

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?							
	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	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?							
	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
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?							
	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	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?							
	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	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?							
	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	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?							
	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	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?							
	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
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?							

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	✓							
SPECIALITY 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	310	120	14	11	0	15	100	44	2	31	7	87	262		✓	✓	✓										
Medium	60	460	180	20	16	0	25	140	64	3	49	10	116	361		✓	✓	✓										
Large	80	600	230	26	21	0	30	180	85	3	66	12	145	460		✓	✓	✓										
SKIM MILK																												
Small	40	270	80	8	8	0	< 5	105	45	2	32	8	0	247		✓	✓	✓										
Medium	60	410	110	13	11	0	< 5	150	66	3	49	11	0	341		✓	✓	✓										
Large	80	540	150	17	15	0	5	190	86	3	67	14	0	435		✓	✓	✓										
ALMOND MILK																												
Small	40	250	100	11	8	0	0	150	36	2	29	2	0	336		✓	✓	✓			Almonds							
Medium	60	370	140	16	11	0	0	200	54	4	44	4	0	459		✓	✓	✓			Almonds							
Large	80	480	190	21	15	0	0	260	72	5	58	5	0	582		✓	✓	✓			Almonds							
OAT MILK																												
Small	40	310	120	14	8	0	0	110	46	2	31	2	0	220		✓	✓	✓										
Medium	60	450	180	20	12	0	0	150	68	3	46	4	0	305		✓	✓	✓										
Large	80	590	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		✓	✓	✓										

[illegible]

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	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	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	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	240	100	11	8	0	15	80	33	1	23	6	72	212		✓	✓							
Medium	60	350	140	15	12	0	15	95	51	2	43	7	72	247		✓	✓							
Large	80	500	190	21	17	0	20	135	72	3	53	9	101	346		✓	✓							
SKIM MILK																								
Small	40	210	60	6	6	0	<5	85	34	1	23	7	0	200		✓	✓							
Medium	60	320	100	11	10	0	<5	100	52	2	38	7	0	235		✓	✓							
Large	80	450	130	15	13	0	<5	140	73	3	55	10	0	329		✓	✓							
ALMOND MILK																								
Small	40	200	70	8	6	0	0	120	27	2	19	2	0	274		✓	✓		Almonds					
Medium	60	310	110	12	10	0	0	135	45	3	33	3	0	309		✓	✓		Almonds					
Large	80	440	160	17	13	0	0	190	63	4	49	4	0	432		✓	✓		Almonds					
OAT MILK																								
Small	40	240	100	11	6	0	0	85	36	1	17	2	0	177		✓	✓							
Medium	60	350	140	15	10	0	0	100	53	2	33	3	0	212		✓	✓							
Large	80	490	190	21	14	0	0	140	75	3	47	4	0	297		✓	✓							
COLD BREW COLLECTION*															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		
SALTED CARAMEL	OUR SALTED CARAMEL SAUCE CONTAINS DAIRY																							
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	150	45	5	4	0	<5	45	26	<1	20	2	14	70		✓	✓							
Medium	240	220	60	7	6	0	<5	55	37	1	30	2	14	82		✓	✓							
Large	340	330	100	11	9	0	<5	75	57	2	46	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?								
	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?								
	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	31	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	31	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	31	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)	Vegan	Vegetarian	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	✓							Coconut				
COLD BREW FIT FROLATTE!															245	240	70	7	0	0	0	350	25	4	9	22	0	40	✓							Coconut				
CHAI FIT FROLATTE! (Lactose Free)															71	340	70	13	0	0	0	390	40	3	9	22	0	29		✓	✓	✓								
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)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy				

	88	300	70	8	5	0	30	170	54	1	48	2	0	911	✓				Almonds					
Medium	176	340	80	10	7	0	35	170	57	1	56	3	0	1080	✓				Almonds					
Large	176	380	100	12	8	0	40	175	60	1	60	4	0	1106	✓				Almonds					
OAT MILK																								
Small	88	340	100	10	5	0	30	170	54	1	48	2	0	33	✓									
Medium	176	380	110	12	7	0	35	170	57	1	56	3	0	33	✓									
Large	176	420	125	14	8	0	40	175	60	1	60	4	0	33	✓									
PUMPKIN MATCHA LATTE (HOT & ICED)															IS IT?		CONTAINS							
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	310	70	8	4	0	20	120	42	1	41	7	145	345		✓	✓							
Medium	45	330	80	9	5	0	30	130	52	1	51	9	174	410		✓	✓							
Large	60	410	120	14	8	0	45	190	72	1	61	13	202	474		✓	✓							
SKIM MILK																								
Small	30	300	40	4	4	0	20	120	42	1	41	7	2	401		✓	✓							
Medium	45	325	50	5	5	0	30	130	52	1	51	9	3	476		✓	✓							
Large	60	390	70	7	8	0	40	150	62	0	61	14	3	552		✓	✓							
ALMOND MILK																								
Small	30	300	40	4	4	0	20	120	42	1	41	1	0	476	✓				Almonds					
Medium	45	325	50	5	5	0	30	130	52	1	51	2	0	576	✓				Almonds					
Large	60	370	70	7	8	0	40	150	62	0	61	14	0	657	✓				Almonds					
OAT MILK																								
Small	30	310	70	8	4	0	20	120	42	1	41	2	0	25	✓									
Medium	45	330	80	9	5	0	30	130	52	1	51	3	0	34	✓									
Large	60	370	70	7	8	0	40	150	62	0	61	14	0	42	✓									
MILK & PUMPKIN COLD BREW															IS IT?		CONTAINS							
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	202	200	24	2	1	0	5	50	34	0	32	3	58	158		✓	✓							
Medium	245	220	35	4	2	0	10	60	44	1	45	4	87	222		✓	✓							
Large	350	250	40	6	4	0	12	65	50	3	50	6	116	286		✓	✓							
SKIM MILK																								
Small	202	180	12	1	1	0	5	50	34	0	32	3	1	180		✓	✓							
Medium	245	200	20	2	2	0	10	60	44	1	45	4	2	406		✓	✓							
Large	350	230	22	3	4	0	12	65	50	3	50	6	2	330		✓	✓							
ALMOND MILK																								
Small	202	180	12	1	1	0	5	50	34	0	32	1	0	210	✓				Almonds					
Medium	245	200	20	2	2	0	10	60	44	1	45	2	0	300	✓				Almonds					
Large	350	230	22	3	4	0	12	65	50	3	50	3	0	391	✓				Almonds					
OAT MILK																								
Small	202	200	24	2	1	0	5	50	34	0	32	1	0	30	✓									
Medium	245	220	35	4	2	0	10	60	44	1	45	2	0	43	✓									
Large	350	250	40	6	4	0	12	65	50	3	50	3	0	51	✓									
UBE MATCHA LATTE															IS IT?		CONTAINS							
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	220	80	9	6	0	40	140	31	0	20	9	2	295		✓	✓							
Medium	45	315	120	13	8	0	55	200	47	0	30	13	3	425		✓	✓							
Large	60	460	150	17	11	0	75	260	62	0	39	17	4	554		✓	✓							
SKIM MILK																								
Small	30	190	20	6	1	0	20	85	9	0	25	6	2	366		✓	✓							
Medium	45	273	35	8	2	0	25	115	13	0	35	8	3	528		✓	✓							
Large	60	369	0	0	0	0	10	210	25	0	52	17	5	569		✓	✓							
ALMOND MILK																								
Small	30	190	20	6	1	0	20	85	9	0	25	6	2	386	✓				Almonds					
Medium	45	273	35	8	2	0	25	115	13	0	35	8	3	548	✓				Almonds					
Large	60	369	0	0	0	0	10	210	25	0	52	17	5	589	✓				Almonds					
OAT MILK																								
Small	30	220	80	9	6	0	40	140	31	0	20	9	2	295	✓									
Medium	45	315	120	13	8	0	55	200	47	0	30	13	3	425	✓									
Large	60	460	150	17	11	0	75	260	62	0	39	17	4	554	✓	✓								
TOP IT OFF WITH UBE 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)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Standard Serving	0	130	70	8	8	0	0	30	6	0	4	0	0	10		✓	✓							