

HOT DRINKS

ESPRESSO

Espresso

Single	0	0	0	0	0	0	0	0	0	0
Double	0	0	0	0	0	10	0	0	0	0

Macchiato

Single Whole Milk	10	5	0.5	0	0	10	1	0	1	1
Double Whole Milk	20	10	1	0.5	5	25	2	0	2	1
Single Nonfat Milk	5	0	0	0	0	15	1	0	1	1
Double Nonfat Milk	10	0	0	0	0	25	2	0	2	1

Cappuccino

12oz Single Whole Milk	130	60	7	4	30	115	11	0	11	7
12oz Double Whole Milk	110	50	6	3.5	25	100	9	0	9	6
12oz Single Nonfat Milk	80	0	0	0	5	120	11	0	10	8
12oz Double Nonfat Milk	70	0	0	0	5	105	9	0	9	7

Caramel Cappuccino

12oz Single Whole Milk	200	70	8	5	35	150	27	0	24	7
12oz Double Whole Milk	240	70	8	4.5	30	170	39	0	33	6
12oz Single Nonfat Milk	150	10	1	0.5	5	160	27	0	23	8
12oz Double Nonfat Milk	200	15	2	1	10	170	39	0	33	7

Americano

12oz	0	0	0	0	0	20	0	0	0	0
16oz	0	0	0	0	0	25	0	0	0	0
20oz	0	0	0	0	0	35	0	0	0	0

Café Latte

12oz Whole Milk	210	100	11	7	50	180	18	0	18	11
16oz Whole Milk	260	130	14	9	60	240	23	0	23	14
20oz Whole Milk	320	150	17	11	75	290	28	0	28	17
12oz Nonfat Milk	120	0	0	0	5	190	18	0	17	12
16oz Nonfat Milk	160	0	0	0	10	240	23	0	21	16
20oz Nonfat Milk	190	0	0	0	10	300	28	0	26	19

Mocha Latte

12oz	270	30	3.5	3	5	350	46	0	39	15
16oz	380	50	5	4.5	10	500	66	0	56	20
20oz	480	60	7	6	10	630	85	0	71	24
12oz NSA Powder	180	0	0	0	5	280	26	0	20	16
16oz NSA Powder	240	0	0	0	10	390	35	0	27	22
20oz NSA Powder	300	0	0	0	10	490	44	0	33	27

Vanilla Latte

12oz	280	40	4.5	4	5	320	45	0	41	15
16oz	390	60	7	6	10	450	65	0	59	20
20oz	500	80	9	8	10	570	83	0	75	24
12oz NSA Powder	180	0	0	0	5	310	28	0	20	14
16oz NSA Powder	240	0	0	0	10	420	39	0	27	18
20oz NSA Powder	300	0	0	0	10	530	49	0	33	23

Caramel Latte

12oz	260	30	3	2.5	10	280	46	0	40	13
16oz	390	45	5	4	15	400	70	0	61	17
20oz	520	60	7	6	15	500	94	0	82	21
12oz NSA Powder	210	10	1	0.5	10	270	38	0	30	13
16oz NSA Powder	310	15	2	1	15	380	57	0	45	16
20oz NSA Powder	410	25	2.5	1.5	15	480	76	0	60	19

White Chocolate Latte

12oz	330	80	9	8	5	410	52	0	41	12
16oz	470	120	14	12	10	580	72	0	57	15
20oz	600	170	18	16	10	740	92	0	72	18

Dark Chocolate Latte

12oz	270	35	4	3.5	5	300	46	2	39	14
16oz	380	50	6	5	10	410	66	3	56	18
20oz	480	70	8	7	10	520	85	4	71	22

Hazelnut Latte

12oz	320	80	9	9	5	260	47	0	41	13
16oz	450	120	14	14	5	350	66	0	58	17
20oz	580	160	18	18	10	430	85	0	74	20

COFFEE

Brewed Coffee

12oz	5	0	0	0	0	5	0	0	0	0
16oz	5	0	0	0	0	10	0	0	0	1
20oz	5	0	0	0	0	10	0	0	0	1

Café Au Lait

12oz	80	35	4	2.5	20	70	7	0	7	4
16oz	80	35	4	2.5	20	70	7	0	7	4
20oz	80	35	4	2.5	20	75	7	0	7	5
12oz Nonfat Milk	50	0	0	0	5	75	7	0	6	5
16oz Nonfat Milk	50	0	0	0	5	75	7	0	6	5
20oz Nonfat Milk	50	0	0	0	5	75	7	0	6	5

Café Mocha

12oz	190	30	3.5	3	0	240	35	0	29	7
16oz	270	50	5	4.5	0	330	50	0	41	9
20oz	340	60	7	6	0	410	64	0	52	10
12oz NSA Powder	100	0	0	0	0	170	15	0	10	9
16oz NSA Powder	130	0	0	0	0	220	19	0	12	11
20oz NSA Powder	160	0	0	0	0	270	23	0	14	13

All drinks with milk can be made with soy milk, which will change the nutritional information. All beverages made with powder contain milk products or sodium caseinate, a milk solid derivative.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. NSA = No Sugar Added. Beverages made with NSA Powder include other ingredients that do contain sugar.

Café Vanilla

12oz	200	40	4.5	4	0	210	34	0	31	7
16oz	280	60	7	6	0	280	48	0	44	9
20oz	360	80	9	8	0	350	62	0	56	10
12oz NSA Powder	100	0	0	0	0	190	17	0	10	7
16oz NSA Powder	130	0	0	0	0	250	22	0	12	8
20oz NSA Powder	150	0	0	0	0	310	28	0	14	9

Café Caramel

12oz	190	30	3	2.5	5	170	35	0	30	6
16oz	280	45	5	4	5	230	54	0	46	6
20oz	380	60	7	6	10	280	73	0	62	6
12oz NSA Powder	140	10	1	0.5	5	160	26	0	20	5
16oz NSA Powder	210	15	2	1	5	210	41	0	31	6
20oz NSA Powder	270	25	2.5	1.5	10	260	56	0	41	6

Café Hazelnut

12oz	240	80	9	9	0	140	35	0	30	5
16oz	340	120	14	14	0	180	50	0	43	6
20oz	440	160	18	18	0	210	64	0	55	6

Café White Chocolate

12oz	260	80	9	8	0	300	40	0	30	4
16oz	360	120	14	12	0	410	56	0	42	4
20oz	450	160	18	16	0	510	71	0	52	4

Café Dark Chocolate

12oz	190	35	4	3.5	0	180	35	2	29	6
16oz	270	50	6	5	0	240	50	3	40	7
20oz	340	70	8	7	0	300	64	4	51	8

SIGNATURE TEA

Hot Tea

16oz	0	0	0	0	0	0-25	0-1	0	0	0
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Tea Latte with Vanilla Powder

12oz	200	40	4.5	4	0	200	34	0	31	7
16oz	280	60	7	6	0	270	48	0	44	8
20oz	350	80	9	8	0	340	62	0	56	9
12oz NSA Powder	100	0	0	0	0	180	17	0	10	6
16oz NSA Powder	120	0	0	0	0	240	22	0	12	7
20oz NSA Powder	130	0	0	0	0	270	25	0	13	7

Tea Latte with Chocolate Powder

12oz	190	30	3.5	3	0	230	35	0	29	7
16oz	260	45	5	4.5	0	320	50	0	41	8
20oz	330	60	7	6	0	400	64	0	52	9
12oz NSA Powder	100	0	0	0	0	160	15	0	10	9
16oz NSA Powder	120	0	0	0	0	210	19	0	12	11
20oz NSA Powder	150	0	0	0	0	260	23	0	14	13

Matcha Latte

12oz	290	40	4.5	4	5	380	46	0	41	16
16oz	410	60	7	6	10	540	66	0	59	23
20oz	530	80	9	8	10	700	85	0	76	28

CLASSICS

Hot Chocolate

12oz	280	30	3.5	3	5	370	48	0	41	16
16oz	400	45	5	4.5	10	520	69	0	59	22
20oz	510	60	7	6	10	670	90	0		

ICE BLENDED® DRINKS

Calories
Calories from Fat
Total Fat (g)
Saturated Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Sugars (g)
Protein (g)

COFFEE DRINKS

Mocha Ice Blended® drink

12oz	270	45	5	4.5	0	330	51	0	41	9
16oz	350	60	7	6	0	430	67	0	55	11
24oz	530	90	11	9	5	640	100	0	81	17
12oz NSA Powder	120	0	0	0	0	210	19	0	11	10
16oz NSA Powder	160	0	0	0	0	270	24	0	14	13
24oz NSA Powder	230	0	0	0	5	400	36	0	21	19

Vanilla Ice Blended® drink

12oz	280	60	7	6	0	280	49	0	44	9
16oz	370	80	9	8	0	370	65	0	59	11
24oz	560	120	14	12	5	550	97	0	87	17
12oz NSA Powder	120	0	0	0	0	250	23	0	11	7
16oz NSA Powder	160	0	0	0	0	320	29	0	14	8
24oz NSA Powder	230	0	0	0	5	470	43	0	21	12

Caramel Ice Blended® drink

12oz	370	70	8	7	5	330	69	0	60	9
16oz	520	100	11	9	10	450	98	0	85	12
24oz	770	150	16	14	10	650	143	0	125	17
12oz NSA Powder	210	10	1	0.5	5	290	43	0	27	7
16oz NSA Powder	310	20	2	1	10	390	62	0	41	9
24oz NSA Powder	440	25	3	1.5	10	570	89	0	58	13

White Chocolate Ice Blended® drink

12oz	380	120	14	12	5	420	60	0	45	5
16oz	490	170	18	16	5	550	78	0	58	6
24oz	710	250	27	24	5	800	112	0	83	8

Dark Chocolate Ice Blended® drink

12oz	270	50	6	5	0	240	51	3	41	7
16oz	350	70	8	7	0	320	67	4	55	9
24oz	530	110	12	11	5	470	100	6	81	14

Hazelnut Ice Blended® drink

12oz	350	120	14	14	0	190	51	0	44	6
16oz	460	160	18	18	0	240	68	0	59	8
24oz	690	240	27	27	5	350	101	0	87	11

Black Forest Ice Blended® drink

12oz	370	70	8	6	5	330	67	1	57	9
16oz	490	90	10	8	5	430	89	1	76	12
24oz	720	140	16	12	5	640	133	1	113	18
12oz NSA Powder	220	25	2.5	1.5	5	210	36	1	27	11
16oz NSA Powder	290	30	3.5	1.5	5	270	47	1	35	14
24oz NSA Powder	420	45	5	2.5	5	400	69	1	52	20

Ultimate Mocha Ice Blended® drink

12oz	310	70	8	6	5	330	55	1	45	9
16oz	410	90	10	8	5	430	73	1	60	12
24oz	600	140	16	12	5	640	109	1	89	18
12oz NSA Powder	160	25	2.5	1.5	5	210	24	1	15	11
16oz NSA Powder	210	30	3.5	1.5	5	270	31	1	19	14
24oz NSA Powder	300	45	5	2.5	5	400	45	1	28	20

Ultimate Vanilla Ice Blended® drink

12oz	320	80	9	7	5	280	54	1	48	9
16oz	430	110	12	10	5	370	71	1	64	12
24oz	630	170	19	15	5	550	106	1	95	18
12oz NSA Powder	160	25	2.5	1.5	5	250	28	1	15	7
16oz NSA Powder	190	30	3.5	1.5	5	270	31	1	18	8
24oz NSA Powder	300	45	5	2.5	5	470	53	1	28	13

Extreme Mocha Ice Blended® drink

12oz	240	45	5	4.5	0	290	47	0	38	6
16oz	320	60	7	6	0	380	62	0	50	8
24oz	480	90	11	9	0	570	93	0	75	12
12oz NSA Powder	90	0	0	0	0	170	15	0	7	7
16oz NSA Powder	120	0	0	0	0	220	19	0	10	10
24oz NSA Powder	180	0	0	0	0	330	29	0	15	15

Extreme Vanilla Ice Blended® drink

12oz	260	60	7	6	0	240	45	0	41	6
16oz	340	80	9	8	0	320	60	0	54	8
24oz	510	120	14	12	0	480	90	0	81	12
12oz NSA Powder	90	0	0	0	0	200	19	0	7	4
16oz NSA Powder	100	0	0	0	0	220	20	0	8	4
24oz NSA Powder	180	0	0	0	0	400	36	0	15	7

Extreme Caramel Ice Blended® drink

12oz	350	70	8	7	5	290	65	0	57	6
16oz	490	100	11	9	5	400	93	0	81	9
24oz	720	150	16	14	10	590	136	0	119	13
12oz NSA Powder	180	10	1	0.5	5	250	38	0	24	4
16oz NSA Powder	270	20	2	1	5	340	57	0	37	5
24oz NSA Powder	390	25	3	1.5	10	510	83	0	52	8

COFFEE-FREE DRINKS

Pure Chocolate Ice Blended® drink

12oz	300	45	5	4.5	5	370	55	0	45	12
16oz	390	60	7	6	5	480	72	0	59	15
24oz	570	90	11	9	5	710	106	0	87	21
12oz NSA Powder	150	0	0	0	5	250	23	0	15	13
16oz NSA Powder	190	0	0	0	5	320	29	0	19	16
24oz NSA Powder	270	0	0	0	5	460	42	0	27	24

Pure Vanilla Ice Blended® drink

12oz	310	60	7	6	5	320	53	0	48	12
16oz	410	80	9	8	5	420	70	0	63	15
24oz	600	120	14	12	5	620	103	0	93	21
12oz NSA Powder	150	0	0	0	5	290	27	0	15	9
16oz NSA Powder	190	0	0	0	5	370	34	0	19	12
24oz NSA Powder	270	0	0	0	5	540	49	0	27	16

Malibu Dream Ice Blended® drink

12oz	330	60	7	6	0	250	63	0	55	7
16oz	430	80	9	8	0	340	82	0	71	9
24oz	630	120	14	12	0	500	119	0	104	13
12oz NSA Powder	150	0	0	0	0	180	33	0	20	4
16oz NSA Powder	210	0	0	0	0	280	46	0	27	6
24oz NSA Powder	300	0	0	0	0	420	65	0	38	8

Pom-Blueberry Ice Blended® drink

12oz	350	60	7	6	0	240	68	0	61	7
16oz	450	80	9	8	0	320	87	0	78	9
24oz	660	120	14	12	0	480	126	0	113	13
12oz NSA Powder	190	0	0	0	0	200	41	0	27	4
16oz NSA Powder	230	0	0	0	0	270	51	0	34	6
24oz NSA Powder	330	0	0	0	0	400	72	0	47	8

Matcha Ice Blended® drink

12oz	310	60	7	6	5	390	51	0	45	12
16oz	410	80	9	8	5	510	67	0	59	16
24oz	600	120	14	12	5	750	99	0	87	23

Chai Ice Blended® drink

12oz	310	60	7	6	0	240	56	0	51	6
16oz	400	80	9	8	0	320	74	0	67	8
24oz	590	120	14	12	0	490	108	0	98	12
12oz NSA Powder	140	0	0	0	0	210	30	0	18	4
16oz NSA Powder	180	0	0	0	0	270	38	0	22	5
24oz NSA Powder	260	0	0	0	0	410	54	0	32	7

FruTea® DRINKS

Frozen Lemonade Fru-Tea®

12oz	240	0	0	0	0	125	60	0	60	0
16oz	320	0	0	0	0	160	80	0	80	0
24oz	480	0	0	0	0	250	120	0	120	0

Mucho Mango Fru-Tea®

12oz	180	0	0	0	0	35	45	0	45	0
16oz	240	0	0	0	0	45	60	0	60	0
24oz	360	0	0	0	0	65	90	0	90	0

ICED TEA DRINKS

Iced Tea

12oz	0	0	0	0	0	0	0	0	0	0
16oz	0	0	0	0	0	0	0	0	0	0
24oz	0	0	0	0	0	0	0	0	0	0

Iced Tea Lemonade

12oz	120	0	0	0	0	60	30	0	30	0
16oz	200	0	0	0	0	105	50	0	50	0
24oz	280	0	0	0	0	140	70	0	70	0

Iced Tea Latte with Vanilla Powder

12oz	130	30	3.5	3	0	120	23	0	20	3
16oz	170	40	4.5	4	0	160	30	0	27	4
24oz	260	60	7	6	0	240	45	0	41	6
12oz NSA Powder	45	0	0	0	0	95	9	0	3	2
16oz NSA Powder	60	0	0	0	0	125	11	0	5	2
24oz NSA Powder	90	0	0	0	0	190	17	0	7	3

Iced Tea Latte with Chocolate Powder

12oz	120	25	2.5	2.5	0	140	23	0	19	3
16oz	160	30	3.5	3	0	190	31	0	25	4
24oz	260	60	7	6	0	240	45	0	41	6
12oz NSA Powder	45	0	0	0	0	80	7	0	3	3
16oz NSA Powder	60	0	0	0	0	110	10	0	5	5
24oz NSA Powder	90	0	0	0	0	150	14	0	7	7

ICED COFFEE & ESPRESSO