

## Nutritional Guide Report

\* Nutritional base values are calculated per 100g

### Jack's Café Macchiato Skim

Ingredients: Coffee Grinders (100% imported Coffee Beans ), Milk Skim (Skim Milk)

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Macchiato Skim	Permanent	No	Yes	24	1,487	365	14.7	3.7	2.7	0.7	1.2	0.3	66.9	16.4	1.4	0.4	6	2

### Jack's Café Macchiato

Ingredients: Coffee Grinders (100% imported Coffee Beans ), Milk Full Cream (Milk)

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Macchiato	Permanent	No	Yes	24	1,499	368	14.7	3.7	3	0.8	1.4	0.4	66.9	16.4	1.4	0.4	6	2

### Krispy Kreme Original

Ingredients: Donut Krispy Kreme Original (Doughnut Mix [Wheat Flour, Sugar, Vegetable Shortening (Vegetable Oil, Emulsifier (471 Soy), Antioxidant (307b)), Yeast Dough Concentrate], Glaze (24%) [Icing Sugar (Sucrose, Tapioca Starch), Caster Sugar, Water, Vegetable Shortening, Glaze Stabiliser], Water, Vegetable Shortening, Yeast)

Contains: Wheat (Gluten), Soy

May be present: Eggs, Milk, Peanuts, Hazelnut, Pistachio, Sesame

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Krispy Kreme Original	Trial	Yes	Yes	49	1,560	765	4.8	2.4	18	8.9	6.6	3.3	47.6	23.4	23.6	11.6	193	95

### Krispy Kreme Chocolate

Ingredients: Donut Krispy Kreme Chocolate (Doughnut Mix [Wheat Flour, Sugar, Vegetable Shortening (Vegetable Oil, Emulsifier (471 Soy), Antioxidant (307b)), Yeast Dough Concentrate], Glaze (21%) [Icing Sugar (Sucrose, Tapioca Starch), Caster Sugar, Water, Vegetable Shortening, Glaze Stabiliser], Choc Dip (16%) [Barley] [Sugar, Vegetable Fats (322 Soy, 492), Cocoa Powder, Milk Solids, Emulsifiers (322 Soy, 476), Flavour], Water, Vegetable Shortening, Yeast)

Contains: Wheat, Milk, Soy

May be present: Eggs, Peanuts, Hazelnut, Pistachio, Sesame

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Krispy Kreme Chocolate	Trial	Yes	Yes	58	1,660	963	4.7	2.8	20.1	11.7	10.2	6	49.2	28.6	28.4	16.5	169	99

### Krispy Kreme Strawberry Sprinkle

Ingredients: Donut Krispy Kreme Strawberry Sprinkle (Doughnut Mix [Wheat Flour, Sugar, Vegetable Shortening (Vegetable Oil, Emulsifier (471 Soy), Antioxidant (307b)), Yeast Dough Concentrate], Glaze (21%) [Icing Sugar (Sucrose, Tapioca Starch), Caster Sugar, Water, Vegetable Shortening, Glaze Stabiliser], Water, Strawberry Flavoured Truffle (14%) [Vegetable Fats And Oils (Emulsifiers (322 Soy, 492), Antioxidants (307, 307b)), Sugar, Milk Solids, Cream Powder (Milk), Colour (120)], Rainbow Sprinkles (1.5%) (Soy) [Sugar, Vegetable Fat, Glucose, Thickeners (Tapioca Starch, 1422), Colours (124, 123, 110, 102, 133, 122), Vegetable Gum (414), Emulsifier (322 Soy), Glazing Agent (904)], Vegetable Shortening, Yeast)

Contains: Wheat (Gluten), Milk, Soy

May be present: Eggs, Peanuts, Hazelnut, Pistachio, Sesame

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Krispy Kreme Strawberry Sprinkle	Trial	Yes	Yes	58	1,710	992	4.8	2.8	21.7	12.6	9.1	5.3	48.2	28	27.8	16.2	171	100

### Jack's Café Chai Small

Ingredients: Milk Full Cream (Milk), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt )

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Small	Permanent	No	Yes	250	364	910	3.2	8	3.1	7.9	2.1	5.4	11.3	28.4	9.5	23.9	54	135

### Jack's Café Chai Small Skim

Ingredients: Milk Skim (Skim Milk), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt )

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Small Skim	Permanent	No	Yes	250	255	639	3.3	8.2	0.1	0.3	0.1	0.3	11.4	28.6	9.6	24.1	55	138

### Jack's Café Chai Small Oat

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 6%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt )

Contains: Gluten(Oats)

May be present: Gluten(Barley), Wheat, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Small Oat	Permanent	No	Yes	250	315	788	0.5	1.3	2.2	5.6	0.4	1	12.7	31.8	7.1	17.9	76	191

**Jack's Café Chai Small Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Small Lactose Free	Permanent	No	Yes	250	362	906	3.1	7.7	3.1	7.9	2.1	5.4	11.2	28.2	9.4	23.6	54	135

**Jack's Café Chai Medium Lactose Free Milk**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Medium Lactose Free Milk	Permanent	No	Yes	375	397	1,489	3	11.3	3.1	11.5	2.1	7.8	13.5	50.8	11.1	41.7	57	215

**Jack's Café Chai Medium Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt)

Contains: Gluten(Oats)

May be present: Gluten(Barley), Wheat, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Medium Oat Milk	Permanent	No	Yes	375	351	1,219	0.5	1.9	2.2	8.2	0.4	1.4	15	56.1	8.9	33.4	79	296

**Jack's Café Chai Medium Skim Milk**

Ingredients: Milk Skim (Skim Milk), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Medium Skim Milk	Permanent	No	Yes	375	293	1,101	3.2	12	0.1	0.5	0.1	0.4	13.7	51.5	11.3	42.4	58	219

**Jack's Café Chai Large Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Large Lactose Free	Permanent	No	Yes	480	421	2,022	3	14.2	3	14.4	2	9.8	15.1	72.5	12.3	59	60	287

**Jack's Café Chai Large Oat**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt)

Contains: Gluten(Oats)

May be present: Gluten(Barley), Wheat, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Large Oat	Permanent	No	Yes	480	377	1,808	0.5	2.4	2.1	10.2	0.4	1.8	16.5	79.2	10.1	48.5	81	387

**Jack's Café Chai Large Skim**

Ingredients: Milk Skim (Skim Milk), Chai Spice (Sugar, Dextrose, Maltodextrin, Natural Flavours, Instant Tea, Ground Spices, Salt)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Chai Large Skim	Permanent	No	Yes	480	320	1,535	3.1	15	0.1	0.6	0.1	0.5	15.3	73.4	12.5	59.8	61	291

**Tea Black Small**

Ingredients: Water (Water), Black Tea (Black Tea)

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Tea Black Small	Permanent	No	Yes	252	0	0	0	0	0	0	0	0	0	0	0	0	0	0

**Jack's Café Flat White Large Skim**

Ingredients: Milk Skim (Skim Milk), Water (Water), Coffee Grinders (100% imported Coffee Beans)

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Large Skim	Permanent	No	Yes	422	202	855	3.7	15.8	0.2	1.1	0.2	0.7	7.7	32.4	3.9	16.4	37	158

**Jack's Café Flat White Large Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Water (Water), Coffee Grinders (100% imported Coffee Beans )

Contains: Gluten(Oats)

May be present: Wheat, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Large Oat Milk	Permanent	No	Yes	422	256	1,082	1.2	5.3	2.1	9.1	0.4	1.7	8.8	37.3	1.6	6.9	56	239

**Jack's Café Flat White Large Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Water (Water), Coffee Grinders (100% imported Coffee Beans )

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Large Lactose Free	Permanent	No	Yes	422	299	1,261	3.6	15.1	3	12.6	2	8.4	7.5	31.7	3.7	15.7	37	155

**Jack's Café Flat White Medium Skim**

Ingredients: Milk Skim (Skim Milk), Water (Water), Coffee Grinders (100% imported Coffee Beans )

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Medium Skim	Permanent	No	Yes	317	229	728	4	12.7	0.3	1	0.2	0.6	8.9	28.3	3.8	12.2	37	118

**Jack's Café Flat White Medium Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Water (Water), Coffee Grinders (100% imported Coffee Beans )

Contains: Gluten(Oats)

May be present: Wheat, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Medium Oat Milk	Permanent	No	Yes	317	283	897	1.5	4.9	2.2	6.9	0.4	1.4	10.1	31.9	1.6	5.2	56	178

**Jack's Café Coffee Mocha Large Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Hot Chocolate Syrup Jack's Cafe (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Gluten(Oats)

May be present: Wheat, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Large Oat Milk	Permanent	No	Yes	388	479	1,861	1.8	7.1	2.3	8.9	0.5	2.2	20.7	80.4	12.7	49.5	71	277

**Jack's Café Flat White Medium Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Water (Water), Coffee Grinders (100% imported Coffee Beans )

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Medium Lactose Free	Permanent	No	Yes	317	325	1,029	3.8	12.1	3	9.5	2	6.3	8.7	27.8	3.7	11.7	36	115

**Jack's Café Coffee Mocha Large Skim Milk**

Ingredients: Milk Skim (Skim Milk), Hot Chocolate Syrup Jack's Cafe (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Large Skim Milk	Permanent	No	Yes	388	428	1,663	4.2	16.2	0.5	1.9	0.3	1.3	19.6	76.1	14.9	57.7	53	207

**Jack's Café Flat White Small**

Ingredients: Milk Full Cream (Milk), Coffee Grinders (100% imported Coffee Beans ), Water (Water)

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Small	Permanent	No	Yes	220	376	827	4.4	9.7	3.1	6.8	2	4.5	11.1	24.4	3.8	8.4	36	80

**Jack's Café Coffee Mocha Large Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Hot Chocolate Syrup Jack's Cafe (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Large Lactose Free	Permanent	No	Yes	388	519	2,016	4	15.6	3.1	11.9	2	8	19.4	75.5	14.7	57.1	52	204

**Jack's Café Flat White Small Skim**

Ingredients: Milk Skim (Skim Milk), Coffee Grinders (100% imported Coffee Beans ), Water (Water)

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Small Skim	Permanent	No	Yes	220	279	615	4.5	9.9	0.4	0.9	0.2	0.5	11.2	24.6	3.9	8.5	37	82

**Jack's Café Flat White Small Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Coffee Grinders (100% imported Coffee Beans ), Water (Water)

Contains: Gluten(Oats)

May be present: Wheat, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Small Oat Milk	Permanent	No	Yes	220	333	732	2	4.5	2.3	5	0.5	1.1	12.3	27.1	1.7	3.7	56	123

**Jack's Café Flat White Small Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Coffee Grinders (100% imported Coffee Beans ), Water (Water)

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Flat White Small Lactose Free	Permanent	No	Yes	220	374	824	4.3	9.5	3.1	6.8	2	4.5	11	24.2	3.7	8.2	36	80

**Jack's Café Coffee Mocha Medium Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 6%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Gluten(Oats)

May be present: Wheat, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Medium Oat Milk	Permanent	No	Yes	298	562	1,675	2.2	6.6	2.2	6.7	0.6	1.8	25.1	75	16	47.8	72	216

**Jack's Café Coffee Mocha Medium Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Medium Lactose Free	Permanent	No	Yes	298	599	1,784	4.2	12.6	3	8.9	2	5.9	24	71.5	17.8	53.1	55	164

**Tea Black Medium**

Ingredients: Water (Water), Black Tea (Black Tea)

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Tea Black Medium	Permanent	No	Yes	377	0	0	0	0	0	0	0	0	0	0	0	0	0	0

**Jack's Café Coffee Mocha Medium Skim Milk**

Ingredients: Milk Skim (Skim Milk), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Medium Skim Milk	Permanent	No	Yes	298	515	1,536	4.4	13.1	0.6	1.8	0.4	1.2	24.1	72	18	53.6	56	166

**Jack's Café Coffee Mocha Small**

Ingredients: Milk Full Cream (Milk), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Small	Permanent	No	Yes	206	586	1,208	4.7	9.8	3.1	6.3	2	4.2	22.7	46.8	14.3	29.5	50	103

**Jack's Café Coffee Mocha Small Skim**

Ingredients: Milk Skim (Skim Milk), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Small Skim	Permanent	No	Yes	206	499	1,029	4.8	10	0.6	1.3	0.4	0.8	22.8	47	14.4	29.7	51	105

**Jack's Café Coffee Mocha Small Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% Imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Gluten(Oats)

May be present: Wheat, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Small Oat Milk	Permanent	No	Yes	206	547	1,127	2.6	5.4	2.3	4.8	0.6	1.3	23.8	49.1	12.4	25.6	68	140

**Jack's Café Coffee Mocha Small Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Coffee Grinders (100% Imported Coffee Beans ), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Coffee Mocha Small Lactose Free	Permanent	No	Yes	206	585	1,205	4.7	9.6	3.1	6.3	2	4.2	22.6	46.7	14.2	29.4	50	103

**Jack's Café Hot Chocolate Large Skim**

Ingredients: Milk Skim (Skim Milk), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Large Skim	Permanent	No	Yes	412	322	1,267	3.5	14.3	0.3	1.3	0.2	1	15	61.9	14.5	59.6	55	227

**Jack's Café Hot Chocolate Large Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Gluten(Oats)

May be present: Wheat, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Large Oat Milk	Permanent	No	Yes	412	387	1,595	0.9	3.8	2.3	9.3	0.5	2.1	16.2	66.8	12.2	50.2	75	308

**Jack's Café Hot Chocolate Large Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Large Lactose Free	Permanent	No	Yes	412	430	1,773	3.3	13.6	3.1	12.8	2.1	8.7	14.9	61.2	14.3	58.9	54	224

**Jack's Café Hot Chocolate Medium Skim**

Ingredients: Milk Skim (Skim Milk), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Medium Skim	Permanent	No	Yes	319	387	1,236	3.4	11	0.4	1.2	0.3	0.9	18.1	57.7	17.3	55.3	58	185

**Jack's Café Hot Chocolate Medium Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Gluten(Oats)

May be present: Wheat, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Medium Oat Milk	Permanent	No	Yes	319	440	1,403	1	3.3	2.2	7.1	0.5	1.7	19.2	61.3	15.2	48.4	77	245

**Jack's Café Hot Chocolate Medium Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Hot Chocolate Syrup Jack's Café (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Medium Lactose Free	Permanent	No	Yes	319	481	1,534	3.3	10.5	3	9.7	2	6.6	17.9	57.1	17.2	54.8	57	183

**Jack's Café Hot Chocolate Small**

Ingredients: Milk Full Cream (Milk), Hot Chocolate Syrup Jack's Cafe (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Small	Permanent	No	Yes	214	432	925	3.4	7.3	3.1	6.7	2.1	4.6	14.9	31.9	14.3	30.7	54	116

**Jack's Café Hot Chocolate Small Skim**

Ingredients: Milk Skim (Skim Milk), Hot Chocolate Syrup Jack's Cafe (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Small Skim	Permanent	No	Yes	214	332	710	3.5	7.5	0.3	0.7	0.2	0.6	15	32.1	14.4	30.8	55	118

**Jack's Café Hot Chocolate Small Oat Milk**

Ingredients: Milk Oat (Filtered Water, Whole Oats (Min. 8%), Sunflower Oil, Raw Sugar, Oat Flour, Gum Arabic, Minerals (Calcium Phosphate, Calcium Carbonate), Acidity Regulator (Potassium Phosphate), Sea Salt, Natural Flavour, Emulsifier (471)), Hot Chocolate Syrup Jack's Cafe (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Gluten(Oats)

May be present: Wheat, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Small Oat Milk	Permanent	No	Yes	214	387	828	0.9	2	2.3	4.9	0.5	1.1	16.2	34.6	12.1	25.9	75	160

**Jack's Café Hot Chocolate Small Lactose Free**

Ingredients: Milk Lactose Free (Milk, Enzyme (Lactase)), Hot Chocolate Syrup Jack's Cafe (Sugar, Water, Cocoa Powder, Modified Starch, Natural Flavour, Salt, Food Acid (334), Preservative (202), Vegetable Gum (415)), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: Milk

May be present: Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Hot Chocolate Small Lactose Free	Permanent	No	Yes	214	430	921	3.3	7.1	3.1	6.7	2.1	4.6	14.8	31.7	14.2	30.5	54	116

**Jack's Café Latte Large Skim**

Ingredients: Milk Skim (Skim Milk), Water (Water), Coffee Grinders (100% imported Coffee Beans )

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Latte Large Skim	Permanent	No	Yes	422	202	855	3.7	15.8	0.2	1.1	0.2	0.7	7.7	32.4	3.9	16.4	37	158

**Jack's Café Latte Medium Skim**

Ingredients: Milk Skim (Skim Milk), Water (Water), Coffee Grinders (100% imported Coffee Beans )

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Latte Medium Skim	Permanent	No	Yes	317	229	728	4	12.7	0.3	1	0.2	0.6	8.9	28.3	3.8	12.2	37	118

**Jack's Café Latte Small**

Ingredients: Milk Full Cream (Milk), Coffee Grinders (100% imported Coffee Beans ), Water (Water)

Contains: Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Café Latte Small	Permanent	No	Yes	220	376	827	4.4	9.7	3.1	6.8	2	4.5	11.1	24.4	3.8	8.4	36	80