

7 Brew Nutritional Information

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7 Brew Coffee Menu offers a variety of drinks, including coffee, tea, shakes, smoothies, and energy drinks. Each drink has different calories, sugar, and protein levels to fit different needs. Lattes, mochas, and matcha range from 100 to 850 calories, depending on size and ingredients. Shakes and smoothies come in different flavors, with 250 to 950 calories and varying sugar and fat content. For full nutritional details, visit the [7 Brew Menu](#).



7 Brew Coffee Nutritional Fact

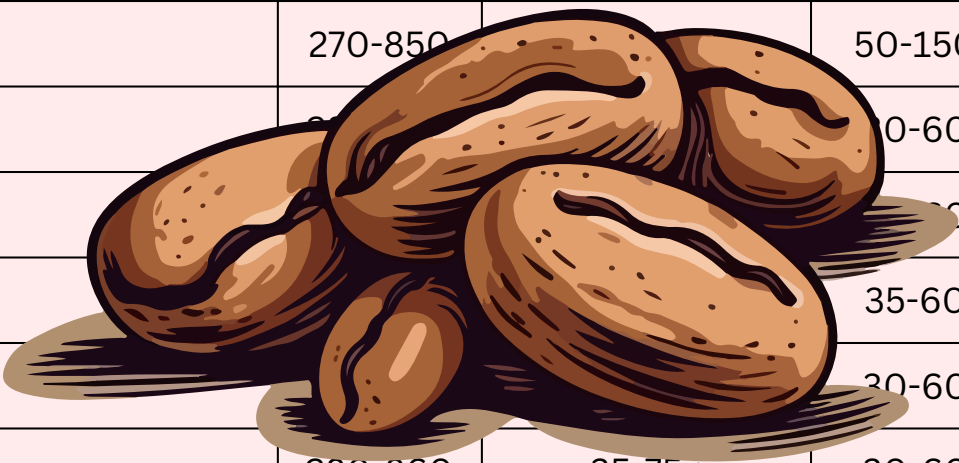
Coffee	Calories	Carbohydrates (g)	Sugars (g)	Protein (g)	Fat (g)
Lattes	120-320	15-30	10-20	6-10	5-10
Mochas	200-520	30-50	25-40	6-10	5-15
Breves	250-660	15-30	10-20	6-10	15-30
Caramel Macchiato	210-850	30-50	20-35	6-10	5-10
House Blend	10-20	2-5	0-1	0-1	0
Chai Tea	160-400	30-50	20-35	2-5	2-5
Matcha	170-390	15-30	5-10	2-5	3-7
Cocoa	250-630	40-60	30-50	6-10	10-20
Cappuccinos	100-260	10-20	5-10	6-10	3-7

7 Brew Teas Nutritional Fact

Teas	Calories	Carbohydrates (g)	Sugars (g)	Protein (g)	Fat (g)
Sweet, Unsweet, Paris, Green, Earl Grey, Green, Cinnamon, and Decaf	400 Cal	56 g	56 g	0 g	0 g

The 7 Originals Nutritional Fact

7 Originals	Calories	Carbs	Sugar	Protein	Fat
Blondie	270-850	30-60g	50-150g	10-30g	10-30g
Brunette	270-850	30-60g	50-150g	10-30g	10-30g
Smooth 7	270-850	30-60g	50-150g	10-30g	10-30g
Cinnamon Roll	270-850	30-60g	50-150g	10-30g	10-30g
White Chocolate Mocha	270-850	30-60g	50-150g	10-30g	10-30g
German Chocolate	280-860	35-75g	30-60g	5-10g	5-20g
Sweet & Salty	260-840	35-75g	30-60g	5-10g	5-20g
Triple 7	180-880	20-60g	15-40g	5-10g	0-15g



7 Brew Smoothies Nutritional Fact

Smoothies	Calories	Carbs	Sugar	Protein	Fat
Strawberry, Mango, Pina Colada, Peach, Green Apple, Wildberry, Blueberry, and Pomegranate	330 – 740	60 – 130	40 – 90	5 – 15	1 – 5

7 Brew Shakes Nutritional Fact

Shakes	Calories	Carbs	Sugar	Protein	Fat
Create your own combo with classic ice cream	250 – 950	35g	30g	5-10g	5g

7 Brew Energy Drinks

7 Energy Drink	Calories	Carbs	Sugar	Protein	Fat
Create your own combo with classic ice cream	250 – 950	35g	30g	5-10g	5g

7 Brew Kids Drinks Nutrition

Kids Drinks	Calories
Kids Fizz	110 Cal
Cocoa	190 CAL
Smoothies	230 Cal

7 Brew Kids Drinks Nutrition

7 Fizz	Calories	Carbs	Sugar	Protein
Fizz	435	39g	10g	30g

7 Brew Lemonades

Lemonades	Calories	Carbs	Sugar	Protein
Lemonades	510	110g	0g	0g

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