



## Teas

Popular alternative to coffee, our teas are great for sipping on the go.

### Chai Charger

Drink	Size	Milk	Tot Cal	Fat Cal	Tot Fat (g)	Sat Fat	Trans Fat	Chol	Sod	Tot Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A	Vit C	Vit D	Calc	Iron
Chai Charger	12 oz	Whole	400.00	140.00	15.00	9.00	0.00	45.00	210.00	50.00	0.00	52.00	15.00	15.00	0.00	0.00	50.00	2.00
Chai Charger	16 oz	Whole	550.00	190.00	21.00	12.00	0.00	65.00	290.00	68.00	0.00	70.00	21.00	20.00	0.00	0.00	70.00	2.00
Chai Charger	20 oz	Whole	650.00	220.00	25.00	14.00	0.00	75.00	340.00	81.00	0.00	84.00	24.00	25.00	0.00	0.00	80.00	2.00
Chai Charger, Skinny	12 oz	Skim	170.00	0.00	0.00	0.00	0.00	5.00	85.00	36.00	0.00	34.00	5.00	6.00	0.00	0.00	20.00	0.00
Chai Charger, Skinny	16 oz	Skim	230.00	0.00	0.00	0.00	0.00	5.00	115.00	48.00	0.00	46.00	7.00	8.00	0.00	0.00	25.00	2.00
Chai Charger, Skinny	20 oz	Skim	280.00	0.00	0.50	0.00	0.00	5.00	140.00	59.00	0.00	57.00	8.00	10.00	0.00	0.00	30.00	2.00



## Chai Latte

Drink	Size	Milk	Tot Cal	Fat Cal	Tot Fat (g)	Sat Fat	Trans Fat	Chol	Sod	Tot Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A	Vit C	Vit D	Calc	Iron
Chai Latte	12 oz	Whole	450.00	160.00	18.00	10.00	0.00	55.00	240.00	54.00	0.00	56.00	18.00	20.00	0.00	0.00	60.00	0.00
Chai Latte	16 oz	Whole	600.00	210.00	24.00	14.00	0.00	75.00	310.00	72.00	0.00	75.00	24.00	25.00	0.00	0.00	80.00	2.00
Chai Latte	20 oz	Whole	750.00	270.00	30.00	17.00	0.00	95.00	390.00	90.00	0.00	94.00	30.00	30.00	0.00	0.00	110.00	2.00
Chai Latte, Skinny	12 oz	Skim	180.00	0.00	0.00	0.00	0.00	5.00	85.00	37.00	0.00	36.00	6.00	6.00	0.00	0.00	20.00	0.00
Chai Latte, Skinny	16 oz	Skim	230.00	0.00	0.00	0.00	0.00	5.00	110.00	49.00	0.00	48.00	8.00	10.00	0.00	0.00	30.00	0.00
Chai Latte, Skinny	20 oz	Skim	290.00	0.00	0.00	0.00	0.00	5.00	140.00	62.00	0.00	60.00	10.00	10.00	0.00	0.00	35.00	0.00

## Gourmet Tea

Drink	Size	Milk	Tot Cal	Fat Cal	Tot Fat (g)	Sat Fat	Trans Fat	Chol	Sod	Tot Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A	Vit C	Vit D	Calc	Iron
Gourmet Tea	12 oz	None	0.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gourmet Tea	16 oz	None	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gourmet Tea	20 oz	None	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	0.00

## Soy Chai Charger

Drink	Size	Milk	Tot Cal	Fat Cal	Tot Fat (g)	Sat Fat	Trans Fat	Chol	Sod	Tot Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A	Vit C	Vit D	Calc	Iron
Soy Chai Charger	12 oz	Soy	190.00	25.00	3.00	0.00	0.00	0.00	105.00	36.00	2.00	28.00	6.00	15.00	0.00	0.00	6.00	10.00
Soy Chai Charger	16 oz	Soy	260.00	35.00	4.00	0.50	0.00	0.00	140.00	48.00	3.00	37.00	9.00	25.00	0.00	0.00	8.00	15.00
Soy Chai Charger	20 oz	Soy	320.00	40.00	4.50	0.50	0.00	0.00	170.00	59.00	3.00	46.00	10.00	30.00	0.00	0.00	8.00	15.00



## Soy Chai Latte

Drink	Size	Milk	Tot Cal	Fat Cal	Tot Fat (g)	Sat Fat	Trans Fat	Chol	Sod	Tot Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A	Vit C	Vit D	Calc	Iron
Soy Chai Latte	12 oz	Soy	210.00	30.00	3.50	0.00	0.00	0.00	105.00	37.00	2.00	28.00	8.00	20.00	0.00	0.00	6.00	10.00
Soy Chai Latte	16 oz	Soy	270.00	40.00	4.50	0.50	0.00	0.00	140.00	49.00	3.00	37.00	10.00	30.00	0.00	0.00	8.00	15.00
Soy Chai Latte	20 oz	Soy	340.00	50.00	5.00	0.50	0.00	0.00	180.00	62.00	4.00	47.00	13.00	10.00	0.00	0.00	10.00	15.00