



	Serving Size	Calories	Fat (g)	Fat %Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
Caramel Latte with skim milk - Medium	400ml	150	0	0	0	0	0	0	190	8	30	10	0	0	29	9	15	0	30	0
Caramel Latte with skim milk - Small	267ml	100	0	0	0	0	0	0	130	5	21	7	0	0	20	6	10	0	20	0
Chocolate Chunk Brownie	70g	280	14	22	6	0.2	31	65	95	4	39	13	2	8	28	4	4	0	2	20
Coffee - Large	564ml	5	0	0	0	0	0	0	10	0	0	0	0	0	0	1	0	0	2	0
Coffee - Medium	442ml	4	0	0	0	0	0	0	10	0	0	0	0	0	0	1	0	0	0	0
Coffee - Small	292ml	3	0	0	0	0	0	0	5	0	0	0	0	0	0	0.4	0	0	0	0
Coffee Iced Frappé - Large	573g	460	6	9	4	0.2	21	25	220	9	93	31	0	0	81	11	20	4	35	4
Coffee Iced Frappé - Medium	454g	370	5	8	3	0.2	16	20	170	7	73	24	0	0	64	9	15	4	30	2
Coffee Iced Frappé - Small	352g	280	3.5	5	2.5	0.1	13	15	135	6	57	19	0	0	50	7	15	4	20	2
Coffee Iced Frappé - Snack Size	275g	210	2.5	4	2	0	10	10	100	4	42	14	0	0	37	5	10	2	15	2
Coffee Iced Frappé with Whipped Cream - Large	598g	530	11	17	7	0.4	37	45	320	13	98	33	0	0	84	12	25	6	60	4
Coffee Iced Frappé with Whipped Cream - Medium	479g	430	9	14	6	0.3	32	40	280	12	79	26	0	0	67	10	25	4	50	2
Coffee Iced Frappé with whipped cream - Small	377g	350	8	12	5	0.3	27	35	240	10	63	21	0	0	53	8	20	4	45	2
Coffee Iced Frappé with whipped cream - Snack Size	288g	250	5	8	3.5	0.2	19	20	150	6	45	15	0	0	38	5	15	2	30	2
Deluxe Hot Chocolate with 2% milk - Child	158ml	120	3.5	5	2	0.1	11	15	85	4	17	6	0	0	16	5	8	0	20	2
Deluxe Hot Chocolate with 2% milk - Large	504ml	400	14	22	8	0.4	42	55	310	13	49	16	0	0	47	17	30	0	70	2
Deluxe Hot Chocolate with 2% milk - Medium	402ml	330	12	18	7	0.4	37	45	260	11	40	13	0	0	38	13	25	0	60	2
Deluxe Hot Chocolate with 2% milk - Small	243ml	210	8	12	4.5	0.2	24	30	170	7	27	9	0	0	26	8	15	0	40	2
Deluxe Hot Chocolate with Skim Milk - Child	158ml	90	1	2	0.5	0	3	2	85	4	17	6	0	0	16	5	8	0	20	2
Deluxe Hot Chocolate with skim milk - Large	504ml	300	5	8	3	0.2	16	15	310	13	51	17	0	0	47	17	30	0	70	2
Deluxe Hot Chocolate with skim milk - Medium	402ml	250	5	8	3	0.2	16	15	270	11	42	14	0	0	38	13	25	0	60	2
Deluxe Hot Chocolate with skim milk - Small	243ml	170	3.5	5	2	0.1	11	10	170	7	28	9	0	0	26	8	15	0	40	2
Double Espresso	78ml	2	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Espresso	39ml	1	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee - Large	600ml	230	11	17	7	0.4	37	40	65	3	30	10	0	0	30	2	15	0	6	2
Iced Coffee - Medium	478ml	170	8	12	4.5	0.3	24	25	45	2	22	7	0	0	22	2	10	0	4	2
Iced Coffee - Small	340ml	120	6	9	3.5	0.2	19	20	35	1	15	5	0	0	15	1	6	0	2	0
Latte with 2% milk - Large	470ml	180	7	11	4	0.2	21	30	170	7	15	5	0	0	16	12	20	0	40	2
Latte with 2% milk - Medium	370ml	140	5	8	3	0.2	16	25	130	5	12	4	0	0	13	9	15	0	30	0
Latte with 2% milk - Small	260ml	100	3.5	5	2	0.1	11	15	90	4	8	3	0	0	9	6	10	0	20	0
Latte with skim milk - Large	470ml	110	0	0	0	0	0	0	170	7	17	6	0	0	16	12	20	0	40	2
Latte with skim milk - Medium	370ml	80	0	0	0	0	0	0	135	6	13	4	0	0	12	9	15	0	30	0
Latte with skim milk - Small	260ml	60	0	0	0	0	0	0	95	4	9	3	0	0	8	6	10	0	20	0
Lemon Loaf	115g	480	24	37	5	0.4	27	35	460	19	62	21	1	4	33	4	0	0	2	15
Mango Pineapple Smoothie with yogurt - Medium	428g	260	1	2	1	0	5	3	40	2	61	20	2	8	60	3	30	70	8	2
Mango Pineapple Smoothie with yogurt - Large	541g	340	1.5	2	1	0	5	5	55	2	79	26	3	12	77	4	35	100	10	4
Mango Pineapple Smoothie with yogurt - Small	347g	210	1	2	0.5	0	3	3	35	1	50	17	2	8	49	3	25	60	6	2
Mango Pineapple Smoothie with yogurt - Snack Size	232g	140	0.5	1	0.5	0	3	0	20	1	33	11	1	4	33	2	15	40	4	2
Mango Pineapple Smoothie without yogurt - Large	541g	340	0.5	1	0.5	0	3	0	25	1	82	27	3	12	81	2	40	110	4	4
Mango Pineapple Smoothie without yogurt - Medium	432g	270	0.5	1	0.4	0	2	0	20	1	66	22	3	12	65	2	35	90	2	2
Mango Pineapple Smoothie without yogurt - Small	345g	210	0.5	1	0.4	0	2	0	15	1	52	17	2	8	52	1	25	70	2	2
Mango Pineapple Smoothie without yogurt - Snack Size	232g	150	0.3	0	0.2	0	1	0	10	0	35	12	1	4	35	1	20	45	2	2
Mini Chocolate	36g	160	9	14	6	0.2	31	20	170	7	18	6	1	4	6	3	6	6	0	15
Mini Maple	40g	160	9	14	6	0.2	31	25	120	5	17	6	1	4	7	2	8	0	0	6
Mini Raspberry	40g	150	8	12	5	0.2	26	20	120	5	15	5	1	4	4	2	8	2	0	6
Mocha with 2% milk - Large	524ml	350	12	18	7	0.4	37	45	280	12	44	15	0	0	43	13	25	0	60	4