

## HOT DRINKS

### LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	101	4	3	9	9	7	93	17
	12oz	143	6	4	13	13	10	131	24
	16oz	203	8	5	19	19	14	186	34
	20oz	225	9	6	21	21	15	206	38
	32oz	383	16	10	35	35	26	351	64
<b>NON-FAT MILK</b>	8oz	68	0	0	9	9	7	93	4
	12oz	95	0	0	13	13	10	131	6
	16oz	135	0	0	19	19	14	186	8
	20oz	150	0	0	21	21	15	206	9
	32oz	255	0	0	35	35	26	351	16
<b>SOY MILK</b>	8oz	76	3	0	8	7	4	194	0
	12oz	107	4	1	12	10	6	273	0
	16oz	152	5	1	17	14	8	388	0
	20oz	169	6	1	19	15	9	431	0
	32oz	287	10	2	32	26	16	733	0
<b>ALMOND MILK</b>	8oz	51	2	0	7	6	1	127	0
	12oz	71	3	0	10	8	1	178	0
	16oz	101	4	0	14	12	2	253	0
	20oz	113	5	0	15	13	2	281	0
	32oz	191	8	0	26	22	3	478	0
<b>COCONUT MILK</b>	8oz	59	4	3	8	7	0	0	0
	12oz	83	5	5	12	10	0	0	0
	16oz	118	8	7	17	14	0	0	0
	20oz	131	8	8	19	15	0	0	0
	32oz	223	14	13	32	26	0	0	0

### MOCHA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	8oz	160	6	4	22	21	6	152	25
	12oz	226	8	6	31	30	8	214	36
	16oz	321	12	8	44	42	12	304	51
	20oz	356	13	9	49	47	13	338	56
	32oz	606	22	16	83	80	22	574	96
<b>NON-FAT MILK</b>	8oz	143	0	0	28	24	7	112	4
	12oz	195	0	0	38	33	10	156	6
	16oz	260	0	0	50	44	14	217	8
	20oz	300	0	0	58	51	15	244	9
	32oz	505	0	0	98	85	26	413	16
<b>SOY MILK</b>	8oz	151	3	0	27	22	4	213	0
	12oz	207	4	1	37	30	6	298	0
	16oz	277	5	1	48	39	8	419	0
	20oz	319	6	1	56	45	9	469	0
	32oz	537	10	2	94	76	16	796	0

### BREVE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>HALF &amp; HALF</b>	8oz	236	20	14	7	7	7	101	101
	12oz	333	29	19	10	10	10	143	143
	16oz	473	41	27	14	14	14	203	203
	20oz	525	45	30	15	15	15	225	225
	32oz	893	77	51	26	26	26	383	383
<b>MOCHA BREVE</b>	8oz	311	20	14	26	22	7	120	101
	12oz	433	29	19	35	30	10	168	143
	16oz	598	41	27	45	39	14	234	203
	20oz	675	45	30	53	45	15	263	225
	32oz	1143	77	51	88	76	26	445	383

### CAPPOCHINO -HOT

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	51	2	1	5	5	3	46	8
	12oz	71	3	2	7	7	5	65	12
	16oz	101	4	3	9	9	7	93	17
	20oz	113	5	3	10	10	8	103	19
	32oz	191	8	5	18	18	13	175	32
<b>NON-FAT MILK</b>	8oz	34	0	0	5	5	3	46	2
	12oz	48	0	0	7	7	5	65	3
	16oz	68	0	0	9	9	7	93	4
	20oz	75	0	0	10	10	8	103	5
	32oz	128	0	0	18	18	13	175	8

### SNOWY MOCHA (WHITE CHOC.)

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	164	6	4	21	20	7	99	17
	12oz	243	9	6	32	30	10	141	24
	16oz	328	12	8	42	39	14	198	34
	20oz	388	14	9	51	48	15	223	38
	32oz	633	23	15	82	77	26	376	64
<b>NON-FAT MILK</b>	8oz	130	2	1	21	20	7	99	4
	12oz	195	3	2	32	30	10	141	6
	16oz	260	3	3	42	39	14	198	8
	20oz	313	4	3	51	48	15	223	9
	32oz	505	7	5	82	77	26	376	16

### MEXI MOCHA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	226	5	3	32	34	7	112	18
	12oz	343	8	5	49	53	10	161	26
	16oz	453	11	6	64	69	14	223	36
	20oz	550	13	7	79	86	15	255	41
	32oz	883	21	12	125	135	26	426	69
<b>NON-FAT MILK</b>	8oz	193	1	1	32	34	7	112	5
	12oz	295	2	1	49	53	10	161	8
	16oz	385	3	1	64	69	14	223	11
	20oz	475	3	2	79	86	15	255	13
	32oz	755	5	3	125	135	26	426	21

### CARAMEL MOCHA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	8oz	190	6	4	29	28	6	152	25
	12oz	266	8	6	40	39	8	214	36
	16oz	361	12	8	53	51	12	304	51
	20oz	416	13	9	63	60	13	338	56
	32oz	686	22	16	102	98	22	574	96
<b>NON-FAT MILK</b>	8oz	138	0	0	27	24	7	105	4
	12oz	200	0	0	39	35	10	149	6
	16oz	275	0	0	53	48	14	211	8
	20oz	325	0	0	64	57	15	238	9
	32oz	535	0	0	104	93	26	401	16

### SALTED CARAMEL MOCHA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	8oz	190	6	4	29	28	6	152	25
	12oz	266	8	6	40	39	8	214	36
	16oz	361	12	8	53	51	12	304	51
	20oz	416	13	9	63	60	13	338	56
	32oz	686	22	16	102	98	22	574	96
<b>NON-FAT MILK</b>	8oz	138	0	0	27	24	7	105	4
	12oz	200	0	0	39	35	10	149	6
	16oz	275	0	0	53	48	14	211	8
	20oz	325	0	0	64	57	15	238	9
	32oz	535	0	0	104	93	26	401	16

**CARAMEL/HAZELNUT MOCHA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	8oz	190	6	4	29	28	6	152	25
	12oz	266	8	6	40	39	8	214	36
	16oz	361	12	8	53	51	12	304	51
	20oz	416	13	9	63	60	13	338	56
	32oz	686	22	16	102	98	22	574	96
<b>NON-FAT MILK</b>	8oz	138	0	0	27	24	7	105	4
	12oz	200	0	0	39	35	10	149	6
	16oz	275	0	0	53	48	14	211	8
	20oz	325	0	0	64	57	15	238	9
	32oz	535	0	0	104	93	26	401	16

**VANILLA MOCHA -HOT**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	8oz	187	6	4	29	28	6	152	25
	12oz	261	8	6	40	39	8	214	36
	16oz	356	12	8	53	51	12	304	51
	20oz	409	13	9	62	60	13	338	56
	32oz	676	22	16	101	98	22	574	96
<b>NON-FAT MILK</b>	8oz	138	0	0	27	24	7	105	4
	12oz	200	0	0	39	35	10	149	6
	16oz	275	0	0	53	48	14	211	8
	20oz	325	0	0	64	57	15	238	9
	32oz	535	0	0	104	93	26	401	16

**SUGAR-FREE MOCHA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	109	4	3	11	9	8	106	17
	12oz	153	6	4	15	13	11	148	24
	16oz	215	8	5	21	19	15	207	34
	20oz	240	9	6	24	21	17	232	38
	32oz	408	16	10	40	35	28	393	64
<b>NON-FAT MILK</b>	8oz	75	0	0	11	9	8	106	4
	12oz	105	0	0	15	13	11	148	6
	16oz	148	0	0	21	19	15	207	8
	20oz	165	0	0	24	21	17	232	9
	32oz	280	0	0	40	35	28	393	16
<b>SOY MILK</b>	8oz	83	3	0	10	7	5	207	0
	12oz	117	4	1	14	10	7	290	0
	16oz	164	5	1	19	14	10	409	0
	20oz	184	6	1	22	15	11	457	0
	32oz	312	10	2	37	26	18	776	0

**CHOCOLATE MAC BREVE**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>HALF &amp; HALF</b>	8oz	271	20	14	16	16	7	101	101
	12oz	368	29	19	19	19	10	143	143
	16oz	525	41	27	27	27	14	203	203
	20oz	586	45	30	31	31	15	225	225
	32oz	998	77	51	53	53	26	383	383
<b>NON-FAT MILK</b>	8oz	103	0	0	18	18	7	93	4
	12oz	139	0	0	24	24	10	131	6
	16oz	188	0	0	32	32	14	186	8
	20oz	211	0	0	36	36	15	206	9
	32oz	360	0	0	62	62	26	351	16

## IRISH CREAM BREVE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>HALF &amp; HALF</b>	8oz	271	20	14	16	16	7	101	101
	12oz	368	29	19	19	19	10	143	143
	16oz	525	41	27	27	27	14	203	203
	20oz	586	45	30	31	31	15	225	225
	32oz	998	77	51	53	53	26	383	383
<b>NON-FAT MILK</b>	8oz	103	0	0	18	18	7	93	4
	12oz	139	0	0	24	24	10	131	6
	16oz	188	0	0	32	32	14	186	8
	20oz	211	0	0	36	36	15	206	9
	32oz	360	0	0	62	62	26	351	16

## FLAVORED STEAMERS -HOT

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	155	5	3	20	20	8	110	20
	12oz	224	8	5	28	28	12	165	30
	16oz	284	10	6	33	33	16	220	40
	20oz	361	13	8	43	43	20	275	50
	32oz	585	20	12	71	71	32	440	80
<b>NON-FAT MILK</b>	8oz	115	0	0	20	20	8	110	5
	12oz	164	0	0	28	28	12	165	8
	16oz	204	0	0	33	33	16	220	10
	20oz	261	0	0	43	43	20	275	13
	32oz	425	0	0	71	71	32	440	20

## HOT CHOCOLATE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	8oz	190	7	5	26	25	7	180	30
	12oz	285	11	8	39	38	11	270	45
	16oz	380	14	10	52	50	14	360	60
	20oz	475	18	13	65	63	18	450	75
	32oz	760	28	20	104	100	28	720	120
<b>CHOCOLATE MILK w/ flavor</b>	8oz	216	7	5	33	32	7	180	30
	12oz	320	11	8	48	47	11	270	45
	16oz	415	14	10	61	59	14	360	60
	20oz	528	18	13	79	76	18	450	75
	32oz	830	28	20	122	118	28	720	120

## CHAI LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	138	3	2	6	6	4	55	10
	12oz	207	4	2	38	35	6	95	15
	16oz	276	5	3	51	47	8	126	20
	20oz	345	6	4	64	59	10	158	25
	32oz	552	10	6	102	94	16	252	40
<b>NON-FAT MILK</b>	8oz	118	0	0	26	24	4	63	3
	12oz	177	0	0	38	35	6	95	4
	16oz	236	0	0	51	47	8	126	5
	20oz	295	0	0	64	59	10	158	6
	32oz	472	0	0	102	94	16	252	10

## SUGAR-FREE CHAI LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	60	3	2	6	6	4	55	10
	12oz	90	4	2	8	8	6	83	15
	16oz	120	5	3	11	11	8	110	20
	20oz	150	6	4	14	14	10	138	25
	32oz	240	10	6	22	22	16	220	40
<b>NON-FAT MILK</b>	8oz	40	0	0	6	6	4	55	3
	12oz	60	0	0	8	8	6	83	4
	16oz	80	0	0	11	11	8	110	5
	20oz	100	0	0	14	14	10	138	6
	32oz	160	0	0	22	22	16	220	10

**PIXIE MATE LATTE -HOT**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	130	3	2	22	22	4	55	10
	12oz	195	4	2	32	32	6	83	15
	16oz	260	5	3	43	43	8	110	20
	20oz	325	6	4	54	54	10	138	25
	32oz	520	10	6	86	86	16	220	40
<b>NON-FAT MILK</b>	8oz	110	0	0	22	22	4	55	3
	12oz	165	0	0	32	32	6	83	4
	16oz	220	0	0	43	43	8	110	5
	20oz	275	0	0	54	54	10	138	6
	32oz	440	0	0	86	86	16	220	10

**HOLIDAY DRINKS -HOT**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>PUMPKIN PIE LATTE</b>	8oz	184	4	3	29	27	8	130	17
	12oz	253	6	4	39	37	11	181	24
	16oz	340	8	5	51	49	15	248	34
	20oz	390	9	6	60	57	17	281	38
	32oz	603	16	10	87	83	28	451	64
<b>SNOWY PUMPKIN</b>	8oz	194	5	3	29	28	7	122	17
	12oz	288	8	5	44	41	10	174	24
	16oz	385	11	7	57	53	14	233	34
	20oz	460	13	8	70	65	16	269	38
	32oz	748	21	14	111	104	27	446	64
<b>EGGNOG LATTE</b>	8oz	228	10	6	27	23	7	148	63
	12oz	321	14	9	39	33	10	208	89
	16oz	456	19	13	55	46	14	295	127
	20oz	506	22	14	61	52	15	328	141
	32oz	861	37	24	104	88	26	558	239
<b>NF EGGNOG LATTE</b>	8oz	211	8	5	27	23	7	148	57
	12oz	297	11	7	39	33	10	208	80
	16oz	422	15	10	55	46	14	295	114
	20oz	469	17	11	61	52	15	328	127
	32oz	797	29	19	104	88	26	558	215
<b>CHAI NOG</b>	8oz	288	9	6	47	40	4	128	65
	12oz	432	14	9	71	60	6	192	98
	16oz	576	18	12	94	80	8	256	130
	20oz	720	23	15	118	100	10	320	163
	32oz	1152	36	24	188	160	16	512	260
<b>APPLE CIDER</b>	8oz	60	0	0	15	15	0	23	0
	12oz	80	0	0	20	20	0	30	0
	16oz	100	0	0	25	25	0	38	0
	20oz	120	0	0	30	30	0	45	0
	32oz	200	0	0	50	50	0	75	0
<b>EGGNOG LATTE w/ flavor</b>	8oz	263	10	6	36	32	7	148	63
	12oz	364	14	9	50	44	10	208	89
	16oz	508	19	13	68	60	14	295	127
	20oz	568	22	14	77	67	15	328	141
	32oz	948	37	24	126	110	26	558	239
<b>NF EGGNOG LATTE w/ flavor</b>	8oz	246	8	5	36	32	7	148	57
	12oz	341	11	7	50	44	10	208	80
	16oz	474	15	10	68	60	14	295	114
	20oz	530	17	11	77	67	15	328	127
	32oz	884	29	19	126	110	26	558	215

**TEA -HOT**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>Green &amp; Black Tea PLAIN or w/ sugar-free flavor</b>	8oz	0	0	0	0	0	0	0	0
	12oz	0	0	0	0	0	0	0	0
	16oz	0	0	0	0	0	0	0	0
	20oz	0	0	0	0	0	0	0	0
	32oz	0	0	0	0	0	0	0	0
<b>Green &amp; Black Tea w/ flavor</b>	8oz	40	0	0	10	9	0	0	0
	12oz	40	0	0	10	9	0	0	0
	16oz	40	0	0	10	9	0	0	0
	20oz	60	0	0	14	14	0	0	0
	32oz	100	0	0	24	23	0	0	0

## ICED DRINKS

### LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	12oz	107	4	3	10	10	7	98	18
	16oz	152	6	4	14	14	10	139	25
	20oz	169	7	4	15	15	11	155	28
	32oz	290	12	7	27	27	19	266	48
<b>NON-FAT MILK</b>	12oz	71	0	0	10	10	7	98	4
	16oz	101	0	0	14	14	10	139	6
	20oz	113	0	0	15	15	11	155	7
	32oz	193	0	0	27	27	19	266	12
<b>SOY MILK</b>	12oz	80	3	0	9	7	4	205	0
	16oz	114	4	1	13	10	6	291	0
	20oz	127	4	1	14	11	7	323	0
	32oz	217	7	1	24	19	12	555	0
<b>ALMOND MILK</b>	12oz	38	2	0	5	4	1	95	0
	16oz	53	2	0	7	6	1	134	0
	20oz	76	3	0	10	9	1	190	0
	32oz	84	4	0	11	10	1	211	0
<b>COCONUT MILK</b>	12oz	44	3	3	6	5	0	0	0
	16oz	62	4	4	9	7	0	0	0
	20oz	89	6	5	13	10	0	0	0
	32oz	98	6	6	14	11	0	0	0

### MOCHA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	12oz	169	6	4	23	22	6	160	27
	16oz	240	9	6	33	32	9	228	38
	20oz	267	10	7	37	35	10	253	42
	32oz	459	17	12	63	60	17	435	72
<b>NON-FAT MILK</b>	12oz	171	0	0	35	30	7	123	4
	16oz	201	0	0	39	34	10	164	6
	20oz	263	0	0	53	45	11	192	7
	32oz	343	0	0	64	57	19	303	12
<b>SOY MILK</b>	12oz	180	3	0	34	27	4	230	0
	16oz	214	4	1	38	30	6	316	0
	20oz	277	4	1	52	41	7	361	0
	32oz	367	7	1	62	49	12	593	0
<b>ALMOND MILK</b>	12oz	153	2	0	26	21	1	152	0
	16oz	176	3	0	29	24	1	209	0
	20oz	234	4	0	39	32	1	239	0
	32oz	295	6	0	47	39	2	390	0
<b>COCONUT MILK</b>	12oz	162	4	4	34	27	0	25	0
	16oz	189	6	5	38	30	0	25	0
	20oz	248	6	6	52	41	0	38	0
	32oz	319	11	10	62	49	0	38	0

## ICED DRINKS

### BREVE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>HALF &amp; HALF</b>	12oz	249	21	14	7	7	7	107	107
	16oz	354	30	20	10	10	10	152	152
	20oz	394	34	23	11	11	11	169	169
	32oz	676	58	39	19	19	19	290	290
<b>MOCHA BREVE</b>	12oz	404	26	17	34	29	9	155	130
	16oz	532	37	25	37	32	12	210	185
	20oz	544	34	23	49	41	11	206	169
	32oz	826	58	39	57	49	19	327	290

**IRISH CREAM BREVE -ICED**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>HALF &amp; HALF</b>	12oz	319	21	14	25	25	7	107	107
	16oz	424	30	20	28	28	10	152	152
	20oz	464	34	23	29	29	11	169	169
	32oz	746	58	39	37	37	19	290	290
<b>NON-FAT MILK</b>	12oz	141	0	0	28	28	7	98	4
	16oz	171	0	0	32	32	10	139	6
	20oz	191	0	0	36	36	11	155	7
	32oz	272	0	0	47	47	19	266	12

**CHOCOLATE MAC BREVE**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>HALF &amp; HALF</b>	12oz	319	21	14	25	25	7	107	107
	16oz	424	30	20	28	28	10	152	152
	20oz	464	34	23	29	29	11	169	169
	32oz	746	58	39	37	37	19	290	290
<b>NON-FAT MILK</b>	12oz	141	0	0	28	28	7	98	4
	16oz	171	0	0	32	32	10	139	6
	20oz	191	0	0	36	36	11	155	7
	32oz	272	0	0	47	47	19	266	12

**CARAMEL MOCHA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	12oz	209	6	4	32	31	6	160	27
	16oz	280	9	6	42	41	9	228	38
	20oz	327	10	7	50	49	10	253	42
	32oz	539	17	12	81	78	17	435	72
<b>NON-FAT MILK</b>	12oz	173	0	0	35	32	7	117	4
	16oz	203	0	0	39	36	10	158	6
	20oz	281	0	0	58	52	11	186	7
	32oz	371	0	0	71	65	19	297	12

**SNOWY MOCHA**

WHITE CHOC.	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	12oz	207	7	5	28	26	7	108	18
	16oz	252	9	6	33	31	10	149	25
	20oz	331	11	7	46	43	11	171	28
	32oz	490	17	11	64	60	19	286	48
<b>NON-FAT MILK</b>	12oz	171	3	2	28	26	7	108	4
	16oz	201	3	2	33	31	10	149	6
	20oz	275	4	3	46	43	11	171	7
	32oz	393	5	4	64	60	19	286	12

**CARAMEL HAZELNUT MOCHA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	12oz	209	6	4	32	31	6	160	27
	16oz	280	9	6	42	41	9	228	38
	20oz	327	10	7	50	49	10	253	42
	32oz	539	17	12	81	78	17	435	72
<b>NON-FAT MILK</b>	12oz	173	0	0	35	32	7	117	4
	16oz	203	0	0	39	36	10	158	6
	20oz	281	0	0	58	52	11	186	7
	32oz	371	0	0	71	65	19	297	12

**COCONUT ALMOND MOCHA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	12oz	204	6	4	32	31	6	160	27
	16oz	275	9	6	42	41	9	228	38
	20oz	320	10	7	50	49	10	253	42
	32oz	529	17	12	81	78	17	435	72
<b>NON-FAT MILK</b>	12oz	206	0	0	44	39	7	123	4
	16oz	236	0	0	48	43	10	164	6
	20oz	315	0	0	66	59	11	192	7
	32oz	413	0	0	82	75	19	303	12

**SALTED CARAMEL MOCHA -ICED**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	12oz	209	6	4	33	31	6	160	27
	16oz	280	9	6	42	41	9	228	38
	20oz	327	10	7	51	49	10	253	42
	32oz	539	17	12	82	78	17	435	72
<b>NON-FAT MILK</b>	12oz	173	0	0	35	32	7	117	4
	16oz	203	0	0	39	36	10	158	6
	20oz	281	0	0	58	52	11	186	7
	32oz	371	0	0	71	65	19	297	12

**VANILLA MOCHA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	12oz	204	6	4	32	31	6	160	27
	16oz	275	9	6	42	41	9	228	38
	20oz	320	10	7	50	49	10	253	42
	32oz	529	17	12	81	78	17	435	72
<b>NON-FAT MILK</b>	12oz	206	0	0	44	39	7	123	4
	16oz	236	0	0	48	43	10	164	6
	20oz	315	0	0	66	59	11	192	7
	32oz	413	0	0	82	75	19	303	12

**MEXI MOCHA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	12oz	307	6	4	46	50	7	128	20
	16oz	352	8	5	50	54	10	169	27
	20oz	494	10	6	74	80	11	203	31
	32oz	665	16	9	94	102	19	322	52
<b>NON-FAT MILK</b>	12oz	271	2	1	46	50	7	128	6
	16oz	301	2	1	50	54	10	169	8
	20oz	438	3	2	74	80	11	203	10
	32oz	568	4	2	94	102	19	322	16

**SUGAR-FREE MOCHA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	12oz	119	4	3	12	10	8	119	18
	16oz	164	6	4	16	14	11	160	25
	20oz	186	7	4	19	15	13	184	28
	32oz	307	12	7	30	27	21	295	48
<b>NON-FAT MILK</b>	12oz	84	0	0	12	10	8	119	4
	16oz	114	0	0	16	14	11	160	6
	20oz	130	0	0	19	15	13	184	7
	32oz	211	0	0	30	27	21	295	12
<b>SOY MILK</b>	12oz	93	3	0	11	7	6	226	0
	16oz	126	4	1	15	10	8	312	0
	20oz	144	4	1	18	11	9	353	0
	32oz	235	7	1	28	19	14	585	0



## ROCKSTAR -ICED

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
OVER ICE	20oz	280	0	0	64	62	0	80	0
	32oz	280	0	0	64	62	0	80	0
W/ FLAVOR	20oz	350	0	0	82	80	0	80	0
	32oz	350	0	0	82	80	0	80	0

## CHOCOLATE MILK

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
CHOCOLATE MILK	12oz	285	11	8	39	38	11	270	45
	16oz	380	14	10	52	50	14	360	60
	20oz	475	18	13	65	63	18	450	75
	32oz	760	28	20	104	100	28	720	120
NON-FAT MILK	12oz	190	0	0	35	30	7	123	4
	16oz	220	0	0	39	34	10	164	6
	20oz	250	0	0	53	45	11	192	7
	32oz	340	0	0	64	57	19	303	12

## ITALIAN SODA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
ITALIAN SODA	8oz	88	0	0	23	23	0	0	0
	12oz	123	0	0	32	32	0	0	0
	16oz	140	0	0	36	36	0	0	0
	20oz	158	0	0	41	41	0	0	0
	32oz	245	0	0	63	63	0	0	0
CREAMOSA	8oz	123	3	2	24	24	1	15	15
	12oz	158	3	2	33	33	1	15	15
	16oz	210	6	4	38	38	2	30	30
	20oz	228	6	4	43	43	2	30	30
	32oz	350	9	6	66	66	3	45	45

## CHAI LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	12oz	155	3	2	29	26	5	71	11
	16oz	207	4	2	38	35	6	95	15
	20oz	259	5	3	48	44	8	118	19
	32oz	414	8	5	77	71	12	189	30
NON-FAT MILK	12oz	133	0	0	29	26	5	71	3
	16oz	177	0	0	38	35	6	95	4
	20oz	221	0	0	48	44	8	118	5
	32oz	354	0	0	77	71	12	189	8

## SUGAR-FREE CHAI LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	12oz	68	3	2	6	6	5	62	11
	16oz	90	4	2	8	8	6	83	15
	20oz	113	5	3	10	10	8	103	19
	32oz	180	8	5	17	17	12	165	30
NON-FAT MILK	12oz	45	0	0	6	6	5	62	3
	16oz	60	0	0	8	8	6	83	4
	20oz	75	0	0	10	10	8	103	5
	32oz	120	0	0	17	17	12	165	8

## PIXIE MATE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	12oz	146	3	2	24	24	5	62	11
	16oz	195	4	2	32	32	6	83	15
	20oz	244	5	3	40	40	8	103	19
	32oz	390	8	5	65	65	12	165	30
NON-FAT MILK	12oz	124	0	0	24	24	5	62	3
	16oz	165	0	0	32	32	6	83	4
	20oz	206	0	0	40	40	8	103	5
	32oz	330	0	0	65	65	12	165	8

## HOLIDAY DRINKS -ICED

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>PUMPKIN PIE LATTE</b>	12oz	217	4	3	36	34	8	148	18
	16oz	244	4	3	42	40	8	160	18
	20oz	272	4	3	49	46	9	173	18
	32oz	327	4	3	62	58	9	198	18
<b>EGGNOG LATTE</b>	12oz	240	10	7	29	24	7	156	67
	16oz	342	15	9	41	35	10	221	95
	20oz	380	16	11	46	39	11	246	105
	32oz	652	28	18	78	66	19	422	181
<b>NF EGGNOG LATTE</b>	12oz	223	8	5	29	24	7	156	60
	16oz	316	11	8	41	35	10	221	85
	20oz	352	13	8	46	39	11	246	95
	32oz	604	22	14	78	66	19	422	163
<b>CHAI NOG</b>	12oz	324	10	7	53	45	5	144	73
	16oz	432	14	9	71	60	6	192	98
	20oz	540	17	11	88	75	8	240	122
	32oz	864	27	18	141	120	12	384	195
<b>EGGNOG LATTE w/ flavor</b>	12oz	284	10	7	40	36	7	156	67
	16oz	394	15	9	55	48	10	221	95
	20oz	391	27	11	46	39	11	246	105
	32oz	739	28	18	101	89	19	422	181
<b>NF EGGNOG LATTE w/ flavor</b>	12oz	266	8	5	40	36	7	156	60
	16oz	369	11	8	55	48	10	221	85
	20oz	363	24	8	46	39	11	246	95
	32oz	691	22	14	101	89	19	422	163

## TEA -ICED

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>Green &amp; Black Tea PLAIN or w/ sugar-free flavor</b>	12oz	0	0	0	0	0	0	0	0
	16oz	0	0	0	0	0	0	0	0
	20oz	0	0	0	0	0	0	0	0
	32oz	0	0	0	0	0	0	0	0
<b>Green &amp; Black Tea w/ flavor</b>	12oz	40	0	0	10	9	0	0	0
	16oz	40	0	0	10	9	0	0	0
	20oz	60	0	0	14	14	0	0	0
	32oz	90	0	0	21	20	0	0	0