



Jack's Cafe Barista Coffee

Selected	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 checked="" type="checkbox"/>	<input type="checkbox"/>	☐ Jack's Cafe Barista Coffee																											
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☑ DILMAH BLACK TEA	Tea Infusion	N	N	N	N	N	N	N	N	N	N	252	8	0.4	0.0	0.0	0.0	0.0	1	100	3	0.2	0.0	0.0	0.0	0.0	0
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☑ DILMAH WHITE TEA	Tea Infusion, Milk	N	N	N	Y	N	N	N	N	N	N	278	79	1.2	0.9	0.6	1.3	1.3	100	28	6.4	0.3	0.2	0.5	0.5	5	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☑ Milk Full Cream	Milk Fresh	N	N	Y	N	N	N	N	N	N	N	90	491	6.1	6.5	4.1	8.6	8.6	88	100	546	6.8	7.2	4.6	9.6	9.6	98
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☑ Soy Milk	Filled Water, Whole Sulphates (M147), Raw Sugar, Mineral (Calcium Phosphate), Vegetable Gums (460, 461, 407), Flavour, Sea Salt, Food Acid (345, 331)	N	N	N	Y	N	N	N	N	N	N	30	55	0.7	0.7	0.5	1.0	1.0	100	183	2.3	2.3	1.7	3.3	3.3	33	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☑ Almond Milk	Filled Water, Whole Almonds (M1, 8.5%), Raw Sugar, Sunflower Oil, Emulsifier (471, 322), Natural Flavour, Vegetable Gum (467, 418), Food Acid (331), Sea Salt	N	N	N	Y	N	N	N	N	N	N	30	35	0.6	0.4	0.1	0.6	0.4	14	100	117	2.0	1.3	0.3	2.0	1.3	47
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ CAPPUCCINO	Fresh Milk, Coffee Infusion, Drinking Chocolate (Raw Sugar Cane, Cocoa Powder (28%), Skim Milk Powder, Natural Flavour, Salt)	N	N	Y	N	N	N	N	N	N	N	234	510	6.4	6.5	4.2	9.2	9.1	102	100	218	2.7	2.8	1.8	3.9	3.9	44
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ FLAT WHITE	Coffee Infusion, Milk	N	N	Y	N	N	N	N	N	N	N	331	725	9.1	9.4	6.0	13.0	12.9	141	100	219	2.7	2.8	1.8	3.9	3.9	43
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ LATTE	Coffee Infusion, Milk	N	N	Y	N	N	N	N	N	N	N	436	970	12.2	12.7	8.1	17.4	17.3	185	100	222	2.8	2.9	1.9	4.0	4.0	42
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ LONG BLACK	Coffee Infusion	N	N	N	N	N	N	N	N	N	N	210	7	0.2	0.1	0.1	0.2	0.1	13	100	3	0.1	0.0	0.1	0.0	6	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ MOCHA	Fresh Milk, Hot Chocolate Syrup (Water, Sugar, Milk Solids, Cocoa Powder (5%), Cocoa Lipor (3%), Salt, Natural Flavour, Food Acid (330), Preservative (202), Vegetable Gum (415)), Water, Coffee Infusion	N	N	Y	N	N	N	N	N	N	N	235	800	6.8	6.3	4.0	26.4	25.7	261	100	340	2.9	2.7	1.7	11.2	10.9	111
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ HOT CHOCOLATE	Fresh Milk, Hot Chocolate Syrup (Water, Sugar, Milk Solids, Cocoa Powder (5%), Cocoa Lipor (3%), Salt, Natural Flavour, Food Acid (330), Preservative (202), Vegetable Gum (415)), Water	N	N	Y	N	N	N	N	N	N	N	227	880	7.6	7.5	4.8	26.2	25.6	249	100	379	3.3	3.3	2.1	11.5	11.3	110
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ SHORT BLACK	Coffee Infusion	N	N	N	N	N	N	N	N	N	N	336	1410	11.1	10.5	6.7	48.0	46.8	452	100	420	3.3	3.1	2.0	14.3	13.9	135
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ BARRYBLOK	Fresh Milk, Drinking Chocolate Organics (Organics Fairtrade Raw Sugar Cane, Organics Fairtrade Cocoa Powder (28%), Organics Skim Milk Powder, Natural Flavour, Salt)	N	N	Y	N	N	N	N	N	N	N	60	173	2.1	2.2	1.4	3.3	3.2	30	100	288	3.5	3.7	2.3	5.5	5.3	50
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ Mitocho Caramel	Fresh Milk, Mitocho Syrup (Sugar, Water, Natural Flavour, Preservative (202), Citric Acid (330), Natural Caramel Colour (E150)), Drinking Chocolate Organics (Organics Fairtrade Raw Sugar Cane, Organics Fairtrade Cocoa Powder (28%), Organics Skim Milk Powder, Natural Flavour, Salt)	N	N	Y	N	N	N	N	N	N	N	215	693	6.2	6.5	4.2	20.1	20.0	89	100	322	2.9	3.0	2.0	9.3	9.3	41
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ Mitocho Hazelnut	Fresh Milk, Mitocho Syrup (Sugar, Water, Natural Flavour, Preservative (202), Citric Acid (330)), Drinking Chocolate Organics (Organics Fairtrade Raw Sugar Cane, Organics Fairtrade Cocoa Powder (28%), Organics Skim Milk Powder, Natural Flavour, Salt)	N	N	Y	N	N	N	N	N	N	N	215	695	6.2	6.5	4.2	20.4	20.1	89	100	323	2.9	3.0	2.0	9.5	9.3	41
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ Mitocho Vanilla	Fresh Milk, Mitocho Syrup (Sugar, Water, Natural Flavour, Preservative (202), Citric Acid (330)), Drinking Chocolate Organics (Organics Fairtrade Raw Sugar Cane, Organics Fairtrade Cocoa Powder (28%), Organics Skim Milk Powder, Natural Flavour, Salt)	N	N	Y	N	N	N	N	N	N	N	215	703	6.2	6.5	4.2	20.7	20.6	89	100	327	2.9	3.0	2.0	9.6	9.6	41
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ Macchiato	Coffee Infusion, Milk	N	N	Y	N	N	N	N	N	N	N	38	14	0.3	0.1	0.0	0.3	0.2	15	100	37	0.8	0.3	0.0	0.8	0.5	39
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ Piccolo	Coffee Infusion, Milk	N	N	Y	N	N	N	N	N	N	N	106	223	2.8	2.9	1.9	4.0	3.9	46	100	210	2.6	2.7	1.8	3.8	3.7	43
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ CHAI Latte	Fresh Milk, Spice Chai (Sugar, Decadron, Maltodextrin, Natural Flavour, Instant Tea (4%), Ground Spices, Salt)	N	N	Y	N	N	N	N	N	N	N	264	1090	7.3	7.7	4.9	40.3	33.1	164	100	413	2.8	2.9	1.9	15.3	12.6	62
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ ICED CHOCOLATE	Fresh Milk, Chocolate Syrup (Water, Sugar, Milk Solids, Cocoa Powder (5%), Cocoa Lipor (3%), Salt, Natural Flavour, Food Acid (330), Preservative (202), Vegetable Gum (415)), Whipped Cream (Cream (37%), Propellant (Nitrogen Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407))	N	N	Y	N	N	N	N	N	N	N	375	964	6.4	11.0	7.1	26.0	25.4	245	100	257	1.7	2.9	1.9	6.9	6.8	65
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ ICED COFFEE	Fresh Milk, Coffee Extract, Whipped Cream (Cream (37%), Propellant (Nitrogen Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407)), Drinking Chocolate Organics (Organics Fairtrade Raw Sugar Cane, Organics Fairtrade Cocoa Powder (28%), Organics Skim Milk Powder, Natural Flavour, Salt)	N	N	Y	N	N	N	N	N	N	N	370	576	5.0	9.9	6.4	7.3	7.2	82	100	156	1.4	2.7	1.7	2.0	1.9	22
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ ICED MOCHA	Fresh Milk, Chocolate Syrup (Water, Sugar, Milk Solids, Cocoa Powder (5%), Cocoa Lipor (3%), Salt, Natural Flavour, Food Acid (330), Preservative (202), Vegetable Gum (415)), Coffee Extract, Whipped Cream (Cream (37%), Propellant (Nitrogen Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407))	N	N	Y	N	N	N	N	N	N	N	375	875	5.4	9.7	6.3	24.5	23.8	241	100	233	1.4	2.6	1.7	6.5	6.3	64
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ SYRUP CARAMEL	Sugar, Water, Natural Flavour, Preservative (202), Citric Acid (330), Natural Caramel Colour (150a)	N	N	N	N	N	†	†	N	N	N	8	96	0.0	0.0	0.0	5.5	5.5	0	100	1200	0.0	0.0	0.0	68.8	68.8	0
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ SYRUP HAZELNUT	Sugar, Water, Natural Flavour, Caramelised Sugar Syrup, Preservative (202), Citric Acid (330)	N	N	N	N	N	†	†	N	N	N	8	97	0.0	0.0	0.0	5.7	5.6	0	100	1213	0.0	0.0	0.0	71.3	70.0	0
<input checked="" type="checkbox"/>	<input type="checkbox"/>	☐ SYRUP VANILLA	Sugar, Water, Natural Flavour, Caramelised Sugar Syrup, Citric Acid (330), Preservative (202)	N	N	N	N	N	†	†	N	N	N	8	101	0.0	0.0	0.0	5.8	5.8	0	100	1263	0.0	0.0	0.0	72.5	72.5	0
<input checked="" type="checkbox"/>	<input type="checkbox"/>													16	202	0.0	0.0	0.0	11.6	11.6	0	100	1263	0.0	0.0	0.0	72.5	72.5	0
<input checked="" type="checkbox"/>	<input type="checkbox"/>													24	302	0.0	0.0	0.0	17.4	17.4	0	100	1268	0.0	0.0	0.0	72.5	72.5	0
<input checked="" type="checkbox"/>	<input type="checkbox"/>													32	403	0.0	0.0	0.0	23.2	23.2	0	100	1269	0.0	0.0	0.0	72.5	72.5	0