We cannot guarantee that cafe prepared products do not contain any allergens. Please be advised that food prepared here ay contain these allergens: Dairy, Peanuts, Tree Nuts, Wheat, Sesame & Soy.

COFFEE

	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	253	0	0	0	0	0	0	5	0	0	0	< 1	0	7	✓										
Medium	339	0	0	0	0	0	0	10	0	0	0	< 1	0	9	✓										
Large	408	5	0	0	0	0	0	10	0	0	0	< 1	0	11	✓										

CAFÉ AU LAIT

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	126	70	30	3	2	0	10	70	8	0	4	3	43	101		✓	✓								
Medium	170	100	35	4	2.5	0	10	90	11	0	6	4	58	134		✓	✓								
Large	204	120	45	5	3	0	15	115	13	0	7	5	72	168		✓	✓								
SKIM MILK																									
Small	126	50	0	0	0	0	0	70	8	0	5	3	0	93		✓	✓								
Medium	170	70	0	0.5	0	0	< 5	95	11	0	6	5	0	124		✓	✓								
Large	85	60	0	0	0	0	< 5	75	9	0	8	5	0	149		✓	✓								
ALMOND MILK																									
Small	126	45	15	1.5	0	0	0	95	4	0	2	< 1	0	137	✓						✓				
Medium	170	60	20	2	0	0	0	125	6	< 1	3	< 1	0	183	✓						✓				
Large	85	80	25	2.5	0	0	0	160	7	< 1	3	1	0	229	✓						✓				
OAT MILK																									
Small	126	70	25	3	0.5	0	0	70	9	0	1	< 1	0	80	✓										
Medium	170	90	35	4	1	0	0	95	12	0	2	< 1	0	106	✓										
Large	85	120	45	5	1	0	0	120	15	0	2	1	0	133	✓										

HOT TEA

	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	50	0	0	0	0	0	0	10	1	0	0	0	0	0	✓										
Medium	50	0	0	0	0	0	0	15	1	0	0	0	0	0	✓										
Large	50	5	0	0	0	0	0	15	2	0	0	0	0	0	✓										

RED EYE

	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	341	5	0	0	0	0	0	10	< 1	0	0	0	0	7	✓										
Medium	427	5	0	0	0	0	0	15	< 1	0	0	< 1	0	9	✓										
Large	496	10	0	0	0	0	0	15	< 1	0	0	< 1	0	12	✓										

ESPRESSO

	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	0	0	0	0	0	0	0	0	0	0	0	0	1	✓										
Medium	176	5	0	0	0	0	0	10	1	0	0	0	0	1	✓										
Large	176	10	0	0	0	0	0	10	1	0	0	0	0	2	✓										

AMERICANO

	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	176	5	0	0	0	0	0	20	< 1	0	0	0	0	10	✓										
Medium	264	10	0	0	0	0	0	25	1	0	0	0	0	13	✓										
Large	352	10	0	0	0	0	0	35	2	0	0	0	0	16	✓										

LATTE

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	110	50	6	3.5	0	20	85	9	0	9	6	93	207		✓	✓								
Medium	176	150	70	8	4.5	0	25	115	13	0	12	8	124	277		✓	✓								
Large	176	260	120	14	8	0	45	190	21	0	21	13	217	482		✓	✓								
SKIM MILK																									
Small	88	70	0	0	0	0	< 5	85	10	0	10	7	0	188		✓	✓								
Medium	176	100	0	0	0	0	< 5	120	14	0	13	9	0	251		✓	✓								
Large	176	170	0	0	0	0	10	210	25	0	24	17	0	470		✓	✓								
ALMOND MILK																									
Small	88	60	20	2.5	0	0	0	125	1	< 1	4	< 1	0	266	✓						✓				
Medium	176	80	30	3	0	0	0	170	2	1	5	1	0	356	✓						✓				
Large	176	140	50	6	0	0	0	310	3	2	9	2	0	666	✓						✓				
OAT MILK																									
Small	88	100	50	5	1	0	0	85	11	0	2	< 1	0	151	✓										
Medium	176	140	60	7	1	0	0	115	15	0	3	1	0	201	✓										
Large	176	250	120	13	2	0	0	210	28	0	6	2	0	376	✓										

CAPPUCCINO

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	110	50	6	3	0	15	75	9	0	9	5	87	193		✓	✓								
Medium	176	180	80	9	5	0	30	130	15	0	14	9	145	321		✓	✓								
Large	176	250	110	13	7	0	40	180	20	0	20	13	202	450		✓	✓								
SKIM MILK																									
Small	88	70	0	0	0	0	< 5	80	10	0	9	6	0	178		✓	✓								
Medium	176	110	0	0	0	0	5	140	16	0	15	11	0	296		✓	✓								
Large	176	150	0	0	0	0	10	190	22	0	21	15	0	415		✓	✓								
ALMOND MILK																									
Small	88	60	20	2.5	0	0	0	125	1	< 1	4	< 1	0	266	✓						✓				
Medium	176	90	35	4	0	0	0	210	2	1	6	1	0	444	✓						✓				
Large	176	130	50	5	0	0	0	290	3	2	9	2	0	621	✓						✓				
OAT MILK																									
Small	88	100	50	5	1	0	0	85	11	0	2	< 1	0	151	✓										
Medium	176	170	80	9	1.5	0	0	140	19	0	4	1	0	251	✓										
Large	176	240	110	13	2	0	0	190	26	0	5	2	0	351	✓										

SPECIALITY LATTE (Made with "Add Flavor")

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy

Small	88	150	35	4	2.5	0	10	60	24	0	23	4	93	207	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	330	110	12	7	0	35	170	43	0	41	12	124	277	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	470	160	18	10	0	55	270	58	0	56	17	217	482	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	88	150	0	0	0	0	< 5	85	28	0	27	7	0	188	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	200	0	0	0	0	< 5	120	38	0	36	9	0	251	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	220	0	0	0	0	< 5	120	44	0	42	9	0	251	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	88	130	20	2.5	0	0	0	125	19	< 1	21	< 1	0	266	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	176	180	30	3	0	0	0	170	26	1	28	1	0	356	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	176	260	50	6	0	0	0	310	33	2	38	2	0	666	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	88	180	50	5	1	0	0	85	29	0	20	< 1	0	151	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	240	60	7	1	0	0	115	39	0	26	1	0	201	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	380	120	13	2	0	0	210	58	0	34	2	0	376	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

MOCHA

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	190	60	6	3.5	0	15	85	26	< 1	25	6	87	193	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	140	20	2.5	1.5	0	< 5	35	27	< 1	24	2	21	47	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	390	130	14	8	0	40	190	50	1	47	14	202	450	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	88	150	10	1	0	0	< 5	90	27	< 1	26	7	0	178	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	130	10	1	0.5	0	0	35	27	< 1	24	3	0	43	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	300	15	1.5	0.5	0	10	200	52	1	49	16	0	415	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	88	140	30	3	0	0	0	135	19	1	20	2	0	266	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	176	190	40	4	0.5	0	0	180	26	2	27	2	0	356	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	176	270	60	7	0.5	0	0	300	32	3	36	3	0	621	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	88	90	10	1	0	0	0	15	19	< 1	16	< 1	0	6	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	250	70	8	1.5	0	0	125	39	< 1	25	2	0	201	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	380	120	14	2.5	0	0	210	55	1	32	3	0	351	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

CARAMEL MACCHIATO

OUR CARAMEL SAUCE CONTAINS DAIRY

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	190	60	6	3.5	0	20	105	27	0	26	6	87	213	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	250	70	8	5	0	25	135	36	0	35	8	116	278	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	410	130	15	8	0	45	230	56	0	55	14	202	490	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	88	150	10	1	0.5	0	5	110	28	0	27	7	0	198	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	200	10	1	0.5	0	5	140	37	0	35	9	0	258	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	320	15	1.5	1	0	15	250	59	0	56	16	0	455	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	88	140	30	3	0.5	0	< 5	150	19	< 1	21	1	0	376	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Medium	176	180	35	4	0.5	0	< 5	200	26	1	28	2	0	376	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Large	176	290	60	7	1	0	5	350	39	2	44	3	0	662	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	88	180	60	6	1.5	0	< 5	110	29	0	20	1	0	171	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	240	70	8	1.5	0	< 5	140	39	0	26	2	0	221	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	400	130	14	3	0	5	250	62	0	40	3	0	392	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐

HOT CHOCOLATE

ASK TO REMOVE WHITE CHOCOLATE FOR THE DRINK TO BE VEGAN

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	0	250	70	8	5	0	25	120	34	< 1	34	8	116	266	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	0	320	90	11	6	0	30	150	44	< 1	43	10	145	330	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	0	380	110	13	7	0	35	170	52	1	50	12	174	395	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	0	200	10	1	0.5	0	5	125	36	< 1	34	9	0	246	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	0	250	15	1.5	1	0	5	160	46	< 1	44	12	0	305	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	0	300	15	1.5	1	0	10	180	54	1	51	14	0	365	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	0	180	35	4	0.5	0	0	180	25	2	27	2	0	365	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Medium	0	240	45	5	1	0	0	230	32	2	35	3	0	453	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Large	0	280	60	6	1	0	0	270	37	3	41	3	0	542	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	0	240	70	8	1.5	0	0	130	38	< 1	25	2	0	210	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	0	310	90	10	2	0	0	160	49	< 1	33	3	0	260	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	0	370	110	12	2.5	0	0	190	57	1	38	3	0	310	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐

STEAMERS (Made with "Add Flavor")

*CARAMEL AND WHITE CHOCOLATE SAUCE CONTAIN DAIRY

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	IS IT? Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	0	240	60	7	4	0	25	100	35	0	35	7	116	256	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	0	300	80	9	5	0	30	120	44	0	45	9	145	320	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	0	360	100	11	6	0	35	150	53	0	54	11	174	384	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	0	190	0	0	0	0	< 5	105	37	0	37	9	0	236	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	0	230	0	0	0	0	5	130	46	0	46	11	0	295	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	0	250	0	0	0	0	5	160	49	0	49	13	0	354	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	0	170	25	3	0	0	0	160	25	1	29	1	0	354	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	0	220	35	4	0	0	0	200	32	1	37	1	0	443	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	0	260	40	4.5	0	0	0	240	38	2	44	2	0	532	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	0	230	60	7	1	0	0	105	38	0	27	1	0	200	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Medium	0	290	80	9	1.5	0	0	135	48	0	34	1	0	250	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	0	320	100	11	1.5	0	0	160	52	0	35	2	0	300	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY														IS IT?											
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy	
Small	40	310	120	14	11	0	15	100	44	2	31	7	87	262	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑	
Medium	60	460	180	20	16	0	25	140	64	3	49	10	116	361	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑	
Large	80	600	230	26	21	0	30	180	85	3	66	12	145	460	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑	
SKIM MILK																										
Small	40	270	80	8	8	0	< 5	105	45	2	32	8	0	247	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑	
Medium	60	410	110	13	11	0	< 5	150	66	3	49	11	0	341	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑	
Large	80	540	150	17	15	0	5	190	86	3	67	14	0	435	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑	
ALMOND MILK																										
Small	40	250	100	11	8	0	0	150	36	2	29	2	0	336	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☑	
Medium	60	370	140	16	11	0	0	200	54	4	44	4	0	459	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☑	
Large	80	480	190	21	15	0	0	260	72	5	58	5	0	582	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☑	
OAT MILK																										
Small	40	310	120	14	8	0	0	110	46	2	31	2	0	220	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑	
Medium	60	450	180	20	12	0	0	150	68	3	46	4	0	305	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑	
Large	80	590	230	26	17	0	0	190	89	3	61	5	0	389	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑	
LONDON FOG															IS IT?											
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy	
Small	50	80	25	3	1.5	0	10	45	11	0	10	3	43	96	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	50	110	30	3.5	2	0	10	60	15	0	14	4	58	128	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
Large	50	140	40	4.5	2.5	0	15	75	20	0	19	4	72	160	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
SKIM MILK																										
Small	50	60	0	0	0	0	0	45	11	0	10	3	0	89	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	50	80	0	0	0	0	< 5	60	16	0	15	4	0	118	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
Large	50	110	0	0	0	0	< 5	75	21	0	19	5	0	148	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
ALMOND MILK																										
Small	50	50	10	1	0	0	0	70	7	0	8	0	0	133	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	
Medium	50	80	15	1.5	0	0	0	90	10	< 1	11	< 1	0	177	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	
Large	50	100	15	2	0	0	0	115	14	< 1	15	< 1	0	221	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	
OAT MILK																										
Small	50	80	25	2.5	0	0	0	45	12	0	7	0	0	75	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	50	110	30	3.5	0.5	0	0	65	17	0	10	< 1	0	100	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Large	50	140	40	4.5	0.5	0	0	80	22	0	13	< 1	0	125	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
ICED TEA															IS IT?											
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy	
Small	50	0	0	0	0	0	0	5	< 1	0	0	0	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	100	0	0	0	0	0	0	10	< 1	0	0	0	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Large	150	0	0	0	0	0	0	10	1	0	0	0	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
PEACH SWEET TEA															IS IT?											
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy	
Small	50	150	0	0	0	0	0	0	36	0	36	0	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	100	200	0	0	0	0	0	4	49	0	48	0	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Large	150	250	0	0	0	0	0	13	61	0	60	0	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
SWEET RASPBERRY TEA															IS IT?											
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy	
Small	0	150	0	0	0	0	0	0	36	0	36	0	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	0	200	0	0	0	0	0	4	49	0	48	0	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Large	0	250	0	0	0	0	0	13	61	0	60	0	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
ICED LATTE															IS IT?											
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy	
Small	88	80	35	4	2.5	0	10	60	6	0	6	4	62	144	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	176	230	110	12	7	0	35	170	19	0	18	12	3	326	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
Large	264	340	160	18	10	0	55	270	28	0	28	17	4	489	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
SKIM MILK																										
Small	88	50	0	0	0	0	< 5	65	7	0	6	5	2	326	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	176	140	0	0	0	0	5	190	21	0	19	14	3	407	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
Large	264	210	0	0	0	0	10	280	31	0	29	20	4	611	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	
ALMOND MILK																										
Small	88	40	15	1.5	0	0	0	90	1	< 1	3	< 1	0	391	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	
Medium	176	110	40	4.5	0	0	0	260	3	2	8	2	0	489	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	
Large	264	170	60	7	0	0	0	400	4	2	11	2	0	733	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	
OAT MILK																										
Small	88	70	30	3.5	0.5	0	0	60	8	0	2	< 1	0	1	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	176	200	100	11	1.5	0	0	180	22	0	5	2	0	1	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Large	264	300	140	16	2.5	0	0	270	33	0	7	2	0	2	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
ICED RED EYE															IS IT?											
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy	
Small	290	5	0	0	0	0	0	15	< 1	0	0	0	0	12	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	333	5	0	0	0	0	0	20	< 1	0	0	0	0	15	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Large	438	5	0	0	0	0	0	25	< 1	0	0	< 1	0	21	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
ICED AMERICANO															IS IT?											
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy	
Small	176	5	0	0	0	0	0	10	< 1	0	0	0	0	1	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Medium	264	10	0	0	0	0	0	10	1	0	0	0	0	2	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Large	440	15	0	0	0	0	0	20	2	0	0	0	0	3	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
ICED VANILLA LATTE															IS IT?											

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	150	35	4	2.5	0	10	60	24	0	23	4	2	261	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	330	110	12	7	0	35	170	43	0	41	12	3	326	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	470	160	18	10	0	55	270	58	0	56	17	4	435	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	88	120	0	0	0	0	< 5	65	25	0	24	5	0	131	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	240	0	0	0	0	5	190	45	0	42	14	0	388	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	340	0	0	0	0	10	280	61	0	58	20	0	583	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	88	110	15	1.5	0	0	0	90	19	< 1	20	< 1	0	183	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	176	210	40	4.5	0	0	0	260	27	2	31	2	0	545	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	264	290	60	7	0	0	0	400	34	2	40	2	0	818	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	88	140	30	3.5	0.5	0	0	60	26	0	19	< 1	0	106	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	300	100	11	1.5	0	0	180	46	0	28	2	0	313	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	480	140	16	2.5	0	0	270	75	0	47	2	0	471	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
ICED MOCHA															IS IT?										
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	220	70	8	4.5	0	20	105	28	< 1	27	7	109	242	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	260	80	8	5	0	25	115	35	< 1	33	8	116	257	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	340	100	11	6	0	30	160	46	1	43	11	159	354	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	88	160	10	1	0	0	< 5	100	29	< 1	27	8	0	207	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	200	10	1	0.5	0	< 5	120	37	< 1	34	10	0	237	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	270	15	1.5	0.5	0	5	170	48	1	44	13	0	327	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	88	150	30	3.5	0	0	0	150	19	2	21	2	0	311	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	176	190	40	4	0.5	0	0	180	26	2	27	2	0	356	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	264	250	50	6	0.5	0	0	250	32	3	34	3	0	489	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	88	200	60	7	1.5	0	0	105	31	< 1	19	2	0	176	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	250	70	8	1.5	0	0	125	39	< 1	25	2	0	201	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	264	330	100	11	2	0	0	170	50	1	31	3	0	277	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
ICED CARAMEL MACCHIATO	OUR CARAMEL SAUCE CONTAINS DAIRY														IS IT?										
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	200	60	7	4	0	20	115	28	0	27	7	101	245	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	240	70	8	5.5	0	30	140	39	0	26	9	0	221	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	330	100	11	7	0	35	190	47	0	45	11	0	221	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	88	180	10	1	0.5	0	5	125	35	0	34	8	0	228	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	200	10	1	0.5	0	5	140	37	0	35	9	0	258	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	260	15	1.5	1	0	10	200	49	0	46	13	0	357	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	88	150	30	3.5	0.5	0	< 5	170	20	< 1	22	1	0	331	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Medium	176	180	35	4	0.5	0	< 5	200	26	1	28	2	0	376	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Large	176	240	50	5	1	0	< 5	280	33	1	36	2	0	519	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	88	200	60	7	1.5	0	< 5	125	31	0	20	1	0	196	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	240	70	8	1.5	0	< 5	140	39	0	26	2	0	212	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	320	100	11	2	0	< 5	200	51	0	33	2	0	297	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ICED CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY														IS IT?										
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	40	240	100	11	8	0	15	80	33	1	23	6	72	212	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
Medium	60	350	140	15	12	0	15	95	51	2	43	7	72	247	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
Large	80	500	190	21	17	0	20	135	72	3	53	9	101	346	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
SKIM MILK																									
Small	40	210	60	6	6	0	< 5	85	34	1	23	7	0	200	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
Medium	60	320	100	11	10	0	< 5	100	52	2	38	7	0	235	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
Large	80	450	130	15	13	0	< 5	140	73	3	55	10	0	329	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
ALMOND MILK																									
Small	40	200	70	8	6	0	0	120	27	2	19	2	0	274	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☑
Medium	60	310	110	12	10	0	0	135	45	3	33	3	0	309	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☑
Large	80	440	160	17	13	0	0	190	63	4	49	4	0	432	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☑
OAT MILK																									
Small	40	240	100	11	6	0	0	85	36	1	17	2	0	177	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
Medium	60	350	140	15	10	0	0	100	53	2	33	3	0	212	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
Large	80	490	190	21	14	0	0	140	75	3	47	4	0	297	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
COLD BREW COLLECTION*															IS IT?										
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
SALTED CARAMEL	OUR SALTED CARAMEL SAUCE CONTAINS DAIRY																								
Small	202	130	15	2	1	0	< 5	390	27	0	23	1	0	45	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	245	170	20	2.5	1.5	0	5	510	35	0	30	2	0	59	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	350	220	25	3	2	0	10	650	45	0	38	2	0	75	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
MILK & HONEY																									
WHOLE MILK																									
Small	202	100	20	2.5	1.5	0	5	55	18	0	15	2	1	65	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	245	160	30	3.5	2	0	10	75	32	0	28	3	1	98	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	350	230	40	4.5	2.5	0	10	105	47	0	41	4	1	163	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	202	70	0	0	0	0	< 5	80	10	0	15	2	1	81	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐

Medium	245	110	0	0	0	0	5	140	16	0	28	3	1	122	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	350	150	0	0	0	0	10	190	22	0	41	4	1	203	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	202	60	20	2.5	0	0	0	125	1	< 1	15	< 1	0	98	☐	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	245	90	35	4	0	0	0	210	2	1	28	1	0	146	☐	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	350	130	50	5	0	0	0	290	3	2	41	2	0	244	☐	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	202	100	50	5	1	0	0	85	11	0	15	< 1	0	139	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	245	170	80	9	1.5	0	0	140	19	0	28	1	0	103	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	350	240	110	13	2	0	0	190	26	0	41	2	0	139	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐
VANILLA BEAN																									
Small	202	80	0	0	0	0	0	35	19	0	16	0	0	10	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	245	120	0	0.5	0	0	0	45	28	0	23	0	0	9	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	350	160	5	0.5	0	0	0	60	38	0	31	0	0	18	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
CHAI		OUR CHAI CONTAINS DAIRY																							
Small	140	150	45	5	4	0	<5	45	26	<1	20	2	14	70	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
Medium	240	220	60	7	6	0	<5	55	37	1	30	2	14	82	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
Large	340	330	100	11	9	0	<5	75	57	2	46	3	14	124	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
RASPBERRY ENERGY DRINK															IS IT?										
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	120	270	0	0	0	0	0	150	35	0	29	0	0	6	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	140	290	0	0	0	0	0	180	40	0	31	0	0	10	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	160	325	0	0	0	0	0	200	58	0	45	0	0	11	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
STRAWBERRY ENERGY DRINK															IS IT?										
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	120	110	0	0	0	0	0	200	33	0	29	0	0	6	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	140	130	0	0	0	0	0	300	36	0	31	0	0	11	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	160	185	0	0	0	0	0	400	51	0	45	0	0	14	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
PEACH ENERGY DRINK															IS IT?										
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	120	270	0	0	0	0	0	150	35	0	29	0	0	6	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	140	290	0	0	0	0	0	180	40	0	31	0	0	11	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	160	325	0	0	0	0	0	200	58	0	45	0	0	14	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
THE MATCHA COLLECTION																									
HOT MATCHA LATTE															IS IT?										
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	30	135	50	6	3.5	0	20	85	9	0	9	6	2	293	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	180	70	8	4.5	0	25	115	13	0	12	8	2	314	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	260	120	14	8	0	45	190	21	0	21	13	3	356	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	30	100	20	6	1	0	20	85	9	0	9	6	2	366	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	140	35	8	2	0	25	115	13	0	12	8	3	528	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	170	0	0	0	0	10	210	25	0	24	17	3	567	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	30	100	20	6	1	0	20	85	9	0	9	2	0	439	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	45	120	35	8	2	0	25	115	13	0	12	3	0	634	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	60	140	50	6	0	0	0	310	3	2	9	2	0	677	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	30	135	50	6	3.5	0	20	85	9	0	9	2	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	180	70	8	4.5	0	25	115	13	0	12	3	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	220	90	13	2	0	0	190	26	0	5	2	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
ICED MATCHA LATTE															IS IT?		CONTAINS								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	30	135	50	6	3.5	0	20	85	9	0	9	6	2	293	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	180	70	8	4.5	0	25	115	13	0	12	8	3	423	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	260	120	14	8	0	45	190	21	0	21	13	3	467	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	30	100	20	6	1	0	20	85	9	0	9	6	2	366	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	140	35	8	2	0	25	115	13	0	12	8	3	528	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	170	0	0	0	0	10	210	25	0	24	17	5	569	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	30	100	20	6	1	0	20	85	9	0	9	2	0	439	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	45	140	35	8	2	0	25	115	13	0	12	3	0	634	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	60	140	50	6	0	0	0	310	3	2	9	2	0	712	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	30	135	50	6	3.5	0	20	85	9	0	9	2	0	324	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	180	70	8	4.5	0	25	115	13	0	12	3	0	611	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	220	90	13	2	0	0	190	26	0	5	2	0	641	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
ICED STRAWBERRY MATCHA LATTE															IS IT?		CONTAINS								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	30	140	50	6	3.5	0	20	85	9	0	9	6	2	293	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	185	70	8	4.5	0	25	115	13	0	12	8	3	423	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	260	120	14	8	0	45	190	21	0	21	13	3	467	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	30	105	20	6	1	0	20	85	9	0	9	6	2	366	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	145	35	8	2	0	25	115	13	0	12	8	3	528	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	170	0	0	0	0	10	210	25	0	24	17	5	569	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	30	105	100	20	6	1	0	20	85	9	9	9	2	0	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐

Medium	45	145	120	35	8	2	0	25	115	13	12	12	3	0	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	60	170	140	50	6	0	0	0	310	3	24	9	2	0	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																										
Small	30	140	50	6	3.5	0	20	85	9	0	9	2	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	185	70	8	4.5	0	25	115	13	0	12	3	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	260	90	13	2	0	0	190	26	0	5	2	0	0	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
ICED VANILLA BEAN MATCHA LATTE															IS IT?		CONTAINS								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	30	263	50	6	3.5	0	20	85	9	0	25	6	2	293	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	308	70	8	4.5	0	25	115	13	0	35	8	3	423	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	388	120	14	8	0	45	190	21	0	31	13	3	467	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	30	228	20	6	1	0	20	85	9	0	25	6	2	366	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	268	35	8	2	0	25	115	13	0	35	8	3	528	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	298	0	0	0	0	10	210	25	0	31	17	5	569	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	30	228	6	1	0	20	85	9	0	9	18	0	439	0	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	45	268	8	2	0	25	115	13	0	12	26	0	634	1	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	60	298	6	0	0	0	310	3	2	9	33	0	712	1	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	30	263	50	6	3.5	0	20	85	9	0	25	2	0	324	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	308	70	8	4.5	0	25	115	13	0	35	3	0	611	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	388	90	13	2	0	0	190	26	0	31	2	0	641	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
TOP IT OFF WITH COLD FOAM	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Standard Serving	0	100	70	8	8	0	0	30	6	0	4	0	0	10	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☑
SMOOTHIES- ONE SIZE: MEDIUM 16 OZ.															IS IT?		CONTAINS								
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
BANANAS FOR STRAWBERRIES	0	210	35	4	0.5	0	0	55	45	5	21	3	0	212	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
VACAY ALL DAY	0	130	5	0.5	0	0	0	120	31	3	26	2	0	48	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DAILY GRIND	245	360	160	19	3.5	0	0	75	44	5	22	8	0	294	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐
GREEN GOALS	0	170	5	1	0	0	0	15	42	5	26	3	0	80	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
FIT FROLATTE! - ONE SIZE: MEDIUM 16 OZ.	OUR SUGAR FREE CHAI CONTAINS DAIRY														IS IT?		CONTAINS								
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
MATCHA FIT FROLATTE!	45	280	70	7	0	0	0	360	25	4	9	22	0	39	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
COLD BREW FIT FROLATTE!	245	240	70	7	0	0	0	350	25	4	9	22	0	40	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
CHAI FIT FROLATTE! (Lactose Free)	71	340	70	13	0	0	0	390	40	3	9	22	0	29	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☑
BREAKFAST ALL DAY	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
EGG AND CHEESE ON A BAGEL		510	130	15	4	0	135	890	72	3	0	19	38	147	☐	☐	☑	☑	☐	☐	☐	☑	☑	☐	☑
BACON, EGG AND CHEESE ON A BAGEL		550	160	18	6	0	145	1020	72	3	0	22	38	139	☐	☐	☑	☑	☐	☐	☐	☑	☑	☐	☑
TURKEY SAUSAGE, EGG AND CHEESE ON A BAGEL		600	190	22	6	0	175	1170	72	3	0	26	0	26	☐	☐	☑	☑	☐	☐	☐	☑	☑	☐	☑
PLANT POWERED BREAKFAST SANDWICH ON A BAGEL		510	120	13	2	0	0	1140	75	4	0	17	0	12	☑	☐	☐	☐	☐	☐	☐	☑	☑	☐	☑
BREAKFAST BURRITO		570	290	32	13	0	340	1490	49	2	0	24	2	156	☐	☑	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST BURRITO+ TURKEY SAUSAGE		630	330	37	14	0	365	1680	49	2	0	29	2	173	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST BURRITO+ DOUBLE TURKEY SAUSAGE		690	370	42	15	0	395	1860	49	2	0	33	2	190	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST BURRITO+ BACON		730	400	45	17	0	360	2060	49	2	0	31	2	156	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST BURRITO+ DOUBLE BACON		890	510	57	21	0	380	2620	49	2	0	48	2	156	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST BURRITO + STEAK		620	310	35	14	0	355	1650	50	2	<1	28	2	156	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST BURRITO + DOUBLE STEAK		850	460	51	18	0	680	2290	54	2	1	44	2	234	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
HABANERO STEAK BREAKFAST BURRITO		620	310	35	14	0	355	1650	50	2	<1	28	2	156	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
HABANERO STEAK BREAKFAST BURRITO- DOUBLE STEAK		850	460	51	18	0	680	2290	54	2	1	44	2	234	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
SOUTHWEST BREAKFAST BURRITO		640	320	35	14	0	355	1550	54	3	2	29	2	480	☐	☑	☑	☑	☐	☐	☐	☑	☐	☐	☑
GLUTEN FREE BREAKFAST BURRITO		590	270	31	10	0	344	1550	58	4	0	20	2	130	☐	☑	☑	☑	☐	☐	☐	☐	☐	☐	☑
PLANT POWERED BREAKFAST BURRITO		350	150	17	5	0	0	840	39	2	0	13	0	90	☑	☐	☐	☐	☐	☐	☐	☑	☐	☐	☑
BREAKFAST GRILLED CHEESE		620	290	33	13	0	130	1380	54	4	4	23	0	70	☐	☑	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST GRILLED CHEESE + BACON		780	400	45	17	0	150	1940	54	4	4	31	0	70	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST GRILLED CHEESE + DOUBLE BACON		940	510	57	57	0	170	2510	54	4	4	47	0	70	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST GRILLED CHEESE + TURKEY SAUSAGE		680	330	37	15	0	155	1560	54	4	4	29	0	87	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
BREAKFAST GRILLED CHEESE + DOUBLE TURKEY SAUSAGE		730	370	42	16	0	180	1750	54	4	4	32	0	104	☐	☐	☑	☑	☐	☐	☐	☑	☐	☐	☑
PLANT POWERED BREAKFAST GRILLED CHEESE		430	120	13	3.5	0	0	940	57	6	4	14	0	64	☑	☐	☐	☐	☐	☐	☐	☑	☐	☐	☑
EVERYTHING AVO TOAST		250	110	12	2	0	0	290	28	6	2	7	0	26	☑	☐	☐	☐	☐	☐	☐	☑	☑	☐	☑
BAGEL		360	20	2	0	0	0	700	70	3	0	10	0	0	☑	☐	☐	☐	☐	☐	☐	☑	☑	☐	☑
BAGEL W/ BUTTER		450	110	12	6	0	30	770	70	3	0	10	0	0	☐	☑	☑	☐	☐	☐	☐	☑	☑	☐	☑
BAGEL W/ CREAM CHEESE		430	70	8	4	0	20	820	73	3	0	11	0	0	☐	☑	☑	☐	☐	☐	☐	☑	☑	☐	☑
BAGEL W/ PEANUT BUTTER		480	110	12	2	0	0	790	75	5	1	14	0	0	☑	☐	☐	☐	☐	☑	☐	☑	☑	☐	☑
AVOCADO RANCH SAUCE (2 OZ PORTION)		160	150	17	2.5	0	5	260	3	1	0	1	0	9	☐	☑	☑	☐	☐	☐	☐	☑	☑	☐	☑
LUNCH SANDWICHES															IS IT?		CONTAINS								
		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
GRILLED THREE CHEESE		570	260	30	13	0	60	1270	54	4	4	20	0	52	☐	☑	☑	☐	☐	☐	☐	☑	☐	☐	☑
PLANT POWERED GRILLED CHEESE		380	90	10	3.5	0	0	810	56	6	4	10	0	64	☑	☐	☐	☐	☐	☐	☐	☑	☐	☐	☑
SOUTHWEST GRILLED CHEESE		400	120	13	8	0	45	1890	35	4	3	36	0	112	☐	☑	☑	☐	☐	☐	☐	☑	☐	☐	☑
GREEN GRILLED CHEESE		580	260	30	13	0	60	1270	54	4	4	20	0	64	☐	☑	☑	☐	☐	☐	☐	☑	☐	☐	☑
BACON GRILLED CHEESE		740	370	42	17	0	80	1830	54	4	4	32	0	52	☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
BACON GRILLED CHEESE +DOUBLE BACON		900	480	54	21	0	100	2400	4	4	4	44	0	52	☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
BUFFALO CHICKEN GRILLED CHEESE		630	260	31	13	0	80	2000	55	4	4	28	0	52	☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
BUFFALO CHICKEN GRILLED CHEESE + DOUBLE BUFF CHICK		670	270	31	13	0	100	2270	56	4	4	36	0	52	☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
STEAK GRILLED CHEESE		650	300	34	14	0	80	1510	55	4	5	27	0	52	☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
STEAK GRILLED CHEESE + DOUBLE STEAK		700	330	37	15	0	95	1670	56	4	6	31	0	52	☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
CHICKEN BACON RANCH GRILLED CHEESE															☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
RANCH CHICKEN GRILLED CHEESE															☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
QUESADILLA		370	170	20	11	0	45	890	37	1	0	16	0	78	☐	☑	☑	☐	☐	☐	☐	☑	☐	☐	☐

BUFFALO CHICKEN QUESADILLA		420	170	21	11	0	65	1630	39	1	0	24	0	78	☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
BUFFALO CHICKEN QUESADILLA + DOUBLE BUFF CHICK		450	180	22	11	0	80	1800	39	1	0	30	0	78	☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
PLANT POWERED QUESADILLA		380	90	10	3.5	0	0	810	56	6	4	10	0	78	☑	☐	☑	☐	☐	☐	☐	☑	☐	☐	☐
SOUTHWEST CHICKEN WRAP		430	190	22	9	0	50	1000	43	2	1	20	0	112	☐	☐	☑	☐	☐	☐	☐	☑	☐	☐	☑
BAKERY															IS IT?		CONTAINS								
		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
BLUEBERRY MUFFIN		620	230	31	6	0	125	420	77	1	43	9	0	42	☐	☑	☐	☑	☐	☐	☐	☑	☐	☐	☑
BROWNIE		500	250	28	11	0	90	180	63	3	47	5	0	19	☐	☑	☐	☑	☐	☐	☐	☑	☐	☐	☑
CHOCOLATE CHIP MUFFIN		690	250	39	12	0	120	390	88	0	38	10	0	49	☐	☑	☐	☑	☐	☐	☐	☑	☐	☐	☑
CRUMB CAKE		520	460	30	28	0	100	780	80	2	58	4	0	65	☐	☑	☐	☑	☐	☐	☐	☑	☐	☐	☑
FRENCH TOAST MUFFIN		700	300	35	9	0	125	410	89	1	55	8	0	74	☐	☑	☐	☑	☐	☐	☐	☑	☐	☐	☑
SEASONAL																									
PUMPKIN LATTE (HOT & ICED)															IS IT?		CONTAINS								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	88	340	100	10	5	0	30	170	54	1	48	10	280	654	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	380	110	12	7	0	35	170	57	1	56	12	311	722	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	420	125	14	8	0	40	175	60	1	60	14	342	791	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	88	300	70	8	5	0	30	170	54	1	48	10	5	746	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	340	80	10	7	0	35	170	57	1	56	12	5	846	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	380	100	12	8	0	40	175	60	1	60	14	6	927	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	88	300	70	8	5	0	30	170	54	1	48	2	0	911	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	176	340	80	10	7	0	35	170	57	1	56	3	0	1080	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	176	380	100	12	8	0	40	175	60	1	60	4	0	1106	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	88	340	100	10	5	0	30	170	54	1	48	2	0	33	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	176	380	110	12	7	0	35	170	57	1	56	3	0	33	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	176	420	125	14	8	0	40	175	60	1	60	4	0	33	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
PUMPKIN MATCHA LATTE (HOT & ICED)															IS IT?		CONTAINS								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	30	310	70	8	4	0	20	120	42	1	41	7	145	345	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	330	80	9	5	0	30	130	52	1	51	9	174	410	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	410	120	14	8	0	45	190	72	1	61	13	202	474	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	30	300	40	4	4	0	20	120	42	1	41	7	2	401	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	325	50	5	5	0	30	130	52	1	51	9	3	476	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	390	70	7	8	0	40	150	62	0	61	14	3	552	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	30	300	40	4	4	0	20	120	42	1	41	1	0	476	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	45	325	50	5	5	0	30	130	52	1	51	2	0	576	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	60	370	70	7	8	0	40	150	62	0	61	14	0	657	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	30	310	70	8	4	0	20	120	42	1	41	2	0	25	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	330	80	9	5	0	30	130	52	1	51	3	0	34	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	370	70	7	8	0	40	150	62	0	61	14	0	42	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
MILK & PUMPKIN COLD BREW															IS IT?		CONTAINS								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	202	200	24	2	1	0	5	50	34	0	32	3	58	158	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	245	220	35	4	2	0	10	60	44	1	45	4	87	222	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	350	250	40	6	4	0	12	65	50	3	50	6	116	286	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	202	180	12	1	1	0	5	50	34	0	32	3	1	180	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	245	200	20	2	2	0	10	60	44	1	45	4	2	406	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	350	230	22	3	4	0	12	65	50	3	50	6	2	330	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	202	180	12	1	1	0	5	50	34	0	32	1	0	210	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	245	200	20	2	2	0	10	60	44	1	45	2	0	300	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	350	230	22	3	4	0	12	65	50	3	50	3	0	391	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	202	200	24	2	1	0	5	50	34	0	32	1	0	30	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	245	220	35	4	2	0	10	60	44	1	45	2	0	43	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	350	250	40	6	4	0	12	65	50	3	50	3	0	51	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
UBE MATCHA LATTE															IS IT?		CONTAINS								
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	30	220	80	9	6	0	40	140	31	0	20	9	2	295	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	315	120	13	8	0	55	200	47	0	30	13	3	425	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	460	150	17	11	0	75	260	62	0	39	17	4	554	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	30	190	20	6	1	0	20	85	9	0	25	6	2	366	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	273	35	8	2	0	25	115	13	0	35	8	3	528	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	369	0	0	0	0	10	210	25	0	52	17	5	569	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	30	190	20	6	1	0	20	85	9	0	25	6	2	386	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	45	273	35	8	2	0	25	115	13	0	35	8	3	548	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	60	369	0	0	0	0	10	210	25	0	52	17	5	589	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	30	220	80	9	6	0	40	140	31	0	20	9	2	295	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	315	120	13	8	0	55	200	47	0	30	13	3	425	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	460	150	17	11	0	75	260	62	0	39	17	4	554	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

LIMITED TIME ONLY

PUMPKIN ROLL MATCHA

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	30	340	70	7	4.5	0	30	190	62	1	55	4	1	160	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	430	70	8	4.5	0	30	280	81	1	74	4	1	169	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	500	90	10	6	0	35	310	94	1	83	6	1	238	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	30	310	30	2.5	2	0	10	220	62	1	62	4	1	181	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	390	30	3.5	2	0	10	280	82	1	82	4	1	268	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	560	30	3.5	2	0	10	310	94	1	94	6	1	271	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	30	310	50	6	2	0	10	220	59	1	57	3	0	211	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Medium	45	390	50	6	2	0	10	280	79	1	76	3	0	219	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Large	60	490	60	7	2	0	10	380	99	1	96	4	0	318	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	30	320	60	7	2.5	0	10	210	63	2	56	<1	0	31	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	410	60	7	2.5	0	10	270	82	2	75	<1	0	39	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	520	80	8	2.5	0	10	360	105	2	95	<1	0	47	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐

BOSTON CREAM COLD BREW

	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs	Fish	Peanuts	Tree Nuts	Wheat	Sesame	Shellfish	Soy
Small	30	270	45	7	1	0	0	320	53	0	44	0	1	130	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	400	70	8	1.5	0	0	510	77	0	64	0	2	206	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	480	90	9	1.5	0	0	630	90	0	77	0	2	27	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

UBE LAYER CAKE MATCHA

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs		Peanuts	Tree Nuts	Wheat	Sesame		Soy
Small	30	320	70	7	4.5	0	30	210	56	0	50	4	1	142	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	400	110	8	5	0	32	260	66	0	60	4	1	153	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	460	120	9	6	0	35	310	84	0	75	6	3	200	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	30	290	30	3.5	2	0	10	210	56	0	50	4	1	163	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	360	30	3.5	2	0	10	280	74	0	67	4	1	164	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	410	30	3.5	2	0	10	310	85	0	75	6	1	241	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	30	330	50	5	2	0	10	280	59	0	52	6	0	224	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Medium	45	400	50	6	2	0	10	300	77	0	77	6	0	236	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
Large	60	410	60	7	2	0	10	310	80	0	79	6	0	286	☐	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	30	310	60	7	2.5	0	10	210	57	0	51	0	1	113	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	390	60	7	2.5	0	10	270	75	0	69	0	1	115	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	450	80	9	3	0	10	300	86	0	77	0	1	165	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐

GINGERBREAD HOUSE MATCHA

WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Vegan	Vegetarian	Dairy	Eggs		Peanuts	Tree Nuts	Wheat	Sesame		Soy
Small	30	300	80	9	6	0	35	125	48	0	40	6	2	213	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	370	90	10	6	0	40	140	61	0	61	7	2	249	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	540	150	17	11	0	75	260	56	0	58	17	2	569	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
SKIM MILK																									
Small	30	280	30	3.5	2	0	10	130	50	0	40	7	2	200	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	310	30	3.5	2	0	10	140	62	0	50	7	2	285	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	400	30	3.5	2	0	10	150	54	0	60	7	1	383	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
ALMOND MILK																									
Small	30	260	50	5	2	0	10	100	43	0	42	2	0	199	☐	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐
Medium	45	300	60	7	2	0	10	150	56	0	54	4	0	338	☐	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐
Large	60	440	110	12	2	0	10	310	74	0	71	10	0	592	☐	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐
OAT MILK																									
Small	30	280	60	7	2.5	0	10	85	47	0	41	1	0	118	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐
Medium	45	350	90	9	3	0	10	125	63	0	53	1	0	197	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐
Large	60	550	160	18	4	0	10	260	92	0	68	2	0	450	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐