

Nutrition Facts

Hot Espresso Beverages

Recipe	Quantity	Cal.	TFat Gm.	Sat Gm.	Chol Gm.	Na Gm.	TCHO Gm.	Sugar Gm.	Prot Gm.
CAPPUCCINO	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
CAFFE AMERICANO	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
CAFÉ LATTE	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
GF CAFÉ LATTE	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
VANILLA LATTE	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
GF VANILLA LATTE	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
CARMELLA	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
GF CARMELLA	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
CAFÉ MOCHA	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

GF = GUILT-FREE

* 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.

