

ICED DRINKS

12^{oz.}

16^{oz.}

20^{oz.}

CAL

CAL

CAL

Coffee	4 ⁴⁹	130	4 ⁸⁹	130	5 ³⁹	130
Mocha	6 ⁰⁹	263	6 ⁶⁹	299	7 ²⁹	349
White Chocolate Mocha	6 ⁰⁹	259	6 ⁶⁹	294	7 ²⁹	344
Latte	5 ⁰⁹	100	6 ⁰⁹	112	6 ⁶⁹	144
Caramel Latte	6 ⁰⁹	252	6 ⁶⁹	288	7 ²⁹	338
Tea	3 ⁶⁹	95	4 ¹⁹	141	4 ⁸⁹	188
Chai Tea	5 ⁶⁹	153	6 ¹⁹	205	6 ⁶⁹	287
Matcha Green Tea	5 ⁶⁹	200	6 ¹⁹	300	6 ⁶⁹	360
Cold Brew	4 ⁸⁹	15	5 ³⁹	19	6 ⁰⁹	24

FROZEN DRINKS

12^{oz.}

16^{oz.}

20^{oz.}

CAL

CAL

CAL

Mocha Blast	6 ¹⁹	346	6 ⁷⁹	420	7 ²⁹	480
White Chocolate Mocha Blast	6 ¹⁹	342	6 ⁷⁹	415	7 ²⁹	475
Latte Blast	6 ¹⁹	240	6 ⁷⁹	290	7 ²⁹	330
Caramel Latte Blast	6 ¹⁹	382	6 ⁷⁹	462	7 ²⁹	543

2000 calories a day is used for general nutrition advice, but calorie needs vary.