



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
<b>7 ORIGINALS (70-920 CAL)</b>															
Sugar-Free Banana Bread Mocha	Kids	Iced	180	80	13	1	2	9	6	0	35	125	3	60	Contains: Milk
Sugar-Free Banana Bread Mocha	Small	Iced	260	140	15	1	3	15	10	0	60	150	5	120	Contains: Milk
Sugar-Free Banana Bread Mocha	Medium	Iced	430	220	27	2	6	24	16	0	95	280	9	120	Contains: Milk
Sugar-Free Banana Bread Mocha	Large	Iced	510	270	29	2	7	30	20	0	115	300	11	240	Contains: Milk
Sugar-Free Banana Bread Mocha	Kids	Hot	320	180	16	1	5	20	13	0	80	170	7	60	Contains: Milk
Sugar-Free Banana Bread Mocha	Small	Hot	360	200	17	1	5	23	15	0	90	180	8	120	Contains: Milk
Sugar-Free Banana Bread Mocha	Medium	Hot	510	270	29	2	7	30	20	0	115	300	11	120	Contains: Milk
Sugar-Free Banana Bread Mocha	Large	Hot	580	320	31	2	8	35	24	0	135	320	12	240	Contains: Milk
Sugar-Free Banana Bread Mocha	Kids	Frozen Chiller	90	20	12	1	3	2	1	0	10	120	2	60	Contains: Milk
Sugar-Free Banana Bread Mocha	Small	Frozen Chiller	150	20	22	2	3	2	1	0	10	210	3	120	Contains: Milk
Sugar-Free Banana Bread Mocha	Medium	Frozen Chiller	240	40	34	3	6	4	3	0	15	330	5	120	Contains: Milk
Sugar-Free Banana Bread Mocha	Large	Frozen Chiller	300	40	44	3	6	5	3	0	15	420	5	240	Contains: Milk
Sugar-Free Blondie Breve	Kids	Frozen Chiller	80	30	13	2	3	3	2	0	10	65	2	60	Contains: Milk, Soy
Sugar-Free Blondie Breve	Small	Frozen Chiller	120	40	23	5	3	4	3	0	15	105	2	120	Contains: Milk, Soy
Sugar-Free Blondie Breve	Medium	Frozen Chiller	200	70	36	7	6	7	4	0	25	170	4	120	Contains: Milk, Soy
Sugar-Free Blondie Breve	Large	Frozen Chiller	240	80	46	10	7	8	5	0	25	210	4	240	Contains: Milk, Soy
Sugar-Free Blondie Breve	Kids	Iced	160	90	13	2	2	10	7	0	40	75	3	60	Contains: Milk, Soy
Sugar-Free Blondie Breve	Small	Iced	240	150	15	2	4	16	11	0	60	95	5	120	Contains: Milk, Soy
Sugar-Free Blondie Breve	Medium	Iced	400	240	28	5	6	26	17	0	100	170	8	120	Contains: Milk, Soy
Sugar-Free Blondie Breve	Large	Iced	480	290	30	5	7	32	21	0	120	190	10	240	Contains: Milk, Soy
Sugar-Free Blondie Breve	Kids	Hot	310	190	17	2	5	21	14	0	80	115	7	60	Contains: Milk, Soy
Sugar-Free Blondie Breve	Small	Hot	340	210	18	2	5	24	16	0	90	125	8	120	Contains: Milk, Soy
Sugar-Free Blondie Breve	Medium	Hot	480	290	30	5	7	32	21	0	120	190	10	120	Contains: Milk, Soy



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Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Blondie Breve	Large	Hot	550	340	32	5	8	37	25	0	140	210	12	240	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Kids	Iced	180	90	16	2	2	10	6	0	35	75	3	60	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Small	Iced	260	140	18	2	3	16	10	0	60	100	5	120	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Medium	Iced	440	230	35	4	6	25	17	0	95	170	9	120	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Large	Iced	520	280	37	4	7	31	21	0	120	200	11	240	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Kids	Hot	320	190	20	2	5	21	14	0	80	115	7	60	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Small	Hot	360	210	21	2	5	23	15	0	90	125	8	120	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Medium	Hot	520	280	37	4	7	31	21	0	120	200	11	120	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Large	Hot	580	330	38	4	8	36	24	0	140	220	12	240	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Kids	Frozen Chiller	100	25	16	2	3	3	2	0	10	70	2	60	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Small	Frozen Chiller	150	30	30	4	3	3	2	0	10	110	3	120	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Medium	Frozen Chiller	250	60	46	5	6	6	4	0	20	180	5	120	Contains: Milk, Soy
Sugar-Free Brunette Mocha	Large	Frozen Chiller	300	60	59	7	6	7	4	0	20	220	5	240	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Kids	Frozen Chiller	80	25	13	3	3	3	2	0	10	60	2	60	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Small	Frozen Chiller	120	35	23	5	3	4	2	0	10	85	2	120	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Medium	Frozen Chiller	200	60	36	8	6	6	4	0	20	150	4	120	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Large	Frozen Chiller	240	70	46	10	7	7	4	0	20	180	4	240	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Kids	Iced	160	90	13	3	2	10	6	0	35	65	3	60	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Small	Iced	240	140	15	3	4	16	10	0	60	90	5	120	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Medium	Iced	400	230	28	5	6	26	17	0	95	150	8	120	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Large	Iced	480	290	30	5	7	32	21	0	120	180	10	240	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Kids	Hot	310	190	17	3	5	21	14	0	80	105	7	60	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Small	Hot	340	210	18	3	5	23	15	0	90	115	8	120	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Medium	Hot	480	290	30	5	7	32	21	0	120	180	10	120	Contains: Milk, Soy
Sugar-Free Cinnamon Roll Breve	Large	Hot	550	330	32	5	8	37	24	0	140	200	12	240	Contains: Milk, Soy



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Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Cookie Butter Breve	Kids	Frozen Chiller	60	25	10	2	3	3	2	0	10	50	2	60	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Small	Frozen Chiller	90	30	16	3	3	3	2	0	10	70	2	120	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Medium	Frozen Chiller	160	50	26	5	6	6	3	0	20	120	4	120	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Large	Frozen Chiller	180	60	32	7	6	6	4	0	20	140	4	240	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Kids	Iced	150	90	10	2	2	10	6	0	35	55	3	60	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Small	Iced	230	140	12	2	4	16	10	0	60	80	5	120	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Medium	Iced	370	230	21	3	6	25	17	0	95	135	8	120	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Large	Iced	450	280	23	3	7	31	21	0	120	160	10	240	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Kids	Hot	290	190	13	2	5	21	14	0	80	100	7	60	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Small	Hot	330	210	14	2	5	23	15	0	90	110	8	120	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Medium	Hot	450	280	23	3	7	31	21	0	120	160	10	120	Contains: Milk, Soy
Sugar-Free Cookie Butter Breve	Large	Hot	520	330	25	3	8	36	24	0	140	180	12	240	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Kids	Frozen Chiller	80	25	13	3	3	3	2	0	10	60	2	60	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Small	Frozen Chiller	120	35	23	5	3	4	2	0	10	85	2	120	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Medium	Frozen Chiller	190	60	36	8	6	6	4	0	20	150	4	120	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Large	Frozen Chiller	230	70	46	10	7	7	4	0	20	170	4	240	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Kids	Iced	160	90	13	3	2	10	6	0	35	65	3	60	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Small	Iced	240	140	15	3	4	16	10	0	60	90	5	120	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Medium	Iced	400	230	28	5	6	26	17	0	95	150	8	120	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Large	Iced	480	290	30	5	7	32	21	0	120	180	10	240	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Kids	Hot	310	190	17	3	5	21	14	0	80	105	7	60	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Small	Hot	340	210	18	3	5	23	15	0	90	115	8	120	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Medium	Hot	480	290	30	5	7	32	21	0	120	180	10	120	Contains: Milk, Soy
Sugar-Free Smooth 7 Breve	Large	Hot	550	330	32	5	8	37	24	0	140	200	12	240	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Kids	Frozen Chiller	80	25	13	3	3	3	2	0	10	105	2	60	Contains: Milk, Soy



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Sugar-Free Sweet & Salty Breve	Small	Frozen Chiller	120	35	23	5	3	4	2	0	10	180	2	120	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Medium	Frozen Chiller	200	60	37	8	6	6	4	0	20	280	4	120	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Large	Frozen Chiller	240	70	47	10	7	7	4	0	20	360	4	240	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Kids	Iced	160	90	13	3	2	10	6	0	35	110	3	60	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Small	Iced	240	140	15	3	4	16	10	0	60	135	5	120	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Medium	Iced	400	230	28	5	6	26	17	0	95	240	8	120	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Large	Iced	480	290	30	5	7	32	21	0	120	270	10	240	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Kids	Hot	310	190	17	3	5	21	14	0	80	150	7	60	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Small	Hot	340	210	18	3	5	23	15	0	90	160	8	120	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Medium	Hot	480	290	30	5	7	32	21	0	120	270	10	120	Contains: Milk, Soy
Sugar-Free Sweet & Salty Breve	Large	Hot	550	330	32	5	8	37	24	0	140	290	12	240	Contains: Milk, Soy
Banana Bread Mocha	Kids	Iced	160	30	31	0	31	3	1	0	15	90	4	60	Contains: Milk
Banana Bread Mocha	Small	Iced	220	50	39	0	38	6	2	0	30	150	7	120	Contains: Milk
Banana Bread Mocha	Medium	Iced	340	90	54	1	53	10	4	0	50	260	12	120	Contains: Milk
Banana Bread Mocha	Large	Iced	450	100	77	1	76	11	5	0	55	290	14	240	Contains: Milk
Banana Bread Mocha	Kids	Hot	270	70	45	1	44	8	3	0	40	190	9	60	Contains: Milk
Banana Bread Mocha	Small	Hot	300	80	48	1	48	8	3	0	40	220	10	120	Contains: Milk
Banana Bread Mocha	Medium	Hot	400	110	61	1	60	12	5	0	60	310	15	120	Contains: Milk
Banana Bread Mocha	Large	Hot	500	120	84	1	83	13	5	0	65	340	16	240	Contains: Milk
Banana Bread Mocha	Kids	Frozen Chiller	290	70	47	1	47	8	3	0	40	210	10	102	Contains: Milk
Banana Bread Mocha	Small	Frozen Chiller	430	120	66	1	65	14	6	0	70	350	17	170	Contains: Milk
Banana Bread Mocha	Medium	Frozen Chiller	620	190	91	2	89	21	8	0	105	530	25	260	Contains: Milk
Banana Bread Mocha	Large	Frozen Chiller	870	250	132	2	130	27	11	0	135	690	33	340	Contains: Milk
Blondie Breve	Kids	Iced	230	90	28	0	24	10	7	0	40	75	3	60	Contains: Milk
Blondie Breve	Small	Iced	280	140	23	0	20	16	10	0	60	85	5	120	Contains: Milk



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Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Blondie Breve	Medium	Iced	480	230	44	0	38	26	17	0	100	150	8	120	Contains: Milk
Blondie Breve	Large	Iced	560	290	46	0	39	32	21	0	120	170	10	240	Contains: Milk
Blondie Breve	Kids	Hot	370	190	31	0	27	21	14	0	80	115	7	60	Contains: Milk
Blondie Breve	Small	Hot	410	210	32	0	27	24	16	0	90	125	8	120	Contains: Milk
Blondie Breve	Medium	Hot	610	290	59	0	51	32	21	0	125	200	10	120	Contains: Milk
Blondie Breve	Large	Hot	680	340	61	0	52	37	25	0	140	220	12	240	Contains: Milk
Blondie Breve	Kids	Frozen Chiller	270	70	35	0	32	8	5	0	30	140	7	99	Contains: Milk
Blondie Breve	Small	Frozen Chiller	380	120	42	0	39	13	8	0	50	210	12	165	Contains: Milk
Blondie Breve	Medium	Frozen Chiller	530	170	51	0	48	19	12	0	80	290	18	252	Contains: Milk
Blondie Breve	Large	Frozen Chiller	760	230	83	0	78	26	16	0	105	410	24	329	Contains: Milk
Brunette Mocha	Kids	Iced	190	40	34	0	32	5	2	0	20	125	4	60	Contains: Milk
Brunette Mocha	Small	Iced	250	60	42	0	39	7	3	0	30	180	7	120	Contains: Milk
Brunette Mocha	Medium	Iced	370	100	58	1	55	11	5	0	55	290	13	120	Contains: Milk
Brunette Mocha	Large	Iced	500	120	84	1	79	14	6	0	60	360	14	240	Contains: Milk
Brunette Mocha	Kids	Hot	300	80	49	1	46	9	4	0	40	230	9	60	Contains: Milk
Brunette Mocha	Small	Hot	320	90	52	1	49	10	4	0	45	250	11	120	Contains: Milk
Brunette Mocha	Medium	Hot	420	120	65	1	62	13	6	0	65	350	15	120	Contains: Milk
Brunette Mocha	Large	Hot	550	140	91	1	85	15	7	0	70	410	16	240	Contains: Milk
Brunette Mocha	Kids	Frozen Chiller	310	80	51	1	48	9	4	0	45	240	10	102	Contains: Milk
Brunette Mocha	Small	Frozen Chiller	460	130	70	1	66	15	6	0	70	380	17	170	Contains: Milk
Brunette Mocha	Medium	Frozen Chiller	650	200	94	2	91	22	9	0	105	560	26	260	Contains: Milk
Brunette Mocha	Large	Frozen Chiller	920	270	139	2	133	30	12	0	140	760	34	340	Contains: Milk
Cinnamon Roll Breve	Kids	Iced	210	80	25	0	23	9	6	0	35	75	4	60	Contains: Milk
Cinnamon Roll Breve	Small	Iced	290	140	27	0	24	15	10	0	60	100	6	120	Contains: Milk
Cinnamon Roll Breve	Medium	Iced	510	220	52	0	47	25	16	0	95	180	9	120	Contains: Milk



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Cinnamon Roll Breve	Large	Iced	590	280	54	0	49	31	20	0	120	200	11	240	Contains: Milk
Cinnamon Roll Breve	Kids	Hot	360	180	29	0	25	20	13	0	80	120	7	60	Contains: Milk
Cinnamon Roll Breve	Small	Hot	390	210	30	0	26	23	15	0	90	130	8	120	Contains: Milk
Cinnamon Roll Breve	Medium	Hot	590	280	54	0	49	31	20	0	120	200	11	120	Contains: Milk
Cinnamon Roll Breve	Large	Hot	650	320	56	0	50	36	24	0	135	220	13	240	Contains: Milk
Cinnamon Roll Breve	Kids	Frozen Chiller	260	70	32	0	31	7	5	0	30	140	8	99	Contains: Milk
Cinnamon Roll Breve	Small	Frozen Chiller	370	110	39	0	38	12	7	0	50	210	12	165	Contains: Milk
Cinnamon Roll Breve	Medium	Frozen Chiller	510	160	48	0	46	18	11	0	75	300	19	252	Contains: Milk
Cinnamon Roll Breve	Large	Frozen Chiller	730	220	78	0	75	24	15	0	100	420	25	329	Contains: Milk
Cookie Butter Breve	Kids	Iced	250	80	35	0	33	9	6	0	35	65	3	60	Contains: Milk
Cookie Butter Breve	Small	Iced	330	140	37	0	34	15	10	0	60	90	5	120	Contains: Milk
Cookie Butter Breve	Medium	Iced	580	220	72	0	67	24	16	0	95	150	9	120	Contains: Milk
Cookie Butter Breve	Large	Iced	660	270	74	0	69	30	20	0	115	180	11	240	Contains: Milk
Cookie Butter Breve	Kids	Hot	400	180	39	0	36	20	13	0	80	110	7	60	Contains: Milk
Cookie Butter Breve	Small	Hot	430	200	39	0	36	23	15	0	90	120	8	120	Contains: Milk
Cookie Butter Breve	Medium	Hot	660	270	74	0	69	30	20	0	115	180	11	120	Contains: Milk
Cookie Butter Breve	Large	Hot	720	320	76	0	70	35	24	0	135	200	12	240	Contains: Milk
Cookie Butter Breve	Kids	Frozen Chiller	290	70	42	0	41	7	4	0	30	130	7	99	Contains: Milk
Cookie Butter Breve	Small	Frozen Chiller	400	110	49	0	48	12	7	0	50	200	12	165	Contains: Milk
Cookie Butter Breve	Medium	Frozen Chiller	550	160	58	0	56	18	11	0	75	290	18	252	Contains: Milk
Cookie Butter Breve	Large	Frozen Chiller	800	210	98	0	95	24	15	0	100	390	24	329	Contains: Milk
Smooth 7 Breve	Kids	Iced	220	80	27	0	25	9	6	0	35	75	4	60	Contains: Milk
Smooth 7 Breve	Small	Iced	300	140	29	0	26	15	10	0	60	100	6	120	Contains: Milk
Smooth 7 Breve	Medium	Iced	520	220	56	0	51	25	16	0	95	180	9	120	Contains: Milk
Smooth 7 Breve	Large	Iced	600	280	58	0	52	31	20	0	120	200	11	240	Contains: Milk



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Smooth 7 Breve	Kids	Hot	370	180	31	0	27	20	13	0	80	120	7	60	Contains: Milk
Smooth 7 Breve	Small	Hot	400	210	32	0	28	23	15	0	90	130	8	120	Contains: Milk
Smooth 7 Breve	Medium	Hot	600	280	58	0	52	31	20	0	120	200	11	120	Contains: Milk
Smooth 7 Breve	Large	Hot	670	320	60	0	53	36	24	0	135	220	13	240	Contains: Milk
Smooth 7 Breve	Kids	Frozen Chiller	260	70	34	0	33	7	5	0	30	140	8	99	Contains: Milk
Smooth 7 Breve	Small	Frozen Chiller	370	110	41	0	39	12	7	0	50	210	12	165	Contains: Milk
Smooth 7 Breve	Medium	Frozen Chiller	520	160	50	0	48	18	11	0	75	300	19	252	Contains: Milk
Smooth 7 Breve	Large	Frozen Chiller	740	220	82	0	78	24	15	0	100	420	25	329	Contains: Milk
Sweet & Salty Breve	Kids	Iced	220	80	28	0	26	9	6	0	35	125	4	60	Contains: Milk
Sweet & Salty Breve	Small	Iced	300	140	30	0	27	15	10	0	60	150	6	120	Contains: Milk
Sweet & Salty Breve	Medium	Iced	520	220	58	0	52	25	16	0	95	280	9	120	Contains: Milk
Sweet & Salty Breve	Large	Iced	600	280	60	0	54	31	20	0	120	300	11	240	Contains: Milk
Sweet & Salty Breve	Kids	Hot	370	180	31	0	28	20	13	0	80	170	7	60	Contains: Milk
Sweet & Salty Breve	Small	Hot	400	210	32	0	29	23	15	0	90	180	8	120	Contains: Milk
Sweet & Salty Breve	Medium	Hot	600	280	60	0	54	31	20	0	120	300	11	120	Contains: Milk
Sweet & Salty Breve	Large	Hot	670	320	61	0	55	36	24	0	135	320	13	240	Contains: Milk
Sweet & Salty Breve	Kids	Frozen Chiller	270	70	35	0	33	7	5	0	30	190	8	99	Contains: Milk
Sweet & Salty Breve	Small	Frozen Chiller	370	110	42	0	40	12	7	0	50	260	12	165	Contains: Milk
Sweet & Salty Breve	Medium	Frozen Chiller	520	160	51	0	49	18	11	0	75	350	19	252	Contains: Milk
Sweet & Salty Breve	Large	Frozen Chiller	750	220	84	0	80	24	15	0	100	520	25	329	Contains: Milk

## 7 CLASSICS (0-930 CAL)

Sugar-Free Blondie Cold Brew	Small	Iced	50	10	12	2	0	1	1	0	< 5	40	1	156	Contains: Milk, Soy
Sugar-Free Blondie Cold Brew	Medium	Iced	60	10	14	2	0	1	1	0	< 5	40	1	246	Contains: Milk, Soy
Sugar-Free Blondie Cold Brew	Large	Iced	70	10	15	2	0	1	1	0	< 5	45	1	335	Contains: Milk, Soy



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Brown Sugar Cinnamon Americano	Kids	Iced	5	0	0	0	0	0	0	0	0	5	0	60	
Sugar-Free Brown Sugar Cinnamon Americano	Small	Iced	5	0	0	0	0	0	0	0	0	5	0	120	
Sugar-Free Brown Sugar Cinnamon Americano	Medium	Iced	5	0	0	0	0	0	0	0	0	5	0	180	
Sugar-Free Brown Sugar Cinnamon Americano	Large	Iced	5	0	0	0	0	0	0	0	0	5	0	240	
Sugar-Free Brown Sugar Cinnamon Americano	Kids	Hot	5	0	0	0	0	0	0	0	0	5	0	60	
Sugar-Free Brown Sugar Cinnamon Americano	Small	Hot	5	0	0	0	0	0	0	0	0	5	0	120	
Sugar-Free Brown Sugar Cinnamon Americano	Medium	Hot	5	0	0	0	0	0	0	0	0	5	0	180	
Sugar-Free Brown Sugar Cinnamon Americano	Large	Hot	5	0	0	0	0	0	0	0	0	5	0	240	
Sugar-Free Brunette Cold Brew	Small	Iced	50	10	12	2	0	1	1	0	< 5	40	1	156	Contains: Milk, Soy
Sugar-Free Brunette Cold Brew	Medium	Iced	60	10	14	2	0	1	1	0	< 5	40	1	246	Contains: Milk, Soy
Sugar-Free Brunette Cold Brew	Large	Iced	70	10	15	2	0	1	1	0	< 5	45	1	335	Contains: Milk, Soy
Sugar-Free Caramel Breve	Kids	Frozen Chiller	120	40	23	5	3	4	3	0	15	100	2	60	Contains: Milk, Soy
Sugar-Free Caramel Breve	Small	Frozen Chiller	200	60	43	10	4	6	4	0	20	170	2	120	Contains: Milk, Soy
Sugar-Free Caramel Breve	Medium	Frozen Chiller	320	100	66	15	7	11	6	0	35	270	4	120	Contains: Milk, Soy
Sugar-Free Caramel Breve	Large	Frozen Chiller	410	120	86	20	7	13	8	0	40	340	4	240	Contains: Milk, Soy
Sugar-Free Caramel Breve	Kids	Iced	200	100	23	5	2	11	7	0	40	105	3	60	Contains: Milk, Soy
Sugar-Free Caramel Breve	Small	Iced	280	160	25	5	4	17	11	0	65	130	5	120	Contains: Milk, Soy
Sugar-Free Caramel Breve	Medium	Iced	440	260	29	5	6	29	19	0	110	180	9	120	Contains: Milk, Soy
Sugar-Free Caramel Breve	Large	Iced	520	320	31	5	8	35	23	0	135	200	11	240	Contains: Milk, Soy
Sugar-Free Caramel Breve	Kids	Hot	350	200	27	5	5	22	15	0	85	150	7	60	Contains: Milk, Soy
Sugar-Free Caramel Breve	Small	Hot	380	220	28	5	5	25	16	0	95	160	8	120	Contains: Milk, Soy
Sugar-Free Caramel Breve	Medium	Hot	520	310	31	5	8	35	23	0	130	200	11	120	Contains: Milk, Soy
Sugar-Free Caramel Breve	Large	Hot	580	360	33	5	9	40	26	0	150	220	13	240	Contains: Milk, Soy
Sugar-Free Caramel Breve	Kids	Frozen Chiller	160	70	22	5	2	8	5	0	30	95	2	60	Contains: Milk, Soy
Sugar-Free Caramel Breve	Small	Frozen Chiller	250	90	42	10	2	10	7	0	35	160	2	120	Contains: Milk, Soy



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Caramel Breve	Medium	Frozen Chiller	410	170	64	15	4	19	12	0	65	260	4	120	Contains: Milk, Soy
Sugar-Free Caramel Breve	Large	Frozen Chiller	490	190	84	20	4	21	13	0	70	330	4	240	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Kids	Frozen Chiller	120	40	23	5	3	4	3	0	15	100	2	60	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Small	Frozen Chiller	160	50	33	7	3	5	3	0	15	140	2	120	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Medium	Frozen Chiller	240	80	46	10	7	8	5	0	25	210	4	120	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Large	Frozen Chiller	290	90	56	12	7	9	6	0	30	240	4	240	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Kids	Iced	140	45	25	5	5	5	3	0	20	115	3	60	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Small	Iced	180	70	27	5	8	7	4	0	25	140	5	120	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Medium	Iced	250	100	33	5	13	11	7	0	45	200	9	120	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Large	Iced	290	120	36	5	16	13	8	0	50	230	11	240	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Kids	Hot	200	80	29	5	9	8	5	0	30	160	6	60	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Small	Hot	220	80	30	5	10	9	6	0	35	170	7	120	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Medium	Hot	280	110	35	5	15	13	8	0	50	220	11	120	Contains: Milk, Soy
Sugar-Free Caramel Macchiato	Large	Hot	310	130	38	5	18	14	9	0	55	240	12	240	Contains: Milk, Soy
Sugar-Free Dark Chocolate Americano	Kids	Iced	70	0	17	1	0	0	0	0	0	40	1	60	
Sugar-Free Dark Chocolate Americano	Small	Iced	70	0	17	1	0	0	0	0	0	40	1	120	
Sugar-Free Dark Chocolate Americano	Medium	Iced	70	0	17	1	0	0	0	0	0	40	1	180	
Sugar-Free Dark Chocolate Americano	Large	Iced	70	0	17	1	0	0	0	0	0	40	1	240	
Sugar-Free Dark Chocolate Americano	Kids	Hot	70	0	17	1	0	0	0	0	0	40	1	60	
Sugar-Free Dark Chocolate Americano	Small	Hot	70	0	17	1	0	0	0	0	0	40	1	120	
Sugar-Free Dark Chocolate Americano	Medium	Hot	70	0	17	1	0	0	0	0	0	40	1	180	
Sugar-Free Dark Chocolate Americano	Large	Hot	70	0	17	1	0	0	0	0	0	40	1	240	
Sugar-Free French Vanilla Cappuccino	Kids	Hot	120	45	16	2	6	5	3	0	20	95	4	60	Contains: Milk, Soy
Sugar-Free French Vanilla Cappuccino	Small	Hot	130	50	17	2	7	6	3	0	20	100	5	120	Contains: Milk, Soy
Sugar-Free French Vanilla Cappuccino	Large	Hot	180	80	21	2	11	9	5	0	35	140	8	240	Contains: Milk, Soy



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free French Vanilla Cappuccino	Medium	Frozen Chiller	160	70	20	2	9	8	5	0	30	130	7	120	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Kids	Frozen Chiller	110	35	20	4	3	4	2	0	10	115	2	60	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Small	Frozen Chiller	130	35	27	6	3	4	2	0	15	170	2	120	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Medium	Frozen Chiller	200	60	36	7	6	7	4	0	20	250	4	120	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Large	Frozen Chiller	230	70	43	9	6	7	4	0	25	300	4	240	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Kids	Iced	130	40	21	4	5	5	3	0	15	130	3	60	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Small	Iced	160	60	24	4	7	7	4	0	25	160	5	120	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Medium	Iced	240	100	30	4	13	11	7	0	40	210	9	120	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Large	Iced	280	110	33	4	16	13	8	0	50	240	11	240	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Kids	Hot	190	70	26	4	9	8	5	0	30	180	6	60	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Small	Hot	200	80	27	4	10	9	5	0	35	190	7	120	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Medium	Hot	260	110	32	4	15	12	7	0	45	230	10	120	Contains: Milk, Soy
Sugar-Free Funnel Cake Macchiato	Large	Hot	300	120	34	4	17	14	8	0	55	260	12	240	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Kids	Iced	180	90	16	2	2	10	6	0	35	75	3	60	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Small	Iced	260	140	18	2	3	16	10	0	60	100	5	120	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Medium	Iced	430	230	35	3	6	25	17	0	95	170	9	120	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Large	Iced	510	280	37	3	7	31	21	0	120	200	11	240	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Kids	Hot	320	190	20	2	5	21	14	0	80	115	7	60	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Small	Hot	360	210	21	2	5	23	15	0	90	125	8	120	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Medium	Hot	510	280	37	3	7	31	21	0	120	200	11	120	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Large	Hot	580	330	38	3	8	36	24	0	140	220	12	240	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Small	Frozen Chiller	150	30	29	3	3	3	2	0	10	105	3	120	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Medium	Frozen Chiller	250	60	46	5	6	6	4	0	20	180	5	120	Contains: Milk, Soy
Sugar-Free German Chocolate Mocha	Large	Frozen Chiller	300	60	59	7	6	7	4	0	20	220	5	240	Contains: Milk, Soy
Sugar-Free Hazelnut Americano	Kids	Iced	0	0	0	0	0	0	0	0	0	5	0	60	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Hazelnut Americano	Small	Iced	0	0	0	0	0	0	0	0	0	5	0	120	
Sugar-Free Hazelnut Americano	Medium	Iced	0	0	0	0	0	0	0	0	0	5	0	180	
Sugar-Free Hazelnut Americano	Large	Iced	0	0	0	0	0	0	0	0	0	5	0	240	
Sugar-Free Hazelnut Americano	Kids	Hot	0	0	0	0	0	0	0	0	0	5	0	60	
Sugar-Free Hazelnut Americano	Small	Hot	0	0	0	0	0	0	0	0	0	5	0	120	
Sugar-Free Hazelnut Americano	Medium	Hot	0	0	0	0	0	0	0	0	0	5	0	180	
Sugar-Free Hazelnut Americano	Large	Hot	0	0	0	0	0	0	0	0	0	5	0	240	
Sugar-Free Irish Cream Cappuccino	Kids	Hot	80	35	6	0	6	4	2	0	15	60	4	60	Contains: Milk
Sugar-Free Irish Cream Cappuccino	Small	Hot	90	40	7	0	6	4	3	0	20	70	4	120	Contains: Milk
Sugar-Free Irish Cream Cappuccino	Medium	Hot	120	60	10	0	9	6	4	0	25	100	6	120	Contains: Milk
Sugar-Free Irish Cream Cappuccino	Large	Hot	140	70	11	0	11	7	5	0	30	110	7	240	Contains: Milk
Sugar-Free Latte	Kids	Frozen Chiller	60	25	4	0	4	3	2	0	10	45	3	60	Contains: Milk
Sugar-Free Latte	Small	Frozen Chiller	80	35	6	0	6	4	2	0	15	55	4	120	Contains: Milk
Sugar-Free Latte	Medium	Frozen Chiller	130	60	10	0	10	7	4	0	30	100	7	120	Contains: Milk
Sugar-Free Latte	Large	Frozen Chiller	150	70	12	0	11	8	5	0	35	115	8	240	Contains: Milk
Sugar-Free Mocha	Kids	Iced	190	80	20	1	2	9	6	0	35	75	4	60	Contains: Milk
Sugar-Free Mocha	Small	Iced	270	140	22	1	3	15	10	0	60	100	6	120	Contains: Milk
Sugar-Free Mocha	Medium	Iced	470	220	41	2	5	25	16	0	95	180	9	120	Contains: Milk
Sugar-Free Mocha	Large	Iced	550	280	43	2	7	31	20	0	115	200	11	240	Contains: Milk
Sugar-Free Mocha	Kids	Hot	340	180	23	1	4	20	14	0	80	120	7	60	Contains: Milk
Sugar-Free Mocha	Small	Hot	370	210	24	1	5	23	15	0	90	130	8	120	Contains: Milk
Sugar-Free Mocha	Medium	Hot	550	280	43	2	7	31	20	0	115	200	11	120	Contains: Milk
Sugar-Free Mocha	Large	Hot	610	320	45	2	8	36	24	0	135	220	13	240	Contains: Milk
Sugar-Free Mocha	Kids	Frozen Chiller	110	20	19	1	3	2	1	0	10	70	3	60	Contains: Milk
Sugar-Free Mocha	Small	Frozen Chiller	180	25	36	2	3	3	2	0	10	110	3	120	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Mocha	Medium	Frozen Chiller	290	45	55	3	6	5	3	0	15	180	6	120	Contains: Milk
Sugar-Free Mocha	Large	Frozen Chiller	360	45	72	4	6	5	3	0	15	220	7	240	Contains: Milk
Sugar-Free Raspberry Truffle Macchiato	Kids	Frozen Chiller	110	25	21	3	3	3	2	0	10	80	2	60	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Small	Frozen Chiller	150	35	31	6	3	4	2	0	10	110	2	120	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Medium	Frozen Chiller	230	60	44	8	6	7	4	0	20	170	4	120	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Large	Frozen Chiller	270	70	54	11	7	7	4	0	20	200	4	240	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Kids	Iced	130	35	23	3	4	4	2	0	15	95	3	60	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Small	Iced	170	50	25	3	7	6	4	0	20	120	5	120	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Medium	Iced	250	90	31	3	13	10	6	0	40	180	9	120	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Large	Iced	280	110	34	3	16	12	7	0	45	210	11	240	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Kids	Hot	190	70	27	3	9	7	4	0	25	140	7	60	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Small	Hot	210	70	29	3	10	8	5	0	30	150	7	120	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Medium	Hot	270	100	33	3	15	11	7	0	45	200	11	120	Contains: Milk, Soy
Sugar-Free Raspberry Truffle Macchiato	Large	Hot	300	120	36	3	17	13	8	0	50	220	12	240	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Kids	Frozen Chiller	80	30	14	2	3	3	2	0	10	160	2	60	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Small	Frozen Chiller	90	30	14	3	3	3	2	0	10	260	2	120	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Medium	Frozen Chiller	130	45	18	3	6	5	3	0	20	380	4	120	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Large	Frozen Chiller	130	45	18	3	6	5	3	0	20	480	4	240	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Kids	Iced	100	35	15	2	4	4	3	0	15	180	3	60	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Small	Iced	140	60	18	2	7	6	4	0	25	200	5	120	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Medium	Iced	210	90	24	2	13	10	6	0	40	260	9	120	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Large	Iced	250	110	27	2	16	12	8	0	50	290	11	240	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Kids	Hot	160	70	20	2	9	7	5	0	30	220	6	60	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Small	Hot	180	70	21	2	10	8	5	0	30	230	7	120	Contains: Milk, Soy
Sugar-Free Salted Caramel Macchiato	Medium	Hot	240	100	26	2	15	12	7	0	45	280	10	120	Contains: Milk, Soy



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Salted Caramel Macchiato	Large	Hot	270	120	28	2	17	13	8	0	55	300	12	240	Contains: Milk, Soy
Sugar-Free Snickerdoodle Mocha	Kids	Iced	160	80	11	1	2	9	6	0	35	60	3	60	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Small	Iced	240	140	13	1	3	15	10	0	60	80	5	120	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Medium	Iced	400	220	25	1	5	24	16	0	95	140	9	120	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Large	Iced	480	270	27	1	7	30	20	0	115	160	11	240	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Kids	Hot	300	180	15	1	4	20	13	0	80	100	7	60	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Small	Hot	340	200	16	1	5	23	15	0	90	110	8	120	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Medium	Hot	480	270	27	1	7	30	20	0	115	160	11	120	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Large	Hot	540	320	28	1	8	35	24	0	135	180	12	240	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Small	Frozen Chiller	110	20	20	1	3	2	1	0	10	75	3	120	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Medium	Frozen Chiller	190	40	31	2	6	4	3	0	15	125	5	120	Contains: Milk
Sugar-Free Snickerdoodle Mocha	Large	Frozen Chiller	230	40	39	2	6	5	3	0	15	150	5	240	Contains: Milk
Sugar-Free Toasted Marshmallow	Kids	Frozen Chiller	40	20	3	0	3	2	1	0	10	35	2	60	Contains: Milk
Sugar-Free Toasted Marshmallow	Small	Frozen Chiller	40	20	3	0	3	2	1	0	10	40	2	120	Contains: Milk
Sugar-Free Toasted Marshmallow	Medium	Frozen Chiller	80	35	6	0	6	4	2	0	15	75	4	120	Contains: Milk
Sugar-Free Toasted Marshmallow	Large	Frozen Chiller	80	35	6	0	6	4	2	0	15	80	4	240	Contains: Milk
Sugar-Free Toasted Marshmallow Latte	Kids	Iced	60	25	4	0	4	3	2	0	15	50	3	60	Contains: Milk
Sugar-Free Toasted Marshmallow Latte	Small	Iced	100	45	7	0	7	5	3	0	20	75	5	120	Contains: Milk
Sugar-Free Toasted Marshmallow Latte	Medium	Iced	170	80	13	0	13	9	6	0	35	135	9	120	Contains: Milk
Sugar-Free Toasted Marshmallow Latte	Large	Iced	210	100	16	0	16	11	7	0	45	160	11	240	Contains: Milk
Sugar-Free Toasted Marshmallow Latte	Kids	Hot	130	60	10	0	9	7	4	0	30	100	7	60	Contains: Milk
Sugar-Free Toasted Marshmallow Latte	Small	Hot	140	70	11	0	11	7	5	0	30	110	8	120	Contains: Milk
Sugar-Free Toasted Marshmallow Latte	Medium	Hot	210	100	16	0	15	11	7	0	45	160	11	120	Contains: Milk
Sugar-Free Toasted Marshmallow Latte	Large	Hot	240	110	18	0	18	12	8	0	50	180	13	240	Contains: Milk
Sugar-Free Vanilla Latte	Kids	Iced	60	25	5	0	4	3	2	0	10	50	3	60	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Vanilla Latte	Small	Iced	100	45	8	0	7	5	3	0	20	75	5	120	Contains: Milk
Sugar-Free Vanilla Latte	Medium	Iced	170	80	13	0	13	9	6	0	35	135	9	120	Contains: Milk
Sugar-Free Vanilla Latte	Large	Iced	210	100	16	0	16	11	7	0	45	160	11	240	Contains: Milk
Sugar-Free Vanilla Latte	Kids	Hot	130	60	10	0	9	7	4	0	30	100	7	60	Contains: Milk
Sugar-Free Vanilla Latte	Small	Hot	140	70	11	0	11	7	5	0	30	110	7	120	Contains: Milk
Sugar-Free Vanilla Latte	Medium	Hot	200	100	16	0	15	11	7	0	45	160	11	120	Contains: Milk
Sugar-Free Vanilla Latte	Large	Hot	240	110	18	0	18	12	8	0	50	180	12	240	Contains: Milk
Sugar-Free Vanilla Latte	Kids	Frozen Chiller	40	20	3	0	3	2	1	0	10	35	2	60	Contains: Milk
Sugar-Free Vanilla Latte	Small	Frozen Chiller	40	20	3	0	3	2	1	0	10	40	2	120	Contains: Milk
Sugar-Free Vanilla Latte	Medium	Frozen Chiller	80	35	7	0	6	4	2	0	15	75	4	120	Contains: Milk
Sugar-Free Vanilla Latte	Large	Frozen Chiller	80	35	7	0	6	4	2	0	15	80	4	240	Contains: Milk
Sugar-Free White Chocolate Mocha	Kids	Iced	200	90	21	3	2	10	7	0	35	80	3	60	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Small	Iced	280	140	23	3	4	16	11	0	60	105	5	120	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Medium	Iced	470	230	44	6	6	26	17	0	95	190	9	120	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Large	Iced	550	290	46	6	7	32	21	0	120	210	11	240	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Kids	Hot	340	190	25	3	5	21	14	0	80	125	7	60	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Small	Hot	380	210	26	3	5	23	16	0	90	135	8	120	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Medium	Hot	550	290	46	6	7	32	21	0	120	210	11	120	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Large	Hot	620	330	48	6	8	37	24	0	140	230	12	240	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Kids	Frozen Chiller	110	25	21	3	3	3	2	0	10	75	2	60	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Small	Frozen Chiller	190	35	39	6	3	4	2	0	10	125	3	120	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Medium	Frozen Chiller	300	60	60	9	6	7	4	0	20	200	5	120	Contains: Milk, Soy
Sugar-Free White Chocolate Mocha	Large	Frozen Chiller	380	70	79	12	7	8	5	0	20	250	5	240	Contains: Milk, Soy
Americano	Medium	Iced	0	0	0	0	0	0	0	0	0	0	0	9	
Americano	Kids	Iced	0	0	0	0	0	0	0	0	0	0	0	60	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Americano	Small	Iced	0	0	0	0	0	0	0	0	0	0	0	120	
Americano	Large	Iced	0	0	0	0	0	0	0	0	0	0	0	240	
Americano	Kids	Hot	0	0	0	0	0	0	0	0	0	0	0	60	
Americano	Small	Hot	0	0	0	0	0	0	0	0	0	0	0	120	
Americano	Medium	Hot	0	0	0	0	0	0	0	0	0	0	0	180	
Americano	Large	Hot	0	0	0	0	0	0	0	0	0	0	0	240	
Blondie Cold Brew	Small	Iced	120	10	27	0	22	1	1	0	< 5	40	1	156	Contains: Milk
Blondie Cold Brew	Medium	Iced	130	10	28	0	22	1	1	0	< 5	45	1	246	Contains: Milk
Blondie Cold Brew	Large	Iced	130	10	30	0	22	1	1	0	< 5	45	1	335	Contains: Milk
Breve	Kids	Iced	160	110	4	0	3	12	8	0	45	45	4	60	Contains: Milk
Breve	Small	Iced	240	160	6	0	4	18	12	0	70	70	6	120	Contains: Milk
Breve	Medium	Iced	400	270	10	0	7	30	20	0	115	115	10	120	Contains: Milk
Breve	Large	Iced	480	320	12	0	8	36	24	0	140	140	12	240	Contains: Milk
Breve	Kids	Hot	300	200	7	0	5	22	15	0	90	90	7	60	Contains: Milk
Breve	Small	Hot	330	230	8	0	6	25	17	0	95	95	8	120	Contains: Milk
Breve	Medium	Hot	470	320	12	0	8	35	23	0	135	135	12	120	Contains: Milk
Breve	Large	Hot	530	360	13	0	9	40	27	0	155	160	13	240	Contains: Milk
Breve	Kids	Frozen Chiller	180	50	27	0	27	6	4	0	25	25	2	60	Contains: Milk
Breve	Small	Frozen Chiller	280	50	53	0	52	6	4	0	25	30	2	120	Contains: Milk
Breve	Medium	Frozen Chiller	460	110	80	0	79	12	8	0	45	55	4	120	Contains: Milk
Breve	Large	Frozen Chiller	560	110	105	0	104	12	8	0	45	60	4	240	Contains: Milk
Brown Sugar Cinnamon Americano	Kids	Iced	80	0	19	0	19	0	0	0	0	0	0	60	
Brown Sugar Cinnamon Americano	Small	Iced	80	0	19	0	19	0	0	0	0	0	0	120	
Brown Sugar Cinnamon Americano	Medium	Iced	80	0	19	0	19	0	0	0	0	0	0	180	
Brown Sugar Cinnamon Americano	Large	Iced	80	0	19	0	19	0	0	0	0	0	0	240	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Brown Sugar Cinnamon Americano	Kids	Hot	80	0	19	0	19	0	0	0	0	0	0	60	
Brown Sugar Cinnamon Americano	Small	Hot	80	0	19	0	19	0	0	0	0	0	0	120	
Brown Sugar Cinnamon Americano	Medium	Hot	80	0	19	0	19	0	0	0	0	0	0	180	
Brown Sugar Cinnamon Americano	Large	Hot	80	0	19	0	19	0	0	0	0	0	0	240	
Brunette Cold Brew	Small	Iced	110	10	25	0	20	1	1	0	< 5	40	1	156	Contains: Milk
Brunette Cold Brew	Medium	Iced	120	10	26	0	20	1	1	0	< 5	45	1	246	Contains: Milk
Brunette Cold Brew	Large	Iced	130	10	28	0	20	1	1	0	< 5	45	1	335	Contains: Milk
Cappuccino	Kids	Frozen Chiller	80	40	7	0	6	4	3	0	20	65	4	60	Contains: Milk
Cappuccino	Small	Frozen Chiller	90	45	7	0	7	5	3	0	20	70	5	120	Contains: Milk
Cappuccino	Medium	Frozen Chiller	130	60	10	0	10	7	4	0	30	100	7	120	Contains: Milk
Cappuccino	Large	Frozen Chiller	150	70	12	0	11	8	5	0	35	115	8	240	Contains: Milk
Caramel	Kids	Frozen Chiller	290	80	36	0	32	9	6	0	35	180	7	99	Contains: Milk
Caramel	Small	Frozen Chiller	400	130	43	0	38	14	9	0	55	240	12	165	Contains: Milk
Caramel	Medium	Frozen Chiller	540	180	52	0	47	20	12	0	80	330	18	252	Contains: Milk
Caramel	Large	Frozen Chiller	800	250	86	0	77	28	17	0	110	480	24	329	Contains: Milk
Caramel Breve	Kids	Iced	250	100	29	0	24	11	7	0	40	110	3	60	Contains: Milk
Caramel Breve	Small	Iced	330	160	31	0	25	17	11	0	65	135	5	120	Contains: Milk
Caramel Breve	Medium	Iced	490	260	35	0	28	29	19	0	110	180	9	120	Contains: Milk
Caramel Breve	Large	Iced	570	320	37	0	29	35	23	0	135	200	11	240	Contains: Milk
Caramel Breve	Kids	Hot	390	200	33	0	26	22	15	0	85	150	7	60	Contains: Milk
Caramel Breve	Small	Hot	430	220	34	0	27	25	16	0	95	160	8	120	Contains: Milk
Caramel Breve	Medium	Hot	560	310	37	0	29	35	23	0	135	200	11	120	Contains: Milk
Caramel Breve	Large	Hot	630	360	39	0	30	40	26	0	150	220	13	240	Contains: Milk
Caramel Breve	Kids	Frozen Chiller	210	80	28	0	23	8	5	0	30	100	2	60	Contains: Milk
Caramel Breve	Small	Frozen Chiller	330	100	54	0	45	11	7	0	35	170	3	120	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Caramel Breve	Medium	Frozen Chiller	530	170	82	0	68	19	12	0	65	270	5	120	Contains: Milk
Caramel Breve	Large	Frozen Chiller	660	190	109	0	90	21	13	0	70	350	6	240	Contains: Milk
Caramel Macchiato	Kids	Iced	230	50	42	0	37	5	3	0	20	120	3	60	Contains: Milk
Caramel Macchiato	Small	Iced	260	70	45	0	40	7	4	0	25	150	5	120	Contains: Milk
Caramel Macchiato	Medium	Iced	340	100	51	0	46	11	7	0	45	200	9	120	Contains: Milk
Caramel Macchiato	Large	Iced	380	120	54	0	49	13	8	0	50	230	11	240	Contains: Milk
Caramel Macchiato	Kids	Hot	290	80	47	0	42	9	5	0	30	170	7	60	Contains: Milk
Caramel Macchiato	Small	Hot	300	90	48	0	43	9	6	0	35	180	7	120	Contains: Milk
Caramel Macchiato	Medium	Hot	370	120	53	0	48	13	8	0	50	220	11	120	Contains: Milk
Caramel Macchiato	Large	Hot	400	130	55	0	50	14	9	0	55	250	12	240	Contains: Milk
Caramel Macchiato	Kids	Frozen Chiller	320	80	47	0	43	9	5	0	35	170	7	93	Contains: Milk
Caramel Macchiato	Small	Frozen Chiller	430	120	54	0	49	14	8	0	55	240	12	159	Contains: Milk
Caramel Macchiato	Medium	Frozen Chiller	580	180	63	0	58	20	12	0	80	330	18	247	Contains: Milk
Caramel Macchiato	Large	Frozen Chiller	810	240	96	0	88	27	16	0	105	440	24	324	Contains: Milk
Cold Brew	Small	Iced	15	0	3	0	0	0	0	0	0	0	1	179	
Cold Brew	Medium	Iced	20	0	4	0	0	0	0	0	0	5	1	268	
Cold Brew	Large	Iced	25	0	5	0	0	0	0	0	0	5	1	357	
Crème Brûlée Latte	Kids	Frozen Chiller	250	60	33	0	33	7	4	0	30	135	7	99	Contains: Milk
Crème Brûlée Latte	Small	Frozen Chiller	360	110	40	0	39	12	7	0	50	200	12	165	Contains: Milk
Crème Brûlée Latte	Medium	Frozen Chiller	510	160	49	0	48	18	11	0	75	290	18	252	Contains: Milk
Crème Brûlée Latte	Large	Frozen Chiller	730	210	80	0	79	23	15	0	100	400	23	329	Contains: Milk
Crème Brûlée Latte	Kids	Iced	150	25	27	0	27	3	2	0	10	80	3	60	Contains: Milk
Crème Brûlée Latte	Small	Iced	180	45	30	0	30	5	3	0	20	105	5	120	Contains: Milk
Crème Brûlée Latte	Medium	Iced	260	80	36	0	36	9	6	0	35	160	9	120	Contains: Milk
Crème Brûlée Latte	Large	Iced	300	100	39	0	38	11	7	0	45	190	11	240	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Crème Brûlée Latte	Kids	Hot	220	60	33	0	32	7	4	0	30	130	7	60	Contains: Milk
Crème Brûlée Latte	Small	Hot	230	70	34	0	33	7	5	0	30	140	8	120	Contains: Milk
Crème Brûlée Latte	Medium	Hot	290	100	39	0	38	11	7	0	45	190	11	120	Contains: Milk
Crème Brûlée Latte	Large	Hot	320	110	41	0	41	12	8	0	50	210	13	240	Contains: Milk
Cupcake Cappuccino	Kids	Frozen Chiller	170	35	29	0	28	4	2	0	15	160	4	60	Contains: Milk
Cupcake Cappuccino	Small	Frozen Chiller	170	40	30	0	29	4	3	0	20	170	4	120	Contains: Milk
Cupcake Cappuccino	Medium	Frozen Chiller	210	60	33	0	32	6	4	0	25	190	6	120	Contains: Milk
Cupcake Cappuccino	Large	Frozen Chiller	230	70	34	0	33	7	5	0	30	210	7	240	Contains: Milk
Dark Chocolate Americano	Kids	Iced	100	5	25	1	23	1	0	0	0	15	1	60	
Dark Chocolate Americano	Small	Iced	100	5	25	1	23	1	0	0	0	15	1	120	
Dark Chocolate Americano	Medium	Iced	100	5	25	1	23	1	0	0	0	15	1	180	
Dark Chocolate Americano	Large	Iced	100	5	25	1	23	1	0	0	0	15	1	240	
Dark Chocolate Americano	Kids	Hot	100	5	25	1	23	1	0	0	0	15	1	60	
Dark Chocolate Americano	Small	Hot	100	5	25	1	23	1	0	0	0	15	1	120	
Dark Chocolate Americano	Medium	Hot	100	5	25	1	23	1	0	0	0	15	1	180	
Dark Chocolate Americano	Large	Hot	100	5	25	1	23	1	0	0	0	15	1	240	
French Vanilla Cappuccino	Kids	Frozen Chiller	180	45	30	0	28	5	3	0	20	95	4	60	Contains: Milk
French Vanilla Cappuccino	Small	Frozen Chiller	190	50	31	0	29	6	3	0	20	105	5	120	Contains: Milk
French Vanilla Cappuccino	Medium	Frozen Chiller	230	70	34	0	31	8	5	0	30	130	7	120	Contains: Milk
French Vanilla Cappuccino	Large	Frozen Chiller	250	80	36	0	33	9	5	0	35	150	8	240	Contains: Milk
Frosted Cookie Breve	Kids	Frozen Chiller	260	60	34	0	33	7	4	0	30	170	7	99	Contains: Milk
Frosted Cookie Breve	Small	Frozen Chiller	360	110	40	0	39	12	7	0	50	230	12	165	Contains: Milk
Frosted Cookie Breve	Medium	Frozen Chiller	510	160	49	0	48	18	11	0	75	320	18	252	Contains: Milk
Frosted Cookie Breve	Large	Frozen Chiller	730	210	81	0	79	23	15	0	100	470	23	329	Contains: Milk
Frosted Cookie Breve	Kids	Iced	210	80	26	0	25	9	6	0	35	105	3	60	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Frosted Cookie Breve	Small	Iced	290	140	28	0	26	15	10	0	60	125	5	120	Contains: Milk
Frosted Cookie Breve	Medium	Iced	450	240	32	0	29	27	18	0	105	170	9	120	Contains: Milk
Frosted Cookie Breve	Large	Iced	530	300	34	0	30	33	22	0	130	200	11	240	Contains: Milk
Frosted Cookie Breve	Kids	Hot	360	180	30	0	27	20	13	0	80	150	7	60	Contains: Milk
Frosted Cookie Breve	Small	Hot	390	200	31	0	28	22	15	0	90	160	8	120	Contains: Milk
Frosted Cookie Breve	Medium	Hot	530	290	34	0	30	32	22	0	125	200	11	120	Contains: Milk
Frosted Cookie Breve	Large	Hot	590	340	36	0	31	37	25	0	145	210	13	240	Contains: Milk
Frosted Cookie Breve	Small	Frozen Chiller	260	50	49	0	47	6	4	0	25	160	2	120	Contains: Milk
Frosted Cookie Breve	Medium	Frozen Chiller	440	110	74	0	71	12	8	0	45	250	4	120	Contains: Milk
Funnel Cake Macchiato	Kids	Iced	220	40	41	0	38	4	3	0	15	140	4	60	Contains: Milk
Funnel Cake Macchiato	Small	Iced	250	60	44	0	41	6	4	0	25	170	6	120	Contains: Milk
Funnel Cake Macchiato	Medium	Iced	330	90	50	0	47	10	6	0	40	230	10	120	Contains: Milk
Funnel Cake Macchiato	Large	Iced	370	110	53	0	49	12	8	0	50	260	12	240	Contains: Milk
Funnel Cake Macchiato	Kids	Hot	280	70	46	0	43	8	5	0	30	190	7	60	Contains: Milk
Funnel Cake Macchiato	Small	Hot	290	80	47	0	44	8	5	0	35	200	8	120	Contains: Milk
Funnel Cake Macchiato	Medium	Hot	350	110	52	0	49	12	7	0	45	250	11	120	Contains: Milk
Funnel Cake Macchiato	Large	Hot	390	120	55	0	51	13	8	0	55	270	13	240	Contains: Milk
Funnel Cake Macchiato	Kids	Frozen Chiller	310	70	47	0	43	8	5	0	30	190	7	93	Contains: Milk
Funnel Cake Macchiato	Small	Frozen Chiller	420	110	54	0	50	13	8	0	50	260	12	159	Contains: Milk
Funnel Cake Macchiato	Medium	Frozen Chiller	570	170	63	0	59	19	12	0	75	350	18	247	Contains: Milk
Funnel Cake Macchiato	Large	Frozen Chiller	790	220	95	0	90	25	15	0	100	490	24	324	Contains: Milk
German Chocolate Mocha	Kids	Iced	200	40	36	0	34	5	2	0	20	125	4	60	Contains: Milk
German Chocolate Mocha	Small	Iced	260	60	44	0	41	7	3	0	30	180	7	120	Contains: Milk
German Chocolate Mocha	Medium	Iced	370	100	59	1	56	11	5	0	55	290	13	120	Contains: Milk
German Chocolate Mocha	Large	Iced	430	120	67	1	64	14	6	0	65	350	15	240	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
German Chocolate Mocha	Kids	Hot	300	80	50	1	48	9	4	0	40	230	9	60	Contains: Milk
German Chocolate Mocha	Small	Hot	330	90	54	1	51	10	4	0	45	250	11	120	Contains: Milk
German Chocolate Mocha	Medium	Hot	430	120	67	1	63	13	6	0	65	350	15	120	Contains: Milk
German Chocolate Mocha	Large	Hot	480	140	73	1	70	15	6	0	75	390	17	240	Contains: Milk
German Chocolate Mocha	Kids	Frozen Chiller	320	80	53	1	50	9	4	0	45	250	10	102	Contains: Milk
German Chocolate Mocha	Small	Frozen Chiller	460	130	71	1	68	15	6	0	70	380	17	170	Contains: Milk
German Chocolate Mocha	Medium	Frozen Chiller	660	200	96	2	92	22	9	0	105	560	26	260	Contains: Milk
German Chocolate Mocha	Large	Frozen Chiller	930	270	143	2	136	30	12	0	140	760	34	340	Contains: Milk
Hazelnut Americano	Kids	Iced	80	0	19	0	19	0	0	0	0	0	0	60	
Hazelnut Americano	Small	Iced	80	0	19	0	19	0	0	0	0	0	0	120	
Hazelnut Americano	Medium	Iced	80	0	19	0	19	0	0	0	0	0	0	180	
Hazelnut Americano	Large	Iced	80	0	19	0	19	0	0	0	0	0	0	240	
Hazelnut Americano	Kids	Hot	80	0	19	0	19	0	0	0	0	0	0	60	
Hazelnut Americano	Small	Hot	80	0	19	0	19	0	0	0	0	0	0	120	
Hazelnut Americano	Medium	Hot	80	0	19	0	19	0	0	0	0	0	0	180	
Hazelnut Americano	Large	Hot	80	0	19	0	19	0	0	0	0	0	0	240	
Honeybun Breve	Kids	Frozen Chiller	260	60	35	0	34	7	4	0	30	125	7	99	Contains: Milk
Honeybun Breve	Small	Frozen Chiller	370	110	42	0	41	12	7	0	50	190	12	165	Contains: Milk
Honeybun Breve	Medium	Frozen Chiller	520	160	51	0	50	18	11	0	75	280	18	252	Contains: Milk
Honeybun Breve	Large	Frozen Chiller	740	210	84	0	82	24	15	0	100	380	24	329	Contains: Milk
Honeybun Breve	Kids	Iced	220	80	28	0	26	9	6	0	35	60	3	60	Contains: Milk
Honeybun Breve	Small	Iced	300	140	30	0	28	15	10	0	60	80	5	120	Contains: Milk
Honeybun Breve	Medium	Iced	460	240	34	0	30	27	18	0	105	130	9	120	Contains: Milk
Honeybun Breve	Large	Iced	540	300	36	0	32	33	22	0	130	150	11	240	Contains: Milk
Honeybun Breve	Kids	Hot	370	180	32	0	29	20	13	0	80	100	7	60	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Honeybun Breve	Small	Hot	400	200	33	0	29	23	15	0	90	110	8	120	Contains: Milk
Honeybun Breve	Medium	Hot	530	290	36	0	32	33	22	0	125	150	11	120	Contains: Milk
Honeybun Breve	Large	Hot	600	340	38	0	33	38	25	0	145	170	13	240	Contains: Milk
Honeybun Breve	Kids	Frozen Chiller	180	60	27	0	26	6	4	0	25	45	2	60	Contains: Milk
Honeybun Breve	Small	Frozen Chiller	280	60	52	0	50	6	4	0	25	70	3	120	Contains: Milk
Honeybun Breve	Medium	Frozen Chiller	450	110	79	0	76	12	8	0	45	115	5	120	Contains: Milk
Honeybun Breve	Large	Frozen Chiller	550	110	104	0	100	13	8	0	50	140	5	240	Contains: Milk
Irish Cream Cappuccino	Kids	Frozen Chiller	170	35	29	0	28	4	2	0	15	60	4	60	Contains: Milk
Irish Cream Cappuccino	Small	Frozen Chiller	180	40	30	0	29	4	3	0	20	65	5	120	Contains: Milk
Irish Cream Cappuccino	Medium	Frozen Chiller	210	60	32	0	32	6	4	0	25	95	7	120	Contains: Milk
Irish Cream Cappuccino	Large	Frozen Chiller	230	70	34	0	33	7	5	0	30	110	8	240	Contains: Milk
Latte	Kids	Iced	80	35	6	0	6	4	2	0	15	55	4	60	Contains: Milk
Latte	Small	Iced	110	50	9	0	8	6	4	0	25	85	6	120	Contains: Milk
Latte	Medium	Iced	190	90	15	0	14	10	6	0	40	140	10	120	Contains: Milk
Latte	Large	Iced	230	110	18	0	17	12	7	0	50	170	12	240	Contains: Milk
Latte	Kids	Hot	140	70	11	0	11	7	5	0	30	105	7	60	Contains: Milk
Latte	Small	Hot	160	80	12	0	12	8	5	0	35	120	8	120	Contains: Milk
Latte	Medium	Hot	220	110	17	0	17	12	7	0	50	170	12	120	Contains: Milk
Latte	Large	Hot	250	120	19	0	19	13	8	0	55	190	13	240	Contains: Milk
Latte	Kids	Frozen Chiller	180	70	11	0	11	8	5	0	35	110	8	110	Contains: Milk
Latte	Small	Frozen Chiller	290	110	18	0	18	12	8	0	50	180	12	176	Contains: Milk
Latte	Medium	Frozen Chiller	440	170	27	0	27	19	12	0	80	270	19	263	Contains: Milk
Latte	Large	Frozen Chiller	580	230	36	0	35	25	16	0	105	350	25	351	Contains: Milk
Mocha	Kids	Iced	120	40	15	0	15	4	2	0	20	115	5	60	Contains: Milk
Mocha	Small	Iced	180	60	23	1	23	7	3	0	35	170	8	120	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Mocha	Medium	Iced	300	100	39	1	38	11	5	0	55	280	14	120	Contains: Milk
Mocha	Large	Iced	360	120	46	1	45	13	6	0	65	340	16	240	Contains: Milk
Mocha	Kids	Hot	220	80	29	1	28	8	3	0	40	210	10	60	Contains: Milk
Mocha	Small	Hot	250	80	32	1	32	9	4	0	45	240	11	120	Contains: Milk
Mocha	Medium	Hot	350	120	45	1	44	13	5	0	65	330	16	120	Contains: Milk
Mocha	Large	Hot	400	140	52	1	51	15	6	0	75	380	18	240	Contains: Milk
Mocha	Kids	Frozen Chiller	240	80	31	1	31	9	4	0	45	230	11	113	Contains: Milk
Mocha	Small	Frozen Chiller	380	130	50	1	49	14	6	0	70	370	18	181	Contains: Milk
Mocha	Medium	Frozen Chiller	570	200	75	2	73	22	9	0	110	550	27	272	Contains: Milk
Mocha	Large	Frozen Chiller	760	260	100	2	98	29	12	0	145	730	35	362	Contains: Milk
Raspberry Truffle Macchiato	Kids	Iced	210	30	41	1	38	4	2	0	15	90	4	60	Contains: Milk
Raspberry Truffle Macchiato	Small	Iced	240	50	44	1	41	6	3	0	20	120	6	120	Contains: Milk
Raspberry Truffle Macchiato	Medium	Iced	320	90	49	1	47	10	6	0	40	180	10	120	Contains: Milk
Raspberry Truffle Macchiato	Large	Iced	360	100	52	1	50	12	7	0	45	210	12	240	Contains: Milk
Raspberry Truffle Macchiato	Kids	Hot	270	60	45	1	43	7	4	0	25	135	7	60	Contains: Milk
Raspberry Truffle Macchiato	Small	Hot	280	70	47	1	44	8	5	0	30	150	8	120	Contains: Milk
Raspberry Truffle Macchiato	Medium	Hot	350	100	51	1	49	11	7	0	45	200	11	120	Contains: Milk
Raspberry Truffle Macchiato	Large	Hot	380	110	54	1	51	13	8	0	50	220	13	240	Contains: Milk
Raspberry Truffle Macchiato	Kids	Frozen Chiller	300	70	46	1	44	7	5	0	30	140	8	93	Contains: Milk
Raspberry Truffle Macchiato	Small	Frozen Chiller	410	110	53	1	50	12	7	0	50	210	12	159	Contains: Milk
Raspberry Truffle Macchiato	Medium	Frozen Chiller	560	160	62	1	59	18	11	0	75	300	19	247	Contains: Milk
Raspberry Truffle Macchiato	Large	Frozen Chiller	780	220	94	1	89	24	15	0	95	420	25	324	Contains: Milk
Salted Caramel Macchiato	Kids	Iced	220	40	42	0	39	4	3	0	15	180	3	60	Contains: Milk
Salted Caramel Macchiato	Small	Iced	250	60	45	0	42	6	4	0	25	210	5	120	Contains: Milk
Salted Caramel Macchiato	Medium	Iced	330	90	51	0	48	10	6	0	40	270	9	120	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Salted Caramel Macchiato	Large	Iced	370	110	54	0	51	12	8	0	50	300	11	240	Contains: Milk
Salted Caramel Macchiato	Kids	Hot	280	70	47	0	44	7	5	0	30	230	6	60	Contains: Milk
Salted Caramel Macchiato	Small	Hot	290	70	48	0	45	8	5	0	35	240	7	120	Contains: Milk
Salted Caramel Macchiato	Medium	Hot	350	100	53	0	50	12	7	0	45	290	11	120	Contains: Milk
Salted Caramel Macchiato	Large	Hot	390	120	55	0	52	13	8	0	55	310	12	240	Contains: Milk
Salted Caramel Macchiato	Kids	Frozen Chiller	310	70	47	0	45	8	5	0	30	230	7	93	Contains: Milk
Salted Caramel Macchiato	Small	Frozen Chiller	420	110	54	0	51	12	8	0	50	300	12	159	Contains: Milk
Salted Caramel Macchiato	Medium	Frozen Chiller	570	170	63	0	60	19	12	0	75	390	18	247	Contains: Milk
Salted Caramel Macchiato	Large	Frozen Chiller	790	220	96	0	92	24	15	0	100	570	23	324	Contains: Milk
Snickerdoodle Mocha	Kids	Iced	170	30	33	0	32	3	1	0	15	90	4	60	Contains: Milk
Snickerdoodle Mocha	Small	Iced	230	50	41	0	40	6	2	0	30	150	7	120	Contains: Milk
Snickerdoodle Mocha	Medium	Iced	350	90	56	1	55	10	4	0	50	260	12	120	Contains: Milk
Snickerdoodle Mocha	Large	Iced	410	110	64	1	63	12	5	0	60	320	15	240	Contains: Milk
Snickerdoodle Mocha	Kids	Hot	280	70	47	1	46	8	3	0	40	190	9	60	Contains: Milk
Snickerdoodle Mocha	Small	Hot	310	80	50	1	49	8	3	0	40	220	10	120	Contains: Milk
Snickerdoodle Mocha	Medium	Hot	400	110	63	1	62	12	5	0	60	310	15	120	Contains: Milk
Snickerdoodle Mocha	Large	Hot	450	130	70	1	68	14	6	0	70	360	17	240	Contains: Milk
Snickerdoodle Mocha	Kids	Frozen Chiller	300	70	49	1	48	8	3	0	40	210	10	102	Contains: Milk
Snickerdoodle Mocha	Small	Frozen Chiller	440	120	68	1	67	14	6	0	70	350	17	170	Contains: Milk
Snickerdoodle Mocha	Medium	Frozen Chiller	630	190	93	2	91	21	8	0	105	530	25	260	Contains: Milk
Snickerdoodle Mocha	Large	Frozen Chiller	880	250	136	2	133	27	11	0	135	690	33	340	Contains: Milk
Toasted Marshmallow Latte	Kids	Frozen Chiller	240	60	30	0	29	7	4	0	30	105	7	99	Contains: Milk
Toasted Marshmallow Latte	Small	Frozen Chiller	350	110	37	0	36	12	7	0	50	170	12	165	Contains: Milk
Toasted Marshmallow Latte	Medium	Frozen Chiller	500	160	46	0	45	18	11	0	75	260	18	252	Contains: Milk
Toasted Marshmallow Latte	Large	Frozen Chiller	700	210	74	0	72	23	15	0	100	340	23	329	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Toasted Marshmallow Latte	Kids	Iced	130	25	24	0	24	3	2	0	10	45	3	60	Contains: Milk
Toasted Marshmallow Latte	Small	Iced	170	45	27	0	27	5	3	0	20	75	5	120	Contains: Milk
Toasted Marshmallow Latte	Medium	Iced	250	80	33	0	32	9	6	0	35	130	9	120	Contains: Milk
Toasted Marshmallow Latte	Large	Iced	280	100	36	0	35	11	7	0	45	160	11	240	Contains: Milk
Toasted Marshmallow Latte	Kids	Hot	200	60	30	0	29	7	4	0	30	95	7	60	Contains: Milk
Toasted Marshmallow Latte	Small	Hot	220	70	31	0	30	7	5	0	30	110	8	120	Contains: Milk
Toasted Marshmallow Latte	Medium	Hot	280	100	36	0	35	11	7	0	45	160	11	120	Contains: Milk
Toasted Marshmallow Latte	Large	Hot	310	110	38	0	37	12	8	0	50	180	13	240	Contains: Milk
Vanilla Latte	Kids	Iced	150	25	27	0	27	3	2	0	10	45	3	60	Contains: Milk
Vanilla Latte	Small	Iced	180	45	30	0	30	5	3	0	20	75	5	120	Contains: Milk
Vanilla Latte	Medium	Iced	260	80	36	0	35	9	6	0	35	130	9	120	Contains: Milk
Vanilla Latte	Large	Iced	300	100	39	0	38	11	7	0	45	160	11	240	Contains: Milk
Vanilla Latte	Kids	Hot	210	60	33	0	32	7	4	0	30	100	7	60	Contains: Milk
Vanilla Latte	Small	Hot	230	70	34	0	33	7	5	0	30	110	7	120	Contains: Milk
Vanilla Latte	Medium	Hot	290	100	39	0	38	11	7	0	45	160	11	120	Contains: Milk
Vanilla Latte	Large	Hot	320	110	41	0	40	12	8	0	50	180	12	240	Contains: Milk
Vanilla Latte	Kids	Frozen Chiller	270	70	35	0	32	8	5	0	30	140	7	99	Contains: Milk
Vanilla Latte	Small	Frozen Chiller	380	120	42	0	39	13	8	0	50	210	12	165	Contains: Milk
Vanilla Latte	Medium	Frozen Chiller	530	170	51	0	48	19	12	0	80	290	18	252	Contains: Milk
Vanilla Latte	Large	Frozen Chiller	760	230	83	0	78	26	16	0	105	410	24	329	Contains: Milk
White Chocolate Mocha	Kids	Iced	200	35	37	0	34	4	2	0	20	170	5	60	Contains: Milk
White Chocolate Mocha	Small	Iced	260	60	44	0	42	6	3	0	30	220	8	120	Contains: Milk
White Chocolate Mocha	Medium	Iced	370	100	60	1	57	11	4	0	50	340	14	120	Contains: Milk
White Chocolate Mocha	Large	Iced	430	120	68	1	64	13	5	0	65	390	16	240	Contains: Milk
White Chocolate Mocha	Kids	Hot	310	70	51	1	48	8	3	0	40	270	10	60	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
White Chocolate Mocha	Small	Hot	330	80	54	1	51	9	4	0	45	290	12	120	Contains: Milk
White Chocolate Mocha	Medium	Hot	430	110	67	1	64	13	5	0	60	390	16	120	Contains: Milk
White Chocolate Mocha	Large	Hot	480	130	73	1	70	15	6	0	70	440	18	240	Contains: Milk
White Chocolate Mocha	Kids	Frozen Chiller	320	80	53	1	50	9	4	0	40	290	11	102	Contains: Milk
White Chocolate Mocha	Small	Frozen Chiller	470	130	72	1	69	14	6	0	70	420	18	170	Contains: Milk
White Chocolate Mocha	Medium	Frozen Chiller	660	190	97	2	93	21	9	0	105	610	27	260	Contains: Milk
White Chocolate Mocha	Large	Frozen Chiller	930	250	144	2	137	28	12	0	140	850	36	340	Contains: Milk
White Mac Cold Brew	Small	Iced	110	0	25	0	22	0	0	0	0	45	1	156	Contains: Milk
White Mac Cold Brew	Medium	Iced	110	0	27	0	22	0	0	0	0	45	2	246	Contains: Milk
White Mac Cold Brew	Large	Iced	120	0	28	0	22	0	0	0	0	50	2	335	Contains: Milk

## 7 ENERGY (0-360 CAL)

Sugar-Free Brewberry 7 Energy	Small	Iced	5	0	2	0	0	0	0	0	0	115	0	67	
Sugar-Free Brewberry 7 Energy	Medium	Iced	5	0	3	0	0	0	0	0	0	180	0	105	
Sugar-Free Brewberry 7 Energy	Large	Iced	10	0	4	0	0	0	0	0	0	230	0	133	
Sugar-Free Brewberry 7 Energy	Small	Frozen Chiller	5	0	2	0	0	0	0	0	0	105	0	57	
Sugar-Free Brewberry 7 Energy	Medium	Frozen Chiller	10	0	3	0	0	0	0	0	0	160	0	86	
Sugar-Free Brewberry 7 Energy	Large	Frozen Chiller	15	0	4	0	0	0	0	0	0	210	0	114	
Sugar-Free Ocean Breeze 7 Energy	Small	Iced	0	0	2	0	0	0	0	0	0	115	0	67	
Sugar-Free Ocean Breeze 7 Energy	Medium	Iced	5	0	3	0	0	0	0	0	0	180	0	105	
Sugar-Free Ocean Breeze 7 Energy	Large	Iced	10	0	4	0	0	0	0	0	0	230	0	133	
Sugar-Free Ocean Breeze 7 Energy	Large	Frozen Chiller	10	0	3	0	0	0	0	0	0	210	0	114	
Sugar-Free Sunrise 7 Energy	Small	Iced	0	0	2	0	0	0	0	0	0	115	0	67	
Sugar-Free Sunrise 7 Energy	Medium	Iced	5	0	3	0	0	0	0	0	0	180	0	105	
Sugar-Free Sunrise 7 Energy	Large	Iced	10	0	4	0	0	0	0	0	0	230	0	133	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Sunrise 7 Energy	Large	Frozen Chiller	10	0	3	0	0	0	0	0	0	210	0	114	
Brewberry 7 Energy	Small	Iced	180	0	45	0	44	0	0	0	0	115	0	67	
Brewberry 7 Energy	Medium	Iced	230	0	59	0	57	0	0	0	0	180	0	105	
Brewberry 7 Energy	Large	Iced	350	0	91	0	87	0	0	0	0	230	0	133	
Brewberry 7 Energy	Small	Frozen Chiller	150	0	37	0	36	0	0	0	0	0	0	36	
Brewberry 7 Energy	Medium	Frozen Chiller	150	0	37	0	36	0	0	0	0	0	0	36	
Brewberry 7 Energy	Large	Frozen Chiller	290	0	73	0	72	0	0	0	0	5	0	71	
Heatwave 7 Energy	Small	Iced	180	0	46	0	44	0	0	0	0	115	0	67	
Heatwave 7 Energy	Medium	Iced	230	0	60	0	57	0	0	0	0	180	0	105	
Heatwave 7 Energy	Large	Iced	360	0	91	0	88	0	0	0	0	230	0	133	
Heatwave 7 Energy	Small	Frozen Chiller	150	0	37	0	36	0	0	0	0	0	0	36	
Heatwave 7 Energy	Medium	Frozen Chiller	150	0	37	0	36	0	0	0	0	0	0	36	
Heatwave 7 Energy	Large	Frozen Chiller	290	0	74	0	72	0	0	0	0	5	0	71	
Nightshade 7 Energy	Small	Iced	180	0	46	0	44	0	0	0	0	115	0	67	
Nightshade 7 Energy	Medium	Iced	230	0	60	0	57	0	0	0	0	180	0	105	
Nightshade 7 Energy	Large	Iced	350	0	92	0	88	0	0	0	0	230	0	133	
Nightshade 7 Energy	Small	Frozen Chiller	150	0	37	0	36	0	0	0	0	0	0	36	
Nightshade 7 Energy	Medium	Frozen Chiller	150	0	37	0	36	0	0	0	0	0	0	36	
Nightshade 7 Energy	Large	Frozen Chiller	290	0	74	0	72	0	0	0	0	5	0	71	
Ocean Breeze 7 Energy	Small	Iced	180	0	47	0	45	0	0	0	0	115	0	67	
Ocean Breeze 7 Energy	Medium	Iced	240	0	61	0	58	0	0	0	0	180	0	105	
Ocean Breeze 7 Energy	Large	Iced	360	0	94	0	91	0	0	0	0	230	0	133	
Ocean Breeze 7 Energy	Small	Frozen Chiller	150	0	38	0	38	0	0	0	0	0	0	36	
Ocean Breeze 7 Energy	Medium	Frozen Chiller	190	0	47	0	46	0	0	0	0	0	0	55	
Ocean Breeze 7 Energy	Large	Frozen Chiller	300	0	77	0	75	0	0	0	0	5	0	71	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Pixie Stick 7 Energy	Small	Iced	170	0	45	0	43	0	0	0	0	115	0	67	
Pixie Stick 7 Energy	Medium	Iced	230	0	59	0	56	0	0	0	0	180	0	105	
Pixie Stick 7 Energy	Large	Iced	350	0	90	0	86	0	0	0	0	230	0	133	
Pixie Stick 7 Energy	Small	Frozen Chiller	140	0	36	0	35	0	0	0	0	0	0	36	
Pixie Stick 7 Energy	Medium	Frozen Chiller	180	0	45	0	43	0	0	0	0	0	0	55	
Pixie Stick 7 Energy	Large	Frozen Chiller	290	0	72	0	71	0	0	0	0	5	0	71	
Sunrise 7 Energy	Small	Iced	180	0	46	0	44	0	0	0	0	115	0	67	
Sunrise 7 Energy	Medium	Iced	230	0	60	0	57	0	0	0	0	180	0	105	
Sunrise 7 Energy	Large	Iced	360	0	92	0	88	0	0	0	0	230	0	133	
Sunrise 7 Energy	Small	Frozen Chiller	150	0	37	0	36	0	0	0	0	0	0	36	
Sunrise 7 Energy	Medium	Frozen Chiller	150	0	37	0	36	0	0	0	0	0	0	36	
Sunrise 7 Energy	Large	Frozen Chiller	290	0	74	0	72	0	0	0	0	5	0	71	
Tropic Thunder 7 Energy	Small	Iced	180	0	46	0	44	0	0	0	0	115	0	67	
Tropic Thunder 7 Energy	Medium	Iced	230	0	60	0	57	0	0	0	0	180	0	105	
Tropic Thunder 7 Energy	Large	Iced	350	0	91	0	88	0	0	0	0	230	0	133	
Tropic Thunder 7 Energy	Small	Frozen Chiller	150	0	37	0	36	0	0	0	0	0	0	36	
Tropic Thunder 7 Energy	Medium	Frozen Chiller	180	0	45	0	44	0	0	0	0	0	0	55	
Tropic Thunder 7 Energy	Large	Frozen Chiller	290	0	74	0	72	0	0	0	0	5	0	71	

## 7 FIZZ SODA (0-360 CAL)

Sugar-Free Peaches 'n Cream 7 Fizz Soda	Kids	Iced	0	0	0	0	0	0	0	0	0	5	0	0	
Sugar-Free Peaches 'n Cream 7 Fizz Soda	Small	Iced	0	0	0	0	0	0	0	0	0	10	0	0	
Sugar-Free Peaches 'n Cream 7 Fizz Soda	Medium	Iced	0	0	1	0	0	0	0	0	0	15	0	0	
Sugar-Free Peaches 'n Cream 7 Fizz Soda	Large	Iced	5	0	1	0	0	0	0	0	0	20	0	0	
Sugar-Free Peaches 'n Cream 7 Fizz Soda	Medium	Frozen Chiller	0	0	1	0	0	0	0	0	0	15	0	0	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Peaches 'n Cream 7 Fizz Soda	Small	Frozen Chiller	0	0	0	0	0	0	0	0	0	10	0	0	
Sugar-Free Peaches 'n Cream 7 Fizz Soda	Kids	Frozen Chiller	0	0	0	0	0	0	0	0	0	5	0	0	
Sugar-Free Peaches 'n Cream 7 Fizz Soda	Large	Frozen Chiller	5	0	1	0	0	0	0	0	0	20	0	0	
Sugar-Free Sunrise 7 Fizz Soda	Kids	Iced	0	0	0	0	0	0	0	0	0	5	0	0	
Sugar-Free Sunrise 7 Fizz Soda	Medium	Iced	0	0	0	0	0	0	0	0	0	15	0	0	
Sugar-Free Sunrise 7 Fizz Soda	Small	Iced	0	0	0	0	0	0	0	0	0	10	0	0	
Sugar-Free Sunrise 7 Fizz Soda	Large	Iced	5	0	0	0	0	0	0	0	0	20	0	0	
Sugar-Free Sunrise 7 Fizz Soda	Small	Frozen Chiller	0	0	0	0	0	0	0	0	0	10	0	0	
Sugar-Free Sunrise 7 Fizz Soda	Kids	Frozen Chiller	0	0	0	0	0	0	0	0	0	5	0	0	
Sugar-Free Sunrise 7 Fizz Soda	Medium	Frozen Chiller	0	0	0	0	0	0	0	0	0	15	0	0	
Sugar-Free Sunrise 7 Fizz Soda	Large	Frozen Chiller	5	0	0	0	0	0	0	0	0	20	0	0	
7 Fizz Soda	Small	Iced	0	0	0	0	0	0	0	0	0	0	0	0	
7 Fizz Soda	Medium	Iced	0	0	0	0	0	0	0	0	0	0	0	0	
7 Fizz Soda	Large	Iced	0	0	0	0	0	0	0	0	0	0	0	0	
7 Fizz Soda	Kids	Iced	0	0	0	0	0	0	0	0	0	0	0	0	
7 Fizz Soda	Medium	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	0	
7 Fizz Soda	Small	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	0	
7 Fizz Soda	Large	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	0	
7 Fizz Soda	Kids	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	0	
Blood Orange 7 Fizz Soda	Kids	Iced	80	0	22	0	21	0	0	0	0	0	0	0	
Blood Orange 7 Fizz Soda	Small	Iced	170	0	43	0	42	0	0	0	0	10	0	0	
Blood Orange 7 Fizz Soda	Medium	Iced	250	0	65	0	63	0	0	0	0	10	0	0	
Blood Orange 7 Fizz Soda	Large	Iced	340	0	86	0	85	0	0	0	0	15	0	0	
Blood Orange 7 Fizz Soda	Kids	Frozen Chiller	80	0	22	0	21	0	0	0	0	0	0	0	
Blood Orange 7 Fizz Soda	Small	Frozen Chiller	170	0	43	0	42	0	0	0	0	10	0	0	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Blood Orange 7 Fizz Soda	Medium	Frozen Chiller	250	0	65	0	63	0	0	0	0	10	0	0	
Blood Orange 7 Fizz Soda	Large	Frozen Chiller	340	0	86	0	85	0	0	0	0	15	0	0	
Brew Lagoon 7 Fizz Soda	Kids	Iced	80	0	21	0	21	0	0	0	0	0	0	0	
Brew Lagoon 7 Fizz Soda	Small	Iced	170	0	43	0	43	0	0	0	0	5	0	0	
Brew Lagoon 7 Fizz Soda	Medium	Iced	250	0	64	0	64	0	0	0	0	10	0	0	
Brew Lagoon 7 Fizz Soda	Large	Iced	340	0	85	0	85	0	0	0	0	15	0	0	
Brew Lagoon 7 Fizz Soda	Kids	Frozen Chiller	80	0	21	0	21	0	0	0	0	0	0	0	
Brew Lagoon 7 Fizz Soda	Small	Frozen Chiller	170	0	43	0	43	0	0	0	0	5	0	0	
Brew Lagoon 7 Fizz Soda	Medium	Frozen Chiller	250	0	64	0	64	0	0	0	0	10	0	0	
Brew Lagoon 7 Fizz Soda	Large	Frozen Chiller	340	0	85	0	85	0	0	0	0	15	0	0	
Peaches 'n Cream 7 Fizz Soda	Kids	Iced	90	0	23	0	23	0	0	0	0	0	0	0	
Peaches 'n Cream 7 Fizz Soda	Small	Iced	180	0	47	0	46	0	0	0	0	5	0	0	
Peaches 'n Cream 7 Fizz Soda	Medium	Iced	270	0	70	0	69	0	0	0	0	10	0	0	
Peaches 'n Cream 7 Fizz Soda	Large	Iced	360	0	93	0	92	0	0	0	0	10	0	0	
Peaches 'n Cream 7 Fizz Soda	Kids	Frozen Chiller	90	0	23	0	23	0	0	0	0	0	0	0	
Peaches 'n Cream 7 Fizz Soda	Small	Frozen Chiller	180	0	47	0	46	0	0	0	0	5	0	0	
Peaches 'n Cream 7 Fizz Soda	Medium	Frozen Chiller	270	0	70	0	69	0	0	0	0	10	0	0	
Peaches 'n Cream 7 Fizz Soda	Large	Frozen Chiller	360	0	93	0	92	0	0	0	0	10	0	0	
Pink Mermaid 7 Fizz Soda	Medium	Iced	5	0	2	0	2	0	0	0	0	0	0	0	
Pink Mermaid 7 Fizz Soda	Kids	Iced	80	0	21	0	20	0	0	0	0	0	0	0	
Pink Mermaid 7 Fizz Soda	Small	Iced	160	0	41	0	41	0	0	0	0	5	0	0	
Pink Mermaid 7 Fizz Soda	Large	Iced	320	0	82	0	81	0	0	0	0	15	0	0	
Pink Mermaid 7 Fizz Soda	Kids	Frozen Chiller	80	0	21	0	20	0	0	0	0	0	0	0	
Pink Mermaid 7 Fizz Soda	Small	Frozen Chiller	160	0	41	0	41	0	0	0	0	5	0	0	
Pink Mermaid 7 Fizz Soda	Medium	Frozen Chiller	240	0	62	0	61	0	0	0	0	10	0	0	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Pink Mermaid 7 Fizz Soda	Large	Frozen Chiller	320	0	82	0	81	0	0	0	0	15	0	0	
Sunrise 7 Fizz Soda	Kids	Iced	80	0	22	0	21	0	0	0	0	0	0	0	
Sunrise 7 Fizz Soda	Small	Iced	170	0	43	0	42	0	0	0	0	5	0	0	
Sunrise 7 Fizz Soda	Medium	Iced	250	0	65	0	64	0	0	0	0	10	0	0	
Sunrise 7 Fizz Soda	Large	Iced	340	0	86	0	85	0	0	0	0	15	0	0	
Sunrise 7 Fizz Soda	Kids	Frozen Chiller	80	0	22	0	21	0	0	0	0	0	0	0	
Sunrise 7 Fizz Soda	Small	Frozen Chiller	170	0	43	0	42	0	0	0	0	5	0	0	
Sunrise 7 Fizz Soda	Medium	Frozen Chiller	250	0	65	0	64	0	0	0	0	10	0	0	
Sunrise 7 Fizz Soda	Large	Frozen Chiller	340	0	86	0	85	0	0	0	0	15	0	0	

## TEAS, CHAI & MATCHA (0-600 CAL)

Sugar-Free Brewchata Chai	Kids	Frozen Chiller	70	5	15	0	15	1	0	0	0	25	0	0	Contains: Almond
Sugar-Free Brewchata Chai	Small	Frozen Chiller	110	10	25	0	25	1	0	0	0	40	0	0	Contains: Almond
Sugar-Free Brewchata Chai	Medium	Frozen Chiller	180	15	40	0	39	2	0	0	0	60	1	0	Contains: Almond
Sugar-Free Brewchata Chai	Large	Frozen Chiller	220	20	50	1	49	2	0	0	0	80	1	0	Contains: Almond
Sugar-Free Brewchata Chai Latte	Kids	Iced	50	15	9	0	9	1	0	0	0	50	1	0	Contains: Almond
Sugar-Free Brewchata Chai Latte	Small	Iced	90	20	17	1	17	2	0	0	0	75	1	0	Contains: Almond
Sugar-Free Brewchata Chai Latte	Medium	Iced	150	30	28	1	27	3	0	0	0	110	2	0	Contains: Almond
Sugar-Free Brewchata Chai Latte	Large	Iced	200	40	39	1	38	5	0	0	0	150	2	0	Contains: Almond
Sugar-Free Brewchata Chai Latte	Kids	Hot	100	25	19	1	18	3	0	0	0	85	1	--	Contains: Almond
Sugar-Free Brewchata Chai Latte	Small	Hot	130	30	24	1	23	3	0	0	0	100	1	--	Contains: Almond
Sugar-Free Brewchata Chai Latte	Medium	Hot	170	35	33	1	32	4	0	0	0	135	2	--	Contains: Almond
Sugar-Free Brewchata Chai Latte	Large	Hot	220	45	42	1	41	5	0	0	0	170	2	--	Contains: Almond
Sugar-Free Cereal Milk Matcha	Kids	Frozen Chiller	160	35	27	1	22	4	3	0	10	190	2	8	Contains: Milk
Sugar-Free Cereal Milk Matcha	Small	Frozen Chiller	250	60	45	1	39	7	5	0	20	230	4	17	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Protein (g)	Caffeine (Mg)	Allergens (Top 9)
Sugar-Free Cereal Milk Matcha	Medium	Frozen Chiller	370	90	69	1	62	10	7	0	25	270	6	28	Contains: Milk
Sugar-Free Cereal Milk Matcha	Large	Frozen Chiller	500	120	90	1	78	13	9	0	35	450	8	34	Contains: Milk
Sugar-Free Cereal Milk Matcha Latte	Kids	Iced	120	25	15	1	11	3	2	0	15	180	3	6	Contains: Milk
Sugar-Free Cereal Milk Matcha Latte	Small	Iced	180	45	25	1	21	5	3	0	20	210	5	11	Contains: Milk
Sugar-Free Cereal Milk Matcha Latte	Medium	Iced	260	70	36	1	32	8	5	0	35	250	8	17	Contains: Milk
Sugar-Free Cereal Milk Matcha Latte	Large	Iced	350	100	48	1	44	11	7	0	45	300	11	22	Contains: Milk
Sugar-Free Cereal Milk Matcha Latte	Kids	Hot	200	50	26	1	22	6	4	0	25	220	6	11	Contains: Milk
Sugar-Free Cereal Milk Matcha Latte	Small	Hot	240	60	34	1	30	7	4	0	30	230	7	17	Contains: Milk
Sugar-Free Cereal Milk Matcha Latte	Medium	Hot	310	80	45	1	41	9	6	0	40	270	9	22	Contains: Milk
Sugar-Free Cereal Milk Matcha Latte	Large	Hot	380	110	56	1	52	12	7	0	50	310	12	28	Contains: Milk
Sugar-Free Georgia Peach Black Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	5	0	43	
Sugar-Free Georgia Peach Black Tea	Small	Iced	0	0	0	0	0	0	0	0	0	5	0	74	
Sugar-Free Georgia Peach Black Tea	Medium	Iced	0	0	1	0	0	0	0	0	0	10	0	106	
Sugar-Free Georgia Peach Black Tea	Large	Iced	5	0	1	0	0	0	0	0	0	20	0	138	
Sugar-Free Georgia Peach Black Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Black Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Black Tea	Small	Hot	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Black Tea	Large	Hot	0	0	0	0	0	0	0	0	0	5	0	21	
Sugar-Free Georgia Peach Black Tea	Kids	Frozen Chiller	0	0	0	0	0	0	0	0	0	5	0	43	
Sugar-Free Georgia Peach Black Tea	Small	Frozen Chiller	0	0	1	0	0	0	0	0	0	10	0	64	
Sugar-Free Georgia Peach Black Tea	Medium	Frozen Chiller	5	0	1	0	0	0	0	0	0	20	0	96	
Sugar-Free Georgia Peach Black Tea	Large	Frozen Chiller	10	0	1	0	0	0	0	0	0	25	0	128	
Sugar-Free Georgia Peach Cinnamon Spice Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Cinnamon Spice Tea	Medium	Iced	0	0	1	0	0	0	0	0	0	10	0	11	
Sugar-Free Georgia Peach Cinnamon Spice Tea	Small	Iced	0	0	0	0	0	0	0	0	0	5	0	11	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Georgia Peach Cinnamon Spice Tea	Large	Iced	5	0	1	0	0	0	0	0	0	20	0	21	
Sugar-Free Georgia Peach Cinnamon Spice Tea	Small	Hot	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Cinnamon Spice Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Cinnamon Spice Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Cinnamon Spice Tea	Large	Hot	0	0	0	0	0	0	0	0	0	5	0	21	
Sugar-Free Georgia Peach Decaf Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	5	0	1	
Sugar-Free Georgia Peach Decaf Tea	Small	Iced	0	0	0	0	0	0	0	0	0	5	0	1	
Sugar-Free Georgia Peach Decaf Tea	Medium	Iced	0	0	1	0	0	0	0	0	0	10	0	1	
Sugar-Free Georgia Peach Decaf Tea	Large	Iced	5	0	1	0	0	0	0	0	0	20	0	1	
Sugar-Free Georgia Peach Decaf Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	5	0	1	
Sugar-Free Georgia Peach Decaf Tea	Small	Hot	0	0	0	0	0	0	0	0	0	5	0	1	
Sugar-Free Georgia Peach Decaf Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	5	0	1	
Sugar-Free Georgia Peach Decaf Tea	Large	Hot	0	0	0	0	0	0	0	0	0	5	0	1	
Sugar-Free Georgia Peach Earl Grey Tea	Small	Iced	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Earl Grey Tea	Medium	Iced	0	0	1	0	0	0	0	0	0	10	0	11	
Sugar-Free Georgia Peach Earl Grey Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Earl Grey Tea	Large	Iced	5	0	1	0	0	0	0	0	0	20	0	21	
Sugar-Free Georgia Peach Earl Grey Tea	Small	Hot	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Earl Grey Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Earl Grey Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	5	0	11	
Sugar-Free Georgia Peach Earl Grey Tea	Large	Hot	0	0	0	0	0	0	0	0	0	5	0	21	
Sugar-Free Georgia Peach Green Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	5	0	20	
Sugar-Free Georgia Peach Green Tea	Small	Iced	0	0	0	0	0	0	0	0	0	5	0	35	
Sugar-Free Georgia Peach Green Tea	Medium	Iced	0	0	1	0	0	0	0	0	0	10	0	50	
Sugar-Free Georgia Peach Green Tea	Large	Iced	5	0	1	0	0	0	0	0	0	20	0	64	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Georgia Peach Green Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	5	0	50	
Sugar-Free Georgia Peach Green Tea	Small	Hot	0	0	0	0	0	0	0	0	0	5	0	50	
Sugar-Free Georgia Peach Green Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	5	0	50	
Sugar-Free Georgia Peach Green Tea	Large	Hot	0	0	0	0	0	0	0	0	0	5	0	99	
Sugar-Free Georgia Peach Green Tea	Kids	Frozen Chiller	0	0	0	0	0	0	0	0	0	5	0	20	
Sugar-Free Georgia Peach Green Tea	Small	Frozen Chiller	0	0	1	0	0	0	0	0	0	10	0	30	
Sugar-Free Georgia Peach Green Tea	Medium	Frozen Chiller	5	0	1	0	0	0	0	0	0	20	0	45	
Sugar-Free Georgia Peach Green Tea	Large	Frozen Chiller	10	0	1	0	0	0	0	0	0	25	0	60	
Sugar-Free Georgia Peach Paris Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	5	0	34	
Sugar-Free Georgia Peach Paris Tea	Small	Iced	0	0	0	0	0	0	0	0	0	5	0	60	
Sugar-Free Georgia Peach Paris Tea	Medium	Iced	0	0	1	0	0	0	0	0	0	10	0	85	
Sugar-Free Georgia Peach Paris Tea	Large	Iced	5	0	1	0	0	0	0	0	0	20	0	111	
Sugar-Free Georgia Peach Paris Tea	Small	Hot	0	0	0	0	0	0	0	0	0	5	0	9	
Sugar-Free Georgia Peach Paris Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	5	0	9	
Sugar-Free Georgia Peach Paris Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	5	0	9	
Sugar-Free Georgia Peach Paris Tea	Large	Hot	0	0	0	0	0	0	0	0	0	5	0	17	
Sugar-Free Georgia Peach Paris Tea	Kids	Frozen Chiller	0	0	0	0	0	0	0	0	0	5	0	34	
Sugar-Free Georgia Peach Paris Tea	Small	Frozen Chiller	0	0	1	0	0	0	0	0	0	10	0	51	
Sugar-Free Georgia Peach Paris Tea	Medium	Frozen Chiller	5	0	1	0	0	0	0	0	0	20	0	77	
Sugar-Free Georgia Peach Paris Tea	Large	Frozen Chiller	10	0	1	0	0	0	0	0	0	25	0	102	
Sugar-Free Strawberry Matcha	Kids	Frozen Chiller	130	35	24	0	22	4	3	0	10	60	2	8	Contains: Milk
Sugar-Free Strawberry Matcha	Small	Frozen Chiller	210	60	42	0	39	7	5	0	20	95	4	17	Contains: Milk
Sugar-Free Strawberry Matcha	Medium	Frozen Chiller	330	90	66	0	62	10	7	0	25	135	6	28	Contains: Milk
Sugar-Free Strawberry Matcha	Large	Frozen Chiller	430	120	84	0	78	13	9	0	35	190	8	34	Contains: Milk
Sugar-Free Strawberry Matcha Latte	Kids	Iced	80	25	12	0	11	3	2	0	10	50	3	6	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Strawberry Matcha Latte	Small	Iced	150	45	22	0	21	5	3	0	20	75	5	11	Contains: Milk
Sugar-Free Strawberry Matcha Latte	Medium	Iced	230	70	33	0	32	8	5	0	35	120	8	17	Contains: Milk
Sugar-Free Strawberry Matcha Latte	Large	Iced	310	100	45	0	44	11	7	0	45	160	11	22	Contains: Milk
Sugar-Free Strawberry Matcha Latte	Kids	Hot	160	50	23	0	22	6	4	0	25	90	6	11	Contains: Milk
Sugar-Free Strawberry Matcha Latte	Small	Hot	200	60	31	0	30	7	4	0	30	100	7	17	Contains: Milk
Sugar-Free Strawberry Matcha Latte	Medium	Hot	280	80	42	0	41	9	6	0	40	135	9	22	Contains: Milk
Sugar-Free Strawberry Matcha Latte	Large	Hot	350	110	53	0	52	12	7	0	50	170	12	28	Contains: Milk
Black Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	0	0	53	
Black Tea	Small	Iced	0	0	0	0	0	0	0	0	0	0	0	85	
Black Tea	Medium	Iced	0	0	0	0	0	0	0	0	0	0	0	128	
Black Tea	Large	Iced	0	0	0	0	0	0	0	0	0	0	0	170	
Black Tea	Small	Hot	0	0	0	0	0	0	0	0	0	0	0	11	
Black Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	0	0	11	
Black Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	0	0	11	
Black Tea	Large	Hot	0	0	0	0	0	0	0	0	0	0	0	21	
Black Tea	Kids	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	53	
Black Tea	Small	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	85	
Black Tea	Medium	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	128	
Black Tea	Large	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	170	
Brewchata Chai	Kids	Frozen Chiller	150	5	36	0	36	1	0	0	0	20	0	0	Contains: Almond
Brewchata Chai	Small	Frozen Chiller	190	10	46	0	45	1	0	0	0	40	0	0	Contains: Almond
Brewchata Chai	Medium	Frozen Chiller	260	15	61	0	60	2	0	0	0	55	1	0	Contains: Almond
Brewchata Chai	Large	Frozen Chiller	390	20	92	0	91	2	0	0	0	75	1	0	Contains: Almond
Brewchata Chai Latte	Kids	Iced	130	15	30	0	29	1	0	0	0	45	1	0	Contains: Almond
Brewchata Chai Latte	Small	Iced	170	20	38	0	37	2	0	0	0	75	1	0	Contains: Almond



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Brewchata Chai Latte	Medium	Iced	230	30	49	1	48	3	0	0	0	110	2	0	Contains: Almond
Brewchata Chai Latte	Large	Iced	280	40	60	1	59	4	0	0	0	140	2	0	Contains: Almond
Brewchata Chai Latte	Kids	Hot	180	25	40	1	39	3	0	0	0	85	1	--	Contains: Almond
Brewchata Chai Latte	Small	Hot	210	30	45	1	44	3	0	0	0	100	1	--	Contains: Almond
Brewchata Chai Latte	Medium	Hot	250	35	54	1	53	4	0	0	0	130	2	--	Contains: Almond
Brewchata Chai Latte	Large	Hot	300	45	63	1	62	5	0	0	0	160	2	--	Contains: Almond
Cereal Milk Matcha Latte	Kids	Frozen Chiller	210	35	45	0	43	4	3	0	10	55	2	8	Contains: Milk
Cereal Milk Matcha Latte	Small	Frozen Chiller	290	60	63	0	60	7	5	0	20	90	4	17	Contains: Milk
Cereal Milk Matcha Latte	Medium	Frozen Chiller	410	90	87	0	83	10	7	0	25	130	6	28	Contains: Milk
Cereal Milk Matcha Latte	Large	Frozen Chiller	590	120	126	0	120	13	9	0	35	180	8	34	Contains: Milk
Cereal Milk Matcha Latte	Kids	Iced	170	25	33	0	32	3	2	0	10	45	3	6	Contains: Milk
Cereal Milk Matcha Latte	Small	Iced	230	45	43	0	42	5	3	0	20	75	5	11	Contains: Milk
Cereal Milk Matcha Latte	Medium	Iced	310	70	54	0	53	8	5	0	35	115	8	17	Contains: Milk
Cereal Milk Matcha Latte	Large	Iced	390	100	65	0	65	11	7	0	45	160	11	22	Contains: Milk
Cereal Milk Matcha Latte	Kids	Hot	240	50	44	0	43	6	4	0	25	85	6	11	Contains: Milk
Cereal Milk Matcha Latte	Small	Hot	350	90	57	0	56	10	6	0	40	150	10	17	Contains: Milk
Cereal Milk Matcha Latte	Medium	Hot	360	80	63	0	62	9	6	0	40	135	9	22	Contains: Milk
Cereal Milk Matcha Latte	Large	Hot	430	110	73	0	73	12	7	0	50	170	12	28	Contains: Milk
Chai Latte	Kids	Frozen Chiller	110	15	24	0	23	2	1	0	< 5	20	1	0	Contains: Milk
Chai Latte	Small	Frozen Chiller	180	30	38	0	37	3	2	0	10	45	2	0	Contains: Milk
Chai Latte	Medium	Frozen Chiller	270	45	57	0	56	5	3	0	15	65	3	0	Contains: Milk
Chai Latte	Large	Frozen Chiller	360	60	76	0	74	6	4	0	15	85	4	0	Contains: Milk
Chai Latte	Kids	Iced	90	25	15	0	15	3	2	0	10	35	3	0	Contains: Milk
Chai Latte	Small	Iced	150	35	25	0	24	4	3	0	15	55	4	0	Contains: Milk
Chai Latte	Medium	Iced	220	50	37	0	37	6	4	0	25	85	6	0	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Chai Latte	Large	Iced	300	70	49	0	49	8	5	0	35	115	8	0	Contains: Milk
Chai Latte	Kids	Hot	160	35	26	0	25	4	3	0	15	60	4	--	Contains: Milk
Chai Latte	Small	Hot	190	45	31	0	30	5	3	0	20	70	5	--	Contains: Milk
Chai Latte	Medium	Hot	250	60	41	0	41	7	4	0	30	95	7	--	Contains: Milk
Chai Latte	Large	Hot	310	80	51	0	51	8	5	0	35	120	8	--	Contains: Milk
Cherry Blossom Black Tea	Kids	Iced	80	0	21	0	21	0	0	0	0	0	0	43	
Cherry Blossom Black Tea	Small	Iced	80	0	21	0	21	0	0	0	0	0	0	74	
Cherry Blossom Black Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	106	
Cherry Blossom Black Tea	Large	Iced	250	0	64	0	63	0	0	0	0	10	0	138	
Cherry Blossom Black Tea	Small	Hot	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Black Tea	Medium	Hot	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Black Tea	Kids	Hot	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Black Tea	Large	Hot	80	0	21	0	21	0	0	0	0	0	0	21	
Cherry Blossom Black Tea	Kids	Frozen Chiller	80	0	21	0	21	0	0	0	0	0	0	43	
Cherry Blossom Black Tea	Small	Frozen Chiller	170	0	43	0	42	0	0	0	0	5	0	64	
Cherry Blossom Black Tea	Medium	Frozen Chiller	250	0	64	0	63	0	0	0	0	10	0	96	
Cherry Blossom Black Tea	Large	Frozen Chiller	330	0	85	0	84	0	0	0	0	10	0	128	
Cherry Blossom Cinnamon Spice Tea	Small	Iced	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Cinnamon Spice Tea	Kids	Iced	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Cinnamon Spice Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	11	
Cherry Blossom Cinnamon Spice Tea	Large	Iced	250	0	64	0	63	0	0	0	0	10	0	21	
Cherry Blossom Cinnamon Spice Tea	Small	Hot	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Cinnamon Spice Tea	Medium	Hot	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Cinnamon Spice Tea	Kids	Hot	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Cinnamon Spice Tea	Large	Hot	80	0	21	0	21	0	0	0	0	0	0	21	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Cherry Blossom Decaf Tea	Kids	Iced	80	0	21	0	21	0	0	0	0	0	0	1	
Cherry Blossom Decaf Tea	Small	Iced	80	0	21	0	21	0	0	0	0	0	0	1	
Cherry Blossom Decaf Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	1	
Cherry Blossom Decaf Tea	Large	Iced	250	0	64	0	63	0	0	0	0	10	0	1	
Cherry Blossom Decaf Tea	Kids	Hot	80	0	21	0	21	0	0	0	0	0	0	1	
Cherry Blossom Decaf Tea	Large	Hot	80	0	21	0	21	0	0	0	0	0	0	1	
Cherry Blossom Decaf Tea	Medium	Hot	80	0	21	0	21	0	0	0	0	0	0	1	
Cherry Blossom Decaf Tea	Small	Hot	80	0	21	0	21	0	0	0	0	0	0	1	
Cherry Blossom Earl Grey Tea	Small	Iced	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Earl Grey Tea	Kids	Iced	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Earl Grey Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	11	
Cherry Blossom Earl Grey Tea	Large	Iced	250	0	64	0	63	0	0	0	0	10	0	21	
Cherry Blossom Earl Grey Tea	Small	Hot	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Earl Grey Tea	Medium	Hot	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Earl Grey Tea	Kids	Hot	80	0	21	0	21	0	0	0	0	0	0	11	
Cherry Blossom Earl Grey Tea	Large	Hot	80	0	21	0	21	0	0	0	0	0	0	21	
Cherry Blossom Green Tea	Kids	Iced	80	0	21	0	21	0	0	0	0	0	0	20	
Cherry Blossom Green Tea	Small	Iced	80	0	21	0	21	0	0	0	0	0	0	35	
Cherry Blossom Green Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	50	
Cherry Blossom Green Tea	Large	Iced	250	0	64	0	63	0	0	0	0	10	0	64	
Cherry Blossom Green Tea	Medium	Hot	80	0	21	0	21	0	0	0	0	0	0	50	
Cherry Blossom Green Tea	Small	Hot	80	0	21	0	21	0	0	0	0	0	0	50	
Cherry Blossom Green Tea	Kids	Hot	80	0	21	0	21	0	0	0	0	0	0	50	
Cherry Blossom Green Tea	Large	Hot	80	0	21	0	21	0	0	0	0	0	0	99	
Cherry Blossom Green Tea	Kids	Frozen Chiller	80	0	21	0	21	0	0	0	0	0	0	20	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Cherry Blossom Green Tea	Small	Frozen Chiller	170	0	43	0	42	0	0	0	0	5	0	30	
Cherry Blossom Green Tea	Medium	Frozen Chiller	250	0	64	0	63	0	0	0	0	10	0	45	
Cherry Blossom Green Tea	Large	Frozen Chiller	330	0	85	0	84	0	0	0	0	10	0	60	
Cherry Blossom Paris Tea	Kids	Iced	80	0	21	0	21	0	0	0	0	0	0	34	
Cherry Blossom Paris Tea	Small	Iced	80	0	21	0	21	0	0	0	0	0	0	60	
Cherry Blossom Paris Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	85	
Cherry Blossom Paris Tea	Large	Iced	250	0	64	0	63	0	0	0	0	10	0	111	
Cherry Blossom Paris Tea	Small	Hot	80	0	21	0	21	0	0	0	0	0	0	9	
Cherry Blossom Paris Tea	Medium	Hot	80	0	21	0	21	0	0	0	0	0	0	9	
Cherry Blossom Paris Tea	Kids	Hot	80	0	21	0	21	0	0	0	0	0	0	9	
Cherry Blossom Paris Tea	Large	Hot	80	0	21	0	21	0	0	0	0	0	0	17	
Cherry Blossom Paris Tea	Kids	Frozen Chiller	80	0	21	0	21	0	0	0	0	0	0	34	
Cherry Blossom Paris Tea	Small	Frozen Chiller	170	0	43	0	42	0	0	0	0	5	0	51	
Cherry Blossom Paris Tea	Medium	Frozen Chiller	250	0	64	0	63	0	0	0	0	10	0	77	
Cherry Blossom Paris Tea	Large	Frozen Chiller	330	0	85	0	84	0	0	0	0	10	0	102	
Cinnamon Spice Tea	Small	Iced	0	0	0	0	0	0	0	0	0	0	0	11	
Cinnamon Spice Tea	Medium	Iced	0	0	0	0	0	0	0	0	0	0	0	11	
Cinnamon Spice Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	0	0	11	
Cinnamon Spice Tea	Large	Iced	0	0	0	0	0	0	0	0	0	0	0	21	
Cinnamon Spice Tea	Small	Hot	0	0	0	0	0	0	0	0	0	0	0	11	
Cinnamon Spice Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	0	0	11	
Cinnamon Spice Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	0	0	11	
Cinnamon Spice Tea	Large	Hot	0	0	0	0	0	0	0	0	0	0	0	21	
Cloud 9 Matcha Latte	Kids	Frozen Chiller	210	35	46	0	45	4	3	0	10	55	2	8	Contains: Milk
Cloud 9 Matcha Latte	Small	Frozen Chiller	300	60	64	0	62	7	5	0	20	90	4	17	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Cloud 9 Matcha Latte	Medium	Frozen Chiller	420	90	89	0	85	10	7	0	25	130	6	28	Contains: Milk
Cloud 9 Matcha Latte	Large	Frozen Chiller	600	120	129	0	124	13	9	0	35	180	8	34	Contains: Milk
Cloud 9 Matcha Latte	Kids	Iced	170	25	34	0	34	3	2	0	10	45	3	6	Contains: Milk
Cloud 9 Matcha Latte	Small	Iced	230	45	44	0	44	5	3	0	20	75	5	11	Contains: Milk
Cloud 9 Matcha Latte	Medium	Iced	310	70	56	0	55	8	5	0	35	115	8	17	Contains: Milk
Cloud 9 Matcha Latte	Large	Iced	400	100	67	0	66	11	7	0	45	160	11	22	Contains: Milk
Cloud 9 Matcha Latte	Kids	Hot	250	50	45	0	45	6	4	0	25	85	6	11	Contains: Milk
Cloud 9 Matcha Latte	Small	Hot	290	60	54	0	53	7	4	0	30	100	7	17	Contains: Milk
Cloud 9 Matcha Latte	Medium	Hot	360	80	64	0	64	9	6	0	40	135	9	22	Contains: Milk
Cloud 9 Matcha Latte	Large	Hot	430	110	75	0	74	12	7	0	50	170	12	28	Contains: Milk
Decaf Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	0	0	1	
Decaf Tea	Large	Iced	0	0	0	0	0	0	0	0	0	0	0	1	
Decaf Tea	Medium	Iced	0	0	0	0	0	0	0	0	0	0	0	1	
Decaf Tea	Small	Iced	0	0	0	0	0	0	0	0	0	0	0	1	
Decaf Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	0	0	1	
Decaf Tea	Large	Hot	0	0	0	0	0	0	0	0	0	0	0	1	
Decaf Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	0	0	1	
Decaf Tea	Small	Hot	0	0	0	0	0	0	0	0	0	0	0	1	
Earl Grey Tea	Small	Iced	0	0	0	0	0	0	0	0	0	0	0	11	
Earl Grey Tea	Medium	Iced	0	0	0	0	0	0	0	0	0	0	0	11	
Earl Grey Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	0	0	11	
Earl Grey Tea	Large	Iced	0	0	0	0	0	0	0	0	0	0	0	21	
Earl Grey Tea	Small	Hot	0	0	0	0	0	0	0	0	0	0	0	11	
Earl Grey Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	0	0	11	
Earl Grey Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	0	0	11	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Protein (g)	Caffeine (Mg)	Allergens (Top 9)
Earl Grey Tea	Large	Hot	0	0	0	0	0	0	0	0	0	0	0	21	
Georgia Peach Black Tea	Kids	Iced	80	0	22	0	21	0	0	0	0	0	0	53	
Georgia Peach Black Tea	Small	Iced	80	0	22	0	21	0	0	0	0	0	0	74	
Georgia Peach Black Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	106	
Georgia Peach Black Tea	Large	Iced	250	0	65	0	64	0	0	0	0	10	0	138	
Georgia Peach Black Tea	Small	Hot	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Black Tea	Medium	Hot	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Black Tea	Kids	Hot	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Black Tea	Large	Hot	80	0	22	0	21	0	0	0	0	0	0	21	
Georgia Peach Black Tea	Kids	Frozen Chiller	80	0	22	0	21	0	0	0	0	0	0	43	
Georgia Peach Black Tea	Small	Frozen Chiller	170	0	43	0	42	0	0	0	0	5	0	64	
Georgia Peach Black Tea	Medium	Frozen Chiller	250	0	65	0	64	0	0	0	0	10	0	96	
Georgia Peach Black Tea	Large	Frozen Chiller	340	0	86	0	85	0	0	0	0	15	0	128	
Georgia Peach Cinnamon Spice Tea	Small	Iced	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Cinnamon Spice Tea	Kids	Iced	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Cinnamon Spice Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	11	
Georgia Peach Cinnamon Spice Tea	Large	Iced	250	0	65	0	64	0	0	0	0	10	0	21	
Georgia Peach Cinnamon Spice Tea	Small	Hot	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Cinnamon Spice Tea	Medium	Hot	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Cinnamon Spice Tea	Kids	Hot	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Cinnamon Spice Tea	Large	Hot	80	0	22	0	21	0	0	0	0	0	0	21	
Georgia Peach Decaf Tea	Kids	Iced	80	0	22	0	21	0	0	0	0	0	0	1	
Georgia Peach Decaf Tea	Small	Iced	80	0	22	0	21	0	0	0	0	0	0	1	
Georgia Peach Decaf Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	1	
Georgia Peach Decaf Tea	Large	Iced	250	0	65	0	64	0	0	0	0	10	0	1	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Georgia Peach Decaf Tea	Kids	Hot	80	0	22	0	21	0	0	0	0	0	0	1	
Georgia Peach Decaf Tea	Large	Hot	80	0	22	0	21	0	0	0	0	0	0	1	
Georgia Peach Decaf Tea	Medium	Hot	80	0	22	0	21	0	0	0	0	0	0	1	
Georgia Peach Decaf Tea	Small	Hot	80	0	22	0	21	0	0	0	0	0	0	1	
Georgia Peach Earl Grey Tea	Small	Iced	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Earl Grey Tea	Kids	Iced	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Earl Grey Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	11	
Georgia Peach Earl Grey Tea	Large	Iced	250	0	65	0	64	0	0	0	0	10	0	21	
Georgia Peach Earl Grey Tea	Small	Hot	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Earl Grey Tea	Medium	Hot	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Earl Grey Tea	Kids	Hot	80	0	22	0	21	0	0	0	0	0	0	11	
Georgia Peach Earl Grey Tea	Large	Hot	80	0	22	0	21	0	0	0	0	0	0	21	
Georgia Peach Green Tea	Kids	Iced	80	0	22	0	21	0	0	0	0	0	0	20	
Georgia Peach Green Tea	Small	Iced	80	0	22	0	21	0	0	0	0	0	0	35	
Georgia Peach Green Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	50	
Georgia Peach Green Tea	Large	Iced	250	0	65	0	64	0	0	0	0	10	0	64	
Georgia Peach Green Tea	Medium	Hot	80	0	22	0	21	0	0	0	0	0	0	50	
Georgia Peach Green Tea	Small	Hot	80	0	22	0	21	0	0	0	0	0	0	50	
Georgia Peach Green Tea	Kids	Hot	80	0	22	0	21	0	0	0	0	0	0	50	
Georgia Peach Green Tea	Large	Hot	80	0	22	0	21	0	0	0	0	0	0	99	
Georgia Peach Green Tea	Kids	Frozen Chiller	80	0	22	0	21	0	0	0	0	0	0	20	
Georgia Peach Green Tea	Small	Frozen Chiller	170	0	43	0	42	0	0	0	0	5	0	30	
Georgia Peach Green Tea	Medium	Frozen Chiller	250	0	65	0	64	0	0	0	0	10	0	45	
Georgia Peach Green Tea	Large	Frozen Chiller	340	0	86	0	85	0	0	0	0	15	0	60	
Georgia Peach Paris Tea	Kids	Iced	80	0	22	0	21	0	0	0	0	0	0	34	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Georgia Peach Paris Tea	Small	Iced	80	0	22	0	21	0	0	0	0	0	0	60	
Georgia Peach Paris Tea	Medium	Iced	170	0	43	0	42	0	0	0	0	5	0	85	
Georgia Peach Paris Tea	Large	Iced	250	0	65	0	64	0	0	0	0	10	0	111	
Georgia Peach Paris Tea	Small	Hot	80	0	22	0	21	0	0	0	0	0	0	9	
Georgia Peach Paris Tea	Medium	Hot	80	0	22	0	21	0	0	0	0	0	0	9	
Georgia Peach Paris Tea	Kids	Hot	80	0	22	0	21	0	0	0	0	0	0	9	
Georgia Peach Paris Tea	Large	Hot	80	0	22	0	21	0	0	0	0	0	0	17	
Georgia Peach Paris Tea	Kids	Frozen Chiller	80	0	22	0	21	0	0	0	0	0	0	34	
Georgia Peach Paris Tea	Small	Frozen Chiller	170	0	43	0	42	0	0	0	0	5	0	51	
Georgia Peach Paris Tea	Medium	Frozen Chiller	250	0	65	0	64	0	0	0	0	10	0	77	
Georgia Peach Paris Tea	Large	Frozen Chiller	340	0	86	0	85	0	0	0	0	15	0	102	
Green Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	0	0	25	
Green Tea	Small	Iced	0	0	0	0	0	0	0	0	0	0	0	40	
Green Tea	Medium	Iced	0	0	0	0	0	0	0	0	0	0	0	60	
Green Tea	Large	Iced	0	0	0	0	0	0	0	0	0	0	0	79	
Green Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	0	0	50	
Green Tea	Small	Hot	0	0	0	0	0	0	0	0	0	0	0	50	
Green Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	0	0	50	
Green Tea	Large	Hot	0	0	0	0	0	0	0	0	0	0	0	99	
Green Tea	Kids	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	25	
Green Tea	Small	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	40	
Green Tea	Medium	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	60	
Green Tea	Large	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	79	
Hula Black Tea	Kids	Iced	80	0	19	0	19	0	0	0	0	0	0	43	
Hula Black Tea	Small	Iced	80	0	19	0	19	0	0	0	0	0	0	74	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Hula Black Tea	Medium	Iced	150	0	39	0	38	0	0	0	0	5	0	106	
Hula Black Tea	Large	Iced	230	0	58	0	57	0	0	0	0	10	0	138	
Hula Black Tea	Small	Hot	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Black Tea	Medium	Hot	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Black Tea	Kids	Hot	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Black Tea	Large	Hot	80	0	19	0	19	0	0	0	0	0	0	21	
Hula Black Tea	Kids	Frozen Chiller	80	0	19	0	19	0	0	0	0	0	0	43	
Hula Black Tea	Small	Frozen Chiller	150	0	39	0	38	0	0	0	0	5	0	64	
Hula Black Tea	Medium	Frozen Chiller	230	0	58	0	57	0	0	0	0	10	0	96	
Hula Black Tea	Large	Frozen Chiller	300	0	78	0	76	0	0	0	0	15	0	128	
Hula Cinnamon Spice Tea	Small	Iced	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Cinnamon Spice Tea	Kids	Iced	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Cinnamon Spice Tea	Medium	Iced	150	0	39	0	38	0	0	0	0	5	0	11	
Hula Cinnamon Spice Tea	Large	Iced	230	0	58	0	57	0	0	0	0	10	0	21	
Hula Cinnamon Spice Tea	Small	Hot	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Cinnamon Spice Tea	Medium	Hot	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Cinnamon Spice Tea	Kids	Hot	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Cinnamon Spice Tea	Large	Hot	80	0	19	0	19	0	0	0	0	0	0	21	
Hula Decaf Tea	Kids	Iced	80	0	19	0	19	0	0	0	0	0	0	1	
Hula Decaf Tea	Small	Iced	80	0	19	0	19	0	0	0	0	0	0	1	
Hula Decaf Tea	Medium	Iced	150	0	39	0	38	0	0	0	0	5	0	1	
Hula Decaf Tea	Large	Iced	230	0	58	0	57	0	0	0	0	10	0	1	
Hula Decaf Tea	Large	Hot	80	0	19	0	19	0	0	0	0	0	0	1	
Hula Decaf Tea	Medium	Hot	80	0	19	0	19	0	0	0	0	0	0	1	
Hula Decaf Tea	Kids	Hot	80	0	19	0	19	0	0	0	0	0	0	1	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Hula Decaf Tea	Small	Hot	80	0	19	0	19	0	0	0	0	0	0	1	
Hula Earl Grey Tea	Small	Iced	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Earl Grey Tea	Kids	Iced	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Earl Grey Tea	Medium	Iced	150	0	39	0	38	0	0	0	0	5	0	11	
Hula Earl Grey Tea	Large	Iced	230	0	58	0	57	0	0	0	0	10	0	21	
Hula Earl Grey Tea	Small	Hot	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Earl Grey Tea	Medium	Hot	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Earl Grey Tea	Kids	Hot	80	0	19	0	19	0	0	0	0	0	0	11	
Hula Earl Grey Tea	Large	Hot	80	0	19	0	19	0	0	0	0	0	0	21	
Hula Green Tea	Kids	Iced	80	0	19	0	19	0	0	0	0	0	0	20	
Hula Green Tea	Small	Iced	80	0	19	0	19	0	0	0	0	0	0	35	
Hula Green Tea	Medium	Iced	150	0	39	0	38	0	0	0	0	5	0	50	
Hula Green Tea	Large	Iced	230	0	58	0	57	0	0	0	0	10	0	64	
Hula Green Tea	Medium	Hot	80	0	19	0	19	0	0	0	0	0	0	50	
Hula Green Tea	Small	Hot	80	0	19	0	19	0	0	0	0	0	0	50	
Hula Green Tea	Kids	Hot	80	0	19	0	19	0	0	0	0	0	0	50	
Hula Green Tea	Large	Hot	80	0	19	0	19	0	0	0	0	0	0	99	
Hula Green Tea	Kids	Frozen Chiller	80	0	19	0	19	0	0	0	0	0	0	20	
Hula Green Tea	Small	Frozen Chiller	150	0	39	0	38	0	0	0	0	5	0	30	
Hula Green Tea	Medium	Frozen Chiller	230	0	58	0	57	0	0	0	0	10	0	45	
Hula Green Tea	Large	Frozen Chiller	300	0	78	0	76	0	0	0	0	15	0	60	
Hula Paris Tea	Kids	Iced	80	0	19	0	19	0	0	0	0	0	0	34	
Hula Paris Tea	Medium	Iced	150	0	39	0	38	0	0	0	0	5	0	85	
Hula Paris Tea	Large	Iced	230	0	58	0	57	0	0	0	0	10	0	111	
Hula Paris Tea	Small	Hot	80	0	19	0	19	0	0	0	0	0	0	9	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Hula Paris Tea	Medium	Hot	80	0	19	0	19	0	0	0	0	0	0	9	
Hula Paris Tea	Kids	Hot	80	0	19	0	19	0	0	0	0	0	0	9	
Hula Paris Tea	Large	Hot	80	0	19	0	19	0	0	0	0	0	0	17	
Hula Paris Tea	Kids	Frozen Chiller	80	0	19	0	19	0	0	0	0	0	0	34	
Hula Paris Tea	Small	Frozen Chiller	80	0	19	0	19	0	0	0	0	0	0	60	
Hula Paris Tea	Small	Frozen Chiller	150	0	39	0	38	0	0	0	0	5	0	51	
Hula Paris Tea	Medium	Frozen Chiller	230	0	58	0	57	0	0	0	0	10	0	77	
Hula Paris Tea	Large	Frozen Chiller	300	0	78	0	76	0	0	0	0	15	0	102	
Matcha Latte	Kids	Frozen Chiller	150	35	30	0	29	4	3	0	10	55	2	14	Contains: Milk
Matcha Latte	Small	Frozen Chiller	240	60	49	0	46	7	5	0	20	85	4	22	Contains: Milk
Matcha Latte	Medium	Frozen Chiller	350	90	73	0	69	10	7	0	25	130	6	34	Contains: Milk
Matcha Latte	Large	Frozen Chiller	470	120	97	0	92	13	9	0	35	170	8	45	Contains: Milk
Matcha Latte	Kids	Iced	100	35	13	0	13	4	2	0	15	55	4	6	Contains: Milk
Matcha Latte	Small	Iced	160	50	23	0	22	6	4	0	25	85	6	11	Contains: Milk
Matcha Latte	Medium	Iced	240	80	34	0	34	9	6	0	35	125	9	17	Contains: Milk
Matcha Latte	Large	Iced	330	110	46	0	45	12	7	0	50	170	12	22	Contains: Milk
Matcha Latte	Kids	Hot	180	60	24	0	23	7	4	0	30	95	7	11	Contains: Milk
Matcha Latte	Small	Hot	220	70	32	0	32	7	5	0	30	105	7	17	Contains: Milk
Matcha Latte	Medium	Hot	290	90	43	0	42	10	6	0	40	140	10	22	Contains: Milk
Matcha Latte	Large	Hot	360	110	53	0	53	12	8	0	50	180	12	28	Contains: Milk
Paris Tea	Kids	Iced	0	0	0	0	0	0	0	0	0	0	0	43	
Paris Tea	Small	Iced	0	0	0	0	0	0	0	0	0	0	0	68	
Paris Tea	Medium	Iced	0	0	0	0	0	0	0	0	0	0	0	102	
Paris Tea	Large	Iced	0	0	0	0	0	0	0	0	0	0	0	136	
Paris Tea	Small	Hot	0	0	0	0	0	0	0	0	0	0	0	9	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Paris Tea	Medium	Hot	0	0	0	0	0	0	0	0	0	0	0	9	
Paris Tea	Kids	Hot	0	0	0	0	0	0	0	0	0	0	0	9	
Paris Tea	Large	Hot	0	0	0	0	0	0	0	0	0	0	0	17	
Paris Tea	Kids	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	43	
Paris Tea	Small	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	68	
Paris Tea	Medium	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	102	
Paris Tea	Large	Frozen Chiller	0	0	0	0	0	0	0	0	0	0	0	136	
Salted Honey Chai Latte	Kids	Frozen Chiller	190	15	45	0	45	2	1	0	< 5	75	1	0	Contains: Milk
Salted Honey Chai Latte	Small	Frozen Chiller	260	30	60	0	58	3	2	0	10	95	2	0	Contains: Milk
Salted Honey Chai Latte	Medium	Frozen Chiller	350	45	79	0	77	5	3	0	15	120	3	0	Contains: Milk
Salted Honey Chai Latte	Large	Frozen Chiller	520	60	120	0	117	7	5	0	20	190	4	0	Contains: Milk
Salted Honey Chai Latte	Kids	Iced	170	20	39	0	38	2	1	0	10	80	2	0	Contains: Milk
Salted Honey Chai Latte	Small	Iced	230	30	48	0	47	4	2	0	15	105	4	0	Contains: Milk
Salted Honey Chai Latte	Medium	Iced	300	50	60	0	60	6	3	0	25	130	6	0	Contains: Milk
Salted Honey Chai Latte	Large	Iced	380	70	72	0	72	8	5	0	30	160	8	0	Contains: Milk
Salted Honey Chai Latte	Kids	Hot	240	35	49	0	49	4	2	0	15	105	4	--	Contains: Milk
Salted Honey Chai Latte	Small	Hot	270	40	54	0	54	5	3	0	20	120	5	--	Contains: Milk
Salted Honey Chai Latte	Medium	Hot	330	60	65	0	64	6	4	0	25	140	6	--	Contains: Milk
Salted Honey Chai Latte	Large	Hot	390	70	75	0	74	8	5	0	35	170	8	--	Contains: Milk
Strawberry Matcha Latte	Kids	Frozen Chiller	200	35	43	0	41	4	3	0	10	55	2	8	Contains: Milk
Strawberry Matcha Latte	Small	Frozen Chiller	290	60	61	0	58	7	5	0	20	90	4	17	Contains: Milk
Strawberry Matcha Latte	Medium	Frozen Chiller	400	90	85	0	81	10	7	0	25	135	6	28	Contains: Milk
Strawberry Matcha Latte	Large	Frozen Chiller	570	120	122	0	116	13	9	0	35	180	8	34	Contains: Milk
Strawberry Matcha Latte	Kids	Iced	160	25	31	0	30	3	2	0	10	45	3	6	Contains: Milk
Strawberry Matcha Latte	Small	Iced	220	45	41	0	40	5	3	0	20	75	5	11	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Strawberry Matcha Latte	Medium	Iced	300	70	52	0	52	8	5	0	35	115	8	17	Contains: Milk
Strawberry Matcha Latte	Large	Iced	380	100	64	0	63	11	7	0	45	160	11	22	Contains: Milk
Strawberry Matcha Latte	Kids	Hot	240	50	42	0	41	6	4	0	25	85	6	11	Contains: Milk
Strawberry Matcha Latte	Small	Hot	340	90	55	0	54	10	6	0	40	150	10	17	Contains: Milk
Strawberry Matcha Latte	Medium	Hot	350	80	61	0	60	9	6	0	40	135	9	22	Contains: Milk
Strawberry Matcha Latte	Large	Hot	420	110	72	0	71	12	7	0	50	170	12	28	Contains: Milk
Sugar Cookie Chai Latte	Kids	Frozen Chiller	180	15	43	0	41	2	1	0	< 5	85	1	0	Contains: Milk
Sugar Cookie Chai Latte	Small	Frozen Chiller	250	30	57	0	55	3	2	0	10	105	2	0	Contains: Milk
Sugar Cookie Chai Latte	Medium	Frozen Chiller	340	45	76	0	73	5	3	0	15	125	3	0	Contains: Milk
Sugar Cookie Chai Latte	Large	Frozen Chiller	510	60	114	0	109	7	5	0	20	210	5	0	Contains: Milk
Sugar Cookie Chai Latte	Kids	Iced	170	20	36	0	35	2	1	0	10	90	2	0	Contains: Milk
Sugar Cookie Chai Latte	Small	Iced	220	35	45	0	44	4	2	0	15	110	4	0	Contains: Milk
Sugar Cookie Chai Latte	Medium	Iced	300	50	57	0	56	6	4	0	25	140	6	0	Contains: Milk
Sugar Cookie Chai Latte	Large	Iced	370	70	69	0	68	8	5	0	30	170	8	0	Contains: Milk
Sugar Cookie Chai Latte	Kids	Hot	230	35	46	0	45	4	2	0	15	115	4	--	Contains: Milk
Sugar Cookie Chai Latte	Small	Hot	260	45	52	0	50	5	3	0	20	125	5	--	Contains: Milk
Sugar Cookie Chai Latte	Medium	Hot	330	60	62	0	60	6	4	0	25	150	7	--	Contains: Milk
Sugar Cookie Chai Latte	Large	Hot	390	70	72	0	71	8	5	0	35	170	8	--	Contains: Milk

## LEMONADES (70-970 CAL)

Sugar-Free Cocoberry Lemon Freeze	Kids	Lemon Freeze	220	35	46	0	43	4	3	0	10	60	2	0	Contains: Milk
Sugar-Free Cocoberry Lemon Freeze	Small	Lemon Freeze	400	60	86	0	81	7	5	0	20	95	4	0	Contains: Milk
Sugar-Free Cocoberry Lemon Freeze	Medium	Lemon Freeze	640	90	140	0	133	10	7	0	25	140	6	0	Contains: Milk
Sugar-Free Cocoberry Lemon Freeze	Large	Lemon Freeze	800	120	172	1	163	13	9	0	35	190	8	0	Contains: Milk
Sugar-Free Cocoberry Lemonade	Kids	Iced	70	0	17	0	16	0	0	0	0	5	0	0	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Cocoberry Lemonade	Small	Iced	120	0	30	0	29	0	0	0	0	5	0	0	
Sugar-Free Cocoberry Lemonade	Medium	Iced	190	0	47	0	45	0	0	0	0	10	0	0	
Sugar-Free Cocoberry Lemonade	Large	Iced	240	0	60	0	57	0	0	0	0	15	0	0	
Sugar-Free Cocoberry Lemonade	Kids	Frozen Chiller	180	0	43	0	42	0	0	0	0	5	0	0	
Sugar-Free Cocoberry Lemonade	Small	Frozen Chiller	330	0	82	0	80	0	0	0	0	10	0	0	
Sugar-Free Cocoberry Lemonade	Medium	Frozen Chiller	540	0	135	1	130	0	0	0	0	10	0	0	
Sugar-Free Cocoberry Lemonade	Large	Frozen Chiller	660	0	165	1	159	0	0	0	0	20	0	0	
Cocoberry Lemon Freeze	Kids	Lemon Freeze	310	35	68	0	66	4	3	0	10	60	2	0	Contains: Milk
Cocoberry Lemon Freeze	Small	Lemon Freeze	490	60	109	0	104	7	5	0	20	95	4	0	Contains: Milk
Cocoberry Lemon Freeze	Medium	Lemon Freeze	730	90	163	0	155	10	7	0	25	140	6	0	Contains: Milk
Cocoberry Lemon Freeze	Large	Lemon Freeze	970	120	217	1	208	13	9	0	35	190	8	0	Contains: Milk
Cocoberry Lemonade	Kids	Iced	160	0	40	0	39	0	0	0	0	0	0	0	
Cocoberry Lemonade	Small	Iced	210	0	52	0	51	0	0	0	0	5	0	0	
Cocoberry Lemonade	Medium	Iced	280	0	69	0	68	0	0	0	0	5	0	0	
Cocoberry Lemonade	Large	Iced	420	0	105	0	103	0	0	0	0	10	0	0	
Cocoberry Lemonade	Kids	Frozen Chiller	260	0	66	0	65	0	0	0	0	5	0	0	
Cocoberry Lemonade	Small	Frozen Chiller	420	0	105	0	102	0	0	0	0	10	0	0	
Cocoberry Lemonade	Medium	Frozen Chiller	630	0	157	1	153	0	0	0	0	10	0	0	
Cocoberry Lemonade	Large	Frozen Chiller	840	0	210	1	205	0	0	0	0	15	0	0	
Fruit Roll-Up Lemon Freeze	Kids	Lemon Freeze	300	35	67	0	64	4	3	0	10	60	2	0	Contains: Milk
Fruit Roll-Up Lemon Freeze	Small	Lemon Freeze	480	60	107	0	102	7	5	0	20	95	4	0	Contains: Milk
Fruit Roll-Up Lemon Freeze	Medium	Lemon Freeze	720	90	161	0	154	10	7	0	25	140	6	0	Contains: Milk
Fruit Roll-Up Lemon Freeze	Large	Lemon Freeze	960	120	214	1	205	13	9	0	35	190	8	0	Contains: Milk
Fruit Roll-Up Lemonade	Kids	Iced	150	0	38	0	37	0	0	0	0	0	0	0	
Fruit Roll-Up Lemonade	Small	Iced	200	0	51	0	50	0	0	0	0	5	0	0	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Fruit Roll-Up Lemonade	Medium	Iced	270	0	68	0	66	0	0	0	0	5	0	0	
Fruit Roll-Up Lemonade	Large	Iced	400	0	102	0	100	0	0	0	0	10	0	0	
Fruit Roll-Up Lemonade	Kids	Frozen Chiller	260	0	65	0	63	0	0	0	0	5	0	0	
Fruit Roll-Up Lemonade	Small	Frozen Chiller	410	0	104	0	101	0	0	0	0	10	0	0	
Fruit Roll-Up Lemonade	Medium	Frozen Chiller	620	0	156	1	151	0	0	0	0	10	0	0	
Fruit Roll-Up Lemonade	Large	Frozen Chiller	830	0	207	1	201	0	0	0	0	15	0	0	
Key Lime Pie Lemon Freeze	Kids	Lemon Freeze	310	40	67	0	64	4	3	0	10	85	3	0	Contains: Milk
Key Lime Pie Lemon Freeze	Small	Lemon Freeze	490	60	108	0	102	7	5	0	20	120	4	0	Contains: Milk
Key Lime Pie Lemon Freeze	Medium	Lemon Freeze	730	90	162	1	153	10	7	0	25	160	6	0	Contains: Milk
Key Lime Pie Lemon Freeze	Large	Lemon Freeze	970	120	215	1	204	14	9	0	35	240	9	0	Contains: Milk
Key Lime Pie Lemonade	kids	Iced	160	0	39	0	37	0	0	0	0	30	0	0	Contains: Milk
Key Lime Pie Lemonade	Small	Iced	210	0	51	0	50	0	0	0	0	30	0	0	Contains: Milk
Key Lime Pie Lemonade	Medium	Iced	280	0	68	0	66	0	0	0	0	30	1	0	Contains: Milk
Key Lime Pie Lemonade	Large	Iced	420	0	103	0	99	0	0	0	0	60	1	0	Contains: Milk
Key Lime Pie Lemonade	Kids	Frozen Chiller	260	0	65	0	63	0	0	0	0	30	1	0	Contains: Milk
Key Lime Pie Lemonade	Small	Frozen Chiller	420	0	104	0	100	0	0	0	0	30	1	0	Contains: Milk
Key Lime Pie Lemonade	Medium	Frozen Chiller	630	0	156	1	151	0	0	0	0	35	1	0	Contains: Milk
Key Lime Pie Lemonade	Large	Frozen Chiller	840	5	208	1	201	1	0	0	0	65	1	0	Contains: Milk
Lemon Freeze	Kids	Lemon Freeze	300	35	67	0	64	4	3	0	10	55	2	0	Contains: Milk
Lemon Freeze	Small	Lemon Freeze	480	60	108	0	102	7	5	0	20	90	4	0	Contains: Milk
Lemon Freeze	Medium	Lemon Freeze	730	90	162	1	154	10	7	0	25	135	6	0	Contains: Milk
Lemon Freeze	Large	Lemon Freeze	970	120	216	1	205	13	9	0	35	180	8	0	Contains: Milk
Lemonade	Kids	Iced	90	0	21	0	21	0	0	0	0	0	0	0	
Lemonade	Small	Iced	140	0	34	0	33	0	0	0	0	0	0	0	
Lemonade	Medium	Iced	200	0	51	0	49	0	0	0	0	0	0	0	



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Lemonade	Large	Iced	270	0	68	0	66	0	0	0	0	0	0	0	
Lemonade	Kids	Frozen Chiller	260	0	65	0	63	0	0	0	0	0	0	0	
Lemonade	Small	Frozen Chiller	420	0	104	0	101	0	0	0	0	5	0	0	
Lemonade	Medium	Frozen Chiller	630	0	156	1	151	0	0	0	0	10	0	0	
Lemonade	Large	Frozen Chiller	840	0	208	1	202	0	0	0	0	10	0	0	
Pink Paradise Lemon Freeze	Kids	Lemon Freeze	300	35	66	0	63	4	3	0	10	60	2	0	Contains: Milk
Pink Paradise Lemon Freeze	Small	Lemon Freeze	480	60	106	0	101	7	5	0	20	95	4	0	Contains: Milk
Pink Paradise Lemon Freeze	Medium	Lemon Freeze	720	90	160	0	153	10	7	0	25	140	6	0	Contains: Milk
Pink Paradise Lemon Freeze	Large	Lemon Freeze	950	120	212	1	203	13	9	0	35	190	8	0	Contains: Milk
Pink Paradise Lemonade	Kids	Iced	150	0	37	0	37	0	0	0	0	0	0	0	
Pink Paradise Lemonade	Small	Iced	200	0	50	0	49	0	0	0	0	5	0	0	
Pink Paradise Lemonade	Medium	Iced	270	0	67	0	65	0	0	0	0	5	0	0	
Pink Paradise Lemonade	Large	Iced	400	0	100	0	98	0	0	0	0	10	0	0	
Pink Paradise Lemonade	Kids	Frozen Chiller	250	0	64	0	62	0	0	0	0	5	0	0	
Pink Paradise Lemonade	Small	Frozen Chiller	410	0	103	0	100	0	0	0	0	5	0	0	
Pink Paradise Lemonade	Medium	Frozen Chiller	620	0	155	1	150	0	0	0	0	10	0	0	
Pink Paradise Lemonade	Large	Frozen Chiller	820	0	205	1	200	0	0	0	0	15	0	0	

## SMOOTHIES (150-970 CAL)

Blackberry Cobbler Wildberry	Kids	Smoothie	240	15	57	1	51	2	1	0	< 5	90	1	0	Contains: Milk
Blackberry Cobbler Wildberry	Small	Smoothie	360	30	83	2	72	3	2	0	10	115	2	0	Contains: Milk
Blackberry Cobbler Wildberry	Medium	Smoothie	510	45	118	3	101	5	3	0	15	140	3	0	Contains: Milk
Blackberry Cobbler Wildberry	Large	Smoothie	720	60	165	3	144	7	5	0	20	230	5	0	Contains: Milk
Mango	Kids	Smoothie	180	15	40	0	33	2	1	0	< 5	20	1	0	Contains: Milk
Mango	Small	Smoothie	290	30	62	0	51	3	2	0	10	45	2	0	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Mango	Medium	Smoothie	430	45	93	0	77	5	3	0	15	65	3	0	Contains: Milk
Mango	Large	Smoothie	580	60	124	0	102	6	4	0	15	85	4	0	Contains: Milk
Peach	Kids	Smoothie	150	15	34	1	33	2	1	0	< 5	20	1	0	Contains: Milk
Peach	Small	Smoothie	250	30	54	2	51	3	2	0	10	45	2	0	Contains: Milk
Peach	Medium	Smoothie	370	45	81	3	76	5	3	0	15	65	3	0	Contains: Milk
Peach	Large	Smoothie	500	60	108	4	102	6	4	0	15	85	4	0	Contains: Milk
Piña Colada	Kids	Smoothie	300	90	52	1	49	10	8	0	< 5	35	2	0	Contains: Milk
Piña Colada	Small	Smoothie	470	140	80	2	75	15	12	0	10	65	4	0	Contains: Milk
Piña Colada	Medium	Smoothie	700	210	120	3	113	23	18	0	15	95	6	0	Contains: Milk
Piña Colada	Large	Smoothie	940	270	160	4	150	30	24	0	15	125	8	0	Contains: Milk
Strawberry Banana	Kids	Smoothie	230	15	54	1	52	2	1	0	< 5	25	1	0	Contains: Milk
Strawberry Banana	Small	Smoothie	340	30	79	2	75	3	2	0	10	45	2	0	Contains: Milk
Strawberry Banana	Medium	Smoothie	500	45	115	3	107	5	3	0	15	70	3	0	Contains: Milk
Strawberry Banana	Large	Smoothie	690	60	159	3	150	7	5	0	20	90	4	0	Contains: Milk
Strawberry	Kids	Smoothie	190	15	45	1	42	2	1	0	< 5	20	1	0	Contains: Milk
Strawberry	Small	Smoothie	310	30	70	2	65	3	2	0	10	45	2	0	Contains: Milk
Strawberry	Medium	Smoothie	460	45	105	3	98	5	3	0	15	65	3	0	Contains: Milk
Strawberry	Large	Smoothie	620	60	141	4	130	7	5	0	20	85	4	0	Contains: Milk
Tiger's Blood Piña Colada	Kids	Smoothie	320	70	61	1	58	8	6	0	< 5	35	2	0	Contains: Milk
Tiger's Blood Piña Colada	Small	Smoothie	480	120	90	2	85	13	11	0	10	65	4	0	Contains: Milk
Tiger's Blood Piña Colada	Medium	Smoothie	720	190	130	3	122	21	17	0	15	95	5	0	Contains: Milk
Tiger's Blood Piña Colada	Large	Smoothie	970	240	180	3	170	27	21	0	20	125	7	0	Contains: Milk
Tiki Tango Mango	Kids	Smoothie	220	15	51	0	45	2	1	0	< 5	25	1	0	Contains: Milk
Tiki Tango Mango	Small	Smoothie	330	30	73	0	63	3	2	0	10	45	2	0	Contains: Milk
Tiki Tango Mango	Medium	Smoothie	470	45	104	0	89	5	3	0	15	70	3	0	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Tiki Tango Mango	Large	Smoothie	650	60	146	0	126	7	5	0	20	90	4	0	Contains: Milk
Toasted Coconut Strawberry	Kids	Smoothie	240	15	56	1	54	2	1	0	< 5	25	1	0	Contains: Milk
Toasted Coconut Strawberry	Small	Smoothie	350	30	82	2	77	3	2	0	10	45	2	0	Contains: Milk
Toasted Coconut Strawberry	Medium	Smoothie	500	45	117	3	109	5	3	0	15	70	3	0	Contains: Milk
Toasted Coconut Strawberry	Large	Smoothie	700	60	163	3	154	7	5	0	20	95	4	0	Contains: Milk
Wildberry	Kids	Smoothie	190	15	45	1	38	2	1	0	< 5	30	1	0	Contains: Milk
Wildberry	Small	Smoothie	310	30	70	2	59	3	2	0	10	55	2	0	Contains: Milk
Wildberry	Medium	Smoothie	460	45	105	3	89	5	3	0	15	80	3	0	Contains: Milk
Wildberry	Large	Smoothie	620	60	141	4	118	7	5	0	20	105	4	0	Contains: Milk

## SHAKES (160-940 CAL)

Sugar-Free Rocky Road	Kids	Shake	160	70	27	2	18	7	5	0	20	115	4	0	Contains: Milk, Soy
Sugar-Free Rocky Road	Small	Shake	260	100	44	3	27	11	8	0	30	180	6	0	Contains: Milk, Soy
Sugar-Free Rocky Road	Medium	Shake	390	150	66	5	41	17	11	0	45	270	9	0	Contains: Milk, Soy
Sugar-Free Rocky Road	Large	Shake	520	200	88	7	55	22	15	0	60	370	11	0	Contains: Milk, Soy
Birthday Cake	Kids	Shake	230	60	45	0	41	7	5	0	20	180	4	0	Contains: Milk
Birthday Cake	Small	Shake	400	90	79	0	72	10	7	0	25	310	7	0	Contains: Milk
Birthday Cake	Medium	Shake	600	140	118	0	108	15	11	0	40	470	10	0	Contains: Milk
Birthday Cake	Large	Shake	800	190	158	0	144	21	14	0	55	620	14	0	Contains: Milk
Cookies & Cream	Kids	Shake	230	60	45	0	41	7	5	0	20	150	4	0	Contains: Milk
Cookies & Cream	Small	Shake	400	100	79	1	72	11	7	0	25	260	7	0	Contains: Milk
Cookies & Cream	Medium	Shake	600	140	119	1	108	16	11	0	40	390	10	0	Contains: Milk
Cookies & Cream	Large	Shake	800	190	158	2	144	21	14	0	55	520	14	0	Contains: Milk
Orange Sherbet	Kids	Shake	220	60	42	0	40	7	5	0	20	90	4	0	Contains: Milk
Orange Sherbet	Small	Shake	370	90	74	0	70	10	7	0	25	135	6	0	Contains: Milk



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Orange Sherbet	Medium	Shake	560	130	112	0	105	15	10	0	40	210	8	0	Contains: Milk
Orange Sherbet	Large	Shake	750	180	149	0	140	19	13	0	50	270	11	0	Contains: Milk
Rocky Road	Kids	Shake	270	70	53	0	49	7	5	0	20	115	4	0	Contains: Milk
Rocky Road	Small	Shake	470	100	95	0	88	11	8	0	30	190	6	0	Contains: Milk
Rocky Road	Medium	Shake	710	150	143	0	133	17	11	0	45	280	9	0	Contains: Milk
Rocky Road	Large	Shake	940	200	191	0	177	23	15	0	60	370	12	0	Contains: Milk
Shake	Kids	Shake	170	70	26	0	23	8	6	0	20	110	5	0	Contains: Milk
Shake	Small	Shake	270	120	41	0	36	13	9	0	35	170	7	0	Contains: Milk
Shake	Medium	Shake	410	180	62	0	54	20	14	0	55	260	11	0	Contains: Milk
Shake	Large	Shake	540	230	82	0	72	26	18	0	70	350	15	0	Contains: Milk

## BAKERY (470-560 CAL)

Blueberry Muffin Top			470	190	63	1	34	21	3	0	75	470	6	0	Contains: Egg, Milk, Soy, Wheat
Chocolate Chip Muffin top			560	250	74	2	45	28	7	0	75	430	7	0	Contains: Egg, Milk, Soy, Wheat
Lemon Poppyseed Muffin Top			480	210	64	1	35	23	3	0	75	500	6	0	Contains: Egg, Milk, Soy, Wheat

## TOPPINGS & DRIZZLES (15-130 CAL)

Cold Foam			15	10	1	0	1	1	1	0	< 5	0	0	0	Contains: Milk
Cream	1oz		40	25	1	0	1	3	2	0	10	10	1	0	Contains: Milk
Whipped Cream			15	5	3	0	2	1	0	0	< 5	5	0	0	Contains: Milk, Soy
Caramel Drizzle	1oz		130	20	26	0	22	2	1	0	5	80	0	0	Contains: Milk
Dark Chocolate Drizzle	1oz		100	10	25	1	23	1	0	0	0	10	1	0	
White Chocolate Drizzle	1oz		110	10	25	0	23	1	0	0	0	80	1	0	Contains: Milk
Sugar-Free Caramel Drizzle	1oz		80	20	20	5	0	2	1	0	5	70	0	0	Contains: Milk, Soy



# NUTRITION GUIDE

Drink Name	Size	Type	Calories (kcal)	Calories From Fat (kcal)	Carbohydrates (g)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Caffeine (mg)	Allergens (Top 9)
Sugar-Free Dark Chocolate Drizzle	1oz		70	0	17	1	0	0	0	0	0	40	1	0	
Sugar-Free White Chocolate Drizzle	1oz		80	20	20	5	0	2	1	0	5	50	0	0	Contains: Milk, Soy

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. \*Some products feature sugar-free flavor options, however the whole beverage may not be sugar-free. Additional nutrition information available upon request and on our website at [www.7brew.com/nutrition](http://www.7brew.com/nutrition). Please inform your Brewista of any food allergies before placing your order. We reserve the right to make any menu or pricing changes. Stated amounts do not include sales tax; sales tax is stated separately on the receipt. ©2025 Brew Culture Franchise, LLC. All Rights Reserved.

All nutrition information is based on average values for standard product formulations and is rounded in accordance with current U.S. Food and Drug Administration (FDA) regulations. Customizations (such as changes to sweetness level, milk type, or flavor additions) will alter the nutritional content of your beverage. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The nutrition information 7 Brew has provided is based on standard product formulations. Variations may occur due to regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and differences in suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, and regional menu variations.

Caffeine values are approximate. The FDA advises that 400 mg of caffeine per day is generally not associated with dangerous negative effects for healthy adults. Caffeine is not recommended for children. Individuals who are pregnant, nursing, or sensitive to caffeine should consult a health care professional prior to consumption.

Allergen information for the nine major allergens identified by the FDA (milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame) is based on 7 Brew Coffee's standard product formulations and information provided by ingredient suppliers. Variations may occur due to changes in ingredient formulation or substitution, regional or seasonal differences, differences in preparation techniques, or other factors. During normal operations, ingredients may come into contact with shared equipment, utensils, and preparation areas. 7 Brew cannot guarantee that any product is free from allergens.

Recipe substitutions and modifications may affect the presence of allergens; please refer to our allergen information for ingredient-specific information.