



Sweetwaters Nutrition Information

COFFEE DRINKS (1/5)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Abianno Fiore	Single	35	0.5	0.5	0	Less than 5 mg	10	6	0	6	1
	Double	70	1.5	1.0	0	5	20	11	0	11	1
	Triple	100	2	1.5	0	5	35	17	0	17	2
Americano	Single	0	0	0.0	0	0	0	0	0	0	0
	Double	5	0	0.0	0	0	0	0	0	0	0
	Triple	5	0	0.0	0	0	5	0	0	1	0
Café au Lait	Single	60	2.5	1.5	0	10	55	6	0	5	4
	Double	90	3.5	2.5	0	15	85	9	0	8	6
	Triple	120	5	3.5	0	20	115	11	0	11	8
Café au Lait - Almond	Single	70	2.0	0.0	0	0	75	5	0	4	0
	Double	60	3.0	0.0	0	0	115	7	0	6	1
	Triple	70	4.0	0.0	0	0	150	10	0	8	1
Café au Lait - Skim	Single	40	0.0	0.0	0	Less than 5 mg	55	6	0	5	4
	Double	60	0.0	0.0	0	Less than 5 mg	85	9	0	8	6
	Triple	80	0.0	0.0	0	5	115	11	0	11	8
Café au Lait - Soy	Single	55	2.0	0.0	0	0	65	6	0	5	4
	Double	80	3.0	0.0	0	0	95	9	1	7	6
	Triple	110	4.0	0.0	0	0	125	11	1	10	8
Cappuccino	Single	90	3.5	2.5	0	15	85	8	0	8	6
	Double	120	5	3.5	0	20	115	11	0	11	8
	Triple	150	6	4.0	0	25	140	15	0	15	10
Cappuccino - Almond	Single	60	3.0	0.0	0	0	115	7	0	6	1
	Double	80	4.0	0.0	0	0	150	9	0	8	1
	Triple	100	5.0	0.0	0	0	190	12	0	11	1
Cappuccino - Skim	Single	60	0.0	0.0	0	Less than 5 mg	85	8	0	8	6
	Double	80	0.0	0.0	0	5	115	11	0	11	8
	Triple	100	0.0	0.0	0	5	140	15	0	15	10
Cappuccino - Soy	Single	85	3.0	0.0	0	0	95	8	0	8	6
	Double	110	4.0	0.0	0	0	130	11	1	10	8
	Triple	140	5.0	0.0	0	0	160	15	1	13	10
Cocoa Cappuccino	Single	140	4.0	2.5	0	15	90	21	0	20	6
	Double	220	5	3.5	0	20	130	36	1	34	9
	Triple	300	7	4.0	0	25	170	52	1	49	11
Cocoa Cappuccino - Almond	Single	110	3.0	0.0	0	0	120	19	0	18	1
	Double	180	4.5	0.0	0	0	170	34	1	31	2
	Triple	250	6.0	0.0	0	0	210	50	1	45	3
Cocoa Cappuccino - Skim	Single	110	0.0	0.0	0	Less than 5 mg	90	21	0	20	6
	Double	180	0.0	0.0	0	5	130	36	1	34	9
	Triple	250	1.0	0.0	0	5	160	52	1	49	11



Sweetwaters Nutrition Information

COFFEE DRINKS CONTINUED (2/5)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cocoa Cappuccino - Soy	Single	130	4.0	0.0	0	0	100	21	1	19	6
	Double	210	5.0	0.0	0	0	140	36	2	33	9
	Triple	290	6.0	0.0	0	0	180	52	2	48	11
Cortado	Single	25	1	0.5	0	Less than 5 mg	25	2	0	2	1
	Double	40	1.5	1.0	0	5	40	4	0	4	2
	Triple	65	2.5	1.5	0	10	60	3	0	6	4
Cortado - Almond	Single	15	1.0	0.0	0	0	30	2	0	2	0
	Double	25	1.0	0.0	0	0	50	3	0	3	0
	Triple	40	2.0	0.0	0	0	80	5	0	5	0
Cortado - Skim	Single	15	0.0	0.0	0	0	25	2	0	2	1
	Double	30	0.0	0.0	0	0	40	4	0	4	2
	Triple	45	0.0	0.0	0	Less than 5 mg	60	6	0	6	4
Cortado - Soy	Single	25	1.0	0.0	0	0	25	2	0	2	1
	Double	40	1.0	0.0	0	0	45	4	0	4	3
	Triple	60	2.0	0.0	0	0	70	6	0	6	4
Crème Caramel	Single	320	15	10.0	0	60	150	39	0	34	8
	Double	380	16	11.0	0	65	180	49	0	44	11
	Triple	430	17	12.0	0	70	210	57	0	52	12
Crème Caramel - Almond	Single	270	14.0	6.0	0	40	190	38	0	31	2
	Double	320	15.0	6.0	0	40	230	46	0	40	2
	Triple	360	16.0	6.0	0	40	260	54	0	47	2
Crème Caramel - Almond No Whip	Single	170	5.0	0	0	0	180	35	0	30	1
	Double	220	6.0	0	0	0	220	43	0	39	1
	Triple	260	7.0	0	0	0	25	51	0	46	1
Crème Caramel - No Whip	Single	120	6	3.0	0	20	140	36	0	33	7
	Double	280	7	4.0	0	25	170	46	0	43	10
	Triple	330	8	5.0	0	30	200	54	0	51	11
Crème Caramel - Skim	Single	280	10.0	6.0	0	45	150	39	0	34	8
	Double	330	10.0	6.0	0	45	180	49	0	42	11
	Triple	370	10.0	6.0	0	45	210	57	0	52	12
Crème Caramel - Soy	Single	310	14.0	6.0	0	40	160	39	1	33	8
	Double	370	15.0	6.0	0	40	200	49	1	42	11
	Triple	410	16.0	6.0	0	40	230	57	1	50	12
Crème Caramel - Soy No Whip	Single	210	5.0	0.0	0	0	150	36	1	32	7
	Double	270	6.0	0.0	0	0	190	46	1	41	10
	Triple	310	7.0	0.0	0	0	220	53	1	49	11
Dirty	Triple	180	10	7.0	0	40	35	21	0	17	2
Dirty - Almond	Triple	80	0.5	0.0	0	0	25	19	0	17	1
Dirty - Skim	Triple	80	0.0	0.0	0	0	25	19	0	17	1
Dirty - Soy	Triple	80	0.0	0.0	0	0	25	19	0	17	1



Sweetwaters Nutrition Information

COFFEE DRINKS CONTINUED (3/5)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Dragon Eye	Single	130	3.0	2.0	0	10	40	22	0	22	3
	Double	200	5	3.0	0	15	60	34	0	33	4
	Triple	270	6	4.0	0	20	75	45	0	44	6
Dreamy	Triple	190	10	7.0	0	40	25	25	0	23	1
Dreamy - Almond	Triple	90	0.0	0.0	0	0	15	23	0	23	0
Dreamy - Skim	Triple	95	0.0	0.0	0	0	15	23	0	23	0
Dreamy - Soy	Triple	90	0.0	0.0	0	0	15	23	0	23	0
Espresso	Single	0	0	0.0	0	0	0	0	0	0	0
	Double	5	0	0.0	0	0	0	0	0	0	0
	Triple	5	0	0.0	0	0	5	1	0	1	0
Flat White	Single	45	2	1.0	0	5	45	4	0	4	3
	Double	65	2.5	1.5	0	10	60	6	0	6	4
	Triple	95	3.5	2.0	0	15	90	9	0	9	6
Flat White - Almond	Single	30	1.5	0.0	0	0	60	3	0	3	0
	Double	40	2.0	0.0	0	0	80	5	0	4	0
	Triple	60	3.0	0.0	0	0	120	8	0	7	1
Flat White - Skim	Single	30	0.0	0.0	0	Less than 5 mg	45	4	0	4	3
	Double	45	0.0	0.0	0	Less than 5 mg	60	6	0	6	4
	Triple	65	0.0	0.0	0	Less than 5 mg	90	9	0	9	6
Flat White - Soy	Single	40	1.5	0.0	0	0	50	4	0	4	3
	Double	60	2.0	0.0	0	0	65	6	0	5	4
	Triple	90	3.0	0.0	0	0	100	9	0	8	6
French Vietnamese au Lait	Single	150	3.0	2.0	0	10	40	25	0	25	3
	Double	190	4.0	3.0	0	15	55	33	0	32	4
	Triple	240	5	3.5	0	20	70	40	0	39	5
House Blend Coffee	Single	5	0	0.0	0	0	0	1	0	0	0
	Double	5	0	0.0	0	0	5	1	0	0	0
	Triple	10	0	0.0	0	0	5	1	0	0	0
Latte	Single	120	5	3.5	0	20	100	11	0	11	8
	Double	170	7	5.0	0	25	150	16	0	16	11
	Triple	200	8	5.0	0	30	180	19	0	19	13
Latte - Almond	Single	70	4.0	0.0	0	0	150	9	0	8	1
	Double	100	5.0	0.0	0	0	210	13	0	11	1
	Triple	120	6.0	0.0	0	0	250	15	0	14	2
Latte - Skim	Single	80	0.0	0.0	0	5	110	11	0	11	8
	Double	110	0.0	0.0	0	5	150	16	0	16	11
	Triple	130	0.0	0.0	0	10	180	19	0	19	13
Latte - Soy	Single	110	4	0	0	0	125	11	1	10	8
	Double	150	6.0	0.0	0	0	170	16	1	14	11
	Triple	180	7.0	0.0	0	0	210	19	1	17	13



Sweetwaters Nutrition Information

COFFEE DRINKS CONTINUED (4/5)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Macchiato	Single	15	0.5	0.0	0	Less than 5 mg	15	2	0	1	1
	Double	20	0.5	0.0	0	Less than 5 mg	20	2	0	2	1
	Triple	30	1	0.5	0	Less than 5 mg	30	3	0	3	1
Macchiato - Almond	Single	10	0.5	0.0	0	0	20	1	0	1	0
	Double	15	0.5	0.0	0	0	25	2	0	1	0
	Triple	20	1.0	0.0	0	0	35	3	0	2	0
Macchiato - Skim	Single	10	0.0	0.0	0	0	15	2	0	2	1
	Double	15	0.0	0.0	0	0	20	2	0	2	1
	Triple	20	0.0	0.0	0	0	25	3	0	3	1
Macchiato - Soy	Single	15	0.5	0.0	0	0	15	2	0	2	1
	Double	20	0.5	0.0	0	0	20	2	0	2	1
	Triple	25	1.0	0.0	0	0	30	3	0	3	2
Mocha	Single	260	14	10.0	0	55	120	26	0	23	9
	Double	350	16	11.0	0	65	160	42	1	38	12
	Triple	430	17	12.0	0	65	190	57	1	52	14
Mocha - Almond	Single	220	13.0	6.0	0	35	160	24	0	20	2
	Double	290	15.0	6.0	0	35	210	40	1	35	3
	Triple	360	16.0	6.0	0	35	250	54	1	48	4
Mocha - Almond No Whip	Single	120	4.0	0	0	0	150	21	0	19	1
	Double	190	6.0	0	0	0	200	37	1	34	2
	Triple	260	7.0	0	0	0	240	51	1	47	3
Mocha - No Whip	Single	160	5	3.0	0	15	110	23	0	22	8
	Double	250	7	4.0	0	20	150	39	1	37	11
	Triple	330	8	5.0	0	25	180	54	1	51	13
Mocha - Skim	Single	230	10.0	6.0	0	45	120	26	0	23	9
	Double	300	10.0	6.0	0	45	160	42	1	38	12
	Triple	370	10.0	6.0	0	45	190	57	1	52	14
Mocha - Soy	Single	250	14.0	6.0	0	35	135	26	1	22	9
	Double	340	15.0	6.0	0	35	180	42	2	37	12
	Triple	410	16.0	6.0	0	35	220	57	3	51	14
Mocha - Soy No Whip	Single	150	5.0	0.0	0	0	125	23	1	21	8
	Double	240	6.0	0.0	0	0	170	39	2	36	11
	Triple	310	7.0	0.0	0	0	210	54	3	50	13
Red Eye	Single	5	0	0.0	0	0	5	1	0	0	0
	Double	10	0	0.0	0	0	10	1	0	0	0
	Triple	10	0	0.0	0	0	10	2	0	0	0
Straight Up	Triple	5	0	0.0	0	0	15	0	0	0	0
Vanilla Cappuccino	Single	130	3.5	2.5	0	15	85	20	0	20	6
	Double	190	5	3.5	0	20	115	29	0	29	8
	Triple	240	6	4.0	0	25	140	38	0	38	10



Sweetwaters Nutrition Information

COFFEE DRINKS CONTINUED (5/5)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Vanilla Cappuccino - Almond	Single	100	3.0	0.0	0	0	115	18	0	18	1
	Double	150	4.0	0.0	0	0	150	27	0	26	1
	Triple	190	5.0	0.0	0	0	190	35	0	34	1
Vanilla Cappuccino - Skim	Single	100	0.0	0.0	0	Less than 5 mg	85	20	0	20	6
	Double	150	0.0	0.0	0	5	115	29	0	29	8
	Triple	190	0.0	0.0	0	5	140	38	0	38	10
Vanilla Cappuccino - Soy	Single	130	3.0	0.0	0	0	95	20	0	19	6
	Double	180	4.0	0.0	0	0	130	29	1	28	8
	Triple	230	5.0	0.0	0	0	160	38	1	36	10
White Mocha	Single	260	14	10.0	0	55	150	26	0	24	9
	Double	350	16	11.0	0	65	220	41	0	39	12
	Triple	430	17	12.0	0	65	280	56	0	54	14
White Mocha - Almond	Single	220	13.0	6.0	0	35	190	24	0	21	2
	Double	290	15.0	6.0	0	35	280	39	0	36	3
	Triple	360	16.0	6.0	0	35	340	53	0	50	4
White Mocha - Almond No Whip	Single	120	4.0	0	0	0	180	21	0	20	1
	Double	190	6.0	0	0	0	270	36	0	35	2
	Triple	260	7.0	0	0	0	330	50	0	49	3
White Mocha - No Whip	Single	160	5	3.0	0	15	140	23	0	23	8
	Double	250	7	4.0	0	20	210	38	0	38	11
	Triple	330	8	5.0	0	25	270	53	0	53	13
White Mocha - Skim	Single	230	10.0	6.0	0	45	150	26	0	24	9
	Double	300	10.0	6.0	0	45	220	41	0	39	12
	Triple	370	10.0	6.0	0	45	290	56	0	54	14
White Mocha - Soy	Single	250	14.0	6.0	0	35	160	26	1	23	9
	Double	340	15.0	6.0	0	35	240	41	1	38	12
	Triple	410	16.0	6.0	0	35	310	56	1	52	14
White Mocha - Soy No Whip	Single	150	5.0	0.0	0	0	150	23	1	22	8
	Double	240	6.0	0.0	0	0	230	38	1	37	11
	Triple	310	7.0	0.0	0	0	300	53	1	51	13



Sweetwaters Nutrition Information

ICE CREAM DRINKS (1/1)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chocolate Milkshake	Double	670	33	20.0	0	125	180	81	1	71	10
	Triple	870	41	24.0	0	150	230	110	1	97	13
Chocolate Milkshake - No Whip	Double	670	24	13.0	0	85	170	78	1	70	9
	Triple	870	32	27.0	0	110	220	107	1	96	12
Coco Café	Double	660	33	20.0	0	120	170	81	1	70	9
	Triple	840	40	23.0	0	145	210	108	1	95	11
Coco Café - No Whip	Double	660	24	13.0	0	80	160	78	1	69	8
	Triple	740	31	16.0	0	105	200	105	1	94	10
Frappe	Double	560	32	20.0	0	120	150	56	0	47	8
	Triple	690	39	23.0	0	145	190	71	0	60	10
Frappe - No Whip	Double	460	23	13.0	0	80	140	53	0	46	7
	Triple	590	30	16.0	0	105	180	68	0	59	9
Napali Brew	Double	630	32	20.0	0	120	150	73	0	65	8
	Triple	780	39	23.0	0	145	190	93	0	83	10
Napali Brew - No Whip	Double	530	23	13.0	0	80	140	70	0	64	7
	Triple	680	30	16.0	0	105	180	90	0	82	9
Sunshine Shake	Double	770	24	13.0	0	85	200	127	0	117	8
	Triple	980	31	17.0	0	110	250	157	0	145	11
Vanilla Milkshake	Double	600	34	21.0	0	125	180	59	0	50	11
	Triple	740	41	25.0	0	150	230	74	0	64	13
Vanilla Milkshake - No Whip	Double	500	25	14.0	0	85	170	56	0	49	10
	Triple	640	32	18.0	0	110	220	71	0	63	12



Sweetwaters Nutrition Information

ICE DRAGONS (1/2)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Caramel Ice Dragon	Double	460	17	11.0	0	65	180	68	0	59	9
	Triple	600	20	12.0	0	75	250	94	0	82	11
Caramel Ice Dragon - Almond	Double	440	17.0	9.0	0	55	200	67	0	58	5
	Triple	570	19.0	10.0	0	65	280	93	0	80	7
Caramel Ice Dragon - Almond No Whip	Double	340	8.0	2.0	0	20	190	62	0	57	4
	Triple	470	10.0	3.0	0	25	270	90	0	79	6
Caramel Ice Dragon - No Whip	Double	360	8	4.0	0	25	170	65	0	58	8
	Triple	500	12	5.0	0	35	240	91	0	81	10
Caramel Ice Dragon - Skim	Double	440	15.0	9.0	0	60	180	68	0	59	9
	Triple	570	16.0	10.0	0	65	250	94	0	82	11
Caramel Ice Dragon - Soy	Double	460	17.0	9.0	0	55	190	68	0	59	9
	Triple	590	19.0	10.0	0	65	260	94	0	80	12
Caramel Ice Dragon - Soy No Whip	Double	360	8.0	2.0	0	15	180	65	0	58	8
	Triple	490	10.0	3.0	0	25	250	91	0	79	11
Coffee Ice Dragon	Double	340	16	11.0	0	60	115	40	0	37	9
	Triple	420	18	12.0	0	70	150	50	0	49	11
Coffee Ice Dragon - Almond	Double	320	16.0	9.0	0	50	130	38	0	36	5
	Triple	390	17.0	10.0	0	55	170	49	0	47	7
Coffee Ice Dragon - Almond No Whip	Double	220	9.0	2.0	0	10	120	35	0	26	4
	Triple	290	8.0	3.0	0	15	160	46	0	46	6
Coffee Ice Dragon - No Whip	Double	240	7	4.0	0	20	105	37	0	36	8
	Triple	320	9	5.0	0	30	140	47	0	48	10
Coffee Ice Dragon - Skim	Double	320	14.0	9.0	0	55	115	39	0	37	9
	Triple	390	15.0	10.0	0	60	150	50	0	49	11
Coffee Ice Dragon - Soy	Double	340	16.0	9.0	0	50	120	39	0	37	9
	Triple	410	18.0	10.0	0	55	150	50	0	48	11
Coffee Ice Dragon - Soy No Whip	Double	240	7.0	2.0	0	10	110	36	0	36	8
	Triple	310	9.0	3.0	0	15	140	47	0	47	10
Lemonade Freeze	Double	250	0	0.0	0	0	0	69	0	66	0
	Triple	360	0	0.0	0	0	0	98	0	95	0
Lychee Ice Dragon	Double	300	3	2.0	0	10	70	64	0	64	5
	Triple	370	4	3.0	0	15	95	78	0	78	7
Lychee Ice Dragon - Almond	Double	270	2.5	0.0	0	0	90	63	0	62	0
	Triple	330	3.5	0.0	0	0	130	77	0	76	1
Lychee Ice Dragon - Skim	Double	270	0.0	0.0	0	Less than 5 mg	70	64	0	64	5
	Triple	340	0.0	0.0	0	5	95	78	0	78	7



Sweetwaters Nutrition Information

ICE DRAGONS CONTINUED (2/2)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Lychee Ice Dragon - Soy	Double	290	2.5	0.0	0	0	75	34	0	63	5
	Triple	360	4.0	0.0	0	0	110	78	1	78	7
Matcha Ice Dragon	Double	340	15	10.0	0	60	100	42	0	40	9
	Triple	460	18	12.0	0	70	140	61	0	59	13
Matcha Ice Dragon - Almond	Double	320	14.0	8.0	0	45	120	41	0	38	5
	Triple	420	17.0	9.0	0	55	170	60	0	57	7
Matcha Ice Dragon - Almond No Whip	Double	220	5.0	1.0	0	5	110	37	0	37	4
	Triple	320	8.0	2.0	0	15	160	57	0	56	6
Matcha Ice Dragon - No Whip	Double	240	6	3.0	0	20	90	39	0	39	8
	Triple	360	9	5.0	0	30	130	58	0	58	12
Matcha Ice Dragon - Skim	Double	320	12.0	8.0	0	50	100	42	0	40	9
	Triple	430	14.0	9.0	0	55	140	61	0	59	13
Matcha Ice Dragon - Soy	Double	330	15.0	8.0	0	45	105	42	0	39	9
	Triple	450	17.0	9.0	0	50	150	61	0	59	13
Matcha Ice Dragon - Soy No Whip	Double	230	6.0	1.0	0	5	95	39	0	38	8
	Triple	350	8.0	2.0	0	10	140	58	0	58	12
Mocha Ice Dragon	Double	440	17	11.0	0	60	130	64	1	60	10
	Triple	570	19	12.0	0	70	170	88	1	83	13
Mocha Ice Dragon - Almond	Double	420	16.0	9.0	0	50	150	63	1	59	6
	Triple	540	18.0	10.0	0	55	200	87	1	81	8
Mocha Ice Dragon - Almond No Whip	Double	320	7.0	2.0	0	10	140	60	1	58	5
	Triple	440	9.0	3.0	0	15	190	85	1	81	7
Mocha Ice Dragon - No Whip	Double	340	8	4.0	0	20	120	61	1	59	9
	Triple	470	10	5.0	0	30	160	85	1	82	12
Mocha Ice Dragon - Skim	Double	420	14.0	9.0	0	55	130	64	1	60	10
	Triple	540	16.0	10.0	0	60	170	88	1	83	13
Mocha Ice Dragon - Soy	Double	440	16.0	9.0	0	50	135	64	1	60	10
	Triple	560	18.0	10.0	0	55	180	88	2	82	13
Mocha Ice Dragon - Soy No Whip	Double	340	7.0	2.0	0	10	125	61	1	59	9
	Triple	460	9.0	3.0	0	15	170	85	2	81	12
Strawberry Bliss	Double	240	4.0	2.5	0	15	75	46	3	37	6
	Triple	410	8	5.0	0	30	115	75	5	64	10
Strawberry Lemon Freeze	Double	280	0	0.0	0	0	0	76	2	70	0
	Triple	400	0	0.0	0	0	0	108	2	100	1



Sweetwaters Nutrition Information

OTHER DRINKS (1/3)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Caramel Steamer	Single	180	5	3.5	0	20	140	25	0	22	8
	Double	300	8	5.0	0	35	230	45	0	38	12
	Triple	420	11	7.0	0	45	320	65	0	55	16
Caramel Steamer - Almond	Single	130	4.5	0.0	0	Less than 5 mg	180	23	0	19	1
	Double	230	7.0	0.0	0	5	290	42	0	34	1
	Triple	320	9.0	0.0	0	10	400	61	0	49	2
Caramel Steamer - Skim	Single	140	0.0	0.0	0	5	140	25	0	22	8
	Double	240	1.0	0.0	0	10	230	45	0	38	12
	Triple	340	1.0	0.0	0	15	320	65	0	55	16
Caramel Steamer - Soy	Single	170	5.0	0.0	0	Less than 5 mg	160	25	1	21	8
	Double	280	8.0	0.0	0	5	240	45	1	37	12
	Triple	400	10.0	0.0	0	5	350	65	2	53	16
Ginger Fizz	Triple	180	0	0.0	0	0	10	44	0	44	0
Hot Chocolate	Single	290	15	10.0	0	60	130	33	0	29	9
	Double	380	17	12.0	0	70	190	44	1	40	14
	Triple	490	20	13.0	0	80	250	62	1	57	18
Hot Chocolate - Almond	Single	250	14.0	6.0	0	35	170	31	0	26	2
	Double	310	16.0	6.0	0	35	250	41	1	36	3
	Triple	390	18.0	6.0	0	35	330	58	1	51	4
Hot Chocolate - Almond No Whip	Single	150	5.0	0.0	0	0	160	28	0	25	1
	Double	210	7.0	0.0	0	0	240	38	1	36	2
	Triple	290	9.0	0.0	0	0	320	55	1	50	3
Hot Chocolate - No Whip	Single	190	6	3.0	0	20	120	30	0	28	8
	Double	280	8	5.0	0	30	180	41	1	39	13
	Triple	390	11	6.0	0	40	240	59	1	56	17
Hot Chocolate - Skim	Single	250	10.0	6.0	0	45	130	33	0	29	9
	Double	320	10.0	6.0	0	45	190	44	1	40	14
	Triple	410	10.0	6.0	0	50	250	62	1	57	18
Hot Chocolate - Soy	Single	280	14.0	6.0	0	35	140	33	1	28	10
	Double	360	17.0	6.0	0	35	210	44	2	39	14
	Triple	470	19.0	6.0	0	35	280	62	3	55	18
Hot Chocolate - Soy No Whip	Single	180	5.0	0.0	0	0	130	30	1	27	9
	Double	260	8.0	0.0	0	0	200	41	2	38	13
	Triple	370	10.0	0.0	0	0	270	59	3	54	17
House-made Whipped Cream	100	9	7.0	0	40	10	3	0	1	1	
Iced Tea Lemonade	Triple	90	0	0.0	0	0	15	25	0	24	0
Italian Soda	Triple	150	0	0.0	0	0	0	40	0	40	0



Sweetwaters Nutrition Information

OTHER DRINKS (2/3)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Jade Matcha Lemonade	Triple	170	0	0.0	0	0	0	45	0	43	1
Lemonade	Triple	180	0	0.0	0	0	0	50	0	47	0
Passion Berry Lemonade	Triple	180	0	0.0	0	0	0	48	2	43	0
Poured milk	Single	180	7	5.0	0	30	160	16	0	16	12
	Double	240	10	7.0	0	40	220	22	0	22	16
	Triple	300	12	9.0	0	50	270	27	0	27	20
Poured milk - Almond	Single	100	6.0	0.0	0	0	220	13	0	12	1
	Double	140	8.0	0.0	0	0	300	18	0	16	2
	Triple	180	10.0	0.0	0	0	370	22	0	20	2
Poured milk - Skim	Single	120	0.0	0.0	0	5	160	16	0	16	12
	Double	160	0.0	0.0	0	10	220	22	0	22	13
	Triple	200	0.0	0.0	0	10	270	27	0	27	20
Poured milk - Soy	Single	160	7.0	0.0	0	0	180	16	1	15	12
	Double	220	9.0	0.0	0	0	250	22	2	20	16
	Triple	270	11.0	0.0	0	0	310	27	2	25	20
Pup Cup	Single	100	9	6.0	0	40	10	3	0	1	1
Summer Strawberry Lemonade	Triple	180	0	0.0	0	0	0	48	1	44	0
Super Green	Triple	120	0	0.0	0	0	0	31	1	27	1
Vanilla Steamer	Single	160	5	3.5	0	20	110	22	0	22	8
	Double	250	7	5.0	0	30	160	33	0	33	12
	Triple	330	10	7.0	0	40	220	45	0	45	16
Vanilla Steamer - Almond	Single	120	4.0	0.0	0	0	150	20	0	19	1
	Double	170	6.0	0.0	0	0	220	30	0	29	1
	Triple	230	8.0	0.0	0	0	300	41	0	39	2
Vanilla Steamer - Skim	Single	120	0.0	0.0	0	5	110	22	0	22	8
	Double	180	0.0	0.0	0	5	160	33	0	33	12
	Triple	250	0.0	0.0	0	10	220	45	0	45	16
Vanilla Steamer - Soy	Single	150	4.0	0.0	0	0	120	22	1	21	8
	Double	230	7.0	0.0	0	0	180	33	1	32	12
	Triple	310	9.0	0.0	0	0	250	45	2	43	16
White Hot Chocolate	Single	270	15	10.0	0	60	150	26	0	24	9
	Double	380	17	12.0	0	70	250	43	0	41	14
	Triple	490	20	13.0	0	80	340	61	0	59	18
White Hot Chocolate - Almond	Single	220	14.0	6.0	0	35	200	24	0	21	2
	Double	310	16.0	6.0	0	35	310	40	0	37	3
	Triple	390	18.0	6.0	0	35	420	57	0	53	4



Sweetwaters Nutrition Information

OTHER DRINKS (3/3)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
White Hot Chocolate - Almond No Whip	Single	120	5.0	0	0	0	190	21	0	20	1
	Double	210	7.0	0	0	0	300	37	0	36	2
	Triple	290	9.0	0	0	0	410	54	0	52	3
White Hot Chocolate - No Whip	Single	170	6	3.0	0	20	140	23	0	23	8
	Double	280	8	5.0	0	30	240	40	0	40	13
	Triple	390	11	6.0	0	40	330	58	0	58	17
White Hot Chocolate - Skim	Single	230	10.0	6.0	0	45	160	26	0	24	9
	Double	320	10.0	6.0	0	45	250	43	0	41	14
	Triple	410	10.0	6.0	0	50	340	61	0	59	18
White Hot Chocolate - Soy	Single	260	14.0	6.0	0	35	170	26	1	23	9
	Double	360	17.0	6.0	0	35	270	43	1	40	14
	Triple	470	19.0	6.0	0	35	370	61	2	57	18
White Hot Chocolate - Soy No Whip	Single	160	5.0	0.0	0	0	160	23	1	22	8
	Double	260	8.0	0.0	0	0	260	40	1	39	13
	Triple	370	10.0	0.0	0	0	360	58	2	56	17



Sweetwaters Nutrition Information

SEASONAL DRINKS (1/4)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Candy Cane Cocoa	Single	270	14	10.0	0	60	140	26	0	24	9
	Double	350	17	12.0	0	70	210	37	0	35	14
	Triple	440	19	13.0	0	80	280	49	0	47	18
Candy Cane Cocoa - Almond	Single	220	13.0	6.0	0	35	180	24	0	21	2
	Double	280	15.0	6.0	0	35	270	34	0	31	3
	Triple	340	17.0	6.0	0	35	360	45	0	41	4
Candy Cane Cocoa - Almond No Whip	Single	120	4.0	0	0	0	170	21	0	20	1
	Double	180	6.0	0	0	0	260	31	0	30	2
	Triple	240	8.0	0	0	0	350	42	0	40	3
Candy Cane Cocoa - No Whip	Single	170	5	3.0	0	20	130	23	0	23	8
	Double	260	8	5.0	0	30	200	34	0	34	13
	Triple	340	10	6.0	0	40	270	46	0	46	17
Candy Cane Cocoa - Skim	Single	230	10.0	6.0	0	45	150	26	0	24	9
	Double	290	10.0	6.0	0	45	210	37	0	35	13
	Triple	360	10.0	6.0	0	50	280	49	0	47	18
Candy Cane Cocoa - Soy	Single	260	14.0	6.0	0	35	160	26	1	23	9
	Double	340	16.0	6.0	0	35	240	37	1	34	14
	Triple	420	18.0	6.0	0	35	310	49	2	45	18
Candy Cane Cocoa - Soy No Whip	Single	160	5.0	0.0	0	0	150	23	1	22	8
	Double	240	7.0	0.0	0	0	230	34	1	33	13
	Triple	320	9.0	0.0	0	0	300	46	2	44	17
Cider	Single	180	0	0	0	0	90	45	0	45	0
	Double	240	0	0	0	0	120	60	0	60	0
	Triple	300	0	0	0	0	150	75	0	75	0
Great Pumpkin Latte	Single	330	14	10.0	0	55	160	44	0	40	9
	Double	460	16	11.0	0	65	220	71	0	66	12
	Triple	560	17	12.0	0	65	260	91	0	85	14
Great Pumpkin Latte - Almond	Single	290	13.0	6.0	0	35	200	42	0	38	3
	Double	400	14.0	6.0	0	35	270	68	0	62	4
	Triple	490	15.0	6.0	0	35	320	88	0	81	4
Great Pumpkin Latte - Almond No Whip	Single	190	4.0	0	0	0	190	39	0	37	2
	Double	300	5.0	0	0	0	260	65	0	61	3
	Triple	390	6.0	0	0	0	310	85	0	80	3
Great Pumpkin Latte - No Whip	Single	230	5	3.0	0	15	150	41	0	39	8
	Double	360	7	4.0	0	25	210	68	0	65	11
	Triple	460	8	5.0	0	25	250	88	0	84	13
Great Pumpkin Latte - Skim	Single	300	10.0	6.0	0	45	160	44	0	40	9
	Double	410	10.0	6.0	0	45	220	71	0	66	12
	Triple	500	10.0	6.0	0	45	260	91	0	85	14



Sweetwaters Nutrition Information

SEASONAL DRINKS (2/4)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Great Pumpkin Latte - Soy	Single	320	14.0	6.0	0	35	170	44	1	39	9
	Double	450	15.0	6.0	0	35	230	71	1	64	12
	Triple	540	16.0	6.0	0	35	280	91	1	83	14
Great Pumpkin Latte - Soy No Whip	Single	220	5.0	0.0	0	0	160	41	1	38	8
	Double	350	6.0	0.0	0	0	220	68	1	63	11
	Triple	440	7.0	0.0	0	0	270	88	1	82	13
Imperial Milk Tea	Single	119	4	3	0	14	14	20	0	20	1
	Double	159	5	4	0	18	18	26	0	26	2
	Triple	199	7	5	0	23	23	33	0	33	2
Let it Snow Latte	Single	210	4.5	3.0	0	20	140	34	0	34	8
	Double	300	6	4.0	0	25	190	50	0	50	11
	Triple	370	7	5.0	0	30	230	64	0	64	13
Let it Snow Latte - Almond	Single	170	3.5	0.0	0	0	180	32	0	31	1
	Double	240	5.0	0.0	0	0	250	47	0	46	2
	Triple	300	6.0	0.0	0	0	290	61	0	60	3
Let it Snow Latte - Skim	Single	170	0.0	0.0	0	5	140	34	0	34	8
	Double	250	0.0	0.0	0	5	200	50	0	50	11
	Triple	310	0.0	0.0	0	5	230	64	0	64	13
Let it Snow Latte - Soy	Single	200	4.0	0.0	0	0	160	34	1	33	8
	Double	290	5.0	0.0	0	0	210	50	1	49	11
	Triple	360	6.0	0.0	0	0	250	64	1	62	13
Matcha Truffle	Single	240	13	9.0	0	50	85	25	0	22	7
	Double	310	14	10.0	0	55	115	37	0	34	10
	Triple	350	15	10.0	0	60	135	45	1	41	11
Matcha Truffle - Almond	Single	210	12.0	6.0	0	35	110	24	0	20	3
	Double	270	13.0	6.0	0	35	150	35	0	31	4
	Triple	300	14.0	6.0	0	35	170	43	1	38	4
Matcha Truffle - Almond No Whip	Single	110	3.0	0	0	0	100	21	0	19	2
	Double	170	4.0	0	0	0	140	32	0	30	3
	Triple	200	5.0	0	0	0	160	40	1	37	3
Matcha Truffle - No Whip	Single	140	4	2.0	0	10	75	22	0	21	6
	Double	210	5	3.0	0	15	105	34	0	33	9
	Triple	250	6	3.0	0	20	125	41	1	40	10
Matcha Truffle - Skim	Single	210	10.0	6.0	0	40	85	25	0	22	7
	Double	270	10.0	6.0	0	40	115	37	0	34	10
	Triple	310	10.0	6.0	0	45	135	45	1	41	11
Matcha Truffle - Soy	Single	230	12.0	6.0	0	35	95	25	1	22	7
	Double	300	14.0	6.0	0	35	130	37	1	33	10
	Triple	340	14.0	6.0	0	35	150	45	2	40	11



Sweetwaters Nutrition Information

SEASONAL DRINKS (3/4)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Matcha Truffle - Soy No Whip	Single	130	3.0	0.0	0	0	85	22	1	21	6
	Double	200	5.0	0.0	0	0	120	34	1	32	9
	Triple	240	5.0	0.0	0	0	140	42	2	39	10
Mint Julep Cold Brew	Triple	180	10	7.0	0	40	30	21	0	19	1
Mint Julep Cold Brew - Almond	Triple	100	0.5	0.0	0	0	35	20	0	20	0
Mint Julep Cold Brew - Skim	Triple	95	0.0	0.0	0	0	35	20	0	20	1
Mint Julep Cold Brew - Soy	Triple	100	0.5	0.0	0	0	35	20	0	20	1
Mint Matcha Latte	Single	140	3	2.0	0	10	80	24	0	23	6
	Double	210	4	3.0	0	15	115	35	0	34	8
	Triple	260	5	3.5	0	20	135	45	0	44	10
Mint Matcha Latte - Almond	Single	120	2.5	0.0	0	0	105	22	0	21	1
	Double	170	3.5	0.0	0	0	150	33	0	32	2
	Triple	210	4.0	0.0	0	0	170	43	0	41	3
Mint Matcha Latte - Skim	Single	120	0.0	0.0	0	Less than 5 mg	80	24	0	23	6
	Double	180	0.0	0.0	0	Less than 5 mg	115	35	0	34	8
	Triple	220	0.0	0.0	0	5	135	45	0	44	10
Mint Matcha Latte - Soy	Single	140	2.5	0.0	0	0	90	24	0	23	6
	Double	200	4.0	0.0	0	0	130	35	1	34	9
	Triple	250	4.0	0.0	0	0	150	45	1	43	10
Peppy Bark Mocha	Single	340	14	10.0	0	55	150	44	0	41	10
	Double	430	16	11.0	0	65	210	60	1	56	13
	Triple	500	17	12.0	0	65	250	75	1	71	15
Peppy Bark Mocha - Almond	Single	290	13.0	6.0	0	35	190	42	0	38	3
	Double	370	15.0	6.0	0	35	260	58	1	53	4
	Triple	430	16.0	6.0	0	35	300	72	1	66	5
Peppy Bark Mocha - Almond No Whip	Single	190	4.0	0	0	0	180	39	0	37	2
	Double	270	6.0	0	0	0	250	55	1	52	3
	Triple	330	7.0	0	0	0	290	69	1	65	4
Peppy Bark Mocha - No Whip	Single	240	5	3.0	0	15	140	41	0	40	9
	Double	330	7	4.0	0	20	200	57	1	55	12
	Triple	400	8	5.0	0	25	240	72	1	70	14
Peppy Bark Mocha - Skim	Single	300	10.0	6.0	0	45	150	44	0	41	10
	Double	380	10.0	6.0	0	45	210	60	1	56	13
	Triple	450	10.0	6.0	0	45	250	75	1	71	15



Sweetwaters Nutrition Information

SEASONAL DRINKS (4/4)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Peppy Bark Mocha - Soy	Single	330	14.0	6.0	0	35	170	44	1	40	10
	Double	420	15.0	6.0	0	35	220	60	2	55	13
	Triple	490	16.0	6.0	0	35	270	75	2	69	15
Peppy Bark Mocha - Soy No Whip	Single	230	5.0	0.0	0	0	160	41	1	39	9
	Double	320	6.0	0.0	0	0	210	57	2	54	12
	Triple	390	7.0	0.0	0	0	260	72	2	68	14
Spiced Caramel Apple	Single	348	10.1	6.72	0	40.9	119.6	63.82	0	54.65	0.96
	Double	453	10.35	6.72	0	42.15	167.1	89.57	0	77.15	0.96
	Triple	678	11.6	6.72	0	48.4	284.6	144.32	0	121.65	0.96
Spiced Caramel Apple - No Whip	Single	248	1.1	0.72	0	5.9	109.6	60.82	0	53.65	0
	Double	353	1.35	0.72	0	7.15	157.1	86.57	0	76.15	0
	Triple	578	2.6	0.72	0	13.4	274.6	141.32	0	120.65	0
Sugar & Spice White Mocha	Single	280	14	10.0	0	55	150	30	0	28	9
	Double	360	16	11.0	0	65	210	43	0	41	12
	Triple	420	17	12.0	0	67	250	53	0	50	13
Sugar & Spice White Mocha - Almond	Single	240	13.0	6.0	0	35	190	28	0	26	2
	Double	300	15.0	6.0	0	35	260	40	0	37	3
	Triple	350	16.0	6.0	0	35	310	50	0	47	3
Sugar & Spice White Mocha - Almond No Whip	Single	140	4.0	0	0	0	180	25	0	25	1
	Double	200	6.0	0	0	0	250	37	0	36	2
	Triple	250	7.0	0	0	0	300	47	0	46	2
Sugar & Spice White Mocha - No Whip	Single	180	5	3.0	0	15	140	27	0	27	8
	Double	260	7	4.0	0	25	200	40	0	40	11
	Triple	320	8	5.0	0	30	24	50	0	49	12
Sugar & Spice White Mocha - Skim	Single	250	10.0	6.0	0	45	150	30	0	28	9
	Double	310	10.0	6.0	0	45	210	43	0	41	12
	Triple	360	10.0	6.0	0	45	250	53	0	51	13
Sugar & Spice White Mocha - Soy	Single	270	14.0	6.0	0	35	160	30	1	27	9
	Double	350	15.0	6.0	0	35	220	43	1	29	12
	Triple	400	16.0	6.0	0	35	270	53	1	50	14
Sugar & Spice White Mocha - Soy No Whip	Single	170	5.0	0.0	0	0	150	27	1	26	8
	Double	250	6.0	0.0	0	0	210	40	1	28	11
	Triple	300	7.0	0.0	0	0	260	50	1	49	13



Sweetwaters Nutrition Information

TEA (1/2)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chai - Almond	Single	150	3.0	0.0	0	0	140	30	0	26	0
	Double	190	3.5	0.0	0	0	180	39	0	34	1
	Triple	240	4.5	0.0	0	0	220	48	0	42	1
Chai - Soy	Single	170	3.0	0.0	0	0	120	31	0	28	5
	Double	230	4.0	0.0	0	0	160	41	1	36	7
	Triple	280	5.0	0.0	0	0	190	50	1	44	9
Chai - Skim	Single	150	0	0.0	0	Less than 5 mg	110	31	0	28	5
	Double	200	0	0.0	0	Less than 5 mg	140	41	0	37	7
	Triple	240	0	0.0	0	5	170	50	0	45	9
Chai Spiced Cider	Single	227	0	0	0	0	90	56	0	51	0
	Double	303	0	0	0	0	120	75	0	68	0
	Triple	379	0	0	0	0	150	93	0	86	0
Ginger Lemon Tea	Single	140	0	0.0	0	0	10	35	0	35	0
	Double	190	0	0.0	0	0	10	47	0	47	0
	Triple	240	0	0.0	0	0	15	58	0	58	0
Iced Tea	Triple	0	0	0.0	0	0	30	0	0	0	0
Matcha Latte	Single	110	3.0	2.0	0	1	70	17	0	17	5
	Double	180	4.0	3.0	0	15	95	29	0	29	7
	Triple	220	5	3.5	0	20	110	38	0	38	8
Matcha Latte - Almond	Single	80	2.5	0.0	0	0	95	16	0	15	0
	Double	140	3.5	0.0	0	0	130	27	0	26	1
	Triple	170	4.0	0.0	0	0	150	35	0	35	1
Matcha Latte - Skim	Single	90	0.0	0.0	0	3	70	17	0	17	5
	Double	140	0.0	0.0	0	5	95	29	0	29	7
	Triple	180	0.0	0.0	0	5	110	38	0	38	8
Matcha Latte - Soy	Single	110	2.5	0.0	0	0	75	17	0	16	5
	Double	170	3.5	0.0	0	0	110	29	1	28	7
	Triple	210	4.0	0.0	0	0	125	38	1	37	8
Premium Teas	Triple	0	0	0.0	0	0	35	0	0	0	0
Real Tea Latte	Triple	170	5	3.5	0	20	130	24	0	24	8
Real Tea Latte - Almond	Triple	120	4.0	0.0	0	0	170	22	0	21	1
Real Tea Latte - Skim	Triple	130	0.0	0.0	0	5	130	24	0	24	8
Real Tea Latte - Soy	Triple	160	4.0	0.0	0	0	140	24	1	23	8
Select Teas	Triple	0	0	0.0	0	0	35	0	0	0	0
Thai Iced Tea	Double	140	4.5	3.0	0	15	30	25	0	25	1
	Triple	180	6	4.0	0	20	45	32	0	32	2



Sweetwaters Nutrition Information

TEA (2/2)

Beverage	Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Thai Iced Tea - Almond	Double	100	0.5	0.0	0	0	45	25	0	25	0
	Triple	130	1.0	0.0	0	0	60	33	0	32	0
Thai Iced Tea - Skim	Double	100	0.0	0.0	0	Less than 5 mg	40	25	0	25	1
	Triple	130	0.0	0.0	0	Less than 5 mg	50	33	0	33	2
Thai Iced Tea - Soy	Double	110	1.0	0.0	0	0	40	25	0	25	1
	Triple	140	1.0	0.0	0	0	55	33	0	33	2



Sweetwaters Nutrition Information

CANDY (1/1)

ITEM	Serving Size Amount	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Fortune Cookies (Shang Pin)	1 cookies 5.7g/0.2oz	22	0	0	0	0	27	5	0	2	0
Manner Vanilla Cream Filled Wafer Cookies	5 wafers (36g)	190	11	9	0	0	55	22	0.5	15	2
Manner Hazelnut Cream Filled Wafer Cookies	5 wafers (36g)	180	8	4	0	0	20	24	1	16	2
Manner Lemon Cream Filled Wafer Cookies	6 wafers (36g)	190	10	6	0	0	25	23	0.5	17	0.5
Manner Chocolate Cream Filled Wafer Cookies	5 wafers (36g)	180	10	6	0	0	30	21	1	15	2
Organic Hard Candies	5pc (16g)	60	0	0	0	0	0	15	0	14	0
Peanut Butter Cups	4pc (39g)	220	17	8	0	5	95	16	3	11	5
Peanut Butter Cups, Caramelized Banana	4pc (39g)	220	15	7	0	5	60	19	2	15	4
Sahale Snacks - Pomegranate flavored pistachios	1 bag (42.5g)	220	15	1.5	0	0	200	18	4	10	7
Sahale Snacks - Honey Almonds	1 bag (42.5g)	230	17	1.5	0	0	210	16	4	9	7



Sweetwaters Nutrition Information

DESSERT (1/1)

ITEM	Serving Size Amount	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Apple Pie	245g/8.64oz	610	25	13	0.5	65	350	92	4	58	5
Blueberry Cheesecake	169g/5.96oz	630	44	28	0.5	100	420	51	1	34	7
Chocolate Cheesecake	187g/1 slice	680	46	26	1	135	370	62	3	45	9
Chocolate Joy Nut Bars	83g/2.93oz	380	24	12	0	5	170	41	3	28	5
Chocolate Magic Cake	202g/7.14oz	930	40	22	0	165	340	79	7	58	10
Classic Cheesecake	120g/4.24oz	430	29	16	1	120	360	35	1	22	7
Classic Carrot	120g/4.25oz	900	62	23	1	150	760	80	3	56	9
Enchanted Cupcakes	66g/2.34oz	290	16	9	0	50	140	33	0	25	2
French Macarons	3pc - 30g	120	5	1	0	5	5	15	0	14	2
Key Lime Pie	160g/5.64oz	550	37	21	0	245	260	47	2	32	6
Lemon Bars	100g/3.5oz	370	20	11	0	125	110	44	0	29	4
Nutella Torte	117g/4.14oz	500	24	15	0	70	210	57	3	33	7
OMG Cake	227g/8oz	750	45	23	0	95	460	84	6	54	9
Peanut Butter Pie	142g/5oz	660	51	27	0	95	340	43	3	29	9
Red Velvet Cake	251g/8.85oz	1000	55	28	1	115	630	119	3	76	9
Tiramisu	113g/4oz	320	19	13	0	135	75	31	1	17	4
Tropical Hawaiian Cake	213g/7.50oz	770	53	33	0	170	140	67	3	46	7



Sweetwaters Nutrition Information

MERRYCHEF (1/2)

ITEM	Serving Size Amount	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bagel Breakfast Sandwich (egg, ham & cheese)	234g	520	17.5	6.5	0	170	1795	66	2	10	30
Bagel Breakfast Sandwich (egg, bacon & cheese)	207g	535	22	7.75	0	160	1130	63	2	7	24.5
Bagel Breakfast Sandwich (egg & cheese)	177g	460	16	5.5	0	145	875	63	2	7	20
Biscuit Breakfast Sandwich (egg, ham & cheese)	185g	360	27.5	11.5	0	170	2065	46	1	7	27
Biscuit Breakfast Sandwich (egg, bacon & cheese)	158g	375	32	12.75	0	160	1400	43	1	4	21.5
Biscuit Breakfast Sandwich (egg & cheese)	128g	300	26	10.5	0	145	1145	43	1	4	17
Butter Croissant	85.05g/3oz	300	17	11	0.5	50	250	33	<1	5	4
Chocolate Croissant	81.65g/2.88oz	310	17	10	0.5	45	200	33	2	11	4
Chocolate Chip Cookie	136g/4.8oz	380	20	12	0	50	370	50	2	30	5
Cinnamon Swirl	1 pc (70g)	300	17	7	0	20	90	34	1	12	4
Lemon Danish	1 pc (80g)	280	17	9	0	20	90	29	0	8	3
Multi-grain Croissant	62.37g/2.20oz	210	10	6	0	35	170	24	2	3	5
Nutty Danish	1 pc (78g)	360	23	10	0	25	115	34	0	8	3
Oatmeal Raisin Cookie	127g/4.4oz	420	14	7	0	60	400	51	3	26	5
PB Cookie	125g/4.4oz	400	22	9	0	50	340	45	2	28	7
Pretzel Melt Ham & Cheese	162g/5.7oz	410	17	10	0	80	750	43	3	5	20
Pretzel Melt Spinach Feta	142g/5oz	420	22	11	0.5	60	570	43	4	5	12
Pretzel Melt Turkey Provolone	147g/5.2oz	400	14	9	0	65	910	44	3	5	23
Raspberry Danish	1 pc (78g)	280	17	8	0	25	80	29	2	12	4
Raspberry Jam Biscuit	84g	180	11	5	0	0	900	56	1	12	7



Sweetwaters Nutrition Information

MERRYCHEF (2/2)

ITEM	Serving Size Amount	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Savory Croissants Spinach	85.05g/3oz	230	13	8	0	55	250	21	1	3	7
Savory Croissant Egg/Bacon	85.05g/3oz	280	17	10	0	90	370	23	<1	4	9
Savory Croissant Ham/Cheese	85.05g/3oz	260	17	10	0	55	270	22	<1	4	6



Sweetwaters Nutrition Information

PASTRY (1/1)

ITEM	Serving Size Amount	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bagels - Plain	1 bagel 113g/4oz	290	1	0	0	0	630	62	2	7	10
Bagels - Everything	1 bagel 113g/4oz	290	1	0	0	0	720	62	2	7	10
Bagels - Asiago	1 bagel 113g/4oz	300	2.5	1	0	5	680	59	2	7	11
Banana Oat Bread	104g/3.66oz	300	12	5	0	60	250	44	1	22	4
Blueberry Oat Loaf	107g/3.76oz	350	15	7	0	70	180	48	2	25	5
Charlie Brownies	72g/2.5oz	320	17	9	0	55	100	38	3	26	4
Cookies: Chocolate Chunk Cookie	86g/3.02oz	380	19	11	0	45	430	50	2	28	5
Cookies: Salted Caramel Cookie	84g/2.94oz	390	17	10	0	50	620	57	1	31	4
Cran-Orange Bread	96g/3.4oz	310	12	4	0	50	130	45	2	23	5
Gluten Free Honduran Brownie	83g/2.92oz	350	18	9	0	70	140	61	2	31	4
Marshmallow Bars	60g/2.1oz	250	5	3	0	15	250	43	0	29	2
Mini French Donuts - Plain	16g/1 donut	70	4.5	2	0	10	55	6	0	1	1
Mini French Donuts - Chocolate Hazelnut	25g/1 donut	110	7	2	0	10	65	12	1	6	2
Mini French Donuts - Red Fruit	21g/1 donut	80	4	1	0	10	45	8	0	3	2
Pumpkin Chai Swirl	95g/3.36oz	290	11	4	0	60	380	43	1	28	5
Scones - Blueberry	99g/3.5oz	360	18	9	0	90	380	44	2	16	6
Scones - Cinnamon	99g/3.5oz	410	22	13	0	95	290	48	1	20	6
Scones - Cranberry Orange	99g/3.5oz	370	19	10	0	95	370	45	1	17	5
Sour Cream Pecan Coffee Cake	97g/3.4oz	390	23	10	0	75	210	41	1	27	5
Toffee Blondie	80g/2.8oz	350	17	9	0	65	350	46	1	30	4
Zucchini Raisin Bread	170g/3.76oz	320	9	3	0	45	290	54	1	32	4