

PROTEINHOUSE
FIT FOOD & ESPRESSO

**NUTRITIONAL
FACTS**

Signature Smoothies

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Apple Butter (1 serving)	514	107	12	2	0	77	282	72	5	45	35	2723	69	361	4
Chocolate PB Crush Smoothie (1 serving)	594	254	28	6	0	70	604	42	6	18	45	2907	33	879	5
Green Beast (1 serving)	481	253	28	14	0	65	372	27	7	10	32	14342	111	738	5
Hulk (1 serving)	386	102	11	2	0	65	248	43	7	26	30	3577	34	243	4
Muscle Freak (1 serving)	579	207	23	5	0	116	499	39	7	19	58	4738	54	1039	7
PB and J (1 serving)	854	266	29	7	0	82	571	90	13	32	59	2922	57	629	6
Peanut Butter Dream (1 serving)	646	235	26	6	0	82	571	52	5	30	51	2919	36	596	3
Skinny Bitch (1 serving)	396	114	13	10	0	65	161	42	2	33	26	2368	101	167	3
Swole Man Smoothie (1 serving)	639	60	7	3	0	130	306	89	6	22	56	4408	90	311	4
Tropical Tease (1 serving)	511	121	13	10	0	77	247	65	3	41	32	2673	92	291	3

Juices

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Dark Baby, 16 oz (1 drink)	223	7	1	0	0	0	274	48	13	34	6	11417	85	122	3
Dark Baby, 24 oz (1 drink)	338	10	1	0	0	0	419	73	20	52	9	18505	128	186	5
Detox, 16 oz (1 serving)	311	13	1	0	0	0	358	65	18	41	10	22349	134	214	5
Detox, 24 oz (1 drink)	409	15	2	0	0	0	398	88	23	58	10	29319	142	238	6
Green Monster, 16 oz (1 drink)	127	6	1	0	0	0	129	27	3	16	3	10892	80	136	2
Green Monster, 24 oz (1 drink)	179	6	1	0	0	0	196	39	3	25	4	12327	85	173	3
High C, 16 oz (1 drink)	318	11	1	0	0	0	32	70	15	52	7	4282	384	174	1
High C, 24 oz (1 drink)	511	15	2	0	0	0	33	115	22	87	9	5839	504	249	2
Lean Machine, 16 oz (1 drink)	143	7	1	0	0	0	176	31	8	20	3	17230	29	128	3
Lean Machine, 24 oz (1 drink)	252	10	1	0	0	0	240	56	14	38	4	28337	38	161	4
Roots, 16 oz (1 drink)	253	7	1	0	0	0	291	56	14	38	6	13960	33	86	3
Roots, 24 oz (1 drink)	351	10	1	0	0	0	331	79	19	55	6	20930	41	110	4
Summer Tryst, 16 oz (1 serving)	210	6	1	0	0	0	2	49	8	38	2	1938	104	43	1
Summer Tryst, 24 oz (1 serving)	312	10	1	0	0	0	2	72	12	56	3	2814	164	66	1
Sweet Greens, 16 oz (1 drink)	246	9	1	0	0	0	56	55	11	36	4	5945	42	114	3
Sweet Greens, 24 oz (1 drink)	454	14	2	0	0	0	61	104	20	70	6	6131	59	151	3

Signature Burgers

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Aloha (1 serving)	240	28	3	1	0	99	409	10	1	6	40	1691	16	43	2
Aloha (1 serving) with Grilled Portobello Mushrooms	314	34	4	1	0	99	423	21	4	10	46	1691	16	61	3
Aloha (1 serving) with Lettuce Bun	246	29	3	1	0	99	409	11	1	6	41	3335	23	52	2
Aloha (1 serving) with Toasted Ezekiel Bread	400	37	4	1	0	99	559	40	7	6	48	1691	16	43	3
Aloha (1 serving) with Toasted Whole Wheat Bun	430	46	5	2	0	104	659	48	6	12	49	1691	16	43	2
BBQ Turkey (1 serving)	382	160	18	7	0	142	498	16	2	7	42	1407	58	214	2
BBQ Turkey (1 serving) with Grilled Portobello Mushrooms	456	167	19	7	0	142	511	27	6	11	47	1407	58	233	4
BBQ Turkey (1 serving) with Lettuce Bun	388	161	18	7	0	142	498	17	3	7	42	3051	65	223	3
BBQ Turkey (1 serving) with Toasted Ezekiel Bread	542	169	19	7	0	142	648	46	8	7	50	1407	58	214	4
BBQ Turkey (1 serving) with Toasted Whole Wheat Bun	572	178	20	8	0	147	748	54	7	13	51	1407	58	214	2
Muscle Builder (1 serving)	661	356	40	18	0	197	588	6	1	3	71	601	4	366	7
Muscle Builder (1 serving) with Grilled Portobello Mushrooms	736	362	40	18	0	197	601	17	4	7	77	601	4	384	9
Muscle Builder (1 serving) with Lettuce Bun	667	357	40	18	0	197	588	7	1	3	72	2245	10	375	8
Muscle Builder (1 serving) with Toasted Ezekiel Bread	821	365	41	18	0	197	738	36	7	3	79	601	4	366	9
Muscle Builder (1 serving) with Toasted Whole Wheat Bun	851	374	42	18	0	202	838	44	6	9	80	601	4	366	7
Ninja Burger (1 serving)	313	89	10	2	0	77	658	8	1	6	47	715	15	41	2
Ninja Burger (1 serving) with Grilled Portobello Mushrooms	387	96	11	2	0	77	672	20	5	10	53	715	15	59	3
Ninja Burger (1 serving) with Lettuce Bun	318	90	10	2	0	77	658	9	2	6	48	2360	22	50	2
Ninja Burger (1 serving) with Toasted Ezekiel Bread	473	98	11	2	0	77	808	38	7	6	55	715	15	41	3
Ninja Burger (1 serving) with Toasted Whole Wheat Bun	503	107	12	2	0	82	908	46	6	12	56	715	15	41	2

Signature Burgers	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
PH Burger (1 serving)	375	177	20	9	0	93	445	2	1	1	48	2023	8	195	4
PH Burger (1 serving) with Grilled Portobello Mushrooms	449	184	20	9	0	93	459	14	4	5	53	2023	8	214	5
PH Burger (1 serving) with Lettuce Bun	381	178	20	9	0	93	445	3	1	2	48	3667	14	205	4
PH Burger (1 serving) with Toasted Ezekiel Bread	535	186	21	9	0	93	595	32	7	1	56	2023	8	195	5
PH Burger (1 serving) with Toasted Whole Wheat Bun	565	195	22	9	0	98	695	40	6	7	57	2023	8	195	4
Portobello Sandwich (1 serving)	385	121	13	2	0	99	227	17	4	8	46	2396	11	69	3
Portobello Sandwich (1 serving) with Grilled Portobello Mushrooms	459	128	14	2	0	99	241	29	8	12	51	2396	11	88	5
Portobello Sandwich (1 serving) with Lettuce Bun	391	122	14	2	0	99	227	18	5	8	46	4040	17	79	4
Portobello Sandwich (1 serving) with Toasted Ezekiel Bread	545	130	14	2	0	99	377	47	10	8	54	2396	11	69	5
Portobello Sandwich (1 serving) with Toasted Whole Wheat Bun	575	139	15	3	0	104	477	55	9	14	55	2396	11	69	3
Salmon Burger (1 serving)	400	226	25	5	0	100	482	7	4	2	36	2501	21	60	2
Salmon Burger (1 serving) with Grilled Portobello Mushrooms	474	232	26	5	0	100	495	19	7	6	42	2501	21	78	3
Salmon Burger (1 serving) with Lettuce Bun	406	227	25	5	0	100	482	8	4	3	36	4145	28	69	2
Salmon Burger (1 serving) with Toasted Ezekiel Bread	560	235	26	5	0	100	632	37	10	2	44	2501	21	60	3
Salmon Burger (1 serving) with Toasted Whole Wheat Bun	590	244	27	5	0	105	732	45	9	8	45	2501	21	60	2
Southwest Veggie Burger (1 serving)	257	77	9	1	0	0	670	32	9	3	13	2500	21	120	4
Southwest Veggie Burger (1 serving) with Grilled Portobello Mushrooms	331	84	9	1	0	0	684	43	13	7	18	2500	21	139	5
Southwest Veggie Burger (1 serving) with Lettuce Bun	263	78	9	1	0	0	670	33	10	4	13	4144	27	130	4
Southwest Veggie Burger (1 serving) with Toasted Ezekiel Bread	417	86	10	1	0	0	820	62	15	3	21	2500	21	120	6
Southwest Veggie Burger (1 serving) with Toasted Whole Wheat Bun	447	95	11	1	0	5	920	70	14	9	22	2500	21	120	4

Bowl or Smoothies

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Acai Coconut Bowl (1 serving)	536	234	26	11	0	65	188	44	11	25	31	3612	25	242	5
Acai Coconut Bowl (1 serving) with Granola	750	306	35	11	0	65	369	72	21	31	45	3612	25	349	7
Acai Coconut Smoothie (1 serving)	411	179	20	13	0	65	213	28	5	17	27	2861	25	194	3
Acai Nutty Butter Bowl (1 serving)	870	502	56	10	0	58	426	39	16	15	52	3726	24	544	8
Acai Nutty Butter Bowl (1 serving) with Granola	1085	575	65	10	0	58	606	67	26	22	66	3726	24	651	10
Acai Nutty Butter Smoothie (1 serving)	663	354	39	8	0	58	502	27	9	13	49	3350	24	661	6
Berry Blast Bowl (1 serving)	552	170	19	4	0	65	178	61	15	30	33	3705	80	258	5
Berry Blast Bowl (1 serving) with Granola	766	242	28	4	0	65	359	89	24	37	46	3705	80	366	7
Berry Blast Smoothie (1 serving)	438	80	9	3	0	65	170	62	7	41	28	3184	86	225	4
PH Tropical Acai Bowl (1 serving)	602	193	21	7	0	65	178	69	15	35	33	3845	74	263	5
PH Tropical Acai Bowl (1 serving) with Granola	816	265	31	7	0	65	359	97	25	41	46	3845	74	370	7
PH Tropical Acai Smoothie (1 drink)	438	83	9	3	0	65	166	60	7	41	29	3190	96	206	4
Superfood Bowl (1 serving)	622	308	34	7	0	64	302	38	18	12	41	5135	33	470	9
Superfood Bowl (1 serving) with Granola	836	380	44	7	0	64	482	66	27	19	55	5135	33	577	11
Superfood Smoothie (1 serving)	502	220	24	5	0	64	329	35	11	16	37	4370	30	423	7

Signature Pancakes

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Chocolate Monster Pancakes (1 serving)	782	277	31	6	0	49	1078	95	9	36	34	1754	26	363	6
Froyo Pancakes (1 serving)	545	78	9	2	0	66	1188	84	5	23	36	2075	24	500	5
PB and J Pancakes (1 serving)	714	265	29	6	0	20	1204	87	11	27	28	695	13	219	4
PH Loaded Pancakes (1 serving)	611	125	14	7	0	21	998	104	12	42	17	731	47	206	4
PH Protein Pancake Combo (1 serving)	457	64	7	1	0	20	1283	64	5	17	34	658	15	204	3
South Beach Pancakes (1 serving)	364	50	6	2	0	42	227	45	7	6	33	1383	25	136	4
Vegan Blueberry Pancakes (1 serving)	549	153	17	13	0	0	1480	92	6	16	6	298	18	1195	2
Summer Tryst, 24 oz (1 serving)	312	10	1	0	0	0	2	72	12	56	3	2814	164	66	1
Sweet Greens, 16 oz (1 drink)	246	9	1	0	0	0	56	55	11	36	4	5945	42	114	3
Sweet Greens, 24 oz (1 drink)	454	14	2	0	0	0	61	104	20	70	6	6131	59	151	3

PH Wraps

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Chicken Caesar Wrap (1 serving)	811	344	38	12	0	127	1745	55	5	4	66	3332	19	525	4
Chicken Caesar Wrap (1 serving) with Side of Fruit	859	346	38	12	0	127	1760	66	6	13	67	4807	53	535	4
LR Steak Burrito (1 serving)	855	372	41	17	0	155	1571	46	4	3	76	657	10	576	4
LR Steak Burrito (1 serving) with Side of Fruit	904	373	41	17	0	155	1586	57	5	12	77	2132	43	586	5
Mediterranean Wrap (1 serving)	785	315	35	11	0	129	2040	65	10	6	56	1513	26	388	4
Mediterranean Wrap (1 serving) with Side of Fruit	833	317	35	11	0	129	2055	75	11	16	57	2988	59	398	4
PH Bison Wrap (1 serving)	795	352	39	15	0	315	979	57	6	5	53	3875	30	440	6
PH Bison Wrap (1 serving) with Side of Fruit	843	353	39	15	0	315	994	68	8	15	54	5351	64	450	7
PH Breakfast Burrito (1 serving)	883	299	33	14	0	160	1598	59	8	4	80	1031	27	697	8
PH Breakfast Burrito (1 serving) with Side of Fruit	931	301	33	14	0	160	1613	70	9	13	80	2507	60	707	8
Power Wrap (1 serving)	515	189	21	6	0	0	848	56	6	7	24	7521	140	381	4
Salmon Wrap (1 serving)	689	286	32	7	0	100	1253	55	6	8	45	3276	40	237	3
Salmon Wrap (1 serving) with Side of Fruit	737	288	32	7	0	100	1268	66	7	18	45	4751	73	247	3
Southwest Veggie Wrap (1 serving)	645	196	22	7	0	0	1635	88	13	8	22	3359	41	419	6
Southwest Veggie Wrap (1 serving) with Side of Fruit	693	197	22	7	0	0	1650	99	14	17	23	4834	74	429	7
Spicy Thai Wrap (1 serving)	554	120	13	5	0	99	864	55	5	9	50	12518	29	231	3
Spicy Thai Wrap (1 serving) with Side of Fruit	602	121	13	5	0	99	879	66	6	18	51	13993	63	241	3
Vegan Wrap (1 serving)	463	132	15	3	0	0	769	69	9	7	13	12808	31	226	4
Vegan Wrap (1 serving) with Side of Fruit	511	134	15	3	0	0	784	80	10	17	14	14284	64	236	4

Signature Breakfasts

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Breakfast Sandwich (1 serving)	316	83	9	4	0	30	571	31	6	1	28	300	0	158	2
Breakfast Sandwich (1 serving) with Side of Fruit	364	85	9	4	0	30	586	42	7	11	29	1775	34	168	2
Loaded Oatmeal (1 serving)	397	102	11	2	0	0	5	61	11	11	13	19	3	55	4
Loaded Oatmeal (1 serving) with Side of Fruit	446	103	11	2	0	0	20	72	12	21	14	1495	36	65	4
Muscle Boy (1 serving)	721	164	18	6	0	143	973	58	10	7	82	18461	3	64	7
Muscle Boy (1 serving) with Side of Fruit	769	165	18	6	0	143	988	68	11	16	82	19936	37	74	8
PH Chicken Quesadilla (1 serving)	752	211	23	14	0	144	1621	56	5	3	69	977	23	884	7
PH Chicken Quesadilla (1 serving) with Side of Fruit	800	212	24	14	0	144	1636	66	6	12	70	2453	57	894	8
PH Greek Yogurt (1 serving)	427	135	16	6	0	42	235	50	11	24	29	395	29	309	2
PH Greek Yogurt (1 serving) with Side of Fruit	475	137	16	6	0	42	250	61	12	33	30	1870	63	319	2
PH Hash (1 serving)	477	118	13	5	0	73	504	37	6	12	52	20367	115	106	5
PH Hash (1 serving) with Side of Fruit	525	120	13	5	0	73	519	48	7	21	53	21842	149	116	5
SHRDD Veggie Omelette (1 serving)	220	61	7	1	0	0	332	15	6	7	24	4772	99	79	2
SHRDD Veggie Omelette (1 serving) with Side of Fruit	268	63	7	1	0	0	347	26	7	16	25	6247	132	89	3
Super Bird Omelette (1 serving)	229	52	6	2	0	48	429	5	1	4	41	525	8	58	1
Super Bird Omelette (1 serving) with Side of Fruit	277	54	6	2	0	48	443	16	2	13	41	2000	41	68	1

Signature Bowls

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
BBQ (1 serving)	355	40	4	2	0	99	2246	31	8	13	44	5588	227	132	4
BBQ (1 serving) with Brown Rice	534	60	7	2	0	99	2249	68	10	14	48	5588	227	134	5
BBQ (1 serving) with Half Brown Rice and Half Quinoa	521	58	6	2	0	99	2253	63	10	14	49	5635	227	144	6
BBQ (1 serving) with Quinoa	507	57	6	2	0	99	2258	59	10	14	50	5683	227	153	7
BBQ (1 serving) with White Rice	569	40	4	2	0	99	2248	79	8	13	49	5588	227	184	8
BBQ (1 serving) with Whole Wheat Pasta	659	67	7	2	0	99	2246	90	15	14	55	5588	227	162	6
Boss Bowl (1 serving)	616	225	25	9	0	147	301	35	7	11	62	20579	132	107	9
Boss Bowl (1 serving) with Brown Rice	795	245	27	10	0	147	304	72	9	12	65	20579	132	109	9
Boss Bowl (1 serving) with Half Brown Rice and Half Quinoa	782	244	27	10	0	147	309	67	9	12	67	20627	132	119	10
Boss Bowl (1 serving) with Quinoa	768	242	27	9	0	147	313	63	9	11	68	20674	132	129	11
Boss Bowl (1 serving) with White Rice	830	225	25	9	0	147	304	83	7	11	67	20579	132	160	12
Boss Bowl (1 serving) with Whole Wheat Pasta	920	252	28	9	0	147	301	94	14	12	73	20579	132	137	11
El Jefe (1 serving)	557	198	22	7	0	185	437	25	5	11	66	3829	194	132	7
El Jefe (1 serving) with Brown Rice	736	218	24	8	0	185	440	62	8	12	69	3829	194	135	7
El Jefe (1 serving) with Half Brown Rice and Half Quinoa	722	217	24	7	0	185	444	58	8	12	71	3877	194	144	8
El Jefe (1 serving) with Quinoa	709	215	24	7	0	185	449	53	8	12	72	3924	194	154	9
El Jefe (1 serving) with White Rice	771	198	22	7	0	185	439	73	5	11	71	3829	194	185	10
El Jefe (1 serving) with Whole Wheat Pasta	860	225	25	7	0	185	437	84	13	13	77	3829	194	163	9
Greek (1 serving)	434	209	23	5	0	120	1160	20	4	5	41	888	14	160	2
Greek (1 serving) with Brown Rice	613	229	25	5	0	120	1163	56	6	6	44	888	14	162	3
Greek (1 serving) with Half Brown Rice and Half Quinoa	599	228	25	5	0	120	1168	52	7	6	45	935	14	172	4
Greek (1 serving) with Quinoa	586	226	25	5	0	120	1172	47	7	6	46	983	14	182	5
Greek (1 serving) with White Rice	648	209	23	5	0	120	1163	67	4	5	46	888	14	213	6
Greek (1 serving) with Whole Wheat Pasta	737	236	26	5	0	120	1160	79	12	6	51	888	14	190	5

Signature Bowls

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Hardcoreis Bowl (1 serving)	203	30	3	1	0	85	318	5	3	2	37	3516	14	73	4
Hardcoreis Bowl (1 serving) with Brown Rice	382	51	6	2	0	85	321	42	5	3	41	3516	14	75	5
Hardcoreis Bowl (1 serving) with Half Brown Rice and Half Quinoa	369	49	5	1	0	85	326	38	5	3	42	3564	14	85	6
Hardcoreis Bowl (1 serving) with Quinoa	355	48	5	1	0	85	331	33	6	3	43	3611	14	94	7
Hardcoreis Bowl (1 serving) with White Rice	417	30	3	1	0	85	321	53	3	2	43	3516	14	125	8
Hardcoreis Bowl (1 serving) with Whole Wheat Pasta	507	58	6	1	0	85	319	65	11	4	48	3516	14	103	6
Plant Power Bowl (1 serving)	411	147	16	2	0	0	434	42	11	7	21	4523	124	267	6
SHRDD Bowl (1 serving)	323	116	13	2	0	102	462	18	6	9	34	6342	44	113	6
SHRDD Bowl (1 serving) with Brown Rice	503	136	15	2	0	102	464	54	8	10	38	6342	44	116	6
SHRDD Bowl (1 serving) with Half Brown Rice and Half Quinoa	489	134	15	2	0	102	469	50	8	10	39	6390	44	125	7
SHRDD Bowl (1 serving) with Quinoa	476	133	15	2	0	102	474	45	9	9	40	6437	44	135	8
SHRDD Bowl (1 serving) with White Rice	538	116	13	2	0	102	464	65	6	9	39	6342	44	166	9
SHRDD Bowl (1 serving) with Whole Wheat Pasta	627	143	16	2	0	102	462	77	13	10	45	6342	44	144	8
Sexy Bitch Bowl (1 serving)	703	346	38	6	0	100	364	44	10	7	45	5764	129	122	6
Sexy Bitch Bowl (1 serving) with Brown Rice	882	366	41	7	0	100	366	81	12	8	49	5764	129	124	6
Sexy Bitch Bowl (1 serving) with Half Brown Rice and Half Quinoa	869	364	40	7	0	100	371	76	12	8	50	5811	129	134	7
Sexy Bitch Bowl (1 serving) with Quinoa	855	363	40	6	0	100	376	71	12	8	51	5859	129	143	8
Sexy Bitch Bowl (1 serving) with White Rice	917	346	38	6	0	100	366	92	10	7	50	5764	129	175	9
Sexy Bitch Bowl (1 serving) with Whole Wheat Pasta	1007	373	41	6	0	100	364	103	17	8	56	5764	129	152	8
Southwest (1 serving)	533	234	26	10	0	125	759	21	8	4	48	2471	127	333	9
Southwest (1 serving) with Brown Rice	712	254	28	10	0	125	762	58	10	5	51	2471	127	335	10
Southwest (1 serving) with Half Brown Rice and Half Quinoa	699	253	28	10	0	125	767	54	10	5	52	2519	127	345	11
Southwest (1 serving) with Quinoa	685	251	28	10	0	125	772	49	11	5	54	2566	127	355	12
Southwest (1 serving) with White Rice	747	234	26	10	0	125	762	69	8	4	53	2471	127	386	13
Southwest (1 serving) with Whole Wheat Pasta	837	261	29	10	0	125	760	80	15	6	59	2471	127	363	12

Signature Bowls

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Teriyaki (1 serving)	436	181	20	5	0	100	713	27	5	15	37	12563	44	120	2
Teriyaki (1 serving) with Brown Rice	615	201	22	5	0	100	716	64	7	16	40	12563	44	123	2
Teriyaki (1 serving) with Half Brown Rice and Half Quinoa	602	199	22	5	0	100	721	59	7	16	41	12611	44	132	4
Teriyaki (1 serving) with Quinoa	588	198	22	5	0	100	726	54	8	16	43	12659	44	142	5
Teriyaki (1 serving) with White Rice	650	181	20	5	0	100	716	75	5	15	42	12563	44	173	5
Teriyaki (1 serving) with Whole Wheat Pasta	740	208	23	5	0	100	714	86	12	16	48	12563	44	151	4
Thai Monster Bowl (1 serving)	554	186	21	8	0	194	581	8	3	4	80	2590	68	80	7
Thai Monster Bowl (1 serving) with Brown Rice	733	206	23	8	0	194	584	45	5	5	83	2590	68	82	7
Thai Monster Bowl (1 serving) with Half Brown Rice and Half Quinoa	720	204	23	8	0	194	589	41	6	5	85	2637	68	92	8
Thai Monster Bowl (1 serving) with Quinoa	706	203	23	8	0	194	593	36	6	5	86	2685	68	101	9
Thai Monster Bowl (1 serving) with White Rice	768	186	21	8	0	194	584	56	3	4	85	2590	68	133	10
Thai Monster Bowl (1 serving) with Whole Wheat Pasta	858	213	24	8	0	194	581	68	11	5	91	2590	68	110	9
The General Bowl (1 serving)	364	167	19	6	0	73	139	15	7	6	34	4714	184	86	6
The General Bowl (1 serving) with Brown Rice	543	187	21	6	0	73	142	52	9	7	38	4714	184	89	6
The General Bowl (1 serving) with Half Brown Rice and Half Quinoa	530	186	21	6	0	73	146	47	9	7	39	4761	184	98	7
The General Bowl (1 serving) with Quinoa	516	184	20	6	0	73	151	42	10	7	40	4809	184	108	9
The General Bowl (1 serving) with White Rice	578	167	19	6	0	73	141	63	7	6	39	4714	184	139	9
The General Bowl (1 serving) with Whole Wheat Pasta	668	194	22	6	0	73	139	74	15	8	45	4714	184	117	8
Vegan Bowl (1 serving)	229	72	8	1	0	0	145	28	12	8	12	5338	129	117	4
Vegan Bowl (1 serving) with Brown Rice	409	93	10	2	0	0	148	65	14	9	15	5338	129	120	4
Vegan Bowl (1 serving) with Half Brown Rice and Half Quinoa	395	91	10	1	0	0	152	60	15	9	16	5386	129	130	5
Vegan Bowl (1 serving) with Quinoa	382	89	10	1	0	0	157	56	15	9	17	5433	129	139	6
Vegan Bowl (1 serving) with White Rice	444	72	8	1	0	0	147	76	12	8	17	5338	129	170	7
Vegan Bowl (1 serving) with Whole Wheat Pasta	533	100	11	1	0	0	145	87	20	9	22	5338	129	148	6
Southwest (1 serving) with White Rice	747	234	26	10	0	125	762	69	8	4	53	2471	127	386	13
Southwest (1 serving) with Whole Wheat Pasta	837	261	29	10	0	125	760	80	15	6	59	2471	127	363	12

PH Salads

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Berry Lovers (1 serving)	576	241	27	8	0	124	758	28	8	14	51	11059	112	342	10
Chicken Caesar (1 serving)	664	345	38	10	0	127	1695	24	6	6	62	10479	43	417	4
PH Chopped (1 serving)	781	477	53	14	0	344	1277	17	7	9	59	11001	52	260	6
PH Tuna (1 serving)	607	229	25	3	0	77	945	49	11	34	48	10237	56	171	5
SHRDD Salad (1 serving)	633	271	30	5	0	311	470	32	10	9	55	14213	101	250	12
SOS (1 serving)	779	474	53	10	0	109	1009	28	8	14	48	11351	83	301	10
Vegan Salad (1 serving)	474	221	25	3	0	0	363	55	11	29	9	12740	70	189	8

Signature Coffees

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Caramel Macchiato Coffee, 16 oz (1 drink)	195	47	5	0	0	0	90	36	0	21	0	0	0	0	0
Caramel Macchiato Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor	248	47	5	0	0	0	98	50	0	35	0	0	0	0	0
Caramel Macchiato Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	195	47	5	0	0	0	105	36	0	21	0	0	0	0	0
Caramel Macchiato Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	195	47	5	0	0	0	101	36	0	21	0	0	0	0	0
Caramel Macchiato Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor	255	47	5	0	0	0	90	50	0	35	0	0	0	0	0
Caramel Macchiato Coffee, 16 oz (1 drink) with Milk Choice Almond Milk	240	81	9	0	0	0	315	38	2	21	2	750	0	675	1
Caramel Macchiato Coffee, 16 oz (1 drink) with Milk Choice Skim Milk	315	47	5	0	0	8	278	53	0	38	12	750	4	450	0
Caramel Macchiato Coffee, 16 oz (1 drink) with Milk Choice Soy Milk	345	101	11	1	0	0	270	48	2	30	11	750	0	450	2
Caramel Macchiato Coffee, 16 oz (1 drink) with Milk Choice Whole Milk	420	155	17	8	0	53	270	54	0	38	12	450	4	450	0
Caramel Macchiato Coffee, 24 oz (1 drink)	195	47	5	0	0	0	90	36	0	21	0	0	0	0	0
Caramel Macchiato Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor	265	47	5	0	0	0	100	54	0	39	0	0	0	0	0
Caramel Macchiato Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	195	47	5	0	0	0	110	36	0	21	0	0	0	0	0
Caramel Macchiato Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	195	47	5	0	0	0	105	36	0	21	0	0	0	0	0
Caramel Macchiato Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor	275	47	5	0	0	0	90	55	0	40	0	0	0	0	0
Caramel Macchiato Coffee, 24 oz (1 drink) with Milk Choice Almond Milk	263	98	11	0	0	0	428	38	2	21	2	1125	0	1013	2
Caramel Macchiato Coffee, 24 oz (1 drink) with Milk Choice Skim Milk	375	47	5	0	0	11	371	61	0	46	18	1125	5	675	0
Caramel Macchiato Coffee, 24 oz (1 drink) with Milk Choice Soy Milk	420	128	14	1	0	0	360	54	2	35	16	1125	0	675	2
Caramel Macchiato Coffee, 24 oz (1 drink) with Milk Choice Whole Milk	533	209	23	11	0	79	360	63	0	46	18	675	5	675	0

Signature Coffees

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Caramel Macchiato Iced Coffee, 16 oz (1 drink)	130	32	4	0	0	0	60	24	0	14	0	0	0	0	0
Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor	183	32	4	0	0	0	68	38	0	28	0	0	0	0	0
Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	130	32	4	0	0	0	75	24	0	14	0	0	0	0	0
Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	130	32	4	0	0	0	71	24	0	14	0	0	0	0	0
Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor	190	32	4	0	0	0	60	38	0	28	0	0	0	0	0
Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Milk Choice Almond Milk	153	48	5	0	0	0	173	25	1	14	1	375	0	338	1
Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Milk Choice Skim Milk	190	32	4	0	0	4	154	32	0	22	6	375	2	225	0
Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Milk Choice Soy Milk	205	59	7	0	0	0	150	30	1	19	5	375	0	225	1
Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Milk Choice Whole Milk	243	86	10	4	0	26	150	33	0	22	6	225	2	225	0
Caramel Macchiato Iced Coffee, 24 oz (1 drink)	130	32	4	0	0	0	60	24	0	14	0	0	0	0	0
Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor	200	32	4	0	0	0	70	42	0	32	0	0	0	0	0
Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	130	32	4	0	0	0	80	24	0	14	0	0	0	0	0
Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	130	32	4	0	0	0	75	24	0	14	0	0	0	0	0
Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor	210	32	4	0	0	0	60	43	0	33	0	0	0	0	0
Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Milk Choice Almond Milk	164	57	6	0	0	0	229	25	1	14	1	563	0	506	1
Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Milk Choice Skim Milk	220	32	4	0	0	6	201	36	0	26	9	563	3	338	0
Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Milk Choice Soy Milk	243	72	8	1	0	0	195	33	1	21	8	563	0	338	1
Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Milk Choice Whole Milk	299	113	13	6	0	39	195	38	0	26	9	338	3	338	0

Signature Coffees

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Cookies and Cream Coffee, 16 oz (1 drink)	210	23	3	1	0	0	80	45	0	41	2	0	1	60	1
Cookies and Cream Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor	263	23	3	1	0	0	88	59	0	55	2	0	1	60	1
Cookies and Cream Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	210	23	3	1	0	0	95	45	0	41	2	0	1	60	1
Cookies and Cream Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	210	23	3	1	0	0	91	45	0	41	2	0	1	60	1
Cookies and Cream Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor	270	23	3	1	0	0	80	59	0	55	2	0	1	60	1
Cookies and Cream Coffee, 16 oz (1 drink) with Milk Choice Almond Milk	255	56	6	1	0	0	305	47	2	41	4	750	1	735	3
Cookies and Cream Coffee, 16 oz (1 drink) with Milk Choice Skim Milk	330	23	3	1	0	8	268	62	0	58	14	750	5	510	1
Cookies and Cream Coffee, 16 oz (1 drink) with Milk Choice Soy Milk	360	77	9	2	0	0	260	57	2	50	13	750	1	510	3
Cookies and Cream Coffee, 16 oz (1 drink) with Milk Choice Whole Milk	435	131	15	9	0	53	260	63	0	58	14	450	5	510	1
Cookies and Cream Coffee, 24 oz (1 drink)	210	23	3	1	0	0	80	45	0	41	2	0	1	60	1
Cookies and Cream Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor	280	23	3	1	0	0	90	63	0	59	2	0	1	60	1
Cookies and Cream Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	210	23	3	1	0	0	100	45	0	41	2	0	1	60	1
Cookies and Cream Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	210	23	3	1	0	0	95	45	0	41	2	0	1	60	1
Cookies and Cream Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor	290	23	3	1	0	0	80	64	0	60	2	0	1	60	1
Cookies and Cream Coffee, 24 oz (1 drink) with Milk Choice Almond Milk	278	73	8	1	0	0	418	47	2	41	4	1125	1	1073	3
Cookies and Cream Coffee, 24 oz (1 drink) with Milk Choice Skim Milk	390	23	3	1	0	11	361	70	0	66	20	1125	7	735	1
Cookies and Cream Coffee, 24 oz (1 drink) with Milk Choice Soy Milk	435	104	12	2	0	0	350	63	2	55	18	1125	1	735	4
Cookies and Cream Coffee, 24 oz (1 drink) with Milk Choice Whole Milk	548	185	21	12	0	79	350	72	0	66	20	675	7	735	1

Signature Coffees

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Cookies and Cream Iced Coffee, 16 oz (1 drink)	110	9	1	1	0	0	43	23	0	23	2	0	1	30	1
Cookies and Cream Iced Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor	163	9	1	1	0	0	50	37	0	36	2	0	1	30	1
Cookies and Cream Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	110	9	1	1	0	0	58	23	0	23	2	0	1	30	1
Cookies and Cream Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	110	9	1	1	0	0	54	23	0	23	2	0	1	30	1
Cookies and Cream Iced Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor	170	9	1	1	0	0	43	37	0	37	2	0	1	30	1
Cookies and Cream Iced Coffee, 16 oz (1 drink) with Milk Choice Almond Milk	133	26	3	1	0	0	155	24	1	23	2	375	1	368	1
Cookies and Cream Iced Coffee, 16 oz (1 drink) with Milk Choice Skim Milk	170	9	1	1	0	4	136	31	0	31	8	375	2	255	1
Cookies and Cream Iced Coffee, 16 oz (1 drink) with Milk Choice Soy Milk	185	36	4	1	0	0	133	29	1	27	7	375	1	255	2
Cookies and Cream Iced Coffee, 16 oz (1 drink) with Milk Choice Whole Milk	223	63	7	4	0	26	133	32	0	31	8	225	2	255	1
Cookies and Cream Iced Coffee, 24 oz (1 drink)	110	9	1	1	0	0	43	23	0	23	2	0	1	30	1
Cookies and Cream Iced Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor	180	9	1	1	0	0	53	41	0	41	2	0	1	30	1
Cookies and Cream Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	110	9	1	1	0	0	63	23	0	23	2	0	1	30	1
Cookies and Cream Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	110	9	1	1	0	0	58	23	0	23	2	0	1	30	1
Cookies and Cream Iced Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor	190	9	1	1	0	0	43	42	0	42	2	0	1	30	1
Cookies and Cream Iced Coffee, 24 oz (1 drink) with Milk Choice Almond Milk	144	34	4	1	0	0	211	24	1	23	3	563	1	536	2
Cookies and Cream Iced Coffee, 24 oz (1 drink) with Milk Choice Skim Milk	200	9	1	1	0	6	183	35	0	35	11	563	3	368	1
Cookies and Cream Iced Coffee, 24 oz (1 drink) with Milk Choice Soy Milk	223	50	6	1	0	0	178	32	1	29	9	563	1	368	2
Cookies and Cream Iced Coffee, 24 oz (1 drink) with Milk Choice Whole Milk	279	90	10	6	0	39	178	37	0	35	11	338	3	368	1

Signature Coffees

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Peppermint Mocha Coffee, 16 oz (1 drink)	180	9	1	0	0	0	15	43	0	39	0	0	0	0	1
Peppermint Mocha Coffee, 16 oz (1 drink) with Milk Choice Almond Milk	225	43	5	0	0	0	240	45	2	39	2	750	0	675	3
Peppermint Mocha Coffee, 16 oz (1 drink) with Milk Choice Skim Milk	300	9	1	0	0	8	203	60	0	56	12	750	4	450	1
Peppermint Mocha Coffee, 16 oz (1 drink) with Milk Choice Soy Milk	330	63	7	1	0	0	195	55	2	48	11	750	0	450	3
Peppermint Mocha Coffee, 16 oz (1 drink) with Milk Choice Whole Milk	405	117	13	8	0	53	195	61	0	56	12	450	4	450	1
Peppermint Mocha Coffee, 24 oz (1 drink)	180	9	1	0	0	0	15	43	0	39	0	0	0	0	1
Peppermint Mocha Coffee, 24 oz (1 drink) with Milk Choice Almond Milk	248	60	7	0	0	0	353	45	2	39	2	1125	0	1013	3
Peppermint Mocha Coffee, 24 oz (1 drink) with Milk Choice Skim Milk	360	9	1	0	0	11	296	68	0	64	18	1125	5	675	1
Peppermint Mocha Coffee, 24 oz (1 drink) with Milk Choice Soy Milk	405	90	10	1	0	0	285	61	2	53	16	1125	0	675	4
Peppermint Mocha Coffee, 24 oz (1 drink) with Milk Choice Whole Milk	518	171	19	11	0	79	285	70	0	64	18	675	5	675	1
Peppermint Mocha Iced Coffee, 16 oz (1 drink)	130	5	1	0	0	0	8	32	0	29	0	0	0	0	1
Peppermint Mocha Iced Coffee, 16 oz (1 drink) with Milk Choice Almond Milk	153	21	2	0	0	0	120	32	1	29	1	375	0	338	1
Peppermint Mocha Iced Coffee, 16 oz (1 drink) with Milk Choice Skim Milk	190	5	1	0	0	4	101	40	0	37	6	375	2	225	1
Peppermint Mocha Iced Coffee, 16 oz (1 drink) with Milk Choice Soy Milk	205	32	4	0	0	0	98	38	1	34	5	375	0	225	2
Peppermint Mocha Iced Coffee, 16 oz (1 drink) with Milk Choice Whole Milk	243	59	7	4	0	26	98	41	0	37	6	225	2	225	1
Peppermint Mocha Iced Coffee, 24 oz (1 drink)	90	5	1	0	0	0	8	22	0	20	0	0	0	0	1
Peppermint Mocha Iced Coffee, 24 oz (1 drink) with Milk Choice Almond Milk	124	30	3	0	0	0	176	23	1	20	1	563	0	506	2
Peppermint Mocha Iced Coffee, 24 oz (1 drink) with Milk Choice Skim Milk	180	5	1	0	0	6	148	34	0	32	9	563	3	338	1
Peppermint Mocha Iced Coffee, 24 oz (1 drink) with Milk Choice Soy Milk	203	45	5	1	0	0	143	31	1	26	8	563	0	338	2
Peppermint Mocha Iced Coffee, 24 oz (1 drink) with Milk Choice Whole Milk	259	86	10	6	0	39	143	35	0	32	9	338	3	338	1

Signature Coffees

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Snickers Hot Coffee, 16 oz (1 drink)	230	41	5	0	0	0	75	47	0	34	0	0	0	0	1
Snickers Hot Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor	283	41	5	0	0	0	83	61	0	48	0	0	0	0	1
Snickers Hot Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	230	41	5	0	0	0	90	47	0	34	0	0	0	0	1
Snickers Hot Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	230	41	5	0	0	0	86	47	0	34	0	0	0	0	1
Snickers Hot Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor	290	41	5	0	0	0	75	61	0	48	0	0	0	0	1
Snickers Hot Coffee, 16 oz (1 drink) with Milk Choice Almond Milk	275	74	8	0	0	0	300	49	2	34	2	750	0	675	3
Snickers Hot Coffee, 16 oz (1 drink) with Milk Choice Skim Milk	350	41	5	0	0	8	263	64	0	51	12	750	4	450	1
Snickers Hot Coffee, 16 oz (1 drink) with Milk Choice Soy Milk	380	95	11	1	0	0	255	59	2	43	11	750	0	450	3
Snickers Hot Coffee, 16 oz (1 drink) with Milk Choice Whole Milk	455	149	17	8	0	53	255	65	0	51	12	450	4	450	1
Snickers Hot Coffee, 24 oz (1 drink)	230	41	5	0	0	0	75	47	0	34	0	0	0	0	1
Snickers Hot Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor	300	41	5	0	0	0	85	65	0	52	0	0	0	0	1
Snickers Hot Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	230	41	5	0	0	0	95	47	0	34	0	0	0	0	1
Snickers Hot Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	230	41	5	0	0	0	90	47	0	34	0	0	0	0	1
Snickers Hot Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor	310	41	5	0	0	0	75	66	0	53	0	0	0	0	1
Snickers Hot Coffee, 24 oz (1 drink) with Milk Choice Almond Milk	298	91	10	0	0	0	413	49	2	34	2	1125	0	1013	3
Snickers Hot Coffee, 24 oz (1 drink) with Milk Choice Skim Milk	410	41	5	0	0	11	356	72	0	59	18	1125	5	675	1
Snickers Hot Coffee, 24 oz (1 drink) with Milk Choice Soy Milk	455	122	14	1	0	0	345	65	2	48	16	1125	0	675	4
Snickers Hot Coffee, 24 oz (1 drink) with Milk Choice Whole Milk	568	203	23	11	0	79	345	74	0	59	18	675	5	675	1

<i>Signature Coffees</i>	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Snickers Iced Coffee, 16 oz (1 drink)	115	20	2	0	0	0	38	24	0	17	0	0	0	0	1
Snickers Iced Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor	168	20	2	0	0	0	45	37	0	31	0	0	0	0	1
Snickers Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	115	20	2	0	0	0	53	24	0	17	0	0	0	0	1
Snickers Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	115	20	2	0	0	0	49	24	0	17	0	0	0	0	1
Snickers Iced Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor	175	20	2	0	0	0	38	38	0	31	0	0	0	0	1
Snickers Iced Coffee, 16 oz (1 drink) with Milk Choice Almond Milk	138	37	4	0	0	0	150	24	1	17	1	375	0	338	1
Snickers Iced Coffee, 16 oz (1 drink) with Milk Choice Skim Milk	175	20	2	0	0	4	131	32	0	25	6	375	2	225	1
Snickers Iced Coffee, 16 oz (1 drink) with Milk Choice Soy Milk	190	47	5	0	0	0	128	30	1	22	5	375	0	225	2
Snickers Iced Coffee, 16 oz (1 drink) with Milk Choice Whole Milk	228	74	8	4	0	26	128	33	0	25	6	225	2	225	1
Snickers Iced Coffee, 24 oz (1 drink)	115	20	2	0	0	0	38	24	0	17	0	0	0	0	1
Snickers Iced Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor	185	20	2	0	0	0	48	42	0	35	0	0	0	0	1
Snickers Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor	115	20	2	0	0	0	58	24	0	17	0	0	0	0	1
Snickers Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor	115	20	2	0	0	0	53	24	0	17	0	0	0	0	1
Snickers Iced Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor	195	20	2	0	0	0	38	43	0	36	0	0	0	0	1
Snickers Iced Coffee, 24 oz (1 drink) with Milk Choice Almond Milk	149	46	5	0	0	0	206	25	1	17	1	563	0	506	2
Snickers Iced Coffee, 24 oz (1 drink) with Milk Choice Skim Milk	205	20	2	0	0	6	178	36	0	29	9	563	3	338	1
Snickers Iced Coffee, 24 oz (1 drink) with Milk Choice Soy Milk	228	61	7	1	0	0	173	33	1	24	8	563	0	338	2
Snickers Iced Coffee, 24 oz (1 drink) with Milk Choice Whole Milk	284	101	11	6	0	39	173	37	0	29	9	338	3	338	1
Matcha Green Tea Latte, 16 oz (1 drink)	116	42	5	0	0	0	281	16	2	14	2	938	0	844	1
Matcha Green Tea Latte, 24 oz (1 drink)	163	62	7	0	0	0	413	22	3	19	3	1375	0	1238	2

Desserts

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Chocolate Protein Brownie (1 serving)	381	174	19	12	0	56	233	54	9	3	12	764	8	99	3
Frozen Yogurt (1 serving)	180	0	0	0	0	10	100	40	0	34	6	400	0	200	0
Lolo Bowl (1 serving)	504	225	25	6	0	61	435	27	5	17	43	2372	51	457	4
Peanut Butter Protein Cookie (1 serving)	341	199	22	5	0	41	216	18	3	9	18	539	6	65	2
White Chocolate Chip Macadamia Cookie (1 cookie)	190	94	10	6	0	18	67	17	2	10	9	621	7	96	1

Frappuccinos

	TOTAL CALORIES (kcal)	FAT CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VIT A (iu)	VIT C (mg)	CALCIUM (mg)	IRON (mg)
Mocha Loca (1 drink)	310	90	10	6	0	58	351	27	4	6	29	2474	24	649	3
Vanilla Gorilla (1 drink)	313	93	10	6	0	65	343	28	4	7	26	2486	25	517	3