



How much is in your coffee?

Consider the ways you could reduce your coffee order! For example, you could try a smaller size, switch from double double to regular, or switch from cream to milk (or one cream and one milk).

Small changes can make a big impact over time, and your taste buds can adjust to love your new coffee order just as much as the old one.

Coffee Order	Calories	Sugar	Total Fat	Saturated Fat
Small 1 milk	15	2 g	1 g	0.4 g
Small 1 milk ½ Splenda	15	2 g	1 g	0.4 g
Small 1 milk 1 sugar	45	9 g	1 g	0.4 g
Small 1 cream	45	1 g	4 g	2 g
Small 1 cream 1 sugar	70	8 g	4 g	2 g
Small 1 milk 1 cream	60	3 g	5 g	2.4 g
Small Double Double	140	16 g	8 g	4 g
Medium 1 milk	20	2 g	1 g	0.5 g
Medium 1 milk 1 sugar	55	11 g	1 g	0.5 g
Medium 1 cream	70	2 g	6 g	4 g
Medium 1 cream 1 sugar	105	11 g	6 g	4 g
Medium 2 milk 2 sugar	110	22 g	2 g	1 g
Medium Double Double	215	22 g	12 g	8 g
Medium Triple Triple	320	33 g	18 g	12 g
Medium 4x4	425	44 g	24 g	16 g
Large 1 milk	30	3 g	1 g	1 g
Large 1 milk 1 sugar	80	15 g	1 g	1 g
Large 1 cream	90	3 g	7 g	4 g
Large 1 cream 1 sugar	135	15 g	7 g	4 g
Large Double Double	270	30 g	14 g	8 g
Large Triple Triple	410	45 g	21 g	12 g
Large 4x4	545	60 g	28 g	16 g
XL 1 cream	100	3 g	8 g	5 g
XL 1 cream 1 sugar	160	18 g	8 g	5 g
XL Double Double	320	36 g	16 g	10 g
XL Triple Triple	480	54 g	24 g	15 g

