

# Nutrition Information

## Handcrafted Beverages



Item	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Total Sugars	Protein
Americano (black)	12oz	5	0g	0g	0g	0mg	20mg	0g	0g	0g	0g
Americano (black)	16oz	6	0g	0g	0g	0mg	24mg	0g	0g	0g	0g
Americano (black)	20oz	7	0g	0g	0g	0mg	29mg	0g	0g	0g	0g
Americano (black)	24oz	8	0g	0g	0g	0mg	32mg	0g	0g	0g	0g
Bottled Water	16.9oz	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Breve	12oz	640	48g	32g	0g	240mg	240mg	16g	0g	16g	16g
Breve	16oz	853	64g	43g	0g	320mg	320mg	21g	0g	21g	21g
Breve	20oz	1067	80g	53g	0g	400mg	400mg	27g	0g	27g	27g
Breve	24oz	1280	96g	64g	0g	480mg	480mg	32g	0g	32g	32g
Cafe Au Lait	12oz	85	3g	2g	0g	14mg	80mg	8g	0g	9g	6g
Cafe Au Lait	16oz	113	4.5g	3g	0g	18mg	107mg	11g	0g	11g	7.5g
Cafe Au Lait	20oz	142	6g	4g	0g	23mg	133mg	14g	0g	14g	9g
Cappuccino (skim milk, no syrup)	12oz	119	4.6g	3g	0g	18mg	115mg	12g	0g	11g	8g
Cappuccino (skim milk, no syrup)	16oz	154	6g	4g	0g	24mg	148mg	15g	0g	15g	10g
Cappuccino (skim milk, no syrup)	20oz	179	7g	4g	0g	27mg	173mg	18g	0g	17g	11g
Chai Latte: SF Decaf Vanilla	12oz	140	8g	6g	0g	0mg	60mg	16g	0g	0g	2g

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Chai Latte: SF Decaf Vanilla	16oz	175	10g	7.5g	0g	0mg	75mg	20g	0g	0g	3g
Chai Latte: SF Decaf Vanilla	20oz	210	12g	9g	0g	0mg	90mg	24g	0g	0g	3g
Chai Latte: SF Decaf Vanilla	24oz	280	16g	12g	0g	0mg	120mg	32g	0g	0g	4g
Chai Latte: SF Orca	12oz	140	8g	6g	0g	0mg	60mg	16g	0g	0g	2g
Chai Latte: SF Orca	16oz	175	10g	7.5g	0g	0mg	75mg	20g	0g	0g	3g
Chai Latte: SF Orca	20oz	210	12g	9g	0g	0mg	90mg	24g	0g	0g	3g
Chai Latte: SF Orca	24oz	280	16g	12g	0g	0mg	120mg	32g	0g	0g	4g
Chai Latte: Tiger Spiced	12oz	260	10g	9g	0g	0mg	30mg	42g	2g	34g	2g
Chai Latte: Tiger Spiced	16oz	330	12.5g	11.25g	0g	0mg	37mg	52g	3g	43g	3g
Chai Latte: Tiger Spiced	20oz	390	15g	13.5g	0g	0mg	45mg	63g	3g	51g	3g
Chai Latte: Tiger Spiced	24oz	520	20g	18g	0g	0mg	60mg	84g	4g	68g	4g
Chai Latte: Tortoise Green	12oz	240	6g	4g	0g	0mg	50mg	42g	0g	36g	1g
Chai Latte: Tortoise Green	16oz	300	7.5g	5g	0g	0mg	62mg	52g	0g	45g	1g
Chai Latte: Tortoise Green	20oz	360	9g	6g	0g	0mg	75mg	63g	0g	54g	2g
Chai Latte: Tortoise Green	24oz	480	12g	8g	0g	0mg	100mg	84g	0g	72g	2g
Chai Latte: Vanilla	12oz	260	10g	9g	0g	0mg	30mg	42g	2g	34g	2g
Chai Latte: Vanilla	16oz	325	12.5g	11.25g	0g	0mg	37mg	52g	3g	42g	3g

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Chai Latte: Vanilla	20oz	390	15g	13.5g	0g	0mg	45mg	63g	3g	51g	3g
Chai Latte: Vanilla	24oz	520	20g	18g	0g	0mg	60mg	84g	4g	68g	4g
Coffee (black)	12oz	4	0g	0g	0g	0mg	7mg	0g	0g	0g	0g
Coffee (black)	16oz	5	0g	0g	0g	0mg	9mg	0g	0g	0g	0g
Coffee (black)	20oz	6	0g	0g	0g	0mg	12mg	0g	0g	0g	0g
Cold Brew Coffee (black)	16oz	5	0g	0g	0g	0mg	9mg	0g	0g	0g	0g
Cold Brew Coffee (black)	20oz	6	0g	0g	0g	0mg	12mg	0g	0g	0g	0g
Espresso	1oz	1	0g	0g	0g	0mg	4mg	0g	0g	0g	0g
Freeze: Caramel Latte	16oz	600	24g	22g	0g	0mg	190mg	94g	0g	60g	4g
Freeze: Caramel Latte	24oz	900	36g	33g	0g	0mg	285mg	140g	0g	90g	6g
Freeze: Choc. Peanut Butter	16oz	600	22g	10g	0g	0mg	340mg	88g	2g	68g	10g
Freeze: Choc. Peanut Butter	24oz	900	33g	15g	0g	0mg	510mg	132g	3g	102g	15g
Freeze: Cookies & Cream	16oz	580	26g	24g	0g	0mg	260mg	82g	2g	60g	6g
Freeze: Cookies & Cream	24oz	870	39g	36g	0g	0mg	390mg	123g	3g	90g	9g
Freeze: Frozen Hot Choc.	16oz	400	20g	18g	0g	0mg	120mg	52g	2g	38g	4g
Freeze: Frozen Hot Choc.	24oz	600	30g	27g	0g	0mg	230mg	78g	3g	67g	6g
Freeze: Heath Mocha	16oz	400	20g	18g	0g	0mg	220mg	54g	0g	36g	2g

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Freeze: Heath Mocha	24oz	600	30g	27g	0g	0mg	340mg	81g	0g	54g	3g
Freeze: Mocha Chino	16oz	360	18g	16g	0g	0mg	200mg	52g	2g	38g	6g
Freeze: Mocha Chino	24oz	540	27g	24g	0g	0mg	300mg	78g	3g	57g	9g
Freeze: Sugar Free Vanilla	16oz	380	16g	14g	0g	0mg	230mg	56g	0g	6g	4g
Freeze: Sugar Free Vanilla	24oz	570	24g	21g	0g	0mg	345mg	84g	0g	9g	6g
Freeze: Tahitian Vanilla	16oz	260	10g	9g	0g	0mg	160mg	44g	0g	38g	8g
Freeze: Tahitian Vanilla	24oz	390	15g	13.5g	0g	0mg	240mg	66g	0g	57g	12g
Freeze: Vanilla Bean	16oz	580	24g	24g	0g	0mg	260mg	84g	0g	62g	6g
Freeze: Vanilla Bean	24oz	870	36g	36g	0g	0mg	390mg	126g	0g	93g	9g
Freeze: White Chocolate	16oz	380	16g	16g	0g	0mg	210mg	54g	0g	42g	4g
Freeze: White Chocolate	24oz	570	24g	24g	0g	0mg	315mg	81g	0g	63g	6g
Hot Apple Cider	12oz	165	0g	0g	0g	0mg	3mg	42g	0g	37g	0g
Hot Apple Cider	16oz	220	0g	0g	0g	0mg	4mg	56g	0g	50g	0g
Hot Apple Cider	20oz	275	0g	0g	0g	0mg	5mg	70g	0g	63g	0g
Hot Chocolate (skim milk)	12oz	180	1g	1g	0g	0mg	190mg	42g	0g	36g	2g
Hot Chocolate (skim milk)	16oz	130	2g	2g	0g	0mg	255mg	61g	0g	53g	3g
Hot Chocolate (skim milk)	20oz	160	2g	2g	0g	0mg	275mg	80g	0g	70g	3g

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Italian Soda	16oz	102	0g	0g	0g	0mg	0mg	24g	0g	24g	0g
Italian Soda	24oz	136	0g	0g	0g	0mg	0mg	32g	0g	32g	0g
Italian Soda - Sugar Free	16oz	0	0g	0g	0g	0mg	15mg	0g	0g	0g	0g
Italian Soda - Sugar Free	24oz	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g
Latte (skim milk & no syrup)	12oz	133	5g	3g	0g	17mg	126mg	14g	0g	13g	8.5g
Latte (skim milk & no syrup)	16oz	177	7g	4g	0g	23mg	168mg	18g	0g	17g	11g
Latte (skim milk & no syrup)	20oz	221	8g	5g	0g	28mg	210mg	23g	0g	22g	14g
Latte (skim milk & no syrup)	24oz	266	10g	6g	0g	34mg	252mg	28g	0g	26g	16g
Lemonade	16oz	220	0g	0g	0g	0mg	20mg	56g	0g	54g	0g
Lemonade	24oz	330	0g	0g	0g	0mg	30mg	84g	0g	82g	0g
Mocha	12oz	243	5g	3g	0g	17mg	146mg	40g	0g	33g	9.5g
Mocha	16oz	342	7g	4g	0g	23mg	198mg	57g	0g	47g	12.5g
Mocha	20oz	441	8g	5g	0g	28mg	250mg	75g	0g	62g	16g
Mocha	24oz	486	10g	6g	0g	34mg	292mg	80g	0g	66g	19g
Refreshers: Blood Orange	16oz	90	0g	0g	0g	0mg	15mg	24g	0g	23g	0g
Refreshers: Blood Orange	24oz	120	0g	0g	0g	0mg	20mg	32g	0g	30g	0g
Refreshers: Strawberry Acai	16oz	60	0g	0g	0g	0mg	0mg	31g	0g	23g	0g

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Refreshers: Strawberry Acai	24oz	80	0g	0g	0g	0mg	0mg	30g	0g	30g	0g
Refreshers: Watermelon Cucumber Mint	16oz	105	0g	0g	0g	0mg	0mg	24g	0g	24g	0g
Refreshers: Watermelon Cucumber Mint	24oz	140	0g	0g	0g	0mg	0mg	32g	0g	32g	0g
Refreshers: Wildberry Hibiscus	16oz	60	0g	0g	0g	0mg	0mg	17g	0g	15g	0g
Refreshers: Wildberry Hibiscus	24oz	80	0g	0g	0g	0mg	0mg	22g	0g	20g	0g
Smoothie: Aloha Pineapple	16oz	210	1g	1g	0g	0mg	15mg	45g	3g	42g	2g
Smoothie: Harvest Greens	16oz	210	0g	0g	0g	0mg	15mg	51g	3g	45g	2g
Smoothie: Summer Strawberry	16oz	210	0g	0g	0g	0mg	0mg	51g	3g	48g	2g
Smoothie: Superfruit Allstars	16oz	210	0g	0g	0g	0mg	15mg	51g	0g	48g	2g
Smoothie: Tropical Harmony	16oz	210	0g	0g	0g	0mg	15mg	48g	0g	45g	2g
Steamer (skim milk, no syrup)	12oz	213	6.5g	4g	0g	26mg	153mg	28g	0g	29g	11g
Steamer (skim milk, no syrup)	16oz	291	9g	5g	0g	35mg	203mg	39g	0g	39g	14g
Steamer (skim milk, no syrup)	24oz	426	13g	8g	0g	52mg	306mg	56g	0g	58g	22g
Tea (without add-ins)	All	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g

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### Milk

All items containing milk in this list have used skim milk in the calculations.

**Whole Milk** - using whole milk in our drinks will add to the above nutrition approximately 70 calories, 10g total fat, 7g saturated fat, 39mg cholesterol

**Almond Milk** - using almond milk in our drinks will decrease to the above information approximately 60 calories, 13g carbohydrates, 12g total sugars, 8g protein and add approximately 3g total fat, 1g fiber

**Coconut Milk** - using coconut milk in our drinks will decrease to the above information approximately 50 calories, 13g carbohydrates, 12g total sugars and 9g protein and add approximately 3g total fat, 1g fiber

**Soy Milk** - using soy milk in our drinks will decrease to the above information approximately 15 calories, 10g carbohydrates, 12g total sugars and add approximately 3g total fat, 3g fiber

**Half & Half** - serving size 2 tbsp, 40 calories, 3g total fat, 2g saturated fat, 15mg cholesterol, 15mg sodium, 1g total carbohydrate, 1g sugars, 1g protein

**Whipped Cream** - serving size 19g, 60 calories, 6g total fat, 2g total carbohydrate

### Syrups & Sauces

Lattes, cappuccinos and steamers in this list do not include syrups & sauces. Many customers enjoy ordering these drinks with syrups and sauces added in. Because all of these drink recipes are unique, please ask a barista how many pumps of syrups and sauces are normally included in a specific drink - you are welcome to modify and recipe by asking for more or less syrup and sauces in your beverage.

Generally speaking, beverages like lattes, cappuccinos and steamers would add:

12oz beverage      3 syrup pumps or 2 sauce pumps

16oz beverage      4 syrup pumps or 3 sauce pumps

20oz beverage      5 syrup pumps or 4 sauce pumps

24oz beverage      6 syrup pumps or 5 sauce pumps

Recipes vary, please ask your barista for specific information on the beverage that interests you.

### Syrups (each pump)

Syrups vary slightly in nutrition facts. Please ask your barista if you are interested in information on a specific one.

Regular Syrups - 17 calories, 0g total fat, 0mg cholesterol, 0mg sodium, 4g total carbohydrate, 4g sugars, 0g protein

Sugar-free syrups - 0 calories, 0g total fat, 0mg cholesterol, 2.5mg sodium, 0g total carbohydrate, 0g sugars, 0g protein

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### Sauces (each pump)

Caramel - 55 calories, .25g total fat, 2.5mg cholesterol, 37mg sodium, 13g total carbohydrate, 11g sugars, <1g protein

Chocolate - 55 calories, 0g total fat, 0mg cholesterol, 10mg sodium, 13g total carbohydrate, 10g sugars, .5g protein

Pumpkin - 55 calories, 0g total fat, 1mg cholesterol, 20mg sodium, 13g total carbohydrate, 12g sugars, .5g protein

White Chocolate - 55 calories, .5g total fat, 2.5mg cholesterol, 40mg sodium, 13g total carbohydrate, 11g sugars, .5g protein

### Sweeteners

Sugar (2g) 10 calories, Raw sugar (2g) 10 calories, Splenda (1g) 0 calories, Stevia (2g) 0 calories

Honey (1tbsp) 70 calories, 18g total carbohydrates, 17g sugars

### Allergens

Milk-based items such as lattes, cappuccinos, freezes, hot chocolate and steamers contain dairy milk. Non-dairy alternatives are available upon request.

Soy milk contains soy.

Almond milk contains almonds.

Teas have a variety of ingredients, some including nuts. Please consult a barista or the individual labels for full ingredient list.