

Nutrition Facts

Iced Espresso Beverages

GF = Guilt Free

Recipe	Quantity	Cal	TFat Gm	Sat Gm	Chol Gm	Na Mg.	TCHO Gm	Sugar Gm	Prot Gm
Iced Café Latte	Small	132	7	4	31	109	11	11	7
	Medium	190	10	6	44	158	15	15	10
	Large	209	11	7	48	177	17	17	11
GF Iced Café Latte	Small	80	0	0	4	113	10	10	7
	Medium	115	0	0	6	164	14	14	10
	Large	127	0	0	7	184	16	15	11
Iced Vanilla Latte	Small	173	7	4	28	102	22	22	7
	Medium	250	9	6	40	147	33	33	9
	Large	311	10	6	43	158	46	46	10
GF Iced Vanilla Latte	Small	74	0	0	4	106	11	9	7
	Medium	106	0	0	6	153	16	13	9
	Large	113	0	0	6	164	18	13	10
Iced Café Mocha	Small	173	7	4	28	109	21	20	7
	Medium	271	10	6	39	158	37	34	10
	Large	331	11	6	42	177	49	44	11
GF Iced Caffè Mocha	Small	109	2	0	4	106	13	9	7
	Medium	176	4	0	6	153	21	14	9
	Large	218	6	0	6	164	25	15	10
Iced White Mocha	Small	178	7	4	28	137	22	21	7
	Medium	281	10	6	39	213	39	36	10
	Large	346	11	6	42	260	52	47	11
GF Iced White Mocha	Small	109	2	2	4	111	13	10	7
	Medium	176	4	4	6	163	21	15	9
	Large	218	6	6	6	179	25	16	10
Iced Carmella	Small	238	8	5	33	132	34	29	7
	Medium	315	11	7	45	177	45	40	9
	Large	376	12	7	48	188	60	53	10

* 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.



Nutrition Facts

Iced Espresso Beverages

GF = Guilt Free

Recipe	Quantity	Cal	TFat Gm	Sat Gm	Chol Gm	Na Mg.	TCHO Gm	Sugar Gm	Prot Gm
GF Iced Carmella	Small	71	0	0	4	102	12	9	6
	Medium	100	0	0	5	145	17	12	9
	Large	104	0	0	6	153	20	12	9
Iced Caffè Breve	Small	417	39	23	155	57	12	12	11
	Medium	596	55	33	222	83	18	18	15
	Large	656	61	36	244	95	19	19	17
GF Iced Caffè Breve	Small	141	0	0	0	214	21	14	7
	Medium	202	0	0	0	308	30	20	10
	Large	223	0	0	0	342	33	22	11

* 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.

