

Q Café - Cappuccino												
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cappuccino - whole milk	12 oz	128	62	7.0	4.0	0.0	21	86	11	0	11	7
Cappuccino - 2% milk	12 oz	92	34	3.8	2.3	0.0	15	86	9	0	8	6
Cappuccino - fat free milk	12 oz	54	3	0.3	0.0	0.0	3	79	8	0	8	5
Cappuccino - soy milk	12 oz	68	25	2.0	0.3	0.0	0	65	5	1	3	5
Cappuccino - whole milk	16 oz	164	80	9.0	5.2	0.0	27	110	14	0	14	9
Cappuccino - 2% milk	16 oz	122	45	5.0	3.0	0.0	20	115	12	0	11	8
Cappuccino - fat free milk	16 oz	75	4	0.4	0.0	0.0	4	111	11	0	11	7
Cappuccino - soy milk	16 oz	96	35	4.0	0.4	0.0	0	91	7	2	5	7
Cappuccino - whole milk	20 oz	201	98	11.0	6.3	0.0	33	135	18	0	18	11
Cappuccino - 2% milk	20 oz	153	56	6.3	3.8	0.0	25	144	15	0	14	10
Cappuccino - fat free milk	20 oz	97	5	0.5	0.0	0.0	6	143	14	0	14	9
Cappuccino - soy milk	20 oz	123	45	5.0	0.6	0.0	0	118	10	2	7	9
Cappuccino Caramel - whole milk	12 oz	178	62	7.0	4.0	0.0	21	86	23	0	23	7
Cappuccino Caramel - 2% milk	12 oz	142	34	3.8	2.3	0.0	15	86	21	0	20	6
Cappuccino Caramel - fat free milk	12 oz	104	3	0.3	0.0	0.0	3	79	20	0	20	5
Cappuccino Caramel - soy milk	12 oz	118	25	2.0	0.3	0.0	0	65	17	1	15	5
Cappuccino Caramel - whole milk	16 oz	239	80	9.0	5.2	0.0	27	110	32	0	32	9
Cappuccino Caramel - 2% milk	16 oz	197	45	5.0	3.0	0.0	20	115	30	0	29	8
Cappuccino Caramel - fat free milk	16 oz	150	4	0.4	0.0	0.0	4	111	29	0	29	7
Cappuccino Caramel - soy milk	16 oz	171	35	4.0	0.4	0.0	0	91	25	2	23	7
Cappuccino Caramel - whole milk	20 oz	301	98	11.0	6.3	0.0	33	135	42	0	42	11
Cappuccino Caramel - 2% milk	20 oz	253	56	6.3	3.8	0.0	25	144	39	0	38	10
Cappuccino Caramel - fat free milk	20 oz	197	5	0.5	0.0	0.0	6	143	38	0	38	9
Cappuccino Caramel - soy milk	20 oz	223	45	5.0	0.6	0.0	0	118	34	2	31	9

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Cappuccino Caramel Mocha - whole milk	12 oz	178	62	7.0	4.0	0.0	21	86	23	0	23	7
Cappuccino Caramel Mocha - 2% milk	12 oz	142	34	3.8	2.3	0.0	15	86	21	0	20	6
Cappuccino Caramel Mocha - fat free milk	12 oz	104	3	0.3	0.0	0.0	3	79	20	0	20	5
Cappuccino Caramel Mocha - soy milk	12 oz	118	25	2.0	0.3	0.0	0	65	17	1	15	5
Cappuccino Caramel Mocha - whole milk	16 oz	239	80	9.0	5.2	0.0	27	110	33	0	32	9
Cappuccino Caramel Mocha - 2% milk	16 oz	197	45	5.0	3.0	0.0	20	115	30	0	29	8
Cappuccino Caramel Mocha - fat free milk	16 oz	150	4	0.4	0.0	0.0	4	111	29	0	29	7
Cappuccino Caramel Mocha - soy milk	16 oz	171	35	4.0	0.4	0.0	0	91	25	2	23	7
Cappuccino Caramel Mocha - whole milk	20 oz	301	98	11.0	6.3	0.0	33	135	42	0	42	11
Cappuccino Caramel Mocha - 2% milk	20 oz	253	56	6.3	3.8	0.0	25	144	40	0	38	10
Cappuccino Caramel Mocha - fat free milk	20 oz	197	5	0.5	0.0	0.0	6	143	38	0	38	9
Cappuccino Caramel Mocha - soy milk	20 oz	223	45	5.0	0.6	0.0	0	118	35	2	31	9
Cappuccino Eggnog - whole milk	12 oz	168	62	7.0	4.0	0.0	21	86	30	0	30	7
Cappuccino Eggnog - 2% milk	12 oz	132	34	3.8	2.3	0.0	15	86	28	0	27	6
Cappuccino Eggnog - fat free milk	12 oz	94	3	0.3	0.0	0.0	3	79	27	0	27	5
Cappuccino Eggnog - soy milk	12 oz	108	25	2.0	0.3	0.0	0	65	24	1	22	5
Cappuccino Eggnog - whole milk	16 oz	224	80	9.0	5.2	0.0	27	110	43	0	43	9
Cappuccino Eggnog - 2% milk	16 oz	182	45	5.0	3.0	0.0	20	115	41	0	40	8
Cappuccino Eggnog - fat free milk	16 oz	135	4	0.4	0.0	0.0	4	111	39	0	39	7
Cappuccino Eggnog - soy milk	16 oz	156	35	4.0	0.4	0.0	0	91	36	2	34	7
Cappuccino Eggnog - whole milk	20 oz	281	98	11.0	6.3	0.0	33	135	56	0	56	11
Cappuccino Eggnog - 2% milk	20 oz	233	56	6.3	3.8	0.0	25	144	53	0	52	10
Cappuccino Eggnog - fat free milk	20 oz	177	5	0.5	0.0	0.0	6	143	52	0	52	9
Cappuccino Eggnog - soy milk	20 oz	203	45	5.0	0.6	0.0	0	118	48	2	45	9

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Cappuccino Mocha - whole milk	12 oz	178	62	7.0	4.0	0.0	21	86	24	0	23	7
Cappuccino Mocha - 2% milk	12 oz	142	34	3.8	2.3	0.0	15	86	22	0	20	6
Cappuccino Mocha - fat free milk	12 oz	104	3	0.3	0.0	0.0	3	79	20	0	20	5
Cappuccino Mocha - soy milk	12 oz	118	25	2.0	0.3	0.0	0	65	18	1	15	5
Cappuccino Mocha - whole milk	16 oz	239	80	9.0	5.2	0.0	27	110	33	0	32	9
Cappuccino Mocha - 2% milk	16 oz	197	45	5.0	3.0	0.0	20	115	31	0	29	8
Cappuccino Mocha - fat free milk	16 oz	150	4	0.4	0.0	0.0	4	111	29	0	29	7
Cappuccino Mocha - soy milk	16 oz	171	35	4.0	0.4	0.0	0	91	26	2	23	7
Cappuccino Mocha - whole milk	20 oz	301	98	11.0	6.3	0.0	33	135	43	0	42	11
Cappuccino Mocha - 2% milk	20 oz	253	56	6.3	3.8	0.0	25	144	40	0	38	10
Cappuccino Mocha - fat free milk	20 oz	197	5	0.5	0.0	0.0	6	143	39	0	38	9
Cappuccino Mocha - soy milk	20 oz	223	45	5.0	0.6	0.0	0	118	35	2	31	9
Cappuccino Vanilla - whole milk	12 oz	178	62	7.0	4.0	0.0	21	86	24	0	24	7
Cappuccino Vanilla - 2% milk	12 oz	142	34	3.8	2.3	0.0	15	86	22	0	21	6
Cappuccino Vanilla - fat free milk	12 oz	104	3	0.3	0.0	0.0	3	79	20	0	20	5
Cappuccino Vanilla - soy milk	12 oz	118	25	2.0	0.3	0.0	0	65	18	1	16	5
Cappuccino Vanilla - whole milk	16 oz	239	80	9.0	5.2	0.0	27	110	33	0	33	9
Cappuccino Vanilla - 2% milk	16 oz	197	45	5.0	3.0	0.0	20	115	31	0	30	8
Cappuccino Vanilla - fat free milk	16 oz	150	4	0.4	0.0	0.0	4	111	29	0	30	7
Cappuccino Vanilla - soy milk	16 oz	171	35	4.0	0.4	0.0	0	91	26	2	24	7
Cappuccino Vanilla - whole milk	20 oz	301	98	11.0	6.3	0.0	33	135	43	0	43	11
Cappuccino Vanilla - 2% milk	20 oz	253	56	6.3	3.8	0.0	25	144	40	0	39	10
Cappuccino Vanilla - fat free milk	20 oz	197	5	0.5	0.0	0.0	6	143	39	0	39	9
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Cappuccino Vanilla Caramel - whole milk	12 oz	178	62	7.0	4.0	0.0	21	86	23	0	23	7
Cappuccino Vanilla Caramel - 2% milk	12 oz	142	34	3.8	2.3	0.0	15	86	21	0	21	6
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Cappuccino Vanilla Caramel - fat free milk	20 oz	197	5	0.5	0.0	0.0	6	143	38	0	39	9
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Cappuccino Vanilla Mocha - 2% milk	20 oz	253	56	6.3	3.8	0.0	25	144	40	0	38	10
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