



NUTRITIONAL INFORMATION

Blenders	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-meg (meg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Caramel Macchiato	16oz	478.17	16.03	11.8	0.06	16.26	74.59	0	59.19	50.08	7.5	2.41	287.2	278.44	0.24	408.44	Dairy, soy
	20oz	547.22	18.34	13.51	0.07	18.59	85.36	0	67.75	57.33	8.58	2.76	329.06	318.89	0.27	467.7	
	24oz	615.62	20.64	15.19	0.07	20.91	96.03	0	76.22	64.5	9.65	3.1	370.09	358.64	0.31	526.13	
Coffee Toffee	32oz	856.61	28.8	21.66	0.11	28.2	21.66	0	106.92	90.62	13.47	4.14	513.45	492.67	0.44	750.16	
	16oz	414.18	14.91	10.34	0.09	14.52	67.39	0.37	50.87	45.98	6.37	2.41	156.36	180.12	4.08	298.86	Dairy, tree nuts, soy
	20oz	468.28	16.99	11.83	0.11	16.6	75.88	0.37	57.33	51.74	7.28	2.76	177.47	206.3	4.63	340.59	
Cookies 'N Cream	24oz	521.76	19.05	13.31	0.12	18.67	84.26	0.37	63.71	57.42	8.19	3.1	197.95	231.98	5.18	381.73	
	32oz	726.69	26.8	18.94	0.17	24.96	117.1	0.37	88.61	80.15	11.36	4.14	270.04	309.71	7.36	536.61	
	16oz	439.97	28.57	16.49	0	14.08	57.1	2.55	48.03	43.61	6.95	2.41	352.01	259.17	1.86	86.87	Dairy, soy, wheat
Fireside	20oz	498.8	32.71	18.88	0	156.09	64.08	2.82	53.91	48.85	7.95	2.76	402.83	296.82	2.05	96.22	
	24oz	556.95	36.8	21.24	0	18.1	70.97	3.07	59.71	54.02	8.95	3.1	456.61	333.82	2.24	105.41	
	32oz	789.56	52.69	30.39	0	24.14	97.85	4.11	82.3	74.72	12.45	4.14	641.89	456.81	3	132.51	
Frozen Chai Original	16oz	445.29	18.93	16.49	0	20.1	62.39	0	50.79	41.54	6.95	3.14	336.23	273.63	0.28	437.99	Dairy, soy
	20oz	513.21	21.67	18.88	0	22.99	72.3	0	58.96	48.39	7.95	3.59	385.3	313.38	0.32	501.54	
	24oz	580.44	24.38	21.24	0	25.86	82.11	0	67.07	55.17	8.95	4.03	433.36	352.44	0.36	564.19	
Frozen Chai Vanilla Bee	32oz	823.94	34.75	30.39	0	35.35	116.54	0	94.94	78.39	12.45	5.48	615.74	483.71	0.51	805.14	
	16oz	703.85	24.26	19.66	0.09	31.9	113.1	1.25	95.23	85.72	8.66	0	368.73	256.69	0.95	696.59	Dairy, soy
	20oz	808.75	28.44	22.88	0.11	39.5	128.5	1.38	108.24	97.17	10.1	0	426.61	300.86	1.06	803.21	
Hazelnut Cream	24oz	913.32	32.6	26.08	0.12	47.09	143.84	1.5	121.19	108.57	11.54	0	483.84	344.45	1.17	909.34	
	32oz	1218.2	43.48	34.79	0.16	62.79	191.86	2	161.65	144.81	15.39	0	643.64	457.68	1.56	1212.33	
	16oz	716.35	24.26	19.66	0.09	31.9	113.1	1.25	98.98	89.47	8.66	0	368.73	256.69	1.23	881.59	Dairy, soy
Java Chip	20oz	822.5	28.44	22.88	0.11	39.5	128.5	1.38	112.36	101.29	10.1	0	426.61	300.86	1.37	1006.71	
	24oz	928.32	32.6	26.08	0.12	47.09	143.84	1.5	125.69	113.07	11.54	0	483.84	344.45	1.5	1131.34	
	32oz	1238.2	43.48	34.79	0.16	62.79	191.86	2	167.65	150.81	15.39	0	643.64	457.68	2	1508.33	
Mocha	16oz	487.93	14.12	11.8	0.06	16.26	80.89	0	71.86	62.75	7.5	2.41	249.03	278.44	0.24	408.44	Dairy, tree nuts, soy
	20oz	563.66	16.16	13.51	0.07	18.59	93.8	0	83.46	73.04	8.58	2.76	285.45	318.89	0.27	467.7	
	24oz	638.74	18.18	15.19	0.07	20.91	106.61	0	94.97	83.24	9.65	3.1	321.02	358.64	0.31	526.13	
Mile High Twist	32oz	893.07	25.8	21.66	0.11	28.2	148.51	0	131.75	115.45	13.47	4.14	453.48	492.67	0.44	750.16	
	16oz	554.75	24.5	19.91	0	14.08	76.31	2.98	58.82	49.92	8.92	2.97	219.29	265.76	2.68	679.13	Dairy, soy
	20oz	629.2	28	22.76	0	16.09	85.93	3.3	66.16	55.99	10.2	3.4	250.5	304.14	2.99	773.09	
Mocha	24oz	703.66	31.5	25.6	0	18.1	95.55	3.62	73.49	62.06	11.47	3.82	281.24	342.06	3.3	866.89	
	32oz	992.47	45.04	36.69	0	24.14	133.36	4.9	102.21	86.32	16.1	5.18	394.36	468.71	4.53	1232.42	
	16oz	407.34	14.27	10.34	0.09	14.52	67.51	0.75	52.06	47.16	6.37	2.41	147.32	180.12	4.34	310.05	Dairy, soy
Mile High Twist	20oz	461.44	16.45	11.83	0.11	16.6	75.99	0.75	58.52	52.92	7.28	2.76	168.43	206.3	4.89	351.78	
	24oz	514.92	18.5	13.31	0.12	18.67	84.37	0.75	64.9	58.61	8.19	3.1	188.91	231.98	5.44	392.92	
	32oz	719.85	26.26	18.94	0.17	24.96	117.21	0.75	89.8	81.34	11.36	4.14	261	309.71	7.62	547.8	
Mile High Twist	16oz	517.07	19.78	11.42	0.1	14.52	80.24	1.66	61.47	56.04	9.02	2.41	210.13	187.26	4.51	379.09	Dairy, soy, peanuts
	20oz	619.42	25.01	13.54	0.11	16.6	92.42	2.19	70.27	63.83	11.48	2.76	266.31	217.61	5.17	461.1	
	24oz	681.12	27.06	15.02	0.13	18.67	102.75	2.19	78.3	71.16	12.39	3.1	287.62	243.29	5.71	502.24	
	32oz	971.13	40.23	21.73	0.18	24.96	142.47	3.11	107.68	97.84	18.21	4.14	420.06	328.16	8.06	726.17	

*This chart does not contain information regarding trace allergens from shared machinery in production facilities.

Blenders Cont.	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-meg (meg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Peanut Butter Mocha	16oz	442.41	19.78	11.42	0.1	14.52	61.53	0.91	45.79	40.36	9.02	2.41	202.29	187.26	3.99	356.71	Dairy, soy, peanuts
	20oz	536.55	25.01	13.54	0.11	16.6	71.75	1.45	52.95	46.51	11.48	2.76	257.65	217.61	4.64	438.72	
	24oz	590.03	27.06	15.02	0.13	18.67	80.13	1.45	59.33	52.19	12.39	3.1	278.13	243.29	5.19	479.86	
	32oz	863.6	40.23	21.73	0.18	24.96	115.95	2.36	85.43	75.59	18.21	4.14	408.93	328.16	7.54	703.79	
Raspberry Truffle	16oz	449.4	18.93	16.49	0	20.1	63.63	0	52.43	43.19	6.95	3.14	336.23	273.63	0.28	437.99	Dairy, soy
	20oz	518.34	21.67	18.88	0	22.99	73.84	0	61.02	50.44	7.95	3.59	385.3	313.38	0.32	501.54	
	24oz	586.6	24.38	21.24	0	25.86	83.95	0	69.53	57.63	8.95	4.03	433.36	352.44	0.36	564.19	
	32oz	832.15	34.75	30.39	0	35.35	119.01	0	98.23	81.67	12.45	5.48	615.74	483.71	0.51	805.14	
Salted Caramel	16oz	477.65	14.12	11.8	0.06	16.26	79.86	0	69.8	60.69	7.5	2.41	249.03	278.44	0.24	408.44	Dairy, soy
	20oz	551.33	16.16	13.51	0.07	18.59	92.57	0	80.99	70.57	8.58	2.76	285.45	318.89	0.27	467.7	
	24oz	624.36	18.18	15.19	0.07	20.91	105.17	0	92.09	80.37	9.65	3.1	321.02	358.64	0.31	526.13	
	32oz	874.59	25.8	21.66	0.11	28.2	146.66	0	128.05	111.75	13.47	4.14	453.48	492.67	0.44	750.16	
Vanilla	16oz	395.48	14.12	11.8	0.06	16.26	59.32	0	50.29	41.18	7.5	2.41	249.03	278.44	0.24	408.44	Dairy, soy
	20oz	452.72	16.16	13.51	0.07	18.59	67.92	0	57.57	47.15	8.58	2.76	285.45	318.89	0.27	467.7	
	24oz	509.31	18.18	15.19	0.07	20.91	76.41	0	64.77	53.05	9.65	3.1	321.02	358.64	0.31	526.13	
	32oz	726.68	25.8	21.66	0.11	28.2	109.68	0	92.92	76.62	13.47	4.14	453.48	492.67	0.44	750.16	
White Mocha	16oz	412.42	18.93	16.49	0	20.1	54.18	0	42.98	33.74	6.95	3.14	336.23	273.63	0.28	437.99	Dairy, soy
	20oz	472.12	21.67	18.88	0	22.99	62.03	0	49.21	38.63	7.95	3.59	385.3	313.38	0.32	501.54	
	24oz	531.14	24.38	21.24	0	25.86	69.78	0	55.36	43.46	8.95	4.03	433.36	352.44	0.36	564.19	
	32oz	758.2	34.75	30.39	0	35.35	100.11	0	79.33	62.78	12.45	5.48	615.74	483.71	0.51	805.14	
White Peanut Butter Mocha	16oz	699.96	34.16	26.63	0	23.88	88.1	0.91	68.33	55.53	11.87	3.59	568.54	348.7	0.6	741.03	Dairy, soy, peanuts
	20oz	830.18	41.42	30.91	0.01	27.29	102	1.45	78.62	63.76	14.73	4.1	676.03	4002.08	0.76	877.44	
	24oz	920.37	45.52	34.56	0.01	30.7	114.16	1.45	88.21	71.6	16.05	4.61	748.81	450.82	0.82	973.42	
	32oz	1259.58	63.25	46.59	0.01	40.93	153.62	2.36	118.18	95.77	22.65	6.15	1024.41	602.73	1.18	1329.93	
Chai & Teas																	
Arnold Palmer	16oz	127.67	0.02	0	0	0	32.04	1.25	30.2	29.96	0.06	0	2.55	1.45	0.03	10.2	None
	20oz	170.22	0.02	0	0	0	42.72	1.67	40.27	39.95	0.08	0	3.4	1.94	0.03	13.6	
	24oz	212.78	0.03	0	0	0	53.4	2.08	50.33	49.94	0.1	0	4.25	2.42	0.04	17	
	32oz	212.78	0.03	0	0	0	53.4	2.08	50.33	49.94	0.1	0	4.25	2.42	0.04	17	
Hot Tea	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	None
	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	20oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	24oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Iced Tea	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	None
	20oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	24oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	32oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Matcha Tea Latte Hot	12oz	131.84	10.08	6.3	0	44.1	27.79	8.57	18.14	4.29	10.08	7.56	151.19	502.07	0	48.21	Dairy
	16oz	297.66	12.83	8.02	0	56.12	36.21	11.43	23.35	5.71	12.83	9.62	192.42	639.64	0	64.29	
	20oz	346.31	14.66	9.16	0	64.14	43.37	14.29	27.3	7.14	14.66	11	219.91	732.55	0	80.36	
	24oz	412.14	17.41	10.88	0	76.17	51.79	17.14	32.51	13.06	261.14	13.06	261.14	870.13	0	96.43	

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Chai & Teas Cont.	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-meg (meg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Matcha Tea Latte Iced	16oz	228.94	9.16	5.73	0	40.09	31.17	11.43	18.31	5.71	9.16	6.87	142.71	466.24	0	66.04	Dairy
	20oz	269	10.54	6.59	0	46.1	37.7	14.29	21.63	7.14	10.54	7.9	163.59	537.07	0	82.2	
	24oz	309.06	11.91	7.44	0	52.11	44.24	17.14	24.95	8.57	11.91	8.93	185.73	609.18	0	98.78	
Original Chai Hot	32oz	435.01	17.87	11.17	0	78.17	57.07	20	34.57	10	17.87	13.4	276.52	904.54	0	115.33	
	12oz	144.4	3.67	2.29	0	16.03	25.22	1.68	23.54	18.5	3.67	2.75	83.57	178.67	0	0	Dairy
	16oz	183.2	4.58	2.86	0	20.04	32.25	2.16	30.08	23.78	4.58	3.44	105.48	223.34	0	0	
Original Chai Iced	20oz	211.19	5.5	3.44	0	24.05	36.39	2.4	33.99	26.43	5.5	4.12	123.31	268.01	0	0	
	24oz	267.18	7.33	4.58	0	32.07	44.68	2.88	41.79	31.71	7.33	5.5	158.96	375.35	0	0	
	16oz	149.81	3.67	2.29	0	16.03	26.66	1.8	24.86	19.82	3.67	2.75	90.88	183.95	0	1.76	Dairy
Spicy Chai Hot	20oz	172.39	4.58	2.86	0	20.04	29.36	1.92	27.44	21.14	4.58	3.44	106.92	228.87	0	1.84	
	24oz	200.38	5.5	3.44	0	24.05	33.51	2.16	31.34	23.78	5.5	4.12	126.28	275.07	0	2.35	
	32oz	282.43	6.41	4.01	0	28.06	52.06	3.6	48.46	39.64	6.41	4.81	165.98	321.18	0	2.83	
Spicy Chai Iced	12oz	144.4	3.67	2.29	0	16.03	25.22	1.68	23.54	18.5	3.67	2.75	83.57	178.67	0	0	Dairy
	16oz	183.2	4.58	2.86	0	20.04	32.25	2.16	30.08	23.78	4.58	3.44	105.48	223.34	0	0	
	20oz	211.19	5.5	3.44	0	24.05	36.39	2.4	33.99	26.43	5.5	4.12	123.31	268.01	0	0	
Vanilla Bee Chai Hot	24oz	267.18	7.33	4.58	0	32.07	44.68	2.88	41.79	31.71	7.33	5.5	158.96	357.35	0	0	
	16oz	149.81	3.67	2.29	0	16.03	26.66	1.8	24.86	19.82	3.67	2.75	90.88	183.95	0	1.76	Dairy
	20oz	172.39	4.58	2.86	0	20.04	29.36	1.92	27.44	21.14	4.58	3.44	106.92	228.87	0	1.84	
Vanilla Bee Chai Iced	24oz	200.38	5.5	3.44	0	24.05	33.51	2.16	31.34	23.78	5.5	4.12	126.28	275.07	0	2.35	
	32oz	282.43	6.41	4.01	0	28.06	52.06	3.6	48.46	39.64	6.41	4.81	165.98	321.18	0	2.83	
	12oz	207.45	5.2	3.25	0	22.74	31.9	1.38	31.9	24.75	5.2	3.9	84.84	253.37	0.99	258.5	Dairy
Vanilla Bee Chai Iced	16oz	264.03	6.61	4.13	0	28.94	40.6	1.75	40.6	31.5	6.61	4.96	107.97	322.48	1.26	329	
	20oz	301.75	7.56	4.72	0	33.07	46.39	2	46.39	36	7.56	5.67	123.4	368.54	1.44	376	
	24oz	377.18	9.45	5.91	0	41.34	57.99	2.5	57.99	45	9.45	7.09	154.25	460.68	1.8	470	
Classics	16oz	188.59	4.72	2.95	0	20.67	29	1.25	29	22.5	4.72	3.54	82.4	235.61	0.9	236.76	Dairy
	20oz	226.31	5.67	3.54	0	24.81	34.8	1.5	34.8	27	5.67	4.25	98.08	281.94	1.08	283.84	
	24oz	264.03	6.61	4.13	0	28.94	40.6	1.75	40.6	31.5	6.61	4.96	115.03	329.53	1.26	331.35	
Americano	32oz	377.18	9.45	5.91	0	41.34	57.99	2.5	57.99	45	9.45	7.09	162.75	469.18	1.8	472.84	
	12oz	5.61	0.11	0.06	0	0	1.04	0	0	0	0.07	0	17.07	9.58	0.08	74.5	None
	16oz	8.93	0.18	0.09	0	0	1.66	0	0	0	0.12	0	24.52	12.62	0.13	117.65	
Campfire Cocoa	20oz	11.48	0.23	0.11	0	0	2.13	0	0	0	0.15	0	31.04	15.73	0.17	151.1	
	24oz	14.39	0.29	0.14	0	0	2.67	0	0	0	0.19	0	38	18.81	0.21	189.08	
	12oz	221.85	10.08	6.3	0	44.1	22.08	0	21.87	8.01	10.08	7.56	151.19	491.53	0	0	Dairy
Cappuccino	16oz	289.83	12.83	8.02	0	56.12	29.96	0	29.66	12.02	12.83	9.62	192.42	625.36	0	0	
	20oz	340.62	14.66	9.16	0	64.14	36.59	0	36.18	16.02	14.66	11	219.91	714.69	0	0	
	24oz	408.6	17.41	10.88	0	76.17	44.48	0	43.97	20.03	17.41	13.06	261.14	848.7	0	0	
Cappuccino	12oz	125.87	6.53	4.06	0	28.06	9.86	0	8.82	0	6.49	4.81	104.94	313.93	0.08	71.72	Dairy
	16oz	151.64	7.9	4.92	0	34.07	11.75	0	10.71	0	7.86	5.84	125.56	380.93	0.08	71.72	
	20oz	189.32	9.8	6.1	0	42.09	14.89	0	13.23	0	9.74	7.22	158.2	471	0.13	114.11	
	24oz	209.05	10.77	6.7	0	46.1	16.62	0	14.49	0	10.69	7.9	175.92	516.24	0.17	146.71	

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NUTRITIONAL INFORMATION

Classics Cont.	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-meg (meg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Cold Brew	16oz	3.4	0.07	0.01	0	0	0	0	0	0	0.41	0	10.64	10.64	0.03	168.07	None
	20oz	3.85	0.08	0.01	0	0	0	0	0	0	0.46	0	13.65	13.65	0.04	190.54	
	24oz	4.44	0.09	0.01	0	0	0	0	0	0	0.53	0	16.53	16.53	0.04	220.11	
	32oz	6.51	0.13	0.01	0	0	0	0	0	0	0.78	0	21.53	21.53	0.07	321.92	
Daily Brew	12oz	3.55	0.07	0.01	0	0	0	0	0	0	0.43	0	7.1	7.1	0.04	174.05	None
	16oz	4.74	0.09	0.01	0	0	0	0	0	0	0.57	0	9.47	9.47	0.05	232.06	
	20oz	5.92	0.12	0.01	0	0	0	0	0	0	0.71	0	11.84	11.84	0.06	290.08	
Gold Rush Cold Brew	24oz	7.1	0.14	0.01	0	0	0	0	0	0	0.85	0	14.21	14.21	0.07	348.1	Dairy
	16oz	200.67	8.23	2.83	0	21.26	27.59	0	16.68	15.27	2.16	0	109.84	54.88	0	65.54	
	20oz	266.95	10.98	3.78	0	28.35	36.78	0	22.24	20.35	2.68	0	143.93	71.68	0	86.89	
	24oz	333.36	13.72	4.72	0	35.44	45.98	0	27.81	25.44	3.23	0	179.52	89.75	0	108.66	
Iced Coffee	32oz	466.96	19.21	6.61	0	49.61	64.37	0	38.93	35.62	4.62	0	250.39	124.27	0	151.67	None
	16oz	5.56	0.11	0.04	0	0	0.66	0	0	0	0.29	0	15.99	11.23	0.07	145.04	
	20oz	7.88	0.16	0.06	0	0	1.04	0	0	0	0.35	0	21.6	14.12	0.1	185.63	
	24oz	8.16	0.16	0.06	0	0	1.04	0	0	0	0.38	0	24.72	17.24	0.11	200.37	
Latte Hot	32oz	12.33	0.25	0.1	0	0	1.66	0	0	0	0.53	0	34.73	22.82	0.16	285.48	Dairy
	12oz	151.64	7.9	4.92	0	34.07	11.75	0	10.71	0	7.86	5.84	125.56	380.93	0.08	71.72	
	16oz	186	9.73	6.07	0	42.09	14.27	0	13.23	0	9.7	7.22	153.04	470.27	0.08	71.72	
	20oz	240.86	12.55	7.82	0	54.12	18.67	0	17.01	0	12.49	9.28	199.44	605.01	0.13	114.11	
Latte Iced	24oz	269.18	13.97	8.7	0	60.13	21.03	0	18.9	0	13.9	10.31	224.02	672.58	0.17	146.71	Dairy
	16oz	155.94	8.13	5.07	0	35.08	12.07	0	11.02	0	8.09	6.01	13.27	397.37	0.08	73.48	
	20oz	176.44	9.11	5.67	0	39.08	13.94	0	12.28	0	9.05	6.7	153.42	443.03	0.13	115.95	
	24oz	191.87	9.85	6.13	0	42.09	15.36	0	13.23	0	9.77	7.22	169.23	478.63	0.17	149.06	
32oz	262.12	13.4	8.33	0	57.12	21.16	0	17.95	0	13.29	9.79	231.27	648.87	0.25	223.88		
Fresherz																	
Citrus Sunburst	16oz	99.76	0	0	0	0	26.6	0	24.94	23.28	0	0	25.98	16.01	0	84.59	Tree nuts
	20oz	119.71	0	0	0	0	31.92	0	29.93	27.93	0	0	31.86	19.89	0	101.73	
	24oz	139.97	0	0	0	0	37.32	0	34.99	32.66	0	0	37.79	23.79	0	119.13	
	32oz	199.52	0	0	0	0	53.2	0	49.88	46.55	0	0	51.96	32.01	0	169.18	
Dragon Fruit Splash	16oz	83.32	0	0	0	0	20	0	20	13.33	0	0	9.54	19.54	0	33.18	None
	20oz	99.99	0	0	0	0	24	0	24	16	0	0	12.13	24.13	0	40.04	
	24oz	116.65	0	0	0	0	28	0	28	18.66	0	0	14.72	28.72	0	46.9	
	32oz	166.65	0	0	0	0	40	0	40	26.66	0	0	19.09	39.08	0	66.35	
Melon Berry Tide	16oz	116.67	0	0	0	0	26.67	0	26.67	25	0	0	9.54	14.54	0	68.18	None
	20oz	140	0	0	0	0	32	0	32	30	0	0	12.13	18.13	0	82.04	
	24oz	163.33	0	0	0	0	37.33	0	37.33	35	0	0	14.72	21.72	0	95.91	
	32oz	233.33	0	0	0	0	53.33	0	53.33	50	0	0	19.09	29.09	0	136.36	
Smoothies																	
Blueberry Pomegranate	16oz	244.05	0.04	0	0	0	62.85	2.98	58.01	54.79	0.12	0	18.73	13.93	0.03	54.69	None
	20oz	278.91	0.05	0	0	0	71.83	3.4	66.29	62.62	0.14	0	21.58	16.09	0.04	62.56	
	24oz	313.78	0.05	0	0	0	80.8	3.83	74.58	70.45	0.15	0	23.96	17.78	0.04	70.28	

*This chart does not contain information regarding trace allergens from shared machinery in production facilities.



NUTRITIONAL INFORMATION

Smoothies Cont.	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-meg (meg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Blueberry Pomegranate	32oz	418.37	0.07	0	0	0	107.74	5.1	99.44	93.93	0.2	0	31.35	23.12	0.05	93.5	
Lemonade	16oz	297.89	0.04	0	0	0	74.75	2.92	70.47	69.19	0.14	0	13.99	11.43	0.06	26.47	None
	20oz	340.44	0.05	0	0	0	85.43	3.33	80.54	79.9	0.16	0	16.16	13.23	0.07	30.31	
	24oz	383	0.05	0	0	0	96.11	3.75	90.6	89.89	0.18	0	17.86	14.57	0.08	33.99	
	32oz	510.67	0.07	0	0	0	128.15	5	120.8	119.85	0.24	0	23.22	18.83	0.1	45.13	
Mango	16oz	269.03	0.12	0.04	0	0	68.42	0.73	66.7	62.03	0.2	0	13.49	12.66	0.08	53.58	None
	20oz	307.47	0.14	0.05	0	0	78.2	0.84	76.23	70.9	0.23	0	15.59	14.64	0.09	61.29	
	24oz	345.9	0.15	0.05	0	0	87.97	0.94	85.75	79.76	0.26	0	17.22	16.15	0.1	68.85	
	32oz	461.2	0.2	0.07	0	0	117.3	1.26	114.34	106.34	0.34	0	22.37	20.94	0.14	91.6	
Strawberry	16oz	208.73	0.06	0	0	0	53.42	1.47	50.09	47.63	0.26	0	14.19	17.25	0.44	83.92	None
	20oz	238.54	0.07	0	0	0	61.05	1.68	57.24	54.43	0.29	0	16.39	19.88	0.5	95.97	
	24oz	268.36	0.08	0	0	0	68.69	1.89	64.4	61.23	0.33	0	18.12	22.04	0.56	107.86	
	32oz	357.82	0.1	0	0	0	91.58	2.52	85.87	81.65	0.44	0	23.56	28.8	0.75	143.61	
Strawberry Banana	16oz	254.29	0.08	0.02	0	0	65.55	3.29	60.61	54.99	0.44	0	12.6	15.26	0.38	125.08	None
	20oz	290.62	0.09	0.02	0	0	74.91	3.76	69.26	62.85	0.5	0	14.57	17.61	0.43	143.01	
	24oz	326.94	0.1	0.03	0	0	84.27	4.24	77.92	70.7	0.56	0	16.07	19.49	0.48	160.78	
	32oz	435.92	0.14	0.03	0	0	112.37	5.65	103.9	94.27	0.75	0	20.84	25.4	0.65	214.17	
Italian Sodas																	
Colorado Sunrise	16oz	118.12	0	0	0	0	29.48	0	28.04	28.04	0	0	88.64	20.2	0.04	8.08	None
	20oz	153.05	0	0	0	0	38.31	0	36.46	36.46	0	0	110.5	25.16	0.05	10.06	
	24oz	185.92	0	0	0	0	46.43	0	44.17	44.17	0	0	132.47	30.12	0.06	12.05	
	32oz	253.71	0	0	0	0	63.38	0	60.29	60.29	0	0	176.3	40.04	0.08	16.02	
Limesicle	16oz	117.49	0.35	0	0	0	28.42	0	25.96	25.96	0.54	0	130.57	20.73	0.04	8.29	Dairy
	20oz	151.86	0.47	0	0	0	36.66	0	33.45	33.45	0.73	0	166.21	25.87	0.05	10.35	
	24oz	186.23	0.59	0	0	0	44.9	0	40.94	40.94	0.91	0	201.85	31.01	0.06	12.4	
	32oz	254.97	0.82	0	0	0	61.38	0	55.92	55.92	1.27	0	273.12	41.28	0.08	16.51	
Midnight Berry	16oz	112.47	0	0	0	0	27.73	0	26.71	26.71	0	0	88.94	20.2	0.04	8.08	None
	20oz	144.32	0	0	0	0	35.54	0	34.1	34.1	0	0	111.42	25.16	0.05	10.06	
	24oz	176.67	0	0	0	0	43.55	0	41.91	41.91	0	0	133.08	30.12	0.06	12.05	
	32oz	240.87	0	0	0	0	59.37	0	57.11	57.11	0	0	177.22	40.04	0.08	16.02	
Kidzone																	
Cotton Candy Blender	10oz	401.65	11.8	9.35	0.18	17.28	67.92	0	62.42	54.7	6.05	2.75	164.43	243.52	0.12	196.93	Dairy, soy
Frozen Campfire Cocoa	10oz	283.53	8.22	6.93	0.03	7.96	44.01	0.45	38.49	30.89	5.96	3.13	197.77	194.57	0.56	243.45	Dairy, soy
Gumball Italian Soda	10oz	57.76	0.06	0	0	0	13.98	0	12.78	12.78	0.09	0	60.69	12.93	0.03	5.17	Dairy
Lava Frost Blender	10oz	314.54	9.88	7.88	0.03	17.28	50.44	0	44.86	37.13	6.05	6.05	2.75	167.8	0.12	198.29	Dairy, soy
Shark Bite Slushie	10oz	197.96	0.02	0	0	0	49.8	1.67	47.36	47.04	0.08	0	8.33	6.87	0.03	15.24	None
Unicorn Punch Smoothie	10oz	309.63	6.25	5.59	0.03	1.25	61.76	0.84	54.88	50.79	2.53	0	117.18	75.04	0.37	245	Dairy, soy
Energy Infusions																	
Beach Bum Iced	16oz	215.51	0	0	0	0	55.14	0	51.72	51.72	0	0	112.66	0.55	0	17.5	Tree nuts
	20oz	260.36	0	0	0	0	66.56	0	62.46	62.46	0	0	132.23	0.64	0	20.5	
	24oz	305.21	0	0	0	0	77.98	0	73.2	73.2	0	0	151.81	0.73	0	23.5	

*This chart does not contain information regarding trace allergens from shared machinery in production facilities.



NUTRITIONAL INFORMATION

Energy Cont.	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-meg (meg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Beach Bum Iced	32oz	456.18	0	0	0	0	116.55	0	109.4	109.4	0	0	226.15	1.09	0	35	
Beach Bum Frozen	16oz	230.83	0	0	0	0	58.83	0	55.29	55.29	0	0	104.11	0.5	0	16	Tree nuts
	20oz	278.96	0	0	0	0	71.11	0	66.82	66.82	0	0	126.81	0.61	0	19.5	
	24oz	313.97	0	0	0	0	79.95	0	75.17	75.17	0	0	137	0.66	0	21	
	32oz	438.68	0	0	0	0	111.64	0	105	105	0	0	186.34	0.89	0	28.5	
Cherry Blossom Iced	16oz	205.23	0	0	0	0	52.68	0	49.26	49.26	0	0	113.89	0.55	0	17.5	None
	20oz	247.52	0	0	0	0	63.48	0	59.38	59.38	0	0	133.77	0.64	0	20.5	
	24oz	289.8	0	0	0	0	74.29	0	69.5	69.5	0	0	153.65	0.73	0	23.5	
	32oz	433.06	0	0	0	0	111	0	103.85	103.85	0	0	228.92	1.09	0	35	
Cherry Blossom Frozen	16oz	217.99	0	0	0	0	55.75	0	52.21	52.21	0	0	105.65	0.5	0	16	None
	20oz	263.55	0	0	0	0	67.41	0	63.13	63.13	0	0	128.65	0.61	0	19.5	
	24oz	295.99	0	0	0	0	75.64	0	70.86	70.86	0	0	139.16	0.66	0	21	
	32oz	413.01	0	0	0	0	105.48	0	98.83	98.83	0	0	189.42	0.89	0	28.5	
Frostbite Iced	16oz	213.45	0	0	0	0	55.14	0	52.13	52.13	0	0	110.61	0.55	0	17.5	None
	20oz	257.79	0	0	0	0	66.56	0	62.97	62.97	0	0	129.67	0.64	0	20.5	
	24oz	302.13	0	0	0	0	77.98	0	73.81	73.81	0	0	148.72	0.73	0	23.5	
	32oz	451.55	0	0	0	0	116.55	0	110.32	110.32	0	0	221.52	1.09	0	35	
Frostbite Frozen	16oz	228.26	0	0	0	0	58.83	0	55.8	55.8	0	0	101.54	0.5	0	16	None
	20oz	275.88	0	0	0	0	71.11	0	67.44	67.44	0	0	123.72	0.61	0	19.5	
	24oz	310.37	0	0	0	0	79.95	0	75.89	75.89	0	0	113.41	0.66	0	21	
	32oz	433.55	0	0	0	0	111.64	0	106.02	106.02	0	0	181.21	0.89	0	28.5	
Fruit Punch Iced	16oz	210.37	0	0	0	0	54.11	0	50.39	50.39	0	0	111.22	0.55	0	17.5	None
	20oz	261.9	0	0	0	0	67.28	0	62.66	62.66	0	0	130.59	0.64	0	20.5	
	24oz	313.43	0	0	0	0	80.45	0	74.94	74.94	0	0	149.96	0.73	0	23.5	
	32oz	452.58	0	0	0	0	116.24	0	108.27	110.32	0	0	223.06	1.09	0	35	
Fruit Punch Frozen	16oz	232.37	0	0	0	0	59.55	0	55.49	55.49	0	0	102.47	0.5	0	16	None
	20oz	287.18	0	0	0	0	73.57	0	68.57	68.57	0	0	124.96	0.61	0	19.5	
	24oz	328.86	0	0	0	0	84.16	0	78.46	78.46	0	0	134.85	0.66	0	21	
	32oz	441.77	0	0	0	0	113.08	0	105.41	105.41	0	0	183.06	0.89	0	28.5	
Island Breeze Iced	16oz	213.45	0	0	0	0	54.11	0	50.69	50.69	0	0	114.92	0.55	0	17.5	Tree nuts
	20oz	266.01	0	0	0	0	67.28	0	63.08	63.08	0	0	135.52	0.64	0	20.5	
	24oz	318.56	0	0	0	0	80.45	0	75.46	75.46	0	0	156.12	0.73	0	23.5	
	32oz	459.77	0	0	0	0	116.24	0	108.99	108.99	0	0	231.69	1.09	0	35	
Island Breeze Frozen	16oz	236.48	0	0	0	0	59.55	0	55.9	55.9	0	0	107.4	0.5	0	16	Tree nuts
	20oz	292.31	0	0	0	0	73.57	0	69.08	69.08	0	0	131.12	0.61	0	19.5	
	24oz	335.03	0	0	0	0	84.16	0	79.07	79.07	0	0	142.34	0.66	0	21	
	32oz	449.98	0	0	0	0	113.08	0	106.23	106.23	0	0	192.92	0.89	0	28.5	
Loconut Iced	16oz	207.29	0	0	0	0	53.5	0	50.08	50.08	0	0	114.31	0.55	0	17.5	Tree nuts
	20oz	242.38	0	0	0	0	62.56	0	58.56	58.56	0	0	133.88	0.64	0	20.5	
	24oz	292.89	0	0	0	0	75.52	0	70.73	70.73	0	0	154.27	0.73	0	23.5	
	32oz	445.39	0	0	0	0	114.8	0	107.55	107.55	0	0	230.25	1.09	0	35	

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NUTRITIONAL INFORMATION

Energy In. Cont.	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-meg (meg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Loconut Frozen	16oz	228.26	0	0	0	0	58.73	0	55.08	55.08	0	0	106.57	0.5	0	16	Tree nuts
	20oz	266.63	0	0	0	0	68.64	0	64.36	64.36	0	0	129.27	0.61	0	19.5	
	24oz	291.89	0	0	0	0	75.13	0	70.45	70.45	0	0	139.47	0.66	0	21	
	32oz	433.55	0	0	0	0	111.44	0	104.59	104.59	0	0	191.27	0.89	0	28.5	
Limelight Iced	16oz	213.45	0	0	0	0	55.35	0	52.54	52.54	0	0	114.31	0.55	0	17.5	None
	20oz	249.57	0	0	0	0	64.71	0	61.43	61.43	0	0	133.8	0.64	0	20.5	
	24oz	302.13	0	0	0	0	78.29	0	74.43	74.43	0	0	154.27	0.73	0	23.5	
	32oz	459.77	0	0	0	0	119.12	0	113.3	113.3	0	0	230.25	1.09	0	35	
Limelight Frozen	16oz	236.48	0	0	0	0	61.19	0	58.37	58.37	0	0	106.57	0.5	0	16	None
	20oz	275.88	0	0	0	0	71.42	0	68.06	68.06	0	0	129.27	0.61	0	19.5	
	24oz	302.16	0	0	0	0	78.21	0	74.56	74.56	0	0	139.47	0.66	0	21	
	32oz	449.98	0	0	0	0	116.37	0	111.16	111.16	0	0	191.27	0.89	0	28.5	
Smashberry Iced	16oz	219.61	0	0	0	0	56.58	0	53.77	53.77	0	0	109.38	0.55	0	17.5	None
	20oz	256.76	0	0	0	0	66.15	0	62.87	62.87	0	0	128.13	0.64	0	20.5	
	24oz	311.37	0	0	0	0	80.14	0	76.28	76.28	0	0	146.88	0.73	0	23.5	
	32oz	474.15	0	0	0	0	121.99	0	116.18	116.18	0	0	218.75	1.09	0	35	
Smashberry Frozen	16oz	244.69	0	0	0	0	62.83	0	60.01	60.01	0	0	100	0.5	0	16	None
	20oz	285.12	0	0	0	0	73.27	0	69.9	69.9	0	0	121.88	0.61	0	19.5	
	24oz	312.43	0	0	0	0	80.26	0	76.61	76.21	0	0	131.25	0.66	0	21	
	32oz	466.42	0	0	0	0	119.65	0	114.45	114.45	0	0	173.13	0.89	0	28.5	
Signatures																	
Caramel Macchiato Hot	12oz	206.36	8.07	4.35	0	30.07	25.38	0	20.7	11.25	6.95	5.15	133.62	336.26	0.08	71.72	Dairy
	16oz	268.27	10.22	5.35	0	37.08	34	0	27.5	15.85	8.55	6.36	168.58	414.43	0.08	71.72	
	20oz	350.68	13.35	6.96	0	48.1	44.49	0	35.57	20.45	11.11	8.25	222.44	538	0.13	114.11	
	24oz	406.54	15.1	7.7	0	53.12	52.96	0	41.74	25.05	12.29	9.11	254.49	594.41	0.17	146.71	
Caramel Macchiato Iced	16oz	238.21	8.62	4.35	0	30.07	31.79	0	25.3	15.85	6.95	5.15	149.8	341.53	0.08	73.48	Dairy
	20oz	286.25	9.92	4.81	0	33.07	39.77	0	30.84	20.45	7.68	5.67	176.42	376.03	0.13	115.95	
	24oz	329.23	10.97	5.13	0	35.08	47.29	0	36.07	25.05	8.17	6.01	199.7	400.46	0.17	149.06	
	32oz	454.57	15.16	7.05	0	48.1	65.29	0	49.46	34.25	11.23	8.25	276.67	548.37	0.25	223.88	
Colorado Mocha Hot	12oz	202.06	4.01	2.66	0	12.99	29.64	0.87	27.32	17.79	7.01	6.06	173.95	244.68	0.95	159.22	Dairy, tree nuts
	16oz	257.37	5.02	3.33	0	16.35	38.17	1.09	35.46	23.47	8.79	7.63	216.61	307.51	1.17	181.8	
	20oz	338.1	6.47	4.28	0	20.96	50.8	1.4	46.93	31.56	11.3	9.78	280.61	394.63	1.53	255.23	
	24oz	372.5	6.89	4.56	0	22.22	57.19	1.48	52.55	36.26	12	10.37	300.82	418.75	1.65	296.3	
Colorado Mocha Iced	16oz	220.21	4.14	2.74	0	13.41	33.47	0.89	30.96	21.13	7.23	6.26	184.72	257.81	0.98	163.8	Dairy, tree nuts
	20oz	263.76	4.71	3.11	0	15.09	41.42	1.01	37.93	26.86	8.17	7.04	211.8	290.21	1.14	217.56	
	24oz	287.55	4.88	3.22	0	15.51	46.46	1.03	42.27	30.9	8.43	7.24	222.92	300.16	1.2	253.5	
	32oz	394.23	6.63	4.36	0	20.96	64.07	1.4	58.02	42.65	11.41	9.78	303.06	404.99	1.65	365	
Fireside Hot	12oz	199.1	7.22	4.35	0	30.07	25.74	0	23.3	13.85	7.31	5.15	137.25	336.26	0.08	71.72	Dairy
	16oz	257.37	8.94	5.35	0	37.08	34.54	0	31.45	19.8	9.09	6.36	174.03	414.43	0.08	71.72	
	20oz	336.14	11.64	6.96	0	48.1	45.22	0	40.87	25.75	11.84	8.25	229.71	538	0.13	114.11	
	24oz	388.37	12.96	7.7	0	53.12	53.86	0	48.39	31.7	13.2	9.11	263.58	594.41	0.17	146.71	

*This chart does not contain information regarding trace allergens from shared machinery in production facilities.

Signatures Cont.	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-meg (meg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Fireside Iced	16oz	227.3	7.34	4.35	0	30.07	32.34	0	29.25	19.8	7.49	5.15	155.25	341.53	0.08	73.48	Dairy
	20oz	271.71	8.21	4.81	0	33.07	40.49	0	36.14	25.75	8.4	5.67	183.69	376.03	0.13	115.95	
	24oz	311.06	8.84	5.13	0	35.08	48.2	0	42.72	31.7	9.08	6.01	208.79	400.46	0.17	149.06	
	32oz	429.13	12.16	7.05	0	48.1	66.56	0	58.72	43.6	12.5	8.25	289.39	548.37	0.25	223.88	
Hazelnut Cream Hot	12oz	208.42	6.98	4.35	0	30.07	27.75	0	26.71	17.26	6.95	5.15	111.81	336.26	0.08	71.72	Dairy, tree nuts
	16oz	256.97	8.59	5.35	0	37.08	34.27	0	33.22	21.57	8.55	6.36	135.86	414.43	0.08	71.72	
	20oz	326.02	11.17	6.96	0	48.1	42.66	0	41	25.88	11.11	8.25	178.82	538	0.13	114.11	
	24oz	368.54	12.37	7.7	0	53.12	49.02	0	46.89	30.2	12.29	9.11	199.97	594.41	0.17	146.71	
Hazelnut Cream Iced	16oz	226.91	6.98	4.35	0	30.07	32.06	0	31.02	21.57	6.95	5.15	117.09	341.53	0.08	73.48	Dairy, tree nuts
	20oz	261.6	7.74	4.81	0	33.07	37.94	0	36.28	25.88	7.68	5.67	132.81	376.03	0.13	115.95	
	24oz	291.23	8.25	5.13	0	35.08	43.35	0	41.22	30.2	8.17	6.01	145.18	400.46	0.17	149.06	
	32oz	389.86	11.34	7.05	0	48.1	57.15	0	53.95	38.83	11.23	8.25	200.34	548.37	0.25	223.88	
Mocha Hot	12oz	208.39	4.14	2.74	0	13.41	30.72	0.89	28.79	18.95	7.23	6.26	178.64	252.54	252.54	162.05	Dairy
	16oz	250.87	5.14	3.41	0	16.77	36.09	1.12	33.93	21.63	9.02	7.82	221.12	315.36	1.2	184.63	
	20oz	329.03	6.59	4.37	0	21.38	48.19	1.43	45.11	29.43	11.52	9.98	284.69	402.48	1.55	258.06	
	24oz	363.95	7.02	4.64	0	22.64	54.78	1.51	51.14	34.54	12.23	10.56	304.59	426.6	1.67	299.13	
Mocha Iced	16oz	213.7	4.26	2.82	0	13.83	31.39	0.92	29.43	19.28	7.45	6.46	189.23	265.66	1	166.63	Dairy
	20oz	254.69	4.83	3.19	0	15.51	38.8	1.03	36.11	24.73	8.39	7.24	215.88	298.07	1.16	220.38	
	24oz	278.99	5.01	3.3	0	15.93	44.05	1.06	40.86	29.18	8.65	7.43	226.69	308.02	1.23	256.32	
	32oz	386.7	6.76	4.45	0	21.38	62.07	1.43	57.43	41.75	11.63	9.98	306.21	412.84	1.68	367.83	
Pumpkin Pie Latte Hot	12oz	238.56	6.99	4.35	0	30.07	34.9	0.05	32.11	22.66	7.68	5.15	159.07	374.12	0.09	72.16	Dairy
	16oz	320.54	8.59	5.35	0	37.08	49.26	0.05	45.64	33.99	9.64	6.36	206.74	470.71	0.09	72.16	
	20oz	423.03	11.18	6.96	0	48.1	65.5	0.05	60.43	45.31	12.57	8.25	273.32	612.72	0.14	114.54	
	24oz	498.98	12.37	7.7	0	53.12	79.71	0.05	73.34	56.64	14.11	9.11	318.09	687.55	0.17	147.14	
Pumpkin Pie Latte Iced	16oz	290.48	6.99	4.35	0	30.07	47.06	0.05	43.44	33.99	8.04	5.15	197.82	397.82	0.09	73.91	Dairy
	20oz	358.6	7.74	4.81	0	33.07	60.78	0.05	55.71	45.31	9.13	5.67	227.31	450.74	0.14	116.38	
	24oz	421.67	8.25	5.13	0	35.08	74.04	0.05	67.67	56.64	9.99	6.01	263.3	493.6	0.17	149.49	
	32oz	597.16	11.34	7.05	0	48.1	103.54	0.05	94.42	79.3	13.77	8.25	365.71	678.36	0.26	224.31	
Raspberry Truffle Hot	12oz	202.18	7.22	4.35	0	30.07	26.66	0	24.53	15.08	7.31	5.15	137.25	336.26	0.08	71.72	Dairy
	16oz	261.48	8.94	5.35	0	37.08	35.77	0	33.1	21.44	9.09	6.36	174.03	414.43	0.08	71.72	
	20oz	341.27	11.64	6.96	0	48.1	46.76	0	42.92	27.8	11.84	8.25	229.71	538	0.13	114.11	
	24oz	394.53	12.96	7.7	0	53.12	55.71	0	50.86	34.16	13.2	9.11	263.58	594.41	0.17	146.71	
Raspberry Truffle Iced	16oz	231.41	7.34	4.35	0	30.07	33.57	0	30.89	21.44	7.49	5.15	155.25	341.53	0.08	73.48	Dairy
	20oz	276.85	8.21	4.81	0	33.07	42.04	0	38.2	27.8	8.4	5.67	185.61	377.94	0.13	116.59	
	24oz	317.22	8.84	5.13	0	35.08	50.04	0	45.19	34.16	9.08	6.01	208.79	400.46	0.17	149.06	
	32oz	437.35	12.16	7.05	0	48.1	69.03	0	62	46.89	12.5	8.25	289.39	548.37	0.25	223.88	
Salted Caramel Hot	12oz	244.18	7.44	4.63	0	32.04	36.42	0	34.37	24.3	7.4	5.49	224.9	358.27	0.08	71.72	Dairy
	16oz	304.93	9.33	5.81	0	40.31	45.35	0	43.04	30.37	9.29	6.91	279.82	450.41	0.08	71.72	
	20oz	382.28	11.99	7.47	0	51.68	55.87	0	52.69	36.45	11.93	8.86	350.54	577.83	0.13	114.11	
	24oz	423.44	12.75	7.94	0	54.78	63.64	0	59.74	42.52	12.67	9.39	391.72	612.95	0.17	146.71	
Salted Caramel Iced	16oz	273.92	7.67	4.78	0	33.07	43.08	0	40.77	30.37	7.63	5.67	255.02	369.79	0.08	71.72	Dairy

*This chart does not contain information regarding trace allergens from shared machinery in production facilities.



NUTRITIONAL INFORMATION

Signatures Cont.	Size (oz)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-meg (meg)	Sod (mg)	Calc (mg)	Iron (mg)	pot (mg)	May Contain (Allergens)
Salted Caramel Iced	20oz	320.37	8.68	5.4	0	37.21	51.32	0	48.14	36.45	8.62	6.38	300.93	416.6	0.13	114.11	
	24oz	352.46	8.97	5.58	0	38.24	58.45	0	54.54	42.52	8.89	6.56	335.02	428.68	0.17	146.71	
	32oz	467.15	12.17	7.56	0	51.68	76.51	0	70.92	54.67	12.05	8.86	444.17	579.82	0.26	228.21	
Turtle Hot	12oz	204.96	4.43	2.57	0	12.58	29.43	0.84	25.73	16.51	6.78	5.87	178.93	236.83	0.92	156.4	Dairy, tree nuts
	16oz	291.56	6.11	3.33	0	16.35	41.78	1.09	36.01	24.02	8.79	7.63	237.62	307.51	1.17	181.8	
	20oz	378.16	8.1	4.28	0	20.96	56.08	1.4	47.58	32.21	11.3	9.78	312.09	394.63	1.53	255.23	
Turtle Iced	24oz	428.48	9.07	4.56	0	22.22	64.88	1.48	54	37.71	12	10.37	342.89	418.75	1.65	296.3	
	16oz	247.43	5.23	2.74	0	13.41	37.08	0.89	31.51	21.67	7.23	6.26	205.72	257.81	0.98	163.8	Dairy, tree nuts
	20oz	287.89	5.96	2.86	0	13.83	44.68	0.92	36.65	26.51	7.5	6.46	227.35	266.66	1.05	209.09	
Vanilla Latte Hot	24oz	332.91	6.81	3.05	0	14.67	52.81	0.98	42.43	31.67	7.98	6.85	254.38	284.46	1.14	247.85	
	32oz	495.06	10.2	4.2	0	20.12	79.6	1.34	62.32	47.57	10.96	9.39	366.61	389.28	1.59	359.36	
	12oz	199.69	6.97	4.35	0	30.07	26.83	0	25.88	16.43	6.94	5.15	111.02	336.15	0.07	65.2	Dairy
Vanilla Latte Iced	16oz	246.19	8.58	5.35	0	37.08	33.14	0	32.2	20.54	8.54	6.36	135.07	414.32	0.07	65.2	
	20oz	312.42	11.15	6.95	0	48.1	41.19	0	39.77	24.65	11.1	8.25	176.84	537.72	0.11	97.81	
	24oz	352.88	12.34	7.69	0	53.12	47.35	0	45.45	28.76	12.28	9.11	197.99	594.12	0.15	130.41	
Verde Matcha Latte Hot	16oz	216.13	6.97	4.35	0	30.07	30.94	0	29.99	20.54	6.94	5.15	116.29	341.42	0.07	66.96	Dairy
	20oz	248	7.71	4.8	0	33.07	36.47	0	35.05	24.65	7.66	5.67	130.82	375.74	0.11	99.65	
	24oz	275.57	8.22	5.11	0	35.08	41.68	0	39.78	28.76	8.15	6.01	143.2	400.18	0.15	132.76	
Verde Matcha Latte Iced	32oz	369.38	11.3	7.03	0	48.1	54.94	0	52.1	36.98	11.2	8.25	197.25	547.93	0.22	198.45	
	12oz	187.35	6.2	6.2	0	0	34.55	8.57	23.67	22.43	1.24	0	155.04	10.71	0	221.86	Tree nuts
	16oz	241.75	7.97	7.97	0	0	44.79	11.43	30.34	28.74	1.59	0	199.33	14.29	0	287.54	
White Mocha Hot	20oz	285.51	9.15	9.15	0	0	53.85	14.29	35.95	34.12	1.83	0	228.86	17.86	0	336.68	
	24oz	334.59	10.63	10.63	0	0	63.5	17.14	42.09	39.96	2.143	0	265.78	21.43	0	394.1	
	16oz	199.22	5.61	5.61	0	0	40.06	11.43	26.09	24.96	1.12	0	145.54	19.56	0	223.15	Tree nuts
White Mocha Iced	20oz	237.67	6.5	6.5	0	0	48.53	14.29	31.16	29.86	1.3	0	167.95	23.39	0	264.11	
	24oz	270.81	7.09	7.09	0	0	56.41	17.14	35.71	34.29	1.42	0	184.24	28.49	0	297.23	
	32oz	367.97	10.78	10.78	0	0	72.55	20	47.89	45.73	2.16	0	277.97	33.5	0	417.14	
White Mocha Hot	12oz	214.42	7.45	4.35	0	30.07	28.66	0	25.44	15.99	7.67	5.15	162.7	336.26	0.08	71.72	Dairy
	16oz	284.47	9.29	5.35	0	37.08	39.95	0	35.64	23.99	9.64	6.36	212.19	414.43	0.08	71.72	
	20oz	375.01	12.12	6.96	0	48.1	53.12	0	47.1	31.98	12.57	8.25	280.59	538	0.13	114.11	
White Mocha Iced	24oz	439.02	13.55	7.7	0	53.12	64.25	0	56.67	39.98	14.11	9.11	327.18	594.41	0.17	146.71	
	16oz	254.4	7.69	4.35	0	30.07	37.75	0	33.44	23.99	8.04	5.15	193.41	341.53	0.08	73.48	Dairy
	20oz	310.59	8.68	4.81	0	33.07	48.4	0	42.38	31.98	9.13	5.67	234.58	376.03	0.13	115.95	
	24oz	361.71	9.42	5.13	0	35.08	58.58	0	51	39.98	9.98	6.01	272.39	400.46	0.17	149.06	
	32oz	503.32	12.99	7.05	0	48.1	81.93	0	71.09	55.97	13.77	8.25	378.44	548.37	0.25	223.88	

*This chart does not contain information regarding trace allergens from shared machinery in production facilities.



NUTRITIONAL INFORMATION

Eats & Treats	Size (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16)(g)	Sugar (g)	Prot (g)	Sod (mg)	Calc (% DV)	Iron (% DV)	May Contain (Allergens)
Cinnamon Roll	160	776.9	35	22.1	0	122.9	104.1	2.5	56	9	479.2	3.8	5.3	Egg, dairy, wheat
Blueberry Lemon Coffee Cake	105	328.3	11.2	6.4	0	139.1	55	2.1	25.3	7.9	268.8	5	6.3	Egg, dairy, wheat
Bacon Burrito	227	450	20	9	0	75	42	3	3	25	1050	30	10	Egg, dairy, soy, wheat
Bean & Cheese Burrito	227	410	10	6	0	25	59	12	1	21	530	25	20	Dairy, soy, wheat
Beef & Potato Burrito	227	380	12	7	0	30	44	4	1		770	25	15	Dairy, soy, wheat
Birthday Cakepop	38	140	7	4.9	0	25	18	0	14	2	105	2	0	Dairy, soy, wheat
Cookies & Cream Cakepop	39	150	7	5.1	0	25	18	0	12	2	120	2	2	Dairy, soy, wheat
Chocolate Cakepop	37	130	6	4.5	0	20	17	0	12	1	115	2	15	Dairy, soy, wheat
Cinnamon Swirl GF Coffee Cake	105	455.7	23.6	14	0	117.2	59.9	0.8	42.2	3.6	226.9	3.7	2.5	Egg, dairy
Chocolate Chip Cookie	100	456.1	20.1	12.3	0	87.2	65.7	2.5	40.1	5.3	169	1.3	6.8	Egg, dairy, soy, wheat
Chorizo Burrito	227	470	23	11	0	190	41	3	2	23	730	30	10	Egg, dairy, soy, wheat
Egg Breakfast Burrito	227	430	19	9	0	75	42	3	3	21	590	30	10	Egg, dairy, soy, wheat
Mountain Cookie	100	501.6	30.8	15.5	0	57.8	53.2	5.2	26.8	7	236.9	2.3	10.6	Egg, dairy, soy, tree nuts
Snickerdoodle Cookie	100	493.6	21.9	13.6	0	101	66.5	1.6	32.9	5.8	291.7	0.5	4	Egg, dairy, wheat
Spicy Sausage Burrito	227	450	21	10	0	175	42	3	2	22	690	30	10	Egg, dairy, soy, wheat
Chocolate Croissant	92	427.4	25	15.9	0	59.6	44	2.7	11.9	5.9	419.3	3.3	5.4	Dairy, soy, wheat
Plain Croissant	76	363.1	21.1	13.5	0	59.6	35.5	1.7	4.7	5.4	417.8	2.8	3	Dairy, wheat
Cheese Danish	110	497.6	32.9	21.2	0	98.2	42.5	1.7	11.8	8	544.1	5.6	3	Dairy, wheat
Cherry Cheese Danish	120	479.4	27.4	17.6	0	80.4	44.9	2.1	15.9	7.2	492.2	4.3	3.7	Dairy, wheat
Apple & Cinnamon Oatmeal	54	220	6	1	0	0	34	6	6	7	70	4	12	None
Strawberry Vanilla Oatmeal	53	220	6	1	0	0	34	6	6	7	70	4	12	None
GF English Muffin Sandwich	185	516.3	30.6	11.5	0	238	41	1	5	17.6	430.9	12	7.1	Egg, dairy
Everything Bagel Sandwich	156	410	22	8	0	90	33	1	3	17	800	10	10	Egg, dairy, sesame, wheat
Plain Bagel Sandwich	156	410	22	9	0	90	32	1	4	17	810	10	10	Egg, dairy, wheat
Grilled Cheese Panini	156	470.8	20.1	11.5	0	45.2	46.9	2.2	0	20.7	861.2	35.2	6.5	Dairy, wheat
Turkey Panini	210	552.2	24.6	9.6	0	65.6	46.9	2.2	0	32	1374.4	25.2	14.1	Dairy, wheat
Blueberry Scone	125	448.2	18.6	9.8	0	28.5	59	2.8	12.4	7.6	170.7	4.1	4.3	Dairy, soy, tree nuts, wheat
Raspberry Scone	125	448.4	18.6	9.8	0	28.5	58.9	3.3	11.8	7.6	170.7	4.6	4.8	Dairy, soy, tree nuts, wheat
Banana Choc. Chip Tea Bread	112	371	17.9	5.8	0	56.4	48.9	3.1	24	5.1	197.6	3.6	5.4	Egg, dairy, soy, wheat
Pumpkin Choc. Chip Tea Bread	110	395.5	16.5	5.4	0	49.8	59.4	2.5	39.1	5	124	2.5	6.2	Egg, soy, wheat
Pumpkin GF Tea Bread	99	381.5	170.4	29.6	21.6	0	12.6	16.2	6.5	28.7	25.4	2.5	0	Egg
Blueberry Lemon Muffin	140	373.6	17.9	9.8	0	121	47.6	2	21.2	7.5	191.4	11.2	4.7	Egg, dairy, wheat
Waffle Sandwich	147	500	33	14	0	100	35	0	11	14	640	2	0	Egg, dairy, soy, wheat

*This chart does not contain information regarding trace allergens from shared machinery in production facilities.