

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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	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															☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
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	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	170	60	20	2	0	0	0	125	6	<1	3	<1	0	183	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	85	80	25	2.5	0	0	0	160	7	<1	3	1	0	229	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
WHOLE MILK															☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Small	88	110	50	6	3.5	0	20	85	9	0	9	6	33	207	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	150	70	8	4.5	0	25	115	13	0	12	8	104	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	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	80	30	3	0	0	0	170	2	1	5	1	0	356	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
Large	176	140	50	6	0	0	0	310	3	2	9	2	0	666	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
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?										
	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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
WHOLE MILK															☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Small	88	110	50																						

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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 (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	150	35	4	2.5	0	10	60	24	0	23	4	2	261	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	330	110	12	7	0	35	170	43	0	41	12	3	326	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	470	160	18	10	0	55	270	58	0	56	17	4	435	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	88	120	0	0	0	0	< 5	65	25	0	24	5	0	131	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	240	0	0	0	0	5	190	45	0	42	14	0	388	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	340	0	0	0	0	10	280	61	0	58	20	0	583	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	88	110	15	1.5	0	0	0	90	19	< 1	20	< 1	0	183	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	210	40	4.5	0	0	0	260	27	2	31	2	0	545	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	290	60	7	0	0	0	400	34	2	40	2	0	818	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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																									
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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	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	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	190	40	4	0.5	0	0	180	26	2	27	2	0	356	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	250	50	6	0.5	0	0	250	32	3	34	3	0	489	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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																							
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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	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	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	180	35	4	0.5	0	< 5	200	26	1	28	2	0	376	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	240	50	5	1	0	< 5	280	33	1	36	2	0	519	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
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																							
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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	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	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☒
Medium	60	310	110	12	10	0	0	135	45	3	33	3	0	309	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☒
Large	80	440	160	17	13	0	0	190	63	4	49	4	0	432	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☒
OAT MILK																									
Small	40	240	100	11	6	0	0	85	36	1	17	2													

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[illegible]

		420	170	21	11	0	65	1630	39	1	0	24	0	78	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒
		450	180	22	11	0	80	1800	39	1	0	30	0	78	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒
		380	90	10	3.5	0	0	810	56	6	4	10	0	78	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
		430	190	22	9	0	50	1000	43	2	1	20	0	112	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒
BAKERY															IS IT?		CONTAINS									
		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	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy	
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	☐	☒	☐	☒	☐	☐	☐	☒	☐	☐	☒	
CRUMBLE 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	☐	☒	☐	☒	☐	☐	☐	☒	☐	☐	☒	
SEASONAL															IS IT?		CONTAINS									
PUMPKIN LATTE (HOT & ICED)															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)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Whole Milk		88	340	100	10	5	0	30	170	54	1	48	10	280	654	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Small		176	380	110	12	7	0	35	170	57	1	56	12	311	722	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium		176	420	125	14	8	0	40	175	60	1	60	14	342	791	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Large																										
Skim Milk		88	300	70	8	5	0	30	170	54	1	48	10	5	746	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Small		176	340	80	10	7	0	35	170	57	1	56	12	5	846	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium		176	380	100	12	8	0	40	175	60	1	60	14	6	927	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Large																										
Almond Milk		88	300	70	8	5	0	30	170	54	1	48	2	0	911	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
Small		176	340	80	10	7	0	35	170	57	1	56	3	0	1080	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
Medium		176	380	100	12	8	0	40	175	60	1	60	4	0	1106	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
Large																										
Oat Milk		88	340	100	10	5	0	30	170	54	1	48	2	0	33	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Small		176	380	110	12	7	0	35	170	57	1	56	3	0	33	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium		176	420	125	14	8	0	40	175	60	1	60	4	0	33	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large																										
PUMPKIN MATCHA LATTE (HOT & ICED)															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)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Whole Milk		30	310	70	8	4	0	20	120	42	1	41	7	145	345	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Small		45	330	80	9	5	0	30	130	52	1	51	9	174	410	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium		60	410	120	14	8	0	45	190	72	1	61	13	202	474	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Large																										
Skim Milk		30	300	40	4	4	0	20	120	42	1	41	7	2	401	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Small		45	325	50	5	5	0	30	130	52	1	51	9	3	476	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium		60	390	70	7	8	0	40	150	62	0	61	14	3	552	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Large																										
Almond Milk		30	300	40	4	4	0	20	120	42	1	41	1	0	476	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
Small		45	325	50	5	5	0	30	130	52	1	51	2	0	576	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
Medium		60	370	70	7	8	0	40	150	62	0	61	14	0	657	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
Large																										
Oat Milk		30	310	70	8	4	0	20	120	42	1	41	2	0	25	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Small		45	330	80	9	5	0	30	130	52	1	51	3	0	34	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium		60	370	70	7	8	0	40	150	62	0	61	14	0	42	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large																										
MILK & PUMPKIN COLD BREW															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)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Whole Milk		202	200	24	2	1	0	5	50	34	0	32	3	58	158	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Small		245	220	35	4	2	0	10	60	44	1	45	4	87	222	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium		350	250	40	6	4	0	12	65	50	3	50	6	116	286	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Large																										
Skim Milk		202	180	12	1	1	0	5	50	34	0	32	3	1	180	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Small		245	200	20	2	2	0	10	60	44	1	45	4	2	406	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Medium		350	230	22	3	4	0	12	65	50	3	50	6	2	330	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Large																										
Almond Milk		202	180	12	1	1	0	5	50	34	0	32	1	0	210	☒	☐	☐	☐	☐	☐	☒	☐	☐		

LIMITED TIME ONLY															
PUMPKIN ROLL MATCHA															
		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)
WHOLE MILK															
Small		30	340	70	7	4.5	0	30	190	62	1	55	4	1	160
Medium		45	430	70	8	4.5	0	30	280	81	1	74	4	1	169
Large		60	500	90	10	6	0	35	310	94	1	83	6	1	238
SKIM MILK															
Small		30	310	30	2.5	2	0	10	220	62	1	62	4	1	181
Medium		45	390	30	3.5	2	0	10	280	82	1	82	4	1	268
Large		60	560	30	3.5	2	0	10	310	94	1	94	6	1	271
ALMOND MILK															
Small		30	310	50	6	2	0	10	220	59	1	57	3	0	211
Medium		45	390	50	6	2	0	10	280	79	1	76	3	0	219
Large		60	490	60	7	2	0	10	380	99	1	96	4	0	318
OAT MILK															
Small		30	320	60	7	2.5	0	10	210	63	2	56	<1	0	31
Medium		45	410	60	7	2.5	0	10	270	82	2	75	<1	0	39
Large		60	520	80	8	2.5	0	10	360	105	2	95	<1	0	47
BOSTON CREAM COLD BREW															
Small		30	270	45	7	1	0	0	320	53	0	44	0	1	130
Medium		45	400	70	8	1.5	0	0	510	77	0	64	0	2	206
Large		60	480	90	9	1.5	0	0	630	90	0	77	0	2	27
UBE LAYER CAKE MATCHA															
		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)
WHOLE MILK															
Small		30	320	70	7	4.5	0	30	210	56	0	50	4	1	142
Medium		45	400	110	8	5	0	32	260	66	0	60	4	1	153
Large		60	460	120	9	6	0	35	310	84	0	75	6	3	200
SKIM MILK															
Small		30	290	30	3.5	2	0	10	210	56	0	50	4	1	163
Medium		45	360	30	3.5	2	0	10	280	74	0	67	4	1	164
Large		60	410	30	3.5	2	0	10	310	85	0	75	6	1	241
ALMOND MILK															
Small		30	330	50	5	2	0	10	280	59	0	52	6	0	224
Medium		45	400	50	6	2	0	10	300	77	0	77	6	0	236
Large		60	410	60	7	2	0	10	310	80	0	79	6	0	286
OAT MILK															
Small		30	310	60	7	2.5	0	10	210	57	0	51	0	1	113
Medium		45	390	60	7	2.5	0	10	270	75	0	69	0	1	115
Large		60	450	80	9	3	0	10	300	86	0	77	0	1	165