Nutritional Information

Beverage menu

Beverage calculations containing milk are based on low fat milk
Low fat milk is used as standard milk option in our barista outlets

Seasonal beverages	Energy (kJ)	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat fat (g)	Fibre (g)	Sodium(g)	Calcium(mg)	Caffeine (mg)
Zing Tea 12oz	153	36	0.0	9.0	9.0	0.0	0.0	0.0	0.0	0.0	Trace
Lite White 12oz	185	43	4.3	6.2	6.2	0.1	0.1	0.0	0.0	184.6	Please refer to the Food Safety Authority or Ireland website "Caffeine and Pregnancy" here: http://www.fsai.ie/content.aspx?id=10221&terms=caffeine.
Essence of Coffee	Energy (kJ)	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat fat (g)	Fibre (g)	Sodium(g)	Calcium(mg)	Caffeine (mg)
AMERICANO, ESPRESSO, EXTRA SHOT ESPRESSO, RISTRETTO	<1	<1	Please refer to the Food Safety Authority or Ireland website "Caffeine and Pregnancy" here: http://www.fsai.ie/content.aspx?id=10221&terms=caffeine.								
CON PAN DOUBLE	609	148	0.8	1.2	1.2	15.6	9.8	0.0	0.0	0.0	Please refer to the Food Safety Authority or Ireland website "Caffeine and Pregnancy" here: http://www.fsai.ie/content.aspx?id=10221&terms=caffeine.
CON PAN SINGLE	305	74	0.4	0.6	0.6	7.8	4.9	0.0	0.0	0.0	
MACCHIATO DOUBLE	98	23	1.7	2.4	2.4	0.8	0.5	0.0	Trace	59.5	
MACCHIATO SINGLE	49	12	0.8	1.2	1.2	0.4	0.3	0.0	Trace	29.8	
Hot beverages - TALL (12oz)	Energy (kJ)	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat fat (g)	Fibre (g)	Sodium(g)	Calcium(mg)	Caffeine (mg)
Espresso based beverages											
CAPPUCCINO	273	65	4.6	6.6	6.6	2.2	1.4	0.0	Trace	166.6	Please refer to the Food Safety Authority or Ireland website "Caffeine and Pregnancy" here: http://www.fsai.ie/content.aspx?id=10221&terms=caffeine.
CARAMEL MOCHA	662	157	6.9	24.8	24.6	3.3	2.1	0.0	Trace	247.5	
DARK MOCHA	776	184	8.0	28.2	26.7	3.9	2.4	1.8	Trace	247.5	
FLAT WHITE (8oz)	254	60	4.3	6.1	6.1	2.1	1.3	0.0	Trace	154.7	
LATTE	365	87	6.2	8.8	8.8	3.0	1.9	0.0	Trace	222.5	
WHITE MOCHA	759	180	7.6	28.3	28.3	4.1	2.5	0.0	116.4	247.5	
Non Espresso based beverages											
CHAI LATTE	682	162	6.9	22.0	21.0	5.2	1.9	0.0	15.6	228.5	0
HOT ANGEL	759	180	7.6	28.3	28.3	4.1	2.5	0.0	116.4	247.5	0
HOT CHOCOLATE	1665	399	10.2	37.1	36.6	23.0	14.5	1.2	45.1	229.7	0
STEAMER	443	105	7.5	10.7	10.7	4.3	2.3	0.0	Trace	270.1	0
Hot beverages - GRANDE (16oz)	Energy (kJ)	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat fat (g)	Fibre (g)	Sodium(g)	Calcium(mg)	Caffeine (mg)
Espresso based beverages											
CAPPUCCINO	390	93	6.6	9.4	9.4	3.2	2.0	0.0	Trace	238.0	Please refer to the Food Safety Autority or Ireland website "Caffeine and Pregnancy" here: http://www.fsai.ie/content.aspx?id=10221&terms=caffeine.
CARAMEL MOCHA	929	220	9.2	35.7	35.4	4.5	2.8	0.0	Trace	332.0	
DARK MOCHA	1100	261	10.9	40.8	38.6	5.4	3.3	2.7	Trace	332.0	
LATTE	521	124	8.8	12.5	12.5	4.3	2.7	0.0	Trace	317.7	
WHITE MOCHA	1074	254	10.3	40.8	40.8	5.6	3.5	0.0	174.6	332.0	
Non Espresso based beverages											
CHAI LATTE	944	224	9.2	30.8	29.3	7.1	2.6	0.0	22.5	305.8	0
HOT ANGEL	1066	253	10.1	40.6	40.6	5.5	3.4	0.0	174.6	327.3	0
HOT CHOCOLATE	2264	542	13.8	50.5	49.7	49.7	31.3	1.6	61.5	309.4	0
STEAMER	599	142	10.1	14.4	14.4	4.9	3.1	0.0	Trace	365.3	0
KIDDIES KORNER	Energy (KJ)	Energy (KCal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat fat (g)	Fibre (g)	Sodium(g)	Calcium(mg)	Caffeine (mg)
BABYCHINO	249	59	4.2	6.0	6.0	2.0	1.3	0.0	Trace	151.7	0
FUNSOMNIA	322	77	5.4	7.8	7.8	2.6	1.7	0.0	Trace	196.4	0
TEENY HOT ANGEL	491	116	5.7	16.8	16.8	2.9	1.8	0.0	58.2	191.6	0
TINY TOTS HOT CHOCOLATE	1107	265	7.3	24.8	24.4	15.0	9.5	0.7	28.7	174.9	0
TEA	Energy (kJ)	Energy (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat fat (g)	Fibre (g)	Sodium(g)	Calcium(mg)	Caffeine (mg)
Fairtrade Insomnia Tea	-	-	-	-	-	-	-	-	-	-	Trace
Organic Chunmee Green Tea, Organic Darjeeling, Organic Earl Grey, Organic Jasmine Green Tea, Organic White Tea (Pai Mu Tan)	-	-	-	-	-	-	-	-	-	-	Trace
Organic Berry Fruity, Chamomile Relax/ Organic Herbal Tea, Mint Digest/ Organic Herbal Tea, Organic Rooibos Chocolate Chai	-	-	-	-	-	-	-	-	-	-	0