

NUTRITION GUIDE

Featured Beverages
Nutritional Guide



**JAVA CITY
COFFEE** EST. 1985
HAND ROASTED

877.528.2289 | JAVACITY.COM
1300 DEL PASO ROAD, SACRAMENTO, CA 95834-1168

**JAVA CITY
COFFEE** EST. 1985
HAND ROASTED

FEATURED BEVERAGES

May|June 2022

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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CAFÉ CON MIEL FLAT WHITE

SM	Whole	275	95	10	6	0	42	157	35	0	31	10
12oz	Nonfat	190	0	0	0	0	57	163	35	0	31	11
MED	Whole	355	125	12	8	0	54	203	46	0	40	12
16oz	Nonfat	250	0	0	0	0	8	210	46	0	40	14
LRG	Whole	450	160	16	10	0	70	265	57	0	50	16
20oz	Nonfat	310	0	0	0	0	10	275	57	0	50	18

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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CAFÉ CON MIEL CREAMY COLD BREW

SM	Whole	117	36	4	2	0	16	37	20	0	19	3
12oz												
MED	Whole	146	54	5	2	0	20	47	24	0	23	3
16oz												
LRG	Whole	176	63	7	2	0	24	56	31	0	30	4
20oz												

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.



CRAFT MEETS COFFEE

We've been sourcing, roasting and serving hand crafted coffee for over 30 years. Our distinct roasting style creates unique flavors and blends that have become Java City's signature. We believe that experience and heritage matter — not only does it inspire amazing coffee, it makes us who we are.



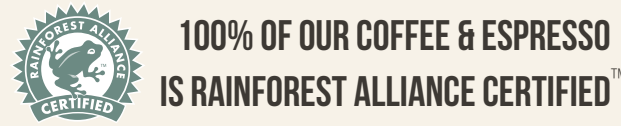
100% OF OUR COFFEE & ESPRESSO IS RAINFOREST ALLIANCE CERTIFIED™

EXTRAS

	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)	
ESPRESSO SHOT												
1 shot	5	0	0	0	0	0	0	0	1	0	0	
WHIPPED CREAM												
Hot drinks	50	35	3	3	0	17	0	3	0	3	0	
Iced drinks	60	40	4	4	0	20	0	4	0	4	0	
FLAVORED SYRUP/1 PUMP												
Regular	20	0	0	0	0	0	1	5	0	5	0	
Sugar Free	0	0	0	0	0	0	4	0	0	0	0	

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CERTIFIED COFFEE

The Rainforest Alliance is a nonprofit organization that certifies farms and co-ops meeting rigorous standards for environmental conservation, social responsibility and fair labor practices.

Buying coffee beans from Rainforest Alliance Certified™ farms ensures that the lands, waterways, and wildlife habitats are protected. Workers on these farms are paid fairly, enjoy decent housing and have access to medical care and schools for their children. For more information on Rainforest Alliance, please visit their website rainforest-alliance.org.

CERTIFIED TEA

We proudly offer USDA Organic and Fair Trade Certified™ teas. All of our hot teas are 100% organic, our chai is Fair Trade Certified and most of our iced teas feature both the Organic and Fair Trade certifications. Fair Trade ensures that farmers are compensated justly, enabling them to build sustainable businesses that positively impact their community.

Menu may vary by location.

HOT DRINKS

COFFEE

	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)
SM 12oz	5	0	0	0	0	0	0	1	0	0	0
MED 16oz	10	0	0	0	0	0	0	2	0	0	0
LRG 20oz	15	0	0	0	0	0	0	3	0	0	0

AMERICANO

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

LATTE

SM 12oz	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 16oz	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 20oz	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 12oz	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 16oz	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 20oz	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 12oz	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 16oz	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 20oz	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 12oz	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 16oz	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 20oz	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 12oz	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 16oz	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 20oz	Whole	490	160	16	10	0	66	404	73	2	65	17
	Nonfat	360	10	1	1	0	9	413	73	2	65	19

HOT DRINKS

WHITE MOCHA

SM 12oz	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 16oz	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 20oz	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 12oz		0	0	0	0	0	0	0	0	0	0	0
MED 16oz		0	0	0	0	0	0	0	0	0	0	0
LRG 20oz		0	0	0	0	0	0	0	0	0	0	0

FAIR TRADE CHAI LATTE

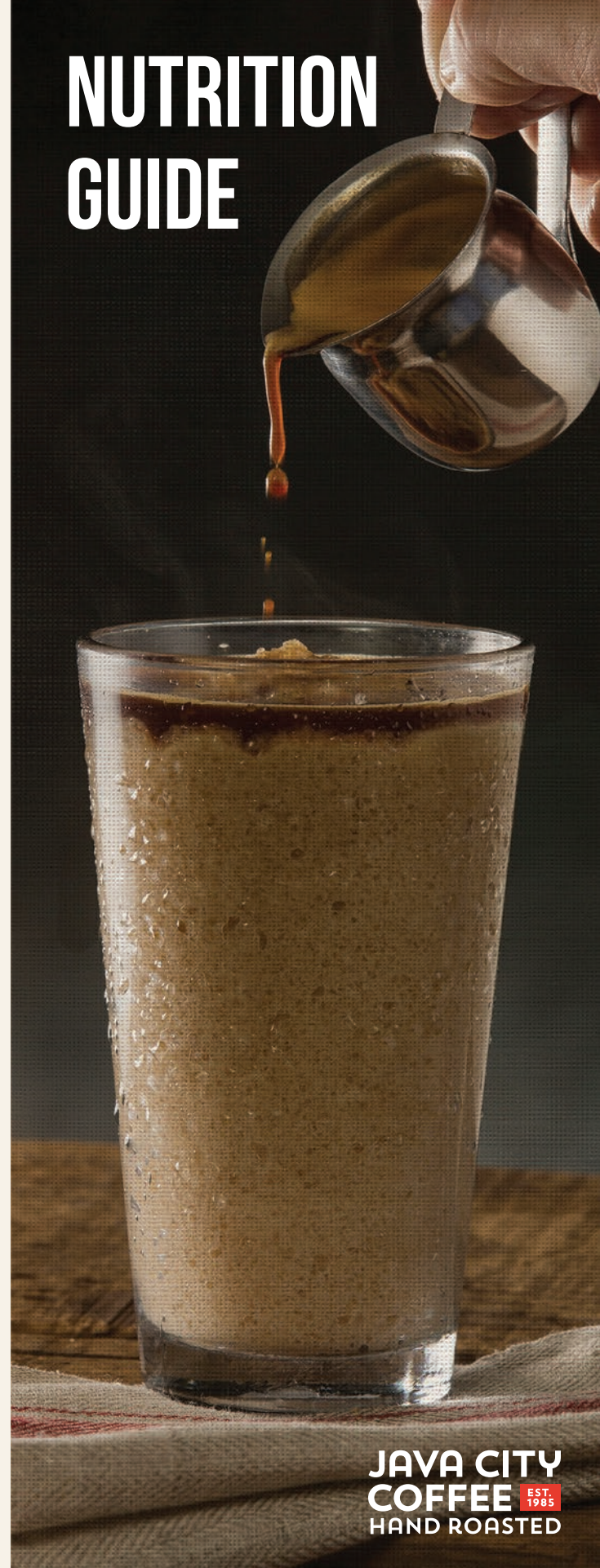
SM 12oz	Whole	290	110	11	7	0	48	194	35	0	34	11
	Nonfat	195	0	0	0	0	7	201	35	0	34	12
MED 16oz	Whole	375	145	15	9	0	63	254	45	0	43	15
	Nonfat	250	0	0	0	0	9	263	45	0	43	16
LRG 20oz	Whole	470	185	18	11	0	80	319	55	0	53	18
	Nonfat	310	0	0	0	0	11	330	55	0	53	21

HOT CHOCOLATE with Rainforest Alliance Certified™ cocoa

SM 12oz	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 16oz	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 20oz	Whole	540	190	19	12	0	79	452	76	2	69	20
	Nonfat	385	10	1	1	0	11	464	76	2	69	22

	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)
EXTRAS											
ESPRESSO SHOT											
1 shot	5	0	0	0	0	0	0	0	1	0	0
WHIPPED CREAM											
Hot drinks	50	35	3	3	0	17	0	3	0	3	0
Iced drinks	60	40	4	4	0	20	0	4	0	4	0
FLAVORED SYRUP/1 PUMP											
Regular	20	0	0	0	0	0	1	5	0	5	0
Sugar Free	0	0	0	0	0	0	4	0	0	0	0

NUTRITION GUIDE



BLEND 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)
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
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
MIXED 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	0	77	2	67	2
MED 20 ^{oz}	315	0	0	0	0	0	0	77	2	67	2
LRG 26 ^{oz}	365	0	0	0	0	0	0	90	3	78	3

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)	
ICED COFFEE/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	
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	
CREAMY COLD BREW												
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	
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

	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)	
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
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
ORGANIC ICED TEA												
SM 16 ^{oz}		0	0	0	0	0	0	0	0	0	0	
MED 20 ^{oz}		0	0	0	0	0	0	0	0	0	0	
LRG 26 ^{oz}		0	0	0	0	0	0	0	0	0	0	
STRAWBERRY AÇAI REFRESHER												
SM 16 ^{oz}		80	0	0	0	0	0	0	20	0	20	0
MED 20 ^{oz}		100	0	0	0	0	0	0	25	0	25	0
LRG 26 ^{oz}		140	0	0	0	0	0	0	35	0	35	0
WATERMELON CUCUMBER MINT REFRESHER												
SM 16 ^{oz}		93	0	0	0	0	0	0	21	0	21	0
MED 20 ^{oz}		117	0	0	0	0	0	0	27	0	27	0
LRG 26 ^{oz}		163	0	0	0	0	0	0	37	0	37	0
WILBERRY HIBISCUS REFRESHER												
SM 16 ^{oz}		53	0	0	0	0	0	0	15	0	13	0
MED 20 ^{oz}		67	0	0	0	0	0	0	18	0	17	0
LRG 26 ^{oz}		93	0	0	0	0	0	0	26	0	23	0



**CONSCIOUSLY
SOURCED**

**WE HAVE LONGSTANDING RELATIONSHIPS
WITH THE FARMERS THAT GROW
OUR COFFEE.**

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