

# Nutrition Facts

## Signature Creations

Recipe	Quantity	Cal.	TFat Gm.	Sat Gm.	Chol Gm.	Na Gm.	TCHO Gm.	Sugar Gm.	Prot Gm.
CAFFE DOLCE	MEDIUM	310	12	8	49	223	40	33	11
	LARGE	399	15	9	58	282	54	44	12
GF CAFFE DOLCE	MEDIUM	115	0	0	6	6	164	2614	10
	LARGE	132	0	0	7	192	36	16	12
VENETIAN VANILLA CREAM	MEDIUM	596	55	33	222	83	21	18	15
	LARGE	686	63	38	255	98	25	20	17
GF VENETIAN VANILLA CREAM	MEDIUM	202	0	0	0	308	42	20	10
	LARGE	233	0	0	0	357	55	23	12
TUSCANY TOFFEE	MEDIUM	430	12	8	49	213	72	67	10
	LARGE	561	14	9	58	265	98	91	12
GF TUSCANY TOFFEE	MEDIUM	115	0	0	6	214	20	14	10
	LARGE	132	0	0	7	262	26	16	12
MILAN MINT MOCHA	MEDIUM	382	11	6	44	166	63	61	11
	LARGE	554	14	9	58	230	95	88	12
GF MILAN MINT MOCHA	MEDIUM	114	0	0	6	164	26	14	10
	LARGE	132	0	0	7	192	36	16	12
SICILIAN SMOOTHIE	SMALL	309	4	4	3	26	67	58	2
	MEDIUM	412	5	5	4	34	90	77	3
	LARGE	516	7	6	5	43	112	96	3
COOKIE FREEZER	SMALL	504	27	15	26	240	62	38	7
	MEDIUM	648	34	19	31	324	80	49	9
	LARGE	863	46	25	41	432	107	65	12

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.

