



Premium Matcha Café Maiko Nutrition Information
July 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

	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 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
Kokuto Soft Serve - Cone	310	90	10	6		0	2.5	30	125	320	48		42	32	7
Kokuto Soft Serve - Cup	250	80	9	5		0	2.5	30	100	310	38		37	27	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

	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 - 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	210	60	7	0.5					135	460	32		21	21	4
Hojicha Oat Milk Latte - Medium	180	50	6	0.5					115	390	28		18	18	3
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	220	60	7	0.5					135	470	34		24	24	4
Matcha Oat Milk Latte - Medium	190	50	6	0.5					120	400	29		21	21	3

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	370	110	13	8		0.5	3.5	45	160	470	53		49	32	12
Hojicha Latte Float with Hojicha - Medium	340	110	12	7		0.5	3.0	40	150	430	49		46	30	11
Hojicha Latte Float with Matcha - Large	380	110	13	7		0.5	3.5	40	160	470	55		50	33	13
Hojicha Latte Float with Matcha - Medium	350	100	12	7		0.5	3.0	40	150	420	51		47	32	11
Hojicha Latte Float with Swirl - Large	380	120	14	8		0.5	3.5	45	160	470	53		50	33	12
Hojicha Latte Float with Swirl - Medium	350	110	13	7		0.5	3.5	40	150	430	49		46	31	11
Hojicha Latte Float with Vanilla - Large	370	130	14	8		0.5	3.5	50	160	470	51		49	32	12
Hojicha Latte Float with Vanilla - Medium	350	120	13	8		0.5	3.5	45	150	430	47		45	30	10
Matcha Latte Float with Hojicha - Large	400	120	13	8		0.5	3.5	45	170	480	58		55	37	13
Matcha Latte Float with Hojicha - Medium	360	110	12	7		0.5	3.0	40	150	440	53		50	34	12
Matcha Latte Float with Matcha - Large	400	120	13	8		0.5	3.5	45	160	480	59		56	39	13
Matcha Latte Float with Matcha - Medium	370	110	12	7		0.5	3.0	40	150	430	55		52	36	12
Matcha Latte Float with Swirl - Large	400	120	14	8		0.5	3.5	45	170	480	58		55	38	13
Matcha Latte Float with Swirl - Medium	370	110	13	7		0.5	3.5	45	150	440	53		51	35	11
Matcha Latte Float with Vanilla - Large	400	130	15	9		0.5	4.0	50	170	480	56		54	37	12
Matcha Latte Float with Vanilla - Medium	370	120	14	8		0.5	3.5	45	150	440	51		50	34	11

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	290	70	8	4.5		0	2.0	25	100	270	48		43	34	7
Hojicha Tea Float with Hojicha - Medium	270	70	8	4.5		0	2.0	25	100	270	45		40	31	7
Hojicha Tea Float with Matcha - Large	290	70	8	4.5		0	2.0	25	100	260	49		44	35	8
Hojicha Tea Float with Matcha - Medium	280	70	8	4.5		0	2.0	25	95	260	46		42	33	8
Hojicha Tea Float with Swirl - Large	290	80	9	5		0	2.5	30	100	270	47		43	34	7
Hojicha Tea Float with Swirl - Medium	280	80	9	5		0	2.5	30	100	260	44		41	32	7
Hojicha Tea Float with Vanilla - Large	290	80	9	5		0	2.5	35	100	270	45		42	33	7
Hojicha Tea Float with Vanilla - Medium	270	80	9	5		0	2.5	35	100	270	42		40	31	7
Matcha Lemon Float with Matcha - Large	310	70	8	4.5		0	2.0	25	100	300	56	1	50	41	8
Matcha Lemon Float with Matcha - Medium	300	70	8	4.5		0	2.0	25	95	290	53	1	47	38	8
Matcha Lemon Float with Swirl - Large	310	80	9	5		0	2.5	30	100	300	54	1	49	40	8
Matcha Lemon Float with Swirl - Medium	300	80	9	5		0	2.5	30	100	290	51	1	46	37	7
Matcha Lemon Float with Vanilla - Large	310	80	9	6		0	2.5	35	105	300	52	1	48	39	7
Matcha Lemon Float with Vanilla - Medium	300	80	9	6		0	2.5	35	100	300	49	1	45	36	7
Matcha Tea Float with Hojicha - Large	300	70	8	4.5		0	2.0	25	100	270	52		48	39	7
Matcha Tea Float with Hojicha - Medium	290	70	8	4.5		0	2.0	25	100	270	49		45	36	7
Matcha Tea Float with Matcha - Large	310	70	8	4.5		0	2.0	25	100	260	54		50	41	8
Matcha Tea Float with Matcha - Medium	300	70	8	4.5		0	2.0	25	95	260	50		47	38	8
Matcha Tea Float with Swirl - Large	310	80	9	5		0	2.5	30	100	270	52		49	40	7
Matcha Tea Float with Swirl - Medium	290	80	8	5		0	2.5	30	100	260	48		46	37	7
Matcha Tea Float with Vanilla - Large	310	80	9	5		0	2.5	35	100	270	50		48	39	7
Matcha Tea Float with Vanilla - Medium	290	80	9	5		0	2.5	35	100	270	47		45	36	7

The nutritional information seen here was prepared by MenuTrinfo[®], 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.

