



Premium Matcha Café Maiko Nutrition Information  
April 2023

Nutrition information is calculated based on our standard recipes.  
Our products may be customized. Therefore, exact information may vary.

Shaved Ice	Calories		Nutrients												
	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Matcha Shaved Ice	640	80	9	5		0	2.5	30	120	290	126	3	101	91	14
Swirl Shaved Ice	640	90	10	6		0	2.5	35	120	290	124	3	100	90	13
Uji Kintoki Shaved Ice	430	20	2.0	1.0		0	0	5	45	75	97	2	74	73	8
Vanilla Shaved Ice	630	100	11	6		0	3.0	40	120	290	122	3	99	89	13

**Soft Serve**

	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Polyunsaturated Fat (g)</b>	<b>Monounsaturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Added Sugars (g)</b>	<b>Protein (g)</b>
Hojicha Soft Serve - Cone	310	90	10	6		0	2.5	30	125	300	48		40	30	8
Hojicha Soft Serve - Cup	260	80	9	5		0	2.5	30	100	290	38		36	26	7
Matcha Soft Serve - Cone	320	90	10	6		0	2.5	30	120	300	50		42	32	8
Matcha Soft Serve - Cup	270	80	9	5		0	2.5	30	95	290	40		37	28	8
Strawberry Soft Serve - Cone	340	80	9	5		0	2.0	30	115	270	60		53	43	7
Strawberry Soft Serve - Cup	290	70	8	5.0		0	2.0	30	90	260	50		48	38	6
Swirl Soft Serve - Cone	320	100	11	6		0	2.5	35	120	300	48		41	31	8
Swirl Soft Serve - Cup	260	90	10	6		0	2.5	35	95	290	38		36	26	7
Ube Soft Serve - Cone	300	90	11	6		0	2.5	35	150	300	45		39	28	7
Ube Soft Serve - Cup	250	80	9	6		0	2.5	35	125	290	35		34	23	7
Vanilla Soft Serve - Cone	310	100	12	7		0	3.0	40	125	300	46		40	30	7
Vanilla Soft Serve - Cup	260	90	11	6		0	3.0	40	100	290	36		35	25	7

## Parfaits

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Maiko Special Matcha Parfait	610	130	14	8		1.0	4.0	95	260	390	106	3	75	62	15
Maiko Special Swirl Parfait	610	130	15	8		1.0	4.0	95	260	390	106	3	75	61	15
Maiko Special Vanilla Parfait	610	130	15	8		1.0	4.0	95	260	390	105	3	75	61	15

Tea	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Hojicha Tea (Hot) - Large	110	0	0						15	25	26		21	21	2
Hojicha Tea (Hot) - Medium	90	0	0						15	25	22		18	17	2
Hojicha Tea (Iced) - Large	110	0	0						20	30	26		21	21	2
Hojicha Tea (Iced) - Medium	90	0	0						15	25	22		18	17	2
Matcha Lemon Tea (Iced) - Large	150	0	0						20	60	38		32	32	2
Matcha Lemon Tea (Iced) - Medium	130	0	0						20	55	31		26	26	2
Matcha Tea (Hot) - Large	150	0	0						20	25	35		32	32	2
Matcha Tea (Hot) - Medium	120	0	0						15	20	29		26	26	2
Matcha Tea (Iced) - Large	150	0	0						20	30	35		32	32	2
Matcha Tea (Iced) - Medium	120	0	0						15	25	29		26	26	2
Pure Matcha Tea (Hot) - Large	15	0	0						10	0	2				1
Pure Matcha Tea (Hot) - Medium	10	0	0						10	0	2				1
Pure Matcha Tea (Iced) - Large	15	0	0						15	0	2				1
Pure Matcha Tea (Iced) - Medium	10	0	0						10	0	2				1

**Lattes**

	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Polyunsaturated Fat (g)</b>	<b>Monounsaturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Added Sugars (g)</b>	<b>Protein (g)</b>
Hojicha Latte - Large	300	90	10	6		0.5	2.5	30	140	440	40		37	20	12
Hojicha Latte - Medium	260	80	9	5.0		0.5	2.0	25	120	370	34		31	17	10
Hojicha Oat Milk Latte - Large	240	60	6	0.5					135	470	40		28	27	5
Hojicha Oat Milk Latte - Medium	210	50	6	0.5					120	400	35		24	24	4
Matcha Latte - Large	320	90	10	6		0.5	2.5	30	140	430	47		45	28	12
Matcha Latte - Medium	260	70	8	4.5		0	2.0	25	115	350	38		36	23	10
Matcha Oat Milk Latte - Large	270	60	6	0.5					140	470	48		37	36	5
Matcha Oat Milk Latte - Medium	230	50	5	0.5					120	400	41		32	31	4

## Frappes

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Hojicha Frappe - Large	380	60	7	4.5	0	1.5	15	100	240	73			67	57	8
Hojicha Frappe - Medium	310	50	6	3.5	0	1.0	15	80	200	58			53	46	6
Matcha Frappe - Large	430	70	8	5.0	0	1.5	15	105	250	83			77	67	9
Matcha Frappe - Medium	360	60	6	4.0	0	1.0	15	85	200	69			64	56	7
Yuzu Frappe - Large	530	70	8	6	0	1.5	20	280	340	108			107	89	8
Yuzu Frappe - Medium	420	60	6	4.5	0	1.0	15	220	270	84			83	70	6

## Latte Floats

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Hojicha Latte Float with Hojicha - Large	530	160	18	10		1.0	4.5	60	230	690	74		68	42	18
Hojicha Latte Float with Hojicha - Medium	480	150	17	10		1.0	4.0	55	210	620	68		62	39	17
Hojicha Latte Float with Matcha - Large	530	160	18	10		1.0	4.5	60	230	680	75		69	43	19
Hojicha Latte Float with Matcha - Medium	490	150	17	10		1.0	4.0	55	200	620	69		64	40	17
Hojicha Latte Float with Swirl - Large	530	170	19	11		1.0	5.0	60	230	690	73		68	42	18
Hojicha Latte Float with Swirl - Medium	480	150	17	10		1.0	4.5	55	210	620	67		63	40	16
Hojicha Latte Float with Vanilla - Large	530	170	20	11		1.0	5	65	230	690	71		67	41	18
Hojicha Latte Float with Vanilla - Medium	480	160	18	10		1.0	4.5	60	210	630	65		62	39	16
Matcha Latte Float with Hojicha - Large	550	160	18	10		1.0	4.5	60	230	680	80		76	50	18
Matcha Latte Float with Hojicha - Medium	490	140	16	9		1.0	4.0	50	200	600	71		67	45	16
Matcha Latte Float with Matcha - Large	560	160	18	10		1.0	4.5	60	220	680	82		77	52	19
Matcha Latte Float with Matcha - Medium	490	140	16	9		1.0	4.0	50	200	600	73		69	46	16
Matcha Latte Float with Swirl - Large	550	170	19	11		1.0	5.0	60	230	680	80		76	51	18
Matcha Latte Float with Swirl - Medium	490	150	17	10		1.0	4.5	55	200	600	71		68	46	16
Matcha Latte Float with Vanilla - Large	550	170	19	11		1.0	5.0	65	230	690	78		75	50	18
Matcha Latte Float with Vanilla - Medium	490	150	17	10		1.0	4.5	60	200	600	69		67	45	15

Tea Floats	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Hojicha Tea Float with Hojicha - Large	340	70	8	4.5		0	2.0	30	100	280	59		52	43	8
Hojicha Tea Float with Hojicha - Medium	320	70	8	4.5		0	2.0	30	100	270	55		49	40	8
Hojicha Tea Float with Matcha - Large	340	70	8	4.5		0	2.0	25	100	270	61		54	44	9
Hojicha Tea Float with Matcha - Medium	330	70	8	4.5		0	2.0	25	100	270	57		50	41	8
Hojicha Tea Float with Swirl - Large	340	80	9	5		0	2.5	30	100	280	59		53	43	8
Hojicha Tea Float with Swirl - Medium	320	80	9	5		0	2.5	30	100	270	55		49	40	8
Hojicha Tea Float with Vanilla - Large	340	80	9	6		0	2.5	35	105	280	57		52	42	8
Hojicha Tea Float with Vanilla - Medium	320	80	9	5		0	2.5	35	100	280	53		49	39	7
Matcha Lemon Float with Matcha - Large	380	70	8	4.5		0	2.0	25	100	310	72	1	65	55	9
Matcha Lemon Float with Matcha - Medium	360	70	8	4.5		0	2.0	25	100	300	66	1	59	49	9
Matcha Lemon Float with Swirl - Large	380	80	9	5		0	2.5	30	105	310	70	1	64	54	9
Matcha Lemon Float with Swirl - Medium	350	80	9	5		0	2.5	30	100	300	64	1	58	49	8
Matcha Lemon Float with Vanilla - Large	380	80	9	6		0	2.5	35	105	310	69	1	63	53	8
Matcha Lemon Float with Vanilla - Medium	350	80	9	6		0	2.5	35	100	310	62	1	57	48	8
Matcha Tea Float with Hojicha - Large	370	70	8	4.5		0	2.0	30	100	280	69		63	54	8
Matcha Tea Float with Hojicha - Medium	350	70	8	4.5		0	2.0	30	100	270	62		57	48	8
Matcha Tea Float with Matcha - Large	380	70	8	4.5		0	2.0	25	100	270	70		65	55	9
Matcha Tea Float with Matcha - Medium	350	70	8	4.5		0	2.0	25	100	270	63		59	49	8
Matcha Tea Float with Swirl - Large	380	80	9	5		0	2.5	30	100	280	68		64	54	8
Matcha Tea Float with Swirl - Medium	350	80	9	5		0	2.5	30	100	270	62		58	49	8
Matcha Tea Float with Vanilla - Large	370	80	9	6		0	2.5	35	105	280	66		63	53	8
Matcha Tea Float with Vanilla - Medium	350	80	9	5		0	2.5	35	100	280	60		57	48	7



Disclaimer Language for Posted **Nutritional** Information:

The nutritional information seen here was prepared by MenuTrinfo<sup>®</sup>, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

