Connaught Plaza Restaurant Pvt Ltd

Product Nutritional Information Booklet

Nutritional Information - Index Sheet

Connaught Plaza Restaurant Pvt Ltd

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Version1, 14-Sep-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Veg Mc Muffin	**Serve Size (g)**	119 g				
	Energy (kCal)	309.35	**15.47**		Energy (kCal)	2000
	Protein (g)	10.22	Not recommended			
	Total fat (g)	11.78	**17.58**		Total fat (g)	67
	Sat Fat (g)	7.29	**33.14**		Sat Fat (g)	22
	Trans fat (g)	0.18	**9.00**		Trans fat (g)	2
	Cholesterols (mg)	25.31	Not recommended			
	Total carbohydrate (g)	38.86	Not recommended			
	Total Sugars (g)	3.02	Not recommended			
	Added Sugars (g)	0.75	**1.50**		Added Sugars (g)	50
	Sodium (mg)	804.63	**40.23**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 14-Sep-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Hot Cake with Maple Syrup	**Serve Size (g)**	142 g				
	Energy (kCal)	432.98	**21.65**		Energy (kCal)	2000
	Protein (g)	8.60	Not recommended			
	Total fat (g)	14.02	**20.93**		Total fat (g)	67
	Sat Fat (g)	7.11	**32.32**		Sat Fat (g)	22
	Trans fat (g)	0.32	**16.00**		Trans fat (g)	2
	Cholesterols (mg)	28.14	Not recommended			
	Total carbohydrate (g)	68.01	Not recommended			
	Total Sugars (g)	25.72	Not recommended			
	Added Sugars (g)	13.50	**27.00**		Added Sugars (g)	50
	Sodium (mg)	615.74	**30.79**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 14-Sep-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Hash Brown	**Serve Size (g)**	64 g				
	Energy (kCal)	140.29	**7.01**		Energy (kCal)	2000
	Protein (g)	1.93	Not recommended			
	Total fat (g)	7.32	**10.93**		Total fat (g)	67
	Sat Fat (g)	3.42	**15.55**		Sat Fat (g)	22
	Trans fat (g)	0.06	**3.00**		Trans fat (g)	2
	Cholesterols (mg)	0.64	Not recommended			
	Total carbohydrate (g)	15.63	Not recommended			
	Total Sugars (g)	0.32	Not recommended			
	Added Sugars (g)	0.00	**0.00**		Added Sugars (g)	50
	Sodium (mg)	275.26	**13.76**		Sodium (mg)	2000
Allergen Contains	**No Allergen Contains**					

Version1, 14-Sep-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Egg Mc Muffin	**Serve Size (g)**	112 g				
	Energy (kCal)	283.46	**14.17**		Energy (kCal)	2000
	Protein (g)	14.05	Not recommended			
	Total fat (g)	12.31	**18.37**		Total fat (g)	67
	Sat Fat (g)	6.92	**31.45**		Sat Fat (g)	22
	Trans fat (g)	0.17	**8.50**		Trans fat (g)	2
	Cholesterols (mg)	233.30	Not recommended			
	Total carbohydrate (g)	28.12	Not recommended			
	Total Sugars (g)	2.38	Not recommended			
	Added Sugars (g)	0.75	**1.50**		Added Sugars (g)	50
	Sodium (mg)	519.31	**25.97**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Egg & Soya**					

Version1, 14-Sep-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Sausage N Egg Mc Muffin	**Serve Size (g)**	157 g				
	Energy (kCal)	290.42	**14.52**		Energy (kCal)	2000
	Protein (g)	22.46	Not recommended			
	Total fat (g)	15.94	**23.79**		Total fat (g)	67
	Sat Fat (g)	8.08	**36.73**		Sat Fat (g)	22
	Trans fat (g)	0.22	**11.00**		Trans fat (g)	2
	Cholesterols (mg)	264.80	Not recommended			
	Total carbohydrate (g)	28.87	Not recommended			
	Total Sugars (g)	2.61	Not recommended			
	Added Sugars (g)	0.75	**1.50**		Added Sugars (g)	50
	Sodium (mg)	804.04	**40.20**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Egg & Soya**					

Version1, 14-Sep-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Sausage Mc Muffin	**Serve Size (g)**	112 g				
	Energy (kCal)	281.44	**14.07**		Energy (kCal)	2000
	Protein (g)	16.25	Not recommended			
	Total fat (g)	10.81	**16.13**		Total fat (g)	67
	Sat Fat (g)	6.04	**27.45**		Sat Fat (g)	22
	Trans fat (g)	0.17	**8.50**		Trans fat (g)	2
	Cholesterols (mg)	53.02	Not recommended			
	Total carbohydrate (g)	28.62	Not recommended			
	Total Sugars (g)	2.38	Not recommended			
	Added Sugars (g)	0.75	**1.50**		Added Sugars (g)	50
	Sodium (mg)	742.60	**37.13**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Egg & Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McVeggie Burger	**Serve Size (g)**	168 g				
	Energy (kCal)	402.05	**20.10**		Energy (kCal)	2000
	Protein (g)	10.24	Not recommended			
	Total fat (g)	13.83	**20.64**		Total fat (g)	67
	Sat Fat (g)	5.34	**24.26**		Sat Fat (g)	22
	Trans fat (g)	0.16	**7.95**		Trans fat (g)	2
	Cholesterols (mg)	2.49	Not recommended			
	Total carbohydrate (g)	56.54	Not recommended			
	Total Sugars (g)	7.90	Not recommended			
	Added Sugars (g)	4.49	**8.99**		Added Sugars (g)	50
	Sodium (mg)	706.13	**35.31**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Dosa Masala Burger	**Serve Size (g)**	138				
	Energy (kCal)	340.23	**17.01**		Energy (kCal)	2000
	Protein (g)	5.66	Not recommended			
	Total fat (g)	12.39	**18.49**		Total fat (g)	67
	Sat Fat (g)	4.22	**19.18**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	51.52	Not recommended			
	Total Sugars (g)	12.68	Not recommended			
	Added Sugars (g)	6.40	**12.80**		Added Sugars (g)	50
	Sodium (mg)	710.54	**35.53**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 23-Nov-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Veg Surprise Burger	**Serve Size (g)**	132 g				
	Energy (kCal)	313.44	**15.67**		**Energy (kCal)**	**2000**
	Protein (g)	5.71	Not recommended			
	Total fat (g)	14.95	**22.31**		**Total fat (g)**	**67**
	Sat Fat (g)	3.73	**16.95**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.14	**7.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	39.84	Not recommended			
	Total Sugars (g)	5.66	Not recommended			
	Added Sugars (g)	1.64	**3.28**		**Added Sugars (g)**	**50**
	Sodium (mg)	504.19	**25.21**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Aloo Tikki Burger	**Serve Size (g)**	146 g			**Energy (kCal)**	**2000**
	Energy (kCal)	339.52	**16.98**			
	Protein (g)	8.50	Not recommended		**Total fat (g)**	**67**
	Total fat (g)	11.31	**16.88**		**Sat Fat (g)**	**22**
	Sat Fat (g)	4.27	**19.40**		**Trans fat (g)**	**2**
	Trans fat (g)	0.20	**9.85**			
	Cholesterols (mg)	1.47	Not recommended			
	Total carbohydrate (g)	50.27	Not recommended			
	Total Sugars (g)	7.05	Not recommended		**Added Sugars (g)**	**50**
	Added Sugars (g)	4.07	**8.15**		**Sodium (mg)**	**2000**
	Sodium (mg)	545.34	**27.27**			
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McSpicy Paneer Burger	**Serve Size (g)**	199 g				
	Energy (kCal)	652.76	**32.64**		**Energy (kCal)**	**2000**
	Protein (g)	20.29	Not recommended			
	Total fat (g)	39.45	**58.88**		**Total fat (g)**	**67**
	Sat Fat (g)	17.12	**77.82**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.18	**8.90**		**Trans fat (g)**	**2**
	Cholesterols (mg)	21.85	Not recommended			
	Total carbohydrate (g)	52.33	Not recommended			
	Total Sugars (g)	8.35	Not recommended			
	Added Sugars (g)	5.27	**10.54**		**Added Sugars (g)**	**50**
	Sodium (mg)	1074.58	**53.73**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McSpicy Paneer Wrap	**Serve Size (g)**	250 g				
	Energy (kCal)	674.68	**33.73**		Energy (kCal)	2000
	Protein (g)	20.96	Not recommended			
	Total fat (g)	39.10	**58.36**		Total fat (g)	67
	Sat Fat (g)	19.73	**89.66**		Sat Fat (g)	22
	Trans fat (g)	0.26	**13.01**		Trans fat (g)	2
	Cholesterols (mg)	40.93	Not recommended			
	Total carbohydrate (g)	59.27	Not recommended			
	Total Sugars (g)	3.50	Not recommended			
	Added Sugars (g)	1.08	**2.16**		Added Sugars (g)	50
	Sodium (mg)	1087.46	**54.37**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Schezwan Veg Burger	**Serve Size (g)**	121 g				
	Energy (kCal)	286.09	**14.30**		**Energy (kCal)**	**2000**
	Protein (g)	6.13	Not recommended			
	Total fat (g)	8.47	**12.64**		**Total fat (g)**	**67**
	Sat Fat (g)	3.70	**16.82**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	46.33	Not recommended			
	Total Sugars (g)	7.88	Not recommended			
	Added Sugars (g)	3.55	**7.10**		**Added Sugars (g)**	**50**
	Sodium (mg)	515.87	**25.79**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Butter Paneer Grilled Burger	**Serve Size (g)**	142 g				
	Energy (kCal)	382.26	**19.11**		Energy (kCal)	2000
	Protein (g)	12.85	Not recommended			
	Total fat (g)	17.15	**25.60**		Total fat (g)	67
	Sat Fat (g)	8.29	**37.68**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	6.62	Not recommended			
	Total carbohydrate (g)	44.12	Not recommended			
	Total Sugars (g)	8.78	Not recommended			
	Added Sugars (g)	5.08	**10.16**		Added Sugars (g)	50
	Sodium (mg)	900.37	**45.02**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Veg Maharaja Mac	**Serve Size (g)**	306 g				
	Energy (kCal)	832.67	**41.63**		Energy (kCal)	2000
	Protein (g)	24.17	Not recommended			
	Total fat (g)	37.94	**56.63**		Total fat (g)	67
	Sat Fat (g)	16.83	**76.52**		Sat Fat (g)	22
	Trans fat (g)	0.28	**13.80**		Trans fat (g)	2
	Cholesterols (mg)	36.19	Not recommended			
	Total carbohydrate (g)	93.84	Not recommended			
	Total Sugars (g)	11.52	Not recommended			
	Added Sugars (g)	6.92	**13.85**		Added Sugars (g)	50
	Sodium (mg)	1529.22	**76.46**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Pizza Puff	**Serve Size (g)**	87 g				
	Energy (kCal)	228.21	**11.41**		**Energy (kCal)**	**2000**
	Protein (g)	5.45	Not recommended			
	Total fat (g)	11.44	**17.08**		**Total fat (g)**	**67**
	Sat Fat (g)	5.72	**26.02**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.09	**4.35**		**Trans fat (g)**	**2**
	Cholesterols (mg)	5.17	Not recommended			
	Total carbohydrate (g)	24.79	Not recommended			
	Total Sugars (g)	2.73	Not recommended			
	Added Sugars (g)	0.35	**0.70**		**Added Sugars (g)**	**50**
	Sodium (mg)	390.74	**19.54**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Chicken McGrill Burger	**Serve Size (g)**	142 g				
	Energy (kCal)	274.17	**13.71**		Energy (kCal)	2000
	Protein (g)	13.19	Not recommended			
	Total fat (g)	8.52	**12.72**		Total fat (g)	67
	Sat Fat (g)	2.64	**12.00**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	16.60	Not recommended			
	Total carbohydrate (g)	36.18	Not recommended			
	Total Sugars (g)	6.28	Not recommended			
	Added Sugars (g)	4.53	**9.06**		Added Sugars (g)	50
	Sodium (mg)	543.33	**27.17**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Butter Chicken Grilled Burger	**Serve Size (g)**	153 g				
	Energy (kCal)	357.01	**17.85**		Energy (kCal)	2000
	Protein (g)	17.06	Not recommended			
	Total fat (g)	14.41	**21.51**		Total fat (g)	67
	Sat Fat (g)	4.65	**21.14**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	31.93	Not recommended			
	Total carbohydrate (g)	39.76	Not recommended			
	Total Sugars (g)	6.55	Not recommended			
	Added Sugars (g)	4.71	**9.42**		Added Sugars (g)	50
	Sodium (mg)	919.59	**45.98**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McEgg Burger	**Serve Size (g)**	115 g				
	Energy (kCal)	265.00	**13.25**		**Energy (kCal)**	**2000**
	Protein (g)	12.00	Not recommended			
	Total fat (g)	10.00	**14.93**		**Total fat (g)**	**67**
	Sat Fat (g)	0.80	**3.64**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.10	**5.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	76.88	Not recommended			
	Total carbohydrate (g)	31.00	Not recommended			
	Total Sugars (g)	5.00	Not recommended			
	Added Sugars (g)	1.60	**3.20**		**Added Sugars (g)**	**50**
	Sodium (mg)	675.00	**33.75**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Egg, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McChicken Burger	**Serve Size (g)**	173 g				
	Energy (kCal)	400.80	**20.04**		**Energy (kCal)**	**2000**
	Protein (g)	15.66	Not recommended			
	Total fat (g)	15.70	**23.43**		**Total fat (g)**	**67**
	Sat Fat (g)	5.47	**24.85**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.16	**8.20**		**Trans fat (g)**	**2**
	Cholesterols (mg)	31.17	Not recommended			
	Total carbohydrate (g)	47.98	Not recommended			
	Total Sugars (g)	5.53	Not recommended			
	Added Sugars (g)	4.49	**8.99**		**Added Sugars (g)**	**50**
	Sodium (mg)	766.33	**38.32**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Filet-o-Fish Burger	**Serve Size (g)**	136 g				
	Energy (kCal)	348.11	**17.41**		**Energy (kCal)**	**2000**
	Protein (g)	15.44	Not recommended			
	Total fat (g)	14.16	**21.14**		**Total fat (g)**	**67**
	Sat Fat (g)	5.79	**26.32**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.21	**10.50**		**Trans fat (g)**	**2**
	Cholesterols (mg)	32.83	Not recommended			
	Total carbohydrate (g)	38.85	Not recommended			
	Total Sugars (g)	5.58	Not recommended			
	Added Sugars (g)	3.54	**7.08**		**Added Sugars (g)**	**50**
	Sodium (mg)	530.54	**26.53**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Egg, Fish, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McSpicy Chicken Burger	**Serve Size (g)**	186 g				
	Energy (kCal)	451.92	**22.60**		**Energy (kCal)**	**2000**
	Protein (g)	21.46	Not recommended			
	Total fat (g)	19.36	**28.90**		**Total fat (g)**	**67**
	Sat Fat (g)	7.63	**34.68**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.18	**8.85**		**Trans fat (g)**	**2**
	Cholesterols (mg)	66.04	Not recommended			
	Total carbohydrate (g)	46.08	Not recommended			
	Total Sugars (g)	5.88	Not recommended			
	Added Sugars (g)	4.49	**8.99**		**Added Sugars (g)**	**50**
	Sodium (mg)	928.52	**46.43**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Egg, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McSpicy Chicken Wrap	**Serve Size (g)**	257 g				
	Energy (kCal)	567.19	**28.36**		Energy (kCal)	2000
	Protein (g)	23.74	Not recommended			
	Total fat (g)	26.89	**40.14**		Total fat (g)	67
	Sat Fat (g)	12.54	**57.02**		Sat Fat (g)	22
	Trans fat (g)	0.27	**13.36**		Trans fat (g)	2
	Cholesterols (mg)	87.63	Not recommended			
	Total carbohydrate (g)	57.06	Not recommended			
	Total Sugars (g)	2.52	Not recommended			
	Added Sugars (g)	1.08	**2.16**		Added Sugars (g)	50
	Sodium (mg)	1152.38	**57.62**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Egg, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Chicken Maharaja Mac	**Serve Size (g)**	296 g				
	Energy (kCal)	689.12	**34.46**		**Energy (kCal)**	**2000**
	Protein (g)	34.00	Not recommended			
	Total fat (g)	36.69	**54.76**		**Total fat (g)**	**67**
	Sat Fat (g)	10.33	**46.94**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.25	**12.60**		**Trans fat (g)**	**2**
	Cholesterols (mg)	81.49	Not recommended			
	Total carbohydrate (g)	55.39	Not recommended			
	Total Sugars (g)	8.92	Not recommended			
	Added Sugars (g)	6.14	**12.29**		**Added Sugars (g)**	**50**
	Sodium (mg)	1854.71	**92.74**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu		4 Pcs	per serve percentage (%) contribution to RDA	6 Pcs	per serve percentage (%) contribution to RDA	9 Pcs	per serve percentage (%) contribution to RDA	20 Pcs	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Chicken McNuggets	**Serve Size (g)**	64 g		96 g		144 g		320 g				
	Energy (kCal)	169.68	**8.48**	254.52	**12.73**	381.77	**19.09**	806.10	**40.31**		**Energy (kCal)**	**2000**
	Protein (g)	10.03	Not recommended	15.04	Not recommended	22.56	Not recommended	47.60	Not recommended			
	Total fat (g)	9.54	**14.23**	14.30	**21.35**	21.46	**32.02**	46.90	**70.00**		**Total fat (g)**	**67**
	Sat Fat (g)	4.45	**20.25**	6.68	**30.37**	10.02	**45.56**	21.11	**95.95**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.06	**3.20**	0.10	**4.80**	0.14	**7.20**	0.30	**15.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	24.66	Not recommended	36.99	Not recommended	55.48	Not recommended	115.00	Not recommended			
	Total carbohydrate (g)	10.50	Not recommended	15.74	Not recommended	23.62	Not recommended	49.88	Not recommended			
	Total Sugars (g)	0.32	Not recommended	0.48	Not recommended	0.72	Not recommended	1.70	Not recommended			
	Added Sugars (g)	0.00	**0.00**	0.00	**0.00**	0.00	**0.00**	0.00	**0.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	313.25	**15.66**	469.87	**23.49**	704.81	**35.24**	1490.00	**74.50**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten**											

Version1, 20-Jun-22

Menu		Regular	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA	Large	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Fries	**Serve Size (g)**	77 g		109 g		154 g				
	Energy (kCal)	224.59	**11.23**	317.92	**15.90**	449.17	**22.46**		**Energy (kCal)**	**2000**
	Protein (g)	3.38	Not recommended	4.79	Not recommended	6.76	Not recommended			
	Total fat (g)	10.39	**15.50**	14.70	**21.95**	20.77	**31.01**		**Total fat (g)**	**67**
	Sat Fat (g)	4.97	**22.61**	7.04	**32.01**	9.95	**45.22**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.08	**3.85**	0.11	**5.45**	0.15	**7.70**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.77	Not recommended	1.09	Not recommended	1.54	Not recommended			
	Total carbohydrate (g)	27.08	Not recommended	38.34	Not recommended	54.16	Not recommended			
	Total Sugars (g)	0.39	Not recommended	0.55	Not recommended	0.77	Not recommended			
	Added Sugars (g)	0.00	**0.00**	0.00	**0.00**	0.00	**0.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	153.15	**7.66**	216.79	**10.84**	306.29	**15.31**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**									

Version1, 20-Oct-22

Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
Cheesy Fries	**Serve Size (g)**	150 g			
	Energy (kCal)	453.92	**22.70**	**Energy (kCal)**	**2000**
	Protein (g)	7.19	Not recommended		
	Total fat (g)	21.10	**31.50**	**Total fat (g)**	**67**
	Sat Fat (g)	10.64	**48.37**	**Sat Fat (g)**	**22**
	Trans fat (g)	0.59	**29.45**	**Trans fat (g)**	**2**
	Cholesterols (mg)	3.89	Not recommended		
	Total carbohydrate (g)	41.94	Not recommended		
	Total Sugars (g)	0.95	Not recommended		
	Added Sugars (g)	0.40	**0.80**	**Added Sugars (g)**	**50**
	Sodium (mg)	430.79	**21.54**	**Sodium (mg)**	**2000**
Allergen Contains	**Milk**				

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Hot Coffee (Black)	**Serve Size (g)**	200 ml				
	Energy (kCal)	6.80	**0.34**		Energy (kCal)	2000
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**		Total fat (g)	67
	Sat Fat (g)	0.00	**0.00**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	1.70	Not recommended			
	Total Sugars (g)	0.00	Not recommended			
	Added Sugars (g)	0.00	**0.00**		Added Sugars (g)	50
	Sodium (mg)	0.00	**0.00**		Sodium (mg)	2000
Allergen Contains	**No Allergens**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Soft Serve Cone	**Serve Size (g)**	81.29 g				
	Energy (kCal)	85.73	**4.29**		**Energy (kCal)**	**2000**
	Protein (g)	1.99	Not recommended			
	Total fat (g)	1.82	**2.71**		**Total fat (g)**	**67**
	Sat Fat (g)	1.31	**5.94**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.05	**2.70**		**Trans fat (g)**	**2**
	Cholesterols (mg)	4.75	Not recommended			
	Total carbohydrate (g)	15.23	Not recommended			
	Total Sugars (g)	10.68	Not recommended			
	Added Sugars (g)	6.99	**13.98**		**Added Sugars (g)**	**50**
	Sodium (mg)	40.78	**2.04**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McSwirl Chocodip	**Serve Size (g)**	93.29 g				
	Energy (kCal)	160.14	**8.01**		Energy (kCal)	2000
	Protein (g)	2.71	Not recommended			
	Total fat (g)	7.14	**10.66**		Total fat (g)	67
	Sat Fat (g)	5.25	**23.87**		Sat Fat (g)	22
	Trans fat (g)	0.07	**3.30**		Trans fat (g)	2
	Cholesterols (mg)	5.71	Not recommended			
	Total carbohydrate (g)	20.92	Not recommended			
	Total Sugars (g)	15.39	Not recommended			
	Added Sugars (g)	11.31	**22.62**		Added Sugars (g)	50
	Sodium (mg)	51.31	**2.57**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McSwirl ButterScotch	**Serve Size (g)**	94.78 g				
	Energy (kCal)	181.20	**9.06**		Energy (kCal)	2000
	Protein (g)	2.82	Not recommended			
	Total fat (g)	8.11	**12.10**		Total fat (g)	67
	Sat Fat (g)	5.50	**25.00**		Sat Fat (g)	22
	Trans fat (g)	0.10	**5.00**		Trans fat (g)	2
	Cholesterols (mg)	6.09	Not recommended			
	Total carbohydrate (g)	22.18	Not recommended			
	Total Sugars (g)	16.87	Not recommended			
	Added Sugars (g)	13.32	**26.64**		Added Sugars (g)	50
	Sodium (mg)	39.67	**1.98**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Nuts, Soya**					

Version1, 20-Jun-22

Menu		Regular	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Sundae Chocolate	**Serve Size (g)**	91.79 g		132.08 g				
	Energy (kCal)	121.64	**6.08**	197.45	**9.87**		**Energy (kCal)**	**2000**
	Protein (g)	2.25	Not recommended	3.49	Not recommended			
	Total fat (g)	4.02	**6.00**	6.87	**10.25**		**Total fat (g)**	**67**
	Sat Fat (g)	3.01	**13.67**	5.16	**23.44**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.08	**3.98**	0.13	**6.29**		**Trans fat (g)**	**2**
	Cholesterols (mg)	5.85	Not recommended	8.55	Not recommended			
	Total carbohydrate (g)	19.11	Not recommended	30.42	Not recommended			
	Total Sugars (g)	17.07	Not recommended	27.01	Not recommended			
	Added Sugars (g)	10.78	**21.55**	16.90	**33.80**		**Added Sugars (g)**	**50**
	Sodium (mg)	65.56	**3.28**	110.39	**5.52**		**Sodium (mg)**	**2000**
Allergen Contains	**Milk**							

Version1, 20-Jun-22

Menu		Regular	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Sundae Strawberry	**Serve Size (g)**	91.79 g		132.08 g				
	Energy (kCal)	100.99	**5.05**	156.14	**7.81**		**Energy (kCal)**	**2000**
	Protein (g)	1.54	Not recommended	2.05	Not recommended			
	Total fat (g)	1.77	**2.64**	2.36	**3.52**		**Total fat (g)**	**67**
	Sat Fat (g)	1.30	**5.90**	1.74	**7.89**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.06	**3.23**	0.10	**4.79**		**Trans fat (g)**	**2**
	Cholesterols (mg)	4.85	Not recommended	6.55	Not recommended			
	Total carbohydrate (g)	19.78	Not recommended	31.77	Not recommended			
	Total Sugars (g)	17.66	Not recommended	28.20	Not recommended			
	Added Sugars (g)	12.49	**24.97**	20.32	**40.64**		**Added Sugars (g)**	**50**
	Sodium (mg)	34.51	**1.73**	48.28	**2.41**		**Sodium (mg)**	**2000**
Allergen Contains	**Milk**							

Version1, 20-Jun-22

Menu		Regular	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Sundae Chocolate Brownie	**Serve Size (g)**	110.79 g		155.08 g				
	Energy (kCal)	205.26	**10.26**	311.39	**15.57**		Energy (kCal)	2000
	Protein (g)	3.20	Not recommended	4.65	Not recommended			
	Total fat (g)	5.45	**8.14**	7.46	**11.14**		Total fat (g)	67
	Sat Fat (g)	3.65	**16.58**	4.71	**21.42**		Sat Fat (g)	22
	Trans fat (g)	0.10	**4.93**	0.13	**6.69**		Trans fat (g)	2
	Cholesterols (mg)	6.04	Not recommended	7.78	Not recommended			
	Total carbohydrate (g)	35.26	Not recommended	55.24	Not recommended			
	Total Sugars (g)	20.75	Not recommended	27.94	Not recommended			
	Added Sugars (g)	14.39	**28.78**	20.28	**40.56**		Added Sugars (g)	50
	Sodium (mg)	100.89	**5.04**	146.40	**7.32**		Sodium (mg)	2000
Allergen Contains	**Cereal containing gluten, Milk, Nuts**							

Version1, 20-Jun-22

Menu		Regular	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McFlurry Oreo	**Serve Size (g)**	86.79 g		147.38 g				
	Energy (kCal)	116.36	**5.82**	209.39	**10.47**		**Energy (kCal)**	**2000**
	Protein (g)	2.05	Not recommended	3.58	Not recommended			
	Total fat (g)	3.70	**5.53**	6.81	**10.16**		**Total fat (g)**	**67**
	Sat Fat (g)	2.25	**10.24**	4.07	**18.49**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.07	**3.48**	0.12	**6.11**		**Trans fat (g)**	**2**
	Cholesterols (mg)	4.80	Not recommended	8.00	Not recommended			
	Total carbohydrate (g)	18.69	Not recommended	33.42	Not recommended			
	Total Sugars (g)	14.49	Not recommended	25.35	Not recommended			
	Added Sugars (g)	10.80	**21.59**	19.23	**38.45**		**Added Sugars (g)**	**50**
	Sodium (mg)	80.73	**4.04**	150.90	**7.55**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Soya, Sulphites**							

Version1, 20-Jun-22

Menu		Regular	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McFlurry Choco Crunch	**Serve Size (g)**	94.29 g		167.38 g				
	Energy (kCal)	155.19	**7.76**	703.17	**35.16**		Energy (kCal)	2000
	Protein (g)	2.62	Not recommended	10.99	Not recommended			
	Total fat (g)	5.39	**8.05**	19.68	**29.37**		Total fat (g)	67
	Sat Fat (g)	3.91	**17.78**	13.80	**62.71**		Sat Fat (g)	22
	Trans fat (g)	0.07	**3.35**	0.21	**10.61**		Trans fat (g)	2
	Cholesterols (mg)	5.37	Not recommended	11.06	Not recommended			
	Total carbohydrate (g)	23.67	Not recommended	117.78	Not recommended			
	Total Sugars (g)	17.36	Not recommended	66.93	Not recommended			
	Added Sugars (g)	13.04	**26.08**	54.51	**109.02**		Added Sugars (g)	50
	Sodium (mg)	57.80	**2.89**	295.89	**14.79**		Sodium (mg)	2000
Allergen Contains	**Milk, Soya**							

Version1, 20-Jun-22

Menu		Regular	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Black Forest	**Serve Size (g)**	115 g		210 g				
	Energy (kCal)	268.30	**13.42**	398.10	**19.91**		**Energy (kCal)**	**2000**
	Protein (g)	4.40	Not recommended	6.90	Not recommended			
	Total fat (g)	6.40	**9.55**	10.60	**15.82**		**Total fat (g)**	**67**
	Sat Fat (g)	4.70	**21.36**	8.00	**36.36**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.03	**1.50**	0.06	**3.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	9.20	Not recommended	15.70	Not recommended			
	Total carbohydrate (g)	47.90	Not recommended	68.50	Not recommended			
	Total Sugars (g)	40.50	Not recommended	58.70	Not recommended			
	Added Sugars (g)	32.30	**64.60**	46.80	**93.60**		**Added Sugars (g)**	**50**
	Sodium (mg)	126.00	**6.30**	194.40	**9.72**		**Sodium (mg)**	**2000**
Allergen Contains	**Cereal containing gluten, Milk, Soya, Nuts**							

Version1, 20-Jun-22

Menu		Small	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA	Large	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Coca-Cola	**Serve Size (ml)**	299 ml		394 ml		544 ml				
	Energy (kCal)	109.56	**5.48**	151.36	**7.57**	217.36	**10.87**		**Energy (kCal)**	**2000**
	Protein (g)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**	0.00	**0.00**	0.00	**0.00**		**Total fat (g)**	**67**
	Sat Fat (g)	*0.00*	**0.00**	*0.00*	**0.00**	*0.00*	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**	0.00	**0.00**	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended			
	Total carbohydrate (g)	27.39	Not recommended	37.84	Not recommended	54.34	Not recommended			
	Total Sugars (g)	27.39	Not recommended	37.84	Not recommended	54.34	Not recommended			
	Added Sugars (g)	27.39	**54.78**	37.84	**75.68**	54.34	**108.68**		**Added Sugars (g)**	**50**
	Sodium (mg)	21.17	**1.06**	29.24	**1.46**	41.99	**2.10**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**									

Version1, 20-Jun-22

Menu		Small	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA	Large	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Fanta	**Serve Size (ml)**	299 ml		394 ml		544 ml				
	Energy (kCal)	129.48	**6.47**	178.88	**8.94**	256.88	**12.84**		**Energy (kCal)**	**2000**
	Protein (g)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**	0.00	**0.00**	0.00	**0.00**		**Total fat (g)**	**67**
	Sat Fat (g)	*0.00*	**0.00**	*0.00*	**0.00**	*0.00*	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**	0.00	**0.00**	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended			
	Total carbohydrate (g)	32.37	Not recommended	44.72	Not recommended	64.22	Not recommended			
	Total Sugars (g)	32.37	Not recommended	44.72	Not recommended	64.22	Not recommended			
	Added Sugars (g)	32.37	**64.74**	44.72	**89.44**	64.22	**128.44**		**Added Sugars (g)**	**50**
	Sodium (mg)	55.53	**2.78**	76.71	**3.84**	110.16	**5.51**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**									

Version1, 20-Jun-22

Menu		Small	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA	Large	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Sprite	**Serve Size (ml)**	299 ml		394 ml		544 ml				
	Energy (kCal)	119.52	**5.98**	165.12	**8.26**	237.12	**11.86**		**Energy (kCal)**	**2000**
	Protein (g)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**	0.00	**0.00**	0.00	**0.00**		**Total fat (g)**	**67**
	Sat Fat (g)	*0.00*	**0.00**	*0.00*	**0.00**	*0.00*	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**	0.00	**0.00**	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended			
	Total carbohydrate (g)	29.88	Not recommended	41.28	Not recommended	59.28	Not recommended			
	Total Sugars (g)	29.88	Not recommended	41.28	Not recommended	59.28	Not recommended			
	Added Sugars (g)	29.88	**59.76**	41.28	**82.56**	59.28	**118.56**		**Added Sugars (g)**	**50**
	Sodium (mg)	2.02	**0.10**	2.79	**0.14**	4.00	**0.20**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**									

Version1, 20-Jun-22

Menu		Coke Float	per serve percentage (%) contribution to RDA	Fanta Float	per serve percentage (%) contribution to RDA	Sprite Float	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
McFloat	**Serve Size (ml)**	286.79 ml		286.79 ml		286.79 ml				
	Energy (kCal)	138.76	**6.94**	151.56	**7.58**	145.16	**7.26**		**Energy (kCal)**	**2000**
	Protein (g)	1.52	Not recommended	1.52	Not recommended	1.52	Not recommended			
	Total fat (g)	1.75	**2.62**	1.75	**2.62**	1.75	**2.62**		**Total fat (g)**	**67**
	Sat Fat (g)	*1.28*	**5.83**	*1.28*	**5.83**	*1.28*	**5.83**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.05	**2.48**	0.05	**2.48**	0.05	**2.48**		**Trans fat (g)**	**2**
	Cholesterols (mg)	4.70	Not recommended	4.70	Not recommended	4.70	Not recommended			
	Total carbohydrate (g)	29.22	Not recommended	32.42	Not recommended	30.82	Not recommended			
	Total Sugars (g)	28.23	Not recommended	31.43	Not recommended	29.83	Not recommended			
	Added Sugars (g)	24.54	**49.07**	27.74	**55.47**	26.14	**52.27**		**Added Sugars (g)**	**50**
	Sodium (mg)	44.53	**2.23**	66.61	**3.33**	47.09	**2.35**		**Sodium (mg)**	**2000**
Allergen Contains	**Milk**									

Version1, 20-Jun-22

Menu		Cold Coffee	per serve percentage (%) contribution to RDA	Cold Coffee Float	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Cold Coffee	**Serve Size (ml)**	250 ml		270 ml				
	Energy (kCal)	301.10	**15.06**	270.05	**13.50**		**Energy (kCal)**	**2000**
	Protein (g)	9.75	Not recommended	5.91	Not recommended			
	Total fat (g)	11.15	**16.64**	7.18	**10.72**		**Total fat (g)**	**67**
	Sat Fat (g)	*7.45*	**33.86**	*4.89*	**22.23**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	27.40	Not recommended	15.81	Not recommended			
	Total carbohydrate (g)	40.20	Not recommended	45.44	Not recommended			
	Total Sugars (g)	37.50	Not recommended	36.18	Not recommended			
	Added Sugars (g)	21.25	**42.50**	19.98	**39.96**		**Added Sugars (g)**	**50**
	Sodium (mg)	175.00	**8.75**	173.59	**8.68**		**Sodium (mg)**	**2000**
Allergen Contains	**Milk**							

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Iced Tea	**Serve Size (ml)**	400 ml				
	Energy (kCal)	242.52	**12.13**		Energy (kCal)	2000
	Protein (g)	1.08	Not recommended			
	Total fat (g)	0.12	**0.18**		Total fat (g)	67
	Sat Fat (g)	*0.00*	**0.00**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	59.28	Not recommended			
	Total Sugars (g)	58.08	Not recommended			
	Added Sugars (g)	55.16	**110.32**		Added Sugars (g)	50
	Sodium (mg)	16.68	**0.83**		Sodium (mg)	2000
Allergen Contains	**No Allergens**					

Version2, 14-Sep-22

Menu		Regular	per serve percentage (%) contribution to RDA	Cutting	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Masala Chai	**Serve Size (ml)**	150 ml		90 ml				
	Energy (kCal)	94.23	**4.71**	54.97	**2.75**		**Energy (kCal)**	**2000**
	Protein (g)	1.37	Not recommended	0.80	Not recommended			
	Total fat (g)	1.46	**2.18**	0.85	**1.27**		**Total fat (g)**	**67**
	Sat Fat (g)	*0.87*	**3.95**	*0.51*	**2.32**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.04	**2.00**	0.02	**1.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended	0.00	Not recommended			
	Total carbohydrate (g)	18.90	Not recommended	11.02	Not recommended			
	Total Sugars (g)	15.06	Not recommended	8.79	Not recommended			
	Added Sugars (g)	13.68	**27.36**	7.98	**15.96**		**Added Sugars (g)**	**50**
	Sodium (mg)	7.08	**0.35**	4.13	**0.21**		**Sodium (mg)**	**2000**
Allergen Contains	**Milk**							

Version1, 20-Jun-22

Menu		Regular	per serve percentage (%) contribution to RDA	Cutting	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Masala Chai	**Serve Size (ml)**	150 ml		90 ml				
	Energy (kCal)	110.04	**5.50**	65.46	**3.27**		**Energy (kCal)**	**2000**
	Protein (g)	0.62	Not recommended	0.33	Not recommended			
	Total fat (g)	2.04	**3.04**	1.05	**1.57**		**Total fat (g)**	**67**
	Sat Fat (g)	*1.38*	**6.27**	*0.72*	**3.27**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	7.83	Not recommended	3.68	Not recommended			
	Total carbohydrate (g)	22.31	Not recommended	13.66	Not recommended			
	Total Sugars (g)	21.83	Not recommended	13.05	Not recommended			
	Added Sugars (g)	17.46	**34.92**	10.49	**20.98**		**Added Sugars (g)**	**50**
	Sodium (mg)	60.51	**3.03**	30.58	**1.53**		**Sodium (mg)**	**2000**
Allergen Contains	**Milk**							

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Minute Maid Pulpy Orange	**Serve Size (ml)**	300 ml				
	Energy (kCal)	156.00	**7.80**		**Energy (kCal)**	**2000**
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**		**Total fat (g)**	**67**
	Sat Fat (g)	*0.00*	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	39.00	Not recommended			
	Total Sugars (g)	36.66	Not recommended			
	Added Sugars (g)	34.50	**69.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	1.00	**0.05**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Coke Zero	**Serve Size (ml)**	330 ml				
	Energy (kCal)	0.10	**0.01**		**Energy (kCal)**	**2000**
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**		**Total fat (g)**	**67**
	Sat Fat (g)	*0.00*	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	0.00	Not recommended			
	Total Sugars (g)	0.00	Not recommended			
	Added Sugars (g)	0.00	**0.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	24.75	**1.24**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Chocolate MilkShake	**Serve Size (ml)**	180 ml				
	Energy (kCal)	96.00	**4.80**		**Energy (kCal)**	**2000**
	Protein (g)	6.53	Not recommended			
	Total fat (g)	0.60	**0.90**		**Total fat (g)**	**67**
	Sat Fat (g)	*0.30*	**1.36**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	2.20	Not recommended			
	Total carbohydrate (g)	16.50	Not recommended			
	Total Sugars (g)	16.00	Not recommended			
	Added Sugars (g)	6.50	**13.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	100.00	**5.00**		**Sodium (mg)**	**2000**
Allergen Contains	**Milk**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Schweppes Packaged Water	**Serve Size (ml)**	500 ml				
	Energy (kCal)	0.00	**0.00**		**Energy (kCal)**	**2000**
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**		**Total fat (g)**	**67**
	Sat Fat (g)	*0.00*	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	0.00	Not recommended			
	Total Sugars (g)	0.00	Not recommended			
	Added Sugars (g)	0.00	**0.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	3.00	**0.15**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Mustard Dip Sauce	**Serve Size (g)**	25 g				
	Energy (kCal)	81.18	**4.06**		**Energy (kCal)**	**2000**
	Protein (g)	0.52	Not recommended			
	Total fat (g)	5.57	**8.31**		**Total fat (g)**	**67**
	Sat Fat (g)	1.78	**8.09**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.47	**23.50**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.29	Not recommended			
	Total carbohydrate (g)	7.24	Not recommended			
	Total Sugars (g)	6.66	Not recommended			
	Added Sugars (g)	4.00	**8.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	221.32	**11.07**		**Sodium (mg)**	**2000**
Allergen Contains	**Milk, Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Barbeque Dip Sauce	**Serve Size (g)**	25 g				
	Energy (kCal)	54.89	**2.74**		**Energy (kCal)**	**2000**
	Protein (g)	0.26	Not recommended			
	Total fat (g)	0.49	**0.73**		**Total fat (g)**	**67**
	Sat Fat (g)	0.15	**0.67**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.04	**1.88**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.25	Not recommended			
	Total carbohydrate (g)	12.36	Not recommended			
	Total Sugars (g)	7.65	Not recommended			
	Added Sugars (g)	2.50	**5.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	113.23	**5.66**		**Sodium (mg)**	**2000**
Allergen Contains	**Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Chilli Sauce	**Serve Size (g)**	10 g				
	Energy (kCal)	7.00	**0.35**		**Energy (kCal)**	**2000**
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**		**Total fat (g)**	**67**
	Sat Fat (g)	0.00	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	1.70	Not recommended			
	Total Sugars (g)	1.70	Not recommended			
	Added Sugars (g)	1.50	**3.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	55.00	**2.75**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Cheese Slice (Extra)	**Serve Size (g)**	14 g				
	Energy (kCal)	51.03	**2.55**		Energy (kCal)	2000
	Protein (g)	3.06	Not recommended			
	Total fat (g)	3.99	**5.95**		Total fat (g)	67
	Sat Fat (g)	2.89	**13.13**		Sat Fat (g)	22
	Trans fat (g)	0.01	**0.70**		Trans fat (g)	2
	Cholesterols (mg)	13.43	Not recommended			
	Total carbohydrate (g)	0.72	Not recommended			
	Total Sugars (g)	0.54	Not recommended			
	Added Sugars (g)	0.00	**0.00**		Added Sugars (g)	50
	Sodium (mg)	178.95	**8.95**		Sodium (mg)	2000
Allergen Contains	**Milk**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Tomato Ketchup	**Serve Size (g)**	8 g				
	Energy (kCal)	10.00	**0.50**		Energy (kCal)	2000
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**		Total fat (g)	67
	Sat Fat (g)	0.00	**0.00**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	2.50	Not recommended			
	Total Sugars (g)	2.00	Not recommended			
	Added Sugars (g)	1.80	**3.60**		Added Sugars (g)	50
	Sodium (mg)	78.80	**3.94**		Sodium (mg)	2000
Allergen Contains	**No Allergens**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Milk Tub (Creamer for Coffee)	**Serve Size (g)**	10 g				
	Energy (kCal)	14.00	**0.70**		**Energy (kCal)**	**2000**
	Protein (g)	0.50	Not recommended			
	Total fat (g)	1.00	**1.49**		**Total fat (g)**	**67**
	Sat Fat (g)	0.60	**2.73**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	3.00	Not recommended			
	Total carbohydrate (g)	0.80	Not recommended			
	Total Sugars (g)	0.80	Not recommended			
	Added Sugars (g)	0.00	**0.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	7.00	**0.35**		**Sodium (mg)**	**2000**
Allergen Contains	**Milk**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Peri-Peri Spice Mix	**Serve Size (g)**	5 g				
	Energy (kCal)	12.00	**0.60**		**Energy (kCal)**	**2000**
	Protein (g)	0.30	Not recommended			
	Total fat (g)	0.23	**0.34**		**Total fat (g)**	**67**
	Sat Fat (g)	0.04	**0.18**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	2.20	Not recommended			
	Total Sugars (g)	0.50	Not recommended			
	Added Sugars (g)	0.03	**0.06**		**Added Sugars (g)**	**50**
	Sodium (mg)	26.50	**1.33**		**Sodium (mg)**	**2000**
Allergen Contains	**Soya**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Sugar Sachet	**Serve Size (g)**	5 g				
	Energy (kCal)	20.00	**1.00**		**Energy (kCal)**	**2000**
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	**0.00**		**Total fat (g)**	**67**
	Sat Fat (g)	0.00	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	5.00	Not recommended			
	Total Sugars (g)	5.00	Not recommended			
	Added Sugars (g)	5.00	**10.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	0.00	**0.00**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Pineapple Fruit Bowl	**Serve Size (g)**	113 g				
	Energy (kCal)	65.70	**3.29**		**Energy (kCal)**	**2000**
	Protein (g)	0.50	Not recommended			
	Total fat (g)	0.10	**0.15**		**Total fat (g)**	**67**
	Sat Fat (g)	0.00	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	15.60	Not recommended			
	Total Sugars (g)	14.50	Not recommended			
	Added Sugars (g)	0.00	**0.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	1.60	**0.08**		**Sodium (mg)**	**2000**
Allergen Contains	**No Allergens**					

Connaught Plaza Restaurant Pvt Ltd

Product Nutritional Information Booklet

Nutritional Information - Index Sheet

Connaught Plaza Restaurant Pvt Ltd

McCafe Menu	Version	Revised date
Cappuccino	Version1	20-Jun-22
Latte	Version1	20-Jun-22
Americano	Version1	20-Jun-22
Mocha	Version1	20-Jun-22
Espresso	Version1	20-Jun-22
Macchiato	Version1	20-Jun-22
Hot Chocolate	Version1	20-Jun-22
Cold Coffee Frappe	Version1	20-Jun-22
Caramel Frappe	Version1	20-Jun-22
Choco Frappe	Version1	20-Jun-22
Chocolate Shake	Version1	20-Jun-22
Strawberry Shake	Version1	20-Jun-22
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Strawberry Banana Shake	Version1	20-Jun-22
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Peach Iced Tea	Version1	20-Jun-22
Nutell filled Cookie	Version1	20-Jun-22
Muffin	Version1	20-Jun-22

Version1, 20-Jun-22

Menu		Small	per serve percentage (%) contribution to RDA	Regular	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Cappuccino	**Serve Size (ml)**	240 ml		360 ml				
	Energy (kCal)	136.39	**6.82**	206.50	**10.33**		**Energy (kCal)**	**2000**
	Protein (g)	7.97		11.81				
	Total fat (g)	7.18	**10.72**	10.80	**16.12**		**Total fat (g)**	**67**
	Sat Fat (g)	5.06	**23.00**	7.67	**34.86**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	14.73		27.81				
	Total carbohydrate (g)	9.98		15.52				
	Total Sugars (g)	6.14		9.25				
	Added Sugars (g)	1.51	**3.02**	2.20	**4.40**		**Added Sugars (g)**	**50**
	Sodium (mg)	111.86	**5.59**	159.26	**7.96**		**Sodium (mg)**	**2000**
Allergen Contains	Milk							

Version1, 20-Jun-22

Menu		Small	per serve percentage (%) contribution to RDA	Regular	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Latte	**Serve Size (ml)**	240 ml		360 ml				
	Energy (kCal)	128.71	**6.44**	194.65	**9.73**		**Energy (kCal)**	**2000**
	Protein (g)	7.37		11.09				
	Total fat (g)	5.93	**8.85**	9.61	**14.34**		**Total fat (g)**	**67**
	Sat Fat (g)	4.20	**19.09**	6.88	**31.27**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	18.84		27.04				
	Total carbohydrate (g)	11.47		15.95				
	Total Sugars (g)	5.06		7.56				
	Added Sugars (g)	0.96	**1.92**	1.40	**2.80**		**Added Sugars (g)**	**50**
	Sodium (mg)	110.21	**5.51**	157.03	**7.85**		**Sodium (mg)**	**2000**
Allergen Contains	Milk							

Version1, 20-Jun-22

Menu		Small	per serve percentage (%) contribution to RDA	Regular	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Americano	**Serve Size (ml)**	240 ml		360 ml				
	Energy (kCal)	6.31	**0.32**	10.69	**0.53**		**Energy (kCal)**	**2000**
	Protein (g)	1.20		1.84				
	Total fat (g)	0.07	**0.10**	0.18	**0.27**		**Total fat (g)**	**67**
	Sat Fat (g)	0.00	**0.00**	0.00	**0.00**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	0.00		0.00				
	Total carbohydrate (g)	0.22		0.43				
	Total Sugars (g)	0.00		0.00				
	Added Sugars (g)	0.00	**0.00**	0.00	**0.00**		**Added Sugars (g)**	**50**
	Sodium (mg)	2.78	**0.14**	4.21	**0.21**		**Sodium (mg)**	**2000**
Allergen Contains	No Allergens							

Version1, 20-Jun-22

Menu		Small	per serve percentage (%) contribution to RDA	Regular	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Mocha	**Serve Size (ml)**	240 ml		360 ml				
	Energy (kCal)	221.59	**11.08**	331.42	**16.57**		**Energy (kCal)**	**2000**
	Protein (g)	8.64		12.85				
	Total fat (g)	7.03	**10.49**	8.86	**13.22**		**Total fat (g)**	**67**
	Sat Fat (g)	7.03	**31.95**	6.19	**28.14**		**Sat Fat (g)**	**22**
	Trans fat (g)	0.00	**0.00**	0.00	**0.00**		**Trans fat (g)**	**2**
	Cholesterols (mg)	17.11		21.50				
	Total carbohydrate (g)	30.94		50.08				
	Total Sugars (g)	13.63		20.63				
	Added Sugars (g)	7.08	**14.16**	10.69	**21.38**		**Added Sugars (g)**	**50**
	Sodium (mg)	88.97	**4.45**	160.31	**8.02**		**Sodium (mg)**	**2000**
Allergen Contains	Milk							

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Espresso Shot	Serve Size (ml)	30 ml				
	Energy (kCal)	6.38	0.32		Energy (kCal)	2000
	Protein (g)	0.65				
	Total fat (g)	0.09	0.13		Total fat (g)	67
	Sat Fat (g)	0.04	0.18		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00				
	Total carbohydrate (g)	0.75				
	Total Sugars (g)	0.60				
	Added Sugars (g)	0.57	1.14		Added Sugars (g)	50
	Sodium (mg)	0.06	0.00		Sodium (mg)	2000
Allergen Contains	No Allergens					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Macchiato	Serve Size (ml)	120 ml				
	Energy (kCal)	44.90	2.25		Energy (kCal)	2000
	Protein (g)	1.91				
	Total fat (g)	1.90	2.84		Total fat (g)	67
	Sat Fat (g)	1.31	5.95		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	5.14				
	Total carbohydrate (g)	5.05				
	Total Sugars (g)	2.24				
	Added Sugars (g)	0.62	1.24		Added Sugars (g)	50
	Sodium (mg)	23.92	1.20		Sodium (mg)	2000
Allergen Contains	Milk					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Hot Chocolate	Serve Size (ml)	240 ml				
	Energy (kCal)	267.22	13.36		Energy (kCal)	2000
	Protein (g)	8.45				
	Total fat (g)	6.19	9.24		Total fat (g)	67
	Sat Fat (g)	4.27	19.41		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	12.48				
	Total carbohydrate (g)	44.42				
	Total Sugars (g)	24.12				
	Added Sugars (g)	14.09	28.18		Added Sugars (g)	50
	Sodium (mg)	233.42	11.67		Sodium (mg)	2000
Allergen Contains	Milk					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Cold Coffee Frappe	Serve Size (ml)	320 ml				
	Energy (kCal)	364.00	18.20		Energy (kCal)	2000
	Protein (g)	5.50				
	Total fat (g)	13.15	19.63		Total fat (g)	67
	Sat Fat (g)	12.64	57.45		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	8.18				
	Total carbohydrate (g)	55.90				
	Total Sugars (g)	33.57				
	Added Sugars (g)	21.28	42.56		Added Sugars (g)	50
	Sodium (mg)	290.50	14.53		Sodium (mg)	2000
Allergen Contains	Milk, Soya					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Caramel Frappe	Serve Size (ml)	320 ml				
	Energy (kCal)	445.38	22.27		Energy (kCal)	2000
	Protein (g)	4.13				
	Total fat (g)	13.38	19.97		Total fat (g)	67
	Sat Fat (g)	12.38	56.27		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	7.80				
	Total carbohydrate (g)	77.12				
	Total Sugars (g)	52.00				
	Added Sugars (g)	35.33	70.66		Added Sugars (g)	50
	Sodium (mg)	312.35	15.62		Sodium (mg)	2000
Allergen Contains	Milk, Soya					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Choco Frappe	**Serve Size (ml)**	320 ml				
	Energy (kCal)	428.93	**21.45**		Energy (kCal)	2000
	Protein (g)	5.34				
	Total fat (g)	12.29	**18.34**		Total fat (g)	67
	Sat Fat (g)	11.78	**53.55**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	7.33				
	Total carbohydrate (g)	74.24				
	Total Sugars (g)	52.99				
	Added Sugars (g)	35.52	**71.04**		Added Sugars (g)	50
	Sodium (mg)	255.04	**12.75**		Sodium (mg)	2000
Allergen Contains	Milk, Soya					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Chocolate Shake	Serve Size (ml)	300 ml				
	Energy (kCal)	467.67	23.38		Energy (kCal)	2000
	Protein (g)	3.78				
	Total fat (g)	9.99	14.91		Total fat (g)	67
	Sat Fat (g)	9.30	42.27		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	8.30				
	Total carbohydrate (g)	90.66				
	Total Sugars (g)	76.95				
	Added Sugars (g)	52.44	104.88		Added Sugars (g)	50
	Sodium (mg)	279.39	13.97		Sodium (mg)	2000
Allergen Contains	Milk, Soya					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Strawberry Shake	**Serve Size (ml)**	300 ml				
	Energy (kCal)	452.34	**22.62**		Energy (kCal)	2000
	Protein (g)	3.57				
	Total fat (g)	6.66	**9.94**		Total fat (g)	67
	Sat Fat (g)	6.24	**28.36**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	9.37				
	Total carbohydrate (g)	94.53				
	Total Sugars (g)	68.58				
	Added Sugars (g)	50.40	**100.80**		Added Sugars (g)	50
	Sodium (mg)	264.36	**13.22**		Sodium (mg)	2000
Allergen Contains	Milk, Soya					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Vanilla Shake	Serve Size (ml)	300 ml				
	Energy (kCal)	402.21	20.11		Energy (kCal)	2000
	Protein (g)	4.02				
	Total fat (g)	10.05	15.00		Total fat (g)	67
	Sat Fat (g)	9.30	42.27		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	12.36				
	Total carbohydrate (g)	73.92				
	Total Sugars (g)	61.62				
	Added Sugars (g)	47.85	95.70		Added Sugars (g)	50
	Sodium (mg)	277.44	13.87		Sodium (mg)	2000
Allergen Contains	Milk, Soya					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Vanilla Oreo Shake	**Serve Size (ml)**	300 ml				
	Energy (kCal)	554.25	**27.71**		Energy (kCal)	2000
	Protein (g)	13.29				
	Total fat (g)	17.49	**26.10**		Total fat (g)	67
	Sat Fat (g)	13.59	**61.77**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	8.53				
	Total carbohydrate (g)	85.92				
	Total Sugars (g)	65.55				
	Added Sugars (g)	48.90	**97.80**		Added Sugars (g)	50
	Sodium (mg)	393.66	**19.68**		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya, Sulphites					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Banana Strawberry Shake	Serve Size (ml)	300 ml				
	Energy (kCal)	463.35	23.17		Energy (kCal)	2000
	Protein (g)	3.03				
	Total fat (g)	8.67	12.94		Total fat (g)	67
	Sat Fat (g)	8.13	36.95		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	9.44				
	Total carbohydrate (g)	93.30				
	Total Sugars (g)	59.61				
	Added Sugars (g)	35.40	70.80		Added Sugars (g)	50
	Sodium (mg)	269.10	13.46		Sodium (mg)	2000
Allergen Contains	Milk, Soya					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Sweet Lime Cooler	Serve Size (ml)	320 ml				
	Energy (kCal)	150.78	7.54		Energy (kCal)	2000
	Protein (g)	0.38				
	Total fat (g)	0.13	0.19		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00				
	Total carbohydrate (g)	37.02				
	Total Sugars (g)	24.99				
	Added Sugars (g)	6.43	12.86		Added Sugars (g)	50
	Sodium (mg)	253.92	12.70		Sodium (mg)	2000
Allergen Contains	No Allergens					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Peach Iced Tea	Serve Size (ml)	320 ml				
	Energy (kCal)	157.22	7.86		Energy (kCal)	2000
	Protein (g)	0.83				
	Total fat (g)	0.03	0.04		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00				
	Total carbohydrate (g)	38.40				
	Total Sugars (g)	23.68				
	Added Sugars (g)	2.24	4.48		Added Sugars (g)	50
	Sodium (mg)	15.78	0.79		Sodium (mg)	2000
Allergen Contains	No Allergens					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Vanilla Muffin	**Serve Size (ml)**	80 gm				
	Energy (kCal)	325.52	**16.28**		Energy (kCal)	2000
	Protein (g)	2.76				
	Total fat (g)	15.95	**23.81**		Total fat (g)	67
	Sat Fat (g)	4.06	**18.45**		Sat Fat (g)	22
	Trans fat (g)	0.00	**0.00**		Trans fat (g)	2
	Cholesterols (mg)	2.41				
	Total carbohydrate (g)	42.73				
	Total Sugars (g)	18.73				
	Added Sugars (g)	16.49	**32.98**		Added Sugars (g)	50
	Sodium (mg)	301.62	**15.08**		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Nutella Filled Cookie	Serve Size (ml)	50 gm				
	Energy (kCal)	271.02	13.55		Energy (kCal)	2000
	Protein (g)	3.46				
	Total fat (g)	15.95	23.81		Total fat (g)	67
	Sat Fat (g)	7.90	35.91		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	16.69				
	Total carbohydrate (g)	25.48				
	Total Sugars (g)	2.45				
	Added Sugars (g)	0.17	0.34		Added Sugars (g)	50
	Sodium (mg)	191.52	9.58		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Nuts					

Version1, 20-Jun-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Peach Muffin	Serve Size (ml)	95 gm				
	Energy (kCal)	352.01	17.60		Energy (kCal)	2000
	Protein (g)	5.77				
	Total fat (g)	16.47	24.58		Total fat (g)	67
	Sat Fat (g)	3.73	16.95		Sat Fat (g)	22
	Trans fat (g)	0.24	12.00		Trans fat (g)	2
	Cholesterols (mg)	1.14				
	Total carbohydrate (g)	45.16				
	Total Sugars (g)	16.72				
	Added Sugars (g)	10.25	20.50		Added Sugars (g)	50
	Sodium (mg)	286.74	14.34		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk					

Version1, 08-Nov-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Mango Cheese Cake	Serve Size (ml)	111 gm				
	Energy (kCal)	340.77	17.04		Energy (kCal)	2000
	Protein (g)	5.00				
	Total fat (g)	17.50	26.12		Total fat (g)	67
	Sat Fat (g)	3.93	17.86		Sat Fat (g)	22
	Trans fat (g)	0.10	5.00		Trans fat (g)	2
	Cholesterols (mg)	11.00				
	Total carbohydrate (g)	40.13				
	Total Sugars (g)	25.82				
	Added Sugars (g)	22.13	44.26		Added Sugars (g)	50
	Sodium (mg)	323.57	16.18		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					

Version1, 08-Nov-22

Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
Chocolate Decadence Cake	**Serve Size (ml)**	112 gm				
	Energy (kCal)	297.85	**14.89**		Energy (kCal)	2000
	Protein (g)	5.00				
	Total fat (g)	9.20	**13.73**		Total fat (g)	67
	Sat Fat (g)	3.85	**17.50**		Sat Fat (g)	22
	Trans fat (g)	0.10	**5.00**		Trans fat (g)	2
	Cholesterols (mg)	5.02				
	Total carbohydrate (g)	48.68				
	Total Sugars (g)	28.10				
	Added Sugars (g)	22.30	**44.60**		Added Sugars (g)	50
	Sodium (mg)	190.80	**9.54**		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					