

We cannot guarantee that cafe prepared products do not contain any allergens. Please be advised that food prepared here ay 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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	253	0	0	0	0	0	0	5	0	0	0	<1	0	7	0	174	✓								
Medium	339	0	0	0	0	g	0	10	0	0	0	<1	0	9	0	232	✓								
Large	408	5	0	0	0	0	0	10	0	0	0	<1	0	11	0	278	✓								
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	126	70	30	3	2	0	10	70	8	0	4	3	43	101	0	373			✓	✓					
Medium	170	100	35	4	2.5	0	10	90	11	0	6	4	58	134	0	508			✓	✓					
Large	204	120	45	5	3	0	15	115	13	0	7	5	72	168	1	644			✓	✓					
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	126	50	0	0	0	0	0	70	8	0	5	3	0	93	0	261			✓	✓					
Medium	170	70	0	0.5	0	0	<5	95	11	0	6	5	0	124	0	359			✓	✓					
Large	85	60	0	0	0	0	<5	75	9	0	8	5	0	149	0	81			✓	✓					
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	126	45	15	1.5	0	0	0	95	4	0	2	<1	0	137	1	261	✓					Almonds			
Medium	170	60	20	2	0	0	0	125	6	<1	3	<1	0	183	1	359	✓					Almonds			
Large	85	80	25	2.5	0	0	0	160	7	<1	3	1	0	229	1	456	✓					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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	126	70	25	3	0.5	0	0	70	9	0	1	<1	0	80	0	261	✓								
Medium	170	90	35	4	1	0	0	95	12	0	2	<1	0	106	0	359	✓								
Large	85	120	45	5	1	0	0	120	15	0	2	1	0	133	1	456	✓								
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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	50	0	0	0	0	0	0	10	1	0	0	0	0	0	0	132	✓								
Medium	50	0	0	0	0	0	0	15	1	0	0	0	0	0	0	175	✓								
Large	50	5	0	0	0	0	0	15	2	0	0	0	0	0	0	210	✓								
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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	341	5	0	0	0	0	0	10	<1	0	0	0	0	7	0	194	✓								
Medium	427	5	0	0	0	0	0	15	<1	0	0	<1	0	9	0	292	✓								
Large	496	10	0	0	0	0	0	15	<1	0	0	<1	0	12	0	310	✓								
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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	0	0	0	0	0	0	0	0	0	0	0	0	1	0	33	✓								
Medium	176	5	0	0	0	0	0	10	1	0	0	0	0	1	0	69	✓								
Large	176	10	0	0	0	0	0	10	1	0	0	0	0	2	0	96	✓								
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)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	176	5	0	0	0	0	0	20	<1	0	0	0	0	10	0	65	✓								
Medium	264	10	0	0	0	0	0	25	1	0	0	0	0	13	0	98	✓								
Large	352	10	0	0	0	0	0	35	2	0	0	0	0	16	0	130	✓								
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	110	50	6	3.5	0	20	85	9	0	9	6	93	207	0	276			✓	✓					
Medium	176	150	70	8	4.5	0	25	115	13	0	12	8	124	277	0	391			✓	✓					
Large	176	260	120	14	8	0	45	190	21	0	21	13	217	482	0	627			✓	✓					
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	70	0	0	0	0	<5	85	10	0	10	7	0	188	0	35			✓	✓					
Medium	176	100	0	0	0	0	<5	120	14	0	13	9	0	251	0	65			✓	✓					
Large	176	170	0	0	0	0	10	210	25	0	24	17	0	470	0	69			✓	✓					
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	60	20	2.5	0	0	0	125	1	<1	4	<1	0	266	1	35	✓					Almonds			
Medium	176	80	30	3	0	0	0	170	2	1	5	1	0	356	1	69	✓					Almonds			
Large	176	140	50	6	0	0	0	310	3	2	9	2	0	666	2	69	✓					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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	100	50	5	1	0	0	85	11	0	2	<1	0	151	0	35	✓								
Medium	176	140	60	7	1	0	0	115	15	0	3	1	0	201	0	69	✓								
Large	176	250	120	13	2	0	0	210	28	0	6	2	0	376	0	69	✓								
CAPPUCCINO																	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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	110	50	6	3	0	15	75	9	0	9	5	87	193	0	257			✓	✓					
Medium	176	180	80	9	5	0	30	130	15	0	14	9	145	321	0	439			✓	✓					
Large	176	250	110	13	7	0	40	180	20	0	20	13	202	450	0	589			✓	✓					
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy
Small	88	70	0	0	0	0	<5	80	10	0	9	6	0	178	0	33			✓	✓					
Medium	176	110	0	0	0	0	5	140	16	0	15	11	0	296	0	65			✓	✓					

Large		176	150	0	0	0	0	10	190	22	0	21	15	0	415	0	65		✓	✓							
ALMOND MILK																											
Small		88	60	20	2.5	0	0	0	125	1	<1	4	<1	0	266	1	33	✓					Almonds				
Medium		176	90	35	4	0	0	0	210	2	1	6	1	0	444	1	65	✓					Almonds				
Large		176	130	50	5	0	0	0	290	3	2	9	2	0	621	2	65	✓					Almonds				
OAT MILK																											
Small		88	100	50	5	1	0	0	85	11	0	2	<1	0	151	0	33	✓									
Medium		176	170	80	9	1.5	0	0	140	19	0	4	1	0	251	0	65	✓									
Large		176	240	110	13	2	0	0	190	26	0	5	2	0	351	0	65	✓									
SPECIALTY 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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small		88	150	35	4	2.5	0	10	60	24	0	23	4	93	207	0	276		✓	✓							
Medium		176	330	110	12	7	0	35	170	43	0	41	12	124	277	0	391		✓	✓							
Large		176	470	160	18	10	0	55	270	58	0	56	17	217	482	0	627		✓	✓							
SKIM MILK																											
Small		88	150	0	0	0	0	<5	85	28	0	27	7	0	188	0	35		✓	✓							
Medium		176	200	0	0	0	0	<5	120	38	0	36	9	0	251	0	65		✓	✓							
Large		176	220	0	0	0	0	<5	120	44	0	42	9	0	251	0	69		✓	✓							
ALMOND MILK																											
Small		88	130	20	2.5	0	0	0	125	19	<1	21	<1	0	266	1	35	✓					Almonds				
Medium		176	180	30	3	0	0	0	170	26	1	28	1	0	356	1	69	✓					Almonds				
Large		176	260	50	6	0	0	0	310	33	2	38	2	0	666	2	69	✓					Almonds				
OAT MILK																											
Small		88	180	50	5	1	0	0	85	29	0	20	<1	0	151	0	35	✓									
Medium		176	240	60	7	1	0	0	115	39	0	26	1	0	201	0	69	✓									
Large		176	380	120	13	2	0	0	210	58	0	34	2	0	376	0	69	✓									
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small		88	190	60	6	3.5	0	15	85	26	<1	25	6	87	193	1	257		✓	✓							
Medium		176	140	20	2.5	1.5	0	<5	35	27	<1	24	2	21	47	2	119		✓	✓							
Large		176	390	130	14	8	0	40	190	50	1	47	14	202	450	2	589		✓	✓							
SKIM MILK																											
Small		88	150	10	1	0	0	<5	90	27	<1	26	7	0	178	1	33		✓	✓							
Medium		176	130	10	1	0.5	0	0	35	27	<1	24	3	0	43	2	65		✓	✓							
Large		176	300	15	1.5	0.5	0	10	200	52	1	49	16	0	415	2	65		✓	✓							
ALMOND MILK																											
Small		88	140	30	3	0	0	0	135	19	1	20	2	0	266	2	33	✓					Almonds				
Medium		176	190	40	4	0.5	0	0	180	26	2	27	2	0	356	3	65	✓					Almonds				
Large		176	270	60	7	0.5	0	0	300	32	3	36	3	0	621	4	65	✓					Almonds				
OAT MILK																											
Small		88	90	10	1	0	0	0	15	19	<1	16	<1	0	6	1	33	✓									
Medium		176	250	70	8	1.5	0	0	125	39	<1	25	2	0	201	2	65	✓									
Large		176	380	120	14	2.5	0	0	210	55	1	32	3	0	351	2	65	✓									
CARAMEL MACCHIATO		OUR CARAMEL SAUCE CONTAINS DAIRY																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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small		88	190	60	6	3.5	0	20	105	27	0	26	6	87	213	0	257		✓	✓							
Medium		176	250	70	8	5	0	25	135	36	0	35	8	116	278	0	365		✓	✓							
Large		176	410	130	15	8	0	45	230	56	0	55	14	202	490	0	589		✓	✓							
SKIM MILK																											
Small		88	150	10	1	0.5	0	5	110	28	0	27	7	0	198	0	33		✓	✓							
Medium		176	200	10	1	0.5	0	5	140	37	0	35	9	0	258	0	65		✓	✓							
Large		176	320	15	1.5	1	0	15	250	59	0	56	16	0	455	0	65		✓	✓							
ALMOND MILK																											
Small		88	140	30	3	0.5	0	<5	150	19	<1	21	1	0	376	1	69		✓	✓			Almonds				
Medium		176	180	35	4	0.5	0	<5	200	26	1	28	2	0	376	1	69		✓	✓			Almonds				
Large		176	290	60	7	1	0	5	350	39	2	44	3	0	662	2	65		✓	✓			Almonds				
OAT MILK																											
Small		88	180	60	6	1.5	0	<5	110	29	0	20	1	0	171	0	33		✓	✓							
Medium		176	240	70	8	1.5	0	<5	140	39	0	26	2	0	221	0	69		✓	✓							
Large		176	400	130	14	3	0	5	250	62	0	40	3	0	392	0	65		✓	✓							
HOT CHOCOLATE		ASK TO REMOVE WHITE CHOCOLATE FOR THE DRINK TO BE VEGAN																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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small		0	250	70	8	5	0	25	120	34	<1	34	8	116	266	1	299		✓	✓							
Medium		0	320	90	11	6	0	30	150	44	<1	43	10	145	330	2	374		✓	✓							
Large		0	380	110	13	7	0	35	170	52	1	50	12	174	395	2	449		✓	✓							
SKIM MILK																											
Small		0	200	10	1	0.5	0	5	125	36	<1	34	9	0	246	1	0		✓	✓							
Medium		0	250	15	1.5	1	0	5	160	46	<1	44	12	0	305	2	0		✓	✓							
Large		0	300	15	1.5	1	0	10	180	54	1	51	14	0	365	2	0		✓	✓							
ALMOND MILK																											

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Large	60	140	50	6	0	0	0	310	3	2	9	2	0	677	1	177	✓				Almonds				
OAT MILK																	✓								
Small	30	135	50	6	3.5	0	20	85	9	0	9	2	0	0	0	0	✓								
Medium	45	180	70	8	4.5	0	25	115	13	0	12	3	0	0	0	0	✓								
Large	60	220	90	13	2	0	0	190	26	0	5	2	0	0	0	0	✓								
ICED 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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	50	0	0	0	0	0	0	5	<1	0	0	0	0	0	0	84	✓								
Medium	50	0	0	0	0	0	0	10	<1	0	0	0	0	0	0	105	✓								
Large	50	0	0	0	0	0	0	10	1	0	0	0	0	0	0	147	✓								
PEACH SWEET 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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	50	150	0	0	0	0	0	0	36	0	36	0	0	0	0	0	✓								
Medium	50	200	0	0	0	0	0	5	49	0	48	0	0	0	0	0	✓								
Large	50	250	0	0	0	0	0	15	61	0	61	0	0	0	0	0	✓								
SWEET RASPBERRY 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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	50	150	0	0	0	0	0	0	36	0	36	0	0	0	0	0	✓								
Medium	50	200	0	0	0	0	0	4	49	0	48	0	0	0	0	0	✓								
Large	50	250	0	0	0	0	0	13	61	0	60	0	0	0	0	0	✓								
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	80	35	4	2.5	0	10	60	6	0	6	4	62	144	0	197			✓	✓					
Medium	176	230	110	12	7	0	35	170	19	0	18	12	3	326	0	479		✓	✓						
Large	264	340	160	18	10	0	55	270	28	0	28	17	4	489	0	719		✓	✓						
SKIM MILK																									
Small	88	50	0	0	0	0	< 5	65	7	0	6	5	2	326	0	457			✓	✓					
Medium	176	140	0	0	0	0	5	190	21	0	19	14	3	407	0	597		✓	✓						
Large	264	210	0	0	0	0	10	280	31	0	29	20	4	611	0	895		✓	✓						
ALMOND MILK																									
Small	88	40	15	1.5	0	0	0	90	1	<1	3	<1	0	391	0	128	✓				Almonds				
Medium	176	110	40	4.5	0	0	0	260	3	2	8	2	0	489	1	186	✓				Almonds				
Large	264	170	60	7	0	0	0	400	4	2	11	2	0	733	1	278	✓				Almonds				
OAT MILK																									
Small	88	70	30	3.5	0.5	0	0	60	8	0	2	<1	0	1	0	34	✓								
Medium	176	200	100	11	1.5	0	0	180	22	0	5	2	0	1	0	68	✓								
Large	264	300	140	16	2.5	0	0	270	33	0	7	2	0	2	0	102	✓								
ICED 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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	290	5	0	0	0	0	0	15	<1	0	0	0	0	12	0	153	✓								
Medium	333	5	0	0	0	0	0	20	<1	0	0	0	0	15	0	183	✓								
Large	438	5	0	0	0	0	0	25	<1	0	0	<1	0	21	0	242	✓								
ICED 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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	176	5	0	0	0	0	0	10	<1	0	0	0	0	1	0	65	✓								
Medium	264	10	0	0	0	0	0	10	1	0	0	0	0	2	0	98	✓								
Large	440	15	0	0	0	0	0	20	2	0	0	0	0	3	0	163	✓								
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	150	35	4	2.5	0	10	60	24	0	23	4	2	261	0	363		✓	✓						
Medium	176	330	110	12	7	0	35	170	43	0	41	12	3	326	0	479		✓	✓						
Large	264	470	160	18	10	0	55	270	58	0	56	17	4	435	0	546		✓	✓						
SKIM MILK																									
Small	88	120	0	0	0	0	< 5	65	25	0	24	5	0	131	0	36		✓	✓						
Medium	176	240	0	0	0	0	5	190	45	0	42	14	0	388	0	73		✓	✓						
Large	264	340	0	0	0	0	10	280	61	0	58	20	0	583	0	110		✓	✓						
ALMOND MILK																									
Small	88	110	15	1.5	0	0	0	90	19	<1	20	<1	0	183	1	36	✓				Almonds				
Medium	176	210	40	4.5	0	0	0	260	27	2	31	2	0	545	2	73	✓				Almonds				
Large	264	290	60	7	0	0	0	400	34	2	40	2	0	818	3	110	✓				Almonds				
OAT MILK																									
Small	88	140	30	3.5	0.5	0	0	60	26	0	19	<1	0	106	0	36	✓								
Medium	176	300	100	11	1.5	0	0	180	46	0	28	2	0	313	0	73	✓								
Large	264	480	140	16	2.5	0	0	270	75	0	47	2	0	471	0	110	✓								
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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy	
Small	88	220	70	8	4.5	0	20	105	28	<1	27	7	109	242	1	316		✓	✓						
Medium	176	260	80	8	5	0	25	115	35	<1	33	8	116	257	2	365		✓	✓						

Large	264	340	100	11	6	0	30	160	46	1	43	11	159	354	2	509		✓	✓							
SKIM MILK																										
Small	88	160	10	1	0	0	< 5	100	29	< 1	27	8	0	207	1	33		✓	✓							
Medium	176	200	10	1	0.5	0	< 5	120	37	< 1	34	10	0	237	2	65		✓	✓							
Large	264	270	15	1.5	0.5	0	5	170	48	1	44	13	0	327	2	98		✓	✓							
ALMOND MILK																										
Small	88	150	30	3.5	0	0	0	150	19	2	21	2	0	311	2	35		✓					Almonds			
Medium	176	190	40	4	0.5	0	0	180	26	2	27	2	0	356	3	65		✓					Almonds			
Large	264	250	50	6	0.5	0	0	250	32	3	34	3	0	489	4	98		✓					Almonds			
OAT MILK																										
Small	88	200	60	7	1.5	0	0	105	31	< 1	19	2	0	176	1	35		✓								
Medium	176	250	70	8	1.5	0	0	125	39	< 1	25	2	0	201	2	65		✓								
Large	264	330	100	11	2	0	0	170	50	1	31	3	0	277	2	98		✓								
ICED CARAMEL MACCHIATO	OUR CARAMEL SAUCE CONTAINS DAIRY																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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	88	200	60	7	4	0	20	115	28	0	27	7	101	245	0	295		✓	✓							
Medium	176	240	70	8	5.5	0	30	140	39	0	26	9	0	221	0	65		✓	✓							
Large	176	330	100	11	7	0	35	190	47	0	45	11	0	221	0	65		✓	✓							
SKIM MILK																										
Small	88	180	10	1	0.5	0	5	125	35	0	34	8	0	228	0	33		✓	✓							
Medium	176	200	10	1	0.5	0	5	140	37	0	35	9	0	258	0	65		✓	✓							
Large	176	260	15	1.5	1	0	10	200	49	0	46	13	0	357	0	98		✓	✓							
ALMOND MILK																										
Small	88	150	30	3.5	0.5	0	< 5	170	20	< 1	22	1	0	331	1	33		✓	✓				Almonds			
Medium	176	180	35	4	0.5	0	< 5	200	26	1	28	2	0	376	1	65		✓	✓				Almonds			
Large	176	240	50	5	1	0	< 5	280	33	1	36	2	0	519	2	98		✓	✓				Almonds			
OAT MILK																										
Small	88	200	60	7	1.5	0	< 5	125	31	0	20	1	0	196	0	33		✓	✓							
Medium	176	240	70	8	1.5	0	< 5	140	39	0	26	2	0	212	0	0		✓	✓							
Large	176	320	100	11	2	0	< 5	200	51	0	33	2	0	297	0	0		✓	✓							
ICED CHAI TEA LATTE	OUR CHAI CONTAINS DAIRY																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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
Small	40	250	100	11	8	0	15	80	33	1	29	6	72	212	0	187		✓	✓							
Medium	60	360	140	15	12	0	15	95	51	2	43	7	72	247	0	187		✓	✓							
Large	80	510	190	21	17	0	20	135	72	3	60	9	101	346	0	262		✓	✓							
SKIM MILK																										
Small	40	220	60	6	6	0	< 5	85	34	1	29	7	0	200	0	0		✓	✓							
Medium	60	330	100	11	10	0	< 5	100	52	2	44	7	0	235	0	0		✓	✓							
Large	80	460	130	15	13	0	< 5	140	73	3	61	10	0	329	0	0		✓	✓							
ALMOND MILK																										
Small	40	210	70	8	6	0	0	120	27	2	25	2	0	274	1	0		✓	✓				Almonds			
Medium	60	320	110	12	10	0	0	135	45	3	39	3	0	309	1	0		✓	✓				Almonds			
Large	80	450	160	17	13	0	0	190	63	4	55	4	0	432	1	0		✓	✓				Almonds			
OAT MILK																										
Small	40	250	100	11	6	0	0	85	36	1	23	2	0	177	0	0		✓	✓							
Medium	60	360	140	15	10	0	0	100	53	2	38	3	0	212	0	0		✓	✓							
Large	80	500	190	21	14	0	0	140	75	3	53	4	0	297	0	0		✓	✓							
COLD BREW COLLECTION*																	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	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vegan	Vegetarian	Dairy	Peanuts	Tree Nuts	Wheat	Sesame	Soy		
SALTED CARAMEL	OUR SALTED CARAMEL SAUCE CONTAINS DAIRY																									
Small	202	130	15	2	1	0	< 5	390	27	0	23	1	0	45	0	261		✓	✓							
Medium	245	170	20	2.5	1.5	0	5	510	35	0	30	2	0	59	0	326		✓	✓							
Large	350	220	25	3	2	0	10	650	45	0	38	2	0	75	1	456		✓	✓							
MILK & HONEY																										
WHOLE MILK																										
Small	202	100	20	2.5	1.5	0	5	55	18	0	15	2	1	65	0	82		✓	✓							
Medium	245	160	30	3.5	2	0	10	75	32	0	28	3	1	98	0	123		✓	✓							
Large	350	230	40	4.5	2.5	0	10	105	47	0	41	4	1	163	0	206		✓	✓							
SKIM MILK																										
Small	202	70	0	0	0	0	< 5	80	10	0	15	2	1	81	0	106		✓	✓							
Medium	245	110	0	0	0	0	5	140	16	0	28	3	1	122	0	159		✓	✓							
Large	350	150	0	0	0	0	10	190	22	0	41	4	1	203	0	264		✓	✓							
ALMOND MILK																										
Small	202	60	20	2.5	0	0	0	125	1	< 1	15	< 1	0	98	0	24		✓					Almonds			
Medium	245	90	35	4	0	0	0	210	2	1	28	1	0	146	0	35		✓					Almonds			
Large	350	130	50	5	0	0	0	290	3	2	41	2	0	244	0	59		✓					Almonds			
OAT MILK																										
Small	202	100	50	5	1	0	0	85	11	0	15	< 1	0	139	1	628		✓								
Medium	245	170	80	9	1.5	0	0	140	19	0	28	1	0	103	1	453		✓								

[illegible]

[illegible]

Updated 5.29.2025 We cannot guarantee that cafe prepared products do not contain any allergens. Please be advised that food prepared here ay contain these allergens: Dairy, Peanuts, Tree Nuts, Wheat, Sesame & Soy.