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

NUTRITIONAL INFORMATION

HOT

pick this,

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

not that!



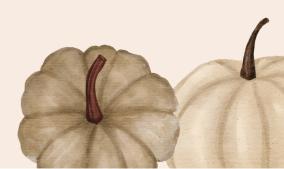
CARAMEL PUMPKIN BRÛLÉE FREEZE

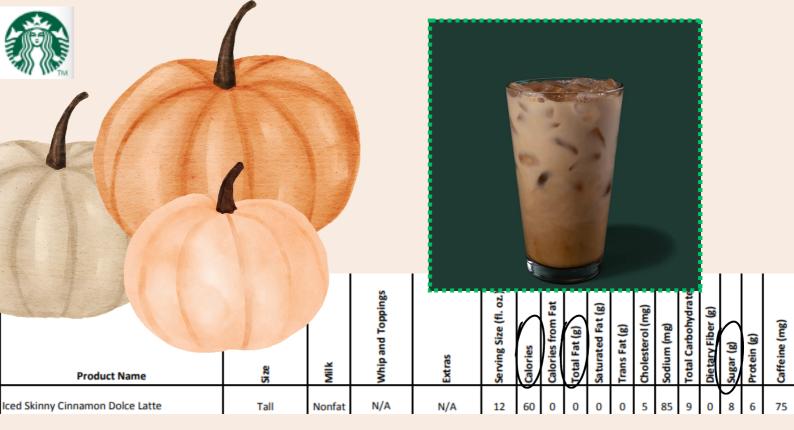
PUMPKIN & SALTED CARAMEL FREEZE, SOFT TOP, PUMPKIN DRIZZLE & RAW SUGAR

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

BLENDED

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





pick this,

not that!



