

Nutrition Guide

The information below was last updated on 08-05-2025. Information can change frequently, so check www.DunkinDonuts.com for the most current information. Before placing your order, please inform your server if a person in your party has a food allergy or intolerance. Trans Fat quantities displayed in this guide represent naturally occurring trans fats. All of our products contain zero grams of artificial trans fat.

Limited Time Products

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Cold Brew Coffee																
Pumpkin Cold Brew with Sweet Cold Foam - Large	Large	350	5	3	0	20	160	68	0	67	58	6	0	485	217	0
Pumpkin Cold Brew with Sweet Cold Foam - Medium	Medium	240	3	2	0	10	115	48	0	47	41	4	0	350	153	0
Pumpkin Cold Brew with Sweet Cold Foam - Small	Small	190	3	2	0	10	80	36	0	35	31	3	0	252	115	0
Vanilla Creme Cold Brew - Large	Large	280	5	3	0	15	45	55	0	54	52	2	0	339	92	0
Vanilla Creme Cold Brew - Medium	Medium	190	3	2	0	10	30	38	0	38	36	2	0	240	59	0
Vanilla Creme Cold Brew - Small	Small	150	3	2	0	10	25	29	0	29	27	1	0	179	53	0
Coolatta																
Cereal N' Milk Coolatta - Large	Large	890	7	4	0	25	460	194	0	187	168	11	0	548	430	0
Cereal N' Milk Coolatta - Medium	Medium	670	5	3	0	15	340	145	0	140	126	8	0	411	322	0
Cereal N' Milk Coolatta - Small	Small	440	3.5	2	0	10	230	97	0	93	84	6	0	274	215	0
Croissant Stuffers																
Ham & Cheese Croissant Stuffer	1 Croissant	330	17	10	0	60	580	30	2	6	4	14	1	176	209	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Donuts																
Chocolate Frosted with Halloween Sprinkles Donut	1 Donut	270	12	5	0	0	290	36	1	15	14	5	0	82	13	2
Pumpkin Donut	1 Donut	380	22	11	0	25	360	41	1	20	20	3	0	81	18	1
Spider Donut	1 Donut	320	14	6	0	0	360	44	1	19	17	5	0	93	19	2
Strawberry Frosted with Halloween Sprinkles Donut	1 Donut	270	12	5	0	0	280	37	1	16	15	4	0	65	12	2
Vanilla Frosted with Halloween Sprinkles Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	65	12	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Donuts - Regional																
#ALLCAPS Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	59	12	2
Birdland Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	63	12	2
Bulls Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	59	12	2
Buttermilk Donut	1 Donut	330	17	7	0	25	390	41	1	20	20	3	0	63	23	2
Chocolate Frosted with Chocolate Sprinkles Donut	1 Donut	270	12	5	0	0	290	36	1	15	14	5	0	85	13	2
Cleveland Guardians Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
Dodgers Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	58	12	2
Fenway Faithful Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
Go Hornets Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	58	12	2
Guava Donut	1 Donut	240	10	4	0	0	280	32	1	12	11	4	1	72	12	2
Inter Miami Donut	1 Donut	270	11	4.5	0	0	280	37	1	17	16	4	0	59	12	2
Jaguars Hall of Fame Donut	1 Donut	270	12	5	0	0	280	37	1	15	14	4	0	68	12	2
Orioles Magic Donut	1 Donut	350	15	6	0	0	300	47	1	27	27	4	1	69	12	2
Padres Donut	1 Donut	270	12	5	0	0	290	36	1	15	14	4	0	75	13	2
Pittsburgh Crème Donut	1 Donut	350	16	7	0	0	310	47	1	26	25	5	1	81	13	2
Pittsburgh Penguins Donut	1 Donut	270	12	5	0	0	290	36	1	15	14	4	0	75	13	2
Poe's Purple Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	63	12	2
Raven's Flock Donut	1 Donut	350	16	7	0	0	300	47	1	26	25	5	1	75	12	2
Redland Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	59	12	2
Reds Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	64	12	2
TN Titans Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	58	12	2
The GOAT Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	59	12	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dream Refreshers																
Mango Pineapple Dream Refresher - Large	Large	410	8	3.5	0	15	160	81	3	62	59	4	4	490	410	0
Mango Pineapple Dream Refresher - Medium	Medium	290	5	2	0	10	115	58	2	44	42	2	3	350	300	0
Mango Pineapple Dream Refresher - Small	Small	220	4.5	2	0	10	85	42	1	33	31	2	2	250	210	0
Mixed Berry Daydream Refresher - Large	Large	410	8	3.5	0	15	160	79	3	60	56	4	4	487	414	0
Mixed Berry Daydream Refresher - Medium	Medium	290	5	2	0	10	115	57	2	42	40	3	3	352	300	0
Mixed Berry Daydream Refresher - Small	Small	220	4.5	2	0	10	80	41	1	32	30	2	2	253	214	0
Strawberry Dream Refresher - Large	Large	400	8	3.5	0	15	160	77	3	59	55	4	4	490	410	0
Strawberry Dream Refresher - Medium	Medium	280	5	2	0	10	115	55	2	41	39	2	3	350	300	0
Strawberry Dream Refresher - Small	Small	210	4.5	2	0	10	80	40	1	31	29	2	2	250	210	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Energy																
Berry Burst Dunkin' Energy - Large	Large	170	0	0	0	0	270	40	0	37	36	0	0	47	10	0
Berry Burst Dunkin' Energy - Medium	Medium	130	0	0	0	0	200	30	0	27	27	0	0	35	7	0
Berry Burst Dunkin' Energy - Small	Small	80	0	0	0	0	135	20	0	18	18	0	0	23	5	0
Peach Sunshine Dunkin' Energy - Large	Large	160	0	0	0	0	270	38	0	36	36	0	0	47	10	0
Peach Sunshine Dunkin' Energy - Medium	Medium	120	0	0	0	0	200	28	0	27	27	0	0	35	7	0
Peach Sunshine Dunkin' Energy - Small	Small	80	0	0	0	0	135	19	0	18	18	0	0	23	5	0
Tornado Twist Dunkin' Energy - Large	Large	170	0	0	0	0	270	39	0	37	36	0	0	47	10	0
Tornado Twist Dunkin' Energy - Medium	Medium	130	0	0	0	0	200	29	0	28	27	0	0	35	7	0
Tornado Twist Dunkin' Energy - Small	Small	80	0	0	0	0	135	20	0	18	18	0	0	23	5	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Lemonade Refreshers																
Blueberry Breeze Dunkin' Lemonade Refresher - Large	Large	330	0	0	0	0	30	80	0	74	74	0	0	20	30	0
Blueberry Breeze Dunkin' Lemonade Refresher - Medium	Medium	250	0	0	0	0	20	60	0	56	55	0	0	20	20	0
Blueberry Breeze Dunkin' Lemonade Refresher - Small	Small	160	0	0	0	0	15	40	0	37	37	0	0	10	10	0
Blueberry Mango Lemonade Refresher - Large	Large	330	0	0	0	0	30	80	0	75	75	0	0	20	30	0
Blueberry Mango Lemonade Refresher - Medium	Medium	250	0	0	0	0	20	60	0	56	56	0	0	10	20	0
Blueberry Mango Lemonade Refresher - Small	Small	160	0	0	0	0	15	40	0	38	37	0	0	10	10	0
Golden Hour Dunkin' Lemonade Refresher - Large	Large	320	0	0	0	0	25	78	0	75	75	0	0	20	30	0
Golden Hour Dunkin' Lemonade Refresher - Medium	Medium	240	0	0	0	0	20	59	0	56	56	0	0	10	20	0
Golden Hour Dunkin' Lemonade Refresher - Small	Small	160	0	0	0	0	15	39	0	37	37	0	0	10	10	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Refreshers																
Blueberry Breeze Dunkin' Refresher - Large	Large	180	0	0	0	0	25	42	0	37	37	1	0	40	20	0
Blueberry Breeze Dunkin' Refresher - Medium	Medium	130	0	0	0	0	15	32	0	28	28	1	0	30	10	0
Blueberry Breeze Dunkin' Refresher - Small	Small	90	0	0	0	0	10	21	0	19	18	0	0	20	10	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Sparkling Refreshers																
Blueberry Breeze Sparkling Dunkin' Refresher - Large	Large	180	0	0	0	0	20	42	0	37	37	0	0	10	20	0
Blueberry Breeze Sparkling Dunkin' Refresher - Medium	Medium	130	0	0	0	0	15	32	0	28	28	0	0	0	10	0
Blueberry Breeze Sparkling Dunkin' Refresher - Small	Small	90	0	0	0	0	10	21	0	19	18	0	0	0	10	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Sparkling Refreshers																
Mango Pineapple Sparkling Dunkin' Refresher - Large	Large	170	0	0	0	0	20	42	0	39	39	0	0	5	17	0
Mango Pineapple Sparkling Dunkin' Refresher - Medium	Medium	130	0	0	0	0	15	32	0	29	29	0	0	4	12	0
Mango Pineapple Sparkling Dunkin' Refresher - Small	Small	90	0	0	0	0	10	21	0	19	19	0	0	3	9	0
Strawberry Dragonfruit Sparkling Dunkin' Refresher - Large	Large	170	0	0	0	0	15	39	0	37	37	0	0	5	16	0
Strawberry Dragonfruit Sparkling Dunkin' Refresher - Medium	Medium	130	0	0	0	0	10	29	0	27	27	0	0	4	11	0
Strawberry Dragonfruit Sparkling Dunkin' Refresher - Small	Small	80	0	0	0	0	10	19	0	18	18	0	0	3	8	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Wraps																
Chicken & Roasted Pepper Dunkin' Wrap	1 Wrap	380	16	10	0.5	75	820	33	3	3	0	25	0	318	283	3

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Coffee																
Candy Bar Frozen Coffee - Large	Large	1060	40	23	1.5	125	350	165	0	137	126	11	2	812	218	1
Candy Bar Frozen Coffee - Medium	Medium	820	31	18	1	95	280	127	0	105	96	8	2	620	168	1
Candy Bar Frozen Coffee - Small	Small	580	23	14	0.5	70	210	89	0	73	67	6	1	432	119	0
Frozen Coffee with Almondmilk - Large	Large	500	2	0	0	0	190	118	0	112	111	2	2	327	374	1
Frozen Coffee with Almondmilk - Medium	Medium	370	1.5	0	0	0	140	88	0	84	84	2	1	245	280	0
Frozen Coffee with Almondmilk - Small	Small	250	1	0	0	0	95	59	0	56	56	1	1	164	187	0
Pumpkin Frozen Coffee - Large	Large	1000	35	19	1	110	320	162	0	156	144	10	2	633	331	0
Pumpkin Frozen Coffee - Medium	Medium	750	26	14	1	80	240	121	0	117	108	7	1	475	248	0
Pumpkin Frozen Coffee - Small	Small	500	17	9	0.5	55	160	81	0	78	72	5	1	316	165	0
Triple Mocha Frozen Coffee - Large	Large	1100	40	23	1.5	125	260	178	3	165	159	9	2	899	231	2
Triple Mocha Frozen Coffee - Medium	Medium	840	31	18	1	95	200	137	2	126	122	7	2	696	178	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Coffee Triple Mocha Frozen Coffee - Small	Small	600	22	13	0.5	70	135	96	2	88	85	5	1	497	126	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Specialty Frozen Matcha Latte with Almondmilk - Large	Large	470	2	0	0	0	130	111	2	109	109	3	6	141	362	1
Frozen Matcha Latte with Almondmilk - Medium	Medium	350	1.5	0	0	15	100	84	2	82	81	2	4	106	272	0
Frozen Matcha Latte with Almondmilk - Small	Small	240	1	0	0	0	65	56	1	54	54	1	3	71	181	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hash Browns Chipotle Loaded Hash Browns	1 Bowl	310	24	4.5	0	10	820	21	2	2	1	2	0	300	10	0.4
Chipotle Loaded Hash Browns with Bacon	1 Bowl	380	30	7	0	25	1070	22	2	3	2	7	0	380	10	0.7
Loaded Hash Browns	1 Bowl	320	22	6	0	20	1240	24	2	4	1	9	0	429	86	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Latte Hot Candy Bar Signature Latte - Large	Large	560	18	12	0.5	55	310	83	0	75	51	16	5	865	440	1
Hot Candy Bar Signature Latte - Medium	Medium	440	14	10	0	45	250	65	0	58	40	12	4	656	334	0
Hot Candy Bar Signature Latte - Small	Small	330	11	8	0	35	190	48	0	41	29	9	3	458	231	0
Hot Cereal 'N Milk Latte - Large	Large	440	14	8	0	45	440	63	1	58	36	15	0.3	740	510	0.4
Hot Cereal 'N Milk Latte - Medium	Medium	330	10	6	0	30	330	47	0	43	27	11	0.2	550	390	0.3
Hot Cereal 'N Milk Latte - Small	Small	220	7	4	0	20	220	31	0	29	18	7	0.2	370	260	0.2
Hot Dunkalatte - Large	Large	410	13	7	0	40	330	60	0	58	36	15	0	1059	527	0
Hot Dunkalatte - Medium	Medium	310	10	5	0	30	250	45	0	43	27	11	0	789	395	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Latte																
Hot Dunkalatte - Small	Small	210	6	3.5	0	20	170	30	0	29	18	8	0	529	264	0
Hot Pumpkin Spice Signature Latte - Large	Large	540	17	10	0.5	55	290	77	0	71	47	16	5	799	573	0
Hot Pumpkin Spice Signature Latte - Medium	Medium	420	14	8	0	45	220	59	0	55	36	12	4	602	434	0
Hot Pumpkin Spice Signature Latte - Small	Small	300	11	6	0	35	150	42	0	38	25	8	3	416	296	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Cappuccino																
Iced Cappuccino with Almondmilk - Large	Large	90	2.5	0	0	0	180	15	1	13	13	1	3	265	475	1
Iced Cappuccino with Almondmilk - Medium	Medium	60	2	0	0	0	130	11	0	10	10	1	2	194	355	1
Iced Cappuccino with Almondmilk - Small	Small	45	1	0	0	0	90	8	0	6	6	1	1	133	238	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Coffee																
Almond Spice Iced Coffee - Large	Large	260	1	0	0	0	190	55	0	54	47	4	1	446	324	0
Almond Spice Iced Coffee - Medium	Medium	190	1	0	0	0	135	41	0	40	35	3	1	332	228	0
Almond Spice Iced Coffee - Small	Small	120	0	0	0	0	85	27	0	26	23	2	0	219	134	0
Blueberry Cobbler Iced Coffee - Large	Large	340	12	6	0	35	320	53	0	50	42	5	1	482	204	0
Blueberry Cobbler Iced Coffee - Medium	Medium	260	9	4.5	0	30	240	39	0	37	31	4	0	361	152	0
Blueberry Cobbler Iced Coffee - Small	Small	170	6	3	0	20	160	26	0	25	21	3	0	241	102	0
Candy Bar Iced Coffee - Large	Large	340	12	6	0	35	150	52	0	51	43	6	1	526	73	0
Candy Bar Iced Coffee - Medium	Medium	250	9	4.5	0	30	110	39	0	38	32	4	0	394	54	0
Candy Bar Iced Coffee - Small	Small	170	6	3	0	20	75	26	0	25	22	3	0	263	37	0
Chocolate Hazelnut Truffle Iced Coffee - Large	Large	340	12	7	0	35	95	53	2	47	46	4	1	653	84	2
Chocolate Hazelnut Truffle Iced Coffee - Medium	Medium	250	9	5	0	25	70	40	2	35	34	3	0	490	62	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Coffee																
Chocolate Hazelnut Truffle Iced Coffee - Small	Small	170	6	3.5	0	20	45	26	1	24	23	2	0	327	42	1
Nutty Pumpkin Iced Coffee - Large	Large	350	12	6	0	35	180	52	0	50	42	6	1	488	209	0
Nutty Pumpkin Iced Coffee - Medium	Medium	260	9	4.5	0	30	130	39	0	38	31	4	0	366	156	0
Nutty Pumpkin Iced Coffee - Small	Small	170	6	3	0	20	90	26	0	25	21	3	0	244	104	0
Pumpkin Sugar Cookie Iced Coffee - Large	Large	380	6	3.5	0	20	190	74	1	69	59	6	1	534	299	0
Pumpkin Sugar Cookie Iced Coffee - Medium	Medium	270	3.5	2	0	10	135	53	1	49	42	4	1	387	214	0
Pumpkin Sugar Cookie Iced Coffee - Small	Small	210	3.5	2	0	10	95	39	0	36	32	3	1	277	157	0
Toffee Nut Iced Coffee - Large	Large	350	12	6	0	40	130	54	0	53	46	5	1	649	177	0
Toffee Nut Iced Coffee - Medium	Medium	260	9	4.5	0	30	95	40	0	40	35	4	0	487	132	0
Toffee Nut Iced Coffee - Small	Small	170	6	3	0	20	65	27	0	26	23	3	0	325	89	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Espresso																
Brown Sugar Shakin' Espresso - Large	Large	230	2.5	0	0	0	135	51	2	37	36	2	3	501	304	1
Brown Sugar Shakin' Espresso - Medium	Medium	180	2	0	0	0	105	40	2	28	27	1	2	407	248	1
Brown Sugar Shakin' Espresso - Small	Small	120	1.5	0	0	0	70	26	1	18	18	1	1	273	153	1
Caramel Oat Shakin' Espresso - Large	Large	320	2.5	0	0	5	190	69	2	55	49	4	3	782	372	0
Caramel Oat Shakin' Espresso - Medium	Medium	240	2	0	0	5	140	52	1	41	37	3	2	593	278	0
Caramel Oat Shakin' Espresso - Small	Small	160	1.5	0	0	0	95	35	1	27	24	2	1	414	186	0
Pumpkin Shakin' Espresso - Large	Large	310	3	0.5	0	0	230	67	2	52	45	5	3	621	404	0
Pumpkin Shakin' Espresso - Medium	Medium	230	2	0	0	0	180	50	1	39	33	4	2	472	302	0
Pumpkin Shakin' Espresso - Small	Small	160	1.5	0	0	0	120	34	1	26	22	2	1	333	202	0
Shakin' Espresso - Large	Large	120	6	3.5	0	20	110	11	0	9	0	6	2	385	225	0
Shakin' Espresso - Medium	Medium	90	4.5	2.5	0	15	85	8	0	7	0	4	2	295	168	0
Shakin' Espresso - Small	Small	60	3	2	0	10	60	6	0	4	0	3	1	215	113	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Brown Sugar Hazelnut Oat Iced Latte - Large	Large	330	5	1	0	0	200	70	4	43	41	3	6	717	528	1
Brown Sugar Hazelnut Oat Iced Latte - Large	Large	330	5	1	0	0	200	70	4	43	41	3	6	717	528	1
Brown Sugar Hazelnut Oat Iced Latte - Medium	Medium	250	4	0.5	0	0	150	53	3	32	31	2	4	533	396	1
Brown Sugar Hazelnut Oat Iced Latte - Medium	Medium	250	4	0.5	0	0	150	53	3	32	31	2	4	533	396	1
Brown Sugar Hazelnut Oat Iced Latte - Small	Small	160	2.5	0	0	100	100	35	2	21	21	1	3	358	264	0
Brown Sugar Hazelnut Oat Iced Latte - Small	Small	160	2.5	0	0	0	100	35	2	21	21	1	3	358	264	0
Iced Candy Bar Signature Latte - Large	Large	560	18	12	0.5	55	330	83	0	75	51	16	5	870	456	1
Iced Candy Bar Signature Latte - Medium	Medium	440	14	10	0	45	260	65	0	58	40	12	4	659	345	0
Iced Candy Bar Signature Latte - Small	Small	330	11	8	0	35	200	48	0	41	29	9	3	461	239	0
Iced Cereal 'N Milk Latte - Large	Large	440	14	8	0	45	460	63	1	58	36	15	0.3	750	530	0.4
Iced Cereal 'N Milk Latte - Medium	Medium	330	10	6	0	30	340	47	0	43	27	11	0.2	560	400	0.3
Iced Cereal 'N Milk Latte - Small	Small	220	7	4	0	20	230	31	0	29	18	7	0.2	370	270	0.2
Iced Dunkalatte - Large	Large	410	13	7	0	40	350	60	0	58	36	15	0	1064	543	0
Iced Dunkalatte - Medium	Medium	310	10	5	0	30	260	45	0	43	27	11	0	793	406	0
Iced Dunkalatte - Small	Small	210	6	3.5	0	20	170	30	0	29	18	8	0	532	272	0
Iced Pumpkin Spice Signature Latte - Large	Large	540	17	10	0.5	55	310	77	0	71	47	16	5	804	589	0
Iced Pumpkin Spice Signature Latte - Medium	Medium	420	14	8	0	45	230	59	0	55	36	12	4	606	445	0
Iced Pumpkin Spice Signature Latte - Small	Small	300	11	6	0	35	160	42	0	38	25	8	3	419	304	0
Iced Vanilla Chai Latte with Sweet Cold Foam - Large	Large	520	16	10	0.5	50	250	77	2	70	51	14	5	638	498	1
Iced Vanilla Chai Latte with Sweet Cold Foam - Medium	Medium	380	12	7	0	35	180	56	2	51	37	10	4	464	362	0
Iced Vanilla Chai Latte with Sweet Cold Foam - Small	Small	280	9	5	0	25	130	41	1	38	28	7	2	323	250	0
Iced Vanilla Matcha with Sweet Cold Foam - Large	Large	460	16	9	0	50	200	63	2	59	40	14	9	547	466	0
Iced Vanilla Matcha with Sweet Cold Foam - Medium	Medium	340	12	7	0	35	150	46	2	43	29	11	6	406	346	0
Iced Vanilla Matcha with Sweet Cold Foam - Small	Small	250	9	5	0	25	110	35	1	32	22	7	4	284	240	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Pumpkin Vanilla Oatmilk Iced Latte - Large	Large	400	5	1	0	0	310	82	4	56	47	6	6	866	653	1
Pumpkin Vanilla Oatmilk Iced Latte - Medium	Medium	300	4	0.5	0	0	230	62	3	42	36	5	4	645	489	1
Pumpkin Vanilla Oatmilk Iced Latte - Small	Small	200	2.5	0	0	0	160	41	2	28	24	3	3	433	327	0
Toasted Almond Iced Dunkalatte - Large	Large	420	13	7	0	40	350	61	0	58	36	15	0	1064	543	0
Toasted Almond Iced Dunkalatte - Medium	Medium	310	10	5	0	30	260	46	0	43	27	11	0	793	406	0
Toasted Almond Iced Dunkalatte - Small	Small	210	6	3.5	0	20	170	30	0	29	18	8	0	532	272	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Tea																
Iced Tea Lemonade - Large	Large	160	0	0	0	0	25	38	0	37	37	0	0	105	20	0
Iced Tea Lemonade - Medium	Medium	120	0	0	0	0	20	30	0	29	29	0	0	79	14	0
Iced Tea Lemonade - Small	Small	80	0	0	0	0	15	19	0	18	18	0	0	53	10	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Loafs																
Iced Pumpkin Loaf	1 Slice	400	15	3	0	50	390	62	1	41	40	5	0	80	40	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Matcha																
Blueberry Cereal N' Milk Matcha - Large	Large	560	14	8	0	45	450	89	2	83	61	17	4	658	529	0
Blueberry Cereal N' Milk Matcha - Medium	Medium	420	10	6	0	30	340	67	2	62	46	12	3	493	396	0
Blueberry Cereal N' Milk Matcha - Small	Small	280	7	4	0	20	220	44	1	41	31	8	2	329	265	0

Muffins	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Pumpkin Muffin	1 Muffin	550	24	5	0	50	400	77	2	39	38	6	0	137	30	3
Munchkins	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Butternut Munchkins	1 Donut Hole	90	4	2	0	5	70	12	0	7	7	1	0	16	4	0
Halloween Sprinkle Munchkins	1 Donut Hole	90	4.5	2.5	0	5	65	13	0	7	6	1	0	17	4	0
Pumpkin Munchkins	1 Donut Hole	70	4	2	0	5	65	8	0	4	4	1	0	15	4	0
Omelet Bites	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Bacon & Cheddar Omelet Bites	2 Omelet Bites	280	19	10	0.5	185	520	7	0	2	0	17	5	156	238	1
Packaged coffee	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Pumpkin K-Cup® Pod																
Pies	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Braided Apple Pie	1 Pie	400	18	7	0	0	350	53	2	20	18	5	4	74	11	2

Rockstar® Energy Punch - Regional	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Blue Raspberry Rockstar® Energy Punch	Large	430	0	0	0	0	120	100	0	98	98	0	0	5	12	0
Strawberry Rockstar® Energy Punch	Large	440	0	0	0	0	120	103	1	98	94	0	0	120	19	0

Sandwiches	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Bacon, Egg and Cheese on a Bagel with Chipotle Aioli	1 Sandwich	660	32	9	0	200	1,480	69	4	9	6	23	1	299	140	5
Chipotle Hash Brown Wake-Up Wrap	1 Wrap	340	24	7	0	110	910	22	1	2	1	10	1	216	138	2
Kosher Maple Sugar Bacon Breakfast Sandwich	1 Sandwich	610	39	17	0	230	950	43	2	10	9	20	14	212	221	4
Kosher Maple Sugar Bacon Wake-Up Wrap	1 Wrap	280	17	7	0	105	580	19	1	4	3	12	0.5	90	210	1.8
Maple Sugar Bacon Breakfast Sandwich	1 Sandwich	560	36	18	0	245	770	38	1	9	8	21	13.9	250	200	3.1
Maple Sugar Bacon Wake-Up Wrap	1 Wrap	260	16	7	0	110	490	17	0	3	3	12	0.6	110	200	1.4

Snacking Bacon	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Maple Sugar Snackin' Bacon	8 Pieces	190	12	4.5	0	35	500	10	0	9	9	10	0	160	20	0.5

Stuffed Bagel Minis	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Stuffed Bagel Minis - Everything	2 Bagel Minis	260	12	7	0	30	400	34	3	5	2	8	0	120	60	2
Stuffed Bagel Minis - Plain	2 Bagel Minis	240	10	6	0	30	400	32	2	5	2	7	0	120	45	2

Allergen information is available at www.DunkinDonuts.com or by calling Guest Support at 800-859-5339. Please be advised that our products may contain or may have been further processed on shared equipment that may have come in contact with allergens or intolerances including Eggs, Fish, Milk, Peanuts, Sesame, Soy, Tree Nuts, Wheat, & Shellfish.

Dunkin' Donuts has made a reasonable effort to provide nutritional and ingredient information based upon standard product formulations and following the FDA guidelines using formulation and nutrition labeling software. Variations may occur due to: seasonal conditions; regional differences; ingredient substitutions and differences in product assembly or size at the restaurant. Test products, limited time offers and regional menu variations may not be included and not all items listed may be available in all restaurants. The information on these printed materials may vary from that which may be available in our restaurants. We will update www.DunkinDonuts.com frequently, so please revisit this site for the most current information. Any customers with further questions regarding specific dietary concerns are advised to visit www.DunkinDonuts.com or call Guest Support at 800-859-5339.

Nutrition Guide

The information below was last updated on 08-05-2025 . Information can change frequently, so check www.DunkinDonuts.com for the most current information.

Before placing your order, please inform your server if a person in your party has a food allergy.

Permanent Products

Avocado Toast	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Avocado Spread	1 Unit	80	7	1	0	0	200	4	3	0	0	1	0	232	6	0
Avocado Toast	1 Piece	240	11	1.5	0	0	530	34	6	1	0	6	0	371	47	2
Bacon Topped Avocado Toast	1 Piece	290	14	3.5	0	15	740	32	5	2	1	10	0	378	26	2

Bagels	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Cinnamon Raisin Bagel	1 Bagel	320	1	0	0	0	510	67	4	13	6	11	0	160	38	3
Everything Bagel	1 Bagel	340	3	0.5	0	0	630	67	5	8	4	12	0	182	57	4
Multigrain Bagel	1 Bagel	380	8	1	0	0	550	63	8	8	7	15	0	297	52	5
Plain Bagel	1 Bagel	300	1	0	0	0	620	64	4	7	4	11	0	126	20	4
Sesame Seed Bagel	1 Bagel	350	5	1	0	0	630	64	5	7	4	12	0	152	24	4
White Cheddar Bagel Twist	1 Bagel Twist	390	8	4.5	0	20	760	64	4	7	4	16	0	142	171	4

[illegible]

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Cold Brew Coffee																
Cold Brew Coffee with Cream - Large	Large	120	12	6	0	35	65	2	0	2	0	2	1	330	75	0
Cold Brew Coffee with Cream - Medium	Medium	90	9	4.5	0	25	45	1	0	1	0	2	0	247	55	0
Cold Brew Coffee with Cream - Small	Small	60	6	3	0	20	30	1	0	1	0	1	0	165	37	0
Cold Brew Coffee with Cream and Sugar - Large	Large	260	12	6	0	35	65	37	0	36	35	2	1	330	75	0
Cold Brew Coffee with Cream and Sugar - Medium	Medium	190	9	4.5	0	25	45	27	0	27	26	2	0	247	55	0
Cold Brew Coffee with Cream and Sugar - Small	Small	130	6	3	0	20	30	18	0	18	17	1	0	165	38	0
Cold Brew Coffee with Oatmilk - Large	Large	50	1.5	0	0	0	65	8	1	2	1	1	2	397	145	0
Cold Brew Coffee with Oatmilk - Medium	Medium	30	1	0	0	0	45	5	1	1	1	1	1	289	98	0
Cold Brew Coffee with Oatmilk - Small	Small	15	0	0	0	0	25	3	0	1	0	1	1	181	52	0
Cold Brew with Dunkin' Cold Foam and Cream - Large	Large	240	16	9	0	50	85	20	0	19	16	4	1	356	134	0
Cold Brew with Dunkin' Cold Foam and Cream - Medium	Medium	170	12	7	0	40	60	14	0	14	11	3	1	263	97	0
Cold Brew with Dunkin' Cold Foam and Cream - Small	Small	140	9	5	0	30	50	13	0	13	11	2	0	196	80	0
Cold Brew with Dunkin' Cold Foam, Black - Large	Large	130	5	3	0	15	45	18	0	18	16	2	0	301	80	0
Cold Brew with Dunkin' Cold Foam, Black - Medium	Medium	90	3.5	2	0	10	30	13	0	12	11	2	0	221	56	0
Cold Brew with Dunkin' Cold Foam, Black - Small	Small	90	3.5	2	0	10	25	13	0	12	11	2	0	169	53	0
Nitro Cold Brew Coffee - Small	Small	5	0	0	0	0	5	0	0	0	0	0	0	148	6	0
Nitro Cold Brew with Dunkin' Cold Foam - Small	Small	90	3.5	2	0	10	25	13	0	12	11	2	0	246	51	0
The Caramel Cold Foam - Large	Large	340	4	2.5	0	15	115	70	0	68	61	4	0	613	159	0
The Caramel Cold Foam - Medium	Medium	250	3	1.5	0	10	85	52	0	50	45	3	0	455	116	0
The Caramel Cold Foam - Small	Small	190	2.5	1.5	0	10	65	39	0	37	34	2	0	317	87	0
Vanilla Cream Cold Brew - Large	Large	130	12	6	0	35	65	2	0	2	0	2	1	348	75	0
Vanilla Cream Cold Brew - Medium	Medium	100	9	4.5	0	25	45	2	0	1	0	2	0	260	56	0
Vanilla Cream Cold Brew - Small	Small	60	6	3	0	20	30	1	0	1	0	1	0	174	38	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Condiments																
Butter Packet	1 Packet	35	4	2.5	0	10	30	0	0	0	0	0	0	1	1	0
Butter Spread with Canola Oil	1 Portion	100	11	4	0	15	85	0	0	0	0	0	0	3	3	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Coolatta®																
Blue Raspberry Coolatta® - Large	Large	460	0	0	0	0	60	112	0	110	110	0	0	9	24	0
Blue Raspberry Coolatta® - Medium	Medium	350	0	0	0	0	45	84	0	83	83	0	0	7	18	0
Blue Raspberry Coolatta® - Small	Small	230	0	0	0	0	30	56	0	55	55	0	0	4	10	0
Strawberry Coolatta® - Large	Large	470	0	0	0	0	25	115	1	110	106	0	0	124	32	0
Strawberry Coolatta® - Medium	Medium	350	0	0	0	0	15	86	1	83	80	0	0	93	24	0
Strawberry Coolatta® - Small	Small	240	0	0	0	0	10	57	1	55	53	0	0	62	16	0
Vanilla Bean Coolatta® - Large	Large	790	6	3.5	0	20	320	172	0	167	150	10	2	456	379	0
Vanilla Bean Coolatta® - Medium	Medium	590	4.5	2.5	0	15	240	129	0	125	113	7	2	342	284	0
Vanilla Bean Coolatta® - Small	Small	390	3	1.5	0	10	160	86	0	83	75	5	1	228	190	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Cream Cheese Spread																
Classic Plain Cream Cheese Spread	1 Unit	120	12	8	0	40	200	3	0	3	0	2	0	0	36	0
Garden Veggie Cream Cheese Spread	1 Unit	100	10	6	0	35	200	2	0	1	0	2	0	0	33	0
Strawberry Cream Cheese Spread	1 Unit	130	10	6	0	30	100	9	0	8	7	2	0	0	32	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Donuts																
Apple 'n Spice Donut	1 Donut	230	10	4	0	0	300	31	1	10	10	4	1	67	14	2
Apple Crumb Donut	1 Donut	290	11	4.5	0	0	310	44	1	21	21	5	1	73	12	2
Apple Fritter	1 Fritter	470	28	12	0	0	410	47	2	17	15	6	0	96	25	1
Apple Stick	1 Stick	470	30	15	0	30	440	50	1	24	23	4	0	78	30	2
Bavarian Kreme Donut	1 Donut	240	11	4	0	0	310	31	1	11	11	4	1	59	12	2

Donuts	Nutrition Facts															
	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Bismark	1 Bismark	480	22	9	0	0	470	63	1	34	34	6	2	87	19	3
Boston Kreme Donut	1 Donut	270	11	4.5	0	0	320	39	1	18	17	5	1	81	33	2
Butternut Donut	1 Donut	430	21	10	0	20	320	57	1	34	33	4	0	79	25	2
Chocolate Butternut Donut	1 Donut	450	24	11	0	0	420	57	1	35	34	4	0	70	26	1
Chocolate Crème Donut	1 Donut	290	14	6	0	0	300	36	1	14	14	5	1	101	14	2
Chocolate Dipped French Cruller	1 Donut	280	15	7	0	50	150	33	0	20	20	3	0	37	13	0
Chocolate Frosted Cake Donut	1 Donut	360	20	9	0	20	340	41	1	21	20	4	0	85	25	2
Chocolate Frosted Donut	1 Donut	260	11	4.5	0	0	290	34	1	13	13	4	0	75	13	2
Chocolate Frosted with Sprinkles Donut	1 Donut	270	12	5	0	0	290	36	1	15	14	4	0	75	13	2
Chocolate Headlight Donut	1 Donut	310	14	6	0	0	310	41	1	19	18	5	0	105	15	2
Chocolate Long John	1 Long John	320	15	6	0	0	400	41	1	16	16	6	2	101	17	3
Cinnamon Donut	1 Donut	330	20	9	0	20	320	34	1	13	13	4	0	66	27	2
Cinnamon Stick	1 Stick	430	30	15	0	30	380	39	1	16	15	4	0	63	29	2
Coconut Donut	1 Donut	410	21	11	0	20	320	50	1	28	27	4	0	89	25	2
Coffee Roll	1 Coffee Roll	390	19	8	0	0	440	48	2	17	16	7	0	92	27	3
Double Chocolate Donut	1 Donut	380	23	11	0	0	430	41	1	22	21	4	0	75	26	1
French Cruller	1 Donut	230	14	7	0	50	135	21	0	10	10	3	0	17	12	0
Frosted Vanilla Crème Donut	1 Donut	330	16	6	0	0	310	44	1	24	24	5	1	81	13	2
Glazed Blueberry Donut	1 Donut	350	18	7	0	30	380	44	1	21	21	4	0	68	20	1
Glazed Chocolate Donut	1 Donut	370	23	10	0	0	420	41	1	21	20	4	0	57	25	1
Glazed Chocolate Stick	1 Stick	410	25	10	0	0	480	42	2	20	19	4	0	126	31	2
Glazed Donut	1 Donut	240	11	4.5	0	0	270	33	1	13	12	4	0	56	12	2
Glazed Jelly Donut	1 Donut	280	10	4	0	0	290	44	1	21	20	4	1	60	12	2
Glazed Jelly Stick	1 Stick	540	30	15	0	30	430	66	1	37	36	4	0	67	29	2
Glazed Stick	1 Stick	470	30	15	0	30	380	48	1	24	23	4	0	64	27	2
Glazed Strawberry Donut	1 Donut	280	10	4	0	0	280	44	1	23	23	4	1	67	12	2
Jelly Donut	1 Donut	250	10	4	0	0	290	36	1	13	13	4	1	58	13	2
Jelly Stick	1 Stick	500	30	15	0	30	420	57	1	29	28	4	0	65	29	2
Lemon Donut	1 Donut	230	10	4	0	0	310	31	1	10	10	4	1	59	12	2
Lemon Stick	1 Stick	480	30	15	0	30	460	50	1	24	23	4	0	67	28	2
Maple Crème Donut	1 Donut	290	14	5	0	0	290	38	1	18	18	4	1	61	12	2
Maple Crème Stick	1 Stick	460	22	9	0	0	440	59	1	34	34	5	2	89	17	2
Maple Frosted Donut	1 Donut	260	11	4.5	0	0	280	35	1	14	14	4	0	59	12	2
Maple Vanilla Crème Donut	1 Donut	330	15	6	0	0	300	45	1	25	25	4	1	65	12	2
Old Fashioned Donut	1 Donut	310	19	9	0	20	320	30	1	10	9	4	0	64	24	2
Peanut Donut	1 Donut	470	27	10	0	20	320	50	2	26	25	8	0	162	33	2
Plain Stick	1 Stick	420	30	15	0	30	380	36	1	13	12	4	0	62	27	2
Powdered Donut	1 Donut	330	20	9	0	20	320	34	1	14	13	4	0	64	24	2
Powdered Stick	1 Stick	440	30	15	0	30	380	42	1	18	17	4	0	62	27	2
Sour Cream Donut	1 Donut	360	17	7	0	10	360	49	1	25	25	4	0	16	15	1
Strawberry Frosted Donut	1 Donut	260	11	4.5	0	0	280	35	1	14	14	4	0	59	12	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Donuts																
Strawberry Frosted with Sprinkles Donut	1 Donut	270	12	5	0	0	280	37	1	16	15	4	0	59	12	2
Sugared Donut	1 Donut	210	11	4.5	0	0	270	24	1	5	4	4	0	55	12	2
Sugared Stick	1 Stick	430	30	15	0	30	380	39	1	16	15	4	0	62	27	2
Taillight Donut	1 Donut	320	15	6	0	0	310	41	1	21	20	4	0	78	13	2
Toasted Coconut Donut	1 Donut	430	22	11	0	20	360	52	3	29	28	5	1	97	27	2
Vanilla Crème Donut	1 Donut	300	15	6	0	0	290	37	1	18	17	4	1	61	12	2
Vanilla Frosted Donut	1 Donut	260	11	4.5	0	0	280	34	1	14	13	4	0	58	12	2
Vanilla Frosted Sprinkles Donut	1 Donut	270	11	4.5	0	0	280	37	1	16	15	4	0	60	12	2
Vanilla Headlight Donut	1 Donut	310	15	6	0	0	310	41	1	21	20	4	0	78	13	2
Vanilla Long John	1 Long John	320	15	6	0	0	400	42	1	17	16	5	2	81	16	2
Éclair	1 Éclair	360	16	6	0	0	470	50	1	23	22	6	2	108	49	3

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Donuts - Regional																
Apple Streusel Donut	1 Donut	310	12	4.5	0	0	310	46	1	23	23	5	1	72	13	2
Chocolate Coconut Donut	1 Donut	430	25	12	0	0	420	50	1	29	28	4	0	80	26	1
Chocolate Crème Stick	1 Stick	460	23	9	0	0	450	58	2	33	33	6	2	108	18	3
Crème Delight Donut	1 Donut	330	16	6	0	0	310	44	1	24	24	5	1	81	13	2
French Apple Donut	1 Donut	270	10	4	0	0	310	40	1	19	18	4	1	69	12	2
Glazed Lemon Donut	1 Donut	270	10	4	0	0	310	40	1	19	18	4	1	62	12	2
Indy Crème Donut	1 Donut	330	16	6	0	0	310	44	1	24	24	5	1	81	13	2
Maple Long John Donut	1 Donut	320	15	6	0	0	400	42	1	18	17	5	2	81	16	2
Marble Frosted Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	63	12	2
New Yorker Donut	1 Donut	330	16	6	0	0	310	44	1	24	24	5	1	81	13	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Lemonade Refreshers																
Mango Pineapple Dunkin' Lemonade Refresher - Large	Large	320	0	0	0	0	30	80	0	76	76	0	0	20	27	0
Mango Pineapple Dunkin' Lemonade Refresher - Medium	Medium	240	0	0	0	0	20	60	0	57	57	0	0	15	20	0
Mango Pineapple Dunkin' Lemonade Refresher - Small	Small	160	0	0	0	0	15	40	0	38	38	0	0	10	14	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Lemonade Refreshers																
Strawberry Dragonfruit Dunkin' Lemonade Refresher - Large	Large	310	0	0	0	0	25	75	0	72	72	0	0	19	26	0
Strawberry Dragonfruit Dunkin' Lemonade Refresher - Medium	Medium	230	0	0	0	0	20	56	0	54	54	0	0	14	19	0
Strawberry Dragonfruit Dunkin' Lemonade Refresher - Small	Small	160	0	0	0	0	15	37	0	36	36	0	0	10	13	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Refreshers																
Mango Pineapple Dunkin' Refresher - Large	Large	170	0	0	0	0	25	42	0	39	39	1	0	34	17	0
Mango Pineapple Dunkin' Refresher - Medium	Medium	130	0	0	0	0	15	32	0	29	29	1	0	25	12	0
Mango Pineapple Dunkin' Refresher - Small	Small	90	0	0	0	0	10	21	0	19	19	0	0	17	9	0
Strawberry Dragonfruit Dunkin' Refresher - Large	Large	170	0	0	0	0	20	39	0	37	37	1	0	33	16	0
Strawberry Dragonfruit Dunkin' Refresher - Medium	Medium	130	0	0	0	0	15	29	0	27	27	1	0	24	10	0
Strawberry Dragonfruit Dunkin' Refresher - Small	Small	80	0	0	0	0	10	19	0	18	18	0	0	16	8	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Chocolate																
Butter Pecan Swirl Frozen Chocolate - Large	Large	900	17	13	0	40	570	175	1	162	144	12	3	657	419	0
Butter Pecan Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	30	430	134	1	124	111	9	2	513	322	0
Butter Pecan Swirl Frozen Chocolate - Small	Small	500	11	8	0	25	290	95	1	87	77	6	1	372	227	0
Caramel Swirl Frozen Chocolate - Large	Large	900	17	12	0	40	380	176	1	165	148	11	3	825	392	0
Caramel Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	35	290	135	1	126	114	9	2	639	302	0
Caramel Swirl Frozen Chocolate - Small	Small	500	11	8	0	30	200	95	1	88	80	6	1	456	213	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Chocolate																
French Vanilla Swirl Frozen Chocolate - Large	Large	900	17	12	0	40	370	175	1	162	144	11	3	788	372	0
French Vanilla Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	35	280	135	1	124	111	9	2	612	287	0
French Vanilla Swirl Frozen Chocolate - Small	Small	500	11	8	0	30	190	95	1	87	77	6	1	438	204	0
Frozen Chocolate - Large	Large	890	18	13	0	35	330	175	4	158	148	10	3	829	281	2
Frozen Chocolate - Medium	Medium	690	15	10	0	30	250	134	3	121	113	7	2	643	214	2
Frozen Chocolate - Small	Small	490	11	8	0	25	170	94	2	84	79	5	1	458	149	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Coffee																
Butter Pecan Swirl Frozen Coffee with Cream - Large	Large	1050	35	19	1	110	460	175	0	168	156	10	2	627	326	0
Butter Pecan Swirl Frozen Coffee with Cream - Medium	Medium	780	26	14	1	80	350	131	0	126	117	7	1	471	244	0
Butter Pecan Swirl Frozen Coffee with Cream - Small	Small	520	17	9	0.5	55	230	88	0	84	78	5	1	314	163	0
Butter Pecan Swirl Frozen Coffee with Skim Milk - Large	Large	760	0	0	0	5	410	179	0	172	156	11	2	668	385	0
Butter Pecan Swirl Frozen Coffee with Skim Milk - Medium	Medium	570	0	0	0	5	310	134	0	129	117	8	2	501	289	0
Butter Pecan Swirl Frozen Coffee with Skim Milk - Small	Small	380	0	0	0	0	210	90	0	86	78	5	1	334	193	0
Butter Pecan Swirl Frozen Coffee with Whole Milk - Large	Large	810	6	3.5	0	20	410	179	0	171	156	10	2	623	368	0
Butter Pecan Swirl Frozen Coffee with Whole Milk - Medium	Medium	610	4.5	2.5	0	15	310	134	0	129	117	8	2	467	276	0
Butter Pecan Swirl Frozen Coffee with Whole Milk - Small	Small	410	3	2	0	10	210	89	0	86	78	5	1	312	184	0
Caramel Creme Frozen Coffee - Large	Large	1120	39	23	1.5	130	300	180	0	172	160	11	2	893	342	0
Caramel Creme Frozen Coffee - Medium	Medium	860	30	17	1	100	230	138	0	132	122	8	2	689	264	0
Caramel Creme Frozen Coffee - Small	Small	610	21	13	0.5	70	160	97	0	92	85	6	1	491	189	0
Caramel Swirl Frozen Coffee with Cream - Large	Large	1000	35	18	1	110	270	164	0	158	148	9	2	794	298	0
Caramel Swirl Frozen Coffee with Cream - Medium	Medium	750	26	14	1	85	210	123	0	119	111	7	1	595	224	0

Frozen Coffee	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Caramel Swirl Frozen Coffee with Cream - Small	Small	500	17	9	0.5	55	135	82	0	79	74	5	1	397	149	0
Caramel Swirl Frozen Coffee with Skim Milk - Large	Large	720	0	0	0	10	220	168	0	162	148	10	2	834	358	0
Caramel Swirl Frozen Coffee with Skim Milk - Medium	Medium	540	0	0	0	5	170	126	0	122	111	8	2	626	268	0
Caramel Swirl Frozen Coffee with Skim Milk - Small	Small	360	0	0	0	5	110	84	0	81	74	5	1	417	179	0
Caramel Swirl Frozen Coffee with Whole Milk - Large	Large	770	6	3.5	0	25	220	168	0	162	148	10	2	789	341	0
Caramel Swirl Frozen Coffee with Whole Milk - Medium	Medium	580	4.5	2.5	0	15	170	126	0	122	111	7	2	592	256	0
Caramel Swirl Frozen Coffee with Whole Milk - Small	Small	380	3	1.5	0	10	110	84	0	81	74	5	1	395	170	0
French Vanilla Swirl Frozen Coffee with Cream - Large	Large	1000	35	18	1	110	260	163	0	156	144	9	2	757	279	0
French Vanilla Swirl Frozen Coffee with Cream - Medium	Medium	750	26	14	1	85	200	123	0	117	108	7	1	568	209	0
French Vanilla Swirl Frozen Coffee with Cream - Small	Small	500	17	9	0.5	55	130	82	0	78	72	5	1	379	140	0
French Vanilla Swirl Frozen Coffee with Skim Milk - Large	Large	710	0	0	0	10	210	167	0	160	144	10	2	798	338	0
French Vanilla Swirl Frozen Coffee with Skim Milk - Medium	Medium	540	0	0	0	5	160	126	0	120	108	8	2	598	254	0
French Vanilla Swirl Frozen Coffee with Skim Milk - Small	Small	360	0	0	0	5	105	84	0	80	72	5	1	399	169	0
French Vanilla Swirl Frozen Coffee with Whole Milk - Large	Large	760	6	3.5	0	25	210	167	0	160	144	10	2	753	321	0
French Vanilla Swirl Frozen Coffee with Whole Milk - Medium	Medium	570	4.5	2.5	0	15	160	125	0	120	108	7	2	565	241	0
French Vanilla Swirl Frozen Coffee with Whole Milk - Small	Small	380	3	1.5	0	10	105	84	0	80	72	5	1	376	161	0
Frozen Coffee with Cream - Large	Large	780	35	18	1	105	200	113	0	108	103	7	2	1841	204	2
Frozen Coffee with Cream - Medium	Medium	590	26	14	1	80	150	85	0	81	77	5	1	1381	153	2
Frozen Coffee with Cream - Small	Small	390	17	9	0.5	55	100	57	0	54	51	3	1	920	102	1
Frozen Coffee with Skim Milk - Large	Large	500	0	0	0	5	150	117	0	112	103	8	2	1881	263	2
Frozen Coffee with Skim Milk - Medium	Medium	370	0	0	0	5	115	88	0	84	77	6	2	1411	198	2
Frozen Coffee with Skim Milk - Small	Small	250	0	0	0	0	75	59	0	56	51	4	1	941	132	1
Frozen Coffee with Whole Milk - Large	Large	550	6	3.5	0	20	150	117	0	111	103	7	2	1836	246	2
Frozen Coffee with Whole Milk - Medium	Medium	410	4.5	2.5	0	15	115	88	0	84	77	5	2	1377	185	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Coffee																
Frozen Coffee with Whole Milk - Small	Small	270	3	1.5	0	10	75	58	0	56	51	4	1	918	123	1
Mocha Swirl Frozen Coffee with Cream - Large	Large	990	35	19	1	105	240	163	2	153	148	8	2	798	206	2
Mocha Swirl Frozen Coffee with Cream - Medium	Medium	740	27	14	1	80	180	122	2	115	111	6	1	598	155	2
Mocha Swirl Frozen Coffee with Cream - Small	Small	490	18	9	0.5	55	120	81	1	76	74	4	1	399	103	1
Mocha Swirl Frozen Coffee with Skim Milk - Large	Large	700	1	0.5	0	5	190	167	2	157	148	9	2	838	265	2
Mocha Swirl Frozen Coffee with Skim Milk - Medium	Medium	530	0.5	0	0	5	140	125	2	118	111	7	2	629	199	1
Mocha Swirl Frozen Coffee with Skim Milk - Small	Small	350	0	0	0	0	95	83	1	78	74	5	1	419	133	1
Mocha Swirl Frozen Coffee with Whole Milk - Large	Large	750	7	4	0	20	190	167	2	156	148	9	2	793	248	2
Mocha Swirl Frozen Coffee with Whole Milk - Medium	Medium	570	5	3	0	15	140	125	2	117	111	6	2	595	186	1
Mocha Swirl Frozen Coffee with Whole Milk - Small	Small	380	3.5	2	0	10	95	83	1	78	74	4	1	397	124	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Specialty																
Frozen Chai Latte - Large	Large	690	12	7	0	35	220	132	2	129	111	12	5	567	434	1
Frozen Chai Latte - Medium	Medium	520	9	5	0	25	160	99	2	96	83	9	4	426	325	0
Frozen Chai Latte - Small	Small	350	6	3.5	0	20	110	66	1	64	55	6	2	284	217	0
Frozen Matcha Latte with Skim Milk - Large	Large	480	0	0	0	5	95	111	2	109	100	8	6	293	242	0
Frozen Matcha Latte with Skim Milk - Medium	Medium	360	0	0	0	5	70	83	1	82	75	6	5	220	182	0
Frozen Matcha Latte with Skim Milk - Small	Small	240	0	0	0	0	50	55	1	54	50	4	3	146	121	0
Frozen Matcha Latte with Whole Milk - Large	Large	530	6	3.5	0	20	95	110	2	109	100	8	6	248	225	0
Frozen Matcha Latte with Whole Milk - Medium	Medium	390	4.5	2.5	0	15	75	83	1	81	75	6	5	186	169	0
Frozen Matcha Latte with Whole Milk - Small	Small	260	3	1.5	0	10	50	55	1	54	50	4	3	124	113	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hash Browns	6 Pieces	110	6	1.5	0	0	360	13	1	1	0	1	0	187	6	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Americano																
Americano - Large	Large	10	0	0	0	0	30	2	0	0	0	0	0	142	15	0
Americano - Medium	Medium	10	0	0	0	0	25	2	0	0	0	0	0	118	12	0
Americano - Small	Small	5	0	0	0	0	15	1	0	0	0	0	0	94	7	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Cappuccino																
Butter Pecan Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	370	64	0	60	42	11	3	653	431	0
Butter Pecan Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	280	48	0	45	31	9	2	485	323	0
Butter Pecan Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	190	32	0	30	21	6	1	326	215	0
Butter Pecan Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	370	63	0	60	42	11	3	593	408	0
Butter Pecan Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	280	47	0	45	31	8	2	440	306	0
Butter Pecan Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	190	32	0	30	21	5	2	297	204	0
Cappuccino with Skim Milk - Large	Large	90	0	0	0	5	115	13	0	12	0	8	3	474	300	0
Cappuccino with Skim Milk - Medium	Medium	70	0	0	0	5	85	10	0	9	0	6	2	351	225	0
Cappuccino with Skim Milk - Small	Small	45	0	0	0	0	55	7	0	6	0	4	1	237	150	0
Cappuccino with Skim Milk and Sugar - Large	Large	230	0	0	0	5	115	48	0	47	35	8	3	475	301	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Cappuccino																
Cappuccino with Skim Milk and Sugar - Medium	Medium	170	0	0	0	5	85	36	0	35	26	6	2	351	225	0
Cappuccino with Skim Milk and Sugar - Small	Small	110	0	0	0	0	55	24	0	23	17	4	1	237	150	0
Cappuccino with Whole Milk - Large	Large	160	8	4.5	0	25	115	13	0	12	0	8	3	414	277	0
Cappuccino with Whole Milk - Medium	Medium	120	6	3.5	0	20	85	10	0	9	0	6	2	306	208	0
Cappuccino with Whole Milk - Small	Small	80	4	2.5	0	10	60	7	0	6	0	4	2	207	139	0
Cappuccino with Whole Milk and Sugar - Large	Large	290	8	4.5	0	25	115	48	0	46	35	8	3	415	278	0
Cappuccino with Whole Milk and Sugar - Medium	Medium	220	6	3.5	0	20	85	36	0	35	26	6	2	306	208	0
Cappuccino with Whole Milk and Sugar - Small	Small	150	4	2.5	0	10	60	24	0	23	17	4	2	207	139	0
Caramel Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	180	65	0	63	46	11	3	821	404	0
Caramel Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	135	49	0	47	35	8	2	611	303	0
Caramel Swirl Hot Cappuccino with Skim Milk - Small	Small	160	0	0	0	5	90	33	0	32	23	6	1	410	202	0
Caramel Swirl Hot Cappuccino with Whole Milk - Large	Large	380	8	4.5	0	30	180	65	0	63	46	11	3	761	381	0
Caramel Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	135	48	0	47	35	8	2	566	285	0
Caramel Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	90	32	0	31	23	5	2	380	190	0
French Vanilla Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	170	65	0	61	42	11	3	784	384	0
French Vanilla Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	130	48	0	46	31	8	2	584	288	0
French Vanilla Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	85	32	0	30	21	5	1	392	192	0
French Vanilla Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	30	170	64	0	60	42	10	3	724	361	0
French Vanilla Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	130	48	0	45	31	8	2	539	271	0
French Vanilla Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	85	32	0	30	21	5	2	362	181	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Cappuccino																
Mocha Swirl Hot Cappuccino with Skim Milk - Large	Large	300	1	0.5	0	5	140	64	2	58	46	10	3	825	311	2
Mocha Swirl Hot Cappuccino with Skim Milk - Medium	Medium	220	1	0.5	0	5	105	48	2	43	34	7	2	614	233	1
Mocha Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0.5	0	0	0	70	32	1	29	23	5	1	412	156	1
Mocha Swirl Hot Cappuccino with Whole Milk - Large	Large	360	9	5	0	25	140	63	2	57	46	9	3	765	288	2
Mocha Swirl Hot Cappuccino with Whole Milk - Medium	Medium	270	7	4	0	20	110	48	2	43	34	7	2	569	216	1
Mocha Swirl Hot Cappuccino with Whole Milk - Small	Small	180	4.5	2.5	0	10	70	32	1	29	23	5	2	382	144	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Chocolate																
Box 'O Joe(R) Hot Chocolate	1 Small Cup	220	7	6	0	0	210	40	2	32	31	2	0	150	34	0
Hot Chocolate with Espresso Shot - Large	Large	400	12	11	0	0	390	71	3	55	53	3	0	354	61	1
Hot Chocolate with Espresso Shot - Medium	Medium	280	9	8	0	0	280	51	2	39	38	2	0	251	43	0
Hot Chocolate with Espresso Shot - Small	Small	190	6	5	0	0	190	35	1	27	26	2	0	173	30	0
Original Hot Chocolate - Extra Large	XLarge	500	15	14	0	0	480	89	3	71	68	4	0	335	76	1
Original Hot Chocolate - Large	Large	460	14	13	0	0	440	82	3	65	63	4	0	308	70	1
Original Hot Chocolate - Medium	Medium	330	10	9	0	0	320	59	2	46	45	3	0	220	50	0
Original Hot Chocolate - Small	Small	220	7	6	0	0	210	40	2	32	31	2	0	150	34	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Coffee																
Box 'O Joe®	1 Small Cup	5	0	0	0	0	5	0	0	0	0	0	0	155	6	0
Butter Pecan Swirl Hot Coffee with Black - Extra Large	XLarge	270	0	0	0	0	330	63	0	60	52	5	0	502	174	0
Butter Pecan Swirl Hot Coffee with Black - Large	Large	220	0	0	0	0	270	50	0	48	42	4	0	412	140	0
Butter Pecan Swirl Hot Coffee with Black - Medium	Medium	170	0	0	0	0	200	38	0	36	31	3	0	322	106	0

[illegible]

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Coffee																
Hot Coffee with AlmondMilk - Extra Large	XLarge	45	1.5	0	0	0	85	7	0	7	6	1	1	344	243	0
Hot Coffee with AlmondMilk - Large	Large	35	1	0	0	0	65	5	0	5	5	1	1	284	183	0
Hot Coffee with AlmondMilk - Medium	Medium	25	0.5	0	0	0	45	4	0	3	3	1	1	198	123	0
Hot Coffee with AlmondMilk - Small	Small	15	0	0	0	0	25	2	0	2	2	0	0	138	63	0
Hot Coffee with Cream - Extra Large	XLarge	150	15	8	0	45	65	2	0	2	0	3	1	381	80	0
Hot Coffee with Cream - Large	Large	120	12	6	0	35	55	2	0	2	0	2	1	315	64	0
Hot Coffee with Cream - Medium	Medium	90	9	4.5	0	25	40	1	0	1	0	2	0	249	49	0
Hot Coffee with Cream - Small	Small	60	6	3	0	20	30	1	0	1	0	1	0	183	33	0
Hot Coffee with Cream and Sugar - Extra Large	XLarge	320	15	8	0	45	65	46	0	46	43	3	1	382	80	0
Hot Coffee with Cream and Sugar - Large	Large	260	12	6	0	35	55	37	0	36	35	2	1	316	65	0
Hot Coffee with Cream and Sugar - Medium	Medium	190	9	4.5	0	25	40	27	0	27	26	2	0	250	49	0
Hot Coffee with Cream and Sugar - Small	Small	130	6	3	0	20	30	18	0	18	17	1	0	184	34	0
Hot Coffee with Oatmilk - Extra Large	XLarge	60	1.5	0	0	0	65	10	1	2	2	1	3	427	177	0
Hot Coffee with Oatmilk - Large	Large	45	1.5	0	0	0	50	8	1	2	1	1	2	340	133	0
Hot Coffee with Oatmilk - Medium	Medium	30	1	0	0	0	35	5	1	1	1	1	1	253	90	0
Hot Coffee with Oatmilk - Small	Small	15	0	0	0	0	20	3	0	1	0	1	1	165	47	0
Hot Coffee with Skim Milk - Extra Large	XLarge	30	0	0	0	0	45	4	0	4	0	3	1	396	105	0
Hot Coffee with Skim Milk - Large	Large	25	0	0	0	0	35	3	0	3	0	3	1	328	84	0
Hot Coffee with Skim Milk - Medium	Medium	20	0	0	0	0	25	2	0	2	0	2	1	259	64	0
Hot Coffee with Skim Milk - Small	Small	15	0	0	0	0	20	2	0	2	0	1	0	190	43	0
Hot Coffee with Skim Milk and Sugar - Extra Large	XLarge	200	0	0	0	0	45	47	0	47	43	3	1	398	105	0
Hot Coffee with Skim Milk and Sugar - Large	Large	160	0	0	0	0	35	38	0	38	35	3	1	329	85	0
Hot Coffee with Skim Milk and Sugar - Medium	Medium	120	0	0	0	0	25	28	0	28	26	2	1	260	64	0
Hot Coffee with Skim Milk and Sugar - Small	Small	80	0	0	0	0	20	19	0	19	17	1	0	190	43	0
Hot Coffee with Sugar - Extra Large	XLarge	170	0	0	0	0	15	44	0	43	43	1	0	311	13	0
Hot Coffee with Sugar - Large	Large	140	0	0	0	0	10	35	0	35	35	1	0	260	11	0
Hot Coffee with Sugar - Medium	Medium	110	0	0	0	0	10	26	0	26	26	1	0	208	9	0
Hot Coffee with Sugar - Small	Small	70	0	0	0	0	5	17	0	17	17	0	0	156	7	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Coffee																
Hot Coffee with Whole Milk - Extra Large	XLarge	50	2.5	1.5	0	10	45	4	0	4	0	3	1	379	98	0
Hot Coffee with Whole Milk - Large	Large	40	2	1	0	5	35	3	0	3	0	2	1	313	78	0
Hot Coffee with Whole Milk - Medium	Medium	30	1.5	1	0	5	25	2	0	2	0	2	1	248	59	0
Hot Coffee with Whole Milk - Small	Small	20	1	0.5	0	5	20	1	0	1	0	1	0	183	40	0
Hot Coffee with Whole Milk and Sugar - Extra Large	XLarge	220	2.5	1.5	0	10	45	47	0	47	43	3	1	380	98	0
Hot Coffee with Whole Milk and Sugar - Large	Large	190	2	1	0	5	35	42	0	42	39	2	1	314	79	0
Hot Coffee with Whole Milk and Sugar - Medium	Medium	130	1.5	1	0	5	30	28	0	28	26	2	1	249	60	0
Hot Coffee with Whole Milk and Sugar - Small	Small	90	1	0.5	0	5	20	19	0	19	17	1	0	183	40	0
Mocha Swirl Hot Coffee - Extra Large	XLarge	260	1	0.5	0	0	45	63	3	57	57	3	0	717	25	2
Mocha Swirl Hot Coffee - Large	Large	210	1	0	0	0	40	50	2	46	46	2	0	584	20	2
Mocha Swirl Hot Coffee - Medium	Medium	160	0.5	0	0	0	30	38	2	34	34	2	0	451	16	1
Mocha Swirl Hot Coffee - Small	Small	110	0	0	0	0	20	25	1	23	23	1	0	318	11	1
Mocha Swirl Hot Coffee with Cream - Extra Large	XLarge	410	15	8	0	45	100	65	3	59	57	5	1	787	92	2
Mocha Swirl Hot Coffee with Cream - Large	Large	330	12	7	0	35	80	52	2	47	46	4	1	650	74	2
Mocha Swirl Hot Coffee with Cream - Medium	Medium	240	9	5	0	25	60	39	2	35	34	3	0	493	56	1
Mocha Swirl Hot Coffee with Cream - Small	Small	160	6	3.5	0	20	40	26	1	24	23	2	0	346	38	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Espresso																
Café con Leche - Large	Large	340	12	7	0	35	170	47	0	46	28	12	5	576	415	0
Café con Leche - Medium	Medium	250	9	5	0	25	125	35	0	34	21	9	4	427	312	0
Café con Leche - Small	Small	170	6	3.5	0	20	85	23	0	23	14	6	2	288	208	0
Espresso with Sugar	Single Shot	60	0	0	0	0	5	15	0	14	14	0	0	46	1	0
Hot Espresso	Single Shot	5	0	0	0	0	5	1	0	0	0	0	0	46	1	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Latte																
Butter Pecan Swirl Hot Latte with Skim Milk - Large	Large	350	0.5	0	0	10	420	70	0	66	42	16	4	844	580	0
Butter Pecan Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	5	320	52	0	50	31	12	3	628	435	0
Butter Pecan Swirl Hot Latte with Skim Milk - Small	Small	170	0	0	0	5	210	35	0	33	21	8	2	422	290	0
Butter Pecan Swirl Hot Latte with Whole Milk - Large	Large	450	12	7	0	40	430	69	0	66	42	15	5	754	546	0
Butter Pecan Swirl Hot Latte with Whole Milk - Medium	Medium	330	9	5	0	30	320	52	0	49	31	11	4	561	409	0
Butter Pecan Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	210	35	0	33	21	7	2	377	273	0
Caramel Craze Signature Hot Latte with Skim Milk - Large	Large	440	6	3.5	0	30	240	80	0	75	51	16	5	1070	576	0
Caramel Craze Signature Hot Latte with Skim Milk - Medium	Medium	340	5	3	0	25	180	61	0	57	39	12	3	806	436	0
Caramel Craze Signature Hot Latte with Skim Milk - Small	Small	250	5	3	0	20	125	43	0	40	27	8	2	552	298	0
Caramel Craze Signature Hot Latte with Whole Milk - Large	Large	530	17	10	0.5	60	250	79	0	74	51	15	5	981	542	0
Caramel Craze Signature Hot Latte with Whole Milk - Medium	Medium	410	14	8	0	45	190	61	0	57	39	11	4	739	410	0
Caramel Craze Signature Hot Latte with Whole Milk - Small	Small	300	11	6	0	35	130	43	0	39	27	8	3	507	281	0
Caramel Swirl Hot Latte with Skim Milk - Large	Large	350	0	0	0	10	230	71	0	69	46	15	4	1,012	553	0
Caramel Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	10	170	53	0	52	35	11	3	754	415	0
Caramel Swirl Hot Latte with Skim Milk - Small	Small	180	0	0	0	5	115	36	0	35	23	8	2	506	276	0
Caramel Swirl Hot Latte with Whole Milk - Large	Large	450	12	7	0	40	240	70	0	69	46	14	5	922	518	0
Caramel Swirl Hot Latte with Whole Milk - Medium	Medium	340	9	5	0	30	180	53	0	52	35	11	4	687	389	0
Caramel Swirl Hot Latte with Whole Milk - Small	Small	230	6	3.5	0	20	120	35	0	34	23	7	2	461	259	0
Chai Hot Latte with Skim Milk-Large	Large	290	0.5	0	0	5	200	58	2	54	36	13	4	651	450	1
Chai Hot Latte with Skim Milk-Medium	Medium	220	0	0	0	5	150	44	2	41	27	10	3	488	338	0
Chai Hot Latte with Skim Milk-Small	Small	150	0	0	0	5	100	29	1	27	18	7	2	326	225	0
Chai Hot Latte with Whole Milk-Large	Large	390	12	7	0	35	200	57	2	54	36	12	5	561	416	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Latte																
Chai Hot Latte with Whole Milk- Medium	Medium	290	9	5	0	25	150	43	2	40	27	9	4	421	312	0
Chai Hot Latte with Whole Milk- Small	Small	200	6	3.5	0	20	100	29	1	27	18	6	2	281	208	0
Cocoa Mocha Signature Hot Latte with Skim Milk - Large	Large	420	6	4	0	25	210	79	2	69	50	15	5	1077	480	2
Cocoa Mocha Signature Hot Latte with Skim Milk - Medium	Medium	330	6	3.5	0	20	160	61	2	53	39	11	3	812	363	2
Cocoa Mocha Signature Hot Latte with Skim Milk - Small	Small	250	5	3.5	0	20	110	43	1	37	27	8	2	557	248	1
Cocoa Mocha Signature Hot Latte with Whole Milk - Large	Large	520	18	11	0.5	55	210	78	2	68	50	14	5	987	445	2
Cocoa Mocha Signature Hot Latte with Whole Milk - Medium	Medium	400	14	9	0	45	160	60	2	52	39	10	4	744	337	2
Cocoa Mocha Signature Hot Latte with Whole Milk - Small	Small	300	11	7	0	35	110	43	1	36	27	7	3	512	230	1
French Vanilla Swirl Hot Latte with Skim Milk - Large	Large	350	0	0	0	10	220	71	0	67	42	15	4	975	534	0
French Vanilla Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	10	170	53	0	50	31	11	3	727	400	0
French Vanilla Swirl Hot Latte with Skim Milk - Small	Small	170	0	0	0	5	110	35	0	33	21	7	2	488	267	0
French Vanilla Swirl Hot Latte with Whole Milk - Large	Large	450	12	7	0	40	230	70	0	66	42	14	5	885	499	0
French Vanilla Swirl Hot Latte with Whole Milk - Medium	Medium	330	9	5	0	30	170	52	0	50	31	11	4	659	374	0
French Vanilla Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	115	35	0	33	21	7	2	443	250	0
Hot Latte with AlmondMilk - Large	Large	130	3.5	0	0	0	240	23	1	20	19	2	4	369	699	1
Hot Latte with AlmondMilk - Medium	Medium	100	3	0	0	0	180	17	1	15	15	1	3	273	525	1
Hot Latte with AlmondMilk - Small	Small	70	2	0	0	0	120	11	0	10	10	1	2	185	350	1
Hot Latte with Oatmilk - Large	Large	180	5	1	0	0	180	32	4	7	5	3	9	675	503	1
Hot Latte with Oatmilk - Medium	Medium	130	4	0.5	0	0	135	24	3	5	4	2	7	502	377	0
Hot Latte with Oatmilk - Small	Small	90	2.5	0	0	0	90	16	2	4	3	1	4	338	251	0
Hot Latte with Skim Milk - Large	Large	130	0	0	0	5	170	20	0	18	0	12	4	665	450	0
Hot Latte with Skim Milk - Medium	Medium	100	0	0	0	5	125	15	0	14	0	9	3	494	337	0
Hot Latte with Skim Milk - Small	Small	70	0	0	0	5	85	10	0	9	0	6	2	332	225	0
Hot Latte with Skim Milk and Sugar - Large	Large	270	0	0	0	5	170	54	0	53	35	12	4	666	450	0
Hot Latte with Skim Milk and Sugar - Medium	Medium	200	0	0	0	5	125	41	0	40	26	9	3	495	337	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Latte																
Hot Latte with Skim Milk and Sugar - Small	Small	130	0	0	0	5	85	27	0	26	17	6	2	333	225	0
Hot Latte with Whole Milk - Large	Large	230	12	7	0	35	170	19	0	18	0	12	5	575	415	0
Hot Latte with Whole Milk - Medium	Medium	170	9	5	0	25	125	14	0	13	0	9	4	427	311	0
Hot Latte with Whole Milk - Small	Small	120	6	3.5	0	20	85	9	0	9	0	6	2	288	208	0
Hot Latte with Whole Milk and Sugar - Large	Large	370	12	7	0	35	170	54	0	52	35	12	5	576	416	0
Hot Latte with Whole Milk and Sugar - Medium	Medium	270	9	5	0	25	125	40	0	39	26	9	4	427	312	0
Hot Latte with Whole Milk and Sugar - Small	Small	180	6	3.5	0	20	85	27	0	26	17	6	2	288	208	0
Matcha Hot Latte with Skim Milk - Large	Large	240	0	0	0	5	150	45	2	43	25	14	8	573	448	0
Matcha Hot Latte with Skim Milk - Medium	Medium	180	0	0	0	5	115	34	1	32	19	11	6	430	336	0
Matcha Hot Latte with Skim Milk - Small	Small	120	0	0	0	5	75	23	1	22	12	7	4	286	224	0
Matcha Hot Latte with Whole Milk - Large	Large	340	12	7	0	35	160	44	2	43	25	13	9	483	414	0
Matcha Hot Latte with Whole Milk - Medium	Medium	250	9	5	0	25	120	33	1	32	19	10	6	362	310	0
Matcha Hot Latte with Whole Milk - Small	Small	170	6	3.5	0	20	80	22	1	21	12	7	4	242	207	0
Mocha Swirl Hot Latte with Skim Milk - Large	Large	340	1	0.5	0	5	200	70	2	64	46	14	4	1,016	460	2
Mocha Swirl Hot Latte with Skim Milk - Medium	Medium	250	1	0.5	0	5	150	52	2	48	34	10	3	757	345	1
Mocha Swirl Hot Latte with Skim Milk - Small	Small	170	0.5	0	0	5	100	35	1	32	23	7	2	508	230	1
Mocha Swirl Hot Latte with Whole Milk - Large	Large	440	13	7	0	35	200	69	2	63	46	13	5	926	426	2
Mocha Swirl Hot Latte with Whole Milk - Medium	Medium	330	10	6	0	25	150	52	2	47	34	10	4	690	319	1
Mocha Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	100	35	1	32	23	7	2	463	213	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Macchiato																
Butter Pecan Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	5	380	64	0	60	42	12	3	699	432	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Macchiato																
Butter Pecan Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	280	48	0	45	31	9	2	531	324	0
Butter Pecan Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	190	33	0	30	21	6	1	372	216	0
Butter Pecan Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	25	380	64	0	60	42	11	3	639	409	0
Butter Pecan Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	290	48	0	45	31	8	2	486	307	0
Butter Pecan Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	190	32	0	30	21	6	2	343	205	0
Caramel Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	10	190	66	0	63	46	11	3	867	404	0
Caramel Swirl Hot Macchiato with Skim Milk - Medium	Medium	240	0	0	0	5	140	49	0	47	35	8	2	657	303	0
Caramel Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	95	33	0	32	23	6	1	456	203	0
Caramel Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	190	65	0	63	46	11	3	807	381	0
Caramel Swirl Hot Macchiato with Whole Milk - Medium	Medium	290	6	3.5	0	20	140	49	0	47	35	8	2	612	286	0
Caramel Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	95	33	0	31	23	5	2	426	191	0
French Vanilla Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	10	180	65	0	61	42	11	3	830	385	0
French Vanilla Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	135	49	0	46	31	8	2	630	289	0
French Vanilla Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	90	33	0	30	21	5	1	438	193	0
French Vanilla Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	180	65	0	60	42	10	3	770	362	0
French Vanilla Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	135	49	0	45	31	8	2	585	272	0
French Vanilla Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	95	33	0	30	21	5	2	408	181	0
Hot Macchiato with Oatmilk - Large	Large	120	3.5	0.5	0	0	130	23	3	5	4	2	6	527	336	0
Hot Macchiato with Oatmilk - Medium	Medium	90	2.5	0	0	0	100	17	2	4	3	2	4	402	252	0
Hot Macchiato with Oatmilk - Small	Small	60	2	0	0	0	70	12	1	2	2	1	3	286	169	0
Hot Macchiato with Skim Milk - Large	Large	90	0	0	0	5	120	14	0	12	0	8	3	520	301	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Tea - All varieties of our tea and herbal infusion have no nutritional significance.																
Chamomile Fields Herbal Infusion - Large	Large															
Chamomile Fields Herbal Infusion - Medium	Medium															
Chamomile Fields Herbal Infusion - Small	Small															
Cool Mint Herbal Infusion - Large	Large															
Cool Mint Herbal Infusion - Medium	Medium															
Cool Mint Herbal Infusion - Small	Small															
Decaf Breakfast Black Tea - Large	Large															
Decaf Breakfast Black Tea - Medium	Medium															
Decaf Breakfast Black Tea - Small	Small															
Harmony Leaf Green Tea - Large	Large															
Harmony Leaf Green Tea - Medium	Medium															
Harmony Leaf Green Tea - Small	Small															
Hibiscus Kiss Herbal Infusion - Large	Large															
Hibiscus Kiss Herbal Infusion - Medium	Medium															
Hibiscus Kiss Herbal Infusion - Small	Small															

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Americano																
Iced Americano - Large	Large	10	0	0	0	0	40	2	0	0	0	0	0	145	25	0
Iced Americano - Medium	Medium	10	0	0	0	0	30	2	0	0	0	0	0	116	18	0
Iced Americano - Small	Small	5	0	0	0	0	25	1	0	0	0	0	0	96	13	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Cappuccino																
Butter Pecan Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	390	64	0	60	42	11	3	658	446	0

Iced Cappuccino	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
	Medium	230	0	0	0	5	290	48	0	45	31	9	2	489	334	0
	Small	150	0	0	0	5	190	32	0	30	21	6	1	329	223	0
	Large	370	8	4.5	0	25	390	63	0	60	42	11	3	598	423	0
	Medium	280	6	3.5	0	20	290	47	0	45	31	8	2	444	317	0
	Small	190	4	2.5	0	15	190	32	0	30	21	5	2	299	212	0
	Large	310	0	0	0	10	200	65	0	63	46	11	3	826	419	0
	Medium	230	0	0	0	5	150	49	0	47	35	8	2	615	314	0
	Small	160	0	0	0	5	100	33	0	32	23	6	1	413	210	0
	Large	380	8	4.5	0	30	200	65	0	63	46	11	3	766	396	0
	Medium	280	6	3.5	0	20	150	48	0	47	35	8	2	570	296	0
	Small	190	4	2.5	0	15	100	32	0	31	23	5	2	383	198	0
	Large	310	0	0	0	10	190	65	0	61	42	11	3	789	400	0
	Medium	230	0	0	0	5	140	48	0	46	31	8	2	587	299	0
	Small	150	0	0	0	5	95	32	0	30	21	5	1	395	200	0
	Large	370	8	4.5	0	30	190	64	0	60	42	10	3	730	377	0
	Medium	280	6	3.5	0	20	140	48	0	45	31	8	2	542	282	0
	Small	190	4	2.5	0	15	95	32	0	30	21	5	2	365	189	0
Iced Cappuccino with Skim Milk - Large	Large	90	0	0	0	5	130	13	0	12	0	8	3	479	316	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Cappuccino																
Iced Cappuccino with Skim Milk - Medium	Medium	70	0	0	0	5	95	10	0	9	0	6	2	354	236	0
Iced Cappuccino with Skim Milk - Small	Small	45	0	0	0	0	65	7	0	6	0	4	1	240	158	0
Iced Cappuccino with Skim Milk and Sugar - Large	Large	230	0	0	0	5	130	48	0	47	35	8	3	480	316	0
Iced Cappuccino with Skim Milk and Sugar - Medium	Medium	170	0	0	0	5	95	36	0	35	26	6	2	355	236	0
Iced Cappuccino with Skim Milk and Sugar - Small	Small	110	0	0	0	0	65	24	0	23	17	4	1	240	158	0
Iced Cappuccino with Whole Milk - Large	Large	160	8	4.5	0	25	130	13	0	12	0	8	3	419	293	0
Iced Cappuccino with Whole Milk - Medium	Medium	120	6	3.5	0	20	100	10	0	9	0	6	2	310	219	0
Iced Cappuccino with Whole Milk - Small	Small	80	4	2.5	0	10	65	7	0	6	0	4	2	210	147	0
Iced Cappuccino with Whole Milk and Sugar - Large	Large	290	8	4.5	0	25	130	48	0	46	35	8	3	420	293	0
Iced Cappuccino with Whole Milk and Sugar - Medium	Medium	220	6	3.5	0	20	100	36	0	35	26	6	2	310	219	0
Iced Cappuccino with Whole Milk and Sugar - Small	Small	150	4	2.5	0	10	65	24	0	23	17	4	2	210	147	0
Mocha Swirl Iced Cappuccino with Skim Milk - Large	Large	300	1	0.5	0	5	160	64	2	58	46	10	3	830	327	2
Mocha Swirl Iced Cappuccino with Skim Milk - Medium	Medium	220	1	0.5	0	5	115	48	2	43	34	7	2	618	244	1
Mocha Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0.5	0	0	0	80	32	1	29	23	5	1	415	164	1
Mocha Swirl Iced Cappuccino with Whole Milk - Large	Large	360	9	5	0	25	160	63	2	57	46	9	3	770	304	2
Mocha Swirl Iced Cappuccino with Whole Milk - Medium	Medium	270	7	4	0	20	120	48	2	43	34	7	2	573	227	1
Mocha Swirl Iced Cappuccino with Whole Milk - Small	Small	180	4.5	2.5	0	10	80	32	1	29	23	5	2	385	152	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Coffee																
Butter Pecan Swirl Iced Coffee with Black - Large	Large	220	0	0	0	0	280	50	0	48	42	4	0	427	150	0
Butter Pecan Swirl Iced Coffee with Black - Medium	Medium	170	0	0	0	0	210	38	0	36	31	3	0	333	112	0

Iced Coffee	Nutrition Facts															
	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Coffee with AlmondMilk - Large	Large	35	1	0	0	0	75	5	0	5	5	1	1	298	193	0
Iced Coffee with AlmondMilk - Medium	Medium	25	0.5	0	0	0	50	4	0	3	3	1	1	221	130	0
Iced Coffee with AlmondMilk - Small	Small	15	0	0	0	0	30	2	0	2	2	0	0	145	68	0
Iced Coffee with Cream - Large	Large	120	12	6	0	35	65	2	0	2	0	2	1	330	75	0
Iced Coffee with Cream - Medium	Medium	90	9	4.5	0	25	45	1	0	1	0	2	0	247	55	0
Iced Coffee with Cream - Small	Small	60	6	3	0	20	30	1	0	1	0	1	0	165	37	0
Iced Coffee with Cream and Sugar - Large	Large	260	12	6	0	35	65	37	0	36	35	2	1	330	75	0
Iced Coffee with Cream and Sugar - Medium	Medium	190	9	4.5	0	25	45	27	0	27	26	2	0	247	55	0
Iced Coffee with Cream and Sugar - Small	Small	130	6	3	0	20	30	18	0	18	17	1	0	165	38	0
Iced Coffee with Oatmilk - Large	Large	45	1.5	0	0	0	60	8	1	2	1	1	2	380	144	0
Iced Coffee with Oatmilk - Medium	Medium	30	1	0	0	0	40	5	1	1	1	1	1	276	97	0
Iced Coffee with Oatmilk - Small	Small	15	0	0	0	0	25	3	0	1	0	1	1	172	52	0
Iced Coffee with Skim Milk - Large	Large	25	0	0	0	0	45	3	0	3	0	3	1	343	94	0
Iced Coffee with Skim Milk - Medium	Medium	20	0	0	0	0	35	2	0	2	0	2	1	257	70	0
Iced Coffee with Skim Milk - Small	Small	15	0	0	0	0	25	2	0	2	0	1	0	172	47	0
Iced Coffee with Skim Milk and Sugar - Large	Large	160	0	0	0	0	45	38	0	38	35	3	1	344	95	0
Iced Coffee with Skim Milk and Sugar - Medium	Medium	120	0	0	0	0	35	28	0	28	26	2	1	257	70	0
Iced Coffee with Skim Milk and Sugar - Small	Small	80	0	0	0	0	25	19	0	19	17	1	0	172	47	0
Iced Coffee with Sugar - Large	Large	140	0	0	0	0	20	35	0	35	35	1	0	275	21	0
Iced Coffee with Sugar - Medium	Medium	110	0	0	0	0	15	26	0	26	26	0	0	206	15	0
Iced Coffee with Sugar - Small	Small	70	0	0	0	0	10	17	0	17	17	0	0	138	11	0
Iced Coffee with Whole Milk - Large	Large	40	2	1	0	5	45	3	0	3	0	3	1	328	89	0
Iced Coffee with Whole Milk - Medium	Medium	30	1.5	1	0	5	35	2	0	2	0	2	1	246	66	0
Iced Coffee with Whole Milk - Small	Small	20	1	0.5	0	5	25	1	0	1	0	1	0	164	44	0
Iced Coffee with Whole Milk and Sugar - Large	Large	180	2	1	0	5	45	38	0	38	35	3	1	329	89	0
Iced Coffee with Whole Milk and Sugar - Medium	Medium	130	1.5	1	0	5	35	28	0	28	26	2	1	246	66	0
Iced Coffee with Whole Milk and Sugar - Small	Small	90	1	0.5	0	5	25	19	0	19	17	1	0	164	45	0
Mocha Swirl Iced Coffee Large	Large	210	1	0	0	0	50	50	2	46	46	2	0	598	31	2
Mocha Swirl Iced Coffee Medium	Medium	160	0.5	0	0	0	35	38	2	34	34	2	0	462	23	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Coffee																
Mocha Swirl Iced Coffee Small	Small	110	0	0	0	0	25	25	1	23	23	1	0	313	16	1
Mocha Swirl Iced Coffee with Cream - Large	Large	330	12	7	0	35	90	52	2	47	46	4	1	653	84	2
Mocha Swirl Iced Coffee with Cream - Medium	Medium	240	9	5	0	25	65	39	2	35	34	3	0	503	63	1
Mocha Swirl Iced Coffee with Cream - Small	Small	160	6	3.5	0	20	45	26	1	24	23	2	0	340	43	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Almondmilk Iced Matcha Latte - Large	Large	230	3.5	0	0	0	240	48	3	44	44	3	8	258	702	1
Almondmilk Iced Matcha Latte - Medium	Medium	180	2.5	0	0	0	180	36	2	33	33	3	6	193	526	1
Almondmilk Iced Matcha Latte - Small	Small	120	2	0	0	0	120	24	1	22	22	2	4	129	351	1
Butter Pecan Swirl Iced Latte with Skim Milk - Large	Large	350	0.5	0	0	10	440	70	0	66	42	16	4	849	596	0
Butter Pecan Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	5	330	52	0	50	31	12	3	632	446	0
Butter Pecan Swirl Iced Latte with Skim Milk - Small	Small	170	0	0	0	5	220	35	0	33	21	8	2	425	298	0
Butter Pecan Swirl Iced Latte with Whole Milk - Large	Large	450	12	7	0	40	440	69	0	66	42	15	5	759	561	0
Butter Pecan Swirl Iced Latte with Whole Milk - Medium	Medium	330	9	5	0	30	330	52	0	49	31	11	4	565	420	0
Butter Pecan Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	220	35	0	33	21	7	2	380	281	0
Caramel Craze Signature Iced Latte with Skim Milk - Large	Large	430	6	3.5	0	30	250	79	0	75	51	16	5	1053	586	0
Caramel Craze Signature Iced Latte with Skim Milk - Medium	Medium	340	5	3	0	25	190	61	0	57	39	12	3	792	442	0
Caramel Craze Signature Iced Latte with Skim Milk - Small	Small	250	5	3	0	20	130	43	0	40	27	8	2	543	303	0
Caramel Craze Signature Iced Latte with Whole Milk - Large	Large	530	17	10	0.5	60	250	79	0	74	51	15	5	963	551	0
Caramel Craze Signature Iced Latte with Whole Milk - Medium	Medium	410	14	8	0	45	190	61	0	57	39	11	4	725	416	0
Caramel Craze Signature Iced Latte with Whole Milk - Small	Small	300	11	6	0	35	130	43	0	39	27	8	3	499	285	0
Caramel Swirl Iced Latte with Skim Milk - Large	Large	350	0	0	0	10	250	71	0	69	46	15	4	1,017	568	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Caramel Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	10	190	53	0	52	35	11	3	758	426	0
Caramel Swirl Iced Latte with Skim Milk - Small	Small	180	0	0	0	5	125	36	0	35	23	8	2	509	284	0
Caramel Swirl Iced Latte with Whole Milk - Large	Large	450	12	7	0	40	250	70	0	69	46	14	5	927	534	0
Caramel Swirl Iced Latte with Whole Milk - Medium	Medium	340	9	5	0	30	190	53	0	52	35	11	4	690	400	0
Caramel Swirl Iced Latte with Whole Milk - Small	Small	230	6	3.5	0	20	125	35	0	34	23	7	2	464	267	0
Chai Iced Latte with Skim Milk- Large	Large	290	0.5	0	0	5	210	58	2	54	36	13	4	656	466	1
Chai Iced Latte with Skim Milk- Medium	Medium	220	0	0	0	5	160	44	2	41	27	10	3	492	349	0
Chai Iced Latte with Skim Milk- Small	Small	150	0	0	0	5	105	29	1	27	18	7	2	328	233	0
Chai Iced Latte with Whole Milk- Large	Large	390	12	7	0	35	220	57	2	54	36	12	5	567	431	1
Chai Iced Latte with Whole Milk- Medium	Medium	290	9	5	0	25	160	43	2	40	27	9	4	425	323	0
Chai Iced Latte with Whole Milk- Small	Small	200	6	3.5	0	20	110	29	1	27	18	6	2	283	216	0
Cocoa Mocha Signature Iced Latte with Skim Milk - Large	Large	420	6	4	0	25	220	78	2	69	50	15	5	1061	495	2
Cocoa Mocha Signature Iced Latte with Skim Milk - Medium	Medium	330	6	3.5	0	20	160	60	2	52	38	11	3	798	373	2
Cocoa Mocha Signature Iced Latte with Skim Milk - Small	Small	250	5	3.5	0	20	115	43	1	36	27	8	2	548	255	1
Cocoa Mocha Signature Iced Latte with Whole Milk - Large	Large	520	18	11	0.5	55	220	77	2	68	50	14	5	971	460	2
Cocoa Mocha Signature Iced Latte with Whole Milk - Medium	Medium	400	14	9	0	45	170	60	2	52	38	10	4	731	347	2
Cocoa Mocha Signature Iced Latte with Whole Milk - Small	Small	300	11	7	0	35	115	42	1	36	27	7	3	503	238	1
French Vanilla Swirl Iced Latte with Skim Milk - Large	Large	350	0	0	0	10	240	71	0	67	42	15	4	980	549	0
French Vanilla Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	10	180	53	0	50	31	11	3	730	411	0
French Vanilla Swirl Iced Latte with Skim Milk - Small	Small	170	0	0	0	5	120	35	0	33	21	7	2	490	275	0
French Vanilla Swirl Iced Latte with Whole Milk - Large	Large	450	12	7	0	40	240	70	0	66	42	14	5	891	515	0
French Vanilla Swirl Iced Latte with Whole Milk - Medium	Medium	330	9	5	0	30	180	52	0	50	31	11	4	663	385	0
French Vanilla Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	120	35	0	33	21	7	2	445	258	0

Item	Nutritional Information															
	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Iced Latte with AlmondMilk - Large	Large	130	3.5	0	0	0	260	23	1	20	19	2	4	374	715	1
Iced Latte with AlmondMilk - Medium	Medium	100	3	0	0	0	190	17	1	15	15	1	3	276	536	1
Iced Latte with AlmondMilk - Small	Small	70	2	0	0	0	130	11	0	10	10	1	2	187	358	1
Iced Latte with Oatmilk - Large	Large	180	5	1	0	0	200	32	4	7	5	3	9	681	518	1
Iced Latte with Oatmilk - Medium	Medium	130	4	0.5	0	0	150	24	3	5	4	2	7	506	388	0
Iced Latte with Oatmilk - Small	Small	90	2.5	0	0	0	100	16	2	4	3	1	4	340	259	0
Iced Latte with Skim Milk - Large	Large	130	0	0	0	5	180	20	0	18	0	12	4	670	465	0
Iced Latte with Skim Milk - Medium	Medium	100	0	0	0	5	135	15	0	14	0	9	3	498	348	0
Iced Latte with Skim Milk - Small	Small	70	0	0	0	5	90	10	0	9	0	6	2	335	233	0
Iced Latte with Skim Milk and Sugar - Large	Large	270	0	0	0	5	180	54	0	53	35	12	4	671	465	0
Iced Latte with Skim Milk and Sugar - Medium	Medium	200	0	0	0	5	135	41	0	40	26	9	3	498	348	0
Iced Latte with Skim Milk and Sugar - Small	Small	130	0	0	0	5	90	27	0	26	17	6	2	335	233	0
Iced Latte with Whole Milk - Large	Large	230	12	7	0	35	180	19	0	18	0	12	5	580	431	0
Iced Latte with Whole Milk - Medium	Medium	170	9	5	0	25	135	14	0	13	0	9	4	430	322	0
Iced Latte with Whole Milk - Small	Small	120	6	3.5	0	20	90	9	0	9	0	6	2	290	216	0
Iced Latte with Whole Milk and Sugar - Large	Large	370	12	7	0	35	180	54	0	52	35	12	5	581	431	0
Iced Latte with Whole Milk and Sugar - Medium	Medium	270	9	5	0	25	135	40	0	39	26	9	4	431	323	0
Iced Latte with Whole Milk and Sugar - Small	Small	180	6	3.5	0	20	90	27	0	26	17	6	2	291	216	0
Matcha Iced Latte with Skim Milk - Large	Large	240	0	0	0	5	170	45	2	43	25	14	8	578	464	0
Matcha Iced Latte with Skim Milk - Medium	Medium	180	0	0	0	5	125	34	1	32	19	11	6	433	347	0
Matcha Iced Latte with Skim Milk - Small	Small	120	0	0	0	5	85	23	1	22	12	7	4	289	232	0
Matcha Iced Latte with Whole Milk - Large	Large	340	12	7	0	35	170	44	2	43	25	13	9	488	429	0
Matcha Iced Latte with Whole Milk - Medium	Medium	250	9	5	0	25	130	33	1	32	19	10	6	366	321	0
Matcha Iced Latte with Whole Milk - Small	Small	170	6	3.5	0	20	85	22	1	21	12	7	4	244	215	0
Mocha Swirl Iced Latte with Skim Milk - Large	Large	340	1	0.5	0	5	210	70	2	64	46	14	4	1,021	476	2
Mocha Swirl Iced Latte with Skim Milk - Medium	Medium	250	1	0.5	0	5	160	52	2	48	34	10	3	761	356	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Mocha Swirl Iced Latte with Skim Milk - Small	Small	170	0.5	0	0	5	105	35	1	32	23	7	2	510	238	1
Mocha Swirl Iced Latte with Whole Milk - Large	Large	440	13	7	0	35	220	69	2	63	46	13	5	931	442	2
Mocha Swirl Iced Latte with Whole Milk - Medium	Medium	330	10	6	0	25	160	52	2	47	34	10	4	694	330	1
Mocha Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	110	35	1	32	23	7	2	466	221	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Macchiato																
Butter Pecan Swirl Iced Macchiato with Skim Milk - Large	Large	310	0	0	0	5	390	64	0	60	42	12	3	704	447	0
Butter Pecan Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	290	48	0	45	31	9	2	535	335	0
Butter Pecan Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	200	33	0	30	21	6	1	375	224	0
Butter Pecan Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	4.5	0	25	390	64	0	60	42	11	3	644	424	0
Butter Pecan Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	300	48	0	45	31	8	2	490	318	0
Butter Pecan Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	200	32	0	30	21	6	2	345	213	0
Caramel Swirl Iced Macchiato with Skim Milk - Large	Large	310	0	0	0	10	200	66	0	63	46	11	3	872	420	0
Caramel Swirl Iced Macchiato with Skim Milk - Medium	Medium	240	0	0	0	5	150	49	0	47	35	8	2	661	314	0
Caramel Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	105	33	0	32	23	6	1	459	211	0
Caramel Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	200	65	0	63	46	11	3	812	397	0
Caramel Swirl Iced Macchiato with Whole Milk - Medium	Medium	290	6	3.5	0	20	150	49	0	47	35	8	2	616	297	0
Caramel Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	105	33	0	31	23	5	2	429	199	0
French Vanilla Swirl Iced Macchiato with Skim Milk - Large	Large	310	0	0	0	10	190	65	0	61	42	11	3	835	401	0
French Vanilla Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	150	49	0	46	31	8	2	633	300	0
French Vanilla Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	100	33	0	30	21	5	1	441	201	0

Iced Macchiato	Nutrition Facts															
	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
French Vanilla Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	200	65	0	60	42	10	3	776	378	0
French Vanilla Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	49	0	45	31	8	2	588	283	0
French Vanilla Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	100	33	0	30	21	5	2	411	189	0
Iced Macchiato with Oatmilk - Large	Large	120	3.5	0.5	0	0	150	23	3	5	4	2	6	532	352	0
Iced Macchiato with Oatmilk - Medium	Medium	90	2.5	0	0	0	110	17	2	4	3	2	4	406	263	0
Iced Macchiato with Oatmilk - Small	Small	60	2	0	0	0	75	12	1	2	2	1	3	289	177	0
Iced Macchiato with Skim Milk - Large	Large	90	0	0	0	5	135	14	0	12	0	8	3	525	317	0
Iced Macchiato with Skim Milk - Medium	Medium	70	0	0	0	5	100	11	0	9	0	6	2	400	237	0
Iced Macchiato with Skim Milk - Small	Small	50	0	0	0	0	70	7	0	6	0	4	1	286	159	0
Iced Macchiato with Skim Milk and Sugar - Large	Large	230	0	0	0	5	135	49	0	47	35	8	3	526	317	0
Iced Macchiato with Skim Milk and Sugar - Medium	Medium	170	0	0	0	5	100	37	0	35	26	6	2	401	237	0
Iced Macchiato with Skim Milk and Sugar - Small	Small	120	0	0	0	0	70	25	0	23	17	4	1	286	159	0
Iced Macchiato with Whole Milk - Large	Large	160	8	4.5	0	25	135	14	0	12	0	8	3	465	294	0
Iced Macchiato with Whole Milk - Medium	Medium	120	6	3.5	0	20	105	10	0	9	0	6	2	356	220	0
Iced Macchiato with Whole Milk - Small	Small	80	4	2.5	0	10	70	7	0	6	0	4	2	256	147	0
Iced Macchiato with Whole Milk and Sugar - Large	Large	290	8	4.5	0	25	140	49	0	46	35	8	3	466	294	0
Iced Macchiato with Whole Milk and Sugar - Small	Small	150	4	2.5	0	10	70	25	0	23	17	4	2	256	148	0
Iced Macchiato with Whole Milk and Sugar- Medium	Medium	220	6	3.5	0	20	105	37	0	35	26	6	2	356	220	0
Mocha Swirl Iced Macchiato with Skim Milk - Large	Large	300	1	0.5	0	5	160	65	2	58	46	10	3	876	327	2
Mocha Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	1	0.5	0	5	125	49	2	43	34	7	2	664	245	2
Mocha Swirl Iced Macchiato with Skim Milk - Small	Small	150	0.5	0	0	0	85	33	1	29	23	5	1	461	164	1
Mocha Swirl Iced Macchiato with Whole Milk - Large	Large	370	9	5	0	25	170	64	2	57	46	9	3	816	305	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Macchiato																
Mocha Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	7	4	0	20	125	48	2	43	34	7	2	619	228	2
Mocha Swirl Iced Macchiato with Whole Milk - Small	Small	180	4.5	2.5	0	10	85	32	1	29	23	5	2	431	153	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Tea																
Iced Green Tea Sweetened - Large	Large	140	0	0	0	0	15	33	0	33	33	1	0	49	10	0
Iced Green Tea Sweetened - Medium	Medium	100	0	0	0	0	10	25	0	25	25	1	0	36	6	0
Iced Green Tea Sweetened - Small	Small	70	0	0	0	0	10	16	0	16	16	1	0	24	5	0
Iced Green Tea Unsweetened - Large	Large	5	0	0	0	0	15	0	0	0	0	1	0	49	10	0
Iced Green Tea Unsweetened - Medium	Medium	5	0	0	0	0	10	0	0	0	0	1	0	36	6	0
Iced Green Tea Unsweetened - Small	Small	5	0	0	0	0	10	0	0	0	0	1	0	24	5	0
Iced Tea Sweetened - Large	Large	140	0	0	0	0	25	35	0	33	33	0	0	213	10	0
Iced Tea Sweetened - Medium	Medium	100	0	0	0	0	20	26	0	25	25	0	0	159	6	0
Iced Tea Sweetened - Small	Small	70	0	0	0	0	15	17	0	16	16	0	0	107	5	0
Iced Tea Sweetened Blueberry Flavored - Medium	Medium	110	0	0	0	0	20	27	0	25	25	0	0	149	6	0
Iced Tea Sweetened Blueberry Flavored - Large	Large	150	0	0	0	0	25	35	0	33	33	0	0	199	10	0
Iced Tea Sweetened Blueberry Flavored - Small	Small	70	0	0	0	0	15	18	0	17	17	0	0	99	5	0
Iced Tea Sweetened Raspberry Flavored - Large	Large	150	0	0	0	0	25	38	0	33	33	0	0	199	10	0
Iced Tea Sweetened Raspberry Flavored - Medium	Medium	110	0	0	0	0	20	29	0	25	25	0	0	149	6	0
Iced Tea Sweetened Raspberry Flavored - Small	Small	80	0	0	0	0	15	19	0	17	17	0	0	99	5	0
Iced Tea Unsweetened - Large	Large	5	0	0	0	0	25	2	0	0	0	0	0	196	10	0
Iced Tea Unsweetened - Medium	Medium	5	0	0	0	0	20	1	0	0	0	0	0	148	6	0
Iced Tea Unsweetened - Small	Small	5	0	0	0	0	15	1	0	0	0	0	0	102	5	0
Iced Tea Unsweetened Blueberry Flavored - Large	Large	15	0	0	0	0	25	2	0	0	0	0	0	199	10	0
Iced Tea Unsweetened Blueberry Flavored - Medium	Medium	10	0	0	0	0	20	2	0	0	0	0	0	149	6	0
Iced Tea Unsweetened Blueberry Flavored - Small	Small	5	0	0	0	0	15	1	0	0	0	0	0	99	5	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Tea																
Iced Tea Unsweetened Raspberry Flavored - Large	Large	20	0	0	0	0	25	5	0	0	0	0	0	199	10	0
Iced Tea Unsweetened Raspberry Flavored - Medium	Medium	15	0	0	0	0	20	4	0	0	0	0	0	149	6	0
Iced Tea Unsweetened Raspberry Flavored - Small	Small	10	0	0	0	0	15	3	0	0	0	0	0	99	5	0
Sweet Tea - Large	Large	310	0	0	0	0	25	79	0	78	78	0	0	206	10	0
Sweet Tea - Medium	Medium	230	0	0	0	0	20	60	0	58	58	0	0	154	7	0
Sweet Tea - Small	Small	150	0	0	0	0	15	40	0	39	39	0	0	103	5	0
Sweet Tea Blueberry Flavored - Large	Large	330	0	0	0	0	30	86	0	81	81	0	0	224	10	0
Sweet Tea Blueberry Flavored - Medium	Medium	250	0	0	0	0	20	64	0	60	60	0	0	167	7	0
Sweet Tea Blueberry Flavored - Small	Small	170	0	0	0	0	15	43	0	40	40	0	0	112	5	0
Sweet Tea Raspberry Flavored - Large	Large	330	0	0	0	0	30	86	0	81	81	0	0	224	10	0
Sweet Tea Raspberry Flavored - Medium	Medium	250	0	0	0	0	20	65	0	60	60	0	0	167	7	0
Sweet Tea Raspberry Flavored - Small	Small	170	0	0	0	0	15	43	0	40	40	0	0	112	5	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Kolache - Regional																
Kolache	1 Kolache	390	23	7	0	60	1020	31	1	7	6	15	0	197	86	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Kosher Sandwiches and Wraps																
Kosher Dunkin' Double Veggie Sausage Sandwich	1 Sandwich	600	18	6	0	180	1460	74	6	8	5	37	1	439	163	8
Kosher Egg and Cheese Wake Up Wrap	1 Wrap	170	10	4	0	95	410	14	0	1	0	7	1	86	120	1
Kosher Egg and Cheese on an English Muffin	1 Sandwich	340	14	5	0	180	600	38	1	3	3	14	2	164	112	3
Kosher Sourdough Breakfast Sandwich	1 Sandwich	660	34	10	0	345	1470	61	3	1	0	29	2	323	234	6
Kosher Tuna Melt on a Croissant	1 Sandwich	570	38	17	0	110	800	32	1	4	3	24	13	102	172	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Kosher Sandwiches and Wraps																
Kosher Tuna Salad on a Plain Bagel	1 Sandwich	510	17	3	0	45	1060	64	4	7	4	24	0	130	23	4
Kosher Veggie Bacon Egg and Cheese on a Plain Bagel	1 Sandwich	510	17	5	0	180	1170	68	4	7	4	21	1	251	130	5
Kosher Veggie Bacon Wake-Up Wrap	1 Wrap	200	12	4.5	0	95	520	15	0	1	0	8	1	94	124	1
Kosher Veggie Sausage Egg and Cheese on a Croissant	1 Sandwich	500	30	14	0	220	820	37	2	5	4	23	14	288	139	4
Kosher Veggie Sausage Wake-Up Wrap	1 Wrap	210	11	4	0	95	540	16	1	1	1	11	1	138	130	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Kosher Sandwiches and Wraps - Regional																
Kosher Grilled Cheese	1 Sandwich	420	23	12	0	55	840	36	0	3	2	17	1	146	326	2
Kosher Grilled Cheese with Veggie Bacon	1 Sandwich	480	27	12	0	55	1060	38	0	3	2	19	1	162	334	3

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Lemonade																
Lemonade - Large	Large	240	0	0	0	0	25	60	0	59	59	0	0	27	27	0
Lemonade - Medium	Medium	180	0	0	0	0	20	45	0	44	44	0	0	20	19	0
Lemonade - Small	Small	120	0	0	0	0	15	30	0	30	30	0	0	13	13	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Muffins																
Blueberry Muffin	1 Muffin	460	15	3	0	60	390	77	1	44	41	6	0	93	21	2
Chocolate Chip Muffin	1 Muffin	550	21	6	0	65	400	85	2	49	49	7	0	175	29	3
Coffee Cake Muffin	1 Muffin	590	24	8	0	65	370	88	2	51	50	7	0	101	36	3
Corn Muffin	1 Muffin	460	16	3	0	70	670	73	1	30	30	7	0	85	17	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Munchkins																
Cinnamon Munchkins	1 Donut Hole	60	3.5	1.5	0	5	65	6	0	2	2	1	0	7	4	0
Glazed Blueberry Munchkins	1 Donut Hole	60	2.5	1	0	5	75	9	0	5	4	1	0	12	5	0
Glazed Chocolate Munchkins	1 Donut Hole	60	3.5	1.5	0	0	80	8	0	4	4	1	0	31	6	0
Glazed Munchkins	1 Donut Hole	60	3	1.5	0	0	60	7	0	3	3	1	0	11	2	0
Glazed Old Fashioned Munchkins	1 Donut Hole	70	3	1.5	0	5	65	8	0	4	4	1	0	7	3	0
Jelly Munchkins	1 Donut Hole	60	3	1.5	0	0	65	8	0	3	3	1	0	11	3	0
Old Fashioned Munchkins	1 Donut Hole	50	3	1.5	0	5	65	6	0	2	1	1	0	6	3	0
Powdered Munchkins	1 Donut Hole	60	3.5	1.5	0	5	65	7	0	2	2	1	0	6	3	0

Other Bakery	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
English Muffin	1 Muffin	190	2	0	0	0	270	35	1	3	3	6	0	56	10	2
Plain Butter Croissant	1 Croissant	280	15	10	0	45	240	31	1	3	6	6	13	77	16	2

Other Bakery - Regional	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Biscuit	1 Biscuit	270	14	9	0	10	640	32	1	2	0	5	0	80	64	2

[illegible]

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Packaged Coffee																
Ground Original Blend Packaged Coffee																
Original Blend K-Cup® Pod																
Whole Bean Original Blend Packaged Coffee																

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Packaged Tea																
Bold Breakfast Black Packaged Tea																
Chamomile Fields Herbal Infusion Packaged Tea																
Cool Mint Herbal Infusion Packaged Tea																
Harmony Leaf Green Packaged Tea																
Hibiscus Kiss Herbal Infusion Packaged Tea																

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Packaged Tea - All varieties of our tea and herbal infusion have no nutritional significance.																
Decaf Breakfast Black Packaged Tea																

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Sandwiches																
Bacon, Egg and Cheese Wake-Up Wrap	1 Wrap	220	13	5	0	105	590	15	0	1	1	10	1	112	134	1
Bacon, Egg and Cheese on Croissant	1 Sandwich	520	34	16	0	235	870	34	1	5	4	19	14	250	133	3
Bacon, Egg and Cheese on English Muffin	1 Sandwich	420	21	7	0	195	900	39	1	4	4	19	2	230	130	3

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Sandwiches																
Bacon, Egg and Cheese on a Plain Bagel	1 Sandwich	540	19	7	0	195	1,260	67	4	8	5	24	1	300	140	5
Double Sausage Breakfast Sandwich	1 Sandwich	900	54	19	0	265	1980	70	5	8	4	33	2	439	189	6
Egg and Cheese Wake-Up Wrap	1 Wrap	180	10	4	0	95	470	14	0	1	0	7	1	74	132	1
Egg and Cheese on Croissant	1 Sandwich	440	28	14	0	220	620	33	1	4	3	14	14	173	131	3
Egg and Cheese on Croissant	1 Sandwich	440	28	14	0	220	620	33	1	4	3	14	14	173	131	3
Egg and Cheese on English Muffin	1 Sandwich	340	15	5	0	175	650	38	1	4	3	14	2	151	124	3
Egg and Cheese on a Plain Bagel	1 Sandwich	460	13	5	0	175	1010	66	4	8	4	19	1	222	135	4
Grilled Cheese	1 Sandwich	480	20	11	0	55	1120	54	3	1	0	21	0	167	407	4
Sausage, Egg and Cheese Wake-Up Wrap	1 Wrap	280	20	7	0	115	690	15	1	1	0	10	1	122	145	2
Sausage, Egg and Cheese on English Muffin	1 Sandwich	560	35	12	0	220	1,140	40	2	4	3	21	2	260	151	3
Sausage, Egg and Cheese on a Plain Bagel	1 Sandwich	680	34	12	0	220	1,500	68	5	8	4	26	2	330	162	5
Sourdough Breakfast Sandwich	1 Sandwich	650	32	11	0	365	1360	58	3	2	1	31	2	383	220	5
Spam Breakfast Sandwich	1 Sandwich	630	42	17	0	200	1210	41	1	6	5	20	4	251	129	3
Turkey Sausage Sandwich on English Muffin	1 Sandwich	460	24	8	0	210	1040	39	1	4	3	22	2	239	130	3
Turkey Sausage Wake Up Wrap	1 Wrap	230	15	5	0	115	660	15	0	1	1	11	1	118	135	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Sandwiches - Regional																
Biscuit, Bacon, Egg and Cheese	1 Sandwich	490	31	15	0	195	1210	35	1	3	1	17	1	233	181	3
Chicken Biscuit	1 Sandwich	460	22	11	0	45	1080	46	1	3	1	21	0	269	73	3
Chicken Croissant Sandwich	1 Sandwich	590	33	15	0	110	1160	47	2	6	5	28	16	352	120	3
Sausage Biscuit	1 Sandwich	470	33	16	0	50	1070	33	1	2	0	11	1	177	89	3

Allergen information is available at www.DunkinDonuts.com or by calling Guest Support at 800-859-5339. Please be advised that our products may contain or may have been further processed on shared equipment that may have come in contact with allergens or intolerances including Eggs, Fish, Milk, Peanuts, Sesame, Soy, Tree Nuts, Wheat, & Shellfish.

Dunkin' Donuts has made a reasonable effort to provide nutritional and ingredient information based upon standard product formulations and following the FDA guidelines using formulation and nutrition labeling software. Variations may occur due to: seasonal conditions; regional differences; ingredient substitutions and differences in product assembly or size at the restaurant. Test products, limited time offers and regional menu variations may not be included and not all items listed may be available in all restaurants. The information on these printed materials may vary from that which may be available in our restaurants. We will update www.DunkinDonuts.com frequently, so please revisit this site for the most current information. Any customers with further questions regarding specific dietary concerns are advised to visit www.DunkinDonuts.com or call Guest Support at 800-859-5339.