




## Nutrition & Allergen Information

Nutrition information is based upon standard recipes. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.

Caribou Coffee Nutrition Information

	Size	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage														
Coffee of the Day	small-12 fl oz	340	5	0	0	0	0	0	0	0	5	0	0	230
Coffee of the Day	medium-16 fl oz	454	5	0	0	0	0	0	1	0	10	0	0	305
Coffee of the Day	large-20 fl oz	567	5	0	0	0	0	0	1	0	10	0	0	385
Depth Charge	small-12 fl oz	337	5	0	0	0	0	0	1	0	10	0	0	290
Depth Charge	medium-16 fl oz	450	5	0	0	0	0	0	1	0	15	0	0	370
Depth Charge	large-20 fl oz	563	5	0	0	0	0	0	1	0	15	0	0	445
Cold Press Iced Coffee	small-16 fl oz	402	5	0	0	0	0	0	0	0	5	0	0	190
Cold Press Iced Coffee	medium-20 fl oz	488	5	0	0	0	0	0	0	0	5	0	0	230
Cold Press Iced Coffee	large-24 oz	575	5	0	0	0	0	0	0	0	10	0	0	270
Hot Press	small-12 fl oz	340	5	0	0	0	0	0	0	0	5	0	0	230
Hot Press	medium-16 fl oz	454	5	0	0	0	0	0	1	0	10	0	0	305
Hot Press	large-20 fl oz	567	5	0	0	0	0	0	1	0	10	0	0	385
Crafted Press - Iced	small-16 fl oz	354	90	50	5	3	0	20	2	6	100	6	0	115
Crafted Press - Iced	medium-20 fl oz	446	120	60	7	4	0	30	2	11	190	11	0	145
Crafted Press - Iced	large-24 fl oz	538	160	70	8	4.5	0	35	3	16	270	16	0	175
Crafted Press - Hot	small-12 fl oz	265	90	50	6	3.5	0	25	2	7	105	7	0	130
Crafted Press - Hot	medium-16 fl oz	414	160	80	9	6	0	40	3	12	200	12	0	205
Crafted Press - Hot	large-20 fl oz	476	190	100	11	6	0	45	3	17	280	17	0	235
Crafted Press - Blended	small-16 fl oz	443	90	50	5	3	0	20	2	6	100	6	0	115
Crafted Press - Blended	medium-20 fl oz	565	120	60	7	4	0	30	2	11	190	11	0	145
Crafted Press - Blended	large-24 fl oz	686	160	70	8	4.5	0	35	3	16	270	16	0	175
Nitro Cold Press	small-16 fl oz	453	25	0	0	0	0	0	2	3	0	0	0	320
Draft Mocha	small-16 fl oz	484	330	70	8	5	0	30	10	44	140	42	1	160
Nitro High Rise	small-16 fl oz	504	740	350	39	24	0	125	10	81	300	56	7	0
Latte - Hot	small-12 fl oz	322	120	45	5	3	0	20	9	11	110	11	0	180
Latte - Hot	medium-16 fl oz	444	180	70	7	4.5	0	30	13	17	160	17	0	180
Latte - Hot	large-20 fl oz	544	220	80	9	5	0	35	16	20	190	20	0	270
Latte - Iced	small-16 fl oz	349	80	30	3	2	0	10	6	7	75	7	0	180
Latte - Iced	medium-20 fl oz	433	90	30	3.5	2	0	15	7	8	85	8	0	270
Latte - Iced	large-24 fl oz	516	90	35	4	2.5	0	15	8	9	95	9	0	360
Northern Lite Latte - Hot	small-12 fl oz	346	90	5	0.5	0	0	5	9	12	150	12	0	180
Northern Lite Latte - Hot	medium-16 fl oz	477	130	5	1	0	0	5	14	18	210	18	0	180
Northern Lite Latte - Hot	large-20 fl oz	585	150	10	1	0.5	0	10	16	21	250	21	0	270
Northern Lite Latte - Iced	small-16 fl oz	350	45	5	0	0	0	0	5	6	85	6	0	180
Northern Lite Latte - Iced	medium-20 fl oz	434	50	5	0	0	0	5	6	7	100	6	0	270
Northern Lite Latte - Iced	large-24 fl oz	518	50	5	0.5	0	0	5	7	7	110	7	0	360
Mocha - Hot	small-12 fl oz	237	250	120	13	8	0	15	8	28	90	27	1	190
Mocha - Hot	medium-16 fl oz	324	380	180	20	13	0	25	11	43	130	41	1	195
Mocha - Hot	large-20 fl oz	419	500	230	26	16	0	30	14	56	170	53	1	290
Mocha - Iced	small-16 fl oz	368	250	70	8	4	0	25	10	36	120	35	0	180

Caribou Coffee Nutrition Information




	Size	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage														
Mocha - Iced	medium-20 fl oz	459	320	90	10	5	0	30	12	47	150	45	0	270
Mocha - Iced	large-24 fl oz	549	390	110	12	6	0	35	14	57	180	55	0	360
Cappuccino	small-12 fl oz	261	90	35	3.5	2.5	0	15	7	9	85	9	0	180
Cappuccino	medium-16 fl oz	330	110	40	4.5	3	0	15	9	10	105	10	0	270
Cappuccino	large-20 fl oz	400	130	45	5	3	0	20	10	11	120	11	0	360
Americano - Hot	small-12 fl oz	344	0	0	0	0	0	0	1	0	10	0	0	180
Americano - Hot	medium-16 fl oz	457	0	0	0	0	0	0	2	0	15	0	0	270
Americano - Hot	large-20 fl oz	570	5	5	0	0	0	0	2	0	20	0	0	360
Americano - Iced	small-16 fl oz	457	0	0	0	0	0	0	2	0	15	0	0	270
Americano - Iced	medium-20 fl oz	570	5	5	0	0	0	0	2	0	20	0	0	360
Americano - Iced	large-24 fl oz	683	5	5	0	0	0	0	3	0	25	0	0	450
Espresso	small-12 fl oz	78	0	0	0	0	0	0	1	0	10	0	0	180
Espresso	medium-16 fl oz	117	0	0	0	0	0	0	2	0	15	0	0	270
Espresso	large-20 fl oz	156	5	5	0	0	0	0	2	0	20	0	0	360
Macchiato	small-12 fl oz	108	15	5	0.5	0	0	0	2	1	25	1	0	180
Macchiato	medium-16 fl oz	147	20	5	1	0	0	0	3	1	30	1	0	270
Macchiato	large-20 fl oz	186	20	10	1	0.5	0	0	3	1	35	1	0	360
Breve	small-12 fl oz	318	310	250	28	17	0	90	8	10	110	0	0	180
Breve	medium-16 fl oz	438	470	370	42	26	0	135	12	15	160	1	0	180
Breve	large-20 fl oz	537	550	440	49	30	0	155	14	18	190	1	0	270
Iced Breve	small-16 fl oz	352	250	200	22	14	0	70	6	8	85	0	0	90
Iced Breve	medium-20 fl oz	436	270	220	24	15	0	80	7	9	95	0	0	180
Iced Breve	large-24 fl oz	519	290	230	26	16	0	85	8	10	110	0	0	270
Hot Chocolate	small-12 fl oz	273	310	140	15	10	0	25	10	34	125	32	1	10
Hot Chocolate	medium-16 fl oz	383	450	200	22	14	0	35	15	49	180	47	1	15
Hot Chocolate	large-20 fl oz	478	580	260	29	18	0	45	19	64	220	62	1	20
Caramel High Rise - Hot	small-12 fl oz	375	440	210	23	14	0	90	9	46	160	39	0	180
Caramel High Rise - Hot	medium-16 fl oz	506	550	240	27	16	0	105	13	62	230	53	0	180
Caramel High Rise - Hot	large-20 fl oz	624	640	260	29	18	0	115	16	75	280	64	0	270
Caramel High Rise - Iced	small-16 fl oz	366	240	70	7	4.5	0	25	7	39	135	32	0	90
Caramel High Rise - Iced	medium-20 fl oz	453	300	80	9	5	0	30	8	49	160	41	0	180
Caramel High Rise - Iced	large - 24 fl oz	541	360	90	10	6	0	35	8	60	190	49	0	270
Caramel High Rise - Cooler	small-16 fl oz	521	610	220	25	16	0	80	3	92	210	78	0	100
Caramel High Rise - Cooler	medium-20 fl oz	646	720	240	27	17	0	85	4	113	270	96	0	125
Caramel High Rise - Cooler	large- 24 fl oz	772	830	260	29	19	0	90	5	135	320	114	0	145
Turtle Mocha - Hot	small-12 fl oz	344	630	310	34	21	0	90	9	71	170	62	1	190
Turtle Mocha - Hot	medium-16 fl oz	449	810	380	42	26	0	105	13	96	230	84	1	195
Turtle Mocha - Hot	large-20 fl oz	561	980	450	50	31	0	115	16	119	290	105	2	290
Turtle Mocha - Iced	small-16 fl oz	373	340	80	9	6	0	30	7	54	150	48	0	90
Turtle Mocha - Iced	small-16 fl oz	464	450	100	11	7	0	35	8	72	190	64	1	180
Turtle Mocha - Iced	medium-20 fl oz	555	550	120	14	8	0	45	10	90	230	80	1	270

Caribou Coffee Nutrition Information




	Size	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage														
Turtle Mocha - Cooler	small-16 fl oz	538	770	260	29	19	0	90	5	113	250	99	1	75
Turtle Mocha - Cooler	medium-20 fl oz	666	920	290	32	21	0	95	7	139	300	122	1	95
Turtle Mocha - Cooler	large-24 fl oz	795	1070	320	35	23	0	105	8	166	360	146	1	110
Mint Condition - Hot	small-12 fl oz	317	530	280	31	20	0	75	8	54	95	53	1	190
Mint Condition - Hot	medium-16 fl oz	413	680	340	38	24	0	85	11	75	135	73	1	195
Mint Condition - Hot	large-20 fl oz	519	820	390	44	28	0	90	15	94	170	91	1	290
Mint Condition - Iced	small-16 fl oz	377	340	70	7	3.5	0	25	9	60	110	58	0	180
Mint Condition - Iced	medium-20 fl oz	470	430	80	9	4.5	0	30	11	76	135	74	0	270
Mint Condition - Iced	large-24 fl oz	562	510	100	11	5	0	35	12	92	160	89	0	360
Mint Condition - Cooler	small-16 fl oz	528	670	230	25	17	0	70	4	97	160	92	1	90
Mint Condition - Cooler	medium-20 fl oz	655	790	240	27	18	0	75	5	121	200	115	1	110
Mint Condition - Cooler	large-24 fl oz	783	920	260	29	20	0	75	6	145	240	138	1	130
Berry White Mocha - Hot	small-12 fl oz	304	470	240	27	16	0	75	7	47	90	47	0	185
Berry White Mocha - Hot	medium-16 fl oz	399	620	290	33	20	0	80	10	68	135	67	0	185
Berry White Mocha - Hot	large-20 fl oz	502	750	340	38	23	0	85	13	86	170	86	0	275
Berry White Mocha - Iced	small-16 fl oz	376	320	45	5	2.5	0	5	7	61	100	61	0	180
Berry White Mocha - Iced	medium-20 fl oz	468	410	50	6	3	0	5	8	78	125	77	0	270
Berry White Mocha - Iced	large-24 fl oz	560	490	60	7	3.5	0	5	10	95	150	94	0	360
Berry White Mocha - Cooler	small-16 fl oz	525	650	200	22	14	0	70	6	101	170	93	0	90
Berry White Mocha - Cooler	medium-20 fl oz	652	770	210	24	15	0	75	5	126	210	117	0	110
Berry White Mocha - Cooler	large-24 fl oz	780	900	230	26	17	0	75	6	152	250	141	0	130
Campfire Mocha - Hot	small-12 fl oz	311	490	250	28	17	0	75	8	52	90	49	1	190
Campfire Mocha - Hot	medium-16 fl oz	409	650	310	34	21	0	85	11	73	135	69	1	195
Campfire Mocha - Hot	large-20 fl oz	514	790	360	40	25	0	90	14	92	170	88	1	290
Campfire Mocha - Iced	small-16 fl oz	379	340	70	7	3.5	0	25	9	61	110	58	0	180
Campfire Mocha - Iced	medium-20 fl oz	472	430	80	9	4.5	0	30	11	77	135	74	0	270
Campfire Mocha - Iced	large-24 fl oz	565	520	100	11	5	0	35	12	94	160	89	0	360
Campfire Mocha - Cooler	small-16 fl oz	529	650	200	22	14	0	70	4	98	160	92	1	90
Campfire Mocha - Cooler	medium-20 fl oz	657	780	220	24	15	0	75	5	122	210	114	1	110
Campfire Mocha - Cooler	large-24 fl oz	785	900	230	26	17	0	80	6	146	250	137	1	130
Vanilla White Mocha - Hot	small-12 fl oz	303	470	240	27	16	0	75	7	47	90	47	0	185
Vanilla White Mocha - Hot	medium-16 fl oz	398	610	290	33	20	0	80	10	67	135	67	0	185
Vanilla White Mocha - Hot	large-20 fl oz	501	750	340	38	23	0	85	13	86	170	86	0	275
Vanilla White Mocha - Iced	small-16 fl oz	375	320	45	5	2.5	0	5	7	61	100	61	0	180
Vanilla White Mocha - Iced	medium-20 fl oz	468	400	50	6	3	0	5	8	78	125	77	0	270
Vanilla White Mocha - Iced	large-24 fl oz	560	480	60	7	3.5	0	5	10	94	150	94	0	360
Vanilla White Mocha - Cooler	small-16 fl oz	524	640	200	22	14	0	70	4	101	170	94	0	90
Vanilla White Mocha - Cooler	medium-20 fl oz	652	770	210	24	15	0	75	5	126	210	117	0	110
Vanilla White Mocha - Cooler	large-24 fl oz	779	900	230	26	17	0	75	6	152	250	141	0	130
Apple Blast - Hot	small-12 fl oz	412	500	170	19	11	0	75	1	76	105	66	0	0
Apple Blast - Hot	medium-16 fl oz	533	610	180	20	12	0	80	1	99	140	86	0	0

Caribou Coffee Nutrition Information

	Size	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage														
Apple Blast - Hot	large-20 fl oz	654	710	200	22	13	0	85	2	122	170	107	0	0
Caramel Cooler	small-16 fl oz	521	610	220	25	16	0	80	3	92	210	78	0	100
Caramel Cooler	medium-20 fl oz	646	720	240	27	17	0	85	4	113	270	96	0	125
Caramel Cooler	large- 24 fl oz	772	830	260	29	19	0	90	5	135	320	114	0	145
Chocolate Cooler	small-16 fl oz	518	570	200	23	15	0	70	4	78	180	72	1	105
Chocolate Cooler	medium-20 fl oz	643	680	220	25	16	0	75	5	97	230	90	1	130
Chocolate Cooler	large-24 fl oz	769	790	240	27	18	0	80	7	117	270	108	1	155
Vanilla Cooler	small-16 fl oz	515	520	180	19	13	0	60	2	80	140	74	0	100
Vanilla Cooler	medium-20 fl oz	639	600	190	21	14	0	60	3	99	180	91	0	125
Vanilla Cooler	large- 24 fl oz	763	690	200	22	15	0	60	3	117	210	108	0	150
Coffee Cooler	small-16 fl oz	461	280	50	5	4.5	0	0	2	58	160	51	0	130
Coffee Cooler	medium-20 fl oz	584	350	60	7	6	0	0	3	72	190	64	0	160
Coffee Cooler	large-24 fl oz	706	420	70	8	7	0	0	3	86	230	76	0	190
Espresso Cooler	small-16 fl oz	455	250	40	4.5	4	0	0	2	50	140	45	0	170
Espresso Cooler	medium-20 fl oz	578	320	50	6	5	0	0	3	65	180	57	0	205
Espresso Cooler	large-24 fl oz	698	370	60	7	6	0	0	3	76	210	67	0	255
Northern Lite Caramel Cooler	small-16 fl oz	443	130	25	2.5	2.5	0	0	2	47	150	19	9	100
Northern Lite Caramel Cooler	medium-20 fl oz	561	160	30	3.5	3.5	0	0	2	59	180	23	11	130
Northern Lite Caramel Cooler	large- 24 fl oz	680	200	35	4	4	0	0	3	71	220	28	13	155
Northern Lite Vanilla Cooler	small-16 fl oz	444	130	25	2.5	2.5	0	0	2	47	150	19	9	100
Northern Lite Vanilla Cooler	medium-20 fl oz	562	160	30	3.5	3.5	0	0	2	59	190	23	11	130
Northern Lite Vanilla Cooler	large- 24 fl oz	680	200	35	4	4	0	0	3	71	230	28	13	155
Northern Lite Coffee Cooler	small-16 fl oz	441	150	30	3	3	0	0	2	54	160	21	10	115
Northern Lite Coffee Cooler	medium-20 fl oz	559	180	35	4	4	0	0	3	67	200	27	12	145
Northern Lite Coffee Cooler	large-24 fl oz	676	220	40	4.5	4.5	0	0	3	80	240	32	15	175
Frozen Hot Chocolate	small-16 fl oz	504	740	350	39	24	0	125	10	81	300	56	7	0
Frozen Hot Chocolate	medium-20 fl oz	626	930	400	44	28	0	135	14	112	420	77	10	0
Frozen Hot Chocolate	large-24 fl oz	748	1110	440	49	32	0	145	17	144	530	99	14	0
Cookies & Cream Coffeeless Cooler	small-16 fl oz	497	720	370	41	24	0	120	8	80	280	49	6	0
Cookies & Cream Coffeeless Cooler	medium-20 fl oz	613	880	420	46	28	0	125	9	106	370	64	8	0
Cookies & Cream Coffeeless Cooler	large-24 fl oz	669	1040	470	52	31	0	135	11	133	460	80	11	0
Strawberry Banana Smoothie	small-16 fl oz	468	280	0	0	0	0	0	1	70	30	62	5	0
Strawberry Banana Smoothie	medium-20 fl oz	593	360	0	0	0	0	0	2	87	35	77	6	0
Strawberry Banana Smoothie	large- 24 fl oz	717	430	0	0	0	0	0	2	104	40	93	7	0
Mango Orange Key Lime Smoothie	small-16 fl oz	473	340	5	0	0	0	0	2	85	30	78	2	0
Mango Orange Key Lime Smoothie	medium-20 fl oz	599	420	5	0	0	0	0	3	106	35	98	3	0
Mango Orange Key Lime Smoothie	large- 24 fl oz	724	500	5	0	0	0	0	3	127	45	118	3	0
Chai Tea Latte - Hot	small-12 fl oz	281	200	35	4	2.5	0	15	7	33	90	30	0	75
Chai Tea Latte - Hot	medium-16 fl oz	466	310	60	7	4.5	0	30	12	48	160	45	0	95
Chai Tea Latte - Hot	large-20 fl oz	552	370	80	8	5	0	35	14	59	180	55	0	120
Chai Tea Latte - Iced	small-16 fl oz	369	180	30	3.5	2	0	15	6	32	80	29	0	75

Caribou Coffee Nutrition Information

	Size	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage														
Chai Tea Latte - Iced	medium-20 fl oz	462	240	40	4	2.5	0	15	7	41	95	38	0	95
Chai Tea Latte - Iced	large - 24 fl oz	554	290	45	5	3	0	20	9	51	115	46	0	120
Earl Grey Tea - Hot	small-12 fl oz	355	0	0	0	0	0	0	0	0	0	0	0	85
Earl Grey Tea - Hot	medium-16 fl oz	474	0	0	0	0	0	0	0	0	0	0	0	85
Earl Grey Tea - Hot	large-20 fl oz	592	0	0	0	0	0	0	0	0	0	0	0	170
Hot Cinnamon Spice Tea - Hot	small-12 fl oz	355	0	0	0	0	0	0	0	0	0	0	0	85
Hot Cinnamon Spice Tea - Hot	medium-16 fl oz	474	0	0	0	0	0	0	0	0	0	0	0	85
Hot Cinnamon Spice Tea - Hot	large-20 fl oz	592	0	0	0	0	0	0	0	0	0	0	0	170
Mango Black Tea - Hot	small-12 fl oz	355	0	0	0	0	0	0	0	0	0	0	0	85
Mango Black Tea - Hot	medium-16 fl oz	474	0	0	0	0	0	0	0	0	0	0	0	85
Mango Black Tea - Hot	large-20 fl oz	592	0	0	0	0	0	0	0	0	0	0	0	170
Citron Green Tea - Hot	small-12 fl oz	355	0	0	0	0	0	0	0	0	0	0	0	45
Citron Green Tea - Hot	medium-16 fl oz	474	0	0	0	0	0	0	0	0	0	0	0	45
Citron Green Tea - Hot	large-20 fl oz	592	0	0	0	0	0	0	0	0	0	0	0	90
Mint Verbena Tea - Hot	small-12 fl oz	355	0	0	0	0	0	0	0	0	0	0	0	0
Mint Verbena Tea - Hot	medium-16 fl oz	474	0	0	0	0	0	0	0	0	0	0	0	0
Mint Verbena Tea - Hot	large-20 fl oz	592	0	0	0	0	0	0	0	0	0	0	0	0
Classic Black Tea - Iced	small-16 fl oz	502	0	0	0	0	0	0	0	0	0	0	0	95
Classic Black Tea - Iced	medium-20 fl oz	649	0	0	0	0	0	0	0	0	0	0	0	195
Classic Black Tea - Iced	large-24 fl oz	796	0	0	0	0	0	0	0	0	0	0	0	290
Mango Black Tea - Iced	small-16 fl oz	502	0	0	0	0	0	0	0	0	0	0	0	95
Mango Black Tea - Iced	medium-20 fl oz	649	0	0	0	0	0	0	0	0	0	0	0	195
Mango Black Tea - Iced	large-24 fl oz	796	0	0	0	0	0	0	0	0	0	0	0	290
Tropical Green Tea - Iced	small-16 fl oz	502	0	0	0	0	0	0	0	0	0	0	0	75
Tropical Green Tea - Iced	medium-20 fl oz	649	0	0	0	0	0	0	0	0	0	0	0	150
Tropical Green Tea - Iced	large-24 fl oz	796	0	0	0	0	0	0	0	0	0	0	0	220
Sparkling Green Tea Lemonade	small-16 fl oz	521	140	0	0	0	0	0	0	36	0	35	0	30
Sparkling Green Tea Lemonade	medium-20 fl oz	678	210	0	0	0	0	0	0	54	5	52	0	45
Sparkling Green Tea Lemonade	large-24 fl oz	835	280	0	0	0	0	0	0	72	10	69	0	60
Sparkling Peach Black Tea	small-16 fl oz	519	90	0	0	0	0	0	0	23	0	22	0	20
Sparkling Peach Black Tea	medium-20 fl oz	675	140	0	0	0	0	0	0	34	5	33	0	35
Sparkling Peach Black Tea	large-24 fl oz	831	180	0	0	0	0	0	0	46	5	44	0	45
Kids Hot Chocolate	kids	207	350	180	20	12	0	80	6	27	90	27	0	0
Kids Hot Cider	kids	234	120	0	0	0	0	0	0	29	25	27	0	0
Kids Strawberry Banana Smoothie	kids	344	210	0	0	0	0	0	1	52	20	46	4	0
Kids Mango Orange Key Lime Smoothie	kids	347	250	0	0	0	0	0	2	64	20	59	2	0
Kids Silly Soda	kids	364	70	0	0	0	0	0	0	16	0	16	0	0
Kids Frozen Hot Chocolate	kids	382	550	300	33	21	0	115	7	49	180	35	4	0
Spicy Mocha	small-12 fl oz	287	440	250	28	17	0	75	8	43	90	36	1	190
Spicy Mocha	medium-16 fl oz	379	590	310	34	21	0	85	11	64	135	54	1	195

Caribou Coffee Nutrition Information



	Size	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)	
<b>Beverage</b>															
	Spicy Mocha	large-20 fl oz	479	720	360	40	25	0	90	14	84	170	70	1	290
	Iced Spicy Mocha	small-16 fl oz	372	230	50	6	3.5	0	20	8	38	110	32	0	90
	Iced Spicy Mocha	medium-20 fl oz	464	310	60	7	4.5	0	25	9	52	130	44	1	180
	Iced Spicy Mocha	large-24 fl oz	556	380	70	8	5	0	25	10	67	150	56	1	270
	Spicy Mocha Cooler	small-16 fl oz	527	610	200	23	15	0	70	4	90	180	79	1	105
	Spicy Mocha Cooler	medium-20 fl oz	657	730	220	25	16	0	75	5	116	230	101	1	130
	Spicy Mocha Cooler	large-24 fl oz	787	860	240	27	18	0	80	7	142	280	123	1	155
	Cold Press Latte	small-12 fl oz	350	70	35	4	3.5	0	0	1	7	110	7	0	115
	Cold Press Latte	medium-16 fl oz	467	90	45	5	4.5	0	0	1	10	150	9	0	155
	Cold Press Latte	large-20 fl oz	583	110	60	6	6	0	0	1	12	190	12	0	190
	Iced Cold Press Latte	small-16 fl oz	411	45	25	2.5	2.5	0	0	0	5	75	5	0	75
	Iced Cold Press Latte	medium-20 fl oz	440	60	30	3	3	0	0	1	6	95	6	0	95
	Iced Cold Press Latte	large-24 fl oz	528	70	35	4	3.5	0	0	1	7	110	7	0	115
	Pomegranate Acai Tea Latte	small-12 fl oz	252	110	45	5	4.5	0	0	1	16	140	15	0	45
	Pomegranate Acai Tea Latte	medium-16 fl oz	372	150	70	8	7	0	0	1	21	220	20	0	45
	Pomegranate Acai Tea Latte	large-20 fl oz	436	180	80	9	8	0	0	1	24	250	22	0	90
	Iced Pomegranate Acai Tea Latte	small-16 fl oz	368	110	45	5	4.5	0	0	1	16	140	15	0	25
	Iced Pomegranate Acai Tea Latte	medium-20 fl oz	458	130	60	6	6	0	0	1	19	180	18	0	30
	Iced Pomegranate Acai Tea Latte	large-24 fl oz	459	150	70	8	7	0	0	1	21	220	20	0	35
	Matcha Vanilla Tea Latte	small-12 fl oz	269	160	45	5	4.5	0	0	1	28	140	28	0	40
	Matcha Vanilla Tea Latte	medium-16 fl oz	399	230	70	8	7	0	0	1	39	220	38	0	60
	Matcha Vanilla Tea Latte	large-20 fl oz	469	280	80	9	8	0	0	1	48	250	47	0	80
	Iced Matcha Vanilla Tea Latte	small-16 fl oz	247	150	40	4.5	4.5	0	0	1	27	130	27	0	40
	Iced Matcha Vanilla Tea Latte	medium-20 fl oz	309	200	50	6	5	0	0	1	35	160	35	0	60
	Iced Matcha Vanilla Tea Latte	large-24 fl oz	372	240	60	7	6	0	0	1	44	190	43	0	80
<b>Seasonal Drinks</b>	Cabin Bar Mocha	small-16 fl oz	329	570	280	31	19	0	85	8	62	210	58	1	190
	Cabin Bar Mocha	medium-20 fl oz	433	750	350	38	24	0	95	12	87	290	82	1	195
	Cabin Bar Mocha	large-24 fl oz	545	920	410	45	29	0	105	15	110	360	104	1	290
	Iced Cabin Bar Mocha	small-16 fl oz	372	340	70	8	5	0	25	7	54	210	52	0	90
	Iced Cabin Bar Mocha	medium-20 fl oz	463	440	90	10	7	0	30	8	72	260	69	1	180
	Iced Cabin Bar Mocha	large-24 fl oz	553	550	110	12	8	0	35	9	91	320	87	1	270
	Cabin Bar Mocha Cooler	small-12 fl oz	528	720	230	25	17	0	80	4	107	300	100	1	75
	Cabin Bar Mocha Cooler	medium-16 fl oz	656	870	250	28	19	0	90	6	133	380	125	1	95
	Cabin Bar Mocha Cooler	large-20 fl oz	786	1030	290	32	20	0	100	10	147	310	141	2	110
	Cabin Bar Hot Crafted Press	small-16 fl oz	320	200	70	7	4.5	0	10	4	31	160	27	0	210
	Cabin Bar Hot Crafted Press	medium-20 fl oz	427	240	70	8	5	0	10	5	37	250	32	0	270
	Cabin Bar Hot Crafted Press	large-24 fl oz	492	350	110	12	8	0	15	7	54	370	49	0	285
	Cabin Bar Iced Crafted Press	small-12 fl oz	368	160	30	3	2	0	10	3	27	160	25	0	150
	Cabin Bar Iced Crafted Press	medium-16 fl oz	460	190	35	4	2.5	0	10	4	33	250	30	0	175
	Cabin Bar Iced Crafted Press	large-20 fl oz	555	290	50	6	4	0	15	5	48	370	45	0	185
	Nitro Cabin Bar Mocha	small-16 fl oz	536	460	200	22	13	0	85	9	48	200	45	0	205

Caribou Coffee Nutrition Information



	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage													
Americano, hot	small	344	0	0	0	0	0	1	0	10	0	0	180
	medium	457	0	0	0	0	0	2	0	15	0	0	270
	large	570	5	0	0	0	0	2	0	20	0	0	360
Americano, iced	small	287	0	0	0	0	0	2	0	15	0	0	270
	medium	363	5	0	0	0	0	2	0	20	0	0	360
	large	439	5	0	0	0	0	3	0	25	0	0	450
	XL	574	5	0	0	0	0	3	0	30	0	0	540
Berry White Mocha, hot	small	304	470	27	16	0	75	7	47	90	47	0	185
	medium	399	620	33	20	0	80	10	68	135	67	0	185
	large	502	750	38	23	0	85	13	86	170	86	0	275
Berry White Mocha, iced	small	369	250	4.5	2.5	0	15	7	47	110	44	0	90
	medium	458	330	5	3	0	15	8	64	140	60	0	180
	large	547	400	6	3.5	0	20	9	80	160	75	0	270
	XL	733	570	8	4.5	0	25	11	116	230	108	0	360
Berry White Mocha, cooler	small	525	620	20	13	0	65	3	101	210	94	0	105
	medium	652	740	21	14	0	70	4	127	270	118	0	130
	large	779	860	23	15	0	70	5	153	320	142	0	155
	XL	1034	1100	25	17	0	75	7	204	430	190	1	205
Blended Juice BOUst - Blackberry Lemonade	small	459	170	0	0	0	0	1	39	15	33	0	105
	medium	581	210	0	0	0	0	1	48	20	41	0	210
	large	703	250	0	0	0	0	1	57	20	48	0	310
	XL	947	330	0	0	0	0	1	76	30	64	0	415
Blended Juice BOUst - Cherry Limeade	small	456	150	0	0	0	0	0	36	35	33	0	105
	medium	577	180	0	0	0	0	0	45	45	40	0	210
	large	698	220	0	0	0	0	0	53	50	48	0	310
	XL	941	290	0	0	0	0	1	71	70	64	0	415
Blended Juice BOUst - Dragon Fruit	small	447	170	0	0	0	0	1	38	35	30	0	105
	medium	566	200	0	0	0	0	1	46	45	36	1	210
	large	686	240	0	0	0	0	1	55	50	43	1	310
	XL	924	320	0	0	0	0	1	73	70	57	1	415
Blended Juice BOUst - Spicy Pineapple	small	471	270	0	0	0	0	1	67	45	53	1	105
	medium	596	330	0	0	0	0	1	82	60	65	1	210
	large	721	390	0	0	0	0	2	97	70	78	1	310
	XL	971	530	0	0	0	0	2	129	90	103	1	415
Blended Juice BOUst - Strawberry Mango	small	459	170	0	0	0	0	1	41	20	33	0	105
	medium	581	210	0	0	0	0	1	50	25	41	0	210
	large	703	250	0.5	0	0	0	2	59	30	48	0	310
	XL	947	340	0.5	0	0	0	2	79	45	64	0	415
Breve, hot	small	318	310	28	17	0	90	8	10	110	0	0	180
	medium	438	470	42	26	0	135	12	15	160	1	0	180
	large	537	550	49	30	0	155	14	18	190	1	0	270



Caribou Coffee Nutrition Information



Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
------	------------------	----------	---------------	-------------------	---------------	------------------	-------------	-------------------------	-------------	------------	-----------	---------------

Beverage

Breve, iced	small	352	250	22	14	0	70	6	8	85	0	0	90
	medium	436	270	24	15	0	80	7	9	95	0	0	180
	large	519	290	26	16	0	85	8	10	110	0	0	270
	XL	693	390	35	22	0	110	11	13	140	0	0	360
Cappuccino	small	261	90	3.5	2.5	0	15	7	9	85	9	0	180
	medium	330	110	4.5	3	0	15	9	10	105	10	0	270
	large	400	130	5	3	0	20	10	11	120	11	0	360
Campfire Mocha, hot	small	311	490	28	17	0	75	8	52	90	49	1	190
	medium	409	650	34	21	0	85	11	73	135	69	1	195
	large	514	790	40	25	0	90	14	92	170	88	1	290
Campfire Mocha, iced	small	371	260	4.5	3	0	15	7	48	115	45	0	90
	medium	461	330	5	3.5	0	20	8	65	140	61	0	180
	large	551	410	6	4	0	20	9	82	170	77	1	270
	XL	737	580	9	5	0	30	11	118	240	110	1	360
Campfire Mocha, cooler	small	530	640	20	13	0	70	40	104	220	97	1	105
	medium	658	760	22	14	0	70	4	130	270	122	1	130
	large	786	880	24	15	0	75	5	156	330	146	1	155
	XL	1042	1130	27	18	0	80	7	209	440	195	1	205
Caramel Cooler	small	550	610	24	15	0	80	3	91	350	79	0	115
	medium	646	720	26	17	0	85	4	112	440	97	0	145
	large	772	830	28	19	0	90	5	134	520	116	0	175
	XL	1023	1050	33	22	0	100	6	176	690	153	0	235
Caramel High Rise, hot	small	375	440	23	14	0	90	9	47	250	40	0	180
	medium	506	560	27	16	0	105	13	64	340	54	0	180
	large	624	640	29	18	0	115	16	77	420	65	0	270
Caramel High Rise, iced	small	366	250	7	4.5	0	25	7	40	210	33	0	90
	medium	453	310	9	5	0	30	8	51	260	42	0	180
	large	541	370	10	6	0	35	9	62	310	50	0	270
	XL	722	500	14	9	0	50	12	85	430	70	0	360
Caramel High Rise, cooler	small	550	610	24	15	0	80	3	91	350	79	0	115
	medium	646	720	26	17	0	85	4	112	440	97	0	145
	large	772	830	28	19	0	90	5	134	520	116	0	175
	XL	1023	1050	33	22	0	100	6	176	690	153	0	235
Chocolate Cooler	small	518	560	21	14	0	70	4	83	240	77	1	125
	medium	644	660	23	15	0	70	5	105	300	97	1	155
	large	770	770	24	16	0	75	6	126	360	117	1	185
	XL	1021	980	28	19	0	80	8	169	490	156	2	245
Classic Chai Tea Latte, hot	small	281	200	4	2.5	0	15	7	33	90	30	0	75
	medium	466	310	7	4.5	0	30	12	48	160	45	0	95
	large	552	370	8	5	0	35	14	59	180	55	0	120

Caribou Coffee Nutrition Information



	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage													
Classic Chai Tea Latte, iced	small	369	180	3.5	2	0	15	6	32	80	29	0	75
	medium	462	240	4	2.5	0	15	7	41	95	38	0	95
	large	554	290	5	3	0	20	9	51	115	46	0	120
	XL	740	390	6	4	0	25	11	70	150	64	0	170
Coffee Cooler	small	461	280	4.5	4	0	0	2	54	190	51	0	150
	medium	584	340	6	5	0	0	2	68	240	64	0	190
	large	706	410	7	6	0	0	3	81	280	77	0	225
	XL	952	550	9	8	0	0	4	108	380	102	1	300
Coffee of the Day	small	340	5	0	0	0	0	0	0	5	0	0	230
	medium	454	5	0	0	0	0	1	0	10	0	0	305
	large	567	5	0	0	0	0	1	0	10	0	0	385
Cold Press Iced Coffee	small	357	15	0	0	0	0	1	2	10	0	0	195
	medium	447	20	0	0	0	0	2	3	10	0	0	245
	large	536	20	0	0	0	0	2	3	15	0	0	295
	XL	715	30	0	0	0	0	2	4	15	0	0	390
Cookies & Cream Coffeessless Cooler	small	490	690	39	24	0	120	7	78	270	48	6	0
	medium	606	850	44	27	0	125	9	106	360	65	9	0
	large	663	1010	50	31	0	135	11	134	450	82	11	0
	XL	910	1270	56	34	0	135	13	188	610	115	17	0
Crafted Press, hot	small	265	100	6	3.5	0	25	3	8	105	7	0	160
	medium	414	170	9	5	0	35	4	15	200	12	0	250
	large	476	200	10	6	0	40	5	20	290	17	0	290
Crafted Press, iced	small	354	90	5	3	0	20	2	8	105	6	0	145
	medium	446	130	6	4	0	25	3	13	190	11	0	180
	large	538	160	8	4.5	0	30	4	18	280	16	0	215
	XL	722	240	10	6	0	40	5	28	450	25	0	290
Depth Charge	small	337	5	0	0	0	0	1	0	10	0	0	290
	medium	450	5	0	0	0	0	1	0	15	0	0	370
	large	563	5	0	0	0	0	1	0	15	0	0	445
Espresso	small	78	0	0	0	0	0	1	0	10	0	0	180
	medium	117	0	0	0	0	0	2	0	15	0	0	270
	large	156	5	0	0	0	0	2	0	20	0	0	360
Espresso Cooler	small	455	250	4.5	4	0	0	2	50	140	45	0	170
	medium	578	320	6	5	0	0	3	65	180	57	0	205
	large	698	370	7	6	0	0	3	76	210	67	0	255
	XL	943	510	9	8	0	0	4	105	280	93	0	350
Frozen Hot Chocolate	small	505	730	38	24	0	120	10	89	330	61	7	0
	medium	627	920	43	28	0	130	13	123	450	84	11	0
	large	749	1100	48	31	0	140	16	157	580	107	14	0
	XL	938	1400	51	34	0	140	21	223	810	153	21	0

Caribou Coffee Nutrition Information



	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage													
Hot Chocolate	small	273	310	15	10	0	25	10	34	125	32	1	10
	medium	383	450	22	14	0	35	15	49	180	47	1	15
	large	478	580	29	18	0	45	19	64	220	62	1	20
Hot Tea - Chamomile Mint	small	355	0	0	0	0	0	0	0	0	0	0	0
	medium	474	0	0	0	0	0	0	0	0	0	0	0
	large	592	0	0	0	0	0	0	0	0	0	0	0
Hot Tea - Earl Grey	small	355	0	0	0	0	0	0	0	0	0	0	85
	medium	474	0	0	0	0	0	0	0	0	0	0	85
	large	592	0	0	0	0	0	0	0	0	0	0	170
Hot Tea - Hot Cinnamon Spice	small	355	0	0	0	0	0	0	0	0	0	0	85
	medium	474	0	0	0	0	0	0	0	0	0	0	85
	large	592	0	0	0	0	0	0	0	0	0	0	170
Hot Tea - Orange Buzz	small	355	0	0	0	0	0	0	0	0	0	0	80
	medium	474	0	0	0	0	0	0	0	0	0	0	80
	large	592	0	0	0	0	0	0	0	0	0	0	85
Hot Tea - Organic Black	small	355	0	0	0	0	0	0	0	0	0	0	85
	medium	474	0	0	0	0	0	0	0	0	0	0	85
	large	592	0	0	0	0	0	0	0	0	0	0	170
Hot Tea - Raspberry Hibiscus Green	small	355	0	0	0	0	0	0	0	0	0	0	45
	medium	474	0	0	0	0	0	0	0	0	0	0	45
	large	592	0	0	0	0	0	0	0	0	0	0	90
Hot Tea - Turmeric Ginger	small	355	0	0	0	0	0	0	0	0	0	0	0
	medium	474	0	0	0	0	0	0	0	0	0	0	0
	large	592	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Classic Black	small	345	0	0	0	0	0	0	0	0	0	0	80
	medium	431	0	0	0	0	0	0	0	0	0	0	100
	large	517	0	0	0	0	0	0	0	0	0	0	120
Iced Tea - Mango Black	small	345	0	0	0	0	0	0	0	0	0	0	80
	medium	431	0	0	0	0	0	0	0	0	0	0	100
	large	517	0	0	0	0	0	0	0	0	0	0	120
Iced Tea - Tropical Green	small	345	0	0	0	0	0	0	0	0	0	0	40
	medium	431	0	0	0	0	0	0	0	0	0	0	50
	large	517	0	0	0	0	0	0	0	0	0	0	60
Iced Tea - Tropical Green	XL	690	0	0	0	0	0	0	0	0	0	0	80
	small	345	0	0	0	0	0	0	0	0	0	0	40
	medium	431	0	0	0	0	0	0	0	0	0	0	50
Iced Tea - Tropical Green	large	517	0	0	0	0	0	0	0	0	0	0	60
	XL	690	0	0	0	0	0	0	0	0	0	0	80
	XL	690	0	0	0	0	0	0	0	0	0	0	80
Kids Cookies & Cream Coffeess Cooler	kids	377	530	34	20	0	110	6	51	180	32	3	0
Kids Frozen Hot Chocolate	kids	383	550	33	20	0	110	7	55	200	38	4	0
Kids Hot Chocolate	kids	208	320	17	10	0	70	6	34	125	31	0	0
Kids Silly Soda	kids	364	70	0	0	0	0	0	16	0	16	0	0

Caribou Coffee Nutrition Information



	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage													
Kids Strawberry Banana Smoothie	kids	344	210	0	0	0	0	1	51	20	46	4	0
Latte, hot	small	322	120	5	3	0	20	9	11	110	11	0	180
	medium	444	180	7	4.5	0	30	13	17	160	17	0	180
	large	544	220	9	5	0	35	16	20	190	20	0	270
Latte, iced	small	322	120	5	3	0	20	9	11	110	11	0	180
	medium	444	180	7	4.5	0	30	13	17	160	17	0	180
	large	544	220	9	5	0	35	16	20	190	20	0	270
Macchiato	XL	356	100	4	2.5	0	15	7	9	85	9	0	90
	small	439	110	4.5	2.5	0	15	8	10	100	10	0	180
	medium	523	120	4.5	3	0	20	9	11	110	11	0	270
Malted Mocha, hot	large	698	160	6	4	0	25	12	14	150	14	0	360
	small	274	490	28	17	0	75	9	50	115	45	1	190
	medium	358	660	35	21	0	85	13	75	170	67	1	195
Malted Mocha, iced	large	452	820	41	25	0	95	17	98	210	88	2	290
	small	374	280	6	3.5	0	20	9	50	150	45	1	90
	medium	466	390	7	4.5	0	25	11	72	200	63	1	180
Malted Mocha, cooler	large	559	490	8	5	0	30	13	93	250	81	1	270
	XL	706	690	11	6	0	35	16	136	330	118	2	360
	small	512	620	21	14	0	75	6	98	250	89	1	105
Mint Condition Mocha, hot	medium	635	760	23	15	0	80	8	127	320	114	1	125
	large	758	900	25	16	0	80	9	156	390	140	2	145
	XL	1004	1180	29	19	0	90	13	213	520	190	2	185
Mint Condition Mocha, iced	small	317	530	31	20	0	75	8	54	95	53	1	190
	medium	413	680	38	24	0	85	11	75	135	73	1	195
	large	519	820	44	28	0	90	15	94	170	91	1	290
Mint Condition Mocha, cooler	small	369	250	4.5	3	0	15	7	47	115	45	0	90
	medium	459	330	5	3.5	0	20	8	64	140	61	0	180
	large	549	400	6	4	0	20	9	80	170	76	1	270
Mint Condition Mocha, cooler	XL	733	570	9	5	0	30	11	116	240	110	1	360
	small	528	650	24	16	0	70	3	103	210	97	1	105
	medium	656	780	25	17	0	70	4	128	270	122	1	130
Mocha, hot	large	784	900	27	19	0	75	5	154	320	146	1	155
	XL	1039	1140	30	21	0	80	7	206	430	194	1	205
	small	237	250	13	8	0	15	8	28	90	27	1	190
Mocha, iced	medium	324	380	20	13	0	25	11	43	130	41	1	195
	large	419	500	26	16	0	30	14	56	170	53	1	290
	small	363	190	5	3	0	20	7	30	125	28	0	90
Mocha, iced	medium	450	240	6	4	0	20	9	41	150	38	0	180
	large	538	300	7	4.5	0	25	10	51	180	48	1	270
	XL	719	430	10	6	0	35	13	75	260	70	1	360

Caribou Coffee Nutrition Information




	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage													
Nitro Cold Press	small	453	25	0	0	0	0	2	3	0	0	0	320
Nitro High Rise	small	544	570	25	15	0	95	9	74	350	59	0	205
Nitro Mocha	small	497	320	7	4.5	0	25	10	54	180	48	1	160
Nitro Turtle Mocha	small	540	510	24	14	0	90	10	58	180	50	0	205
Northern Lite Latte, hot	small	349	90	0.5	0	0	5	9	20	140	12	0	180
	medium	480	140	1	0	0	5	14	28	200	18	0	180
	large	589	160	1	0.5	0	10	16	34	240	21	0	270
Northern Lite Latte, iced	small	360	70	0	0	0	5	7	16	100	9	0	90
	medium	446	70	0	0	0	5	7	20	110	9	0	180
	large	531	80	0.5	0	0	5	8	23	120	9	0	270
	XL	708	100	0.5	0	0	5	11	31	160	12	0	360
Sparkling Green Tea Lemonade	small	521	140	0	0	0	0	0	36	0	35	0	30
	medium	678	210	0	0	0	0	0	54	5	52	0	45
	large	835	280	0	0	0	0	0	72	10	69	0	60
	XL	971	420	0	0	0	0	0	107	10	104	0	90
Sparkling Juice BOUst - Blackberry Lemonade	small	359	45	0	0	0	0	0	10	5	9	0	105
	medium	450	70	0	0	0	0	0	15	10	13	0	210
	large	540	90	0	0	0	0	0	20	10	17	0	310
	XL	929	140	0	0	0	0	0	31	15	26	0	415
Sparkling Juice BOUst - Cherry Limeade	small	447	40	0	0	0	0	0	9	10	9	0	105
	medium	567	60	0	0	0	0	0	14	15	13	0	210
	large	687	80	0	0	0	0	0	19	20	17	0	310
	XL	927	120	0	0	0	0	0	28	30	26	0	415
Sparkling Juice BOUst - Dragon Fruit	small	430	45	0	0	0	0	0	10	10	8	0	105
	medium	564	60	0	0	0	0	0	15	15	11	0	210
	large	683	90	0	0	0	0	0	20	20	15	0	310
	XL	920	130	0	0	0	0	1	29	30	23	0	415
Sparkling Juice BOUst - Spicy Pineapple	small	451	70	0	0	0	0	0	17	15	14	0	105
	medium	573	110	0	0	0	0	0	26	20	21	0	210
	large	695	140	0	0	0	0	1	35	25	28	0	310
	XL	939	210	0	0	0	0	1	52	40	41	1	415
Sparkling Juice BOUst - Strawberry Mango	small	359	45	0	0	0	0	0	11	5	9	0	105
	medium	450	70	0	0	0	0	0	16	10	13	0	210
	large	540	90	0	0	0	0	1	21	15	17	0	310
	XL	929	140	0	0	0	0	1	32	20	26	0	415
Sparkling Water BOUst - Peach Ginger	small	444	0	0	0	0	0	0	0	10	0	0	105
	medium	563	5	0	0	0	0	0	1	10	0	0	210
	large	681	5	0	0	0	0	0	1	15	0	0	310
	XL	918	5	0	0	0	0	0	1	15	0	0	415

Caribou Coffee Nutrition Information




	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage													
Sparkling Water BOUst - Wild Berry	small	445	0	0	0	0	0	0	0	0	0	0	105
	medium	563	5	0	0	0	0	0	0	0	0	0	210
	large	682	5	0	0	0	0	0	0	0	0	0	310
	XL	919	5	0	0	0	0	0	0	20	0	0	415
Spiced Chai Tea Latte, hot	small	383	300	6	4	0	25	10	50	220	41	0	40
	medium	470	380	7	4.5	0	30	12	64	270	53	0	50
	large	557	450	9	5	0	35	14	79	330	65	0	65
Spiced Chai Tea Latte, iced	small	372	230	3.5	2	0	15	6	44	160	35	0	40
	medium	466	300	4.5	2.5	0	15	7	57	210	46	0	50
	large	559	370	5	3	0	20	9	71	250	56	0	65
	XL	747	500	7	4	0	25	11	98	350	78	0	90
Strawberry Banana Smoothie	small	469	280	0	0	0	0	1	68	25	61	5	0
	medium	594	360	0	0	0	0	1	85	30	77	6	0
	large	718	430	0	0	0	0	2	102	35	92	7	0
	XL	968	570	0	0	0	0	2	136	50	123	0	0
Turtle Mocha, hot	small	344	630	34	21	0	90	9	72	260	62	1	190
	medium	449	820	42	26	0	105	13	97	350	85	1	195
	large	561	990	50	31	0	115	17	121	430	106	2	290
Turtle Mocha, iced	small	373	340	8	5	0	30	7	60	250	52	0	90
	medium	464	440	10	7	0	35	8	81	320	69	0	180
	large	555	550	12	8	0	40	10	102	390	87	1	270
	XL	744	780	17	11	0	55	13	146	550	125	1	360
Turtle Mocha, cooler	small	538	760	28	18	0	85	5	120	400	105	1	90
	medium	667	910	30	20	0	95	6	149	500	130	1	115
	large	796	1050	33	22	0	100	8	178	600	156	1	135
	XL	1053	1350	39	26	0	115	10	236	790	206	2	175
Vanilla Cooler	small	515	510	19	12	0	60	2	77	180	74	0	130
	medium	639	590	20	13	0	60	2	95	220	91	0	165
	large	763	680	21	14	0	60	3	113	260	109	0	200
	XL	1011	850	23	16	0	60	3	149	340	143	1	265
Vanilla White Mocha, hot	small	303	470	27	16	0	75	7	47	90	47	0	185
	medium	398	610	33	20	0	80	10	67	135	67	0	185
	large	501	750	38	23	0	85	13	86	170	86	0	275
Vanilla White Mocha, iced	small	368	250	4.5	2.5	0	15	7	47	110	44	0	90
	medium	457	320	5	3	0	15	8	63	140	60	0	180
	large	547	400	6	3.5	0	20	9	80	160	75	0	270
	XL	730	570	8	4.5	0	25	11	116	230	108	0	360
Vanilla White Mocha, cooler	small	524	620	20	13	0	65	3	101	210	94	0	105
	medium	651	740	21	14	0	70	4	127	270	118	0	130
	large	778	860	23	15	0	70	5	152	320	142	0	155
	XL	1033	1100	25	17	0	75	7	204	430	190	1	205

Caribou Coffee Nutrition Information

	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
<b>Beverage</b>													
Chocolate Covered Strawberry Mocha, hot	small	308	480	28	17	0	75	8	48	95	46	1	185
	medium	405	630	34	21	0	85	11	69	135	66	1	185
	large	510	770	40	25	0	90	14	88	170	84	1	275
Chocolate Covered Strawberry Mocha, iced	small	370	250	4.5	3	0	15	7	46	120	44	0	90
	medium	459	330	5	3.5	0	20	8	63	150	59	0	180
	large	549	400	6	4	0	20	9	80	170	75	1	270
	XL	733	570	9	5	0	30	11	115	240	108	1	360
Chocolate Covered Strawberry Mocha, cooler	small	526	620	20	13	0	70	4	100	220	94	1	105
	medium	653	740	22	14	0	70	4	126	280	118	1	130
	large	781	860	24	15	0	75	5	152	330	142	1	155
	XL	1036	1100	27	18	0	80	7	203	450	190	1	205
Chocolate Covered Strawberry Crafted Press, hot	small	231	200	10	6	0	20	3	25	115	22	0	125
	medium	409	270	13	8	0	35	5	32	210	28	0	235
	large	468	360	17	10	0	45	6	45	310	41	0	260
Chocolate Covered Strawberry Crafted Press, iced	small	361	160	6	3.5	0	30	3	24	125	22	0	130
	medium	453	200	7	4	0	25	3	29	210	26	0	170
	large	549	270	8	5	0	35	4	43	310	39	0	200
	XL	717	440	11	6	0	49	6	78	510	71	0	235
Nitro Chocolate Covered Strawberry	small	537	420	19	11	0	80	9	51	140	46	0	205
Blended Margarita BOUsted Mocktail	small	462	200	0	0	0	0	0	47	310	45	1	105
	medium	585	240	0	0	0	0	0	58	380	55	1	210
	large	707	290	0	0	0	0	0	69	450	65	1	310
	XL	953	380	0	0	0	0	0	92	600	87	1	415
Margarita BOUsted Mocktail	small	449	50	0	0	0	0	0	12	80	12	0	105
	medium	569	80	0	0	0	0	0	18	120	17	0	210
	large	690	100	0	0	0	0	0	25	160	23	0	310
	XL	932	160	0	0	0	0	0	37	240	35	1	415
Blended Strawberry Daiquiri BOUsted Mocktail	small	466	240	0.5	0	0	0	1	58	40	53	1	105
	medium	589	300	0.5	0	0	0	1	71	50	65	1	210
	large	713	350	0.5	0	0	0	1	85	55	77	1	310
	XL	960	470	1	0	0	0	2	113	75	102	1	415
Strawberry Daiquiri BOUsted Mocktail	small	450	60	0	0	0	0	0	15	10	14	0	105
	medium	571	90	0	0	0	0	0	23	15	20	0	210
	large	692	130	0	0	0	0	1	30	20	27	0	310
	XL	935	190	0	0	0	0	1	45	35	41	1	415

Caribou Coffee Nutrition Information

	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)	
<b>Beverage</b>														
Raspberry Green Tea with Bubbles	small	377	220	3	2	0	10	5	30	60	40	0	15	
	medium	468	250	3.5	2	0	150	6	37	70	47	0	30	
	large	558	290	4	2.5	0	15	7	33	80	54	0	45	
	XL	739	360	4.5	3	0	20	8	70	95	68	0	75	
Matcha Cooler with Bubbles	small	485	490	20	13	0	55	6	62	140	51	5	40	
	medium	593	600	24	16	0	65	7	82	190	63	8	60	
	large	700	720	28	19	0	75	8	103	240	75	10	80	
	XL	915	950	36	25	0	90	11	155	340	99	15	120	
Sparkling Green Tea Lemonade with Bubbles	small	474	210	0	0	0	0	1	52	0	50	0	30	
	medium	602	280	0	0	0	0	1	69	0	67	0	45	
	large	729	350	0	0	0	0	1	87	5	84	0	60	
	XL	984	490	0	0	0	0	1	123	5	119	0	90	
Nitro Campfire Mocha	small	538	430	19	11	0	75	9	52	135	47	0	205	



## Caribou Coffee Nutrition Information



	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)
<b>Food</b>												
Maine Blueberry Muffin	142	380	100	16	6	0	60	7	66	400	34	2
Lemon Poppy Seed Bread	116	370	150	16	5	0	90	5	52	350	29	1
Banana Bread	99	280	110	12	6	0	75	4	38	340	8	2
Cranberry Orange Scone	99	330	130	14	7	0	60	5	45	290	15	2
Raspberry White Chocolate Scone	99	350	140	16	8	0	60	6	46	300	17	2
Cinnamon Coffee Cake	133	530	210	23	4.5	4	80	5	81	310	60	2
Apple Fritter	128	420	160	18	9	0	0	5	64	310	30	2
Oatmeal Chocolate Chip Cookie	37	170	70	8	4	0	20	3	23	95	12	2
Mini Donut Muffin	20	100	45	5	1.5	0	15	1	12	90	7	0
Cinnamon Roll	82	320	140	15	6	0	5	4	42	350	21	1
Blueberry Almond Oatmeal	217	340	70	8	0.5	0	0	16	54	210	13	9
Classic Oatmeal	188	260	25	2.5	0.5	0	0	15	47	170	8	7
Maple Brown Sugar Crunch Oatmeal	206	320	35	4	1	0	5	15	57	200	16	7
Chicken Apple Sausage	184	440	180	21	8	0	210	27	38	860	10	1
Sausage Biscuit	177	590	370	42	17	0	170	19	33	1310	2	0
Turkey Bacon Mini	106	280	120	13	4	0	135	13	25	560	1	1
Gluten Free Chicken Chorizo & Muenster	163	390	150	16	4	0	165	19	40	900	3	1
Gluten Free Spinach Artichoke & Provolone	145	420	170	19	7	0	150	15	40	790	3	1
Turkey Bacon Egg & Swiss	225	420	190	22	9	0	165	20	37	670	7	3
Bacon Egg & Cheese Bagel	207	610	250	28	12	0.5	180	32	60	1340	7	4
Gluten Free Spinach & Mushroom Souffle	88	270	190	21	13	0	225	8	10	430	1	1
Gluten Free Bacon & Gouda Souffle	88	310	210	24	14	0	245	12	11	530	2	0
Ham & Cheese Bou-rito	198	420	180	20	9	0	245	25	34	1380	2	1
Chicken Chorizo Bou-rito	187	410	180	20	8	0	250	22	35	1340	1	1
Brie & Kale Bou-rito	198	400	180	20	9	0	245	17	46	910	4	3
Plain Bagel	105	270	10	1	0	0	0	10	57	540	6	4
Asiago Bagel	105	290	30	3.5	2	0	10	12	52	590	5	3
Everything Bagel	105	280	15	1.5	0	0	0	10	57	530	6	4
Blueberry Bagel	105	280	10	1	0	0	0	10	59	490	10	4
Sesame Bagel	105	280	20	2	0	0	0	11	56	530	6	4
Plain Bagel & Shmear	140	390	120	13	8	0	35	12	59	655	8	4
Asiago Bagel & Shmear	140	410	140	8	10	0	45	14	54	705	7	3
Everything Bagel & Shmear	140	400	125	14	8	0	35	14	59	645	8	4
Blueberry Bagel & Shmear	140	400	120	13	8	0	35	12	61	605	12	4
Sesame Bagel & Shmear	140	400	120	14	7	0	40	13	58	650	8	4
Everything Bagel & Shmear	140	400	125	14	8	0	35	14	59	645	8	4
Blueberry Bagel & Shmear	140	400	120	13	8	0	35	12	61	605	12	4
Sesame Bagel & Shmear	140	400	120	14	7	0	40	13	58	650	8	4
Ham, Bacon, Two Eggs & Cheddar on Hashbrown Bagel		285	730	34	13	0	305	36	66	1480	8	3

Guest satisfaction and safety is our most valued priority. We prepare and use food ingredients containing all 8 major allergens in our restaurant kitchens. Although measures are taken to prevent cross contact, as a bakery/ restaurant, there is possibility of food touching, allergens like wheat becoming airborne or common equipment being utilized to handle foods containing any of the major allergens. If you have an allergen concern of any type, please openly discuss your needs with your server to fully understand all the facts you need to decide on a safe dining choice that fits your unique allergen needs. - Thank you.