

JaDuke Cafe Nutritional Facts



Adult Teas

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|--|--|--|--|
| <p>Mango Tango</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Winter in the Tropics</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Island Life</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Skittles</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> |
| <p>Captain America</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Blue Storm</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Gummy Bear</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Peach Berry</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> |
| <p>Strawberry Lemonade</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Tahitian Sunrise</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Tigers Blood</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Watermelon Cucumber</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> |
| <p>Purple Rain</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Watermelon Sour Patch</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Jolly Rancher</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> | <p>Mermaid's Tail</p> <p>7.5 Calories 3g Sugar 3g Carbs 120mg Caffeine</p> |

JaDuke Cafe Nutritional Facts



Kids Teas

| | | | |
|---|---|---|---|
| <p>Mango Tango</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Winter in the Tropics</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Island Life</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Skittles</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> |
| <p>Captain America</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Blue Storm</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Gummy Bear</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Peach Berry</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> |
| <p>Strawberry Lemonade</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Tahitian Sunrise</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Tigers Blood</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Watermelon Cucumber</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> |
| <p>Purple Rain</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Watermelon Sour Patch</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Jolly Rancher</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> | <p>Mermaid's Tail</p> <p>1.25 Calories 0g Sugar 0g Carbs Essential Sports Hydrate</p> |

JaDuke Cafe Nutritional Facts



Adult Shakes

PB Banana Bread

450 Calories
5g Sugar
42g Carbs
52g Protein

**Allergens:
Milk/Soy/
Peanuts**

Birthday Cake Bash

475 Calories
8g Sugar
46g Carbs
44g Protein

**Allergens:
Milk/Soy**

Banana Split

475 Calories
6g Sugar
48g Carbs
44g Protein

**Allergens:
Milk/Soy**

Mint Choc Chip Ice Cream

465 Calories
6g Sugar
46g Carbs
44g Protein

**Allergens:
Milk/Soy**

Chocolate Mint Oreo

475 Calories
6g Sugar
46g Carbs
44g Protein

**Allergens:
Milk/Soy**

Soft Serve Twist

415 Calories
4g Sugar
39g Carbs
47g Protein

**Allergens:
Milk/Soy**

Chocolate Covered Strawberry

465 Calories
7g Sugar
47g Carbs
44g Protein

**Allergens:
Milk/Soy**

Neapolitan

465 Calories
7g Sugar
47g Carbs
44g Protein

**Allergens:
Milk/Soy**

Strawberry Shortcake

475 Calories
8g Sugar
48g Carbs
44g Protein

**Allergens:
Milk/Soy**

Reeses PB Cup

450 Calories
5.5g Sugar
40.5g Carbs
51.5g Protein

**Allergens:
Milk/Soy/
Peanuts**

PB Cookie

355 Calories
4g Sugar
30g Carbs
50g Protein

**Allergens:
Milk/Soy**

JaDuke Cafe Nutritional Facts



Kid Shakes

PB Banana Bread

280 Calories
4g Sugar
30g Carbs
28g Protein

**Allergens:
Milk/Soy/
Peanuts**

Birthday Cake Bash

275 Calories
4g Sugar
32g Carbs
22g Protein

**Allergens:
Milk/Soy**

Banana Split

275 Calories
3g Sugar
33g Carbs
22g Protein

**Allergens:
Milk/Soy**

Mint Choc Chip Ice Cream

270 Calories
3g Sugar
32g Carbs
22g Protein

**Allergens:
Milk/Soy**

Chocolate Mint Oreo

275 Calories
3g Sugar
32g Carbs
22g Protein

**Allergens:
Milk/Soy**

Soft Serve Twist

245 Calories
2g Sugar
28.5g Carbs
23.5g Protein

**Allergens:
Milk/Soy**

Chocolate Covered Strawberry

270 Calories
3.5g Sugar
32.5g Carbs
22g Protein

**Allergens:
Milk/Soy**

Neapolitan

270 Calories
3.5g Sugar
32.5g Carbs
22g Protein

**Allergens:
Milk/Soy**

Strawberry Shortcake

275 Calories
4g Sugar
33g Carbs
22g Protein

**Allergens:
Milk/Soy**

Reeses PB Cup

285 Calories
3g Sugar
20.5g Carbs
28g Protein

**Allergens:
Milk/Soy/
Peanuts**

PB Cookie

215 Calories
2g Sugar
24g Carbs
25g Protein

**Allergens:
Milk/Soy**

JaDuke Cafe Nutritional Facts



Coffee Add-ins

Caramel Syrup

70 Calories
11g Sugar
13g Carbs

Allergens: Milk

Chocolate Syrup

50 Calories
12g Sugar
13g Carbs

Pumpkin Syrup

50 Calories
10.5g Sugar
13g Carbs

Allergens: Milk

Whole Milk

per 8oz

150 Calories
12g Sugar
12g Carbs
8g Protein

Allergens: Milk

1% Milk

per 8oz

110 Calories
12g Sugar
13g Carbs
8g Protein

Allergens: Milk

Almond Milk

per 8oz

60 Calories
7g Sugar
8g Carbs
1g Protein

**Allergens:
Almonds**