

Updated 2.10.2020

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 & Soy.

COFFEE

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	< 1g
Medium	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g
Large	5	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g

CAFÉ AU LAIT

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	70	30	3g	2g	0g	10mg	70mg	8g	0g	4g	3g
Medium	100	35	4g	2.5g	0g	10mg	90mg	11g	0g	6g	4g
Large	120	45	5g	3g	0g	15mg	115mg	13g	0g	7g	5g
SKIM MILK											
Small	50	0	0g	0g	0g	0mg	70mg	8g	0g	5g	3g
Medium	70	0	0.5g	0g	0g	< 5mg	95mg	11g	0g	6g	5g
Large	60	0	0g	0g	0g	< 5mg	75mg	9g	0g	8g	5g
ALMOND MILK											
Small	45	15	1.5g	0g	0g	0mg	95mg	4g	0g	2g	< 1g
Medium	60	20	2g	0g	0g	0mg	125mg	6g	< 1g	3g	< 1g
Large	80	25	2.5g	0g	0g	0mg	160mg	7g	< 1g	3g	1g
OAT MILK											
Small	70	25	3g	0.5g	0g	0mg	70mg	9g	0g	1g	< 1g
Medium	90	35	4g	1g	0g	0mg	95mg	12g	0g	2g	< 1g
Large	120	45	5g	1g	0g	0mg	120mg	15g	0g	2g	1g

HOT TEA

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	0	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Medium	0	0	0g	0g	0g	0mg	15mg	1g	0g	0g	0g
Large	5	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g

RED EYE

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	5	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g
Medium	5	0	0g	0g	0g	0mg	15mg	< 1g	0g	0g	< 1g
Large	10	0	0g	0g	0g	0mg	15mg	< 1g	0g	0g	< 1g

ESPRESSO

[illegible]

Small	60	20	2.5g	0g	0g	0mg	125mg	1g	< 1g	4g	< 1g
Medium	90	35	4g	0g	0g	0mg	210mg	2g	1g	6g	1g
Large	130	50	5g	0g	0g	0mg	290 mg	3g	2g	9g	2g
OAT MILK											
Small	100	50	5g	1g	0g	0mg	85mg	11g	0g	2g	< 1g
Medium	170	80	9g	1.5g	0g	0mg	140mg	19g	0g	4g	1g
Large	240	110	13g	2g	0g	0mg	190 mg	26g	0g	5g	2g
SPECIALITY LATTE											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	150	35	4g	2.5g	0g	10mg	60mg	24g	0g	23g	4g
Medium	330	110	12g	7g	0g	35mg	170mg	43g	0g	41g	12g
Large	470	160	18g	10g	0g	55mg	270mg	58g	0g	56g	17g
SKIM MILK											
Small	150	0	0g	0g	0g	< 5mg	85mg	28g	0g	27g	7g
Medium	200	0	0g	0g	0g	< 5mg	120mg	38g	0g	36g	9g
Large	220	0	0g	0g	0g	< 5mg	120mg	44g	0g	42g	9g
ALMOND MILK											
Small	130	20	2.5g	0g	0g	0mg	125mg	19g	< 1g	21g	< 1g
Medium	180	30	3g	0g	0g	0mg	170mg	26g	1g	28g	1g
Large	260	50	6g	0g	0g	0mg	310mg	33g	2g	38g	2g
OAT MILK											
Small	180	50	5g	1g	0g	0mg	85mg	29g	0g	20g	< 1g
Medium	240	60	7g	1g	0g	0mg	115mg	39g	0g	26g	1g
Large	380	120	13g	2g	0g	0mg	210mg	58g	0g	34g	2g
MOCHA											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	190	60	6g	3.5g	0g	15mg	85mg	26g	< 1g	25g	6g
Medium	140	20	2.5g	1.5g	0g	< 5mg	35mg	27g	< 1g	24g	2g
Large	390	130	14g	8g	0g	40mg	190 mg	50g	1g	47g	14g
SKIM MILK											
Small	150	10	1g	0g	0g	< 5mg	90mg	27g	< 1g	26g	7g
Medium	130	10	1g	0.5g	0g	0mg	35mg	27g	< 1g	24g	3g
Large	300	15	1.5g	0.5g	0g	10mg	200mg	52g	1g	49g	16g
ALMOND MILK											
Small	140	30	3g	0g	0g	0mg	135mg	19g	1g	20g	2g
Medium	190	40	4g	0.5g	0g	0mg	180mg	26g	2g	27g	2g
Large	270	60	7g	0.5g	0g	0mg	300mg	32g	3g	36g	3g

OAT MILK											
Small	90	10	1g	0g	0g	0mg	15mg	19g	< 1g	16g	< 1g
Medium	250	70	8g	1.5g	0g	0mg	125mg	39g	< 1g	25g	2g
Large	380	120	14g	2.5g	0g	0mg	210mg	55g	1g	32g	3g
CARAMEL MACCHIATO	OUR CARAMEL SAUCE CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	190	60	6g	3.5g	0g	20mg	105mg	27g	0g	26g	6g
Medium	250	70	8g	5g	0g	25mg	135mg	36g	0g	35g	8g
Large	410	130	15g	8g	0g	45mg	230mg	56g	0g	55g	14g
SKIM MILK											
Small	150	10	1g	0.5g	0g	5mg	110mg	28g	0g	27g	7g
Medium	200	10	1g	0.5g	0g	5mg	140mg	37g	0g	35g	9g
Large	320	15	1.5g	1g	0g	15mg	250mg	59g	0g	56g	16g
ALMOND MILK											
Small	140	30	3g	0.5g	0g	< 5mg	150mg	19g	< 1g	21g	1g
Medium	180	35	4g	0.5g	0g	< 5mg	200mg	26g	1g	28g	2g
Large	290	60	7g	1g	0g	5mg	350mg	39g	2g	44g	3g
OAT MILK											
Small	180	60	6g	1.5g	0g	< 5mg	110mg	29g	0g	20g	1g
Medium	240	70	8g	1.5g	0g	< 5mg	140mg	39g	0g	26g	2g
Large	400	130	14g	3g	0g	5mg	250mg	62g	0g	40g	3g
HOT CHOCOLATE*	CONTAINS DAIRY & IS VEGETARIAN. CAN BE MADE VEGAN UPON REQUEST										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	250	70	8g	5g	0g	25mg	120mg	34g	< 1g	34g	8g
Medium	320	90	11g	6g	0g	30mg	150mg	44g	< 1g	43g	10g
Large	380	110	13g	7g	0g	35mg	170mg	52g	1g	50g	12g
SKIM MILK											
Small	200	10	1g	0.5g	0g	5mg	125mg	36g	< 1g	34g	9g
Medium	250	15	1.5g	1g	0g	5mg	160mg	46g	< 1g	44g	12g
Large	300	15	1.5g	1g	0g	10mg	180mg	54g	1g	51g	14g
ALMOND MILK											
Small	180	35	4g	0.5g	0g	0mg	180mg	25g	2g	27g	2g
Medium	240	45	5g	1g	0g	0mg	230mg	32g	2g	35g	3g
Large	280	60	6g	1g	0g	0mg	270mg	37g	3g	41g	3g
OAT MILK											
Small	240	70	8g	1.5g	0g	0mg	130mg	38g	< 1g	25g	2g
Medium	310	90	10g	2g	0g	0mg	160mg	49g	< 1g	33g	3g

Large	370	110	12g	2.5g	0g	0mg	190 mg	57g	1g	38g	3g
WHIPPED CREAM	200	170	20g	12g	0g	75mg	20mg	4g	0g	4g	1g
*HOT CHOCOLATE NUTRITION INFO WAS CREATED WITHOUT WHIPPED CREAM ADDED											
STEAMERS											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	240	60	7g	4g	0g	25mg	100mg	35g	0g	35g	7g
Medium	300	80	9g	5g	0g	30mg	120mg	44g	0g	45g	9g
Large	360	100	11g	6g	0g	35mg	150mg	53g	0g	54g	11g
SKIM MILK											
Small	190	0	0g	0g	0g	< 5mg	105mg	37g	0g	37g	9g
Medium	230	0	0g	0g	0g	5mg	130mg	46g	0g	46g	11g
Large	250	0	0g	0g	0g	5mg	160mg	49g	0g	49g	13g
ALMOND MILK											
Small	170	25	3g	0g	0g	0mg	160mg	25g	1g	29g	1g
Medium	220	35	4g	0g	0g	0mg	200mg	32g	1g	37g	1g
Large	260	40	4.5g	0g	0g	0mg	240mg	38g	2g	44g	2g
OAT MILK											
Small	230	60	7g	1g	0g	0mg	105mg	38g	0g	27g	1g
Medium	290	80	9g	1.5g	0g	0mg	135mg	48g	0g	34g	1g
Large	320	100	11g	1.5g	0g	0mg	160mg	52g	0g	35g	2g
CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	320	120	14g	11g	0g	15mg	100mg	44g	2g	37g	7g
Medium	470	180	20g	16g	0g	25mg	140mg	64g	3g	55g	10g
Large	610	230	26g	21g	0g	30mg	180mg	85g	3g	72g	12g
SKIM MILK											
Small	280	80	8g	8g	0g	< 5mg	105mg	45g	2g	38g	8g
Medium	420	110	13g	11g	0g	< 5mg	150mg	66g	3g	55g	11g
Large	550	150	17g	15g	0g	5mg	190 mg	86g	3g	73g	14g
ALMOND MILK											
Small	270	100	11g	8g	0g	0mg	150mg	36g	2g	33g	2g
Medium	400	140	16g	11g	0g	0mg	200mg	54g	4g	48g	4g
Large	530	190	21g	15g	0g	0mg	260mg	72g	5g	64g	5g
OAT MILK											
Small	320	120	14g	8g	0g	0mg	110mg	46g	2g	31g	2g
Medium	460	180	20g	12g	0g	0mg	150mg	68g	3g	46g	4g
Large	600	230	26g	17g	0g	0mg	190 mg	89g	3g	61g	5g

FLAVORED CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	370	120	14g	11g	0g	15mg	100mg	56g	2g	49g	7g
Medium	540	180	20g	16g	0g	25mg	140mg	82g	3g	72g	10g
Large	710	230	26g	21g	0g	30mg	180mg	109g	3g	95g	12g
SKIM MILK											
Small	330	80	8g	8g	0g	< 5mg	105mg	57g	2g	50g	8g
Medium	490	110	13g	11g	0g	< 5mg	150mg	84g	3g	73g	11g
Large	650	150	17g	15g	0g	5mg	190 mg	110g	3g	96g	14g
ALMOND MILK											
Small	320	100	11g	8g	0g	0mg	150mg	48g	2g	44g	2g
Medium	480	140	16g	11g	0g	0mg	200mg	72g	4g	66g	4g
Large	630	190	21g	15g	0g	0mg	260mg	96g	5g	87g	5g
OAT MILK											
Small	370	120	14g	8g	0g	0mg	110mg	58g	2g	43g	2g
Medium	540	180	20g	12g	0g	0mg	150mg	86g	3g	63g	4g
Large	700	230	26g	17g	0g	0mg	190 mg	113g	3g	84g	5g
LONDON FOG											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	80	25	3g	1.5g	0g	10mg	45mg	11g	0g	10g	3g
Medium	110	30	3.5g	2g	0g	10mg	60mg	15g	0g	14g	4g
Large	140	40	4.5g	2.5g	0g	15mg	75mg	20g	0g	19g	4g
SKIM MILK											
Small	60	0	0g	0g	0g	0mg	45mg	11g	0g	10g	3g
Medium	80	0	0g	0g	0g	< 5mg	60mg	16g	0g	15g	4g
Large	110	0	0g	0g	0g	< 5mg	75mg	21g	0g	19g	5g
ALMOND MILK											
Small	50	10	1g	0g	0g	0mg	70mg	7g	0g	8g	0g
Medium	80	15	1.5g	0g	0g	0mg	90mg	10g	< 1g	11g	< 1g
Large	100	15	2g	0g	0g	0mg	115mg	14g	< 1g	15g	< 1g
OAT MILK											
Small	80	25	2.5g	0g	0g	0mg	45mg	12g	0g	7g	0g
Medium	110	30	3.5g	0.5g	0g	0mg	65mg	17g	0g	10g	< 1g
Large	140	40	4.5g	0.5g	0g	0mg	80mg	22g	0g	13g	< 1g
COLD BREW											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein

Small	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g
Medium	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g
Large	5	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g
ICED TEA											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	0	0	0g	0g	0g	0mg	5mg	< 1g	0g	0g	0g
Medium	0	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g
Large	0	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
ICED LATTE											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	80	35	4g	2.5g	0g	10mg	60mg	6g	0g	6g	4g
Medium	230	110	12g	7g	0g	35mg	170mg	19g	0g	18g	12g
Large	340	160	18g	10g	0g	55mg	270mg	28g	0g	28g	17g
SKIM MILK											
Small	50	0	0g	0g	0g	< 5mg	65mg	7g	0g	6g	5g
Medium	140	0	0g	0g	0g	5mg	190 mg	21g	0g	19g	14g
Large	210	0	0g	0g	0g	10mg	280mg	31g	0g	29g	20g
ALMOND MILK											
Small	40	15	1.5g	0g	0g	0mg	90mg	1g	< 1g	3g	< 1g
Medium	110	40	4.5g	0g	0g	0mg	260mg	3g	2g	8g	2g
Large	170	60	7g	0g	0g	0mg	400mg	4g	2g	11g	2g
OAT MILK											
Small	70	30	3.5g	0.5g	0g	0mg	60mg	8g	0g	2g	< 1g
Medium	200	100	11g	1.5g	0g	0mg	180mg	22g	0g	5g	2g
Large	300	140	16g	2.5g	0g	0mg	270mg	33g	0g	7g	2g
ICED RED EYE											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	5	0	0g	0g	0g	0mg	15mg	< 1g	0g	0g	0g
Medium	5	0	0g	0g	0g	0mg	20mg	< 1g	0g	0g	0g
Large	5	0	0g	0g	0g	0mg	25mg	< 1g	0g	0g	< 1g
ICED AMERICANO											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	5	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g
Medium	10	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Large	15	0	0g	0g	0g	0mg	20mg	2g	0g	0g	0g
ICED VANILLA LATTE											

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	150	35	4g	2.5g	0g	10mg	60mg	24g	0g	23g	4g
Medium	330	110	12g	7g	0g	35mg	170mg	43g	0g	41g	12g
Large	470	160	18g	10g	0g	55mg	270mg	58g	0g	56g	17g
SKIM MILK											
Small	120	0	0g	0g	0g	< 5mg	65mg	25g	0g	24g	5g
Medium	240	0	0g	0g	0g	5mg	190 mg	45g	0g	42g	14g
Large	340	0	0g	0g	0g	10mg	280mg	61g	0g	58g	20g
ALMOND MILK											
Small	110	15	1.5g	0g	0g	0mg	90mg	19g	< 1g	20g	< 1g
Medium	210	40	4.5g	0g	0g	0mg	260mg	27g	2g	31g	2g
Large	290	60	7g	0g	0g	0mg	400mg	34g	2g	40g	2g
OAT MILK											
Small	140	30	3.5g	0.5g	0g	0mg	60mg	26g	0g	19g	< 1g
Medium	300	100	11g	1.5g	0g	0mg	180mg	46g	0g	28g	2g
Large	480	140	16g	2.5g	0g	0mg	270mg	75g	0g	47g	2g
ICED MOCHA											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	220	70	8g	4.5g	0g	20mg	105mg	28g	< 1g	27g	7g
Medium	260	80	8g	5g	0g	25mg	115mg	35g	< 1g	33g	8g
Large	340	100	11g	6g	0g	30mg	160mg	46g	1g	43g	11g
SKIM MILK											
Small	160	10	1g	0g	0g	< 5mg	100mg	29g	< 1g	27g	8g
Medium	200	10	1g	0.5g	0g	< 5mg	120mg	37g	< 1g	34g	10g
Large	270	15	1.5g	0.5g	0g	5mg	170mg	48g	1g	44g	13g
ALMOND MILK											
Small	150	30	3.5g	0g	0g	0mg	150mg	19g	2g	21g	2g
Medium	190	40	4g	0.5g	0g	0mg	180mg	26g	2g	27g	2g
Large	250	50	6g	0.5g	0g	0mg	250mg	32g	3g	34g	3g
OAT MILK											
Small	200	60	7g	1.5g	0g	0mg	105mg	31g	< 1g	19g	2g
Medium	250	70	8g	1.5g	0g	0mg	125mg	39g	< 1g	25g	2g
Large	330	100	11g	2g	0g	0mg	170mg	50g	1g	31g	3g
ICED CARAMEL MACCHIATO	OUR CARAMEL SAUCE CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	200	60	7g	4g	0g	20mg	115mg	28g	0g	27g	7g

[illegible]

[illegible]

Updated 2.10.2020

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 & Soy.

COFFEE											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	< 1g
Medium	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g
Large	5	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g
CAFÉ AU LAIT											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	70	30	3g	2g	0g	10mg	70mg	8g	0g	4g	3g
Medium	100	35	4g	2.5g	0g	10mg	90mg	11g	0g	6g	4g
Large	120	45	5g	3g	0g	15mg	115mg	13g	0g	7g	5g
SKIM MILK											
Small	50	0	0g	0g	0g	0mg	70mg	8g	0g	5g	3g
Medium	70	0	0.5g	0g	0g	< 5mg	95mg	11g	0g	6g	5g
Large	60	0	0g	0g	0g	< 5mg	75mg	9g	0g	8g	5g
ALMOND MILK											
Small	45	15	1.5g	0g	0g	0mg	95mg	4g	0g	2g	< 1g
Medium	60	20	2g	0g	0g	0mg	125mg	6g	< 1g	3g	< 1g
Large	80	25	2.5g	0g	0g	0mg	160mg	7g	< 1g	3g	1g
OAT MILK											
Small	70	25	3g	0.5g	0g	0mg	70mg	9g	0g	1g	< 1g
Medium	90	35	4g	1g	0g	0mg	95mg	12g	0g	2g	< 1g
Large	120	45	5g	1g	0g	0mg	120mg	15g	0g	2g	1g
HOT TEA											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	0	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Medium	0	0	0g	0g	0g	0mg	15mg	1g	0g	0g	0g
Large	5	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g
RED EYE											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	5	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g
Medium	5	0	0g	0g	0g	0mg	15mg	< 1g	0g	0g	< 1g
Large	10	0	0g	0g	0g	0mg	15mg	< 1g	0g	0g	< 1g

ESPRESSO

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Medium	5	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Large	10	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g

AMERICANO

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	5	0	0g	0g	0g	0mg	20mg	< 1g	0g	0g	0g
Medium	10	0	0g	0g	0g	0mg	25mg	1g	0g	0g	0g
Large	10	0	0g	0g	0g	0mg	35mg	2g	0g	0g	0g

LATTE

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	110	50	6g	3.5g	0g	20mg	85mg	9g	0g	9g	6g
Medium	150	70	8g	4.5g	0g	25mg	115mg	13g	0g	12g	8g
Large	260	120	14g	8g	0g	45mg	190 mg	21g	0g	21g	13g
SKIM MILK											
Small	70	0	0g	0g	0g	< 5mg	85mg	10g	0g	10g	7g
Medium	100	0	0g	0g	0g	< 5mg	120mg	14g	0g	13g	9g
Large	170	0	0g	0g	0g	10mg	210mg	25g	0g	24g	17g
ALMOND MILK											
Small	60	20	2.5g	0g	0g	0mg	125mg	1g	< 1g	4g	< 1g
Medium	80	30	3g	0g	0g	0mg	170mg	2g	1g	5g	1g
Large	140	50	6g	0g	0g	0mg	310mg	3g	2g	9g	2g
OAT MILK											
Small	100	50	5g	1g	0g	0mg	85mg	11g	0g	2g	< 1g
Medium	140	60	7g	1g	0g	0mg	115mg	15g	0g	3g	1g
Large	250	120	13g	2g	0g	0mg	210mg	28g	0g	6g	2g

CAPPUCCINO

[illegible]

Small	70	0	0g	0g	0g	< 5mg	80mg	10g	0g	9g	6g
Medium	110	0	0g	0g	0g	5mg	140mg	16g	0g	15g	11g
Large	150	0	0g	0g	0g	10mg	190 mg	22g	0g	21g	15g
ALMOND MILK											
Small	60	20	2.5g	0g	0g	0mg	125mg	1g	< 1g	4g	< 1g
Medium	90	35	4g	0g	0g	0mg	210mg	2g	1g	6g	1g
Large	130	50	5g	0g	0g	0mg	290 mg	3g	2g	9g	2g
OAT MILK											
Small	100	50	5g	1g	0g	0mg	85mg	11g	0g	2g	< 1g
Medium	170	80	9g	1.5g	0g	0mg	140mg	19g	0g	4g	1g
Large	240	110	13g	2g	0g	0mg	190 mg	26g	0g	5g	2g
SPECIALITY LATTE											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	150	35	4g	2.5g	0g	10mg	60mg	24g	0g	23g	4g
Medium	330	110	12g	7g	0g	35mg	170mg	43g	0g	41g	12g
Large	470	160	18g	10g	0g	55mg	270mg	58g	0g	56g	17g
SKIM MILK											
Small	150	0	0g	0g	0g	< 5mg	85mg	28g	0g	27g	7g
Medium	200	0	0g	0g	0g	< 5mg	120mg	38g	0g	36g	9g
Large	220	0	0g	0g	0g	< 5mg	120mg	44g	0g	42g	9g
ALMOND MILK											
Small	130	20	2.5g	0g	0g	0mg	125mg	19g	< 1g	21g	< 1g
Medium	180	30	3g	0g	0g	0mg	170mg	26g	1g	28g	1g
Large	260	50	6g	0g	0g	0mg	310mg	33g	2g	38g	2g
OAT MILK											
Small	180	50	5g	1g	0g	0mg	85mg	29g	0g	20g	< 1g
Medium	240	60	7g	1g	0g	0mg	115mg	39g	0g	26g	1g
Large	380	120	13g	2g	0g	0mg	210mg	58g	0g	34g	2g
MOCHA											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	190	60	6g	3.5g	0g	15mg	85mg	26g	< 1g	25g	6g
Medium	140	20	2.5g	1.5g	0g	< 5mg	35mg	27g	< 1g	24g	2g
Large	390	130	14g	8g	0g	40mg	190 mg	50g	1g	47g	14g
SKIM MILK											
Small	150	10	1g	0g	0g	< 5mg	90mg	27g	< 1g	26g	7g

Medium	130	10	1g	0.5g	0g	0mg	35mg	27g	< 1g	24g	3g
Large	300	15	1.5g	0.5g	0g	10mg	200mg	52g	1g	49g	16g
ALMOND MILK											
Small	140	30	3g	0g	0g	0mg	135mg	19g	1g	20g	2g
Medium	190	40	4g	0.5g	0g	0mg	180mg	26g	2g	27g	2g
Large	270	60	7g	0.5g	0g	0mg	300mg	32g	3g	36g	3g
OAT MILK											
Small	90	10	1g	0g	0g	0mg	15mg	19g	< 1g	16g	< 1g
Medium	250	70	8g	1.5g	0g	0mg	125mg	39g	< 1g	25g	2g
Large	380	120	14g	2.5g	0g	0mg	210mg	55g	1g	32g	3g
CARAMEL MACCHIATO	OUR CARAMEL SAUCE CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	190	60	6g	3.5g	0g	20mg	105mg	27g	0g	26g	6g
Medium	250	70	8g	5g	0g	25mg	135mg	36g	0g	35g	8g
Large	410	130	15g	8g	0g	45mg	230mg	56g	0g	55g	14g
SKIM MILK											
Small	150	10	1g	0.5g	0g	5mg	110mg	28g	0g	27g	7g
Medium	200	10	1g	0.5g	0g	5mg	140mg	37g	0g	35g	9g
Large	320	15	1.5g	1g	0g	15mg	250mg	59g	0g	56g	16g
ALMOND MILK											
Small	140	30	3g	0.5g	0g	< 5mg	150mg	19g	< 1g	21g	1g
Medium	180	35	4g	0.5g	0g	< 5mg	200mg	26g	1g	28g	2g
Large	290	60	7g	1g	0g	5mg	350mg	39g	2g	44g	3g
OAT MILK											
Small	180	60	6g	1.5g	0g	< 5mg	110mg	29g	0g	20g	1g
Medium	240	70	8g	1.5g	0g	< 5mg	140mg	39g	0g	26g	2g
Large	400	130	14g	3g	0g	5mg	250mg	62g	0g	40g	3g
HOT CHOCOLATE*	CONTAINS DAIRY & IS VEGETARIAN. CAN BE MADE VEGAN UPON REQUEST										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	250	70	8g	5g	0g	25mg	120mg	34g	< 1g	34g	8g
Medium	320	90	11g	6g	0g	30mg	150mg	44g	< 1g	43g	10g
Large	380	110	13g	7g	0g	35mg	170mg	52g	1g	50g	12g
SKIM MILK											
Small	200	10	1g	0.5g	0g	5mg	125mg	36g	< 1g	34g	9g
Medium	250	15	1.5g	1g	0g	5mg	160mg	46g	< 1g	44g	12g

Large	300	15	1.5g	1g	0g	10mg	180mg	54g	1g	51g	14g
ALMOND MILK											
Small	180	35	4g	0.5g	0g	0mg	180mg	25g	2g	27g	2g
Medium	240	45	5g	1g	0g	0mg	230mg	32g	2g	35g	3g
Large	280	60	6g	1g	0g	0mg	270mg	37g	3g	41g	3g
OAT MILK											
Small	240	70	8g	1.5g	0g	0mg	130mg	38g	< 1g	25g	2g
Medium	310	90	10g	2g	0g	0mg	160mg	49g	< 1g	33g	3g
Large	370	110	12g	2.5g	0g	0mg	190 mg	57g	1g	38g	3g
WHIPPED CREAM	200	170	20g	12g	0g	75mg	20mg	4g	0g	4g	1g
*HOT CHOCOLATE NUTRITION INFO WAS CREATED WITHOUT WHIPPED CREAM ADDED											
STEAMERS											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	240	60	7g	4g	0g	25mg	100mg	35g	0g	35g	7g
Medium	300	80	9g	5g	0g	30mg	120mg	44g	0g	45g	9g
Large	360	100	11g	6g	0g	35mg	150mg	53g	0g	54g	11g
SKIM MILK											
Small	190	0	0g	0g	0g	< 5mg	105mg	37g	0g	37g	9g
Medium	230	0	0g	0g	0g	5mg	130mg	46g	0g	46g	11g
Large	250	0	0g	0g	0g	5mg	160mg	49g	0g	49g	13g
ALMOND MILK											
Small	170	25	3g	0g	0g	0mg	160mg	25g	1g	29g	1g
Medium	220	35	4g	0g	0g	0mg	200mg	32g	1g	37g	1g
Large	260	40	4.5g	0g	0g	0mg	240mg	38g	2g	44g	2g
OAT MILK											
Small	230	60	7g	1g	0g	0mg	105mg	38g	0g	27g	1g
Medium	290	80	9g	1.5g	0g	0mg	135mg	48g	0g	34g	1g
Large	320	100	11g	1.5g	0g	0mg	160mg	52g	0g	35g	2g
CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	320	120	14g	11g	0g	15mg	100mg	44g	2g	37g	7g
Medium	470	180	20g	16g	0g	25mg	140mg	64g	3g	55g	10g
Large	610	230	26g	21g	0g	30mg	180mg	85g	3g	72g	12g
SKIM MILK											
Small	280	80	8g	8g	0g	< 5mg	105mg	45g	2g	38g	8g

Medium	420	110	13g	11g	0g	< 5mg	150mg	66g	3g	55g	11g
Large	550	150	17g	15g	0g	5mg	190 mg	86g	3g	73g	14g
ALMOND MILK											
Small	270	100	11g	8g	0g	0mg	150mg	36g	2g	33g	2g
Medium	400	140	16g	11g	0g	0mg	200mg	54g	4g	48g	4g
Large	530	190	21g	15g	0g	0mg	260mg	72g	5g	64g	5g
OAT MILK											
Small	320	120	14g	8g	0g	0mg	110mg	46g	2g	31g	2g
Medium	460	180	20g	12g	0g	0mg	150mg	68g	3g	46g	4g
Large	600	230	26g	17g	0g	0mg	190 mg	89g	3g	61g	5g
FLAVORED CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	370	120	14g	11g	0g	15mg	100mg	56g	2g	49g	7g
Medium	540	180	20g	16g	0g	25mg	140mg	82g	3g	72g	10g
Large	710	230	26g	21g	0g	30mg	180mg	109g	3g	95g	12g
SKIM MILK											
Small	330	80	8g	8g	0g	< 5mg	105mg	57g	2g	50g	8g
Medium	490	110	13g	11g	0g	< 5mg	150mg	84g	3g	73g	11g
Large	650	150	17g	15g	0g	5mg	190 mg	110g	3g	96g	14g
ALMOND MILK											
Small	320	100	11g	8g	0g	0mg	150mg	48g	2g	44g	2g
Medium	480	140	16g	11g	0g	0mg	200mg	72g	4g	66g	4g
Large	630	190	21g	15g	0g	0mg	260mg	96g	5g	87g	5g
OAT MILK											
Small	370	120	14g	8g	0g	0mg	110mg	58g	2g	43g	2g
Medium	540	180	20g	12g	0g	0mg	150mg	86g	3g	63g	4g
Large	700	230	26g	17g	0g	0mg	190 mg	113g	3g	84g	5g
LONDON FOG											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	80	25	3g	1.5g	0g	10mg	45mg	11g	0g	10g	3g
Medium	110	30	3.5g	2g	0g	10mg	60mg	15g	0g	14g	4g
Large	140	40	4.5g	2.5g	0g	15mg	75mg	20g	0g	19g	4g
SKIM MILK											
Small	60	0	0g	0g	0g	0mg	45mg	11g	0g	10g	3g
Medium	80	0	0g	0g	0g	< 5mg	60mg	16g	0g	15g	4g

Large	110	0	0g	0g	0g	< 5mg	75mg	21g	0g	19g	5g
ALMOND MILK											
Small	50	10	1g	0g	0g	0mg	70mg	7g	0g	8g	0g
Medium	80	15	1.5g	0g	0g	0mg	90mg	10g	< 1g	11g	< 1g
Large	100	15	2g	0g	0g	0mg	115mg	14g	< 1g	15g	< 1g
OAT MILK											
Small	80	25	2.5g	0g	0g	0mg	45mg	12g	0g	7g	0g
Medium	110	30	3.5g	0.5g	0g	0mg	65mg	17g	0g	10g	< 1g
Large	140	40	4.5g	0.5g	0g	0mg	80mg	22g	0g	13g	< 1g
COLD BREW											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g
Medium	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g
Large	5	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g
ICED TEA											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	0	0	0g	0g	0g	0mg	5mg	< 1g	0g	0g	0g
Medium	0	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g
Large	0	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
PEACH BOURBON SWEET TEA											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	150	0	0g	0g	0g	0mg	0mg	36g	0g	36g	0g
Medium	200	0	0g	0g	0g	0mg	5mg	49g	0g	48g	0g
Large	250	0	0g	0g	0g	0mg	15mg	61g	0g	61g	0g
SWEET RASPBERRY TEA											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	150	0	0g	0g	0g	0mg	0mg	36g	0g	36g	0g
Medium	200	0	0g	0g	0g	0mg	4mg	49g	0g	48g	0g
Large	250	0	0g	0g	0g	0mg	13mg	61g	0g	60g	0g
ICED LATTE											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	80	35	4g	2.5g	0g	10mg	60mg	6g	0g	6g	4g
Medium	230	110	12g	7g	0g	35mg	170mg	19g	0g	18g	12g
Large	340	160	18g	10g	0g	55mg	270mg	28g	0g	28g	17g

SKIM MILK											
Small	50	0	0g	0g	0g	< 5mg	65mg	7g	0g	6g	5g
Medium	140	0	0g	0g	0g	5mg	190 mg	21g	0g	19g	14g
Large	210	0	0g	0g	0g	10mg	280mg	31g	0g	29g	20g
ALMOND MILK											
Small	40	15	1.5g	0g	0g	0mg	90mg	1g	< 1g	3g	< 1g
Medium	110	40	4.5g	0g	0g	0mg	260mg	3g	2g	8g	2g
Large	170	60	7g	0g	0g	0mg	400mg	4g	2g	11g	2g
OAT MILK											
Small	70	30	3.5g	0.5g	0g	0mg	60mg	8g	0g	2g	< 1g
Medium	200	100	11g	1.5g	0g	0mg	180mg	22g	0g	5g	2g
Large	300	140	16g	2.5g	0g	0mg	270mg	33g	0g	7g	2g
ICED RED EYE											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	5	0	0g	0g	0g	0mg	15mg	< 1g	0g	0g	0g
Medium	5	0	0g	0g	0g	0mg	20mg	< 1g	0g	0g	0g
Large	5	0	0g	0g	0g	0mg	25mg	< 1g	0g	0g	< 1g
ICED AMERICANO											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Small	5	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g
Medium	10	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Large	15	0	0g	0g	0g	0mg	20mg	2g	0g	0g	0g
ICED VANILLA LATTE											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	150	35	4g	2.5g	0g	10mg	60mg	24g	0g	23g	4g
Medium	330	110	12g	7g	0g	35mg	170mg	43g	0g	41g	12g
Large	470	160	18g	10g	0g	55mg	270mg	58g	0g	56g	17g
SKIM MILK											
Small	120	0	0g	0g	0g	< 5mg	65mg	25g	0g	24g	5g
Medium	240	0	0g	0g	0g	5mg	190 mg	45g	0g	42g	14g
Large	340	0	0g	0g	0g	10mg	280mg	61g	0g	58g	20g
ALMOND MILK											
Small	110	15	1.5g	0g	0g	0mg	90mg	19g	< 1g	20g	< 1g
Medium	210	40	4.5g	0g	0g	0mg	260mg	27g	2g	31g	2g
Large	290	60	7g	0g	0g	0mg	400mg	34g	2g	40g	2g

OAT MILK											
Small	140	30	3.5g	0.5g	0g	0mg	60mg	26g	0g	19g	< 1g
Medium	300	100	11g	1.5g	0g	0mg	180mg	46g	0g	28g	2g
Large	480	140	16g	2.5g	0g	0mg	270mg	75g	0g	47g	2g
ICED MOCHA											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	220	70	8g	4.5g	0g	20mg	105mg	28g	< 1g	27g	7g
Medium	260	80	8g	5g	0g	25mg	115mg	35g	< 1g	33g	8g
Large	340	100	11g	6g	0g	30mg	160mg	46g	1g	43g	11g
SKIM MILK											
Small	160	10	1g	0g	0g	< 5mg	100mg	29g	< 1g	27g	8g
Medium	200	10	1g	0.5g	0g	< 5mg	120mg	37g	< 1g	34g	10g
Large	270	15	1.5g	0.5g	0g	5mg	170mg	48g	1g	44g	13g
ALMOND MILK											
Small	150	30	3.5g	0g	0g	0mg	150mg	19g	2g	21g	2g
Medium	190	40	4g	0.5g	0g	0mg	180mg	26g	2g	27g	2g
Large	250	50	6g	0.5g	0g	0mg	250mg	32g	3g	34g	3g
OAT MILK											
Small	200	60	7g	1.5g	0g	0mg	105mg	31g	< 1g	19g	2g
Medium	250	70	8g	1.5g	0g	0mg	125mg	39g	< 1g	25g	2g
Large	330	100	11g	2g	0g	0mg	170mg	50g	1g	31g	3g
ICED CARAMEL MACCHIATO											
	OUR CARAMEL SAUCE CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	200	60	7g	4g	0g	20mg	115mg	28g	0g	27g	7g
Medium	240	70	8g	5.5g	0g	30mg	140mg	39g	0g	26g	9g
Large	330	100	11g	7g	0g	35mg	190 mg	47g	0g	45g	11g
SKIM MILK											
Small	180	10	1g	0.5g	0g	5mg	125mg	35g	0g	34g	8g
Medium	200	10	1g	0.5g	0g	5mg	140mg	37g	0g	35g	9g
Large	260	15	1.5g	1g	0g	10mg	200mg	49g	0g	46g	13g
ALMOND MILK											
Small	150	30	3.5g	0.5g	0g	< 5mg	170mg	20g	< 1g	22g	1g
Medium	180	35	4g	0.5g	0g	< 5mg	200mg	26g	1g	28g	2g
Large	240	50	5g	1g	0g	< 5mg	280mg	33g	1g	36g	2g
OAT MILK											

Small	200	60	7g	1.5g	0g	< 5mg	125mg	31g	0g	20g	1g
Medium	240	70	8g	1.5g	0g	< 5mg	140mg	39g	0g	26g	2g
Large	320	100	11g	2g	0g	< 5mg	200mg	51g	0g	33g	2g
ICED CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	250	100	11g	8g	0g	15mg	80mg	33g	1g	29g	6g
Medium	360	140	15g	12g	0g	15mg	95mg	51g	2g	43g	7g
Large	510	190	21g	17g	0g	20mg	135mg	72g	3g	60g	9g
SKIM MILK											
Small	220	60	6g	6g	0g	< 5mg	85mg	34g	1g	29g	7g
Medium	330	100	11g	10g	0g	< 5mg	100mg	52g	2g	44g	7g
Large	460	130	15g	13g	0g	< 5mg	140mg	73g	3g	61g	10g
ALMOND MILK											
Small	210	70	8g	6g	0g	0mg	120mg	27g	2g	25g	2g
Medium	320	110	12g	10g	0g	0mg	135mg	45g	3g	39g	3g
Large	450	160	17g	13g	0g	0mg	190 mg	63g	4g	55g	4g
OAT MILK											
Small	250	100	11g	6g	0g	0mg	85mg	36g	1g	23g	2g
Medium	360	140	15g	10g	0g	0mg	100mg	53g	2g	38g	3g
Large	500	190	21g	14g	0g	0mg	140mg	75g	3g	53g	4g
ICED FLAVORED CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY & IS VEGETARIAN										
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
WHOLE MILK											
Small	300	100	11g	8g	0g	15mg	80mg	45g	1g	40g	6g
Medium	440	140	15g	12g	0g	15mg	95mg	69g	2g	60g	7g
Large	610	190	21g	17g	0g	20mg	135mg	96g	3g	83g	9g
SKIM MILK											
Small	270	60	6g	6g	0g	< 5mg	85mg	46g	1g	41g	7g
Medium	400	100	11g	10g	0g	< 5mg	100mg	70g	2g	61g	7g
Large	560	130	15g	13g	0g	< 5mg	140mg	97g	3g	84g	10g
ALMOND MILK											
Small	260	70	8g	6g	0g	0mg	120mg	39g	2g	36g	2g
Medium	390	110	12g	10g	0g	0mg	135mg	63g	3g	56g	3g
Large	550	160	17g	13g	0g	0mg	190 mg	87g	4g	78g	4g
OAT MILK											
Small	300	100	11g	6g	0g	0mg	85mg	48g	1g	35g	2g

Medium	430	140	15g	10g	0g	0mg	100mg	71g	2g	55g	3g
Large	600	190	21g	14g	0g	0mg	140mg	99g	3g	76g	4g
Cold Brew Collection*											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Salted Caramel	Our Caramel Sauce contains dairy & is vegetarian										
Small	130	15	2g	1g	0g	< 5mg	390mg	27g	0g	23g	1g
Medium	170	20	2.5g	1.5g	0g	5mg	510mg	35g	0g	30g	2g
Large	220	25	3g	2g	0g	10mg	650mg	45g	0g	38g	2g
Sweet Mint											
Small	80	0	0g	0g	0g	0mg	35mg	19g	0g	15g	0g
Medium	100	0	0.5g	0g	0g	0mg	45mg	24g	0g	20g	0g
Large	130	5	0.5g	0g	0g	0mg	60mg	31g	0g	25g	0g
Milk & Honey*											
Small	100	20	2.5g	1.5g	0g	5mg	55mg	18g	0g	15g	2g
Medium	160	30	3.5g	2g	0g	10mg	75mg	32g	0g	28g	3g
Large	230	40	4.5g	2.5g	0g	10mg	105mg	47g	0g	41g	4g
Vanilla Bean											
Small	80	0	0g	0g	0g	0mg	35mg	19g	0g	16g	0g
Medium	120	0	0.5g	0g	0g	0mg	45mg	28g	0g	23g	0g
Large	160	5	0.5g	0g	0g	0mg	60mg	38g	0g	31g	0g
Mocha											
Small	70	10	1.5g	0g	0g	0mg	45mg	14g	0g	8g	<1g
Medium	90	15	1.5g	0g	0g	0mg	55mg	18g	0g	10g	1g
Large	130	20	2.5g	.5g	0g	< 5mg	100mg	26h	0g	13g	1g
*Cold Brew Collection drink Nutrition Info is with whole milk.											
Matcha											
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Hot Matcha Latte											
Small	135	50	6g	3.5g	0g	20mg	85mg	9g	0g	9g	6g
Medium	180	70	8g	4.5g	0g	25mg	115mg	13g	0g	12g	8g
Iced Matcha Latte											
Small	135	50	6g	3.5g	0g	20mg	85mg	9g	0g	9g	6g
Medium	180	70	8g	4.5g	0g	25mg	115mg	13g	0g	12g	8g
*Medium drinks with whole milk											

SMOOTHIES												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
BANANAS FOR STRAWBERRIES	210	35	4g	0.5g	0g	0mg	55mg	45g	5g	21g	3g	✓						
VACAY ALL DAY	130	5	0.5g	0g	0g	0mg	120mg	31g	3g	26g	2g	✓						
DAILY GRIND	360	160	19g	3.5g	0g	0mg	75mg	44g	5g	22g	8g	✓			✓			
GREEN GOALS	170	5	1g	0g	0g	0mg	15mg	42g	5g	26g	3g	✓						
TOASTS												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
[THIS IS EVERYTHING] AVOCADO TOAST	260	170	20g	3g	0g	0mg	140mg	20g	8g	0g	4g	bread contains honey)	✓				✓	
FUNKY MONKEY	470	170	20g	3.5g	0g	0mg	260mg	68g	10g	36g	13g		✓		✓		✓	
SALTED HONEY	240	110	12g	7g	0g	30mg	930mg	30g	1g	19g	3g		✓	✓			✓	
BAGELS												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
PLAIN BAGEL	360	20	2g	0g	0g	0mg	700mg	70g	3g	0g	10g	✓					✓	✓
PLAIN BAGEL W/ BUTTER	650	420	47g	29g	0g	125mg	770mg	47g	2g	5g	13g		✓	✓			✓	✓
PLAIN BAGEL W/ CREAM CHEESE	410	160	18g	10g	0g	50mg	650mg	49g	2g	7g	13g		✓	✓			✓	✓
PLAIN BAGEL W/ VEGGIE CREAM CHEESE	390	120	14g	8g	0g	35mg	710mg	51g	2g	7g	13g		✓	✓			✓	✓
PLAIN BAGEL W/ PEANUT BUTTER	580	260	31g	6g	0g	0mg	640mg	60g	5g	11g	22g	✓			✓		✓	✓
BREAKFAST SANDWICHES												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
EGG AND CHEESE																		
On a bagel	460	90	9g	3g	0g	175mg	810mg	48g	2g	5g	16g		✓	✓			✓	✓
On wheat bread	240	90	9g	3g	0g	175mg	390mg	26g	2g	3g	13g		✓	✓			✓	
On a croissant	460	170	19g	9g	0g	210mg	380mg	27g	1g	7g	11g		✓	✓			✓	
On ciabatta bread	550	90	11g	3g	0g	175mg	1130mg	88g	4g	5g	25g		✓	✓			✓	
BACON EGG AND CHEESE																		
On a bagel	600	350	39g	13g	0g	260mg	1940mg	49g	2g	5g	45g			✓			✓	✓
On wheat bread	400	350	39g	13g	0g	260mg	1340 mg	28g	2g	3g	41g			✓			✓	
On a croissant	600	440	49g	19g	0g	295 mg	1810mg	28g	1g	7g	40g			✓			✓	
On ciabatta bread	690	360	40g	13g	0g	260mg	1640mg	90g	4g	5g	54g			✓			✓	
TURKEY SAUSAGE EGG AND CHEESE																		
On a bagel	630	290	32g	11g	0g	225mg	1540mg	51g	2g	6g	32g			✓			✓	✓
On wheat bread	410	290	33g	11g	0g	225mg	1410mg	30g	2g	4g	29g			✓			✓	
On a croissant	630	380	43g	17g	0g	260mg	1400mg	30g	2g	7g	28g			✓			✓	
On ciabatta bread	720	300	34g	11g	0g	225mg	1820mg	92g	4g	6g	41g			✓			✓	
BREAKFAST BURRITO																		
EGG , CHEESE & TOTS BURRITO	580	210	24g	6g	0g	330mg	1310mg	70g	4g	13g	31g		✓	✓			✓	
TURKEY SAUSAGE BURRITO	620	240	27g	7g	0g	375mg	1430mg	65g	3g	13g	35g			✓			✓	
BACON BURRITO	680	290	32g	9g	0g	360mg	1730mg	65g	3g	13g	40g			✓			✓	
PLANT POWERED BURRITO	560	200	22g	6g	0g	330mg	1260mg	65g	4g	13g	31g	✓		✓			✓	
PLANT POWERED BREAKFAST SANDWICH	440	180	21g	4g	0g	185mg	460mg	47g	2g	6g	15g	✓				PINE NUTS	✓	✓
AIR-FRIED TOTS	180	100	11g	1.5g	0g	0mg	340mg	29g	3g	1g	3g	✓						
LUNCH SANDWICHES												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)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
GRILLED THREE CHEESE	400	120	13	8	0	45	1890	30	3	3	35		✓	✓			✓	
GRILLED THREE CHEESE made PLANT POWERED	250	100	12	9	0	0	640	32	3	0	4	bread contains honey)					✓	
GREEN GRILLED CHEESE	450	180	21	9	0	45	1890	30	3	3	35		✓	✓		PINE NUTS	✓	
GREEN GRILLED CHEESE made PLANT POWERED	310	170	19	10	0	0	640	33	3	0	5	bread contains honey)					✓	
PICKLE GRILLED CHEESE	330	90	10	5	0	30	2000	28	3	1	32		✓	✓			✓	
PICKLE GRILLED CHEESE made PLANT POWERED	250	100	12	9	0	0	860	33	3	0	4	bread contains honey)					✓	
DOUBLE BACON GRILLED CHEESE	530	190	22	9	0	65	2070	37	3	7	42			✓			✓	

BUFFALO TURKEY GRILLED CHEESE	400	90	11	6	0	45	2200	29	3	2	39			✓			✓	
BBLT	590	320	35	7	0	45	890	48	3	6	20						✓	✓
BUFFALO BLUE WRAP	600	240	27	9	0	125	1390	39	3	3	48			✓			✓	✓
ITALIAN MARKET	680	300	34	10	0	55	1140	53	8	10	22			✓		PINE NUTS	✓	
SOUTHWEST WRAP	830	290	33	14	0	110	1650	90	8	7	44			✓			✓	✓
T.B.J.	550	190	22	9	0	60	850	53	10	8	36			✓			✓	
TUSCAN ROAST BEEF	490	160	18	7	0	60	1190	66	10	13	24			✓			✓	
CHICKEN AVOCADO	650	220	26	5	0	50	1070	62	18	8	44						✓	

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)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy	
ALMOND CROISSANT	490	260	30	14	0	80	360	80	1	21	7		✓	✓	✓		ALMONDS	✓	
BALL OF ENERGY: CACAO	120	60	7	2	0	0	25	12	2	5	5	✓					COCONUT		
BALL OF ENERGY: VANILLA MATCHA	120	60	7	2	0	0	30	11	2	5	4	✓					COCONUT		
BIRTHDAY CAKE COOKIE	300	110	12	10	0	0	140	46	0	23	3	✓					COCONUT	✓	
BLUEBERRY MUFFIN	620	230	31	6	0	125	420	77	1	43	9		✓	✓				✓	✓
BROWNIE	500	250	28	11	0	90	180	63	3	47	5		✓	✓				✓	
CHEESE DANISH	470	240	65	16	0	75	510	51	0	16	7		✓	✓				✓	✓
CHOCOLATE CHIP COOKIE	320	144	16	11	0	0	140	44	2	27	3	✓				COCONUT	✓		
CHOCOLATE CHIP MUFFIN	690	250	39	12	0	120	390	88	0	38	10		✓	✓					
CHOCOLATE CROISSANT	390	200	23	14	0	50	400	39	1	8	6		✓	✓					✓
CINNAMON ROLL	560	260	30	18	0	95	620	66	0	20	8		✓	✓					
CROISSANT	290	150	17	10	0	40	350	30	0	5	4		✓	✓					
CRUMB CAKE	460	520	30	28	0	100	780	80	2	58	4		✓	✓					✓
FRENCH TOAST MUFFIN	700	300	35	9	0	125	410	89	1	55	8		✓	✓					✓
OATMEAL COOKIE	290	120	12	9	0	0	160	45	2	24	4	✓				COCONUT	✓		
WHITE CHOCOLATE MACADAMIA BISCOTTI	350	290	17	8	0	60	190	45	2	20	7		✓	✓	✓		MACADAMIA & ALMOND	✓	✓

GRAB AND GO												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)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
BREAKFAST CUPS																		
BLUEBERRY CINNAMON PLANT POWERED OVERNIGHT OATS	350	130	16	6	0	0	210	44	7	16	7	✓				COCONUT		
BLUEBERRY GREEK YOGURT PARFAIT	390	100	12	7	0	10	260	49	5	22	23		✓	✓		COCONUT		
COLD BREW PLANT POWERED OVERNIGHT OATS	330	130	16	7	0	0	220	39	5	11	7	✓				COCONUT		
MILK & HONEY HIGH PROTEIN OVERNIGHT OATS	370	120	15	7	0	<5	270	43	6	16	17		✓	✓		COCONUT		
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 & Soy.																		

SMOOTHIES												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
BANANAS FOR STRAWBERRIES	210	35	4g	0.5g	0g	0mg	55mg	45g	5g	21g	3g	✓						
VACAY ALL DAY	130	5	0.5g	0g	0g	0mg	120mg	31g	3g	26g	2g	✓						
DAILY GRIND	360	160	19g	3.5g	0g	0mg	75mg	44g	5g	22g	8g	✓			✓			
GREEN GOALS	170	5	1g	0g	0g	0mg	15mg	42g	5g	26g	3g	✓						
TOASTS												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
[THIS IS EVERYTHING] AVOCADO TOAST	260	170	20g	3g	0g	0mg	140mg	20g	8g	0g	4g	bread contains honey)	✓				✓	
FUNKY MONKEY	470	170	20g	3.5g	0g	0mg	260mg	68g	10g	36g	13g		✓		✓		✓	
PESTO AL DESKO	220	100	12g	2g	0g	0mg	660mg	22g	6g	2g	9g	bread contains honey)	✓			PINE NUTS	✓	
SALTED HONEY	240	110	12g	7g	0g	30mg	930mg	30g	1g	19g	3g		✓	✓			✓	
BAGELS												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
PLAIN BAGEL	360	20	2g	0g	0g	0mg	700mg	70g	3g	0g	10g	✓					✓	
PLAIN BAGEL W/ BUTTER	650	420	47g	29g	0g	125mg	770mg	47g	2g	5g	13g		✓	✓			✓	✓
PLAIN BAGEL W/ CREAM CHEESE	410	160	18g	10g	0g	50mg	650mg	49g	2g	7g	13g		✓	✓			✓	✓
PLAIN BAGEL W/ VEGGIE CREAM CHEESE	390	120	14g	8g	0g	35mg	710mg	51g	2g	7g	13g		✓	✓			✓	✓
PLAIN BAGEL W/ PEANUT BUTTER	580	260	31g	6g	0g	0mg	640mg	60g	5g	11g	22g	✓			✓		✓	✓
BREAKFAST SANDWICHES												IS IT?		CONTAINS				
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
EGG AND CHEESE																		
On a bagel	460	90	9g	3g	0g	175mg	810mg	48g	2g	5g	16g		✓	✓			✓	✓
On wheat bread	240	90	9g	3g	0g	175mg	390mg	26g	2g	3g	13g		✓	✓			✓	
On a croissant	460	170	19g	9g	0g	210mg	380mg	27g	1g	7g	11g		✓	✓			✓	
On ciabatta bread	550	90	11g	3g	0g	175mg	1130mg	88g	4g	5g	25g		✓	✓			✓	
BACON EGG AND CHEESE																		
On a bagel	600	350	39g	13g	0g	260mg	1940mg	49g	2g	5g	45g			✓			✓	✓
On wheat bread	400	350	39g	13g	0g	260mg	1340 mg	28g	2g	3g	41g			✓			✓	
On a croissant	600	440	49g	19g	0g	295 mg	1810mg	28g	1g	7g	40g			✓			✓	
On ciabatta bread	690	360	40g	13g	0g	260mg	1640mg	90g	4g	5g	54g			✓			✓	
TURKEY SAUSAGE EGG AND CHEESE																		
On a bagel	630	290	32g	11g	0g	225mg	1540mg	51g	2g	6g	32g			✓			✓	✓
On wheat bread	410	290	33g	11g	0g	225mg	1410mg	30g	2g	4g	29g			✓			✓	
On a croissant	630	380	43g	17g	0g	260mg	1400mg	30g	2g	7g	28g			✓			✓	
On ciabatta bread	720	300	34g	11g	0g	225mg	1820mg	92g	4g	6g	41g			✓			✓	
BREAKFAST BURRITO																		
EGG, CHEESE & TOTS BURRITO	580	210	24g	6g	0g	330mg	1310mg	70g	4g	13g	31g		✓	✓			✓	
TURKEY SAUSAGE BURRITO	620	240	27g	7g	0g	375mg	1430mg	65g	3g	13g	35g			✓			✓	
BACON BURRITO	680	290	32g	9g	0g	360mg	1730mg	65g	3g	13g	40g			✓			✓	
PLANT POWERED BURRITO	560	200	22g	6g	0g	330mg	1260mg	65g	4g	13g	31g	✓					✓	
PLANT POWERED BREAKFAST SANDWICH	440	180	21g	4g	0g	185mg	460mg	47g	2g	6g	15g	✓				PINE NUTS	✓	✓
AIR-FRIED TOTS	180	100	11g	1.5g	0g	0mg	340mg	29g	3g	1g	3g	✓						
LUNCH SANDWICHES												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)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
GRILLED THREE CHEESE	400	120	13	8	0	45	1890	30	3	3	35		✓	✓			✓	
GRILLED THREE CHEESE made PLANT POWERED	250	100	12	9	0	0	640	32	3	0	4	bread contains honey)					✓	
GREEN GRILLED CHEESE	450	180	21	9	0	45	1890	30	3	3	35		✓	✓		PINE NUTS	✓	
GREEN GRILLED CHEESE made PLANT POWERED	310	170	19	10	0	0	640	33	3	0	5	bread contains honey)					✓	
PICKLE GRILLED CHEESE	330	90	10	5	0	30	2000	28	3	1	32		✓	✓			✓	
PICKLE GRILLED CHEESE made PLANT POWERED	250	100	12	9	0	0	860	33	3	0	4	bread contains honey)					✓	
DOUBLE BACON GRILLED CHEESE	530	190	22	9	0	65	2070	37	3	7	42			✓			✓	
BUFFALO TURKEY GRILLED CHEESE	400	90	11	6	0	45	2200	29	3	2	39			✓			✓	
BBLT	590	320	35	7	0	45	890	48	3	6	20						✓	✓

[illegible]

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)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy	
ALMOND CROISSANT	490	260	30	14	0	80	360	80	1	21	7		✓	✓	✓		ALMONDS	✓	
BALL OF ENERGY- CACAO	120	60	7	2	0	0	25	12	2	5	5	✓					COCONUT		
BALL OF ENERGY- VANILLA MATCHA	120	60	7	2	0	0	30	11	2	5	4	✓					COCONUT		
BIRTHDAY CAKE COOKIE	300	110	12	10	0	0	140	46	0	23	3	✓					COCONUT		
BLUEBERRY MUFFIN	620	230	31	6	0	125	420	77	1	43	9		✓	✓	✓				
BROWNIE	500	250	28	11	0	90	180	63	3	47	5		✓	✓	✓				✓
CHEESE DANISH	470	240	65	16	0	75	510	51	0	16	7		✓	✓	✓				
CHOCOLATE CHIP COOKIE	320	144	16	11	0	0	140	44	2	27	3	✓		✓		COCONUT	✓		
CHOCOLATE CHIP MUFFIN	690	250	39	12	0	120	390	88	0	38	10		✓	✓	✓				✓
CHOCOLATE CROISSANT	390	200	23	14	0	50	400	39	1	8	6		✓	✓	✓				
CINNAMON ROLL	560	260	30	18	0	95	620	66	0	20	8		✓	✓	✓				
CROISSANT	290	150	17	10	0	40	350	30	0	5	4		✓	✓	✓				
CRUMB CAKE	460	520	30	28	0	100	780	80	2	58	4		✓	✓	✓				
FRENCH TOAST MUFFIN	700	300	35	9	0	125	410	89	1	55	8		✓	✓	✓				✓
OATMEAL COOKIE	290	120	12	9	0	0	160	45	2	24	4	✓				COCONUT	✓		✓
WHITE CHOCOLATE MACADAMIA BISCUOTTI	350	290	17	8	0	60	190	45	2	20	7		✓	✓	✓	MACADAMIA & ALMOND	✓		✓

GRAB AND GO												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)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy	
BREAKFAST CUPS																			
BLUEBERRY CINNAMON PLANT POWERED OVERNIGHT OATS	350	130	16	6	0	0	210	44	7	16	7	✓				COCONUT			
BLUEBERRY GREEK YOGURT PARFAIT	390	100	12	7	0	10	260	49	5	22	23		✓	✓	✓	COCONUT			
COLD BREW PLANT POWERED OVERNIGHT OATS	330	130	16	7	0	0	220	39	5	11	7	✓				COCONUT			
MILK & HONEY HIGH PROTEIN OVERNIGHT OATS	370	120	15	7	0	<5	270	43	6	16	17		✓	✓	✓	COCONUT			
SALADS																			
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Fish	Soy
AVOCADO CHOPPED	370	280	32g	190 mg	0g	4.5g	20g	10g	10g	4g	7g	✓							✓
COBB	990	760	85g	26g	0g	520mg	1760mg	9g	3g	4g	47g			✓					✓
KALE CHICKEN CAESAR	530	350	39g	7g	0g	70g	2180mg	19g	6g	2g	31g			✓				ANCHOVY	✓
SOUTHWEST	610	280	31g	11g	0g	45mg	1000mg	57g	10g	17g	22g			✓					
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 & Soy.																			