

MILK TEA

REGULAR - 500ML CUPS



Calories

Calories From Fat

Total Fat (g)

Saturated Fat (g)

Cholesterol (mg)

Sodium (mg)

Potassium (mg)

Carbohydrates (g)

Dietary Fibers (g)

Sugars (g)

Proteins (g)

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugars (g)	Proteins (g)
Almond Milk Tea (500ml)	271.59	37.9	4.33	4.08	0.05	74.09	97.18	58.49	0	49.5	0.23
Almond Green Milk Tea (500ml)	347.07	73.76	8.42	7.93	0.1	130.5	189.12	68.45	0	50.97	0.44
Caramel Milk Tea (500ml)	230.11	40.61	4.66	4.08	3.4	124.28	97.18	46.16	0	34.2	0.9
Chai Chocolate Tea (500ml)	308.74	95.69	8.79	3.65	17.12	151.25	141.89	51.32	0.33	44.65	7.13
Chai Vanilla Milk Tea (500ml)	310.07	96.98	9.68	3.74	19.4	119.85	148.78	50.73	0	44.3	6.95
Chocolate Milk Tea (500ml)	227	43.59	5	4.08	0.05	100.86	97.18	46.67	1.34	29.66	1.56
Coconut Milk Tea (500ml)	375.69	156.66	18.21	16.42	0.03	102.9	124.08	56.11	0	42.34	1.56
Coconut Pineapple Jelly Milk Tea (500ml)	349.04	49.67	5.68	5.35	0.07	4329.33	200.42	75.55	0	22.28	0.3
Coffee Milk Tea (500ml)	303.1	113.94	13.02	12.24	0.15	213.6	382.05	47.95	0	20.84	0.71
Earl Grey Milk Tea (500ml)	237.22	60.28	6.9	6.5	0.08	125.33	255.91	45.21	0	30.56	0.36
Hazelnut Milk Tea (500ml)	230.11	40.61	4.66	4.08	3.4	124.28	97.18	46.16	0	34.2	0.9
Honey Milk Tea (500ml)	297.55	141.36	4.46	4.08	0.05	75.03	97.18	64.31	0	1.55	0.61
Honey Green Milk Tea (500ml)	373.03	177.2	8.55	7.93	0.1	131.44	189.12	74.27	0	3.02	0.82
Honeydew Milk Tea (500ml)	334	37.9	4.33	4.08	0.05	103.94	97.18	74.09	0	61.64	0.23
Jade Green Milk Tea (500ml)	286.91	73.76	8.42	7.93	0.1	130.5	700.1	54.51	0	37	0.44
Jasmine Milk Tea (500ml)	194.95	41.64	4.77	4.49	0.06	92.46	205.24	39.25	0	29.04	0.25
Lavender Milk Tea (500ml)	342.4	37.9	4.33	4.08	0.05	74.09	97.86	77.29	0	66.5	0.23
Mango Milk Tea (500ml)	349.41	37.9	4.33	4.08	0.05	126.09	97.18	77.94	0	65.3	0.23
Milk Tea (500ml)	187.09	49.67	5.68	5.35	0.07	103.73	200.42	34.31	0	22.28	0.3
Milk Tea - soy milk (500ml)	175.88	13.75	1.63	0.2	0	46.78	106.14	38.21	1.11	34.41	3.81
Okinawa Milk Tea (500ml)	189.49	37.9	4.33	4.08	0.05	74.67	97.74	38.88	0	29.87	0.23
Oolong Green Milk Tea (500ml)	286.91	73.76	8.42	7.93	0.1	130.5	870.2	54.51	0	37	0.44
Pudding Milk Tea (500ml)	372.59	52.37	5.98	5.4	0.07	820.83	206.42	80.76	0	68.73	0.3
Sesame Milk Tea (500ml)	396.31	214.4	23.99	5.35	0.07	106.56	200.42	39.59	4.32	22.28	6.9
Strawberry Milk Tea (500ml)	287.39	37.9	4.33	4.08	0.05	80.01	97.18	63.15	0	52.28	0.23
Tapioca Milk Tea (500ml)	376.9	44.8	5.13	4.82	0.06	93.16	186.87	83.21	0.53	22.03	0.38
Tapioca Milk Tea w/ Grass Jelly (500ml)	275.12	39.79	4.55	4.28	0.05	149.24	164.19	59.13	0.32	19	0.3
Thai Tea Milk Tea (500ml)	1016.77	219.55	24.18	6.65	22.84	86.88	238.61	190.16	0	7.91	5.36
Taro Milk Tea (500ml)	183.43	58.09	9.63	7.6	0.09	173.8	218.04	46.08	0	22.24	0.66
Wheat Germ Milk Tea (500ml)	286.15	72.72	8.44	5.83	0.07	107.14	453.3	49	3.74	22.28	6.86
Sencha Milk Tea (500ml)	374.9	58.56	6.6	3.09	16.16	41.66	147.94	68.28	2.5	62.24	4.45