

Nutrition Facts for Coffee Shops



Hoover High School
Spain Park High School

Royal Cup – History



Birmingham residents in the late 1800's were drawn to the streets by the aroma of fresh coffee beans as our founder, Henry T. Batterton, made his rounds selling coffee from his horse drawn wagon. Batterton Coffee was so fresh, so flavorful; that it was deemed fit for royalty and became known as the "Royal Cup of Coffee". In 1950, the William E. Smith family of Birmingham took ownership of the company and renamed it Royal Cup Coffee. In 1958, Royal Cup's first coffee route was established to provide service to restaurants and hotels. The Office Beverage Division began in 1968.

Royal Cup – History

Royal Cup continues as a privately held, family-owned company, carrying on the reputation for providing exceptional products. Over the past 100 years, Royal Cup has grown from its small, hometown roots to become a major importer, roaster and distributor of premium coffees and teas. Royal Cup now reaches markets throughout the United States, into Mexico, and the Caribbean. Our Office Beverage Division is recognized as the leader for quality and personable service in the industry.



Cappuccino

Cappuccino - Flavored

- **5 ½ oz Fat-Free Milk** (55 kcal, 8.25 grams CHO, 88 mg Na)
- **1 oz Espresso** (5 kcal, 1 g CHO, 5 mg Na)
 - For an extra charge, you can choose a double shot of espresso
- **4 TBSP Sugar- Free Torani[®] Syrup** (0 kcal, 0 g CHO*, 10 mg Na)
 - Each 2 TBSP of syrup provides 0 kcal, 0 g CHO and 5 mg Na.

Total Nutrients based on recipe above:

60 kcal, 9.25 g CHO and 103 mg Sodium

Latte

Latte - Flavored

- 5 ½ oz Fat-Free Milk (55 kcal, 9 grams CHO, 94 mg Na)
- 1 oz Espresso (5 kcal, 1 g CHO, 5 mg Na)
 - For an extra charge, you can choose a double shot of espresso
- 4 TBSP Sugar- Free Torani® Syrup (0 kcal, 0 g CHO*, 10 mg Na)
 - Each 2 TBSP of syrup provides 0 kcal, 0 g CHO and 5 mg Na.

Total Nutrients based on recipe above:

60 kcal, 9.25 g CHO and 103 mg Sodium

Regular Coffee (10 oz)

Regular Coffee – 10 oz

- 10 oz Coffee (5 kcal, 1 grams CHO, 5 mg Na)
- Optional
 - Splenda (0 kcal, 0 g CHO, 0 mg Na)
 - Sugar Packet (16 kcal, 4 g CHO 0 mg Na)
 - Fat-Free Creamer (10 kcal, 2 g CHO, 0 mg Na)



**If you are using just creamers, then you can choose up to 4 creamer packets*

**If you are using just sugar, then you can choose up to 3 packets*

**Limit of 4 optional creamers and sugar packets per serving (not to exceed 60 kcal)*

**Calories will range from 5 – 55 kcal per serving depending on selection of optional sweeteners and creamers*

Iced Coffee (12 oz)

Iced Coffee – 12 oz Flavored

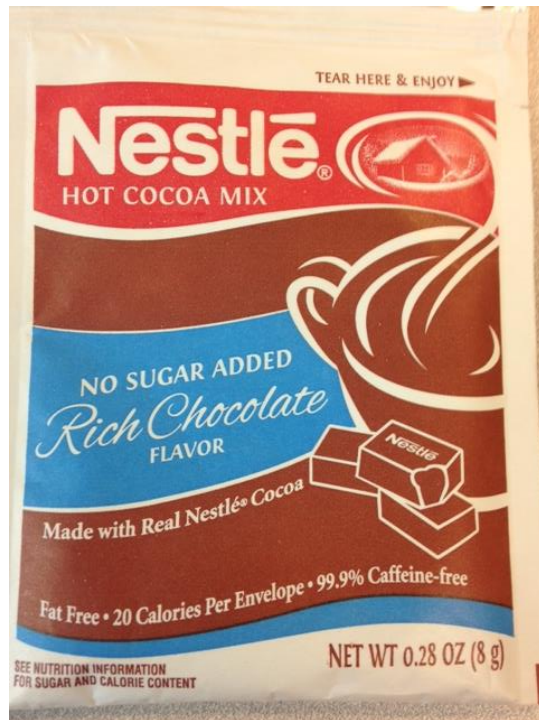
- 6 oz Coffee (5 kcal, 1 grams CHO, 5 mg Na)
- 5 ½ oz Fat-Free Milk (55 kcal, 8.25 g CHO, 88 mg Na)
- Served over Ice
- 4 TBSP Sugar- Free Torani[®] Syrup (0 kcal, 0 g CHO*, 10 mg Na)
 - Each 2 TBSP of syrup provides 0 kcal, 0 g CHO and 5 mg Na.

Total Nutrients based on recipe above:

60 kcal, 8.25g CHO, 103 mg Na

Hot Chocolate

Hot Chocolate- Nestle® No Added Sugar



Nutrition Facts	
Serving Size 1 envelope	
Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 120 mg	5%
Total Carbohydrate 5 g	2%
Dietary Fiber < 1 g	3%
Sugars 4 g	
Protein 1 g	
Vitamin A 0%	Vitamin C 0%
Calcium 35%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: DAIRY PRODUCT SOLIDS, NONFAT MILK, COCOA PROCESSED WITH ALKALI, CALCIUM CARBONATE, CELLULOSE GUM, SALT, LACTOSE, AND LESS THAN 2% OF ARTIFICIAL FLAVOR, SUCRALOSE, SODIUM PHOSPHATE, ACESULFAME POTASSIUM.

CONTAINS: MILK INGREDIENTS. MAY CONTAIN SOY AND WHEAT.

Just Add Hot Water!
Conventional Preparation: Empty one envelope hot cocoa mix into mug. Add 6 fl. oz. hot water while stirring.
Microwave Preparation: Heat 6 fl. oz. water in microwave-safe mug for 1 1/2 minutes or until hot.
Stir in one envelope hot cocoa mix.
For richer cocoa, try adding milk instead of water.

Nestlé PROFESSIONAL™

Contact Our Professionals
Call 1-800-288-8682 Mon-Fri, 8AM-5PM CT.
Visit us at nestleprofessional.com



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Total Nutrients based on recipe above:

20 kcal, 5g CHO, 120 mg Na

Hot Tea

- Hot Tea



0 calories; 0 Carbohydrates

AMERICA'S

BIGELOW®

CLASSIC

FAMILY TEA BLENDERS SINCE 1945

Are there any calories in your teabags?

None of our hot tea products contain significant calories.

Are there any carbohydrates in your teas?

A brewed serving of hot tea typically contains an insignificant quantity of carbohydrate or none that can be detected or measured in laboratory analysis. Most of our unflavored hot tea products contain approximately one-half gram of carbohydrate while most flavored teas contain one-half to slightly less than one gram per serving. This small quantity is stated in Nutrition Fact labeling as either 0g or <1g Total Carbohydrate.

Is there any sugar or artificial sweeteners in your teas?

We do not use artificial sweeteners in any of our products.