





Nutrition & Allergen Information

Nutrition information is based upon standard recipes. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit www.mypyramid.gov for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.


Caribou Coffee Nutrition Information

													
	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage													
Americano, hot	small	344	0	0	0	0	0	1	0	10	0	0	180
	medium	457	0	0	0	0	0	2	0	15	0	0	270
	large	570	5	0	0	0	0	2	0	20	0	0	360
Americano, iced	small	287	0	0	0	0	0	2	0	15	0	0	270
	medium	363	5	0	0	0	0	2	0	20	0	0	360
	large	439	5	0	0	0	0	3	0	25	0	0	450
	XL	574	5	0	0	0	0	3	0	30	0	0	540
Berry White Mocha, hot	small	310	470	27	16	0	75	7	48	95	48	0	185
	medium	370	600	32	19	0	80	9	66	125	66	0	185
	large	468	730	37	23	0	85	12	85	160	84	0	275
Berry White Mocha, iced	small	369	250	4.5	2.5	0	15	7	47	110	44	0	90
	medium	458	330	5	3	0	15	8	64	140	60	0	180
	large	547	400	6	3.5	0	20	9	80	160	75	0	270
	XL	733	570	8	4.5	0	25	11	116	230	108	0	360
Berry White Mocha, cooler	small	525	620	20	13	0	65	3	101	210	94	0	105
	medium	652	740	21	14	0	70	4	127	270	118	0	130
	large	779	860	23	15	0	70	5	153	320	142	0	155
	XL	1034	1100	25	17	0	75	7	204	430	190	1	205
Blended Juice BOUst - Blackberry Lemonade	small	459	170	0	0	0	0	1	39	15	33	0	105
	medium	581	210	0	0	0	0	1	48	20	41	0	210
	large	703	250	0	0	0	0	1	57	20	48	0	310
	XL	947	330	0	0	0	0	1	76	30	64	0	415
Blended Juice BOUst - Cherry Limeade	small	456	150	0	0	0	0	0	36	35	33	0	105
	medium	577	180	0	0	0	0	0	45	45	40	0	210
	large	698	220	0	0	0	0	0	53	50	48	0	310
	XL	941	290	0	0	0	0	1	71	70	64	0	415
Blended Juice BOUst - Dragon Fruit	small	447	170	0	0	0	0	1	38	35	30	0	105
	medium	566	200	0	0	0	0	1	46	45	36	1	210
	large	686	240	0	0	0	0	1	55	50	43	1	310
	XL	924	320	0	0	0	0	1	73	70	57	1	415
Blended Juice BOUst - Spicy Pineapple	small	471	270	0	0	0	0	1	67	45	53	1	105
	medium	596	330	0	0	0	0	1	82	60	65	1	210
	large	721	390	0	0	0	0	2	97	70	78	1	310
	XL	971	530	0	0	0	0	2	129	90	103	1	415
Blended Juice BOUst - Strawberry Mango	small	459	170	0	0	0	0	1	41	20	33	0	105
	medium	581	210	0	0	0	0	1	50	25	41	0	210
	large	703	250	0.5	0	0	0	2	59	30	48	0	310
	XL	947	340	0.5	0	0	0	2	79	45	64	0	415
Breve, hot	small	318	310	28	17	0	90	8	10	110	0	0	180
	medium	438	470	42	26	0	135	12	15	160	1	0	180
	large	537	550	49	30	0	155	14	18	190	1	0	270
Breve, iced	small	352	250	22	14	0	70	6	8	85	0	0	90
	medium	436	270	24	15	0	80	7	9	95	0	0	180
	large	519	290	26	16	0	85	8	10	110	0	0	270
	XL	693	390	35	22	0	110	11	13	140	0	0	360
Cappuccino	small	261	90	3.5	2.5	0	15	7	9	85	9	0	180
	medium	330	110	4.5	3	0	15	9	10	105	10	0	270
	large	400	130	5	3	0	20	10	11	120	11	0	360
Campfire Mocha, hot	small	317	500	28	17	0	75	8	52	95	49	1	190
	medium	380	630	34	21	0	80	10	71	120	68	1	195
	large	481	770	40	24	0	90	13	91	150	86	1	290
Campfire Mocha, iced	small	371	260	4.5	3	0	15	7	48	115	45	0	90
	medium	461	330	5	3.5	0	20	8	65	140	61	0	180
	large	551	410	6	4	0	20	9	82	170	77	1	270
	XL	737	580	9	5	0	30	11	118	240	110	1	360
Campfire Mocha, cooler	small	530	640	20	13	0	70	40	104	220	97	1	105
	medium	658	760	22	14	0	70	4	130	270	122	1	130
	large	786	880	24	15	0	75	5	156	330	146	1	155
	XL	1042	1130	27	18	0	80	7	209	440	195	1	205
Caramel Cooler	small	550	610	24	15	0	80	3	91	350	79	0	115
	medium	646	720	26	17	0	85	4	112	440	97	0	145
	large	772	830	28	19	0	90	5	134	520	116	0	175
	XL	1023	1050	33	22	0	100	6	176	690	153	0	235
Caramel High Rise, hot	small	360	430	23	14	0	90	8	47	240	39	0	180
	medium	438	520	25	15	0	100	11	60	320	51	0	180
	large	556	610	28	17	0	110	14	74	390	62	0	270
Caramel High Rise, iced	small	366	250	7	4.5	0	25	7	40	210	33	0	90
	medium	453	310	9	5	0	30	8	51	260	42	0	180
	large	541	370	10	6	0	35	9	62	310	50	0	270
	XL	722	500	14	9	0	50	12	85	430	70	0	360
Caramel High Rise, cooler	small	550	610	24	15	0	80	3	91	350	79	0	115
	medium	646	720	26	17	0	85	4	112	440	97	0	145
	large	772	830	28	19	0	90	5	134	520	116	0	175
	XL	1023	1050	33	22	0	100	6	176	690	153	0	235
Chocolate Cooler	small	518	560	21	14	0	70	4	83	240	77	1	125
	medium	644	660	23	15	0	70	5	105	300	97	1	155
	large	770	770	24	16	0	75	6	126	360	117	1	185
	XL	1021	980	28	19	0	80	8	169	490	156	2	245
Classic Chai Tea Latte, hot	small	319	220	5	3	0	20	8	35	105	32	0	75
	medium	466	310	7	4.5	0	30	12	48	160	45	0	95
	large	552	370	8	5	0	35	14	59	180	55	0	120
Classic Chai Tea Latte, iced	small	369	180	3.5	2	0	15	6	32	80	29	0	75
	medium	462	240	4	2.5	0	15	7	41	95	38	0	95
	large	554	290	5	3	0	20	9	51	115	46	0	120
	XL	740	390	6	4	0	25	11	70	150	64	0	170
Coffee Cooler	small	461	280	4.5	4	0	0	2	54	190	51	0	150
	medium	584	340	6	5	0	0	2	68	240	64	0	190
	large	706	410	7	6	0	0	3	81	280	77	0	225
	XL	952	550	9	8	0	0	4	108	380	102	1	300
Coffee of the Day	small	340	5	0	0	0	0	0	0	5	0	0	230
	medium	454	5	0	0	0	0	1	0	10	0	0	305
	large	567	5	0	0	0	0	1	0	10	0	0	385
Cold Press Iced Coffee	small	357	15	0	0	0	0	1	2	10	0	0	195
	medium	447	20	0	0	0	0	2	3	10	0	0	245
	large	536	20	0	0	0	0	2	3	15	0	0	295
	XL	715	30	0	0	0	0	2	4	15	0	0	390
Cookies & Cream Coffeeless Cooler	small	490	690	39	24	0	120	7	78	270	48	6	0
	medium	606	850	44	27	0	125	9	106	360	65	9	0
	large	663	1010	50	31	0	135	11	134	450	82	11	0
	XL	910	1270	56	34	0	135	13	188	610	115	17	0
Crafted Press, hot	small	265	100	6	3.5	0	25	3	8	105	7	0	160
	medium	414	170	9	5	0	35	4	15	200	12	0	250
	large	476	200	10	6	0	40	5	20	290	17	0	290
Crafted Press, iced	small	354	90	5	3	0	20	2	8	105	6	0	145
	medium	446	130	6	4	0	25	3	13	190	11	0	180
	large	538	160	8	4.5	0	30	4	18	280	16	0	215


Caribou Coffee Nutrition Information

	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage													
Hot Chocolate	small	298	450	29	18	0	85	10	35	120	34	1	10
	medium	441	610	37	23	0	95	15	52	180	50	1	15
	large	493	720	43	27	0	105	18	65	210	62	1	20
Hot Tea - Chamomile Mint	small	355	0	0	0	0	0	0	0	0	0	0	0
	medium	474	0	0	0	0	0	0	0	0	0	0	0
	large	592	0	0	0	0	0	0	0	0	0	0	0
Hot Tea - Earl Grey	small	355	0	0	0	0	0	0	0	0	0	0	85
	medium	474	0	0	0	0	0	0	0	0	0	0	85
	large	592	0	0	0	0	0	0	0	0	0	0	170
Hot Tea - Hot Cinnamon Spice	small	355	0	0	0	0	0	0	0	0	0	0	85
	medium	474	0	0	0	0	0	0	0	0	0	0	85
	large	592	0	0	0	0	0	0	0	0	0	0	170
Hot Tea - Orange Buzz	small	355	0	0	0	0	0	0	0	0	0	0	80
	medium	474	0	0	0	0	0	0	0	0	0	0	80
	large	592	0	0	0	0	0	0	0	0	0	0	85
Hot Tea - Organic Black	small	355	0	0	0	0	0	0	0	0	0	0	85
	medium	474	0	0	0	0	0	0	0	0	0	0	85
	large	592	0	0	0	0	0	0	0	0	0	0	170
Hot Tea - Raspberry Hibiscus Green	small	355	0	0	0	0	0	0	0	0	0	0	45
	medium	474	0	0	0	0	0	0	0	0	0	0	45
	large	592	0	0	0	0	0	0	0	0	0	0	90
Hot Tea - Turmeric Ginger	small	355	0	0	0	0	0	0	0	0	0	0	0
	medium	474	0	0	0	0	0	0	0	0	0	0	0
	large	592	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Classic Black	small	345	0	0	0	0	0	0	0	0	0	0	80
	medium	431	0	0	0	0	0	0	0	0	0	0	100
	large	517	0	0	0	0	0	0	0	0	0	0	120
Iced Tea - Mango Black	XL	690	0	0	0	0	0	0	0	0	0	0	160
	small	345	0	0	0	0	0	0	0	0	0	0	80
	medium	431	0	0	0	0	0	0	0	0	0	0	100
Iced Tea - Tropical Green	large	517	0	0	0	0	0	0	0	0	0	0	120
	XL	690	0	0	0	0	0	0	0	0	0	0	160
	small	345	0	0	0	0	0	0	0	0	0	0	40
Kids Cookies & Cream Coffeeless Cooler	medium	431	0	0	0	0	0	0	0	0	0	0	50
	large	517	0	0	0	0	0	0	0	0	0	0	60
	XL	690	0	0	0	0	0	0	0	0	0	0	80
Kids Cookies & Cream Coffeeless Cooler	kids	377	530	34	20	0	110	6	51	180	32	3	0
Kids Frozen Hot Chocolate	kids	383	550	33	20	0	110	7	55	200	38	4	0
Kids Hot Chocolate	kids	208	320	17	10	0	70	6	34	125	31	0	0
Kids Silly Soda	kids	364	70	0	0	0	0	0	16	0	16	0	0
Kids Strawberry Banana Smoothie	kids	344	210	0	0	0	0	1	51	20	46	4	0
Latte, hot	small	322	120	5	3	0	20	9	11	110	11	0	180
	medium	444	180	7	4.5	0	30	13	17	160	17	0	180
	large	544	220	9	5	0	35	16	20	190	20	0	270
Latte, iced	small	322	120	5	3	0	20	9	11	110	11	0	180
	medium	444	180	7	4.5	0	30	13	17	160	17	0	180
	large	544	220	9	5	0	35	16	20	190	20	0	270
Macchiato	XL	356	100	4	2.5	0	15	7	9	85	9	0	90
	small	439	110	4.5	2.5	0	15	8	10	100	10	0	180
	medium	523	120	4.5	3	0	20	9	11	110	11	0	270
Malted Mocha, hot	large	698	160	6	4	0	25	12	14	150	14	0	360
	small	280	500	28	17	0	80	9	51	115	46	1	190
	medium	330	650	34	21	0	85	12	74	160	68	1	195
Malted Mocha, iced	large	418	810	41	25	0	90	15	97	200	86	2	290
	small	374	280	6	3.5	0	20	9	50	150	45	1	90
	medium	466	390	7	4.5	0	25	11	72	200	63	1	180
Malted Mocha, cooler	XL	706	690	11	6	0	35	16	136	330	118	2	360
	small	512	620	21	14	0	75	6	98	250	89	1	105
	medium	635	760	23	15	0	80	8	127	320	114	1	125
Mint Condition Mocha, hot	large	758	900	25	16	0	80	9	156	390	140	2	145
	XL	1004	1180	29	19	0	90	13	213	520	190	2	185
	small	323	530	31	20	0	75	8	54	95	53	1	190
Mint Condition Mocha, iced	medium	384	670	37	24	0	80	10	73	125	75	1	195
	large	485	810	43	28	0	90	13	92	160	90	1	290
	small	369	250	4.5	3	0	15	7	47	115	45	0	90
Mint Condition Mocha, cooler	medium	459	330	5	3.5	0	20	8	64	140	61	0	180
	large	549	400	6	4	0	20	9	80	170	76	1	270
	XL	733	570	9	5	0	30	11	116	240	110	1	360
Mocha, hot	small	528	650	24	16	0	70	3	103	210	97	1	105
	medium	656	780	25	17	0	70	4	128	270	122	1	130
	large	784	900	27	19	0	75	5	154	320	146	1	155
Mocha, iced	XL	1039	1140	30	21	0	80	7	206	430	194	1	205
	small	284	410	28	17	0	75	8	31	90	29	1	190
	medium	336	520	34	21	0	80	10	43	120	41	1	195
Nitro Cold Press	large	427	630	40	24	0	90	13	56	150	54	1	290
	small	363	190	5	3	0	20	7	30	125	28	0	90
	medium	450	240	6	4	0	20	9	41	150	38	0	180
Nitro High Rise	large	538	300	7	4.5	0	25	10	51	180	48	1	160
	small	451	430	10	6	0	35	13	75	260	70	1	360
	medium	538	520	13	8	0	40	15	91	310	85	1	450
Nitro Mocha	XL	719	760	16	10	0	80	10	116	240	110	1	360
	small	453	25	0	0	0	0	2	3	0	0	0	320
	medium	544	570	25	15	0	95	9	74	350	59	0	205
Nitro Turtle Mocha	large	687	80	0	0	0	0	0	14	15	13	0	210
	small	497	320	7	4.5	0	25	10	54	180	48	1	160
	medium	540	510	24	14	0	90	10	58	180	50	0	205
Northern Lite Latte, hot	XL	927	120	0	0	0	0	0	28	30	26	0	415
	small	349	90	0.5	0	0	5	9	20	140	12	0	180
	medium	480	140	1	0	0	5	14	28	200	18	0	180
Northern Lite Latte, iced	large	589	160	1	0.5	0	10	16	34	240	21	0	270
	small	360	70	0	0	0	5	7	16	100	9	0	90
	medium	446	70	0	0	0	5	7	20	110	9	0	180
Sparkling Green Tea Lemonade	XL	708	100	0.5	0	0	5	11	31	160	12	0	360
	small	521	140	0	0	0	0	0	36	0	35	0	30
	medium	678	210	0	0	0	0	0	54	5	52	0	45
Sparkling Juice BOUst - Blackberry Lemonade	large	835	280	0	0	0	0	0	72	10	69	0	60
	small	359	45	0	0	0	0	0	10	5	9	0	105
	medium	450	70	0	0	0	0	0	15	10	13	0	210
Sparkling Juice BOUst - Cherry Limeade	XL	929	140	0	0	0	0	0	31	15	26	0	415
	small	447	40	0	0	0	0	0	9	10	9	0	105
	medium	567	60	0	0	0	0	0	14	15	13	0	210
Sparkling Juice BOUst - Dragon Fruit	large	687	80	0	0	0	0	0	19	20	17	0	310
	small	430	45	0	0	0	0	0	10	10	8	0	105
	medium	564	60	0	0	0	0	0	15	15	11	0	210
Sparkling Juice BOUst - Spicy Pineapple	XL	920	130	0	0	0	0	1	29	30	23	0	415
	small	451	70	0	0	0	0	0	17	15	14	0	105
	medium	573	110	0	0	0	0	0	26	20	21	0	210
Sparkling Juice BOUst - Strawberry Mango	large	695	140	0	0	0	0	1	35	25			

Caribou Coffee Nutrition Information

													
Beverage	Size	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Sparkling Water BOUst - Wild Berry	small	445	0	0	0	0	0	0	0	0	0	0	105
	medium	563	5	0	0	0	0	0	0	0	0	0	210
	large	682	5	0	0	0	0	0	0	0	0	0	310
	XL	919	5	0	0	0	0	0	0	20	0	0	415
Spiced Chai Tea Latte, hot	small	322	270	5	3	0	20	8	47	190	38	0	40
	medium	470	380	7	4.5	0	30	12	64	270	53	0	50
	large	557	450	9	5	0	35	14	79	330	65	0	65
Spiced Chai Tea Latte, iced	small	372	230	3.5	2	0	15	6	44	160	35	0	40
	medium	466	300	4.5	2.5	0	15	7	57	210	46	0	50
	large	559	370	5	3	0	20	9	71	250	56	0	65
	XL	747	500	7	4	0	25	11	98	350	78	0	90
Strawberry Banana Smoothie	small	469	280	0	0	0	0	1	68	25	61	5	0
	medium	594	360	0	0	0	0	1	85	30	77	6	0
	large	718	430	0	0	0	0	2	102	35	92	7	0
	XL	968	570	0	0	0	0	2	136	50	123	0	0
Turtle Mocha, hot	small	350	640	34	21	0	90	9	72	260	63	1	190
	medium	420	800	41	26	0	100	12	96	330	84	1	195
	large	528	970	49	31	0	110	16	120	410	104	2	290
Turtle Mocha, iced	small	373	340	8	5	0	30	7	60	250	52	0	90
	medium	464	440	10	7	0	35	8	81	320	69	0	180
	large	555	550	12	8	0	40	10	102	390	87	1	270
	XL	744	780	17	11	0	55	13	146	550	125	1	360
Turtle Mocha, cooler	small	538	760	28	18	0	85	5	120	400	105	1	90
	medium	667	910	30	20	0	95	6	149	500	130	1	115
	large	796	1050	33	22	0	100	8	178	600	156	1	135
	XL	1053	1350	39	26	0	115	10	236	790	206	2	175
Vanilla Cooler	small	515	510	19	12	0	60	2	77	180	74	0	130
	medium	639	590	20	13	0	60	2	95	220	91	0	165
	large	763	680	21	14	0	60	3	113	260	109	0	200
	XL	1011	850	23	16	0	60	3	149	340	143	1	265
Vanilla White Mocha, hot	small	309	470	27	16	0	75	7	48	95	48	0	185
	medium	369	600	32	19	0	80	9	66	125	66	0	185
	large	468	730	37	23	0	85	12	84	160	84	0	275
Vanilla White Mocha, iced	small	368	250	4.5	2.5	0	15	7	47	110	44	0	90
	medium	457	320	5	3	0	15	8	63	140	60	0	180
	large	547	400	6	3.5	0	20	9	80	160	75	0	270
	XL	730	570	8	4.5	0	25	11	116	230	108	0	360
Vanilla White Mocha, cooler	small	524	620	20	13	0	65	3	101	210	94	0	105
	medium	651	740	21	14	0	70	4	127	270	118	0	130
	large	778	860	23	15	0	70	5	152	320	142	0	155
	XL	1033	1100	25	17	0	75	7	204	430	190	1	205
Apple Blast, hot	small	325	380	15	9	0	60	0	55	35	51	0	0
	medium	490	490	15	9	0	60	0	78	45	73	0	0
	large	554	540	15	9	0	60	0	91	50	86	0	0
Apple Blast, iced	small	373	200	0	0	0	0	0	46	15	44	0	0
	medium	467	260	0	0	0	0	0	60	20	57	0	0
	large	561	320	0	0	0	0	0	73	25	70	0	0
	XL	749	430	0	0	0	0	0	100	35	95	0	0
Apple Blast, blended	small	512	400	15	9	0	60	0	59	35	56	0	0
	medium	636	460	15	9	0	60	0	73	40	69	0	0
	large	759	520	15	9	0	60	0	86	45	82	0	0
	XL	1007	640	15	9	0	60	0	113	55	108	0	0
BOUsted Apple Blast, iced	small	373	200	0	0	0	0	0	46	15	44	0	105
	medium	467	260	0	0	0	0	0	60	20	57	0	210
	large	561	320	0	0	0	0	0	73	25	70	0	310
	XL	749	430	0	0	0	0	0	100	35	95	0	415
BOUsted Apple Blast, blended	small	464	230	0	0	0	0	0	53	20	51	0	105
	medium	588	280	0	0	0	0	0	65	20	63	0	210
	large	711	340	0	0	0	0	0	78	25	75	0	310
	XL	958	450	0	0	0	0	0	104	35	100	0	415
Kids Apple Blast, hot	kids	238	320	15	9	0	60	0	39	30	36	0	0
Kids Apple Blast, iced	kids	309	140	0	0	0	0	0	33	10	31	0	0
Kids Apple Blast, blended	kids	389	350	15	9	0	60	0	46	30	43	0	0
Pumpkin Chai, hot	small	387	390	5	3	0	20	10	76	170	73	0	75
	medium	516	520	7	4.5	0	25	14	101	220	97	0	100
	large	645	650	9	5	0	35	17	126	280	121	0	120
Pumpkin Chai, iced	small	383	330	3	1.5	0	10	6	70	115	67	0	75
	medium	481	430	3.5	2	0	10	8	92	150	89	0	100
	large	578	530	4	2.5	0	15	9	115	180	110	0	120
	XL	774	730	5	3	0	20	12	160	240	153	0	175
Pumpkin Cooler	small	519	580	18	11	0	60	4	96	220	93	0	115
	medium	586	690	19	12	0	60	5	120	280	116	0	140
	large	654	800	20	13	0	60	6	144	330	139	1	170
	XL	1026	1010	22	15	0	60	8	191	440	185	1	225
Pumpkin Crafted Press, hot	small	270	150	6	3	0	25	3	22	125	20	0	155
	medium	419	220	9	5	0	35	5	28	220	25	0	245
	large	484	280	10	6	0	40	5	40	310	37	0	275
Pumpkin Crafted Press, iced	small	360	140	5	3	0	20	2	20	120	20	0	125
	medium	452	180	6	3.5	0	25	3	26	210	24	0	170
	large	546	240	7	4.5	0	30	4	38	300	36	0	205
	XL	739	390	10	6	0	40	6	68	500	65	0	260
Pumpkin Latte, hot	small	382	290	5	3	0	20	11	52	170	52	0	180
	medium	524	410	8	4.5	0	30	15	71	240	71	0	180
	large	644	500	9	6	0	35	19	88	290	87	0	270
Pumpkin Latte, iced	small	370	250	3.5	2	0	10	7	48	125	47	0	90
	medium	459	300	3.5	2	0	10	8	61	150	61	0	180
	large	547	360	3.5	2	0	10	10	75	180	74	0	270
	XL	732	490	5	2.5	0	15	13	104	240	103	0	360
Pumpkin White Mocha, hot	small	341	560	27	16	0	75	9	70	150	70	0	185
	medium	412	730	32	19	0	80	12	96	200	95	0	185
	large	521	890	38	23	0	85	15	122	260	121	0	275
Pumpkin White Mocha, iced	small	377	330	4	2.5	0	15	8	68	160	65	0	90
	medium	440	440	4.5	2.5	0	15	9	92	200	88	0	180
	large	562	540	5	3	0	15	10	116	250	110	0	270
	XL	753	760	7	4	0	20	14	165	340	157	0	360
Pumpkin White Mocha, cooler	small	535	710	20	12	0	65	6	124	270	118	0	90
	medium	665	850	21	13	0	70	7	155	330	147	0	110
	large	795	1000	22	14	0	70	9	187	400	177	1	130
	XL	1055	1280	25	16	0	75	12	250	540	237	1	170
Nitro Pumpkin Latte	small	552	560	17	10	0	70	10	90	190	88	0	205
Nitro Pumpkin White Mocha	small	544	510	19	11	0	75	10	72	180	68	0	205

Caribou Coffee Nutrition Information

	Category	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Food													
Lemon Poppy Seed Bread	Bakery	116	370	16	5	0	90	5	52	350	29	1	
Raspberry White Chocolate Scone	Bakery	95	370	20	12	0.5	50	6	43	220	18	1	
Cinnamon Coffee Cake	Bakery	133	530	23	4.5	4	80	5	81	310	60	2	
Apple Fritter	Bakery	128	420	18	9	0	0	5	64	310	30	2	
Glazed Donut	Bakery	92	330	12	5	0	0	4	52	280	27	0	
Chocolate Glazed Donut	Bakery	107	360	13	5	0	0	5	60	360	32	1	
Blueberry Muffin	Bakery	113	410	22	4	0	75	5	50	290	29	1	
Birthday Cake Pop	Bakery	34	130	6	2.5	0	25	2	14	100	13	0	
Chocolate Cake Pop	Bakery	34	130	6	2.5	0	20	2	14	120	12	1	
Cookie Dough Cake Pop	Bakery	34	130	6	2.5	0	20	2	17	110	16	0	
Blueberry Almond Oatmeal	Oatmeal	217	340	8	0.5	0	0	16	54	210	13	9	
Classic Oatmeal	Oatmeal	188	260	2.5	0.5	0	0	15	47	170	8	7	
Maple Brown Sugar Crunch Oatmeal	Oatmeal	206	320	4	1	0	5	15	57	200	16	7	
Chicken Apple Sausage	Breakfast Sandwiches	184	440	21	8	0	210	27	38	860	10	1	
Sausage Biscuit	Breakfast Sandwiches	177	590	42	17	0	170	19	33	1310	2	0	
Turkey Bacon Mini	Breakfast Sandwiches	106	280	13	4	0	135	13	25	560	1	1	
Gluten Free Spinach Artichoke & Provolone	Breakfast Sandwiches	145	420	19	7	0	150	15	40	790	3	1	
Turkey Bacon Egg & Swiss	Breakfast Sandwiches	225	420	22	9	0	165	20	37	670	7	3	
Bacon Egg & Cheese Bagel	Breakfast Sandwiches	207	610	28	12	0.5	180	32	60	1340	7	4	
Gluten Free Spinach & Mushroom Souffle	Breakfast Sandwiches	88	270	21	13	0	225	8	10	430	1	1	
Gluten Free Bacon & Gouda Souffle	Breakfast Sandwiches	88	310	24	14	0	245	12	11	530	2	0	
Chicken Chorizo Burrito	Breakfast Sandwiches	220	500	21	9	0	245	25	52	1640	3	3	
Ham, Egg & Swiss Croissant	Breakfast Sandwiches	198	500	29	14	1	195	25	36	1050	5	1	
Beyond Meat® Sausage, Egg & Mozzarella	Breakfast Sandwiches	156	420	20	7	0	130	23	38	770	3	3	
Ham, Bacon, Two Eggs & Cheddar	Breakfast Sandwiches	285	730	34	13	0	305	36	66	1480	8	3	
Maple Waffle Sandwich	Breakfast Sandwiches	164	460	27	10	0	190	20	35	800	17	1	
Plain Bagel	Bagels	105	270	1	0	0	0	10	57	540	6	4	
Asiago Bagel	Bagels	105	290	3.5	2	0	10	12	52	590	5	3	
Everything Bagel	Bagels	105	280	1.5	0	0	0	10	57	530	6	4	
Blueberry Bagel	Bagels	105	280	1	0	0	0	10	59	490	10	4	
Plain Bagel & Shmear	Bagels	140	390	13	8	0	35	12	59	655	8	4	
Asiago Bagel & Shmear	Bagels	140	410	8	10	0	45	14	54	705	7	3	
Everything Bagel & Shmear	Bagels	140	400	14	8	0	35	14	59	645	8	4	
Blueberry Bagel & Shmear	Bagels	140	400	13	8	0	35	12	61	605	12	4	

Guest satisfaction and safety is our most valued priority. We prepare and use food ingredients containing all 8 major allergens in our restaurant kitchens. Although measures are taken to prevent cross contact, as a bakery/ restaurant, there is possibility of food touching, allergens like wheat becoming airborne or common equipment being utilized to handle foods containing any of the major allergens. If you have an allergen concern of any type, please openly discuss your needs with your server to fully understand all the facts you need to decide on a safe dining choice that fits your unique allergen needs. - Thank you.