

	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Hot Beverages</b>									
Whisper Moon - 12oz	149	5	3	23	130	16	0	15	7
Whisper Moon - 16oz	170	6	4	28	135	17	0	15	7
Whisper Moon - 20oz	218	7	4	32	190	24	0	20	10
1/4 Summer Moon - 12oz	233	10	6	43	163	21	0	20	8
1/4 Summer Moon - 16oz	270	13	8	52	168	23	0	21	8
1/4 Summer Moon - 20oz	306	14	8	57	192	27	0	23	8
1/2 Summer Moon - 12oz	341	20	12	79	135	23	0	22	4
1/2 Summer Moon - 16oz	430	25	15	98	171	30	0	28	5
1/2 Summer Moon - 20oz	482	28	17	108	195	34	0	30	6
3/4 Summer Moon - 12oz	469	30	18	115	137	28	0	27	2
3/4 Summer Moon - 16oz	590	38	23	144	175	36	0	34	3
3/4 Summer Moon - 20oz	658	41	25	158	199	41	0	37	3
Summer Moon - 12oz	597	40	24	152	140	33	0	32	0
Summer Moon - 16oz	750	50	30	190	178	42	0	40	0
Summer Moon - 20oz	834	55	33	209	203	48	0	44	0
Global - 12oz	336	22	12	76	147	22	0	20	1
Global - 16oz	424	28	15	95	187	28	0	25	1
Global - 20oz	475	30	17	105	213	32	0	28	1
Mocha Moon - 12oz	391	20	12	79	177	35	0	32	4
Mocha Moon - 16oz	530	25	15	98	255	53	0	48	5
Mocha Moon - 20oz	632	28	17	108	321	69	0	61	6
Blue Moon - 12oz	237	10	6	42	133	24	0	23	6
Blue Moon - 16oz	318	13	8	52	171	35	0	33	8
Blue Moon - 20oz	378	14	8	57	196	45	0	41	8
Matcha Moon - 12oz	435	25	15	98	193	31	0	28	5

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Matcha Moon - 16oz	608	35	21	137	268	43	0	39	7
Matcha Moon - 20oz	697	40	24	157	311	49	0	44	8
Cinnamoon Latte - 12oz	391	21	13	76	152	29	1	18	2
Cinnamoon Latte - 16oz	493	26	16	95	193	37	1	22	3
Cinnamoon Latte - 20oz	552	28	17	105	220	42	1	24	3
Nitro Black Steamer - 12oz	4	0	0	0	13	0	0	0	0
Nitro Black Steamer - 16oz	5	0	0	0	15	0	0	0	0
Nitro Sweet Black Steamer - 12oz	42	0	0	0	44	9	0	9	0
Nitro Sweet Black Steamer - 16oz	55	0	0	0	58	12	0	12	0
Nitro White Steamer - 12oz	91	8	5	25	36	3	0	3	0
Nitro White Steamer - 16oz	109	9	6	30	43	3	0	3	0
Nitro Moon Steamer - 12oz	189	13	8	48	53	10	0	10	0
Nitro Moon Steamer - 16oz	226	15	9	57	64	12	0	12	0
Moontado	232	15	9	57	59	14	0	12	0
Drip Coffee - 12oz	4	0	0	0	6	0	0	0	1
Drip Coffee - 16oz	5	0	0	0	8	0	0	0	1
Drip Coffee - 20oz	6	0	0	0	10	0	0	0	1
Single Espresso	5	0	0	0	4	1	0	0	0
Double Espresso	10	0	0	0	8	2	0	0	0
Triple Espresso	15	0	0	0	12	3	0	0	0
Quad Espresso	20	0	0	0	16	4	0	0	0
Americano - 12oz	10	0	0	0	8	2	0	0	0
Americano - 16oz	15	0	0	0	12	3	0	0	0
Americano - 20oz	20	0	0	0	16	4	0	0	0
Cortado	66	3	2	11	53	7	0	5	3

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Cappuccino	123	6	4	23	98	11	0	9	6
Macchiato	48	2	1	8	38	5	0	3	2
Keto Bravo	970	96	64	320	8	2	0	0	0
Latte - 12oz	155	8	5	30	124	13	0	12	8
Latte - 16oz	198	10	6	38	158	17	0	15	10
Latte - 20oz	226	11	7	41	181	21	0	17	11
Nonfat Latte - 12oz	85	0	0	5	129	13	0	12	8
Nonfat Latte - 16oz	110	0	0	6	164	17	0	15	10
Nonfat Latte - 20oz	130	0	0	7	188	21	0	17	11
Vanilla or Hazelnut Latte - 12oz	203	8	5	30	127	25	0	24	8
Vanilla or Hazelnut Latte - 16oz	294	10	6	38	164	41	0	39	10
Vanilla or Hazelnut Latte - 20oz	371	11	7	41	190	56	0	52	11
Sugar-Free Vanilla or Hazelnut Latte - 12oz	155	8	5	30	127	13	0	12	8
Sugar-Free Vanilla or Hazelnut Latte - 16oz	198	10	6	38	164	17	0	15	10
Sugar-Free Vanilla or Hazelnut Latte - 20oz	226	11	7	41	190	21	0	17	11
Nonfat Sugar-Free Vanilla or Hazelnut Latte - 12oz	85	0	0	5	132	13	0	12	8
Nonfat Sugar-Free Vanilla or Hazelnut Latte - 16oz	110	0	0	6	171	17	0	15	10
Nonfat Sugar-Free Vanilla or Hazelnut Latte - 20oz	130	0	0	7	197	21	0	17	11
Mocha Latte - 12oz	205	8	5	30	166	25	0	22	8
Mocha Latte - 16oz	298	10	6	38	242	40	0	35	10

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Mocha Latte - 20oz	376	11	7	41	307	55	0	47	12
Vanilla Chai Latte - 12oz	261	12	8	38	213	29	0	26	11
Vanilla Chai Latte - 16oz	361	16	11	53	294	39	0	35	15
Vanilla Chai Latte - 20oz	423	19	13	60	345	47	0	42	17
Spiced Chai Latte - 12oz	258	11	8	38	210	29	0	27	11
Spiced Chai Latte - 16oz	357	16	11	53	290	39	0	37	15
Spiced Chai Latte - 20oz	418	18	12	60	340	47	0	44	17
Matcha Latte - 12oz	203	10	6	38	180	18	0	15	10
Matcha Latte - 16oz	283	14	9	53	250	25	0	21	14
Matcha Latte - 20oz	325	16	10	60	290	29	0	24	16
Hot Chocolate - 12oz	514	30	18	114	202	39	0	38	5
Hot Chocolate - 16oz	749	42	25	159	308	62	0	59	7
Hot Chocolate - 20oz	892	48	29	182	382	79	0	75	9
<b>Alternative Milk Based Hot Beverages</b>									
Almond Summer Moon - 12oz	175	4	0	0	239	34	0	32	1
Almond Summer Moon - 16oz	248	5	0	0	323	49	0	46	1
Almond Summer Moon - 20oz	316	6	0	0	392	64	0	59	1
Almond 3/4 Summer Moon - 12oz	150	4	0	0	218	28	0	26	1
Almond 3/4 Summer Moon - 16oz	210	5	0	0	291	40	0	37	1
Almond 3/4 Summer Moon - 20oz	266	6	0	0	350	52	0	47	1
Almond 1/2 Summer Moon - 12oz	125	4	0	0	197	22	0	20	1
Almond 1/2 Summer Moon - 16oz	173	5	0	0	259	31	0	28	1

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Almond 1/2 Summer Moon - 20oz	216	6	0	0	307	40	0	35	1
Almond 1/4 Summer Moon - 12oz	100	4	0	0	175	16	0	14	1
Almond 1/4 Summer Moon - 16oz	135	5	0	0	227	22	0	19	1
Almond 1/4 Summer Moon - 20oz	166	6	0	0	265	28	0	23	1
Almond Whisper Moon - 12oz	88	4	0	0	165	13	0	11	1
Almond Whisper Moon - 16oz	116	5	0	0	211	18	0	15	1
Almond Whisper Moon - 20oz	141	6	0	0	244	22	0	17	1
Almond Mocha Moon - 12oz	150	4	0	0	218	28	0	25	1
Almond Mocha Moon - 16oz	223	5	0	0	301	43	0	38	1
Almond Mocha Moon - 20oz	316	6	0	0	391	64	0	55	2
Almond Blue Moon - 12oz	124	4	0	0	177	22	0	20	1
Almond Blue Moon - 16oz	183	5	0	0	231	34	0	31	1
Almond Blue Moon - 20oz	238	6	0	0	269	46	0	41	1
Almond Matcha Moon - 12oz	153	5	0	0	260	26	0	22	1
Almond Matcha Moon - 16oz	218	7	0	0	366	38	0	32	2
Almond Matcha Moon - 20oz	265	8	0	0	435	47	0	40	2
Coconut Summer Moon - 12oz	195	5	5	0	214	35	0	33	1
Coconut Summer Moon - 16oz	273	6	6	0	292	51	0	47	1
Coconut Summer Moon - 20oz	344	7	7	0	358	66	0	60	1
Coconut 3/4 Summer Moon - 12oz	170	5	5	0	193	29	0	27	1

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Coconut 3/4 Summer Moon - 16oz	235	6	6	0	260	42	0	38	1
Coconut 3/4 Summer Moon - 20oz	294	7	7	0	315	54	0	48	1
Coconut 1/2 Summer Moon - 12oz	145	5	5	0	172	23	0	21	1
Coconut 1/2 Summer Moon - 16oz	198	6	6	0	228	33	0	29	1
Coconut 1/2 Summer Moon - 20oz	244	7	7	0	273	42	0	36	1
Coconut 1/4 Summer Moon - 12oz	120	5	5	0	150	17	0	15	1
Coconut 1/4 Summer Moon - 16oz	160	6	6	0	196	24	0	20	1
Coconut 1/4 Summer Moon - 20oz	194	7	7	0	230	30	0	24	1
Coconut Whisper Moon - 12oz	108	5	5	0	140	14	0	12	1
Coconut Whisper Moon - 16oz	141	6	6	0	180	19	0	16	1
Coconut Whisper Moon - 20oz	169	7	7	0	209	24	0	18	1
Coconut Mocha Moon - 12oz	195	5	5	0	214	35	0	31	1
Coconut Mocha Moon - 16oz	298	6	6	0	312	56	0	50	2
Coconut Mocha Moon - 20oz	394	7	7	0	399	77	0	67	2
Coconut Blue Moon - 12oz	144	5	5	0	152	23	0	21	1
Coconut Blue Moon - 16oz	208	6	6	0	199	35	0	32	1
Coconut Blue Moon - 20oz	266	7	7	0	235	48	0	42	1
Coconut Matcha Moon - 12oz	178	6	6	0	229	28	0	23	1
Coconut Matcha Moon - 16oz	253	9	9	0	323	40	0	34	2

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Coconut Matcha Moon - 20oz	305	10	10	0	385	49	0	42	2
Oat Summer Moon - 12oz	285	1	1	0	249	48	1	27	4
Oat Summer Moon - 16oz	385	1	1	0	336	67	1	40	5
Oat Summer Moon - 20oz	468	1	1	0	406	84	1	52	6
Oat 3/4 Summer Moon - 12oz	260	1	1	0	228	42	1	21	4
Oat 3/4 Summer Moon - 16oz	348	1	1	0	304	58	1	31	5
Oat 3/4 Summer Moon - 20oz	418	1	1	0	364	72	1	40	6
Oat 1/2 Summer Moon - 12oz	235	1	1	0	207	36	1	15	4
Oat 1/2 Summer Moon - 16oz	310	1	1	0	272	49	1	22	5
Oat 1/2 Summer Moon - 20oz	368	1	1	0	321	60	1	28	6
Oat 1/4 Summer Moon - 12oz	210	1	1	0	185	30	1	9	4
Oat 1/4 Summer Moon - 16oz	273	1	1	0	240	40	1	13	5
Oat 1/4 Summer Moon - 20oz	318	1	1	0	279	48	1	16	6
Oat Whisper Moon - 12oz	198	1	1	0	175	27	1	6	4
Oat Whisper Moon - 16oz	254	1	1	0	224	35	1	8	5
Oat Whisper Moon - 20oz	293	1	1	0	257	42	1	10	6
Oat Mocha Moon - 12oz	285	1	1	0	249	48	1	25	4
Oat Mocha Moon - 16oz	410	1	1	0	356	72	1	42	5
Oat Mocha Moon - 20oz	518	2	1	0	447	94	1	59	6
Oat Blue Moon - 12oz	234	1	1	0	187	36	1	15	4
Oat Blue Moon - 16oz	321	1	1	0	243	52	1	25	5
Oat Blue Moon - 20oz	390	1	1	0	283	65	1	34	6
Oat Matcha Moon - 12oz	290	1	1	0	273	44	1	16	5
Oat Matcha Moon - 16oz	410	2	2	0	384	62	2	23	7
Oat Matcha Moon - 20oz	485	2	2	0	455	75	2	30	8
Almond Milk Latte - 12oz	75	4	0	0	154	10	0	8	1

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Almond Milk Latte - 16oz	98	5	0	0	196	13	0	10	1
Almond Milk Latte - 20oz	116	6	0	0	222	16	0	11	1
Coconut Milk Latte - 12oz	95	5	5	0	129	11	0	9	1
Coconut Milk Latte - 16oz	123	6	6	0	164	15	0	11	1
Coconut Milk Latte - 20oz	144	7	7	0	188	18	0	12	1
Oat Milk Latte - 12oz	185	1	1	0	164	24	1	3	4
Oat Milk Latte - 16oz	235	1	1	0	208	31	1	4	5
Oat Milk Latte - 20oz	268	1	1	0	236	36	1	4	6
Almond Cortado	36	2	0	0	64	5	0	3	0
Coconut Cortado	44	2	2	0	55	6	0	3	0
Oat Cortado	78	0	0	0	68	11	0	1	2
Almond Macchiato	28	1	0	0	46	4	0	2	0
Coconut Macchiato	33	1	1	0	39	5	0	2	0
Oat Macchiato	55	0	0	0	48	8	0	1	1
Almond Cappuccino	63	3	0	0	121	9	0	6	1
Coconut Cappuccino	78	4	4	0	102	10	0	7	1
Oat Cappuccino	145	1	1	0	128	19	1	2	3
Almond Moontado	61	2	0	0	86	11	0	9	0
Coconut Moontado	46	2	2	0	59	6	0	4	1
Oat Moontado	80	0	0	0	72	11	0	2	2
Almond Vanilla Latte - 12oz	123	4	0	0	157	22	0	20	1
Almond Vanilla Latte - 16oz	194	5	0	0	202	37	0	34	1
Almond Vanilla Latte - 20oz	261	6	0	0	232	52	0	47	1
Coconut Vanilla Latte - 12oz	143	5	5	0	132	23	0	21	1
Coconut Vanilla Latte - 16oz	219	6	6	0	171	38	0	35	1
Coconut Vanilla Latte - 20oz	288	7	7	0	197	53	0	48	1

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Oat Vanilla Latte - 12oz	233	1	1	0	167	36	1	15	4
Oat Vanilla Latte - 16oz	331	1	1	0	214	55	1	28	5
Oat Vanilla Latte - 20oz	412	1	1	0	245	71	1	40	6
Almond Mocha Latte - 12oz	125	4	0	0	196	22	0	18	1
Almond Mocha Latte - 16oz	198	5	0	0	280	36	0	30	2
Almond Mocha Latte - 20oz	266	6	0	0	348	51	0	42	2
Coconut Mocha Latte - 12oz	145	5	5	0	171	23	0	19	1
Coconut Mocha Latte - 16oz	223	6	6	0	248	38	0	32	2
Coconut Mocha Latte - 20oz	294	7	7	0	314	53	0	43	2
Oat Mocha Latte - 12oz	235	1	1	0	206	36	1	13	4
Oat Mocha Latte - 16oz	335	1	1	0	292	54	1	24	5
Oat Mocha Latte - 20oz	418	2	1	0	362	70	1	35	6
Almond Vanilla Chai Latte - 12oz	161	7	2	0	251	25	0	21	2
Almond Vanilla Chai Latte - 16oz	221	9	2	0	347	34	0	28	3
Almond Vanilla Chai Latte - 20oz	263	11	3	0	405	41	0	34	3
Coconut Vanilla Chai Latte - 12oz	186	8	8	0	219	26	0	22	2
Coconut Vanilla Chai Latte - 16oz	256	11	11	0	303	36	0	30	3
Coconut Vanilla Chai Latte - 20oz	303	13	13	0	355	43	0	36	3
Oat Vanilla Chai Latte - 12oz	299	3	3	0	263	42	1	14	6
Oat Vanilla Chai Latte - 16oz	413	4	4	0	364	58	2	19	8
Oat Vanilla Chai Latte - 20oz	483	5	5	0	425	69	2	24	9

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Almond Spiced Chai Latte - 12oz	158	6	1	0	248	25	0	22	2
Almond Spiced Chai Latte - 16oz	217	9	2	0	343	34	0	30	3
Almond Spiced Chai Latte - 20oz	258	10	2	0	400	41	0	36	3
Coconut Spiced Chai Latte - 12oz	183	8	8	0	216	26	0	23	2
Coconut Spiced Chai Latte - 16oz	252	11	11	0	299	36	0	32	3
Coconut Spiced Chai Latte - 20oz	298	12	12	0	350	43	0	38	3
Oat Spiced Chai Latte - 12oz	296	3	3	0	260	42	2	16	6
Oat Spiced Chai Latte - 16oz	409	4	4	0	360	58	2	21	8
Oat Spiced Chai Latte - 20oz	478	4	4	0	420	69	2	26	9
Almond Matcha Latte - 12oz	103	5	0	0	218	14	0	10	1
Almond Matcha Latte - 16oz	143	7	0	0	303	20	0	14	2
Almond Matcha Latte - 20oz	165	8	0	0	350	23	0	16	2
Coconut Matcha Latte - 12oz	128	6	6	0	186	16	0	11	1
Coconut Matcha Latte - 16oz	178	9	9	0	259	22	0	16	2
Coconut Matcha Latte - 20oz	205	10	10	0	300	25	0	18	2
Oat Matcha Latte - 12oz	240	1	1	0	230	32	1	4	5
Oat Matcha Latte - 16oz	335	2	2	0	320	44	2	5	7
Oat Matcha Latte - 20oz	385	2	2	0	370	51	2	6	8
Almond Hot Chocolate - 12oz	188	5	0	0	272	35	0	32	1
Almond Hot Chocolate - 16oz	298	7	0	0	410	57	0	52	2
Almond Hot Chocolate - 20oz	390	8	0	0	511	77	0	71	3

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Coconut Hot Chocolate - 12oz	213	6	6	0	241	36	0	33	1
Coconut Hot Chocolate - 16oz	333	9	9	0	367	59	0	54	2
Coconut Hot Chocolate - 20oz	430	10	10	0	461	79	0	73	3
Oat Hot Chocolate - 12oz	325	1	1	0	285	52	1	26	5
Oat Hot Chocolate - 16oz	490	2	2	0	428	81	2	44	7
Oat Hot Chocolate - 20oz	610	2	2	0	531	105	2	61	9
<b>Cold Beverages</b>									
Winter Moon - 16oz	#N/A	50	30	190	178	42	0	40	0
Winter Moon - 20oz	834	55	33	209	203	48	0	44	0
3/4 Winter Moon - 16oz	590	38	23	144	175	36	0	34	3
3/4 Winter Moon - 20oz	658	41	25	158	199	41	0	37	3
1/2 Winter Moon - 16oz	430	25	15	98	171	30	0	28	5
1/2 Winter Moon - 20oz	482	28	17	108	195	34	0	30	6
1/4 Winter Moon - 16oz	270	13	8	52	168	23	0	21	8
1/4 Winter Moon - 20oz	306	14	8	57	192	27	0	23	8
Whisper Winter Moon - 16oz	170	6	4	28	135	17	0	15	7
Whisper Winter Moon - 20oz	218	7	4	32	190	24	0	20	10
Iced Global - 16oz	424	28	15	95	187	28	0	25	1
Iced Global - 20oz	475	30	17	105	213	32	0	28	1
Iced Mocha Moon - 16oz	530	25	15	98	255	53	0	48	5
Iced Mocha Moon - 20oz	632	28	17	108	321	69	0	61	6
Iced Blue Moon - 16oz	318	13	8	52	171	35	0	33	8
Iced Blue Moon - 20oz	378	14	8	57	196	45	0	41	8
Iced Matcha Moon - 16oz	440	25	15	98	203	32	0	28	5

\* 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Iced Matcha Moon - 20oz	529	30	18	118	246	38	0	33	6
Iced Cinnamon - 16oz	493	26	16	95	193	37	1	22	3
Iced Cinnamon - 20oz	552	28	17	105	220	42	1	24	3
Moon Milk - 1 tbsp	37	3	2	10	9	2	0	2	0
Almond Moon Milk - 1 tbsp	10	0	0	0	14	2	0	2	0
Coconut Moon Milk - 1 tbsp	11	0	0	0	12	2	0	2	0
Soy Moon Milk - 1 tbsp	11	1	0	0	18	2	0	2	0
Oat Moon Milk - 1 tbsp	16	0	0	0	14	3	0	2	0
Double Moon Shaker	158	10	6	38	42	10	0	8	0
Triple Moon Shaker	237	15	9	57	63	15	0	12	0
Quad Moon Shaker	316	20	12	76	84	20	0	16	0
Iced Single Espresso	5	0	0	0	4	1	0	0	0
Iced Double Espresso	10	0	0	0	8	2	0	0	0
Iced Triple Espresso	15	0	0	0	12	3	0	0	0
Iced Quad Espresso	20	0	0	0	16	4	0	0	0
Iced Americano - 16oz	15	0	0	0	12	3	0	0	0
Iced Americano - 20oz	20	0	0	0	16	4	0	0	0
Cold Brew - 16oz	7	0	0	0	13	0	0	0	0
Cold Brew - 20oz	8	0	0	0	17	0	0	0	0
Nitro Black - 8oz	3	0	0	0	10	0	0	0	0
Nitro Black - 12oz	5	0	0	0	15	0	0	0	0
Nitro Black - 16oz	7	0	0	0	20	0	0	0	0
Nitro Sweet Black - 8oz	28	0	0	0	27	6	0	6	0
Nitro Sweet Black - 12oz	54	0	0	0	50	12	0	12	0
Nitro Sweet Black - 16oz	80	0	0	0	72	18	0	18	0
Nitro White - 8oz	38	3	2	10	19	1	0	1	0

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Nitro White - 12oz	57	2	3	15	28	2	0	2	0
Nitro White - 16oz	76	6	4	20	38	2	0	2	0
Nitro Moon - 8oz	224	15	9	57	57	12	0	12	0
Nitro Moon - 12oz	299	20	12	76	78	16	0	16	0
Nitro Moon - 16oz	374	25	15	95	96	20	0	20	0
Iced Latte - 16oz	198	10	6	38	158	17	0	15	10
Iced Latte - 20oz	226	11	7	41	181	21	0	17	11
Iced Nonfat Latte - 16oz	110	0	0	6	164	17	0	15	10
Iced Nonfat Latte - 20oz	130	0	0	7	188	21	0	17	11
Iced Vanilla Latte - 16oz	294	10	6	38	164	41	0	39	10
Iced Vanilla Latte - 20oz	371	11	7	41	190	56	0	52	11
Iced Sugar-Free Vanilla or Hazelnut Latte - 16oz	198	10	6	38	164	17	0	15	10
Iced Sugar-Free Vanilla or Hazelnut Latte - 20oz	226	11	7	41	190	21	0	17	11
Iced Nonfat Sugar-Free Vanilla or Hazelnut Latte - 16oz	110	0	0	6	171	17	0	15	10
Iced Nonfat Sugar-Free Vanilla or Hazelnut Latte - 20oz	130	0	0	7	197	21	0	17	11
Iced Mocha Latte - 16oz	298	10	6	38	242	40	0	35	10
Iced Mocha Latte - 20oz	376	11	7	41	307	55	0	47	12
Iced Vanilla Chai Latte - 16oz	286	12	8	38	234	33	0	29	11
Iced Vanilla Chai Latte - 20oz	348	15	10	45	285	41	0	36	13
Iced Spiced Chai Latte - 16oz	282	12	8	38	230	33	0	31	11
Iced Spiced Chai Latte - 20oz	343	14	10	45	280	41	0	38	13
Iced Matcha Latte - 16oz	208	10	6	38	190	19	0	15	10

\* 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Iced Matcha Latte - 20oz	250	12	8	45	230	23	0	18	12
Chocolate Milk - 12oz	238	10	30	190	192	27	0	25	0
Chocolate Milk - 16oz	325	12	36	228	264	41	0	38	0
Chocolate Milk - 20oz	413	14	42	266	336	56	0	52	1
Frozen Hot Chocolate - 16oz	645	29	18	95	340	75	0	61	7
Frozen Hot Chocolate - 20oz	766	45	28	156	264	62	0	50	3
Vanilla Moon Glacier - 16oz	766	45	28	156	264	62	0	50	3
Vanilla Moon Glacier - 20oz	914	55	34	194	298	70	0	58	3
Java Chip Moon Glacier - 16oz	781	44	28	152	294	69	1	63	2
Java Chip Moon Glacier - 20oz	929	54	34	190	328	77	1	71	2
Espresso Milkshake - 16oz	797	40	25	137	335	82	0	67	3
Espresso Milkshake - 20oz	926	45	28	156	398	99	0	81	4
Frozen Lemonade - 16oz	224	0	0	0	0	56	2	46	0
Frozen Lemonade - 20oz	280	0	0	0	0	70	2	58	0
Moon Drop - 16oz	520	20	12	76	68	72	2	62	0
Moon Drop - 20oz	650	25	15	95	74	90	2	78	0
Frozen Vanilla Chai - 16oz	346	12	9	30	286	47	0	40	10
Frozen Vanilla Chai - 20oz	384	14	10	38	316	50	0	43	12
Frozen Spiced Chai - 16oz	338	12	9	30	280	48	1	44	10
Frozen Spiced Chai - 20oz	376	14	10	38	310	51	1	47	12
<b>Alternative Milk Based Cold Beverages</b>									
Almond Winter Moon - 16oz	245	5	0	0	299	49	0	46	1
Almond Winter Moon - 20oz	312	6	0	0	360	64	0	59	1

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Almond 3/4 Winter Moon - 16oz	208	5	0	0	273	40	0	37	1
Almond 3/4 Winter Moon - 20oz	263	6	0	0	326	52	0	47	1
Almond 1/2 Winter Moon - 16oz	171	5	0	0	247	31	0	28	1
Almond 1/2 Winter Moon - 20oz	214	6	0	0	291	40	0	35	1
Almond 1/4 Winter Moon - 16oz	134	5	0	0	221	22	0	19	1
Almond 1/4 Winter Moon - 20oz	165	6	0	0	257	28	0	23	1
Almond Whisper Winter Moon - 16oz	116	5	0	0	208	18	0	15	1
Almond Whisper Winter Moon - 20oz	141	6	0	0	240	22	0	17	1
Iced Almond Mocha Moon - 16oz	271	5	0	0	331	54	0	48	2
Iced Almond Mocha Moon - 20oz	364	6	0	0	417	75	0	66	2
Iced Almond Blue Moon - 16oz	182	5	0	0	225	34	0	31	1
Iced Almond Blue Moon - 20oz	237	6	0	0	261	46	0	41	1
Iced Almond Matcha Moon - 16oz	181	5	0	0	279	33	0	28	1
Iced Almond Matcha Moon - 20oz	228	6	0	0	344	43	0	36	2
Coconut Winter Moon - 16oz	270	6	6	0	268	51	0	47	1
Coconut Winter Moon - 20oz	340	7	7	0	326	66	0	60	1

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Coconut 3/4 Winter Moon - 16oz	233	6	6	0	242	42	0	38	1
Coconut 3/4 Winter Moon - 20oz	291	7	7	0	291	54	0	48	1
Coconut 1/2 Winter Moon - 16oz	196	6	6	0	216	33	0	29	1
Coconut 1/2 Winter Moon - 20oz	242	7	7	0	257	42	0	36	1
Coconut 1/4 Winter Moon - 16oz	159	6	6	0	190	24	0	20	1
Coconut 1/4 Winter Moon - 20oz	193	7	7	0	222	30	0	24	1
Coconut Whisper Winter Moon - 16oz	141	6	6	0	177	19	0	16	1
Coconut Whisper Winter Moon - 20oz	168	7	7	0	205	24	0	18	1
Iced Coconut Mocha Moon - 16oz	296	6	6	0	300	56	0	50	2
Iced Coconut Mocha Moon - 20oz	392	7	7	0	383	77	0	67	2
Iced Coconut Blue Moon - 16oz	207	6	6	0	193	35	0	32	1
Iced Coconut Blue Moon - 20oz	265	7	7	0	227	48	0	42	1
Iced Coconut Matcha Moon - 16oz	206	6	6	0	248	35	0	29	1
Iced Coconut Matcha Moon - 20oz	258	8	8	0	307	44	0	38	2
Oat Winter Moon - 16oz	382	1	1	0	312	67	1	40	5
Oat Winter Moon - 20oz	464	1	1	0	374	84	1	52	6
Oat 3/4 Winter Moon - 16oz	345	1	1	0	286	58	1	31	5

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Oat 3/4 Winter Moon - 20oz	415	1	1	0	340	72	1	40	6
Oat 1/2 Winter Moon - 16oz	309	1	1	0	260	49	1	22	5
Oat 1/2 Winter Moon - 20oz	366	1	1	0	305	60	1	28	6
Oat 1/4 Winter Moon - 16oz	272	1	1	0	234	40	1	13	5
Oat 1/4 Winter Moon - 20oz	317	1	1	0	271	48	1	16	6
Oat Whisper Winter Moon - 16oz	253	1	1	0	221	35	1	8	5
Oat Whisper Winter Moon - 20oz	292	1	1	0	253	42	1	10	6
Iced Oat Mocha Moon - 16oz	409	1	1	0	344	72	1	42	5
Iced Oat Mocha Moon - 20oz	516	2	1	0	431	94	1	59	6
Iced Oat Blue Moon - 16oz	320	1	1	0	237	52	1	25	5
Iced Oat Blue Moon - 20oz	389	1	1	0	275	65	1	34	6
Iced Oat Matcha Moon - 16oz	319	1	1	0	292	51	1	22	5
Iced Oat Matcha Moon - 20oz	393	2	2	0	359	64	2	29	6
Iced Almond Milk Latte - 16oz	98	5	0	0	196	13	0	10	1
Iced Almond Milk Latte - 20oz	116	6	0	0	222	16	0	11	1
Iced Coconut Milk Latte - 16oz	123	6	6	0	164	15	0	11	1
Iced Coconut Milk Latte - 20oz	144	7	7	0	188	18	0	12	1
Iced Oat Milk Latte - 16oz	235	1	1	0	208	31	1	4	5
Iced Oat Milk Latte - 20oz	268	1	1	0	236	36	1	4	6
Iced Almond Vanilla Latte - 16oz	194	5	0	0	202	37	0	34	1
Iced Almond Vanilla Latte - 20oz	261	6	0	0	232	52	0	47	1

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Iced Coconut Vanilla Latte - 16oz	219	6	6	0	171	38	0	35	1
Iced Coconut Vanilla Latte - 20oz	288	7	7	0	197	53	0	48	1
Iced Oat Vanilla Latte - 16oz	331	1	1	0	214	55	1	28	5
Iced Oat Vanilla Latte - 20oz	412	1	1	0	245	71	1	40	6
Iced Almond Sugar-Free Vanilla or Hazelnut Latte - 16oz	98	5	0	0	202	13	0	10	1
Iced Almond Sugar-Free Vanilla or Hazelnut Latte - 20oz	108	5	0	0	213	15	0	10	1
Iced Coconut Sugar-Free Vanilla or Hazelnut Latte - 16oz	123	6	6	0	171	15	0	11	1
Iced Coconut Sugar-Free Vanilla or Hazelnut Latte - 20oz	133	6	6	0	182	17	0	11	1
Iced Oat Sugar-Free Vanilla or Hazelnut Latte - 16oz	235	1	1	0	214	31	1	4	5
Iced Oat Sugar-Free Vanilla or Hazelnut Latte - 20oz	245	1	1	0	225	33	1	4	5
Iced Almond Mocha Latte - 16oz	198	5	0	0	280	36	0	30	2
Iced Almond Mocha Latte - 20oz	266	6	0	0	348	51	0	42	2
Iced Coconut Mocha Latte - 16oz	223	6	6	0	248	38	0	32	2
Iced Coconut Mocha Latte - 20oz	294	7	7	0	314	53	0	43	2
Iced Oat Mocha Latte - 16oz	335	1	1	0	292	54	1	24	5

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Iced Oat Mocha Latte - 20oz	418	2	1	0	362	70	1	35	6
Iced Almond Vanilla Chai Latte - 16oz	186	7	2	0	272	29	0	24	2
Iced Almond Vanilla Chai Latte - 20oz	228	9	3	0	330	36	0	30	3
Iced Coconut Vanilla Chai Latte - 16oz	211	8	8	0	240	31	0	25	2
Iced Coconut Vanilla Chai Latte - 20oz	258	10	10	0	293	38	0	31	3
Iced Oat Vanilla Chai Latte - 16oz	323	3	3	0	284	47	1	18	6
Iced Oat Vanilla Chai Latte - 20oz	393	4	4	0	345	57	2	22	7
Iced Almond Spiced Chai Latte - 16oz	182	7	2	0	268	29	0	26	2
Iced Almond Spiced Chai Latte - 20oz	223	8	2	0	325	36	0	32	3
Iced Coconut Spiced Chai Latte - 16oz	207	8	8	0	236	31	0	27	2
Iced Coconut Spiced Chai Latte - 20oz	253	10	10	0	288	38	0	34	3
Iced Oat Spiced Chai Latte - 16oz	319	3	3	0	280	47	2	20	6
Iced Oat Spiced Chai Latte - 20oz	388	4	4	0	340	57	2	25	7
Iced Almond Matcha Latte - 16oz	108	5	0	0	228	15	0	10	1
Iced Almond Matcha Latte - 20oz	130	6	0	0	275	19	0	12	2
Iced Coconut Matcha Latte - 16oz	133	6	6	0	196	17	0	11	1

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Iced Coconut Matcha Latte - 20oz	160	8	8	0	238	20	0	14	2
Iced Oat Matcha Latte - 16oz	245	1	1	0	240	33	1	4	5
Iced Oat Matcha Latte - 20oz	295	2	2	0	290	40	2	5	6
Almond Double Moon Shaker	53	1	0	0	67	10	0	8	0
Almond Triple Moon Shaker	91	2	0	0	111	18	0	15	0
Almond Quad Moon Shaker	130	2	0	0	155	27	0	22	1
Coconut Double Moon Shaker	58	1	1	0	61	11	0	8	0
Coconut Triple Moon Shaker	99	2	2	0	101	19	0	15	0
Coconut Quad Moon Shaker	140	3	3	0	142	27	0	23	1
Oat Double Moon Shaker	80	0	0	0	69	14	0	7	1
Oat Triple Moon Shaker	133	0	0	0	115	24	0	13	2
Oat Quad Moon Shaker	185	1	1	0	160	34	1	20	2
Almond Vanilla Moon Glacier - 16oz	391	9	4	4	382	75	0	62	4
Almond Vanilla Moon Glacier - 20oz	457	10	4	4	454	90	0	76	4
Coconut Vanilla Moon Glacier - 16oz	388	8	8	4	326	74	0	61	4
Coconut Vanilla Moon Glacier - 20oz	460	10	9	4	391	88	0	75	4
Oat Vanilla Moon Glacier - 16oz	456	5	5	4	352	84	1	56	6
Oat Vanilla Moon Glacier - 20oz	550	6	5	4	426	101	1	69	7
Almond Java Chip Moon Glacier - 16oz	406	8	4	0	412	82	1	75	3

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Almond Java Chip Moon Glacier - 20oz	472	9	4	0	484	96	1	89	4
Coconut Java Chip Moon Glacier - 16oz	426	9	9	0	387	83	1	76	3
Coconut Java Chip Moon Glacier - 20oz	497	10	10	0	453	97	1	90	4
Oat Java Chip Moon Glacier - 16oz	516	5	5	0	422	96	2	70	6
Oat Java Chip Moon Glacier - 20oz	610	5	5	0	496	114	2	83	7
Almond Espresso Milkshake - 16oz	487	8	4	4	451	98	0	82	4
Almond Espresso Milkshake - 20oz	608	9	4	4	569	125	0	106	5
Coconut Espresso Milkshake - 16oz	504	9	8	4	429	99	0	82	4
Coconut Espresso Milkshake - 20oz	631	10	9	4	541	126	0	107	5
Oat Espresso Milkshake - 16oz	583	6	5	4	460	111	1	77	7
Oat Espresso Milkshake - 20z	732	6	5	4	580	141	1	100	8
Almond Frozen Hot Chocolate - 16oz	442	9	4	4	431	86	0	71	4
Almond Frozen Hot Chocolate - 20oz	534	10	4	4	528	106	0	89	5
Coconut Frozen Hot Chocolate - 16oz	462	10	9	4	406	87	0	72	4
Coconut Frozen Hot Chocolate - 20oz	559	11	10	4	497	108	0	90	5
Oat Frozen Hot Chocolate - 16oz	552	6	5	4	441	100	1	66	7

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Oat Frozen Hot Chocolate - 20oz	671	6	5	4	541	124	1	82	9
Almond Frozen Vanilla Chai - 16oz	266	8	4	0	318	45	0	36	3
Almond Frozen Vanilla Chai - 20oz	284	9	4	0	356	47	0	38	4
Coconut Frozen Vanilla Chai - 16oz	286	9	9	0	293	46	0	37	3
Coconut Frozen Vanilla Chai - 20oz	309	10	10	0	324	49	0	39	4
Oat Frozen Vanilla Chai - 16oz	376	5	5	0	328	59	1	31	6
Oat Frozen Vanilla Chai - 20oz	421	5	5	0	368	65	1	32	7
Almond Frozen Spiced Chai - 16oz	258	8	4	0	310	45	0	40	3
Almond Frozen Spiced Chai - 20oz	276	9	4	0	348	47	0	42	4
Coconut Frozen Spiced Chai - 16oz	278	9	9	0	285	46	0	41	3
Coconut Frozen Spiced Chai - 20oz	301	10	10	0	316	49	0	43	4
Oat Frozen Spiced Chai - 16oz	368	5	5	0	320	59	1	35	6
Oat Frozen Spiced Chai - 20oz	413	5	5	0	360	65	1	36	7
<b>LTOs/Alt. Milk LTOs</b>									
Peppermint Mocha Moon Latte - 12 oz	349	13	8	52	208	42	0	40	8
Peppermint Mocha Moon Latte - 16 oz	467	15	9	63	287	62	0	57	9

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Peppermint Mocha Moon Latte - 20 oz	585	18	11	73	365	82	0	74	11
Almond Peppermint Mocha Moon Latte - 12 oz	201	5	0	0	257	38	0	35	1
Almond Peppermint Mocha Moon Latte - 16 oz	298	6	0	0	352	59	0	53	2
Almond Peppermint Mocha Moon Latte - 20 oz	394	7	0	0	447	80	0	71	2
Coconut Peppermint Mocha Moon Latte - 12 oz	226	6	6	0	226	40	0	36	1
Coconut Peppermint Mocha Moon Latte - 16 oz	328	8	8	0	315	60	0	54	2
Coconut Peppermint Mocha Moon Latte - 20 oz	429	9	9	0	403	81	0	72	2
Oat Peppermint Mocha Moon Latte - 12 oz	339	1	1	0	270	56	1	28	5
Oat Peppermint Mocha Moon Latte - 16 oz	463	2	2	0	367	80	2	45	6
Oat Peppermint Mocha Moon Latte - 20 oz	586	2	2	0	464	104	2	62	8
Iced Peppermint Mocha Moon Latte - 16 oz	405	15	9	63	234	47	0	44	9
Iced Peppermint Mocha Moon Latte - 20 oz	485	18	11	73	281	58	0	54	11
Iced Almond Peppermint Mocha Moon Latte - 16 oz	234	6	0	0	294	44	0	40	2
Iced Almond Peppermint Mocha Moon Latte - 20 oz	293	7	0	0	355	56	0	50	2
Iced Coconut Peppermint Mocha Moon Latte - 16 oz	264	8	8	0	256	46	0	41	2

\* 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Iced Coconut Peppermint Mocha Moon Latte - 20 oz	328	9	9	0	311	58	0	52	2
Iced Oat Peppermint Mocha Moon Latte - 16 oz	399	2	2	0	309	65	2	32	6
Iced Oat Peppermint Mocha Moon Latte - 20 oz	485	2	2	0	372	81	2	42	7
Maple Praline Latte - 12oz	251	10	6	38	154	31	0	30	10
Maple Praline Latte - 16oz	353	12	8	45	188	49	0	47	12
Maple Praline Latte - 20oz	457	14	9	53	226	68	0	64	14
Almond Maple Praline Latte - 16oz	151	5	0	0	192	27	0	25	1
Almond Maple Praline Latte - 16oz	233	6	0	0	233	45	0	41	2
Almond Maple Praline Latte - 20oz	317	7	0	0	279	63	0	57	2
Coconut Maple Praline Latte - 12oz	176	6	6	0	160	28	0	26	1
Coconut Maple Praline Latte - 16oz	263	8	8	0	196	46	0	43	2
Coconut Maple Praline Latte - 20oz	352	9	9	0	235	65	0	59	2
Oat Maple Praline Latte - 12oz	289	1	1	0	204	44	1	18	5
Oat Maple Praline Latte - 16oz	398	2	2	0	248	66	2	34	6
Oat Maple Praline Latte - 20oz	509	2	2	0	296	88	2	49	7
Iced Maple Praline Latte - 16oz	315	10	6	38	158	46	0	44	10
Iced Maple Praline Latte - 20oz	382	10	6	38	166	62	0	58	10

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Iced Almond Maple Praline Latte - 16oz	215	5	0	0	196	43	0	39	1
Iced Almond Maple Praline Latte - 20oz	282	5	0	0	204	59	0	53	1
Iced Coconut Maple Praline Latte - 16oz	240	6	6	0	164	44	0	41	1
Iced Coconut Maple Praline Latte - 20oz	307	6	6	0	172	60	0	55	1
Iced Oat Maple Praline Latte - 16oz	353	1	1	0	208	60	1	33	5
Iced Oat Maple Praline Latte - 20oz	419	1	1	0	216	76	1	47	5
Roasted Chestnut Latte - 12oz	310	13	8	52	160	33	0	33	8
Roasted Chestnut Latte - 16oz	412	15	9	63	192	50	0	50	9
Roasted Chestnut Latte - 20oz	514	18	11	73	224	66	0	66	11
Almond Roasted Chestnut Latte - 12oz	163	5	0	0	209	29	0	28	1
Almond Roasted Chestnut Latte - 16oz	243	6	0	0	257	47	0	45	2
Almond Roasted Chestnut Latte - 20oz	323	7	0	0	305	64	0	62	2
Coconut Roasted Chestnut Latte - 12oz	188	6	6	0	178	31	0	29	1
Coconut Roasted Chestnut Latte - 16oz	273	8	8	0	219	48	0	47	2
Coconut Roasted Chestnut Latte - 20oz	358	9	9	0	261	66	0	64	2

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Oat Roasted Chestnut Latte - 12oz	300	1	1	0	221	47	1	22	5
Oat Roasted Chestnut Latte - 16oz	408	2	2	0	272	68	2	38	6
Oat Roasted Chestnut Latte - 20oz	515	2	2	0	323	88	2	53	7
Iced Roasted Chestnut Latte - 16oz	360	13	8	52	160	45	0	45	8
Iced Roasted Chestnut Latte - 20oz	410	13	8	52	160	57	0	57	8
Iced Almond Roasted Chestnut Latte - 16oz	225	5	0	0	219	44	0	43	1
Iced Almond Roasted Chestnut Latte - 20oz	288	5	0	0	230	59	0	58	1
Iced Coconut Roasted Chestnut Latte - 16oz	250	6	6	0	188	46	0	44	1
Iced Coconut Roasted Chestnut Latte - 20oz	313	6	6	0	199	61	0	59	1
Iced Oat Roasted Chestnut Latte - 16oz	363	1	1	0	232	62	1	37	5
Iced Oat Roasted Chestnut Latte - 20oz	425	1	1	0	243	77	1	52	5
Christmas Cookie Latte - 12oz	273	13	8	52	160	24	0	24	8
Christmas Cookie Latte - 16oz	337	15	9	63	192	32	0	32	9
Christmas Cookie Latte - 20oz	402	18	11	73	224	39	0	39	11
Almond Christmas Cookie Latte - 12oz	125	5	0	0	209	20	0	19	1

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Almond Christmas Cookie Latte - 16oz	168	6	0	0	257	29	0	27	2
Almond Christmas Cookie Latte - 20oz	210	7	0	0	305	37	0	35	2
Coconut Christmas Cookie Latte - 12oz	150	6	6	0	178	22	0	20	1
Coconut Christmas Cookie Latte - 16oz	198	8	8	0	219	30	0	29	2
Coconut Christmas Cookie Latte - 20oz	245	9	9	0	261	39	0	37	2
Oat Christmas Cookie Latte - 12oz	263	1	1	0	221	38	1	13	5
Oat Christmas Cookie Latte - 16oz	333	2	2	0	272	50	2	20	6
Oat Christmas Cookie Latte - 20oz	403	2	2	0	323	61	2	26	7
Iced Christmas Cookie Latte - 16oz	285	13	8	52	160	27	0	27	8
Iced Christmas Cookie Latte - 20oz	298	13	8	52	160	30	0	30	8
Iced Almond Christmas Cookie Latte - 16oz	150	5	0	0	219	26	0	25	1
Iced Almond Christmas Cookie Latte - 20oz	175	5	0	0	230	32	0	31	1
Iced Coconut Christmas Cookie Latte - 16oz	175	6	6	0	188	28	0	26	1
Iced Coconut Christmas Cookie Latte - 20oz	200	6	6	0	199	34	0	32	1
Iced Oat Christmas Cookie Latte - 16oz	288	1	1	0	232	44	1	19	5

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Iced Oat Christmas Cookie Latte - 20oz	313	1	1	0	243	50	1	25	5
Strawberry Refresher - 16oz	255	0	0	0	12	64	0	64	0
Strawberry Refresher - 20oz	315	0	0	0	15	79	0	79	0
Mint Leaf Cold Brew - 16oz	272	15	9	57	61	24	0	24	0
Mint Leaf Cold Brew - 20oz	296	15	9	57	64	29	0	29	0
Raspberry Refresher - 16oz	255	0	0	0	12	64	0	63	0
Raspberry Refresher - 20oz	315	0	0	0	15	79	0	78	0
Cranberry Refresher - 16oz	167	0	0	0	0	41	0	41	0
Cranberry Refresher - 20oz	205	0	0	0	0	51	0	50	0
Blueberry Crisp Latte - 12 oz	417	21	13	76	152	35	1	24	2
Blueberry Crisp Latte - 16 oz	545	26	16	95	193	49	1	34	3
Blueberry Crisp Latte - 20 oz	625	28	17	105	216	60	1	42	3
Iced Blueberry Crisp Latte - 16 oz	545	26	16	95	193	49	1	34	3
Iced Blueberry Crisp Latte - 20 oz	577	26	16	95	197	57	1	40	3
Strawberry Mocha Moon 12oz	515	13	8	52	248	83	0	79	8
Strawberry Mocha Moon 16oz	672	15	9	63	326	112	0	106	10
Strawberry Mocha Moon 20oz	834	18	11	73	408	143	0	133	11
Almond Strawberry Mocha Moon 12oz	443	5	0	0	361	97	0	92	2
Almond Strawberry Mocha Moon 16oz	615	6	0	0	487	136	0	129	2
Almond Strawberry Mocha Moon 20oz	793	7	0	0	617	177	0	165	3

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Coconut Strawberry Mocha Moon 12oz	468	6	6	0	329	98	0	93	2
Coconut Strawberry Mocha Moon 16oz	645	8	8	0	449	138	0	130	2
Coconut Strawberry Mocha Moon 20oz	828	9	9	0	573	178	0	167	3
Oat Strawberry Mocha Moon 12oz	580	1	1	0	373	114	1	86	5
Oat Strawberry Mocha Moon 16oz	780	2	2	0	502	157	2	121	7
Oat Strawberry Mocha Moon 20oz	985	2	2	0	634	201	2	157	8
Iced Strawberry Mocha Moon 16oz	620	13	8	52	293	108	0	101	8
Iced Strawberry Mocha Moon 20oz	730	13	8	52	343	134	0	124	8
Iced Almond Strawberry Mocha Moon 16oz	597	5	0	0	449	134	0	126	2
Iced Almond Strawberry Mocha Moon 20oz	757	5	0	0	541	172	161	0	2
Iced Coconut Strawberry Mocha Moon 16oz	622	6	6	0	417	135	0	127	2
Iced Coconut Strawberry Mocha Moon 20oz	782	6	6	0	510	173	0	162	2
Iced Oat Strawberry Mocha Mocha Moon 16oz	735	2	1	0	461	151	1	120	6
Iced Oat Strawberry Mocha Moon 20oz	895	2	1	0	554	189	1	155	6

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