

# 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%

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