

Key:
● Contains
○ May Contain

WE CANNOT GUARANTEE A 100%
ALLERGEN FREE ENVIORNMENT
AS WE USE SHARED EQUIPMENT TO
DISPLAY, PREAPRE AND SERVE.

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		
Extras																															
Whole Milk				●						●	●			●																	
Skim Milk				●						●	●			●																	
Almond Milk								●		●	●	●	●																		
Oat Milk										●	●	●	●																		
Half & Half				●						●	●			●																	
Whipped Cream				●						●	●			●																	
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)		
Classic Espresso																															
Americano (Small)	0									●	●		●		0	0	0	0	0	0	<1	0	0		0						
Americano (Regular)	0									●	●		●		0	0	0	0	0	0	1	0	0		0						
Americano (Grande)	0									●	●		●		0	0	0	0	0	0	2	0	0		0						
Cappuccino (Small)	110			○				○		●	●		●		50	6	3.5	0	20	80	9	0	9	0	6	93	207	0	242		
Cappuccino (Regular)	170			○				○		●	●		●		60	7	4	0	20	105	12	0	11		7						
Cappuccino (Grande)	240			○				○		●	●		●		80	9	5	0	25	125	14	0	14		9						
Cortado	40			○				○		●	●		●		25	3	1.5	0	10	40	5	0	4		3						
Espresso (Single)	0									●	●		●		0	0	0	0	0	0	<1	0	0		0						
Espresso (Double)	0									●	●		●		0	0	0	0	0	10	1	0	0		0						
Espresso Con Panna (Single)	10			●						●	●			●	10	1	0.5	0	<5	0	<1	0	0		0						
Espresso Con Panna (Double)	20			●						●	●			●	15	2	1	0	5	10	2	0	0		0						
Espresso Macchiato (Single)	20			○				○		●	●		●		10	1	0.5	0	<5	15	2	0	2		<1						
Espresso Macchiato (Double)	40			○				○		●	●		●		20	2	1	0	5	35	4	0	3		2						
Flat White	110			○				○		●	●		●		60	7	4	0	20	105	12	0	10		7						
Latte (Small)	110			○				○		●	●		●		50	6	3.5	0	20	85	9	0	9		6						
Latte (Regular)	170			○				○		●	●		●		80	9	5	0	25	120	13	0	13		8						
Latte (Grande)	240			○				○		●	●		●		100	11	6	0	35	150	17	0	17		11						
Ristretto	0									●	●		●		0	0	0	0	0	10	1	0	0	0	0	0	1	0			
Vanilla Latte (Small)	135			○				○		●	●		●		50	6	3.5	0	20	85	16	0	16		6						
Vanilla Latte (Regular)	240			○				○		●	●		●		80	9	5	0	25	129	32	0	32		8						
Vanilla Latte (Grande)	340			○				○		●	●		●		100	11	6	0	35	150	42	0	42		11						
Mocha (Small)	160			○				○		●	●		●		60	6	4	0	20	65	14	0	13		5						
Mocha (Regular)	225			○				○		●	●		●		80	9	5	0	30	105	24	0	22		8						
Mocha (Grande)	310			○				○		●	●		●		100	11	7	0	35	125	32	0	31		10						

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Hot Brewed Coffee																													
Brewed Coffee (Small)	0									•	•		•		0	0	0	0	0	0	0	0		0					
Brewed Coffee (Regular)	0									•	•		•		0	0	0	0	0	5	0	0		0					
Brewed Coffee (Grande)	0									•	•		•		0	0	0	0	0	10	0	0		<1					
Café au Lait (Small)	75			○				○		•	•		•		35	4	2.5	0	10	55	6	0	6	0	4	62	140	0	219
Café au Lait (Regular)	110			○				○		•	•		•		50	6	3.5	0	20	80	9	0	9	0	6	93	210	0	329
Café au Lait (Grande)	150			○				○		•	•		•		70	8	4.5	0	25	110	12	0	12	0	8	124	280	0	438
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Caffeinated	Decaf	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Hot Tea																													
Breakfast Tea	0									•	•	•	•																
Earl Grey	0									•	•	•	•																
Mountain High Chai	0									•	•	•	•																
Green Tea	0									•	•	•	•																
Alpine Berry	0									•	•	•	•	•															
Peppermint	0									•	•	•	•	•															
Rooibos	0									•	•	•	•	•															
Chamomile	0									•	•	•	•	•															
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Hot Specialty Drinks																													
Hot Chocolate (Small)	225			○				○		•	•	○	•		60	7	4	0	20	80	31	0	31		7				
Hot Chocolate (Regular)	410			○				○		•	•	○	•		100	11	70	0	30	130	59	0	58		13				
Hot Chocolate (Grande)	525			○				○		•	•	○	•		130	15	9	0	40	170	74	0	74		17				
Caramel Latte (Grande)	380			•				○		•	•			•	110	13	7	0	40	170	47	0	45		11				
Chai Latte (Grande)	370			○				○		•	•	○	•		140	15	10	0	35	140	37	0	36		12				
Matcha Latte (Small)	130			○				○		•	•	○	•		50	6	3.5	0	20	80	14	6	11		7				
Matcha Latte (Regular)	190			○				○		•	•	○	•		90	10	6	0	30	130	23	8	18		11				
Matcha Latte (Grande)	280			○				○		•	•	○	•		110	13	7	0	40	170	30	10	24		14				
White Chocolate Mocha (Grande)	460			•				○		•	•	•		•	120	13	8	0	40	250	70	0	65		13				
Apple Cider (Regular)	240									•	•	•	•		0	0	0	0	0	90	45	0	45		0				
Apple Cider (Grande)	380									•	•	•	•		0	0	0	0	0	120	60	0	60		0				

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Iced Cold Brew & Iced Coffee																														
Cold Brew (16 oz)	0									•	•		•		0	0	0	0	0	5	<1	0	0		0					
Cold Brew (20 oz)	0									•	•		•		0	0	0	0	0	10	<1	0	0		0					
Cold Brew (24 oz)	0									•	•		•		0	0	0	0	0	15	<1	0	0		0					
Nitro Cold Brew (16 oz)	0									•	•		•		0	0	0	0	0		<1	0	0		0					
Nitro Cold Brew (20 oz)	0									•	•		•		0	0	0	0	0		<1	0	0		0					
Iced Latte (16 oz)	190			o				o		•	•		•		90	10	6	0	30	130	15	0	15		10	4	345	0	403	
Iced Latte (20 oz)	240			o				o		•	•		•		120	13	7	0	40	170	19	0	20		12	5	448	0	523	
Iced Latte (24 oz)	300			o				o		•	•		•		140	16	9	0	50	210	23	0	25	0	15	6	551	0	644	
Iced Americano (16 oz)	0									•	•		•		0	0	0	0	0	10	1	0	0		0					
Iced Americano (20 oz)	0									•	•		•		0	0	0	0	0	10	1	0	0		0					
Iced Americano (24 oz)	0									•	•		•		0	0	0	0	0	15	1	0	0		0					
Iced Mocha Latte (16 oz)	225			o				o		•	•		•		90	10	6	0	30	140	25	<1	23	8	10	4	346	0	562	
Iced Mocha Latte (20 oz)	300			o				o		•	•		•		120	13	8	0	40	180	31	<1	30	10	13	5	449	0	706	
Iced Mocha Latte (24 oz)	360									•	•		•		140	16	9	0	50	210	37	1	37	12	16	6	551	0	785	
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Frappe Latte																														
Classic Frappe Latte (16 oz)	280			o				o		•	•		•		70	8	4.5	0	25	170	54	0	33	0	8	3	277	0	387	
Classic Frappe Latte (20 oz)	330			o				o		•	•		•		100	11	6	0	30	210	58	0	37	0	10	4	364	0	521	
Mocha Frappe Latte (16 oz)	320			o				o		•	•		•		70	8	5	0	25	170	63	<1	41	8	8	3	277	0	481	
Mocha Frappe Latte (20 oz)	390			o				o		•	•		•		100	11	6	0	30	210	72	1	49	12	11	4	364	0	662	
Caramel Frappe Latte (16 oz)	370			o				o		•	•		•		70	8	4.5	0	25	170	77	0	56	23	8	3	277	0	387	
Caramel Frappe Latte (20 oz)	440			o				o		•	•		•		100	11	6	0	30	210	87	0	65	28	10	4	364	0	521	
Pistachio Frappe Latte (16 oz)	350			o				•		•	•		•		70	8	4.5	0	25	230	73	0	51	18	8	3	277	0	387	
Pistachio Frappe Latte (20 oz)	420			o				•		•	•		•		100	11	6	0	30	290	82	0	59	22	10	4	364	0	521	
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Smoothie																														
Strawberry Lemonade Smoothie (16 oz)	180									•	•		•		0	0	0	0	0	55	45	2	41	35	<1	0	14	0	130	
Strawberry Lemonade Smoothie (20 oz)	230									•	•		•		0	0	0	0	0	55	58	2	53	46	<1	0	14	0	130	
Passionfruit Pineapple Smoothie (16 oz)	190									•	•		•		0	0	0	0	0	75	50	1	46	33	0	0	11	0	93	
Passionfruit Pineapple Smoothie (20 oz)	240									•	•		•		0	0	0	0	0	100	63	1	58	44	0	0	11	0	93	
Dragonfruit Smoothie (16 oz)	190									•	•		•		0	0	0	0	0	75	47	2	44	31	<1	0	10	2	0	
Dragonfruit Smoothie (20 oz)	240									•	•		•		0	0	0	0	0	95	59	2	56	42	<1	0	10	2	0	

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Frappe Crème																														
Chocolate Hazelnut Frappe Crème (16 oz)	390			●						●	●			●	110	13	8	0	40	150	58	<1	56	40	10	3	333	0	518	
Chocolate Hazelnut Frappe Crème (20 oz)	410			●						●	●			●	120	14	8	0	45	170	60	<1	58	40	11	4	367	0	558	
Strawberry Frappe Crème (16 oz)	360			●						●	●			●	110	12	7	0	40	140	54	0	51	35	10	3	333	0	424	
Strawberry Frappe Crème (20 oz)	430			●						●	●			●	120	13	8	0	45	160	60	0	56	38	11	4	367	0	558	
Passionfruit Frappe Crème (16 oz)	360			●						●	●			●	110	12	7	0	40	190	54	0	52	34	10	3	333	0	424	
Passionfruit Frappe Crème (20 oz)	430			●						●	●			●	120	13	8	0	45	230	69	0	66	45	11	4	367	0	464	
Lemon Coconut Frappe Crème (16 oz)	360			●						●	●			●	110	13	8	0	40	170	52	0	50	33	10	3	333	0	424	
Lemon Coconut Frappe Crème (20 oz)	430			●						●	●			●	120	14	8	0	45	200	66	0	62	44	11	4	367	0	464	
Pumpkin Frappe Crème (16 oz)	340			●						●	●			●	110	12	7	0	40	140	48	0	45	29	10	3	333	0	424	
Pumpkin Frappe Crème (20 oz)	390			●						●	●			●	120	13	8	0	45	160	60	0	55	37	11	4	367	0	464	
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Iced Tea																														
Plain Sweet Iced Tea (16 oz)	80									●	●	●	●		0	0	0	0	0	10	21	0	20	20	0	0	42	0	0	
Plain Sweet Iced Tea (20 oz)	110									●	●	●	●		0	0	0	0	0	15	27	0	26	26	0	0	55	0	0	
Plain Sweet Iced Tea (24 oz)	130									●	●	●	●		0	0	0	0	0	20	34	0	33	33	0	0	56	0	0	
Plain Unsweet Iced Tea (16 oz)	0									●	●	●	●		0	0	0	0	0	0	<1	0	0	0	0	0	0	0	0	
Plain Unsweet Iced Tea (20 oz)	0									●	●	●	●		0	0	0	0	0	0	<1	0	0	0	0	0	0	0	0	
Plain Unsweet Iced Tea (24 oz)	0									●	●	●	●		0	0	0	0	0	0	<1	0	0	0	0	0	0	0	0	
Pomegranate Iced Tea (16 oz)	140									●	●	●	●		0	0	0	0	0	10	34	0	34	33	0	0	87	0	1462	
Pomegranate Iced Tea (20 oz)	180									●	●	●	●		0	0	0	0	0	15	45	0	44	44	0	0	115	0	1949	
Pomegranate Iced Tea (24 oz)	220									●	●	●	●		0	0	0	0	0	0	56	0	55	54	0	0	131	0	2437	
Strawberry Dragonfruit Iced Tea (16 oz)	140									●	●	●	●		0	0	0	0	0	10	34	0	33	32	0	0	77	0	568	
Strawberry Dragonfruit Iced Tea (20 oz)	180									●	●	●	●		0	0	0	0	0	15	44	0	43	43	0	0	101	0	757	
Strawberry Dragonfruit Iced Tea (24 oz)	220									●	●	●	●		0	0	0	0	0	0	55	0	53	53	0	0	113	0	946	
Tangerine Spice Iced Tea (16 oz)	140									●	●	●	●		0	0	0	0	0	10	34	0	33	33	0	0	71	0	510	
Tangerine Spice Iced Tea (20 oz)	180									●	●	●	●		0	0	0	0	0	15	45	0	44	44	0	0	93	0	680	
Tangerine Spice Iced Tea (24 oz)	230									●	●	●	●		0	0	0	0	0	0	55	0	54	54	0	0	103	0	849	
Peach Iced Tea (16 oz)	140									●	●	●	●		0	0	0	0	0	0	35	0	36	36	0	0	80	0	680	
Peach Iced Tea (20 oz)	180									●	●	●	●		0	0	0	0	0	0	40	0	45	45	0	0	100	0	760	
Peach Iced Tea (24 oz)	220									●	●	●	●		0	0	0	0	0	0	50	0	54	54	0	0	115	0	870	

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Lemonade																													
Plain Lemonade (16 oz)	85									•	•	•	•		0	0	0	0	0	15	21	0	20	20	0	0	68	0	1883
Plain Lemonade (20 oz)	110									•	•	•	•		0	0	0	0	0	20	27	0	26	25	0	0	88	0	2447
Plain Lemonade (24 oz)	140									•	•	•	•		0	0	0	0	0		33	0	31	31	0	0	96	0	3010
Pomegranate Lemonade (16 oz)	140									•	•	•	•		0	0	0	0	0	15	34	0	33	32	0	0	113	0	3345
Pomegranate Lemonade (20 oz)	180									•	•	•	•		0	0	0	0	0	20	45	0	43	43	0	0	148	0	4396
Pomegranate Lemonade (24 oz)	230									•	•	•	•		0	0	0	0	0		55	0	53	53	0	0	172	0	5447
Strawberry Dragonfruit Lemonade (16 oz)	140									•	•	•	•		0	0	0	0	0	15	33	0	32	32	0	0	102	0	2451
Strawberry Dragonfruit Lemonade (20 oz)	180									•	•	•	•		0	0	0	0	0	20	44	0	42	41	0	0	134	0	3203
Strawberry Dragonfruit Lemonade (24 oz)	220									•	•	•	•		0	0	0	0	0		54	0	52	51	0	0	154	0	3956
Tangerine Spice Lemonade (16 oz)	140									•	•	•	•		0	0	0	0	0	15	34	0	33	32	0	0	96	0	2393
Tangerine Spice Lemonade (20 oz)	180									•	•	•	•		0	0	0	0	0	20	44	0	43	42	0	0	126	0	3126
Tangerine Spice Lemonade (24 oz)	230									•	•	•	•		0	0	0	0	0		55	0	53	53	0	0	143	0	3859
Peach Lemonade (16 oz)	140									•	•	•	•		0	0	0	0	0	15	34	0	34	43	0	0	95	0	2457
Peach Lemonade (20 oz)	180									•	•	•	•		0	0	0	0	0	20	44	0	45	45	0	0	115	0	3178
Peach Lemonade (24 oz)	220									•	•	•	•		0	0	0	0	0		55	0	54	54	0	0	136	0	3879
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Refreshers																													
Pomegranate Refresher (16 oz)	70									•	•	•	•		0	0	0	0	0	0	18	0	18	17	0	0	60	0	1949
Pomegranate Refresher (20 oz)	90									•	•	•	•		0	0	0	0	0	0	22	0	22	22	0	0	75	0	2437
Pomegranate Refresher (24 oz)	110									•	•	•	•		0	0	0	0	0	0	27	0	26	26	0	0	90	0	2924
Strawberry Dragonfruit Refresher (16 oz)	70									•	•	•	•		0	0	0	0	0	0	17	0	17	16	0	0	46	0	757
Strawberry Dragonfruit Refresher (20 oz)	90									•	•	•	•		0	0	0	0	0	0	21	0	21	20	0	0	57	0	946
Strawberry Dragonfruit Refresher (24 oz)	100									•	•	•	•		0	0	0	0	0	0	26	0	25	24	0	0	69	0	1135
Tangerine Spice Refresher (16 oz)	70									•	•	•	•		0	0	0	0	0	0	17	0	17	17	0	0	38	0	680
Tangerine Spice Refresher (20 oz)	90									•	•	•	•		0	0	0	0	0	0	22	0	22	21	0	0	47	0	849
Tangerine Spice Refresher (24 oz)	110									•	•	•	•		0	0	0	0	0	0	26	0	26	26	0	0	56	0	1019
Peach Refresher (16 oz)	70									•	•	•	•		0	0	0	0	0	0	18	0	17	17	0	0	39	0	678
Peach Refresher (20 oz)	90									•	•	•	•		0	0	0	0	0	0	22	0	22	22	0	0	45	0	865
Peach Refresher (24 oz)	110									•	•	•	•		0	0	0	0	0	0	27	0	26	26	0	0	55	0	1014
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Can be dairy free	Can NOT be dairy free	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Specialty Iced Drinks																													
Iced Chai Latte (16 oz)	230			o				o		•	•		•		100	11	7	0	30	130	22	0	22	0	10	4	345	0	403
Iced Chai Latte (20 oz)	340			o				o		•	•		•		150	17	10	0	45	200	31	0	31	0	15	6	517	0	604
Iced Chai Latte (24 oz)	360			o				o		•	•		•		160	18	11	0	50	210	34	0	34	0	16	6	551	0	644
Iced Matcha Latte (16 oz)	200			o				o		•	•		•		90	10	6	0	30	130	20	5	17	0	11	156	345	0	403
Iced Matcha Latte (20 oz)	295			o				o		•	•		•		130	15	9	0	45	200	27	5	25	0	15	233	517	0	604
Iced Matcha Latte (24 oz)	320			o				o		•	•		•		140	16	9	0	50	210	29	5	27	27	16	6	551	0	644

Key:
● Contains
○ May Contain

WE CANNOT GUARANTEE A 100%
ALLERGEN FREE ENVIORNMENT
AS WE USE SHARED EQUIPMENT TO
DISPLAY, PREAPRE AND SERVE.

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
All Day Breakfast																											
Bacon Breakfast Roll	480	●		●					●				197	22.2	14.2	0	203	773	34	1	6	0	16	0	150	0	62.7
Roasted Tomato Breakfast Roll	345	●		●					●		●		167	18.7	12.5	0	190	600	35	1.33	6.67	0	12.3	0	150	0.12	0
Vegan Breakfast Roll	430								●			●	192	21.5	8.75	0	0	985	42	2	5	0	17.5	0	120	1.35	0
Ham and Cheese Croissant	360	●		●			○	○	●				157	21.4	12.8	0	81	713	32	2	6	0	15.5	0	95	0.27	0
Turkey and Cheese on Multigrain Croissant	420	●		●			○	○	●				35	21	13	0	70	580	40	2	5	3	17		75		
Vegetarian Frittata Coppa	320	●		●			●		●		●		230	26	14	0	515	680	8	0	3		15				
Four Cheese Frittata Coppa	450	●		●			●		●		●		390	43	34	0	555	580	7	0	3		21				
Avocado Toast- Egg	250	●							●		●		150	17	2.5	0	95	30	6	6	2		0				
Avocado Toast- Salmon	270		●						●				140	16	2	0	10	850	21	6	2		13				
Hard Boiled Eggs	130	●								●	●		75.5	8.37	2.25	0	327	125	0.63	0	0.33	0	11.1	72.2	49.3	1.54	121
Yogurt Parfait	255			●					●		●		15	9.5	2	0	7.5	159	34	2.75	23	5	10.8	0	256	1.71	94
Dragonfruit Coconut Chia Overnight Oats	320						●	●	●			●	0	17	14	0	0	15	35	7	13	0	5	0	16	2	246
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Pastries and Baked Goods																											
Cinnamon Bun	460	●		○			●	○	●		●			26	10	0	20	380	80	1	48	17	7	0	52	1	94
Butter Croissant	270	●		●			○	○	●		●		110	16	10	0	45	340	31	2	6	0	5	0	20	0	0
Vegan Croissant	260	○		○			●		●			●		13	5	0	0	290	30	1	4	0	5	2	7	2	54
Pain au Chocolate	260	●		●			●	○	●		●		130	14	8	0.5	47	246	27	1	7	0	5	0	10	0.54	0
Pain au Raisin	310	●		●			○	○	●		●		120	13	9	0	50	290	42	2	18	0	5	0	20	0.72	0
Pistachio Muffin	430	●		●			○	●	●		●			20	3.5	0	70	370	55	0	30	29	6	2%	6%	4%	2%
Blueberry Muffin	380	●		●			○	○	●		●			12	2.5	0	45	170	30	0	17	15	3	2%	2%	2%	0%
Cinnamon Coffee Cake Muffin	430	●		●			●	○	●		●			19	4.5	0	70	350	60	0	35	34	5	0	6%	4%	2%
Chocolate Chip Muffin	420	●		●			●	○	●		●			18	5	0	70	360	60	1	36	35	5	2%	6%	4%	2%
Double Chocolate Chip Muffun	460	●		●			●	○	●		●			24	5	0	75	500	53	0	34	31	6	2%	4%	10%	4%
Pumpkin Muffin	370	●		●			○	○	●					15	3	0	65	340	53	1	30	28	5				
Banana Bread	160	●		●			●	○	●		●			8	1	0	30	110	20	0	11		2		2%	2%	
Snickerdoodle Cookie	410	●		●			○	○	●		●			22	9	0	40	230	47	1	20	20	5	0	0	2%	0
Oatmeal Raisin Cookie	330	●		●			●	●	●		●			12	7	0	45	350	52	3	29	20	5	0	4%	10%	4%
Chocolate Chip Cookie	370	●		●			●	○	●		●			18	11	0	60	280	50	2	32	32	4	0	27	1	128
Almond Croissant	350	●		●			●	●	●		●			19	10	0	55	300	39	1	11	7	6	6%	2%	10%	2%

Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Sandwiches																											
Chicken Pesto Provolone	560			●			●		●				180	22	7	0	80	1820	55	3	5	0	34		257	1	
Turkey Sandwich	590			●			●		●				220	27	13	0	100	1410	54	2	4	0	38	0	445	1	63
Italian	580			●			●		●				160	25	7	0	350	2170	56	4	6	0	27	0	187	1	0
Plant Based Meatball	570						●		●			●	0	21	0.5	0	0	1460	85	8	11	0	24	0	295	4	283
Bacon and Onion Jam Grilled Cheese	720			●					●				390	43	22	0	105	690	46	6	8	0	39	0	671	0	107
Grilled Cheese	600			●					●				352	37	21	0	94	365	36	5	3	0	29	0	571	0	0
Caprese Baguette	700			●			●		●				281	35	12	0	46	1158	65	3	4	0	28	0	576	1	6
Ham and Cheese Baguette	615			●			●		●				194	26	13	0	103	1467	63	2	3	0	32	0	348	1	3
Prosciutto and Mascarpone Baguette	660			●			●		●				243	29	13.5	0	123	1885	62	2	3	0	31	0	255	1	0
Chicken Parm Calzone	480	●		●			●		●					15	6	0	90	1020	51	4	2	0	41	0	450	1	120
Sausage Calzone	740	●		●			●		●					33	14	0.5	80	1800	71	3	5	2	36	1	450	5	390
Chicken Salad Croissant	570	●		●			○	○	●				0	37	12	0	65	920	32	2	7	0	25	0	40	0	140
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Soups and Salads																											
Chicken Noodle Soup	110	●							●				3	1	0	25	720	11	1	2	0	8	0	30	0.8	220	
Creamy Tomato Soup	280			●							●		22	12	0.5	70	650	19	1	13	6	3	0.7	70	0.5	500	
Butternut Squash and Apple Soup	180			●					●				100	11	7	0	35	510	19	2	6		2				
Mediterranean Salad	350											●	140	17	2	0	0	440	40	13	6	0	10	0	55	3	493
Caprese Salad	460			●							●		320	36	7	0	25	310	23	6	1	0	12	0	241	2	240
Chicken Salad- Side (6oz)	300	●											0	21	2	0	20	580	1	0	1	0	20	0	20	0	140
Product	Calories	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten Free	Vegetarian	Vegan	Cals From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Cakes and Desserts																											
Tiramisu	260	●		●			○	○	●		●			11	8	0	35	45	38	1	27	24	3	0	0	0	0
Vegan Elderberry Raspberry Tart	260	○		○			●	○	●			●		10	6	0	0	130	47	2	28	28	3	0	0	0.4	88
Old Fashion Chocolate Fudge Cake	490	●		●			●	○	●		●			29	13	0	15	270	53	2	28	16	6	0	80	7.7	620
Macaron	70	●		●			●	●			●		35	4	1.5	0	5	10	9	0	8		1				
Almond Mascarpone Dolce Jar	310	●		●			●	○	○		●			18	14	0	90	20	31	1	27	25	3	2%		4%	2%
Raspberry Pistachio Dolce Jar	220	●		●				●	●		●			14	11	0	70	25	20	2	14	11	3				2%
Ricotta Pistachio Cake	260	●		●			○	●	●		●			17	13	0	15	25	23	1	17	14	4	0	31	0.5	91
Cannoli (Plain)	130	●		●					●		●			6	3.5	0	5	55	13	0	8	7	5	0	80	0.36	0
Almond Biscotti	200	●		●				●	●		●		60	7	3	0	20	10	30	1	10		4		2%	2%	
Pumpkin Cheesecake	430	●		●			○	○	●					26	17	0	120	340	42	0	29	25	6				