

PUMPKIN SPICE LATTE SEASON



Special Coffees are FULL of sugar, calories, & fat that can worsen our diabetes, weight, & heart health

Option 1: Choose black coffee

(this has no calories, sugar, or fat but may not be your favorite taste)

Option 2: switch the milk to unsweetened almond milk

(this usually contains less sugar, calories, and fat than the other milks.)

Option 3: Pick sugar-free syrup, or limit pumps of syrup/sauce.

(This is where most of the calories and sugar come from!)

Option 4: Get size small!

This will decrease your calories, sugar, and fat intake significantly.

Option 5: Skip the whip!

Avoid toppings like drizzles and whipped cream



ZERO SUGAR ADDED PUMPKIN PIE LATTE

W/ SUGAR FREE PUMPKIN PIE FLAVOR

Anyone can be in their pumpkin era with the zero sugar added Pumpkin Pie Latte! Featuring our bold espresso, sugar free pumpkin pie syrup and 2% milk, it's the perfect fall time sip. Available hot or iced! *Not a low calorie food

ICED

HOT

NUTRITIONAL INFORMATION

| | L | M | S |
|-------------|-------|-------|-------|
| Calories | 220 | 170 | 100 |
| Total Fat | 7G | 6G | 4G |
| Cholesterol | 30MG | 25MG | 15MG |
| Sodium | 210MG | 170MG | 100MG |
| Total Carbs | 24G | 19G | 11G |
| Fiber | 1G | 1G | 1G |
| Sugar | 20G | 16G | 9G |
| Protein | 15G | 12G | 7G |

pick this,

not that!



CARAMEL PUMPKIN BRÛLÉE FREEZE

PUMPKIN & SALTED CARAMEL FREEZE, SOFT TOP, PUMPKIN DRIZZLE & RAW SUGAR

Let's give 'em pumpkin to talk about! Caramel Pumpkin Brûlée Freeze features pumpkin and salted caramel flavors topped with pumpkin drizzle, raw sugar sprinkles and Soft Top.

BLENDED

NUTRITIONAL INFORMATION

| | L | M | S |
|-------------|-------|-------|-------|
| Calories | 960 | 760 | 560 |
| Total Fat | 29G | 23G | 17G |
| Cholesterol | 95MG | 70MG | 45MG |
| Sodium | 440MG | 350MG | 260MG |
| Total Carbs | 151G | 121G | 91G |
| Fiber | 0G | 0G | 0G |
| Sugar | 137G | 109G | 81G |
| Protein | 23G | 17G | 11G |





| Product Name | Size | Milk | Whip and Toppings | Extras | Serving Size (fl. oz.) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Caffeine (mg) |
|----------------------------------|------|--------|-------------------|--------|------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|-----------|-------------|---------------|
| Iced Skinny Cinnamon Dolce Latte | Tall | Nonfat | N/A | N/A | 12 | 60 | 0 | 0 | 0 | 0 | 5 | 85 | 9 | 0 | 8 | 6 | 75 |

pick this,

not that!



Iced Pumpkin Spice Latte
480 calories[Ⓞ]

480 calories, 65g sugar, 18g fat ⓘ

