

NUTRITIONAL INFORMATION

BEVERAGES



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1 COFFEE / CHOCOLATE

ESPRESSO



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Coffee Powder 8g	24 kcal	1.6 g	0 g	0 g	0 g	4.8 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		
Water 140ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		

DOUBLE ESPRESSO



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Coffee Powder 16g	48 kcal	3.2 g	0 g	0 g	0 g	9.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		
Water 140ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		

CAPPUCCINO



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Coffee Powder 16g	48 kcal	3.2 g	0 g	0 g	0 g	9.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		
Full Cream Milk 140ml	88.2 kcal	4.6 g	4.8 g	3.6 g	0.1 g	6.7 g	6.7 g	168 g	0 g	56 mg	0 g	17.9 g	6.7 g		
Water 40ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		

1 COFFEE / CHOCOLATE

MACCHIATO



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Coffee Powder 16g	48 kcal	3.2 g	0 g	0 g	0 g	9.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		
Full Cream Milk 140ml	88.2 kcal	4.6 g	4.8 g	3.6 g	0.1 g	6.7 g	6.7 g	168 g	0 g	56 mg	0 g	17.9 g	6.7 g		
Water 40ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		

GOLDEN LATTE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Turmeric 5g	15 kcal	1 g	0 g	0 g	0 g	3 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		
Full Cream Milk 245ml	154.4 kcal	8 g	8.3 g	6.4 g	0.2 g	11.8 g	11.8 g	294 g	0 g	98 mg	0 g	31.4 g	11.8 g		
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		

CAFÉ LATTE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Coffee Powder 16g	48 kcal	3.2 g	0 g	0 g	0 g	9.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		
Full Cream Milk 140ml	88.2 kcal	4.7 g	4.8 g	3.6 g	0.1 g	6.7 g	6.7 g	168 g	0 g	56 mg	0 g	6.7 g	6.7 g		
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		

1 COFFEE / CHOCOLATE

CAFÉ MOCHA



Nutrition Information													Serving per glass: 1		Serving Size: 250ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose					
Coffee Powder 16g	48 kcal	3.2 g	0 g	0 g	0 g	9.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g					
Full Cream Milk 140ml	88.2 kcal	4.7 g	4.8 g	3.6 g	0.1 g	6.7 g	6.7 g	168 g	0 g	56 mg	0 g	6.7 g	6.7 g					
Chocolate Syrup 10ml	0 kcal	0 g	0 g	0 g	0 g	1.2 g	1 g	0 g	0 g	0.5 mg	0.1g	0 g	0 g					
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g					

CAFÉ PANNA



Nutrition Information													Serving per glass: 1		Serving Size: 180ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose					
Coffee Powder 16g	48 kcal	3.2 g	0 g	0 g	0 g	9.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g					
Full Cream Milk 140ml	88.2 kcal	4.7 g	4.8 g	3.6 g	0.1 g	6.7 g	6.7 g	168 g	0 g	56 mg	0 g	6.7 g	6.7 g					
Water 40ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g					

1 COFFEE / CHOCOLATE

CAFÉ VIENNA



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Coffee Powder 16g	48 kcal	3.2 g	0 g	0 g	0 g	9.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		
Whipped Cream 50g	122 kcal	1.2 g	10 g	0 g	0 g	6.9 g	6.9 g	0 g	0 g	16 mg	0 g	0 g	0 g		
Water 40ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		

CAFÉ CHOCOLATE



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Coffee Powder 16g	48 kcal	3.2 g	0 g	0 g	0 g	9.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		
Chocolate Syrup 15ml	0 kcal	0 g	0 g	0 g	0 g	1.8 g	1.5 g	0 g	0 g	0.8 mg	0.2 g	0 g	0 g		
Whipped Cream 50g	122 kcal	1.2 g	10 g	0 g	0 g	6.9 g	6.9 g	0 g	0 g	16 mg	0 g	0 g	0 g		
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g		

1 COFFEE / CHOCOLATE

CAFÉ HAZELNUT



Nutrition Information		Serving per glass: 1						Serving Size: 180ml		Average Per 100ml			
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose
Coffee Powder 16g	48 kcal	3.2 g	0 g	0 g	0 g	9.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g
Hazelnut Syrup 10ml	31.4 kcal	0 g	0 g	0 g	0 g	7.9 g	7.8 g	0 g	0 g	0.2 mg	0 g	0 g	0 g
Whipped Cream 50g	122 kcal	1.2 g	10 g	0 g	0 g	6.9 g	6.9 g	0 g	0 g	16 mg	0 g	0 g	0 g
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g

HOT CHOCOLATE



Nutrition Information		Serving per glass: 1						Serving Size: 250ml		Average Per 100ml			
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose
Milk 220ml	138.6 kcal	7.3 g	7.5 g	5.7 g	0.2 g	10.6 g	10.6 g	264 g	0 g	88 mg	0 g	28.2 g	10.6 g
Chocolate Syrup 15g	59 kcal	0.8 g	0.6 g	0.3 g	0 g	12.2 g	11.7 g	0 g	0 g	0 mg	0.8 g	0 g	0 g

1 COFFEE / CHOCOLATE

DURIAN LATTE



Ingredient	Nutrition Information												
	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose
Coffee Powder 16g	15.1 kcal	0.4 g	0 g	0 g	0 g	1.6 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g
Full Cream Milk 70ml	184.8kcal	2.3 g	2.4 g	1.8 g	0.1 g	3.4 g	3.4 g	84 g	0 g	28 mg	0 g	9 g	3.4 g
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g
Whipped Cream 15ml	27.9 kcal	0.2 g	2.9 g	2 g	0.1 g	0.2 g	0.2 g	0 g	0 g	2.5 mg	0 g	0 g	0 g
Durian Puree 25g	200.3 kcal	0.6 g	1.4 g	0 g	0 g	8.4 g	0 g	0 g	0 g	2.8 mg	0 g	0 g	0 g
Maple Syrup 10ml	0 kcal	0 g	0 g	0 g	0 g	9 g	7.7 g	0 g	0 g	15 mg	0 g	0 g	0 g
Durian Essence 10ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 g

2 TWG TEA

LEGACY BLEND



Nutrition Information													Serving per glass: 1	Serving Size: 200ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

ENGLISH BREAKFAST TEA



Nutrition Information													Serving per glass: 1	Serving Size: 200ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0.5 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

ROYAL DARJEELING



Nutrition Information													Serving per glass: 1	Serving Size: 200ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

FRENCH EARL GREY



Nutrition Information													Serving per glass: 1	Serving Size: 200ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0.5 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

2 TWG TEA

TIMELESS TEA



Nutrition Information		Serving per glass: 1						Serving Size: 200ml			Average Per 100ml		
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ

GEISHA BLOSSOM



Nutrition Information		Serving per glass: 1						Serving Size: 200ml			Average Per 100ml		
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0.5 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ

CHAMOMILE



Nutrition Information		Serving per glass: 1						Serving Size: 200ml			Average Per 100ml		
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ
Honey 5g	16 kcal	0 g	0 g	0 g	0 g	4 g	4 g	0 g	0 g	0 mg	0 g	0 g	0 µ
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ

2 TWG TEA

SWEET FRANCE



Nutrition Information													Serving per glass:1		Serving Size: 200ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0.1 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ					
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ					

ALEXANDRIA



Nutrition Information													Serving per glass:1		Serving Size: 200ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ					
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ					

PAI MU TAN



Nutrition Information													Serving per glass:1		Serving Size: 200ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ					
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ					

VANILLA BOURBON



Nutrition Information													Serving per glass:1		Serving Size: 200ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ					
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ					

3 LIPTON TEA

LEMON TEA



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Black Tea 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Lime Juice 50ml	12.5 kcal	0.2 g	0 g	0 g	0 g	4.2 g	0.8 g	0 g	0 g	8 mg	0.2 g	0 g	0 µ		
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		
Lemon 1 slice	1.3 kcal	0 g	0 g	0 g	0 g	0.4 g	0.1 g	0.4 g	0 g	0.1 mg	0 g	0 g	0 µ		

PEACH PERFECT (FLAVOURED TEA)



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Black Tea 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Peach Syrup 10ml	9 kcal	0 g	0 g	0 g	0 g	2.2 g	2.1 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

LYCHEE LADY (FLAVOURED TEA)



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Black Tea 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Lychee Syrup 10ml	10 kcal	0 g	0 g	0 g	0 g	2.4 g	2.4 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

3 LIPTON TEA

GINGERELLA (FLAVOURED TEA)



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Black Tea 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Ginger Ale 50ml	2.7 kcal	0 g	0 g	0 g	0 g	0.7 g	2.3 g	0 g	0 g	2 mg	0 g	0 g	0 µ		
Lime 1 slice	0 kcal	0.1 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0.1 mg	0 g	0 g	0 µ		
Mint Leaves 1 piece	2.7 kcal	3.8 g	3 g	0 g	0.9 g	15 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 100 ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

CHAMOMILE



Nutrition Information													Serving per glass: 1	Serving Size: 180ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 2g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Honey 5g	16 kcal	0 g	0 g	0 g	0 g	4 g	4 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 100ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

3 LIPTON TEA

TEA



Nutrition Information													Serving per glass: 1	Serving Size: -	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Black Tea 40g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 4000 ml	0 kcal	0 g	4.8 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

4 SAICHO TEA

SAICHO JASMINE SPARKLING TEA



Nutrition Information													Serving per glass: 1	Serving Size: 100ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Saicho Jasmine Sparkling Tea 100ml	27 kcal	0 g	0 g	0 g	0 g	6.5 g	6 g	0 g	0 g	0 mg	0 g	0 g	0 ȳ		

SAICHO HOJICHA SPARKLING TEA



Nutrition Information													Serving per glass: 1	Serving Size: 100ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Saicho Hojicha Sparkling Tea 100ml	19 kcal	0 g	0 g	0 g	0 g	4.4 g	4.2 g	0 g	0 g	0 mg	0 g	0 g	0 ȳ		

5 CHINESE TEA

DONGTING BILUOCHUN



Nutrition Information													Serving per glass: 1	Serving Size: 300ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 5g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 300ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

SNOW WHITE DRAGON WELL



Nutrition Information													Serving per glass: 1	Serving Size: 300ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 5g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 300ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

RAIN FLOWER TEA



Nutrition Information													Serving per glass: 1	Serving Size: 300ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 5g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 300ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

ROSE AGED PUER



Nutrition Information													Serving per glass: 1	Serving Size: 300ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 5g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 300ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

5 CHINESE TEA

FLOWER FAIRIES



Nutrition Information													Serving per glass: 1	Serving Size: 300ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 5g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 300ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

GINSENG OOLONG



Nutrition Information													Serving per glass: 1	Serving Size: 300ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 5g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 300ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

HIGH MOUNTAIN DONGDING OOLONG



Nutrition Information													Serving per glass: 1	Serving Size: 300ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 5g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 300ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

OSMANTHUS SUPREME



Nutrition Information													Serving per glass: 1	Serving Size: 300ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tea Leaves 5g	0 kcal	0 g	0 g	0 g	0 g	0.1 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Water 300ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 µ		

6 FRESH JUICES

BODY BOOSTER



Nutrition Information													Serving per glass: 1	Serving Size: 350ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Carrot (Half) 60g	0 kcal	0.5 g	0.1 g	0 g	0 g	6 g	2.8 g	0 g	0 g	41.4 mg	1.7 g	0 g	0 µ		
Apple 200g	0 kcal	3.6 g	1.6 g	0 g	0 g	36 g	3.4 g	0 g	0 g	26 mg	4 g	0 g	0 µ		
Ginger 2g	0 kcal	0 g	0 g	0 g	0 g	0.4 g	0 g	0 g	0 g	0.3 mg	0 g	0 g	0 µ		

THE CURE



Nutrition Information													Serving per glass: 1	Serving Size: 350ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Apple 200g	0 kcal	0.5 g	0.3 g	0 g	0 g	28 g	20 g	0 g	0 g	2 mg	4.8 g	0 g	0 µ		
Cucumber 200g	0 kcal	1.3 g	0.2 g	0 g	0 g	7.4 g	0 g	0 g	0 g	0 mg	1 g	0 g	0 µ		
Celery 40g	0 kcal	0.4 g	0 g	0 g	0 g	4 g	1.9 g	0 g	0 g	27.6 mg	1.1 g	0 g	0 µ		

SKIN SOOTHER



Nutrition Information													Serving per glass: 1	Serving Size: 350ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tomato Canned 50g	0 kcal	0.1 g	0 g	0 g	0 g	1 g	0.6 g	0 g	0 g	69 mg	0.1 g	0 g	0 µ		
Carrot 60g	0 kcal	0.5 g	0.1 g	0 g	0 g	6 g	2.8 g	0 g	0 g	41.4 mg	1.7 g	0 g	0 µ		
Apple 100g	0 kcal	0.2 g	0.2 g	0 g	0 g	14 g	10 g	0 g	0 g	1 mg	2.4 g	0 g	0 µ		

6 FRESH JUICES

BEAUTY TONIC



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Orange 140g	0 kcal	1.3 g	0 g	0 g	0 g	15.4 g	12.6 g	0 g	0 g	1.8 mg	3.2 g	0 g	0 µ					
Cucumber 200g	0 kcal	0.9 g	0.2 g	0 g	0 g	5 g	0 g	0 g	0 g	2.8 mg	0.7 g	0 g	0 µ					
Ginger 2g	0 kcal	0.5 g	0.2 g	0 g	0 g	4.6 g	0.4 g	0 g	0 g	3.3 mg	0.5 g	0 g	0 µ					

POWER DETOXER



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Pineapple 100g	50 kcal	0.5 g	0.1 g	0 g	0 g	13 g	9.9 g	0 g	0 g	1 mg	1.4 g	0 g	0 µ					
Apple 100g	52 kcal	0.3 g	0.2 g	0 g	0 g	14 g	10 g	0 g	0 g	1 mg	2.4 g	0 g	0 µ					
Watermelon 100g	30 kcal	0.6 g	0.2 g	0 g	0 g	7.6 g	6.2 g	0 g	0 g	1 mg	0.4 g	0 g	0 µ					

WATERMELON & APPLE



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Watermelon 100g	30 kcal	0.6 g	0.2 g	0 g	0 g	7.6 g	6.2 g	0 g	0 g	1 mg	0.4 g	0 g	0 µ					
Apple 100g	104 kcal	0.5 g	0.3 g	0 g	0 g	28 g	20 g	0 g	0 g	2 mg	4.8 g	0 g	0 µ					

6 FRESH JUICES

WATERMELON & CARROT



Nutrition Information		Serving per glass: 1						Serving Size: 350ml			Average Per 100ml		
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride
Watermelon 100g	30 kcal	0.6 g	0.2 g	0 g	0 g	7.6 g	6.2 g	0 g	0 g	1 mg	0.4 g	0 g	0 µ
Carrot 60g	24.6 kcal	0.5 g	0.1 g	0 g	0 g	6 g	2.8 g	0 g	0 g	41.4 mg	1.7 g	0 g	0 µ

WATERMELON & ORANGE



Nutrition Information		Serving per glass: 1						Serving Size: 350ml			Average Per 100ml		
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride
Watermelon 152g	45.6 kcal	0.9 g	0.2 g	0 g	0 g	11.5 g	9.4 g	10.6 g	0 g	1.5 mg	0.6 g	0 g	0 µ
Orange 140g	43.4 kcal	1.4 g	0.2 g	0 g	0 g	16.8 g	9.4 g	0 g	0 g	0 mg	3.4 g	0 g	0 µ

MANGO & TOMATO



Nutrition Information		Serving per glass: 1						Serving Size: 350ml			Average Per 100ml		
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride
Mango 150g	41 kcal	0.1 g	0 g	0 g	0 g	10.1 g	9.4 g	0 g	0 g	5 mg	0.6 g	0 g	0 µ
Tomato Juice 150g	0 kcal	0.4 g	0 g	0 g	0 g	3.1 g	1.8 g	0 g	0 g	207 mg	0.4 g	0 g	0 µ

6 FRESH JUICES

ORANGE & APPLE



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Orange 140g	65.8 kcal	1.3 g	0.2 g	0 g	0 g	16.8 g	9.4 g	0 g	0 g	0 mg	3.4 g	0 g	0 µ					
Apple 200g	52 kcal	0.3 g	0.2 g	0 g	0 g	14 g	10 g	0 g	0 g	1 mg	2.4 g	0 g	0 µ					

APPLE



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Apple 100g	104 kcal	0.5 g	0.3 g	0 g	0 g	28 g	20 g	0 g	0 g	2 mg	4.8 g	0 g	0 µ					

GREEN APPLE



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Green Apple 91g	0 kcal	0 g	0 g	0 g	0 g	12.5 g	9.5 g	0 g	0 g	0.9 mg	2.2 g	0 g	0 µ					

ORANGE



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Orange 140g	94 kcal	1.9 g	0.2 g	0 g	0 g	24 g	18.7 g	0 g	0 g	0 mg	4.8 g	0 g	0 µ					

6 FRESH JUICES

CARROT



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Carrot 100g	41 kcal	0.9 g	0.2 g	0 g	0 g	10 g	4.7 g	0 g	0 g	69 mg	2.8 g	0 g	0 µ					

WATERMELON



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Watermelon 100g	30 kcal	0.6 g	0.2 g	0 g	0 g	7.6 g	6.2 g	0 g	0 g	1 mg	0.4 g	0 g	0 µ					

PINEAPPLE



Nutrition Information													Serving per glass: 1		Serving Size: 350ml		Average Per 100ml	
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride					
Watermelon 100g	50 kcal	0.5 g	0.1 g	0 g	0 g	13 g	9.9 g	0 g	0 g	1 mg	1.4 g	0 g	0 µ					

7 CHILLED JUICES

MANGO JUICE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Mango Juice	41 kcal	0.1 g	0 g	0 g	0 g	10.1 g	9.4 g	0 g	0 g	5 mg	0.6 g	0 g	0 µ		

CRANBERRY JUICE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Cranberry Juice	37 kcal	0 g	0 g	0 g	0 g	9.3 g	9.2 g	0 g	0 g	4 mg	0.6 g	0 g	0 µ		

ORANGE JUICE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Orange Juice	45 kcal	0.7 g	0 g	0 g	0 g	10.6 g	9.6 g	0 g	0 g	3 mg	0 g	0 g	0 µ		

PINEAPPLE JUICE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Pineapple Juice	36 kcal	0.2 g	0 g	0 g	0 g	8.9 g	8.9 g	0 g	0 g	6 mg	0.5 g	0 g	0 µ		

APPLE JUICE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Apple Juice	35 kcal	0 g	0 g	0 g	0 g	8.7 g	8 g	0 g	0 g	8 mg	0 g	0 g	0 µ		

7 CHILLED JUICES

FRUIT PUNCH



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Fruit Punch	40 kcal	0.4 g	0 g	0 g	0 g	9.6 g	8.5 g	0 g	0 g	10 mg	0 g	0 g	0 µ		

CALAMANSI JUICE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Calamansi Juice	40 kcal	0 g	0 g	0 g	0 g	10.1 g	9.6 g	0 g	0 g	6 mg	0 g	0 g	0 µ		

LIME JUICE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Lime Juice	0 kcal	0.9 g	0.6 g	0.1 g	0 g	17 g	6.2 g	0 g	0 g	2.4 mg	0 g	0 g	0 µ		

TOMATO JUICE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tomato Juice	17 kcal	0.8 g	0 g	0 g	0 g	2.9 g	2.9 g	0 g	0 g	0.5 mg	0 g	0 g	0 µ		

8 SOFT DRINKS

COKE ORIGINAL



Nutrition Information													Serving per glass: 1	Serving Size: 320ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Coke Original 320ml	19 kcal	0 g	0 g	0 g	0 g	4.6 g	4.6 g	0 g	0 g	2 mg	0 g	0 g	0 µ		

COKE LIGHT



Nutrition Information													Serving per glass: 1	Serving Size: 320ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Coke Light 320ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	6 mg	0 g	0 g	0 µ		

COKE ZERO



Nutrition Information													Serving per glass: 1	Serving Size: 320ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Coke Zero 320ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	6 mg	0 g	0 g	0 µ		

SPRITE



Nutrition Information													Serving per glass: 1	Serving Size: 320ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Sprite 320ml	19 kcal	0 g	0 g	0 g	0 g	4.6 g	4.6 g	0 g	0 g	11 mg	0 g	0 g	0 µ		

CHERRYADE



Nutrition Information													Serving per glass: 1	Serving Size: 320ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Cherryade 320ml	20 kcal	0 g	0 g	0 g	0 g	4.9 g	4.9 g	0 g	0 g	8 mg	0 g	0 g	0 µ		

8 SOFT DRINKS

GINGER ALE



Nutrition Information													Serving per glass: 1	Serving Size: 320ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Ginger Ale 320ml	19 kcal	0 g	0 g	0 g	0 g	4.6 g	4.6 g	0 g	0 g	14 mg	0 g	0 g	0 µ		

TONIC WATER



Nutrition Information													Serving per glass: 1	Serving Size: 320ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tonic Water 320ml	20 kcal	0 g	0 g	0 g	0 g	4.6 g	4.6 g	0 g	0 g	11 mg	0 g	0 g	0 µ		

SODA WATER



Nutrition Information													Serving per glass: 1	Serving Size: 320ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Soda Water 320ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	17 mg	0 g	0 g	0 µ		

GINGER BEER



Nutrition Information													Serving per glass: 1	Serving Size: 320ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Ginger Beer 200ml	22 kcal	0 g	0 g	0 g	0 g	4.9 g	4.9 g	0 g	0 g	12 mg	0 g	0 g	0 µ		

9 MOCKTAILS

GUNNER



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Ginger Ale 100ml	19 kcal	0 g	0 g	0 g	0 g	4.6 g	4.6 g	0 g	0 g	14 mg	0 g	0 g	0 µ		
Ginger Beer 60ml	13.2 kcal	0 g	0 g	0 g	0 g	2.9 g	2.9 g	0 g	0 g	7.2 mg	0 g	0 g	0 µ		

SHIRLEY TEMPLE



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Sprite 120ml	0 kcal	0 g	0 g	0 g	0 g	10 g	10.8 g	0 g	0 g	0 mg	0 g	0 g	0 µ		
Grenadine 5ml	17.4 kcal	0 g	0 g	0 g	0 g	4.2 g	4.2 g	0 g	0 g	0.5 mg	0 g	0 g	0 µ		
Lime Juice 15ml	3.8 kcal	0 g	0 g	0 g	0 g	1.3 g	0.3 g	2.1 g	0 g	2.4 mg	0 g	0 g	0 µ		

VIRGIN MOJITO



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Mint Leaves 1g	0 kcal	0.1 g	0 g	0 g	0 g	0.1 g	0 g	0 g	0 g	0.5 mg	0 g	0 g	0 µ		
Fresh Lime Wedges 28g	2.3 kcal	0.1 g	0 g	0 g	0 g	0.7 g	0.2 g	2 g	0 g	0.2 mg	0.2 g	0 g	0 µ		
Soda 90ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	15.3 mg	0 g	0 g	0 µ		
Sugar Syrup 20ml	35.2 kcal	0 g	0 g	0 g	0 g	9.2 g	9.2 g	0.4 g	0 g	0.6 mg	0 g	0 g	0 µ		

9 MOCKTAILS

VIRGIN MARY



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Tomato Juice 90ml	0.8 kcal	0 g	0 g	0 g	2.4 g	0 g	2.4 g	0 g	0.5 g	0 mg	0 g	0 g	0 µ		
Lemon Juice 14ml	0 kcal	0.1 g	0 g	0 g	0 g	2.2 g	0.8 g	0 g	0 g	0.3 mg	0 g	0 g	0 µ		
Worcestershire 2g	9.6 kcal	0 g	0 g	0 g	0 g	0.5 g	0.4 g	0 g	0 g	30 mg	0 g	0 g	0 µ		
Tobasco 2g	0 kcal	0 g	0 g	0 g	0 g	0.4 g	0.4 g	0 g	0 g	48 mg	0 g	0 g	0 µ		
Salt 1g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	351.8 mg	0 g	0 g	0 µ		
Pepper 1g	1.1 kcal	0 g	0 g	0 g	0 g	1 g	0 g	0 g	0 g	0 mg	1 g	0 g	0 µ		

PUSSYFOOT



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Chilled Fruit Punch 350ml	40 kcal	0.4 g	0 g	0 g	0 g	9.6 g	8.5 g	0 g	0 g	10 mg	0 g	0 g	0 µ		
Egg Yolk 1 piece	71.5 kcal	6.3 g	4.8 g	0 g	0 g	0.4 g	0.19 g	28 g	0 g	71 mg	0 g	0 g	0 µ		

FRUIT PUNCH



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Fruit Punch	40 kcal	0.4 g	0 g	0 g	0 g	9.6 g	8.5 g	0 g	0 g	10 mg	0 g	0 g	0 µ		

9 MOCKTAILS

GARDEN CITY



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Sweet France Tea 90ml	0 kcal	0 g	0 g	0 g	0 g	0.1 g	0 g	0 g	0 g	0 mg	0 g	0 g	0 ȳ		
Elderflower Syrup 15ml	48 kcal	0.1 g	0 g	0 g	0 g	11.8 g	11.8 g	0 g	0 g	0.2 mg	0 g	0 g	0 ȳ		
Sprite 90ml	17.1 kcal	0 g	0 g	0 g	0 g	4.1 g	4.1 g	0 g	0 g	9.9 mg	0 g	0 g	0 ȳ		

BLISS OUT



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Soda 90ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	15.3 mg	0 g	0 g	0 ȳ		
Honey 90ml	0 kcal	0.8 g	0 g	0 g	0 g	255 g	0 g	0 g	0 g	15 mg	0 g	0 g	0 ȳ		
Lemon 2 slice	1.3 kcal	0 g	0 g	0 g	0 g	0.8 g	0.3 g	0.7 g	0 g	0.1 mg	0 g	0 g	0 ȳ		
Passion Fruit Syrup 15ml	51.5 kcal	0.1 g	0 g	0 g	0 g	12.7 g	12.7 g	0 g	0 g	0.3 mg	0 g	0 g	0 ȳ		

10 OTHER BEVERAGES

DETOX WATER



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Water 4000ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 ȳ		
Green Apple 150g	79.5 kcal	0 g	0 g	0 g	0 g	21 g	15.8 g	52.5 g	0 g	0 mg	2.7 g	0 g	0 ȳ		
Cucumber (Half) 200g	30 kcal	1.3 g	0.2 g	0 g	0 g	7.4 g	3.4 g	0 g	0 g	4 mg	1 g	0 g	0 ȳ		

HOMEMADE BARLEY



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Water 3000ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 ȳ		
Sugar 800g	3096 kcal	0 g	0 g	0 g	0 g	800 g	798.4 g	8 g	0.4 g	8 mg	0 g	0 g	0 ȳ		
Barley Beans 500g	1760 kcal	49.6 g	5.8 g	0 g	0 g	388.5 g	4 g	145 g	0 g	45 mg	78 g	0 g	0 ȳ		

CHIN CHOW



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Flouride		
Water 200ml	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	71.2 ȳ		
Chin Chow Jelly 150g	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 mg	0 g	0 g	106.8 ȳ		

10 OTHER BEVERAGES

MILK



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Milk	88.2 kcal	4.6 g	4.8 g	3.6 g	0 g	6.7 g	6.7 g	168 g	0 g	56 mg	0 g	17.9 g	6.7 g		

SOYA BEAN MILK



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Soya Bean Milk	0 kcal	5 g	3 g	0.5 g	0 g	22 g	20 g	0 g	0 g	0 mg	0.9 g	0 g	0 g		

SOYA BEAN WITH GRASS JELLY



Nutrition Information													Serving per glass: 1	Serving Size: 250ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Soya Milk 200ml	84 kcal	4 g	2.6 g	0 g	0 g	11.2 g	10 g	134 g	0 g	10 mg	0.6 g	0 g	0 g		
Chin Chow Jelly 50g	28 kcal	0.3 g	0 g	0 g	0 g	6.7 g	5.6 g	3 g	0 g	18.5 mg	0.3 g	0 g	0 g		

VANILLA MILKSHAKE



Nutrition Information													Serving per glass: 1	Serving Size: 200ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Milk 80ml	50.4 kcal	2.6 g	2.7 g	2 g	0 g	3.8 g	3.8 g	96 g	0 g	32 mg	0 g	10.2 g	3.8 g		
Vanilla Ice Cream 180g	408 kcal	7.7 g	23.9 g	14.7 g	0 g	40.1 g	0 g	0 g	0 g	113.4 mg	0.5 g	99.2 g	0 g		

10 OTHER BEVERAGES

CHOCOLATE MILKSHAKE



Nutrition Information													Serving per glass: 1	Serving Size: 200ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Milk 80ml	50.4 kcal	2.6 g	2.7 g	2 g	0 g	3.8 g	3.8 g	96 g	0 g	32 mg	0 g	10.2 g	3.8 g		
Chocolate Ice Cream 180g	380 kcal	6.9 g	19.8 g	12.3 g	0 g	0 g	0 g	0 g	0 g	137 mg	2.2 g	61.2 g	0 g		

STRAWBERRY MILKSHAKE



Nutrition Information													Serving per glass: 1	Serving Size: 200ml	Average Per 100ml
Ingredient	Energy	Protein	Total Fat	- Saturated	- Trans	Carbohydrate	- Total Sugar	Calcium	Iron	Sodium	Fibre	Cholesterol	Lactose		
Milk 80ml	50.4 kcal	2.6 g	2.7 g	2 g	0 g	3.8 g	3.8 g	96 g	0 g	32 mg	0 g	10.2 g	3.8 g		
Strawberry Ice Cream 180g	346 kcal	5.8 g	15.1 g	9.3 g	0 g	49.7 g	0 g	0 g	0 g	108 mg	0.5 g	0 g	0 g		