

Nutritional Guide Report

* Nutritional base values are calculated per 100g

Coke POM Small

Ingredients: Coke POM (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine)

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
Coke POM Small	Permanent	No	No	340	180	612	0	0	0	0	0	0	10.6	36.1	10.6	36.1	10	34

Coke POM Medium

Ingredients: Coke POM (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine)

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
Coke POM Medium	Permanent	No	No	434	180	782	0	0	0	0	0	0	10.6	46.1	10.6	46.1	10	44

Coke POM Large

Ingredients: Coke POM (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine)

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
Coke POM Large	Permanent	No	No	623	180	1,122	0	0	0	0	0	0	10.6	66.1	10.6	66.1	10	63

Fanta Orange POM Large

Ingredients: Fanta Orange POM (Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Antioxidant (300), Colour (110))

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
Fanta Orange POM Large	Permanent	No	No	623	225	1,402	0	0	0	0	0	0	13.5	84.2	13.4	83.5	15	94

Fanta Orange POM Medium

Ingredients: Fanta Orange POM (Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Antioxidant (300), Colour (110))

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
Fanta Orange POM Medium	Permanent	No	No	434	225	977	0	0	0	0	0	0	13.5	58.6	13.4	58.2	15	66

Fanta Orange POM Small

Ingredients: Fanta Orange POM (Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Antioxidant (300), Colour (110))

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
Fanta Orange POM Small	Permanent	No	No	340	225	765	0	0	0	0	0	0	13.5	45.9	13.4	45.6	15	51

Fanta Raspberry POM Small

Ingredients: Fanta Raspberry POM (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (122))

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
Fanta Raspberry POM Small	Permanent	No	No	340	223	759	0	0	0	0	0	0	13	44.2	13	44.2	8	29

Fanta Raspberry POM Medium

Ingredients: Fanta Raspberry POM (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (122))

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
Fanta Raspberry POM Medium	Permanent	No	No	434	223	968	0	0	0	0	0	0	13	56.5	13	56.5	8	37

Fanta Raspberry POM Large

Ingredients: Fanta Raspberry POM (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (122))

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
Fanta Raspberry POM Large	Permanent	No	No	623	223	1,390	0	0	0	0	0	0	13	81	13	81	8	53

Coke No Sugar POM Small

Ingredients: Coke Zero POM (Carbonated Water, Colour (150d), Food Acids (338, 331), Flavour, Sweeteners (951, 950), Preservative (211), Caffeine)

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
Coke No Sugar POM Small	Permanent	No	No	340	1	6	0.1	0.2	0	0	0	0	0.1	0.4	10.1	34.4	15	50

Coke No Sugar POM Medium

Ingredients: Coke Zero POM (Carbonated Water, Colour (150d), Food Acids (338, 331), Flavour, Sweeteners (951, 950), Preservative (211), Caffeine)

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
Coke No Sugar POM Medium	Permanent	No	No	434	2	7	0.1	0.3	0	0	0	0	0.1	0.5	10.1	43.9	15	64

Coke No Sugar POM Large

Ingredients: Coke Zero POM (Carbonated Water, Colour (150d), Food Acids (338, 331), Flavour, Sweeteners (951, 950), Preservative (211), Caffeine)

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
Coke No Sugar POM Large	Permanent	No	No	630	2	10	0.1	0.4	0	0	0	0	0.1	0.7	10.1	63.7	15	92

Sprite POM Large

Ingredients: Sprite POM (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211))

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
Sprite POM Large	Permanent	No	No	630	176	1,109	0	0	0	0	0	0	10.1	63.7	10.1	63.7	15	94

Sprite POM Medium

Ingredients: Sprite POM (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211))

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
Sprite POM Medium	Permanent	No	No	434	176	764	0	0	0	0	0	0	10.1	43.9	10.1	43.9	15	65

Sprite POM Small

Ingredients: Sprite POM (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211))

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
Sprite POM Small	Permanent	No	No	340	176	599	0	0	0	0	0	0	10.1	34.4	10.1	34.4	15	51

Orange Fruit Drink Large

Ingredients: Orange Drink POM (Orange Juice from Concentrate (66.6%), Water, Sugar, Food Acid (330), Preservatives (211, 223 (Sulphites)), Stabiliser (405), Flavour, Antioxidant (300), Colour (160e))

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
Orange Fruit Drink Large	Permanent	No	No	630	204	1,286	0	0	0	0	0	0	11.6	73.1	11	69.3	8	49

Orange Fruit Drink Medium

Ingredients: Orange Drink POM (Orange Juice from Concentrate (66.6%), Water, Sugar, Food Acid (330), Preservatives (211, 223 (Sulphites)), Stabiliser (405), Flavour, Antioxidant (300), Colour (160e))

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
Orange Fruit Drink Medium	Permanent	No	No	434	204	886	0	0	0	0	0	0	11.6	50.4	11	47.8	8	34

Orange Fruit Drink Small

Ingredients: Orange Drink POM (Orange Juice from Concentrate (66.6%), Water, Sugar, Food Acid (330), Preservatives (211, 223 (Sulphites)), Stabiliser (405), Flavour, Antioxidant (300), Colour (160e))

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
Orange Fruit Drink Small	Permanent	No	No	340	204	694	0	0	0	0	0	0	11.6	39.5	11	37.4	8	27

Keri Apple Juice

Ingredients: Keri Juice Apple (Apple Juice From Concentrate (99.9%), Antioxidant (300), Flavour, Preservative (223))

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
Keri Apple Juice	Permanent	Yes	No	300	199	597	0.3	0.9	0	0	0	0	11.2	33.6	10.6	31.8	5	16

Jack'd Up Soda Dirty Cola

Ingredients: Coke POM (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine), Creamer (Water, Vegetable Oil (Emulsifiers 322 (Soy), 471), Sugar, Acidity Regulator (340), Sodium, Caseinate (Milk), Emulsifiers (435, 481), Salt, Artificial Flavour, Artificial Colour (160a)), Syrup Coconut Monin (Sugar, Water, Flavour (contains Coconut Extract), Emulsifier (Acacia Gum))

Contains: 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'd Up Soda Dirty Cola	Trial	Yes	No	365	249	910	0.1	0.3	1.3	4.7	1.1	4	11.8	43.1	11.8	43.2	16	58
Coke POM Small	Permanent	No	No	340	168	612	0	0	0	0	0	0	9.9	36.1	9.9	36.1	9	34

Jack'd Up Soda Pineapple Punch with Creamer

Ingredients: Sprite POM (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211)), Syrup Pineapple Monin (Sugar, Water, Concentrated Pineapple Juice, Natural Flavouring, Concentrated Lemon Juice, Emulsifier (Acacia Gum), Antioxidant (Ascorbic Acid), Colour (Natural Beta-Carotene), Equivalent Fruit Juice: 29.2%, including 17.5% Pineapple Juice), Creamer (Water, Vegetable Oil (Emulsifiers 322 (Soy), 471), Sugar, Acidity Regulator (340), Sodium, Caseinate (Milk), Emulsifiers (435, 481), Salt, Artificial Flavour, Artificial Colour (160a))

Contains: 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'd Up Soda Pineapple Punch with Creamer	Trial	Yes	No	385	289	1,113	0.1	0.3	1.2	4.8	1	4	14	53.8	13.9	53.7	19	75
Sprite POM Small	Permanent	No	No	340	155	599	0	0	0	0	0	0	8.9	34.4	8.9	34.4	13	51

Jack'd Up Soda Strawberry Dream with Creamer

Ingredients: Sprite POM (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211)), Syrup Strawberry Monin (Sugar, Water, Concentrated Strawberry Juice, Natural Flavouring, Acidity Regulator (Citric Acid), Concentrated Elderberry Juice, Preservative (Potassium Sorbate), Colour (129), Equivalent Fruit Juice: 14.2%, including 13% Strawberry Juice), Creamer (Water, Vegetable Oil (Emulsifiers 322 (Soy), 471), Sugar, Acidity Regulator (340), Sodium, Caseinate (Milk), Emulsifiers (435, 481), Salt, Artificial Flavour, Artificial Colour (160a))

Contains: 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'd Up Soda Strawberry Dream with Creamer	Trial	Yes	No	385	291	1,122	0.1	0.3	1.2	4.7	1	4	14.2	54.6	14.2	54.5	19	75
Sprite POM Small	Permanent	No	No	340	155	599	0	0	0	0	0	0	8.9	34.4	8.9	34.4	13	51

Jack'd Up Soda Blue Lagoon with Creamer

Ingredients: Sprite POM (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211)), Syrup Watermelon Monin (Sugar, Water, Concentrated Watermelon Juice, Concentrated Lemon Juice, Flavouring, Preservative (Potassium Sorbate), Colour 129), Equivalent Fruit Juice: 18.9%, including 13.4% Watermelon Juice), Creamer (Water, Vegetable Oil (Emulsifiers 322 (Soy), 471), Sugar, Acidity Regulator (340), Sodium, Caseinate (Milk), Emulsifiers (435, 481), Salt, Artificial Flavour, Artificial Colour (160a)), Syrup Blue Curacao (Sugar, Water, Natural Flavouring (Contains Orange Extract), Preservative (Potassium Sorbate 202), Colour (133))

Contains: 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'd Up Soda Blue Lagoon with Creamer	Trial	Yes	No	395	305	1,206	0.1	0.3	1.2	4.7	1	4	15	59.5	15	59.4	19	75
Sprite POM Small	Permanent	No	No	340	151	599	0	0	0	0	0	0	8.7	34.4	8.7	34.4	13	51

Jack'd Up Soda Pineapple Punch

Ingredients: Sprite POM (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211)), Syrup Pineapple Monin (Sugar, Water, Concentrated Pineapple Juice, Natural Flavouring, Concentrated Lemon Juice, Emulsifier (Acacia Gum), Antioxidant (Ascorbic Acid), Colour (Natural Beta-Carotene), Equivalent Fruit Juice: 29.2%, including 17.5% Pineapple Juice)

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'd Up Soda Pineapple Punch	Trial	Yes	No	370	250	924	0	0.1	0	0.1	0	0	14.3	53.1	14.3	53	14	51
Sprite POM Small	Permanent	No	No	340	162	599	0	0	0	0	0	0	9.3	34.4	9.3	34.4	14	51

Jack'd Up Soda Strawberry Dream

Ingredients: Sprite POM (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211)), Syrup Strawberry Monin (Sugar, Water, Concentrated Strawberry Juice, Natural Flavouring, Acidity Regulator (Citric Acid), Concentrated Elderberry Juice, Preservative (Potassium Sorbate), Colour (129), Equivalent Fruit Juice: 14.2%, including 13% Strawberry Juice)

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'd Up Soda Strawberry Dream	Trial	Yes	No	370	252	933	0	0	0	0	0	0	14.5	53.9	14.5	53.9	14	51
Sprite POM Small	Permanent	No	No	340	162	599	0	0	0	0	0	0	9.3	34.4	9.3	34.4	14	51

Jack'd Up Soda Blue Lagoon

Ingredients: Sprite POM (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211)), Syrup Watermelon Monin (Sugar, Water, Concentrated Watermelon Juice, Concentrated Lemon Juice, Flavouring, Preservative (Potassium Sorbate), Colour 129), Equivalent Fruit Juice: 18.9%, including 13.4% Watermelon Juice), Syrup Blue Curacao (Sugar, Water, Natural Flavouring (Contains Orange Extract), Preservative (Potassium Sorbate 202), Colour (133))

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'd Up Soda Blue Lagoon	Trial	Yes	No	380	267	1,017	0	0.1	0	0	0	0	15.4	58.7	15.4	58.7	13	51
Sprite POM Small	Permanent	No	No	340	157	599	0	0	0	0	0	0	9	34.4	9	34.4	13	51

Shake Chocolate Small

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.), Syrup Chocolate Shake (Sugar, Water, Cocoa Powder (4%), Salt, Acidity Regulators (330, 500), Preservative (202), Thickener (415))

Contains: Added Sulphites, Wheat

May be present: 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
Shake Chocolate Small	Permanent	No	Yes	209	574	1,200	3.9	8.2	3.1	6.5	2	4.2	23.2	48.5	21.5	44.9	97	203

Shake Chocolate Large

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.), Syrup Chocolate Shake (Sugar, Water, Cocoa Powder (4%), Salt, Acidity Regulators (330, 500), Preservative (202), Thickener (415))

Contains: Added Sulphites, Wheat

May be present: 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
Shake Chocolate Large	Permanent	No	Yes	368	573	2,110	3.9	14.5	3.1	11.4	2	7.4	23.2	85.3	21.4	78.9	97	357

Shake Chocolate Medium

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.), Syrup Chocolate Shake (Sugar, Water, Cocoa Powder (4%), Salt, Acidity Regulators (330, 500), Preservative (202), Thickener (415))

Contains: Added Sulphites, Wheat

May be present: 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
Shake Chocolate Medium	Permanent	No	Yes	275	573	1,575	3.9	10.8	3.1	8.5	2	5.5	23.1	63.6	21.4	58.9	97	267

Shake Strawberry Small

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.), Syrup Strawberry Shake (Sugar, Water, Natural Flavour, Colour (120), Acidity Regulator (330), Preservative (211), Thickener (415))

Contains: Wheat

May be present: 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
Shake Strawberry Small	Permanent	No	Yes	209	546	1,141	3.9	8.2	3.1	6.5	1.9	4	21.9	45.8	20.3	42.5	74	156

Shake Strawberry Medium

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.), Syrup Strawberry Shake (Sugar, Water, Natural Flavour, Colour (120), Acidity regulator (330), Preservative (211), Thickener (415).)

Contains: Wheat

May be present: 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
Shake Strawberry Medium	Permanent	No	Yes	275	545	1,499	3.9	10.8	3.1	8.5	1.9	5.3	21.8	60.1	20.3	55.7	74	205

Shake Strawberry Large

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.), Syrup Strawberry Shake (Sugar, Water, Natural Flavour, Colour (120), Acidity Regulator (330), Preservative (211), Thickener (415))

Contains: Wheat

May be present: 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
Shake Strawberry Large	Permanent	No	Yes	368	545	2,007	3.9	14.4	3.1	11.4	1.9	7.1	21.9	80.5	20.3	74.7	74	274

Shake Vanilla Large

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.)

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
Shake Vanilla Large	Permanent	No	Yes	391	481	1,881	4.2	16.5	3.3	13	2.1	8.3	17	66.5	15.3	59.9	80	313

Shake Vanilla Medium

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.)

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
Shake Vanilla Medium	Permanent	No	Yes	294	481	1,415	4.2	12.4	3.3	9.8	2.1	6.2	17	50	15.3	45	80	236

Shake Vanilla Small

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.)

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
Shake Vanilla Small	Permanent	No	Yes	221	481	1,064	4.2	9.3	3.3	7.3	2.1	4.7	17	37.6	15.3	33.9	80	177

Biscoff Shake Small

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
Biscoff Shake Small	Permanent	Yes	Yes	216	802	1,732	4.2	9.2	7.9	17.1	3.2	7	25.8	55.7	18.8	40.6	126	272

Biscoff Shake Medium

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Biscuit Crumb Biscoff (Wheat Flour, Sugar, Vegetable Oils (Palm Oil, Canola Oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Salt, Cinnamon), Sauce Biscoff (Original Caramelised Biscuits (52%) (Wheat Flour, Sugar, Vegetable Oils (Palm Oil, Canola Oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Soy Flour, Salt, Cinnamon), Canola Oil, Sugar, Emulsifier (Soy Lecithin), Acid (Citric Acid))

Contains: Wheat (Gluten), 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
Biscoff Shake Medium	Permanent	Yes	Yes	328	763	2,502	4.2	14	7.1	23.2	3.1	10.2	25.3	83.1	18.6	61.1	123	405

Biscoff Shake Large

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Biscuit Crumb Biscoff (Wheat Flour, Sugar, Vegetable Oils (Palm Oil, Canola Oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Salt, Cinnamon), Sauce Biscoff (Original Caramelised Biscuits (52%) (Wheat Flour, Sugar, Vegetable Oils (Palm Oil, Canola Oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Soy Flour, Salt, Cinnamon), Canola Oil, Sugar, Emulsifier (Soy Lecithin), Acid (Citric Acid))

Contains: Wheat (Gluten), 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
Biscoff Shake Large	Permanent	Yes	Yes	433	748	3,238	4.3	18.5	6.7	29	3.1	13.3	25.2	110	18.6	80.6	123	532

Shake Caramel Large

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Syrup Caramel Shake (Sugar, Water, Natural Flavours, Colour (150a), Salt, Acidity Regulator (330), Preservative (202), Thickener (415))

Contains: Natural Sulphites, 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
Shake Caramel Large	Permanent	No	Yes	368	557	2,051	3.9	14.4	3.1	11.4	1.9	7.1	22.5	83	20.9	77	97	359

Shake Caramel Medium

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Syrup Caramel Shake (Sugar, Water, Natural Flavours, Colour (150a), Salt, Acidity Regulator (330), Preservative (202), Thickener (415))

Contains: Natural Sulphites, 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
Shake Caramel Medium	Permanent	No	Yes	275	557	1,532	3.9	10.8	3.1	8.5	1.9	5.3	22.5	62	20.9	57.4	97	268

Shake Caramel Small

Ingredients: Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin (Maize), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Syrup Caramel Shake (Sugar, Water, Natural Flavours, Colour (150a), Salt, Acidity Regulator (330), Preservative (202), Thickener (415))

Contains: Natural Sulphites, 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
Shake Caramel Small	Permanent	No	Yes	209	558	1,166	3.9	8.2	3.1	6.5	1.9	4	22.5	47.2	20.9	43.8	98	204