



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

BLENDED DRINKS

GRANITA

GRANITA *No Flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	294	12	8	35	45	14	195	53
	16oz	392	16	10	47	60	18	260	70
	20oz	490	20	13	59	75	23	325	88
	32oz	785	32	20	94	120	36	520	140
MOCHA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	354	14	10	43	52	16	245	62
	16oz	452	18	12	55	67	20	310	79
	20oz	550	22	15	67	82	25	375	97
	32oz	845	34	22	102	127	38	570	149
MOCHA *Hershey's Chocolate	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	339	12	8	46	55	14	210	53
	16oz	460	16	10	64	75	18	283	70
	20oz	580	20	13	81	95	23	355	88
	32oz	898	32	20	122	145	36	558	140
SNOWY MOCHA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	329	12	8	45	54	14	195	53
	16oz	445	16	10	61	74	18	260	70
	20oz	560	20	13	78	93	23	325	88
	32oz	873	32	20	118	143	36	520	140
VANILLA MOCHA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	389	14	10	53	61	16	245	62
	16oz	505	18	12	69	80	20	310	79
	20oz	620	22	15	86	100	25	375	97
	32oz	933	34	22	126	149	38	570	149
CARAMEL MOCHA *Real Caramel	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	388	14	10	52	60	17	292	62
	16oz	504	18	12	69	79	21	380	79
	20oz	619	22	15	85	98	26	468	97
	32oz	931	34	22	125	147	39	687	149
IRISH CREAM BREVE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	409	18	12	47	56	16	225	83
	16oz	525	22	14	63	76	20	290	100
	20oz	640	26	17	80	95	25	355	118
	32oz	953	38	24	120	145	38	550	170
Other Flavors *Syrups	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	329	12	8	45	54	14	195	53
	16oz	445	16	10	61	74	18	260	70
	20oz	560	20	13	78	93	23	325	88
	32oz	873	32	20	118	143	36	520	140

HAND BLENDED GRANITA

DECAF PLAIN *ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	148	6	10	25	22	3	71	8
	12oz	243	9	19	43	37	4	116	8
	16oz	295	11	21	51	43	6	143	15
	20oz	364	13	26	62	53	6	172	15
	32oz	490	18	39	87	73	9	233	15
DECAF MOCHA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	170	6	10	31	27	3	79	8
	12oz	288	9	19	54	47	4	131	8
	16oz	363	11	21	67	58	6	165	15
	20oz	454	13	26	84	73	6	202	15
	32oz	603	18	39	114	98	9	270	15

LOW-CARB GRANITA

VANILLA *Espresso	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	70	4	2	8	2	2	65	15
	16oz	110	7	4	9	3	3	80	30
	20oz	130	8	4	12	3	4	105	30
	32oz	145	8	4	15	3	5	130	30
MOCHA *Espresso	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	77	4	2	6	2	3	95	15
	16oz	117	7	4	7	3	4	110	30
	20oz	140	8	4	9	3	5	150	30

32oz	158	9	4	11	3	6	190	30
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VANILLA *No Espresso	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	220	16	10	12	6	6	125	75
	16oz	500	37	24	19	13	13	230	180
	20oz	670	50	32	26	17	18	315	240
	32oz	1000	74	48	37	25	27	460	360

MOCHA *No Espresso	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	227	16	10	10	6	7	155	75
	16oz	507	37	24	17	13	14	260	180
	20oz	680	50	32	23	17	19	360	240
	32oz	1013	75	48	33	25	28	520	360

GREEN TEA SMOOTHIES

ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	310	13	9	44	40	6	195	30
	12oz	463	19	14	65	60	8	311	38
	16oz	515	21	16	73	66	10	338	45
	20oz	720	30	22	102	93	13	480	60
	32oz	1030	42	31	145	132	19	675	90

ACAI SMOOTHIE

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

CHAI	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	143	2	1	29	26	1	56	8
	12oz	218	4	3	42	37	3	90	15
	16oz	293	6	4	55	48	4	124	23
	20oz	368	8	5	68	59	5	158	30
	32oz	585	12	8	110	96	8	248	45

CHAI *Sugar Free	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	53	2	1	7	7	1	26	8
	12oz	105	4	3	15	13	3	53	15
	16oz	158	6	4	22	20	4	79	23
	20oz	210	8	5	29	26	5	105	30
	32oz	315	12	8	44	39	8	158	45

ORIGINAL MATE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	113	2	1	23	22	1	26	8
	12oz	180	4	3	35	32	3	53	15
	16oz	248	6	4	46	42	4	79	23
	20oz	315	8	5	57	52	5	105	30
	32oz	495	12	8	92	84	8	158	45

MATCHA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	231	9	6	32	28	5	113	30
	12oz	305	12	8	43	37	7	148	38
	16oz	357	14	9	50	44	8	174	45
	20oz	476	18	12	67	58	10	232	60
	32oz	714	28	18	100	88	16	349	90

CHOCOLATE / VANILLA SMOOTHIE

CHOCOLATE SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	323	12	14	53	46	7	158	30
	12oz	488	17	24	83	73	9	236	38
	16oz	563	19	26	96	84	11	270	45
	20oz	749	25	34	128	112	14	360	60
	32oz	1103	38	51	187	163	21	533	90

FROZEN HOT CHOCOLATE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	253	9	6	37	33	6	135	30
	12oz	348	13	8	52	46	8	191	38
	16oz	400	15	9	60	52	9	218	45
	20oz	534	19	12	79	69	12	290	60
	32oz	800	29	19	119	104	18	435	90

VANILLA SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	300	12	14	47	41	7	150	30
	12oz	443	17	24	72	63	9	221	38
	16oz	495	19	26	80	69	11	248	45

20oz	659	25	34	106	92	14	330	60
32oz	990	38	51	159	138	21	495	90

TORANI FRUIT SMOOTHIE *ICB

STRAWBERRY

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	203	2	1	47	43	1	26	8
12oz	293	4	3	65	58	3	53	15
16oz	383	6	4	82	74	4	79	23
20oz	473	8	5	99	89	5	105	30
32oz	765	12	8	164	147	8	158	45

STRAWBERRY / BANANA

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	223	2	1	52	49	1	36	8
12oz	318	4	3	71	66	3	65	15
16oz	413	6	4	89	83	4	94	23
20oz	508	8	5	108	100	5	123	30
32oz	825	12	8	179	165	8	188	45

BLUEBERRY / POMEGRANATE

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	213	2	1	49	46	1	31	8
12oz	305	4	3	67	62	3	59	15
16oz	398	6	4	85	78	4	86	23
20oz	490	8	5	103	94	5	114	30
32oz	795	12	8	170	156	8	173	45

GREEN APPLE

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	213	2	1	50	46	1	36	8
12oz	305	4	3	68	62	3	65	15
16oz	398	6	4	86	78	4	94	23
20oz	490	8	5	104	94	5	123	30
32oz	795	12	8	173	156	8	188	45

MANGO

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	213	2	1	49	46	1	31	8
12oz	305	4	3	67	62	3	59	15
16oz	398	6	4	85	78	4	86	23
20oz	490	8	5	103	94	5	114	30
32oz	795	12	8	170	156	8	173	45

PEACH

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	213	2	1	49	46	1	26	8
12oz	305	4	3	67	62	3	53	15
16oz	398	6	4	85	78	4	79	23
20oz	490	8	5	103	94	5	105	30
32oz	795	12	8	170	156	8	158	45

PINA COLADA

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	233	4	2	49	45	1	41	8
12oz	330	6	4	67	61	3	71	15
16oz	428	8	5	85	77	4	101	23
20oz	525	11	7	103	93	5	131	30
32oz	855	17	11	170	153	8	203	45

RASPBERRY

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	203	2	1	47	43	1	41	8
12oz	293	4	3	65	58	3	71	15
16oz	383	6	4	82	74	4	101	23
20oz	473	8	5	99	89	5	131	30
32oz	765	12	8	164	147	8	203	45

TORANI FRUIT SMOOTHIE (DAIRY-FREE) *Water Base

STRAWBERRY

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	150	0	0	40	36	0	0	0
12oz	188	0	0	50	45	0	0	0
16oz	225	0	0	60	54	0	0	0
20oz	263	0	0	70	63	0	0	0
32oz	450	0	0	120	108	0	0	0

STRAWBERRY / BANANA

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	170	0	0	45	42	0	10	0
12oz	213	0	0	56	53	0	13	0
16oz	255	0	0	68	63	0	15	0
20oz	298	0	0	79	74	0	18	0
32oz	510	0	0	135	126	0	30	0

BLUEBERRY / POMEGRANATE

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
8oz	160	0	0	42	39	0	5	0
12oz	200	0	0	53	49	0	6	0
16oz	240	0	0	63	59	0	8	0
20oz	280	0	0	74	68	0	9	0

32oz	480	0	0	126	117	0	15	0
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GREEN APPLE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	160	0	0	43	39	0	10	0
	12oz	200	0	0	54	49	0	13	0
	16oz	240	0	0	65	59	0	15	0
	20oz	280	0	0	75	68	0	18	0
	32oz	480	0	0	129	117	0	30	0

MANGO	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	160	0	0	42	39	0	5	0
	12oz	200	0	0	53	49	0	6	0
	16oz	240	0	0	63	59	0	8	0
	20oz	280	0	0	74	68	0	9	0
	32oz	480	0	0	126	117	0	15	0

PEACH	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	160	0	0	42	39	0	0	0
	12oz	200	0	0	53	49	0	0	0
	16oz	240	0	0	63	59	0	0	0
	20oz	280	0	0	74	68	0	0	0
	32oz	480	0	0	126	117	0	0	0

PINA COLADA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	180	2	1	42	38	0	15	0
	12oz	225	2	1	53	48	0	19	0
	16oz	270	2	2	63	57	0	23	0
	20oz	315	3	2	74	67	0	26	0
	32oz	540	5	3	126	114	0	45	0

RASPBERRY	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	150	0	0	40	36	0	15	0
	12oz	188	0	0	50	45	0	19	0
	16oz	225	0	0	60	54	0	23	0
	20oz	263	0	0	70	63	0	26	0
	32oz	450	0	0	120	108	0	45	0

LEMONADE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	250	0	0	60	57	0	0	0
	12oz	350	0	0	84	79	0	0	0
	16oz	450	0	0	108	102	0	0	0
	20oz	550	0	0	132	125	0	0	0
	32oz	900	0	0	216	204	0	0	0

SEASONAL SMOOTHIE

PUMPKIN PIE SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	355	12	14	60	53	7	170	30
	12oz	553	17	24	98	87	10	261	38
	16oz	660	19	26	119	105	12	308	45
	20oz	879	25	34	158	140	16	410	60
	32oz	1265	38	51	224	198	24	595	90

CANDIED PEPPERMINT SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	342	13	9	51	44	6	173	30
	12oz	527	20	14	80	69	8	267	38
	16oz	579	22	16	88	75	10	294	45
	20oz	772	29	21	117	100	13	391	60
	32oz	1158	44	31	175	150	19	587	90

CANDIED PEPPERMINT JAVA CHIP SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	455	19	13	69	58	8	181	30
	12oz	669	28	19	102	86	10	275	38
	16oz	752	32	22	113	95	12	301	45
	20oz	975	41	28	146	123	16	399	60
	32oz	1481	64	44	221	185	24	595	90

PEPPERMINT GRANITA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	190	7	5	29	25	2	94	8
	12oz	327	12	9	51	43	3	162	8
	16oz	379	14	11	59	49	5	189	15
	20oz	477	17	13	73	61	5	234	15
	32oz	658	24	19	103	85	7	325	15

PEPPERMINT JAVA CHIP GRANITA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	302	13	9	47	39	4	102	8
	12oz	469	20	14	73	60	5	170	8
	16oz	552	24	17	84	69	7	196	15
	20oz	710	31	22	107	87	9	241	15
	32oz	981	44	31	148	120	12	332	15

ROCKSTAR SMOOTHIE

ROCKSTAR SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	20oz	320	6	4	62	58	4	123	23
	32oz	365	4	3	79	75	3	123	15

ROCKSTAR SMOOTHIE *With Flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	20oz	390	6	4	81	76	4	123	23
	32oz	435	4	3	98	93	3	123	15

ROCKSTAR *Fruit Smoothie Mix - Dairy Free	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	20oz	275	0	0	70	66	0	44	0
	32oz	335	0	0	84	80	0	70	0

RED BULL SMOOTHIE

RED BULL SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	20oz	295	6	4	56	52	4	204	23
	32oz	325	4	3	69	65	3	253	15

RED BULL SMOOTHIE *With Flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	20oz	365	6	4	75	70	4	204	23
	32oz	395	4	3	88	83	3	253	15

RED BULL *Fruit Smoothie Mix - Dairy Free	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	20oz	250	0	0	64	60	0	125	0
	32oz	295	0	0	74	70	0	200	0

JAVA CHIP SMOOTHIE

JAVA CHIP SMOOTHIE *ICB - No Espresso	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	413	18	18	65	55	8	158	30
	12oz	585	25	29	94	80	11	229	38
	16oz	668	29	32	105	89	13	255	45
	20oz	862	37	41	135	115	17	337	60
	32oz	1313	58	64	205	173	26	503	90

JAVA CHIP GRANITA

JAVA CHIP GRANITA *Espresso + ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	260	12	14	43	36	4	79	8
	12oz	385	17	24	65	54	6	124	8
	16oz	468	21	27	76	63	8	150	15
	20oz	567	25	34	92	76	9	180	15
	32oz	813	38	51	132	108	14	240	15

PROTEIN POWDER SMOOTHIE

PROTEIN POWDER SMOOTHIE *ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	393	12	8	43	35	26	171	93
	16oz	445	14	9	51	41	28	198	100
	20oz	615	19	12	69	55	40	270	143

PROTEIN POWDER GRANITA

PROTEIN POWDER GRANITA * With Espresso	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	193	4	3	14	9	21	66	63
	16oz	245	6	4	22	15	23	93	70
	20oz	320	7	5	25	16	33	113	98
	32oz	390	8	6	29	17	43	133	125

HOT DRINKS

LATTE

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	111	4	2	11	10	7	106	16
	12oz	164	6	4	15	14	11	154	24
	16oz	229	8	5	22	20	15	219	34
	20oz	264	9	6	24	23	17	244	38
	32oz	439	16	10	41	38	29	414	64

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	70	0	0	9	9	7	89	4
	12oz	105	0	0	13	13	10	131	6
	16oz	145	0	0	19	19	14	186	8
	20oz	170	0	0	21	21	15	206	9
	32oz	280	0	0	35	35	26	351	16

SOY MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	86	3	0	9	7	4	195	0
	12oz	129	4	0	13	11	6	285	0
	16oz	179	6	0	19	15	8	405	0
	20oz	208	7	0	21	17	9	450	0
	32oz	344	11	0	35	29	16	765	0

ALMOND MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	62	3	0	7	7	1	122	0
	12oz	93	5	0	11	10	1	178	0
	16oz	128	7	0	15	14	2	253	0
	20oz	151	8	0	17	15	2	281	0
	32oz	248	13	0	29	26	3	478	0

COCONUT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	70	4	3	7	7	0	8	0
	12oz	105	5	5	11	10	0	12	0
	16oz	145	8	7	15	14	0	17	0
	20oz	170	8	8	17	15	0	19	0
	32oz	280	14	13	29	26	0	32	0

MOCHA

CHOCOLATE MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	200	7	5	26	22	7	163	28
	12oz	295	11	7	38	32	10	238	42
	16oz	415	15	10	54	46	14	338	59
	20oz	470	17	11	60	51	15	375	66

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	115	0	0	20	19	7	104	4
	12oz	150	0	0	24	23	10	146	6
	16oz	173	0	0	30	28	10	153	6
	20oz	260	0	0	43	41	15	236	9

SOY MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	131	3	0	20	17	4	210	0
	12oz	174	4	0	24	21	6	300	0
	16oz	246	6	0	35	30	8	428	0
	20oz	298	7	0	43	37	9	480	0

BREVE

HALF & HALF	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	265	20	13	7	7	7	98	98
	12oz	390	29	19	10	10	10	143	143
	16oz	550	41	27	14	14	14	203	203
	20oz	620	45	30	15	15	15	225	225
	32oz	1045	77	51	26	26	26	383	383

MOCHA BREVE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	310	20	13	18	17	7	113	98
	12oz	435	29	19	21	20	10	158	143
	16oz	618	41	27	30	29	14	225	203
	20oz	710	45	30	37	35	15	255	225
	32oz	1158	77	51	53	51	26	420	383

CAPPUCCINO - HOT (WET)

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	111	4	2	11	10	7	106	16
	12oz	164	6	4	15	14	11	154	24
	16oz	229	8	5	22	20	15	219	34
	20oz	264	9	6	24	23	17	244	38
	32oz	439	16	10	41	38	29	414	64

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	70	0	0	9	9	7	89	4

12oz	105	0	0	13	13	10	131	6
16oz	145	0	0	19	19	14	186	8
20oz	170	0	0	21	21	15	206	9
32oz	280	0	0	35	35	26	351	16

SNOWY MOCHA (WHITE CHOC.)

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	186	6	4	25	22	7	116	16
	12oz	264	9	6	34	31	11	168	24
	16oz	354	12	8	45	41	15	236	34
	20oz	439	15	10	57	52	17	267	38
	32oz	639	22	15	79	72	29	441	64

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	145	2	2	23	21	7	99	4
	12oz	205	3	3	32	30	10	144	6
	16oz	270	4	3	42	39	14	202	8
	20oz	345	5	5	53	50	15	230	9
	32oz	480	6	5	72	68	26	377	16

MEXI MOCHA

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	176	5	4	28	25	8	106	16
	12oz	251	7	6	38	34	12	154	24
	16oz	338	10	8	50	45	17	219	34
	20oz	415	12	9	64	58	19	244	38
	32oz	613	19	14	87	78	31	414	64

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	135	1	2	26	24	8	89	4
	12oz	192	1	2	36	33	11	131	6
	16oz	253	2	3	47	44	15	186	8
	20oz	322	2	4	60	56	17	206	9
	32oz	453	3	4	80	75	28	351	16

CARAMEL MOCHA

CHOCOLATE MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	235	7	5	36	31	7	163	28
	12oz	330	11	7	48	41	10	238	42
	16oz	468	15	10	68	59	14	338	59
	20oz	540	17	11	79	69	15	375	66

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	150	0	0	29	28	7	104	4
	12oz	185	0	0	34	32	10	146	6
	16oz	265	0	0	49	47	14	208	8
	20oz	330	0	0	62	59	15	236	9

SALTED CARAMEL MOCHA

CHOCOLATE MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	250	7	5	38	34	7	293	28
	12oz	345	11	7	50	44	10	368	42
	16oz	490	15	10	72	64	14	533	59
	20oz	570	17	11	84	75	15	635	66

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	165	0	0	32	31	7	234	4
	12oz	200	0	0	36	35	10	276	6
	16oz	248	0	0	48	46	10	348	6
	20oz	360	0	0	67	65	15	496	9

CARAMEL/HAZELNUT MOCHA

CHOCOLATE MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	235	7	5	36	31	7	163	28
	12oz	330	11	7	48	41	10	238	42
	16oz	468	15	10	68	59	14	338	59
	20oz	540	17	11	79	69	15	375	66

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	150	0	0	29	28	7	104	4
	12oz	185	0	0	34	32	10	146	6
	16oz	225	0	0	44	42	10	153	6
	20oz	330	0	0	62	59	15	236	9

VANILLA MOCHA

CHOCOLATE MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	235	7	5	36	31	7	163	28
	12oz	330	11	7	48	41	10	238	42
	16oz	468	15	10	68	59	14	338	59
	20oz	540	17	11	79	69	15	375	66

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	150	0	0	29	28	7	104	4
	12oz	185	0	0	34	32	10	146	6
	16oz	225	0	0	44	42	10	153	6
	20oz	330	0	0	62	59	15	236	9

SUGAR-FREE MOCHA

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	121	4	2	13	10	8	123	16
	12oz	174	6	4	17	14	12	171	24
	16oz	244	8	5	25	20	17	245	34
	20oz	284	9	6	28	23	19	278	38
	32oz	464	16	10	46	38	31	457	64

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	80	0	0	11	9	8	106	4
	12oz	115	0	0	15	13	11	148	6
	16oz	160	0	0	22	19	15	211	8
	20oz	190	0	0	25	21	17	240	9
	32oz	305	0	0	40	35	28	393	16

SOY MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	96	3	0	11	7	5	212	0
	12oz	139	4	0	15	11	7	302	0
	16oz	194	6	0	22	15	10	431	0
	20oz	228	7	0	25	17	11	484	0
	32oz	369	11	0	40	29	18	808	0

CHOCOLATE MAC BREVE

HALF & HALF	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	300	20	13	16	16	7	98	98
	12oz	425	29	19	19	19	10	143	143
	16oz	603	41	27	28	27	14	203	203
	20oz	690	45	30	34	33	15	225	225
	32oz	1133	77	51	49	48	26	383	383

IRISH CREAM BREVE

HALF & HALF	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	300	20	13	16	16	7	98	98
	12oz	425	29	19	19	19	10	143	143
	16oz	603	41	27	28	27	14	203	203
	20oz	690	45	30	34	33	15	225	225
	32oz	1133	77	51	49	48	26	383	383

FLAVORED STEAMERS

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	165	5	3	23	21	9	130	20
	12oz	230	8	5	29	27	14	195	30
	16oz	313	10	6	40	38	18	260	40
	20oz	395	13	8	52	48	23	325	50
	32oz	608	20	12	76	71	36	520	80

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	115	0	0	21	20	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	47	46	20	275	13
	32oz	408	0	0	68	67	32	440	20

HOT CHOCOLATE

CHOCOLATE MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	240	9	6	32	27	8	200	35
	12oz	360	14	9	48	41	12	300	53
	16oz	480	18	12	64	54	16	400	70
	20oz	600	23	15	80	68	20	500	88
	32oz	960	36	24	128	108	32	800	140

CHOCOLATE MILK *With Flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	275	9	6	42	36	8	200	35
	12oz	395	14	9	58	50	12	300	53
	16oz	533	18	12	78	68	16	400	70
	20oz	670	23	15	99	86	20	500	88
	32oz	1048	36	24	152	131	32	800	140

CHAI LATTE

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	155	3	2	29	25	5	95	10
	12oz	233	4	2	43	38	7	143	15
	16oz	310	5	3	57	50	9	190	20
	20oz	388	6	4	71	63	11	238	25
	32oz	620	10	6	114	100	18	380	40

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	130	0	0	28	25	4	85	3
	12oz	195	0	0	41	37	6	128	4
	16oz	260	0	0	55	49	8	170	5
	20oz	325	0	0	69	61	10	213	6
	32oz	520	0	0	110	98	16	340	10

SUGAR-FREE CHAI LATTE

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	65	3	2	7	6	5	65	10
	12oz	98	4	2	10	9	7	98	15
	16oz	130	5	3	13	12	9	130	20
	20oz	163	6	4	16	15	11	163	25
	32oz	260	10	6	26	24	18	260	40

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	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

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	125	3	2	23	21	5	65	10
	12oz	188	4	2	34	32	7	98	15
	16oz	250	5	3	45	42	9	130	20
	20oz	313	6	4	56	53	11	163	25
	32oz	500	10	6	90	84	18	260	40

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	100	0	0	22	21	4	55	3
	12oz	150	0	0	32	31	6	83	4
	16oz	200	0	0	43	41	8	110	5
	20oz	250	0	0	54	51	10	138	6
	32oz	400	0	0	86	82	16	220	10

MATCHA TEA

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	256	10	8	33	26	10	180	20
	12oz	363	15	11	46	37	15	262	30
	16oz	470	19	14	59	48	19	344	40
	20oz	619	25	18	78	63	24	442	50
	32oz	856	34	24	104	86	38	654	80

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	206	5	5	31	25	9	160	5
	12oz	288	7	6	43	36	13	232	8
	16oz	370	9	8	55	46	17	304	10
	20oz	494	12	11	73	61	22	392	13
	32oz	656	14	12	96	82	34	574	20

SEASONAL DRINKS

PUMPKIN PIE LATTE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	221	4	2	37	34	8	146	16
	12oz	274	6	4	41	38	12	194	24
	16oz	394	8	5	61	56	17	279	34
	20oz	484	9	6	76	71	19	324	38
	32oz	714	16	10	106	98	31	514	64

SNOWY PUMPKIN	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	216	5	3	33	30	8	131	16
	12oz	324	7	5	51	47	12	199	24
	16oz	414	10	7	62	57	16	267	34
	20oz	499	13	8	74	67	18	296	38
	32oz	699	20	13	95	87	30	469	64

EGGNOG LATTE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	131	6	3	14	12	6	98	35
	12oz	194	8	5	21	18	8	143	50
	16oz	272	12	7	30	25	12	203	72
	20oz	311	13	8	33	28	13	225	80
	32oz	519	22	13	56	48	22	383	135

NF EGGNOG LATTE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	111	4	2	13	12	5	89	28
	12oz	164	5	3	20	17	8	131	42
	16oz	229	8	4	28	24	11	186	59
	20oz	264	8	5	31	27	12	206	66
	32oz	439	14	8	53	46	21	351	112

CHAI NOG	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	180	5	3	33	28	3	85	33

12oz	270	7	4	50	42	4	128	49
16oz	360	9	5	66	56	5	170	65
20oz	450	11	6	83	70	6	213	81
32oz	720	18	10	132	112	10	340	130

APPLE CIDER	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	40	0	0	10	10	0	15	0
	12oz	60	0	0	15	15	0	23	0
	16oz	80	0	0	20	20	0	30	0
	20oz	100	0	0	25	25	0	38	0
	32oz	160	0	0	40	40	0	60	0

EGGNOG LATTE with Flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	166	6	3	24	21	6	98	35
	12oz	229	8	5	30	27	8	143	50
	16oz	324	12	7	44	39	12	203	72
	20oz	381	13	8	52	46	13	225	80
	32oz	607	22	13	80	70	22	383	135

CANDIED PEPPERMINT LATTE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	210	8	5	27	23	8	157	16
	12oz	296	11	8	37	32	12	222	24
	16oz	394	15	10	49	43	16	304	34
	20oz	495	18	13	63	54	19	363	38
	32oz	703	26	18	85	74	31	550	64

CANDIED PEPPERMINT MOCHA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	299	11	8	43	35	7	214	28
	12oz	427	16	11	60	50	11	306	42
	16oz	580	21	15	82	68	15	423	59
	20oz	701	26	18	99	82	17	494	66
	32oz	1054	39	27	146	122	28	774	112

NONFAT CANDIED PEPPERMINT MOCHA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	159	3	2	25	23	7	131	4
	12oz	216	3	2	35	32	10	180	6
	16oz	249	4	3	41	37	10	197	6
	20oz	380	6	5	59	53	16	306	9

TEA

Green & Black Tea Plain / SF Flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	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 with Flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	35	0	0	10	9	0	0	0
	12oz	35	0	0	10	9	0	0	0
	16oz	53	0	0	14	14	0	0	0
	20oz	70	0	0	19	18	0	0	0
	32oz	88	0	0	24	23	0	0	0

ICED DRINKS

LATTE

2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	164	6	4	15	14	11	154	24
	16oz	229	8	5	22	20	15	219	34
	20oz	264	9	6	24	23	17	244	38
	32oz	439	16	10	41	38	29	414	64

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	105	0	0	13	13	10	131	6
	16oz	145	0	0	19	19	14	186	8
	20oz	170	0	0	21	21	15	206	9
	32oz	280	0	0	35	35	26	351	16

MOCHA

CHOCOLATE MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	295	11	7	38	32	10	238	42
	16oz	415	15	10	54	46	14	338	59
	20oz	470	17	11	60	51	15	375	66
	32oz	790	29	19	102	86	26	638	112

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	150	0	0	24	23	10	146	6
	16oz	173	0	0	30	28	10	153	6
	20oz	260	0	0	43	41	15	236	9
	32oz	370	0	0	57	55	26	381	16

BREVE

HALF & HALF	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	390	29	19	10	10	10	143	143
	16oz	550	41	27	14	14	14	203	203
	20oz	620	45	30	15	15	15	225	225
	32oz	1045	77	51	26	26	26	383	383

MOCHA BREVE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	435	29	19	21	20	10	158	143
	16oz	618	41	27	30	29	14	225	203
	20oz	710	45	30	37	35	15	255	225
	32oz	1158	77	51	53	51	26	420	383

IRISH CREAM BREVE

HALF & HALF	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	425	29	19	19	19	10	143	143
	16oz	603	41	27	28	27	14	203	203
	20oz	690	45	30	34	33	15	225	225
	32oz	1133	77	51	49	48	26	383	383

HALF & HALF	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	425	29	19	19	19	10	143	143
	16oz	603	41	27	28	27	14	203	203
	20oz	690	45	30	34	33	15	225	225
	32oz	1133	77	51	49	48	26	383	383

CHOCOLATE MAC BREVE

HALF & HALF	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	425	29	19	19	19	10	143	143
	16oz	603	41	27	28	27	14	203	203
	20oz	690	45	30	34	33	15	225	225
	32oz	1133	77	51	49	48	26	383	383

CARMEL MOCHA

CHOCOLATE MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	330	11	7	48	41	10	238	42
	16oz	468	15	10	68	59	14	338	59
	20oz	540	17	11	79	69	15	375	66
	32oz	860	29	19	121	104	26	638	112

NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	185	0	0	34	32	10	146	6
	16oz	265	0	0	49	47	14	208	8
	20oz	330	0	0	62	59	15	236	9
	32oz	440	0	0	76	73	26	381	16

SNOWY MOCHA

WHITE CHOC. 2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	264	9	6	34	31	11	168	24
	16oz	354	12	8	45	41	15	236	34
	20oz	439	15	10	57	52	17	267	38
	32oz	639	22	15	79	72	29	441	64

WHITE CHOC.*NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	205	3	3	32	30	10	144	6
	16oz	270	4	3	42	39	14	202	8
	20oz	345	5	5	53	50	15	230	9
	32oz	480	6	5	72	68	26	377	16

CARMEL HAZELNUT MOCHA

CHOCOLATE MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
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12oz	330	11	7	48	41	10	238	42
16oz	468	15	10	68	59	14	338	59
20oz	540	17	11	79	69	15	375	66
32oz	860	29	19	121	104	26	638	112

NON-FAT MILK									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
12oz	185	0	0	34	32	10	146	6	
16oz	265	0	0	49	47	14	208	8	
20oz	330	0	0	62	59	15	236	9	
32oz	440	0	0	76	73	26	381	16	

SALTED CARAMEL MOCHA

CHOCOLATE MILK									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
12oz	345	11	7	50	44	10	368	42	
16oz	490	15	10	72	64	14	533	59	
20oz	570	17	11	84	75	15	635	66	
32oz	890	29	19	126	110	26	898	112	

NON-FAT MILK									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
12oz	200	0	0	36	35	10	276	6	
16oz	248	0	0	48	46	10	348	6	
20oz	360	0	0	67	65	15	496	9	
32oz	470	0	0	81	79	26	641	16	

MEXI MOCHA

2% MILK									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
12oz	251	7	6	38	34	12	154	24	
16oz	338	10	8	50	45	17	219	34	
20oz	415	12	9	64	58	19	244	38	
32oz	613	19	14	87	78	31	414	64	

NON-FAT MILK									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
12oz	192	1	2	36	33	11	131	6	
16oz	253	2	3	47	44	15	186	8	
20oz	322	2	4	60	56	17	206	9	
32oz	453	3	4	80	75	28	351	16	

SUGAR-FREE MOCHA

2% MILK									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
12oz	174	6	4	17	14	12	171	24	
16oz	244	8	5	25	20	17	245	34	
20oz	284	9	6	28	23	19	278	38	
32oz	464	16	10	46	38	31	457	64	

NON-FAT MILK									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
12oz	115	0	0	15	13	11	148	6	
16oz	160	0	0	22	19	15	211	8	
20oz	190	0	0	25	21	17	240	9	
32oz	305	0	0	40	35	28	393	16	

ROCKSTAR

OVER ICE									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
20oz	260	0	0	64	62	0	70	0	
32oz	260	0	0	64	62	0	70	0	

W/ FLAVOR									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
20oz	330	0	0	83	80	0	70	0	
32oz	330	0	0	83	80	0	70	0	

RED BULL

OVER ICE									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
20oz	220	0	0	54	52	0	200	0	
32oz	220	0	0	54	52	0	200	0	

W/ FLAVOR									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
20oz	290	0	0	73	70	0	200	0	
32oz	290	0	0	73	70	0	200	0	

CHOCOLATE MILK

CHOCOLATE MILK									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
12oz	360	14	9	48	41	12	300	53	
16oz	480	18	12	64	54	16	400	70	
20oz	600	23	15	80	68	20	500	88	
32oz	960	36	24	128	108	32	800	140	

NON-FAT MILK									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
12oz	120	0	0	17	17	12	165	8	
16oz	160	0	0	22	22	16	220	10	
20oz	200	0	0	28	28	20	275	13	
32oz	320	0	0	44	44	32	440	20	

ITALIAN SODA

ITALIAN SODA									
Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)	
8oz	88	0	0	24	23	0	0	0	
12oz	123	0	0	33	32	0	0	0	
16oz	140	0	0	38	36	0	0	0	

	20oz	158	0	0	43	41	0	0	0
	32oz	245	0	0	67	63	0	0	0
CREAMOSA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	128	3	2	25	24	1	15	15
	12oz	163	3	2	34	33	1	15	15
	16oz	180	3	2	39	37	1	15	15
	20oz	198	3	2	44	42	1	15	15
	32oz	285	3	2	68	64	1	15	15
CHAI LATTE									
2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	233	4	2	43	38	7	143	15
	16oz	310	5	3	57	50	9	190	20
	20oz	388	6	4	71	63	11	238	25
	32oz	620	10	6	114	100	18	380	40
NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	195	0	0	41	37	6	128	4
	16oz	260	0	0	55	49	8	170	5
	20oz	325	0	0	69	61	10	213	6
	32oz	520	0	0	110	98	16	340	10
SUGAR-FREE CHAI LATTE									
2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	98	4	2	10	9	7	98	15
	16oz	130	5	3	13	12	9	130	20
	20oz	163	6	4	16	15	11	163	25
	32oz	260	10	6	26	24	18	260	40
NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	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
MATCHA TEA									
2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	363	15	11	46	37	15	262	30
	16oz	470	19	14	59	48	19	344	40
	20oz	619	25	18	78	63	24	442	50
	32oz	856	34	24	104	86	38	654	80
NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	288	7	6	43	36	13	232	8
	16oz	370	9	8	55	46	17	304	10
	20oz	494	12	11	73	61	22	392	13
	32oz	656	14	12	96	82	34	574	20
PIXIE MATE									
2% MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	188	4	2	34	32	7	98	15
	16oz	250	5	3	45	42	9	130	20
	20oz	313	6	4	56	53	11	163	25
	32oz	500	10	6	90	84	18	260	40
NON-FAT MILK	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	150	0	0	32	31	6	83	4
	16oz	200	0	0	43	41	8	110	5
	20oz	250	0	0	54	51	10	138	6
	32oz	400	0	0	86	82	16	220	10
SEASONAL DRINKS									
PUMPKIN PIE LATTE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	274	6	4	41	38	12	194	24
	16oz	394	8	5	61	56	17	279	34
	20oz	484	9	6	76	71	19	324	38
	32oz	714	16	10	106	98	31	514	64
EGGNOG LATTE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	194	8	5	21	18	8	143	50
	16oz	272	12	7	30	25	12	203	72
	20oz	311	13	8	33	28	13	225	80
	32oz	519	22	13	56	48	22	383	135
NF EGGNOG LATTE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	164	5	3	20	17	8	131	42
	16oz	229	8	4	28	24	11	186	59
	20oz	264	8	5	31	27	12	206	66
	32oz	439	14	8	53	46	21	351	112
CHAI NOG	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	270	7	4	50	42	4	128	49
	16oz	360	9	5	66	56	5	170	65
	20oz	450	11	6	83	70	6	213	81
	32oz	720	18	10	132	112	10	340	130
EGGNOG LATTE *with flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	229	8	5	30	27	8	143	50
	16oz	324	12	7	44	39	12	203	72

	20oz	381	13	8	52	46	13	225	80
	32oz	607	22	13	80	70	22	383	135
CANDIED PEPPERMINT LATTE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	296	11	8	37	32	12	222	24
	16oz	394	15	10	49	43	16	304	34
	20oz	495	18	13	63	54	19	363	38
	32oz	703	26	18	85	74	31	550	64
CANDIED PEPPERMINT MOCHA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	427	16	11	60	50	11	306	42
	16oz	580	21	15	82	68	15	423	59
	20oz	701	26	18	99	82	17	494	66
	32oz	1054	39	27	146	122	28	774	112
NONFAT CANDIED PEPPERMINT MOCHA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	216	3	2	35	32	10	180	6
	16oz	249	4	3	41	37	10	197	6
	20oz	380	6	5	59	53	16	306	9
	32oz	490	6	5	74	68	27	451	16

TEA

Green & Black Tea *Plain / SF Flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	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 *Flavor	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	35	0	0	10	9	0	0	0
	16oz	53	0	0	14	14	0	0	0
	20oz	70	0	0	19	18	0	0	0
	32oz	88	0	0	24	23	0	0	0
Black Sweet Tea (Batch)	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	80	0	0	11	11	8	110	5
	16oz	120	0	0	32	32	0	0	0
	20oz	150	0	0	40	40	0	0	0
	32oz	240	0	0	64	64	0	0	0
Black Sweet Tea (Cup)	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	123	0	0	33	32	0	0	0
	16oz	140	0	0	38	36	0	0	0
	20oz	158	0	0	43	41	0	0	0
	32oz	245	0	0	67	63	0	0	0

LEMONADE

Iced Lemonade	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	83	0	0	21	20	0	0	0
	12oz	110	0	0	28	26	0	0	0
	16oz	138	0	0	35	33	0	0	0
	20oz	193	0	0	49	46	0	0	0
	32oz	220	0	0	56	52	0	0	0

COLD BREW

Caramel Sauce	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	12oz	34	0	0	9	8	1	47	0
	16oz	52	0	0	14	12	1	70	0
	20oz	69	0	0	18	16	1	93	0
	32oz	86	0	0	23	20	1	117	0