

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients and based on order customization. Nutritional information includes standard sides unless otherwise indicated. This nutritional information is solely based on the estimated database analysis using available standard USDA ingredients or specific brand name ingredients that are contained within our outside laboratories' computer database programs. Some nutritional values may vary depending on the exact ingredients and specific brand name ingredients that are used to produce this food product. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. You should expect some variation in the nutrient content of the products purchased in our locations. Current as of APRIL 2024. Better Buzz will update and revise the information periodically to reflect changes in ingredients and the addition or removal of products from our menu.

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
<b>TOASTS</b>												
ALMOND BUTTER AND JAM TOAST	660	300	33	3	0	5	570	69	30	15	n/a	21
BAGEL	190-210	10-20	1-2	0	0	0	280-450	36-42	1	5-7	0-1	7-8
BAGEL W/CREAM CHEESE	320-360	140	15-16	8	0	40	510-680	38-44	1	5-7	0-1	9-11
CUCUMBER RADISH AVOCADO TOAST	530	230	25	3	0	5	1,580	62	31	7	4	14
FETA AVOCADO TOAST	560	240	27	7	0	5	1,870	64	31	10	4	16
TOAST W/BUTTER AND JAM	410	40	4	0.5	0	5	830	81	4	16	n/a	12
3 SEED AVOCADO TOAST	520	230	25	3	0	5	1,570	59	30	6	4	14
<b>BOWLS</b>												
HIPPIE ACAI BOWL	720	130	14	2.5	0	0	80	138	13	82	21	11
ISLANDER ACAI BOWL	970	240	27	11	0	0	210	170	15	102	n/a	12
OG ACAI BOWL	920	170	19	3	0	0	140	178	13	110	n/a	10
ACAI BOWL - SAN MARCOS	970	170	19	3	0	0	140	188	13	122	n/a	11
ISLANDER MANGO ACAI BOWL - SAN MARCOS	1,010	240	27	11	0	0	210	180	15	113	n/a	12
YOGURT BOWL- COCONUT YOGURT/PLAIN GREEK YOGURT	690	210/230	23/25	8/9	0	0	65/90	111/87	11/8	74/60	52/30	10/30
<b>SANDWICHES</b>												
ADULTING GRILLED CHEESE	860	430	48	23	0	125	1,860	64	5	0	0	44
BACON CIABATTA	760	340	38	12	0	415	1,790	69	2	0	0	36
BETTER BREAKFAST (steamed/fried egg)	660-700	340	33/38	11	0	230	1650/1670	62	2	4	2	28
CAPRESE	820	250	28	11	0	60	1780	105	3	5	0	36
CHILI CRUNCH BREAKFAST WRAP	530	280	31	8	0	235	1420	43	6	2	0	20
HAM AND CHEESE CROISSANT	380	90	10	6	0	45	900	54	2	9	7	18
TURKEY PESTO	600	170	19	9	0	80	1500	66	4	2	0	41
<b>SMOOTHIES</b>												
ACAI SMOOTHIE	320	45	5	1.5	0	0	20	67	5	49	N/A	2
CONSCIOUS CHOCOLATE SMOOTHIE	540	250	28	7	0	40	220	46	10	24	n/a	26
PINK DRAGON SMOOTHIE	270	0	0	0	0	0	15	64	6	40	20	3
MANGO SMOOTHIE - 16oz	260	0	0	0	0	0	0	66	0	61	55	0
MANGO SMOOTHIE - 24oz	350	0	0	0	0	0	0	88	0	82	74	0
STRAWBERRY BANANA SMOOTHIE - 16oz	320	0	0	0	0	0	0	81	0	78	74	0
STRAWBERRY BANANA SMOOTHIE - 24oz	430	0	0	0	0	0	0	108	0	104	98	0
RED BULL (MANGO) SMOOTHIE	290	0	0	0	0	0	105	72	0	67	57	1
SUGAR FREE RED BULL (MANGO) SMOOTHIE	180	0	0	0	0	0	105	45	0	41	31	1
<b>HOT/ICED BEVERAGES</b>												
AMERICANO (Hot or Iced)	5-10	0	0	0	0	0	0	1-2	0	0	0	0
BEST DRINK EVER 16oz -(Hot or Iced)	240	80	9	8	0	0	80	37	0	30	28	2
BEST DRINK EVER 20oz Hot & 24oz Iced	360	130	14	12	0	0	118	55	0	45	42	3
BLACK TEA LATTE - 16oz	380	140	16	11	0	35	190	47	0	44	24	12
BLACK TEA LATTE - 20oz	500	190	21	14	0	45	230	64	1	60	37	14
BLACK TEA LATTE ICED - 16oz	280	100	11	8	0	20	125	39	0	36	24	7
BLACK TEA LATTE ICED - 24oz	400	140	15	11	0	25	150	56	1	50	37	9
BREWED COFFEE (Hot)	5-10	0	0	0	0	0	0-5	1-2	0	0	0	0
BUZZINGER - BLUEBERRY LAVENDER LEMONADE-16oz	230	0	0	0	0	0	10	57	0	55	53	0
BUZZINGER - BLUEBERRY LAVENDER LEMONADE-20oz	320	0	0	0	0	0	15	80	0	77	74	0
BUZZINGER- MANGO STRAWBERRY GREEN TEA-16oz	430	20	2	0	0	0	10	101	0	77	32	3
BUZZINGER- MANGO STRAWBERRY GREEN TEA-20oz	470	20	2	0	0	0	10	108	0	84	35	4
CAFÉ AU LAIT-16oz	90	45	5	3	0	15	70	7	0	8	0	5
CAFÉ AU LAIT-20oz	110	55	6	3.5	0	20	85	9	0	9	0	6
CAPPUCCINO - 16oz	140	60	7	4	0	20	100	11	0	11	0	7
CAPPUCCINO - 20oz	170	80	9	5	0	25	125	14	0	13	0	8
CARAMEL LATTE-16oz	420	130	14	9	0	35	330	62	0	62	43	11
CARAMEL LATTE- 20oz	500	140	16	10	0	45	400	76	0	76	54	13
CARAMEL LATTE ICED - 16oz	370	80	9	6	0	20	300	66	0	65	54	6
CARAMEL LATTE ICED - 24oz	440	100	11	7	0	25	360	78	0	77	65	7
CARAMEL VANILLA LATTE- 16oz	430	150	17	12	0	35	280	58	0	55	36	12
CARAMEL VANILLA LATTE- 20oz	590	200	22	15	0	45	360	82	0	77	54	15
CARAMEL VANILLA LATTE ICED - 16oz	400	120	13	10	0	20	260	64	0	60	49	7
CARAMEL VANILLA LATTE ICED - 24oz	530	150	17	13	0	25	330	86	0	81	67	9
CHAI TEA LATTE- 16oz	450	170	19	13	0	25	250	57	0	52	31	12
CHAI TEA LATTE- 20oz	600	220	24	18	0	45	330	80	0	71	46	15
CHAI TEA LATTE ICED - 16oz	360	130	14	11	0	20	190	50	0	44	31	8
CHAI TEA LATTE ICED - 24oz	480	160	18	14	0	25	250	71	0	62	46	9
CHOCOLATE MILK KIDS- 8oz	250	50	6	3.5	0	20	160	44	0	36	26	6
CHOCOLATE MILK - 16oz	440	130	14	8	0	45	210	66	0	62	40	13
CHOCOLATE MILK - 24oz	630	190	21	12	0	65	320	88	0	83	50	21
ICED CINNAMON CREAM COLD BREW- 16oz	360	200	22	15	0.5	60	140	38	0	36	33	3
ICED CINNAMON CREAM COLD BREW- 24oz	410	200	22	15	0.5	60	190	50	0	47	44	3
COLD BREW	5-10	0	0	0	0	0	0-5	2	0	0	0	0
COLD BREW NITRO	5-10	0	0	0	0	0	0-5	2	0	0	0	0
CORTADO- 6oz	80	40	4	2	0	10	60	7	0	6	0	3
ESPRESSO- 2 SHOTS (HOT OR ICED)	5	0	0	0	0	0	10	1	0	0	0	0
ESPRESSO- 3 SHOTS (HOT OR ICED)	10	0	0	0	0	0	10	2	0	0	0	0
HAZELNUT DIVINITY - 16oz	530	160	18	12	0	35	190	80	0	78	60	11
HAZELNUT DIVINITY - 20oz	710	200	22	15	0	45	240	114	0	110	89	13
HAZELNUT DIVINITY ICED - 16oz	430	120	13	9	0	20	130	73	0	70	60	6
HAZELNUT DIVINITY ICED - 24oz	590	140	16	12	0	25	160	105	0	101	89	7
HONEY LATTE- 16oz	530	140	16	10	0	45	210	82	0	79	55	14
HONEY LATTE - 20oz	700	170	19	12	0	50	240	116	0	110	82	16

HONEY LATTE ICED - 16oz	400	80	9	6	0	20	110	72	0	68	55	7
HONEY LATTE ICED - 24oz	550	100	11	8	0	25	140	104	0	98	82	8
ICED HORCHATA LATTE- 16- oz	170	20	2	0	0	0	70	37	0	33	18	1
ICED HORCHATA LATTE- 24oz	250	22	2.5	0	0	0	110	56	1	49	27	2
HOT CHOCOLATE KIDS - 8oz	200	50	6	3.5	0	20	120	31	<1	31	21	6
HOT CHOCOLATE -16oz	430	130	14	8	0	45	240	64	1	64	42	13
HOT CHOCOLATE -20oz	600	160	18	10	0	55	330	92	2	91	63	17
HOT OR ICED TEA (GREEN, BLACK OR HERBAL)	5-10	0	0	0	0	0	0.5	1-2	0	0	0	0
KILLER BEE- 16oz (HOT OR ICED)	5	0	0	0	0	0	15	1	0	0	0	0
KILLER BEE- 20oz (HOT) 24oz (ICED)	5-10	0	0	0	0	0	20	2	0	0	0	0
LATTE-12oz	190	130	10	6	0	30	140	16	0	15	0	9
LATTE-16oz	260	130	14	8	0	45	190	21	0	22	0	13
LATTE-20oz	300	140	16	9	0	50	220	25	0	25	0	15
LATTE-ICED 12oz	110	60	6	3.5	0	20	85	10	0	9	0	5
LATTE-ICED 16oz	130	60	7	4	0	20	100	11	0	11	0	6
LATTE-ICED 24oz	150	70	8	5	0	25	115	13	0	12	0	7
LAVENDER BLACK TEA LATTE- 16oz	480	140	16	11	0	35	190	71	1	68	48	12
LAVENDER BLACK TEA LATTE- 20oz	600	190	21	14	0	45	230	89	1	96	73	14
LAVENDER BLACK TEA LATTE ICED - 16oz	350	100	11	8	0	20	130	56	1	53	41	7
LAVENDER BLACK TEA LATTE ICED - 24oz	500	140	15	11	0	25	160	81	1	75	62	9
MACCHIATO - DOUBLE	40	20	2	1	0	5	35	4	0	3	0	2
MACCHIATO - TRIPLE	60	25	3	2	0	10	50	6	0	5	0	3
MATCHA TEA LATTE - 16oz	380	140	16	11	0	35	190	47	0	44	24	12
MATCHA TEA LATTE - 20oz	500	190	21	14	0	45	230	64	1	60	37	14
MATCHA TEA LATTE ICED - 16oz	280	100	11	8	0	20	125	39	0	36	24	7
MATCHA TEA LATTE ICED - 24oz	400	140	15	11	0	25	155	56	1	50	37	9
MEXICAN HOT CHOCOLATE- 16oz	480	180	20	11	0	45	180	61	2	56	35	14
MEXICAN HOT CHOCOLATE- 20oz	670	240	27	15	0	55	240	87	4	80	52	19
MOCHA LATTE - 16oz	510	150	17	11	0	45	320	73	1	65	42	15
MOCHA LATTE - 20oz	640	180	20	13	0	50	410	97	2	85	59	18
MOCHA LATTE ICED - 16oz	370	90	10	7	0	20	230	63	1	54	42	8
MOCHA LATTE ICED - 24oz	490	110	12	8	0	25	300	85	2	73	59	10
MOCHA DE MEXICO - 16oz	480	180	20	11	0	45	190	62	2	56	35	14
MOCHA DE MEXICO - 20oz	630	230	25	14	0	50	220	85	4	77	52	17
MINT INFUSED ICED COFFEE- 16oz	240	140	15	10	0.5	50	20	26	0	25	24	1
MINT INFUSED ICED COFFEE- 24oz	300	140	16	10	0.5	50	30	39	0	37	36	1
ICED MOROCCAN SPICE - 16oz	190	90	10	7	0	30	20	26	0	25	24	0
ICED MOROCCAN SPICE - 24oz	300	140	16	10	0.5	50	25	39	0	37	36	1
ORANGE INFUSED MATCHA -12oz	150	50	6	6	0	0	160	24	0	22	21	1
ORANGE INFUSED MATCHA ICED - 12oz	110	40	4	4	0	0	95	19	0	18	17	0
POUR OVER	5-10	0	0	0	0	0	0-5	1-2	0	0	0	0
VANILLA BEAN LATTE- 16oz	350	110	12	7	0	35	170	50	0	49	31	11
VANILLA BEAN LATTE- 20oz	390	130	14	8	0	45	200	61	0	60	38	13
VANILLA BEAN LATTE ICED - 16oz	260	60	7	4	0	20	100	42	0	42	31	6
VANILLA BEAN LATTE ICED - 24oz	310	70	8	5	0	25	120	52	0	51	38	7
VANILLA LATTE - 16oz	460	190	21	15	0	35	230	55	0	48	28	13
VANILLA LATTE - 20oz	620	250	28	20	0	45	290	76	0	67	42	16
VANILLA LATTE ICED - 16oz	360	140	16	12	0	20	160	47	0	41	28	8
VANILLA LATTE ICED - 24oz	510	200	22	17	0	25	210	67	0	57	42	10
WHITE MOCHA LATTE - 16oz	450	160	18	12	0	35	190	60	0	56	38	11
WHITE MOCHA LATTE - 20oz	590	200	22	15	0	45	240	84	0	78	56	13
WHITE MOCHA LATTE ICED - 16oz	350	120	13	9	0	20	130	53	0	48	38	6
WHITE MOCHA LATTE ICED - 24oz	470	140	16	12	0	25	160	75	0	68	56	7
PUMPKIN SPICE LATTE - 16oz	440	110	12	7	0	35	260	71	0	67	48	13
PUMPKIN SPICE LATTE - 20oz	540	130	14	8	0	45	310	87	0	82	60	16
PUMPKIN SPICE CHAI TEA LATTE - 16oz	560	170	19	13	0	35	300	83	0	76	55	13
PUMPKIN SPICE CHAI TEA LATTE - 20oz	760	220	24	18	0	45	390	119	0	107	82	16
SNICKERDOODLE LATTE - 16oz	550	190	21	15	0	35	230	78	0	70	50	13
SNICKERDOODLE LATTE - 20oz	760	250	28	20	0	45	290	111	0	99	74	16
SNICKERDOODLE LATTE ICED - 16oz	460	140	16	12	0	20	160	71	0	62	49	8
SNICKERDOODLE LATTE ICED - 24oz	650	200	22	17	0	25	210	102	0	89	74	10
<b>BLENDED DRINKS</b>	<b>TOTAL CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (g)</b>	<b>SAT FAT (g)</b>	<b>TRANS FAT (g)</b>	<b>CHOL (mg)</b>	<b>SODIUM (mg)</b>	<b>CARBS (g)</b>	<b>DIETARY FIBER (g)</b>	<b>SUGARS (g)</b>	<b>ADDED SUGARS (g)</b>	<b>PROTEIN (g)</b>
CARAMEL BUZZ-16oz	640	150	17	14	0	20	520	110	0	86	71	11
CARAMEL BUZZ-24oz	900	210	23	19	0	25	730	158	0	120	101	14
CHAI BUZZ- 16oz	500	160	18	15	0	20	250	76	0	66	51	9
CHAI BUZZ- 24oz	700	220	24	21	0	25	340	110	0	95	76	10
COCONUT BUZZ- 16oz	500	170	19	15	0	21	180	75	0	67	55	6
COCONUT BUZZ- 24oz	700	230	26	21	0	25	240	109	0	96	82	7
ESPRESSO BEAN BUZZ- 16oz	520-780	180-200	20-22	14-17	0	20	170-550	75-134	1-2	64-103	51-88	9-12
ESPRESSO BEAN BUZZ- 24oz	640-1080	240-280	27-31	19-24	0	25	200-760	102-186	1-2	87-141	73-123	12-15
LAVENDER BLACK TEA BUZZ-16oz	430	130	14	11	0	20	150	68	1	63	51	8
LAVENDER BLACK TEA BUZZ-24oz	610	170	19	15	0	25	190	99	1	91	76	10
MOCHA BUZZ- 16oz	550	150	17	13	0	20	400	86	2	65	51	12
MOCHA BUZZ-24oz	750	210	23	18	0	24	550	119	3	90	72	16
SNICKERDOODLE BUZZ-16oz	580	140	15	12	0	20	400	100	0	74	59	10
SNICKERDOODLE BUZZ-24oz	820	180	20	17	0	25	560	146	0	107	88	13
BLACK TEA LATTE BUZZ-16oz	370	130	14	11	0	20	140	52	>1g	46	34	8
BLACK TEA LATTE BUZZ- 24oz	510	170	19	15	0	25	180	74	1	66	51	10
MATCHA TEA BUZZ- 16oz	370	130	14	11	0	20	140	52	>1g	46	34	8
MATCHA TEA BUZZ- 24oz	510	19	19	15	0	25	180	74	1	66	51	10
VANILLA BUZZ-16oz	480	140	15	12	0	20	400	77	0	52	37	10
VANILLA BUZZ- 24oz	680	180	20	17	0	25	560	111	0	75	56	13
WHITE MOCHA BUZZ- 16oz	470	120	13	11	0	5	90	87	0	78	75	1
WHITE MOCHA BUZZ- 24oz	690	170	19	15	0	5	125	128	0	116	113	2
<b>BAKERY ITEMS</b>	Served at the following locations only: Bonita, Coronado, Escondido, Fashion Valley, Hillcrest, La Jolla, La Mesa, Menifee, Miramar, Mira Mesa, Mission Beach, Mission Gorge, Pacific Beach East, Pacific Beach Grand, Pacific Beach West, Point Loma, San Marcos, Temecula											
ALMOND CROISSANT	340	80	9	2.5	0	10	440	58	3	15	10	8
APPLE CINNAMON MUFFIN	450	150	17	6	0	25	370	68	2	35	30	6
APPLE TURNOVER	430	240	27	17	0	70	210	46	1	16	10	4
BAGELS (assorted)	190-210	10-20	1-2	0	0	0	280-450	36-42	1	5-7	0-1	7-8
BANANA NUT LOAF (per slice)	390	140	16	4	0	15	240	59	3	32	25	5

BEAR CLAW	680	490	54	30	0	110	330	44	3	35	30	5
BLACKBERRY BANANA NUT MUFFIN	520	210	23	6	0	20	350	72	3	39	36	8
BLUEBERRY MUFFIN	450	150	17	6	0	25	430	69	2	34	30	7
BLUEBERRY SCONE W CORNMEAL	410	140	16	8	0	70	250	60	2	25	15	7
CHEESE DANISH	630	520	58	35	0	185	520	25	0	23	19	5
CHOCOLATE CHIP BANANA LOAF (per slice)	670	370	41	24	0	20	25	90	8	76	45	6
CHOCOLATE CHIP COOKIE	410	140	16	9	0	65	210	63	<1	38	37	5
CHOCOLATE CROISSANT	320	45	5	3	0	<5	480	62	2	14	7	7
CHOCOLATE MUFFIN	560	280	31	10	0	40	75	67	3	42	40	7
CINNAMON ROLL	370	320	36	23	0	95	410	11	0	11	10	2
CRANBERRY ORANGE MUFFIN	490	190	21	8	0	35	210	70	2	34	31	6
CRANBERRY ORANGE SCONE	400	140	16	9	0	80	240	59	2	23	13	7
CRUMBONNE	260	20	2	1	0	<5	470	54	2	9	8	7
GLUTEN FRIENDLY BROWNIE WITH NUTS	570	310	34	14	0	35	200	62	4	44	33	7
GLUTEN FRIENDLY CHOCOLATE CHIP COOKIE	340	140	15	8	0	55	330	48	3	29	28	4
GLUTEN FRIENDLY CHOCOLATE MACARON	530	260	29	24	0	0	170	65	8	50	44	8
GLUTEN FRIENDLY PARADISE BAR	530	270	30	12	0	30	230	59	5	40	36	6
GLUTEN FRIENDLY POPPY MUFFIN	290	140	15	5	0	20	130	34	3	16	15	5
GINGERSNAP COOKIE	480	170	19	11	0	70	360	73	2	40	40	5
ORANGE CHOCOLATE CHIP SCONE	390	140	16	10	0	40	310	56	1	16	15	7
PISTACHIO CROISSANT	410	140	16	6	0	20	330	63	3	26	24	9
PLAIN CROISSANT	260	20	2	1	0	<5	470	53	2	8	7	7
RASPBERRY ALMOND SCONE	570	230	26	15	0	70	105	80	3	44	40	7
VEGAN PEANUT BUTTER COOKIE	400	170	19	5	0	0	330	50	2	23	19	9
VEGAN ZUCCHINI LOAF (per slice)	630	300	33	13	0	0	70	68	2	47	46	5
VEGAN ZUCCHINI MUFFIN	560	250	28	2.5	0	0	200	72	3	40	37	6
WHITE CHOCOLATE MACADAMIA COOKIE	430	180	20	10	0	50	170	61	2	40	29	5
ZESTY LEMON LOAF (per slice)	440	130	14	7	0	30	115	82	1	65	63	5

<b>ADD ONS AND SUBSTITUTIONS</b>	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Almond Butter (1 Tbsp)	110	80	9	1	0	0	0	4	2	1	0	4
Almond Milk (8oz)	70	40	4	0	0	0	150	9	0	8	8	1
Coconut Milk (8oz)	90	45	5	5	0	0	125	10	0	9	8	1
Coconut Yogurt 1 C	170	60	7	7	0	0	45	25	2	13	13	0
Rice Milk (8oz)	110	20	2.5	0	0	0	105	20	0	13	0	1
Shredded Coconut(1/4C)	120	70	8	8	0	0	70	10	1	8	8	1
Skim Milk	90	0	0	0	0	5	135	13	0	12	0	9
Bee Pollen (1 Tbsp)	15	0	0	0	0	0	0	3	0	2	0	1
Cacao Nibs (1Tbsp)	100	70	8	5	0	0	0	4	2	0	0	2
Hemp Hearts (1Tbsp)	50	40	4	0	0	0	0	1	1	0	0	3
Bacon 2 Slices	120	90	10	3.5	0	20	540	0	0	0	0	8
Hard Boiled Egg- Whole each	70	45	5	1.5	0	185	150	0	0	0	0	6
Fried Egg- Whole each	120	100	11	2.5	0	190	150	0	0	0	0	6
Steamed Egg- Whole each	70	45	5	1.5	0	185	150	0	0	0	0	6
Avocado - 2Tbsp	40	30	3	0	0	0	0	2	1	0	0	0
Choc Covered Espresso Beans (10 Beans)	70	40	4	2.5	0	0	0	8	1	7	7	0
Kickstarter Energy (1 scoop 5g)	20	n/a	n/a	n/a	n/a	n/a	n/a	5	n/a	n/a	n/a	n/a
Whole milk	160	5	45	5	0	130	130	13	0	12	0	8
Greek Yogurt- Skim Milk 1C	130	0	0	0	0	15	80	9	0	9	0	23
Greek Yogurt- Whole Milk 1C	200	80	9	6	0	5	75	9	0	9	0	20
Vanilla Almond Granola 2/3C	270	80	9	1	0	0	75	43	4	16	16	5
Hemp Granola (GF) 2/3C	270	80	9	1	0	0	50	40	5	10	10	7
Coconut Flakes- 2 Tbsp	70	40	4.5	4	0	0	45	7	1	5	5	0

This Nutrition data was prepared APRIL 2024 by FH Nutrition. This data has been determined solely based on the recipes, yields, and ingredient specification sheets provided to us by Better Buzz. Fast & Healthy Nutrition is not responsible for the accuracy of the recipes or the information contained on the ingredient specification sheets that were supplied to us for any of the recipes listed in this document. As requested by Better Buzz, we have conducted a computer database nutrition analysis for the menu items above. This is an estimated analysis using the current available standard USDA ingredients or the specific brand name ingredients that are contained within the computer database program we use. Some nutrition values may vary depending on the exact ingredients and specific brand name ingredients that are used to produce this menu item. This data is solely based on the current recipes and ingredients at the time this nutrition analysis was conducted. Better Buzz will update and revise the information periodically to reflect changes in ingredients and the addition or removal of products from our menu.