

Category	Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cakes	Strawberry Soft Cream Cake	300	189	21	12	0	125	70	22	1	15	3
Cakes	Red Velvet Cake	500	288	32	15	0	115	250	47	1	33	3
Cakes	Blueberry Chiffon Cake	480	333	37	22	0	190	95	28	0	21	2
Cakes	Chocolate Mousse Salted Caramel Layer Cake	490	252	28	16	0	140	170	51	0	43	4
Cakes	Chocolate Cake	320	198	22	8	0	60	105	30	0	22	3
Cakes	Rainbow Cake	420	288	32	17	0	160	90	25	1	17	4
Cakes	NY Style Cheesecake	620	423	47	29	0	165	380	43	0	29	5
Cakes	Chocoholic Chiffon Cake	480	270	30	17	0	145	170	44	0	34	4
Cakes	Blueberry Yogurt Cake	290	171	19	11	0	115	65	24	1	18	3
Cakes	Cappuccino Cake	360	207	23	8	0	80	150	36	0	24	4
Cakes	Mixed Berry Soft Cream Cake	360	234	26	15	0	140	65	24	2	17	3
Cakes	Mocha Cake	310	171	19	6	0	65	135	33	0	22	3
Cakes	Mini Strawberry Soft Cream Cake	300	198	22	13	0	120	55	21	1	14	2
Cakes-Seasonal	Biscoff® Cookie Butter Layer Cake	500	333	37	13	0	115	80	34	0	21	4
Cakes-Seasonal	Caramel Pecan Layer Cake (Canada)	470	234	26	13	0	130	100	50	0	40	4
Cake Slices & Tarts	Strawberry Soft Cream Cake Slice	410	261	29	16	0	165	85	28	1	20	4
Cake Slices & Tarts	Red Velvet Cake Slice	570	315	35	15	0	120	330	56	1	38	4
Cake Slices & Tarts	Ganache Cream Cake Slice	510	342	38	9	0	80	110	37	2	26	7
Cake Slices & Tarts	Berry Tart	600	288	32	19	0	100	150	70	7	38	8
Cake Slices & Tarts	Rainbow Cake Slice	320	198	22	11	0	120	90	25	1	16	4
Cake Slices & Tarts	NY Style Cheesecake Slice	810	567	63	38	0	220	470	53	0	38	7
Cake Slices & Tarts	Blueberry Chiffon Cake Slice	530	351	39	23	0	205	120	34	0	25	3
Cake Slices & Tarts	Mocha Cake Slice	450	270	30	12	0	90	190	44	0	30	4
Cake Slices & Tarts	Chocoholic Chiffon Cake Slice	570	333	37	21	0	170	200	51	0	39	4
Cake Slices & Tarts	Tiramisu Cake Slice	430	279	31	19	0	170	135	17	0	26	5
Cake Slices & Tarts	Blueberry Yogurt Cake Slice	460	279	31	18	0	175	90	35	1	26	4
Cakes Slice & Tarts-Seasonal	Biscoff® Cookie Butter Layer Cake Slice	750	513	57	21	0	170	105	47	0	30	5
Sweets & Pastries	Croissant	230	126	14	10	0	0	230	23	1	4	4
Sweets & Pastries	Pain au Chocolat	300	144	16	10	0	40	270	33	2	9	6
Sweets & Pastries	Strawberry Croissant	370	189	21	14	0	20	290	38	2	13	5
Sweets & Pastries	Raspberry Almond Croissant	510	270	30	15	0.5	10	270	52	4	25	9
Sweets & Pastries	Almond Croissant	480	279	31	14	0.5	15	240	40	4	16	10
Sweets & Pastries	Chocolate Croissant	280	135	15	10	0	35	260	30	1	7	4
Sweets & Pastries	Feuillete au Chocolat	190	90	10	6	0	20	170	23	0	8	3
Sweets & Pastries	Chocolate Supreme Croissant	360	207	23	14	0	25	250	35	1	14	5
Sweets & Pastries	Very Berry Pastry	170	81	9	5	0	25	120	22	2	8	2
Sweets & Pastries	Fruit Pastry	270	117	13	8	0	35	240	33	0	12	4
Sweets & Pastries	Pain aux Raisins	310	117	13	9	0	50	290	42	2	18	5
Sweets & Pastries	Coffee Danish	370	189	21	12	0	45	280	41	2	14	6
Sweets & Pastries	Blueberry Cream Cheese Pastry	230	117	13	8	0	35	230	27	1	9	4
Sweets & Pastries	Cherry Greek Yogurt Danish	350	162	18	11	0	75	360	40	1	15	7
Sweets & Pastries	Almond Pastry	320	153	17	9	0	35	260	36	2	13	6
Sweets & Pastries	Sweet Potato Pastry	280	117	13	8	0	30	250	35	0	8	4
Sweets & Pastries	Pineapple Brulee Pastry	250	99	11	7	0	25	230	32	1	14	4
Sweets & Pastries	Palmier	250	135	15	10	0	0	450	25	0	10	2
Sweets & Pastries	Cinnamon Apple Pie	270	135	15	8	0	5	290	37	0	8	3
Sweets & Pastries	Coffee Bun	200	99	11	5	0	20	180	23	1	6	4
Sweets & Pastries	Cream Cheese Pastry	350	180	20	11	0	50	340	38	1	15	6
Sweets & Pastries	Mini Strawberry Lemon Cream Croissant	120	63	7	4.5	0	10	95	13	1	5	2
Sweets & Pastries	Pastel de Nata	150	54	6	3.5	0	40	85	21	1	12	2
Sweets & Pastries	Cheese Tart	140	72	8	4	0	40	115	14	0	7	2
Sweets & Pastries	Chocolate Cream Bread	240	81	9	5	0	50	180	34	1	12	6
Sweets & Pastries	Tiramisu Tart	180	108	12	8	0	30	35	15	0	8	3
Sweets & Pastries	Fruit Bite (Raspberry)	130	54	6	4	0	15	120	16	0	5	2
Sweets & Pastries	Sticky Milk Buns	600	234	26	16	0	45	550	77	2	30	12
Sweets & Pastries	Whole Red Bean Bread	240	40.5	4.5	2.5	0	25	160	42	1	15	7
Sweets & Pastries	Butter Cream Bread	320	171	19	12	0	45	210	33	1	13	5

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Sweets & Pastries	Walnut Cream Bread	430	243	27	13	0	65	200	40	2	17	8
Sweets & Pastries	Peanut Crumb Bread	330	117	13	6	0	30	220	47	2	16	7
Sweets & Pastries	Choux Cream Bread	240	63	7	4	0	110	190	37	1	16	7
Sweets & Pastries	Sweet Potato Bread	250	72	8	4.5	0	35	160	39	1	17	5
Sweets & Pastries-Seasonal	Chocolate Chip Scone	270	180	20	12	0	25	190	40	0	22	4
Sweets & Pastries-Seasonal	Pumpkin Scone	280	180	20	11	0	25	280	51	1	19	6
Sweets & Pastries-Seasonal	Biscoff® Cookie Butter Cruffin	390	216	24	14	0	60	260	38	1	14	4
Sweets & Pastries-Seasonal	Pecan Tart	380	234	26	5	0	10	110	35	3	24	6
Sweets & Pastries-Seasonal	Pumpkin Pie Custard Tart	420	198	22	14	0	80	150	47	1	26	4
Sweets & Pastries-Seasonal	Maple Pecan Pastry	330	180	20	8	0	35	200	31	1	9	5
Sweets & Pastries-Seasonal	Crookie	230	108	12	7	0	10	160	29	1	15	3
Donuts	Croissant Donut	310	162	18	10	0	40	210	31	1	13	4
Donuts	Coffee Croissant Donut	420	198	22	12	0.5	45	250	49	1	26	5
Donuts	King Cream Donut	300	117	13	6	0	30	290	40	0	14	6
Donuts	Strawberry Mochi Donut	180	63	7	2.5	0	0	50	29	0	12	1
Donuts	Sugar Mochi Donut	150	63	7	2	0	0	50	21	0	6	1
Donuts	Twisted Donut	180	54	6	1.5	0	0	210	29	1	9	4
Donuts	Jumbo Twisted Donut	320	81	9	2	0	60	410	54	2	14	6
Donuts	Sweet Rice Donut	250	81	9	2.5	0	0	390	41	1	7	3
Donuts	Cream Cheese Donut	200	54	6	3	0	10	140	25	1	7	2
Donuts-Seasonal	Biscoff® Cookie Butter King Cream Donut	470	225	25	11	0	40	300	51	1	21	6
Donuts-Seasonal	Cookies & Cream Mochi Donut	220	108	12	3.5	0	0	80	27	0	8	2
Savories	Pastry Frank	400	261	29	13	0	65	780	24	1	4	11
Savories	Ham & Cheese Pastry	380	207	23	14	0	65	540	30	0	5	13
Savories	Hash Brown Bread	420	198	22	9	0	60	950	44	2	10	12
Savories	Pepperoni Pizzetta	360	216	24	14	0	60	580	21	1	3	14
Savories	4-Cheese Quiche	370	225	25	15	0	125	490	23	1	4	12
Savories	Salted Butter Twist Roll	250	126	14	7	0	5	760	27	1	5	5
Savories	Smoked Sausage Bread	430	234	26	10	0	80	1000	32	1	9	14
Savories	Crab Meat Croquette	300	126	14	2.5	0	10	480	35	1	5	7
Savories	Curry Croquette	240	81	9	2	0	5	390	34	2	6	6
Savories-Seasonal	Prosciutto, Fig & Goat Cheese Pizzetta (US)	380	216	24	13	0	60	720	28	1	5	14
Shareable Breads	Baguette	690	0	0	0	0	0	1640	138	0	5	26
Shareable Breads	Sourdough Loaf Bread	200	4.5	0.5	0	0	0	450	39	0	0	7
Shareable Breads	Milk Bread	120	31.5	3.5	2	0	0	190	19	1	3	3
Shareable Breads	Soft Cream Bread	120	27	3	1.5	0	5	180	21	1	1	3
Shareable Breads	Raisin Bread	140	31.5	3.5	2	0	0	190	24	1	7	3
Shareable Breads	Multigrain Bread	120	22.5	2.5	1	0	0	170	20	1	3	4
Shareable Breads	Mini Croissant 6pc	390	189	21	14	0	0	430	43	0	8	7
Shareable Breads	Mini Garlic Croissant 6pc	430	243	27	17	0	20	410	39	0	10	6
Shareable Breads	Mini Grain Cream Cheese Pastry 6pc	460	261	29	15	0	60	430	42	0	12	9
Breakfast Sandwiches	Bacon, Egg & Cheddar Croissant	510	324	36	18	0	225	890	24	1	5	20
Breakfast Sandwiches	Ham, Egg & Swiss Twist Roll	470	261	29	14	0	230	1360	30	1	6	22
Breakfast Sandwiches	Egg & Cheddar Twist Roll	420	243	27	13	0	210	1070	29	1	5	16
Breakfast Sandwiches	Sourdough Supreme Breakfast Sandwich	740	270	30	13	0	230	1800	76	0	0	38
Salads, Sandwiches & Wraps	Grilled Cheese	820	324	36	21	0	100	1490	88	0	0	38
Salads, Sandwiches & Wraps	Sourdough Turkey Melt	740	252	28	11	0	85	2350	78	0	2	41
Salads, Sandwiches & Wraps	Chicken Caesar Wrap	700	360	40	9	0	100	2160	49	1	5	36
Salads, Sandwiches & Wraps	Caprese Baguette	520	180	20	11	0	45	290	58	0	3	25
Salads, Sandwiches & Wraps	Harvest Chicken Salad Sandwich	600	315	35	6	0	75	910	48	2	5	23
Salads, Sandwiches & Wraps	Turkey Avocado Sandwich	390	135	15	4	0	40	360	44	4	5	20
Salads, Sandwiches & Wraps	Ham & Cheese Baguette	560	216	24	15	0	100	970	55	0	4	29
Salads, Sandwiches & Wraps	Egg Salad Sandwich	580	315	35	10	0	580	930	40	1	8	25
Salads, Sandwiches & Wraps	Tuna Sandwich	650	387	43	9	0	40	1340	43	1	7	23
Salads, Sandwiches & Wraps-Seasonal	Turkey, Cranberry & Goat Cheese Croissant	670	378	42	17	0	60	1380	51	1	6	22
Salads, Sandwiches & Wraps-Seasonal	Harvest Chicken Salad with Goat Cheese	490	315	35	6	0	50	560	30	2	2	16

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Salads, Sandwiches & Wraps-Seasonal	Prosciutto, Fig & Mozzarella Baguette (US)	630	180	20	13	0	70	1840	79	0	9	32
Hot Beverages	Brewed Coffee 12oz	5	0	0	0	0	0	10	1	0	0	0
Hot Beverages	Brewed Coffee 16oz	5	0	0	0	0	0	10	1	0	0	0
Hot Beverages	Brewed Coffee 20oz	5	0	0	0	0	0	15	1	0	0	0
Hot Beverages	Café Latte 12oz	150	72	8	4.5	0	35	115	12	0	10	9
Hot Beverages	Café Latte 16oz	190	90	10	6	0	40	140	16	0	13	12
Hot Beverages	Café Latte 20oz	220	108	12	7	0	50	170	19	0	16	15
Hot Beverages	Cappuccino 12oz	90	45	5	3	0	20	70	8	0	6	7
Hot Beverages	Cappuccino 16oz	130	63	7	4	0	30	100	11	0	9	9
Hot Beverages	Cappuccino 20oz	170	81	9	5	0	35	130	15	0	12	12
Hot Beverages	Vanilla Latte 12oz	260	63	7	4	0	30	100	43	0	40	9
Hot Beverages	Vanilla Latte 16oz	330	81	9	5	0	35	130	54	0	50	11
Hot Beverages	Vanilla Latte 20oz	410	99	11	6	0	45	160	65	0	60	14
Hot Beverages	Café Mocha 12oz	290	72	8	5	0	30	115	47	0	45	10
Hot Beverages	Café Mocha 16oz	410	99	11	6	0	35	150	68	0	66	13
Hot Beverages	Café Mocha 20oz	530	117	13	8	0	45	180	89	0	86	17
Hot Beverages	Caramel Macchiato 12oz	200	63	7	4.5	0	30	115	36	0	32	9
Hot Beverages	Caramel Macchiato 16oz	270	81	9	6	0	40	140	47	0	43	12
Hot Beverages	Caramel Macchiato 20oz	340	99	11	7	0	45	170	58	0	53	15
Hot Beverages	Hazelnut Latte 12oz	250	63	7	4	0	30	115	39	0	37	9
Hot Beverages	Hazelnut Latte 16oz	320	81	9	5	0	35	140	49	0	47	11
Hot Beverages	Hazelnut Latte 20oz	390	99	11	6	0	45	180	59	0	56	14
Hot Beverages	Caramel Latte 12oz	130	72	8	5	0	35	140	35	0	31	10
Hot Beverages	Caramel Latte 16oz	170	99	11	7	0	45	190	50	0	44	13
Hot Beverages	Caramel Latte 20oz	210	126	14	8	0	55	240	65	0	57	17
Hot Beverages	Americano 12oz	5	0	0	0	0	0	10	1	0	0	2
Hot Beverages	Americano 16oz	10	0	0	0	0	0	10	1	0	0	3
Hot Beverages	Americano 20oz	10	0	0	0	0	0	15	2	0	0	4
Hot Beverages	Espresso 1oz	5	0	0	0	0	0	0	1	0	0	1
Hot Beverages	Hazelnut Coffee 12oz	10	0	0	0	0	0	10	2	0	0	0
Hot Beverages	Hazelnut Coffee 16oz	15	0	0	0	0	0	10	3	0	0	0
Hot Beverages	Hazelnut Coffee 20oz	20	0	0	0	0	0	15	4	0	0	0
Hot Beverages	Chai Latte 12oz	380	117	13	10	0	35	260	61	0	54	12
Hot Beverages	Chai Latte 16oz	490	144	16	12	0	45	330	80	0	70	14
Hot Beverages	Chai Latte 20oz	610	180	20	15	0	55	400	98	0	87	17
Hot Beverages	Matcha Latte 12oz	330	144	16	12	0	35	210	41	0	33	9
Hot Beverages	Matcha Latte 16oz	440	189	21	16	0	35	280	57	0	45	10
Hot Beverages	Matcha Latte 20oz	560	234	26	21	0	40	340	73	0	57	12
Hot Beverages	Hot Chocolate 12oz	270	99	11	8	0	30	290	43	0	36	3
Hot Beverages	Hot Chocolate 16oz	370	117	13	9	0	30	430	64	0	54	4
Hot Beverages	Hot Chocolate 20oz	470	126	14	10	0	30	570	85	0	71	6
Hot Beverages	Hot Tea (Breakfast) 12oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Breakfast) 16oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Breakfast) 20oz	5	0	0	0	0	0	0	2	0	0	0
Hot Beverages	Hot Tea (Earl Grey-Blue Flowers) 12oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Earl Grey-Blue Flowers) 16oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Earl Grey-Blue Flowers) 20oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Chamomile) 12oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Chamomile) 16oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Chamomile) 20oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Green Tea with Mint) 12oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Green Tea with Mint) 16oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Green Tea with Mint) 20oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Long Jing) 12oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Long Jing) 16oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Long Jing) 20oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Rooibos) 12oz	0	0	0	0	0	0	0	0	0	0	0

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Hot Beverages	Hot Tea (Rooibos) 16oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Rooibos) 20oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages-Seasonal	Pumpkin Pie Latte 12oz	310	72	8	5	0	35	140	55	0	51	7
Hot Beverages-Seasonal	Pumpkin Pie Latte 16oz	480	88	11	7	0	45	220	88	0	83	10
Hot Beverages-Seasonal	Pumpkin Pie Latte 20oz	650	126	14	9	0	55	290	122	0	114	13
Hot Beverages-Seasonal	Cookie Butter Macchiato 12oz	240	72	8	4	0	20	80	32	0	24	8
Hot Beverages-Seasonal	Cookie Butter Macchiato 16oz	310	90	10	5	0	25	105	44	0	34	11
Hot Beverages-Seasonal	Cookie Butter Macchiato 20oz	390	99	11	6	0	30	125	56	0	44	13
Iced Beverages	Iced Black Coffee 16oz	5	0	0	0	0	0	15	1	0	0	0
Iced Beverages	Iced Black Coffee 20oz	5	0	0	0	0	0	15	1	0	0	0
Iced Beverages	Iced Black Coffee 24oz	5	0	0	0	0	0	20	1	0	0	0
Iced Beverages	Cold Brew 16oz	0	0	0	0	0	0	5	0	0	0	0
Iced Beverages	Cold Brew 20oz	0	0	0	0	0	0	10	0	0	0	0
Iced Beverages	Cold Brew 24oz	0	0	0	0	0	0	10	0	0	0	0
Iced Beverages	Vanilla Sweet Cream Cold Brew 16oz	110	63	7	5	0	30	0	10	0	9	0
Iced Beverages	Vanilla Sweet Cream Cold Brew 20oz	150	63	7	5	0	30	0	18	0	17	0
Iced Beverages	Vanilla Sweet Cream Cold Brew 24oz	180	63	7	5	0	30	0	26	0	25	0
Iced Beverages	Iced Café Latte 16oz	150	72	8	4.5	0	35	120	12	0	10	9
Iced Beverages	Iced Café Latte 20oz	190	90	10	6	0	40	150	16	0	13	12
Iced Beverages	Iced Café Latte 24oz	220	108	12	7	0	50	180	19	0	16	15
Iced Beverages	Iced Café Mocha 16oz	290	72	8	5	0	30	120	47	0	45	10
Iced Beverages	Iced Café Mocha 20oz	410	99	11	6	0	35	150	68	0	66	13
Iced Beverages	Iced Café Mocha 24oz	530	117	13	8	0	45	190	89	0	86	17
Iced Beverages	Iced Vanilla Latte 16oz	260	63	7	4	0	30	105	43	0	40	9
Iced Beverages	Iced Vanilla Latte 20oz	330	81	9	5	0	35	130	54	0	50	11
Iced Beverages	Iced Vanilla Latte 24oz	410	99	11	6	0	45	160	65	0	60	14
Iced Beverages	Iced Caramel Macchiato 16oz	200	63	7	4.5	0	30	120	36	0	32	9
Iced Beverages	Iced Caramel Macchiato 20oz	270	81	9	6	0	40	150	47	0	43	12
Iced Beverages	Iced Caramel Macchiato 24oz	340	99	11	7	0	45	180	58	0	53	15
Iced Beverages	Iced Hazelnut Latte 16oz	250	63	7	4	0	30	120	39	0	37	9
Iced Beverages	Iced Hazelnut Latte 20oz	320	81	9	5	0	35	150	49	0	47	11
Iced Beverages	Iced Hazelnut Latte 24oz	390	99	11	6	0	45	180	59	0	56	14
Iced Beverages	Iced Caramel Latte 16oz	130	72	8	5	0	35	150	35	0	31	10
Iced Beverages	Iced Caramel Latte 20oz	170	99	11	7	0	45	200	50	0	44	13
Iced Beverages	Iced Caramel Latte 24oz	210	126	14	8	0	55	250	65	0	57	17
Iced Beverages	Iced Americano 16oz	5	0	0	0	0	0	15	1	0	0	2
Iced Beverages	Iced Americano 20oz	10	0	0	0	0	0	15	1	0	0	3
Iced Beverages	Iced Americano 24oz	10	0	0	0	0	0	20	2	0	0	4
Iced Beverages	Iced Milk Coffee 16oz	90	63	7	4	0	30	70	4	0	3	3
Iced Beverages	Iced Milk Coffee 20oz	110	81	9	5	0	35	85	5	0	4	4
Iced Beverages	Iced Milk Coffee 24oz	130	90	10	6	0	45	100	6	0	5	4
Iced Beverages	Iced Black Tea 16oz	0	0	0	0	0	0	5	1	0	0	0
Iced Beverages	Iced Black Tea 20oz	5	0	0	0	0	0	10	1	0	0	0
Iced Beverages	Iced Black Tea 24oz	5	0	0	0	0	0	10	1	0	0	0
Iced Beverages	Iced Green Tea 16oz	0	0	0	0	0	0	0	0	0	0	0
Iced Beverages	Iced Green Tea 20oz	0	0	0	0	0	0	0	0	0	0	0
Iced Beverages	Iced Green Tea 24oz	0	0	0	0	0	0	0	0	0	0	0
Iced Beverages	Peach Iced Tea 16oz	120	0	0	0	0	0	5	28	0	28	0
Iced Beverages	Peach Iced Tea 20oz	150	0	0	0	0	0	5	36	0	36	0
Iced Beverages	Peach Iced Tea 24oz	170	0	0	0	0	0	10	41	0	41	0
Iced Beverages	Iced Chai Latte 16oz	380	117	13	10	0	35	260	61	0	54	12
Iced Beverages	Iced Chai Latte 20oz	490	144	16	12	0	45	330	80	0	70	14
Iced Beverages	Iced Chai Latte 24oz	610	180	20	15	0	55	400	98	0	87	17
Iced Beverages	Iced Matcha Latte 16oz	440	72	8	5	0	30	180	81	0	62	7
Iced Beverages	Iced Matcha Latte 20oz	570	90	10	7	0	40	230	104	0	78	9
Iced Beverages	Iced Matcha Latte 24oz	690	117	13	8	0	50	280	126	0	94	12
Iced Beverages-Seasonal	Iced Pumpkin Pie Latte 16oz	410	135	15	12	0	35	150	60	0	51	7

Category	Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Iced Beverages-Seasonal	Iced Pumpkin Pie Latte 20oz	580	144	18	14	0	45	230	94	0	83	10
Iced Beverages-Seasonal	Iced Pumpkin Pie Latte 24oz	750	189	21	16	0	55	300	127	0	114	13
Iced Beverages-Seasonal	Pumpkin Pie Sweet Cream Cold Brew 16oz	250	108	12	8	0	50	50	33	0	31	1
Iced Beverages-Seasonal	Pumpkin Pie Sweet Cream Cold Brew 20oz	310	108	12	8	0	50	55	48	0	44	1
Iced Beverages-Seasonal	Pumpkin Pie Sweet Cream Cold Brew 24oz	520	126	14	10	0	55	150	94	0	90	2
Iced Beverages-Seasonal	Iced Cookie Butter Macchiato 16oz	240	90	10	4.5	0	30	105	29	0	26	9
Iced Beverages-Seasonal	Iced Cookie Butter Macchiato 20oz	310	108	12	6	0	35	135	41	0	36	11
Iced Beverages-Seasonal	Iced Cookie Butter Macchiato 24oz	370	126	14	7	0	45	160	51	0	46	12
Frozen Beverages	Coffee Frappe 16oz	200	2.5	22.5	2.5	0	5	95	44	0	43	3
Frozen Beverages	Coffee Frappe 20oz	260	27	3	2	0	10	115	56	0	54	5
Frozen Beverages	Coffee Frappe 24oz	310	31.5	3.5	2	0	10	140	67	0	65	6
Frozen Beverages	Mocha Frappe 16oz	230	27	3	1.5	0	10	70	51	2	46	5
Frozen Beverages	Mocha Frappe 20oz	300	36	4	2.5	0	10	100	67	3	60	8
Frozen Beverages	Mocha Frappe 24oz	380	45	5	3	0	15	125	83	4	74	10
Frozen Beverages	Matcha Frappe 16oz	420	63	7	4.5	0	30	160	80	0	60	6
Frozen Beverages	Matcha Frappe 20oz	550	81	9	6	0	40	210	102	0	76	8
Frozen Beverages	Matcha Frappe 24oz	670	108	12	7	0	50	260	125	0	92	11
Frozen Beverages	Lavender Matcha Frappe 16oz	420	54	6	4	0	25	140	81	0	60	6
Frozen Beverages	Lavender Matcha Frappe 20oz	560	81	9	6	0	35	190	106	0	79	8
Frozen Beverages	Lavender Matcha Frappe 24oz	690	99	11	7	0	45	240	131	0	97	10
Frozen Beverages	Strawberry Smoothie 16oz	400	0	0	0	0	0	5	102	0	100	0
Frozen Beverages	Strawberry Smoothie 20oz	500	0	0	0	0	0	5	128	0	125	0
Frozen Beverages	Strawberry Smoothie 24oz	600	0	0	0	0	0	10	153	0	150	0
Frozen Beverages	Mango Smoothie 16oz	320	0	0	0	0	0	5	81	0	70	0
Frozen Beverages	Mango Smoothie 20oz	400	0	0	0	0	0	5	102	0	87	0
Frozen Beverages	Mango Smoothie 24oz	480	0	0	0	0	0	10	122	0	105	0
Grab & Go	Triple Chocolate Chip Cookie	530	234	26	13	0	40	270	73	2	46	7
Grab & Go	Macadamia Nut Cookie	580	306	34	18	0	40	310	65	2	40	8
Grab & Go	Decadent Chocolate Brownie	490	243	27	11	0	90	180	61	0	47	5
Grab & Go	Vegan Chocolate Chip Muffin	520	225	25	5	0	0	400	74	2	47	5
Grab & Go	Vegan Blueberry Muffin	420	180	20	1	0	0	400	64	2	35	5
Grab & Go	Mr. Bear	120	63	7	4.5	0	40	75	12	0	8	2
Grab & Go	Ms. Bear	110	63	7	4.5	0	40	55	12	0	7	1
Grab & Go	Macaron-Cappuccino	80	36	4	1.5	0	5	10	9	0	8	1
Grab & Go	Macaron-Double Dark Chocolate	70	31.5	3.5	1	0	5	5	8	0	7	1
Grab & Go	Macaron-Green Tea	80	36	4	1.5	0	5	10	10	0	8	1
Grab & Go	Macaron-Pistachio	80	36	4	1.5	0	5	10	9	0	9	1
Grab & Go	Macaron-Raspberry Lemon	70	27	3	1	0	5	10	10	0	9	1
Grab & Go	Macaron-Red Velvet	70	36	4	1.5	0	5	15	10	0	7	1
Grab & Go	Macaron-Salted Caramel	80	36	4	1.5	0	5	10	10	0	9	1
Grab & Go	Macaron-Strawberry Shortcake	70	27	3	1	0	5	10	10	0	9	1
Specialty Cakes	Strawberry Soft Cream Two Tier Cake	210	135	15	8	0	85	45	15	1	10	2
Specialty Cakes	Strawberry Soft Cream Three Tier Cake	200	126	14	8	0	80	45	14	0	10	2
Specialty Cakes	Strawberry Soft Cream Sheet Cake	200	126	14	7	0	90	55	15	0	10	2
Specialty Cakes	Strawberry Soft Cream Celebration Cake	180	126	14	8	0	70	30	11	0	8	1
Specialty Cakes	Chocolate Celebration Cake	190	117	13	4.5	0	35	65	17	0	12	2
Specialty Cakes	Chocolate Buttercream Two Tier Cake	170	99	11	3.5	0	35	60	16	0	11	2
Specialty Cakes	Double Layered Tuxedo Cake	160	99	11	6	0	65	45	13	0	9	2