



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	595	12	7	74	66	12	202	52
	20oz	707	17	11	87	80	17	263	72
	32oz	1040	23	15	105	98	23	346	98
<b>SNOWY MOCHA</b>	12oz	369	8	6	34	34	8	113	36
	16oz	498	12	7	50	50	12	164	52
	20oz	627	17	11	68	68	17	225	72
	32oz	978	23	15	90	90	23	308	98
<b>VANILLA MOCHA</b>	12oz	393	9	6	37	37	9	135	40
	16oz	521	13	8	53	53	13	186	56
	20oz	651	18	12	71	71	18	247	76
	32oz	1001	24	16	93	93	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	640	15	9	78	72	14	314	60
	20oz	817	21	14	106	98	19	425	82
	32oz	1150	27	18	124	116	25	508	108
<b>CARAMEL MOCHA</b>	12oz	488	11	8	56	52	10	235	45
<b>w/real caramel</b>	16oz	664	16	10	81	75	15	336	64
	20oz	841	22	15	109	101	20	447	86
	32oz	1239	29	19	141	131	26	580	115
<b>IRISH CREAM BREVE</b>	12oz	404	11	8	35	35	9	128	51
	16oz	533	15	9	51	51	13	179	67
	20oz	662	20	13	69	69	18	240	87
	32oz	1013	26	17	91	91	24	323	113
<b>OTHER FLAVORS</b>	12oz	369	8	6	34	34	8	113	36
<b>w/ syrups</b>	16oz	498	12	7	50	50	12	164	52
	20oz	627	17	11	68	68	17	225	72
	32oz	978	23	15	90	90	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	397	10	8	75	67	4	164	1
<b>w/ ice cream base</b>	12oz	794	20	16	151	134	9	329	3
	16oz	1190	29	25	226	201	13	493	4
	20oz	1587	39	33	301	268	17	658	5
	32oz	1984	49	41	376	334	21	822	6
<b>DECAF MOCHA</b>	8oz	447	10	8	88	77	4	177	1
	12oz	894	20	16	176	154	9	354	3
	16oz	1340	29	25	263	231	13	531	4
	20oz	1787	39	33	351	308	17	708	5
	32oz	2234	49	41	439	384	21	884	6

**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 w/ yogurt base</b>	8oz	397	10	8	76	68	4	168	1
	12oz	794	19	16	152	135	9	336	1
	16oz	1191	29	24	228	203	13	504	2
	20oz	1588	38	32	304	270	18	672	2
	32oz	1985	48	40	380	338	22	840	3

**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	203	9	4	30	5	6	195	23
	20oz	270	12	5	40	6	8	260	30
<b>MOCHA</b>	12oz	125	8	3	15	3	7	205	15
	16oz	188	12	4	23	5	11	308	23
	20oz	250	16	5	30	6	14	410	30
<b>W/OUT ESPRESSO</b>									
<b>VANILLA</b>	12oz	135	6	3	20	3	4	130	15
	16oz	203	9	4	30	5	6	195	23
	20oz	270	12	5	40	6	8	260	30
<b>MOCHA</b>	12oz	125	8	3	15	3	7	205	15
	16oz	188	12	4	23	5	11	308	23
	20oz	250	16	5	30	6	14	410	30

**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	40	2	1	6	5	1	29	1
	12oz	81	3	3	12	10	1	59	3
	16oz	121	5	4	17	15	2	88	4
	20oz	161	6	6	23	21	2	118	5
	32oz	201	8	7	29	26	3	147	6
<b>LOW FAT w/ yogurt base</b>	8oz	41	1	1	7	6	1	33	1
	12oz	81	3	3	13	12	1	66	1
	16oz	122	4	4	20	17	2	99	2
	20oz	162	5	5	26	23	3	132	2
	32oz	203	6	6	33	29	4	165	3

**ACAI SMOOTHIE**

	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

**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	19	0	0	4	3	0	5	1
	12oz	37	1	0	8	6	1	11	3
	16oz	56	1	1	11	9	1	16	4
	20oz	74	1	1	15	13	1	22	5
	32oz	93	2	1	19	16	1	27	6
<b>SF CHAI</b>	8oz	8.75	0.3125	0.1875	1.25	0.875	0.25	4.375	1.25
	12oz	18	1	0	3	2	1	9	3
	16oz	26	1	1	4	3	1	13	4
	20oz	35	1	1	5	4	1	18	5
	32oz	44	2	1	6	4	1	22	6
<b>ORIGINAL MATE</b>	8oz	18	0	0	3	3	0	4	1
	12oz	35	1	0	7	6	1	9	3
	16oz	53	1	1	10	9	1	13	4
	20oz	70	1	1	13	12	1	18	5
	32oz	88	2	1	16	14	1	22	6
<b>MATCHA</b>	8oz	51	2	2	8	6	1	21	1
	12oz	102	4	3	16	11	1	42	3
	16oz	152	6	5	23	17	2	63	4
	20oz	35	8	7	31	23	2	85	5
	32oz	44	10	8	39	28	3	106	6

<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	409	10	8	77	68	5	175	3
	12oz	817	21	17	154	137	10	351	7
	16oz	1226	31	25	230	205	14	526	10
	20oz	1635	41	34	307	274	19	702	13
	32oz	2043	52	42	384	342	24	877	16

<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	349	10	7	65	53	6	244	1
	12oz	698	21	14	131	106	13	489	3
	16oz	1046	31	22	196	159	19	733	4
	20oz	1395	41	29	261	212	25	978	5
	32oz	1744	52	36	326	264	31	1222	6

<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	397	10	8	75	67	4	164	1
	12oz	794	20	16	151	134	9	329	3
	16oz	1190	29	25	226	201	13	493	4
	20oz	1587	39	33	301	268	17	658	5
	32oz	1984	49	41	376	334	21	822	6

<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>
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<b>STAWBERRY w/ ICB</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	32	0	0	7	6	0	4	1
	12oz	65	1	0	15	13	1	9	3
	16oz	97	1	1	22	19	1	13	4
	20oz	129	1	1	29	26	1	18	5
	32oz	161	2	1	36	32	1	22	6

<b>STRAW/BANANA w/ ICB</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	30	0	0	7	6	0	5	1
	12oz	60	1	0	14	12	1	11	3
	16oz	89	1	1	20	18	1	16	4
	20oz	119	1	1	27	25	1	22	5
	32oz	149	2	1	34	31	1	27	6

<b>BLUEBERRY/POM. w/ ICB</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	29	0	0	7	1	0	5	1
	12oz	58	1	0	13	2	1	10	3
	16oz	86	1	1	20	3	1	15	4
	20oz	115	1	1	26	5	1	20	5
	32oz	144	2	1	33	6	1	24	6

<b>GREEN APPLE w/ ICB</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	29	0	0	7	6	0	5	1
	12oz	58	1	0	14	12	1	11	3
	16oz	86	1	1	20	18	1	16	4
	20oz	115	1	1	27	24	1	22	5
	32oz	144	2	1	34	29	1	27	6

<b>MANGO w/ ICB</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	29	0	0	7	6	0	5	1
	12oz	58	1	0	13	12	1	10	3
	16oz	86	1	1	20	18	1	15	4
	20oz	115	1	1	26	24	1	20	5
	32oz	144	2	1	33	29	1	24	6

<b>PEACH w/ ICB</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	29	0	0	7	6	0	4	1
	12oz	58	1	0	13	12	1	9	3
	16oz	86	1	1	20	18	1	13	4
	20oz	115	1	1	26	24	1	18	5
	32oz	144	2	1	33	29	1	22	6

<b>PINA COLADA w/ ICB</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	31	0	0	7	6	0	6	1
	12oz	63	1	0	13	12	1	13	3
	16oz	94	1	1	20	18	1	19	4
	20oz	125	2	1	26	24	1	26	5
	32oz	156	2	1	33	29	1	32	6

<b>RASPBERRY w/ ICB</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	27	0	0	6	5	0	6	1
	12oz	55	1	0	13	11	1	13	3
	16oz	82	1	1	19	16	1	19	4
	20oz	109	1	1	25	22	1	26	5
	32oz	136	2	1	31	27	1	32	6

**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	33	0	0	8	7	0	8	1
	12oz	65	0	0	16	14	1	16	1
	16oz	98	0	0	24	21	1	24	2
	20oz	130	0	0	32	28	2	32	2
	32oz	163	0	0	40	35	2	40	3
<b>STRAW/BANANA</b> w/ yogurt base	8oz	30	0	0	8	7	0	9	1
	12oz	60	0	0	15	14	1	18	1
	16oz	90	0	0	23	20	1	27	2
	20oz	120	0	0	30	27	2	36	2
	32oz	150	0	0	38	34	2	45	3
<b>BLUEBERRY/POM.</b> w/ yogurt base	8oz	29	0	0	7	2	0	9	1
	12oz	58	0	0	15	4	1	17	1
	16oz	87	0	0	22	5	1	26	2
	20oz	116	0	0	29	7	2	34	2
	32oz	145	0	0	36	9	2	43	3
<b>GREEN APPLE</b> w/ yogurt base	8oz	29	0	0	8	7	0	9	1
	12oz	58	0	0	15	13	1	18	1
	16oz	87	0	0	23	20	1	27	2
	20oz	116	0	0	30	26	2	36	2
	32oz	145	0	0	38	33	2	45	3
<b>MANGO</b> w/ yogurt base	8oz	29	0	0	7	7	0	9	1
	12oz	58	0	0	15	13	1	17	1
	16oz	87	0	0	22	20	1	26	2
	20oz	116	0	0	29	26	2	34	2
	32oz	145	0	0	36	33	2	43	3
<b>PEACH</b> w/ yogurt base	8oz	29	0	0	7	7	0	8	1
	12oz	58	0	0	15	13	1	16	1
	16oz	87	0	0	22	20	1	24	2
	20oz	116	0	0	29	26	2	32	2
	32oz	145	0	0	36	33	2	40	3
<b>PINA COLADA</b> w/ yogurt base	8oz	32	0	0	7	7	0	10	1
	12oz	63	0	0	15	13	1	20	1
	16oz	95	0	0	22	20	1	30	2
	20oz	126	1	0	29	26	2	40	2
	32oz	158	1	0	36	33	2	50	3
<b>RASPBERRY</b> w/ yogurt base	8oz	28	0	0	7	6	0	10	1
	12oz	55	0	0	14	12	1	20	1
	16oz	83	0	0	21	18	1	30	2
	20oz	110	0	0	28	24	2	40	2
	32oz	138	0	0	35	30	2	50	3

**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	24	0	0	6	6	0	0	0
	12oz	47	0	0	12	11	0	0	0
	16oz	71	0	0	18	17	0	0	0
	20oz	94	0	0	24	22	0	0	0
	32oz	118	0	0	30	28	0	0	0
<b>STRAW/BANANA</b> w/ water base	8oz	21	0	0	6	5	0	1	0
	12oz	42	0	0	11	11	0	2	0
	16oz	63	0	0	17	16	0	3	0
	20oz	84	0	0	22	21	0	4	0
	32oz	105	0	0	28	26	0	5	0
<b>BLUEBERRY/POM.</b> w/ water base	8oz	20	0	0	5	0	0	1	0
	12oz	40	0	0	11	1	0	1	0
	16oz	60	0	0	16	1	0	2	0
	20oz	80	0	0	21	1	0	2	0
	32oz	100	0	0	26	1	0	3	0
<b>GREEN APPLE</b> w/ water base	8oz	20	0	0	6	5	0	1	0
	12oz	40	0	0	11	10	0	2	0
	16oz	60	0	0	17	15	0	3	0
	20oz	80	0	0	22	20	0	4	0
	32oz	100	0	0	28	25	0	5	0
<b>MANGO</b> w/ water base	8oz	20	0	0	5	5	0	1	0
	12oz	40	0	0	11	10	0	1	0
	16oz	60	0	0	16	15	0	2	0

	20oz	80	0	0	21	20	0	2	0
	32oz	100	0	0	26	25	0	3	0
<b>PEACH</b>	8oz	20	0	0	5	5	0	0	0
<b>w/ water base</b>	12oz	40	0	0	11	10	0	0	0
	16oz	60	0	0	16	15	0	0	0
	20oz	80	0	0	21	20	0	0	0
	32oz	100	0	0	26	25	0	0	0
<b>PINA COLADA</b>	8oz	23	0	0	5	5	0	2	0
<b>w/ water base</b>	12oz	45	0	0	11	10	0	4	0
	16oz	68	0	0	16	15	0	6	0
	20oz	90	1	0	21	20	0	8	0
	32oz	113	1	0	26	25	0	10	0
<b>RASPBERRY</b>	8oz	19	0	0	5	5	0	2	0
<b>w/ water base</b>	12oz	37	0	0	10	9	0	4	0
	16oz	56	0	0	15	14	0	6	0
	20oz	74	0	0	20	18	0	8	0
	32oz	93	0	0	25	23	0	10	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	452	10	8	88	79	5	189	1
	12oz	904	20	16	177	158	10	379	3
	16oz	1355	29	25	265	237	14	568	4
	20oz	1807	39	33	353	316	19	758	5
	32oz	2259	49	41	441	394	24	947	6
<b>CANDIED PEPPERMINT SMOOTHIE</b>	8oz	42	2	1	7	5	1	21	1
	12oz	84	3	2	14	11	1	43	3
	16oz	125	5	4	20	16	2	64	4
	20oz	167	6	5	27	22	2	86	5
	32oz	209	8	6	34	27	3	107	6
<b>CANDIED PEPPERMINT JAVA CHIP SMOOTHIE</b>	8oz	688	29	21	110	88	8	307	10
	12oz	1264	51	39	205	165	13	588	13
	16oz	1809	72	55	295	239	17	869	15
	20oz	2372	93	72	388	314	22	1158	20
	32oz	2970	116	90	486	393	28	1465	30
<b>PEPPERMINT GRANITA</b>	8oz	537	20	16	89	73	4	276	1
	12oz	1074	41	32	179	146	9	553	3
	16oz	1610	61	49	268	219	13	829	4
	20oz	2147	81	65	357	292	17	1106	5
	32oz	2684	102	81	446	364	21	1382	6
<b>PEPPERMINT JAVA CHIP GRANITA</b>	8oz	627	29	21	110	88	8	307	10
	12oz	1194	51	39	205	165	13	588	13
	16oz	1730	72	55	295	239	17	869	15
	20oz	2267	93	72	388	314	22	1158	20
	32oz	2804	116	90	486	393	28	1465	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	70	0	0	18	18	0	0	0
<b>ROCKSTAR FRUIT w/ smoothie mix</b>	20oz	176	0	0	44	40.6	0	10	0
	32oz	223	0	0	56	52	0	10	0
<b>ROCKSTAR FRUIT w/ smoothie &amp; ICB</b>	20oz	241	1	0	59	53	1	19	3
	32oz	305	1	1	73	66	1	28	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	548	18	13	96	82	8	195	10
	12oz	984	30	23	177	153	13	364	13
	16oz	1389	40	31	253	221	17	533	15
	20oz	1812	51	40	332	290	22	710	20
	32oz	2270	63	50	416	363	28	905	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	487	18	13	96	82	8	195	10
	12oz	914	30	23	177	153	13	364	13
	16oz	1310	40	31	253	221	17	533	15
	20oz	1707	51	40	332	290	22	710	20
	32oz	2104	63	50	416	363	28	905	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	148	3	2	10	4	21	49	58
	16oz	221	4	3	14	6	31	73	86
	20oz	295	5	4	19	8	41	98	115
<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	148	3	2	10	4	21	49	58
	16oz	221	4	3	14	6	31	73	86
	20oz	295	5	4	19	8	41	98	115

## 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	118	0	0	22	19	7	105	4
	12oz	195	0	0	38	33	10	156	6
	16oz	285	0	0	56	49	14	223	8
	20oz	350	0	0	71	61	15	256	9
	32oz	505	0	0	98	85	26	413	16
<b>SOY MILK</b>	8oz	126	3	0	21	17	4	207	0
	12oz	207	4	1	37	30	6	298	0
	16oz	302	5	1	54	44	8	426	0
	20oz	369	6	1	69	55	9	481	0
	32oz	537	10	2	94	76	16	796	0

### BREVE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>HALF &amp; HALF</b>	8oz	236	20	14	7	7	7	101	101
	12oz	333	29	19	10	10	10	143	143
	16oz	473	41	27	14	14	14	203	203
	20oz	525	45	30	15	15	15	225	225
	32oz	893	77	51	26	26	26	383	383
<b>MOCHA BREVE</b>	8oz	286	20	14	19	17	7	114	101
	12oz	433	29	19	35	30	10	168	143
	16oz	623	41	27	51	44	14	240	203
	20oz	725	45	30	65	55	15	275	225
	32oz	1143	77	51	88	76	26	445	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	176	6	4	23	22	7	100	17
	12oz	243	9	6	32	30	10	141	24
	16oz	328	12	8	42	39	14	198	34
	20oz	400	14	9	53	50	15	224	38
	32oz	583	21	14	72	68	26	371	64
<b>NON-FAT MILK</b>	8oz	143	2	2	23	22	7	100	4
	12oz	195	3	2	32	30	10	141	6
	16oz	260	3	3	42	39	14	198	8
	20oz	325	5	4	53	50	15	224	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	251	6	3	36	39	7	115	18
	12oz	343	8	5	49	53	10	161	26
	16oz	453	11	6	64	69	14	223	36
	20oz	575	13	7	84	91	15	259	41
	32oz	783	20	12	107	115	26	411	68
<b>NON-FAT MILK</b>	8oz	218	2	1	36	39	7	115	6
	12oz	295	2	1	49	53	10	161	8
	16oz	385	3	1	64	69	14	223	11
	20oz	500	4	2	84	91	15	259	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	180	6	4	27	26	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	235	0	0	48	42	10	156	6
	16oz	345	0	0	70	62	14	223	8
	20oz	430	0	0	90	79	15	256	9
	32oz	605	0	0	121	108	26	413	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	180	6	4	27	26	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	235	0	0	48	42	10	156	6
	16oz	345	0	0	70	62	14	223	8
	20oz	430	0	0	90	79	15	256	9
	32oz	605	0	0	121	108	26	413	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	180	6	4	27	26	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	235	0	0	48	42	10	156	6
	16oz	345	0	0	70	62	14	223	8
	20oz	430	0	0	90	79	15	256	9
	32oz	605	0	0	121	108	26	413	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	178	6	4	26	26	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	235	0	0	48	42	10	156	6
	16oz	345	0	0	70	62	14	223	8
	20oz	430	0	0	90	79	15	256	9
	32oz	605	0	0	121	108	26	413	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	106	4	3	10	9	7	101	17
	12oz	153	6	4	15	13	11	148	24
	16oz	218	8	5	22	19	15	211	34
	20oz	245	9	6	25	21	17	240	38
	32oz	408	16	10	40	35	28	393	64
<b>NON-FAT MILK</b>	8oz	73	0	0	10	9	7	101	4
	12oz	105	0	0	15	13	11	148	6
	16oz	150	0	0	22	19	15	211	8
	20oz	170	0	0	25	21	17	240	9
	32oz	280	0	0	40	35	28	393	16
<b>SOY MILK</b>	8oz	81	3	0	9	7	5	203	0
	12oz	117	4	1	14	10	7	290	0
	16oz	167	5	1	20	14	10	414	0
	20oz	189	6	1	23	15	11	465	0
	32oz	312	10	2	37	26	18	776	0

**CHOCOLATE MAC BREVE**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>HALF &amp; HALF</b>	8oz	254	20	14	11	11	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	85	0	0	14	14	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	254	20	14	11	11	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	85	0	0	14	14	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	138	5	3	16	16	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	98	0	0	16	16	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	208	7	5	31	30	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

**MATCHA TEA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	8oz	396	17	14	58	44	6	189	10
	12oz	594	25	20	86	65	9	284	15
	16oz	792	33	27	115	87	12	378	20
	20oz	990	41	34	144	109	15	473	25
	32oz	1584	66	54	230	174	24	756	40
<b>NON-FAT MILK</b>	8oz	376	14	12	58	44	6	189	3
	12oz	564	21	18	86	65	9	284	4
	16oz	752	28	24	115	87	12	378	5
	20oz	940	35	30	144	109	15	473	6
	32oz	1504	56	48	230	174	24	756	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	156	4	3	22	21	7	118	17
	12oz	253	6	4	39	37	11	181	24
	16oz	368	8	5	58	55	15	261	34
	20oz	445	9	6	73	69	17	306	38
	32oz	658	16	10	100	95	28	476	64
<b>SNOWY PUMPKIN</b>	8oz	181	5	3	27	25	7	120	17
	12oz	303	7	5	48	45	11	186	24
	16oz	443	10	7	72	67	15	268	34
	20oz	545	12	8	91	85	17	316	38
	32oz	783	19	12	123	116	28	488	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	20	0	0	5	5	0	8	0
	12oz	40	0	0	10	10	0	15	0
	16oz	60	0	0	15	15	0	23	0
	20oz	80	0	0	20	20	0	30	0
	32oz	100	0	0	25	25	0	38	0
<b>EGGNOG LATTE w/ flavor</b>	8oz	245	10	6	32	28	7	148	63
	12oz	356	14	9	48	42	10	208	89
	16oz	508	19	13	68	60	14	295	127
	20oz	576	22	14	79	70	15	328	141
	32oz	948	37	24	126	110	26	558	239
<b>NF EGGNOG LATTE w/ flavor</b>	8oz	228	8	5	32	28	7	148	57
	12oz	332	11	7	48	42	10	208	80
	16oz	474	15	10	68	60	14	295	114
	20oz	539	17	11	79	70	15	328	127
	32oz	884	29	19	126	110	26	558	215

<b>CANDIED PEPPERMINT LATTE</b>	8oz	200	8	6	26	23	8	144	17
	12oz	275	11	8	35	31	11	199	24
	16oz	368	15	10	46	41	15	271	34
	20oz	456	18	13	59	52	17	325	38
	32oz	647	26	18	79	71	28	487	64
<b>CANDIED PEPPERMINT MOCHA</b>	8oz	259	10	7	38	35	7	203	25
	12oz	358	13	10	53	48	9	282	36
	16oz	486	18	13	71	65	13	389	51
	20oz	587	22	16	87	78	15	457	56
	32oz	870	32	24	127	116	24	710	96
<b>SKINNY CANDIED PEPPERMINT MOCHA</b>	8oz	151	1	1	45	53	8	240	4
	12oz	261	3	2	49	42	10	190	6
	16oz	384	4	3	73	62	14	274	8
	20oz	482	5	4	93	79	16	324	9
	32oz	670	6	5	125	108	27	498	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 PLAIN or w/ sugar-free flavor</b>	8oz	0	0	0	0	0	0	0	0
	12oz	0	0	0	0	0	0	0	0
	16oz	0	0	0	0	0	0	0	0
	20oz	0	0	0	0	0	0	0	0
	32oz	0	0	0	0	0	0	0	0
<b>Green &amp; Black Tea w/ flavor</b>	8oz	40	0	0	10	9	0	0	0
	12oz	40	0	0	10	9	0	0	0
	16oz	40	0	0	10	9	0	0	0
	20oz	60	0	0	14	14	0	0	0
	32oz	100	0	0	24	23	0	0	0

**ICED DRINKS**

**LATTE**

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

**MOCHA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>CHOCOLATE MILK</b>	12oz	169	6	4	23	22	6	160	27
	16oz	240	9	6	33	32	9	228	38
	20oz	267	10	7	37	35	10	253	42
	32oz	459	17	12	63	60	17	435	72
<b>NON-FAT MILK</b>	12oz	171	0	0	35	30	7	123	4
	16oz	251	0	0	51	44	10	177	6
	20oz	313	0	0	65	55	11	205	7
	32oz	393	0	0	77	67	19	316	12
<b>SOY MILK</b>	12oz	180	3	0	34	27	4	230	0
	16oz	264	4	1	50	40	6	329	0
	20oz	327	4	1	64	51	7	373	0
	32oz	417	7	1	74	59	12	605	0
<b>ALMOND MILK</b>	12oz	153	2	0	26	21	1	152	0
	16oz	226	3	0	38	31	1	218	0
	20oz	284	4	0	49	40	1	248	0
	32oz	345	6	0	57	47	2	400	0
<b>COCONUT MILK</b>	12oz	162	4	4	34	27	0	25	0
	16oz	239	6	5	50	40	0	38	0
	20oz	298	6	6	64	51	0	50	0
	32oz	369	11	10	74	59	0	50	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	582	37	25	50	42	12	223	185
	20oz	594	34	23	61	51	11	219	169
	32oz	876	58	39	69	59	19	340	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	284	21	14	16	16	7	107	107
	16oz	389	30	20	19	19	10	152	152
	20oz	429	34	23	20	20	11	169	169
	32oz	711	58	39	28	28	19	290	290
<b>NON-FAT MILK</b>	12oz	106	0	0	19	19	7	98	4
	16oz	154	0	0	27	27	10	139	6
	20oz	183	0	0	33	33	11	155	7
	32oz	263	0	0	45	45	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	284	21	14	16	16	7	107	107
	16oz	389	30	20	19	19	10	152	152
	20oz	429	34	23	20	20	11	169	169
	32oz	711	58	39	28	28	19	290	290
<b>NON-FAT MILK</b>	12oz	106	0	0	19	19	7	98	4
	16oz	154	0	0	27	27	10	139	6
	20oz	183	0	0	33	33	11	155	7
	32oz	263	0	0	45	45	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	300	9	6	46	45	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	206	0	0	44	39	7	123	4
	16oz	304	0	0	65	57	10	177	6
	20oz	383	0	0	83	73	11	205	7
	32oz	481	0	0	99	89	19	316	12

**SNOWY MOCHA**

WHITE CHOC.	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>2% MILK</b>	12oz	207	7	5	28	26	7	108	18
	16oz	277	10	6	37	35	10	152	25
	20oz	344	12	8	48	45	11	172	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	226	3	3	37	35	10	152	6
	20oz	288	5	4	48	45	11	172	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	300	9	6	46	45	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	206	0	0	44	39	7	123	4
	16oz	304	0	0	65	57	10	177	6
	20oz	383	0	0	83	73	11	205	7
	32oz	481	0	0	99	89	19	316	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	293	9	6	46	45	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	304	0	0	65	57	10	177	6
	20oz	383	0	0	83	73	11	205	7
	32oz	481	0	0	99	89	19	316	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	300	9	6	47	45	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	206	0	0	44	39	7	123	4
	16oz	304	0	0	65	57	10	177	6
	20oz	383	0	0	83	73	11	205	7
	32oz	481	0	0	99	89	19	316	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	293	9	6	46	45	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	304	0	0	65	57	10	177	6
	20oz	383	0	0	83	73	11	205	7
	32oz	481	0	0	99	89	19	316	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	402	9	5	59	64	10	177	28
	20oz	519	11	6	78	85	11	207	32
	32oz	690	16	9	99	107	19	326	52
<b>NON-FAT MILK</b>	12oz	271	2	1	46	50	7	128	6
	16oz	351	3	1	59	64	10	177	9
	20oz	463	4	2	78	85	11	207	11
	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	167	6	4	17	14	12	165	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	116	0	0	17	14	12	165	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	129	4	1	16	10	8	317	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	51	44	10	177	6
	20oz	250	0	0	65	55	11	205	7
	32oz	340	0	0	77	67	19	316	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

**KETO PROTEIN DRINK**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
<b>Heavy Cream</b>	20oz	310	26	16	13	7	10	125	100
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)

**HOLIDAY DRINKS -ICED**

	12oz	217	4	3	36	34	8	148	18
	16oz	272	4	3	49	46	9	173	18
	20oz	327	4	3	62	58	9	198	18
<b>PUMPKIN PIE LATTE</b>	32oz	382	4	3	75	70	10	223	18
	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
<b>EGGNOG LATTE</b>	32oz	652	28	18	78	66	19	422	181
	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
<b>NF EGGNOG LATTE</b>	32oz	604	22	14	78	66	19	422	163
	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
<b>CHAI NOG</b>	32oz	864	27	18	141	120	12	384	195
	12oz	275	10	7	38	33	7	156	67
	16oz	394	15	9	55	48	10	221	95
	20oz	389	25	11	46	39	11	246	105
<b>EGGNOG LATTE w/ flavor</b>	32oz	739	28	18	101	89	19	422	181
	12oz	258	8	5	38	33	7	156	60
	16oz	369	11	8	55	48	10	221	85
	20oz	361	22	8	46	39	11	246	95
<b>NF EGGNOG LATTE w/ flavor</b>	32oz	691	22	14	101	89	19	422	163
	12oz	239	9	7	32	28	8	166	18
	16oz	317	13	9	41	36	11	224	25
	20oz	400	16	11	54	47	13	274	28
<b>CANDIED PEPPERMINT LATTE</b>	32oz	554	22	15	71	63	21	402	48
	12oz	301	11	8	45	40	7	228	27
	16oz	405	15	11	60	54	10	313	38
	20oz	498	19	14	75	67	12	372	42
<b>CANDIED PEPPERMINT MOCHA</b>	32oz	723	27	20	107	96	19	571	72
	12oz	203	5	4	32	28	8	166	4
	16oz	266	6	5	41	36	11	224	6
	20oz	344	9	7	54	47	13	274	7
<b>SKINNY CANDIED PEPPERMINT MOCHA</b>	32oz	457	10	8	71	63	21	402	12

Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
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**TEA -ICED**

	12oz	0	0	0	0	0	0	0
	16oz	0	0	0	0	0	0	0
	20oz	0	0	0	0	0	0	0
<b>Green &amp; Black Tea PLAIN or w/ sugar-free flavor</b>	32oz	0	0	0	0	0	0	0
	12oz	40	0	0	10	9	0	0
	16oz	40	0	0	10	9	0	0
	20oz	60	0	0	14	14	0	0
<b>Green &amp; Black Tea w/ flavor</b>	32oz	90	0	0	21	20	0	0