

Prepared Foods Nutrition Facts



LATTES

Buzz Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	70	35	3.5	5	2.5	13	0	15	5	60	3	6	2	0	0	6	4	2	2	15	0
Whole Milk	12 oz	120	60	7	11	4	20	0	30	10	105	4	10	3	0	0	10	7	4	4	25	0
Whole Milk	16 oz	190	90	10	15	6	30	0	45	15	160	7	15	5	0	0	15	10	8	6	40	0
Whole Milk	20 oz	240	120	13	20	8	40	0	55	18	210	9	20	7	0	0	20	13	10	6	50	0
Flavored Latte (Syrup & Sauce)	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	120	35	4	6	2.5	13	0	15	5	75	3	18	6	0	0	17	4	2	2	15	0
Whole Milk	12 oz	250	60	7	11	4	20	0	30	10	130	5	41	14	0	0	40	7	4	4	25	0
Whole Milk	16 oz	390	90	11	17	6	30	0	45	15	220	9	65	22	0	0	63	11	8	6	40	0
Whole Milk	20 oz	650	120	14	22	8	40	0	60	20	290	12	121	40	0	0	117	14	10	6	50	0
Flavored Latte (Syrup OR Sauce)	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	90	35	4	6	2.5	13	0	15	5	65	3	12	4	0	0	12	4	2	2	15	0
Whole Milk	12 oz	190	60	7	11	4	20	0	30	10	115	5	26	9	0	0	25	7	4	4	25	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	190	8	40	13	0	0	39	10	8	6	40	0
Whole Milk	20 oz	450	120	13	30	8	40	0	60	20	250	10	70	23	0	0	68	13	10	6	50	0

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Iced Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	90	40	4.5	7	3	15	0	20	7	80	3	7	2	0	0	7	5	4	2	20	0
Whole Milk	16 oz	120	60	7	11	4	20	0	30	10	110	5	10	3	0	0	10	7	4	4	25	0
Whole Milk	20 oz	160	80	8	12	5	25	0	35	12	140	6	13	4	0	0	13	8	6	4	30	0
Bananas Foster Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	320	60	7	11	4	20	0	30	10	140	6	40	13	0	0	38	7	4	4	25	0
Whole Milk	16 oz	490	90	10	15	6	30	0	45	15	240	10	64	21	0	0	60	10	8	6	40	0
Whole Milk	20 oz	640	120	13	20	8	40	0	55	18	320	13	86	29	0	0	80	13	10	6	50	0
Candy Bar Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	220	60	7	11	4	20	0	30	10	120	5	34	11	0	0	33	7	4	4	25	0
Whole Milk	16 oz	370	90	10	15	6	30	0	45	15	200	8	58	19	1	4	55	10	8	6	40	0
Whole Milk	20 oz	490	120	13	20	8	40	0	55	18	260	11	80	27	1	4	77	13	10	6	50	0
Candy Cane Latte/ Cappuccino	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	190	60	7	11	4	20	0	30	10	110	5	27	9	0	0	27	7	4	4	25	0
Whole Milk	16 oz	280	90	10	15	6	30	0	45	15	170	7	38	13	0	0	38	10	8	6	40	0
Whole Milk	20 oz	360	120	13	20	8	40	0	55	18	220	9	48	16	0	0	48	13	10	6	50	0

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Caramel Latte Supreme	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	240	70	7	11	4.5	23	0	35	12	150	6	36	12	0	0	34	7	6	4	30	0
Whole Milk	16 oz	370	90	10	15	6	30	0	45	15	240	10	59	20	0	0	55	10	8	6	40	0
Whole Milk	20 oz	490	120	13	20	8	40	0	55	18	320	13	81	27	0	0	75	13	10	6	50	0
Caribbean Getaway Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	200	60	7	11	4	20	0	30	10	200	8	29	10	0	0	29	7	4	4	3	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	290	12	40	13	0	0	40	10	8	6	40	0
Whole Milk	20 oz	370	120	13	20	8	40	0	55	18	370	15	51	17	0	0	51	13	10	6	50	0
ChocoLatte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
	8 oz	160	25	2.5	4	1.5	8	0	10	3	240	10	25	8	1	4	24	8	10	0	30	6
Cinnamon Bun Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	190	70	7	11	4.5	23	0	30	10	140	6	26	9	0	0	24	7	6	4	25	0
Whole Milk	16 oz	280	100	11	17	7	35	0	45	15	200	8	36	12	0	0	34	10	8	6	40	0
Whole Milk	20 oz	350	120	14	22	9	45	0	60	20	250	10	45	15	0	0	43	13	10	6	50	0

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Christmas Cookie Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	230	70	8	12	5	25	0	30	10	130	5	33	11	0	0	31	7	4	4	25	2
Whole Milk	16 oz	320	100	11	17	7	35	0	50	17	190	8	45	15	0	0	43	10	8	6	40	2
Whole Milk	20 oz	400	130	14	22	9	45	0	60	20	230	10	55	18	0	0	54	13	10	6	50	2
Organic Chai Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	210	60	7	11	4	20	0	30	10	105	4	30	10	0	0	30	7	4	8	25	2
Whole Milk	16 oz	260	70	8	12	5	25	0	35	12	125	5	38	13	0	0	38	8	6	10	30	2
Whole Milk	20 oz	310	80	9	14	6	30	0	40	13	150	6	47	16	0	0	47	9	6	15	35	4
Chai Latte - Pumpkin	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	260	60	7	11	4	20	0	30	10	120	5	42	14	0	0	41	7	4	8	25	2
Whole Milk	16 oz	360	80	8	12	5	25	0	35	12	160	7	63	21	0	0	61	9	6	10	35	2
Whole Milk	20 oz	470	90	10	15	6	30	0	40	13	200	8	84	28	0	0	81	11	6	15	40	4
Eggnog Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Eggnog Latte	12 oz	430	170	19	29	11	55	0	140	47	180	8	54	18	0	0	50	13	15	4	45	0
Eggnog Latte	16 oz	580	230	26	40	14	70	0	185	62	250	10	72	24	0	0	66	17	25	6	60	0
Eggnog Latte	20 oz	720	290	32	49	18	90	0	235	78	310	13	90	30	0	0	83	22	30	8	70	0

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Gingerbread Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	200	60	7	11	4	20	0	30	10	105	4	28	9	0	0	28	7	4	4	25	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	160	7	39	13	0	0	39	10	8	6	40	0
Whole Milk	20 oz	370	120	13	20	8	40	0	55	18	210	9	50	17	0	0	50	13	10	6	50	0
Hawaiian Salted Caramel Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	200	60	7	11	4	20	0	30	10	300	13	28	9	0	0	28	7	4	4	25	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	420	18	40	13	0	0	40	10	8	6	40	0
Whole Milk	20 oz	370	120	13	20	8	40	0	55	18	530	22	50	17	0	0	50	13	10	6	50	0
Latte Macchiato	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	70	35	3.5	5	2.5	13	0	15	5	60	3	6	2	0	0	6	4	2	2	15	0
Whole Milk	12 oz	120	60	7	11	4	20	0	30	10	105	4	10	3	0	0	10	7	4	4	25	0
Whole Milk	16 oz	190	90	10	15	6	30	0	45	15	160	7	15	5	0	0	15	10	8	6	40	0
Whole Milk	20 oz	240	120	13	20	8	40	0	55	18	210	9	20	7	0	0	20	13	10	6	50	0
Maple Tap Latte w/ Brown Sugar Crunch	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	170	60	7	11	4	20	0	30	10	105	4	22	7	0	0	10	7	4	4	25	0
Whole Milk	16 oz	260	90	10	16	6	30	0	45	15	160	7	32	11	0	0	15	10	8	6	40	0
Whole Milk	20 oz	330	120	13	20	8	40	0	55	18	210	9	41	14	0	0	20	13	10	6	50	0

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Matcha Green Tea Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	270	80	9	14	6	30	0	40	13	210	9	38	13	0	0	30	9	6	4	35	0
Whole Milk	16 oz	390	120	13	20	8	40	0	55	18	300	13	55	18	0	0	44	13	10	6	50	0
Whole Milk	20 oz	480	140	16	25	10	50	0	70	23	380	16	71	24	0	0	56	16	10	8	60	0
Shamrock Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	200	60	7	11	4	20	0	30	10	105	4	28	9	0	0	28	7	4	4	25	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	160	7	40	13	0	0	40	10	8	6	40	0
Whole Milk	20 oz	370	120	13	20	8	40	0	55	18	210	9	50	17	0	0	50	13	10	6	50	0
Pumpkin Spice Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	170	60	7	11	4	20	0	30	10	120	5	22	7	0	0	21	7	4	4	25	0
Whole Milk	16 oz	290	100	11	17	6	30	0	45	15	200	8	40	13	0	0	38	11	8	6	40	0
Whole Milk	20 oz	400	120	14	22	8	40	0	55	18	260	11	56	19	0	0	53	14	10	6	50	0
Snow Flake Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	190	60	7	11	4	20	0	30	10	105	4	28	9	0	0	28	7	4	4	30	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	170	7	40	13	0	0	40	10	8	6	40	0
Whole Milk	20 oz	360	120	13	20	8	40	0	55	18	210	9	50	17	0	0	50	13	10	6	50	0

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Vanilla Macaroon Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	200	60	7	11	4	20	0	30	10	100	4	29	10	0	0	29	7	4	4	25	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	160	7	41	14	0	0	41	10	8	6	40	0
Whole Milk	20 oz	370	120	13	20	8	40	0	55	18	200	8	52	17	0	0	52	13	10	6	50	0
White Christmas Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	200	60	7	11	4	20	0	30	10	105	4	29	10	0	0	29	7	4	4	25	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	160	7	41	14	0	0	41	10	8	6	40	0
Whole Milk	20 oz	370	120	13	20	8	40	0	55	18	210	9	52	17	0	0	52	13	10	6	50	0
MOCHAS																						
Banana Mocha	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	320	60	7	11	4	20	0	30	10	120	5	40	13	0	0	39	7	4	4	25	0
Whole Milk	16 oz	490	90	10	15	6	30	0	45	15	200	8	64	21	1	4	62	10	8	6	40	0
Whole Milk	20 oz	640	120	13	20	8	40	0	55	18	260	11	86	29	1	4	83	13	10	6	50	0

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Biodynamic Flat White	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	120	60	7	11	4	20	0	30	10	100	4	10	3	0	0	10	7	4	4	25	0
Candy Cane Mocha	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates	Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	220	60	7	11	4	20	0	30	10	125	5	33	11	0	0	32	7	4	4	25	0
Whole Milk	16 oz	360	90	10	15	6	30	0	45	15	200	8	56	19	1	4	54	10	8	6	40	0
Whole Milk	20 oz	480	120	13	20	8	40	0	55	18	270	11	78	26	1	4	75	13	10	6	50	0
Gingersnap White Mocha	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	250	60	7	11	4.5	23	0	30	10	140	6	39	13	0	0	38	7	4	4	25	0
Whole Milk	16 oz	390	100	11	17	7	35	0	50	17	240	10	63	21	0	0	60	11	8	6	40	0
Whole Milk	20 oz	520	130	14	22	9	45	0	65	22	320	13	85	28	0	0	80	14	10	6	50	0
Magic Mocha	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	150	50	6	9	3.5	18	0	25	8	105	4	20	7	0	0	19	6	4	2	20	0

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Raspberry Almond Mocha	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	250	60	7	11	4	20	0	30	10	120	5	40	13	0	0	39	7	4	4	25	0
Whole Milk	16 oz	390	90	10	15	6	30	0	45	15	200	8	64	21	1	4	62	10	8	6	40	0
Whole Milk	20 oz	520	120	13	20	8	40	0	55	18	260	11	86	29	1	4	83	13	10	6	50	0
Salted Caramel Mocha	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	240	70	7	11	4.5	23	0	35	12	200	8	35	12	0	0	32	7	6	4	30	0
Whole Milk	16 oz	390	90	10	15	6	30	0	45	15	290	12	63	21	1	4	57	10	8	6	40	0
Whole Milk	20 oz	540	120	13	20	8	40	0	55	18	390	16	91	30	1	4	82	13	10	6	50	0
Toasted Coconut Mocha	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	250	60	7	11	4	20	0	30	10	120	5	41	14	0	0	40	7	4	4	25	0
Whole Milk	16 oz	390	90	10	15	6	30	0	45	15	190	8	65	22	1	4	63	10	8	6	40	0
Whole Milk	20 oz	520	120	13	20	8	40	0	55	18	260	11	88	29	1	4	85	13	10	6	50	0
Lucky Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	200	60	7	11	4	20	0	30	10	105	4	28	9	0	0	28	7	4	4	25	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	160	7	40	13	0	0	40	10	8	6	40	0
Whole Milk	20 oz	390	120	13	20	8	40	0	55	18	210	9	56	19	0	0	56	13	10	6	50	0

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Mocha Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	170	60	7	11	4	20	0	30	10	120	5	22	7	0	0	21	7	4	4	25	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	200	8	39	13	1	4	37	10	8	6	40	0
Whole Milk	20 oz	390	120	13	20	8	40	0	55	18	260	11	55	18	1	4	52	13	10	6	50	0

HOT CHOCOLATE

Candy Cane Hot Chocolate	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	270	60	7	11	4	20	0	30	10	140	6	45	15	1	4	43	7	4	4	25	0
Whole Milk	16 oz	410	90	10	15	6	30	0	45	15	220	9	68	23	1	4	65	10	8	6	40	0
Whole Milk	20 oz	530	120	13	20	8	40	0	55	18	280	12	90	30	2	8	86	13	10	6	50	0

Hot Chocolate	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	140	35	3.5	5	2.5	13	0	15	5	85	4	23	8	1	4	22	4	2	2	15	0
Whole Milk	12 oz	240	70	7	11	4.5	23	0	35	12	150	6	35	12	0	0	33	8	6	4	30	0
Whole Milk	16 oz	340	90	10	15	6	30	0	45	15	210	9	51	17	1	4	48	10	8	6	40	0
Whole Milk	20 oz	440	120	13	20	8	40	0	55	18	270	11	67	22	2	8	63	13	10	6	50	0

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CAPPUCCINO / MACCHIATO

Cappuccino / Macchiato	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	70	35	3.5	5	2.5	13	0	15	5	60	3	6	2	0	0	6	4	2	2	15	0
Whole Milk	12 oz	120	60	7	11	4	20	0	30	10	105	4	10	3	0	0	10	7	4	4	25	0
Whole Milk	16 oz	190	90	10	15	6	30	0	45	15	160	7	15	5	0	0	15	10	8	6	40	0
Whole Milk	20 oz	240	120	13	20	8	40	0	55	18	210	9	20	7	0	0	20	13	10	6	50	0
Cappuccino (Syrup & Sauce)	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	150	35	4	6	2.5	13	0	15	5	85	4	24	8	0	0	23	4	2	2	15	0
Whole Milk	12 oz	320	60	7	11	4	20	0	30	10	130	5	61	20	0	0	59	7	4	4	25	0
Whole Milk	16 oz	390	90	11	17	6	30	0	45	15	220	9	65	22	0	0	63	11	8	6	40	0
Whole Milk	20 oz	500	120	14	22	8	40	0	60	20	290	12	82	27	0	0	78	14	10	6	50	0
Cappuccino (Syrup OR Sauce)	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	90	35	4	6	2.5	13	0	15	5	65	3	12	4	0	0	12	4	2	2	15	0
Whole Milk	12 oz	190	60	7	11	4	20	0	30	10	115	5	26	9	0	0	25	7	4	4	25	0
Whole Milk	16 oz	290	90	10	15	6	30	0	45	15	190	8	40	13	0	0	39	10	8	6	40	0
Whole Milk	20 oz	450	120	13	20	8	40	0	60	20	250	10	70	23	0	0	68	13	10	6	50	0

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ESPRESSO

Espresso	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Espresso Con Panna	Single	70	45	4.5	7	2	10	0	0	0	0	0	5	2	0	0	5	0	0	0	0	0
Espresso Con Panna	Double	70	45	4.5	7	2	10	0	0	0	0	0	5	2	0	0	5	0	0	0	0	0
Espresso Macchiato Whole Milk	Single	15	10	1	2	0.5	3	0	5	2	15	1	1	0	0	0	1	1	0	0	4	0
Espresso Macchiato Whole Milk	Double	35	15	2	3	1	5	0	10	3	30	1	3	1	0	0	3	2	2	0	8	0

STEAMERS

Steamer	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	140	70	7	11	4.5	23	0	35	12	115	5	11	4	0	0	11	7	6	4	30	0
Whole Milk	16 oz	190	90	10	15	6	30	0	45	15	160	7	15	5	0	0	15	10	8	6	40	0
Whole Milk	20 oz	240	120	13	20	8	40	0	55	18	200	8	20	7	0	0	20	13	10	6	50	0
Pumpkin Bread Steamer	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	300	90	10	15	6	30	0	40	13	160	7	44	15	0	0	43	10	6	4	35	0
Whole Milk	16 oz	430	110	13	20	8	40	0	55	18	230	10	66	22	0	0	65	13	10	6	50	0
Whole Milk	20 oz	560	140	16	25	9	45	0	65	22	290	12	89	30	0	0	86	16	10	8	60	0

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CIDERS

Steamed Cider	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Regular	12 oz	160	0	0	0	0	0	0	0	0	35	1	41	14	0	0	41	0	0	8	0	2
Regular	16 oz	220	0	0	0	0	0	0	0	0	45	2	56	19	0	0	56	0	0	10	0	4
Regular	20 oz	280	0	0	0	0	0	0	0	0	60	3	71	24	0	0	71	0	0	15	0	4
Spiced Cider	12 oz	170	0	0	0	0	0	0	0	0	35	1	42	14	0	0	42	0	0	15	0	2
Spiced Cider	16 oz	230	0	0	0	0	0	0	0	0	50	2	59	20	0	0	59	0	0	25	0	4
Spiced Cider	20 oz	300	0	0	0	0	0	0	0	0	65	3	75	25	0	0	75	0	0	30	0	4
Caramel Apple Cider	12 oz	240	5	0	0	0	0	0	5	2	100	4	58	19	0	0	55	1	0	6	4	2
Caramel Apple Cider	16 oz	330	5	0.5	1	0	0	0	5	2	140	6	81	27	0	0	77	1	0	8	6	2
Caramel Apple Cider	20 oz	450	10	1	2	0	0	0	10	3	190	8	109	36	0	0	103	2	0	10	8	4
Milk Options	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Skim Milk	12 oz	- 50	-60	-7	-11	-4	-20	-	-30	-10	+10	-	+1	-	-	-	+1	- 3	+ 4	-	-	-
Skim Milk	16 oz	- 70	- 50	- 10	- 15	- 6	- 30	-	- 40	- 40	+10	-	+3	+1	-	-	+2	- 4	+7	-	-	-
Skim Milk	20 oz	- 80	- 120	- 13	- 20	- 8	- 40	-	- 50	- 16	+20	+1	+3	+1	-	-	+1	- 6	+20	+2	-	-

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Almond Milk	12 oz	-70	-40	-5.0	-7	-4.0	-20	-	-30	-10	+30	+1	-3	+1	+1	+4	-4	-6	+4	-4	-17	+2
Almond Milk	16 oz	-110	-70	-6.5	-10	-6	-30	-	-45	-15	+50	+2	-4	-1	+1	+4	-5	-9	+7	-6	-25	+2
Almond Milk	20 oz	-130	-80	-8.5	-13	-8	-40	-	-55	-18	+60	+3	-6	-3	+2	+8	-8	-11	+10	-6	-30	+4
Lactaid Milk	12 oz	-	-	-	+1	-5	-2	-	-10	-4	-15	-1	-	-	-	-	-	-	+2	-4	-	-
Lactaid Milk	16 oz	-	-	-	-	-	-	-	-15	-5	-25	-1	+1	-	-	-	+1	-	+2	-6	-	-
Lactaid Milk	20 oz	+10	-	-	-	-1	-5	-	-15	-5	-30	-1	-	-	-	-	-	-	+5	-6	-	-
Soy Milk	12 oz	-40	-30	-3.5	-6	-4.0	-20	-	-30	-10	-	-	-3	-1	+1	+4	-5	-	+4	-4	-	+4
Soy Milk	16 oz	-60	-45	-5	-7	-5.5	-27	-	-45	-15	-10	-1	-5	-2	+1	+4	-7	-1	+7	-6	-	+8
Soy Milk	20 oz	-80	-60	-6	-9	-7	-35	-	-55	-18	-	-	-7	-4	+2	+8	-10	-2	+5	-6	-	+10
Coconut Milk	12 oz	-30	-10	-1.5	-2	-	-	-	-	-20	-7	+5	-	-1	-	-	-1	-4	-4	-2	-15	-
Coconut Milk	16 oz	-40	-20	-3.5	-4	+5	+3	0	-30	-10	+10	+1	-1	-	-	-	-2	-6	-4	-4	-25	-
Coconut Milk	20 oz	-60	-30	-2	-3	+1	+5	-	-35	-12	+10	+1	-2	-	-	-	-3	-7	-6	-4	-30	-
Oat Milk	12 oz	-10	-10	-1.5	-2	-3	-15	-	-20	-7	-10	-	+3	+1	+1	+4	-3	-3	+11	-2	-	+2
Oat Milk	16 oz	-10	-20	-2.5	-4	-4	-20	-	-30	-10	-10	-	+4	+2	+2	+8	-4	-4	+16	-4	-5	+2
Oat Milk	20 oz	-20	-30	-2	-4	-5	-25	-	-35	-12	-15	-	+5	+2	+2	+8	-5	-5	+19	-4	-	+2
1% Milk	12 oz	-30	-40	-5	-8	-5	-15	-	-20	-9	-	-	+1	-	-	-	-	-	+4	-	-	-
1% Milk	16 oz	-50	-60	-7	-10	-4	-20	-	-30	-10	-	-	+2	+1	-	-	-	-	+7	-	-	-
1% Milk	20 oz	-60	-85	-9	-14	-5.5	-27	-	-40	-13	-	-	+1	-	-	-	-	-	+5	-	-	-

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Toppings / Garnish	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Chocolate Curls	.15 oz	20	15	1.5	2	1	5	0	0	0	0	0	2	1	0	0	2	0	0	0	0	0
Cinnamon Sugar	.10 oz	10	0	0	0	0	0	0	0	0	0	0	3	1	0	0	3	0	0	0	0	0
Confectionary Sugar	.25 tsp	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0
Crushed Candy Cane	.10 oz	10	0	0	0	0	0	0	0	0	0	0	2	1	0	0	2	0	0	0	0	0
Sea Salt	1 Tbsp	0	0	0	0	0	0	0	0	0	590	0	0	0	0	0	0	0	0	0	0	0
Sprinkles	.15 oz	15	5	.5	1	.5	3	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0
Toasted Coconut	.10 oz	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Whipped Cream	1 oz	70	45	4.5	7	2	10	0	0	0	0	0	5	2	0	0	5	0	0	0	0	0
Syrups / Sauces	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Extra Pump of Syrup	.25 oz	25	0	0	0	0	0	0	0	0	0	0	7	2	0	0	7	0	0	0	0	0
Extra Pump of Sauce	.50 oz	50	0	0	0	0	0	0	0	0	25	1	12	4	0	0	11	0	0	0	2	0

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Adding a Syrup?

Size	# of pumps	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
12 oz	3	80	0	0	0	0	0	0	0	0	0	0	20	7	0	0	20	0	0	0	0	0	0
16 oz	4	100	0	0	0	0	0	0	0	0	0	0	26	9	0	0	26	0	0	0	0	0	0
20 oz	5	130	0	0	0	0	0	0	0	0	0	0	33	11	0	0	33	0	0	0	0	0	0
12 oz (SF Syrup)	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
16 oz (SF Syrup)	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
20 oz (SF Syrup)	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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