



NUTRITIONAL INFORMATION



Item Name	Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergen Statement (English)
Milk Foam Series														
Milk Foam Green Tea (M)- 100% sugar	1	Serving	180	60	7	6	0	10	135	30	0	23	1	CONTAINS MILK.
Milk Foam Green Tea (M)- 70% sugar	1	Serving	150	60	7	6	0	10	135	23	0	16	1	CONTAINS MILK.
Milk Foam Green Tea (M)- 50% sugar	1	Serving	140	60	7	6	0	10	135	20	0	13	1	CONTAINS MILK.
Milk Foam Green Tea (M) 30% sugar	1	Serving	130	60	7	6	0	10	135	17	0	10	1	CONTAINS MILK.
Milk Foam Green Tea (M) 0% sugar	1	Serving	100	60	7	6	0	10	135	9	0	2	1	CONTAINS MILK.
Milk Foam Green Tea (L)- 100% sugar	1	Serving	240	80	8	7	0	10	170	42	0	33	1	CONTAINS MILK.
Milk Foam Green Tea (L)- 70% sugar	1	Serving	210	80	8	7	0	10	170	33	0	24	1	CONTAINS MILK.
Milk Foam Green Tea (L)- 50% sugar	1	Serving	180	80	8	7	0	10	170	26	0	17	1	CONTAINS MILK.
Milk Foam Green Tea (L)- 30% sugar	1	Serving	170	80	8	7	0	10	170	23	0	14	1	CONTAINS MILK.
Milk Foam Green Tea (L)- 0% sugar	1	Serving	130	80	8	7	0	10	170	12	0	3	1	CONTAINS MILK.
Milk Foam Black Tea (M)- 100% sugar	1	Serving	180	60	7	6	0	10	135	31	0	23	1	CONTAINS MILK.
Milk Foam Black Tea (M)-70% sugar	1	Serving	150	60	7	6	0	10	135	24	0	16	1	CONTAINS MILK.
Milk Foam Black Tea (M)- 50% sugar	1	Serving	140	60	7	6	0	10	135	21	0	13	1	CONTAINS MILK.
Milk Foam Black Tea (M)- 30% sugar	1	Serving	130	60	7	6	0	10	135	18	0	10	1	CONTAINS MILK.
Milk Foam Black Tea (M)- 0% sugar	1	Serving	100	60	7	6	0	10	135	10	0	2	1	CONTAINS MILK.
Milk Foam Black Tea (L)- 100% sugar	1	Serving	240	80	8	7	0	10	170	42	0	33	1	CONTAINS MILK.
Milk Foam Black Tea (L)- 70% sugar	1	Serving	210	80	8	7	0	10	170	33	0	24	1	CONTAINS MILK.
Milk Foam Black Tea (L)- 50% sugar	1	Serving	180	80	8	7	0	10	170	26	0	17	1	CONTAINS MILK.
Milk Foam Black Tea (L)- 30% sugar	1	Serving	170	80	8	7	0	10	170	23	0	14	1	CONTAINS MILK.
Milk Foam Black Tea (L)- 0% sugar	1	Serving	130	80	8	7	0	10	170	12	0	3	1	CONTAINS MILK.
Milk Foam Oolong Tea (M)- 100% sugar	1	Serving	180	60	7	6	0	10	135	30	0	23	1	CONTAINS MILK.
Milk Foam Oolong Tea (M)- 70% sugar	1	Serving	150	60	7	6	0	10	135	23	0	16	1	CONTAINS MILK.
Milk Foam Oolong Tea (M)- 50% sugar	1	Serving	140	60	7	6	0	10	135	20	0	13	1	CONTAINS MILK.
Milk Foam Oolong Tea (M)- 30% sugar	1	Serving	130	60	7	6	0	10	135	17	0	10	1	CONTAINS MILK.
Milk Foam Oolong Tea (M)- 0% sugar	1	Serving	100	60	7	6	0	10	135	9	0	2	1	CONTAINS MILK.

Milk Foam Oolong Tea (L)- 100% sugar	1	Serving	240	80	8	7	0	10	170	42	0	33	1	CONTAINS MILK.
Milk Foam Oolong Tea (L)- 70% sugar	1	Serving	210	80	8	7	0	10	170	33	0	24	1	CONTAINS MILK.
Milk Foam Oolong Tea (L)- 50% sugar	1	Serving	180	80	8	7	0	10	170	26	0	17	1	CONTAINS MILK.
Milk Foam Oolong Tea (L)- 30% sugar	1	Serving	170	80	8	7	0	10	170	23	0	14	1	CONTAINS MILK.
Milk Foam Oolong Tea (L)- 0% sugar	1	Serving	130	80	8	7	0	10	170	12	0	3	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (M)- 100% sugar	1	Serving	180	60	7	6	0	10	135	31	0	23	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (M)- 70% sugar	1	Serving	150	60	7	6	0	10	135	24	0	16	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (M)- 50% sugar	1	Serving	140	60	7	6	0	10	135	21	0	13	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (M)- 30% sugar	1	Serving	130	60	7	6	0	10	135	18	0	10	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (M)- 0% sugar	1	Serving	100	60	7	6	0	10	135	10	0	2	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (L)- 100% sugar	1	Serving	240	80	8	7	0	10	170	42	0	33	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (L)- 70% sugar	1	Serving	210	80	8	7	0	10	170	33	0	24	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (L)- 50% sugar	1	Serving	180	80	8	7	0	10	170	26	0	17	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (L)- 30% sugar	1	Serving	170	80	8	7	0	10	170	23	0	14	1	CONTAINS MILK.
Milk Foam Earl Grey Tea (L)- 0% ugar	1	Serving	130	80	8	7	0	10	170	12	0	3	1	CONTAINS MILK.
Milk Foam Watermelon (M)	1	Serving	270	60	7	6	0	10	140	55	0	47	1	CONTAINS MILK.
Milk Foam Watermelon (L)	1	Serving	340	80	8	7	0	10	180	70	0	61	1	CONTAINS MILK.
Milk Foam Dirty Brown Sugar Tea (M)	1	Serving	690	320	35	33	0	20	450	91	0	42	3	CONTAINS MILK, TREE NUTS.
Milk Foam Dirty Brown Sugar Tea (L)	1	Serving	780	330	37	35	0	15	410	110	0	57	3	CONTAINS MILK, TREE NUTS.
Milk Foam Creme Brulee Brown Sugar Milk T	1	Serving	610	250	28	27	0	10	310	86	0	45	3	CONTAINS MILK, TREE NUTS.
Milk Foam Creme Brulee Brown Sugar Milk T	1	Serving	810	330	36	35	0	15	400	118	0	65	3	CONTAINS MILK, TREE NUTS.
Milk Foam Creme Brulee Strawberry Latte (M)	1	Serving	240	70	8	6	0	15	150	38	0	31	2	CONTAINS MILK, SOY.
Milk Foam Creme Brulee Strawberry Latte (L)	1	Serving	310	90	10	8	0	15	190	50	0	41	3	CONTAINS MILK, SOY.
Gong Cha_Milk Tea Series														
Milk Green Tea (M)-100% sugar	1	Serving	450	200	22	22	0	5	140	61	0	27	2	CONTAINS MILK, TREE NUTS.
Milk Green Tea (M)-70% sugar	1	Serving	420	200	22	22	0	5	140	54	0	20	2	CONTAINS MILK, TREE NUTS.
Milk Green Tea (M)-50% sugar	1	Serving	410	200	22	22	0	5	140	51	0	17	2	CONTAINS MILK, TREE NUTS.
Milk Green Tea (M)-30% sugar	1	Serving	400	200	22	22	0	5	140	48	0	14	2	CONTAINS MILK, TREE NUTS.
Milk Green Tea (M)-0% sugar	1	Serving	370	200	22	22	0	5	140	40	0	6	2	CONTAINS MILK, TREE NUTS.
Milk Green Tea (L)-100% sugar	1	Serving	590	250	28	28	0	5	180	82	0	38	3	CONTAINS MILK, TREE NUTS.
Milk Green Tea (L)-70% sugar	1	Serving	560	250	28	28	0	5	180	73	0	29	3	CONTAINS MILK, TREE NUTS.
Milk Green Tea (L)- 50% sugar	1	Serving	530	250	28	28	0	5	180	66	0	22	3	CONTAINS MILK, TREE NUTS.
Milk Green Tea (L)-30% sugar	1	Serving	520	250	28	28	0	5	180	63	0	19	3	CONTAINS MILK, TREE NUTS.
Milk Green Tea (L)-0% sugar	1	Serving	480	250	28	28	0	5	180	52	0	8	3	CONTAINS MILK, TREE NUTS.
Milk Black Tea (M)-100% sugar	1	Serving	450	200	22	22	0	5	150	62	0	27	2	CONTAINS MILK, TREE NUTS.
Milk Black Tea (M)-70% sugar	1	Serving	420	200	22	22	0	5	150	55	0	20	2	CONTAINS MILK, TREE NUTS.
Milk Black Tea (M)-50% sugar	1	Serving	410	200	22	22	0	5	150	52	0	17	2	CONTAINS MILK, TREE NUTS.
Milk Black Tea (M)-30% sugar	1	Serving	400	200	22	22	0	5	150	49	0	14	2	CONTAINS MILK, TREE NUTS.
Milk Black Tea (M)-0% sugar	1	Serving	370	200	22	22	0	5	150	41	0	6	2	CONTAINS MILK, TREE NUTS.
Milk Black Tea (L)-100% sugar	1	Serving	590	250	28	28	0	5	190	83	0	38	3	CONTAINS MILK, TREE NUTS.
Milk Black Tea (L)-70% sugar	1	Serving	560	250	28	28	0	5	190	74	0	29	3	CONTAINS MILK, TREE NUTS.

Milk Black Tea (L)-50% sugar	1	Serving	530	250	28	28	0	5	190	67	0	22	3	CONTAINS MILK, TREE NUTS.
Milk Black Tea (L)-30% sugar	1	Serving	520	250	28	28	0	5	190	64	0	19	3	CONTAINS MILK, TREE NUTS.
Milk Black Tea (L)-0% sugar	1	Serving	480	250	28	28	0	5	190	53	0	8	3	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (M)-100% sugar	1	Serving	450	200	22	22	0	5	150	62	0	27	2	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (M)-70% sugar	1	Serving	420	200	22	22	0	5	150	55	0	20	2	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (M)-50% sugar	1	Serving	410	200	22	22	0	5	150	52	0	17	2	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (M)-30% sugar	1	Serving	400	200	22	22	0	5	150	49	0	14	2	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (M)-0% sugar	1	Serving	370	200	22	22	0	5	150	41	0	6	2	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (L)-100% sugar	1	Serving	590	250	28	28	0	5	190	82	0	38	3	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (L)-70% sugar	1	Serving	560	250	28	28	0	5	190	73	0	29	3	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (L)-50% sugar	1	Serving	530	250	28	28	0	5	190	66	0	22	3	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (L)-30% sugar	1	Serving	520	250	28	28	0	5	190	63	0	19	3	CONTAINS MILK, TREE NUTS.
Milk Oolong Tea (L)-0% sugar	1	Serving	480	250	28	28	0	5	190	52	0	8	3	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (M)-100% sugar	1	Serving	450	200	22	22	0	5	150	62	0	27	2	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (M)-70% sugar	1	Serving	420	200	22	22	0	5	150	55	0	20	2	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (M)-50% sugar	1	Serving	410	200	22	22	0	5	150	52	0	17	2	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (M)-30% sugar	1	Serving	400	200	22	22	0	5	150	49	0	14	2	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (M)-0% sugar	1	Serving	370	200	22	22	0	5	150	41	0	6	2	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (L)-100% sugar	1	Serving	590	250	28	28	0	5	190	83	0	38	3	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (L)-70% sugar	1	Serving	560	250	28	28	0	5	190	74	0	29	3	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (L)-50% sugar	1	Serving	530	250	28	28	0	5	190	67	0	22	3	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (L)-30% sugar	1	Serving	520	250	28	28	0	5	190	64	0	19	3	CONTAINS MILK, TREE NUTS.
Milk Earl Grey Tea (L)-0% sugar	1	Serving	480	250	28	28	0	5	190	53	0	8	3	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (M)-100% sugar	1	Serving	480	200	22	22	0	5	150	70	0	29	2	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (M)-70% sugar	1	Serving	450	200	22	22	0	5	150	63	0	22	2	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (M)-50% sugar	1	Serving	440	200	22	22	0	5	150	60	0	19	2	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (M)-30% sugar	1	Serving	430	200	22	22	0	5	150	57	0	16	2	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (M)-0% sugar	1	Serving	400	200	22	22	0	5	150	49	0	8	2	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (L)-100% sugar	1	Serving	620	250	28	28	0	5	200	91	0	40	3	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (L)-70% sugar	1	Serving	590	250	28	28	0	5	200	82	0	31	3	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (L)-50% sugar	1	Serving	560	250	28	28	0	5	200	75	0	24	3	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (L)-30% sugar	1	Serving	550	250	28	28	0	5	200	72	0	21	3	CONTAINS MILK, TREE NUTS.
Milk Pearl Tea (L)-0% sugar	1	Serving	510	250	28	28	0	5	200	61	0	10	3	CONTAINS MILK, TREE NUTS.
Caramel Milk Tea (M)-100% sugar	1	Serving	510	200	22	22	0	5	180	77	0	42	2	CONTAINS MILK, TREE NUTS.
Caramel Milk Tea (M)-70% sugar	1	Serving	480	200	22	22	0	5	180	70	0	35	2	CONTAINS MILK, TREE NUTS.
Caramel Milk Tea (M)-50% sugar	1	Serving	470	200	22	22	0	5	180	67	0	32	2	CONTAINS MILK, TREE NUTS.
Caramel Milk Tea (M)-30% sugar	1	Serving	460	200	22	22	0	5	180	64	0	29	2	CONTAINS MILK, TREE NUTS.
Caramel Milk Tea (M)-0% sugar	1	Serving	430	200	22	22	0	5	180	56	0	21	2	CONTAINS MILK, TREE NUTS.
Caramel Milk Tea (L)-100% sugar	1	Serving	670	250	28	28	0	5	230	104	0	59	3	CONTAINS MILK, TREE NUTS.
Caramel Milk Tea (L)-70% sugar	1	Serving	640	250	28	28	0	5	230	95	0	50	4	CONTAINS MILK, TREE NUTS.

Caramel Milk Tea (L)-50% sugar	1	Serving	610	250	28	28	0	5	230	88	0	43	5	CONTAINS MILK, TREE NUTS.
Caramel Milk Tea (L)-30% sugar	1	Serving	600	250	28	28	0	5	230	85	0	40	6	CONTAINS MILK, TREE NUTS.
Caramel Milk Tea (L)-0% sugar	1	Serving	560	250	28	28	0	5	230	74	0	29	7	CONTAINS MILK, TREE NUTS.
Brown Sugar Milk Tea (M)	1	Serving	510	200	22	22	0	5	190	76	0	42	2	CONTAINS MILK, TREE NUTS.
Brown Sugar Milk Tea (L)	1	Serving	740	280	31	31	0	5	270	112	0	62	3	CONTAINS MILK, TREE NUTS.
Wintermelon Milk Tea (M)	1	Serving	240	70	8	8	0	0	60	42	0	29	1	CONTAINS MILK, TREE NUTS.
Wintermelon Milk Tea (L)	1	Serving	310	90	10	10	0	0	80	56	0	39	1	CONTAINS MILK, TREE NUTS.
Strawberry Milk Tea (M)	1	Serving	610	200	22	22	0	5	160	99	0	64	2	CONTAINS MILK, SOY, TREE NUTS.
Strawberry Milk Tea (L)	1	Serving	820	250	28	28	0	5	200	137	0	91	3	CONTAINS MILK, SOY, TREE NUTS.
Earl Grey Milk Tea with 3J's (M)	1	Serving	340	120	13	13	0	0	140	54	0	27	1	CONTAINS MILK, TREE NUTS.
Earl Grey Milk Tea with 3J's (L)	1	Serving	490	180	20	20	0	5	200	77	0	39	2	CONTAINS MILK, TREE NUTS.

Slush Series

Milk Foam Peach Slush W/ Star Jelly (M)	1	Serving	350	45	5	4	0	5	130	77	0	68	1	CONTAINS MILK, TREE NUTS.
Milk Foam Peach Slush W/ Star Jelly (L)	1	Serving	420	60	7	6	0	10	170	91	0	80	1	CONTAINS MILK, TREE NUTS.
Lychee (M)	1	Serving	210	0	0	0	0	0	65	55	0	54	0	
Lychee (L)	1	Serving	300	0	0	0	0	0	85	76	0	74	0	
Mango Milk (M)	1	Serving	280	25	3	2	0	10	75	62	0	52	3	CONTAINS MILK.
Mango Milk (L)	1	Serving	390	40	4.5	2.5	0	15	110	85	0	72	4	CONTAINS MILK.
Strawberry Milk (M)	1	Serving	240	25	3	2	0	10	60	50	0	49	3	CONTAINS MILK, SOY.
Strawberry Milk (L)	1	Serving	340	40	4.5	2.5	0	15	80	69	0	68	4	CONTAINS MILK, SOY.
Taro Milk (M)	1	Serving	380	130	15	13	0	15	120	60	0	43	5	CONTAINS MILK.
Taro Milk (L)	1	Serving	490	170	19	16	0	20	160	78	0	57	7	CONTAINS MILK.
Matcha Milk (M)	1	Serving	230	45	5	3	0	15	70	41	0	38	6	CONTAINS MILK.
Matcha Milk (L)	1	Serving	300	60	6	3.5	0	20	90	56	0	52	7	CONTAINS MILK.
Caramel Chocolate (M)	1	Serving	370	130	14	13	0	0	90	53	0	37	4	CONTAINS MILK.
Caramel Chocolate (L)	1	Serving	480	150	17	16	0	0	115	72	0	53	5	CONTAINS MILK.
Passionfruit Yogurt Slush (M)	1	Serving	250	0	0	0	0	0	60	62	1	60	0	CONTAINS MILK.
Passionfruit Yogurt Slush (L)	1	Serving	340	0	0	0	0	0	85	85	2	83	0	CONTAINS MILK.

Creative Series

Green Tea Grapefruit (M)	1	Serving	150	0	0	0	0	0	30	38	0	36	0	
Green Tea Grapefruit (L)	1	Serving	200	0	0	0	0	0	35	51	0	49	1	
Green Tea Strawberry (M)	1	Serving	150	0	0	0	0	0	10	36	0	35	0	CONTAINS SOY.
Green Tea Strawberry (L)	1	Serving	200	0	0	0	0	0	15	48	0	47	1	CONTAINS SOY.
Green Tea Mango (M)	1	Serving	170	0	0	0	0	0	25	44	0	37	0	
Green Tea Mango (L)	1	Serving	230	0	0	0	0	0	30	58	0	49	1	
Green Tea Passionfruit (M)	1	Serving	180	0	0	0	0	0	0	44	1	33	0	
Green Tea Passionfruit (L)	1	Serving	230	0	0	0	0	0	0	59	1	46	1	
Green Tea Lemon (M)	1	Serving	150	0	0	0	0	0	40	37	0	36	0	
Green Tea Lemon (L)	1	Serving	200	0	0	0	0	0	50	50	0	48	1	
Green Tea Peach (M)	1	Serving	160	0	0	0	0	0	25	40	0	38	0	
Green Tea Peach (L)	1	Serving	200	0	0	0	0	0	30	51	0	49	1	
Hibiscus Green Tea (M)	1	Serving	170	0	0	0	0	0	0	43	0	22	1	
Hibiscus Green Tea (L)	1	Serving	240	0	0	0	0	0	0	60	0	31	1	
Honey Green Tea (M)	1	Serving	280	0	0	0	0	0	5	76	0	76	1	
Honey Green Tea (L)	1	Serving	380	0	0	0	0	0	10	101	0	101	1	

Lychee Oolong Tea (M)	1	Serving	140	0	0	0	0	0	40	36	0	36	0	
Lychee Oolong Tea (L)	1	Serving	190	0	0	0	0	0	50	50	0	49	0	
Lemon Ai-Yu White Pearl (M)	1	Serving	210	0	0	0	0	0	45	54	0	47	0	
Lemon Ai-Yu White Pearl (L)	1	Serving	290	0	0	0	0	0	65	74	0	66	0	
Lemon Wintermelon Basil Seeds (M)	1	Serving	280	0	0	0	0	0	50	74	0	71	0	
Lemon Wintermelon Basil Seeds (L)	1	Serving	360	5	0	0	0	0	65	94	1	91	0	
Taro (M)-100% sugar	1	Serving	380	130	14	13	0	10	110	59	0	42	4	CONTAINS MILK.
Taro (M)-70% sugar	1	Serving	350	130	14	13	0	10	110	52	0	35	4	CONTAINS MILK.
Taro (M)-50% sugar	1	Serving	340	130	14	13	0	10	110	49	0	32	4	CONTAINS MILK.
Taro (M)-30% sugar	1	Serving	330	130	14	13	0	10	110	46	0	29	4	CONTAINS MILK.
Taro (M)-0% sugar	1	Serving	300	130	14	13	0	10	110	38	0	21	4	CONTAINS MILK.
Taro (L)-100% sugar	1	Serving	470	160	18	15	0	15	135	76	0	56	6	CONTAINS MILK.
Taro (L)-70% sugar	1	Serving	440	160	18	15	0	15	135	67	0	47	6	CONTAINS MILK.
Taro (L)-50% sugar	1	Serving	410	160	18	15	0	15	135	60	0	40	6	CONTAINS MILK.
Taro (L)-30% sugar	1	Serving	400	160	18	15	0	15	135	57	0	37	6	CONTAINS MILK.
Taro (L)-0% sugar	1	Serving	360	160	18	15	0	15	135	46	0	26	6	CONTAINS MILK.
Caramel Chocolate (M)	1	Serving	320	110	12	11	0	0	85	47	0	33	3	CONTAINS MILK.
Caramel Chocolate (L)	1	Serving	420	140	15	14	0	0	110	61	0	44	4	CONTAINS MILK.
Yogurt Drink - Grapefruit (M)	1	Serving	180	0	0	0	0	0	45	45	0	43	0	CONTAINS MILK.
Yogurt Drink - Grapefruit (L)	1	Serving	230	0	0	0	0	0	60	57	0	55	0	CONTAINS MILK.
Yogurt Drink - Strawberry (M)	1	Serving	170	0	0	0	0	0	25	41	0	40	0	CONTAINS MILK, SOY.
Yogurt Drink - Strawberry (L)	1	Serving	220	0	0	0	0	0	35	54	0	53	0	CONTAINS MILK, SOY.
Yogurt Drink - Mango (M)	1	Serving	230	0	0	0	0	0	45	57	0	49	0	CONTAINS MILK.
Yogurt Drink - Mango (L)	1	Serving	280	0	0	0	0	0	55	70	0	60	0	CONTAINS MILK.
Yogurt Drink - Passionfruit (M)	1	Serving	230	0	0	0	0	0	15	57	1	44	0	CONTAINS MILK.
Yogurt Drink - Passionfruit (L)	1	Serving	290	0	0	0	0	0	25	71	1	55	0	CONTAINS MILK.
Yogurt Drink - Lemon (M)	1	Serving	150	0	0	0	0	0	45	38	0	37	0	CONTAINS MILK.
Yogurt Drink - Lemon (L)	1	Serving	220	0	0	0	0	0	70	55	0	54	0	CONTAINS MILK.
Yogurt Drink - Peach (M)	1	Serving	190	0	0	0	0	0	40	48	0	46	0	CONTAINS MILK.
Yogurt Drink - Peach (L)	1	Serving	250	0	0	0	0	0	55	63	0	60	0	CONTAINS MILK.
Gong Cha Coffee Series														
Milk Coffee (M)-100% sugar	1	Serving	300	130	14	14	0	0	95	41	0	19	2	CONTAINS MILK, TREE NUTS.
Milk Coffee (M)-70% sugar	1	Serving	290	130	14	14	0	0	95	38	0	16	2	CONTAINS MILK, TREE NUTS.
Milk Coffee (M)-50% sugar	1	Serving	280	130	14	14	0	0	95	35	0	13	2	CONTAINS MILK, TREE NUTS.
Milk Coffee (M)-30% sugar	1	Serving	265	130	14	14	0	0	95	32	0	10	2	CONTAINS MILK, TREE NUTS.
Milk Coffee (M)-0% sugar	1	Serving	250	130	14	14	0	0	95	27	0	5	2	CONTAINS MILK, TREE NUTS.
Milk Coffee (L)-100% sugar	1	Serving	370	160	17	17	0	5	120	53	0	26	2	CONTAINS MILK, TREE NUTS.
Milk Coffee (L)-70% sugar	1	Serving	340	160	17	17	0	5	120	46	0	19	2	CONTAINS MILK, TREE NUTS.
Milk Coffee (L)-50% sugar	1	Serving	330	160	17	17	0	5	120	43	0	16	2	CONTAINS MILK, TREE NUTS.
Milk Coffee (L)-30% sugar	1	Serving	320	160	17	17	0	5	120	40	0	13	2	CONTAINS MILK, TREE NUTS.
Milk Coffee (L)-0% sugar	1	Serving	290	160	17	17	0	5	120	32	0	5	2	CONTAINS MILK, TREE NUTS.
Coffee Milk Tea (M)-100% sugar	1	Serving	330	140	16	16	0	5	110	45	0	19	2	CONTAINS MILK, TREE NUTS.

Coffee Milk Tea (M)-70% sugar	1	Serving	320	140	16	16	0	5	110	42	0	16	2	CONTAINS MILK, TREE NUTS.
Coffee Milk Tea (M)-50% sugar	1	Serving	310	140	16	16	0	5	110	39	0	13	2	CONTAINS MILK, TREE NUTS.
Coffee Milk Tea (M)-30% sugar	1	Serving	295	140	16	16	0	5	110	36	0	10	2	CONTAINS MILK, TREE NUTS.
Coffee Milk Tea (M)-0% sugar	1	Serving	280	140	16	16	0	5	110	31	0	5	2	CONTAINS MILK, TREE NUTS.
Coffee Milk Tea (L)-100% sugar	1	Serving	470	210	23	23	0	5	160	64	0	27	2	CONTAINS MILK, TREE NUTS.
Coffee Milk Tea (L)-70% sugar	1	Serving	440	210	23	23	0	5	160	57	0	20	2	CONTAINS MILK, TREE NUTS.
Coffee Milk Tea (L)-50% sugar	1	Serving	430	210	23	23	0	5	160	54	0	17	2	CONTAINS MILK, TREE NUTS.
Coffee Milk Tea (L)-30% sugar	1	Serving	420	210	23	23	0	5	160	51	0	14	2	CONTAINS MILK, TREE NUTS.
Coffee Milk Tea (L)-0% sugar	1	Serving	390	210	23	23	0	5	160	43	0	6	2	CONTAINS MILK, TREE NUTS.
Milk Foam Black Coffee (M)-100% sugar	1	Serving	160	60	7	6	0	10	135	24	0	17	1	CONTAINS MILK.
Milk Foam Black Coffee (M)-70% sugar	1	Serving	150	60	7	6	0	10	135	21	0	14	1	CONTAINS MILK.
Milk Foam Black Coffee (M)-50% sugar	1	Serving	140	60	7	6	0	10	135	18	0	11	1	CONTAINS MILK.
Milk Foam Black Coffee (M)-30% sugar	1	Serving	125	60	7	6	0	10	135	15	0	8	1	CONTAINS MILK.
Milk Foam Black Coffee (M)-0% sugar	1	Serving	110	60	7	6	0	10	135	10	0	3	1	CONTAINS MILK.
Milk Foam Black Coffee (L)-100% sugar	1	Serving	200	80	8	7	0	10	170	33	0	24	1	CONTAINS MILK.
Milk Foam Black Coffee (L)-70% sugar	1	Serving	170	80	8	7	0	10	170	26	0	17	1	CONTAINS MILK.
Milk Foam Black Coffee (L)-50% sugar	1	Serving	160	80	8	7	0	10	170	23	0	14	1	CONTAINS MILK.
Milk Foam Black Coffee (L)-30% sugar	1	Serving	150	80	8	7	0	10	170	20	0	11	1	CONTAINS MILK.
Milk Foam Black Coffee (L)-0% sugar	1	Serving	120	80	8	7	0	10	170	12	0	3	1	CONTAINS MILK.
Tea Latte														
Green Tea Latte (M)-100%	1	Serving	170	45	5	3	0	15	65	28	0	28	5	CONTAINS MILK.
Green Tea Latte (M)-70%	1	Serving	140	45	5	3	0	15	65	21	0	21	5	CONTAINS MILK.
Green Tea Latte (M)-50%	1	Serving	130	45	5	3	0	15	65	18	0	18	5	CONTAINS MILK.
Green Tea Latte (M)-30%	1	Serving	120	45	5	3	0	15	65	15	0	15	5	CONTAINS MILK.
Green Tea Latte (M)-0%	1	Serving	90	45	5	3	0	15	65	7	0	7	5	CONTAINS MILK.
Green Tea Latte (L)-100%	1	Serving	230	60	6	3.5	0	20	85	40	0	39	6	CONTAINS MILK.
Green Tea Latte (L)-70%	1	Serving	200	60	6	3.5	0	20	85	31	0	30	6	CONTAINS MILK.
Green Tea Latte (L)-50%	1	Serving	170	60	6	3.5	0	20	85	24	0	23	6	CONTAINS MILK.
Green Tea Latte (L)-30%	1	Serving	160	60	6	3.5	0	20	85	21	0	20	6	CONTAINS MILK.
Green Tea Latte (L)-0%	1	Serving	120	60	6	3.5	0	20	85	10	0	9	6	CONTAINS MILK.
Black Tea Latte (M)-100%	1	Serving	170	45	5	3	0	15	70	29	0	28	5	CONTAINS MILK.
Black Tea Latte (M)-70%	1	Serving	140	45	5	3	0	15	70	22	0	21	5	CONTAINS MILK.
Black Tea Latte (M)-50%	1	Serving	130	45	5	3	0	15	70	19	0	18	5	CONTAINS MILK.
Black Tea Latte (M)-30%	1	Serving	120	45	5	3	0	15	70	16	0	15	5	CONTAINS MILK.
Black Tea Latte (M)-0%	1	Serving	90	45	5	3	0	15	70	8	0	7	5	CONTAINS MILK.
Black Tea Latte (L)-100%	1	Serving	230	60	6	3.5	0	20	85	40	0	39	6	CONTAINS MILK.
Black Tea Latte (L)-70%	1	Serving	200	60	6	3.5	0	20	85	31	0	30	6	CONTAINS MILK.
Black Tea Latte (L)-50%	1	Serving	170	60	6	3.5	0	20	85	24	0	23	6	CONTAINS MILK.
Black Tea Latte (L)-30%	1	Serving	160	60	6	3.5	0	20	85	21	0	20	6	CONTAINS MILK.
Black Tea Latte (L)-0%	1	Serving	120	60	6	3.5	0	20	85	10	0	9	6	CONTAINS MILK.

Oolong Tea Latte (M)-100%	1	Serving	170	45	5	3	0	15	70	29	0	28	5	CONTAINS MILK.
Oolong Tea Latte (M)-70%	1	Serving	140	45	5	3	0	15	70	22	0	21	5	CONTAINS MILK.
Oolong Tea Latte (M)-50%	1	Serving	130	45	5	3	0	15	70	19	0	18	5	CONTAINS MILK.
Oolong Tea Latte (M)-30%	1	Serving	120	45	5	3	0	15	70	16	0	15	5	CONTAINS MILK.
Oolong Tea Latte (M)-0%	1	Serving	90	45	5	3	0	15	70	8	0	7	5	CONTAINS MILK.
Oolong Tea Latte (L)-100%	1	Serving	230	60	6	3.5	0	20	85	40	0	39	6	CONTAINS MILK.
Oolong Tea Latte (L)-70%	1	Serving	200	60	6	3.5	0	20	85	31	0	30	6	CONTAINS MILK.
Oolong Tea Latte (L)-50%	1	Serving	170	60	6	3.5	0	20	85	24	0	23	6	CONTAINS MILK.
Oolong Tea Latte (L)-30%	1	Serving	160	60	6	3.5	0	20	85	21	0	20	6	CONTAINS MILK.
Oolong Tea Latte (L)-0%	1	Serving	120	60	6	3.5	0	20	85	10	0	9	6	CONTAINS MILK.
Earl Grey Tea Latte (M)-100%	1	Serving	170	45	5	3	0	15	70	29	0	28	5	CONTAINS MILK.
Earl Grey Tea Latte (M)-70%	1	Serving	140	45	5	3	0	15	70	22	0	21	5	CONTAINS MILK.
Earl Grey Tea Latte (M)-50%	1	Serving	130	45	5	3	0	15	70	19	0	18	5	CONTAINS MILK.
Earl Grey Tea Latte (M)-30%	1	Serving	120	45	5	3	0	15	70	16	0	15	5	CONTAINS MILK.
Earl Grey Tea Latte (M)-0%	1	Serving	90	45	5	3	0	15	70	8	0	7	5	CONTAINS MILK.
Earl Grey Tea Latte (L)-100%	1	Serving	230	60	6	3.5	0	20	85	40	0	39	6	CONTAINS MILK.
Earl Grey Tea Latte (L)-70%	1	Serving	200	60	6	3.5	0	20	85	31	0	30	6	CONTAINS MILK.
Earl Grey Tea Latte (L)-50%	1	Serving	170	60	6	3.5	0	20	85	24	0	23	6	CONTAINS MILK.
Earl Grey Tea Latte (L)-30%	1	Serving	160	60	6	3.5	0	20	85	21	0	20	6	CONTAINS MILK.
Earl Grey Tea Latte (L)-0%	1	Serving	120	60	6	3.5	0	20	85	10	0	9	6	CONTAINS MILK.
Matcha Tea Latte (M)-100%	1	Serving	170	45	5	3	0	15	65	26	0	25	5	CONTAINS MILK.
Matcha Tea Latte (M)-70%	1	Serving	160	45	5	3	0	15	65	23	0	22	5	CONTAINS MILK.
Matcha Tea Latte (M)-50%	1	Serving	155	45	5	3	0	15	65	22	0	21	5	CONTAINS MILK.
Matcha Tea Latte (M)-30%	1	Serving	145	45	5	3	0	15	65	19	0	18	5	CONTAINS MILK.
Matcha Tea Latte (M)-0%	1	Serving	130	45	5	3	0	15	65	15	0	14	5	CONTAINS MILK.
Matcha Tea Latte (L)-100%	1	Serving	250	60	6	3.5	0	20	80	43	0	40	7	CONTAINS MILK.
Matcha Tea Latte (L)-70%	1	Serving	240	60	6	3.5	0	20	80	40	0	37	7	CONTAINS MILK.
Matcha Tea Latte (L)-50%	1	Serving	230	60	6	3.5	0	20	80	37	0	34	7	CONTAINS MILK.
Matcha Tea Latte (L)-30%	1	Serving	215	60	6	3.5	0	20	80	34	0	31	7	CONTAINS MILK.
Matcha Tea Latte (L)-0%	1	Serving	200	60	6	3.5	0	20	80	29	0	26	7	CONTAINS MILK.
Strawberry Matcha Tea Latte (M)	1	Serving	260	45	5	3	0	15	70	48	0	45	6	CONTAINS MILK, SOY.
Strawberry Matcha Tea Latte (L)	1	Serving	340	60	6	3.5	0	20	90	64	0	60	7	CONTAINS MILK, SOY.
Thai Tea Latte (M)-100%	1	Serving	210	50	5	3.5	0	25	90	38	0	37	5	CONTAINS MILK.
Thai Tea Latte (M)-70%	1	Serving	200	50	5	3.5	0	25	90	35	0	34	5	CONTAINS MILK.
Thai Tea Latte (M)-50%	1	Serving	195	50	5	3.5	0	25	90	34	0	33	5	CONTAINS MILK.
Thai Tea Latte (M)-30%	1	Serving	185	50	5	3.5	0	25	90	31	0	30	5	CONTAINS MILK.
Thai Tea Latte (M)-0%	1	Serving	170	50	5	3.5	0	25	90	27	0	26	5	CONTAINS MILK.
Thai Tea Latte (L)-100%	1	Serving	280	60	7	4.5	0	30	115	51	0	50	7	CONTAINS MILK.
Thai Tea Latte (L)-70%	1	Serving	270	60	7	4.5	0	30	115	48	0	47	7	CONTAINS MILK.

Thai Tea Latte (L)-50%	1	Serving	260	60	7	4.5	0	30	115	45	0	44	7	CONTAINS MILK.
Thai Tea Latte (L)-30%	1	Serving	245	60	7	4.5	0	30	115	42	0	41	7	CONTAINS MILK.
Thai Tea Latte (L)-0%	1	Serving	230	60	7	4.5	0	30	115	37	0	36	7	CONTAINS MILK.

Toppings (0 - 170 Cals)

Milk Foam	1	Serving	50	30	3.5	3	0	5	65	4	0	1	0	CONTAINS MILK.
Pearl	1	Serving	35	0	0	0	0	0	5	8	0	2	0	
Star Jelly	1	Serving	70	0	0	0	0	0	5	17	0	16	0	CONTAINS TREE NUTS.
Mango Popping Pearl	1	Serving	30	0	0	0	0	0	5	8	0	7	0	
White Pearl (Kantan Jelly)	1	Serving	35	0	0	0	0	0	5	9	0	6	0	
Coconut Jelly	1	Serving	40	0	0	0	0	0	0	11	0	10	0	CONTAINS TREE NUTS.
Pudding	1	Serving	25	5	0	0	0	0	10	5	0	4	0	CONTAINS MILK.
Herbal Jelly	1	Serving	10	0	0	0	0	0	25	3	0	3	0	
Ai-Yu Jelly	1	Serving	10	0	0	0	0	0	0	2	0	2	0	
Basil Seeds	1	Serving	0	0	0	0	0	0	0	0	0	0	0	
Oreo Crumbs	1	Serving	60	20	2	0	0	0	70	8	0	5	1	CONTAINS MILK, SOY, WHEAT.
Vanilla Ice Cream	1	Serving	170	100	11	7	0	65	45	16	0	14	2	CONTAINS EGG, MILK.

Waffles (650 - 700 Cals)

Original Waffle	1	Serving	650	240	28	5	0	40	280	97	0	18	5	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Waffle	1	Serving	700	270	30	7	0	40	300	101	0	18	6	CONTAINS EGG, MILK, SOY, WHEAT.
Matcha Waffle	1	Serving	700	240	28	5	0	40	280	110	0	29	5	CONTAINS EGG, MILK, SOY, WHEAT.

