

JAMAICA BLUE APP | LUNCH MENU – NIPS

Flat White - Small

NUTRITION INFORMATION

Serving size: 239mL

	Average Quantity per Serving	Average Quantity per 100mL
Energy	600kJ (143Cal)	251kJ (60Cal)
Protein	7.2g	3.0g
Fat, Total	8.2g	3.4g
- Saturated	5.4g	2.3g
Carbohydrat	10.2g	4.3g
- Sugars	10.2g	4.3g
Sodium	89mg	37mg

Ingredients: **Milk, Coffee** (12%).

Contains Milk.



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Flat White - Medium		
NUTRITION INFORMATION		
Serving size: 362mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	945kJ (225Cal)	261kJ (62Cal)
Protein	10.9g	3.0g
Fat, Total	12.5g	3.4g
- Saturated	8.2g	2.3g
Carbohydrat	15.5g	4.3g
- Sugars	15.5g	4.3g
Sodium	135mg	37mg

Ingredients: **Milk**, **Coffee** (12%).

Contains Milk.



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Flat White - Large		
NUTRITION INFORMATION		
Serving size: 430mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1060kJ (253Cal)	247kJ (59Cal)
Protein	12.7g	3.0g
Fat, Total	14.5g	3.4g
- Saturated	9.6g	2.2g
Carbohydrat	18.0g	4.2g
- Sugars	18.0g	4.2g
Sodium	158mg	37mg

Ingredients: **Milk**, **Coffee** (14%).

Contains Milk.



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Cappuccino - Small		
NUTRITION INFORMATION		
Serving size: 245mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	631kJ (150Cal)	257kJ (61Cal)
Protein	7.4g	3.0g
Fat, Total	8.4g	3.4g
- Saturated	5.5g	2.3g
Carbohydrat	12.1g	4.9g
- Sugars	12.0g	4.9g
Sodium	92mg	38mg

Ingredients: **Milk, Coffee (12%), Chocolate Powder.**

Contains Milk.



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Cappuccino - Medium		
NUTRITION INFORMATION		
Serving size: 366mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	976kJ (232Cal)	266kJ (63Cal)
Protein	11.0g	3.0g
Fat, Total	12.6g	3.4g
- Saturated	8.3g	2.3g
Carbohydrat	17.2g	4.7g
- Sugars	17.2g	4.7g
Sodium	137mg	38mg

Ingredients: **Milk**, **Coffee (12%)**, **Chocolate Powder**.

Contains Milk.



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Cappuccino - Large		
NUTRITION INFORMATION		
Serving size: 403mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1010kJ (242Cal)	251kJ (60Cal)
Protein	11.8g	2.9g
Fat, Total	13.4g	3.3g
- Saturated	8.9g	2.2g
Carbohydrat	18.3g	4.6g
- Sugars	18.3g	4.5g
Sodium	147mg	37mg

Ingredients: **Milk**, **Coffee (15%)**, **Chocolate Powder**.

Contains Milk.



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Latte - Small

NUTRITION INFORMATION

Serving size: 243mL

	Average Quantity per Serving	Average Quantity per 100mL
Energy	675kJ (160Cal)	277kJ (66Cal)
Protein	7.3g	3.0g
Fat, Total	8.4g	3.4g
- Saturated	5.5g	2.3g
Carbohydrat	10.4g	4.3g
- Sugars	10.4g	4.3g
Sodium	91mg	37mg

Ingredients: **Milk**, **Coffee** (12%).

Contains Milk.



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Latte - Medium		
NUTRITION INFORMATION		
Serving size: 362mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1020kJ (242Cal)	282kJ (67Cal)
Protein	10.8g	3.0g
Fat, Total	12.4g	3.4g
- Saturated	8.2g	2.3g
Carbohydrat	15.4g	4.3g
- Sugars	15.4g	4.3g
Sodium	135mg	37mg

Ingredients: **Milk**, **Coffee** (12%).

Contains Milk.



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Latte - Large		
NUTRITION INFORMATION		
Serving size: 401mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1119kJ (266Cal)	273kJ (65Cal)
Protein	11.7g	2.9g
Fat, Total	13.4g	3.3g
- Saturated	8.8g	2.2g
Carbohydrat	16.7g	4.2g
- Sugars	16.7g	4.2g
Sodium	146mg	36mg

Ingredients: **Milk**, **Coffee** (15%).

Contains Milk.



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Mocha - Small		
NUTRITION INFORMATION		
Serving size: 232mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	681kJ (162Cal)	293kJ (70Cal)
Protein	7.0g	3.0g
Fat, Total	7.9g	3.4g
- Saturated	5.2g	2.2g
Carbohydrat	13.1g	5.6g
- Sugars	13.0g	5.6g
Sodium	87mg	38mg

Ingredients: **Milk**, **Coffee** (13%), **Chocolate Powder** (1%).

Contains Milk.



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Mocha - Medium		
NUTRITION INFORMATION		
Serving size: 332mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1026kJ (244Cal)	309kJ (74Cal)
Protein	9.9g	3.0g
Fat, Total	11.1g	3.4g
- Saturated	7.3g	2.2g
Carbohydrat	19.6g	5.9g
- Sugars	19.4g	5.9g
Sodium	124mg	37mg

Ingredients: **Milk**, **Coffee** (13%), **Chocolate Powder** (2%)

Contains Milk



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Mocha - Large		
NUTRITION INFORMATION		
Serving size: 402 mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1218kJ (290Cal)	290kJ (69Cal)
Protein	11.8g	2.9g
Fat, Total	13.3g	3.3g
- Saturated	8.7g	2.2g
Carbohydrat	23.9g	5.9g
- Sugars	23.7g	5.9g
Sodium	148mg	37mg

Ingredients: **Milk**, **Coffee** (15%), **Chocolate Powder** (2%)

Contains Milk.



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Hot Chocolate - Small		
NUTRITION INFORMATION		
Serving size: 240mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	860kJ (205Cal)	358kJ (85Cal)
Protein	8.1g	3.4g
Fat, Total	9.0g	3.8g
- Saturated	5.9g	2.5g
Carbohydrat	18.6g	7.7g
- Sugars	18.4g	7.7g
Sodium	101mg	42mg

Ingredients: Milk, Chocolate Powder (3.5%)

Contains Milk.



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Hot Chocolate - Medium		
NUTRITION INFORMATION		
Serving size: 344mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1259kJ (300Cal)	366kJ (87Cal)
Protein	11.5g	3.3g
Fat, Total	12.8g	3.7g
- Saturated	8.4g	2.4g
Carbohydrat	27.4g	8.0g
- Sugars	27.0g	7.9g
Sodium	144mg	42mg

Ingredients: Milk, Chocolate Powder (4%).

Contains Milk.



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Hot Chocolate - Large		
NUTRITION INFORMATION		
Serving size: 428 mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1440kJ (345Cal)	337kJ (81Cal)
Protein	14.4g	3.4g
Fat, Total	15.9g	3.7g
- Saturated	10.5g	2.5g
Carbohydrat	36.2g	8.5g
- Sugars	35.7g	8.4g
Sodium	181mg	42mg

Ingredients: Milk, Chocolate Powder (4.5%).

Contains Milk.



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Chai Latte - Small		
NUTRITION INFORMATION		
Serving size: 252mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	993kJ (236Cal)	394kJ (94Cal)
Protein	8.4g	3.3g
Fat, Total	11.0g	4.4g
- Saturated	7.6g	3.0g
Carbohydrat	23.4g	9.3g
- Sugars	20.4g	8.1g
Sodium	122mg	49mg

Ingredients: **Milk, Chai Latte Powder** (6%) (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 Flavor And Color) (24%), Non-Fat Milk (6%), Black Tea (4%), Spices (3%), Honey, Natural & Artificial Flavouring (1%), Guar Gum, Silicon Dioxide), **Water, Cinnamon.**



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Chai Latte - Medium		
NUTRITION INFORMATION		
Serving size: 321mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1287kJ (306Cal)	401kJ (95Cal)
Protein	10.5g	3.3g
Fat, Total	14.0g	4.4g
- Saturated	9.8g	3.1g
Carbohydrat	30.6g	9.5g
- Sugars	26.8g	8.4g
Sodium	156mg	49mg

Ingredients: **Milk, Water, Chai Latte Powder (7%)** (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 Flavor And Color) (24%), Non-Fat Milk (6%), Black Tea (4%), Spices (3%), Honey, Natural & Artificial Flavouring (1%), Guar Gum, Silicon Dioxide), **Cinnamon**.

Contains Milk, Soybean Products.



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Chai Latte - Large		
NUTRITION INFORMATION		
Serving size: 461mL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1740kJ (416Cal)	377kJ (90Cal)
Protein	15.3g	3.3g
Fat, Total	20.3g	4.4g
- Saturated	14.2g	3.1g
Carbohydrat	43.5g	9.4g
- Sugars	38.7g	8.4g
Sodium	226mg	49mg

Ingredients: **Milk**, **Chai Latte Powder** (7%) (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 Flavor And Color) (24%), Non-Fat Milk (6%), Black Tea (4%), Spices (3%), Honey, Natural & Artificial Flavouring (1%), Guar Gum, Silicon Dioxide), **Water**, **Cinnamon**.



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