

# Nordstrom Restaurants Nutritional Guide

June 2015

## Specialty Coffee Beverages

		CALORIES	CALORIES FROM FAT (G)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>BREWED &amp; COLD BREWED COFFEE</b>												
<b>Brewed Coffee</b>												
	Tall	4	0	0	0	0	0	14	0	0	0	0
	Grande	5	2	0	0	0	0	18	0	0	0	1
	Enorme	6	3	0.5	0	0	0	23	0	0	0	1
<b>Cold Brewed Coffee</b>												
	Tall	4	2	0.5	0	0	0	14	0	0	0	0
	Grande	5	3	0.5	0	0	0	18	0	0	0	1
	Enorme	6	3	0.5	0	0	0	23	0	0	0	1
<b>Cold Brewed Orange Twist</b>												
	Tall	48	1	0	0.5	0	0	43	11	1	9	1
	Grande	81	2	0	0.5	0	0	53	19	2	16	1
	Enorme	113	2	0	0.5	0	0	62	27	3	23	1
<b>HOT BEVERAGES (WITHOUT WHIPPED CREAM)</b>												
<b>Almond Roca Latte</b>												
Tall	Non-Fat Milk	232	22	2.5	0.5	0	5	165	42	0	36	9
	Soy	270	53	6	0.5	0	0	158	45	2	34	8
	2% Milk	254	56	6	3	0	18	169	41	0	36	8
	Whole Milk	287	85	9	4.5	0.0	24	145	42	0	37	8
Grande	Non-Fat Milk	338	31	3.5	0.5	0	6	217	64	1	54	11
	Soy	439	80	9	0.5	0	0	238	76	3	58	11
	2% Milk	365	73	8	3.5	0	22	222	62	1	53	10
	Whole Milk	405	110	12	6	0	29	197	63	1	54	10
Enorme	Non-Fat Milk	444	41	4.5	0.5	0	7	270	85	1	72	13
	Soy	499	87	10	1	0	0	259	88	3	68	12
	2% Milk	476	91	10	4	0	26	275	83	1	70	12
	Whole Milk	522	134	15	7	0	35	249	84	1	72	12
<b>Americano</b>												
	Tall	5	1	0	0	0	0	9	0	0	0	0
	Grande	8	2	0	0	0	0	13	0	0	0	0
	Enorme	11	2	0	0	0	0	18	0	0	0	0
<b>Black and White Mocha</b>												
Tall	Non-Fat Milk	259	10	1	0.5	0	5	208	50	0	45	9
	Soy	296	41	4.5	0.5	0	0	201	52	1	42	8
	2% Milk	281	43	5	2.5	0	17	212	48	0	44	8
	Whole Milk	314	73	8	4.5	0	23	184	49	0	45	8
Grande	Non-Fat Milk	395	14	1.5	0.5	0	6	283	78	0	69	12
	Soy	440	51	6	0.5	0	0	275	81	2	66	11
	2% Milk	421	54	6	3.5	0	21	288	76	0	68	10
	Whole Milk	462	90	10	5	0	28	255	77	0	69	10
Enorme	Non-Fat Milk	531	18	2	0.5	0	7	359	106	0	94	14
	Soy	584	62	7	1	0	0	349	109	2	90	13
	2% Milk	615	84	9	5	0	33	426	109	0	98	16
	Whole Milk	610	107	12	6	0	33	325	105	0	94	12
<b>Cafe Con Leche</b>												
Tall	Non-Fat Milk	146	6	0.5	0.5	0	5	141	25	0	25	9
	Soy	187	40	4.5	0.5	0	0	133	28	2	22	8
	2% Milk	170	43	5	3	0	19	145	24	0	24	8
	Whole Milk	207	75	8	5	0	26	115	25	0	25	8
Grande	Non-Fat Milk	219	8	1	0.5	0	6	178	41	0	41	11
	Soy	270	50	6	0.5	0	0	168	44	2	37	10
	2% Milk	249	54	6	4	0	24	183	39	0	39	10
	Whole Milk	295	94	10	6	0	32	146	40	0	41	10
Enorme	Non-Fat Milk	297	10	1	0.5	0	8	222	57	0	57	14
	Soy	359	62	7	1	0	0	210	61	2	52	13
	2% Milk	333	66	7	4.5	0	29	228	54	0	55	12
	Whole Milk	390	116	13	7	0	39	182	56	0	57	12
<b>Cappuccino</b>												
Tall	Non-Fat Milk	69	5	0.5	0.5	0	4	100	9	0	9	6
	Soy	98	28	3	0.5	0	0	94	11	1	7	6
	2% Milk	92	32	3.5	2.5	0	14	110	9	0	9	6
	Whole Milk	112	53	6	3.5	0	18	81	9	0	9	6
Grande	Non-Fat Milk	90	6	0.5	0.5	0	5	130	11	0	11	8
	Soy	127	36	4	0.5	0	0	123	14	1	9	7
	2% Milk	120	42	4.5	3	0	18	143	11	0	11	8
	Whole Milk	145	68	8	4.5	0	23	107	11	0	12	7
Enorme	Non-Fat Milk	111	8	1	0.5	0	6	161	14	0	14	10
	Soy	156	44	5	0.5	0	0	152	17	2	11	9
	2% Milk	147	51	6	3.5	0	22	177	13	0	14	9
	Whole Milk	177	82	9	5	0	28	132	13	0	14	9







Product Name		Nutritional Profile (Per Serving)											Additional Information										
		Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Grande	Non-Fat Milk	207	7	1	0.5	0	6	163	39	0	39	11	SMOOTHIES										
	Soy	256	47	5	0.5	0	0	153	43	2	35	10	Acai Smoothie										
	2% Milk	246	54	6	4	0	24	180	39	0	39	10	Tall 299 16 1.5 0 0 0 28 71 5 56 2										
Enorme	Whole Milk	280	89	10	6	0	31	131	39	0	39	10	Enorme 404 23 2.5 0 0 0 37 96 7 75 3										
	Non-Fat Milk	255	8	1	0.5	0	7	195	49	0	48	13	Mango Chill Smoothie										
	Soy	313	57	6	0.5	0	0	184	53	2	44	12	Tall 306 7 1 0 0 0 6 75 3 65 3										
	2% Milk	302	65	7	4.5	0	29	216	48	0	48	12	Enorme 440 12 1.5 0.5 0 0 9 110 5 92 4										
Italian Cream Soda	Whole Milk	342	107	12	7	0	37	158	48	0	48	12	Pina Colada Smoothie										
	Tall	160	16	2	1	0	6	12	35	0	30	0	Tall 240 42 4.5 4.5 0 0 41 50 2 41 1										
	Grande	206	24	2.5	1.5	0	9	17	44	0	38	1	Enorme 396 60 7 6 0 0 60 85 4 69 1										
Italian Soda	Enorme	251	33	3.5	2.5	0	12	22	52	0	45	1	Strawberry Banana Smoothie										
	Tall	140	0	0	0	0	0	6	34	0	30	0	Tall 274 4 0.5 0 0 0 10 68 4 50 2										
	Grande	175	0	0	0	0	0	8	43	0	38	0	Enorme 425 5 0.5 0 0 0 15 105 7 78 2										
Lemonade	Enorme	210	0	0	0	0	0	9	51	0	45	0	Strawberry Blast Smoothie										
	Tall	287	2	0	0	0	0	2	75	0	71	0	Tall 273 2 0.5 0 0 0 4 69 4 59 1										
	Grande	359	2	0.5	0	0	0	2	94	0	89	0	Enorme 389 3 0.5 0 0 0 6 99 6 83 1										
Orange Cream Fizz	Enorme	431	3	0.5	0	0	0	2	113	0	107	0	Strawberry Breeze Smoothie										
	Tall	157	18	2	1	0	6	9	34	0	29	1	Tall 292 28 3 2.5 0 0 28 67 5 47 2										
	Grande	218	34	4	2.5	0	12	16	44	0	38	2	Enorme 382 41 4.5 4 0 0 41 86 7 59 3										
Orange Cream	Enorme	279	51	6	3.5	0	17	23	55	1	47	3	Tropical Green Tea Smoothie										
	Tall	223	35	4	2.5	0	12	17	45	1	37	2	Tall 207 41 4.5 4.5 0 0 41 41 2 33 1										
	Grande	299	52	6	3.5	0	17	25	59	1	48	3	Enorme 334 62 7 7 0 0 61 67 3 54 1										
Orange Pineapple Spritzer	Enorme	375	69	8	4.5	0	23	33	73	1	60	4	Tropical Pomegranate Smoothie										
	Tall	127	1	0	0	0	0	2	32	1	28	1	Tall 326 5 0.5 0 0 0 3 83 3 73 1										
	Grande	159	1	0	0	0	0	2	40	2	35	1	Enorme 476 8 1 0 0 0 4 122 4 105 2										
Pomegranate Iced Tea	Enorme	198	2	0	0	0	0	3	50	2	44	1	ICE STORMS (WITHOUT WHIPPED CREAM)										
	Tall	144	9	1	0	0	0	11	34	4	29	2	Caramel Ice Storm										
	Grande	192	11	1	0	0	0	15	45	4	40	2	Tall 417 98 11 0 0 8 361 71 1 41 9										
Pomegranate Lemonade	Enorme	252	14	1.5	0	0	0	20	59	5	52	2	Grande 570 135 15 0.5 0 10 481 97 1 56 12										
	Tall	158	5	0.5	0	0	0	2	40	2	36	1	Enorme 723 173 19 0.5 0 13 600 124 2 70 14										
	Grande	186	6	0.5	0	0	0	2	47	2	43	1	Chai Iced Storm										
Raspberry Lemon Cooler	Enorme	229	8	1	0	0	0	3	58	3	53	1	Tall 359 45 5 4.5 0 3 266 64 0 59 9										
	Tall	124	0	0	0	0	0	8	31	0	30	0	Grande 480 60 7 6 0 4 350 87 0 80 12										
	Grande	177	0	0	0	0	0	12	44	0	43	0	Enorme 601 76 8 8 0 4 434 109 0 100 15										
Red Cream Italian Soda	Enorme	203	1	0	0	0	0	14	51	0	50	0	Cookies and Cream Ice Storm										
	Tall	176	16	2	1	0	6	15	39	0	37	0	Tall 549 156 17 2.5 0 8 620 89 2 49 12										
	Grande	229	24	2.5	1.5	0	9	20	50	0	47	1	Grande 765 224 25 3.5 0 10 861 123 2 67 16										
Sparkling Hibiscus Tea Cooler	Enorme	282	33	3.5	2.5	0	12	24	60	0	57	1	Enorme 982 292 32 4.5 0 13 1102 157 3 86 19										
	Tall	104	0	0	0	0	0	1	27	0	26	0	Cookies and Cream Mocha Ice Storm										
	Grande	147	0	0	0	0	0	1	38	0	37	0	Tall 618 164 18 2.5 0 7 569 105 4 64 12										
Sparkling Pomegranate Lemonade	Enorme	190	1	0	0	0	0	1	50	0	48	0	Grande 877 235 26 3.5 0 10 801 149 5 91 16										
	Tall	156	3	0.5	0	0	0	9	39	1	37	0	Enorme 1137 307 34 4.5 0 12 1033 194 7 118 20										
	Grande	188	3	0.5	0	0	0	11	47	1	44	1	Eggnog Ice Storm										
Strawberry Lemonade	Enorme	220	4	0.5	0	0	0	13	55	1	52	1	Tall 342 104 12 3 0 68 304 50 1 30 11										
	Tall	190	2	0	0	0	0	2	50	1	46	0	Grande 441 133 15 3.5 0 83 394 65 1 39 13										
	Grande	230	2	0	0	0	0	2	60	1	55	0	Enorme 540 162 18 4 0 97 485 81 2 48 16										
Sunburst	Enorme	271	2	0.5	0	0	0	3	71	1	65	1	Extreme Ice Storm										
	Tall	116	1	0	0	0	0	10	28	0	25	1	Tall 278 66 7 0 0 7 289 45 1 25 8										
	Grande	158	1	0	0	0	0	14	38	0	35	1	Grande 369 88 10 0.5 0 10 383 60 1 33 11										
Tropical Green Tea Cooler	Enorme	191	2	0	0	0	0	17	46	0	41	1	Enorme 457 110 12 0.5 0 12 473 74 2 41 13										
	Tall	106	2	0	0	0	0	1	28	1	25	1	Ice Storm										
	Grande	147	3	0.5	0	0	0	2	39	2	34	1	Tall 298 67 7 0.5 0 9 317 48 1 28 11										
Tropical Iced Tea	Enorme	188	3	0.5	0	0	0	2	50	3	43	1	Grande 386 89 10 0.5 0 11 407 63 1 36 13										
	Tall	139	0	0	0	0	0	5	34	0	33	0	Enorme 474 111 12 0.5 0 13 497 77 2 44 15										
	Grande	190	0	0	0	0	0	8	46	0	46	0	Italian Mocha Ice Storm										
Mocha Banana Ice Storm	Enorme	229	1	0	0	0	0	9	56	0	55	0	Tall 388 101 11 7 0 12 94 57 0 21 15										
	Tall	139	0	0	0	0	0	5	34	0	33	0	Grande 514 130 14 9 0 15 112 77 0 29 20										
	Grande	190	0	0	0	0	0	8	46	0	46	0	Enorme 641 160 18 12 0 17 130 97 0 37 24										

	CALORIES	CALORIES FROM FAT (G)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Mocha Bianco Ice Storm</b>											
Tall	381	65	7	0.5	0	7	367	71	0	47	6
Grande	521	85	9	0.5	0	9	494	99	0	65	8
Enorme	661	106	12	0.5	0	11	622	126	0	84	10
<b>Mocha Chip Ice Storm</b>											
Tall	516	160	18	4	0	25	348	80	3	54	11
Grande	724	230	26	6	0	36	469	111	4	77	15
Enorme	932	299	33	8	0	47	591	143	5	99	19
<b>Mocha Extreme Ice Storm</b>											
Tall	378	66	7	0	0	7	304	69	2	45	9
Grande	516	88	10	0.5	0	10	401	96	3	63	12
Enorme	654	110	12	0.5	0	12	499	122	4	81	15
<b>Mocha Ice Storm</b>											
Tall	387	66	7	0	0	8	316	71	2	47	10
Grande	525	88	10	0.5	0	10	413	97	3	65	13
Enorme	663	110	12	0.5	0	13	510	124	4	82	16
<b>Orange Cream Ice Storm</b>											
Tall	401	74	8	1	0	11	315	76	0	47	6
Grande	548	110	12	2.5	0	18	429	102	1	63	8
Enorme	694	146	16	3.5	0	26	544	127	1	78	11
<b>Peppermint Ice Storm</b>											
Tall	464	60	7	0	0	8	403	91	0	55	10
Grande	637	80	9	0.5	0	10	535	126	0	77	13
Enorme	810	99	11	0.5	0	13	668	162	0	98	15
<b>Pumpkin Pie Ice Storm</b>											
Tall	433	54	6	1.5	0	6	329	83	0	66	10
Grande	663	87	10	3	0	9	502	126	0	100	13
Enorme	892	120	13	5	0	11	676	170	0	135	17
<b>Strawberry Banana Ice Storm</b>											
Tall	445	62	7	0	0	7	356	89	4	53	9
Grande	603	83	9	0.5	0	9	481	121	5	72	12
Enorme	760	104	12	0.5	0	11	605	153	7	92	15
<b>Strawberry Vanilla Ice Storm</b>											
Tall	386	63	7	0	0	7	363	73	2	44	8
Grande	534	87	10	0	0	9	495	101	2	62	11
Enorme	699	115	13	0.5	0	11	634	133	3	82	14
<b>Vanilla Ice Storm</b>											
Tall	378	64	7	0	0	8	394	68	0	43	10
Grande	516	87	10	0.5	0	10	525	94	0	60	13
Enorme	671	115	13	0.5	0	13	664	123	0	78	15

## KID'S DRINKS

Chocolate Moo 2%	253	54	6	4	0	24	195	39	1	35	11
Chocolate Moo Non-Fat Milk	213	7	1	0.5	0	6	177	39	1	35	12
Chocolate Moo Soy	262	47	5	0.5	0	0	168	43	3	32	11
Chocolate Moo Whole Milk	286	89	10	6	0	31	146	39	1	35	11
Not-So-Hot Chocolate 2%	202	36	4	2.5	0	16	135	34	1	30	8
Not-So-Hot Chocolate Non Fat Milk	182	1	0.5	0.5	0	4	132	35	1	31	9
Not-So-Hot Chocolate Soy	217	34	4	0.5	0	0	125	38	2	29	8
Not-So-Hot Chocolate Whole Milk	234	64	7	4	0	22	109	35	1	31	8
Orange Pixie	192	19	2	1	0	6	11	42	1	33	2
Purple Monster	75	0	0	0	0	0	0	18	0	18	0
Strawberry Moo 2%	205	54	6	4	0	24	186	27	0	28	10
Strawberry Moo Non-Fat Milk	166	7	1	0.5	0	6	168	28	0	28	11
Strawberry Moo Soy	215	47	5	0.5	0	0	159	32	2	25	10
Strawberry Moo Whole Milk	239	89	10	6	0	31	137	27	0	28	10

## EXTRAS

Flavored Syrup - 1 pump	20	0	0	0	0	0	0	5	0	5	0
Flavored Sugar Free Syrup - 1 pump	0	0	0	0	0	0	0	0	0	0	0
Chocolate Syrup - 1 pump	25	0	0	0	0	0	0	6	0	5	0
Dark Chocolate Syrup - 1 pump	25	0	0	0	0	0	0	6	0	5	0
Caramel Sauce - 1 pump	33	8	0.9	0.6	0	3	15	6	0	4	0
White Chocolate Sauce - 1 pump	25	1	0.1	0	0	0	19	6	0	6	0
Whipped Cream - Hot Beverage - 1oz.	100	99	11	7	0	40	10	2	0	2	1
Whipped Cream - Cold Beverage - 1.25 oz.	130	117	13	8	0	50	15	3	0	2	1

## BOOSTERS

Energy - 5g	20	0	0	0	0	0	0	5	0	0	0
Immune Support - 4.7g	15	0	0	0	0	0	0	4	0	0	0
Soy Protein - 5.7g	20	0	0	0	0	0	15	0	0	0	5
Trim & Fit - 5.4g	20	0	0	0	0	0	0	2	0	0	0
Whey Protein 12g	45	0	0	0	0	15	15	0	0	0	10

Nutritional information for our beverages is calculated based on Nordstrom Specialty Coffee standard recipes. Due to the handcrafted nature of our beverages, nutrient values may vary from what is listed here.

Soy and milk products may vary from location to location and may differ from the nutrient values listed here.

Nutritional analysis is based off of nutrient values supplied by the USDA database. Values are calculated by ChefTec software.

2,000 calories a day is used for general nutritional advice, but calorie needs vary.

Nordstrom Specialty Coffee Bars are committed to offering the highest quality handcrafted beverages prepared by skilled baristas. The following is an informative nutritional guide of our beverage offerings.

