

Q Café – Frozen Latte												
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)
Frozen Latte - whole milk	16 oz	291	89	10.0	7.9	0.0	15	141	45	0	41	7
Frozen Latte - 2% milk	16 oz	276	73	8.1	6.9	0.0	13	152	45	0	40	7
Frozen Latte - fat free milk	16 oz	254	48	5.3	5.0	0.0	3	159	45	0	41	7
Frozen Latte - soy milk	16 oz	268	70	7.0	5.3	0.0	0	145	42	1	36	7
Frozen Latte - whole milk	24 oz	346	116	13.0	9.6	0.0	24	178	50	0	46	10
Frozen Latte - 2% milk	24 oz	322	90	10.0	8.0	0.0	20	195	49	0	44	10
Frozen Latte - fat free milk	24 oz	286	49	5.4	5.0	0.0	5	207	49	0	46	10
Frozen Latte - soy milk	24 oz	310	85	9.5	5.5	0.0	0	185	46	2	39	10
Frozen Latte Caramel - whole milk	16 oz	491	89	10.0	7.9	0.0	15	141	93	0	89	7
Frozen Latte Caramel - 2% milk	16 oz	476	73	8.1	6.9	0.0	13	152	93	0	88	7
Frozen Latte Caramel - fat free milk	16 oz	454	48	5.3	5.0	0.0	3	159	93	1	89	7
Frozen Latte Caramel - soy milk	16 oz	468	70	7.0	5.3	0.0	0	145	90	1	84	7
Frozen Latte Caramel - whole milk	24 oz	646	116	13.0	9.6	0.0	24	178	122	0	118	10
Frozen Latte Caramel - 2% milk	24 oz	622	90	10.0	8.0	0.0	20	195	121	0	116	10
Frozen Latte Caramel - fat free milk	24 oz	586	49	5.4	5.0	0.0	5	207	121	0	118	10
Frozen Latte Caramel - soy milk	24 oz	610	85	9.5	5.5	0.0	0	185	118	2	111	10
Frozen Latte Eggnog - whole milk	16 oz	433	81	9.0	7.3	0.0	12	129	119	0	115	6
Frozen Latte Eggnog - 2% milk	16 oz	421	68	7.5	6.5	0.0	10	138	119	0	115	6
Frozen Latte Eggnog - fat free milk	16 oz	403	47	5.2	5.0	0.0	3	144	119	0	115	6
Frozen Latte Eggnog - soy milk	16 oz	414	65	6.6	5.3	0.0	0	132	117	1	111	6
Frozen Latte Eggnog - whole milk	24 oz	550	98	11.0	8.5	0.0	18	154	161	0	157	8
Frozen Latte Eggnog - 2% milk	24 oz	532	79	8.8	7.3	0.0	15	166	160	0	155	8
Frozen Latte Eggnog - fat free milk	24 oz	505	48	5.3	5.0	0.0	4	175	160	0	156	8
Frozen Latte Eggnog - soy milk	24 oz	523	75	8.4	5.4	0.0	0	159	158	2	152	8

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Frozen Latte Mocha - whole milk	16 oz	491	89	10.0	7.9	0.0	15	141	95	0	89	7
Frozen Latte Mocha - 2% milk	16 oz	476	73	8.1	6.9	0.0	13	152	95	0	88	7
Frozen Latte Mocha - fat free milk	16 oz	454	48	5.3	5.0	0.0	3	159	95	0	89	7
Frozen Latte Mocha - soy milk	16 oz	468	70	7.0	5.3	0.0	0	145	92	1	84	7
Frozen Latte Mocha - whole milk	24 oz	646	116	13.0	9.6	0.0	24	178	125	0	118	10
Frozen Latte Mocha - 2% milk	24 oz	622	90	10.0	8.0	0.0	20	195	124	0	116	10
Frozen Latte Mocha - fat free milk	24 oz	586	49	5.4	5.0	0.0	5	207	124	0	118	10
Frozen Latte Mocha - soy milk	24 oz	610	85	9.5	5.5	0.0	0	185	121	2	111	10
Frozen Latte Vanilla - whole milk	16 oz	491	89	10.0	7.9	0.0	15	141	95	0	91	7
Frozen Latte Vanilla - 2% milk	16 oz	476	73	8.1	6.9	0.0	13	152	95	0	90	7
Frozen Latte Vanilla - fat free milk	16 oz	454	48	5.3	5.0	0.0	3	159	95	0	91	7
Frozen Latte Vanilla - soy milk	16 oz	468	70	7.0	5.3	0.0	0	145	92	1	86	7
Frozen Latte Vanilla - whole milk	24 oz	646	116	13.0	9.6	0.0	24	178	125	0	121	10
Frozen Latte Vanilla - 2% milk	24 oz	622	90	10.0	8.0	0.0	20	195	124	0	119	10
Frozen Latte Vanilla - fat free milk	24 oz	586	49	5.4	5.0	0.0	5	207	124	0	121	10
Frozen Latte Vanilla - soy milk	24 oz	610	85	9.5	5.5	0.0	0	185	121	2	114	10
Frozen Latte Java Chip - whole milk	16 oz	431	169	19.0	12.9	0.0	15	141	61	2	53	9
Frozen Latte Java Chip - 2% milk	16 oz	416	153	17.1	11.9	0.0	13	152	61	2	52	9
Frozen Latte Java Chip - fat free milk	16 oz	394	128	14.3	10.0	0.0	3	159	61	2	53	9
Frozen Latte Java Chip - soy milk	16 oz	408	150	16.0	10.3	0.0	0	145	58	3	48	9
Frozen Latte Java Chip - whole milk	24 oz	486	196	22.0	14.6	0.0	24	178	66	2	58	12
Frozen Latte Java Chip - 2% milk	24 oz	462	170	19.0	13.0	0.0	20	195	65	2	56	12
Frozen Latte Java Chip - fat free milk	24 oz	426	129	14.4	10.0	0.0	5	207	65	2	58	12
Frozen Latte Java Chip - soy milk	24 oz	450	165	18.5	10.5	0.0	0	185	62	4	51	12

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Frozen Latte Caramel Java Chip - whole milk	16 oz	631	169	19.0	12.9	0.0	15	141	109	2	101	9
Frozen Latte Caramel Java Chip - 2% milk	16 oz	616	153	17.1	11.9	0.0	13	152	109	2	100	9
Frozen Latte Caramel Java Chip - fat free milk	16 oz	594	128	14.3	10.0	0.0	3	159	109	2	101	9
Frozen Latte Caramel Java Chip - soy milk	16 oz	608	150	16.0	10.3	0.0	0	145	106	3	115	9
Frozen Latte Caramel Java Chip - whole milk	24 oz	786	196	22.0	14.6	0.0	24	178	138	2	130	12
Frozen Latte Caramel Java Chip - 2% milk	24 oz	762	170	19.0	13.0	0.0	20	195	137	2	128	12
Frozen Latte Caramel Java Chip - fat free milk	24 oz	726	129	14.4	10.0	0.0	5	207	137	2	130	12
Frozen Latte Caramel Java Chip - soy milk	24 oz	750	165	18.5	10.5	0.0	0	185	134	4	123	12
Frozen Latte Eggnog Java Chip - whole milk	16 oz	573	161	18.0	12.3	0.0	12	129	135	2	127	8
Frozen Latte Eggnog Java Chip - 2% milk	16 oz	561	148	16.5	11.5	0.0	10	138	135	2	127	8
Frozen Latte Eggnog Java Chip - fat free milk	16 oz	543	127	14.2	10.0	0.0	3	144	135	2	127	8
Frozen Latte Eggnog Java Chip - soy milk	16 oz	554	145	15.6	10.3	0.0	0	132	133	3	123	8
Frozen Latte Eggnog Java Chip - whole milk	24 oz	690	178	20.0	13.5	0.0	18	154	177	2	169	10
Frozen Latte Eggnog Java Chip - 2% milk	24 oz	672	159	17.8	12.3	0.0	15	166	176	2	167	10
Frozen Latte Eggnog Java Chip - fat free milk	24 oz	645	128	14.3	10.0	0.0	4	175	176	2	168	10
Frozen Latte Eggnog Java Chip - soy milk	24 oz	663	155	17.4	10.4	0.0	0	159	174	4	164	10
Frozen Latte Mocha Java Chip - whole milk	16 oz	631	169	19.0	12.9	0.0	15	141	111	2	101	9
Frozen Latte Mocha Java Chip - 2% milk	16 oz	616	153	17.1	11.9	0.0	13	152	111	2	100	9
Frozen Latte Mocha Java Chip - fat free milk	16 oz	594	128	14.3	10.0	0.0	3	159	111	2	101	9
Frozen Latte Mocha Java Chip - soy milk	16 oz	608	150	16.0	10.3	0.0	0	145	108	3	96	9
Frozen Latte Mocha Java Chip - whole milk	24 oz	786	196	22.0	14.6	0.0	24	178	141	2	130	12
Frozen Latte Mocha Java Chip - 2% milk	24 oz	762	170	19.0	13.0	0.0	20	195	142	2	128	12
Frozen Latte Mocha Java Chip - fat free milk	24 oz	726	129	14.4	10.0	0.0	5	207	140	2	130	12
Frozen Latte Mocha Java Chip - soy milk	24 oz	750	165	18.5	10.5	0.0	0	185	137	4	123	12

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Frozen Latte Vanilla Java Chip - whole milk	16 oz	631	169	19.0	12.9	0.0	15	141	111	2	103	9
Frozen Latte Vanilla Java Chip - 2% milk	16 oz	616	153	17.1	11.9	0.0	13	152	111	2	102	9
Frozen Latte Vanilla Java Chip - fat free milk	16 oz	594	128	14.3	10.0	0.0	3	159	111	2	103	9
Frozen Latte Vanilla Java Chip - soy milk	16 oz	608	150	16.0	10.3	0.0	0	145	108	3	98	9
Frozen Latte Vanilla Java Chip - whole milk	24 oz	786	196	22.0	14.6	0.0	24	178	141	2	133	12
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Frozen Latte Vanilla Java Chip - soy milk	24 oz	750	165	18.5	10.5	0.0	0	185	137	4	126	12