	Calories	Fat	Protein	Carbs	Sodium
Java City Coffee					
12 oz	5	0	0	1	0
16 oz	10	0	0	2	0
20 oz	15	0	0	3	0
Iced Java City Coffee					
16 oz	3	0	0	1	0
20 oz	4	0	0	1	0
26 oz	5	0	0	2	0
Café Au Lait with whole milk					
12 oz	133	7	7	11	106
16 oz	163	8	8	14	130
20 oz	205	10	10	17	163
Café Au Lait with skim milk					
12 oz	84	0	8	13	122
16 oz	128	0	13	19	188
20 oz	130	0	13	20	188
Café Au Lait with soy milk					
12 oz	111	6	6	15	114
16 oz	166	8	9	22	175
20 oz	168	10	9	22	175
Hot Chocolate with whole milk					
12 oz	305	11	12	38	188
16 oz	418	15	15	54	249
20 oz	530	18	19	69	311
Hot Chocolate with skim milk					
12 oz	223	0	14	41	215
16 oz	309	0	19	57	285
20 oz	395	0	24	74	356
Hot Chocolate with soy milk					
12 oz	264	6	10	43	202
16 oz	363	8	13	61	267
20 oz	462	10	17	76	369
White Hot Chocolate with whole milk					
12 oz	290	11	13	34	199
16 oz	395	15	18	48	266
20 oz	500	18	22	61	333
White Hot Chocolate with skim milk					
12 oz	208	0	16	37	226
16 oz	286	0	21	51	302
20 oz	365	0	27	66	378
White Hot Chocolate with soy milk					
12 oz	249	6	12	39	213
16 oz	341	7	16	55	284
20 oz	433	7	16	55	284
Smoothies *all 20 oz*					
Acai	408	4	2	72	60
Four Berry	312	0	1	74	24
Mango	401	0	6	94	173
Strawberry	312	0	0	77	24
Strawberry Banana	312	0	1	77	24
Tropical Pineapple	312	0	1	74	12

	Calories	Fat	Protein	Carbs	Sodium
Caramel Macchiato with whole milk					
12 oz	315	10	10	45	177
16 oz	410	11	11	63	213
20 oz	550	16	16	81	296
Caramel Macchiato with skim milk					
12 oz	244	0	12	48	201
16 oz	340	0	15	68	260
20 oz	430	0	20	85	336
Caramel Macchiato with soy milk					
12 oz	279	5	8	50	189
16 oz	385	6	11	71	245
20 oz	490	8	14	89	316
Iced Caramel Macchiato with whole milk					
16 oz	225	5	5	38	104
20 oz	265	7	7	41	137
26 oz	360	9	9	59	173
Iced Caramel Macchiato with skim milk					
16 oz	188	0	6	39	117
20 oz	213	0	9	43	154
26 oz	296	0	11	61	194
Iced Caramel Macchiato with soy milk					
16 oz	206	3	4	41	111
20 oz	239	4	6	45	146
26 oz	328	4	7	64	183
Cappuccino with whole milk					
12 oz	150	7	7	13	114
16 oz	175	8	8	16	130
20 oz	230	11	9	21	171
Cappuccino with skim milk					
12 oz	98	0	9	15	131
16 oz	115	0	10	18	150
20 oz	151	0	13	24	197
Cappuccino with soy milk					
12 oz	124	4	6	17	123
16 oz	145	4	7	20	140
20 oz	191	5	9	26	184

Java City™

Nutritional Information

University Dining Services

University of Minnesota

Driven to Discover℠

dining.umn.edu

	Calories	Fat	Protein	Carbs	Sodium
Chai Tea Latte with whole milk					
12 oz	289	11	11	35	194
16 oz	376	15	15	45	254
20 oz	469	18	18	55	319
Chai Tea Latte with skim milk					
12 oz	207	0	14	38	221
16 oz	268	0	18	48	291
20 oz	332	0	23	60	365
Chai Tea Latte with soy milk					
12 oz	248	6	10	40	208
16 oz	322	7	13	52	273
20 oz	400	9	16	64	342
Bewley's Hot Tea					
12 oz	0	0	0	0	0
16 oz	0	0	0	0	0
20 oz	0	0	0	0	0
Bewley's Iced Tea					
16 oz	0	0	0	0	0
20 oz	0	0	0	0	0
26 oz	0	0	0	0	0
Italian Soda					
16 oz	120	0	0	29	5
20 oz	160	0	0	38	6
26 oz	200	0	0	48	8
Italian Cream Soda					
16 oz	200	6	2	31	35
20 oz	240	6	2	40	36
26 oz	320	9	3	51	53
Javalanche *all 20 oz*					
Original	367	0	7	81	268
Mocha	473	1	7	106	279
White Mocha	437	0	9	97	288
Caramel	467	0	7	106	318
Cookies 'n Cream	525	6	8	105	426
Mint	537	9	7	100	272
Chai	399	0	10	90	293
Café Mocha with whole milk					
12 oz	280	10	10	36	163
16 oz	368	12	12	51	200
20 oz	480	16	16	66	262
Café Mocha with skim milk					
12 oz	209	0	12	39	187
16 oz	281	0	15	54	229
20 oz	368	1	20	70	299
Café Mocha with soy milk					
12 oz	244	5	9	41	175
16 oz	324	6	11	56	215
20 oz	424	8	14	74	281
Iced Café Mocha with whole milk					
16 oz	200	6	6	30	98
20 oz	273	7	8	42	127
26 oz	340	9	9	55	148

	Calories	Fat	Protein	Carbs	Sodium
Iced Café Mocha with skim milk					
16 oz	159	0	7	31	112
20 oz	220	0	10	44	145
26 oz	280	1	11	57	168
Iced Café Mocha with soy milk					
16 oz	179	3	5	33	105
20 oz	245	4	7	46	132
26 oz	310	5	8	59	158
Café White Mocha with whole milk					
12 oz	265	10	10	36	163
16 oz	345	12	12	51	200
20 oz	450	15	16	66	262
Café White Mocha with skim milk					
12 oz	194	0	12	39	187
16 oz	259	0	15	54	229
20 oz	338	0	20	70	299
Café White Mocha with soy milk					
12 oz	229	5	9	41	175
16 oz	302	6	11	56	215
20 oz	394	8	14	74	281
Iced Café White Mocha with whole milk					
16 oz	185	6	8	26	109
20 oz	250	7	10	36	244
26 oz	310	8	12	47	170
Iced Café White Mocha with skim milk					
16 oz	144	0	9	27	123
20 oz	198	0	12	38	161
26 oz	250	0	14	49	190
Iced Café White Mocha with soy milk					
16 oz	164	3	7	29	116
20 oz	224	4	9	40	153
26 oz	280	4	11	51	180
Mayan Mocha with whole milk					
12 oz	274	10	10	35	169
16 oz	359	12	12	48	209
20 oz	468	16	16	63	274
Mayan Mocha with skim milk					
12 oz	203	0	12	37	193
16 oz	272	0	15	51	238
20 oz	356	1	20	67	311
Mayan Mocha with soy milk					
12 oz	238	5	9	39	181
16 oz	315	6	11	54	224
20 oz	412	8	14	70	293
Iced Mayan Mocha with whole milk					
16 oz	194	6	6	28	104
20 oz	244	6	7	38	120
26 oz	328	9	9	51	160
Iced Mayan Mocha with skim milk					
16 oz	153	0	7	30	118
20 oz	199	0	8	40	135
26 oz	268	1	11	53	180

	Calories	Fat	Protein	Carbs	Sodium
Iced Mayan Mocha with soy milk					
16 oz	173	3	5	31	111
20 oz	221	3	6	41	128
26 oz	298	5	8	55	170
Café Latte with whole milk					
12 oz	215	11	11	18	171
16 oz	270	13	13	23	211
20 oz	350	17	17	30	276
Café Latte with skim milk					
12 oz	136	0	13	21	197
16 oz	173	0	16	26	244
20 oz	223	0	21	34	319
Café Latte with soy milk					
12 oz	176	5	9	23	184
16 oz	221	7	11	30	228
20 oz	286	9	15	38	298
Iced Café Latte with whole milk					
16 oz	135	7	7	12	106
20 oz	175	9	9	15	138
26 oz	210	10	10	18	163
Iced Café Latte with skim milk					
16 oz	86	0	8	13	122
20 oz	111	0	11	17	159
26 oz	135	0	13	21	188
Iced Café Latte with soy milk					
16 oz	111	3	6	15	114
20 oz	143	4	7	19	149
26 oz	173	5	9	23	175
Cinnamon Roll Latte with whole milk					
12 oz	345	14	10	44	304
16 oz	475	18	12	64	420
20 oz	630	24	16	84	560
Cinnamon Roll Latte with skim milk					
12 oz	274	4	12	47	328
16 oz	385	6	15	67	450
20 oz	510	8	20	88	600
Cinnamon Roll Latte with soy milk					
12 oz	309	9	8	49	316
16 oz	430	12	11	70	435
20 oz	570	16	14	92	580
Iced Cinnamon Roll Latte with whole milk					
16 oz	255	7	7	37	234
20 oz	330	9	9	40	344
26 oz	440	13	13	59	437
Iced Cinnamon Roll Latte with skim milk					
16 oz	218	0	6	39	244
20 oz	258	0	9	43	344
26 oz	376	0	11	62	458
Iced Cinnamon Roll Latte with soy milk					
16 oz	236	4	4	41	238
20 oz	294	7	7	45	336
26 oz	408	8	8	64	447