



The
PTI BUZZ
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Quick Links

- [Franchising](#)
- [About Us](#)
- [Locations](#)

Chai? What exactly is it and is it healthy for you?



Chai (rhymes with tie), is a traditional drink from Asia and has many variations, but always contains tea, milk and spices and is usually sweet. How it is prepared determines how good it is for you.

Chai Tea Latte w. 2% Milk 260 cal- grand size, 16oz

Chai Tea Latte w. Nonfat Milk 210 cal- grand size, 16oz

Chai Tea Latte w. Nonfat Milk 210 cal- grand size, 16oz

Chai Tea Latte w. Whole Milk 320 cal- grand size, 16oz

Iced Tazo Chai w. Whole Milk 320 cal- grand size, 16oz

Tazo Chai Frappucino Blended Crème-640 cal- grand size, 24oz

Mowing the grass for 15 minutes will burn 100 calories using a traditional push lawn mower.

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