



Nutrition Information for CosMc's Menu Items

CosMc's is pleased to provide nutrition information about its menu items to customers.

Important information:

The nutrition information in this booklet is derived from testing conducted in accredited laboratories, published resources and/or information provided by CosMc's suppliers. The nutrition information is based on standard product formulations and serving sizes. Calories for fountain beverages are based on standard fill levels plus ice. All nutrition information is based on average values for ingredients from CosMc's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. Sodium levels provided for some beverages are based on the value listed for municipal water in the USDA National Nutrient Database, so the actual amount of sodium in your beverage may be higher or lower depending upon the sodium content of the water where the beverage is dispensed. Some menu items may only be available at participating CosMc's restaurants, and beverage sizes may vary in your market. Nutrient contributions from individual components may not equal the total for the menu item as a whole due to federal rounding regulations. All trademarks used herein are the property of their respective owners, used with permission.

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CosMc's Nutrition Information	Total Calories (cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Caffeine (mg)^
Iced Shaken Espresso												
Pistachio Swirl Shaken Espresso Large 20 oz	240	7	1	0	0	105	40	2	30	30	3	
Pistachio Swirl Shaken Espresso Medium 16 oz	170	5	0.5	0	0	75	29	1	22	22	2	
Pistachio Swirl Shaken Espresso Small 12 oz	140	4.5	0	0	0	65	22	1	16	16	2	
Sea Salted Caramelatic Shaken Espresso Large 20 oz	240	7	1	0	0	360	41	2	31	31	3	
Sea Salted Caramelatic Shaken Espresso Medium 16 oz	170	5	0.5	0	0	270	30	1	23	22	2	
Sea Salted Caramelatic Shaken Espresso Small 12 oz	140	4.5	0	0	0	190	23	1	16	16	2	
Shaken Espresso Large 20 oz	150	7	1	0	0	105	17	2	7	7	3	
Shaken Espresso Medium 16 oz	100	5	0.5	0	0	70	12	1	5	5	2	
Shaken Espresso Small 12 oz	90	4.5	0	0	0	65	11	1	5	4	2	
Iced Tea Lattes												
Iced Chai Tea Latte Large 30 oz	310	10	6	0	40	150	46	0	42	26	11	
Iced Chai Tea Latte Medium 22 oz	230	7	4.5	0	30	105	34	0	31	20	8	
Iced Chai Tea Latte Small 16 oz	180	6	4	0	25	90	25	0	23	13	7	
Iced Matcha Latte Large 30 oz	100	3.5	0	0	0	65	15	1	10	10	1	
Iced Matcha Latte Medium 22 oz	70	2.5	0	0	0	45	10	1	7	7	1	
Iced Matcha Latte Small 16 oz	50	2	0	0	0	30	7	0	5	5	1	
Iced Vanilla Matcha Latte Large 30 oz	380	17	13	0	5	100	54	1	46	45	2	
Iced Vanilla Matcha Latte Medium 22 oz	320	15	12	0	5	85	45	1	38	37	2	
Iced Vanilla Matcha Latte Small 16 oz	270	14	12	0	5	70	35	1	30	29	2	
Lattes & Mochas (Iced)												
Iced Caramelactic Mocha Large 22 oz	610	21	17	0	40	250	97	0	88	73	12	
Iced Caramelactic Mocha Medium 16 oz	510	19	15	0	30	200	80	0	72	61	9	
Iced Caramelactic Mocha Small 12oz	430	17	15	0	25	170	64	0	57	49	7	
Iced Caramelactic Vanilla Latte Large 22 oz	400	9	5	0	35	160	73	0	68	55	10	
Iced Caramelactic Vanilla Latte Medium 16 oz	310	6	4	0	25	125	56	0	52	43	7	

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Iced Caramelactic Vanilla Latte Small 12 oz	230	5	3	0	20	95	41	0	38	31	5	
Iced Churro Latte Large 22oz	290	8	5	0	30	140	46	0	40	28	9	
Iced Churro Latte Medium 16oz	220	6	3.5	0	20	100	35	0	30	22	6	
Iced Churro Latte Small 12 oz	160	4.5	2.5	0	15	75	25	0	22	16	5	
Iced French Toast Galaxy Latte Large 22 oz	280	9	1	0	0	115	47	2	35	35	3	
Iced French Toast Galaxy Latte Medium 16 oz	210	6	1	0	0	85	35	2	27	27	2	
Iced French Toast Galaxy Latte Small 12 oz	150	4.5	0.5	0	0	60	26	1	19	19	2	
Iced Latte Large 22oz	190	9	5	0	35	120	17	0	13	0	10	
Iced Latte Medium 16oz	130	6	4	0	25	85	12	0	9	0	7	
Iced Latte Small 12oz	100	4.5	2.5	0	20	60	9	0	7	0	5	
Iced Mocha Large 22 oz	480	20	17	0	40	190	63	0	56	41	12	
Iced Mocha Medium 16oz	400	18	15	0	30	150	52	0	46	35	9	
Iced Mocha Small 12oz	340	16	14	0	25	125	43	0	37	29	7	
Iced Oat & Honey Moon Latte Large 22 oz	270	8	1	0	0	105	46	2	35	20	3	
Iced Oat & Honey Moon Latte Medium 16 oz	200	6	0.5	0	0	75	34	2	25	14	2	
Iced Oat & Honey Moon Latte Small 12 oz	140	4	0	0	0	55	23	1	17	10	2	
Iced Vanilla Mocha Large 22 oz	550	20	16	0	35	180	85	0	78	65	11	
Iced Vanilla Mocha Medium 16oz	460	17	15	0	25	140	69	0	62	53	8	
Iced Vanilla Mocha Small 12oz	380	16	14	0	20	120	54	0	48	41	6	
Lattes & Mochas (Hot)												
Caramelactic Mocha Large 20oz	530	16	9	0.5	60	250	84	0	76	54	18	
Caramelactic Mocha Medium 16oz	370	10	6	0	40	160	61	0	56	42	11	
Caramelactic Mocha Small 12oz	300	9	6	0	35	135	46	0	42	30	9	
Caramelactic Vanilla Latte Large 20 oz	480	13	8	0.5	50	210	75	0	70	49	16	
Caramelactic Vanilla Latte Medium 16 oz	320	8	4.5	0	30	130	53	0	50	37	9	
Caramelactic Vanilla Latte Small 12 oz	250	7	4	0	25	110	39	0	36	26	8	
Chai Tea Latte Large 20 oz	310	10	6	0	40	140	46	0	42	26	11	
Chai Tea Latte Medium 16 oz	250	8	5	0	30	115	36	0	32	20	9	
Chai Tea Latte Small 12 oz	180	6	4	0	25	85	25	0	23	13	7	
Churro Latte Large 20 oz	380	13	8	0.5	50	190	53	0	45	27	14	
Churro Latte Medium 16 oz	240	7	4.5	0	30	115	36	0	31	21	8	

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Churro Latte Small 12 oz	200	6	4	0	25	100	28	0	24	14	7	
French Toast Galaxy Latte Large 20 oz	360	13	1.5	0	0	170	55	3	38	38	5	
French Toast Galaxy Latte Medium 16 oz	230	8	1	0	0	100	37	2	27	27	3	
French Toast Galaxy Latte Small 12 oz	190	7	1	0	0	90	29	2	20	20	3	
Latte Large 20oz	260	12	8	0.5	50	170	23	0	18	0	14	
Latte Medium 16oz	150	7	4.5	0	30	95	13	0	11	0	8	
Latte Small 12oz	130	6	4	0	25	85	12	0	9	0	7	
Mocha Large 20 oz	410	15	9	0.5	60	210	55	0	49	28	16	
Mocha Medium 16 oz	280	10	6	0	40	125	39	0	34	22	10	
Mocha Small 12oz	230	9	5	0	35	105	31	0	27	16	8	
Oat & Honey Moon Latte Large 20 oz	360	13	1.5	0	0	170	57	3	39	24	5	
Oat & Honey Moon Latte Medium 16 oz	230	7	1	0	0	95	37	2	27	16	3	
Oat & Honey Moon Latte Small 12 oz	180	6	0.5	0	0	85	29	2	20	12	3	
Vanilla Mocha Large 20oz	510	15	9	0.5	60	210	79	0	72	52	16	
Vanilla Mocha Medium 16oz	350	10	6	0	40	125	57	0	52	40	10	
Vanilla Mocha Small 12oz	280	9	5	0	35	105	43	0	39	28	8	
Frappes												
Brown Sugar Vanilla Cold Brew Frappe Large 22 oz	580	23	15	1	90	260	84	1	76	62	11	380
Brown Sugar Vanilla Cold Brew Frappe Medium 16 oz	450	18	11	0.5	70	200	64	1	58	47	8	280
Brown Sugar Vanilla Cold Brew Frappe Small 12 oz	360	15	9	0.5	60	160	49	0	44	36	7	230
Chai Frappe Burst Large 20oz	550	14	9	0.5	55	210	96	1	84	72	11	
Chai Frappe Burst Medium 16 oz	400	11	7	0	45	140	67	0	58	49	8	
Chai Frappe Burst Small 12 oz	300	9	6	0	35	110	49	0	42	35	6	
Churro Cold Brew Frappe Large 22 oz	620	24	15	1	95	280	91	1	82	68	11	380
Churro Cold Brew Frappe Medium 16 oz	470	18	11	0.5	70	210	69	1	62	52	8	280
Churro Cold Brew Frappe Small 12 oz	370	15	9	0.5	55	170	54	0	48	40	7	230
Cold Brew Frappe Large 22 oz	550	27	17	1	105	280	66	1	60	43	13	440
Cold Brew Frappe Medium 16 oz	430	21	13	0.5	85	210	51	1	46	33	10	330
Cold Brew Frappe Small 12 oz	340	17	11	0.5	65	170	41	0	37	27	8	260

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Cold Brews												
Brown Sugar Vanilla Cold Brew Large 30 oz	340	14	13	0	5	100	52	0	39	38	3	
Brown Sugar Vanilla Cold Brew Medium 22 oz	290	12	12	0	5	85	42	0	32	31	2	
Brown Sugar Vanilla Cold Brew Small 16 oz	250	12	12	0	5	75	34	0	26	25	2	
Coconaut Cold Brew Large 30 oz	430	12	12	0	5	65	77	0	68	67	3	
Coconaut Cold Brew Medium 22 oz	380	12	12	0	5	60	64	0	56	55	2	
Coconaut Cold Brew Small 16 oz	320	12	12	0	5	55	50	0	44	43	2	
Cold Brew Large 30 oz	35	0	0	0	0	25	7	0	0	0	2	
Cold Brew Medium 22 oz	30	0	0	0	0	20	5	0	0	0	1	
Cold Brew Small 16 oz	20	0	0	0	0	15	3	0	0	0	1	
Vanilla Cold Brew Large 30 oz	330	14	13	0	5	75	48	0	38	37	3	
Vanilla Cold Brew Medium 22 oz	280	12	12	0	5	65	39	0	31	30	2	
Vanilla Cold Brew Small 16 oz	250	12	12	0	5	55	32	0	25	24	2	
Refreshers												
Blackberry Passionfruit Lemonade Refresher Large 30 oz	280	0	0	0	0	65	67	1	62	54	1	150
Blackberry Passionfruit Lemonade Refresher Medium 22 oz	230	0	0	0	0	55	55	1	50	44	1	120
Blackberry Passionfruit Lemonade Refresher Small 16 oz	170	0	0	0	0	40	41	1	37	31	0	90
Blackberry Passionfruit Refresher Large 30 oz	170	0	0	0	0	55	41	1	38	31	0	150
Blackberry Passionfruit Refresher Medium 22 oz	140	0	0	0	0	45	33	1	31	25	0	120
Blackberry Passionfruit Refresher Small 16 oz	110	0	0	0	0	35	26	1	24	19	0	90
Mango Pineapple Lemonade Refresher Large 30 oz	300	0	0	0	0	50	70	0	61	50	1	150
Mango Pineapple Lemonade Refresher Medium 22 oz	250	0	0	0	0	40	58	0	50	41	1	120
Mango Pineapple Lemonade Refresher Small 16 oz	180	0	0	0	0	30	43	0	36	29	1	90
Mango Pineapple Refresher Large 30 oz	190	0	0	0	0	40	44	0	37	27	0	150
Mango Pineapple Refresher Medium 22 oz	160	0	0	0	0	30	36	0	30	22	0	120
Mango Pineapple Refresher Small 16 oz	120	0	0	0	0	20	28	0	23	16	0	90

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Strawberry Watermelon Lemonade Refresher Large 30 oz	280	0	0	0	0	65	65	0	61	55	1	150
Strawberry Watermelon Lemonade Refresher Medium 22 oz	230	0	0	0	0	50	53	0	49	44	0	120
Strawberry Watermelon Lemonade Refresher Small 16 oz	160	0	0	0	0	40	39	0	36	32	0	90
Strawberry Watermelon Refresher Large 30 oz	170	0	0	0	0	55	39	0	37	32	0	150
Strawberry Watermelon Refresher Medium 22 oz	140	0	0	0	0	45	31	0	30	25	0	120
Strawberry Watermelon Refresher Small 16 oz	100	0	0	0	0	30	24	0	23	19	0	90
Energy												
Red Bull Can	130					115	31	0	31	31		80
Red Bull Dragonfruit Green Energy 22 oz	230	0	0	0	0	125	56	0	54	52	0	80
Red Bull Peach Energy 22 oz	200	0	0	0	0	120	49	0	46	46	0	80
Crafted Sodas												
Sprite Berry Blast Large 30 oz	480	14	13	0	5	150	90	0	86	85	1	
Sprite Berry Blast Medium 22 oz	390	12	12	0	5	120	69	0	66	65	1	
Sprite Berry Blast Small 16 oz	330	12	12	0	5	100	54	0	51	50	1	
Sprite Moonsplash Large 30 oz	230	0	0	0	0	120	59	1	57	55	0	
Sprite Moonsplash Medium 22 oz	180	0	0	0	0	95	46	1	45	43	0	
Sprite Moonsplash Small 16 oz	120	0	0	0	0	65	31	1	30	27	0	
Fountain Drinks												
Coke (Large) ABS	290	0	0	0	0	80	80	0	80	80	0	
Coke (Medium) ABS	210	0	0	0	0	55	58	0	58	58	0	
Coke (Small) ABS	150	0	0	0	0	40	40	0	40	40	0	
Coke Diet (Large) ABS	0	0	0	0	0	100	1	0	0	0	0	
Coke Diet (Medium) ABS	0	0	0	0	0	70	0	0	0	0	0	
Coke Diet (Small) ABS	0	0	0	0	0	50	0	0	0	0	0	
Dr Pepper (Large 30 oz Paper) ABS	280	0	0	0	0	90	75	0	73	73	0	
Dr Pepper (Medium 21 oz Paper) ABS	200	0	0	0	0	65	54	0	53	53	0	
Dr Pepper (Small 16 oz Paper) ABS	140	0	0	0	0	45	38	0	37	37	0	
Sprite (Large) ABS	270	0	0	0	0	135	70	0	70	70	0	
Sprite (Medium) ABS	200	0	0	0	0	100	51	0	51	51	0	
Sprite (Small) ABS	140	0	0	0	0	70	35	0	35	35	0	

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Lemonades												
Island Punch Lemonade Large 30 oz	200	0	0	0	0	25	47	0	39	38	0	
Island Punch Lemonade Medium 22 oz	160	0	0	0	0	20	39	0	33	31	0	
Island Punch Lemonade Small 16 oz	120	0	0	0	0	15	27	0	23	21	0	
Lemonade Large 30 oz	130	0	0	0	0	40	31	0	28	27	0	
Lemonade Medium 22 oz	100	0	0	0	0	30	25	0	23	22	0	
Lemonade Small 16 oz	60	0	0	0	0	20	16	0	14	14	0	
Strawberry Peach Lemonade Large 30 oz	300	0	0	0	0	30	73	0	62	61	0	
Strawberry Peach Lemonade Medium 22 oz	240	0	0	0	0	25	59	0	50	49	0	
Strawberry Peach Lemonade Small 16 oz	170	0	0	0	0	15	42	0	36	35	0	
Blended												
Blue Raspberry Burst Large 22 oz	310	0	0	0	0	55	76	0	74	72	0	
Blue Raspberry Burst Medium 16 oz	220	0	0	0	0	45	56	0	54	53	0	
Blue Raspberry Burst Small 12oz	170	0	0	0	0	40	42	0	41	40	0	
Pomegranate Hibiscus Slush Large 22 oz	310	0	0	0	0	30	75	0	63	61	0	
Pomegranate Hibiscus Slush Medium 16 oz	230	0	0	0	0	25	57	0	48	47	0	
Pomegranate Hibiscus Slush Small 12 oz	160	0	0	0	0	15	40	0	34	33	0	
Popping Pear Slush Large 22oz	240	2.5	1.5	0	10	35	54	0	52	50	1	
Popping Pear Slush Medium 16oz	180	2.5	1.5	0	10	25	40	0	38	36	1	
Popping Pear Slush Small 12 oz	150	2.5	1.5	0	10	20	32	0	30	28	1	
Sour Cherry Burst Large 22 oz	360	0	0	0	0	75	80	0	74	73	0	
Sour Cherry Burst Medium 16 oz	240	0	0	0	0	40	53	0	48	47	0	
Sour Cherry Burst Small 12oz	180	0	0	0	0	35	40	0	37	36	0	
Food												
Apple Cinnamon McPops 3 Pc.	310	8	7	0	5	200	33	1	18	17	4	
Cookie Butter McPops 3 piece	390	25	7	0	25	240	36	1	16	13	5	
Creamy Avocado Tomatillo Sandwich	470	31	13	0.5	280	1180	30	1	6	4	22	
Hash Browns Bites 4 Piece	140	8	1	0	0	370	16	1	1	0	1	
Hazelnut McPops 3 Pc.	320	18	6			55	34	2	14		5	

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McPops Mixed Bag (1 of Each Flavor) 3pc.	340	17	7	0	10	160	34	1	16	10	5	
Pretzel Bites	130	0.5	0	0	0	590	26	2	1	0	5	
Ranch Dipping Sauce	110	12	2	0	10	170	1	0	0	0	0	
Spicy Queso Dip Sauce Cup	80	5	2	0	10	480	5	0	3	0	3	
Spicy Queso Sandwich	580	40	16	0.5	295	1250	34	1	7	3	24	
Ketchup (Packet)	10	0	0	0	0	90	2	0	2	2	0	
Sauce Hot Mustard (Package)	45	1.5	0	0	5	200	7	1	5	5	1	
Desserts												
Citrus and Cream Shake Large 22 oz	750	20	13	1	80	340	120	0	100	79	19	
Citrus and Cream Shake Medium 16 oz	550	15	10	0.5	60	250	87	0	72	57	13	
Citrus and Cream Shake Small 12 oz	440	12	8	0.5	50	190	70	0	58	45	11	
Strawberry Cookie McFlurry	520	16	11	0.5	45	200	80	1	58	45	12	
Ice Cream Vanilla Cone	200	5	3	0	20	80	33	0	23	17	5	
McFlurry M&M (Regular)	570	19	12	0	35	170	85	2	74	62	11	
McFlurry Oreo (Regular)	410	13	7	0	35	210	64	1	48	39	10	
Shake Chocolate (Medium 16 oz)	650	17	11	1	65	310	107	1	85	68	15	
Shake Strawberry (Medium 16 oz)	600	16	10	0.5	60	210	99	0	74	59	13	
Shake Vanilla (Medium 16 oz)	570	15	9	0.5	60	260	97	0	62	48	12	
Sundae Hot Caramel	330	7	4.5	0	30	150	58	0	41	34	7	
Sundae Hot Fudge	330	10	7	0	25	170	51	2	44	36	8	

^Caffeine values are approximate values and are provided only for select menu items.

*Pasteurized Process