

Sugar Llamas Nutrition

Hot Drinks											
	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Caramel Macchiato											
Small	190	6g	4g	0g	20mg	120mg	26g	0g	25g	8g	75mg
Medium	250	7g	4g	0g	25mg	150mg	35g	0g	33g	10g	150mg
Large	310	9g	6g	0g	35mg	190mg	44g	0g	42g	13g	225mg
Cafe Latte											
Small	150	6g	4g	0g	25mg	135mg	15g	0g	14g	10g	150mg
Medium	190	7g	4g	0g	30mg	170mg	19g	0g	18g	13g	150mg
Large	250	9g	6g	0g	40mg	220mg	24g	0g	23g	16g	225mg
Cinnamon Latte											
Small	270	12g	7g	0g	40mg	130mg	33g	0g	31g	9g	150mg
Medium	340	14g	9g	0g	50mg	160mg	43g	0g	40g	12g	150mg
Large	420	16g	10g	0g	60mg	210mg	54g	0g	51g	15g	225mg
Flat White											
Small	170	9g	5g	0g	25mg	115mg	14g	0g	13g	9g	130mg
Medium	225	11g	7g	0g	35mg	150mg	18g	0g	17g	12g	195mg
Large	290	15g	9g	0g	45mg	200mg	24g	0g	22g	15g	195mg
Honey Almond Flat White											
Small	120	4g	0g	0g	0mg	100mg	22g	1g	18g	2g	150mg
Medium	170	5g	0g	0g	0mg	135mg	30g	1g	24g	3g	225mg
Large	210	7g	0g	0g	0g	180mg	38g	2g	31g	3g	220mg
Double Shot Espresso											
	10	0g	0g	0g	0g	0g	2g	0g	0g	1g	150mg
Cappuccino											
Small	100	4g	2g	0g	15mg	90mg	10g	0g	9g	7g	75mg
Medium	140	5g	3g	0g	20mg	120mg	14g	0g	12g	9g	150mg
Large	200	8g	5g	0g	30mg	180mg	20g	0g	19g	13g	225mg
Cafe Americano											
Small	10	0g	0g	0g	0mg	10mg	1g	0g	0g	1g	150mg
Medium	15	0g	0g	0g	0g	10mg	2g	0g	0g	1g	225mg
Large	15	0g	0g	0g	0g	15mg	3g	0g	0g	1g	300mg
House Blend											
Small	5	0g	0g	0g	0g	10mg	0g	0g	0g	0g	235mg
Medium	5	0g	0g	0g	0g	10mg	0g	0g	0g	1g	310mg
Large	5	0g	0g	0g	0g	10mg	0g	0g	0g	1g	410mg
Mocha Latte											
Small	290	13g	8g	0g	40mg	120mg	33g	3g	27g	11g	150mg
Medium	370	15g	10g	0g	45mg	150mg	43g	4g	35g	14g	150mg
Large	450	18g	11g	0g	55mg	190mg	54g	5g	45g	18g	225mg
White Mocha Latte											
Small	290	13g	9g	0g	35mg	160mg	35g	0g	34g	10g	150mg
Medium	390	17g	11g	0g	50mg	220mg	47g	0g	46g	13g	150mg
Large	480	20g	13g	0g	55mg	280mg	59g	0g	58g	17g	225mg
Vanilla Latte											

	Small	185	5g	3g	0g	20mg	125mg	27g	0g	27g	8g	150mg
	Medium	246	7g	4g	0g	27mg	167mg	36g	0g	36g	11g	150mg
	Large	308	8g	5g	0g	34mg	209mg	45g	0g	45g	14g	225mg
Caramel Latte												
	Small	185	5g	3g	0g	20mg	137mg	27g	0g	14g	9g	75mg
	Medium	246	7g	4g	0g	27mg	182mg	36g	0g	18g	12g	150mg
	Large	308	8g	5g	0g	34mg	228mg	45g	0g	23g	15g	225mg
Hot Chocolate												
	Small	280	12g	8g	0g	35mg	105mg	32g	3g	27g	10g	0mg
	Medium	370	16g	10g	0g	50mg	160mg	43g	4g	37g	14g	0mg
	Large	450	18g	12g	0g	55mg	200mg	54g	5g	46g	17g	0mg
Iced Drinks												
		Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Iced Vanilla Latte												
	Small	190	4g	2g	0g	15mg	100mg	30g	0g	28g	7g	150mg
	Medium	238	4g	2g	0g	18mg	115mg	37g	0g	34g	9g	150mg
	Latte	270	5g	3g	0g	20mg	130mg	45g	0g	41g	10g	225mg
Iced Latte												
	Small	130	4g	2g	0g	20mg	115mg	13g	0g	11g	8g	150mg
	Medium	155	5g	2g	0g	23mg	140mg	15g	0g	13g	10g	150mg
	Large	180	6g	3g	0g	25mg	160mg	18g	0g	15g	12g	225mg
Iced Cinnamon Latte												
	Small	300	13g	8g	0g	45mg	115mg	38g	0g	35g	8g	150mg
	Medium	375	15g	9g	0g	52mg	140mg	44g	0g	43g	10g	150mg
	Large	420	18g	11g	0g	60mg	160mg	55g	0g	51g	12g	225mg
Iced Caramel Macchiato												
	Small	250	7g	4g	0g	25mg	150mg	37g	0g	34g	10g	150mg
	Medium	300	8g	5g	0g	30mg	175mg	44g	0g	42g	12g	150mg
	Large	350	9g	6g	0g	35mg	200mg	53g	0g	49g	13g	225mg
Iced White Mocha Latte												
	Small	390	20g	13g	0g	55mg	190mg	44g	0g	42g	11g	150mg
	Medium	440	22g	16g	0g	50mg	225mg	54g	0g	50g	13g	150mg
	Large	520	23g	16g	0g	60mg	260mg	64g	0g	61g	15g	225mg
Iced Mocha Latte												
	Small	350	17g	11g	0g	50mg	100mg	38g	4g	30g	10g	150mg
	Medium	400	18g	12g	0g	52mg	115mg	47g	5g	37g	12g	150mg
	Large	450	20g	13g	0g	55mg	130mg	55g	6g	43g	14g	225mg
Cold Brew												
	Small	5	0g	0g	0g	0g	10mg	0g	0g	0g	0g	235mg
	Medium	5	0g	0g	0g	0g	10mg	0g	0g	0g	1g	310mg
	Large	5	0g	0g	0g	0g	10mg	0g	0g	0g	1g	410mg
Vanilla Sweet Cream Cold Brew												
	Small	110	5g	4g	0g	15mg	20mg	14g	0g	14g	1g	235mg
	Medium	155	7g	5g	0g	25mg	27mg	18g	0g	17g	1g	310mg
	Large	200	11g	7g	0g	35mg	35mg	23g	0g	23g	2g	410mg
Iced Black Tea												
	Small	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	25mg
	Medium	0	0g	0g	0g	0mg	12mg	0g	0g	0g	0g	32mg
	Large	0	0g	0g	0g	0g	15mg	0g	0g	0g	0g	40mg
Iced Chai Tea Latte												

	Small	240	4g	2g	0g	15mg	110mg	44g	0g	42g	7g	95mg
	Medium	295	5g	2g	0g	20mg	135mg	54g	0g	50g	8g	120mg
	Large	350	6g	3g	0g	25mg	160mg	65g	0g	61g	10g	145mg
Llamanade												
	Small	120	0g	0g	0g	0mg	10mg	28g	0g	27g	0g	0mg
	Medium	140	0g	0g	0g	0mg	12mg	34g	0g	32g	0g	0mg
	Large	160	0g	0g	0g	0mg	15mg	40g	0g	38g	0g	0mg
Red Bull Mixers												
		Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Bahama Llama												
	Small	185	0	0	0	0	106.25	47.5	0	44.25	0	80
	Large	272.5	0	0	0	0	151.875	68.75	0	65.375	0	114
Tropical Breeze												
	Small	160	0	0	0	0	105	41.25	0	38	0	80
	Large	272.5	0	0	0	0	150	68.5	0	64.875	0	114
Cherry Limeade												
	Small	170	0	0	0	0	105	43.25	0	40.25	0	80
	Large	250	0	0	0	0	150	62.375	0	59.375	0	114
White Chocolate Peach												
	Small	185	0	0	0	0	107.5	47.5	0	44.5	0	80
	Large	272.5	0	0	0	0	153.125	68.625	0	65.625	0	114
Starburst												
	Small	185	0	0	0	0	105	47	0	43.625	0	80
	Large	272.5	0	0	0	0	150	68	0	64.375	0	114
Coconut Blue Raspberry												
	Small	135	0	0	0	0	105	35.25	0	32.25	0	80
	Large	260	0	0	0	0	150	65.375	0	62.375	0	114
Melon Berry												
	Small	177.5	0	0	0	0	105	45.5	0	42.25	0	80
	Large	261.25	0	0	0	0	150	65.75	0	62.375	0	114
Berry Delight												
	Small	205	0	0	0	0	105	52	0	48.5	0	80
	Large	266.25	0	0	0	0	150	66.75	0	63.25	0	114
Pina Colada												
	Small	180	0	0	0	0	115	46.75	0	43.75	0	80
	Large	266.25	0	0	0	0	162.5	67.875	0	64.875	0	114
Summer Mocha												
	Small	182.5	0	0	0	0	105	46.5	0	43.25	0	80
	Large	268.75	0	0	0	0	150	67.25	0	63.875	0	114
Red, White, & Blue Raspberry												
	Small	180	0	0	0	0	105	45.75	0	42.5	0	80
	Large	265	0	0	0	0	150	66.125	0	62.75	0	114
Kinsey												
	Small	200	3.5	2	0	15	131.25	42.25	0	39	1	80
	Large	300	3.5	2	0	15	177.5	66.5	0	63	1	114
Red Bull Mixers (Sugar Free RedBull, Regular Syrup)												
		Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Bahama Llama												
	Small	85	0	0	0	0	106.25	20.5	0	18.25	0	80
	Large	132.5	0	0	0	0	151.875	30.75	0	27.375	0	114

Tropical Breeze												
	Small	60	0	0	0	0	105	14.25	0	12	0	80
	Large	132.5	0	0	0	0	150	30.5	0	26.875	0	114
Cherry Limeade												
	Small	70	0	0	0	0	105	16.25	0	14.25	0	80
	Large	110	0	0	0	0	150	24.375	0	21.375	0	114
White Chocolate Peach												
	Small	85	0	0	0	0	107.5	20.5	0	18.5	0	80
	Large	132.5	0	0	0	0	153.125	30.625	0	27.625	0	114
Starburst												
	Small	85	0	0	0	0	105	20	0	17.625	0	80
	Large	132.5	0	0	0	0	150	30	0	26.375	0	114
Coconut Blue Raspberry												
	Small	55	0	0	0	0	105	13	0	11	0	80
	Large	120	0	0	0	0	150	27.375	0	24.375	0	114
Melon Berry												
	Small	77.5	0	0	0	0	105	18.5	0	16.25	0	80
	Large	121.25	0	0	0	0	150	27.75	0	24.375	0	114
Berry Delight												
	Small	105	0	0	0	0	105	25	0	22.5	0	80
	Large	126.25	0	0	0	0	150	28.75	0	25.25	0	114
Pina Colada												
	Small	80	0	0	0	0	115	19.75	0	17.75	0	80
	Large	126.25	0	0	0	0	162.5	29.875	0	26.875	0	114
Summer Mocha												
	Small	82.5	0	0	0	0	105	19.5	0	17.25	0	80
	Large	128.75	0	0	0	0	150	29.25	0	25.875	0	114
Red, White, & Blue Raspberry												
	Small	80	0	0	0	0	105	18.75	0	16.5	0	80
	Large	125	0	0	0	0	150	28.125	0	24.75	0	114
Frappes												
		Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Vanilla Frappe												
	Small	410	15	9	0	45	230	64	0	63	4	95
	Medium	460	15	10	0	47	270	75	0	73	5	110
	Large	510	16	10	0	50	310	85	0	83	6	125
Caramel Frappe												
	Small	380	16	10	0	50	230	55	0	54	4	90
	Medium	425	16	10	0	53	270	64	0	63	5	105
	Large	470	17	11	0	55	310	73	0	72	6	120
Mocha Frappe												
	Small	370	15	10	0	45	220	54	1	51	5	100
	Medium	420	16	11	0	47	260	62	2	59	6	115
	Large	470	17	11	0	50	300	71	2	67	7	130
White Mocha Frappe												
	Small	370	16	10	0	45	230	52	0	51	5	80
	Medium	415	17	11	0	47	275	61	0	60	6	97
	Large	460	18	11	0	50	320	70	0	69	7	115
Chai Frappe												
	Small	340	16	10	0	50	230	46	0	45	5	40

	Medium	380	17	11	0	53	275	52	0	51	6	40
	Large	420	18	11	0	55	320	58	0	57	7	40
White Chocolate Raspberry Frappe												
	Small	370	16	10	0	50	240	51	0	51	5	95
	Medium	415	16	10	0	53	280	58	0	58	6	110
	Large	460	17	11	0	55	320	66	1	65	7	125
Turtle Frappe												
	Small	410	20	13	0	50	270	51	2	47	7	95
	Medium	460	21	14	0	53	320	59	2	56	8	110
	Large	510	23	15	0	55	370	68	3	62	9	125
Oreo Frappe												
	Small	460	25	16	0	50	290	52	2	46	7	15
	Medium	485	24	16	0	53	330	60	3	54	8	17
	Large	510	23	15	0	55	370	68	3	62	9	20
Strawberry Shortcake												
	Small	350	17	11	0	50	250	43	0	43	6	0
	Medium	375	18	11	0	53	285	47	0	47	6	0
	Large	400	19	12	0	55	320	51	0	51	7	0
Soft Drinks												
		Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Dr Pepper												
	Small	150	0	0	0	0	55	40	0	39	0	41
	Medium	200	0	0	0	0	73	53	0	52	0	55
	Large	250	0	0	0	0	92	67	0	65	0	68
Diet Dr Pepper												
	Small	0	0	0	0	0	40	0	0	0	0	26
	Medium	0	0	0	0	0	53	0	0	0	0	35
	Large	0	0	0	0	0	67	0	0	0	0	43
Coke												
	Small	140	0	0	0	0	45	39	0	39	0	34
	Medium	187	0	0	0	0	60	52	0	52	0	45
	Large	233	0	0	0	0	75	65	0	65	0	57
Diet Coke												
	Small	0	0	0	0	0	40	0	0	0	0	46
	Medium	0	0	0	0	0	53	0	0	0	0	61
	Large	0	0	0	0	0	67	0	0	0	0	77
Root Beer												
	Small	180	0	0	0	0	64	44	0	44	0	22
	Medium	240	0	0	0	0	85	59	0	59	0	29
	Large	300	0	0	0	0	107	73	0	73	0	37
Sprite												
	Small	140	0	0	0	0	65	38	0	38	0	0
	Medium	187	0	0	0	0	87	51	0	51	0	0
	Large	233	0	0	0	0	108	63	0	63	0	0