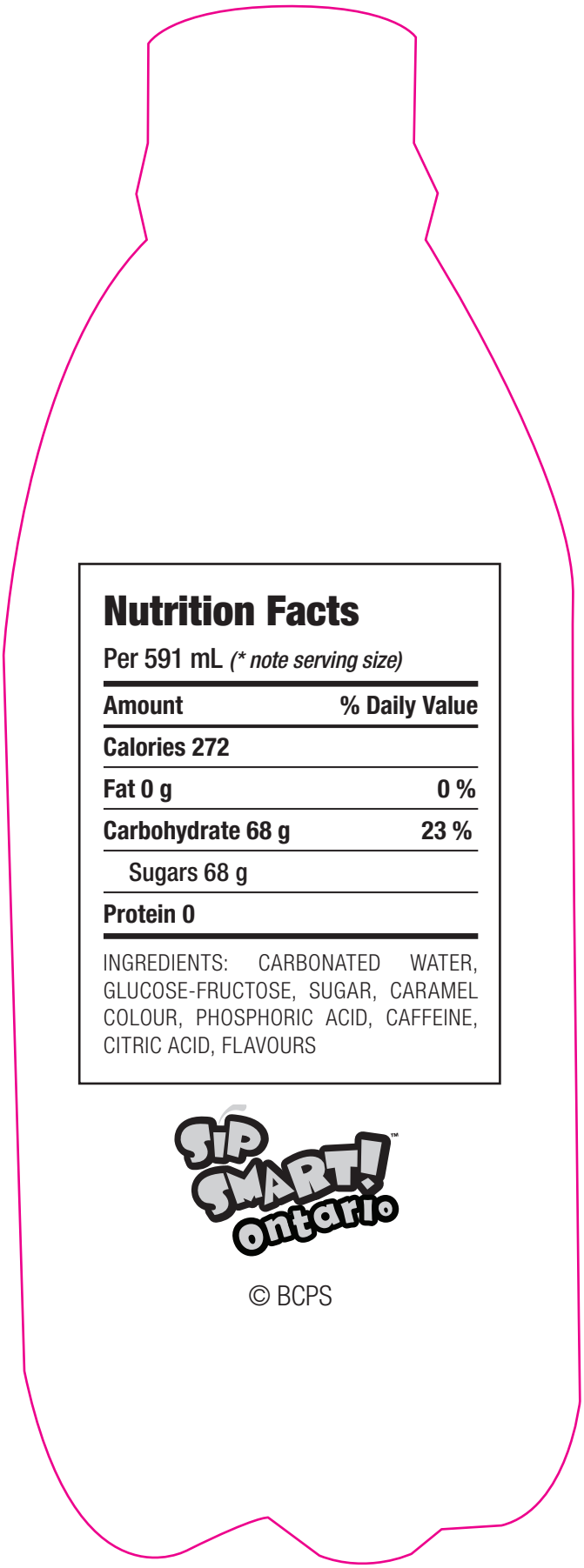
cola
591 mL


Nutrition Facts
Per 591 mL (* note serving size)
Amount % Daily Value
Calories 272
Fat 0 g 0 %
Carbohydrate 68 g 23 %
Sugars 68 g
Protein 0
INGREDIENTS: CARBONATED WATER, GLUCOSE-FRUCTOSE, SUGAR, CARAMEL COLOUR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, FLAVOURS
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lime blast
slushie
500 mL

Nutrition Facts

Per 500 mL

Amount	% Daily Value
Calories 192	
Fat 0 g	**0 %**
Carbohydrate 48 g	**16 %**
Sugars 48 g	
Protein 0 mg	

INGREDIENTS: HIGH FRUCTOSE CORN SYRUP, SUCROSE, WATER, CARAMEL COLOUR, PHOSPHORIC ACID, NATURAL FLAVOUR, QUILLAIA, ARTIFICIAL COLOURS

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Sports Drink
710 mL

Nutrition Facts

Per 710 mL

Amount	% Daily Value
Calories 180	
Fat 0 g	**0 %**
Sodium 300 mg	**13 %**
Potassium 100 mg	**3 %**
Carbohydrate 45 g	**15 %**
Sugars 40 g	
Protein 0 g	

INGREDIENTS: WATER, LIQUID SUGAR, GLUCOSE-FRUCTOSE, CITRIC ACID, MALTO-DEXTRIN, NATURAL FLAVOURS, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, COLOUR, ESTER GUM, VEGETABLE OIL (CONTAINS SOYBEAN OIL)

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chocolate
SOY
BEVERAGE
250 mL

Nutrition Facts

Per 250 mL

Amount	% Daily Value
Calories 150	
Fat 3 g	**5 %**
Saturated 0.8 g	**4 %**
Trans 0 g	
Sodium 130 mg	**5 %**
Carbohydrate 24 g	**7 %**
Fibre 3 g	**12 %**
Sugars 16 g	
Protein 6 g	
Vitamin A	**10 %**
Vitamin C	**4 %**
Vitamin D	**45 %**
Calcium	**30 %**
Iron	**6 %**

INGREDIENTS: FILTERED WATER, SOYBEANS, CANE JUICE, COCOA POWDER, TRICALCIUM PHOSPHATE, NATURAL FLAVOUR, SALT, CARRAGEENAN, ASCORBIC ACID, RIBOFLAVIN, VITAMIN B6, VITAMIN A, THIAMINE, FOLACIN, VITAMIN D2, VITAMIN B12, CAFFEINE

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ICED TEA
lemon flavoured
355 mL

Nutrition Facts

Per 355 mL

Amount	% Daily Value
Calories 135	
Fat 0 g	**0 %**
Sodium 7 g	**1 %**
Carbohydrate 36 g	**12 %**
Sugars 24 g	
Protein 0 g	

INGREDIENTS: WATER (FILTERED), GLUCOSE-FRUCTOSE, CITRIC ACID, NATURAL TEA, NATURAL FLAVOUR, CAFFEINE

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citrus-c
fruit flavoured beverage
CONTAINS 5% REAL FRUIT JUICE
355 mL

Nutrition Facts

Per 355 mL

Amount	% Daily Value
Calories 176	
Fat 0 g	**0 %**
Carbohydrate 43 g	**14 %**
Sugars 40 g	
Protein 0 g	
Vitamin C	**2 %**

INGREDIENTS: FILTERED WATER, FRUIT JUICES FROM CONCENTRATE (FILTERED WATER, CONCENTRATED APPLE, PINEAPPLE AND CRANBERRY JUICES), SUGAR/GLUCOSE -FRUCTOSE, CITRIC ACID, ARTIFICIAL FLAVOUR, COLOUR, VITAMIN C

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HIGH
ENERGY
DRINK
500 mL

Nutrition Facts

Per 500 mL

Amount	% Daily Value
Calories 225	
Fat 0 g	**0 %**
Carbohydrate 58 g	**19 %**
Sugars 48 g	
Protein 0 g	

MEDICINAL INGREDIENTS:
GUARANA EXTRACT, TAURINE, GINSENG, GLUCORONOLACTONE, CAFFEINE 260 MG, PANTOTHENIC ACID, VITAMIN B2, VITAMIN B6, VITAMIN B12
NON-MEDICINAL INGREDIENTS:
CARBONATED WATER, SUCROSE, GLUCOSE, CITRIC ACID, INOSITOL, FLAVOURS, CARAMEL

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500 mL

Nutrition Facts

Per 500 mL

Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Carbohydrate 0 g	0 %
Protein 0 g	
Calcium	2 %

INGREDIENTS: WATER

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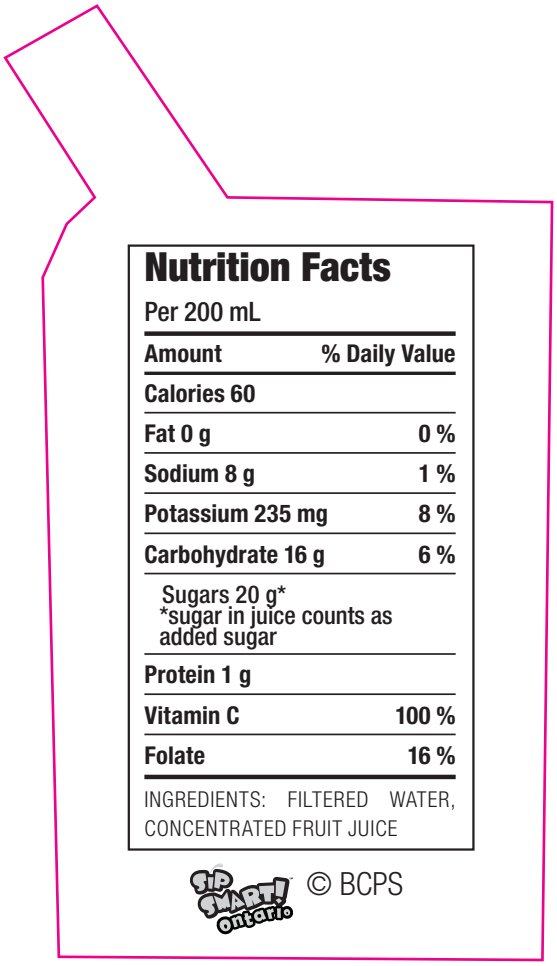
orange juice
100% juice • no sugar added
200mL



Nutrition Facts

Per 200 mL

Amount	% Daily Value
Calories 60	
Fat 0 g	**0 %**
Sodium 8 g	**1 %**
Potassium 235 mg	**8 %**
Carbohydrate 16 g	**6 %**
Sugars 20 g* *sugar in juice counts as added sugar	
Protein 1 g	
Vitamin C	**100 %**
Folate	**16 %**

INGREDIENTS: FILTERED WATER, CONCENTRATED FRUIT JUICE

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Chocolate Milk
Chocolate Milk
237 mL

*12 grams of this is added sugar

Nutrition Facts

Per 237 mL

Amount	% Daily Value
Calories 160	
Fat 3 g	**5 %**
Saturated 2 g	**11 %**
Trans 0.1 g	
Sodium 270 mg	**11 %**
Carbohydrate 24 g	**9 %**
Fibre 0 g	**3 %**
Sugars 24 g*	
Protein 8 g	
Vitamin A	**10 %**
Vitamin C	**0 %**
Calcium	**30 %**
Iron	**5 %**
Vitamin D	**45 %**

INGREDIENTS: PARTLY SKIMMED MILK, SUGAR, COCOA, SALT, CARRAGEENAN, COLOUR, ARTIFICIAL FLAVOUR, DISODIUM PHOSPHATE, VITAMIN A PALMITATE, VITAMIN D3, CAFFEINE

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SIP SMART™ CHOCOLATE

Milk
Milk
237 mL

*Contains 0 grams of added sugar, 12 grams of naturally-occurring sugar.

Nutrition Facts

Per 237 mL

Amount	% Daily Value
Calories 110	
Fat 2.5 g	**4 %**
Saturated 1.5 g	**8 %**
Trans 0.1 g	
Sodium 120 mg	**5 %**
Carbohydrate 12 g	**4 %**
Fibre 0 g	**0 %**
Sugars 12 g*	
Protein 9 g	
Vitamin A	**10 %**
Vitamin C	**0 %**
Calcium	**30 %**
Iron	**0 %**
Vitamin D	**45 %**

INGREDIENTS: PARTLY SKIMMED MILK, VITAMIN A PALMITATE, VITAMIN D3

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BLACK TEA/COFFEE
250 mL

Nutrition Facts

Per 250 mL

Amount	Coffee	Tea	% Daily Value
Calories	0	0	
Fat	0 g	0 g	0 %
Carbohydrate	0 g	0 g	0 %
Sugars	0 g	0 g	0 %
Protein	0 g	0 g	

INGREDIENTS: WATER, TEA LEAVES OR ROASTED COFFEE BEANS, CAFFEINE

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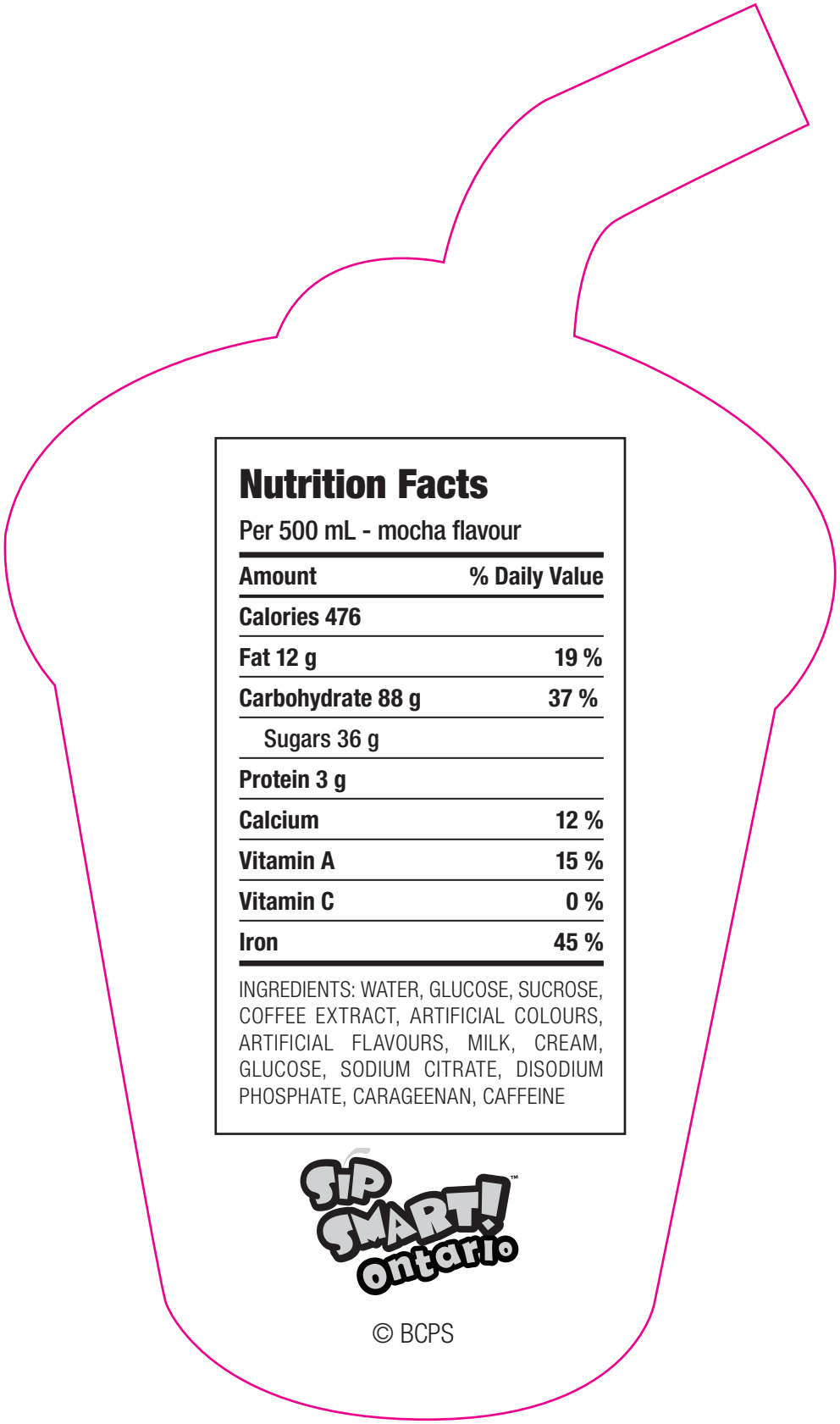
chilled out
ICED COFFEE
500 mL



Nutrition Facts

Per 500 mL - mocha flavour

Amount	% Daily Value
Calories 476	
Fat 12 g	**19 %**
Carbohydrate 88 g	**37 %**
Sugars 36 g	
Protein 3 g	
Calcium	**12 %**
Vitamin A	**15 %**
Vitamin C	**0 %**
Iron	**45 %**

INGREDIENTS: WATER, GLUCOSE, SUCROSE, COFFEE EXTRACT, ARTIFICIAL COLOURS, ARTIFICIAL FLAVOURS, MILK, CREAM, GLUCOSE, SODIUM CITRATE, DISODIUM PHOSPHATE, CARAGEENAN, CAFFEINE

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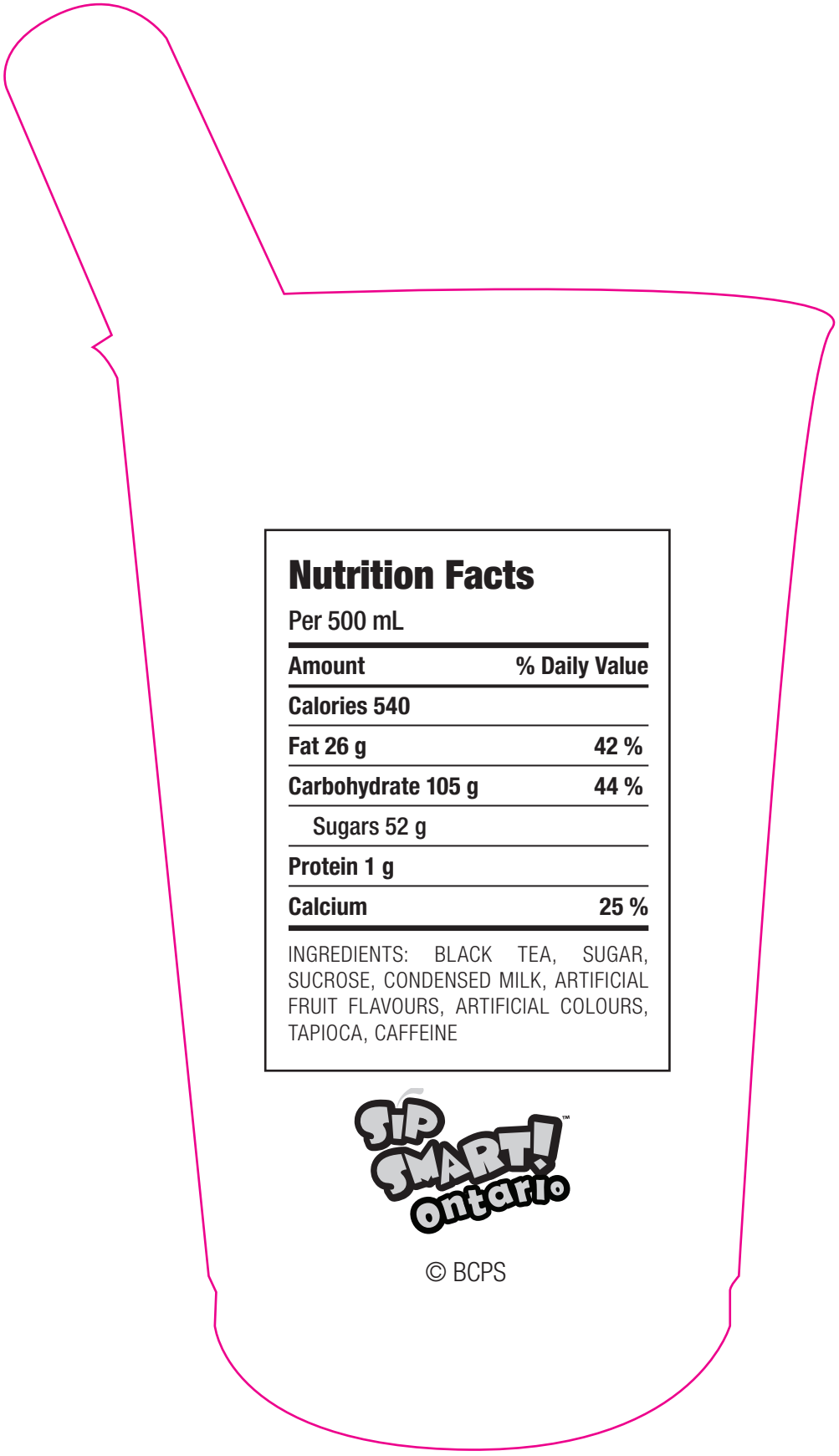
bubble
tea
500 mL



Nutrition Facts

Per 500 mL

Amount	% Daily Value
Calories 540	
Fat 26 g	**42 %**
Carbohydrate 105 g	**44 %**
Sugars 52 g	
Protein 1 g	
Calcium	**25 %**

INGREDIENTS: BLACK TEA, SUGAR, SUCROSE, CONDENSED MILK, ARTIFICIAL FRUIT FLAVOURS, ARTIFICIAL COLOURS, TAPIOCA, CAFFEINE

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