



## Drink Nutritional Information: Medium (16oz)

BLENDS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Hot or Iced Coffee (incl. Cold Brew) (black)	0	0	0	0	0	10	0	0	0	<1
Hot or Iced Coffee (sweet & creamy)	330	27	17	0	100	40	21	0	21	2
Hot or Iced Coffee with oat milk (sweet & creamy oat milk)	140	3	0	0	0	55	28	<1	23	1
Hot or Iced Coffee with almond milk (sweet & creamy almond milk)	117	2.4	0	0	0	73	25	1.6	24	1

SPECIALTY DRINKS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Mint Mojito (sweet & creamy)	330	27	17	0	100	40	22	<1	21	2
Iced Coffee Rose (sweet & creamy)	320	23	14	0	85	40	28	0	28	2
Iced Coffee Rose with oat milk (sweet & creamy oat milk)	130	2	0	0	0	40	27	0	23	<1
Gingersnap (sweet & creamy)	330	27	17	0	100	40	22	0	21	2
Honey Haze (sweet honey & creamy oat milk)	170	3	0	0	0	50	37	<1	33	<1
Mocha Tesora (no added sugar & standard cream)	290-310	21-23	13-14	0	70-75	30-35	25	3	21	3-4
Mocha Tesora (sweet & standard cream)	340-360	21-23	13-4	0	70-75	30-35	40	3	35	3-4
Philz Hot Chocolate (no added sugar & standard cream)	330	24	15	0	75	25	31	4	26	4
Philz Hot Chocolate (sweet & standard cream)	450	31	19	0	105	35	46	4	40	4

TEAS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Hot or Iced Tea (incl. Philz Iced Tea)	5	0	0	0	0	15	2	0	0	0
Tea (sweet & creamy)	340	27	17	0	100	40	26	0	24	2
Philz Iced Tea (sweet & creamy)	340	27	17	0	100	35	25	0	24	2
Fresh Chai (sweet & standard cream)	290	21	13	0	75	45	26	<1	23	1

While this information is based on our standard product recipes, variations in nutritional values throughout this menu may occur due to deviations in preparation, overall size, availability of ingredients, local suppliers, seasonal changes, cooking processes and custom ordering. The nutritional values provided in this guide or shown on menus should be considered approximations. 2,000 calories a day is used for general nutrition advice, however calorie needs may vary.