetarian	185	390	36.3	4.4	2.1	2.1	17.2	19.2	5.5	0.0	88.4	553.1
% RDA contribution				19%			4%	7%	32%	29%	25%	0%	29%	28%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Chicken Salad Sandwich (2 slices)	Wheat, Milk	Non Vegetarian	180	421	27.3	2.7	1.9	1.4	10.0	9.0	1.4	0.0	17.3	623.5
% RDA contribution				21%			4%	4%	18%	13%	6%	0%	6%	31%
Chicken Salad Sandwich (Single Slice)	Wheat, Milk	Non Vegetarian	90	211	13.7	1.4	1.0	0.7	5.0	4.5	0.7	0.0	8.7	311.7
% RDA contribution				11%			2%	2%	9%	7%	3%	0%	3%	16%
Hawaiian Veg Club Sandwich	Wheat, Milk	Vegetarian	185	324	33.3	4.2	2.8	5.1	8.9	16.9	5.7	0.0	5.0	431.5
% RDA contribution				16%			6%	16%	17%	25%	26%	0%	2%	22%
Egg White & Chicken in Multigrain Croissant	Wheat, Oat, Milk, Egg, Soy	Non Vegetarian	200	541	37.1	5.4	3.3	3.2	18.6	35.2	14.2	0.0	43.5	536.3
% RDA contribution				27%			7%	10%	34%	53%	65%	0%	14%	27%
Three Cheese Croissant	Wheat, Milk	Vegetarian	110	499	34.3	5.2	3.6	1.2	12.3	34.1	20.4	0.4	90.3	588.8
% RDA contribution				25%			7%	4%	23%	51%	93%	19%	30%	29%
Murgh Kathi Wrap	Wheat, Milk	Non Vegetarian	180	399	40.2	4.3	0.6	2.6	14.9	19.8	6.9	0.0	38.5	863.5
% RDA contribution				20%			1%	8%	28%	29%	31%	0%	13%	43%
Non Vegetarian Protein Box	Nut, Milk, Wheat, Egg	Non Vegetarian	260	574	44.9	11.2	4.5	6.6	36.7	27.5	6.1	0.1	245.6	1158.2
% RDA contribution				29%			9%	21%	68%	41%	28%	6%	82%	58%
Vegetarian Protein Box	Milk, Nut, Wheat	Vegetarian	250	566	59.0	19.5	4.5	8.6	25.5	25.1	10.0	0.1	9.5	1162.7
% RDA contribution				28%			9%	27%	47%	37%	46%	7%	3%	58%

Beverage Core

Beverage Moonshot

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Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tandoori Paneer Sandwich	Wheat, Oat, Milk, Soy, Nut	Vegetarian	200	685	77.7	10.1	4.7	10.6	24.8	30.3	9.8	0.3	13.2	940.6
% RDA contribution				34%			9%	33%	46%	45%	44%	14%	4%	47%
Tandoori Paneer Sandwich (Single Slice)	Wheat, Oat, Milk, Soy, Nut	Vegetarian	100	343	38.8	5.1	2.3	5.3	12.4	15.2	4.9	0.1	6.6	470.3
% RDA contribution				17%			5%	17%	23%	23%	22%	7%	2%	24%
Veg Bun Croissant Sandwich	Wheat, Milk	Vegetarian	180	564	44.2	5.7	3.6	7.3	11.0	37.9	15.3	0.0	42.8	719.5
% RDA contribution				28%			7%	23%	20%	57%	70%	0%	14%	36%
Chicken & Mushroom Pie	Wheat, Milk, Egg	Non Vegetarian	185	507	43.7	4.2	2.4	2.5	18.4	28.7	16.2	0.0	140.6	481.5
% RDA contribution				25%			5%	8%	34%	43%	74%	0%	47%	24%
Chilli Cheese Toast	Wheat, Milk	Vegetarian	140	427	34.4	2.3	1.2	2.1	21.5	22.3	11.7	0.5	44.1	1456.3
% RDA contribution				21%			2%	7%	40%	33%	53%	23%	15%	73%
Chicken Strips	Wheat Milk, Soy, Egg	Non Vegetarian	140	364	29.8	4.1	3.3	2.0	13.9	20.9	10.0	0.0	74.5	535.2
% RDA contribution				18%			7%	6%	26%	31%	45%	0%	25%	27%
Bhuna Murgh Pie	Wheat, Milk, Nut, Egg	Non Vegetarian	165	572	28.7	1.6	0.4	2.2	16.3	35.9	15.9	0.0	85.0	649.0
% RDA contribution				29%			1%	7%	30%	54%	72%	0%	28%	32%

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
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Salads & Protein Boxes

Grilled Chicken Grain Salad	Wheat, Nut	Non Vegetarian	270	362	42.7	0.3	NA	14.5	33.4	3.3	0.8	NA	NA	1229.3
% RDA contribution				18%			NA	45%	62%	5%	4%	NA	NA	61%
Vegetarian Grain Salad	Wheat, Milk, Nut	Vegetarian	270	559	44.0	5.3	NA	14.4	17.6	31.7	10.2	NA	NA	673.1
% RDA contribution				28%			NA	45%	33%	47%	46%	NA	NA	34%

Pasta

Penne Pasta with Cheese Sauce	Milk, Wheat	Vegetarian	340	529	56.5	5.3	0.6	3.1	16.5	26.2	9.8	0.2	30.3	953.0
% RDA contribution				26%			1%	10%	31%	39%	45%	10%	10%	48%
Penne Pasta with Chicken & Cheese Sauce	Milk, Wheat	Non Vegetarian	350	577	56.4	5.0	0.5	2.7	22.5	29.0	14.6	0.2	46.5	578.2
% RDA contribution				29%			1%	9%	42%	43%	66%	10%	16%	29%

Vegan

Vegan Sausage Croissant Roll	Nut, Wheat, Soy, Rye, Oat	Vegan	170	513	53.7	7.4	4.9	4.1	12.9	29.1	18.7	0.0	0.0	1757.0
% RDA contribution				26%			10%	13%	24%	43%	85%	0%	0%	88%
Vegan Hummus Kebab Wrap	Soy, Nut, Wheat	Vegan	180	362	26.8	4.8	2.0	4.7	14.9	21.4	9.2	0.0	0.5	943.4
% RDA contribution				18%			4%	15%	28%	32%	42%	1%	0%	47%

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Vegan Croissant Bun	Nut, Wheat, Soy, Rye, Oat	Vegan	180	584	51.0	6.9	3.8	3.1	14.9	35.6	19.4	0.0	0.6	761.2
% RDA contribution				29%			8%	10%	28%	53%	88%	0%	0%	38%

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Pistachio Éclair	Nut, Milk, Wheat, Egg, Soy	Non Vegetarian	74	364	24.4	12.4	11.5	0.4	6.4	26.4	13.9	0.0	73.1	192.9
% RDA contribution				18%			23%	1%	12%	39%	63%	2%	24%	10%
Chocolate Éclair	Milk, Soy, Wheat, Egg, Nut	Non Vegetarian	74	329	21.8	10.5	10.3	0.4	5.3	23.8	14.8	0.0	72.9	190.7
% RDA contribution				16%			21%	1%	10%	35%	67%	0%	24%	10%
Hazelnut Triangle	Milk, Egg, Wheat, Barley, Soy, Nut	Non Vegetarian	65	532	62.0	53.2	52.1	2.7	11.0	27.8	8.1	0.0	20.6	128.3
% RDA contribution				27%			104%	8%	20%	41%	37%	2%	7%	6%
Passion Fruit tart	Milk, Egg, Wheat, Barley, Soy, Nut	Non Vegetarian	80	428	42.0	27.4	25.5	1.8	4.5	26.8	16.3	0.0	165.2	219.8
% RDA contribution				21%			51%	6%	8%	40%	74%	0%	55%	11%
Chocolate Truffle Pastry	Milk, Soy, Wheat, Nut	Vegetarian	85	344	33.7	22.5	22.4	0.2	4.4	20.5	11.0	0.2	2.6	90.3
% RDA contribution				17%			45%	1%	8%	31%	50%	11%	1%	5%
Malabari Chicken Wrap	Milk, Wheat, Egg	Non Vegetarian	290	1180	111.9	11.3	6.7	6.2	30.0	67.6	26.3	0.0	236.6	2851.1
% RDA contribution				59%			13%	19%	56%	101%	120%	0%	79%	143%
Chicken Club Wrap	Soy, Milk, Nut, Wheat	Non Vegetarian	270	579	24.9	10.5	5.2	4.1	22.8	40.9	7.0	0.1	180.5	2898.0
% RDA contribution				29%			10%	13%	42%	61%	32%	6%	60%	145%
Malabari Egg Croissant	Egg, Wheat, Soy, Rye, Oat, Milk	Non Vegetarian	235	850	94.9	13.1	8.5	7.8	24.6	40.7	26.5	0.0	243.5	1726.4
% RDA contribution				42%			17%	24%	46%	61%	121%	0%	81%	86%

Beverage Core

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Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Herbed Chicken Focaccia Sandwich	Milk, Wheat	Non Vegetarian	240	686	77.9	16.6	13.9	8.4	27.0	28.6	5.1	0.1	45.1	4139.1
% RDA contribution				0.3		0.3	0.3	0.5	0.4	0.2	0.0	0.2	2.1	
Bhuna Chicken Puff	Milk, Wheat, Soy, Rye, Oat, Egg	Non Vegetarian	85	390	25.5	1.2	0.2	2.0	27.1	20.0	9.9	0.0	110.8	2341.0
% RDA contribution				20%		0%	6%	50%	30%	45%	0%	37%	117%	
Mushroom Onion Profiterole	Milk, Wheat, Egg	Non Vegetarian	85	359.4	17.1	5.2	3.8	3.0	6.3	29.3	10.7	0.0	66.3	1168.5
% RDA contribution				18%		8%	9%	12%	44%	48%	0%	22%	58%	
Spinach & Corn Quiche	Milk, Wheat	Vegetarian	65	314	29.4	3.7	1.9	5.7	12.3	15.2	8.6	0.0	14.5	1359.9
% RDA contribution				16%		4%	18%	23%	23%	39%	2%	5%	68%	
Spinach & Feta Puff	Milk, Wheat, Soy, Rye, Oat	Vegetarian	80	326	22.3	1.7	0.1	3.1	12.5	20.1	9.4	0.0	18.8	2814.8
% RDA contribution				16%		0%	10%	23%	30%	43%	0%	6%	141%	
Peppered Mushroom Puff Pie	Wheat, Soy, Rye, Oat, Milk	Vegetarian	80	301	27.3	2.4	0.3	3.1	13.8	14.3	9.6	0.0	21.4	2565.5
% RDA contribution				15%		1%	10%	26%	21%	44%	0%	7%	128%	
Very Berry Sandwich	Milk, Egg, Wheat, Barley, Soy, Nut	Non Vegetarian	65	244	30.2	21.3	20.5	0.9	5.5	11.2	7.1	0.0	74.8	136.7
% RDA contribution				12%		41%	3%	10%	17%	32%	0%	25%	7%	
Green goodness Spinach Panini Sandwich full	Milk, Wheat, Soy, Rye, Oat	Vegetarian	250	775	92.3	30.1	26.8	9.7	24.2	33.5	15.7	0.2	52.7	5140.1
% RDA contribution				39%		54%	30%	45%	50%	71%	9%	18%	257%	

Beverage Core

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Beverage Reserve

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Parmesan Pesto Swirl	Wheat, Soy, Rye, Oat, Milk, Nut	Vegetarian	80	670	60.1	7.5	6.3	2.7	16.7	40.1	20.3	0.0	59.9	1026.9
% RDA contribution				33%			13%	8%	31%	60%	92%	0%	20%	51%
Three Dip Nachos	Milk, Wheat, Soy	Vegetarian	180	513	48.3	6.3	2.6	3.8	15.4	27.6	9.8	0.2	27.2	1381.8
% RDA contribution				26%			5%	12%	29%	41%	44%	8%	9%	69%
Chilli Chicken in English Muffin	Soy, Wheat, Milk, Egg	Non Vegetarian	180	591	44.5	7.4	5.6	6.5	25.8	34.0	9.5	0.3	176.9	1510.6
% RDA contribution				30%			11%	20%	48%	51%	43%	16%	59%	76%
Chicken Puffin	Soy, Wheat, Milk	Non Vegetarian	80	390	25.3	3.3	2.3	2.5	14.0	25.4	10.1	0.1	85.8	624.3
% RDA contribution				20%			5%	8%	26%	38%	46%	5%	29%	31%
Three Cheese Pull Apart	Wheat, Milk	Vegetarian	110	535	57.9	4.1	2.4	2.7	16.2	25.9	13.5	0.0	53.7	1182.1
% RDA contribution				27%			5%	8%	30%	39%	61%	2%	18%	59%
Mushroom and Cheese Tart	Milk, Wheat	Vegetarian	75	306	21.1	1.7	0.3	1.7	7.7	21.1	13.4	0.0	44.5	387.6
% RDA contribution				15%			1%	5%	14%	31%	61%	0%	15%	19%
Chicken Star Club Sandwich	Wheat, Egg, Oat, Milk	Non Vegetarian	200	599	48.2	3.7	2.4	4.3	29.8	31.6	8.6	0.3	234.3	1309.8
% RDA contribution				30%			5%	13%	55%	47%	39%	13%	78%	65%
Tomato Basil Bruschetta	Nut, Wheat, Soy, Rye, Oat, Milk	Vegetarian	210	702	52.7	7.2	4.0	4.5	14.6	46.9	18.3	0.0	77.4	1587.7
% RDA contribution				35%			8%	14%	27%	70%	83%	0%	26%	79%

Beverage Core

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Spiced Cottage Cheese Focaccia Sandwich	Milk, Nut, Wheat	Vegetarian	225	727	83.4	24.8	14.2	6.7	28.5	29.8	13.3	0.2	19.8	3075.5
% RDA contribution				36%		28%	21%	53%	44%	60%	9%	7%	154%	
Tandoori Chicken Panini Sandwich	Milk, Nut, Wheat, Rye, Soy, Oat	Non Vegetarian	290	901	93.2	30.6	27.5	6.0	58.6	32.1	6.7	0.2	124.6	3217.5
% RDA contribution				45%		55%	19%	109%	48%	31%	9%	42%	161%	
Moonshot Veg Wrap	Soy, Milk, Nut, Wheat	Vegetarian	230	681	65.2	6.4	4.9	3.6	13.1	36.8	11.3	0.1	12.2	1507.4
% RDA contribution				34%		10%	11%	24%	55%	51%	5%	4%	75%	
Brownie Cup cake	Soy, Wheat, Milk, Nut	Vegetarian	80	416	59.1	39.9	39.7	0.3	5.1	19.1	7.3	0.1	0.0	163.5
% RDA contribution				21%		79%	1%	10%	28%	33%	5%	0%	8%	
Caprese Panini	Wheat, Soy, Rye, Oat, Milk, Nut	Vegetarian	310	806	99.5	31.2	26.7	6.1	19.9	36.5	9.7	0.0	30.1	3179.6
% RDA contribution				40%		53%	19%	37%	55%	44%	0%	10%	159%	
Veg Stew in Malabar Wrap	Milk, Wheat	Vegetarian	205	684	54.8	8.6	6.9	12.0	10.8	46.8	29.5	0.0	18.9	905.4
% RDA contribution				34%		14%	37%	20%	70%	134%	0%	6%	45%	
Laal mass Turnover	Milk, Wheat, Egg	Non Vegetarian	160	917	62.6	12.6	5.2	5.3	22.0	63.9	24.9	0.0	138.2	654.0
% RDA contribution				46%		10%	17%	41%	95%	113%	0%	46%	33%	
Puffmosa with samosa filling	Nut, Milk, Wheat	Vegetarian	90	372	37.1	1.3	0.0	4.6	6.5	21.5	10.2	0.0	40.0	592.2
% RDA contribution				19%		0%	14%	12%	32%	46%	0%	13%	30%	

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Green Peas Empanada with chilli	Milk, Wheat	Vegetarian	130	539	62.1	17.9	11.5	7.5	11.5	26.5	12.8	0.0	49.9	1148.8
% RDA contribution				27%			23%	24%	21%	40%	58%	0%	17%	57%
Pindi Chole Empanada	Milk, Wheat	Vegetarian	200	759	72.5	8.7	2.3	9.4	14.7	45.0	21.7	0.0	83.9	887.9
% RDA contribution				38%			5%	29%	27%	67%	99%	0%	28%	44%
Chilly Paneer in English Muffin	Soy, Wheat, Milk	Vegetarian	180	672	60.8	19.0	4.0	8.3	28.3	34.3	15.7	0.1	30.1	1432.6
% RDA contribution				34%			8%	26%	52%	51%	72%	7%	10%	72%
Tamarind Mint Chutney	Milk	Vegetarian	30	75	16.1	13.6	9.4	1.8	1.5	0.4	0.2	0.0	0.0	380.5
% RDA contribution				4%			19%	6%	3%	1%	1%	0%	0%	19%
Pickled Vegetables	NA	Vegetarian	30	26	5.7	5.0	4.5	1.0	0.3	0.1	0.0	0.0	0.0	609.0
% RDA contribution				1%			9%	3%	1%	0%	0%	0%	0%	30%
Makhani Spread	Soy, Milk, Nut	Vegetarian	40	147	8.3	3.8	3.3	0.7	1.2	12.1	3.8	0.0	2.2	224.4
% RDA contribution				7%			7%	2%	2%	18%	17%	0%	1%	11%

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Plum Cake	Nut, Milk, Wheat	Vegetarian	400	1417	231.3	122.5	86.3	8.7	25.3	44.4	12.9	0.2	10.8	23.9
% RDA contribution				71%			173%	27%	47%	66%	59%	10%	4%	1%
Cruffin Custard	Milk, Wheat, Egg, Soy	Non Vegetarian	110	441	42.8	11.7	9.5	1.5	7.0	26.7	15.7	0.1	146.1	187.4
% RDA contribution				22%			19%	5%	13%	40%	71%	7%	49%	9%
Mango Baked Yoghurt (Alphonso Mango)	Milk	Vegetarian	155	287	35.3	27.0	21.4	0.5	6.0	13.5	8.6	0.4	4.6	45.8
% RDA contribution				14%			43%	2%	11%	20%	39%	21%	2%	2%
Carrot Cake with Vanilla Sauce	Wheat, Egg, Nut, Milk, Soy	Non Vegetarian	140	425	51.7	9.4	4.6	1.7	5.4	22.0	0.1	7.1	46.1	191.9
% RDA contribution				21%			9%	5%	10%	33%	7%	32%	15%	10%
Pistachio Mawa Croissant	Milk, Wheat, Nut	Vegetarian	115	678	68.5	40.0	21.8	2.6	17.7	37.1	20.2	0.0	46.2	257.6
% RDA contribution				34%			44%	8%	33%	55%	92%	0%	15%	13%
Dutch Truffle Cake	Wheat, Milk, Soy	Vegetarian	110	386	68.4	46.2	45.8	0.6	3.7	10.7	4.5	0.3	0.0	1.4
% RDA contribution				19%			92%	2%	7%	16%	21%	13%	0%	0%
Red Velvet Cake	Wheat, Milk, Egg, Soy	Non Vegetarian	100	498	63.1	41.3	19.3	0.8	9.4	23.2	14.7	0.0	103.4	448.6
% RDA contribution				25%			39%	2%	17%	35%	67%	2%	34%	22%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Bagel with cream cheese	Milk, Wheat, Soy, Oat	Vegetarian	140	521	44.9	5.4	3.5	2.9	11.5	32.4	2.6	0.1	0.0	403.2
% RDA contribution				26%			7%	9%	21%	48%	12%	5%	0%	20%
Scones with Cheese Cream	Milk, Egg, Wheat	Non Vegetarian	150	641	84.9	48.4	33.4	2.0	8.4	30.2	20.0	0.0	117.7	270.9
% RDA contribution				32%			67%	6%	16%	45%	91%	0%	39%	14%
Chocolate Cherry Tart	Soy, Milk, Egg, Wheat, Nut, Barley	Non Vegetarian	75	353	27.3	11.4	8.8	1.0	5.4	24.1	15.7	0.1	29.8	60.5
% RDA contribution				18%			18%	3%	10%	36%	71%	5%	10%	3%

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Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Bake In Cheese Croissant Filling	Wheat, Milk, Egg, Soy, Nut	Non Vegetarian	109	470	9.7	1.8	1.5	0.5	20.3	39.0	15.5	0.1	65.5	670.2
% RDA contribution				24%			3%	2%	38%	58%	70%	5%	22%	34%
Bake In Indian Spice Cottage Cheese	Wheat, Milk, Egg, Soy, Nut	Non Vegetarian	179	528	28.0	14.1	3.4	2.6	23.3	35.0	16.0	0.3	19.9	1177.7
% RDA contribution				26%			7%	8%	43%	52%	73%	17%	7%	59%
Herb Chicken with Multigrain Croissant	Wheat, Milk, Egg, Soy, Nut	Non Vegetarian	144	487	30.6	5.2	4.5	3.8	24.0	29.2	10.1	0.3	46.9	1205.2
% RDA contribution				24%			9%	12%	44%	44%	46%	17%	16%	60%
Freshly Baked														
Butter Croissant	Wheat, Milk, Egg, Soy, Nut	Non Vegetarian	60	262	27.6	5.4	5.4	1.4	5.3	14.4	9	0.4	NA	288.0
% RDA contribution				13%			11%	5%	10%	21%	41%	19%	NA	14%
Multigrain Croissant	Wheat, Milk, Egg, Soy, Nut	Non Vegetarian	59	252	24.8	3.7	3.7	2.0	5.3	14.2	8.3	0.3	NA	253.7
% RDA contribution				13%			7%	6%	10%	21%	38%	15%	NA	13%
Cocoa Hazelnut Croissant	Wheat, Milk, Egg, Soy, Nut	Non Vegetarian	79	359	37.9	13.4	13.4	2.3	6.2	19.8	10.27	0.0	NA	300.2
% RDA contribution				18%			27%	7%	12%	29%	47%	0%	NA	15%
Cranberry Twist	Wheat, Milk, Egg, Soy, Nut	Non Vegetarian	76	246	38.0	16.7	16.7	2.0	4.1	8.4	5.4	0.0	NA	220.4
% RDA contribution				12%			33%	6%	8%	12%	25%	0%	NA	11%

Beverage Core

Beverage Moonshot

Beverage LTO

Beverage Reserve

Food Core

Food Moonshot

Food LTO

Food Reserve

Food Bake in



Product	Allergens	Vegetarian / Non Vegetarian / Vegan	Serving Size (g)	Energy (Kcal)	Carbohydrate (g)	Total Sugar (g)	Added Sugar (g)	Fibre (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Chocolate Twist	Wheat, Milk, Egg, Soy, Nut	Non Vegetarian	77	275	36.2	16.2	16.2	2.3	4.77	12.32	7.39	0.0	NA	223.3
% RDA contribution				14%			32%	7%	9%	18%	34%	0%	NA	11%
Onion & Cheese Twist	Wheat, Milk, Egg, Soy, Nut	Non Vegetarian	77	255	2.3	6.2	6.2	1.9	7.4	12.3	7.6	0.0	NA	261.8
% RDA contribution				13%			12%	6%	14%	18%	35%	0%	NA	13%

DISCLAIMERS

1. An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

RDA (Recommended Dietary Allowance)	ENERGY (kcal)	ADDED SUGARS (g)	DIETARY FIBRE (g)	PROTEIN (g)	TOTAL FAT (g)	TOTAL SFA (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
For Sedentary Adult Man	2000	50	32	54	67	22	2	300	2000

2. Based on 2000 kcal diet and RDA 2020. % RDA shows how much nutrient in a serving of the food contributes to a total daily diet.
3. Nutrition Analysis is done for composite recipes per serve
4. Nutrition Analysis is by calculation method using nutritive values of food products as reported in Indian Food Composition Tables (IFCT), 2017
5. Food and Beverages are prepared where common facilities are used for multiple menu items. Whilst we try to keep cooking equipment service ware separate, we cannot guarantee that any item is allergen free. Allergens are declared on the menu guide.
6. NA-Not Applicable

Nutrition Analysis and Menu Labelling done by : FoLSol® Food Label Solutions by LabelBlind®, Mumbai, India

<https://foodlabelsolutions.com>