



Jack's Cafe Barista Coffee

Selected Sizes only	Hot	Menu Item	Ingredients	GLUTEN	EGGS	MILK & MILK PRODUCTS	SOY	FISH & CRUSTACEA	PEANUTS	TREE NUTS	LUPINS	SESAME	SULPHITES	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Sat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (kJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)
<input type="checkbox"/>	<input type="checkbox"/>	Extra Condiments																											
<input type="checkbox"/>	<input type="checkbox"/>	Sweet 'N' Sour Dipping Tub	Water, Sugar, Vinegar, Thickeners (1422, 415), Tomato paste, Salt, Fruit Concentrate, Worcestershire Sauce, Spices, Colour (110, 120)	Y	N	N	Y	Y	N	N	N	N	1	31	193	0.1	0.1	0.1	11.2	9.8	198	100	623	0.3	0.3	0.3	36.1	31.6	639
<input type="checkbox"/>	<input type="checkbox"/>	BBQ Plum Dipping Tub	Sugar, Water, Fruit Pastes (Including Plum Paste (5%), Acidity Regulators (330, 305), White Vinegar, Tapioca Starch (Esters of Phosphoric Acid), Tomato Paste, Thickeners (1422, 412), Salt, Vegetables Oil, Vegetable Powder, Colour (150), Preservative (202), Spice	Y	N	N	Y	N	N	N	N	N	1	31	258	0.2	0.3	0.1	14.1	12.7	275	100	832	0.6	1.0	0.3	45.5	41.0	867
<input type="checkbox"/>	<input type="checkbox"/>	Honey Mustard Dipping Tub	Water, Vegetable Oil, Sweet Sugar Syrup, Cheesecake Sugar, Honey (5%), White Vinegar, Cream Mustard (5.5%), Thickeners (1442, 415), Egg Yolk, Salt, Flavour, Preservative (202), Colours (100, 150), Antioxidant (300)	N	Y	N	N	N	N	N	N	N	1	25	360	0.2	4.5	0.4	11.2	10.1	127	100	1440	0.8	18.0	1.6	44.8	40.4	508
<input type="checkbox"/>	<input type="checkbox"/>	Spicy Dipping Tub	Vegetable Oil, Water, Egg Yolk (5%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chili Paste (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (300)	N	Y	N	N	N	N	N	N	N	1	25	520	0.4	13.2	1.1	1.4	0.8	258	100	2080	1.6	52.8	4.4	5.6	3.2	1022
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Ketchup Dressing	Concentrated Tomatoes, Sugar, Salt, White Vinegar, Natural Flavours (contains Garlic), Citric Acid	N	N	N	N	N	N	N	N	N	N	12	61	0.1	0.0	0.0	3.3	3.0	96	100	508	0.8	0.0	0.0	27.5	25.0	817