

Dish Name	KJ Per Serve	Protein (g)	Fat (total) (g)	Fat (saturated) (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	CONTAINS THESE ALLERGENS	MAY CONTAIN THESE ALLERGENS	Vegan	Vegetarian	Low Gluten - May come in contact w/ Gluten during preparation.	Low Gluten Option - Add \$1.0 to change to Low Gluten bread.
Eggs on Toast (scrambled eggs highest kJs)	1870kJ	19.5	25.4	12.9	33.3	4.9	501	Gluten, Egg, Milk, Soy	Sesame		Vegetarian		Low Gluten Option
Eggs on GF Toast (scrambled eggs highest kJs)	3084kJ	21.9	45.8	21.4	56.9	8.2	1221	Dairy, Soy, Egg	"Gluten, Lupin, Tree Nuts, Sesame, Peanuts"				
Cheesy Scrambled Eggs on Toast	2920kJ	35.1	46.5	27.6	33.6	5.1	1060	Gluten, Egg, Milk, Soy	Sesame		Vegetarian		Low Gluten Option
Cheesy Scrambled Eggs on GF Toast	4115kJ	37.5	66.2	35	57.6	8.6	1778	Dairy, Soy, Egg	"Gluten, Lupin, Tree Nuts, Sesame, Peanuts"				
Bacon & Eggs on Toast (Scrambled eggs highest kj)	3540kJ	44.8	58	25.7	34.9	6.5	2210	Gluten, Egg, Milk, Soy	Sesame				Low Gluten Option
Bacon & Eggs on GF Toast (Scrambled eggs highest kj)	4655kJ	50.7	74.8	32.5	57.4	8.7	2837	Dairy, Soy, Egg, Sulphites	"Gluten, Lupin, Tree Nuts, Sesame, Peanuts"				
The Big Breakfast (scrambled eggs highest kj)	5710kJ	63.1	94.8	37.1	61.7	10.7	3500	Gluten, Milk, Soy, Egg, Sulphite	Sesame, Lupin				
Eggs Benedict w/ Bacon	5460kJ	55.1	93.7	34.9	63.3	5	2830	Gluten, Milk, Soy, Egg	Sesame				
Eggs Benedict w/ Ham	4010kJ	38.7	62	22.7	63.7	4	2000	Gluten, Milk, Soy, Egg	Sesame				
Eggs Benedict w/ Haloumi & Lemon Hollandaise	4450kJ	43.7	72.2	30.6	62.3	4.1	1740	Gluten, Milk, Soy, Egg	Sesame		Vegetarian		
Fritters w/ Bacon	2134kJ	24.5	40.8	13.6	26.7	7.2	1420	Egg, Milk	Peanuts, Wheat, Soy, Honey, Sesame, Gluten, Tree Nuts			Low Gluten	
Fritters w/ Haloumi	2010kJ	25.1	37.8	14.9	25.9	6.5	1210	Egg, Milk	Peanuts, Wheat, Soy, Honey, Sesame, Gluten, Tree Nuts		Vegetarian	Low Gluten	
Buttermilk Pancakes	2120kJ	10.4	11.9	5	87.3	43	793	Gluten, Egg, Milk	Nil		Vegetarian		
Bacon & Egg FLAT GRILL	2600kJ	23.4	42.6	20.5	36	7.3	1090	Gluten, Egg, Milk	Peanuts, Soy				
Bacon & Egg FLAT GRILL - Snack Size	1300kJ	11.7	21.3	10.2	18	3.7	546	Gluten, Egg, Milk	Peanuts, Soy				
Eggs Bene Ciabatta Roll	3650kJ	41.9	50	17.8	61.7	4	2500	Gluten, Egg, Milk, Soy	Sesame				
Ham, Cheese & Tomato Toastie	3540kJ	41.6	25.4	12.7	107	9.1	1970	Gluten, Milk, Soy	Fish, Sesame				
Chicken, Cheese & Avo Toastie	3770kJ	41.3	30.7	14.4	110	8.8	1620	Gluten, Milk, Soy, Sulphites	Fish, Sesame				
Brekkie Burger	2730kJ	34.5	29.2	11.9	61.2	13.2	2610	Gluten, Egg, Milk, Sesame	Soy				
Haloumi & Pesto Bagel	2650kJ	28.6	25.8	11.7	70.2	8.1	1820	Gluten, Milk, Soy	Egg, Peanuts, Sesame, Tree Nuts, Lupin		Vegetarian		
Brekkie Steak & Egg Burger	3220kJ	50.3	35.3	15.3	60.7	13.7	1180	Gluten, Egg, Milk, Sesame	Soy				
Toast, Bagel or Croissant with condiments	2220kJ												
TOASTED CIABATTA	1353kJ	10.3	4.2	0.4	58.4	1.7	626	Gluten, Soy	Oats, Barley, Rye, Egg, Milk, Sesame				
TOASTED WHOLEMEAL	762kJ	7.5	2.6	0.4	29.6	2.2	296	Gluten, Soy	Sesame				
TOASTED THICK CUT BREAD	1180kJ	9.5	2.9	0.5	51.4	2.9	433	Gluten, Soy	Sesame				
TOASTED MULTIGRAIN	814kJ	6.7	2.2	0.5	34.8	1.9	296	Gluten, Soy	Sesame				
TOASTED FRUIT TOAST	1726kJ	14.5	5.9	1.9	75.8	22.5	555	Gluten, Soy	Sesame				
TOASTED CROISSANT	1630kJ	7.4	21.6	12.4	41.1	5.7	373	Gluten, Soy, Milk	Sesame, Lupin, Egg				
BUTTER	300kJ	0	8	5.4	0	0	64	Dairy, Milk	Nil				
PEANUT BUTTER	251kJ	2.2	5	0.9	1.4	1.9	0.3	Peanuts, Tree Nuts	Sesame				
HONEY	184kJ	0.03	0	0	11.5	1.5	0.2	Bee Pollen	Nil				
NUTELLA®	335kJ	0.1	4.7	1.7	8.6	8.5	7	Hazelnuts, Milk, Soy	Peanuts, Sesame				
VEGEMITE®	33kJ	1.2	0.05	0.01	0.5	0.08	173	Gluten	Soy, Sesame, Peanuts				

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JAM	117kJ	0.1	0.05	0.05	6.7	6.7	0.8	Sulphites	Soy, Gluten, Tree Nuts, Sesame, Peanuts				
TOASTED BAGEL W/ CREAM CHEESE	1620kJ	15	7.5	4.4	61.6	6.8	900	Wheat, Milk, Soy	Nil				
TOASTED BAGEL W/ NUTELLA®	2220kJ	14.2	14.7	5	83	28	812	Wheat, Milk, Soy, Hazelnuts	Nil		Vegetarian		
Breakfast Bowl w/ Sweet Potato	3410kJ	32.7	62	32.4	31.3	9.8	1499	Gluten, Egg, Milk, Sesame, Tree Nuts, Sulphites	Soy		Vegetarian		
Breakfast Bowl w/ Bacon	4070kJ	66.3	69.2	35	21.1	7.2	4750	Gluten, Egg, Milk, Sesame, Tree Nuts, Sulphites	Soy				
Sweet Potato & Chicken Salad	1860kJ	18.8	27.6	7	27.4	16.5	461	Tree Nuts, Peanuts, Soy, Dairy	Sesame			Low Gluten	
Sweet Potato Bowl Vegan	1290kJ	5.4	18.4	3	27.1	16.6	23	Nil	Gluten, Milk, Soy, Peanuts, Tree Nuts	Vegan			
Smashed Avo & Feta - Snack Size	1390kJ	9.2	15.7	4.7	37.2	1.7	559	Gluten, Milk, Soy, Sesame, Sulphites	Peanuts, Egg, Tree Nuts		Vegetarian		Low Gluten Option
Smashed Avo & Feta	2580kJ	17.1	32.1	8.9	60.9	3.3	1290	Gluten, Milk, Soy	Sesame, Egg		Vegetarian		Low Gluten Option
Smashed Avo Vegan	2340kJ	13.8	27.3	5.7	60.5	3.1	1080	Gluten, Soy	Sesame, Egg, Milk	Vegan			
Smashed Avo & Feta w/ Bacon - Snack Size	2070kJ	26.7	24.8	7	39.7	3.1	2160	Gluten, Milk, Soy, Sesame, Sulphites	Peanuts, Egg, Tree Nuts				Low Gluten Option
Smashed Avo & Feta w/ Bacon	3420kJ	29.8	48.4	15.3	61.7	4.1	2140	Gluten, Milk, Soy, Sesame, Sulphites	Peanuts, Egg, Tree Nuts				Low Gluten Option
+ Poached Egg	248kJ	5.5	3.7	1	0.7	0.7	69	Egg, (Contains Dairy If Scrambled)	Dairy		Vegetarian	Low Gluten	
+ Small Chips	1585kJ	6.34	11.89	1.04	47.72	1.5	890	Gluten	Sulphites, Crustacea, Nuts, Sesame, Peanuts		Vegetarian		
+ Hash Brown	541kJ	1	8.1	0.6	12.1	0	234	Egg, Gluten, Soy	Sulphites, Dairy		Vegetarian		
Classic Cheeseburger	4840kJ	41.2	67.5	25.9	92.6	14.7	2600	Gluten, Egg, Milk, Soy, Sesame	Dairy, Tree Nuts, Peanuts, Fish, Crustacea, Lupin				
Spicy Buffalo Chicken Burger	4480kJ	37.8	55.1	15	101	8.1	2570	Egg, Milk, Soy, Gluten, Sesame	Tree Nuts, Peanuts, Fish, Crustacea, Lupin				
Buttermilk Chicken Caesar Burger	5010kJ	50.3	64	21.4	100	8.6	3220	Egg, Milk, Soy, Gluten, Sesame, Fish	Tree Nuts, Peanuts, Crustacea, Lupin				
B.L.T Ciabatta	4780kJ	34.7	59.4	14.3	112	8.3	3880	Gluten, Egg, Milk, Fish, Soy	Sesame, Crustacea, Peanuts, Tree Nuts				
Pulled Beef Ciabatta	5300kJ	38.6	67.4	18.1	123	18.5	2980	Gluten, Egg, Milk, Soy	Crustacea, Fish, Peanuts, Tree Nuts, Sesame				
Chicken & Bacon Club Sandwich	5000kJ	50.3	54.4	17.5	120	10.5	3120	Gluten, Egg, Fish, Milk, Soy	Dairy, Tree Nuts, Peanuts, Crustacea, Sesame, Lupin				
Chicken, Sweet Potato & Pesto FLAT GRILL	1990kJ	18.9	26.6	8.6	38.4	5.8	879	Gluten, Milk, Soy	Peanuts, Tree Nuts				
Chicken, Sweet Potato & Pesto FLAT GRILL - Snack Size	989kJ	9.4	13.2	4.3	19.1	2.9	437	Gluten, Milk, Soy	Peanuts, Tree Nuts				
BBQ Pulled Beef & Bacon FLAT GRILL	2810kJ	31.1	42	11.7	41.5	12.6	1660	Gluten, Egg, Milk	Soy				
BBQ Pulled Beef & Bacon FLAT GRILL - Snack Size	1400kJ	15.6	21	5.8	20.8	6.3	833	Gluten, Egg, Milk	Soy				
Roasted Vegetable & Feta FLAT GRILL	1720kJ	12	20.9	7.8	41	11.9	713	Wheat, Milk	Nil		Vegetarian		
Roasted Vegetable & Feta FLAT GRILL- Snack Size	740kJ	4.3	8	2.3	20.3	6	255	Wheat, Milk	Nil		Vegetarian		
Roasted Vegetable & Feta FLAT GRILL Vegan	1480kJ	8.7	16.1	4.6	40.7	11.7	509	Gluten	Nil	Vegan			
Spicy Chicken Strips & Chips	5390kJ	37.8	88.3	11.8	83.9	7.8	2860	Gluten, Egg, Milk, Soy, Sulphites	Crustacea, Fish, Peanuts, Sesame, Tree Nuts				
Beer Battered Whiting & Chips	4470kJ	26.2	70.2	10.4	80.7	6.3	2660	Gluten, Egg, Fish, Milk, Soy	Crustacea, Peanuts, Sesame, Tree Nuts				
Lemon Pepper Calamari & Chips	4690kJ	47.2	52.3	8.9	110	7.6	3340	Crustacea, Gluten, Egg, Soy, Sulphites	Fish, Milk, Peanuts, Sesame, Tree Nuts				
Chicken Parmigiana & Chips	4430kJ	40.1	59.5	13.2	87.9	8.9	3120	Gluten, Milk, Soy	Crustacea, Fish, Egg, Peanuts, Sesame, Tree Nuts				

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Seasoned Potato Wedges w/ Sour Cream & Sweet Chilli	3637kJ	22.8	68.6	16.4	225	21.8	346	Gluten, Milk, Egg, Fish, Peanuts, Tree Nuts	Crustacea, Sesame, Soy		Vegetarian		
Seasoned Potato Wedges w/ Cheese & Bacon	4528kJ	43	95	31	225	22.3	1230	Gluten, Milk, Egg, Fish, Peanuts, Tree Nuts	Crustacea, Sesame, Soy				
Seasoned Chips	4275kJ	13.3	61.8	7.1	98.9	5.3	2986	Gluten	Crustacea, Peanuts, Tree Nuts, Sesame, Fish, Soy, Milk, Egg				
Egg on Toast w/ Hash Brown	1308kJ	10.3	16.7	4.5	28.9	1.2	476	Gluten, Dairy, Egg	Crustacea, Peanuts, Tree Nuts, Sesame, Fish, Soy		Vegetarian		
Chicken Nuggets	2510kJ	16.9	20.4	4.3	84	21.3	1980	Gluten, Egg, Milk, Soy	Crustacea, Peanuts, Tree Nuts, Sesame, Fish				
Ham & Cheese FLAT GRILL	1710kJ	19.1	21.8	9.4	32.7	3.8	1380	Gluten, Milk	Soy				
VEGEMITE® & Cheese FLAT GRILL	1530kJ	11.8	21.4	8.8	30.7	2.1	741	Gluten, Milk, Peanuts	Soy		Vegetarian		
Fish 'n' Chips	2220kJ	15.9	17.4	1.6	74.4	20.6	1910	Milk, Soy, Wheat, Barley, Fish	Gluten, Rye, Dairy, Egg, Tree Nuts, Peanuts, Crustacea, Sesame, Lupin				
Pizza Fritters	1390kJ	25.4	17.1	10.5	40.6	11.5	1900	Egg, Milk	Sesame, Soy			Low Gluten	
Kid's Juice	468kJ	0.3	0.3	0	26.3	25.3	20	Nil	Nil				
Kid's Milkshake	913kJ												
Chocolate	859kJ	7.1	7.1	4.9	28.1	26.6	132	Milk, Soy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Strawberry	771kJ	6.8	6.8	4.6	23.7	22.4	97	Milk, Soy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Caramel	913kJ	7.1	7.1	4.9	31.7	30.2	299	Milk, Soy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Vanilla	780kJ	6.8	6.8	4.6	24.2	23.6	103	Milk, Soy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Beverage Name	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (saturated) (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	CONTAINS THESE ALLERGENS	MAY CONTAIN THESE ALLERGENS	Vegan	Vegetarian	Low Gluten - May come in contact w/ Gluten during preparation.	Low Gluten Option - Add \$1.0 to change to Low Gluten bread.
Espresso	0kJ	0	0	0	0	0	0	Nil	Nil				
Macchiato	56kJ	0.7	0.8	0.5	0.9	0.9	13	Milk	Tree Nuts, Soy				
Piccolo	331kJ	4.3	4.4	2.9	5.6	5.6	60	Milk	Tree Nuts, Soy				
Long Black - Small T/A	0kJ	0	0	0	0	0	0	Nil	Nil				
Long Black - Regular T/A	0kJ	0	0	0	0	0	0	Nil	Nil				
Long Black - Large T/A	0kJ	0	0	0	0	0	0	Nil	Nil				
Latte - Small T/A	510kJ	6.7	6.7	4.5	8.6	8.6	90	Milk	Tree Nuts, Soy				
Latte - Regular T/A	738kJ	9.7	9.7	6.6	12.4	12.4	133	Milk	Tree Nuts, Soy				
Latte - Large T/A	968kJ	12.7	12.8	8.6	16.3	16.3	176	Milk	Tree Nuts, Soy				
Cappuccino - Small T/A	544kJ	6.8	6.8	4.6	10.2	10	91	Milk	Tree Nuts, Soy				
Cappuccino - Regular T/A	772kJ	9.8	9.8	6.6	14	13.8	133	Milk	Tree Nuts, Soy				
Cappuccino - Large T/A	1000kJ	12.9	12.9	8.7	17.9	17.7	176	Milk	Tree Nuts, Soy				
Flat White - Small T/A	536kJ	7	7.1	4.8	9.1	9.1	95	Milk	Tree Nuts, Soy				

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Flat White - Regular T/A	780kJ	10.2	10.3	6.9	13.2	13.2	140	Milk	Tree Nuts, Soy				
Flat White - Large T/A	1020kJ	13.4	13.5	9.1	17.2	17.2	185	Milk	Tree Nuts, Soy				
Mocha - Small T/A	1040kJ	9.5	8.2	5.5	32.6	29.5	98	Milk	Tree Nuts, Soy				
Mocha - Regular T/A	1280kJ	12.6	11.3	7.6	36.6	33.5	142	Milk	Tree Nuts, Soy				
Mocha - Large T/A	2030kJ	18.3	15.6	10.5	64.2	58	190	Milk	Tree Nuts, Soy				
Almond Milk (225ml)	227kJ	1.13	3.6	0.9	4	3.4	153	Tree Nuts	Soy, Milk				
Almond Milk (350ml)	353kJ	1.8	5.6	1.4	6.3	5.3	238	Tree Nuts	Soy, Milk				
Soy Milk (225ml)	380kJ	6.8	4	0.7	6.8	4.5	158	Soy	Tree Nuts, Milk				
Soy Milk (350ml)	591kJ	10.5	6.3	1.1	10.5	7	245	Soy	Tree Nuts, Milk				
Lactose Free Milk (225ml)	598kJ	7.7	5.2	0	10.8	10.8	99	Nil	Tree Nuts, Soy, Milk				
Lactose Free Milk (350ml)	931kJ	11.9	11.9	8.1	16.8	16.8	154	Nil	Tree Nuts, Soy, Milk				
+ SYRUP	176kJ	0.04	0.04	0.04	13.7	13.7	2.6	Nil	Nil				
Hot Chocolate - Small T/A	976kJ	9.6	8.8	5.7	27.6	25.9	89	Milk	Tree Nuts, Soy				
Hot Chocolate - Regular T/A	1310kJ	12.3	11.1	7.2	38.9	36.2	110	Milk	Tree Nuts, Soy				
Hot Chocolate - Large T/A	1660kJ	15.8	14.4	9.3	48.5	45.3	144	Milk	Tree Nuts, Soy				
Hazelnut Hot Chocolate - Small T/A	1060kJ	9.5	8.8	5.9	32.8	31.1	110	Milk	Tree Nuts, Soy				
Hazelnut Hot Chocolate - Regular T/A	1460kJ	12.2	11.1	7.4	48.3	45.5	136	Milk	Tree Nuts, Soy				
Hazelnut Hot Chocolate - Large T/A	1870kJ	15.7	14.4	9.7	61.5	58.1	178	Milk	Tree Nuts, Soy				
White Hot Chocolate - Small T/A	1050kJ	8.6	8.6	5.8	34.6	33.1	173	Milk	Tree Nuts, Soy				
White Hot Chocolate - Regular T/A	1200kJ	10.5	10.4	7.1	37	35.6	197	Milk	Tree Nuts, Soy				
White Hot Chocolate - Large T/A	1630kJ	13.7	13.7	9.3	52.3	50.2	271	Milk	Tree Nuts, Soy				
Chai Latte - Small T/A	726kJ	7.2	7.2	4.9	20.4	20.2	93	Milk	Tree Nuts, Soy				
Chai Latte - Regular T/A	1040kJ	10.4	10.4	7.1	29.1	29	134	Milk	Tree Nuts, Soy				
Chai Latte - Large T/A	1360kJ	13.6	13.6	9.3	37.9	37.7	176	Milk	Tree Nuts, Soy				
Dirty Chai - Small T/A	941kJ	8.3	8.3	5.4	28.7	28.7	92	Milk	Tree Nuts, Soy				
Dirty Chai - Regular T/A	1220kJ	10.2	10.3	6.6	38.5	38.5	117	Milk	Tree Nuts, Soy				
Dirty Chai - Large T/A	1600kJ	13.4	13.5	8.7	50.7	50.6	155	Milk	Tree Nuts, Soy				
Ceylon Chai Tea - Small T/A	347kJ	4.6	4.6	3.1	5.9	5.9	59	Milk	Tree Nuts, Soy				
Ceylon Chai Tea - Regular T/A	515kJ	6.8	6.8	4.6	8.8	8.8	88	Milk	Tree Nuts, Soy				
Ceylon Chai Tea - Large T/A	675kJ	8.9	8.9	6	11.5	11.5	115	Milk	Tree Nuts, Soy				
Premium Tea Selection	0kJ	0	0	0	0	0	0	Caffeine	Nil				
Iced Latte 14oz	280kJ	3.7	3.7	2.5	4.7	4.7	56	Dairy, Milk, Caffeine	Nil				
Iced Latte 20oz	424kJ	5.6	5.6	3.8	7.1	7.1	80	Dairy, Milk, Caffeine	Nil				
Iced French Vanilla Latte 14oz	578kJ	3.7	3.7	2.5	22	22	58	Dairy, Milk, Caffeine	Nil				
Iced French Vanilla Latte 20oz	827kJ	5.6	5.6	3.8	30.6	30.5	83	Dairy, Milk, Caffeine	Nil				
Iced Caramel Latte 14oz	568kJ	3.7	3.7	2.5	14	21.1	58	Dairy, Milk, Caffeine	Nil				

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Iced Caramel Latte 20oz	807kJ	5.6	5.6	3.8	29.6	29.3	83	Dairy, Milk, Caffeine	Nil				
Iced Dirty Chai 14oz	554kJ	3.7	3.7	2.5	20.7	20.6	57	Dairy, Milk, Caffeine	Nil				
Iced Dirty Chai 20oz	841kJ	5.6	5.6	3.8	31.6	31.5	82	Dairy, Milk, Caffeine	Nil				
Iced Long Black 14oz	0kJ	0	0	0	0	0	0	Caffeine	Nil				
Iced Long Black 20oz	0kJ	0	0	0	0	0	0	Caffeine	Nil	Vegan			
Cookies & Cream Frappé 14oz	1680kJ	5	14.1	8.9	62.4	53.3	225	Gluten, Milk, Soy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Cookies & Cream Frappé 20oz	2380kJ	7.4	18.1	11.3	92.6	79.6	331	Gluten, Milk, Soy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Coffee Frappé 14oz	813kJ	3.3	3.4	2.3	37	36.8	75	Milk, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites, Milk				
Coffee Frappé 20oz	1290kJ	4.1	4.2	2.8	62.4	62	106	Milk, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites, Milk				
Salted Caramel Espresso Frappé 14oz	1340kJ	3.9	3.9	2.8	67.1	65.1	507	Milk	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Salted Caramel Espresso Frappé 20oz	1960kJ	4.9	5	3.6	101	97.9	756	Milk	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Double Chocolate Frappé 14oz	1240kJ	3.9	3.8	2.8	60.3	58.2	143	Milk	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Double Chocolate Frappé 20oz	1800kJ	4.9	4.9	3.6	90.2	87	205	Milk	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Mocha Frappé 14oz	1220kJ	3.8	3.9	2.8	59.5	57.5	152	Milk	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Mocha Frappé 20oz	1790kJ	4.9	5	3.6	89.4	86.3	214	Milk	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Iced Coffee 14oz	1670kJ	10.8	24.2	16.1	34.4	30.2	152	Milk, Soy	Milk, Soy, Tree Nuts				
Iced Coffee 20oz	1800kJ	12.5	25.9	17.3	36.6	32.4	174	Milk, Soy	Milk, Soy, Tree Nuts				
Iced Chocolate 14oz	2280kJ	11.3	24.6	16.6	69.2	63.2	231	Milk, Soy	Milk, Soy, Tree Nuts				
Iced Chocolate 20oz	2720kJ	13.2	26.5	18	88.7	81.9	297	Milk, Soy	Milk, Soy, Tree Nuts				
Iced Mocha 14oz	2280kJ	11.3	24.7	16.6	69.2	63.2	239	Milk, Soy	Milk, Soy, Tree Nuts				
Iced Mocha 20oz	2720kJ	13.3	26.6	18	88.7	81.9	305	Milk, Soy	Milk, Soy, Tree Nuts				
Iced Salted Caramel 14oz	2390kJ	11.3	24.6	16.6	76.3	70.4	566	Milk, Soy	Milk, Soy, Tree Nuts				
Iced Salted Caramel 20oz	2880kJ	13.2	26.6	18	99.5	92.8	800	Milk, Soy, Sulphites	Milk, Soy, Tree Nuts				
Iced Strawberry 14oz	2100kJ	10.8	24.1	16	60.4	54.8	162	Milk, Soy, Sulphites	Milk, Soy, Tree Nuts				
Iced Strawberry 20oz	2450kJ	12.4	25.8	17.2	75.5	69.3	193	Milk, Soy, Sulphites	Milk, Soy, Tree Nuts				
Iced Vanilla 14oz	2120kJ	10.8	24.1	16	61.4	57.2	174	Milk, Soy, Sulphites	Milk, Soy, Tree Nuts				
Iced Vanilla 20oz	2480kJ	12.4	25.8	17.2	77.1	72.9	210	Milk, Soy, Sulphites	Milk, Soy, Tree Nuts				
Strawberry Milkshake 14oz	1900kJ	11.9	18.7	12.5	58.8	53.9	173	Milk, Dairy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Strawberry Milkshake 20oz	2380kJ	15.3	22.1	14.8	76.2	70.6	226	Milk, Dairy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Chocolate Milkshake 14oz	2090kJ	12.5	19.2	13	68.5	63.1	242	Milk, Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Chocolate Milkshake 20oz	2660kJ	16.1	22.9	15.6	90.2	83.9	329	Milk, Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				

Beverage Name	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (saturated) (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	CONTAINS THESE ALLERGENS	MAY CONTAIN THESE ALLERGENS	Vegan	Vegetarian	Low Gluten - May come in contact w/ Gluten during preparation.	Low Gluten Option - Add \$1.0 to change to Low Gluten bread.
French Vanilla Milkshake 14oz	2010kJ	11.9	18.7	12.5	65.4	61.8	185	Milk, Dairy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
French Vanilla Milkshake 20oz	2500kJ	15.3	22.1	14.8	83.2	79.6	244	Milk, Dairy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Salted Caramel Milkshake 14oz	2180kJ	12.4	19.2	13	74.8	69.5	578	Milk, Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites,				
Salted Caramel Milkshake 20oz	2800kJ	16	22.8	15.6	100	93.9	832	Milk, Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Strawberry Thickshake 14oz	3670kJ	13.5	40.7	27	113	97.7	196	Milk, Dairy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Strawberry Thickshake 20oz	4830kJ	18.6	52.6	34.9	150	130	272	Milk, Dairy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Chocolate Thickshake 14oz	3850kJ	14	41.2	27.5	122	106	265	Milk, Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Chocolate Thickshake 20oz	5090kJ	19.4	53.4	35.7	164	143	375	Milk, Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
French Vanilla Thickshake 14oz	3690kJ	13.5	40.7	27	114	100	208	Milk, Dairy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
French Vanilla Thickshake 20oz	4860kJ	18.6	52.6	34.9	152	134	289	Milk, Dairy, Sulphites	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Salted Caramel Thickshake 14oz	3960kJ	14	41.2	27.5	129	113	600	Milk, Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Salted Caramel Thickshake 20oz	5260kJ	19.4	53.4	35.7	174	154	878	Milk, Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Chocolate & Banana Smoothies 14oz	1140kJ	2.3	2.2	0.4	58	49.5	111	Tree Nuts,	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites, Dairy			Low Gluten	
Chocolate & Banana Smoothies 20oz	1670kJ	2.8	2.9	0.7	87	77.3	176	Tree Nuts,	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites, Dairy				
Mixed Berry & Chia Seeds Smoothies 14oz	1220kJ	5.5	4.8	2.6	53.1	44.6	59	Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites			Low Gluten	
Mixed Berry & Chia Seeds Smoothies 20oz	1640kJ	6.7	6.2	3.5	73.1	64.2	82	Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Mango, Passionfruit & Banana Smoothies 14oz	1220kJ	5.2	4.1	2.6	54.8	46.6	61	Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Mango, Passionfruit & Banana Smoothies 20oz	1670kJ	6.3	5.4	3.4	77	68	86	Dairy	Egg, Peanut, Sesame, Tree Nuts, Soy, Gluten, Sulphites				
Mango Fruit Frappé 14oz	718kJ	0.1	0	0	41.5	38	49	Nil	Milk, Soy, Tree Nuts	Vegan			
Mango Fruit Frappé 20oz	1090kJ	0.2	0.1	0	63.2	57.8	74	Nil	Milk, Soy, Tree Nuts				
Strawberry Lemonade Fruit Frappé 14oz	711kJ	0.1	0.1	0	41.1	37.9	90	Nil	Milk, Soy, Tree Nuts	Vegan			
Strawberry Lemonade Fruit Frappé 20oz	1180kJ	0.2	0.2	0	67.9	63.4	119	Nil	Milk, Soy, Tree Nuts				
Orange Juice	397kJ	2.84	0	0	19.2	19.2	28.4	Preservatives	Nil				
Apple Juice	429kJ	0.71	0	0	24.9	24.9	28.4	Preservatives	Nil				
Pineapple Juice	653kJ	1.07	0.36	0	36.6	36.6	14.2	Preservatives	Nil				