


Second Cup Nutritional Facts

 Product Category	Serving Size	Calories	Calories from fat	Total fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (gm)	Dietary Fibre (gm)	Sugars (mg)	Protein (gm)	Vitamin A (%)	Vitamin C (%)	Calcium (mg)	Iron (%)
	Hand Crafted Hot Classics															
Americano	6 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apple Cider	12 oz	58	0	0	0	0	5	0	14	0.0	0.0	0	0	0	4	0
Apple Wildberry Tea	12 oz	174	0	0	0	0	5	0	43	0.6	42.1	0	0	0	10	0
Caffe Latte	12 oz	117	42	5	3	19	96	352	11	0.0	11.9	8	9	1	27	1
Cappuccino	12 oz	116	34	5	2	15	229	391	12	1.3	9.7	8	8	1	26	1
Caramelo Coretto	12 oz	218	64	7	6	12	152	229	32	0.0	29.7	5	6	1	24	1
Chai Latte	12 oz	242	67	7	6	19	127	352	35	0.2	26.2	8	9	1	35	1
Chocolate Espresso	4 oz	29	0	0	0	0	19	0	6	0.5	4.7	0	0	0	0	3
Con Panna	12 oz	84	80	9	6	32	10	28	1	0.0	0.0	1	6	0	2	0
Creamy Hot Chocolate	12 oz	298	84	9	7	17	317	320	10	0.0	10.8	9	8	1	40	1
Dark Hot Chocolate	12 oz	323	6	1	4	5	278	419	62	3.8	50.2	12	10	4	33	1
Espresso	4oz	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0
Flat White	12 oz	103	33	4	2	15	109	336	10	0.0	9.7	7	0	3	26	1
Green Tea Latte	12 oz	253	80	9	7	19	157	352	35	0.1	30.8	8	9	1	34	1
Hazelnut Latte	12 oz	201	65	7	6	12	93	229	28	0.0	25.4	5	6	1	24	1
London Fog	12 oz	176	42	5	3	19	103	440	26	0.0	26.0	8	9	1	27	1
Macchiato	12 oz	17	5	1	0	2	17	54	2	0.0	1.6	1	0	1	4	0
Maple Latte	12 oz	273	89	10	9	12	201	229	40	0.0	35.1	6	6	1	28	1
Maple White Hot Chocolate	12 oz	354	76	8	7	17	127	320	59	0.0	56.5	7	8	1	31	1
Milk Steamer	12 oz	193	42	5	3	19	96	352	30	0.0	30.8	8	9	1	27	0
Moccaccino	12 oz	220	61	7	5	12	234	229	7	0.0	7.7	6	6	1	29	1
Turkish Coffee	12 oz	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0
Vanilla Bean Hot Chocolate	12 oz	250	72	8	6	17	259	320	10	0.0	10.8	8	8	1	36	1
Vanilla Bean Latte	12 oz	175	58	6	5	12	132	229	24	0.0	21.4	5	6	1	23	0
Vanilla Bean Steamer	12 oz	338	125	14	12	20	281	366	45	0.0	38.1	9	9	1	42	1
White Hot Chocolate	12 oz	208	103	11	6	38	299	454	12	0.6	10.8	14	9	1	26	6
White Moca	12 oz	183	65	7	6	12	92	229	24	0.0	10.8	8	8	1	36	1
Hand Crafted Classics *Non-Fat Milk																
Caffe Latte Non-Fat	12 oz	77	2	0	0	5	95	354	11	0.0	11.5	8	9	0	28	0
Cappuccino Non-Fat	12 oz	77	2	0	0	5	95	354	11	0.0	11.5	8	9	0	28	0
Caramelo Coretto Non-Fat	12 oz	205	41	5	4	3	180	280	34	0.0	22.0	6	6	3	28	1

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Chai Latte Non-Fat	12 oz	201	27	3	3	5	126	354	36	0.2	25.9	8	9	0	36	1
Creamy Hot Chocolate Non-Fat	12 oz	270	51	6	5	4	343	367	11	0.0	10.8	9	9	4	42	1
Flat White Non-Fat	12 oz	62	0	0	0	4	77	287	9	0.0	9.4	6	7	0	23	0
Green Tea Latte Non-Fat	12 oz	212	41	5	4	5	156	354	35	0.1	30.4	8	9	0	35	1
Hazelnut Latte Non-Fat	12 oz	181	41	5	4	3	112	262	29	0.0	25.4	6	6	3	26	1
London Fog Tea Latte Non-Fat	12 oz	136	2	0	0	5	102	441	26	0.0	25.7	8	9	0	28	1
Macchiato Not-Fat	12 oz	17	5	1	0	2	17	54	2	0.0	1.6	1	0	1	4	0
Maple Latte Non-Fat	12 oz	254	65	7	7	3	220	262	41	0.0	35.0	6	6	3	30	1
Maple White Hot Chocolate Non-Fat	12 oz	326	43	5	4	4	153	367	60	0.0	56.5	8	9	4	34	1
Milk Steamer Non-Fat	12 oz	153	2	0	0	5	95	354	30	0.0	30.4	8	9	0	28	0
Moccaccino Non-Fat	12 oz	200	38	4	4	3	253	262	8	0.0	7.7	7	6	3	31	1
Vanilla Bean Hot Chocolate Non-Fat	12 oz	307	92	10	8	17	329	347	19	0.0	6.4	9	9	4	42	1
Vanilla Bean Latte Non-Fat	12 oz	151	32	4	3	3	133	239	24	0.0	21.5	5	6	0	24	0
Vanilla Bean Steamer Non-Fat	12 oz	307	88	10	9	5	311	419	46	0.0	38.1	10	10	4	45	1
White Hot Chocolate Non-Fat	12 oz	180	70	8	3	26	325	501	12	0.6	10.8	15	9	4	29	6
White Moca Non-Fat	12 oz	164	41	5	4	3	110	262	25	0.0	21.4	6	6	3	26	1

Frozen Favourites

Apple Wildberry Iced Tea	16oz	203	0	0	0	0	3	0	50	0.7	49.1	0	0	0	11	0
Brewed Iced Tea	16oz	2	0	0	0	0	7	84	1	0.0	0.0	0	0	0	0	0
Chai Chiller	16oz	240	69	8	7	10	136	170	39	0.2	27.6	4	4	0	24	1
Chillate	16oz	166	85	9	8	32	67	27	14	0.0	7.8	1	6	0	6	0
Cookies & Cream Chiller	16oz	427	138	15	12	16	392	227	31	0.3	17.4	7	6	2	38	4
Frrrozen Dark Hot Chocolate	16oz	300	4	0	3	4	246	314	59	3.8	47.1	9	8	3	26	23
Frozen Hot Chocolate	16oz	232	100	11	7	41	59	207	16	0.0	5.8	4	10	1	15	0
Frrrozen Maple White Hot Chocolate	16oz	394	89	10	8	15	149	298	67	0	52.5	7	7	3	33	1
Frrrozen Vanilla Bean Hot Chocolate	16oz	277	76	8	8	4	260	314	34	0	29	8	7	3	37	1
Frrrozen White Hot Chocolate	16oz	411	119	13	13	5	217	419	64	0	53.4	10	10	4	50	2
Fruit Chiller	16oz	38	0	0	0	0	2	0	9	0.0	9.4	0	0	0	2	0
Green Tea Chiller	16oz	220	69	8	6	14	130	255	32	0.1	27.5	6	6	1	26	1
Handcrafted Italian Soda	16oz	113	0	0	0	0	3	0	28	0.0	28.3	0	0	0	5	0
Iced Americano	16oz	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0
Iced Coffee	16oz	9	16	2	0	0	2	109	0	0.0	0.0	0	0	0	0	0
Icepresso	16oz	94	4	0	0	0	9	33	22	0.0	21.9	1	1	0	3	0
Mint Lemonade Chiller	16oz	196	0	0	0	0	0	5	51	0.1	50.4	0	1	0	0	0
Strawberry Lemonade Chiller	16oz	95	0	0	0	0	0	0	24	0.0	23.4	0	0	0	0	0

Frozen Favourites *Non-Fat Milk

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Chai Chiller Non-Fat	16oz	222	50	6	5	3	137	177	39	0.2	27.6	4	5	0	25	1
Cookies & Cream Chiller Non-Fat	16oz	415	120	13	10	8	401	252.0	32.0	0.3	17.4	8	6	2	39	4
Frrrozen Hot Chocolate Non-Fat	16oz	214	80	9	6	34	60	213	16	0.0	5.8	4	10	0	16	0
Frrrozen Maple White Hot Chocolate Non-Fat	16oz	368	61	7	6	4	151	314	67	0.0	61.8	7	6	2	39	4
Green Tea Chiller Non-Fat	16oz	193	40	4	4	3	132	265	32	0.1	27.6	6	7	0	28	1
Natural Frozen Yogurt																
Strawberry Banana Frozen Yogurt Parfait	4oz	213	39	4.3	0	98	0.67	128	48	6.8	7.0	1.6	1	85	2	3
Honey Granola Frozen Yogurt Parfait	4oz	133	22	2.7	1	5	58	85	21	0.7	6.4	2.5	0.33	12	2	3
Banana Strawberry Frozen Yogurt Smoothie	4oz	198	24.3	2.6	0	59	12	211	46	4.7	17.8	2	4	23	8	2
Clemintine/Mango Frozen Yogurt Smoothie	4oz	168	8.3	1	0	20	15	78.6	40	1.9	31.0	1.3	6	83	11	1
Berry Passion Frozen Yogurt Smoothie	4oz	144	23	2.7	0	59	12	51.6	31.6	3.7	8.6	1.7	2	38	8	1
Mixed Berry Frozen Yogurt Parfait	4 oz	195	40	4	0	98	2.3	31.3	43.3	1.3	3.7	1.3	0	38	1	3
Caramel Temptation Frozen Yogurt Parfait	4oz	276	86	9.7	3.3	98.3	17	67	53.6	68.0	13.0	2	0	38	5	9
Caramel Temptation Frozen Yogurt Smoothie	4oz	188	47.7	5.3	2.7	59.3	68	32.3	37	3.4	12.0	1.6	2	1	20	1
Chocolate Temptation Frozen Yogurt Parfait	4oz	250	70	8	2	98	21	41	47	6.4	8.1	2	0	6	2	2
Chocolate Temptation Frozen Yogurt Smoothie	4oz	154	27	3	0	61	29	35	34	3.4	10.4	2	1	0	3	0
Cookie Crumble Frozen Yogurt Shake	4oz	147	36.3	4	1.7	39.7	72.3	39.3	22.7	2.4	5.7	1.7	2	1	18	4
Berried in Caramel Frozen Yogurt Shake	4oz	81.3	10.3	1	0.67	10.3	28.7	40.3	17	0.6	12.8	1	3	1	12	0
Dreamsicle Light Frozen Yogurt Shake	4oz	61.3	14.3	1.7	0.67	20	15	32.3	12	1.1	3.8	1	2	1	10	0
Mocha Mania Frozen Yogurt Shake	4oz	97.3	22	2.3	1	30	36.3	40.3	16.3	1.7	4.3	1.3	3	1	16	1