

# Jamaica Blue Cold Beverage NIPS

<b>Citrus &amp; Lychee Handcrafted Botanical Soda</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 410ml		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	368kJ (88Cal)	90kJ (21Cal)
Protein	0.6g	0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	20.5g	5.0g
- Sugars	20.2g	4.9g
Sodium	55mg	13mg

Ingredients: **Sparkling Water, Ice, Lychee, Lemon Tea Syrup** (Sugar, Water, Concentrated Lemon Juice (24%), Tea Extract, Natural Flavouring, Natural Lemon-Lime Flavouring with Other Natural Flavourings, Preservative (202)), **Mint**.

# Jamaica Blue Cold Beverage NIPS

<b>Lemonade Handcrafted Botanical Soda</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 418ml		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	401kJ (96Cal)	96kJ (23Cal)
Protein	0.4g	0.1g
Fat, Total	0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	21.9g	5.2g
- Sugars	21.8g	5.2g
Sodium	55mg	13mg

Ingredients: **Sparkling Water, Ice, Lemon, Lemonade Syrup** (Sugar, Water, Acid (Citric Acid), Concentrated Lemon Juice (7%), Natural Flavouring, Colours (150a, 102), Preservative (202), Emulsifier (Acacia Gum), Antioxidant (Ascorbic Acid)), **Mint**.

# Jamaica Blue Cold Beverage NIPS

<b>Pomegranate Handcrafted Botanical Soda</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 424ml		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	441kJ (105Cal)	104kJ (25Cal)
Protein	0.5g	0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	24.2g	5.7g
- Sugars	23.8g	5.6g
Sodium	56mg	13mg

Ingredients: **Sparkling Water, Ice, Blueberries, Pomegranate Syrup** (Sugar, Water, Acids (Citric Acid, Tartaric Acid), Concentrated Pomegranate Juice (10%), Natural Flavouring, Colouring Agent (163)), **Mint**.

# Jamaica Blue Cold Beverage NIPS

<b>Peanut Butter &amp; Banana Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 378g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1930kJ (461Cal)	511kJ (122Cal)
Protein	16.2g	4.3g
Fat, Total	26.3g	7.0g
- Saturated	12.1g	3.2g
Carbohydrate	38.8g	10.3g
- Sugars	33.1g	8.8g
Dietary Fibre	3.0g	0.8g
Sodium	202mg	54mg

Ingredients: **Milk, Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (150)), **Banana** (11%), **Peanut Butter** (5%), **Caramel Popcorn**.

**Contains Wheat Products, Peanuts, Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Espresso Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 438g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1740kJ (416Cal)	398kJ (95Cal)
Protein	9.2g	2.1g
Fat, Total	18.8g	4.3g
- Saturated	12.1g	2.8g
Carbohydrate	52.4g	12.0g
- Sugars	47.9g	10.9g
Sodium	133mg	31mg

Ingredients: **Milk, Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (150)), **Coffee** (14%), **Ice, Vanilla Flavoured Syrup** (Sugar, Water, Natural Vanilla Flavouring, Concentrated Lemon Juice, Preservative (202), Colour (Caramel I)).

**Contains Wheat Products, Milk.**

## Jamaica Blue Cold Beverage NIPS

<b>Turkish Delight Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 354g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1770kJ (422Cal)	499kJ (119Cal)
Protein	10.0g	2.8g
Fat, Total	15.7g	4.4g
- Saturated	10.2g	2.9g
Carbohydrate	59.9g	16.9g
- Sugars	55.8g	15.8g
Sodium	139mg	39mg

Ingredients: **Milk, Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (150)), **Rose Syrup** (Sugar, Water, Flavouring (Including Natural Rose Petals Extracts), Colour 129), **Turkish Delight** (6%) (Sugar, Wheat Starch, Glucose Syrup, Water, Flavour, Colour (120), Food Acid (Citric Acid, 336)).

**Contains Wheat, Milk.**

**May Contain Tree Nuts.**

# Jamaica Blue Cold Beverage NIPS

<b>Honeycomb Chocolate Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 368g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2030kJ (485Cal)	553kJ (132Cal)
Protein	10.7g	2.9g
Fat, Total	18.0g	4.9g
- Saturated	12.0g	3.3g
Carbohydrate	69.6g	18.9g
- Sugars	65.1g	17.7g
Sodium	156mg	42mg

Ingredients: **Milk, Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (150)), **Honey, Dark Chocolate Sauce** (6%) (Sugar, Water, Dextrose, Cocoa Powder (11%), High Fructose Syrup, Modified Starch (1442), Cocoa Mass, Acidifying Agent: Citric Acid, Flavouring, Emulsifier (471), Preservative (Potassium Sorbate), Salt), **Honeycomb** (1.5%).

**Contains Wheat, Milk, Soybean.**

**May Contain Peanuts.**

## Jamaica Blue Cold Beverage NIPS

<b>Coconut &amp; Pineapple Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 366g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1900kJ (455Cal)	520kJ (124Cal)
Protein	10.9g	3.0g
Fat, Total	22.1g	6.0g
- Saturated	15.9g	4.3g
Carbohydrate	52.0g	14.2g
- Sugars	49.2g	13.4g
Sodium	138mg	38mg

Ingredients: **Milk, Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (150)), **Coconut Syrup** (6%) (Sugar, Water, Flavouring (Including Natural Coconut Extract), Emulsifier (Acacia Gum)), **Pineapple Puree** (4%), **Coconut Chips** (2.5%), **Lime Cordial**.

**Contains Wheat Products, Milk, Sulphite.**



## Jamaica Blue Cold Beverage NIPS

<b>Iced Chocolate</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 404g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2140kJ (510Cal)	529kJ (126Cal)
Protein	8.7g	2.1g
Fat, Total	28.6g	7.1g
- Saturated	18.7g	4.6g
Carbohydrate	55.4g	13.7g
- Sugars	51.0g	12.6g
Sodium	121mg	30mg

Ingredients: **Milk, Ice, Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (150)), **Cream, Dark Chocolate Sauce** (5%) (Sugar, Water, Dextrose, Cocoa Powder (11%), High Fructose Syrup, Modified Starch (1442), Cocoa Mass, Acidifying Agent (Citric Acid), Flavouring, Emulsifier (471), Preservative (Potassium Sorbate), Salt), **Chocolate Powder** (5%) (Sugar, Cocoa (15%), Whey Powder (From Milk)).

**Contains Wheat Products, Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Iced Coffee</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 457g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1780kJ (426Cal)	390kJ (93Cal)
Protein	7.3g	1.6g
Fat, Total	26.7g	5.9g
- Saturated	17.5g	3.8g
Carbohydrate	39.2g	8.6g
- Sugars	37.0g	8.1g
Sodium	100mg	22mg

Ingredients: **Milk, Ice, Coffee** (13%), **Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (150)), **Cream, Vanilla Flavoured Syrup**.

**Contains Wheat Products, Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Iced Mocha</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 457g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1830kJ (438Cal)	401kJ (96Cal)
Protein	7.8g	1.7g
Fat, Total	28.2g	6.2g
- Saturated	18.5g	4.1g
Carbohydrate	38.6g	8.4g
- Sugars	34.6g	7.6g
Sodium	109mg	24mg

Ingredients: **Milk, Ice, Coffee** (13%), **Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (150)), **Cream, Dark Chocolate Sauce**.

**Contains Wheat Products, Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Iced Latte</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 294g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	288kJ (69Cal)	98kJ (23Cal)
Protein	3.5g	1.2g
Fat, Total	3.9g	1.3g
- Saturated	2.6g	0.9g
Carbohydrate	4.9g	1.7g
- Sugars	4.9g	1.7g
Sodium	43mg	15mg

Ingredients: **Ice, Milk, Coffee** (21%).

**Contains Milk.**

## Jamaica Blue Cold Beverage NIPS

<b>Coffee Vanilla Chilled Blend</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 342g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1650kJ (394Cal)	483kJ (115Cal)
Protein	5.5g	1.6g
Fat, Total	13.0g	3.8g
- Saturated	11.6g	3.4g
Carbohydrate	63.2g	18.5g
- Sugars	57.1g	16.7g
Sodium	201mg	59mg

Ingredients: **Ice**, **Milk**, **Vanilla Flavoured Syrup** (12%) (Sugar, Water, Natural Vanilla Flavouring, Concentrated Lemon Juice, Preservative (202), Colour (Caramel I)), **Frappease Powder** (Vegetable Shortening [Vegetable Fat (Coconut), Glucose Syrup Solids, Milk Protein, Acidity Regulators (339, 340, 331), Sugar, Emulsifier (471), Anticaking Agent (551), Salt, Vegetable Gum (407), Flavouring], Sugar, Milk Solids, Vegetable Gum (407), Flavours, Salt), **Coffee** (9%).

**Contains Milk.**

## Jamaica Blue Cold Beverage NIPS

<b>Coffee Caramel Chilled Blend</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 342g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1470kJ (352Cal)	432kJ (103Cal)
Protein	5.6g	1.6g
Fat, Total	13.1g	3.9g
- Saturated	11.6g	3.4g
Carbohydrate	52.5g	15.4g
- Sugars	45.2g	13.2g
Sodium	219mg	64mg

Ingredients: **Ice**, **Milk**, **Caramel Flavoured Syrup** (13%) (Water, Sugar, Maize Thickener (1442), Sweetened Condensed Milk, Caramel Flavour, Vegetable Gum (Xanthan Gum), Preservatives (202, 223), Food Acid (Citric Acid), Colours (102, 155, 133, Caramel III), Salt), **Frappease Powder** (Vegetable Shortening [Vegetable Fat (Coconut), Glucose Syrup Solids, Milk Protein, Acidity Regulators (339, 340, 331), Sugar, Emulsifier (471), Anticaking Agent (551), Salt, Vegetable Gum (407), Flavouring], Sugar, Milk Solids, Vegetable Gum (407), Flavours, Salt), **Coffee** (9%).

**Contains Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Chocolate Coconut Chilled Blend</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 341g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1790kJ (427Cal)	524kJ (125Cal)
Protein	2.4g	0.7g
Fat, Total	9.3g	2.7g
- Saturated	9.1g	2.7g
Carbohydrate	82.9g	24.3g
- Sugars	75.4g	22.1g
Sodium	197mg	58mg

Ingredients: **Ice**, **Water**, **Coconut Syrup** (13%) (Sugar, Water, Flavouring (Including Natural Coconut Extract), Emulsifier (Acacia Gum)), **Chocolate Flavoured Syrup** (13%) (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (Citric Acid), Salt, Vegetable Gum (Xanthan Gum), Preservatives (202, 223), Colours (155, 102, 122, 133)), **Frappease Powder** (Vegetable Shortening [Vegetable Fat (Coconut), Glucose Syrup Solids, Milk Protein, Acidity Regulators (339, 340, 331), Sugar, Emulsifier (471), Anticaking Agent (551), Salt, Vegetable Gum (407), Flavouring], Sugar, Milk Solids, Vegetable Gum (407), Flavours, Salt).

**Contains Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Chai Cinnamon Chilled Blend</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 413g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2100kJ (502Cal)	509kJ (122Cal)
Protein	11.1g	2.7g
Fat, Total	23.1g	5.6g
- Saturated	19.4g	4.7g
Carbohydrate	63.3g	15.3g
- Sugars	52.7g	12.7g
Sodium	316mg	76mg

Ingredients: **Milk, Ice, Chai Latte Powder** (10%) (Sugar, Non-Dairy Creamer (Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Sugar, Sodium Caseinate (Milk), Mono- And Diglycerides, Dipotassium Phosphate, Sodium Silicoaluminate (Anti-Caking Agent), Soy Lecithin), Artificial Flavour And Colour) (24%), Non-Fat Milk (6%), Black Tea (4%), Spices (3%), Honey, Natural & Artificial Flavouring (1%), Guar Gum, Silicon Dioxide), **Frappease Powder** (Vegetable Shortening [Vegetable Fat (Coconut), Glucose Syrup Solids, Milk Protein, Acidity Regulators (339, 340, 331), Sugar, Emulsifier (471), Anticaking Agent (551), Salt, Vegetable Gum (407), Flavouring], Sugar, Milk Solids, Vegetable Gum (407), Flavours, Salt), **Cinnamon Sugar** (0.5%).

**Contains Milk, Soybean Products.**



## Jamaica Blue Cold Beverage NIPS

<b>Pineapple &amp; Lime Cooler</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 668g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	984kJ (235Cal)	147kJ (35Cal)
Protein	1.5g	0.2g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	55.5g	8.3g
- Sugars	51.4g	7.7g
Sodium	34mg	5mg

Ingredients: **Ice, Sparkling Water, Pineapple Puree** (15%) (Fruit (Pineapple Purée, Banana Purée), Pear Juice Concentrate, Pineapple Juice Concentrate, White Grape Juice Concentrate, Apple Juice Concentrate, Natural Flavors, Locust Bean Gum, Guar Gum), **Lime Cordial** (6%) (Water, Sugar, Concentrated Lemon Juice (50%), Concentrated Lime Juice, Natural Lime Extracts, Preservative Agent (202)), **Lemon, Mint**.

**Contains Sulphites.**

## Jamaica Blue Cold Beverage NIPS

<b>Berry Basil Cooler</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 682g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	951kJ (227Cal)	139kJ (33Cal)
Protein	0.6g	less than 0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	54.7g	8.0g
- Sugars	53.3g	7.8g
Sodium	35mg	5mg

Ingredients: **Ice**, **Sparkling Water**, **Four Berry Puree** (17%) (Fruit (Raspberry Puree, Strawberry Puree, Blackberry Puree), Sugar, Water, Natural Flavours, Locust Bean Gum, Guar Gum), **Lime Cordial** (Water, Sugar, Concentrated Lemon Juice (50%), Concentrated Lime Juice, Natural Lime Extracts, Preservative Agent (202)), **Lemon**, **Basil** (0.5%), **Mint**.

**Contains Sulphites.**

# Jamaica Blue Cold Beverage NIPS

<b>Mango Cooler</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 684g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	985kJ (235Cal)	144kJ (34Cal)
Protein	1.5g	0.2g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	56.8g	8.3g
- Sugars	56.8g	8.3g
Sodium	34mg	5mg

Ingredients: **Ice, Sparkling Water, Mango Puree** (17%) (Fruit (Mango Puree (57%), Banana Puree (1%)), Sugar, Pineapple Juice Concentrate, Water, Natural Flavours), **Lime Cordial** (Water, Sugar, Concentrated Lemon Juice (50%), Concentrated Lime Juice, Natural Lime Extracts, Preservative Agent (202)), **Lemon, Mint.**

**Contains Sulphites.**

# Jamaica Blue Cold Beverage NIPS

<b>Berry Lemonade Cooler</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 644g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	625kJ (149Cal)	97kJ (23Cal)
Protein	0.4g	less than 0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	35.8g	5.6g
- Sugars	35.1g	5.5g
Sodium	34mg	5mg

Ingredients: **Ice**, **Sparkling Water**, **Four Berry Puree** (9%) (Fruit (Raspberry Puree, Strawberry Puree, Blackberry Puree), Sugar, Water, Natural Flavours, Locust Bean Gum, Guar Gum), **Lime Cordial** (Water, Sugar, Concentrated Lemon Juice (50%), Concentrated Lime Juice, Natural Lime Extracts, Preservative Agent (202)), **Lemonade Puree** (4%), **Lemon** (1%), **Mint**.

**Contains Sulphites.**

# Jamaica Blue Cold Beverage NIPS

<b>Handcrafted Botanical Lemonade Soda</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 477g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	434kJ (104Cal)	91kJ (22Cal)
Protein	0.1g	less than 0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	24.9g	5.2g
- Sugars	24.8g	5.2g
Sodium	55mg	12mg

Ingredients: **Sparkling Water** (55%), **Ice**, **Lemonade Syrup** (6%) (Sugar, Water, Acid (Citric Acid), Concentrated Lemon Juice (7%), Natural Flavouring, Colours (Caramel I, 102), Preservative (202), Emulsifier (Acacia Gum), Antioxidant (Ascorbic Acid)), **Lemon**, **Mint**.

# Jamaica Blue Cold Beverage NIPS

## Handcrafted Botanical Pomegranate Soda

### NUTRITION INFORMATION

Serving size: 502g

	Average Quantity per Serving	Average Quantity per 100g
Energy	473kJ (113Cal)	94kJ (23Cal)
Protein	0.3g	less than 0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	26.5g	5.3g
- Sugars	26.2g	5.2g
Sodium	57mg	11mg

Ingredients: **Sparkling Water** (52%), **Ice**, **Pomegranate Syrup** (6%) (Sugar, Water, Acids (Citric Acid, Tartaric Acid), Concentrated Pomegranate Juice (10%), Natural Flavouring, Colouring Agent (163)), **Blueberries**, **Mint**.

## Jamaica Blue Cold Beverage NIPS

<b>Handcrafted Botanical Lychee Iced Tea Soda</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 410g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	308kJ (74Cal)	75kJ (18Cal)
Protein	0.3g	less than 0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	17.6g	4.3g
- Sugars	17.4g	4.3g
Sodium	46mg	11mg

Ingredients: **Sparkling Water, Ice, Lemon Tea Syrup (6%)** (Sugar, Water, Concentrated Lemon Juice (24%), Tea Extract, Natural Flavouring, Natural Lemon-Lime Flavouring with Other Natural Flavourings, Preservative (202)), **Lychee (4%), Mint.**

## Jamaica Blue Cold Beverage NIPS

<b>Espresso Soda Float</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 476g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1230kJ (294Cal)	258kJ (62Cal)
Protein	3.1g	0.6g
Fat, Total	11.8g	2.5g
- Saturated	7.5g	1.6g
Carbohydrate	43.7g	9.2g
- Sugars	39.1g	8.2g
Sodium	79mg	17mg

Ingredients: **Ice**, **Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (150)), **Sparkling Water** (22%), **Coffee** (13%), **Vanilla Flavoured Syrup**.

**Contains Wheat Products, Milk.**



# Jamaica Blue Cold Beverage NIPS

<b>Chocolate Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 332mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1690kJ (404Cal)	510kJ (122Cal)
Protein	10.9g	3.3g
Fat, Total	16.3g	4.9g
- Saturated	10.8g	3.3g
Carbohydrate	53.4g	16.1g
- Sugars	47.1g	14.2g
Sodium	158mg	48mg

Ingredients: **Milk** (75%), **Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (Caramel I)), **Dark Chocolate Sauce** (8%) (Sugar, Water, Dextrose, Cocoa Powder (9.5%), Maltodextrin, Modified Starch (1442), Cocoa Mass (0.5%), Flavouring, Preservative (202), Salt, Stabiliser (Xanthan Gum), Emulsifier (471), Acid (Citric Acid)).

**Contains Wheat Products, Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Vanilla Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 329mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1550kJ (370Cal)	470kJ (112Cal)
Protein	10.0g	3.0g
Fat, Total	15.7g	4.8g
- Saturated	10.2g	3.1g
Carbohydrate	47.0g	14.3g
- Sugars	44.5g	13.5g
Sodium	133mg	41mg

Ingredients: **Milk** (76%), **Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (Caramel I)), **Vanilla Syrup** (8%) (Sugar, Water, Natural Flavouring, Concentrated Lemon Juice, Preservative (202), Colour (Caramel I) Contains Vanilla Extract.).

**Contains Wheat Products, Milk.**

## Jamaica Blue Cold Beverage NIPS

<b>Strawberry Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 330mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1460kJ (349Cal)	443kJ (106Cal)
Protein	10.1g	3.1g
Fat, Total	15.7g	4.8g
- Saturated	10.2g	3.1g
Carbohydrate	41.4g	12.6g
- Sugars	39.0g	11.8g
Sodium	133mg	41mg

Ingredients: **Milk** (76%), **Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (Caramel I)), **Strawberry Fruit Mix** (8%) (Sugar, Strawberry Puree (50.1%), Natural Flavouring, Acid (Citric Acid), Thickener (Pectin), Preservative (202), Colour (129)).

**Contains Wheat Products, Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Banana Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 329mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1430kJ (341Cal)	434kJ (104Cal)
Protein	10.1g	3.1g
Fat, Total	15.7g	4.8g
- Saturated	10.2g	3.1g
Carbohydrate	39.6g	12.0g
- Sugars	37.0g	11.2g
Sodium	133mg	41mg

Ingredients: **Milk** (76%), **Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (Caramel I)), **Banana Fruit Mix** (8%) (Banana Puree (50.1%), Sugar, Natural Flavouring, Acid (Citric Acid), Preservative (202), Thickener (Pectin)).

**Contains Wheat Products, Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Caramel Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 329mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1580kJ (377Cal)	479kJ (114Cal)
Protein	10.9g	3.3g
Fat, Total	16.8g	5.1g
- Saturated	11.0g	3.3g
Carbohydrate	45.9g	13.9g
- Sugars	41.8g	12.7g
Sodium	240mg	73mg

Ingredients: **Milk** (76%), **Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (Caramel I)), **Salted Caramel Sauce** (8%) (Sugar, Caramel (20%), Water, Skimmed Sweetened Condensed Milk, Glucose-Fructose Syrup, Butter, Modified Starch, Salt, Natural Flavouring, Colour (Caramel I), Emulsifier (471), Preservative (202), Acid (Citric Acid)).

**Contains Wheat Products, Milk.**

# Jamaica Blue Cold Beverage NIPS

## Chocolate, Berry & Chai Smoothie

### NUTRITION INFORMATION

Serving size: 480g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1340kJ (321Cal)	280kJ (67Cal)
Protein	5.5g	1.2g
Fat, Total	8.6g	1.8g
- Saturated	3.4g	0.7g
Carbohydrate	54.8g	11.4g
- Sugars	49.0g	10.2g
Dietary Fibre	5.7g	1.2g
Sodium	149mg	31mg

Ingredients: **Almond Milk** (Filtered Water, Whole Almonds (3.8%), Calcium Phosphate, Sunflower Lecithin, Sea Salt, Vegetable Gum (Gellan), Natural Flavour), **Berries** (25%) (Blackberries, Blueberries, Boysenberries, Raspberries, Strawberries), Water, **Chocolate Powder** (6%) (Sugar, Cocoa (15%), Whey Powder (From Milk)), **Chai Powder** (4%).

**Contains Milk Product, Soybean, Tree Nuts.**

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## Jamaica Blue Cold Beverage NIPS

<b>Cardamom &amp; Mango Smoothie</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 418g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	827kJ (198Cal)	198kJ (47Cal)
Protein	1.1g	0.3g
Fat, Total	3.9g	0.9g
- Saturated	3.1g	0.7g
Carbohydrate	41.2g	9.9g
- Sugars	34.9g	8.3g
Dietary Fibre	2.0g	0.5g
Sodium	44mg	11mg

Ingredients: **Ice**, **Coconut Milk** (Filtered Water, Coconut Cream (Min. 8%), Inulin, Minerals (Calcium Phosphate), Emulsifier (471), Stabilisers (407, 418), Natural Flavour, Sea Salt), **Mango Puree** (28%) (Fruit (Mango Puree (57%), Banana Puree (4%)), Pure Cane Or Beet Liquid Sugar, Water, Pineapple Juice Concentrate, Natural Flavouring, Thickener (Guar Gum)), **Chia Seeds**, **Cardamom**.

# Jamaica Blue Cold Beverage NIPS

## Raspberry & White Chocolate Smoothie

### NUTRITION INFORMATION

Serving size: 475g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1600kJ (381Cal)	336kJ (80Cal)
Protein	10.4g	2.2g
Fat, Total	13.3g	2.8g
- Saturated	3.7g	0.8g
Carbohydrate	54.2g	11.4g
- Sugars	43.7g	9.2g
Dietary Fibre	8.1g	1.7g
Sodium	300mg	63mg

Ingredients: **Soy Milk** (Filtered Water, Whole Soybeans (Min 14%), Raw Sugar, Sunflower Oil, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavours, Sea Salt, Food Acids (340, 331)), **Raspberries** (25%), **Water**, **White Chocolate Powder** (8%) (Sugar, Non-Dairy Creamer (Palm Oil Corn Syrup Solids, Sodium Caseinate (Milk Derivative), Mono- And Diglycerides, Dipotassium Phosphate, Sodium Silicoaluminate, Soy Lecithin), Non-Fat Dry Milk, Natural And Artificial Flavour, Cellulose And Guar Gum, Salt Silicon Dioxide), **Honey**.

**Contains Milk Products, Soybean.**

**May Contain Milk, Peanuts, Tree Nuts.**



# Jamaica Blue Cold Beverage NIPS

<b>Green Vege Smoothie</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 420g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	646kJ (154Cal)	154kJ (37Cal)
Protein	2.5g	0.6g
Fat, Total	0.2g	less than 0.1g
- Saturated	0.0g	0.0g
Carbohydrate	34.9g	8.3g
- Sugars	31.0g	7.4g
Dietary Fibre	2.5g	0.6g
Sodium	30mg	7mg

Ingredients: **Water**, **Cucumber** (26%), **Ice**, **Banana**, **Mango Puree** (Fruit (Mango Purée, Banana Purée), Pear Juice Concentrate, White Grape Juice Concentrate, Pineapple Juice Concentrate, Natural Flavors), **Honey**, **Basil** (0.5%), **Green Leafy Powder**.

**May Contain Milk, Peanuts, Soybean, Tree nuts**

# Jamaica Blue Cold Beverage NIPS

<b>Green Kiwi Smoothie</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 560g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2070kJ (494Cal)	370kJ (88Cal)
Protein	3.1g	0.6g
Fat, Total	3.4g	0.6g
- Saturated	3.0g	0.5g
Carbohydrate	110g	19.6g
- Sugars	105g	18.8g
Dietary Fibre	2.7g	0.5g
Sodium	57mg	10mg

Ingredients: **Coconut Milk** (Filtered Water, Coconut Cream (Min. 8%), Inulin, Minerals (Calcium Phosphate), Emulsifier (471), Stabilisers (407, 418), Natural Flavour, Sea Salt), **Orange Juice, Ice, Pineapple Puree** (Fruit (Pineapple Purée, Banana Purée), Pear Juice Concentrate, Pineapple Juice Concentrate, White Grape Juice Concentrate, Apple Juice Concentrate, Natural Flavours, Locust Bean Gum, Guar Gum), **Kiwi Fruit Puree** (11%) (Sugar, Kiwi Puree (50.1%), Acid (Citric Acid), Flavouring, Colour (161b), Kiwi Seeds, Thickening Agent (Pectin), Preservative Agent (Potassium Sorbate), Colour (133)), **Lime Cordial** (Water, Sugar, Concentrated Lemon Juice (50%), Concentrated Lime Juice, Natural Lime Extracts, Preservative Agent (202)), **Ginger, Green Leafy Powder.**

**Contains Rye, Sesame Seeds.**

**May Contain Milk, Peanuts, Soybean, Tree Nuts.**

# Jamaica Blue Cold Beverage NIPS

<b>Banana Smoothie</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 330g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1090kJ (261Cal)	332kJ (79Cal)
Protein	7.0g	2.1g
Fat, Total	8.4g	2.6g
- Saturated	5.4g	1.6g
Carbohydrate	37.9g	11.5g
- Sugars	33.0g	10.0g
Dietary Fibre	2.4g	0.7g
Sodium	72mg	22mg

Ingredients: **Milk, Banana** (30%), **Ice, Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, 410, Guar Gum, Xanthan Gum), Flavour, Colour (Caramel)), **Honey, Cinnamon**.

**Contains Wheat Products, Milk.**

# Jamaica Blue Cold Beverage NIPS

<b>Gingerbread Cocoa</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 280g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1760kJ (420Cal)	629kJ (150Cal)
PROTEIN	11.5g	4.1g
FAT, TOTAL	15.0g	5.4g
- SATURATED	9.7g	3.5g
CARBOHYDRATE	53.7g	19.2g
- SUGARS	49.5g	17.7g
SODIUM	104mg	37mg

Ingredients: Milk, Full Cream, Gingerbread Syrup (Sugar, Water, Flavoring, (Including Natural Spices Extracts), Acid: Citric Acid, Colour: Caramel 150a, Preservatives 202), Cocoa Powder (Cocoa), Lindt\_milk\_chocolate\_jb\_2013 (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Lactose, Skim Milk Powder, Barley Malt Extract, Emulsifier (Soy Lecithin), Flavoring (Vanillin), Hazelnuts, Almonds.), Vanilla\_essence\_jb\_2013 (Water, Ethanol (Alcohol Content 19%), Flavor), Marshmallow (Sugar, Wheat Glucose Syrup, Water, Gelatin, Corn Starch, Flavors, Colour (122)), Sugar.

**Contains Wheat, Barley, Milk, Soybean.**

**May Contain Tree Nuts.**

# Jamaica Blue Cold Beverage NIPS

<b>Signature Coffee Milkshake</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 288g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1390kJ (331Cal)	482kJ (115Cal)
Protein	4.0g	1.4g
Fat, Total	12.1g	4.2g
- Saturated	7.7g	2.7g
Carbohydrate	51.2g	17.8g
- Sugars	47.1g	16.4g
Sodium	77mg	27mg

Ingredients: **Ice Cream** (Water, Fresh Cream, Sucrose, Milk Solids, Glucose (Wheat), Emulsifier (471), Vegetable Gums (407a, locust or carob bean gum, guar gum, xanthan gum), Flavour, Colour (150)), **Coffee, Ice, Vanilla Flavoured Syrup** (Water, Sugar, Vanilla Flavour, Vegetable Gum (466), Preservative (potassium sorbate), Food Acid (citric acid), Colours (caramel III, caramel IV (Wheat))), **Milk**.

**Contains Wheat, Milk.**

# Jamaica Blue Cold Beverage NIPS

## Breakfast Smoothie V2

### NUTRITION INFORMATION

Serving size: 358g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1130kJ (270Cal)	316kJ (76Cal)
Protein	4.5g	1.3g
Fat, Total	7.1g	2.0g
- Saturated	1.5g	0.4g
Carbohydrate	44.3g	12.4g
- Sugars	41.6g	11.6g
Dietary Fibre	4.9g	1.4g
Sodium	27mg	8mg

Ingredients: **Coconut Water, Blueberries, Banana, Lemon Juice, Almond Meal, Honey, Coconut Chips, Mint.**

**Contains Tree Nuts.**

### Key health & nutrition messages:

- Suitable for vegetarians.
- Dairy free.
- Wheat free.
- Good source of fibre

## Jamaica Blue Cold Beverage NIPS

<b>Pink Lemonade</b>		
<b>NUTRITION INFORMATION</b>		
Serving size: 253g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	341kJ (82Cal)	135kJ (32Cal)
PROTEIN	0.5g	0.2g
FAT, TOTAL	0.2g	less than 0.1g
- SATURATED	less than 0.1g	less than 0.1g
CARBOHYDRATE	18.6g	7.4g
- SUGARS	18.4g	7.3g
SODIUM	2mg	less than 1mg

Ingredients: Water, Lemon, Sugar, Raspberry, Lime, Mint.