

| | Serving Size | Calories | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Total Carbohydrate | Dietary Fiber | Sugars | Protein |
|---------------------------|--------------|----------|-----------|---------------|-----------|-------------|---------|--------------------|---------------|--------|---------|
| Almond Joy | 16oz | 307.5 | 8.5g | 5g | 0g | 35mg | 140mg | 47g | 2g | 47g | 9g |
| Caramel Crème | 16oz | 325 | 9g | 5g | 0g | 40mg | 232.5mg | 53g | 0g | 44.5g | 8g |
| Heath Bar | 16oz | 315 | 8.5g | 5g | 0g | 37.5mg | 165mg | 48g | 2g | 44.5g | 9g |
| Mayan Mocha | 16oz | 315 | 8.75g | 5g | 0g | 35mg | 150mg | 47g | 2g | 47g | 9.5g |
| Milky Way | 16oz | 320 | 8.75g | 5g | 0g | 37.5mg | 175mg | 49.5g | 2g | 46g | 9g |
| Mocha | 16oz | 315 | 8.75g | 5g | 0g | 35mg | 150mg | 47g | 2g | 47g | 9.5g |
| Peppermint Patty | 16oz | 308 | 8.5g | 5g | 0g | 35mg | 140mg | 47g | 2g | 47g | 9g |
| Raspberry Bon Bon | 16oz | 305 | 8.5g | 5g | 0g | 35mg | 140mg | 46.5g | 2g | 46g | 9g |
| Snickers | 16oz | 310 | 8.5g | 5g | 0g | 37.5mg | 165mg | 48.5g | 2g | 45g | 8.5g |
| White Out | 16oz | 315 | 8g | 5g | 0g | 35mg | 247.5mg | 50g | 0g | 45.5g | 8g |
| *Vanilla Latte | 16oz | 250 | 8g | 5g | 0g | 35mg | 120mg | 36g | 0g | 36g | 8g |
| | | | | | | | | | | | |
| Latte | 16oz | 150 | 8g | 5g | 0g | 35mg | 120mg | 11g | 0g | 11g | 8g |
| Cappuccino | 16oz | 150 | 8g | 5g | 0g | 35mg | 120mg | 11g | 0g | 11g | 8g |
| Café au Lait | 16oz | 75 | 4g | 2.5g | 0g | 17.5mg | 60mg | 5.5g | 0g | 5.5g | 4g |
| | | | | | | | | | | | |
| Chai Latte | 16oz | 165 | 4g | 2.5g | 0g | 17.5mg | 90mg | 27.5g | 0g | 24.5g | 4g |
| Sugar Free Chai Latte | 16oz | 75 | 4g | 2.5g | 0g | 17.5 | 60mg | 6.5g | 0g | 5.5g | 4g |
| Strawberry Fruit Smoothie | 16oz | 420 | 0g | 0g | 0g | 0mg | 0mg | 110g | 0g | 108g | 0g |
| Peach Fruit Smoothie | 16oz | 340 | 0g | 0g | 0g | 0mg | 0mg | 88g | 1g | 82g | 0g |
| Hot Chocolate | 16oz | 370 | 9g | 5g | 0g | 35mg | 160mg | 59g | 4g | 59g | 10g |

Our nutrition information reflects drinks made with whole milk and no whipped cream.

**All Monin Syrup flavored latte nutrition informations is equal to the Vanilla Latte*