



NUTRITIONAL INFORMATION

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Blueberry Banana Smoothie 12oz	224	0	0	0	0	0	0	136	52.8	1.6	52.8	0
Blueberry Banana Smoothie 16oz	308	0	0	0	0	0	0	187	72.6	2.2	72.6	0
Blueberry Banana Smoothie 20oz	392	0	0	0	0	0	0	238	92.4	2.8	92.4	0
Blueberry Banana Smoothie 24oz	476	0	0	0	0	0	0	289	112.2	3.4	112.2	0
Four Berry Blend 12oz	208	0	0	0	0	0	0	48	52.8	1.6	52.8	0
Four Berry Blend 16oz	286	0	0	0	0	0	0	66	72.6	2.2	72.6	0
Four Berry Blend 20oz	364	0	0	0	0	0	0	84	92.4	2.8	92.4	0
Four Berry Blend 24oz	442	0	0	0	0	0	0	102	112.2	3.4	112.2	0
Mango Tropics 12oz	208	0	0	0	0	0	0	176	52.8	1.6	52.8	0
Mango Tropics 16oz	286	0	0	0	0	0	0	242	72.6	2.2	72.6	0
Mango Tropics 20oz	364	0	0	0	0	0	0	308	92.4	2.8	92.4	0
Mango Tropics 24oz	442	0	0	0	0	0	0	374	112.2	3.4	112.2	0
Peach Pear Apricot 12oz	208	0	0	0	0	0	0	120	52.8	1.6	52.8	0
Peach Pear Apricot 16oz	286	0	0	0	0	0	0	165	72.6	2.2	72.6	0
Peach Pear Apricot 20oz	364	0	0	0	0	0	0	210	92.4	2.8	92.4	0
Peach Pear Apricot 24oz	442	0	0	0	0	0	0	255	112.2	3.4	112.2	0
Pineapple Paradise 12oz	208	0	0	0	0	0	0	144	52.8	1.6	43.2	0
Pineapple Paradise 16oz	286	0	0	0	0	0	0	198	72.6	2.2	59.4	0
Pineapple Paradise 20oz	364	0	0	0	0	0	0	252	92.4	2.8	75.6	0
Pineapple Paradise 24oz	442	0	0	0	0	0	0	306	112.2	3.4	91.8	0
Strawberry 12oz	208	0	0	0	0	0	0	96	52.8	1.6	52.8	0
Strawberry 16oz	286	0	0	0	0	0	0	132	72.6	2.2	72.6	0
Strawberry 20oz	364	0	0	0	0	0	0	168	92.4	2.8	92.4	0
Strawberry 24 oz	442	0	0	0	0	0	0	204	112.2	3.4	112.2	0
Strawberry Colada 12oz	208	0	0	0	0	0	0	96	52.8	1.6	52.8	0
Strawberry Colada 16oz	286	0	0	0	0	0	0	132	72.6	2.2	72.6	0
Strawberry Colada 20oz	364	0	0	0	0	0	0	168	92.4	2.8	92.4	0
Strawberry Colada 24oz	442	0	0	0	0	0	0	204	112.2	3.4	112.2	0
Strawberry Banana 12oz	208	0	0	0	0	0	0	152	52.8	1.6	52.8	0
Strawberry Banana 16oz	286	0	0	0	0	0	0	209	72.6	2.2	72.6	0
Strawberry Banana 20oz	364	0	0	0	0	0	0	266	92.4	2.8	92.4	0
Strawberry Banana 24oz	442	0	0	0	0	0	0	323	112.2	3.4	112.2	0
Frozen Latte 12oz	120	30	3.7	0.7	1.5	0	180	165	3	0	19	0
Frozen Latte 16oz	192	40	5.0	1.0	2	0	240	220	4	0	26	0
Frozen Latte 20oz	320	50	6.2	1.2	2.5	0	300	275	5	0	32	0
Frozen Latte 24oz	480	60	7.4	1.4	3	0	360	330	6	0	38	0
Frozen Mocha 12oz	195	36	4.5	1.5	1.5	0	173	300	40.5	0	31	1.5
Frozen Mocha 16oz	260	48	6	2	2	0	230	400	54	0	42	2
Frozen Mocha 20oz	325	60	7.5	2.5	2.5	0	288	500	67.5	0	52	2.5
Frozen Mocha 24oz	390	72	9	3	3	0	345	600	81	0	62	3

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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Latte 12oz with Skim	80	0	0	0	0	5	120	0	11	0	11	8
Latte 12oz with Whole	150	70	8	5	0	35	120	0	11	0	11	8
Latte 12oz with Soy	140	40	5	0.5	0	0	105	440	14	1	7	11
Latte 16oz with Skim	96	0	0	0	0	6	144	0	13	0	13	10
Latte 16oz with Whole	180	84	10	6	0	42	144	0	13	0	13	10
Latte 16oz with Soy	170	48	6	0.5	0	0	126	528	17	1	8.5	13
Latte 20oz with Skim	120	0	0	0	0	7.5	180	0	16.5	0	16.5	12
Latte 20oz with Whole	225	105	12	7.5	0	52.5	180	0	16.5	0	16.5	12
Latte 20oz with Soy	224	64	8	1	0	0	168	704	22.5	1.5	11	18
Latte 24oz with Skim	144	0	0	0	0	9	224	0	20	0	20	14
Latte 24oz with Whole	270	126	14	9	0	10.5	224	0	20	0	20	14
Latte 24oz with Soy	278	80	10	1.5	0	0	210	880	28	2	13.5	23
Cappuccino 12oz with Skim	48	0	0	0	0	3	72	0	7	0	7	5
Cappuccino 12oz with Whole	90	42	5	3	0	21	72	0	7	0	7	5
Cappuccino 12oz with Soy	84	24	3	0.5	0	0	63	264	8.4	0.5	4	7
Cappuccino 16oz with Skim	80	0	0	0	0	5	120	0	11	0	11	8
Cappuccino 16oz with Whole	150	70	8	5	0	35	120	0	11	0	11	8
Cappuccino 16oz with Soy	140	40	5	0.5	0	0	105	440	14	1	7	11
Cappuccino 20oz with Skim	96	0	0	0	0	6	144	0	13	0	13	10
Cappuccino 20oz with Whole	180	84	10	6	0	42	144	0	13	0	13	10
Cappuccino 20oz with Soy	170	48	6	0.5	0	0	126	528	17	1	8.5	13
Cappuccino 24oz with Skim	112	0	0	0	0	7	168	0	15	0	15	12
Cappuccino 24oz with Whole	210	98	11	7	0	49	168	0	15	0	15	12
Cappuccino 24oz with Soy	196	56	7	0.5	0	0	147	616	20	1.5	12	16
Mocha 12oz with Skim	102	0	0	0	0	3	90	0	20	0	20	5
Mocha 12oz with Whole	204	42	5	3	0	21	90	0	20	0	20	5
Mocha 12oz with Soy	190	24	3	0.5	0	0	81	264	22	1	16	7
Mocha 16oz with Skim	118	0	0	0	0	5	180	0	55	0	51	8
Mocha 16oz with Whole	234	70	8	5	0	35	180	0	55	0	51	8
Mocha 16oz with Soy	200	40	5	0.5	0	0	165	500	58	1	47	11
Mocha 20oz with Skim	134	0	0	0	0	6	234	0	79	0	73	10
Mocha 20oz with Whole	250	84	10	6	0	42	234	0	79	0	73	10
Mocha 20oz with Soy	216	48	6	0.5	0	0	216	528	83	1	67	13
Mocha 24oz with Skim	16	0	0	0	0	7	288	0	103	0	95	12
Mocha 24oz with Whole	16	98	12	7	0	49	288	0	103	0	95	12
Mocha 24oz with Soy	16	56	7	0	0	0	267	556	108	0	87	15
Chai 12oz with Water	120	20	2	0.5	0	0	15	0	24	0	16	0
Chai 12oz with Skim	220	20	2	0.5	0	6	165	0	38	0	31.8	10
Chai 12oz with Whole	348	118	11	7	0	44	108	0	21	0	17	10
Chai 12oz with Soy	148	0	4	1	0	0	73	275	21	0	12.4	6.9
Chai 16oz with Water	180	30	3	1	0	0	22.5	0	36	0	24	0
Chai 16oz with Skim	300	30	3	1	0	7.5	203	0	53	0	44	12
Chai 16oz with Whole	345	125	14	8	0	53	195	0	41	0	33	12
Chai 16oz with Soy	225	0	6	1	0	0	93	330	35	0	21	8

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Chai 20oz with Water	240	40	4	1	0	0	30	0	48	0	32	0

Chai 20oz with Skim	380	40	4	1	0	9	240	0	67	0	55	14
Chai 20oz with Whole	443	153	19	9.5	0	88	263	0	58	0	46	14
Chai 20oz with Soy	320	0	8	1.5	0	0	128	440	50	0	31	11
Chai 24oz with Water	300	50	5	1.5	0	0	37.5	0	60	0	40	0
Chai 24oz with Skim	460	50	5	1.5	0	10.5	277.5	0	81	0	66	16
Chai 24oz with Whole	541	181	24	11	0	123	330.5	0	75	0	59	16
Chai 24oz with Soy	415	0	10	2	0	0	162.5	550	65.5	0	41	14
Hot Chocolate 12oz with Skim	260	0	0	0	0	5	180	0	55	0	51	8
Hot Chocolate 12oz with Whole	330	70	8	5	0	35	180	0	55	0	51	8
Hot Chocolate 12oz with Soy	320	40	5	0.5	0	0	165	440	58	1	47	11
Hot Chocolate 16oz with Skim	358	0	0	0	0	5.5	222	0	77	0	71	9
Hot Chocolate 16oz with Whole	435	77	9	5.5	0	52.5	222	0	77	0	71	9
Hot Chocolate 16oz with Soy	424	44	6	0.5	0	0	195	484	81	1	68	12
Hot Chocolate 20oz with Skim	480	0	0	0	0	7.5	300	0	105	0	97	12
Hot Chocolate 20oz with Whole	585	105	12	7.5	0	53	300	0	105	0	97	12
Hot Chocolate 20oz with Soy	570	60	8	1	0	0	278	660	109	1.5	91	17
Hot Chocolate 24oz with Skim	602	0	0	0	0	9.5	378	0	133	0	123	15
Hot Chocolate 24oz with Whole	735	133	15	9.5	0	53.5	378	0	133	0	123	15
Hot Chocolate 24oz with Soy	716	76	10	1.5	0	0	361	836	137	2	114	22
Gourmet Fresh Roast 12oz	7.5	0	0	0	0	0	0	0	0	0	0	0.4
Gourmet Fresh Roast 16oz	10	0	0	0	0	0	0	0	0	0	0	0.6
Gourmet Fresh Roast 20oz	12.5	0	0	0	0	0	0	0	0	0	0	0.7
Gourmet Fresh Roast 24oz	15	0	0	0	0	0	0	0	0	0	0	0.8
Add a Sweetner	0	0	0	0	0	0	0	0	1	0	0	0
Add Cream	40	30	3	2	0	15	15	0	1	0	1	1
Add Whipped Cream	82.5	22.5	2.5	1.75	0	10	2.5	0	0	0	0	0
Add a Flavor	80	0	0	0	0	0	10	15	15	15	0	0
Add a Sugar Free Flavor	0	0	0	0	0	0	0	0	10	0	0	0
Iced Tea (same for all sizes)	0	0	0	0	0	0	0	0	0	0	0	0
Tea (same for all sizes)	0	0	0	0	0	0	0	0	0	0	0	0
Italian Soda 12oz	100	0	0	0	0	0	0	0	25	0	25	0
Italian Soda 16oz	150	0	0	0	0	0	0	0	37.5	0	37.5	0
Italian Soda 20oz	200	0	0	0	0	0	0	0	50	0	50	0
Italian Soda 24oz	250	0	0	0	0	0	0	0	62.5	0	62.5	0