

# Prepared Foods Nutrition Facts



## COFFEE SHOP - BREWED COFFEE & TEA

### Coffee

Hot or Iced Coffee	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Hot or Iced Coffee	12 oz	5	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	4
Hot or Iced Coffee	16 oz	5	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	1	0	0	0	4
Hot or Iced Coffee	20 oz	5	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	1	0	0	0	6
Flavor Infused Coffee	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Flavor Infused Coffee	12 oz	70	0	0	0	0	0	0	0	50	2	17	6	0	0	21	16	32	0	0	0	0	4
Flavor Infused Coffee	16 oz	90	0	0	0	0	0	0	0	65	3	22	8	0	0	28	22	44	0	0	0	0	4
Flavor Infused Coffee	20 oz	110	0	0	0	0	0	0	0	80	3	28	10	0	0	35	27	54	1	0	0	0	6
Butter Coffee	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Butter Coffee	12 oz	280	30	38	23	115	0	45	15	150	7	0	0	0	0	0	0	0	1	0	0	0	4
Café Au Lait	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	70	3.5	4	2.5	13	0	10	3	60	3	6	2	0	0	6	0	0	4	6	10	0	6
Whole Milk	16 oz	90	4.5	6	3	15	0	15	5	75	3	7	3	0	0	7	0	0	5	6	15	0	8
Whole Milk	20 oz	130	6	8	4	20	0	20	7	105	5	10	4	0	0	10	0	0	6	10	20	0	10

### Tea

Brewed Hot Tea	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Brewed Hot Tea	12 oz	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0

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Brewed Hot Tea	20 oz	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	2	0	0	
<b>Brewed Iced Tea</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>		<b>Saturated Fat</b>		<b>Trans Fat</b>	<b>Cholesterol</b>		<b>Sodium</b>		<b>Total Carbohydrates</b>		<b>Dietary Fiber</b>		<b>Sugar</b>	<b>Added Sugar</b>		<b>Protein</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron</b>	<b>Potassium</b>
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Brewed Iced Tea	12 oz	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Iced Tea	16 oz	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	2	0	0
Brewed Iced Tea	20 oz	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	2	0	0
<b>Fruit Infused Iced Tea</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>		<b>Saturated Fat</b>		<b>Trans Fat</b>	<b>Cholesterol</b>		<b>Sodium</b>		<b>Total Carbohydrates</b>		<b>Dietary Fiber</b>		<b>Sugar</b>	<b>Added Sugar</b>		<b>Protein</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron</b>	<b>Potassium</b>
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Fruit Infused Iced Tea	12 oz	90	0	0	0	0	0	0	0	10	0	21	8	0	0	18	0	0	0	0	0	0	2
Fruit Infused Iced Tea	16 oz	120	0	0	0	0	0	0	0	10	0	29	11	0	0	24	0	0	0	0	2	0	2
Fruit Infused Iced Tea	20 oz	150	0	0	0	0	0	0	0	10	0	36	13	1	4	31	0	0	0	0	2	0	2
<b>London Fog</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>		<b>Saturated Fat</b>		<b>Trans Fat</b>	<b>Cholesterol</b>		<b>Sodium</b>		<b>Total Carbohydrates</b>		<b>Dietary Fiber</b>		<b>Sugar</b>	<b>Added Sugar</b>		<b>Protein</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron</b>	<b>Potassium</b>
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	16 oz	250	9	12	6	30	0	30	10	140	6	32	12	0	0	32	18	36	9	15	25	0	8
<b>Sweet Tea</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>		<b>Saturated Fat</b>		<b>Trans Fat</b>	<b>Cholesterol</b>		<b>Sodium</b>		<b>Total Carbohydrates</b>		<b>Dietary Fiber</b>		<b>Sugar</b>	<b>Added Sugar</b>		<b>Protein</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron</b>	<b>Potassium</b>
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Sweet Tea	12 oz	110	0	0	0	0	0	0	0	10	0	28	10	0	0	26	26	52	0	0	0	0	0
Sweet Tea	16 oz	140	0	0	0	0	0	0	0	10	0	37	13	0	0	35	35	70	0	0	0	0	0
Sweet Tea	20 oz	180	0	0	0	0	0	0	0	15	1	46	17	0	0	44	44	88	0	0	2	0	0
<b>Southern Sweet Tea</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>		<b>Saturated Fat</b>		<b>Trans Fat</b>	<b>Cholesterol</b>		<b>Sodium</b>		<b>Total Carbohydrates</b>		<b>Dietary Fiber</b>		<b>Sugar</b>	<b>added Sugar</b>		<b>Protein</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron</b>	<b>Potassium</b>
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Southern Sweet Tea	8 oz	60	0	0	0	0	0	0	0	5	0	16	6	0	0	15	15	30	0	0	0	0	2
Southern Sweet Tea	12 oz	90	0	0	0	0	0	0	0	10	0	23	8	0	0	22	22	44	0	0	0	0	2
Southern Sweet Tea	16 oz	120	0	0	0	0	0	0	0	15	1	31	11	0	0	30	30	60	0	0	0	0	4
Southern Sweet Tea	20 oz	150	0	0	0	0	0	0	0	15	1	39	14	0	0	37	37	74	0	0	0	0	4

# Golden Milk

Golden Milk	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Golden Milk	8 oz	80	6	8	3.5	18	0	0	0	85	4	5	2	0	0	4	4	8	1	0	2	6	2
Golden Milk	12 oz	120	10	13	5	25	0	0	0	130	6	8	3	0	0	6	6	12	1	0	4	6	2

# Cold Brew

Cold Brew	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
All Varieties	12 oz	10	0	0	0	0	0	0	0	35	2	1	0	0	0	0	0	0	1	0	6	0	30
All Varieties	16 oz	15	0	0	0	0	0	0	0	45	2	1	0	0	0	0	0	0	1	0	8	0	40
All Varieties	20 oz	15	0	0	0	0	0	0	0	60	3	1	0	0	0	0	0	0	2	0	10	0	50
Flavored Cold Brew	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
All Varieties	12 oz	90	2	3	1	5	0	5	2	85	4	15	5	0	0	17	11	22	3	6	10	0	25
All Varieties	16 oz	140	2.5	3	2	10	0	10	3	130	6	22	8	0	0	26	17	34	4	6	15	0	35
All Varieties	20 oz	180	3.5	4	2.5	13	0	10	3	170	7	29	11	0	0	35	22	44	5	6	20	0	50
Cold Foam	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Skim Milk with Syrup	2 oz	40	0	0	0	0	0	0	0	40	2	8	3	0	0	10	5	10	2	6	6	0	2
Skim Milk with Sauce	3 oz	50	0	0	0	0	0	0	0	55	2	10	4	0	0	10	6	12	3	6	8	0	4
Protein Cold Brew	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Protein Cold Brew	16 oz	210	0	0	0	0	0	15	5	320	14	29	11	1	4	25	25	50	22	0	45	6	15
Oatmilk Nitro	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Oatmilk Nitro	16 oz	50	2	3	0	0	0	0	0	70	3	6	2	1	4	2	0	0	2	6	15	0	35

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## Syrups / Sauces / Protein Powder

Single Pump or Scoop	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Syrup Pump	.25 oz	20	0	0	0	0	0	0	0	15	1	6	2	0	0	7	5	10	0	0	0	0	0
Sugar Free Syrup Pump	.25 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sauce Pump	.50 oz	50	0	0	0	0	0	0	0	30	1	12	4	0	0	11	11	22	0	0	0	0	0
Protein Powder	.75 oz	70	0	0	0	0	0	10	3	75	3	2	1	0	0	0	0	0	16	0	30	0	2
Syrup	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
12 oz	3 pumps	70	0	0	0	0	0	0	0	40	2	17	6	0	0	21	16	32	0	0	0	0	0
16 oz	4 pumps	90	0	0	0	0	0	0	0	55	2	22	8	0	0	28	22	44	0	0	0	0	0
20 oz	5 pumps	110	0	0	0	0	0	0	0	70	3	28	10	0	0	35	27	54	0	0	0	0	0
Sugar Free Syrup	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
12 oz	3 pumps	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
16 oz	4 pumps	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
20 oz	5 pumps	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Sauce	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
12 oz	1 pump	50	0	0	0	0	0	0	0	30	1	12	4	0	0	11	11	22	0	0	0	0	0
16 oz	2 pumps	100	0	0	0	0	0	0	0	55	2	24	9	0	0	22	22	44	0	0	2	0	0
20 oz	3 pumps	160	0	0	0	0	0	0	0	85	4	37	13	0	0	33	33	66	0	0	2	0	0

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