

COFFEE SHOP NUTRITION INFORMATION

*Nutritional data based on the use of whole milk

TEA

Item 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	263	10g	9g	36g
Mocha	263	10g	9g	36g
Latte	263	10g	9g	36g
Turtle	308	10g	9g	47g
Caramel	308	10g	9g	47g
Vanilla	308	10g	9g	47g

*Menu items are subject to change based on availability of ingredients.

CAPPUCCINOS

Drink Name	kCals	Fat	Pro	Carb
Tall Cappuccino	110	6g	6g	9g
Grande Cappuccino	140	7g	7g	11g
Tall Cappuccino w/ Syrup	170	6g	6g	24g
Venti Cappuccino	180	9g	10g	15g
Grande Cappuccino w/ Syrup	200	7g	7g	26g
Venti Cappuccino w/ Syrup	240	9g	10g	30g

OTHER COFFEE DRINKS

Drink Name	kCals	Fat	Pro	Carb
Tall Coffee of the Day	5	0g	0g	0g
Grande Coffee of the Day	5	0g	0g	0g
Venti Coffee of the Day	5	0g	0g	0g
Espresso Shot	10	0g	1g	2g
Tall Americana	10	0g	1g	2g
Espresso con Macchiato	15	0g	1g	2g
Grande Americana	15	0g	1g	3g
Venti Americana	25	0g	1g	4g
Espresso con Pan	35	2.5g	1g	3g
Tall Carmel Macchiato	200	8g	8g	24g
Grande Carmel Macchiato	270	10g	10g	34g
Venti Carmel Macchiato	340	13g	13g	42g

HOT CHOCOLATE

*Nutritional data based on the use of whipped topping

Drink Name	kCals	Fat	Pro	Carb
Tall Hot Chocolate	320	16g	11g	38g
Grande Hot Chocolate	400	20g	14g	49g
Tall White Hot Chocolate	400	19g	12g	47g
Venti Hot Chocolate	500	24g	17g	63g
Grande White Hot Chocolate	520	24g	16g	63g
Venti Hot Chocolate	640	28g	20g	78g

MOCHAS

*Nutritional data based on the use whipped topping

Drink Name	kCals	Fat	Pro	Carb
Tall Mocha	290	15g	10g	33g
Grande Mocha	360	19g	13g	42g
Tall White Chocolate Mocha	390	18g	12g	47g
Venti Mocha	450	22g	17g	53g
Grande White Chocolate Mocha	500	22g	15g	62g
Venti White Chocolate Mocha	620	27g	19g	78g

LATTES

Drink Name	kCals	Fat	Pro	Carb
Tall Latte	180	9g	10g	14g
Grande Latte	220	11g	12g	18g
Tall Latte with Syrup	220	9g	9g	27g
Grande Latte with Syrup	280	11g	11g	36g
Venti Latte	290	15g	16g	23g
Venti Latte with Syrup	360	14g	15g	45g

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SYRUPS

* Nutritional information based on 1 pump

Item Name	kCals	Fat	Pro	Carb
Sugar-Free Vanilla	0	0g	0g	0g
Sugar-Free Raspberry	0	0g	0g	0g
Valencia	12	0g	0g	3g
Irish Cream	12	0g	0g	3g
Toffee Nut	12	0g	0g	3g
Peppermint	12	0g	0g	3g
Vanilla	12	0g	0g	3g
Cherry	12	0g	0g	3g
Almond	12	0g	0g	3g
Amaretto	13	0g	0g	3.3g
Cream of Menthe	13	0g	0g	3.3g
Peach	13	0g	0g	3.3g
Blackberry	13	0g	0g	3.3g
Coconut	13	0g	0g	3.3g
Strawberry	13	0g	0g	3.3g
Toasted Marshmallow	13	0g	0g	3.3g
Hazelnut	13	0g	0g	3.3g
Gingerbread	13	0g	0g	3.3g
Cinnamon	13	0g	0g	3.3g
Caramel	15	0g	0g	3.8g
Raspberry	15	0g	0g	3.8g
Harvest Spice	17	0g	0g	4.3g

CREAMERS

*For 1 Tablespoon of Creamer

Food Item	kCals	Fat	Pro	Carb
Half & Half	20	1.7g	.4g	.6g
Original	20	1g	0g	2g
French Vanilla	40	2g	0g	5g

SUSHI

Item Name	kCals	Fat	Pro	Carb
Sushi-California with Crab	285	7g	6g	50g
Sushi-California	315	7g	10g	55g
Sushi-Chicken Teriyaki	335	9g	20g	45g
Sushi-Artic Shrimp	345	11g	11g	40g

SALADS

Item Name	kCals	Fat	Pro	Carb
Fruit Box	252	0g	2g	65g
Express Salad-Pesto Chicken	325	20g	18g	18g
Express Salad-Turkey	330	24g	18g	21g
Express Salad-Caesar	375	28g	20g	13g
Express Salad-Orchard Harvest	480	36g	12g	28g

CEREAL

Item Name	kCals	Fat	Pro	Carb
Cheerios	70	1g	2g	14g
Coco Puffs	90	1g	1g	21g
Honey Nut Cheerios	110	1.5g	2g	22g
Cinnamon Toast Crunch	120	3g	1g	22g



[murraystate.edu/
dining/nutrition](http://murraystate.edu/dining/nutrition)

SANDWICHES

Item Name	kCals	Fat	Pro	Carb
Uncrustables	320	16g	10g	33g
Turkey & Swiss on Wheat	339	8g	46g	23g
Turkey & Swiss on White	349	8g	48g	23g
Veggie Sub	386	19g	15g	35g
Bob Evans Snackwiches	390	28g	11g	28g
Ham & American on Wheat	396	13g	23g	46g
Ham & American on White	406	13g	23g	48g
Horseshoe Club	497	33g	22g	28g
Chicken Salad on Wheat	585	32g	31g	42g
Chicken Salad on White	597	32g	31g	45g
Chicken Salad on Croissant	611	44g	29g	25g

BAKED GOODS

Item Name	kCals	Fat	Pro	Carb
Blueberry Muffin	80	2.5g	13g	1.5g
Banana-Nut Mini Muffin	85	2.5g	1.5g	14g
Bear Claw	115	6g	2g	11g
Danish	130	6g	2g	17g
Oatmeal Walnut Raisin Cookie	160	6g	2g	22g
Chocolate Chip Cookies	180	9g	3g	20g
Peanut Butter Cup Cookie	180	9g	3g	20g
Cheesecake	200	11g	4g	22g
Éclairs	210	11g	2g	24g
Turtle Brownies	220	10g	2g	30g

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