

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												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				
Small	0	0	0	0	0	0	5	0	0	0	<1	✓										
Medium	0	0	0	0	0	0	10	0	0	0	<1	✓										
Large	5	0	0	0	0	0	10	0	0	0	<1	✓										
CAFÉ AU LAIT												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				
WHOLE MILK																						
Small	70	30	3	2	0	10	70	8	0	4	3		✓	✓								
Medium	100	35	4	2.5	0	10	90	11	0	6	4		✓	✓								
Large	120	45	5	3	0	15	115	13	0	7	5		✓	✓								
SKIM MILK																						
Small	50	0	0	0	0	0	70	8	0	5	3		✓	✓								
Medium	70	0	0.5	0	0	<5	95	11	0	6	5		✓	✓								
Large	60	0	0	0	0	<5	75	9	0	8	5		✓	✓								
ALMOND MILK																						
Small	45	15	1.5	0	0	0	95	4	0	2	<1	✓					Almonds					
Medium	60	20	2	0	0	0	125	6	<1	3	<1	✓					Almonds					
Large	80	25	2.5	0	0	0	160	7	<1	3	1	✓					Almonds					
OAT MILK																						
Small	70	25	3	0.5	0	0	70	9	0	1	<1	✓										
Medium	90	35	4	1	0	0	95	12	0	2	<1	✓										
Large	120	45	5	1	0	0	120	15	0	2	1	✓										
HOT TEA												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				
Small	0	0	0	0	0	0	10	1	0	0	0	✓										
Medium	0	0	0	0	0	0	15	1	0	0	0	✓										
Large	5	0	0	0	0	0	15	2	0	0	0	✓										
RED EYE												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				
Small	5	0	0	0	0	0	10	<1	0	0	0	✓										
Medium	5	0	0	0	0	0	15	<1	0	0	<1	✓										
Large	10	0	0	0	0	0	15	<1	0	0	<1	✓										
ESPRESSO												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				
Small	0	0	0	0	0	0	0	0	0	0	0	✓										
Medium	5	0	0	0	0	0	10	1	0	0	0	✓										
Large	10	0	0	0	0	0	10	1	0	0	0	✓										
AMERICANO												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				
Small	5	0	0	0	0	0	20	<1	0	0	0	✓										
Medium	10	0	0	0	0	0	25	1	0	0	0	✓										
Large	10	0	0	0	0	0	35	2	0	0	0	✓										
LATTE												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				
WHOLE MILK																						
Small	110	50	6	3.5	0	20	85	9	0	9	6		✓	✓								
Medium	150	70	8	4.5	0	25	115	13	0	12	8		✓	✓								
Large	260	120	14	8	0	45	190	21	0	21	13		✓	✓								
SKIM MILK																						
Small	70	0	0	0	0	<5	85	10	0	10	7		✓	✓								
Medium	100	0	0	0	0	<5	120	14	0	13	9		✓	✓								

Large	320	100	11	2	0	< 5	200	51	0	33	2		✓	✓													
ICED CHAI TEA LATTE												OUR CHAI CONTAINS DAIRY								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		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy								
WHOLE MILK																											
Small	250	100	11	8	0	15	80	33	1	29	6			✓		✓											
Medium	360	140	15	12	0	15	95	51	2	43	7			✓		✓											
Large	510	190	21	17	0	20	135	72	3	60	9			✓		✓											
SKIM MILK																											
Small	220	60	6	6	0	< 5	85	34	1	29	7			✓		✓											
Medium	330	100	11	10	0	< 5	100	52	2	44	7			✓		✓											
Large	460	130	15	13	0	< 5	140	73	3	61	10			✓		✓											
ALMOND MILK																											
Small	210	70	8	6	0	0	120	27	2	25	2			✓		✓											
Medium	320	110	12	10	0	0	135	45	3	39	3			✓		✓											
Large	450	160	17	13	0	0	190	63	4	55	4			✓		✓											
OAT MILK																											
Small	250	100	11	6	0	0	85	36	1	23	2			✓		✓											
Medium	360	140	15	10	0	0	100	53	2	38	3			✓		✓											
Large	500	190	21	14	0	0	140	75	3	53	4			✓		✓											
ICED FLAVORED CHAI TEA LATTE												OUR CHAI CONTAINS DAIRY								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		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy								
WHOLE MILK																											
Small	300	100	11	8	0	15	80	45	1	40	6			✓		✓											
Medium	440	140	15	12	0	15	95	69	2	60	7			✓		✓											
Large	610	190	21	17	0	20	135	96	3	83	9			✓		✓											
SKIM MILK																											
Small	270	60	6	6	0	< 5	85	46	1	41	7			✓		✓											
Medium	400	100	11	10	0	< 5	100	70	2	61	7			✓		✓											
Large	560	130	15	13	0	< 5	140	97	3	84	10			✓		✓											
ALMOND MILK																											
Small	260	70	8	6	0	0	120	39	2	36	2			✓		✓											
Medium	390	110	12	10	0	0	135	63	3	56	3			✓		✓											
Large	550	160	17	13	0	0	190	87	4	78	4			✓		✓											
OAT MILK																											
Small	300	100	11	6	0	0	85	48	1	35	2			✓		✓											
Medium	430	140	15	10	0	0	100	71	2	55	3			✓		✓											
Large	600	190	21	14	0	0	140	99	3	76	4			✓		✓											
COLD BREW COLLECTION*																				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		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy								
SALTED CARAMEL												OUR SALTED CARAMEL SAUCE CONTAINS DAIRY															
Small	130	15	2	1	0	< 5	390	27	0	23	1			✓		✓											
Medium	170	20	2.5	1.5	0	5	510	35	0	30	2			✓		✓											
Large	220	25	3	2	0	10	650	45	0	38	2			✓		✓											
SWEET MINT																											
Small	80	0	0	0	0	0	35	19	0	15	0		✓														
Medium	100	0	0.5	0	0	0	45	24	0	20	0		✓														
Large	130	5	0.5	0	0	0	60	31	0	25	0		✓														
MILK & HONEY																											
WHOLE MILK																											
Small	100	20	2.5	1.5	0	5	55	18	0	15	2			✓		✓											
Medium	160	30	3.5	2	0	10	75	32	0	28	3			✓		✓											
Large	230	40	4.5	2.5	0	10	105	47	0	41	4			✓		✓											
SKIM MILK																											
Small	70	0	0	0	0	< 5	80	10	0	15	2			✓		✓											

	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	IS IT?		CONTAINS				
												Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy
Small	135	50	6	3.5	0	20	85	9	0	9	2	✓						
Medium	180	70	8	4.5	0	25	115	13	0	12	3	✓						
BIG MOOD												IS IT?		CONTAINS				
WHOLE MILK																		
Small	130	50	5	1	0	0	80	17	0	8	5		✓		✓			
Medium	190	60	7	1	0	0	105	26	0	15	6		✓		✓			
SKIM MILK																		
Small	100	20	6	1	0	20	85	9	0	9	6		✓		✓			
Medium	140	35	8	2	0	25	115	13	0	12	8		✓		✓			
ALMOND MILK																		
Small	100	20	6	1	0	20	85	9	0	9	2	✓					Almonds	
Medium	140	35	8	2	0	25	115	13	0	12	3	✓					Almonds	
OAT MILK																		
Small	130	50	5	1	0	0	80	17	0	8	2	✓						
Medium	190	60	7	1	0	0	105	26	0	15	3	✓						
VANILLA LOVE												IS IT?		CONTAINS				
WHOLE MILK																		
Small	195	60	7	1	0	0	105	28	0	17	4		✓		✓			
Medium	260	110	11	1.5	0	0	160	35	0	19	5		✓		✓			
SKIM MILK																		
Small	150	30	4	0	0	0	105	28	0	17	4		✓		✓			
Medium	220	60	6	1	0	0	160	35	0	19	5		✓		✓			
ALMOND MILK																		
Small	150	30	4	0	0	0	105	28	0	17	1	✓					Almonds	
Medium	220	60	6	1	0	0	160	35	0	19	2	✓					Almonds	
OAT MILK																		
Small	195	60	7	1	0	0	105	28	0	17	1	✓						
Medium	260	110	11	1.5	0	0	160	35	0	19	1	✓						
MAIN SQUEEZE												IS IT?		CONTAINS				
Small	90	0	0	0	0	0	5	19	0	17	0	✓						
Medium	110	0	0	0	0	0	10	26	0	24	0	✓						
SMOOTHIES												IS IT?		CONTAINS				
BANANAS FOR STRAWBERRIES	210	35	4	0.5	0	0	55	45	5	21	3	✓						
VACAY ALL DAY	130	5	0.5	0	0	0	120	31	3	26	2	✓						
DAILY GRIND	360	160	19	3.5	0	0	75	44	5	22	8	✓			✓			
GREEN GOALS	170	5	1	0	0	0	15	42	5	26	3	✓						
TOASTS												IS IT?		CONTAINS				
TOMATO & EVERYTHING SPICE AVO TOAST	200	170	20	3	0	0	300	20	8	0	4	✓						✓
PB&B TOAST	470	170	20	3.5	0	0	260	68	10	36	13		✓					✓
BACON JAM & CHIVE AVO TOAST	216	115	13	3	0	5	406	22	6	5	5				✓			✓
BLACK GARLIC & OLIVE OIL AVO TOAST	223	138	15	2	0	0	337	20	6	0.5	4	✓						✓
SRIRACHA & CHIVE AVO TOAST	186	99	11	2	0	0	612	21	6	2	4	✓						✓
PARTY TOAST	300	110	12	7	0	30	370	30	1	19	3		✓					✓
BAGELS												IS IT?		CONTAINS				
PLAIN BAGEL	360	20	2	0	0	0	700	70	3	0	10	✓						✓
PLAIN BAGEL W/ BUTTER	650	420	47	29	0	125	770	47	2	5	13		✓					✓
PLAIN BAGEL W/ CREAM CHEESE	410	160	18	10	0	50	650	49	2	7	13		✓		✓			✓

PLAIN BAGEL W/ VEGGIE CREAM CHEESE	390	120	14	8	0	35	710	51	2	7	13		✓	✓	✓			✓	✓
PLAIN BAGEL W/ PEANUT BUTTER	580	260	31	6	0	0	640	60	5	11	22		✓		✓			✓	✓

	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	IS IT?		CONTAINS					
												Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy	
BREAKFAST																			
EGG AND CHEESE ON A BAGEL	460	90	9	3	0	175	810	48	2	5	16		✓		✓				✓
On wheatberry	240	90	9	3	0	175	390	26	2	3	13			✓					✓
On croissant	460	170	19	9	0	210	380	27	1	7	11			✓					✓
BACON, EGG AND CHEESE ON A BAGEL	600	350	39	13	0	260	1940	49	2	5	45				✓				✓
On wheatberry	400	350	39	13	0	260	1340	28	2	3	41				✓				✓
On a croissant	600	440	49	19	0	295	1810	28	1	7	40				✓				✓
TURKEY SAUSAGE, EGG AND CHEESE ON A BAGEL	630	290	32	11	0	225	1540	51	2	6	32				✓				✓
On wheatberry	410	290	33	11	0	225	1410	30	2	4	29				✓				✓
On a croissant	630	380	43	17	0	260	1400	30	2	7	28				✓				✓
PLANT POWERED BREAKFAST SANDWICH ON A BAGEL	440	180	21	4	0	185	460	47	2	6	15	✓						PINE NUTS	✓
EGG, CHEESE & TOTS BREAKFAST BURRITO	580	210	24	6	0	330	1310	70	4	13	31		✓	✓					✓
EGG, CHEESE & TOTS + TURKEY SAUSAGE BREAKFAST BURRITO	620	240	27	7	0	375	1430	65	3	13	35				✓				✓
EGG, CHEESE & TOTS + BACON BREAKFAST BURRITO	680	290	32	9	0	360	1730	65	3	13	40				✓				✓
PLANT POWERED BREAKFAST BURRITO	560	200	22	6	0	330	1260	65	4	13	31	✓							✓
PLANT POWERED BREAKFAST BURRITO + BEYOND SAUSAGE	625	300	33	17	0	212	1368	66	4	4	35	✓							✓
BREAKFAST GRILLED CHEESE	500	255	28	13	0	158	1662	30	3	3	31			✓					✓
BREAKFAST GRILLED CHEESE + BACON	580	310	35	14	0	174	1973	30	3	3	36				✓				✓
BREAKFAST GRILLED CHEESE + TURKEY SAUSAGE	530	270	30	13	0	171	1760	30	3	3	34				✓				✓
PLANT POWERED BREAKFAST GRILLED CHEESE	370	200	23	13	0	120	760	34	3	0	9	✓							✓
PLANT POWERED BREAKFAST GRILLED CHEESE + BEYOND SAUSAGE	440	240	27	15	0	120	860	36	4	0	13	✓							✓
AIR-FRIED TOTS	180	100	11	1.5	0	0	340	29	3	1	3	✓							✓

	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	IS IT?		CONTAINS					
												Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy	
LUNCH SANDWICHES																			
GRILLED THREE CHEESE	400	120	13	8	0	45	1890	30	3	3	35		✓		✓				✓
PLANT POWERED GRILLED CHEESE	325	176	20	13	0	15	730	34	3	0	5	✓							✓
GREEN GRILLED CHEESE	450	180	21	9	0	45	1890	30	3	3	35		✓					PINE NUTS	✓
PLANT POWERED GREEN GRILLED CHEESE	310	170	19	10	0	0	640	33	3	0	5	✓							✓
PICKLE GRILLED CHEESE	330	90	10	5	0	30	2000	28	3	1	32		✓		✓				✓
PLANT POWERED PICKLE GRILLED CHEESE	250	100	12	9	0	0	860	33	3	0	4	✓							✓
DOUBLE BACON GRILLED CHEESE	530	190	22	9	0	65	2070	37	3	7	42				✓				✓
BUFFALO CHICKEN GRILLED CHEESE	415	185	20	8	0	70	1647	27	3	0.55	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				✓				✓
SOUTHWEST WRAP	580	210	23	9	0	55	800	65	8	3	27				✓				✓

	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	IS IT?		CONTAINS					
												Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy	
BAKERY																			
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		✓		✓				✓
CHOCOLATE CHIP MUFFIN	690	250	39	12	0	120	390	88	0	38	10		✓		✓				✓
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		✓		✓				✓
DONUT	Varies on location. See supplemental donut nutritional information																		

	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	IS IT?		CONTAINS					
												Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy	
GRAB AND GO																			
SEASONAL PARFAITS																			
BLUEBERRY CINNAMON PLANT POWERED OVERNIGHT OATS	350	130	16	6	0	0	210	44	7	16	7	✓							COCONUT
PUMPKIN & SPICE PLANT POWERED OVERNIGHT OATS	340	150	18	6	0.0	0	210	37	6	10	8	✓							COCONUT
COLD BREW PLANT POWERED OVERNIGHT OATS	330	130	16	7	0	0	220	39	5	11	7	✓							COCONUT
MILK & HONEY COLD BREW HIGH PROTEIN OVERNIGHT OATS	370	120	15	7	0	-5	270	43	6	16	17		✓		✓				COCONUT

BLUEBERRY GREEK YOGURT PARFAIT	390	100	12	7	0	10	260	49	5	22	23		✓	✓	COCONUT
APPLE BUTTER YOGURT PARFAIT	390	90	11	7	0.0	10	260	51	4	23	22		✓	✓	COCONUT

SEASONAL DRINKS												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	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy

LEMONADE																		
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Small	100	0	0	0	0	0	0	26	0	24	0	✓							
Medium	140	0	0	0	0	0	5	37	0	35	0	✓							
Large	230	0	0	0	0	0	10	59	0	56	0	✓							

PUMPKIN LATTE (HOT & ICED)																		
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WHOLE MILK																			
Small	340	100	10	5	0	30	170	54	1	48	10		✓	✓					
Medium	380	110	12	7	0	35	170	57	1	56	12		✓	✓					
Large	420	125	14	8	0	40	175	60	1	60	14		✓	✓					

SKIM MILK																			
Small	300	70	8	5	0	30	170	54	1	48	10		✓	✓					
Medium	340	80	10	7	0	35	170	57	1	56	12		✓	✓					
Large	380	100	12	8	0	40	175	60	1	60	14		✓	✓					

ALMOND MILK																			
Small	300	70	8	5	0	30	170	54	1	48	2	✓							Almonds
Medium	340	80	10	7	0	35	170	57	1	56	3	✓							Almonds
Large	380	100	12	8	0	40	175	60	1	60	4	✓							Almonds

OAT MILK																			
Small	340	100	10	5	0	30	170	54	1	48	2	✓							
Medium	380	110	12	7	0	35	170	57	1	56	3	✓							
Large	420	125	14	8	0	40	175	60	1	60	4	✓							

PUMPKIN MATCHA LATTE (HOT & ICED)																		
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WHOLE MILK																			
Small	310	70	8	4	0	20	120	42	1	41	7		✓	✓					
Medium	330	80	9	5	0	30	130	52	1	51	9		✓	✓					

SKIM MILK																			
Small	300	40	4	4	0	20	120	42	1	41	7		✓	✓					
Medium	325	50	5	5	0	30	130	52	1	51	9		✓	✓					

ALMOND MILK																			
Small	300	40	4	4	0	20	120	42	1	41	1	✓							Almonds
Medium	325	50	5	5	0	30	130	52	1	51	2	✓							Almonds

OAT MILK																			
Small	310	70	8	4	0	20	120	42	1	41	2	✓							
Medium	330	80	9	5	0	30	130	52	1	51	3	✓							

MILK & PUMPKIN COLD BREW																		
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WHOLE MILK																			
Small	200	24	2	1	0	5	50	34	0	32	3		✓	✓					
Medium	220	35	4	2	0	10	60	44	1	45	4		✓	✓					
Large	250	40	6	4	0	12	65	50	3	50	6		✓	✓					

SKIM MILK																			
Small	180	12	1	1	0	5	50	34	0	32	3		✓	✓					
Medium	200	20	2	2	0	10	60	44	1	45	4		✓	✓					
Large	230	22	3	4	0	12	65	50	3	50	6		✓	✓					

ALMOND MILK																			
Small	180	12	1	1	0	5	50	34	0	32	1	✓							Almonds
Medium	200	20	2	2	0	10	60	44	1	45	2	✓							Almonds
Large	230	22	3	4	0	12	65	50	3	50	3	✓							Almonds

OAT MILK																			
Small	200	24	2	1	0	5	50	34	0	32	1	✓							
Medium	220	35	4	2	0	10	60	44	1	45	2	✓							

DARK CHOCOLATE PEPPERMINT MOCHA												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	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Soy		
Large	250	40	6	4	0	12	65	50	3	50	3	✓								
WHOLE MILK																				
Small	230	70	8	4.5	0	25	110	32	0	31	8		✓	✓						
Medium	300	90	10	6	0	30	140	42	0	40	10		✓	✓						
Large	400	130	15	8	0	45	200	62	0	58	15									
SKIM MILK																				
Small	190	50	5	4.5	0	25	110	32	0	31	8		✓	✓						
Medium	260	60	6	6	0	30	140	42	0	40	10		✓	✓						
Large	350	90	10	8	0	45	200	62	0	58	15		✓	✓						
ALMOND MILK																				
Small	190	50	5	4.5	0	25	110	32	0	31	2	✓				Almonds				
Medium	260	60	6	6	0	30	140	42	0	40	3	✓				Almonds				
Large	350	90	10	8	0	45	200	62	0	58	4	✓								
OAT MILK																				
Small	230	70	8	4.5	0	25	110	32	0	31	2	✓								
Medium	300	90	10	6	0	30	140	42	0	40	3	✓								
Large	400	130	15	8	0	45	200	62	0	58	4	✓								

Updated 7.10.2020

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