



## Gloria Jean's Coffees - Drink Nutritional and Allergen Information

MENU BOARD HOT	NO MILK (kJ)			FULL CREAM MILK (kJ)			SKIM MILK (kJ)			SOY (kJ)			ALLERGENS								
	SML	REG	LGE	SML	REG	LGE	SML	REG	LGE	SML	REG	LGE	GLUTEN	EGGS	DAIRY	SOY	FISH	PEANUTS	OTHER NUTS	SESAME	
Babycino				133											YES	YES IN SOY DRINKS					
Caffe Latte				561	739	918	318	424	529	341	453	565			YES	YES IN SOY DRINKS					
Caffe Mocha				738	977	1300	514	684	936	535	712	970			YES	YES IN SOY DRINKS					
Cappuccino				484	623	725	275	358	421	295	383	449			YES	YES IN SOY DRINKS					
Caramelatte				687	925	1170	463	635	817	484	662	850			YES	YES IN SOY DRINKS					
Chai Tea Latte				904	1150	1580	658	834	1190	681	863	1220			YES	YES					
Classic Hot Chocolate				766	1010	1320	524	690	929	547	720	966			YES	YES IN SOY DRINKS					
Creamy Hot Cocoa				881	1380	1880	637	1060	1490	662	1100	1530			YES	YES					
Crème Brulee Latte				964	1290	1620	736	1000	1260	759	1030	1290			YES	YES					
Flat White				574	753	932	326	431	536	349	461	573			YES	YES IN SOY DRINKS					
Irish Nut Crème				958	1280	1610	729	990	1240	752	1020	1280			YES	YES					
Long Black	12	24	36																		
Macchiato				77			54			56					YES	YES IN SOY DRINKS					
Minicino				788			528			552					YES	YES IN SOY DRINKS					
Mocha Truffle				856	1350	1840	627	1050	1480	650	1080	1520			YES	YES					
Salted Caramelatte				727	1090	1450	498	796	1090	521	826	1130			YES	YES IN SOY DRINKS					
Short Black	24																				
Tea Range	13	18	23																		
Very Vanilla Latte				896	1210	1630	687	962	1330	707	985	1360			YES	YES					
White Chocolate Mocha				879	1370	1870	662	1110	1560	683	1140	1590			YES	YES					
White Hot Chocolate				958	1530	2110	707	1200	1690	730	1230	1730			YES	YES					

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	SML	REG	LGE	SML	REG	LGE	SML	REG	LGE	SML	REG	LGE	GLUTEN	EGGS	DAIRY	SOY	FISH	PEANUTS	OTHER NUTS	SESAME
Arnott's Tim Tam Chiller				1290	1980	2830	1130	1780	2590	1150	1800	2610	YES	*	YES	YES	*	*	*	*
Coconut Iced Coffee				1110	1460	1930	815	1460	1930	843	1140	1510			YES	YES IN SOY DRINKS				
Cookies 'n Cream				1370	2110	2830	1210	1910	2590	1220	1930	2610	YES	*	YES	YES	*	*	*	*
Crème Brulee Chiller				883	1500	2110	812	1400	1990	818	1410	2000			YES	YES				
Iced Mocha				1040	1310	1730	717	934	1240	748	969	1280			YES	YES IN SOY DRINKS				
Lemon Lychee Iced Tea	399	594	793																	
Mango Fruzie	756	983	1510																	
Mixed Berry Fruzie	661	1120	1320																	



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Mocha Java Voltage				1010	1630	2220	849	1420	1980	865	1440	2000			YES	YES				
Mudslide Mocha Chiller				944	1550	2190	807	1360	1960	820	1380	1980			YES	YES				
Original Iced Chocolate				1050	1710	2340	892	1500	2100	907	1520	2120			YES	YES				
Rocky Road Chiller				1120	1550	2040	960	1350	1770	976	1370	1800	YES		YES	YES				
Salted Caramel Chiller				933	1590	2250	868	1490	2110	874	1490	2130			YES	YES				
Shake - Caramel				1160	1690	2340	1000	1490	2070	1020	1510	2100			YES	YES				
Shake - Caramel				903	1470	2090	746	1270	1820	762	1290	1850			YES	YES				
Shake - Strawberry				954	1550	2190	797	1340	1920	813	1360	1950			YES	YES				
Shake - Vanilla				951	1540	2190	794	1340	1920	810	1360	1940			YES	YES				
Signature Iced Coffee				1010	1290	1720	692	903	1220	722	939	1270			YES	YES IN SOY DRINKS				
Strawberry Fruzie	661	1210	1870																	
Very Vanilla Chiller				1080	1560	2070	965	1420	1880	975	1430	1900			YES	YES				
Voltage				1170	1700	2200	1040	1510	1960	1060	1530	1980			YES	YES				

CAMPAIGN DRINK HOT	NO MILK (kJ)			FULL CREAM MILK (kJ)			SKIM MILK (kJ)			SOY (kJ)			ALLERGENS							
	SML	REG	LGE	SML	REG	LGE	SML	REG	LGE	SML	REG	LGE	GLUTEN	EGGS	DAIRY	SOY	FISH	PEANUTS	OTHER NUTS	SESAME
Blueberry Latte				846	1160	1490	618	863	1130	641	893	1160			YES	YES IN SOY DRINKS				
Caramel Popcorn Latte				742	1010	1280	516	714	925	539	743	961	YES		YES	YES				
Choc Mint Latte				955	1240	1690	746	986	1260	866	1010	1290			YES	YES				
Choc Raspberry Latte				895	1250	1630	670	956	1280	691	984	1310			YES	YES IN SOY DRINKS				
Coconut Latte				834	110	1480	609	818	1120	630	845	1160			YES	YES IN SOY DRINKS				
Cookie Cream Hot Chocolate				1270	1680	2460	1040	1390	2100	1070	1420	2140	YES	*	YES	YES	*	*	*	*
Maple Latte				870	1200	1650	642	924	1280	665	954	1320			YES	YES				
Marble Mocha Latte				1080	1420	1760	849	1120	1400	872	1150	1430			YES	YES				
Peanut Butter Hot Chocolate				931	1190	1440	702	896	1070	726	926	1110			YES	YES				
Peanut Butter Latte				829	1100	1360	601	806	997	624	836	1030			YES	YES IN SOY DRINKS				
Pink Hot Chocolate				951	1470	1870	723	1180	1510	746	1210	1540	YES		YES	YES				
Praline Latte				682	917	1160	453	622	799	476	652	836			YES	YES IN SOY DRINKS				
Rocky Road Hot Chocolate				1350	1860	2560	1120	1560	2200	1150	1590	2240	YES		YES	YES				
Rocky Road Mocha				1290	1730	2370	1060	1440	2010	1080	1470	2050			YES	YES				



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Balsamic Strawberry & White Choc Chiller				1020	1420	1840	865	1210	1570	879	1230	1600	YES		YES	YES				
Blueberry & Cream Chiller				926	1270	1630	769	1060	1360	785	1080	1390			YES	YES				
Blueberry Sparkling Coffee	26																			
Caramel Popcorn Chiller				1010	1340	1790	822	1100	1480	838	1120	1510	YES		YES	YES				
Choc Mint Chiller				1410	2150	3120	1260	1950	2860	1270	1970	2880			YES	YES				
Choc Raspberry Chiller				1120	1420	2190	968	1220	1920	983	1240	1950	YES		YES	YES				
Coffee Shake				441	650	857	341	505	674	351	520	693			YES	YES IN SOY DRINKS				
Cookie Chiller				981	1680	1970	981	1470	1710	997	1490	1730	YES		YES	YES				
Hokie Pokie Praline Chiller				930	1300	1660	773	1090	1390	789	1110	1420	YES		YES	YES				
Mango Macadamia Chiller				1030	1380	1760	872	1180	1500	886	1200	150			YES	YES				
Maple Chiller				989	1570	2270	832	1370	2010	848	1390	2030			YES	YES				
Mocha Voltage Chiller				1010	1630	2220	849	1420	1980	865	1440	2000			YES	YES				
Mudslide Mocha Chiller				944	1550	2190	807	1360	1960	820	1380	1980			YES	YES				
Passionfruit Chiller	1170	1520	2340																	
Peanut Butter Tim Tam Chiller				1310	1610	2310	1150	1400	2040	1170	1420	2060	YES	*	YES	YES	*	*	*	*
Pine Lime Chiller	596	725	966																	
Pink Choc Mallow Chiller				985	1350	1870	828	1140	1600	844	1160	1630	YES		YES	YES				
Rocky Road Chiller				1120	1550	2040	960	1350	1770	976	1370	1800	YES		YES	YES				
Strawberries & Cream Iced Chocolate				1190	1610	2060	1030	1400	1800	1050	1420	1820			YES	YES				
Superberry Pomegranite Iced Tea	437	642	852																	
Tropical Green Iced Tea	412	613	813																	
White Iced Chocolate				999	1430	1900	842	1230	1630	858	1250	1660			YES	YES				

(\* May contain traces of Egg, Fish, Peanuts, Tree Nuts, Sesame due to ingredients manufactured in an environment that contain these products)