

## 9to5strength - Olive Garden Nutrition Tables

### Olive Garden - Italian Classics

| PRODUCT  | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Giant Meatball & Four Cheese Manicotti             | 2420     | 109     | 148   | 23     | 154 | 78       | 10.0  | 11.7 |
| Stuffed Fettuccine Alfredo w Grilled Chicken       | 2030     | 105     | 100   | 8      | 136 | 84       | 5.0   | 8.5  |
| Stuffed Fettuccine Alfredo w Shrimp                | 1920     | 86      | 100   | 9      | 132 | 83       | 5.0   | 9.3  |
| Stuffed Fettuccine Alfredo                         | 1860     | 72      | 100   | 8      | 132 | 83       | 5.0   | 7.9  |
| 3 Italian Cheese Giant Stuffed Shells w Meat sauce | 1640     | 76      | 93    | 17     | 110 | 64       | 2.0   | 8.8  |
| 3 Italian Cheese Giant Stuffed Shells w Marinara   | 1590     | 71      | 94    | 19     | 106 | 61       | 3.0   | 8.3  |
| Four Cheese Manicotti w Meat sauce                 | 1240     | 63      | 103   | 15     | 64  | 36       | 7.0   | 6.1  |
| Add Italian Meatball                               | 950      | 47      | 43    | 5      | 63  | 23       | 2.0   | 5.7  |

### Olive Garden - Early Dinner Duos

| PRODUCT                        | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Five Cheese Ziti al Forno      | 1220     | 45      | 103   | 19     | 71  | 36       | 6.0   | 5.4  |
| Eggplant Parmigiana            | 1060     | 30      | 113   | 23     | 54  | 12       | 11.0  | 5.0  |
| Fettuccine Alfredo             | 1010     | 30      | 97    | 5      | 56  | 34       | 7.0   | 2.1  |
| Cheese Ravioli with Meat Sauce | 860      | 50      | 65    | 11     | 46  | 24       | 4.0   | 5.5  |
| Ravioli di Portobello          | 820      | 27      | 73    | 8      | 46  | 24       | 6.0   | 2.9  |
| Cheese Ravioli with Marinara   | 780      | 41      | 68    | 11     | 39  | 20       | 5.0   | 5.4  |
| Chicken Parmigiana             | 660      | 35      | 65    | 12     | 29  | 7        | 5.0   | 4.4  |
| Lasagna Classico               | 640      | 40      | 39    | 12     | 36  | 20       | 5.0   | 3.6  |
| Spaghetti with Meat Sauce      | 640      | 26      | 85    | 17     | 22  | 7        | 4.0   | 2.6  |
| Grilled Chicken Parmigiana     | 520      | 42      | 48    | 10     | 19  | 5        | 5.0   | 3.4  |
| Chicken Piccata                | 350      | 33      | 11    | 3      | 21  | 9        | 2.0   | 3.1  |

### Olive Garden - Appetizers

| PRODUCT                                     | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Loaded Pasta Chips                          | 1520     | 55      | 100   | 7      | 102 | 30       | 5.0   | 6.9  |
| Lasagna Fritta                              | 1070     | 35      | 73    | 4      | 71  | 29       | 5.0   | 4.1  |
| Spicy Calabrian Chicken Tenders             | 900      | 56      | 19    | 0      | 67  | 15       | 4.0   | 5.6  |
| Calamari                                    | 870      | 24      | 67    | 3      | 56  | 5        | 6.0   | 6.0  |
| Fried Mozzarella                            | 860      | 34      | 48    | 4      | 59  | 28       | 3.0   | 4.7  |
| Spinach Artichoke Dip                       | 780      | 31      | 50    | 7      | 49  | 21       | 6.0   | 4.8  |
| Five Italian Cheese Fonduta                 | 760      | 34      | 41    | 2      | 48  | 25       | 2.0   | 4.7  |
| Shrimp Scampi Fritta - Classic              | 580      | 22      | 36    | 3      | 36  | 11       | 0.0   | 4.7  |
| Shrimp Scampi Fritta - Spicy                | 560      | 22      | 34    | 2      | 37  | 6        | 0.0   | 4.8  |
| Lasagna Fritta (a sampler portion)          | 530      | 20      | 43    | 0      | 31  | 10       | 3.0   | 1.8  |
| Parmesan Zucchini Bites                     | 510      | 22      | 39    | 5      | 30  | 10       | 2.0   | 2.4  |
| Dipping sauce - Alfredo                     | 440      | 8       | 5     | 1      | 43  | 27       | 0.0   | 1.5  |
| Calamari (a sampler portion)                | 430      | 12      | 34    | 1      | 28  | 3        | 3.0   | 3.0  |
| Stuffed Mushrooms                           | 380      | 15      | 13    | 3      | 30  | 8        | 1.0   | 2.2  |
| Toasted Beef & Pork Ravioli                 | 340      | 12      | 39    | 3      | 15  | 3        | 3.0   | 1.9  |
| Fried Mozzarella (a sampler portion)        | 320      | 14      | 20    | 1      | 21  | 9        | 1.0   | 1.9  |
| Parmesan Zucchini Bites (a sampler portion) | 290      | 12      | 22    | 3      | 17  | 6        | 1.0   | 1.3  |
| Dipping sauce - Five Cheese Marinara        | 220      | 5       | 11    | 6      | 17  | 9        | 1.0   | 1.4  |
| Chicken Fingers                             | 220      | 19      | 12    | 0      | 11  | 1        | 0.0   | 1.1  |
| add creamy ranch                            | 210      | 1       | 3     | 2      | 21  | 4        | 0.0   | 1.1  |

|  |     |   |    |   |    |   |     |     |
|--|-----|---|----|---|----|---|-----|-----|
| add Gorgonzola sauce                   | 170 | 2 | 2  | 1 | 17 | 4 | 0.0 | 0.9 |
| Breadstick with garlic topping (1 ea.) | 140 | 4 | 25 | 1 | 3  | 1 | 0.0 | 1.2 |
| Dipping sauce - Marinara               | 90  | 1 | 11 | 6 | 5  | 0 | 2.0 | 1.2 |
| add marinara sauce                     | 45  | 0 | 6  | 3 | 3  | 0 | 0.0 | 0.6 |

### Olive Garden - Piadinas & Pizza Bowl

| PRODUCT                                  | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Meatball Pizza Bowl                      | 950      | 46      | 64    | 7      | 56  | 29       | 5.0   | 6.3  |
| Chicken & Cheese Piadina                 | 710      | 30      | 40    | 2      | 49  | 16       | 3.0   | 4.2  |
| Grilled Vegetable & Cheese Piadina       | 630      | 22      | 52    | 7      | 37  | 12       | 5.0   | 2.5  |
| add marinara sauce (served with Piadina) | 45       | 0       | 6     | 3      | 3   | 0        | 0.0   | 0.6  |

### Olive Garden - Soups & Salad

| PRODUCT                                  | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Chicken & Gnocchi                        | 230      | 11      | 22    | 4      | 12  | 5        | 1.0   | 3.2  |
| Zuppa Toscana                            | 220      | 7       | 15    | 2      | 15  | 7        | 2.0   | 2.0  |
| Stellini Soup (Regional)                 | 200      | 9       | 22    | 2      | 7   | 3        | 1.0   | 3.1  |
| Pasta e Fagioli                          | 150      | 8       | 16    | 4      | 5   | 2        | 3.0   | 1.8  |
| Famous House Salad with Italian dressing | 150      | 3       | 13    | 4      | 10  | 2        | 2.0   | 1.9  |
| Minestrone                               | 110      | 5       | 17    | 4      | 1   | 0        | 4.0   | 2.0  |
| Italian dressing                         | 80       | 0       | 2     | 2      | 8   | 2        | 0.0   | 1.3  |
| Famous House Salad without dressing      | 70       | 2       | 11    | 2      | 2   | 0        | 2.0   | 0.6  |
| Low-fat Italian dressing                 | 30       | 0       | 2     | 2      | 2   | 0        | 0.0   | 1.0  |

### Olive Garden - Create Your Own Pasta

| PRODUCT                   | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Rigatoni                  | 440      | 14      | 83    | 5      | 6   | 1        | 3.0   | 0.0  |
| Cavatappi                 | 430      | 15      | 83    | 4      | 4   | 1        | 3.0   | 0.0  |
| Gluten-Free Rotini        | 430      | 8       | 87    | 0      | 6   | 1        | 2.0   | 0.0  |
| Angel Hair                | 350      | 12      | 67    | 2      | 3   | 0        | 3.0   | 0.0  |
| Whole Grain Linguine      | 350      | 17      | 57    | 2      | 6   | 0        | 14.0  | 0.0  |
| Spaghetti                 | 340      | 12      | 67    | 4      | 4   | 0        | 3.0   | 0.0  |
| Creamy Mushroom Sauce     | 860      | 10      | 13    | 7      | 87  | 54       | 0.0   | 2.7  |
| Creamy Pesto Sauce        | 810      | 13      | 9     | 2      | 82  | 43       | 0.0   | 3.1  |
| Five Cheese Marinara      | 440      | 10      | 22    | 12     | 35  | 18       | 3.0   | 2.7  |
| Traditional Meat Sauce    | 300      | 14      | 19    | 13     | 19  | 7        | 2.0   | 2.6  |
| Traditional Marinara      | 190      | 3       | 22    | 13     | 10  | 1        | 3.0   | 2.4  |
| Meatballs (3)             | 480      | 23      | 7     | 0      | 40  | 19       | 3.0   | 2.7  |
| Italian Sausage (2 links) | 470      | 27      | 2     | 2      | 39  | 14       | 0.0   | 2.9  |
| Crispy Chicken Fritta     | 240      | 20      | 14    | 0      | 12  | 2        | 1.0   | 1.8  |
| Grilled Chicken           | 140      | 28      | 0     | 0      | 4   | 1        | 0.0   | 0.6  |
| Sautéed Shrimp            | 60       | 14      | 0     | 0      | 0   | 0        | 0.0   | 1.5  |
| Garden Veggies            | 35       | 2       | 6     | 3      | 0   | 0        | 2.0   | 0.1  |

### Olive Garden - Breadstick Sandwiches

| PRODUCT                          | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|----------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Eggplant Parmigiana Sandwich     | 650      | 22      | 63    | 8      | 36  | 10       | 5.0   | 3.3  |
| Italian Meatball Sandwich        | 650      | 27      | 37    | 2      | 45  | 20       | 3.0   | 3.6  |
| Chicken Parmigiana Sandwich      | 630      | 37      | 49    | 4      | 33  | 10       | 3.0   | 4.4  |
| Spicy Calabrian Chicken Sandwich | 520      | 26      | 38    | 2      | 30  | 8        | 2.0   | 3.0  |
| add fries (served with sandwich) | 270      | 3       | 36    | 0      | 12  | 1        | 3.0   | 1.8  |
| add ketchup (served with fries)  | 80       | 0       | 20    | 16     | 0   | 0        | 0.0   | 1.6  |

### Olive Garden - Taste of the Mediterranean

| PRODUCT                       | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Chicken Giardino              | 600      | 41      | 70    | 9      | 17  | 7        | 5.0   | 5.6  |
| Chicken Margherita (dinner)   | 590      | 69      | 9     | 4      | 32  | 11       | 3.0   | 2.8  |
| Salmon Piccata                | 590      | 45      | 12    | 3      | 40  | 13       | 2.0   | 3.1  |
| Ravioli di Portobello (lunch) | 570      | 19      | 52    | 6      | 31  | 16       | 4.0   | 2.0  |
| Shrimp Scampi                 | 510      | 29      | 54    | 5      | 20  | 7        | 4.0   | 2.4  |
| Chicken Piccata (dinner)      | 500      | 61      | 11    | 4      | 24  | 10       | 3.0   | 3.7  |
| Herb-Grilled Salmon           | 460      | 43      | 8     | 3      | 28  | 8        | 4.0   | 1.4  |
| Chicken Margherita (lunch)    | 370      | 37      | 8     | 3      | 22  | 7        | 2.0   | 1.8  |
| Chicken Piccata (lunch)       | 350      | 33      | 11    | 3      | 21  | 9        | 2.0   | 3.1  |

### Olive Garden - Classic Recipes

| PRODUCT  | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Tour of Italy                                  | 1520     | 75      | 92    | 19     | 96  | 48       | 6.0   | 8.1  |
| Five Cheese Ziti al Forno                      | 1220     | 45      | 103   | 19     | 71  | 36       | 6.0   | 5.4  |
| Chicken Parmigiana                             | 1060     | 63      | 86    | 16     | 52  | 14       | 7.0   | 7.5  |
| Eggplant Parmigiana                            | 1060     | 30      | 113   | 23     | 54  | 12       | 11.0  | 5.0  |
| Fettuccine Alfredo (dinner)                    | 1010     | 30      | 97    | 5      | 56  | 34       | 7.0   | 2.1  |
| Lasagna Classico (dinner)                      | 930      | 58      | 56    | 18     | 53  | 28       | 8.0   | 5.2  |
| Cheese Ravioli with Meat Sauce                 | 860      | 50      | 65    | 11     | 46  | 24       | 4.0   | 5.5  |
| Ravioli di Portobello (dinner)                 | 820      | 27      | 73    | 8      | 46  | 24       | 6.0   | 2.9  |
| Cheese Ravioli with Marinara Sauce             | 780      | 41      | 68    | 11     | 39  | 20       | 5.0   | 5.4  |
| Grilled Chicken Parmigiana                     | 760      | 75      | 54    | 13     | 29  | 9        | 6.0   | 5.0  |
| Fettuccine Alfredo Mini Pasta Bowl (lunch)     | 650      | 15      | 47    | 3      | 45  | 27       | 2.0   | 1.5  |
| Lasagna Classico (lunch)                       | 640      | 40      | 39    | 12     | 36  | 20       | 5.0   | 3.6  |
| Spaghetti w Meat Sauce Mini Pasta Bowl (lunch) | 360      | 14      | 51    | 9      | 12  | 4        | 3.0   | 1.3  |

### Olive Garden - Chicken & Seafood

| PRODUCT                    | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|----------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Chicken Alfredo            | 1480     | 63      | 95    | 9      | 94  | 56       | 4.0   | 3.7  |
| Chicken & Shrimp Carbonara | 1390     | 64      | 75    | 10     | 94  | 50       | 3.0   | 5.1  |
| Chicken Scampi             | 1260     | 49      | 105   | 7      | 72  | 28       | 4.0   | 5.0  |
| Seafood Alfredo            | 1250     | 49      | 95    | 8      | 75  | 45       | 4.0   | 3.7  |
| Shrimp Alfredo             | 1150     | 40      | 92    | 5      | 69  | 41       | 4.0   | 3.7  |
| Stuffed Chicken Marsala    | 950      | 74      | 33    | 8      | 58  | 27       | 4.0   | 4.9  |

**Olive Garden - Beef & Pork**

| PRODUCT                              | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Steak Gorgonzola-Alfredo             | 1380     | 68      | 88    | 8      | 85  | 51       | 6.0   | 7.0  |
| Braised Beef & Tortelloni            | 1120     | 67      | 83    | 16     | 58  | 24       | 6.0   | 5.9  |
| Braised Beef Bolognese               | 1040     | 51      | 106   | 11     | 46  | 21       | 6.0   | 5.6  |
| 6 oz. Sirloin with Fettucine Alfredo | 980      | 58      | 54    | 6      | 60  | 32       | 4.0   | 5.0  |

**Olive Garden - Sides**

| PRODUCT                   | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Garlic Parmesan Fries     | 270      | 3       | 36    | 0      | 12  | 1        | 3.0   | 1.8  |
| Garlic Mashed Potatoes    | 150      | 3       | 17    | 3      | 8   | 3        | 2.0   | 1.2  |
| Parmesan Crusted Zucchini | 90       | 4       | 5     | 3      | 7   | 2        | 1.0   | 0.5  |
| Steamed Broccoli          | 35       | 4       | 7     | 3      | 0   | 0        | 4.0   | 0.1  |

**Olive Garden - Desserts**

| PRODUCT                      | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Zeppoli & chocolate sauce    | 1030     | 22      | 157   | 67     | 31  | 6        | 6.0   | 1.6  |
| Zeppoli & raspberry sauce    | 1020     | 20      | 160   | 60     | 28  | 4        | 6.0   | 1.3  |
| Zeppoli (no sauce)           | 810      | 20      | 119   | 25     | 28  | 4        | 6.0   | 1.3  |
| Black Tie Mousse Cake        | 750      | 9       | 76    | 59     | 50  | 30       | 4.0   | 0.7  |
| Seasonal Sicilian Cheesecake | 730      | 12      | 78    | 64     | 42  | 26       | 2.0   | 1.1  |
| Warm Apple Crostata          | 630      | 7       | 83    | 41     | 29  | 15       | 2.0   | 1.1  |
| Lemon Cream Cake             | 550      | 6       | 60    | 45     | 31  | 17       | 0.0   | 1.1  |
| Tiramisu                     | 470      | 6       | 54    | 35     | 27  | 17       | 0.0   | 0.3  |
| Cannoli, chocolate           | 300      | 5       | 33    | 18     | 14  | 8        | 0.0   | 0.1  |
| Cannoli, traditional         | 280      | 5       | 33    | 18     | 14  | 7        | 0.0   | 0.1  |
| Cannoli, strawberry          | 280      | 5       | 33    | 18     | 14  | 6        | 0.0   | 0.1  |
| Chocolate Mousse             | 240      | 2       | 18    | 12     | 18  | 10       | 1.0   | 0.3  |
| Dark Chocolate Caramel Cream | 240      | 2       | 23    | 17     | 16  | 8        | 0.0   | 0.3  |
| Limoncello Mousse            | 240      | 2       | 26    | 20     | 15  | 10       | 0.0   | 0.2  |
| Amaretto Tiramisu            | 220      | 3       | 14    | 11     | 17  | 10       | 0.0   | 0.2  |
| Strawberry & White Chocolate | 190      | 1       | 23    | 18     | 11  | 6        | 0.0   | 0.3  |

### Olive Garden - Non-alcoholic Drinks

| PRODUCT                            | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Juice, Pineapple                   | 250      | 2       | 60    | 56     | 1   | 0        | 0.0   | 0.0  |
| Juice, Cranberry                   | 230      | 0       | 56    | 56     | 0   | 0        | 0.0   | 0.2  |
| Juice, Orange                      | 230      | 4       | 51    | 45     | 0   | 0        | 0.0   | 0.0  |
| Juice, Apple                       | 210      | 0       | 53    | 53     | 0   | 0        | 0.0   | 0.2  |
| Smoothie, Strawberry-Banana        | 190      | 1       | 45    | 33     | 0   | 0        | 3.0   | 0.1  |
| Smoothie, Peach-Mango              | 180      | 1       | 44    | 34     | 0   | 0        | 1.0   | 0.1  |
| Minute Maid Limeade                | 180      | 0       | 49    | 47     | 0   | 0        | 0.0   | 0.1  |
| Raspberry Lemonade                 | 170      | 0       | 10    | 9      | 0   | 0        | 0.0   | 0.0  |
| Limonata, Blueberry                | 160      | 0       | 41    | 39     | 0   | 0        | 0.0   | 0.1  |
| Limonata, Kiwi-Melon               | 160      | 0       | 43    | 39     | 0   | 0        | 0.0   | 0.1  |
| Dr. Pepper                         | 150      | 0       | 41    | 41     | 0   | 0        | 0.0   | 0.1  |
| Coke                               | 140      | 0       | 39    | 39     | 0   | 0        | 0.0   | 0.1  |
| Sprite                             | 140      | 0       | 38    | 38     | 0   | 0        | 0.0   | 0.2  |
| Limonata, Strawberry-Passion Fruit | 130      | 0       | 34    | 32     | 0   | 0        | 0.0   | 0.1  |
| Green Apple Fizz                   | 120      | 0       | 30    | 29     | 0   | 0        | 0.0   | 0.1  |
| Iced Tea, Blackberry-Pineapple     | 100      | 0       | 24    | 23     | 0   | 0        | 0.0   | 0.0  |
| Iced Tea, Mango-Strawberry         | 100      | 0       | 24    | 22     | 0   | 0        | 0.0   | 0.0  |
| Iced Tea, Bellini Peach-Raspberry  | 80       | 0       | 18    | 17     | 0   | 0        | 0.0   | 0.0  |
| Iced Tea, Raspberry                | 80       | 0       | 20    | 18     | 0   | 0        | 0.0   | 0.0  |
| Mixed Berry Sparkling Water        | 30       | 0       | 7     | 6      | 0   | 0        | 0.0   | 0.1  |
| Iced Tea, Unsweetened              | 0        | 0       | 1     | 0      | 0   | 0        | 0.0   | 0.0  |
| Italian Bottled Water              | 0        | 0       | 0     | 0      | 0   | 0        | 0.0   | 0.0  |
| Diet Coke                          | 0        | 0       | 0     | 0      | 0   | 0        | 0.0   | 0.1  |

### Olive Garden - Coffee & Tea

| PRODUCT                         | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Frozen Cappuccino - Traditional | 370      | 3       | 67    | 63     | 11  | 7        | 0.0   | 0.1  |
| Hot Chocolate                   | 360      | 11      | 63    | 52     | 8   | 4        | 3.0   | 0.3  |
| Frozen Cappuccino - Caramel     | 320      | 3       | 54    | 51     | 11  | 7        | 0.0   | 0.1  |
| Frozen Cappuccino - Vanilla     | 320      | 3       | 53    | 50     | 11  | 7        | 0.0   | 0.1  |
| Iced Coffee - Caramel           | 250      | 7       | 40    | 31     | 7   | 4        | 0.0   | 0.2  |
| Iced Coffee - Vanilla           | 240      | 7       | 38    | 30     | 7   | 4        | 0.0   | 0.2  |
| Caffé Mocha                     | 230      | 10      | 34    | 27     | 7   | 4        | 2.0   | 0.2  |
| Caramel Hazelnut Macchiato      | 220      | 5       | 44    | 39     | 3   | 1        | 0.0   | 0.1  |
| Iced Coffee - Traditional       | 210      | 7       | 29    | 21     | 7   | 4        | 0.0   | 0.2  |
| Caffé Latte                     | 180      | 11      | 18    | 15     | 7   | 4        | 0.0   | 0.3  |
| Cappuccino with Whipped Cream   | 150      | 9       | 13    | 10     | 6   | 3        | 0.0   | 0.2  |
| Cappuccino                      | 140      | 9       | 15    | 12     | 5   | 3        | 0.0   | 0.2  |
| Lavazza Espresso                | 60       | 5       | 6     | 3      | 2   | 0        | 0.0   | 0.0  |
| Coffee                          | 0        | 0       | 0     | 0      | 0   | 0        | 0.0   | 0.0  |
| Hot Tea                         | 0        | 0       | 0     | 0      | 0   | 0        | 0.0   | 0.0  |