

Nordstrom restaurants are committed to offering a superior dining experience. Our menus feature fresh, local ingredients to create made from scratch dishes, which vary by restaurant type, season and region. The following is an informative nutritional guide of each menu item for your health and lifestyle.

Beverages in this pamphlet reflect nutrition information without whipped cream. Please see nutrition data located under EXTRAS for additional information.

The Dietary Guidelines for Americans recommend limiting saturated fat to 10 percent and sodium to less than 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Nutritional information for our beverages is calculated based on Nordstrom Specialty Coffee standard recipes. Due to the handcrafted nature of our beverages, nutrient values may vary from what is listed here.

Soy and milk products may vary from location to location and may differ from the nutrient values listed here.

Nutritional analysis Prepared by: Nutrition + Culinary Consultants and Nutribase 7 software from CyberSoft, Inc.

NORDSTROM

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	CALORIES	CALORIES FROM FAT (G)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	SUGARS (G)	FIBER (G)	PROTEIN (G)
ICE STORM® Made with Non-Fat Milk (Without Whipped Cream)											
Caramel Ice Storm®											
Tall	410	95	11	8	0	7	360	70	41	2	11
Grande	560	135	15	10	0	9	470	94	56	2	13
Enorme	710	170	19	13	0	11	590	120	71	3	16
Chai Ice Storm®											
Tall	460	70	8	8	0	2	265	83	74	0	11
Grande	610	100	11	10	0	3	340	110	99	0	13
Enorme	760	125	13	13	0	4	425	139	124	0	16
Chocolate Malted Ice Storm®											
Tall	360	40	5	3	0	7	280	71	43	0	9
Grande	530	65	7	5	0	11	405	105	64	1	12
Enorme	700	85	9	7	0	14	535	140	84	1	16
Cookies and Cream Ice Storm®											
Tall	570	160	18	7	0	7	650	93	50	2	12
Grande	800	230	26	10	0	9	905	129	70	3	16
Enorme	1030	300	34	12	0	11	1160	166	89	4	20
Cookies and Cream Mocha Ice Storm®											
Tall	610	175	20	10	0	6	595	101	60	4	12
Grande	870	250	29	14	0	9	835	143	85	5	15
Enorme	1130	325	37	17	0	11	1075	185	110	7	19
Extreme Ice Storm®											
Tall	270	70	8	8	0	7	285	43	25	2	8
Grande	360	90	10	10	0	9	370	57	33	2	11
Enorme	440	115	13	13	0	11	460	71	41	3	13
Ice Storm®											
Tall	290	65	8	8	0	7	315	47	29	2	11
Grande	380	85	10	10	0	9	405	61	37	2	13
Enorme	460	110	13	13	0	11	495	76	45	3	16
Mexican Mocha Ice Storm®											
Tall	460	100	10	10	0	4	160	77	55	1	7
Grande	570	125	13	13	0	5	205	95	67	1	8
Enorme	750	165	17	17	0	6	255	125	88	1	10
Mint Chocolate Chip Ice Storm®											
Tall	540	125	14	9	0	6	340	96	70	2	10
Grande	720	180	21	14	0	8	450	127	92	3	13
Enorme	930	235	27	18	0	10	555	164	120	3	16
Mocha Banana Ice Storm®											
Tall	420	70	8	8	0	6	295	81	50	4	10
Grande	570	90	10	10	0	8	390	110	68	5	13
Enorme	710	115	13	13	0	10	485	140	86	7	16
Mocha Chip Ice Storm®											
Tall	490	145	16	12	0	12	360	78	56	2	10

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Grande	690	205	23	17	0	17	490	110	79	3	13
Enorme	890	265	30	22	0	22	615	142	103	4	16
Mocha Ice Storm®											
Tall	350	65	8	8	0	7	310	63	41	2	10
Grande	480	90	10	10	0	9	405	86	56	3	13
Enorme	600	110	13	13	0	11	500	109	71	3	15
Orange Cream Ice Storm®											
Tall	390	70	8	6	0	10	335	73	45	0	7
Grande	530	105	12	8	0	17	450	97	60	0	9
Enorme	670	140	16	11	0	24	570	122	75	0	12
Strawberry Banana Ice Storm®											
Tall	440	60	7	5	0	6	355	88	52	4	10
Grande	590	80	9	6	0	8	475	120	72	5	13
Enorme	750	100	11	8	0	10	600	151	91	7	16
Strawberry Vanilla Ice Storm®											
Tall	370	65	7	5	0	6	365	69	44	1	9
Grande	530	85	9	6	0	8	490	100	61	2	12
Enorme	700	110	12	8	0	10	630	133	82	3	15
Vanilla Ice Storm®											
Tall	370	60	7	5	0	7	390	69	43	0	10
Grande	510	80	9	6	0	9	520	95	59	0	13
Enorme	660	105	12	8	0	11	660	123	77	0	16

SMOOTHIES

Cherry Passion Smoothie	210	5	1	0	0	0	15	53	46	5	2
Double Berry Smoothie	400	0	0	0	0	0	35	97	86	8	2
Lemon Blueberry Blitz Smoothie	410	10	1	0	0	0	30	107	96	6	1
Lemon Peach Smoothie	380	5	0	0	0	0	30	98	90	4	2
Mango Chill Smoothie	400	10	1	0	0	0	20	107	94	5	3
Orange Blast Smoothie	540	160	18	11	0	56	95	91	76	4	7
Raspberry Revolution Smoothie	370	10	1	0	0	0	15	91	73	12	2
Strawberry Banana Smoothie	420	5	1	0	0	0	25	104	86	6	2
Strawberry Blast Smoothie	440	5	0	0	0	0	25	112	105	3	1
Tropical Pomegranate Smoothie	420	5	0	0	0	0	25	116	100	4	2

COLD BEVERAGES (Without Whipped Cream)

Apple Juice											
Tall	240	5	1	0	0	0	15	59	54	1	0
Grande	300	5	1	0	0	0	20	74	68	1	0
Enorme	360	5	1	0	0	0	25	89	81	1	0
Cranberry Juice											
Tall	270	5	1	0	0	0	10	68	60	0	0
Grande	340	5	1	0	0	0	15	85	75	0	0
Enorme	410	5	1	0	0	0	15	103	90	0	0

Iced Caramel Macchiato

Tall	Non-Fat Milk	140	5	1	0	0	3	130	26	24	0	7
	Soy	160	40	4	0	0	0	125	22	18	1	6
	2% Milk	180	45	5	3	0	17	110	25	24	0	7
Grande	Non-Fat Milk	170	10	1	0	0	4	150	33	30	0	8
	Soy	190	45	5	1	0	0	145	28	24	1	7
	2% Milk	220	55	6	3	0	20	125	31	30	0	8
Enorme	Non-Fat Milk	210	10	1	0	0	4	170	39	36	0	9
	Soy	230	50	5	1	0	0	165	33	29	1	8
	2% Milk	250	60	6	4	0	22	145	37	37	0	9

Iced Latte

Tall	Non-Fat Milk	80	0	0	0	0	4	130	13	12	0	8
	Soy	100	40	4	1	0	0	125	8	6	1	7
	2% Milk	120	45	5	3	0	20	105	11	12	0	8
Grande	Non-Fat Milk	100	0	0	0	0	4	165	16	15	0	10
	Soy	130	50	5	1	0	0	160	10	8	1	9
	2% Milk	150	55	6	4	0	24	135	14	15	0	10
Enorme	Non-Fat Milk	120	0	0	0	0	5	200	20	18	0	12
	Soy	150	60	6	1	0	0	195	12	9	2	11
	2% Milk	180	65	7	5	0	29	165	17	19	0	12

Iced Mocha

Tall	Non-Fat Milk	180	0	0	0	0	3	130	38	31	1	8
	Soy	200	35	4	0	0	0	125	33	26	1	7
	2% Milk	220	40	4	3	0	17	110	36	32	1	8
Grande	Non-Fat Milk	240	0	0	0	0	4	170	50	41	1	10
	Soy	260	45	5	1	0	0	165	44	34	2	9
	2% Milk	280	50	6	4	0	22	145	48	42	1	10
Enorme	Non-Fat Milk	290	0	0	0	0	5	210	61	51	1	12
	Soy	320	50	6	1	0	0	205	55	43	2	11
	2% Milk	350	60	7	4	0	27	175	59	52	1	12

Iced Tea (Ginger Peach)

Tall	0	0	0	0	0	0	0	0	0	0	0	0
Grande	0	0	0	0	0	0	0	0	0	0	0	0
Enorme	0	0	0	0	0	0	0	0	0	0	0	0

Italian Soda

Tall	180	0	0	0	0	0	75	46	46	0	0
Grande	230	0	0	0	0	0	95	58	58	0	0
Enorme	270	0	0	0	0	0	105	69	69	0	0

Italian Soda with Cream

Tall	200	15	2	1	0	6	80	47	46	0	0
Grande	250	25	3	2	0						

