Dutch Bros Nutrition Facts

Know what is in your cup before you order. Compare calories, sugar, protein and caffeine across the most popular Dutch Bros drinks and treats.

LOWEST CALORIE **Americano / Cold Brew** 10 to 20 cal, 0 g sugar. Add cream for about 80 cal.	MOST PROTEIN **Protein Lattes** Up to 33 g protein in a hot Medium (39 g in a Large).	MOST CAFFEINE (COFFEE) **9-1-1 Blended Freeze** 440 mg in a Large. Nitro Cold Brew has 295 mg in one size.
LOWEST SUGAR **Zero Sugar Myst / Soda** 0 to 3 g sugar per Medium, plus Zero Sugar Added coffees.	SWEETEST **Shakes and Freezes** Up to 132 g sugar in a Medium shake.	CAFFEINE-FREE FUN **Shakes, Cocoa, Sodas, Smoothies** 0 mg caffeine. Kids sizes are available on many.

Smart swaps at a glance

Same flavor, very different numbers. Size and how the drink is made (iced, hot or blended) change everything.

If you usually order...	Try this instead	What you save
Blended Caramelizer Freeze, Medium (700 cal, 103 g sugar)	Iced Caramel Latte, Medium (290 cal, 38 g sugar)	410 cal and 65 g sugar
Hot Golden Eagle, Medium (570 cal)	Iced Golden Eagle, Medium (460 cal)	110 cal
Iced Mocha, Medium (39 g sugar)	Iced Zero Sugar Added Mocha, Medium (8 g sugar)	31 g sugar
Tropical Soda, Medium (260 cal, 64 g sugar)	Plain or Zero Sugar Myst, Medium (10 cal, 3 g sugar)	250 cal and 61 g sugar

How to read this guide: All drinks are shown as **Medium** unless noted. Small is roughly 30 to 45% fewer calories than Medium and Large is roughly 20 to 30% more, so use the Medium numbers as your baseline. Healthy adults are generally advised to keep caffeine to about 400 mg per day, so check the caffeine column if you order more than one drink.

Source: Dutch Bros Coffee Nutritional Guide. Values are for standard recipes and may vary by location.

Dutch Faves

The signature drinks that started it all. Hot and iced Medium.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
911	Hot Medium	490	25	54	10	290
911	Iced Medium	350	13	50	6	290
Annihilator	Hot Medium	560	39	34	14	96
Annihilator	Iced Medium	420	27	30	10	96
Caramelizer	Hot Medium	520	15	73	15	95
Caramelizer	Iced Medium	400	10	57	11	95
Cocomo	Hot Medium	490	15	73	15	95
Cocomo	Iced Medium	370	10	58	11	95
Double Torture	Hot Medium	430	13	63	14	190
Double Torture	Iced Medium	310	8	47	9	190
Golden Eagle	Hot Medium	570	39	34	14	95
Golden Eagle	Iced Medium	460	27	39	10	95
Kicker	Hot Medium	610	43	40	14	96
Kicker	Iced Medium	420	27	32	10	96
White Chocolate Mocha	Hot Medium	560	19	77	17	95
White Chocolate Mocha	Iced Medium	440	14	62	12	95

Zero Sugar Added Faves

Same favorites made with no added sugar. Note: these use richer bases, so calories can stay high even when sugar is low.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
911 Zero Sugar Added	Iced Medium	210	16	6	7	289
Annihilator Zero Sugar Added	Iced Medium	330	27	9	10	96
Caramelizer Zero Sugar Added	Iced Medium	430	27	9	10	96
Cocomo Zero Sugar Added	Iced Medium	350	24	8	10	96
Double Torture Zero Sugar Added	Iced Medium	290	18	6	8	192
Golden Eagle Zero Sugar Added	Iced Medium	370	24	9	9	96
Kicker Zero Sugar Added	Iced Medium	330	24	9	10	96
Zero Sugar Added Mocha	Iced Medium	410	24	8	11	95

Coffee Classics

Espresso drinks, lattes and mochas. Made with the Dutch Bros Private Reserve espresso blend.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Americano	Iced Medium	10	0	0	1	96
Americano w/ Cream	Iced Medium	80	6	2	3	96
Latte	Hot Medium	260	9	25	18	95
Latte	Iced Medium	190	6	18	13	95
Oat Milk Latte	Iced Medium	230	10	4	6	95
Vanilla Latte	Iced Medium	250	6	36	12	95
Hazelnut Latte	Iced Medium	250	6	35	12	95
Caramel Latte	Iced Medium	290	6	38	12	95
Salted Caramel Latte	Iced Medium	270	6	40	12	95
White Chocolate Latte	Iced Medium	280	6	39	13	95
Mocha	Iced Medium	310	11	39	12	95
Vanilla Mocha	Iced Medium	360	10	55	11	95
Dark Chocolate Mocha	Iced Medium	380	10	58	11	95
Salted Caramel Mocha	Iced Medium	380	10	59	11	95

Cold Brew

Iced Medium. Caffeine varies by size (Small 151, Medium 226, Large 301 mg for plain Cold Brew).

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Cold Brew	Iced Medium	15	0	0	1	226
Nitro Cold Brew	Iced Medium	20	0	0	1	295
Cold Brew w/ Cream	Iced Medium	80	6	2	3	226
Cold Brew w/ Sweet Cream	Iced Medium	140	2.5	20	2	205
Cold Brew w/ Soft Top	Iced Medium	110	8	5	1	188
Hazelnut Cold Brew w/ Cream	Iced Medium	160	6	21	3	170
Vanilla Cold Brew w/ Cream	Iced Medium	190	8	25	1	170
Caramelizer Cold Brew	Iced Medium	190	2	30	3	170
Golden Eagle Cold Brew	Iced Medium	260	6	40	3	170
Campin' Cold Brew	Iced Medium	280	10	40	3	130

Protein Coffee

A good source of protein and high in calcium. Larger sizes have even more protein.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Golden Eagle Protein Latte	Hot Medium	420	8	50	33	95
Golden Eagle Protein Latte	Iced Medium	330	6	44	23	95
Hopscotch Protein Latte	Hot Medium	430	8	49	33	95
Hopscotch Protein Latte	Iced Medium	350	6	43	23	95
Hopscotch Protein Mocha	Hot Medium	430	8	49	33	95
Hopscotch Protein Mocha	Iced Medium	340	6	43	23	95
Hopscotch Zero Sugar Added Protein Latte	Hot Medium	370	10	19	31	95
Hopscotch Zero Sugar Added Protein Latte	Iced Medium	290	8	13	21	95

Myst Energy Refresher

Plant-powered energy with magnesium and vitamin C. Under 100 calories in most Medium flavors.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Plain Myst	Iced Medium	10	0	3	0	95
Peach Myst Zero Sugar	Iced Medium	10	0	3	0	95
Raspberry Myst Zero Sugar	Iced Medium	10	0	3	0	95
Rose City Myst Zero Sugar	Iced Medium	10	0	3	0	95
Strawberry Vanilla Myst Zero Sugar	Iced Medium	10	0	3	0	95
Passion Watermelon Myst	Iced Medium	70	0	18	0	95
OG Gummy Bear Myst	Iced Medium	70	0	18	0	95
Cherry Lime Myst	Iced Medium	80	0	18	0	94
Tropical Myst	Iced Medium	80	0	20	0	95
Firestorm Myst	Iced Medium	80	0	22	0	94
Shark Attack Myst	Iced Medium	160	0	39	0	95

Rebel Energy Drinks

Dutch Bros' own energy drink, customized by you. Sugar-free options are available.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Plain Blended Rebel	Blended Medium	300	0	76	2	120
Aftershock Rebel	Iced Medium	240	0	57	1	114
Double Rainbro Rebel	Iced Medium	240	0	58	1	114
Dragon Slayer Rebel	Iced Medium	330	0	78	1	115
Aftershock Rebel	Blended Medium	410	0	103	2	100
Double Rainbro Rebel	Blended Medium	430	0	106	2	100
Dragon Slayer Rebel	Blended Medium	510	0	128	2	100

Chai

Try it hot or iced. Caffeine is much lower than coffee drinks.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Chai	Iced Medium	230	3.5	41	7	25
Chai	Hot Medium	310	5	55	10	35
White Chocolate Chai	Iced Medium	320	4	61	8	25
Horchata Chai	Iced Medium	320	3.5	59	7	25
Vanilla Chai	Iced Medium	350	7	62	7	25
Golden Eagle Chai	Iced Medium	440	17	63	6	25

Dutch Cocoa

Chocolate milk steamed with your choice of flavor. Caffeine-free.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Not So Hot (Kids)	Hot Kids	330	13	41	11	0
Dutch Cocoa	Hot Medium	530	22	66	18	0
Caramel Cocoa	Hot Medium	600	19	82	17	0
Double Chocolate Cocoa	Hot Medium	580	19	83	17	0
Zero Sugar Added Cocoa	Hot Medium	610	42	14	16	0

Blended Freeze

Blended coffee with your favorite flavor. These are the highest-calorie coffee drinks on the menu.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Mocha Freeze	Blended Medium	660	22	88	19	260
Annihilator	Blended Medium	630	17	94	19	195
Kicker	Blended Medium	630	17	96	19	195
911	Blended Medium	620	16	96	16	345
Double Torture	Blended Medium	630	17	97	17	320
Cocomo	Blended Medium	650	18	97	19	175
Caramelizer	Blended Medium	700	18	103	18	250
Golden Eagle	Blended Medium	700	17	110	17	275
White Chocolate Mocha	Blended Medium	750	22	108	19	250
Campin' Freeze	Blended Medium	800	26	114	19	250

Shakes

A Dutch take on a classic shake. Caffeine-free. Kids sizes run about 250 to 330 calories.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Strawberry Shake	Blended Medium	610	10	114	12	0
Vanilla Shake	Blended Medium	610	10	117	12	0
Cotton Candy / Ninja Shake	Blended Medium	680	11	127	13	0
Chocolate Shake	Blended Medium	680	10	127	12	0
Birthday Cake Shake	Blended Medium	730	14	132	12	0
White Chocolate Shake	Blended Medium	760	15	131	15	0

Sparkling Soda

Sparkling soda water infused with your flavor. Zero Sugar Strawberry Soda has 0 calories.

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Zero Sugar Strawberry Soda	Iced Medium	0	0	0	0	0
Passion Fruit / Strawberry Soda	Iced Medium	240	0	56	0	0
OG Gummy Bear Soda	Iced Medium	240	0	57	0	0
Watermelon Soda	Iced Medium	240	0	59	0	0
Electric Berry Soda	Iced Medium	250	0	62	0	0
Palm Beach Soda	Iced Medium	270	0	62	0	0
Tropical Soda	Iced Medium	260	0	64	0	0
Double Rainbro Soda	Iced Medium	270	0	64	0	0
Blue Raspberry Soda	Iced Medium	270	0	68	0	0
Peach Soda	Iced Medium	300	0	68	0	0

Smoothies

Fruit smoothies, caffeine-free. Strawberry has the most fiber (8 g in a Medium).

Drink	Serving	Calories	Fat (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Strawberry Smoothie	Blended Medium	450	0	104	1	0
Mango Smoothie	Blended Medium	540	1	128	0	0
Green Apple Smoothie	Blended Medium	550	0	126	1	0

Eats N' Sweets

Availability may vary by location. All items contain egg, milk, soy and wheat.

Item	Calories	Fat (g)	Sugar (g)	Protein (g)
Cookie Dough Cake Pop	130	5	16	2
Egg, Bacon & Cheese Sandwich	170	9	2	8
Sausage, Egg & Cheese Sandwich	260	18	2	10
Maple Waffle	300	15	18	4
Banana Bread	330	17	24	4
Blueberry Muffin	410	16	33	5
Chorizo, Egg & Hot Pepper Cheese Wrap	440	27	2	15
Coffee Cake	490	26	34	5
Chocolate Chip Muffin Top	520	23	49	6

Allergen Guide

Ingredients and products containing any of the Big 9 major food allergens, as published by Dutch Bros. For more detail, email feedback@dutchbros.com.

Allergen	Ingredients / Products
Milk (Dairy)	2% Milk, Caramel Sauce, Chocolate Milk, Cookie Butter, Freeze Mix, Frostline Ice Cream, Kick Me Mix, Nonfat Milk, Protein Milk, Pumpkin Pie Sauce, Soft Top, Sugar-Free Caramel Sauce, Sugar-Free White Chocolate Sauce, Sweet Cream, White Chocolate Sauce, Whipped Cream
Soy	Birthday Sprinks, Cookie Butter, Soft Top, Sugar-Free Caramel Sauce, Sugar-Free White Chocolate Sauce
Tree Nuts	Almond Milk, Sugar-Free Hazelnut Syrup
Egg, Milk, Soy & Wheat (food items)	Bacon Egg and Cheese Slider, Banana Bread, Blueberry Muffin, Cookie Dough Cake Pop, Chocolate Chip Muffin Top, Coffee Cake, Chorizo Wrap, Sausage Egg and Cheese Slider, Waffle

Allergen information is based on standard products and supplier data. Ingredients can change without notice, and shared preparation areas, equipment and utensils may cause contact with allergens. Dutch Bros cannot guarantee that any product is free of allergens. If you have a severe allergy, please talk to the staff at your local shop before ordering.

Disclaimer: This guide is for general information only and is compiled from the official Dutch Bros Coffee Nutritional Guide. Nutrition values are for standard recipes and can vary by location, customization and time of year. It is not medical or dietary advice. Dutch Bros and its product names are trademarks of their respective owner.