



TEA & CHAI

PRODUCT	DESCRIPTION	Energy cal (kj)	Protein (g)	Fats Total (g)	Fats Saturated (g)	Carbohydrates Total (g)	Carbohydrates Sugars (g)	Sodium (mg)
Chamomile	Pot (Dine In)	7.6 (32kj)	<1g	<1g	<1g	<1g	<1g	<10mg
	Large (Takeaway)	7.6 (32kj)	<1g	<1g	<1g	<1g	<1g	<10mg
Chai Latte	Regular (Dine In) Full Cream	251 (1052kj)	7.7g	8.6g	5.8g	35.4g	34.8g	121mg
	Regular (Dine In) Skim	191 (800kj)	9.1g	0.2g	0.1g	37.3g	36.7g	140mg
	Regular (Dine In) Soy	253 (1066kj)	7.7g	8.4g	1.0g	36.3g	28.3g	111mg
	Large (Dine In) Full Cream	464 (1944kj)	13.9g	15.6g	10.4g	66.7g	64.5g	218mg
	Large (Dine In) Skim	356 (1489kj)	16.5g	0.4g	0.2g	70.1g	68.9g	253mg
	Large (Dine In) Soy	468 (1970kj)	13.9g	15.2g	1.7g	68.4g	53.8g	201mg
	Large (Takeaway) Full Cream	389 (1629kj)	10.1g	11.3g	7.6g	61.1g	59.9g	160mg
	Large (Takeaway) Skim	310 (1298kj)	12.0g	0.3g	0.2g	63.6g	62.4g	186mg
	Large (Takeaway) Soy	392 (1648kj)	10.1g	11g	1.3g	62.4g	51.4g	148mg
Darjeeling	Pot (Dine In) Full Cream	39 (166kj)	1.6g	1.8g	1.2g	2.4g	2.4g	35mg
	Pot (Dine In) Skim	27 (113kj)	1.9g	0.1g	0.1g	2.8g	2.6g	39mg
	Pot (Dine In) Soy	39 (166kj)	1.6g	1.8g	0.2g	2.5g	1g	32mg
	Large (Takeaway) Full Cream	39 (166kj)	1.6g	1.8g	1.2g	2.4g	2.4g	35mg
	Large (Takeaway) Skim	27 (113kj)	1.9g	0.1g	0.1g	2.8g	2.6g	39mg
	Large (Takeaway) Soy	39 (166kj)	1.6g	1.8g	0.2g	2.5g	1g	32mg
Earl Grey	Pot (Dine In) Full Cream	39 (166kj)	1.6g	1.8g	1.2g	2.4g	2.4g	35mg
	Pot (Dine In) Skim	27 (113kj)	1.9g	0.1g	0.1g	2.8g	2.6g	39mg
	Pot (Dine In) Soy	39 (166kj)	1.6g	1.8g	0.2g	2.5g	1g	32mg
	Large (Takeaway) Full Cream	39 (166kj)	1.6g	1.8g	1.2g	2.4g	2.4g	35mg
	Large (Takeaway) Skim	27 (113kj)	1.9g	0.1g	0.1g	2.8g	2.6g	39mg
	Large (Takeaway) Soy	39 (166kj)	1.6g	1.8g	0.2g	2.5g	1g	32mg
English Breakfast	Pot (Dine In) Full Cream	39 (166kj)	1.6g	1.8g	1.2g	2.4g	2.4g	35mg
	Pot (Dine In) Skim	27 (113kj)	1.9g	0.1g	0.1g	2.8g	2.6g	39mg
	Pot (Dine In) Soy	39 (166kj)	1.6g	1.8g	0.2g	2.5g	1g	32mg
	Large (Takeaway) Full Cream	39 (166kj)	1.6g	1.8g	1.2g	2.4g	2.4g	35mg
	Large (Takeaway) Skim	27 (113kj)	1.9g	0.1g	0.1g	2.8g	2.6g	39mg
	Large (Takeaway) Soy	39 (166kj)	1.6g	1.8g	0.2g	2.5g	1g	32mg
Green	Pot (Dine In)	4.7 (20kj)	<1g	<1g	<1g	<1g	<1g	<5mg
	Large (Takeaway)	4.7 (20kj)	<1g	<1g	<1g	<1g	<1g	<5mg
Orange Pekoe	Pot (Dine In) Full Cream	39 (166kj)	1.6g	1.8g	1.2g	2.4g	2.4g	35mg
	Pot (Dine In) Skim	27 (113kj)	1.9g	0.1g	0.1g	2.8g	2.6g	39mg
	Pot (Dine In) Soy	39 (166kj)	1.6g	1.8g	0.2g	2.5g	1g	32mg
	Large (Takeaway) Full Cream	39 (166kj)	1.6g	1.8g	1.2g	2.4g	2.4g	35mg
	Large (Takeaway) Skim	27 (113kj)	1.9g	0.1g	0.1g	2.8g	2.6g	39mg
	Large (Takeaway) Soy	39 (166kj)	1.6g	1.8g	0.2g	2.5g	1g	32mg
Peppermint	Pot (Dine In)	7.6 (32kj)	<1g	<1g	<1g	<1g	<1g	<10mg
	Large (Takeaway)	7.6 (32kj)	<1g	<1g	<1g	<1g	<1g	<10mg
Refreshing Ginger	Pot (Dine In)	7.6 (32kj)	<1g	<1g	<1g	<1g	<1g	<10mg
	Large (Takeaway)	7.6 (32kj)	<1g	<1g	<1g	<1g	<1g	<10mg

Disclaimer: Nutritional analysis conducted by an independent qualified nutritionist. Nutritional values are based on products being made to exact recipe specifications as of the date of the publication. Actual serving sizes and nutrient values may vary from store to store based on reproduction.