



NUTRITION GUIDE

CATERING

At SPoT Coffee we take pride in offering you the best cup of coffee to be found along with the highest quality, freshest and tastiest food.

Our catering menu is the perfect fit for all occasions. Our carefully considered selections ensure that everyone will be delighted with our freshly prepared and beautifully arranged platters.

SPoT's custom created catering is guaranteed to please.

Pickup a catering menu from your neighborhood cafe, or download a copy from our website at spotcoffee.com/catering

For ordering and inquiries, please contact catering@spotcoffee.com

LOCATIONS

Buffalo, NY	227 Delaware Ave	(716) 332-2299
Buffalo, NY	765 Elmwood Ave	(716) 332-4564
Buffalo, NY	1406 Hertel Ave	(716) 551-6275
Clarence, NY	5205 Transit Rd	(716) 276-8158
Williamsville, NY	5330 Main St	(716) 565-0200
Rochester, NY	200 East Ave	(585) 613-4600
Saratoga Springs, NY	55 Railroad Pl	(518) 306-5323
Glens Falls, NY	221 Glen St	(518) 223-0192
Orchard Park, NY	6519 East Quaker St	(716) 508-8458
Hamburg, NY	12 Main St	(716) 202-1980
Kenmore, NY	1 Delaware Rd	(716) 424-0262
West Hartford, CT	Blue Back Square	(860) 904 6497
Amherst, NY	4610 Main St	(716) 768-8273

EXPRESS LOCATIONS

Buffalo Waterfront Village	(716) 262-0955
Roswell Park Comprehensive Cancer Centre	Buffalo, NY
West Seneca Community Center	Opening Soon

SPoT Coffee's Nutrition Guide is also available for download at www.spotcoffee.com/menu



HOT DRINKS

	SERVING SIZE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARBOHYDRATE	DIETARY FIBER	SUGARS	PROTEIN
BREWED COFFEE	12 fl.oz.	4	1	0.1g	0.0g	0.0g	0.0mg	7.1mg	0.0g	0.0g	0.0g	0.4g
JAPANESE STYLE ICED COFFEE	16 fl.oz.	5	1	0.1g	0.0g	0.0g	0.0mg	9.5mg	0.0g	0.0g	0.0g	0.6g
CAFE AU LAIT	12 fl.oz.	113	54	6.0g	3.4g	0.0g	18.3mg	81.4mg	8.8g	0.0g	9.2g	5.9g
ICED TEA	16 fl.oz.	2	0	0.0g	0.0g	0.0g	0.0mg	7.1mg	0.7g	0.0g	0.0g	0.0g
CHAI LATTE	12 fl.oz.	112	54	5.9g	3.4g	0.0g	18.3mg	78.7mg	8.8g	0.0g	9.2g	5.8g
HOT CHOCOLATE	12 fl.oz.	268	101	11.2g	6.3g	0.0g	33.8mg	155.8mg	30.0g	1.2g	30.8g	11.1g
ESPRESSO	1.5 fl.oz.	1	1	0.1g	0.0g	0.0g	0.0mg	6.2mg	0.0g	0.0g	0.0g	0.1g
MACCHIATO	2.0 fl.oz.	10	5	0.6g	0.3g	0.0g	1.5mg	12.8mg	0.7g	0.0g	0.8g	0.5g
CORTADO	5.5 fl.oz.	75	36	4.0g	2.3g	0.0g	12.2mg	58.7mg	5.9g	0.0g	6.2g	3.9g
CAPPUCCINO	12 fl.oz.	196	94	10.5g	6.0g	0.0g	32.0mg	143.9mg	15.4g	0.0g	16.2g	10.1g
LATTE	12 fl.oz.	199	94	10.5g	6.0g	0.0g	32.0mg	143.9mg	16.1g	0.0g	16.2g	10.1g
AMERICANO	12 fl.oz.	1	1	0.1g	0.0g	0.0g	0.0mg	15.6mg	0.0g	0.0g	0.0g	0.1g
RED EYE	12 fl.oz.	3	1	0.1g	0.0g	0.0g	0.0mg	10.9mg	0.0g	0.0g	0.0g	0.3g
MOCHA	12 fl.oz.	298	149	16.6g	9.8g	0.0g	52.9mg	129.2mg	27.3g	0.9g	26.3g	9.8g
CARAMEL MACCHIATO	12 fl.oz.	262	86	9.6g	5.6g	0.0g	29.7mg	110.1mg	34.5g	0.0g	31.7g	7.9g
SWEET MATCHA TEA	12 fl.oz.	50	0	0.0g	0.0g	0.0g	0.0mg	0.0mg	12.0g	0.0g	0.0g	0.0g
OTHER RISHI TEAS	12 fl.oz.	0	0	0.0g	0.0g	0.0g	0.0mg	0.0mg	0.0g	0.0g	0.0g	0.0g

BLENDER DRINKS

CINCO SHAKE	24 fl.oz.	427	72	8.0g	5.0g	0.0g	26.9mg	114.9mg	83.2g	0.0g	73.3g	1.2g
MOCHA SHAKE	24 fl.oz.	252	79	8.8g	5.0g	0.0g	26.9mg	59.5mg	39.1g	2.9g	37.5g	2.7g
JAVA SHAKE	24 fl.oz.	313	72	8.0g	5.0g	0.0g	26.9mg	30.4mg	59.4g	0.0g	57.8g	1.2g
PROTEIN POWER SHAKE	24 fl.oz.	638	29	3.3g	1.6g	0.0g	0.0mg	98.4mg	133.7g	3.1g	98.4g	21.3g
SPoT SICLE	24 fl.oz.	407	80	8.9g	5.1g	0.0g	27.5mg	128.7mg	73.2g	0.0g	73.9g	8.6g
SPoT SLUSH	24 fl.oz.	200	0	0.0g	0.0g	0.0g	0.0mg	121.9mg	50.0g	0.0g	50.0g	0.0g
JET TEA SMOOTHIE	20 fl.oz.	403	8	0.9g	0.0g	0.0g	0.0mg	57.1mg	99.8g	0.0g	84.0g	0.0g

SALADS

MESCLUN SALAD	164g	333	175	19.5g	6.2g	0.0g	23.1mg	356.3mg	32.8g	5.9g	21.1g	12.2g
GREEK SALAD	294g	194	194	21.6g	6.3g	0.0g	25.2mg	1715.8mg	21.3g	8.3g	5.3g	8.5g
SPINACH SALAD	204g	134	56	6.2g	4.2g	0.0g	13.0mg	197.0mg	12.5g	3.8g	5.7g	8.0g
QUINOA MEDITERRANEAN SALAD	189g	202	49	5.4g	6.6g	0.0g	0.6mg	571.2mg	30.2g	6.3g	2.9g	9.0g

BREAKFAST

BAGEL (PLAIN)	142g	380	15	1.5g	0.5g	0.0g	0.0mg	830.0mg	77.0g	3.0g	3.0g	15.0g
ENGLISH MUFFIN	57g	134	9	1.0g	0.1g	0.0g	0.0mg	264.5mg	26.0g	1.5g	1.0g	4.4g
MIKE SANDWICH	328g	922	443	49.2g	27.3g	0.5g	414.5mg	342.0mg	81.8g	3.0g	3.4g	37.6g
BREAKFAST WRAP	435g	923	428	47.6g	22.3g	0.5g	1097.2mg	1078.1mg	51.9g	0.5g	1.1g	49.6g
BELGIAN WAFFLE WITH SYRUP	177g	422	176	19.6g	12.0g	0.7g	77.8mg	929.9mg	52.5g	1.4g	7.3g	10.1g
CHEESE OMELET	230g	500	351	39.0g	19.0g	0.0g	830.0mg	450.0mg	0.0g	0.0g	0.0g	30.9g
SPINACH FEAT OMELET	241g	448	309	34.3g	26.2g	0.0g	778.8mg	258.9mg	0.9g	0.0g	0.0g	26.7g
WESTERN OMELET	300g	538	366	40.6g	19.5g	0.0g	766.7mg	790.0mg	4.9g	1.0g	2.7g	33.6g
CALIFORNIA VEGGIE OMELET	366g	537	356	39.5g	19.0g	0.0g	830.0mg	459.2mg	7.1g	2.3g	1.4g	31.9g
EGG WHITE OMELET	224g	317	196	21.8g	13.3g	0.5g	30.5mg	494.1mg	1.3g	0.0g	1.3g	26.9g

LIGHT FARE

OATMEAL	28g	100	18	2.0g	0.5g	0.0g	0.0mg	0.0mg	19.0g	3.0g	0.0g	4.0g
YOGURT PARFAIT	312g	407	143	15.9g	3.6g	0.0g	0.0mg	134.0mg	50.1g	7.4g	16.9g	16.7g
HOUSE MADE GRANOLA	170g	817	409	45.6g	9.1g	0.1g	0.0mg	11.5mg	88.6g	12.0g	38.4g	18.9g
HUMMUS PLATE	422g	754	185	20.5g	2.8g	0.0g	0.0mg	1547.0mg	119.4g	9.1g	5.3g	23.0g
B.L.T.	312g	855	417	46.3g	9.4g	0.0g	32.4mg	280.1mg	80.4g	4.1g	5.2g	24.9g
PIZZA BAGEL	223g	677	251	27.9g	4.3g	0.0g	18.1mg	400.3mg	90.9g	3.0g	3.3g	22.8g

PANINIS

SPoT'S PESTO CHICKEN	350g	1078	640	71.1g	12.9g	0.0g	79.2mg	1365.6mg	69.8g	2.7g	0.3g	41.8g
ROASTED TURKEY	296g	679	511	56.8g	15.9g	0.7g	141.7mg	1389.5mg	6.4g	1.1g	2.4g	34.1g
SPICY TUNA	275g	919	558	62.0g	11.9g	0.0g	37.9mg	1719.5mg	69.5g	3.5g	6.1g	17.4g
SMOKED PASTRAMI	398g	539	132	14.7g	3.3g	0.0g	43.5mg	2626.0mg	72.3g	3.8g	2.5g	26.5g
GRILLED CHEESE	260g	901	519	57.7g	17.7g	0.1g	15.0mg	1467.4mg	67.3g	2.7g	0.5g	25.8g
GARDEN VEGGIE BURGER	478g	727	178	19.8g	2.5g	0.0g	0.0mg	2316.9mg	96.4g	16.4g	6.5g	30.4g

WRAPS

CHICKEN FETA WRAP	219g	283	161	17.8g	251.5g	0.0g	78.0mg	314.0mg	7.5g	1.6g	2.3g	22.7g
CAJUN TURKEY WRAP	253g	658	481	53.5g	15.3g	0.0g	114.0mg	1701.4mg	6.9g	1.7g	4.5g	30.0g
HUMMUS WRAP	398g	640	213	23.7g	3.7g	0.0g	82.4mg	2021.6mg	117.6g	4.0g	3.0g	46.4g
SPICY TUNA WRAP	205g	770	686	76.2g	17.4g	0.1g	50.0mg	2056.1mg	5.3g	1.7g	12.0g	11.8g
QUESADILLA	392g	806	283	31.5g	17.2g	1.0g	89.6mg	1556.8mg	85.4g	8.0g	5.0g	37.9g
QUESADILLA WITH CHICKEN	467g	894	299	33.2g	17.2g	1.0g	142.6mg	1592.1mg	85.4g	8.0g	5.0g	54.7g

PIZZA

MARGHERITA	400g	824	184	20.8g	11.2g	0.8g	60.8mg	1812.8mg	116.8g	6.4g	8.0g	40.0g
NEW YORKER	464g	912	248	28.0g	13.6g	0.0g	84.8mg	2183.2mg	112.8g	7.2g	7.2g	47.2g
MEDITERRANO	464g	1208	576	64.0g	19.2g	0.0g	82.4mg	2021.6mg	117.6g	4.0g	3.0g	46.4g
HOT CALABRESE	464g	1080	384	43.2g	16.0g	0.8g	82.4mg	3672.8mg	126.4g	10.4g	8.0g	47.2g
FUNGHI	408g	992	408	45.6g	9.6g	0.0g	60.0mg	1587.2mg	105.6g	4.8g	3.2g	40.8g
POLLO & PESTO	336g	1184	424	47.2g	14.4g	0.8g	87.2mg	1009.6mg	24.0g	10.4g	5.6g	36.0g

ADD ONS

	SERVING SIZE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARBOHYDRATE	DIETARY FIBER	SUGARS	PROTEIN
BACON (2 SLICES)	10g	45	30	3.5g	1.5g	0.0g	10.0mg	125.0mg	0.0g	0.0g	0.0g	3.0g
SMOKED SALMON	57g	90	35	4.0g	1.0g	0.0g	4.9mg	680.0mg	0.0g	0.0g	0.0g	13.0g
CHICKEN	75g	88	16	1.8g	0.0g	0.0g	53.0mg	35.3mg	0.0g	0.0g	0.0g	16.8g
TURKEY	31g	33	5	0.6g	0.0g	0.0g	16.7mg	23.9mg	0.6g	0.0g	0.0g	6.1g
AVACADO	57g	91	75	8.3g	1.2g	0.0g	16.7mg	4.0mg	4.8g	3.8g	0.4g	1.1g
PEPPERS	57g	7	3	0.1g	0.0g	0.0g	0.0mg	1.1mg	1.7g	0.6g	0.9g	0.3g
ONIONS	32g	13	0	0.1g	0.0g	0.0g	0.0mg	1.3mg	3.1g	0.5g	1.3g	0.3g
MUSHROOMS	24g	7	1	0.1g	0.0g	0.0g	0.0mg	0.5mg	1.3g	0.5g	0.5g	0.5g
SPINACH	31g	7	1	0.1g	0.0g	0.0g	0.0mg	21.8mg	1.1g	0.7g	0.1g	0.9g
TOMATOES	57g	10	1	0.1g	0.0g	0.0g	0.0mg	2.8mg	2.2g	0.7g	1.4g	0.5g
BERRY TOPPING	147g	220	54	6.0g	3.5g	0.0g	18.2mg	29.7mg	41.2g	2.9g	30.7g	2.2g
FRUIT TOPPING	127g	53	2	0.2g	0.0g	0.0g	0.0mg	84.3mg	13.6g	1.0g	11.3g	0.8g
MAPLE SYRUP	57g	147	0	0.0g	0.0g	0.0g	0.0mg	6.8mg	38.0g	0.0g	34.3g	0.0g
CREAM CHEESE (PLAIN)	60g	180	162	18.0g	12.0g	0.0g	48.0mg	240.0mg	4.0g	0.0g	0.0g	1.0g
CREAM CHEESE (VEGGIE)	60g	180	160	18.0g	12.0g	0.0g	50.0mg	310.0mg	4.0g	0.0g	2.0g	2.0g
NUTELLA	37g	200	110	12.0g	4.0g	0.0g	0.0mg	15.0mg	21.0g	1.0g	21.0g	2.0g
GREEK DRESSING	30g	90	81	17.7g								