



SOY THICKSHAKES

THICKSHAKE INGREDIENTS:
Soy ice cream, soy milk, & syrup

SOY CHOCOLATE THICKSHAKE

AVERAGE SERVING SIZE: 375G	AVERAGE PER 100G	AVERAGE PER SERVE (375G)
ENERGY (KJ)	471	1766
ENERGY (CAL)	113	423
PROTEIN (G)	1.7	6.3
FAT, TOTAL (G)	1.0	3.6
- SATURATED (G)	0.4	1.7
CARBOHYDRATES (G)	24	90
- SUGARS (G)	21	78
SODIUM (MG)	25	94

SOY LIME THICKSHAKE

AVERAGE SERVING SIZE: 375G	AVERAGE PER 100G	AVERAGE PER SERVE (375G)
ENERGY (KJ)	510	1913
ENERGY (CAL)	122	458
PROTEIN (G)	1.1	4.1
FAT, TOTAL (G)	0.5	1.7
- SATURATED (G)	0.2	0.6
CARBOHYDRATES (G)	28	105
- SUGARS (G)	23	85
SODIUM (MG)	23	86

SOY STRAWBERRY THICKSHAKE

AVERAGE SERVING SIZE: 375G	AVERAGE PER 100G	AVERAGE PER SERVE (375G)
ENERGY (KJ)	469	1759
ENERGY (CAL)	112	421
PROTEIN (G)	1.2	4.3
FAT, TOTAL (G)	0.5	2.0
- SATURATED (G)	0.2	0.7
CARBOHYDRATES (G)	25	95
- SUGARS (G)	25	93
SODIUM (MG)	27	102

SOY CARAMEL THICKSHAKE

AVERAGE SERVING SIZE: 375G	AVERAGE PER 100G	AVERAGE PER SERVE (375G)
ENERGY (KJ)	492	1845
ENERGY (CAL)	118	441
PROTEIN (G)	1.2	4.7
FAT, TOTAL (G)	1.4	5.1
- SATURATED (G)	0.4	1.7
CARBOHYDRATES (G)	25	93
- SUGARS (G)	23	86
SODIUM (MG)	26	97

SOY BANANA THICKSHAKE

AVERAGE SERVING SIZE: 375G	AVERAGE PER 100G	AVERAGE PER SERVE (375G)
ENERGY (KJ)	464	1740
ENERGY (CAL)	111	416
PROTEIN (G)	1.2	4.5
FAT, TOTAL (G)	0.6	2.1
- SATURATED (G)	0.2	0.8
CARBOHYDRATES (G)	25	93
- SUGARS (G)	25	93
SODIUM (MG)	25	93

Allergens: Please note Thickshakes contains soy.
Please see our allergens chart for more details if you have serious allergies or intolerance's.

This product information sheet is current as of November 2022