



# NUTRITIONAL INFORMATION COFFEE DRINKS

| NUTRITION FACTS                           | Calories | Calories From Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron |
|---|----------|-------------------|-----------|---------------|-----------|-------------|--------|---------------|---------------|--------|---------|-----------|-----------|---------|------|
| Americano - 12 oz                         | 0        | 0                 | 0g        | 0g            | 0g        | 0mg         | 20mg   | 0g            | 0g            | 0g     | 0g      | 0%        | 0%        | 2%      | 0%   |
| Americano - 16 oz                         | 0        | 0                 | 0g        | 0g            | 0g        | 0mg         | 30mg   | 0g            | 0g            | 0g     | 0g      | 0%        | 0%        | 2%      | 0%   |
| Americano - 20 oz                         | 0        | 0                 | 0g        | 0g            | 0g        | 0mg         | 35mg   | 0g            | 0g            | 0g     | 0g      | 0%        | 0%        | 2%      | 0%   |
| Breve - 12 oz                             | 360      | 270               | 27g       | 135g          | 0g        | 135mg       | 190mg  | 9g            | 0g            | 9g     | 0g      | 20%       | 0%        | 35%     | 0%   |
| Breve - 16 oz                             | 520      | 390               | 39g       | 195g          | 0g        | 195mg       | 270mg  | 13g           | 0g            | 13g    | 0g      | 25%       | 0%        | 50%     | 0%   |
| Breve - 20 oz                             | 640      | 480               | 48g       | 240g          | 0g        | 240mg       | 330mg  | 16g           | 0g            | 16g    | 0g      | 30%       | 0%        | 60%     | 0%   |
| Cafe Au Lait - 12 oz                      | 110      | 50                | 6g        | 3.5g          | 0g        | 20mg        | 80mg   | 9g            | 0g            | 9g     | 6g      | 6%        | 0%        | 20%     | 0%   |
| Cafe Au Lait - 16 oz                      | 150      | 70                | 8g        | 4.5g          | 0g        | 25mg        | 110mg  | 12g           | 0g            | 12g    | 8g      | 8%        | 0%        | 30%     | 0%   |
| Cafe Au Lait - 20 oz                      | 190      | 90                | 10g       | 6g            | 0g        | 30mg        | 135mg  | 15g           | 0g            | 15g    | 10g     | 10%       | 0%        | 35%     | 0%   |
| Caramel Frappe - 16 oz                    | 410      | 140               | 16g       | 10g           | 0g        | 50mg        | 220mg  | 61g           | 0g            | 43g    | 6g      | 10%       | 0%        | 20%     | 0%   |
| Caramel Frappe - 24 oz                    | 580      | 180               | 21g       | 13g           | 0g        | 65mg        | 320mg  | 90g           | 0g            | 64g    | 8g      | 10%       | 0%        | 25%     | 2%   |
| Chai Latte - 12 oz                        | 250      | 50                | 6g        | 3.5g          | 0g        | 20mg        | 125mg  | 42g           | 0g            | 38g    | 6g      | 6%        | 0%        | 20%     | 0%   |
| Chai Latte - 16 oz                        | 330      | 70                | 8g        | 4.5g          | 0g        | 25mg        | 160mg  | 56g           | 0g            | 50g    | 8g      | 8%        | 0%        | 30%     | 0%   |
| Chai Latte - 20 oz                        | 410      | 90                | 10g       | 6g            | 0g        | 30mg        | 210mg  | 70g           | 0g            | 63g    | 10g     | 10%       | 0%        | 35%     | 0%   |
| Hot Chocolate - 12 oz                     | 330      | 130               | 15g       | 8g            | 0g        | 45mg        | 140mg  | 39g           | 0g            | 36g    | 9g      | 15%       | 0%        | 30%     | 0%   |
| Hot Chocolate - 16 oz                     | 440      | 170               | 20g       | 11g           | 0g        | 60mg        | 200mg  | 53g           | 0g            | 49g    | 13g     | 15%       | 0%        | 45%     | 0%   |
| Hot Chocolate - 20 oz                     | 530      | 190               | 23g       | 12g           | 0g        | 70mg        | 240mg  | 66g           | 0g            | 61g    | 16g     | 20%       | 0%        | 60%     | 0%   |
| Iced Latte - 16 oz                        | 150      | 70                | 8g        | 4.5g          | 0g        | 25mg        | 120mg  | 12g           | 0g            | 12g    | 8g      | 8%        | 0%        | 30%     | 0%   |
| Iced Latte - 24 oz                        | 210      | 100               | 11g       | 6g            | 0g        | 35mg        | 170mg  | 16g           | 0g            | 17g    | 11g     | 10%       | 0%        | 40%     | 2%   |
| Iced Mocha - 16 oz                        | 310      | 120               | 14g       | 8g            | 0g        | 45mg        | 140mg  | 37g           | 0g            | 34g    | 8g      | 10%       | 0%        | 30%     | 0%   |
| Iced Mocha - 24 oz                        | 400      | 150               | 18g       | 10g           | 0g        | 55mg        | 190mg  | 50g           | 0g            | 46g    | 11g     | 15%       | 0%        | 40%     | 2%   |
| Iced Non-fat Latte - 16 oz                | 80       | 0                 | 0g        | 0g            | 0g        | < 5mg       | 115mg  | 12g           | 0g            | 12g    | 8g      | 10%       | 0%        | 30%     | 0%   |
| Iced Non-fat Latte - 24 oz                | 120      | 0                 | 0g        | 0g            | 0g        | 5mg         | 160mg  | 17g           | 0g            | 17g    | 11g     | 15%       | 0%        | 40%     | 2%   |
| Iced Soy Latte - 16 oz                    | 130      | 35                | 4.5g      | 0.5g          | 0g        | 0mg         | 140mg  | 15g           | 1g            | 10g    | 8g      | 0%        | 0%        | 6%      | 10%  |
| Iced Soy Latte - 24 oz                    | 180      | 50                | 6g        | 1g            | 0g        | 0mg         | 190mg  | 21g           | 2g            | 13g    | 11g     | 0%        | 0%        | 10%     | 15%  |
| Irish Creme Freeze - 16 oz                | 200      | 90                | 10g       | 6g            | 0g        | 30mg        | 115mg  | 24g           | 0g            | 21g    | 5g      | 8%        | 0%        | 15%     | 0%   |
| Latte - 12 oz                             | 170      | 80                | 9g        | 5g            | 0g        | 25mg        | 125mg  | 13g           | 0g            | 14g    | 9g      | 8%        | 0%        | 30%     | 0%   |
| Latte - 16 oz                             | 240      | 110               | 13g       | 7g            | 0g        | 40mg        | 180mg  | 19g           | 0g            | 20g    | 13g     | 15%       | 0%        | 45%     | 2%   |
| Latte - 20 oz                             | 300      | 140               | 16g       | 9g            | 0g        | 50mg        | 220mg  | 23g           | 0g            | 25g    | 15g     | 15%       | 0%        | 60%     | 2%   |
| Mocha - 12 oz                             | 270      | 120               | 14g       | 8g            | 0g        | 45mg        | 130mg  | 29g           | 0g            | 27g    | 8g      | 10%       | 0%        | 30%     | 0%   |
| Mocha - 16 oz                             | 360      | 150               | 17g       | 10g           | 0g        | 55mg        | 170mg  | 42g           | 0g            | 39g    | 11g     | 15%       | 0%        | 40%     | 2%   |
| Mocha - 20 oz                             | 460      | 180               | 21g       | 11g           | 0g        | 60mg        | 220mg  | 54g           | 0g            | 51g    | 14g     | 20%       | 0%        | 50%     | 2%   |
| Mocha Frappe - 16 oz                      | 370      | 100               | 12g       | 6g            | 0g        | 35mg        | 150mg  | 59g           | 0g            | 52g    | 6g      | 10%       | 0%        | 20%     | 0%   |
| Mocha Frappe - 24 oz                      | 520      | 120               | 15g       | 7g            | 0g        | 40mg        | 220mg  | 88g           | 0g            | 77g    | 8g      | 10%       | 0%        | 25%     | 2%   |
| Mocha Mud - 12 oz                         | 190      | 70                | 8g        | 4.5g          | 0g        | 25mg        | 80mg   | 24g           | 0g            | 22g    | 5g      | 8%        | 0%        | 20%     | 0%   |
| Mocha Mud - 16 oz                         | 290      | 110               | 13g       | 7g            | 0g        | 40mg        | 120mg  | 36g           | 0g            | 33g    | 7g      | 10%       | 0%        | 25%     | 0%   |
| Mocha Mud - 20 oz                         | 360      | 130               | 15g       | 8g            | 0g        | 45mg        | 140mg  | 46g           | 0g            | 42g    | 9g      | 15%       | 0%        | 30%     | 0%   |
| Non Fat Chai Latte - 12 oz                | 200      | 0                 | 0g        | 0g            | 0g        | < 5mg       | 120mg  | 42g           | 0g            | 38g    | 6g      | 8%        | 0%        | 20%     | 0%   |
| Non Fat Chai Latte - 16 oz                | 260      | 0                 | 0g        | 0g            | 0g        | < 5mg       | 160mg  | 56g           | 0g            | 50g    | 8g      | 10%       | 0%        | 30%     | 0%   |
| Non Fat Chai Latte - 20 oz                | 330      | 0                 | 0g        | 0g            | 0g        | 5mg         | 200mg  | 70g           | 0g            | 63g    | 10g     | 10%       | 0%        | 35%     | 0%   |
| Non-fat Cafe Au Lait - 12 oz              | 60       | 0                 | 0g        | 0g            | 0g        | < 5mg       | 80mg   | 9g            | 0g            | 9g     | 6g      | 8%        | 0%        | 25%     | 0%   |
| Non-fat Cafe Au Lait - 16 oz              | 90       | 0                 | 0g        | 0g            | 0g        | < 5mg       | 110mg  | 12g           | 0g            | 12g    | 9g      | 10%       | 0%        | 30%     | 0%   |
| Non-fat Cafe Au Lait - 20 oz              | 110      | 0                 | 0g        | 0g            | 0g        | 5mg         | 135mg  | 15g           | 0g            | 16g    | 11g     | 10%       | 0%        | 40%     | 0%   |
| Non-fat Caramel Frappe - 16 oz            | 370      | 100               | 11g       | 7g            | 0g        | 35mg        | 230mg  | 61g           | 0g            | 43g    | 6g      | 20%       | 2%        | 35%     | 0%   |
| Non-fat Caramel Frappe - 24 oz            | 530      | 120               | 14g       | 9g            | 0g        | 45mg        | 340mg  | 90g           | 0g            | 63g    | 9g      | 25%       | 4%        | 45%     | 2%   |
| Non-fat hot chocolate - 12 oz             | 250      | 50                | 7g        | 3.5g          | 0g        | 25mg        | 140mg  | 39g           | 0g            | 36g    | 10g     | 15%       | 0%        | 35%     | 0%   |
| Non-fat hot chocolate - 16 oz             | 330      | 60                | 7g        | 3.5g          | 0g        | 25mg        | 190mg  | 54g           | 0g            | 49g    | 14g     | 20%       | 0%        | 50%     | 0%   |
| Non-fat hot chocolate - 20 oz             | 400      | 60                | 7g        | 3.5g          | 0g        | 30mg        | 240mg  | 66g           | 0g            | 61g    | 17g     | 25%       | 0%        | 60%     | 0%   |
| Non-fat Latte - 12 oz                     | 90       | 0                 | 0g        | 0g            | 0g        | 5mg         | 125mg  | 14g           | 0g            | 14g    | 9g      | 10%       | 0%        | 35%     | 0%   |
| Non-fat Latte - 16 oz                     | 140      | 0                 | 0g        | 0g            | 0g        | 10mg        | 180mg  | 20g           | 0g            | 20g    | 13g     | 15%       | 0%        | 50%     | 2%   |
| Non-fat Latte - 20 oz                     | 170      | 0                 | 0.5g      | 0g            | 0g        | 10mg        | 220mg  | 24g           | 0g            | 25g    | 17g     | 20%       | 0%        | 60%     | 2%   |
| Non-fat Mocha - 12 oz                     | 210      | 50                | 6g        | 3.5g          | 0g        | 25mg        | 130mg  | 29g           | 0g            | 27g    | 9g      | 15%       | 0%        | 30%     | 0%   |
| Non-fat Mocha - 16 oz                     | 270      | 50                | 7g        | 3.5g          | 0g        | 25mg        | 170mg  | 42g           | 0g            | 39g    | 12g     | 20%       | 0%        | 40%     | 2%   |
| Non-fat Mocha - 20 oz                     | 340      | 60                | 7g        | 3.5g          | 0g        | 30mg        | 220mg  | 55g           | 0g            | 51g    | 15g     | 20%       | 0%        | 50%     | 2%   |
| Non-fat Mocha Frappe - 16 oz              | 330      | 60                | 7g        | 3.5g          | 0g        | 25mg        | 170mg  | 59g           | 0g            | 51g    | 6g      | 20%       | 2%        | 35%     | 0%   |
| Non-fat Mocha Frappe - 24 oz              | 460      | 70                | 9g        | 3.5g          | 0g        | 25mg        | 240mg  | 88g           | 0g            | 76g    | 9g      | 25%       | 4%        | 45%     | 2%   |
| Non-fat Mocha Mud - 12 oz                 | 180      | 50                | 6g        | 3.5g          | 0g        | 20mg        | 85mg   | 25g           | 0g            | 22g    | 6g      | 10%       | 0%        | 20%     | 0%   |
| Non-fat Mocha Mud - 16 oz                 | 230      | 50                | 7g        | 3.5g          | 0g        | 25mg        | 115mg  | 36g           | 0g            | 33g    | 8g      | 15%       | 0%        | 25%     | 0%   |
| Non-fat Mocha Mud - 20 oz                 | 290      | 60                | 7g        | 3.5g          | 0g        | 25mg        | 140mg  | 47g           | 0g            | 42g    | 9g      | 15%       | 0%        | 35%     | 0%   |
| Non-fat White Mocha - 12 oz               | 210      | 50                | 6g        | 3.5g          | 0g        | 25mg        | 170mg  | 31g           | 0g            | 28g    | 9g      | 15%       | 0%        | 30%     | 0%   |
| Non-fat White Mocha - 16 oz               | 280      | 50                | 6g        | 3.5g          | 0g        | 25mg        | 230mg  | 44g           | 0g            | 41g    | 13g     | 20%       | 0%        | 40%     | 2%   |
| Non-fat White Mocha - 20 oz               | 360      | 50                | 6g        | 3.5g          | 0g        | 30mg        | 300mg  | 58g           | 0g            | 54g    | 16g     | 20%       | 0%        | 50%     | 2%   |
| Soy Cafe Au Lait - 12 oz                  | 100      | 25                | 3.5g      | 0g            | 0g        | 0mg         | 95mg   | 12g           | 1g            | 7g     | 6g      | 0%        | 0%        | 4%      | 6%   |
| Soy Cafe Au Lait - 16 oz                  | 130      | 35                | 4.5g      | 0.5g          | 0g        | 0mg         | 130mg  | 15g           | 1g            | 10g    | 8g      | 0%        | 0%        | 6%      | 8%   |
| Soy Cafe Au Lait - 20 oz                  | 170      | 45                | 5g        | 0.5g          | 0g        | 0mg         | 160mg  | 19g           | 2g            | 12g    | 10g     | 0%        | 0%        | 8%      | 10%  |
| Soy Caramel Frappe - 16 oz                | 400      | 120               | 13g       | 7g            | 0g        | 35mg        | 230mg  | 63g           | < 1g          | 41g    | 6g      | 4%        | 0%        | 4%      | 6%   |
| Soy Caramel Frappe - 24 oz                | 570      | 150               | 17g       | 9g            | 0g        | 40mg        | 330mg  | 93g           | 1g            | 61g    | 8g      | 4%        | 0%        | 6%      | 8%   |
| Soy hot chocolate - 12 oz                 | 260      | 45                | 6g        | 0.5g          | 0g        | 0mg         | 160mg  | 42g           | 2g            | 33g    | 9g      | 0%        | 0%        | 6%      | 10%  |
| Soy hot chocolate - 16 oz                 | 360      | 70                | 8g        | 1g            | 0g        | 0mg         | 220mg  | 58g           | 2g            | 45g    | 13g     | 0%        | 0%        | 10%     | 15%  |
| Soy hot chocolate - 20 oz                 | 450      | 80                | 10g       | 1g            | 0g        | 0mg         | 280mg  | 73g           | 3g            | 56g    | 16g     | 0%        | 0%        | 10%     | 15%  |
| Soy Latte - 12 oz                         | 150      | 40                | 5g        | 0.5g          | 0g        | 0mg         | 150mg  | 17g           | 2g            | 11g    | 9g      | 0%        | 0%        | 8%      | 10%  |
| Soy Latte - 16 oz                         | 220      | 60                | 7g        | 1g            | 0g        | 0mg         | 210mg  | 25g           | 2g            | 16g    | 13g     | 0%        | 0%        | 10%     | 15%  |
| Soy Latte - 20 oz                         | 270      | 70                | 9g        | 1g            | 0g        | 0mg         | 260mg  | 31g           | 3g            | 20g    | 16g     | 0%        | 0%        | 10%     | 20%  |
| Soy Mocha - 12 oz                         | 210      | 40                | 5g        | 0.5g          | 0g        | 0mg         | 140mg  | 32g           | 1g            | 24g    | 8g      | 0%        | 0%        | 6%      | 10%  |
| Soy Mocha - 16 oz                         | 290      | 60                | 7g        | 0.5g          | 0g        | 0mg         | 200mg  | 46g           | 2g            | 35g    | 11g     | 0%        | 0%        | 8%      | 10%  |
| Soy Mocha - 20 oz                         | 380      | 70                | 9g        | 1g            | 0g        | 0mg         | 250mg  | 60g           | 3g            | 46g    | 14g     | 0%        | 0%        | 10%     | 15%  |
| Soy Mocha Mud - 12 oz                     | 160      | 25                | 3.5g      | 0g            | 0g        | 0mg         | 95mg   | 26g           | < 1g          | 21g    | 5g      | 0%        | 0%        | 4%      | 6%   |
| Soy Mocha Mud - 16 oz                     | 230      | 35                | 5g        | 0g            | 0g        | 0mg         | 130mg  | 39g           | 1g            | 30g    | 7g      | 0%        | 0%        | 6%      | 8%   |
| Soy Mocha Mud - 20 oz                     | 300      | 50                | 6g        | 0.5g          | 0g        | 0mg         | 170mg  | 51g           | 2g            | 40g    | 9g      | 0%        | 0%        | 8%      | 10%  |
| Soy White Mocha - 12 oz                   | 210      | 35                | 4.5g      | 0.5g          | 0g        | 0mg         | 180mg  | 34g           | 1g            | 26g    | 9g      | 0%        | 0%        | 6%      | 10%  |
| Soy White Mocha - 16 oz                   | 300      | 50                | 6g        | 0.5g          | 0g        | 0mg         | 260mg  | 48g           | 2g            | 37g    | 12g     | 0%        | 0%        | 8%      | 10%  |
| Soy White Mocha - 20 oz                   | 390      | 60                | 8g        | 1g            | 0g        | 0mg         | 330mg  | 63g           | 3g            | 49g    | 16g     | 0%        | 0%        | 10%     | 15%  |
| Sugar Free Caramel Frappe - 16 oz         | 340      | 120               | 14g       | 6g            | 0g        | 35mg        | 220mg  | 54g           | 0g            | 23g    | 6g      | 10%       | 0%        | 20%     | 0%   |
| Sugar Free Caramel Frappe - 24 oz         | 480      | 150               | 17g       | 7g            | 0g        | 40mg        | 320mg  | 79g           | 0g            | 33g    | 8g      | 10%       | 0%        | 25%     | 2%   |
| Sugar Free Hot Chocolate - 12 oz          | 220      | 120               | 14g       | 8g            | 0g        | 45mg        | 125mg  | 14g           | 0g            | 14g    | 9g      | 15%       | 0%        | 30%     | 0%   |
| Sugar Free Hot Chocolate - 16 oz          | 290      | 160               | 18g       | 11g           | 0g        | 60mg        | 180mg  | 20g           | 0g            | 20g    | 13g     | 15%       | 0%        | 45%     | 0%   |
| Sugar Free Hot Chocolate - 20 oz          | 350      | 190               | 21g       | 12g           | 0g        | 70mg        | 220mg  | 25g           | 0g            | 25g    | 16g     | 20%       | 0%        | 60%     | 0%   |
| Sugar Free Mocha - 12 oz                  | 250      | 120               | 13g       | 8g            | 0g        | 45mg        | 140mg  | 23g           | 0g            | 12g    | 9g      | 10%       | 0%        | 30%     | 0%   |
| Sugar Free Mocha - 16 oz                  | 330      | 140               | 16g       | 10g           | 0g        | 55mg        | 200mg  | 33g           | 0g            | 17g    | 12g     | 15%       | 0%        | 40%     | 2%   |
| Sugar Free Mocha - 20 oz                  | 410      | 170               | 19g       | 11g           | 0g        | 60mg        | 250mg  | 43g           | 0g            | 22g    | 15g     | 20%       | 0%        | 50%     | 2%   |
| Sugar Free Mocha Mud - 12 oz              | 190      | 90                | 10g       | 6g            | 0g        | 35mg        | 100mg  | 19g           | 0g            | 8g     | 6g      | 10%       | 0%        | 20%     | 0%   |
| Sugar Free Mocha Mud - 16 oz              | 260      | 110               | 12g       | 7g            | 0g        | 40mg        | 140mg  | 27g           | 0g            | 11g    | 8g      | 10%       | 0%        | 25%     | 0%   |
| Sugar Free Mocha Mud - 20 oz              | 310      | 120               | 14g       | 8g            | 0g        | 45mg        | 170mg  | 35g           | 0g            | 13g    | 10g     | 15%       | 0%        | 30%     | 0%   |
| Sugar Free Non-fat Caramel Frappe - 16 oz | 300      | 9g                | 3.5g      | 0g            | 0g        | 25mg        | 230mg  | 54g           | 0g            | 22g    | 6g      | 20%       | 2%        | 35%     | 0%   |