

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