

Nutrition Facts

HOT DRINKS

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Black Coffee															
10 oz	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Cafe Americano															
12 oz	5	0	0	0	0	0	5	1	0	1	0	0	0	0	0
16 oz	10	0	0	0	0	0	15	1	0	1	0	0	0	0	0
20 oz	10	0	0	0	0	0	20	2	0	2	0	0	0	0	0
Cafe Au Lait															
12oz	80	35	4	2.5	0	15	60	5	0	5	4	2	2	20	0
Cafe Latte															
12 oz	150	70	8	5	0	35	115	11	0	11	8	6	4	35	0
16 oz	190	90	10	6	0	40	150	14	0	14	10	8	6	40	0
16 oz - non-fat milk	110	0	0	0	0	5	150	16	0	16	11	10	6	40	0
20 oz	220	100	12	7	0	50	180	18	0	18	11	8	6	50	0
Cafe Mocha															
12 oz	300	120	13	10	0	45	100	39	2	35	8	4	4	30	4
16 oz	360	140	15	11	0	55	130	47	2	43	10	6	4	35	6
16 oz - non-fat milk	300	60	7	6	0	25	135	48	2	44	11	10	4	35	6
20 oz	420	160	17	12	0	60	160	56	3	51	12	8	6	45	6
Cappuccino															
10 oz	35	15	1.5	1	0	5	30	3	0	3	2	2	0	8	0
12 oz	60	30	3	2	0	15	55	5	0	5	3	2	2	15	0
16 oz	90	40	4.5	3	0	20	80	8	0	8	4	4	2	20	0
16 oz - non-fat milk	60	0	0	0	0	5	85	9	0	9	5	6	2	20	0
Caramel Macchiato															
12 oz	260	110	12	9	0	50	115	26	0	26	7	6	4	35	0
16 oz	330	130	14	11	0	60	150	39	0	39	9	6	4	40	0
16 oz - non-fat milk	260	45	5	5	0	25	160	40	0	40	10	10	4	40	0
Con Panna															
10 oz	70	45	5	5	0	20	5	5	0	5	0	0	0	0	0
Double 10 oz	80	45	5	5	0	20	10	6	0	6	0	0	0	0	0
Triple 12 oz	80	45	5	5	0	20	20	7	0	7	0	0	0	0	0
Espresso															
Double 10 oz	10	0	0	0	0	0	10	1	0	1	0	0	0	0	0
Triple 12 oz	10	0	0	0	0	0	20	2	0	2	0	0	0	0	0
10 oz	5	0	0	0	0	0	5	1	0	1	0	0	0	0	0
Fog Lifter															
12 oz	5	0	0	0	0	0	10	1	0	1	0	0	0	0	0
16 oz	10	0	0	0	0	0	20	1	0	1	0	0	0	0	0
20 oz	15	5	0	0	0	0	25	2	0	2	1	0	0	2	2
Hot Caramel Apple Cider															
12 oz	250	45	5	4.5	0	20	20	49	1	44	0	0	4	2	6
16 oz	350	45	5	4.5	0	20	30	72	1	66	0	0	6	2	8
20 oz	440	45	5	4.5	0	20	35	94	1	88	0	0	8	2	10
Hot Chocolate															
10 oz	280	90	10	6	0	35	120	41	2	37	10	6	4	35	4
12 oz	340	110	12	8	0	45	140	50	3	44	12	8	4	45	6
16 oz	450	150	17	10	0	55	190	66	3	59	15	10	6	60	8
16 oz - non-fat milk	350	35	3.5	2	0	10	200	68	3	61	17	15	6	60	8
20 oz	560	190	21	13	0	70	240	83	4	74	19	10	8	70	10
Italian Steamer															
12 oz Regular	230	90	10	6	0	40	135	26	0	26	10	8	4	40	0
12 oz SF	180	90	10	6	0	40	140	13	0	13	10	8	4	40	0
16 oz Regular	350	120	13	8	0	60	190	44	0	44	13	10	6	60	0
16 oz SF	250	120	13	8	0	60	200	18	0	18	13	10	6	60	0
20 oz Regular	470	150	17	11	0	75	240	62	0	62	17	15	8	70	0
20 oz SF	320	150	17	11	0	75	260	24	0	23	17	15	8	70	0

Nutty Cow

12 oz	190	70	8	5	0	35	120	21	0	21	8	6	4	35	0
16 oz	270	90	10	6	0	40	150	35	0	34	10	8	6	40	0
16 oz - non-fat milk	200	0	0	0	0	5	160	36	0	35	11	10	6	40	0
20 oz	350	100	12	7	0	50	190	48	0	47	11	8	6	50	0

Spiced Chai Latte

12 oz	210	60	7	4	0	30	100	31	0	30	7	6	4	30	0
16 oz	290	80	9	5	0	40	130	44	0	42	9	6	4	40	0
16 oz - non-fat milk	230	0	0	0	0	5	135	45	0	44	10	10	4	40	0
20 oz	370	90	10	7	0	45	160	57	0	55	11	8	6	45	0

Traditional Macchiato

10 oz	10	5	0	0	0	0	10	1	0	1	0	0	0	2	0
Double 10 oz	10	5	0	0	0	0	15	2	0	2	0	0	0	2	0
Triple 12 oz	15	5	0	0	0	0	20	2	0	2	0	0	0	2	0

Vanilla Latte

12 oz	200	70	8	5	0	35	115	24	0	24	8	6	4	35	0
16 oz	290	90	10	6	0	40	150	40	0	40	10	8	6	40	0
16 oz - non-fat milk	220	0	0	0	0	5	150	42	0	41	11	10	6	40	0

White Chocolate Mocha

12 oz	320	140	15	12	0	50	125	35	0	33	7	6	4	35	0
16 oz	460	180	20	15	0	60	170	58	0	54	9	6	4	40	0
16 oz - non-fat milk	390	90	10	10	0	25	170	59	0	55	10	10	4	40	0
20 oz	610	220	24	19	0	70	210	81	0	74	11	8	6	50	0

COLD DRINKS

Iced Americano

16 oz	5	0	0	0	0	0	10	1	0	1	0	0	0	0	0
24 oz	10	0	0	0	0	0	15	2	0	2	0	0	0	0	0
32 oz	15	0	0	0	0	0	20	2	0	2	0	0	0	0	2

Iced Blended 50-50

10 oz	230	70	8	7	0	20	10	36	0	34	1	4	100	0	0
16 oz	370	90	10	10	0	20	20	65	0	60	2	8	170	2	2
24 oz	500	120	13	12	0	20	30	90	0	83	2	10	220	2	2
32 oz	640	140	16	14	0	20	40	119	0	109	3	15	290	2	2

Iced Blended Caramel Mocha

10 oz	250	70	7	5	1	20	95	43	1	40	3	2	0	15	2
16 oz	420	90	10	6	2	20	180	79	2	75	6	4	2	25	4
24 oz	590	110	13	6	3	20	270	115	3	108	8	6	2	30	6
32 oz	770	140	15	7	4.5	20	350	152	4	143	11	6	2	40	8

Iced Blended Latte

10 oz	190	80	8	8	0	20	90	23	0	17	3	2	2	10	0
16 oz	300	110	12	12	0	20	180	40	0	29	6	4	4	20	0
24 oz	410	140	16	16	0	20	250	56	0	40	8	6	6	30	0
32 oz	520	180	20	20	0	20	340	73	0	52	11	6	8	40	0

Iced Blended Mint Chip Mocha

10 oz	260	70	7	5	1	20	100	44	1	42	3	2	0	15	2
16 oz	440	90	10	6	2	20	190	83	2	79	6	4	2	25	4
24 oz	620	110	13	6	3	20	280	121	3	114	8	6	2	30	6
32 oz	800	140	15	7	4.5	20	370	160	4	151	11	6	2	40	8

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Iced Blended Triple Chocolate Mocha															
10 oz	460	178	20	14	1	20	144	65	3	60	5	1	0	15	