



CALICOFFEE

NUTRITION GUIDE

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How to Use This Guide

This guide lists nutritional information for every item on the Cali Coffee menu, organized by category. Values are calculated from our standard recipes and rounded for readability using standard nutrition labeling conventions. Calories and calories from fat follow FDA rounding rules (21 CFR 101.9): under 5 calories rounds to 0, 5–50 calories rounds to the nearest 5, and over 50 calories rounds to the nearest 10. Actual values may vary slightly based on preparation, substitutions, or portioning.

Reading the Table

Prep	How the drink is prepared (Hot, Iced, Frozen, Shake or Smoothie).
Size	Small, Medium, Large, or the stated serving size/weight.
Cal	Calories per serving, rounded per FDA regulations.
Cal from Fat	Calories from fat, calculated by multiplying Fat (g) by nine, rounded per FDA regulations.
Chol / Sodium	Cholesterol and sodium, measured in milligrams (mg).
Fat / Carbs / Protein	Measured in grams (g).
Caffeine	Milligrams (mg) of caffeine per serving; a dash means caffeine-free.
Allergens	Major allergens present in the recipe. A dash means none of the tracked allergens apply.

Allergens We Track

Milk, Eggs, Soy, Wheat, Tree Nuts, Peanuts, Fish, Shellfish, and Sesame. If you have a food allergy or special dietary need, please ask a team member for more information before ordering.

Signature Latte

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Beverly - Whole Milk	Iced	Small	190	50	6	3.5	0	25	105	29	0	29	6	120	Milk
Beverly - Whole Milk	Iced	Medium	260	90	10	6	0	40	160	35	0	35	10	120	Milk
Beverly - Whole Milk	Iced	Large	380	110	12	7	0	50	210	58	0	57	11	240	Milk
Beverly - Whole Milk	Hot	Small	230	70	8	5	0	35	135	32	0	32	8	120	Milk
Beverly - Whole Milk	Hot	Medium	300	110	12	7	0	50	190	38	0	38	12	120	Milk
Beverly - Whole Milk	Hot	Large	420	130	14	9	0	60	240	61	0	60	13	240	Milk
Beverly - Whole Milk	Frozen	Small	290	90	10	6	0	45	170	43	0	42	15	125	Milk
Beverly - Whole Milk	Frozen	Medium	400	140	15	9	0	70	250	55	0	54	23	200	Milk
Beverly - Whole Milk	Frozen	Large	580	170	19	12	0	90	340	85	0	84	29	250	Milk
Beverly - SF & Almond Milk	Iced	Small	70	25	3	0.5	0	5	95	11	3	0	1	120	Milk, Tree Nuts
Beverly - SF & Almond Milk	Iced	Medium	90	45	5	0.5	0	5	150	12	3	0	1	120	Milk, Tree Nuts
Beverly - SF & Almond Milk	Iced	Large	140	50	6	1	0	5	190	22	6	0	1	240	Milk, Tree Nuts
Beverly - SF & Almond Milk	Hot	Small	80	35	4	0.5	0	5	120	11	3	0	1	120	Milk, Tree Nuts
Beverly - SF & Almond Milk	Hot	Medium	100	50	6	0.5	0	5	170	12	3	0	1	120	Milk, Tree Nuts
Beverly - SF & Almond Milk	Hot	Large	150	60	7	1	0	5	220	22	6	0	2	240	Milk, Tree Nuts
Beverly - SF & Almond Milk	Frozen	Small	110	35	4	1	0	5	125	20	5	0	1	120	Milk, Tree Nuts
Beverly - SF & Almond Milk	Frozen	Medium	170	60	7	1.5	0	10	210	31	8	0	1	120	Milk, Tree Nuts
Beverly - SF & Almond Milk	Frozen	Large	220	70	8	2	0	10	250	41	11	0	1	240	Milk, Tree Nuts
Snickerdoodle - Whole Milk	Iced	Small	220	60	7	4	0	25	140	33	0	32	7	120	Milk

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Snickerdoodle - Whole Milk	Iced	Medium	290	100	11	7	0	45	200	39	0	38	11	120	Milk
Snickerdoodle - Whole Milk	Iced	Large	310	110	12	7	0	50	210	40	0	39	12	240	Milk
Snickerdoodle - Whole Milk	Hot	Small	250	80	9	5	0	35	170	36	0	35	9	120	Milk
Snickerdoodle - Whole Milk	Hot	Medium	320	120	13	8	0	55	230	42	0	41	13	120	Milk
Snickerdoodle - Whole Milk	Hot	Large	350	130	14	9	0	60	240	43	0	42	14	240	Milk
Snickerdoodle - Whole Milk	Frozen	Small	320	90	10	7	0	45	200	46	0	45	16	125	Milk
Snickerdoodle - Whole Milk	Frozen	Medium	370	140	15	9	0	70	250	47	0	46	23	200	Milk
Snickerdoodle - Whole Milk	Frozen	Large	510	170	19	12	0	90	340	67	0	66	30	250	Milk
Snickerdoodle - SF* & Almond Milk	Iced	Small	120	30	3.5	0	0	0	125	22	5	2	1	120	Milk, Tree Nuts
Snickerdoodle - SF* & Almond Milk	Iced	Medium	140	45	5	0	0	0	180	23	6	2	1	120	Milk, Tree Nuts
Snickerdoodle - SF* & Almond Milk	Iced	Large	230	60	7	0	0	0	240	43	11	2	1	240	Milk, Tree Nuts
Snickerdoodle - SF* & Almond Milk	Hot	Small	130	40	4.5	0	0	0	150	23	5	2	1	120	Milk, Tree Nuts
Snickerdoodle - SF* & Almond Milk	Hot	Medium	150	50	6	0	0	0	200	24	6	2	1	120	Milk, Tree Nuts
Snickerdoodle - SF* & Almond Milk	Hot	Large	240	70	8	0	0	0	270	43	11	2	2	240	Milk, Tree Nuts
Snickerdoodle - SF* & Almond Milk	Frozen	Small	200	45	5	0	0	0	170	41	10	2	1	120	Milk, Tree Nuts
Snickerdoodle - SF* & Almond Milk	Frozen	Medium	170	45	5	0	0	0	180	32	8	2	1	120	Milk, Tree Nuts
Snickerdoodle - SF* & Almond Milk	Frozen	Large	220	60	7	0	0	0	220	42	11	2	1	240	Milk, Tree Nuts
Gold Rush - Whole Milk	Iced	Small	210	60	7	4	0	25	135	31	0	30	7	120	Milk
Gold Rush - Whole Milk	Iced	Medium	280	100	11	7	0	45	190	37	0	36	11	120	Milk

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Gold Rush - Whole Milk	Iced	Large	410	120	13	8	0	55	270	61	0	59	13	240	Milk
Gold Rush - Whole Milk	Hot	Small	240	80	9	5	0	35	160	34	0	33	9	120	Milk
Gold Rush - Whole Milk	Hot	Medium	310	120	13	8	0	55	220	40	0	39	13	120	Milk
Gold Rush - Whole Milk	Hot	Large	450	140	15	10	0	65	300	64	0	62	15	240	Milk
Gold Rush - Whole Milk	Frozen	Small	310	90	10	7	0	45	200	44	0	43	16	125	Milk
Gold Rush - Whole Milk	Frozen	Medium	420	140	15	10	0	70	280	56	0	55	24	200	Milk
Gold Rush - Whole Milk	Frozen	Large	610	190	21	13	0	95	400	88	0	86	31	250	Milk
Gold Rush - SF & Almond Milk	Iced	Small	110	35	4	0.5	0	5	125	20	5	0	1	120	Milk, Tree Nuts
Gold Rush - SF & Almond Milk	Iced	Medium	130	50	6	0.5	0	5	180	21	6	0	1	120	Milk, Tree Nuts
Gold Rush - SF & Almond Milk	Iced	Large	220	70	8	1	0	5	250	41	11	0	1	240	Milk, Tree Nuts
Gold Rush - SF & Almond Milk	Hot	Small	120	45	5	0.5	0	5	150	21	5	0	1	120	Milk, Tree Nuts
Gold Rush - SF & Almond Milk	Hot	Medium	140	60	7	0.5	0	5	200	22	6	0	1	120	Milk, Tree Nuts
Gold Rush - SF & Almond Milk	Hot	Large	230	80	9	1	0	5	270	41	11	0	2	240	Milk, Tree Nuts
Gold Rush - SF & Almond Milk	Frozen	Small	190	45	5	1	0	5	170	39	10	0	1	120	Milk, Tree Nuts
Gold Rush - SF & Almond Milk	Frozen	Medium	280	70	8	1.5	0	10	260	59	15	0	1	120	Milk, Tree Nuts
Gold Rush - SF & Almond Milk	Frozen	Large	370	100	11	2	0	10	340	78	21	0	1	240	Milk, Tree Nuts
Cookies & Cream - Whole Milk	Iced	Small	220	50	6	3.5	0	25	130	34	1	32	7	120	Milk, Wheat
Cookies & Cream - Whole Milk	Iced	Medium	290	90	10	6	0	40	190	40	1	38	11	120	Milk, Wheat
Cookies & Cream - Whole Milk	Iced	Large	310	100	11	7	0	45	210	41	1	40	12	240	Milk, Wheat
Cookies & Cream - Whole Milk	Hot	Small	250	70	8	5	0	35	160	37	1	35	9	120	Milk, Wheat
Cookies & Cream - Whole Milk	Hot	Medium	320	110	12	7	0	50	220	43	1	41	13	120	Milk, Wheat

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Cookies & Cream - Whole Milk	Hot	Large	350	120	13	8	0	55	240	44	1	43	14	240	Milk, Wheat
Cookies & Cream - Whole Milk	Frozen	Small	320	90	10	6	0	45	200	47	1	46	16	125	Milk, Wheat
Cookies & Cream - Whole Milk	Frozen	Medium	430	140	15	9	0	70	280	59	1	58	24	200	Milk, Wheat
Cookies & Cream - Whole Milk	Frozen	Large	510	170	19	12	0	85	340	68	1	67	30	250	Milk, Wheat
Cookies & Cream - Sf* & Almond Milk	Iced	Small	120	25	3	0	0	0	105	25	3	2	1	120	Milk, Wheat, Tree Nuts
Cookies & Cream - Sf* & Almond Milk	Iced	Medium	140	40	4.5	0	0	0	160	26	4	2	2	120	Milk, Wheat, Tree Nuts
Cookies & Cream - Sf* & Almond Milk	Iced	Large	150	45	5	0	0	0	170	27	4	2	2	240	Milk, Wheat, Tree Nuts
Cookies & Cream - Sf* & Almond Milk	Hot	Small	130	35	4	0	0	0	130	26	3	2	1	120	Milk, Wheat, Tree Nuts
Cookies & Cream - Sf* & Almond Milk	Hot	Medium	150	50	6	0	0	0	180	27	4	2	2	120	Milk, Wheat, Tree Nuts
Cookies & Cream - Sf* & Almond Milk	Hot	Large	160	50	6	0	0	0	200	27	4	2	2	240	Milk, Wheat, Tree Nuts
Cookies & Cream - Sf* & Almond Milk	Frozen	Small	190	25	3	0	0	0	130	47	6	2	2	120	Milk, Wheat, Tree Nuts
Cookies & Cream - Sf* & Almond Milk	Frozen	Medium	280	45	5	0	0	0	210	70	9	2	2	120	Milk, Wheat, Tree Nuts
Cookies & Cream - Sf* & Almond Milk	Frozen	Large	360	60	7	0	0	0	260	92	13	2	3	240	Milk, Wheat, Tree Nuts
Blondie - Whole Milk	Iced	Small	210	60	7	4	0	25	130	31	0	30	6	120	Milk
Blondie - Whole Milk	Iced	Medium	280	100	11	7	0	45	190	37	0	36	10	120	Milk
Blondie - Whole Milk	Iced	Large	300	110	12	7	0	50	210	38	0	37	11	240	Milk
Blondie - Whole Milk	Hot	Small	240	80	9	5	0	35	160	34	0	33	8	120	Milk
Blondie - Whole Milk	Hot	Medium	310	120	13	8	0	55	220	40	0	39	12	120	Milk
Blondie - Whole Milk	Hot	Large	340	130	14	9	0	60	240	41	0	40	13	240	Milk
Blondie - Whole Milk	Frozen	Small	310	90	10	7	0	45	200	44	0	43	15	125	Milk
Blondie - Whole Milk	Frozen	Medium	420	140	15	10	0	70	280	56	0	55	23	200	Milk

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Blondie - Whole Milk	Frozen	Large	610	190	21	13	0	95	390	88	0	86	30	250	Milk
Blondie - SF & Almond Milk	Iced	Small	110	35	4	1	0	5	125	20	5	0	1	120	Milk, Tree Nuts
Blondie - SF & Almond Milk	Iced	Medium	130	50	6	1	0	5	180	21	6	0	1	120	Milk, Tree Nuts
Blondie - SF & Almond Milk	Iced	Large	220	70	8	2	0	10	250	41	11	0	1	240	Milk, Tree Nuts
Blondie - SF & Almond Milk	Hot	Small	120	45	5	1	0	5	150	21	5	0	1	120	Milk, Tree Nuts
Blondie - SF & Almond Milk	Hot	Medium	140	60	7	1	0	5	200	22	6	0	1	120	Milk, Tree Nuts
Blondie - SF & Almond Milk	Hot	Large	230	80	9	2	0	10	280	41	11	0	2	240	Milk, Tree Nuts
Blondie - SF & Almond Milk	Frozen	Small	190	50	6	2	0	10	170	39	10	0	1	120	Milk, Tree Nuts
Blondie - SF & Almond Milk	Frozen	Medium	280	80	9	3	0	15	270	59	15	0	1	120	Milk, Tree Nuts
Blondie - SF & Almond Milk	Frozen	Large	370	110	12	4	0	20	350	78	21	0	1	240	Milk, Tree Nuts

Hero Energy Drink

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Thunderbolt - Regular	Iced	Small	220	0	0	0	0	0	15	43	0	43	0	90	-
Thunderbolt - Regular	Iced	Medium	290	0	0	0	0	0	20	55	0	55	0	140	-
Thunderbolt - Regular	Iced	Large	430	0	0	0	0	0	30	85	0	85	0	175	-
Thunderbolt - Regular	Frozen	Small	280	0	0	0	0	0	10	61	0	61	0	75	-
Thunderbolt - Regular	Frozen	Medium	420	0	0	0	0	0	20	92	0	92	0	115	-
Thunderbolt - Regular	Frozen	Large	570	0	0	0	0	0	25	122	0	122	0	150	-
Thunderbolt - SF As Possible & Hero Zero	Iced	Small	40	0	0	0	0	0	15	11	0	10	0	90	-
Thunderbolt - SF As Possible & Hero Zero	Iced	Medium	40	0	0	0	0	0	25	11	0	10	0	140	-
Thunderbolt - SF As Possible & Hero Zero	Iced	Large	80	0	0	0	0	0	35	21	0	20	0	175	-
Thunderbolt - SF As Possible & Hero Zero	Frozen	Small	80	0	0	0	0	0	15	21	0	20	0	75	-
Thunderbolt - SF As Possible & Hero Zero	Frozen	Medium	120	0	0	0	0	0	25	32	0	30	0	115	-
Thunderbolt - SF As Possible & Hero Zero	Frozen	Large	160	0	0	0	0	0	35	42	0	40	0	150	-
Rose Water - Regular	Iced	Small	220	0	0	0	0	0	15	43	0	43	0	90	-
Rose Water - Regular	Iced	Medium	290	0	0	0	0	0	20	55	0	55	0	140	-
Rose Water - Regular	Iced	Large	430	0	0	0	0	0	30	85	0	85	0	175	-
Rose Water - Regular	Frozen	Small	280	0	0	0	0	0	10	61	0	61	0	75	-
Rose Water - Regular	Frozen	Medium	420	0	0	0	0	0	20	92	0	92	0	115	-
Rose Water - Regular	Frozen	Large	570	0	0	0	0	0	25	122	0	122	0	150	-
Rose Water - SF As Possible & Hero Zero	Iced	Small	45	0	0	0	0	0	15	12	0	12	0	90	-
Rose Water - SF As Possible & Hero Zero	Iced	Medium	40	0	0	0	0	0	25	11	0	10	0	140	-

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Rose Water - SF As Possible & Hero Zero	Iced	Large	80	0	0	0	0	0	35	21	0	20	0	175	-
Rose Water - SF As Possible & Hero Zero	Frozen	Small	80	0	0	0	0	0	15	21	0	20	0	75	-
Rose Water - SF As Possible & Hero Zero	Frozen	Medium	120	0	0	0	0	0	25	32	0	30	0	115	-
Rose Water - SF As Possible & Hero Zero	Frozen	Large	160	0	0	0	0	0	35	42	0	40	0	150	-
Paradise - Regular	Iced	Small	220	0	0	0	0	0	15	43	0	43	0	90	-
Paradise - Regular	Iced	Medium	290	0	0	0	0	0	20	55	0	55	0	140	-
Paradise - Regular	Iced	Large	430	0	0	0	0	0	30	85	0	85	0	175	-
Paradise - Regular	Frozen	Small	280	0	0	0	0	0	10	61	0	61	0	75	-
Paradise - Regular	Frozen	Medium	420	0	0	0	0	0	20	92	0	92	0	115	-
Paradise - Regular	Frozen	Large	570	0	0	0	0	0	25	122	0	122	0	150	-
Paradise - SF As Possible & Hero Zero	Iced	Small	45	0	0	0	0	0	15	12	0	12	0	90	-
Paradise - SF As Possible & Hero Zero	Iced	Medium	45	0	0	0	0	0	25	12	0	12	0	140	-
Paradise - SF As Possible & Hero Zero	Iced	Large	90	0	0	0	0	0	35	24	0	23	0	175	-
Paradise - SF As Possible & Hero Zero	Frozen	Small	90	0	0	0	0	0	15	24	0	23	0	75	-
Paradise - SF As Possible & Hero Zero	Frozen	Medium	140	0	0	0	0	0	25	36	0	35	0	115	-
Paradise - SF As Possible & Hero Zero	Frozen	Large	180	0	0	0	0	0	35	48	0	46	0	150	-
Unicorn - Regular	Iced	Small	210	0	0	0	0	0	15	41	0	41	0	90	-
Unicorn - Regular	Iced	Medium	290	0	0	0	0	0	20	53	0	53	0	140	-
Unicorn - Regular	Iced	Large	420	0	0	0	0	0	30	82	0	82	0	175	-
Unicorn - Regular	Frozen	Small	270	0	0	0	0	0	10	58	0	58	0	75	-
Unicorn - Regular	Frozen	Medium	410	0	0	0	0	0	20	87	0	87	0	115	-
Unicorn - Regular	Frozen	Large	550	0	0	0	0	0	25	116	0	116	0	150	-

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Unicorn - SF & Hero Zero	Iced	Small	0	0	0	0	0	0	20	1	0	0	0	90	-
Unicorn - SF & Hero Zero	Iced	Medium	0	0	0	0	0	0	25	1	0	0	0	140	-
Unicorn - SF & Hero Zero	Iced	Large	0	0	0	0	0	0	40	2	0	0	0	175	-
Unicorn - SF & Hero Zero	Frozen	Small	0	0	0	0	0	0	20	2	0	0	0	75	-
Unicorn - SF & Hero Zero	Frozen	Medium	0	0	0	0	0	0	35	3	0	0	0	115	-
Unicorn - SF & Hero Zero	Frozen	Large	0	0	0	0	0	0	45	4	0	0	0	150	-
Galaxy - Regular	Iced	Small	220	0	0	0	0	0	15	43	0	43	0	90	-
Galaxy - Regular	Iced	Medium	290	0	0	0	0	0	20	55	0	55	0	140	-
Galaxy - Regular	Iced	Large	430	0	0	0	0	0	30	85	0	85	0	175	-
Galaxy - Regular	Frozen	Small	280	0	0	0	0	0	10	61	0	61	0	75	-
Galaxy - Regular	Frozen	Medium	420	0	0	0	0	0	20	92	0	92	0	115	-
Galaxy - Regular	Frozen	Large	570	0	0	0	0	0	25	122	0	122	0	150	-
Galaxy - SF & Hero Zero	Iced	Small	0	0	0	0	0	0	20	1	0	0	0	90	-
Galaxy - SF & Hero Zero	Iced	Medium	0	0	0	0	0	0	25	1	0	0	0	140	-
Galaxy - SF & Hero Zero	Iced	Large	0	0	0	0	0	0	40	2	0	0	0	175	-
Galaxy - SF & Hero Zero	Frozen	Small	0	0	0	0	0	0	20	2	0	0	0	75	-
Galaxy - SF & Hero Zero	Frozen	Medium	0	0	0	0	0	0	35	3	0	0	0	115	-
Galaxy - SF & Hero Zero	Frozen	Large	0	0	0	0	0	0	45	4	0	0	0	150	-

Lemonade

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Thunderbolt	Iced	Small	180	0	0	0	0	0	5	46	0	46	0	-	-
Thunderbolt	Iced	Medium	240	0	0	0	0	0	10	60	0	60	0	-	-
Thunderbolt	Iced	Large	360	0	0	0	0	0	15	92	0	92	0	-	-
Thunderbolt	Frozen	Small	250	0	0	0	0	0	5	64	0	64	0	-	-
Thunderbolt	Frozen	Medium	380	0	0	0	0	0	10	96	0	96	0	-	-
Thunderbolt	Frozen	Large	510	0	0	0	0	0	10	128	0	128	0	-	-
Rose Water	Iced	Small	180	0	0	0	0	0	5	46	0	46	0	-	-
Rose Water	Iced	Medium	240	0	0	0	0	0	10	60	0	60	0	-	-
Rose Water	Iced	Large	360	0	0	0	0	0	15	92	0	92	0	-	-
Rose Water	Frozen	Small	250	0	0	0	0	0	5	64	0	64	0	-	-
Rose Water	Frozen	Medium	380	0	0	0	0	0	10	96	0	96	0	-	-
Rose Water	Frozen	Large	510	0	0	0	0	0	10	128	0	128	0	-	-
Paradise	Iced	Small	180	0	0	0	0	0	5	46	0	46	0	-	-
Paradise	Iced	Medium	240	0	0	0	0	0	10	60	0	60	0	-	-
Paradise	Iced	Large	360	0	0	0	0	0	15	92	0	92	0	-	-
Paradise	Frozen	Small	250	0	0	0	0	0	5	64	0	64	0	-	-
Paradise	Frozen	Medium	380	0	0	0	0	0	10	96	0	96	0	-	-
Paradise	Frozen	Large	510	0	0	0	0	0	10	128	0	128	0	-	-
Unicorn	Iced	Small	180	0	0	0	0	0	5	45	0	45	0	-	-
Unicorn	Iced	Medium	230	0	0	0	0	0	10	59	0	59	0	-	-
Unicorn	Iced	Large	350	0	0	0	0	0	15	89	0	89	0	-	-
Unicorn	Frozen	Small	240	0	0	0	0	0	5	61	0	61	0	-	-
Unicorn	Frozen	Medium	360	0	0	0	0	0	10	92	0	92	0	-	-
Unicorn	Frozen	Large	490	0	0	0	0	0	10	122	0	122	0	-	-

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Unicorn - SF Flavors	Iced	Small	100	0	0	0	0	0	10	26	0	25	0	-	-
Unicorn - SF Flavors	Iced	Medium	150	0	0	0	0	0	15	40	0	39	0	-	-
Unicorn - SF Flavors	Iced	Large	190	0	0	0	0	0	25	51	0	49	0	-	-
Unicorn - SF Flavors	Frozen	Small	80	0	0	0	0	0	15	23	0	21	0	-	-
Unicorn - SF Flavors	Frozen	Medium	120	0	0	0	0	0	25	35	0	32	0	-	-
Unicorn - SF Flavors	Frozen	Large	170	0	0	0	0	0	30	46	0	42	0	-	-
Galaxy	Iced	Small	180	0	0	0	0	0	5	46	0	46	0	-	-
Galaxy	Iced	Medium	240	0	0	0	0	0	10	60	0	60	0	-	-
Galaxy	Iced	Large	360	0	0	0	0	0	15	92	0	92	0	-	-
Galaxy	Frozen	Small	250	0	0	0	0	0	5	64	0	64	0	-	-
Galaxy	Frozen	Medium	380	0	0	0	0	0	10	96	0	96	0	-	-
Galaxy	Frozen	Large	510	0	0	0	0	0	10	128	0	128	0	-	-
Galaxy - SF Flavors	Iced	Small	100	0	0	0	0	0	10	26	0	25	0	-	-
Galaxy - SF Flavors	Iced	Medium	150	0	0	0	0	0	15	40	0	39	0	-	-
Galaxy - SF Flavors	Iced	Large	190	0	0	0	0	0	25	51	0	49	0	-	-
Galaxy - SF Flavors	Frozen	Small	80	0	0	0	0	0	15	23	0	21	0	-	-
Galaxy - SF Flavors	Frozen	Medium	120	0	0	0	0	0	25	35	0	32	0	-	-
Galaxy - SF Flavors	Frozen	Large	170	0	0	0	0	0	30	46	0	42	0	-	-

Fizzy Soda

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Thunderbolt	Iced	Small	170	0	0	0	0	0	0	43	0	43	0	-	-
Thunderbolt	Iced	Medium	260	0	0	0	0	0	0	65	0	65	0	-	-
Thunderbolt	Iced	Large	340	0	0	0	0	0	0	86	0	86	0	-	-
Thunderbolt	Frozen	Small	170	0	0	0	0	0	0	43	0	43	0	-	-
Thunderbolt	Frozen	Medium	260	0	0	0	0	0	0	65	0	65	0	-	-
Thunderbolt	Frozen	Large	340	0	0	0	0	0	0	86	0	86	0	-	-
Rose Water	Iced	Small	170	0	0	0	0	0	0	43	0	43	0	-	-
Rose Water	Iced	Medium	260	0	0	0	0	0	0	65	0	65	0	-	-
Rose Water	Iced	Large	340	0	0	0	0	0	0	86	0	86	0	-	-
Rose Water	Frozen	Small	170	0	0	0	0	0	0	43	0	43	0	-	-
Rose Water	Frozen	Medium	260	0	0	0	0	0	0	65	0	65	0	-	-
Rose Water	Frozen	Large	340	0	0	0	0	0	0	86	0	86	0	-	-
Paradise	Iced	Small	170	0	0	0	0	0	0	43	0	43	0	-	-
Paradise	Iced	Medium	260	0	0	0	0	0	0	65	0	65	0	-	-
Paradise	Iced	Large	340	0	0	0	0	0	0	86	0	86	0	-	-
Paradise	Frozen	Small	170	0	0	0	0	0	0	43	0	43	0	-	-
Paradise	Frozen	Medium	260	0	0	0	0	0	0	65	0	65	0	-	-
Paradise	Frozen	Large	340	0	0	0	0	0	0	86	0	86	0	-	-
Unicorn	Iced	Small	160	0	0	0	0	0	0	40	0	40	0	-	-
Unicorn	Iced	Medium	240	0	0	0	0	0	0	60	0	60	0	-	-
Unicorn	Iced	Large	320	0	0	0	0	0	0	80	0	80	0	-	-
Unicorn	Frozen	Small	160	0	0	0	0	0	0	40	0	40	0	-	-
Unicorn	Frozen	Medium	240	0	0	0	0	0	0	60	0	60	0	-	-
Unicorn	Frozen	Large	320	0	0	0	0	0	0	80	0	80	0	-	-

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Unicorn - Sf	Iced	Small	0	0	0	0	0	0	10	2	0	0	0	-	-
Unicorn - Sf	Iced	Medium	0	0	0	0	0	0	15	3	0	0	0	-	-
Unicorn - Sf	Iced	Large	0	0	0	0	0	0	20	4	0	0	0	-	-
Unicorn - Sf	Frozen	Small	0	0	0	0	0	0	10	2	0	0	0	-	-
Unicorn - Sf	Frozen	Medium	0	0	0	0	0	0	15	3	0	0	0	-	-
Unicorn - Sf	Frozen	Large	0	0	0	0	0	0	20	4	0	0	0	-	-
Galaxy	Iced	Small	170	0	0	0	0	0	0	43	0	43	0	-	-
Galaxy	Iced	Medium	260	0	0	0	0	0	0	65	0	65	0	-	-
Galaxy	Iced	Large	340	0	0	0	0	0	0	86	0	86	0	-	-
Galaxy	Frozen	Small	170	0	0	0	0	0	0	43	0	43	0	-	-
Galaxy	Frozen	Medium	260	0	0	0	0	0	0	65	0	65	0	-	-
Galaxy	Frozen	Large	340	0	0	0	0	0	0	86	0	86	0	-	-
Galaxy - Sf	Iced	Small	0	0	0	0	0	0	10	2	0	0	0	-	-
Galaxy - Sf	Iced	Medium	0	0	0	0	0	0	15	3	0	0	0	-	-
Galaxy - Sf	Iced	Large	0	0	0	0	0	0	20	4	0	0	0	-	-
Galaxy - Sf	Frozen	Small	0	0	0	0	0	0	10	2	0	0	0	-	-
Galaxy - Sf	Frozen	Medium	0	0	0	0	0	0	15	3	0	0	0	-	-
Galaxy - Sf	Frozen	Large	0	0	0	0	0	0	20	4	0	0	0	-	-

Tea

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Thunderbolt	Iced	Small	90	0	0	0	0	0	0	22	0	22	0	35	-
Thunderbolt	Iced	Medium	180	0	0	0	0	0	0	43	0	43	0	55	-
Thunderbolt	Iced	Large	270	0	0	0	0	0	0	65	0	65	0	70	-
Thunderbolt	Frozen	Small	180	0	0	0	0	0	0	43	0	43	0	30	-
Thunderbolt	Frozen	Medium	260	0	0	0	0	0	0	65	0	65	0	45	-
Thunderbolt	Frozen	Large	350	0	0	0	0	0	0	86	0	86	0	60	-
Rose Water	Iced	Small	90	0	0	0	0	0	0	22	0	22	0	35	-
Rose Water	Iced	Medium	180	0	0	0	0	0	0	43	0	43	0	55	-
Rose Water	Iced	Large	270	0	0	0	0	0	0	65	0	65	0	70	-
Rose Water	Frozen	Small	180	0	0	0	0	0	0	43	0	43	0	30	-
Rose Water	Frozen	Medium	260	0	0	0	0	0	0	65	0	65	0	45	-
Rose Water	Frozen	Large	350	0	0	0	0	0	0	86	0	86	0	60	-
Paradise	Iced	Small	90	0	0	0	0	0	0	22	0	22	0	35	-
Paradise	Iced	Medium	180	0	0	0	0	0	0	43	0	43	0	55	-
Paradise	Iced	Large	270	0	0	0	0	0	0	65	0	65	0	70	-
Paradise	Frozen	Small	180	0	0	0	0	0	0	43	0	43	0	30	-
Paradise	Frozen	Medium	260	0	0	0	0	0	0	65	0	65	0	45	-
Paradise	Frozen	Large	350	0	0	0	0	0	0	86	0	86	0	60	-
Unicorn	Iced	Small	90	0	0	0	0	0	0	20	0	20	0	35	-
Unicorn	Iced	Medium	170	0	0	0	0	0	0	40	0	40	0	55	-
Unicorn	Iced	Large	250	0	0	0	0	0	0	60	0	60	0	70	-
Unicorn	Frozen	Small	170	0	0	0	0	0	0	40	0	40	0	30	-
Unicorn	Frozen	Medium	250	0	0	0	0	0	0	60	0	60	0	45	-
Unicorn	Frozen	Large	330	0	0	0	0	0	0	80	0	80	0	60	-

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Unicorn - Sf	Iced	Small	5	0	0	0	0	0	5	1	0	0	0	35	-
Unicorn - Sf	Iced	Medium	10	0	0	0	0	0	10	2	0	0	0	55	-
Unicorn - Sf	Iced	Large	15	0	0	0	0	0	15	3	0	0	0	70	-
Unicorn - Sf	Frozen	Small	5	0	0	0	0	0	10	2	0	0	0	30	-
Unicorn - Sf	Frozen	Medium	10	0	0	0	0	0	15	3	0	0	0	45	-
Unicorn - Sf	Frozen	Large	10	0	0	0	0	0	20	4	0	0	0	60	-
Galaxy	Iced	Small	5	0	0	0	0	0	5	1	0	0	0	35	-
Galaxy	Iced	Medium	10	0	0	0	0	0	10	2	0	0	0	55	-
Galaxy	Iced	Large	15	0	0	0	0	0	15	3	0	0	0	70	-
Galaxy	Frozen	Small	5	0	0	0	0	0	10	2	0	0	0	30	-
Galaxy	Frozen	Medium	10	0	0	0	0	0	15	3	0	0	0	45	-
Galaxy	Frozen	Large	10	0	0	0	0	0	20	4	0	0	0	60	-
Galaxy - Sf	Iced	Small	5	0	0	0	0	0	5	1	0	0	0	35	-
Galaxy - Sf	Iced	Medium	10	0	0	0	0	0	10	2	0	0	0	55	-
Galaxy - Sf	Iced	Large	15	0	0	0	0	0	15	3	0	0	0	70	-
Galaxy - Sf	Frozen	Small	5	0	0	0	0	0	10	2	0	0	0	30	-
Galaxy - Sf	Frozen	Medium	10	0	0	0	0	0	15	3	0	0	0	45	-
Galaxy - Sf	Frozen	Large	10	0	0	0	0	0	20	4	0	0	0	60	-

Cold Brew

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Banana Bread	Iced	Small	250	80	9	9	0	5	40	39	0	35	0	125	Milk
Banana Bread	Iced	Medium	260	80	9	9	0	5	45	39	0	35	0	200	Milk
Banana Bread	Iced	Large	340	80	9	9	0	5	45	58	0	54	0	235	Milk
Cloud 9	Iced	Small	260	90	10	10	0	10	65	40	0	35	1	125	Milk
Cloud 9	Iced	Medium	260	90	10	10	0	10	70	40	0	35	1	200	Milk
Cloud 9	Iced	Large	360	100	11	10	0	10	95	61	0	56	1	235	Milk
Vanilla Sweet Cream	Iced	Small	240	80	9	9	0	5	40	38	0	34	0	125	Milk
Vanilla Sweet Cream	Iced	Medium	250	80	9	9	0	5	40	38	0	34	0	200	Milk
Vanilla Sweet Cream	Iced	Large	330	80	9	9	0	5	40	58	0	54	0	235	Milk
Black	Iced	Small	0	0	0	0	0	0	0	0	0	0	0	145	-
Black	Iced	Medium	5	0	0	0	0	0	5	0	0	0	0	215	-
Black	Iced	Large	10	0	0	0	0	0	10	0	0	0	0	290	-

Chai & Matcha Latte

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Chai Latte	Iced	Small	310	90	10	7	0	20	150	48	0	46	8	75	Milk
Chai Latte	Iced	Medium	380	130	14	10	0	40	210	54	0	52	12	75	Milk
Chai Latte	Iced	Large	510	160	18	12	0	45	260	75	0	72	15	115	Milk
Chai Latte	Hot	Small	350	110	12	8	0	30	180	51	0	49	10	75	Milk
Chai Latte	Hot	Medium	420	140	16	11	0	50	240	57	0	55	14	75	Milk
Chai Latte	Hot	Large	550	180	20	14	0	55	290	78	0	75	17	115	Milk
Chai Latte	Frozen	Small	350	110	12	8	0	30	180	51	0	49	10	75	Milk
Chai Latte	Frozen	Medium	420	140	16	11	0	50	240	57	0	55	14	75	Milk
Chai Latte	Frozen	Large	550	180	20	14	0	55	290	78	0	75	17	115	Milk
Matcha Latte	Iced	Small	100	45	5	3	0	20	80	10	0	8	5	100	Milk
Matcha Latte	Iced	Medium	180	80	9	6	0	40	140	17	0	14	9	150	Milk
Matcha Latte	Iced	Large	200	90	10	6	0	45	160	19	0	15	10	200	Milk
Matcha Latte	Hot	Small	140	60	7	4.5	0	30	110	13	0	11	7	100	Milk
Matcha Latte	Hot	Medium	210	100	11	7	0	50	170	20	0	17	11	150	Milk
Matcha Latte	Hot	Large	240	110	12	8	0	55	190	22	0	18	12	200	Milk
Matcha Latte	Frozen	Small	140	60	7	4.5	0	30	110	13	0	11	7	100	Milk
Matcha Latte	Frozen	Medium	210	100	11	7	0	50	170	20	0	17	11	150	Milk
Matcha Latte	Frozen	Large	240	110	12	8	0	55	190	22	0	18	12	200	Milk

Shake & Smoothie

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Cookies & Cream	Shake	Small	490	110	12	8	0	45	260	86	1	74	16	-	Milk
Cookies & Cream	Shake	Medium	810	170	19	13	0	70	440	145	1	126	25	-	Milk
Cookies & Cream	Shake	Large	1100	220	24	17	0	90	580	195	2	171	33	-	Milk
Birthday Cake	Shake	Small	470	100	11	8	0	45	240	83	0	73	15	-	Milk
Birthday Cake	Shake	Medium	780	160	18	13	0	70	390	140	0	123	24	-	Milk
Birthday Cake	Shake	Large	1000	210	23	17	0	90	510	188	0	167	31	-	Milk
Banana Foster	Shake	Small	470	100	11	8	0	45	240	83	0	72	15	-	Milk
Banana Foster	Shake	Medium	780	160	18	13	0	70	390	139	0	122	23	-	Milk
Banana Foster	Shake	Large	1000	210	23	17	0	90	500	186	0	165	30	-	Milk
Strawberry Smoothie	Smoothie	Small	280	0	0	0	0	0	0	72	2	68	0	-	-
Strawberry Smoothie	Smoothie	Medium	420	0	0	0	0	0	0	108	3	102	0	-	-
Strawberry Smoothie	Smoothie	Large	560	0	0	0	0	0	0	144	4	136	0	-	-

Dirty Soda

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Cherry Crush - Dr. Pepper	Iced	Small	170	0	0	0	0	0	30	45	0	44	0	25	-
Cherry Crush - Dr. Pepper	Iced	Medium	220	0	0	0	0	0	50	58	0	57	0	35	-
Cherry Crush - Dr. Pepper	Iced	Large	350	0	0	0	0	0	65	89	0	89	0	50	-
Cherry Crush - Diet Coke	Iced	Small	90	0	0	0	0	0	20	22	0	22	0	25	-
Cherry Crush - Diet Coke	Iced	Medium	90	0	0	0	0	0	35	22	0	22	0	40	-
Cherry Crush - Diet Coke	Iced	Large	170	0	0	0	0	0	40	43	0	43	0	55	-
Coconut Cove - Dr. Pepper	Iced	Small	170	0	0	0	0	0	30	45	0	44	0	25	-
Coconut Cove - Dr. Pepper	Iced	Medium	220	0	0	0	0	0	50	58	0	57	0	35	-
Coconut Cove - Dr. Pepper	Iced	Large	350	0	0	0	0	0	65	89	0	89	0	50	-
Coconut Cove - Diet Coke	Iced	Small	90	0	0	0	0	0	20	22	0	22	0	25	-
Coconut Cove - Diet Coke	Iced	Medium	90	0	0	0	0	0	35	22	0	22	0	40	-
Coconut Cove - Diet Coke	Iced	Large	170	0	0	0	0	0	40	43	0	43	0	55	-

Classic

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Americano - Black	Iced	Small	5	0	0	0	0	0	0	0	0	0	0	120	-
Americano - Black	Iced	Medium	5	0	0	0	0	0	0	0	0	0	0	120	-
Americano - Black	Iced	Large	10	0	0	0	0	0	0	0	0	0	0	240	-
Americano - Black	Hot	Small	5	0	0	0	0	0	0	0	0	0	0	120	-
Americano - Black	Hot	Medium	5	0	0	0	0	0	0	0	0	0	0	120	-
Americano - Black	Hot	Large	10	0	0	0	0	0	0	0	0	0	0	240	-
Cortado	Hot	8 oz	80	35	4	2.5	0	20	60	6	0	6	4	120	Milk
Hot Cocoa	Hot	Small	270	90	10	6	0	40	180	39	1	37	10	-	Milk
Hot Cocoa	Hot	Medium	340	130	14	8	0	55	240	45	1	43	14	-	Milk
Hot Cocoa	Hot	Large	510	150	17	10	0	70	330	74	2	70	18	-	Milk

Cali Bites

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Muffin Top (Chocolate Chip)	-	1 Serving	540	250	28	8	0	55	270	70	2	44	7	-	Milk, Eggs, Soy, Wheat
Cake Pop	-	1 Serving	160	70	8	2.5	0	25	95	21	0	16	2	-	Milk, Eggs, Wheat
Coffee Cake	-	1 Serving	560	260	29	13	0	95	350	70	1	38	6	-	Milk, Eggs, Soy, Wheat
The Icon	-	1 Serving	550	290	32	14	0	80	1080	43	1	8	25	-	Milk, Soy, Wheat
The Bestie	-	1 Serving	500	310	34	12	0	150	730	37	1	13	14	-	Milk, Eggs, Soy, Wheat
The Dreamer	-	1 Serving	430	170	19	9	0	75	590	42	3	13	21	-	Milk, Eggs, Wheat
Plain Bagel	-	1 Serving	290	0	0	0	0	0	570	59	2	6	10	-	Wheat
Everything Bagel	-	1 Serving	290	0	0	0	0	0	670	59	2	6	10	-	Wheat
Philadelphia Cream Cheese (1oz)	-	1 Serving	100	90	10	6	0	30	110	1	0	1	2	-	Milk
Egg White Bites (2-Pack)	-	1 Serving	250	150	17	8	0	45	530	10	1	2	14	-	Milk, Eggs
Sourdough Grilled Cheese	-	1 Serving	530	230	26	14	1	75	1000	49	3	1	25	-	Milk, Wheat
Cali Bright Bites Box	-	1 Serving	210	140	16	3.5	0	20	20	13	3	8	9	-	Milk, Tree Nuts

Customizers

	Prep	Size	Cal	Cal from Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens
Sweet Cream	-	1 oz	60	10	1	1	0	5	5	12	0	10	0	-	Milk
Whip Cream	-	1 oz	15	10	1	1	0	5	0	1	0	1	0	-	Milk
Cold Foam	-	1 oz	50	35	4	4	0	0	15	3	0	2	0	-	Milk
Caramel Drizzle	-	-	60	10	1	0.5	0	5	30	12	0	11	1	-	Milk
Chocolate Drizzle	-	-	60	0	0	0	0	0	25	13	1	12	1	-	-
White Chocolate Drizzle	-	-	60	10	1	0.5	0	5	30	12	0	11	1	-	Milk
Cookie Dust	-	-	10	0	0	0	0	0	0	2	0	2	0	-	Wheat
Cinnamon Sprinkles	-	-	10	0	0	0	0	0	0	2	0	2	0	-	-
Rainbow Sprinkles	-	-	10	0	0	0	0	0	0	2	0	2	0	-	-



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