



	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB'S (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
CARIBOU COFFEE 12 OZ	5	0	0	0	0	0	5	0	0	0	0
CARIBOU COFFEE 16 OZ	5	0	0	0	0	0	10	0	0	0	1
CARIBOU COFFEE 20 OZ	5	0	0	0	0	0	10	0	0	0	1
CAFE AULAIT 12 OZ	86	28	3	2	0	9	85	8	0	8	6
CAFE AULAIT 16 OZ	115	39	4	3	0	13	114	11	0	10	8
CAFE AULAIT 20 OZ	150	51	6	3	0	17	146	14	0	14	10
ESPRESSO DOUBLE SHOT	0	0	0	0	0	0	10	0	0	0	1
ESPRESSO TRIPLE SHOT	0	0	0	0	0	0	15	0	0	0	2
ESPRESSO QUAD SHOT	5	5	0	0	0	0	20	0	0	0	2
AMERICANO 12	0	0	0	0	0	0	10	0	0	0	1
AMERICANO 16	0	0	0	0	0	0	15	0	0	0	2
AMERICANO 20	5	5	0	0	0	0	20	0	0	0	2
LATTE 12 OZ	120	45	5	3	0	20	110	11	0	11	9
LATTE 16 OZ	180	70	7	5	0	30	160	17	0	17	13
LATTE 20 OZ	220	80	9	5	0	35	190	20	0	20	16
CAPPUCCINO 12 OZ	90	35	4	3	0	15	85	9	0	9	7
CAPPUCCINO 16 OZ	110	40	5	3	0	15	105	10	0	10	9
CAPPUCCINO 20 OZ	130	45	5	3	0	20	120	11	0	11	10
MOCHA 12 OZ	380	250	27	16	0	70	60	29	3	23	7
MOCHA 16 OZ	500	310	34	21	0	80	90	43	5	34	11
MOCHA 20 OZ.	600	370	40	25	0	85	110	56	6	44	13
WHITE MOCHA 12 OZ	390	240	26	15	0	75	90	28	0	28	7
WHITE MOCHA 16 OZ	510	290	32	19	0	80	135	42	0	42	10
WHITE MOCHA 20 OZ	620	340	37	23	0	85	170	55	0	55	13
ZEBRA MOCHA 12 OZ	385	245	27	16	0	73	75	29	2	26	7
ZEBRA MOCHA 16 OZ	505	300	33	20	0	80	113	43	3	38	11
ZEBRA MOCHA 20 OZ	610	355	39	24	0	85	140	56	3	50	13
ANDES MINT MOCHA 16 OZ	590	310	34	21	0	80	90	66	5	57	11
ANDES MINT MOCHA 20 OZ	720	370	40	25	0	85	110	84	6	72	13
TURTLE MOCHA 16 OZ	590	310	34	21	0	80	90	67	5	58	11
TURTLE MOCHA 20 OZ	720	370	40	25	0	85	110	85	6	74	13
LITE WHITE BERRY 16 OZ	420	130	15	9	0	10	160	63	0	62	10
LITE WHITE BERRY 20 OZ	550	170	19	12	0	15	200	81	0	80	13
CARAMEL HIGH RIZE 16OZ	430	200	21	13	0	90	160	42	0	41	13
CARAMEL HIGH RIZE 20OZ	480	210	23	13	0	95	190	50	0	50	16
HOT CHOCOLATE 12 OZ	440	270	30	18	0	80	100	34	3	28	10
HOT CHOCOLATE 16 OZ	570	330	37	22	0	90	135	50	5	41	14
HOT CHOCOLATE 20 OZ	690	400	44	27	0	100	170	64	6	53	18
WHITE COCOA 12 OZ	450	260	28	17	0	85	130	34	0	34	10
WHITE COCOA 16 OZ	580	310	35	21	0	95	180	49	0	49	14
WHITE COCOA 20 OZ	710	370	41	25	0	100	230	63	0	63	17
ZEBRA COCOA 12 OZ	445	265	29	18	0	83	115	34	2	31	10
ZEBRA COCOA 16 OZ	575	320	36	22	0	93	158	50	3	45	14
ZEBRA COCOA 20 OZ	700	385	43	26	0	100	200	64	3	58	18
STEAMER 12 OZ	195	68	8	5	0	23	195	18	0	18	14
STEAMER 16 OZ	260	90	10	6	0	30	260	24	0	24	18
STEAMER 20 OZ	325	113	13	8	0	38	325	30	0	30	23
HOT TEA 12 OZ	0	0	0	0	0	0	0	0	0	0	0
HOT TEA 16 OZ	0	0	0	0	0	0	0	0	0	0	0
HOT TEA 20 OZ	0	0	0	0	0	0	0	0	0	0	0
HOT APPLE CIDER 12 OZ	180	0	0	0	0	0	38	47	0	39	0
HOT APPLE CIDER 16 OZ	240	0	0	0	0	0	50	62	0	52	0
HOT APPLE CIDER 20 OZ	300	0	0	0	0	0	63	78	0	65	0
HOT CARAMEL APPLE 16 OZ	470	130	14	8	0	60	45	79	0	75	0
HOT CARAMEL APPLE 20 OZ	550	130	14	8	0	60	60	98	0	93	0
CHAI 12 OZ	233	34	4	2	0	11	98	42	0	39	7
CHAI 16 OZ	310	45	5	3	0	15	130	56	0	52	9
CHAI 20 OZ	420	68	8	5	0	23	195	73	0	68	14



	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB'S (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
ICED COFFEE 16 OZ	5	0	0	0	0	0	10	0	0	0	1
ICED COFFEE 20 OZ	5	0	0	0	0	0	10	0	0	0	1
ICED BERRY TEA 16 OZ	0	0	0	0	0	0	0	0	0	0	0
ICED BERRY TEA 20 OZ	0	0	0	0	0	0	0	0	0	0	0
ICED BLACK TEA 16 OZ	0	0	0	0	0	0	0	0	0	0	0
ICED BLACK TEA 20 OZ	0	0	0	0	0	0	0	0	0	0	0
ICED GREEN TEA 16 OZ	0	0	0	0	0	0	0	0	0	0	0
ICED GREEN TEA 20 OZ	0	0	0	0	0	0	0	0	0	0	0
CARAMEL COOLER 16 OZ	438	162	17	13	0	49	151	63	0	58	7
CARAMEL COOLER 20 OZ	531	179	19	14	0	51	188	80	0	74	9
CHAI COOLER 16 OZ	366	151	16	12	0	46	119	50	0	44	5
CHAI COOLER 20 OZ	455	168	18	14	0	48	155	66	0	59	7
CHOCOLATE COOLER 16 OZ	316	158	17	13	0	49	166	35	2	30	8
CHOCOLATE COOLER 20 OZ	378	174	18	14	0	51	208	45	2	39	10
MINT COOLER 16 OZ	783	351	38	32	0	49	181	100	3	92	10
MINT COOLER 20 OZ	860	362	39	33	0	49	201	116	3	107	11
OREO COOLER 16 OZ	648	252	27	16	0	49	241	94	0	77	7
OREO COOLER 20 OZ	741	269	29	17	0	51	278	112	0	93	9
VANILLA COOLER 16 OZ	331	162	17	13	0	49	151	36	0	32	7
VANILLA COOLER 20 OZ	398	179	19	14	0	51	188	47	0	42	9
ICED ESPRESSO DOUBLE SHOT	0	0	0	0	0	0	10	0	0	0	1
ICED ESPRESSO TRIPLE SHOT	0	0	0	0	0	0	15	0	0	0	2
ICED ESPRESSO QUAD SHOT	5	5	0	0	0	0	20	0	0	0	2
ICED AMERICANO 16	5	5	0	0	0	0	20	0	0	0	2
ICED AMERICANO 20	5	5	0	0	0	0	25	0	0	0	3
ICED LATTE 16 OZ	90	30	4	2	0	15	85	8	0	8	7
ICED LATTE 20 OZ	90	35	4	3	0	15	95	9	0	9	8
ICED MOCHA 16 OZ	500	310	34	21	0	80	90	43	5	34	11
ICED MOCHA 20 OZ	600	370	40	25	0	85	110	56	6	44	13
ICED WHITE MOCHA 16 OZ	510	290	32	19	0	80	135	42	0	42	10
ICED WHITE MOCHA 20 OZ	620	340	37	23	0	85	170	55	0	55	13
ICED CHAI 16 OZ	208	30	3	2	0	10	87	38	0	35	6
ICED CHAI 20 OZ	281	45	5	3	0	15	131	49	0	46	9
SPARKLING PEACH BLACK TEA 16 OZ	140	0	0	0	0	0	5	35	0	33	0
SPARKLING PEACH BLACK TEA 20 OZ	180	0	0	0	0	0	5	46	0	44	0
SPARKLING GREEN TEA LEMONADE 16 OZ	210	0	0	0	0	0	5	54	2	52	0
SPARKLING GREEN TEA LEMONADE 20 OZ	280	0	0	0	0	0	10	72	0	69	0
SPARKLING POM/BERRY TEA 16 OZ	230	0	0	0	0	0	20	58	0	58	0
SPARKLING POM/BERRY TEA 20 OZ	310	0	0	0	0	0	25	77	0	68	0
SWEET BERRY TEA 16 OZ	106	0	0	0	0	0	0	27	0	25	0
SWEET BERRY TEA 20 OZ	134	0	0	0	0	0	0	33	0	32	0
SWEET BLACK TEA 16 OZ	106	0	0	0	0	0	0	27	0	25	0
SWEET BLACK TEA 20 OZ	134	0	0	0	0	0	0	33	0	32	0
SWEET GREEN TEA 16 OZ	106	0	0	0	0	0	0	27	0	25	0
SWEET GREEN TEA 20 OZ	134	0	0	0	0	0	0	33	0	32	0
TEA FUSION PASSION GREEN 16 OZ	106	0	0	0	0	0	0	25	25	0	0
TEA FUSION PASSION GREEN 20 OZ	134	0	0	0	0	0	0	32	32	0	0
TEA FUSION PEACH BERRY 16 OZ	106	0	0	0	0	0	0	25	25	0	0
TEA FUSION PEACH BERRY 20 OZ	134	0	0	0	0	0	0	32	32	0	0
TEA FUSION RASP BLACK 16 OZ	106	0	0	0	0	0	0	27	0	25	0
TEA FUSION RASP BLACK 20 OZ	134	0	0	0	0	0	0	33	0	32	0

2,000 calories a day is used for general nutrition advice,
but calorie needs vary