



NUTRITION GUIDE



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HOT BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
BREWED COFFEE (REGULAR, FLAVORED OR DECAF)											
MINI (8oz)		5	0	0	0	0	0	1	0	0	0
SMALL (12oz)		5	0	0	0	0	0	1	0	0	0
MEDIUM (16oz)		10	0	0	0	0	0	2	0	0	0
LARGE (20oz)		15	0	0	0	0	0	3	0	0	0
BEWLEY'S ORGANIC HOT TEA											
MINI (8oz)		0	0	0	0	0	0	0	0	0	0
SMALL (12oz)		0	0	0	0	0	0	0	0	0	0
MEDIUM (16oz)		0	0	0	0	0	0	0	0	0	0
LARGE (20oz)		0	0	0	0	0	0	0	0	0	0
AMERICANO											
MINI (8oz)		5	0	0	0	0	0	1	0	0	0
SMALL (12oz)		10	0	0	0	0	0	2	0	0	0
MEDIUM (16oz)		15	0	0	0	0	0	3	0	0	0
LARGE (20oz)		20	0	0	0	0	0	4	0	0	0
MOCHA											
MINI (8oz)	Whole	170	6	4	0	26	137	22	1	20	6
	Whole (w/c)	190	8	6	0	35	121	23	1	21	5
	Nonfat	120	0	0	0	4	141	22	1	20	7
	Nonfat (w/c)	145	3	3	0	16	124	23	1	21	6
	Soy	150	3	1	0	0	141	25	2	18	6
SMALL (12oz)	Whole	285	10	6	0	42	234	40	1	35	10
	Whole (w/c)	315	12	9	0	54	218	42	1	37	9
	Nonfat	205	0	0	0	6	240	40	1	35	12
	Nonfat (w/c)	240	4	4	0	22	223	42	1	37	10
	Soy	250	5	1	0	0	240	43	4	33	9
MEDIUM (16oz)	Whole	375	12	8	0	50	307	56	2	49	13
	Whole (w/c)	405	14	10	0	63	291	57	2	51	12
	Nonfat	275	1	0	0	7	314	56	2	49	14
	Nonfat (w/c)	315	4	4	0	23	297	57	2	51	13
	Soy	335	6	1	0	0	314	60	5	46	11
LARGE (20oz)	Whole	490	16	10	0	66	404	73	2	65	17
	Whole (w/c)	520	18	13	0	78	387	75	2	66	16
	Nonfat	360	1	1	0	9	413	73	2	65	19
	Nonfat (w/c)	400	4	4	0	25	396	75	2	66	17
	Soy	435	8	1	0	0	413	79	6	61	15
	Soy (w/c)	470	11	5	0	17	396	80	6	63	14
EXTRAS											
FLAVORED SYRUP (1 pump)		20	0	0	0	0	1	5	0	5	0
FLAVORED SUGAR-FREE SYRUP (1 pump)		0	0	0	0	0	4	0	0	0	0
SINGLE ESPRESSO SHOT		5	0	0	0	0	0	0	1	0	0

2000 calories a day is used for general nutrition advice, but calorie needs may vary. Nutritional information for beverages is calculated based on Java City's standard recipes. Due to the handcrafted nature of these products, nutrient values may vary from those published here.

w/c = whipped cream

HOT BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
MOCHA (SUGAR FREE CHOCOLATE)											
MINI (8oz)	Whole	165	6	4	0	26	116	21	1	9	6
	Whole (w/c)	185	8	6	0	35	100	22	1	10	5
	Nonfat	115	0	0	0	4	120	21	1	9	7
	Nonfat (w/c)	145	3	3	0	16	103	22	1	10	6
	Soy	145	3	1	0	0	120	23	2	8	6
	Soy (w/c)	170	5	3	0	13	103	24	2	9	5
SMALL (12oz)	Whole	280	10	6	0	42	192	36	1	14	10
	Whole (w/c)	310	12	9	0	54	176	38	1	16	9
	Nonfat	195	1	0	0	6	198	36	1	14	11
	Nonfat (w/c)	235	4	4	0	22	181	38	1	16	10
	Soy	245	5	1	0	0	198	40	4	12	9
	Soy (w/c)	280	8	4	0	17	181	41	3	14	8
MEDIUM (16oz)	Whole	365	12	8	0	50	244	50	2	17	13
	Whole (w/c)	395	15	10	0	63	228	52	2	19	12
	Nonfat	265	1	0	0	7	251	50	2	17	14
	Nonfat (w/c)	305	4	4	0	23	234	52	2	19	13
	Soy	325	7	1	0	0	251	55	5	14	11
	Soy (w/c)	360	9	4	0	17	234	56	5	17	10
LARGE (20oz)	Whole	480	16	10	0	66	320	66	3	23	17
	Whole (w/c)	510	18	13	0	78	303	68	3	24	16
	Nonfat	350	1	1	0	9	329	66	3	23	18
	Nonfat (w/c)	385	4	4	0	25	312	68	3	24	17
	Soy	425	9	2	0	0	329	71	6	19	15
	Soy (w/c)	455	11	5	0	17	312	73	6	21	14
MAYAN MOCHA											
MINI (8oz)	Whole	165	6	4	0	26	139	22	1	19	6
	Whole (w/c)	185	8	6	0	35	123	23	1	20	5
	Nonfat	115	0	0	0	4	143	22	1	19	7
	Nonfat (w/c)	140	3	3	0	16	126	23	1	20	6
	Soy	145	3	1	0	0	143	24	2	18	6
	Soy (w/c)	165	5	3	0	13	126	25	2	19	5
SMALL (12oz)	Whole	285	10	6	0	42	238	39	1	35	10
	Whole (w/c)	340	12	9	0	54	243	47	2	42	9
	Nonfat	205	1	0	0	6	244	39	1	35	11
	Nonfat (w/c)	315	7	7	0	39	248	50	2	45	11
	Soy	250	5	1	0	0	244	43	4	32	9
	Soy (w/c)	310	8	4	0	17	248	50	4	40	8
MEDIUM (16oz)	Whole	380	12	8	0	50	312	55	2	48	13
	Whole (w/c)	430	15	10	0	63	317	62	2	55	12
	Nonfat	275	1	0	0	7	319	55	2	48	14
	Nonfat (w/c)	340	4	4	0	23	323	62	2	55	13
	Soy	335	7	1	0	0	319	59	5	45	11
	Soy (w/c)	390	9	5	0	17	323	66	5	52	11
LARGE (20oz)	Whole	495	16	10	0	66	411	72	3	63	17
	Whole (w/c)	545	18	13	0	78	415	79	3	70	16
	Nonfat	360	1	1	0	9	420	72	3	63	18
	Nonfat (w/c)	425	4	4	0	25	424	79	3	70	17
	Soy	435	9	2	0	0	420	77	6	60	15
	Soy (w/c)	495	11	5	0	17	424	84	6	67	14

HOT BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
WHITE MOCHA											
MINI (8oz)	Whole	165	6	4	0	26	129	23	0	22	6
	Whole (w/c)	185	8	6	0	35	112	25	0	23	5
	Nonfat	110	0	0	0	4	132	23	0	22	7
	Nonfat (w/c)	140	3	3	0	17	115	25	0	23	6
	Soy	140	3	0	0	0	132	26	2	20	5
	Soy (w/c)	165	5	3	0	13	115	26	1	22	5
SMALL (12oz)	Whole	295	10	6	0	42	216	42	0	39	10
	Whole (w/c)	325	12	9	0	54	200	44	0	41	9
	Nonfat	215	0	0	0	6	222	42	0	39	11
	Nonfat (w/c)	250	3	3	0	22	205	44	0	41	10
	Soy	260	5	1	0	0	222	45	2	37	9
	Soy (w/c)	295	8	4	0	17	205	47	2	39	8
MEDIUM (16oz)	Whole	390	12	7	0	51	280	59	0	55	12
	Whole (w/c)	420	14	10	0	63	264	61	0	57	11
	Nonfat	290	0	0	0	8	287	59	0	55	13
	Nonfat (w/c)	330	3	3	0	24	270	61	0	57	12
	Soy	350	6	1	0	0	287	63	3	52	11
	Soy (w/c)	380	9	4	0	17	270	65	3	54	10
LARGE (20oz)	Whole	510	15	9	0	66	368	77	0	73	16
	Whole (w/c)	540	17	12	0	79	352	79	0	75	15
	Nonfat	380	0	0	0	10	377	77	0	73	18
	Nonfat (w/c)	420	3	3	0	26	360	79	0	75	16
	Soy	455	8	1	0	1	377	83	4	69	14
	Soy (w/c)	490	10	4	0	17	360	84	4	71	13
LATTÉ											
MINI (8oz)	Whole	135	7	4	0	28	106	12	0	10	7
	Whole (w/c)	155	8	6	0	37	89	13	0	11	6
	Nonfat	80	0	0	0	4	110	12	0	10	7
	Nonfat (w/c)	105	3	3	0	17	93	13	0	11	6
	Soy	110	3	0	0	0	110	14	2	8	6
	Soy (w/c)	135	5	3	0	13	93	15	1	10	5
SMALL (12oz)	Whole	215	11	7	0	46	171	18	0	16	11
	Whole (w/c)	245	13	9	0	58	154	20	0	18	10
	Nonfat	125	0	0	0	7	177	18	0	16	12
	Nonfat (w/c)	160	3	3	0	23	160	20	0	18	11
	Soy	175	5	1	0	0	177	22	3	13	9
	Soy (w/c)	210	8	4	0	17	160	23	2	15	8
MEDIUM (16oz)	Whole	270	13	8	0	57	211	23	0	20	13
	Whole (w/c)	300	15	11	0	69	195	25	0	21	12
	Nonfat	155	0	0	0	8	219	23	0	20	15
	Nonfat (w/c)	195	3	3	0	24	203	25	0	21	14
	Soy	220	7	1	0	0	219	28	3	16	11
	Soy (w/c)	255	9	4	0	17	203	29	3	18	11
LARGE (20oz)	Whole	350	17	11	0	74	276	30	0	26	17
	Whole (w/c)	380	19	13	0	87	260	31	0	27	16
	Nonfat	200	0	0	0	11	287	30	0	26	19
	Nonfat (w/c)	240	3	3	0	27	270	31	0	27	18
	Soy	285	9	1	0	0	287	36	4	21	15
	Soy (w/c)	320	11	4	0	17	270	37	4	23	14

HOT BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
VANILLA LATTE											
MINI (8oz)	Whole	185	6	4	0	26	100	25	0	22	6
	Whole (w/c)	205	8	6	0	35	84	26	0	23	5
	Nonfat	135	0	0	0	4	104	25	0	22	7
	Nonfat (w/c)	160	3	3	0	16	87	26	0	23	6
	Soy	165	3	0	0	0	104	27	2	20	5
SMALL (12oz)	Whole	275	10	6	0	42	157	35	0	31	10
	Whole (w/c)	305	12	9	0	54	141	37	0	33	9
	Nonfat	190	0	0	0	6	163	35	0	31	11
	Nonfat (w/c)	230	3	3	0	22	146	37	0	33	10
	Soy	240	5	1	0	0	163	39	2	29	8
MEDIUM (16oz)	Whole	355	12	8	0	54	203	46	0	40	12
	Whole (w/c)	385	15	10	0	66	187	47	0	41	11
	Nonfat	250	0	0	0	8	210	46	0	40	14
	Nonfat (w/c)	285	3	3	0	24	194	47	0	41	13
	Soy	310	6	1	0	0	210	50	3	37	11
LARGE (20oz)	Whole	450	16	10	0	70	265	57	0	50	16
	Whole (w/c)	480	18	13	0	82	248	58	0	51	15
	Nonfat	310	0	0	0	10	275	57	0	50	18
	Nonfat (w/c)	350	3	3	0	26	258	58	0	51	17
	Soy	390	8	1	0	0	275	63	4	46	14
	Soy (w/c)	425	11	4	0	17	258	64	4	48	13
VANILLA LATTE (SUGAR FREE VANILLA)											
MINI (8oz)	Whole	125	6	4	0	26	109	11	0	9	6
	Whole (w/c)	145	8	6	0	35	93	12	0	10	5
	Nonfat	75	0	0	0	4	113	11	0	9	7
	Nonfat (w/c)	100	3	3	0	16	96	12	0	10	6
	Soy	105	3	0	0	0	113	13	2	8	5
SMALL (12oz)	Whole	195	10	6	0	42	169	16	0	14	10
	Whole (w/c)	225	12	9	0	54	153	18	0	16	9
	Nonfat	110	0	0	0	6	175	16	0	14	11
	Nonfat (w/c)	150	3	3	0	22	158	18	0	16	10
	Soy	160	5	1	0	0	175	20	2	12	8
MEDIUM (16oz)	Whole	255	12	8	0	54	222	22	0	18	12
	Whole (w/c)	285	15	10	0	66	205	24	0	20	11
	Nonfat	150	0	0	0	8	229	22	0	18	14
	Nonfat (w/c)	185	3	3	0	24	212	24	0	20	13
	Soy	210	6	1	0	0	229	27	3	15	11
LARGE (20oz)	Whole	330	16	10	0	70	290	28	0	24	16
	Whole (w/c)	360	18	13	0	82	274	30	0	26	15
	Nonfat	190	0	0	0	10	300	28	0	24	18
	Nonfat (w/c)	230	3	3	0	26	283	30	0	26	17
	Soy	270	8	1	0	0	300	34	4	20	14
	Soy (w/c)	305	11	4	0	17	283	35	4	22	13

HOT BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
CAPPUCCINO											
MINI (8oz)	Whole	115	6	3	0	24	89	10	0	8	6
	Nonfat	65	0	0	0	3	93	10	0	8	6
	Soy	95	3	0	0	0	93	12	1	7	5
SMALL (12oz)	Whole	140	7	4	0	28	106	13	0	10	7
	Nonfat	85	0	0	0	4	110	13	0	10	7
	Soy	115	3	0	0	0	110	15	2	8	6
MEDIUM (16oz)	Whole	175	8	5	0	35	130	16	0	12	8
	Nonfat	105	0	0	0	5	135	16	0	12	9
	Soy	145	4	1	0	0	135	19	2	10	7
LARGE (20oz)	Whole	230	11	7	0	46	171	21	0	16	11
	Nonfat	140	0	0	0	7	177	21	0	16	12
	Soy	190	5	1	0	0	177	25	3	13	9
CINNAMON ROLL LATTE											
SMALL (12oz)	Whole	345	14	10	0	42	294	44	0	37	11
	Whole (w/c)	375	16	13	0	54	278	46	0	39	10
	Nonfat	260	5	4	0	6	300	44	0	37	12
	Nonfat (w/c)	300	8	7	0	22	283	46	0	39	11
	Soy	310	9	5	0	0	300	48	2	35	9
MEDIUM (16oz)	Whole	475	19	14	0	53	405	64	0	53	14
	Whole (w/c)	505	21	16	0	65	389	65	0	54	13
	Nonfat	370	7	6	0	8	413	64	0	53	15
	Nonfat (w/c)	410	10	9	0	24	396	65	0	54	14
	Soy	430	13	7	0	0	413	68	3	50	12
	Soy (w/c)	465	16	10	0	17	396	69	3	52	11
LARGE (20oz)	Whole	630	25	18	0	70	540	84	0	70	18
	Whole (w/c)	660	27	21	0	82	524	86	0	72	17
	Nonfat	490	9	8	0	10	550	84	0	70	20
	Nonfat (w/c)	530	12	11	0	26	533	86	0	72	19
	Soy	570	17	9	0	0	550	90	4	66	16
	Soy (w/c)	605	20	12	0	17	533	91	4	68	15
CARAMEL MACCHIATO											
SMALL (12oz)	Whole	335	10	6	0	42	214	50	0	42	10
	Whole (w/c)	365	12	9	0	55	197	52	0	44	9
	Nonfat	255	0	0	0	7	220	50	0	42	11
	Nonfat (w/c)	305	4	3	0	23	220	53	0	45	11
	Soy	300	5	1	0	1	220	54	2	40	8
MEDIUM (16oz)	Whole	445	13	8	0	55	287	67	0	56	12
	Whole (w/c)	475	15	11	0	67	271	69	0	58	11
	Nonfat	335	0	0	0	9	291	67	0	55	14
	Nonfat (w/c)	375	4	4	0	25	274	69	0	57	13
	Soy	395	6	1	0	1	291	72	3	52	11
LARGE (20oz)	Whole	540	16	10	0	71	349	78	0	66	16
	Whole (w/c)	570	19	13	0	84	333	80	0	68	15
	Nonfat	400	0	0	0	11	359	78	0	66	18
	Nonfat (w/c)	440	4	4	0	27	342	80	0	68	17
	Soy	480	8	1	0	1	359	84	4	62	14
	Soy (w/c)	515	11	5	0	18	342	86	4	64	13

HOT BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
HOT CHOCOLATE											
MINI (8oz)	Whole	185	7	5	0	31	154	23	1	21	7
	Whole (w/c)	205	9	7	0	40	137	24	1	22	6
	Nonfat	125	0	0	0	4	158	23	1	21	8
	Nonfat (w/c)	155	3	3	0	17	141	24	1	22	7
	Soy	160	4	1	0	0	158	26	2	19	7
	Soy (w/c)	185	6	3	0	13	141	26	2	21	6
SMALL (12oz)	Whole	310	11	7	0	48	259	41	1	38	12
	Whole (w/c)	340	14	10	0	60	242	43	1	39	11
	Nonfat	215	0	0	0	7	266	41	1	38	13
	Nonfat (w/c)	255	4	4	0	23	249	43	1	39	12
	Soy	270	6	1	0	0	266	45	4	35	10
	Soy (w/c)	305	9	4	0	17	249	47	4	37	10
MEDIUM (16oz)	Whole	425	15	9	0	63	356	59	2	53	16
	Whole (w/c)	455	17	12	0	76	339	60	2	55	15
	Nonfat	300	1	0	0	9	365	59	2	53	18
	Nonfat (w/c)	340	4	4	0	25	348	60	2	55	16
	Soy	370	8	1	0	0	365	64	5	50	14
	Soy (w/c)	405	11	5	0	17	348	65	5	52	13
LARGE (20oz)	Whole	540	19	12	0	79	452	76	2	69	20
	Whole (w/c)	570	21	14	0	91	436	78	2	71	19
	Nonfat	385	1	1	0	11	464	76	2	69	22
	Nonfat (w/c)	425	4	4	0	27	447	78	2	71	21
	Soy	475	10	2	0	0	464	83	7	65	17
	Soy (w/c)	510	13	5	0	17	447	84	7	67	17
HOT CHOCOLATE (SUGAR FREE CHOCOLATE)											
MINI (8oz)	Whole	180	7	5	0	31	133	21	1	11	7
	Whole (w/c)	200	9	7	0	40	116	22	1	12	6
	Nonfat	120	0	0	0	4	137	21	1	11	8
	Nonfat (w/c)	150	3	3	0	17	120	22	1	12	7
	Soy	155	4	1	0	0	137	24	2	9	7
	Soy (w/c)	180	6	3	0	13	120	25	2	10	6
SMALL (12oz)	Whole	305	12	7	0	48	217	38	1	17	12
	Whole (w/c)	335	14	10	0	60	200	39	1	18	11
	Nonfat	210	1	0	0	7	224	38	1	17	13
	Nonfat (w/c)	245	4	4	0	23	207	39	1	18	12
	Soy	265	6	1	0	0	224	42	4	14	10
	Soy (w/c)	295	9	4	0	17	207	43	4	16	10
MEDIUM (16oz)	Whole	425	16	10	0	66	301	54	2	23	16
	Whole (w/c)	455	18	13	0	78	284	56	2	24	15
	Nonfat	295	1	0	0	9	310	54	2	23	18
	Nonfat (w/c)	335	4	4	0	25	293	56	2	24	17
	Soy	370	8	1	0	0	310	60	6	19	14
	Soy (w/c)	405	11	5	0	17	293	61	5	21	13
LARGE (20oz)	Whole	530	19	12	0	79	368	69	3	27	20
	Whole (w/c)	560	21	15	0	91	352	70	3	29	19
	Nonfat	370	1	1	0	11	380	69	3	27	22
	Nonfat (w/c)	410	4	4	0	27	363	70	3	29	21
	Soy	460	10	2	0	0	380	75	7	23	17
	Soy (w/c)	495	13	5	0	17	363	77	7	25	16

HOT BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
MAYAN HOT CHOCOLATE											
MINI (8oz)	Whole	175	7	4	0	28	147	23	1	20	7
	Whole (w/c)	195	8	6	0	37	131	24	1	21	6
	Nonfat	120	0	0	0	4	151	23	1	20	8
	Nonfat (w/c)	150	3	3	0	17	135	24	1	21	7
	Soy	150	4	1	0	0	151	25	2	18	6
	Soy (w/c)	175	6	3	0	13	135	26	2	20	5
SMALL (12oz)	Whole	310	12	7	0	48	262	41	1	37	12
	Whole (w/c)	370	14	10	0	60	274	50	2	46	11
	Nonfat	215	1	0	0	7	269	41	1	37	13
	Nonfat (w/c)	255	4	4	0	23	252	42	1	39	12
	Soy	270	6	1	0	0	269	45	4	34	10
	Soy (w/c)	335	9	4	0	17	280	54	4	43	10
MEDIUM (16oz)	Whole	430	15	10	0	63	361	58	2	52	16
	Whole (w/c)	490	18	12	0	76	372	67	2	61	15
	Nonfat	300	1	0	0	9	370	58	2	52	17
	Nonfat (w/c)	370	4	4	0	25	381	67	2	61	17
	Soy	375	8	1	0	0	370	63	6	49	14
	Soy (w/c)	435	11	5	0	17	381	72	6	58	13
LARGE (20oz)	Whole	545	19	12	0	79	460	75	3	68	20
	Whole (w/c)	605	22	15	0	91	471	84	3	76	19
	Nonfat	385	1	1	0	11	471	75	3	68	22
	Nonfat (w/c)	455	5	4	0	27	482	84	3	76	21
	Soy	475	10	2	0	0	471	81	7	63	17
	Soy (w/c)	540	13	5	0	17	482	90	7	72	17
WHITE HOT CHOCOLATE											
MINI (8oz)	Whole	180	7	4	0	31	145	24	0	23	7
	Whole (w/c)	200	9	6	0	40	129	25	0	24	6
	Nonfat	120	0	0	0	5	149	24	0	23	8
	Nonfat (w/c)	145	3	3	0	17	132	25	0	24	7
	Soy	155	4	0	0	0	149	27	2	21	6
	Soy (w/c)	175	6	3	0	13	132	27	2	23	5
SMALL (12oz)	Whole	320	11	7	0	48	241	43	0	42	11
	Whole (w/c)	350	13	10	0	61	225	45	0	44	10
	Nonfat	225	0	0	0	7	248	43	0	42	13
	Nonfat (w/c)	265	3	3	0	23	231	45	0	44	12
	Soy	280	6	1	0	0	248	47	3	39	10
	Soy (w/c)	315	8	4	0	17	231	49	3	41	9
MEDIUM (16oz)	Whole	440	15	9	0	64	329	62	0	60	15
	Whole (w/c)	470	17	12	0	76	312	63	0	61	14
	Nonfat	315	0	0	0	10	338	62	0	60	17
	Nonfat (w/c)	355	3	3	0	26	321	63	0	61	16
	Soy	385	7	1	0	0	338	67	4	56	13
	Soy (w/c)	420	10	4	0	17	321	69	3	58	12
LARGE (20oz)	Whole	560	18	11	0	79	417	80	0	77	19
	Whole (w/c)	590	20	14	0	92	400	82	0	79	18
	Nonfat	405	0	0	0	12	428	80	0	77	21
	Nonfat (w/c)	445	3	3	0	28	411	82	0	79	20
	Soy	495	9	1	0	1	428	87	5	73	16
	Soy (w/c)	530	12	4	0	17	411	88	4	75	16

HOT BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
		BEWLEY'S FAIR TRADE CHAI									
MINI (8oz)	Whole	180	7	4	0	31	125	24	0	23	7
	Whole (w/c)	200	9	6	0	40	109	25	0	24	6
	Nonfat	115	0	0	0	4	129	24	0	23	8
	Nonfat (w/c)	145	3	3	0	17	113	25	0	24	7
	Soy	150	4	0	0	0	130	27	2	22	6
SMALL (12oz)	Soy (w/c)	175	6	3	0	13	113	27	2	23	5
	Whole	290	11	7	0	48	194	35	0	34	11
	Whole (w/c)	320	13	10	0	60	178	37	0	35	10
	Nonfat	195	0	0	0	7	201	35	0	34	12
	Nonfat (w/c)	230	3	3	0	23	184	37	0	35	11
MEDIUM (16oz)	Soy	250	6	1	0	0	201	39	3	31	10
	Soy (w/c)	280	8	4	0	17	184	40	3	33	9
	Whole	375	15	9	0	63	254	45	0	43	15
	Whole (w/c)	405	17	12	0	76	238	47	0	45	14
	Nonfat	250	0	0	0	9	263	45	0	43	16
LARGE (20oz)	Nonfat (w/c)	290	3	3	0	25	247	47	0	45	15
	Soy	320	7	1	0	0	263	50	4	39	13
	Soy (w/c)	355	10	4	0	17	247	52	3	41	12
	Whole	470	18	11	0	80	319	55	0	53	18
	Whole (w/c)	500	21	14	0	92	303	57	0	55	17

ICED BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
		ICED COFFEE									
MINI (12oz)	MINI (12oz)	5	0	0	0	0	0	1	0	0	0
	SMALL (16oz)	5	0	0	0	0	0	1	0	0	0
	MEDIUM (20oz)	5	0	0	0	0	0	1	0	0	0
	LARGE (26oz)	5	0	0	0	0	0	1	0	0	0
ICED TEA											
MINI (12oz)	MINI (12oz)	0	0	0	0	0	0	0	0	0	0
	SMALL (16oz)	0	0	0	0	0	0	0	0	0	0
	MEDIUM (20oz)	0	0	0	0	0	0	0	0	0	0
	LARGE (26oz)	0	0	0	0	0	0	0	0	0	0
CREAMY ICED COFFEE											
MINI (12oz)	MINI (12oz)	125	2	2	0	0	19	26	0	18	0
	SMALL (16oz)	170	3	3	0	0	25	35	0	24	0
	MEDIUM (20oz)	210	4	3	0	0	32	43	0	30	0
	LARGE (26oz)	275	5	4	0	0	41	56	0	39	0
JAVALANCHE ON ICE (SUGAR FREE)											
MINI (12oz)	MINI (12oz)	30	0	0	0	0	2	55	5	0	4
ICED AMERICANO											
MINI (12oz)	MINI (12oz)	5	0	0	0	0	0	1	0	0	0
	SMALL (16oz)	10	0	0	0	0	0	2	0	0	0
	MEDIUM (20oz)	15	0	0	0	0	0	3	0	0	0
	LARGE (26oz)	20	0	0	0	0	0	4	0	0	0
ICED LATTÉ											
MINI (12oz)	Whole	95	5	3	0	20	73	8	0	7	5
	Whole (w/c)	135	7	5	0	33	73	11	0	9	5
	Nonfat	55	0	0	0	3	76	8	0	7	5
	Nonfat (w/c)	95	3	3	0	16	76	11	0	9	5
	Soy	80	2	0	0	0	76	10	1	6	4
SMALL (16oz)	Soy (w/c)	120	5	3	0	13	76	13	1	8	4
	Whole	135	7	4	0	28	106	12	0	10	7
	Whole (w/c)	195	11	8	0	48	106	16	0	14	7
	Nonfat	80	0	0	0	4	110	12	0	10	7
	Nonfat (w/c)	140	4	4	0	24	110	16	0	14	7
MEDIUM (20oz)	Soy	110	3	0	0	0	110	14	2	8	6
	Soy (w/c)	170	7	4	0	20	110	18	2	12	6
	Whole	160	8	5	0	33	122	14	0	11	8
	Whole (w/c)	220	12	9	0	53	122	18	0	15	8
	Nonfat	95	0	0	0	5	127	14	0	11	8
LARGE (26oz)	Nonfat (w/c)	155	4	4	0	25	127	18	0	15	8
	Soy	130	4	0	0	0	127	17	2	9	7
	Soy (w/c)	190	8	4	0	20	127	21	2	13	7
	Whole	210	10	6	0	44	163	18	0	15	10
	Whole (w/c)	285	15	11	0	69	163	23	0	20	10
ICED VANILLA LATTÉ											
MINI (12oz)	Whole	125	4	3	0	18	67	22	0	19	4
	Whole (w/c)	165	7	5	0	31	67	24	0	21	4
	Nonfat	90	0	0	0	3	70	22	0	19	5
	Nonfat (w/c)	130	3	3	0	16	70	24	0	21	5
	Soy	110	2	0	0	0	70	23	1	18	4
Soy (w/c)	150	5	3	0	13	70	26	1	20	4	

ICED BEVERAGES		CALORIES	TOTAL FAT (G)			CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
			SATURATED FAT (G)	TRANS FAT (G)							
ICED VANILLA LATTÉ ...CONTINUED											
SMALL (16oz)	Whole	185	6	4	0	26	100	25	0	22	6
	Whole (w/c)	245	10	8	0	46	100	29	0	26	6
	Nonfat	135	0	0	0	4	104	25	0	22	7
	Nonfat (w/c)	195	4	4	0	24	104	29	0	26	7
	Soy	165	3	0	0	0	104	27	2	20	5
	Soy (w/c)	225	7	4	0	20	104	31	2	24	5
MEDIUM (20oz)	Whole	220	7	4	0	28	109	32	0	27	7
	Whole (w/c)	280	11	8	0	48	109	36	0	31	7
	Nonfat	150	0	0	0	3	96	30	0	25	6
	Nonfat (w/c)	210	4	4	0	23	96	34	0	29	6
	Soy	180	3	0	0	0	96	32	1	24	5
	Soy (w/c)	240	7	4	0	20	96	36	1	28	5
LARGE (26oz)	Whole	290	9	6	0	39	150	40	0	35	9
	Whole (w/c)	365	14	11	0	64	150	45	0	40	9
	Nonfat	210	0	0	0	6	156	40	0	35	10
	Nonfat (w/c)	285	5	5	0	31	156	45	0	40	10
	Soy	255	5	1	0	0	156	44	2	33	8
	Soy (w/c)	330	10	6	0	25	156	49	2	38	8
ICED VANILLA LATTÉ (SUGAR FREE VANILLA)											
MINI (12oz)	Whole	85	4	3	0	18	73	8	0	6	4
	Whole (w/c)	125	7	5	0	31	73	10	0	9	4
	Nonfat	50	0	0	0	3	75	8	0	6	5
	Nonfat (w/c)	90	3	3	0	16	75	10	0	9	5
	Soy	70	2	0	0	0	75	9	1	5	4
	Soy (w/c)	110	5	3	0	13	75	12	1	8	4
SMALL (16oz)	Whole	125	6	4	0	26	109	11	0	9	6
	Whole (w/c)	185	10	8	0	46	109	15	0	13	6
	Nonfat	75	0	0	0	4	113	11	0	9	7
	Nonfat (w/c)	135	4	4	0	24	113	15	0	13	7
	Soy	105	3	0	0	0	113	13	2	8	5
	Soy (w/c)	165	7	4	0	20	113	17	2	12	5
MEDIUM (20oz)	Whole	140	7	4	0	28	121	13	0	10	7
	Whole (w/c)	200	11	8	0	48	121	17	0	14	7
	Nonfat	85	0	0	0	4	125	13	0	10	7
	Nonfat (w/c)	145	4	4	0	24	125	7	0	14	7
	Soy	115	3	0	0	0	125	15	2	8	6
	Soy (w/c)	175	7	4	0	20	125	19	2	12	6
LARGE (26oz)	Whole	190	9	6	0	39	169	17	0	14	9
	Whole (w/c)	265	14	11	0	64	169	22	0	19	9
	Nonfat	110	0	0	0	6	174	17	0	14	10
	Nonfat (w/c)	185	5	5	0	31	174	22	0	19	10
	Soy	155	5	1	0	0	174	20	2	11	8
	Soy (w/c)	230	10	6	0	25	174	25	2	16	8
ICED MOCHA											
MINI (12oz)	Whole	130	4	3	0	18	105	19	1	17	4
	Whole (w/c)	170	7	5	0	31	105	22	1	19	4
	Nonfat	95	0	0	0	3	107	19	1	17	5
	Nonfat (w/c)	135	3	3	0	16	107	22	1	19	5
	Soy	115	2	0	0	0	107	21	2	16	4
	Soy (w/c)	155	5	3	0	13	107	23	2	18	4

ICED BEVERAGES		CALORIES	TOTAL FAT (G)			CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
			SATURATED FAT (G)	TRANS FAT (G)							
ICED MOCHA ...CONTINUED											
SMALL (16oz)	Whole	205	6	4	0	24	169	33	1	29	6
	Whole (w/c)	265	10	8	0	44	169	37	1	33	6
	Nonfat	160	0	0	0	3	173	33	1	29	7
	Nonfat (w/c)	220	4	4	0	23	173	37	1	33	7
	Soy	185	3	1	0	0	173	35	3	28	6
	Soy (w/c)	245	7	5	0	20	173	39	3	32	6
MEDIUM (20oz)	Whole	285	8	5	0	31	234	48	2	42	8
	Whole (w/c)	345	12	9	0	51	234	52	2	46	8
	Nonfat	225	1	0	0	4	238	48	2	42	9
	Nonfat (w/c)	285	5	4	0	24	238	52	2	46	9
	Soy	260	4	1	0	0	238	51	3	40	7
	Soy (w/c)	320	8	5	0	20	238	55	3	44	7
LARGE (26oz)	Whole	350	9	6	0	35	290	62	2	54	10
	Whole (w/c)	445	15	11	0	64	306	68	2	61	11
	Nonfat	280	1	1	0	5	295	62	2	54	11
	Nonfat (w/c)	370	6	6	0	31	312	68	2	61	12
	Soy	320	5	1	0	0	295	65	4	52	9
	Soy (w/c)	395	10	6	0	25	295	70	4	57	9
ICED MOCHA (SUGAR FREE CHOCOLATE)											
MINI (12oz)	Whole	125	4	3	0	18	84	17	1	6	4
	Whole (w/c)	165	7	5	0	31	84	20	1	9	4
	Nonfat	90	0	0	0	3	86	17	1	6	5
	Nonfat (w/c)	130	3	3	0	16	86	20	1	9	5
	Soy	110	2	0	0	0	86	19	2	5	4
	Soy (w/c)	150	5	3	0	13	86	22	2	8	4
SMALL (16oz)	Whole	200	6	4	0	24	127	30	1	8	6
	Whole (w/c)	260	10	8	0	44	127	34	1	12	6
	Nonfat	150	1	0	0	3	131	30	1	8	7
	Nonfat (w/c)	210	5	4	0	23	131	34	1	12	7
	Soy	180	3	1	0	0	131	32	3	7	6
	Soy (w/c)	240	7	5	0	20	131	36	3	11	6
MEDIUM (20oz)	Whole	275	8	5	0	31	171	43	2	11	8
	Whole (w/c)	335	12	9	0	51	171	47	2	15	8
	Nonfat	215	1	0	0	4	175	43	2	11	9
	Nonfat (w/c)	275	5	4	0	24	175	47	2	15	9
	Soy	250	4	1	0	0	175	46	4	9	7
	Soy (w/c)	310	8	5	0	20	175	50	4	13	7
LARGE (26oz)	Whole	380	11	7	0	44	238	58	3	15	12
	Whole (w/c)	455	16	12	0	69	238	63	3	20	12
	Nonfat	270	1	1	0	5	211	54	3	12	11
	Nonfat (w/c)	345	6	6	0	30	211	59	3	17	11
	Soy	310	5	1	0	0	211	57	5	10	9
	Soy (w/c)	385	10	6	0	25	211	62	5	15	9
ICED MAYAN MOCHA											
MINI (12oz)	Whole	125	4	3	0	18	107	19	1	16	4
	Whole (w/c)	165	7	5	0	31	107	22	1	19	4
	Nonfat	90	0	0	0	3	109	19	1	16	5
	Nonfat (w/c)	130	3	3	0	16	109	22	1	19	5
	Soy	110	2	0	0	0	109	20	2	15	4
	Soy (w/c)	150	5	3	0	13	109	23	2	18	4

ICED BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
ICED MAYAN MOCHA ...CONTINUED											
SMALL (16oz)	Whole	205	6	4	0	24	173	33	1	29	6
	Whole (w/c)	265	10	8	0	44	173	37	1	33	6
	Nonfat	160	1	0	0	3	176	33	1	29	7
	Nonfat (w/c)	220	5	4	0	23	176	37	1	33	7
	Soy	186	3	1	0	0	176	35	3	27	6
	Soy (w/c)	245	7	5	0	20	176	39	3	31	6
MEDIUM (20oz)	Whole	290	8	5	0	31	239	47	2	41	8
	Whole (w/c)	350	12	9	0	51	239	51	2	45	8
	Nonfat	225	1	0	0	4	243	47	2	41	9
	Nonfat (w/c)	285	5	4	0	24	243	51	2	45	9
	Soy	260	4	1	0	0	244	50	4	39	7
	Soy (w/c)	320	8	5	0	20	244	54	4	43	7
LARGE (26oz)	Whole	355	9	6	0	35	297	60	3	53	10
	Whole (w/c)	430	14	11	0	60	297	65	3	58	10
	Nonfat	285	1	1	0	5	302	60	3	53	11
	Nonfat (w/c)	360	6	9	0	30	302	65	3	58	11
	Soy	325	5	1	0	0	302	63	5	51	9
	Soy (w/c)	400	10	6	0	25	302	68	5	56	9
ICED WHITE MOCHA											
MINI (12oz)	Whole	125	4	3	0	18	96	20	0	19	4
	Whole (w/c)	165	7	5	0	31	96	23	0	21	4
	Nonfat	90	0	0	0	3	99	20	0	19	5
	Nonfat (w/c)	130	3	3	0	16	99	23	0	21	5
	Soy	110	2	0	0	0	99	22	1	18	4
	Soy (w/c)	150	5	3	0	13	99	24	1	20	4
SMALL (16oz)	Whole	215	6	3	0	24	151	35	0	33	6
	Whole (w/c)	275	10	7	0	44	151	39	0	37	6
	Nonfat	170	0	0	0	4	155	35	0	33	7
	Nonfat (w/c)	230	4	4	0	24	155	39	0	37	7
	Soy	195	3	0	0	0	155	37	1	32	5
	Soy (w/c)	255	7	4	0	20	155	41	1	36	5
MEDIUM (20oz)	Whole	300	7	4	0	31	207	52	0	48	8
	Whole (w/c)	355	11	8	0	51	207	55	0	52	8
	Nonfat	240	0	0	0	5	211	52	0	48	8
	Nonfat (w/c)	295	4	4	0	25	211	55	0	52	8
	Soy	275	4	0	0	0	211	54	2	47	7
	Soy (w/c)	330	8	4	0	20	211	57	2	51	7
LARGE (26oz)	Whole	370	8	5	0	36	254	66	0	62	9
	Whole (w/c)	445	13	10	0	61	254	71	0	67	9
	Nonfat	300	0	0	0	6	259	66	0	62	10
	Nonfat (w/c)	375	5	5	0	31	259	71	0	67	10
	Soy	340	4	1	0	1	259	69	2	60	8
	Soy (w/c)	415	9	6	0	26	259	74	2	65	8
BEWLEY'S ICED FAIR TRADE CHAI											
MINI (12oz)	Whole	150	6	3	0	24	101	22	0	21	6
	Whole (w/c)	175	8	6	0	37	101	24	0	24	6
	Nonfat	95	0	0	0	3	96	21	0	20	6
	Nonfat (w/c)	135	3	3	0	16	96	24	0	23	6
	Soy	120	3	0	0	0	96	23	1	19	4
	Soy (w/c)	160	5	3	0	13	96	25	1	22	4

ICED BEVERAGES		CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
BEWLEY'S ICED FAIR TRADE CHAI ...CONTINUED											
SMALL (16oz)	Whole	200	8	5	0	33	133	25	0	24	8
	Whole (w/c)	260	12	9	0	53	133	29	0	28	8
	Nonfat	135	0	0	0	5	138	25	0	24	8
	Nonfat (w/c)	195	4	4	0	25	138	29	0	28	8
	Soy	175	4	0	0	0	138	28	2	22	7
	Soy (w/c)	235	8	4	0	20	138	32	2	26	7
MEDIUM (20oz)	Whole	250	9	6	0	39	161	32	0	31	9
	Whole (w/c)	310	13	10	0	59	161	36	0	35	9
	Nonfat	170	0	0	0	6	167	32	0	31	10
	Nonfat (w/c)	230	4	4	0	26	167	36	0	35	10
	Soy	215	5	1	0	0	167	35	2	28	8
	Soy (w/c)	275	9	5	0	20	167	39	2	32	8
LARGE (26oz)	Whole	325	12	8	0	53	214	41	0	39	12
	Whole (w/c)	400	17	13	0	78	214	46	0	44	12
	Nonfat	220	0	0	0	8	221	41	0	39	14
	Nonfat (w/c)	295	5	5	0	33	221	46	0	44	14
	Soy	280	6	1	0	0	221	45	3	36	11
	Soy (w/c)	355	11	6	0	25	221	50	3	41	11
ICED CARAMEL MACCHIATO											
MINI (12oz)	Whole	155	4	3	0	18	95	24	0	20	4
	Whole (w/c)	235	7	5	0	32	132	36	0	30	4
	Nonfat	120	0	0	0	3	97	24	0	20	5
	Nonfat (w/c)	200	3	3	0	17	134	36	0	30	5
	Soy	140	2	0	0	0	97	26	1	19	4
	Soy (w/c)	220	5	3	0	14	134	38	1	29	4
SMALL (16oz)	Whole	245	6	4	0	27	156	40	0	33	6
	Whole (w/c)	345	10	8	0	48	193	53	0	44	6
	Nonfat	195	0	0	0	5	160	40	0	33	7
	Nonfat (w/c)	295	4	4	0	25	197	53	0	44	7
	Soy	225	3	1	0	1	160	42	2	31	5
	Soy (w/c)	325	7	5	0	21	197	55	2	42	6
MEDIUM (20oz)	Whole	275	7	4	0	29	165	45	0	38	7
	Whole (w/c)	375	11	8	0	50	202	59	0	49	7
	Nonfat	220	0	0	0	5	169	45	0	38	7
	Nonfat (w/c)	320	4	4	0	26	206	59	0	49	8
	Soy	250	4	1	0	1	169	48	2	36	6
	Soy (w/c)	355	8	5	0	21	206	61	2	47	6
LARGE (26oz)	Whole	380	9	6	0	41	234	62	0	51	9
	Whole (w/c)	500	15	11	0	66	272	77	0	63	9
	Nonfat	305	0	0	0	7	240	62	0	51	10
	Nonfat (w/c)	420	6	5	0	33	277	77	0	63	10
	Soy	350	5	1	0	1	240	66	2	49	8
	Soy (w/c)	465	10	6	0	27	277	80	2	61	8

BLENDED BEVERAGES										
	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
HIGH SCHOOL COFFEE JAVALANCHE®										
MINI (12oz)	110	0	0	0	5	109	21	0	19	5
HIGH SCHOOL MOCHA JAVALANCHE®										
MINI (12oz)	105	0	0	0	3	139	20	1	16	6
HIGH SCHOOL CARAMEL JAVALANCHE										
MINI (12oz)	110	0	0	0	5	110	21	0	23	5
STRAWBERRY SMOOTHIE										
MINI (12oz)	210	0	0	0	0	8	51	2	48	0
SMALL (16oz)	315	0	0	0	0	12	77	2	72	0
MEDIUM (20oz)	315	0	0	0	0	12	77	2	72	0
LARGE (26oz)	365	0	0	0	0	14	90	3	84	0
STRAWBERRY BANANA SMOOTHIE										
MINI (12oz)	210	0	0	0	0	8	51	2	48	0
SMALL (16oz)	315	0	0	0	0	12	77	2	72	0
MEDIUM (20oz)	315	0	0	0	0	12	77	2	72	0
LARGE (26oz)	365	0	0	0	0	14	90	3	84	0
FOUR BERRY SMOOTHIE										
MINI (12oz)	210	0	0	0	0	8	50	2	46	2
SMALL (16oz)	315	0	0	0	0	12	74	2	70	2
MEDIUM (20oz)	315	0	0	0	0	12	74	2	70	2
LARGE (26oz)	365	0	0	0	0	14	87	3	81	3
MANGO SMOOTHIE										
MINI (12oz)	210	0	0	0	0	0	51	2	45	2
SMALL (16oz)	315	0	0	0	0	0	77	2	67	2
MEDIUM (20oz)	315	0	0	0	0	0	77	2	67	2
LARGE (26oz)	365	0	0	0	0	0	90	3	78	3
CARROT ORANGE GINGER SMOOTHIE										
MINI (12oz)	210	0	0	0	0	64	50	0	46	2
SMALL (16oz)	315	0	0	0	0	96	74	1	70	2
MEDIUM (20oz)	315	0	0	0	0	96	74	1	70	2
LARGE (26oz)	365	0	0	0	0	112	87	1	81	3
ORANGE GUAVA SMOOTHIE										
MINI (12oz)	225	0	0	0	0	8	51	3	46	0
SMALL (16oz)	335	0	0	0	0	12	77	5	70	1
MEDIUM (20oz)	335	0	0	0	0	12	77	5	70	1
LARGE (26oz)	390	0	0	0	0	14	90	6	81	1
YOGURT PROTEIN BOOST										
1 SCOOP	45	0	0	0	5	60	6	0	3	5

JAVAGANDA JANUARY/FEBRUARY 2018											
	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)	
SALTED CARAMEL MOCHA											
SMALL (12oz)	Whole	335	13	9	0	42	454	44	1	37	11
	Whole (w/c)	365	15	12	0	54	438	46	1	39	10
	Nonfat	265	4	3	0	5	478	47	1	40	13
	Nonfat (w/c)	300	7	6	0	21	459	48	1	41	12
	Soy	300	8	4	0	0	466	49	1	34	9
MEDIUM (16oz)	Soy (w/c)	335	11	7	0	17	449	50	1	36	8
	Whole	430	16	11	0	46	621	61	2	50	12
	Whole (w/c)	460	18	14	0	58	604	63	2	52	11
	Nonfat	365	5	5	0	6	666	66	2	55	16
	Nonfat (w/c)	400	9	8	0	22	647	67	2	56	15
LARGE (20oz)	Soy	410	11	5	0	0	651	68	2	47	12
	Soy (w/c)	440	14	8	0	17	634	70	2	50	11
	Whole	590	22	15	0	66	844	82	2	69	17
	Whole (w/c)	620	24	18	0	78	828	84	2	70	16
	Nonfat	480	7	6	0	8	881	86	2	72	21
LARGE (20oz)	Nonfat (w/c)	510	10	9	0	24	863	88	2	74	20
	Soy	535	15	7	0	0	863	90	2	63	65
	Soy (w/c)	570	17	10	0	17	845	91	2	65	14

Available at participating cafés.

Complete menu available
only at participating cafés

