

Limited time offers

Ingredients and nutritional information



Brew Me Up

Ingredients:

Cold brew coffee*, coffee beans*, vanilla soy milk, cacao, whey protein, banana.

Half & Full sizes contain coconut cream and chocolate swirl.

Nutritional Information:

	Mini Tank 213ml	Half Tank 387ml	Full Tank 480ml
Energy	928.5 kJ	1784.3 kJ	2190.9 kJ
Protein	8.5 g	16.9 g	20.8 g
Fat, total	2.1 g	6.7 g	7.5 g
- Saturated	0.7 g	3.8 g	4.0 g
Carbohydrates, total	42.4 g	74.8 g	93.4 g
- Sugars	20.0 g	53.5 g	67.3 g
Sodium	53.7 mg	117.8 mg	144.2 mg

Brew Me Up Plant-Based

Ingredients:

Cold brew coffee*, coffee beans*, vanilla soy milk, cacao, pea protein, banana.

Half & Full sizes contain coconut cream and chocolate swirl.

Nutritional Information:

	Mini Tank 210ml	Half Tank 380ml	Full Tank 473ml
Energy	873.4 kJ	1674.2 kJ	2083.0 kJ
Protein	6.9 g	13.8 g	18.2 g
Fat, total	2.0 g	6.5 g	7.5 g
- Saturated	0.4 g	3.3 g	3.3 g
Carbohydrates, total	40.8 g	71.7 g	89.5 g
- Sugars	28.3 g	50.1 g	63.0 g
Sodium	72.0 mg	154.4 mg	205.0 mg

*Contains caffeine. Not recommended for young children, lactating people, or individual sensitive to caffeine.

Hey Pesto Salad

Ingredients:

Protein (chicken or falafel), tender chicken, potatoes, shaved parmesan, zested lemon, toasted cashews, field greens, zingy basil & rocket pesto.

Nutritional Information:

	Chicken Serving size: 317g	Falafel Serving size: 337g
Energy	2375.0 kJ	2912.3 KJ
Protein	32.8 g	21.9
Fat, total	35.9 g	40.6
- Saturated	6.9 g	7.7 g
Carbohydrates, total	28.5 g	57.5 g
- Sugars	2.0 g	9.0 g
Sodium	423.7 mg	919.7 mg

Hey Pesto Wrap

Ingredients:

Protein (chicken or falafel), tender chicken, potatoes, shaved parmesan, zested lemon, toasted cashews, field greens, zingy basil & rocket pesto, wrap.

Nutritional Information:

	Chicken Serving size: 326g	Falafel Serving size: 347g
Energy	2956.7 kJ	3494.1
Protein	37.0 g	26.2
Fat, total	33.9 g	38.6
- Saturated	9.9 g	10.7 g
Carbohydrates, total	63.3 g	92.3 g
- Sugars	3.7 g	10.7 g
Sodium	931.0 mg	1427.0 g

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Açaí Smoothie

Ingredients:

Brazilian açaí, strawberries, blueberries, banana, apple juice, vanilla soy milk, organic agave.

Nutritional Information:

	Mini Tank 250ml	Half Tank 450ml	Full Tank 550ml
Energy	928.2 kJ	1204.1 kJ	1424.1 kJ
Protein	3.0 g	3.6 g	5.1 g
Fat, total	3.5 g	4.7 g	6.0 g
- Saturated	0.9 g	1.3 g	1.6 g
Carbohydrates, total	44.7 g	57.8 g	66.3 g
- Sugars	33.1 g	44.3 g	50.3 g
Sodium	31.4 mg	37.5 mg	59.5 mg

Açaí Bowl

Ingredients:

Brazilian açaí topped with seasonal fruits, smooth almond butter, crunchy granola, raspberry crumb, organic agave.

Nutritional Information:

	Açaí Bowl 285g
Energy	2106.9 kJ
Protein	7.4 g
Fat, total	15.5 g
- Saturated	2.7 g
Carbohydrates, total	83.7 g
- Sugars	53.3 g
Sodium	57.4 mg