

Nutrition & Allergens

Ingredient and Nutrition information is shown based on our standard recipes and does not include customizations made by the customer. p!ng has made a reasonable and good-faith effort to calculate nutrition and ingredient information based on standard product formulations and servings sizes. This nutrition information is calculated from one or more of the following: data provided by suppliers and the USDA National Nutrient Database for Standard Reference. Any customers with further questions regarding specific dietary concerns can contact p!ng at (855) 617-7464.

Coffee

	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
16 oz hot coffee, caffeinated, <i>mellow</i>	454 g	16.5	-	3.0	-	-	-	-	-	-	-	-	270	
16 oz hot coffee, decaffeinated, <i>mellow</i>	454 g	16.5	-	3.0	-	-	-	-	-	-	-	-	13.5	
16 oz hot coffee, caffeinated, <i>bold</i>	454 g	19.3	-	3.5	-	-	-	-	-	-	-	-	315	
16 oz hot coffee, decaffeinated, <i>bold</i>	454 g	19.3	-	3.5	-	-	-	-	-	-	-	-	15.8	
24 oz iced coffee, caffeinated	680 g	19.3	-	3.5	-	-	-	-	-	-	-	-	315	
24 oz iced coffee, decaffeinated	680 g	19.3	-	3.5	-	-	-	-	-	-	-	-	15.8	
24 oz iced vanilla coffee	680 g	119.3	-	27.5	-	-	-	-	-	-	23.0	-	315	

Espresso-based Drinks

Iced, 24 oz	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Latte	680 g	290	128.3	24.9	14.3	8.6	-	44.2	185.3	-	21.4	14.3	315	Base recipe made with whole milk
Vanilla Latte	680 g	422.5	117	60.5	13.0	7.8	0.0	40.3	169	0.0	55.4	13.0	315	
Caramel Latte	680 g	396	119.3	53.4	13.3	8.0	0.0	41.1	172.3	0.0	49.9	13.3	315	
Lavender Latte	680 g	378.8	117	53.0	13.0	7.8	0.0	40.3	175.3	0.0	47.0	13.0	315	
Chai Latte	680 g	437	108	71.7	12.0	7.2	0.0	37.2	156	0.0	71.7	12.0	0.0	
Dirty Chai Latte	680 g	431	101.3	72.1	11.3	6.8	0.0	34.9	146.3	0.0	70.6	11.3	135	
Mocha	680 g	324	78.8	53.5	8.8	5.3	0.0	35.0	390	0.0	47.3	14.0	270	Base recipe made with 2% chocolate milk
Caramel Macchiato	680 g	340.8	66.2	53.4	8.0	5.0	0.0	26.4	203.2	0.0	48.3	13.4	270	Base recipe made with 2% milk

Seasonals

Iced, 24 oz	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Pumpkin Spice Latte	680 g	359.5	108	51.0	12.1	7.2	-	37.2	161	0.8	45.5	12.3	270	Base recipe made with whole milk
Caramel Apple Latte	680 g	395.1	105.6	62.4	11.7	7.0	-	36.1	158	0.0	55.3	10.8	270	
Peppermint Mocha	680 g	410.3	73.1	74.8	8.1	4.9	-	32.5	357.5	0.0	70.1	13.0	270	Base recipe made with 2% chocolate milk

Energy Drinks

Iced, 24 oz	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Rebel Revive	680 g	110	-	32.0	-	-	-	-	230	-	28.3	-	160	Natural caffeine from green coffee beans Vegan, gluten free, GMO free
Use the Force Fuel	680 g	110	-	32.0	-	-	-	-	231.3	-	28.8	-	160	
Phoenixfire	680 g	117.5	-	32.0	-	-	-	-	230	-	31.5	-	160	
The g-ALEX-y Gulp	680 g	105	-	32.0	-	-	-	-	230	-	27.5	-	160	
Carribean Carpe Diem	680 g	117.5	-	32.0	-	-	-	-	231.3	-	31.8	-	160	

Italian Sodas

Iced, 24 oz	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Lime Rickey	680 g	175	-	42.0	-	-	-	-	0.0	-	42.0	-	-	
Vanilla Cream	680 g	150	-	36.0	-	-	-	-	0.0	-	34.8	-	-	Contains cream
Coconut Cream	680 g	153.5	-	30.5	-	-	-	-	11.0	-	31.6	-	-	Contains cream
Strawberry Cream	680 g	174.3	-	42.2	-	-	-	-	5.5	-	40.8	-	-	Contains cream
Bantha Milk	680 g	128.5	-	30.5	-	-	-	-	11.0	-	24.6	-	-	Contains cream

Teas

Iced, 24 oz	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Green tea, unsweetened	680 g	-	-	1.4	-	-	-	-	-	-	-	-	42.4	
Black tea, unsweetened	680 g	-	-	1.4	-	-	-	-	-	-	-	-	0.1	
Strawberry iced tea	680 g	90.0	-	25.4	-	-	-	-	-	-	23.0	-	42.4	Base recipe made with green tea
Passionfruit iced tea	680 g	100.0	-	25.4	-	-	-	-	-	-	25.0	-	42.4	
Pomegranate iced tea	680 g	70.0	-	25.4	-	-	-	-	-	-	17.0	-	42.4	
Marvella Iced tea	680 g	95.0	-	25.4	-	-	-	-	1.3	-	24.0	-	42.4	
Camo Iced Tea	680 g	90.0	-	25.4	-	-	-	-	0.0	-	22.0	-	42.4	

Refreshers

Iced, 24 oz	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Strawberry Dragonfruit refresher	680 g	168.8	-	42.2	-	-	-	-	0.0	-	40.8	-	-	
Pineapple Passionfruit with Guava	680 g	120.3	-	28.9	-	-	-	-	7.0	-	27.5	-	-	

Lemonades

Iced, 24 oz	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Lemonade	680 g	182.8	-	43.6	-	-	-	-	7.0	-	40.8	-	-	
Iced tea lemonade (1/2,1/2)	680 g	91.4	-	22.5	-	-	-	-	3.5	-	20.4	-	-	Base recipe made with black tea
Guava lemonade	680 g	282.8	-	67.6	-	-	-	-	7.0	-	64.8	-	-	
Passionfruit lemonade	680 g	282.8	-	67.6	-	-	-	-	7.0	-	65.8	-	-	
Lavender Lemonade	680 g	272.8	-	67.6	-	-	-	-	12.0	-	62.8	-	-	
Rebel Revive lemonade	680 g	272.8	-	67.6	-	-	-	-	7.0	-	62.3	-	-	
Marvella lemonade	680 g	277.8	-	67.6	-	-	-	-	8.3	-	64.8	-	-	
Camo lemonade	680 g	272.8	-	67.6	-	-	-	-	7.0	-	62.8	-	-	
Strawberry Dragonfruit lemonade	680 g	175.8	-	42.9	-	-	-	-	3.5	-	40.8	-	-	

And more!

[illegible]

Modifications

Milks

1 oz serving calculations	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Whole milk	28.3 g	19	9	1.5	1	0.6	0	3.1	13	-	1.5	1	-	Dairy
Skim milk	28.3 g	10	0	1.5	0.1	0.1	0	0.6	16	-	1.5	1.1	-	Dairy
Oatmilk	28.3 g	18.8	9.0	2.1	1.0	0.1	0.0	0.0	12.5	0.3	0.4	0.3	-	
2% milk	28.3 g	14.5	4.5	1.5	0.6	0.4	0.0	1.9	14.5	-	1.5	1.1	-	Dairy
Half and half	28.3 g	38.0	30.2	1.2	3.4	1.9	0.1	10.6	17.5	-	1.3	1.0	-	Dairy
Cream	28.3 g	57	51.3	0.9	5.7	3.1	0.2	18	22	-	1.1	0.9	-	Dairy
2% chocolate milk	28.3 g	18.75	5.6	2.8	0.6	0.4	-	2.5	27.5	-	2.6	1.0	-	Dairy

Toppings

	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Allergens and other info
Sweet cream topping (1.5 oz)	42.5 g	232.5	40.5	19.5	4.5	10.5	51	51	19.5	726	0.3	135	0.045	Dairy

Syrups

0.25 oz (1 pump) serving calculations	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Vanilla	7.1 g	25.0	-	6.0	-	-	-	-	-	-	5.8	-	-	
Sugar-free vanilla	7.1 g	-	-	6.0	-	-	-	-	2.5	-	-	-	-	Contains erythritol and sucralose
Caramel	7.1 g	25.0	-	6.0	-	-	-	-	-	-	6.0	-	-	
Sugar-free caramel	7.1 g	-	-	6.0	-	-	-	-	2.5	-	-	-	-	Contains erythritol and sucralose
Hazelnut	7.1 g	22.5	-	6.0	-	-	-	-	2.5	-	5.3	-	-	
Sugar-free hazelnut	7.1 g	-	-	6.0	-	-	-	-	3.8	-	-	-	-	Contains erythritol and sucralose
Apple	7.1 g	22.5	-	6.0	-	-	-	-	-	-	5.5	-	-	
Blue Raspberry	7.1 g	20.0	-	6.0	-	-	-	-	-	-	4.8	-	-	
Coconut	7.1 g	25.0	-	6.0	-	-	-	-	-	-	6.3	-	-	
Guava	7.1 g	25.0	-	6.0	-	-	-	-	-	-	6.0	-	-	
Lavender	7.1 g	22.5	-	6.0	-	-	-	-	1.3	-	5.5	-	-	
Lime	7.1 g	25.0	-	6.0	-	-	-	-	-	-	6.0	-	-	
Passionfruit	7.1 g	25.0	-	6.0	-	-	-	-	-	-	6.3	-	-	
Peach	7.1 g	25.0	-	6.0	-	-	-	-	1.3	-	6.3	-	-	
Peppermint	7.1 g	25.0	-	6.0	-	-	-	-	-	-	6.0	-	-	
Pomegranate	7.1 g	17.5	-	6.0	-	-	-	-	-	-	4.3	-	-	
Strawberry	7.1 g	22.5	-	6.0	-	-	-	-	-	-	5.8	-	-	

Sweeteners

	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Simple syrup (1 pump)	7.1 g	25	-	6	-	-	-	-	-	-	6	-	-	Cane sugar
Sugar-free sweetener (1 pump)	7.1 g	-	-	0.25	-	-	-	-	-	-	-	-	-	Contains erythritol and sucralose
Stevia syrup	0.25 tsp	-	-	<1g	-	-	-	-	-	-	-	-	-	Contains stevia extract
Vanilla stevia syrup	0.25 tsp	-	-	<1g	-	-	-	-	-	-	-	-	-	Contains stevia extract

Drizzles

	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Caramel (0.75 oz)	21.3 g	52.5	11.81	9.75	1.31	0.75	-	3.75	24.375	-	8.25	-	-	Includes milk and cream. No artificial preservatives
Dark chocolate (0.75 oz)	21.3 g	37.5	1.69	9.75	0.19	-	-	-	5.625	0.01	9	0.01	-	No artificial preservatives, non-GMO

Additional energy pumps

0.50 oz (1 pump) serving calculations	Serving Size	Total Calories	Calories from Fat	Total carbs (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)	Allergens and other info
Energy pump	0.5 oz	-	-	0.5	-	-	-	-	57.5	-	0.5	-	40	Natural caffeine from green coffee beans, cascara, and organic green tea extract. Contains allulose. Vegan, gluten free, GMO free.