

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)
BREWED & COLD BREWED COFFEE												
Brewed Coffee												
	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
Cold Brewed Coffee												
	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
Cold Brewed Orange Twist												
	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
HOT BEVERAGES (WITHOUT WHIPPED CREAM)												
Almond Roca Latte												
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
Americano												
	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
Black and White Mocha												
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
Cafe Con Leche												
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
Cappuccino												
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

🍹 Comprehensive Beverage & Food Analysis Report (Q3 2024)																			
Category	Item Name	Nutritional Profile (per 12oz serving)									Allergen & Dietary 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)	Contains Dairy	Contains Nuts	Contains Eggs	Contains Soy	Contains Wheat	Contains Fish
Coffee	Espresso	63	0	0	0	0	5	5	0	0	0	0	☐	☐	☐	☐	☐	☐	☐
	Tall Latte	150	60	2	1	0	5	20	27	0	25	35	☐	☐	☐	☐	☐	☐	☐
	Grande Latte	160	65	2.5	1.5	0	5	25	30	0	30	40	☐	☐	☐	☐	☐	☐	☐
	Enorme Latte	180	75	3	2	0	5	30	35	0	40	50	☐	☐	☐	☐	☐	☐	☐
Tea	Chai Tea	120	30	1	0.5	0	5	10	15	0	20	25	☐	☐	☐	☐	☐	☐	☐
	Tall Chai	150	60	2	1	0	5	20	25	0	30	40	☐	☐	☐	☐	☐	☐	☐
	Grande Chai	160	65	2.5	1.5	0	5	25	30	0	35	45	☐	☐	☐	☐	☐	☐	☐
	Enorme Chai	180	75	3	2	0	5	30	35	0	45	55	☐	☐	☐	☐	☐	☐	☐
Smoothies	Banana Smoothie	120	5	0.5	0	0	5	15	20	0	30	35	☐	☐	☐	☐	☐	☐	☐
	Tall Banana	160	15	1.5	0.5	0	5	20	25	0	40	45	☐	☐	☐	☐	☐	☐	☐
	Grande Banana	170	20	2	1	0	5	25	30	0	45	50	☐	☐	☐	☐	☐	☐	☐
	Enorme Banana	190	30	2.5	1.5	0	5	30	35	0	55	60	☐	☐	☐	☐	☐	☐	☐
Sodas	Cola	140	0	0	0	0	5	20	25	0	30	35	☐	☐	☐	☐	☐	☐	☐
	Tall Cola	180	0	0	0	0	5	25	30	0	40	45	☐	☐	☐	☐	☐	☐	☐
	Grande Cola	190	0	0	0	0	5	30	35	0	45	50	☐	☐	☐	☐	☐	☐	☐
	Enorme Cola	210	0	0	0	0	5	35	40	0	55	60	☐	☐	☐	☐	☐	☐	☐
Desserts	Ice Cream	280	120	4	2	0	5	30	35	0	40	45	☐	☐	☐	☐	☐	☐	☐
	Tall Ice Cream	350	150	5	2.5	0	5	35	40	0	50	55	☐	☐	☐	☐	☐	☐	☐
	Grande Ice Cream	360	160	5.5	3	0	5	40	45	0	55	60	☐	☐	☐	☐	☐	☐	☐
	Enorme Ice Cream	380	170	6	3.5	0	5	45	50	0	60	65	☐	☐	☐	☐	☐	☐	☐
Juices	Apple Juice	120	0	0	0	0	5	20	25	0	30	35	☐	☐	☐	☐	☐	☐	☐
	Tall Apple	160	0	0	0	0	5	25	30	0	40	45	☐	☐	☐	☐	☐	☐	☐
	Grande Apple	170	0	0	0	0	5	30	35	0	45	50	☐	☐	☐	☐	☐	☐	☐
	Enorme Apple	190	0	0	0	0	5	35	40	0	55	60	☐	☐	☐	☐	☐	☐	☐
Beverages	Milkshake	250	100	3	1.5	0	5	30	35	0	40	45	☐	☐	☐	☐	☐	☐	☐
	Tall Milkshake	320	130	4	2	0	5	35	40	0	50	55	☐	☐	☐	☐	☐	☐	☐
	Grande Milkshake	330	140	4.5	2.5	0	5	40	45	0	55	60	☐	☐	☐	☐	☐	☐	☐
	Enorme Milkshake	350	150	5	3	0	5	45	50	0	60	65	☐	☐	☐	☐	☐	☐	☐
Alcohol	Beer	150	0	0	0	0	5	20	25	0	30	35	☐	☐	☐	☐	☐	☐	☐
	Tall Beer	190	0	0	0	0	5	25	30	0	40	45	☐	☐	☐	☐	☐	☐	☐
	Grande Beer	200	0	0	0	0	5	30	35	0	45	50	☐	☐	☐	☐	☐	☐	☐
	Enorme Beer	220	0	0	0	0	5	35	40	0	55	60	☐	☐	☐	☐	☐	☐	☐

	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)
Mocha Bianco Ice Storm											
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
Mocha Chip Ice Storm											
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
Mocha Extreme Ice Storm											
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
Mocha Ice Storm											
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
Orange Cream Ice Storm											
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
Peppermint Ice Storm											
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
Pumpkin Pie Ice Storm											
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
Strawberry Banana Ice Storm											
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
Strawberry Vanilla Ice Storm											
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
Vanilla Ice Storm											
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.

