

NOURISH ITEMS

	CALORIES	FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
SANDWICHES								
Sausage Egg & Cheese	650	40	230	1080	38	1	5	28
Bacon Egg & Cheese	520	28	205	1035	39	1	6	27
PROTEIN COOKIES (SERVING SIZE 3 COOKIES)								
Peanut Butter Chocolate	385	25	2	198	30	5	15	19
Chocolate Hazelnut Coconut	171	3	2	29	26	2	16	11
OTHER BITES								
Mixed Berry & Yogurt Parfait	395	1	5	375	81	1	34	18
Avocado Toast								
Avocado Spread	262	13	5	425	31	5	10	4



DRINKS

	CALORIES	FAT (G)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
CHAI							
Chai Hot 12 oz	351	15	155	50	0	45	11
Chai Hot 16 oz	468	20	206	66	0	60	14
Chai Hot 20 oz	585	25	258	83	0	75	18
Chai Iced 16 oz	332	14	142	48	0	43	10
Chai Iced 24 oz	468	20	206	66	0	60	14
Chai Iced 32 oz	604	26	271	85	0	77	19
Dirty Chai Hot 12 oz	323	13	129	48	0	41	9
Dirty Chai Hot 16 oz	445	18	180	65	0	56	12
Dirty Chai Hot 20 oz	567	23	232	83	0	71	16
Dirty Chai Iced 16 oz	342	14	142	50	0	43	10
Dirty Chai Iced 24 oz	483	20	206	69	0	60	14
Dirty Chai Iced 32 oz	624	26	271	89	0	77	19
COFFEE							
LATTE							
Hot 12 oz	143	7	91	16	0	14	7
Hot 16 oz	205	10	130	23	0	20	10
Hot 20 oz	267	13	169	30	0	26	13
Iced 16 oz	162	8	104	18	0	16	8
Iced 24 oz	243	12	156	27	0	24	12
Iced 32 oz	324	16	208	36	0	32	16
CARAMEL MACCHIATO							
Hot 12 oz	541	7	201	114	0	113	8
Hot 16 oz	699	10	245	145	0	143	11
Hot 20 oz	857	13	289	176	0	173	14
Iced 16 oz	560	8	214	116	0	115	9
Iced 24 oz	737	12	271	149	0	147	13
Iced 32 oz	914	16	328	182	0	179	17

MONSOON MENU							
AVALANCHE							
Hot 12 oz	448	12	144	82	0	71	8
Hot 16 oz	663	18	217	122	0	106	13
Hot 20 oz	877	23	285	162	0	140	17
Iced 16 oz	467	13	162	84	0	73	10
Iced 24 oz	701	20	243	126	0	110	15
Iced 32 oz	934	26	324	168	0	146	20
Blended 16 oz	444	7	154	96	0	81	5
Blended 24 oz	667	11	231	144	0	122	8
Blended 32 oz	888	14	308	192	0	162	10
BEE STING							
Hot 12 oz	378	8	102	76	0	70	9
Hot 16 oz	511	11	144	101	0	94	13
Hot 20 oz	643	14	186	126	0	118	16
Iced 16 oz	397	9	115	78	0	72	10
Iced 24 oz	549	13	170	105	0	98	15
Iced 32 oz	700	17	225	132	0	124	19
Blended 16 oz	374	3	107	90	0	80	5
Blended 24 oz	514	4	158	123	0	110	7
Blended 32 oz	654	5	209	156	0	140	9
CARAMEL MONSOON							
Hot 12 oz	469	7	297	96	0	92	7
Hot 16 oz	639	10	392	130	0	124	10
Hot 20 oz	809	13	486	163	0	155	13
Iced 16 oz	488	8	310	98	0	94	8
Iced 24 oz	677	12	418	134	0	128	12
Iced 32 oz	866	16	525	169	0	161	16
Blended 16 oz	472	2	302	110	0	102	3
Blended 24 oz	653	3	406	152	0	140	5
Blended 32 oz	781	4	509	193	0	177	6

COCO-MOCHA							
Hot 12 oz	403	7	117	80	0	76	8
Hot 16 oz	557	10	167	110	0	104	12
Hot 20 oz	710	13	216	139	0	131	15
Iced 16 oz	422	8	130	82	0	78	9
Iced 24 oz	595	12	193	114	0	108	14
Iced 32 oz	762	16	255	144	0	137	18
Blended 16 oz	406	2	122	94	0	86	4
Blended 24 oz	571	3	181	132	0	120	6
Blended 32 oz	735	4	239	169	0	153	8
CYCLONE							
Hot 12 oz	436	8	139	89	0	77	7
Hot 16 oz	660	11	200	130	0	115	10
Hot 20 oz	873	15	257	152	0	152	13
Iced 16 oz	455	9	152	91	0	79	8
Iced 24 oz	698	13	226	134	0	119	12
Iced 32 oz	930	18	296	158	0	158	16
Blended 16 oz	439	3	144	77	0	67	3
Blended 24 oz	674	4	214	152	0	131	4
Blended 32 oz	898	5	280	182	0	174	5
HABOOB							
Hot 12 oz	530	8	198	112	0	106	7
Hot 16 oz	678	11	241	141	0	133	10
Hot 20 oz	827	15	284	148	0	161	13
Iced 16 oz	549	9	211	114	0	108	8
Iced 24 oz	716	13	267	145	0	137	12
Iced 32 oz	884	18	323	154	0	167	16
Blended 16 oz	533	3	203	126	0	116	3
Blended 24 oz	692	4	255	163	0	149	4
Blended 32 oz	848	5	307	179	0	183	5

SMOOTHIE (24 OZ)							
RISE N GRIND							
Regular Smoothie + Protein	495	3	115				
Regular Smoothie + Flavors	450	3	60				
STAMPEDE							
Stampede Can (8.4 oz)	130	0	120	33	0	30	0
Stampede Can (16 oz)	260	0	240	66	0	60	0



DRINK INGREDIENTS

	CALORIES	FAT (G)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
ADD - IN'S							
Cinnamon Powder (1 tbsp)	17	>1	0	5	0	>1	>1
Honey (1 tbsp or .5 oz)	64	0	1	17	0	17	>1
COFFEE							
Single Espresso Shot (1 oz)	5	0	0	1	0	0	0
Zambia Drip Coffee (8 oz)	4	0	0	0	0	0	0
Honduran Cold Brew (8 oz)	4	0	0	0	0	0	0
Ugandan Nitro Cold Brew (8 oz)	4	0	0	0	0	0	0
DAIRY/DAIRY SUBSTITUTES (1 OZ)							
1 oz Whole Milk	19	1	13	2	0	2	1
1 oz Coconut Milk	11	0	15	1	0	2	0
1 oz Almond Milk	10	>1	25	2	0	1	0
1 oz of Oat Milk	16	>1	160	2	0	1	1
Half and Half	40	3	25	2	0	1	1
POWDERS							
David Rio Elephant Chai (2 heaping tbsp)	120	4	25	21	0	18	1
David Rio Tiger Spice Chai (2 heaping tbsp)	130	5	15	21	1	17	1
Matcha (2 tsp)	22	0	0	4	4	0	1
Peanut Butter Protein Powder (2 tbsp)	70	2	125	5	3	3	8
Protein Powder (1 scoop)	120	2	55	6	0	1	19
SAUCES (1 OZ)							
1 oz Blended Base	100	0	70	26	0	20	1
1 oz Caramel	110	0	95	27	0	27	<1
1 oz Chocolate Hazelnut	118	1	40	22	0	16	1
1 oz Dark Chocolate	106	0	16	26	0	24	<1

1 oz Strawberry	104	0	0	26	0	25	0
1 oz White Chocolate	110	1	28	26	0	20	<1
SMOOTHIES (4 OZ)							
Mango	150	0	30	38	2	36	0
Peach	150	0	30	37	1	36	0
Strawberry Banana	150	0	30	38	1	37	0
Wild Berry	150	0	30	38	2	37	0
STAMPEDE							
Small Can (8.4 oz)	130	0	120	33	0	30	0
Large Can (16 oz)	260	0	240	66	0	60	0
SYRUPS (1 OZ)							
Almond	75	0	<5	19	0	19	0
Amaretto (Torani)	80	0	0	19	0	19	0
Apple (1883)	76	0	<5	19	0	19	0
Apple (Torani)	80	0	0	19	0	19	0
Apricot	73	0	<5	0	0	18	0
Blackberry	80	0	<5	20	0	19	0
Blood Orange	76	0	<5	19	0	19	0
Blueberry	78	0	<5	20	0	19	0
Brown Sugar Cinnamon (Torani)	80	0	0	20	0	19	0
Cherry	78	0	<5	19	0	19	0
Cinnamon	77	0	<5	19	0	19	0
Coconut	77	0	<5	19	0	19	0
Creme de Banana (Torani)	80	0	0	19	0	19	0
Dulce de Leche	79	0	<5	20	0	20	0
Eggnog	75	0	<5	0	0	19	0
Gingerbread	76	0	<5	19	0	19	0
Grapefruit	72	0	<5	18	0	18	0
Green Apple	74	0	<5	19	0	18	0
Hazelnut Syrup	77	0	<5	19	0	19	0

Irish Cream	76	0	<5	19	0	19	0
Kiwi (1883)	77	0	<5	19	0	19	0
Kiwi (Torani)	80	0	0	19	0	19	0
Lavender	77	0	<5	19	0	19	0
Lime	63	0	<5	16	0	16	0
Mango	78	0	<5	20	0	19	0
Melon	78	0	<5	19	0	19	0
Mojito Mint	68	0	<5	17	0	17	0
Passion Fruit	77	0	<5	19	0	19	0
Peach	77	0	<5	19	0	19	0
Pina Colada	76	0	<5	0	0	19	0
Pineapple	76	0	<5	19	0	19	0
Pomegranate	73	0	<5	18	0	18	0
Raspberry	79	0	<5	20	0	19	0
Rose	79	0	<5	20	0	20	0
Salted Caramel (Torani)	100	0	105	25	0	24	0
SF Caramel (Torani)	0	0	5	0	0	0	0
SF Vanilla (1883)	0	0	<5	0	0	0	0
SF Vanilla (Torani)	0	0	5	0	0	0	0
Strawberry	80	0	<5	20	0	20	0
Tangerine	72	0	<5	18	0	18	0
Toasted Marshmallow (1883)	75	0	<5	0	0	18	0
Toasted Marshmallow (Torani)	80	0	0	20	0	20	0
Vanilla Syrup	96	0	<5	23.8	0	24	0
Yuzu Lemon	69	0	<5	17	0	17	0
TEA/LEMONADE							
Berry Hibiscus	0	0	0	0	0	0	0
Black Tea	0	0	0	0	0	0	0
Pomegranate Green	0	0	0	0	0	0	0
Summer Peach	0	0	0	0	0	0	0
Lemonade (1 fl oz)	85	0	0	22	0	21	0