

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?								
	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?								
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	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	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	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	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	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	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	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?								
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	3.5	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	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	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	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	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	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	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?								

BLUEBERRY MUFFIN		620	230	31	6	0	125	420	77	1	43	9	0	42		✓				✓		✓		
BROWNIE		500	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															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	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																								
Small	30	110	10	1.5	1	0	0	65	20	0	15	4	2	168	✓	✓	✓							
Medium	45	130	15	2	1.5	0	0	77	32	0	27	6	2	208	✓	✓	✓							
Large	60	195	20	2.5	2	0	0	89	44	0	42	8	2	247	✓	✓	✓							
ALMOND MILK																								
Small	30	98	5	1	0	0	0	35	12	0	12	0	0	90	✓								Almonds	
Medium	45	130	10	1	0	0	0	62	24	0	24	0	0	133	✓								Almonds	
Large	60	195	15	1	0	0	0	89	36	0	36	0	0	176	✓								Almonds	
OAT MILK																								
Small	30	113	10	2	0	0	0	25	14	0	11	0	0	50	✓									
Medium	45	150	25	2.5	0	0	0	40	29	0	24	0	0	75	✓									
Large	60	225	35	3	0	0	0	55	43	0	36	0	0	150	✓									
LEMON DROP MATCHA SPRITZ															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	90	0	0	0	0	0	35	23	0	20	0	0	11										
Medium	45	120	0	0	0	0	0	50	30	0	27	0	0	14										
Large	60	180	0	0	0	0	0	65	43	0	34	0	0	17										
STRAWBERRY MATCHA SPRITZ															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	140	0	0	0	0	0	30	35	1	32	0	0	15										
Medium	45	190	0	0	0	0	0	35	39	1	34	0	0	18										
Large	60	170	0	0	0	0	0	40	43	1	38	0	0	20										
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