

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	Milk, peanuts, 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	Milk, 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	Milk, 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	Milk, soy, coconut
	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	Milk, 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	Milk, soy
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	Milk, 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	Milk, soy
	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	Milk, 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	Milk, 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	Milk, 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	Milk, 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	Milk, 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	Milk, soy
	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	Milk, 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	Milk, soy
	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	Milk, 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	Milk, 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	Milk, 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	Milk, soy, tree nuts
	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	Milk, soy
	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	Milk, 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	Milk, 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	
White Peanut Butter	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	
	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	Milk, soy, peanuts
White Peanut Butter	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	
<b>Classics</b>																	
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	-
	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	-
	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	-	-	-	Milk
	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	Milk
	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	
Cappuccino	12	182	9.77	6.09	0	42.02	13.21	0	13.21	-	9.71	-	156.42	1.54	0.12	105.01	Milk
	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	-	-	-
	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	-	-	-	
	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	
	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	
	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	-	-	Milk
	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	
	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	Milk
	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	Milk
	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	-	-	-	Milk
	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	-	-	-	
<b>Energy Infusions</b>																	
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	



## NUTRITIONAL INFORMATION

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	Coconut
	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	Coconut
	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	-
	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	-
	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	-
	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	-
	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	-
	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	-
	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	Coconut
	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	Coconut
	20	274	0	0	0	0	68.84	0	64.65	64.65	0	0	8.73	-	-	18.05	

ZIG0624

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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	-
	20	310	0	0	0	0	77.18	0	72.58	62.91	0.44	0	37.73	-	-	19.29	
Just Peachy Iced	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	
Limelight Frozen	16	227	0	0	0	0	57	0	53.64	48.66	0.23	0	20.62	-	-	16.67	-
	20	274	0	0	0	0	68.42	0	63.98	53.79	0.46	0	37.31	-	-	19.57	
Limelight Iced	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	
SF Limelight Frozen	16	265	0	0	0	0	68.46	0	65.49	65.49	0	0	8.1	-	-	15.68	-
	20	311	0	0	0	0	80.35	0	76.8	76.8	0	0	9.28	-	-	19.06	
SF Limelight Iced	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	
Loconut Frozen	16	228	0	0	0	0	59.04	0	56.2	56.2	0	0	5.87	-	-	16.86	-
	20	274	0	0	0	0	70.84	0	67.49	67.49	0	0	7.29	-	-	19.47	
SF Loconut Frozen	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	
Loconut Iced	16	7.62	0	0	0	-	2.54	0	0	0	0	-	108.62	0.51	-	28.95	-
	20	9.49	0	0	0	-	3.16	0	0	0	0	-	134.1	0.63	-	36.07	
SF Loconut Iced	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	
Loconut Frozen	16	7.97	0	0	0	-	2.66	0	0	0	0	-	109.6	0.53	-	30.28	-
	20	9.14	0	0	0	-	3.05	0	0	0	0	-	126.18	0.61	-	34.73	
SF Loconut Frozen	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 Iced	16	255	0	0	0	0	65.42	0	61.44	61.44	0	0	8.1	-	-	15.68	Coconut
	20	299	0	0	0	0	76.86	0	72.16	72.16	0	0	9.28	-	-	19.06	
SF Loconut Iced	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 Frozen	16	221	0	0	0	0	56.84	0	53.27	53.27	0	0	5.87	-	-	16.86	Coconut
	20	265	0	0	0	0	68.1	0	63.85	63.85	0	0	7.29	-	-	19.47	
SF Loconut Frozen	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	
Loconut Iced	16	7.97	0	0	0	-	2.66	0	0	0	0	-	114.55	0.53	-	30.28	Coconut
	20	9.14	0	0	0	-	3.05	0	0	0	0	-	131.34	0.61	-	34.73	
SF Loconut Iced	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	
Loconut Frozen	16	7.97	0	0	0	-	2.66	0	0	0	0	-	110.66	0.53	-	30.28	Coconut
	20	9.14	0	0	0	-	3.05	0	0	0	0	-	127.45	0.61	-	34.73	



## NUTRITIONAL INFORMATION

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	-
	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	-
	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	-
	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	-
	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	-
	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	-
	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	-
	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	-
	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	-
	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	-
	20	334	0	0	0	0	86.28	0	81.76	80.49	0	0	0	-	-	36.16	

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## NUTRITIONAL INFORMATION

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	
<b>Fresherz</b>	32	541	0	0	0	0	139.71	0	132.55	130.39	0	0	0	-	-	57.23	
Peach Mango Paradise	16	117.14	-	-	-	-	27.08	-	27.08	25.46	-	-	-	4.83	-	9.66	-
	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	-
	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	-
	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	-
<b>Italian Sodas</b>																	
Colorado Sunrise	16	175	0	0	0	-	43.67	-	41.54	41.54	0	-	5.63	-	-	-	-
	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	-	-	-	Milk
	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	-	-	-	-
	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	-	-	-	-
<b>kidZone</b>																	
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	-	-	-	Milk
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	Milk, 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	Milk, 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	Milk, soy
Sharkbite Slushy	10	245	0	0	0	0	59.44	0	56.72	10.5	0	0	1.18	0.89	0	0	-
Sour Melon Candy	10	49	0	0	0	-	12.21	-	10.99	10.35	0	-	1.83	-	-	-	-
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	Milk, soy
<b>Signatures</b>																	
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	Milk, peanuts
	16	317	10.73	6.71	0	46.94	41.77	0	40.4	25.65	10.73	-	183.2	1.64	-	95.63	

ZIG0624

Additional nutritional information available upon request. 2,000 calories a day is used for general nutrition advice but calorie needs vary. Our menu items may contain or come in contact with common allergens, such as milk, eggs, wheat, soybeans, tree nuts, peanuts, sesame and gluten. Gluten-Free products are made without gluten-containing ingredients. We cannot guarantee that any products are allergen-free because we share equipment to prepare, store and serve all items. Daily caffeine consumption should be limited to approximately 400mg per day from all sources. Not recommended for children, pregnant or nursing women and persons sensitive to caffeine.



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	Milk, peanuts
	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	Milk
	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	Milk
	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	Milk, coconut
	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	Milk, coconut
	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	Milk
	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	Milk
	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	Milk, 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	Milk, 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	Milk
	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	Milk
	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	Milk
	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	Milk
	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	Milk
	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	Milk
	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	Milk, tree nuts
	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	Milk, tree nuts
	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	Milk, peanuts
	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	Milk, peanuts
	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	Milk
	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	Milk
	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	
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	Milk
	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	
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	Milk
	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	
<b>Smoothies</b>																	
Blueberry Pomegranate	16	285	0	0	0	0	74.73	0	3.56	0	0	0	11.3	1.81	0	0	-
	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	
Frozen Lemonade	10	134.42	0	0	0	0	35.28	0	1.68	0	0	0	6.19	1.49	0	0	
	16	203	0	0	0	0	48.62	0	45.92	0	0	0	1.07	0.8	0	0	-
	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	
Mango	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	
	16	282	0	0	0	0	74.1	0	68.81	0	0	0	11.21	1.79	0	0	-
	20	336	0	0	0	0	88.22	0	81.92	0	0	0	12.99	1.87	0	0	
Matcha	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	
	16	377	0	0	0	0	96.29	9.69	81.82	5.54	0	0	9.21	15.56	0	63.66	-
Strawberry	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	-
	20	400	0	0	0	0	98.89	0	94.69	0	0	0	2.49	1.87	0	0	
Strawberry	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	
	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	
<b>Tea and Chai</b>																	
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	-
	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	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	Milk
	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	Milk
	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	Milk
	24	509	20.8	13	0	90.99	64.25	20.8	40.48	11.89	20.8	-	326.84	29.71	-	136.68	Milk
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	Milk
	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	Milk
	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	Milk
	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	Milk
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	Milk
	16	271	6.98	4.36	0	30.55	45.65	2	39.64	30.04	6.98	0	114.77	-	1	80.11	Milk
	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	Milk
	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	Milk
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	Milk

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	Milk
	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	Milk
	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	Milk
	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	Milk
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	
Vanilla Chai Iced	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	
	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	Milk
	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	
Vanilla Chai Iced	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	
	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	
Candy Cane Latte Hot	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	Milk
	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	
	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	
Candy Cane Latte Iced	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	Milk, soy
	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	
Candy Cane Latte Hot	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	
	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	Milk, soy
Candy Cane Latte Iced	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	Milk, 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	-	-	Milk, 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	Egg, milk
	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	Egg, milk
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	Egg, milk, soy
	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	Milk, soy
	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	Milk, soy, wheat
	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	Milk
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	Milk
	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	Milk
	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	-	-	-	Milk
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	Milk
	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	Milk
	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	-	-	Milk, soy
	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, milk, 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, milk, wheat
Bacon Burrito	227	450	20	9	0	75	42	3	3	25	1050	30	10	Egg, milk, soy, wheat
Bean & Cheese Burrito	227	410	10	6	0	25	59	12	1	21	530	25	20	Milk, soy, wheat
Beef & Potato Burrito	227	380	12	7	0	30	44	4	1	16	770	25	15	Milk, soy, wheat
Birthday Cakepop	38	140	7	4.9	0	25	18	0	14	2	105	2	0	Egg, milk, soy, wheat
Cookies & Cream Cakepop	39	150	6	4.5	0	20	17	0	12	2	105	2	0	Egg, milk, soy, wheat
Chocolate Cakepop	37	130	6	4.5	0	20	17	0	12	1	115	2	15	Egg, milk, 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, milk
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, milk, soy, wheat
Chorizo Burrito	227	470	23	11	0	190	41	3	2	23	730	30	10	Egg, milk, soy, wheat
Egg Breakfast Burrito	227	430	19	9	0	75	42	3	3	21	590	30	10	Egg, milk, 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, milk, 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, milk, wheat
Spicy Sausage Burrito	227	450	21	10	0	175	42	3	2	22	690	30	10	Egg, milk, 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	Milk, 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	Milk, 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	Milk, 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	Milk, wheat
Apple & Cinnamon Oatmeal	54	220	6	1	0	0	34	6	6	7	70	4	12	-
Strawberry Vanilla Oatmeal	53	220	6	1	0	0	34	6	6	7	70	4	12	-
GF English Muffin Sandwich	185	516.3	30.6	11.5	0	238	41	1	5	17.6	430.9	12	7.1	Egg, milk
Everything Bagel Sandwich	156	380	19	7	0	120	33	1	3	19	790	10	10	Egg, milk, sesame, wheat
Plain Bagel Sandwich	156	270	22	9	0	90	32	1	4	17	810	10	10	Egg, milk, 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	Milk, 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	Milk, 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	Milk, 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	Milk, 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, milk, 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 Muffin	140	373.6	17.9	9.8	0	121	47.6	2	21.2	7.5	191.4	11.2	4.7	Egg, milk, wheat
Waffle Sandwich	147	500	34	14	0	125	35	0	12	15	540	2	0	Egg, milk, soy, wheat