

HOT DRINKS

	Calories	Calories from Fat	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)
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COFFEE

SM 12 ^{oz}	5	0	0	0	0	0	0	1	0	0	0
MED 16 ^{oz}	10	0	0	0	0	0	0	2	0	0	0
LRG 20 ^{oz}	15	0	0	0	0	0	0	3	0	0	0

AMERICANO

SM 12 ^{oz}	10	0	0	0	0	0	0	2	0	0	0
MED 16 ^{oz}	15	0	0	0	0	0	0	3	0	0	0
LRG 20 ^{oz}	20	0	0	0	0	0	0	4	0	0	0

LATTE

SM 12 ^{oz}	Whole	215	105	11	7	0	46	171	18	0	16	11
	Nonfat	125	0	0	0	0	7	177	18	0	16	12
MED 16 ^{oz}	Whole	270	130	13	8	0	57	211	23	0	20	13
	Nonfat	155	0	0	0	0	8	219	23	0	20	15
LRG 20 ^{oz}	Whole	350	170	17	11	0	74	276	30	0	26	17
	Nonfat	200	0	0	0	0	11	287	30	0	26	19

CAPPUCCINO

SM 12 ^{oz}	Whole	140	65	7	4	0	28	106	13	0	10	7
	Nonfat	85	0	0	0	0	4	110	13	0	10	7
MED 16 ^{oz}	Whole	175	80	8	5	0	35	130	16	0	12	8
	Nonfat	105	0	0	0	0	5	135	16	0	12	9
LRG 20 ^{oz}	Whole	230	105	11	7	0	46	171	21	0	16	11
	Nonfat	140	0	0	0	0	7	177	21	0	16	12

CARAMEL MACCHIATO

SM 12 ^{oz}	Whole	335	95	10	6	0	42	214	50	0	42	10
	Nonfat	255	0	0	0	0	7	220	50	0	42	11
MED 16 ^{oz}	Whole	445	125	13	8	0	55	287	67	0	56	12
	Nonfat	335	5	0	0	0	9	291	67	0	55	14
LRG 20 ^{oz}	Whole	540	165	16	10	0	71	349	78	0	66	16
	Nonfat	400	5	0	0	0	11	359	78	0	66	18

CINNAMON SPICE LATTE

SM 12 ^{oz}	Whole	345	135	14	10	0	42	294	44	0	37	11
	Nonfat	260	40	5	4	0	6	300	44	0	37	12
MED 16 ^{oz}	Whole	475	180	19	14	0	53	405	64	0	53	14
	Nonfat	370	60	7	6	0	8	413	64	0	53	15
LRG 20 ^{oz}	Whole	630	240	25	18	0	70	540	84	0	70	18
	Nonfat	490	80	9	8	0	10	550	84	0	70	20

MOCHA

SM 12 ^{oz}	Whole	285	100	10	6	0	42	234	40	1	35	10
	Nonfat	205	5	0	0	0	6	240	40	1	35	12
MED 16 ^{oz}	Whole	375	120	12	8	0	50	307	56	2	49	13
	Nonfat	275	5	1	0	0	7	314	56	2	49	14
LRG 20 ^{oz}	Whole	490	160	16	10	0	66	404	73	2	65	17
	Nonfat	360	10	1	1	0	9	413	73	2	65	19

Menu may vary by location.

HOT DRINKS

	Calories	Calories from Fat	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)
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WHITE MOCHA

SM 12 ^{oz}	Whole	295	95	10	6	0	42	216	42	0	39	10
	Nonfat	215	0	0	0	0	6	222	42	0	39	11
MED 16 ^{oz}	Whole	390	115	12	7	0	51	280	59	0	55	12
	Nonfat	290	0	0	0	0	8	287	59	0	55	13
LRG 20 ^{oz}	Whole	510	150	15	9	0	66	368	77	0	73	16
	Nonfat	380	0	0	0	0	10	377	77	0	73	18

ORGANIC HOT TEA

SM 12 ^{oz}		0	0	0	0	0	0	0	0	0	0	0
MED 16 ^{oz}		0	0	0	0	0	0	0	0	0	0	0
LRG 20 ^{oz}		0	0	0	0	0	0	0	0	0	0	0

FAIR TRADE CHAI LATTE

SM 12 ^{oz}	Whole	290	110	11	7	0	48	194	35	0	34	11
	Nonfat	195	0	0	0	0	7	201	35	0	34	12
MED 16 ^{oz}	Whole	375	145	15	9	0	63	254	45	0	43	15
	Nonfat	250	0	0	0	0	9	263	45	0	43	16
LRG 20 ^{oz}	Whole	470	185	18	11	0	80	319	55	0	53	18
	Nonfat	310	0	0	0	0	11	330	55	0	53	21

HOT CHOCOLATE with Rainforest Alliance Certified™ cocoa

SM 12 ^{oz}	Whole	310	115	11	7	0	48	259	41	1	38	12
	Nonfat	215	5	0	0	0	7	266	41	1	38	13
MED 16 ^{oz}	Whole	425	150	15	9	0	63	359	59	2	53	16
	Nonfat	300	5	1	0	0	9	365	59	2	53	18
LRG 20 ^{oz}	Whole	540	190	19	12	0	79	452	76	2	69	20
	Nonfat	385	10	1	1	0	11	464	76	2	69	22



100% OF OUR COFFEE & ESPRESSO IS RAINFOREST ALLIANCE CERTIFIED™.

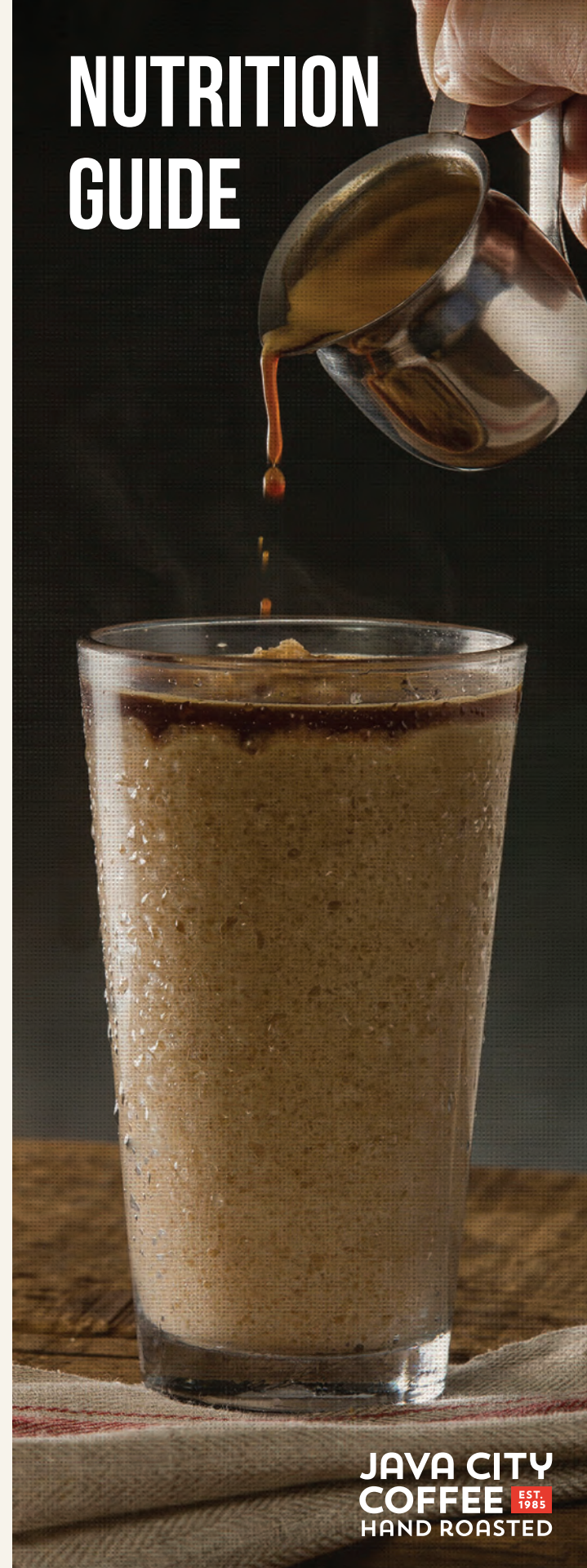
Dairy alternatives available, ask your barista. 2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information is available at javacity.com. Menu may vary by location.

Nutritional information for beverages is calculated based on Java City standard recipes. Due to the handcrafted nature of these products, nutrient values may vary from those published here. These drinks are calculated without whipped cream.

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NUTRITION GUIDE



JAVA CITY
COFFEE EST. 1985
HAND ROASTED

ICED DRINKS

		Calories	Calories from Fat	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)
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MANGO ICED CHAI

SM 16 ^{oz}	Whole	235	70	7	4	0	31	125	36	0	35	7
	Nonfat	175	0	0	0	0	4	129	36	0	35	8
MED 20 ^{oz}	Whole	285	85	9	5	0	37	153	42	0	41	9
	Nonfat	210	0	0	0	0	5	158	42	0	41	10
LRG 26 ^{oz}	Whole	380	115	11	7	0	49	202	57	0	55	11
	Nonfat	280	0	0	0	0	7	209	57	0	55	13

ICED COFFEE

SM 16 ^{oz}		5	0	0	0	0	0	0	1	0	0	0
MED 20 ^{oz}		5	0	0	0	0	0	0	1	0	0	0
LRG 26 ^{oz}		5	0	0	0	0	0	0	1	0	0	0

CREAMY ICED COFFEE

SM 16 ^{oz}		170	5	3	3	0	0	25	35	0	24	0
MED 20 ^{oz}		210	5	4	3	0	0	32	43	0	30	0
LRG 26 ^{oz}		275	10	5	4	0	0	41	56	0	39	0

COLD BREW/NITRO COLD BREW

SM 16 ^{oz}		5	0	0	0	0	0	0	1	0	0	0
MED 20 ^{oz}		5	0	0	0	0	0	0	1	0	0	0
LRG 26 ^{oz}		5	0	0	0	0	0	0	2	0	0	0

ESPRESSO FIZZ

SM 16 ^{oz}		160	45	5	5	0	0	135	22	0	22	1
MED 20 ^{oz}		160	45	5	5	0	0	135	22	0	22	1
LRG 26 ^{oz}		240	70	8	7	0	0	195	33	0	33	2

ICED LATTE

SM 16 ^{oz}	Whole	135	65	7	4	0	28	106	12	0	10	7
	Nonfat	80	0	0	0	0	4	110	12	0	10	7
MED 20 ^{oz}	Whole	160	75	8	5	0	33	122	14	0	11	8
	Nonfat	95	0	0	0	0	5	127	14	0	11	8
LRG 26 ^{oz}	Whole	210	100	10	6	0	44	163	18	0	15	10
	Nonfat	125	0	0	0	0	6	169	18	0	15	11

ICED CARAMEL MACCHIATO

SM 16 ^{oz}	Whole	245	60	6	4	0	27	156	40	0	33	6
	Nonfat	195	0	0	0	0	5	160	40	0	33	7
MED 20 ^{oz}	Whole	275	65	7	4	0	29	165	45	0	38	7
	Nonfat	220	0	0	0	0	5	169	45	0	38	7
LRG 26 ^{oz}	Whole	380	95	9	6	0	41	234	62	0	51	9
	Nonfat	305	5	0	0	0	7	240	62	0	51	10

ICED CINNAMON SPICE LATTE

SM 16 ^{oz}	Whole	270	100	10	8	0	25	233	38	0	32	7
	Nonfat	220	40	5	4	0	4	237	38	0	32	7
MED 20 ^{oz}	Whole	355	120	13	10	0	26	308	54	0	44	8
	Nonfat	305	60	7	6	0	4	311	54	0	44	8
LRG 26 ^{oz}	Whole	480	165	18	13	0	37	418	72	0	59	11
	Nonfat	405	80	9	8	0	5	423	72	0	59	12

ICED DRINKS

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ICED MOCHA

SM 16 ^{oz}	Whole	205	60	6	4	0	24	169	33	1	29	6
	Nonfat	160	5	0	0	0	3	173	33	1	29	7
MED 20 ^{oz}	Whole	285	75	8	5	0	31	234	48	2	42	8
	Nonfat	225	5	1	0	0	4	238	48	2	42	9
LRG 26 ^{oz}	Whole	350	90	9	6	0	35	290	62	2	54	10
	Nonfat	280	10	1	1	0	5	295	62	2	54	11

ICED WHITE MOCHA

SM 16 ^{oz}	Whole	215	55	6	3	0	24	151	35	0	33	6
	Nonfat	170	0	0	0	0	4	155	35	0	33	7
MED 20 ^{oz}	Whole	300	70	7	4	0	31	207	52	0	48	8
	Nonfat	240	0	0	0	0	5	211	52	0	48	8
LRG 26 ^{oz}	Whole	370	80	8	5	0	36	254	66	0	62	9
	Nonfat	300	0	0	0	0	6	259	66	0	62	10

ORGANIC ICED TEA

SM 16 ^{oz}		0	0	0	0	0	0	0	0	0	0	0
MED 20 ^{oz}		0	0	0	0	0	0	0	0	0	0	0
LRG 26 ^{oz}		0	0	0	0	0	0	0	0	0	0	0

FAIR TRADE ICED CHAI LATTE

SM 16 ^{oz}	Whole	200	75	8	5	0	33	133	25	0	24	8
	Nonfat	135	0	0	0	0	5	138	25	0	24	8
MED 20 ^{oz}	Whole	250	90	9	6	0	39	161	32	0	31	9
	Nonfat	170	0	0	0	0	6	167	32	0	31	10
LRG 26 ^{oz}	Whole	325	120	12	8	0	53	214	41	0	39	12
	Nonfat	220	0	0	0	0	8	221	41	0	39	14

BLENDED DRINKS

ESPRESSO JAVALANCHE®

SM 16 ^{oz}		360	0	0	0	0	2	332	83	0	67	7
MED 20 ^{oz}		475	0	0	0	0	2	442	111	0	89	9
LRG 26 ^{oz}		480	0	0	0	0	2	442	112	0	89	9

MOCHA JAVALANCHE®

SM 16 ^{oz}		405	0	0	0	0	2	372	95	1	77	7
MED 20 ^{oz}		565	5	0	0	0	2	522	134	1	110	10
LRG 26 ^{oz}		615	5	1	0	0	2	562	147	2	121	10

WHITE MOCHA JAVALANCHE®

SM 16 ^{oz}		410	0	0	0	0	2	336	96	0	80	7
MED 20 ^{oz}		575	0	0	0	0	2	504	136	0	114	9
LRG 26 ^{oz}		630	0	0	0	0	2	535	150	0	127	10

BLENDED DRINKS

		Calories	Calories from Fat	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)
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CARAMEL JAVALANCHE®

SM 16 ^{oz}		420	0	0	0	0	2	388	98	0	78	7
MED 20 ^{oz}		600	5	1	0	0	4	555	140	0	111	9
LRG 26 ^{oz}		665	5	1	0	0	5	611	155	0	122	10

VANILLA CREAM JAVALANCHE®

SM 16 ^{oz}		470	0	0	0	0	2	442	110	0	89	9
MED 20 ^{oz}		530	0	0	0	0	2	498	123	0	100	10
LRG 26 ^{oz}		590	0	0	0	0	3	553	137	0	112	11

STRAWBERRY CREAM JAVALANCHE®

SM 16 ^{oz}		450	0	0	0	0	1	276	106	1	89	6
MED 20 ^{oz}		500	0	0	0	0	1	276	118	2	101	6
LRG 26 ^{oz}		560	0	0	0	0	2	332	132	2	112	7

STRAWBERRY SMOOTHIE

SM 16 ^{oz}		315	0	0	0	0	0	12	77	2	72	0
MED 20 ^{oz}		315	0	0	0	0	0	12	77	2	72	0
LRG 26 ^{oz}		365	0	0	0	0	0	14	90	3	84	0

STRAWBERRY BANANA SMOOTHIE

SM 16 ^{oz}		315	0	0	0	0	0	12	77	2	72	0
MED 20 ^{oz}		315	0	0	0	0	0	12	77	2	72	0
LRG 26 ^{oz}		365	0	0	0	0	0	14	90	3	84	0

FOUR BERRY SMOOTHIE

SM 16 ^{oz}		315	0	0	0	0	0	12	74	2	70	2
MED 20 ^{oz}		315	0	0	0	0	0	12	74	2	70	2
LRG 26 ^{oz}		365	0	0	0	0	0	14	87	3	81	3

MANGO SMOOTHIE

SM 16 ^{oz}		315	0	0	0	0	0	77	2	67	2
MED 20 ^{oz}		315	0	0	0	0	0	77	2	67	2
LRG 26 ^{oz}		365	0	0	0	0	0	90	3	78	3

EXTRAS