



COACHING
SOCIETY

Takeaway Guide

Drinks & Desserts Edition

Contents

Page 04.

Acai Brothers

Page 07.

Baker's Delight

Page 10.

Baskin Robbins

Page 14.

Boost Juice

Page 18.

Hungry Jacks

Page 22.

McDonald's

Page 26.

Starbucks

Page 32.

Yochi

Page 36.

Zarrafas



Disclaimer

The calories and macronutrients listed in this guide are estimates based on the nutritional info available from the specified restaurant or drinks & desserts websites. These values are provided as a general reference and may not always be completely accurate or up-to-date. As menus and nutritional information are frequently updated, it is the responsibility of the individual to verify that the information is accurate by referring to the restaurant's most current details online.

Additionally, the food items listed are based on the original menu version, including standard ingredients and portion sizes. Keep in mind that the actual serving size at the time of purchase may vary slightly, and the portion served may not be identical to the listed standard. Any substitutions, modifications, sauces, or additional toppings will alter the nutritional values, and it is up to the individual to confirm these changes with the restaurant.

Individuals should always take responsibility for checking allergen information before ordering. It is strongly advised to consult the restaurant's website for the most accurate, up-to-date information regarding allergies, nutritional content, and any other dietary needs. Please approach your coach or a healthcare professional if you are uncertain about the calorie or macronutrient content of restaurant food. For full nutritional information, please refer to the restaurant's website, as referenced at the end of this guide.



Acai Brothers

Basic Bowls



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Lemon Meringue	485	34	89	9.3
No No Na-Na	419	6	80	9
Original	430	6	88	9
Raw Lemon	435	6	88	9
Raw Notella	459	7	92	10

Specialty Bowls



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Ain't Nothin' Butter	817	32	111	39
Berry Nice	432	9	83	12
Choc Treat Yo'Self	704	27	112	26
Mango Madness	387	9	71	12
Mango Passionfruit	239	2.5	43	6.5
Salted Caramel	594	35	95	18

*The nutritional information for Acai Bros Basic Bowls is based on the regular size, including the listed base, buckwheat and three standard fruits as toppings. Specialty Bowls are also based on the regular size, with each bowl's specific base and specialty toppings. Any changes to ingredients or portion sizes may alter the nutritional values. For the most accurate information, please refer to the Acai Bros nutritional information available online.

Juices



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Eye' Look Good	222	7	44	2
The Alkaliser	186	6	36	2
The Tropical	190	4	41	1

Smoothies



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Acai-Ting	494	7	100	9
Berry Delicious	477	7	104	6
Espresso Bliss	510	20	73	16
Gladiator	692	29	74	36
It Takes Two To Mango	433	4	70	16
Muscle-Milk	605	21	73	25
Peanut Butter Nutter	576	12	71	29
Salted Caramel	413	18	56	13

*The nutritional information for Acai Bros smoothies and juices is based on the large size. Any changes to ingredients or portion sizes may alter the nutritional values. For the most accurate information, please refer to the Acai Bros nutritional information available online.

*Bakers
Delight*

Baker's Delight

Sweet Scones



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Berry & White Choc Scone	294	6.1	47.8	8.5
Choc Mud Scone	320	5.8	46.9	12
Date Scone	282	5.4	52.6	4.5
Fruit Scone	275	5.5	52.2	4.7
Glazed Lemon & Blueberry Scone	302	5.7	53.5	6.9
Traditional Scone	208	5.1	35.6	4.8

Sweet Buns



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BNCA Pink Fun Bun	100	2.3	19.2	1.3
Boston Bun	287	3.7	42.5	10.9
Boston Filled Fruit Bun	375	4.8	61	11.9
Boston Icing & 100s & 1000s Finger Bun	318	5.6	51.4	9.2
Boston Icing & 100s & 1000s Fun Bun	123	2.7	20.6	2.9
Boston Icing & Coconut Finger Bun	330	5.9	47.1	12.5
Boston Icing & Coconut Fun Bun	125	2.7	19.8	3.6
Fruit Bun	202	4.5	39.2	2.4
Pink Fondant & 100s & 1000s Fun Bun	115	2.7	22	1.5
Pink Fondant Finger Bun	260	5.5	51	3
Pink Fondant Fun Bun	111	2.7	21.1	1.5
White Fondant & Choc Chips Finger Bun	292	5.8	54.9	4.6

*The nutritional information for Baker's Delight products is based on the serving size of each individual item. Serving sizes vary between products and may affect the nutritional values. For the most accurate information, please refer to the Baker's Delight nutritional information available online.

Sweet Pastries



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Apple Pie Danish	210	3.6	22.6	11.5
Chocolate Croissant	294	5.4	28.6	17.3
Custard Danish Lattice	406	7.8	41.8	22.1
Escargot	428	9.6	58.7	16.1
Portuguese Custard Tart	160	2.5	24.4	6

Sweet Scrolls



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Apple & Custard Scroll	473	7.1	73.1	16.4
Apple & Walnut Scroll	523	8.8	81.3	17
Apple Scroll	284	5.8	56.3	3.1
Coffee Scroll	344	5.9	70.9	3.1
Custard & Almond Scroll	607	12.7	78.7	25.5
Custard Scroll	511	8.6	77.7	17.7
Sticky Cinnamon Scroll	466	6.8	71.6	15.9
Vanilla Slice Scroll	504	9.5	99.2	6.4

*The nutritional information for Baker's Delight products is based on the serving size of each individual item. Serving sizes vary between products and may affect the nutritional values. For the most accurate information, please refer to the Baker's Delight nutritional information available online.



Baskin Robbins

Ice Cream (Per Scoop)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Banana	134	2.8	13.4	7.8
Baseball Nut	164	3	18.7	8.7
Berry Cookies 'n Cream	134	2.56	19.6	4.96
Blue Raspberry Sherbet	86	0.94	12.32	1.32
Caramel Chocolate Crunch	179	2.76	19.32	10.07
Caramel Praline Cheesecake	171	2.7	21.1	8.3
Choc Chip Cookie Dough	175	2.84	19.95	9.35
Chocolate	150	3	16.1	8.2
Chocolate Chip	156	3	14.8	9.5
Chocolate Cookie Crackle	206	3.02	20.37	12.6
Chocolate Mousse Royale	187	3.19	17.71	11.55
Chocolate Trilogy	165	3.2	16.2	9.7
Citrus Twist Ice	65	0.01	15.96	0
Coconut	150	2.79	15.4	8.67
Coffee Coffee Chip	154	2.74	15.05	9.24
Cookies 'n Cream	170	2.97	16.31	10.29
Cotton Candy	146	2.49	17.92	7.14
Dulce De Leche	162	2.86	18.48	8.51
Gold Medal Ribbon	152	2.76	18.83	7.42
Green Tea	143	3.23	13.79	8.4
Hokey Pokey	159	2.6	20.37	7.49

*The nutritional information for Baskin Robbins is based on a 70g scoop of ice cream. Toppings and cones are calculated separately based on standard serving sizes. Any customisations or changes to portion size may alter the nutritional values. For the most accurate information, please refer to the Baskin Robbins nutritional information available online.

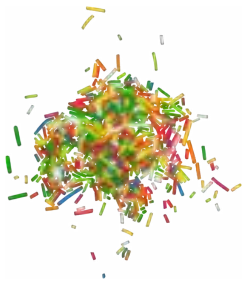
Ice Cream (Per Scoop)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Jamoca® Almond Fudge	164	3.35	17.43	8.96
Love Potion #31	166	2.58	18.97	8.89
Macadamia Nuts 'n Cream	161	3.07	13.02	10.78
Mango Tango	139	2.23	18.2	6.33
Maui Brownie Madness Yoghurt	152	3.79	18.69	6.9
Mint Chocolate Chip	156	3.04	14.77	9.52
Movie Theatre Popcorn	166	2.82	19.67	8.47
NSA Caramel Turtle Truffle	143	2.96	23.52	4.99
Nutty Salted Caramel	171	2.98	20.93	8.37
Peanut Butter 'n Chocolate	189	4.38	15.68	12.18
Pink Lemonade	63	0.04	15.46	0.01
Pistachio Almond	169	4.10	12.74	11.41
Pralines 'n Cream	170	2.72	20.16	8.75
Rainbow Sherbet	85	0.91	17.29	1.29
Rocky Road	166	3.35	18.34	8.89
Rum Raisin	145	0.32	18.76	6.66
Strawberry Cheesecake	155	2.7	18.06	8.02
Triple Grape Ice	72	0.35	17.68	0
Vanilla	140	2.94	13.16	8.47
Very Berry Strawberry	128	2.3	15.26	6.45
World Class Chocolate	170	3.21	15.89	10.43

*The nutritional information for Baskin Robbins is based on a 70g scoop of ice cream. Toppings and cones are calculated separately based on standard serving sizes. Any customisations or changes to portion size may alter the nutritional values. For the most accurate information, please refer to the Baskin Robbins nutritional information available online.

Toppings



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Diced Almonds (100g)	583	23.2	14	46.9
Flake (30g)	161	2.5	17.1	9.1
Fudge Caramel (30g)	100	<1	18.8	2.3
Fudge Chocolate (30g)	97	1	16	3
Gummi Bears (10gr)	34	0.5	7.83	0.02
Kit Kat (22.5g)	117	1.5	13.6	6.1
Marshmallow Mini Pink & White (23g)	89	1	20.9	<1
Mini Oreo's (20g)	96	1	13.4	4.2
Oreo's (100 g)	490	4.4	67.2	20.8
Sprinkles 100's & 1000's (100g)	394	<1	95.4	<1
Syrup Caramel (30mL)	75	<1	18.5	0

Cones



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Freshly Baked Waffle Cone	278	3.7	50.1	6.5
Kid's Cone	28	0.63	6.02	0.14

*The nutritional information for Baskin Robbins is based on a 70g scoop of ice cream. Toppings and cones are calculated separately based on standard serving sizes. Any customisations or changes to portion size may alter the nutritional values. For the most accurate information, please refer to the Baskin Robbins nutritional information available online.

The word "BOOST" is written in a colorful, stylized font. The letters are orange, yellow, and green, with a slight 3D effect. The word is positioned at the top of a white rounded rectangular box.

Boost Juice

Tropical



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Banana Buzz	419	16.4	75	5.1
Blue Honolulu	373	7.3	75.6	4.1
Green Tea Mango Mantra	433	5.3	96.9	2.9
Lychee Crush	308	2.1	74.5	0.4
Mango & Co	532	3.2	88.2	18
Mango Magic	420	7.7	86	4.8
Mango Tango Crush	326	3	75.9	0.6
Palm Peach Crush	347	3	83.1	0.5
Passion Mango	435	6.6	95.2	3.1
Tropical Crush	319	2.8	77.3	0.6
Watermelon Crush	219	2	51.9	0.8

Berry



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Açaí Lychee Crush	328	2.5	70.7	3.2
All Berry Bang	344	7.1	71.4	4.7
Berry Crush	277	1.7	63.9	0.6
Pink Paradise	357	7	77.6	4.4
Strawberry Squeeze	371	7.4	77.5	4.8

Brekkie



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Brekkie to Go-Go	580	22.6	94.9	10.3
Mornin' Mocha	493	22.6	86	5.5
Strawbrekkie	423	21.2	71	5.8

*The nutritional information for Boost Juice is based on the Original size (610ml). Any changes to size, ingredients or add-ons may alter the nutritional values. For the most accurate information, please refer to the Boost Juice nutritional information available online.

Crave



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Bananas For Choc	566	11.3	75.6	23.1
Coffee Dream	418	16.1	77.2	4.3
Cookies & Creme	510	15.8	90.9	9.1
Honeycomb Heaven	477	16.7	83	6.6
King William Chocolate	437	18.3	74.4	6.4
Raspberry Ripe	478	15.3	88.3	7.4

Level Up



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Choc Muscle Hustle	451	21.1	70.4	7.8
Energy Lift	415	8.3	85.1	4.8
Gym Junkie	390	20.5	64.7	5.1
Power Plant Protein	281	11.4	49.6	1.8
Protein Supreme	502	29.1	66.4	10.6
Pure Eden Super Smoothie	170	2.8	35.5	0.5
Super Açai	345	5.9	63.1	7.8
Wondermelon	191	13.1	27.3	2.3

Fresh Juices



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Energiser	238	3.8	51.2	0.8
Ginger Zing	169	3.7	35.5	0.6
Immunity	148	2.3	31.1	0.9
Melon Moment	204	1.8	45.8	0.8
Mint Condition	146	2	32.5	0.3
Two & Five	170	3.1	36.3	0.4

*The nutritional information for Boost Juice is based on the Original size (610ml). Any changes to size, ingredients or add-ons may alter the nutritional values. For the most accurate information, please refer to the Boost Juice nutritional information available online.

Secret Smoothies



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Apple Passion	306	2.6	67.5	0.6
Banana Mango Bling	424	8.2	85.6	4.9
Bangin' Blueberry	342	5.4	75.5	3.4
Berry Remedy Juice†	246	2.4	55.8	0.6
Blueberry Blast	418	5.2	90.4	3.1
Cookie Dough	559	10.1	77.2	22.7
Fine Pine Mango	402	8.3	79.9	4.6
Green Machine†	154	9	26.4	0.8
Island Breeze	518	4.1	84.6	18
Janine's Fave	397	7.5	80.4	4.7
Justice Crush	297	2.7	63.1	0.8
Lemon Crush	195	2.8	44.2	0.8
Lychee Charm	386	5.5	88.8	2.6
Lychee Lovin' Berry	412	1.3	68.2	13.9
Mango Berry Crush	324	2.2	77.1	0.6
Pina Colada	402	8.1	76	7.1
Razzberry Mango	397	7.5	79.9	4.7
Strawberry Daiquiri	222	1.9	51.5	0.6
Strawbs Mango	389	7.6	82.3	4.8
Tropical Storm	409	8.3	82	5.5
Watermelon Mango	386	6.1	62.6	12

*The nutritional information for Boost Juice is based on the Original size (610ml). Any changes to size, ingredients or add-ons may alter the nutritional values. For the most accurate information, please refer to the Boost Juice nutritional information available online.



Hungry Jack's

Hot Drinks



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Babycino	39	2.1	3.1	2.1
Black Tea	0	0	0	0
Cappuccino	249	12.4	28.2	9.6
Chai	358	11.6	50.8	11.5
Dirty Chai	444	15.2	67.1	12.2
Flat White	248	12.4	27.8	9.5
Hot Chocolate	368	10.8	57.1	9.7
Latte	248	12.4	27.8	9.5
Long Black	1	0.4	0.4	0.1
Macchiato	88	3.7	16.4	0.8
Minicino	120	6.2	20.1	6.5
Mocha	427	12.8	71.5	8.9
Piccolo	93	4.5	11.7	3.1
Short Black	1	0.4	0.4	0.1
White Tea	17	0.9	1.3	1

Cold Drinks



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Dirty Chai	452	11.3	70.6	13.2
Iced Caramel Coffee	523	12.3	79.7	16.9
Iced Chai	366	7.8	54.3	12.5
Iced Chocolate	373	8.5	54.9	12.3
Iced Coffee	260	10.7	25.8	12.7
Iced Long Black	86	3.6	16.3	0.7
Iced Mocha	381	10.2	68.8	6.2

*The nutritional information for Hungry Jack's drinks is based on a medium size with full cream milk, unless the drink is only available in one size. Choosing a different milk or making other changes may alter the overall nutritional values. For the most accurate information, please refer to the Hungry Jack's nutritional information available online.

Soft Drinks



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Coke	187	0	46.1	0
Coke No Sugar	2	0.3	0.5	0
Orange Fanta	234	0	58.6	0
Orange Fruit Drink	212	0	50.4	0
Raspberry Fanta	232	0	44.2	0
Sprite	183	0	43.9	0
Vanilla Coke	198	0	48.7	0

Frozen Drinks



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Frozen Coke	80	0	19.6	0
Frozen Coke No Sugar	9	0	1.8	0
Frozen Coke No Sugar Spider	151	4.2	20.3	5.7
Frozen Coke Spider	223	4.2	38.2	5.7
Frozen Keri Orange & Mango	109	0	26.7	0
Frozen Keri Orange & Mango Spider	247	4.2	43.9	5.7
Frozen Raspberry Fanta	81	0	19.6	0
Frozen Raspberry Fanta Spider	223	4.2	38.2	5.7
Frozen Sour Watermelon Fanta	80	0	19.1	0
Frozen Sour Watermelon Fanta Spider	223	4.2	37.6	5.7

*The nutritional information for Hungry Jack's soft drinks and frozen drinks is based on the standard medium size. Choosing a different size or making any modifications may alter the nutritional values. For the most accurate information, please refer to the Hungry Jack's nutritional information available online.

Shakes



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Biscoff	598	14	83.1	23.2
Bubblegum	350	10.1	59.9	8
Chocolate	376	10.8	63.6	8.5
Strawberry	358	10.8	60.1	8.5
Vanilla	338	12.4	50	9.8

Desserts



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Biscoff Storm	599	13.8	79.2	27.7
Bubblegum Storm	499	12.6	75.2	16.8
Caramel Sundae	390	9.5	56.2	14
Chocolate Sundae	376	9.6	53.7	13.4
Flake Storm	518	13.6	65	22.4
Mini Drumstick	144	1.6	20.6	6
Oreo Storm	420	12.2	54.8	16.8
Sticky Date Pudding	229	2.2	28.8	11.6
Sticky Date Pudding Ice Cream	330	5.1	41.9	15.6
Strawberry Sundae	345	9	50.5	12.1

*The nutritional information for Hungry Jack's shakes is based on the medium size. All desserts are based on the small size unless the item is only available in one size. Any changes to size or ingredients may alter the nutritional values. For the most accurate information, please refer to the Hungry Jack's nutritional information available online.



McDonald's



Hot Beverages



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Babycino	56	2.9	4.7	2.8
Cappucino	217	11.4	17.3	11.3
Caramel Flavoured Latte	234	9.6	27.3	9.5
Chai Latte	314	12	39.7	11.7
Espresso	1	0	0	0
Flat White	203	10.9	15.4	10.9
Hazlenut Flavoured Latte	234	9.6	27.3	9.5
Latte	184	9.9	13.9	9.8
Long Black	1	0	0	0
Macchiato	4	0.2	0.3	0.2
Mocha	396	15.8	50.3	13.4
Piccolo	49	2.7	3.7	2.6
Tea	5	0.4	0	0.4

Cold Beverages



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Deluxe Caramel Flavoured Iced Coffee	354	10.3	43.4	15.4
Deluxe Hazlenut Flavoured Iced Coffee	354	10.3	43.4	15.4
Iced Chai Latte	340	13.4	41.7	13.1
Iced Chocolate	394	12	47.7	16.7
Iced Latte	263	10.4	31.9	10.4
Iced Long Black	<1	0	0	0
Iced Mocha	395	9.9	66	9.5

*The nutritional information for McDonald's drinks is based on a medium size with full cream milk, unless the drink is only available in one size. Choosing a different milk or making other changes may alter the overall nutritional values. For the most accurate information, please refer to the McDonald's nutritional information available online.



Frappes



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chocolate	590	9.9	80.8	24.4
Coffee	582	11.1	73.1	26.5
Salted Caramel	538	11.8	58.7	28.4

Thickshakes



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chocolate	369	11.1	64.5	9.9
Strawberry	364	9.8	60.6	8.8
Vanilla	339	9.3	55.9	8.4

Soft Drinks



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Coca-Cola	136	0	34.7	0
Coca-Cola Vanilla	149	0	36.7	0
Coca-Cola Zero Sugar	3	0.2	0.4	0
Fanta Orange	171	0	44.2	0
Fanta Raspberry	102	0	25.9	0
Frozen Coke	131	0	33.8	0
Frozen Coke No Sugar	12	0	2.9	0
Frozen Flavours	131	0	33.8	0
Orange Juice	160	0	40.8	0
Sprite	133	0	33.8	0
Sprite Zero Sugar	3	0	0	0

*The nutritional information for McDonald's frappes, thickshakes and soft drinks is based on the medium size. Any changes to size or ingredients may alter the nutritional values. For the most accurate information, please refer to the McDonald's nutritional information available online.



Desserts



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Apple Pie	252	1.9	28.8	14
Caramel Sundae	323	6.6	56.2	7.5
Chocolate Soft Serve Cone	132	4	21.8	2.9
Hot Fudge Sundae	341	6.4	58.6	8.5
M&M's Minis McFlurry	390	8.3	57.5	13.5
McDonald Cookies	271	3.1	45	8.2
Oreo Cookies McFlurry	312	7.2	47.3	10
Plain Chocolate Sundae	186	5.7	30.2	4.4
Plain Sundae	194	5.6	29.9	5.5
Plain Twist Sundae	190	5.7	30.1	4.9
Strawberry Sundae	267	5.8	47.7	5.5
Twin Twist Soft Serve Cone	134	3.9	21.7	3.3
Vanilla Soft Serve Cone	137	3.9	21.6	3.6

*The nutritional information for McDonald's desserts is based on the small size, unless the item is only available in one size. Any changes to size or ingredients may alter the nutritional values. For the most accurate information, please refer to the McDonald's nutritional information available online.



Starbucks



Coffee & Espresso



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Americano	3	1.1	3	0.1
Brewed Coffee	5	0.6	0	0.1
Caffe Latte	246	12.8	20	12.6
Caffe Mocha	411	14.1	45	19.7
Cappuccino	135	7.1	11	6.8
Caramel Macchiato	311	11.9	37	12.6
Choc Hazelnut Macchiato	277	10.9	34.2	10.4
Espresso	6	0.4	1	0
Flat White	195	10.2	16	9.9
Honey Nougat Macchiato	252	3.5	39.2	8.9
Tiramisu Latte	511	12	55	27
Vanilla Shortbread Latte	406	12.8	46.4	18.7
White Chocolate Mocha	487	13	62	21

Cold Brew



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Brown Sugar Cream Cold Brew	161	3.3	35	15.7
Brown Sugar Cream Nitro Cold Brew	163	2.9	27	13.75
Cold Brew	5	0.2	0	0
Cold Brew With Milk	38	2	3	1.9
Cold Brew With Salted Caramel Cream	109	1.8	24	0.1
Cold Brew With Vanilla Sweet Cream	123	1	15	6.5
Honey Ruby Grapefruit Cold Brew	261	0.5	63.2	0.2
Nitro Cold Brew	5	0.3	0	0
Nitro Cold Brew With Vanilla Sweet Cream	124	1.1	14	6.5
Salted Caramel Nitro Cold Brew	111	1.9	24	0.1

*The nutritional information for Starbucks drinks is based on the Grande size (16 ounces), unless the drink is only available in one size. All espresso shots are based on a single shot. Any changes to size, milk options or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Starbucks nutritional information available online.



Frappuccino® Blended Coffee



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Caramel Coffee	393	4.3	60	14.8
Cinnamon Dolce	370	4	56	15
Coffee	212	3.3	44	3.2
Dark Mocha	489	7.1	69.9	19.9
Espresso	285	2.9	44	2.5
Honey Nougat	430	2.7	53.4	22.7
Java Chip	450	5.8	64	18.6
Mocha	384	5.2	57	14.9
Tiramisu	471	5	65	21
Triple Mocha	403	4.9	56	17.3
Ultra Caramel	496	4.9	70	21.1
Vanilla Shortbread Affogato	409	6	59	16
White Chocolate Mocha	417	5.2	64	15.6

Frappuccino® Blended Cream



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Caramel Cream	340	5.2	44	16
Chai Cream	344	5.2	47	15.1
Chocolate Cream	493	8.3	66	21.8
Cinnamon Dolce Cream	340	5	43	16
Cookies & Cream	493	8.3	66	19.8
Double Chocolate Chip	460	5.8	64	18.6
Honey Nougat Cream	426	3.3	47.3	24.9
Matcha Green Tea	414	6.1	62	15.6
Strawberries & Cream	427	5.4	67	15.5
Strawberry Mochi Cream	469	4.4	67.2	20.2
Strawberry Mochi Matcha Cream	648	7.2	106	21.2
Vanilla Cream	321	5.1	41	15.3
Vanilla Shortbread Cream	409	6	59	16
White Chocolate	393	6.4	53	17.1

*The nutritional information for Starbucks drinks is based on the Grande size (16 ounces), unless the drink is only available in one size. All espresso shots are based on a single shot. Any changes to size, milk options or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Starbucks nutritional information available online.



Iced Beverages



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Brown Sugar Iced Shaken Espresso	154	2.3	68.7	16.2
Cinnamon Dolce Iced Shaken Espresso	154	3.7	30.1	3.2
Classic Iced Chocolate	460	10.2	57.5	21
Dirty Chai Iced Shaken Espresso	273	1.7	28	2.8
Iced Americano	2	1	3	0
Iced Caffe Mocha	367	9.9	39	19.2
Iced Cappuccino	131	7	11	7
Iced Caramel Macchiato	231	7.6	31	8.2
Iced Choc Hazelnut Macchiato	233	8.7	30.4	8.2
Iced Cinnamon Dolce Latte	340	12	43	14
Iced Honey Nougat Macchiato	212	2.5	37.2	5.8
Iced Latte	157	8	13	7.9
Iced Tiramisu Latte	457	10	51	24
Iced White Chocolate	460	10.2	57.5	21
Iced White Chocolate Mocha	460	10.2	57.5	21
Salted Caramel Iced Shaken Espresso	276	1.7	32	2.7
Vanilla Iced Shaken Espresso	149	3.9	26.9	3.1
Vanilla Shortbread Iced Latte	363	8.8	39.9	18.5

*The nutritional information for Starbucks drinks is based on the Grande size (16 ounces), unless the drink is only available in one size. All espresso shots are based on a single shot. Any changes to size, milk options or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Starbucks nutritional information available online.



Iced Tea



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Iced Chai Tea Latte	261	7	44	6.8
Iced Green Tea	256	9.1	36	8.5
Iced Green Tea Lemonade	118.25	0	27	0
Iced Hibiscus Tea Lemonade	110	0	27	0
Iced Matcha & Espresso Fusion	181	5.3	31	4.1
Iced Matcha With Strawberry Cold Foam	280	13	41.2	10.4
Iced Matcha-Misu Latte	454	11.1	50.4	22.8
Iced Shaken Black Tea With Ruby Grapefruit and Honey	207	0.2	44	0
Iced Strawberry Green Tea Lemonade	110	0	27	0
Iced Strawberry Mochi Matcha Latte	442	9.1	78.8	9.4

Refreshers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Dragon Drink	138	1	26	3
Mango Dragonfruit	150	0	34	0
Pink Drink	159	0	34	2.5
Strawberry Acai	162	0	39	0.2

*The nutritional information for Starbucks drinks is based on the Grande size (16 ounces), unless the drink is only available in one size. All espresso shots are based on a single shot. Any changes to size, milk options or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Starbucks nutritional information available online.



Tea & Chocolate



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Black Tea With Ruby Grapefruit and Honey	207	0.2	46	0
Chai Tea Latte	269	7.5	45	7.2
Classic Hot Chocolate	519	15.5	58	24.9
Early Grey Black Tea	0	0	0	0
Emperor's Clouds and Mist Green Tea	0	0	0	0
English Breakfast Tea	0	0	0	0
English Breakfast Tea Latte	213	6.9	30	7.1
Espresso and Matcha Fusion	341	13.6	43	12.6
Green Tea Latte	275	13.2	38	7.2
Matcha With Strawberry Cold Foam	418	16.4	56.2	13.9
Matcha-Misu Latte	533	14.1	57.2	27.5
Mint Majesty Herbal Tea	0	0	0	0
Strawberry Mochi Matcha Latte	492	11.7	83.4	12
White Hot Chocolate	500	14	62	22

*The nutritional information for Starbucks drinks is based on the Grande size (16 ounces), unless the drink is only available in one size. All espresso shots are based on a single shot. Any changes to size, milk options or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Starbucks nutritional information available online.

YO-CHI

SHARE THE CHI

Yochi

Soft Serve Yoghurts



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Acai	131	0.4	25.9	2.7
Banana + Cinnamon	149	<1	23.5	5.4
Blueberry	119	3.3	21.2	2.2
Chocolate	162	2	25.2	4.8
Coconut	165	0.7	24.6	6.4
Cookies + Cream	131	4	23	2.3
Honey	122	3.3	21.9	2.2
Mango	128	2.8	24.5	1.8
Matcha	128	4	23.5	2.1
Salted Butterscotch	130	3.7	23.7	2.1
Signature Tart	124	3.7	21.9	1.8
Strawberry Cream	133	3.4	24.9	1.8
Vanilla	123	3.9	21.8	2

*The nutritional information for Yo-Chi soft serve yoghurt and all toppings is based on a 100g serving. Any changes in portion size or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Yo-Chi nutritional information available online.

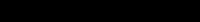
Toppings



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Almonds	570	19.7	5.4	50.5
Bananas Beechwort	91	1.1	23	0.3
Biscoff Spread	584	2.9	57	38.1
Blueberry Compote	84	<1	19.1	<1
Boys, BC & Apple Compote	78	0.5	17.9	0.3
Butterscotch Sauce	316	1.2	62.1	6.5
Choc Chip Cookie Dough	397	4.3	54.5	17.9
Choc Chunk Cookie Cake	468	5.3	54.9	25
Chocolate Fudge Brownie	447	4.7	50.8	24.8
Chocolate Soil	475	5.2	63.1	21.7
Chocolate Wafer Roll	468	5.5	72.9	16.3
Cornflake Crunch	394	8.4	64.3	10.5
Crumble	478	5.5	55.7	25.2
Crispy Oat Granola	397	8	65.3	9.7
Dark Choc Covered Pretzels	444	8.6	71.2	14.5
Dark Choc Ready Set Yo	671	3.1	37.6	57.1
Dragonfruit	57	0.4	15	0.1
Edible Waffle Cones	411	6.3	82.8	4.5
Fresh Blackberries	50	1.4	9.6	0.5
Fresh Blueberries	40	0.7	14.5	0.3
Fresh Figs	231	0.9	19	0.3
Fresh Kiwi Berries	55	1.2	12	0.8
Fresh Mango	60	0.8	15	0.4
Fresh Raspberries	50	1.2	11.9	0.6
Freckles	480	4.7	72.3	18.7
Halva	550	14.7	47.9	35.3
Honey	334	<1	82.1	<1
Honey Roasted Cashews	511	13.2	49.4	31.8

*The nutritional information for Yo-Chi soft serve yoghurt and all toppings is based on a 100g serving. Any changes in portion size or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Yo-Chi nutritional information available online.

Toppings



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
House Made Granola	444	8.5	44.4	24.1
Kiwi	61	1.1	14.7	0.5
Lemon Curd & Passionfruit	246	0.5	48.6	4.5
Lychee	80	1.4	19.3	0
Maltesers	488	6	66.7	22.7
Milk Balls	380	2.8	87.3	1.5
Milk Chocolate Drops	528	2.7	64.5	28.3
Milk Chocolate Sauce	283	2.2	49.2	9.7
Mini M&M's	480	4	72	20
Mini Mochi	351	3.8	80.4	0.9
Nutella (Warm)	538	6.3	57.5	30.9
Oreo Crumb with Creme	490	4.7	70.2	20.4
Oreos	490	4.7	70.2	20.4
Peanut Butter	621	24	9.6	53.6
Passionfruit & Lemon Curd	246	0.5	48.6	4.5
Pineapple	50	0.5	13	0.1
Pistachio Papi	514	10.9	56.3	28.6
Popping Pearls	91	0	21	0
Rainbow Sprinkles	440	<1	87.2	9.7
Raspberry Coulis	105	0.9	20.7	0.2
Rockmelon	34	0.8	8.2	0.1
Sour Straps	361	0.4	87.7	0.4
Strawberries	33	0.6	7.7	0.3
Superfood Sprinkles	354	10	68.9	2.3
Waffles Bites	442	6.2	53.5	22.7
White Choc Ready Set Yo	681	4.3	32.8	59.9
Zebra Coconut	631	7.3	28.5	54.2

*The nutritional information for Yo-Chi soft serve yoghurt and all toppings is based on a 100g serving. Any changes in portion size or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Yo-Chi nutritional information available online.



Zarrafa's



Hot Coffees



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Americano	15	<1	2.3	<1
Babyccino	134	3.6	21.5	3.6
Caffe Breve	320	13.9	24.2	17.5
Caffe Latte	268	13.9	21.6	12.9
Caffe Mocha	441	13.8	57.1	15.3
Cappucino	276	14.4	21.6	13.4
Caramelised Cappucino	356	13.5	40.1	14.5
Caramelised Mocha	459	12.7	60.8	16.4
Chai Latte	425	16.7	46.5	17.3
Espresso	8	<1	1.2	<1
Espresso Affogato	171	2.8	17.5	12.3
Espresso Con Panna	15	<1	<1	1.1
Espresso Macchiato	10	<1	1.5	<1
Flat White	264	14.9	21.1	12.3
Hot Chocolate	545	16	74.2	18.2
Matcha Latte	330	13.7	27.4	18.3
Piccolo	41	2.3	2.9	2.3
White Chocolate Mocha	474	14.3	59.9	17.5
White Hot Chocolate	534	14.4	76.4	16.6

*The nutritional information for Zarrafa's drinks is based on the Grande size (16 ounces), unless the drink is only available in one size. All espresso shots are based on a single shot. Any changes to size, milk options or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Starbucks nutritional information available online.

Cold Drinks



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Banana Smoothie	418	9.6	71	10.1
Breakfast Smoothie	528	12.6	91.4	12
Caramelised Fusion	561	6.7	71.3	27.5
Chai Fusion	462	5.1	52.6	22.5
Coffee Fusion	422	6.6	35	29
Creme Caramel Fusion	581	3.6	73.6	33.9
Creme Choc Mint Fusion	592	6	67.8	32.5
Creme Chocolate Fusion	591	11.3	77.7	25.9
Creme Strawberry Fusion	558	9	76.8	23.7
Creme White Chocolate Fusion	560	6.2	70.7	28
Iced Americano	14	<1	3.3	<1
Iced Chai	221	10.8	33.1	10.8
Iced Chocolate Float	608	17.1	71.1	25.8
Iced Latte	193	10.7	13.2	10.7
Iced Matcha	254	10.1	22.3	13.8
Iced Mocha	298	9.9	41.7	9.9
Latte Float	448	15.6	38.5	27.6
Mango Smoothie	430	10.7	72.6	10.1
Matcha Fusion With Strawberry Foam	387	1.6	53	18.6
Mixed Berry Smoothie	415	9	67	12.2
Mocha Float	600	13.8	74.3	29.7
Mocha Fusion	557	4.9	68.9	29.1
White Chocolate Fusion	553	8.9	58.5	31.8
White Chocolate Mocha Float	557	15.4	78.4	22.2

*The nutritional information for Zarrafa's drinks is based on the Grande size (16 ounces), unless the drink is only available in one size. All espresso shots are based on a single shot. Any changes to size, milk options or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Starbucks nutritional information available online.



Hot Teas



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chai	1	<1	<1	<1
Chamomile	1	<1	<1	<1
Early Grey	1	<1	<1	<1
English Breakfast	1	<1	<1	<1
Green	1	<1	<1	<1
Peppermint	1	<1	<1	<1

Iced Teas



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Hibiscus & Cranberry	266	0.4	58.4	0.4
Lemon	160	0	39.5	0
Lychee & Mint	239	0.4	56.7	0.4
Mango	181	0	44.5	0
Peach	162	0	39.5	0

*The nutritional information for Zarrafa's drinks is based on the Grande size (16 ounces), unless the drink is only available in one size. All espresso shots are based on a single shot. Any changes to size, milk options or added ingredients may alter the nutritional values. For the most accurate information, please refer to the Starbucks nutritional information available online.

References

Acai Brothers. (2025). *Menu*. Retrieved June 2025, from <https://acaibrothers.com/menu/>

Baker's Delight. (2025). *Products*. Retrieved June 2025, from <https://www.bakersdelight.com.au/products/>

Baskin Robbins. (2025). *Nutrition*. Retrieved June 2025, from <https://www.baskinrobbins.com.au/nutrition>

Boost Juice. (2025). *Allergens and nutritional information – Menu NIPS*. Retrieved June 2025, from https://www.boostjuice.com.au/wp-content/uploads/2025/05/BNIPS25-2_Boost-Allergens-Nutritional-Information_Menu-NIPS_Digital_Landscape.pdf

Boost Juice. (2024). *Allergens and nutritional information – Secret smoothies*. Retrieved June 2025, from https://www.boostjuice.com.au/wp-content/uploads/2024/10/BNIPS24-6_Boost-Allergens-Nutritional-Information_OCT-Update_Secret-Smoothies_A4-1.pdf

Hungry Jack's. (2025). *Nutrition info*. Retrieved June 2025, from <https://www.hungryjacks.com.au/nutrition-info>

McDonald's. (2025). *Our impact: Food quality & sourcing – Nutrition*. Retrieved June 2025, from <https://mcdonalds.com.au/our-impact/food-quality-sourcing/nutrition>

Starbucks. (2025). *Menu: Beverages*. Retrieved June 2025, from <https://www.starbucks.com.au/menu/beverages/>

Yo-Chi. (2025). *Nutritional information*. Retrieved June 2025, from <https://yochi.com.au/wp-content/uploads/2025/04/Yo-Chi-Nutritional-Information.pdf>

Zarrafra's Coffee. (2025). *Products*. Retrieved June 2025, from <https://zarraffas.com/products>

