



**NUTRITION INFORMATION**

# ESPRESSO

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Caffeine (mg)	Allergens* Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
<b>DOPPIO</b>	5	0	0	0	0	10	<1	0	0	0	0	120-150						
<b>CAFÉ CUBANO</b>	50	0	0	0	0	10	13	0	12	12	0	120-150						
<b>MACCHIATO</b>	20	1	0.5	0	<5	20	2	0	1	0	<1	120-150		✓				
<b>CORTADO</b>	40	2	1	0	5	30	4	0	3	0	2	120-150		✓				
<b>CORTADITO</b>	80	2	1	0	5	30	16	0	15	12	2	120-150		✓				
<b>FLAT WHITE</b>	70	4	2	0	10	55	6	0	6	0	4	120-150		✓				
<b>CAPPUCCINO</b>	110	6	3	0	15	80	9	0	9	0	5	120-150		✓				
<b>AMERICANO</b> <small>REGULAR</small>	5	0	0	0	0	15	<1	0	0	0	0	120-150						
<b>AMERICANO</b> <small>LARGE</small>	10	0	0	0	0	25	1	0	0	0	0	180-225						
<b>CAFFÈ LATTE</b> <small>REGULAR</small>	180	9	5	0	30	130	14	0	14	0	9	120-150		✓				
<b>CAFFÈ LATTE</b> <small>LARGE</small>	230	12	7	0	35	170	19	0	19	0	12	180-225		✓				
<b>CAFÉ CON LECHE</b> <small>REGULAR</small>	270	9	5	0	30	130	38	0	38	24	9	120-150		✓				
<b>CAFÉ CON LECHE</b> <small>LARGE</small>	370	12	7	0	35	170	55	0	55	36	12	180-225		✓				

**Disclaimer:** Drinks containing dairy are made with whole milk by default. Non-dairy options are available upon request.

# COLD BREW

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Caffeine (mg)	Allergens* Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
<b>COLD BREW</b> REGULAR	5	0	0	0	0	5	<1	0	0	0	0	200						
<b>COLD BREW</b> LARGE	10	0	0	0	0	10	1	0	0	0	0	300						
<b>VANILLA CARAMEL COLD BREW</b> REGULAR	105	0	0	0	0	40	25	0	25	25	0	200						
<b>VANILLA CARAMEL COLD BREW</b> LARGE	135	0	0	0	0	45	30	0	30	30	0	300						
<b>COLD BREW BOTTLE</b> 12 oz	5	0	0	0	0	5	0	0	0	0	0	200						
<b>GROWLER</b> 1/2 GALLON	35	0	0	0	0	75	0	0	0	0	4	800						
<b>CUBANO COLD BREW</b> REGULAR	25	0	0	0	0	5	8	0	8	8	8	200						
<b>CUBANO COLD BREW</b> LARGE	40	0	0	0	0	10	13	0	12	12	12	300						
<b>COCONUT MOCHA COLD BREW</b> REGULAR	70	0.2	0.2	0	0	5	16.1	0.2	15.7	15.7	0.2	200		☑				
<b>COCONUT MOCHA COLD BREW</b> LARGE	107.5	0.3	0.3	0	0	10	25.15	0.3	23.55	23.55	0.3	300		☑				

# FRESH BREWED COFFEE

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Caffeine (mg)	Allergens* Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
<b>HOT OR ICED COFFEE</b> REGULAR	5	0	0	0	0	5	0	0	0	0	0	150						
<b>HOT OR ICED COFFEE</b> LARGE	10	0	0	0	0	10	0	0	0	0	0	170						
<b>HOT COFFEE CARAFE</b> 96 oz	55	0	0	0	0	55	0	0	0	0	3	1020						
<b>FRENCH PRESS</b> REGULAR	5	0	0	0	0	5	0	0	0	0	0	170						
<b>FRENCH PRESS</b> LARGE	10	0	0	0	0	10	0	0	0	0	0	192						
<b>POUR OVER</b>	5	0	0	0	0	5	0	0	0	0	0	170						
<b>SIPHON</b>	5	0	0	0	0	5	0	0	0	0	0	170						

# TEAS & MORE

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Caffeine (mg)	Allergens* Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
<b>CHAI LATTE</b> <small>REGULAR</small>	346.25	11	6.875	0	48.125	165	51.125	0	36	0	11	45		✓				
<b>CHAI LATTE</b> <small>LARGE</small>	472.5	14	8.75	0	61.25	210	73.25	0	54	0	14	60		✓				
<b>MATCHA LATTE</b> <small>REGULAR</small>	238.25	11	6.875	0	48.125	165	22.625	0	75	7.5	11	20-30		✓				
<b>MATCHA LATTE</b> <small>LARGE</small>	300.9	14	8.75	0	61.25	210	28.25	0	9	9	14	24-36		✓				
<b>HOT TEA</b> <small>REGULAR</small>	2	0	0	0	0	0	0	0	0	0	0	30-50						
<b>HOT TEA</b> <small>LARGE</small>	2	0	0	0	0	0	0	0	0	0	0	30-50						
<b>LONDON FOG</b> <small>REGULAR</small>	265	18	12	0	90	180	12	0	11.75	0	0	30-50		✓				
<b>LONDON FOG</b> <small>LARGE</small>	345	24	16	0	120	240	14	0	13.75	0	0	30-50		✓				
<b>HOT CHOCOLATE</b> <small>REGULAR</small>	250	0.5	0.5	0	0	0	15	0.5	13.75	8	0.5	<40	✓	✓			✓	✓
<b>HOT CHOCOLATE</b> <small>LARGE</small>	370	16.6	10.6	0	70	240	38.8	0.6	15.35	9.6	9.6	<40	✓	✓			✓	✓
<b>HOT CHOCOLATE</b> <small>CARAFE</small>	2220	99.6	63.6	0	420	1440	232.8	3.6	92.1	57.6	57.6	>200	✓	✓			✓	✓
<b>CHOCOLATE MILK</b> <small>REGULAR</small>	250	0.5	0.5	0	0	0	15	0.5	13.75	8	0.5	<40		✓				
<b>CHOCOLATE MILK</b> <small>LARGE</small>	370	16.6	10.6	0	70	240	38.8	0.6	15.35	9.6	16.6	>40		✓				
<b>8oz WHOLE MILK</b> <small>STEAMER</small>	150	8	5	0	35	120	11	0	0	0	8	>40		✓				
<b>12oz WHOLE MILK</b> <small>REGULAR</small>	225	12	7.5	0	52.5	180	16.5	0	0	0	12	30 - 50		✓				
<b>16oz WHOLE MILK</b> <small>LARGE</small>	300	16	10	0	70	240	22	0	0	0	16	30 - 50		✓				

**TEAS & MORE  
CONT.**

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Caffeine (mg)	Allergens* Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
<b>VANILLA SPICED CHAI</b> REGULAR	75	0	0	0	0	0	18	0	17.25	0	0	30 - 50						
<b>VANILLA SPICED CHAI</b> LARGE	100	0	0	0	0	0	24	0	23	0	0	30 - 50						
<b>LAVENDER LONDON FOG</b> REGULAR	180	9	6	0	45	90	20	0	20	0	3	30 - 50		☑				
<b>LAVENDER LONDON FOG</b> LARGE	320	15	10	0	75	150	39	0	39	0	5	30 - 50		☑				
<b>ORANGE ROSE LEMONADE</b> REGULAR	25	0	0	0	0	37.5	9.5	0	8	8	0	30 - 50						
<b>ORANGE ROSE LEMONADE</b> LARGE	37.5	0	0	0	0	56.25	14.25	0	12	12	0	30 - 50						

# FOOD & BAKERY

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Allergens*	Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
PLAIN CROISSANT	230	13	10	0	40	270	25	1	3	0	4		✓	✓				✓
CHOCOLATE CROISSANT	480	28	14	0	24	221	49	2	15	12	8		✓	✓		✓	✓	✓
BLUEBERRY MUFFIN	620	31	6	0	125	420	77	1	43	40	10		✓	✓		✓		✓
DOUBLE CHOCOLATE CHIP MUFFIN	450	13	3.5	0	125	420	81	3	45	40	9		✓	✓		✓		✓
BANANA BREAD	370	18	3	0	50	250	47	2	26	21	5		✓	✓		✓	✓	✓
LEMON POUND CAKE	440	21	6	0	90	310	58	1	40	39	5		✓	✓		✓	✓	✓
ENGLISH MUFFIN SANDWICH	280	11	4.5	0	80	550	31	0	2	1	14		✓	✓		✓		✓
CROISSANT SANDWICH	340	18	9	0	90	720	26	0	3	3	17		✓	✓		✓		✓
BAGEL SANDWICH	360	11	6	0	55	830	45	0	6	3	24		✓	✓				✓
LOADED HASHBROWN & SAUSAGE SANDWICH	290	22	10	0	135	370	8	0	1	0	16		✓	✓		✓		
PRETZEL SUB	480	15	5	0	60	1680	56	0	5	3	31			✓		✓	✓	✓
HAM AND SWISS ON A SUB ROLL	480	18	10	0	70	1220	50	5	2	0	32			✓		✓		✓
CAPRESE PANINI	610	22	11	0	50	460	70	0	2	0	29			✓				✓
PLAIN BAGEL	230	0	0	0	0	350	49	0	6	0	8					✓		✓
EVERYTHING BAGEL	290	0	0	0	0	670	59	0	6	0	10							✓
OATMEAL CREAM PIE	470	20	8	0	0	570	69	2	34	19	5					✓		

**FOOD & BAKERY CONT.**

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Allergens*	Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
COOKIE CHOCOLATE CHUNK	360	17	7	0	0	260	52	0	29	18	4		✓	✓			✓	✓
CINNAMON ROLL DONUT	380	19	9	0	0	400	47	2	19	18	5		✓	✓		✓		✓
FOXTAIL COOKIE	350	12	7	0	50	610	56	1	23	23	6		✓	✓				✓
BACON & CHEESE EGG BITE (1)	110	8	3.5	0	115	310	2	0	1	0	8		✓	✓				
THREE CHEESE EGG BITE (1)	90	6	3	0	120	260	2	0	1	0	7		✓	✓				
CAKE POP BIRTHDAY CAKE	130	6	2.5	0	25	190	14	0	12	11	2		✓	✓		✓		✓
CAKE POP COOKIES & CREAM	130	7	3	0	15	170	15	0	13	10	2		✓	✓		✓		✓

# BAGELS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Allergens*	Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
ASIAGO BAGEL	362	7	3	<1	14	716	57	2	3	0	17			✓		✓		✓
EVERYTHING BAGEL	321	4	<1	<1	0	682	58	3	4	0	13	SESAME				✓		✓
JALAPENO CHEDDAR BAGEL	385	10	5	<1	21	708	56	2	3	0	17	YELLOW NO.5		✓		✓		✓
MULTIGRAIN BAGEL	303	3	<1	<1	0	461	56	2	3	0	12	SESAME				✓		✓
PLAIN BAGEL	298	2	<1	<1	0	681	55	2	3	0	12					✓		✓
SESAME BAGEL	306	3	<1	<1	0	681	56	2	3	0	12	SESAME				✓		✓
CINNAMON RAISIN BAGEL	314	5	1	<1	0	460	56	3	9	0	11					✓		✓
GOOD MORNING BAGEL	561	21	10	1	445	1291	57	2	3	0	31		✓	✓		✓		✓
TURKEY AVOCADO BAGEL	491	14	<5	<1	53	1749	61	4	5	2	29			✓		✓		✓
AVOCADO VEGGIE BAGEL	416	13	<5	<1	15	774	59	4	3	0	14			✓		✓		✓
UPSTREAM BAGEL	536	18	<10	<1	64	1516	59	2	3	0	35			✓		✓		✓
SMOKEY BAGEL	699	28	12	0	479	1945	60	2	3	0	52		✓	✓		✓		✓
FLORIDA PB&J BAGEL	712	31	16	0	11	879	94	6	6	3	19			✓		✓	✓	✓

# BAGELS SPREADS/ CREAM CHEESE

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Allergens*	Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
CREAM CHEESE	100	9	6	0	30	180	4	0	0	0	2			✓				
CHIVE CREAM CHEESE	100	9	6	0	30	180	4	0	0	0	2			✓				
HONEY BUTTER CREAM CHEESE	121	8	5	0	26	154	13	<1	0	0	2			✓				
GUAVA CREAM CHEESE	71	6	4	0	21	130	16	0	0	0	1			✓				
VEGAN CREAM CHEESE	140	14	12	0	0	280	4	0	0	0	0							
VEGAN CHIVE CREAM CHEESE	140	14	12	0	0	280	4	0	0	0	0							
BUTTER	140	16	10	0	40	120	0	0	0	0	0			✓				
PEANUT BUTTER	336	28	5	0	0	266	11	4	4	4	12		✓					
AVOCADO	120	12	2	0	0	0	4	4	0	0	2							

# GELATO

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Allergens*	Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
TAHITIAN VANILLA <small>GLUTEN-FREE</small>	190	10	42	0	16	60	28	4	24	16	6							
	285	15	63	0	24	90	42	6	36	24	9			✓				
COOKIE & CREME	242	12	8	0	16	104	32	4	26	18	6			✓		✓		
	363	18	12	0	24	156	48	6	39	27	9							
BIRTHDAY CAKE	254	10	10	0	28	66	32	4	28	20	6		✓	✓				
	381	15	15	0	42	99	48	6	42	30	9							
CHOCOLATE CLASSICO <small>GLUTEN-FREE</small>	220	12	8	0	22	72	26	2	22	12	6		✓	✓				
	330	18	12	0	33	108	39	3	33	18	9							
RASPBERRY CHEESECAKE <small>GLUTEN-FREE</small>	220	8	6	0	16	66	32	4	28	20	4			✓				
	330	12	9	0	24	99	48	6	42	30	6							
BLUE MONSTER	232	12	8	0	12	100	32	4	24	18	4			✓		✓		✓
	348	18	12	0	18	150	48	6	36	27	6							
MINT CHOCOLATE CHIP <small>GLUTEN-FREE</small>	242	14	12	0	16	56	30	4	26	20	6			✓		✓		
	363	21	18	0	24	84	45	6	39	30	9							
SICILIAN PISTACHIO	210	8	4	0	12	60	28	12	24	6	6			✓			✓	
	315	12	6	0	18	90	42	18	36	9	9							
CASHEW-BASED SALTED CARAMEL <small>GLUTEN-FREE</small>	210	12	8	0	0	176	28	4	16	14	2						✓	
	315	18	12	0	0	264	42	6	24	21	3							
LEMON SORBETTO <small>GLUTEN-FREE</small>	142	2	0	0	0	12	36	4	26	22	0							
	213	3	0	0	0	18	54	6	39	33	0							
PISTACHIO MATCHA AFFOGATO (SINGLE)	241.4	9.5	4.2	0	12	70	<31.41	12.33	25.5	7.5	6.66			✓				✓
PISTACHIO MATCHA AFFOGATO (FLIGHT)	133.9	5.5	2.2	0	6	35	<17.41	6.33	13.5	4.5	3.66			✓				✓
THE CHOCO AFFOGATO (SINGLE)	236.66	12.5	8.125	0	22	90.33	<28.75	<3	23	13	<7		✓	✓				✓
THE CHOCO AFFOGATO (FLIGHT)	124.16	6.5	4.125	0	11	49.33	<15.75	<2	12	7	<4		✓	✓				✓

AVAILABLE AT SELECT LOCATIONS.

VALUES SHOWN:

**SMALL (2 SCOOPS)\***

**LARGE (3 SCOOPS)\***

# GELATO CONT.

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Allergens*	Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
CHAI - SPICE AFFOGATO (SINGLE)	271.4	10	42	0	16	70.3	<49.1	5.4	42	1.6	6.1			✓				
CHAI - SPICE AFFOGATO (FLIGHT)	173.9	5	21	0	8	35.3	38.1	3.4	30	8	3.1		✓					
THE TRADITIONAL AFFOGATO (SINGLE)	213.33	11.16	42.58	0	<17	80.83	<31.16	4	26	18	6			✓	✓	✓	✓	✓
THE TRADITIONAL AFFOGATO (FLIGHT)	115.83	6.16	21.58	0	<9	45.83	20.16	2	14	10	3			✓	✓	✓	✓	✓
LEMON SORBETTO AFFOGATO (SINGLE)	156.9	2	0	0	0	23.66	<37	<5	27.44	23.44	0							
LEMON SORBETTO AFFOGATO (FLIGHT)	83.4	1	0	0	0	12.66	22	<3	14.44	12.44	0							
CAFE CON LECHE AFFOGATO (SINGLE)	365.5	13.2	43.63	0.05	30.6	125.35	<60.8	4.08	52.95	31.7	9.15		✓	✓		✓	✓	✓
CAFE CON LECHE AFFOGATO (FLIGHT)	268	8.2	27.125	0.05	22.6	90.35	49.8	2.08	40.95	21.5	6.15		✓	✓		✓	✓	✓

AVAILABLE AT SELECT LOCATIONS.

VALUES SHOWN:

**SMALL (2 SCOOPS)\***

**LARGE (3 SCOOPS)\***

# SEASONAL FOOD & DRINKS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Caffeine (mg)	Allergens* Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
COCONUT MACAROON AMERICANO (REG)	115	1.5	0.75	0	5	17.5	23.5	0	22.5	21	1.5	120-150		✓				
COCONUT MACAROON AMERICANO (LRG)	172.5	2.25	1.125	0	7.5	26.25	35.25	0	33.75	31.5	2.25	180-225		✓				
BLUEBERRY MUFFIN CHAI (REG)	496.25	16.5	10.875	0	69.375	142.5	60.375	0	46.5	23	9.92	45		✓				
BLUEBERRY MUFFIN CHAI (LRG)	628.75	20.5	13.375	0	86.875	202.5	80.875	0	61.5	28.75	13.915	60		✓				
PISTACHIO COCONUT CAKE LATTE (NO FLAKE, REG)	257.5	10	6.25	0	43.75	166.25	31.25	0	16.75	16.75	10	120-150					✓	
PISTACHIO COCONUT CAKE LATTE (NO FLAKE, LRG)	377.5	14	8.75	0	61.25	242.5	48	0	27.5	27.5	14	180-225					✓	
PISTACHIO COCONUT CAKE LATTE (FLAKE, REG)	281.1	11.84	7.89	0	43.75	175.77	33.13	0.14	18.11	18.11	10.12	120-150	✓	✓		✓	✓	✓
PISTACHIO COCONUT CAKE LATTE (FLAKE, LRG)	401.1	15.84	10.39	0	61.25	252.02	49.88	0.14	28.86	28.86	14.12	180-225	✓	✓		✓	✓	✓
BANANA BREAD CHAI (REG)	496.25	16.5	10.875	0	69.375	142.5	59.25	0	45.38	9.375	9.92	45		✓				
BANANA BREAD CHAI (LRG)	641.25	20.5	13.375	0	86.875	202.5	82.75	0	63.38	9.375	13.92	60		✓				
GUAVA & CHEESE PASTELITOS (SERVING 1-2)	300	16	9	0	10	180	34	2	10	10	2	0		✓		✓		✓
EGG & CHEESE BURRITO	290	13	5	0	135	660	31	3	2	1	14	0	✓	✓				✓
CRANBERRY SCONE	380	18	11	0	115	520	47	2	14	12	8	0	✓	✓				✓

**SEASONAL  
CC & GELATO**

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein (g)	Caffeine (mg)	Allergens* Egg	Dairy	Peanut	Soy	Tree Nut	Wheat
COCONUT BLUEBERRY CREAM CHEESE	287.4	24.1	15.9	0	81.3	339.4	14.3	0.1	10.3	6.4	5.5	0		✓			✓	
BLUEBERRY CRUMBLE AFFOGATO (SERVING)	240.8	10.3	4.2	0	16	75.8	39.7	4.2	33	24.6	6	0		✓				✓
BLUEBERRY CRUMBLE AFFOGATO (FLIGHT)	120.4	5.2	2.1	0	8	37.9	19.8	2.1	16.5	12.3	3	0		✓				✓