



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 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

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	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

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	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)
Beverage														
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

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)
Food												
Maine Blueberry Muffin	142	380	140	16	6	0	60	7	66	400	34	2
Lemon Poppy Seed Bread	116	320	140	15	5	0	100	5	53	350	30	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	142	490	200	22	10	0	0	4	65	290	27	1
Oatmeal Chocolate Chip Cookie	37	170	70	8	4	0	20	3	23	95	12	2
Chocolate Hazelnut Croissant	100	400	180	20	11	0	40	8	44	340	17	2
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
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
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
Cookies & Cream Shmearful	28	90	20	2.5	1.5	0	5	2	14	130	4	1

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.