

Table 2: Analytical Results of Sugar and Energy Contents of 'Regular' Version of Non-prepackaged Tea-based Beverages Samples

No. [1]	Shop name	Address	Product description [2]	Price [3]	Average weight per portion (g) [4] [5] [6]	Test result [6]			
						Total sugar (g)		Energy (kcal)	
						per 100g	per portion	per 100g	per portion
Passion fruit black tea									
1	米拉	觀塘成業街7號東廣場地下45號舖	凍百香果紅茶	\$17	600	4.7	28	30	180
2	臺道手抓餅專門店	粉嶺和隆街2-8號寶寧樓地下2B號舖	百香果紅茶	\$12	550	4.8	26	43	240
3	士林棧	大角咀棕樹街2-20號地下1A舖	凍百香果紅茶	\$16	480	5.2	25	32	150
4	風尚台灣小吃	天后電氣道39號地下	凍白香果紅茶	\$18	570	5.3	30	40	230
5	飲嘢	大埔舊墟直街9號粵發大廈地下4-5號舖	百香果綠茶凍轉紅茶	\$22	600	6.6	40	32	190
6	茶點	大埔海賓花園7B號舖	百香果紅茶	\$20	470	8.4	39	50	230
7	仙跡岩	西環西寶城2樓221號	大凍百香果紅茶	\$28	460	8.6	39	48	220
8	清玉	葵芳葵富路7號葵涌廣場3樓303D	百香紅茶凍	\$19	600	9.1	55	41	250
9	台北茶坊	沙田德厚街3號禾輦廣場2樓250號舖	百香果紅茶	\$13	440	11	48	56	250
Jasmine green tea									
10	8鍋臭臭鍋	尖沙咀金巴利道77號地舖	茉香綠茶	\$24	600	4.5	27	21	130
11	CoCo都可	灣仔軒尼詩道84號地下	茉莉綠茶大杯	\$15	630	5.0	32	26	170
12	天仁茗茶	屯門V City—田百貨TM4-005專櫃	冰茉香綠茶	\$15	450	5.3	24	29	130
13	丸茶手作	何文田勝利道12號地下1B號舖	頂級茉香綠茶 (L)	\$17	600	5.4	32	29	170
14	賞茶	屯門市廣場一期3樓3219及3221號舖	茉莉綠茶	\$17	600	5.9	35	26	160
15	阿元來了	西營盤第三街73號地下	茉莉綠茶 (凍飲)	\$20	470	6.3	30	29	140
16	KOI The	旺角登打士街55號鴻達樓地下2號舖	茉莉綠茶 大	\$21	650	6.6	43	31	200
17	清玉	葵芳葵富路7號葵涌廣場3樓303D	茉莉鮮綠茶 凍	\$15	650	6.7	44	30	200
18	貢茶	荃灣葵興徑14號A地下	茉香綠茶	\$16	600	6.9	41	30	180
19	籠町茶番	荃灣青山公路荃灣段219號富華中心—樓C舖	鮮茉莉綠茶	\$14	650	7.7	50	36	230
Honey green tea									
20	入麵	荃灣路德圍42號安富大廈地下	蜂蜜綠茶 凍	\$17	600	4.2	25	20	120
21	鐵牛台灣牛肉麵	旺角彌敦道688號旺角中心第1期地庫A舖	(凍) 蜂蜜綠茶	\$28	430	4.3	19	20	87
22	日出茶太	天水圍天澤商場街市地下4號舖	蜂蜜綠茶	\$19	550	4.8	26	21	120
23	丸茶手作	何文田勝利道12號地下1B號舖	蜂蜜綠茶 (L)	\$19	600	4.8	29	24	140
24	茶湯會	中環皇后大道中151-155號兆英商業大廈地下A3號舖	蜂蜜綠茶	\$20	410	5.5	22	34	140
25	天仁茗茶	屯門V City—田百貨TM4-005專櫃	冰蜂蜜綠	\$18	450	5.6	25	32	140
26	西門町台灣麵食	旺角通菜街2號鴻光大廈地下N舖	蜂蜜綠茶	\$20	400	6.0	24	28	110
27	清玉	葵芳葵富路7號葵涌廣場3樓303D	蜂蜜綠茶 凍	\$20	600	6.4	38	30	180
28	士林台灣麵	元朗西菁街9號富盛大廈地下105號	蜂蜜綠茶	\$17	460	7.7	35	37	170
29	101肉燥飯專門店	屯門河傍街146號美基樓地下	蜂蜜綠茶 (凍, 大)	\$10	600	8.5	51	40	240
Mango green tea									
30	歇腳亭	西環德輔道西402-404號創業中心地下G74及G92舖	冰芒果綠茶 (大)	\$21	700	3.9	27	45	320
31	KOI The	旺角登打士街55號鴻達樓地下2號舖	芒果綠 大	\$29	700	4.0	28	38	270
32	士林棧	大角咀棕樹街2-20號地下1A舖	凍 芒果綠茶	\$16	480	4.4	21	31	150
33	米拉	觀塘成業街7號東廣場地下45號舖	凍芒果綠茶	\$17	600	5.2	31	33	200
34	阿元來了	西營盤第三街73號地下	芒果綠茶 (凍飲)	\$20	490	5.5	27	35	170
35	茶點	大埔海賓花園7B號舖	芒果綠茶	\$20	490	6.1	30	44	220
36	8鍋臭臭鍋	尖沙咀金巴利道77號地舖	芒果綠茶	\$26	600	6.6	40	30	180
37	茶工匠	尖沙咀加拿分道45-47號地下D1號舖	芒果綠茶	\$18	600	6.8	41	32	190
38	CoCo都可	灣仔軒尼詩道84號地下	芒果綠茶 大杯	\$19	670	7.6	51	46	310
Matcha Latte									
39	天仁茗茶	屯門V City—田百貨TM4-005專櫃	冰綠抹拿鐵	\$24	470	3.0	14	49	230
40	Green Waffle Diner	中環嘉咸街35-39號嘉豪大廈地舖	Iced Green Tea Latte	\$44	370	3.2	12	53	190
41	Artisan Room	西環石塘咀南里8-12號	Green Tea Latte Iced	\$52	430	3.8	16	43	190
42	星巴克	大埔大埔超級城C區2樓598-599店	Iced Matcha Latte	\$43	500	4.0	20	54	270
43	咖啡弄	尖沙咀漢口道38-40號漢興大廈1樓A及B舖	冰抹茶歐雷	\$44	470	4.2	20	67	310
44	Habitu	元朗元龍街9號形點一期1樓1075號舖	Ice Matcha Latte (V)	\$54	450	4.4	20	51	230
45	茗作	馬鞍山鞍祿街18號新港城中心2樓2093號舖	出雲抹茶鮮奶 (大) 凍	\$27	600	5.5	33	38	230
46	御前上茶	旺角廣華街13號廣輝大廈地下4-5號舖	T30 森半抹茶拿鐵	\$42	350	6.3	22	69	240
47	Freshtea	旺角亞皆老街65號新之城地下G21號舖	牛奶抹茶 (大凍)	\$26	600	6.6	40	64	380
48	籠町茶番	荃灣青山公路荃灣段219號富華中心—樓C舖	抹茶拿鐵	\$28	650	11	72	74	480
Taro milk tea									
49	風尚台灣小吃	天后電氣道39號地下	凍芋香奶茶	\$20	600	2.8	17	100	600
50	阿元來了	西營盤第三街73號地下	香芋奶茶 (凍飲)	\$23	440	2.9	13	88	390
51	歇腳亭	尖沙咀科學館道14號新文華中心地下60號舖	冰-芋香奶茶 大冰	\$18	650	3.2	21	63	410
52	飲嘢	大埔舊墟直街9號粵發大廈地下4-5號舖	香芋珍珠奶茶凍(走珍珠)	\$22	600	4.1	25	45	270
53	歎番杯	荃灣大壩街47號地下4號舖	(L)香芋奶茶	\$19	550	4.5	25	61	340
54	台軒	沙田大涌橋路34-36號麗豪酒店地下	凍香芋珍珠奶茶 (走珍珠)	\$29	660	5.1	34	77	510
55	台南阿豆仔	銅鑼灣蘭芳道19號地下	芋香仙草奶茶(走仙草) (凍)	\$28	400	5.3	21	59	240
56	茶工匠	尖沙咀加拿分道45-47號地下D1舖	香芋奶茶	\$20	550	6.0	33	78	430
57	古早牛肉麵	深水埗福榮街116號地舖	芋香珍珠奶茶 (走珍珠)	\$22	600	6.9	41	79	470
58	茶木台式休閒餐廳	馬鞍山新港城中心L3樓3001號舖	冰香芋奶茶	\$32	400	10	40	90	360

Table 2: Analytical Results of Sugar and Energy Contents of 'Regular' Version of Non-prepackaged Tea-based Beverages Samples (cont.)

No. [1]	Shop name	Address	Product description [2]	Price [3]	Average weight per portion (g) [4] [5] [6]	Test result [6]			
						Total sugar (g)		Energy (kcal)	
						per 100g	per portion	per 100g	per portion
Pearl tapioca milk tea									
59	茶湯會	中環皇后大道中151-155號兆英商業大廈地下A3號舖	珍珠奶茶	\$22	450	1.6	7.1	94	420
60	賞茶	屯門市廣場一期3樓3219及3221號舖	波霸奶茶	\$20	600	2.3	14	72	430
61	鹿角巷	尖沙咀彌敦道27-33號良士大廈地下F舖	珍珠奶茶 正常正常	\$20	480	2.7	13	90	430
62	茶點	大埔安慈路1號海賓花園地下7B號舖	珍珠奶茶	\$20	500	5.5	28	93	470
63	仙跡岩	西環西寶城2樓221號	大凍珍珠奶茶	\$30	470	5.6	26	58	270
64	Freshtea	旺角亞皆老街65號新之城地下G21號舖	黑珍珠奶茶 (大凍)	\$22	600	5.6	34	74	440
65	歎番杯	荃灣大壩街47號地下4號舖	L 香滑珍珠奶茶	\$19	550	5.7	31	69	380
66	台南阿豆仔	銅鑼灣蘭芳道19號地下	經典珍珠奶茶 (凍)	\$28	400	6.6	26	73	290
67	日出茶太	天水圍天澤商場地下4號舖	濃香珍珠奶茶 (細珍珠)	\$19	550	6.7	37	74	410
68	Comebuy	灣仔柯布連道3B號地下	大珍珠奶茶	\$20	600	7.3	44	82	490
Cheese milk foam/ Milk foam green tea									
69	賞茶	屯門市廣場一期3樓3219及3221號舖	芝士奶蓋綠茶	\$28	600	1.4	8.4	61	370
70	Flamingo Bloom	中環士丹利街50號信誠廣場地下B號舖	奶蓋茉莉綠茶	\$36	550	1.8	10	45	250
71	歇腳亭	尖沙咀科學館道14號新文華中心地下60號舖	冰-起司奶蓋綠茶-大	\$18	600	2.1	13	57	340
72	了不起	西環皇后大道西455號龍輝花園地下1號舖	(凍)奶蓋綠茶	\$30	600	2.6	16	58	350
73	皇茶	旺角登打士街仁安大廈22號舖	皇芝士綠妍 (加大)	\$31	550	3.7	20	54	300
74	籠町茶番	荃灣青山公路荃灣段219號富華中心一樓C舖	奶蓋綠茶	\$19	650	4.1	27	67	440
75	CoCo都可	灣仔軒尼詩道84號地下	法式奶霜綠茶大杯	\$23	570	4.2	24	74	420
76	貢茶	荃灣荃興徑14號A地下	奶蓋綠茶	\$21	600	4.7	28	54	320
77	Comebuy	灣仔柯布連道3B號地下	大 綠茶泡沫奶霜	\$19	570	4.8	27	40	230
78	Freshtea	旺角亞皆老街65號新之城地下G21號舖	芝士經典綠 (大凍)	\$24	550	5.6	31	58	320
Note:									
[1] Arranged in ascending order of sugar content per 100g. If the sugar contents per 100g are the same, then arranged in ascending order of energy per 100g. Test results could not be verified with '士林棧' (#3 and #32), '台南阿豆仔' (#55 and #66) and '茶工匠' (#37 and #56) as they were closed when testing results were sent to premises in January. The branch of 貢茶 (#18 and #76) located at Shop A, 14 Tsuen Hing Path, Tsuen Wan has closed down, and test results were sent to another branch.				[3] Price is for reference only, which was provided according to the receipt when samples were bought in May to July 2018 by the Centre for Food Safety. Exact price may be varied due to different shops and districts.					
[2] Product description was provided according to the names on the menu, receipt, or the labels on the drinks.				[4] As samples were collected in multiple serves, the average weight of each portion of beverages was shown. [5] Unless specified, if different portion sizes were available, the largest size would be purchased during sample collection. [6] The figures were organised with significant figures and rounding rules applied.					

Table 4: Analytical Results of Sugar and Energy Contents of Pearl Tapioca in 'No Added Sugar' Version of Non-prepackaged Tea-based Beverages Samples

No. [1]	Shop name	Address	Product description [2]	Price [3]	Average weight of each portion of pearl tapioca(g) [4] [5] [6]	Test result [6]				Note:
						Total sugar (g)		Energy (kcal)		
						per 100g	per portion of pearl tapioca	per 100g	per portion of pearl tapioca	
79	仙跡岩	西環西寶城2樓221號	大凍珍珠奶茶 走甜	\$30	160	0.66	1.1	99	160	[1] Arranged in ascending order of sugar content per 100g.  Test results could not be verified with '台南阿豆仔' (#80) as they were closed when testing results were sent to premises in January.  [2] Product description was provided according to the names on the menu, receipt, or labels on the drinks.  *No sugar was added in the making process upon request when sample #80 was collected.  [3] Price is for reference only, which was provided according to the receipt when samples were bought in May to July 2018 by the Centre for Food Safety. Exact price may be varied due to different shops and districts.  [4] As samples were collected in multiple serves, the average weight of each portion of pearl tapioca was shown.  [5] Unless specified, if different portion sizes were available, the largest size would be purchased during sample collection.  [6] The figures were organised with significant figures and rounding rules applied.
80	台南阿豆仔	銅鑼灣蘭芳道19號地下	經典珍珠奶茶 (凍)*	\$28	110	1.2	1.3	100	110	
81	茶湯會	中環皇后大道中151-155號兆英商業大廈地下A3號舖	珍珠奶茶 去糖	\$22	160	2.4	3.9	100	160	
82	Freshtea	旺角亞皆老街65號新之城地下G21號舖	黑珍珠奶茶(大凍) 全走甜(0%)	\$22	210	2.9	6.2	120	260	
83	鹿角巷	尖沙咀彌敦道27-33號良士大廈地下F舖	珍珠奶茶 無糖 / 正常	\$20	160	3.2	5.2	100	160	
84	茶點	大埔海寶花園7B號舖	珍珠奶茶 走S	\$20	160	4.3	7.0	140	230	
85	賞茶	屯門市廣場一期3樓3219及3221號舖	波霸奶茶 無糖	\$20	150	4.5	6.8	100	150	
86	歎番杯	荃灣大壩街47號地下4號舖	(L)香滑珍珠奶茶 無糖	\$19	150	5.5	8.3	100	150	
87	日出茶太	天水圍天澤商場地下4號舖	濃香珍珠奶茶 無糖 (0%) (細珍珠)	\$19	150	6.4	10	96	140	
88	Comebuy	灣仔柯布連道3B號地下	大珍珠奶茶 無糖	\$20	160	6.8	11	130	210	
					Overall	160	3.8	6.0	110	

Table 6: Analytical Results of Sugar Content of 'No Added Sugar' Version of Non-prepackaged Tea-based Beverages Samples

No. [1]	Shop name	Address	Product description [2]	Price [3]	Average weight per portion (g) [4] [5] [6]	Test result [6]	
						Total sugar per 100g	Total sugar per portion (g)
Passion fruit black tea							
89	士林棧	大角咀棕樹街2-20號地下1A舖	凍百香果紅茶*	\$16	480	5.1	24
90	台北茶坊	沙田德厚街3號禾輦廣場2樓250號舖	百香果紅茶 走甜	\$13	420	5.2	22
91	臺道手抓餅專門店	粉嶺和隆街2-8號寶寧樓地下2B號舖	百香果紅茶*	\$12	550	5.4	30
92	仙跡岩	西環西寶城2樓221號	大凍百香果紅茶 走甜	\$28	480	8.9	43
Honey green tea							
93	西門町台灣麵食	旺角通菜街2號鴻光大廈地下N舖	蜂蜜綠茶*	\$20	370	3.8	14
94	清玉	葵芳葵富路7號葵涌廣場3樓303D	蜂蜜綠茶 (凍, 無糖)	\$20	600	4.1	25
95	鐵牛台灣牛肉麵	旺角彌敦道688號旺角中心第1期地庫A舖	(凍) 蜂蜜綠茶 走甜	\$28	430	4.3	19
96	茶湯會	中環皇后大道中151-155號兆英商業大廈地下A3號舖	蜂蜜綠茶 去糖	\$20	410	5.1	21
97	士林台灣麵	元朗西菁街9號富盛大廈地下105號	蜂蜜綠茶 無糖	\$17	430	5.1	22
Mango green tea							
98	阿元來了	西營盤第三街73號地下	凍飲芒果綠茶 走糖	\$20	480	2.8	13
99	KOI The	旺角登打士街55號鴻達樓地下2號舖	芒果綠-大 無糖	\$29	650	3.2	21
100	8鍋臭臭鍋	尖沙咀金巴利道77號地舖	芒果綠茶 走甜	\$26	600	3.5	21
101	米拉	觀塘成業街7號東廣場地下45號舖	凍芒果綠茶 無糖	\$17	550	4.4	24
102	茶點	大埔海寶花園7B號舖	芒果綠茶 走S	\$20	500	6.7	33
Taro milk tea							
103	飲嘢	大埔舊墟直街9號粵發大廈地下4-5號舖	香芋珍珠奶茶 凍 走甜 走珍珠	\$22	600	1.1	6.6
104	歎番杯	荃灣大壩街47號地下4號舖	(L)香芋奶茶 無糖	\$19	550	1.4	7.7
105	風尚台灣小吃	天后電氣道39號地下	凍芋香奶茶*	\$20	600	3.1	19
106	茶工匠	尖沙咀加拿分道45-47號地下D1舖	香芋奶茶 無糖	\$20	550	5.0	28
107	茶木台式休閒餐廳	馬鞍山新港城中心L3樓層3001號舖	(冰)香芋奶茶 走甜	\$32	400	6.2	25
Matcha Latte							
108	Green Waffle Diner	中環嘉咸街35-39號嘉豪大廈地舖	Iced Green Tea Latte*	\$44	320	1.5	4.9
109	天仁茗茶	屯門V City—田百貨TM4-005專櫃	冰綠抹拿鐵 無糖	\$24	420	1.7	7.1
110	咖啡弄	尖沙咀漢口道38-40號漢興大廈1樓A及B舖	冰抹茶歐蕾 去糖	\$44	470	2.9	14
111	Artisan Room	西環石塘咀南里8-12號	Green Tea Latte Iced*	\$52	430	3.4	15
112	籠町茶番	荃灣青山公路荃灣段219號富華中心一樓C舖	抹茶拿鐵 無糖 0%	\$28	650	4.8	31
Pearl tapioca milk tea							
113	台南阿豆仔	銅鑼灣蘭芳道19號地下	經典珍珠奶茶(凍)*	\$28	400	1.0	3.9
114	茶湯會	中環皇后大道中151-155號兆英商業大廈地下A3號舖	珍珠奶茶 去糖	\$22	450	2.1	9.3
115	賞茶	屯門市廣場一期3樓3219及3221號舖	波霸奶茶 無糖	\$20	500	2.1	11
116	茶點	大埔海寶花園7B號舖	珍珠奶茶 走S	\$20	470	2.5	12
117	Comebuy	灣仔柯布連道3B號地下	大珍珠奶茶 無糖	\$20	600	3.1	19
Cheese milk foam/ Milk foam green tea							
118	了不起	西環皇后大道西455號龍暉花園地下1號舖	(凍)奶蓋綠茶 無糖	\$30	600	0.34	2.0
119	Comebuy	灣仔柯布連道3B號地下	大 綠茶泡沫奶霜 無糖	\$19	530	1.2	6.4
120	皇茶	旺角登打士街仁安大廈22號舖	皇芝士綠妍 加大 走甜	\$31	550	1.2	6.6
121	Freshtea	旺角亞皆老街65號新之城地下G21號舖	芝士經典綠(大凍) 全走甜(0%)	\$24	550	1.8	10
122	Flamingo Bloom	中環士丹利街50號信誠廣場地下B號舖	奶蓋茉莉綠茶 走甜	\$36	550	2.2	12
Jasmine green tea							
123	天仁茗茶	屯門V City—田百貨TM4-005專櫃	冰茉莉綠茶 無糖	\$15	440	0.0	0.0
124	貢茶	荃灣荃興徑14號A地下	茉莉綠茶 無糖(0%)	\$16	600	0.032	0.19
125	CoCo都可	灣仔軒尼詩道84號地下	茉莉綠茶大杯 無糖	\$15	600	0.046	0.28
126	籠町茶番	荃灣青山公路荃灣段219號富華中心一樓C舖	鮮茉莉綠茶 無糖 0%	\$14	600	0.066	0.40
127	清玉	葵芳葵富路7號葵涌廣場3樓303D	茉莉鮮綠茶(凍, 無糖)	\$15	600	0.12	0.72

Note:

\*No sugar was added in the making process upon request when samples were collected.

[1] Arranged in ascending order of sugar content per 100g. If the sugar contents per 100g are the same, then arranged in ascending order of energy per 100g.  
Test results could not be verified with ‘士林棧’ (#89), ‘茶工匠’ (#106) and ‘台南阿豆仔’ (#113) as they were closed when testing results were sent to premises in January.  
The branch of 貢茶 (#124) located at Shop A, Tsuen Hing Path, Tsuen Wan was closed and the testing results were sent to another branch.

[2] Product description was provided according to the names on the menu, receipt, or labels on the drinks.

[3] Price is for reference only, which was provided according to the receipt when samples were bought in May to July 2018 by the Centre for Food Safety. Exact price may be varied due to different shops and districts.

[4] As samples were collected in multiple serves, the average weight of each portion of beverages was shown.

[5] Unless specified, if different portion sizes were available, the largest size would be purchased during sample collection.

[6] The figures were organised with significant figures and rounding rules applied.