



Out of Home Milkshake Survey 2018 - All Data

Data table sorted by highest sugars per serving

Product information was collected online.

Colour coding based on front of pack colour-coded nutrition labelling criteria for sugars:

Red >13.5g/portion or >11.25g/100ml, Amber >2.5≤11.25/100ml, Green ≤2.25g/100ml

NP = Not Provided

* Five Guys 'Create your own': for the purpose of the survey, the following mix-ins were chosen.

However, nutrients significantly differ depending on the combination chosen.

** 4g sugar = 1 teaspoon

| Chain | Product Name | Calories per serving (kcal) | Sugars per serving (g) | Teaspoons of sugar per serving** |
|------------------------|---|-----------------------------|------------------------|----------------------------------|
| Toby Carvery | Unicorn Freakshake | 1280 | 156.0 | 39 |
| Five Guys* | Milk Shake Base + Banana + Chocolate | 1073 | 149.0 | 37 |
| Five Guys* | Milk Shake Base + Cherry | 975 | 120.0 | 30 |
| Pizza Hut | Salted Caramel Ice Cream Shake | 738 | 95.4 | 24 |
| Harvester | Cookie Monster Freak Shake | 1067 | 95.0 | 24 |
| Toby Carvery | Cookie & Chocolate Freakshake | 961 | 94.0 | 24 |
| Pizza Hut | Oreo Ice Cream Shake | 834 | 93.3 | 23 |
| Gourmet Burger Kitchen | Oreo Milkshake | 850 | 92.1 | 23 |
| Harvester | Salted Caramel Waffle Freak Shake | 753 | 91.0 | 23 |
| Five Guys* | Milk Shake Base + Oreo® Cookie Pieces | 839 | 87.9 | 22 |
| Gourmet Burger Kitchen | Sea Salted Caramel Milkshake | 681 | 85.2 | 21 |
| Five Guys* | Milk Shake Base + Peanut Butter | 1026 | 84.6 | 21 |
| Gourmet Burger Kitchen | Strawberry Milkshake | 631 | 83.3 | 21 |
| Pizza Hut | Chocolate Ice Cream Shake | 682 | 81.5 | 20 |
| Gourmet Burger Kitchen | Double Belgian Chocolate Milkshake | 752 | 80.7 | 20 |
| Gourmet Burger Kitchen | Banana Milkshake | 627 | 80.4 | 20 |
| Pizza Hut | Strawberry Ice Cream Shake | 698 | 78.5 | 20 |
| Burger King | Oreo Shake | 570 | 76.0 | 19 |
| Toby Carvery | Yorkie Pud Freakshake | 972 | 76.0 | 19 |
| Gourmet Burger Kitchen | Peanut Butter Milkshake | 912 | 75.5 | 19 |
| Pizza Hut | Vanilla Ice Cream Shake | 640 | 75.4 | 19 |
| Gourmet Burger Kitchen | Madagascan Vanilla Milkshake | 624 | 75.2 | 19 |
| McDonalds | Vanilla Milkshake Large | 436 | 70.0 | 18 |
| McDonalds | Banana Milkshake Large | 426 | 68.0 | 17 |
| Burger King | Strawberry Milkshake | 430 | 68.0 | 17 |
| McDonalds | Strawberry Milkshake Large | 426 | 68.0 | 17 |
| Burger King | Chocolate Milkshake | 430 | 61.0 | 15 |
| Harvester | Strawberry Fun Fair Freak Shake | 762 | 60.0 | 15 |
| McDonalds | Chocolate Milkshake Large | 433 | 57.0 | 14 |
| McDonalds | Vanilla Milkshake Medium | 340 | 55.0 | 14 |
| McDonalds | Banana Milkshake Medium | 332 | 53.0 | 13 |
| McDonalds | Strawberry Milkshake Medium | 331 | 53.0 | 13 |
| Burger King | Vanilla Milkshake | 370 | 52.0 | 13 |
| KFC | MilkyBar Krushems™ | 400 | 48.3 | 12 |
| McDonalds | Chocolate Milkshake Medium | 337 | 45.0 | 11 |
| KFC | Skittles® Krushems™ | 295 | 44.5 | 11 |
| McDonalds | Mocha Iced Frappe Large | 362 | 41.0 | 10 |
| McDonalds | Caramel Iced Frappe Large | 391 | 40.0 | 10 |
| KFC | Oreo® Krushem™ | 350 | 40.0 | 10 |
| McDonalds | Mocha Iced Frappe Regular | 300 | 33.0 | 8 |
| McDonalds | Caramel Iced Frappe Regular | 313 | 32.0 | 8 |
| KFC | Maltesers® Krushems™ | 280 | 31.2 | 8 |
| McDonalds | Vanilla Milkshake Small | 179 | 29.0 | 7 |
| McDonalds | Banana Milkshake Small | 175 | 28.0 | 7 |
| McDonalds | Strawberry Milkshake Small | 174 | 28.0 | 7 |
| McDonalds | Chocolate Milkshake Small | 178 | 24.0 | 6 |
| Burger King | KIT KAT® Shake | NP | NP | |
| Byron | Banana Milkshake | NP | NP | |
| Byron | Chocolate Milkshake | NP | NP | |
| Byron | MISSISSIPPI Shake | NP | NP | |
| Byron | Oreo® Milkshake | NP | NP | |
| Byron | Salted Caramel Milkshake | NP | NP | |
| Byron | Strawberry Milkshake | NP | NP | |
| Byron | Vanilla Milkshake | NP | NP | |
| Creams | Sour Skittles Thick Milkshake | NP | NP | |
| Creams | Skittles Thick Milkshake | NP | NP | |
| Creams | Hazelnut Spread Thick Milkshake | NP | NP | |
| Creams | M&Ms Peanut or Chocolate Thick Milkshake | NP | NP | |
| Creams | Crunchie Thick Milkshake | NP | NP | |
| Creams | Smarties Thick Milkshake | NP | NP | |
| Creams | Maltsers Thick Milkshake | NP | NP | |
| Creams | Kinder Bueno White Thick Milkshake | NP | NP | |
| Creams | Snickers Thick Milkshake | NP | NP | |
| Creams | Kinder Bueno White Thick Milkshake | NP | NP | |
| Creams | Creams Luxury Chocolat Gelato Thick Milkshake | NP | NP | |
| Creams | Peanut Butter Thick Milkshake | NP | NP | |
| Creams | After Eight Thick Milkshake | NP | NP | |
| Creams | Orea Cookies Thick Milkshake | NP | NP | |

| Chain | Product Name | Calories per serving (kcal) | Sugars per serving (g) | Teaspoons of sugar per serving** |
|-------------------------|---|-----------------------------|------------------------|----------------------------------|
| Creams | Alphonso Mango Scoopshake | NP | NP | |
| Creams | Almalfi Lemon Scoopshake | NP | NP | |
| Creams | Banana Brasile Scoopshake | NP | NP | |
| Creams | Bubblegum Blue Scoopshake | NP | NP | |
| Creams | Bubblegum Pink Scoopshake | NP | NP | |
| Creams | Cherry Amerena Scoopshake | NP | NP | |
| Creams | Chocolate Chip Scoopshake | NP | NP | |
| Creams | Chocolate Double NU Scoopshake | NP | NP | |
| Creams | Chocolate Fudge Brown Scoopshake | NP | NP | |
| Creams | Creams Luxury Chocolat Gelato Scoopshake | NP | NP | |
| Creams | Coconut Scoopshake | NP | NP | |
| Creams | Cookie Dough Scoopshake | NP | NP | |
| Creams | Hazelnut Scoopshake | NP | NP | |
| Creams | Maltseers Scoopshake | NP | NP | |
| Creams | Mint Choc Chip Scoopshake | NP | NP | |
| Creams | Oreo Scoopshake | NP | NP | |
| Creams | Pistachio Scoopshake | NP | NP | |
| Creams | Raspberry ripple Scoopshake | NP | NP | |
| Creams | Raspberry Scoopshake | NP | NP | |
| Creams | Salted Caramel Scoopshake | NP | NP | |
| Creams | Strawberry Scoopshake | NP | NP | |
| Creams | Toffee Butterscotch Scoopshake | NP | NP | |
| Creams | Vanilla Pod Scoopshake | NP | NP | |
| Creams | White Chocolate Scoopshake | NP | NP | |
| Creams | Pro-Oreo Power Shake | NP | NP | |
| Creams | Super Slim Power Shake | NP | NP | |
| Creams | The Marathon Power Shake | NP | NP | |
| Creams | The Bulker Power Shake | NP | NP | |
| Creams | Cookie-A-Dough-Go Freakshake | NP | NP | |
| Creams | Berries, Mallows and creams-oh my! Freakshake | NP | NP | |
| Creams | Moch-a-freak-gato! Freakshake | NP | NP | |
| Creams | Triple Banoffee Explosion Freakshake | NP | NP | |
| Creams | The Choctastic Nutty Freakshow Freakshake | NP | NP | |
| Creams | The S'Mor-E-Oreo Freakshake | NP | NP | |
| Eds diner | Banana Milkshake | NP | NP | |
| Eds diner | Butterscotch Milkshake | NP | NP | |
| Eds diner | Chocolate Milkshake | NP | NP | |
| Eds diner | Lotus Biscoff Deluxe Shake | NP | NP | |
| Eds diner | Mint Milkshake | NP | NP | |
| Eds diner | Mint Chocolate Double flavour Milkshake | NP | NP | |
| Eds diner | Mocha Double Flavour Milkshake | NP | NP | |
| Eds diner | Nutella Deluxe Shake | NP | NP | |
| Eds diner | Oreo Deluxe Shake | NP | NP | |
| Eds diner | Reese's Peanut Butter Deluxe Shake | NP | NP | |
| Eds diner | Strawberry Milkshake | NP | NP | |
| Eds diner | Vanilla Milkshake | NP | NP | |
| Eds diner | White Chocolate Milkshake | NP | NP | |
| Frankie and Benny's | Biscuit Caramel Milkshake | NP | NP | |
| Frankie and Benny's | Chocolate Milkshake | NP | NP | |
| Frankie and Benny's | Cookie Crumble Milkshake | NP | NP | |
| Frankie and Benny's | Cookie Monster Freakshake | NP | NP | |
| Frankie and Benny's | Salted Caramel Waffle Freakshake | NP | NP | |
| Frankie and Benny's | Strawberry Milkshake | NP | NP | |
| Frankie and Benny's | Vanilla Milkshake | NP | NP | |
| Handmade Burger Company | Banana handmade shake | NP | NP | |
| Handmade Burger Company | Black forest premium handmade shake | NP | NP | |
| Handmade Burger Company | Chocolate handmade shake | NP | NP | |
| Handmade Burger Company | Marathon premium handmade shake | NP | NP | |
| Handmade Burger Company | Oreo premium handmade shake | NP | NP | |
| Handmade Burger Company | Peanut butter preamium handmade shake | NP | NP | |
| Handmade Burger Company | Salted caramel premium handmade shake | NP | NP | |
| Handmade Burger Company | Strawberry cheesecake handmade shake | NP | NP | |
| Handmade Burger Company | Strawberry handmade shake | NP | NP | |
| Handmade Burger Company | Vanilla handmade shake | NP | NP | |
| TGI Fridays | Banana regular shake | NP | NP | |
| TGI Fridays | Birthday Cake Ultimate Shake | NP | NP | |
| TGI Fridays | Choccylicious Ultimate Shake | NP | NP | |
| TGI Fridays | Chocolate Oreo® Regular Shake | NP | NP | |
| TGI Fridays | Chocolate Regular Shake | NP | NP | |
| TGI Fridays | Cookie Regular Shake | NP | NP | |
| TGI Fridays | Kookie Monster Ultimate Shake | NP | NP | |
| TGI Fridays | Strawberry Regular Shake | NP | NP | |