

Espresso Drinks

Americano Espresso with hot water									
Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Americano									
12oz	0	0	0	0	10mg	0	0	0	1%
16oz	0	0	0	0	10mg	0	0	0	1%
20oz	0	0	0	0	15mg	0	0	0	1%

Caffe Latte Espresso and steamed milk									
Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Caffe Latte									
12oz	100	4g	2g	15mg	100mg	10g	0	7g	25%
16oz	142	5g	3g	21mg	140mg	14g	0	9g	35%
20oz	184	7g	4g	28mg	185mg	18g	0	12g	45%
Skim Milk Caffe Latte									
12oz	80	0	0	5mg	105mg	12g	9g	7g	25%
16oz	110	0	0	5mg	150mg	17g	13g	10g	35%
20oz	150	.5g	0	5mg	190mg	22g	16g	13g	45%
Soy Milk Caffe Latte									
12oz	100	3g	0	0	105mg	11g	8g	6g	20%
16oz	140	4g	.5g	0	150mg	16g	11g	9g	30%
20oz	180	6g	1g	0	200mg	20g	15g	11g	40%

Cappuccino Espresso, steamed milk, frothed milk									
Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Cappuccino									
12oz	50	2g	1g	8mg	50mg	5g	0	3g	12%
16oz	70	3g	2g	10mg	65mg	7g	0	5g	15%
20oz	85	4g	3g	13mg	85mg	8g	0	6g	20%
Skim Milk Cappuccino									
12oz	60	0	0	0	55mg	9g	4g	4g	15%
16oz	80	0	0	0	70mg	13g	6g	5g	15%
20oz	90	0	0	0	90mg	14g	7g	6g	20%
Soy Cappuccino									
12oz	60	1.5g	0	0	55mg	8g	4g	3g	10%
16oz	90	2g	0	0	70mg	12g	5g	4g	15%
20oz	100	2.5g	0	0	90mg	13g	7g	5g	20%

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Caramel Latte Macchiato
Espresso poured over frothed milk with vanilla flavor and caramel

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Caramel Latte Macchiato									
12oz	165	4g	2g	13mg	130mg	28g	15g	6g	20%
16oz	230	5g	3g	19mg	170mg	38g	21g	8g	30%
20oz	315	7g	4g	24mg	200mg	53g	33g	11g	40%
Skim Milk Caramel Latte Macchiato									
12oz	180	0.5g	0	5mg	135mg	37g	31g	6g	20%
16oz	240	1g	.5g	5mg	170mg	48g	40g	8g	30%
20oz	300	1g	.5g	10mg	210mg	59g	50g	11g	40%
Soy Milk Caramel Latte Macchiato									
12oz	200	3g	.5g	0	135mg	36g	30g	5g	20%
16oz	260	4g	1g	0	180mg	47g	39g	8g	25%
20oz	330	5g	1g	0	220mg	57g	48g	10g	35%

Caramel Mocha Latte
Caffe Latte with caramel and dark chocolate

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Caramel Mocha Latte									
12oz	190	4g	2g	13mg	160mg	34g	21g	6g	20%
16oz	275	5g	3g	18mg	230mg	50g	31g	9g	30%
20oz	365	7g	4g	23mg	305mg	67g	41g	12g	40%
Skim Milk Caramel Mocha Latte									
12oz	160	1g	<1g	3	160mg	34g	28g	6g	20%
16oz	240	1g	<1g	4	236mg	50g	40g	9g	30%
20oz	317	1g	<1g	5	310mg	67g	55g	12g	38%

Dark Mocha Latte
Caffe Latte with dark chocolate

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Mocha Latte									
12oz	190	3g	2g	13mg	152mg	34g	24g	7g	20%
16oz	275	5g	5g	18mg	220mg	50g	36g	10g	30%
20oz	360	6g	4g	23mg	290mg	66g	48g	13g	38%
Skim Milk Mocha Latte									
12oz	180	2g	1.5g	5mg	90mg	34g	29g	7g	20%
16oz	260	3g	2g	5mg	125mg	50g	42g	10g	30%
20oz	340	4g	2.5g	5mg	160mg	66g	56g	13g	40%
Soy Milk Mocha Latte									
12oz	190	4g	1.5g	0	90mg	33g	28g	6g	20%
16oz	280	6g	2.5g	0	125mg	49g	41g	9g	25%
20oz	370	8g	3g	0	160mg	65g	55g	12g	35%

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Vanilla Latte
Caffe Latte with vanilla flavor (other flavors available)

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Vanilla Latte									
12oz	140	3.5g	2g	20mg	90mg	21g	12g	6g	22%
16oz	210	5g	3g	20mg	130mg	30g	18g	9g	32%
20oz	270	6.5g	4g	25mg	170mg	40g	24g	11g	41%
Skim Milk Vanilla Latte									
12oz	110	0	0	<5mg	95mg	21g	20g	6g	23%
16oz	170	0	0	<5mg	135mg	31g	29g	9g	32%
20oz	220	.5g	0	5mg	180mg	40g	39g	12g	40%
Soy Milk Vanilla Latte									
12oz	120	2.5g	0g	0	90mg	19g	19g	5g	0
16oz	180	4g	.5g	0	125mg	28g	27g	7g	0
20oz	250	5g	5g	0	180mg	39g	37g	10g	0

White Mocha Latte
Caffe Latte with white chocolate

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
White Mocha Latte									
12oz	190	6g	5g	13mg	160mg	35g	24g	6g	20%
16oz	270	9g	7g	18mg	232mg	52g	36g	8g	30%
20oz	365	12g	9g	23mg	305mg	69g	48g	10g	35%
Skim Milk White Mocha Latte									
12oz	180	3g	3g	5mg	100mg	31g	26g	6g	20%
16oz	260	5g	5g	5mg	150mg	46g	39g	8g	30%
20oz	350	6g	6g	5mg	190mg	61g	52g	11g	40%
Soy Milk White Mocha Latte									
12oz	190	5g	3g	0	105mg	30g	26g	5g	20%
16oz	290	8g	5g	0	150mg	45g	38g	7g	25%
20oz	380	10g	6g	0	190mg	60g	50g	10g	35%

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Brewed Coffee

Brewed Coffee
Brewed from fresh roasted coffee beans

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Brewed Coffee									
12oz	10	0	0	0	10mg	1g	0	0	1%
16oz	10	0	0	0	10mg	2g	0	0	1%
20oz	10	0	0	0	10mg	2g	0	0	1%

Coffee with Steamed Milk
Brewed coffee with steamed milk

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Coffee with Steamed 2% milk									
12oz	60	2g	1.5g	10mg	60mg	6g	0	4g	14%
16oz	70	3g	2g	10mg	75mg	8g	0	5g	18%
20oz	100	4g	2.5g	15mg	105mg	11g	0	7g	25%
Coffee with Steamed Skim milk									
12oz	40	0	0	<5mg	60mg	6g	5g	4g	14%
16oz	55	0	0	<5mg	80mg	8g	6g	5g	18%
20oz	75	0	0	<5mg	110mg	11g	9g	7g	25%
Coffee with Steamed Soy Milk									
12oz	50	1.5g	0	0	60mg	5g	4g	3g	0
16oz	60	2g	0	0	70mg	7g	5g	4g	0
20oz	90	3g	0	0	100mg	9g	7g	6g	0

Depth Charge
Brewed coffee with double espresso added

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Depth Charge									
12oz	5	0	0	0	5mg	1g	0	0	1%
16oz	10	0	0	0	10mg	2g	0	0	1%
20oz	10	0	0	0	10mg	2g	0	0	1%

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Favorites

Chocolate Steamed Nirvana Cold press coffee, steamed milk, cream, chocolate and hazelnut flavor

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Chocolate Steamed Nirvana									
12oz	205	3g	2g	11mg	118mg	39g	33g	5g	10%
16oz	325	5g	3g	18mg	184mg	63g	53g	8g	15%
20oz	445	7g	4g	25mg	250mg	86g	73g	11g	25%
Skim Chocolate Steamed Nirvana									
12oz	180	2g	1.5g	0	55mg	38g	35g	5g	15%
16oz	290	3g	2g	5mg	85mg	61g	56g	7g	20%
20oz	390	4g	2.5g	5mg	120mg	83g	76g	10g	30%
Soy Chocolate Steamed Nirvana									
12oz	190	3g	1.5g	0	55mg	38g	34g	4g	10%
16oz	300	5g	2g	0	90mg	60g	55g	7g	20%
20oz	420	7g	3g	0	120mg	82g	75g	10g	25%

Hot Chocolate Steamed milk and chocolate

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Hot Chocolate									
12oz	260	4g	2.5g	16mg	170mg	47g	36g	9g	25%
16oz	380	6g	4g	23mg	250mg	71g	54g	12g	35%
20oz	505	8g	5g	30mg	330mg	94g	72g	16g	45%
Skim Hot Chocolate									
12oz	230	2g	1.5g	5mg	110mg	46g	43g	8g	25%
16oz	340	3g	2g	5mg	160mg	68g	63g	12g	40%
20oz	450	4g	3g	5mg	200mg	90g	84g	16g	50%

Hot Spiced Apple Cider A seasonal specialty

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Hot Spiced Apple Cider									
12oz	160	0	0	0	80mg	37g	37g	0	0
16oz	215	0	0	0	105mg	51g	51g	0	0
20oz	275	0	0	0	135mg	65g	65g	0	0

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Tea

Chai Tea Latte
Sweetened spiced tea with steamed milk

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Chai Tea Latte									
12oz	120	3g	2g	10mg	80mg	20g	13g	5g	15%
16oz	165	4g	2g	15mg	110mg	27g	17g	7g	25%
20oz	210	5g	3g	19mg	140mg	34g	22g	8g	30%
Skim Milk Chai Tea Latte									
12oz	100	0	0	5mg	80mg	20g	19g	5g	20%
16oz	140	0	0	5mg	115mg	27g	25g	7g	25%
20oz	170	0	0	5mg	150mg	34g	33g	9g	30%
Soy Milk Chai Tea Latte									
12oz	100	0	0	5mg	80mg	20g	19g	5g	20%
16oz	140	0	0	5mg	115mg	27g	25g	7g	25%
20oz	170	0	0	5mg	150mg	34g	33g	9g	30%

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Blended IceCrema
Frappe based blended drink with cold press coffee

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Coffee IceCrema									
12oz	200	8g	5g	15mg	140mg	30g	26g	1g	0
16oz	260	10g	7g	20mg	190mg	41g	35g	1g	0
24oz	400	16g	11g	30mg	280mg	61g	53g	2g	0
Skim Milk Coffee IceCrema									
12oz	160	2.5g	2.5g	0	140mg	31g	31g	3g	6%
16oz	210	3g	3g	0	190mg	41g	41g	3g	8%
24oz	320	5g	5g	0	280mg	62g	61g	5g	10%

Caramel IceCrema
Frappe based blended drink with cold press coffee and caramel

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Caramel IceCrema									
12oz	190	7g	5g	15mg	135mg	29g	25g	1g	0
16oz	350	11g	7g	20mg	260mg	65g	51g	1g	0
24oz	535	16g	11g	30mg	400mg	99g	77g	2g	0
Skim Milk Caramel IceCrema									
12oz	230	3g	3g	0	200mg	50g	43g	2g	5%
16oz	300	4g	3g	0	190mg	65g	56g	3g	7%
24oz	460	6g	5g	2mg	390mg	100g	85g	5g	10%

Caramel Mocha IceCrema
Frappe based blended drink with cold press coffee, caramel, and chocolate

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Caramel Mocha IceCrema									
12oz	300	8g	6g	15mg	180mg	55g	46g	2g	0
16oz	400	11g	8g	20mg	210mg	74g	64g	2g	0
24oz	640	17g	12g	30mg	340mg	119g	101g	4g	0
Skim Milk Caramel Mocha IceCrema									
12oz	280	4g	3g	5mg	190mg	58g	53g	3g	6%
16oz	370	5g	4g	5mg	220mg	77g	71g	4g	6%
24oz	580	8g	7g	5mg	350mg	122g	111g	6g	10%

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Chai Tea IceCrema
 Frappe based blended beverage with milk and Chai Tea

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Chai IceCrema									
12oz	230	5g	4g	10mg	120mg	44g	41g	1g	0
16oz	410	11g	8g	20mg	230mg	74g	67g	2g	0
24oz	740	18g	14g	30mg	450mg	138g	124g	3g	0
Skim Milk Chai IceCrema									
12oz	210	2g	2g	0	120mg	45g	41g	2g	4%
16oz	350	4g	4g	0	230mg	75g	68g	4g	6%
24oz	660	8g	8g	0	450mg	139g	125g	6g	10%
Soy Milk Chai IceCrema									
12oz	210	2.5g	2g	0	120mg	45g	41g	2g	4%
16oz	360	5g	4g	0	230mg	75g	68g	3g	6%
24oz	670	9g	8g	0	450mg	139g	125g	6g	10%

Mocha IceCrema
 Frappe based blended drink with cold press coffee and chocolate

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Mocha IceCrema									
12oz	300	8g	6g	15mg	210mg	55g	50g	3g	0
16oz	420	10g	7g	20mg	290mg	79g	71g	4g	0
24oz	650	16g	11g	30mg	450mg	124g	112g	6g	0
Skim Milk Mocha IceCrema									
12oz	260	2g	2g	0	210mg	56g	54g	4g	5%
16oz	370	3g	3g	0	290mg	80g	77g	6g	7%
24oz	580	5g	5g	2mg	450mg	125g	120g	9g	10%

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Fruit Smoothies

Fruit Smoothies
Real fruit loaded with vitamins! Wildberry, Strawberry, and Mango

Drink	Calories	Total Fat	Sugar	Carbohydrate	Dietary Fiber	Vitamin C % Daily Value	Protein
Mango							
12oz	190	0	33g	43.5g	375mg	112.50%	0
16oz	250	0	44g	58g	500mg	150%	0
24oz	370	0	66g	87g	750mg	225%	0
Strawberry							
12oz	190	0	33g	43.5g	315mg	112.50%	0
16oz	250	0	44g	58g	420mg	150%	0
24oz	370	0	66g	87g	630mg	225%	0
Wildberry							
12oz	190	0	33g	43.5g	240mg	112.50%	0
16oz	250	0	44g	58g	320mg	150%	0
24oz	370	0	66g	87g	480mg	225%	0

Strawberry Pink Freeze
Strawberry smoothie blended with IceCrema

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Strawberry Pink Freeze									
12oz	310	6g	4g	15mg	150mg	60g	55g	3g	6%
16oz	360	7g	5g	20mg	170mg	70g	62g	3g	7%
24oz	580	11g	7g	28mg	270mg	116g	104g	5g	10%

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Iced Drinks

Cold Press Iced Coffee
Cold press extracted coffee

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Cold Press Coffee									
12oz	10	0	0	0	10mg	1g	0	0	1%
16oz	10	0	0	0	10mg	2g	0	0	1%
20oz	10	0	0	0	10mg	2g	0	0	1%

Iced Caramel Latte Macchiato
Espresso flavored with vanilla served on ice with caramel drizzle

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Iced Caramel Latte Macchiato									
12oz	140	3g	2g	10mg	100mg	25g	15g	4g	15%
16oz	200	4g	3g	15mg	140mg	35g	21g	7g	24%
24oz	310	7g	4g	24mg	200mg	53g	33g	11g	40%
Skim Milk Iced Latte Macchiato									
12oz	120	.5g	0	2mg	100mg	25g	20g	4g	15%
16oz	170	1g	.5g	4mg	140mg	35g	30g	7g	24%
24oz	265	1g	.5g	6mg	210mg	53g	47g	11g	40%

Iced Chai
Sweetened spiced tea with milk over ice

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Iced Chai									
12oz	90	2g	1g	6mg	50mg	15g	11g	3g	10%
16oz	130	6g	1.5g	10mg	75mg	23g	17g	4g	15%
24oz	190	4g	2g	15mg	115mg	33g	23g	7g	25%
Skim Milk Iced Chai									
12oz	100	0	0	0	50mg	21g	21g	3g	10%
16oz	140	0	0	0	70mg	30g	30g	4g	15%
24oz	200	0	0	5mg	110mg	43g	42g	7g	25%
Soy Milk Iced Chai									
12oz	100	1.5g	0	0	50mg	21g	20g	3g	10%
16oz	150	2g	0	0	75mg	30g	29g	4g	15%
24oz	220	3g	0	0	115mg	42g	42g	6g	20%

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Iced Latte
Espresso and milk over ice

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Iced Latte									
12oz	60	2g	1g	10mg	65mg	6g	0	4g	15%
16oz	90	4g	2g	14mg	90mg	9g	0	6g	20%
24oz	140	5g	3g	20mg	140mg	14g	13g	9g	35%
Skim Milk Iced Latte									
12oz	50	0	0	0	65mg	8g	6g	4g	15%
16oz	80	0	0	5mg	95mg	12g	8g	6g	25%
24oz	120	0	0	5mg	160mg	18g	14g	11g	40%
Soy Milk Iced Latte									
12oz	70	2g	0	0	65mg	8g	5g	4g	15%
16oz	100	3g	0	0	95mg	11g	7g	6g	20%
24oz	140	4g	.5g	0	150mg	16g	11g	9g	30%

Iced Mocha Latte
Dark chocolate, espresso, and milk served over ice

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Iced Mocha									
12oz	150	2g	1g	7mg	117mg	30g	24g	4g	10%
16oz	230	3g	2g	11mg	170mg	45g	36g	6g	17%
24oz	390	5g	3g	19mg	295mg	75g	60g	11g	30%
Skim Milk Iced Mocha									
12oz	150	2g	1.5g	0	50mg	30g	26g	5g	10%
16oz	220	3g	2g	5mg	75mg	45g	38g	7g	15%
24oz	370	5g	3g	5mg	130mg	75g	64g	12g	30%
Soy Milk Iced Mocha									
12oz	160	3g	1.5g	0	50mg	30g	25g	4g	10%
16oz	240	5g	2g	0	75mg	45g	38g	6g	15%
24oz	400	8g	4g	0	135mg	74g	63g	11g	30%

Iced White Mocha Latte
White chocolate, espresso, and milk served over ice

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Iced White Mocha									
12oz	140	4g	3g	9mg	110mg	26g	18g	4g	14%
16oz	230	7g	6g	11mg	180mg	47g	36g	5g	17%
24oz	390	12g	10g	19mg	310mg	80g	60g	8g	31%
Skim Milk Iced White Mocha									
12oz	120	2g	2g	<5mg	115mg	26g	23g	4g	14%
16oz	210	5g	4g	<5mg	185mg	47g	42g	5g	17%
24oz	350	8g	7g	<5mg	320mg	80g	71g	9g	31%
Soy Milk Iced White Mocha									
12oz	124	4g	2g	0	110mg	25g	22g	3g	0
16oz	210	6g	5g	0	180mg	46g	41g	4g	0
24oz	360	11g	8g	0	310mg	77g	69g	7g	0

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Italian Soda
Carbonated water with flavored syrup (a wide assortment of flavors available!)

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Italian Soda									
12oz	120	0	0	0	30mg	30g	30g	0	0
16oz	170	0	0	0	35mg	42g	42g	0	0
24oz	250	0	0	0	55mg	60g	60g	0	0
Italian Cream Soda									
12oz	140	2g	1g	5mg	35mg	30g	30g	0	0
16oz	190	2g	1g	5mg	40mg	42g	42g	0	0
24oz	280	3g	2g	10mg	65mg	61g	61g	0	0

Vanilla Iced Nirvana
Cold press coffee with Vanilla and cream served over ice

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
Vanilla Iced Nirvana									
12oz	170	14g	8g	40mg	62mg	11g	10g	3.5g	3.5mg
16oz	210	16g	9g	45mg	70mg	17g	16g	4g	4.5mg
24oz	350	24g	14g	70mg	109mg	32g	31g	6g	7mg

**As all of our handcrafted specialty beverages are made to order, these figures are estimated values.*