

# Nutrition Facts

## Hot Espresso Beverages

GF = Guilt Free

Recipe	Quantity	Cal	TFat Gm	Sat Gm	Chol Gm	Na Mg.	TCHO Gm	Sugar Gm	Prot Gm
<b>Cappuccino</b>	Small	151	8	5	35	124	12	12	8
	Medium	171	9	6	39	143	14	14	9
	Large	191	10	6	44	162	15	15	10
<b>Caffe Americano</b>	Small	2	0	0	0	8	0	0	0
	Medium	3	0	0	0	12	0	0	0
	Large	4	0	0	0	16	0	0	0
<b>Café Latte</b>	Small	170	9	6	39	139	14	14	9
	Medium	194	10	7	45	162	15	15	10
	Large	228	12	8	53	192	18	18	12
<b>GF Café Latte</b>	Small	102	0	0	6	145	12	12	9
	Medium	117	0	0	6	168	14	14	10
	Large	138	0	0	8	200	17	17	12
<b>Vanilla Latte</b>	Small	220	9	6	39	139	26	26	9
	Medium	265	10	6	44	158	34	34	10
	Large	344	12	7	50	185	49	49	12
<b>GF Vanilla Latte</b>	Small	102	0	0	6	145	14	12	9
	Medium	115	0	0	6	164	17	14	10
	Large	132	0	0	7	192	21	16	12
<b>Carmella</b>	Small	285	11	7	44	169	38	33	9
	Medium	330	12	8	49	188	46	41	10
	Large	409	13	8	55	215	61	56	12
<b>GF Carmella</b>	Small	102	0	0	6	145	15	12	9
	Medium	115	0	0	6	164	19	14	10
	Large	132	0	0	7	192	24	16	12
<b>Café Mocha</b>	Small	220	10	6	39	147	25	24	10
	Medium	290	11	6	44	173	38	35	11
	Large	369	13	7	50	207	52	47	13

\* Because Ellianos' beverages are handcrafted and may be customized, exact information may vary. Nutritional information is calculated based on Ellianos standard recipes and reflects average values from our ingredient suppliers. Data was calculated using a third party professional nutritionist and is deemed reliable, but we make no representations that it is exact. Variation in serving size, preparation, supplier ingredients and seasonal differences may affect the nutrition values for each drink. In addition, periodic product formulations may occur that result in variation in the nutrient content of our drinks.



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<b>GF Café Mocha</b>	Small	137	2	0	6	145	16	13	9
	Medium	185	4	0	6	164	22	15	10
	Large	237	6	0	7	192	28	17	12
<b>White Mocha</b>	Small	225	10	6	39	174	26	25	10
	Medium	300	11	6	44	228	40	37	11
	Large	384	13	7	50	290	55	50	13
<b>GF White Mocha</b>	Small	137	2	2	6	150	16	13	9
	Medium	185	4	4	6	174	22	16	10
	Large	237	6	6	7	207	28	19	12
<b>Caffe Breve</b>	Small	535	50	30	200	72	16	16	14
	Medium	611	56	34	227	85	18	18	15
	Large	716	66	40	266	102	21	21	18
<b>GF Caffe Breve</b>	Small	181	0	0	0	274	27	18	9
	Medium	207	0	0	0	316	31	21	10
	Large	243	0	0	0	372	36	24	12

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