

BEANS & BREWS BASIC NUTRITIONAL INFORMATION

While every attempt has been made to provide accurate nutritional information through independent analysis, this information cannot be absolutely guaranteed. Unlike fast-food imitations, Beans & Brews beverages are truly handcrafted (not made with a simple push of a button), therefore nutritional content may vary slightly.

TIPS FOR A BEVERAGE WITH LESS CALORIES

- * Request Skim Milk ("Skinny")
- * Request Sugar Free Flavoring/Caramel
- * Request extra shots of espresso
- * Hold the whipped cream

<u>HOT DRINKS</u>	Size	Espresso	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Trans Fat (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Protein (g)	Caffeine (mg)
Americano	16oz	2 shots	10	0	0	0	2	0	0	0	20	2	0	69
Brewed Coffee	16oz	none	10	0	0	0	2	0	0	0	10	0	0	263
Café Breve	16oz	2 shots	430	340	38	23	16	1	0	120	150	2	10	69
Café Latte (Skim Milk)	16oz	2 shots	130	0	0	0	19	0	0	5	180	17	12	69
Café Latte (Whole Milk)	16oz	2 shots	210	100	11	7	17	0	0	45	180	17	11	69
Café Mocha, Dark (drip)	16oz	none	280	90	10	6	42	0	2	40	190	38	10	84
Café Mocha, Drk (espresso)	16oz	2 shots	330	110	12	7	49	0	2	45	230	45	12	71
Café Mocha, White (drip)	16oz	none	310	120	13	9	41	0	0	40	160	38	10	82
Café Mocha, Wht (espresso)	16oz	2 shots	360	130	15	10	48	0	0	45	190	45	11	69
Cappuccino (Skim Milk)	16oz	3 shots	80	0	0	0	12	0	0	0	115	11	6	104
Cappuccino (Whole Milk)	16oz	3 shots	120	50	6	4	11	0	0	25	110	11	6	104
Caramel Cielo	16oz	2 shots	430	100	12	7	73	0	0	55	350	49	12	69
Espresso	1.75 oz	1 shot	5	0	0	0	1	0	0	0	5	1	0	35
Eye Opener	16oz	2 shots	15	0	0	0	3	0	0	0	20	2	0	275
Mochaccino (Dark)	16oz	3shots	290	90	10	6	43	0	2	40	200	40	10	106
Mochaccino (White)	16oz	3 shots	320	120	13	9	42	0	0	40	170	39	9	104

ICED/FROZEN DRINKS	Size	Espresso	Calories	Fat Calories	Total Fat (g)	Sat Fat	Carbs (g)	Trans Fat (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Protein (g)	Caffeine (mg)
Espresso Float	16oz	1 shot	270	60	7	4	46	0	0	30	115	46	7	105
Frozen Latte	16oz	none	300	70	7	5	51	0	0	30	120	51	8	79
Frozen Mocha (Dark)	16oz	none	320	90	10	5	49	0	1	35	125	43	7	93
Frozen Mocha (White)	16oz	none	350	100	11	7	54	0	0	40	160	52	10	53
Iced Breve	16oz	1 shot	310	210	23	15	8	0	0	115	125	8	8	35
Iced Coffee	16oz	none	30	5	0.5	0	5	0	0	0	50	5	0	238
Iced Espresso Mocha	16oz	1 shot	190	80	8	4	23	0	1	25	80	16	4	97
Iced Latte (Skim Milk)	16oz	1 shot	90	0	0	0	13	0	0	5	135	12	8	35
Iced Latte (Whole Milk)	16oz	1 shot	150	70	8	5	12	0	0	35	130	12	8	35
Iced Mocha	16oz	1 shot	270	110	12	5	33	0	1	35	100	21	5	99
Light Iced Mocha	16oz	1 shot	200	40	5	0	32	0	1	0	115	22	7	81
Mr. B's	16oz	none	380	100	11	7	61	0	0	40	150	60	9	51
Revolver	32oz	6 shots	440	120	13	9	72	0	0	40	200	69	9	208
Tan Iced Mocha	16oz	1 shot	280	110	12	6	35	0	1	35	120	27	7	61

B&B FRAPPES	Size	Espresso	Calories	Fat Calories	Total Fat (g)	Sat Fat	Carbs (g)	Trans Fat (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Protein (g)	Caffeine (mg)
Vanilla Bean	16oz	none	250	90	11	8	35	0	0	30	95	34	3	0
Vanilla Bean (light)	16oz	none	190	45	5	4	30	0	0	15	95	30	5	0
Vanilla Bean (espresso)	16oz	1 shot	200	70	8	6	30	0	0	20	75	30	2	35
Cocoa Bean	16oz	none	320	100	11	9	54	0	2	25	150	49	4	2
Cocoa Bean (light)	16oz	none	260	60	6	5	50	0	2	15	150	45	6	2
Cocoa Bean (espresso)	16oz	1 shot	270	70	8	6	49	0	2	15	130	45	4	37
Strawberry Crème	16oz	none	250	90	11	8	35	0	0	30	95	34	3	0
Strawberry Crème (light)	16oz	none	190	45	5	4	30	0	0	15	95	30	5	0
Strawberry Crème (espresso)	16oz	1 shot	200	70	8	6	30	0	0	20	75	30	2	35
Caramel Crème	16oz	none	280	100	12	9	38	0	0	35	160	29	4	0
Caramel Crème (light)	16oz	none	210	50	6	5	33	0	0	20	160	24	5	0
Caramel Crème (espresso)	16oz	1 shot	230	80	9	7	33	0	0	25	140	25	3	35
Copper Freeze	16oz	none	330	100	11	8	55	0	2	25	160	47	4	1
Copper Freeze (light)	16oz	none	270	50	6	5	51	0	2	15	160	43	6	1
Copper Freeze (espresso)	16oz	1 shot	280	70	8	6	51	0	2	20	140	43	3	36
Cookie Monster	16oz	none	600	210	24	13	90	0	3	25	510	52	7	0
Cookie Monster (espresso)	16oz	1 shot	560	190	21	11	86	0	3	20	490	48	6	35
Cookie Monster (light)	16oz	none	550	170	19	9	86	0	3	15	510	48	8	0

TEA BEVERAGES

	Size	Calories	Fat Calories	Total Fat (g)	Sat Fat	Carbs (g)	Trans Fat (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Protein (g)	Caffeine (mg)
Hot Chai	16oz	360	70	8	8	64	0	0	0	160	57	5	0
Iced Chai	16oz	270	50	6	6	48	0	0	0	125	43	4	0
Chaicicle	16oz	380	120	13	11	55	0	0	35	140	49	6	0
Fruit Tea Smoothie	16oz	390	0	0	0	97	0	1	0	45	86	0	0
Iced Tea	16oz	0	0	0	0	0	0	0	0	0	0	0	93

NON COFFEE

	Size	Calories	Fat Calories	Total Fat (g)	Sat Fat	Carbs (g)	Trans Fat (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Protein (g)	Caffeine (mg)
Italian Soda	24oz	170	0	0	0	42	0	0	0	15	42	0	0
Copper Freeze	16oz	210	60	7	4	32	0	0	30	150	28	7	0
Hot Cocoa (Dark)	16oz	410	130	15	9	61	0	3	55	270	56	15	2
Hot Cocoa (White)	16oz	450	170	19	13	59	0	0	55	230	55	14	0
Perfect Lemonade, Original	16oz	140	0	0	0	38	0	0	0	20	36	0	0
Perfect lemonade, Strawberry	16oz	180	0	0	0	45	0	0	0	20	43	0	0
Perfect Lemonade, Raspberry	16oz	180	0	0	0	45	0	0	0	20	43	0	0
Perfect Lemonade, Mango	16oz	170	0	0	0	45	0	0	0	20	43	0	0
Arnold Palmer	16oz	70	0	0	0	19	0	0	0	15	18	0	0

EXTRAS

	Size	Calories	Fat Calories	Total Fat	Sat Fat	Carbs (g)	Trans Fat (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Protein (g)
Whipped Cream	2 tbsp	25	15	2g	2	2	0	0	0	0	2	0
Flavored Syrup (reg)	2 tbsp	70	0	0	0	18	0	0	0	0	18	0
Flavored Syrup (sugar free)	2 tbsp	0	0	0	0	0	0	0	0	10	0	0
Caramel Sauce (reg)	2 tbsp	150	4.5	0.5	0	37	0	0	5	110	21	1
Caramel Sauce (sugar free)	2 tbsp	30	0	0	0	7	0	0	0	30	0	0