



NUTRITION INFORMATION

UPDATED 12.01.2025

BAGELS

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
PLAIN BAGEL	1	Bagel	310	10	1.5	0	0	0	720	64	3	2	13	Wheat
ASIAGO CHEESE BAGEL	1	Bagel	350	40	4.5	2.5	0	5	810	64	3	2	15	Milk, Wheat
ASIAGO EVERYTHING BAGEL	1	Bagel	360	45	5	2.5	0	5	970	65	3	2	16	Milk, Sesame, Wheat
BLUEBERRY BAGEL	1	Bagel	320	15	1.5	0	0	0	680	66	3	7	12	Wheat
CACIO E PEPE BAGEL	1	Bagel	350	35	4	2	0	5	1280	64	3	2	15	Milk, Wheat
CINNAMON RAISIN BAGEL	1	Bagel	320	10	1	0	0	0	670	66	3	6	12	Wheat
CINNAMON SUGAR BAGEL	1	Bagel	350	10	1.5	0	0	0	720	74	3	12	13	Wheat
EVERYTHING BAGEL	1	Bagel	350	50	6	0	0	0	1520	69	3	2	15	Sesame, Wheat
GARLIC BAGEL	1	Bagel	340	10	1.5	0	0	0	730	69	3	2	14	Wheat
JALAPENO CHEDDAR BAGEL	1	Bagel	390	80	8	4	0	20	840	62	3	2	18	Milk, Wheat
ROSEMARY SALT BAGEL	1	Bagel	320	15	1.5	0	0	0	1120	64	3	2	13	Wheat
SALT BAGEL	1	Bagel	310	10	1.5	0	0	0	1120	64	3	2	13	Wheat

NOTES: Our kitchen handles common allergens daily (including milk, eggs, wheat, fish, soy, sesame, and tree nuts). We cannot guarantee that any menu item is free from cross-contact with common allergens. For specifically listed iced lattes/coffee, ice is included in drink preparation but does not contribute significant calories or nutrients. Nutritional values listed exclude ice. Vegan spreads are free from dairy, eggs, and animal-derived ingredients, but are prepared in a shared facility.



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SESAME SEED BAGEL	1	Bagel	370	60	6	1	0	0	720	66	4	2	15	Sesame, Wheat
SPRINKLES BAGEL	1	Bagel	330	20	2	1	0	0	670	63	3	6	12	Wheat

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BUTTERS

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CINNAMON HONEY BUTTER (200G)	1	Tub	1270	1130	128	81	5	340	1010	39	1	37	1	Milk
CINNAMON HONEY BUTTER (50G)	1	Side	320	280	32	20	1.5	85	250	10	0	9	0	Milk
GARLIC HERB BUTTER (200G)	1	Tub	1360	1340	152	96	6	400	1200	2	0	0	2	Milk
GARLIC HERB BUTTER (50G)	1	Side	340	340	38	24	1.5	100	300	1	0	0	0	Milk
WHIPPED BUTTER (200G)	1	Tub	1440	1410	157	91	5	450	1170	6	0	0	1	Milk
WHIPPED BUTTER (50G)	1	Side	360	350	39	23	1.5	115	290	1	0	0	0	Milk

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NUTRITION INFORMATION

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CREAM CHEESE

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
BANANA PUDDING CREAM CHEESE	1	Side	220	140	16	9	0	45	170	18	0	11	3	Egg, Milk, Soy, Wheat
BROWN SUGAR CINNAMON CREAM CHEESE	1	Side	250	190	21	12	0.5	60	190	13	0	11	4	Milk
CAKE BATTER CREAM CHEESE	1	Side	270	160	18	12	0	45	140	25	0	23	3	Milk, Soy
CANNOLI CREAM CHEESE	1	Side	230	160	18	11	0	45	130	15	1	12	5	Milk, Soy
CHIVE AND ONION CREAM CHEESE	1	Side	220	200	22	13	0.5	65	200	4	0	3	4	Milk
COOKIES AND CREAM CREAM CHEESE	1	Side	270	170	19	10	0.5	40	220	24	1	16	4	Milk, Soy, Wheat
HOT SAUCE CREAM CHEESE	1	Side	220	200	22	13	0.5	65	370	4	0	2	4	Milk
PLAIN CREAM CHEESE	1	Side	250	220	24	14	0.5	70	220	4	0	3	4	Milk
ROASTED JALAPENO CREAM CHEESE	1	Side	220	200	22	13	0.5	65	200	4	0	3	4	Milk
STRAWBERRY CREAM CHEESE	1	Side	200	140	16	9	0	45	140	14	0	13	3	Milk
VEGGIE CREAM CHEESE	1	Side	210	190	21	12	0.5	60	190	4	0	3	4	Milk
VEGAN BROWN SUGAR CINNAMON CREAM CHEESE	1	Side	230	160	17	12	0	0	390	17	0	11	4	

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CREAM CHEESE

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
VEGAN CHIVE AND ONION CREAM CHEESE	1	Side	210	170	18	12	0	0	410	9	0	2	4	
VEGAN PLAIN CREAM CHEESE	1	Side	230	180	20	14	0	0	450	9	0	2	5	

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CAPPUCCINO

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
CAPPUCCINO - 2% MILK	1	Serving	100	35	4	3	0	15	95	10	0	10	6	Milk
CAPPUCCINO - OAT MILK	1	Serving	130	60	7	1	0	0	85	14	0	6	2	
CAPPUCCINO - WHOLE MILK	1	Serving	120	50	6	4	0	20	85	10	0	10	6	Milk
CAPPUCCINO - ALMOND MILK	1	Serving	55	31	3	0	0	0	110	5	0	4	2	Tree Nuts
CAPPUCCINO - SKIM MILK	1	Serving	62	2	0	0	0	2	84	9	0	9	6	Milk

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UPDATED 12.01.2025

COFFEE

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
BANANA BREAD OAT MILK COLD BREW, ICED, SMALL	1	16oz	200	40	4	1	0	0	85	40	0	35	1	
BANANA BREAD OAT MILK COLD BREW, ICED, LARGE	1	24oz	260	60	6	1	0	0	120	52	1	44	2	
CINNAMON VANILLA OAT MILK COLD BREW, ICED, SMALL	1	16oz	170	35	4	0	0	0	80	33	1	27	1	
CINNAMON VANILLA OAT MILK COLD BREW, ICED, LARGE	1	24oz	240	50	6	1	0	0	115	45	1	36	2	
COFFEE, HOT, SMALL	1	12oz	5	0	0	0	0	0	5	0	0	0	0	
COFFEE, HOT, LARGE	1	16oz	5	0	0	0	0	0	10	0	0	0	1	
COFFEE, ICED, SMALL	1	16oz	0	0	0	0	0	0	10	0	0	0	0	
COFFEE, ICED, LARGE	1	24oz	5	0	0	0	0	0	15	0	0	0	0	
COFFEE, NITRO COLD BREW, SMALL	1	16oz	0	0	0	0	0	0	0	0	0	0	0	
COFFEE, NITRO COLD BREW, LARGE	1	24oz	5	0	0	0	0	0	5	0	0	0	0	
LAVENDER HONEY OAT MILK COLD BREW, SMALL	1	16oz	210	35	4	0	0	0	75	44	0	39	1	
LAVENDER HONEY OAT MILK COLD BREW, LARGE	1	24oz	270	50	6	1	0	0	105	56	0	49	1	

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JEFF'S
Bagel Run

NUTRITION INFORMATION

UPDATED 12.01.2025

COFFEE

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PUMPKIN SPICE OAT MILK COLD BREW, SMALL	1	16oz	150	35	4	0	0	0	65	26	0	21	1	
PUMPKIN SPICE OAT MILK COLD BREW, LARGE	1	24oz	200	50	6	1	0	0	95	35	0	27	1	

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ESPRESSO

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ESPRESSO AMERICANO, HOT, SMALL	1	12oz	5	0	0	0	0	0	20	1	0	1	0	
ESPRESSO AMERICANO, HOT, LARGE	1	16oz	5	0	0	0	0	0	25	1	0	1	0	
ESPRESSO AMERICANO, ICED, SMALL	1	16oz	5	0	0	0	0	0	20	1	0	1	0	
ESPRESSO AMERICANO, ICED, LARGE	1	24oz	5	0	0	0	0	0	30	1	0	1	0	
ESPRESSO, DOUBLE	1	3oz	5	0	0	0	0	0	5	1	0	1	0	
ESPRESSO, TRIPLE	1	4.5oz	5	0	0	0	0	0	10	1	0	1	0	

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LATTES

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ICED BANANA BREAD LATTE, SMALL, WHOLE	1	16oz	268	59	7	4	0	16	88	46	0	46	7	Milk
ICED BANANA BREAD LATTE, SMALL, 2%	1	16oz	244	36	4	3	0	12	92	47	0	46	8	Milk
ICED BANANA BREAD LATTE, SMALL, SKIM	1	16oz	214	2	0	0	0	4	98	47	0	46	8	Milk
ICED BANANA BREAD LATTE, SMALL, OAT	1	16oz	248	41	5	0	0	0	82	52	1	43	3	
ICED BANANA BREAD LATTE, SMALL, AL-MOND	1	16oz	212	36	4	0	0	0	92	41	0	39	2	Tree Nuts
ICED BANANA BREAD LATTE, LARGE, WHOLE	1	24oz	305	59	7	4	0	16	89	56	0	55	8	Milk
ICED BANANA BREAD LATTE, LARGE, 2%	1	24oz	281	36	4	3	0	12	93	56	0	55	8	Milk
ICED BANANA BREAD LATTE, LARGE, SKIM	1	24oz	251	2	0	0	0	4	99	56	0	55	8	Milk
ICED BANANA BREAD LATTE, LARGE, OAT	1	24oz	285	41	5	0	0	0	83	61	1	52	3	
ICED BANANA BREAD LATTE, LARGE, AL-MOND	1	24oz	249	36	4	0	0	0	93	50	0	48	2	Tree Nuts
BANANA BREAD LATTE, SMALL, WHOLE	1	16oz	299	74	8	5	0	20	110	49	0	48	9	Milk
BANANA BREAD LATTE, SMALL, 2%	1	16oz	269	45	5	4	0	15	115	49	0	49	9	Milk

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BANANA BREAD LATTE, SMALL, SKIM	1	16oz	232	2	0	0	0	5	122	49	0	49	9	Milk
BANANA BREAD LATTE, SMALL, OAT	1	16oz	274	52	6	1	0	0	102	56	1	45	3	
BANANA BREAD LATTE, SMALL, ALMOND	1	16oz	229	45	5	0	0	0	115	42	1	40	2	Tree Nuts
BANANA BREAD LATTE, LARGE, WHOLE	1	24oz	398	104	12	7	0	28	154	63	0	62	12	Milk
BANANA BREAD LATTE, LARGE, 2%	1	24oz	356	63	7	5	0	21	161	64	0	63	13	Milk
BANANA BREAD LATTE, LARGE, SKIM	1	24oz	304	3	0	0	0	7	171	64	0	63	13	Milk
BANANA BREAD LATTE, LARGE, OAT	1	24oz	363	73	8	1	0	0	143	73	2	57	4	
BANANA BREAD LATTE, LARGE, ALMOND	1	24oz	300	63	7	0	0	0	161	53	1	50	3	Tree Nuts
ICED CHAI LATTE, SMALL, WHOLE	1	16oz	97	30	3	2	0	8	53	14	0	14	3	Milk
ICED CHAI LATTE, SMALL, 2%	1	16oz	85	18	2	2	0	6	55	14	0	14	4	Milk
ICED CHAI LATTE, SMALL, SKIM	1	16oz	70	1	0	0	0	2	58	14	0	14	4	Milk
ICED CHAI LATTE, SMALL, OAT	1	16oz	87	21	2	0	0	0	50	17	0	13	1	

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ICED CHAI LATTE, SMALL, ALMOND	1	16oz	69	18	2	0	0	0	55	11	0	11	1	Tree Nuts
ICED CHAI LATTE, LARGE, WHOLE	1	24oz	146	45	5	3	0	12	80	21	0	21	5	Milk
ICED CHAI LATTE, LARGE, 2%	1	24oz	128	27	3	2	0	9	82	21	0	21	5	Milk
ICED CHAI LATTE, LARGE, SKIM	1	24oz	70	1	0	0	0	2	58	14	0	14	4	Milk
ICED CHAI LATTE, LARGE, OAT	1	24oz	130	32	3	0	0	0	75	25	1	19	2	
ICED CHAI LATTE, LARGE, ALMOND	1	24oz	103	27	3	0	0	0	83	17	0	16	1	Tree nuts
CHAI LATTE, SMALL, WHOLE	1	16oz	120	4	2	0	0	13	54	17	0	18	4	Milk
CHAI LATTE, SMALL, 2%	1	16oz	106	3	2	0	0	13	56	18	0	18	4	Milk
CHAI LATTE, SMALL, SKIM	1	16oz	88	0	0	0	0	6	50	18	0	18	4	Milk
CHAI LATTE, SMALL, OAT	1	16oz	119	4	0	0	0	0	50	20	1	16	1	
CHAI LATTE, SMALL, ALMOND	1	16oz	71	2	0	0	0	0	63	13	0	11	1	Tree nuts
CHAI LATTE, LARGE WHOLE	1	24oz	168	6	3	0	0	18	75	24	0	25	6	Milk

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CHAI LATTE, LARGE, 2%	1	24oz	149	4	2	0	0	18	79	25	0	25	6	Milk
CHAI LATTE, LARGE, SKIM	1	24oz	123	0	0	0	0	9	70	25	0	25	6	Milk
CHAI LATTE, LARGE, OAT	1	24oz	166	5	1	0	0	0	70	28	2	23	2	
CHAI LATTE, LARGE, ALMOND	1	24oz	100	2	0	0	0	0	88	18	1	16	1	Tree nuts
ICED CINNAMON VANILLA LATTE, SMALL, WHOLE	1	16oz	237	7	4	0	0	20	96	39	0	37	8	Milk
ICED CINNAMON VANILLA LATTE, SMALL 2%	1	16oz	215	4	2	0	0	20	100	39	0	37	9	Milk
ICED CINNAMON VANILLA LATTE SMALL, SKIM	1	16oz	185	0	0	0	0	10	90	39	0	37	9	Milk
ICED CINNAMON VANILLA LATTE, SMALL, OAT	1	16oz	235	6	1	0	0	0	90	43	2	35	4	
ICED CINNAMON VANILLA LATTE, SMALL, ALMOND	1	16oz	159	3	0	0	0	0	110	31	1	27	3	Tree nuts
ICED CINNAMON VANILLA LATTE, LARGE, WHOLE	1	24oz	277	7	4	0	0	20	101	49	0	46	9	Milk
ICED CINNAMON VANILLA LATTE, LARGE, 2%	1	24oz	255	4	2	0	0	20	105	49	0	46	10	Milk
ICED CINNAMON VANILLA LATTE, LARGE, SKIM	1	24oz	225	1	0	0	0	10	95	49	0	46	10	Milk

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ICED CINNAMON VANILLA LATTE, LARGE, OAT	1	24oz	275	6	1	0	0	0	95	53	2	44	5	
ICED CINNAMON VANILLA LATTE, LARGE, ALMOND	1	24oz	199	3	0	0	0	0	115	41	1	36	4	Tree nuts
HOT CINNAMON VANILLA LATTE, SMALL, WHOLE	1	16oz	268	9	5	0	0	25	118	41	0	40	10	Milk
HOT CINNAMON VANILLA LATTE, SMALL 2%	1	16oz	240	5	3	0	0	25	123	42	0	40	11	Milk
HOT CINNAMON VANILLA LATTE SMALL, SKIM	1	16oz	203	1	0	0	0	13	110	42	0	40	11	Milk
HOT CINNAMON VANILLA LATTE, SMALL, OAT	1	16oz	265	8	1	0	0	0	110	47	3	37	5	
HOT CINNAMON VANILLA LATTE, SMALL, ALMOND	1	16oz	170	3	0	0	0	0	135	32	1	27	3	Tree nuts
HOT CINNAMON VANILLA LATTE, LARGE, WHOLE	1	24oz	369	12	7	0	0	35	166	56	0	54	14	Milk
HOT CINNAMON VANILLA LATTE, LARGE, 2%	1	24oz	330	7	4	0	0	35	173	57	0	54	15	Milk
HOT CINNAMON VANILLA LATTE , LARGE, SKIM	1	24oz	278	1	0	0	0	18	155	57	0	54	15	Milk
HOT CINNAMON VANILLA LATTE, LARGE, OAT	1	24oz	365	11	1	0	0	0	155	64	4	50	7	
HOT CINNAMON VANILLA LATTE, LARGE, ALMOND	1	24oz	232	5	0	0	0	0	190	43	1	36	5	Tree nuts

NOTES: Our kitchen handles common allergens daily (including milk, eggs, wheat, fish, soy, sesame, and tree nuts). We cannot guarantee that any menu item is free from cross-contact with common allergens. For specifically listed iced lattes/coffee, ice is included in drink preparation but does not contribute significant calories or nutrients. Nutritional values listed exclude ice. Vegan spreads are free from dairy, eggs, and animal-derived ingredients, but are prepared in a shared facility.



NUTRITION INFORMATION

UPDATED 12.01.2025

LATTES

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
ICED MOCHA LATTE, SMALL, WHOLE	1	16oz	278	110	12	7	0	30	179	34	0	32	9	Milk
ICED MOCHA LATTE, SMALL, 2%	1	16oz	254	86	10	6	0	30	185	35	0	32	10	Milk
ICED MOCHA LATTE, SMALL, SKIM	1	16oz	224	52	6	4	0	20	185	35	0	32	10	Milk
ICED MOCHA LATTE, SMALL, OAT	1	16oz	274	77	9	4	0	10	185	39	1	30	5	Milk
ICED MOCHA LATTE, SMALL, ALMOND	1	16oz	188	65	7	4	0	10	195	26	0	23	4	Tree nuts
ICED MOCHA LATTE, LARGE, WHOLE	1	24oz	412	162	18	11	0	45	266	51	0	47	14	Milk
ICED MOCHA LATTE, LARGE, 2%	1	24oz	376	127	14	9	0	45	275	51	0	47	14	Milk
ICED MOCHA LATTE, LARGE, SKIM	1	24oz	331	76	8	5	0	30	275	51	0	47	14	Milk
ICED MOCHA LATTE, LARGE, OAT	1	24oz	406	114	13	6	0	15	275	57	2	44	7	Milk
ICED MOCHA LATTE, LARGE, ALMOND	1	24oz	277	95	11	5	0	15	290	37	1	34	5	Tree nuts
HOT MOCHA LATTE, SMALL, WHOLE	1	16oz	237	95	11	6	0	28	129	24	0	22	7	Milk
HOT MOCHA LATTE, SMALL, 2%	1	16oz	214	75	8	5	0	25	132	24	0	22	8	Milk

NOTES: Our kitchen handles common allergens daily (including milk, eggs, wheat, fish, soy, sesame, and tree nuts). We cannot guarantee that any menu item is free from cross-contact with common allergens. For specifically listed iced lattes/coffee, ice is included in drink preparation but does not contribute significant calories or nutrients. Nutritional values listed exclude ice. Vegan spreads are free from dairy, eggs, and animal-derived ingredients, but are prepared in a shared facility.



NUTRITION INFORMATION

UPDATED 12.01.2025

LATTES

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
HOT MOCHA LATTE, SMALL, SKIM	1	16oz	181	49	5	2	0	16	122	24	0	22	8	Milk
HOT MOCHA LATTE, SMALL, OAT	1	16oz	228	84	9	1	0	0	125	28	2	21	2	Milk
HOT MOCHA LATTE, SMALL, ALMOND	1	16oz	195	66	7	0	0	0	139	21	1	18	1	Tree nuts
HOT MOCHA LATTE, LARGE, WHOLE	1	24oz	387	159	18	11	0	51	215	46	2	42	14	Milk
HOT MOCHA LATTE, LARGE, 2%	1	24oz	344	120	13	8	0	29	208	46	2	42	14	Milk
HOT MOCHA LATTE, LARGE, SKIM	1	24oz	285	57	6	4	0	7	200	46	2	42	14	Milk
HOT MOCHA LATTE, LARGE, OAT	1	24oz	344	120	13	4	0	0	186	51	5	34	7	Milk
HOT MOCHA LATTE, LARGE, ALMOND	1	24oz	256	87	10	4	0	0	288	40	3	31	6	Tree nuts
ICED LATTE, SMALL, WHOLE	1	16oz	126	59	7	4	0	20	90	10	0	10	7	Milk
ICED LATTE, SMALL, 2%	1	16oz	102	36	4	2	0	20	96	10	0	10	7	Milk
ICED LATTE, SMALL, SKIM	1	16oz	72	2	0	0	0	6	72	10	0	10	7	Milk
ICED LATTE, SMALL, OAT	1	16oz	106	36	4	1	0	0	86	14	1	10	2	

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NUTRITION INFORMATION

UPDATED 12.01.2025

LATTES

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
ICED LATTE, SMALL, ALMOND	1	16oz	36	18	2	0	0	0	102	1	0	1	1	Tree nuts
ICED LATTE, LARGE, WHOLE	1	24oz	174	86	10	6	0	30	115	15	0	15	10	Milk
ICED LATTE, LARGE, 2%	1	24oz	141	54	6	4	0	30	123	16	0	15	11	Milk
ICED LATTE, LARGE, SKIM	1	24oz	99	3	0	0	0	9	99	16	0	15	11	Milk
ICED LATTE, LARGE, OAT	1	24oz	147	51	6	1	0	0	115	21	2	15	3	
ICED LATTE, LARGE, ALMOND	1	24oz	54	27	3	0	0	0	132	2	1	1	2	Tree nuts
HOT LATTE, SMALL, WHOLE	1	12oz	161	75	8	5	0	37	125	13	0	13	8	Milk
HOT LATTE, SMALL, 2%	1	12oz	130	47	5	3	0	21	120	13	0	13	8	Milk
HOT LATTE, SMALL, SKIM	1	12oz	88	2	0	0	0	5	104	13	0	13	8	Milk
HOT LATTE, SMALL, OAT	1	12oz	130	47	5	1	0	0	104	17	2	7	3	
HOT LATTE, SMALL, ALMOND	1	12oz	68	28	3	0	0	0	177	8	1	5	1	Tree nuts
HOT LATTE, LARGE, WHOLE	1	16oz	226	105	12	7	0	51	175	18	0	18	14	Milk

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NUTRITION INFORMATION

UPDATED 12.01.2025

LATTES

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
HOT LATTE, LARGE, 2%	1	16oz	183	66	7	4	0	29	168	18	0	18	15	Milk
HOT LATTE, LARGE, SKIM	1	16oz	124	3	0	0	0	7	146	18	0	18	16	Milk
HOT LATTE, LARGE, OAT	1	16oz	183	66	7	1	0	0	146	23	3	10	4	
HOT LATTE, LARGE, ALMOND	1	16oz	95	39	4	0	0	0	248	12	1	7	1	Tree nuts
ICED SKINNY CARAMEL LATTE, SMALL	1	16oz	80	4	0	0	0	6	90	12	0	10	9	Milk
ICED SKINNY CARAMEL LATTE, LARGE	1	24oz	120	5	1	0	0	9	135	18	0	15	13	Milk
HOT SKINNY CARAMEL LATTE, SMALL	1	12oz	98	4	1	0	0	7	108	14	0	5	11	Milk
HOT SKINNY CARAMEL LATTE, LARGE	1	16oz	132	6	1	0	0	10	145	18	0	6	15	Milk
ICED PUMPKIN SPICE LATTE, SMALL, WHOLE	1	16oz	248	81	9	6	0	30	115	34	0	32	7	Milk
ICED PUMPKIN SPICE LATTE, SMALL, 2%	1	16oz	229	61	7	4	0	21	122	34	0	32	8	Milk
ICED PUMPKIN SPICE LATTE, SMALL, SKIM	1	16oz	199	27	3	1	0	11	128	34	0	32	8	Milk
ICED PUMPKIN SPICE LATTE, SMALL, OAT	1	16oz	232	70	8	1	0	0	110	38	1	30	3	

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NUTRITION INFORMATION

UPDATED 12.01.2025

LATTES

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
ICED PUMPKIN SPICE LATTE, SMALL, ALMOND	1	16oz	196	58	7	0	0	0	140	31	0	28	2	Tree nuts
ICED PUMPKIN SPICE LATTE, LARGE, WHOLE	1	24oz	343	115	13	8	0	55	150	44	0	41	12	Milk
ICED PUMPKIN SPICE LATTE, LARGE, 2%	1	24oz	305	86	10	6	0	35	147	44	0	41	12	Milk
ICED PUMPKIN SPICE LATTE, LARGE, SKIM	1	24oz	238	19	2	1	0	9	137	44	0	41	12	Milk
ICED PUMPKIN SPICE LATTE, LARGE, OAT	1	24oz	308	90	10	1	0	0	128	49	3	36	5	
ICED PUMPKIN SPICE LATTE, LARGE, ALMOND	1	24oz	249	73	8	0	0	0	204	37	2	34	3	Tree nuts
HOT PUMPKIN SPICE LATTE, SMALL, WHOLE	1	12oz	285	79	9	5	0	25	113	27	0	32	9	Milk
HOT PUMPKIN SPICE LATTE, SMALL, 2%	1	12oz	253	48	5	3	0	20	123	28	0	32	9	Milk
HOT PUMPKIN SPICE LATTE, SMALL, SKIM	1	12oz	205	2	0	0	0	9	110	28	0	32	9	Milk
HOT PUMPKIN SPICE LATTE, SMALL, OAT	1	12oz	244	36	4	0	0	0	105	32	3	31	2	
HOT PUMPKIN SPICE LATTE, SMALL, ALMOND	1	12oz	175	32	4	0	0	0	90	14	1	17	1	Tree nuts
HOT PUMPKIN SPICE LATTE, LARGE, WHOLE	1	16oz	368	102	11	7	0	35	151	31	0	36	11	Milk

NOTES: Our kitchen handles common allergens daily (including milk, eggs, wheat, fish, soy, sesame, and tree nuts). We cannot guarantee that any menu item is free from cross-contact with common allergens. For specifically listed iced lattes/coffee, ice is included in drink preparation but does not contribute significant calories or nutrients. Nutritional values listed exclude ice. Vegan spreads are free from dairy, eggs, and animal-derived ingredients, but are prepared in a shared facility.



LATTES

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
HOT PUMPKIN SPICE LATTE, LARGE, 2%	1	16oz	329	63	7	5	0	28	165	32	0	36	12	Milk
HOT PUMPKIN SPICE LATTE, LARGE, SKIM	1	16oz	273	3	0	0	0	12	147	32	0	36	12	Milk
HOT PUMPKIN SPICE LATTE, LARGE, OAT	1	16oz	319	47	5	0	0	0	140	38	3	36	2	
HOT PUMPKIN SPICE LATTE, LARGE, ALMOND	1	16oz	207	38	4	0	0	0	123	16	1	19	1	Tree nuts

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NUTRITION INFORMATION

UPDATED 12.01.2025

JEFF'S JOLTS

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
SUNRISE CHARGE, SMALL	1	16oz	260	158	18	11	0	40	66	27	0	26	0	Milk
SUNRISE CHARGE, LARGE	1	24oz	380	238	26	17	0	60	89	37	0	36	0	Milk
PARADISE SURGE, SMALL REDBULL	1	16oz	140	0	0	0	0	0	62	36	0	34	0	
PARADISE SURGE, LARGE REDBULL	1	24oz	200	0	0	0	0	0	82	50	0	48	0	
PARADISE SURGE, SMALL SUGAR FREE REDBULL	1	16oz	81	0	0	0	0	0	62	21	0	18	0	
PARADISE SURGE, LARGE SUGAR] FREE REDBULL	1	24oz	121	0	0	0	0	0	82	31	0	27	0	
TROPICAL THUNDER, SMALL	1	16oz	288	158	18	11	0	40	73	34	0	33	0	Milk
TROPICAL THUNDER, LARGE	1	24oz	432	238	26	17	0	60	97	51	0	49	0	Milk

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NUTRITION INFORMATION

UPDATED 12.01.2025

TEA

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
TEA, HOT	1	16oz	0	0	0	0	0	0	0	0	0	0	0	
TEA, ICED, SMALL, BLACK	1	16oz	0	0	0	0	0	0	0	0	0	0	0	
TEA, ICED, LARGE, BLACK	1	24oz	0	0	0	0	0	0	0	0	0	0	0	
TEA, ICED, SMALL, PEACH	1	16oz	0	0	0	0	0	0	0	0	0	0	0	
TEA, ICED, LARGE, PEACH	1	24oz	0	0	0	0	0	0	0	0	0	0	0	
TEA, CADDY, SMALL	1	16oz	165	0	0	0	0	0	15	41	0	39	0	
TEA, CADDY, LARGE	1	24oz	237	0	0	0	0	0	20	59	0	56	0	
TEA, PEACHBERRY, SMALL	1	16oz	130	0	0	0	0	0	10	35	0	33	0	
TEA, PEACHBERRY, LARGE	1	24oz	160	0	0	0	0	0	15	43	0	41	0	
TEA, BLUEBERRY LAVENDER SMALL	1	16oz	100	0	0	0	0	0	10	26g	0	25g	0	
TEA, BLUEBERRY LAVENDER, LARGE	1	24oz	130	0	0	0	0	0	15	35g	0	34g	0	

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LEMONADE

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
LAVENDER LEMONADE, SMALL	1	16oz	196	0	0	0	0	0	0	50	0	46	0	
LAVENDER LEMONADE, LARGE	1	24oz	183	0	0	0	0	0	0	47	0	43	0	
BLUE RASPBERRY LEMONADE, SMALL	1	16oz	158	0	0	0	0	0	0	40g	0	38g	0	
BLUE RASPBERRY LEMONADE, LARGE	1	24oz	214	0	0	0	0	0	0	54g	0	50g	0	
STRAWBERRY LEMONADE, SMALL	1	16oz	173	0	0	0	0	0	0	44	0	40	0	
STRAWBERRY LEMONADE, LARGE	1	24oz	214	0	0	0	0	0	0	54	0	50	0	

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NUTRITION INFORMATION

UPDATED 12.01.2025

SYRUP

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
BANANA SYRUP .75 FL OZ	1	Serving	90	0	0	0	0	0	20	25	0	25	0	
BANANA SYRUP 1 FL OZ	1	Serving	130	0	0	0	0	0	30	33	0	33	0	
CARAMEL SYRUP .75 FL OZ	1	Serving	90	0	0	0	0	0	20	25	0	24	0	
CARAMEL SYRUP 1 FL OZ	1	Serving	130	0	0	0	0	0	30	33	0	32	0	
DARK CHOCOLATE SAUCE .75 FL OZ	1	Serving	75	0.4	0	0	0	0	34	25	0	17	0	
DARK CHOCOLATE SAUCE 1 FL	1	Serving	110	0.5	0	0	0	0	45	45	0	25	0	
HAZELNUT SYRUP .75 FL OZ	1	Serving	90	0	0	0	0	0	30	22	0	22	0	
HAZELNUT SYRUP 1 FL OZ	1	Serving	120	0	0	0	0	0	35	30	0	30	0	
LAVENDER SYRUP .75 FL OZ	1	Serving	90	0	0	0	0	0	20	25	0	25	0	
LAVENDER SYRUP 1 FL OZ	1	Serving	130	0	0	0	0	0	30	33	0	33	0	
PUMPKIN SPICE SYRUP .75 FL OZ	1	Serving	60	0	0	0	0	0	10	15	0	15	0	
PUMPKIN SPICE SYRUP 1 FL OZ	1	Serving	80	0	0	0	0	0	10	20	0	20	0	

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SYRUP

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
SUGAR FREE CARAMEL SYRUP .75 FL OZ	1	Serving	0	0	0	0	0	0	10	5	0	0	0	
SUGAR FREE CARAMEL SYRUP 1 FL OZ	1	Serving	0	0	0	0	0	0	10	6	0	0	0	
SUGAR FREE VANILLA SYRUP .75 FL OZ	1	Serving	0	0	0	0	0	0	10	4	0	0	0	
SUGAR FREE VANILLA SYRUP 1 FL OZ	1	Serving	0	0	0	0	0	0	10	5	0	0	0	
VANILLA SYRUP .75 FL OZ	1	Serving	100	0	0	0	0	0	25	25	0	24	0	
VANILLA SYRUP 1 FL OZ	1	Serving	130	0	0	0	0	0	35	33	0	31	0	

NOTES: Our kitchen handles common allergens daily (including milk, eggs, wheat, fish, soy, sesame, and tree nuts). We cannot guarantee that any menu item is free from cross-contact with common allergens. For specifically listed iced lattes/coffee, ice is included in drink preparation but does not contribute significant calories or nutrients. Nutritional values listed exclude ice. Vegan spreads are free from dairy, eggs, and animal-derived ingredients, but are prepared in a shared facility.



NUTRITION INFORMATION

UPDATED 12.01.2025

MILK

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
2% MILK 50G	1	Serving	25	10	1	0.5	0	5	25	2	0	2	2	Milk
2% MILK 70G	1	Serving	35	10	1.5	1	0	5	35	3	0	3	2	Milk
HALF & HALF 50G	1	Serving	60	45	5	3.5	0	20	30	2	0	2	2	Milk
HALF & HALF 70G	1	Serving	90	70	7	4.5	0	25	45	3	0	3	2	Milk
OAT MILK 50G	1	Serving	35	15	2	0	0	0	20	4	0	1	0	
OAT MILK 70G	1	Serving	45	25	2.5	0	0	0	30	5	0	2	1	
WHOLE MILK 50G	1	Serving	30	15	1.5	1	--	5	20	2	0	2	2	Milk
WHOLE MILK 70G	1	Serving	45	20	2.5	1.5	--	5	30	3	0	3	2	Milk
ALMOND MILK 50G	1	Serving	17	14	1	0	0	0	22	1	0	1	0	Tree nuts
ALMOND MILK 70G	1	Serving	23	21	1	0	0	0	31	2	0	1	0.5	Tree nuts
SKIM MILK 50G	1	Serving	17	0	0	0	0	1	21	2.5	0	2.5	1.7	Milk
SKIM MILK 70G	1	Serving	24	0	0	0	0	1.4	29	3.5	0	3.5	2.4	Milk

NOTES: Our kitchen handles common allergens daily (including milk, eggs, wheat, fish, soy, sesame, and tree nuts). We cannot guarantee that any menu item is free from cross-contact with common allergens. For specifically listed iced lattes/coffee, ice is included in drink preparation but does not contribute significant calories or nutrients. Nutritional values listed exclude ice. Vegan spreads are free from dairy, eggs, and animal-derived ingredients, but are prepared in a shared facility.



JEFF'S
Bagel Run

NUTRITION INFORMATION

UPDATED 12.01.2025

TREATS

	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
COOKIE BAR	1	Serving	720	310	35	21	1	125	810	99	3	60	8	Egg, Milk, Soy, Wheat
FRUITY CEREAL TREAT	1	Serving	430	60	7	3.5	0	15	410	88	0	51	3	Milk
S'MORES BAR	1	Serving	600	230	26	14	0.5	75	530	88	3	49	7	Egg, Milk, Soy, Wheat

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