At ecogrounds, flavor is first, and our purchasing standards are non-negotiable.

always certified

100% of our coffees are Rainforest Alliance, Fair Trade, and/or Organic certified. Our Direct Trade coffees are also certified.

always fair

Our farmer partners love growing coffee. They take pride in beautiful crops and share our passion for constant improvement. We pay above Fair Trade prices to ensure they thrive in their work and continue to grow the best coffees.

always traceable

We know where our coffee is grown and served. We know the people who make our business possible. Our purchasing includes funding for community development so that our coffee makes life better where it's grown and where it's enjoyed.

beyond coffee

Our coffee quality is matched by the ingredients we pair with it, and the cups we serve it in.

Our tea is always organic certified. Our chocolate is Rainforest Alliance certified. We use better ingredients, because things like high fructose corn syrup, artificial flavors, and food dyes belong in labs, not in our cups.

The ceramic mugs we use in our cafes encourage you to slow down and savor your coffee with us. But if you decide to take your coffee to go, we won't take it personally. Our take-away hot cups are compostable and made of rapidly renewable fibers, so you can enjoy all the taste without waste.

USDA ORGANIC · FAIR TRADE CERTIFIED · RAINFOREST ALLIANCE CERTIFIED · DIRECT TRADE

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)
coffee												
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												
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												
sm	whole	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	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	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												
sm	whole	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	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	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												
sm	whole	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	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	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												
sm	whole	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	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	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												
sm	whole	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	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	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

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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)
white mocha												
sm	whole	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	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	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												
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
lg	20 oz	0	0	0	0	0	0	0	0	0	0	0
matcha green tea latte												
sm	whole	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	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	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												
sm	whole	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	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	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												
sm	whole	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	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	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

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great taste. no waste.

nutritional guide

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blended 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)
espresso javalanche®												
sm	16 oz	360	0	0	0	0	2	332	83	0	67	7
med	20 oz	475	0	0	0	0	2	442	111	0	89	9
lrg	26 oz	480	0	0	0	0	2	442	112	0	89	9
mocha javalanche®												
sm	16 oz	405	0	0	0	0	2	372	95	1	77	7
med	20 oz	565	5	0	0	0	2	522	134	1	110	10
lrg	26 oz	615	5	1	0	0	2	562	147	2	121	10
white mocha javalanche®												
sm	16 oz	410	0	0	0	0	2	336	96	0	80	7
med	20 oz	575	0	0	0	0	2	504	136	0	114	9
lrg	26 oz	630	0	0	0	0	2	535	150	0	127	10
caramel javalanche®												
sm	16 oz	420	0	0	0	0	2	388	98	0	78	7
med	20 oz	600	5	1	0	0	4	555	140	0	111	9
lrg	26 oz	665	5	1	0	0	5	611	155	0	122	10
vanilla cream javalanche®												
sm	16 oz	470	0	0	0	0	2	442	110	0	89	9
med	20 oz	530	0	0	0	0	2	498	123	0	100	10
lrg	26 oz	590	0	0	0	0	3	553	137	0	112	11
strawberry cream javalanche®												
sm	16 oz	450	0	0	0	0	1	276	106	1	89	6
med	20 oz	500	0	0	0	0	1	276	118	2	101	6
lrg	26 oz	560	0	0	0	0	2	332	132	2	112	7
strawberry smoothie												
sm	16 oz	315	0	0	0	0	0	12	77	2	72	0
med	20 oz	315	0	0	0	0	0	12	77	2	72	0
lrg	26 oz	365	0	0	0	0	0	14	90	3	84	0
strawberry banana smoothie												
sm	16 oz	315	0	0	0	0	0	12	77	2	72	0
med	20 oz	315	0	0	0	0	0	12	77	2	72	0
lrg	26 oz	365	0	0	0	0	0	14	90	3	84	0
mixed berry smoothie												
sm	16 oz	315	0	0	0	0	0	12	74	2	70	2
med	20 oz	315	0	0	0	0	0	12	74	2	70	2
lrg	26 oz	365	0	0	0	0	0	14	87	3	81	3
mango smoothie												
sm	16 oz	315	0	0	0	0	0	0	77	2	67	2
med	20 oz	315	0	0	0	0	0	0	77	2	67	2
lrg	26 oz	365	0	0	0	0	0	0	90	3	78	3

iced 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)
iced coffee												
sm	16 oz	5	0	0	0	0	0	0	1	0	0	0
med	20 oz	5	0	0	0	0	0	0	1	0	0	0
lrg	26 oz	5	0	0	0	0	0	0	1	0	0	0
creamy iced coffee												
sm	16 oz	170	5	3	3	0	0	25	35	0	24	0
med	20 oz	210	5	4	3	0	0	32	43	0	30	0
lrg	26 oz	275	10	5	4	0	0	41	56	0	39	0
double black™ cold brew/nitro cold brew												
sm	16 oz	5	0	0	0	0	0	0	1	0	0	0
med	20 oz	5	0	0	0	0	0	0	1	0	0	0
lrg	26 oz	5	0	0	0	0	0	0	2	0	0	0
double black™ cold brew tonic*												
sm	whole											
16 oz	nonfat											
med	whole											
20 oz	nonfat											
lrg	whole											
26 oz	nonfat											
espresso fizz												
sm	16 oz	160	45	5	5	0	0	135	22	0	22	1
med	20 oz	160	45	5	5	0	0	135	22	0	22	1
lrg	26 oz	240	70	8	7	0	0	195	33	0	33	2
iced latte												
sm	whole	135	65	7	4	0	28	106	12	0	10	7
16 oz	nonfat	80	0	0	0	0	4	110	12	0	10	7
med	whole	160	75	8	5	0	33	122	14	0	11	8
20 oz	nonfat	95	0	0	0	0	5	127	14	0	11	8
lrg	whole	210	100	10	6	0	44	163	18	0	15	10
26 oz	nonfat	125	0	0	0	0	6	169	18	0	15	11
iced caramel macchiato												
sm	whole	245	60	6	4	0	27	156	40	0	33	6
16 oz	nonfat	195	0	0	0	0	5	160	40	0	33	7
med	whole	275	65	7	4	0	29	165	45	0	38	7
20 oz	nonfat	220	0	0	0	0	5	169	45	0	38	7
lrg	whole	380	95	9	6	0	41	234	62	0	51	9
26 oz	nonfat	305	5	0	0	0	7	240	62	0	51	10
iced cinnamon spice latte												
sm	whole	270	100	10	8	0	25	233	38	0	32	7
16 oz	nonfat	220	40	5	4	0	4	237	38	0	32	7
med	whole	355	120	13	10	0	26	308	54	0	44	8
20 oz	nonfat	305	60	7	6	0	4	311	54	0	44	8
lrg	whole	480	165	18	13	0	37	418	72	0	59	11
26 oz	nonfat	405	80	9	8	0	5	423	72	0	59	12

*Not currently served on location.
Calorie count metrics coming soon.

iced 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)
iced mocha												
sm	whole	205	60	6	4	0	24	169	33	1	29	6
16 oz	nonfat	160	5	0	0	0	3	173	33	1	29	7
med	whole	285	75	8	5	0	31	234	48	2	42	8
20 oz	nonfat	225	5	1	0	0	4	238	48	2	42	9
lrg	whole	350	90	9	6	0	35	290	62	2	54	10
26 oz	nonfat	280	10	1	1	0	5	295	62	2	54	11
iced white mocha												
sm	whole	215	55	6	3	0	24	151	35	0	33	6
16 oz	nonfat	170	0	0	0	0	4	155	35	0	33	7
med	whole	300	70	7	4	0	31	207	52	0	48	8
20 oz	nonfat	240	0	0	0	0	5	211	52	0	48	8
lrg	whole	370	80	8	5	0	36	254	66	0	62	9
26 oz	nonfat	300	0	0	0	0	6	259	66	0	62	10
bewley's organic iced tea												
sm	16 oz	0	0	0	0	0	0	0	0	0	0	0
med	20 oz	0	0	0	0	0	0	0	0	0	0	0
lrg	26 oz	0	0	0	0	0	0	0	0	0	0	0
nitro iced tea												
sm	16 oz	0	0	0	0	0	0	0	0	0	0	0
med	20 oz	0	0	0	0	0	0	0	0	0	0	0
lrg	26 oz	0	0	0	0	0	0	0	0	0	0	0
bewley's fair trade iced chai latte												
sm	whole	200	75	8	5	0	33	133	25	0	24	8
16 oz	nonfat	135	0	0	0	0	5	138	25	0	24	8
med	whole	250	90	9	6	0	39	161	32	0	31	9
20 oz	nonfat	170	0	0	0	0	6	167	32	0	31	10
lrg	whole	325	120	12	8	0	53	214	41	0	39	12
26 oz	nonfat	220	0	0	0	0	8	221	41	0	39	14
iced matcha green tea latte												
sm	whole	230	98	11	8	0	22	125	28	0	22	5
16 oz	nonfat	185	50	6	5	0	3	128	28	0	22	6
med	whole	330	140	15	12	0	31	180	41	0	32	7
20 oz	nonfat	270	70	8	7	0	4	184	41	0	32	8
lrg	whole	435	185	20	15	0	39	234	55	0	42	9
26 oz	nonfat	355	95	11	10	0	6	240	55	0	42	10

iced 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)
strawberry açai refresher												
sm	16 oz	80	0	0	0	0	0	0	20	0	20	0
med	20 oz	100	0	0	0	0	0	0	25	0	25	0
lrg	26 oz	140	0	0	0	0	0	0	35	0	35	0
watermelon cucumber mint refresher												
sm	16 oz	93	0	0	0	0	0	0	21	0	21	0
med	20 oz	117	5	0	0	0	0	0	27	0	27	0
lrg	26 oz	163	5	1	0	0	0	0	37	0	37	0
wildberry hibiscus refresher												
sm	16 oz	53	0	0	0	0	0	0	15	0	13	0
med	20 oz	67	0	0	0	0	0	0	18	0	17	0
lrg	26 oz	93	0	0	0	0	0	0	26	0	23	0

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.

extras

w/c = whipped cream * = 1 pump

espresso shot	5	0	0	0	0	0	0	0	1	0	0
w/c: hot drinks	50	35	3	3	0	17	0	3	0	3	0
w/c: iced drinks	60	40	4	4	0	20	0	4	0	4	0
flavored syrup*	20	0	0	0	0	0	1	5	0	5	0
sugar-free syrup*	0	0	0	0	0	0	4	0	0	0	0

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featured beverages nutritional guide

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featured beverages

september|october **2022**

nutritional information

spiced pumpkin macchiato (hot)

		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	204	72	8	7	0	24	96	26	0	28	8
12 oz	nonfat	140	0	0	0	0	8	120	25	0	27	8
med	whole	296	108	12	8	0	36	144	37	0	39	12
16 oz	nonfat	200	0	0	0	0	12	180	36	0	37	12
lrg	whole	388	144	16	11	0	48	192	47	0	51	16
20 oz	nonfat	360	0	0	0	0	16	240	46	0	48	26

spiced pumpkin macchiato (iced)

sm	whole	186	63	7	7	0	21	84	35	0	26	7
16 oz	nonfat	130	0	0	0	0	7	105	24	0	25	7
med	whole	204	72	8	8	0	24	96	26	0	28	8
20 oz	nonfat	140	0	0	0	0	8	120	26	0	27	8
lrg	whole	280	90	10	10	0	30	120	29	0	41	10
26 oz	nonfat	3200	0	0	0	0	10	150	39	0	39	10

spiced pumpkin creamy cold brew

sm 16 oz	117	36	4	2	0	16	37	19	0	18	3
med 20 oz	146	54	5	2	0	20	47	23	0	22	3
lrg 26 oz	176	63	7	2	0	24	56	30	0	29	4

Dairy alternatives available, ask your barista.

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

Additional nutrition information is available at javacity.com. Menu may vary by location. Nutritional information for beverages is calculated based on Java City 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.

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We know where our coffee is grown and served. We know the people who make our business possible. Our purchasing includes funding for community development so that our coffee makes life better where it's grown and where it's enjoyed.

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extras

	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)
espresso shot											
1 shot	5	0	0	0	0	0	0	0	1	0	0
whipped cream											
hot drinks	50	35	3	3	0	17	0	3	0	3	0
iced drinks	60	40	4	4	0	20	0	4	0	4	0
flavored syrup | 1 pump											
regular	20	0	0	0	0	0	1	5	0	5	0
sugar free	0	0	0	0	0	0	4	0	0	0	0