

Average Quantity Per 100ml

	Serving Size	Energy (kj)	Protein (g)	Fat, total (g)	Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
HOT DRINKS								
FLAT WHITE - Hilo Milk								
SHORT	235ml	171	2.90	1.30	0.90	4.30	4.30	46
TALL	355ml	158	2.60	1.20	0.80	3.90	3.90	44
GRANDE	475ml	168	2.80	1.30	0.90	4.20	4.20	46
RBO	590ml	161	2.70	1.30	0.80	4.00	4.00	44
FLAT WHITE - Skim Milk								
SHORT	235ml	156	3.60	0.10	0.10	5.20	5.20	57
TALL	355ml	143	3.30	0.10	0.10	4.80	4.80	53
GRANDE	475ml	152	3.50	0.10	0.10	5.10	5.10	56
RBO	590ml	146	3.40	0.10	0.10	4.90	4.90	54
FLAT WHITE - Full Cream Milk								
SHORT	235ml	234	2.80	3.20	2.10	4.10	4.10	45
TALL	355ml	215	2.60	2.90	1.90	3.80	3.90	42
GRANDE	475ml	229	2.80	3.10	2.10	4.00	4.00	44
RBO	590ml	220	2.60	3.00	2.00	3.80	3.80	43
FLAT WHITE - Soy Milk								
SHORT	235ml	233	3.00	3.00	0.30	4.10	1.40	53
TALL	355ml	214	2.80	2.80	0.30	3.80	1.30	50
GRANDE	475ml	228	2.90	2.90	0.30	4.00	1.40	52
RBO	590ml	218	2.80	2.80	0.30	3.90	1.30	50
LATTE - Hilo Milk								
SHORT	235ml	171	2.90	1.30	0.90	4.30	4.30	46
TALL	355ml	158	2.60	1.20	0.80	3.90	3.90	44
GRANDE	475ml	168	2.80	1.30	0.90	4.20	4.20	46
RBO	590ml	161	2.70	1.30	0.80	4.00	4.00	44
LATTE - Skim Milk								
SHORT	235ml	156	3.60	0.10	0.10	5.20	5.20	57
TALL	355ml	143	3.30	0.10	0.10	4.80	4.80	53
GRANDE	475ml	152	3.50	0.10	0.10	5.10	5.10	56
RBO	590ml	146	3.40	0.10	0.10	4.90	4.90	54
LATTE - Full Cream Milk								
SHORT	235ml	234	2.80	3.20	2.10	4.10	4.10	45
TALL	355ml	215	2.60	2.90	1.90	3.80	3.80	42
GRANDE	475ml	229	2.80	3.10	2.10	4.00	4.00	44
RBO	590ml	220	2.60	3.00	2.00	3.80	3.80	43
LATTE - Soy Milk								
SHORT	235ml	233	3.00	3.00	0.30	4.10	1.40	53
TALL	355ml	214	2.80	2.80	0.30	3.80	1.30	50
GRANDE	475ml	228	2.90	2.90	0.30	4.00	1.40	52
RBO	590ml	219	2.80	2.80	0.30	3.90	1.30	50
CAPPUCCINO - Hilo Milk								
SHORT	235ml	187	2.90	1.40	0.90	5.10	5.10	56
TALL	355ml	171	2.70	1.30	0.90	4.60	4.60	51
GRANDE	475ml	178	2.90	1.40	0.90	4.70	4.60	51
RBO	590ml	170	2.80	1.30	0.90	4.40	4.40	49
CAPPUCCINO - Skim Milk								
SHORT	235ml	171	3.60	0.20	0.10	6.00	6.00	66
TALL	355ml	157	3.40	0.20	0.10	5.50	5.40	60
GRANDE	475ml	162	3.60	0.20	0.10	5.60	5.60	61
RBO	590ml	156	3.40	0.20	0.10	5.30	5.30	59
CAPPUCCINO - Full Cream Milk								
SHORT	235ml	249	2.80	3.20	2.10	4.90	4.90	54
TALL	355ml	229	2.60	3.00	2.00	4.40	4.40	49
GRANDE	475ml	239	2.80	3.10	2.10	4.50	4.50	49
RBO	590ml	230	2.70	3.00	2.00	4.30	4.30	47
CAPPUCCINO - Soy Milk								
SHORT	235ml	247	3.00	3.00	0.30	4.90	2.20	62
TALL	355ml	228	2.80	2.80	0.30	4.40	1.90	56
GRANDE	475ml	238	3.00	3.00	0.30	4.50	1.80	57
RBO	590ml	229	2.90	2.90	0.30	4.30	1.70	55
CHAI - Hilo Milk								
SHORT	235ml	300	2.80	1.30	0.80	11.80	10.60	46
TALL	355ml	321	2.70	1.20	0.80	13.20	11.80	45
GRANDE	475ml	214	2.80	1.20	0.80	12.80	11.40	45
RBO	590ml	320	2.70	1.20	0.80	13.20	11.70	45

CHAI - Skim Milk								
SHORT	235ml	284	3.50	0.10	0.10	12.60	11.50	56
TALL	355ml	306	3.40	0.10	0.10	14.00	12.60	54
GRANDE	475ml	299	3.40	0.10	0.10	13.60	12.20	55
RBO	590ml	305	3.40	0.10	0.10	14.00	12.60	54
CHAI- Full Cream Milk								
SHORT	235ml	359	2.70	3.00	2.00	11.60	10.40	44
TALL	355ml	378	2.60	2.90	1.90	13.00	11.50	43
GRANDE	475ml	372	2.70	2.90	2.00	12.50	11.20	43
RBO	590ml	377	2.60	2.90	1.90	12.90	11.50	43
CHAI - Soy Milk								
SHORT	235ml	356	2.90	2.90	0.30	11.40	7.60	52
TALL	355ml	373	2.80	2.80	0.20	12.80	8.90	50
GRANDE	475ml	367	2.80	2.80	0.20	12.30	8.50	51
RBO	590ml	329	3.10	3.00	0.30	9.40	5.80	53
MOCHA - Hilo Milk								
SHORT	235ml	253	2.60	1.20	0.80	9.50	9.30	46
TALL	355ml	257	3.00	0.10	0.10	11.70	11.40	53
GRANDE	475ml	273	2.50	1.20	0.80	10.80	10.50	46
RBO	590ml	263	2.50	1.20	0.80	10.40	10.10	45
MOCHA - Skim Milk								
SHORT	235ml	238	3.20	0.10	0.10	10.40	10.10	56
TALL	355ml	270	2.40	1.10	0.70	11.00	10.60	44
GRANDE	475ml	259	3.20	0.10	0.10	11.60	11.30	55
RBO	590ml	250	3.10	0.10	0.10	11.20	10.90	54
MOCHA- Full Cream Milk								
SHORT	235ml	309	2.50	2.90	1.90	9.30	9.10	44
TALL	355ml	322	2.30	2.60	1.80	10.80	10.40	43
GRANDE	475ml	328	2.50	2.80	1.90	10.60	10.30	44
RBO	590ml	317	2.40	2.70	1.80	10.20	9.90	44
MOCHA - Soy Milk								
SHORT	235ml	303	2.80	2.80	0.30	9.20	6.70	67
TALL	355ml	303	2.80	2.80	0.30	9.20	6.70	67
GRANDE	475ml	320	2.80	2.80	0.30	10.40	8.00	70
RBO	590ml	310	2.70	2.70	0.30	10.00	7.60	68
HOT CHOCOLATE - Hilo Milk								
SHORT	235ml	341	3.00	1.40	0.90	14.00	13.00	52
TALL	355ml	366	2.90	1.30	0.90	15.70	14.80	52
GRANDE	475ml	346	2.90	1.40	0.90	14.40	13.60	52
RBO	590ml	344	3.00	1.40	0.90	14.20	13.50	52
HOT CHOCOLATE - Skim Milk								
SHORT	235ml	324	3.70	0.30	0.30	14.90	13.90	63
TALL	355ml	349	3.60	0.20	0.10	16.50	15.60	62
GRANDE	475ml	329	3.60	0.20	0.20	15.20	14.50	62
RBO	590ml	327	3.60	0.20	0.20	15.10	14.40	62
HOT CHOCOLATE - Full Cream Milk								
SHORT	235ml	402	2.90	3.20	2.20	13.70	12.80	50
TALL	355ml	420	2.80	3.10	2.00	15.20	14.40	49
GRANDE	475ml	402	2.80	3.20	2.10	14.00	13.20	50
RBO	590ml	405	2.90	3.20	2.10	13.90	13.30	50
HOT CHOCOLATE - Soy Milk								
SHORT	235ml	406	3.20	3.20	0.40	14.10	10.70	89
TALL	355ml	414	3.10	3.00	0.40	15.00	11.90	86
GRANDE	475ml	397	3.10	3.10	0.40	13.80	10.70	86
RBO	590ml	395	3.20	3.10	0.40	13.60	10.60	88
Flavoured FLAT WHITE - Hilo Milk								
SHORT	235ml	240	2.60	1.20	0.80	8.40	8.40	43
TALL	355ml	260	2.30	1.10	0.70	10.00	10.00	39
GRANDE	475ml	248	3.10	0.10	0.10	10.70	10.70	50
RBO	590ml	242	3.00	0.10	0.10	10.40	10.40	49
Flavoured FLAT WHITE - Skim Milk								
SHORT	235ml	240	2.60	1.20	0.80	8.40	8.40	43
TALL	355ml	247	2.90	0.10	0.10	10.70	10.70	48
GRANDE	475ml	248	3.00	0.10	0.10	10.70	10.70	50
RBO	590ml	242	3.00	0.10	0.10	10.40	10.40	49
Flavoured FLAT WHITE - Full Cream Milk								
SHORT	235ml	297	2.60	2.90	1.90	8.20	8.20	42
TALL	355ml	310	2.30	2.60	1.70	9.80	9.80	38
GRANDE	475ml	316	2.40	2.80	1.80	9.70	9.70	40
RBO	590ml	307	2.30	2.60	1.80	9.40	9.40	39
Flavoured FLAT WHITE - Soy Milk								
SHORT	235ml	287	2.80	2.80	0.30	8.10	5.60	50
TALL	355ml	297	2.50	2.60	0.30	9.70	7.50	46
GRANDE	475ml	304	2.70	2.70	0.30	9.60	7.20	48

RBO	590ml	295	2.60	2.60	0.30	9.40	7.10	47
Flavoured LATTE - Hilo Milk								
SHORT	235ml	250	2.50	1.20	0.80	9.30	9.30	41
TALL	355ml	262	2.30	1.10	0.70	10.20	10.20	39
GRANDE	475ml	277	2.30	1.10	0.70	11.00	11.00	39
RBO	590ml	278	2.00	1.00	0.60	11.40	11.40	36
Flavoured LATTE - Skim Milk								
SHORT	235ml	237	3.10	0.10	0.10	10.10	10.10	50
TALL	355ml	249	2.90	0.10	0.10	10.90	10.90	47
GRANDE	475ml	264	2.90	0.10	0.10	11.70	11.70	47
RBO	590ml	266	2.50	0.10	0.10	12.10	12.10	43
Flavoured LATTE - Full Cream Milk								
SHORT	235ml	304	2.40	2.70	1.80	9.10	9.10	40
TALL	355ml	311	2.20	2.50	1.70	10.00	10.00	38
GRANDE	475ml	327	2.20	2.60	1.70	10.80	10.80	38
RBO	590ml	321	2.00	2.30	1.50	11.30	11.30	35
Flavoured LATTE - Soy Milk								
SHORT	235ml	293	2.70	2.70	0.30	9.00	6.70	48
TALL	355ml	355	2.10	2.10	0.40	12.30	10.60	40
GRANDE	475ml	313	2.50	2.60	0.40	10.70	8.50	46
RBO	590ml	306	2.30	2.30	0.40	11.20	9.20	42
Flavoured CAPPUCCINO - Hilo Milk								
SHORT	235ml	260	2.60	1.20	0.80	9.60	9.60	43
TALL	355ml	275	2.30	1.10	0.70	10.90	10.90	39
GRANDE	475ml	276	2.40	1.20	0.80	10.70	10.70	41
RBO	590ml	264	2.40	1.10	0.70	10.20	10.20	40
Flavoured CAPPUCCINO - Skim Milk								
SHORT	235ml	246	3.20	0.20	0.10	10.40	10.40	52
TALL	355ml	262	2.80	0.20	0.10	11.60	11.60	47
GRANDE	475ml	262	3.00	0.10	0.10	11.40	11.40	50
RBO	590ml	251	3.00	0.10	0.10	10.90	10.90	49
Flavoured CAPPUCCINO - Full Cream Milk								
SHORT	235ml	315	2.50	2.80	1.90	9.40	9.40	42
TALL	355ml	323	2.20	2.50	1.70	10.80	10.80	38
GRANDE	475ml	328	2.40	2.70	1.80	10.50	10.50	40
RBO	590ml	315	2.30	2.60	1.70	10.00	10.00	39
Flavoured CAPPUCCINO - Soy Milk								
SHORT	235ml	204	2.80	2.80	0.40	9.30	6.90	58
TALL	355ml	310	2.50	2.50	4.00	10.60	8.50	52
GRANDE	475ml	315	2.70	2.70	0.40	10.40	8.10	52
RBO	590ml	302	2.60	2.60	0.40	9.90	7.60	50

Average Quantity Per 100ml

	Serving Size (g)	Energy (kJ)	Protein (g)	Fat, total (g)	Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
FRESHLY SQUEEZED JUICE								
BEET IT								
REGULAR	475ml	195	0.60	0.10	0.00	8.40	8.20	26
LARGE	650ml	197	0.60	0.10	0.00	8.60	8.40	25
GINGER CRISP								
REGULAR	475ml	173	0.60	0.10	0.00	7.40	7.30	29
LARGE	650ml	173	0.60	0.10	0.00	7.50	7.30	28
GREEN ENVY								
REGULAR	475ml	178	0.60	0.10	0.00	8.10	7.90	14
LARGE	650ml	187	0.50	0.10	0.00	8.60	8.40	12
ORANGE JUICE								
REGULAR	475ml	194	1.00	0.10	0.00	8.10	8.10	3
LARGE	650ml	194	1.00	0.10	0.00	8.10	8.10	3
APPLE JUICE								
Kidz	260ml	216	0.30	0.00	0.00	10.80	10.60	2
ORANGE JUICE								
Kidz	260ml	194	1.00	0.10	0.00	8.10	8.10	3
FRUIT FRENZIES								
WATERMELON FRENZY								
REGULAR	475ml	301	0.30	0.20	0.10	15.10	15.60	16
LARGE	650ml	312	0.30	0.20	0.10	14.80	16.20	16
SMOOTHIES								
BANANA BLAST								
REGULAR	475ml	543	2.50	1.50	0.80	24.10	18.90	27
LARGE	650ml	568	2.60	1.60	0.90	19.20	22.10	34
GRANOLA ROLLER								
REGULAR	475ml	491	4.10	3.90	1.40	14.10	8.60	47
LARGE	650ml	523	4.20	4.00	1.50	14.50	8.80	48
MYSTICAL MANGO								
REGULAR	475ml	341	2.10	1.00	0.70	13.20	15.10	34
LARGE	650ml	362	2.20	1.00	0.70	12.80	15.50	34
STRAWBERRY TWIST								
REGULAR	475ml	332	2.30	1.50	1.00	11.40	12.90	39
LARGE	650ml	351	2.40	1.40	1.00	11.20	12.90	38
REALLY GREEN								
REGULAR	475ml	350	2.10	0.80	0.40	16.10	13.10	22
LARGE	650ml	334	2.20	0.90	0.50	14.90	12.20	25

Average Quantity Per 100ml

	Serving Size	Energy (kJ)	Protein (g)	Fat, total (g)	Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
COLD DRINKS								
ICED LATTE - Hilo Milk								
TALL	355ml	138	2.30	1.10	0.70	3.40	3.40	38
GRANDE	475ml	150	2.60	1.20	0.80	3.70	3.70	41
ICED LATTE - Skim Milk								
TALL	355ml	126	2.90	0.10	0.10	4.20	4.20	47
GRANDE	475ml	139	3.10	0.10	0.10	4.60	4.60	50
ICED LATTE - Full Cream Milk								
TALL	355ml	189	2.30	2.60	1.70	3.30	3.30	37
GRANDE	475ml	205	2.50	2.80	1.80	3.60	2.60	39
ICED LATTE - Soy Milk								
TALL	355ml	188	2.40	2.40	0.20	3.30	1.10	44
GRANDE	475ml	204	2.60	2.60	0.20	3.60	1.20	46
ICE COFFEE								
TALL	355ml	367	2.40	3.20	2.10	12.20	12.20	39
GRANDE	475ml	367	2.40	3.20	2.10	12.20	12.20	39
ICE CHOCOLATE								
TALL	355ml	381	3.00	3.40	2.30	11.90	11.40	52
GRANDE	475ml	381	3.00	3.40	2.30	11.90	11.40	52
MILKSHAKE - Hilo Milk								
GRANDE	475ml	540	2.80	6.50	4.30	14.80	14.00	50
MILKSHAKE - Skim Milk								
GRANDE	475ml	527	3.30	5.60	3.70	15.50	14.60	57
MILKSHAKE - Full Cream Milk								
GRANDE	475ml	583	2.80	7.70	5.10	14.70	13.80	48
MILKSHAKE - Soy Milk								
GRANDE	475ml	406	3.00	3.00	0.40	14.90	12.00	76
KIDZ MILKSHAKE - Hilo Milk	260ml	387	2.70	2.40	1.60	14.60	14.20	49
MOCHA FRAPPE - Hilo Milk								
TALL	355ml	384	1.70	0.90	0.80	18.60	16.10	77
GRANDE	475ml	395	1.60	0.90	0.80	19.20	16.40	80
MOCHA FRAPPE - Skim Milk								
TALL	355ml	378	1.90	0.50	0.50	18.90	16.40	80
GRANDE	475ml	390	1.90	0.60	0.60	19.50	16.70	83
MOCHA FRAPPE - Full Cream Milk								
TALL	355ml	404	1.60	1.50	1.20	18.50	16.00	76
GRANDE	475ml	414	1.60	1.50	1.20	19.10	16.40	79
JAVA CHOC CHIP FRAPPE - Hilo Milk								
TALL	355ml	402	1.70	1.90	1.70	17.60	15.70	76
GRANDE	475ml	416	1.60	2.10	1.80	18.00	16.00	78
JAVA CHOC CHIP FRAPPE - Skim Milk								
TALL	355ml	552	2.20	2.60	2.40	24.80	21.30	159
GRANDE	475ml	411	1.80	1.70	1.60	18.30	16.20	81
JAVA CHOC CHIP FRAPPE - Full Cream Milk								
TALL	355ml	575	2.00	3.50	3.00	24.40	21.00	155
GRANDE	475ml	435	1.60	2.60	2.20	17.90	15.90	78
SALTED CARAMEL FRAPPE - Hilo Milk								
TALL	355ml	468	1.70	1.90	1.70	17.80	18.10	83
GRANDE	475ml	489	1.60	2.10	1.80	18.20	19.20	85
SALTED CARAMEL FRAPPE - Skim Milk								
TALL	355ml	575	2.20	2.60	2.40	25.10	23.10	95
GRANDE	475ml	552	1.80	1.70	1.60	18.50	19.30	99
SALTED CARAMEL FRAPPE - Full Cream Milk								
TALL	355ml	602	2.00	3.50	3.00	24.70	21.50	98
GRANDE	475ml	654	1.60	2.60	2.20	18.20	18.90	99

