

Nutrition Guide

Beverages													
Coffee & More			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breakfast Blend			5	0	0	0	0	0	10	0	0	0	<1
Decaf Coffee			0	0	0	0	0	0	10	0	0	0	<1
Caramel Coffee			60	0	0	0	0	0	10	14	0	14	<1
Cappuccino	Sweet and Creamy Vanilla		290	100	11	10	0	0	200	45	4	37	2
	Caramel		300	100	11	10	0	0	220	49	<1	36	2
	Original		160	35	4	4	0	0	200	30	<1	22	1
Hot Chocolate			310	70	8	7	0	0	410	56	1	54	3
Hot Tea			0	0	0	0	0	0	10	<1	0	0	0
Caramel Apple Cider			330	70	8	7	0	<5	190	76	0	65	1
Caramel Mocha Cold Brew			290	90	10	8	0	10	140	46	1	35	5
Hot Caramel Mocha			270	80	9	7	0	0	140	46	1	37	2
Sweet Cream Cold Brew	Includes: Cold Brew, Vanilla Syrup, Half & Half		80	30	3.5	2	0	10	60	12	0	10	2
Juice & Milk			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Orange Juice			120	0	0	0	0	0	10	29	<1	25	2
Apple Juice			130	0	0	0	0	0	25	32	0	31	0
Milk (1%)			180	35	4.5	3	0	20	190	22	0	23	15
Chocolate Milk (1%)			320	40	4.5	3	0	15	270	57	2	45	15
Sunshine Refresher	Orange Juice, Strawberry Lemonade and Strawberry Syrup		350	0	0	0	1	0	40	86	<1	80	1
Iced Tea & Lemonade			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Freshly Brewed Iced Tea - Unsweetened			5	0	0	0	0	0	10	2	<1	0	0
Freshly Brewed Iced Tea - Sweet			70	0	0	0	0	0	10	20	<1	18	0
Lemonade			100	0	0	0	0	0	15	25	0	21	0
Arnold Palmer			45	0	0	0	0	0	10	12	0	10	0
Freshly Brewed Peach Iced Tea			150	0	0	0	0	0	10	39	<1	36	0
Strawberry Lemonade			120	0	0	0	0	0	10	29	0	28	0
Soft Drinks			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Diet Pepsi			0	0	0	0	0	0	40	0	0	0	0
Starry			140	0	0	0	0	0	35	37	0	37	0
Mountain Dew			110	0	0	0	0	0	35	29	0	29	0
Mug Root Beer			100	0	0	0	0	0	30	26	0	26	0
Pepsi-Cola			100	0	0	0	0	0	20	28	0	28	0
Wild Cherry Pepsi-Cola			100	0	0	0	0	0	20	28	0	28	0
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Mimosas		Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sunshine Refresher Mimosa	Orange Juice, Prosecco and Strawberry Syrup	510	0	0	0	1	0	65	93	<1	83	2
Mimosa	Orange Juice and Prosecco	260	0	0	0	0	0	35	32	<1	23	3

* 2,000 calories a day is used for general nutrition advice, but calorie needs vary