

Beverage Nutritional & Allergen Information													
Item name	Category	Item name	Energy (Kcal)	Protein (gm)	Carbohydrate (gm)	Total Sugar (gm)	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Caffein (mg)	Allergens	Reference
Espresso- Single Shot	Hot	Espresso- Single Shot	2-5 Kcal	0.1-0.2 gm	0.5-0.8 gm	0 gm	0-0.1 gm	0 gm	0 mg	0-5 mg	60-75 mg	NA	Chatgpt
Espresso- Double Shot	Hot	Espresso- Double Shot	5 Kcal	0.3 g	0.6 g	0 g	0.1 g	0 g	0 mg	5 mg	120-150 mg	NA	Chatgpt
Americano Regular	Hot	Americano Regular	10-15 Kcal	0.3 g	0 g	0 g	0 g	0 g	0 mg	5-10 mg	120-150 mg	NA	Chatgpt
Americano Large	Hot	Americano Large	10 Kcal	0.5 g	0.0-0.5 g	0 g	0 g	0 g	0 mg	5-10 mg	150-180 mg	NA	Chatgpt
Cappuccino Regular	Hot	Cappuccino Regular	90-120 Kcal	4-6 g	8-12 g	8-10 g	4-6 g	2.5-4 g	15-25 mg	50-80 mg	60-80 mg	Dairy	Chatgpt
Cappuccino Large	Hot	Cappuccino Large	120-150 Kcal	6-8 g	10-12 g	8-10 g	5-6 g	3-4 g	15-20 mg	80-100 mg	80-100 mg	Dairy	Chatgpt
Latte Regular	Hot	Latte Regular	~130 Kcal	~6.5 g	~10 g	~9 g	~7 g	~4.5 g	~25 mg	~75 mg	~75 mg	Dairy	Chatgpt
Latte Large	Hot	Latte Large	190-210 Kcal	9-11 g	18-20 g	16-18 g	9-11 g	5-6 g	30-40 mg	100-120 mg	120-150 mg	Dairy	Chatgpt
Flat White Regular	Hot	Flat White Regular	120-140 kcal	6-7 g	10-12 g	9-11 g	6-8 g	3.5-5 g	20-25 mg	80-100 mg	70-90 mg	Dairy	Chatgpt
Flat White Large	Hot	Flat White Large	150-200 Kcal	8-10 g	12-18 g	9-12 g	6-9 g	3-5 g	20-30 mg	50-100 mg	80-120 mg	Dairy	Chatgpt
Mocha Regular	Hot	Mocha Regular	150-200 Kcal	5-6 gm	25-30 gm	20-25 gm	4-6 gm	2-3 gm	5-10 mg	50-80 mg	80-100 mg	Dairy, Wheat, Barly and Nut	Chatgpt
Mocha Large	Hot	Mocha Large	250-350 Kcal	6-9 gm	30-45 gm	25-35 gm	7-12 gm	4-6 gm	20-35 mg	70-120 mg	90-120 mg	Dairy, Wheat, Barly and Nut	Chatgpt
Cortado	Hot	Cortado	40-60 kcal	2-3 gm	2-5 gm	2-4 gm	1.5-2 gm	1-1.5 gm	10-20 mg	30-50 mg	50-75 mg	Dairy	Chatgpt
Macchiato	Hot	Macchiato	15-25 Kcal	1-2 gm	1-3 gm	1-2 gm	0.5-1 gm	0.2-0.5 gm	5-10 mg	5-20 mg	63-100 mg	Dairy	Chatgpt
Hot Chocolate Regular	Hot	Hot Chocolate Regular	200-250 Kcal	5-8 g	30-40 g	25-35 g	5-10 g	~3-6 g	5-20 mg	50-150 mg	5-20 mg	Nut, Soy and dairy	Chatgpt
Hot Chocolate Large	Hot	Hot Chocolate Large	210-250 Kcal	6-8 gm	30-35 gm	25-30 gm	8-10 gm	4-6 gm	20-30 mg	100-150 mg	5-15 mg	Nut, Soy and dairy	Chatgpt
Hot Thai Latte Regular	Hot	Hot Thai Latte Regular	150-180 Kcal	3-5 gm	30-35 gm	20-25 gm	4-6 gm	2-3 gm	5-15 mg	30-50 mg	30-60 mg	Nut and Dairy	Chatgpt
Hot Thai Latte Large	Hot	Hot Thai Latte Large	160-250 kcal	3-4 gm	25-35 gm	20-30 gm	5-8 gm	3-5 gm	5-15 mg	30-70 mg	50-100 mg	Nut and Dairy	Chatgpt
Spanish Latte Regular	Hot	Spanish Latte Regular	150-180 kcal	6-8 gm	22-26 gm	18-22 gm	5-7 gm	3-4 gm	15-25 mg	40-60 mg	40-60 mg	Dairy	Chatgpt
Spanish Latte Large	Hot	Spanish Latte Large	160-200 Kcal	6-8 gm	25-30 gm	18-22 gm	5-8 gm	3-5 gm	15-25 mg	50-80 mg	50-75 mg	Dairy	Chatgpt
Hazelnut Latte Regular	Hot	Hazelnut Latte Regular	150-200 Kcal	5-7 gm	20-30 gm	15-20 gm	4-6 gm	2-3 gm	10-15 mg	50-100 mg	75-100 mg	Nuts and Dairy	Chatgpt
Hazelnut Latte Large	Hot	Hazelnut Latte Large	150-200 Kcal	7-9 gm	25-30 gm	20-25 gm	5-7 gm	3-4 gm	15-30 mg	50-100 mg	75-100 mg	Nuts and Dairy	Chatgpt
Taiwanese Sea Salt Mocha Regular	Hot	Taiwanese Sea Salt Mocha Regular	135-160 Kcal	4.9 gm	22-27 gm	22-27 gm	5 gm	3.1 gm	19 mg	865-875 mg	30 mg	Dairy, Wheat, Barly and Nut	Chatgpt
Taiwanese Sea Salt Mocha Large	Hot	Taiwanese Sea Salt Mocha Large	262 Kcal	7.7 gm	41.5 gm	39 gm	8 gm	5 gm	30 mg	2105 mg	45 mg	Dairy, Wheat, Barly and Nut	Chatgpt
Jaggery Latte Regular	Hot	Jaggery Latte Regular	140 Kcal	5.1 gm	19 gm	19 gm	5 gm	3 gm	20 mg	61 mg	30 mg	Dairy	Chatgpt
Jaggery Latte Large	Hot	Jaggery Latte Large	210 Kcal	7.6 gm	27.3 gm	24 gm	8 gm	5 gm	30 mg	102 mg	40 mg	Dairy	Chatgpt
Salted Caramel Hot Latte Regular	Hot	Salted Caramel Hot Latte Regular	162 kcal	5.2 gm	24 gm	24 gm	5 gm	3 gm	20 mg	456 mg	30 mg	Dairy	Chatgpt
Salted Caramel Hot Latte Large	Hot	Salted Caramel Hot Latte Large	242 kcal	8.1 gm	34.4 gm	34 gm	8 gm	5 gm	25 mg	922 mg	45 mg	Dairy	Chatgpt
Mango Cappuccino Large	Hot	Mango Cappuccino Large	~184 kcal	~7.7 gm	~25.9 gm	~23.6 gm	~7.3 gm	~4.5 gm	~20 mg	~100 mg	~30 mg	Dairy	Chatgpt
Jaggery Cappuccino Regular	Hot	Jaggery Cappuccino Regular	~169 kcal	~5.1 gm	~29.5 gm	~29.2 gm	~4.5 gm	~2.7 gm	~15 mg	~56 mg	~30 mg	Dairy	Chatgpt
Jaggery Cappuccino Large	Hot	Jaggery Cappuccino Large	272 Kcal	7.1 gm	42.3 gm	40 gm	8 gm	5 gm	24 mg	105 mg	63 mg	Dairy	Chatgpt
Hot Coconut Latte Regular	Hot	Hot Coconut Latte Regular	~85 kcal	~0.5 gm	~3 gm	~2 gm	~8 gm	~7 gm	0 mg	~40 mg	~30 mg	Nut and Dairy	Chatgpt
Hot Coconut Latte Large	Hot	Hot Coconut Latte Large	~95-105 kcal	~0.6-1.0 g	~6-7 g	~6 g	~7-8 g	~6-7 g	0 mg	~20-30 mg	~60-75 mg	Nut and Dairy	Chatgpt
Iced Americano Regular	Cold	Iced Americano Regular	2-5 Kcal	0 gm	0 gm	0 gm	0 gm	0 gm	0 mg	5-10 mg	75-100 mg	NA	Chatgpt
Iced Americano Large	Cold	Iced Americano Large	3-5 kcal	0 gm	0 gm	0 gm	0 gm	0 gm	0 mg	10-15 mg	150-225 mg	NA	Chatgpt
Iced Latte Regular	Cold	Iced Latte Regular	100-150 kcal	6-8 g	12-18 g	10-15 g	4-6 g	2-3 g	5-20 mg	30-60 mg	70-120 mg	Dairy	Chatgpt
Iced Latte Large	Cold	Iced Latte Large	150-180 kcal	7-9 g	20-25 g	18-22 g	5-7 g	3-4 g	15-30 mg	50-100 mg	95-120 mg	Dairy	Chatgpt
Hazelnut Iced Latte Regular	Cold	Hazelnut Iced Latte Regular	150-200 Kcal	4-6 gm	22-28 gm	20-25 gm	4-6 gm	2-3 gm	10-15 mg	50-100 mg	70-100 mg	Nut and Dairy	Chatgpt
Hazelnut Iced Latte Large	Cold	Hazelnut Iced Latte Large	150-200 kcal	3-5 gm	25-30 gm	20-25 gm	4-7 gm	2-4 gm	10-30 mg	50-100 mg	50-100 mg	Nut and Dairy	Chatgpt
Iced Cappuccino Regular	Cold	Iced Cappuccino Regular	120 kcal	4 g	12 g	12 g	5 g	3 g	20 mg	50 mg	80 mg	Dairy	Chatgpt
Iced Cappuccino Large	Cold	Iced Cappuccino Large	150-180 kcal	3-5 g	25-30 g	20-25 g	4-6 g	2-3 g	10-15 mg	50-80 mg	70-100 mg	Dairy	Chatgpt
Iced Mocha Regular	Cold	Iced Mocha Regular	180-250 kcal	4-6 gm	30-40 gm	25-35 gm	4-8 gm	2-4 gm	5-15 mg	60-120 mg	70-100 mg	Dairy, Wheat, Barly and Nut	Chatgpt
Iced Mocha Large	Cold	Iced Mocha Large	180-220 kcal	6-8 gm	30-35 gm	25-30 gm	6-8 gm	3-4 gm	10-20 mg	70-100 mg	70-100 mg	Dairy, Wheat, Barly and Nut	Chatgpt
Signature Cold Coffee Regular	Cold	Signature Cold Coffee Regular	215-240 Kcal	~4-5 gm	~25-28 gm	~23-26 gm	~10-12 gm	~6-7 gm	~40-50 mg	~70-90 mg	~60-80 mg	Dairy	Chatgpt
Signature Cold Coffee Large	Cold	Signature Cold Coffee Large	220-250 Kcal	4-6 gm	25-30 gm	20-25 gm	9-12 gm	5-7 gm	30-45 mg	80-100 mg	60-80 mg	Dairy	Chatgpt
Cold Chocolate Regular	Cold	Cold Chocolate Regular	285-310 Kcal	6-7 gm	34-38 gm	28-32 gm	12-14 gm	7-9 gm	35-45 mg	100-120 mg	10-15 mg	Dairy	Chatgpt
Cold Chocolate Large	Cold	Cold Chocolate Large	350-400 Kcal	6-8 g	45-55 g	35-45 g	15-20 g	9-12 g	35-50 mg	100-150 mg	8-15 mg	Dairy	Chatgpt
Devils Cold Chocolate Regular	Cold	Devils Cold Chocolate Regular	~180-220 kcal	~4-6 gm	~30-35 gm	~25-28 gm	~6-8 gm	~3-4 gm	~20-30 mg	~50-60 mg	~30-40 mg	Dairy	Chatgpt
Devils Cold Chocolate Large	Cold	Devils Cold Chocolate Large	449.66 kcal	48.3 g	149.6 g	48.3 g	46.3 g	1.9 g	5.0 mg	50 mg	0.4 mg	Dairy	Chatgpt
Vietnamese Iced Coffee	Cold	Vietnamese Iced Coffee	173 kcal	3.6 gm	28 gm	27 gm	4 gm	2.5 gm	10 mg	45 mg	80 mg	Dairy	Chatgpt
Iced Thai Coconut Latte Large	Cold	Iced Thai Coconut Latte Large	182 Kcal	3.1 gm	18.5 gm	17 gm	12 gm	10 gm	10 gm	60 mg	60 mg	Nut and Dairy	Chatgpt
Roasty Coconut Iced Latte Large	Cold	Roasty Coconut Iced Latte Large	212 Kcal	0.7 g	33.5 g	32 g	8 g	0 mg	0 mg	55 mg	65 mg	Nut and Dairy	Chatgpt
Frappe Regular	Cold	Frappe Regular	90 - 120 Kcal	1.5 - 2.5 g	15 - 20 g	10 - 14 g	2 - 4 g	1 - 2 g	4 - 8 mg	80 - 150 mg	60 - 80 mg	Dairy	Chatgpt
Frappe Large	Cold	Frappe Large	120-140 Kcal	2-3 gm	18-22 gm	14-18 gm	3-5 gm	2-3 gm	10-15 mg	70-100 mg	60-80 mg	Dairy	Chatgpt
Hazelnut Frappe Regular	Cold	Hazelnut Frappe Regular	160-200 Kcal	2-3 g	30-35 g	25-30 g	3-5 g	2-3 g	5-10 mg	60-100 mg	60-80 mg	Nut and nDairy	Chatgpt
Hazelnut Frappe Large	Cold	Hazelnut Frappe Large	190-220 Kcal	2-3 g	30-35 g	25-30 g	4-6 g	2-3 g	8-12 mg	60-90 mg	60-80 mg	Nut and nDairy	Chatgpt
Vanilla Frappe Regular	Cold	Vanilla Frappe Regular	140-160 Kcal	1.5-2 gm	28-32 gm	22-26 gm	2-3 gm	1.5-2 gm	5-10 mg	60-90 mg	60-80 mg	Dairy	Chatgpt
Vanilla Frappe Large	Cold	Vanilla Frappe Large	190-220 kcal	3-4 gm	30-35 gm	25-30 gm	3-4 gm	2 gm	10-15 mg	70-90 mg	60-80 mg	Dairy	Chatgpt
Caramel Frappe Regular	Cold	Caramel Frappe Regular	160-180 kcal	2-3 g	30-35 g	25-30 g	3-4 g	2-2.5 g	5-8 mg	100-130 mg	60-75 mg	Dairy	Chatgpt
Caramel Frappe Large	Cold	Caramel Frappe Large	~210-250 Kcal	~3-4 gm	~35-40 gm	~30-35 gm	~4-6 gm	~2.5-3.5 gm	~10-15 mg	~90-130 mg	~60-90 mg	Dairy	Chatgpt
Irish Frappe Regular	Cold	Irish Frappe Regular	160-190 kcal	2-3 g	28-32 g	22-26 g	3-5 g	2-3 g	5-10 mg	50-100 mg	60-80 mg	Dairy	Chatgpt
Irish Frappe Large	Cold	Irish Frappe Large	~242 kcal	~3.6 gm	~55 gm	~53 gm	~4 gm	~2 gm	~5 mg	~60 mg	~50 mg	Dairy	Chatgpt
Chocolate Frappe Regular	Cold	Chocolate Frappe Regular	~160 kcal	~4 gm	~38 gm	~32 gm	~3 gm	~1 gm	~10 mg	~60 mg	~60 mg	Dairy, Wheat, Barly and Nut	Chatgpt
Chocolate Frappe Large	Cold	Chocolate Frappe Large	272 kcal	2.7 gm	58.3 gm	5.3 gm	5.5 gm	3 gm	5 mg	85 mg	70 mg	Dairy, Wheat, Barly and Nut	Chatgpt
Toffee Cookie Frappe Regular	Cold	Toffee Cookie Frappe Regular	160 kcal	2.2 gm	33.4 gm	27.5 gm	2 gm	1.1 gm	5 mg	56 mg	30 mg	Nut and Dairy	Chatgpt
Toffee Cookie Frappe Large	Cold	Toffee Cookie Frappe Large	245 Kcal	2.4 gm	52.4 gm	49.4 gm	3.7 gm	1.6 gm	5 mg	65 mg	50 mg	Nut and Dairy	Chatgpt

Cookie Crunch Frappe Regular	Cold	Cookie Crunch Frappe Regular	175 kcal	2.3 gm	35.5 gm	32.5 gm	3.7 gm	1.9 gm	4 mg	17 mg	30 mg	Dairy	Chatgpt
Cookie Crunch Frappe Large	Cold	Cookie Crunch Frappe Large	263.5 kcal	3 gm	57.7 gm	47.9 gm	4.4 gm	2.3 gm	6 mg	66 mg	60 mg	Dairy	Chatgpt
Mocha Cookie Crunch Frappe Regular	Cold	Mocha Cookie Crunch Frappe Regular	166 kcal	2.5 g	36.1 g	28 g	4 g	2.4 g	5 mg	79 mg	40 mg	Dairy	Chatgpt
Mocha Cookie Crunch Frappe Large	Cold	Mocha Cookie Crunch Frappe Large	232 kcal	4.6 g	51.5 g	42.5 g	6.5 g	3.5 g	10 mg	82 mg	60 mg	Dairy	Chatgpt
Salted Caramel Iced Latte Regular	Cold	Salted Caramel Iced Latte Regular	140–160 Kcal	3–4 gm	23–27 gm	20–24 gm	4–5 gm	2.5–3.5 gm	15–20 mg	300–350 mg	60–80 mg	Dairy	Chatgpt
Salted Caramel Iced Latte Large	Cold	Salted Caramel Iced Latte Large	180–210 Kcal	4–5 gm	30–35 gm	28–32 gm	4–5 gm	2.5–3.5 gm	15–20 mg	400–500 mg	60–90 mg	Dairy	Chatgpt
Kala Khatta Slush	Cold	Kala Khatta Slush	140–160 Kcal	0–0.5 gm	35–40 gm	30–35 gm	0 gm	0 gm	0 mg	1000–1200 mg	0 mg	NA	Chatgpt
Peach Slush	Cold	Peach Slush	~200–240 kcal	~0–0.5 g	~50–60 g	~35–40 g	~0–0.5 g	~0 g	0 mg	~30–60 mg	0 mg	NA	Chatgpt
Spicy Orange Cranberry Slush	Cold	Spicy Orange Cranberry Slush	180–200 Kcal	0.2–0.5 gm	45–50 gm	40–45 gm	0–1 gm	0–0.2 gm	0 mg	30–60 mg	0 mg	NA	Chatgpt
Mango Milkshake	Cold	Mango Milkshake	135 – 150 Kcal	3 – 3.5 gm	25 – 30 gm	22 – 26 gm	2 – 3 gm	1.5 – 2 gm	8 – 12 mg	40 – 50 mg	0 mg	Dairy	Chatgpt
Mango Milkshake Vegan (Oat, Almond and Coconut)	Cold	Mango Milkshake Vegan (Oat, Almond and Coconut)	~160–180 kcal	~1.2 gm	~26–30 gm	~22–25 gm	~6–8 gm	~5–6 gm	0 mg	~15–25 mg	0 mg	Nuts, Oats, Cereals and Dairy	Back of The Packet
OG Mango Milkshake	Cold	OG Mango Milkshake	~150–170 Kcal	~3.2 g	~32–35 g	~30 g	~3.5–4 g	~2.2 g	~12 mg	~50 mg	0 mg	Dairy	Chatgpt
Mango Chocolate Shake	Cold	Mango Chocolate Shake	190–220 kcal	3–4 g	35–40 g	30–35 g	4–6 g	2–3 g	10–15 mg	50–80 mg	2–5 mg	Dairy	Chatgpt
Mango Thickshake Ice Cream	Cold	Mango Thickshake Ice Cream	~210–250 kcal	~4–5 g	~35–40 g	~30–35 g	~8–10 g	~5–6 g	~25–30 mg	~70–100 mg	0 mg	Dairy	Chatgpt
Signature Mango Cold Coffe	Cold	Signature Mango Cold Coffe	304 kcal	5.3 gm	41.4 gm	35.4 gm	12.7 gm	8 gm	35 mg	92 mg	30 mg	Dairy	Chatgpt
Mango Iced Latte	Cold	Mango Iced Latte	128 kcal	4.4 g	20.3 g	19.3 g	3.9 g	2.4 g	14 mg	51 mg	63 mg	Dairy	Chatgpt
Aamras	Cold	Aamras	120 Kcal	1.2 gm	30 gm	28 gm	0.4 gm	0.1 gm	0 mg	2 mg	0 mg	Dairy	Chatgpt
Iced Coconut Latte Regular	Cold	Iced Coconut Latte Regular	123 kcal	1.2 gm	3.7 gm	2 gm	11 gm	9 gm	0 mg	32 mg	30 mg	Nut	Chatgpt
Iced Coconut Latte Large	Cold	Iced Coconut Latte Large	92 kcal	1 gm	3.5 gm	1.5 gm	9 gm	8 gm	0 mg	30 mg	63 mg	Nut	Chatgpt
Amul Milk- 100ml	Milk	Amul Milk- 100ml	71 kcal	3 gm	4.7 gm	4.7 gm	4.5 gm	2.7 gm	13 mg	40 mg	-	Dairy	Back of The Packet
Oat Milk 100ml	Milk	Oat Milk 100ml	53.17 kcal	1.8 gm	3.42 gm	0	2.9 gm	0.3 gm	0	85mg	-	Oat	Back of The Packet
Almond Milk 100ml	Milk	Almond Milk 100ml	67 kcal	1 gm	3 gm	3 gm	0	1.6 gm	0	0	-	Nut	Back of The Packet
Coconut Milk 100 ml	Milk	Coconut Milk 100 ml	76 kcal	0.5 gm	7.1 gm	0	5.1 gm	0	0	0	-	Nut	Back of The Packet