



BIG TIME FAVES

ALLERGENS

A LITTLE LIFT[†]

INGREDIENTS

Banana, strawberries, whey protein, dates, spinach, coconut water & ice

ALLERGENS					
Milk	Yes	Soy	Yes	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1060kJ (254Cal)	174kJ (42Cal)
Protein	18.0g	3.0g
Fat, total	1.6g	0.3g
- saturated	0.7g	0.1g
Carbohydrate	38.1g	6.2g
- sugars	30.1g	4.9g
Dietary fibre, total	4.6g	0.8g
Sodium	148mg	24mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	749kJ (179Cal)	166kJ (40Cal)
Protein	12.1g	2.7g
Fat, total	1.1g	0.2g
- saturated	0.5g	0.1g
Carbohydrate	27.6g	6.1g
- sugars	21.5g	4.8g
Dietary fibre, total	3.4g	0.7g
Sodium	109mg	24mg

BANANA MANGO BLING

INGREDIENTS

Mango, banana, mango, mango yoghurt & Ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1770kJ (424Cal)	291kJ (70Cal)
Protein	8.2g	1.3g
Fat, total	4.9g	0.8g
- saturated	3.1g	0.5g
Carbohydrate	85.6g	14.0g
- sugars	72.9g	11.9g
Dietary fibre, total	3.1g	0.5g
Sodium	137mg	22mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1380kJ (329Cal)	306kJ (73Cal)
Protein	6.3g	1.4g
Fat, total	3.8g	0.8g
- saturated	2.4g	0.5g
Carbohydrate	66.6g	14.8g
- sugars	56.6g	12.6g
Dietary fibre, total	2.4g	0.5g
Sodium	106mg	24mg

BERRY GOOD LYCHEES

INGREDIENTS

Watermelon juice, tropical juice, strawberries, lychees, strawberry yoghurt, sorbet & ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1430kJ (342Cal)	233kJ (56Cal)
Protein	5.2g	0.9g
Fat, total	2.8g	0.5g
- saturated	1.6g	0.3g
Carbohydrate	76.5g	12.5g
- sugars	69.7g	11.4g
Dietary fibre, total	1.0g	0.2g
Sodium	70mg	11mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1150kJ (276Cal)	256kJ (61Cal)
Protein	4.2g	0.9g
Fat, total	2.3g	0.5g
- saturated	1.3g	0.3g
Carbohydrate	61.6g	13.7g
- sugars	56.1g	12.5g
Dietary fibre, total	0.9g	0.2g
Sodium	56mg	13mg



BIG TIME FAVES

ALLERGENS

BERRY PEACHY

INGREDIENTS

Mango nectar, strawberries, raspberries, peach, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1360kJ (325Cal)	223kJ (53Cal)
Protein	2.7g	0.4g
Fat, total	0.5g	less than 0.1g
- saturated	0.2g	less than 0.1g
Carbohydrate	75.8g	12.4g
- sugars	65.7g	10.8g
Dietary fibre, total	5.1g	0.8g
Sodium	19mg	3mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1090kJ (260Cal)	242kJ (58Cal)
Protein	2.0g	0.4g
Fat, total	0.4g	less than 0.1g
- saturated	0.2g	less than 0.1g
Carbohydrate	61.3g	13.6g
- sugars	54.1g	12.0g
Dietary fibre, total	3.7g	0.8g
Sodium	15mg	3mg

BLUEBERRY BLAST

INGREDIENTS

Apple juice, banana, blueberries, vanilla yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1750kJ (418Cal)	287kJ (69Cal)
Protein	5.2g	0.9g
Fat, total	3.1g	0.5g
- saturated	1.9g	0.3g
Carbohydrate	90.4g	14.8g
- sugars	82.8g	13.6g
Dietary fibre, total	1.1g	0.2g
Sodium	95mg	16mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1330kJ (318Cal)	295kJ (71Cal)
Protein	4.3g	1.0g
Fat, total	2.5g	0.6g
- saturated	1.6g	0.4g
Carbohydrate	68.0g	15.1g
- sugars	61.7g	13.7g
Dietary fibre, total	1.0g	0.2g
Sodium	75mg	17mg

BROTEIN⁺

INGREDIENTS

Coconut water, banana, blueberries, strawberries, raspberries, whey protein, coconut milk & ice

ALLERGENS

Milk	Yes	Soy	Yes	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	876kJ (209Cal)	144kJ (34Cal)
Protein	12.3g	2.0g
Fat, total	4.1g	0.7g
- saturated	2.6g	0.4g
Carbohydrate	28.7g	4.7g
- sugars	21.6g	3.6g
Dietary fibre, total	3.8g	0.6g
Sodium	132mg	22mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	647kJ (154Cal)	144kJ (34Cal)
Protein	9.1g	2.0g
Fat, total	3.1g	0.7g
- saturated	2.0g	0.4g
Carbohydrate	21.1g	4.7g
- sugars	16.0g	3.6g
Dietary fibre, total	2.6g	0.6g
Sodium	103mg	23mg



BIG TIME FAVES

ALLERGENS

CARROT CAKE

INGREDIENTS

Carrot juice, banana, dates, cinnamon, vanilla yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1750kJ (419Cal)	287kJ (69Cal)
Protein	9.8g	1.6g
Fat, total	5.1g	0.8g
- saturated	3.1g	0.5g
Carbohydrate	78.3g	12.8g
- sugars	66.6g	10.9g
Dietary fibre, total	5.8g	1.0g
Sodium	247mg	41mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1260kJ (302Cal)	281kJ (67Cal)
Protein	7.0g	1.6g
Fat, total	3.7g	0.8g
- saturated	2.3g	0.5g
Carbohydrate	56.3g	12.5g
- sugars	48.1g	10.7g
Dietary fibre, total	4.1g	0.9g
Sodium	179mg	40mg

COOKIE DOUGH

INGREDIENTS

Soy milk, banana, chocolate cookies, frozen coconut cream, sorbet & ice

ALLERGENS

Milk	No	Soy	Yes	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	2340kJ (560Cal)	384kJ (92Cal)
Protein	10.1g	1.7g
Fat, total	22.7g	3.7g
- saturated	14.6g	2.4g
Carbohydrate	77.1g	12.6g
- sugars	53.3g	8.7g
Dietary fibre, total	2.5g	0.4g
Sodium	383mg	63mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1800kJ (430Cal)	400kJ (96Cal)
Protein	8.2g	1.8g
Fat, total	17.5g	3.9g
- saturated	11.3g	2.5g
Carbohydrate	58.5g	13.0g
- sugars	40.4g	9.0g
Dietary fibre, total	2.2g	0.5g
Sodium	292mg	65mg

DRAGONS DESIRE

INGREDIENTS

Mango nectar, passionfruit, mango, pink dragon fruit, vanilla yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1760kJ (422Cal)	289kJ (69Cal)
Protein	6.3g	1.0g
Fat, total	3.1g	0.5g
- saturated	1.9g	0.3g
Carbohydrate	90.0g	14.8g
- sugars	81.7g	13.4g
Dietary fibre, total	5.7g	0.9g
Sodium	89mg	15mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1420kJ (340Cal)	316kJ (76Cal)
Protein	5.1g	1.1g
Fat, total	2.6g	0.6g
- saturated	1.6g	0.4g
Carbohydrate	72.6g	16.1g
- sugars	65.8g	14.6g
Dietary fibre, total	4.4g	1.0g
Sodium	73mg	16mg



BIG TIME FAVES

ALLERGENS

FINE PINE MANGO

INGREDIENTS

Mango nectar, mango, pineapple, vanilla yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1680kJ (402Cal)	276kJ (66Cal)
Protein	8.3g	1.4g
Fat, total	4.6g	0.8g
- saturated	3.0g	0.5g
Carbohydrate	79.9g	13.1g
- sugars	72.0g	11.8g
Dietary fibre, total	4.5g	0.7g
Sodium	133mg	22mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280kJ (306Cal)	285kJ (68Cal)
Protein	6.4g	1.4g
Fat, total	3.6g	0.8g
- saturated	2.4g	0.5g
Carbohydrate	60.5g	13.5g
- sugars	54.5g	12.1g
Dietary fibre, total	3.2g	0.7g
Sodium	104mg	23mg

FUCHSIA FLASH

INGREDIENTS

Mango nectar, apple juice, strawberries, lychees, pink dragon fruit, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1380kJ (329Cal)	226kJ (54Cal)
Protein	2.5g	0.4g
Fat, total	0.7g	0.1g
- saturated	0.3g	less than 0.1g
Carbohydrate	77.6g	12.7g
- sugars	72.4g	11.9g
Dietary fibre, total	1.2g	0.2g
Sodium	20mg	3mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1120kJ (268Cal)	249kJ (60Cal)
Protein	2.0g	0.5g
Fat, total	0.6g	0.1g
- saturated	0.2g	less than 0.1g
Carbohydrate	63.1g	14.0g
- sugars	58.9g	13.1g
Dietary fibre, total	1.1g	0.2g
Sodium	16mg	4mg

HOLY CHOCO

INGREDIENTS

Low fat milk, banana, chocolate powder, strawberry yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1710kJ (409Cal)	281kJ (67Cal)
Protein	17.9g	2.9g
Fat, total	6.4g	1.0g
- saturated	4.1g	0.7g
Carbohydrate	73.8g	12.1g
- sugars	65.6g	10.8g
Dietary fibre, total	2.8g	0.5g
Sodium	329mg	54mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1350kJ (322Cal)	299kJ (72Cal)
Protein	14.4g	3.2g
Fat, total	4.9g	1.1g
- saturated	3.1g	0.7g
Carbohydrate	58.0g	12.9g
- sugars	51.3g	11.4g
Dietary fibre, total	2.0g	0.5g
Sodium	256mg	57mg



BIG TIME FAVES

ALLERGENS

ICE ICE BERRY v

INGREDIENTS

Mango nectar, tropical juice, blueberries, raspberries, sorbet & ice

ALLERGENS					
Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1220kJ (291Cal)	200kJ (48Cal)
Protein	2.2g	0.4g
Fat, total	0.5g	less than 0.1g
- saturated	0.3g	less than 0.1g
Carbohydrate	70.0g	11.5g
- sugars	63.8g	10.5g
Dietary fibre, total	3.0g	0.5g
Sodium	15mg	2mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	992kJ (237Cal)	220kJ (53Cal)
Protein	1.8g	0.4g
Fat, total	0.4g	less than 0.1g
- saturated	0.2g	less than 0.1g
Carbohydrate	57.0g	12.7g
- sugars	52.1g	11.6g
Dietary fibre, total	2.4g	0.5g
Sodium	13mg	3mg

ISLAND BREEZE v

INGREDIENTS

Tropical juice, mango, pineapple, frozen coconut cream & ice

ALLERGENS					
Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1910kJ (456Cal)	313kJ (75Cal)
Protein	3.1g	0.5g
Fat, total	15.5g	2.5g
- saturated	14.0g	2.3g
Carbohydrate	72.4g	11.9g
- sugars	57.0g	9.3g
Dietary fibre, total	7.3g	1.2g
Sodium	83mg	14mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1430kJ (341Cal)	317kJ (76Cal)
Protein	2.3g	0.5g
Fat, total	11.2g	2.5g
- saturated	10.1g	2.2g
Carbohydrate	55.4g	12.3g
- sugars	43.8g	9.7g
Dietary fibre, total	5.2g	1.2g
Sodium	61mg	14mg

JANINE'S FAVOURITE

INGREDIENTS

Mango nectar, banana, raspberries, mango yoghurt & ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1660kJ (397Cal)	272kJ (65Cal)
Protein	7.5g	1.2g
Fat, total	4.7g	0.8g
- saturated	3.1g	0.5g
Carbohydrate	80.4g	13.2g
- sugars	71.7g	11.7g
Dietary fibre, total	2.3g	0.4g
Sodium	139mg	23mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280kJ (307Cal)	285kJ (68Cal)
Protein	6.0g	1.3g
Fat, total	3.8g	0.8g
- saturated	2.5g	0.6g
Carbohydrate	61.7g	13.7g
- sugars	54.6g	12.1g
Dietary fibre, total	1.7g	0.4g
Sodium	110mg	24mg



BIG TIME FAVES

ALLERGENS

JUNGLE MELON v

INGREDIENTS

Watermelon juice, mango, strawberries, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1080kJ (258Cal)	177kJ (42Cal)
Protein	2.5g	0.4g
Fat, total	1.2g	0.2g
- saturated	0.3g	less than 0.1g
Carbohydrate	58.9g	9.7g
- sugars	53.6g	8.8g
Dietary fibre, total	1.6g	0.3g
Sodium	11mg	2mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	869kJ (208Cal)	193kJ (46Cal)
Protein	2.1g	0.5g
Fat, total	1.0g	0.2g
- saturated	0.2g	less than 0.1g
Carbohydrate	47.3g	10.5g
- sugars	43.1g	9.6g
Dietary fibre, total	1.3g	0.3g
Sodium	9mg	2mg

LEMON CRUSH v

INGREDIENTS

Lemon juice, orange juice, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	816kJ (195Cal)	134kJ (32Cal)
Protein	2.8g	0.5g
Fat, total	0.8g	0.1g
- saturated	0.2g	less than 0.1g
Carbohydrate	44.2g	7.2g
- sugars	41.9g	6.9g
Dietary fibre, total	0.5g	less than 0.1g
Sodium	17mg	3mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	643kJ (154Cal)	143kJ (34Cal)
Protein	2.3g	0.5g
Fat, total	0.7g	0.2g
- saturated	0.1g	less than 0.1g
Carbohydrate	34.6g	7.7g
- sugars	32.8g	7.3g
Dietary fibre, total	0.4g	less than 0.1g
Sodium	14mg	3mg

LYCHEE CHARM

INGREDIENTS

Tropical juice, strawberries, lychees, strawberry yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1620kJ (386Cal)	265kJ (63Cal)
Protein	5.5g	0.9g
Fat, total	2.6g	0.4g
- saturated	1.6g	0.3g
Carbohydrate	88.8g	14.6g
- sugars	79.6g	13.0g
Dietary fibre, total	1.7g	0.3g
Sodium	75mg	12mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1300kJ (311Cal)	290kJ (69Cal)
Protein	4.4g	1.0g
Fat, total	2.1g	0.5g
- saturated	1.3g	0.3g
Carbohydrate	71.6g	15.9g
- sugars	64.1g	14.2g
Dietary fibre, total	1.5g	0.3g
Sodium	60mg	13mg



BIG TIME FAVES

ALLERGENS

LYCHEE LOVIN'

INGREDIENTS

Mango nectar, raspberries, lychees, mango, frozen coconut cream & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1720kJ (412Cal)	283kJ (68Cal)
Protein	1.3g	0.2g
Fat, total	13.9g	2.3g
- saturated	12.6g	2.1g
Carbohydrate	68.2g	11.2g
- sugars	56.8g	9.3g
Dietary fibre, total	2.9g	0.5g
Sodium	73mg	12mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1410kJ (338Cal)	314kJ (75Cal)
Protein	1.1g	0.2g
Fat, total	11.0g	2.4g
- saturated	10.0g	2.2g
Carbohydrate	56.9g	12.6g
- sugars	47.6g	10.6g
Dietary fibre, total	2.6g	0.6g
Sodium	59mg	13mg

MILK N COOKIES

INGREDIENTS

Low fat milk, strawberries, chocolate cookies, coconut milk, vanilla yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	Yes	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1430 kJ (342 Cal)	235 kJ (56 Cal)
Protein	5.4 g	0.9 g
Fat, total	3.4 g	0.6 g
- saturated	2.1 g	0.3 g
Carbohydrate	75.5 g	12.4 g
- sugars	68.8 g	11.3 g
Dietary fibre, total	1.8 g	0.3 g
Sodium	103 mg	17 mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1160 kJ (276 Cal)	257 kJ (61 Cal)
Protein	4.7 g	1.0 g
Fat, total	2.9 g	0.7 g
- saturated	1.9 g	0.4 g
Carbohydrate	60.4 g	13.4 g
- sugars	54.8 g	12.2 g
Dietary fibre, total	1.5 g	0.3 g
Sodium	89 mg	20 mg

OJ MANGO DAZZLE

INGREDIENTS

Fresh orange juice, mango, mango yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1620kJ (387Cal)	266kJ (63Cal)
Protein	7.3g	1.2g
Fat, total	4.4g	0.7g
- saturated	2.8g	0.5g
Carbohydrate	79.2g	13.0g
- sugars	70.8g	11.6g
Dietary fibre, total	1.7g	0.3g
Sodium	125mg	20mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1270kJ (304Cal)	282kJ (68Cal)
Protein	5.7g	1.3g
Fat, total	3.4g	0.8g
- saturated	2.2g	0.5g
Carbohydrate	62.1g	13.8g
- sugars	55.5g	12.3g
Dietary fibre, total	1.3g	0.3g
Sodium	99mg	22mg



BIG TIME FAVES

ALLERGENS

PASHLOVA

INGREDIENTS

Low fat milk, passionfruit, mango, raspberries, vanilla yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1780kJ (425Cal)	292kJ (70Cal)
Protein	16.0g	2.6g
Fat, total	3.1g	0.5g
- saturated	1.9g	0.3g
Carbohydrate	79.7g	13.1g
- sugars	72.3g	11.8g
Dietary fibre, total	6.3g	1.0g
Sodium	198mg	32mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1410kJ (336Cal)	313kJ (75Cal)
Protein	12.8g	2.8g
Fat, total	2.5g	0.5g
- saturated	1.5g	0.3g
Carbohydrate	63.2g	14.0g
- sugars	57.3g	12.7g
Dietary fibre, total	4.6g	1.0g
Sodium	159mg	35mg

PASSION MELON

INGREDIENTS

Watermelon juice, passionfruit, mango, pineapple, vanilla yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1410kJ (337Cal)	231kJ (55Cal)
Protein	6.2g	1.0g
Fat, total	3.5g	0.6g
- saturated	1.8g	0.3g
Carbohydrate	68.3g	11.2g
- sugars	62.6g	10.3g
Dietary fibre, total	3.3g	0.5g
Sodium	80mg	13mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1130kJ (270Cal)	251kJ (60Cal)
Protein	5.0g	1.1g
Fat, total	2.9g	0.6g
- saturated	1.5g	0.3g
Carbohydrate	54.6g	12.1g
- sugars	49.9g	11.1g
Dietary fibre, total	2.5g	0.6g
Sodium	66mg	15mg

PASSION PARADISO

INGREDIENTS

Tropical juice, passionfruit, banana, pineapple, coconut milk, vanilla yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1800kJ (430Cal)	295kJ (71Cal)
Protein	9.2g	1.5g
Fat, total	8.3g	1.4g
- saturated	5.5g	0.9g
Carbohydrate	76.8g	12.6g
- sugars	65.6g	10.7g
Dietary fibre, total	6.7g	1.1g
Sodium	149mg	25mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1410kJ (336Cal)	312kJ (75Cal)
Protein	7.2g	1.6g
Fat, total	6.3g	1.4g
- saturated	4.2g	0.9g
Carbohydrate	60.9g	13.5g
- sugars	52.0g	11.6g
Dietary fibre, total	4.6g	1.0g
Sodium	119mg	26mg



BIG TIME FAVES

ALLERGENS

PEACH HAYZE

INGREDIENTS

Watermelon juice, mango nectar, peach, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1170kJ (279Cal)	191kJ (46Cal)
Protein	2.6g	0.4g
Fat, total	0.8g	0.1g
- saturated	0.2g	less than 0.1g
Carbohydrate	64.9g	10.6g
- sugars	55.4g	9.1g
Dietary fibre, total	2.0g	0.3g
Sodium	14mg	2mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	957kJ (229Cal)	213kJ (51Cal)
Protein	2.1g	0.5g
Fat, total	0.7g	0.2g
- saturated	0.2g	less than 0.1g
Carbohydrate	53.3g	11.8g
- sugars	46.4g	10.3g
Dietary fibre, total	1.4g	0.3g
Sodium	11mg	3mg

PEACHES N PINE

INGREDIENTS

Mango nectar, lychees, peach, pineapple, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1430kJ (341Cal)	234kJ (56Cal)
Protein	3.3g	0.5g
Fat, total	0.5g	less than 0.1g
- saturated	0.2g	less than 0.1g
Carbohydrate	79.4g	13.0g
- sugars	69.4g	11.4g
Dietary fibre, total	4.4g	0.7g
Sodium	19mg	3mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1200kJ (286Cal)	266kJ (64Cal)
Protein	2.5g	0.6g
Fat, total	0.4g	less than 0.1g
- saturated	0.2g	less than 0.1g
Carbohydrate	67.3g	15.0g
- sugars	60.0g	13.3g
Dietary fibre, total	3.2g	0.7g
Sodium	16mg	4mg

PINEAPPLE LYCHEE CRUSH

INGREDIENTS

Mango nectar, lychees, pineapple, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1660kJ (398Cal)	273kJ (65Cal)
Protein	6.5g	1.1g
Fat, total	3.0g	0.5g
- saturated	1.9g	0.3g
Carbohydrate	85.6g	14.0g
- sugars	77.3g	12.7g
Dietary fibre, total	3.2g	0.5g
Sodium	85mg	14mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1270kJ (303Cal)	282kJ (67Cal)
Protein	5.1g	1.1g
Fat, total	2.4g	0.5g
- saturated	1.5g	0.3g
Carbohydrate	64.8g	14.4g
- sugars	58.4g	13.0g
Dietary fibre, total	2.3g	0.5g
Sodium	69mg	15mg



BIG TIME FAVES

ALLERGENS

PURPLE BERRY RAIN

INGREDIENTS

Apple juice, blueberries, raspberries, strawberries, blue spirulina, strawberry yoghurt, sorbet & ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1590kJ (381Cal)	261kJ (62Cal)
Protein	6.2g	1.0g
Fat, total	3.8g	0.6g
- saturated	2.4g	0.4g
Carbohydrate	80.5g	13.2g
- sugars	74.0g	12.1g
Dietary fibre, total	4.6g	0.7g
Sodium	115mg	19mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1260kJ (302Cal)	281kJ (67Cal)
Protein	4.9g	1.1g
Fat, total	3.0g	0.7g
- saturated	1.9g	0.4g
Carbohydrate	64.2g	14.3g
- sugars	59.2g	13.2g
Dietary fibre, total	2.9g	0.6g
Sodium	94mg	21mg

RASPBERRY RIPPLE

INGREDIENTS

Low fat milk, raspberries, chocolate powder, dates, strawberry yoghurt & ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	2000kJ (478Cal)	328kJ (78Cal)
Protein	19.2g	3.1g
Fat, total	6.8g	1.1g
- saturated	4.3g	0.7g
Carbohydrate	85.0g	13.9g
- sugars	77.7g	12.7g
Dietary fibre, total	6.3g	1.0g
Sodium	361mg	59mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1540kJ (368Cal)	342kJ (82Cal)
Protein	15.5g	3.5g
Fat, total	5.2g	1.2g
- saturated	3.3g	0.7g
Carbohydrate	65.0g	14.4g
- sugars	59.4g	13.2g
Dietary fibre, total	4.7g	1.0g
Sodium	280mg	62mg

RASSBERRY MANGO

INGREDIENTS

Mango nectar, raspberries, mango, vanilla yoghurt & ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1660kJ (397Cal)	273kJ (65Cal)
Protein	7.5g	1.2g
Fat, total	4.7g	0.8g
- saturated	3.1g	0.5g
Carbohydrate	79.9g	13.1g
- sugars	71.4g	11.7g
Dietary fibre, total	3.6g	0.6g
Sodium	136mg	22mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280kJ (306Cal)	284kJ (68Cal)
Protein	5.6g	1.2g
Fat, total	3.4g	0.8g
- saturated	2.3g	0.5g
Carbohydrate	62.2g	13.8g
- sugars	55.6g	12.4g
Dietary fibre, total	2.8g	0.6g
Sodium	100mg	22mg



BIG TIME FAVES

ALLERGENS

STRAWBERRY DAIQUIRI

INGREDIENTS

Lemon, fresh apple juice, strawberries, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	929kJ (222Cal)	152kJ (36Cal)
Protein	1.9g	0.3g
Fat, total	0.6g	less than 0.1g
- saturated	0.2g	less than 0.1g
Carbohydrate	51.5g	8.4g
- sugars	49.2g	8.1g
Dietary fibre, total	1.9g	0.3g
Sodium	22mg	4mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	716kJ (171Cal)	159kJ (38Cal)
Protein	1.4g	0.3g
Fat, total	0.4g	less than 0.1g
- saturated	0.1g	less than 0.1g
Carbohydrate	39.8g	8.8g
- sugars	38.0g	8.4g
Dietary fibre, total	1.3g	0.3g
Sodium	17mg	4mg

STRAWBS MANGO

INGREDIENTS

Mango nectar, mango, strawberries, strawberry yoghurt, mango yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1630kJ (389Cal)	267kJ (64Cal)
Protein	7.6g	1.2g
Fat, total	4.8g	0.8g
- saturated	3.1g	0.5g
Carbohydrate	82.3g	13.5g
- sugars	74.2g	12.2g
Dietary fibre, total	2.6g	0.4g
Sodium	141mg	23mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1320kJ (314Cal)	292kJ (70Cal)
Protein	6.0g	1.3g
Fat, total	3.7g	0.8g
- saturated	2.4g	0.5g
Carbohydrate	66.8g	14.8g
- sugars	60.2g	13.4g
Dietary fibre, total	2.4g	0.5g
Sodium	110mg	24mg

SUPERFRUIT

INGREDIENTS

Apple juice, raspberries, blueberries, superfruit, vanilla yoghurt, strawberry yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1530kJ (365Cal)	250kJ (60Cal)
Protein	7.0g	1.2g
Fat, total	4.7g	0.8g
- saturated	3.1g	0.5g
Carbohydrate	72.9g	11.9g
- sugars	66.1g	10.8g
Dietary fibre, total	3.0g	0.5g
Sodium	149mg	24mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1220kJ (292Cal)	271kJ (65Cal)
Protein	5.7g	1.3g
Fat, total	3.8g	0.9g
- saturated	2.6g	0.6g
Carbohydrate	58.1g	12.9g
- sugars	52.7g	11.7g
Dietary fibre, total	2.2g	0.5g
Sodium	121mg	27mg



BIG TIME FAVES

ALLERGENS

TROPIC CHILL

INGREDIENTS

Watermelon juice, mango, passionfruit, strawberry yoghurt, sorbet & ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1320kJ (315Cal)	216kJ (52Cal)
Protein	6.7g	1.1g
Fat, total	4.0g	0.7g
- saturated	2.2g	0.4g
Carbohydrate	64.6g	10.6g
- sugars	57.7g	9.5g
Dietary fibre, total	3.9g	0.6g
Sodium	99mg	16mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1100kJ (264Cal)	246kJ (59Cal)
Protein	5.7g	1.3g
Fat, total	3.5g	0.8g
- saturated	1.9g	0.4g
Carbohydrate	54.2g	12.1g
- sugars	48.5g	10.8g
Dietary fibre, total	2.7g	0.6g
Sodium	85mg	19mg

TROPICAL STORM

INGREDIENTS

Tropical juice, banana, mango, coconut milk, mango yoghurt & ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1710kJ (409Cal)	281kJ (67Cal)
Protein	8.3g	1.4g
Fat, total	5.5g	0.9g
- saturated	3.7g	0.6g
Carbohydrate	82.0g	13.4g
- sugars	69.5g	11.4g
Dietary fibre, total	2.4g	0.4g
Sodium	142mg	23mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1320kJ (316Cal)	294kJ (70Cal)
Protein	6.5g	1.5g
Fat, total	4.6g	1.0g
- saturated	3.0g	0.7g
Carbohydrate	62.5g	13.9g
- sugars	52.8g	11.7g
Dietary fibre, total	1.9g	0.4g
Sodium	113mg	25mg

WATER-MELLOW MANGO

INGREDIENTS

Watermelon juice, mango, frozen coconut cream, mango yoghurt & ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1620kJ (386Cal)	265kJ (63Cal)
Protein	6.1g	1.0g
Fat, total	12.0g	2.0g
- saturated	9.6g	1.6g
Carbohydrate	62.6g	10.3g
- sugars	54.0g	8.9g
Dietary fibre, total	0.8g	0.1g
Sodium	128mg	21mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1260kJ (302Cal)	281kJ (67Cal)
Protein	4.9g	1.1g
Fat, total	8.9g	2.0g
- saturated	7.1g	1.6g
Carbohydrate	49.9g	11.1g
- sugars	43.1g	9.6g
Dietary fibre, total	0.7g	0.1g
Sodium	99mg	22mg



BIG TIME FAVES

ALLERGENS

WILD BLUEBERRY

INGREDIENTS

Tropical juice, blueberries, lychees,
vanilla yoghurt, sorbet & ice

ALLERGENS					
Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1620kJ (387Cal)	266kJ (64Cal)
Protein	5.7g	0.9g
Fat, total	2.9g	0.5g
- saturated	1.9g	0.3g
Carbohydrate	85.4g	14.0g
- sugars	75.2g	12.3g
Dietary fibre, total	2.2g	0.4g
Sodium	83mg	14mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1300kJ (311Cal)	290kJ (69Cal)
Protein	4.7g	1.0g
Fat, total	2.4g	0.5g
- saturated	1.5g	0.3g
Carbohydrate	68.4g	15.2g
- sugars	60.3g	13.4g
Dietary fibre, total	1.6g	0.4g
Sodium	69mg	15mg