

Blenders	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Butter Pecan	16	559.78	13.64	11.49	0	14.86	100.64	0	83.66	28.91	6.94	0.51	69.43	59.91	0.12	313.63	Dairy, tree nuts, soy
	20	646.7	15.58	13.13	0	16.99	116.66	0	97.26	34.7	7.94	0.58	80.04	68.46	0.14	358.44	
	24	733.63	17.53	14.77	0	19.11	132.69	0	110.87	40.48	8.93	0.65	90.66	77.02	0.16	403.24	
Caramel Macchiato	32	970.05	23.38	19.69	0	25.48	175	0	145.9	52.04	11.9	0.87	120.7	102.7	0.21	537.65	
	16	526	15.24	10.57	0	12.47	89.16	0	63.94	-	6.17	0.48	103.66	56.22	0.11	291.24	Dairy, soy
	20	622	18.01	12.5	0	14.49	105.67	0	75.76	-	7.24	0.57	121.83	66.68	0.13	344.81	
Coffee Toffee	24	757	21.78	14.82	0	16.95	128.99	0	91.99	-	8.54	0.67	152.46	79.25	0.16	409.2	
	32	1104	31.67	21.33	0	24.24	188.38	0	133.99	-	12.27	0.97	225.27	114.22	0.23	589.37	
	16	432	18.38	13.03	0	27.7	66.33	1.38	58.07	34.32	6.08	-	507.94	66.54	0.04	287.49	Dairy, tree nuts, soy
Colorado Mocha	20	498	21.23	15.03	0	32.74	76.03	1.57	66.6	39.26	7.21	-	583.89	75.95	0.05	330.56	
	24	593	25.29	17.9	0	39	90.57	1.87	79.34	46.77	8.59	-	695.55	90.48	0.05	393.77	
	32	858	36.6	25.9	0	56.43	131.05	2.71	114.8	67.68	12.42	-	1006.43	130.92	0.08	569.77	
Cookies n' Cream	16	451.45	11.07	9.06	0	12.64	88.63	0	70.11	60.71	8.44	-	48.7	89.04	3.65	842.41	-
	20	538.01	12.99	10.65	0	14.61	106.16	0	84.22	73.23	9.89	-	56.29	105.1	4.31	992.92	
	24	558.02	15.44	12.67	0	17.16	128.19	0	101.94	88.91	11.74	-	66.11	125.32	5.14	1184.38	
Cotton Candy	32	939.72	22.29	18.29	0	24.62	186.47	0	148.45	129.66	16.92	-	94.84	181.22	7.43	1712.33	
	16	370	13.64	10.3	0	19.99	56.63	0	4.68	29.54	6.61	-	301.82	46.33	0.04	298.43	Dairy, soy, wheat
	20	434	16.01	12.09	0	23.45	66.44	0	5.49	34.66	7.76	-	354.12	54.36	0.05	350.14	
Fireside	24	517	19.07	14.4	0	27.93	79.13	0	6.54	41.28	9.24	-	421.76	64.74	0.06	417.03	
	32	750	27.65	20.88	0	40.5	114.75	0	9.49	59.86	13.4	-	611.62	93.88	0.08	604.75	
	16	686.33	18.57	14.4	0.02	30.62	119.97	0	102.98	43.28	10.39	0.51	105.15	59.56	0.08	280.39	-
Frozen Campfire	20	804.84	21.03	16.36	0.02	35	142.74	0	120.26	52.03	11.88	0.58	120.15	68.05	0.1	320.4	
	24	992.01	26.39	20.99	0.02	39.38	175.03	0	148.34	57.28	14.34	0.8	135.15	93.51	0.13	440.44	
	32	1218.17	32.04	24.79	0.03	52.5	215.85	0	186.71	84.37	17.82	0.87	180.28	102.13	0.15	480.72	
Frozen Chai - Spicy	16	455	8.89	7.02	0	20.34	87.54	0	70.8	57.9	8.98	-	219.01	197.3	0.03	427.48	Dairy, soy
	20	540	10.44	8.24	0	23.82	104.21	0	84.46	69.32	10.54	-	257.23	232.11	0.04	502.65	
	24	647	12.4	9.8	0	28.26	125.21	0	101.64	83.64	12.52	-	305.87	276.35	0.05	598.22	
Frozen Chai - Original	32	933	17.9	14.14	0	40.77	180.66	0	146.65	120.68	18.07	-	441.3	398.71	0.07	863.12	
	16	512	13.14	11.13	0	12.21	90.48	0.82	73.44	8.07	3.16	6.17	154.69	283.95	0.89	342.71	-
	20	609	15.46	13.09	0	14.36	108.11	0.96	87.98	11.07	3.72	7.26	182	334.1	1.05	403.23	
Frozen Chai - Spicy	24	731	18.39	15.58	0	17.1	130.2	1.14	106.17	14.65	4.43	8.64	216.6	397.64	1.25	479.92	
	32	1061	26.6	22.53	0	24.73	189.4	1.65	154.58	22.24	6.4	12.5	313.26	575.11	1.81	694.12	
	16	540	10.19	9.34	7.92	22.64	91.82	1.25	68.83	18.75	5.66	0.51	40.21	177.14	0.71	330.09	Dairy, soy
Frozen Chai - Original	20	622	11.64	10.67	9.9	28.3	104.21	1.38	77.86	20.63	6.71	0.58	49.32	215.06	0.78	375.1	
	24	704	13.1	12	11.89	33.96	116.6	1.5	86.88	22.5	7.76	0.65	58.44	252.98	0.86	420.11	
	32	939	17.46	16.01	15.85	45.28	155.47	2	115.85	30	10.35	0.87	77.92	337.3	1.15	560.15	
Frozen Chai - Original	16	523	9.86	9.04	7.67	21.93	88.92	1.21	66.66	18.16	5.48	0.49	38.94	171.56	0.69	319.69	Dairy, soy
	20	620	11.61	10.64	9.88	28.22	103.91	1.37	77.63	20.57	6.69	0.58	49.18	214.44	0.78	374.01	
	24	744	13.83	12.68	12.56	35.88	123.19	1.58	91.79	23.77	8.2	0.69	61.74	267.27	0.91	443.84	
	32	1076	20.01	18.34	18.16	51.89	178.18	2.29	132.76	34.38	12	1	89.3	386.57	1.31	641.96	

Blenders	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Hazelnut Cream	16	503.38	11.94	10.06	0	13.01	90.77	0	75.91	27.98	6.08	0.45	50.12	52.44	0.11	274.57	Dairy, tree nuts, soy
	20	599.55	14.05	11.84	0	15.32	108.48	0	90.99	34.58	7.16	0.52	59	61.73	0.13	323.18	
	24	718.74	16.69	14.06	0	18.19	130.39	0	109.61	42.59	8.5	0.62	70.08	73.33	0.15	383.91	
	32	1025.45	24.03	20.24	0	26.2	185.54	0	155.63	59.14	12.24	0.9	100.91	105.58	0.22	552.75	
Java Chip	16	417	13.25	2.07	0	14.31	68.31	0	54.13	36.87	10.15	-	367.08	147.95	1.46	610.84	Dairy, soy
	20	490	15.58	2.43	0	16.83	80.34	0	63.66	43.36	12.36	-	431.73	174	1.71	718.42	
	24	584	18.56	2.9	0	20.05	95.71	0	75.84	51.66	14.72	-	514.34	207.3	2.04	855.88	
Lava Frost	16	641.66	17.18	13.71	0	30.62	111.68	0	93.18	33.48	10.39	0.51	105	59.41	0.08	280.09	Dairy, soy
	20	741.15	19.64	15.67	0	35	129.63	0	108.4	40.17	11.88	0.58	120	67.9	0.1	320.1	
	24	813.25	22.09	17.63	0	39.38	140.58	0	116.93	40.17	13.37	0.65	135	76.39	0.11	360.11	
	32	1111.72	29.46	23.51	0	52.5	194.45	0	162.61	60.26	17.82	0.87	180	101.85	0.15	480.15	
Matcha Blender	16	377.46	0	0	57.29	0	0	81.82	0	0	0	0	0	0.01	0	9.21	-
	20	454.71	0	0	59.57	0	0	97.85	0	0	0	0	0	0.01	0	11.38	
	24	551.95	0	0	63.6	0	0	118.11	0	0	0	0	0	0.01	0	14.07	
	32	775.43	0	0	127.83	0	0	168.87	0	0	0	0	0	0.01	0	18.63	
Mile High Twist	16	515	15.29	9.52	0	11.82	92.91	0.62	72.27	62.96	10.57	-	97.36	95.9	3.85	883.64	Dairy, soy, peanuts
	20	639	20.4	11.57	0	13.45	111.15	1.06	86.19	75.21	13.67	-	138.16	118	4.87	1075.3	
	24	751	23.26	13.62	0	16.12	132.7	1.12	103.7	90.03	15.74	-	154.72	138.41	5.71	1265.94	
	32	1107	35.92	20.01	0	22.97	191.26	1.94	148.2	129.32	23.94	-	245.91	204.53	8.45	1859.61	
Mocha	16	417	11.27	9.15	0	13.96	79.29	0	61.46	51.72	8.68	-	53.78	87.85	3.6	834.02	-
	20	492	13.27	10.78	0	16.44	93.39	0	72.38	60.91	10.23	-	63.34	103.47	4.24	982.31	
	24	586	15.81	12.85	0	19.59	111.28	0	86.25	72.58	12.19	-	75.48	123.29	5.06	1170.47	
	32	845	22.81	18.53	0	28.27	160.54	-	124.43	104.72	17.58	-	108.89	177.87	7.3	1688.7	
Peanut Butter Mocha	16	471	15.8	9.84	0	13.23	81.05	0.63	62.25	52.42	11.02	-	97.85	97.33	4.01	899.22	Dairy, soy, peanuts
	20	584	21.05	11.96	0	15.19	96.4	1.07	73.74	62.11	14.23	-	139	119.74	4.95	1094.16	
	24	683	24.05	14.09	0	18.27	114.46	1.14	87.68	73.85	16.43	-	155.59	140.52	5.8	1288.88	
	32	1014	37.09	20.7	0	25.98	166.09	1.97	126.94	106.94	24.94	-	247.74	207.76	8.59	1894.19	
Raspberry Truffle	16	475	8.89	7.02	0	20.34	92.88	0	74.41	61.51	8.98	-	219.01	197.3	0.03	427.48	Dairy, soy
	20	654	10.7	8.86	0	19.57	133.49	0	106.27	90.51	10.76	-	283.1	291.03	0.02	607.67	
	24	680	12.4	9.8	0	28.26	133.94	0	107.54	89.54	12.52	-	305.87	276.35	0.05	598.22	
	32	981	17.9	14.14	-	40.77	193.26	0	155.16	129.2	18.07	-	441.3	398.71	0.07	863.12	
Salted Caramel	16	537	11.94	10.06	0	13.01	101.09	0	47.93	36.77	6.08	0.45	210.99	52.44	0.11	274.57	Dairy, soy
	20	641	14.05	11.84	0	15.32	121.24	0	56	45.44	7.16	0.52	257.81	61.73	0.13	323.18	
	24	769	16.69	14.06	0	18.19	146.11	0	67	55.98	8.5	0.62	315	73.33	0.15	383.91	
	32	1096	24.03	20.24	0	26.2	207.37	0	96.49	77.72	12.24	0.9	440.95	105.58	0.22	552.75	
Toffee Nut	16	552.17	13.64	11.49	0	14.86	99.88	0	82.9	28.15	6.94	0.51	64.86	59.91	0.21	313.63	-
	20	637.57	15.58	13.13	0	16.99	115.75	0	96.35	33.78	7.94	0.58	74.57	68.46	0.14	358.44	
	24	722.97	17.53	14.77	0	19.11	131.63	0	109.8	39.41	8.93	0.65	84.27	77.02	0.16	403.24	
	32	956.36	23.38	19.69	0	25.48	173.63	0	144.53	50.67	11.9	0.87	111.85	102.7	0.21	537.65	

Blenders	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Turtle	16	484.24	11.96	8.51	0	13	93.17	0	71.65	55.69	8.08	-	82.8	81.72	3.35	775.88	-
	20	592.78	14.45	9.91	0	15	114.15	0	87.33	66.25	9.4	-	107.69	95.07	3.9	902.55	
	24	724.92	17.51	12	0	17.79	139.68	0	106.46	79.35	11.06	-	137.2	111.93	4.59	1062.63	
	32	1056.39	25.39	17	0	25.23	203.54	0	154.56	113.5	15.69	-	206.16	158.75	6.51	1507.15	
Vanilla	16	425.29	13.24	11.15	0	14.43	69.64	0	53.15	-	6.74	0.49	55.59	58.16	0.12	304.5	Dairy, soy
	20	499.32	15.54	13.09	0	16.94	81.76	0	62.41	-	7.92	0.58	65.27	68.29	0.14	357.51	
	24	594.84	18.52	15.6	0	20.18	97.4	0	74.35	-	9.43	0.69	77.75	81.35	0.17	425.9	
White Mocha	32	860.33	26.78	22.56	0	29.19	140.87	0	107.53	-	13.64	1	112.45	117.66	0.24	615.99	
	16	418	9.23	7.25	0	21.59	77.28	0	60.93	47.56	9.33	-	225.47	199.64	0.04	434.76	Dairy, soy
	20	492	10.87	8.53	0	25.41	90.95	0	71.71	55.98	10.98	-	265.35	234.95	0.04	511.64	
	24	586	12.95	10.17	0	30.27	108.36	0	85.43	66.69	13.08	-	316.14	279.93	0.05	609.59	
White Peanut Butter	32	847	18.7	14.68	0	43.72	156.51	0	123.4	96.32	18.89	-	456.61	404.3	0.08	880.44	
	16	473	13.82	7.94	0	20.86	79.06	0.63	61.74	48.27	11.69	-	270.43	209.43	0.45	500.26	Dairy, soy, peanuts
	20	585	18.74	9.72	0	24.16	94	1.09	73.08	57.18	15.04	-	342.44	251.72	0.75	623.97	
	24	685	21.29	11.42	0	28.95	111.58	1.15	86.89	67.97	17.38	-	397.77	297.68	0.8	728.51	
32	1018	33.17	16.87	0	41.44	162.13	2	125.94	98.55	26.35	-	598.29	435.17	1.37	1086.9		
Classics																	
Americano Hot	12	2	0.15	0.07	0	0	0	0	0	0	0.1	0	21.59	9.36	0.11	92.93	None
	16	3	0.37	0.18	0	0	0	0	0	0	0.23	0	41.61	14.53	0.27	226.8	
	20	4	0.49	0.24	0	0	0	0	0	0	0.31	0	53.82	18.19	0.35	301.65	
	24	6	0.62	0.3	0	0	0	0	0	0	0.39	0	66.67	21.86	0.45	382.76	
Americano Iced	16	8	0.92	0.45	0	0	0	0	0	0	0.58	0	75.53	15.03	0.67	566	None
	20	11	1.26	0.62	0	0	0	0	0	0	0.8	0	101.52	18.89	0.92	778.57	
	24	13	1.39	0.68	0	0	0	0	0	0	0.89	0	114.59	22.56	1.01	862	
	32	18	1.95	0.96	0	0	0	0	0	0	1.24	0	158.59	30.17	1.42	1207.35	
Cafe Au Lait	12	111	5.87	3.67	0	25.69	8.07	-	8.07	-	6.09	-	92.48	-	-	-	Dairy
	16	148	7.83	4.89	0	34.25	10.77	0	10.77	-	8.12	-	123.3	-	-	-	
	20	185	9.79	6.12	0	42.82	13.46	0	13.46	-	10.15	-	154.13	-	-	-	
	24	222	11.74	7.34	0	51.38	16.15	0	16.15	-	12.18	-	184.95	-	-	-	
Campfire Cocoa	12	287	6.36	4.24	0	21.22	49.03	1.41	47.24	14.17	0	9.9	268.74	397.45	1.41	142.86	Dairy
	16	393	8.35	5.57	0	27.85	68.64	1.86	66.18	23.48	0	13	352.73	521.67	1.86	187.51	
	20	494	10.42	6.94	0	34.72	86.42	2.31	83.34	30.09	0	16.2	439.84	650.5	2.31	233.81	
	24	605	12.35	8.24	0	41.18	107.33	2.75	103.54	40.4	-	19.22	521.6	771.43	2.75	277.27	
Cappuccinno	12	182	9.77	6.09	0	42.02	13.21	0	13.21	-	9.71	-	156.42	1.54	0.12	105.01	Dairy
	16	248	13.32	8.3	0	57.46	18.06	0	18.06	-	13.25	-	210.67	1.71	0.14	116.24	
	20	292	15.72	9.79	0	67.74	21.29	0	21.29	-	15.63	-	249.39	2.14	0.17	145.59	
	24	284	15.3	9.52	0	65.63	20.63	0	20.63	-	15.19	-	246.87	2.73	0.22	185.87	
Cold Brew	16	3	-	-	-	-	-	-	-	-	-	-	9.78	16.95	-	-	None
	20	4	-	-	-	-	-	-	-	-	-	-	11.79	20.44	-	-	
	24	5	-	-	-	-	-	-	-	-	-	-	14.09	24.43	-	-	

Classics	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Cold Brew	32	7	-	-	-	-	-	-	-	-	-	-	20.61	35.73	-	-	
Daily Brew	12	3	-	-	-	-	-	-	-	-	0.47	-	9.39	-	-	-	None
	16	3	-	-	-	-	-	-	-	-	0.63	-	12.52	-	-	-	
	20	3	-	-	-	-	-	-	-	-	0.78	-	15.65	-	-	-	
	24	5	-	-	-	-	-	-	-	-	0.94	-	18.78	-	-	-	
Espresso Shots	12	1	0.06	0.03	-	-	-	-	-	-	0.04	-	4	0.5	0.04	34	None
	16	1	0.15	0.07	-	-	-	-	-	-	0.1	-	10.93	1.37	0.11	92.93	
	20	2	0.21	0.1	-	-	-	-	-	-	0.13	-	14.93	1.87	0.15	126.93	
	24	3	0.3	0.15	-	-	-	-	-	-	0.19	-	21.87	2.73	0.22	185.87	
Espresso Shots Iced	16	1	0.06	0.03	-	-	-	-	-	-	0.04	-	4	0.5	0.04	34	None
	20	1	0.15	0.07	-	-	-	-	-	-	0.1	-	10.93	1.37	0.11	92.93	
	24	2	0.21	0.1	-	-	-	-	-	-	0.13	-	14.93	1.87	0.15	126.93	
	32	3	0.3	0.15	-	-	-	-	-	-	0.19	-	21.87	2.73	0.22	185.87	
Gold Rush Cold Brew	16	252	4.53	-	5.3	15.15	37.74	-	21.13	-	1.51	-	120.1	90.55	-	-	Dairy
	20	333	6	-	7.03	20.07	50.02	-	28.01	-	2.01	-	158	118.01	-	-	
	24	437	7.88	-	9.23	26.37	65.7	-	36.79	-	2.64	-	206.14	152.58	-	-	
	32	599	10.57	-	13.61	38.89	88.45	-	49.33	-	3.89	-	282.95	225.11	-	-	
Iced Coffee	16	3	0.08	0.04	-	-	-	-	-	-	0.6	-	16.95	0.76	0.06	51.67	None
	20	5	0.25	0.12	-	-	-	-	-	-	0.85	-	32.11	2.28	0.18	155.34	
	24	5	0.26	0.13	-	-	-	-	-	-	1.01	-	36.11	2.4	0.19	163.51	
	32	7	0.34	0.16	-	-	-	-	-	-	1.29	-	45.92	3.05	0.24	207.71	
Latte	12	182	9.77	6.09	0	42.02	13.21	0	13.21	-	9.71	-	156.42	1.54	0.12	105.01	Dairy
	16	248	13.32	8.3	0	57.46	18.06	0	18.06	-	13.25	-	210.67	1.71	0.14	116.24	
	20	292	15.72	9.79	0	67.74	21.29	0	21.29	-	15.63	-	249.39	2.14	0.17	145.59	
	24	357	19.26	11.99	0	82.6	25.96	-	25.96	-	19.12	-	310.74	3.44	0.28	233.95	
Latte Iced	16	142	7.65	4.76	0	32.72	10.28	0	10.28	-	7.59	-	124.95	1.6	0.13	108.5	Dairy
	20	169	9.17	5.69	0	38.92	12.23	0	12.23	-	9.07	-	153.4	2.49	0.2	169.59	
	24	189	10.28	6.38	0	43.48	13.67	-	13.67	-	10.15	-	173.57	3.06	0.24	208.12	
	32	274	14.89	9.24	0	62.91	19.77	-	19.77	-	14.71	-	252.84	4.64	0.37	315.66	
Steamer	12	207	11.05	6.9	0	48.33	15.19	0	15.19	-	11.05	-	165.7	-	-	-	Dairy
	16	276	14.73	9.21	0	64.44	20.25	0	20.25	-	14.73	-	220.94	-	-	-	
	20	345	18.41	11.51	0	80.55	25.32	0	25.32	-	18.41	-	276.17	-	-	-	
	24	414	22.09	13.81	0	96.66	30.38	0	30.38	-	22.09	-	331.41	-	-	-	
Energy Infusions																	
Beach Bum Frozen	16	278	0	0	0	0	70.41	0	66.33	66.33	0	0	5.77	-	-	15.39	Tree Nuts
	20	305	0	0	0	0	77.63	0	73.03	73.03	0	0	5.82	-	-	19.36	
	24	375	0	0	0	0	95.38	0	89.78	89.78	0	0	7.45	-	-	22.44	
	32	571	0	0	0	0	144.8	0	136.38	136.38	0	0	11.74	-	-	32.15	
Beach Bum Iced	16	249	0	0	0	0	63.49	0	59.71	59.71	0	0	4.66	-	-	16.27	Tree Nuts
	20	277	0	0	0	0	70.53	0	66.28	66.28	0	0	4.86	-	-	19.47	

Energy Infusions	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Beach Bum Iced	24	345	0	0	0	0	87.88	0	82.62	82.62	0	0	6.29	-	-	23.24	
	32	531	0	0	0	0	135.29	0	127.19	127.19	0	0	9.68	-	-	35.78	
SF Beach Bum Frozen	16	7.62	0	0	0	-	3.3	0	0	0	0	-	108.95	0.51	-	28.95	Tree nuts
	20	9.49	0	0	0	-	3.92	0	0	0	0	-	132.7	0.63	-	36.07	
	24	10.31	0	0	0	-	4.35	0	0	0	0	-	145.59	0.69	-	39.19	
	32	14.06	0	0	0	-	6.06	0	0	0	0	-	200.57	0.94	-	53.44	
SF Beach Bum Iced	16	7.97	0	0	0	-	3.26	0	0	0	0	-	110.91	0.53	-	30.28	Tree nuts
	20	9.14	0	0	0	-	3.66	0	0	0	0	-	125.76	0.61	-	34.73	
	24	10.31	0	0	0	-	4.2	0	0	0	0	-	143.09	0.69	-	39.19	
	32	16.87	0	0	0	-	6.84	0	0	0	0	-	233.7	1.12	-	64.12	
Cherry Blossom Frozen	16	260	0	0	0	0	66.09	0	62	62	0	0	7.93	-	-	15.39	None
	20	287	0	0	0	0	73.27	0	68.67	68.67	0	0	8	-	-	19.36	
	24	352	0	0	0	0	89.79	0	84.19	84.19	0	0	10.24	-	-	22.44	
	32	534	0	0	0	0	135.99	0	127.57	127.57	0	0	16.15	-	-	32.15	
Cherry Blossom Iced	16	235	0	0	0	0	60	0	56.22	56.22	0	0	6.41	-	-	16.27	None
	20	261	0	0	0	0	66.89	0	62.63	62.63	0	0	6.69	-	-	19.47	
	24	325	0	0	0	0	83.17	0	77.9	77.9	0	0	8.64	-	-	23.24	
	32	501	0	0	0	0	128.03	0	119.93	119.93	0	0	13.31	-	-	35.78	
Cosmic Blast Frozen	16	208	0	0	0	0	52.37	0	49.03	49.69	0	0	11.53	-	-	15.39	None
	20	235	0	0	0	0	59.42	0	55.58	56.24	0	0	11.64	-	-	19.36	
	24	286	0	0	0	0	72.06	0	67.43	68.28	0	0	14.9	-	-	22.44	
	32	429	0	0	0	0	108.05	0	101.15	102.49	0	0	23.49	-	-	32.15	
Cosmic Blast Iced	16	193	0	0	0	0	48.91	0	45.73	46.26	0	0	9.32	-	-	16.27	None
	20	218	0	0	0	0	55.32	0	51.69	52.25	0	0	9.72	-	-	19.47	
	24	269	0	0	0	0	68.2	0	63.76	64.47	0	0	12.57	-	-	23.24	
	32	417	0	0	0	0	105.65	0	98.77	99.88	0	0	19.48	-	-	36	
Fruit Punch Frozen	16	277	0	0	0	0	70.77	0	66.01	66.01	0	0	3.45	-	-	15.1	None
	20	305	0	0	0	0	78.02	0	72.74	72.74	0	0	3.48	-	-	19.06	
	24	382	0	0	0	0	97.63	0	91.04	91.04	0	0	4.59	-	-	22.11	
	32	562	0	0	0	0	143.46	0	133.79	133.79	0	0	6.81	-	-	31.96	
Fruit Punch Iced	16	242	0	0	0	0	62.04	0	57.82	57.82	0	0	2.62	-	-	16.27	None
	20	269	0	0	0	0	69.01	0	64.3	64.3	0	0	2.73	-	-	19.47	
	24	345	0	0	0	0	88.31	0	82.3	82.3	0	0	3.74	-	-	23.06	
	32	516	0	0	0	0	132.26	0	123.25	123.25	0	0	5.44	-	-	35.78	
Island Breeze Frozen	16	283	0	0	0	0	70.77	0	66.59	66.59	0	0	10.34	-	-	15.1	Tree nuts
	20	311	0	0	0	0	78.02	0	73.32	73.32	0	0	10.44	-	-	19.06	
	24	390	0	0	0	0	97.63	0	91.81	91.81	0	0	13.76	-	-	22.11	
	32	573	0	0	0	0	143.46	0	134.92	134.92	0	0	20.43	-	-	31.96	
Island Breeze Iced	16	247	0	0	0	0	62.04	0	58.26	58.62	0	0	7.86	-	-	16.27	Tree nuts
	20	274	0	0	0	0	68.84	0	64.65	64.65	0	0	8.73	-	-	18.05	

Energy Infusions	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Island Breeze Iced	24	351	0	0	0	0	88.31	0	82.93	82.93	0	0	11.23	-	-	23.06	
	32	525	0	0	0	0	132.26	0	124.16	124.16	0	0	16.33	-	-	35.78	
Just Peachy Frozen	16	265	0	0	0	0	65.85	0	61.83	52.05	0.44	0	36.98	-	-	15.65	None
	20	310	0	0	0	0	77.18	0	72.58	62.91	0.44	0	37.73	-	-	19.29	
	24	372	0	0	0	0	92.21	0	86.32	70.68	0.71	0	57.25	-	-	22.59	
	32	573	0	0	0	0	142.09	0	133.47	111.68	0.99	0	82.37	-	-	32.18	
Just Peachy Iced	16	227	0	0	0	0	57	0	53.64	48.66	0.23	0	20.62	-	-	16.67	None
	20	274	0	0	0	0	68.42	0	63.98	53.79	0.46	0	37.31	-	-	19.57	
	24	331	0	0	0	0	82.72	0	77.53	66.92	0.48	0	40.14	-	-	23.52	
	32	527	0	0	0	0	131.22	0	122.73	102.42	0.92	0	74.36	-	-	36	
Limelight Frozen	16	265	0	0	0	0	68.46	0	65.49	65.49	0	0	8.1	-	-	15.68	None
	20	311	0	0	0	0	80.35	0	76.8	76.8	0	0	9.28	-	-	19.06	
	24	371	0	0	0	0	95.84	0	91.64	91.64	0	0	11.18	-	-	22.44	
	32	573	0	0	0	0	148	0	141.73	141.73	0	0	18.16	-	-	31.96	
Limelight Iced	16	228	0	0	0	0	59.04	0	56.2	56.2	0	0	5.87	-	-	16.86	None
	20	274	0	0	0	0	70.84	0	67.49	67.49	0	0	7.29	-	-	19.47	
	24	331	0	0	0	0	85.71	0	81.67	81.67	0	0	8.87	-	-	23.42	
	32	525	0	0	0	0	135.89	0	129.6	129.6	0	0	14.52	-	-	35.78	
SF Limelight Frozen	16	7.62	0	0	0	-	2.54	0	0	0	0	-	108.62	0.51	-	28.95	None
	20	9.49	0	0	0	-	3.16	0	0	0	0	-	134.1	0.63	-	36.07	
	24	10.31	0	0	0	-	3.44	0	0	0	0	-	146.22	0.69	-	39.19	
	32	14.06	0	0	0	-	4.69	0	0	0	0	-	202.39	0.94	-	53.44	
SF Limelight Iced	16	7.97	0	0	0	-	2.66	0	0	0	0	-	109.6	0.53	-	30.28	None
	20	9.14	0	0	0	-	3.05	0	0	0	0	-	126.18	0.61	-	34.73	
	24	10.55	0	0	0	-	3.52	0	0	0	0	-	145.72	0.7	-	40.08	
	32	16.87	0	0	0	-	5.62	0	0	0	0	-	234.55	1.12	-	64.12	
Loconut Frozen	16	255	0	0	0	0	65.42	0	61.44	61.44	0	0	8.1	-	-	15.68	Tree nuts
	20	299	0	0	0	0	76.86	0	72.16	72.16	0	0	9.28	-	-	19.06	
	24	357	0	0	0	0	91.65	0	86.05	86.05	0	0	11.18	-	-	22.44	
	32	550	0	0	0	0	141.19	0	132.65	132.65	0	0	18.16	-	-	31.96	
Loconut Iced	16	221	0	0	0	0	56.84	0	53.27	53.27	0	0	5.87	-	-	16.86	Tree nuts
	20	265	0	0	0	0	68.1	0	63.85	63.85	0	0	7.29	-	-	19.47	
	24	320	0	0	0	0	82.38	0	77.24	77.24	0	0	8.87	-	-	23.42	
	32	507	0	0	0	0	130.45	0	122.35	122.35	0	0	14.52	-	-	35.78	
SF Loconut Frozen	16	7.97	0	0	0	-	2.66	0	0	0	0	-	114.55	0.53	-	30.28	None
	20	9.14	0	0	0	-	3.05	0	0	0	0	-	131.34	0.61	-	34.73	
	24	10.55	0	0	0	-	3.52	0	0	0	0	-	151.09	0.7	-	40.08	
	32	16.87	0	0	0	-	5.62	0	0	0	0	-	233.19	1.12	-	64.12	
SF Loconut Iced	16	7.97	0	0	0	-	2.66	0	0	0	0	-	110.66	0.53	-	30.28	None
	20	9.14	0	0	0	-	3.05	0	0	0	0	-	127.45	0.61	-	34.73	

Energy Infusions	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
	24	10.55	0	0	0	-	3.52	0	0	0	0	-	147.2	0.7	-	40.08	
	32	16.87	0	0	0	-	5.62	0	0	0	0	-	237.08	1.12	-	64.12	
Renegade Rush Frozen	16	277	0	0	0	0	70.18	0	67.1	51.47	0	0	4.89	-	-	15.31	None
	20	304	0	0	0	0	77.31	0	73.73	57.99	0	0	4.93	-	-	19.28	
	24	381	0	0	0	0	96.74	0	92.4	71.63	0	0	6.5	-	-	22.38	
	32	560	0	0	0	0	142.32	0	135.97	105.1	0	0	9.66	-	-	32.4	
Renegade Rush Iced	16	298	0	0	0	0	75.8	0	70.23	70.69	0	0	7.12	-	-	28.43	None
	20	361	0	0	0	0	92.18	0	85.42	85.93	0	0	7.91	-	-	36.23	
	24	449	0	0	0	0	114.19	0	105.8	106.5	0	0	10.87	-	-	42.51	
	32	590	0	0	0	0	150.24	0	139.21	140.1	0	0	13.72	-	-	57.23	
Shock Melon Frozen	16	276	0	0	0	0	71.34	0	65.5	64.24	0	0	3.58	-	-	27.57	None
	20	342	0	0	0	0	88.42	0	81.21	79.71	0	0	4.29	-	-	34.77	
	24	413	0	0	0	0	106.55	0	97.86	96.01	0	0	5.26	-	-	41.54	
	32	563	0	0	0	0	145.08	0	133.12	130.38	0	0	7.78	-	-	54.13	
Shock Melon Iced	16	260	0	0	0	0	67.32	0	61.97	61.07	0	0	2.55	-	-	29.24	None
	20	329	0	0	0	0	85.08	0	78.27	77.07	0	0	3.43	-	-	36.16	
	24	396	0	0	0	0	102.34	0	94.14	92.67	0	0	4.18	-	-	43.29	
	32	532	0	0	0	0	137.65	0	126.58	124.51	0	0	5.88	-	-	57.23	
Smashberry Frozen	16	275	0	0	0	0	70.48	0	67.51	67.51	0	0	0	-	-	15.68	None
	20	322	0	0	0	0	82.67	0	79.12	79.12	0	0	0	-	-	19.06	
	24	385	0	0	0	0	98.64	0	94.44	94.44	0	0	0	-	-	22.44	
	32	596	0	0	0	0	152.54	0	146.27	146.27	0	0	0	-	-	31.96	
Smashberry Iced	16	235	0	0	0	0	60.51	0	57.67	57.67	0	0	0	-	-	16.86	None
	20	283	0	0	0	0	72.66	0	69.32	69.32	0	0	0	-	-	19.47	
	24	342	0	0	0	0	87.92	0	83.89	83.89	0	0	0	-	-	23.42	
	32	543	0	0	0	0	139.52	0	133.23	133.23	0	0	0	-	-	35.78	
SF Smashberry Frozen	16	7.62	0	0	0	-	2.54	0	0	0	0	-	108.62	0.51	-	28.95	None
	20	9.49	0	0	0	-	3.16	0	0	0	0	-	134.1	0.63	-	36.07	
	24	10.31	0	0	0	-	3.44	0	0	0	0	-	146.22	0.69	-	39.19	
	32	14.06	0	0	0	-	4.69	0	0	0	0	-	202.39	0.94	-	53.44	
SF Smashberry Iced	16	0	0	0	0	-	2.66	0	0	0	0	-	-	0.53	-	30.28	None
	20	9.14	0	0	0	-	3.05	0	0	0	0	-	-	0.61	-	34.73	
	24	16.87	0	0	0	-	5.62	0	0	0	0	-	-	1.12	-	64.12	
	32	10.55	0	0	0	-	3.52	0	0	0	0	-	-	0.7	-	40.08	
Sunbeam Frozen	16	282	0	0	0	0	72.59	0	69.14	67.82	0	0	0	-	-	27.57	None
	20	349	0	0	0	0	89.92	0	85.57	83.99	0	0	0	-	-	34.77	
	24	420	0	0	0	0	108.39	0	103.2	101.26	0	0	0	-	-	41.54	
	32	574	0	0	0	0	147.8	0	141.03	138.17	0	0	0	-	-	54.13	
Sunbeam Iced	16	264	0	0	0	0	68.22	0	64.56	63.62	0	0	0	-	-	29.24	None
	20	334	0	0	0	0	86.28	0	81.76	80.49	0	0	0	-	-	36.16	

Energy Infusions	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Sunbeam Iced	24	401	0	0	0	0	103.79	0	98.37	96.84	0	0	0	-	-	43.3	
	32	541	0	0	0	0	139.71	0	132.55	130.39	0	0	0	-	-	57.23	
Fresherz																	
Peach Mango Paradise	16	117.14	-	-	-	-	27.08	-	27.08	25.46	-	-	-	4.83	-	9.66	None
	20	154.23	-	-	-	-	33.61	-	33.61	31.19	-	-	-	5.79	-	11.59	
	24	228.57	-	-	-	-	40.83	-	40.83	37.95	-	-	-	6.76	-	13.52	
	32	296.67	-	-	-	-	54.26	-	54.26	51.47	-	-	-	9.66	-	19.31	
Dragon Fruit Splash	16	77	-	-	-	-	18.5	-	18.5	12.33	-	-	-	9.25	-	27.74	None
	20	96.34	-	-	-	-	23.12	-	23.12	15.41	-	-	-	11.56	-	34.68	
	24	116	-	-	-	-	27.75	-	27.75	18.5	-	-	-	13.87	-	41.62	
	32	154	-	-	-	-	37	-	37	24.67	-	-	-	18.5	-	55.51	
Melon Berry Tide	16	106	-	-	-	-	24.34	-	24.34	22.82	-	-	-	4.56	-	59.32	None
	20	133	-	-	-	-	30.49	-	30.49	28.59	-	-	-	5.72	-	74.33	
	24	160	-	-	-	-	36.65	-	36.65	34.36	-	-	-	6.87	-	89.34	
	32	217	-	-	-	-	49.53	-	49.53	46.44	-	-	-	9.29	-	120.74	
Italian Sodas																	
Colorado Sunrise	16	175	0	0	0	-	43.67	-	41.54	41.54	0	-	5.63	-	-	-	None
	20	227	0	0	0	-	56.76	-	54.02	54.02	0	-	7.15	-	-	-	
	24	275	0	0	0	-	68.78	-	65.43	65.43	0	-	8.83	-	-	-	
	32	376	0	0	0	-	93.89	-	89.33	89.33	0	-	12.02	-	-	-	
Limesicle	16	161	0	0	0	-	39.22	-	35.93	20.7	0.69	-	56.37	-	-	-	Dairy
	20	208	0	0	0	-	50.47	-	46.18	25.87	0.92	-	74.51	-	-	-	
	24	255	0	0	0	-	61.72	-	56.43	31.04	1.15	-	92.64	-	-	-	
	32	348	0	0	0	-	84.21	-	76.93	41.39	1.62	-	128.9	-	-	-	
Midnight Berry	16	167	0	0	0	-	41.09	-	39.57	39.57	0	-	6.09	-	-	-	None
	20	214	0	0	0	-	52.65	-	50.52	50.52	0	-	8.52	-	-	-	
	24	262	0	0	0	-	64.52	-	62.09	62.09	0	-	9.74	-	-	-	
	32	357	0	0	0	-	87.96	-	84.61	84.61	0	-	13.39	-	-	-	
kidZone																	
Cold Chocolate Milk	10	200	5.63	3.75	0	18.75	30	1.25	28.75	-	-	8.75	237.5	351.25	1.25	126.25	-
Cold Milk	10	187.5	10	6.25	0	43.75	13.75	0	13.75	-	10	-	150	-	-	-	Dairy
Cotton Candy Blender	10	413	10.71	8.22	0.02	15.31	74.35	0	63.4	29.98	5.44	0.29	52.65	34.1	0.05	160.35	Dairy, soy
Frozen Campfire	10	303	8	6.79	0	7.27	52.98	0.48	42.65	2.89	1.94	3.68	92.03	170.06	0.53	208.97	Dairy, soy
Lava Frost	10	357	9.07	7.37	0	14.22	63.78	0	53.17	20.09	5.19	0.29	48.75	33.95	0.05	160.05	Dairy, soy
Sharkbite Slushy	10	245	0	0	0	0	59.44	0	56.72	10.5	0	0	1.18	0.89	0	0	None
Sour Melon Candy	10	49	0	0	0	-	12.21	-	10.99	10.35	0	-	1.83	-	-	-	None
Unicorn Punch	10	297	2.91	2.67	0	0	66.16	0	59.31	0	0.97	0.15	1.18	17.86	0.02	80.02	Dairy, soy
Signatures																	
Butter Pecan Hot	12	261	7.2	4.5	0	31.48	34.6	0	33.24	23.35	7.2	-	129.15	1.63	-	94.87	-
	16	317	10.73	6.71	0	46.94	41.77	0	40.4	25.65	10.73	-	183.2	1.64	-	95.63	

Signatures	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Butter Pecan Hot	20	376	13	8.12	0	56.86	48.64	0	46.61	28.74	13	-	224.1	2.44	-	142.07	
	24	444	15.01	9.38	0	65.68	58.45	0	55.72	35.08	15.01	-	262.89	3.28	-	191.09	
Butter Pecan Iced	16	205	2.95	1.84	0	12.9	17.38	0	12.75	8.69	2.95	-	86.78	5.56	-	324.13	-
	20	237	6.73	4.21	0	29.46	34.94	0	33.09	23.83	6.73	-	126.61	2.23	-	129.79	
	24	291	9.85	6.16	0	43.11	38.36	0	36.57	23.02	9.85	-	172.53	2.15	-	125.41	
	32	549	12	6.89	0.36	36.93	88.14	0	53.17	35.44	29.12	4.8	173.7	417.26	0.11	487.42	
Caramel Macchiato Hot	12	280	10.37	5.29	0	36.42	36.61	0	30.35	10.14	8.43	-	174.59	1.52	0.12	103.16	Dairy
	16	402	14.41	7.06	0	48.83	54.54	0	44.33	14.69	11.28	-	241.87	1.65	0.13	112.13	
	20	478	17.15	8.36	0	57.74	64.67	0	52.26	16.74	13.34	-	288.86	2.05	0.16	139.61	
	24	606	21.24	10.07	0	69.25	84.01	0	67.16	21.81	16.06	-	364.62	3.27	0.26	222.03	
Caramel Macchiato Iced	16	270	9.16	4.28	0	29.49	38.46	0	30.86	10.94	6.83	-	156.58	1.23	0.1	83.53	Dairy
	20	321	10.45	4.64	0	31.85	47.33	0	37.38	13.43	7.4	-	182.11	1.65	0.13	112.01	
	24	406	12.55	5.21	0	35.43	62.29	0	48.44	17.93	8.29	-	226.01	2.68	0.21	182.46	
	32	585	18.43	7.74	0	52.66	88.5	0	68.7	24.42	12.32	-	332.26	4.11	0.33	279.64	
Colorado Mocha Hot	12	263	5.57	3.68	0	17.95	46.34	1.2	44.76	7.14	0.12	8.38	240.92	338.02	1.33	235.71	Dairy, tree nuts
	16	472	4.05	2.59	0	11.46	105.49	0.76	102.86	35.35	0.39	5.35	189.76	220.32	1.21	455.97	
	20	442	8.78	5.81	0	28.45	80.12	1.9	77.49	14.04	0.16	13.28	378.48	535.21	2.08	345.63	
	24	558	10.59	6.99	0	33.94	102.98	2.26	99.68	19.75	0.26	15.84	459.74	639.49	2.56	482.41	
Colorado Mocha Iced	16	222	4.44	2.94	0	14.32	39.49	0.95	37.66	15.69	0.09	6.68	193.19	269.65	1.06	185.2	Dairy, tree nuts
	20	256	4.88	3.22	0	15.63	46.43	1.04	44.26	20.3	0.12	7.29	213.51	294.54	1.18	222.82	
	24	313	5.64	3.7	0	17.77	58.05	1.18	55.3	28.06	0.2	8.29	249.8	335.65	1.41	310.04	
	32	453	8.09	5.3	0	25.33	84.26	1.69	80.27	41.44	0.31	11.82	359.69	478.87	2.04	471.79	
Fireside Hot	12	258	8.6	5.35	0	36.89	34.83	0	32.76	9.75	9.06	-	175.08	1.54	0.12	104.47	Dairy
	16	367	11.52	7.17	0	49.59	51.71	0	48.42	14.17	12.3	-	242.8	1.67	0.13	113.88	
	20	435	13.63	8.49	0	58.62	61.18	0	57.24	16.14	14.57	-	289.79	2.08	0.17	141.72	
	24	548	16.46	10.24	0	70.43	79.37	0	74.06	21.08	17.73	-	366.19	3.32	0.27	225.83	
Fireside Iced	16	243	6.96	4.33	0	29.83	36.18	0	33.74	10.52	7.45	-	156.29	1.24	0.1	84.49	Dairy
	20	285	7.55	4.69	0	32.23	44.33	0	41.18	12.91	8.31	-	181.56	1.67	0.13	113.36	
	24	357	8.81	5.47	0	37.27	57.57	0	53.31	16.89	9.83	-	227.68	2.66	0.21	180.94	
	32	513	12.68	7.86	0	53.45	82.71	0	76.53	23.55	14.15	-	331.78	4.17	0.33	283.85	
Hazelnut Cream Hot	12	276	8.38	5.22	0	35.95	39.3	0	39.3	28.01	8.32	-	135.22	1.5	0.12	101.81	Dairy, tree nuts
	16	378	11.39	7.09	0	49.02	54.11	0	54.11	38.71	11.32	-	181.3	1.66	0.13	112.56	
	20	436	13.61	8.47	0	58.53	61.15	0	61.15	42.76	13.52	-	217.34	2.08	0.17	141.52	
	24	541	16.55	10.29	0	70.8	76.89	0	76.89	54.64	16.42	-	269.44	3.34	0.27	227	
Hazelnut Cream Iced	16	251	6.9	4.29	0	29.58	38.1	0	38.1	28.81	6.85	-	111.26	1.23	0.1	83.77	Dairy, tree nuts
	20	287	7.63	4.73	0	32.2	44.33	0	44.33	34.21	7.53	-	129.9	2.44	0.2	165.81	
	24	350	8.85	5.49	0	37.42	55.49	0	55.49	43.73	8.74	-	149.67	2.67	0.21	181.69	
	32	490	12.82	7.95	0	54.06	76.22	0	76.22	59.23	12.65	-	219.13	4.22	0.34	287.1	
Mocha Hot	12	253	5.6	3.7	0	18.08	43.59	1.21	42.39	14.67	0.12	8.44	242.13	340.26	1.34	233.69	Dairy
	16	336	7.75	5.13	0	25.16	56.59	1.68	54.91	16.34	0.13	11.74	333.37	473.17	1.82	294.12	

Signatures	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Mocha Hot	20	403	9.01	5.97	0	29.21	67.10	1.95	69.05	22.31	0.16	13.63	388.26	549.51	2.13	351.8	
	24	509	10.85	7.16	0	34.79	89.14	2.32	86.82	33.47	0.26	16.24	470.78	655.57	2.62	489.77	
Mocha Iced	16	205	4.54	3	0	14.63	35.29	0.98	34.32	11.88	0.09	6.83	196.04	275.49	1.08	189.21	Dairy
	20	247	5.25	3.47	0	16.88	43.44	1.13	42.31	16.44	0.12	7.88	227.21	317.84	1.26	227.89	
	24	321	6.76	4.46	0	21.64	56.67	1.44	55.22	22.04	0.17	10.1	293.92	407.89	1.64	313.97	
	32	449	8.6	5.65	0	27.07	82.36	1.8	80.56	39.05	0.31	12.63	377.93	511.45	2.16	480.38	
Raspberry Truffle Hot	12	276	8.6	5.35	0	36.89	39.61	0	35.99	12.98	9.06	-	175.08	1.54	0.12	104.47	Dairy
	16	393	11.52	7.17	0	49.59	58.67	0	53.12	18.87	12.3	-	242.8	1.67	0.13	113.88	
	20	464	13.63	8.49	0	58.62	69.1	0	62.59	21.49	14.57	-	289.79	2.08	0.17	141.72	
	24	587	16.46	10.24	0	70.43	89.72	0	81.05	28.07	17.73	-	366.19	3.32	0.27	225.83	
Raspberry Truffle Iced	16	248	6.96	4.33	0	29.83	37.84	0	35.95	12.73	7.54	-	156.29	1.24	0.1	84.49	Dairy
	20	292	7.55	4.69	0	32.23	46.37	0	43.9	15.63	8.31	-	181.56	1.67	0.13	113.36	
	24	366	8.81	5.47	0	37.27	60.24	0	56.87	20.44	9.83	-	227.68	2.66	0.21	180.94	
	32	526	12.68	7.86	0	53.45	86.42	0	81.49	28.51	14.15	-	331.78	4.17	0.33	283.85	
Salted Caramel Hot	12	309	8.38	5.22	0	35.95	49.64	0	11.3	36.81	8.32	-	296.27	1.5	0.12	101.81	Dairy
	16	424	11.39	7.09	0	49.02	68.4	0	15.41	50.87	11.32	-	403.87	1.66	0.13	112.56	
	20	487	13.61	8.47	0	58.53	76.93	0	18.4	56.19	13.52	-	463.18	2.08	0.17	141.52	
	24	606	16.55	10.29	0	70.8	97.05	0	22.25	71.81	16.42	-	583.61	3.34	0.27	227	
Salted Caramel Iced	16	286	6.9	4.29	0	29.58	48.73	0	9.3	37.86	6.85	-	276.9	1.23	0.1	83.77	Dairy
	20	327	7.54	4.69	0	32.2	56.95	0	10.12	44.96	7.48	-	320.42	1.67	0.13	113.23	
	24	403	8.85	5.49	0	37.42	71.63	0	11.76	57.48	8.74	-	401.14	2.67	0.21	181.69	
	32	560	12.82	7.95	0	54.06	98.08	0	16.99	77.85	12.65	-	559.73	4.22	0.34	287.1	
Toffee Nut Latte Hot	12	268	6.61	3.68	0	17.92	44.16	1.19	39.48	7.13	0.12	8.36	264.38	337.43	1.33	235.3	-
	16	310	10.73	6.71	0	46.94	41.09	0	39.72	24.97	10.73	-	179.15	1.64	-	95.63	
	20	368	13	8.12	0	56.86	47.88	27.99	45.86	27.99	13	-	219.56	2.44	-	142.07	
	24	435	15.01	9.38	0	65.68	57.53	0	54.8	34.16	15.01	-	257.35	3.28	-	191.09	
Toffee Nut Latte Iced	16	298	10.32	6.45	0	45.17	39.53	0	37.91	23.71	10.32	-	174.89	1.95	-	113.5	-
	20	391	12.98	8.11	0	56.8	53.59	0	51.74	33.89	12.98	-	219.47	2.22	-	129.75	
	24	422	13.11	8.19	0	57.34	60.33	0	56.73	38.7	13.11	-	237.37	4.33	-	252.63	
	32	526	17.22	10.76	0	75.33	72.14	0	66.93	43.26	17.22	-	313.73	6.25	-	364.62	
Turtle Hot	12	268	6.61	3.68	0	17.92	44.16	1.19	39.48	7.13	0.12	8.36	264.38	337.43	1.33	235.3	Dairy, tree nuts
	16	400	9.57	4.87	0	23.89	67.25	1.59	58.28	11.33	0.13	11.15	365.88	449.3	1.74	282.29	
	20	486	11.58	5.67	0	27.77	82.18	1.85	70.31	13.7	0.15	12.96	435.29	522.34	2.03	337.32	
	24	628	14.71	6.76	0	32.82	107.37	2.19	90.28	19.1	0.25	15.31	542.01	618.37	2.48	466.48	
Turtle Iced	16	255	5.93	2.85	0	13.91	43.5	0.93	37.18	8.3	0.09	6.49	222.48	261.8	1.03	182.56	
	20	313	7.24	3.31	0	16.08	53.77	1.07	45.25	10.17	0.11	7.5	265.79	302.91	1.2	219.95	
	24	406	9.45	4.26	0	20.66	69.68	1.38	58.36	12.75	0.17	9.64	346.07	389.51	1.57	303.01	
	32	586	13.25	5.3	0	25.37	102.72	1.69	83.75	20.67	0.29	11.84	467.19	479.4	2.03	455.48	
Vanilla Latte Hot	12	262	8.38	5.22	0	35.95	37.97	0	37.97	26.67	8.32	-	135.22	1.5	0.12	101.81	Dairy
	16	359	11.39	7.09	0	49.02	52.27	0	52.27	36.86	11.32	-	181.3	1.66	0.13	112.56	

Signatures	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Vanilla Latte Hot	20	416	13.61	8.47	0	58.53	59.12	0	59.12	40.72	13.52	-	217.34	2.08	0.17	141.52	
	24	515	16.55	10.29	0	70.8	74.29	0	74.29	52.04	16.42	-	269.44	3.34	0.27	227	
Vanilla Latte Iced	16	238	6.9	4.29	0	29.58	36.73	0	36.73	27.43	6.85	-	111.26	1.23	0.1	83.77	Dairy
	20	270	7.54	4.69	0	32.2	42.7	0	42.7	32.58	7.48	-	123.72	1.67	0.13	113.23	
	24	330	8.85	5.49	0	37.42	53.42	0	53.41	41.65	8.74	-	149.67	2.67	0.21	181.69	
	32	462	12.82	7.95	0	54.06	73.4	0	73.4	56.41	12.65	-	219.13	4.22	0.34	287.1	
White Mocha Hot	12	272	8.54	5.31	0	36.63	37.27	0	34.18	-	9.51	-	209.9	1.53	0.12	103.73	Dairy
	16	395	11.34	7.06	0	48.83	57.11	0	52.1	-	12.95	-	297.56	1.65	0.13	112.23	
	20	471	13.38	8.33	0	57.56	68.69	0	62.62	-	15.32	-	355.39	2.05	0.16	139.16	
	24	600	16.09	10.01	0	68.84	90.15	0	81.93	-	18.7	-	453.84	3.25	0.26	220.73	
White Mocha Iced	16	265	6.88	4.28	0	29.49	40.38	0	36.65	-	8.07	-	198.06	1.23	0.1	83.53	Dairy
	20	317	7.44	4.63	0	31.77	50.6	0	45.73	-	9	-	235.8	1.64	0.13	111.72	
	24	402	8.65	5.37	0	36.59	66.64	0	60.02	-	10.75	-	300.74	2.61	0.21	177.65	
	32	582	12.4	7.69	0	52.27	96.84	0	87.19	-	15.45	-	437.04	4.08	0.33	277.58	
Smoothies																	
Blueberry Pomegranate	16	285	0	0	0	0	74.73	0	3.56	0	0	0	11.3	1.81	0	0	None
	20	339	0	0	0	0	88.93	0	4.23	0	0	0	13.09	1.88	0	0	
	24	408	0	0	0	0	107.14	0	5.1	0	0	0	15.44	2.01	0	0	
	32	589	0	0	0	0	154.71	0	7.37	0	0	0	23.79	4.03	0	0	
	10	134.42	0	0	0	0	35.28	0	1.68	0	0	0	6.19	1.49	0	0	
Frozen Lemonade	16	203	0	0	0	0	48.62	0	45.92	0	0	0	1.07	0.8	0	0	None
	20	390	0	0	0	0	93.62	0	88.42	0	0	0	2.35	1.76	0	0	
	24	465	0	0	0	0	111.54	0	105.34	0	0	0	2.45	1.83	0	0	
	32	560	0	0	0	0	134.37	0	126.91	0	0	0	2.62	1.96	0	0	
	10	750	0	0	0	0	180.08	0	170.08	0	0	0	5.58	4.19	0	0	
Mango	16	282	0	0	0	0	74.1	0	68.81	0	0	0	11.21	1.79	0	0	None
	20	336	0	0	0	0	88.22	0	81.92	0	0	0	12.99	1.87	0	0	
	24	405	0	0	0	0	106.28	0	98.69	0	0	0	15.32	2	0	0	
	32	584	0	0	0	0	153.37	0	142.41	0	0	0	23.58	3.99	0	0	
	10	146.27	0	0	0	0	38.4	0	35.65	0	0	0	5.65	0.81	0	0	
Matcha	16	377	0	0	0	0	96.29	9.69	81.82	5.54	0	0	9.21	15.56	0	63.66	None
	20	455	0	0	0	0	116.27	12.59	97.85	7.19	0	0	11.38	19.78	0	82.74	
	24	552	0	0	0	0	141.39	16.13	118.11	9.22	0	0	14.07	24.96	0	106.01	
	32	775	0	0	0	0	197.51	18.91	168.87	10.81	0	0	18.63	30.86	0	124.29	
Strawberry	10	79	0	0	0	0	21.59	6.58	13.63	3.76	0	0	6.26	10.57	0	43.24	
	16	336	0	0	0	0	83.08	0	79.55	0	0	0	2.39	1.79	0	0	None
	20	400	0	0	0	0	98.89	0	94.69	0	0	0	2.49	1.87	0	0	
	24	482	0	0	0	0	119.15	0	114.08	0	0	0	2.67	2	0	0	
	32	695	0	0	0	0	171.96	0	164.64	0	0	0	5.33	4	0	0	

Smoothies	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Strawberry Banana	10	174	0	0	0	0	43.04	0	41.2	0	0	0	1.08	0.81	0	0	
	16	298	0	0	0	0	78.75	0	73.5	0	0	0	19.87	1.78	0	0	None
	20	356	0	0	0	0	94.18	0	87.9	0	0	0	23.41	1.86	0	0	
	24	429	0	0	0	0	113.47	0	105.91	0	0	0	27.87	1.99	0	0	
	32	618	0	0	0	0	163.69	0	152.78	0	0	0	41.68	3.98	0	0	
	10	155	0	0	0	0	41.01	0	38.27	0	0	0	10.19	0.81	0	0	
Tea and Chai																	
Arnold Palmer	16	121	0	0	0	-	29.74	-	28.52	7.74	0	-	0	-	-	-	-
	20	171	0	0	0	-	41.93	-	40.18	10.52	0	-	0	-	-	-	-
	24	234	0	0	0	-	57.27	-	54.87	14.07	0	-	0	-	-	-	-
	32	478	0	0	0	-	116.87	-	111.94	28.04	0	-	0	-	-	-	-
Hot Tea	12	0	0	0	0	0	0	0	0	0	0	0	14.08	10.56	0	0	None
	16	0	0	0	0	0	0	0	0	0	0	0	14.08	10.56	0	0	
	20	0	0	0	0	0	0	0	0	0	0	0	14.08	10.56	0	0	
	24	0	0	0	0	0	0	0	0	0	0	0	14.08	10.56	0	0	
Iced Tea	16	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	None
	20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	24	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	32	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
London Fog	12	152.21	5.34	3.34	0	23.37	20.35	0	20.35	13.01	5.34	0	86.46	4.74	0	0	-
	16	205.55	7.11	4.45	0	31.12	27.82	0	27.82	18.04	7.11	0	115.13	6.32	0	0	
	20	184.9	2.51	1.57	0	11	37.89	0	37.89	34.44	2.51	0	55.58	13.4	0	0	
	24	294.84	10.81	6.76	0	47.3	37.9	0	37.9	23.03	10.81	0	174.97	9.6	0	0	
Matcha Hot Tea	12	48.9	0	0	0	0	14.67	8.56	4.89	4.89	0	0	19.62	22.36	0	56.24	-
	16	72.07	0	0	0	0	21.62	12.61	7.21	7.21	0	0	26.93	31.46	0	82.87	
	20	75.74	0	0	0	0	22.72	13.25	7.57	7.57	0	0	32.07	35.88	0	87.1	
	24	89.31	0	0	0	0	26.79	15.63	8.93	8.93	0	0	38.3	42.68	0	102.7	
Matcha Latte Hot	12	249	10.47	6.54	0	45.81	30.24	9.24	19.68	5.28	10.47	-	163.67	13.2	-	60.72	Dairy
	16	336	13.9	8.69	0	60.83	41.82	13.24	26.69	7.57	13.9	-	218.03	18.92	-	87.02	
	20	419	17.41	10.88	0	76.16	51.57	16.12	33.15	9.21	17.41	-	272.63	23.03	-	105.92	
	24	509	20.8	13	0	90.99	64.25	20.8	40.48	11.89	20.8	-	326.84	29.71	-	136.68	
Matcha Latte Iced	16	213	8.74	5.46	0	38.25	26.65	8.53	16.9	4.88	8.74	0	137.76	12.57	0	56.09	Dairy
	20	260	10.6	6.63	0	46.38	32.94	10.71	20.7	6.12	10.6	0	167.16	15.69	0	70.4	
	24	315	12.65	7.91	0	55.35	40.73	13.61	25.17	7.78	12.65	0	200.02	19.85	0	89.44	
	32	442	18.56	11.6	0	81.22	53.66	16.41	34.9	9.38	18.56	0	291.01	24.07	0	107.85	
Original Chai Hot	12	204	5.47	3.42	0	23.95	33.46	1.44	29.14	21.61	5.47	0	89.32	-	0.72	57.63	Dairy
	16	271	6.98	4.36	0	30.55	45.65	2	39.64	30.04	6.98	0	114.77	-	1	80.11	
	20	339	8.8	5.5	0	38.49	56.84	2.49	49.38	37.28	8.8	0	144.41	-	1.24	99.42	
	24	407	10.8	6.75	0	47.25	67.41	2.92	58.65	43.8	10.8	0	176.59	-	1.46	116.81	
Original Chai Hot	12	204	5.47	3.42	0	23.95	33.46	1.44	29.14	21.61	5.47	0	89.32	-	0.72	57.63	Dairy

Tea and Chai	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Original Chai Hot	16	271	6.98	4.36	0	30.55	45.65	2	39.64	30.04	6.98	0	114.77	-	1	80.11	
	20	339	8.8	5.5	0	38.49	56.84	2.49	49.38	37.28	8.8	0	144.41	-	1.24	99.42	
	24	407	10.8	6.75	0	47.25	67.41	2.92	58.65	43.8	10.8	0	176.59	-	1.46	116.81	
Original Chai Iced	16	176	4.64	2.9	0	20.28	29.21	1.27	25.4	19.03	4.64	0	75.89	-	0.63	50.74	Dairy
	20	207	5.27	3.3	0	23.07	35.07	1.55	30.43	23.18	5.27	0	86.83	-	0.77	61.82	
Original Chai Iced	24	252	6.54	4.09	0	28.61	42.2	1.85	36.67	27.68	6.54	0	107.31	-	0.92	73.8	
	32	366	9.47	5.92	0	41.43	61.35	2.68	53.3	40.27	9.47	0	155.48	-	1.34	107.4	
Spicy Chai Hot	12	202	5.45	3.4	0	23.83	33.29	1.43	28.99	21.5	5.45	0	88.87	-	0.72	57.34	Dairy
	16	270	6.95	4.34	0	30.39	45.41	1.99	39.43	29.88	6.95	-	114.16	-	1	79.68	
	20	337	8.75	5.47	0	38.29	56.54	2.47	49.12	37.09	8.75	-	143.65	-	1.24	98.9	
Spicy Chai Iced	24	405	10.69	6.68	0	46.76	67.25	2.92	58.49	43.8	10.69	-	174.91	-	1.46	116.79	
	16	175	4.62	2.89	0	20.22	29.11	1.26	25.32	18.96	4.62	-	75.63	-	0.63	50.57	Dairy
	20	206	5.26	3.29	0	23	34.96	1.54	30.34	23.11	5.26	-	86.54	-	0.77	61.62	
Tea Latte Hot	24	251	6.52	4.07	0	28.52	42.06	1.84	36.55	27.59	6.52	-	106.97	-	0.92	73.56	
	32	364	9.44	5.9	0	41.29	61.13	2.68	53.11	40.13	9.44	-	154.93	-	1.34	107.02	
	12	106.93	5.7	3.56	0	24.95	7.84	0	7.84	0	5.7	0	92.3	5.06	0	0	Dairy
Vanilla Chai Hot	16	142.77	7.61	4.76	0	33.31	10.47	0	10.47	0	7.61	0	123.33	6.76	0	0	
	20	155.56	0.83	0.52	0	3.63	1.14	0	1.14	0	0.83	0	13.43	0.74	0	0	
	24	214.81	11.46	7.16	0	50.12	15.75	0	15.75	0	11.46	0	185.41	10.17	0	0	
Vanilla Chai Iced	12	207	5.57	3.48	0	24.35	34.01	1.46	29.62	21.97	5.57	-	90.8	-	1.05	275.32	Dairy
	16	276	7.1	4.44	0	31.08	46.44	2.04	40.33	30.56	7.1	-	116.74	-	1.47	382.98	
	20	345	8.95	5.59	0	39.15	57.81	2.53	50.22	37.92	8.95	-	146.88	-	1.82	475.24	
Candy Cane Latte Hot	24	414	10.98	6.86	0	48.04	68.54	2.97	59.63	44.54	10.98	-	179.54	-	2.14	558.18	
	16	178	4.69	2.93	0	20.5	29.52	1.28	25.68	19.23	4.69	-	76.71	-	0.92	241.04	Dairy
	20	209	5.33	3.33	0	23.31	35.44	1.56	30.76	23.43	5.33	-	87.74	-	1.12	293.64	
Seasonal	24	254	6.61	4.13	0	28.91	42.64	1.86	37.05	27.97	6.61	-	108.44	-	1.34	350.51	
	32	370	9.58	5.99	0	41.91	62.05	2.72	53.91	40.74	9.58	-	157.26	-	1.96	510.55	
	12	244.86	7.65	4.76	0	32.81	34.65	0	34.55	-	8.52	-	178.82	47.52	0.11	92.93	Dairy, soy
Candy Cane Latte Iced	16	328.45	9.4	5.86	0	40.47	49.05	0	48.95	-	10.73	-	232.76	70.6	0.11	92.93	
	20	431.28	12.21	7.6	0	52.5	64.83	0	64.73	-	13.98	-	305.7	94.17	0.15	126.93	
	24	506.35	13.55	8.43	0	57.97	78.55	0	78.45	-	15.75	-	359.08	118.12	0.22	185.87	
Candy Cane Blender	16	295.63	7.65	4.76	0	32.81	46.65	0	46.55	-	8.98	-	206.51	70.6	0.11	92.93	Dairy, soy
	20	360.96	8.46	5.26	0	36.09	59.68	0	59.58	-	10.23	-	249.45	94.17	0.15	126.93	
	24	421.98	9.05	5.62	0	38.28	72.36	0	72.26	-	11.25	-	291.58	118.12	0.22	185.87	
Candy Cane Blender	32	585.82	12.45	7.72	0	52.5	100.83	0	100.73	-	15.52	-	406.65	165.64	0.33	278.8	
	16	591.01	13.64	11.49	0	14.86	107.89	0	90.86	-	8.33	0.51	140.33	129.14	0.12	313.63	
	20	713.99	15.78	13.23	0	16.99	132.15	0	112.75	-	9.78	0.58	176.23	160.79	0.14	358.48	Dairy, soy
Candy Cane Blender	24	818.37	17.53	14.77	0	19.11	152.55	0	130.62	-	11.24	0.65	212.08	192.41	0.16	403.24	
	32	1107.64	23.38	19.69	0	25.48	207.29	0	178.09	-	15.14	0.87	292	264.23	0.21	537.65	

Seasonal	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Candy Cane Steamer	12	260.91	8.5	5.31	0	37.19	35.69	0	35.69	-	9.42	-	182.88	46.15	-	-	Dairy, soy
	16	349.18	10.5	6.56	0	45.94	50.44	0	50.44	-	11.88	-	240.58	69.23	-	-	
	20	456.2	13.5	8.44	0	59.06	66.56	0	66.56	-	15.35	-	313.27	92.31	-	-	
Eggnog Latte Hot	24	535.1	15	9.38	0	65.63	80.63	0	80.63	-	17.31	-	363.46	115.38	-	-	
	12	210.92	10.13	6.24	-	140.49	19.17	0	19.17	-	10.93	2.86	139.52	310.93	0.59	485.84	-
	16	259.81	12.46	7.68	-	173.28	23.64	0	23.64	-	13.46	3.52	169.52	383.16	0.7	577.52	
Eggnog Latte Iced	20	337.15	16.17	9.97	-	224.79	30.67	0	30.67	-	17.47	4.57	220.67	497.17	0.91	755.58	
	24	372.94	17.93	11.05	-	248.21	33.87	0	33.87	-	19.33	5.05	249.04	549.63	1.06	880	
	16	210.92	10.13	6.24	-	140.49	19.17	0	19.17	-	10.93	2.86	139.52	310.93	0.59	485.84	-
Eggnog Blender	20	232.37	11.18	6.89	-	154.54	21.09	0	21.09	-	12.05	3.14	156.38	342.39	0.67	559.13	
	24	247.21	11.94	7.35	-	163.91	22.36	0	22.36	-	12.83	3.33	171.89	363.89	0.77	644.26	
	32	339.38	16.41	10.09	-	224.79	30.67	0	30.67	-	17.62	4.57	238.54	499.4	1.09	907.45	
Eggnog Blender	16	569.53	19.55	15.12	-	131.13	84.94	0	67.97	-	13.54	3.18	124.02	348.84	0.57	680.8	-
	20	651.69	22.43	17.32	-	149.86	97.08	0	77.68	-	15.53	3.63	148.09	399.47	0.71	832.13	
	24	732.98	25.22	19.48	-	168.59	109.21	0	87.39	-	17.46	4.08	165.24	449.23	0.79	924.53	
Beast Blender	32	977.35	33.63	25.98	-	224.79	145.62	0	116.52	-	23.29	5.45		599.02	1.06	1235.73	
	10	684.19	24.81	18.95	1.19	26.42	105.67	0	81.69	-	9.19	0.29	226.24	94.29	0.5	269.18	Dairy
	16	972.68	30.23	21.85	0.15	33.63	158.94	0	124.15	-	13.5	0.51	304.19	104.9	0.43	359.9	
S'mores Blender	20	1205.75	39.23	28.07	0.22	39.58	193.88	0	149.77	-	16.09	0.58	382.33	137.2	0.63	441.7	
	24	1376.98	44.71	31.51	0.25	44.5	221.99	0	170.65	-	17.96	0.65	433.24	154	0.7	496.3	
	32	1400.2	36.04	23.51	0	52.5	244.06	0	189.04	-	19.32	0.87	409.04	101.85	0.15	480.15	
S'mores Blender	10	390.15	10.32	7.89	0.33	17.5	67.27	0.11	53.66	8.67	6.16	0.29	90.34	33.95	0.17	166.03	Dairy
	16	685.87	18.19	13.78	0.44	30.62	118.66	0.15	95.32	14.46	10.69	0.51	150.45	59.41	0.24	288.06	
	20	770.14	20.64	15.74	0.44	35	132.66	0.15	106.74	17.35	12.17	0.58	165.45	67.9	0.25	328.08	
Pumpkin Latte Hot	24	914.57	23.6	17.74	0.65	39.38	160.04	0.22	128.74	20.24	13.8	0.65	203.18	76.39	0.34	372.08	
	32	1215.37	31.46	23.65	0.87	52.5	212.38	0.29	170.69	26.02	18.4	0.87	270.9	101.85	0.46	496.1	
	12	243.53	7.65	4.76	0	32.81	34.31	0	29.7	-	8.52	-	137.28	1.37	0.11	92.93	Dairy
Pumpkin Latte Hot	16	327.11	9.4	5.86	0	40.47	48.72	0	41.8	-	10.73	-	170.45	1.37	0.11	92.93	
	20	429.94	12.21	7.6	0	52.5	64.5	0	55.27	-	13.98	-	222.63	1.87	0.15	126.93	
	24	505.02	13.55	8.43	0	57.97	78.22	0	66.68	-	15.75	-	255.23	2.73	0.22	185.87	
Pumpkin Latte Iced	16	294.3	7.65	4.76	0	32.81	46.31	0	39.39	-	8.98	-	144.2	1.37	0.11	92.93	Dairy
	20	359.63	8.46	5.26	0	36.09	59.34	0	50.11	-	10.23	-	166.38	1.87	0.15	126.93	
	24	420.64	9.05	5.62	0	38.28	72.03	0	60.49	-	11.25	-	187.73	2.73	0.22	185.87	
Pumpkin Blender	32	584.48	12.45	7.72	0	52.5	100.5	0	84.35	-	15.52	-	261.26	4.1	0.33	278.8	
	16	592.2	13.73	11.55	0	15.5	107.92	-	84.03	-	8.32	1.84	73.93	192.3	0.08	280.09	Dairy
	20	1849.81	46.89	41.8	0	17.71	335.6	-	254.97	-	20.18	3.66	88.44	401.78	0.36	1178.1	
Pumpkin Blender	24	2106.43	52.75	47.03	0	19.93	383.55	-	291.69	-	22.93	4.12	102.96	452	0.4	1325.36	
	32	2825.49	70.34	62.7	0	26.58	515.4	-	392.14	-	30.73	5.49	139.59	602.66	0.54	1767.15	
	12	242.16	7.5	4.69	0	32.81	34.31	0	29.7	-	8.42	-	126.35	-	-	-	Dairy
Pumpkin Steamer	16	325.75	9.25	5.78	0	40.47	48.72	0	41.8	-	10.63	-	159.52	-	-	-	

Seasonal	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Pumpkin Steamer	20	478.85	12	7.5	0	52.5	76.5	0	64.96	-	14.31	-	214.62	-	-	-	
	24	248.44	13.25	8.28	0	57.97	18.22	0	18.22	-	13.25	-	208.47	-	-	-	
SF Pumpkin Latte Hot	12	141.99	7.65	4.76	0	32.81	10.31	0	10.31	0	7.6	-	131.21	1.37	0.11	92.93	Dairy
	16	174.8	9.4	5.86	0	40.47	12.72	0	12.72	0	9.35	-	159.41	1.37	0.11	92.93	
	20	226.87	12.21	7.6	0	52.5	16.5	0	16.5	0	12.13	-	206.6	1.87	0.15	126.93	
SF Pumpkin Latte Iced	24	251.17	13.55	8.43	0	57.97	18.22	0	18.22	0	13.44	-	234.23	2.73	0.22	185.87	
	16	141.99	7.65	4.76	0	32.81	10.31	0	10.31	0	7.6	-	133.16	1.37	0.11	92.93	Dairy
	20	156.55	8.46	5.26	0	36.09	11.34	0	11.34	0	8.38	-	150.35	1.87	0.15	126.93	
	24	166.8	9.05	5.62	0	38.28	12.03	0	12.03	0	8.94	-	166.73	2.73	0.22	185.87	
	32	229.1	12.45	7.72	0	52.5	16.5	0	16.5	0	12.29	-	230.3	4.1	0.33	278.8	
SF Pumpkin Blender	16	160.26	7.49	5.67	0	15.5	18.7	0	6.35	0	4.53	1.33	119.66	132.89	-	-	Dairy
	20	226.04	10.37	8.06	0	17.72	27.69	0	7.94	0	5.63	1.52	163.27	151.88	-	-	
	24	254.29	11.67	9.07	0	19.93	31.15	0	8.93	0	6.33	1.71	184.16	170.86	-	-	
	32	339.06	15.56	12.09	0	26.58	41.53	0	11.91	0	8.45	2.28	244.9	227.81	-	-	

Eats & Treats	Size (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16) (g)	Sugar (g)	Prot (g)	Sod (mg)	Calc (% DV)	Iron (% DV)	May Contain (Allergens)
Cinnamon Roll	160	776.9	35	22.1	0	122.9	104.1	2.5	56	9	479.2	3.8	5.3	Egg, dairy, wheat
Blueberry Lemon Coffee Cake	105	328.3	11.2	6.4	0	139.1	55	2.1	25.3	7.9	268.8	5	6.3	Egg, dairy, wheat
Bacon Burrito	227	450	20	9	0	75	42	3	3	25	1050	30	10	Egg, dairy, soy, wheat
Bean & Cheese Burrito	227	410	10	6	0	25	59	12	1	21	530	25	20	Dairy, soy, wheat
Beef & Potato Burrito	227	380	12	7	0	30	44	4	1	-	770	25	20	Dairy, soy, wheat
Birthday Cakepop	38	140	7	4.9	0	25	18	0	14	2	105	2	0	Dairy, soy, wheat
Cookies & Cream Cakepop	39	150	6	4.5	0	20	17	0	12	2	105	2	0	Dairy, soy, wheat
Chocolate Cakepop	37	130	6	4.5	0	20	17	0	12	1	115	2	15	Dairy, soy, wheat
Cinnamon Swirl GF Coffee Cake	105	455.7	23.6	14	0	117.2	59.9	0.8	42.2	3.6	226.9	3.7	2.5	Egg, dairy
Chocolate Chip Cookie	100	456.1	20.1	12.3	0	87.2	65.7	2.5	40.1	5.3	169	1.3	6.8	Egg, dairy, soy, wheat
Chorizo Burrito	227	470	23	11	0	190	41	3	2	23	730	30	10	Egg, dairy, soy, wheat
Egg Breakfast Burrito	227	430	19	9	0	75	42	3	3	21	590	30	10	Egg, dairy, soy, wheat
Mountain Cookie	100	501.6	30.8	15.5	0	57.8	53.2	5.2	26.8	7	236.9	2.3	10.6	Egg, dairy, soy, tree nuts
Snickerdoodle Cookie	100	493.6	21.9	13.6	0	101	66.5	1.6	32.9	5.8	291.7	0.5	4	Egg, dairy, wheat
Spicy Sausage Burrito	227	450	21	10	0	175	42	3	2	22	690	30	10	Egg, dairy, soy, wheat
Chocolate Croissant	92	427.4	25	15.9	0	59.6	44	2.7	11.9	5.9	419.3	3.3	5.4	Dairy, soy, wheat
Plain Croissant	76	363.1	21.1	13.5	0	59.6	35.5	1.7	4.7	5.4	417.8	2.8	3	Dairy, wheat
Cheese Danish	110	497.6	32.9	21.2	0	98.2	42.5	2.7	11.8	8	544.1	5.6	3	Dairy, wheat
Cherry Cheese Danish	120	479.4	27.4	17.6	0	80.4	44.9	2.1	15.9	7.2	492.2	4.3	3.7	Dairy, wheat
Apple & Cinnamon Oatmeal	54	220	6	1	0	0	34	6	6	7	70	4	12	None
Strawberry Vanilla Oatmeal	53	220	6	1	0	0	34	6	6	7	70	4	12	None
GF English Muffin Sandwich	185	516.3	30.6	11.5	0	238	41	1	5	17.6	430.9	12	7.1	Egg, dairy
Everything Bagel Sandwich	156	410	22	8	0	90	33	1	3	17	800	10	10	Egg, dairy, sesame, wheat
Plain Bagel Sandwich	156	280	22	9	0	90	32	1	4	17	810	10	10	Egg, dairy, wheat
Grilled Cheese Panini	156	470.8	20.1	11.5	0	45.2	46.9	2.2	0	20.7	861.2	35.2	6.5	Dairy, wheat
Turkey Panini	210	552.2	24.6	9.6	0	65.6	46.9	2.2	0	32	1374.4	25.2	14.1	Dairy, wheat
Blueberry Scone	125	448.2	18.6	9.8	0	28.5	59	2.8	12.4	7.6	170.7	4.1	4.3	Dairy, soy, tree nuts, wheat
Raspberry Scone	125	448.4	18.6	9.8	0	28.5	58.9	3.3	11.8	7.6	170.7	4.6	4.8	Dairy, soy, tree nuts, wheat
Banana Choc. Chip Tea Bread	112	371	17.9	5.8	0	56.4	48.9	3.1	24	5.1	197.6	3.6	5.4	Egg, dairy, soy, wheat
Pumpkin Choc. Chip Tea Bread	110	395.5	16.5	5.4	0	49.8	59.4	2.5	39.1	5	124	2.5	6.2	Egg, soy, wheat
Pumpkin GF Tea Bread	99	381.5	170.4	29.6	21.6	0	12.6	16.2	6.5	28.7	25.4	2.5	0	Egg
Blueberry Lemon Muffin	140	373.6	17.9	9.8	0	121	47.6	2	21.2	7.5	191.4	11.2	4.7	Egg, dairy, wheat
Waffle Sandwich	147	500	33	14	0	100	35	0	11	14	640	2	0	Egg, dairy, soy, wheat