



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](http://thehumanbean.com)*

**BLENDED DRINKS  
GRANITA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>PLAIN GRANITA</b>	12oz Plain	334	8	6	25	25	8	113	36
<b>No flavor</b>	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
<b>MOCHA</b>	12oz	358	9	6	28	28	9	135	40
<b>w/ choc. milk</b>	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
<b>w/ Hershey choc</b>	12oz	434	8	6	50	45	8	138	36
	16oz	570	12	7	67	61	12	195	52
	20oz	682	17	11	81	75	17	256	72
	32oz	1015	23	15	99	93	23	339	98
<b>SNOWY MOCHA</b>	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
<b>VANILLA MOCHA</b>	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
<b>CARAMEL</b>	12oz	374	8	5.5	34.5	34	8	113	36
<b>w/ syrup</b>	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
<b>w/ real caramel</b>	12oz	464	10	7	53	49	9	213	41
	16oz	608	15	9	71	66	13	289	58
	20oz	752	20	13	92	86	18	375	80
	32oz	1085	26	17	110	104	24	458	106
<b>CARAMEL MOCHA</b>	12oz	488	11	8	56	52	10	235	45
<b>w/real caramel</b>	16oz	631	16	9	74	69	14	311	62
	20oz	776	21	14	95	89	19	397	84
	32oz	1174	28	19	127	119	26	530	112
<b>IRISH CREAM BREVE</b>	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
<b>OTHER FLAVORS</b>	12oz	369	8	6	34	34	8	113	36
<b>w/ syrups</b>	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)
<b>DECAF PLAIN</b>	8oz	132	4	3	24	20	2	58	5
<b>w/ ice cream base</b>	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
<b>DECAF MOCHA</b>	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)
<b>LOW FAT GRANITA</b> w/ yogurt base	8oz	133	2	2	27	23	3	72	2
	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)
<b>VANILLA</b>	12oz	135	6	3	20	3	4	130	15
	16oz	170	9	5	21	4	5	145	30
	20oz	220	11	5	31	5	7	203	30
<b>MOCHA</b>	12oz	125	8	3	15	3	7	205	15
	16oz	160	11	5	16	4	8	220	30
	20oz	205	14	5	23	5	11	315	30
<b>W/OUT ESPRESSO</b>									
<b>VANILLA</b>	12oz	275	18	11	24	7	8	190	75
	16oz	310	21	13	25	8	9	205	90
	20oz	430	29	17	37	11	13	293	120
<b>MOCHA</b>	12oz	265	20	11	19	7	11	265	75
	16oz	300	23	13	20	8	12	280	90
	20oz	415	32	17	29	11	17	405	120

**GREEN TEA SMOOTHIES**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>w/ ice cream base</b>	8oz	78	3	2	11	8	2	41	10
	12oz	103	4	3	15	11	3	56	13
	16oz	121	4	3	17	13	3	65	15
	20oz	161	6	4	23	17	4	87	20
	32oz	242	9	6	35	25	6	130	30
<b>LOW FAT</b> w/ yogurt base	8oz	80	0	0	17	13	3	70	4
	12oz	106	1	1	22	17	4	93	5
	16oz	124	1	1	26	20	5	109	6
	20oz	165	1	1	35	27	6	145	8
	32oz	248	1	1	53	40	9	217	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)
<b>CHAI</b>	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
<b>SF CHAI</b>	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
<b>ORIGINAL MATE</b>	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

<b>CHOCOLATE SMOOTHIE</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>
	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

<b>FROZEN HOT CHOCOLATE</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>
	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

<b>VANILLA SMOOTHIE</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>
	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

<b>TORANI FRUIT SMOOTHIE</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>
------------------------------	---------------------	-----------------	----------------	---------------------	------------------	------------------	--------------------	--------------------	-------------------------

<b>STAWBERRY w/ ICB</b>	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

<b>STRAW/BANANA w/ ICB</b>	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

<b>BLUEBERRY/POM. w/ ICB</b>	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

<b>GREEN APPLE w/ ICB</b>	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

<b>MANGO w/ ICB</b>	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

<b>PEACH w/ ICB</b>	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

<b>PINA COLADA w/ ICB</b>	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

<b>RASPBERRY w/ ICB</b>	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

<b>LEMONADE w/ ICB</b>	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)
<b>STAWBERRY</b> 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
<b>STRAW/BANANA</b> 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
<b>BLUEBERRY/POM.</b> 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
<b>GREEN APPLE</b> 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
<b>MANGO</b> 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
<b>PEACH</b> 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
<b>PINA COLADA</b> 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
<b>RASPBERRY</b> 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
<b>LEMONADE</b> 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)
<b>STAWBERRY</b> 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
<b>STRAW/BANANA</b> 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
<b>BLUEBERRY/POM.</b> 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
<b>GREEN APPLE</b> 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
<b>MANGO</b> 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
<b>PEACH</b> 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
<b>PINA COLADA</b> 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
<b>RASPBERRY</b> 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
<b>LEMONADE</b>	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)
<b>PUMPKIN PIE SMOOTHIE</b>	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
<b>CANDIED PEPPERMINT SMOOTHIE</b>	8oz	78	3	2	11	8	2	39	10
	12oz	104	4	2	15	11	3	52	13
	16oz	122	4	3	18	13	3	61	15
	20oz	162	6	4	24	17	4	81	20
	32oz	243	9	6	36	26	6	122	30
<b>CANDIED PEPPERMINT JAVA CHIP SMOOTHIE</b>	8oz	292	14	9	44	34	5	103	10
	12oz	472	21	15	73	57	7	180	13
	16oz	489	22	15	75	59	7	189	15
	20oz	612	26	19	95	74	9	251	20
	32oz	858	36	26	134	105	12	377	30
<b>PEPPERMINT GRANITA</b>	8oz	167	6	5	27	22	2	86	5
	12oz	299	11	9	49	40	3	154	5
	16oz	299	11	9	49	40	3	154	5
	20oz	387	15	11	64	52	4	199	5
	32oz	563	21	17	93	76	5	290	5
<b>PEPPERMINT JAVA CHIP GRANITA</b>	8oz	240	14	9	44	34	5	103	10
	12oz	402	21	15	73	57	7	180	13
	16oz	419	22	15	75	59	7	189	15
	20oz	507	26	19	95	74	9	251	20
	32oz	683	36	26	134	105	12	377	30
<b>ROCKSTAR SMOOTHIE</b>	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>ROCKSTAR ONLY w/ flavor</b>	20oz	298	0	0	70	67	0	65	0
<b>ROCKSTAR FRUIT w/ smoothie mix</b>	20oz	316	0	0	76	71	0	50	0
	32oz	433	0	0	104	97	0	70	0
<b>ROCKSTAR FRUIT w/ smoothie &amp; ICB</b>	20oz	346	1	0	83	76	1	49	3
	32oz	463	1	1	109	100	1	73	5
<b>JAVA CHIP SMOOTHIE</b>	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>w/ ice cream base</b>	8oz	257	11	7	41	33	5	75	10
	12oz	402	16	11	66	54	7	124	13
	16oz	419	17	11	68	56	7	133	15
	20oz	519	19	13	85	70	9	177	20
	32oz	718	25	18	120	99	12	265	30
<b>JAVA CHIP GRANITA</b>	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>w/ coffee</b>	8oz	205	11	7	41	33	5	75	10
	12oz	332	16	11	66	54	7	124	13
	16oz	349	17	11	68	56	7	133	15
	20oz	414	19	13	85	70	9	177	20
	32oz	543	25	18	120	99	12	265	30
<b>PROTEIN POWDER SMOOTHIE</b>	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>w/ ice cream base</b>	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
<b>PROTEIN POWDER GRANITA</b>	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>w/ coffee</b>	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)
<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	455	0	0	85	75	26	401	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	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)
<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	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)
<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	583	21	14	72	68	26	371	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	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)
<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	783	20	12	107	115	26	411	68
<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	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)
<b>CHOCOLATE MILK</b>	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
<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	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
<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	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
<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	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
<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	403	16	10	39	35	28	385	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	275	0	0	39	35	28	385	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	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)
<b>HALF &amp; HALF</b>	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
<b>NON-FAT MILK</b>	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)
<b>HALF &amp; HALF</b>	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
<b>NON-FAT MILK</b>	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)
<b>2% MILK</b>	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
<b>NON-FAT MILK</b>	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)
<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	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)
<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	673	19	12	97	92	27	438	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
<b>CANDIED PEPPERMINT LATTE</b>	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
<b>CANDIED PEPPERMINT MOCHA</b>	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
<b>SKINNY CANDIED PEPPERMINT MOCH</b>	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)
<b>Green &amp; Black Tea</b>	8oz	0	0	0	0	0	0	0	0
<b>PLAIN or</b>	12oz	0	0	0	0	0	0	0	0
<b>w/ sugar-free flavor</b>	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</b>	8oz	40	0	0	10	9	0	0	0
<b>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	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	347	10	7	55	53	10	253	42
	32oz	559	17	12	85	83	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**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>WHITE CHOC.</b>									
<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	347	10	7	55	53	10	253	42
	32oz	559	17	12	85	83	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	337	10	7	55	53	10	253	42
	32oz	546	17	12	85	83	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	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)
<b>CHOCOLATE MILK</b>	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
<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	337	10	7	55	53	10	253	42
	32oz	546	17	12	85	83	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	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)
<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	690	16	9	99	107	19	326	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	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)
<b>2% MILK</b>	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
<b>NON-FAT MILK</b>	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
<b>SOY MILK</b>	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)
<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
<b>CANDIED PEPPERMINT LATTE</b>	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
<b>CANDIED PEPPERMINT MOCHA</b>	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
<b>SKINNY CANDIED PEPPERMINT MOCHA</b>	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)
<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