

ALLIE'S MENU

Guilt Free Coffee at



On the Run

Road-Runner - \$1.60

Long, dark and smooth - our filter brewed coffee.
Add a dash of fat free milk for 22 cal

Icy Road-Runner - \$2.50

Road-Runner with 2oz skimmed milk -
blended over ice.
27 cal/5g sugar

Cappuccino Crunches

ABS-olutely delicious classic Cappuccinos: espresso,
with hot and foamed skimmed milk and a sprinkle of nut
crunch.

Crunch - \$3.25

Espresso plus 4oz skimmed milk 45 cal/6g sugar
or
Add 1/3 of a shot to make it 75 cal /12g sugar

- o Toffee Nut
- o Toasted Almond Mocha
- o Hazelnut
- o Macadamia

Cool-Down Crunch - \$3.95

Flavored Iced Cappuccino
Espresso plus 4oz fat-free milk with a ½ shot of
one of our nutty flavorings is 90 cal/10g sugar

- o Toffee Nut
- o Toasted Almond Mocha
- o Hazelnut
- o Macadamia

The Ice-o-Metric - \$2.50

If you don't know - ask! Using natural lemon and lime
flavor we have brought our favorite iced-sodas into line -
even Allie loves these! 38 cal/9 sugars

Mocha-Makeovers

Mountain-Climber - \$3.45

Single cappuccino made with 4oz skimmed milk
and gourmet dark chocolate.
95 cal/17g sugar (this drink is teetering on the
edge - risky drink if Allie comes in!)

Ice Climber (Captain-Chino) - \$3.95

Our old-faithful Frappé – still delicious – made with
espresso, organic frappé powder and ice.
This tastes like 300, but it's only 80 cal/10g sugar.

Butt Kickers and High Kickers

Struggling to get going? – try a Butt-Kicker and you'll
have no problem getting into gear!

Butt-Kicker - \$1.45

Small Espresso Coffee

High-Kicker - \$1.95

Large Espresso Coffee

Mind over Matter

Trust us – these drinks taste a lot more decadent than
you would think for the calories!

Caffé Macchiato \$2.25

1-2 shots of espresso with dash of frothed milk
only 10 cal/2g sugar.

Plain Latté - \$2.95

Bring this drink back into line with our un-flavored
version in soy milk or skim 85 cal/9g sugar.

Tea for Free - \$1.60

Free from calories that is! Choose any flavor
add a dash of milk for 5 calories and/or
honey - add 1 pump for 17.5 cal/5g sugar

Please note that all calorie and sugar counts are approximate based on product labelling. If you are in doubt, please ask to see the product labels so that you can make the best decision for your personal circumstances.