

# BLENZ COFFEE DRINK MENU NUTRITIONAL INFORMATION

	Calories	Total Fat (g)	Trans Fat (g)**	Cholesterol (mg)	Sodium	Carb (g)	Protein (g)	Vit A % DV	Vit C % DV	Calcium % DV	Iron %DV	Vit D %DV
<b>Café Latte</b>	119	4	0.1	18	107	11	8	10	0	30	0	45
<b>Caramel Macchiatto</b>	182	5	0.1	28	132	40	9	10	1	33	0	45
<b>Matcha Latte</b>	116	4	0.1	18	107	11	8	10	0	30	0	45
<b>Strawberry Tea Latte</b>	29	1	0.1	6	35	4	3	3	0	10	0	15
<b>Royal Tea Latte</b>	29	1	0.1	6	35	4	3	3	0	10	0	15
<b>London Fog Latte</b>	29	1	0.1	6	35	4	3	3	0	10	0	15
<b>Hot Chocolate</b>	417	21	0.1	28	134	38	9	5	0	18	0	35
<b>Café Mocha</b>	388	18	0.1	24	105	37	9	5	0	18	0	23
<b>Steamed Milk</b>	160	6	0.1	25	148	15	11	11	0	32	0	46
<b>Iced Latte</b>	96	3	0.1	12	80	7	6	7	0	24	0	33
<b>Iced Chocolate</b>	417	21	0	28	134	38	9	5	0	18	0	35
<b>Iced Mocha</b>	366	22	0.1	25	115	40	8	5	0	19	0	36
<b>Iced Matcha Latte</b>	116	4	0.1	18	107	11	8	10	1	30	0	45
<b>Shaken Iced Tea</b>	80	0.6	0	0	0	0	0	0	0	0	0	0
<b>FruitChillo</b>	380	0	0	0	0	90	0	50	105	0	0	0
<b>FruitChillo w/ Ice Cream</b>	425	9.4	0	32	77	20	3.2	n/a	n/a	n/a	n/a	n/a
<b>FruitChillo w/ Yoghurt</b>	400	8	0	25	52	16	2.6	n/a	n/a	n/a	n/a	n/a
<b>CappaChillo</b>	252	11	0	35	90	36	3.8	n/a	n/a	n/a	n/a	n/a
<b>Caramel CappaChillo</b>	280	15	0	38	93	42	4	n/a	n/a	n/a	n/a	n/a
<b>MochaChillo</b>	393	24	0	34	95	41	5	n/a	n/a	n/a	n/a	n/a
<b>Chai Latte</b>	171	4	0	16	99	25	8	9	0	25	0	40

Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Nutritional information contained herein relates to the menu items available at Blenz The Canadian Coffee Company Ltd. in Canada only. Menu items are based on the Regular Size drink with 2% milk very applicable. Test products, test formulations, regional products and/or limited time promotional drinks have not been included. The nutritional information is based on standard product empirical formulations. Actual sizes and assembly may vary +/- 15%. Due to the personalization of each of our drink items, actual values may vary from those listed. Variations may also occur depending on the local supplier, region of the province, and the season of the year.

\*\* The 0.1 gram of Trans Fat in milk is a natural manifested state in the milk, and it is not an artificially manufactured byproduct from hydrogenation.