



NUTRITION

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HEALTHY SIGNATURE DRINKS | WWW.ARGOTEA.COM

SIGNATURE DRINKS

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

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

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 to learn more about our commitment to QualiTea.

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>									
SMALL	133	3	0	0	0	36	0	36	0
MEDIUM	186	4	0	0	0	50	0	50	0
LARGE	240	5	1	0	0	64	0	64	0
<i>Charitea®</i>									
SMALL	143	1	0	0	0	35	0	34	1
MEDIUM	201	1	0	0	0	49	0	48	1
LARGE	258	1	0	0	0	63	0	62	1
<i>Green Tea Ginger Twist®</i>									
SMALL	191	1	0	0	0	47	0	46	0
MEDIUM	245	1	0	0	0	60	0	59	0
LARGE	355	1	0	0	0	88	0	86	0
<i>Hibiscus Steamer™</i>									
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
<i>Pom Tea™</i>									
SMALL	89	3	0	0	0	21	0	21	0
MEDIUM	124	4	0	0	0	30	0	29	0
LARGE	160	6	1	0	0	38	0	38	0
<i>Chocolate Mint</i>									
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
<i>Red Velvet®</i>									
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
LARGE									
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

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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Earl Grey Vanilla Crème™

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	155	18	2	0	0	29	2	24	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	213	26	3	0	0	39	3	32	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	271	34	4	1	0	49	3	40	8

Classic Chai

SMALL

Nonfat Milk	149	4	0	0	5	33	0	33	5
2% Milk	189	30	3	3	13	34	0	33	5
Soy Milk	162	20	2	0	0	32	1	31	5

MEDIUM

Nonfat Milk	209	6	0	0	7	46	0	47	7
2% Milk	253	41	4	3	18	47	0	46	7
Soy Milk	226	28	3	0	0	45	1	44	6

LARGE

Nonfat Milk	268	7	0	0	9	60	0	60	9
2% Milk	325	53	6	4	23	60	0	60	9
Soy Milk	291	37	4	1	0	57	1	56	8

Classic Chai (Sugar Free)

SMALL

Nonfat Milk	54	4	0	0	5	8	0	8	5
2% Milk	86	29	3	2	13	9	0	8	5

MEDIUM

Nonfat Milk	76	5	0	0	7	12	0	11	7
2% Milk	120	41	4	3	18	12	0	11	7

LARGE

Nonfat Milk	98	6	0	0	9	15	0	14	9
2% Milk	155	52	6	4	23	16	0	14	9

Flavored Chai

SMALL

Nonfat Milk	181	4	0	0	5	41	0	41	5
2% Milk	213	30	3	2	13	42	0	41	5
Soy Milk	194	20	2	0	0	40	1	39	5

MEDIUM

Nonfat Milk	273	6	0	0	7	62	0	62	7
2% Milk	317	41	4	3	18	63	0	62	7
Soy Milk	290	28	3	0	0	60	1	59	6

LARGE

Nonfat Milk	365	7	0	0	9	84	0	84	9
2% Milk	421	53	6	4	23	84	0	83	9
Soy Milk	387	37	4	1	0	81	1	79	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	54	4	0	0	5	10	0	8	5
2% Milk	86	29	3	2	13	10	0	8	5

MEDIUM

Nonfat Milk	76	5	0	0	7	15	0	11	7
2% Milk	120	41	4	3	18	15	0	11	7

LARGE

Nonfat Milk	98	6	0	0	9	19	0	14	9
2% Milk	155	52	6	4	23	20	0	14	9

Maté Laté™

SMALL

Nonfat Milk	124	5	0	0	5	25	0	25	5
2% Milk	155	31	3	2	13	26	0	25	5
Soy Milk	136	22	2	0	0	24	1	23	5

MEDIUM

Nonfat Milk	174	7	0	0	7	35	0	35	7
2% Milk	218	43	5	3	18	36	0	35	7
Soy Milk	191	30	3	0	0	33	1	32	6

LARGE

Nonfat Milk	223	10	1	0	9	45	0	45	9
2% Milk	280	55	6	4	23	46	0	45	9
Soy Milk	246	39	4	1	0	43	1	41	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

Tea Latte (Vanilla & 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)
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Tea Latte (Sugar Free Vanilla)

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

Tea Latte (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

Tea Latte (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

Teapuccino®

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	80	2	0	0	0	21	0	21	0
MEDIUM	106	2	0	0	0	29	0	29	0
LARGE	133	3	0	0	0	36	0	36	0

Hibiscus Chiller™

SMALL	59	2	0	0	0	14	0	14	0
MEDIUM	79	2	0	0	0	19	0	19	0
LARGE	99	3	0	0	0	24	0	24	0

Iced Charitea®

SMALL	86	0	0	0	0	21	0	21	0
MEDIUM	115	0	0	0	0	28	0	28	0
LARGE	143	1	0	0	0	35	0	34	1

Iced Green Tea Ginger Twist®

SMALL	137	0	0	0	0	34	0	33	0
MEDIUM	164	1	0	0	0	41	0	40	0
LARGE	247	1	0	0	0	62	0	60	0

Iced Pom Tea™

SMALL	53	2	0	0	0	13	0	13	0
MEDIUM	71	2	0	0	0	17	0	17	0
LARGE	89	3	0	0	0	21	0	21	0

MojiTea®

SMALL	103	2	0	0	0	25	0	24	0
MEDIUM	137	3	0	0	0	33	0	33	0
LARGE	172	4	0	0	0	42	0	42	0

Tea Sangria®

SMALL	77	1	0	0	0	23	1	21	0
MEDIUM	94	2	0	0	0	28	1	27	0
LARGE	111	2	0	0	0	33	1	32	0

Tea Sparkle®

SMALL	96	0	0	0	0	24	0	24	0
MEDIUM	128	0	0	0	0	32	0	31	0
LARGE	160	0	0	0	0	40	0	39	0

Tea Squeeze®

SMALL	101	1	0	0	0	29	0	27	0
MEDIUM	135	1	0	0	0	38	0	36	0
LARGE	168	2	0	0	0	48	0	45	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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Bubble Tea

SMALL

Nonfat Milk	239	6	1	0	2	56	0	56	2
2% Milk	251	17	2	1	5	56	0	56	2
Soy Milk	244	13	1	0	0	56	0	55	2

MEDIUM

Nonfat Milk	281	7	1	0	3	66	0	65	3
2% Milk	300	22	2	1	8	66	0	65	3
Soy Milk	288	17	2	0	0	65	0	64	3

LARGE

Nonfat Milk	323	7	1	0	4	75	0	75	4
2% Milk	348	28	3	2	10	75	0	74	4
Soy Milk	333	20	2	0	0	74	0	73	4

Iced Classic Chai

SMALL

Nonfat Milk	89	2	0	0	3	20	0	20	3
2% Milk	108	18	2	1	8	20	0	20	3
Soy Milk	97	12	1	0	0	19	0	19	3

MEDIUM

Nonfat Milk	119	3	0	0	4	27	0	27	4
2% Milk	144	24	3	2	10	27	0	26	4
Soy Milk	129	16	2	0	0	25	0	25	4

LARGE

Nonfat Milk	149	4	0	0	5	33	0	33	5
2% Milk	181	30	3	2	13	34	0	33	5
Soy Milk	162	20	2	0	0	32	1	31	5

Iced Classic Chai (Sugar Free)

SMALL

Nonfat Milk	33	2	0	0	3	5	0	5	3
2% Milk	52	17	2	1	8	5	0	5	3

MEDIUM

Nonfat Milk	44	3	0	0	4	7	0	6	4
2% Milk	69	23	2	2	10	7	0	6	4

LARGE

Nonfat Milk	54	4	0	0	5	8	0	8	5
2% Milk	86	29	3	2	13	9	0	8	5

Iced Flavored Chai (Vanilla)

SMALL

Nonfat Milk	107	2	0	0	3	25	0	25	3
2% Milk	122	15	2	1	6	25	0	24	2
Soy Milk	113	10	1	0	0	24	0	23	2

MEDIUM

Nonfat Milk	168	3	0	0	4	39	0	39	4
2% Milk	191	21	2	1	9	39	0	39	3
Soy Milk	177	14	2	0	0	38	0	37	3

LARGE

Nonfat Milk	230	4	0	0	5	54	0	54	5
2% Milk	259	27	3	2	11	54	0	53	4
Soy Milk	242	18	2	0	0	52	0	51	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)
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Iced Flavored Chai (Sugar Free Vanilla)

SMALL									
Nonfat Milk	27	2	0	0	3	6	0	4	3
2% Milk	43	15	2	1	6	6	0	4	3
MEDIUM									
Nonfat Milk	38	2	0	0	4	9	0	5	4
2% Milk	60	20	2	1	9	9	0	5	4
LARGE									
Nonfat Milk	49	3	0	0	5	12	0	7	5
2% Milk	77	26	3	2	11	12	0	7	5

Iced Flavored Chai (Chocolate)

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	67	2	0	0	3	16	1	4	3
2% Milk	83	15	2	1	6	16	1	4	3
MEDIUM									
Nonfat Milk	118	2	0	0	4	30	1	5	5
2% Milk	140	20	2	1	9	30	1	5	5
LARGE									
Nonfat Milk	169	3	0	0	5	44	2	7	6
2% Milk	197	26	3	2	11	44	2	7	6

Iced Maté Laté™

SMALL									
Nonfat Milk	74	3	0	0	3	15	0	15	3
2% Milk	93	18	2	1	8	15	0	15	3
Soy Milk	82	13	1	0	0	14	0	14	3
MEDIUM									
Nonfat Milk	99	4	0	0	4	20	0	20	4
2% Milk	124	25	3	2	10	20	0	20	4
Soy Milk	109	17	2	0	0	19	0	18	4
LARGE									
Nonfat Milk	124	5	0	0	5	25	0	25	5
2% Milk	155	31	3	2	13	26	0	25	5
Soy Milk	136	22	2	0	0	24	1	23	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>Iced Maté Laté™ (Sugar free)</i>									
SMALL									
Nonfat Milk	34	3	0	0	3	5	0	5	3
2% Milk	53	18	2	1	8	6	0	5	3
MEDIUM									
Nonfat Milk	46	4	0	0	4	7	0	6	4
2% Milk	71	24	3	2	10	8	0	6	4
LARGE									
Nonfat Milk	57	4	0	0	5	9	0	8	5
2% Milk	89	30	3	2	13	9	0	8	5

SMOOTEA®

<i>Hibiscus Sangria</i>									
SMALL	127	3	0	0	0	31	1	29	0
MEDIUM	166	4	1	0	0	41	1	38	0
LARGE	194	4	1	0	0	48	3	44	0

Fruit (Blueberry, Mango, Strawberry)

SMALL	212	43	6	3	17	40	1	35	2
MEDIUM	280	70	9	5	28	48	1	42	3
LARGE	385	98	13	8	39	66	3	56	4

Chai

SMALL	238	42	5	3	17	47	0	46	1
MEDIUM	330	69	9	5	28	62	0	59	2
LARGE	422	96	12	8	39	77	0	73	3

Chai (Sugar Free)

SMALL	62	41	5	3	17	7	0	0	1
MEDIUM	102	69	9	5	28	9	0	0	2
LARGE	142	96	12	8	39	12	0	0	3

Pom Strawberry

SMALL	234	4	1	0	0	57	0	57	0
MEDIUM	298	5	1	0	0	73	0	72	0
LARGE	403	6	1	0	0	99	0	98	1

Almond Mateccino

SMALL	212	43	5	3	17	40	0	37	1
MEDIUM	297	70	9	5	28	53	0	49	2
LARGE	382	98	13	8	39	66	0	60	3

Almond Mateccino (Sugar Free)

SMALL	64	42	5	3	17	7	0	0	1
MEDIUM	105	69	9	5	28	10	0	0	2
LARGE	145	97	12	8	39	13	0	0	3

SMOOTEA®

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<i>Vanilla Matcha</i>									
SMALL	198	34	4	2	15	35	0	34	6
MEDIUM	264	45	5	3	20	46	0	45	8
LARGE	330	56	6	4	25	58	0	57	10

Vanilla Matcha (Sugar Free)

SMALL	98	34	4	2	15	14	0	9	6
MEDIUM	130	45	5	3	20	18	0	12	8
LARGE	163	56	6	4	25	23	0	15	10

THE BASICS: TEA*Tea Varietals*

SMALL	0	0	0	0	0	0	0	0	0
MEDIUM	0	0	0	0	0	0	0	0	0
LARGE	0	0	0	0	0	0	0	0	0

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	3	0	0	0	0	1	0	0	0
LARGE	4	0	0	0	0	1	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
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
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

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

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)
<i>Americano</i>									
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
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
LARGE									
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

Flavored Latte

SMALL									
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
MEDIUM									
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
LARGE									
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

Flavored Latte (Sugar Free)

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

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)
<i>Iced Latte</i>									
SMALL									
Nonfat Milk	50	2	0	0	4	8	0	6	4
2% Milk	75	22	2	2	10	8	0	6	4
Soy Milk	60	15	2	0	0	7	0	4	4
MEDIUM									
Nonfat Milk	70	3	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
LARGE									
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

Iced Flavored Latte

SMALL									
Nonfat Milk	114	2	0	0	4	24	0	22	4
2% Milk	146	36	4	2	12	23	0	22	4
Soy Milk	126	16	2	0	0	22	2	16	4
MEDIUM									
Nonfat Milk	156	3	0	0	5	33	0	31	5
2% Milk	196	45	5	3	15	33	0	32	5
Soy Milk	171	20	3	0	0	31	2	24	5
LARGE									
Nonfat Milk	203	3	0	0	6	44	0	41	6
2% Milk	251	54	6	3	18	43	0	41	6
Soy Milk	221	24	3	0	0	41	2	32	6

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
MEDIUM									
Nonfat Milk	270	21	2	1	11	52	2	49	13
2% Milk	339	77	8	5	28	53	2	48	122
Soy Milk	298	56	6	2	0	49	3	44	11
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

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)
<i>Mocha (Sugar Free)</i>									
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

Iced Mocha

SMALL									
Nonfat Milk	140	12	1	1	3	29	1	26	4
2% Milk	159	27	3	2	8	29	1	26	4
Soy Milk	148	21	2	1	0	28	1	24	4
MEDIUM									
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
LARGE									
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

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

Frappé (Vanilla & Caramel)

SMALL									
Nonfat Milk	168	2	0	0	3	38	0	36	3
2% Milk	187	17	2	1	8	39	0	36	3
Soy Milk	176	11	1	0	0	37	0	35	3
MEDIUM									
Nonfat Milk	210	2	0	0	4	48	0	45	4
2% Milk	236	22	2	2	10	48	0	45	4
Soy Milk	220	15	2	0	0	47	0	44	4
LARGE									
Nonfat Milk	257	3	0	0	5	58	0	55	5
2% Milk	289	28	3	2	13	59	0	55	5
Soy Milk	270	19	2	0	0	57	1	53	5

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)
<i>Frappé (Sugar Free Vanilla)</i>									
SMALL									
Nonfat Milk	40	2	0	0	3	12	0	5	3
2% Milk	59	17	2	1	8	12	0	5	3
MEDIUM									
Nonfat Milk	50	2	0	0	4	15	0	6	4
2% Milk	75	22	2	2	10	15	0	6	4
LARGE									
Nonfat Milk	65	3	0	0	5	19	0	8	5
2% Milk	97	28	3	2	13	19	0	8	5

Frappé (Chocolate)

SMALL									
Nonfat Milk	207	12	1	1	3	45	1	42	4
2% Milk	226	27	3	2	8	45	1	42	4
Soy Milk	214	21	2	1	0	44	1	41	4
MEDIUM									
Nonfat Milk	300	17	2	1	4	66	2	63	6
2% Milk	325	37	4	2	10	66	2	63	6
Soy Milk	310	30	3	1	0	65	2	61	5
LARGE									
Nonfat Milk	398	23	2	1	5	88	2	83	7
2% Milk	430	48	5	3	13	88	2	83	7
Soy Milk	411	39	4	1	0	87	3	81	7

Frappé (Sugar Free Chocolate)

SMALL									
Nonfat Milk	207	12	1	1	3	45	1	42	4
2% Milk	226	27	3	2	8	45	1	42	4
MEDIUM									
Nonfat Milk	300	17	2	1	4	66	2	63	6
2% Milk	325	37	4	2	10	66	2	63	6
LARGE									
Nonfat Milk	398	23	2	1	5	88	2	83	7
2% Milk	430	48	5	3	13	88	2	83	7

Carmelotto Macchiato

SMALL									
Nonfat Milk	236	9	1	1	8	49	1	47	9
2% Milk	286	50	5	4	20	50	1	47	8
Soy Milk	256	35	4	1	0	47	1	43	8
MEDIUM									
Nonfat Milk	345	16	1	1	11	72	1	69	12
2% Milk	414	72	8	5	28	73	1	69	12
Soy Milk	372	51	5	1	0	69	2	64	11
LARGE									
Nonfat Milk	468	22	2	1	14	98	2	94	16
2% Milk	556	93	10	6	35	99	2	93	15
Soy Milk	503	68	7	2	0	94	3	88	14

SIGNATURE HOT 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>Chai Espresso</i>									
SMALL									
Nonfat Milk	159	4	0	0	5	35	0	33	5
2% Milk	191	30	3	2	13	36	0	33	5
Soy Milk	172	20	2	0	0	34	1	31	5
MEDIUM									
Nonfat Milk	219	6	0	0	7	48	0	47	7
2% Milk	263	41	4	3	18	49	0	46	7
Soy Milk	236	28	3	1	0	47	1	44	6
LARGE									
Nonfat Milk	283	7	0	0	9	63	0	60	9
2% Milk	340	53	6	4	23	63	0	60	9
Soy Milk	306	37	4	1	0	60	1	56	8

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

Chocolate Biscotti Latte

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
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
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

Chocolate Mint Latte

SMALL									
Nonfat Milk	233	9	1	1	8	48	1	46	9
2% Milk	283	50	5	4	20	49	1	46	8
Soy Milk	253	35	4	1	0	46	1	42	8
MEDIUM									
Nonfat Milk	341	16	1	1	11	71	1	68	12
2% Milk	410	72	8	5	28	72	1	67	12
Soy Milk	368	51	5	1	0	68	2	63	11A
LARGE									
Nonfat Milk	463	22	2	1	14	96	2	92	16
2% Milk	551	93	10	6	35	98	2	92	15
Soy Milk	498	68	7	2	0	93	3	86	14

SIGNATURE HOT 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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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	4A

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

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

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	134	5	0	0	5	27	0	25	5
2% Milk	165	31	3	2	13	28	0	25	5
Soy Milk	146	22	2	0	0	26	1	23	5

MEDIUM

Nonfat Milk	184	7	1	0	7	37	0	35	7
2% Milk	228	43	5	3	18	38	0	35	7
Soy Milk	201	30	3	1	0	35	1	32	6

LARGE

Nonfat Milk	238	10	1	0	9	48	0	45	9
2% Milk	295	55	6	4	23	49	0	45	9
Soy Milk	261	39	4	1	0	46	1	41	8

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

SIGNATURE ICED 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 Carmelotto Macchiato

SMALL

Nonfat Milk	206	8	1	0	5	45	1	42	6
2% Milk	238	33	4	2	13	45	1	42	5
Soy Milk	219	24	3	1	0	43	1	40	5

MEDIUM

Nonfat Milk	305	14	1	1	7	66	1	63	8
2% Milk	349	49	5	3	18	66	1	63	8
Soy Milk	322	36	4	1	0	64	2	60	7

LARGE

Nonfat Milk	418	20	2	1	9	90	2	86	11
2% Milk	475	65	7	4	23	91	2	86	10
Soy Milk	441	49	5	1	0	88	2	82	10

Iced Chai Espresso

SMALL

Nonfat Milk	134	3	0	0	3	31	0	29	3
2% Milk	150	16	2	1	6	32	0	29	3
Soy Milk	140	11	1	0	0	31	0	28	2

MEDIUM

Nonfat Milk	184	4	0	0	4	43	0	41	4
2% Milk	206	22	2	1	9	43	0	41	4
Soy Milk	192	15	2	0	0	42	0	40	3

LARGE

Nonfat Milk	238	5	0	0	5	56	0	53	5
2% Milk	267	28	3	2	11	56	0	53	5
Soy Milk	250	20	2	0	0	55	0	51	4

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	196	8	1	0	5	43	1	39	6
2% Milk	228	33	4	2	13	43	1	39	5
Soy Milk	209	24	3	1	0	41	1	37	5

MEDIUM

Nonfat Milk	292	14	1	1	7	63	1	59	8
2% Milk	336	49	5	3	18	64	1	59	8
Soy Milk	309	36	4	1	0	61	2	56	7

LARGE

Nonfat Milk	401	20	2	1	9	87	2	81	11
2% Milk	458	65	7	4	23	88	2	81	10
Soy Milk	424	49	5	1	0	85	2	77	10

SIGNATURE ICED 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 Chocolate Mint Latte

SMALL

Nonfat Milk	233	9	1	1	8	48	1	46	9
2% Milk	283	50	5	4	20	49	1	46	8
Soy Milk	253	35	4	1	0	46	1	42	8

MEDIUM

Nonfat Milk	341	16	1	1	11	71	1	68	12
2% Milk	410	72	8	5	28	72	1	67	12
Soy Milk	368	51	5	1	0	68	2	63	11

LARGE

Nonfat Milk	463	22	2	1	14	96	2	92	16
2% Milk	551	93	10	6	35	98	2	92	15
Soy Milk	498	68	7	2	0	93	3	86	14

Iced Earl Grey Espresso Crème™

SMALL

Nonfat Milk	130	1	0	0	2	30	0	28	2
2% Milk	143	11	1	1	5	30	0	28	2
Soy Milk	135	8	1	0	0	30	0	27	2

MEDIUM

Nonfat Milk	170	2	0	0	3	39	0	37	3
2% Milk	189	17	2	1	8	39	0	37	3
Soy Milk	178	11	1	0	0	38	0	36	3

LARGE

Nonfat Milk	225	2	0	0	4	52	0	49	4
2% Milk	250	22	2	2	10	52	0	49	4
Soy Milk	235	15	2	0	0	51	0	47	4

Iced Earl Grey Espresso Crème™ (Sugar Free)

SMALL

Nonfat Milk	30	1	0	0	2	9	0	3	2
2% Milk	43	11	1	1	5	9	0	3	2

MEDIUM

Nonfat Milk	40	2	0	0	3	12	0	5	3
2% Milk	59	17	2	1	8	12	0	5	3

LARGE

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™

SMALL

Nonfat Milk	109	4	0	0	3	23	0	21	3
2% Milk	125	17	2	1	6	24	0	21	3
Soy Milk	115	12	1	0	0	23	0	20	2

MEDIUM

Nonfat Milk	149	6	1	0	4	32	0	30	4
2% Milk	171	24	3	1	9	32	0	30	4
Soy Milk	157	17	2	0	0	31	0	28	3

LARGE

Nonfat Milk	193	10	1	0	9	48	0	45	9
2% Milk	221	30	3	2	11	42	0	38	5
Soy Milk	204	22	2	0	0	40	0	36	4

SIGNATURE ICED 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 Maté Laté Espresso™ (Sugar Free)

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

THE BASICS: COCOA & EXTRAS

Hot Chocolate

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
SMALL									
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
MEDIUM									
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
LARGE									
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

Hot Chocolate (Sugar Free)

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
SMALL									
Nonfat Milk	160	4	0	0	8	36	1	12	9
2% Milk	210	45	5	3	20	37	1	12	9
MEDIUM									
Nonfat Milk	230	6	0	0	11	53	2	17	13
2% Milk	299	62	7	4	28	54	2	17	12
LARGE									
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

THE BASICS COCOA & EXTRAS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<i>Chocolate Sauce</i>									
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	53	5	1	0	0	11	0	11	1
2 Pumps	105	10	1	1	0	23	1	22	2
3 Pumps	120	0	0	0	0	36	2	0	2
4 Pumps	160	0	0	0	0	48	2	0	2

SEASONAL SIGNATURE

ValenTea Passion® (Hot)

SMALL	113	2	0	0	0	33	0	33	0
MEDIUM	173	2	0	0	0	50	0	67	0
LARGE	233	3	1	0	0	67	0	67	0

ValenTea Passion® (Iced)

SMALL	68	1	0	0	0	20	0	20	0
MEDIUM	99	1	0	0	0	29	0	38	0
LARGE	130	2	1	0	0	38	0	38	0

