



Coffeesmiths Espresso Drinks Hot or Iced

Coffee

| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
|-------------|-----------------|--------------|---------------|
| 12oz | 8 | 0 | 0 |
| 16oz | 10 | 0 | 0 |
| 20oz | 13 | 0 | 0 |

Espresso

| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
|-------------|-----------------|--------------|---------------|
| 12oz | 3 | 0 | 0 |
| 16oz | 6 | 0 | 1 |
| 20oz | 6 | 0 | 2 |

Breve

| | <i>Half & Half</i> | | |
|-------------|------------------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 483 | 36 | 12 |
| 16oz | 646 | 48 | 16 |
| 20oz | 806 | 60 | 20 |

Americano

| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
|-------------|-----------------|--------------|---------------|
| 12oz | 3 | 0 | 0 |
| 16oz | 6 | 0 | 1 |
| 20oz | 9 | 0 | 2 |

Café au Lait

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 120 | 6 | 8 | 68 | 0 | 9 | 98 | 1 | 16 |
| 16oz | 160 | 8 | 11 | 90 | 0 | 12 | 130 | 2 | 21 |
| 20oz | 200 | 10 | 14 | 113 | 0 | 15 | 163 | 2 | 26 |

Café and Cocoa

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 220 | 6 | 33 | 168 | 0 | 34 | 198 | 1 | 41 |
| 16oz | 293 | 8 | 44 | 223 | 0 | 45 | 263 | 2 | 54 |
| 20oz | 366 | 10 | 56 | 279 | 0 | 57 | 329 | 2 | 68 |

Café and Cocoa With Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 320 | 16 | 40 | 268 | 10 | 41 | 298 | 11 | 48 |
| 16oz | 393 | 18 | 51 | 323 | 10 | 52 | 363 | 12 | 61 |
| 20oz | 466 | 20 | 63 | 379 | 10 | 64 | 429 | 12 | 75 |



Cappucino (wet)

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 209 | 11 | 15 | 113 | 0 | 17 | 168 | 2 | 29 |
| 16oz | 269 | 14 | 19 | 146 | 0 | 21 | 216 | 3 | 37 |
| 20oz | 344 | 18 | 25 | 186 | 0 | 27 | 276 | 3 | 47 |

Cappucino (dry)

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 106 | 6 | 8 | 58 | 0 | 8 | 86 | 1 | 14 |
| 16oz | 137 | 7 | 10 | 76 | 0 | 11 | 111 | 1 | 18 |
| 20oz | 175 | 9 | 12 | 96 | 0 | 14 | 135 | 2 | 24 |

Caramel Macchiato

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 284 | 11 | 36 | 188 | 0 | 38 | 243 | 2 | 50 |
| 16oz | 369 | 14 | 47 | 246 | 0 | 49 | 316 | 3 | 65 |
| 20oz | 469 | 18 | 60 | 311 | 0 | 62 | 401 | 3 | 82 |

Latte

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 209 | 11 | 15 | 113 | 0 | 17 | 168 | 2 | 29 |
| 16oz | 269 | 14 | 19 | 146 | 0 | 21 | 216 | 3 | 37 |
| 20oz | 344 | 18 | 25 | 186 | 0 | 27 | 276 | 3 | 47 |

Latte With Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 284 | 11 | 36 | 188 | 0 | 38 | 243 | 2 | 50 |
| 16oz | 369 | 14 | 47 | 246 | 0 | 49 | 316 | 3 | 65 |
| 20oz | 469 | 18 | 60 | 311 | 0 | 62 | 401 | 3 | 82 |

Latte With Sugar Free Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 209 | 11 | 15 | 113 | 0 | 17 | 168 | 2 | 29 |
| 16oz | 269 | 14 | 19 | 146 | 0 | 21 | 216 | 3 | 37 |
| 20oz | 344 | 18 | 25 | 186 | 0 | 27 | 276 | 3 | 47 |



Mocha

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 309 | 11 | 39 | 213 | 0 | 41 | 268 | 2 | 53 |
| 16oz | 402 | 14 | 51 | 279 | 0 | 53 | 349 | 3 | 69 |
| 20oz | 510 | 18 | 65 | 352 | 0 | 67 | 442 | 3 | 87 |

Mocha With Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 409 | 19 | 41 | 313 | 8 | 43 | 368 | 10 | 55 |
| 16oz | 502 | 22 | 53 | 379 | 8 | 55 | 449 | 11 | 71 |
| 20oz | 610 | 26 | 67 | 452 | 8 | 69 | 542 | 11 | 89 |

Mocha With Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 384 | 11 | 60 | 288 | 0 | 62 | 343 | 2 | 74 |
| 16oz | 502 | 14 | 79 | 379 | 0 | 81 | 449 | 3 | 97 |
| 20oz | 635 | 18 | 100 | 477 | 0 | 102 | 567 | 3 | 122 |

Mocha With Sugar Free Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 309 | 11 | 39 | 213 | 0 | 41 | 268 | 2 | 53 |
| 16oz | 402 | 14 | 51 | 279 | 0 | 53 | 349 | 3 | 69 |
| 20oz | 510 | 18 | 65 | 352 | 0 | 67 | 442 | 3 | 87 |

Mocha With Flavor and Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 484 | 19 | 62 | 388 | 8 | 64 | 443 | 10 | 76 |
| 16oz | 602 | 22 | 81 | 479 | 8 | 83 | 549 | 11 | 99 |
| 20oz | 735 | 26 | 102 | 577 | 8 | 104 | 667 | 11 | 124 |



Sugar Free Mocha

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 249 | 13 | 19 | 153 | 2 | 21 | 208 | 4 | 33 |
| 16oz | 329 | 17 | 25 | 206 | 3 | 27 | 276 | 6 | 43 |
| 20oz | 424 | 22 | 33 | 266 | 4 | 35 | 356 | 7 | 55 |

Sugar Free Mocha With Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 249 | 13 | 19 | 153 | 2 | 21 | 208 | 4 | 33 |
| 16oz | 329 | 17 | 25 | 206 | 3 | 27 | 276 | 6 | 43 |
| 20oz | 424 | 22 | 33 | 266 | 4 | 35 | 356 | 7 | 55 |

Sugar Free Mocha With Sugar Free Flavor and Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 249 | 13 | 19 | 153 | 2 | 21 | 208 | 4 | 33 |
| 16oz | 329 | 17 | 25 | 206 | 3 | 27 | 276 | 6 | 43 |
| 20oz | 424 | 22 | 33 | 266 | 4 | 35 | 356 | 7 | 55 |



Details Coming Soon!!
White Chocolate Mocha

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | | | | | | | | | |
| 16oz | | | | | | | | | |
| 20oz | | | | | | | | | |

White Chocolate Mocha With Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | | | | | | | | | |
| 16oz | | | | | | | | | |
| 20oz | | | | | | | | | |

White Chocolate Mocha With Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | | | | | | | | | |
| 16oz | | | | | | | | | |
| 20oz | | | | | | | | | |

White Chocolate Mocha With Flavor and Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | | | | | | | | | |
| 16oz | | | | | | | | | |
| 20oz | | | | | | | | | |

White Chocolate Mocha With Sugar Free Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | | | | | | | | | |
| 16oz | | | | | | | | | |
| 20oz | | | | | | | | | |

White Chocolate Mocha With Sugar Free Flavor and Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | | | | | | | | | |
| 16oz | | | | | | | | | |
| 20oz | | | | | | | | | |



Sugar Free White Chocolate Mocha

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 249 | 13 | 19 | 153 | 2 | 21 | 208 | 4 | 33 |
| 16oz | 329 | 17 | 25 | 206 | 3 | 27 | 276 | 6 | 43 |
| 20oz | 424 | 22 | 33 | 266 | 4 | 35 | 356 | 7 | 55 |

Sugar Free White Chocolate Mocha With Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 373 | 24 | 22 | 277 | 13 | 24 | 332 | 15 | 36 |
| 16oz | 453 | 28 | 28 | 330 | 14 | 30 | 400 | 17 | 46 |
| 20oz | 548 | 33 | 36 | 390 | 15 | 38 | 480 | 18 | 58 |

Sugar Free White Chocolate Mocha With Sugar Free Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 249 | 13 | 19 | 153 | 2 | 21 | 208 | 4 | 33 |
| 16oz | 329 | 17 | 25 | 206 | 3 | 27 | 276 | 6 | 43 |
| 20oz | 424 | 22 | 33 | 266 | 4 | 35 | 356 | 7 | 55 |

Sugar Free White Chocolate Mocha With Sugar Free Flavor and Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 373 | 24 | 22 | 277 | 13 | 24 | 332 | 15 | 36 |
| 16oz | 453 | 28 | 28 | 330 | 14 | 30 | 400 | 17 | 46 |
| 20oz | 548 | 33 | 36 | 390 | 15 | 38 | 480 | 18 | 58 |



Spiced Chai

| | Whole Milk | | | Skim Milk | | | Soy Milk | | |
|-------------|------------|-------|--------|-----------|-------|--------|----------|-------|--------|
| | Calories | Fat g | Carb g | Calories | Fat g | Carb g | Calories | Fat g | Carb g |
| 12oz | 416 | 16 | 56 | 320 | 5 | 57 | 375 | 7 | 69 |
| 16oz | 543 | 20 | 73 | 420 | 6 | 75 | 490 | 9 | 91 |
| 20oz | 688 | 26 | 92 | 530 | 8 | 95 | 620 | 11 | 115 |

Spiced Chai With Flavor

| | Whole Milk | | | Skim Milk | | | Soy Milk | | |
|-------------|------------|-------|--------|-----------|-------|--------|----------|-------|--------|
| | Calories | Fat g | Carb g | Calories | Fat g | Carb g | Calories | Fat g | Carb g |
| 12oz | 491 | 16 | 77 | 395 | 5 | 78 | 450 | 7 | 90 |
| 16oz | 643 | 20 | 101 | 520 | 6 | 103 | 590 | 9 | 119 |
| 20oz | 813 | 26 | 127 | 655 | 8 | 130 | 745 | 11 | 150 |

Low Carb Chai

| | Whole Milk | | | Skim Milk | | | Soy Milk | | |
|-------------|------------|-------|--------|-----------|-------|--------|----------|-------|--------|
| | Calories | Fat g | Carb g | Calories | Fat g | Carb g | Calories | Fat g | Carb g |
| 12oz | 296 | 15 | 32 | 200 | 4 | 33 | 255 | 6 | 45 |
| 16oz | 383 | 19 | 41 | 260 | 5 | 43 | 330 | 8 | 59 |
| 20oz | 488 | 24 | 52 | 330 | 6 | 55 | 420 | 10 | 75 |

Low Carb Chai With Flavor

| | Whole Milk | | | Skim Milk | | | Soy Milk | | |
|-------------|------------|-------|--------|-----------|-------|--------|----------|-------|--------|
| | Calories | Fat g | Carb g | Calories | Fat g | Carb g | Calories | Fat g | Carb g |
| 12oz | 371 | 15 | 53 | 200 | 4 | 54 | 330 | 6 | 66 |
| 16oz | 483 | 19 | 69 | 260 | 5 | 71 | 430 | 8 | 87 |
| 20oz | 613 | 24 | 87 | 330 | 6 | 90 | 545 | 10 | 110 |

Sugar Free Vanilla Chai

| | Whole Milk | | | Skim Milk | | | Soy Milk | | |
|-------------|------------|-------|--------|-----------|-------|--------|----------|-------|--------|
| | Calories | Fat g | Carb g | Calories | Fat g | Carb g | Calories | Fat g | Carb g |
| 12oz | 371 | 14 | 47 | 275 | 3 | 48 | 330 | 5 | 60 |
| 16oz | 483 | 18 | 61 | 360 | 4 | 63 | 430 | 7 | 79 |
| 20oz | 613 | 23 | 77 | 455 | 5 | 80 | 545 | 8 | 100 |

Sugar Free Vanilla With Sugar Free Flavor

| | Whole Milk | | | Skim Milk | | | Soy Milk | | |
|-------------|------------|-------|--------|-----------|-------|--------|----------|-------|--------|
| | Calories | Fat g | Carb g | Calories | Fat g | Carb g | Calories | Fat g | Carb g |
| 12oz | 371 | 14 | 47 | 275 | 3 | 48 | 330 | 5 | 60 |
| 16oz | 483 | 18 | 61 | 360 | 4 | 63 | 430 | 7 | 79 |
| 20oz | 613 | 23 | 77 | 455 | 5 | 80 | 545 | 8 | 100 |



Hot Cocoa

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 284 | 11 | 36 | 188 | 0 | 38 | 243 | 2 | 50 |
| 16oz | 369 | 14 | 47 | 246 | 0 | 49 | 316 | 3 | 65 |
| 20oz | 469 | 18 | 60 | 311 | 0 | 62 | 401 | 3 | 82 |

Hot Cocoa With Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 384 | 19 | 38 | 288 | 8 | 40 | 343 | 10 | 52 |
| 16oz | 469 | 22 | 49 | 346 | 8 | 51 | 416 | 11 | 67 |
| 20oz | 569 | 26 | 62 | 411 | 8 | 64 | 501 | 11 | 84 |

Hot Cocoa With Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 359 | 11 | 57 | 263 | 0 | 59 | 318 | 2 | 71 |
| 16oz | 469 | 14 | 75 | 346 | 0 | 77 | 416 | 3 | 93 |
| 20oz | 594 | 18 | 95 | 436 | 0 | 97 | 526 | 3 | 117 |

Hot Cocoa With Sugar Free Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 209 | 11 | 15 | 113 | 0 | 17 | 168 | 2 | 29 |
| 16oz | 269 | 14 | 19 | 146 | 0 | 21 | 216 | 3 | 37 |
| 20oz | 344 | 18 | 25 | 186 | 0 | 27 | 276 | 3 | 47 |

Hot Cocoa With Whip and Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 459 | 19 | 59 | 363 | 8 | 61 | 418 | 10 | 73 |
| 16oz | 569 | 22 | 77 | 446 | 8 | 79 | 516 | 11 | 95 |
| 20oz | 694 | 26 | 97 | 536 | 8 | 99 | 626 | 11 | 119 |

Hot Cocoa With Whip and Sugar Free Flavor

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 309 | 19 | 17 | 213 | 8 | 19 | 268 | 10 | 31 |
| 16oz | 369 | 22 | 21 | 246 | 8 | 23 | 316 | 11 | 39 |
| 20oz | 444 | 26 | 27 | 286 | 8 | 29 | 376 | 11 | 49 |



Steamer

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 306 | 11 | 43 | 210 | 0 | 45 | 265 | 2 | 57 |
| 16oz | 388 | 14 | 54 | 265 | 0 | 56 | 335 | 3 | 72 |
| 20oz | 488 | 18 | 67 | 330 | 0 | 69 | 420 | 3 | 89 |

Steamer With Whip

| | <i>Whole Milk</i> | | | <i>Skim Milk</i> | | | <i>Soy Milk</i> | | |
|-------------|-------------------|--------------|---------------|------------------|--------------|---------------|-----------------|--------------|---------------|
| | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> | <i>Calories</i> | <i>Fat g</i> | <i>Carb g</i> |
| 12oz | 406 | 19 | 45 | 310 | 8 | 47 | 365 | 10 | 59 |
| 16oz | 488 | 22 | 56 | 365 | 8 | 58 | 435 | 11 | 74 |
| 20oz | 588 | 26 | 69 | 430 | 8 | 71 | 520 | 11 | 91 |