

Nutrition Facts

PALGONG TEA CANADA INC.



OUR SIGNATURE

TIRAMISU MILK TEA

REGULAR (HOT/ICED)

Nutrition Facts	
Portion Size	78 g
Amount Per Portion	
Calories	300
	% Daily Value *
Total Fat 14g	18 %
Saturated Fat 12g	60 %
Cholesterol 15mg **	5 %
Sodium 378mg	16 %
Total Carbohydrate 43g	16 %
Dietary Fiber 2.4g	9 %
Sugar 20g	
Protein 1g	2 %
Vitamin D 0.3mcg	2 %
Calcium 28mg	2 %
Iron 0.1mg	1 %
Potassium 166mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT/ICED)

Nutrition Facts	
Portion Size	138 g
Amount Per Portion	
Calories	583
	% Daily Value *
Total Fat 24g	31 %
Saturated Fat 21g	105 %
Cholesterol 15mg **	5 %
Sodium 556mg	24 %
Total Carbohydrate 90g	33 %
Dietary Fiber 7.5g	27 %
Sugar 41g	
Protein 2g	4 %
Vitamin D 0.3mcg	2 %
Calcium 43mg	3 %
Iron 0.3mg	2 %
Potassium 308mg	7 %

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STRAWBERRY CHEESECAKE MILK TEA

REGULAR (ICED)

Nutrition Facts	
Portion Size	144 g
Amount Per Portion	
Calories	443
	% Daily Value *
Total Fat 18g	23 %
Saturated Fat 16g	80 %
Cholesterol 15mg **	5 %
Sodium 522mg	23 %
Total Carbohydrate 69g	25 %
Dietary Fiber 3.3g	12 %
Sugar 35g	
Protein 1.2g	2 %
Vitamin D 0.3mcg **	2 %
Calcium 35mg	3 %
Iron 0.1mg	1 %
Potassium 280mg	6 %

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LARGE (ICED)

Nutrition Facts	
Portion Size	194 g
Amount Per Portion	
Calories	580
	% Daily Value *
Total Fat 22g	28 %
Saturated Fat 20g	100 %
Cholesterol 15mg **	5 %
Sodium 670mg	29 %
Total Carbohydrate 95g	35 %
Dietary Fiber 4.3g	15 %
Sugar 51g	
Protein 1.4g	3 %
Vitamin D 0.3mcg **	2 %
Calcium 43mg	3 %
Iron 0.1mg	1 %
Potassium 365mg	8 %

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OUR SIGNATURE

JAKEMAN'S MAPLE MILK TEA

REGULAR (HOT/ICED)

Nutrition Facts	
Portion Size	95 g
Amount Per Portion	
Calories	400
% Daily Value *	
Total Fat 15g **	19 %
Saturated Fat 15g **	75 %
Sodium 79mg	3 %
Total Carbohydrate 74g	27 %
Sugar 42g **	
Protein g	N/A
Calcium 43mg **	3 %
Iron 0.8mg **	4 %
Potassium 600mg	13 %

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LARGE (HOT/ICED)

Nutrition Facts	
Portion Size	135 g
Amount Per Portion	
Calories	563
% Daily Value *	
Total Fat 20g **	26 %
Saturated Fat 20g **	100 %
Sodium 106mg	5 %
Total Carbohydrate 106g	39 %
Sugar 63g **	
Protein g	N/A
Calcium 65mg **	5 %
Iron 1.3mg **	7 %
Potassium 825mg	18 %

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HOJICHA MILK TEA

REGULAR (HOT/ICED)

Nutrition Facts	
Portion Size	56 g
Amount Per Portion	
Calories	207
% Daily Value *	
Total Fat 10g	13 %
Saturated Fat 10g **	50 %
Sodium 62mg	3 %
Total Carbohydrate 35g	13 %
Dietary Fiber 0g **	0 %
Sugar 15g **	
Protein 0g **	0 %
Vitamin D 0mcg **	0 %
Calcium 2.6mg **	0 %
Iron 0mg **	0 %
Potassium 300mg **	6 %

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OUR SIGNATURE

MINT CHOCOLATE MILK TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	280
% Daily Value *	
Total Fat 11g	14 %
Saturated Fat 5.8g	29 %
Cholesterol 30mg **	10 %
Sodium 165mg	7 %
Total Carbohydrate 37g	13 %
Dietary Fiber 0g **	0 %
Sugar 36g	
Protein 10g	20 %
Vitamin D 2.8mcg **	14 %
Calcium 308mg **	24 %
Iron 0mg **	0 %
Potassium 375mg **	8 %

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LARGE (HOT)

Nutrition Facts	
Portion Size	395 g
Amount Per Portion	
Calories	405
% Daily Value *	
Total Fat 15g	19 %
Saturated Fat 8.2g	41 %
Cholesterol 42mg **	14 %
Sodium 238mg	10 %
Total Carbohydrate 54g	20 %
Dietary Fiber 0g **	0 %
Sugar 53g	
Protein 14g	28 %
Vitamin D 3.9mcg **	20 %
Calcium 431mg **	33 %
Iron 0mg **	0 %
Potassium 525mg **	11 %

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REGULAR (ICED)

Nutrition Facts	
Portion Size	180 g
Amount Per Portion	
Calories	220
% Daily Value *	
Total Fat 7.4g	9 %
Saturated Fat 3.9g	20 %
Cholesterol 18mg **	6 %
Sodium 127mg	6 %
Total Carbohydrate 32g	12 %
Dietary Fiber 0g **	0 %
Sugar 31g	
Protein 6.9g	14 %
Vitamin D 1.7mcg **	8 %
Calcium 185mg **	14 %
Iron 0mg **	0 %
Potassium 225mg **	5 %

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LARGE (ICED)

Nutrition Facts	
Portion Size	295 g
Amount Per Portion	
Calories	345
% Daily Value *	
Total Fat 12g	15 %
Saturated Fat 6.3g	32 %
Cholesterol 30mg **	10 %
Sodium 200mg	9 %
Total Carbohydrate 49g	18 %
Dietary Fiber 0g **	0 %
Sugar 48g	
Protein 11g	22 %
Vitamin D 2.8mcg **	14 %
Calcium 308mg **	24 %
Iron 0mg **	0 %
Potassium 375mg **	8 %

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OUR SIGNATURE

BLACK SESAME MILK TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	295 g
Amount Per Portion	
Calories	285
% Daily Value *	
Total Fat 14g	18 %
Saturated Fat 5.5g	28 %
Cholesterol 30mg **	10 %
Sodium 149mg	6 %
Total Carbohydrate 31g	11 %
Dietary Fiber 0g **	0 %
Sugar 27g	
Protein 10g	20 %
Vitamin D 2.8mcg **	14 %
Calcium 308mg **	24 %
Iron 0mg **	0 %
Potassium 375mg **	8 %

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LARGE (HOT)

Nutrition Facts	
Portion Size	410 g
Amount Per Portion	
Calories	390
% Daily Value *	
Total Fat 19g	24 %
Saturated Fat 7.7g	38 %
Cholesterol 42mg **	14 %
Sodium 205mg	9 %
Total Carbohydrate 43g	16 %
Dietary Fiber 0g **	0 %
Sugar 37g	
Protein 14g	28 %
Vitamin D 3.9mcg **	20 %
Calcium 431mg **	33 %
Iron 0mg **	0 %
Potassium 525mg **	11 %

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REGULAR (ICED)

Nutrition Facts	
Portion Size	195 g
Amount Per Portion	
Calories	225
% Daily Value *	
Total Fat 11g	14 %
Saturated Fat 3.6g	18 %
Cholesterol 18mg **	6 %
Sodium 111mg	5 %
Total Carbohydrate 27g	10 %
Dietary Fiber 0g **	0 %
Sugar 22g	
Protein 7.2g	14 %
Vitamin D 1.7mcg **	8 %
Calcium 185mg **	14 %
Iron 0mg **	0 %
Potassium 225mg **	5 %

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LARGE (ICED)

Nutrition Facts	
Portion Size	310 g
Amount Per Portion	
Calories	330
% Daily Value *	
Total Fat 16g	21 %
Saturated Fat 5.8g	29 %
Cholesterol 30mg **	10 %
Sodium 167mg	7 %
Total Carbohydrate 38g	14 %
Dietary Fiber 0g **	0 %
Sugar 32g	
Protein 11g	22 %
Vitamin D 2.8mcg **	14 %
Calcium 308mg **	24 %
Iron 0mg **	0 %
Potassium 375mg **	8 %

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OUR SIGNATURE

CARAMEL DALGONA MILK TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	316 g
Amount Per Portion	
Calories	445
% Daily Value *	
Total Fat 14g	18 %
Saturated Fat 8g	40 %
Cholesterol 30mg **	10 %
Sodium 283mg	12 %
Total Carbohydrate 70g	25 %
Dietary Fiber 0g **	0 %
Sugar 64g	
Protein 8.2g **	16 %
Vitamin D 2.8mcg **	14 %
Calcium 308mg **	24 %
Iron 0mg **	0 %
Potassium 375mg **	8 %

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LARGE (HOT)

Nutrition Facts	
Portion Size	441 g
Amount Per Portion	
Calories	622
% Daily Value *	
Total Fat 20g	26 %
Saturated Fat 12g	60 %
Cholesterol 42mg **	14 %
Sodium 376mg	16 %
Total Carbohydrate 97g	35 %
Dietary Fiber 0g **	0 %
Sugar 87g	
Protein 11g **	22 %
Vitamin D 3.9mcg **	20 %
Calcium 431mg **	33 %
Iron 0mg **	0 %
Potassium 525mg **	11 %

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REGULAR (ICED)

Nutrition Facts	
Portion Size	216 g
Amount Per Portion	
Calories	385
% Daily Value *	
Total Fat 11g	14 %
Saturated Fat 6.1g	30 %
Cholesterol 18mg **	6 %
Sodium 245mg	11 %
Total Carbohydrate 66g	24 %
Dietary Fiber 0g **	0 %
Sugar 59g	
Protein 4.9g **	10 %
Vitamin D 1.7mcg **	8 %
Calcium 185mg **	14 %
Iron 0mg **	0 %
Potassium 225mg **	5 %

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LARGE (ICED)

Nutrition Facts	
Portion Size	341 g
Amount Per Portion	
Calories	562
% Daily Value *	
Total Fat 17g	22 %
Saturated Fat 9.7g	48 %
Cholesterol 30mg **	10 %
Sodium 338mg	15 %
Total Carbohydrate 92g	33 %
Dietary Fiber 0g **	0 %
Sugar 82g	
Protein 8.2g **	16 %
Vitamin D 2.8mcg **	14 %
Calcium 308mg **	24 %
Iron 0mg **	0 %
Potassium 375mg **	8 %

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MILK TEA

ORIGINAL MILK BLACK TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	415 g
Amount Per Portion	
Calories	288
% Daily Value *	
Total Fat 15g	19 %
Saturated Fat 15g **	75 %
Sodium 87mg **	4 %
Total Carbohydrate 45g	16 %
Dietary Fiber 0g **	0 %
Sugar 15g **	
Protein 0.7g **	1 %
Vitamin D 0mcg **	0 %
Calcium 2.6mg **	0 %
Iron 0mg **	0 %
Potassium 450mg **	10 %

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LARGE (HOT)

Nutrition Facts	
Portion Size	535 g
Amount Per Portion	
Calories	378
% Daily Value *	
Total Fat 21g	27 %
Saturated Fat 20g **	100 %
Sodium 116mg **	5 %
Total Carbohydrate 59g	21 %
Dietary Fiber 0g **	0 %
Sugar 19g **	
Protein 0.9g **	2 %
Vitamin D 0mcg **	0 %
Calcium 3.3mg **	0 %
Iron 0mg **	0 %
Potassium 600mg **	13 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	265 g
Amount Per Portion	
Calories	285
% Daily Value *	
Total Fat 15g	19 %
Saturated Fat 15g **	75 %
Sodium 87mg **	4 %
Total Carbohydrate 45g	16 %
Dietary Fiber 0g **	0 %
Sugar 15g **	
Protein 0.4g **	1 %
Vitamin D 0mcg **	0 %
Calcium 2.6mg **	0 %
Iron 0mg **	0 %
Potassium 450mg **	10 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	385 g
Amount Per Portion	
Calories	376
% Daily Value *	
Total Fat 20g	26 %
Saturated Fat 20g **	100 %
Sodium 116mg **	5 %
Total Carbohydrate 59g	21 %
Dietary Fiber 0g **	0 %
Sugar 19g **	
Protein 0.6g **	1 %
Vitamin D 0mcg **	0 %
Calcium 3.3mg **	0 %
Iron 0mg **	0 %
Potassium 600mg **	13 %

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MILK TEA

JASMINE MILK GREEN TEA / OOLONG MILK TEA / EARL GREY MILK TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	400 g
Amount Per Portion	
Calories	213
% Daily Value *	
Total Fat 10g	13 %
Saturated Fat 10g	50 %
Sodium 62mg **	3 %
Total Carbohydrate 35g	13 %
Dietary Fiber 0g **	0 %
Sugar 15g **	
Protein 0.7g **	1 %
Vitamin D 0mcg **	0 %
Calcium 2.6mg **	0 %
Iron 0mg **	0 %
Potassium 300mg **	6 %

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LARGE (HOT)

Nutrition Facts	
Portion Size	520 g
Amount Per Portion	
Calories	303
% Daily Value *	
Total Fat 16g	21 %
Saturated Fat 15g	75 %
Sodium 91mg **	4 %
Total Carbohydrate 49g	18 %
Dietary Fiber 0g **	0 %
Sugar 19g **	
Protein 0.9g **	2 %
Vitamin D 0mcg **	0 %
Calcium 3.3mg **	0 %
Iron 0mg **	0 %
Potassium 450mg **	10 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	250 g
Amount Per Portion	
Calories	210
% Daily Value *	
Total Fat 10g	13 %
Saturated Fat 10g	50 %
Sodium 62mg **	3 %
Total Carbohydrate 35g	13 %
Dietary Fiber 0g **	0 %
Sugar 15g **	
Protein 0.4g **	1 %
Vitamin D 0mcg **	0 %
Calcium 2.6mg **	0 %
Iron 0mg **	0 %
Potassium 300mg **	6 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	370 g
Amount Per Portion	
Calories	301
% Daily Value *	
Total Fat 15g	19 %
Saturated Fat 15g	75 %
Sodium 91mg **	4 %
Total Carbohydrate 49g	18 %
Dietary Fiber 0g **	0 %
Sugar 19g **	
Protein 0.6g **	1 %
Vitamin D 0mcg **	0 %
Calcium 3.3mg **	0 %
Iron 0mg **	0 %
Potassium 450mg **	10 %

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MILK TEA

TARO MILK TEA

REGULAR (HOT/ICED)

Nutrition Facts	
Portion Size	75 g
Amount Per Portion	
Calories	288
% Daily Value *	
Total Fat 11g	14 %
Saturated Fat 9g	45 %
Sodium 75mg	3 %
Total Carbohydrate 57g	21 %
Dietary Fiber 1.9g **	7 %
Sugar 27g	
Protein 1.2g	2 %
Vitamin D 0mcg **	0 %
Calcium 9.6mg **	1 %
Iron 0.1mg **	1 %
Potassium 118mg **	3 %

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LARGE (HOT/ICED)

Nutrition Facts	
Portion Size	110 g
Amount Per Portion	
Calories	401
% Daily Value *	
Total Fat 16g	21 %
Saturated Fat 13g	65 %
Sodium 106mg	5 %
Total Carbohydrate 84g	31 %
Dietary Fiber 2.5g **	9 %
Sugar 38g	
Protein 2g	4 %
Vitamin D 0mcg **	0 %
Calcium 13mg **	1 %
Iron 0.1mg **	1 %
Potassium 158mg **	3 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

CHOCOLATE MILK TEA

REGULAR (HOT/ICED)

Nutrition Facts	
Portion Size	80 g
Amount Per Portion	
Calories	340
% Daily Value *	
Total Fat 11g	14 %
Saturated Fat 10g	50 %
Sodium 75mg	3 %
Total Carbohydrate 62g	23 %
Dietary Fiber 4.2g **	15 %
Sugar 35g **	
Protein 0.8g **	2 %
Vitamin D 0mcg **	0 %
Calcium 13mg **	1 %
Iron 0.2mg **	1 %
Potassium 234mg	5 %

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LARGE (HOT/ICED)

Nutrition Facts	
Portion Size	100 g
Amount Per Portion	
Calories	429
% Daily Value *	
Total Fat 16g	21 %
Saturated Fat 15g	75 %
Sodium 103mg	4 %
Total Carbohydrate 76g	28 %
Dietary Fiber 4.2g **	15 %
Sugar 39g **	
Protein 0.8g **	2 %
Vitamin D 0mcg **	0 %
Calcium 13mg **	1 %
Iron 0.2mg **	1 %
Potassium 384mg	8 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

MILK TEA

MATCHA MILK TEA

REGULAR (HOT/ICED)

Nutrition Facts	
Portion Size	70 g
Amount Per Portion	
Calories	312
% Daily Value *	
Total Fat 12g	15 %
Saturated Fat 10g	50 %
Sodium 69mg	3 %
Total Carbohydrate 54g	20 %
Dietary Fiber 20g **	71 %
Sugar 28g **	
Protein 0.8g **	2 %
Vitamin D 0mcg **	0 %
Calcium 11mg **	1 %
Iron 0.2mg **	1 %
Potassium 234mg	5 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT/ICED)

Nutrition Facts	
Portion Size	90 g
Amount Per Portion	
Calories	395
% Daily Value *	
Total Fat 14g	18 %
Saturated Fat 12g	60 %
Sodium 84mg	4 %
Total Carbohydrate 70g	25 %
Dietary Fiber 27g **	96 %
Sugar 38g **	
Protein 1.1g **	2 %
Vitamin D 0mcg **	0 %
Calcium 15mg **	1 %
Iron 0.2mg **	1 %
Potassium 262mg	6 %

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MILK TEA

BLACK SUGAR MILK TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	290 g
Amount Per Portion	
Calories	264
% Daily Value *	
Total Fat 8g **	10 %
Saturated Fat 4.7g **	24 %
Cholesterol 30mg **	10 %
Sodium 99mg	4 %
Total Carbohydrate 40g	15 %
Dietary Fiber 0g **	0 %
Sugar 33g	
Protein 8.2g **	16 %
Vitamin D 2.8mcg **	14 %
Calcium 308mg **	24 %
Iron 0mg **	0 %
Potassium 375mg **	8 %

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 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT)

Nutrition Facts	
Portion Size	410 g
Amount Per Portion	
Calories	381
% Daily Value *	
Total Fat 11g **	14 %
Saturated Fat 6.5g **	32 %
Cholesterol 42mg **	14 %
Sodium 139mg	6 %
Total Carbohydrate 59g	21 %
Dietary Fiber 0g **	0 %
Sugar 49g	
Protein 11g **	22 %
Vitamin D 3.9mcg **	20 %
Calcium 431mg **	33 %
Iron 0mg **	0 %
Potassium 525mg **	11 %

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 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	240 g
Amount Per Portion	
Calories	234
% Daily Value *	
Total Fat 6.4g **	8 %
Saturated Fat 3.7g **	18 %
Cholesterol 24mg **	8 %
Sodium 80mg	3 %
Total Carbohydrate 38g	14 %
Dietary Fiber 0g **	0 %
Sugar 31g	
Protein 6.6g **	13 %
Vitamin D 2.2mcg **	11 %
Calcium 246mg **	19 %
Iron 0mg **	0 %
Potassium 300mg **	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	360 g
Amount Per Portion	
Calories	351
% Daily Value *	
Total Fat 9.6g **	12 %
Saturated Fat 5.6g **	28 %
Cholesterol 36mg **	12 %
Sodium 120mg	5 %
Total Carbohydrate 57g	21 %
Dietary Fiber 0g **	0 %
Sugar 46g	
Protein 9.8g **	20 %
Vitamin D 3.3mcg **	16 %
Calcium 369mg **	28 %
Iron 0mg **	0 %
Potassium 450mg **	10 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

MILK TEA

COFFEE MILK TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	460 g
Amount Per Portion	
Calories	218
% Daily Value *	
Total Fat 10g	13 %
Saturated Fat 10g **	50 %
Sodium 71mg **	3 %
Total Carbohydrate 36g	13 %
Dietary Fiber 0g **	0 %
Sugar 15g **	
Protein 0.8g **	2 %
Vitamin D 0mcg **	0 %
Calcium 3.8mg **	0 %
Iron 0.1mg **	1 %
Potassium 369mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT)

Nutrition Facts	
Portion Size	610 g
Amount Per Portion	
Calories	312
% Daily Value *	
Total Fat 16g	21 %
Saturated Fat 15g **	75 %
Sodium 103mg **	4 %
Total Carbohydrate 51g	19 %
Dietary Fiber 0g **	0 %
Sugar 19g **	
Protein 1g **	2 %
Vitamin D 0mcg **	0 %
Calcium 5.1mg **	0 %
Iron 0.1mg **	1 %
Potassium 554mg **	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	310 g
Amount Per Portion	
Calories	215
% Daily Value *	
Total Fat 10g	13 %
Saturated Fat 10g **	50 %
Sodium 71mg **	3 %
Total Carbohydrate 36g	13 %
Dietary Fiber 0g **	0 %
Sugar 15g **	
Protein 0.5g **	1 %
Vitamin D 0mcg **	0 %
Calcium 3.8mg **	0 %
Iron 0.1mg **	1 %
Potassium 369mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	460 g
Amount Per Portion	
Calories	309
% Daily Value *	
Total Fat 16g	21 %
Saturated Fat 15g **	75 %
Sodium 103mg **	4 %
Total Carbohydrate 51g	19 %
Dietary Fiber 0g **	0 %
Sugar 19g **	
Protein 0.7g **	1 %
Vitamin D 0mcg **	0 %
Calcium 5.1mg **	0 %
Iron 0.1mg **	1 %
Potassium 554mg **	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

MILK TEA

MANGO MILK TEA

REGULAR (ICED)

Nutrition Facts	
Portion Size	300 g
Amount Per Portion	
Calories	326
% Daily Value *	
Total Fat 10g	13 %
Saturated Fat 10g **	50 %
Sodium 56mg **	2 %
Total Carbohydrate 64g	23 %
Dietary Fiber 0g **	0 %
Sugar 42g **	
Protein 0.4g **	1 %
Vitamin D 0mcg **	0 %
Calcium 5.3mg **	0 %
Iron 0mg **	0 %
Potassium 364mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	450 g
Amount Per Portion	
Calories	489
% Daily Value *	
Total Fat 15g	19 %
Saturated Fat 15g **	75 %
Sodium 84mg **	4 %
Total Carbohydrate 96g	35 %
Dietary Fiber 0g **	0 %
Sugar 63g **	
Protein 0.6g **	1 %
Vitamin D 0mcg **	0 %
Calcium 8mg **	1 %
Iron 0mg **	0 %
Potassium 546mg **	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

STRAWBERRY EARL GREY MILK TEA

REGULAR (ICED)

Nutrition Facts	
Portion Size	300 g
Amount Per Portion	
Calories	278
% Daily Value *	
Total Fat 10g	13 %
Saturated Fat 10g **	50 %
Sodium 66mg **	3 %
Total Carbohydrate 52g **	19 %
Dietary Fiber 0g **	0 %
Sugar 30g **	
Protein 0.4g **	1 %
Vitamin D 0mcg **	0 %
Calcium 5.3mg **	0 %
Iron 0mg **	0 %
Potassium 354mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	450 g
Amount Per Portion	
Calories	417
% Daily Value *	
Total Fat 15g	19 %
Saturated Fat 15g **	75 %
Sodium 99mg **	4 %
Total Carbohydrate 78g **	28 %
Dietary Fiber 0g **	0 %
Sugar 45g **	
Protein 0.6g **	1 %
Vitamin D 0mcg **	0 %
Calcium 8mg **	1 %
Iron 0mg **	0 %
Potassium 531mg **	11 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

FRUIT TEA

MANGO TEA

REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	222
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 16mg **	1 %
Total Carbohydrate 56g	20 %
Dietary Fiber 0g	0 %
Sugar 54g	
Protein 0.4g	1 %
Vitamin D 0mcg **	0 %
Calcium 7.4mg	1 %
Iron 0mg **	0 %
Potassium 64mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	415 g
Amount Per Portion	
Calories	319
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 22mg **	1 %
Total Carbohydrate 81g	29 %
Dietary Fiber 0g	0 %
Sugar 78g	
Protein 0.6g	1 %
Vitamin D 0mcg **	0 %
Calcium 11mg	1 %
Iron 0mg **	0 %
Potassium 96mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

STRAWBERRY TEA

REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	174
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 26mg	1 %
Total Carbohydrate 44g	16 %
Dietary Fiber 0g	0 %
Sugar 42g	
Protein 0.4g	1 %
Vitamin D 0mcg **	0 %
Calcium 7.4mg	1 %
Iron 0mg	0 %
Potassium 96mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	415 g
Amount Per Portion	
Calories	247
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 37mg	2 %
Total Carbohydrate 63g	23 %
Dietary Fiber 0g	0 %
Sugar 60g	
Protein 0.6g	1 %
Vitamin D 0mcg **	0 %
Calcium 11mg	1 %
Iron 0mg	0 %
Potassium 81mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

FRUIT TEA

LYCHEE TEA

REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	192
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 16mg **	1 %
Total Carbohydrate 56g	20 %
Dietary Fiber 0g	0 %
Sugar 54g	
Protein 0.4g	1 %
Vitamin D 0mcg **	0 %
Calcium 5.4mg	0 %
Iron 0mg **	0 %
Potassium 60mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	415 g
Amount Per Portion	
Calories	274
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 22mg **	1 %
Total Carbohydrate 81g	29 %
Dietary Fiber 0g	0 %
Sugar 78g	
Protein 0.6g	1 %
Vitamin D 0mcg **	0 %
Calcium 7.5mg	1 %
Iron 0mg **	0 %
Potassium 90mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

PASSION FRUIT TEA

REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	192
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 16mg **	1 %
Total Carbohydrate 48g	17 %
Dietary Fiber 2g	7 %
Sugar 46g	
Protein 0.4g	1 %
Vitamin D 0mcg **	0 %
Calcium 5.4mg	0 %
Iron 0mg **	0 %
Potassium 102mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	415 g
Amount Per Portion	
Calories	274
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 22mg **	1 %
Total Carbohydrate 69g	25 %
Dietary Fiber 3g	11 %
Sugar 66g	
Protein 0.6g	1 %
Vitamin D 0mcg **	0 %
Calcium 7.5mg	1 %
Iron 0mg **	0 %
Potassium 153mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

FRUIT TEA

GRAPEFRUIT TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	430 g
Amount Per Portion	
Calories	280
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 19mg **	1 %
Total Carbohydrate 70g	25 %
Dietary Fiber 2g	7 %
Sugar 66g	
Protein 0.7g	1 %
Vitamin D 0mcg **	0 %
Calcium 20mg	2 %
Iron 0mg **	0 %
Potassium 52mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT)

Nutrition Facts	
Portion Size	565 g
Amount Per Portion	
Calories	398
% Daily Value *	
Total Fat 0.5g	1 %
Sodium 25mg **	1 %
Total Carbohydrate 99g	36 %
Dietary Fiber 3g	11 %
Sugar 93g	
Protein 0.9g	2 %
Vitamin D 0mcg **	0 %
Calcium 29mg	2 %
Iron 0mg **	0 %
Potassium 78mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	264
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 16mg **	1 %
Total Carbohydrate 66g	24 %
Dietary Fiber 2g	7 %
Sugar 62g	
Protein 0.4g	1 %
Vitamin D 0mcg **	0 %
Calcium 19mg	1 %
Iron 0mg **	0 %
Potassium 52mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	415 g
Amount Per Portion	
Calories	382
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 22mg **	1 %
Total Carbohydrate 96g	35 %
Dietary Fiber 3g	11 %
Sugar 90g	
Protein 0.6g	1 %
Vitamin D 0mcg **	0 %
Calcium 29mg	2 %
Iron 0mg **	0 %
Potassium 78mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

FRUIT TEA

LEMON TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	430 g
Amount Per Portion	
Calories	280
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 19mg **	1 %
Total Carbohydrate 70g	25 %
Dietary Fiber 0g	0 %
Sugar 66g	
Protein 0.7g	1 %
Vitamin D 0mcg **	0 %
Calcium 8.1mg	1 %
Iron 0mg **	0 %
Potassium 46mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT)

Nutrition Facts	
Portion Size	565 g
Amount Per Portion	
Calories	398
% Daily Value *	
Total Fat 0.5g	1 %
Sodium 25mg **	1 %
Total Carbohydrate 99g	36 %
Dietary Fiber 0g	0 %
Sugar 93g	
Protein 0.9g	2 %
Vitamin D 0mcg **	0 %
Calcium 11mg	1 %
Iron 0mg **	0 %
Potassium 69mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	264
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 16mg **	1 %
Total Carbohydrate 66g	24 %
Dietary Fiber 0g	0 %
Sugar 62g	
Protein 0.4g	1 %
Vitamin D 0mcg **	0 %
Calcium 7.4mg	1 %
Iron 0mg **	0 %
Potassium 46mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	415 g
Amount Per Portion	
Calories	382
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 22mg **	1 %
Total Carbohydrate 96g	35 %
Dietary Fiber 0g	0 %
Sugar 90g	
Protein 0.6g	1 %
Vitamin D 0mcg **	0 %
Calcium 11mg	1 %
Iron 0mg **	0 %
Potassium 69mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

FRUIT TEA

PEACH ICED TEA

REGULAR (ICED)

Nutrition Facts	
Portion Size	135 g
Amount Per Portion	
Calories	116
% Daily Value *	
Total Fat 0.1g **	0 %
Sodium 18mg **	1 %
Total Carbohydrate 30g	11 %
Dietary Fiber 0g **	0 %
Sugar 28g **	
Protein 0.2g **	0 %
Vitamin D 0mcg **	0 %
Calcium 2.6mg **	0 %
Iron 0mg **	0 %
Potassium 0.2mg **	0 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	210 g
Amount Per Portion	
Calories	203
% Daily Value *	
Total Fat 0.2g **	0 %
Sodium 30mg **	1 %
Total Carbohydrate 53g	19 %
Dietary Fiber 0g **	0 %
Sugar 48g **	
Protein 0.3g **	1 %
Vitamin D 0mcg **	0 %
Calcium 3.9mg **	0 %
Iron 0mg **	0 %
Potassium 0.3mg **	0 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.



ORIGINAL TEA

BLACK TEA / JASMINE GREEN TEA / OOLONG TEA / EARL GREY TEA

REGULAR (HOT)

Nutrition Facts	
Portion Size	255 g
Amount Per Portion	
Calories	18
% Daily Value *	
Total Fat 0.3g	0 %
Sodium 3.1mg **	0 %
Total Carbohydrate 3.8g	1 %
Dietary Fiber 0g **	0 %
Sugar 3.8g **	
Protein 0.5g	1 %
Vitamin D 0mcg **	0 %
Calcium 0.7mg **	0 %
Iron 0mg **	0 %
Potassium 0.1mg **	0 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT)

Nutrition Facts	
Portion Size	360 g
Amount Per Portion	
Calories	34
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 6.2mg **	0 %
Total Carbohydrate 7.7g	3 %
Dietary Fiber 0g **	0 %
Sugar 7.7g **	
Protein 0.7g	1 %
Vitamin D 0mcg **	0 %
Calcium 1.3mg **	0 %
Iron 0mg **	0 %
Potassium 0.1mg **	0 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	155 g
Amount Per Portion	
Calories	17
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 3.1mg **	0 %
Total Carbohydrate 3.8g	1 %
Dietary Fiber 0g **	0 %
Sugar 3.8g **	
Protein 0.3g	1 %
Vitamin D 0mcg **	0 %
Calcium 0.7mg **	0 %
Iron 0mg **	0 %
Potassium 0.1mg **	0 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	310 g
Amount Per Portion	
Calories	33
% Daily Value *	
Total Fat 0.3g	0 %
Sodium 6.2mg **	0 %
Total Carbohydrate 7.7g	3 %
Dietary Fiber 0g **	0 %
Sugar 7.7g **	
Protein 0.6g	1 %
Vitamin D 0mcg **	0 %
Calcium 1.3mg **	0 %
Iron 0mg **	0 %
Potassium 0.1mg **	0 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

ADE

MANGO ADE

REGULAR (ICED)

Nutrition Facts	
Portion Size	240 g
Amount Per Portion	
Calories	216
% Daily Value *	
Total Fat 0g	0 %
Sodium 38mg **	2 %
Total Carbohydrate 54g	20 %
Dietary Fiber 0g **	0 %
Sugar 51g	
Protein 0g	0 %
Calcium 6mg **	0 %
Potassium 96mg **	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

STRAWBERRY ADE

REGULAR (ICED)

Nutrition Facts	
Portion Size	240 g
Amount Per Portion	
Calories	144
% Daily Value *	
Total Fat 0g	0 %
Sodium 53mg	2 %
Total Carbohydrate 36g	13 %
Dietary Fiber 0g **	0 %
Sugar 33g	
Protein 0g	0 %
Calcium 6mg **	0 %
Iron 0mg **	0 %
Potassium 81mg **	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LYCHEE ADE

REGULAR (ICED)

Nutrition Facts	
Portion Size	240 g
Amount Per Portion	
Calories	171
% Daily Value *	
Total Fat 0g	0 %
Sodium 38mg **	2 %
Total Carbohydrate 54g	20 %
Dietary Fiber 0g **	0 %
Sugar 51g	
Protein 0g	0 %
Calcium 3mg **	0 %
Potassium 90mg **	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

PASSION FRUIT ADE

REGULAR (ICED)

Nutrition Facts	
Portion Size	240 g
Amount Per Portion	
Calories	171
% Daily Value *	
Total Fat 0g	0 %
Sodium 38mg **	2 %
Total Carbohydrate 42g	15 %
Dietary Fiber 3g **	11 %
Sugar 39g	
Protein 0g	0 %
Calcium 3mg **	0 %
Potassium 153mg **	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.



GRAPEFRUIT ADE

REGULAR (ICED)

Nutrition Facts	
Portion Size	240 g
Amount Per Portion	
Calories	279
% Daily Value *	
Total Fat 0g	0 %
Sodium 38mg **	2 %
Total Carbohydrate 69g	25 %
Dietary Fiber 3g **	11 %
Sugar 63g	
Protein 0g	0 %
Calcium 24mg **	2 %
Potassium 78mg **	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LEMON ADE

REGULAR (ICED)

Nutrition Facts	
Portion Size	240 g
Amount Per Portion	
Calories	279
% Daily Value *	
Total Fat 0g	0 %
Sodium 38mg **	2 %
Total Carbohydrate 69g	25 %
Dietary Fiber 0g **	0 %
Sugar 63g	
Protein 0g	0 %
Calcium 6mg **	0 %
Potassium 69mg **	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.



MANGO SMOOTHIE

REGULAR (ICED)

Nutrition Facts	
Portion Size	135 g
Amount Per Portion	
Calories	376
% Daily Value *	
Total Fat 5.1g	7 %
Saturated Fat 5g	25 %
Sodium 44mg **	2 %
Total Carbohydrate 87g	32 %
Dietary Fiber 0g **	0 %
Sugar 74g **	
Protein 0g **	0 %
Vitamin D 0mcg **	0 %
Calcium 9.9mg **	1 %
Iron 0mg **	0 %
Potassium 246mg	5 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

STRAWBERRY SMOOTHIE

REGULAR (ICED)

Nutrition Facts	
Portion Size	135 g
Amount Per Portion	
Calories	304
% Daily Value *	
Total Fat 5.1g	7 %
Saturated Fat 5g	25 %
Sodium 59mg	3 %
Total Carbohydrate 69g	25 %
Dietary Fiber 0g **	0 %
Sugar 56g **	
Protein 0g **	0 %
Vitamin D 0mcg **	0 %
Calcium 9.9mg **	1 %
Iron 0mg **	0 %
Potassium 231mg	5 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LYCHEE SMOOTHIE

REGULAR (ICED)

Nutrition Facts	
Portion Size	120 g
Amount Per Portion	
Calories	256
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 19mg **	1 %
Total Carbohydrate 77g	28 %
Dietary Fiber 0g	0 %
Sugar 74g	
Protein 0g	0 %
Vitamin D 0mcg **	0 %
Calcium 6.9mg	1 %
Iron 0mg **	0 %
Potassium 90mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

PASSION FRUIT SMOOTHIE

REGULAR (ICED)

Nutrition Facts	
Portion Size	120 g
Amount Per Portion	
Calories	256
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 19mg **	1 %
Total Carbohydrate 65g	24 %
Dietary Fiber 3g	11 %
Sugar 62g	
Protein 0g	0 %
Vitamin D 0mcg **	0 %
Calcium 6.9mg	1 %
Iron 0mg **	0 %
Potassium 153mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.



SMOOTHIE

TARO
SMOOTHIE
REGULAR (ICED)

Nutrition Facts	
Portion Size	120 g
Amount Per Portion	
Calories	429
% Daily Value *	
Total Fat 16g	21 %
Saturated Fat 13g	65 %
Sodium 112mg	5 %
Total Carbohydrate 92g	33 %
Dietary Fiber 2.5g **	9 %
Sugar 46g	
Protein 2g	4 %
Vitamin D 0mcg **	0 %
Calcium 14mg **	1 %
Iron 0.1mg **	1 %
Potassium 158mg **	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

CHOCOLATE
SMOOTHIE
REGULAR (ICED)

Nutrition Facts	
Portion Size	105 g
Amount Per Portion	
Calories	443
% Daily Value *	
Total Fat 16g	21 %
Saturated Fat 15g	75 %
Sodium 106mg	5 %
Total Carbohydrate 80g	29 %
Dietary Fiber 4.2g **	15 %
Sugar 43g **	
Protein 0.8g **	2 %
Vitamin D 0mcg **	0 %
Calcium 14mg **	1 %
Iron 0.2mg **	1 %
Potassium 384mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

MATCHA
SMOOTHIE
REGULAR (ICED)

Nutrition Facts	
Portion Size	100 g
Amount Per Portion	
Calories	424
% Daily Value *	
Total Fat 14g	18 %
Saturated Fat 12g	60 %
Sodium 91mg	4 %
Total Carbohydrate 78g	28 %
Dietary Fiber 27g **	96 %
Sugar 46g **	
Protein 1.1g **	2 %
Vitamin D 0mcg **	0 %
Calcium 17mg **	1 %
Iron 0.2mg **	1 %
Potassium 262mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

MINT CHOCOLATE
SMOOTHIE
REGULAR (ICED)

Nutrition Facts	
Portion Size	245 g
Amount Per Portion	
Calories	315
% Daily Value *	
Total Fat 10g	13 %
Saturated Fat 5.4g	27 %
Cholesterol 24mg **	8 %
Sodium 181mg	8 %
Total Carbohydrate 47g	17 %
Dietary Fiber 0g **	0 %
Sugar 46g	
Protein 9.6g	19 %
Vitamin D 2.2mcg **	11 %
Calcium 246mg **	19 %
Iron 0mg **	0 %
Potassium 300mg **	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

SMOOTHIE

COCONUT
SMOOTHIE
REGULAR (ICED)

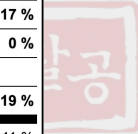
Nutrition Facts	
Portion Size	220 g
Amount Per Portion	
Calories	592
% Daily Value *	
Total Fat 36g	46 %
Saturated Fat 24g	120 %
Sodium 92mg	4 %
Total Carbohydrate 55g	20 %
Dietary Fiber 0g **	0 %
Sugar 55g	
Protein 5.7g	11 %
Vitamin D 0mcg **	0 %
Calcium 121mg	9 %
Iron 0mg **	0 %
Potassium 160mg **	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

COCONUT COFFEE
SMOOTHIE
REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	597
% Daily Value *	
Total Fat 36g	46 %
Saturated Fat 24g	120 %
Sodium 100mg	4 %
Total Carbohydrate 56g	20 %
Dietary Fiber 0g **	0 %
Sugar 55g	
Protein 5.7g	11 %
Vitamin D 0mcg **	0 %
Calcium 123mg	9 %
Iron 0.1mg **	1 %
Potassium 229mg **	5 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.



SMOOTHIE

YOGURT SMOOTHIE

REGULAR (ICED)

Nutrition Facts	
Portion Size	260 g
Amount Per Portion	
Calories	325
% Daily Value *	
Total Fat 6.5g **	8 %
Saturated Fat 3.7g **	18 %
Cholesterol 24mg **	8 %
Sodium 95mg **	4 %
Total Carbohydrate 55g	20 %
Dietary Fiber 0g **	0 %
Sugar 50g	
Protein 7.3g	15 %
Vitamin D 2.2mcg **	11 %
Calcium 250mg **	19 %
Iron 0mg **	0 %
Potassium 300mg **	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

STRAWBERRY YOGURT SMOOTHIE

REGULAR (ICED)

Nutrition Facts	
Portion Size	320 g
Amount Per Portion	
Calories	421
% Daily Value *	
Total Fat 6.5g **	8 %
Saturated Fat 3.7g **	18 %
Cholesterol 24mg **	8 %
Sodium 105mg **	5 %
Total Carbohydrate 79g	29 %
Dietary Fiber 0g **	0 %
Sugar 72g	
Protein 7.3g	15 %
Vitamin D 2.2mcg **	11 %
Calcium 254mg **	20 %
Iron 0mg **	0 %
Potassium 354mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

PASSION FRUIT YOGURT SMOOTHIE

REGULAR (ICED)

Nutrition Facts	
Portion Size	320 g
Amount Per Portion	
Calories	439
% Daily Value *	
Total Fat 6.5g **	8 %
Saturated Fat 3.7g **	18 %
Cholesterol 24mg **	8 %
Sodium 95mg **	4 %
Total Carbohydrate 83g	30 %
Dietary Fiber 2g **	7 %
Sugar 76g	
Protein 7.3g	15 %
Vitamin D 2.2mcg **	11 %
Calcium 252mg **	19 %
Iron 0mg **	0 %
Potassium 402mg **	9 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

ORGANIC SOY SERIES

HAZELNUT COCOA WITH SOY MILK

REGULAR (HOT)

Nutrition Facts	
Portion Size	295 g
Amount Per Portion	
Calories	289
% Daily Value *	
Total Fat 8.1g **	10 %
Saturated Fat 4.1g **	20 %
Sodium 145mg	6 %
Total Carbohydrate 43g	16 %
Dietary Fiber 3.8g **	14 %
Sugar 30g	
Protein 8.9g **	18 %
Vitamin D 0mcg **	0 %
Calcium 319mg **	25 %
Iron 1.6mg **	9 %
Potassium 431mg **	9 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	245 g
Amount Per Portion	
Calories	268
% Daily Value *	
Total Fat 7.2g **	9 %
Saturated Fat 4g **	20 %
Sodium 122mg	5 %
Total Carbohydrate 42g	15 %
Dietary Fiber 3.6g **	13 %
Sugar 29g	
Protein 7.2g **	14 %
Vitamin D 0mcg **	0 %
Calcium 257mg **	20 %
Iron 1.3mg **	7 %
Potassium 356mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

COCONUT CHAI WITH SOY MILK

REGULAR (HOT)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	190
% Daily Value *	
Total Fat 4.2g	5 %
Saturated Fat 0.5g	2 %
Sodium 134mg	6 %
Total Carbohydrate 31g	11 %
Dietary Fiber 1g	4 %
Sugar 29g	
Protein 8.3g	17 %
Vitamin D 0mcg **	0 %
Calcium 316mg	24 %
Iron 1.5mg	8 %
Potassium 375mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	230 g
Amount Per Portion	
Calories	169
% Daily Value *	
Total Fat 3.4g	4 %
Saturated Fat 0.4g	2 %
Sodium 111mg	5 %
Total Carbohydrate 30g	11 %
Dietary Fiber 0.8g	3 %
Sugar 28g	
Protein 6.7g	13 %
Vitamin D 0mcg **	0 %
Calcium 254mg	20 %
Iron 1.2mg	7 %
Potassium 300mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

ORGANIC SOY SERIES

MATCHA VANILLA WITH SOY MILK

REGULAR (HOT)

Nutrition Facts	
Portion Size	290 g
Amount Per Portion	
Calories	271
% Daily Value *	
Total Fat 8.6g	11 %
Saturated Fat 4.1g **	20 %
Sodium 140mg	6 %
Total Carbohydrate 39g	14 %
Dietary Fiber 14g **	50 %
Sugar 26g	
Protein 8.9g	18 %
Vitamin D 0mcg **	0 %
Calcium 319mg **	25 %
Iron 1.6mg **	9 %
Potassium 431mg **	9 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	240 g
Amount Per Portion	
Calories	250
% Daily Value *	
Total Fat 7.8g	10 %
Saturated Fat 4g **	20 %
Sodium 117mg	5 %
Total Carbohydrate 38g	14 %
Dietary Fiber 14g **	50 %
Sugar 25g	
Protein 7.2g	14 %
Vitamin D 0mcg **	0 %
Calcium 257mg **	20 %
Iron 1.3mg **	7 %
Potassium 356mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

RED BEAN WITH SOY MILK

REGULAR (HOT)

Nutrition Facts	
Portion Size	290 g
Amount Per Portion	
Calories	196
% Daily Value *	
Total Fat 4.2g **	5 %
Saturated Fat 0.5g **	2 %
Sodium 228mg	10 %
Total Carbohydrate 29g	11 %
Dietary Fiber 1g **	4 %
Sugar 20g **	
Protein 9.9g	20 %
Calcium 313mg **	24 %
Iron 1.5mg **	8 %
Potassium 375mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

COFFEE

AMERICANO

REGULAR (HOT/ICED)

Nutrition Facts	
Portion Size	60 g
Amount Per Portion	
Calories	5.4
% Daily Value *	
Total Fat 0.1g	0 %
Saturated Fat 0.1g	0 %
Sodium 8.4mg	0 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugar 0g	
Protein 0.1g	0 %
Vitamin D 0mcg	0 %
Calcium 1.2mg	0 %
Iron 0.1mg	1 %
Potassium 69mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

LARGE (HOT/ICED)

Nutrition Facts	
Portion Size	90 g
Amount Per Portion	
Calories	8.1
% Daily Value *	
Total Fat 0.2g	0 %
Saturated Fat 0.1g	0 %
Sodium 13mg	1 %
Total Carbohydrate 1.5g	1 %
Dietary Fiber 0g	0 %
Sugar 0g	
Protein 0.1g	0 %
Vitamin D 0mcg	0 %
Calcium 1.8mg	0 %
Iron 0.1mg	1 %
Potassium 104mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

CAPPUCCINO

REGULAR (HOT)

Nutrition Facts	
Portion Size	260 g
Amount Per Portion	
Calories	125
% Daily Value *	
Total Fat 6.5g	8 %
Saturated Fat 3.8g	19 %
Cholesterol 24mg	8 %
Sodium 84mg	4 %
Total Carbohydrate 10g	4 %
Dietary Fiber 0g	0 %
Sugar 9.6g	
Protein 6.6g	13 %
Vitamin D 2.2mcg	11 %
Calcium 247mg	19 %
Iron 0.1mg	1 %
Potassium 369mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

LARGE (HOT)

Nutrition Facts	
Portion Size	390 g
Amount Per Portion	
Calories	188
% Daily Value *	
Total Fat 9.8g	13 %
Saturated Fat 5.7g	28 %
Cholesterol 36mg	12 %
Sodium 127mg	6 %
Total Carbohydrate 16g	6 %
Dietary Fiber 0g	0 %
Sugar 14g	
Protein 10g	20 %
Vitamin D 3.3mcg	16 %
Calcium 371mg	29 %
Iron 0.1mg	1 %
Potassium 554mg	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.



PALGONG HOUSE COFFEE

REGULAR (HOT)

Nutrition Facts	
Portion Size	400 g
Amount Per Portion	
Calories	4
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 8mg	0 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugar 0g	
Protein 0.5g	1 %
Vitamin D 0mcg	0 %
Calcium 8mg	1 %
Iron 0mg	0 %
Potassium 196mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

LARGE (HOT)

Nutrition Facts	
Portion Size	500 g
Amount Per Portion	
Calories	5
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 10mg	0 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugar 0g	
Protein 0.6g	1 %
Vitamin D 0mcg	0 %
Calcium 10mg	1 %
Iron 0.1mg	1 %
Potassium 245mg	5 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

REGULAR (ICED)

Nutrition Facts	
Portion Size	250 g
Amount Per Portion	
Calories	2.5
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 5mg	0 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugar 0g	
Protein 0.3g	1 %
Vitamin D 0mcg	0 %
Calcium 5mg	0 %
Iron 0mg	0 %
Potassium 123mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

LARGE (ICED)

Nutrition Facts	
Portion Size	350 g
Amount Per Portion	
Calories	3.5
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 7mg	0 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugar 0g	
Protein 0.4g	1 %
Vitamin D 0mcg	0 %
Calcium 7mg	1 %
Iron 0mg	0 %
Potassium 172mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.



CAFE LATTE

REGULAR (HOT)

Nutrition Facts	
Portion Size	310 g
Amount Per Portion	
Calories	155
% Daily Value *	
Total Fat 8.1g	10 %
Saturated Fat 4.7g	24 %
Cholesterol 30mg	10 %
Sodium 103mg	4 %
Total Carbohydrate 13g	5 %
Dietary Fiber 0g	0 %
Sugar 12g	
Protein 8.3g	17 %
Vitamin D 2.8mcg	14 %
Calcium 309mg	24 %
Iron 0.1mg	1 %
Potassium 444mg	9 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

LARGE (HOT)

Nutrition Facts	
Portion Size	440 g
Amount Per Portion	
Calories	218
% Daily Value *	
Total Fat 11g	14 %
Saturated Fat 6.6g	33 %
Cholesterol 42mg	14 %
Sodium 146mg	6 %
Total Carbohydrate 18g	7 %
Dietary Fiber 0g	0 %
Sugar 17g	
Protein 12g	24 %
Vitamin D 3.9mcg	20 %
Calcium 432mg	33 %
Iron 0.1mg	1 %
Potassium 629mg	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

REGULAR (ICED)

Nutrition Facts	
Portion Size	260 g
Amount Per Portion	
Calories	125
% Daily Value *	
Total Fat 6.5g	8 %
Saturated Fat 3.8g	19 %
Cholesterol 24mg	8 %
Sodium 84mg	4 %
Total Carbohydrate 10g	4 %
Dietary Fiber 0g	0 %
Sugar 9.6g	
Protein 6.6g	13 %
Vitamin D 2.2mcg	11 %
Calcium 247mg	19 %
Iron 0.1mg	1 %
Potassium 369mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

LARGE (ICED)

Nutrition Facts	
Portion Size	390 g
Amount Per Portion	
Calories	188
% Daily Value *	
Total Fat 9.8g	13 %
Saturated Fat 5.7g	28 %
Cholesterol 36mg	12 %
Sodium 127mg	6 %
Total Carbohydrate 16g	6 %
Dietary Fiber 0g	0 %
Sugar 14g	
Protein 10g	20 %
Vitamin D 3.3mcg	16 %
Calcium 371mg	29 %
Iron 0.1mg	1 %
Potassium 554mg	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.



HAZELNUT LATTE

REGULAR (HOT)

Nutrition Facts	
Portion Size	330 g
Amount Per Portion	
Calories	215
% Daily Value *	
Total Fat 8.1g **	10 %
Saturated Fat 4.7g **	24 %
Cholesterol 30mg **	10 %
Sodium 110mg	5 %
Total Carbohydrate 27g	10 %
Dietary Fiber 0g **	0 %
Sugar 26g	
Protein 8.3g **	17 %
Vitamin D 2.8mcg **	14 %
Calcium 309mg **	24 %
Iron 0.1mg **	1 %
Potassium 444mg **	9 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT)

Nutrition Facts	
Portion Size	470 g
Amount Per Portion	
Calories	308
% Daily Value *	
Total Fat 11g **	14 %
Saturated Fat 6.6g **	33 %
Cholesterol 42mg **	14 %
Sodium 156mg	7 %
Total Carbohydrate 39g	14 %
Dietary Fiber 0g **	0 %
Sugar 38g	
Protein 12g **	24 %
Vitamin D 3.9mcg **	20 %
Calcium 432mg **	33 %
Iron 0.1mg **	1 %
Potassium 629mg **	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	185
% Daily Value *	
Total Fat 6.5g **	8 %
Saturated Fat 3.8g **	19 %
Cholesterol 24mg **	8 %
Sodium 91mg	4 %
Total Carbohydrate 24g	9 %
Dietary Fiber 0g **	0 %
Sugar 24g	
Protein 6.6g **	13 %
Vitamin D 2.2mcg **	11 %
Calcium 247mg **	19 %
Iron 0.1mg **	1 %
Potassium 369mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	420 g
Amount Per Portion	
Calories	278
% Daily Value *	
Total Fat 9.8g **	13 %
Saturated Fat 5.7g **	28 %
Cholesterol 36mg **	12 %
Sodium 137mg	6 %
Total Carbohydrate 37g	13 %
Dietary Fiber 0g **	0 %
Sugar 35g	
Protein 10g **	20 %
Vitamin D 3.3mcg **	16 %
Calcium 371mg **	29 %
Iron 0.1mg **	1 %
Potassium 554mg **	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.



VANILLA LATTE

REGULAR (HOT)

Nutrition Facts	
Portion Size	330 g
Amount Per Portion	
Calories	209
% Daily Value *	
Total Fat 8.1g	10 %
Saturated Fat 4.7g **	24 %
Cholesterol 30mg **	10 %
Sodium 103mg	4 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g **	0 %
Sugar 25g	
Protein 8.3g	17 %
Vitamin D 2.8mcg **	14 %
Calcium 309mg **	24 %
Iron 0.1mg **	1 %
Potassium 444mg **	9 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT)

Nutrition Facts	
Portion Size	470 g
Amount Per Portion	
Calories	298
% Daily Value *	
Total Fat 11g	14 %
Saturated Fat 6.6g **	33 %
Cholesterol 42mg **	14 %
Sodium 146mg	6 %
Total Carbohydrate 38g	14 %
Dietary Fiber 0g **	0 %
Sugar 37g	
Protein 12g	24 %
Vitamin D 3.9mcg **	20 %
Calcium 432mg **	33 %
Iron 0.1mg **	1 %
Potassium 629mg **	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	179
% Daily Value *	
Total Fat 6.5g	8 %
Saturated Fat 3.8g **	19 %
Cholesterol 24mg **	8 %
Sodium 84mg	4 %
Total Carbohydrate 24g	9 %
Dietary Fiber 0g **	0 %
Sugar 23g	
Protein 6.6g	13 %
Vitamin D 2.2mcg **	11 %
Calcium 247mg **	19 %
Iron 0.1mg **	1 %
Potassium 369mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	420 g
Amount Per Portion	
Calories	268
% Daily Value *	
Total Fat 9.8g	13 %
Saturated Fat 5.7g **	28 %
Cholesterol 36mg **	12 %
Sodium 127mg	6 %
Total Carbohydrate 36g	13 %
Dietary Fiber 0g **	0 %
Sugar 34g	
Protein 10g	20 %
Vitamin D 3.3mcg **	16 %
Calcium 371mg **	29 %
Iron 0.1mg **	1 %
Potassium 554mg **	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.



CARAMEL LATTE

REGULAR (HOT)

Nutrition Facts	
Portion Size	330 g
Amount Per Portion	
Calories	209
% Daily Value *	
Total Fat 8.1g	10 %
Saturated Fat 4.7g **	24 %
Cholesterol 30mg **	10 %
Sodium 103mg	4 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g **	0 %
Sugar 25g	
Protein 8.3g	17 %
Vitamin D 2.8mcg **	14 %
Calcium 309mg **	24 %
Iron 0.1mg **	1 %
Potassium 444mg **	9 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (HOT)

Nutrition Facts	
Portion Size	470 g
Amount Per Portion	
Calories	298
% Daily Value *	
Total Fat 11g	14 %
Saturated Fat 6.6g **	33 %
Cholesterol 42mg **	14 %
Sodium 146mg	6 %
Total Carbohydrate 38g	14 %
Dietary Fiber 0g **	0 %
Sugar 36g	
Protein 12g	24 %
Vitamin D 3.9mcg **	20 %
Calcium 432mg **	33 %
Iron 0.1mg **	1 %
Potassium 629mg **	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

REGULAR (ICED)

Nutrition Facts	
Portion Size	280 g
Amount Per Portion	
Calories	179
% Daily Value *	
Total Fat 6.5g	8 %
Saturated Fat 3.8g **	19 %
Cholesterol 24mg **	8 %
Sodium 84mg	4 %
Total Carbohydrate 24g	9 %
Dietary Fiber 0g **	0 %
Sugar 22g	
Protein 6.6g	13 %
Vitamin D 2.2mcg **	11 %
Calcium 247mg **	19 %
Iron 0.1mg **	1 %
Potassium 369mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

LARGE (ICED)

Nutrition Facts	
Portion Size	420 g
Amount Per Portion	
Calories	268
% Daily Value *	
Total Fat 9.8g	13 %
Saturated Fat 5.7g **	28 %
Cholesterol 36mg **	12 %
Sodium 127mg	6 %
Total Carbohydrate 36g	13 %
Dietary Fiber 0g **	0 %
Sugar 33g	
Protein 10g	20 %
Vitamin D 3.3mcg **	16 %
Calcium 371mg **	29 %
Iron 0.1mg **	1 %
Potassium 554mg **	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
 ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

