



Nutrition Information for CosMc's Menu Items

CosMcs Nutrition Information	Total Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Caffeine (mg)^
Signature Galactic Boosts™												
Berry Hibiscus Sour-ade Small	110	0	0	0	0	35	26	0	22	21	0	
Berry Hibiscus Sour-ade Medium	140	0	0	0	0	45	35	0	28	28	0	
Berry Hibiscus Sour-ade Large	190	0	0	0	0	65	47	0	39	38	0	
Blueberry Ginger Boost Small	100	0	0	0	0	25	23	1	10	7	0	
Blueberry Ginger Boost Medium	150	0	0	0	0	25	33	1	14	11	0	
Blueberry Ginger Boost Large	190	0	0	0	0	45	43	1	17	15	0	
Coconut Vanilla Protein Frappe Small	200	4	2.5	0	20	280	25	0	21	8	15	
Coconut Vanilla Protein Frappe Medium	290	5	3.5	0	25	370	40	0	34	17	20	
Coconut Vanilla Protein Frappe Large	410	7	4.5	0	35	500	58	0	48	25	27	
Island Pick-Me-Up Punch Small	140	0	0	0	0	35	32	0	20	18	0	151
Island Pick-Me-Up Punch Medium	190	0	0	0	0	50	45	1	27	25	0	226
Island Pick-Me-Up Punch Large	250	0	0	0	0	70	59	1	36	34	0	301
Sour Cherry Energy Burst Small	170	0	0	0	0	35	40	0	34	33	0	31
Sour Cherry Energy Burst Medium	240	0	0	0	0	45	55	0	44	43	0	61
Sour Cherry Energy Burst Large	350	0	0	0	0	75	81	0	65	64	0	91
From the McDonald's® Universe												
Bacon McMuffin® with Egg	400	22	9	0	265	880	30	2	3	1	20	
Egg McMuffin®	310	13	6	0	250	770	30	2	3	1	17	
Sausage McMuffin® with Egg	480	31	12	0.5	280	830	20	2	2	1	20	
M&M'S® McFlurry®	570	19	12	0	35	170	85	2	74	62	11	
OREO® McFlurry®	410	13	7	0	35	270	64	1	48	40	7	
Stellar Sips™												
Berry Hibiscus Sour-ade Small	110	0	0	0	0	35	26	0	22	21	0	
Berry Hibiscus Sour-ade Medium	140	0	0	0	0	45	35	0	28	28	0	
Berry Hibiscus Sour-ade Large	190	0	0	0	0	65	47	0	39	38	0	
Blackberry Mint Green Tea Small	70	0	0	0	0	20	15	1	14	11	0	



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Blackberry Mint Green Tea Medium	90	0	0	0	0	30	20	1	19	17	0	
Blackberry Mint Green Tea Large	120	0	0	0	0	40	26	1	25	23	0	
Blueberry Ginger Boost Small	100	0	0	0	0	25	23	1	10	7	0	
Blueberry Ginger Boost Medium	150	0	0	0	0	25	33	1	14	11	0	
Blueberry Ginger Boost Large	190	0	0	0	0	45	43	1	17	15	0	
Iced Black Tea Small	5	0	0	0	0	20	1	0	0	0	0	
Iced Black Tea Medium	5	0	0	0	0	30	1	0	0	0	0	
Iced Black Tea Large	10	0	0	0	0	35	1	0	0	0	1	
Iced Green Tea Small	0	0	0	0	0	55	0	0	0	0	0	
Iced Green Tea Medium	0	0	0	0	0	75	0	0	0	0	0	
Iced Green Tea Large	0	0	0	0	0	100	0	0	0	0	0	
Island Pick-Me-Up Punch Small	140	0	0	0	0	35	32	0	20	18	0	151
Island Pick-Me-Up Punch Medium	190	0	0	0	0	50	45	1	27	25	0	226
Island Pick-Me-Up Punch Large	250	0	0	0	0	70	59	1	36	34	0	301
Lemonade Small	60	0	0	0	0	25	15	0	13	13	0	
Lemonade Medium	80	0	0	0	0	35	21	0	18	17	0	
Lemonade Large	110	0	0	0	0	50	28	0	24	23	0	
Lemonade-Tea Fusion Small	70	0	0	0	0	15	17	0	16	16	0	
Lemonade-Tea Fusion Medium	130	0	0	0	0	20	30	0	28	28	0	
Lemonade-Tea Fusion Large	170	0	0	0	0	30	39	0	36	36	0	
Melon Herb Chiller Small	110	0	0	0	0	25	26	0	24	23	0	
Melon Herb Chiller Medium	140	0	0	0	0	35	35	0	32	31	0	
Melon Herb Chiller Large	190	0	0	0	0	50	47	0	43	42	0	
Pomegranate Hibiscus Slush Small	130	0	0	0	0	15	33	0	29	29	0	
Pomegranate Hibiscus Slush Medium	190	0	0	0	0	20	46	0	39	38	0	
Pomegranate Hibiscus Slush Large	270	0	0	0	0	25	56	0	56	54	0	
Popping Pear Slush Small	180	4.5	3	0	15	25	33	0	31	29	1	31 61 91
Popping Pear Slush Medium	210	4.5	3	0	15	30	40	0	38	35	1	
Popping Pear Slush Large	260	4.5	3	0	15	35	53	0	51	48	1	
Sour Cherry Energy Burst Small	170	0	0	0	0	35	40	0	34	33	0	
Sour Cherry Energy Burst Medium	240	0	0	0	0	45	55	0	44	43	0	
Sour Cherry Energy Burst Large	350	0	0	0	0	75	81	0	65	64	0	
Sour Tango Lemonade™ Small	140	0	0	0	0	30	41	0	39	38	0	



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Sour Tango Lemonade™ Medium	190	0	0	0	0	40	55	0	52	52	0	
Sour Tango Lemonade™ Large	260	0	0	0	0	55	74	0	70	70	0	
Sprite® Moonsplash Small	120	0	0	0	0	65	31	1	30	27	0	
Sprite® Moonsplash Medium	180	0	0	0	0	95	46	1	45	43	9	
Sprite® Moonsplash Large	230	0	0	0	0	120	59	1	57	55	0	
Sweet Tea Small	30	0	0	0	0	20	8	0	7	7	0	
Sweet Tea Medium	50	0	0	0	0	30	12	0	11	11	0	
Sweet Tea Large	60	0	0	0	0	35	15	0	14	14	0	
Tropical Spiceade™ Small	180	0	0	0	0	40	44	1	39	37	0	
Tropical Spiceade™ Medium	240	0	0	0	0	55	58	1	52	50	0	
Tropical Spiceade™ Large	320	0	0	0	0	75	77	1	70	67	0	
Classic Brews												
Americano Small	0	0	0	0	0	10	1	0	0	0	0	
Americano Medium	5	0	0	0	0	10	1	0	0	0	0	
Americano Large	5	0	0	0	0	15	1	0	0	0	0	
Cappuccino Small	110	5	3.5	0	20	75	20	0	8	0	6	
Cappuccino Medium	160	7	4.5	0	30	100	30	0	11	0	9	
Cappuccino Large	200	10	6	0	40	130	40	0	14	0	11	
Chai Tea Latte Small	170	6	4	0	25	85	22	0	19	10	7	
Chai Tea Latte Medium	250	8	4	0	30	110	35	0	31	19	9	
Chai Tea Latte Large	330	10	6	0	40	135	48	0	43	29	11	
Cold Brew Small	15	0	0	0	0	15	2	0	0	0	1	
Cold Brew Medium	20	0	0	0	0	25	3	0	0	0	1	
Cold Brew Large	25	0	0	0	0	30	4	0	0	0	1	
Cold Brew Frappe Small	390	20	13	0.5	80	180	46	1	40	29	9	276
Cold Brew Frappe Medium	480	24	15	1	95	230	57	1	50	37	11	352
Cold Brew Frappe Large	610	30	19	1	120	300	73	1	65	47	14	462
Hot Chocolate Small	250	12	8	0.5	50	160	26	0	20	7	10	
Hot Chocolate Medium	350	16	10	0.5	65	250	38	0	30	11	14	
Hot Chocolate Large	450	19	12	1	75	340	50	0	39	15	18	
Iced Americano Small	0	0	0	0	0	15	1	0	0	0	0	
Iced Americano Medium	5	0	0	0	0	20	1	0	0	0	0	
Iced Americano Large	5	0	0	0	0	25	1	0	0	0	0	



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Iced Latte Small	80	4	2.5	0	15	60	8	0	6	0	5	
Iced Latte Medium	120	6	3.5	0	20	80	11	0	8	0	6	
Iced Latte Large	170	8	5	0	30	115	15	0	12	0	9	
Iced Mocha Small	150	6	3.5	0	25	125	17	0	13	4	7	
Iced Mocha Medium	180	6	4	0	25	170	23	0	18	8	7	
Iced Mocha Large	250	8	5	0	35	250	33	0	25	12	10	
Iced Spicy Chai Tea Latte Small	180	6	4	0	25	90	25	0	23	13	7	
Iced Spicy Chai Tea Latte Medium	230	7	4.5	0	30	105	34	0	31	20	8	
Iced Spicy Chai Tea Latte Large	310	10	6	0	40	150	46	0	42	26	11	
Latte Small	170	8	5	0	30	105	15	0	12	0	9	
Latte Medium	220	11	6	0	40	140	20	0	16	0	12	
Latte Large	280	13	8	0.5	55	180	25	0	20	0	15	
Mocha Small	260	12	8	0.5	50	160	26	0	20	7	10	
Mocha Medium	340	15	9	0.5	60	240	37	0	28	11	13	
Mocha Large	420	18	11	0.5	70	310	47	0	36	15	15	
Spicy Chai Tea Latte Small	180	6	4	0	25	85	25	0	23	13	7	
Spicy Chai Tea Latte Medium	250	8	5	0	30	115	36	0	32	20	9	
Spicy Chai Tea Latte Large	310	10	6	0	40	140	46	0	42	26	11	
Specialty Brews												
Chai Frappe Burst Small	490	20	13	0.5	80	170	69	0	66	56	7	
Chai Frappe Burst Medium	640	27	17	1	105	220	90	1	87	74	9	
Chai Frappe Burst Large	820	33	21	1	130	300	120	1	116	100	12	
Churro Cold Brew Frappe Small	430	20	13	0.5	80	190	54	1	47	36	9	276
Churro Cold Brew Frappe Medium	540	24	15	1	95	240	71	1	62	48	11	352
Churro Cold Brew Frappe Large	700	30	19	1	120	310	93	1	82	64	14	462
Coconaut™ Cold Brew Small	250	4.5	3	0	20	45	46	0	36	35	2	
Coconaut™ Cold Brew Medium	310	4.5	3	0	20	55	58	0	45	44	2	
Coconaut™ Cold Brew Large	360	4.5	3	0	20	65	71	0	53	52	3	
French Toast Galaxy™ Latte Small	200	8	1	0	0	110	27	2	16	15	3	
French Toast Galaxy™ Latte Medium	270	11	1	0	0	150	39	3	24	24	4	



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French Toast Galaxy™ Latte Large	350	14	1.5	0	0	180	51	3	33	32	6
Hazelnut Mocha Cold Brew Small	270	4.5	3	0	20	125	48	0	38	37	2
Hazelnut Mocha Cold Brew Medium	320	4.5	3	0	20	170	61	0	47	46	2
Hazelnut Mocha Cold Brew Large	390	4.5	3	0	20	220	75	0	56	55	3
Iced French Toast Galaxy™ Latte Small	150	6	0.5	0	0	85	21	2	13	13	2
Iced French Toast Galaxy™ Latte Medium	180	7	1	0	0	90	29	2	20	19	3
Iced French Toast Galaxy™ Latte Large	250	9	1	0	0	120	40	2	28	27	4
Iced Oat & Honey Moon Latte Small	150	6	0.5	0	0	80	21	2	13	9	2
Iced Oat & Honey Moon Latte Medium	180	6	0.5	0	0	90	29	2	20	12	3
Iced Oat & Honey Moon Latte Large	260	9	1	0	0	120	41	2	26	17	4
Iced Turmeric Spiced Latte Small	120	4.5	2.5	0	20	70	15	0	11	5	5
Iced Turmeric Spiced Latte Medium	160	5	3	0	20	85	22	0	17	10	6
Iced Turmeric Spiced Latte Large	240	8	4.5	0	30	125	33	0	26	14	9
Iced Vanilla Matcha Latte Small	230	7	3	0	20	60	37	0	29	28	2
Iced Vanilla Matcha Latte Medium	270	7	3	0	20	75	45	1	33	32	2
Iced Vanilla Matcha Latte Large	320	8	3.5	0	20	95	54	1	38	37	2
Oat & Honey Moon Latte Small	190	8	1	0	0	110	26	2	15	11	3
Oat & Honey Moon Latte Medium	270	11	1	0	0	140	39	3	24	17	4
Oat & Honey Moon Latte Large	350	14	1.5	0	0	180	52	3	33	22	6
Pistachio Swirl Shaken Espresso Small	140	4.5	0	0	0	65	22	1	16	16	2
Pistachio Swirl Shaken Espresso Medium	170	5	0.5	0	0	75	29	1	22	22	2
Pistachio Swirl Shaken Espresso Large	240	7	1	0	0	105	40	2	30	30	3
Sea Salted Caramelactic™ Shaken Espresso Small	140	4.5	0	0	0	190	23	1	16	16	2

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Sprite® Small	140	0	0	0	0	70	35	0	35	35	0
Sprite® Medium	200	0	0	0	0	100	51	0	51	51	0
Sprite® Large	270	0	0	0	0	135	70	0	70	70	0
Sprite® Zero Sugar Small	0	0	0	0	0	45	0	0	0	0	0
Sprite® Zero Sugar Medium	0	0	0	0	0	65	0	0	0	0	0
Sprite® Zero Sugar Large	5	0	0	0	0	95	0	0	0	0	0
Sandwiches											
Bacon McMuffin® with Egg	400	22	9	0	265	880	30	2	3	1	20
Creamy Avocado Tomatillo Sandwich	470	31	0	0	280	1180	30	1	6	4	22
Egg McMuffin®	310	13	6	0	250	770	30	2	3	1	17
Sausage McMuffin® with Egg	480	31	12	0.5	280	830	20	2	2	1	20
Spicy Queso Sandwich	580	40	16	0.5	295	1240	34	1	7	3	24
Bite											
McPops Hazelnut	320	18	6	0	25	55	34	2	14	14	5
McPops Mixed Bag	340	17	7	0	10	160	34	1	16	10	5
Pretzel Bites	130	0.5	0	0	0	590	26	2	1	0	5
Herb Ranch Sauce	110	12	2	0	10	170	1	0	0	0	0
Hot Mustard Sauce	50	2	0	0	5	230	8	1	6	6	1
Spicy Queso Sauce	80	5	2	0	10	480	5	0	3	0	3
Savory Hash Brown Bites	140	8	1	0	0	370	16	1	1	0	1
Baked Goods											
Blueberry Lemon Cookie	380	14	9	0.5	45	220	56	2	36	30	3
Caramel Fudge Brownie	470	28	9	0	30	580	58	0	34	26	6
Sea Salt Chocolate Chip Cookie	380	18	9	0	35	440	50	2	32	31	5
Soft Serve											
M&M'S® McFlurry®	570	19	12	0	35	170	85	2	74	62	11
OREO® McFlurry®	410	13	7	0	35	210	64	1	48	39	10
Strawberry & Cookie McFlurry®	520	16	11	0.5	45	200	80	1	58	45	12
Blueberry Lemon Cookie Sundae	400	11	7	0	40	180	67	1	48	40	7
Caramel Fudge Brownie Sundae	440	16	8	0	30	320	68	1	49	40	8
Caramel Sundae	330	7	4.5	0	30	150	58	0	41	34	7
Hot Fudge Sundae	330	10	7	0	25	170	51	2	44	36	8
Chocolate Cone	170	4.5	3	0	15	105	29	0	19	14	4
Twist Cone	160	4	2.5	0	15	80	27	0	18	13	4
Vanilla Cone	200	5	3	0	20	80	33	0	23	17	5



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Chocolate Shake Small	520	14	9	0.5	55	250	85	1	67	54	12
Chocolate Shake Medium	650	17	11	1	65	310	107	1	85	68	15
Chocolate Shake Large	800	20	13	1	80	390	134	1	106	86	18
Citrus & Cream Shake Small	450	13	8	0.5	50	210	72	0	60	49	10
Citrus & Cream Shake Medium	560	15	9	0.5	60	270	92	0	77	63	12
Citrus & Cream Shake Large	760	19	12	1	75	380	127	0	105	87	17
Strawberry Shake Small	470	13	8	0.5	50	160	77	0	58	46	10
Strawberry Shake Medium	600	16	10	0.5	60	210	99	0	74	59	13
Strawberry Shake Large	850	21	13	1	80	310	143	0	107	86	19
Vanilla Shake Small	480	13	8	0.5	50	210	80	0	51	40	10
Vanilla Shake Medium	570	15	9	0.5	60	260	97	0	62	48	12
Vanilla Shake Large	780	19	12	1	75	360	133	0	85	67	17
Customizations											
2% Milk	20	1	0.5	0	5	20	2	0	2	0	1
Almond Milk	15	0.5	0	0	0	25	2	0	1	1	0
American Cheese*	50	4	2.5	0	15	200	1	0	0	0	3
Applewood Smoked Bacon	110	9	3	0	20	330	1	0	1	0	6
Black Pepper Sprinkles	0	0	0	0	0	0	0	0	0	0	0
Blueberry Lemon Cookie Crumbles	150	6	3.5	0	20	90	23	1	14	12	1
Canadian Bacon	15	0	0	0	5	220	1	0	0	0	3
Caramel Drizzle	15	0	0	0	0	10	3	0	2	2	0
Caramel Fudge Brownie Crumbles	140	8	2.5	0	10	170	17	0	10	8	2
Caramel Sauce	120	1.5	1	0	5	65	26	0	14	14	1
Caramel Syrup	20	0	0	0	0	30	5	0	5	5	0
Caramel Toffee Sprinkles	20	0	0	0	0	15	5	0	5	5	0
Cherry Flavor Shot	0	0	0	0	0	10	0	0	0	0	0
Chocolate Drizzle	15	0	0	0	0	5	3	0	2	2	0
Chocolate Soft Serve	150	4.5	3	0	15	95	24	0	19	14	4
Chocolate Coffee Syrup	25	0	0	0	0	40	6	0	4	4	0
Chocolate Syrup	30	0	0	0	0	10	7	0	7	7	0
Churro Syrup	25	0	0	0	0	0	6	0	5	5	0
Cinnamon Sauce	10	0	0	0	0	0	2	0	1	1	0
Citrus and Cream Syrup	20	0	0	0	0	20	5	0	5	5	0
Cold Foam	140	4.5	3	0	20	25	20	0	20	19	1
Coconut Syrup	25	0	0	0	0	0	6	0	6	6	0



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Cream	20	1.5	1	0	5	10	1	0	0	0	0	
Creamy Avocado Tomatillo Sauce	50	5	1	0	5	135	2	0	1	1	0	
Dried Blueberries	10	0	0	0	0	0	2	0	2	0	0	
Dried Dragon Fruit	10	0	0	0	0	0	2	0	1	0	0	
Dried Lemon Wheels	0	0	0	0	0	0	1	0	0	0	0	
Dried Strawberries	0	0	0	0	0	0	2	0	2	0	0	
Energy Shot Small	35	0	0	0	0	0	8	0	0	0	0	31
Energy Shot Medium	50	0	0	0	0	5	12	0	0	0	0	61
Espresso Shot	5	0	0	0	0	0	1	0	0	0	0	
Fruity Popping Boba	20	0	0	0	0	10	5	0	5	5	0	
Half and Half Cream	40	3	2	0	15	25	1	0	1	0	1	
Hazelnut Syrup	20	0	0	0	0	0	5	0	4	4	0	
Hot Fudge Sauce	120	4	3.5	0	0	85	19	2	17	15	2	
Jalapeno Crisps	25	1.5	0	0	0	5	2	0	0	0	0	
Ketchup	10	0	0	0	0	90	2	0	2	2	0	
Lemon Flavor Shot	0	0	0	0	0	5	1	0	0	0	0	
Light Whipped Cream	60	4	2.5	0	1	10	5	0	4	3	1	
Liquid Cane Sugar	70	0	0	0	0	0	19	0	19	19	0	
M&Ms®	180	8	4.5	0	5	30	25	1	23	22	2	
Mallo Creme Sauce	20	0	0	0	0	10	2	0	4	4	0	
Maple Syrup	25	0	0	0	0	0	6	0	6	6	0	
Mint Flavor Shot	0	0	0	0	0	5	0	0	0	0	0	
Mixed Berry Syrup	40	0	0	0	0	0	9	0	7	7	0	
Nonfat Milk	15	0	0	0	0	20	2	0	2	0	1	
Oat Milk	25	1.5	0	0	0	15	3	0	1	1	0	
Omelet Style Egg	70	4.5	1.5	0	220	65	1	0	0	0	7	
OREO®	40	1.5	0	0	0	30	6	0	4	4	0	
Peach Syrup	20	0	0	0	0	0	5	0	4	4	0	
Pistachio Syrup	25	0	0	0	0	0	6	0	6	6	0	
Popping Candy	40	1	0	0	0	0	9	0	8	8	0	
Pre-Workout Shot Small	35	0	0	0	0	10	8	0	0	0	0	151
Pre-Workout Shot Medium	50	0	0	0	0	15	12	0	0	0	0	226
Pre-Workout Shot Large	70	0	0	0	0	20	15	0	0	0	0	301
Prickly Pear Syrup	20	0	0	0	0	0	5	0	4	4	0	
Round Egg	80	5	2	0	225	70	1	0	0	0	7	



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Sausage	190	18	6	0	35	280	1	0	0	0	6
Sea Salted Caramel Syrup	25	0	0	0	0	65	6	0	6	6	0
Shortbread Cookie Crumbles	130	6	5	0	5	45	19	0	8	8	1
S'mores Syrup	20	0	0	0	0	0	4	0	4	4	0
Sour Cherry Syrup	25	0	0	0	0	0	4	0	3	3	0
Strawberry Syrup	20	0	0	0	0	0	5	0	4	4	0
Sugar-Free Vanilla Syrup	15	0	0	0	0	0	3	0	0	0	0
Twist Soft Serve	130	4	2.5	0	15	70	21	0	17	13	3
Vanilla Flavor Shot	0	0	0	0	0	10	0	0	0	0	0
Vanilla Soft Serve	180	5	3	0	20	70	27	0	23	17	5
Vanilla Syrup	20	0	0	0	0	0	5	0	2	2	0
Vitamin C Shot	100	0	0	0	0	0	25	0	19	19	0
Watermelon Syrup	20	0	0	0	0	0	5	0	4	4	0
White Cheddar Cheese*	80	7	4.5	0	25	360	2	0	1	0	4
White Chocolate Syrup	20	0	0	0	0	40	5	0	4	4	0
Whole Milk	25	1	0.5	0	5	15	2	0	2	0	1

^Caffeine values are approximate values and are provided only for select menu items.

*Pasteurized Process

Important Information:

The nutrition information in this booklet is derived from testing conducted in accredited laboratories, published resources and/or information provided by CosMc's suppliers. The nutrition information is based on standard product formulations and serving sizes. Calories for fountain beverages are based on standard fill levels plus ice. All nutrition information is based on average values for ingredients from CosMc's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. Sodium levels provided for some beverages are based on the value listed for municipal water in the USDA National Nutrient Database, so the actual amount of sodium in your beverage may be higher or lower depending upon the sodium content of the water where the beverage is dispensed. Some menu items may only be available at participating CosMc's restaurants, and beverage sizes may vary in your market. Nutrient contributions from individual components may not equal the total for the menu item as a whole due to federal rounding regulations. All trademarks used herein are the property of their respective owners, used with permission.

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