

HOT DRINKS

LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	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
NON-FAT MILK	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
SOY MILK	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
ALMOND MILK	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
COCONUT MILK	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)
CHOCOLATE MILK	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
NON-FAT MILK	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	455	0	0	85	75	26	401	16
SOY MILK	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	487	10	2	82	66	16	783	0

BREVE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
HALF & HALF	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
MOCHA BREVE	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	1093	77	51	76	66	26	433	383

CAPPUCINNO -HOT

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	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
NON-FAT MILK	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)
2% MILK	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	583	21	14	72	68	26	371	64
NON-FAT MILK	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	455	5	4	72	68	26	371	16

MEXI MOCHA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	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	783	20	12	107	115	26	411	68
NON-FAT MILK	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	655	4	2	107	115	26	411	20

CARAMEL MOCHA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
CHOCOLATE MILK	8oz	190	6	4	29	28	6	152	25
	12oz	266	8	6	40	39	8	214	36
	16oz	381	12	8	58	56	12	304	51
	20oz	436	13	9	68	65	13	338	56
	32oz	706	22	16	107	102	22	574	96
NON-FAT MILK	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)
CHOCOLATE MILK	8oz	190	6	4	29	28	6	152	25
	12oz	266	8	6	40	39	8	214	36
	16oz	381	12	8	58	56	12	304	51
	20oz	436	13	9	68	65	13	338	56
	32oz	706	22	16	107	102	22	574	96
NON-FAT MILK	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)
CHOCOLATE MILK	8oz	190	6	4	29	28	6	152	25
	12oz	266	8	6	40	39	8	214	36
	16oz	381	12	8	58	56	12	304	51
	20oz	436	13	9	68	65	13	338	56
	32oz	706	22	16	107	102	22	574	96
NON-FAT MILK	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)
CHOCOLATE MILK	8oz	187	6	4	29	28	6	152	25
	12oz	261	8	6	40	39	8	214	36
	16oz	373	12	8	57	56	12	304	51
	20oz	426	13	9	67	65	13	338	56
	32oz	693	22	16	105	102	22	574	96
NON-FAT MILK	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)
2% MILK	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	403	16	10	39	35	28	385	64
NON-FAT MILK	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	275	0	0	39	35	28	385	16
SOY MILK	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	307	10	2	36	26	18	767	0

CHOCOLATE MAC BREVE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
HALF & HALF	8oz	263	20	14	14	14	7	101	101
	12oz	368	29	19	19	19	10	143	143
	16oz	525	41	27	27	27	14	203	203
	20oz	595	45	30	33	33	15	225	225
	32oz	980	77	51	48	48	26	383	383
NON-FAT MILK	8oz	94	0	0	16	16	7	93	4
	12oz	130	0	0	22	22	10	131	6
	16oz	188	0	0	32	32	14	186	8
	20oz	220	0	0	39	39	15	206	9
	32oz	343	0	0	58	58	26	351	16

IRISH CREAM BREVE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
HALF & HALF	8oz	263	20	14	14	14	7	101	101
	12oz	368	29	19	19	19	10	143	143
	16oz	525	41	27	27	27	14	203	203
	20oz	595	45	30	33	33	15	225	225
	32oz	980	77	51	48	48	26	383	383
NON-FAT MILK	8oz	94	0	0	16	16	7	93	4
	12oz	130	0	0	22	22	10	131	6
	16oz	188	0	0	32	32	14	186	8
	20oz	220	0	0	39	39	15	206	9
	32oz	343	0	0	58	58	26	351	16

FLAVORED STEAMERS -HOT

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	8oz	146	5	3	18	18	8	110	20
	12oz	215	8	5	26	26	12	165	30
	16oz	293	10	6	36	36	16	220	40
	20oz	370	13	8	46	46	20	275	50
	32oz	568	20	12	67	67	32	440	80
NON-FAT MILK	8oz	106	0	0	18	18	8	110	5
	12oz	155	0	0	26	26	12	165	8
	16oz	213	0	0	36	36	16	220	10
	20oz	270	0	0	46	46	20	275	13
	32oz	408	0	0	67	67	32	440	20

HOT CHOCOLATE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
CHOCOLATE MILK	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
CHOCOLATE MILK w/ flavor	8oz	216	7	5	33	32	7	180	30
	12oz	320	11	8	48	47	11	270	45
	16oz	433	14	10	66	64	14	360	60
	20oz	545	18	13	83	81	18	450	75
	32oz	848	28	20	127	123	28	720	120

CHAI LATTE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	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
NON-FAT MILK	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)
2% MILK	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
NON-FAT MILK	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)
2% MILK	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
NON-FAT MILK	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)
PUMPKIN PIE LATTE	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
SNOWY PUMPKIN	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	673	19	12	97	92	27	438	64
EGGNOG LATTE	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
NF EGGNOG LATTE	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
CHAI NOG	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
APPLE CIDER	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
EGGNOG LATTE w/ flavor	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
NF EGGNOG LATTE w/ flavor	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
CANDIED PEPPERMINT LATTE	8oz	184	7	5	23	21	7	135	17
	12oz	275	11	8	35	31	11	199	24
	16oz	368	15	10	46	41	15	271	34
	20oz	440	18	12	56	50	17	317	38
	32oz	647	26	18	79	71	28	487	64
CANDIED PEPPERMINT MOCHA	8oz	243	9	7	36	32	7	194	25
	12oz	358	13	10	53	48	9	282	36
	16oz	486	18	13	71	65	13	389	51
	20oz	571	21	16	85	76	15	448	56
	32oz	870	32	24	127	116	24	710	96
SKINNY CANDIED PEPPERMINT MOCHA	8oz	167	2	2	42	42	8	215	4
	12oz	253	3	3	46	39	10	192	6
	16oz	342	5	4	59	52	15	272	8
	20oz	415	6	5	73	63	16	316	9
	32oz	570	6	5	100	88	27	473	16

TEA -HOT

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
Green & Black Tea	8oz	0	0	0	0	0	0	0	0
PLAIN or	12oz	0	0	0	0	0	0	0	0
w/ sugar-free flavor	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
Green & Black Tea	8oz	40	0	0	10	9	0	0	0
w/ flavor	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)
2% MILK	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
NON-FAT MILK	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
SOY MILK	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
ALMOND MILK	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
COCONUT MILK	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)
CHOCOLATE MILK	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
NON-FAT MILK	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
SOY MILK	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
ALMOND MILK	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
COCONUT MILK	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)
HALF & HALF	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
MOCHA BREVE	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)
HALF & HALF	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
NON-FAT MILK	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)
HALF & HALF	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
NON-FAT MILK	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)
CHOCOLATE MILK	12oz	209	6	4	32	31	6	160	27
	16oz	280	9	6	42	41	9	228	38
	20oz	347	10	7	55	53	10	253	42
	32oz	559	17	12	85	83	17	435	72
NON-FAT MILK	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

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
WHITE CHOC.									
2% MILK	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
NON-FAT MILK	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)
CHOCOLATE MILK	12oz	209	6	4	32	31	6	160	27
	16oz	280	9	6	42	41	9	228	38
	20oz	347	10	7	55	53	10	253	42
	32oz	559	17	12	85	83	17	435	72
NON-FAT MILK	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)
CHOCOLATE MILK	12oz	204	6	4	32	31	6	160	27
	16oz	275	9	6	42	41	9	228	38
	20oz	337	10	7	55	53	10	253	42
	32oz	546	17	12	85	83	17	435	72
NON-FAT MILK	12oz	206	0	0	44	39	7	123	4
	16oz	236	0	0	48	43	10	164	6
	20oz	333	0	0	71	63	11	192	7
	32oz	431	0	0	87	79	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)
CHOCOLATE MILK	12oz	209	6	4	33	31	6	160	27
	16oz	280	9	6	42	41	9	228	38
	20oz	347	10	7	56	53	10	253	42
	32oz	559	17	12	87	83	17	435	72
NON-FAT MILK	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)
CHOCOLATE MILK	12oz	204	6	4	32	31	6	160	27
	16oz	275	9	6	42	41	9	228	38
	20oz	337	10	7	55	53	10	253	42
	32oz	546	17	12	85	83	17	435	72
NON-FAT MILK	12oz	206	0	0	44	39	7	123	4
	16oz	236	0	0	48	43	10	164	6
	20oz	333	0	0	71	63	11	192	7
	32oz	431	0	0	87	79	19	303	12

MEXI MOCHA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	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	690	16	9	99	107	19	326	52
NON-FAT MILK	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	593	4	2	99	107	19	326	16

SUGAR-FREE MOCHA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
2% MILK	12oz	117	4	3	12	10	8	115	18
	16oz	162	6	4	16	14	11	156	25
	20oz	189	7	4	19	15	13	189	28
	32oz	310	12	7	31	27	21	300	48
NON-FAT MILK	12oz	81	0	0	12	10	8	115	4
	16oz	111	0	0	16	14	11	156	6
	20oz	133	0	0	19	15	13	189	7
	32oz	213	0	0	31	27	21	300	12
SOY MILK	12oz	90	3	0	11	7	5	222	0
	16oz	124	4	1	15	10	7	308	0
	20oz	147	4	1	18	11	9	357	0
	32oz	237	7	1	28	19	14	589	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)
PUMPKIN PIE LATTE	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
EGGNOG LATTE	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
NF EGGNOG LATTE	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
CHAI NOG	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
EGGNOG LATTE w/ flavor	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
NF EGGNOG LATTE w/ flavor	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
CANDIED PEPPERMINT LATTE	12oz	239	9	7	32	28	8	166	18
	16oz	284	11	8	36	32	11	207	25
	20oz	383	15	11	51	45	13	265	28
	32oz	554	22	15	71	63	21	402	48
CANDIED PEPPERMINT MOCHA	12oz	301	11	8	45	40	7	228	27
	16oz	372	14	10	55	50	10	296	38
	20oz	482	18	14	72	64	11	364	42
	32oz	723	27	20	107	96	19	571	72
SKINNY CANDIED PEPPERMINT MOCHA	12oz	203	5	4	32	28	8	166	4
	16oz	233	5	4	36	32	11	207	6
	20oz	327	8	7	51	45	13	265	7
	32oz	457	10	8	71	63	21	402	12

TEA -ICED

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
Green & Black Tea PLAIN or w/ sugar-free flavor	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
Green & Black Tea w/ flavor	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