

Ziggi's Coffee Nutritional Information	Size	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
Signatures																
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
	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
	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
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
	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
	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
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
	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
	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
Pumpkin Pie 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
	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 Iced																
	16oz	290.48	6.99	4.35	0	30.07	47.06	0.05	43.44	33.99	8.04	5.15	187.96	397.82	0.09	73.91
	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

<u>Ziggi's Coffee Nutritional Information</u>	Size	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
Sugar Free Pumpkin Pie Hot																
	32oz	587.16	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
	12oz	134.71	6.99	4.35	0	30.07	10.57	0.05	9.45	0	6.95	5.15	117.07	337.26	0.09	72.16
	16oz	164.78	8.59	5.35	0	37.08	12.78	0.05	11.66	0	8.55	6.36	142.44	415.43	0.09	72.16
	20oz	215.34	11.18	6.96	0	48.1	16.86	0.05	15.12	0	11.12	8.25	186.71	539.01	0.14	114.54
	24oz	239.37	12.37	7.7	0	53.12	18.9	0.05	16.7	0	12.3	9.11	209.17	595.41	0.17	147.14
Sugar Free Pumpkin Pie Iced																
	16oz	134.71	6.99	4.35	0	30.07	10.57	0.05	9.45	0	6.95	5.15	123.66	342.54	0.09	73.91
	20oz	150.91	7.74	4.81	0	33.07	12.13	0.05	10.4	0	7.68	5.67	140.69	377.03	0.14	116.38
	24oz	162.05	8.25	5.13	0	35.08	13.23	0.05	11.03	0	8.17	6.01	154.38	401.46	0.17	149.49
	32oz	223.71	11.34	7.05	0	48.1	18.41	0.05	15.12	0	11.23	8.25	212.17	549.37	0.26	224.31
Salted Caramel Hot																
	12oz	200.2	6.98	4.35	0	30.07	26.93	0	25.06	15.61	6.95	5.15	216.8	336.26	0.08	71.72
	16oz	246.7	8.59	5.35	0	37.08	33.24	0	31.17	19.52	8.55	6.36	259.9	414.43	0.08	71.72
	20oz	313.7	11.17	6.96	0	48.1	41.43	0	38.54	23.42	11.11	8.25	327.6	538	0.13	114.11
	24oz	354.16	12.37	7.7	0	53.12	47.58	0	44.02	27.32	12.29	9.11	373.64	594.41	0.17	146.71
Salted Caramel Iced																
	16oz	216.64	6.98	4.35	0	30.07	31.03	0	28.97	19.52	6.95	5.15	241	341.53	0.08	73.48
	20oz	249.27	7.74	4.81	0	33.07	36.7	0	33.81	23.42	7.68	5.67	281.6	376.03	0.13	115.95
	24oz	276.85	8.25	5.13	0	35.08	41.91	0	38.35	27.32	8.17	6.01	318.84	400.46	0.17	149.06
	32oz	371.37	11.34	7.05	0	48.1	55.31	0	50.25	35.13	11.23	8.25	423.56	548.37	0.25	223.88
Gold Rush Iced																
	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
	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
Verde Matcha Latte Hot																
	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
	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
	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	2.13	0	265.78	21.43	0	394.1
Verde Matcha Latte Iced																
	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
	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
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
	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

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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
	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	49.36	34.25	11.23	8.25	276.67	548.37	0.25	223.88
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
	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
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
	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
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
	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
	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
White Mocha Iced																
	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
	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
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
	16oz	284.59	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
	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
Turtle Iced																
	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
	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
	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
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	0.98	162.05
	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																

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	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
	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
Candy Cane Crunch Hot																
	12oz	249.66	6.98	4.35	0	30.07	36.74	0	34.57	20.4	7.89	5.15	163.79	374.06	0.08	71.72
	16oz	331.7	8.59	5.35	0	37.08	50.76	0	48.59	29.8	9.97	6.36	213.83	471.13	0.08	71.72
	20oz	434.24	11.17	6.96	0	48.1	66.65	0	63.87	39.3	13	8.25	282.77	613.6	0.13	114.11
	24oz	510.24	12.37	7.7	0	53.12	80.51	0	77.25	48.7	14.66	9.11	329.91	688.91	0.17	146.71
Candy Cane Crunch Iced																
	16oz	301.64	6.98	4.35	0	30.07	48.55	0	46.39	29.8	8.36	5.15	195.05	398.23	0.08	73.48
	20oz	369.81	7.74	4.81	0	33.07	61.93	0	59.14	39.3	9.57	5.67	236.76	451.63	0.13	115.95
	24oz	432.93	8.25	5.13	0	35.08	74.84	0	71.59	48.7	10.53	6.01	275.12	494.96	0.17	149.06
	32oz	598.53	11.34	7.05	0	48.1	103.64	0	99.3	67.6	14.53	8.25	382.25	680.67	0.25	223.88
Red Bull Infusions																
Fruit Punch																
	Frozen	20oz	207.53	0	0	0	52.04	0	49.09	49.09	0.7	0	77.38	5.95	0	1.98
	Frozen	24oz	255.29	0	0	0	64.05	0	60.34	60.34	0.7	0	79.41	7.06	0	2.35
	Frozen	32oz	415.05	0	0	0	104.07	0	98.19	98.19	1.39	0	152.21	9.36	0	3.12
Island Breeze																
	Frozen	20oz	205.94	0	0	0	50.87	0	48.29	48.29	0.67	0	78.18	5.95	0	1.98
	Frozen	24oz	255.24	0	0	0	62.89	0	59.69	59.69	0.67	0	82.06	7.06	0	2.35
	Frozen	32oz	411.87	0	0	0	101.74	0	96.59	96.59	1.33	0	153.8	9.36	0	3.12
Limelight																
	Frozen	20oz	210.61	0	0	0	53.27	0	51.25	51.25	0.7	0	80.46	5.95	0	1.98
	Frozen	24oz	259.91	0	0	0	65.9	0	63.58	63.58	0.7	0	84.03	7.06	0	2.35
	Frozen	32oz	421.21	0	0	0	106.54	0	102.5	102.5	1.39	0	158.38	9.36	0	3.12
LoConut																
	Frozen	20oz	199.77	0	0	0	50.25	0	47.68	47.68	0.67	0	77.56	5.95	0	1.98
	Frozen	24oz	246	0	0	0	61.96	0	58.77	58.77	0.67	0	81.13	7.06	0	2.35
	Frozen	32oz	399.55	0	0	0	100.5	0	95.35	95.35	1.33	0	152.57	9.36	0	3.12
Frostbite																
	Frozen	20oz	210.61	0	0	0	53.06	0	50.84	50.84	0.7	0	76.77	5.95	0	1.98
	Frozen	24oz	259.91	0	0	0	65.59	0	62.96	62.96	0.7	0	78.49	7.06	0	2.35
	Frozen	32oz	421.21	0	0	0	106.13	0	101.68	101.68	1.39	0	150.98	9.36	0	3.12
Beach Bum																
	Frozen	20oz	212.66	0	0	0	53.06	0	50.43	50.43	0.7	0	78.82	5.95	0	1.98
	Frozen	24oz	262.99	0	0	0	65.59	0	62.35	62.35	0.7	0	81.57	7.06	0	2.35
	Frozen	32oz	425.32	0	0	0	106.13	0	100.86	100.86	1.39	0	155.09	9.36	0	3.12
Cherry Blossom																

<u>Ziggi's Coffee Nutritional Information</u>	Size	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
Frozen	20oz	202.39	0	0	0	0	50.6	0	47.96	47.96	0.7	0	80.05	5.95	0	1.98
	24oz	247.58	0	0	0	0	61.9	0	58.65	58.65	0.7	0	83.42	7.06	0	2.35
	32oz	404.78	0	0	0	0	101.19	0	95.93	95.93	1.39	0	157.55	9.36	0	3.12
Smashberry																
Frozen	20oz	212.1	0	0	0	0	53.33	0	51.37	51.37	0.67	0	72.63	5.95	0	1.98
	24oz	264.48	0	0	0	0	66.58	0	64.32	64.32	0.67	0	73.74	7.06	0	2.35
	32oz	433.54	0	0	0	0	109	0	104.97	104.97	1.39	0	148.52	9.36	0	3.12
Fruit 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
	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
	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
Peach																
	16oz	279.35	0.1	0.06	0	0	72.08	2.1	68.6	66.06	0.32	0	14.13	11.13	0.1	62.05
	20oz	319.26	0.11	0.07	0	0	82.37	2.4	78.4	75.5	0.36	0	16.32	12.89	0.11	70.98
	24oz	359.17	0.13	0.08	0	0	92.67	2.7	88.2	84.94	0.41	0	18.04	14.19	0.13	79.74
	32oz	478.89	0.17	0.1	0	0	123.56	3.61	117.61	113.25	0.54	0	23.46	18.32	0.17	106.12
Lemonade																
	16oz	297.89	0.04	0	0	0	74.75	2.92	70.47	69.91	0.14	0	13.99	11.43	0.06	26.47
	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
Wildberry																
	16oz	279.75	0.12	0	0	0	71.62	3.35	67.43	64.75	0.38	0	14.94	18.26	0.32	55.01
	20oz	319.71	0.14	0	0	0	81.85	3.83	77.07	74	0.43	0	17.25	21.04	0.36	62.92
	24oz	359.68	0.15	0	0	0	92.08	4.31	86.7	83.25	0.48	0	19.08	23.35	0.41	70.68
	32oz	479.57	0.2	0	0	0	122.78	5.75	115.6	111.01	0.65	0	24.85	30.53	0.54	94.05
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
	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
Pina Colada																
	16oz	275.19	1.87	1.63	0	0	67.53	3.45	60.61	49.55	0.3	0	25.08	24.01	0.5	154.31
	20oz	314.5	2.13	1.86	0	0	77.18	3.95	69.26	56.63	0.34	0	28.84	27.61	0.57	176.41
	24oz	353.81	2.4	2.09	0	0	86.83	4.44	77.92	63.71	0.38	0	32.12	30.75	0.64	198.36
	32oz	471.75	3.2	2.79	0	0	115.77	5.92	103.9	84.95	0.51	0	42.24	40.4	0.85	264.28
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
	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

<u>Ziggi's Coffee Nutritional Information</u>	Size	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
	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
	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
Blenders																
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
	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
Mocha																
	16oz	407.34	14.37	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
	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
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
	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
Coffee Toffee																
	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
	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
	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
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
	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
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
	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
Cookies N' Cream																
	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

<u>Ziggi's Coffee Nutritional Information</u>	Size	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
	20oz	498.8	32.71	18.88	0	16.09	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	452.61	333.82	2.24	105.41
	32oz	780.56	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
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
	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
	32oz	856.61	28.8	21.66	0.11	28.2	133.67	0	106.92	90.62	13.47	4.14	513.45	492.67	0.44	750.16
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
	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
Java Chip																
	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
	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
	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
Frozen Chai																
	16oz	468.91	16.74	13.57	0.32	22.03	73.9	1.04	61.75	49.52	5.94	0	236.05	180.26	0.98	616.85
	20oz	530.49	18.32	14.98	0.33	22.34	85.15	1.25	71.12	57.16	6.54	0	265.97	198.01	1.16	706.39
	24oz	591.42	19.87	16.38	0.34	22.66	96.29	1.46	80.39	64.72	7.14	0	295.04	215.07	1.34	795.1
	32oz	821.8	26.08	21.97	0.37	23.91	137.53	2.08	114.78	93.3	9.52	0	408.01	281.02	1.91	1109.96
Frozen Campfire Cocoa																
	16oz	505.79	14.37	12.11	0.06	13.92	79.49	0.78	69.71	56.42	10.42	5.48	344.93	339.47	0.98	425.1
	20oz	583.49	16.45	13.87	0.07	15.91	92.14	0.89	80.89	65.69	11.92	6.26	395.04	388.63	1.13	486.73
	24oz	660.53	18.51	15.6	0.07	17.9	104.68	1.01	91.98	74.88	13.41	7.04	444.31	437.1	1.27	547.54
	32oz	888.56	25.22	21.53	0.11	20.83	142.7	1.12	124.71	103.7	16.69	7.82	575.39	534.46	1.49	756.13
Classics																
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
	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
	24oz	7.1	0.14	0.01	0	0	0	0	0	0	0.85	0	14.21	14.21	0.07	348.1
Latte Hot																
	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
	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
Latte Iced																

<u>Ziggi's Coffee Nutritional Information</u>	Size	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
	16oz	155.94	8.13	5.07	0	35.08	12.07	0	11.02	0	8.09	6.01	134.27	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
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
	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
Iced Coffee																
	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
	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
Americano																
	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
	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
	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
	32oz	20.87	0.42	0.21	0	0	3.87	0	0	0	0.28	0	52.72	24.9	0.3	273.44
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
	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
Cafe Au Lait																
	12oz	87.6	4.62	2.87	0	20.04	6.3	0	6.3	0	4.79	3.44	72.12	226.74	0.02	83.35
	16oz	122.53	6.46	4.01	0	28.06	8.82	0	8.82	0	6.69	4.81	100.74	317.21	0.02	111.13
	20oz	157.46	8.3	5.16	0	36.08	11.34	0	11.34	0	8.59	6.18	129.37	407.69	0.03	138.91
	24oz	183.79	9.69	6.02	0	42.09	13.23	0	13.23	0	10.03	7.22	151.12	475.82	0.03	166.7
Campfire Cocoa																
	12oz	221.85	10.08	6.3	0	44.1	22.08	0	21.87	8.01	10.08	7.56	151.19	491.35	0	0
	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
Steamer																
	12oz	246.13	9.62	6.01	0	42.09	29.66	0	29.66	16.43	9.62	7.22	144.31	469.02	0	0
	16oz	314.1	12.37	7.73	0	54.12	37.55	0	37.55	20.54	12.37	9.28	185.55	603.02	0	0
	20oz	356.31	13.74	8.59	0	60.13	43.55	0	43.55	24.65	13.74	10.31	206.16	670.03	0	0
	24oz	424.28	16.49	10.31	0	72.16	51.44	0	51.44	28.76	16.49	12.37	247.39	804.03	0	0
Tea																

<u>Ziggi's Coffee Nutritional Information</u>	Size	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
Hot Tea																
	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	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
	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
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
	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
Match Tea Latte Hot																
	12oz	231.84	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
	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	8.57	17.41	13.06	261.14	870.13	0	96.43
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
	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
	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
Spicy Chai Hot																
	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
	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
	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
Spicy Chai Iced																
	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
	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
Honey Vanilla Chai Hot																
	12oz	169.63	3.67	2.29	0	16.03	31.95	1.68	30.27	25.23	3.67	2.75	83.57	178.67	0	0
	16oz	215.64	4.58	2.86	0	20.04	40.9	2.16	38.73	32.43	4.58	3.44	105.48	223.34	0	0
	20oz	247.23	5.5	3.44	0	24.05	46	2.4	43.6	36.04	5.5	4.12	123.31	268.01	0	0
	24oz	310.42	7.33	4.58	0	32.07	56.21	2.88	53.32	43.25	7.33	5.5	158.96	357.35	0	0

<u>Ziggi's Coffee Nutritional Information</u>	Size	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
Honey Vanilla Chai Iced																
	16oz	176.83	3.67	2.29	0	16.03	33.87	1.8	32.07	27.03	3.67	2.75	90.88	183.95	0	1.76
	20oz	201.22	4.58	2.86	0	20.04	37.05	1.92	35.13	28.83	4.58	3.44	106.92	228.87	0	1.84
	24oz	232.82	5.5	3.44	0	24.05	42.16	2.16	39.99	32.43	5.5	4.12	126.28	275.07	0	2.35
	32oz	336.49	6.41	4.01	0	28.06	66.48	3.6	62.88	54.06	6.41	4.81	165.98	321.18	0	2.83
Traditional Chai Hot																
	12oz	162.11	3.67	2.29	0	16.03	28.39	1.46	24.01	11.67	3.67	2.75	62.27	178.67	1.05	274.32
	16oz	205.97	4.58	2.86	0	20.04	36.32	1.88	30.69	15.01	4.58	3.44	78.1	223.34	1.35	352.7
	20oz	236.49	5.5	3.44	0	24.05	40.91	2.08	34.66	16.68	5.5	4.12	92.89	268.01	1.5	391.89
	24oz	297.53	7.33	4.58	0	32.07	50.1	2.5	42.6	20.01	7.33	5.5	122.46	357.35	1.8	470.27
Traditional Chai Iced																
	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
	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
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
	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
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
	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
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
	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
Kid Zone																
Cotton Candy																
	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
Lava Frost																
	10oz	314.54	9.88	7.88	0.03	17.28	50.44	0	44.86	37.13	6.05	2.75	167.8	247.6	0.12	198.29
Gumball																
	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
Shark Bite Slush																

<u>Ziggi's Coffee Nutritional Information</u>	Size	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D-mcg (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
	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
Unicorn Punch																
	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
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