



	Serving Size	Calories	Fat (g)	Fat %Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
Mocha with 2% milk - Medium	422ml	290	10	15	6	0.3	32	40	240	10	36	12	0	0	35	11	20	0	50	4
Mocha with 2% milk - Small	258ml	180	6	9	4	0.2	21	25	150	6	25	8	0	0	23	6	10	0	30	2
Mocha with skim milk - Large	524ml	270	5	8	3	0.2	16	15	290	12	46	15	0	0	42	13	25	0	60	4
Mocha with skim milk - Medium	422ml	230	5	8	3	0.2	16	15	240	10	38	13	0	0	34	11	20	0	50	4
Mocha with skim milk - Small	258ml	150	3.5	5	2	0.1	11	10	150	6	25	8	0	0	23	6	10	0	30	2
Peppermint Hot Chocolate with 2% Milk - Large	497ml	370	13	20	7	0.4	37	50	280	12	46	15	0	0	45	16	25	0	70	2
Peppermint Hot Chocolate with 2% Milk - Medium	395ml	300	11	17	6	0.3	32	40	240	10	38	13	0	0	36	13	20	0	50	2
Peppermint Hot Chocolate with 2% Milk - Small	243ml	210	8	12	4.5	0.2	24	30	170	7	27	9	0	0	25	8	15	0	40	2
Peppermint Hot Chocolate with Skim Milk - Large	497ml	270	4	6	2.5	0.2	14	10	290	12	48	16	0	0	45	16	25	0	70	2
Peppermint Hot Chocolate with Skim Milk - Medium	395ml	230	4	6	2.5	0.2	14	10	240	10	39	13	0	0	36	13	20	0	50	2
Peppermint Hot Chocolate with Skim Milk- Small	243ml	160	3.5	5	2	0.1	11	10	170	7	28	9	0	0	25	8	15	0	40	2
Peppermint Mocha with 2% Milk - Large	536ml	370	11	17	6	0.4	32	40	270	11	53	18	0	0	51	13	20	0	50	4
Peppermint Mocha with 2% Milk - Medium	430ml	300	9	14	6	0.3	32	35	230	10	43	14	0	0	41	10	20	0	45	4
Peppermint Mocha with 2% Milk - Small	258ml	180	6	9	4	0.2	21	25	150	6	24	8	0	0	22	6	10	0	30	2
Peppermint Mocha with Skim Milk - Large	536ml	300	4.5	7	3	0.2	16	10	280	12	55	18	0	0	51	13	20	0	50	4
Peppermint Mocha with Skim Milk - Medium	430ml	240	4	6	2.5	0.2	14	10	230	10	45	15	0	0	41	10	20	0	45	4
Peppermint Mocha with Skim Milk - Small	258ml	150	3.5	5	2	0.1	11	10	160	7	25	8	0	0	22	6	10	0	30	2
Pumpkin Spice Latte with 2% milk - Large	482ml	270	6	9	3.5	0.2	19	25	170	7	38	13	0	0	39	11	30	2	40	2
Pumpkin Spice Latte with 2% milk - Medium	380ml	210	5	8	3	0.2	16	20	135	6	30	10	0	0	31	9	25	2	30	2
Pumpkin Spice Latte with 2% milk - Small	268ml	150	3.5	5	2	0.1	11	15	95	4	22	7	0	0	23	6	15	2	20	0
Pumpkin Spice Latte with skim milk - Large	482ml	200	0	0	0	0	0	0	180	8	40	13	0	0	39	11	30	2	40	2
Pumpkin Spice Latte with skim milk - Medium	380ml	160	0	0	0	0	0	0	140	6	32	11	0	0	31	9	25	2	30	2
Pumpkin Spice Latte with skim milk - Small	268ml	110	0	0	0	0	0	0	95	4	23	8	0	0	22	6	15	2	20	0
Strawberry Banana Smoothie with Yogurt - Large	541g	310	1	2	0.5	0	3	5	55	2	73	24	3	12	70	4	2	40	10	4
Strawberry Banana Smoothie with Yogurt - Medium	427g	240	1	2	0.5	0	3	3	40	2	56	19	3	12	54	3	0	30	8	4
Strawberry Banana Smoothie with Yogurt - Small	347g	200	0.5	1	0.4	0	2	3	35	1	46	15	2	8	44	3	0	25	6	4
Strawberry Banana Smoothie with yogurt - Snack Size	223g	130	0.4	1	0.3	0	2	0	20	1	30	10	1	4	29	2	0	15	4	2
Strawberry Banana Smoothie without yogurt - Large	540g	310	0	0	0	0	0	0	25	1	74	25	4	16	73	2	2	45	4	6
Strawberry Banana Smoothie without yogurt - Medium	432g	250	0	0	0	0	0	0	20	1	60	20	3	12	59	2	0	35	2	4
Strawberry Banana Smoothie without yogurt - Small	345g	200	0	0	0	0	0	0	15	1	47	16	2	8	47	1	0	30	2	4
Strawberry Banana Smoothie without yogurt - Snack Size	223g	120	0	0	0	0	0	0	10	0	30	10	2	8	29	1	0	20	2	2
Strawberry Cream Cheese Danish	100g	330	15	23	10	0.4	52	45	380	16	43	14	1	4	18	5	15	15	2	10
Sugar Free Vanilla Cappuccino with 2% milk - Large	377ml	120	4.5	7	2.5	0.1	13	20	140	6	17	6	0	0	10	8	10	0	25	2
Sugar Free Vanilla Cappuccino with 2% milk - Medium	299ml	90	3.5	5	2	0.1	11	15	115	5	14	5	0	0	8	6	8	0	20	2
Sugar Free Vanilla Cappuccino with 2% milk - Small	182ml	45	1.5	2	1	0	5	5	70	3	8	3	0	0	4	3	4	0	10	2
Sugar Free Vanilla Cappuccino with skim milk - Large	377ml	70	0	0	0	0	0	0	150	6	18	6	0	0	10	8	10	0	25	2
Sugar Free Vanilla Cappuccino with skim milk - Medium	299ml	60	0	0	0	0	0	0	120	5	14	5	0	0	8	6	10	0	20	2
Sugar Free Vanilla Cappuccino with skim milk - Small	182ml	30	0	0	0	0	0	0	70	3	9	3	0	0	4	3	4	0	10	2