

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	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	43.4

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	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Coke POM Large	Permanent	No	No	623	180	1130	0	0	0	0	0	0	10.6	66.1	10.6	66.1	10	62.3

Coke Vanilla POM Medium

Ingredients: Coke Vanilla 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	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Coke Vanilla POM Medium	Permanent	No	No	434	191	829	0	0	0	0	0	0	11.2	48.7	11.2	48.7	1	4.4

Coke Vanilla POM Large

Ingredients: Coke Vanilla 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	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Coke Vanilla POM Large	Permanent	No	No	623	191	1190	0	0	0	0	0	0	11.2	69.8	11.2	69.8	1	6.3

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	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Fanta Orange POM Large	Permanent	No	No	623	225	1410	0	0	0	0	0	0	13.5	84.2	13.4	83.5	15	93.5

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	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	65.1

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	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	28.6

Fanta Raspberry POM Medium

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

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	36.5

Fanta Raspberry POM Large

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

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Fanta Raspberry POM Large	Permanent	No	No	623	223	1390	0	0	0	0	0	0	13	81	13	81	8	52.4

Coke Vanilla POM Small

Ingredients: Coke Vanilla POM (Carbonated Water, Sugar, Colour (150d), Food Acid (339), Flavour, Caffeine)

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Coke Vanilla POM Small	Permanent	No	No	340	191	650	0	0	0	0	0	0	11.2	38.1	11.2	38.1	1	3.4

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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Coke No Sugar POM Small	Permanent	No	No	340	1	5.1	0.05	0.17	0	0	0	0	0.1	0.34	10.1	34.4	15	49.7

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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Coke No Sugar POM Medium	Permanent	No	No	434	2	6.51	0.05	0.22	0	0	0	0	0.1	0.44	10.1	43.9	15	63.4

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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Coke No Sugar POM Large	Permanent	No	No	630	2	9.45	0.05	0.32	0	0	0	0	0.1	0.63	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Sprite POM Large	Permanent	No	No	630	176	1110	0	0	0	0	0	0	10.1	63.7	10.1	63.7	15	93.3

Sprite POM Medium

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

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	64.3

Sprite POM Small

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

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	50.4

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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
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Orange Fruit Drink Large	Permanent	No	No	630	204	1290	0	0	0	0	0	0	11.6	73.1	11	69.3	8	48.6
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Orange Fruit Drink Medium

Ingredients: Orange Drink POM (Orange Juice from Concentrate (56.6%), Water, Sugar, Food Acid (330), Preservatives (211, 223 (Sulphites)), Stabiliser (405), Flavour, Antioxidant (300), Colour (160e))

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	33.5

Orange Fruit Drink Small

Ingredients: Orange Drink POM (Orange Juice from Concentrate (56.6%), Water, Sugar, Food Acid (330), Preservatives (211, 223 (Sulphites)), Stabiliser (405), Flavour, Antioxidant (300), Colour (160e))

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium 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	26.2

Kerri Apple Juice

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

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Kerri Apple Juice	Permanent	No		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Chocolate Small	Permanent	No	Yes	209	574	1200	3.92	8.2	3.08	6.44	1.99	4.17	23.19	48.5	21.46	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Chocolate Large	Permanent	No	Yes	368	573	2110	3.92	14.5	3.08	11.4	2	7.35	23.15	85.3	21.43	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Chocolate Medium	Permanent	No	Yes	275	573	1580	3.93	10.8	3.08	8.48	2	5.49	23.12	63.6	21.39	58.9	97	267

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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Caramel Large	Permanent	No	Yes	368	557	2060	3.99	14.7	3.08	11.4	1.91	7.03	22.54	83	15.97	58.8	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Caramel Medium	Permanent	No	Yes	275	557	1540	3.99	11	3.08	8.48	1.91	5.26	22.51	62	15.96	43.9	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Caramel Small	Permanent	No	Yes	209	558	1170	3.99	8.34	3.08	6.44	1.91	3.99	22.58	47.2	15.97	33.4	98	204

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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Strawberry Small	Permanent	No	Yes	209	546	1150	3.89	8.14	3.08	6.44	1.91	3.99	21.88	45.8	20.31	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Strawberry Medium	Permanent	No	Yes	275	545	1500	3.9	10.8	3.08	8.48	1.91	5.26	21.82	60.1	20.25	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Strawberry Large	Permanent	No	Yes	368	545	2010	3.9	14.4	3.08	11.4	1.91	7.03	21.85	80.5	20.28	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Vanilla Large	Permanent	No	Yes	391	481	1890	4.2	16.5	3.3	13	2.1	8.22	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Vanilla Medium	Permanent	No	Yes	294	481	1420	4.2	12.4	3.3	9.71	2.1	6.18	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 Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serving	Total Fat	Total Fat Per Serving	Saturated Fat	Saturated Fat Per Serving	Carbohydrates	Carbohydrates Per Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serving
Shake Vanilla Small	Permanent	No	Yes	221	481	1070	4.2	9.29	3.3	7.3	2.1	4.65	17	37.6	15.3	33.9	80	177