

Java Crew Nutritional Information - Grande (16 oz.)

Regular Drinks	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Sugar (g)	Carbs (g)	Protein (g)	D. Fiber (g)	WW Points
Mocha (Whole milk)									
Espresso	0	0	0	0	0	0	0	0	
Milk	240	12	7.5	187.5	18	19.5	12	0	
Chocolate	150	1.5	1.5	15	24	31.5	0	0	
Total	390	13.5	9	202.5	42	51	12	0	9
Latte (Whole milk)									
Espresso	0	0	0	0	0	0	0	0	
Milk	280	14	8.75	218.75	21	22.75	14	0	
Total	280	14	8.75	218.75	21	22.75	14	0	7
Latte w/ Flavor (Whole milk)									
Espresso	0	0	0	0	0	0	0	0	
Milk	240	12	7.5	187.5	18	19.5	12	0	
Syrup	120	0	0	12	24	30	0	0	
Total	360	12	7.5	199.5	42	49.5	12	0	8
Latte w/ Sugar Free Flavor (Whole milk)									
Espresso	0	0	0	0	0	0	0	0	
Milk	240	12	7.5	187.5	18	19.5	12	0	
Syrup	0	0	0	15	0	0	0	0	
Total	240	12	7.5	202.5	18	19.5	12	0	6

Jack & Jill (Whole milk)

Espresso	0	0	0	0	0	0	0	0
Milk	240	12	7.5	187.5	18	19.5	12	0
Chocolate	150	3.4	3.4	15	24.75	30	0	0

Total **390** **15.4** **10.9** **202.5** **42.75** **49.5** **12** **0** **9**

White Mocha (Whole milk)

Espresso	0	0	0	0	0	0	0	0
Milk	240	12	7.5	187.5	18	19.5	12	0
Chocolate	150	3.75	3.75	15	25.5	28.5	0	0

Total **390** **15.75** **11.25** **202.5** **43.5** **48** **12** **0** **9**

Nonfat Drinks

Calories *Fat (g)* *Sat. Fat (g)* *Sodium (mg)* *Sugar (g)* *Carbs (g)* *Protein (g)* *D. Fiber (g)* *WW Points*

Mocha (Nonfat milk)

Espresso	0	0	0	0	0	0	0	0
Milk	120	0	0	165	16.5	16.5	12	0
Chocolate	150	1.5	1.5	15	24	31.5	0	0

Total **270** **1.5** **1.5** **180** **40.5** **48** **12** **0** **6**

Latte (Nonfat milk)

Espresso	0	0	0	0	0	0	0	0
Milk	140	0	0	192.5	19.25	19.25	14	0

Total **140** **0** **0** **192.5** **19.25** **19.25** **14** **0** **3**

Latte w/ Flavor (Nonfat milk)

Espresso	0	0	0	0	0	0	0	0
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Milk	120	0	0	165	16.5	16.5	12	0	
Syrup	120	0	0	12	24	30	0	0	

Total	240	0	0	177	40.5	46.5	12	0	5
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Sugar Free Latte (Nonfat milk)

Espresso	0	0	0	0	0	0	0	0	
Milk	120	0	0	165	16.5	16.5	12	0	
Syrup	0	0	0	0	15	0	0	0	

Total	120	0	0	165	31.5	16.5	12	0	2
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Jack & Jill (Nonfat milk)

Espresso	0	0	0	0	0	0	0	0	
Milk	120	0	0	165	16.5	16.5	12	0	
Chocolate	150	3.4	3.4	15	24.75	30	0	0	

Total	270	3.4	3.4	180	41.25	46.5	12	0	6
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White Mocha (Nonfat milk)

Espresso	0	0	0	0	0	0	0	0	
Milk	120	0	0	165	16.5	16.5	12	0	
Chocolate	150	3.75	3.75	15	25.5	28.5	0	0	

Total	270	3.75	3.75	180	42	45	12	0	6
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Sugar Free Drinks	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Sugar (g)	Carbs (g)	Protein (g)	D. Fiber (g)	WW Points
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Sugar Free Mocha (Whole milk)

Espresso	0	0	0	0	0	0	0	0	
Milk	240	12	7.5	187.5	18	19.5	12	0	
Chocolate	52.5	3	0	0	0.75	6	0	0	

Total	292.5	15	7.5	187.5	18.75	25.5	12	0	7
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Sugar Free Mocha (Nonfat milk)

Espresso	0	0	0	0	0	0	0	0	
Milk	120	0	0	165	16.5	16.5	12	0	
Chocolate	52.5	3	0	0	0.75	6	0	0	

Total	172.5	3	0	165	17.25	22.5	12	0	4
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Sugar Free Jack & Jill (Whole milk)

Espresso	0	0	0	0	0	0	0	0	
Milk	240	12	7.5	187.5	18	19.5	12	0	
Chocolate	52.5	3	3	2.5	2.25	6	0	0	

Total	292.5	15	10.5	190	20.25	25.5	12	0	7
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Sugar Free Jack & Jill (Nonfat milk)

Espresso	0	0	0	0	0	0	0	0	
Milk	120	0	0	165	16.5	16.5	12	0	
Chocolate	52.5	3	3	2.5	2.25	6	0	0	

Total	172.5	3	3	167.5	18.75	22.5	12	0	4
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Sugar Free White Mocha (Whole milk)

Espresso	0	0	0	0	0	0	0	0	
Milk	240	12	7.5	187.5	18	19.5	12	0	
Chocolate	52.5	3	3	7.5	1.5	6	0	0	

Total	292.5	15	10.5	195	19.5	25.5	12	0	7
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Sugar Free White Mocha (Nonfat milk)

Espresso	0	0	0	0	0	0	0	0
Milk	120	0	0	165	16.5	16.5	12	0
Chocolate	52.5	3	3	7.5	1.5	6	0	0

Total	172.5	3	3	172.5	18	22.5	12	0	4
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Chai Lattes	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Sodium (mg)</i>	<i>Sugar (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>D. Fiber (g)</i>	<i>WW Points</i>
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Chai									
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Chai	270	6	6	60	46	50	4	0
Milk	240	12	7.5	187.5	18	19.5	12	0

Total	510	18	13.5	247.5	64	69.5	16	0	12
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Chai (Nonfat milk)									
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Chai	270	6	6	60	46	50	4	0
Milk	120	0	0	165	16.5	16.5	12	0

Total	390	6	6	225	62.5	66.5	16	0	8
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Sugar Free Chai									
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Chai	144	9	9	0	0	9	6	0
Milk	240	12	7.5	187.5	18	19.5	12	0

Total	384	21	16.5	187.5	18	28.5	18	0	9
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Sugar Free Chai (Nonfat milk)									
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Chai	144	9	9	0	0	9	6	0
Milk	120	0	0	165	16.5	16.5	12	0

Total	264	9	9	165	16.5	25.5	18	0	6
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Soy Lattes	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Sodium (mg)</i>	<i>Sugar (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>D. Fiber (g)</i>	<i>WW Points</i>
Soy Latte									
Espresso	0	0	0	0	0	0	0	0	
Soy	157.5	5.25	0	420	14	19.25	8.75	0	

Total	157.5	5.25	0	420	14	19.25	8.75	0	4
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Sugar Free Flavor Latte w/ Soy									
Espresso	0	0	0	0	0	0	0	0	
Soy	135	4.5	0	360	12	16.5	7.5	0	
Syrup	0	0	0	15	0	0	0	0	

Total	135	4.5	0	375	12	16.5	7.5	0	3
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Mocha w/ Soy									
Espresso	0	0	0	0	0	0	0	0	
Soy	135	4.5	0	360	12	16.5	7.5	0	
Chocolate	150	1.5	1.5	15	24	31.5	0	0	

Total	285	6	1.5	375	36	48	7.5	0	6
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Sugar Free Mocha w/ Soy									
Espresso	0	0	0	0	0	0	0	0	
Soy	135	4.5	0	360	12	16.5	7.5	0	
Chocolate	52.5	3	0	0	0.75	6	0	0	

Total	187.5	7.5	0	360	12.75	22.5	7.5	0	4
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White Mocha w/ Soy

Espresso	0	0	0	0	0	0	0	0	
Soy	135	4.5	0	360	12	16.5	7.5	0	
Chocolate	150	3.75	3.75	15	25.5	28.5	0	0	

Total	285	8.25	3.75	375	37.5	45	7.5	0	6
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Sugar Free White Mocha w/ Soy

Espresso	0	0	0	0	0	0	0	0	
Soy	135	4.5	0	360	12	16.5	7.5	0	
Chocolate	52.5	3	3	7.5	1.5	6	0	0	

Total	187.5	7.5	3	367.5	13.5	22.5	7.5	0	4
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Chai w/ Soy

Chai	270	6	6	60	46	50	4	0	
Soy	135	4.5	0	360	12	16.5	7.5	0	

Total	405	10.5	6	420	58	66.5	11.5	0	9
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Sugar Free Chai w/ Soy

Chai	144	9	9	0	0	9	6	0	
Soy	135	4.5	0	360	12	16.5	7.5	0	

Total	279	13.5	9	360	12	25.5	13.5	0	7
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Shake Mix	120	4	2.5	70	15	19	3	0
Chocolate	150	3.4	3.4	15	24.75	30	0	0

Total 270 7.4 5.9 85 39.75 49 3 0 6

Jack & Jill Frosty (Amazo-mix)

Espresso	0	0	0	0	0	0	0	0
Shake Mix	90	10	0	30	2	18	0	0
Chocolate	150	3.4	3.4	15	24.75	30	0	0
Milk	20	0	0	27.5	2.75	2.75	2	0

Total 260 13.4 3.4 72.5 29.5 50.75 2 0 6

Sugar Free Jack & Jill Frosty

Espresso	0	0	0	0	0	0	0	0
Shake Mix	120	4	2.5	70	15	19	3	0
Chocolate	52.5	3	3	2.5	2.25	6	0	0

Total 172.5 7 5.5 72.5 17.25 25 3 0 4

Sugar Free Jack & Jill Frosty (Amazo-mix)

Espresso	0	0	0	0	0	0	0	0
Shake Mix	90	10	0	30	2	18	0	0
Chocolate	52.5	3	3	2.5	2.25	6	0	0
Milk	20	0	0	27.5	2.75	2.75	2	0

Total 162.5 13 3 60 7 26.75 2 0 4

White Mocha Frosty

Espresso	0	0	0	0	0	0	0	0
Shake Mix	120	4	2.5	70	15	19	3	0
Chocolate	150	3.75	3.75	15	25.5	28.5	0	0

Total 270 7.75 6.25 85 40.5 47.5 3 0 6

Mocha Frosty (Amazo-mix)

Espresso	0	0	0	0	0	0	0	0
Shake Mix	90	10	0	30	2	18	0	0
Chocolate	150	1.5	1.5	15	24	31.5	0	0
Milk	20	0	0	27.5	2.75	2.75	2	0

Total **260** **11.5** **1.5** **72.5** **28.75** **52.25** **2** **0** **6**

Sugar Free White Mocha Frosty

Espresso	0	0	0	0	0	0	0	0
Shake Mix	120	4	2.5	70	15	19	3	0
Chocolate	52.5	3	3	7.5	1.5	6	0	0

Total **172.5** **7** **5.5** **77.5** **16.5** **25** **3** **0** **4**

Sugar Free White Mocha Frosty (Amazo-mix)

Espresso	0	0	0	0	0	0	0	0
Shake Mix	90	10	0	30	2	18	0	0
Chocolate	52.5	3	3	7.5	1.5	6	0	0
Milk	20	0	0	27.5	2.75	2.75	2	0

Total **162.5** **13** **3** **65** **6.25** **26.75** **2** **0** **4**

Syrup Frosty

Espresso	0	0	0	0	0	0	0	0
Shake Mix	120	4	2.5	70	15	19	3	0
Syrup	120	0	0	12	24	30	0	0

Total **240** **4** **2.5** **82** **39** **49** **3** **0** **5**

Syrup Frosty (Amazo-Mix)

Espresso	0	0	0	0	0	0	0	0
Shake Mix	90	10	0	30	2	18	0	0
Syrup	120	0	0	12	24	30	0	0
Milk	20	0	0	27.5	2.75	2.75	2	0

Total	230	10	0	69.5	28.75	50.75	2	0	5
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Sugar Free Syrup Frosty

Espresso	0	0	0	0	0	0	0	0	
Shake Mix	120	4	2.5	70	15	19	3	0	
Syrup	0	0	0	15	0	0	0	0	

Total	120	4	2.5	85	15	19	3	0	3
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Sugar Free Syrup Frosty (Amazo-mix)

Espresso	0	0	0	0	0	0	0	0	
Shake Mix	90	10	0	30	2	18	0	0	
Syrup	0	0	0	15	0	0	0	0	
Milk	20	0	0	27.5	2.75	2.75	2	0	

Total	110	10	0	72.5	4.75	20.75	2	0	3
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Chai Frosty

Chai	270	6	6	60	46	50	4	0	
Shake Mix	120	4	2.5	70	15	19	3	0	

Total	390	10	8.5	130	61	69	7	0	9
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Sugar Free Chai Frosty

Chai	144	9	9	0	0	9	6	0	
Shake Mix	120	4	2.5	70	15	19	3	0	

Total	264	13	11.5	70	15	28	9	0	6
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Chai Frosty (Amazo-mix)

Chai	270	6	6	60	46	50	4	0	
Shake Mix	90	10	0	30	2	18	0	0	
Milk	20	0	0	27.5	2.75	2.75	2	0	

Total	380	16	6	117.5	50.75	70.75	6	0	9
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Sugar Free Chai Frosty (Amazo-mix)

Chai	144	9	9	0	0	9	6	0
Shake Mix	90	10	0	30	2	18	0	0
Milk	20	0	0	27.5	2.75	2.75	2	0

Total	254	19	9	57.5	4.75	29.75	8	0	7
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Fruit Smoothie

Fruit Mix	208	0	0	0	43.2	51.2	0	0
Shake Mix	120	4	2.5	70	15	19	3	0

Total	328	4	2.5	70	58.2	70.2	3	0	7
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Fruit Smoothie (Amazo-mix)

Fruit Mix	208	0	0	0	43.2	51.2	0	0
Shake Mix	90	10	0	30	2	18	0	0
Milk	20	0	0	27.5	2.75	2.75	2	0

Total	318	10	0	57.5	47.95	71.95	2	0	3
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Breve Lattes	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Sodium (mg)</i>	<i>Sugar (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>D. Fiber (g)</i>	<i>WW Points</i>
Mocha Breve									
Espresso	0	0	0	0	0	0	0	0	
Milk	360	36	24	120	12	12	12	0	
Chocolate	150	1.5	1.5	15	24	31.5	0	0	

Total	510	37.5	25.5	135	36	43.5	12	0	13
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Sugar Free Mocha Breve

Espresso	0	0	0	0	0	0	0	0	
Milk	360	36	24	120	12	12	12	0	
Chocolate	52.5	3	0	0	0.75	6	0	0	

Total	412.5	39	24	120	12.75	18	12	0	12
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Breve Latte

Espresso	0	0	0	0	0	0	0	0	
Milk	420	42	28	140	14	14	14	0	

Total	420	42	28	140	14	14	14	0	12
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Sugar Free Breve Latte

Espresso	0	0	0	0	0	0	0	0	
Milk	360	36	24	120	12	12	12	0	
Syrup	0	0	0	0	15	0	0	0	

Total	360	36	24	120	27	12	12	0	10
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