

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?		CONTAINS						
	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)	Iron (mg)	Potassium (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	0	174	✓								
Medium	339	0	0	0	0	g	0	10	0	0	0	<1	0	9	0	232	✓								
Large	408	5	0	0	0	0	0	10	0	0	0	<1	0	11	0	278	✓								
CAFÉ AU LAIT																	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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	126	70	30	3	2	0	10	70	8	0	4	3	43	101	0	373									
Medium	170	100	35	4	2.5	0	10	90	11	0	6	4	58	134	0	508		✓	✓						
Large	204	120	45	5	3	0	15	115	13	0	7	5	72	168	1	644		✓	✓						
SKIM 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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	126	50	0	0	0	0	0	70	8	0	5	3	0	93	0	261		✓	✓						
Medium	170	70	0	0.5	0	0	<5	95	11	0	6	5	0	124	0	359		✓	✓						
Large	85	60	0	0	0	0	<5	75	9	0	8	5	0	149	0	81		✓	✓						
ALMOND 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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	126	45	15	1.5	0	0	0	95	4	0	2	<1	0	137	1	261	✓					Almonds			
Medium	170	60	20	2	0	0	0	125	6	<1	3	<1	0	183	1	359	✓					Almonds			
Large	85	80	25	2.5	0	0	0	160	7	<1	3	1	0	229	1	456	✓					Almonds			
OAT 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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	126	70	25	3	0.5	0	0	70	9	0	1	<1	0	80	0	261	✓								
Medium	170	90	35	4	1	0	0	95	12	0	2	<1	0	106	0	359	✓								
Large	85	120	45	5	1	0	0	120	15	0	2	1	0	133	1	456	✓								
HOT TEA																	IS IT?		CONTAINS						
	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)	Iron (mg)	Potassium (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	0	132	✓								
Medium	50	0	0	0	0	0	0	15	1	0	0	0	0	0	0	175	✓								
Large	50	5	0	0	0	0	0	15	2	0	0	0	0	0	0	210	✓								
RED EYE																	IS IT?		CONTAINS						
	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)	Iron (mg)	Potassium (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	0	194	✓								
Medium	427	5	0	0	0	0	0	15	<1	0	0	<1	0	9	0	292	✓								
Large	496	10	0	0	0	0	0	15	<1	0	0	<1	0	12	0	310	✓								
ESPRESSO																	IS IT?		CONTAINS						
	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)	Iron (mg)	Potassium (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	0	33	✓								
Medium	176	5	0	0	0	0	0	10	1	0	0	0	0	1	0	69	✓								
Large	176	10	0	0	0	0	0	10	1	0	0	0	0	2	0	96	✓								
AMERICANO																	IS IT?		CONTAINS						
	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)	Iron (mg)	Potassium (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	0	65	✓								
Medium	264	10	0	0	0	0	0	25	1	0	0	0	0	13	0	98	✓								
Large	352	10	0	0	0	0	0	35	2	0	0	0	0	16	0	130	✓								
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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	110	50	6	3.5	0	20	85	9	0	9	6	93	207	0	276									
Medium	176	150	70	8	4.5	0	25	115	13	0	12	8	124	277	0	391		✓	✓						
Large	176	260	120	14	8	0	45	190	21	0	21	13	217	482	0	627		✓	✓						
SKIM 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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	70	0	0	0	0	<5	85	10	0	10	7	0	188	0	35			✓	✓					
Medium	176	100	0	0	0	0	<5	120	14	0	13	9	0	251	0	65			✓	✓					
Large	176	170	0	0	0	0	10	210	25	0	24	17	0	470	0	69			✓	✓					
ALMOND 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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	60	20	2.5	0	0	0	125	1	<1	4	<1	0	266	1	35	✓					Almonds			
Medium	176	80	30	3	0	0	0	170	2	1	5	1	0	356	1	69	✓					Almonds			
Large	176	140	50	6	0	0	0	310	3	2	9	2	0	666	2	69	✓					Almonds			
OAT 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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	100	50	5	1	0	0	85	11	0	2	<1	0	151	0	35	✓								
Medium	176	140	60	7	1	0	0	115	15	0	3	1	0	201	0	69	✓								
Large	176	250	120	13	2	0	0	210	28	0	6	2	0	376	0	69	✓								
CAPPUCCINO																	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)	Iron (mg)	Potassium (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	0	257			✓	✓					
Medium	176	180	80	9	5	0	30	130	15	0	14	9	145	321	0	439			✓	✓					
Large	176	250	110	13	7	0	40	180	20	0	20	13	202	450	0	589			✓	✓					
SKIM 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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	70	0	0	0	0	<5	80	10	0	9	6	0	178	0	33			✓	✓					
Medium	176	110	0	0	0	0	5	140	16	0	15	11	0	296	0	65			✓	✓					

[illegible]

	Small	0	180	35	4	0.5	0	0	180	25	2	27	2	0	365	2	0		✓	✓		Almonds					
	Medium	0	240	45	5	1	0	0	230	32	2	35	3	0	453	3	0		✓	✓		Almonds					
	Large	0	280	60	6	1	0	0	270	37	3	41	3	0	542	4	0		✓	✓		Almonds					
OAT MILK																											
	Small	0	240	70	8	1.5	0	0	130	38	< 1	25	2	0	210	1	0		✓	✓							
	Medium	0	310	90	10	2	0	0	160	49	< 1	33	3	0	260	2	0		✓	✓							
	Large	0	370	110	12	2.5	0	0	190	57	1	38	3	0	310	2	0		✓	✓							
STEAMERS*																		IS IT?		CONTAINS							
**CARAMEL AND WHITE CHOCOLATE SAUCE CONTAIN 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)	Iron (mg)	Potassium (mg)										
	Small	0	240	60	7	4	0	25	100	35	0	35	7	116	256	0	299		✓	✓							
	Medium	0	300	80	9	5	0	30	120	44	0	45	9	145	320	0	374		✓	✓							
	Large	0	360	100	11	6	0	35	150	53	0	54	11	174	384	0	449		✓	✓							
SKIM MILK																											
	Small	0	190	0	0	0	0	< 5	105	37	0	37	9	0	236	0	0		✓	✓							
	Medium	0	230	0	0	0	0	5	130	46	0	46	11	0	295	0	0		✓	✓							
	Large	0	250	0	0	0	0	5	160	49	0	49	13	0	354	0	0		✓	✓							
ALMOND MILK																											
	Small	0	170	25	3	0	0	0	160	25	1	29	1	0	354	1	0	✓						Almonds			
	Medium	0	220	35	4	0	0	0	200	32	1	37	1	0	443	1	0	✓						Almonds			
	Large	0	260	40	4.5	0	0	0	240	38	2	44	2	0	532	2	0	✓						Almonds			
OAT MILK																											
	Small	0	230	60	7	1	0	0	105	38	0	27	1	0	200	0	0	✓									
	Medium	0	290	80	9	1.5	0	0	135	48	0	34	1	0	250	0	0	✓									
	Large	0	320	100	11	1.5	0	0	160	52	0	35	2	0	300	0	0	✓									
CHAI TEA LATTE																		IS IT?		CONTAINS							
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)	Iron (mg)	Potassium (mg)										
	Small	40	320	120	14	11	0	15	100	44	2	37	7	87	262	0	225		✓	✓							
	Medium	60	470	180	20	16	0	25	140	64	3	55	10	116	361	0	299		✓	✓							
	Large	80	610	230	26	21	0	30	180	85	3	72	12	145	460	0	374		✓	✓							
SKIM MILK																											
	Small	40	280	80	8	8	0	< 5	105	45	2	38	8	0	247	0	0		✓	✓							
	Medium	60	420	110	13	11	0	< 5	150	66	3	55	11	0	341	0	0		✓	✓							
	Large	80	550	150	17	15	0	5	190	86	3	73	14	0	435	0	0		✓	✓							
ALMOND MILK																											
	Small	40	270	100	11	8	0	0	150	36	2	33	2	0	336	1	0		✓	✓				Almonds			
	Medium	60	400	140	16	11	0	0	200	54	4	48	4	0	459	1	0		✓	✓				Almonds			
	Large	80	530	190	21	15	0	0	260	72	5	64	5	0	582	1	0		✓	✓				Almonds			
OAT MILK																											
	Small	40	320	120	14	8	0	0	110	46	2	31	2	0	220	0	0		✓	✓							
	Medium	60	460	180	20	12	0	0	150	68	3	46	4	0	305	0	0		✓	✓							
	Large	80	600	230	26	17	0	0	190	89	3	61	5	0	389	0	0		✓	✓							
LONDON FOG																		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)	Iron (mg)	Potassium (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	0	200		✓	✓							
	Medium	50	110	30	3.5	2	0	10	60	15	0	14	4	58	128	0	270		✓	✓							
	Large	50	140	40	4.5	2.5	0	15	75	20	0	19	4	72	160	0	334		✓	✓							
SKIM MILK																											
	Small	50	60	0	0	0	0	0	45	11	0	10	3	0	89	0	84		✓	✓							
	Medium	50	80	0	0	0	0	< 5	60	16	0	15	4	0	118	0	115		✓	✓							
	Large	50	110	0	0	0	0	< 5	75	21	0	19	5	0	148	0	153		✓	✓							
ALMOND MILK																											
	Small	50	50	10	1	0	0	0	70	7	0	8	0	0	133	0	84	✓						Almonds			
	Medium	50	80	15	1.5	0	0	0	90	10	< 1	11	< 1	0	177	1	115	✓						Almonds			
	Large	50	100	15	2	0	0	0	115	14	< 1	15	< 1	0	221	1	153	✓						Almonds			
OAT MILK																											
	Small	50	80	25	2.5	0	0	0	45	12	0	7	0	0	75	0	84	✓									
	Medium	50	110	30	3.5	0.5	0	0	65	17	0	10	< 1	0	100	0	115	✓									
	Large	50	140	40	4.5	0.5	0	0	80	22	0	13	< 1	0	125	0	153	✓									
ICED TEA																		IS IT?		CONTAINS							
		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)	Iron (mg)	Potassium (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	0	84	✓									
	Medium	50	0	0	0	0	0	0	10	< 1	0	0	0	0	0	0	105	✓									
	Large	50	0	0	0	0	0	0	10	1	0	0	0	0	0	0	147	✓									
PEACH SWEET TEA																		IS IT?		CONTAINS							
		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)	Iron (mg)	Potassium (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	0	0	✓									
	Medium	50	200	0	0	0	0	0	4	49	0	48	0	0	0	0	0	✓									
	Large	50	250	0	0	0	0	0	13	61	0	60	0	0	0	0	0	✓									
SWEET RASPBERRY TEA																		IS IT?		CONTAINS							

	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)	Iron (mg)	Potassium (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	0	0	✓								
Medium	50	200	0	0	0	0	0	4	49	0	48	0	0	0	0	0	✓								
Large	50	250	0	0	0	0	0	13	61	0	60	0	0	0	0	0	✓								
ICED 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)	Iron (mg)	Potassium (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	0	197		✓	✓						
Medium	176	230	110	12	7	0	35	170	19	0	18	12	3	326	0	479		✓	✓						
Large	264	340	160	18	10	0	55	270	28	0	28	17	4	489	0	719		✓	✓						
SKIM MILK																									
Small	88	50	0	0	0	0	< 5	65	7	0	6	5	2	326	0	457		✓	✓						
Medium	176	140	0	0	0	0	5	190	21	0	19	14	3	407	0	597		✓	✓						
Large	264	210	0	0	0	0	10	280	31	0	29	20	4	611	0	895		✓	✓						
ALMOND MILK																	✓				Almonds				
Small	88	40	15	1.5	0	0	0	90	1	< 1	3	< 1	0	391	0	128	✓				Almonds				
Medium	176	110	40	4.5	0	0	0	260	3	2	8	2	0	489	1	186	✓				Almonds				
Large	264	170	60	7	0	0	0	400	4	2	11	2	0	733	1	278	✓				Almonds				
OAT MILK																	✓								
Small	88	70	30	3.5	0.5	0	0	60	8	0	2	< 1	0	1	0	34	✓								
Medium	176	200	100	11	1.5	0	0	180	22	0	5	2	0	1	0	68	✓								
Large	264	300	140	16	2.5	0	0	270	33	0	7	2	0	2	0	102	✓								
ICED RED EYE																		IS IT?		CONTAINS					
	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)	Iron (mg)	Potassium (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	0	153	✓								
Medium	333	5	0	0	0	0	0	20	< 1	0	0	0	0	15	0	183	✓								
Large	438	5	0	0	0	0	0	25	< 1	0	0	< 1	0	21	0	242	✓								
ICED AMERICANO																		IS IT?		CONTAINS					
	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)	Iron (mg)	Potassium (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	0	65	✓								
Medium	264	10	0	0	0	0	0	10	1	0	0	0	0	2	0	98	✓								
Large	440	15	0	0	0	0	0	20	2	0	0	0	0	3	0	163	✓								
ICED VANILLA 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)	Iron (mg)	Potassium (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	0	363		✓	✓						
Medium	176	330	110	12	7	0	35	170	43	0	41	12	3	326	0	479		✓	✓						
Large	264	470	160	18	10	0	55	270	58	0	56	17	4	435	0	546		✓	✓						
SKIM MILK																									
Small	88	120	0	0	0	0	< 5	65	25	0	24	5	0	131	0	36		✓	✓						
Medium	176	240	0	0	0	0	5	190	45	0	42	14	0	388	0	73		✓	✓						
Large	264	340	0	0	0	0	10	280	61	0	58	20	0	583	0	110		✓	✓						
ALMOND MILK																	✓				Almonds				
Small	88	110	15	1.5	0	0	0	90	19	< 1	20	< 1	0	183	1	36	✓				Almonds				
Medium	176	210	40	4.5	0	0	0	260	27	2	31	2	0	545	2	73	✓				Almonds				
Large	264	290	60	7	0	0	0	400	34	2	40	2	0	818	3	110	✓				Almonds				
OAT MILK																	✓								
Small	88	140	30	3.5	0.5	0	0	60	26	0	19	< 1	0	106	0	36	✓								
Medium	176	300	100	11	1.5	0	0	180	46	0	28	2	0	313	0	73	✓								
Large	264	480	140	16	2.5	0	0	270	75	0	47	2	0	471	0	110	✓								
ICED MOCHA																		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)	Iron (mg)	Potassium (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	1	316		✓	✓						
Medium	176	260	80	8	5	0	25	115	35	< 1	33	8	116	257	2	365		✓	✓						
Large	264	340	100	11	6	0	30	160	46	1	43	11	159	354	2	509		✓	✓						
SKIM MILK																									
Small	88	160	10	1	0	0	< 5	100	29	< 1	27	8	0	207	1	33		✓	✓						
Medium	176	200	10	1	0.5	0	< 5	120	37	< 1	34	10	0	237	2	65		✓	✓						
Large	264	270	15	1.5	0.5	0	5	170	48	1	44	13	0	327	2	98		✓	✓						
ALMOND MILK																	✓				Almonds				
Small	88	150	30	3.5	0	0	0	150	19	2	21	2	0	311	2	35	✓				Almonds				
Medium	176	190	40	4	0.5	0	0	180	26	2	27	2	0	356	3	65	✓				Almonds				
Large	264	250	50	6	0.5	0	0	250	32	3	34	3	0	489	4	98	✓				Almonds				
OAT MILK																	✓								
Small	88	200	60	7	1.5	0	0	105	31	< 1	19	2	0	176	1	35	✓								
Medium	176	250	70	8	1.5	0	0	125	39	< 1	25	2	0	201	2	65	✓								
Large	264	330	100	11	2	0	0	170	50	1	31	3	0	277	2	98	✓								
ICED CARAMEL MACCHIATO																		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)	Iron (mg)	Potassium (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	0	295		✓	✓						
Medium	176	240	70	8	5.5	0	30	140	39	0	26	9	0	221	0	65		✓	✓						

	176	330	100	11		0	35	190	47	0	45	11	0	221	0	65			✓	✓												
SKIM MILK																																
Small	88	180	10	1	0.5	0	5	125	35	0	34	8	0	228	0	33			✓	✓												
Medium	176	200	10	1	0.5	0	5	140	37	0	35	9	0	258	0	65			✓	✓												
Large	176	260	15	1.5	1	0	10	200	49	0	46	13	0	357	0	98			✓	✓												
ALMOND MILK																																
Small	88	150	30	3.5	0.5	0	< 5	170	20	< 1	22	1	0	331	1	33			✓	✓			Almonds									
Medium	176	180	35	4	0.5	0	< 5	200	26	1	28	2	0	376	1	65			✓	✓			Almonds									
Large	176	240	50	5	1	0	< 5	280	33	1	36	2	0	519	2	98			✓	✓			Almonds									
OAT MILK																																
Small	88	200	60	7	1.5	0	< 5	125	31	0	20	1	0	196	0	33			✓	✓												
Medium	176	240	70	8	1.5	0	< 5	140	39	0	26	2	0	212	0	0			✓	✓												
Large	176	320	100	11	2	0	< 5	200	51	0	33	2	0	297	0	0			✓	✓												
ICED CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY																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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy								
Small	40	250	100	11	8	0	15	80	33	1	29	6	72	212	0	187		✓	✓													
Medium	60	360	140	15	12	0	15	95	51	2	43	7	72	247	0	187		✓	✓													
Large	80	510	190	21	17	0	20	135	72	3	60	9	101	346	0	262		✓	✓													
SKIM MILK																																
Small	40	220	60	6	6	0	< 5	85	34	1	29	7	0	200	0	0		✓	✓													
Medium	60	330	100	11	10	0	< 5	100	52	2	44	7	0	235	0	0		✓	✓													
Large	80	460	130	15	13	0	< 5	140	73	3	61	10	0	329	0	0		✓	✓													
ALMOND MILK																																
Small	40	210	70	8	6	0	0	120	27	2	25	2	0	274	1	0		✓	✓			Almonds										
Medium	60	320	110	12	10	0	0	135	45	3	39	3	0	309	1	0		✓	✓			Almonds										
Large	80	450	160	17	13	0	0	190	63	4	55	4	0	432	1	0		✓	✓			Almonds										
OAT MILK																																
Small	40	250	100	11	6	0	0	85	36	1	23	2	0	177	0	0		✓	✓													
Medium	60	360	140	15	10	0	0	100	53	2	38	3	0	212	0	0		✓	✓													
Large	80	500	190	21	14	0	0	140	75	3	53	4	0	297	0	0		✓	✓													
COLD BREW COLLECTION*																	IS IT?		CONTAINS													
	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)	Iron (mg)	Potassium (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	0	261		✓	✓													
Medium	245	170	20	2.5	1.5	0	5	510	35	0	30	2	0	59	0	326		✓	✓													
Large	350	220	25	3	2	0	10	650	45	0	38	2	0	75	1	456		✓	✓													
MILK & HONEY																																
WHOLE MILK																																
Small	202	100	20	2.5	1.5	0	5	55	18	0	15	2	1	65	0	82		✓	✓													
Medium	245	160	30	3.5	2	0	10	75	32	0	28	3	1	98	0	123		✓	✓													
Large	350	230	40	4.5	2.5	0	10	105	47	0	41	4	1	163	0	206		✓	✓													
SKIM MILK																																
Small	202	70	0	0	0	0	< 5	80	10	0	15	2	1	81	0	106		✓	✓													
Medium	245	110	0	0	0	0	5	140	16	0	28	3	1	122	0	159		✓	✓													
Large	350	150	0	0	0	0	10	190	22	0	41	4	1	203	0	264		✓	✓													
ALMOND MILK																																
Small	202	60	20	2.5	0	0	0	125	1	< 1	15	< 1	0	98	0	24		✓				Almonds										
Medium	245	90	35	4	0	0	0	210	2	1	28	1	0	146	0	35		✓				Almonds										
Large	350	130	50	5	0	0	0	290	3	2	41	2	0	244	0	59		✓				Almonds										
OAT MILK																																
Small	202	100	50	5	1	0	0	85	11	0	15	< 1	0	139	1	628		✓														
Medium	245	170	80	9	1.5	0	0	140	19	0	28	1	0	103	1	453		✓														
Large	350	240	110	13	2	0	0	190	26	0	41	2	0	139	1	628		✓														
VANILLA BEAN																																
Small	202	80	0	0	0	0	0	35	19	0	16	0	0	10	0	269	✓															
Medium	245	120	0	0.5	0	0	0	45	28	0	23	0	0	9	0	332	✓															
Large	350	160	5	0.5	0	0	0	60	38	0	31	0	0	18	1	473	✓															
CHAI	OUR CHAI CONTAINS DAIRY																															
Small	140	170	50	5	4.5	0	< 5	45	28	< 1	22	2	14	70	0	200		✓	✓													
Medium	240	240	70	8	6	0	< 5	55	40	1	32	2	14	88	0	233		✓	✓													
Large	340	360	110	12	10	0	< 5	80	62	2	50	3	14	124	0	298		✓	✓													
RASPBERRY ENERGY DRINK																	IS IT?		CONTAINS													
	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)	Iron (mg)	Potassium (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	0	27	✓															
Medium	140	290	0	0	0	0	0	180	40	0	31	0	0	10	0	32	✓															
Large	160	325	0	0	0	0	0	200	58	0	45	0	0	11	0	42	✓															
STRAWBERRY ENERGY DRINK																	IS IT?		CONTAINS													
	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)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy								

	120	110	0	0	0	0	0	200	33	0	29	0	0	6	0	32	✓									
	140	130	0	0	0	0	0	300	36	0	31	0	0	11	0	42	✓									
Large	160	185	0	0	0	0	0	400	51	0	45	0	0	14	0	55	✓									
PEACH ENERGY DRINK																	IS IT?		CONTAINS							
	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)	Iron (mg)	Potassium (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	0	32	✓									
Medium	140	290	0	0	0	0	0	180	40	0	31	0	0	11	0	42	✓									
Large	160	325	0	0	0	0	0	200	58	0	45	0	0	14	0	55	✓									
THE MATCHA COLLECTION																										
HOT MATCHA LATTE																	IS IT?		CONTAINS							
	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)	Iron (mg)	Potassium (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	0	370		✓	✓							
Medium	45	180	70	8	4.5	0	25	115	13	0	12	8	2	314	0	432		✓	✓							
Large	60	260	120	14	8	0	45	190	21	0	21	13	3	356	0	534		✓	✓							
SKIM MILK																										
Small	30	100	20	6	1	0	20	85	9	0	9	6	2	366	0	476		✓	✓							
Medium	45	140	35	8	2	0	25	115	13	0	12	8	3	528	0	687		✓	✓							
Large	60	170	0	0	0	0	10	210	25	0	24	17	3	567	0	723		✓	✓							
ALMOND MILK																										
Small	30	100	20	6	1	0	20	85	9	0	9	2	0	439	0	106	✓					Almonds				
Medium	45	120	35	8	2	0	25	115	13	0	12	3	0	634	1	153	✓					Almonds				
Large	60	140	50	6	0	0	0	310	3	2	9	2	0	677	1	177	✓					Almonds				
OAT MILK																										
Small	30	135	50	6	3.5	0	20	85	9	0	9	2	0	0	0	0	✓									
Medium	45	180	70	8	4.5	0	25	115	13	0	12	3	0	0	0	0	✓									
Large	60	220	90	13	2	0	0	190	26	0	5	2	0	0	0	0	✓									
ICED MATCHA LATTE																	IS IT?		CONTAINS							
	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)	Iron (mg)	Potassium (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	0	370		✓	✓							
Medium	45	180	70	8	4.5	0	25	115	13	0	12	8	3	423	0	535		✓	✓							
Large	60	260	120	14	8	0	45	190	21	0	21	13	3	467	0	578		✓	✓							
SKIM MILK																										
Small	30	100	20	6	1	0	20	85	9	0	9	6	2	366	0	476		✓	✓							
Medium	45	140	35	8	2	0	25	115	13	0	12	8	3	528	0	687		✓	✓							
Large	60	170	0	0	0	0	10	210	25	0	24	17	5	569	0	734		✓	✓							
ALMOND MILK																										
Small	30	100	20	6	1	0	20	85	9	0	9	2	0	439	0	106	✓					Almonds				
Medium	45	140	35	8	2	0	25	115	13	0	12	3	0	634	1	153	✓					Almonds				
Large	60	140	50	6	0	0	0	310	3	2	9	2	0	712	1	189	✓					Almonds				
OAT MILK																										
Small	30	135	50	6	3.5	0	20	85	9	0	9	2	0	324	0	104	✓									
Medium	45	180	70	8	4.5	0	25	115	13	0	12	3	0	611	1	144	✓									
Large	60	220	90	13	2	0	0	190	26	0	5	2	0	641	1	178	✓									
ICED STRAWBERRY MATCHA LATTE																	IS IT?		CONTAINS							
	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)	Iron (mg)	Potassium (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	0	370		✓	✓							
Medium	45	185	70	8	4.5	0	25	115	13	0	12	8	3	423	0	535		✓	✓							
Large	60	260	120	14	8	0	45	190	21	0	21	13	3	467	0	578		✓	✓							
SKIM MILK																										
Small	30	105	20	6	1	0	20	85	9	0	9	6	2	366	0	476		✓	✓							
Medium	45	145	35	8	2	0	25	115	13	0	12	8	3	528	0	687		✓	✓							
Large	60	170	0	0	0	0	10	210	25	0	24	17	5	569	0	734		✓	✓							
ALMOND MILK																										
Small	30	105	100	20	6	1	0	20	85	9	9	9	2	0	439	106	✓					Almonds				
Medium	45	145	120	35	8	2	0	25	115	13	12	12	3	0	634	153	✓					Almonds				
Large	60	170	140	50	6	0	0	0	310	3	24	9	2	0	712	189	✓					Almonds				
OAT MILK																										
Small	30	140	50	6	3.5	0	20	85	9	0	9	2	0	0	0	0	✓									
Medium	45	185	70	8	4.5	0	25	115	13	0	12	3	0	0	0	0	✓									
Large	60	260	90	13	2	0	0	190	26	0	5	2	0	0	0	0	✓									
ICED VANILLA BEAN MATCHA LATTE																	IS IT?		CONTAINS							
	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)	Iron (mg)	Potassium (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	0	370		✓	✓							
Medium	45	308	70	8	4.5	0	25	115	13	0	35	8	3	423	0	535		✓	✓							
Large	60	388	120	14	8	0	45	190	21	0	52	13	3	467	0	578		✓	✓							
SKIM MILK																										
Small	30	228	20	6	1	0	20	85	9	0	25	6	2	366	0	476		✓	✓							
Medium	45	268	35	8	2	0	25	115	13	0	35	8	3	528	0	687		✓	✓							
Large	60	298	0	0	0	0	10	210	25	0	52	17	5	569	0	734		✓	✓							

[illegible]

BROWNIE		500	250	28	11	0	90	180	63	3	47	5	0	19	4	210		✓	✓			✓		✓
CHOCOLATE CHIP MUFFIN		690	250	39	12	0	120	390	88	0	38	10	0	49	5	210		✓	✓			✓		✓
CRUMB CAKE		520	460	30	28	0	100	780	80	2	58	4	0	65	1	75		✓	✓			✓		✓
FRENCH TOAST MUFFIN		700	300	35	9	0	125	410	89	1	55	8	0	74	1	50		✓	✓			✓		✓
Updated 12.2.2025		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.																						