Updated: January 2012

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 (gm)	Protein (gm)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Natural Frozen Yogurt																
Strawberry-Banana Frozen Yogurt Parfait	4oz	356	2	1	0	0	8	67	6	1.1	2.4	1	0	4	0	0.5
Plain Yogurt	4oz	439	91	10	0	0	236	0	98	3.4	6.8	3	0	0	0	0
Honey Granola Frozen Yogurt Parfait	4oz	398	66	8	3	16	175	255	63	2.2	19.3	7.5	1	12.5	2	3
Creamy Banana/Strawberry Yogurt Smoothie	4oz	257	46.5	5	0	0.5	135.5	157	57	2.5	6.8	3	1.5	9	4.5	0.5
Clemintine/Mango Frozen Yogurt Smoothie	4oz	257	46.5	5	0	0.5	135.5	85.5	57	2.5	6.8	3	2.25	37	6.5	1
Berry Passion Frozen Yogurt Smoothie	4oz	186	35	4	0	0.5	157	55	42.5	1.6	85.5	2.5	1.5	2.5	3.5	0.5
Hand Crafted Hot Classics																
Macchiato	12 oz	17	5	1	0	2	17	54	2	0.0	1.6	1	0	1	4	0
Espresso	4oz	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0
Con Panna	12 oz	84	80	9	6	32	10	28	1	0.0	0.0	1	6	0	2	0
Turkish Coffee	12 oz	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0
Caffe Latte	12 oz	117	42	5	3	19	96	352	11	0.0	11.9	8	9	1	27	0
Cappuccino	12 oz	117	42	5	3	19	96	352	11	0.0	11.9	8	9	1	27	0
Flat White	12 oz	88	31	3	2	14	72	264	8	0.0	8.9	6	7	1	21	0
Caramelo Coretto	12 oz	193	42	5	3	19	96	352	30	0.0	30.8	8	9	1	27	0
London Fog Tea Latte	12 oz	176	42	5	3	19	103	440	26	0.0	26.0	8	9	1	27	1
Green Tea Latte	12 oz	253	80	9	7	19	157	352	35	0.1	30.8	8	9	1	34	1
Chai Tea Latte	12 oz	242	67	7	6	19	127	352	35	0.2	26.2	8	9	1	35	1
Vanilla Bean Latte	12 oz	303	54	6	9	20	212	352	43	0.0	32.1	9	9	1	36	0
Butter Nut Latte	12 oz	117	42	5	3	19	96	352	11	0.0	11.9	8	9	1	27	0
Maple Latte	12 oz	518	61	7	11	21	270	352	89	0.0	72.9	10	9	1	40	0
Hazelnut Latte	12 oz	270	92	10	9	20	217	352	37	0.0	33.5	8	9	1	35	0
Milk Steamer	12 oz	193	42	5	3	19	96	352	30	0.0	30.8	8	9	1	27	0
Vanilla Bean Steamer	12 oz	274	31	3	6	1	393	162	30	0.0	16.7	21	0	0	21	12
Hot Chocolate	12 oz	383	161	18	13	51	323	380	46	2.1	41.7	10	15	1	43	12
White Hot Chocolate	12 oz	403	198	22	17	53	288	380	44	0.0	37.3	8	15	1	41	0
Vanilla Bean Hot Chocolate	12 oz	322	144	16	12	52	230	380	33	0.6	28.3	9	15	1	38	4
White Moca	12 oz	403	198	22	17	53	288	380	44	0.0	37.3	8	15	1	41	0
Hot Apple Cider	12 oz	58	0	0	0	0	5	0	14	0.0	0.0	0	0	0	4	0

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Butter Nut Latte non fat	12 oz	249	52	6	6	6	217	354	42	0.0	37.9	8	9	0	36	0
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	153	2	0	0	5	95	354	30	0.0	30.4	8	9	0	28	0
Chai Tea Latte non fat	12 oz	201	27	3	3	5	126	354	36	0.2	25.9	8	9	0	36	1
Flat White non fat	12 oz	58	1	0	0	3	71	265	8	0.0	8.7	6	7	0	21	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	230	52	6	6	6	217	354	37	0.0	33.2	8	9	0	36	0
Hot Chocolate non fat	12 oz	343	121	13	10	37	322	382	46	2.1	41.3	10	15	0	44	12
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 non 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	478	21	2	9	7	269	354	89	0.0	72.6	10	9	0	41	0
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	343	121	13	10	37	322	382	46	2.1	41.3	10	15	0	44	12
Vanilla Bean Hot Chocolate non fat	12 oz	285	105	12	9	38	233	396	34	0.6	28.5	10	15	0	40	4
Vanilla Bean Latte non fat	12 oz	262	14	2	6	6	211	354	43	0.0	31.8	9	9	0	37	0
Vanilla Bean Steamer non fat	12 oz	263	15	2	6	7	235	442	41	0.0	29.9	11	12	0	44	0
White Hot Chocolate non fat	12 oz	363	158	18	14	39	287	382	44	0.0	37.0	8	15	0	42	0
White Moca non fat	12 oz	363	158	18	14	39	287	382	44	0.0	37.0	8	15	0	42	0
Frozen Favourites																
Italian Soda	16oz	113	0	0	0	0	3	0	28	0.0	28.3	0	0	0	5	0
Icepresso	16oz	94	4	0	0	0	9	33	22	0.0	21.9	1	1	0	3	0
Iced Coffee	16oz	9	16	2	0	0	2	109	0	0.0	0.0	0	0	0	0	0
Iced Americano	16oz	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0
Brewed Iced Tea	16oz	2	0	0	0	0	7	84	1	0.0	0.0	0	0	0	0	0
Italian Soda	16oz	113	0	0	0	0	3	0	28	0.0	28.3	0	0	0	5	0
Strawberry Lemonade	16oz	95	0	0	0	0	0	0	24	0.0	23.4	0	0	0	0	0
Fruit Chiller	16oz	38	0	0	0	0	2	0	9	0.0	9.4	0	0	0	2	0
Chillate	16oz	166	85	9	8	32	67	27	14	0.0	7.8	1	6	0	6	0
Passionfruit Green Tea Chiller	16oz	258	69	8	6	14	130	255	41	0.1	37.0	6	6	1	26	1
Vanilla Chiller	16oz	482	117	13	17	35	408	125	56	0.0	31.8	15	6	0	26	8
Chai Chiller	16oz	240	69	8	7	10	136	170	39	0.2	27.6	4	4	0	24	1
Green Tea Chiller	16oz	220	69	8	6	14	130	255	32	0.1	27.5	6	6	1	26	1
Frozen Hot Chocolate	16oz	232	100	11	7	41	59	207	16	0.0	5.8	4	10	1	15	0

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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
Green Tea Chiller non fat	16oz	193	40	4	4	3	132	265	32	0.1	27.6	6	7	0	28	1
Frozen Hot Chocolate non fat	16oz	214	80	9	6	34	60	213	16	0.0	5.8	4	10	0	16	0
Vanilla Chiller non fat	16oz	475	107	12	17	38	313	293	63	0.0	39.7	9	13	0	40	0
Passionfruit Green Tea Chiller non fat	16oz	231	40	4	4	3	132	265	42	0.1	37.0	6	7	0	28	1