

COSTA COFFEE.

ALLERGEN GUIDE: 12oz HOT DRINKS (DAIRY MILKS):

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Soy	Egg	Milk	Fish	Shellfish	Sesame	Peanut	Tree Nuts	Tree Nut Source
12oz Coffee dairy milk	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
12oz Cappucino dairy milk	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
12oz Flat White daily milk	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
12oz Latte dairy milk	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
12oz Vanilla Latte dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	Coconut
12oz Caramel Latte dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	coconut
12oz Gingerbread Latte dairy milk*	YES	YES	YES	NO	NO	YES	NO	NO	NO	NO	YES	coconut
12oz Mocha dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
12oz Hot Chocolate dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	

ALLERGEN GUIDE: 12oz HOT DRINKS (OAT MILK):

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Soy	Egg	Milk	Fish	Shellfish	Sesame	Peanut	Tree Nuts	Tree Nut Source
12oz Cappucino oat milk	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	
12oz Flat White oat milk	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	
12oz Latte oat milk	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	
12oz Vanilla Latte oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	YES	Coconut
12oz Caramel Latte oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	YES	Coconut
12oz Gingerbread Latte oat milk*	YES	YES	YES	NO	NO	C	NO	NO	NO	NO	YES	Coconut
12oz Mocha oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	
12oz Hot Chocolate oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	

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ALLERGEN GUIDE: 16oz HOT DRINKS (DAIRY MILKS):

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Soy	Egg	Milk	Fish	Shellfish	Sesame	Peanut	Tree Nuts	Tree Nut Source
16oz Latte dairy milk	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
16oz Caramel Latte dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	Coconut
16oz Vanilla Latte dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	coconut
12oz Gingerbread Latte dairy milk*	YES	YES	YES	NO	NO	YES	NO	NO	NO	NO	YES	coconut
12oz Mocha oat milk*	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	
16oz Hot Chocolate dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	

ALLERGEN GUIDE: 16oz HOT DRINKS (OAT MILK):

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Soy	Egg	Milk	Fish	Shellfish	Sesame	Peanut	Tree Nuts	Tree Nut Source
16oz Latte oat milk	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	
16oz Caramel Latte oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	YES	Coconut
16oz Vanilla Latte oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	YES	Coconut
16oz Gingerbread Latte oat milk*	YES	YES	YES	NO	NO	C	NO	NO	NO	NO	YES	Coconut
16oz Mocha oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	
16oz Hot Chocolate oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	

ALLERGEN GUIDE: 16oz ICED DRINKS (DAIRY MILKS):

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Soy	Egg	Milk	Fish	Shellfish	Sesame	Peanut	Tree Nuts	Tree Nut Source
16oz Iced Latte dairy milk	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
16oz Iced Caramel Latte dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	Coconut
16oz Iced Vanilla Latte dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	coconut

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ALLERGEN GUIDE: 16oz ICED DRINKS (OAT MILK):

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Soy	Egg	Milk	Fish	Shellfish	Sesame	Peanut	Tree Nuts	Tree Nut Source
16oz Iced Latte oat milk	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	
16oz Iced Caramel Latte oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	YES	Coconut
16oz Iced Vanilla Latte oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	YES	Coconut

ALLERGEN GUIDE: 20oz ICED DRINKS (DAIRY MILKS):

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Soy	Egg	Milk	Fish	Crustacean	Sesame	Peanut	Tree Nuts	Tree Nut Source
20oz Iced Latte dairy milk	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
20oz Iced Caramel Latte dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	Coconut
20oz Iced Vanilla Latte dairy milk*	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	coconut

ALLERGEN GUIDE: 20oz ICED DRINKS (OAT MILK):

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Soy	Egg	Milk	Fish	Shellfish	Sesame	Peanut	Tree Nuts	Tree Nut Source
20oz Iced Latte oat milk	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	
20oz Iced Caramel Latte oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	YES	Coconut
20oz Iced Vanilla Latte oat milk*	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	YES	Coconut

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ALLERGEN GUIDE: OPTIONAL EXTRAS

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Soy	Egg	Milk	Fish	Shellfish	Sesame	Peanut	Tree Nuts	Tree Nut Source (if present)
Vanilla syrup Flavor Shot*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	Coconut
Caramel syrup Flavor Shot*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	Coconut
Gingerbread syrup Flavor shot*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	Coconut
Sugar (with added sweetener) shot*	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	Coconut
Chocolate shot (Dark chocolate syrup)*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Additional dairy milk portion	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
Additional Half & Half Creamer portion	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
Additional oat milk portion	YES	YES	NO	NO	NO	C	NO	NO	NO	NO	NO	

NUTRITIONAL GUIDE: SHORT DRINKS & BLACK COFFEE DRINKS:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
Espresso	9	3	0.1	0.0	0.0	0.0	0.0	0.3	0.0	0.2	0.2
Double Espresso	17	5	0.1	0.0	0.0	0.0	0.0	0.6	0.0	0.3	0.3
Triple Espresso	22	6	0.2	0.0	0.0	0.0	0.0	0.8	0.0	0.4	0.4
Quad Espresso	33	9	0.3	0.0	0.0	0.0	0.0	1.2	0.0	0.6	0.6
Quint Espresso	39	11	0.3	0.0	0.0	0.0	0.0	1.4	0.0	0.7	0.7
Hex Espresso	44	12	0.4	0.0	0.0	0.0	0.0	1.6	0.0	0.8	0.8
12oz Americano	22	6	0.2	0.0	0.0	0.0	0.0	0.8	0.3	0.4	0.4
16oz Americano	26	7	0.2	0.0	0.0	0.0	0.00	0.9	0.4	0.5	0.5
16oz Iced Coffee	24	7	0.2	0.0	0.0	0.0	0.0	0.8	0.4	0.5	0.5
20oz Iced Coffee	26	7	0.2	0.0	0.0	0.0	0.0	0.9	0.6	0.5	0.5

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NUTRITIONAL GUIDE: 12oz HOT DRINKS 2% REDUCED FAT DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
12oz Cappucino	390	97	3.8	2.8	0.0	23	0.08	9.8	0.2	9.6	5.9
12oz Flat White	486	121	4.8	3.5	0.0	27	0.11	12.1	0.3	12.0	7.3
12oz Latte	592	147	5.8	4.3	0.0	33	0.13	14.8	0.3	14.6	8.9
12oz Vanilla Latte*	671	165	5.7	4.2	0.0	33	0.12	20.0	0.3	19.7	8.6
12oz Caramel Latte*	676	166	5.7	4.1	0.0	33	0.12	20.3	0.3	20.0	8.6
12oz Gingerbread Latte*	716	176	5.6	4.1	0.0	33	0.12	22.8	0.3	21.8	8.6
12oz Mocha*	819	200	5.1	3.8	0.0	32	0.12	30.8	0.3	29.6	7.8
12oz Hot Chocolate*	914	223	6.1	4.6	0.0	33	0.13	33.0	0.3	32.0	9.2

NUTRITIONAL GUIDE: 16oz HOT DRINKS 2% REDUCED FAT DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
16oz Latte	790	196	7.8	5.7	0.0	44	0.18	19.8	0.4	19.4	11.8
16oz Caramel Latte*	915	225	7.5	5.5	0.0	44	0.16	28.0	0.4	27.6	11.5
16oz Vanilla Latte*	907	223	7.6	5.5	0.0	44	0.16	27.5	0.4	27.1	11.4
16oz Gingerbread Latte*	976	240	7.5	5.5	0.0	44	0.16	31.7	0.4	30.3	11.4
16oz Mocha*	1156	283	7.3	5.3	0.0	45	0.16	43.4	0.5	41.6	11.1
16oz Hot Chocolate*	1255	307	8.3	6.2	0.0	45	0.18	45.6	0.5	44.2	12.5

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NUTRITIONAL GUIDE: 16oz ICED DRINKS 2% REDUCED FAT DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
16oz Iced Latte	532	132	5.2	3.8	0.0	44.0	0.11	13.3	0.4	13.1	8.0
16oz Iced Caramel Latte*	615	151	5.1	3.7	0.0	44.0	0.11	18.8	0.4	18.5	7.7
16oz Iced Vanilla Latte*	610	150	5.1	3.7	0.0	44.0	0.11	18.5	0.4	18.2	7.7

NUTRITIONAL GUIDE: 20oz ICED DRINKS 2% REDUCED FAT DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
20oz Iced Latte	648	161	6.4	4.7	0.0	55.0	0.18	16.3	0.6	15.9	9.7
20oz Iced Caramel Latte*	783	192	6.2	4.5	0.0	55.5	0.18	24.8	0.6	24.4	9.5
20oz Iced Vanilla Latte*	776	191	6.3	4.6	0.0	55.5	0.18	24.3	0.6	23.9	9.5

NUTRITIONAL GUIDE: 12oz HOT DRINKS SKIMMED (0.2% FAT) DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
12oz Cappuccino	261	64	0.5	0.2	0.0	4.6	0.08	7.1	0.0	6.8	6.6
12oz Flat White	321	78	0.6	0.2	0.0	5.3	0.09	8.6	0.0	8.4	8.2
12oz Latte	393	96	0.7	0.3	0.0	6.6	0.10	10.6	0.0	10.3	10.0
12oz Vanilla Latte*	472	114	0.7	0.3	0.0	6.6	0.10	15.7	0.0	14.6	9.7
12oz Caramel Latte*	472	114	0.7	0.3	0.0	6.6	0.11	15.7	0.0	14.6	9.7
12oz Gingerbread Latte*	524	124	0.7	0.3	0.0	6.6	0.10	18.7	0.0	17.7	9.7
12oz Mocha*	644	155	0.6	0.3	0.0	6.4	0.12	27.1	0.0	25.8	8.8
12oz Hot Chocolate*	700	168	0.6	0.3	0.0	6.6	0.13	28.4	0.0	27.4	10.4

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NUTRITIONAL GUIDE: 16oz HOT DRINKS SKIMMED (0.2% FAT) DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
16oz Latte	524	128	0.9	0.4	0.0	8.8	0.16	14.1	0.0	13.7	13.3
16oz Caramel Latte*	643	156	0.9	0.4	0.0	8.8	0.16	21.7	0.0	20.2	12.8
16oz Vanilla Latte*	643	156	0.9	0.4	0.0	8.8	0.16	21.7	0.0	20.2	12.8
16oz Gingerbread Latte*	744	179	0.9	0.4	0.0	8.8	0.16	27.6	0.0	26.0	12.8
16oz Mocha*	908	219	0.9	0.4	0.0	9.0	0.15	38.1	0.0	36.3	12.5
16oz Hot Chocolate*	965	232	0.8	0.4	0.0	9.0	0.15	39.4	0.0	38.0	14.1

NUTRITIONAL GUIDE: 16oz ICED DRINKS SKIMMED (0.2% FAT) DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g	Salt per portion
16oz Iced Latte	353	86	0.6	0.3	0.0	8.8	0.08	9.5	0.0	9.2	9.0	0.29
16oz Iced Caramel Latte*	433	105	0.6	0.2	0.0	8.8	0.08	14.6	0.0	13.5	8.6	0.27
16oz Iced Vanilla Latte*	433	105	0.6	0.2	0.0	8.8	0.08	14.6	0.0	13.5	8.6	0.27

NUTRITIONAL GUIDE: 20oz ICED DRINKS SKIMMED (0.2% FAT) DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
20oz Iced Latte	431	105	0.8	0.3	0.0	11.0	0.14	11.6	0.0	11.3	11.0
20oz Iced Caramel Latte*	557	135	0.8	0.3	0.0	11.1	0.14	19.5	0.0	17.9	10.6
20oz Iced Vanilla Latte*	557	135	0.8	0.3	0.0	11.1	0.14	19.5	0.0	17.9	10.6

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NUTRITIONAL GUIDE: 12oz HOT DRINKS WHOLE (3.5% FAT) DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
12oz Cappuccino	461	116	6.6	3.7	0.2	23.0	0.31	9.8	0.0	9.6	5.9
12oz Flat White	575	144	8.3	4.7	0.3	26.5	0.29	12.1	0.0	12.0	7.3
12oz Latte	701	176	10.1	5.7	0.3	33.0	0.34	14.8	0.0	14.6	8.9
12oz Vanilla Latte*	769	191	9.8	5.5	0.3	33.0	0.34	19.8	0.0	18.7	8.6
12oz Caramel Latte*	769	191	9.8	5.5	0.3	33.0	0.34	19.8	0.0	18.7	8.6
12oz Gingerbread Latte*	821	204	9.8	5.5	0.3	33.0	0.34	22.8	0.0	21.8	8.6
12oz Mocha*	914	225	8.9	5.0	0.3	32.0	0.36	30.8	0.0	29.6	7.8
12oz Hot Chocolate*	1030	254	10.7	6.1	0.3	33.0	0.36	33.0	0.3	32.0	9.2

NUTRITIONAL GUIDE: 16oz HOT DRINKS WHOLE (3.5% FAT) DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
16oz Latte	934	234	13.5	7.6	0.4	44.0	0.40	19.8	0.0	19.4	11.8
16oz Caramel Latte*	1037	258	13.0	7.3	0.4	44.0	0.42	27.2	0.0	25.6	11.4
16oz Vanilla Latte*	1037	258	13.0	7.3	0.4	44.0	0.40	27.2	0.0	25.6	11.4
16oz Gingerbread Latte*	1115	276	13.0	7.3	0.4	44.0	0.40	31.7	0.0	30.3	11.4
16oz Mocha*	1291	318	12.6	7.1	0.5	45.0	0.44	43.4	0.0	41.6	11.1
16oz Hot Chocolate*	1413	348	14.5	8.3	0.5	45.0	0.44	45.6	0.5	44.2	12.5

NUTRITIONAL GUIDE: 16oz ICED DRINKS WHOLE (3.5% FAT) DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
16oz Iced Latte	629	158	9.1	5.1	0.4	44.0	0.35	13.3	0.0	13.1	8.0
16oz Iced Caramel Latte*	697	173	8.7	4.9	0.4	44.0	0.36	18.3	0.0	17.2	7.7
16oz Iced Vanilla Latte*	697	173	8.7	4.9	0.4	44.0	0.36	18.3	0.0	17.2	7.7

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NUTRITIONAL GUIDE: 20oz ICED DRINKS WHOLE (3.5% FAT) DAIRY MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
20oz Iced Latte	766	192	11.0	6.2	0.6	55.0	0.42	16.3	0.0	15.9	9.7
20oz Iced Caramel Latte*	881	219	10.7	6.0	0.6	55.5	0.42	24.0	0.0	22.4	9.4
20oz Iced Vanilla Latte*	881	219	10.7	6.0	0.6	55.5	0.42	24.0	0.0	22.4	9.4

NUTRITIONAL GUIDE: 12oz HOT DRINKS OAT MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
12oz Cappuccino	520	127	2.0	0.0	0.0	0.0	0.08	12.8	0.0	12.5	0.9
12oz Flat White	650	158	2.4	0.0	0.0	0.0	0.08	15.9	0.0	15.7	0.9
12oz Latte	792	193	3.0	0.0	0.0	0.0	0.10	19.4	0.0	19.1	1.2
12oz Vanilla Latte*	857	208	2.9	0.0	0.0	0.0	0.10	24.2	0.0	23.1	1.1
12oz Caramel Latte*	857	208	2.9	0.0	0.0	0.0	0.10	24.2	0.0	23.1	1.1
12oz Gingerbread Latte*	909	220	2.9	0.0	0.0	0.0	0.10	27.2	0.0	26.2	1.1
12oz Mocha*	994	240	2.6	0.0	0.0	0.0	0.10	34.8	0.0	33.6	1.1
12oz Hot Chocolate*	1127	272	3.1	0.0	0.0	0.0	0.12	37.9	0.3	36.9	0.9

NUTRITIONAL GUIDE: 16oz HOT DRINKS OAT MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
16oz Latte	1056	257	4.0	0.0	0.0	0.00	0.18	25.9	0.0	25.5	1.6
16oz Caramel Latte*	1154	280	3.8	0.0	0.0	0.00	0.22	33.0	0.0	31.5	1.5
16oz Vanilla Latte*	1154	280	3.8	0.0	0.0	0.00	0.22	33.0	0.0	31.5	1.5
16oz Gingerbread Latte*	1231	298	3.8	0.0	0.0	0.00	0.22	37.5	0.0	36.2	1.5
16oz Mocha*	1405	339	3.7	0.0	0.0	0.00	0.25	49.1	0.0	47.3	1.5
16oz Hot Chocolate*	1546	373	4.2	0.0	0.0	0.00	0.24	52.2	0.5	50.8	1.2

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NUTRITIONAL GUIDE: 16oz ICED DRINKS OAT MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
16oz Iced Latte	532	132	5.2	3.8	0.0	0.00	0.29	13.3	0.0	13.1	8.0
16oz Iced Caramel Latte*	604	149	5.0	3.7	0.0	0.00	0.27	18.3	0.0	17.2	7.7
16oz Iced Vanilla Latte*	604	149	5.0	3.7	0.0	0.00	0.27	18.3	0.0	17.2	7.7

NUTRITIONAL GUIDE: 20oz ICED DRINKS OAT MILK:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
20oz Iced Latte	865	211	3.3	0.0	0.0	0.00	0.32	21.2	0.1	20.9	1.4
20oz Iced Caramel Latte*	977	237	3.2	0.0	0.0	0.00	0.34	28.8	0.3	27.2	1.3
20oz Iced Vanilla Latte*	977	237	3.2	0.0	0.0	0.00	0.34	28.8	0.3	27.2	1.3

NUTRITIONAL GUIDE: OPTIONAL EXTRAS:

Product Description	Energy - kJ	Total Calories (cal)	Total fat g	Saturated fats g	Trans Fats g	Cholesterol mg	Sodium g	Total Carbohydrate g	Dietary Fiber g	Sugars g	Protein g
Vanilla syrup Flavor Shot*	46	11	0.0	0.0	0.0	0.0	0.08	2.7	0.0	2.3	0.0
Caramel syrup Flavor Shot*	46	11	0.0	0.0	0.0	0.0	0.06	2.7	0.0	2.3	0.0
Gingerbread Syrup Flavor Shot*	49	12	0.0	0.0	0.0	0.0	0.06	2.9	0.0	2.7	0.0
Sugar (with added sweetener) shot*	46	11	0.0	0.0	0.0	0.0	0.00	2.7	0.0	2.3	0.0
Chocolate shot (Dark chocolate syrup)*	119	28	0.0	0.0	0.0	0.0	0.03	7.1	0.0	6.7	0.0
“Splash” portion: Dairy 2% dairy milk	30	8	0.3	0.2	0.0	1.5	0.06	0.8	0.0	0.8	0.5
“Light” portion: Dairy 2% dairy Milk	61	15	0.6	0.5	0.0	3.0	0.00	1.5	0.0	1.5	0.9
“Normal” portion: 2% dairy milk	89	22	0.9	0.7	0.0	4.4	0.19	2.2	0.0	2.2	1.3
“Extra” portion: 2% dairy milk	119	30	1.2	0.9	0.0	5.9	0.26	3.0	0.1	3.0	1.8
“Splash” portion: Oat milk	41	10	0.2	0.0	0.0	0.0	0.0	1.0	1.5	1.0	0.0
“Light” portion: Dairy Oat Milk	82	20	0.3	0.0	0.0	0.0	0.0	2.0	3.0	2.0	0.1
“Normal” portion: Oat milk	120	29	0.4	0.0	0.0	0.0	0.0	2.9	4.4	2.9	0.1
“Extra” portion: Oat milk	160	39	0.6	0.0	0.0	0.0	0.0	3.9	5.9	3.9	0.2
Half and Half Creamer portion (dairy):	152	37	3.2	1.5	0.0	9.0	0.19	2.0	0.0	0.9	1.1

