

## 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

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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### 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

### 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 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
lrg 20 oz	0	0	0	0	0	0	0	0	0	0	0

### 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

### ultimate vanialla latte

sm whole	350	140	15	11	0	42	155	44	0	37	11
12 oz nonfat	270	45	5	5	0	6	161	44	0	37	12
med whole	485	190	20	15	0	53	196	63	0	52	14
16 oz nonfat	380	70	8	7	0	8	203	63	0	52	15
lrg whole	645	255	26	19	0	71	261	83	0	69	18
20 oz nonfat	505	95	10	9	0	11	271	83	0	69	20

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



## 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)
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### iced coffee

sm	16 oz	5	0	0	0	0	0	1	0	0	0
med	20 oz	5	0	0	0	0	0	1	0	0	0
lrg	26 oz	5	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	1	0	0	0
med	20 oz	5	0	0	0	0	0	1	0	0	0
lrg	26 oz	5	0	0	0	0	0	2	0	0	0

### 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

### double black™ cold brew tonic\*

sm	whole											
16 oz	nonfat											
med	whole											
20 oz	nonfat											
lrg	whole											
26 oz	nonfat											

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

### extras

espresso shot	5	0	0	0	0	0	0	0	0	1	0	0
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### 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

### matcha 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

### 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

### ultimate vanialla latte

sm	whole	275	105	11	8	0	26	94	38	0	31	7
16 oz	nonfat	225	45	5	5	0	4	97	38	0	31	8
med	whole	445	155	16	13	0	27	98	67	0	54	8
20 oz	nonfat	390	95	10	9	0	5	102	67	0	54	9
lrg	whole	495	180	19	15	0	38	139	71	0	58	11
26 oz	nonfat	420	95	10	9	0	6	144	71	0	58	12

w/c = whipped cream

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

## 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)
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### 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</			