

hot beverages		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
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coffee		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	12 oz	5	0	0	0	0	0	0	1	0	0	0
med	16 oz	10	0	0	0	0	0	0	2	0	0	0
lrg	20 oz	15	0	0	0	0	0	0	3	0	0	0

americano		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	12 oz	10	0	0	0	0	0	0	2	0	0	0
med	16 oz	15	0	0	0	0	0	0	3	0	0	0
lrg	20 oz	20	0	0	0	0	0	0	4	0	0	0

latte		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	215	105	11	7	0	46	171	18	0	16	11
12 oz	nonfat	125	0	0	0	0	7	177	18	0	16	12
med	whole 16 oz	270	130	13	8	0	57	211	23	0	20	13
16 oz	nonfat	155	0	0	0	0	8	219	23	0	20	15
lrg	whole 20 oz	350	170	17	11	0	74	276	30	0	26	17
20 oz	nonfat	200	0	0	0	0	11	287	30	0	26	19

cappuccino		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	140	65	7	4	0	28	106	13	0	10	7
12 oz	nonfat	85	0	0	0	0	4	110	13	0	10	7
med	whole 16 oz	175	80	8	5	0	35	130	16	0	12	8
16 oz	nonfat	105	0	0	0	0	5	135	16	0	12	9
lrg	whole 20 oz	230	105	11	7	0	46	171	21	0	16	11
20 oz	nonfat	140	0	0	0	0	7	177	21	0	16	12

caramel macchiato		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	335	95	10	6	0	42	214	50	0	42	10
12 oz	nonfat	255	0	0	0	0	7	220	50	0	42	11
med	whole 16 oz	445	125	13	8	0	55	287	67	0	56	12
16 oz	nonfat	335	5	0	0	0	9	291	67	0	55	14
lrg	whole 20 oz	540	165	16	10	0	71	349	78	0	66	16
20 oz	nonfat	400	5	0	0	0	11	359	78	0	66	18

cinnamon spice latte		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	345	135	14	10	0	42	294	44	0	37	11
12 oz	nonfat	260	40	5	4	0	6	300	44	0	37	12
med	whole 16 oz	475	180	19	14	0	53	405	64	0	53	14
16 oz	nonfat	370	60	7	6	0	8	413	64	0	53	15
lrg	whole 20 oz	630	240	25	18	0	70	540	84	0	70	18
20 oz	nonfat	490	80	9	8	0	10	550	84	0	70	20

mocha		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	285	100	10	6	0	42	234	40	1	35	10
12 oz	nonfat	205	5	0	0	0	6	240	40	1	35	12
med	whole 16 oz	375	120	12	8	0	50	307	56	2	49	13
16 oz	nonfat	275	5	1	0	0	7	314	56	2	49	14
lrg	whole 20 oz	490	160	16	10	0	66	404	73	2	65	17
20 oz	nonfat	360	10	1	1	0	9	413	73	2	65	19

 = featured beverage

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white mocha		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	295	95	10	6	0	42	216	42	0	39	10
12 oz	nonfat	215	0	0	0	0	6	222	42	0	39	11
med	whole 16 oz	390	115	12	7	0	51	280	59	0	55	12
16 oz	nonfat	290	0	0	0	0	8	287	59	0	55	13
lrg	whole 20 oz	510	150	15	9	0	66	368	77	0	73	16
20 oz	nonfat	380	0	0	0	0	10	377	77	0	73	18

bewley's organic hot tea		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	12 oz	0	0	0	0	0	0	0	0	0	0	0
med	16 oz	0	0	0	0	0	0	0	0	0	0	0
lrg	20 oz	0	0	0	0	0	0	0	0	0	0	0

matcha green tea latte		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	330	150	16	11	0	44	206	36	0	29	10
12 oz	nonfat	240	50	6	5	0	6	213	36	0	29	11
med	whole 16 oz	450	200	21	15	0	57	277	51	0	41	13
16 oz	nonfat	340	70	8	7	0	8	285	51	0	41	15
lrg	whole 20 oz	575	255	27	20	0	70	348	66	0	53	16
20 oz	nonfat	435	95	11	10	0	10	358	66	0	53	18

bewley's fair trade chai latte		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	290	110	11	7	0	48	194	35	0	34	11
12 oz	nonfat	195	0	0	0	0	7	201	35	0	34	12
med	whole 16 oz	375	145	15	9	0	63	254	45	0	43	15
16 oz	nonfat	250	0	0	0	0	9	263	45	0	43	16
lrg	whole 20 oz	470	185	18	11	0	80	319	55	0	53	18
20 oz	nonfat	310	0	0	0	0	11	330	55	0	53	21

hot chocolate with Rainforest Alliance Certified™ cocoa		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	310	115	11	7	0	48	259	41	1	38	12
12 oz	nonfat	215	5	0	0	0	7	266	41	1	38	13
med	whole 16 oz	425	150	15	9	0	63	359	59	2	53	16
16 oz	nonfat	300	5	1	0	0	9	365	59	2	53	18
lrg	whole 20 oz	540	190	19	12	0	79	452	76	2	69	20
20 oz	nonfat	385	10	1	1	0	11	464	76	2	69	22

cherry blossom latte 		calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)
sm	whole 12 oz	220	80	9	7	1	15	68	30	0	24	5
12 oz	nonfat	190	55	6	5	1	3	86	30	0	24	5
med	whole 16 oz	365	135	15	12	2	30	127	48	0	38	9
16 oz	nonfat	310	80	9	8	2	5	164	49	0	39	10
lrg	whole 20 oz	475	180	20	16	3	37	157	63	1	50	11
20 oz	nonfat	405	110	12	10	3	7	205	64	1	51	12

Dairy alternatives available, ask your barista. 2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Menu may vary by location. Nutritional information for beverages is calculated based on ecogrounds standard recipes. Due to the handcrafted nature of these products, nutrient values may vary from those published here. These drinks are calculated without whipped cream.



great taste.
no waste.
nutritional guide

