



# NUTRITION

*Signature Drinks, Tea & Coffee*

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HEALTHY SIGNATURE DRINKS | [WWW.ARGOTEA.COM](http://WWW.ARGOTEA.COM)

## SIGNATURE DRINKS

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We are passionate about bringing teas directly from growers around the world and blending them into unique and delicious signature beverages and teas.

We are proud to serve 100% organic, fair trade coffee. Every coffee bean brewed in our stores is fair trade, organic and shade grown.

We invite you to review the nutritional facts in this brochure. Nearly every one of our signature drinks is customizable to provide you with your perfect drink. Enjoy!

## HEALTHY LIFESTYLE

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Our goal is to serve only all-natural products. We partner with premier food artisans to supply our cafés with delicious pastries, salads, flatbreads and other natural foods. We hand pick our tea growers from around the world to ensure that we provide our customers with superior quality tea.

Argo Tea encourages our employees and customers to live a healthy lifestyle. In addition to our selection of natural healthy teas, we gladly offer vegan and sugar-free food and drink options in our cafés.

## WE COMMIT TO QUALITEA

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We calculate nutritional info for drinks based on Argo Tea standard recipes. Since our TeaMembers make each drink to order, by hand, nutritional values may vary from the information published here.

Please visit [www.argotea.com](http://www.argotea.com) to learn more about our commitment to QualiTea.

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	<i>Calories</i>	<i>Calories from fat</i>	<i>Total fat (g)</i>	<i>Saturated fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Total carbohydrates (g)</i>	<i>Dietary fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
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## SEASONAL SIGNATURE DRINK

### *Jasmine TeaMosa™*

SMALL	120	0	0	0	0	30	0	29	1
MEDIUM	160	0	0	0	0	40	0	38	1
LARGE	200	0	0	0	0	49	0	47	1

## SIGNATURE HOT DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<i>Carolina Honey</i> <sup>®</sup>									
SMALL	106	0	0	0	0	27	0	26	0
MEDIUM	149	0	0	0	0	37	0	37	0
LARGE	191	0	0	0	0	48	0	48	0

### *Green Tea Strawberry Crème*<sup>™</sup>

SMALL									
Nonfat Milk	188	7	1	0	5	41	1	41	5
2% Milk	216	30	3	2	11	41	1	40	5
Soy Milk	199	22	2	1	0	40	1	38	5
MEDIUM									
Nonfat Milk	289	14	1	1	7	63	1	62	8
2% Milk	330	46	5	3	16	63	1	61	7
Soy Milk	305	34	4	1	0	61	2	59	7
LARGE									
Nonfat Milk	390	19	2	1	9	84	2	83	10
2% Milk	444	63	7	4	21	85	2	83	10
Soy Milk	411	47	5	1	0	82	2	79	9

### *Green Tea Ginger Twist*<sup>®</sup>

SMALL	119	0	0	0	0	30	0	30	0
MEDIUM	166	0	0	0	0	42	0	42	0
LARGE	214	0	0	0	0	53	0	53	0

### *Hibiscus Steamer*<sup>®</sup>

SMALL	99	3	0	0	0	24	0	24	0
MEDIUM	139	4	0	0	0	34	0	33	0
LARGE	178	5	1	0	0	43	0	42	0

### *Pom Tea*<sup>™</sup>

SMALL	70	0	0	0	0	18	0	18	0
MEDIUM	98	0	0	0	0	25	0	25	0
LARGE	126	0	0	0	0	32	0	32	0

### *Chocolate Mint*

SMALL									
Nonfat Milk	188	7	1	0	5	41	1	41	5
2% Milk	216	30	3	2	11	41	1	40	5
Soy Milk	199	22	2	1	0	40	1	38	5
MEDIUM									
Nonfat Milk	289	14	1	1	7	63	1	62	8
2% Milk	330	46	5	3	16	63	1	61	7
Soy Milk	305	34	4	1	0	61	2	59	7
LARGE									
Nonfat Milk	390	19	2	1	9	84	2	83	10
2% Milk	444	63	7	4	21	85	2	83	10
Soy Milk	411	47	5	1	0	82	2	79	9

### *Red Velvet*<sup>®</sup>

SMALL									
Nonfat Milk	202	9	1	1	5	43	0	43	6
2% Milk	230	32	3	2	11	44	0	43	5
Soy Milk	213	22	3	1	0	42	0	41	5
MEDIUM									
Nonfat Milk	311	17	2	1	7	66	0	65	9
2% Milk	352	50	5	4	16	67	0	65	8
Soy Milk	327	34	4	1	0	64	1	62	8

## SIGNATURE HOT DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
<b>LARGE</b>										
Nonfat Milk	420	25	2	2	9	89	0	88	12	
2% Milk	474	69	7	5	21	90	0	87	11	
Soy Milk	441	47	6	2	0	87	1	84	11	

### *Earl Grey Vanilla Crème™*

<b>SMALL</b>										
Nonfat Milk	141	2	0	0	5	31	0	31	5	
2% Milk	170	25	3	2	11	31	0	30	4	
Soy Milk	155	18	2	0	0	29	2	24	4	
<b>MEDIUM</b>										
Nonfat Milk	193	3	0	0	7	42	0	41	7	
2% Milk	234	36	4	3	16	42	0	41	6	
Soy Milk	213	26	3	0	0	39	3	32	6	
<b>LARGE</b>										
Nonfat Milk	245	4	0	0	9	53	0	52	9	
2% Milk	299	48	5	3	21	53	0	52	8	
Soy Milk	271	34	4	1	0	49	3	40	8	

### *Classic Chai*

<b>SMALL</b>										
Nonfat Milk	135	3	0	0	5	29	0	29	5	
2% Milk	167	28	3	2	13	29	0	29	5	
Soy Milk	148	19	2	0	0	28	1	27	5	
<b>MEDIUM</b>										
Nonfat Milk	189	4	0	0	7	41	0	41	7	
2% Milk	234	39	4	3	18	41	0	40	7	
Soy Milk	207	26	3	0	0	39	1	38	6	
<b>LARGE</b>										
Nonfat Milk	244	5	0	0	9	52	0	52	9	
2% Milk	300	50	5	4	23	53	0	52	9	
Soy Milk	266	34	4	1	0	50	1	48	8	

### *Classic Chai (Sugar Free)*

<b>SMALL</b>										
Nonfat Milk	50	3	0	0	5	10	0	8	5	
2% Milk	82	28	3	2	13	10	0	8	5	
<b>MEDIUM</b>										
Nonfat Milk	70	4	0	0	7	14	0	11	7	
2% Milk	114	39	4	3	18	14	0	11	7	
<b>LARGE</b>										
Nonfat Milk	90	5	0	0	9	18	0	14	9	
2% Milk	147	50	5	4	23	18	0	14	9	

### *Flavored Chai*

<b>SMALL</b>										
Nonfat Milk	167	3	0	0	5	37	0	37	5	
2% Milk	199	28	3	2	13	37	0	37	5	
Soy Milk	180	19	2	0	0	36	1	35	5	
<b>MEDIUM</b>										
Nonfat Milk	254	4	0	0	7	56	0	56	7	
2% Milk	298	39	4	3	18	57	0	56	7	
Soy Milk	271	26	3	0	0	54	1	53	6	
<b>LARGE</b>										
Nonfat Milk	340	5	0	0	9	76	0	76	9	
2% Milk	397	50	5	4	23	77	0	75	9	
Soy Milk	362	34	4	1	0	73	1	72	8	

## SIGNATURE HOT DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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### Flavored Chai (Sugar Free)

#### SMALL

Nonfat Milk	130	3	0	0	5	32	1	8	6
2% Milk	162	28	3	2	13	32	1	8	6

#### MEDIUM

Nonfat Milk	190	4	0	0	7	47	2	11	9
2% Milk	234	39	4	3	18	47	2	11	8

#### LARGE

Nonfat Milk	250	5	0	0	9	62	2	14	11
2% Milk	307	50	5	4	23	62	2	14	11

### Maté Laté™

#### SMALL

Nonfat Milk	115	3	0	0	5	24	0	24	5
2% Milk	146	28	3	2	13	24	0	24	5
Soy Milk	127	19	2	0	0	22	1	22	5

#### MEDIUM

Nonfat Milk	161	4	0	0	7	33	0	34	7
2% Milk	205	39	4	3	18	34	0	33	7
Soy Milk	178	26	3	0	0	31	1	30	6

#### LARGE

Nonfat Milk	207	5	0	0	9	43	0	43	9
2% Milk	263	50	5	4	23	44	0	43	9
Soy Milk	229	34	4	1	0	40	1	39	8

### Maté Laté™ (Sugar Free)

#### SMALL

Nonfat Milk	57	4	0	0	5	9	0	8	5
2% Milk	89	30	3	2	13	9	0	8	5

#### MEDIUM

Nonfat Milk	80	6	0	0	7	13	0	11	7
2% Milk	124	42	5	3	18	13	0	11	7

#### LARGE

Nonfat Milk	103	8	1	0	9	16	0	14	9
2% Milk	160	54	6	4	23	17	0	14	9

### Teappuccino® (Vanilla or Caramel)

#### SMALL

Nonfat Milk	141	2	0	0	5	31	0	31	5
2% Milk	170	25	3	2	11	31	0	30	4
Soy Milk	152	17	2	0	0	29	0	28	4

#### MEDIUM

Nonfat Milk	193	3	0	0	7	42	0	41	7
2% Milk	234	36	4	3	16	42	0	41	6
Soy Milk	210	24	3	0	0	40	1	39	6

#### LARGE

Nonfat Milk	245	4	0	0	9	53	0	52	9
2% Milk	299	48	5	3	21	53	0	52	8
Soy Milk	267	32	3	1	0	50	1	49	8

## SIGNATURE HOT DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<i>Teappuccino® (Sugar Free Vanilla)</i>									
SMALL									
Nonfat Milk	45	2	0	0	5	11	0	7	5
2% Milk	73	25	3	2	11	11	0	7	4
MEDIUM									
Nonfat Milk	65	3	0	0	7	15	0	10	7
2% Milk	106	36	4	3	16	16	0	10	6
LARGE									
Nonfat Milk	85	4	0	0	9	20	0	13	9
2% Milk	139	48	5	3	21	20	0	13	8

## *Teappuccino® (Chocolate)*

SMALL									
Nonfat Milk	145	12	1	1	5	29	1	28	6
2% Milk	173	35	4	2	11	29	1	28	5
Soy Milk	156	27	3	1	0	28	1	26	5
MEDIUM									
Nonfat Milk	215	18	2	1	7	43	2	42	8
2% Milk	256	51	5	3	16	43	2	41	8
Soy Milk	231	39	4	1	0	41	2	39	7
LARGE									
Nonfat Milk	285	24	2	1	9	57	2	55	11
2% Milk	339	68	7	4	21	58	2	55	10
Soy Milk	306	52	5	2	0	55	3	51	10

## *Teappuccino® (Sugar Free Chocolate)*

SMALL									
Nonfat Milk	125	2	0	0	5	31	1	7	6
2% Milk	153	25	3	2	11	31	1	7	5
MEDIUM									
Nonfat Milk	185	3	0	0	7	46	2	10	8
2% Milk	226	36	4	3	16	46	2	10	8
LARGE									
Nonfat Milk	245	4	0	0	9	61	2	13	11
2% Milk	299	48	5	3	21	62	2	13	10

## *Teappuccino®*

SMALL									
Nonfat Milk	30	2	0	0	3	5	0	5	3
2% Milk	49	17	2	1	8	5	0	5	3
Soy Milk	38	11	1	0	0	4	0	3	3
MEDIUM									
Nonfat Milk	40	2	0	0	4	6	0	6	4
2% Milk	65	22	2	2	10	6	0	6	4
Soy Milk	50	15	2	0	0	5	0	4	4
LARGE									
Nonfat Milk	50	3	0	0	5	8	0	8	5
2% Milk	82	28	3	2	13	8	0	8	5
Soy Milk	63	19	2	0	0	6	1	6	5

## SIGNATURE ICED DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<i>Carolina Honey Breeze™</i>									
SMALL	85	0	0	0	0	21	0	21	0
MEDIUM	106	0	0	0	0	27	0	26	0
LARGE	127	0	0	0	0	32	0	32	0

### *Hibiscus Chiller™*

SMALL	79	2	0	0	0	19	0	19	0
MEDIUM	99	3	0	0	0	24	0	24	0
LARGE	119	3	0	0	0	29	0	28	0

### *Iced Green Tea Strawberry Crème™*

SMALL									
Nonfat Milk	120	2	0	0	4	27	1	26	4
2% Milk	145	22	2	2	10	28	1	26	4
Soy Milk	130	15	2	0	0	26	1	24	4
MEDIUM									
Nonfat Milk	150	3	0	0	5	34	1	33	5
2% Milk	182	28	3	2	13	35	1	33	5
Soy Milk	163	19	2	0	0	33	2	31	5
LARGE									
Nonfat Milk	180	3	4	2	6	41	1	39	6
2% Milk	218	34	2	0	15	41	1	39	6
Soy Milk	195	23	2	0	0	39	2	37	5

### *Iced Green Tea Ginger Twist®*

SMALL	95	0	0	0	0	24	0	24	0
MEDIUM	119	0	0	0	0	30	0	30	0
LARGE	142	0	0	0	0	36	0	36	0

### *Iced Pom Tea™*

SMALL	56	0	0	0	0	14	0	14	0
MEDIUM	70	0	0	0	0	18	0	18	0
LARGE	84	0	0	0	0	21	0	21	0

### *MojiTea®*

SMALL	87	3	0	0	0	33	0	33	0
MEDIUM	109	4	0	0	0	42	0	42	0
LARGE	131	5	1	0	0	50	0	50	0

### *Hibiscus Tea Sangria®*

SMALL	94	2	0	0	0	28	1	27	0
MEDIUM	111	2	0	0	0	33	1	32	0
LARGE	129	3	0	0	0	39	1	38	0

### *Tea Sparkle®*

SMALL	96	0	0	0	0	24	0	24	0
MEDIUM	120	0	0	0	0	30	0	29	0
LARGE	144	0	0	0	0	36	0	35	0

### *Hibiscus Tea Squeeze®*

SMALL	103	0	0	0	0	26	0	25	0
MEDIUM	121	0	0	0	0	31	0	30	0
LARGE	167	0	0	0	0	42	0	41	0

## SIGNATURE ICED DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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### *Iced Earl Grey Vanilla Creme<sup>®</sup>*

#### SMALL

Nonfat Milk	115	2	0	0	4	25	0	25	4
2% Milk	140	22	2	1	10	25	0	25	4
Soy Milk	125	15	2	0	0	24	0	23	4
Almond Milk	105	13	1	0	0	23	0	22	1

#### MEDIUM

Nonfat Milk	150	3	0	0	5	33	0	33	5
2% Milk	182	28	3	2	13	33	0	33	5
Soy Milk	163	19	2	0	0	31	1	31	5
Almond Milk	138	16	2	0	0	30	0	29	1

#### LARGE

Nonfat Milk	185	3	0	0	6	40	0	41	6
2% Milk	223	34	4	2	135	41	0	40	6
Soy Milk	200	23	2	0	0	39	1	38	5
Almond Milk	170	19	2	0	0	37	0	36	1

### *Iced Chocolate Mint*

#### SMALL

Nonfat Milk	165	7	1	0	4	36	1	35	5
2% Milk	190	27	3	2	10	36	1	35	4
Soy Milk	175	20	2	1	0	35	1	34	4
Almond Milk	155	18	1	0	0	34	1	32	1

#### MEDIUM

Nonfat Milk	250	13	1	1	5	55	1	54	6
2% Milk	282	38	4	3	13	55	1	54	6
Soy Milk	263	29	3	1	0	53	2	52	6
Almond Milk	238	26	3	1	0	52	1	50	2

#### LARGE

Nonfat Milk	335	18	2	1	6	73	2	72	8
2% Milk	373	49	5	3	15	74	2	72	7
Soy Milk	350	38	4	1	0	72	2	69	7
Almond Milk	320	34	3	1	0	70	2	67	2

### *Iced Red Velvet*

#### SMALL

Nonfat Milk	170	7	1	1	4	36	0	36	5
2% Milk	195	27	3	2	10	37	0	36	5
Soy Milk	180	20	2	1	0	35	0	34	5
Almond Milk	160	18	2	1	0	34	0	33	2

#### MEDIUM

Nonfat Milk	260	13	2	1	5	56	0	55	7
2% Milk	292	38	5	3	13	56	0	55	7
Soy Milk	273	29	4	1	0	54	1	53	7
Almond Milk	248	26	3	1	0	53	0	51	3

#### LARGE

Nonfat Milk	350	18	2	2	6	75	0	74	9
2% Milk	388	49	6	4	15	75	0	73	9
Soy Milk	365	38	5	2	0	73	1	71	8
Almond Milk	335	34	4	2	0	72	0	69	4

## SIGNATURE ICED DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<i>White Tea Acai Squeeze®</i>									
SMALL	117	26	3	0	0	23	3	19	1
MEDIUM	142	26	3	0	0	29	3	26	1
LARGE	206	51	5	0	0	39	5	32	1

### *Iced Teappuccino (Flavored Syrup)*

SMALL									
Nonfat Milk	115	2	0	0	4	25	0	25	4
2% Milk	140	22	2	2	10	25	0	25	4
Soy Milk	125	15	2	0	0	24	0	23	4
Almond Milk	105	13	1	0	0	23	0	22	1
MEDIUM									
Nonfat Milk	150	3	0	0	5	33	0	33	5
2% Milk	182	28	3	2	13	33	0	33	5
Soy Milk	163	19	2	0	0	31	1	31	5
Almond Milk	138	16	2	0	0	30	0	29	1
LARGE									
Nonfat Milk	185	3	0	0	6	40	0	41	6
2% Milk	223	34	4	2	15	41	0	40	6
Soy Milk	200	23	2	0	0	39	1	38	5
Almond Milk	170	19	2	0	0	37	0	36	1

### *Iced Teappuccino (Chocolate Syrup)*

SMALL									
Nonfat Milk	140	12	1	1	4	28	1	27	5
2% Milk	165	32	3	2	10	28	1	27	5
Soy Milk	150	25	3	1	0	27	1	25	5
Almond Milk	130	23	2	1	0	26	1	24	2
MEDIUM									
Nonfat Milk	200	18	2	1	5	41	2	39	7
2% Milk	232	43	5	3	13	41	2	39	6
Soy Milk	213	34	4	1	0	39	2	37	6
Almond Milk	188	31	3	1	0	38	2	35	2
LARGE									
Nonfat Milk	260	23	2	1	6	53	2	51	8
2% Milk	298	54	6	3	15	54	2	51	8
Soy Milk	275	43	4	1	0	52	3	49	7
Almond Milk	245	39	4	1	0	50	2	47	3

### *Bubble Tea*

SMALL									
Nonfat Milk	249	7	1	0	3	58	0	57	3
2% Milk	268	22	2	1	8	58	0	57	3
Soy Milk	256	17	2	0	0	57	0	56	3
Almond Milk	241	15	2	0	0	56	0	55	
MEDIUM									
Nonfat Milk	283	7	1	0	4	65	0	65	4
2% Milk	308	28	3	2	10	65	0	65	4
Soy Milk	293	20	2	0	0	64	0	63	4
Almond Milk	273	18	2	0	0	63	0	62	1

## SIGNATURE ICED DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
LARGE									
Nonfat Milk	317	8	1	0	5	73	0	72	5
2% Milk	348	33	4	2	13	73	0	72	5
Soy Milk	329	24	3	0	0	71	1	70	5
Almond Milk	304	21	2	0	0	70	0	68	1

### *Iced Classic Chai*

SMALL									
Nonfat Milk	108	2	0	0	4	23	0	23	4
2% Milk	133	22	2	2	10	23	0	23	4
Soy Milk	118	15	2	0	0	22	0	21	4
Almond Milk	98	13	1	0	0	21	0	20	1
MEDIUM									
Nonfat Milk	135	3	0	0	5	29	0	29	5
2% Milk	167	28	3	2	13	29	0	29	5
Soy Milk	148	19	2	0	0	28	1	27	5
Almond Milk	123	16	2	0	0	26	0	25	1
LARGE									
Nonfat Milk	162	3	0	0	6	35	0	35	6
2% Milk	200	34	4	2	15	35	0	35	6
Soy Milk	177	23	2	0	0	33	1	32	5
Almond Milk	147	19	2	0	0	32	0	30	1

### *Iced Classic Chai (Sugar Free)*

SMALL									
Nonfat Milk	40	2	0	0	4	8	0	6	4
2% Milk	65	22	2	2	10	8	0	6	4
MEDIUM									
Nonfat Milk	50	3	0	0	5	11	0	8	5
2% Milk	82	28	3	2	13	11	0	8	5
LARGE									
Nonfat Milk	60	3	0	0	6	13	0	9	6
2% Milk	98	34	4	2	15	14	0	9	6

### *Iced Flavored Chai (Vanilla)*

SMALL									
Nonfat Milk	151	2	0	0	4	34	0	34	4
2% Milk	173	20	2	1	9	35	0	34	3
Soy Milk	160	13	1	0	0	33	0	33	3
Almond Milk	143	11	1	0	0	32	0	31	0
MEDIUM									
Nonfat Milk	202	2	0	0	5	46	0	46	5
2% Milk	231	25	3	2	11	46	0	46	4
Soy Milk	214	17	2	0	0	45	0	44	5
Almond Milk	191	14	1	0	0	44	0	42	1
LARGE									
Nonfat Milk	254	3	0	0	5	46	0	46	5
2% Milk	288	31	3	2	14	58	0	57	5
Soy Milk	267	21	2	0	0	56	1	55	5
Almond Milk	240	17	2	0	0	55	0	53	1

## SIGNATURE ICED DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
<i>Iced Flavored Chai (Chocolate)</i>										
SMALL										
Nonfat Milk	125	7	1	0	3	28	1	27	3	
2% Milk	140	20	2	1	6	28	1	27	3	
Soy Milk	131	15	2	0	0	27	1	26	3	
MEDIUM										
Nonfat Milk	204	13	1	1	4	45	1	44	5	
2% Milk	226	31	3	2	9	46	1	44	4	
Soy Milk	213	24	3	1	0	44	1	43	4	
LARGE										
Nonfat Milk	284	19	2	1	5	63	2	62	6	
2% Milk	313	42	4	3	11	63	2	61	6	
Soy Milk	295	33	3	1	0	62	2	59	6	

## *Iced Flavored Chai (Sugar Free Chocolate)*

SMALL										
Nonfat Milk	120	2	0	0	4	30	1	6	5	
2% Milk	145	22	2	2	10	30	1	6	5	
MEDIUM										
Nonfat Milk	170	3	0	0	5	44	2	8	7	
2% Milk	202	28	3	2	13	44	2	8	6	
LARGE										
Nonfat Milk	220	4	0	0	6	57	2	9	8	
2% Milk	258	34	4	2	15	58	2	8	8	

## *Iced Maté Late™*

SMALL										
Nonfat Milk	92	2	0	0	4	19	0	19	4	
2% Milk	117	22	2	2	10	19	0	19	4	
Soy Milk	102	15	2	0	0	18	0	17	4	
Almond Milk	82	13	1	0	0	17	0	16	1	
MEDIUM										
Nonfat Milk	115	3	0	0	5	24	0	24	5	
2% Milk	146	28	3	2	13	24	0	24	5	
Soy Milk	127	19	2	0	0	22	1	22	5	
Almond Milk	102	16	2	0	0	21	0	20	1	
LARGE										
Nonfat Milk	138	3	0	0	6	29	0	29	6	
2% Milk	176	34	4	2	15	29	0	28	6	
Soy Milk	153	23	2	0	0	27	1	26	5	
Almond Milk	123	19	2	0	0	25	0	24	1	

## *Lemonade*

SMALL	83	0	0	0	0	22	0	20	0
MEDIUM	110	0	0	0	0	29	0	26	0
LARGE	137	0	0	0	0	36	0	33	0

## SMOOTEA®

### *Mixed Berry*

SMALL	237	41	5	3	17	44	3	39	2
MEDIUM	275	55	7	4	22	50	3	43	2
LARGE	416	68	9	5	28	79	7	69	2



## THE BASICS: COFFEE

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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## THE BASICS: COFFEE

### *Brewed Coffee*

SMALL	5	0	0	0	0	1	0	0	0
MEDIUM	6	0	0	0	0	2	0	0	0
LARGE	8	0	0	0	0	2	0	0	0

### *Iced Brewed Coffee*

SMALL	3	0	0	0	0	1	0	0	0
MEDIUM	4	0	0	0	0	1	0	0	0
LARGE	5	0	0	0	0	2	0	0	0

### *Cappuccinno*

#### SMALL

Nonfat Milk	60	3	0	0	5	10	0	8	5
2% Milk	92	28	3	2	13	10	0	8	5
Soy Milk	73	19	2	0	0	8	1	6	5
Almond Milk	48	16	2	0	0	7	0	4	1

#### MEDIUM

Nonfat Milk	90	4	0	0	8	14	0	12	8
2% Milk	140	45	5	3	20	15	0	12	8
Soy Milk	110	30	3	1	0	12	1	9	7
Almond Milk	70	25	3	0	0	10	0	6	1

#### LARGE

Nonfat Milk	135	6	0	1	12	21	0	19	12
2% Milk	211	67	7	5	30	22	0	18	12
Soy Milk	165	45	5	1	0	18	1	13	11
Almond Milk	105	38	4	0	0	15	0	9	2

### *Espresso*

SINGLE	5	0	0	0	0	1	0	0	0
DOUBLE	10	0	0	0	0	2	0	0	0
TRIPLE	15	0	0	0	0	3	0	0	0

### *Americano*

SMALL	10	0	0	0	0	2	0	0	0
MEDIUM	10	0	0	0	0	2	0	0	0
LARGE	15	0	0	0	0	3	0	0	0

### *Latte*

#### SMALL

Nonfat Milk	100	5	0	0	9	16	0	14	9
2% Milk	157	50	5	4	23	16	0	14	9
Soy Milk	123	34	4	1	0	13	1	10	8
Almond Milk	78	28	3	0	0	11	0	7	1

#### MEDIUM

Nonfat Milk	130	6	0	0	12	20	0	19	12
2% Milk	206	67	7	5	30	21	0	18	12
Soy Milk	160	45	5	1	0	17	1	13	11
Almond Milk	100	38	4	0	0	14	0	9	2

## THE BASICS: COFFEE

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>LARGE</b>									
Nonfat Milk	165	8	0	1	15	26	0	23	16
2% Milk	260	84	9	6	38	27	0	23	15
Soy Milk	203	56	6	1	0	22	2	17	14
Almond Milk	128	47	5	0	0	18	0	11	2

### *Flavored Latte*

<b>SMALL</b>									
Nonfat Milk	164	5	0	0	9	32	0	30	9
2% Milk	221	50	5	4	23	32	0	29	9
Soy Milk	187	34	4	1	0	29	1	26	8
Almond Milk	142	28	3	0	0	27	0	22	1
<b>MEDIUM</b>									
Nonfat Milk	226	6	0	0	12	44	0	42	12
2% Milk	302	67	7	5	30	45	0	42	12
Soy Milk	256	45	5	1	0	41	1	37	11
Almond Milk	196	38	4	0	0	38	0	33	2
<b>LARGE</b>									
Nonfat Milk	293	8	0	1	15	58	0	55	16
2% Milk	388	84	9	6	38	59	0	54	15
Soy Milk	331	56	6	1	0	53	2	48	14
Almond Milk	256	47	5	0	0	50	0	43	2

### *Flavored Latte (Sugar Free)*

<b>SMALL</b>									
Nonfat Milk	100	5	0	0	9	18	0	14	9
2% Milk	157	50	5	4	23	19	0	14	9
<b>MEDIUM</b>									
Nonfat Milk	130	6	0	0	12	24	0	19	12
2% Milk	206	67	7	5	30	25	0	18	12
<b>LARGE</b>									
Nonfat Milk	165	8	0	1	15	31	0	23	16
2% Milk	260	84	9	6	38	32	0	23	15

### *Iced Latte*

<b>SMALL</b>									
Nonfat Milk	70	2	0	0	6	11	0	9	6
2% Milk	108	34	4	2	15	12	0	9	6
Soy Milk	85	23	2	0	0	10	1	7	5
Almond Milk	55	19	2	0	0	8	0	5	1
<b>MEDIUM</b>									
Nonfat Milk	85	4	0	0	7	14	0	11	7
2% Milk	129	39	4	3	18	14	0	11	7
Soy Milk	103	26	3	1	0	12	1	8	6
Almond Milk	68	22	2	0	0	10	0	5	1
<b>LARGE</b>									
Nonfat Milk	105	5	0	0	9	17	0	14	9
2% Milk	162	50	5	4	23	17	0	14	9
Soy Milk	128	34	4	1	0	14	1	10	8
Almond Milk	83	28	3	0	0	12	0	7	1

# THE BASICS: COFFEE

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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## Iced Flavored Latte

### SMALL

Nonfat Milk	132	2	0	0	5	27	0	25	5
2% Milk	164	28	3	2	13	28	0	25	5
Soy Milk	145	19	2	0	0	26	1	23	5
Almond Milk	120	16	2	0	0	25	0	21	1

### MEDIUM

Nonfat Milk	171	3	0	0	6	36	0	33	6
2% Milk	209	34	4	2	15	36	0	33	6
Soy Milk	186	23	3	0	0	34	1	30	6
Almond Milk	156	19	2	0	0	33	0	28	1

### LARGE

Nonfat Milk	210	4	0	0	8	44	0	41	8
2% Milk	258	42	5	3	19	45	0	41	7
Soy Milk	229	28	3	1	0	42	1	38	7
Almond Milk	192	23	2	0	0	40	0	35	1

## Iced Flavored Latte (Sugar Free)

### SMALL

Nonfat Milk	50	2	0	0	4	11	0	6	4
2% Milk	82	36	4	2	12	10	0	6	4

### MEDIUM

Nonfat Milk	60	3	0	0	5	14	0	8	5
2% Milk	100	45	5	3	15	13	0	8	5

### LARGE

Nonfat Milk	75	3	0	0	6	17	0	9	6
2% Milk	123	54	6	3	18	17	0	10	6

## Mocha

### SMALL

Nonfat Milk	190	14	1	1	8	36	1	33	9
2% Milk	240	55	6	4	20	37	1	33	9
Soy Milk	210	40	4	1	0	34	2	30	8
Almond Milk	170	35	4	1	0	32	1	27	2

### MEDIUM

Nonfat Milk	270	21	2	1	11	52	2	49	13
2% Milk	339	77	8	5	28	53	2	48	12
Soy Milk	298	56	6	2	0	49	3	44	11
Almond Milk	243	49	5	1	0	46	2	40	3

### LARGE

Nonfat Milk	355	27	2	2	14	68	2	64	17
2% Milk	443	98	10	7	35	69	2	63	16
Soy Milk	390	73	8	2	0	65	3	57	15
Almond Milk	320	64	6	1	0	61	2	53	4

## Mocha (Sugar Free)

### SMALL

Nonfat Milk	170	4	0	0	8	38	1	12	9
2% Milk	220	45	5	3	20	39	1	12	9

### MEDIUM

Nonfat Milk	240	6	0	0	11	55	2	17	13
2% Milk	309	62	7	4	28	56	2	17	12

### LARGE

Nonfat Milk	315	7	0	1	14	72	2	22	17
2% Milk	403	78	8	6	35	73	2	21	16

# SIGNATURE COFFEE DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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## Iced Mocha

### SMALL

Nonfat Milk	200	17	2	1	4	41	2	38	6
2% Milk	225	37	4	2	10	41	2	38	6
Soy Milk	210	30	3	1	0	40	2	36	5
Almond Milk	190	28	3	1	0	39	2	35	2

### MEDIUM

Nonfat Milk	265	23	2	1	5	55	2	50	7
2% Milk	297	48	5	3	13	55	2	50	7
Soy Milk	278	39	4	1	0	53	3	48	7
Almond Milk	253	36	4	1	0	52	2	46	3

### LARGE

Nonfat Milk	285	24	2	1	7	58	2	53	9
2% Milk	329	59	6	4	18	58	2	53	9
Soy Milk	303	46	5	2	0	56	3	50	8
Almond Milk	268	42	4	1	0	54	2	47	3

## Iced Mocha (Sugar Free)

### SMALL

Nonfat Milk	120	2	0	0	3	31	1	5	4
2% Milk	139	17	2	1	8	31	1	5	4

### MEDIUM

Nonfat Milk	170	2	0	0	4	44	2	6	6
2% Milk	195	22	2	2	10	44	2	6	6

### LARGE

Nonfat Milk	225	3	0	0	5	59	2	8	7
2% Milk	257	28	3	2	13	59	2	8	7

## Chai Espresso

### SMALL

Nonfat Milk	145	3	0	0	5	31	0	29	5
2% Milk	177	28	3	2	13	31	0	29	5
Soy Milk	158	19	2	0	0	30	1	27	5
Almond Milk	133	16	2	0	0	28	0	25	1

### MEDIUM

Nonfat Milk	199	4	0	0	7	43	0	41	7
2% Milk	244	39	4	3	18	43	0	40	7
Soy Milk	217	26	3	1	0	41	1	38	6
Almond Milk	182	22	2	0	0	39	0	35	1

### LARGE

Nonfat Milk	259	5	0	0	9	55	0	52	9
2% Milk	315	50	5	4	23	56	0	52	9
Soy Milk	281	34	4	1	0	53	1	48	8
Almond Milk	236	28	3	0	0	50	0	45	1

## Chai Espresso (Sugar Free)

### SMALL

Nonfat Milk	64	4	0	0	5	10	0	8	5
2% Milk	96	29	3	2	13	11	0	8	5

### MEDIUM

Nonfat Milk	86	5	0	0	7	14	0	11	7
2% Milk	130	41	4	3	18	14	0	11	7

### LARGE

Nonfat Milk	113	6	0	0	9	18	0	14	10
2% Milk	170	52	6	4	23	19	0	14	9

## SIGNATURE COFFEE DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<i>Chocolate Biscotti Latte</i>									
SMALL									
Nonfat Milk	226	9	1	1	8	47	1	44	9
2% Milk	276	50	5	4	20	48	1	44	8
Soy Milk	246	35	4	1	0	45	1	40	8
Almond Milk	206	30	3	0	0	43	1	38	2
MEDIUM									
Nonfat Milk	332	16	1	1	11	69	1	65	12
2% Milk	401	72	8	5	28	70	1	65	12
Soy Milk	359	51	5	1	0	66	2	60	11
Almond Milk	304	44	4	1	0	64	1	57	2
LARGE									
Nonfat Milk	451	22	2	1	14	95	2	89	16
2% Milk	539	93	10	6	35	96	2	88	15
Soy Milk	486	68	7	2	0	91	3	83	14
Almond Milk	416	59	6	1	0	87	2	78	3

## *Earl Grey Espresso Crème™*

SMALL									
Nonfat Milk	150	2	0	0	4	33	0	31	4
2% Milk	175	22	2	2	10	33	0	31	4
Soy Milk	160	15	2	0	0	32	0	29	4
Almond Milk	140	13	1	0	0	31	0	28	1
MEDIUM									
Nonfat Milk	200	2	0	0	4	33	0	31	4
2% Milk	238	34	4	2	15	44	0	42	6
Soy Milk	215	23	2	0	0	42	1	39	5
Almond Milk	185	19	2	0	0	41	0	37	1
LARGE									
Nonfat Milk	255	4	0	0	7	56	0	53	7
2% Milk	299	39	4	3	18	57	0	53	7
Soy Milk	273	26	3	1	0	54	1	50	6
Almond Milk	238	22	2	0	0	53	0	48	1

## *Earl Grey Espresso Crème™ (Sugar Free)*

SMALL									
Nonfat Milk	50	2	0	0	4	12	0	6	4
2% Milk	75	22	2	2	10	12	0	6	4
MEDIUM									
Nonfat Milk	70	3	0	0	6	16	0	9	6
2% Milk	108	34	4	2	15	17	0	9	6
LARGE									
Nonfat Milk	85	4	0	0	7	20	0	11	7
2% Milk	129	39	4	3	18	21	0	11	7

## *Maté Laté Espresso™*

SMALL									
Nonfat Milk	125	3	0	0	5	26	0	24	5
2% Milk	156	28	3	2	13	26	0	24	5
Soy Milk	137	19	2	0	0	24	1	22	5
Almond Milk	112	16	2	0	0	23	0	20	1
MEDIUM									
Nonfat Milk	171	4	0	0	7	35	0	34	7
2% Milk	215	39	4	3	18	36	0	33	7
Soy Milk	188	26	3	1	0	33	1	30	6
Almond Milk	153	22	2	0	0	32	0	28	1

## SIGNATURE COFFEE DRINKS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
LARGE									
Nonfat Milk	222	5	0	0	9	46	0	43	9
2% Milk	278	50	5	4	23	47	0	43	9
Soy Milk	244	34	4	1	0	43	1	39	8
Almond Milk	199	28	3	0	0	41	0	36	1

### Maté Laté Espresso™ (Sugar Free)

SMALL									
Nonfat Milk	67	4	0	0	5	11	0	8	5
2% Milk	99	30	3	2	13	11	0	8	5
MEDIUM									
Nonfat Milk	90	6	0	0	7	15	0	11	7
2% Milk	134	42	5	3	18	15	0	11	7
LARGE									
Nonfat Milk	118	8	1	0	9	19	0	14	9
2% Milk	175	54	6	4	23	20	0	14	9

### Iced Chai Espresso

SMALL									
Nonfat Milk	164	2	0	0	4	37	0	35	4
2% Milk	187	20	2	1	9	37	0	35	4
Soy Milk	173	13	1	0	0	36	0	34	3
Almond Milk	156	11	1	0	0	35	0	32	1
MEDIUM									
Nonfat Milk	214	2	0	0	5	48	0	45	5
2% Milk	242	25	3	2	11	49	0	45	5
Soy Milk	225	17	2	0	0	47	0	43	4
Almond Milk	202	14	1	0	0	46	0	42	1
LARGE									
Nonfat Milk	259	3	0	0	6	58	0	56	6
2% Milk	315	31	3	2	14	59	0	55	6
Soy Milk	281	21	2	0	0	57	1	53	5
Almond Milk	236	17	2	0	0	55	0	51	1

### Iced Chai Espresso (Sugar Free)

SMALL									
Nonfat Milk	39	2	0	0	3	7	0	4	3
2% Milk	55	15	2	1	6	7	0	4	3
MEDIUM									
Nonfat Milk	51	3	0	0	4	9	0	5	4
2% Milk	73	21	2	1	9	9	0	5	4
LARGE									
Nonfat Milk	68	4	0	0	5	11	0	7	5
2% Milk	96	27	3	2	11	12	0	7	5

### Iced Chocolate Biscotti Latte

SMALL									
Nonfat Milk	276	14	1	1	8	58	1	54	9
2% Milk	326	55	6	4	20	59	1	54	9
Soy Milk	296	40	4	1	0	56	2	51	8
Almond Milk	256	35	4	1	0	54	1	48	2
MEDIUM									
Nonfat Milk	373	20	2	1	10	79	2	73	12
2% Milk	436	71	8	5	25	80	2	73	11
Soy Milk	398	53	6	1	0	76	3	69	11
Almond Milk	348	46	5	1	0	74	2	65	3

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>LARGE</b>									
Nonfat Milk	393	21	2	1	12	82	2	76	14
2% Milk	468	82	9	6	30	83	2	76	13
Soy Milk	423	60	6	2	0	79	3	71	12
Almond Milk	363	53	5	1	0	76	2	67	3

### *Iced Earl Grey Espresso Crème™*

<b>SMALL</b>									
Nonfat Milk	140	2	0	0	3	32	0	30	3
2% Milk	159	17	2	1	8	32	0	30	3
Soy Milk	148	11	1	0	0	31	0	28	3
Almond Milk	133	9	1	0	0	30	0	27	0
<b>MEDIUM</b>									
Nonfat Milk	180	2	0	0	4	40	0	37	4
2% Milk	205	22	2	2	10	41	0	37	4
Soy Milk	190	15	2	0	0	39	0	36	4
Almond Milk	170	13	1	0	0	38	0	34	1
<b>LARGE</b>									
Nonfat Milk	190	3	0	0	5	42	0	39	5
2% Milk	222	28	3	2	13	42	0	39	5
Soy Milk	203	19	2	0	0	41	1	37	5
Almond Milk	178	16	2	0	0	39	0	35	1

### *Iced Earl Grey Espresso Crème™ (Sugar Free)*

<b>SMALL</b>									
Nonfat Milk	30	1	0	0	2	9	0	3	2
2% Milk	43	11	1	1	5	9	0	3	2
<b>MEDIUM</b>									
Nonfat Milk	40	2	0	0	3	12	0	5	3
2% Milk	59	17	2	1	8	12	0	5	3
<b>LARGE</b>									
Nonfat Milk	55	2	0	0	4	16	0	6	4
2% Milk	80	22	2	2	10	16	0	6	4

### *Iced Maté Laté Espresso™*

<b>SMALL</b>									
Nonfat Milk	136	2	0	0	4	30	0	28	4
2% Milk	158	20	2	1	9	30	0	28	4
Soy Milk	144	13	1	0	0	29	0	27	3
Almond Milk	127	11	1	0	0	28	0	25	1
<b>MEDIUM</b>									
Nonfat Milk	177	5	0	0	9	46	0	43	9
2% Milk	205	25	3	2	11	39	0	36	5
Soy Milk	188	17	2	0	0	38	0	34	4
Almond Milk	165	14	1	0	0	37	0	33	1
<b>LARGE</b>									
Nonfat Milk	213	3	0	0	6	47	0	44	6
2% Milk	247	31	3	2	14	47	0	44	6
Soy Milk	226	21	2	0	0	46	1	42	5
Almond Milk	199	17	2	0	0	44	0	40	1

### *Iced Maté Laté Espresso™ (Sugar Free)*

<b>SMALL</b>									
Nonfat Milk	67	4	0	0	5	11	0	8	5
2% Milk	99	30	3	2	13	11	0	8	5

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>MEDIUM</b>									
Nonfat Milk	90	6	0	0	7	15	0	11	7
2% Milk	134	42	5	3	18	15	0	11	7
<b>LARGE</b>									
Nonfat Milk	118	8	1	0	9	19	0	14	9
2% Milk	175	54	6	4	23	20	0	14	9

## THE BASICS: COCOA & EXTRAS

### *Hot Chocolate*

<b>SMALL</b>									
Nonfat Milk	180	14	1	1	8	34	1	33	9
2% Milk	230	55	6	4	20	35	1	33	9
Soy Milk	200	40	4	1	0	32	2	30	8
Almond Milk	160	35	4	1	0	30	1	27	2
<b>MEDIUM</b>									
Nonfat Milk	260	21	2	1	11	50	2	49	13
2% Milk	329	77	8	5	28	51	2	48	12
Soy Milk	288	56	6	1	0	47	3	44	11
Almond Milk	233	49	5	1	0	44	2	40	3
<b>LARGE</b>									
Nonfat Milk	340	27	2	2	14	65	2	64	16
2% Milk	428	98	10	7	35	66	2	63	16
Soy Milk	375	73	8	2	0	62	3	57	15
Almond Milk	305	64	6	1	0	58	2	53	4

### *Hot Chocolate (Sugar Free)*

<b>SMALL</b>									
Nonfat Milk	160	4	0	0	8	36	1	12	9
2% Milk	210	45	5	3	20	37	1	12	9
<b>MEDIUM</b>									
Nonfat Milk	230	6	0	0	11	53	2	17	13
2% Milk	299	62	7	4	28	54	2	17	12
<b>LARGE</b>									
Nonfat Milk	300	7	0	1	14	69	2	22	16
2% Milk	388	78	8	6	35	70	2	21	16

### *Flavored Syrup*

1 Pump	32	0	0	0	0	8	0	8	0
2 Pumps	64	0	0	0	0	16	0	16	0
3 Pumps	96	0	0	0	0	24	0	24	0
4 Pumps	128	0	0	0	0	32	0	31	0

### *Flavored Syrup (Sugar Free)*

1 Pump	0	0	0	0	0	1	0	0	0
2 Pumps	0	0	0	0	0	3	0	0	0
3 Pumps	0	0	0	0	0	4	0	0	0
4 Pumps	0	0	0	0	0	5	0	0	0

### *Chocolate Sauce*

1 Pump	53	5	1	0	0	11	0	11	1
2 Pumps	105	10	1	1	0	23	1	22	2
3 Pumps	158	15	2	1	0	34	1	32	2
4 Pumps	210	20	3	2	0	45	1	43	3

### *Chocolate Sauce (Sugar Free)*

1 Pump	40	0	0	0	0	12	1	0	1
2 Pumps	80	0	0	0	0	24	1	0	2
3 Pumps	120	0	0	0	0	36	2	0	2
4 Pumps	160	0	0	0	0	48	2	0	2

