



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
DOPPIO	5	0	0	0	0	10	<1	0	0	0	0	120-150						
CAFÉ CUBANO	50	0	0	0	0	10	13	0	12	12	0	120-150						
MACCHIATO	20	1	0.5	0	<5	20	2	0	1	0	<1	120-150		✓				
CORTADO	40	2	1	0	5	30	4	0	3	0	2	120-150		✓				
CORTADITO	80	2	1	0	5	30	16	0	15	12	2	120-150		✓				
FLAT WHITE	70	4	2	0	10	55	6	0	6	0	4	120-150		✓				
CAPPUCCINO	110	6	3	0	15	80	9	0	9	0	5	120-150		✓				
AMERICANO REGULAR	5	0	0	0	0	15	<1	0	0	0	0	120-150						
AMERICANO LARGE	10	0	0	0	0	25	1	0	0	0	0	180-225						
CAFFÈ LATTE REGULAR	180	9	5	0	30	130	14	0	14	0	9	120-150		✓				
CAFFÈ LATTE LARGE	230	12	7	0	35	170	19	0	19	0	12	180-225		✓				
CAFÉ CON LECHE REGULAR	270	9	5	0	30	130	38	0	38	24	9	120-150		✓				
CAFÉ CON LECHE LARGE	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
COLD BREW REGULAR	5	0	0	0	0	5	<1	0	0	0	0	200						
COLD BREW LARGE	10	0	0	0	0	10	1	0	0	0	0	300						
VANILLA CARAMEL COLD BREW REGULAR	105	0	0	0	0	40	25	0	25	25	0	200						
VANILLA CARAMEL COLD BREW LARGE	135	0	0	0	0	45	30	0	30	30	0	300						
COLD BREW BOTTLE 12 oz	5	0	0	0	0	5	0	0	0	0	0	200						
GROWLER 1/2 GALLON	35	0	0	0	0	75	0	0	0	0	4	800						
CUBANO COLD BREW REGULAR	25	0	0	0	0	5	8	0	8	8	8	200						
CUBANO COLD BREW LARGE	40	0	0	0	0	10	13	0	12	12	12	300						
COCONUT MOCHA COLD BREW REGULAR	70	0.2	0.2	0	0	5	16.1	0.2	15.7	15.7	15.7	200		✓				
COCONUT MOCHA COLD BREW LARGE	107.5	0.3	0.3	0	0	10	25.15	0.3	23.55	23.55	23.55	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
HOT OR ICED COFFEE REGULAR	5	0	0	0	0	5	0	0	0	0	0	150						
HOT OR ICED COFFEE LARGE	10	0	0	0	0	10	0	0	0	0	0	170						
HOT COFFEE CARAFE 96 oz	55	0	0	0	0	55	0	0	0	0	3	1020						
FRENCH PRESS REGULAR	5	0	0	0	0	5	0	0	0	0	0	170						
FRENCH PRESS LARGE	10	0	0	0	0	10	0	0	0	0	0	192						
POUR OVER	5	0	0	0	0	5	0	0	0	0	0	170						
SIPHON	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
CHAI LATTE REGULAR	346.25	11	6.875	0	48.125	165	51.125	0	36	0	11	45		✓				
CHAI LATTE LARGE	472.5	14	8.75	0	61.25	210	73.25	0	54	0	14	60		✓				
MATCHA LATTE REGULAR	238.25	11	6.875	0	48.125	165	22.625	0	7.5	7.5	11	20-30		✓				
MATCHA LATTE LARGE	300.9	14	8.75	0	61.25	210	28.25	0	9	9	14	24-36		✓				
HOT TEA REGULAR	2	0	0	0	0	0	0	0	0	0	0	30-50						
HOT TEA LARGE	2	0	0	0	0	0	0	0	0	0	0	30-50						
LONDON FOG REGULAR	265	18	12	0	90	180	12	0	11.75	0	0	30-50		✓				
LONDON FOG LARGE	345	24	16	0	120	240	14	0	13.75	0	0	30-50		✓				
HOT CHOCOLATE REGULAR	250	0.5	0.5	0	0	0	15	0.5	13.75	8	0.5	<40	✓	✓			✓	✓
HOT CHOCOLATE LARGE	370	16.6	10.6	0	70	240	38.8	0.6	15.35	9.6	9.6	<40	✓	✓			✓	✓
HOT CHOCOLATE CARAFE	2220	99.6	63.6	0	420	1440	232.8	3.6	92.1	57.6	57.6	>200	✓	✓			✓	✓
CHOCOLATE MILK REGULAR	250	0.5	0.5	0	0	0	15	0.5	13.75	8	0.5	<40		✓				
CHOCOLATE MILK LARGE	370	16.6	10.6	0	70	240	38.8	0.6	15.35	9.6	16.6	>40		✓				
8oz WHOLE MILK STEAMER	150	8	5	0	35	120	11	0	0	0	8	>40		✓				
12oz WHOLE MILK REGULAR	225	12	7.5	0	52.5	180	16.5	0	0	0	12	30 - 50		✓				
16oz WHOLE MILK LARGE	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
VANILLA CARDAMOM CHAI REGULAR	75	0	0	0	0	0	18	0	17.25	0	0	30 - 50						
VANILLA CARDAMOM CHAI LARGE	100	0	0	0	0	0	24	0	23	0	0	30 - 50						
LAVENDAR LONDON FOG REGULAR	180	9	6	0	45	90	20	0	20	0	3	30 - 50		✓				
LAVENDAR LONDON FOG LARGE	320	15	10	0	75	150	39	0	39	0	5	30 - 50		✓				
ORANGE ROSE LEMONADE REGULAR	25	0	0	0	0	37.5	9.5	0	8	8	0	30 - 50						
ORANGE ROSE LEMONADE 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)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (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 <i>GLUTEN-FREE</i>	190	10	42	0	16	60	28	4	24	16	6			✓				
	285	15	63		24	90	42	6	36	24	9							
COOKIE & CREME	242	12	8	0	16	104	32	4	26	18	6			✓		✓		
	363	18	12		24	156	48	6	39	27	9							
BIRTHDAY CAKE	254	10	10	0	28	66	32	4	28	20	6		✓	✓				
	381	15	15		42	99	48	6	42	30	9							
CHOCOLATE CLASSICO <i>GLUTEN-FREE</i>	220	12	8	0	22	72	26	2	22	12	6		✓	✓				
	330	18	12		33	108	39	3	33	18	9							
RASPBERRY CHEESECAKE <i>GLUTEN-FREE</i>	220	8	6	0	16	66	32	4	28	20	4			✓				
	330	12	9		24	99	48	6	42	30	6							
BLUE MONSTER	232	12	8	0	12	100	32	4	24	18	4			✓		✓		✓
	348	18	12		18	150	48	6	36	27	6							
MINT CHOCOLATE CHIP <i>GLUTEN-FREE</i>	242	14	12	0	16	56	30	4	26	20	6			✓		✓		
	363	21	18		24	84	45	6	39	30	9							
SICILIAN PISTACHIO	210	8	4	0	12	60	28	12	24	6	6			✓			✓	
	315	12	6		18	90	42	18	36	9	9							
CASHEW-BASED SALTED CARAMEL <i>GLUTEN-FREE</i>	210	12	8	0	0	176	28	4	16	14	2						✓	
	315	18	12			264	42	6	24	21	3							
LEMON SORBETTO <i>GLUTEN-FREE</i>	142	2	0	0	0	12	36	4	26	22	0							
	213	3				18	54	6	39	33								
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
MAPLE PANCAKE LATTE (REG)	297.5	11	6.75	0	48.75	150	37.25	0	23.5	22	10	120-150		✓				
MAPLE PANCAKE LATTE (LRG)	420	15	9.25	0	66.25	210	54	0	34.75	33	14	180-225		✓				
MAPLEBERRY LATTE (REG)	262.5	10	6.25	0	43.75	150	32	0	18.25	5.5	10	120-150		✓				
MAPLEBERRY LATTE (LRG)	387.5	14	8.75	0	61.25	210	49.5	0	30.25	11	14	180-225		✓				
SPICED CAPPLECINO	256.4	6	3.8	0	26.3	110.6	42.2	1.8	17.3	17.3	6.7	120-150		✓				
PUMPKIN SPICE LATTE (REG)	300	8	5	0	35	120	48.5	0	34.5	33	8	120-150		✓				
PUMPKIN SPICE LATTE (LRG)	406.25	11	6.875	0	48.125	165	65.125	0	46	44	11	180-225		✓				
PUMPKIN MUFFIN	630	35	11	0	150	70	70	1	42	40	9	0	✓	✓		✓		✓
PUMPKIN CAKE POP	120	6	2.5	0	15	85	16	0	13	11	2	0	✓	✓		✓		✓
PUMPKIN SCOOP (KIDS 2OZ)	104.5	5.5	4.4	0	8.25	30.25	13.75	1.65	11.55	7.15	2.2	0		✓				✓
PUMPKIN SCOOP (SMALL)	209	11	8.8	0	16.5	60.5	27.5	3.3	23.1	14.3	4.4	0		✓				✓
PUMPKIN SCOOP (LARGE)	313.5	16.5	13.2	0	24.75	90.75	41.25	4.95	34.65	21.45	6.6	0		✓				✓
PUMPKIN CREAM CHEESE	76.56	4.56	2.85	0	17.09	97.52	6.89	0.40	4.95	3.13	1.27	0		✓				

SEASONAL
FOOD & DRINKS
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
COLD BREW OLD FASHIONED (REG)	45	0	0	0	0	10	20.5	0	12	12	0	200		✓				
PEPPERMINT MOCHA LATTE (REG)	300	11.3	7.05	0	48.75	150	38.15	0.3	23.8	22.8	10.3	120-150		✓				
PEPPERMINT MOCHA LATTE (LRG)	370	13.4	8.4	0	57.5	180	48.7	0.4	31.4	30.4	12.4	180-225		✓				
GINGERBREAD BANANA LATTE (REG)	457.5	17.5	11.5	0	73.75	157.5	45.5	0	30.25	30.25	10.915	120-150		✓				
GINGERBREAD BANANA LATTE (LRG)	580	21.5	14	0	91.25	217.5	63	0	42.25	42.25	14.915	180-225		✓				
CREME BRULEE LATTE (REG)	352.5	11.5	7.25	0.1	48.75	205	49.25	0	34.5	0	11	120-150	✓	✓				
CREME BRULEE LATTE (LRG)	455	15.5	9.75	0.1	66.25	265	61	0	40.75	0	15	180-225	✓	✓				