FLYING TURTLE
• BEVERAGE •

Nutrition Information

Per standard serve · Default sweetness level · Values are approximate

Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
COFFEE				
Espresso	3	1	None	Certified
Double Espresso	3	1	None	Certified
Hot Long Black	3	1	None	Certified
Iced Long Black	3	1	None	Certified
Hot Cafe Latte	670	160	Milk, Soy	Certified
Hot Cafe Latte (Oat)	558	133	Gluten	Certified
Iced Cafe Latte	629	150	Milk, Soy	Certified
Iced Cafe Latte (Oat)	575	138	Gluten	Certified
Cafe Latte Frappe	692	165	Milk, Soy	Certified
Cafe Latte Frappe (Oat)	663	159	Gluten	Certified
Hot Cappucino	687	164	Milk, Soy	Certified
Hot Cappucino (Oat)	494	118	Gluten	Certified
Iced Cappuccino	642	153	Milk, Soy	Certified
Iced Cappuccino (Oat)	470	112	Gluten	Certified
Cappuccino Frappe	726	174	Milk, Soy	Certified
Cappuccino Frappe (Oat)	663	159	Gluten	Certified
Hot Mocha	880	210	Milk, Soy	Certified
Hot Mocha (Oat)	761	182	Gluten	Certified
Iced Mocha	1,047	250	Milk, Soy	Certified
Iced Mocha (Oat)	823	197	Gluten	Certified
Mocha Frappe	1,174	281	Milk, Soy	Certified
Mocha Frappe (Oat)	965	231	Gluten	Certified
Hot Caramel Latte	915	219	Milk, Soy	Certified
Hot Caramel Latte (Oat)	739	177	Gluten	Certified
Iced Caramel Latte	825	197	Milk, Soy	Certified
Iced Caramel Latte (Oat)	757	181	Gluten	Certified
Caramel Latte Frappe	938	224	Milk, Soy	Certified
Caramel Latte Frappe (Oat)	834	199	Gluten	Certified
Hot Yuzu Americano	276	66	None	Certified
Iced Yuzu Americano	339	81	None	Certified
Sparkling Espresso	3	1	None	Certified
Hot Peach Americano	364	87	None	Certified

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Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
Iced Peach Americano	376	90	None	Certified
Hot Vanilla Latte	896	214	Milk, Soy	Certified
Hot Vanilla Latte (Oat)	629	150	Gluten	Certified
Iced Vanilla Latte	864	207	Milk, Soy	Certified
Iced Vanilla Latte (Oat)	688	164	Gluten	Certified
Vanilla Latte Frappe	879	210	Milk, Soy	Certified
Vanilla Latte Frappe (Oat)	786	188	Gluten	Certified
Hot Vanilla Caramel Latte	931	223	Milk, Soy	Certified
Hot Vanilla Caramel Latte (Oat)	713	171	Gluten	Certified
Iced Vanilla Caramel Latte	892	213	Milk, Soy	Certified
Iced Vanilla Caramel Latte (Oat)	726	173	Gluten	Certified
Vanilla Caramel Latte Frappe	1,073	257	Milk, Soy	Certified
Vanilla Caramel Latte Frappe (Oat)	924	221	Gluten	Certified
Hot Coconut Latte	959	229	Milk, Soy	Certified
Hot Coconut Latte (Oat)	827	198	Gluten	Certified
Iced Coconut Latte	887	212	Milk, Soy	Certified
Iced Coconut Latte (Oat)	826	197	Gluten	Certified
Coconut Latte Frappe	1,049	251	Milk, Soy	Certified
Coconut Latte Frappe (Oat)	1,072	256	Gluten	Certified
Hot Biscoff Latte	1,096	262	Milk, Soy, Gluten, Wheat	Certified
Hot Biscoff Latte (Oat)	954	228	Gluten, Wheat, Soy	Certified
Hot Apple Americano	309	74	None	Certified
Iced Apple Americano	390	93	None	Certified
Greek Freddo Espresso	343	82	None	Certified
Hot Apple Oat Latte	816	195	Gluten, Wheat, Soy	Certified
Hot Flat White	670	160	Milk, Soy	Certified
Hot Flat White (Oat)	487	116	Gluten	Certified
Iced Flat White	721	172	Milk, Soy	Certified
Iced Flat White (Oat)	453	108	Gluten	Certified
Flat White Frappe	788	188	Milk, Soy	Certified
Flat White Frappe (Oat)	660	158	Gluten	Certified
Hot Magic	569	136	Milk, Soy	Certified
Hot Magic (Oat)	460	110	Gluten	Certified

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Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
Iced Magic	642	153	Milk, Soy	Certified
Iced Magic (Oat)	464	111	Gluten	Certified
Magic Frappe	693	166	Milk, Soy	Certified
Magic Frappe (Oat)	572	137	Gluten	Certified
Signature Mont Blanc	1,012	242	Milk, Soy	Certified
Signature Mont Blanc (Oat)	795	190	Gluten	Certified
Chocolate Mont Blanc	1,113	266	Milk, Soy	Certified
Chocolate Mont Blanc (Oat)	896	214	Gluten	Certified
Peach Vanilla Mont Blanc	1,100	263	Milk, Soy	Certified
Peach Vanilla Mont Blanc (Oat)	849	203	Gluten	Certified
Italian Espresso Shakerato	243	58	None	Certified
Italian Vanilla Espresso Shakerato	398	95	None	Certified
Italian Caramel Espresso Shakerato	469	112	None	Certified
Italian Peach Espresso Shakerato	416	99	None	Certified
Italian Apple Espresso Shakerato	376	90	None	Certified
Italian Strawberry Espresso Shakerato	523	125	None	Certified
Italian Lychee Espresso Shakerato	408	98	None	Certified
Iced Caramel Protein Coffee	946	226	Milk, Soy	Certified
Iced Vanilla Protein Coffee	874	209	Milk, Soy	Certified
Iced Mocha Protein Coffee	784	187	Milk, Soy	Certified
Iced Black Forest Protein Coffee	998	239	Milk, Soy	Certified
Iced Vanilla Peach Protein Coffee	871	208	Milk, Soy	Certified
Iced Apple Pie Protein Coffee	1,040	249	Milk, Soy, Gluten, Wheat	Certified
Iced Protein Coffee	649	155	Milk, Soy	Certified
TEA				
Hot Thai Milk Tea	636	152	Milk, Soy	Certified
Hot Thai Milk Tea (Oat)	493	118	Gluten	Certified
Iced Thai Milk Tea	1,514	362	Milk, Soy	Certified
Iced Thai Milk Tea (Oat)	1,016	243	Gluten	Certified
Thai Milk Tea Frappe	937	224	Milk, Soy	Certified
Thai Milk Tea Frappe (Oat)	761	182	Gluten	Certified
Hot Thai Lime Tea	234	56	None	Certified
Iced Thai Lime Tea	784	188	None	Certified

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Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
Thai Lime Tea Frappe	385	92	None	Certified
Hot Jasmine Tea	34	8	None	Certified
Iced Jasmine Tea	289	69	None	Certified
Jasmine Tea Frappe	238	57	None	Certified
Hot Jasmine Milk Tea	710	170	Milk, Soy	Certified
Hot Jasmine Milk Tea (Oat)	661	158	Gluten	Certified
Iced Jasmine Milk Tea	1,045	250	Milk, Soy	Certified
Iced Jasmine Milk Tea (Oat)	705	169	Gluten	Certified
Jasmine Milk Tea Frappe	982	235	Milk, Soy	Certified
Hot Jasmine Lime Tea	236	57	None	Certified
Iced Jasmine Lime Tea	355	85	None	Certified
Hot Jasmine Peach Tea	378	90	None	Certified
Iced Jasmine Peach Tea	441	105	None	Certified
Iced Coconut Thai Milk Tea	1,023	245	Milk, Soy	Certified
Iced Coconut Thai Milk Tea (Oat)	942	225	Gluten	Certified
Coconut Thai Milk Tea Frappe	893	214	Milk, Soy	Certified
Coconut Thai Milk Tea Frappe(Oat)	1,128	270	Gluten	Certified
Iced Coconut Jasmine Milk Tea	994	238	Milk, Soy	Certified
Iced Coconut Jasmine Milk Tea (Oat)	927	222	Gluten	Certified
Coconut Jasmine Milk Tea Frappe	1,028	246	Milk, Soy	Certified
Coconut Jasmine Milk Tea Frappe (Oat)	1,063	254	Gluten	Certified
Iced Coconut Jasmine Tea	685	164	None	Certified
Coconut Jasmine Tea Frappe	514	123	None	Certified
Hot Jasmine Apple Tea	377	90	None	Certified
Iced Jasmine Apple Tea	471	113	None	Certified
Jasmine Apple Tea Frappe	488	117	None	Certified
Iced Jasmine Lychee Milk Tea	764	183	Milk, Soy	Certified
Iced Jasmine Lychee Milk Tea (Oat)	699	167	Gluten	Certified
Hot Jasmine Peach Milk Tea	785	188	Milk, Soy	Certified
Hot Jasmine Peach Milk Tea (Oat)	715	171	Gluten	Certified
Iced Jasmine Peach Milk Tea	882	211	Milk, Soy	Certified
Iced Jasmine Peach Milk Tea (Oat)	766	183	Gluten	Certified
Hot Dark Thai Caramel	703	168	Milk, Soy	Certified

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Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
Hot Dark Thai Caramel (Oat)	662	158	Gluten	Certified
Iced Dark Thai Caramel	988	236	Milk, Soy	Certified
Iced Dark Thai Caramel (Oat)	800	191	Gluten	Certified
Dark Thai Caramel Frappe	1,013	242	Milk, Soy	Certified
Frappe Dark Thai Caramel (Oat)	861	206	Gluten	Certified
Hot Thai Jasmine Bloom	651	156	Milk, Soy	Certified
Hot Thai Jasmine Bloom (Oat)	566	135	Gluten	Certified
Iced Thai Jasmine Bloom	1,030	246	Milk, Soy	Certified
Iced Thai Jasmine Bloom (Oat)	841	201	Gluten	Certified
Thai Jasmine Bloom Frappe	1,030	246	Milk, Soy	Certified
Frappe Thai Jasmine Bloom (Oat)	878	210	Gluten	Certified
Hot Thai Matcha Twist	695	166	Milk, Soy	Certified
Hot Thai Matcha Twist (Oat)	627	150	Gluten	Certified
Iced Thai Matcha Twist	999	239	Milk, Soy	Certified
Iced Thai Matcha Twist (Oat)	844	202	Gluten	Certified
Thai Matcha Twist Frappe	999	239	Milk, Soy	Certified
Frappe Thai Matcha Twist (Oat)	864	207	Gluten	Certified
PREMIUM MATCHA				
Hot Matcha Latte	769	184	Milk, Soy	Certified
Hot Matcha Latte (Oat)	636	152	Gluten	Certified
Iced Matcha Latte	1,090	261	Milk, Soy	Certified
Iced Matcha Latte (Oat)	907	217	Gluten	Certified
Matcha Latte Frappe	999	239	Milk, Soy	Certified
Matcha Latte Frappe (Oat)	965	231	Gluten	Certified
Hot Matcha	152	36	None	Certified
Iced Matcha	237	57	None	Certified
Matcha Frappe	542	130	None	Certified
Hot Matcha Limenade	388	93	None	Certified
Iced Matcha Limenade	609	146	None	Certified
Matcha Limenade Frappe	574	137	None	Certified
Hot Espresso Matcha Latte	619	148	Milk, Soy	Certified
Hot Espresso Matcha Latte (Oat)	629	150	Gluten	Certified
Iced Espresso Matcha Latte	992	237	Milk, Soy	Certified

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Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
Iced Espresso Matcha Latte (Oat)	775	185	Gluten	Certified
Espresso Matcha Latte Frappe	1,036	248	Milk, Soy	Certified
Espresso Matcha Latte Frappe (Oat)	843	201	Gluten	Certified
Hot Coconut Matcha Latte	934	223	Milk, Soy	Certified
Hot Coconut Matcha Latte (Oat)	931	222	Gluten	Certified
Iced Coconut Matcha Latte	889	212	Milk, Soy	Certified
Iced Coconut Matcha Latte (Oat)	1,046	250	Gluten	Certified
Coconut Matcha Latte Frappe	1,401	335	Milk, Soy	Certified
Coconut Matcha Latte Frappe (Oat)	1,052	251	Gluten	Certified
Hot Coconut Matcha	508	121	None	Certified
Iced Coconut Matcha	590	141	None	Certified
Coconut Matcha Frappe	831	199	None	Certified
Hot Strawberry Matcha Latte	951	227	Milk, Soy	Certified
Hot Strawberry Matcha Latte (Oat)	1,004	240	Gluten	Certified
Iced Strawberry Matcha Latte	1,491	356	Milk, Soy	Certified
Iced Strawberry Matcha Latte (Oat)	1,128	270	Gluten	Certified
Strawberry Matcha Frappe	1,239	296	Milk, Soy	Certified
Strawberry Matcha Frappe (Oat)	1,162	278	Gluten	Certified
Hot Yuzu Matcha Latte	893	213	Milk, Soy	Certified
Hot Yuzu Matcha Latte (Oat)	946	226	Gluten	Certified
Iced Yuzu Matcha Latte	1,353	323	Milk, Soy	Certified
Iced Yuzu Matcha Latte (Oat)	1,037	248	Gluten	Certified
Hot Apple Matcha Latte	801	191	Milk, Soy	Certified
Hot Apple Matcha Latte (Oat)	840	201	Gluten	Certified
Iced Apple Matcha Latte	1,205	288	Milk, Soy	Certified
Iced Apple Matcha Latte (Oat)	877	210	Gluten	Certified
Hot Peach Matcha Latte	880	210	Milk, Soy	Certified
Hot Peach Matcha Latte (Oat)	872	208	Gluten	Certified
Iced Peach Matcha Latte	1,157	277	Milk, Soy	Certified
Iced Peach Matcha Latte (Oat)	913	218	Gluten	Certified
Hot Vanilla Matcha Latte	885	211	Milk, Soy	Certified
Hot Vanilla Matcha Latte (Oat)	877	210	Gluten	Certified
Iced Vanilla Matcha Latte	1,163	278	Milk, Soy	Certified

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Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
Iced Vanilla Matcha Latte (Oat)	919	220	Gluten	Certified
Vanilla Matcha Latte Frappe	1,197	286	Milk, Soy	Certified
Vanilla Matcha Latte Frappe (Oat)	969	232	Gluten	Certified
Hot Jasmine Matcha Latte	718	172	Milk, Soy	Certified
Hot Jasmine Matcha Latte (Oat)	670	160	Gluten	Certified
Iced Jasmine Matcha Latte	1,022	244	Milk, Soy	Certified
Iced Jasmine Matcha Latte (Oat)	761	182	Gluten	Certified
Hot Caramel Matcha Latte	869	208	Milk, Soy	Certified
Hot Caramel Matcha Latte (Oat)	910	218	Gluten	Certified
Iced Caramel Matcha Latte	1,190	284	Milk, Soy	Certified
Iced Caramel Matcha Latte (Oat)	895	214	Gluten	Certified
Hot Peach Matcha Tea	458	109	None	Certified
Iced Peach Matcha Tea	548	131	None	Certified
MILK, CARAMEL & COCOA				
Hot Caramel Milk	833	199	Milk, Soy	Certified
Hot Caramel Milk (Oat)	561	134	Gluten	Certified
Iced Caramel Milk	1,086	260	Milk, Soy	Certified
Iced Caramel Milk (Oat)	898	215	Gluten	Certified
Caramel Milk Frappe	1,064	254	Milk, Soy	Certified
Caramel Milk Frappe (Oat)	847	202	Gluten	Certified
Hot Chocolate	975	233	Milk, Soy	Certified
Hot Chocolate (Oat)	805	192	Gluten	Certified
Iced Chocolate	1,253	300	Milk, Soy	Certified
Iced Chocolate (Oat)	808	193	Gluten	Certified
Chocolate Frappe	1,310	313	Milk, Soy	Certified
Chocolate Frappe (Oat)	983	235	Gluten	Certified
Hot Chocolate Caramel	927	222	Milk, Soy	Certified
Hot Chocolate Caramel (Oat)	760	182	Gluten	Certified
Iced Chocolate Caramel	1,309	313	Milk, Soy	Certified
Iced Chocolate Caramel (Oat)	1,050	251	Gluten	Certified
Chocolate Caramel Frappe	1,134	271	Milk, Soy	Certified
Chocolate Caramel Frappe (Oat)	940	225	Gluten	Certified
Hot Milk	520	124	Milk, Soy	Certified

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Hot Milk (Oat)	284	68	Gluten	Certified
Iced Milk	736	176	Milk, Soy	Certified
Iced Milk (Oat)	406	97	Gluten	Certified
Milk Frappe	585	140	Milk, Soy	Certified
Milk Frappe (Oat)	365	87	Gluten	Certified
Strawberry Milk	1,104	264	Milk, Soy	Certified
Iced Strawberry Milk (Oat)	1,262	302	Gluten	Certified
Strawberry Milk Frappe	1,104	264	Milk, Soy	Certified
Strawberry Milk Frappe (Oat)	970	232	Gluten	Certified
Hot Peach Milk	798	191	Milk, Soy	Certified
Hot Peach Milk (Oat)	715	171	Gluten	Certified
Iced Peach Milk	844	202	Milk, Soy	Certified
Iced Peach Milk (Oat)	732	175	Gluten	Certified
Peach Milk Frappe	979	234	Milk, Soy	Certified
Peach Milk Frappe (Oat)	830	198	Gluten	Certified
Hot Vanilla Milk	956	229	Milk, Soy	Certified
Hot Vanilla Milk (Oat)	843	201	Gluten	Certified
Iced Vanilla Milk	1,029	246	Milk, Soy	Certified
Iced Vanilla Milk (Oat)	853	204	Gluten	Certified
Vanilla Milk Frappe	1,173	280	Milk, Soy	Certified
Vanilla Milk Frappe(Oat)	835	200	Gluten	Certified
Hot Vanilla Caramel Milk	1,016	243	Milk, Soy	Certified
Hot Vanilla Caramel Milk (Oat)	800	191	Gluten	Certified
Iced Vanilla Caramel Milk	1,098	263	Milk, Soy	Certified
Iced Vanilla Caramel Milk (Oat)	861	206	Gluten	Certified
Vanilla Caramel Milk Frappe	1,259	301	Milk, Soy	Certified
Vanilla Caramel Milk Frappe (Oat)	963	230	Gluten	Certified
Hot Chocolate Vanilla	899	215	Milk, Soy	Certified
Hot Vanilla Chocolate Milk (Oat)	823	197	Gluten	Certified
Iced Chocolate Vanilla	1,089	260	Milk, Soy	Certified
Iced Vanilla Chocolate Milk (Oat)	873	209	Gluten	Certified
Chocolate Vanilla Frappe	1,124	269	Milk, Soy	Certified
Vanilla Chocolate Milk Frappe (Oat)	914	219	Gluten	Certified

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Iced Coconut Milk	924	221	Milk, Soy	Certified
Iced Coconut Milk (Oat)	899	215	Gluten	Certified
Coconut Milk Frappe	1,117	267	Milk, Soy	Certified
Coconut Milk Frappe (Oat)	968	231	Gluten	Certified
Iced Chocolate Coconut Milk	1,152	275	Milk, Soy	Certified
Iced Coconut Chocolate Milk (Oat)	1,041	249	Gluten	Certified
Chocolate Coconut Milk Frappe	1,107	265	Milk, Soy	Certified
Coconut Chocolate Milk Frappe (Oat)	1,048	250	Gluten	Certified
PROTEIN SHAKE				
Chocolate Protein Shake	736	176	Milk, Soy	Certified
Extreme Chocolate Protein Shake	937	224	Milk, Soy	Certified
Espresso Protein Shake	775	185	Milk, Soy	Certified
Extreme Espresso Protein Shake	1,061	254	Milk, Soy	Certified
Caramel Protein Shake	857	205	Milk, Soy	Certified
Extreme Caramel Protein Shake	1,058	253	Milk, Soy	Certified
Milk Protein Shake	730	175	Milk, Soy	Certified
Extreme Milk Protein Shake	966	231	Milk, Soy	Certified
Plain Protein Shake	487	116	Milk	Certified
Extreme Plain Protein Shake	688	164	Milk	Certified
Strawberry Protein Shake	921	220	Milk, Soy	Certified
Extreme Strawberry Protein Shake	1,122	268	Milk, Soy	Certified
Matcha Protein Shake	721	172	Milk, Soy	Certified
Extreme Matcha Protein Shake	956	228	Milk, Soy	Certified
Thai Tea Protein Shake	715	171	Milk, Soy	Certified
Extreme Thai Tea Protein Shake	950	227	Milk, Soy	Certified
Vanilla Protein Shake	829	198	Milk, Soy	Certified
Extreme Vanilla Protein Shake	1,030	246	Milk, Soy	Certified
Apple Protein Shake	824	197	Milk, Soy	Certified
Extreme Apple Protein Shake	1,025	245	Milk, Soy	Certified
Mocha Protein Shake	855	204	Milk, Soy	Certified
Extreme Mocha Protein Shake	1,030	246	Milk, Soy	Certified
Peach Protein Shake	860	206	Milk, Soy	Certified
Extreme Peach Protein Shake	1,061	254	Milk, Soy	Certified

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Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
DESSERT				
Oreo Volcano	1,514	362	Milk, Soy, Gluten, Wheat	Certified
Oreo Volcano (Oat)	1,451	347	Gluten, Wheat, Soy	Certified
Black Forest	1,251	299	Milk, Soy	Certified
Black Forest (Oat)	1,123	268	Gluten	Certified
Strawberry Oreo Volcano	1,500	359	Milk, Soy, Gluten, Wheat	Certified
Strawberry Oreo Volcano (Oat)	1,392	333	Gluten, Wheat, Soy	Certified
Caramel Milk Biscoff Volcano	1,490	356	Milk, Soy, Gluten, Wheat	Certified
Caramel Milk Biscoff Volcano (Oat)	1,420	339	Gluten, Wheat, Soy	Certified
Strawberry Milk Biscoff Volcano	1,596	381	Milk, Soy, Gluten, Wheat	Certified
Strawberry Milk Biscoff Volcano (Oat)	1,519	363	Gluten, Wheat, Soy	Certified
Creamy Cheesecake	1,554	372	Milk, Soy, Gluten, Wheat	Certified
Creamy Cheesecake (Oat)	1,463	350	Gluten, Wheat, Soy	Certified
Strawberry Cheesecake	1,589	380	Milk, Soy, Gluten, Wheat	Certified
Strawberry Cheesecake (Oat)	1,208	289	Gluten, Wheat, Soy	Certified
Lychee Cheesecake	1,514	362	Milk, Soy, Gluten, Wheat	Certified
Lychee Cheesecake (Oat)	1,394	333	Gluten, Wheat, Soy	Certified
Caramel Matcha Oreo Volcano	1,577	377	Milk, Soy, Gluten, Wheat	Certified
Caramel Matcha Oreo Volcano (Oat)	1,578	377	Gluten, Wheat, Soy	Certified
Caramel Thai Tea Oreo Volcano	1,568	375	Milk, Soy, Gluten, Wheat	Certified
Caramel Thai Tea Oreo Volcano (Oat)	1,570	375	Gluten, Wheat, Soy	Certified
Chocolate Biscoff Crumble	1,383	331	Milk, Soy, Gluten, Wheat	Certified
Chocolate Biscoff Crumble (Oat)	1,263	302	Gluten, Wheat, Soy	Certified
Caramel Espresso Oreo Volcano	1,500	359	Milk, Soy, Gluten, Wheat	Certified
Caramel Espresso Oreo Volcano (Oat)	1,530	366	Gluten, Wheat, Soy	Certified
Biscoff Crumble Latte	1,376	329	Milk, Soy, Gluten, Wheat	Certified
Biscoff Crumble Latte (Oat)	1,231	294	Gluten, Wheat, Soy	Certified
Matcha Biscoff Crumble	1,427	341	Milk, Soy, Gluten, Wheat	Certified
Matcha Biscoff Crumble (Oat)	1,306	312	Gluten, Wheat, Soy	Certified
Biscoff Volcano	1,514	362	Milk, Soy, Gluten, Wheat	Certified
Biscoff Volcano (Oat)	1,372	328	Gluten, Wheat, Soy	Certified
Peach Crumble	1,374	328	Milk, Soy, Gluten, Wheat	Certified
Peach Crumble (Oat)	1,231	294	Gluten, Wheat, Soy	Certified

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Nutrition Information

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Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
Apple Pie Crumble	1,333	319	Milk, Soy, Gluten, Wheat	Certified
Apple Pie Crumble (Oat)	1,171	280	Gluten, Wheat, Soy	Certified
ENERGY DRINK				
Turtle Power Energy	432	103	None	Certified
Turtle Power Energy Frappe	506	121	None	Certified
Matcha Turtle Power Energy	465	111	None	Certified
Lychee Turtle Power Energy	646	155	None	Certified
Peach Turtle Power Energy	639	153	None	Certified
Apple Turtle Power Energy	632	151	None	Certified
Lime Turtle Power Energy	564	135	None	Certified
Strawberry Lime Turtle Power Energy	781	187	None	Certified
Yuzu Turtle Power Energy	683	163	None	Certified
Strawberry Turtle Power Energy	766	183	None	Certified
Coconut Turtle Power Energy	744	178	None	Certified
Vanilla Turtle Power Energy	666	159	None	Certified
Caramel Turtle Power Energy	665	159	None	Certified
SODA & OTHERS				
Sparkling Apple	437	105	None	Certified
Sparkling Apple Frappe	471	113	None	Certified
Sparkling Coconut	562	134	None	Certified
Sparkling Coconut Frappe	667	160	None	Certified
Sparkling Coconut Lychee	577	138	None	Certified
Sparkling Coconut Lychee Frappe	670	160	None	Certified
Sparkling Limeade	636	152	None	Certified
Sparkling Limeade Frappe	602	144	None	Certified
Sparkling Lychee	443	106	None	Certified
Sparkling Lychee Frappe	480	115	None	Certified
Sparkling Lychee Limeade	531	127	None	Certified
Sparkling Lychee Limeade Frappe	551	132	None	Certified
Sparkling Peach	504	121	None	Certified
Sparkling Peach Frappe	481	115	None	Certified
Sparkling Peach Yuzu	622	149	None	Certified
Sparkling Peach Yuzu Frappe	612	146	None	Certified

FLYING TURTLE
• BEVERAGE •

Nutrition Information

Per standard serve · Default sweetness level · Values are approximate

Drink Name	Energy (kJ)	Energy (kcal)	Allergy Information (Contains / May Contain)	Halal
Sparkling Pink Limeade	699	167	None	Certified
Sparkling Pink Limeade Frappe	843	201	None	Certified
Sparkling Strawberry	638	153	None	Certified
Sparkling Strawberry Frappe	672	161	None	Certified
Sparkling Yuzu	597	143	None	Certified
Sparkling Yuzu Frappe	609	146	None	Certified
Mixed Fruit Punch	661	158	None	Certified
Mixed Fruit Punch Frappe	801	192	None	Certified
Sparkling Yuzu Pink Limeade	729	174	None	Certified
Sparkling Yuzu Pink Limeade Frappe	812	194	None	Certified
Sparkling Lychee Pink Limeade	759	181	None	Certified
Sparkling Lychee Pink Limeade Frappe	789	189	None	Certified
Pepsi Max	5	1	None	Certified
Pepsi Max Caramel	90	21	None	Certified
Pepsi Max Coconut	316	76	None	Certified
Pepsi Max Lychee	122	29	None	Certified
Pepsi Max Strawberry	253	61	None	Certified
Pepsi Max Yuzu	205	49	None	Certified

Last updated 26/10/2026

① Nutrition information is based on the standard recipe at default sweetness. Customisations may change the nutritional values shown.

② Drinks are prepared in the same machine. Allergen cross-contact with Milk, Soy, Wheat and Gluten may occur.

③ Halal Certified = formally certified. Halal Suitable = ingredient-based suitability only.