

# Espresso Drinks

**Americano**  
Espresso with hot water

Drink	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Sugar	Protein	Calcium
<b>Americano</b>									
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
<b>Caffe Latte</b>									
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%
<b>Skim Milk Caffe Latte</b>									
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%
<b>Soy Milk Caffe Latte</b>									
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
<b>Cappuccino</b>									
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%
<b>Skim Milk Cappuccino</b>									
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%
<b>Soy Cappuccino</b>									
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%

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

**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
<b>Caramel Latte Macchiato</b>									
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%
<b>Skim Milk Caramel Latte Macchiato</b>									
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%
<b>Soy Milk Caramel Latte Macchiato</b>									
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
<b>Caramel Mocha Latte</b>									
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%
<b>Skim Milk Caramel Mocha Latte</b>									
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
<b>Mocha Latte</b>									
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%
<b>Skim Milk Mocha Latte</b>									
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%
<b>Soy Milk Mocha Latte</b>									
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
<b>Vanilla Latte</b>									
<b>12oz</b>	140	3.5g	2g	20mg	90mg	21g	12g	6g	22%
<b>16oz</b>	210	5g	3g	20mg	130mg	30g	18g	9g	32%
<b>20oz</b>	270	6.5g	4g	25mg	170mg	40g	24g	11g	41%
<b>Skim Milk Vanilla Latte</b>									
<b>12oz</b>	110	0	0	<5mg	95mg	21g	20g	6g	23%
<b>16oz</b>	170	0	0	<5mg	135mg	31g	29g	9g	32%
<b>20oz</b>	220	.5g	0	5mg	180mg	40g	39g	12g	40%
<b>Soy Milk Vanilla Latte</b>									
<b>12oz</b>	120	2.5g	0g	0	90mg	19g	19g	5g	0
<b>16oz</b>	180	4g	.5g	0	125mg	28g	27g	7g	0
<b>20oz</b>	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
<b>White Mocha Latte</b>									
<b>12oz</b>	190	6g	5g	13mg	160mg	35g	24g	6g	20%
<b>16oz</b>	270	9g	7g	18mg	232mg	52g	36g	8g	30%
<b>20oz</b>	365	12g	9g	23mg	305mg	69g	48g	10g	35%
<b>Skim Milk White Mocha Latte</b>									
<b>12oz</b>	180	3g	3g	5mg	100mg	31g	26g	6g	20%
<b>16oz</b>	260	5g	5g	5mg	150mg	46g	39g	8g	30%
<b>20oz</b>	350	6g	6g	5mg	190mg	61g	52g	11g	40%
<b>Soy Milk White Mocha Latte</b>									
<b>12oz</b>	190	5g	3g	0	105mg	30g	26g	5g	20%
<b>16oz</b>	290	8g	5g	0	150mg	45g	38g	7g	25%
<b>20oz</b>	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
<b>Chocolate Steamed Nirvana</b>									
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%
<b>Skim Chocolate Steamed Nirvana</b>									
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%
<b>Soy Chocolate Steamed Nirvana</b>									
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
<b>Hot Chocolate</b>									
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%
<b>Skim Hot Chocolate</b>									
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
<b>Hot Spiced Apple Cider</b>									
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
<b>Chai Tea Latte</b>									
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%
<b>Skim Milk Chai Tea Latte</b>									
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%
<b>Soy Milk Chai Tea Latte</b>									
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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