

7 Brew Nutrition Facts & Calories 2026

Complete Nutrition & Macro Guide for All 247 Drinks (Medium Size Serving Reference)

2026
OFFICIAL EDITION

247 Unique Drinks • Serving Size: Medium (Standard Recipe)

Values: Calories (cal) • Fat (g) • Carbs (g) • Sugar (g) • Protein (g) • Sodium (mg) • Caffeine (mg)

7 ORIGINALS

27 DRINKS

DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Banana Bread	270	10g	35g	34g	10g	140mg	120mg
Banana Bread Mocha	340	10g	54g	53g	12g	260mg	120mg
Blondie	480	30g	30g	27g	10g	115mg	120mg
Blondie Breve	480	26g	44g	38g	8g	150mg	120mg
Blondie Cold Brew	130	1g	28g	22g	1g	45mg	246mg
Brunette	480	30g	30g	27g	10g	115mg	120mg
Brunette Cold Brew	120	1g	26g	20g	1g	45mg	246mg
Brunette Mocha	370	11g	58g	55g	13g	290mg	120mg
Cinnamon Roll	480	30g	30g	27g	10g	115mg	120mg
Cinnamon Roll Breve	510	25g	52g	47g	9g	180mg	120mg
Cookie Butter	480	30g	30g	27g	10g	115mg	120mg
Cookie Butter Breve	580	24g	72g	67g	9g	150mg	120mg
German Chocolate Mocha	370	11g	59g	56g	13g	290mg	120mg
Smooth 7	480	30g	30g	27g	10g	115mg	120mg
Smooth 7 Breve	520	25g	56g	51g	9g	180mg	120mg
Sugar-Free Banana Bread Mocha	430	24g	27g	6g	9g	280mg	120mg
Sugar-Free Blondie Breve	400	26g	28g	6g	8g	170mg	120mg
Sugar-Free Blondie Cold Brew	60	1g	14g	0g	1g	40mg	246mg
Sugar-Free Brunette Cold Brew	60	1g	14g	0g	1g	40mg	246mg
Sugar-Free Brunette Mocha	440	25g	35g	6g	9g	170mg	120mg
Sugar-Free Cinnamon Roll Breve	400	26g	28g	6g	8g	150mg	120mg
Sugar-Free Cookie Butter Breve	370	25g	21g	6g	8g	135mg	120mg
Sugar-Free German Chocolate Mocha	430	25g	35g	6g	9g	170mg	120mg
Sugar-Free Smooth 7 Breve	400	26g	28g	6g	8g	150mg	120mg
Sugar-Free Sweet & Salty Breve	400	26g	28g	6g	8g	240mg	120mg
Sweet & Salty	480	30g	30g	27g	10g	115mg	120mg
Sweet & Salty Breve	520	25g	58g	52g	9g	280mg	120mg

7 CLASSICS & ESPRESSO							53 DRINKS
DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Americano	0	0g	0g	0g	0g	0mg	9mg
Breve	400	30g	10g	7g	10g	115mg	120mg
Brown Sugar Cinnamon Americano	80	0g	19g	19g	0g	0mg	180mg
Build Your Own Americano	80	0g	20g	20g	0g	0mg	9mg
Build Your Own Breve	480	30g	30g	27g	10g	115mg	120mg
Build Your Own Cappuccino	210	7g	30g	30g	7g	100mg	120mg
Build Your Own Cold Brew	100	0g	24g	20g	1g	5mg	268mg
Build Your Own Latte	270	10g	35g	34g	10g	140mg	120mg
Build Your Own Macchiato	420	11g	71g	66g	9g	200mg	120mg
Build Your Own Mocha	380	11g	59g	58g	14g	280mg	120mg
Cappuccino	130	7g	10g	10g	7g	100mg	120mg
Caramel Breve	490	29g	35g	28g	9g	180mg	120mg
Caramel Macchiato	340	11g	51g	46g	9g	200mg	120mg
Cold Brew	20	0g	4g	0g	1g	5mg	268mg
Crème Brûlée Latte	260	9g	36g	36g	9g	160mg	120mg
Cupcake Cappuccino	210	6g	33g	32g	6g	190mg	120mg
Dark Chocolate Americano	100	1g	25g	23g	1g	15mg	180mg
Dark Chocolate Cold Brew	100	0g	24g	20g	1g	5mg	268mg
French Vanilla Cappuccino	230	8g	34g	31g	7g	130mg	120mg
Frosted Cookie Breve	450	27g	32g	29g	9g	170mg	120mg
Funnel Cake Macchiato	330	10g	50g	47g	10g	230mg	120mg
Hazelnut Americano	80	0g	19g	19g	0g	0mg	180mg
Honeybun Breve	460	27g	34g	30g	9g	130mg	120mg
Irish Cream Cappuccino	210	6g	32g	32g	7g	95mg	120mg
Latte	190	10g	15g	14g	10g	140mg	120mg
Maui Mocha Frozen Chiller	380	11g	59g	58g	14g	280mg	120mg
Mocha	300	11g	39g	38g	14g	280mg	120mg
Raspberry Truffle Macchiato	320	10g	49g	47g	10g	180mg	120mg
Salted Caramel Macchiato	330	10g	51g	48g	9g	270mg	120mg
Snickerdoodle Mocha	350	10g	56g	55g	12g	260mg	120mg
Sugar-Free Brown Sugar Cinnamon Americano	5	0g	0g	0g	0g	5mg	180mg
Sugar-Free Caramel Breve	440	29g	29g	6g	9g	180mg	120mg
Sugar-Free Caramel Macchiato	250	11g	33g	13g	9g	200mg	120mg
Sugar-Free Dark Chocolate Americano	70	0g	17g	0g	1g	40mg	180mg
Sugar-Free French Vanilla Cappuccino	160	8g	20g	9g	7g	130mg	120mg
Sugar-Free Funnel Cake Macchiato	240	11g	30g	13g	9g	210mg	120mg
Sugar-Free Hazelnut Americano	0	0g	0g	0g	0g	5mg	180mg
Sugar-Free Irish Cream Cappuccino	120	6g	10g	9g	6g	100mg	120mg
Sugar-Free Latte	130	7g	10g	10g	7g	100mg	120mg
Sugar-Free Mocha	470	25g	41g	5g	9g	180mg	120mg
Sugar-Free Raspberry Truffle Macchiato	250	10g	31g	13g	9g	180mg	120mg
Sugar-Free Salted Caramel Macchiato	210	10g	24g	13g	9g	260mg	120mg
Sugar-Free Snickerdoodle Mocha	400	24g	25g	5g	9g	140mg	120mg
Sugar-Free Toasted Marshmallow Latte	170	9g	13g	13g	9g	135mg	120mg

DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Sugar-Free Vanilla Latte	170	9g	13g	13g	9g	135mg	120mg
Sugar-Free White Chocolate Mocha	470	26g	44g	6g	9g	190mg	120mg
Toasted Marshmallow Cold Brew	100	0g	24g	20g	1g	5mg	268mg
Toasted Marshmallow Latte	250	9g	33g	32g	9g	130mg	120mg
Tuxedo Mocha	380	11g	59g	58g	14g	280mg	120mg
Vanilla Cold Brew	100	0g	24g	20g	1g	5mg	268mg
Vanilla Latte	260	9g	36g	35g	9g	130mg	120mg
White Chocolate Mocha	370	11g	60g	57g	14g	340mg	120mg
White Mac Cold Brew	110	0g	27g	22g	2g	45mg	246mg

7 ENERGY DRINKS							14 DRINKS
DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Blue Raspberry 7 Energy	85	0g	23g	20g	0g	180mg	105mg
Brewberry 7 Energy	230	0g	59g	57g	0g	180mg	105mg
Firecracker 7 Energy Chiller	85	0g	23g	20g	0g	180mg	105mg
Heatwave 7 Energy	230	0g	60g	57g	0g	180mg	105mg
Nightshade 7 Energy	230	0g	60g	57g	0g	180mg	105mg
Ocean Breeze 7 Energy	240	0g	61g	58g	0g	180mg	105mg
Pixie Stick 7 Energy	230	0g	59g	56g	0g	180mg	105mg
Strawberry 7 Energy	85	0g	23g	20g	0g	180mg	105mg
Sugar-Free Brewberry 7 Energy	5	0g	3g	0g	0g	180mg	105mg
Sugar-Free Ocean Breeze 7 Energy	5	0g	3g	0g	0g	180mg	105mg
Sugar-Free Sunrise 7 Energy	5	0g	3g	0g	0g	180mg	105mg
Sunrise 7 Energy	230	0g	60g	57g	0g	180mg	105mg
Tropic Thunder 7 Energy	230	0g	60g	57g	0g	180mg	105mg
Watermelon 7 Energy	85	0g	23g	20g	0g	180mg	105mg

7 FIZZ SODAS							15 DRINKS
DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
7 Fizz Soda	0	0g	0g	0g	0g	0mg	0mg
Bahama Mama 7 Fizz Soda	80	0g	20g	20g	0g	0mg	0mg
Blood Orange 7 Fizz Soda	250	0g	65g	63g	0g	10mg	0mg
Brew Lagoon 7 Fizz Soda	250	0g	64g	64g	0g	10mg	0mg
Cherry Blossom 7 Fizz Soda	80	0g	20g	20g	0g	0mg	0mg
Dragons Blood 7 Fizz Soda	80	0g	20g	20g	0g	0mg	0mg
Midnight Rain 7 Fizz Soda	80	0g	20g	20g	0g	0mg	0mg
Peaches 'n Cream 7 Fizz Soda	270	0g	70g	69g	0g	10mg	0mg
Peaches N' Cream 7 Fizz Soda	80	0g	20g	20g	0g	0mg	0mg
Pink Mermaid 7 Fizz Soda	5	0g	2g	2g	0g	0mg	0mg
Stargazer 7 Fizz Soda	80	0g	20g	20g	0g	0mg	0mg
Sugar-Free Peaches 'n Cream 7 Fizz Soda	0	0g	1g	0g	0g	15mg	0mg
Sugar-Free Sunrise 7 Fizz Soda	0	0g	0g	0g	0g	15mg	0mg
Sunrise 7 Fizz Soda	250	0g	65g	64g	0g	10mg	0mg
Tiki Tango 7 Fizz Soda	80	0g	20g	20g	0g	0mg	0mg

TEAS							49 DRINKS
DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Black Tea	0	0g	0g	0g	0g	0mg	128mg
Blackberry Decaf Tea	80	0g	20g	20g	0g	0mg	1mg
Build Your Own Black Tea	80	0g	20g	20g	0g	0mg	128mg
Build Your Own Cinnamon Spice Tea	80	0g	20g	20g	0g	0mg	11mg
Build Your Own Decaf Tea	80	0g	20g	20g	0g	0mg	1mg
Build Your Own Green Tea	270	10g	35g	34g	10g	140mg	120mg
Build Your Own Paris Tea	80	0g	20g	20g	0g	0mg	102mg
Caramel Cinnamon Spice Tea	80	0g	20g	20g	0g	0mg	11mg
Cherry Blossom Black Tea	170	0g	43g	42g	0g	5mg	106mg
Cherry Blossom Cinnamon Spice Tea	170	0g	43g	42g	0g	5mg	11mg
Cherry Blossom Decaf Tea	170	0g	43g	42g	0g	5mg	1mg
Cherry Blossom Earl Grey Tea	170	0g	43g	42g	0g	5mg	11mg
Cherry Blossom Green Tea	170	0g	43g	42g	0g	5mg	50mg
Cherry Blossom Paris Tea	170	0g	43g	42g	0g	5mg	85mg
Cinnamon Spice Tea	0	0g	0g	0g	0g	0mg	11mg
Cloud 9 Earl Grey Tea	80	0g	20g	20g	0g	0mg	11mg
Decaf Tea	0	0g	0g	0g	0g	0mg	1mg
Earl Grey Tea	0	0g	0g	0g	0g	0mg	11mg
Georgia Peach Black Tea	170	0g	43g	42g	0g	5mg	106mg
Georgia Peach Cinnamon Spice Tea	170	0g	43g	42g	0g	5mg	11mg
Georgia Peach Decaf Tea	170	0g	43g	42g	0g	5mg	1mg
Georgia Peach Earl Grey Tea	170	0g	43g	42g	0g	5mg	11mg
Georgia Peach Green Tea	170	0g	43g	42g	0g	5mg	50mg
Georgia Peach Paris Tea	170	0g	43g	42g	0g	5mg	85mg
Green Tea	0	0g	0g	0g	0g	0mg	60mg
Honeybee Earl Grey Tea	80	0g	20g	20g	0g	0mg	11mg
Honeybun Cinnamon Spice Tea	80	0g	20g	20g	0g	0mg	11mg
Hula Black Tea	150	0g	39g	38g	0g	5mg	106mg
Hula Cinnamon Spice Tea	150	0g	39g	38g	0g	5mg	11mg
Hula Decaf Tea	150	0g	39g	38g	0g	5mg	1mg
Hula Earl Grey Tea	150	0g	39g	38g	0g	5mg	11mg
Hula Green Tea	150	0g	39g	38g	0g	5mg	50mg
Hula Paris Tea	150	0g	39g	38g	0g	5mg	85mg
Island Dream Paris Tea	80	0g	20g	20g	0g	0mg	102mg
Lavender Decaf Tea	80	0g	20g	20g	0g	0mg	1mg
Mango Paris Tea	80	0g	20g	20g	0g	0mg	102mg
Paris Tea	0	0g	0g	0g	0g	0mg	102mg
Peach Cinnamon Spice Tea	80	0g	20g	20g	0g	0mg	11mg
Raspberry Paris Tea	80	0g	20g	20g	0g	0mg	102mg
Sugar-Free Georgia Peach Black Tea	0	0g	1g	0g	0g	10mg	106mg
Sugar-Free Georgia Peach Cinnamon Spice Tea	0	0g	1g	0g	0g	10mg	11mg
Sugar-Free Georgia Peach Decaf Tea	0	0g	1g	0g	0g	10mg	1mg
Sugar-Free Georgia Peach Earl Grey Tea	0	0g	1g	0g	0g	10mg	11mg
Sugar-Free Georgia Peach Green Tea	0	0g	1g	0g	0g	10mg	50mg

DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Sugar-Free Georgia Peach Paris Tea	0	0g	1g	0g	0g	10mg	85mg
Summer Breeze Black Tea	80	0g	20g	20g	0g	0mg	128mg
Sunny 7 Black Tea	80	0g	20g	20g	0g	0mg	128mg
Sunset Black Tea	80	0g	20g	20g	0g	0mg	128mg
Vanilla Decaf Tea	80	0g	20g	20g	0g	0mg	1mg

CHAI & MATCHA							17 DRINKS
DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Brewchata Chai	260	2g	61g	60g	1g	55mg	0mg
Brewchata Chai Latte	230	3g	49g	48g	2g	110mg	0mg
Build Your Own Chai	260	2g	60g	59g	1g	60mg	0mg
Build Your Own Matcha	450	10g	89g	82g	6g	270mg	28mg
Cereal Milk Matcha Latte	310	8g	54g	53g	8g	115mg	17mg
Chai Latte	220	6g	37g	37g	6g	85mg	0mg
Cloud 9 Matcha Latte	310	8g	56g	55g	8g	115mg	17mg
Matcha Latte	240	9g	34g	34g	9g	125mg	17mg
Salted Honey Chai Latte	300	6g	60g	60g	6g	130mg	0mg
Strawberry Matcha Latte	300	8g	52g	52g	8g	115mg	17mg
Sugar Cookie Chai Latte	300	6g	57g	56g	6g	140mg	0mg
Sugar-Free Brewchata Chai	180	2g	40g	39g	1g	60mg	0mg
Sugar-Free Brewchata Chai Latte	150	3g	28g	27g	2g	110mg	0mg
Sugar-Free Cereal Milk Matcha	370	10g	69g	62g	6g	270mg	28mg
Sugar-Free Cereal Milk Matcha Latte	260	8g	36g	32g	8g	250mg	17mg
Sugar-Free Strawberry Matcha	330	10g	66g	62g	6g	135mg	28mg
Sugar-Free Strawberry Matcha Latte	230	8g	33g	32g	8g	120mg	17mg

LEMONADES

19 DRINKS

DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Blackberry Cobbler Lemonade	280	0g	71g	69g	0g	0mg	0mg
Blue Typhoon Lemonade	280	0g	71g	69g	0g	0mg	0mg
Cocoberry Lemon Freeze	730	10g	163g	155g	6g	140mg	0mg
Cocoberry Lemonade	280	0g	69g	68g	0g	5mg	0mg
Fruit Roll-Up Lemon Freeze	720	10g	161g	154g	6g	140mg	0mg
Fruit Roll-Up Lemonade	270	0g	68g	66g	0g	5mg	0mg
Heatwave Lemonade	280	0g	71g	69g	0g	0mg	0mg
Island Dream Lemonade Frozen Chiller	380	11g	59g	58g	14g	280mg	120mg
Key Lime Pie Lemon Freeze	730	10g	162g	153g	6g	160mg	0mg
Key Lime Pie Lemonade	280	0g	68g	66g	1g	30mg	0mg
Kokomo Lemonade	280	0g	71g	69g	0g	0mg	0mg
Lemon Freeze	730	10g	162g	154g	6g	135mg	0mg
Lemonade	200	0g	51g	49g	0g	0mg	0mg
Pink Paradise Lemon Freeze	720	10g	160g	153g	6g	140mg	0mg
Pink Paradise Lemonade	270	0g	67g	65g	0g	5mg	0mg
Sugar-Free Cocoberry Lemon Freeze	640	10g	140g	133g	6g	140mg	0mg
Sugar-Free Cocoberry Lemonade	190	0g	47g	45g	0g	10mg	0mg
Tropic Thunder Lemonade	280	0g	71g	69g	0g	0mg	0mg
Watermelon Lemonade	280	0g	71g	69g	0g	0mg	0mg

SMOOTHIES							24 DRINKS
DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Banana Strawberry Smoothie	540	5g	125g	118g	3g	65mg	0mg
Blackberry Cobbler Wildberry Smoothie	540	5g	125g	109g	3g	80mg	0mg
Bubble Gum Strawberry Smoothie	540	5g	125g	118g	3g	65mg	0mg
Build Your Own Blue Pom Smoothie	270	10g	35g	34g	10g	140mg	120mg
Build Your Own Mango Smoothie	510	5g	113g	97g	3g	65mg	0mg
Build Your Own Peach Smoothie	450	5g	101g	96g	3g	65mg	0mg
Build Your Own Piña Colada Smoothie	780	23g	140g	133g	6g	95mg	0mg
Build Your Own Strawberry Smoothie	540	5g	125g	118g	3g	65mg	0mg
Build Your Own Wildberry Smoothie	540	5g	125g	109g	3g	80mg	0mg
Cherry Piña Colada Smoothie	780	23g	140g	133g	6g	95mg	0mg
Georgia Peach Peach Smoothie	450	5g	101g	96g	3g	65mg	0mg
Guava Mango Smoothie	510	5g	113g	97g	3g	65mg	0mg
Island Dream Piña Colada Smoothie	780	23g	140g	133g	6g	95mg	0mg
Passion Fruit Peach Smoothie	450	5g	101g	96g	3g	65mg	0mg
Raspberry Wildberry Smoothie	540	5g	125g	109g	3g	80mg	0mg
Razorberry Wildberry Smoothie	540	5g	125g	109g	3g	80mg	0mg
Strawberry Blue Pom Smoothie	270	10g	35g	34g	10g	140mg	120mg
Summer Breeze Peach Smoothie	450	5g	101g	96g	3g	65mg	0mg
Tiger's Blood Piña Colada Smoothie	780	23g	140g	133g	6g	95mg	0mg
Tiki Tango Mango Smoothie	510	5g	113g	97g	3g	65mg	0mg
Toasted Coconut Strawberry Smoothie	540	5g	125g	118g	3g	65mg	0mg
Tuxedo Blue Pom Smoothie	270	10g	35g	34g	10g	140mg	120mg
White Chocolate Blue Pom Smoothie	270	10g	35g	34g	10g	140mg	120mg
White Chocolate Mango Smoothie	510	5g	113g	97g	3g	65mg	0mg

SHAKES							9 DRINKS
DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Banana Shake	490	20g	82g	74g	11g	260mg	0mg
Chocolate Shake	490	20g	82g	74g	11g	260mg	0mg
Cookies & Cream Shake	490	20g	82g	74g	11g	260mg	0mg
Funnel Cake Shake	490	20g	82g	74g	11g	260mg	0mg
Orange Sherbet Shake	490	20g	82g	74g	11g	260mg	0mg
Peaches N' Cream Shake	490	20g	82g	74g	11g	260mg	0mg
Salted Caramel Shake	490	20g	82g	74g	11g	260mg	0mg
Shake	410	20g	62g	54g	11g	260mg	0mg
Vanilla Shake	490	20g	82g	74g	11g	260mg	0mg

SPECIALTY DRINKS							20 DRINKS
DRINK NAME	CALORIES	TOTAL FAT	CARBS	SUGAR	PROTEIN	SODIUM	CAFFEINE
Birthday Cake	600	15g	118g	108g	10g	470mg	0mg
Blackberry Cobbler Wildberry	510	5g	118g	101g	3g	140mg	0mg
Build Your Own Earl Grey	80	0g	20g	20g	0g	0mg	11mg
Caramel	540	20g	52g	47g	18g	330mg	252mg
Cookies & Cream	600	16g	119g	108g	10g	390mg	0mg
Funnel Cake Coffee Frozen Chiller	380	11g	59g	58g	14g	280mg	120mg
Mango	430	5g	93g	77g	3g	65mg	0mg
Orange Sherbet	560	15g	112g	105g	8g	210mg	0mg
Peach	370	5g	81g	76g	3g	65mg	0mg
Piña Colada	700	23g	120g	113g	6g	95mg	0mg
Rocky Road	710	17g	143g	133g	9g	280mg	0mg
Strawberry	460	5g	105g	98g	3g	65mg	0mg
Strawberry Banana	500	5g	115g	107g	3g	70mg	0mg
Sugar-Free Rocky Road	390	17g	66g	41g	9g	270mg	0mg
Sugar-Free Toasted Marshmallow	80	4g	6g	6g	4g	75mg	120mg
Tiger's Blood Piña Colada	720	21g	130g	122g	5g	95mg	0mg
Tiki Tango Mango	470	5g	104g	89g	3g	70mg	0mg
Toasted Coconut Strawberry	500	5g	117g	109g	3g	70mg	0mg
Vanilla Earl Grey	80	0g	20g	20g	0g	0mg	11mg
Wildberry	460	5g	105g	89g	3g	80mg	0mg