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## **CHOCOLATE PROTEIN SHAKE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.





#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, PEA PROTEIN BLEND (PEA PROTEIN, ORGANIC COCOA POWDER, GUAR GUM, NATURAL FLAVORS, ORGANIC REBAUDIOSIDE A, SALT, MONK FRUIT EXTRACT), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), COCOA PROCESSED WITH ALKALI.





# PEANUT BUTTER CHOCOLATE PROTEIN SHAKE

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.





#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, PEA PROTEIN BLEND (PEA PROTEIN, ORGANIC COCOA POWDER, GUAR GUM, NATURAL FLAVORS, ORGANIC REBAUDIOSIDE A, SALT, MONK FRUIT EXTRACT), PEANUT BUTTER POWDER (ROASTED PEANUTS, SUGAR, SALT), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR).







## **MOCHA PROTEIN SHAKE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.





#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE), PEA PROTEIN BLEND (PEA PROTEIN, ORGANIC COCOA POWDER, GUAR GUM, NATURAL FLAVORS, ORGANIC REBAUDIOSIDE A, SALT, MONK FRUIT EXTRACT), COCOA PROCESSED WITH ALKALI.





# **ICED MUSHROOM LATTE** W/ COCOA COLD FOAM

#### **DISCLAIMER**

This recipe was made with almond milk. With any modifications, calories and ingredients may vary.



#### 16<sub>oz</sub>

Serving Size 16	fl oz (480 mL
Amount per serving Calories	260
	% Daily Value
Total Fat 7g	99
Saturated Fat 4g	219
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	49
Total Carbohydrate 44g	169
Dietary Fiber 1g	5%
Total Sugars 41g	
Includes 41g Added Suga	irs 829
Protein 6g	

#### **INGREDIENTS:**

ICE, ALMOND MILK (ALMOND MILK [WATER, ALMONDS], SUGAR, CALCIUM CARBONATE, SUNFLOWER LECITHIN, SEA SALT, GUAR GUM, NATURAL FLAVOR, GELLAN GUM, POTASSIUM CITRATE), WATER, VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR NATURAL VANILLA FLAVOR. CARAMEL COLOR), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL **IPALM. PALM KERNEL. COCONUT** AND/OR COTTONSEED), CELLULOSE GUM. SUGAR. POLYSORBATE 60. POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC EXTRACT COLOR, ANNATTO EXTRACT COLOR), SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN. NATURAL FLAVOR). NATURAL MUSHROOM FLAVOR BLEND (LIONS MANE MUSHROOM EXTRACT CHAGA MUSHROOM EXTRACT, COFFEE **EXTRACT HYDROLYZED BOVINE** COLLAGEN, L-THEANINE).

#### 20oz

Nutrition F	acts
Serving Size 20 fl	oz (600 mL)
Amount per serving Calories	340
	% Daily Value
Total Fat 8g	10%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 59g	21%
Dietary Fiber 2g	6%
Total Sugars 54g	
Includes 54g Added Sugars	108%
Protein 10g	

#### INGREDIENTS:

ICE, ALMOND MILK (ALMOND MILK [WATER, ALMONDS], SUGAR, CALCIUM CARBONATE, SUNFLOWER LECITHIN, SEA SALT, GUAR GUM, NATURAL FLAVOR, GELLAN GUM, POTASSIUM CITRATE), WATER, VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC EXTRACT COLOR, ANNATTO EXTRACT COLOR), SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), NATURAL MUSHROOM FLAVOR BLEND (LIONS MANE MUSHROOM EXTRACT, CHAGA MUSHROOM EXTRACT, COFFEE EXTRACT, HYDROLYZED BOVINE COLLAGEN, L-THEANINE).

#### 24oz

Serving Size	24 fl o	z (720 mL
Amount per serving Calories		430
		% Daily Value
Total Fat 9g		12%
Saturated Fat 4.5g		21%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 200mg		9%
Total Carbohydrate	73g	27%
Dietary Fiber 2g		7%
Total Sugars 67g		
Includes 67g Adde	ed Sugars	134%

#### **INGREDIENTS:**

ICE, ALMOND MILK (ALMOND MILK [WATER, ALMONDS], SUGAR, CALCIUM CARBONATE, SUNFLOWER LECITHIN, SEA SALT, GUAR GUM, NATURAL FLAVOR, GELLAN GUM, POTASSIUM CITRATE), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), WATER, NATURAL MUSHROOM FLAVOR BLEND (LIONS MANE MUSHROOM EXTRACT, CHAGA MUSHROOM EXTRACT. COFFEE EXTRACT, HYDROLYZED BOVINE COLLAGEN, L-THEANINE), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE. NATURAL FLAVOR, TURMERIC EXTRACT COLOR, ANNATTO EXTRACT COLOR), SWEETENED COCOA AND CHOCOI ATE RI END (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR).

#### 32oz

Serving Size	32 fl oz (960 mL
Amount per serving	510
Calories	% Daily Value
Total Fat 10g	139
Saturated Fat 4.5g	229
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 260mg	119
Total Carbohydrate 87	7g 329
Dietary Fiber 2g	89
Total Sugars 80g	
Includes 80g Added	Sugars 1619
Protein 19g	-

#### **INGREDIENTS:**

ICE, ALMOND MILK (ALMOND MILK [WATER, ALMONDS], SUGAR, CALCIUM CARBONATE, SUNFLOWER LECITHIN, SEA SALT, GUAR GUM, NATURAL FLAVOR, GELLAN GUM, POTASSIUM CITRATE), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), WATER, NATURAL MUSHROOM FLAVOR BLEND (LIONS MANE MUSHROOM EXTRACT, CHAGA MUSHROOM EXTRACT, COFFEE EXTRACT, HYDROLYZED BOVINE COLLAGEN, L-THEANINE), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED). CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE. SOY LECITHIN. ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR TURMERIC EXTRACT COLOR, ANNATTO EXTRACT COLOR), SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR).









## **MUSHROOM LATTE**

#### **DISCLAIMER**

This recipe was made with almond milk. With any modifications, calories and ingredients may vary.

**AVAILABLE** 



#### 12<sub>oz</sub> **Nutrition Facts** Serving Size 12 fl oz (360 mL) 160 Calories Total Fat 6g Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 0mg 0% Sodium 210mg 9% Total Carbohydrate 22g Dietary Fiber 1g Total Sugars 20g Includes 20g Added Sugars 39% Protein 7g a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.



Nutrition Fa	cts
Serving Size 20 fl oz	(600 mL)
Amount per serving	
Calories	370
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 54g	20%
Dietary Fiber 2g	9%
Total Sugars 48g	
Includes 48g Added Sugars	97%
Protein 17g	
The % Daily Value (DV) tells you how much	a nutrient in
a serving of food contributes to a daily diet.	
a day is used for general nutrition advice.	

## 12 fl oz | 16 fl oz | 20 fl oz INGREDIENTS:

ALMOND MILK (ALMOND MILK [WATER, ALMONDS], SUGAR, CALCIUM CARBONATE, SUNFLOWER LECITHIN, SEA SALT, GUAR GUM, NATURAL FLAVOR, GELLAN GUM, POTASSIUM CITRATE), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), NATURAL MUSHROOM FLAVOR BLEND (LIONS MANE MUSHROOM EXTRACT, CHAGA MUSHROOM EXTRACT, COFFEE EXTRACT, HYDROLYZED BOVINE COLLAGEN, L-THEANINE), SWEETENED COCOA BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SOY LECITHIN], NONFAT MILK, WHEY, SALT,

GUAR GUM, GUM ARABIC, NATURAL FLAVOR, SILICON DIOXIDE).











# **HOT CHOCOLATE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.

#### **AVAILABLE**



#### 12oz

Nutrition Fa	acts
Serving Size 12 fl o	z (360 mL)
Amount per serving Calories	380
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 9g	47%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 360mg	16%
Total Carbohydrate 55g	20%
Dietary Fiber 3g	10%
Total Sugars 48g	
Includes 33g Added Sugars	67%
Protein 10g	
* The % Daily Value (DV) tells you how must a serving of food contributes to a daily die	

#### 16oz

Serving Size 16 fl oz	z (480 mL)
Amount per serving Calories	550
	% Daily Value
Total Fat 20g	25%
Saturated Fat 13g	65%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 550mg	24%
Total Carbohydrate 81g	29%
Dietary Fiber 4g	15%
Total Sugars 71g	
Includes 49g Added Sugars	97%
Protein 15g	

a day is used for general nutrition advice

**Nutrition Facts** 

Nutrition Fa	cts
Serving Size 20 fl oz	(600 mL)
Amount per serving Calories	620
	% Daily Value
Total Fat 24g	30%
Saturated Fat 15g	77%
Trans Fat 0.5g	
Cholesterol 65mg	21%
Sodium 600mg	26%
T-1-1 0 - 1 - 1 - 1 - 1 - 1 - 1 - 0 T -	32%
Total Carbonydrate 8/g	
Total Carbohydrate 87g Dietary Fiber 4g	15%
	15%

The % Daily Value (DV) tells you how much a nutri a serving of food contributes to a daily diet. 2,000 of a day is used for general nutrition advice.

#### 12 fl oz, 16 fl oz | 20 fl oz INGREDIENTS:

a day is used for general nutrition advice.

MILK WITH VITAMIN D3, SWEETENED COCOA BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SOY LECITHIN], NONFAT MILK, WHEY, SALT, GUAR GUM, GUM ARABIC, NATURAL FLAVOR, SILICON DIOXIDE), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL

FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).









## FROZEN HOT CHOCOLATE

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.

#### **AVAILABLE**



#### 16<sub>oz</sub>

Serving Size	16 fl oz (480 mL
Amount per serving Calories	580
	% Daily Value
Total Fat 17g	22%
Saturated Fat 11g	57%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 490mg	21%
Total Carbohydrate	100g 36%
Dietary Fiber 6g	21%
Total Sugars 87g	
Includes 71g Adde	ed Sugars 141%
Protein 13g	
	ells you how much a nutrient in tes to a daily diet. 2,000 calories

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, ICE, SWEETENED COCOA BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SOY LECITHIN], NONFAT MILK, WHEY, SALT, GUAR GUM, GUM ARABIC, NATURAL FLAVOR, SILICON DIOXIDE), SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR.

MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).

#### 20oz

Serving Size	20 fl oz (600 mL
Amount per serving Calories	620
	% Daily Value
Total Fat 19g	249
Saturated Fat 13g	63%
Trans Fat 0.5g	
Cholesterol 45mg	15%
Sodium 520mg	23%
Total Carbohydrate 1	103g <b>37</b> %
Dietary Fiber 6g	219
Total Sugars 90g	
Includes 71g Added	Sugars 1419
Protein 15q	_

#### **INGREDIENTS:**

a day is used for general nutrition advice.

ICE, MILK WITH VITAMIN D3, SWEETENED COCOA BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SOY LECITHIN], NONFAT MILK, WHEY, SALT, GUAR GUM, GUM ARABIC, NATURAL FLAVOR. SILICON DIOXIDE), SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR). WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR. MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS **OXIDE AS WHIPPING** PROPELLANT).

#### 24oz

Serving Size	24 fl oz (720 mL
Amount per serving Calories	750
	% Daily Value
Total Fat 22g	29%
Saturated Fat 15g	76%
Trans Fat 0.5g	
Cholesterol 50mg	179
Sodium 680mg	29%
Total Carbohydrate 12	26g 46%
Dietary Fiber 7g	26%
Total Sugars 109g	
Includes 86g Added 5	Sugars 1729
Protein 18g	•

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, ICE, SWEETENED COCOA BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SOY LECITHIN], NONFAT MILK, WHEY, SALT, GUAR GUM, GUM ARABIC, NATURAL FLAVOR, SILICON DIOXIDE), SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).









## **VANILLA FRAPPE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.

#### **AVAILABLE**



#### 16<sub>oz</sub>

Nutrition Fa	z (480 mL
Serving Size 16 ii 0.	2 (400 IIIL
Amount per serving Calories	430
	% Daily Value
Total Fat 15g	19%
Saturated Fat 12g	58%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 290mg	13%
Total Carbohydrate 67g	249
Dietary Fiber 0g	0%
Total Sugars 59g	
Includes 51g Added Sugars	1029
Protein 6g	
* The % Daily Value (DV) tells you how must a serving of food contributes to a daily die	
a day is used for general nutrition advice.	

#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, FLAVORED DRINK BASE (SUGAR, CREAMER [COCONUT OIL. MALTODEXTRIN. SODIUM CASEINATE, SILICON DIOXIDE, SODIUM CITRATE, SOY LECITHIN], NONFAT MILK, NATURAL FLAVOR, SALT, NATURAL VANILLA FLAVOR, ACACIA GUM. GUAR GUM. SILICON DIOXIDE, VANILLA BEANS, XANTHAN GUM), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), FLAVORED COFFEE CONCENTRATE (COLD BREWED COFFEE (WATER, COFFEE), WATER, NATURAL COFFEE FLAVOR, NATURAL FLAVOR, CAFFEINE, SALT), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT)..

#### 20oz

Nutrition Fa	acts
Serving Size 20 fl o	z (600 mL
Amount per serving Calories	550
	% Daily Value
Total Fat 18g	239
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 30mg	109
Sodium 360mg	169
Total Carbohydrate 89g	329
Dietary Fiber 0g	09
Total Sugars 79g	
Includes 69g Added Sugars	1379
Protein 8g	
*The % Daily Value (DV) tells you how mu a serving of food contributes to a daily die a day is used for general nutrition advice.	et. 2,000 calories

**INGREDIENTS:** ICE, MILK WITH VITAMIN D3, VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR. NATURAL VANILLA FLAVOR, CARAMEL COLOR), FLAVORED DRINK BASE (SUGAR, **CREAMER** [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE. SILICON DIOXIDE, SODIUM CITRATE, SOY LECITHIN], NONFAT MILK, NATURAL FLAVOR, SALT, NATURAL VANILLA FLAVOR, ACACIA GUM, GUAR GUM, SILICON DIOXIDE, VANILLA BEANS, XANTHAN GUM), FLAVORED COFFEE CONCENTRATE (COLD BREWED COFFEE (WATER, COFFEE), WATER, NATURAL COFFEE FLAVOR, NATURAL FLAVOR, CAFFEINE, SALT), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).

#### 24oz

Serving Size 24	fl oz (720 mL)
Amount per serving Calories	670
	% Daily Value
Total Fat 21g	27%
Saturated Fat 16g	81%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 440mg	19%
Total Carbohydrate 111g	40%
Dietary Fiber <1g	2%
Total Sugars 99g	
Includes 87g Added Suga	ars 173%
Protein 9g	

#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, VANILLA FLAVORED SYRUP (SUGAR, WATER NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), FLAVORED DRINK BASE (SUGAR, **CREAMER** [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SODIUM CITRATE, SOY LECITHIN], NONFAT MILK, NATURAL FLAVOR, SALT, NATURAL VANILLA FLAVOR, ACACIA GUM, GUAR GUM, SILICON DIOXIDE, VANILLA BEANS, XANTHAN GUM), FLAVORED COFFEE CONCENTRATE (COLD BREWED COFFEE (WATER, COFFEE), WATER. NATURAL COFFEE FLAVOR. NATURAL FLAVOR, CAFFEINE, SALT), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).









## **MOCHA FRAPPE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.

#### AVAILABLE



#### 16oz

Nutritio	n Fa	cts
Serving Size	16 fl oz	(480 mL
Amount per serving Calories		500
		% Daily Value
Total Fat 17g		229
Saturated Fat 13g		63%
Trans Fat 0g		
Cholesterol 30mg		99
Sodium 290mg		139
Total Carbohydrate	81g	30%
Dietary Fiber 3g		10%
Total Sugars 68g		
Includes 60g Adde	d Sugars	120%
Protein 8g		
*The % Daily Value (DV) te a serving of food contribut a day is used for general r	es to a daily diet.	

#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, FLAVORED DRINK BASE (SUGAR, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SODIUM CITRATE, SOY LECITHIN], NONFAT MILK, NATURAL FLAVOR, SALT, NATURAL VANILLA FLAVOR, ACACIA GUM, GUAR GUM, SILICON DIOXIDE, VANILLA BEANS, XANTHAN GUM), SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), FLAVORED COFFEE CONCENTRATE (COLD BREWED COFFEE (WATER, COFFEE), WATER, NATURAL COFFEE FLAVOR, NATURAL FLAVOR, CAFFEINE, SALT), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).

#### 20oz

Nutrition Serving Size	20 fl oz (600 mL
Amount per serving Calories	630
	% Daily Value
Total Fat 20g	269
Saturated Fat 15g	779
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 360mg	169
Total Carbohydrate 1	05g <b>38</b> %
Dietary Fiber 4g	149
Total Sugars 88g	
Includes 77g Added	Sugars 1549
Protein 10g	-

#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), FLAVORED DRINK BASE (SUGAR, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SODIUM CITRATE, SOY LECITHIN], NONFAT MILK, NATURAL FLAVOR, SALT, NATURAL VANILLA FLAVOR, ACACIA GUM, GUAR GUM, SILICON DIOXIDE, VANILLA BEANS, XANTHAN GUM), FLAVORED COFFEE CONCENTRATE (COLD BREWED COFFEE (WATER, COFFEE), WATER, NATURAL COFFEE FLAVOR, NATURAL FLAVOR, CAFFEINE, SALT), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).

#### 24oz

Serving Size	24 fl c	z (720 mL)
Amount per serving Calories		760
		% Daily Value*
Total Fat 24g		31%
Saturated Fat 18g		90%
Trans Fat 0g		
Cholesterol 35mg		11%
Sodium 440mg		19%
Total Carbohydrate	128g	46%
Dietary Fiber 5g		17%
Total Sugars 107g		
Includes 94g Adde	ed Sugars	188%
Protein 12g		

#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), FLAVORED DRINK BASE (SUGAR, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SODIUM CITRATE, SOY LECITHIN], NONFAT MILK, NATURAL FLAVOR, SALT, NATURAL VANILLA FLAVOR, ACACIA GUM, GUAR GUM, SILICON DIOXIDE, VANILLA BEANS, XANTHAN GUM), FLAVORED COFFEE CONCENTRATE (COLD BREWED COFFEE (WATER, COFFEE), WATER, NATURAL COFFEE FLAVOR, NATURAL FLAVOR, CAFFEINE, SALT), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).









# **CARAMEL FRAPPE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.





Nutrition F	acts
Serving Size 20 fl o	z (600 mL)
Amount per serving Calories	630
	% Daily Value
Total Fat 19g	25%
Saturated Fat 15g	74%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 490mg	21%
Total Carbohydrate 107g	39%
Dietary Fiber <1g	2%
Total Sugars 76g	
Includes 65g Added Sugars	130%
Protein 8a	

Nutrition Fa	cts
Serving Size 24 fl oz	(720 mL)
Amount per serving Calories	760
	% Daily Value*
Total Fat 23g	29%
Saturated Fat 17g	87%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 600mg	26%
Total Carbohydrate 131g	48%
Dietary Fiber <1g	2%
Total Sugars 92g	
Includes 79g Added Sugars	157%
Protein 10g	
* The % Daily Value (DV) tells you how much	a nutrient in
a serving of food contributes to a daily diet. a day is used for general nutrition advice.	2,000 calories

#### I16 fl oz | 20 fl oz | 24 fl oz INGREDIENTS:

ICE, MILK WITH VITAMIN D3, CARAMEL SAUCE (CORN SYRUP, INVERT SUGAR, WATER, SUGAR, NONFAT MILK, HEAVY CREAM, SWEETENED CONDENSED NONFAT MILK (NONFAT MILK, SUGAR), SALT, NATURAL FLAVOR, SODIUM CITRATE, PECTIN), FLAVORED DRINK BASE (SUGAR, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SODIUM CITRATE, SOY LECITHIN], NONFAT MILK, NATURAL FLAVOR, SALT, NATURAL VANILLA FLAVOR, ACACIA GUM, GUAR GUM, SILICON DIOXIDE, VANILLA BEANS, XANTHAN GUM), FLAVORED COFFEE CONCENTRATE (COLD BREWED COFFEE (WATER, COFFEE), WATER, NATURAL COFFEE FLAVOR, NATURAL FLAVOR, CAFFEINE, SALT), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).









# **LATTE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.





#### 12oz

Serving Size 12 fl o	z (360 mL)
Amount per serving Calories	160
	% Daily Value
Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 115mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	

#### 16oz

Serving Size 16 fl o	z (480 mL)
Amount per serving Calories	230
	% Daily Value
Total Fat 12g	15%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 170mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 12g	

#### 20oz

Nutrition	<b>Facts</b>
Serving Size 2	20 fl oz (600 mL)
Amount per serving Calories	270
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 8g	40%
Trans Fat 0.5g	
Cholesterol 45mg	14%
Sodium 200mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 0g Added Su	gars 0%
Protein 14g	
<ul> <li>The % Daily Value (DV) tells yo a serving of food contributes to a day is used for general nutriti</li> </ul>	a daily diet. 2,000 calories

#### 24oz

Serving Size	24 fl oz (720 mL
	_ , ,, o_ (, _ o ,
Calories	170
	% Daily Value
Total Fat 9g	119
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 125mg	59
Total Carbohydrate	15g <b>5</b> 9
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added	Sugars 09
Protein 8g	¥

#### 32oz

Nutrition Fa	acts
Serving Size 32 fl o	z (960 mL)
Amount per serving Calories	240
	% Daily Value
Total Fat 13g	16%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 180mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 12g	
*The % Daily Value (DV) tells you how mu a serving of food contributes to a daily di a day is used for general nutrition advice	et. 2,000 calories

#### 12 fl oz | 16 fl oz | 20 fl oz **INGREDIENTS:**

MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE).

#### 24 fl oz | 32 fl oz **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE).





# **VANILLA LATTE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.



#### 12oz

Nutrition Serving Size	12 fl oz (360 mL)
out thing oile	12 11 02 (000 III.2)
Amount per serving Calories	300
	% Daily Value
Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 115mg	5%
Total Carbohydrate 49	g 18%
Dietary Fiber 0g	0%
Total Sugars 48g	
Includes 35g Added 5	Sugars 71%
Protein 8g	
<ul> <li>The % Daily Value (DV) tells y a serving of food contributes t a day is used for general nutri</li> </ul>	to a daily diet. 2,000 calories

#### 16oz

Serving Size 16 fl	oz (480 mL)
Amount per serving Calories	420
	% Daily Value
Total Fat 12g	15%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 170mg	7%
Total Carbohydrate 67g	24%
Dietary Fiber 0g	0%
Total Sugars 66g	
Includes 47g Added Sugars	95%
Protein 12g	
*The % Daily Value (DV) tells you how a serving of food contributes to a daily a day is used for general nutrition advi	diet. 2,000 calories

#### 20oz

<b>Nutrition Facts</b>	
Serving Size 20 fl oz	(600 mL)
Amount per serving Calories	510
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 8g	40%
Trans Fat 0.5g	
Cholesterol 45mg	14%
Sodium 200mg	9%
Total Carbohydrate 82g	30%
Dietary Fiber 0g	0%
Total Sugars 81g	
Includes 59g Added Sugars	118%
Protein 14g	
*The % Daily Value (DV) tells you how muc a serving of food contributes to a daily diet a day is used for general nutrition advice.	

#### 24oz

Serving Size 24 fl o	z (720 mL)
Amount per serving Calories	410
	% Daily Value
Total Fat 9g	11%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 125mg	5%
Total Carbohydrate 74g	27%
Dietary Fiber 0g	0%
Total Sugars 72g	
Includes 59g Added Sugars	118%
Protein 8g	

#### 32oz

<b>Nutrition Facts</b>		
Serving Size 32 fl oz (960 m		
Amount per serving Calories	530	
	% Daily Value	
Total Fat 13g	16%	
Saturated Fat 7g	36%	
Trans Fat 0g		
Cholesterol 40mg	13%	
Sodium 180mg	8%	
Total Carbohydrate 92g	33%	
Dietary Fiber 0g	0%	
Total Sugars 90g		
Includes 71g Added Suga	ars 142%	
Protein 12g		

#### 12 fl oz

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR).

#### 16 fl oz | 20 fl oz

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), BREWED ESPRESSO (WATER, COFFEE).

#### 24 fl oz | 32 fl oz INGREDIENTS:

ICE, MILK WITH VITAMIN D3, VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), BREWED ESPRESSO (WATER, COFFEE).





# **OAT MILK LATTE**

#### **DISCLAIMER**

This recipe was made with oat milk. With any modifications, calories and ingredients may vary.



#### 12<sub>oz</sub>

Serving Size 12 fl o	z (360 mL)
Amount per serving Calories	140
	% Daily Value
Total Fat 7g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	6%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 2g	

#### 16oz

210
% Daily Value
139
69
0%
79
10%
89
219
֡

#### 20oz

Nutritio	on Fac	ets
Serving Size	20 fl oz (6	00 mL)
Amount per serving Calories		250
	%1	Daily Value
Total Fat 12g		16%
Saturated Fat 1.5g		7%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 190mg		8%
Total Carbohydrate	32g	12%
Dietary Fiber 3g		10%
Total Sugars 12g		
Includes 12g Adde	ed Sugars	25%
Protein 4g		
* The % Daily Value (DV) to a serving of food contribute a day is used for general.	tes to a daily diet. 2,0	

#### 24oz

Nutrition Facts		
Serving Size 24 fl oz (720 mL)		
Amount per serving Calories	150	
	% Daily Value*	
Total Fat 7g	10%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 115mg	5%	
Total Carbohydrate 20g	7%	
Dietary Fiber 2g	6%	
Total Sugars 7g		
Includes 7g Added Sugars	15%	
Protein 3g		
Protein 3g  The % Daily Value (DV) tells you how m a serving of food contributes to a daily o a day is used for general nutrition advice	liet. 2,000 calories	

#### **32oz**

#### **Nutrition Facts** Serving Size 32 fl oz (960 mL) Calories Total Fat 11g Saturated Fat 1.5g 7% Trans Fat 0g Cholesterol 0mg 0% Sodium 170mg Total Carbohydrate 29g 10% Dietary Fiber 2g Total Sugars 11g Includes 11g Added Sugars 22% The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advi

## 12 fl oz | 16 fl oz |, 20 fl oz | NGREDIENTS:

OATMILK (OAT BASE (WATER, OATS), LOW ERUCIC ACID RAPESEED OIL, DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE, RIBOFLAVIN, VITAMIN A ACETATE, VITAMIN D2, VITAMIN B12), BREWED ESPRESSO (WATER, COFFEE).

#### 24 fl oz | 32 fl oz INGREDIENTS:

ICE, OATMILK (OAT BASE (WATER, OATS), LOW ERUCIC ACID RAPESEED OIL, DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE, RIBOFLAVIN, VITAMIN A ACETATE, VITAMIN D2, VITAMIN B12), BREWED ESPRESSO (WATER, COFFEE).



# **COCONUT LATTE**

#### **DISCLAIMER**

This recipe was made with milk. With any modifications, calories and ingredients may vary.



#### 12<sub>oz</sub>

<b>Nutrition Facts</b>		
Serving Size 12 fl oz	(360 mL)	
Amount per serving Calories	310	
	% Daily Value*	
Total Fat 8g	10%	
Saturated Fat 4.5g	23%	
Trans Fat 0g		
Cholesterol 25mg	8%	
Sodium 120mg	5%	
Total Carbohydrate 51g	19%	
Dietary Fiber 0g	0%	
Total Sugars 50g		
Includes 38g Added Sugars	75%	

#### 16<sub>oz</sub>

<b>Nutrition Fa</b>	acts
Serving Size 16 fl o	z (480 mL
Amount per serving Calories	430
	% Daily Value
Total Fat 12g	16%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 170mg	8%
Total Carbohydrate 70g	25%
Dietary Fiber 0g	0%
Total Sugars 69g	
Includes 50g Added Sugars	100%
Protein 12g	

#### 20 oz

Nutrition Fa	acts
Serving Size 20 fl o	z (600 mL)
Amount per serving Calories	560
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 9g	46%
Trans Fat 0.5g	
Cholesterol 50mg	16%
Sodium 230mg	10%
Total Carbohydrate 89g	32%
Dietary Fiber 0g	0%
Total Sugars 87g	
Includes 63g Added Sugars	125%
Protein 16g	
* The % Daily Value (DV) tells you how mu a serving of food contributes to a daily die a day is used for general nutrition advice.	et. 2,000 calories

#### 24 oz

Serving Size	24 fl oz (720 mL
Amount per serving Calories	420
	% Daily Value
Total Fat 9g	119
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 135mg	6%
Total Carbohydrate	78g <b>28</b> %
Dietary Fiber 0g	0%
Total Sugars 76g	
Includes 63g Added	d Sugars 125%
Dietary Fiber 0g	0

#### 32 oz

a day is used for general nutrition advice.

#### **Nutrition Facts** 32 fl oz (960 mL) Serving Size 550 **Calories** Total Fat 13g Saturated Fat 7g 16% Trans Fat 0g Cholesterol 40mg 13% Sodium 190mg 8% Total Carbohydrate 96g 35% Dietary Fiber 0g 0% Total Sugars 94g Includes 75g Added Sugars 150% Protein 12g The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### 12 fl oz

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE), COCONUT FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID).

CONTAINS: MILK

#### 16 fl oz | 20 fl oz

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, COCONUT FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID), BREWED ESPRESSO (WATER, COFFEE).

CONTAINS: MILK

#### 24 fl oz | 32 fl oz [lced]



ICE, MILK WITH VITAMIN D3, COCONUT FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID), BREWED ESPRESSO (WATER, COFFEE).

CONTAINS: MILK





## **PUMPKIN SPICED LATTE**

20%

46%

17%

#### **DISCLAIMER**

This recipe was made with milk. With any modifications, calories and ingredients may vary.



#### 12 oz

Nutrition Fa	acts
Serving Size 12 fl o	z (360 mL)
Amount per serving Calories	380
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 160mg	7%
Total Carbohydrate 61g	22%
Dietary Fiber 0g	0%
Total Sugars 53g	
Includes 41g Added Sugars	82%
Protein 8g	
* The % Daily Value (DV) tells you how mu a serving of food contributes to a daily di a day is used for general nutrition advice.	et. 2,000 calories

#### 16 oz **Nutrition Facts** Serving Size 16 fl oz (480 mL) 500 Calories Total Fat 16g Saturated Fat 9g

Total Carbohydrate 77g	28%
Dietary Fiber 0g	0%
Total Sugars 70g	
Includes 51g Added Sugars	102%
Protein 12g	
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2	

#### 20 oz **Nutrition Facts** Serving Size 20 fl oz (600 mL) 610 Calories Total Fat 20g Saturated Fat 12g 58% Trans Fat 0.5g Cholesterol 65mg 21% Sodium 280mg 12% Total Carbohydrate 94g 34% Dietary Fiber 0g Total Sugars 86g 0%

Includes 61g Added Sugars

Protein 16g

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

#### 24 oz

<b>Nutrition Fa</b>	cts
Serving Size 24 fl oz	(720 mL
Amount per serving Calories	530
	% Daily Value
Total Fat 13g	169
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 40mg	149
Sodium 210mg	99
Total Carbohydrate 95g	35%
Dietary Fiber 0g	0%
Total Sugars 82g	
Includes 69g Added Sugars	1389
Protein 9g	
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.	

#### 32 oz

Serving Size	32 fl oz (960 mL
Amount per serving Calories	650
	% Daily Value
Total Fat 17g	219
Saturated Fat 10g	49%
Trans Fat 0.5g	
Cholesterol 55mg	189
Sodium 270mg	129
Total Carbohydrate	112g 419
Dietary Fiber 0g	0%
Total Sugars 99g	
Includes 79g Added	d Sugars 1589
Protein 13g	-

#### 12 fl oz

#### **INGREDIENTS:**

Trans Fat 0.5g

Sodium 220ma

Cholesterol 50mg

MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE), PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), CARAMEL SAUCE (CORN SYRUP, INVERT SUGAR, WATER, SUGAR, NONFAT MILK, HEAVY CREAM, SWEETENED CONDENSED NONFAT MILK [NONFAT MILK, SUGAR], SALT, NATURAL FLAVOR, SODIUM CITRATE, PECTIN), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT), SPICES.

CONTAINS: MILK.

#### 16 fl oz | 20 fl oz INGREDIENTS:

MILK WITH VITAMIN D3, PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), BREWED ESPRESSO (WATER, COFFEE), CARAMEL SAUCE (CORN SYRUP, INVERT SUGAR, WATER, SUGAR, NONFAT MILK, HEAVY CREAM, SWEETENED CONDENSED NONFAT MILK INONFAT MILK, SUGARI, SALT. NATURAL FLAVOR, SODIUM CITRATE, PECTIN), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT), SPICES.

CONTAINS: MILK.

#### 24 fl oz | 32 fl oz [lced] **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), BREWED ESPRESSO (WATER, COFFEE), CARAMEL SAUCE (CORN SYRUP, INVERT SUGAR, WATER, SUGAR, NONFAT MILK, HEAVY CREAM, SWEETENED CONDENSED NONFAT MILK [NONFAT MILK. SUGAR]. SALT, NATURAL FLAVOR, SODIUM CITRATE, PECTIN), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT), SPICES.

CONTAINS: MILK.



## ICED COCONUT CREME OAT LATTE

#### **DISCLAIMER**

This recipe was made with oat milk. With any modifications, calories and ingredients may vary.



#### 16oz **Nutrition Facts** Serving Size 16 fl oz (480 mL) 480 Calories Total Fat 11g 15% Saturated Fat 6g 30% Trans Fat 0g Cholesterol 0mg 0% Sodium 120mg 5% Total Carbohydrate 94g 34% Dietary Fiber 1g 5% Total Sugars 86g Includes 86g Added Sugars 172% Protein 2g The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

Nutrition F	acts
Serving Size 20 fl o	oz (600 mL)
Amount per serving Calories	610
	% Daily Value
Total Fat 13g	17%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 123g	45%
Dietary Fiber 2g	6%
Total Sugars 112g	
Includes 112g Added Sugars	224%
Protein 2g	
* The % Daily Value (DV) tells you how m a serving of food contributes to a daily d a day is used for general nutrition advice	iet. 2,000 calories

Nutrition Fa	icts
Serving Size 24 fl oz	(720 mL)
Amount per serving Calories	700
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 6g	32%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 139g	51%
Dietary Fiber 2g	8%
Total Sugars 126g	
Includes 126g Added Sugars	252%
Protein 3g	
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet, a day is used for general nutrition advice.	

## tper serving   ## 10   ## 1	Nutritio	on Fac	cts
Note	Serving Size	32 fl oz (9	960 mL
rated Fat 7g 34% is Fat 0g esterol 0mg 0% um 290mg 13% Carbohydrate 161g 58% ary Fiber 3g 11%	Amount per serving Calories		810
rated Fat 7g 34% is Fat 0g esterol 0mg 0% um 290mg 13% Carbohydrate 161g 58% ary Fiber 3g 11%		%	Daily Value
ss Fat 0g esterol 0mg 0% um 290mg 13% Carbohydrate 161g 58% ary Fiber 3g 11%	Total Fat 18g		23%
esterol 0mg         0%           um 290mg         13%           Carbohydrate 161g         58%           ary Fiber 3g         11%	Saturated Fat 7g		34%
esterol 0mg         0%           um 290mg         13%           Carbohydrate 161g         58%           ary Fiber 3g         11%	Trans Fat 0g		
Carbohydrate         161g         58%           ary Fiber 3g         11%	Cholesterol 0mg		0%
Carbohydrate         161g         58%           ary Fiber 3g         11%	Sodium 290mg		13%
ary Fiber 3g 11%		161a	58%
,			11%
l Sugars 142g			
ludes 142g Added Sugars 284%		ded Sugars	284%
	Protein 4g	aca cagaic	
	Cholesterol 0mg Sodium 290mg Total Carbohydrate Dietary Fiber 3g Total Sugars 142g		1: 5: 1:
	Protein 4g		

#### 16 fl oz | 20 fl oz **INGREDIENTS:**

a serving of food contributes to a daily di a day is used for general nutrition advice

ICE, OATMILK (OAT BASE [WATER, OATS], LOW ERUCIC ACID RAPESEED OIL, DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE, RIBOFLAVIN, VITAMIN A ACETATE, VITAMIN D2, VITAMIN B12), COCONUT FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED], CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC OLEORESIN COLOR, ANNATTO EXTRACT COLOR), SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA).

#### 24 fl oz

#### **INGREDIENTS:**

ICE, OATMILK (OAT BASE [WATER, OATS], LOW ERUCIC ACID RAPESEED OIL, DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE, RIBOFLAVIN, VITAMIN A ACETATE, VITAMIN D2, VITAMIN B12), COCONUT FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID), SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED], CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC OLEORESIN COLOR, ANNATTO EXTRACT COLOR).

#### 32 floz

#### INGREDIENTS:

OATMILK (OAT BASE [WATER, OATS], LOW ERUCIC ACID RAPESEED OIL, DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE, RIBOFLAVIN, VITAMIN A ACETATE, VITAMIN D2, VITAMIN B12), ICE, COCONUT FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID), SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED], CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC OLEORESIN COLOR, ANNATTO EXTRACT COLOR).





## ICED PUMPKIN SPICE MUSHROOM LATTE

#### **DISCLAIMER**

This recipe was made with almond milk. With any modifications, calories and ingredients may vary.



#### 16<sub>oz</sub> **Nutrition Facts** Serving Size 16 fl oz (480 mL) 260 Calories Total Fat 8g 11% Saturated Fat 6g 28% Trans Fat 0g Cholesterol 0mg Sodium 100mg Total Carbohydrate 43g Dietary Fiber 1g Total Sugars 40g Includes 40g Added Sugars 81% Protein 5g The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

<b>Nutrition Fa</b>	cts
Serving Size 20 fl oz	(600 mL
Amount per serving Calories	350
	% Daily Value
Total Fat 9g	12%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 57g	21%
Dietary Fiber 1g	5%
Total Sugars 53g	
Includes 53g Added Sugars	107%
Protein 10g	
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.	

<b>Nutrition Facts</b>		
Serving Size 24 fl oz	z (720 mL)	
Amount per serving Calories	390	
	% Daily Value*	
Total Fat 11g	13%	
Saturated Fat 6g	29%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 210mg	9%	
Total Carbohydrate 60g	22%	
Dietary Fiber 2g	6%	
Total Sugars 55g		
Includes 55g Added Sugars	109%	
Protein 14g		
* The % Daily Value (DV) tells you how muc	ch a nutrient in	
a serving of food contributes to a daily die	t. 2,000 calories	

Nutritio	n Fa	cts
Serving Size	32 fl oz (	960 mL
Amount per serving Calories		460
	9	6 Daily Value
Total Fat 12g		15%
Saturated Fat 6g		29%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 270mg		12%
Total Carbohydrate	72g	26%
Dietary Fiber 2g		6%
Total Sugars 66g		
Includes 66g Adde	d Sugars	132%
Protein 19g		

## 16 fl oz | 20 fl oz | 24 fl oz | 32 fl oz | NGREDIENTS:

a day is used for general nutrition advice

ICE, ALMOND MILK (ALMOND MILK [WATER, ALMONDS], SUGAR, CALCIUM CARBONATE, SUNFLOWER LECITHIN, SEA SALT, GUAR GUM, NATURAL FLAVOR, GELLAN GUM, POTASSIUM CITRATE), WATER, PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED], CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC OLEORESIN COLOR, ANNATTO EXTRACT COLOR), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), NATURAL MUSHROOM FLAVOR BLEND (LIONS MANE MUSHROOM EXTRACT, CHAGA MUSHROOM EXTRACT, COFFEE EXTRACT, HYDROLYZED BOVINE COLLAGEN, L-THEANINE), CINNAMON.

CONTAINS: ALMONDS, SOYBEANS.







## **PUMPKIN SPICE MUSHROOM LATTE**

#### **DISCLAIMER**

This recipe was made with almond milk. With any modifications, calories and ingredients may vary.



Nutrition F	acts
Serving Size 12 fl	oz (360 mL
Amount per serving Calories	200
	% Daily Value
Total Fat 6g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	6%
Total Sugars 28g	
Includes 28g Added Sugars	56%

Nutritio	n I	Fact	S
Serving Size	16 f	oz (480	mL
Amount per serving Calories		34	40
		% Daily	
Total Fat 8g			10%
Saturated Fat 0.5g			39
Trans Fat 0g			
Cholesterol 0mg			09
Sodium 300mg			139
Total Carbohydrate	57g		219
Dietary Fiber 2g			89
Total Sugars 52g			
Includes 52g Adde	d Sugar	S	105°
Protein 12g		_	

Nutrition Fa	cts
Serving Size 20 fl oz (	(600 mL)
Amount per serving	
Calories	<u>440</u>
*	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 71g	26%
Dietary Fiber 3g	10%
Total Sugars 65g	
Includes 65g Added Sugars	130%
Protein 17g	
* The % Daily Value (DV) tells you how much a	a nutrient in
a serving of food contributes to a daily diet. 2	

#### 12 fl oz | 16 fl oz INGREDIENTS:

ALMOND MILK (ALMOND MILK [WATER, ALMONDS], SUGAR, CALCIUM CARBONATE, SUNFLOWER LECITHIN, SEA SALT, GUAR GUM, NATURAL FLAVOR, GELLAN GUM, POTASSIUM CITRATE), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), NATURAL MUSHROOM FLAVOR BLEND (LIONS MANE MUSHROOM EXTRACT, CHAGA MUSHROOM EXTRACT, COFFEE EXTRACT, HYDROLYZED BOVINE COLLAGEN, L-THEANINE), CINNAMON.

#### 20 floz

#### **INGREDIENTS:**

ALMOND MILK (ALMOND MILK [WATER, ALMONDS], SUGAR, CALCIUM CARBONATE, SUNFLOWER LECITHIN, SEA SALT, GUAR GUM, NATURAL FLAVOR, GELLAN GUM, POTASSIUM CITRATE), PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR), NATURAL MUSHROOM FLAVOR BLEND (LIONS MANE MUSHROOM EXTRACT, CHAGA MUSHROOM EXTRACT, COFFEE EXTRACT, HYDROLYZED BOVINE COLLAGEN, L-THEANINE), CINNAMON.

CONTAINS: ALMONDS.







# **CHAILATTE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.



#### 12<sub>oz</sub>

Nutrition	Facts
Serving Size	12 fl oz (360 mL)
Amount per serving Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 105mg	5%
Total Carbohydrate 32	g 12%
Dietary Fiber 0g	0%
Total Sugars 30g	
Includes 18g Added S	Sugars 36%
Protein 8g	
<ul> <li>The % Daily Value (DV) tells y a seption of food contributes to</li> </ul>	

#### 160z

Serving Size 16 fl	oz (480 mL)
Amount per serving Calories	290
	% Daily Value
Total Fat 10g	13%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 130mg	6%
Total Carbohydrate 42g	15%
Dietary Fiber 0g	0%
Total Sugars 39g	
Includes 24g Added Sugars	47%
Protein 10g	

#### 20oz

Nutritio	n Facts
Serving Size	20 fl oz (600 mL)
Amount per serving Calories	380
	% Daily Value
Total Fat 13g	17%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 170mg	7%
Total Carbohydrate 5	3g 19%
Dietary Fiber 0g	0%
Total Sugars 50g	
Includes 30g Added	Sugars 59%
Protein 12g	•

#### 24oz

**Iced** 

<b>Nutrition Fa</b>	cts
Serving Size 24 fl oz	(720 mL
Amount per serving Calories	260
	% Daily Value
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	79
Sodium 90mg	49
Total Carbohydrate 44g	16%
Dietary Fiber 0g	0%
Total Sugars 40g	
Includes 30g Added Sugars	59%
Protein 7g	
*The % Daily Value (DV) tells you how much	
a serving of food contributes to a daily diet. a day is used for general nutrition advice.	2,000 calories

#### lced 32oz

Serving Size 32 fl o	z (960mL
Amount per serving Calories	340
	% Daily Value
Total Fat 11g	149
Saturated Fat 6g	319
Trans Fat 0g	
Cholesterol 35mg	119
Sodium 140mg	69
Total Carbohydrate 50g	189
Dietary Fiber 0g	09
Total Sugars 47g	
Includes 30g Added Sugars	599
Protein 11g	

a day is used for general nutrition advice

#### 12 fl oz | 16 fl oz | 20 fl oz **INGREDIENTS:**

MILK WITH VITAMIN D3, ORGANIC CHAI TEA CONCENTRATE (WATER, ORGANIC SUGAR, ORGANIC BLACK TEA, ORGANIC CINNAMON, ORGANIC CARDAMOM, ORGANIC GINGER, ORGANIC BLACK PEPPER, ORGANIC MOLASSES, ORGANIC LEMON JUICE).

#### 24 fl oz | 32 fl oz **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, ORGANIC CHAI TEA CONCENTRATE (WATER, ORGANIC SUGAR, ORGANIC BLACK TEA, ORGANIC CINNAMON, ORGANIC CARDAMOM, ORGANIC GINGER, ORGANIC BLACK PEPPER, ORGANIC MOLASSES, ORGANIC LEMON JUICE).





# MOCHA

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.





#### 12<sub>oz</sub>

Serving Size 12 fl o	z (360 mL)
Amount per serving Calories	380
	% Daily Value
Total Fat 14g	18%
Saturated Fat 9g	47%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 370mg	16%
Total Carbohydrate 56g	20%
Dietary Fiber 3g	10%
Total Sugars 48g	
Includes 33g Added Sugars	67%
Protein 10g	

#### 16oz

Nutrition F	acts
Serving Size 16 fl o	oz (480 mL)
Calories	<u>510</u>
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 12g	60%
Trans Fat 0.5g	
Cholesterol 45mg	15%
Sodium 530mg	23%
Total Carbohydrate 78g	29%
Dietary Fiber 4g	15%
Total Sugars 68g	
Includes 49g Added Sugars	97%
Protein 14g	
*The % Daily Value (DV) tells you how m a serving of food contributes to a daily of a day is used for general nutrition advice	Siet. 2,000 calories

#### 20oz

Consine Cine (	20 fl a= (600 ml
Serving Size 2	20 fl oz (600 mL
Amount per serving Calories	590
	% Daily Valu
Total Fat 22g	285
Saturated Fat 14g	715
Trans Fat 0.5g	
Cholesterol 60mg	195
Sodium 580mg	255
Total Carbohydrate 85g	319
Dietary Fiber 4g	155
Total Sugars 74g	
Includes 49g Added S	ugars 975
Protein 17g	-
* The % Daily Value (DV) tells yo	
a serving of food contributes to a day is used for general nutriti	

#### 240z

Serving Size 24 fl o	z (720 mL)
Amount per serving Calories	540
	% Daily Value*
Total Fat 15g	20%
Saturated Fat 9g	46%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 125mg	5%
Total Carbohydrate 94g	34%
Dietary Fiber 5g	18%
Total Sugars 82g	
Includes 68g Added Sugars	137%
Protein 12g	
*The % Daily Value (DV) tells you how mu a serving of food contributes to a daily di	

#### **32oz**

Serving Size 32 fl o	z (960 mL
Amount per serving Calories	730
	% Daily Value
Total Fat 20g	269
Saturated Fat 12g	619
Trans Fat 0.5g	
Cholesterol 50mg	179
Sodium 180mg	89
Total Carbohydrate 126g	469
Dietary Fiber 7g	249
Total Sugars 111g	
Includes 90g Added Sugars	1809
Protein 17g	
<ul> <li>The % Daily Value (DV) tells you how must a serving of food contributes to a daily die</li> </ul>	

#### 12 fl oz | 20 fl oz **INGREDIENTS:**

MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE), SWEETENED COCOA BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SOY LECITHIN], NONFAT MILK, WHEY, SALT, GUAR GUM, GUM ARABIC, NATURAL FLAVOR, SILICON DIOXIDE), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).

#### 16 fl oz

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, SWEETENED COCOA BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CREAMER [COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SOY LECITHIN], NONFAT MILK, WHEY, SALT, GUAR GUM, GUM ARABIC, NATURAL FLAVOR, SILICON DIOXIDE), BREWED ESPRESSO (WATER, COFFEE), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR,

MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).

#### 24 fl oz

#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE), SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).

#### 32 floz

#### **INGREDIENTS:**

ICE, MILK WITH VITAMIN D3, SWEETENED COCOA AND CHOCOLATE BLEND (SUGAR, COCOA PROCESSED WITH ALKALI, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), BREWED ESPRESSO (WATER, COFFEE), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT).







## **CHOCOLATE LIGHTNING**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.



#### 160z **Nutrition Facts** 16 fl oz (480 mL) Serving Size 120 Calories Total Fat 3.5g 5% Saturated Fat 2.5g 12% Trans Fat 0g Cholesterol 10mg 3% Sodium 120mg 5% Total Carbohydrate 18g Dietary Fiber 3% Total Sugars 15g Includes 10g Added Sugars 20% The % Daily Value (DV) tells you how much a n a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.







## 16 fl oz | 20 fl oz | 24 fl oz | 32 fl oz | INGREDIENTS:

ICE, COLD BREWED COFFEE (WATER, COFFEE), CHOCOLATE MILK (MILK WITH VITAMIN D3, SWEETENED COCOA BLEND [SUGAR, COCOA PROCESSED WITH ALKALI, CREAMER (COCONUT OIL, MALTODEXTRIN, SODIUM CASEINATE, SILICON DIOXIDE, SOY LECITHIN), NONFAT MILK, WHEY, SALT, GUAR GUM, GUM ARABIC, NATURAL FLAVOR, SILICON DIOXIDE]).







## VANILLA CREAM COLD BREW

#### **DISCLAIMER**

This recipe was made with skim milk. With any modifications, calories and ingredients may vary.





Nutrition	Facts
Serving Size 20 f	fl oz (600 mL
Amount per serving Calories	140
	% Daily Value
Total Fat 0g	01
Saturated Fat 0g	01
Trans Fat 0g	
Cholesterol 0mg	01
Sodium 40mg	2*
Total Carbohydrate 30g	119
Dietary Fiber 0g	01
Total Sugars 28g	
Includes 24g Added Sugar	rs <b>47</b> %
Protein 4g	
* The % Daily Value (DV) tells you how	w much a nutrient in
a serving of food contributes to a dai	
a day is used for general nutrition ad	tvice.



## 16 fl oz | 20 fl oz | 24 fl oz INGREDIENTS:

ICE, COLD BREWED COFFEE (WATER, COFFEE), NONFAT MILK WITH VITAMIN A AND VITAMIN D, VANILLA FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVOR, NATURAL VANILLA FLAVOR, CARAMEL COLOR).





## **HAZELNUT CREAM COLD BREW**

#### **DISCLAIMER**

This recipe was made with skim milk. With any modifications, calories and ingredients may vary.









16 FL OZ, 20 FL OZ, 32 FL OZ INGREDIENTS:

ICE, COLD BREWED COFFEE (WATER, COFFEE), NONFAT MILK WITH VITAMIN A AND VITAMIN D, HAZELNUT FLAVORED SYRUP (SUGAR, WATER, ARTIFICIAL FLAVOR [HAZELNUT], CARAMEL COLOR).





## **MATCHA LATTE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.



#### 12oz

	acts oz (360 mL)
Amount per serving Calories	240
	% Daily Value
Total Fat 10g	13%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 27g	
Includes 12g Added Sugars	24%
Protein 10g	

#### 16oz

Serving Size 16 fl	oz (480 mL
Amount per serving Calories	360
	% Daily Value
Total Fat 14g	189
Saturated Fat 8g	40%
Trans Fat 0.5g	
Cholesterol 45mg	149
Sodium 250mg	119
Total Carbohydrate 46g	179
Dietary Fiber 0g	0%
Total Sugars 46g	
Includes 24g Added Sugars	489
Protein 13g	

#### 20oz

<b>Nutrition Facts</b>	
Serving Size 20 fl	oz (600 mL)
Amount per serving Calories	480
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 10g	51%
Trans Fat 0.5g	
Cholesterol 55mg	18%
Sodium 340mg	15%
Total Carbohydrate 64g	23%
Dietary Fiber 0g	0%
Total Sugars 64g	
Includes 36g Added Sugars	72%
Protein 17g	
*The % Daily Value (DV) tells you how m a serving of food contributes to a daily of a day is used for general nutrition advice	det. 2,000 calories

#### 24oz

<b>Nutrition Facts</b>	
Serving Size 24 fl oz	(720 mL
Amount per serving Calories	420
	% Daily Value
Total Fat 12g	15%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 300mg	13%
Total Carbohydrate 66g	24%
Dietary Fiber 0g	0%
Total Sugars 66g	
Includes 48g Added Sugars	96%
Protein 12g	
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.	

#### 32oz

#### **Nutrition Facts** Serving Size 32 fl oz (960 mL) Calories Total Fat 16g Saturated Fat 9g Trans Fat 0.5g 16% Cholesterol 50mg Sodium 350mg 15% Total Carbohydrate 73g Dietary Fiber 0g 26% Total Sugars 73g Includes 48g Added Sugars a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

12 fl oz | 16 fl oz | 20 fl oz

**INGREDIENTS:** 

MILK WITH VITAMIN D3, SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA).

24 fl oz | 32 fl oz **INGREDIENTS:** 

MILK WITH VITAMIN D3, ICE, SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA).





## **PUMPKIN SPICE MATCHA LATTE**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.



#### 12 oz

Nutrition F	
Serving Size 12 fl	oz (360 mL)
Amount per serving Calories	370
	% Daily Value
Total Fat 11g	15%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 160mg	7%
Total Carbohydrate 58g	21%
Dietary Fiber 0g	0%
Total Sugars 57g	
Includes 45g Added Sugars	90%
Protein 8g	

#### 16 oz Nutrit

Serving Size 16 fl o	z (480 mL)
Amount per serving Calories	530
	% Daily Value
Total Fat 15g	20%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 250mg	11%
Total Carbohydrate 86g	31%
Dietary Fiber 0g	0%
Total Sugars 86g	
Includes 67g Added Sugars	134%
Protein 12g	

#### 20 oz

Serving Size 20 fl o	z (600 mL)
Amount per serving Calories	690
	% Daily Value
Total Fat 19g	25%
Saturated Fat 11g	56%
Trans Fat 0.5g	
Cholesterol 65mg	21%
Sodium 340mg	15%
Total Carbohydrate 115g	42%
Dietary Fiber 0g	0%
Total Sugars 114g	
Includes 89g Added Sugars	178%
Protein 15g	

#### 24 oz

Nutrition Facts	
Serving Size 24 fl oz	(720 mL)
Amount per serving Calories	510
	% Daily Value
Total Fat 12g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 240mg	10%
Total Carbohydrate 93g	34%
Dietary Fiber 0g	0%
Total Sugars 92g	
Includes 79g Added Sugars	158%
Protein 8g	
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.	

#### 32 oz

#### **Nutrition Facts** 32 fl oz (960 mL) Serving Size 630 Calories Total Fat 16g Saturated Fat 9g Trans Fat 0.5g Cholesterol 50mg 17% Sodium 290mg 13% Total Carbohydrate 109g 40% 0% Dietary Fiber 0g Total Sugars 108g Includes 89g Added Sugars 178% Protein 12g The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

#### 12 fl oz

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT), SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA), SPICES.

a day is used for general nutrition adv

#### 16 fl oz | 20 fl oz

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT), SPICES.

#### **CONTAINS:**



#### 24 fl oz | 32 fl oz [lced] INGREDIENTS:

ICE, MILK WITH VITAMIN D3, PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA), WHIPPED TOPPING (CREAM, NONFAT MILK, SUGAR, MONO-AND DIGLYCERIDES, NATURAL FLAVOR, CARRAGEENAN, NITROUS OXIDE AS WHIPPING PROPELLANT), SPICES.



## STRAWBERRIES + CREME OAT MATCHA

#### **DISCLAIMER**

This recipe was made with oat milk. With any modifications, calories and ingredients may vary.



#### 16<sub>oz</sub>

<b>Nutrition Facts</b>	
Serving Size 16	fl oz (480 mL)
Amount per serving Calories	390
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 69g	25%
Dietary Fiber 2g	5%
Total Sugars 60g	
Includes 60g Added Sug	ars 119%
Protein 2g	
* The % Daily Value (DV) tells you h a serving of food contributes to a a day is used for general nutrition	daily diet. 2,000 calories

#### **INGREDIENTS:**

ICE, OATMILK (OAT BASE (WATER, OATS). LOW ERUCIC ACID RAPESEED OIL, DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE, RIBOFLAVIN, VITAMIN A ACETATE, VITAMIN D2, VITAMIN B12), STRAWBERRY FLAVORED SYRUP (SUGAR, WATER, CITRIC ACID PRESERVATIVE, FRUIT AND VEGETABLE JUICE COLOR, NATURAL FLAVORS, NATURAL STRAWBERRY FLAVOR), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC EXTRACT COLOR, ANNATTO EXTRACT COLOR), SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA).

#### 20oz

Nutrition	n Facts
Serving Size	20 fl oz (600 mL
Amount per serving Calories	470
	% Daily Value
Total Fat 14g	18%
Saturated Fat 6g	32%
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 220mg	109
Total Carbohydrate 8	6g <b>31</b> %
Dietary Fiber 2g	7%
Total Sugars 73g	
Includes 73g Added	Sugars 147%
Protein 3g	_

#### **INGREDIENTS:**

ICE, OATMILK (OAT BASE (WATER, OATS), LOW ERUCIC ACID RAPESEED OIL, DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE, RIBOFLAVIN, VITAMIN A ACETATE, VITAMIN D2, VITAMIN B12), SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA), STRAWBERRY FLAVORED SYRUP (SUGAR, WATER, CITRIC ACID PRESERVATIVE, FRUIT AND VEGETABLE JUICE COLOR, NATURAL FLAVORS, NATURAL STRAWBERRY FLAVOR), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CELLULOSE GUM, SUGAR, POLYSORBATE 60. POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC EXTRACT COLOR, ANNATTO EXTRACT COLOR).

#### 24oz

<b>Nutrition Facts</b>		
Serving Size 24 fl o	z (720 mL)	
Amount per serving Calories	570	
	% Daily Value	
Total Fat 16g	21%	
Saturated Fat 7g	33%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 290mg	13%	
Total Carbohydrate 104g	38%	
Dietary Fiber 3g	9%	
Total Sugars 88g		
Includes 88g Added Sugars	176%	
Protein 4g		
*The % Daily Value (DV) tells you how mu a serving of food contributes to a daily die a day is used for general nutrition advice.	et. 2,000 calories	

#### **INGREDIENTS:**

OATMILK (OAT BASE (WATER, OATS), LOW ERUCIC ACID RAPESEED OIL. DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE, RIBOFLAVIN, VITAMIN A ACETATE, VITAMIN D2, VITAMIN B12), ICE, SWEETENED MATCHA POWDER (SUGAR, MATCHA GREEN TEA), STRAWBERRY FLAVORED SYRUP (SUGAR, WATER, CITRIC ACID PRESERVATIVE, FRUIT AND VEGETABLE JUICE COLOR, NATURAL FLAVORS, NATURAL STRAWBERRY FLAVOR), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC EXTRACT COLOR. ANNATTO EXTRACT COLOR).

#### 32oz

Serving Size 32 fl o	z (960 mL)
Amount per serving Calories	640
	% Daily Value
Total Fat 20g	25%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 113g	41%
Dietary Fiber 3g	12%
Total Sugars 91g	
Includes 91g Added Sugars	183%
Protein 5g	

OATMILK (OAT BASE (WATER, OATS),

LOW ERUCIC ACID RAPESEED OIL.

#### **INGREDIENTS:**

DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE. RIBOFLAVIN. VITAMIN A ACETATE, VITAMIN D2, VITAMIN B12), ICE, SWEETENED MATCHA **POWDER** (SUGAR, MATCHA GREEN TEA), STRAWBERRY FLAVORED SYRUP (SUGAR, WATER, CITRIC ACID PRESERVATIVE, FRUIT AND VEGETABLE JUICE COLOR. NATURAL FLAVORS, NATURAL STRAWBERRY FLAVOR), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP. HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS. SALT. SODIUM ALGINATE. SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR. TURMERIC EXTRACT COLOR. ANNATTO EXTRACT COLOR).





## **ESPRESSO**

#### **DISCLAIMER**

Served in a 4oz cup. One serving contains 2 shots of espresso.





#### 2oz



#### **INGREDIENTS:**

BREWED ESPRESSO (WATER, COFFEE).



## **AMERICANO**

#### **DISCLAIMER**

This recipe was made with espresso and water. With any modifications, calories and ingredients may vary.



#### 12<sub>oz</sub>

Nutritio	n Fac	ts
Serving Size	12 fl oz (36	60 mL)
Amount per serving Calories		5
	% D	aily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate	<1g	0%
Dietary Fiber 0g		0%
Total Sugars 0g		
Includes 0g Added	Sugars	0%
Protein 0g	_	
* The % Daily Value (DV) tel a serving of food contribute a day is used for general n	rs to a daily diet. 2,000	

#### 16oz

Nutritio	n Fac	cts
Serving Size	16 fl oz (4	480 mL)
Amount per serving Calories		5
	%	Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate	<1g	0%
Dietary Fiber 0g	_	0%
Total Sugars 0g		
Includes 0g Added	1 Sugars	0%
Protein 0g	-	
* The % Daily Value (DV) to a serving of food contribute a day is used for general	tes to a daily diet. 2,0	

#### 20oz



#### 24oz

Serving Size 24	fl oz (720 mL
Amount per serving Calories	10
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Suga	rs <b>0</b> %
Protein 0g	

#### 32oz



## 12 fl oz | 16 fl oz | 20 fl oz | INGREDIENTS:

WATER, BREWED ESPRESSO (WATER, COFFEE).

#### 24 fl oz | 32 fl oz INGREDIENTS:

ICE, WATER, BREWED ESPRESSO (WATER, COFFEE).



## **MACCHIATO**

#### **DISCLAIMER**

This recipe was made with espresso and whole milk. With any modifications, calories and ingredients may vary.





# Nutrition Facts Serving Size 6 fl oz (180 mL) Amount per serving Calories \*\*Daily Value\* Total Fat 4g Saturated Fat 2.5g Trans Fat 0g Cholesterol 10mg 4% Sodium 60mg 3% Total Carbohydrate 7g Dietary Fiber 0g 0% Total Sugars 6g Includes 0g Added Sugars \*\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### **INGREDIENTS:**

MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE).





## **CAPPUCCINO**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.





Nutritio	n Facts
Serving Size	16 fl oz (480 mL
Amount per serving Calories	230
	% Daily Value
Total Fat 12g	15%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 170mg	7%
Total Carbohydrate 1	9g <b>7</b> %
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 0g Added 5	Sugars 0%
Protein 12g	
* The % Daily Value (DV) tells	you how much a nutrient in
a serving of food contributes	to a daily diet. 2,000 calories

Nutrition Fa	cts
Serving Size 20 fl oz	(600 mL)
Amount per serving	
Calories	270
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 8g	40%
Trans Fat 0.5g	
Cholesterol 45mg	14%
Sodium 200mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 14g	
The % Daily Value (DV) tells you how much	a nutrient in
a serving of food contributes to a daily diet.	
a day is used for general nutrition advice.	

12 fl oz | 16 fl oz | 20 fl oz INGREDIENTS:

MILK WITH VITAMIN D3, BREWED ESPRESSO (WATER, COFFEE)





## STAN'S COFFEE

#### **DISCLAIMER**

This recipe was made with water. With any modifications, calories and ingredients may vary.









12 fl oz | 16 fl oz | 20 fl oz INGREDIENTS:

BREWED COFFEE (WATER, COFFEE).



## **CAFE AU LAIT**

#### **DISCLAIMER**

This recipe was made with whole milk. With any modifications, calories and ingredients may vary.









12 fl oz | 16 fl oz | 20 fl oz INGREDIENTS:

BREWED COFFEE (WATER, COFFEE), MILK WITH VITAMIN D3.



## PRICKLY PEAR REFRESHER

#### **DISCLAIMER**

This recipe was made with lemonade. With any modifications, calories and ingredients may vary.



#### **160**z

Serving Size	16 fl	oz (480	ml
Serving Size	10 11	02 (460	IIIL
Amount per serving Calories		2	60
		% Daily	y Valu
Total Fat 0g			09
Saturated Fat 0g			0
Trans Fat 0g			
Cholesterol 0mg			0
Sodium 150mg			7
Total Carbohydrate 6	4g		23
Dietary Fiber 0g			0
Total Sugars 62g			
Includes 61g Added	Sugars		1219
Protein 0g			

#### 20oz

Nutritio	n Facts
Serving Size	20 fl oz (600 mL
Amount per serving Calories	260
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	79
Total Carbohydrate 6	34g <b>23</b> %
Dietary Fiber 0g	0%
Total Sugars 62g	
Includes 61g Added	Sugars 1219
	_

#### 24oz

Serving Size	24 fl oz (720 ml
Amount per serving Calories	320
	% Daily Valu
Total Fat 0g	0
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 160mg	7
Total Carbohydrate	79g <b>29</b>
Dietary Fiber 0g	0
Total Sugars 76g	
Includes 74g Added	Sugars 148
Protein 0g	-

#### 320z

Nutrition F	acts
Serving Size 32 fl	oz (960 mL)
Amount per serving Calories	370
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 93g	34%
Dietary Fiber 0g	0%
Total Sugars 89g	
Includes 88g Added Sugars	175%
Protein 0g	

a day is used for general nutrition advice

#### 16 fl oz

#### **INGREDIENTS:**

LEMONADE (WATER, SUGAR, FRUCTOSE, CITRIC ACID, LEMON JUICE, LEMON OIL, SILICON DIOXIDE, XANTHAN GUM, SUCRALOSE), ICE, PEAR FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, BEET JUICE COLOR, MALIC ACID, BLUE 1), NATURAL FLAVOR CONCENTRATE BLEND (SUGAR, WATER, CITRIC ACID, SODIUM CITRATE, NATURAL FLAVORS, COFFEE FRUIT EXTRACT, L-THEANINE, CAFFEINE, GUARANA EXTRACT, METHYLCOBALAMIN [VITAMIN B12]).

#### 20 fl oz | 24 fl oz | 32 fl oz **INGREDIENTS:**

INGREDIENTS: ICE, LEMONADE (WATER, SUGAR, FRUCTOSE, CITRIC ACID, LEMON JUICE, LEMON OIL, SILICON DIOXIDE, XANTHAN GUM, SUCRALOSE), PEAR FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, BEET JUICE COLOR, MALIC ACID, BLUE 1), NATURAL FLAVOR CONCENTRATE BLEND (SUGAR, WATER, CITRIC ACID, SODIUM CITRATE, NATURAL FLAVORS, COFFEE FRUIT EXTRACT, L-THEANINE, CAFFEINE, GUARANA EXTRACT, METHYLCOBALAMIN [VITAMIN B12]).



## MANGO DRAGON FRUIT REFRESHER

24oz

#### **DISCLAIMER**

This recipe was made with lemonade. With any modifications, calories and ingredients may vary.



#### 160z **Nutrition Facts** Serving Size 16 fl oz (480 mL) Calories Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 150mg 7% Total Carbohydrate 73g 26% Dietary Fiber 0g 0% Total Sugars 70g Includes 69g Added Sugars 138% Protein 0g a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.



Nutrition	Facts
Serving Size	24 fl oz (720 mL
Amount per serving Calories	350
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	79
Total Carbohydrate 86	6g <b>31</b> %
Dietary Fiber 0g	0%
Total Sugars 83g	
Includes 82g Added	Sugars 163%
Protein 0g	•
<ul> <li>The % Daily Value (DV) tells a a serving of food contributes a day is used for general nutr</li> </ul>	to a daily diet. 2,000 calories



## 16 fl oz | 20 fl oz | 24 fl oz | 32 fl oz | INGREDIENTS:

IICE, BREWED TEA (WATER, ORGANIC BLACK TEA), LEMONADE (WATER, SUGAR, FRUCTOSE, CITRIC ACID, LEMON JUICE, LEMON OIL, SILICON DIOXIDE, XANTHAN GUM, SUCRALOSE), MANGO FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID, NATURAL MANGO FLAVOR, FRUIT AND VEGETABLE JUICE COLOR, BETA-CAROTENE COLOR, XANTHAN GUM), DRAGON FRUIT FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID, VEGETABLE JUICE COLOR, NATURAL DRAGON FRUIT FLAVOR), NATURAL FLAVOR CONCENTRATE BLEND (SUGAR, WATER, CITRIC ACID, SODIUM CITRATE, NATURAL FLAVORS, COFFEE FRUIT EXTRACT, L-THEANINE, CAFFEINE, GUARANA EXTRACT, METHYLCOBALAMIN [VITAMIN B12]).



## **PUMPKIN CREME REFRESHER**

#### **DISCLAIMER**

This recipe was made with lemonade and black tea. With any modifications, calories and ingredients may vary.





<b>Nutrition Facts</b>		
Serving Size 20 fl oz	z (600 mL	
Amount per serving Calories	340	
	% Daily Value	
Total Fat 6g	89	
Saturated Fat 5g	279	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 40mg	2%	
Total Carbohydrate 70g	269	
Dietary Fiber 0g	0%	
Total Sugars 69g		
Includes 69g Added Sugars	1389	
Protein 0g		

<b>Nutrition Facts</b>		
Serving Size 24 fl oz	z (720 mL)	
Amount per serving Calories	380	
	% Daily Value*	
Total Fat 6g	8%	
Saturated Fat 5g	27%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 45mg	2%	
Total Carbohydrate 81g	30%	
Dietary Fiber 0g	0%	
Total Sugars 80g		
Includes 80g Added Sugars	159%	
Protein 0g		



## 16 fl oz | 20 fl oz | 24 fl oz | 32 fl oz | NGREDIENTS:

ICE, BREWED TEA (WATER, ORGANIC BLACK TEA), LEMONADE (WATER, SUGAR, FRUCTOSE, CITRIC ACID, LEMON JUICE, LEMON OIL, SILICON DIOXIDE, XANTHAN GUM, SUCRALOSE), PUMPKIN SPICE FLAVORED SYRUP (SUGAR, WATER, NATURAL FLAVORS, SEA SALT), WHIPPED TOPPING (WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL [PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED], CELLULOSE GUM, SUGAR, POLYSORBATE 60, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, SODIUM ALGINATE, SOY LECITHIN, ARTIFICIAL FLAVOR, SODIUM CITRATE, NATURAL FLAVOR, TURMERIC OLEORESIN COLOR, ANNATTO EXTRACT COLOR).





## **ICED GREEN TEA**

#### **DISCLAIMER**

This recipe was made with water. With any modifications, calories and ingredients may vary.

20oz











#### 16 fl oz | 24 fl oz | 32 fl oz INGREDIENTS:

BREWED TEA (WATER, ORGANIC GREEN TEA, ORGANIC GINGER ROOT, ORGANIC LEMONGRASS, ORGANIC LEMON FLAVOR, LIME OIL), ICE.

#### 20 fl oz

#### **INGREDIENTS:**

ICE, BREWED TEA (WATER, ORGANIC GREEN TEA, ORGANIC GINGER ROOT, ORGANIC LEMONGRASS, ORGANIC LEMON FLAVOR, LIME OIL).



## **ICED BLACK TEA**

#### **DISCLAIMER**

This recipe was made with water. With any modifications, calories and ingredients may vary.











16 fl oz | 24 fl oz | 32 fl oz INGREDIENTS:

BREWED TEA (WATER, ORGANIC BLACK TEA), ICE.

20 fl oz INGREDIENTS:

ICE, BREWED TEA (WATER, ORGANIC BLACK TEA).



## **ICED PEACH TEA**

#### **DISCLAIMER**

This recipe was made with water. With any modifications, calories and ingredients may vary.











16 fl oz | 24 fl oz | 32 fl oz INGREDIENTS:

BREWED TEA (WATER, ORGANIC BLACK TEA, NATURAL PEACH FLAVOR), ICE.

20 fl oz

**INGREDIENTS:** 

ICE, BREWED TEA (WATER, ORGANIC BLACK TEA, NATURAL PEACH FLAVOR).



## **RISHI HOT TEA**

#### **DISCLAIMER**

This recipe was made with water. With any modifications, calories and ingredients may vary.









#### Organic Chamomile Medley

**INGREDIENTS:** 

BREWED TEA (WATER, ORGANIC CHAMOMILE FLOWERS, ORGANIC LEMONGRASS, ORGANIC SPEARMINT, ORGANIC LEMON VERBENA).

#### Organic Earl Grey

**INGREDIENTS:** 

BREWED TEA (WATER, ORGANIC BLACK TEA, ESSENTIAL OIL OF BERGAMOT).

#### Organic English Breakfast

**INGREDIENTS:** 

BREWED TEA (WATER, ORGANIC BLACK TEA).

#### Organic Jasmine Tea

**INGREDIENTS:** 

BREWED TEA (WATER, ORGANIC GREEN TEA, JASMINE).

#### Organic Matcha Super Green

**INGREDIENTS:** 

BREWED TEA (WATER, ORGANIC GREEN TEA).

#### Organic Turmeric Ginger

**INGREDIENTS:** 

BREWED BEVERAGE (WATER, ORGANIC GINGER ROOT, ORGANIC TURMERIC ROOT, ORGANIC LICORICE ROOT, ORGANIC LEMONGRASS, ORGANIC ORANGE PEEL, ORGANIC LEMON PEEL, ORGANIC ESSENTIAL OILS OF LEMON AND ORANGE).



## **LEMONADE**

#### **DISCLAIMER**

This recipe was made with water. With any modifications, calories and ingredients may vary.



# 16oz



# 20oz

Serving Size 20 fl	oz (600 mL
Amount per serving Calories	30
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 10mg	19
Total Carbohydrate 8g	39
Dietary Fiber 0g	09
Total Sugars 7g	
Includes 6g Added Sugars	139
Protein 0g	

**Nutrition Facts** 

#### 24oz



#### 32oz

Nutrition Facts		
Serving Size 32 fl oz	(960 mL)	
Amount per serving Calories	50	
	% Daily Value	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 20mg	1%	
Total Carbohydrate 13g	5%	
Dietary Fiber 0g	0%	
Total Sugars 12g		
Includes 10g Added Sugars	21%	
Protein 0g		
* The % Daily Value (DV) tells you how much	a nutrient in	
a serving of food contributes to a daily diet.  a day is used for general nutrition advice.	2,000 calories	

#### 16 fl oz | 24 fl oz | 32 fl oz INGREDIENTS:

LEMONADE (WATER, SUGAR, FRUCTOSE, CITRIC ACID, LEMON JUICE, LEMON OIL, SILICON DIOXIDE, XANTHAN GUM, SUCRALOSE), ICE.

#### 20 fl oz

#### **INGREDIENTS:**

ICE, LEMONADE (WATER, SUGAR, FRUCTOSE, CITRIC ACID, LEMON JUICE, LEMON OIL, SILICON DIOXIDE, XANTHAN GUM, SUCRALOSE).



## **CAFFEINATED LEMONADE**

240z

#### **DISCLAIMER**

This recipe was made with water. With any modifications, calories and ingredients may vary.











## 16 fl oz | 24 fl oz | 32 fl oz INGREDIENTS:

LEMONADE (WATER, SUGAR, FRUCTOSE, CITRIC ACID, LEMON JUICE, LEMON OIL, SILICON DIOXIDE, XANTHAN GUM, SUCRALOSE), ICE, NATURAL FLAVOR CONCENTRATE BLEND (WATER, GLUCOSE, CITRIC ACID, CAFFEINE BLEND [CAFFEINE, COFFEE FRUIT EXTRACT, GUAYUSA LEAF EXTRACT, GREEN TEA LEAF EXTRACT, LOTUS FLOWER EXTRACT, RHODIOLA ROSEA ROOT EXTRACT, SCHISANDRA BERRY EXTRACT], BETA-ALANINE, SODIUM BENZOATE PRESERVATIVE, POTASSIUM SORBATE PRESERVATIVE, SUCRALOSE, ACESULFAME POTASSIUM, METHYLCOBALAMIN [VITAMIN B12]).

#### 20 fl oz

#### **INGREDIENTS:**

ICE, LEMONADE (WATER, SUGAR, FRUCTOSE, CITRIC ACID, LEMON JUICE, LEMON OIL, SILICON DIOXIDE, XANTHAN GUM, SUCRALOSE), NATURAL FLAVOR CONCENTRATE BLEND (WATER, GLUCOSE, CITRIC ACID, CAFFEINE BLEND [CAFFEINE, COFFEE FRUIT EXTRACT, GUAYUSA LEAF EXTRACT, GREEN TEA LEAF EXTRACT, LOTUS FLOWER EXTRACT, RHODIOLA ROSEA ROOT EXTRACT, SCHISANDRA BERRY EXTRACT], BETA-ALANINE, SODIUM BENZOATE PRESERVATIVE, POTASSIUM SORBATE PRESERVATIVE, SUCRALOSE, ACESULFAME POTASSIUM, METHYLCOBALAMIN [VITAMIN B12]).

