



NUTRITION INFORMATION

JANUARY 2021

2,000 Calories a day is used for general nutrition advice, but calories vary.

	Serv. Size	Cal.	Vitamin C (mg)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin D	Calcium	Iron	Potassium
Milk Teas														
Almond Milk Tea	Regular (16oz)	323	0	14	1	98	50	1	29	1	0	18	0	0
	Large (24 oz)	392	0	17	1	116	61	2	34	2	0	21	0	0
Blue Sky Milk Tea	Regular (16oz)	379	0	7	0	62	86	7	68	1	0	10	0	0
	Large (24 oz)	448	0	10	0	135	34	1	19	1	0	12	0	44
Brown Sugar Milk Tea	Regular (16oz)	332	0	15	0	186	47	1	25	2	0	19	0	55
	Large (24 oz)	299	7	8	7	158	57	1	43	2	0	11	0	55
Caramel Milk Tea	Regular (16oz)	390	9	11	9	209	73	1	54	2	0	15	0	55
	Large (24 oz)	306	0	11	0	85	51	1	36	1	0	17	0	353
Classic Milk Tea	Regular (16oz)	394	0	14	0	106	67	2	47	1	0	21	0	441
	Large (24 oz)	238	0	55	0	108	35	5	24	2	0	0	0	0
Coffee Milk Tea (Duet)	Regular (16oz)	332	0	76	0	151	48	7	34	2	0	0	0	0
	Large (24 oz)	177	1	5	12	198	29	0	26	4	1	146	0	181
Dirty Horchata	Regular (16oz)	315	1	8	16	363	54	0	50	6	2	217	0	327
	Large (24 oz)	269	0	11	0	72	43	1	28	1	0	12	0	0
Earl Grey Milk Tea	Regular (16oz)	348	0	13	0	78	58	1	42	1	0	12	0	0
	Large (24 oz)	87	5	0	0	11	22	0	21	0	0	4	0	17
Fresh Lemon Black Tea	Regular (16oz)	117	6	0	0	16	29	0	28	0	0	6	0	23
	Large (24 oz)	165	1	5	18	65	27	0	27	4	2	150	0	0
Fresh Milk (Black) Tea	Regular (16oz)	237	2	7	26	98	39	0	38	6	3	225	0	0
	Large (24 oz)	205	2	6	22	81	34	0	34	5	2	188	0	0
Fresh Milk (Jasmine) Tea	Regular (16oz)	285	2	8	31	114	47	0	46	7	3	263	0	0
	Large (24 oz)	171	1	5	18	65	29	0	29	4	2	150	0	10
Fresh Milk (Oolong) Tea	Regular (16oz)	237	2	7	26	98	39	0	38	6	3	225	0	15
	Large (24 oz)	196	23	10	39	147	18	1	17	9	4	338	0	54
Fresh Strawberry Milk	Regular (16oz)	245	43	12	47	177	24	1	22	11	5	405	0	108
	Large (24 oz)	294	0	10	0	138	45	1	30	1	0	11	0	44
Hokkaido Milk Tea	Regular (16oz)	367	0	13	0	172	56	1	37	2	0	14	0	44
	Large (24 oz)	230	0	7	0	56	41	1	29	1	0	11	0	0
Honey Green Milk Tea	Regular (16oz)	347	0	12	0	90	60	1	41	1	0	18	0	0
	Large (24 oz)	357	0	11	0	92	65	1	46	1	0	17	0	88
Honey Milk Tea	Regular (16oz)	431	0	14	0	112	77	2	54	1	0	21	0	88
	Large (24 oz)	258	0	8	0	63	46	1	32	1	0	8	0	0
Honeydew Milk Tea	Regular (16oz)	343	0	11	0	85	61	1	42	2	0	11	0	0
	Large (24 oz)	205	0	8	0	5	34	1	18	0	0	0	0	0
House Milk Tea	Regular (16oz)	281	0	11	0	7	47	1	25	0	0	0	0	0
	Large (24 oz)	230	0	7	0	56	41	1	31	1	0	11	0	0
Jasmine Milk Tea	Regular (16oz)	354	0	12	0	90	62	1	46	1	0	18	0	0
	Large (24 oz)	248	2	8	31	114	38	0	30	10	3	263	0	0
Jasmine Matcha Milk Tea	Regular (16oz)	313	3	11	44	163	45	0	35	14	5	375	0	0
	Large (24 oz)	304	0	12	0	90	47	1	26	1	0	11	0	0
Lavender Milk Tea	Regular (16oz)	417	0	18	0	131	63	2	32	2	0	17	0	0
	Large (24 oz)	248	0	7	0	84	45	1	31	1	0	11	0	235
Lychee Milk Tea	Regular (16oz)	344	0	12	0	123	59	1	38	1	0	18	0	382
	Large (24 oz)	250	1	7	0	84	46	1	31	1	0	11	0	235
Lychee Milk Tea w/ Lychee Bits	Regular (16oz)	342	4	11	0	117	61	1	40	1	0	19	0	352
	Large (24 oz)	295	0	7	0	88	57	1	34	1	0	11	0	0
Mango Milk Tea	Regular (16oz)	360	0	7	0	101	73	1	45	1	0	11	0	0
	Large (24 oz)	248	2	8	31	114	38	0	30	10	3	263	0	0
Matcha Milk Tea	Regular (16oz)	313	3	11	44	163	45	0	35	14	5	375	0	0
	Large (24 oz)	174	0	3	0	195	36	0	29	3	0	48	0	190
Matchata	Regular (16oz)	231	0	3	0	255	48	0	37	4	0	63	0	248
	Large (24 oz)	238	0	10	0	140	35	1	21	1	0	11	0	235
Okinawa Milk Tea	Regular (16oz)	328	0	14	0	189	48	1	27	2	0	17	0	353
	Large (24 oz)	355	0	13	0	126	59	1	40	1	0	17	0	406
Oreo Milk Tea	Regular (16oz)	460	0	18	0	167	76	2	51	2	0	22	0	523
	Large (24 oz)	286	2	14	22	129	36	0	30	6	2	188	0	0
Pistachio Matcha Milk Tea	Regular (16oz)	339	2	16	31	162	43	0	37	8	3	263	0	0
	Large (24 oz)	250	1	13	20	121	29	0	23	5	2	169	0	0
Pistachio Milk Tea	Regular (16oz)	460	2	24	31	210	55	0	43	9	3	263	0	0
	Large (24 oz)	211	0	6	0	81	37	6	25	2	0	0	0	0
Red Bean Milk Tea	Regular (16oz)	318	0	10	0	121	56	9	36	3	0	0	0	0
	Large (24 oz)	308	0	12	0	90	51	1	35	1	0	18	0	25
Roasted Oolong Milk Tea	Regular (16oz)	423	0	15	0	118	71	2	50	1	0	23	0	25
	Large (24 oz)	277	2	8	31	114	45	0	17	10	3	263	0	0
Rose Matcha Milk Tea	Regular (16oz)	339	3	10	37	138	55	0	21	12	4	319	0	0
	Large (24 oz)	206	0	7	0	57	34	1	10	1	0	11	0	19
Rose Milk Tea	Regular (16oz)	285	0	10	0	79	48	1	14	1	0	15	0	26
	Large (24 oz)	242	3	9	35	130	34	0	26	10	4	300	0	0
Strawberry Matcha Milk Tea	Regular (16oz)	304	3	10	39	146	46	0	34	12	4	338	0	0
	Large (24 oz)	296	7	11	0	117	49	1	33	1	0	17	0	18
Strawberry Milk Tea	Regular (16oz)	384	7	14	0	153	63	2	42	1	0	22	0	18
	Large (24 oz)	225	0	11	0	109	33	1	17	1	0	10	0	206
Taro Milk Tea	Regular (16oz)	292	0	13	0	143	45	1	24	1	0	10	0	206
	Large (24 oz)	314	0	11	57	4	38	4	42	0	0	152	0	0
Thai Tea	Regular (16oz)	465	0	17	84	6	57	6	62	0	0	224	0	0
	Large (24 oz)	232	2	8	31	121	34	0	33	7	3	263	0	0
Tiger Sugar Milk	Regular (16oz)	350	4	14	53	204	47	0	46	12	6	450	0	0
	Large (24 oz)	192	1	5	20	81	32	0	32	4	2	169	0	0
Tiger Sugar Black Tea Latte	Regular (16oz)	308	2	8	30	125	52	0	52	7	3	259	0	0
	Large (24 oz)	300	0	12	0	91	49	1	31	1	0	18	0	0
Wintermelon Milk Tea	Regular (16oz)	367	0	14	0	106	62	2	41	1	0	21	0	0
	Large (24 oz)	99	0	0	0	12	25	0	24	0	0	3	0	5
Butterfly Lemonade	Regular (16oz)	136	0	0	0	19	34	0	33	0	0	4	0	8
	Large (24 oz)	87	5	0	0	11	22	0	21	0	0	4	0	17
Fresh Lemon Black Tea	Regular (16oz)	117	6	0	0	16	29	0	28	0	0	6	0	23
	Large (24 oz)	106	16	0	0	0	28	1	24	0	0	0	0	0
Grapefruit Iced Tea	Regular (16oz)	130	0	0	0	24	33	0	30	0	0	1	0	25
	Large (24 oz)	171	0	0	0	31	43	0	39	0	0	2	0	31
Guava Iced Tea	Regular (16oz)	98	1	0	0	12	24	0	22	0	0	1	0	11
	Large (24 oz)	126	1	0	0	14	31	0	28	0	0	1	0	11
Hibiscus Berry Lemonade	Regular (16oz)	131	0	0	0	0	32	0	29	0	0	0	0	0
	Large (24 oz)	184	0	0	0	0	45	0	41	0	0	0	0	0
Honey Iced Tea	Regular (16oz)	128	9	0	0	9	32	0	28	0	0	5	0	28
	Large (24 oz)	169	9	0	0	11	42	0	38	0	0	5	0	29
Honey Lemon Iced Tea	Regular (16oz)	70	0	0	0	16	17	0	14	0	0	0	0	0
	Large (24 oz)	113	0	0	0	26	28	0	23	0	0	0	0	0
Lychee Iced Tea	Regular (16oz)	117	0	0	0	23	29	0	20	0	0	0		

Peach Iced Tea	Large (24 oz)	125	0	0	0	39	29	0	27	0	0	0	0	0	0
Peach Lemonade Mojito Iced Tea	Regular (16oz)	104	0	0	0	15	26	0	25	0	0	0	0	0	0
	Large (24 oz)	150	0	0	0	21	37	0	35	0	0	0	0	0	0
Peach Lychee (Fruit) Iced tea	Regular (16oz)	120	4	0	0	29	29	0	26	0	0	2	0	0	0
	Large (24 oz)	154	4	0	0	38	37	0	33	0	0	2	0	0	0
Peach Strawberry Fruit Tea	Regular (16oz)	118	13	0	0	29	28	1	27	1	0	0	0	0	36
	Large (24 oz)	175	15	0	0	42	42	1	39	1	0	0	0	0	40
Sparkling Grapefruit w/ Aloe Vera	Large (22 oz)	189	16	0	0	0	49	1	45	0	0	12	0	0	6
	Large (22 oz)	122	0	0	0	17	29	2	28	2	0	0	0	0	0
Strawberry Iced Tea	Regular (16oz)	113	0	0	0	0	28	0	24	0	0	0	0	0	0
	Large (24 oz)	153	0	0	0	0	38	0	32	0	0	0	0	0	0
Strawberry Lemonade	Regular (16oz)	127	13	0	0	10	32	1	28	0	0	2	0	0	41
	Large (24 oz)	167	13	0	0	14	42	1	37	1	0	3	0	0	42
Sunset Iced Tea	Large (22 oz)	377	0	0	0	40	92	0	87	2	0	0	0	0	0
Watermelon Fruit Tea	Large (22 oz)	121	11	0	0	1	31	1	28	1	0	0	1	159	
Yuzu Honey Iced Tea	Regular (16oz)	84	210	0	0	21	21	0	17	0	0	0	0	0	0
	Large (24 oz)	120	300	0	0	30	30	0	24	0	0	0	0	0	0
Sparkling Matcha Lemonade	Large (22 oz)	113	3	0	0	19	28	0	25	1	0	5	0	16	
Smoothies															
Acai Smoothie	Regular (16oz)	258	139	3	0	13	61	5	46	1	0	60	2	743	
	Large (24 oz)	347	191	3	0	18	83	7	62	1	0	76	3	1055	
Avocado Smoothie	Regular (16oz)	385	8	17	16	65	55	6	48	5	2	153	1	437	
	Large (24 oz)	540	12	25	20	83	77	9	66	7	2	196	1	655	
Banana Smoothie	Regular (16oz)	305	10	6	8	140	64	3	45	3	1	68	0	406	
	Large (24 oz)	433	15	8	10	195	92	4	64	5	1	83	0	586	
Blueberry Yogurt Smoothie	Regular (16oz)	365	6	6	24	111	73	1	71	9	3	203	0	31	
	Large (24 oz)	494	7	8	32	149	99	1	96	12	3	270	0	34	
Coconut Strawberry Smoothie	Regular (16oz)	408	10	22	52	161	47	2	39	7	1	263	0	25	
	Large (24 oz)	577	12	31	70	218	67	3	55	10	2	350	0	29	
Dragon Fruit Smoothie	Regular (16oz)	254	51	1	0	9	62	8	40	2	0	15	1	743	
	Large (24 oz)	283	67	1	0	13	69	8	47	2	0	15	1	800	
Hokkaido Smoothie	Regular (16oz)	454	0	16	23	198	68	5	52	3	0	90	0	0	
	Large (24 oz)	520	0	18	23	226	79	6	60	4	0	90	0	0	
Honeydew Smoothie	Regular (16oz)	405	1	14	34	137	65	0	54	6	1	191	0	0	
	Large (24 oz)	630	1	23	61	224	98	0	81	9	2	315	0	0	
Honey Milk Smoothie	Regular (16oz)	434	1	13	20	345	69	0	50	5	2	169	0	0	
	Large (24 oz)	529	2	16	24	420	84	0	61	5	3	203	0	0	
Horchata Smoothie	Regular (16oz)	406	1	14	38	387	62	0	57	7	2	292	0	263	
	Large (24 oz)	524	1	19	52	488	79	0	73	9	2	380	0	321	
Kale Green Smoothie	Regular (16oz)	163	121	1	0	28	40	3	24	2	0	44	0	537	
	Large (24 oz)	251	156	1	0	30	62	5	37	3	0	44	0	817	
Lychee Smoothie	Regular (16oz)	258	10	4	16	97	51	0	45	4	2	140	0	0	
	Large (24 oz)	365	14	5	20	131	75	0	66	5	2	176	0	0	
Mango Banana Smoothie	Regular (16oz)	295	6	3	12	59	65	2	53	3	1	108	0	180	
	Large (24 oz)	388	6	4	16	81	86	2	70	4	2	143	0	180	
Mango Smoothie	Regular (16oz)	150	1	2	10	36	31	1	30	2	1	83	0	0	
	Large (24 oz)	217	2	3	13	49	46	1	44	3	1	113	0	0	
Milk Tea Smoothie	Regular (16oz)	358	0	12	0	154	60	6	39	1	0	0	0	0	
	Large (24 oz)	443	0	15	0	208	74	7	49	1	0	0	0	0	
Mixed Grain Smoothie	Regular (16oz)	423	1	13	42	132	66	1	41	11	2	259	0	0	
	Large (24 oz)	547	2	15	50	161	87	2	53	14	3	326	0	0	
PB Choco Banana Smoothie	Regular (16oz)	435	5	14	30	153	71	2	60	7	1	158	0	180	
	Large (24 oz)	573	5	18	34	200	95	2	82	9	1	191	0	180	
Peach Kiwi Smoothie	Regular (16oz)	211	38	3	12	83	42	2	38	3	1	113	0	125	
	Large (24 oz)	236	38	3	12	89	48	2	44	3	1	113	0	125	
Peach Mango Smoothie	Regular (16oz)	229	1	3	12	80	47	1	39	3	1	101	0	0	
	Large (24 oz)	313	2	4	16	107	65	1	54	4	2	135	0	0	
Peach Smoothie	Regular (16oz)	218	2	3	12	89	44	1	43	3	1	101	0	0	
	Large (24 oz)	271	2	4	16	112	54	1	53	4	2	135	0	0	
Pina Colada Smoothie	Regular (16oz)	279	33	6	16	106	51	1	46	4	2	284	0	75	
	Large (24 oz)	393	55	9	20	141	73	1	65	5	2	392	0	119	
Pineapple Banana Smoothie	Regular (16oz)	220	33	2	8	53	48	1	45	2	1	68	0	41	
	Large (24 oz)	281	44	3	12	72	60	1	56	3	1	101	0	54	
Pineapple Mango Smoothie	Regular (16oz)	223	32	2	8	68	49	1	40	2	1	68	0	39	
	Large (24 oz)	348	43	4	16	116	74	1	60	4	2	135	0	53	
Pineapple Smoothie	Regular (16oz)	209	44	2	8	76	44	1	41	2	1	68	0	54	
	Large (24 oz)	313	66	3	12	114	66	1	61	3	1	101	0	81	
Red Bean Smoothie	Regular (16oz)	464	1	15	32	174	70	2	66	14	1	181	0	0	
	Large (24 oz)	661	1	19	36	234	103	4	98	20	2	215	0	0	
Strawberry Banana Smoothie	Regular (16oz)	187	43	2	7	37	42	2	37	3	1	74	1	302	
	Large (24 oz)	234	50	2	9	49	52	2	48	3	1	92	1	326	
Strawberry Kiwi Smoothie	Regular (16oz)	152	96	2	8	53	32	2	27	2	1	101	1	341	
	Large (24 oz)	203	125	3	12	75	42	3	36	3	1	146	1	449	
Strawberry Mango Smoothie	Regular (16oz)	219	66	3	12	71	46	2	39	3	1	132	1	240	
	Large (24 oz)	317	99	4	16	99	68	3	57	5	2	180	1	360	
Strawberry Peach Smoothie	Regular (16oz)	200	98	2	8	68	44	2	43	3	1	104	1	360	
	Large (24 oz)	296	150	3	12	101	65	3	63	4	1	156	2	552	
Strawberry Pineapple Smoothie	Regular (16oz)	199	138	2	8	64	44	3	40	2	1	106	1	426	
	Large (24 oz)	286	191	3	12	95	63	4	57	4	1	155	2	596	
Strawberry Smoothie	Regular (16oz)	191	66	3	12	79	38	1	41	5	1	125	1	240	
	Large (24 oz)	255	89	4	16	105	51	2	54	6	2	167	1	324	
Strawberry Yogurt Smoothie	Regular (16oz)	354	21	6	24	111	70	1	68	9	3	203	0	54	
	Large (24 oz)	481	23	8	32	149	96	1	94	12	3	270	0	58	
Taro Smoothie	Regular (16oz)	380	1	17	31	204	56	0	21	4	1	183	0	0	
	Large (24 oz)	498	1	21	33	262	77	0	26	5	2	201	0	0	
Thai Tea Smoothie	Regular (16oz)	319	0	13	40	76	42	2	40	2	0	130	0	0	
	Large (24 oz)	424	0	17	48	94	58	2	55	3	0	150	0	0	
Tiger Sugar Milk Smoothie	Regular (16oz)	307	2	8	24	157	52	0	48	5	3	203	0	0	
	Large (24 oz)	390	2	10	28	204	67	0	61	6	3	236	0	0	
Yogurt Smoothie	Regular (16oz)	342	2	6	24	111	67	0	66	9	3	203	0	0	
	Large (24 oz)	468	2	8	32	149	93	0	92	12	3	270	0	0	
Slush															
Chamango	Regular (16oz)	289	36	0	0	1042	70	3	50	1	0	18	1	226	
	Large (24 oz)	370	41	0	0	1475	90	4	64	1	0	19	1	250	
Grapefruit Slush	Regular (16oz)	111	16	0	0	0	29	1	26	0	0	0	0	0	
	Large (24 oz)	159	16	0	0	0	42	1	38	0	0	0	0	0	
Green Apple Slush	Regular (16oz)	201	0	0	0	52	49	0	47	0	0	0	0	0	
	Large (24 oz)	302	0	0	0	78	73	0	71	0	0	0	0	0	
Honeydew Slush	Regular (16oz)	454	0	13	0	96	86	1	62	2	0	8	0	176	
	Large (

Passion Fruit Slush	Large (24 oz)	178	0	0	0	59	44	0	71	0	0	0	0	0
Peach Mango Slush	Regular (16oz)	209	0	0	0	46	51	0	40	0	0	3	0	0
	Large (24 oz)	260	1	0	0	57	63	1	50	0	0	3	0	0
Peach Slush	Regular (16oz)	185	0	0	0	47	43	0	42	0	0	0	0	0
	Large (24 oz)	264	1	0	0	70	62	1	59	0	0	0	0	0
Pineapple Slush	Regular (16oz)	218	32	0	0	47	52	1	50	0	0	0	0	41
	Large (24 oz)	323	43	0	0	70	78	1	74	0	0	0	0	54
Strawberry Cream Slush	Regular (16oz)	313	81	12	48	769	47	3	45	3	0	52	1	300
	Large (24 oz)	378	130	12	48	780	64	5	61	4	0	70	2	480
Strawberry Slush	Regular (16oz)	139	71	0	0	35	34	1	37	2	0	26	1	264
	Large (24 oz)	183	84	0	0	47	45	2	49	3	0	31	1	312
Strawberry Watermelon Slush	Regular (16oz)	130	77	0	0	13	34	2	30	2	0	24	2	411
	Large (24 oz)	174	113	0	0	20	45	3	41	2	0	36	3	589
Taro Slush	Regular (16oz)	362	0	12	0	221	64	0	17	0	0	0	0	0
	Large (24 oz)	476	0	16	0	296	84	0	25	0	0	0	0	0
Thai Tea Slush	Regular (16oz)	334	0	9	27	30	55	2	54	1	0	72	0	0
	Large (24 oz)	462	0	13	41	46	73	3	72	1	0	108	0	0
Watermelon Cube Slush	Regular (16oz)	206	33	1	0	4	53	2	45	3	0	0	4	476
	Large (24 oz)	231	40	1	0	5	60	2	50	4	0	0	5	572
Watermelon Pineapple Slush	Regular (16oz)	142	44	0	0	17	35	1	30	1	0	0	2	212
	Large (24 oz)	195	70	0	0	25	49	2	40	1	0	0	2	296
Watermelon Slush	Regular (16oz)	147	18	0	0	2	38	1	33	2	0	0	2	257
	Large (24 oz)	209	24	1	0	3	53	1	47	2	0	0	3	343
Yogurt Slush	Regular (16oz)	203	0	0	0	41	50	0	49	0	0	0	0	0
	Large (24 oz)	241	0	0	0	51	59	0	58	0	0	0	0	0
Yuzu Honey Slush	Regular (16oz)	96	1350	0	0	17	41	0	21	0	0	2	0	0
	Large (24 oz)	129	1650	0	0	21	57	0	28	0	0	3	0	0

Frappe

Caramel Frappe	Regular (16oz)	343	5	12	5	215	52	0	43	3	0	0	0	0
	Large (24 oz)	466	5	17	5	289	67	0	55	5	0	0	0	0
Chai Frappe	Regular (16oz)	452	1	19	57	246	61	0	56	9	1	281	0	0
	Large (24 oz)	690	1	29	83	373	94	0	86	14	2	405	0	0
Green Tea Frappe	Regular (16oz)	440	2	16	57	204	65	2	59	9	3	338	0	0
	Large (24 oz)	586	2	22	77	272	86	3	79	12	3	450	0	0
Green Tea w/ Red Bean Frappe	Regular (16oz)	409	2	16	56	210	58	2	51	9	3	333	0	0
	Large (24 oz)	514	2	18	64	252	77	3	69	12	3	400	0	0
Hazelnut Frappe	Regular (16oz)	418	1	17	61	176	58	0	54	7	2	315	0	0
	Large (24 oz)	585	1	24	87	249	79	0	75	10	2	439	0	0
Mint Choco Frappe	Regular (16oz)	643	1	32	61	339	79	1	63	12	2	315	0	0
	Large (24 oz)	881	1	44	87	453	107	2	87	16	2	439	0	0
Mocha Frappe	Regular (16oz)	367	0	17	0	221	43	0	34	4	0	0	0	0
	Large (24 oz)	611	0	28	0	369	72	0	57	6	0	0	0	0
Oreo Coffee Frappe	Regular (16oz)	540	1	19	57	222	88	0	81	7	1	281	0	0
	Large (24 oz)	749	1	27	83	315	118	0	109	10	2	405	0	0
Pecan Frappe	Regular (16oz)	540	1	27	61	255	67	0	58	8	2	318	0	16
	Large (24 oz)	744	1	36	87	359	94	0	82	11	2	440	0	9
Pistachio Frappe	Regular (16oz)	458	1	24	46	196	54	0	45	6	1	225	0	5
	Large (24 oz)	624	1	33	63	269	74	0	61	9	1	313	0	8
Pistachio Oreo Frappe	Regular (16oz)	628	1	32	51	331	79	0	60	7	1	245	0	5
	Large (24 oz)	783	1	40	63	404	99	0	75	10	1	313	0	5
Vanilla Coffee Frappe	Regular (16oz)	486	1	17	61	176	78	0	76	7	2	315	0	0
	Large (24 oz)	671	1	24	87	249	105	0	102	10	2	439	0	0
Vienna Frappe	Regular (16oz)	247	1	10	30	118	34	0	31	4	1	168	0	46
	Large (24 oz)	421	1	20	57	217	53	0	48	7	1	296	0	63

Shake

Banana Shake	Regular (16oz)	417	1	15	34	260	67	0	57	5	1	191	0	0
	Large (24 oz)	646	1	24	61	394	101	0	86	8	2	315	0	0
Choco Oreo Shake	Regular (16oz)	519	1	21	61	274	74	0	61	8	2	315	0	0
	Large (24 oz)	710	1	29	87	363	101	0	84	11	2	439	0	0
Chocolate Banana Shake	Regular (16oz)	382	1	12	38	183	62	0	53	6	2	225	0	0
	Large (24 oz)	482	1	14	42	229	82	0	70	7	2	259	0	0
Chocolate Shake	Regular (16oz)	450	1	16	57	185	68	0	60	6	1	281	0	0
	Large (24 oz)	642	1	22	80	261	98	0	86	9	2	391	0	0
Coconut Oreo Shake	Regular (16oz)	566	1	26	61	284	76	0	62	9	2	612	0	69
	Large (24 oz)	786	1	35	83	375	107	0	88	11	2	851	0	104
Coconut Shake	Regular (16oz)	472	1	21	57	192	63	0	56	7	1	616	0	78
	Large (24 oz)	689	1	31	83	279	93	1	81	10	2	888	0	112
Cookies & Cream Shake	Regular (16oz)	450	1	17	48	201	71	0	64	6	1	244	0	0
	Large (24 oz)	586	1	22	63	260	92	0	83	8	1	313	0	0
Honeydew Shake	Regular (16oz)	405	1	14	34	137	65	0	54	6	1	191	0	0
	Large (24 oz)	630	1	23	61	224	98	0	81	9	2	315	0	0
Mango Shake	Regular (16oz)	405	1	16	57	183	58	0	48	6	1	281	0	0
	Large (24 oz)	592	1	23	83	267	85	0	69	9	2	405	0	0
Peach Shake	Regular (16oz)	388	1	16	57	193	53	0	50	6	1	281	0	0
	Large (24 oz)	562	1	23	83	278	76	0	71	9	2	405	0	0
Pineapple Shake	Regular (16oz)	392	1	16	57	195	54	0	52	6	1	281	0	0
	Large (24 oz)	567	1	23	83	281	78	0	75	9	2	405	0	0
Strawberry Oreo Shake	Regular (16oz)	482	1	21	61	280	65	0	59	9	2	315	0	0
	Large (24 oz)	667	1	29	87	374	90	0	84	13	2	439	0	0
Strawberry Shake	Regular (16oz)	386	1	17	61	199	50	0	51	9	2	315	0	0
	Large (24 oz)	560	1	24	87	284	73	0	75	12	2	439	0	0
Taro Oreo Shake	Regular (16oz)	497	1	22	38	296	73	0	34	6	2	225	0	0
	Large (24 oz)	605	1	26	42	328	92	0	29	6	2	259	0	0
Taro Shake	Regular (16oz)	466	1	20	38	249	69	0	27	5	2	225	0	0
	Large (24 oz)	631	1	26	42	328	98	0	36	6	2	259	0	0
Vanilla Shake	Regular (16oz)	468	1	16	57	161	76	0	75	6	1	281	0	0
	Large (24 oz)	653	1	23	83	234	103	0	101	9	2	405	0	0

Juice

ABC Juice	Small (12oz)	143	6	1	0	82	35	5	23	2	0	14	1	275
	Regular (16oz)	190	8	1	0	109	47	7	30	3	0	19	1	367
	Large (24 oz)	286	12	2	0	163	70	10	46	5	0	29	1	550
Antioxidant Juice	Small (12oz)	69	48	0	0	64	15	2	12	1	0	31	0	414
	Regular (16oz)	91	67	0	0	94	20	3	16	2	0	52	0	613
	Large (24 oz)	127	97	0	0	123	27	3	22	2	0	65	0	844
Carrot Juice	Small (12oz)	105	5	0	0	255	21	2	20	2	0	60	0	810
	Regular (16oz)	140	7	0	0	340	28	2	26	2	0	80	0	1080
	Large (24 oz)	210	11	0	0	510	42	3	39	3	0	120	1	1620
Detox Juice	Small (12oz)	89	10	0	0	50	23	4	16	1	0	24	0	289
	Regular (16oz)	112	15	1	0	68	28	6	20	2	0	33	0	386
	Large (24 oz)	161	19	1	0	96	41	8	29	2	0	46	1</	

	Large (24 oz)																
Rejuvenate Juice	Small (12oz)	86	5	0	0	28	22	4	14	1	0	10	0	231			
	Regular (16oz)	122	7	1	0	37	31	5	21	1	0	15	0	334			
	Large (24 oz)	179	11	1	0	53	46	8	32	2	0	23	1	484			
Strawberry Juice	Small (12oz)	57	53	0	0	8	13	2	12	1	0	0	0	144			
	Regular (16oz)	119	132	0	0	11	27	4	23	3	0	0	0	360			
	Large (24 oz)	166	178	0	0	17	38	5	32	4	0	0	0	486			
Vitamin-C Juice	Small (12oz)	137	104	0	0	1	33	4	22	2	0	0	0	592			
	Regular (16oz)	194	150	0	0	1	46	5	32	2	0	0	0	839			
	Large (24 oz)	283	205	1	0	1	68	8	45	3	0	0	0	1218			
Watermelon Juice	Small (12oz)	72	12	0	0	2	19	1	16	1	0	0	2	171			
	Regular (16oz)	95	18	0	0	2	25	1	20	2	0	0	2	257			
	Large (24 oz)	144	24	1	0	3	37	1	31	2	0	0	3	343			
Acai Bowl																	
Amazing Almond Bowl	Large (24 oz)	685	15	28	0	64	100	17	56	13	0	99	2	407			
Dragon Fruit Bowl	Large (24 oz)	553	86	11	0	31	113	17	56	8	0	27	2	1132			
Fusion Bowl	Large (24 oz)	516	57	12	0	33	99	15	53	7	0	34	2	647			
Green Bowl	Large (24 oz)	604	104	14	0	123	119	15	63	13	1	306	4	1248			
Original Acai Bowl	Large (24 oz)	495	17	12	0	33	94	12	56	6	0	45	2	489			
PB Acai Bowl	Large (24 oz)	813	15	39	0	285	103	17	59	17	0	48	2	406			
Hot Beverages																	
Almond Milk Tea Latte	Regular (16oz)	188	0	5	1	108	35	0	28	5	2	270	0	7			
	Large (24 oz)	246	0	6	1	143	45	0	36	7	3	360	0	9			
Caramel Macchiato	Regular (16oz)	247	4	9	37	161	34	0	33	8	4	310	0	42			
	Large (24 oz)	340	6	12	46	207	51	0	48	11	5	389	0	63			
Chai Tea Latte	Regular (16oz)	184	1	9	18	120	21	0	18	5	2	154	0	0			
	Large (24 oz)	263	2	13	22	167	30	0	26	7	2	188	0	0			
Earl Grey Tea Latte	Regular (16oz)	271	2	10	24	102	40	0	36	5	3	203	0	0			
	Large (24 oz)	363	2	14	32	139	52	0	45	7	3	270	0	0			
Green Tea Latte	Regular (16oz)	257	3	10	39	158	33	1	31	9	4	330	0	0			
	Large (24 oz)	316	3	12	44	183	44	2	40	11	5	375	0	0			
Hazelnut Milk Tea	Regular (16oz)	294	0	12	0	78	48	1	34	1	0	11	0	235			
	Large (24 oz)	449	0	17	0	117	73	1	52	1	0	17	0	353			
Hot Chocolate	Regular (16oz)	318	3	15	49	198	39	1	36	10	4	338	0	0			
	Large (24 oz)	386	3	17	56	239	50	1	45	12	5	394	0	0			
Jasmine Milk Tea Latte	Regular (16oz)	283	0	10	0	117	48	1	33	1	0	11	0	235			
	Large (24 oz)	401	0	15	0	152	67	1	46	1	0	18	0	382			
Lavender Milk Tea Latte	Regular (16oz)	286	1	12	21	121	40	0	25	6	2	180	0	0			
	Large (24 oz)	394	2	16	28	164	55	1	35	8	3	240	0	0			
Milk Tea Latte	Regular (16oz)	240	12	10	28	112	32	0	27	7	3	210	0	0			
	Large (24 oz)	296	12	12	32	128	40	0	33	8	3	240	0	0			
Misutaru Latte	Regular (16oz)	154	0	1	0	0	31	1	8	4	0	0	0	0			
	Large (24 oz)	195	0	2	0	0	39	2	11	5	0	0	0	0			
Taro Milk Tea Latte	Regular (16oz)	287	1	12	20	163	44	0	15	5	2	169	0	0			
	Large (24 oz)	379	2	15	28	208	59	0	25	6	3	236	0	0			
Vanilla Chai Milk Tea	Regular (16oz)	258	0	9	0	127	43	1	32	4	0	8	0	176			
	Large (24 oz)	372	0	13	0	184	62	1	48	5	0	11	0	235			
Yuzu Honey Tea	Regular (16oz)	120	300	0	0	30	30	0	24	0	0	0	0	0			
	Large (24 oz)	150	375	0	0	38	38	0	30	0	0	0	0	0			
Iced Coffee																	
Boba Coffee	Regular (16oz)	248	0	57	0	113	36	5	25	2	0	0	0	0			
	Large (24 oz)	347	0	80	0	158	51	7	35	3	0	0	0	0			
Iced Café Latte	Regular (16oz)	145	2	8	31	121	12	0	11	7	3	277	0	63			
	Large (24 oz)	208	3	12	44	173	18	0	16	10	5	397	0	95			
Iced Café Mocha	Regular (16oz)	221	2	8	25	130	33	1	30	6	3	220	0	42			
	Large (24 oz)	308	2	12	35	188	45	1	41	9	4	313	0	56			
Iced Caramel Macchiato	Regular (16oz)	190	4	7	27	127	28	0	26	6	3	210	0	0			
	Large (24 oz)	273	5	9	38	180	40	0	37	9	4	304	0	0			
Iced Hazelnut Latte	Regular (16oz)	186	2	9	23	107	23	0	19	5	2	213	0	63			
	Large (24 oz)	260	2	12	28	136	33	0	28	6	3	258	0	95			
Sea Salt Iced Coffee	Regular (16oz)	349	0	23	89	1366	30	0	26	1	1	48	0	32			
	Large (24 oz)	389	0	23	89	1368	40	0	35	1	1	52	0	46			
Iced Spanish Latte	Regular (16oz)	203	22	8	29	118	26	0	25	7	2	200	0	56			
	Large (24 oz)	316	34	13	46	186	39	0	38	11	4	322	0	95			
Iced Vanilla Latte	Regular (16oz)	256	2	11	35	159	32	0	30	8	4	314	0	63			
	Large (24 oz)	339	3	14	44	201	45	0	42	11	5	397	0	98			
Hot Coffee																	
Café Latte	Regular (16oz)	186	3	10	39	154	16	0	14	9	4	354	0	70			
	Large (24 oz)	246	4	14	53	203	21	0	19	12	6	466	0	70			
Café Mocha	Regular (16oz)	316	3	13	39	211	43	1	38	10	4	348	0	46			
	Large (24 oz)	391	3	16	47	260	54	2	48	12	5	419	0	63			
Caramel Macchiato	Regular (16oz)	247	4	9	37	161	34	0	33	8	4	310	0	42			
	Large (24 oz)	340	6	12	46	207	51	0	48	11	5	389	0	63			
Hazelnut Latte	Regular (16oz)	214	2	8	32	125	28	0	26	7	3	285	0	67			
	Large (24 oz)	296	3	11	42	167	40	0	37	10	4	382	0	95			
Spanish Latte	Regular (16oz)	247	23	11	39	154	29	0	28	9	3	283	0	56			
	Large (24 oz)	347	34	14	53	211	42	0	40	13	4	379	0	84			
Frosty Milk																	
#1 Honey Boba	Large (24 oz)	418	1	7	20	94	83	0	55	5	2	169	0	0			
#2 Honey Boba & Pudding	Large (24 oz)	488	2	8	25	164	79	1	53	5	3	203	0	0			
#3 Strawberry, Pudding & Honey Boba	Large (24 oz)	515	8	7	19	107	94	1	65	4	2	150	0	18			
#4 Caramel, Pudding & Honey Boba	Large (24 oz)	555	5	7	23	151	103	1	73	5	2	150	0	0			
#5 Coffee Jelly, Espresso & Honey Boba	Large (24 oz)	446	1	6	18	89	92	1	64	4	2	150	0	26			
Cheese Foam																	
Cheese Foam Black Tea	Large (22 oz)	265	0	14	55	838	32	0	30	1	0	25	0	0			
Cheese Foam Jasmine Matcha	Large (22 oz)	454	0	23	62	999	58	1	42	3	0	40	0	235			
Cheese Foam Jasmine Tea	Large (22 oz)	291	0	16	62	943	33	0	30	1	0	28	0	0			
Cheese Foam Roasted Oolong Tea	Large (22 oz)	228	0	11	45	159	29	0	30	0	0	0	0	0			
Cheese Foam Rose Oolong Tea	Large (22 oz)	323	0	17	69	1048	37	0	34	1	0	32	0	11			
Tiramisu Foam Milk Tea	Large (22 oz)	415	0	23	62	999	48	1	36	1	0	40	0	235			
Cup Shaved Ice																	
Coffee Cup Shaved Ice	Large (24 oz)	351	62	9	31	122	59	2	47	7	0	9	0	157			
Fruit Cup Shaved Ice w/ Coffee Drizzle	Large (24 oz)	382	73	20	35	123	65	4	50	6	0	128	0	187			
Fruit Cup Shaved Ice w/ Strawberry Drizzle	Large (24 oz)	364	73	10	35	112	63	4	48	6	0	128	0	187			
Green Tea Cup Shaved Ice	Large (24 oz)	337	50	8	31	91	60	2	47	7	0	56	0	82			
Mango Cup Shaved Ice	Large (24 oz)	351	43	9	31	121	63	1	52	5	0	119	0	125			
Red Bean Cup Shaved Ice	Large (24 oz)	328	47	9	31	118	55	2	44	6	0	92	0	82			
Strawberry Cup Shaved Ice	Large (24 oz)	323	45	10	35	134	52	1	47	6	0	124	0	54			
Bowl Shaved Ice																	
Coffee Bowl Shaved Ice	Large (24 oz)	531	72	12	40	166	95	4	75	10	0	9	0	292			
Fruit Bowl Shaved Ice w/ Coffee Drizzle	Large (24 oz)	469	81	21	39	139	83	4	66	8	0	92	0	330			
Fruit Bowl Shaved Ice w/ Strawberry Drizzle	Large (24 oz)	504	82	12	43	153	90	4	76	9	0	125	0	330			
Green Tea Bowl Shaved Ice	Large (24 oz)	438	64	8	30	98	86	5	61	9	0	59	0	328			
Mango Bowl Shaved Ice	Large (24 oz)	524	84	13	43	168	93	2	79	9	0	133	0	173			
Red Bean Bowl Shaved Ice	Large (24 oz)	438	46	28	30	150	79	4	59	7	0	92	0	261			
Strawberry Bowl Shaved Ice	Large (24 oz)	429	48	13	43	158	70	3	61	9	0	124	0	0			
Tea Float																	
Jasmine Tea Float	Large (22 oz)	445	2	21	84	975	58	0	54	3	0	82	0	0			
Matcha Float	Large (22 oz)	384	5	15	58	163	55	0	47	13	4	358	0	0			
Rose Matcha Float	Large (22 oz)	383	5	14	54	149	56	0	32	11	3	324	0	0			
Thai Tea Float	Large (22 oz)	491	0	16	71	62	71	3	73	2	0	218	0	0			