

Nutrition Guide													
Beverages													
Beverages			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breakfast Blend			5	0	0	0	0	0	10	0	0	0	<1
Decaf Coffee			0	0	0	0	0	0	10	0	0	0	<1
Caramel Coffee			60	0	0	0	0	0	10	14	0	14	<1
Cappuccino	Sweet and Creamy Vanilla		290	100	11	10	0	0	200	45	4	37	2
	Caramel		300	100	11	10	0	0	220	49	<1	36	2
	Original		160	35	4	4	0	0	200	30	<1	22	1
Caramel Mocha			270	80	9	7	0	0	140	46	1	37	2
Milk (1%)			180	35	4.5	3	0	20	190	22	0	23	15
Chocolate Milk (1%)			320	40	4.5	3	0	15	270	57	2	45	15
Hot Tea			0	0	0	0	0	0	10	<1	0	0	0
Hot Chocolate			310	70	8	7	0	0	410	56	1	54	3
Orange Juice			120	0	0	0	0	0	10	29	<1	25	2
Apple Juice			130	0	0	0	0	0	25	32	0	31	0
Caramel Apple Cider			330	70	8	7	0	<5	190	76	0	65	1
Sweet Cream Cold Brew	Includes: Cold Brew, Vanilla Syrup, Half & Half		70	30	3.5	2	0	10	20	10	0	10	<1
Appleberry Splash			130	0	0	0	0	0	15	32	<1	28	0
Appleberry Mimosa	Apple Smoothie Mix, Prosecco		290	0	0	0	0	0	40	40	<1	30	1
Strawberry Splash			160	0	0	0	0	0	25	39	1	33	2
Freshly Brewed Peach Iced Tea			150	0	0	0	0	0	10	39	<1	36	0
Freshly Brewed Iced Tea - Unsweetened			5	0	0	0	0	0	10	2	<1	0	0
Freshly Brewed Iced Tea - Sweet			70	0	0	0	0	0	10	20	<1	18	0
Lemonade			100	0	0	0	0	0	15	25	0	21	0
Arnold Palmer			45	0	0	0	0	0	10	12	0	10	0
Strawberry Lemonade			120	0	0	0	0	0	10	29	0	28	0
Diet Pepsi			0	0	0	0	0	0	40	0	0	0	0
Starry			140	0	0	0	0	0	35	37	0	37	0
Mountain Dew			110	0	0	0	0	0	35	29	0	29	0
Mug Root Beer			100	0	0	0	0	0	30	26	0	26	0
Pepsi-Cola			100	0	0	0	0	0	20	28	0	28	0
Mimosas			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Strawberry Mimosa	Strawberry Smoothie Mix, Prosecco, Orange Juice		280	0	0	0	0	0	40	38	<1	28	3
Mimosa	Orange Juice and Prosecco		260	0	0	0	0	0	35	32	<1	23	3

* 2,000 calories a day is used for general nutrition advice, but calorie needs vary