

The Coffee Bean & Tea Leaf®

HOT 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 %
Espresso & Coffee Hot Drinks															
Brewed Coffee															
Small	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Regular	5	0	0	0	0	0	10	0	0	0	1	0	0	0	0
Large	5	0	0	0	0	0	10	0	0	0	1	0	0	2	0
Espresso Shot															
Single	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Double	5	0	0	0	0	0	10	1	0	1	0	0	0	0	0
Americano															
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	20	2	0	2	0	0	0	0	2
Macchiato															
Single Shot with Whole Milk	10	5	0.5	0	0	0	10	1	0	1	1	0	0	2	0
Single Shot with Soy Milk	10	0	0	0	0	0	10	1	0	1	0	0	0	0	0
Single Shot with Nonfat Milk	10	0	0	0	0	0	10	1	0	1	1	0	0	2	0
Double Shot with Whole Milk	15	5	0.5	0	0	0	15	2	0	2	1	0	0	2	0
Double Shot with Soy Milk	10	0	0	0	0	0	15	2	0	1	0	0	0	0	0
Double Shot with Nonfat Milk	10	0	0	0	0	0	15	2	0	2	1	0	0	2	0
Cappuccino															
Small Single Shot with Whole Milk	130	60	7	4	0	30	115	11	0	11	7	6	4	25	0
Small Single Shot with Soy Milk	70	20	2	0	0	0	100	10	0	8	4	0	0	0	0
Small Single Shot with Nonfat Milk	80	0	0	0	0	5	115	11	0	11	8	8	4	25	0
Small Double Shot with Whole Milk	110	50	6	3.5	0	25	100	10	0	10	6	4	4	20	0
Small Double Shot with Soy Milk	60	15	2	0	0	0	90	9	0	7	4	0	0	0	0
Small Double Shot with Nonfat Milk	70	0	0	0	0	0	100	10	0	10	6	8	4	20	0
Café Mocha															
Small	190	30	3.5	3	0	0	240	35	0	30	7	4	4	20	0
Small with Soy Milk	190	40	4.5	3	0	0	240	34	0	28	6	0	2	15	0
Small, No Sugar Added	90	5	0.5	0	0	0	150	15	0	10	8	4	4	25	0
Small, No Sugar Added with Soy Milk	90	15	1.5	0	0	0	140	14	0	8	6	0	2	10	0
Regular, No Sugar Added	110	5	1	0	0	0	190	19	0	12	9	4	4	30	2
Regular, No Sugar Added with Soy Milk	110	15	2	0	0	0	190	18	0	10	7	0	4	15	2
Large, No Sugar Added	140	10	1	0	0	0	240	23	0	13	11	4	6	30	2
Large, No Sugar Added with Soy Milk	130	20	2	0	0	0	230	22	0	12	9	0	4	20	2
Café Vanilla															
Small	200	40	4.5	4	0	0	220	34	0	31	7	4	4	25	0
Small with Soy Milk	200	45	5	4	0	0	210	34	0	30	6	0	2	15	0
Small, No Sugar Added	100	5	0	0	0	0	170	15	0	10	7	4	4	25	0
Small, No Sugar Added with Soy Milk	90	15	1.5	0	0	0	160	14	0	8	5	0	2	10	0
Regular, No Sugar Added	120	5	0.5	0.5	0	0	220	20	0	11	8	4	4	30	2
Regular, No Sugar Added with Soy Milk	120	15	1.5	0.5	0	0	210	19	0	10	7	0	4	15	2
Large, No Sugar Added	150	10	1	0.5	0	0	270	24	0	13	10	4	6	35	2
Large, No Sugar Added with Soy Milk	140	15	2	0.5	0	0	270	23	0	11	8	0	4	20	2
Café Latte															
Small with Soy Milk	110	30	3.5	0	0	0	160	16	0	13	7	0	0	0	0
Small with Nonfat Milk	130	0	0	0	0	5	180	18	0	18	12	15	6	40	0
Regular with Soy Milk	150	40	4.5	0	0	0	210	20	0	17	9	0	0	0	0
Regular with Nonfat Milk	160	0	0	0	0	5	240	24	0	24	16	20	8	50	0
Large with Soy Milk	180	50	5	0	0	0	260	25	0	21	11	0	0	0	0
Large with Nonfat Milk	200	0	0	0	0	5	290	29	0	29	19	20	8	60	0

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Café Caramel															
Small	200	30	3	2.5	0	5	180	37	0	32	6	4	2	20	0
Small with Soy Milk	200	35	4	2.5	0	5	180	37	0	31	4	0	2	10	0
Small, No Sugar Added	150	10	1.5	1	0	5	160	28	0	21	6	4	2	20	0
Small, No Sugar Added with Soy Milk	140	20	2	1	0	5	150	27	0	19	4	0	2	6	0
Mocha Latte															
Small, No Sugar Added	170	5	0.5	0	0	5	260	26	0	22	15	15	8	50	0
Small, No Sugar Added with Soy Milk	160	35	4	0	0	0	240	24	0	16	10	0	2	10	0
Vanilla Latte															
Small, No Sugar Added	170	5	0	0	0	5	280	27	0	22	15	15	8	50	0
Small, No Sugar Added with Soy Milk	160	35	3.5	0	0	0	260	24	0	16	9	0	2	10	0
Hot Tea & Tea Lattes															
Hot Tea															
Regular	5	0	0	0	0	0	15	1	0	0	0	0	0	0	0
Moroccan Mint Tea Latte															
Small	190	30	3.5	3	0	0	240	36	0	30	6	4	4	20	0
Small with Soy Milk	190	40	4.5	3	0	0	240	35	0	28	5	0	2	10	0
Small, No Sugar Added	90	5	0.5	0	0	0	150	15	0	10	7	4	4	25	0
Small, No Sugar Added with Soy Milk	90	15	1.5	0	0	0	150	14	0	8	6	0	2	10	0
Regular, No Sugar Added	110	5	1	0	0	0	200	20	0	12	9	4	4	25	2
Regular, No Sugar Added with Soy Milk	110	15	2	0	0	0	190	19	0	10	7	0	4	15	2
Large, No Sugar Added	140	10	1	0	0	0	240	24	0	13	10	4	6	30	2
Large, No Sugar Added with Soy Milk	130	20	2	0	0	0	230	23	0	12	9	0	4	20	2
Tea Latte (Choice of Chai, Double Vanilla, Winter Dream, English Breakfast, Pomegranate Blueberry, Tropical Passion, Strawberry Cream)															
Small	200	40	4.5	4	0	0	220	35	0	31	7	4	4	25	2
Small with Soy Milk	200	45	5	4	0	0	210	34	0	30	5	0	2	15	2
Small, No Sugar Added	100	5	0	0	0	0	170	16	0	10	7	4	4	25	0
Small, No Sugar Added with Soy Milk	90	15	1.5	0	0	0	160	15	0	8	5	0	2	10	0
Regular, No Sugar Added	120	5	0.5	0.5	0	0	220	21	0	11	8	4	4	30	2
Regular, No Sugar Added with Soy Milk	120	15	1.5	0.5	0	0	220	20	0	10	6	0	4	15	2
Large, No Sugar Added	150	10	1	0.5	0	0	280	25	0	13	9	4	6	30	2
Large, No Sugar Added with Soy Milk	140	15	2	0.5	0	0	270	25	0	11	8	0	4	20	2
KID FRIENDLY! Non Coffee / Tea															
Hot Chocolate															
Small, No Sugar Added	180	5	0	0	0	5	280	28	0	23	16	15	8	50	0
Small, No Sugar Added with Soy Milk	160	35	4	0	0	0	250	25	0	17	11	0	2	10	0
Hot Vanilla															
Small, No Sugar Added	180	5	0	0	0	5	290	28	0	23	16	15	8	50	0
Small, No Sugar Added with Soy Milk	170	35	4	0	0	0	270	25	0	17	10	0	2	10	0