

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

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

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