

JUICE	SIZE	Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Prince of Persia	12oz / 16oz	177 / 236	1.1 / 1.47	0.142 / 0.19	54.4 / 72.5	41.2 / 54.9	2.32 / 3.09	0.004 / 0.005
Sunset	12oz / 16oz	150 / 200	1.03 / 1.37	0.14 / 0.19	45.9 / 61.2	34.65 / 46.2	1.59 / 2.12	0.008 / 0.011
Taste of Arabia	12oz / 16oz	182 / 242	0.79 / 0.12	0.14 / 0.19	57.7 / 76.9	43.7 / 58.3	1.35 / 1.8	0.006 / 0.008
Malibu	12oz / 16oz	123 / 164	0.5 / 0.47	0.08 / 0.11	39.12 / 52.16	29.0 / 38.7	0.91 / 1.21	0.004 / 0.005
Citrus Heaven	12oz / 16oz	121 / 161	0.56 / 0.75	0.08 / 0.11	39.12 / 52.16	29.0 / 38.7	0.91 / 1.21	0.004 / 0.005
Back to Basics	12oz / 16oz	132 / 176	0.56 / 0.75	0.08 / 0.11	41.56 / 55.41	30.0 / 40	1.07 / 1.43	0.003 / 0.004
Fusion	12oz / 16oz	119 / 158	0.6 / 0.08	0.08 / 0.11	39.47 / 52.6	27.4 / 36.5	1.05 / 1.4	0.003 / 0.004
Balance	12oz / 16oz	181 / 241	0.85 / 0.11	0.14 / 0.19	57.7 / 76.9	43.7 / 58.3	1.05 / 1.4	0.004 / 0.005
Safari	12oz / 16oz	116 / 155	0.5 / 0.47	0.6 / 0.8	36.4 / 48.5	27.4 / 36.5	2.84 / 3.8	0.006 / 0.008
Refresher	12oz / 16oz	128 / 171	0.6 / 0.08	0.142 / 0.19	39.12 / 52.16	27.4 / 36.5	3.16 / 4.21	0.004 / 0.005
Wake Me Up	12oz / 16oz	168 / 224	0.85 / 0.11	0.14 / 0.19	51.2 / 68.3	34.65 / 46.2	2.32 / 3.09	0.006 / 0.008
Beet Me Up	12oz / 16oz	101 / 135	0.85 / 0.11	0.142 / 0.19	29.5 / 39.3	12.99 / 17.32	3.16 / 4.21	0.18 / 0.24
Ocean Drive	12oz / 16oz	105 / 140	1.1 / 1.47	0.19 / 0.25	29.5 / 39.3	14.4 / 19.2	2.84 / 3.8	0.18 / 0.24
Detox	12oz / 16oz	119 / 159	0.56 / 0.75	0.08 / 0.11	39.47 / 52.6	27.4 / 36.5	1.2 / 1.6	0.006 / 0.008
Green Healer	12oz / 16oz	120 / 160	0.56 / 0.75	0.14 / 0.19	36.4 / 48.5	27.4 / 36.5	1.59 / 2.12	0.18 / 0.24

SHOT		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Jusaka Special	4oz	38	0.54	0.09	10.5	2.61	1.1	0.007

SHAKES		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Date	12oz / 16oz	356 / 475	12.1 / 16.1	11 / 14.6	59 / 78.6	54 / 72	9.8 / 13.1	0.1 / 0.13
Pistachio	12oz / 16oz	457 / 609	28.3 / 37.7	12.5 / 16.7	47.5 / 63.3	37.4 / 48.9	12.7 / 16.9	0.1/0.13
Peanut Butter								
Chocolate	12oz / 16oz	418 / 557	20.6 / 27.5	12.35 / 16.5	46.3 / 61.7	42.5 / 56.7	14.1 / 18.8	0.31 / 0.41
Chocolate	12oz / 16oz	364 / 485	15.4 / 20.5	12.5 / 16.7	45.3 / 60.4	41.4 / 55.2	12.2 / 16.3	0.2 / 0.27
Strawberry Banana	12oz / 16oz	289 / 385	12.2 / 16.3	11 / 14.6	40 / 66.7	36.4 / 48.5	9.5 / 12.7	0.1 / 0.13
Vegan Strawberry								
Banana	12oz / 16oz	151 / 201	2.7 / 3.6	0.27 / 0.36	32.6 / 43.5	22.1 / 29.6	0.75 / 1	0.35 / 0.05
Coffee	12oz / 16oz	273 / 364	12.1 / 16.1	11 / 14.6	32.6 / 43.5	32 / 42.6	9.1 / 12.2	0.35 / 0.05
Protein	12oz / 16oz	429 / 572	15.2 / 20.3	12.5 / 16.7	45.3 / 60.4	42.5 / 56.7	30.8 / 41.1	0.4 / 0.53
Vegan Protein	12oz / 16oz	241 / 321	4.8 / 6.4	1.2 / 1.6	25 / 33.3	22.1 / 29.6	25 / 33.3	1.1 / 1.5

PROTEIN		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Pea	30g	107	1.5	0.6	0.9	0	23	0.75
Whey	25g	103	1.9	1.3	1	1	21	0.13

PASTRIES		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
All butter croissant	1pcs	339	19.2	12.6	33.5	4.5	6.9	0.9
Chocolate croissant	1pcs	364	17.2	8.9	43.4	14.4	7.9	0.3
Almond croissant	1pcs	344	16.9	8.1	39.4	13.4	7.2	0.3
Cinnamon swirl	1pcs	416	28	15.8	35.7	14	4.6	0.4
Blueberry vegan croissant	1pcs	328	15.5	4.9	39.6	16	6.3	0.95
Jusaka Brownie	1pcs	410	24	7	46	39	6	0.75
Jusaka flap jack	1pcs	425	15.7	6	64.1	40	5	0.9

SNACKS		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Greek yogurt and granola	1pcs	377	24	27.6	27.6	17.1	19	0.3
Greek yogurt and jam	1pcs	306	20	12.6	22.4	21	9.1	0.4
Cucumber, carrots and hummous	1pcs	221	19.8	1.8	5.1	0.3	4.4	0.4

Porridge		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Whole milk porridge	1pcs	213	4.1	1.4	38.5	14.3	6.9	0.25
Coconut milk porridge	1pcs	218	10.4	8.5	28.9	0.3	4.6	0.132
Honey porridge topping	1oz	86	0	0	23	23	0.1	0.001
Compote porridge topping	1oz	79	0	0	20	14	0.1	0.091

BAGELS		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Smoked salmon	1pcs	580	21	5.7	56	21	1.2	
Peanut butter and jelly	1pcs	550	17.9	2.9	76.4	18.3	0.85	
Avocado and egg	1pcs	468	18.1	4.7	54.5	22.7	0.88	
Ham and cheddar	1pcs	597	24.6	6.3	50.5	41.35	2.26	

SANDWICHES		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Chicken Salad	1pcs	476	14.8	2.85	60	23.4	2.06	
BLT	1pcs	570	24.1	6.15	53	27.4	1.5	
Tuna Sweetcorn	1pcs	419	11.5	1.6	50	33	3.5	
Avo, Tomato & Leaves	1pcs	399	16.9	2.9	53.9	11.4	0.95	
Egg Mayo	1pcs	515	27.9	18.8	46.5	18.8	1.1	
Cheese & Onion	1pcs	594	38.7	9.6	46.1	17.2	2.1	

BAGUETTES		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Chicken Avocado	1pcs	548	19.6	3.6	70.7	1.5	23.7	3.16
Chicken Pesto & Rocket	1pcs	461	12.1	3.4	62.5	0.9	24.4	3.2
Tuna Cucumber	1pcs	420	10.4	0.85	48.1	1.01	31.4	3.86
Ham & Cheese	1pcs	575	23.1	11.35	48.2	0.8	40.1	2.8
Halloumi Avocado	1pcs	568	27.7	13.2	61	2	23.4	2.85
Cheddar Pickle	1pcs	469	14.8	7.1	64.6	17.1	18.4	1.75
Falafel & Houmous	1pcs	687	30.4	2.7	74.5	4.9	21.6	2.18
Mediterranean	1pcs	455	21	3.6	59.9	1.3	10.2	2.23

SALADS		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Chicken Caesar	1pcs	393	11.7	3.2	40.8	1.5	30	4.2
Houmous & Falafel	1pcs	453	29.6	2.6	26.8	4.3	13.8	1.02
Tuna Nicoise	1pcs	281	9.75	2.7	15	0	47.9	3.45
Halloumi & Avocado	1pcs	413	35.2	13.1	13.3	0.8	15.6	1.67
Middle Eastern Tabbouleh	1pcs	324	16	1	42	3	4	0.18
Avo & Roasted Aubergine	1pcs	259	17.8	2.3	18.4	0.7	3.6	0.23

COFFEE		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Espresso	4oz	4	0.1	0	0.5	0	0	0.0042
Americano	12oz	4	0.1	0	0.5	0	0	0.0042
Latte	12oz	192	10.6	6.9	14.6	12.9	9.9	0.33
Cappucino	12oz	160	8.75	5.75	12.25	10.75	8.25	0.3
Flat White	8oz	120	6.4	4.14	9	7.7	5.94	0.2
Filter	12oz	4	0.1	0	0.5	0	0	0.0042
Iced Americano	12oz	4	0.1	0	0.5	0	0	0.0042
Iced Latte	12oz	192	10.6	6.9	14.6	12.9	9.9	0.33

MILK OPTIONS		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Whole milk	100ml	64	3.5	2.3	4.7	4.3	3.3	0.11
Semi skimmed milk	100ml	49	1.5	0.9	5	4.5	3.4	0.11
Almond milk	100ml	24	1.1	0.1	3	3	0.5	0.18
Oat milk	100ml	59	3	0.3	6.5	4	0.8	1
Soy milk	100ml	54	1.8	0.2	6	4	3.3	0.051

TEA		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
English Breakfast	12oz	4	0.1	0	0.5	0	0	0.0042
Earl Grey	12oz	4	0.1	0	0.5	0	0	0.0042
Green	12oz	4	0.1	0	0.5	0	0	0.0042
Camomile	12oz	4	0.1	0	0.5	0	0	0.0042
Fresh Mint	12oz	4	0.1	0	0.5	0	0	0.0042
Kurdish	8oz	4	0.1	0	0.5	0	0	0.0042
Wild raspberry fruit	12oz	4	0.1	0	0.5	0	0	0.0042

WATER		Energy(Kcal)	Fat(g)	of which Saturates(g)	Carbohydrates(g)	of which sugars(g)	Protein(g)	Salt(g)
Still Water	500ml	0	0	0	0	0	0	0
Sparkling Water	500ml	0	0	0	0	0	0	0