



Drinks

Best	Worst*
Iced Coffee <i>90 calories; 0g fat; 21g carbs; 0g protein</i>	Iced Caffè Mocha <i>320 calories; 17g fat; 40g carbs; 9g protein</i>
Skinny Vanilla Latte <i>120 calories; 0g fat; 19g carbs; 12g protein</i>	Vanilla Latte <i>250 calories; 6g fat; 37g carbs; 12g protein</i>
Caramel Frappuccino Light Blended <i>140 calories; 0g fat; 30g carbs; 3g protein</i>	Caramel Frappuccino <i>410 calories; 15g fat; 66g carbs; 4g protein</i>
Peppermint Mocha Frappuccino Light Blended <i>170 calories; 1g fat; 38g carbs; 4g protein</i>	Double Chocolatey Chip Frappuccino <i>410 calories; 20g fat; 57g carbs; 6g protein</i>
Skinny Caramel Macchiato <i>140 calories; 1g fat; 21g carbs; 11g protein</i>	Caramel Latte <i>240 calories; 7g fat; 34g carbs; 10g protein</i>
Hot Chocolate w/ Skim milk <i>240 calories; 2.5g fat; 48g carbs; 14g protein</i>	White Hot Chocolate <i>360 calories; 6g fat; 62g carbs; 16g protein</i>
Skinny Peppermint Mocha <i>130 calories; 1.5g fat; 17g carbs; 13g protein</i>	Peppermint White Chocolate Mocha <i>520 calories; 18g fat; 78g carbs; 14g protein</i>
Tazo Shaken Iced Green Tea <i>80 calories; 0g fat; 21g carbs; 0 protein</i>	Tazo Green Tea Frappuccino <i>490 calories; 14g fat; 68g carbs; 6g protein</i>

*Made with 2% milk. For a healthier option, you can order your drink with nonfat milk.

Food

Best	Worst
Marshmallow Dream Bar <i>210 calories; 4g fat; 43g carbs; 1g protein</i>	Cinnamon Chip Scone <i>480 calories; 18g fat; 70g carbs; 7g protein</i>
Double Fudge Mini Doughnut <i>130 calories; 7g fat; 16g carbs; 1g protein</i>	Chocolate Glazed Doughnut <i>420 calories; 21g fat; 57g carbs; 5g protein</i>
Everything with Cheese Bagel <i>280 calories; 2g fat; 56g carbs; 10g protein</i>	Blueberry Scone <i>460 calories; 22g fat; 61g carbs; 7g protein</i>
Spinach, Roasted Tomato, Feta & Egg White Wrap <i>290 calories; 10g fat; 33g carbs; 19g protein</i>	Sausage, Egg & Cheese Breakfast Sandwich <i>500 calories; 28g fat; 41g carbs; 19g protein</i>
Greek Yogurt with Mango & Passionfruit <i>120 calories; 0g fat; 23g carbs; 8 g protein</i>	Apple Fritter <i>420 calories; 20g fat; 59g carbs; 5g protein</i>
Roasted Tomato & Mozzarella Panini <i>390 calories; 18g fat; 44g carbs; 15g protein</i>	Egg Salad Sandwich <i>460 calories; 27g fat; 37g carbs; 22g protein</i>

