

Coffee & Tea Drinks (2% Milk)	CALORIES			Ingredients
	12oz	16oz	20oz	
Black Coffee	3	4	5	
French Press	4	5	6	
Chemex	4	5	6	
Americano	2	2	2	
Cold Brew	4	5	6	
Double Shot	2			
Latte	131	197	262	
Cappuccino	99	165	230	
PB Mocha (includes whip)	204	305	405	PB Mocha Sauce: granulated sugar, purified water, fair trade organic cocoa powder, peanut butter
Café Mocha (includes whip)	242	362	481	Mocha Sauce: granulated sugar, purified water, fair trade organic cocoa powder, heavy cream
Caramel Macchiato	131	197	262	Caramel Sauce: granulated sugar, butter, heavy cream, smoked sea salt/ Vanilla Syrup: granulated sugar, purified water, vanilla extract
Vanilla Latte	167	245	322	Vanilla Syrup: granulated sugar, purified water, vanilla extract
Tahitian Vanilla Latte	167	245	322	Vanilla Syrup: granulated sugar, purified water, Tahitian vanilla extract
Sugar Free Vanilla Latte	131	197	262	Vanilla Syrup: purified water, vanilla extract
Spiced Chai Latte	275	389	502	(BIG TRAIN CHAI POWDER)Sugar, Nonfat milk, nondairy creamer (coconut oil, corn syrup solids, sodium caseinate (a milk derivative)). Sodium citrate, mom and dyglycerides, salt, sodium aluminosilicate (anti- caking agent), tea powder blend (black tea Darjeeling), honey granules, cinnamon, clove, cardamom, anise, ginger. Natural and artificial flavors, silicon dioxide, vegetable gums, bourbon vanilla extract.

PB Hot Chocolate (includes whip)	257	376	495	PB Mocha Sauce: granulated sugar, purified water, fair trade organic cocoa powder,
Mexican Hot Chocolate (includes whip)	219	319	419	Mocha Sauce: granulated sugar, purified water, fair trade organic cocoa powder, peanut butter, heavy cream, chipotle chili powder, Korintje cinnamon
Hot Tea (unsweetened)		5		organic whole leaf tea
Iced Tea (unsweetened)	6	10	15	organic whole leaf tea
Specialty Drinks				
Rosemary Lemonade		200		Lemon, water, cane sugar, fresh rosemary
Blackberry Spritzer		231		blackberries, sparkling water, balsamic vinegar, agave nectar
Ice Cream & Frozen Yogurt				
	Small	Medium	Large	
Vanilla Ice Cream (no mix ins)	250	500	750	Milk, Cream, Cane Sugar, Whey Solids, Nonfat Milk, Tapioca Starch, Guar Gum, Locust Bean Gum, Sea Salt
Chocolate Ice Cream	250	500	750	Milk, Cream, Cane Sugar, Cocoa (processed with Alkali) Whey Solids, Nonfat Milk, Tapioca Starch, Guar Gum, Locust Bean Gum, Sea Salt
Milk Shake		500		
Smoothie		225-500		
Mix-Ins		0-75 ea		
Waffle Cone		130		
Thickeners/Stabilizers				
* Guar Gum- the guar bean, or Indian cluster bean: grows primarily in India and Pakistan.				
*Locust Bean - Locust bean gum, also known as carob bean gum: derived from the seeds of the carob tree.				
*Tapioca flour: an alternative to traditional wheat flours. Starch extracted from the South American cassava plant.				