

NUTRITION STATEMENT



	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
BEVERAGES												
Information is based on standard/base recipes; please see Customize Your Beverage section for alternate ingredient details												
FUEL ENERGY												
Iced Fuel <i>Assumes no syrup added; see pg 7-8 for details</i> <i>Amount of syrup added: sm = 1 oz, med = 1.25 oz, large = 1.5 oz, xlarge = 1.75 oz</i>	16 fl oz	165	0.0	0.0	0.0	0	160	43	0	40	0	160
	20 fl oz	180	0.0	0.0	0.0	0	175	47	0	44	0	170
	24 fl oz	215	0.0	0.0	0.0	0	200	55	0	52	0	200
	32 fl oz	285	0.0	0.0	0.0	0	270	73	0	69	0	270
Iced Fuel Sugar Free <i>Assumes no syrup added; see pg 7-8 for details</i> <i>Amount of syrup added: sm = 1 oz, med = 1.25 oz, large = 1.5 oz, xlarge = 1.75 oz</i>	16 fl oz	10	0.0	0.0	0.0	0	195	3	0	0	0	160
	20 fl oz	10	0.0	0.0	0.0	0	210	3	0	0	0	170
	24 fl oz	10	0.0	0.0	0.0	0	245	3	0	0	0	200
	32 fl oz	15	0.0	0.0	0.0	0	285	5	0	0	0	270
Frozen Fuel <i>Assumes no syrup added; see pg 7-8 for details</i> <i>Amount of syrup added: sm = 1 oz, med = 1.25 oz, large = 1.5 oz, xlarge = 1.75 oz</i>	16 fl oz	230	0.0	0.0	0.0	0	195	59	0	56	0	100
	20 fl oz	305	0.0	0.0	0.0	0	260	78	0	73	0	135
	24 fl oz	365	0.0	0.0	0.0	0	310	93	0	88	0	160
	32 fl oz	460	0.0	0.0	0.0	0	390	117	0	110	0	205
Fuel by the Can - Original	12 fl oz	190	0.0	0.0	0.0	0	180	49	0	46	0	180
Fuel by the Can - Sugar Free	12 fl oz	10	0.0	0.0	0.0	0	220	3	0	0	0	180
Fuel by the Can - Organic	12 fl oz	140	0.0	0.0	0.0	0	0	39	0	37	0	180
FAVORITES												
Iced Blackout	16 fl oz	305	8.5	4.0	0.0	20	215	51	0	49	8	190
	20 fl oz	395	10.0	5.0	0.0	25	260	68	0	67	10	190
	24 fl oz	460	10.5	5.0	0.0	30	280	82	0	80	10	375
	32 fl oz	580	13.0	6.5	0.0	35	345	104	0	101	13	375
Blended Blackout	16 fl oz	360	8.5	5.0	0.0	30	240	66	0	61	6	190
	20 fl oz	495	11.0	6.5	0.0	40	310	92	0	86	8	190
	24 fl oz	495	9.0	5.0	0.0	30	295	99	0	93	6	285
	32 fl oz	670	13.0	7.5	0.0	45	390	131	0	123	9	375
Hot Blackout	12 fl oz	335	9.0	4.5	0.0	25	240	55	0	54	9	190
	16 fl oz	485	13.0	6.5	0.0	35	335	82	0	80	12	195
	20 fl oz	580	14.5	7.0	0.0	40	375	100	0	98	14	380
	24 fl oz	730	18.0	9.0	0.0	45	470	127	0	124	17	380
Iced Caramel Blondie	16 fl oz	320	8.5	4.5	0.0	25	220	53	0	48	8	185
	20 fl oz	405	11.0	6.0	0.0	30	285	68	0	61	9	185
	24 fl oz	460	12.0	6.5	0.0	30	320	79	0	70	10	370
	32 fl oz	575	15.0	8.5	0.0	40	405	99	0	87	13	370
Blended Caramel Blondie	16 fl oz	375	8.5	5.5	0.0	30	250	69	0	60	6	185
	20 fl oz	500	11.5	7.5	0.0	40	335	92	0	80	7	185
	24 fl oz	500	10.0	6.0	0.0	35	225	96	0	83	6	275
	32 fl oz	665	15.0	9.0	0.0	50	445	125	0	109	9	370
Hot Caramel Blondie	12 fl oz	350	9.5	5.0	0.0	25	250	58	0	52	9	185
	16 fl oz	490	13.5	7.0	0.0	35	350	82	0	73	12	185
	20 fl oz	575	15.5	8.5	0.0	40	410	97	0	86	14	370
	24 fl oz	725	19.5	10.5	0.0	55	515	122	0	109	17	370
Iced Caramel Truffle	16 fl oz	350	10.0	5.0	0.0	25	275	58	0	55	9	190
	20 fl oz	495	14.5	7.5	0.0	35	390	82	0	77	12	195
	24 fl oz	580	16.5	8.5	0.0	40	480	98	0	91	14	380
	32 fl oz	725	21.0	10.5	0.0	55	565	122	0	114	17	380
Blended Caramel Truffle	16 fl oz	375	9.0	5.5	0.0	30	270	69	0	62	6	190
	20 fl oz	500	12.5	7.5	0.0	40	360	92	0	83	7	190
	24 fl oz	495	11.0	6.0	0.0	35	365	96	0	86	6	285
	32 fl oz	665	15.5	9.0	0.0	50	480	125	0	112	9	375

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	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Hot Caramel Truffle	12 fl oz	350	10.0	5.0	0.0	25	275	58	0	55	9	190
	16 fl oz	495	14.5	7.5	0.0	35	390	82	0	77	12	195
	20 fl oz	575	16.5	8.5	0.0	40	445	96	0	90	14	380
	24 fl oz	725	21.0	10.5	0.0	55	565	122	0	114	17	380
Cold Brew Coffee	16 fl oz	15	0.0	0.0	0.0	0	5	3	0	0	1	200
	20 fl oz	15	0.0	0.0	0.0	0	5	3	0	0	1	240
	24 fl oz	20	0.0	0.0	0.0	0	5	4	0	0	1	275
	32 fl oz	25	0.0	0.0	0.0	0	10	5	0	0	2	345
Nitro Cold Brew Coffee	16 fl oz	15	0.0	0.0	0.0	0	5	3	0	0	1	200
	20 fl oz	15	0.0	0.0	0.0	0	5	3	0	0	1	240
	24 fl oz	20	0.0	0.0	0.0	0	5	4	0	0	1	275
	32 fl oz	25	0.0	0.0	0.0	0	10	5	0	0	2	345
Iced I.V.	24 fl oz	750	36.5	24.5	0.0	185	185	78	0	77	12	550
	32 fl oz	870	46.0	30.5	0.0	230	230	81	0	80	15	550
Blended I.V.	24 fl oz	310	11.0	7.0	0.0	45	200	46	0	40	7	550
	32 fl oz	440	15.5	10.5	0.0	65	280	65	0	56	10	550
Hot I.V.	20 fl oz	615	46.0	30.5	0.0	230	230	16	0	15	15	550
	24 fl oz	815	61.0	41.0	0.0	305	305	21	0	20	20	550
Iced Irish Coffee	16 fl oz	505	24.5	16.5	0.0	125	125	55	0	54	8	185
	20 fl oz	625	30.0	20.0	0.0	150	150	68	0	67	10	185
	24 fl oz	700	32.0	21.5	0.0	160	160	80	0	80	11	370
	32 fl oz	855	40.5	27.0	0.0	205	205	95	0	94	14	370
Blended Irish Coffee	16 fl oz	400	7.5	5.0	0.0	30	140	79	0	74	5	185
	20 fl oz	520	10.5	7.0	0.0	45	190	101	0	60	7	185
	24 fl oz	515	8.5	5.5	0.0	35	155	105	0	100	7	275
	32 fl oz	680	12.5	8.5	0.0	55	235	134	0	127	9	370
Hot Irish Coffee	12 fl oz	545	27.5	18.5	0.0	140	140	56	0	55	9	185
	16 fl oz	745	39.0	26.0	0.0	195	195	71	0	71	13	185
	20 fl oz	860	44.5	29.5	0.0	220	220	84	0	84	15	370
	24 fl oz	1070	56.5	38.0	0.0	285	285	100	0	99	19	370
Iced Jackhammer	20 fl oz	435	10.0	5.0	0.0	25	260	80	0	78	10	375
	24 fl oz	460	10.5	5.0	0.0	30	280	84	0	81	10	560
	32 fl oz	540	13.0	6.5	0.0	35	345	96	0	93	13	560
Blended Jackhammer	20 fl oz	535	11.0	6.5	0.0	40	310	104	0	97	8	375
	24 fl oz	500	9.0	5.0	0.0	30	295	101	0	95	6	560
	32 fl oz	635	13.0	7.5	0.0	45	390	123	0	115	9	560
Hot Jackhammer	16 fl oz	525	13.0	6.5	0.0	35	335	94	0	91	12	375
	20 fl oz	580	14.5	7.0	0.0	40	375	102	0	99	14	560
	24 fl oz	690	18.0	9.0	0.0	45	470	120	0	116	17	565
Iced Mexican Mocha	16 fl oz	185	5.5	3.5	0.0	20	130	26	0	25	9	185
	20 fl oz	235	6.5	4.0	0.5	25	160	35	0	33	11	190
	24 fl oz	275	7.0	4.0	0.5	25	170	43	0	40	12	375
	32 fl oz	340	9.0	5.5	0.5	35	215	54	0	51	15	375
Blended Mexican Mocha	16 fl oz	295	8.5	5.5	0.0	35	160	49	0	43	6	185
	20 fl oz	340	9.5	6.0	0.0	40	180	59	0	52	7	190
	24 fl oz	425	11.5	7.5	0.0	45	220	74	0	65	8	280
	32 fl oz	515	14.0	9.0	0.0	55	265	90	0	80	10	375
Hot Mexican Mocha	12 fl oz	200	6.0	3.5	0.5	25	145	27	0	26	10	185
	16 fl oz	280	8.5	5.0	0.5	30	200	40	0	38	14	190
	20 fl oz	340	9.5	6.0	0.5	35	235	50	0	47	16	375
	24 fl oz	421	12.0	7.5	0.5	45	290	62	0	58	20	375
COFFEE & ESPRESSO												
Iced White Mocha	16 fl oz	270	8.0	4.0	0.0	20	200	42	0	38	8	185

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	20 fl oz	330	9.5	5.0	0.0	25	240	52	0	47	10	185
	24 fl oz	360	10.5	5.5	0.0	30	265	57	0	51	11	370
	32 fl oz	450	13.0	7.0	0.0	35	330	71	0	64	14	370
	16 fl oz	490	15.5	9.5	0.0	55	340	47	0	67	13	185
Blended White Mocha	20 fl oz	570	18.0	10.5	0.0	65	395	87	0	78	16	185
	24 fl oz	655	21.0	12.5	0.0	75	455	100	0	89	18	275
	32 fl oz	810	26.0	15.5	0.0	90	565	124	0	111	22	370
	12 fl oz	300	9.0	4.5	0.0	25	550	47	0	43	9	185
Hot White Mocha	16 fl oz	420	12.5	6.5	0.0	35	310	66	0	60	13	185
	20 fl oz	480	15.0	7.5	0.0	40	395	75	0	72	15	370
	24 fl oz	600	17.5	9.5	0.0	50	440	94	0	85	18	370
	12 fl oz	300	9.0	4.5	0.0	25	550	47	0	43	9	185
Iced Americano	16 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	185
	20 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	185
	24 fl oz	5	0.0	0.0	0.0	0	0	1	0	0	0	370
	32 fl oz	5	0.0	0.0	0.0	0	0	1	0	0	0	370
Hot Americano	12 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	185
	16 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	185
	20 fl oz	5	0.0	0.0	0.0	0	0	1	0	0	0	370
	24 fl oz	5	0.0	0.0	0.0	0	0	1	0	0	0	370
Iced Breve	16 fl oz	365	27.5	18.5	0.0	140	140	10	0	9	9	185
	20 fl oz	450	33.5	22.5	0.0	170	170	12	0	11	11	185
	24 fl oz	490	36.5	24.5	0.0	185	185	13	0	12	12	370
	32 fl oz	615	46.0	30.5	0.0	230	230	16	0	15	15	370
Hot Breve	12 fl oz	410	30.5	20.5	0.0	155	155	11	0	10	10	185
	16 fl oz	570	43.0	28.5	0.0	215	215	15	0	14	14	185
	20 fl oz	655	49.0	32.5	0.0	245	245	17	0	16	16	370
	24 fl oz	615	61.0	41.0	0.0	305	305	21	0	20	20	370
Drip Coffee	12 fl oz	5	0.0	0.0	0.0	0	5	0	0	0	1	110
	16 fl oz	5	0.0	0.0	0.0	0	5	0	0	0	1	145
	20 fl oz	5	0.0	0.0	0.0	0	10	0	0	0	1	185
	24 fl oz	5	0.0	0.0	0.0	0	10	0	0	0	1	220
Iced Latte	16 fl oz	140	5.5	3.5	0.0	20	130	14	0	13	9	185
	20 fl oz	170	6.5	4.0	0.5	25	160	16	0	16	11	185
	24 fl oz	185	7.5	4.5	0.5	30	170	18	0	18	12	370
	32 fl oz	230	9.0	5.5	0.5	35	215	23	0	22	15	370
Blended Latte	16 fl oz	265	9.0	6.0	0.0	40	170	39	0	34	6	185
	20 fl oz	350	12.5	8.0	0.0	50	225	52	0	45	8	185
	24 fl oz	310	11.0	7.0	0.0	45	200	46	0	40	7	275
	32 fl oz	440	15.5	10.5	0.0	65	280	65	0	56	10	370
Hot Latte	12 fl oz	155	6.0	4.0	0.5	25	145	15	0	15	10	185
	16 fl oz	215	8.5	5.5	0.5	35	200	21	0	21	14	185
	20 fl oz	245	9.5	6.0	0.5	40	230	24	0	23	16	370
	24 fl oz	310	12.0	7.5	0.5	50	285	30	0	30	29	370
Iced Mocha	16 fl oz	270	8.5	4.0	0.0	20	220	42	0	41	8	190
	20 fl oz	330	10.5	5.0	0.0	25	270	52	0	50	10	190
	24 fl oz	360	11.5	5.5	0.0	30	295	54	0	54	11	375
	32 fl oz	450	14.0	7.0	0.0	35	370	71	0	68	14	380
Blended Mocha	16 fl oz	330	8.5	5.0	0.0	30	245	59	0	53	4	190
	20 fl oz	380	8.5	5.5	0.0	35	285	68	0	62	7	190
	24 fl oz	465	12.0	7.0	0.0	45	350	83	0	76	8	285
	32 fl oz	555	14.5	8.5	0.0	55	415	99	0	90	10	375
Hot Mocha	12 fl oz	300	9.5	4.5	0.0	25	245	47	0	45	9	190
	16 fl oz	420	13.0	6.5	0.0	35	345	66	0	63	13	195

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	20 fl oz	480	15.0	7.5	0.0	40	395	75	0	72	15	380
	24 fl oz	600	19.0	9.5	0.0	50	495	94	0	91	18	390
Shaken Espresso	16 fl oz	65	2.5	1.5	0.0	10	55	6	0	6	4	185
	20 fl oz	80	3.0	2.0	0.0	10	70	8	0	7	5	185
	24 fl oz	95	3.5	2.5	0.0	15	85	9	0	9	6	370
	32 fl oz	110	4.0	2.5	0.0	15	100	11	0	10	7	370
CHILLERS												
Chocolate Chip Chiller	16 fl oz	465	14.0	8.0	0.0	30	285	84	2	75	7	235
	20 fl oz	585	17.0	9.5	0.0	35	360	106	2	95	9	240
	24 fl oz	645	18.5	10.0	0.0	30	390	120	3	108	9	440
	32 fl oz	840	24.5	13.5	0.0	45	515	154	3	138	12	455
Mint Chip Chiller	16 fl oz	550	14.0	8.0	0.0	30	285	106	2	98	7	195
	20 fl oz	715	17.0	9.5	0.0	35	360	140	2	130	9	200
	24 fl oz	825	18.5	10.0	0.0	30	390	166	3	154	9	295
	32 fl oz	1065	24.5	13.5	0.0	45	515	212	3	196	12	395
Oreo Chiller	16 fl oz	445	13.5	6.5	0.0	30	335	76	1	63	7	190
	20 fl oz	545	16.5	8.5	0.0	45	410	94	1	79	9	195
	24 fl oz	575	17.0	7.5	0.0	35	445	101	1	83	8	290
	32 fl oz	775	23.5	11.0	0.0	55	590	134	1	109	12	380
CHAI & MATCHA												
Iced Chai Latte	16 fl oz	195	3.5	2.0	0.0	15	80	35	0	35	6	15
	20 fl oz	230	4.0	2.5	0.0	15	95	41	0	41	7	20
	24 fl oz	265	4.5	3.0	0.0	20	110	47	0	47	8	25
	32 fl oz	335	5.5	3.5	0.5	25	135	60	0	60	10	30
Blended Chai Latte	16 fl oz	255	6.0	4.0	0.0	25	115	45	0	42	4	10
	20 fl oz	320	7.5	5.0	0.0	30	140	57	0	53	5	15
	24 fl oz	385	9.0	6.0	0.0	40	170	68	0	63	6	20
	32 fl oz	525	12.5	8.5	0.0	55	235	92	0	85	9	25
Hot Chai Latte	12 fl oz	215	3.5	2.5	0.0	15	85	38	0	38	6	20
	16 fl oz	285	5.0	3.0	0.0	20	115	51	0	51	8	25
	20 fl oz	355	6.0	4.0	0.5	25	145	63	0	63	10	30
	24 fl oz	425	7.5	4.5	0.5	30	170	76	0	76	12	35
Iced Matcha Latte	16 fl oz	140	3.5	2.0	0.0	15	80	20	1	20	6	65
	20 fl oz	185	4.0	2.5	0.0	15	90	28	1	28	7	100
	24 fl oz	225	4.5	3.0	0.0	20	110	35	2	35	8	130
	32 fl oz	285	5.5	3.5	0.5	25	155	44	2	44	10	165
Blended Matcha Latte	16 fl oz	230	6.0	4.0	0.0	25	115	38	1	35	4	65
	20 fl oz	305	7.5	5.0	0.0	30	140	50	1	47	5	100
	24 fl oz	375	9.0	6.0	0.0	40	170	63	2	58	6	130
	32 fl oz	490	12.5	8.0	0.0	50	225	82	2	76	8	165
Hot Matcha Latte	12 fl oz	230	7.0	4.5	0.5	30	165	29	1	12	12	65
	16 fl oz	315	9.0	6.0	0.5	35	220	41	1	41	15	100
	20 fl oz	400	11.5	7.5	0.5	45	270	52	2	52	19	130
	24 fl oz	485	13.5	8.5	0.5	55	325	64	2	64	23	165
TEA												
Hot Tea, Black Ginger Peach, Earl Grey, British Breakfast, Blackberry Sage Varieties may vary	12 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	50
	16 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	50
	20 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	100
	24 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	100
Hot Tea, Green Organic Double Green Matcha Varieties may vary	12 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	30
	16 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	30
	20 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	60
	24 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	60

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Hot Tea, Herbal Organic Mint Fields, Hibiscus Pineapple Lychee Varieties may vary	12 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
	16 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
	20 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
	24 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
Shaken Black Iced Tea	16 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	90
	20 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	105
	24 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	125
	32 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	155
Shaken Green Iced Tea	16 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	55
	20 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	65
	24 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	75
	32 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	95
Shaken Hibiscus Tea	16 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
	20 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
	24 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
	32 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
Sweet Tea	16 fl oz	200	0.0	0.0	0.0	0	0	52	0	52	0	80
	20 fl oz	250	0.0	0.0	0.0	0	0	65	0	65	0	95
	24 fl oz	300	0.0	0.0	0.0	0	0	78	0	78	0	110
	32 fl oz	350	0.0	0.0	0.0	0	0	91	0	91	0	140
Traditional Iced Tea	16 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	90
	20 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	105
	24 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	125
	32 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	155
COFFEELESS												
Coco Lime Dirty Pop	16 fl oz	240	1.0	0.5	0.0	5	35	65	8	50	0	45
	20 fl oz	310	1.0	0.5	0.0	5	40	83	10	64	0	55
	24 fl oz	355	1.0	1.0	0.0	5	45	96	11	74	0	60
	32 fl oz	430	1.5	1.0	0.0	5	60	116	14	89	0	80
Blended Lemonade	16 fl oz	150	0.0	0.0	0.0	0	0	39	0	36	0	0
	20 fl oz	175	0.0	0.0	0.0	0	0	46	0	43	0	0
	24 fl oz	205	0.0	0.0	0.0	0	0	52	0	49	0	0
	32 fl oz	260	0.0	0.0	0.0	0	0	67	0	63	0	0
Fizz - Italian Soda	16 fl oz	0	0.0	0.0	0.0	0	75	0	0	0	0	0
	20 fl oz	0	0.0	0.0	0.0	0	90	0	0	0	0	0
	24 fl oz	0	0.0	0.0	0.0	0	105	0	0	0	0	0
	32 fl oz	0	0.0	0.0	0.0	0	130	0	0	0	0	0
Hot Chocolate	12 fl oz	360	11.5	5.5	0.0	30	295	56	0	54	11	145
	16 fl oz	475	15.0	7.5	0.0	40	395	75	0	72	15	150
	20 fl oz	595	19.0	9.5	0.0	50	495	93	0	91	18	290
	24 fl oz	715	22.5	11.0	0.0	60	595	112	0	109	22	290
Iced Chocolate Milk	16 fl oz	330	10.5	5.0	0.0	25	270	51	0	50	10	5
	20 fl oz	385	12.0	6.0	0.0	30	320	60	0	58	12	10
	24 fl oz	445	14.0	7.0	0.0	35	370	70	0	68	14	10
	32 fl oz	505	16.0	8.0	0.0	40	420	79	0	77	16	10
Iced Lemonade	16 fl oz	150	0.0	0.0	0.0	0	0	39	0	36	0	0
	20 fl oz	175	0.0	0.0	0.0	0	0	46	0	43	0	0
	24 fl oz	205	0.0	0.0	0.0	0	0	52	0	49	0	0
	32 fl oz	260	0.0	0.0	0.0	0	0	67	0	63	0	0
Shake	16 fl oz	305	11.0	7.0	0.0	45	200	45	0	40	7	0
	20 fl oz	380	13.5	9.0	0.0	55	245	56	0	49	9	0
	24 fl oz	460	16.0	11.0	0.0	65	295	67	0	59	11	0
	32 fl oz	620	22.0	14.5	0.0	90	405	92	0	81	15	0

NUTRITION STATEMENT



	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Smoothie	16 fl oz	370	3.0	2.0	0.0	15	55	86	1	82	2	0
	20 fl oz	470	3.0	2.0	0.0	15	55	111	1	106	2	0
	24 fl oz	560	3.0	2.0	0.0	15	55	135	1	129	2	0
	32 fl oz	745	6.0	4.0	0.0	25	115	173	2	164	4	0
Steamer	12 fl oz	185	7.5	4.5	0.5	30	170	18	0	18	12	0
	16 fl oz	245	9.5	6.0	0.5	40	230	23	0	23	16	0
	20 fl oz	305	12.0	7.5	0.5	50	285	29	0	29	20	0
	24 fl oz	365	14.5	9.0	0.5	60	345	35	0	35	24	0
LIL ROCKERS												
Lil Rockers Cold Milk	9 fl oz	135	5.5	3.5	0.5	20	130	13	0	13	9	0
Lil Rockers Fizz - Italian Soda	9 fl oz	0	0.0	0.0	0.0	0	55	0	0	0	0	0
Lil Rockers Hot Chocolate	9 fl oz	270	8.5	4.0	0.0	20	220	42	0	41	8	5
Lil Rockers Steamer	9 fl oz	135	5.5	3.5	0.5	20	130	13	0	13	9	0
Lil Rockers Iced Chocolate Milk	9 fl oz	270	8.5	4.0	0.0	20	220	42	0	41	8	5
Lil Rockers Juice - Apple	9 fl oz	125	0.0	0.0	0.0	0	25	31	0	31	1	0
Lil Rockers Juice - Orange	9 fl oz	125	0.0	0.0	0.0	0	0	29	0	24	2	0
Lil Rockers Lemonade	9 fl oz	135	0.0	0.0	0.0	0	0	35	0	33	0	0
Lil Rockers Shake	9 fl oz	230	8.0	5.5	0.0	35	150	34	0	30	5	0
MI Lil Rockers Smoothie	9 fl oz	280	1.5	1.0	0.0	5	30	68	1	64	1	0
CUSTOMIZE YOUR BEVERAGE OPTIONAL ADD-INS & ENHANCEMENTS												
DAIRY												
Nonfat Milk	1.0 fl oz	10	0.0	0.0	0.0	0	10	1	0	1	1	0
1% Milk	1.0 fl oz	10	0.5	0.0	0.0	0	10	1	0	1	1	0
2% Milk	1.0 fl oz	15	0.5	0.5	0.0	0	15	1	0	1	1	0
Whole Milk	1.0 fl oz	20	1.0	0.5	0.0	5	15	1	0	1	1	0
Half & Half	1.0 fl oz	40	3.0	2.0	0.0	15	15	1	0	1	1	0
Heavy Cream	1.0 fl oz	100	11.0	7.0	0.5	35	10	1	0	1	1	0
Chocolate Milk (preblended, TX/OR/WA)	1.0 fl oz	35	1.0	0.5	0.0	5	25	5	0	5	1	0
White Chocolate Mocha Milk (preblended OR/WA)	1.0 fl oz	30	1.0	0.5	0.0	5	20	5	0	4	1	0
Ice Cream Mix	1.0 fl oz	45	1.5	1.0	0.0	5	30	7	0	6	1	0
Cold Foam	2.0 fl oz	100	8.0	8.0	0.0	0	30	6	0	4	0	0
Protein Cold Foam	4 oz wt	205	3.0	1.5	0.0	30	110	32	0	31	16	0
Whipped Topping	2.0 fl oz	20	1.5	1.5	0.0	0	0	1	0	1	0	0
NON-DAIRY												
Almond Milk	1.0 fl oz	10	0.5	0.0	0.0	0	15	1	0	1	0	0
Coconut Milk	1.0 fl oz	10	0.5	0.5	0.0	0	15	1	0	1	0	0
Oat Milk	1.0 fl oz	20	1.0	0.0	0.0	0	10	2	0	1	0	0
Soy Milk	1.0 fl oz	10	0.5	0.0	0.0	0	30	1	0	1	1	0
SAUCES												
Caramel Sauce	1.0 fl oz	130	2.5	1.5	0.0	5	80	27	0	23	0	0
Caramel Sauce Sugar Free	1.0 fl oz	80	2.0	1.5	0.0	5	70	20	5	0	0	0
Chocolate Sauce	1.0 fl oz	110	1.0	0.0	0.0	0	105	26	0	25	1	5
Chocolate Sauce Sugar Free	1.0 fl oz	60	0.0	0.0	0.0	0	35	15	0	0	1	5
White Chocolate Sauce	1.0 fl oz	110	0.5	0.0	0.0	0	85	26	0	23	1	0
White Chocolate Sauce Sugar Free	1.0 fl oz	80	10.0	1.0	0.0	5	55	19	5	0	0	0
SYRUPS												
Blackberry	1.0 oz	140	0.0	0.0	0.0	0	0	38	0	38	0	0
Green Apple	1.0 oz	200	0.0	0.0	0.0	0	0	46	0	46	0	0
Caramel Salted	1.0 oz	200	0.0	0.0	0.0	0	210	50	0	48	0	0
Syrups Various	1.0 oz	160	0.0	0.0	0.0	0	0	40	0	40	0	0
Almond,Banana,Cherry,Eng Toffee,Fr Vanilla, Grapefruit,Guava,Hazelnut,Kiwi,Lime,Passionfrt, Pineapple,Pomegranate,Strawberry,Watermelon												



NUTRITION STATEMENT

 BLACK ★ ROCK COFFEE BAR™	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Syrups Various Blue Raspberry,Choc Macademia,Coconut, Irish Cream,Lavender,Mango,Orange,Peach, Peppermint,Red Raspberry	1.0 oz	180	0.0	0.0	0.0	0	0	48	0	48	0	0
Syrups Various Cane Sugar Syrup, Honey Syrup	1.0 oz	200	0.0	0.0	0.0	0	0	56	0	52	0	0
Coconut Sugar Free	1.0 oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
Syrups Sugar Free Various SF Fr Vanilla, SF Hazelnut, SF Peppermint SF Red Raspberry, SF Strawberry, SF Watermelon	1.0 oz	0	0.0	0.0	0.0	0	10	0	0	0	0	0
Syrups Sugar Free Various SF Irish Cream, SF Peach	1.0 oz	5	0.0	0.0	0.0	0	10	1	0	0	0	0
OTHER ADD-INS												
Espresso Shot	1.0 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	25
Matcha, 1 scoop	.5 oz wt	55	0.0	0.0	0.0	0	0	12	1	12	0	65
Mexican Spiced Ground Chocolate	.5 oz	50	0.0	0.0	0.0	0	5	13	0	12	0	5
Whey Protein Powder	15 gram	60	1.0	0.5	0.0	25	70	2	0	1	13	0
Apple Juice Top Off	2 fl oz	30	0.0	0.0	0.0	0	5	7	0	7	0	0
Orange Juice Top Off	2 fl oz	30	0.0	0.0	0.0	0	0	7	0	5	1	0
Lemonade Top Off	2 fl oz	30	0.0	0.0	0.0	0	0	8	0	7	0	0
Club Soda	5 fl oz	0	0.0	0.0	0.0	0	40	0	0	0	0	0
Tea Black Green or Hibiscus	5 fl oz	0	0.0	0.0	0.0	0	0	0	0	0	0	0
Freeze Dried Strawberries	.5 oz wt	50	1.5	0.0	0.0	0	5	12	3	6	1	0
Freeze Dried Dragon Fruit (Pitaya)	.5 oz wt	50	0.5	0.0	0.0	0	0	10	1	8	1	0
Make it Sour! Citric Acid	1 gram	0	0.0	0.0	0.0	0	0	0	0	0	0	0
Ground Cinnamon	.7 gram	0	0.0	0.0	0.0	0	0	0	0	0	0	0
Chocolate Chips	.5 oz wt	65	3.5	2.0	0.0	0	0	10	1	8	1	5
Oreo Cookies	1 oz wt	130	6.0	1.5	0.0	0	105	21	1	12	1	5
Honey	1 tblsp	60	0.0	0.0	0.0	0	0	17	0	16	0	0
Packet Sugars and Sweeteners	See individual product packaging for nutritional details											
BREAKFAST ANYTIME												
Arizona - Phoenix												
Savory												
Bagel Jalapeno Cheddar	1 Bagel	280	7.0	3.5	0.0	10	720	43	2	2	9	0
Bagel Plain Salt	1 Bagel	270	4.0	1.5	0.0	0	610	51	2	2	8	0
Burrito Breakfast Veggie	1 Burrito	340	10.0	4.0	0.0	180	1200	49	2	6	14	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	41	3	2	22	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Bacon Gouda	1 Sandwich	380	22.0	9.0	0.0	170	740	29	1	4	19	0
Sandwich Ham & Swiss Croissant	1 Sandwich	430	25.0	15.0	0.5	70	770	37	1	6	13	0
Sandwich Sausage Cheddar	1 Sandwich	370	19.0	6.0	0.0	160	990	31	1	6	20	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Sriracha Sour Cream	1 Container	90	8.0	4.0	0.0	25	220	4	0	3	1	0
Sweet												
Banana Bread Vegan Gluten Sensitive	1 Piece	350	11.0	0.5	0.0	0	530	63	2	32	3	0
Coffee Cake Loaf	1 Piece	390	19.0	5.0	0.0	60	320	53	1	33	4	0
Mini Chocolate Chip Cookies	1 Container	500	24.0	15.0	1.0	70	230	69	2	41	6	0
Glazed Donut Holes	1 Container	490	21.0	11.0	0.0	0	490	67	0	30	7	0
Marshmallow W/Brown Butter & Sea Salt	1 Bar	230	4.0	0.0	0.0	15	220	45	0	21	2	0
Muffin Blueberry	1 Muffin	470	23.0	3.0	0.0	90	430	61	3	31	7	0
Scone Blueberry	1 Scone	490	23.0	12.0	0.5	70	350	63	2	24	7	0
Toaster Pastry Blackberry Raspberry	1 Pastry	480	24.0	13.0	0.0	0	530	63	2	32	3	0

NUTRITION STATEMENT



	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Arizona - Tucson												
Savory												
Bagel Jalapeno Cheddar	1 Bagel	280	7.0	3.5	0.0	10	720	43	2	2	9	0
Bagel Plain Salt	1 Bagel	270	4.0	1.5	0.0	0	610	51	2	2	8	0
Burrito Breakfast Veggie	1 Burrito	340	10.0	4.0	0.0	180	1200	49	2	6	14	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Bacon Gouda	1 Sandwich	380	22.0	9.0	0.0	170	740	29	1	4	19	0
Sandwich Ham & Swiss Croissant	1 Sandwich	430	25.0	15.0	0.5	70	770	37	1	6	13	0
Sandwich Sausage Cheddar	1 Sandwich	370	19.0	6.0	0.0	160	990	31	1	6	20	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Sriracha Sour Cream	1 Container	90	8.0	4.0	0.0	25	220	4	0	3	1	0
Sweet												
Banana Bread Vegan Gluten Sensitive	1 Piece	350	11.0	0.5	0.0	0	530	63	2	32	3	0
Coffee Cake Loaf	1 Piece	390	19.0	5.0	0.0	60	320	53	1	33	4	0
Glazed Donut Holes	1 Container	490	21.0	11.0	0.0	0	490	67	0	30	7	0
Muffin Blueberry	1 Muffin	470	23.0	3.0	0.0	90	430	61	3	31	7	0
California												
Savory												
Bagel Everything	1 Bagel	290	0.0	0.0	0.0	0	680	59	2	6	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Burrito Bacon	1 Burrito	450	20.0	9.0	0.0	75	1050	42	3	2	25	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Chorizo Breakfast	1 Sandwich	420	22.0	10.0	0.0	65	850	29	1	1	22	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Bagel Cinnamon Raisin	1 Bagel	290	0.0	0.0	0.0	0	540	60	2	9	9	0
Birthday Cake Pop	1 Pop	210	9.0	6.0	0.0	35	150	31	0	20	2	0
Coffee Cake	1 Piece	440	20.0	9.0	0.0	45	200	61	1	37	5	0
Cookie Chocolate Chunk	1 Cookie	370	18.0	11.0	0.0	50	450	50	2	28	5	0
Granola Nut Bar	1 Bar	410	18.0	8.0	0.0	35	170	60	3	30	6	0
Marshmallow Bar Brown Butter, Sea Salt Gluten Friendly	1 Bar	230	4.0	0.0	0.0	15	220	45	0	21	2	0
Muffin Chocolate Chip Banana Gluten Sensitive	1/2 Muffin	230	9.0	2.0	0.0	0	150	38	1	23	1	0
Muffin Blueberry Crumb Cake	1 Muffin	365	17.0	4.0	0.0	40	520	59	2	33	6	0
Muffin Double Chocolate Chip	1 Muffin	540	30.0	8.0	0.0	60	480	61	3	40	6	0
Colorado												
Savory												
Bagel Everything	1 Bagel	290	0.0	0.0	0.0	0	680	59	2	6	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Burrito Bacon	1 Burrito	450	20.0	9.0	0.0	75	1050	42	3	2	25	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Burrito Egg	1 Burrito	430	19.0	9.0	0.0	75	590	42	3	3	21	0
Burrito Chorizo	1 Burrito	470	23.0	11.0	0.0	190	730	41	3	2	23	0
Croissant	1 Croissant	270	11.0	6.0	0.0	25	35	36	2	6	7	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0

NUTRITION STATEMENT



	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Sweet												
Bagel Cinnamon Raisin	1 Bagel	290	0.0	0.0	0.0	0	540	60	2	9	9	0
Bread Blueberry Lemon	1 Slice	340	10.0	6.0	0.0	50	430	56	2	27	6	0
Bread Chocolate Pumpkin	1 Slice	430	19.0	6.0	0.0	50	300	63	3	45	5	0
Cinnamon Roll	1 Roll	730	28.0	10.0	0.0	0	450	115	2	61	6	0
Muffin Raspberry Coffee Cake Gluten Sensitive	1 Muffin	500	22.0	2.0	0.0	70	380	72	2	30	4	0
Cookie Seasonal Sugar Iced	1 Cookie	330	16.0	9.0	0.0	50	210	44	1	26	4	0
Croissant Chocolate	1 Croissant	380	18.0	11.0	0.0	10	260	51	2	18	5	0
Muffin Apple Cinnamon Pecan	1 Muffin	460	24.0	4.5	0.0	60	460	55	1	31	6	0
Muffin Banana Walnut Gluten Sensitive	1 Muffin	500	22.0	2.0	0.0	70	380	72	2	30	4	0
Muffin Double Chocolate Tulip	1 Muffin	440	23.0	5.0	0.0	45	420	57	2	33	5	0
Muffin Blueberry Cobbler Tulip	1 Muffin	420	19.0	3.0	0.0	60	550	59	1	33	6	0
Muffin Lemon Crumb Gluten Sensitive	1 Muffin	560	28.0	9.0	0.0	70	300	74	1	30	4	0
Scone Blueberry	1 Scone	490	23.0	14.0	0.0	75	410	61	2	16	9	0
Idaho												
Savory												
Bagel Asiago	1 Bagel	280	2.0	1.0	0.0	5	590	58	2	7	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Burrito Bacon	1 Burrito	450	20.0	9.0	0.0	75	1050	42	3	2	25	0
Burrito Egg	1 Burrito	430	19.0	9.0	0.0	75	590	42	3	3	21	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Ham & Swiss Croissant	1 Sandwich	430	28.0	17.0	0.0	85	510	29	1	5	14	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Bagel Cinnamon Raisin	1 Bagel	290	0.0	0.0	0.0	0	540	60	2	9	9	0
Bread Banana	1 Slice	160	5.0	0.5	0.0	15	130	27	0	17	2	0
Coffee Cake	1 Piece	440	20.0	9.0	0.0	45	200	61	1	37	5	0
Donut Holes Glazed	1 Container	540	33.0	15.0	0.0	40	670	56	0	19	7	0
Muffin Double Chocolate Tulip	1 Muffin	440	23.0	5.0	0.0	45	420	57	2	33	5	0
Muffin Blueberry Cobbler Tulip	1 Muffin	420	19.0	3.0	0.0	60	550	59	1	33	6	0
Muffin Blueberry Gluten Sensitive IW	1 Muffin	280	10.0	2.5	0.0	65	270	44	1	25	2	0
Texas - Austin Market												
Savory												
Bagel Everything	1 Bagel	290	0.0	0.0	0.0	0	680	59	2	6	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Bagel Plain Gluten Sensitive	1 Bagel	310	9.0	0.5	0.0	0	470	47	1	6	8	0
Croissant Butter	1 Croissant	360	22.0	14.0	0.0	20	345	34	1	6	5	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Taco Migas	1 Taco	300	18.0	8.0	0.0	120	470	21	1	1	13	0
Taco Papas Egg and Cheese	1 Taco	350	22.0	10.0	0.0	280	860	21	1	0	18	0
Taco Bean and Cheese	1 Taco	310	17.0	7.0	0.0	25	810	27	4	0	13	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Sweet												
Bagel Blueberry	1 Bagel	290	1.0	0.0	0.0	0	500	64	2	15	9	0
Cinnamon Knot	1 Knot	350	14.0	9.0	0.0	20	240	51	2	25	5	0
Cookie Chocolate Chunk	1 Cookie	594	26.0	17.0	0.0	35	360	81	4	47	7	15
Croissant Chocolate	1 Croissant	330	19.0	12.0	0.0	25	285	32	2	9	5	0
Muffin Blueberry	1 Muffin	390	17.0	11.0	0.0	50	325	51	2	24	6	0

NUTRITION STATEMENT



	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Texas - Dallas Market												
Savory												
Bagel Everything	1 Bagel	290	0.0	0.0	0.0	0	680	59	2	6	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Burrito Bacon	1 Burrito	450	20.0	9.0	0.0	75	1050	42	3	2	25	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Burrito Egg	1 Burrito	430	19.0	9.0	0.0	75	590	42	3	3	21	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Chorizo Breakfast	1 Sandwich	420	22.0	10.0	0.0	65	850	29	1	1	22	0
Sandwich Ham & Swiss Croissant	1 Sandwich	486	25.0	16.0	0.0	75	720	50	2	7	14	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Croissant Chocolate	1 Croissant	500	25.0	16.0	0.0	60	530	59	3	15	9	0
Muffin Banana Gluten Friendly	1 Muffin	280	3.0	0.0	0.0	0	275	61	3	34	4	0
Monkey Bread	1 Piece	636	25.0	17.0	0.0	70	640	90	2	38	10	0
Muffin Blueberry Cobbler Tulip	1 Muffin	420	19.0	3.0	0.0	60	550	59	1	33	6	0
Texas - Houston Market												
Savory												
Bagel Everything	1 Bagel	290	0.0	0.0	0.0	0	680	59	2	6	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Bagel Plain Gluten Sensitive	1 Bagel	310	9.0	0.5	0.0	0	470	47	1	6	8	0
Burrito Bacon	1 Burrito	450	20.0	9.0	0.0	75	1050	42	3	2	25	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Burrito Egg	1 Burrito	430	19.0	9.0	0.0	75	590	42	3	3	21	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Chorizo Breakfast	1 Sandwich	420	22.0	10.0	0.0	65	850	29	1	1	22	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Bagel Blueberry	1 Bagel	290	1.0	0.0	0.0	0	500	64	2	15	9	0
Coffee Cake	1 Piece	440	20.0	9.0	0.0	45	200	61	1	37	5	0
Donut Holes Glazed	1 Container	540	33.0	15.0	0.0	40	670	56	0	19	7	0
Marshmallow Bar Brown Butter, Sea Salt Gluten Friendly	1 Bar	230	4.0	0.0	0.0	15	220	45	0	21	2	0
Muffin Blueberry Cobbler Tulip	1 Muffin	420	19.0	3.0	0.0	60	550	59	1	33	6	0
Muffin Double Chocolate Tulip	1 Muffin	440	23.0	5.0	0.0	45	420	57	2	33	5	0
Texas - San Antonio Market												
Savory												
Bagel Everything	1 Bagel	290	0.0	0.0	0.0	0	680	59	2	6	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Burrito Bacon	1 Burrito	450	20.0	9.0	0.0	75	1050	42	3	2	25	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Burrito Egg	1 Burrito	430	19.0	9.0	0.0	75	590	42	3	3	21	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Kolache Sausage and Cheddar	1 Kolache	390	22.0	10.0	0.0	90	670	34	1	5	15	0
Kolache Sausage Cheese and Jalapeno	1 Kolache	400	22.0	10.0	0.0	90	670	34	1	6	15	0
Sandwich Chorizo Breakfast	1 Sandwich	420	22.0	10.0	0.0	65	850	29	1	1	22	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0

NUTRITION STATEMENT



	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Bagel Blueberry	1 Bagel	290	1.0	8.0	0.0	0	500	64	2	15	9	0
Coffee Cake	1 Piece	440	20.0	9.0	0.0	45	200	61	1	37	5	0
Donut Holes Glazed	1 Container	540	33.0	15.0	0.0	40	670	56	0	19	7	0
Muffin Blueberry Cobbler Tulip	1 Muffin	420	19.0	3.0	0.0	60	550	59	1	33	6	0
Muffin Blueberry Gluten Sensitive IW	1 Muffin	280	10.0	2.5	0.0	65	270	44	1	25	2	0
Muffin Double Chocolate Tulip	1 Muffin	440	23.0	5.0	0.0	45	420	57	2	33	5	0
Oregon - Medford (Biddle Road)												
Sweet												
Muffin Blueberry Crumb Cake	1 Muffin	365	17.0	4.0	0.0	40	520	59	2	33	6	0
Muffin Double Chocolate Chip	1 Muffin	540	30.0	8.0	0.0	60	480	61	3	40	6	0
Cookie Chocolate Chunk	1 Cookie	370	18.0	11.0	0.0	50	450	50	2	28	5	0
Marshmallow Bar Brown Butter, Sea Salt Gluten Friendly	1 Bar	230	4.0	0.0	0.0	15	220	45	0	21	2	0
Granola Nut Bar	1 Bar	410	18.0	8.0	0.0	35	170	60	3	30	6	0
Coffee Cake	1 Piece	440	20.0	9.0	0.0	45	200	61	1	37	5	0
Oregon - Medford (Northgate/Rossanley Dr), Eagle Point (Hwy 62/W Linn Rd)												
Savory												
Bagel Asiago	1 Bagel	280	2.0	1.0	0.0	5	590	58	2	7	10	0
Bagel Everything	1 Bagel	290	0.0	0.0	0.0	0	680	59	2	6	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Burrito Bacon	1 Burrito	450	20.0	9.0	0.0	75	1050	42	3	2	25	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Burrito Egg	1 Burrito	430	19.0	9.0	0.0	75	590	42	3	3	21	0
Croissant	1 Croissant	270	11.0	6.0	0.0	25	35	36	2	6	7	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Chorizo Breakfast	1 Sandwich	420	22.0	10.0	0.0	65	850	29	1	1	22	0
Sandwich Breakfast Croissant Ham Egg Gouda	1 Sandwich	320	14.0	6.0	0.0	140	800	29	1	6	16	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Coffee Cake	1 Piece	440	20.0	9.0	0.0	45	200	61	1	37	5	0
Cookie Chocolate Chunk	1 Cookie	370	18.0	11.0	0.0	50	450	50	2	28	5	0
Granola Nut Bar	1 Bar	410	18.0	8.0	0.0	35	170	60	3	30	6	0
Marshmallow Bar Brown Butter, Sea Salt Gluten Friendly	1 Bar	230	4.0	0.0	0.0	15	220	45	0	21	2	0
Muffin Blueberry Crumb Cake	1 Muffin	365	17.0	4.0	0.0	40	520	59	2	33	6	0
Muffin Double Chocolate Chip	1 Muffin	540	30.0	8.0	0.0	60	480	61	3	40	6	0
Oregon - Albany (Hwy 34)												
Savory												
Bagel Cheddar	1 Bagel	370	8.0	4.0	0.0	20	760	60	3	5	16	0
Bagel Plain	1 Bagel	290	1.0	0.0	0.0	0	630	60	3	5	11	0
Burrito Bacon	1 Burrito	450	20.0	9.0	0.0	75	1050	42	3	2	25	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Jalapeno Chorizo Bagel	1 Sandwich	700	31.0	15.0	0.0	190	1500	63	3	6	33	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												

NUTRITION STATEMENT



	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Bagel Blueberry	1 Bagel	310	1.0	0.0	0.0	0	630	64	3	9	11	0
Oregon - Salem (Lancaster Dr NE), Keizer (River Road N), Eugene (River Road), Eugene (W 7th Ave)												
Savory												
Bagel Cheddar	1 Bagel	370	8.0	4.0	0.0	20	760	60	3	5	16	0
Bagel Plain	1 Bagel	290	1.0	0.0	0.0	0	630	60	3	5	11	0
Burrito Bacon	1 Burrito	450	20.0	9.0	0.0	75	1050	42	3	2	25	0
Burrito Egg	1 Burrito	430	19.0	9.0	0.0	75	590	42	3	3	21	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Croissant	1 Croissant	270	11.0	6.0	0.0	25	35	36	2	6	7	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Jalapeno Chorizo Bagel	1 Sandwich	700	31.0	15.0	0.0	190	1500	63	3	6	33	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Bagel Blueberry	1 Bagel	310	1.0	0.0	0.0	0	630	64	3	9	11	0
Coffee Cake	1 Piece	440	20.0	9.0	0.0	45	200	61	1	37	5	0
Cookie Chocolate Chunk	1 Cookie	370	18.0	11.0	0.0	50	450	50	2	28	5	0
Granola Nut Bar	1 Bar	410	18.0	8.0	0.0	35	170	60	3	30	6	0
Marshmallow Bar Brown Butter, Sea Salt Gluten Friendly	1 Bar	230	4.0	0.0	0.0	15	220	45	0	21	2	0
Muffin Blueberry Crumb Cake	1 Muffin	365	17.0	4.0	0.0	40	520	59	2	33	6	0
Muffin Double Chocolate Chip	1 Muffin	540	30.0	8.0	0.0	60	480	61	3	40	6	0
Oregon - Bend (Robal Rd)												
Savory												
Bagel Jalapeno Cheddar	1 Bagel	280	7.0	3.5	0.0	10	720	43	2	2	9	0
Bagel Everything	1 Bagel	280	4.5	1.5	0.0	0	1010	52	2	2	8	0
Bagel Plain Salt	1 Bagel	270	4.0	1.5	0.0	0	610	51	2	2	8	0
Burrito Breakfast Veggie	1 Burrito	340	10.0	4.0	0.0	180	1200	49	2	6	14	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Bacon Gouda	1 Sandwich	380	22.0	9.0	0.0	170	740	29	1	4	19	0
Sandwich Ham & Swiss Croissant	1 Sandwich	430	25.0	15.0	0.5	70	770	37	1	6	13	0
Sandwich Sausage Cheddar	1 Sandwich	370	19.0	6.0	0.0	160	990	31	1	6	20	0
Sriracha Sour Cream	1 Container	90	8.0	4.0	0.0	25	220	4	0	3	1	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Banana Bread Vegan Gluten Sensitive	1 Piece	350	11.0	0.5	0.0	0	530	63	2	32	3	0
Coffee Cake Loaf	1 Piece	390	19.0	5.0	0.0	60	320	53	1	33	4	0
Glazed Donut Holes	1 Container	490	21.0	11.0	0.0	0	490	67	0	30	7	0
Muffin Blueberry	1 Muffin	470	23.0	3.0	0.0	90	430	61	3	31	7	0
Scone Blueberry	1 Scone	490	23.0	12.0	0.5	70	350	63	2	24	7	0
Toaster Pastry Blackberry Raspberry	1 Pastry	480	24.0	13.0	0.5	35	200	61	2	21	5	0
Oregon - Beaverton (SW 185th Ave)												
Savory												
Sandwich Ham & Swiss Croissant	1 Sandwich	430	25.0	15.0	0.5	70	770	37	1	6	13	0
Sweet												
Banana Bread Vegan Gluten Sensitive	1 Piece	350	11.0	0.5	0.0	0	530	63	2	32	3	0
Coffee Cake Loaf	1 Piece	390	19.0	5.0	0.0	60	320	53	1	33	4	0
Mini Chocolate Chip Cookies	1 Container	500	24.0	15.0	1.0	70	230	69	2	41	6	0

NUTRITION STATEMENT



	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Glazed Donut Holes	1 Container	490	21.0	11.0	0.0	0	490	67	0	30	7	0
Granola Nut Bar	1 Bar	410	18.0	8.0	0.0	35	170	60	3	30	6	0
Marshmallow Bar Brown Butter, Sea Salt Gluten Friendly	1 Bar	230	4.0	0.0	0.0	15	220	45	0	21	2	0
Muffin Blueberry	1 Muffin	470	23.0	3.0	0.0	90	430	61	3	31	7	0
Scone Blueberry	1 Scone	490	23.0	12.0	0.5	70	350	63	2	24	7	0
Toaster Pastry Blackberry Raspberry	1 Pastry	480	24.0	13.0	0.5	35	200	61	2	21	5	0
Oregon - Portland, Clackamas, Gresha, Gladstone, Oregon City, Happy Valley, Troutdale												
Savory												
Bagel Plain	1 Bagel	270	1.0	0.0	0.0	0	540	54	2	4	10	0
Bagel Supreme Everything	1 Bagel	300	3.0	1.5	0.0	10	610	54	2	4	12	0
Bagel Tillamook Cheddar	1 Bagel	290	1.5	0.5	0.0	5	590	58	2	4	11	0
Burrito Breakfast Veggie	1 Burrito	340	10.0	4.0	0.0	180	1200	49	2	6	14	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Bacon Gouda	1 Sandwich	380	22.0	9.0	0.0	170	740	29	1	4	19	0
Sandwich Ham & Swiss Croissant	1 Sandwich	430	25.0	15.0	0.5	70	770	37	1	6	13	0
Sandwich Sausage Cheddar	1 Sandwich	370	19.0	6.0	0.0	160	990	31	1	6	20	0
Sriracha Sour Cream	1 Container	90	8.0	4.0	0.0	25	220	4	0	3	1	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Bagel Blueberry	1 Bagel	300	1.0	0.0	0.0	0	370	61	3	6	11	0
Banana Bread Vegan Gluten Sensitive	1 Piece	350	11.0	0.5	0.0	0	530	63	2	32	3	0
Coffee Cake Loaf	1 Piece	390	19.0	5.0	0.0	60	320	53	1	33	4	0
Mini Chocolate Chip Cookies	1 Container	500	24.0	15.0	1.0	70	230	69	2	41	6	0
Glazed Donut Holes	1 Container	490	21.0	11.0	0.0	0	490	67	0	30	7	0
Muffin Blueberry	1 Muffin	470	23.0	3.0	0.0	90	430	61	3	31	7	0
Scone Blueberry	1 Scone	490	23.0	12.0	0.5	70	350	63	2	24	7	0
Toaster Pastry Blackberry Raspberry	1 Pastry	480	24.0	13.0	0.5	35	200	61	2	21	5	0
Oregon - Portland, Clackamas, Gresha, Gladstone, Oregon City, Happy Valley, Troutdale												
Savory												
Bagel Everything	1 Bagel	290	0.0	0.0	0.0	0	680	59	2	6	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Burrito Breakfast Veggie	1 Burrito	340	10.0	4.0	0.0	180	1200	49	2	6	14	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Bacon Gouda	1 Sandwich	380	22.0	9.0	0.0	170	740	29	1	4	19	0
Sandwich Ham & Swiss Croissant	1 Sandwich	430	25.0	15.0	0.5	70	770	37	1	6	13	0
Sandwich Sausage Cheddar	1 Sandwich	370	19.0	6.0	0.0	160	990	31	1	6	20	0
Sriracha Sour Cream	1 Container	90	8.0	4.0	0.0	25	220	4	0	3	1	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Bagel Cinnamon Raisin	1 Bagel	290	0.0	0.0	0.0	0	540	60	2	9	9	0
Banana Bread Vegan Gluten Sensitive	1 Piece	350	11.0	0.5	0.0	0	530	63	2	32	3	0
Coffee Cake Loaf	1 Piece	390	19.0	5.0	0.0	60	320	53	1	33	4	0
Mini Chocolate Chip Cookies	1 Container	500	24.0	15.0	1.0	70	230	69	2	41	6	0
Glazed Donut Holes	1 Container	490	21.0	11.0	0.0	0	490	67	0	30	7	0
Muffin Blueberry	1 Muffin	470	23.0	3.0	0.0	90	430	61	3	31	7	0

NUTRITION STATEMENT



	Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Scone Blueberry	1 Scone	490	23.0	12.0	0.5	70	350	63	2	24	7	0
Toaster Pastry Blackberry Raspberry	1 Pastry	480	24.0	13.0	0.5	35	200	61	2	21	5	0
Oregon - Portland, Clackamas, Gresha, Gladstone, Oregon City, Happy Valley, Troutdale												
Savory												
Bagel Everything	1 Bagel	290	0.0	0.0	0.0	0	680	59	2	6	10	0
Bagel Plain	1 Bagel	290	0.0	0.0	0.0	0	590	59	2	6	10	0
Burrito Breakfast Veggie	1 Burrito	340	10.0	4.0	0.0	180	1200	49	2	6	14	0
Burrito Sausage	1 Burrito	450	21.0	10.0	0.0	175	690	42	3	2	22	0
Egg Bites Bacon Cheese	2 Bites	310	24.0	12.0	0.5	255	460	3	0	1	20	0
Egg White Bites Ham & Gruyere	2 Bites	240	18.0	10.0	0.0	50	480	6	0	2	17	0
Sandwich Bacon Gouda	1 Sandwich	380	22.0	9.0	0.0	170	740	29	1	4	19	0
Sandwich Ham & Swiss Croissant	1 Sandwich	430	25.0	15.0	0.5	70	770	37	1	6	13	0
Sandwich Sausage Cheddar	1 Sandwich	370	19.0	6.0	0.0	160	990	31	1	6	20	0
Sriracha Sour Cream	1 Container	90	8.0	4.0	0.0	25	220	4	0	3	1	0
Cream Cheese	1 Container	70	7.0	4.0	0.0	20	110	2	0	0	1	0
Salsa Packet	1 Packet	5	0.0	0.0	0.0	0	160	1	0	0	0	0
Sour Cream	1 Packet	60	5.0	4.0	0.0	20	15	1	0	0	1	0
Sweet												
Bagel Cinnamon Raisin	1 Bagel	290	0.0	0.0	0.0	0	540	60	2	9	9	0
Banana Bread Vegan Gluten Sensitive	1 Piece	350	11.0	0.5	0.0	0	530	63	2	32	3	0
Coffee Cake Loaf	1 Piece	390	19.0	5.0	0.0	60	320	53	1	33	4	0
Mini Chocolate Chip Cookies	1 Container	500	24.0	15.0	1.0	70	230	69	2	41	6	0
Glazed Donut Holes	1 Container	490	21.0	11.0	0.0	0	490	67	0	30	7	0
Muffin Blueberry	1 Muffin	470	23.0	3.0	0.0	90	430	61	3	31	7	0
Scone Blueberry	1 Scone	490	23.0	12.0	0.5	70	350	63	2	24	7	0
Toaster Pastry Blackberry Raspberry	1 Pastry	480	24.0	13.0	0.5	35	200	61	2	21	5	0

All nutrition information is based on average values for ingredients and is rounded in accordance with current U.S. Food and Drug Administration (FDA) regulations. 2,000 calories a day is used for general nutritional advice, but calorie needs vary. The nutrition information Black Rock Coffee Bar, Inc. ("Black Rock Coffee") has provided is based on standard product formulations. You should expect some product variation and nutrient content variations which may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited-time offers, custom orders, and regional menu variations.

Caffeine is an approximate value. Use in moderation. NOT RECOMMENDED FOR children, people sensitive to caffeine, pregnant or nursing women. The FDA recommends not more than 400mg of caffeine per day.

This nutrition information and allergen information for the nine major allergens identified by the FDA (milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame) is based on Black Rock Coffee's standard food and beverage product formulations using information available from ingredient manufacturers or suppliers. However, variations may occur without notice due to changes in ingredient formulation or substitution, regional or seasonal differences, differences in preparation techniques, or other factors. Some items listed may not be available in all stores.

This list may not include test products, limited-time offers, custom orders, and regional menu variations. In addition, please be aware that during normal operations ingredients may come in direct contact with shared preparation areas, equipment, utensils, and instances of contact with allergen-containing ingredients. Accordingly, we are unable to guarantee that all Black Rock Coffee products are free of allergens. Recipe substitutions and modifications may change the presence of allergens; please see our Allergen List for more ingredient-specific allergen information.