

The Coffee Bean & Tea Leaf®

COLD DRINKS - 200 CALORIES & UNDER

Beverage Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
COFFEE Ice Blended® Drinks															
No-Sugar-Added Mocha Ice Blended®															
Small	110	5	0.5	0	0	0	180	19	0	10	8	4	4	25	0
Regular	140	10	1	0	0	0	230	24	0	13	10	4	6	30	2
Large	200	15	1.5	0.5	0	0	330	35	0	19	15	6	8	45	2
Small with Soy Milk	100	15	1.5	0	0	0	170	18	0	9	7	0	4	15	0
Regular with Soy Milk	130	15	2	0	0	0	220	23	0	12	9	0	4	20	2
Large with Soy Milk	200	25	2.5	0.5	0	0	330	34	0	17	13	0	6	30	2
No-Sugar-Added Vanilla Ice Blended®															
Small	110	5	0.5	0.5	0	0	200	20	0	10	8	4	4	25	0
Regular	150	5	1	0.05	0	0	270	25	0	13	10	4	6	30	2
Small with Soy Milk	110	15	1.5	0.5	0	0	200	19	0	9	6	0	4	15	0
Regular with Soy Milk	140	15	2	0.5	0	0	260	25	0	11	8	0	4	20	2
No-Sugar-Added Caramel Ice															
Small	200	15	1.5	1	0	5	250	37	0	24	8	4	4	25	0
Small with Soy Milk	190	20	2.5	1	0	5	250	37	0	23	7	0	4	15	0
No-Sugar-Added Black Forest Ice															
Small with Soy Milk	200	35	4	1.5	0	0	180	35	1	25	8	0	4	15	2
No-Sugar-Added Extreme Mocha Ice															
Small	80	5	0.5	0	0	0	140	16	0	6	6	0	4	15	0
Regular	110	10	1	0	0	0	180	21	0	8	8	0	4	20	2
Large	170	15	1.5	0.5	0	0	270	30	0	13	11	0	6	30	2
No-Sugar-Added Extreme Vanilla Ice															
Small	90	5	0.5	0.5	0	0	170	17	0	6	5	0	4	15	0
Regular	120	5	1	0.5	0	0	220	22	0	8	7	0	4	20	2
Large	180	10	1	1	0	0	330	32	0	12	10	0	6	30	2
No-Sugar-Added Extreme Caramel Ice															
Small	170	15	1.5	1	0	5	210	34	0	20	5	0	4	15	2
No-Sugar-Added Ultimate Mocha Ice															
Small	150	30	3.5	1.5	0	0	180	23	1	14	9	4	4	25	2
Regular	190	40	4.5	2	0	5	230	31	1	18	11	4	6	35	2
Small with Soy Milk	140	35	4	1.5	0	0	180	23	1	13	8	0	4	15	2
Regular with Soy Milk	190	50	5	2	0	0	230	30	1	17	10	0	4	20	2
No-Sugar-Added Ultimate Vanilla Ice															
Small	150	30	3	2	0	0	210	24	1	14	8	4	4	25	2
Regular	200	40	4	2.5	0	5	270	32	1	18	10	4	6	35	2
Small with Soy Milk	150	35	4	2	0	0	200	24	1	13	7	0	4	15	2
Regular with Soy Milk	200	45	5	2.5	0	0	270	31	1	16	9	0	4	20	2
No-Sugar-Added Extreme Ultimate															
Small	120	30	3.5	1.5	0	0	140	21	1	10	6	0	4	15	2
Regular	160	40	4.5	2	0	0	190	27	1	14	8	0	4	20	2
No-Sugar-Added Extreme Ultimate															
Small	130	30	3	2	0	0	170	22	1	10	6	0	4	15	2
Regular															

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NON COFFEE Ice Blended® Drinks															
No-Sugar-Added Chai Ice Blended®															
Small	90	5	0.5	0.5	0	0	170	15	0	6	5	0	4	15	2
Regular	110	10	1	0.5	0	0	220	20	0	9	6	0	6	20	2
Large	170	15	1.5	1	0	0	330	30	0	13	9	0	8	30	4
Pure Chocolate Ice Blended®															
Small	130	5	0.5	0	0	0	210	21	0	14	11	6	6	35	0
Regular	160	10	1	0	0	0	270	28	0	18	13	8	8	45	2
Small with Soy Milk	120	20	2.5	0	0	0	200	20	0	12	8	0	4	15	0
Regular with Soy Milk	160	25	3	0	0	0	260	26	0	15	10	0	4	20	2
Pure Vanilla Ice Blended®															
Small	140	5	0.5	0.5	0	0	240	22	0	14	10	6	6	35	0
Regular	170	5	1	0.5	0	0	310	29	0	18	13	8	8	45	2
Small with Soy Milk	130	20	2	0.5	0	0	230	21	0	12	7	0	4	15	0
Regular with Soy Milk	170	25	2.5	0.5	0	0	300	27	0	15	10	0	4	20	2
Malibu Dream Ice Blended®															
Small	160	5	0.5	0.5	0	0	160	32	2	20	5	2	320	15	4
Regular	200	5	1	0.5	0	0	220	41	2	25	7	2	380	20	6
Pomegranate Blueberry Ice Blended®															
Small	170	5	0.5	0.5	0	0	170	37	0	20	5	0	4	15	4
Fru Tea™ Ice Blended® Drinks															
Pomegranate FruTea™															
Small	150	0	0	0	0	0	45	43	0	40	0	0	6	0	0
Mucho Mango FruTea™															
Small	180	0	0	0	0	0	30	45	0	45	0	25	20	0	0
ICED Espresso & Coffee Drinks															
Iced Tea															
Regular	0	0	0	0	0	0	5	1	0	0	0	0	0	0	0
Large	5	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Iced Coffee															
Small	5	0	0	0	0	0	10	1	0	1	0	0	0	0	0
Regular	10	0	0	0	0	0	15	1	0	1	0	0	0	0	0
Large	10	0	0	0	0	0	15	2	0	2	0	0	0	0	0
Iced Cappuccino															
Small	50	25	2.5	1.5	0	10	45	5	0	5	3	2	2	10	0
Small with Soy Milk	30	10	1	0	0	0	40	4	0	3	2	0	0	0	0
Small with Nonfat Milk	30	0	0	0	0	0	45	5	0	5	3	4	2	10	0
Regular	110	50	6	3.5	0	25	95	10	0	10	6	4	2	20	0
Regular with Soy Milk	60	15	2	0	0	0	85	8	0	7	4	0	0	0	0
Regular with Nonfat Milk	70	0	0	0	0	0	100	10	0	10	7	8	4	25	0
Large	90	40	4.5	3	0	20	85	9	0	9	5	4	2	15	0
Large with Soy Milk	50	15	1.5	0	0	0	75	8	0	6	3	0	0	0	0
Large with Nonfat Milk	60	0	0	0	0	0	85	9	0	9	5	6	2	15	0
Iced Chai Latte															
Small	130	30	3.5	3	0	0	130	23	0	20	3	0	2	10	0
Small, No Sugar Added	45	5	0	0	0	0	85	8	0	3	2	0	2	8	0
Regular	180	40	4.5	4	0	0	180	31	0	27	4	0	2	15	0
Regular, No Sugar Added	60	5	0	0	0	0	110	10	0	4	3	0	2	10	0
Large, No Sugar Added	80	5	0.5	0.5	0	0	170	15	0	6	4	0	4	15	2

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Iced Latte															
Small	100	45	5	3	0	20	85	9	0	9	5	4	2	20	0
Small with Soy Milk	50	15	1.5	0	0	0	75	7	0	6	3	0	0	0	0
Small with Nonfat Milk	60	0	0	0	0	0	85	9	0	9	6	6	2	20	0
Regular	190	90	10	6	0	45	160	16	0	16	10	8	6	40	0
Regular with Soy Milk	100	30	3	0	0	0	140	14	0	11	6	0	0	0	0
Regular with Nonfat Milk	110	0	0	0	0	5	160	16	0	16	11	15	6	40	0
Large with Soy Milk	110	30	3.5	0	0	0	160	15	0	12	7	0	0	0	0
Large with Nonfat Milk	120	0	0	0	0	5	180	18	0	18	12	15	6	40	0
Iced Mocha Latte															
Small	170	25	2.5	2	0	0	220	31	0	26	8	6	4	25	0
Small with Soy Milk	170	35	4	2	0	0	210	29	0	24	6	0	2	10	0
Small, No Sugar Added	90	5	0	0	0	0	150	15	0	11	8	6	4	25	0
Small, No Sugar Added with Soy Milk	90	20	2	0	0	0	140	14	0	9	6	0	2	8	0
Regular, No Sugar Added	160	5	0	0	0	5	250	25	0	20	15	15	8	50	0
Regular, No Sugar Added with Soy Milk	150	35	3.5	0	0	0	230	23	0	15	10	0	2	10	0
Large, No Sugar Added	200	5	0.5	0	0	5	310	31	0	24	17	15	8	60	0
Large, No Sugar Added with Soy Milk	180	40	4	0	0	0	290	29	0	19	12	0	4	15	0
Iced Vanilla Latte															
Small	180	30	3.5	3	0	0	200	30	0	27	8	6	4	30	0
Small with Soy Milk	180	40	4.5	3	0	0	190	29	0	25	6	0	2	10	0
Small, No Sugar Added	100	5	0	0	0	0	170	16	0	11	8	6	4	25	0
Small, No Sugar Added with Soy Milk	90	15	2	0	0	0	160	14	0	9	5	0	2	8	0
Regular, No Sugar Added	170	5	0	0	0	5	270	26	0	20	14	15	8	50	0
Regular, No Sugar Added with Soy Milk	150	30	3.5	0	0	0	250	23	0	15	9	0	2	10	0
Large, No Sugar Added	200	5	0.5	0.5	0	5	340	32	0	24	17	15	8	60	0
Large, No Sugar Added with Soy Milk	190	35	4	0.5	0	0	320	29	0	18	11	0	4	15	0
Iced Caramel Latte															
Small	200	25	2.5	2	0	5	180	36	0	31	7	6	4	25	0
Small with Soy Milk	200	40	4	2	0	5	180	36	0	30	5	0	2	6	0
Small, No Sugar Added	160	10	1	1	0	5	170	30	0	24	7	6	4	25	0
Small, No Sugar Added with Soy Milk	150	25	2.5	1	0	5	160	29	0	21	5	0	2	6	0
Iced Hazelnut Latte															
Small	200	60	7	7	0	0	150	30	0	27	7	6	4	20	0
Small with Soy Milk	190	70	8	7	0	0	125	28	0	23	4	0	2	4	0
Iced White Chocolate Latte															
Small	200	60	7	7	0	0	190	29	0	23	6	6	2	15	0
Small with Soy Milk	190	70	8	7	0	0	180	28	0	21	4	0	0	0	0