

# Prepared Foods Nutrition Facts



## COFFEE SHOP - COLD BAR

### Frappes

-- Frappe nutrition includes 1 oz Light Whipped Cream --

Cappuccino Frappe Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	250	8	10	5	25	0	30	10	280	12	35	13	1	4	33	27	54	8	6	25	0	4
Whole Milk	16 oz	400	9	12	6	30	0	40	13	520	23	64	23	1	4	58	51	102	14	6	40	6	4
Whole Milk	20 oz	540	10	13	6	30	0	45	15	750	33	92	33	2	7	84	76	152	19	6	60	6	4
Caramel Frappe Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	390	9	12	6	30	0	40	13	310	13	61	22	0	0	57	49	98	11	6	35	0	4
Whole Milk	16 oz	600	11	14	7	35	0	50	17	530	23	103	37	0	0	96	85	170	18	10	50	0	6
Whole Milk	20 oz	820	13	17	8	40	0	60	20	740	32	144	52	0	0	134	120	240	25	15	80	0	8
Chai Frappe Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	310	8	10	4.5	23	0	30	10	270	12	51	19	1	4	49	27	54	8	6	20	6	2
Whole Milk	16 oz	480	9	12	6	30	0	40	13	520	23	84	31	1	4	78	51	102	14	6	40	6	4
Whole Milk	20 oz	650	11	14	6	30	0	45	15	760	33	116	42	2	7	108	76	152	20	10	60	10	6

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Chocolate Covered Strawberry Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	500	7	9	4.5	23	0	30	10	250	11	98	36	2	7	90	62	124	8	6	25	0	4
Whole Milk	16 oz	710	8	10	5	25	0	40	13	410	18	140	51	3	11	130	88	176	14	6	40	0	4
Whole Milk	20 oz	920	9	12	6	30	0	45	15	580	25	183	67	3	11	170	114	228	21	6	60	0	6
Cookies & Cream Frappe Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	400	14	18	7	35	0	40	13	410	18	56	20	1	4	45	37	74	11	6	30	6	4
Whole Milk	16 oz	620	18	23	9	45	0	45	15	700	30	94	34	1	4	77	65	130	18	10	45	10	6
Whole Milk	20 oz	840	22	28	11	55	0	55	18	1000	43	133	48	2	7	108	94	188	25	15	70	15	8
Frozen Hot Chocolate	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	390	9	12	6	30	0	40	13	270	12	61	22	1	4	59	51	102	11	6	30	0	4
Whole Milk	16 oz	600	11	14	7	35	0	50	17	470	20	103	37	1	4	99	88	176	18	10	50	0	6
Whole Milk	20 oz	820	13	17	8	40	0	60	20	660	29	144	52	2	7	138	124	248	25	15	70	0	8
Gingersnap Frappe Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	360	12	15	7	35	0	40	13	290	13	49	18	0	0	42	33	66	11	6	30	6	4
Whole Milk	16 oz	560	15	19	8	40	0	50	17	490	21	84	31	0	0	73	62	124	19	10	50	6	6
Whole Milk	20 oz	760	18	23	9	45	0	60	20	690	30	119	43	1	4	104	90	180	26	15	70	6	8

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Hawaiian Salted Caramel Frappe Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	330	10	13	6	30	0	40	13	530	23	50	18	1	4	47	39	78	10	6	30	0	4
Whole Milk	16 oz	520	12	15	7	35	0	45	15	890	39	85	31	1	4	80	68	136	16	10	45	6	6
Whole Milk	20 oz	700	14	18	8	40	0	55	18	1250	54	121	44	2	7	112	98	196	23	15	70	6	8
Hazelnut Frappe Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	330	9	12	6	30	0	40	13	240	10	48	17	0	0	47	3	78	11	6	30	0	4
Whole Milk	16 oz	520	11	14	7	35	0	50	17	410	18	83	30	0	0	81	70	140	18	10	50	0	6
Whole Milk	20 oz	700	13	17	8	40	0	60	20	590	26	117	43	0	0	115	101	202	25	15	70	0	8
Matcha Green Tea Frappe	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	300	9	12	6	30	0	35	12	180	8	47	17	0	0	36	14	28	5	6	15	0	4
Whole Milk	16 oz	480	11	14	7	35	0	40	13	310	13	86	31	0	0	63	26	52	7	10	20	0	6
Whole Milk	20 oz	520	13	17	8	40	0	45	15	340	15	89	32	0	0	66	26	52	8	15	25	0	8
Mocha Frappe Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	380	10	13	6	30	0	35	12	410	18	62	23	2	7	55	47	94	9	6	25	6	4
Whole Milk	16 oz	590	12	15	7	35	0	45	15	750	33	105	38	3	11	92	81	162	15	10	45	10	6
Whole Milk	20 oz	800	14	18	8	40	0	55	18	1080	47	147	53	5	18	128	114	228	20	15	60	15	8

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Shamrock Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	520	16	21	12	60	0	40	13	230	10	79	29	0	0	109	64	128	10	6	30	0	4
Whole Milk	16 oz	700	18	23	13	65	0	45	15	410	18	113	41	0	0	155	95	190	17	10	50	0	6
Whole Milk	20 oz	870	18	23	14	70	0	55	18	570	25	146	53	0	0	201	126	252	23	10	70	0	6
Vanilla Frappe Freeze	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	340	9	12	6	30	0	40	13	240	10	50	18	0	0	49	41	82	11	6	30	0	4
Whole Milk	16 oz	530	11	14	7	35	0	50	17	410	18	85	31	0	0	84	73	146	18	10	50	0	6
Whole Milk	20 oz	720	13	17	8	40	0	60	20	590	26	120	44	0	0	119	105	210	25	15	70	0	8

## Frappe Milk Options vs. Beverages made with Whole Milk

Milk Options	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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Fat Free/Skim Milk	5 oz (in 12 oz drink)	-45	-5	-6	-3	-15	-	-10	-3	-	-	-	-	-	-	-	-	-	+1	+4	+5	-	-
Fat Free/Skim Milk	7 oz (in 16 oz drink)	-60	-6	-8	-4	-20	-	-15	-5	-	-	-	-	-	-	-	-	-	+1	-	+5	-	-
Fat Free/Skim Milk	9 oz (in 20 oz drink)	-70	-8	-10	-5	-25	-	-20	-6	-	-	-	-	-	-	-	-	-	+1	-	+5	-	-
1% Milk	5 oz (in 12 oz drink)	-30	-3	-4	-2	-10	-	-10	-3	-	-	-	-	-	-	-	-	-	+1	-	+5	-	-
1% Milk	7 oz (in 16 oz drink)	-50	-4	-5	-3	-15	-	-10	-4	-	-	-	-	-	-	-	-	-	+1	-	+5	-	-
1% Milk	9 oz (in 20 oz drink)	-50	-6	-7	-4	-17	-	-15	-5	-	-	-	-	-	-	-	-	-	+1	-	+5	-	-

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Almondmilk (Unsweetened Vanilla)	5 oz (in 12 oz drink)	-70	-3	-3	-3	-15	-	-15	-5	-5	-	-6	-3	-	-	-7	-	-	-3	-6	-8	-	-4
Almondmilk (Unsweetened Vanilla)	7 oz (in 16 oz drink)	-105	-4	-5	-4	-20	-	-20	-7	-5	-	-9	-4	-	-	-10	-	-	-5	-10	-13	-	-6
Almondmilk (Unsweetened Vanilla)	9 oz (in 20 oz drink)	-125	-5	-6	-5	-25	-	-25	-8	-5	-	-12	-5	-	-	-13	-	-	-7	-15	-18	-	-8
Coconutmilk	5 oz (in 12 oz drink)	-30	-2	-2	-	-	-	-15	-5	+10	-	-1	-1	-	-	-1	+5	+10	-3	-6	-10	-	-4
Coconutmilk	7 oz (in 16 oz drink)	-50	-2	-2	+1	+3	-	-20	-7	+15	+1	-1	-1	-	-	-2	+7	+14	-5	-10	-15	-	-6
Coconutmilk	9 oz (in 20 oz drink)	-60	-2	-2	+1	+5	-	-25	-8	+20	+1	-2	-1	-	-	-3	+9	+18	-7	-15	-20	-	-8
Lactose Free Milk	5 oz (in 12 oz drink)	-	+41	-	-	-	-	+5	+2	-	-	-	-	-	-	-1	-	-	+1	-	+5	-	-
Lactose Free Milk	7 oz (in 16 oz drink)	-	+1	+1	-	-	-	+10	+3	+5	-	-	-	-	-	-1	-	-	+1	-	+5	-	-
Lactose Free Milk	9 oz (in 20 oz drink)	+10	+1	+2	-	-	-	+15	+5	+10	+1	-	-	-	-	-1	-	-	+1	-5	+5	-	-
Oatmilk	5 oz (in 12 oz drink)	-20	-2	-2	-3	-15	-	-15	-5	-10	-	+2	-	+1	+4	-3	-	-	-2	+4	+5	-	-
Oatmilk	7 oz (in 16 oz drink)	-30	-2	-3	-4	-20	-	-20	-7	-10	-	+3	+1	+2	+7	-4	-	-	-4	+5	+5	-	-
Oatmilk	9 oz (in 20 oz drink)	-30	-3	-4	-5	-22	-	-25	-8	-15	-	+4	+1	+2	+7	-6	-	-	-5	+5	+10	-	-
Soymilk (Original)	5 oz (in 12 oz drink)	-40	-3	-3	-3	-12	-	-15	-5	-15	-1	-2	-1	+1	+4	-3	+3	+6	-	+14	+5	+6	-
Soymilk (Original)	7 oz (in 16 oz drink)	-60	-4	-5	-3	-15	-	-20	-7	-15	-1	-3	-1	+2	+7	-5	+4	+8	-	+15	+5	+6	-2
Soymilk (Original)	9 oz (in 20 oz drink)	-60	-5	-6	-4	-20	-	-25	-8	-20	-1	-3	-1	+2	+7	-11	+5	+10	-1	+15	+5	+6	-2

## Toppings / Garnish

Toppings / Garnish	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)					
Chocolate Curls	.25 oz	35	2.5	3	1.5	8	0	0	0	0	0	3	1	0	0	3	-	-	0	-	0	0	0
Cinnamon Sugar	.1 oz	10	0	0	0	0	0	0	0	0	0	3	1	1	4	1	1	2	0	0	2	0	0

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Confectionary Sugar	.02 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Crushed Peppermint Candy	.25 oz	30	0	0	0	0	0	0	0	0	0	0	7	3	0	0	5	5	10	0	0	0	0	0
Sea Salt	.01 oz	0	0	0	0	0	0	0	0	110	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Sprinkles	.15 oz	20	1	2	1	5	0	0	0	0	0	0	3	1	0	0	3	3	6	0	0	0	0	0
Toasted Coconut	.1 oz	15	1	1	1	5	0	0	0	0	0	0	2	1	0	0	1	1	2	0	0	0	0	0
Light Whipped Cream	1 oz	70	5	6	3.5	18	0	20	7	10	0	4	1	0	0	4	3	6	1	0	2	0	0	0

## 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

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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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