

Java City Cappuccino Nutritionals June 2011

	Cup Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Original Cappuccino	12 oz	141	2.8	2.8	0	0	211	28	0	15	1	46
	16 oz	188	3.8	3.8	0	0	281	38	0	21	2	62
	20 oz	234	4.7	4.7	0	0	352	47	0	26	2	77
	24 oz	422	8.4	8.4	0	0	633	84	0	46	4	139
French Vanilla Cappuccino	12 oz	141	2.8	2.8	0	0	162	30	0	17	1	24
	16 oz	188	3.8	3.8	0	0	216	39	0	23	2	32
	20 oz	234	4.7	4.7	0	0	270	49	0	28	2	40
	24 oz	422	8.4	8.4	0	0	485	89	0	51	4	72
Sugar Free French Vanilla Cappuccino	12 oz	193	8.0	7.2	0	0	193	31	0	0	2	53
	16 oz	257	10.7	9.6	0	0	257	41	0	0	2	71
	20 oz	321	13.4	12.1	0	0	321	51	0	0	3	88
	24 oz	579	24.1	21.7	0	0	579	92	0	0	5	159
Swiss Mocha Cappuccino	12 oz	169	1.4	0.0	0	0	211	38	1	24	3	53
	16 oz	225	1.9	0.0	0	0	281	51	2	32	4	71
	20 oz	281	2.3	0.0	0	0	352	63	2	40	5	89
	24 oz	506	4.2	0.0	0	0	633	114	4	72	8	160
Triple Shot Mocha Cappuccino	12 oz	169	4	4	0	0	211	35	0	18	1	52
	16 oz	225	5	5	0	0	281	47	0	24	2	69
	20 oz	281	6	6	0	0	352	59	0	30	2	87
	24 oz	506	11	11	0	0	633	105	0	55	4	156
English Toffee Cappuccino	12 oz	155	2.1	2.1	0	0	148	34	0	18	1	31
	16 oz	206	2.8	2.8	0	0	197	45	0	24	2	41
	20 oz	258	3.5	3.5	0	0	246	56	0	30	2	52
	24 oz	464	6.3	6.3	0	0	443	101	0	55	4	93
Hazelnut Cappuccino	12 oz	277	4.3	4.3	0	0	266	57	0	30	2	45
	16 oz	369	5.7	5.7	0	0	355	77	0	40	3	60
	20 oz	461	7.1	7.1	0	0	443	96	0	50	4	74
	24 oz	553	8.5	8.5	0	0	532	115	0	60	4	89

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Smores Cappuccino	12 oz	255	2.1	0.0	0	0	319	57	2	32	4	9
	16 oz	341	2.8	0.0	0	0	426	77	3	43	6	11
	20 oz	426	3.5	0.0	0	0	532	96	4	53	7	14
	24 oz	511	4.3	0.0	0	0	638	115	4	64	9	17
Pumpkin Spice Cappuccino* <i>seasonal flavor</i>	12 oz	183	4	3	0	0	169	38	0	23	1	35
	16 oz	244	5	4	0	0	225	51	0	30	2	47
	20 oz	305	6	5	0	0	281	63	0	38	2	59
	24 oz	548	11	8	0	0	506	114	0	68	4	105
White Chocolate Caramel Cappuccino	12 oz	277	3.2	3.2	0	0	277	57	0	32	2	32
	16 oz	369	4.3	4.3	0	0	369	77	0	43	3	43
	20 oz	461	5.3	5.3	0	0	461	96	0	53	4	53
	24 oz	553	6.4	6.4	0	0	553	115	0	64	4	64
Hot Chocolate	12 oz	183	2.1	0.0	0	0	120	39	1	24	1	10
	16 oz	244	2.8	0.0	0	0	159	53	2	32	2	13
	20 oz	305	3.5	0.0	0	0	199	66	2	40	2	16
	24 oz	548	6.3	0.0	0	0	359	118	4	72	4	30
Mexican Hot Chocolate	12 oz	169	2.1	1.4	0	0	141	39	0	21	1	1
	16 oz	225	2.8	1.9	0	0	188	53	0	28	2	1
	20 oz	281	3.5	2.3	0	0	234	66	0	35	2	1
	24 oz	506	6.3	4.2	0	0	422	118	0	63	4	2