

Coffee Beanery offered at 1 Stop Locations

Coffees, Cappuccinos, Hot Chocoates - Nutrition Facts

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size(fl oz./ml./gr.)	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (f)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV
Coffee																
Regular Coffee (All Varieties of Straight Coffee)	12 fl oz. (355 ml)	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Decaf Coffee	12 fl oz. (355 ml)	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Flavored Coffee (All Varieites)	12 fl oz. (355 ml)	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Cappuccino																
Fat Free French Vanilla	12 fl oz. (48 gr.)	180	0	0	0	0	0	300	40	0	32	3	0	0	8	4
Hot Cocoa	12 fl oz. (48 gr.)	210	0	5	4.5	0	0	260	39	0	26	2	0	0	4	4
French Vanilla	12 fl oz. (48 gr.)	200	0	4.5	3.75	0	0	260	39	0	28	2	0	0	4	4
Caramel	12 fl oz. (48 gr.)	210	0	5	4.5	0	0	270	38	0	27	2	0	0	4	4
Butter Pecan	12 fl oz. (48 gr.)	210	0	5	4.5	0	0	280	38	0	27	2	0	0	4	4
White Chocolate Caramel	12 fl oz. (48 gr.)	210	0	5	4.5	0	0	280	38	0	27	2	0	0	4	4
Pumpkin Spice	12 fl oz. (48 gr.)	210	0	5	4.5	0	0	270	38	0	27	2	0	0	4	4
Michigan Cherry	12 fl oz. (48 gr.)	210	0	6	4.5	0	0	280	38	0	27	2	0	0	4	4
English Toffee	12 fl oz. (48 gr.)	210	0	5	4.5	0	0	270	38	0	27	2	0	0	4	4
Mocha Deluxe	12 fl oz. (48 gr.)	210	0	6	5.25	0	0	260	28	0	27	2	0	0	4	4
Sea Salt Caramel	12 fl oz. (48 gr.)	210	0	6	5	1	0	320	40	1	30	1	0	0	2	2
Creamy Vanilla Caramel	12 fl oz. (48 gr.)	180	35	4	3.5	0	0	95	35	0	22	1	0	0	8	0
Extreme Caffeine Mocha	12 fl oz. (48 gr.)	190	80	8	8	0	0	120	28	1	19	2	0	0	10	2
Pumpkin Pie	12 fl oz. (48 gr.)	150	33	3	1	2	0	108	28	0	18	0	0	0	4	0
Coffee																
Regular Coffee (All Varieties of Straight Coffee)	16 fl oz. (473 ml)	0	0	0	0	0	0	7	0	0	0	0	0	0	0	0
Decaf Coffee	16 fl oz. (473 ml)	0	0	0	0	0	0	7	0	0	0	0	0	0	0	0
Flavored Coffee (All Varieites)	16 fl oz. (473 ml)	0	0	0	0	0	0	7	0	0	0	0	0	0	0	0
Cappuccino																
Fat Free French Vanilla	16 fl oz. (64 gr.)	240	0	0	0	0	0	400	53	0	43	4	0	0	8	4
Hot Cocoa	16 fl oz. (64 gr.)	280	0	7	6	0	0	347	52	0	35	3	0	0	4	4
French Vanilla	16 fl oz. (64 gr.)	267	0	6	5	0	0	347	52	0	37	3	0	0	4	4
Caramel	16 fl oz. (64 gr.)	280	0	7	6	0	0	360	51	0	36	3	0	0	4	4
Butter Pecan	16 fl oz. (64 gr.)	280	0	7	6	0	0	373	51	0	36	3	0	0	4	4
White Chocolate Caramel	16 fl oz. (64 gr.)	280	0	7	6	0	0	373	51	0	36	3	0	0	4	4
Pumpkin Spice	16 fl oz. (64 gr.)	280	0	7	6	0	0	360	51	0	36	3	0	0	4	4
Michigan Cherry	16 fl oz. (64 gr.)	280	0	8	6	0	0	373	51	0	36	3	0	0	4	4
English Toffee	16 fl oz. (64 gr.)	280	0	7	6	0	0	360	51	0	36	3	0	0	4	4
Mocha Deluxe	16 fl oz. (64 gr.)	280	0	8	7	0	0	347	37	0	36	3	0	0	4	4
Sea Salt Caramel	16 fl oz. (64 gr.)	280	0	8	7	1	0	427	53	1	40	1	0	0	2	2
Creamy Vanilla Caramel	16 fl oz. (64 gr.)	240	47	5	5	0	0	127	47	0	29	1	0	0	8	0
Extreme Caffeine Mocha	16 fl oz. (64 gr.)	253	107	11	11	0	0	160	37	1	25	3	0	0	10	2
Pumpkin Pie	16 fl oz. (64 gr.)	200	44	4	1	3	0	144	37	0	24	0	0	0	4	0

Coffee																
Regular Coffee (All Varieties of Straight Coffee)	20 fl oz. (591 ml)	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0
Decaf Coffee	20 fl oz. (591 ml)	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0
Flavored Coffee (All Varieties)	20 fl oz. (591 ml)	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0
Cappuccino																
Fat Free French Vanilla	20 fl oz. (80 gr.)	300	0	0	0	0	0	500	67	0	53	5	0	0	8	4
Hot Cocoa	20 fl oz. (80 gr.)	350	0	8	8	0	0	433	65	0	43	3	0	0	4	4
French Vanilla	20 fl oz. (80 gr.)	333	0	8	6	0	0	433	65	0	47	3	0	0	4	4
Caramel	20 fl oz. (80 gr.)	350	0	8	8	0	0	450	63	0	45	3	0	0	4	4
Butter Pecan	20 fl oz. (80 gr.)	350	0	8	8	0	0	467	63	0	45	3	0	0	4	4
White Chocolate Caramel	20 fl oz. (80 gr.)	350	0	8	8	0	0	467	63	0	45	3	0	0	4	4
Pumpkin Spice	20 fl oz. (80 gr.)	350	0	8	8	0	0	450	63	0	45	3	0	0	4	4
Michigan Cherry	20 fl oz. (80 gr.)	350	0	10	8	0	0	467	63	0	45	3	0	0	4	4
English Toffee	20 fl oz. (80 gr.)	350	0	8	8	0	0	450	63	0	45	3	0	0	4	4
Mocha Deluxe	20 fl oz. (80 gr.)	350	0	10	9	0	0	433	47	0	45	3	0	0	4	4
Sea Salt Caramel	20 fl oz. (80 gr.)	350	0	10	8	2	0	533	67	2	50	2	0	0	2	2
Creamy Vanilla Caramel	20 fl oz. (80 gr.)	300	58	7	6	0	0	158	58	0	37	2	0	0	8	0
Extreme Caffeine Mocha	20 fl oz. (80 gr.)	317	133	13	13	0	0	200	47	2	32	3	0	0	10	2
Pumpkin Pie	20 fl oz. (80 gr.)	250	55	5	2	3	0	180	47	0	30	0	0	0	4	0
Coffee																
Regular Coffee (All Varieties of Straight Coffee)	24 fl oz. (710 ml)	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Decaf Coffee	24 fl oz. (710 ml)	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Flavored Coffee (All Varieties)	24 fl oz. (710 ml)	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Cappuccino																
Fat Free French Vanilla	24 fl oz. (96 gr.)	360	0	0	0	0	0	600	80	0	64	6	0	0	8	4
Hot Cocoa	24 fl oz. (96 gr.)	420	0	10	9	0	0	520	78	0	52	4	0	0	4	4
French Vanilla	24 fl oz. (96 gr.)	400	0	9	8	0	0	520	78	0	56	4	0	0	4	4
Caramel	24 fl oz. (96 gr.)	420	0	10	9	0	0	540	76	0	54	4	0	0	4	4
Butter Pecan	24 fl oz. (96 gr.)	420	0	10	9	0	0	560	76	0	54	4	0	0	4	4
White Chocolate Caramel	24 fl oz. (96 gr.)	420	0	10	9	0	0	560	76	0	54	4	0	0	4	4
Pumpkin Spice	24 fl oz. (96 gr.)	420	0	10	9	0	0	540	76	0	54	4	0	0	4	4
Michigan Cherry	24 fl oz. (96 gr.)	420	0	12	9	0	0	560	76	0	54	4	0	0	4	4
English Toffee	24 fl oz. (96 gr.)	420	0	10	9	0	0	540	76	0	54	4	0	0	4	4
Mocha Deluxe	24 fl oz. (96 gr.)	420	0	12	11	0	0	520	56	0	54	4	0	0	4	4
Sea Salt Caramel	24 fl oz. (96 gr.)	420	0	12	10	2	0	640	80	2	60	2	0	0	2	2
Creamy Vanilla Caramel	24 fl oz. (96 gr.)	360	70	8	7	0	0	190	70	0	44	2	0	0	8	0
Extreme Caffeine Mocha	24 fl oz. (96 gr.)	380	160	16	16	0	0	240	56	2	38	4	0	0	10	2
Pumpkin Pie	24 fl oz. (96 gr.)	300	66	6	2	4	0	216	56	0	36	0	0	0	4	0

Flavored Syrups - Nutrition Facts

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size(fl oz./ml./gr.)	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (f)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV
Syrups																
French Vanilla Syrup	.5 fl oz. (10.5 gr.)	50	0	0	0	0	0	0	12	0	12	0	0	0	0	0
Caramel Syrup	.5 fl oz. (10.5 gr.)	50	0	0	0	0	0	0	12	0	12	0	0	0	0	0
Almond Syrup	.5 fl oz. (10.5 gr.)	50	0	0	0	0	0	0	12	0	12	0	0	0	0	0
Chocolate Syrup	.5 fl oz. (10.5 gr.)	50	0	0	0	0	0	0	12	0	12	0	0	0	0	0
Raspberry Syrup	.5 fl oz. (10.5 gr.)	50	0	0	0	0	0	0	12	0	12	0	0	0	0	0
Hazelnut Syrup	.5 fl oz. (10.5 gr.)	50	0	0	0	0	0	0	12	0	12	0	0	0	0	0

Arctic Ice

Frozen Slush - Nutrition Facts

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size(fl oz./ml./gr.)	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (f)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV
Slush																
Arctic Ice Orange Slush	12 fl oz (355 ml)	192	0	0	0	0	0	21.9	48	0	48	0	1	1	1	1
Arctic Ice Green Watermelon Slush	12 fl oz (355 ml)	192	0	0	0	0	0	21.9	48	0	48	0	1	1	1	1
Arctic Ice Strawberry Slush	12 fl oz (355 ml)	180	0	0	0	0	0	20	48	0	44	0	0	0	0	0
Arctic Ice Pink Lemonade Slush	12 fl oz (355 ml)	192	0	0	0	0	0	21.9	48	0	48	0	1	1	1	1
Arctic Ice Blue Raspberry Slush	12 fl oz (355 ml)	180	0	0	0	0	0	20	48	0	44	0	0	0	0	0
Arctic Ice Grape Slush	12 fl oz (355 ml)	192	0	0	0	0	0	21.9	48	0	48	0	1	1	1	1
Arctic Ice Lemon Lime Slush	12 fl oz (355 ml)	192	0	0	0	0	0	21.9	48	0	48	0	1	1	1	1
Arctic Ice Cherry Slush	12 fl oz (355 ml)	192	0	0	0	0	0	21.9	48	0	48	0	1	1	1	1
Slush																
Arctic Ice Orange Slush	16 fl oz (473 ml)	256	0	0	0	0	0	29	64	0	64	0	1	1	1	1
Arctic Ice Green Watermelon Slush	16 fl oz (473 ml)	256	0	0	0	0	0	29	64	0	64	0	1	1	1	1
Arctic Ice Strawberry Slush	16 fl oz (473 ml)	240	0	0	0	0	0	27	64	0	59	0	0	0	0	0
Arctic Ice Pink Lemonade Slush	16 fl oz (473 ml)	256	0	0	0	0	0	29	64	0	64	0	1	1	1	1
Arctic Ice Blue Raspberry Slush	16 fl oz (473 ml)	240	0	0	0	0	0	27	64	0	59	0	0	0	0	0
Arctic Ice Grape Slush	16 fl oz (473 ml)	256	0	0	0	0	0	29	64	0	64	0	1	1	1	1
Arctic Ice Lemon Lime Slush	16 fl oz (473 ml)	256	0	0	0	0	0	29	64	0	64	0	1	1	1	1
Arctic Ice Cherry Slush	16 fl oz (473 ml)	256	0	0	0	0	0	29	64	0	64	0	1	1	1	1
Slush																
Arctic Ice Orange Slush	20 fl oz (591 ml)	320	0	0	0	0	0	37	80	0	80	0	1	1	1	1
Arctic Ice Green Watermelon Slush	20 fl oz (591 ml)	320	0	0	0	0	0	37	80	0	80	0	1	1	1	1
Arctic Ice Strawberry Slush	20 fl oz (591 ml)	300	0	0	0	0	0	33	80	0	73	0	0	0	0	0
Arctic Ice Pink Lemonade Slush	20 fl oz (591 ml)	320	0	0	0	0	0	37	80	0	80	0	1	1	1	1
Arctic Ice Blue Raspberry Slush	20 fl oz (591 ml)	300	0	0	0	0	0	33	80	0	73	0	0	0	0	0
Arctic Ice Grape Slush	20 fl oz (591 ml)	320	0	0	0	0	0	37	80	0	80	0	1	1	1	1
Arctic Ice Lemon Lime Slush	20 fl oz (591 ml)	320	0	0	0	0	0	37	80	0	80	0	1	1	1	1
Arctic Ice Cherry Slush	20 fl oz (591 ml)	320	0	0	0	0	0	37	80	0	80	0	1	1	1	1

Slush																
Arctic Ice Orange Slush	24 fl oz (710 ml)	384	0	0	0	0	0	44	96	0	96	0	1	1	1	1
Arctic Ice Green Watermelon Slush	24 fl oz (710 ml)	384	0	0	0	0	0	44	96	0	96	0	1	1	1	1
Arctic Ice Strawberry Slush	24 fl oz (710 ml)	360	0	0	0	0	0	40	96	0	88	0	0	0	0	0
Arctic Ice Pink Lemonade Slush	24 fl oz (710 ml)	384	0	0	0	0	0	44	96	0	96	0	1	1	1	1
Arctic Ice Blue Raspberry Slush	24 fl oz (710 ml)	360	0	0	0	0	0	40	96	0	88	0	0	0	0	0
Arctic Ice Grape Slush	24 fl oz (710 ml)	384	0	0	0	0	0	44	96	0	96	0	1	1	1	1
Arctic Ice Lemon Lime Slush	24 fl oz (710 ml)	384	0	0	0	0	0	44	96	0	96	0	1	1	1	1
Arctic Ice Cherry Slush	24 fl oz (710 ml)	384	0	0	0	0	0	44	96	0	96	0	1	1	1	1
Slush																
Arctic Ice Orange Slush	32 fl oz (946 ml)	512	0	0	0	0	0	58	128	0	128	0	1	1	1	1
Arctic Ice Green Watermelon Slush	32 fl oz (946 ml)	512	0	0	0	0	0	58	128	0	128	0	1	1	1	1
Arctic Ice Strawberry Slush	32 fl oz (946 ml)	480	0	0	0	0	0	53	128	0	117	0	0	0	0	0
Arctic Ice Pink Lemonade Slush	32 fl oz (946 ml)	512	0	0	0	0	0	58	128	0	128	0	1	1	1	1
Arctic Ice Blue Raspberry Slush	32 fl oz (946 ml)	480	0	0	0	0	0	53	128	0	117	0	0	0	0	0
Arctic Ice Grape Slush	32 fl oz (946 ml)	512	0	0	0	0	0	58	128	0	128	0	1	1	1	1
Arctic Ice Lemon Lime Slush	32 fl oz (946 ml)	512	0	0	0	0	0	58	128	0	128	0	1	1	1	1
Arctic Ice Cherry Slush	32 fl oz (946 ml)	512	0	0	0	0	0	58	128	0	128	0	1	1	1	1
Slush																
Arctic Ice Orange Slush	44 fl oz (1301 ml)	704	0	0	0	0	0	80	176	0	176	0	1	1	1	1
Arctic Ice Green Watermelon Slush	44 fl oz (1301 ml)	704	0	0	0	0	0	80	176	0	176	0	1	1	1	1
Arctic Ice Strawberry Slush	44 fl oz (1301 ml)	660	0	0	0	0	0	73	176	0	161	0	0	0	0	0
Arctic Ice Pink Lemonade Slush	44 fl oz (1301 ml)	704	0	0	0	0	0	80	176	0	176	0	1	1	1	1
Arctic Ice Blue Raspberry Slush	44 fl oz (1301 ml)	660	0	0	0	0	0	73	176	0	161	0	0	0	0	0
Arctic Ice Grape Slush	44 fl oz (1301 ml)	704	0	0	0	0	0	80	176	0	176	0	1	1	1	1
Arctic Ice Lemon Lime Slush	44 fl oz (1301 ml)	704	0	0	0	0	0	80	176	0	176	0	1	1	1	1
Arctic Ice Cherry Slush	44 fl oz (1301 ml)	704	0	0	0	0	0	80	176	0	176	0	1	1	1	1