

SMOOTHIES

| SMOOTHIES | Serving | Calories (cal) | Fat (g) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|---------|----------------|---------|-----------|-----------|------------|-------------|
| Berry Bomb | 16 oz | 177.75 | 1 | 45.25 | 6 | 4.5 | 2 |
| Berry Nutty | 16 oz | 409.25 | 11.25 | 63 | 9.4 | 10 | 10.25 |
| Blueberry Fields | 16 oz | 421 | 13.5 | 64.75 | 10.5 | 4 | 18.25 |
| Chocolate PB Protein | 16 oz | 539.25 | 13.25 | 85 | 10.25 | 2 | 21.25 |
| Dragon Blast | 16 oz | 245.5 | 0.5 | 61 | 7.75 | 4.75 | 2.5 |
| Green Dream | 16 oz | 228.25 | 0.25 | 53 | 4.25 | 8 | 2 |
| Passion Berry | 16 oz | 308 | 0.5 | 71.5 | 6.25 | 12.5 | 2.5 |
| Pink Coconut | 16 oz | 360.5 | 4.75 | 71.25 | 6.25 | 16 | 13.5 |
| Protein Machine | 16 oz | 577.5 | 13 | 89.5 | 11 | 10 | 23.25 |
| Riptide | 16 oz | 240.75 | 1.5 | 53.75 | 4.75 | 4 | 1.75 |
| Spirulina Storm | 16 oz | 252 | 0.5 | 58 | 6 | 0 | 3.75 |
| Sweet Honey | 16 oz | 280.5 | 3.75 | 63.5 | 8 | 12.5 | 4.5 |
| Vanilla Protein | 16 oz | 359.75 | 4.75 | 77 | 8.25 | 0 | 14.25 |
| Wanna Date | 16 oz | 280.25 | 2.25 | 68.25 | 7.75 | 8 | 3.25 |
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| *2,000 calories a day is used for general nutrition advice, but calorie needs vary. | | | | | | | |

TOASTED FOODS

| TOASTED FOODS | Serving | Calories (cal) | Fat (g) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|-----------------------|----------------|---------|-----------|-----------|------------|-------------|
| Avocado Toast | 2 Slices | 395 | 18.75 | 53.25 | 17 | 10 | 12 |
| Eggocado Toast | 2 Slices | 533 | 28 | 54.5 | 17 | 10 | 23.25 |
| Bananarama Toast | 1 Slice | 415 | 11.75 | 74.75 | 9.5 | 23.25 | 8.5 |
| Sweet Dreams Toast | 1 Slice | 421.5 | 11.5 | 76.25 | 9.75 | 21.75 | 8.5 |
| Ciabatta Caprese | 1 Sandwich | 523 | 17 | 67.5 | 1.75 | 7 | 25.75 |
| Grilled Cheese | 2 Sandwiches | 810 | 40 | 80 | 3 | 8 | 32 |
| Gourmet Grilled Cheese | 2 Sandwiches | 877.5 | 44.25 | 85 | 4 | 8 | 34.25 |
| Strawberry Chocolate Chip Waffles | 2 Waffles | 839 | 38 | 113 | 4.75 | 47.75 | 10.5 |
| Blueberry Waffles | 2 Waffles | 891 | 44 | 111 | 4.75 | 59 | 10.25 |
| Cheesy Egg Bites | 2 Egg Bites | 90 | 3 | 2 | 0 | 0 | 7 |
| Egg White Frittata Bites | 2 Egg Bites | 170 | 6 | 9 | 0 | 3 | 13 |
| Egg and Cheese Bagel | 1 Sandwich | | | | | | |
| | with plain bagel | 440 | 10 | 57 | 2 | 1 | 20 |
| | with everything bagel | 470 | 12.5 | 57 | 2 | 3 | 20 |
| Cali Bagel | 1 Sandwich | | | | | | |
| | with plain bagel | 445.67 | 10 | 58 | 2.25 | 1 | 20.42 |
| | with everything bagel | 475.67 | 12.5 | 58 | 2.25 | 3 | 20.42 |
| Plant Based Breakfast Sandwich | 1 sandwich | 310 | 11 | 42 | | 6 | 25 |
| Pancake Trio | | | | | | | |
| 3 pancakes | 3 | 210 | 2.5 | 42 | 1 | 11 | 4 |
| <i>Choice of Toppings:</i> | | | | | | | |
| 2 oz Strawberries | 2 oz | 18 | 0 | 4 | 1 | 0 | 0.5 |
| 1oz Blueberries | 1 oz | 16 | 0 | 4 | 0.75 | 0 | 0.25 |
| 1/2 Banana | 1/2 medium | 52.5 | 0.25 | 13.5 | 1.5 | 0 | 0.625 |
| 1 TBSP Chocolate Chips | 1 TBSP | 70 | 4 | 9 | <1 | 8 | <1 |
| 1 TBSP Maple Syrup | 1 TBSP | 55 | 0 | 13 | 0 | 13 | 0 |
| 1 TBSP Whipped Cream | 1 TBSP | 51 | 5.25 | 0.5 | 0 | 0.5 | 0 |
| .25 oz Chocolate Sauce | 0.25 fl oz | 27.5 | 0 | 6.25 | 0 | 5.75 | 0.25 |
| | | | | | | | |
| | | | | | | | |
| Side of Kettle Chips (chip selection may vary by location) | 1 oz | 130 | 5 | 18 | 2 | 0 | 2 |
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COFFEE DRINKS

| ITEM NAME | Calories (cal) | Fat (g) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|-----------------------|----------------|------------------|------------------|-------------------|--------------------|
| *all nutrition estimates for coffee drinks used with whole milk | | | | | | |
| Espresso (Double Shot) | 5 | 0 | 1 | 0 | 0 | 0 |
| Macchiato | 45 | 2 | 44.75 | 0 | 28.5 | 2 |
| Cortado | 85 | 4 | 7.5 | 0 | 0 | 4 |
| Cappuccino (12oz) | 125 | 6 | 10.75 | 0 | 0 | 6 |
| Cappuccino (16oz) | 165 | 8 | 14 | 0 | 0 | 8 |
| Americano (12 oz) | 5 | 0 | 1 | 0 | 0 | 0 |
| Americano (16 oz) | 5 | 0 | 1 | 0 | 0 | 0 |
| Latte (12 oz) | 165 | 8 | 14 | 0 | 0 | 8 |
| Latte (16 oz) | 205 | 10 | 17.25 | 0 | 0 | 10 |
| Cold Brew (12 oz) | 3 | 0 | 0 | 0 | 0 | 0 |
| Nitro Brew 12 oz & 16oz | 3 | 0 | 0 | 0 | 0 | 0 |
| White Chocolate Frappe (12 oz) | 285.25 | 11 | 40.5 | 0 | 32.25 | 4.75 |
| White Chocolate Frappe (16 oz) | 430.5 | 14 | 67.76 | 0 | 55 | 6.5 |
| Caramel Apple Frappe (12 oz) | 290.25 | 10.5 | 42 | 0 | 34.25 | 4 |
| Caramel Apple Frappe (16 oz) | 425.5 | 13.25 | 67.26 | 0 | 56.5 | 5.5 |
| Tiramisu Frappe (12 oz) | 290.25 | 10.5 | 43.5 | 0 | 35.75 | 4 |
| Tiramisu Frappe (16 oz) | 425.5 | 13.25 | 69.26 | 0 | 58.5 | 5.5 |
| | | | | | | |
| MILK (per 8 oz serving) | Calories (cal) | Fat (g) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
| Whole Milk | 160 | 8 | 13 | 0 | 0 | 8 |
| Almond Milk | 30 | 3 | 2 | 1 | 0 | 1 |
| Oat Milk | 120 | 5 | 16 | 2 | 7 | 3 |
| Coconut Milk | 80 | 5 | 8 | 0 | 7 | 1 |
| Soy Milk | 100 | 4 | 8 | 1 | 6 | 7 |
| Non-Fat / Skim Milk | 90 | 0 | 12 | 0 | 11 | 8 |
| <i>PER TBSP SERVING</i> | | | | | | |
| Heavy Cream (1 TBSP) | 50 | 6 | 1 | 0 | 0 | 0 |
| Half & Half (2 TBSP) | 40 | 3.5 | 1 | 0 | 0 | 1 |
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