

**Gloria Jean's Coffee Nutritional Information**

<b>Hot Drinks</b>	<b>Calories</b>	<b>Fat Calories</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>
Americano - Large	10	0	0	0	0	0	25	1	0	1	0
Americano - Regular	5	0	0	0	0	0	20	1	0	1	0
Americano - Small	5	0	0	0	0	0	15	0	0	0	0
Cappuccino - Large	210	70	7	4.5	0	30	230	21	0	20	14
Cappuccino - Regular	170	50	6	3.5	0	25	190	18	0	17	12
Cappuccino - Small	130	40	4.5	3	0	20	140	14	0	13	9
Caramel Latte - Large	350	70	7	4.5	0	30	230	56	0	54	14
Caramel Latte - Regular	280	50	6	3.5	0	25	190	43	0	42	12
Caramel Latte - Small	200	40	4.5	3	0	20	150	31	0	29	9
Espresso - Large	10	0	0	0	0	0	15	1	0	1	0
Espresso - Regular	5	0	0	0	0	0	10	1	0	1	0
Espresso - Small	5	0	0	0	0	0	0	0	0	0	0
Hot - Cafe Au Lait 12 oz	90	30	3.5	2	0	15	105	9	0	9	7
Hot - Cafe Au Lait 16 oz	130	40	4.5	3	0	20	140	13	0	12	10
Hot - Cafe Au Lait 20 oz	170	50	6	3.5	0	25	180	17	0	15	12
Hot - Cafe Breve 12 oz	360	240	27	18	0	135	270	9	0	9	9
Hot - Cafe Breve 16 oz	450	300	33	22	0	165	340	12	0	12	11
Hot - Cafe Breve 20 oz	540	360	40	27	0	200	410	14	0	14	13
Hot - Cafe Mocha 12 oz	260	80	9	7	0	30	260	33	0	29	11
Hot - Cafe Mocha 16 oz	400	120	13	10	0	40	420	55	1	48	16
Hot - Cafe Mocha 20 oz	540	160	18	13	0	45	570	77	1	66	20
Hot - Caramel Latte 12 oz	180	40	4.5	3	0	20	150	26	0	25	9
Hot - Caramel Latte 16 oz	280	60	7	4	0	25	210	41	0	39	13
Hot - Caramel Latte 20 oz	340	70	8	5	0	30	250	52	0	50	16
Hot - Hot Cocoa 12 oz	400	110	12	9	0	35	370	51	1	43	13
Hot - Hot Cocoa 16 oz	560	140	16	12	0	45	490	66	1	57	19
Hot - Hot Cocoa 20 oz	700	170	19	14	0	50	600	79	1	68	23
Hot - Macchiato 12 oz	20	5	0.5	0	0	5	25	2	0	2	1
Hot Chai Latte - Large	370	70	8	5	0	35	180	63	0	58	12
Hot Chai Latte - Regular	300	60	6	4.5	0	30	140	50	0	46	9
Hot Chai Latte - Small	220	45	5	4	0	20	100	36	0	33	7
Latte - Large	230	70	8	5	0	30	250	23	0	21	16
Latte - Regular	190	60	7	4	0	25	210	19	0	18	13
Latte - Small	150	50	5	3	0	20	160	15	0	14	11
Madagascar Vanilla Latte - Large	400	80	9	6	0	40	230	64	0	62	14
Madagascar Vanilla Latte - Regular	300	70	8	5	0	35	190	45	0	43	12
Madagascar Vanilla Latte - Small	250	60	7	4.5	0	30	150	37	0	35	9
Mocha - Large	590	170	19	14	0	40	630	89	2	76	18
Mocha - Regular	470	140	15	12	0	35	490	69	2	59	15
Mocha - Small	350	100	12	9	0	30	350	49	1	42	12
Mocha Caramel Latte - Large	550	120	14	10	0	40	430	92	1	83	16
Mocha Caramel Latte - Regular	480	110	12	9	0	35	390	79	1	71	13
Mocha Caramel Latte - Small	320	80	9	7	0	30	240	51	0	46	10
Pistachio Creme Latte - Large	680	190	21	17	0	40	420	102	0	86	17
Pistachio Creme Latte - Regular	530	150	17	14	0	35	330	78	0	66	14
Pistachio Creme Latte - Small	370	110	13	10	0	30	240	52	0	44	10
Rich Ground Hot Chocolate - Large	600	190	21	16	0	50	700	95	2	81	24
Rich Ground Hot Chocolate - Regular	500	150	16	12	0	40	520	72	1	61	18
Rich Ground Hot Chocolate - Small	380	110	13	10	0	35	390	52	1	45	14
Vanilla Caramel Latte - Large	400	80	9	6	0	40	230	64	0	62	14
Vanilla Caramel Latte - Regular	300	70	8	5	0	35	190	45	0	43	12
Vanilla Caramel Latte - Small	250	60	7	4.5	0	30	150	37	0	35	9
White Chocolate Caramel Latte - Large	640	170	19	15	0	40	490	102	0	91	17
White Chocolate Caramel Latte - Regular	490	130	14	11	0	35	370	76	0	68	14
White Chocolate Caramel Latte - Small	310	90	9	7	0	30	230	46	0	41	10
White Chocolate Mocha - Large	610	190	22	17	0	40	560	87	0	74	17
White Chocolate Mocha - Regular	490	160	17	14	0	35	450	68	0	58	14
White Chocolate Mocha - Small	360	120	13	10	0	30	320	48	0	41	11
White Hot Chocolate - Large	630	200	21	16	0	50	700	95	2	81	24
White Hot Chocolate - Regular	520	160	16	12	0	40	520	72	1	61	18
White Hot Chocolate - Small	390	115	13	10	0	35	390	52	1	45	14
<b>Cold Beverages</b>	<b>Calories</b>	<b>Fat Calories</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>
Iced Cafe Mocha 16 oz	340	100	12	9	0	30	330	49	1	42	11
Iced Cafe Mocha 24 oz	450	130	14	11	0	30	450	68	2	57	13
Iced Cafe Mocha 32 oz	610	170	19	15	0	40	630	91	2	78	18
Iced Cappuccino 16 oz	390	100	12	9	0	30	260	40	0	35	10
Iced Cappuccino 24 oz	500	120	14	11	0	30	330	50	0	43	11
Iced Cappuccino 32 oz	660	160	18	14	0	40	450	65	0	56	17
Iced Chai Latte 16 oz	190	45	5	4	0	20	80	30	0	27	5
Iced Chai Latte 24 oz	230	50	6	4.5	0	25	100	37	0	34	7
Iced Chai Latte 32 oz	340	70	8	5	0	35	160	57	0	52	10
Iced Coffee 16 oz	5	0	0	0	0	0	5	0	0	0	0
Iced Coffee 24 oz	5	0	0	0	0	0	5	0	0	0	0

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Iced Coffee 32 oz	5	0	0	0	0	0	10	0	0	0	0
Iced Latte 16 oz	130	40	4.5	3	0	20	140	13	0	13	9
Iced Latte 24 oz	150	50	5	3	0	20	170	16	0	15	11
Iced Latte 32 oz	230	70	8	5	0	30	250	24	0	22	16
Iced Cappuccino Chiller 16 oz	220	60	7	4.5	0	25	130	30	0	27	9
Iced Cappuccino Chiller 24 oz	260	70	8	5	0	30	160	36	0	33	11
Iced Cappuccino Chiller 32 oz	350	90	10	7	0	40	230	49	0	45	15
Iced White Chocolate Mocha 16 oz	350	120	13	10	0	30	300	48	0	41	10
Iced White Chocolate Mocha 24 oz	460	150	17	13	0	30	410	66	0	56	12
Iced White Chocolate Mocha 32 oz	620	200	22	18	0	40	570	89	0	76	17
Fruit Chillers & Smoothies- Choose from Wildberry, Raspberry, Strawberry, Banana, Peach Yogurt, Mango, Piña Colada	150-650	0-90	0-10	0-10	0	0	40-100	38-143	3-8	33-127	0-2
Vanilla Caramel Chiller 16 oz	350	40	4.5	3.5	0	20	90	29	0	28	5
Vanilla Caramel Chiller 24 oz	530	45	5	4	0	20	115	48	0	47	7
Vanilla Caramel Chiller 32 oz	670	70	7	5	0	30	180	54	0	52	11
White Chocolate Caramel Cookie Chiller 16 oz	470	120	13	10	0	20	310	81	0	67	7
White Chocolate Caramel Cookie Chiller 24 oz	710	170	19	13	0	25	460	126	1	106	9
White Chocolate Caramel Cookie Chiller 32 oz	910	230	25	17	0	30	620	158	1	131	13
Mocha Coconut Chiller 16 oz	390	80	9	7	0	20	270	70	1	62	7
Mocha Coconut Chiller 24 oz	590	110	12	10	0	25	400	113	1	101	9
Mocha Coconut Chiller 32 oz	740	140	16	13	0	30	540	138	2	123	13
Pistachio Crème Chiller 16 oz	470	130	14	12	0	20	240	74	0	62	8
Pistachio Crème Chiller 24 oz	650	170	19	15	0	30	340	106	0	89	12
Pistachio Crème Chiller 32 oz	830	210	23	19	0	35	440	136	0	115	16
Cookies N' Cream Mocha Chiller 16 oz	390	70	7	4.5	0	20	210	73	0	66	6
Cookies N' Cream Mocha Chiller 24 oz	570	90	10	6	0	25	310	109	1	98	9
Cookies N' Cream Mocha Chiller 32 oz	750	120	13	7	0	30	410	145	1	130	12
English Toffee Twist Mocha Chiller 16 oz	530	130	14	8	0	25	270	95	2	91	6
English Toffee Twist Mocha Chiller 24 oz	810	190	21	12	0	35	420	151	3	142	10
English Toffee Twist Mocha Chiller 32 oz	1030	240	27	15	0	40	550	188	3	179	12
Chocolate Caramel Turtle Chiller 16 oz	410	45	5	4	0	20	180	44	1	40	6
Chocolate Caramel Turtle Chiller 24 oz	620	60	6	4.5	0	20	260	72	3	64	8
Chocolate Caramel Turtle Chiller 32 oz	790	80	8	6	0	30	360	85	3	76	12
Coco Loco Mocha Chiller 16 oz	380	45	5	3.5	0	20	170	78	2	74	6
Coco Loco Mocha Chiller 24 oz	590	60	7	5	0	25	270	125	3	117	10
Coco Loco Mocha Chiller 32 oz	730	70	8	6	0	30	340	154	3	145	12
Mint Chocolate Bomb Mocha Chiller 16 oz	420	45	5	3.5	0	20	170	88	2	81	6
Mint Chocolate Bomb Mocha Chiller 24 oz	640	60	7	5	0	25	270	140	3	128	10
Mint Chocolate Bomb Mocha Chiller 32 oz	810	70	8	6	0	30	350	174	3	160	12
Mocha Voltage Chiller 16 oz	490	40	4.5	2.5	0	15	160	45	3	39	8
Mocha Voltage Chiller 24 oz	670	50	6	3.5	0	15	210	65	4	56	11
Mocha Voltage Chiller 32 oz	880	70	8	5	0	25	290	88	6	76	15
White Chocolate Caramel Voltage Chiller 16 oz	410	100	11	10	0	10	320	71	0	62	6
White Chocolate Caramel Voltage Chiller 24 oz	550	130	15	13	0	15	430	97	0	85	8
White Chocolate Caramel Voltage Chiller 32 oz	670	160	18	15	0	20	510	117	0	103	10
Ultimate Cookie Chiller 16 oz	450	80	8	5	0	20	170	43	0	36	7
Ultimate Cookie Chiller 24 oz	650	100	11	6	0	30	240	62	1	52	10
Ultimate Cookie Chiller 32 oz	830	120	14	7	0	30	300	79	1	66	12
Ultimate Chocolate Chiller 16 oz	370	90	10	8	0	25	260	62	0	56	8
Ultimate Chocolate Chiller 24 oz	520	110	12	9	0	30	370	91	1	83	12
Ultimate Chocolate Chiller 32 oz	670	140	16	13	0	30	480	118	1	107	14
Chocolate Caramel Avalanche 16 oz	410	110	13	8	0	40	200	69	0	61	8
Chocolate Caramel Avalanche 24 oz	620	160	18	11	0	55	290	107	0	96	12
Chocolate Caramel Avalanche 32 oz	810	230	25	15	0	75	390	135	0	120	16
Cookie Crumble Avalanche 16 oz	500	200	22	13	0	45	320	70	2	54	8
Cookie Crumble Avalanche 24 oz	740	290	32	19	0	70	470	103	3	80	11
Cookie Crumble Avalanche 32 oz	990	390	43	26	0	95	630	139	4	108	15
Vanilla Caramel Avalanche 16 oz	410	110	12	7	0	35	95	34	0	30	4
Vanilla Caramel Avalanche 24 oz	640	150	17	10	0	50	135	57	0	51	6
Vanilla Caramel Avalanche 32 oz	830	210	24	14	0	75	190	68	0	61	8

This information can be found online at [www.gloriajeans.com/nutritional-information](http://www.gloriajeans.com/nutritional-information)  
 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

