

7 Brew Calories & Nutrition Facts

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This PDF explains how calories, sugar, and caffeine work at 7 Brew Coffee. Because every drink is customized, nutrition values depend on size, milk choice, sweetness level, syrups, and toppings.

How Nutrition Works at 7 Brew

7 Brew does not publish one universal nutrition chart. Instead, official calorie ranges are provided by category. Customization plays the biggest role in final nutrition values.

Official Menu Category Calorie Ranges

Category	Official Calorie Range
7 Originals	260 – 860 calories
Classics (Coffee & Espresso)	10 – 660 calories
Matcha, Chai & Tea	0 – 510 calories
7 Brew Energy	Varies by syrups and size
7 Fizz	0 – 435 calories
Smoothies	163 – 1,110 calories
Shakes	250 – 950 calories

Milk Options & Calorie Impact

Milk Type	Calorie Impact
Whole Milk	Highest
2% Milk	Medium
Almond Milk	Lowest
Oat Milk	Medium–High
Coconut Milk	Medium

Lowest-Calorie Ordering Tips

Choose sugar-free syrups, order half sweet, switch to almond milk, avoid whipped cream or cold foam, and choose cold brew or unsweetened tea as your base.

