




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.

Kids Frozen Cookies & Cream	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 Yogurt Smoothie	kids	344	210	0	0	0	0	1	51	20	46	4	0
Latte, hot	small	322	120	5	3	0	20	9	10	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
	XL	644	250	10	6	0	40	18	23	220	23	0	360
Latte, iced	small	322	100	4	2.5	0	15	7	9	85	9	0	180
	medium	444	110	4.5	2.5	0	15	8	10	100	10	0	180
	large	544	120	4.5	3	0	20	9	11	110	11	0	270
	XL	356	160	6	4	0	25	12	14	150	14	0	90
Macchiato	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
	large	698	160	6	4	0	25	12	14	150	14	0	360
	XL	225	20	1	0.5	0	0	4	1	40	1	0	450
Malted Mocha, hot	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
	large	418	810	41	25	0	90	15	97	200	86	2	290
	XL	537	980	47	29	0	100	20	121	260	108	2	385
Malted Mocha, iced	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
	large	559	490	8	5	0	30	13	93	250	81	1	270
	XL	706	690	11	6	0	35	16	136	330	118	2	360
Malted Mocha, cooler	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
	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
Mint Condition Mocha, hot	small	323	530	31	20	0	75	8	54	95	53	1	190
	medium	364	670	37	24	0	80	10	73	125	75	1	195
	large	485	810	43	28	0	90	13	92	160	90	1	290
	XL	616	960	50	32	0	95	17	113	200	109	2	385
Mint Condition Mocha, iced	small	369	250	4.5	3	0	15	7	47	115	45	0	90
	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
Mint Condition Mocha, cooler	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
	XL	1039	1140	30	21	0	80	7	206	430	194	1	205
Mocha, hot	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
	large	427	630	40	24	0	90	13	56	150	54	1	290
	XL	548	760	46	29	0	95	17	71	200	67	2	385
Mocha, iced	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
	large	538	300	7	4.5	0	25	10	51	180	48	1	270
	XL	719	430	10	6	0	35	13	75	260	70	1	360
Nitro Cold Press	small	453	25	0	0	0	0	2	3	0	0	320	
Nitro High Rise	small	544	570	25	15	0	95	9	74	350	59	0	205
Nitro Latte	small	483	140	5	3	0	20	9	13	110	11	0	195
Nitro Mocha	small	497	320	7	4.5	0	25	10	54	180	48	1	195
Nitro Turtle Mocha	small	540	510	24	14	0	90	10	58	180	50	0	205
Northern Lite Latte, hot	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
	large	569	160	1	0.5	0	10	16	34	240	21	0	270
	XL	699	180	1	0.5	0	10	19	40	280	24	0	360
Northern Lite Latte, iced	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
	large	531	80	0.5	0	0	5	8	23	120	9	0	270
	XL	708	100	0.5	0	0	5	11	31	160	12	0	360
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
	XL	644	530	10	6	0	40	17	94	380	76	0	80
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 Yogurt 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
	XL	666	1160	57	36	0	125	20	145	510	127	2	385
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
	XL	597	880	43	27	0	90	15	104	210	104	0	370
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

 Caribou C O F F E E	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)
Food Item												
Blueberry Muffin	Bakery	113	410	22	4	0	75	5	50	290	29	1
Cake Pop, Birthday Cake	Bakery	34	130	6	2.5	0	25	2	14	100	13	0
Cake Pop, Chocolate	Bakery	34	130	6	2.5	0	20	2	14	120	12	1
Cake Pop, Ho Ho Mint	Bakery	34	130	6	2.5	0	15	2	16	190	13	0
Chocolate Chip Cookie	Bakery	62	360	18	11	0	50	4	55	290	36	3
Cinnamon Coffee Cake	Bakery	133	530	23	4.5	4	80	5	81	310	60	2
Donut, Chocolate Glazed	Bakery	107	360	13	5	0	0	5	60	360	32	1
Donut, Glazed	Bakery	92	330	12	5	0	0	4	52	280	27	0
Gingerbread	Bakery	116	430	19	6	0	35	4	63	380	33	1
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
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
Bacon Egg & Cheese Bagel	Breakfast Sandwiches	207	610	28	12	0.5	180	32	60	1340	7	4
Beyond Meat® Sausage, Egg & Mozzarella	Breakfast Sandwiches	156	420	20	7	0	130	23	38	770	3	3
Chicken Apple Sausage	Breakfast Sandwiches	184	440	21	8	0	210	27	38	860	10	1
Chicken Chorizo Burrito	Breakfast Sandwiches	220	500	21	9	0	245	25	52	1640	3	3
Gluten Free Bacon & Gouda Souffle	Breakfast Sandwiches	88	310	24	14	0	245	12	11	530	2	0
Gluten Free Spinach Artichoke & Provolone	Breakfast Sandwiches	145	420	19	7	0	150	15	40	790	3	1
Ham, Egg & Swiss Croissant	Breakfast Sandwiches	198	500	29	14	1	195	25	36	1050	5	1
Lumberjack	Breakfast Sandwiches	278	740	36	14	0	310	36	67	1670	8	3
Maple Waffle Sandwich	Breakfast Sandwiches	176	480	26	12	0	100	22	42	890	16	2
Sausage Biscuit	Breakfast Sandwiches	177	590	42	17	0	170	19	33	1310	2	0
Turkey Bacon, Egg & Muenster	Breakfast Sandwiches	119	270	10	4.5	0	45	16	29	730	2	1
Turkey Bacon Mini	Breakfast Sandwiches	106	280	13	4	0	135	13	25	560	1	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 & Cream Cheese	Bagels	140	390	13	8	0	35	12	59	655	8	4
Asiago Bagel & Cream Cheese	Bagels	140	410	8	10	0	45	14	54	705	7	3
Everything Bagel & Cream Cheese	Bagels	140	400	14	8	0	35	14	59	645	8	4
Blueberry Bagel & Cream Cheese	Bagels	140	400	13	8	0	35	12	61	605	12	4