

Bambū Nutrition Information 2024

	Serving		Calories		Fat Cal		Total Fat		Sat Fat		Trans Fat		Chol		Sodium		Carb		Fiber		Sugar		Pro	
	(oz)		(kcal)		(kcal)		(g)		(g)		(g)		(mg)		(mg)		(g)		(g)		(g)		(g)	
DESSERT DRINKS	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Bambu Special	428		260				9		8		0		0		210		43		5		30		8	
Bambu Combo	562		590				12		11		0		0		40		119		24		54		20	
Awesome Trio	542		490				12		11		0		0		35		94		24		41		22	
Summer Delight	582		470				12		11		0		0		20		98		12		77		6	
Smashed Avocado	514		770				29		9		0		22		105		119		13		79		12	
Fruit Addict	596		590				24		21		0		0		20		103		14		85		5	
Taro Lover	564		350				15		13		0		0		18		55		6		30		8	
Longan Sunrise	573		180				0		0		0		0		15		43		0		41		8	
Bambu Refresher	678		200				6		6		0		0		130		35		4		27		2	
Bambu Favorite	517		250				12		11		0		0		25		37		4		23		7	
Coconut Combo	650		400				9		8		0		0		170		82		10		70		2	
Bambu Halo Halo		716		576				22		29		0		36		132		95		11		72		12
JUICES	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Pennywort	18.5 _{oz}		130				0		1.5		0		0		130		2		0		13		0	
Pennywort Coconut	18.5 _{oz}		190				9		9		0		0		260		12		4		13		2	
Pennywort Mung Bean	18.5 _{oz}		220				0		1.5		0		0		115		24		4		23		5	
YONAMI YOGURT	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Mango	18.5 _{oz}	24 _{oz}	510	650			11	14	8	10	0	0	55	70	120	150	93	119	2	3	68	86	7	9
Strawberry	18.5 _{oz}	24 _{oz}	480	620			11	14	8	10	0	0	55	70	110	140	85	111	2	3	60	78	7	9

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	Serving		Calories		Fat Cal		Total Fat		Sat Fat		Trans Fat		Chol		Sodium		Carb		Fiber		Sugar		Pro	
	(g)		(kcal)		(kcal)		(g)		(g)		(g)		(mg)		(mg)		(g)		(g)		(g)		(g)	
BLENDED TEAS	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Chai	18.5 _{oz}	24 _{oz}	770	1300			28	44	21	34	0	0	55	70	135	200	110	196	0	0	87	152	7	10
Matcha	18.5 _{oz}	24 _{oz}	730	1120			24	35	16	25	0	0	55	70	95	125	119	186	0	0	96	142	5	6
Thai	18.5 _{oz}	24 _{oz}	520	730			6	9	4	6	0	0	30	45	35	55	107	152	0	0	92	133	2	3
FRUIT TEAS	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Mango	18.5 _{oz}	24 _{oz}	170	240			0	0	0	0	0	0	0	0	45	65	42	62	1	2	38	56	0	0
Passionfruit	18.5 _{oz}	24 _{oz}	140	210			0	0	0	0	0	0	0	0	25	30	37	55	1	1	17	25	0	0
Strawberry	18.5 _{oz}	24 _{oz}	110	140			0	0	0	0	0	0	0	0	15	15	29	35	1	1	25	31	0	0
MILK TEAS	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Black	18.5 _{oz}	24 _{oz}	140	170			4.5	6	4.5	6	0	0	0	0	15	15	29	35	1	1	25	31	0	0
Chai	18.5 _{oz}	24 _{oz}	520	725			22	29	14	18	0	0	65	80	190	240	63	93	0	0	58	85	12	15
Coconut Milk Tea	574	689	340	408	150	180	17	20	11	13	0	0	20	24	105	126	48	58	0	0	33	40	3	4
Coffee Milk Tea	557	668	170	204	45	54	5	6	5	6	0	0	0	0	25	30	29	35	0	0	17	20	0	0
Hazelnut	18.5 _{oz}	24 _{oz}	160	200			7	11	1.5	2	0	0	0	0	25	30	21	27	0	0	18	23	0	0
Honeydew Milk Tea	548	658	270	324	45	54	5	6	5	6	0	0	0	0	20	24	52	62	0	0	7	8	0	0
Jasmine Milk Tea	500	600	170	204	45	54	5	6	5	6	0	0	0	0	10	12	27	32	0	0	17	20	0	0
Lychee Milk Tea	548	657	330	396	45	54	5	6	5	6	0	0	0	0	75	90	66	79	0	0	52	62	0	0
Matcha	18.5 _{oz}	24 _{oz}	480	530			11	11	5	5	0	0	30	30	70	70	95	108	0	0	86	100	3	3
Mango Milk Tea	548	658	270	324	45	54	5	6	5	6	0	0	0	0	20	24	52	62	0	0	7	8	0	0
Peach Milk Tea	548	658	270	324	45	54	5	6	5	6	0	0	0	0	35	42	52	62	0	0	7	8	0	0
Passion Milk Tea	548	658	290	348	45	54	5	6	5	6	0	0	0	0	20	24	55	66	0	0	2	2	0	0
Thai Milk Tea	479	575	210	252	120	144	14	17	9	11	0	0	45	54	60	72	19	23	0	0	19	23	4	5
Taro Milk Tea	638	766	360	432	90	108	10	12	6	7	0	0	20	24	95	114	65	78	4	5	38	45	4	5
Strawberry Milk Tea	548	601	270	204	45	54	5	6	5	6	0	0	0	0	65	18	51	33	0	0	35	20	0	0

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	(g)		(kcal)		(kcal)		(g)		(g)		(g)		(mg)		(mg)		(g)		(g)		(g)		(g)	
SMOOTHIES	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Avocado	832	998	490	588			30	36	9	11	0	0	45	54	55	66	50	60	10	12	38	45	6	7
Avo-Coffee	825	990	680	770			35	41	12	13	0	0	55	55	110	110	83	93	10	13	70	77	10	11
Avo-Coconut	810	972	610	850			37	50	16	22	0	0	0	0	75	140	72	102	12	15	50	69	4	6
Avo-Durian	815	978	520	640			29	36	8	9	0	0	45	45	55	55	63	77	10	14	38	45	6	7
Banana	707	848	460	552			12	14	7	8	0	0	30	36	100	120	85	102	3	3	69	83	6	7
Durian	848	1017	530	610			18	21	6	6	0	0	45	45	45	50	90	106	8	9	45	45	6	6
Guava	754	905	630	690			9	9	6	6	0	0	45	45	130	140	130	146	3	3	91	100	4	4
Honeydew	759	911	390	500			11	13	6	7	0	0	45	45	90	105	68	91	1	1	61	80	4	5
Jackfruit	840	1008	580	700			9	9	6	6	0	0	45	45	45	50	90	106	8	9	45	45	6	6
Kiwi Strawberry	754	905	560	600			9	9	6	6	0	0	45	45	140	150	116	125	3	3	98	105	3	3
Lychee	892	1070	640	850			9	9	6	6	0	0	45	45	45	50	90	106	8	9	45	45	6	6
Mango	762	914	450	520			9	9	6	6	0	0	45	45	80	95	90	107	3	3	85	102	3	3
Mangonada	845	1014	570	640			9	9	6	6	0	0	45	45	880	1100	120	138	4	4	111	127	3	3
Orange Chiller	725	870	460	530			9	9	6	6	0	0	45	45	45	45	94	110	3	3	64	72	4	4
Passion in Love	833	999	430	520			9	9	6	6	0	0	45	45	45	45	121	137	5	5	57	70	3	3
Pina Colada	785	942	720	790			22	25	15	18	0	0	45	45	170	200	125	134	2	2	106	112	4	4
Peach Catalina	792	0	580	650			9	9	6	6	0	0	45	45	45	45	121	137	2	2	83	90	3	3
Strawberry	837	1004	410	420			9	9	6	6	0	0	45	45	45	50	79	82	3	3	71	74	3	3
Strawberry Banana	896	1075	440	460			9	9	6	6	0	0	45	45	45	45	86	92	5	5	73	78	4	4
Taro	854	1025	720	840			27	19	12	14	0	0	45	45	55	55	133	156	4	5	105	121	6	7
Taro Coconut	854	1025	830	1030			27	34	19	23	0	0	45	45	180	210	141	173	3	3	109	132	6	7
Very Berry	892	1070	560	630			9	9	6	6	0	0	45	45	80	95	117	135	4	4	94	110	4	4

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	(g)		(kcal)		(kcal)		(g)		(g)		(g)		(mg)		(mg)		(g)		(g)		(g)		(g)	
HOT COFFEES	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Cafe Latte	338	405	270	324	190	228	21	25	13	15	0.5	0.5	65	78	125	150	14	17	0	0	13	15	9	11
Cafe Mocha	359	431	410	492	200	240	22	26	10	12	0	0	50	60	140	168	42	50	1	1	37	44	8	9
Dirty Chai	334	400	270	324	190	228	21	25	13	15	0.5	0.5	65	78	125	150	14	17	0	0	13	15	9	11
French Vanilla	359	405	690	810			67	44	12	17	0	0	85	120	200	270	71	78	0	0	71	75	9	13
Hazelnut Mocha	359	431	410	492	200	240	22	26	10	0	0	0	50	60	140	168	42	50	1	1	37	44	8	9
Salted Caramel	351	421	270	324	190	228	21	25	13	15	0.5	0.5	65	78	125	150	14	17	0	0	13	15	9	11
Vietnamese Traditional	375	450	490	588	260	312	28	33	18	21	0.5	0.5	90	108	150	180	46	55	0	0	45	54	11	13
Vietnamese Black	338		60				0		0		0		0		20		15		0		14		0	
COLD COFFEES	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Americano	396	475	5	5	0	0	0	0	0	0	0	0	0	0	20	24	35	42	0	0	34	41	0	0
Cafe Mocha	491	589	340	408	150	180	17	20	6	7	0	0	30	36	80	96	43	51	0	0	40	48	3	4
Coconut Mocha	491	589	340	490			18	27	8	13	0	0	0	0	40	60	41	58	3	5	37	50	1	2
Dirty Chai	514	617	450	540	210	252	23	28	14	17	0.5	0.5	55	66	150	180	51	61	0	0	48	5	9	11
Hazelnut Mocha	491	589	340	408	150	180	17	20	6	7	0	0	30	36	80	96	43	51	0	0	40	48	3	4
Salted Caramel	475	570	330	396	110	132	13	16	7	8	0	0	45	54	170	204	52	63	0	0	40	48	3	4
Vietnamese Traditional	431	517	290	348	60	72	7	8	4.5	5	0	0	20	24	95	114	49	59	0	0	48	57	7	8
Vanilla Latte	522	626	370	444	200	240	22	26	7	8	0	0	40	48	90	108	39	47	0	0	38	45	3	3
Vietnamese Black	396	475	60	120			0	0	0	0	0	0	0	0	5	20	14	30	0	0	14	28	0	0
White Coffee	431	517	390	468	140	168	15	18	9	11	0	0	50	60	140	168	42	50	1	1	37	44	8	9
BLENDED COFFEES	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L
Vietnamese Traditional	755	906	500	600	150	180	17	20	5	6	0	0	0	0	80	96	78	94	1	1	62	74	1	1
Cafe Mocha	705	846	500	600	150	180	17	20	5	6	0	0	0	0	80	96	78	94	1	1	62	74	1	1
Hazelnut Mocha	755	906	500	600	150	180	17	20	5	6	0	0	0	0	80	96	78	94	1	1	62	74	1	1
Salted Caramel	709	851	570	684	110	132	12	14	9	11	0	0	35	42	270	324	110	132	0	0	77	92	2	2
Dirty Chai	718	862	640	768	240	288	27	32	16	19	0.5	0.5	55	66	150	180	94	113	0	0	87	104	9	11
Vanilla Latte	711	853	550	660	230	276	25	30	10	12	0	0	0	0	65	78	71	85	0	0	51	61	0	0
Cafe Latte	709	851	450	700			9	16	9	16	0	0	0	0	20	25	87	130	0	0	70	98	0	0
Coconut Mocha	705	846	640	820			24	32	10	15	0	0	0	0	180	250	102	127	1	1	82	99	2	3

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