

We cannot guarantee that cafe prepared products do not contain any allergens. Please be advised that food prepared here may contain these allergens: Dairy, Peanuts, Tree Nuts, Wheat, Sesame & Soy.

COFFEE													IS IT?		CONTAINS						
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	253	0	0	0	0	0	0	5	0	0	0	<1	✓								
Medium	339	0	0	0	0	g	0	10	0	0	0	<1	✓								
Large	408	5	0	0	0	0	0	10	0	0	0	<1	✓								
CAFÉ AU LAIT													IS IT?		CONTAINS						
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	126	70	30	3	2	0	10	70	8	0	4	3		✓	✓						
Medium	170	100	35	4	2.5	0	10	90	11	0	6	4		✓	✓						
Large	204	120	45	5	3	0	15	115	13	0	7	5		✓	✓						
SKIM MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	126	50	0	0	0	0	0	70	8	0	5	3		✓	✓						
Medium	170	70	0	0.5	0	0	<5	95	11	0	6	5		✓	✓						
Large	85	60	0	0	0	0	<5	75	9	0	8	5		✓	✓						
ALMOND MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	126	45	15	1.5	0	0	0	95	4	0	2	<1	✓				Almonds				
Medium	170	60	20	2	0	0	0	125	6	<1	3	<1	✓				Almonds				
Large	85	80	25	2.5	0	0	0	160	7	<1	3	1	✓				Almonds				
OAT MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	126	70	25	3	0.5	0	0	70	9	0	1	<1	✓								
Medium	170	90	35	4	1	0	0	95	12	0	2	<1	✓								
Large	85	120	45	5	1	0	0	120	15	0	2	1	✓								
HOT TEA													IS IT?		CONTAINS						
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	50	0	0	0	0	0	0	10	1	0	0	0	✓								
Medium	50	0	0	0	0	0	0	15	1	0	0	0	✓								
Large	50	5	0	0	0	0	0	15	2	0	0	0	✓								
RED EYE													IS IT?		CONTAINS						
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	341	5	0	0	0	0	0	10	<1	0	0	0	✓								
Medium	427	5	0	0	0	0	0	15	<1	0	0	<1	✓								
Large	496	10	0	0	0	0	0	15	<1	0	0	<1	✓								
ESPRESSO													IS IT?		CONTAINS						
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	0	0	0	0	0	0	0	0	0	0	0	✓								
Medium	176	5	0	0	0	0	0	10	1	0	0	0	✓								
Large	176	10	0	0	0	0	0	10	1	0	0	0	✓								
AMERICANO													IS IT?		CONTAINS						
	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	176	5	0	0	0	0	0	20	<1	0	0	0	✓								
Medium	264	10	0	0	0	0	0	25	1	0	0	0	✓								
Large	352	10	0	0	0	0	0	35	2	0	0	0	✓								
LATTE													IS IT?		CONTAINS						
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	110	50	6	3.5	0	20	85	9	0	9	6		✓	✓						
Medium	176	150	70	8	4.5	0	25	115	13	0	12	8		✓	✓						
Large	176	260	120	14	8	0	45	190	21	0	21	13		✓	✓						
SKIM MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	70	0	0	0	0	<5	85	10	0	10	7		✓	✓						
Medium	176	100	0	0	0	0	<5	120	14	0	13	9		✓	✓						
Large	176	170	0	0	0	0	10	210	25	0	24	17		✓	✓						
ALMOND MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	60	20	2.5	0	0	0	125	1	<1	4	<1	✓				Almonds				
Medium	176	80	30	3	0	0	0	170	2	1	5	1	✓				Almonds				
Large	176	140	50	6	0	0	0	310	3	2	9	2	✓				Almonds				

													IS IT?		CONTAINS						
Whole Milk	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
<b>OAT MILK</b>																					
Small	88	100	50	5	1	0	0	85	11	0	2	<1	✓								
Medium	176	140	60	7	1	0	0	115	15	0	3	1	✓								
Large	176	250	120	13	2	0	0	210	28	0	6	2	✓								
<b>CAPPUCCINO</b>																					
<b>WHOLE MILK</b>																					
Small	88	110	50	6	3	0	15	75	9	0	9	5		✓	✓						
Medium	176	180	80	9	5	0	30	130	15	0	14	9		✓	✓						
Large	176	250	110	13	7	0	40	180	20	0	20	13		✓	✓						
<b>SKIM MILK</b>																					
Small	88	70	0	0	0	0	<5	80	10	0	9	6		✓	✓						
Medium	176	110	0	0	0	0	5	140	16	0	15	11		✓	✓						
Large	176	150	0	0	0	0	10	190	22	0	21	15		✓	✓						
<b>ALMOND MILK</b>																					
Small	88	60	20	2.5	0	0	0	125	1	<1	4	<1	✓							Almonds	
Medium	176	90	35	4	0	0	0	210	2	1	6	1	✓							Almonds	
Large	176	130	50	5	0	0	0	290	3	2	9	2	✓							Almonds	
<b>OAT MILK</b>																					
Small	88	100	50	5	1	0	0	85	11	0	2	<1	✓								
Medium	176	170	80	9	1.5	0	0	140	19	0	4	1	✓								
Large	176	240	110	13	2	0	0	190	26	0	5	2	✓								
<b>SPECIALTY LATTE</b>																					
<b>WHOLE MILK</b>																					
Small	88	150	35	4	2.5	0	10	60	24	0	23	4		✓	✓						
Medium	176	330	110	12	7	0	35	170	43	0	41	12		✓	✓						
Large	176	470	160	18	10	0	55	270	58	0	56	17		✓	✓						
<b>SKIM MILK</b>																					
Small	88	150	0	0	0	0	<5	85	28	0	27	7		✓	✓						
Medium	176	200	0	0	0	0	<5	120	38	0	36	9		✓	✓						
Large	176	220	0	0	0	0	<5	120	44	0	42	9		✓	✓						
<b>ALMOND MILK</b>																					
Small	88	130	20	2.5	0	0	0	125	19	<1	21	<1	✓							Almonds	
Medium	176	180	30	3	0	0	0	170	26	1	28	1	✓							Almonds	
Large	176	260	50	6	0	0	0	310	33	2	38	2	✓							Almonds	
<b>OAT MILK</b>																					
Small	88	180	50	5	1	0	0	85	29	0	20	<1	✓								
Medium	176	240	60	7	1	0	0	115	39	0	26	1	✓								
Large	176	380	120	13	2	0	0	210	58	0	34	2	✓								
<b>MOCHA</b>																					
<b>WHOLE MILK</b>																					
Small	88	190	60	6	3.5	0	15	85	26	<1	25	6		✓	✓						
Medium	176	140	20	2.5	1.5	0	<5	35	27	<1	24	2		✓	✓						
Large	176	390	130	14	8	0	40	190	50	1	47	14		✓	✓						
<b>SKIM MILK</b>																					
Small	88	150	10	1	0	0	<5	90	27	<1	26	7		✓	✓						
Medium	176	130	10	1	0.5	0	0	35	27	<1	24	3		✓	✓						
Large	176	300	15	1.5	0.5	0	10	200	52	1	49	16		✓	✓						
<b>ALMOND MILK</b>																					
Small	88	140	30	3	0	0	0	135	19	1	20	2	✓							Almonds	
Medium	176	190	40	4	0.5	0	0	180	26	2	27	2	✓							Almonds	
Large	176	270	60	7	0.5	0	0	300	32	3	36	3	✓							Almonds	
<b>OAT MILK</b>																					
Small	88	90	10	1	0	0	0	15	19	<1	16	<1	✓								
Medium	176	250	70	8	1.5	0	0	125	39	<1	25	2	✓								
Large	176	380	120	14	2.5	0	0	210	55	1	32	3	✓								
<b>CARAMEL MACCHIATO</b>																					
<b>OUR CARAMEL SAUCE CONTAINS DAIRY</b>																					
<b>WHOLE MILK</b>																					
Small	88	190	60	6	3.5	0	15	85	26	<1	25	6		✓	✓						
Medium	176	140	20	2.5	1.5	0	<5	35	27	<1	24	2		✓	✓						
Large	176	390	130	14	8	0	40	190	50	1	47	14		✓	✓						
<b>IS IT?</b>																					
<b>CONTAINS</b>																					





ICED LATTE														IS IT?		CONTAINS						
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	88	80	35	4	2.5	0	10	60	6	0	6	4		✓	✓							
Medium	176	230	110	12	7	0	35	170	19	0	18	12		✓	✓							
Large	264	340	160	18	10	0	55	270	28	0	28	17		✓	✓							
SKIM MILK														IS IT?		CONTAINS						
Small	88	50	0	0	0	0	< 5	65	7	0	6	5		✓	✓							
Medium	176	140	0	0	0	0	5	190	21	0	19	14		✓	✓							
Large	264	210	0	0	0	0	10	280	31	0	29	20		✓	✓							
ALMOND MILK														IS IT?		CONTAINS						
Small	88	40	15	1.5	0	0	0	90	1	< 1	3	< 1	✓							Almonds		
Medium	176	110	40	4.5	0	0	0	260	3	2	8	2	✓							Almonds		
Large	264	170	60	7	0	0	0	400	4	2	11	2	✓							Almonds		
OAT MILK														IS IT?		CONTAINS						
Small	88	70	30	3.5	0.5	0	0	60	8	0	2	< 1	✓									
Medium	176	200	100	11	1.5	0	0	180	22	0	5	2	✓									
Large	264	300	140	16	2.5	0	0	270	33	0	7	2	✓									
ICED RED EYE														IS IT?		CONTAINS						
Small	290	5	0	0	0	0	0	15	< 1	0	0	0	✓									
Medium	333	5	0	0	0	0	0	20	< 1	0	0	0	✓									
Large	438	5	0	0	0	0	0	25	< 1	0	0	< 1	✓									
ICED AMERICANO														IS IT?		CONTAINS						
Small	176	5	0	0	0	0	0	10	< 1	0	0	0	✓									
Medium	264	10	0	0	0	0	0	10	1	0	0	0	✓									
Large	440	15	0	0	0	0	0	20	2	0	0	0	✓									
ICED VANILLA LATTE														IS IT?		CONTAINS						
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	88	150	35	4	2.5	0	10	60	24	0	23	4		✓	✓							
Medium	176	330	110	12	7	0	35	170	43	0	41	12		✓	✓							
Large	264	470	160	18	10	0	55	270	58	0	56	17		✓	✓							
SKIM MILK														IS IT?		CONTAINS						
Small	88	120	0	0	0	0	< 5	65	25	0	24	5		✓	✓							
Medium	176	240	0	0	0	0	5	190	45	0	42	14		✓	✓							
Large	264	340	0	0	0	0	10	280	61	0	58	20		✓	✓							
ALMOND MILK														IS IT?		CONTAINS						
Small	88	110	15	1.5	0	0	0	90	19	< 1	20	< 1	✓							Almonds		
Medium	176	210	40	4.5	0	0	0	260	27	2	31	2	✓							Almonds		
Large	264	290	60	7	0	0	0	400	34	2	40	2	✓							Almonds		
OAT MILK														IS IT?		CONTAINS						
Small	88	140	30	3.5	0.5	0	0	60	26	0	19	< 1	✓									
Medium	176	300	100	11	1.5	0	0	180	46	0	28	2	✓									
Large	264	480	140	16	2.5	0	0	270	75	0	47	2	✓									
ICED MOCHA														IS IT?		CONTAINS						
WHOLE MILK	Caffeine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	88	220	70	8	4.5	0	20	105	28	< 1	27	7		✓	✓							
Medium	176	260	80	8	5	0	25	115	35	< 1	33	8		✓	✓							
Large	264	340	100	11	6	0	30	160	46	1	43	11		✓	✓							
SKIM MILK														IS IT?		CONTAINS						
Small	88	160	10	1	0	0	< 5	100	29	< 1	27	8		✓	✓							
Medium	176	200	10	1	0.5	0	< 5	120	37	< 1	34	10		✓	✓							
Large	264	270	15	1.5	0.5	0	5	170	48	1	44	13		✓	✓							
ALMOND MILK														IS IT?		CONTAINS						
Small	88	150	30	3.5	0	0	0	150	19	2	21	2	✓							Almonds		
Medium	176	190	40	4	0.5	0	0	180	26	2	27	2	✓							Almonds		
Large	264	250	50	6	0.5	0	0	250	32	3	34	3	✓							Almonds		





BREAKFAST ALL DAY													IS IT?		CONTAINS						
	Caffine	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
EGG AND CHEESE ON A BAGEL		510	130	15	4	0	135	890	72	3	0	19		✓	✓	✓		✓	✓	✓	
BACON, EGG AND CHEESE ON A BAGEL		550	160	18	6	0	145	1020	72	3	0	22			✓			✓	✓	✓	
TURKEY SAUSAGE, EGG AND CHEESE ON A BAGEL		600	190	22	6	0	175	1170	72	3	0	26			✓			✓	✓	✓	
PLANT POWERED BREAKFAST SANDWICH ON A BAGEL		510	120	13	2	0	0	1140	75	4	0	17	✓		✓			✓	✓	✓	
BREAKFAST BURRITO		570	290	32	13	0	340	1490	49	2	0	24		✓	✓			✓			
BREAKFAST BURRITO+ TURKEY SAUSAGE		630	330	37	14	0	365	1680	49	2	0	29			✓			✓			
BREAKFAST BURRITO+ BACON		730	400	45	17	0	360	2060	49	2	0	36			✓			✓			
HABANERO STEAK BREAKFAST BURRITO		620	310	35	14	0	35	1650	50	2	-1	28			✓			✓			
GLUTEN FREE BREAKFAST BURRITO		590	270	31	10	0	34	1550	58	4	0	20		✓	✓			✓			
PLANT POWERED BREAKFAST BURRITO		350	150	17	5	0	0	840	39	2	0	13	✓		✓			✓			
BREAKFAST GRILLED CHEESE		620	290	33	13	0	130	1380	54	4	4	23		✓	✓			✓			
BREAKFAST GRILLED CHEESE + BACON		780	400	45	17	0	150	1940	54	4	4	35			✓			✓			
BREAKFAST GRILLED CHEESE + TURKEY SAUSAGE		680	330	37	15	0	155	1560	54	4	4	27			✓			✓			
PLANT POWERED BREAKFAST GRILLED CHEESE		430	120	13	3.5	0	0	940	57	6	4	14	✓		✓			✓			
EVERYTHING AVO TOAST		250	110	12	2	0	0	290	28	6	2	7	✓		✓			✓	✓		
BAGEL		360	20	2	0	0	0	700	70	3	0	10	✓		✓			✓	✓	✓	
BAGEL W/ BUTTER		450	110	12	6	0	30	770	70	3	0	10			✓			✓	✓	✓	
BAGEL W/ CREAM CHEESE		430	70	8	4	0	20	820	73	3	0	11		✓	✓			✓	✓	✓	
BAGEL W/ PEANUT BUTTER		480	110	12	2	0	0	790	75	5	1	14	✓		✓	✓		✓	✓	✓	

LUNCH SANDWICHES													IS IT?		CONTAINS						
		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
GRILLED THREE CHEESE		570	260	30	13	0	60	1270	54	4	4	20		✓	✓	✓		✓			
PLANT POWERED GRILLED CHEESE		380	90	10	3.5	0	0	810	56	6	4	10	✓		✓			✓			
GREEN GRILLED CHEESE		580	260	30	13	0	60	1270	54	4	4	20		✓	✓			✓			
PICKLE GRILLED CHEESE		570	260	30	13	0	60	2050	54	4	4	20			✓			✓			
BACON GRILLED CHEESE		740	370	42	17	0	80	1830	54	4	4	32			✓			✓			
BUFFALO CHICKEN GRILLED CHEESE		630	260	31	13	0	80	2000	55	4	4	28			✓			✓			
STEAK GRILLED CHEESE		650	300	34	14	0	80	1510	55	4	5	27			✓			✓			
QUESADILLA		370	170	20	11	0	45	890	37	1	0	16		✓	✓			✓			
BUFFALO CHICKEN QUESADILLA		420	170	21	11	0	65	1630	39	1	0	24			✓			✓			
PLANT POWERED QUESADILLA		380	90	10	3.5	0	0	810	56	6	4	10	✓		✓			✓			

BAKERY													IS IT?		CONTAINS						
		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
BLUEBERRY MUFFIN		620	230	31	6	0	125	420	77	1	43	9		✓	✓			✓		✓	
BROWNIE		500	250	28	11	0	90	180	63	3	47	5		✓	✓			✓		✓	
CHOCOLATE CHIP MUFFIN		690	250	39	12	0	120	390	88	0	38	10		✓	✓			✓		✓	
CRUMB CAKE		520	460	30	28	0	100	780	80	2	58	4		✓	✓			✓		✓	
FRENCH TOAST MUFFIN		700	300	35	9	0	125	410	89	1	55	8		✓	✓			✓		✓	

Updated 2.3.2025 We cannot guarantee that cafe prepared products do not contain any allergens. Please be advised that food prepared here may contain these allergens: Dairy, Peanuts, Tree Nuts, Wheat, Sesame & Soy.