

## Coffee Bar Nutrition

Standard Menu Item	Portion Size	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carb	Total Sugars	Added Sugars	Cholesterol	Protein	Dietary Fiber	Sodium
	(oz)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(g)	(mg)

All coffee beverage allergens and calories posted below are calculated with 2% dairy milk. Plant-based milk alternatives are available upon ordering.

Espresso	2 oz	10	0	0	0	1	0	0	0	1	0	10
Americano	12 oz	10	0	0	0	1	0	0	0	1	0	10
Cortado	4 oz	30	2	1	0	4	3	0	7	2	0	40
Latte	12 oz	150	5	3.5	0	13	12	0	20	10	0	120
Cappuccino	12 oz	100	3.5	2	0	8	7	0	15	5	0	90
Macchiato	3 oz	15	1	0.5	0	2	2	0	5	1	0	10
Mocha	12 oz	230	6	4	0	33	32	20	25	10	0	120
Coffee	12 oz	5	0	0	0	1	0	0	0	0	0	10
Cold Brew	12 oz	5	0	0	0	1	0	0	0	0	0	10
Nitro Cold Brew	12 oz	5	0	0	0	1	0	0	0	0	0	10
Tea	12 oz	0	0	0	0	0	0	0	0	0	0	0
Iced Tea	12 oz	0	0	0	0	0	0	0	0	0	0	0
Chai Latte	12 oz	170	5	3.5	0	25	24	15	20	9	0	120
Matcha Latte	12 oz	170	5	3.5	0	30	29	18	20	9	0	120
Hot Chocolate	12 oz	210	5	3.5	0	35	34	20	20	9	0	120
<b>Milks</b>												
Whole Milk	8 oz	150	8	5	0	12	11	0	35	8	0	120
Half and Half	8 oz	320	28	18	0	10	9	0	90	7	0	180
Skim Milk	8 oz	80	0	0	0	12	11	0	5	8	0	120
Almond Milk	8 oz	70	4.5	0	0	6	5	5	0	2	0	140
Oat Milk	8 oz	90	1.5	0	0	20	19	3	3	4	2	100

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations.

**Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility.**

**Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance.**