Jack's Café Barista Coffee

Selected Stores only	Halal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	LUPINS	SESAME	SULPHITES	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat 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)	Project	Product Code
☐	☐	**Jack's Cafe Barista Coffee**	**WARNING: Some drinks contain dairy, nut and soy products. Check the labels for the ingredients that you need to avoid. Our food is cooked in a shared kitchen and may contain traces of nuts, gluten, soy, dairy and other allergens. Our drinks are made in a shared area and may contain traces of allergens. All milk at home and food is part of our standard menu items.**																																		
☑	☐	DILMAH BLACK TEA	Tea Infusion		N		N	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		
☑	☐	DILMAH WHITE TEA	Tea Infusion, Milk		N		N	Y	N	N	N	N	N	N		N	N	N	278	79	1.2	0.9	0.6	1.3	1.3	13	100	28	0.4	0.3	0.2	0.5	0.5	5		
☑	☐	Milk Full Cream	Milk Fresh		N		N	Y	N	N	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		
☑	☐				N		N	Y	N	N	N	N	N	N		N	N	N	30	55	0.7	0.7	0.5	1.0	1.0	10	100	183	2.3	2.3	1.7	3.3	3.3	33		
☑	☐	Soy Milk	Filtered Water, Whole Soybeans (Min14%), Raw Sugar, Mineral (Calcium Phosphate), Vegetable Gums (460, 466, 407), Flavours, Sea Salt, Food Acids (340, 331)		N		N	N	Y	N	N	N	N	N		N	N	N	90	315	5.4	3.2	0.5	5.6	3.8	126	100	350	6.0	3.6	0.6	6.2	4.2	140		
☑	☐				N		N	N	Y	N	N	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		
☑	☐	Almond Milk	Filtered Water, Whole Almonds (Min 2.5%), Raw Sugar, Sunflower Oil, Emulsifier (471, 322), Natural Flavour, Vegetable Gum (407, 418), Acid Acid (331), Sea Salt		N		N	N	N	N	N	N	N	Y	ALMOND	N	N	N	90	182	0.9	2.9	0.7	3.2	2.7	122	100	202	1.0	3.2	0.8	3.6	3.0	136		
☑	☐				N		N	N	N	N	N	N	N	Y	ALMOND	N	N	N	30	20	0.1	0.3	0.1	0.4	0.3	14	100	67	0.3	1.0	0.3	1.3	1.0	47		
☑	☐	⊞ CAPPUCCINO Small	Fresh Milk, Coffee Infusion, Drinking Chocolate (Raw Sugar Cane, Cocoa Powder (30%), Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	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		
☑	☐	⊞ FLAT WHITE Small	Coffee Infusion, Milk		N		N	Y	N	N	N	N	N	N		N	N	N	233	500	6.3	6.5	4.2	8.8	8.8	101	100	215	2.7	2.8	1.8	3.8	3.8	43		
☑	☐	⊞ LATTE Small	Coffee Infusion, Milk		N		N	Y	N	N	N	N	N	N		N	N	N	233	500	6.3	6.5	4.2	8.8	8.8	101	100	215	2.7	2.8	1.8	3.8	3.8	43		
☑	☐	LONG BLACK	Coffee Infusion		N		N	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	0.0	0.1	0.0	6		
☑	☐	⊞ MOCHA Small	Fresh Milk, Hot Chocolate Syrup, Water, Coffee Infusion, Chocolate Powder (Sugar, Milk Solids, Cocoa Powder (11%), Flavours, Salt)		N		N	Y	N	N	N	N	N	N		N	N	N	245	932	15.5	6.7	4.3	32.4	31.1	131	100	380	6.3	2.7	1.8	13.2	12.7	53		
☑	☐	⊞ HOT CHOCOLATE Small	Fresh Milk, Hot Chocolate Syrup (Sugar, Water, Cocoa Powder, Modified Starch (1422), Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Milk Solids, Cocoa Powder (11%), Flavours, Salt)		N		N	Y	N	N	N	N	N	N		N	N	N	232	1030	16.5	7.6	4.9	35.0	33.7	138	100	443	7.1	3.3	2.1	15.1	14.5	59		
☑	☐	SHORT BLACK	Coffee Infusion		N		N	N	N	N	N	N	N	N		N	N	N	30	7	0.2	0.1	0.1	0.2	0.1	13	100	23	0.7	0.3	0.3	0.7	0.3	43		
☑	☐	Babyccino	Fresh Milk, Drinking Chocolate Organic (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	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		
☑	☐	Mini-ccino Caramel	Fresh Milk, Water, Syrup Caramel (Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel Colour (150e)), Drinking Chocolate Organic (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	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		
☑	☐	Mini-ccino Hazelnut	Fresh Milk, Water, Syrup Hazelnut (Sugar, Water, Natural Flavours, Caramelised Sugar Syrup, Preservative (202), Citric Acid (330)), Drinking Chocolate Organic (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	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		
☑	☐	Mini-ccino Vanilla	Fresh Milk, Marshmallows (Sugar, Glucose Syrup (Corn) (Contains Preservative (221)), Water, Dextrose, Gelatin, Corn Starch, Natural Flavour, Salt, Food Acid (330), Preservative (202)), Drinking Chocolate Organic (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	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		
☑	☐	Macchiato	Coffee Infusion, Milk		N		N	Y	N	N	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		
☑	☐	Piccolo	Coffee Infusion, Milk		N		N	Y	N	N	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		
☑	☐	⊞ Chai Latte	Fresh Milk, Spice Chai (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea (4%), Ground Spices, Salt)		N		N	Y	N	N	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	12.5	62		
☑	☐	⊞ ICED CHOCOLATE	Fresh Milk, Chocolate Syrup (Sugar, Water, Cocoa Powder, Modified Starch (1422), Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Whipped Cream (Cream (97%), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407))		N		N	Y	N	N	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		
☑	☐	⊞ ICED COFFEE Small	Fresh Milk, Coffee Cream, Whipped Cream (Cream (97%), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407)), Drinking Chocolate (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt)		N		N	Y	N	N	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		
☑	☐	⊞ ICED MOCHA Small	Fresh Milk, Chocolate Syrup (Sugar, Water, Cocoa Powder, Modified Starch (1422), Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Cream, Whipped Cream (Cream (97%), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407))		N		N	Y	N	N	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		
☑	☐	⊞ SYRUP CARAMEL	Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel Colour (150e)		N		N	N	N	N	N	N	T	T		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		
☑	☐	⊞ SYRUP HAZELNUT	Sugar, Water, Natural Flavours, Caramelised Sugar Syrup, Preservative (202), Citric Acid (330)		N		N	N	N	N	N	N	T	T	HAZELNUT	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		
☑	☐	⊞ SYRUP VANILLA	Sugar, Water, Natural Flavour, Caramelised Sugar Syrup, Citric Acid (330), Preservative (202)		N		N	N	N	N	N	N	T	T		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		