

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Latte - Medium	140	5	3.5	0.2	20	115	14	0	13	10
Latte - Large	190	7	4.5	0.3	30	160	19	0	18	13
Protein Latte - Small	110	4	2	0.1	20	50	6	0	6	13
Protein Latte - Medium	170	6	4	0.2	30	80	10	0	9	20