

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

COFFEE	IS IT?	CONTAINS
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	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
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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	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	✓	✓	✓					

[illegible]

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	✓	✓

[illegible]

Small	126	45	15	1.5	0	0	0	95	4	0	2	< 1	0	137	1	261	✓✓
Medium	170	60	20	2	0	0	0	125	6	< 1	3	< 1	0	183	1	359	✓✓
Large	85	80	25	2.5	0	0	0	160	7	< 1	3	1	0	229	1	456	✓✓

[illegible]

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	✓

[illegible]

	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
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	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
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	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
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	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
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WHOLE MILK																		Vegan	Vegetarian	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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)									
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									

[illegible]

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		
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[illegible]

Small	88	90	10	1	0	0	0	15	19	<1	16	<1	0	6	1	33									
Medium	176	250	70	8	1.5	0	0	125	39	<1	25	2	0	201	2	65									
Large	176	380	120	14	2.5	0	0	210	55	1	32	3	0	351	2	65									
CARAMEL MACCHIATO	OUR CARAMEL SAUCE CONTAINS DAIRY																	IS IT?		CONTAINS					
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (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	0	257									
Medium	176	250	70	8	5	0	25	135	36	0	35	8	116	278	0	365									
Large	176	410	130	15	8	0	45	230	56	0	55	14	202	490	0	589									
SKIM MILK																									
Small	88	150	10	1	0.5	0	5	110	28	0	27	7	0	198	0	33									
Medium	176	200	10	1	0.5	0	5	140	37	0	35	9	0	258	0	65									
Large	176	320	15	1.5	1	0	15	250	59	0	56	16	0	455	0	65									
ALMOND MILK																									
Small	88	140	30	3	0.5	0	<5	150	19	<1	21	1	0	376	1	69							Almonds		
Medium	176	180	35	4	0.5	0	<5	200	26	1	28	2	0	376	1	69							Almonds		
Large	176	290	60	7	1	0	5	350	39	2	44	3	0	662	2	65							Almonds		
OAT MILK																									
Small	88	180	60	6	1.5	0	<5	110	29	0	20	1	0	171	0	33									
Medium	176	240	70	8	1.5	0	<5	140	39	0	26	2	0	221	0	69									
Large	176	400	130	14	3	0	5	250	62	0	40	3	0	392	0	65									
HOT CHOCOLATE	ASK TO REMOVE WHITE CHOCOLATE FOR THE DRINK TO BE VEGAN																	IS IT?		CONTAINS					
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (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	1	299									
Medium	0	320	90	11	6	0	30	150	44	<1	43	10	145	330	2	374									
Large	0	380	110	13	7	0	35	170	52	1	50	12	174	395	2	449									
SKIM MILK																									
Small	0	200	10	1	0.5	0	5	125	36	<1	34	9	0	246	1	0									
Medium	0	250	15	1.5	1	0	5	160	46	<1	44	12	0	305	2	0									
Large	0	300	15	1.5	1	0	10	180	54	1	51	14	0	365	2	0									
ALMOND MILK																									
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*	*CARAMEL AND WHITE CHOCOLATE SAUCE CONTAIN DAIRY																	IS IT?		CONTAINS					
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (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	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	OUR CHAI CONTAINS DAIRY																	IS IT?		CONTAINS					

WHOLE MILK																		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
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 Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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 Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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 Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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 Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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 Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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																										

[illegible]

ICED CARAMEL MACCHIATO		OUR CARAMEL SAUCE CONTAINS DAIRY															IS IT?		CONTAINS								
WHOLE MILK		Caffeine (mg)	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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		✓	✓							
Large		176	330	100	11	7	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 Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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 Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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																											

[illegible]

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													
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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	0	9	2	0	439	106	✓				Almonds												
Medium	45	145	120	35	8	2	0	25	115	13	0	12	3	0	634	153	✓				Almonds												
Large	60	170	140	50	6	0	0	0	310	3	0	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													
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	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		✓	✓	✓													
ALMOND MILK																																	
Small	30	228	6	1	0	20	85	9	0	9	18	0	439	0	0	106	✓				Almonds												
Medium	45	268	8	2	0	25	115	13	0	12	26	0	634	1	1	153	✓				Almonds												
Large	60	298	6	0	0	0	310	3	2	9	33	0	712	1	1	189	✓				Almonds												
OAT MILK																																	
Small	30	263	50	6	3.5	0	20	85	9	0	25	2	0	324	0	104	✓																
Medium	45	308	70	8	4.5	0	25	115	13	0	35	3	0	611	1	144	✓																
Large	60	388	90	13	2	0	0	190	26	0	52	2	0	641	1	178	✓																
TOP IT OFF WITH COLD FOAM																		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	0	10	✓		✓						✓								
SMOOTHIES - ONE SIZE- MEDIUM 16 OZ.																		IS IT?		CONTAINS													
	Caffeine (mg)	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (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	0	290	✓																
VACAY ALL DAY	0	130	5	0.5	0	0	0	120	31	3	26	2	0	48	1	555	✓																
DAILY GRIND	245	360	160	19	3.5	0	0	75	44	5	22	8	0	294	2	623	✓			✓													
GREEN GOALS	0	170	5	1	0	0	0	15	42	5	26	3	0	80	1	735	✓																
FIT FROLATTE! - ONE SIZE- MEDIUM 16 OZ.																		IS IT?		CONTAINS													
	Caffeine (mg)	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (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	6	251	✓								Coconut								
COLD BREW FIT FROLATTE!	245	240	70	7	0	0	0	350	25	4	9	22	0	40	6	279	✓								Coconut								

BREAKFAST ALL DAY																
Caffine	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
EGG AND CHEESE ON A BAGEL	510	130	15	4	0	135	890	72	3	0	19	38	147	3	200	
BACON, EGG AND CHEESE ON A BAGEL	550	160	18	6	0	145	1020	72	3	0	22	38	139	5	421	
TURKEY SAUSAGE, EGG AND CHEESE ON A BAGEL	600	190	22	6	0	175	1170	72	3	0	26	0	26	1	94	
PLANT POWERED BREAKFAST SANDWICH ON A BAGEL	510	120	13	2	0	0	1140	75	4	0	17	0	12	0	0	
BREAKFAST BURRITO	570	290	32	13	0	340	1490	49	2	0	24	2	156	3	366	
BREAKFAST BURRITO+ TURKEY SAUSAGE	630	330	37	14	0	365	1680	49	2	0	29	2	173	4	428	
BREAKFAST BURRITO+ BACON	730	400	45	17	0	360	2060	49	2	0	36	2	156	3	366	
HABANERO STEAK BREAKFAST BURRITO	620	310	35	14	0	35	1650	50	2	<1	28	2	156	4	445	
GLUTEN FREE BREAKFAST BURRITO	590	270	31	10	0	34	1550	58	4	0	20	2	130	2	507	
PLANT POWERED BREAKFAST BURRITO	350	150	17	5	0	0	840	39	2	0	13	0	90	2	47	
BREAKFAST GRILLED CHEESE	620	290	33	13	0	130	1380	54	4	4	23	0	130	2	161	
BREAKFAST GRILLED CHEESE + BACON	780	400	45	17	0	150	1940	54	4	4	35	0	70	2	161	
BREAKFAST GRILLED CHEESE + TURKEY SAUSAGE	680	330	37	15	0	155	1560	54	4	4	27	0	87	3	223	
PLANT POWERED BREAKFAST GRILLED CHEESE	430	120	13	3.5	0	0	940	57	6	4	14	0	64	2	94	
EVERYTHING AVO TOAST	250	110	12	2	0	0	290	28	6	2	7	0	26	2	423	
BAGEL	360	20	2	0	0	0	700	70	3	0	10	0	0	0	0	
BAGEL W/ BUTTER	450	110	12	6	0	30	770	70	3	0	10	0	0	0	0	
BAGEL W/ CREAM CHEESE	430	70	8	4	0	20	820	73	3	0	11	0	0	0	0	
BAGEL W/ PEANUT BUTTER	480	110	12	2	0	0	790	75	5	1	14	0	0	0	141	
LUNCH SANDWICHES																
	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
GRILLED THREE CHEESE	570	260	30	13	0	60	1270	54	4	4	20	0	52	2	118	
PLANT POWERED GRILLED CHEESE	380	90	10	3.5	0	0	810	56	6	4	10	0	64	2	94	
GREEN GRILLED CHEESE	580	260	30	13	0	60	1270	54	4	4	20	0	64	2	118	
PICKLE GRILLED CHEESE	570	260	30	13	0	60	2050	54	4	4	20	0	130	2	259	
BACON GRILLED CHEESE	740	370	42	17	0	80	1830	54	4	4	32	0	52	2	118	
BUFFALO CHICKEN GRILLED CHEESE	630	260	31	13	0	80	2000	55	4	4	28	0	52	3	118	
STEAK GRILLED CHEESE	650	300	34	14	0	80	1510	55	4	5	27	0	52	3	236	
QUESADILLA	370	170	20	11	0	45	890	37	1	0	16	0	78	2	47	
BUFFALO CHICKEN QUESADILLA	420	170	21	11	0	65	1630	39	1	0	24	0	78	2	47	
PLANT POWERED QUESADILLA	380	90	10	3.5	0	0	810	56	6	4	10	0	64	2	94	
CHICKEN CAESAR SALAD	520	330	37	8	0	55	960	33	9	5	22	0	282	5	960	
GARDEN SALAD	220	50	6	1.5	0	0	480	35	6	12	6	0	119	3	693	
STEAK SALAD	530	450	51	15	0	50	540	12	4	6	8	0	91	3	586	
CHICKEN AND ROASTED CORN SALAD	330	210	23	4	0	45	1340	51	14	16	23	0	234	12	456	
CHICKEN CAESAR SALAD WRAP	680	350	40	10	0	55	1290	56	2	3	24	0	333	7	432	
GARDEN SALAD WRAP	370	80	10	3	0	0	560	61	3	10	9	0	199	7	498	
STEAK SALAD WRAP	610	340	38	15	0	40	600	54	2	2	13	0	190	6	373	
CHICKEN AND ROASTED CORN SALAD WRAP	590	270	31	7	0	45	1000	57	3	4	20	0	208	7	520	
SOUTHWEST WRAP	520	180	20	9	0	60	810	56	4	2	27	0	428	8	692	
CHICKEN SALAD SANDWICH	340	80	9	2.5	0	55	930	41	2	10	20	0	80	3	216	
ROASTED TOMATO BLT	490	110	12	3.5	0	20	1040	73	4	1	17	0	13	0	161	
BUFFALO CHICKEN SALAD SANDWICH	340	80	9	1.5	0	80	1110	45	2	11	18	0	57	3	113	
VEGGIE SANDWICH	290	60	6	1	0	45	580	46	3	12	8	0	65	3	186	
BAKERY																
	Calories	Calories from Fa	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
BLUEBERRY MUFFIN	620	230	31	6	0	125	420	77	1	43	9	0	42	1	45	
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 7.30.2025																
We cannot guarantee that cafe prepared products do not contain any allergens. Please be advised that food prepared here may contain these allergens: Dairy, Peanuts, Tree Nuts, Wheat, Sesame & Soy.																