

We cannot guarantee that cafe prepared products do not contain any allergens. Please be advised that food prepared here ay contain these allergens: Dairy, Peanuts, Tree Nuts, Wheat, Sesame & Soy.

COFFEE															IS IT?		Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian						
Small	253	0	0	0	0	0	0	5	0	0	0	<1	0	7	✓							
Medium	339	0	0	0	0	0	0	10	0	0	0	<1	0	9	✓							
Large	408	5	0	0	0	0	0	10	0	0	0	<1	0	11	✓							
CAFÉ AU LAIT															IS IT?		Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian						
WHOLE MILK																						
Small	126	70	30	3	2	0	10	70	8	0	4	3	43	101		✓						
Medium	170	100	35	4	2.5	0	10	90	11	0	6	4	58	134		✓						
Large	204	120	45	5	3	0	15	115	13	0	7	5	72	168		✓						
SKIM MILK																						
Small	126	50	0	0	0	0	0	70	8	0	5	3	0	93		✓						
Medium	170	70	0	0.5	0	0	<5	95	11	0	6	5	0	124		✓						
Large	85	60	0	0	0	0	<5	75	9	0	8	5	0	149		✓						
ALMOND MILK																						
Small	126	45	15	1.5	0	0	0	95	4	0	2	<1	0	137	✓				Almonds			
Medium	170	60	20	2	0	0	0	125	6	<1	3	<1	0	183	✓				Almonds			
Large	85	80	25	2.5	0	0	0	160	7	<1	3	1	0	229	✓				Almonds			
OAT MILK																						
Small	126	70	25	3	0.5	0	0	70	9	0	1	<1	0	80	✓							
Medium	170	90	35	4	1	0	0	95	12	0	2	<1	0	106	✓							
Large	85	120	45	5	1	0	0	120	15	0	2	1	0	133	✓							
HOT TEA															IS IT?		Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian						
Small	50	0	0	0	0	0	0	10	1	0	0	0	0	0	✓							
Medium	50	0	0	0	0	0	0	15	1	0	0	0	0	0	✓							
Large	50	5	0	0	0	0	0	15	2	0	0	0	0	0	✓							
RED EYE															IS IT?		Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian						
Small	341	5	0	0	0	0	0	10	<1	0	0	0	0	7	✓							
Medium	427	5	0	0	0	0	0	15	<1	0	0	<1	0	9	✓							
Large	496	10	0	0	0	0	0	15	<1	0	0	<1	0	12	✓							
ESPRESSO															IS IT?		Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian						
Small	88	0	0	0	0	0	0	0	0	0	0	0	0	1	✓							
Medium	176	5	0	0	0	0	0	10	1	0	0	0	0	1	✓							
Large	176	10	0	0	0	0	0	10	1	0	0	0	0	2								
AMERICANO															IS IT?		Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian						
Small	176	5	0	0	0	0	0	20	<1	0	0	0	0	10	✓							
Medium	264	10	0	0	0	0	0	25	1	0	0	0	0	13	✓							
Large	352	10	0	0	0	0	0	35	2	0	0	0	0	16								
LATTE															IS IT?		Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian						
WHOLE MILK																						
Small	88	110	50	6	3.5	0	20	85	9	0	9	6	93	207		✓						
Medium	176	150	70	8	4.5	0	25	115	13	0	12	8	124	277		✓						
Large	176	260	120	14	8	0	45	190	21	0	21	13	217	482		✓						
SKIM MILK																						
Small	88	70	0	0	0	0	<5	85	10	0	10	7	0	188		✓						
Medium	176	100	0	0	0	0	<5	120	14	0	13	9	0	251		✓						
Large	176	170	0	0	0	0	10	210	25	0	24	17	0	470		✓						
ALMOND MILK																						
Small	88	60	20	2.5	0	0	0	125	1	<1	4	<1	0	266	✓				Almonds			
Medium	176	80	30	3	0	0	0	170	2	1	5	1	0	356	✓				Almonds			
Large	176	140	50	6	0	0	0	310	3	2	9	2	0	666	✓				Almonds			
OAT MILK																						
Small	88	100	50	5	1	0	0	85	11	0	2	<1	0	151	✓							
Medium	176	140	60	7	1	0	0	115	15	0	3	1	0	201	✓							
Large	176	250	120	13	2	0	0	210	28	0	6	2	0	376	✓							
CAPPUCCINO															IS IT?		Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	110	50	6	3	0	15	75	9	0	9	5	87	193		✓	✓					
Medium	176	180	80	9	5	0	30	130	15	0	14	9	145	321		✓	✓					
Large	176	250	110	13	7	0	40	180	20	0	20	13	202	450		✓	✓					
SKIM MILK																						
Small	88	70	0	0	0	0	< 5	80	10	0	9	6	0	178			✓					
Medium	176	110	0	0	0	0	5	140	16	0	15	11	0	296			✓					
Large	176	150	0	0	0	0	10	190	22	0	21	15	0	415			✓					
ALMOND MILK																						
Small	88	60	20	2.5	0	0	0	125	1	< 1	4	< 1	0	266	✓				Almonds			
Medium	176	90	35	4	0	0	0	210	2	1	6	1	0	444	✓				Almonds			
Large	176	130	50	5	0	0	0	290	3	2	9	2	0	621	✓				Almonds			
OAT MILK																						
Small	88	100	50	5	1	0	0	85	11	0	2	< 1	0	151	✓							
Medium	176	170	80	9	1.5	0	0	140	19	0	4	1	0	251	✓							
Large	176	240	110	13	2	0	0	190	26	0	5	2	0	351	✓							
SPECIALTY LATTE															IS IT?							
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	150	35	4	2.5	0	10	60	24	0	23	4	93	207		✓	✓					
Medium	176	330	110	12	7	0	35	170	43	0	41	12	124	277		✓	✓					
Large	176	470	160	18	10	0	55	270	58	0	56	17	217	482		✓	✓					
SKIM MILK																						
Small	88	150	0	0	0	0	< 5	85	28	0	27	7	0	188		✓	✓					
Medium	176	200	0	0	0	0	< 5	120	38	0	36	9	0	251		✓	✓					
Large	176	220	0	0	0	0	< 5	120	44	0	42	9	0	251		✓	✓					
ALMOND MILK																						
Small	88	130	20	2.5	0	0	0	125	19	< 1	21	< 1	0	266	✓				Almonds			
Medium	176	180	30	3	0	0	0	170	26	1	28	1	0	356	✓				Almonds			
Large	176	260	50	6	0	0	0	310	33	2	38	2	0	666	✓				Almonds			
OAT MILK																						
Small	88	180	50	5	1	0	0	85	29	0	20	< 1	0	151	✓							
Medium	176	240	60	7	1	0	0	115	39	0	26	1	0	201	✓							
Large	176	380	120	13	2	0	0	210	58	0	34	2	0	376	✓							
MOCHA															IS IT?							
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	190	60	6	3.5	0	15	85	26	< 1	25	6	87	193		✓	✓					
Medium	176	140	20	2.5	1.5	0	< 5	35	27	< 1	24	2	21	47		✓	✓					
Large	176	390	130	14	8	0	40	190	50	1	47	14	202	450		✓	✓					
SKIM MILK																						
Small	88	150	10	1	0	0	< 5	90	27	< 1	26	7	0	178		✓	✓					
Medium	176	130	10	1	0.5	0	0	35	27	< 1	24	3	0	43		✓	✓					
Large	176	300	15	1.5	0.5	0	10	200	52	1	49	16	0	415		✓	✓					
ALMOND MILK																						
Small	88	140	30	3	0	0	0	135	19	1	20	2	0	266	✓				Almonds			
Medium	176	190	40	4	0.5	0	0	180	26	2	27	2	0	356	✓				Almonds			
Large	176	270	60	7	0.5	0	0	300	32	3	36	3	0	621	✓				Almonds			
OAT MILK																						
Small	88	90	10	1	0	0	0	15	19	< 1	16	< 1	0	6	✓							
Medium	176	250	70	8	1.5	0	0	125	39	< 1	25	2	0	201	✓							
Large	176	380	120	14	2.5	0	0	210	55	1	32	3	0	351	✓							
CARAMEL MACCHIATO	OUR CARAMEL SAUCE CONTAINS DAIRY														IS IT?							
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	190	60	6	3.5	0	20	105	27	0	26	6	87	213		✓	✓					
Medium	176	250	70	8	5	0	25	135	36	0	35	8	116	278		✓	✓					
Large	176	410	130	15	8	0	45	230	56	0	55	14	202	490		✓	✓					
SKIM MILK																						
Small	88	150	10	1	0.5	0	5	110	28	0	27	7	0	198		✓	✓					
Medium	176	200	10	1	0.5	0	5	140	37	0	35	9	0	258		✓	✓					
Large	176	320	15	1.5	1	0	15	250	59	0	56	16	0	455		✓	✓					
ALMOND MILK																						
Small	88	140	30	3	0.5	0	< 5	150	19	< 1	21	1	0	376		✓	✓		Almonds			
Medium	176	180	35	4	0.5	0	< 5	200	26	1	28	2	0	376		✓	✓		Almonds			
Large	176	290	60	7	1	0	5	350	39	2	44	3	0	662		✓	✓		Almonds			

OAT MILK																																						
Small	88	180	60	6	1.5	0	< 5	110	29	0	20	1	0	171		✓	✓																					
Medium	176	240	70	8	1.5	0	< 5	140	39	0	26	2	0	221		✓	✓																					
Large	176	400	130	14	3	0	5	250	62	0	40	3	0	392		✓	✓																					
HOT CHOCOLATE															ASK TO REMOVE WHITE CHOCOLATE FOR THE DRINK TO BE VEGAN															IS IT?								
WHOLE MILK															Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	0	250		70	8	5	0	25	120	34	< 1	34	8	116	266		✓	✓																				
Medium	0	320		90	11	6	0	30	150	44	< 1	43	10	145	330		✓	✓																				
Large	0	380		110	13	7	0	35	170	52	1	50	12	174	395		✓	✓																				
SKIM MILK																																						
Small	0	200		10	1	0.5	0	5	125	36	< 1	34	9	0	246		✓	✓																				
Medium	0	250		15	1.5	1	0	5	160	46	< 1	44	12	0	305		✓	✓																				
Large	0	300		15	1.5	1	0	10	180	54	1	51	14	0	365		✓	✓																				
ALMOND MILK																																						
Small	0	180		35	4	0.5	0	0	180	25	2	27	2	0	365		✓	✓			Almonds																	
Medium	0	240		45	5	1	0	0	230	32	2	35	3	0	453		✓	✓			Almonds																	
Large	0	280		60	6	1	0	0	270	37	3	41	3	0	542		✓	✓			Almonds																	
OAT MILK																																						
Small	0	240		70	8	1.5	0	0	130	38	< 1	25	2	0	210		✓	✓																				
Medium	0	310		90	10	2	0	0	160	49	< 1	33	3	0	260		✓	✓																				
Large	0	370		110	12	2.5	0	0	190	57	1	38	3	0	310		✓	✓																				
STEAMERS*															*CARAMEL AND WHITE CHOCOLATE SAUCE CONTAIN DAIRY															IS IT?								
WHOLE MILK															Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	0	240		60	7	4	0	25	100	35	0	35	7	116	256			✓	✓																			
Medium	0	300		80	9	5	0	30	120	44	0	45	9	145	320			✓	✓																			
Large	0	360		100	11	6	0	35	150	53	0	54	11	174	384			✓	✓																			
SKIM MILK																																						
Small	0	190		0	0	0	0	< 5	105	37	0	37	9	0	236			✓	✓																			
Medium	0	230		0	0	0	0	5	130	46	0	46	11	0	295			✓	✓																			
Large	0	250		0	0	0	0	5	160	49	0	49	13	0	354			✓	✓																			
ALMOND MILK																																						
Small	0	170		25	3	0	0	0	160	25	1	29	1	0	354		✓				Almonds																	
Medium	0	220		35	4	0	0	0	200	32	1	37	1	0	443		✓				Almonds																	
Large	0	260		40	4.5	0	0	0	240	38	2	44	2	0	532		✓				Almonds																	
OAT MILK																																						
Small	0	230		60	7	1	0	0	105	38	0	27	1	0	200		✓																					
Medium	0	290		80	9	1.5	0	0	135	48	0	34	1	0	250		✓																					
Large	0	320		100	11	1.5	0	0	160	52	0	35	2	0	300		✓																					
CHAI TEA LATTE															OUR CHAI CONTAINS DAIRY															IS IT?								
WHOLE MILK															Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	40	320		120	14	11	0	15	100	44	2	37	7	87	262			✓	✓																			
Medium	60	470		180	20	16	0	25	140	64	3	55	10	116	361			✓	✓																			
Large	80	610		230	26	21	0	30	180	85	3	72	12	145	460			✓	✓																			
SKIM MILK																																						
Small	40	280		80	8	8	0	< 5	105	45	2	38	8	0	247			✓	✓																			
Medium	60	420		110	13	11	0	< 5	150	66	3	55	11	0	341			✓	✓																			
Large	80	550		150	17	15	0	5	190	86	3	73	14	0	435			✓	✓																			
ALMOND MILK																																						
Small	40	270		100	11	8	0	0	150	36	2	33	2	0	336			✓	✓			Almonds																
Medium	60	400		140	16	11	0	0	200	54	4	48	4	0	459			✓	✓			Almonds																
Large	80	530		190	21	15	0	0	260	72	5	64	5	0	582			✓	✓			Almonds																
OAT MILK																																						
Small	40	320		120	14	8	0	0	110	46	2	31	2	0	220			✓	✓																			
Medium	60	460		180	20	12	0	0	150	68	3	46	4	0	305			✓	✓																			
Large	80	600		230	26	17	0	0	190	89	3	61	5	0	389			✓	✓																			
LONDON FOG																														IS IT?								
WHOLE MILK															Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	50	80		25	3	1.5	0	10	45	11	0	10	3	43	96			✓	✓																			
Medium	50	110		30	3.5	2	0	10	60	15	0	14	4	58	128			✓	✓																			
Large	50	140		40	4.5	2.5	0	15	75	20	0	19	4	72	160			✓	✓																			
SKIM MILK																																						
Small	50	60		0	0	0	0	0	45	11	0	10	3	0	89			✓	✓																			

Medium	50	80	0	0	0	0	< 5	60	16	0	15	4	0	118		✓	✓							
Large	50	110	0	0	0	0	< 5	75	21	0	19	5	0	148		✓	✓							
ALMOND MILK																								
Small	50	50	10	1	0	0	0	70	7	0	8	0	0	133	✓						Almonds			
Medium	50	80	15	1.5	0	0	0	90	10	< 1	11	< 1	0	177	✓						Almonds			
Large	50	100	15	2	0	0	0	115	14	< 1	15	< 1	0	221	✓						Almonds			
OAT MILK																								
Small	50	80	25	2.5	0	0	0	45	12	0	7	0	0	75	✓									
Medium	50	110	30	3.5	0.5	0	0	65	17	0	10	< 1	0	100	✓									
Large	50	140	40	4.5	0.5	0	0	80	22	0	13	< 1	0	125	✓									
ICED TEA															IS IT?									
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	50	0	0	0	0	0	0	5	< 1	0	0	0	0	0	✓									
Medium	100	0	0	0	0	0	0	10	< 1	0	0	0	0	0	✓									
Large	150	0	0	0	0	0	0	10	1	0	0	0	0	0	✓									
PEACH SWEET TEA															IS IT?									
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	50	150	0	0	0	0	0	0	36	0	36	0	0	0	✓									
Medium	100	200	0	0	0	0	0	4	49	0	48	0	0	0	✓									
Large	150	250	0	0	0	0	0	13	61	0	60	0	0	0	✓									
SWEET RASPBERRY TEA															IS IT?									
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	0	150	0	0	0	0	0	0	36	0	36	0	0	0	✓									
Medium	0	200	0	0	0	0	0	4	49	0	48	0	0	0	✓									
Large	0	250	0	0	0	0	0	13	61	0	60	0	0	0	✓									
ICED LATTE															IS IT?									
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	88	80	35	4	2.5	0	10	60	6	0	6	4	62	144		✓	✓							
Medium	176	230	110	12	7	0	35	170	19	0	18	12	3	326		✓	✓							
Large	264	340	160	18	10	0	55	270	28	0	28	17	4	489		✓	✓							
SKIM MILK																								
Small	88	50	0	0	0	0	< 5	65	7	0	6	5	2	326		✓	✓							
Medium	176	140	0	0	0	0	5	190	21	0	19	14	3	407		✓	✓							
Large	264	210	0	0	0	0	10	280	31	0	29	20	4	611		✓	✓							
ALMOND MILK																								
Small	88	40	15	1.5	0	0	0	90	1	< 1	3	< 1	0	391	✓									Almonds
Medium	176	110	40	4.5	0	0	0	260	3	2	8	2	0	489	✓									Almonds
Large	264	170	60	7	0	0	0	400	4	2	11	2	0	733	✓									Almonds
OAT MILK																								
Small	88	70	30	3.5	0.5	0	0	60	8	0	2	< 1	0	1	✓									
Medium	176	200	100	11	1.5	0	0	180	22	0	5	2	0	1	✓									
Large	264	300	140	16	2.5	0	0	270	33	0	7	2	0	2	✓									
ICED RED EYE															IS IT?									
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	290	5	0	0	0	0	0	15	< 1	0	0	0	0	12	✓									
Medium	333	5	0	0	0	0	0	20	< 1	0	0	0	0	15	✓									
Large	438	5	0	0	0	0	0	25	< 1	0	0	< 1	0	21	✓									
ICED AMERICANO															IS IT?									
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	176	5	0	0	0	0	0	10	< 1	0	0	0	0	1	✓									
Medium	264	10	0	0	0	0	0	10	1	0	0	0	0	2	✓									
Large	440	15	0	0	0	0	0	20	2	0	0	0	0	3	✓									
ICED VANILLA LATTE															IS IT?									
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	88	150	35	4	2.5	0	10	60	24	0	23	4	2	261		✓	✓							
Medium	176	330	110	12	7	0	35	170	43	0	41	12	3	326		✓	✓							
Large	264	470	160	18	10	0	55	270	58	0	56	17	4	435		✓	✓							
SKIM MILK																								
Small	88	120	0	0	0	0	< 5	65	25	0	24	5	0	131		✓	✓							
Medium	176	240	0	0	0	0	5	190	45	0	42	14	0	388		✓	✓							
Large	264	340	0	0	0	0	10	280	61	0	58	20	0	583		✓	✓							

ALMOND MILK																							
Small	88	110	15	1.5	0	0	0	90	19	< 1	20	< 1	0	183	✓	✓			Almonds				
Medium	176	210	40	4.5	0	0	0	260	27	2	31	2	0	545	✓	✓			Almonds				
Large	264	290	60	7	0	0	0	400	34	2	40	2	0	818	✓	✓			Almonds				
OAT MILK																							
Small	88	140	30	3.5	0.5	0	0	60	26	0	19	< 1	0	106	✓	✓							
Medium	176	300	100	11	1.5	0	0	180	46	0	28	2	0	313	✓	✓							
Large	264	480	140	16	2.5	0	0	270	75	0	47	2	0	471	✓	✓							
ICED MOCHA															IS IT?								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	220	70	8	4.5	0	20	105	28	< 1	27	7	109	242		✓	✓						
Medium	176	260	80	8	5	0	25	115	35	< 1	33	8	116	257		✓	✓						
Large	264	340	100	11	6	0	30	160	46	1	43	11	159	354		✓	✓						
SKIM MILK																							
Small	88	160	10	1	0	0	< 5	100	29	< 1	27	8	0	207		✓	✓						
Medium	176	200	10	1	0.5	0	< 5	120	37	< 1	34	10	0	237		✓	✓						
Large	264	270	15	1.5	0.5	0	5	170	48	1	44	13	0	327		✓	✓						
ALMOND MILK																							
Small	88	150	30	3.5	0	0	0	150	19	2	21	2	0	311	✓				Almonds				
Medium	176	190	40	4	0.5	0	0	180	26	2	27	2	0	356	✓				Almonds				
Large	264	250	50	6	0.5	0	0	250	32	3	34	3	0	489	✓				Almonds				
OAT MILK																							
Small	88	200	60	7	1.5	0	0	105	31	< 1	19	2	0	176	✓								
Medium	176	250	70	8	1.5	0	0	125	39	< 1	25	2	0	201	✓								
Large	264	330	100	11	2	0	0	170	50	1	31	3	0	277	✓								
ICED CARAMEL MACCHIATO															IS IT?								
OUR CARAMEL SAUCE CONTAINS DAIRY															Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)		✓	✓						
Small	88	200	60	7	4	0	20	115	28	0	27	7	101	245		✓	✓						
Medium	176	240	70	8	5.5	0	30	140	39	0	26	9	0	221		✓	✓						
Large	176	330	100	11	7	0	35	190	47	0	45	11	0	221		✓	✓						
SKIM MILK																							
Small	88	180	10	1	0.5	0	5	125	35	0	34	8	0	228		✓	✓						
Medium	176	200	10	1	0.5	0	5	140	37	0	35	9	0	258		✓	✓						
Large	176	260	15	1.5	1	0	10	200	49	0	46	13	0	357		✓	✓						
ALMOND MILK																							
Small	88	150	30	3.5	0.5	0	< 5	170	20	< 1	22	1	0	331		✓	✓		Almonds				
Medium	176	180	35	4	0.5	0	< 5	200	26	1	28	2	0	376		✓	✓		Almonds				
Large	176	240	50	5	1	0	< 5	280	33	1	36	2	0	519		✓	✓		Almonds				
OAT MILK																							
Small	88	200	60	7	1.5	0	< 5	125	31	0	20	1	0	196		✓	✓						
Medium	176	240	70	8	1.5	0	< 5	140	39	0	26	2	0	212		✓	✓						
Large	176	320	100	11	2	0	< 5	200	51	0	33	2	0	297		✓	✓						
ICED CHAI TEA LATTE															IS IT?								
OUR CHAI CONTAINS DAIRY															Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)		✓	✓						
Small	40	250	100	11	8	0	15	80	33	1	29	6	72	212		✓	✓						
Medium	60	360	140	15	12	0	15	95	51	2	43	7	72	246		✓	✓						
Large	80	510	190	21	17	0	20	135	72	3	60	9	101	346		✓	✓						
SKIM MILK																							
Small	40	220	60	6	6	0	< 5	85	34	1	29	7	0	200		✓	✓						
Medium	60	330	100	11	10	0	< 5	100	52	2	44	7	0	235		✓	✓						
Large	80	460	130	15	13	0	< 5	140	73	3	61	10	0	329		✓	✓						
ALMOND MILK																							
Small	40	210	70	8	6	0	0	120	27	2	25	2	0	274		✓	✓		Almonds				
Medium	60	320	110	12	10	0	0	135	45	3	39	3	0	309		✓	✓		Almonds				
Large	80	450	160	17	13	0	0	190	63	4	55	4	0	432		✓	✓		Almonds				
OAT MILK																							
Small	40	250	100	11	6	0	0	85	36	1	23	2	0	177		✓	✓						
Medium	60	360	140	15	10	0	0	100	53	2	38	3	0	212		✓	✓						
Large	80	500	190	21	14	0	0	140	75	3	53	4	0	297		✓	✓						
COLD BREW COLLECTION*															IS IT?								
OUR SALTED CARAMEL SAUCE CONTAINS DAIRY															Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
SALTED CARAMEL																							

Small	202	130	15	2	1	0	< 5	390	27	0	23	1	0	45		✓	✓						
Medium	245	170	20	2.5	1.5	0	5	510	35	0	30	2	0	59		✓	✓						
Large	350	220	25	3	2	0	10	650	45	0	38	2	0	75		✓	✓						
MILK & HONEY																							
WHOLE MILK																							
Small	202	100	20	2.5	1.5	0	5	55	18	0	15	2	1	65		✓	✓						
Medium	245	160	30	3.5	2	0	10	75	32	0	28	3	1	98		✓	✓						
Large	350	230	40	4.5	2.5	0	10	105	47	0	41	4	1	163		✓	✓						
SKIM MILK																							
Small	202	70	0	0	0	0	< 5	80	10	0	15	2	1	81		✓	✓						
Medium	245	110	0	0	0	0	5	140	16	0	28	3	1	122		✓	✓						
Large	350	150	0	0	0	0	10	190	22	0	41	4	1	203		✓	✓						
ALMOND MILK																							
Small	202	60	20	2.5	0	0	0	125	1	< 1	15	< 1	0	98		✓					Almonds		
Medium	245	90	35	4	0	0	0	210	2	1	28	1	0	146		✓					Almonds		
Large	350	130	50	5	0	0	0	290	3	2	41	2	0	244		✓					Almonds		
OAT MILK																							
Small	202	100	50	5	1	0	0	85	11	0	15	< 1	0	139		✓							
Medium	245	170	80	9	1.5	0	0	140	19	0	28	1	0	103		✓							
Large	350	240	110	13	2	0	0	190	26	0	41	2	0	139		✓							
VANILLA BEAN																							
Small	202	80	0	0	0	0	0	35	19	0	16	0	0	10	✓								
Medium	245	120	0	0.5	0	0	0	45	28	0	23	0	0	9	✓								
Large	350	160	5	0.5	0	0	0	60	38	0	31	0	0	18	✓								
CHAI																							
		OUR CHAI CONTAINS DAIRY																					
Small	140	170	50	5	4.5	0	<5	45	28	<1	22	2	14	70		✓	✓						
Medium	240	240	70	8	6	0	<5	55	40	1	32	2	14	88		✓	✓						
Large	340	360	110	12	10	0	<5	80	62	2	50	3	14	124		✓	✓						
RASPBERRY ENERGY DRINK															IS IT?								
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	120	270	0	0	0	0	0	150	35	0	29	0	0	6	✓								
Medium	140	290	0	0	0	0	0	180	40	0	31	0	0	10	✓								
Large	160	325	0	0	0	0	0	200	58	0	45	0	0	11	✓								
STRAWBERRY ENERGY DRINK															IS IT?								
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	120	110	0	0	0	0	0	200	33	0	29	0	0	6	✓								
Medium	140	130	0	0	0	0	0	300	36	0	31	0	0	11	✓								
Large	160	185	0	0	0	0	0	400	51	0	45	0	0	14	✓								
PEACH ENERGY DRINK															IS IT?								
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	120	270	0	0	0	0	0	150	35	0	29	0	0	6	✓								
Medium	140	290	0	0	0	0	0	180	40	0	31	0	0	11	✓								
Large	160	325	0	0	0	0	0	200	58	0	45	0	0	14	✓								
THE MATCHA COLLECTION																							
HOT MATCHA LATTE															IS IT?								
WHOLE MILK																							
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	30	135	50	6	3.5	0	20	85	9	0	9	6	2	293		✓	✓						
Medium	45	180	70	8	4.5	0	25	115	13	0	12	8	2	314		✓	✓						
Large	60	260	120	14	8	0	45	190	21	0	21	13	3	356		✓	✓						
SKIM MILK																							
Small	30	100	20	6	1	0	20	85	9	0	9	6	2	366		✓	✓						
Medium	45	140	35	8	2	0	25	115	13	0	12	8	3	528		✓	✓						
Large	60	170	0	0	0	0	10	210	25	0	24	17	3	567		✓	✓						
ALMOND MILK																							
Small	30	100	20	6	1	0	20	85	9	0	9	2	0	439	✓						Almonds		
Medium	45	120	35	8	2	0	25	115	13	0	12	3	0	634	✓						Almonds		
Large	60	140	50	6	0	0	0	310	3	2	9	2	0	677	✓						Almonds		
OAT MILK																							
Small	30	135	50	6	3.5	0	20	85	9	0	9	2	0	0	✓								
Medium	45	180	70	8	4.5	0	25	115	13	0	12	3	0	0	✓								
Large	60	220	90	13	2	0	0	190	26	0	5	2	0	0	✓								

ICED MATCHA LATTE															IS IT?								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	30	135	50	6	3.5	0	20	85	9	0	9	6	2	293		✓	✓						
Medium	45	180	70	8	4.5	0	25	115	13	0	12	8	3	423		✓	✓						
Large	60	260	120	14	8	0	45	190	21	0	21	13	3	467		✓	✓						
SKIM MILK																							
Small	30	100	20	6	1	0	20	85	9	0	9	6	2	366		✓	✓						
Medium	45	140	35	8	2	0	25	115	13	0	12	8	3	528		✓	✓						
Large	60	170	0	0	0	0	10	210	25	0	24	17	5	569		✓	✓						
ALMOND MILK																							
Small	30	100	20	6	1	0	20	85	9	0	9	2	0	439	✓				Almonds				
Medium	45	140	35	8	2	0	25	115	13	0	12	3	0	634	✓				Almonds				
Large	60	140	50	6	0	0	0	310	3	2	9	2	0	712	✓				Almonds				
OAT MILK																							
Small	30	135	50	6	3.5	0	20	85	9	0	9	2	0	324	✓								
Medium	45	180	70	8	4.5	0	25	115	13	0	12	3	0	611	✓								
Large	60	220	90	13	2	0	0	190	26	0	5	2	0	641	✓								
ICED STRAWBERRY MATCHA LATTE															IS IT?								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	30	140	50	6	3.5	0	20	85	9	0	9	6	2	293		✓	✓						
Medium	45	185	70	8	4.5	0	25	115	13	0	12	8	3	423		✓	✓						
Large	60	260	120	14	8	0	45	190	21	0	21	13	3	467		✓	✓						
SKIM MILK																							
Small	30	105	20	6	1	0	20	85	9	0	9	6	2	366		✓	✓						
Medium	45	145	35	8	2	0	25	115	13	0	12	8	3	528		✓	✓						
Large	60	170	0	0	0	0	10	210	25	0	24	17	5	569		✓	✓						
ALMOND MILK																							
Small	30	105	100	20	6	1	0	20	85	9	9	9	2	0	✓				Almonds				
Medium	45	145	120	35	8	2	0	25	115	13	12	12	3	0	✓				Almonds				
Large	60	170	140	50	6	0	0	0	310	3	24	9	2	0	✓				Almonds				
OAT MILK																							
Small	30	140	50	6	3.5	0	20	85	9	0	9	2	0	0	✓								
Medium	45	185	70	8	4.5	0	25	115	13	0	12	3	0	0	✓								
Large	60	260	90	13	2	0	0	190	26	0	5	2	0	0	✓								
ICED VANILLA BEAN MATCHA LATTE															IS IT?								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	30	263	50	6	3.5	0	20	85	9	0	25	6	2	293		✓	✓						
Medium	45	308	70	8	4.5	0	25	115	13	0	35	8	3	423		✓	✓						
Large	60	388	120	14	8	0	45	190	21	0	52	13	3	467		✓	✓						
SKIM MILK																							
Small	30	228	20	6	1	0	20	85	9	0	25	6	2	366		✓	✓						
Medium	45	268	35	8	2	0	25	115	13	0	35	8	3	528		✓	✓						
Large	60	298	0	0	0	0	10	210	25	0	52	17	5	569		✓	✓						
ALMOND MILK																							
Small	30	228	6	1	0	20	85	9	0	9	18	0	439	0	✓				Almonds				
Medium	45	268	8	2	0	25	115	13	0	12	26	0	634	1	✓				Almonds				
Large	60	298	6	0	0	0	310	3	2	9	33	0	712	1	✓				Almonds				
OAT MILK																							
Small	30	263	50	6	3.5	0	20	85	9	0	25	2	0	324	✓								
Medium	45	308	70	8	4.5	0	25	115	13	0	35	3	0	611	✓								
Large	60	388	90	13	2	0	0	190	26	0	52	2	0	641	✓								
TOP IT OFF WITH COLD FOAM	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)			Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Standard Serving	0	100	70	8	8	0	0	30	6	0	4	0	0	10		✓		✓					✓
SMOOTHIES- ONE SIZE- MEDIUM 16 OZ.															IS IT?								
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
BANANAS FOR STRAWBERRIES	0	210	35	4	0.5	0	0	55	45	5	21	3	0	212	✓								
VACAY ALL DAY	0	130	5	0.5	0	0	0	120	31	3	26	2	0	48	✓								
DAILY GRIND	245	360	160	19	3.5	0	0	75	44	5	22	8	0	294	✓			✓					
GREEN GOALS	0	170	5	1	0	0	0	15	42	5	26	3	0	80	✓								
FIT FROLATTE! - ONE SIZE- MEDIUM 16 OZ.															IS IT?								
OUR SUGAR FREE CHAI CONTAINS DAIRY	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	

MATCHA FIT FROLATTE!	45	280	70	7	0	0	0	360	25	4	9	22	0	39				Cocunut
COLD BREW FIT FROLATTE!	245	240	70	7	0	0	0	350	25	4	9	22	0	40				Cocunut
CHAI FIT FROLATTE! (Lactose Free)	71	340	70	13	0	0	0	390	40	3	9	22	0	29				Cocunut
BREAKFAST ALL DAY	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)				
EGG AND CHEESE ON A BAGEL		510	130	15	4	0	135	890	72	3	0	19	38	147				
BACON, EGG AND CHEESE ON A BAGEL		550	160	18	6	0	145	1020	72	3	0	22	38	139				
TURKEY SAUSAGE, EGG AND CHEESE ON A BAGEL		600	190	22	6	0	175	1170	72	3	0	26	0	26				
PLANT POWERED BREAKFAST SANDWICH ON A BAGEL		510	120	13	2	0	0	1140	75	4	0	17	0	12				
BREAKFAST BURRITO		570	290	32	13	0	340	1490	49	2	0	24	2	156				
BREAKFAST BURRITO+ TURKEY SAUSAGE		630	330	37	14	0	365	1680	49	2	0	29	2	173				
BREAKFAST BURRITO+ BACON		730	400	45	17	0	360	2060	49	2	0	36	2	156				
HABANERO STEAK BREAKFAST BURRITO		620	310	35	14	0	35	1650	50	2	<1	28	2	156				
GLUTEN FREE BREAKFAST BURRITO		590	270	31	10	0	34	1550	58	4	0	20	2	130				
PLANT POWERED BREAKFAST BURRITO		350	150	17	5	0	0	840	39	2	0	13	0	90				
BREAKFAST GRILLED CHEESE		620	290	33	13	0	130	1380	54	4	4	23	130	70				
BREAKFAST GRILLED CHEESE + BACON		780	400	45	17	0	150	1940	54	4	4	35	0	70				
BREAKFAST GRILLED CHEESE + TURKEY SAUSAGE		680	330	37	15	0	155	1560	54	4	4	27	0	87				
PLANT POWERED BREAKFAST GRILLED CHEESE		430	120	13	3.5	0	0	940	57	6	4	14	0	64				
EVERYTHING AVO TOAST		250	110	12	2	0	0	290	28	6	2	7	0	26				
BAGEL		360	20	2	0	0	0	700	70	3	0	10	0	0				
BAGEL W/ BUTTER		450	110	12	6	0	30	770	70	3	0	10	0	0				
BAGEL W/ CREAM CHEESE		430	70	8	4	0	20	820	73	3	0	11	0	0				
BAGEL W/ PEANUT BUTTER		480	110	12	2	0	0	790	75	5	1	14	0	0				
LUNCH SANDWICHES																		
		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)				
GRILLED THREE CHEESE		570	260	30	13	0	60	1270	54	4	4	20	0	52				
PLANT POWERED GRILLED CHEESE		380	90	10	3.5	0	0	810	56	6	4	10	0	64				
GREEN GRILLED CHEESE		580	260	30	13	0	60	1270	54	4	4	20	0	64				
PICKLE GRILLED CHEESE		570	260	30	13	0	60	2050	54	4	4	20	0	130				
BACON GRILLED CHEESE		740	370	42	17	0	80	1830	54	4	4	32	0	52				
BUFFALO CHICKEN GRILLED CHEESE		630	260	31	13	0	80	2000	55	4	4	28	0	52				
STEAK GRILLED CHEESE		650	300	34	14	0	80	1510	55	4	5	27	0	52				
QUESADILLA		370	170	20	11	0	45	890	37	1	0	16	0	78				
BUFFALO CHICKEN QUESADILLA		420	170	21	11	0	65	1630	39	1	0	24	0	78				
PLANT POWERED QUESADILLA		380	90	10	3.5	0	0	810	56	6	4	10	0	78				
CHICKEN CAESAR SALAD		520	330	37	8	0	55	960	33	9	5	22	0	282				
GARDEN SALAD		220	50	6	1.5	0	0	480	35	6	12	6	0	119				
STEAK SALAD		530	450	51	15	0	50	540	12	4	6	8	0	91				
CHICKEN AND ROASTED CORN SALAD		330	210	23	4	0	45	1340	51	14	16	23	0	234				
CHICKEN CAESAR SALAD WRAP		680	350	40	10	0	55	1290	56	2	3	24	0	333				
GARDEN SALAD WRAP		370	80	10	3	0	0	560	61	3	10	9	0	199				
STEAK SALAD WRAP		610	340	38	15	0	40	600	54	2	2	13	0	190				
CHICKEN AND ROASTED CORN SALAD WRAP		590	270	31	7	0	45	1000	57	3	4	20	0	208				
SOUTHWEST WRAP		520	180	20	9	0	60	810	56	4	2	27	0	428				
CHICKEN SALAD SANDWICH		340	80	9	2.5	0	55	930	41	2	10	20	0	80				
ROASTED TOMATO BLT		490	110	12	3.5	0	20	1040	73	4	1	17	0	13				
BUFFALO CHICKEN SALAD SANDWICH		340	80	9	1.5	0	80	1110	45	2	11	18	0	57				
VEGGIE SANDWICH		290	60	6	1	0	45	580	46	3	12	8	0	65				
BAKERY																		
		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)				
BLUEBERRY MUFFIN		620	230	31	6	0	125	420	77	1	43	9	0	42				
BROWNIE		590	250	28	11	0	90	180	63	3	47	5	0	19				
CHOCOLATE CHIP MUFFIN		690	250	39	12	0	120	390	88	0	38	10	0	49				
CRUMB CAKE		520	460	30	28	0	100	780	80	2	58	4	0	65				
FRENCH TOAST MUFFIN		700	300	35	9	0	125	410	89	1	55	8	0	74				
LIMITED TIME ONLY																		
RASPBERRY BUTTERFLY MATCHA LATTE																		
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)				
Small	30	113	15	2	1	0	5	25	13	0	13	2	1	64				
Medium	45	150	25	3	1.5	0	10	40	25	0	25	3	1	103				
Large	60	225	35	4	2	0	15	55	37	0	37	4	1	143				
SKIM MILK																		

[illegible]