



NUTRITION GUIDE



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| HOT BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|---|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| BREWED COFFEE (Regular, Flavored or Decaf) | | | | | | | | | | | |
| MINI (8oz) | | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| SMALL (12oz) | | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| MEDIUM (16oz) | | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| LARGE (20oz) | | 15 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| BEWLEY'S TEA | | | | | | | | | | | |
| MINI (8oz) | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| SMALL (12oz) | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| MEDIUM (16oz) | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| LARGE (20oz) | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| AMERICANO | | | | | | | | | | | |
| MINI (8oz) | | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| SMALL (12oz) | | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| MEDIUM (16oz) | | 15 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| LARGE (20oz) | | 20 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 |
| MOCHA | | | | | | | | | | | |
| MINI (8oz) | Whole | 170 | 6 | 4 | 0 | 26 | 137 | 22 | 1 | 20 | 6 |
| | Whole (w/c) | 190 | 8 | 6 | 0 | 35 | 121 | 23 | 1 | 21 | 5 |
| | Nonfat | 120 | 0 | 0 | 0 | 4 | 141 | 22 | 1 | 20 | 7 |
| | Nonfat (w/c) | 145 | 3 | 3 | 0 | 16 | 124 | 23 | 1 | 21 | 6 |
| | Soy | 150 | 3 | 1 | 0 | 0 | 141 | 25 | 2 | 18 | 6 |
| SMALL (12oz) | Soy (w/c) | 170 | 5 | 3 | 0 | 13 | 124 | 25 | 2 | 19 | 5 |
| | Whole | 285 | 10 | 6 | 0 | 42 | 234 | 40 | 1 | 35 | 10 |
| | Whole (w/c) | 315 | 12 | 9 | 0 | 54 | 218 | 42 | 1 | 37 | 9 |
| | Nonfat | 205 | 0 | 0 | 0 | 6 | 240 | 40 | 1 | 35 | 12 |
| | Nonfat (w/c) | 240 | 4 | 4 | 0 | 22 | 223 | 42 | 1 | 37 | 10 |
| MEDIUM (16oz) | Soy | 250 | 5 | 1 | 0 | 0 | 240 | 43 | 4 | 33 | 9 |
| | Soy (w/c) | 285 | 8 | 4 | 0 | 17 | 223 | 45 | 3 | 35 | 8 |
| | Whole | 375 | 12 | 8 | 0 | 50 | 307 | 56 | 2 | 49 | 13 |
| | Whole (w/c) | 405 | 14 | 10 | 0 | 63 | 291 | 57 | 2 | 51 | 12 |
| | Nonfat | 275 | 1 | 0 | 0 | 7 | 314 | 56 | 2 | 49 | 14 |
| LARGE (20oz) | Nonfat (w/c) | 315 | 4 | 4 | 0 | 23 | 297 | 57 | 2 | 51 | 13 |
| | Soy | 335 | 6 | 1 | 0 | 0 | 314 | 60 | 5 | 46 | 11 |
| | Soy (w/c) | 365 | 9 | 4 | 0 | 17 | 297 | 61 | 4 | 48 | 10 |
| | Whole | 490 | 16 | 10 | 0 | 66 | 404 | 73 | 2 | 65 | 17 |
| | Whole (w/c) | 520 | 18 | 13 | 0 | 78 | 387 | 75 | 2 | 66 | 16 |

| EXTRAS | | | | | | | | | | | |
|------------------------------------|--|----|---|---|---|---|---|---|---|---|---|
| FLAVORED SYRUP (1 pump) | | 20 | 0 | 0 | 0 | 0 | 1 | 5 | 0 | 5 | 0 |
| FLAVORED SUGAR-FREE SYRUP (1 pump) | | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| SINGLE ESPRESSO SHOT | | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |

2000 calories a day is used for general nutrition advice, but calorie needs may vary. Nutritional information for beverages is calculated based on ecoGrounds standard recipes. Due to the handcrafted nature of these products, nutrient values may vary from those published here.

w/c = whipped cream

| HOT BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|-------------------------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| | | | | | | | | | | | |
| MOCHA (SUGAR FREE CHOCOLATE) | | | | | | | | | | | |
| MINI (8oz) | Whole | 165 | 6 | 4 | 0 | 26 | 116 | 21 | 1 | 9 | 6 |
| | Whole (w/c) | 185 | 8 | 6 | 0 | 35 | 100 | 22 | 1 | 10 | 5 |
| | Nonfat | 115 | 0 | 0 | 0 | 4 | 120 | 21 | 1 | 9 | 7 |
| | Nonfat (w/c) | 145 | 3 | 3 | 0 | 16 | 103 | 22 | 1 | 10 | 6 |
| | Soy | 145 | 3 | 1 | 0 | 0 | 120 | 23 | 2 | 8 | 6 |
| | Soy (w/c) | 170 | 5 | 3 | 0 | 13 | 103 | 24 | 2 | 9 | 5 |
| SMALL (12oz) | Whole | 280 | 10 | 6 | 0 | 42 | 192 | 36 | 1 | 14 | 10 |
| | Whole (w/c) | 310 | 12 | 9 | 0 | 54 | 176 | 38 | 1 | 16 | 9 |
| | Nonfat | 195 | 1 | 0 | 0 | 6 | 198 | 36 | 1 | 14 | 11 |
| | Nonfat (w/c) | 235 | 4 | 4 | 0 | 22 | 181 | 38 | 1 | 16 | 10 |
| | Soy | 245 | 5 | 1 | 0 | 0 | 198 | 40 | 4 | 12 | 9 |
| | Soy (w/c) | 280 | 8 | 4 | 0 | 17 | 181 | 41 | 3 | 14 | 8 |
| MEDIUM (16oz) | Whole | 365 | 12 | 8 | 0 | 50 | 244 | 50 | 2 | 17 | 13 |
| | Whole (w/c) | 395 | 15 | 10 | 0 | 63 | 228 | 52 | 2 | 19 | 12 |
| | Nonfat | 265 | 1 | 0 | 0 | 7 | 251 | 50 | 2 | 17 | 14 |
| | Nonfat (w/c) | 305 | 4 | 4 | 0 | 23 | 234 | 52 | 2 | 19 | 13 |
| | Soy | 325 | 7 | 1 | 0 | 0 | 251 | 55 | 5 | 14 | 11 |
| | Soy (w/c) | 360 | 9 | 4 | 0 | 17 | 234 | 56 | 5 | 17 | 10 |
| LARGE (20oz) | Whole | 480 | 16 | 10 | 0 | 66 | 320 | 66 | 3 | 23 | 17 |
| | Whole (w/c) | 510 | 18 | 13 | 0 | 78 | 303 | 68 | 3 | 24 | 16 |
| | Nonfat | 350 | 1 | 1 | 0 | 9 | 329 | 66 | 3 | 23 | 18 |
| | Nonfat (w/c) | 385 | 4 | 4 | 0 | 25 | 312 | 68 | 3 | 24 | 17 |
| | Soy | 425 | 9 | 2 | 0 | 0 | 329 | 71 | 6 | 19 | 15 |
| | Soy (w/c) | 455 | 11 | 5 | 0 | 17 | 312 | 73 | 6 | 21 | 14 |
| MAYAN MOCHA | | | | | | | | | | | |
| MINI (8oz) | Whole | 165 | 6 | 4 | 0 | 26 | 139 | 22 | 1 | 19 | 6 |
| | Whole (w/c) | 185 | 8 | 6 | 0 | 35 | 123 | 23 | 1 | 20 | 5 |
| | Nonfat | 115 | 0 | 0 | 0 | 4 | 143 | 22 | 1 | 19 | 7 |
| | Nonfat (w/c) | 140 | 3 | 3 | 0 | 16 | 126 | 23 | 1 | 20 | 6 |
| | Soy | 145 | 3 | 1 | 0 | 0 | 143 | 24 | 2 | 18 | 6 |
| | Soy (w/c) | 165 | 5 | 3 | 0 | 13 | 126 | 25 | 2 | 19 | 5 |
| SMALL (12oz) | Whole | 285 | 10 | 6 | 0 | 42 | 238 | 39 | 1 | 35 | 10 |
| | Whole (w/c) | 340 | 12 | 9 | 0 | 54 | 243 | 47 | 2 | 42 | 9 |
| | Nonfat | 205 | 1 | 0 | 0 | 6 | 244 | 39 | 1 | 35 | 11 |
| | Nonfat (w/c) | 315 | 7 | 7 | 0 | 39 | 248 | 50 | 2 | 45 | 11 |
| | Soy | 250 | 5 | 1 | 0 | 0 | 244 | 43 | 4 | 32 | 9 |
| | Soy (w/c) | 310 | 8 | 4 | 0 | 17 | 248 | 50 | 4 | 40 | 8 |
| MEDIUM (16oz) | Whole | 380 | 12 | 8 | 0 | 50 | 312 | 55 | 2 | 48 | 13 |
| | Whole (w/c) | 430 | 15 | 10 | 0 | 63 | 317 | 62 | 2 | 55 | 12 |
| | Nonfat | 275 | 1 | 0 | 0 | 7 | 319 | 55 | 2 | 48 | 14 |
| | Nonfat (w/c) | 340 | 4 | 4 | 0 | 23 | 323 | 62 | 2 | 55 | 13 |
| | Soy | 335 | 7 | 1 | 0 | 0 | 319 | 59 | 5 | 45 | 11 |
| | Soy (w/c) | 390 | 9 | 5 | 0 | 17 | 323 | 66 | 5 | 52 | 11 |
| LARGE (20oz) | Whole | 495 | 16 | 10 | 0 | 66 | 411 | 72 | 3 | 63 | 17 |
| | Whole (w/c) | 545 | 18 | 13 | 0 | 78 | 415 | 79 | 3 | 70 | 16 |
| | Nonfat | 360 | 1 | 1 | 0 | 9 | 420 | 72 | 3 | 63 | 18 |
| | Nonfat (w/c) | 425 | 4 | 4 | 0 | 25 | 424 | 79 | 3 | 70 | 17 |
| | Soy | 435 | 9 | 2 | 0 | 0 | 420 | 77 | 6 | 60 | 15 |
| | Soy (w/c) | 495 | 11 | 5 | 0 | 17 | 424 | 84 | 6 | 67 | 14 |

| HOT BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|--------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| | | | | | | | | | | | |
| WHITE MOCHA | | | | | | | | | | | |
| MINI (8oz) | Whole | 165 | 6 | 4 | 0 | 26 | 129 | 23 | 0 | 22 | 6 |
| | Whole (w/c) | 185 | 8 | 6 | 0 | 35 | 112 | 25 | 0 | 23 | 5 |
| | Nonfat | 110 | 0 | 0 | 0 | 4 | 132 | 23 | 0 | 22 | 7 |
| | Nonfat (w/c) | 140 | 3 | 3 | 0 | 17 | 115 | 25 | 0 | 23 | 6 |
| | Soy | 140 | 3 | 0 | 0 | 0 | 132 | 26 | 2 | 20 | 5 |
| | Soy (w/c) | 165 | 5 | 3 | 0 | 13 | 115 | 26 | 1 | 22 | 5 |
| SMALL (12oz) | Whole | 295 | 10 | 6 | 0 | 42 | 216 | 42 | 0 | 39 | 10 |
| | Whole (w/c) | 325 | 12 | 9 | 0 | 54 | 200 | 44 | 0 | 41 | 9 |
| | Nonfat | 215 | 0 | 0 | 0 | 6 | 222 | 42 | 0 | 39 | 11 |
| | Nonfat (w/c) | 250 | 3 | 3 | 0 | 22 | 205 | 44 | 0 | 41 | 10 |
| | Soy | 260 | 5 | 1 | 0 | 0 | 222 | 45 | 2 | 37 | 9 |
| | Soy (w/c) | 295 | 8 | 4 | 0 | 17 | 205 | 47 | 2 | 39 | 8 |
| MEDIUM (16oz) | Whole | 390 | 12 | 7 | 0 | 51 | 280 | 59 | 0 | 55 | 12 |
| | Whole (w/c) | 420 | 14 | 10 | 0 | 63 | 264 | 61 | 0 | 57 | 11 |
| | Nonfat | 290 | 0 | 0 | 0 | 8 | 287 | 59 | 0 | 55 | 13 |
| | Nonfat (w/c) | 330 | 3 | 3 | 0 | 24 | 270 | 61 | 0 | 57 | 12 |
| | Soy | 350 | 6 | 1 | 0 | 0 | 287 | 63 | 3 | 52 | 11 |
| | Soy (w/c) | 380 | 9 | 4 | 0 | 17 | 270 | 65 | 3 | 54 | 10 |
| LARGE (20oz) | Whole | 510 | 15 | 9 | 0 | 66 | 368 | 77 | 0 | 73 | 16 |
| | Whole (w/c) | 540 | 17 | 12 | 0 | 79 | 352 | 79 | 0 | 75 | 15 |
| | Nonfat | 380 | 0 | 0 | 0 | 10 | 377 | 77 | 0 | 73 | 18 |
| | Nonfat (w/c) | 420 | 3 | 3 | 0 | 26 | 360 | 79 | 0 | 75 | 16 |
| | Soy | 455 | 8 | 1 | 0 | 1 | 377 | 83 | 4 | 69 | 14 |
| | Soy (w/c) | 490 | 10 | 4 | 0 | 17 | 360 | 84 | 4 | 71 | 13 |
| LATTÉ | | | | | | | | | | | |
| MINI (8oz) | Whole | 135 | 7 | 4 | 0 | 28 | 106 | 12 | 0 | 10 | 7 |
| | Whole (w/c) | 155 | 8 | 6 | 0 | 37 | 89 | 13 | 0 | 11 | 6 |
| | Nonfat | 80 | 0 | 0 | 0 | 4 | 110 | 12 | 0 | 10 | 7 |
| | Nonfat (w/c) | 105 | 3 | 3 | 0 | 17 | 93 | 13 | 0 | 11 | 6 |
| | Soy | 110 | 3 | 0 | 0 | 0 | 110 | 14 | 2 | 8 | 6 |
| | Soy (w/c) | 135 | 5 | 3 | 0 | 13 | 93 | 15 | 1 | 10 | 5 |
| SMALL (12oz) | Whole | 215 | 11 | 7 | 0 | 46 | 171 | 18 | 0 | 16 | 11 |
| | Whole (w/c) | 245 | 13 | 9 | 0 | 58 | 154 | 20 | 0 | 18 | 10 |
| | Nonfat | 125 | 0 | 0 | 0 | 7 | 177 | 18 | 0 | 16 | 12 |
| | Nonfat (w/c) | 160 | 3 | 3 | 0 | 23 | 160 | 20 | 0 | 18 | 11 |
| | Soy | 175 | 5 | 1 | 0 | 0 | 177 | 22 | 3 | 13 | 9 |
| | Soy (w/c) | 210 | 8 | 4 | 0 | 17 | 160 | 23 | 2 | 15 | 8 |
| MEDIUM (16oz) | Whole | 270 | 13 | 8 | 0 | 57 | 211 | 23 | 0 | 20 | 13 |
| | Whole (w/c) | 300 | 15 | 11 | 0 | 69 | 195 | 25 | 0 | 21 | 12 |
| | Nonfat | 155 | 0 | 0 | 0 | 8 | 219 | 23 | 0 | 20 | 15 |
| | Nonfat (w/c) | 195 | 3 | 3 | 0 | 24 | 203 | 25 | 0 | 21 | 14 |
| | Soy | 220 | 7 | 1 | 0 | 0 | 219 | 28 | 3 | 16 | 11 |
| | Soy (w/c) | 255 | 9 | 4 | 0 | 17 | 203 | 29 | 3 | 18 | 11 |
| LARGE (20oz) | Whole | 350 | 17 | 11 | 0 | 74 | 276 | 30 | 0 | 26 | 17 |
| | Whole (w/c) | 380 | 19 | 13 | 0 | 87 | 260 | 31 | 0 | 27 | 16 |
| | Nonfat | 200 | 0 | 0 | 0 | 11 | 287 | 30 | 0 | 26 | 19 |
| | Nonfat (w/c) | 240 | 3 | 3 | 0 | 27 | 270 | 31 | 0 | 27 | 18 |
| | Soy | 285 | 9 | 1 | 0 | 0 | 287 | 36 | 4 | 21 | 15 |
| | Soy (w/c) | 320 | 11 | 4 | 0 | 17 | 270 | 37 | 4 | 23 | 14 |

| HOT BEVERAGES | | CALORIES | TOTAL FAT (G) | | | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | | |
|---|--------------|----------|---------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-------------|
| | | | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | | | | | FIBER (G) | SUGAR (G) | PROTEIN (G) |
| VANILLA LATTÉ | | | | | | | | | | | | |
| MINI (8oz) | Whole | 185 | 6 | 4 | 0 | 26 | 100 | 25 | 0 | 22 | 6 | |
| | Whole (w/c) | 205 | 8 | 6 | 0 | 35 | 84 | 26 | 0 | 23 | 5 | |
| | Nonfat | 135 | 0 | 0 | 0 | 4 | 104 | 25 | 0 | 22 | 7 | |
| | Nonfat (w/c) | 160 | 3 | 3 | 0 | 16 | 87 | 26 | 0 | 23 | 6 | |
| | Soy | 165 | 3 | 0 | 0 | 0 | 104 | 27 | 2 | 20 | 5 | |
| SMALL (12oz) | Whole | 275 | 10 | 6 | 0 | 42 | 157 | 35 | 0 | 31 | 10 | |
| | Whole (w/c) | 305 | 12 | 9 | 0 | 54 | 141 | 37 | 0 | 33 | 9 | |
| | Nonfat | 190 | 0 | 0 | 0 | 6 | 163 | 35 | 0 | 31 | 11 | |
| | Nonfat (w/c) | 230 | 3 | 3 | 0 | 22 | 146 | 37 | 0 | 33 | 10 | |
| | Soy | 240 | 5 | 1 | 0 | 0 | 163 | 39 | 2 | 29 | 8 | |
| MEDIUM (16oz) | Whole | 355 | 12 | 8 | 0 | 54 | 203 | 46 | 0 | 40 | 12 | |
| | Whole (w/c) | 385 | 15 | 10 | 0 | 66 | 187 | 47 | 0 | 41 | 11 | |
| | Nonfat | 250 | 0 | 0 | 0 | 8 | 210 | 46 | 0 | 40 | 14 | |
| | Nonfat (w/c) | 285 | 3 | 3 | 0 | 24 | 194 | 47 | 0 | 41 | 13 | |
| | Soy | 310 | 6 | 1 | 0 | 0 | 210 | 50 | 3 | 37 | 11 | |
| LARGE (20oz) | Whole | 450 | 16 | 10 | 0 | 70 | 265 | 57 | 0 | 50 | 16 | |
| | Whole (w/c) | 480 | 18 | 13 | 0 | 82 | 248 | 58 | 0 | 51 | 15 | |
| | Nonfat | 310 | 0 | 0 | 0 | 10 | 275 | 57 | 0 | 50 | 18 | |
| | Nonfat (w/c) | 350 | 3 | 3 | 0 | 26 | 258 | 58 | 0 | 51 | 17 | |
| | Soy | 390 | 8 | 1 | 0 | 0 | 275 | 63 | 4 | 46 | 14 | |
| VANILLA LATTÉ (SUGAR FREE VANILLA) | | | | | | | | | | | | |
| MINI (8oz) | Whole | 125 | 6 | 4 | 0 | 26 | 109 | 11 | 0 | 9 | 6 | |
| | Whole (w/c) | 145 | 8 | 6 | 0 | 35 | 93 | 12 | 0 | 10 | 5 | |
| | Nonfat | 75 | 0 | 0 | 0 | 4 | 113 | 11 | 0 | 9 | 7 | |
| | Nonfat (w/c) | 100 | 3 | 3 | 0 | 16 | 96 | 12 | 0 | 10 | 6 | |
| | Soy | 105 | 3 | 0 | 0 | 0 | 113 | 13 | 2 | 8 | 5 | |
| SMALL (12oz) | Whole | 195 | 10 | 6 | 0 | 42 | 169 | 16 | 0 | 14 | 10 | |
| | Whole (w/c) | 225 | 12 | 9 | 0 | 54 | 153 | 18 | 0 | 16 | 9 | |
| | Nonfat | 110 | 0 | 0 | 0 | 6 | 175 | 16 | 0 | 14 | 11 | |
| | Nonfat (w/c) | 150 | 3 | 3 | 0 | 22 | 158 | 18 | 0 | 16 | 10 | |
| | Soy | 160 | 5 | 1 | 0 | 0 | 175 | 20 | 2 | 12 | 8 | |
| MEDIUM (16oz) | Whole | 255 | 12 | 8 | 0 | 54 | 222 | 21 | 0 | 18 | 12 | |
| | Whole (w/c) | 285 | 15 | 10 | 0 | 66 | 205 | 24 | 0 | 20 | 11 | |
| | Nonfat | 150 | 0 | 0 | 0 | 8 | 229 | 22 | 0 | 18 | 14 | |
| | Nonfat (w/c) | 185 | 3 | 3 | 0 | 24 | 212 | 24 | 0 | 20 | 13 | |
| | Soy | 210 | 6 | 1 | 0 | 0 | 229 | 27 | 3 | 15 | 11 | |
| LARGE (20oz) | Whole | 330 | 16 | 10 | 0 | 70 | 290 | 28 | 0 | 24 | 16 | |
| | Whole (w/c) | 360 | 18 | 13 | 0 | 82 | 274 | 30 | 0 | 26 | 15 | |
| | Nonfat | 190 | 0 | 0 | 0 | 10 | 300 | 28 | 0 | 24 | 18 | |
| | Nonfat (w/c) | 230 | 3 | 3 | 0 | 26 | 283 | 30 | 0 | 26 | 17 | |
| | Soy | 270 | 8 | 1 | 0 | 0 | 300 | 34 | 4 | 20 | 14 | |

| HOT BEVERAGES | | CALORIES | TOTAL FAT (G) | | | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | | |
|----------------------------|--------------|----------|---------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-------------|
| | | | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | | | | | FIBER (G) | SUGAR (G) | PROTEIN (G) |
| CAPPUCCINO | | | | | | | | | | | | |
| MINI (8oz) | Whole | 115 | 6 | 3 | 0 | 24 | 89 | 10 | 0 | 8 | 6 | |
| | Nonfat | 65 | 0 | 0 | 0 | 3 | 93 | 10 | 0 | 8 | 6 | |
| | Soy | 95 | 3 | 0 | 0 | 0 | 93 | 12 | 1 | 7 | 5 | |
| SMALL (12oz) | Whole | 140 | 7 | 4 | 0 | 28 | 106 | 13 | 0 | 10 | 7 | |
| | Nonfat | 85 | 0 | 0 | 0 | 4 | 110 | 13 | 0 | 10 | 7 | |
| | Soy | 115 | 3 | 0 | 0 | 0 | 110 | 15 | 2 | 8 | 6 | |
| MEDIUM (16oz) | Whole | 175 | 8 | 5 | 0 | 35 | 130 | 16 | 0 | 12 | 8 | |
| | Nonfat | 105 | 0 | 0 | 0 | 5 | 135 | 16 | 0 | 12 | 9 | |
| | Soy | 145 | 4 | 1 | 0 | 0 | 135 | 19 | 2 | 10 | 7 | |
| LARGE (20oz) | Whole | 230 | 11 | 7 | 0 | 46 | 171 | 21 | 0 | 16 | 11 | |
| | Nonfat | 140 | 0 | 0 | 0 | 7 | 177 | 21 | 0 | 16 | 12 | |
| | Soy | 190 | 5 | 1 | 0 | 0 | 177 | 25 | 3 | 13 | 9 | |
| CINNAMON ROLL LATTÉ | | | | | | | | | | | | |
| SMALL (12oz) | Whole | 345 | 14 | 10 | 0 | 42 | 294 | 44 | 0 | 37 | 11 | |
| | Whole (w/c) | 375 | 16 | 13 | 0 | 54 | 278 | 46 | 0 | 39 | 10 | |
| | Nonfat | 260 | 5 | 4 | 0 | 6 | 300 | 44 | 0 | 37 | 12 | |
| | Nonfat (w/c) | 300 | 8 | 7 | 0 | 22 | 283 | 46 | 0 | 39 | 11 | |
| | Soy | 310 | 9 | 5 | 0 | 0 | 300 | 48 | 2 | 35 | 9 | |
| MEDIUM (16oz) | Whole | 475 | 19 | 14 | 0 | 53 | 405 | 64 | 0 | 53 | 14 | |
| | Whole (w/c) | 505 | 21 | 16 | 0 | 65 | 389 | 65 | 0 | 54 | 13 | |
| | Nonfat | 370 | 7 | 6 | 0 | 8 | 413 | 64 | 0 | 53 | 15 | |
| | Nonfat (w/c) | 410 | 10 | 9 | 0 | 24 | 396 | 65 | 0 | 54 | 14 | |
| | Soy | 430 | 13 | 7 | 0 | 0 | 413 | 68 | 3 | 50 | 12 | |
| LARGE (20oz) | Whole | 630 | 25 | 18 | 0 | 70 | 540 | 84 | 0 | 70 | 18 | |
| | Whole (w/c) | 660 | 27 | 21 | 0 | 82 | 524 | 86 | 0 | 72 | 17 | |
| | Nonfat | 490 | 9 | 8 | 0 | 10 | 550 | 84 | 0 | 70 | 20 | |
| | Nonfat (w/c) | 530 | 12 | 11 | 0 | 26 | 533 | 86 | 0 | 72 | 19 | |
| | Soy | 570 | 17 | 9 | 0 | 0 | 550 | 90 | 4 | 66 | 16 | |
| CARAMEL MACCHIATO | | | | | | | | | | | | |
| SMALL (12oz) | Whole | 335 | 10 | 6 | 0 | 42 | 214 | 50 | 0 | 42 | 10 | |
| | Whole (w/c) | 365 | 12 | 9 | 0 | 55 | 197 | 52 | 0 | 44 | 9 | |
| | Nonfat | 255 | 0 | 0 | 0 | 7 | 220 | 50 | 0 | 42 | 11 | |
| | Nonfat (w/c) | 305 | 4 | 3 | 0 | 23 | 220 | 53 | 0 | 45 | 11 | |
| | Soy | 300 | 5 | 1 | 0 | 1 | 220 | 54 | 2 | 40 | 8 | |
| MEDIUM (16oz) | Whole | 445 | 13 | 8 | 0 | 55 | 287 | 67 | 0 | 56 | 12 | |
| | Whole (w/c) | 475 | 15 | 11 | 0 | 67 | 271 | 69 | 0 | 58 | 11 | |
| | Nonfat | 335 | 0 | 0 | 0 | 9 | 291 | 67 | 0 | 55 | 14 | |
| | Nonfat (w/c) | 375 | 4 | 4 | 0 | 25 | 274 | 69 | 0 | 57 | 13 | |
| | Soy | 395 | 6 | 1 | 0 | 1 | 291 | 72 | 3 | 52 | 11 | |
| LARGE (20oz) | Whole | 540 | 16 | 10 | 0 | 71 | 349 | 78 | 0 | 66 | 16 | |
| | Whole (w/c) | 570 | 19 | 13 | 0 | 84 | 333 | 80 | 0 | 68 | 15 | |
| | Nonfat | 400 | 0 | 0 | 0 | 11 | 359 | 78 | 0 | 66 | 18 | |
| | Nonfat (w/c) | 440 | 4 | 4 | 0 | 27 | 342 | 80 | 0 | 68 | 17 | |
| | Soy | 480 | 8 | 1 | 0 | 1 | 359 | 84 | 4 | 62 | 14 | |
| Soy (w/c) | | | | | | | | | | | | |
| | | 515 | 11 | 5 | 0 | 18 | 342 | 86 | 4 | 64 | 13 | |

| HOT BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|---|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| HOT CHOCOLATE | | | | | | | | | | | |
| MINI (8oz) | Whole | 185 | 7 | 5 | 0 | 31 | 154 | 23 | 1 | 21 | 7 |
| | Whole (w/c) | 205 | 9 | 7 | 0 | 40 | 137 | 24 | 1 | 22 | 6 |
| | Nonfat | 125 | 0 | 0 | 0 | 4 | 158 | 23 | 1 | 21 | 8 |
| | Nonfat (w/c) | 155 | 3 | 3 | 0 | 17 | 141 | 24 | 1 | 22 | 7 |
| | Soy | 160 | 4 | 1 | 0 | 0 | 158 | 26 | 2 | 19 | 7 |
| SMALL (12oz) | Whole | 310 | 11 | 7 | 0 | 48 | 259 | 41 | 1 | 38 | 12 |
| | Whole (w/c) | 340 | 14 | 10 | 0 | 60 | 242 | 43 | 1 | 39 | 11 |
| | Nonfat | 215 | 0 | 0 | 0 | 7 | 266 | 41 | 1 | 38 | 13 |
| | Nonfat (w/c) | 255 | 4 | 4 | 0 | 23 | 249 | 43 | 1 | 39 | 12 |
| | Soy | 270 | 6 | 1 | 0 | 0 | 266 | 45 | 4 | 35 | 10 |
| MEDIUM (16oz) | Whole | 425 | 15 | 9 | 0 | 63 | 356 | 59 | 2 | 53 | 16 |
| | Whole (w/c) | 455 | 17 | 12 | 0 | 76 | 339 | 60 | 2 | 55 | 15 |
| | Nonfat | 300 | 1 | 0 | 0 | 9 | 365 | 59 | 2 | 53 | 18 |
| | Nonfat (w/c) | 340 | 4 | 4 | 0 | 25 | 348 | 60 | 2 | 55 | 16 |
| | Soy | 370 | 8 | 1 | 0 | 0 | 365 | 64 | 5 | 50 | 14 |
| LARGE (20oz) | Whole | 540 | 19 | 12 | 0 | 79 | 452 | 76 | 2 | 69 | 20 |
| | Whole (w/c) | 570 | 21 | 14 | 0 | 91 | 436 | 78 | 2 | 71 | 19 |
| | Nonfat | 385 | 1 | 1 | 0 | 11 | 464 | 76 | 2 | 69 | 22 |
| | Nonfat (w/c) | 425 | 4 | 4 | 0 | 27 | 447 | 78 | 2 | 71 | 21 |
| | Soy | 475 | 10 | 2 | 0 | 0 | 464 | 83 | 7 | 65 | 17 |
| | Soy (w/c) | 510 | 13 | 5 | 0 | 17 | 447 | 84 | 7 | 67 | 17 |
| HOT CHOCOLATE (SUGAR FREE CHOCOLATE) | | | | | | | | | | | |
| MINI (8oz) | Whole | 180 | 7 | 5 | 0 | 31 | 133 | 21 | 1 | 11 | 7 |
| | Whole (w/c) | 200 | 9 | 7 | 0 | 40 | 116 | 22 | 1 | 12 | 6 |
| | Nonfat | 120 | 0 | 0 | 0 | 4 | 137 | 21 | 1 | 11 | 8 |
| | Nonfat (w/c) | 150 | 3 | 3 | 0 | 17 | 120 | 22 | 1 | 12 | 7 |
| | Soy | 155 | 4 | 1 | 0 | 0 | 137 | 24 | 2 | 9 | 7 |
| SMALL (12oz) | Whole | 305 | 12 | 7 | 0 | 48 | 217 | 38 | 1 | 17 | 12 |
| | Whole (w/c) | 335 | 14 | 10 | 0 | 60 | 200 | 39 | 1 | 18 | 11 |
| | Nonfat | 210 | 1 | 0 | 0 | 7 | 224 | 38 | 1 | 17 | 13 |
| | Nonfat (w/c) | 245 | 4 | 4 | 0 | 23 | 207 | 39 | 1 | 18 | 12 |
| | Soy | 265 | 6 | 1 | 0 | 0 | 224 | 42 | 4 | 14 | 10 |
| MEDIUM (16oz) | Whole | 425 | 16 | 10 | 0 | 66 | 301 | 54 | 2 | 23 | 16 |
| | Whole (w/c) | 455 | 18 | 13 | 0 | 78 | 284 | 56 | 2 | 24 | 15 |
| | Nonfat | 295 | 1 | 0 | 0 | 9 | 310 | 54 | 2 | 23 | 18 |
| | Nonfat (w/c) | 335 | 4 | 4 | 0 | 25 | 293 | 56 | 2 | 24 | 17 |
| | Soy | 370 | 8 | 1 | 0 | 0 | 310 | 60 | 6 | 19 | 14 |
| LARGE (20oz) | Whole | 530 | 19 | 12 | 0 | 79 | 368 | 69 | 3 | 27 | 20 |
| | Whole (w/c) | 560 | 21 | 15 | 0 | 91 | 352 | 70 | 3 | 29 | 19 |
| | Nonfat | 370 | 1 | 1 | 0 | 11 | 380 | 69 | 3 | 27 | 22 |
| | Nonfat (w/c) | 410 | 4 | 4 | 0 | 27 | 363 | 70 | 3 | 29 | 21 |
| | Soy | 460 | 10 | 2 | 0 | 0 | 380 | 75 | 7 | 23 | 17 |
| | Soy (w/c) | 495 | 13 | 5 | 0 | 17 | 363 | 77 | 7 | 25 | 16 |

| HOT BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|----------------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| MAYAN HOT CHOCOLATE | | | | | | | | | | | |
| MINI (8oz) | Whole | 175 | 7 | 4 | 0 | 28 | 147 | 23 | 1 | 20 | 7 |
| | Whole (w/c) | 195 | 8 | 6 | 0 | 37 | 131 | 24 | 1 | 21 | 6 |
| | Nonfat | 120 | 0 | 0 | 0 | 4 | 151 | 23 | 1 | 20 | 8 |
| | Nonfat (w/c) | 150 | 3 | 3 | 0 | 17 | 135 | 24 | 1 | 21 | 7 |
| | Soy | 150 | 4 | 1 | 0 | 0 | 151 | 25 | 2 | 18 | 6 |
| SMALL (12oz) | Whole | 310 | 12 | 7 | 0 | 48 | 262 | 41 | 1 | 37 | 12 |
| | Whole (w/c) | 370 | 14 | 10 | 0 | 60 | 274 | 50 | 2 | 46 | 11 |
| | Nonfat | 215 | 1 | 0 | 0 | 7 | 269 | 41 | 1 | 37 | 13 |
| | Nonfat (w/c) | 255 | 4 | 4 | 0 | 23 | 252 | 42 | 1 | 39 | 12 |
| | Soy | 270 | 6 | 1 | 0 | 0 | 269 | 45 | 4 | 34 | 10 |
| MEDIUM (16oz) | Whole | 430 | 15 | 10 | 0 | 63 | 361 | 58 | 2 | 52 | 16 |
| | Whole (w/c) | 490 | 18 | 12 | 0 | 76 | 372 | 67 | 2 | 61 | 15 |
| | Nonfat | 300 | 1 | 0 | 0 | 9 | 370 | 58 | 2 | 52 | 17 |
| | Nonfat (w/c) | 370 | 4 | 4 | 0 | 25 | 381 | 67 | 2 | 61 | 17 |
| | Soy | 375 | 8 | 1 | 0 | 0 | 370 | 63 | 6 | 49 | 14 |
| LARGE (20oz) | Whole | 545 | 19 | 12 | 0 | 79 | 460 | 75 | 3 | 68 | 20 |
| | Whole (w/c) | 605 | 22 | 15 | 0 | 91 | 471 | 84 | 3 | 76 | 19 |
| | Nonfat | 385 | 1 | 1 | 0 | 11 | 471 | 75 | 3 | 68 | 22 |
| | Nonfat (w/c) | 455 | 5 | 4 | 0 | 27 | 482 | 84 | 3 | 76 | 21 |
| | Soy | 475 | 10 | 2 | 0 | 0 | 471 | 81 | 7 | 63 | 17 |
| | Soy (w/c) | 540 | 13 | 5 | 0 | 17 | 482 | 90 | 7 | 72 | 17 |
| WHITE HOT CHOCOLATE | | | | | | | | | | | |
| MINI (8oz) | Whole | 180 | 7 | 4 | 0 | 31 | 145 | 24 | 0 | 23 | 7 |
| | Whole (w/c) | 200 | 9 | 6 | 0 | 40 | 129 | 25 | 0 | 24 | 6 |
| | Nonfat | 120 | 0 | 0 | 0 | 5 | 149 | 24 | 0 | 23 | 8 |
| | Nonfat (w/c) | 145 | 3 | 3 | 0 | 17 | 132 | 25 | 0 | 24 | 7 |
| | Soy | 155 | 4 | 0 | 0 | 0 | 149 | 27 | 2 | 21 | 6 |
| SMALL (12oz) | Whole | 320 | 11 | 7 | 0 | 48 | 241 | 43 | 0 | 42 | 11 |
| | Whole (w/c) | 350 | 13 | 10 | 0 | 61 | 225 | 45 | 0 | 44 | 10 |
| | Nonfat | 225 | 0 | 0 | 0 | 7 | 248 | 43 | 0 | 42 | 13 |
| | Nonfat (w/c) | 265 | 3 | 3 | 0 | 23 | 231 | 45 | 0 | 44 | 12 |
| | Soy | 280 | 6 | 1 | 0 | 0 | 248 | 47 | 3 | 39 | 10 |
| MEDIUM (16oz) | Whole | 440 | 15 | 9 | 0 | 64 | 329 | 62 | 0 | 60 | 15 |
| | Whole (w/c) | 470 | 17 | 12 | 0 | 76 | 312 | 63 | 0 | 61 | 14 |
| | Nonfat | 315 | 0 | 0 | 0 | 10 | 338 | 62 | 0 | 60 | 17 |
| | Nonfat (w/c) | 355 | 3 | 3 | 0 | 26 | 321 | 63 | 0 | 61 | 16 |
| | Soy | 385 | 7 | 1 | 0 | 0 | 338 | 67 | 4 | 56 | 13 |
| LARGE (20oz) | Whole | 560 | 18 | 11 | 0 | 79 | 417 | 80 | 0 | 77 | 19 |
| | Whole (w/c) | 590 | 20 | 14 | 0 | 92 | 400 | 82 | 0 | 79 | 18 |
| | Nonfat | 405 | 0 | 0 | 0 | 12 | 428 | 80 | 0 | 77 | 21 |
| | Nonfat (w/c) | 445 | 3 | 3 | 0 | 28 | 411 | 82 | 0 | 79 | 20 |
| | Soy | 495 | 9 | 1 | 0 | 1 | 428 | 87 | 5 | 73 | 16 |
| | Soy (w/c) | 530 | 12 | 4 | 0 | 17 | 411 | 88 | 4 | 75 | 16 |

| HOT BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|---------------------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| | | | | | | | | | | | |
| BEWLEY'S FAIR TRADE CHAI | | | | | | | | | | | |
| MINI (8oz) | Whole | 180 | 7 | 4 | 0 | 31 | 125 | 24 | 0 | 23 | 7 |
| | Whole (w/c) | 200 | 9 | 6 | 0 | 40 | 109 | 25 | 0 | 24 | 6 |
| | Nonfat | 115 | 0 | 0 | 0 | 4 | 129 | 24 | 0 | 23 | 8 |
| | Nonfat (w/c) | 145 | 3 | 3 | 0 | 17 | 113 | 25 | 0 | 24 | 7 |
| | Soy | 150 | 4 | 0 | 0 | 0 | 130 | 27 | 2 | 22 | 6 |
| SMALL (12oz) | Soy (w/c) | 175 | 6 | 3 | 0 | 13 | 113 | 27 | 2 | 23 | 5 |
| | Whole | 290 | 11 | 7 | 0 | 48 | 194 | 35 | 0 | 34 | 11 |
| | Whole (w/c) | 320 | 13 | 10 | 0 | 60 | 178 | 37 | 0 | 35 | 10 |
| | Nonfat | 195 | 0 | 0 | 0 | 7 | 201 | 35 | 0 | 34 | 12 |
| | Nonfat (w/c) | 230 | 3 | 3 | 0 | 23 | 184 | 37 | 0 | 35 | 11 |
| MEDIUM (16oz) | Soy | 250 | 6 | 1 | 0 | 0 | 201 | 39 | 3 | 31 | 10 |
| | Soy (w/c) | 280 | 8 | 4 | 0 | 17 | 184 | 40 | 3 | 33 | 9 |
| | Whole | 375 | 15 | 9 | 0 | 63 | 254 | 45 | 0 | 43 | 15 |
| | Whole (w/c) | 405 | 17 | 12 | 0 | 76 | 238 | 47 | 0 | 45 | 14 |
| | Nonfat | 250 | 0 | 0 | 0 | 9 | 263 | 45 | 0 | 43 | 16 |
| LARGE (20oz) | Nonfat (w/c) | 290 | 3 | 3 | 0 | 25 | 247 | 47 | 0 | 45 | 15 |
| | Soy | 320 | 7 | 1 | 0 | 0 | 263 | 50 | 4 | 39 | 13 |
| | Soy (w/c) | 355 | 10 | 4 | 0 | 17 | 247 | 52 | 3 | 41 | 12 |
| | Whole | 470 | 18 | 11 | 0 | 80 | 319 | 55 | 0 | 53 | 18 |
| | Whole (w/c) | 500 | 21 | 14 | 0 | 92 | 303 | 57 | 0 | 55 | 17 |

| ICED BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|---------------------------------------|---------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| | | | | | | | | | | | |
| ICED COFFEE | | | | | | | | | | | |
| MINI (12oz) | MINI (12oz) | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| | SMALL (16oz) | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| | MEDIUM (20oz) | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| | LARGE (26oz) | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| ICED TEA | | | | | | | | | | | |
| MINI (12oz) | MINI (12oz) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | SMALL (16oz) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | MEDIUM (20oz) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | LARGE (26oz) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CREAMY ICED COFFEE | | | | | | | | | | | |
| MINI (12oz) | MINI (12oz) | 125 | 2 | 2 | 0 | 0 | 19 | 26 | 0 | 18 | 0 |
| | SMALL (16oz) | 170 | 3 | 3 | 0 | 0 | 25 | 35 | 0 | 24 | 0 |
| | MEDIUM (20oz) | 210 | 4 | 3 | 0 | 0 | 32 | 43 | 0 | 30 | 0 |
| | LARGE (26oz) | 275 | 5 | 4 | 0 | 0 | 41 | 56 | 0 | 39 | 0 |
| JAVALANCHE ON ICE (SUGAR FREE) | | | | | | | | | | | |
| MINI (12oz) | MINI (12oz) | 30 | 0 | 0 | 0 | 0 | 2 | 55 | 5 | 0 | 4 |
| ICED AMERICANO | | | | | | | | | | | |
| MINI (12oz) | MINI (12oz) | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| | SMALL (16oz) | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| | MEDIUM (20oz) | 15 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| | LARGE (26oz) | 20 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 |
| ICED LATTÉ | | | | | | | | | | | |
| MINI (12oz) | Whole | 95 | 5 | 3 | 0 | 20 | 73 | 8 | 0 | 7 | 5 |
| | Whole (w/c) | 135 | 7 | 5 | 0 | 33 | 73 | 11 | 0 | 9 | 5 |
| | Nonfat | 55 | 0 | 0 | 0 | 3 | 76 | 8 | 0 | 7 | 5 |
| | Nonfat (w/c) | 95 | 3 | 3 | 0 | 16 | 76 | 11 | 0 | 9 | 5 |
| | Soy | 80 | 2 | 0 | 0 | 0 | 76 | 10 | 1 | 6 | 4 |
| SMALL (16oz) | Soy (w/c) | 120 | 5 | 3 | 0 | 13 | 76 | 13 | 1 | 8 | 4 |
| | Whole | 135 | 7 | 4 | 0 | 28 | 106 | 12 | 0 | 10 | 7 |
| | Whole (w/c) | 195 | 11 | 8 | 0 | 48 | 106 | 16 | 0 | 14 | 7 |
| | Nonfat | 80 | 0 | 0 | 0 | 4 | 110 | 12 | 0 | 10 | 7 |
| | Nonfat (w/c) | 140 | 4 | 4 | 0 | 24 | 110 | 16 | 0 | 14 | 7 |
| MEDIUM (20oz) | Soy | 110 | 3 | 0 | 0 | 0 | 110 | 14 | 2 | 8 | 6 |
| | Soy (w/c) | 170 | 7 | 4 | 0 | 20 | 110 | 18 | 2 | 12 | 6 |
| | Whole | 160 | 8 | 5 | 0 | 33 | 122 | 14 | 0 | 11 | 8 |
| | Whole (w/c) | 220 | 12 | 9 | 0 | 53 | 122 | 18 | 0 | 15 | 8 |
| | Nonfat | 95 | 0 | 0 | 0 | 5 | 127 | 14 | 0 | 11 | 8 |
| LARGE (26oz) | Nonfat (w/c) | 155 | 4 | 4 | 0 | 25 | 127 | 18 | 0 | 15 | 8 |
| | Soy | 130 | 4 | 0 | 0 | 0 | 127 | 17 | 2 | 9 | 7 |
| | Soy (w/c) | 190 | 8 | 4 | 0 | 20 | 127 | 21 | 2 | 13 | 7 |
| | Whole | 210 | 10 | 6 | 0 | 44 | 163 | 18 | 0 | 15 | 10 |
| | Whole (w/c) | 285 | 15 | 11 | 0 | 69 | 163 | 23 | 0 | 20 | 10 |
| MINI (12oz) | Nonfat | 125 | 0 | 0 | 0 | 6 | 169 | 18 | 0 | 15 | 11 |
| | Nonfat (w/c) | 200 | 5 | 5 | 0 | 31 | 169 | 23 | 0 | 20 | 11 |
| | Soy | 175 | 5 | 1 | 0 | 0 | 169 | 22 | 3 | 13 | 9 |
| | Soy (w/c) | 250 | 10 | 6 | 0 | 25 | 169 | 27 | 3 | 18 | 9 |
| ICED VANILLA LATTÉ | | | | | | | | | | | |
| MINI (12oz) | Whole | 125 | 4 | 3 | 0 | 18 | 67 | 22 | 0 | 19 | 4 |
| | Whole (w/c) | 165 | 7 | 5 | 0 | 31 | 67 | 24 | 0 | 21 | 4 |
| | Nonfat | 90 | 0 | 0 | 0 | 3 | 70 | 22 | 0 | 19 | 5 |
| | Nonfat (w/c) | 130 | 3 | 3 | 0 | 16 | 70 | 24 | 0 | 21 | 5 |
| | Soy | 110 | 2 | 0 | 0 | 0 | 70 | 23 | 1 | 18 | 4 |
| Soy (w/c) | 150 | 5 | 3 | 0 | 13 | 70 | 26 | 1 | 20 | 4 | |

| ICED BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|--|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| ICED VANILLA LATTÉ ...continued | | | | | | | | | | | |
| SMALL (16oz) | Whole | 185 | 6 | 4 | 0 | 26 | 100 | 25 | 0 | 22 | 6 |
| | Whole (w/c) | 245 | 10 | 8 | 0 | 46 | 100 | 29 | 0 | 26 | 6 |
| | Nonfat | 135 | 0 | 0 | 0 | 4 | 104 | 25 | 0 | 22 | 7 |
| | Nonfat (w/c) | 195 | 4 | 4 | 0 | 24 | 104 | 29 | 0 | 26 | 7 |
| | Soy | 165 | 3 | 0 | 0 | 0 | 104 | 27 | 2 | 20 | 5 |
| | Soy (w/c) | 225 | 7 | 4 | 0 | 20 | 104 | 31 | 2 | 24 | 5 |
| MEDIUM (20oz) | Whole | 220 | 7 | 4 | 0 | 28 | 109 | 32 | 0 | 27 | 7 |
| | Whole (w/c) | 280 | 11 | 8 | 0 | 48 | 109 | 36 | 0 | 31 | 7 |
| | Nonfat | 150 | 0 | 0 | 0 | 3 | 96 | 30 | 0 | 25 | 6 |
| | Nonfat (w/c) | 210 | 4 | 4 | 0 | 23 | 96 | 34 | 0 | 29 | 6 |
| | Soy | 180 | 3 | 0 | 0 | 0 | 96 | 32 | 1 | 24 | 5 |
| | Soy (w/c) | 240 | 7 | 4 | 0 | 20 | 96 | 36 | 1 | 28 | 5 |
| LARGE (26oz) | Whole | 290 | 9 | 6 | 0 | 39 | 150 | 40 | 0 | 35 | 9 |
| | Whole (w/c) | 365 | 14 | 11 | 0 | 64 | 150 | 45 | 0 | 40 | 9 |
| | Nonfat | 210 | 0 | 0 | 0 | 6 | 156 | 40 | 0 | 35 | 10 |
| | Nonfat (w/c) | 285 | 5 | 5 | 0 | 31 | 156 | 45 | 0 | 40 | 10 |
| | Soy | 255 | 5 | 1 | 0 | 0 | 156 | 44 | 2 | 33 | 8 |
| | Soy (w/c) | 330 | 10 | 6 | 0 | 25 | 156 | 49 | 2 | 38 | 8 |
| ICED VANILLA LATTÉ (SUGAR FREE VANILLA) | | | | | | | | | | | |
| MINI (12oz) | Whole | 85 | 4 | 3 | 0 | 18 | 73 | 8 | 0 | 6 | 4 |
| | Whole (w/c) | 125 | 7 | 5 | 0 | 31 | 73 | 10 | 0 | 9 | 4 |
| | Nonfat | 50 | 0 | 0 | 0 | 3 | 75 | 8 | 0 | 6 | 5 |
| | Nonfat (w/c) | 90 | 3 | 3 | 0 | 16 | 75 | 10 | 0 | 9 | 5 |
| | Soy | 70 | 2 | 0 | 0 | 0 | 75 | 9 | 1 | 5 | 4 |
| | Soy (w/c) | 110 | 5 | 3 | 0 | 13 | 75 | 12 | 1 | 8 | 4 |
| SMALL (16oz) | Whole | 125 | 6 | 4 | 0 | 26 | 109 | 11 | 0 | 9 | 6 |
| | Whole (w/c) | 185 | 10 | 8 | 0 | 46 | 109 | 15 | 0 | 13 | 6 |
| | Nonfat | 75 | 0 | 0 | 0 | 4 | 113 | 11 | 0 | 9 | 7 |
| | Nonfat (w/c) | 135 | 4 | 4 | 0 | 24 | 113 | 15 | 0 | 13 | 7 |
| | Soy | 105 | 3 | 0 | 0 | 0 | 113 | 13 | 2 | 8 | 5 |
| | Soy (w/c) | 165 | 7 | 4 | 0 | 20 | 113 | 17 | 2 | 12 | 5 |
| MEDIUM (20oz) | Whole | 140 | 7 | 4 | 0 | 28 | 121 | 13 | 0 | 10 | 7 |
| | Whole (w/c) | 200 | 11 | 8 | 0 | 48 | 121 | 17 | 0 | 14 | 7 |
| | Nonfat | 85 | 0 | 0 | 0 | 4 | 125 | 13 | 0 | 10 | 7 |
| | Nonfat (w/c) | 145 | 4 | 4 | 0 | 24 | 125 | 17 | 0 | 14 | 7 |
| | Soy | 115 | 3 | 0 | 0 | 0 | 125 | 15 | 2 | 8 | 6 |
| | Soy (w/c) | 175 | 7 | 4 | 0 | 20 | 125 | 19 | 2 | 12 | 6 |
| LARGE (26oz) | Whole | 190 | 9 | 6 | 0 | 39 | 169 | 17 | 0 | 14 | 9 |
| | Whole (w/c) | 265 | 14 | 11 | 0 | 64 | 169 | 22 | 0 | 19 | 9 |
| | Nonfat | 110 | 0 | 0 | 0 | 6 | 174 | 17 | 0 | 14 | 10 |
| | Nonfat (w/c) | 185 | 5 | 5 | 0 | 31 | 174 | 22 | 0 | 19 | 10 |
| | Soy | 155 | 5 | 1 | 0 | 0 | 174 | 20 | 2 | 11 | 8 |
| | Soy (w/c) | 230 | 10 | 6 | 0 | 25 | 174 | 25 | 2 | 16 | 8 |
| ICED MOCHA | | | | | | | | | | | |
| MINI (12oz) | Whole | 130 | 4 | 3 | 0 | 18 | 105 | 19 | 1 | 17 | 4 |
| | Whole (w/c) | 170 | 7 | 5 | 0 | 31 | 105 | 22 | 1 | 19 | 4 |
| | Nonfat | 95 | 0 | 0 | 0 | 3 | 107 | 19 | 1 | 17 | 5 |
| | Nonfat (w/c) | 135 | 3 | 3 | 0 | 16 | 107 | 22 | 1 | 19 | 5 |
| | Soy | 115 | 2 | 0 | 0 | 0 | 107 | 21 | 2 | 16 | 4 |
| | Soy (w/c) | 155 | 5 | 3 | 0 | 13 | 107 | 23 | 2 | 18 | 4 |

| ICED BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|--|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| ICED VANILLA MOCHA ...continued | | | | | | | | | | | |
| SMALL (16oz) | Whole | 205 | 6 | 4 | 0 | 24 | 169 | 33 | 1 | 29 | 6 |
| | Whole (w/c) | 265 | 10 | 8 | 0 | 44 | 169 | 37 | 1 | 33 | 6 |
| | Nonfat | 160 | 0 | 0 | 0 | 3 | 173 | 33 | 1 | 29 | 7 |
| | Nonfat (w/c) | 220 | 4 | 4 | 0 | 23 | 173 | 37 | 1 | 33 | 7 |
| | Soy | 185 | 3 | 1 | 0 | 0 | 173 | 35 | 3 | 28 | 6 |
| | Soy (w/c) | 245 | 7 | 5 | 0 | 20 | 173 | 39 | 3 | 32 | 6 |
| MEDIUM (20oz) | Whole | 285 | 8 | 5 | 0 | 31 | 234 | 48 | 2 | 42 | 8 |
| | Whole (w/c) | 345 | 12 | 9 | 0 | 51 | 234 | 52 | 2 | 46 | 8 |
| | Nonfat | 225 | 1 | 0 | 0 | 4 | 238 | 48 | 2 | 42 | 9 |
| | Nonfat (w/c) | 285 | 5 | 4 | 0 | 24 | 238 | 52 | 2 | 46 | 9 |
| | Soy | 260 | 4 | 1 | 0 | 0 | 238 | 51 | 3 | 40 | 7 |
| | Soy (w/c) | 320 | 8 | 5 | 0 | 20 | 238 | 55 | 3 | 44 | 7 |
| LARGE (26oz) | Whole | 350 | 9 | 6 | 0 | 35 | 290 | 62 | 2 | 54 | 10 |
| | Whole (w/c) | 445 | 15 | 11 | 0 | 64 | 306 | 68 | 2 | 61 | 11 |
| | Nonfat | 280 | 1 | 1 | 0 | 5 | 295 | 62 | 2 | 54 | 11 |
| | Nonfat (w/c) | 370 | 6 | 6 | 0 | 31 | 312 | 68 | 2 | 61 | 12 |
| | Soy | 320 | 5 | 1 | 0 | 0 | 295 | 65 | 4 | 52 | 9 |
| | Soy (w/c) | 395 | 10 | 6 | 0 | 25 | 295 | 70 | 4 | 57 | 9 |
| ICED MOCHA (SUGAR FREE CHOCOLATE) | | | | | | | | | | | |
| MINI (12oz) | Whole | 125 | 4 | 3 | 0 | 18 | 84 | 17 | 1 | 6 | 4 |
| | Whole (w/c) | 165 | 7 | 5 | 0 | 31 | 84 | 20 | 1 | 9 | 4 |
| | Nonfat | 90 | 0 | 0 | 0 | 3 | 86 | 17 | 1 | 6 | 5 |
| | Nonfat (w/c) | 130 | 3 | 3 | 0 | 16 | 86 | 20 | 1 | 9 | 5 |
| | Soy | 110 | 2 | 0 | 0 | 0 | 86 | 19 | 2 | 5 | 4 |
| | Soy (w/c) | 150 | 5 | 3 | 0 | 13 | 86 | 22 | 2 | 8 | 4 |
| SMALL (16oz) | Whole | 200 | 6 | 4 | 0 | 24 | 127 | 30 | 1 | 8 | 6 |
| | Whole (w/c) | 260 | 10 | 8 | 0 | 44 | 127 | 34 | 1 | 12 | 6 |
| | Nonfat | 150 | 1 | 0 | 0 | 3 | 131 | 30 | 1 | 8 | 7 |
| | Nonfat (w/c) | 210 | 5 | 4 | 0 | 23 | 131 | 34 | 1 | 12 | 7 |
| | Soy | 180 | 3 | 1 | 0 | 0 | 131 | 32 | 3 | 7 | 6 |
| | Soy (w/c) | 240 | 7 | 5 | 0 | 20 | 131 | 36 | 3 | 11 | 6 |
| MEDIUM (20oz) | Whole | 275 | 8 | 5 | 0 | 31 | 171 | 43 | 2 | 11 | 8 |
| | Whole (w/c) | 335 | 12 | 9 | 0 | 51 | 171 | 47 | 2 | 15 | 8 |
| | Nonfat | 215 | 1 | 0 | 0 | 4 | 175 | 43 | 2 | 11 | 9 |
| | Nonfat (w/c) | 275 | 5 | 4 | 0 | 24 | 175 | 47 | 2 | 15 | 9 |
| | Soy | 250 | 4 | 1 | 0 | 0 | 175 | 46 | 4 | 9 | 7 |
| | Soy (w/c) | 310 | 8 | 5 | 0 | 20 | 175 | 50 | 4 | 13 | 7 |
| LARGE (26oz) | Whole | 380 | 11 | 7 | 0 | 44 | 238 | 58 | 3 | 15 | 12 |
| | Whole (w/c) | 455 | 16 | 12 | 0 | 69 | 238 | 63 | 3 | 20 | 12 |
| | Nonfat | 270 | 1 | 1 | 0 | 5 | 211 | 54 | 3 | 12 | 11 |
| | Nonfat (w/c) | 345 | 6 | 6 | 0 | 30 | 211 | 59 | 3 | 17 | 11 |
| | Soy | 310 | 5 | 1 | 0 | 0 | 211 | 57 | 5 | 10 | 9 |
| | Soy (w/c) | 385 | 10 | 6 | 0 | 25 | 211 | 62 | 5 | 15 | 9 |
| ICED MAYAN MOCHA | | | | | | | | | | | |
| MINI (12oz) | Whole | 125 | 4 | 3 | 0 | 18 | 107 | 19 | 1 | 16 | 4 |
| | Whole (w/c) | 165 | 7 | 5 | 0 | 31 | 107 | 22 | 1 | 19 | 4 |
| | Nonfat | 90 | 0 | 0 | 0 | 3 | 109 | 19 | 1 | 16 | 5 |
| | Nonfat (w/c) | 130 | 3 | 3 | 0 | 16 | 109 | 22 | 1 | 19 | 5 |
| | Soy | 110 | 2 | 0 | 0 | 0 | 109 | 20 | 2 | 15 | 4 |
| | Soy (w/c) | 150 | 5 | 3 | 0 | 13 | 109 | 23 | 2 | 18 | 4 |

| ICED BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|--------------------------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| ICED MAYAN MOCHA ...continued | | | | | | | | | | | |
| SMALL (16oz) | Whole | 205 | 6 | 4 | 0 | 24 | 173 | 33 | 1 | 29 | 6 |
| | Whole (w/c) | 265 | 10 | 8 | 0 | 44 | 173 | 37 | 1 | 33 | 6 |
| | Nonfat | 160 | 1 | 0 | 0 | 3 | 176 | 33 | 1 | 29 | 7 |
| | Nonfat (w/c) | 220 | 5 | 4 | 0 | 23 | 176 | 37 | 1 | 33 | 7 |
| | Soy | 186 | 3 | 1 | 0 | 0 | 176 | 35 | 3 | 27 | 6 |
| MEDIUM (20oz) | Whole | 245 | 7 | 5 | 0 | 20 | 176 | 39 | 3 | 31 | 6 |
| | Whole (w/c) | 290 | 8 | 5 | 0 | 31 | 239 | 47 | 2 | 41 | 8 |
| | Nonfat | 350 | 12 | 9 | 0 | 51 | 239 | 51 | 2 | 45 | 8 |
| | Nonfat (w/c) | 225 | 1 | 0 | 0 | 4 | 243 | 47 | 2 | 41 | 9 |
| | Soy | 285 | 5 | 4 | 0 | 24 | 243 | 51 | 2 | 45 | 9 |
| LARGE (26oz) | Whole | 260 | 4 | 1 | 0 | 0 | 244 | 50 | 4 | 39 | 7 |
| | Whole (w/c) | 320 | 8 | 5 | 0 | 20 | 244 | 54 | 4 | 43 | 7 |
| | Nonfat | 355 | 9 | 6 | 0 | 35 | 297 | 60 | 3 | 53 | 10 |
| | Nonfat (w/c) | 430 | 14 | 11 | 0 | 60 | 297 | 65 | 3 | 58 | 10 |
| | Soy | 285 | 1 | 1 | 0 | 5 | 302 | 60 | 3 | 53 | 11 |
| ICED WHITE MOCHA | | | | | | | | | | | |
| MINI (12oz) | Whole | 125 | 4 | 3 | 0 | 18 | 96 | 20 | 0 | 19 | 4 |
| | Whole (w/c) | 165 | 7 | 5 | 0 | 31 | 96 | 23 | 0 | 21 | 4 |
| | Nonfat | 90 | 0 | 0 | 0 | 3 | 99 | 20 | 0 | 19 | 5 |
| | Nonfat (w/c) | 130 | 3 | 3 | 0 | 16 | 99 | 23 | 0 | 21 | 5 |
| | Soy | 110 | 2 | 0 | 0 | 0 | 99 | 22 | 1 | 18 | 4 |
| SMALL (16oz) | Whole | 150 | 5 | 3 | 0 | 13 | 99 | 24 | 1 | 20 | 4 |
| | Whole (w/c) | 215 | 6 | 3 | 0 | 24 | 151 | 35 | 0 | 33 | 6 |
| | Nonfat | 275 | 10 | 7 | 0 | 44 | 151 | 39 | 0 | 37 | 6 |
| | Nonfat (w/c) | 170 | 0 | 0 | 0 | 4 | 155 | 35 | 0 | 33 | 7 |
| | Soy | 230 | 4 | 4 | 0 | 24 | 155 | 39 | 0 | 37 | 7 |
| MEDIUM (20oz) | Whole | 195 | 3 | 0 | 0 | 0 | 155 | 37 | 1 | 32 | 5 |
| | Whole (w/c) | 255 | 7 | 4 | 0 | 20 | 155 | 41 | 1 | 36 | 5 |
| | Nonfat | 300 | 7 | 4 | 0 | 31 | 207 | 52 | 0 | 48 | 8 |
| | Nonfat (w/c) | 355 | 11 | 8 | 0 | 51 | 207 | 55 | 0 | 52 | 8 |
| | Soy | 240 | 0 | 0 | 0 | 5 | 211 | 52 | 0 | 48 | 8 |
| LARGE (26oz) | Whole | 295 | 4 | 4 | 0 | 25 | 211 | 55 | 0 | 52 | 8 |
| | Whole (w/c) | 275 | 4 | 0 | 0 | 0 | 211 | 54 | 2 | 47 | 7 |
| | Nonfat | 330 | 8 | 4 | 0 | 20 | 211 | 57 | 2 | 51 | 7 |
| | Nonfat (w/c) | 370 | 8 | 5 | 0 | 36 | 254 | 66 | 0 | 62 | 9 |
| | Soy | 445 | 13 | 10 | 0 | 61 | 254 | 71 | 0 | 67 | 9 |
| BEWLEY'S ICED FAIR TRADE CHAI | | | | | | | | | | | |
| MINI (12oz) | Whole | 150 | 6 | 3 | 0 | 24 | 101 | 22 | 0 | 21 | 6 |
| | Whole (w/c) | 175 | 8 | 6 | 0 | 37 | 101 | 24 | 0 | 24 | 6 |
| | Nonfat | 95 | 0 | 0 | 0 | 3 | 96 | 21 | 0 | 20 | 6 |
| | Nonfat (w/c) | 135 | 3 | 3 | 0 | 16 | 96 | 24 | 0 | 23 | 6 |
| | Soy | 120 | 3 | 0 | 0 | 0 | 96 | 23 | 1 | 19 | 4 |
| Soy (w/c) | 160 | 5 | 3 | 0 | 13 | 96 | 25 | 1 | 22 | 4 | |

| ICED BEVERAGES | | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|---|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| BEWLEY'S ICED FAIR TRADE CHAI ...continued | | | | | | | | | | | |
| SMALL (16oz) | Whole | 200 | 8 | 5 | 0 | 33 | 133 | 25 | 0 | 24 | 8 |
| | Whole (w/c) | 260 | 12 | 9 | 0 | 53 | 133 | 29 | 0 | 28 | 8 |
| | Nonfat | 135 | 0 | 0 | 0 | 5 | 138 | 25 | 0 | 24 | 8 |
| | Nonfat (w/c) | 195 | 4 | 4 | 0 | 25 | 138 | 29 | 0 | 28 | 8 |
| | Soy | 175 | 4 | 0 | 0 | 0 | 138 | 28 | 2 | 22 | 7 |
| MEDIUM (20oz) | Whole | 235 | 8 | 4 | 0 | 20 | 138 | 32 | 2 | 26 | 7 |
| | Whole (w/c) | 250 | 9 | 6 | 0 | 39 | 161 | 32 | 0 | 31 | 9 |
| | Nonfat | 310 | 13 | 10 | 0 | 59 | 161 | 36 | 0 | 35 | 9 |
| | Nonfat (w/c) | 170 | 0 | 0 | 0 | 6 | 167 | 32 | 0 | 31 | 10 |
| | Soy | 230 | 4 | 4 | 0 | 26 | 167 | 36 | 0 | 35 | 10 |
| LARGE (26oz) | Whole | 215 | 5 | 1 | 0 | 0 | 167 | 35 | 2 | 28 | 8 |
| | Whole (w/c) | 275 | 9 | 5 | 0 | 20 | 167 | 39 | 2 | 32 | 8 |
| | Nonfat | 325 | 12 | 8 | 0 | 53 | 214 | 41 | 0 | 39 | 12 |
| | Nonfat (w/c) | 400 | 17 | 13 | 0 | 78 | 214 | 46 | 0 | 44 | 12 |
| | Soy | 220 | 0 | 0 | 0 | 8 | 221 | 41 | 0 | 39 | 14 |
| ICED CARAMEL MACCHIATO | | | | | | | | | | | |
| MINI (12oz) | Whole | 295 | 5 | 5 | 0 | 33 | 221 | 46 | 0 | 44 | 14 |
| | Whole (w/c) | 220 | 0 | 0 | 0 | 8 | 221 | 46 | 0 | 44 | 14 |
| | Nonfat | 295 | 5 | 5 | 0 | 33 | 221 | 46 | 0 | 44 | 14 |
| | Nonfat (w/c) | 220 | 0 | 0 | 0 | 8 | 221 | 46 | 0 | 44 | 14 |
| | Soy | 280 | 6 | 1 | 0 | 0 | 221 | 45 | 3 | 36 | 11 |
| SMALL (16oz) | Whole | 355 | 11 | 6 | 0 | 25 | 221 | 50 | 3 | 41 | 11 |
| | Whole (w/c) | 155 | 4 | 3 | 0 | 18 | 95 | 24 | 0 | 20 | 4 |
| | Nonfat | 235 | 7 | 5 | 0 | 32 | 132 | 36 | 0 | 30 | 4 |
| | Nonfat (w/c) | 120 | 0 | 0 | 0 | 3 | 97 | 24 | 0 | 20 | 5 |
| | Soy | 200 | 3 | 3 | 0 | 17 | 134 | 36 | 0 | 30 | 5 |
| MEDIUM (20oz) | Whole | 140 | 2 | 0 | 0 | 0 | 97 | 26 | 1 | 19 | 4 |
| | Whole (w/c) | 220 | 5 | 3 | 0 | 14 | 134 | 38 | 1 | 29 | 4 |
| | Nonfat | 245 | 6 | 4 | 0 | 27 | 156 | 40 | 0 | 33 | 6 |
| | Nonfat (w/c) | 345 | 10 | 8 | 0 | 48 | 193 | 53 | 0 | 44 | 6 |
| | Soy | 195 | 0 | 0 | 0 | 5 | 160 | 40 | 0 | 33 | 7 |
| LARGE (26oz) | Whole | 295 | 4 | 4 | 0 | 25 | 197 | 53 | 0 | 44 | 7 |
| | Whole (w/c) | 225 | 3 | 1 | 0 | 1 | 160 | 42 | 2 | 31 | 5 |
| | Nonfat | 325 | 7 | 5 | 0 | 21 | 197 | 55 | 2 | 42 | 6 |
| | Nonfat (w/c) | 325 | 7 | 5 | 0 | 21 | 197 | 55 | 2 | 42 | 6 |
| | Soy | 275 | 7 | 4 | 0 | 29 | 165 | 45 | 0 | 38 | 7 |
| BEWLEY'S ICED FAIR TRADE CHAI | | | | | | | | | | | |
| MINI (12oz) | Whole | 375 | 11 | 8 | 0 | 50 | 202 | 59 | 0 | 49 | 7 |
| | Whole (w/c) | 375 | 11 | 8 | 0 | 50 | 202 | 59 | 0 | 49 | 7 |
| | Nonfat | 220 | 0 | 0 | 0 | 5 | 169 | 45 | 0 | 38 | 7 |
| | Nonfat (w/c) | 320 | 4 | 4 | 0 | 26 | 206 | 59 | 0 | 49 | 8 |
| | Soy | 250 | 4 | 1 | 0 | 1 | 169 | 48 | 2 | 36 | 6 |
| LARGE (26oz) | Whole | 355 | 8 | 5 | 0 | 21 | 206 | 61 | 2 | 47 | 6 |
| | Whole (w/c) | 380 | 9 | 6 | 0 | 41 | 234 | 62 | 0 | 51 | 9 |
| | Nonfat | 500 | 15 | 11 | 0 | 66 | 272 | 77 | 0 | 63 | 9 |
| | Nonfat (w/c) | 305 | 0 | 0 | 0 | 7 | 240 | 62 | 0 | 51 | 10 |
| | Soy | 420 | 6 | 5 | 0 | 33 | 277 | 77 | 0 | 63 | 10 |
| BEWLEY'S ICED FAIR TRADE CHAI | | | | | | | | | | | |
| MINI (12oz) | Whole | 350 | 5 | 1 | 0 | 1 | 240 | 66 | 2 | 49 | 8 |
| | Whole (w/c) | 465 | 10 | 6 | 0 | 27 | 277 | 80 | 2 | 61 | 8 |

| BLENDED BEVERAGES | NUTRITIONAL INFORMATION | | | | | | | | | |
|--------------------------------|-------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
| COFFEE JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 330 | 0 | 0 | 0 | 2 | 307 | 77 | 0 | 58 | 6 |
| MINI (12oz) w/c | 380 | 3 | 3 | 0 | 18 | 307 | 80 | 0 | 61 | 6 |
| SMALL (16oz) | 440 | 0 | 0 | 0 | 2 | 410 | 103 | 0 | 77 | 8 |
| SMALL (16oz) w/c | 500 | 4 | 4 | 0 | 22 | 410 | 107 | 0 | 81 | 8 |
| MEDIUM (20oz) | 495 | 0 | 0 | 0 | 2 | 461 | 116 | 0 | 87 | 9 |
| MEDIUM (20oz) w/c | 555 | 4 | 4 | 0 | 22 | 461 | 120 | 0 | 91 | 9 |
| LARGE (26oz) | 550 | 0 | 0 | 0 | 3 | 512 | 128 | 0 | 97 | 10 |
| LARGE (26oz) w/c | 625 | 5 | 5 | 0 | 28 | 512 | 133 | 0 | 102 | 10 |
| CHOCOLATE JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 360 | 0 | 0 | 0 | 2 | 334 | 85 | 0 | 65 | 6 |
| MINI (12oz) w/c | 410 | 3 | 3 | 0 | 18 | 334 | 88 | 0 | 68 | 6 |
| SMALL (16oz) | 510 | 0 | 0 | 0 | 2 | 470 | 120 | 1 | 93 | 9 |
| SMALL (16oz) w/c | 600 | 4 | 4 | 0 | 22 | 496 | 132 | 1 | 104 | 9 |
| MEDIUM (20oz) | 610 | 1 | 0 | 0 | 2 | 561 | 145 | 1 | 113 | 10 |
| MEDIUM (20oz) w/c | 700 | 5 | 4 | 0 | 22 | 587 | 157 | 2 | 124 | 11 |
| LARGE (26oz) | 710 | 1 | 0 | 0 | 3 | 652 | 169 | 2 | 134 | 12 |
| LARGE (26oz) w/c | 815 | 6 | 6 | 0 | 28 | 679 | 182 | 2 | 145 | 12 |
| COCOA BEAN JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 360 | 2 | 1 | 0 | 2 | 308 | 79 | 0 | 58 | 6 |
| MINI (12oz) w/c | 425 | 7 | 5 | 0 | 18 | 308 | 83 | 0 | 61 | 7 |
| SMALL (16oz) | 505 | 5 | 3 | 0 | 2 | 411 | 107 | 0 | 77 | 9 |
| SMALL (16oz) w/c | 580 | 10 | 7 | 0 | 22 | 411 | 112 | 0 | 81 | 9 |
| MEDIUM (20oz) | 625 | 9 | 6 | 0 | 2 | 463 | 124 | 0 | 87 | 10 |
| MEDIUM (20oz) w/c | 700 | 14 | 10 | 0 | 22 | 463 | 129 | 0 | 91 | 10 |
| LARGE (26oz) | 745 | 14 | 8 | 0 | 3 | 515 | 141 | 0 | 97 | 12 |
| LARGE (26oz) w/c | 835 | 20 | 14 | 0 | 28 | 515 | 147 | 0 | 102 | 12 |
| WHITE MOCHA JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 355 | 0 | 0 | 0 | 2 | 327 | 83 | 0 | 63 | 6 |
| MINI (12oz) w/c | 405 | 3 | 3 | 0 | 18 | 327 | 86 | 0 | 67 | 6 |
| SMALL (16oz) | 490 | 0 | 0 | 0 | 2 | 441 | 116 | 0 | 90 | 8 |
| SMALL (16oz) w/c | 550 | 4 | 4 | 0 | 22 | 441 | 120 | 0 | 94 | 8 |
| MEDIUM (20oz) | 595 | 0 | 0 | 0 | 3 | 523 | 141 | 0 | 112 | 10 |
| MEDIUM (20oz) w/c | 655 | 4 | 4 | 0 | 23 | 523 | 145 | 0 | 116 | 10 |
| LARGE (26oz) | 700 | 0 | 0 | 0 | 3 | 605 | 167 | 0 | 135 | 11 |
| LARGE (26oz) w/c | 775 | 5 | 5 | 0 | 28 | 605 | 172 | 0 | 140 | 11 |
| CARAMEL JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 360 | 0 | 0 | 0 | 2 | 336 | 84 | 0 | 63 | 6 |
| MINI (12oz) w/c | 420 | 4 | 3 | 0 | 19 | 345 | 90 | 0 | 69 | 6 |
| SMALL (16oz) | 530 | 0 | 0 | 0 | 3 | 494 | 125 | 0 | 94 | 9 |
| SMALL (16oz) w/c | 635 | 5 | 4 | 0 | 24 | 531 | 138 | 0 | 105 | 9 |
| MEDIUM (20oz) | 650 | 1 | 0 | 0 | 4 | 602 | 152 | 0 | 114 | 10 |
| MEDIUM (20oz) w/c | 750 | 5 | 5 | 0 | 25 | 639 | 165 | 0 | 125 | 10 |
| LARGE (26oz) | 765 | 1 | 1 | 0 | 6 | 709 | 179 | 0 | 135 | 11 |
| LARGE (26oz) w/c | 880 | 6 | 6 | 0 | 31 | 746 | 194 | 0 | 147 | 11 |
| MINT JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 385 | 2 | 1 | 0 | 2 | 309 | 84 | 0 | 63 | 6 |
| MINI (12oz) w/c | 450 | 7 | 5 | 0 | 18 | 309 | 89 | 0 | 66 | 7 |
| SMALL (16oz) | 525 | 5 | 3 | 0 | 2 | 412 | 112 | 0 | 82 | 9 |
| SMALL (16oz) w/c | 600 | 10 | 7 | 0 | 22 | 412 | 117 | 0 | 86 | 9 |
| MEDIUM (20oz) | 665 | 9 | 6 | 0 | 2 | 465 | 134 | 0 | 97 | 10 |
| MEDIUM (20oz) w/c | 740 | 14 | 10 | 0 | 22 | 466 | 139 | 0 | 101 | 10 |
| LARGE (26oz) | 805 | 14 | 8 | 0 | 3 | 519 | 157 | 0 | 112 | 12 |
| LARGE (26oz) w/c | 895 | 20 | 14 | 0 | 28 | 519 | 163 | 0 | 117 | 12 |

| BLENDED BEVERAGES | NUTRITIONAL INFORMATION | | | | | | | | | |
|--|-------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| | CALORIES | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
| COOKIES N' CREAM JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 330 | 0 | 0 | 0 | 2 | 307 | 77 | 0 | 58 | 6 |
| MINI (12oz) w/c | 380 | 3 | 3 | 0 | 18 | 307 | 80 | 0 | 61 | 6 |
| SMALL (16oz) | 545 | 4 | 1 | 0 | 2 | 495 | 119 | 0 | 86 | 9 |
| SMALL (16oz) w/c | 605 | 8 | 5 | 0 | 22 | 495 | 123 | 0 | 90 | 9 |
| MEDIUM (20oz) | 655 | 6 | 2 | 0 | 2 | 589 | 140 | 1 | 101 | 11 |
| MEDIUM (20oz) w/c | 715 | 10 | 6 | 0 | 22 | 589 | 144 | 1 | 105 | 11 |
| LARGE (26oz) | 760 | 8 | 2 | 0 | 3 | 683 | 161 | 1 | 115 | 12 |
| LARGE (26oz) w/c | 835 | 13 | 7 | 0 | 28 | 683 | 166 | 1 | 120 | 12 |
| VANILLA CREAM JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 355 | 0 | 0 | 0 | 2 | 332 | 82 | 0 | 67 | 7 |
| MINI (12oz) w/c | 405 | 3 | 3 | 0 | 18 | 332 | 85 | 0 | 70 | 7 |
| SMALL (16oz) | 470 | 0 | 0 | 0 | 2 | 442 | 110 | 0 | 89 | 9 |
| SMALL (16oz) w/c | 530 | 4 | 4 | 0 | 22 | 442 | 114 | 0 | 93 | 9 |
| MEDIUM (20oz) | 530 | 0 | 0 | 0 | 2 | 498 | 123 | 0 | 100 | 10 |
| MEDIUM (20oz) w/c | 590 | 4 | 4 | 0 | 22 | 498 | 127 | 0 | 104 | 10 |
| LARGE (26oz) | 590 | 0 | 0 | 0 | 3 | 553 | 137 | 0 | 112 | 11 |
| LARGE (26oz) w/c | 665 | 5 | 5 | 0 | 28 | 553 | 142 | 0 | 117 | 11 |
| STRAWNBERRY CREAM JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 340 | 0 | 0 | 0 | 1 | 221 | 80 | 1 | 67 | 5 |
| MINI (12oz) w/c | 390 | 3 | 3 | 0 | 18 | 221 | 83 | 1 | 70 | 5 |
| SMALL (16oz) | 450 | 0 | 0 | 0 | 1 | 276 | 106 | 1 | 89 | 6 |
| SMALL (16oz) w/c | 510 | 4 | 4 | 0 | 21 | 276 | 110 | 1 | 93 | 6 |
| MEDIUM (20oz) | 500 | 0 | 0 | 0 | 1 | 276 | 118 | 2 | 101 | 6 |
| MEDIUM (20oz) w/c | 560 | 4 | 4 | 0 | 21 | 276 | 122 | 2 | 105 | 6 |
| LARGE (26oz) | 560 | 0 | 0 | 0 | 2 | 332 | 132 | 2 | 112 | 7 |
| LARGE (26oz) w/c | 635 | 5 | 5 | 0 | 27 | 332 | 137 | 2 | 117 | 7 |
| STRAWBERRY BANANA CREAM JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 340 | 0 | 0 | 0 | 1 | 225 | 80 | 1 | 69 | 5 |
| MINI (12oz) w/c | 390 | 3 | 3 | 0 | 18 | 225 | 84 | 1 | 72 | 5 |
| SMALL (16oz) | 450 | 0 | 0 | 0 | 1 | 282 | 107 | 1 | 92 | 6 |
| SMALL (16oz) w/c | 510 | 4 | 4 | 0 | 21 | 282 | 111 | 1 | 96 | 6 |
| MEDIUM (20oz) | 500 | 0 | 0 | 0 | 1 | 284 | 120 | 2 | 104 | 6 |
| MEDIUM (20oz) w/c | 560 | 4 | 4 | 0 | 21 | 284 | 124 | 2 | 108 | 6 |
| LARGE (26oz) | 560 | 0 | 0 | 0 | 2 | 340 | 133 | 2 | 115 | 7 |
| LARGE (26oz) w/c | 635 | 5 | 5 | 0 | 27 | 340 | 138 | 2 | 120 | 7 |
| FOUR BERRY CREAM JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 340 | 0 | 0 | 0 | 1 | 225 | 80 | 1 | 68 | 5 |
| MINI (12oz) w/c | 390 | 3 | 3 | 0 | 18 | 225 | 83 | 1 | 71 | 5 |
| SMALL (16oz) | 450 | 0 | 0 | 0 | 1 | 282 | 106 | 1 | 91 | 7 |
| SMALL (16oz) w/c | 510 | 4 | 4 | 0 | 21 | 282 | 110 | 1 | 95 | 7 |
| MEDIUM (20oz) | 500 | 0 | 0 | 0 | 1 | 284 | 118 | 2 | 102 | 7 |
| MEDIUM (20oz) w/c | 560 | 4 | 4 | 0 | 21 | 284 | 122 | 2 | 106 | 7 |
| LARGE (26oz) | 560 | 0 | 0 | 0 | 2 | 340 | 132 | 2 | 113 | 8 |
| LARGE (26oz) w/c | 635 | 5 | 5 | 0 | 27 | 340 | 137 | 2 | 118 | 8 |
| MANGO CREAM JAVALANCHE® | | | | | | | | | | |
| MINI (12oz) | 340 | 0 | 0 | 0 | 1 | 221 | 80 | 1 | 67 | 5 |
| MINI (12oz) w/c | 390 | 3 | 3 | 0 | 18 | 221 | 84 | 1 | 70 | 5 |
| SMALL (16oz) | 450 | 0 | 0 | 0 | 1 | 276 | 107 | 1 | 89 | 7 |
| SMALL (16oz) w/c | 510 | 4 | 4 | 0 | 21 | 276 | 111 | 1 | 93 | 7 |
| MEDIUM (20oz) | 500 | 0 | 0 | 0 | 1 | 276 | 120 | 2 | 101 | 7 |
| MEDIUM (20oz) w/c | 560 | 4 | 4 | 0 | 21 | 276 | 124 | 2 | 105 | 7 |
| LARGE (26oz) | 560 | 0 | 0 | 0 | 2 | 332 | 133 | 2 | 112 | 8 |
| LARGE (26oz) w/c | 635 | 5 | 5 | 0 | 27 | 332 | 138 | 2 | 117 | 8 |

| BLENDED BEVERAGES | CALORIES | | | | | | | | | | |
|--|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|--|
| | | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) | |
| HIGH SCHOOL COFFEE JAVALANCHE® | | | | | | | | | | | |
| MINI (12oz) | 110 | 0 | 0 | 0 | 5 | 109 | 21 | 0 | 19 | 5 | |
| HIGH SCHOOL MOCHA JAVALANCHE® | | | | | | | | | | | |
| MINI (12oz) | 105 | 0 | 0 | 0 | 3 | 139 | 20 | 1 | 16 | 6 | |
| HIGH SCHOOL CARAMEL JAVALANCHE® | | | | | | | | | | | |
| MINI (12oz) | 110 | 0 | 0 | 0 | 5 | 110 | 21 | 0 | 23 | 5 | |
| STRAWBERRY SMOOTHIE | | | | | | | | | | | |
| MINI (12oz) | 210 | 0 | 0 | 0 | 0 | 8 | 51 | 2 | 48 | 0 | |
| SMALL (16oz) | 315 | 0 | 0 | 0 | 0 | 12 | 77 | 2 | 72 | 0 | |
| MEDIUM (20oz) | 315 | 0 | 0 | 0 | 0 | 12 | 77 | 2 | 72 | 0 | |
| LARGE (26oz) | 365 | 0 | 0 | 0 | 0 | 14 | 90 | 3 | 84 | 0 | |
| STRAWBERRY BANANA SMOOTHIE | | | | | | | | | | | |
| MINI (12oz) | 210 | 0 | 0 | 0 | 0 | 8 | 51 | 2 | 48 | 0 | |
| SMALL (16oz) | 315 | 0 | 0 | 0 | 0 | 12 | 77 | 2 | 72 | 0 | |
| MEDIUM (20oz) | 315 | 0 | 0 | 0 | 0 | 12 | 77 | 2 | 72 | 0 | |
| LARGE (26oz) | 365 | 0 | 0 | 0 | 0 | 14 | 90 | 3 | 84 | 0 | |
| FOUR BERRY SMOOTHIE | | | | | | | | | | | |
| MINI (12oz) | 210 | 0 | 0 | 0 | 0 | 8 | 50 | 2 | 46 | 2 | |
| SMALL (16oz) | 315 | 0 | 0 | 0 | 0 | 12 | 74 | 2 | 70 | 2 | |
| MEDIUM (20oz) | 315 | 0 | 0 | 0 | 0 | 12 | 74 | 2 | 70 | 2 | |
| LARGE (26oz) | 365 | 0 | 0 | 0 | 0 | 14 | 87 | 3 | 81 | 3 | |
| MANGO SMOOTHIE | | | | | | | | | | | |
| MINI (12oz) | 210 | 0 | 0 | 0 | 0 | 0 | 51 | 2 | 45 | 2 | |
| SMALL (16oz) | 315 | 0 | 0 | 0 | 0 | 0 | 77 | 2 | 67 | 2 | |
| MEDIUM (20oz) | 315 | 0 | 0 | 0 | 0 | 0 | 77 | 2 | 67 | 2 | |
| LARGE (26oz) | 365 | 0 | 0 | 0 | 0 | 0 | 90 | 3 | 78 | 3 | |
| CARROT ORANGE GINGER SMOOTHIE | | | | | | | | | | | |
| MINI (12oz) | 210 | 0 | 0 | 0 | 0 | 64 | 50 | 0 | 46 | 2 | |
| SMALL (16oz) | 315 | 0 | 0 | 0 | 0 | 96 | 74 | 1 | 70 | 2 | |
| MEDIUM (20oz) | 315 | 0 | 0 | 0 | 0 | 96 | 74 | 1 | 70 | 2 | |
| LARGE (26oz) | 365 | 0 | 0 | 0 | 0 | 112 | 87 | 1 | 81 | 3 | |
| ORANGE GUAVA SMOOTHIE | | | | | | | | | | | |
| MINI (12oz) | 225 | 0 | 0 | 0 | 0 | 8 | 51 | 3 | 46 | 0 | |
| SMALL (16oz) | 335 | 0 | 0 | 0 | 0 | 12 | 77 | 5 | 70 | 1 | |
| MEDIUM (20oz) | 335 | 0 | 0 | 0 | 0 | 12 | 77 | 5 | 70 | 1 | |
| LARGE (26oz) | 390 | 0 | 0 | 0 | 0 | 14 | 90 | 6 | 81 | 1 | |
| YOGURT PROTEIN BOOST | | | | | | | | | | | |
| 1 SCOOP | 45 | 0 | 0 | 0 | 5 | 60 | 6 | 0 | 3 | 5 | |

| JAVAGANDA May/June 2017 | CALORIES | | | | | | | | | | |
|-------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|---|
| | | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) | |
| ICED TEA WITH LEMONADE | | | | | | | | | | | |
| MINI (12oz) | 85 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 20 | 1 |
| SMALL (16oz) | 115 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0 | 27 | 1 |
| MEDIUM (20oz) | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 31 | 0 | 30 | 1 |
| LARGE (26oz) | 185 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 44 | 1 |
| ICED TEA WITH MANGO | | | | | | | | | | | |
| MINI (12oz) | 85 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 1 | 18 | 1 |
| SMALL (16oz) | 115 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 1 | 24 | 1 |
| MEDIUM (20oz) | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 31 | 1 | 27 | 1 |
| LARGE (26oz) | 185 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 1 | 40 | 1 |

Available at participating cafés.

*Complete menu available
only at participating cafés*