

CINEMARK NUTRITIONAL INFORMATION

Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)
POPCORN (Finished Popcorn w/ Buttered Salt, Canola Oil)												
Junior Bag Popcorn (1 serving per bag)	1 Bag (38 g)	200	100	11 g	1 g	0 g	0 mg	190 mg	22 g	3 g	4 g	0 g
Small Bag Popcorn (3 serving per bag)	3.75 cups (30 g)	160	80	9 g	0.5 g	0 g	0 mg	150 mg	17 g	3 g	3 g	0 g
Medium Bag Popcorn (5 serving per bag)	3.75 cups (30 g)	160	80	9 g	0.5 g	0 g	0 mg	150 mg	17 g	3 g	3 g	0 g
Large Tub Popcorn (7 serving per tub)	3.75 cups (30 g)	160	80	9 g	0.5 g	0 g	0 mg	150 mg	17 g	3 g	3 g	0 g
POPCORN TOPPING												
Butter Topping - Anhydrous Butterfat	1 Tbsp (14 g)	130	130	14 g	9 g	0 g	40 mg	0 g	0 g	0 g	<1g	<1g
Buttery Flavored Topping	1 Tbsp (14 g)	130	130	14 g	2 g	0 g	0 mg	0 g	0 g	0 g	<1 g	<1 g
KETTLE KORN												
Junior Bag Popcorn (2.5 serving per bag)	2.25 cups (30 g)	140	50	6 g	0.5 g	0 g	0 mg	170 mg	20 g	2 g	3 g	5 g
Small Bag Popcorn (5 serving per bag)	2.25 cups (30 g)	140	50	6 g	0.5 g	0 g	0 mg	170 mg	20 g	2 g	3 g	5 g
Medium Bag Popcorn (9 serving per bag)	2.25 cups (30 g)	140	50	6 g	0.5 g	0 g	0 mg	170 mg	20 g	2 g	3 g	5 g
Large Tub Popcorn (10 serving per tub)	2.25 cups (30 g)	140	50	6 g	0.5 g	0 g	0 mg	170 mg	20 g	2 g	3 g	5 g
MISCELLANEOUS												
Super Nachos (3 portions per serving)	1 portion (137 g)	330	200	22 g	9 g	0 g	35 mg	870 mg	24 g	8 g	2 g	1 g
Nachos (3oz chips + 3.5oz cheese sauce)	1 portion (6.5 oz)	550	270	30 g	5 g	0 g	0 mg	1060 mg	61 g	7 g	4 g	1 g
Vanilla Waffle Cone - Single Scoop	1 cone (193 g)	490	230	26 g	15 g	0 g	150 mg	135 mg	55 g	10 g	1 g	42 g
Vanilla Milkshake - 16 oz	1 milkshake	810	470	52 g	32 g	0 g	185 mg	230 mg	76 g	14 g	0 g	61 g
Vanilla Ice Cream Float - 16 oz	1 ice cream float	500	230	25 g	15 g	0 g	90 mg	100 mg	69 g	5 g	0 g	61 g
MovieSnack Pack - Movie Meal w/Coke & Candy	1 Movie Meal	320	70	0 g	0.5 g	0 g	0 mg	290 mg	62 g	3 g	3 g	38 g
PretzelHaus Soft Pretzel - Plain	1 pretzel (6 oz)	465	60	7 g	1 g	0 g	0 mg	413 mg	85 g	15 g	3 g	1 g
Pretzel Haus Pretzel Cinnamon	1 pretzel (6 oz)	464	58	6 g	1 g	0 g	0 mg	413 mg	85 g	15 g	4 g	1 g
Pretzel Haus Icing Cup	1 container (2 oz)	200	40	4.5 g	1 g	0.5 g	0 mg	60 mg	40 g	0 g	0 g	36 g
Crispy Critter Cookies	13 cookies (31 g)	140	50	7 g	1 g	1 g	15 mg	75 mg	20 g	2 g	1 g	13 g
Chicken Tenders & Wedge Fries Combo	1 portion (9 oz)	736	352	39 g	6 g	2 g	29 mg	1546 mg	69 g	23 g	7 g	1 g
Buffalo Wings & Wedge Fries Combo	1 portion (9 oz)	648	332	37 g	8 g	1 g	74 mg	1760 mg	50 g	23 g	5 g	2 g
Mini Cheeseburgers & Wedge Fries Combo	1 portion (12 oz)	1019	510	57 g	18 g	3 g	89 mg	2282 mg	93 g	32 g	8 g	7 g
Jalapeno Poppers & Wedge Fries Combo	1 portion (10 oz)	912	444	49 g	12 g	4 g	37 mg	2274 mg	85 g	17 g	10 g	8 g
Shrimp Jammers & Wedge Fries Combo	1 portion (11 oz)	970	467	52 g	12 g	4 g	96 mg	2400 mg	98 g	21 g	7 g	3 g
Mozzarella Sticks & Wedge Fries Combo	1 portion (12 oz)	1116	559	62 g	18 g	5 g	59 mg	2389 mg	103 g	31 g	6 g	6 g
Mini Chicken Sandwiches & Wedge Fries Combo	1 portion (13 oz)	888	314	35 g	7 g	1 g	90 mg	2029 mg	98 g	42 g	9 g	7 g
Wedge Fries	1 portion (12 oz)	1023	478	53 g	11 g	3 g	0 g	2070 mg	114 g	13 g	13 g	2 g
Soft Pretzel Bites (3 portions per serving)	53 g	140	5	0.5 g	0 g	0 g	0 mg	890 mg	31 g	4 g	1 g	1 g
Ricos's TFF Cheese Cup	3.5 oz	110	70	8 g	1.5 g	0 g	0 mg	720 mg	7 g	1 g	0 g	1 g
CARBONATED BEVERAGES												
<i>*These values represent sodium and potassium derived from ingredients other than water. The actual amount of sodium and potassium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.</i>												
Coca-Cola Classic Icee	8 fl oz	65	0	0 g	0 g	0 g	0 mg	6 mg	18 g	0 g	0 g	18 g
Fanta Wild Cherry Icee	8 fl oz	101	0	0 g	0 g	0 g	0 mg	7 mg	27 g	0 g	0 g	27 g
Fanta Blue Raspberry Icee	8 fl oz	101	0	0 g	0 g	0 g	0 mg	8 mg	27 g	0 g	0 g	27 g
Coca-Cola Classic - Fountain	8 fl oz	99	0	0 g	0 g	0 g	0 mg	6 mg	27 g	0 g	0 g	27 g
Diet Coke - Fountain	8 fl oz	0.6	0	0 g	0 g	0 g	0 mg	10 mg	0.1 g	0 g	0 g	0 g
Coca-Cola Zero - Fountain	8 fl oz	0.7	0	0 g	0 g	0 g	0 mg	28 mg	0.1 g	0 g	0 g	0 g
Sprite - Fountain	8 fl oz	97	0	0 g	0 g	0 g	0 mg	22 mg	26 g	0 g	0 g	26 g
Pibb Xtra - Fountain	8 fl oz	97	0	0 g	0 g	0 g	0 mg	14 mg	26 g	0 g	0 g	26 g
Fanta Orange - Fountain	8 fl oz	106	0	0 g	0 g	0 g	0 mg	Trace	29 g	0 g	0 g	29 g
Hi-C 35 Orange - Fountain	8 fl oz	33	0	0 g	0 g	0 g	0 mg	5 mg	9 g	0 g	0 g	8 g
Hi-C Pink Lemonade - Fountain	8 fl oz	96	0	0 g	0 g	0 g	0 mg	41 mg	24 g	0 g	0 g	24 g
Minute Maid Lemonade - Fountain	8 fl oz	97	0	0 g	0 g	0 g	0 mg	41 mg	26 g	0 g	0 g	26 g
Minute Maid Light Lemonade - Fountain	8 fl oz	5	0	0 g	0 g	0 g	0 g	15 mg	4 g	0 g	0 g	2 g
Barq's Root Beer - Fountain	8 fl oz	111	0	0 g	0 g	0 g	0 mg	24 mg	30 g	0 g	0 g	27 g
Pibb Xtra - Fountain	8 fl oz	97	0	0 g	0 g	0 g	0 mg	14 mg	26 g	0 g	0 g	26 g
Fuze Raspberry Iced Tea - Fountain	8 fl oz	60	0	0 g	0 g	0 g	0 mg	0 mg	22 g	0 g	0 g	22 g
Gold Peak Brewed Iced Tea	8 fl oz	0	0	0 g	0 g	0 g	0 mg	5 mg	<1 g	0 g	0 g	0 g
Gold Peak Brewed Iced Sweet Tea	8 fl oz	80	0	0 g	0 g	0 g	0 mg	25 mg	21 g	0 g	0 g	21 g
Powerade Lemon Lime - Fountain	8 fl oz	50	0	0 g	0 g	0 g	0 mg	100 mg	15 g	0 g	0 g	14 g
Powerade Mountain Berry Blast	8 fl oz	60	0	0 g	0 g	0 g	0 mg	100 mg	14 g	0 g	0 g	14 g
MINUTE MAID SMOOTHIES												
MM Smoothie - Mango	16 fl oz	220	0	0 g	0 g	0 g	0 mg	0 mg	60 g	0 g	0 g	56 g
MM Smoothie - Strawberry	16 fl oz	260	0	0 g	0 g	0 g	0 mg	0 mg	68 g	0 g	0 g	62 g
MM Smoothie - Strawberry Banana	16 fl oz	260	0	0 g	0 g	0 g	0 mg	0 mg	68 g	0 g	0 g	62 g

• The nutrition information is derived from testing conducted at nutritional laboratories, published resources, or information provided by our suppliers. Variations in nutritional content, preparation, and product testing may affect the nutritional values of each item.



Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)
BULK CANDY												
Sour Power - Quattro™ Multicolored Belts	4 pieces (40 g)	156	1	1 g	0.5 g	0 g	0 mg	44 mg	36 g	1 g	<1g	27 g
Sour Power - Strawberry Belts	4 pieces (40 g)	140	10	1 g	1 g	<1g	0 mg	10 mg	32 g	1 g	<1g	25 g
Sour Patch - Sour Watermelon	5 pieces (44 mg)	160	0	0 g	0 g	0 g	0 mg	30 mg	40 g	0 g	0 g	28 g
Sour Patch - Fuzzy Peaches	7 pieces (38 g)	140	0	0 g	0 g	0 g	0 mg	25 mg	35 g	0 g	0 g	28 g
Sour Patch - Sour Patch Kids	16 pieces (40 g)	150	0	0 g	0 g	0 g	0 mg	25 mg	37 g	0 g	0 g	26
Sour Patch - Original Swedish Fish	19 pieces (40 g)	140	0	0 g	0 g	0 g	0 mg	30 mg	36 g	0 g	0 g	29 g
Marich Confectionary - Holland Mints	12 pieces (40 g)	160	40	4.5 g	2.5 g	0 g	0 mg	15 mg	32 g	1 g	<1g	28 g
Marich Confectionary - Wallabeans	30 pieces (40 g)	150	0	0 g	0 g	0 g	0 mg	30 mg	37 g	0 g	0 g	30 g
Marich Confectionary - Chocolate Raisins	24 pieces (40 g)	180	70	8 g	5 g	0 g	5 mg	20 mg	26 g	2 g	1 g	23 g
Marich Confectionary - Truffle Almonds	9 pieces (40 g)	200	140	15 g	5 g	0 g	5 mg	10 mg	20 g	4 g	3 g	14 g
Marich Confectionary - Gourmet Jelly Beans	30 pieces (40 g)	150	0	0 g	0 g	0 g	0 mg	30 mg	37 g	0 g	0 g	30 g
M&M's - Milk Chocolate	1.5 oz (42 g)	210	80	9 g	6 g	0 g	5 mg	25 mg	30 g	2 g	1 g	27 g
M&M's - Peanut	1.67 oz (47 g)	242	111	12 g	5 g	0 g	4 mg	23 mg	28 g	4 g	2 g	24 g
Mike and Ike® Original	23 pieces (40 g)	140	0	0 g	0 g	0 g	0 mg	25 mg	36 g	0 g	0 g	26 g
Good & Plenty Candy	50 g	170	0	0 g	0 g	0 g	0 mg	120 mg	43 g	<1g	0 g	27 g
Sun Maid - Milk Chocolate Raisins	30 pieces (39 g)	160	60	6 g	3.5 g	0 g	5 mg	20 mg	27 g	2 g	2 g	24 g
Trolli - Gummi Bears	18 pieces (40 g)	140	0	0 g	0 g	0 g	0 mg	60 mg	31 g	3 g	0 g	27 g
Nestle - Gummi Sour Bears	40 g	117	0	0 g	0 g	0 mg	0 mg	15 mg	27 g	2 g	<1g	24 g
Reese's Pieces	50 pieces (39 g)	200	90	10g	6 g	0 g	0 mg	75 mg	23 g	5 g	1 g	21 g
Skittles	1.5 oz (42 g)	170	15	2 g	1.5 g	0 g	0 mg	5 mg	39 g	0 g	0 g	32 g
Hot Tamales	20 pieces (40 g)	140	0	0 g	0 g	0 g	0 mg	15 mg	36 g	0 g	0 g	24 g
Chocolate Malt Balls	1.4 oz (40 g)	210	110	12 g	7 g	0 g	5 mg	15 mg	25 g	2 g	<1g	21 g
Espresso Malted Balls	5 pieces (40 g)	200	100	11 g	7 g	0 g	10 mg	30 mg	25 g	2 g	1 g	21 g
Sour Neon Worms	39 g	120	0	0 g	0 g	0 g	0 mg	25 mg	29 g	2 g	0 g	18 g
INDIVIDUAL PIZZAS												
Uno Hand Tossed Cheese Pizza	1/2 pizza	340	120	13 g	7 g	0 g	35 mg	730 mg	40 g	17 g	2 g	5 g
Uno Hand Tossed Pepperoni Pizza	1/2 pizza	380	150	16 g	8 g	0 g	40 mg	1060 mg	40 g	18 g	2 g	4 g
Vulpitta Pizza - Pepperoni	1 pizza/slice	440	170	19 g	8 g	0 g	30 mg	450 mg	20 g	17 g	7 g	4 g
Vulpitta Pizza - Cheese	1 pizza/slice	390	120	14 g	7 g	0 g	20 mg	260 mg	20 g	16 g	7 g	4 g
HOT DOGS												
6-1, 6" Skinless Gourmet Beef Franks - Eisenberg	1 frank (56 g)	240	190	22 g	8 g	1 g*	55 mg	620 mg	1 g	9 g	0 g	0 g
4-1, 6" Black Angus Sirloin Frank - Eisenberg	1 frank (113.5 g)	350	290	32 g	12 g	1.5 g*	75 mg	920 mg	2 g	13 g	0 g	0 g
5:1 Cheddar & Jalapeno Sausage - Eisenberg	1 link (91 g)	230	160	18 g	7 g	0 g	60 mg	950 mg	3 g	14 g	0 g	1 g
Gourmet Bakery Buns - Eisenberg	1 bun (54 g)	140	25	2.5 g	0 g	0 g	0 mg	250 mg	26 g	4 g	1 g	3 g
<i>*NO ARTIFICIAL TRANS FAT. Any trans fat in this product is naturally occurring.</i>												
COOKIES & MUFFINS												
Otis Spunkmeyer Sweet Discovery® - 1.33oz size												
Chocolate Chip	1.33 oz	170	70	7 g	4 g	0 g	10 mg	120 mg	24 g	2 g	1 g	15 g
Oatmeal Raisin	1.33 oz	160	60	7 g	4 g	0 g	10 mg	130 mg	23 g	2 g	1 g	13 g
Peanut Butter	1.33 oz	170	80	9 g	3.5 g	0 g	10 mg	170 mg	20 g	3 g	1 g	12 g
White Choc Macadamia Nut	1.33 oz	170	80	9 g	4 g	0 g	10 mg	120 mg	22 g	2 g	0 g	14 g
Otis Spunkmeyer® Supreme Muffins												
Apple Cinnamon Pecan	4 oz	450	220	25 g	4.5 g	0 g	65 mg	340 mg	54 g	2 g	32 g	6 g
Banana Bread	4 oz	470	230	26 g	3.5 g	0 g	45 mg	360 mg	55 g	2 g	31 g	7 g
Blueberry Crumb Cake	4 oz	420	160	18 g	5 g	0 g	45 mg	410 mg	61 g	1 g	34 g	6 g
Decadent Chocolate Chunk	4 oz	480	230	26 g	8 g	0 g	75 mg	400 mg	60 g	2 g	39 g	6 g
Triple Berry Whole Grain	4 oz	380	140	16 g	4 g	0 g	40 mg	450 mg	55 g	4 g	30 g	7 g

CINEMARK NUTRITIONAL INFORMATION

Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)
HAND DIPPED ICE CREAM												
Dreyers/Edy's Classic Ice Cream												
Dreyer's/Edy's Classic Chocolate	1/2 cup	150	70	8g	4.5g	0g	25mg	35mg	17g	3g	1g	15g
Dreyer's/Edy's Classic French Vanilla	1/2 cup	150	80	9g	5g	0g	50mg	35mg	16g	2g	0g	11g
Dreyer's/Edy's Classic Grand Vanilla	1/2 cup	140	70	8g	4.5g	0g	30mg	35mg	16g	2g	0g	13g
Dreyer's/Edy's Classic Strawberry	1/2 cup	130	50	6g	3.5g	0g	20mg	30mg	16g	2g	0g	15g
Dreyer's/Edy's Classic Vanilla Bean	1/2 cup	140	70	8g	5g	0g	25mg	35mg	15g	0g	0g	14g
Dreyer's/Edy's Classic Home-style Vanilla	1/2 cup	190	100	11g	6g	0g	65mg	90mg	18g	5g	0g	18g
Dreyer's/Edy's Special Edition Ice Cream												
Dreyer's/Edy's Almond Praline	1/2 cup	150	60	7g	4g	0g	25mg	85mg	20g	2g	0g	16g
Dreyer's/Edy's Birthday Cake	1/2 cup	120	35	4g	2.5g	0g	20mg	45mg	18g	3g	0g	14g
Dreyer's/Edy's Carmel Praline Crunch Yog	1/2 cup	100	0	0g	0g	0g	0mg	40mg	22g	3g	0g	15g
Dreyer's/Edy's Chocolate Chip	1/2 cup	170	80	9g	6g	0g	25mg	45mg	18g	3g	0g	15g
Dreyer's/Edy's Cookie Dough	1/2 cup	180	80	9g	6g	0g	25mg	55mg	21g	3g	0g	15g
Dreyer's/Edy's Cookies 'N Cream	1/2 cup	160	70	8g	4.5g	0g	25mg	50mg	18g	3g	0g	14g
Dreyer's/Edy's Cotton Candy	1/2 cup	150	70	8g	4.5g	0g	25mg	35mg	18g	2g	0g	15
Dreyer's/Edy's Double Fudge Brownie	1/2 cup	170	80	9g	4.5g	0g	25mg	45mg	20g	3g	1g	14g
Dreyer's/Edy's Dulce De Leche	1/2 cup	150	60	7g	4.5g	0g	25mg	50mg	20g	2g	0g	18g
Dreyer's/Edy's Espresso Chip	1/2 cup	150	70	8g	5g	0g	25mg	50mg	17g	2g	0g	14g
Dreyer's/Edy's Fudge Tracks	1/2 cup	180	100	11g	6g	0g	25mg	60mg	18g	3g	0g	16g
Dreyer's/Edy's Mint Chocolate Chip	1/2 cup	170	80	9g	6g	0g	25mg	45mg	18g	3g	0g	15g
Dreyer's/Edy's Mocha Almond Fudge	1/2 cup	160	80	9g	4.5g	0g	25mg	45mg	18g	3g	1g	14g
Dreyer's/Edy's Nestlé Toll House Cookie Swirl	1/2 cup	170	80	9g	5g	0g	25mg	60mg	21g	2g	0g	17g
Dreyer's/Edy's Nestlé Drumstick Sundae	1/2 cup	180	90	10g	6g	0g	25mg	45mg	19g	3g	0g	15g
Dreyer's/Edy's Nestlé Butterfinger Blast	1/2 cup	190	100	11g	5g	0g	20mg	80mg	19g	3g	0g	15g
Dreyer's/Edy's Peanut Butter Cup	1/2 cup	180	90	10g	5g	0g	25mg	65mg	19g	3g	1g	15g
Dreyer's/Edy's Peppermint	1/2 cup	150	70	8g	5g	0g	25mg	35mg	17g	2g	2g	15g
Dreyer's/Edy's Pistachio Nut	1/2 cup	150	80	9g	4.5g	0g	25mg	45mg	16g	3g	0g	12g
Dreyer's/Edy's Pumpkin (Seasonal: 10/1-12/31)	1/2 cup	140	60	7g	4g	0g	25mg	50mg	17g	2g	0g	14g
Dreyer's/Edy's Rocky Road	1/2 cup	170	90	10g	5g	0g	25mg	35mg	18g	3g	1g	13g
Edy's Rum Raisin (Edy's only)	1/2 cup	140	60	7g	4g	0g	25mg	35mg	18g	2g	0g	15g
Dreyer's/Edy's Strawberry Cheesecake Chunk	1/2 cup	150	70	8g	4.5g	0g	30mg	55mg	18g	2g	0g	15g
Dreyer's/Edy's Sherbet												
Dreyer's/Edy's Sherbet Orange	1/2 cup	150	25	3g	2.5g	0g	5mg	40mg	30g	1g	0g	25g
Dreyer's/Edy's Sherbet Rainbow	1/2 cup	130	15	1.5g	0.5g	0g	5mg	35mg	29g	1g	0g	23g
Grand Sorbet												
Lemon Sorbet	1/2 cup	130	0	0g	0g	0g	0mg	15mg	33g	0g	0g	26g
Raspberry Sorbet	1/2 cup	140	0	0g	0g	0g	0mg	15mg	35mg	0g	>1g	30g
Tropical Sorbet	1/2 cup	140	0	0g	0g	0g	0mg	15mg	36g	0g	0g	33g
SWEET STREET DESSERTS™												
Apple Frangipane Bar	1 serving (3.6 oz)	350	160	18 g	8 g	0 g	50 mg	150 mg	45 g	4 g	2 g	27 g
Caramel Apple Granny Bar	1 serving (3.4 oz)	300	130	15 g	6 g	0 g	45 mg	170 mg	40 g	3 g	1 g	25 g
Chocolate on Chocolate Big Baby Bundt Cake	1 serving (4 oz)	360	150	16 g	8 g	0 g	35 mg	260 mg	50 g	6 g	4 g	31 g
Luscious Lemon Bar	1 serving (2.8 oz)	300	140	16 g	9 g	0 g	95 mg	120 mg	36 g	3 g	0 g	24 g
Molten Chocolate Cake	1 serving (5 oz)	520	270	31 g	17 g	0 g	45 mg	290 mg	58 g	7 g	5 g	38 g
Totally Oreo® Brownie	1 serving (3.8 oz)	450	250	28 g	13 g	0 g	70 mg	200 mg	46 g	5 g	2 g	33 g
Uptown Cheesecake	1 serving (4.9 oz)	480	280	31 g	16 g	0 g	130 mg	330 mg	44 g	7 g	1 g	30 g
Rockslide Brownie*	1 serving (4.5 oz)	550	320	35 g	15 g	.5 g	115 mg	310 mg	56 g	5 g	2 g	42 g

*NO ARTIFICIAL TRANS FAT. Any trans fat in this product is naturally occurring in the pure dairy products, such as milk, butter & cream cheese

• The nutrition information is derived from testing conducted at nutritional laboratories, published resources, or information provided by our suppliers. Variations in nutritional content, preparation, and product testing may affect the nutritional values of each item.



Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)	Dietary Fiber (g)	Sugars (g)
STARBUCKS COFFEE - 2% Milk Default when applicable (except Frappuccino® Blended Beverages = Whole Milk Default)												
HOT DRINKS												
Caffè Latte 16 oz	16 fl oz	220	100	11 g	7 g	0 g	35 mg	140 mg	18 g	12 g	0 g	16 g
Caffè Latte 20 oz	20 fl oz	290	140	15 g	9 g	0 g	45 mg	190 mg	23 g	16 g	0 g	21 g
Vanilla Latte 16 oz	16 fl oz	250	60	6 g	4 g	0 g	25 mg	135 mg	36 g	12 g	0 g	34 g
Vanilla Latte 20 oz	20 fl oz	320	80	8 g	5 g	0 g	35 mg	180 mg	46 g	15 g	0 g	43 g
Cappuccino 16 oz	16 fl oz	120	35	4 g	2.5 g	0 g	15 mg	85 mg	12 g	8 g	0 g	10 g
Cappuccino 20 oz	20 fl oz	150	50	6 g	3.5 g	0 g	25 mg	120 mg	15 g	10 g	0 g	13 g
Caramel Macchiato 16 oz	16 fl oz	270	90	10 g	6 g	0 g	30 mg	130 mg	34 g	10 g	0 g	31 g
Caramel Macchiato 20 oz	20 fl oz	300	70	8 g	5 g	0 g	35 mg	160 mg	43 g	13 g	0 g	39 g
Caffè Mocha 16 oz	16 fl oz	330	140	15 g	8 g	0 g	50 mg	130 mg	43 g	13 g	0 g	33 g
Caffè Mocha 20 oz	20 fl oz	410	160	17 g	10 g	0 g	55 mg	170 mg	54 g	17 g	0 g	42 g
Caramel Mocha 16 oz	16 fl oz	350	185	16 g	8 g	0 g	55 mg	130 mg	43 g	13 g	0 g	33 g
Caramel Mocha 20 oz	20 fl oz	430	205	20 g	10 g	0 g	65 mg	170 mg	59 g	17 g	0 g	47 g
White Chocolate Mocha 16 oz	16 fl oz	470	170	18 g	12 g	0 g	50 mg	240 mg	68 g	15 g	0 g	64 g
White Chocolate Mocha 20 oz	20 fl oz	580	190	22 g	15 g	0 g	60 mg	310 mg	79 g	19 g	0 g	75 g
Espresso (Solo)	1 fl oz	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
Brewed Coffee	12 fl oz	5	0	0 g	0 g	0 g	0 mg	10 mg	0 g	0 g	0 g	0 g
Brewed Coffee - Decaf	12 fl oz	5	0	0 g	0 g	0 g	0 mg	10 mg	0 g	1 g	0 g	0 g
Americano Brewed Coffee	12 fl oz	10	0	0 g	0 g	0 g	0 mg	5 mg	2 g	1 g	0 g	0 g
COLD DRINKS												
Iced Caffè Latte - 16 fl oz	16 fl oz	130	40	4.5 g	3 g	0 g	20 mg	100 mg	13 g	8 g	0 g	11 g
Iced Caffè Latte - 24 fl oz	24 fl oz	180	60	6 g	4 g	0 g	25 mg	140 mg	18 g	12 g	0 g	15 g
Iced Macchiato (Caramel) - 16 fl oz	16 fl oz	230	60	6 g	4 g	0 g	25 mg	125 mg	33 g	10 g	0 g	30 g
Iced Macchiato (Caramel) - 24 fl oz	24 fl oz	330	80	8 g	5 g	0 g	35 mg	170 mg	49 g	14 g	0 g	44 g
Iced Caffè Mocha - 16 fl oz	16 fl oz	320	150	17 g	9 g	0 g	55 mg	90 mg	38 g	9 g	2 g	28 g
Iced Caffè Mocha - 24 fl oz	24 fl oz	400	170	19 g	10 g	0 g	60 mg	115 mg	55 g	13 g	3 g	40 g
Iced White Chocolate Mocha - 16 fl oz	16 fl oz	450	180	20 g	13 g	0 g	55 mg	200 mg	58 g	11 g	0 g	54 g
Iced White Chocolate Mocha - 24 fl oz	24 fl oz	610	220	24 g	16 g	0 g	65 mg	290 mg	84 g	16 g	0 g	79 g
Frappuccino® Blended Beverage Coffee - 16 fl oz	16 fl oz	240	30	3 g	2 g	0 g	10 mg	220 mg	50 g	3 g	0 g	50 g
Frappuccino® Blended Beverage Mocha - 16 fl oz	16 fl oz	400	140	15 g	9 g	0 g	50 mg	230 mg	64 g	5 g	<1 g	60 g
Frappuccino® Blended Beverage Caramel - 16 fl oz	16 fl oz	410	140	15 g	9 g	0 g	55 mg	240 mg	66 g	4 g	0 g	64 g
Alternatives												
Tazo Hot Tea	12 fl oz	0	0	0 g	0 g	0 g	0 mg	0 g	0 g	0 g	0 g	0 g
Tazo Chai Latte - 16 fl oz	16 fl oz	240	35	4 g	2.5 g	0 g	15 mg	95 mg	44 g	7 g	0 g	41 g
Tazo Chai Latte - 20 fl oz	20 fl oz	300	45	5 g	3.5 g	0 g	20 mg	120 mg	55 g	9 g	0 g	52 g
Hot Chocolate	12 fl oz	290	120	13 g	7 g	0 g	45 mg	115 mg	39 g	11 g	1 g	32 g
Flavored Sugar-Free Syrup (1 Pump)	10 g	0	0	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
Flavored Syrup (1 Pump)	10 g	20	0	0 g	0 g	0 g	0 mg	0 mg	5 g	0 g	0 g	5 g

• We provide the nutrition values in good faith acknowledging that details may vary due to the individuality of baristas crafting drinks, customer beverage customization and the uniqueness of each food supplier we use in North America.

• Recommended limits for a 2000 calorie daily diet are 20 grams of saturated fat and 2300 milligrams of sodium.

• Not all items available at all locations