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
Hot 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	47	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)
Milk (1%)		180	35	4.5	3	0	20	190	22	0	23	15
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
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

Nutrition Guide

Beverages

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
Peach Berry Tea		180	0	0	0	0	0	10	46	0	44	0
Peach Berry Lemonade		210	0	0	0	0	0	15	51	0	48	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
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.