



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	53.8	0	0	0	0	10	13	0	13	13	0	120-150						
MACCHIATO	10	0.25	0.2	0	1.1	13.8	0.4	0	0.4	0	0.3	120-150						
CORTADO	45	2	1.3	0	8.75	40	3.3	0	3	0	2	120-150						
CORTADITO	93.8	2	1.3	0	8.8	40	16.3	0	16	13	2	120-150						
FLAT WHITE	65	3	1.9	0	13.1	55	4.9	0	4.5	0	3	120-150						
CAPPUCCINO	125	6	3.8	0	26.3	100	9.8	0	9	0	6	120-150						
AMERICANO REGULAR	5	0	0	0	0	10	<1	0	0	0	0	120-150						
AMERICANO LARGE	7.5	0	0	0	0	15	<1	0	0	0	0	180-225						
CAFFÈ LATTE REGULAR	205	10	6.3	0	43.8	160	16.3	0	15	0	10	120-150						
CAFFÈ LATTE LARGE	287.5	14	8.8	0	61.3	225	22.8	0	21	0	14	180-225						
CAFÉ CON LECHE REGULAR	302.5	10	6.3	0	43.8	160	42.3	0	41	26	10	120-150						
CAFÉ CON LECHE LARGE	433.8	14	8.8	0	61.3	225	61.8	0	60	39	14	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	6.7	0	0	0	0	6.7	<1	0	0	0	0	300						
VANILLA CARAMEL COLD BREW REGULAR	105	0	0	0	0	5	24	0	23.5	0	0	200						
VANILLA CARAMEL COLD BREW LARGE	156.7	0	0	0	0	6.7	36	0	35.3	0	0	300						
COLD BREW BOTTLE 12 oz	5	0	0	0	0	5	<1	0	0	0	0	200						
GROWLER 1/2 GALLON	26.7	0	0	0	0	26.7	<1	0	0	0	4	1066.6						
CUBANO COLD BREW REGULAR	25	0	0	0	0	5	8	0	8	8	0	200						
CUBANO COLD BREW LARGE	36.7	0	0	0	0	6.7	12	0	12	12	0	300						
COCONUT MOCHA COLD BREW * REGULAR	70	0.2	0.2	0	0	5	16.1	0.2	15.7	15.7	0.2	200						
COCONUT MOCHA COLD BREW * LARGE	104.2	0.3	0.3	0	0	6.7	24.15	0.3	23.6	23.6	0.3	300						

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[*] May Contain: dairy, tree nuts, egg, and wheat

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	6.7	0	0	0	0	6.7	0	0	0	0	0	170						
HOT COFFEE CARAFE 96 oz	40	0	0	0	0	40	0	0	0	0	3	1200						
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	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	340	10	6.25	0	43.75	150	52.25	0	51	0	10	45		✓				
CHAI LATTE LARGE	490	14	8.75	0	61.25	210	76.75	0	75	0	14	60		✓				
MATCHA LATTE REGULAR	232	10	6.25	0	43.75	150	23.75	0	22.5	7.5	10	20-30		✓				
MATCHA LATTE LARGE	318.4	14	8.75	0	61.25	210	31.75	0	30	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	427	30	20	0	150	300	16	0	15.75	0	10	30-50		✓				
LONDON FOG LARGE	507	36	24	0	180	360	18	0	17.75	0	12	30-50		✓				
HOT CHOCOLATE REGULAR	262.5	10.5	6.75	0	43.75	150	31.25	0.5	28.75	8	10.5	<40	✓	✓			✓	✓
HOT CHOCOLATE LARGE	350	14.6	9.35	0	61.25	210	39.55	0.6	36.35	9.6	14.6	<40	✓	✓			✓	✓
HOT CHOCOLATE CARAFE	2300	94	60.25	0	393.75	1350	266.25	4	245	64	94	>200	✓	✓			✓	✓
CHOCOLATE MILK REGULAR	262.5	10.5	6.75	0	43.75	150	31.25	0.5	28.75	8	10.5	<40		✓				
CHOCOLATE MILK LARGE	350	14.6	9.35	0	61.25	210	39.55	0.6	36.35	9.6	14.6	<40		✓				
8oz WHOLE MILK STEAMER	160	8	5	0	35	120	13	0	12	0	8	>40		✓				
12oz WHOLE MILK REGULAR	240	12	7.5	0	52.5	180	19.5	0	18	0	12	30 - 50		✓				
16oz WHOLE MILK LARGE	320	16	10	0	70	240	26	0	24	0	16	30 - 50		✓				

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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	84.5	0	0	0	0	5	18.5	0	17.25	0	0	30 - 50						
VANILLA CARDAMOM CHAI LARGE	113.3	0	0	0	0	7.5	24.75	0	23	0	0	30 - 50						
LAVENDAR LONDON FOG REGULAR	149.5	1	0.625	0	4.375	20	36.125	0	35.5	0	1	30 - 50						
LAVENDAR LONDON FOG LARGE	213.25	1	0.625	0	4.375	22.5	53.375	0	52.5	0	1	30 - 50						
ORANGE ROSE LEMONADE REGULAR	69.5	0	0	0	0	5	16	0	0	15	0	30 - 50						
ORANGE ROSE LEMONADE LARGE	133.25	0	0	0	0	7.5	31.75	0	0	30	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	9		✓	✓		✓		✓
DOUBLE CHOCOLATE CHIP MUFFIN	670	35	8	0	120	400	85	3	50	19	10		✓	✓		✓		✓
BANANA BREAD	420	21	7	0	80	270	53	2	29	26	7		✓	✓		✓	✓	✓
LEMON POUND CAKE	490	20	8	0	105	180	71	0	47	47	6		✓	✓		✓		✓
ENGLISH MUFFIN SANDWICH	280	9	4	0	45	670	33	0	2	1	16	SESAME	✓	✓				✓
CROISSANT SANDWICH	370	15	9	0	160	840	27	0	4	3	19		✓	✓		✓		✓
BAGEL SANDWICH	360	11	6	0	55	830	44	0	5	3	25		✓	✓				✓
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	SESAME		✓		✓		✓
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	SESAME						✓
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	74	2	34	17	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			✓	✓	✓	✓	✓

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 GLUTEN-FREE	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 GLUTEN-FREE	220	12	8	0	22	72	26	2	22	12	6		✓	✓				
	330	18	12		33	108	39	3	33	18	9							
RASPBERRY CHEESECAKE GLUTEN-FREE	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 GLUTEN-FREE	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 GLUTEN-FREE	210	12	8	0	0	176	28	4	16	14	2						✓	
	315	18	12		0	264	42	6	24	21	3							
LEMON SORBETTO GLUTEN-FREE	142	2	0	0	0	12	36	4	26	22	0							
	213	3	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)**

SEASONALS

	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
PUMPKIN SPICE LATTE REGULAR	355	10	6.25	0	43.75	160	53.75	0	49.5	33	10	120-150		✓				
PUMPKIN SPICE LATTE LARGE	465	13	8.125	0	56.875	205	71.125	0	65.5	44	13	180-225		✓				
CREME BRULEE LATTE REGULAR	315	10.8	6.8	0.1	46.3	187.5	40.3	0	38.5	0	10.5	120-150		✓				
CREME BRULEE LATTE LARGE	460	14.5	9.1	0.1	61.9	265	62.9	0	60.3	0	14	180-225		✓				
MAPLE BANANA COLD BREW REGULAR	252.81	7.5	5.25	0	30	10.31	25.5	0	24	23.5	0.92	200		✓				
MAPLE BANANA COLD BREW LARGE	279.06	7.5	5.25	0	30	11.56	31.25	0	29.75	29	0.92	300		✓				
CARAMEL APPLE LATTE REGULAR	280	10	6.25	0	43.75	175	33.5	0	32.25	17.25	10	120-150		✓				
CARAMEL APPLE LATTE LARGE	367.5	13	8.125	0	56.875	230	44.125	0	42.5	23	13	180-225		✓				
ALMOND CROISSANT	320	19	8	0	10	200	32	2	13	10	5	0	✓	✓		✓	✓	✓
BISCUIT SANDWICH	400	26	11	0	230	1190	27	1	3	2	17	0	✓	✓				✓
PUMPKIN CINNAMON ROLL	400	14	4	0	45	440	63	4	25	24	8	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 4OZ	209	11	8.8	0	16.5	60.5	27.5	3.3	23.1	14.3	4.4	0		✓				✓
PUMPKIN SCOOP LARGE 6OZ	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		✓				