

	20oz	460	16	12	0	35	319	66	1	61	40	14
Salted Caramel Chai Latte (iced)	12oz	240	8	6	0	15	156	36	1	33	24	6
	16oz	320	11	8	0	20	207	48	1	44	32	8
	20oz	400	14	10	0	25	259	60	1	55	40	10
Matcha Latte (hot)	32oz	540	18	14	0	30	333	82	2	74	56	12
	12oz	350	12	9	0	25	320	48	0	38	20	13
	16oz	470	17	12	0	35	436	65	0	52	27	17
Matcha Latte (iced)	20oz	600	21	15	0	45	553	82	0	65	34	22
	12oz	290	10	7	0	15	260	42	0	32	20	9
	16oz	410	14	11	0	25	376	59	0	46	27	13
Strawberry Lemonade Green Tea	20oz	540	19	14	0	35	493	76	0	59	34	18
	32oz	700	24	18	0	40	636	101	0	77	48	22
	12oz	110	0	0	0	0	0	28	0	28	27	0
Peach Raspberry Black Tea	16oz	150	0	0	0	0	0	38	0	37	36	0
	20oz	190	0	0	0	0	0	47	0	46	45	0
	32oz	260	0	0	0	0	0	66	0	65	64	0
Sweet Tea	12oz	70	0	0	0	0	0	18	0	18	17	0
	16oz	100	0	0	0	0	0	24	0	24	23	0
	20oz	120	0	0	0	0	0	30	0	29	29	0
Sweet Tea Lemonade	32oz	170	0	0	0	0	0	42	0	41	40	0
	12oz	140	0	0	0	0	0	35	0	35	35	0
	16oz	180	0	0	0	0	0	46	0	46	46	0
Hot Tea (Earl Grey or Green)	20oz	230	0	0	0	0	0	58	0	58	58	0
	32oz	320	0	0	0	0	0	81	0	81	81	0
	12oz	110	0	0	0	0	0	27	0	27	27	0
Signature Iced Black Tea	16oz	140	0	0	0	0	0	36	0	36	35	0
	20oz	180	0	0	0	0	0	45	0	45	44	0
	32oz	250	0	0	0	0	0	63	0	63	62	0
Signature Iced Green Tea	12oz	0	0	0	0	0	0	0	0	0	0	0
	16oz	0	0	0	0	0	0	0	0	0	0	0
	20oz	0	0	0	0	0	0	0	0	0	0	0
Lemonade	32oz	0	0	0	0	0	0	0	0	0	0	0
	12oz	0	0	0	0	0	0	0	0	0	0	0
	16oz	0	0	0	0	0	0	0	0	0	0	0
Canal Kids:	20oz	0	0	0	0	0	0	0	0	0	0	0
	32oz	0	0	0	0	0	0	0	0	0	0	0
	12oz	80	0	0	0	0	0	20	0	19	19	0
Frozen Hot Chocolate	12oz	100	0	0	0	0	0	26	0	26	25	0
	16oz	130	0	0	0	0	0	33	0	32	31	0
	32oz	180	0	0	0	0	0	46	0	45	43	0

Canal Kids:	Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
Frozen Hot Chocolate	12oz	290	8	6	0	15	293	53	3	47	40	3
Not-So-Hot Chocolate	12oz	270	7	5	0	20	160	42	1	42	30	9
Italian Soda (w/ coconut syrup)	12oz	150	0	0	0	0	0	38	0	38	38	0
Fruit Smoothies	12oz	See "Smoothies" section above										
Lemonade	12oz	80	0	0	0	0	0	20	0	19	19	0
Chocolate Milk	12oz	140	4	3	0	15	105	20	1	20	11	7
Horchata Steamer	12oz	350	11	9	0	20	211	52	0	48	34	10
Steamer	12oz	180	8	5	0	30	180	18	0	18	0	12

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Hot Breakfast:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
	Bacon Gouda Ciabatta	1 sandwich	260	11	4	0	120	670	28	0	3	2	13
	Spicy Sausage Biscuit	1 sandwich	480	34	15	0	150	1190	26	1	4	2	16
	Maple Waffle Sandwich	1 sandwich	500	34	14	0	125	630	35	0	11	11	15
	Chicken Sausage Brioche	1 sandwich	380	16	6	0	120	930	35	1	5	4	24
	Egg Bites	2 bites	260	20	9	0	225	620	5	0	3	0	15
	Breakfast Bagels	1 slice	160	7	3.5	0	40	330	16	1	4	1	6
	Everything Bagel	1 bagel	290	0	0	0	0	580	52	2	6	6	10
	Asiago Bagel	1 bagel	300	3	2	0	10	660	54	2	5	5	11
	Plain Toasted Bagel	1 bagel	290	0	0	0	0	590	59	2	6	6	10
Bakery:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
	Lemon Loaf	1 loaf	440	21	6	0	90	310	58	1	40	39	5
	Marble Loaf	1 loaf	390	18	5	0	60	270	54	1	35	34	4
	Banana Nut Loaf	1 loaf	370	18	3	0	50	260	47	2	26	21	5
	Cinnamon Swirl Loaf	1 loaf	390	18	5	0	60	270	54	1	35	34	4
	Chocolate Chip Muffin Top	1 muffin top	540	28	8	0	55	270	70	2	44	14	7
	Blueberry Muffin Top	1 muffin top	470	21	2.5	0	55	310	66	1	36	0	6
	Banana Nut Muffin Top	1 muffin top	520	27	2.5	0	50	280	64	2	37	0	8
	Lemon Poppyseed Muffin Top	1 muffin top	460	20	2	0	50	290	63	1	35	5	6
	Crème Brûlée Muffin Top	1 muffin top	460	18	3	0	50	250	67	0	43	15	6
	Brownie	1 brownie	350	19	10	0	70	135	42	3	29	28	5
	Blondie	1 blondie	350	17	9	0	65	350	46	1	30	29	4
	Chocolate Chip Cookie	1 cookie	380	19	11	0	45	430	50	2	28	27	5
	Donut Holes	5 donuts	260	16	8	0	5	250	29	1	14	14	2
	Java Bean Biscotti	1 biscuit	260	10	8	0	30	65	38	0	19	19	5
	Lemon Almond Biscotti	1 biscuit	280	12	8	0	30	75	37	0	19	19	6
Lunch & Dinner:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
	Ham & Cheese on White	1 sandwich	380	10	4.5	0	55	1700	50	3	6	5	24
	Turkey & Cheese on Wheat	1 sandwich	360	8	4	0	15	1380	44	4	4	3	25
	Spinach & Feta Stuffed Pretzel	1 pretzel	420	22	11	0.5	60	570	43	4	5	1	12
	Grilled Cheese Sandwich	1 sandwich	310	11	5	0	30	560	33	3	6	2	19
	Italian Style Sub	1 sandwich	590	25	11	0	95	1760	58	1	5	4	30
	Turkey Club Wrap	1 wrap	600	26	11	0	65	2050	62	2	5	3	28
Snacks:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
	Charcuterie To-go	1 container	210	13	6	0	45	550	9	0	0	0	13
	Marshmallow Bar	1 bar	230	4	3	0	15	230	45	0	22	20	2
Canal Kids:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
	Blueberry Muffin	1 muffin	160	5	1	0	15	125	30	<1	16	15	2
	Grilled Cheese Sandwich	1 sandwich	310	11	5	0	30	560	33	3	6	2	19

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Milk/Creams:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
Almond Milk	8oz	70	4	0	0	0	150	9	0	8	8	1	
Whole Milk	8oz	150	8	5	0	35	105	12	0	12	0	8	
Oat Milk	8oz	140	7	0.5	0	0	100	16	2	7	7	3	
2% Milk	8oz	120	5	3	0	20	120	12	0	12	0	8	
Coconut Milk	8oz	90	5	5	0	0	125	10	0	9	8	1	
Skim Milk	8oz	80	0	0	0	5	105	12	0	12	0	8	
Macadamia Nut Milk	8oz	140	10	3	0	0	6	10	2	4	4	4	
Heavy Whipping Cream	15ml	50	5	3.5	0	20	5	1	0	0	0	0	
Whipped Cream	6g	20	1.5	1.5	0	0	0	1	0	1	1	0	
Half & Half	30ml	40	3.5	2	0	15	25	1	0	0	0	1	
Vanilla Ice Cream Base	4oz	100	3.5	2.5	0	15	45	15	0	15	10	1	
Protein Creamer	15g	70	3	3	0	0	100	1	0	1	0	10	
1% Milk	8oz	100	2.5	1.5	0	10	110	12	0	12	0	8	
Syrups/Purees:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
Caramel Syrup	30g	100	0	0	0	0	0	24	0	24	24	0	
Vanilla Syrup	30g	100	0	0	0	0	0	24	0	24	23	0	
Spiced Brown Sugar Syrup	30g	90	0	0	0	0	0	23	0	23	23	0	
100% Pure Cane Syrup	30g	45	0	0	0	0	0	12	0	12	12	0	
Salted Caramel Syrup	30g	100	0	0	0	0	140	24	0	24	24	0	
Honey Syrup	30g	100	0	0	0	0	0	25	0	25	24	0	
Peppermint Syrup	30g	100	0	0	0	0	0	24	0	24	24	0	
Lavendar Syrup	30g	90	0	0	0	0	0	23	0	23	22	0	
Coconut Syrup	30g	100	0	0	0	0	0	25	0	25	25	0	
Hazelnut Syrup	30g	90	0	0	0	0	10	21	0	21	21	0	
Butterscotch Syrup	30g	90	0	0	0	0	0	22	0	22	22	0	
Amaretto Syrup	30g	100	0	0	0	0	0	24	0	24	24	0	
Irish Cream Syrup	30g	100	0	0	0	0	5	24	0	24	24	0	
Toasted Marshmallow Syrup	30g	100	0	0	0	0	0	24	0	24	24	0	
Tiramisu Syrup	30g	100	0	0	0	0	0	25	0	25	25	0	
Chocolate Macadamia Nut Syrup	30g	90	0	0	0	0	0	21	0	20	20	0	
English Toffee Syrup	30g	80	0	0	0	0	0	20	0	19	19	0	
Banana Syrup	30g	100	0	0	0	0	0	25	0	25	25	0	
Raspberry Syrup	30g	90	0	0	0	0	0	23	0	23	22	0	
Strawberry Syrup	30g	90	0	0	0	0	0	23	0	23	23	0	
Shortbread Syrup	30g	90	0	0	0	0	100	23	0	23	23	0	
Passion Fruit Syrup	30g	100	0	0	0	0	0	25	0	25	25	0	
Cherry Syrup	30g	100	0	0	0	0	0	25	0	25	24	0	
Blue Raspberry Syrup	30g	80	0	0	0	0	0	19	0	19	19	0	
Blueberry Syrup	30g	90	0	0	0	0	0	24	0	24	23	0	
Orange Syrup	30g	90	0	0	0	0	0	23	0	23	22	0	
Blueberry Puree	30g	100	0	0	0	0	0	24	0	23	22	0	
Strawberry Puree	30g	100	0	0	0	0	0	26	0	24	23	0	
Watermelon Puree	30g	60	0	0	0	0	20	15	0	14	14	0	
Mango Puree	30g	110	0	0	0	0	10	28	0	26	22	0	
Peach Syrup	30g	100	0	0	0	0	0	25	0	24	24	0	
Sugar-free Peach Syrup	30g	0	0	0	0	0	10	6	0	0	0	0	
Sugar-free Blue Raspberry Syrup	30g	0	0	0	0	0	5	0	0	0	0	0	
Sugar-free Strawberry Syrup	30g	0	0	0	0	0	5	0	0	0	0	0	
Sugar-free Salted Caramel Syrup	30g	0	0	0	0	0	10	5	0	0	0	0	
Sugar-free Spiced Brown Sugar Syrup	30g	0	0	0	0	0	5	0	0	0	0	0	
Sugar-free Toasted Marshmallow Syrup	30g	0	0	0	0	0	5	0	0	0	0	0	
Sugar-free Irish Cream Syrup	30g	0	0	0	0	0	5	0	0	0	0	0	
Sugar-free White Chocolate Syrup	30g	0	0	0	0	0	5	0	0	0	0	0	
Sugar-free Raspberry Syrup	30g	0	0	0	0	0	0	2	0	0	0	0	
Sugar-free Hazelnut Syrup	30g	0	0	0	0	0	5	4	0	0	0	0	
Sugar-free Caramel Syrup	30g	0	0	0	0	0	10	5	0	0	0	0	
Sugar-free Vanilla Syrup	30g	0	0	0	0	0	10	5	0	0	0	0	
Sauces/Toppings:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
White Chocolate Sauce	28g	110	0	0	0	5	50	23	0	23	19	1	
Dark Chocolate Sauce	28g	100	0.5	0.5	0	0	30	22	1	22	22	1	
Sea Salted Caramel Sauce	28g	120	2	1	0	5	240	24	0	22	18	1	
Pumpkin Sauce	28g	110	0	0	0	0	40	26	0	20	20	1	
Dark Chocolate Chips	15g	80	7	4	0	0	0	7	2	4	4	1	
Tajin	1g	0	0	0	0	0	190	0	0	0	0	0	
Caramel Sauce	28g	110	1.5	1	0	5	55	23	0	22	18	1	
Juices/Concentrates:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
Lemonade Concentrate	2.5 fl oz	130	0	0	0	0	0	33	0	32	31	0	
Sweet Tea Concentrate	1 fl oz	90	0	0	0	0	0	23	0	23	23	0	
Strawberry Acai Concentrate	3 fl oz	60	0	0	0	0	0	15	0	15	9	0	
Watermelon Cucumber Mint Concentrate	3 fl oz	70	0	0	0	0	0	16	0	16	15	0	
Peach Mango Concentrate	3 fl oz	100	0	0	0	0	0	25	0	25	17	0	
Sprite	12 fl oz	140	0	0	0	0	70	39	0	38	38	0	
Blue Lotus	1oz	80	0	0	0	0	160	21	0	19	19	0	
White Lotus	1oz	80	0	0	0	0	160	21	0	19	19	0	
Skinny Lotus (White)	1oz	5	0	0	0	0	160	6	0	0	0	0	
Skinny Lotus (Blue)	1oz	5	0	0	0	0	160	6	0	0	0	0	
Powders:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
Horchata Powder	69g	320	11	10	0	0	210	51	0	40	37	4	
Matcha Powder	53g	230	7	6	0	0	200	39	0	27	24	3	
Spiced Chai Powder	51g	130	5	4.5	0	0	15	21	1	17	17	0	
Frozen Hot Cocoa Powder	45g	170	3	2.5	0	0	250	37	3	31	29	2	
Espresso Powder Mix	31g (8oz)	150	8	7	0	0	65	21	0	13	13	1	
Smoothie Mix:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
Mango	2.5 fl oz	110	0	0	0	0	0	27	1	25	0	1	
Strawberry	2.5 fl oz	140	0	0	0	0	0	35	1	31	0	0	
Strawberry Banana	2.5 fl oz	140	0	0	0	0	0	35	0	31	0	0	
Blueberry Banana	2.5 fl oz	140	0	0	0	0	5	36	1	33	0	0	
Guava Passionfruit	2.5 fl oz	140	0	0	0	0	0	35	1	32	0	1	
Peach	2.5 fl oz	150	0	0	0	0	0	36	1	33	0	1	
Tea Bags:		Serving size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total Sugars (g)	Added sugars (g)	Protein (g)
Green Tropical Tea	1 bag	0	0	0	0	0	0	0	0	0	0	0	
Earl Grey Black Tea	1 bag	0	0	0	0	0	0	0	0	0	0	0	

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