



the HUMAN
BEAN™



The nutritional calculations are derived from our standard drink recipes and all values reflect drinks without whipped cream. The nutritional information was created by Human Bean corporate staff and has not been verified by a third party. While very careful effort was taken to derive the attached values, the data should not be considered exact. Further, since our baristas create drinks by hand, ingredient content and nutrient values may vary slightly. Supplier ingredient changes, recipe changes, and/or new product introduction may render this information incomplete or incorrect. For further questions please contact us at thehumanbean.com

BLENDING DRINKS

GRANITA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
PLAIN GRANITA	12oz Plain	334	8	6	25	25	8	113	36
No flavor	16oz Plain	445	12	7	36	36	12	164	52
	20oz Plain	557	17	11	50	50	17	225	72
	32oz Plain	890	23	15	68	68	23	308	98
MOCHA	12oz	358	9	6	28	28	9	135	40
w/ choc. milk	16oz	469	13	8	39	39	13	186	56
	20oz	605	18	12	53	53	18	247	76
	32oz	938	24	16	71	71	24	330	102
w/ Hershey choc	12oz	409	8	6	44	40	8	132	36
	16oz	545	12	7	61	56	12	189	52
	20oz	657	17	11	75	70	17	250	72
	32oz	990	23	15	93	88	23	333	98
SNOWY MOCHA	12oz	369	8	6	34	34	8	113	36
	16oz	489	12	7	47	47	12	164	52
	20oz	610	17	11	63	63	17	225	72
	32oz	960	23	15	86	86	23	308	98
VANILLA MOCHA	12oz	393	9	6	37	37	9	135	40
	16oz	513	13	8	50	50	13	186	56
	20oz	633	18	12	66	66	18	247	76
	32oz	984	24	16	89	89	24	330	102
CARAMEL	12oz	374	8	5.5	34.5	34	8	113	36
w/ syrup	16oz	485	12	7	45.5	45	12	164	52
	20oz	597	16.5	11	59	58.5	16.5	225	72
	32oz	930	22.5	15	77	76.5	22.5	308	98
w/ real caramel	12oz	432	10	7	46	43	9	188	40
	16oz	575	14	9	64	60	13	264	57
	20oz	720	19	13	85	80	18	350	78
	32oz	1053	25	17	103	98	24	433	104
CARAMEL MOCHA	12oz	455	11	7	49	46	10	210	44
w/real caramel	16oz	599	15	9	67	63	14	286	61
	20oz	743	20	13	88	83	19	372	82
	32oz	1109	27	18	113	107	25	480	110
IRISH CREAM BREVE	12oz	404	11	8	35	35	9	128	51
	16oz	524	15	9	48	48	13	179	67
	20oz	645	20	13	64	64	18	240	87
	32oz	995	26	17	87	87	24	323	113
OTHER FLAVORS	12oz	369	8	6	34	34	8	113	36
w/ syrups	16oz	489	12	7	47	47	12	164	52
	20oz	610	17	11	63	63	17	225	72
	32oz	960	23	15	86	86	23	308	98

HAND BLENDED GRANITA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
DECAF PLAIN	8oz	132	4	3	24	20	2	58	5
w/ ice cream base	12oz	229	6	5	42	37	3	98	5
	16oz	229	6	5	42	37	3	98	5
	20oz	294	8	6	54	48	4	124	5
	32oz	423	11	9	79	70	5	178	5
DECAF MOCHA	8oz	207	4	3	42	35	2	76	5
	12oz	329	6	5	67	57	3	123	5
	16oz	354	6	5	73	62	3	129	5
	20oz	444	8	6	92	78	4	162	5
	32oz	623	11	9	129	110	5	228	5

LOW FAT GRANITA -BLENDED

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
LOW FAT GRANITA	8oz	133	2	2	27	23	3	72	2
w/ yogurt base	12oz	230	5	4	45	39	4	112	2
	16oz	230	5	4	45	39	4	112	2
	20oz	295	6	5	57	50	4	139	2
	32oz	424	10	8	82	72	6	192	2

LOW-CARB GRANITA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
VANILLA	12oz	170	9	5	21	4	5	145	30
	16oz	205	12	7	22	5	6	160	45
	20oz	325	20	11	34	8	10	248	75
MOCHA	12oz	160	11	5	16	4	8	220	30
	16oz	195	14	7	17	5	9	235	45
	20oz	310	23	11	26	8	14	360	75
W/OUT ESPRESSO									
VANILLA	12oz	275	18	11	24	7	8	190	75
	16oz	345	24	15	26	9	10	220	105
	20oz	465	32	19	38	12	14	308	135
MOCHA	12oz	265	20	11	19	7	11	265	75
	16oz	335	26	15	21	9	13	295	105
	20oz	450	35	19	30	12	18	420	135

GREEN TEA SMOOTHIES

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ ice cream base	8oz	165	6	5	24	20	3	110	10
	12oz	214	8	7	31	26	4	144	13
	16oz	294	11	10	42	36	5	203	15
	20oz	455	18	16	65	57	7	320	20
	32oz	588	23	20	84	72	10	405	30
LOW FAT	8oz	167	4	4	30	25	4	139	4
w/ yogurt base	12oz	216	5	5	38	32	5	180	5
	16oz	297	8	8	51	44	6	246	6
	20oz	459	13	13	77	67	9	378	8
	32oz	594	15	15	102	87	13	492	12

ACAI SMOOTHIE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	256	2	0	44	2	2	40	0
	12oz	320	3	0	55	3	3	50	0
	16oz	384	4	0	66	3	3	60	0
	20oz	448	4	0	77	4	4	70	0
	32oz	768	7	0	132	6	6	120	0

BLENDED CHAI / MATE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
CHAI	8oz	96	1	0	23	20	1	17	3
	12oz	133	1	1	30	26	1	28	5
	16oz	170	2	1	38	32	2	38	8
	20oz	207	3	2	45	39	2	49	10
	32oz	339	4	2	75	65	3	77	15
SF CHAI	8oz	17.5	0.625	0.375	2.5	1.75	0.5	8.75	2.5
	12oz	35	1	1	5	4	1	18	5
	16oz	53	2	1	8	5	2	26	8
	20oz	70	3	2	10	7	2	35	10
	32oz	105	4	2	15	11	3	53	15
ORIGINAL MATE	8oz	88	1	0	19	18	1	9	3
	12oz	123	1	1	25	24	1	18	5
	16oz	158	2	1	32	29	2	26	8
	20oz	193	3	2	38	35	2	35	10
	32oz	315	4	2	63	59	3	53	15

CHOCOLATE SMOOTHIE

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	180	6	4	30	26	4	102	13
12oz	324	10	7	54	49	7	186	21
16oz	372	12	8	60	55	9	230	29
20oz	501	16	10	81	73	12	309	40
32oz	743	24	16	120	109	18	459	58

FROZEN HOT CHOCOLATE

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	155	5	3	26	20	4	95	10
12oz	258	8	5	45	35	6	164	13
16oz	275	9	6	47	37	6	173	15
20oz	367	12	8	63	49	8	230	20
32oz	550	18	12	94	73	12	345	30

VANILLA SMOOTHIE

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	167	5	4	29	24	3	75	10
12oz	282	8	6	50	42	5	124	13
16oz	299	9	6	52	44	5	133	15
20oz	399	11	8	69	58	7	177	20
32oz	598	17	13	104	87	10	265	30

TORANI FRUIT SMOOTHIE

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
STAWBERRY w/ ICB	8oz	206	1	0	51	46	1	9	3
	12oz	270	1	1	65	59	1	18	5
	16oz	335	2	1	80	71	2	26	8
	20oz	399	3	2	94	84	2	35	10
	32oz	669	4	2	159	143	3	53	15
STRAW/BANANA w/ ICB	8oz	186	1	0	47	44	1	17	3
	12oz	245	1	1	60	56	1	28	5
	16oz	305	2	1	74	68	2	38	8
	20oz	364	3	2	87	81	2	49	10
	32oz	609	4	2	147	137	3	77	15
BLUEBERRY/POM. w/ ICB	8oz	178	1	0	45	4	1	13	3
	12oz	235	1	1	58	6	1	23	5
	16oz	293	2	1	71	8	2	32	8
	20oz	350	3	2	84	11	2	42	10
	32oz	585	4	2	141	17	3	65	15
GREEN APPLE w/ ICB	8oz	178	1	0	47	42	1	17	3
	12oz	235	1	1	60	54	1	28	5
	16oz	293	2	1	74	65	2	38	8
	20oz	350	3	2	87	77	2	49	10
	32oz	585	4	2	147	131	3	77	15
MANGO w/ ICB	8oz	178	1	0	45	42	1	13	3
	12oz	235	1	1	58	54	1	23	5
	16oz	293	2	1	71	65	2	32	8
	20oz	350	3	2	84	77	2	42	10
	32oz	585	4	2	141	131	3	65	15
PEACH w/ ICB	8oz	178	1	0	45	42	1	9	3
	12oz	235	1	1	58	54	1	18	5
	16oz	293	2	1	71	65	2	26	8
	20oz	350	3	2	84	77	2	35	10
	32oz	585	4	2	141	131	3	53	15
PINA COLADA w/ ICB	8oz	198	2	1	45	42	1	25	3
	12oz	260	3	1	58	54	1	38	5
	16oz	323	3	2	71	65	2	50	8
	20oz	385	4	2	84	77	2	63	10
	32oz	645	7	3	141	131	3	101	15
RASPBERRY w/ ICB	8oz	166	1	0	43	38	1	25	3
	12oz	220	1	1	55	49	1	38	5
	16oz	275	2	1	68	59	2	50	8
	20oz	329	3	2	80	70	2	63	10
	32oz	549	4	2	135	119	3	101	15
LEMONADE w/ ICB	8oz	138	1	0	33	28	1	29	3
	12oz	185	2	1	43	36	1	43	5
	16oz	233	2	1	53	44	2	56	8
	20oz	280	3	2	63	53	2	70	10
	32oz	465	5	2	105	89	3	113	15

TORANI FRUIT SMOOTHIE (NON-FAT)

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
STAWBERRY w/ yogurt base	8oz	206	0	0	52	47	1	16	1
	12oz	271	0	0	68	61	2	32	2
	16oz	336	0	0	84	75	2	48	3
	20oz	401	0	0	100	89	3	64	4
	32oz	672	0	0	168	150	5	96	6
STRAW/BANANA w/ yogurt base	8oz	186	0	0	48	45	1	24	1
	12oz	246	0	0	63	59	2	42	2
	16oz	306	0	0	78	72	2	60	3
	20oz	366	0	0	93	86	3	78	4
	32oz	612	0	0	156	144	5	120	6
BLUEBERRY/POM. w/ yogurt base	8oz	178	0	0	46	5	1	20	1
	12oz	236	0	0	61	9	2	37	2
	16oz	294	0	0	75	12	2	54	3
	20oz	352	0	0	90	16	3	71	4
	32oz	588	0	0	150	24	5	108	6
GREEN APPLE w/ yogurt base	8oz	178	0	0	48	43	1	24	1
	12oz	236	0	0	63	56	2	42	2
	16oz	294	0	0	78	69	2	60	3
	20oz	352	0	0	93	82	3	78	4
	32oz	588	0	0	156	138	5	120	6
MANGO w/ yogurt base	8oz	178	0	0	46	43	1	20	1
	12oz	236	0	0	61	56	2	37	2
	16oz	294	0	0	75	69	2	54	3
	20oz	352	0	0	90	82	3	71	4
	32oz	588	0	0	150	138	5	108	6
PEACH w/ yogurt base	8oz	178	0	0	46	43	1	16	1
	12oz	236	0	0	61	56	2	32	2
	16oz	294	0	0	75	69	2	48	3
	20oz	352	0	0	90	82	3	64	4
	32oz	588	0	0	150	138	5	96	6
PINA COLADA w/ yogurt base	8oz	198	1	0	46	43	1	32	1
	12oz	261	1	1	61	56	2	52	2
	16oz	324	2	1	75	69	2	72	3
	20oz	387	2	1	90	82	3	92	4
	32oz	648	3	1	150	138	5	144	6
RASPBERRY w/ yogurt base	8oz	166	0	0	44	39	1	32	1
	12oz	221	0	0	58	51	2	52	2
	16oz	276	0	0	72	63	2	72	3
	20oz	331	0	0	86	75	3	92	4
	32oz	552	0	0	144	126	5	144	6
LEMONADE w/ yogurt base	8oz	138	0	0	34	29	1	36	1
	12oz	186	1	0	46	39	2	57	2
	16oz	234	1	0	57	48	2	78	3
	20oz	282	1	0	69	58	3	99	4
	32oz	468	1	0	114	96	5	156	6

TORANI FRUIT SMOOTHIE (DAIRY-FREE)

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
STAWBERRY w/ water base	8oz	188	0	0	48	44	0	0	0
	12oz	235	0	0	60	55	0	0	0
	16oz	282	0	0	72	66	0	0	0
	20oz	329	0	0	84	77	0	0	0
	32oz	564	0	0	144	132	0	0	0
STRAW/BANANA w/ water base	8oz	168	0	0	44	42	0	8	0
	12oz	210	0	0	55	53	0	10	0
	16oz	252	0	0	66	63	0	12	0
	20oz	294	0	0	77	74	0	14	0
	32oz	504	0	0	132	126	0	24	0
BLUEBERRY/POM. w/ water base	8oz	160	0	0	42	2	0	4	0
	12oz	200	0	0	53	3	0	5	0
	16oz	240	0	0	63	3	0	6	0
	20oz	280	0	0	74	4	0	7	0
	32oz	480	0	0	126	6	0	12	0
GREEN APPLE w/ water base	8oz	160	0	0	44	40	0	8	0
	12oz	200	0	0	55	50	0	10	0
	16oz	240	0	0	66	60	0	12	0
	20oz	280	0	0	77	70	0	14	0
	32oz	480	0	0	132	120	0	24	0
MANGO w/ water base	8oz	160	0	0	42	40	0	4	0
	12oz	200	0	0	53	50	0	5	0
	16oz	240	0	0	63	60	0	6	0
	20oz	280	0	0	74	70	0	7	0
	32oz	480	0	0	126	120	0	12	0
PEACH w/ water base	8oz	160	0	0	42	40	0	0	0
	12oz	200	0	0	53	50	0	0	0
	16oz	240	0	0	63	60	0	0	0
	20oz	280	0	0	74	70	0	0	0
	32oz	480	0	0	126	120	0	0	0
PINA COLADA w/ water base	8oz	180	1	0	42	40	0	16	0
	12oz	225	1	1	53	50	0	20	0
	16oz	270	2	1	63	60	0	24	0
	20oz	315	2	1	74	70	0	28	0
	32oz	540	3	1	126	120	0	48	0
RASPBERRY w/ water base	8oz	148	0	0	40	36	0	16	0
	12oz	185	0	0	50	45	0	20	0
	16oz	222	0	0	60	54	0	24	0
	20oz	259	0	0	70	63	0	28	0
	32oz	444	0	0	120	108	0	48	0
LEMONADE	8oz	150	1	0	38	33	0	25	0
	12oz	210	1	0	53	46	0	35	0
	16oz	270	1	0	68	59	0	45	0
	20oz	330	1	0	83	72	0	55	0
	32oz	540	2	0	135	117	0	90	0

HOLIDAY SMOOTHIE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
PUMPKIN PIE	8oz	195	5	4	35	30	3	88	10
	12oz	309	8	6	56	48	5	136	13
	16oz	354	9	6	65	56	6	158	15
	20oz	481	11	8	89	76	7	214	20
	32oz	708	17	13	130	111	11	315	30

ROCKSTAR SMOOTHIE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
ROCKSTAR ONLY w/ flavor	20oz	298	0	0	70	67	0	65	0
ROCKSTAR FRUIT w/ smoothie mix	20oz	316	0	0	76	71	0	50	0
	32oz	433	0	0	104	97	0	70	0
ROCKSTAR FRUIT w/ smoothie & ICB	20oz	346	1	0	83	76	1	49	3
	32oz	463	1	1	109	100	1	73	5

JAVA CHIP SMOOTHIE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ ice cream base	8oz	257	11	7	41	33	5	75	10
	12oz	419	17	11	68	56	7	133	15
	16oz	454	18	12	73	59	8	150	20
	20oz	571	21	14	93	75	10	203	28
	32oz	788	28	19	130	106	14	300	40

JAVA CHIP GRANITA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ coffee	8oz	205	11	7	41	33	5	75	10
	12oz	332	17	11	68	56	7	133	15
	16oz	349	18	12	73	59	8	150	20
	20oz	414	21	14	93	75	10	203	28
	32oz	543	28	19	130	106	14	300	40

PROTEIN POWDER SMOOTHIE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ ice cream base	12oz	218	5	3	20	11	23	84	68
	16oz	235	6	4	22	13	23	93	70
	20oz	335	8	5	31	17	34	130	103

PROTEIN POWDER GRANITA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ coffee	12oz	165	3	2	12	6	21	58	60
	16oz	165	3	2	12	6	21	58	60
	20oz	230	4	3	16	7	31	78	88

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	505	0	0	98	85	26	413	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	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)
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	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)
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	633	23	15	82	77	26	376	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	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)
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	883	21	12	125	135	26	426	69
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	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)
CHOCOLATE MILK	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
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	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
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	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
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	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
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	408	16	10	40	35	28	393	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	280	0	0	40	35	28	393	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	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)
HALF & HALF	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
NON-FAT MILK	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)
HALF & HALF	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
NON-FAT MILK	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)
2% MILK	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
NON-FAT MILK	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)
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	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)
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	748	21	14	111	104	27	446	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

TEA -HOT

	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	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
Green & Black Tea w/ flavor	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)
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	327	10	7	50	49	10	253	42
	32oz	539	17	12	81	78	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

WHITE CHOC.	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
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	327	10	7	50	49	10	253	42
	32oz	539	17	12	81	78	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	320	10	7	50	49	10	253	42
	32oz	529	17	12	81	78	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	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)
CHOCOLATE MILK	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
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	320	10	7	50	49	10	253	42
	32oz	529	17	12	81	78	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	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)
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	665	16	9	94	102	19	322	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	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)
2% MILK	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
NON-FAT MILK	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
SOY MILK	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)
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

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