

COFFEE SHOP NUTRITION INFORMATION

TEA

Drink Name	kCals	Fat	Pro	Carb
African Red Bush	0	0g	0g	0g
Awake	0	0g	0g	0g
Calm	0	0g	0g	0g
China Green Tips	0	0g	0g	0g
Decaf Chai	0	0g	0g	0g
Earl Grey	0	0g	0g	0g
Green Ginger	0	0g	0g	0g
Lotus	0	0g	0g	0g
Om (Organic Green Tea)	0	0g	0g	0g
Organic Chai	0	0g	0g	0g
Organic Darjeeling	0	0g	0g	0g
Refresh	0	0g	0g	0g
Sweet Cinnamon Spice	0	0g	0g	0g
Wild Sweet Orange	0	0g	0g	0g
Zen	0	0g	0g	0g

CREAMICES

Drink Name	kCals	Fat	Pro	Carb
Mango	240	0g	0g	64g
Raspberry	320	0g	0g	76g

CAPPUCCINOS (2% Milk)

Item Name	kCals	Fat	Pro	Carb
Tall Cappuccino	90	3.5g	6g	9g
Grande Cappuccino	120	4g	8g	12g
Tall Cappuccino w/Syrup	150	35g	6g	27g
Venti Cappuccino	150	6g	10g	16g
Grande Cappuccino w/Syrup	180	4g	8g	27g
Venti Cappuccino w/Syrup	210	6g	10g	34g

OTHER COFFEE DRINKS (2% Milk)

Drink Name	kCals	Fat	Pro	Carb
Tall Coffee of the Day	5	0g	0g	0g
Grande Coffee of the Day	5	0g	1g	0g
Venti Coffee of the Day	5	0g	1g	0g
Espresso Shot	10	0g	1g	2g
Tall Americana	10	0g	1g	2g
Espresso con Macchiato	10	0g	0g	1g
Grande Americana	15	0g	1g	3g
Venti Americana	25	0g	1g	4g
Espresso con Pan	30	2.5g	0g	2g
Tall Caramel Macchiato	180	5g	8g	25g
Grande Caramel Macchiato	240	7g	10g	34g
Venti Caramel Macchiato	300	8g	13g	43g

HOT CHOCOLATE (2% Milk)

Item Name	kCals	Fat	Pro	Carbs
Tall Hot Chocolate	290	13g	11g	40g
Grande Hot Chocolate	370	16g	14g	50g
Venti Hot Chocolate	460	18g	18g	66g
Tall White Hot Chocolate	380	15g	12g	48g
Grande White Hot Choc.	490	19g	16g	64g
Venti White Hot Chocolate	600	23g	20g	80g

MOCHAS (2% Milk)

Drink Name	kCals	Fat	Pro	Carbs
Tall Mocha	270	13g	9g	34g
Grande Mocha	330	15g	13g	44g
Tall White Choc. Mocha	370	15g	12g	48g
Venti Mocha	410	18g	17g	55g
Grande White Choc. Mocha	470	18g	15g	63g
Venti White Choc. Mocha	580	22g	19g	79g

LATTES (2% Milk)

Drink Name	kCals	Fat	Pro	Carbs
Tall Latte	150	6g	10g	14g
Grande Latte	190	7g	12g	18g
Tall Latte w/ Syrup	190	9g	9g	27g
Grande Latte w/Syrup	240	11g	11g	36g
Venti Latte	240	9g	16g	24g
Venti Latte w/Syrup	300	14g	15g	45g

SYRUPS

Item Name	kCals	Fat	Pro	Carbs
Sugar-Free Vanilla	0	0g	0g	0g
Irish Cream	70	0g	0g	19g
Toffee Nut	70	0g	0g	17g
Peppermint	70	0g	0g	17g
Vanilla	70	0g	0g	19g
Cherry	80	0g	0g	20g
Almond	70	0g	0g	18g
Peach	80	0g	0g	20g
Coconut	80	0g	0g	21g
Strawberry	80	0g	0g	19g
Hazelnut	80	0g	0g	19g
Gingerbread	80	0g	0g	20g
Cinnamon	80	0g	0g	21g
Caramel	90	0g	0g	21g
Raspberry	90	0g	0g	23g
Harvest Spice	80	0g	0g	24g

CREAMERS

Food Item	kCals	Fat	Pro	Carb
Half & Half	20	1.5g	.5g	.5g
Original	20	1g	0g	2g
French Vanilla	40	2g	0g	5g

SANDWICHES

Item Name	kCals	Fat	Pro	Carb
Turkey & Swiss on H. Wheat	290	10g	19g	33g
Turkey & Swiss	349	8g	48g	23g
Ham & American on H. Wheat	280	9g	19g	32g
Ham & American	406	13g	23g	48g
Chicken Salad on H. Wheat	290	11g	12g	41g
Tuna Salad	290	9g	14g	42g

BAKED GOODS

Item Name	kCals	Fat	Pro	Carb
Chocolate Chip Cookie	290	14g	3g	39g
Double Choc. Chip Cookie	280	14g	4g	37g
Peanut Butter Cookie	310	8g	5g	32g
Sugar Cookie	270	11g	4g	38g
Oatmeal Raisin Cookie	160	6g	2g	22g
Blueberry Muffin	210	10g	2g	27g
Banana Nut Muffin	210	9g	3g	28g
Cranberry Muffin	210	11g	2g	24g
Double Chocolate Brownie	180	9g	1g	26g
Triple Chocolate Brownie	180	17g	1g	27g
Orange Muffin	200	9g	2g	28g
Chocolate Muffin	200	9g	3g	28g
Blueberry Scones	410	20g	5g	52g
Apple Cinnamon Scones	410	21g	5g	49g
Mini Bistro Cheesecake	250	17g	4g	20g
Orange Bread	190	8g	2g	26g
Banana Nut Bread	210	10g	3g	26g