

PERIODIC TABLE OF CALORIES

What does it all mean?

milk / fruit / coffee / topping
Symbol
 Calorie content (Light)
 Calorie content (Standard)

Ap 75 Kcal 88 Kcal									As 31 Kcal 263 Kcal
Ki 63 Kcal 75 Kcal	Wp 65 Kcal 105 Kcal	Ly 69 Kcal 82 Kcal	St 72 Kcal 96 Kcal	Ra 64 Kcal 77 Kcal	Gi 57 Kcal 72 Kcal	Ku 57 Kcal 57 Kcal	Pf 65 Kcal 92 Kcal	Ma 66 Kcal 79 Kcal	Js 31 Kcal 263 Kcal
Ho 206 Kcal 317 Kcal	Ma 101 Kcal 359 Kcal	Ta 192 Kcal 358 Kcal	Al 76 Kcal 226 Kcal	Va 222 Kcal 360 Kcal	Cc 246 Kcal 346 Kcal	Co 77 Kcal 206 Kcal	Pa 148 Kcal 333 Kcal	Mo 92 Kcal 303 Kcal	Cf 79 Kcal 355 Kcal
	Av 38 Kcal	Ob 64 Kcal	Sb 64 Kcal	Pb 64 Kcal	Lb 64 Kcal	Mb 64 Kcal	Lj 150 Kcal	Mc 14 Kcal 263 Kcal	
Cs 46 Kcal	Tp 94 Kcal	$2\sqrt{Tp}^{(94)}$ 47 Kcal	Pj 150 Kcal	Mj 150 Kcal	Gj 150 Kcal	Sj 150 Kcal	Cj 84 Kcal	Aj 150 Kcal	



ABBREVIATIONS

FRUIT TEAS

- Ap** = Apple
- Ki** = Kiwi
- Wp** = White peach
- Ly** = Lychee
- St** = Strawberry
- Ra** = Raspberry
- Gi** = Ginger
- Ku** = Kumquat
- Pf** = Passion fruit
- Ma** = Mango

COFFEE DRINKS

- Mc** = Milk Coffee
- Cf** = Caramel Frappe

MILK TEAS

- As** = Assam
- Js** = Jasmine
- Va** = Vanilla
- Pa** = Papaya
- Co** = Cocoa
- Mo** = Mocha
- Cc** = Coconut
- Al** = Almond
- Ta** = Taro
- Ma** = Matcha
- Ho** = Honeydew

EXTRAS

- Av** = Aloe vera
- Cs** = Chia seed
- Tp** = Tapioca
- $\frac{1}{2}TP$ = Half Tapioca

$2\sqrt{Tp}^{(94)}$

BOBAS

- Ob** = Orange bobas
- Sb** = Strawberry bobas
- Pb** = Passion fruit bobas
- Lb** = Lychee bobas
- Mb** = Mango bobas

THE DELICIOUS SCIENCE OF BUBBLE TEA

JELLIES

- Lj** = Lychee jelly
- Pj** = Passion fruit jelly
- Mj** = Mango jelly
- Gj** = Grape jelly
- Sj** = Strawberry jelly
- Cj** = Coffee jelly
- Aj** = Apple jelly

We use creamer in our standard milk teas and coffees and soya milk in our light versions. In addition to being naturally low in saturated fat, sugar and calories, by using soya milk we can offer some of our milk drinks to lactose intolerant customers – but please do ask your Bubbleologist for allergens information and refer to the nutrition chart, as your drink may still contain milk derivatives.

An average light 500 ml Bubbleology fruit tea or coffee is 65 calories and an average light milk tea is 125 – reducing calories by over 50% on average across all types of drink.