

# The Funky Brewster – Ingredients Nutrition Info

Monin Flavors - Sauces & Syrups - "Monin is the leading global producer of gourmet flavorings for use in restaurants, hotels and specialty coffee houses. More than 80 natural flavors are available to enhance your coffee, cappuccino, smoothie, tea, cocktails, frozen drinks, sodas or to create signature cocktails. What separates Monin from the rest, is its rich and natural flavors. Monin syrups are highly concentrated and made from natural fruits, nuts, spices, water and sugar. Monin syrups do not include any fat or cholesterol."

## Monin Dark Chocolate Flavored Sauce

### **Nutrition Facts**

Serving Size 1 pump (1/2 oz) per 8 oz drink  
Calories 50                      Calories from Fat 5  
Total Fat 0.5g (1% DV)      Saturated Fat 0.25g (2% DV)  
Protein 0.5g  
Vitamin A 0%                      Vitamin C 0%  
Calcium 1%                      Iron 10%

## Monin Caramel Flavored Sauce

### **Nutrition Facts**

Serving Size 1 pump (1/2 oz) per 8 oz drink  
Calories 55                      Calories from Fat 5  
Total Fat 0.75g (1% DV)      Saturated Fat 0.5g (3% DV)  
Protein 1g  
Vitamin A 0%                      Vitamin C 1%  
Calcium 3%                      Iron 0%

## Monin Sugar Free Dark Chocolate Flavored Sauce

### **Nutrition Facts**

Serving Size 1 pump (1/2 oz) per 8 oz drink  
Calories 40                      Calories from Fat 0  
Total Fat 0g (0% DV)      Saturated Fat 0g (0% DV)  
Protein 1g  
Vitamin A 0%                      Vitamin C 0%  
Calcium 0%                      Iron 3%

## Monin White Chocolate Flavored Sauce

### **Nutrition Facts**

Serving Size 1 pump (1/2 oz) per 8 oz drink  
Calories 55                      Calories from Fat 5  
Total Fat 0.5g (1% DV)      Saturated Fat 0.5g (3% DV)  
Protein 1g  
Vitamin A 0%                      Vitamin C 1%  
Calcium 3%                      Iron 0%

### Monin Natural Vanilla Syrup

**Nutrition Facts**

Serving Size 2 pumps (1/2 oz) per 8 oz drink  
Calories 50                      Calories from Fat 0  
Total Fat 0g (0% DV)        Saturated Fat 0g (0% DV)  
Protein 0g  
Vitamin A 0%                      Vitamin C 0%  
Calcium 0%                      Iron 0%

(also available in Almond, Hazelnut, Raspberry, Lime, and many others)

### Monin Organic Vanilla

**Nutrition Facts**

Serving Size 2 pumps (1/2 oz) per 8 oz drink  
Calories 50                      Calories from Fat 0  
Total Fat 0g (0% DV)        Saturated Fat 0g (0% DV)  
Protein 0g  
Vitamin A 0%                      Vitamin C 0%  
Calcium 0%                      Iron 0%

(also available in Caramel, Chocolate, Hazelnut, Raspberry)

### Monin SUGAR FREE Vanilla

**Nutrition Facts**

Serving Size 2 pumps (1/2 oz) per 8 oz drink  
Calories 0                      Calories from Fat 0  
Total Fat 0g (0% DV)        Saturated Fat 0g (0% DV)  
Protein 0g  
Vitamin A 0%                      Vitamin C 0%  
Calcium 0%                      Iron 0%

(also available in Almond, Amaretto, Caramel, Blackberry, Chocolate, Hazelnut, Irish Cream, Peach, Raspberry, Strawberry, White Chocolate)

Numi Organic Tea – "Numi's distinct selection of organic teas and herbal teas awakens the palate and gracefully enhances water's unique potential."

### Numi Assorted Flavors

**Nutrition Facts**

Serving Size 1 teabag per 8 oz drink  
Calories 0                      Calories from Fat 0  
Total Fat 0g (0% DV)        Saturated Fat 0g (0% DV)  
Protein 0g                      Caffeine 75mg (Black), 50mg (Green), 0mg (Herbal)  
Vitamin A 0%                      Vitamin C 0%  
Calcium 0%                      Iron 0%

Mocafe Iced Blended Beverage – "To create the best gourmet frozen mocha, you need the best ingredients. Getting the most satisfaction out of a mocha begins with putting the most into it. That's why Mocafe Gourmet mochas use only the finest ingredients. No holding back on the use of Dutch processed bittersweet Trinidad nib roasted cocoa and dark roasted ground Brazilian Arabica coffee for a deliciously addictive flavor that is not too sweet."

Organic Vera Cruz Caffe Latte Frappe

**Nutrition Facts**

Serving Size 1 scoop per 12 oz drink	
Calories 170	Calories from Fat 70
Total Fat 7g (11% DV)	Saturated Fat 2g (10% DV)
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Pacific Natural Soy Milk – "Pacific Natural Foods is proud to be celebrating 20 years of delivering the best tasting natural and organic products."

Pacific Natural Foods - Plain Soy Milk

**Nutrition Facts**

Serving Size 8 oz per 12 oz latte	
Calories 80	Calories from Fat 30
Total Fat 3g (5% DV)	Saturated Fat 0g (0% DV)
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

Pacific Natural Foods – Smoothie Base

**Nutrition Facts**

Serving Size 8 oz per 16 oz drink	
Calories 330	Calories from Fat 80
Total Fat 9g (14% DV)	Saturated Fat 5g (25% DV)
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 2%

Third Street Chai - "Third Street Chai offers an exceptional chai concentrate prepared from the finest all natural and organic ingredients. Based out of Boulder, Colorado, the subtle and authentic flavors of this exceptional blend are a reflection of commitment to quality and to your own good taste. Third Street Chai microbrews all their liquid concentrates with whole spices, which are freshly milled just before brewing. For their commitment to exceptional taste, body and consistency, they personally brew every drop of chai that bears the name Third Street Chai."

### Third Street Chai Honey & Vanilla

#### **Nutrition Facts**

Serving Size 3 oz per 8 oz chai latte  
Calories 30                      Calories from Fat 0  
Total Fat 0g (0% DV)        Saturated Fat 0g (0% DV)  
Protein 0g  
Vitamin A 0%                      Vitamin C 0%  
Calcium 0%                      Iron 0%

Mountain Cider Company – "Nestled in the Green Mountains of Vermont, Mountain Cider is a family owned and operator farm with a long history of quality. Our hot spiced cider is perfect for those non-coffee drinkers. This 100% all natural coffee alternative is a big hit in coffee houses and restaurants all around the world. There's nothing better than a cup of hot spiced cider on a cold winter day."

### Mountain Cider Concentrate

#### **Nutrition Facts**

Serving Size 1 oz concentrate per 8 oz drink (mixed with hot water)  
Calories 120                      Calories from Fat 0  
Total Fat 0g (0% DV)        Saturated Fat 0g (0% DV)  
Protein 0g  
Vitamin A 0%                      Vitamin C 0%  
Calcium 0%                      Iron 0%

1% Milk – all-natural, hormone-free, Colorado-produced

e.g, Colorado Proud 1% Milk

#### **Nutrition Facts**

Serving Size 5 oz per 8 oz latte  
Calories 63                      Calories from Fat 13  
Total Fat 1.5g (3% DV)        Saturated Fat 1g (5% DV)  
Protein 5g  
Vitamin A 6%                      Vitamin C 3%  
Calcium 19%                      Iron 0%

Pablo's Whole Bean Coffee – certified organic, certified fair-trade, locally-roasted Arabica coffee beans

### Beans for Espresso Shots

#### **Nutrition Facts**

Serving Size 1 shot (1.5 fl oz) per 8 oz latte  
Calories 5                      Calories from Fat 0  
Total Fat 0g (0% DV)        Saturated Fat 0g (0% DV)  
Protein 0g                      Caffeine 75mg  
Vitamin A 0%                      Vitamin C 0%  
Calcium 0%                      Iron 0%

Beans for Brewed Coffee

**Nutrition Facts**

Serving Size 8 oz

Calories 3

Total Fat 0g (0% DV)

Protein 0.5g

Vitamin A 0%

Calcium 0%

Calories from Fat 0

Saturated Fat 0g (0% DV)

Caffeine 165mg

Vitamin C 0%

Iron 0%

Beans for Decaf Brewed Coffee

**Nutrition Facts**

Serving Size 8 oz

Calories 3

Total Fat 0g (0% DV)

Protein 0.5g

Vitamin A 0%

Calcium 0%

Calories from Fat 0

Saturated Fat 0g (0% DV)

Caffeine 13mg

Vitamin C 0%

Iron 0%

*(see next page for optional condiment nutrition information)*

# The Funky Brewster – Condiment Nutrition Info

## Sugar Packet

### **Nutrition Facts**

Serving Size 1 package (4g)	
Calories 15	Calories from Fat 0
Total Fat 0g (0% DV)	Saturated Fat 0g (0% DV)
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

## Sugar in the Raw

### **Nutrition Facts**

Serving Size 1 package (5g, 1 tsp)	
Calories 20	Calories from Fat 0
Total Fat 0g (0% DV)	Saturated Fat 0g (0% DV)
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

## Splenda Packet

### **Nutrition Facts**

Serving Size 1 package (1g, 0.035 oz)	
Calories 0	Calories from Fat 0
Total Fat 0g (0% DV)	Saturated Fat 0g (0% DV)
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

## Half and Half

### **Nutrition Facts**

Serving Size 1 tbsp (15g)	
Calories 20	Calories from Fat 16
Total Fat 1.7g (3% DV)	Saturated Fat 1.1g (5% DV)
Protein 0.4g	
Vitamin A 1%	Vitamin C 0%
Calcium 2%	Iron 0%