

# Prepared Foods Nutrition Facts



## COFFEE SHOP - HOT BAR

### Lattes

Buzz Latte	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	8 oz	70	3.5	4	2.5	13	0	10	3	55	2	6	2	0	0	6	0	0	3	6	10	0	4
Whole Milk	12 oz	130	6	8	4	20	0	20	7	95	4	10	4	0	0	10	0	0	6	10	15	0	6
Whole Milk	16 oz	200	9	12	6	30	0	30	10	150	7	16	6	0	0	16	0	0	9	15	25	0	8
Whole Milk	20 oz	250	12	15	8	40	0	40	13	190	8	20	7	0	0	20	0	0	12	20	35	0	10
Flavored Latte (Syrup & 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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	120	3.5	4	2.5	13	0	10	3	85	4	17	6	0	0	18	11	22	3	6	10	0	4
Whole Milk	12 oz	240	6	8	4	20	0	20	7	170	7	39	14	0	0	4	28	56	6	10	20	0	6
Whole Milk	16 oz	390	10	13	6	30	0	30	10	270	12	63	23	0	0	67	45	90	10	15	30	0	10
Whole Milk	20 oz	520	12	15	8	40	0	40	13	350	15	85	31	0	0	89	61	122	12	20	40	0	10
Flavored Latte (Syrup OR 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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	100	3.5	4	2.5	13	0	10	3	70	3	12	4	0	0	12	6	12	3	6	10	0	4
Whole Milk	12 oz	180	6	8	4	20	0	20	7	130	6	25	9	0	0	26	14	28	6	10	20	0	6
Whole Milk	16 oz	290	9	12	6	30	0	30	10	210	9	39	14	0	0	41	22	44	9	15	30	0	10
Whole Milk	20 oz	380	12	15	8	40	0	40	13	270	12	52	19	0	0	55	31	62	12	20	35	0	10

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Iced Latte	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	90	4.5	6	3	15	0	15	5	75	3	7	3	0	0	7	0	0	4	6	15	0	4
Whole Milk	16 oz	130	6	8	4	20	0	20	7	100	4	10	4	0	0	10	0	0	5	10	20	0	6
Whole Milk	20 oz	160	8	10	5	25	0	25	8	130	6	13	5	0	0	13	0	0	8	15	25	0	8
Caramel Latte Supreme	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	240	7	9	4.5	23	0	25	8	150	7	35	13	0	0	33	22	44	7	10	20	0	6
Whole Milk	16 oz	370	9	12	6	30	0	30	10	230	10	57	21	0	0	53	38	76	9	15	30	0	8
Whole Milk	20 oz	500	12	15	8	40	0	40	13	300	13	79	29	0	0	73	53	106	12	20	40	0	10
Chai Latte	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	210	6	8	4	20	0	20	10	95	4	30	11	0	0	30	20	40	6	10	15	0	6
Whole Milk	16 oz	260	7	9	5	25	0	25	8	120	5	39	14	0	0	39	27	54	7	10	20	0	6
Whole Milk	20 oz	320	9	12	6	30	0	30	10	140	6	47	17	0	0	47	33	66	9	15	25	6	8
Chai Latte - Pumpkin	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	260	6	8	4	20	0	20	7	120	5	43	16	0	0	43	33	66	6	10	20	0	6
Whole Milk	16 oz	370	7	9	5	25	0	25	8	160	7	65	24	0	0	64	52	104	7	10	20	0	8
Whole Milk	20 oz	480	9	12	6	30	0	30	10	210	9	87	32	0	0	86	72	144	9	15	25	6	10

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Fiery Pumpkin/PSL with Cayenne	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	180	6	8	4	20	0	20	7	120	5	24	9	0	0	24	14	28	6	10	20	0	6
Whole Milk	16 oz	310	9	12	6	30	0	30	10	200	9	44	16	0	0	43	27	54	9	15	30	0	10
Whole Milk	20 oz	430	12	15	8	40	0	40	13	260	11	63	23	0	0	62	42	84	12	20	35	0	10
Hawaiian Salted Caramel Latte	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	190	6	8	4	20	0	20	7	430	19	27	10	0	0	27	17	34	6	10	15	0	6
Whole Milk	16 oz	290	9	12	6	30	0	30	10	600	26	38	14	0	0	38	23	46	9	15	25	0	8
Whole Milk	20 oz	360	12	15	8	40	0	40	13	750	33	48	17	0	0	48	28	56	12	20	35	0	10
Hot Cinnamon Kiss	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)		(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	200	6	8	4	20	0	20	7	95	4	28	10	0	0	28	18	36	6	10	20	0	6
Whole Milk	16 oz	300	9	12	6	30	0	30	10	150	7	40	15	1	4	39	24	48	9	15	30	0	8
Whole Milk	20 oz	380	12	15	8	40	0	40	13	190	8	51	19	1	4	50	30	60	12	20	35	0	10
Latte Macchiato	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	8 oz	70	3.5	4	2.5	13	0	10	3	55	2	6	2	0	0	6	0	0	3	6	10	0	4
Whole Milk	12 oz	130	6	8	4	20	0	20	7	95	4	10	4	0	0	10	0	0	6	10	15	0	6
Whole Milk	16 oz	200	9	12	6	30	0	30	10	150	7	16	6	0	0	16	0	0	9	15	25	0	8
Whole Milk	20 oz	250	12	15	8	40	0	40	13	190	8	20	7	0	0	20	0	0	12	20	35	0	10

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Matcha Green Tea Latte	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	270	9	12	6	30	0	30	10	200	9	38	14	0	0	31	8	16	9	15	25	0	8
Whole Milk	16 oz	390	12	15	8	40	0	40	13	290	13	56	20	0	0	44	11	22	12	20	35	0	10
Whole Milk	20 oz	490	14	18	10	50	0	50	17	360	16	72	26	0	0	57	15	30	14	25	40	0	15

## Mochas

Minty Mocha - Hot or Iced	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	220	6	8	4	20	0	20	7	115	5	33	12	0	0	57	22	44	6	10	15	0	6
Whole Milk	16 oz	360	9	12	6	30	0	30	10	190	8	56	20	1	4	92	38	76	9	15	25	0	8
Whole Milk	20 oz	490	12	15	8	40	0	40	13	240	10	77	28	1	4	125	54	108	12	20	35	0	10

  

Salted Caramel Mocha	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	240	7	9	4.5	23	0	25	8	190	8	35	13	0	0	32	21	42	7	10	20	0	6
Whole Milk	16 oz	390	9	12	6	30	0	30	10	280	12	63	23	1	4	57	41	82	9	15	30	0	8
Whole Milk	20 oz	550	12	15	8	40	0	40	13	380	17	91	33	1	4	82	62	124	12	20	40	0	10

  

Mocha Latte	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	170	6	8	4	20	0	20	7	115	5	22	8	0	0	21	11	2	6	10	15	0	6
Whole Milk	16 oz	300	9	12	6	30	0	30	10	190	8	39	14	1	4	37	22	44	9	15	25	0	8
Whole Milk	20 oz	400	12	15	8	40	0	40	3	240	10	55	20	1	4	52	33	66	12	20	35	0	10

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Roibos Latte	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	200	6	8	4	20	0	20	7	100	4	29	11	0	0	28	18	36	6	10	15	0	6
Whole Milk	16 oz	260	7	9	5	25	0	25	8	120	5	38	14	0	0	36	24	48	7	10	20	6	6
Whole Milk	20 oz	310	9	12	6	30	0	30	10	140	6	46	17	0	0	44	30	60	9	15	25	6	8

## Hot Chocolate

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	8 oz	150	3.5	4	2.5	13	0	10	3	80	3	23	8	1	4	22	16	32	3	6	10	0	4
Whole Milk	12 oz	240	7	9	4.5	23	0	25	8	140	6	35	13	1	4	33	22	44	7	10	20	0	6
Whole Milk	16 oz	340	9	12	6	30	0	30	10	200	9	51	19	1	4	48	33	66	9	15	25	0	8
Whole Milk	20 oz	450	12	15	8	40	0	40	13	260	11	67	24	2	7	63	43	86	12	20	35	0	10

  

Spicy 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	250	7	9	4.5	23	0	25	8	140	6	36	13	1	4	34	23	46	7	10	20	0	6
Whole Milk	16 oz	350	9	12	6	30	0	30	10	200	9	53	19	1	4	50	34	68	9	15	25	0	8
Whole Milk	20 oz	460	12	15	8	40	0	40	13	260	11	71	26	2	7	67	47	94	12	20	35	0	10

  

Candy Cane 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	270	6	8	4	20	0	20	7	130	6	44	16	1	4	68	33	66	6	10	15	0	6
Whole Milk	16 oz	410	9	12	6	30	0	30	10	200	9	67	24	1	4	103	49	98	9	15	25	0	8
Whole Milk	20 oz	540	12	15	8	40	0	40	13	260	11	89	32	2	7	136	65	130	12	20	35	0	10

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# Cappuccino / Macchiato

Cappuccino / Macchiato	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	8 oz	70	3.5	4	2.5	13	0	10	3	55	2	6	2	0	0	6	0	0	3	6	10	0	4
Whole Milk	12 oz	130	6	8	4	20	0	20	7	95	4	10	4	0	0	10	0	0	6	10	15	0	6
Whole Milk	16 oz	200	9	12	6	30	0	30	10	150	7	16	6	0	0	16	0	0	9	15	25	0	8
Whole Milk	20 oz	250	12	15	8	40	0	40	13	190	8	20	7	0	0	20	0	0	12	20	5	0	10
Cappuccino (Syrup & 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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	120	3.5	4	2.5	13	0	10	3	85	4	17	6	0	0	18	11	22	3	6	10	0	4
Whole Milk	12 oz	240	6	8	4	20	0	20	7	170	7	39	14	0	0	43	28	56	6	10	20	0	6
Whole Milk	16 oz	390	10	13	6	30	0	30	10	270	12	63	23	0	0	67	45	90	10	15	30	0	10
Whole Milk	20 oz	520	12	15	8	40	0	40	13	350	15	85	31	0	0	89	61	122	12	20	40	0	10
Cappuccino (Syrup OR 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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	100	3.5	4	2.5	13	0	10	3	70	3	12	4	0	0	12	6	12	3	6	10	0	4
Whole Milk	12 oz	180	6	8	4	20	0	20	7	130	6	25	9	0	0	26	14	28	6	10	20	0	6
Whole Milk	16 oz	290	9	12	6	30	0	30	10	210	9	39	14	0	0	41	22	44	9	15	30	0	10
Whole Milk	20 oz	380	12	15	8	40	0	40	13	270	12	52	19	0	0	55	31	62	12	20	35	0	10

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Iced Macchiato with 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)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Skim Milk Cold Foam w/Syrup	12 oz	100	0	0	0	0	0	0	0	100	4	22	8	0	0	27	17	34	4	6	10	0	4
Skim Milk Cold Foam w/Syrup	16 oz	140	0	0	0	0	0	5	2	130	6	29	11	0	0	36	22	44	5	10	15	0	4
Skim Milk Cold Foam w/Syrup	20 oz	170	0	0	0	0	0	5	2	160	7	36	13	0	0	44	28	56	6	10	15	0	6

## Espresso

Espresso	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)
Espresso Con Panna	Single	70	5	6	3.5	18	0	20	7	15	1	4	1	0	0	4	3	6	1	0	2	0	0
Espresso Con Panna	Double	70	5	6	3.5	18	0	20	7	15	1	4	1	0	0	4	3	6	1	0	2	0	0
Espresso Macchiato Whole Milk	Single	20	1	1	0.5	3	0	5	2	15	1	1	0	0	0	1	0	0	1	0	2	0	0
Espresso Macchiato Whole Milk	Double	35	1.5	2	1	5	0	5	2	30	1	3	1	0	0	3	0	0	2	6	6	0	2

## Steamer

Steamer	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	140	7	9	4.5	23	0	25	8	110	5	11	4	0	0	11	0	0	7	10	20	0	6
Whole Milk	16 oz	200	9	12	6	30	0	30	10	150	7	16	6	0	0	16	0	0	9	15	25	0	8
Whole Milk	20 oz	250	12	15	8	40	0	40	13	190	8	20	7	0	0	20	0	0	12	20	35	0	10

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# Steamed Cider

Steamed Cider	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)
Regular	12 oz	160	0	0	0	0	0	0	0	30	1	36	13	0	0	35	0	0	1	0	0	0	6
Regular	16 oz	210	0	0	0	0	0	0	0	45	2	50	18	0	0	48	0	0	2	0	0	0	8
Regular	20 oz	270	0	0	0	0	0	0	0	55	2	63	23	0	0	61	0	0	2	0	0	0	10
Spiced Cider	12 oz	160	0	0	0	0	0	0	0	35	2	38	14	0	0	36	1	2	1	0	0	0	6
Spiced Cider	16 oz	220	0	0	0	0	0	0	0	50	2	52	19	0	0	50	2	4	2	0	0	0	8
Spiced Cider	20 oz	280	0	0	0	0	0	0	0	60	3	66	24	0	0	64	4	8	2	0	0	0	10
Caramel Apple Cider	12 oz	230	0	0	0	0	0	0	0	100	4	53	19	0	0	48	20	40	1	0	2	0	6
Caramel Apple Cider	16 oz	320	0	0	0	0	0	0	0	150	7	75	27	0	0	68	30	60	1	0	4	0	6
Caramel Apple Cider	20 oz	420	0	0	0	0	0	0	0	200	9	100	36	0	0	91	40	80	2	0	6	0	1

# 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	7 oz (in 12 oz drink)	-60	-6	-8	-4	-20	-	-15	-5	-	-	-	-	-	-	-	-	-	+1	-	+5	-	-
Fat Free/Skim Milk	11 oz (in 16 oz drink)	-100	-9	-12	-6	-30	-	-25	-8	-	-	-	-	-	-	-	-	-	+1	+5	+5	-	+2
Fat Free/Skim Milk	14 oz (in 20 oz drink)	-120	-12	-15	-8	-40	-	-30	-10	-	-	-	-	-	-	-	-	-	+1	+5	+5	-	+5
1% Milk	7 oz (in 12 oz drink)	-50	-4	-5	-3	-15	-	-10	-4	-	-	-	-	-	-	-	-	-	+1	-	+5	-	-
1% Milk	11 oz (in 16 oz drink)	-70	-6	-8	-4	-20	-	-15	-5	-	-	-	-	-	-	-	-	-	+1	-	+5	-	+2
1% Milk	14 oz (in 20 oz drink)	-80	-8	-10	-6	-27	-	-25	-8	-	-	-	-	-	-	-	-	-	-11	-	+5	-	+5

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Almondmilk (Unsweetened Vanilla)	7 oz (in 12 oz drink)	-105	-4	-5	-4	-20	-	-20	-7	-5	-	-9	-4	-	-	-10	-	-	-5	-10	-13	-	-6
Almondmilk (Unsweetened Vanilla)	11 oz (in 16 oz drink)	-160	-5	-7	-6	-30	-	-30	-10	-10	-1	-15	-6	-	-	-16	-	-	-8	-15	-23	-	-6
Almondmilk (Unsweetened Vanilla)	14 oz (in 20 oz drink)	-200	-7	-9	-8	-40	-	-40	-13	-10	-	-18	-6	-	-	-20	-	-	-10	-20	-33	-	-8
Coconutmilk	7 oz (in 12 oz drink)	-50	-2	-2	+1	+3	-	-20	-7	+15	+1	-1	-1	-	-	-2	+7	+14	-5	-10	-15	-	-6
Coconutmilk	11 oz (in 16 oz drink)	-80	-2	-3	+1	+5	-	-30	-10	+20	-	-2	-1	-	-	-4	+11	+22	-8	-15	-25	-	-8
Coconutmilk	14 oz (in 20 oz drink)	-90	-3	-3	+1	+5	-	-40	-13	+30	+2	-2	-	-	-	-4	+14	+28	-10	-20	-35	-	-10
Lactose Free Milk	7 oz (in 12 oz drink)	-	+1	+1	-	-	-	+10	+3	+5	-	-	-	-	-	-1	-	-	+1	-	+5	-	-
Lactose Free Milk	11 oz (in 16 oz drink)	+10	+1	+1	-	-	-	+15	+5	+10	-	-	-	-	-	-2	-	-	+1	-	+5	-	+2
Lactose Free Milk	14 oz (in 20 oz drink)	+10	+1	+2	-	-	-	+20	+7	+10	+1	-	-	-	-	-2	-	-	+1	-5	+5	-	+5
Oatmilk	7 oz (in 12 oz drink)	-30	-2	-3	-4	-20	-	-20	-7	-10	-	+3	+1	+2	+7	-4	-	-	-4	+5	+5	-	-
Oatmilk	11 oz (in 16 oz drink)	-40	-3	-4	-6	-27	-	-30	-10	-20	-1	+5	+2	+3	+11	-7	-	-	-5	+10	+10	-	+2
Oatmilk	14 oz (in 20 oz drink)	-50	-4	-5	-7	-35	-	-40	-13	-20	-1	+6	+2	+3	+11	-8	-	-	-7	+10	+10	+6	+5
Soymilk (Original)	7 oz (in 12 oz drink)	-60	-4	-5	-3	-15	-	-20	-7	-15	-1	-3	-1	+2	+7	-5	+4	+8	-	+15	+5	+6	-2
Soymilk (Original)	11 oz (in 16 oz drink)	-80	-5	-7	-5	-22	-	-30	-10	-25	-2	-4	-2	+3	+11	-8	+6	+12	-	+25	+5	+6	-
Soymilk (Original)	14 oz (in 20 oz drink)	-100	-7	-9	-7	-32	-	-40	-13	-30	-1	-5	-2	+3	+11	-10	+8	+16	-	+30	+5	+10	-

## 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
Confectionary Sugar	.02 oz	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	1	2	0	0	0	0	0
Crushed Peppermint Candy	.25 oz	30	0	0	0	0	0	0	0	0	0	7	3	0	0	5	5	10	0	0	0	0	0

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Sea Salt	.01 oz	0	0	0	0	0	0	0	0	0	110	5	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
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
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

## 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

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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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