

Amici Espresso Nutritional Information

<u>Drink</u>	<u>Drink Size</u>	<u>Calories</u>	<u>Total Fat</u>	<u>Sat. Fat</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Carbs.</u>	<u>Sugar</u>	<u>Protein</u>	<u>Calcium</u>
Caffe Latte, Skim Milk	12 oz.	80	0g	0g	<5mg	120mg	12g	11g	8g	25%
	16 oz.	110	0g	0g	5mg	150mg	17g	15g	10g	35%
	20 oz.	150	.5g	0g	5mg	190mg	22g	22g	13g	45%
Caffe Latte, 2% Milk	12 oz.	120	5g	3g	20mg	120mg	12g	11g	8g	25%
	16 oz.	180	9g	5g	30mg	130mg	16g	15g	10g	35%
	20 oz.	240	11g	6g	40mg	170mg	21g	19g	12g	45%
Caffe Latte, Soy Milk	12 oz.	100	3g	0g	0mg	105mg	11g	8g	6g	20%
	16 oz.	140	4g	.5g	0mg	150mg	16g	11g	9g	30%
	20 oz.	180	6g	1g	0mg	200mg	20g	15g	11g	40%
Cappuccino, Skim Milk	12 oz.	60	0g	0g	0mg	55mg	9g	4g	4g	15%
	16 oz.	80	0g	0g	0mg	70mg	13g	6g	5g	15%
	20 oz.	90	0g	0g	0mg	90mg	14g	7g	6g	20%
Cappuccino, 2% Milk	12 oz.	80	3g	2g	15mg	50mg	9g	5g	3g	10%
	16 oz.	110	5g	3g	20mg	65mg	12g	7g	5g	15%
	20 oz.	130	6g	4g	25mg	85mg	14g	9g	6g	20%
Cappuccino, Soy Milk	12 oz.	60	1.5g	0g	0mg	55mg	8g	4g	3g	10%
	16 oz.	90	2g	0g	0mg	70mg	12g	5g	4g	15%
	20 oz.	100	2.5g	0g	0mg	90mg	13g	7g	5g	20%
Caffe Mocha, Skim Milk	12 oz.	180	2g	1.5g	5mg	90mg	34g	29g	7g	20%
	16 oz.	260	3g	2g	5mg	125mg	50g	42g	10g	30%
	20 oz.	340	4g	2.5g	5mg	160mg	66g	56g	13g	40%
Caffe Mocha, 2% Milk	12 oz.	220	7g	5g	25mg	85mg	34g	30g	7g	20%
	16 oz.	320	11g	7g	35mg	120mg	50g	44g	10g	30%
	20 oz.	420	14g	9g	40mg	150mg	66g	58g	13g	35%
Caffe Mocha, Soy Milk	12 oz.	190	4g	1.5g	0mg	90mg	33g	28g	6g	20%
	16 oz.	280	6g	2.5g	0mg	125mg	49g	41g	9g	25%
	20 oz.	370	8g	3g	0mg	160mg	65g	55g	12g	35%

Note: Figures are estimated values, as all Amici Espresso drinks are made to order.

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Chai Tea Latte, Skim Milk	12 oz.	100	0g	0g	5mg	80mg	20g	19g	5g	20%
	16 oz.	140	0g	0g	5mg	115mg	27g	25g	7g	25%
	20 oz.	170	0g	0g	5mg	150mg	34g	33g	9g	30%
Chai Tea Latte, 2% Milk	12 oz.	140	5g	3g	20mg	80mg	20g	20g	8g	15%
	16 oz.	190	7g	4g	25mg	110mg	27g	27g	10g	25%
	20 oz.	240	9g	5g	35mg	140mg	34g	34g	12g	30%
Chai Tea Latte, Soy Milk	12 oz.	100	0g	0g	5mg	80mg	20g	19g	5g	20%
	16 oz.	140	0g	0g	5mg	115mg	27g	25g	7g	25%
	20 oz.	170	0g	0g	5mg	150mg	34g	33g	9g	30%
Caramel Macchiato, Skim Milk	12 oz.	180	2g	1.5g	5mg	90mg	34g	29g	7g	20%
	16 oz.	260	3g	2g	5mg	125mg	50g	42g	10g	30%
	20 oz.	340	4g	2.5g	5mg	160mg	66g	56g	13g	40%
Caramel Macchiato, 2% Milk	12 oz.	220	7g	5g	25mg	85mg	34g	30g	7g	20%
	16 oz.	320	11g	7g	35mg	120mg	50g	44g	10g	30%
	20 oz.	420	14g	9g	40mg	150mg	66g	58g	13g	35%
Caramel Macchiato, Soy Milk	12 oz.	190	4g	1.5g	0mg	90mg	33g	28g	6g	20%
	16 oz.	280	6g	2.5g	0mg	125mg	49g	41g	9g	25%
	20 oz.	370	8g	3g	0mg	160mg	65g	55g	12g	35%
Iced Latte, Skim Milk	12 oz.	50	0g	0g	0mg	65mg	8g	6g	4g	15%
	16 oz.	80	0g	0g	5mg	95mg	12g	8g	6g	25%
	20 oz.	120	0g	0g	5mg	160mg	18g	14g	11g	40%
Iced Latte, 2% Milk	12 oz.	90	4g	2.5g	15mg	65mg	8g	6g	4g	15%
	16 oz.	130	6g	4g	25mg	90mg	12g	9g	6g	20%
	20 oz.	190	9g	6g	40mg	140mg	17g	13g	9g	35%
Iced Latte, Soy Milk	12 oz.	70	2g	0g	0mg	65mg	8g	5g	4g	15%
	16 oz.	100	3g	0g	0mg	95mg	11g	7g	6g	20%
	20 oz.	140	4g	.5g	0mg	150mg	16g	11g	9g	30%

Note: Figures are estimated values, as all Amici Espresso drinks are made to order.

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<u>Drink</u>	<u>Drink Size</u>	<u>Calories</u>	<u>Total Fat</u>	<u>Sat. Fat</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Carbs.</u>	<u>Sugar</u>	<u>Protein</u>	<u>Calcium</u>
Iced Mocha, Skim Milk	12 oz.	150	2g	1.5g	0mg	50mg	30g	26g	5g	10%
	16 oz.	170	3g	2g	5mg	75mg	45g	38g	7g	15%
	20 oz.	370	5g	3g	5mg	130mg	75g	64g	12g	30%
Iced Mocha, 2% Milk	12 oz.	220	7g	5g	25mg	85mg	34g	30g	7g	20%
	16 oz.	320	11g	7g	35mg	120mg	50g	44g	10g	30%
	20 oz.	420	14g	9g	40mg	150mg	66g	58g	13g	35%
Iced Mocha, Soy Milk	12 oz.	160	3g	1.5g	0mg	50mg	30g	25g	4g	10%
	16 oz.	240	5g	2g	0mg	75mg	45g	38g	6g	15%
	20 oz.	400	8g	4g	0mg	135mg	74g	63g	11g	30%
Italian Soda	12 oz.	120	0g	0g	0g	30mg	30g	30g	0g	0%
	16 oz.	170	0g	0g	0g	35mg	42g	42g	0g	0%
	20 oz.	250	0g	0g	0g	55mg	60g	60g	0g	0%
Mango Smoothie	12 oz.	186	0g	33g	43.5g	375mg	112.50%	<1g		
	20 oz.	248	0g	44g	58g	500mg	150%	<1g		
Strawberry Smoothie	12 oz.	186	0g	33g	43.5g	315mg	112.50%	<1g		
	20 oz.	248	0g	44g	58g	420mg	150%	<1g		
Wildberry Smoothie	12 oz.	186	0g	33g	43.5g	240mg	112.50%	<1g		
	20 oz.	248	0g	44g	58g	320mg	150%	<1g		

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