



## Nutrition Guide

The information below was last updated on 02-12-2017 . Information can change frequently, so check [www.DunkinDonuts.com](http://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.

## Limited Time Products

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Breakfast Sandwiches</b>																	
<b>Sweet Black Pepper Bacon Breakfast Sandwich</b>	1 Sandwich	620	360	40	16	0	190	1000	44	2	9	23	8	15	15	20	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Cold Brew Coffee</b>																	
<b>Sweet and Salted Cold Brew Large</b>	32 fl oz	200	25	3	2	0	10	180	42	0	37	2	2	0	4	0	
<b>Sweet and Salted Cold Brew Medium</b>	24 fl oz	160	25	2.5	1.5	0	10	160	32	0	28	2	2	0	2	0	
<b>Sweet and Salted Cold Brew Small</b>	16 fl oz	120	25	2.5	1.5	0	10	150	23	0	19	1	2	0	2	0	
<b>Sweet and Salted Cold Brew with Cream Large</b>	32 fl oz	310	130	14	8	0	45	220	43	0	38	4	10	2	8	0	
<b>Sweet and Salted Cold Brew with Cream Medium</b>	24 fl oz	240	100	11	6	0	35	190	33	0	29	3	8	0	6	0	
<b>Sweet and Salted Cold Brew with Cream Small</b>	16 fl oz	170	70	8	4.5	0	25	180	23	0	20	2	6	0	6	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Cookies</b>																	
<b>Triple Chocolate Cookie</b>	1 Cookie	250	110	12	7	0	40	190	34	1	22	3	6	0	2	10	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Cream Cheese Spread</b>																	
Chive and Onion Cream Cheese Spread	1 Unit	110	90	10	7	0	35	180	2	0	2	2	10	0	4	0	
Classic Plain Cream Cheese Spread	1 Unit	120	110	12	8	0	40	200	3	0	3	2	8	0	4	0	
Garden Veggie Cream Cheese Spread	1 Unit	100	90	10	6	0	35	200	3	0	1	2	10	0	4	0	
Reduced Fat Plain Cream Cheese - 50% Less Fat than Regular Cream Cheese	1 Unit	90	60	7	4	0	25	230	5	0	2	3	10	0	8	0	
Strawberry Cream Cheese Spread	1 Unit	130	90	10	6	0	30	100	9	0	8	2	8	0	4	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
<b>Donuts</b>																
Fudge Croissant Donut	1 Croissant Donut	400	180	20	12	0	25	300	50	1	25	5	0	0	2	10
Shamrock Sprinkles Donut	1 Donut	290	140	16	7	0	0	340	34	1	14	3	2	0	0	8
Vanilla Truffle Donut	1 Donut	390	200	22	10	0	0	370	46	1	26	4	2	0	2	8

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
<b>GranDDe Burrito</b>																
GranDDe Sausage Burrito	1 Burrito	720	370	41	17	1	225	1660	56	6	5	30	30	50	45	25
GranDDe Veggie Burrito	1 Burrito	530	200	22	10	1	180	1190	60	7	6	23	30	60	45	20

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
<b>Hot Americano</b>																
Americano Large	20 fl oz	15	0	0	0	0	0	35	2	0	2	0	0	0	2	2
Americano Medium	16 fl oz	10	0	0	0	0	0	25	2	0	2	0	0	0	2	0
Americano Small	10 fl oz	10	0	0	0	0	0	20	1	0	1	0	0	0	0	0

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Hot Coffee</b>																	
<b>Fudge Brownie Swirl Hot Coffee Large</b>	20 fl oz	220	5	0.5	0	0	0	140	52	2	46	2	0	0	2	50	
<b>Fudge Brownie Swirl Hot Coffee Medium</b>	14 fl oz	160	5	0.5	0	0	0	105	39	2	35	2	0	0	0	35	
<b>Fudge Brownie Swirl Hot Coffee Small</b>	10 fl oz	110	5	0	0	0	0	70	26	1	23	1	0	0	0	25	
<b>Fudge Brownie Swirl Hot Coffee XLarge</b>	24 fl oz	270	10	1	0.5	0	0	180	65	3	58	3	0	0	2	60	
<b>Fudge Brownie Swirl Hot Coffee with Cream Large</b>	20 fl oz	330	110	12	8	0	40	160	54	2	46	4	8	0	6	50	
<b>Fudge Brownie Swirl Hot Coffee with Cream Medium</b>	14 fl oz	250	80	9	6	0	30	120	41	2	35	3	6	0	6	35	
<b>Fudge Brownie Swirl Hot Coffee with Cream Small</b>	10 fl oz	170	60	6	4	0	20	80	27	1	23	2	4	0	4	25	
<b>Fudge Brownie Swirl Hot Coffee with Cream XLarge</b>	24 fl oz	410	140	15	10	0	50	200	68	3	58	5	10	2	8	60	
<b>Vanilla Cupcake Swirl Hot Coffee Large</b>	20 fl oz	220	0	0	0	0	5	70	52	0	48	3	2	0	8	0	
<b>Vanilla Cupcake Swirl Hot Coffee Medium</b>	14 fl oz	170	0	0	0	0	5	55	39	0	36	2	2	0	6	0	
<b>Vanilla Cupcake Swirl Hot Coffee Small</b>	10 fl oz	110	0	0	0	0	0	35	26	0	24	2	0	0	4	0	
<b>Vanilla Cupcake Swirl Hot Coffee XLarge</b>	24 fl oz	280	0	0	0	0	5	90	65	0	60	4	2	0	10	0	
<b>Vanilla Cupcake Swirl Hot Coffee with Cream Large</b>	20 fl oz	340	100	12	6	0	40	115	53	0	50	5	10	0	15	0	
<b>Vanilla Cupcake Swirl Hot Coffee with Cream Medium</b>	14 fl oz	250	80	9	4.5	0	30	85	40	0	38	4	8	0	10	0	
<b>Vanilla Cupcake Swirl Hot Coffee with Cream Small</b>	10 fl oz	170	50	6	3	0	20	55	27	0	25	3	4	0	6	0	
<b>Vanilla Cupcake Swirl Hot Coffee with Cream XLarge</b>	24 fl oz	430	130	14	8	0	50	140	67	0	64	6	10	2	20	2	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
<b>Hot Latte</b>																
<b>Fudge Brownie Hot Latte with Skim Milk Large</b>	20 fl oz	350	10	1	1	0	5	300	72	2	66	14	15	0	45	50
<b>Fudge Brownie Hot Latte with Skim Milk Medium</b>	16 fl oz	260	10	1	0.5	0	5	220	55	2	50	11	10	0	35	35

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Hot Latte</b>																	
Fudge Brownie Hot Latte with Skim Milk Small	10 fl oz	180	5	0.5	0	0	5	150	37	1	34	7	8	0	25	25	
Fudge Brownie Hot Latte with Whole Milk Large	20 fl oz	450	120	13	7	0	35	300	72	2	66	13	10	0	45	50	
Fudge Brownie Hot Latte with Whole Milk Medium	16 fl oz	340	90	10	6	0	25	220	54	2	50	10	8	0	30	35	
Fudge Brownie Hot Latte with Whole Milk Small	10 fl oz	230	60	6	3.5	0	20	150	37	1	34	7	6	0	20	25	
Vanilla Cupcake Hot Latte with Skim Milk Large	20 fl oz	350	5	0	0	0	10	230	72	0	69	15	15	0	50	2	
Vanilla Cupcake Hot Latte with Skim Milk Medium	16 fl oz	270	5	0	0	0	10	170	54	0	52	11	15	0	40	0	
Vanilla Cupcake Hot Latte with Skim Milk Small	10 fl oz	180	0	0	0	0	5	115	37	0	35	8	8	0	25	0	
Vanilla Cupcake Hot Latte with Whole Milk Large	20 fl oz	450	110	12	7	0	40	230	71	0	68	14	15	0	50	2	
Vanilla Cupcake Hot Latte with Whole Milk Medium	16 fl oz	340	80	9	5	0	30	170	54	0	52	11	10	0	40	0	
Vanilla Cupcake Hot Latte with Whole Milk Small	10 fl oz	230	50	6	3.5	0	20	115	37	0	35	7	6	0	25	0	

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													Vitamin A	Vitamin C	Calcium	Iron	
<b>Hot Macchiato</b>																	
Fudge Brownie Hot Macchiato with Skim Milk Large	20 floz	300	10	1	0.5	0	5	250	66	2	59	10	10	0	30	50	
Fudge Brownie Hot Macchiato with Skim Milk Medium	16 fl oz	230	10	1	0.5	0	5	190	49	2	44	7	8	0	25	35	
Fudge Brownie Hot Macchiato with Skim Milk Small	10 fl oz	150	5	0.5	0	0	0	130	33	1	29	5	6	0	15	25	
Fudge Brownie Hot Macchiato with Whole Milk Large	20 floz	370	80	9	5	0	25	250	65	2	58	9	8	0	30	50	
Fudge Brownie Hot Macchiato with Whole Milk Medium	16 fl oz	280	60	7	4	0	20	190	49	2	44	7	6	0	20	35	
Fudge Brownie Hot Macchiato with Whole Milk Small	10 fl oz	190	40	4.5	2.5	0	10	130	33	1	29	5	4	0	15	25	
Vanilla Cupcake Hot Macchiato with Skim Milk Large	20 fl oz	310	5	0	0	0	10	180	65	0	61	11	10	0	40	2	
Vanilla Cupcake Hot Macchiato with Skim Milk Medium	16 fl oz	230	5	0	0	0	5	140	49	0	46	8	8	0	30	2	
Vanilla Cupcake Hot Macchiato with Skim Milk Small	10 fl oz	160	5	0	0	0	5	95	33	0	31	6	6	0	20	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Hot Macchiato</b>																	
<b>Vanilla Cupcake Hot Macchiato with Whole Milk Large</b>	20 fl oz	380	70	8	4.5	0	30	180	65	0	61	10	10	0	35	2	
<b>Vanilla Cupcake Hot Macchiato with Whole Milk Medium</b>	16 fl oz	280	60	6	3.5	0	20	140	49	0	46	8	8	0	25	2	
<b>Vanilla Cupcake Hot Macchiato with Whole Milk Small</b>	10 fl oz	190	35	4	2.5	0	15	95	33	0	30	5	4	0	20	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Coffee</b>																	
<b>Fudge Brownie Swirl Iced Coffee Large</b>	32 fl oz	220	5	0.5	0	0	0	140	54	2	46	3	0	0	2	50	
<b>Fudge Brownie Swirl Iced Coffee Medium</b>	24 fl oz	170	5	0.5	0	0	0	105	40	2	35	2	0	0	2	35	
<b>Fudge Brownie Swirl Iced Coffee Small</b>	16 fl oz	110	5	0	0	0	0	75	27	1	23	1	0	0	2	25	
<b>Fudge Brownie Swirl Iced Coffee with Cream Large</b>	32 fl oz	340	110	12	8	0	40	170	56	2	46	4	8	0	8	50	
<b>Fudge Brownie Swirl Iced Coffee with Cream Medium</b>	24 fl oz	250	80	9	6	0	30	125	42	2	35	3	6	0	6	35	
<b>Fudge Brownie Swirl Iced Coffee with Cream Small</b>	16 fl oz	170	60	6	4	0	20	85	28	1	23	2	4	0	4	25	
<b>Vanilla Cupcake Swirl Iced Coffee Large</b>	32 fl oz	230	0	0	0	0	5	75	53	0	48	4	2	0	10	0	
<b>Vanilla Cupcake Swirl Iced Coffee Medium</b>	24 fl oz	170	0	0	0	0	5	55	40	0	36	3	2	0	6	0	
<b>Vanilla Cupcake Swirl Iced Coffee Small</b>	16 fl oz	120	0	0	0	0	0	40	27	0	24	2	0	0	4	0	
<b>Vanilla Cupcake Swirl Iced Coffee with Cream Large</b>	32 fl oz	340	100	12	6	0	40	120	55	0	50	6	10	0	15	0	
<b>Vanilla Cupcake Swirl Iced Coffee with Cream Medium</b>	24 fl oz	260	80	9	4.5	0	30	85	41	0	38	4	8	0	10	0	
<b>Vanilla Cupcake Swirl Iced Coffee with Cream Small</b>	16 fl oz	170	50	6	3	0	20	60	27	0	25	3	4	0	8	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Latte</b>																	
Fudge Brownie Iced Latte with Skim Milk Large	32 fl oz	350	10	1	1	0	5	310	72	2	66	14	15	0	50	50	
Fudge Brownie Iced Latte with Skim Milk Medium	24 fl oz	260	10	1	0.5	0	5	230	55	2	50	11	10	0	35	35	
Fudge Brownie Iced Latte with Skim Milk Small	16 fl oz	180	5	0.5	0	0	5	160	37	1	34	7	8	0	25	25	
Fudge Brownie Iced Latte with Whole Milk Large	32 fl oz	450	120	13	7	0	35	320	72	2	66	13	10	0	45	50	
Fudge Brownie Iced Latte with Whole Milk Medium	24 fl oz	340	90	10	6	0	25	240	54	2	50	10	8	0	35	35	
Fudge Brownie Iced Latte with Whole Milk Small	16 fl oz	230	60	6	3.5	0	20	160	37	1	34	7	6	0	20	25	
Vanilla Cupcake Iced Latte with Skim Milk Large	32 fl oz	350	5	0	0	0	10	240	72	0	69	15	15	0	60	2	
Vanilla Cupcake Iced Latte with Skim Milk Medium	24 fl oz	270	5	0	0	0	10	180	54	0	52	11	15	0	40	0	
Vanilla Cupcake Iced Latte with Skim Milk Small	16 fl oz	180	0	0	0	0	5	120	37	0	35	8	8	0	30	0	
Vanilla Cupcake Iced Latte with Whole Milk Large	32 fl oz	450	110	12	7	0	40	250	71	0	68	14	15	0	50	2	
Vanilla Cupcake Iced Latte with Whole Milk Medium	24 fl oz	340	80	9	5	0	30	180	54	0	52	11	10	0	40	0	
Vanilla Cupcake Iced Latte with Whole Milk Small	16 fl oz	230	50	6	3.5	0	20	125	37	0	35	7	6	0	25	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Macchiato</b>																	
Fudge Brownie Iced Macchiato with Skim Milk Large	32 fl oz	300	10	1	0.5	0	5	270	66	2	59	10	10	0	35	50	
Fudge Brownie Iced Macchiato with Skim Milk Medium	24 fl oz	230	10	1	0.5	0	5	200	49	2	44	7	8	0	25	35	
Fudge Brownie Iced Macchiato with Skim Milk Small	16 fl oz	150	5	0.5	0	0	0	140	33	1	29	5	6	0	15	25	
Fudge Brownie Iced Macchiato with Whole Milk Large	32 fl oz	370	80	9	5	0	25	270	65	2	58	9	8	0	30	50	
Fudge Brownie Iced Macchiato with Whole Milk Medium	24 fl oz	280	60	7	4	0	20	200	49	2	44	7	6	0	25	35	
Fudge Brownie Iced Macchiato with Whole Milk Small	16 fl oz	190	40	4.5	2.5	0	10	140	33	1	29	5	4	0	15	25	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Macchiato</b>																	
Vanilla Cupcake Iced Macchiato with Skim Milk Large	32 fl oz	310	5	0	0	0	10	190	65	0	61	11	10	0	40	2	
Vanilla Cupcake Iced Macchiato with Skim Milk Medium	24 fl oz	230	5	0	0	0	5	140	49	0	46	8	8	0	30	2	
Vanilla Cupcake Iced Macchiato with Skim Milk Small	16 fl oz	160	5	0	0	0	5	100	33	0	31	6	6	0	20	0	
Vanilla Cupcake Iced Macchiato with Whole Milk Large	32 fl oz	380	70	8	4.5	0	30	190	65	0	61	10	10	0	35	2	
Vanilla Cupcake Iced Macchiato with Whole Milk Medium	24 fl oz	280	60	6	3.5	0	20	150	49	0	46	8	8	0	30	2	
Vanilla Cupcake Iced Macchiato with Whole Milk Small	16 fl oz	190	35	4	2.5	0	15	100	33	0	30	5	4	0	20	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Muffins</b>																	
Triple Chocolate Muffin	1 Muffin	570	260	29	8	0	35	400	72	2	40	7	0	0	4	25	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Oatmeal</b>																	
Multigrain Brown Sugar Oatmeal with Dried Fruit Topping	1 Cup	310	20	2	0	0	0	260	66	5	40	5	0	2	4	10	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Other Hot Beverages</b>																	
OREO® Flavored Hot Chocolate Large	20 fl oz	450	140	15	14	0	0	470	79	1	62	2	0	0	6	4	
OREO® Flavored Hot Chocolate Medium	14 fl oz	340	100	11	10	0	0	350	59	1	46	2	0	0	4	4	
OREO® Flavored Hot Chocolate Small	10 fl oz	220	70	8	7	0	0	230	39	1	31	1	0	0	4	2	
OREO® Flavored Hot Chocolate XLarge	24 fl oz	550	170	19	17	0	0	570	97	1	76	3	0	0	8	6	

														% Daily Value			
Wake-Up Wraps	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Sweet Black Pepper Bacon Wake Up Wrap	1 Wrap	250	140	15	6	0	100	560	16	1	2	12	4	0	10	6	

Allergen information is available at [www.DunkinDonuts.com](http://www.DunkinDonuts.com) or by calling Guest Support at 800-859-5339. All products are prepared in restaurant and may contain or may have come into contact with Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts and Wheat.

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](http://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](http://www.DunkinDonuts.com) or call Guest Support at 800-859-5339.





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

## Permanent Products

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>AM Snacks</b>																	
Hash Browns	6 Pieces	140	70	8	1	0	0	480	17	2	0	2	0	8	2	2	
Original Kolache	1 Kolache	180	80	9	3	0	20	250	20	1	6	10	0	8	4	6	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Bagels</b>																	
Blueberry Bagel Twist	1 Bagel	350	10	1	0	0	0	570	75	4	18	11	0	0	2	20	
Cinnamon Raisin Bagel	1 Bagel	320	10	1	0	0	0	500	66	4	14	12	0	0	4	20	
Cinnamon Raisin Bagel Twist	1 Bagel Twist	350	10	1	0	0	0	510	72	4	20	12	0	0	4	20	
Everything Bagel	1 Bagel	340	25	3	0	0	0	630	67	5	7	12	0	2	6	20	
Garlic Bagel	1 Bagel	330	10	1	0	0	0	630	69	5	7	12	0	2	2	20	
Multigrain Bagel	1 Bagel	350	60	7	0.5	0	0	450	63	8	8	15	0	0	6	50	
Onion Bagel	1 Bagel	310	10	1	0	0	0	500	63	3	4	11	0	2	2	20	
Plain Bagel	1 Bagel	310	5	1	0	0	0	620	64	4	7	11	0	0	2	20	
Poppy Seed Bagel	1 Bagel	340	35	3.5	0.5	0	0	630	66	5	7	12	0	0	10	25	
Salt Bagel	1 Bagel	310	5	1	0	0	0	3380	64	4	7	11	0	0	2	20	
Sesame Seed Bagel	1 Bagel	350	45	4.5	1	0	0	630	65	5	7	12	0	0	2	20	
Sour Cream and Onion Bagel	1 Bagel	330	15	1.5	0	0	0	1050	66	3	6	13	2	10	8	20	
Sour Cream and Onion Bagel Twist	1 Bagel Twist	330	15	1.5	0	0	0	1050	66	3	6	13	2	10	8	20	
White Cheddar Bagel Twist	1 Bagel Twist	390	70	8	4	0	25	760	64	4	7	16	4	0	15	20	
Whole Wheat Bagel	1 Bagel	320	15	2	0	0	0	590	61	7	10	13	0	0	4	15	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Bakery Sandwiches</b>																	
Chicken Bacon Ciabatta Sandwich	1 Sandwich	580	200	22	8	0	70	1200	63	2	10	32	8	10	20	20	
Chicken Salad on a Croissant	1 Sandwich	580	350	39	11	0	45	850	42	2	7	16	2	15	2	15	
Deluxe Grilled Cheese with Bacon	1 Sandwich	560	300	34	15	0.5	55	1090	41	1	3	22	10	0	40	15	
Deluxe Grilled Cheese with Ham	1 Sandwich	530	270	30	13	0.5	55	1200	41	1	4	23	10	0	40	15	
Ham and Cheddar Ciabatta Sandwich	1 Sandwich	390	100	12	5	0	45	1130	50	2	9	22	6	10	15	15	
Snack 'n Go Chicken Wrap	1 Wrap	320	170	19	6	0	45	720	20	1	2	17	4	0	15	6	
Snack 'n Go Steak Wrap	1 Wrap	210	100	11	5	0	35	430	15	1	3	12	2	0	10	6	
Texas Toast Grilled Cheese	1 Sandwich	500	260	29	13	0.5	40	930	41	1	3	18	10	0	40	10	
Tuna Salad Sandwich on a Plain Bagel	1 Sandwich	580	230	25	3.5	0	40	1120	68	4	7	22	2	0	2	20	
Turkey Cheddar Bacon Ciabatta Sandwich	1 Sandwich	440	150	17	7	0	55	1210	47	2	5	26	8	10	15	15	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Beverage Flavors</b>																	
Flavor Shot in Medium Beverage	1 Shot	10	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Breakfast Sandwiches</b>																	
Angus Steak and Egg Sandwich	1 Sandwich	630	230	26	11	1	225	1270	67	5	7	34	8	0	15	30	
Angus Steak and Egg Wake Up Wrap	1 Wrap	260	150	17	7	0.5	115	560	13	1	1	15	4	0	10	8	
Bacon, Egg & Cheese on Biscuit	1 Sandwich	530	310	34	16	0.5	180	1230	38	2	3	18	8	2	15	20	
Bacon, Egg & Cheese on Croissant	1 Sandwich	550	320	35	14	0	180	840	40	2	5	19	8	15	10	15	
Bacon, Egg & Cheese on English Muffin	1 Sandwich	350	160	18	6	0	180	600	32	7	2	16	8	2	15	15	
Bacon, Egg & Cheese on a Plain Bagel	1 Sandwich	520	160	18	6	0	180	1110	67	5	7	23	8	2	15	25	
Big n' Toasted™	1 Sandwich	690	390	43	14	0	345	1230	44	2	3	29	10	2	20	20	
Chicken Biscuit	1 Sandwich	540	250	28	11	0	35	1380	51	2	6	21	0	0	4	20	
Egg & Cheese on Biscuit	1 Sandwich	480	270	30	14	0.5	170	1070	37	2	3	14	8	0	15	15	
Egg & Cheese on Croissant	1 Sandwich	490	280	31	13	0	170	680	40	2	5	15	8	15	10	15	
Egg & Cheese on English Muffin	1 Sandwich	300	120	13	5	0	170	440	32	7	2	13	8	2	15	15	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Breakfast Sandwiches</b>																	
Egg & Cheese on a Plain Bagel	1 Sandwich	470	120	14	5	0	170	950	67	5	7	20	8	0	15	25	
Egg White Veggie Flatbread	1 Sandwich	320	120	13	6	0	30	610	33	4	3	17	10	10	25	6	
Ham, Egg & Cheese on Biscuit	1 Sandwich	510	280	31	15	0.5	180	1330	38	2	4	19	8	2	15	20	
Ham, Egg & Cheese on Croissant	1 Sandwich	520	290	32	13	0	180	940	40	2	6	20	8	15	10	20	
Ham, Egg & Cheese on English Muffin	1 Sandwich	320	130	14	5	0	180	700	32	7	2	17	8	2	15	15	
Ham, Egg & Cheese on a Plain Bagel	1 Sandwich	500	130	15	5	0	180	1220	67	5	7	24	8	2	15	25	
Sausage Biscuit	1 Sandwich	530	330	36	17	0	45	1230	36	1	3	14	2	0	6	20	
Sausage, Egg & Cheese on Biscuit	1 Sandwich	680	440	49	21	0.5	215	1560	38	2	3	23	8	2	15	20	
Sausage, Egg & Cheese on Croissant	1 Sandwich	700	450	50	20	0	215	1170	41	2	5	23	8	15	15	20	
Sausage, Egg & Cheese on English Muffin	1 Sandwich	500	290	33	12	0	215	930	33	7	2	21	8	2	15	20	
Sausage, Egg & Cheese on a Plain Bagel	1 Sandwich	680	290	33	12	0	215	1440	67	5	7	28	8	2	15	30	
Turkey Sausage Flatbread Sandwich	1 Sandwich	480	250	28	9	0	215	960	32	4	2	26	10	0	25	15	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Coffee</b>																	
Blueberry Coffee Small	10 fl oz	15	0	0	0	0	0	5	2	0	0	0	0	0	0	0	
Caramel Mocha Coffee Large	20 fl oz	230	5	0	0	0	0	40	53	1	48	3	0	0	6	0	
Caramel Mocha Coffee Medium	14 fl oz	170	5	0	0	0	0	30	39	1	36	2	0	0	4	0	
Caramel Mocha Coffee Small	10 fl oz	110	0	0	0	0	0	20	26	1	24	2	0	0	2	0	
Caramel Mocha Coffee XLarge	24 fl oz	280	5	0	0	0	5	50	66	2	60	4	2	0	6	0	
Caramel Mocha Coffee with Cream Large	20 fl oz	340	110	12	7	0	40	65	55	1	48	5	8	0	10	0	
Caramel Mocha Coffee with Cream Medium	14 fl oz	260	80	9	6	0	30	50	41	1	36	3	6	0	8	0	
Caramel Mocha Coffee with Cream Small	10 fl oz	170	50	6	3.5	0	20	30	27	1	24	2	4	0	6	0	
Caramel Mocha Coffee with Cream XLarge	24 fl oz	430	140	15	9	0	55	80	68	2	60	6	10	2	15	0	
Caramel Swirl Coffee with Cream Large	20 fl oz	340	110	12	7	0	45	120	53	0	49	6	8	2	20	2	
Caramel Swirl Coffee with Cream Medium	14 fl oz	250	80	9	5	0	30	90	40	0	37	4	6	2	15	2	
Caramel Swirl Coffee with Cream Small	10 fl oz	170	50	6	3.5	0	20	60	27	0	24	3	4	0	10	2	

Coffee	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Caramel Swirl Coffee with Cream Xlarge	24 fl oz	420	130	15	9	0	55	150	66	0	61	7	10	2	25	2
Coconut Coffee Small	10 fl oz	10	0	0	0	0	0	5	1	0	0	0	0	0	0	0
Coffee Extra Large	24 fl oz	15	0	0	0	0	0	15	2	0	0	1	0	0	0	0
Coffee Large	20 fl oz	10	0	0	0	0	0	15	2	0	0	1	0	0	0	0
Coffee Medium	14 fl oz	10	0	0	0	0	0	10	1	0	0	1	0	0	0	0
Coffee Small	10 fl oz	5	0	0	0	0	0	5	1	0	0	0	0	0	0	0
Coffee with Cream Large	20 fl oz	120	100	11	7	0	40	35	4	0	0	2	8	0	6	0
Coffee with Cream Medium	14 fl oz	90	80	9	5	0	30	25	3	0	0	2	6	0	4	0
Coffee with Cream Small	10 fl oz	60	50	6	4	0	20	20	2	0	0	1	4	0	2	0
Coffee with Cream XLarge	24 fl oz	160	130	14	9	0	50	45	5	0	0	3	10	0	8	0
Coffee with Cream and Sugar Large	20 fl oz	260	100	11	7	0	40	35	39	0	35	2	8	0	6	0
Coffee with Cream and Sugar Medium	14 fl oz	190	80	9	5	0	30	25	29	0	26	2	6	0	4	0
Coffee with Cream and Sugar Small	10 fl oz	120	50	6	4	0	20	20	19	0	17	1	4	0	2	0
Coffee with Cream and Sugar XLarge	24 fl oz	320	130	14	9	0	50	45	48	0	44	3	10	0	8	0
Coffee with No Calorie Sweetener Large	20 fl oz	20	0	0	0	0	0	15	5	0	3	1	0	0	0	0
Coffee with No Calorie Sweetener Medium	14 fl oz	15	0	0	0	0	0	10	3	0	2	1	0	0	0	0
Coffee with No Calorie Sweetener Small	10 fl oz	10	0	0	0	0	0	5	2	0	1	0	0	0	0	0
Coffee with No Calorie Sweetener XLarge	24 fl oz	30	0	0	0	0	0	15	6	0	3	1	0	0	0	0
Coffee with Skim Milk Large	20 fl oz	30	0	0	0	0	0	40	5	0	3	3	2	0	8	0
Coffee with Skim Milk Medium	14 fl oz	25	0	0	0	0	0	30	4	0	2	2	2	0	6	0
Coffee with Skim Milk Small	10 fl oz	15	0	0	0	0	0	25	3	0	2	2	0	0	4	0
Coffee with Skim Milk XLarge	24 fl oz	40	0	0	0	0	0	45	6	0	4	4	4	0	10	0
Coffee with Skim Milk and No Calorie Sweetener Large	20 fl oz	40	0	0	0	0	0	40	8	0	6	3	2	0	8	0
Coffee with Skim Milk and No Calorie Sweetener Medium	14 fl oz	30	0	0	0	0	0	30	5	0	4	2	2	0	6	0
Coffee with Skim Milk and No Calorie Sweetener Small	10 fl oz	20	0	0	0	0	0	20	3	0	2	1	2	0	4	0
Coffee with Skim Milk and No Calorie Sweetener XLarge	24 fl oz	50	0	0	0	0	0	45	10	0	7	4	4	0	10	0
Coffee with Skim Milk and Sugar Large	20 fl oz	170	0	0	0	0	0	40	40	0	38	3	2	0	8	0
Coffee with Skim Milk and Sugar Medium	14 fl oz	120	0	0	0	0	0	30	30	0	28	2	2	0	6	0
Coffee with Skim Milk and Sugar Small	10 fl oz	70	0	0	0	0	0	25	20	0	19	2	0	0	4	0

Coffee	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Coffee with Skim Milk and Sugar XLarge	24 fl oz	210	0	0	0	0	0	50	49	0	47	4	4	0	10	0
Coffee with Sugar Large	20 fl oz	150	0	0	0	0	0	15	37	0	35	1	0	0	0	0
Coffee with Sugar Medium	14 fl oz	110	0	0	0	0	0	10	28	0	26	1	0	0	0	0
Coffee with Sugar Small	10 fl oz	60	0	0	0	0	0	5	18	0	17	0	0	0	0	0
Coffee with Sugar XLarge	24 fl oz	180	0	0	0	0	0	15	46	0	43	1	0	0	0	0
Coffee with Whole Milk Large	20 fl oz	45	20	2	1	0	5	40	5	0	3	3	2	0	6	0
Coffee with Whole Milk Medium	14 fl oz	35	15	1.5	1	0	5	30	3	0	2	2	2	0	6	0
Coffee with Whole Milk Small	10 fl oz	25	10	1	1	0	5	20	2	0	1	1	0	0	4	0
Coffee with Whole Milk XLarge	24 fl oz	60	20	2.5	1.5	0	10	45	6	0	4	3	2	0	8	0
Coffee with Whole Milk and Sugar Large	20 fl oz	200	20	2	1	0	5	40	44	0	42	3	2	0	6	0
Coffee with Whole Milk and Sugar Medium	14 fl oz	140	15	1.5	1	0	5	30	30	0	28	2	2	0	6	0
Coffee with Whole Milk and Sugar Small	10 fl oz	80	10	1	1	0	5	20	20	0	19	1	0	0	4	0
Coffee with Whole Milk and Sugar XLarge	24 fl oz	230	20	2.5	1.5	0	10	45	49	0	47	3	2	0	8	0
French Vanilla Coffee Small	10 fl oz	10	0	0	0	0	0	5	1	0	0	0	0	0	0	0
French Vanilla Swirl Hot Coffee Large	20 fl oz	230	0	0	0	0	5	75	53	0	49	3	2	0	10	0
French Vanilla Swirl Hot Coffee Medium	14 fl oz	170	0	0	0	0	5	50	39	0	36	2	2	0	6	0
French Vanilla Swirl Hot Coffee Small	10 fl oz	110	0	0	0	0	0	35	26	0	24	2	0	0	4	0
French Vanilla Swirl Hot Coffee XLarge	24 fl oz	280	0	0	0	0	5	90	65	0	60	4	2	0	10	0
French Vanilla Swirl Hot Coffee with Cream Large	20 fl oz	340	100	12	7	0	45	95	54	0	48	5	10	0	15	0
French Vanilla Swirl Hot Coffee with Cream Medium	14 fl oz	260	80	9	5	0	35	70	41	0	36	4	8	0	10	0
French Vanilla Swirl Hot Coffee with Cream Small	10 fl oz	170	50	6	3.5	0	20	45	27	0	24	2	4	0	8	0
French Vanilla Swirl Hot Coffee with Cream XLarge	24 fl oz	430	130	15	9	0	55	115	68	0	60	6	10	2	20	0
Hazelnut Coffee Large	20 fl oz	25	0	0	0	0	0	15	2	0	0	1	0	0	0	0
Hazelnut Coffee Medium	14 fl oz	15	0	0	0	0	0	10	1	0	0	1	0	0	0	0
Hazelnut Coffee Small	10 fl oz	10	0	0	0	0	0	5	1	0	0	0	0	0	0	0
Hazelnut Coffee XLarge	24 fl oz	30	0	0	0	0	0	15	2	0	0	1	0	0	0	0
Hazelnut Swirl Hot Coffee Large	20 fl oz	230	0	0	0	0	5	70	53	0	48	3	2	0	8	0
Hazelnut Swirl Hot Coffee Medium	14 fl oz	170	0	0	0	0	5	50	39	0	36	2	2	0	6	0
Hazelnut Swirl Hot Coffee Small	10 fl oz	110	0	0	0	0	0	35	26	0	24	2	0	0	4	0
Hazelnut Swirl Hot Coffee XLarge	24 fl oz	280	0	0	0	0	5	90	66	0	60	4	2	0	10	0

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Coffee</b>																	
Hazelnut Swirl Hot Coffee with Cream Large	20 fl oz	340	100	12	7	0	45	95	55	0	48	5	10	0	15	0	
Hazelnut Swirl Hot Coffee with Cream Medium	14 fl oz	260	80	9	5	0	35	70	41	0	36	4	8	0	10	0	
Hazelnut Swirl Hot Coffee with Cream Small	10 fl oz	170	50	6	3.5	0	20	45	27	0	24	2	4	0	8	0	
Hazelnut Swirl Hot Coffee with Cream XLarge	24 fl oz	430	130	15	9	0	55	115	68	0	60	6	10	2	20	0	
Hot Coffee with Almond Milk Large	20 fl oz	45	10	1	0	0	0	75	8	0	6	1	4	0	8	0	
Hot Coffee with Almond Milk Medium	14 fl oz	30	5	0.5	0	0	0	50	6	0	4	1	2	0	6	0	
Hot Coffee with Almond Milk Small	10 fl oz	20	5	0	0	0	0	25	3	0	2	1	2	0	2	0	
Hot Coffee with Almond Milk XLarge	24 fl oz	60	10	1.5	0	0	0	95	11	1	8	1	6	0	10	2	
Mocha Coffee Large	20 fl oz	230	10	1	0	0	0	40	52	2	46	3	0	0	0	0	
Mocha Coffee Medium	14 fl oz	170	0	0.5	0	0	0	30	39	2	34	2	0	0	0	0	
Mocha Coffee Small	10 fl oz	110	0	0	0	0	0	20	26	1	23	1	0	0	0	0	
Mocha Swirl Coffee Extra Large	24 fl oz	280	10	1	0.5	0	0	50	65	3	57	3	0	0	0	0	
Mocha Swirl Coffee Large	20 fl oz	230	10	1	0	0	0	40	52	2	46	3	0	0	0	0	
Mocha Swirl Coffee Medium	14 fl oz	170	0	0.5	0	0	0	30	39	2	34	2	0	0	0	0	
Mocha Swirl Coffee Small	10 fl oz	110	0	0	0	0	0	20	26	1	23	1	0	0	0	0	
Mocha Swirl Coffee with Cream Extra Large	24 fl oz	430	140	16	10	0	50	75	68	3	57	5	10	0	8	0	
Mocha Swirl Coffee with Cream Large	20 fl oz	340	110	12	8	0	40	60	54	2	46	4	8	0	6	0	
Mocha Swirl Coffee with Cream Medium	14 fl oz	260	80	9	6	0	30	45	41	2	34	3	6	0	4	0	
Mocha Swirl Coffee with Cream Small	10 fl oz	170	50	6	4	0	20	30	27	1	23	2	4	0	2	0	
Raspberry Coffee Small	10 fl oz	15	0	0	0	0	0	5	2	0	0	0	0	0	0	0	
Toasted Almond Coffee Small	10 fl oz	10	0	0	0	0	0	5	1	0	0	0	0	0	0	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Cold Brew Coffee</b>																	
Cold Brew Coffee Large	32 fl oz	20	0	0	0	0	0	15	3	0	0	1	0	0	0	0	
Cold Brew Coffee Medium	24 fl oz	15	0	0	0	0	0	10	2	0	0	1	0	0	0	0	
Cold Brew Coffee Small	16 fl oz	10	0	0	0	0	0	10	2	0	0	1	0	0	0	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Cold Brew Coffee</b>																	
<b>Cold Brew Coffee with Cream Large</b>	32 fl oz	140	100	12	7	0	40	40	6	0	0	3	8	0	6	0	
<b>Cold Brew Coffee with Cream Medium</b>	24 fl oz	100	80	9	4.5	0	25	45	4	0	1	2	6	0	4	0	
<b>Cold Brew Coffee with Cream Small</b>	16 fl oz	70	50	6	3	0	20	30	2	0	1	1	4	0	4	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Cookies</b>																	
<b>Warm Chocolate Chip Cookie</b>	1 Cookie	250	100	11	7	0	30	110	36	1	24	3	6	0	2	15	
<b>Warm Oatmeal Raisin Cookie</b>	1 Cookie	220	60	7	4	0	40	150	36	2	20	3	6	0	4	10	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Coolatta</b>																	
<b>Minute Maid® Orange Coolatta® Large</b>	32 fl oz	430	0	0	0	0	0	35	109	0	105	1	0	0	4	0	
<b>Minute Maid® Orange Coolatta® Medium</b>	24 fl oz	330	0	0	0	0	0	25	81	0	79	1	0	0	2	0	
<b>Minute Maid® Orange Coolatta® Small</b>	16 fl oz	220	0	0	0	0	0	20	54	0	52	1	0	0	2	0	
<b>Strawberry Fruit Coolatta® Large</b>	32 fl oz	490	0	0	0	0	0	60	117	0	117	0	0	40	2	0	
<b>Strawberry Fruit Coolatta® Medium</b>	24 fl oz	370	0	0	0	0	0	45	88	0	88	0	0	30	2	0	
<b>Strawberry Fruit Coolatta® Small</b>	16 fl oz	250	0	0	0	0	0	30	58	0	58	0	0	20	0	0	
<b>Vanilla Bean Coolatta® Large</b>	32 fl oz	850	110	12	7	0	45	300	184	0	174	6	8	0	25	2	
<b>Vanilla Bean Coolatta® Medium</b>	24 fl oz	630	80	9	5	0	30	220	138	0	130	4	6	0	20	2	
<b>Vanilla Bean Coolatta® Small</b>	16 fl oz	420	50	6	3.5	0	20	150	92	0	87	3	4	0	10	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Danish</b>																	
<b>Apple Cheese Danish</b>	1 Danish	400	170	19	8	0	5	310	53	1	29	5	0	8	2	10	
<b>Cheese Danish</b>	1 Danish	420	190	21	9	0	10	320	52	1	27	5	0	8	2	10	

Danish	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Strawberry Cheese Danish	1 Danish	400	170	19	8	0	0	310	52	1	26	5	2	10	2	10

Donuts	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Apple Croissant Donut	1 Croissant Donut	350	150	16	10	0	25	290	45	1	19	5	0	0	2	10
Apple Crumb Donut	1 Donut	320	140	15	7	0	0	350	42	1	21	3	2	0	0	6
Apple Stick	1 Stick	420	220	25	12	0	30	390	44	1	20	4	0	0	4	10
Apple Streusel Donut	1 Donut	340	140	16	7	0	0	350	45	1	23	3	2	0	2	6
Apple n Spice Donut	1 Donut	260	130	14	6	0	0	340	29	1	9	3	2	0	2	6
Bavarian Creme Donut	1 Donut	270	140	15	7	0	0	350	31	1	9	4	2	0	0	6
Bismark	1 Bismark	490	220	25	10	0	0	350	62	1	37	5	0	0	2	10
Blueberry Butternut Donut	1 Donut	420	160	17	8	0	30	380	60	1	35	4	0	0	2	10
Blueberry Crumb Cake Donut	1 Donut	380	160	18	8	0	30	390	50	1	27	4	0	0	2	10
Boston Kreme Donut	1 Donut	300	140	16	7	0	0	360	37	1	17	3	2	0	0	8
Boston Kreme Drizzle Donut	1 Donut	310	140	16	7	0	0	360	40	1	19	3	2	0	0	8
Boston Kreme Sprinkles Donut	1 Donut	320	150	16	7	0	0	360	40	1	18	3	2	0	0	8
Bowtie Donut	1 Donut	270	100	12	4.5	0	0	270	38	1	16	4	0	0	2	8
Butternut Donut	1 Donut	410	180	20	9	0	25	330	55	1	33	4	4	0	2	8
Buzzer Beater Donut	1 Donut	310	140	15	7	0	0	360	41	1	19	3	2	0	0	6
Chocolate Butternut Donut	1 Donut	410	180	20	10	0	0	430	54	2	31	4	0	0	2	10
Chocolate Coconut Donut	1 Donut	400	210	23	12	0	0	420	45	2	22	4	0	0	2	10
Chocolate Creme Donut	1 Donut	320	170	19	8	0	0	360	35	1	14	4	2	0	0	8
Chocolate Crumb Cake Donut	1 Donut	380	190	22	9	0	0	490	43	2	22	4	0	0	2	10
Chocolate Dipped French Cruller	1 Donut	310	170	19	9	0	50	160	33	0	20	3	0	0	2	2
Chocolate Dulce de Leche Donut	1 Donut	340	150	17	7	0.5	0	370	42	1	20	4	2	0	4	8
Chocolate Frosted Cake Donut	1 Donut	350	170	19	9	0	25	340	40	1	20	4	4	0	2	8
Chocolate Frosted Coffee Roll	1 Coffee Roll	400	170	19	8	0	0	430	51	2	18	7	0	0	2	15
Chocolate Frosted Donut	1 Donut	280	140	15	7	0	0	340	31	1	13	3	2	0	0	8
Chocolate Frosted Donut with Sprinkles	1 Donut	290	140	16	7	0	0	340	34	1	14	3	2	0	0	8
Chocolate Headlight Donut	1 Donut	330	160	18	8	0	0	360	39	1	18	4	2	0	0	8
Chocolate Iced Bismark	1 Bismark	390	170	19	8	0	0	360	52	2	21	5	0	0	2	10
Chocolate Long John	1 Long John	340	150	17	7	0	0	320	42	2	16	5	0	0	2	10
Chocolate Peanut Butter Flavored Creme Donut	1 Donut	360	170	19	8	0	0	360	44	1	24	3	2	0	0	8
Cinnamon Donut	1 Donut	310	170	19	9	0	25	320	32	1	13	4	4	0	2	8
Cinnamon Guava Donut	1 Donut	250	130	14	6	0	0	340	28	1	8	3	2	20	2	8
Cinnamon Stick	1 Stick	380	220	25	12	0	30	370	35	1	13	4	0	0	4	8



Donuts	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Coconut Donut	1 Donut	400	200	22	12	0	25	330	46	2	25	4	4	0	2	8
Coconut Drizzle Dulce de Leche Donut	1 Donut	300	160	17	8	0	0	360	33	1	11	4	2	0	4	8
Coconut Dulce de Leche Donut	1 Donut	360	170	19	9	0.5	0	370	43	2	20	5	2	0	4	8
Coconut Guava Donut	1 Donut	310	150	16	8	0	0	350	39	1	17	3	2	20	0	6
Coffee Roll	1 Coffee Roll	390	160	18	7	0	0	410	51	2	17	7	0	0	2	10
Crumb Cake Donut	1 Donut	380	180	20	9	0	25	330	46	1	25	4	4	0	2	8
Double Chocolate Donut	1 Donut	350	180	20	9	0	0	440	39	2	18	4	0	0	2	10
Eclair	1 Eclair	380	160	18	7	0	0	350	50	2	22	5	0	0	2	10
Football Donut	1 Donut	310	140	16	7	0	0	360	39	1	19	3	2	0	0	8
French Apple Donut	1 Donut	300	130	15	7	0	0	350	38	1	18	3	2	0	0	6
French Cruller	1 Donut	260	160	18	9	0	50	140	21	0	10	2	0	0	2	2
Frosted Chocolate Creme Donut	1 Donut	360	180	19	8	0	0	380	42	2	21	4	2	0	0	10
Frosted Maple Creme Donut	1 Donut	360	170	19	8	0	0	360	44	1	25	3	2	0	0	6
Frosted Strawberry Dream Donut	1 Donut	360	170	19	8	0	0	360	44	1	25	3	2	0	0	6
Frosted Vanilla Creme Donut	1 Donut	360	180	20	9	0	0	370	43	1	24	3	2	0	0	8
Glazed Apple Maple Donut	1 Donut	310	130	14	6	0	0	350	41	1	17	3	2	0	0	6
Glazed Bavarian Creme Donut	1 Donut	290	130	15	7	0	0	350	37	1	15	3	2	0	0	6
Glazed Blueberry Donut	1 Donut	340	150	16	7	0	30	380	43	1	21	4	0	0	2	10
Glazed Caramel Donut	1 Donut	330	140	16	7	0	0	350	41	1	19	4	2	0	4	6
Glazed Chocolate Creme Donut	1 Donut	360	170	19	8	0	0	370	44	1	22	4	2	0	0	8
Glazed Chocolate Donut	1 Donut	340	170	19	9	0	0	420	38	1	17	3	0	0	2	10
Glazed Chocolate Stick	1 Stick	410	230	25	11	0	0	540	42	2	20	4	0	0	2	10
Glazed Croissant Donut	1 Croissant Donut	310	150	16	10	0	25	270	36	1	12	5	0	0	2	10
Glazed Donut	1 Donut	260	130	14	6	0	0	330	31	1	12	3	2	0	0	6
Glazed Dulce de Leche Donut	1 Donut	330	140	16	7	0	0	350	41	1	19	4	2	0	4	6
Glazed Fritter	1 Fritter	410	150	17	7	0	0	380	60	2	27	6	0	0	2	10
Glazed Guava Donut	1 Donut	280	130	14	6	0	0	340	36	1	15	3	2	20	0	6
Glazed Jelly Donut	1 Donut	310	130	14	6	0	0	340	43	1	14	3	2	0	0	6
Glazed Jelly Stick	1 Stick	480	220	25	11	0	30	380	59	1	37	4	0	0	2	8
Glazed Lemon Donut	1 Donut	300	130	15	7	0	0	350	39	1	17	3	2	0	0	6
Glazed Old Fashioned Donut	1 Donut	340	170	19	8	0	25	320	39	1	19	4	4	0	2	8
Glazed Stick	1 Stick	410	220	25	11	0	30	370	43	1	21	4	0	0	2	8
Glazed Strawberry Donut	1 Donut	320	130	14	6	0	0	350	45	1	21	3	2	2	2	6
Glazed Vanilla Creme Donut	1 Donut	370	180	19	8	0	0	360	44	1	25	3	2	0	0	6
Guava Burst Donut	1 Donut	260	130	15	7	0	0	340	29	1	9	3	2	20	0	6
Guayaba Burst Donut	1 Donut	300	140	15	7	0	0	330	38	1	15	4	2	0	0	6
Jelly Donut	1 Donut	270	130	14	6	0	0	330	32	1	15	3	2	0	0	6
Jelly Stick	1 Stick	440	220	25	11	0	30	380	50	1	29	4	0	0	2	8
Lemon Donut	1 Donut	260	130	15	7	0	0	350	29	1	10	3	2	0	0	6
Lemon Stick	1 Stick	430	230	26	12	0	30	400	44	1	21	4	0	0	2	8
Maple Apple Croissant Donut	1 Croissant Donut	350	150	16	11	0	25	290	45	1	19	5	0	0	2	10

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Donuts</b>																	
Maple Creme Donut	1 Donut	330	170	19	8	0	0	350	36	1	17	3	2	0	0	6	
Maple Creme Drizzle Donut	1 Donut	370	170	19	8	0	0	360	47	1	28	3	2	0	0	6	
Maple Crumb Cake Donut	1 Donut	380	180	20	9	0	25	330	45	1	25	4	4	0	2	8	
Maple Frosted Coffee Roll	1 Coffee Roll	400	170	19	8	0	0	430	52	2	19	7	0	0	2	10	
Maple Frosted Donut	1 Donut	270	140	15	7	0	0	340	32	1	14	3	2	0	0	6	
Maple Frosted Sprinkles Donut	1 Donut	290	140	16	7	0	0	340	34	1	15	3	2	0	0	6	
Maple Vanilla Creme Donut	1 Donut	360	180	20	8	0	0	360	43	1	24	3	2	0	0	6	
Marble Frosted Donut	1 Donut	270	140	15	7	0	0	340	32	1	13	3	2	0	0	8	
Old Fashioned Cake Donut	1 Donut	290	170	19	8	0	25	320	28	1	10	4	4	0	2	8	
Peanut Butter Flavored Creme Donut	1 Donut	320	170	19	8	0	0	350	36	1	18	3	2	0	0	6	
Peanut Butter Flavored Creme and Jelly Donut	1 Donut	360	170	19	8	0	0	360	44	1	26	3	2	0	0	6	
Peanut Donut	1 Donut	450	230	26	10	0	25	330	48	2	26	7	4	0	4	8	
Plain Stick Donut	1 Stick	370	220	25	11	0	30	370	31	1	10	4	0	0	2	8	
Play Ball Donut	1 Donut	340	130	15	7	0	0	360	48	1	20	3	2	0	0	6	
Powdered Donut	1 Donut	320	170	19	9	0	25	320	33	1	14	4	4	0	2	8	
Powdered Stick	1 Stick	390	230	25	12	0	30	370	37	1	15	4	0	0	2	8	
Sour Cream Donut	1 Donut	350	150	17	7	0	10	330	47	1	26	4	0	0	2	6	
Spiced Chocolate Dulce de Leche Donut	1 Donut	340	150	17	7	0.5	0	370	42	1	20	4	2	0	4	8	
Spiced Dulce de Leche Donut	1 Donut	290	150	16	7	0	0	350	33	1	11	4	2	0	4	6	
Strawberry Donut	1 Donut	280	130	15	7	0	0	330	34	1	14	3	2	2	0	6	
Strawberry Dream Donut	1 Donut	330	170	19	8	0	0	350	36	1	17	3	2	0	0	6	
Strawberry Dream Swirl Donut	1 Donut	370	170	19	8	0	0	360	47	1	28	3	2	0	0	6	
Strawberry Frosted Donut	1 Donut	280	140	15	7	0	0	340	32	1	14	3	2	0	0	6	
Strawberry Frosted Sprinkles Donut	1 Donut	290	140	16	7	0	0	340	35	1	15	3	2	0	0	6	
Strawberry Long John	1 Long John	340	150	17	7	0	0	310	43	1	18	5	0	0	2	10	
Strawberry Shortcake Donut	1 Donut	320	170	19	8	0	0	350	35	1	16	3	2	0	0	6	
Sugared Cake Donut	1 Donut	310	170	19	8	0	25	320	31	1	13	4	4	0	2	8	
Sugared Raised Donut	1 Donut	230	130	14	6	0	0	330	22	1	4	3	2	0	0	6	
Sugared Stick	1 Stick	380	220	25	11	0	30	370	34	1	14	4	0	0	2	8	
Taillight Donut	1 Donut	340	170	19	8	0	0	360	39	1	20	3	2	0	0	8	
Toasted Coconut Donut	1 Donut	420	210	24	13	0	25	330	47	2	27	4	4	0	2	8	
Vanilla Berry Shortcake Donut	1 Donut	350	170	19	8	0	0	360	43	1	24	3	2	0	0	6	
Vanilla Chocolate Donut	1 Donut	350	180	20	9	0	0	430	39	1	19	3	0	0	2	10	
Vanilla Creme Donut	1 Donut	330	180	20	8	0	0	350	35	1	17	3	2	0	0	6	
Vanilla Frosted Coffee Roll	1 Coffee Roll	400	170	19	8	0	0	430	52	2	19	7	0	0	2	10	
Vanilla Frosted Donut	1 Donut	280	130	15	7	0	0	340	32	1	14	3	2	0	0	6	
Vanilla Frosted Sprinkles Donut	1 Donut	290	140	16	7	0	0	340	35	1	15	3	2	0	0	6	
Vanilla Headlight Donut	1 Donut	340	170	19	8	0	0	360	39	1	20	3	2	0	0	8	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Donuts</b>																	
<b>Vanilla Long John</b>	1 Long John	340	150	17	7	0	0	310	43	1	18	5	0	0	2	10	
<b>Vanilla Peanut Butter Flavored Creme Donut</b>	1 Donut	360	170	19	8	0	0	360	44	1	26	3	2	0	0	6	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Espresso Beverages</b>																	
<b>Cappuccino Large</b>	20 fl oz	160	70	8	4.5	0	25	120	13	0	13	8	8	0	30	2	
<b>Cappuccino Medium</b>	16 fl oz	120	50	6	3.5	0	20	90	10	0	10	6	6	0	20	0	
<b>Cappuccino Small</b>	10 fl oz	80	35	4	2.5	0	15	70	7	0	7	4	2	0	10	0	
<b>Cappuccino with Sugar Large</b>	20 fl oz	290	70	8	4.5	0	25	120	48	0	48	8	8	0	30	2	
<b>Cappuccino with Sugar Medium</b>	16 fl oz	220	50	6	3.5	0	20	90	36	0	36	6	6	0	20	0	
<b>Cappuccino with Sugar Small</b>	10 fl oz	140	35	4	2.5	0	15	70	24	0	24	4	2	0	10	0	
<b>Caramel Mocha Latte with Milk Large</b>	20 fl oz	450	110	12	8	0	55	230	70	1	67	14	10	4	40	0	
<b>Caramel Mocha Latte with Milk Medium</b>	16 fl oz	330	80	9	6	0	40	170	52	1	50	11	8	2	30	0	
<b>Caramel Mocha Latte with Milk Small</b>	10 fl oz	220	60	6	4	0	25	115	35	1	33	7	4	2	20	0	
<b>Caramel Mocha Latte with Skim Milk Large</b>	20 fl oz	350	10	1	0.5	0	10	200	70	1	68	15	15	0	50	2	
<b>Caramel Mocha Latte with Skim Milk Medium</b>	16 fl oz	260	5	0.5	0	0	5	150	53	1	51	11	10	0	40	0	
<b>Caramel Mocha Latte with Skim Milk Small</b>	10 fl oz	170	5	0	0	0	5	100	35	1	34	7	8	0	25	0	
<b>Caramel Swirl Latte with Milk Large</b>	20 fl oz	460	110	12	7	0	40	200	73	0	72	14	15	0	50	2	
<b>Caramel Swirl Latte with Milk Medium</b>	16 fl oz	350	80	9	5	0	30	150	55	0	54	11	10	0	40	0	
<b>Caramel Swirl Latte with Milk Small</b>	10 fl oz	230	50	6	3.5	0	20	100	37	0	37	7	6	0	25	0	
<b>Caramel Swirl Latte with Skim Milk Large</b>	20 fl oz	360	5	0	0	0	10	200	73	0	72	15	15	0	60	2	
<b>Caramel Swirl Latte with Skim Milk Medium</b>	16 fl oz	270	5	0	0	0	10	150	55	0	55	11	15	0	40	0	
<b>Caramel Swirl Latte with Skim Milk Small</b>	10 fl oz	190	0	0	0	0	5	100	38	0	37	8	8	0	30	0	
<b>Espresso</b>	1.75 fl oz	5	0	0	0	0	0	5	1	0	0	0	0	0	0	0	
<b>Espresso with Sugar</b>	1.75 fl oz	30	0	0	0	0	0	5	7	0	7	0	0	0	0	0	
<b>Iced Caramel Mocha Latte with Milk Large</b>	32 fl oz	450	110	12	8	0	55	240	70	1	67	14	10	4	45	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
<b>Espresso Beverages</b>																
Iced Caramel Mocha Latte with Milk Medium	24 fl oz	330	80	9	6	0	40	180	52	1	50	11	8	2	30	0
Iced Caramel Mocha Latte with Milk Small	16 fl oz	220	60	6	4	0	25	120	35	1	33	7	4	2	20	0
Iced Caramel Mocha Latte with Skim Milk Large	32 fl oz	350	10	1	0.5	0	10	210	70	1	68	15	15	0	50	2
Iced Caramel Mocha Latte with Skim Milk Medium	24 fl oz	260	5	0.5	0	0	5	150	53	1	51	11	10	0	40	0
Iced Caramel Mocha Latte with Skim Milk Small	16 fl oz	170	5	0	0	0	5	105	35	1	34	7	8	0	25	0
Iced Caramel Swirl Latte with Milk Large	32 fl oz	460	110	12	7	0	40	220	73	0	72	14	15	0	50	2
Iced Caramel Swirl Latte with Milk Medium	24 fl oz	350	80	9	5	0	30	160	55	0	54	11	10	0	40	0
Iced Caramel Swirl Latte with Milk Small	16 fl oz	230	50	6	3.5	0	20	110	37	0	37	7	6	0	25	0
Iced Caramel Swirl Latte with Skim Milk Large	32 fl oz	360	5	0	0	0	10	210	73	0	72	15	15	0	60	2
Iced Caramel Swirl Latte with Skim Milk Medium	24 fl oz	270	5	0	0	0	10	160	55	0	55	11	15	0	45	0
Iced Caramel Swirl Latte with Skim Milk Small	16 fl oz	190	0	0	0	0	5	110	38	0	37	8	8	0	30	0
Iced Mocha Latte with Milk Large	32 fl oz	460	120	13	7	0	35	220	72	2	67	13	10	0	45	2
Iced Mocha Latte with Milk Medium	24 fl oz	350	90	10	6	0	25	160	54	2	51	10	8	0	30	0
Iced Mocha Latte with Milk Small	16 fl oz	230	60	6	3.5	0	20	110	37	1	34	7	6	0	20	0
Latte Large	20 fl oz	230	110	12	7	0	35	170	19	0	19	12	10	0	40	2
Latte Medium	16 fl oz	170	80	9	5	0	25	130	14	0	14	9	8	0	30	0
Latte Small	10 fl oz	120	50	6	3.5	0	25	105	10	0	10	6	4	0	20	0
Latte with Skim Milk Large	20 fl oz	140	5	0	0	0	10	170	20	0	20	13	15	0	45	2
Latte with Skim Milk Medium	16 fl oz	100	5	0	0	0	5	130	15	0	15	10	10	0	35	0
Latte with Skim Milk Small	10 fl oz	70	0	0	0	0	5	85	10	0	10	6	8	0	25	0
Latte with Skim Milk and Sugar Large	20 fl oz	270	5	0	0	0	10	170	55	0	55	13	15	0	45	2
Latte with Skim Milk and Sugar Medium	16 fl oz	200	5	0	0	0	5	130	41	0	41	10	10	0	35	2
Latte with Skim Milk and Sugar Small	10 fl oz	140	0	0	0	0	5	85	28	0	28	6	8	0	25	0
Latte with Sugar Large	20 fl oz	370	110	12	7	0	35	170	54	0	54	12	10	0	40	2
Latte with Sugar Medium	16 fl oz	280	80	9	5	0	25	130	40	0	40	9	8	0	30	2
Latte with Sugar Small	10 fl oz	170	50	6	3.5	0	25	100	27	0	27	6	4	0	20	0
Mocha Latte Large with Milk	20 fl oz	460	120	13	7	0	35	200	72	2	67	13	10	0	40	2
Mocha Latte Medium with Milk	16 fl oz	350	90	10	6	0	25	150	54	2	51	10	8	0	30	0
Mocha Latte Medium with Milk	16 fl oz	350	90	10	6	0	25	150	54	2	51	10	8	0	30	0
Mocha Latte Small	10 fl oz	220	60	6	4	0	25	115	35	1	32	7	4	0	20	0

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Espresso Beverages</b>																	
Mocha Latte Small with Milk	10 fl oz	230	60	6	3.5	0	20	100	37	1	34	7	6	0	20	0	
Mocha Latte Small with Milk	10 fl oz	230	60	6	3.5	0	20	100	37	1	34	7	6	0	20	0	
Mocha Latte with Skim Milk Large	20 fl oz	360	10	1.5	1	0	5	200	73	2	67	14	15	0	45	2	
Mocha Latte with Skim Milk Large	20 fl oz	360	10	1.5	1	0	5	200	73	2	67	14	15	0	45	2	
Mocha Latte with Skim Milk Medium	16 fl oz	270	10	1	0.5	0	5	150	55	2	51	11	10	0	35	0	
Mocha Latte with Skim Milk Medium	16 fl oz	270	10	1	0.5	0	5	150	55	2	51	11	10	0	35	0	
Mocha Latte with Skim Milk Small	10 fl oz	180	5	0.5	0	0	5	100	37	1	35	7	8	0	20	0	
Mocha Latte with Skim Milk Small	10 fl oz	180	5	0.5	0	0	5	100	37	1	35	7	8	0	20	0	
Turbo Shot	1.75 fl oz	5	0	0	0	0	0	5	1	0	0	0	0	0	0	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Frozen Coffee Coolatta</b>																	
Frozen Caramel Swirl Coffee Coolatta with Cream Large	32 fl oz	990	420	47	29	1.5	165	180	141	0	138	9	35	4	35	0	
Frozen Caramel Swirl Coffee Coolatta with Cream Medium	24 fl oz	740	310	35	22	1	125	130	106	0	104	7	25	2	25	0	
Frozen Caramel Swirl Coffee Coolatta with Cream Small	16 fl oz	490	210	23	15	0.5	80	90	71	0	69	5	15	2	15	0	
Frozen Caramel Swirl Coffee Coolatta with Milk Large	32 fl oz	670	70	8	4.5	0	30	180	144	0	141	10	10	0	40	0	
Frozen Caramel Swirl Coffee Coolatta with Milk Medium	24 fl oz	500	50	6	3.5	0	20	140	108	0	106	8	8	0	30	0	
Frozen Caramel Swirl Coffee Coolatta with Milk Small	16 fl oz	330	35	4	2.5	0	15	90	72	0	71	5	4	0	20	0	
Frozen Caramel Swirl Coffee Coolatta with Skim Milk Large	32 fl oz	600	0	0	0	0	10	180	145	0	141	11	10	0	40	0	
Frozen Caramel Swirl Coffee Coolatta with Skim Milk Medium	24 fl oz	450	0	0	0	0	5	135	108	0	106	8	8	0	30	0	
Frozen Caramel Swirl Coffee Coolatta with Skim Milk Small	16 fl oz	300	0	0	0	0	5	90	72	0	71	5	6	0	20	0	
Frozen Coffee Coolatta with Cream Large	32 fl oz	800	420	47	29	1.5	160	150	97	0	86	7	30	4	25	0	
Frozen Coffee Coolatta with Cream Medium	24 fl oz	600	310	35	22	1	120	110	73	0	65	5	25	2	20	0	
Frozen Coffee Coolatta with Cream Small	16 fl oz	400	210	23	15	0.5	80	75	49	0	43	3	15	2	10	0	
Frozen Coffee Coolatta with Milk Large	32 fl oz	480	70	8	4.5	0	25	160	100	0	98	8	8	0	30	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Frozen Coffee Coolatta</b>																	
<b>Frozen Coffee Coolatta with Milk Medium</b>	24 fl oz	360	50	6	3.5	0	20	120	75	0	73	6	6	0	20	0	
<b>Frozen Coffee Coolatta with Milk Small</b>	16 fl oz	240	35	4	2.5	0	10	80	50	0	49	4	4	0	15	0	
<b>Frozen Coffee Coolatta with Skim Milk Large</b>	32 fl oz	410	0	0	0	0	5	160	101	0	98	8	10	0	30	0	
<b>Frozen Coffee Coolatta with Skim Milk Medium</b>	24 fl oz	310	0	0	0	0	5	115	75	0	74	6	8	0	25	0	
<b>Frozen Coffee Coolatta with Skim Milk Small</b>	16 fl oz	210	0	0	0	0	0	80	50	0	49	4	4	0	15	0	
<b>Frozen French Vanilla Swirl Coffee Coolatta with Cream Large</b>	32 fl oz	990	420	46	29	1.5	165	200	141	0	128	9	35	4	35	0	
<b>Frozen French Vanilla Swirl Coffee Coolatta with Cream Medium</b>	24 fl oz	740	310	35	22	1	120	150	106	0	96	7	25	2	25	0	
<b>Frozen French Vanilla Swirl Coffee Coolatta with Cream Small</b>	16 fl oz	490	210	23	14	0.5	80	100	70	0	64	5	15	2	15	0	
<b>Frozen French Vanilla Swirl Coffee Coolatta with Skim Milk Large</b>	32 fl oz	600	0	0	0	0	10	210	144	0	140	11	10	0	40	0	
<b>Frozen French Vanilla Swirl Coffee Coolatta with Skim Milk Medium</b>	24 fl oz	450	0	0	0	0	5	160	108	0	105	8	8	0	30	0	
<b>Frozen French Vanilla Swirl Coffee Coolatta with Skim Milk Small</b>	16 fl oz	300	0	0	0	0	5	105	72	0	70	5	6	0	20	0	
<b>Frozen French Vanilla Swirl Coffee Coolatta with Whole Milk Large</b>	32 fl oz	670	70	8	4.5	0	30	210	144	0	139	10	10	0	35	0	
<b>Frozen French Vanilla Swirl Coffee Coolatta with Whole Milk Medium</b>	24 fl oz	500	50	6	3.5	0	20	160	108	0	104	8	8	0	30	0	
<b>Frozen French Vanilla Swirl Coffee Coolatta with Whole Milk Small</b>	16 fl oz	330	35	4	2.5	0	15	105	72	0	70	5	4	0	20	0	
<b>Frozen Hazelnut Swirl Coffee Coolatta with Cream Large</b>	32 fl oz	990	420	46	29	1.5	165	200	141	0	128	9	35	4	35	0	
<b>Frozen Hazelnut Swirl Coffee Coolatta with Cream Medium</b>	24 fl oz	740	310	35	22	1	120	150	106	0	96	7	25	2	25	0	
<b>Frozen Hazelnut Swirl Coffee Coolatta with Cream Small</b>	16 fl oz	490	210	23	14	0.5	80	100	71	0	64	5	15	2	15	0	
<b>Frozen Hazelnut Swirl Coffee Coolatta with Skim Milk Large</b>	32 fl oz	600	0	0	0	0	10	210	145	0	140	11	10	0	40	0	
<b>Frozen Hazelnut Swirl Coffee Coolatta with Skim Milk Medium</b>	24 fl oz	450	0	0	0	0	5	160	108	0	105	8	8	0	30	0	
<b>Frozen Hazelnut Swirl Coffee Coolatta with Skim Milk Small</b>	16 fl oz	300	0	0	0	0	5	105	72	0	70	5	6	0	20	0	
<b>Frozen Hazelnut Swirl Coffee Coolatta with Whole Milk Large</b>	32 fl oz	670	70	8	4.5	0	30	210	144	0	139	10	10	0	35	0	
<b>Frozen Hazelnut Swirl Coffee Coolatta with Whole Milk Medium</b>	24 fl oz	500	50	6	3.5	0	20	160	108	0	104	8	8	0	30	0	
<b>Frozen Hazelnut Swirl Coffee Coolatta with Whole Milk Small</b>	16 fl oz	330	35	4	2.5	0	15	105	72	0	70	5	4	0	20	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
<b>Frozen Coffee Coolatta</b>																
Frozen Mocha Coffee Coolatta with Cream Large	32 fl oz	990	430	47	29	1.5	160	170	141	2	133	8	30	4	25	0
Frozen Mocha Coffee Coolatta with Cream Medium	24 fl oz	740	320	36	22	1	120	130	105	2	100	6	25	2	20	0
Frozen Mocha Coffee Coolatta with Cream Small	16 fl oz	490	210	24	15	0.5	80	85	70	1	67	4	15	2	10	0
Frozen Mocha Coffee Coolatta with Milk Large	32 fl oz	670	80	9	5	0	25	180	143	2	136	10	8	0	30	0
Frozen Mocha Coffee Coolatta with Milk Medium	24 fl oz	500	60	7	4	0	20	135	108	2	102	7	6	0	20	0
Frozen Mocha Coffee Coolatta with Milk Small	16 fl oz	330	40	4.5	2.5	0	10	90	72	1	68	5	4	0	15	0
Frozen Mocha Coffee Coolatta with Skim Milk Large	32 fl oz	600	10	1	0.5	0	5	180	144	2	137	10	10	0	30	0
Frozen Mocha Coffee Coolatta with Skim Milk Medium	24 fl oz	450	5	0.5	0	0	5	135	108	2	103	8	8	0	25	0
Frozen Mocha Coffee Coolatta with Skim Milk Small	16 fl oz	300	5	0	0	0	0	90	72	1	68	5	4	0	15	0

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
<b>Hot Latte</b>																
French Vanilla Swirl Hot Latte with Skim Milk Large	20 fl oz	350	5	0	0	0	10	230	71	0	69	15	15	0	50	2
French Vanilla Swirl Hot Latte with Skim Milk Medium	16 fl oz	270	5	0	0	0	10	170	54	0	52	11	15	0	40	0
French Vanilla Swirl Hot Latte with Skim Milk Small	10 fl oz	180	0	0	0	0	5	115	36	0	35	8	8	0	25	0
French Vanilla Swirl Hot Latte with Whole Milk Large	20 fl oz	450	110	12	7	0	40	230	71	0	68	14	15	0	50	2
French Vanilla Swirl Hot Latte with Whole Milk Medium	16 fl oz	340	80	9	5	0	30	170	53	0	52	11	10	0	40	0
French Vanilla Swirl Hot Latte with Whole Milk Small	10 fl oz	230	50	6	3.5	0	20	115	36	0	35	7	6	0	25	0
Hazelnut Swirl Hot Latte with Skim Milk Large	20 fl oz	350	5	0	0	0	10	230	72	0	69	15	15	0	50	2
Hazelnut Swirl Hot Latte with Skim Milk Medium	16 fl oz	270	5	0	0	0	10	170	54	0	52	11	15	0	40	0
Hazelnut Swirl Hot Latte with Skim Milk Small	10 fl oz	180	0	0	0	0	5	115	37	0	35	8	8	0	25	0
Hazelnut Swirl Hot Latte with Whole Milk Large	20 fl oz	450	110	12	7	0	40	230	71	0	68	14	15	0	50	2

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Hot Latte</b>																	
Hazelnut Swirl Hot Latte with Whole Milk Medium	16 fl oz	340	80	9	5	0	30	170	54	0	52	11	10	0	40	0	
Hazelnut Swirl Hot Latte with Whole Milk Small	10 fl oz	230	50	6	3.5	0	20	115	36	0	35	7	6	0	25	0	
Hot Latte with Almond Milk Large	20 fl oz	160	40	4.5	0	0	0	260	28	2	26	2	15	0	35	4	
Hot Latte with Almond Milk Medium	16 fl oz	120	30	3	0	0	0	190	21	1	20	1	10	0	25	2	
Hot Latte with Almond Milk Small	10 floz	80	20	2	0	0	0	130	14	1	13	1	8	0	15	2	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Hot Macchiato</b>																	
Caramel Swirl Macchiato with Skim Milk Large	20 fl oz	310	5	0	0	0	10	150	66	0	65	11	10	0	40	2	
Caramel Swirl Macchiato with Skim Milk Medium	16 fl oz	240	5	0	0	0	5	115	49	0	49	8	8	0	30	2	
Caramel Swirl Macchiato with Skim Milk Small	10 fl oz	160	0	0	0	0	5	80	33	0	33	6	6	0	20	0	
Caramel Swirl Macchiato with Whole Milk Large	20 fl oz	380	70	8	4.5	0	30	160	65	0	64	10	10	0	40	2	
Caramel Swirl Macchiato with Whole Milk Medium	16 fl oz	290	60	6	3.5	0	20	120	49	0	49	8	8	0	30	2	
Caramel Swirl Macchiato with Whole Milk Small	10 fl oz	190	35	4	2.5	0	15	80	33	0	33	5	4	0	20	0	
French Vanilla Swirl Hot Macchiato with Skim Milk Large	20 fl oz	310	5	0	0	0	10	180	66	0	61	11	10	0	40	2	
French Vanilla Swirl Hot Macchiato with Skim Milk Medium	16 fl oz	240	5	0	0	0	5	135	49	0	46	8	8	0	30	2	
French Vanilla Swirl Hot Macchiato with Skim Milk Small	10 fl oz	160	0	0	0	0	5	95	33	0	30	6	6	0	20	0	
French Vanilla Swirl Hot Macchiato with Whole Milk Large	20 fl oz	380	70	8	4.5	0	30	180	65	0	60	10	10	0	35	2	
French Vanilla Swirl Hot Macchiato with Whole Milk Medium	16 fl oz	280	60	6	3.5	0	20	140	49	0	45	8	8	0	25	2	
French Vanilla Swirl Hot Macchiato with Whole Milk Small	10 fl oz	190	35	4	2.5	0	15	95	33	0	30	5	4	0	20	0	
Hazelnut Swirl Hot Macchiato with Skim Milk Large	20 fl oz	310	5	0	0	0	10	180	66	0	61	11	10	0	40	2	
Hazelnut Swirl Hot Macchiato with Skim Milk Medium	16 fl oz	240	5	0	0	0	5	135	50	0	46	8	8	0	30	2	
Hazelnut Swirl Hot Macchiato with Skim Milk Small	10 fl oz	160	0	0	0	0	5	95	33	0	30	6	6	0	20	0	





	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Hot Tea &amp; Packaged Tea - All varieties of our tea have no nutritional significance.</b>																	
Chamomile Fields Herbal Infusion Small	10 fl oz																
Cool Mint Herbal Infusion Large	20 fl oz																
Cool Mint Herbal Infusion Medium	16 fl oz																
Cool Mint Herbal Infusion Small	10 fl oz																
Harmony Leaf Green Tea Large	20 fl oz																
Harmony Leaf Green Tea Medium	16 fl oz																
Harmony Leaf Green Tea Small	10 fl oz																
Hibiscus Kiss Herbal Infusion Large	20 fl oz																
Hibiscus Kiss Herbal Infusion Medium	16 fl oz																
Hibiscus Kiss Herbal Infusion Small	10 fl oz																

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Coffee</b>																	
Caramel Mocha Iced Coffee Large	32 fl oz	230	5	0	0	0	0	45	54	1	48	4	0	0	6	0	
Caramel Mocha Iced Coffee Medium	24 fl oz	180	5	0	0	0	0	35	41	1	36	3	0	0	4	0	
Caramel Mocha Iced Coffee Small	16 fl oz	120	0	0	0	0	0	25	27	1	24	2	0	0	4	0	
Caramel Mocha Iced Coffee with Cream Large	32 fl oz	350	110	12	7	0	40	70	56	1	48	5	8	0	10	0	
Caramel Mocha Iced Coffee with Cream Medium	24 fl oz	260	80	9	6	0	30	50	42	1	36	4	6	0	8	0	
Caramel Mocha Iced Coffee with Cream Small	16 fl oz	180	50	6	3.5	0	20	35	28	1	24	3	4	0	6	0	
Caramel Swirl Iced Coffee Large	32 fl oz	230	0	0	0	0	5	100	52	0	49	5	0	2	15	2	
Caramel Swirl Iced Coffee Medium	24 fl oz	170	0	0	0	0	0	75	39	0	37	4	0	0	15	2	
Caramel Swirl Iced Coffee Small	16 fl oz	110	0	0	0	0	0	50	26	0	24	2	0	0	8	2	
Caramel Swirl Iced Coffee with Cream Large	32 fl oz	340	110	12	7	0	45	125	54	0	49	6	8	2	25	2	
Caramel Swirl Iced Coffee with Cream Medium	24 fl oz	260	80	9	5	0	30	90	41	0	37	5	6	2	15	2	
Caramel Swirl Iced Coffee with Cream Small	16 fl oz	170	50	6	3.5	0	20	60	27	0	24	3	4	0	10	2	
French Vanilla Swirl Iced Coffee Large	32 fl oz	230	0	0	0	0	5	75	54	0	48	4	2	0	10	0	
French Vanilla Swirl Iced Coffee Medium	24 fl oz	170	0	0	0	0	5	55	40	0	36	3	2	0	6	0	

Iced Coffee	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
French Vanilla Swirl Iced Coffee Small	16 fl oz	120	0	0	0	0	0	40	27	0	24	2	0	0	4	0
French Vanilla Swirl Iced Coffee with Cream Large	32 fl oz	350	100	12	7	0	45	100	56	0	48	5	10	0	15	0
French Vanilla Swirl Iced Coffee with Cream Medium	24 fl oz	260	80	9	5	0	35	70	42	0	36	4	8	0	10	0
French Vanilla Swirl Iced Coffee with Cream Small	16 fl oz	170	50	6	3.5	0	20	50	28	0	24	3	4	0	8	0
Hazelnut Swirl Iced Coffee Large	32 fl oz	230	0	0	0	0	5	75	54	0	48	4	2	0	10	0
Hazelnut Swirl Iced Coffee Medium	24 fl oz	170	0	0	0	0	5	55	41	0	36	3	2	0	6	0
Hazelnut Swirl Iced Coffee Small	16 fl oz	120	0	0	0	0	0	40	27	0	24	2	0	0	4	0
Hazelnut Swirl Iced Coffee with Cream Large	32 fl oz	350	100	12	7	0	45	100	56	0	48	5	10	0	15	0
Hazelnut Swirl Iced Coffee with Cream Medium	24 fl oz	260	80	9	5	0	35	70	42	0	36	4	8	0	10	0
Hazelnut Swirl Iced Coffee with Cream Small	16 fl oz	180	50	6	3.5	0	20	50	28	0	24	3	4	0	8	0
Iced Coffee Large	32 fl oz	20	0	0	0	0	0	15	3	0	0	1	0	0	0	0
Iced Coffee Medium	24 fl oz	15	0	0	0	0	0	10	2	0	0	1	0	0	0	0
Iced Coffee Small	16 fl oz	10	0	0	0	0	0	10	2	0	0	1	0	0	0	0
Iced Coffee with Almond Milk Large	32 fl oz	50	10	1	0	0	0	75	9	0	6	1	4	0	10	0
Iced Coffee with Almond Milk Medium	24 fl oz	35	5	0.5	0	0	0	50	7	0	4	1	2	0	6	0
Iced Coffee with Almond Milk Small	16 fl oz	20	5	0	0	0	0	30	4	0	2	1	2	0	4	0
Iced Coffee with Cream Large	32 fl oz	130	100	11	7	0	40	40	5	0	0	3	8	0	6	0
Iced Coffee with Cream Medium	24 fl oz	100	80	9	5	0	30	30	4	0	0	2	6	0	4	0
Iced Coffee with Cream Small	16 fl oz	70	50	6	4	0	20	20	3	0	0	1	4	0	4	0
Iced Coffee with Cream and Sugar Large	32 fl oz	270	100	11	7	0	40	40	40	0	35	3	8	0	6	0
Iced Coffee with Cream and Sugar Medium	24 fl oz	200	80	9	5	0	30	30	30	0	26	2	6	0	4	0
Iced Coffee with Cream and Sugar Small	16 fl oz	120	50	6	4	0	20	20	20	0	17	1	4	0	4	0
Iced Coffee with Milk Large	32 fl oz	50	20	2	1	0	5	45	6	0	3	3	2	0	8	0
Iced Coffee with Milk Medium	24 fl oz	40	15	1.5	1	0	5	30	5	0	2	2	2	0	6	0
Iced Coffee with Milk Small	16 fl oz	30	10	1	1	0	5	20	3	0	1	2	0	0	4	0
Iced Coffee with Milk and Sugar Large	32 fl oz	190	20	2	1	0	5	45	41	0	38	3	2	0	8	0
Iced Coffee with Milk and Sugar Medium	24 fl oz	140	15	1.5	1	0	5	30	31	0	28	2	2	0	6	0
Iced Coffee with Milk and Sugar Small	16 fl oz	90	10	1	1	0	5	20	21	0	19	2	0	0	4	0

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Coffee</b>																	
<b>Iced Coffee with No Calorie Sweetener Large</b>	32 fl oz	35	0	0	0	0	0	15	7	0	3	1	0	0	0	0	
<b>Iced Coffee with No Calorie Sweetener Medium</b>	24 fl oz	25	0	0	0	0	0	10	5	0	3	1	0	0	0	0	
<b>Iced Coffee with No Calorie Sweetener Small</b>	16 fl oz	20	0	0	0	0	0	10	4	0	2	1	0	0	0	0	
<b>Iced Coffee with Skim Milk Large</b>	32 fl oz	40	0	0	0	0	0	45	6	0	3	3	2	0	8	0	
<b>Iced Coffee with Skim Milk Medium</b>	24 fl oz	30	0	0	0	0	0	30	5	0	2	2	2	0	6	0	
<b>Iced Coffee with Skim Milk Small</b>	16 fl oz	20	0	0	0	0	0	25	3	0	2	2	0	0	4	0	
<b>Iced Coffee with Skim Milk and No Calorie Sweetener Large</b>	32 fl oz	50	0	0	0	0	0	45	10	0	7	3	2	0	8	0	
<b>Iced Coffee with Skim Milk and No Calorie Sweetener Medium</b>	24 fl oz	40	0	0	0	0	0	30	7	0	5	2	2	0	6	0	
<b>Iced Coffee with Skim Milk and No Calorie Sweetener Small</b>	16 fl oz	25	0	0	0	0	0	20	5	0	3	2	2	0	4	0	
<b>Iced Coffee with Skim Milk and Sugar Large</b>	32 fl oz	170	0	0	0	0	0	45	41	0	38	3	2	0	8	0	
<b>Iced Coffee with Skim Milk and Sugar Medium</b>	24 fl oz	130	0	0	0	0	0	30	31	0	28	2	2	0	6	0	
<b>Iced Coffee with Skim Milk and Sugar Small</b>	16 fl oz	80	0	0	0	0	0	25	21	0	19	2	0	0	4	0	
<b>Iced Coffee with Sugar Large</b>	32 fl oz	150	0	0	0	0	0	15	38	0	35	1	0	0	2	0	
<b>Iced Coffee with Sugar Medium</b>	24 fl oz	110	0	0	0	0	0	10	29	0	26	1	0	0	0	0	
<b>Iced Coffee with Sugar Small</b>	16 fl oz	70	0	0	0	0	0	5	19	0	17	1	0	0	0	0	
<b>Mocha Iced Coffee with Cream Large</b>	32 fl oz	350	110	12	8	0	40	70	56	2	46	5	8	0	6	0	
<b>Mocha Iced Coffee with Cream Medium</b>	24 fl oz	260	80	9	6	0	30	50	42	2	34	3	6	0	4	0	
<b>Mocha Iced Coffee with Cream Small</b>	16 fl oz	180	50	6	4	0	20	35	28	1	23	2	4	0	4	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Latte</b>																	
<b>French Vanilla Swirl Iced Latte with Skim Milk Large</b>	32 fl oz	350	5	0	0	0	10	240	71	0	69	15	15	0	60	2	
<b>French Vanilla Swirl Iced Latte with Skim Milk Medium</b>	24 fl oz	270	5	0	0	0	10	180	54	0	52	11	15	0	40	0	
<b>French Vanilla Swirl Iced Latte with Skim Milk Small</b>	16 fl oz	180	0	0	0	0	5	120	36	0	35	8	8	0	30	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Latte</b>																	
<b>French Vanilla Swirl Iced Latte with Whole Milk Large</b>	32 fl oz	450	110	12	7	0	40	250	71	0	68	14	15	0	50	2	
<b>French Vanilla Swirl Iced Latte with Whole Milk Medium</b>	24 fl oz	340	80	9	5	0	30	180	53	0	52	11	10	0	40	0	
<b>French Vanilla Swirl Iced Latte with Whole Milk Small</b>	16 fl oz	230	50	6	3.5	0	20	125	36	0	35	7	6	0	25	0	
<b>Hazelnut Swirl Iced Latte with Skim Milk Large</b>	32 fl oz	350	5	0	0	0	10	240	72	0	69	15	15	0	60	2	
<b>Hazelnut Swirl Iced Latte with Skim Milk Medium</b>	24 fl oz	270	5	0	0	0	10	180	54	0	52	11	15	0	40	0	
<b>Hazelnut Swirl Iced Latte with Skim Milk Small</b>	16 fl oz	180	0	0	0	0	5	120	37	0	35	8	8	0	30	0	
<b>Hazelnut Swirl Iced Latte with Whole Milk Large</b>	32 fl oz	450	110	12	7	0	40	250	71	0	68	14	15	0	50	2	
<b>Hazelnut Swirl Iced Latte with Whole Milk Medium</b>	24 fl oz	340	80	9	5	0	30	180	54	0	52	11	10	0	40	0	
<b>Hazelnut Swirl Iced Latte with Whole Milk Small</b>	16 fl oz	230	50	6	3.5	0	20	125	36	0	35	7	6	0	25	0	
<b>Iced Latte Large</b>	32 fl oz	230	110	12	7	0	35	190	19	0	19	12	10	0	45	2	
<b>Iced Latte Medium</b>	24 fl oz	170	80	9	5	0	25	140	14	0	14	9	8	0	30	0	
<b>Iced Latte Small</b>	16 fl oz	120	50	6	3.5	0	25	105	10	0	10	6	4	0	20	0	
<b>Iced Latte with Almond Milk Large</b>	32 fl oz	160	40	4.5	0	0	0	280	28	2	26	2	15	0	35	4	
<b>Iced Latte with Almond Milk Medium</b>	24 fl oz	120	30	3	0	0	0	210	21	1	20	1	10	0	25	2	
<b>Iced Latte with Almond Milk Small</b>	16 fl oz	80	20	2	0	0	0	140	14	1	13	1	8	0	15	2	
<b>Iced Latte with Skim Milk Large</b>	32 fl oz	140	5	0	0	0	10	190	20	0	20	13	15	0	50	2	
<b>Iced Latte with Skim Milk Medium</b>	24 fl oz	100	5	0	0	0	5	140	15	0	15	10	10	0	35	0	
<b>Iced Latte with Skim Milk Small</b>	16 fl oz	70	0	0	0	0	0	110	11	0	10	7	8	0	20	0	
<b>Iced Latte with Skim Milk and Sugar Large</b>	32 fl oz	270	5	0	0	0	10	190	55	0	55	13	15	0	50	2	
<b>Iced Latte with Skim Milk and Sugar Medium</b>	24 fl oz	200	5	0	0	0	5	140	41	0	41	10	10	0	35	2	
<b>Iced Latte with Skim Milk and Sugar Small</b>	16 fl oz	130	0	0	0	0	0	110	28	0	27	7	8	0	20	0	
<b>Iced Latte with Sugar Large</b>	32 fl oz	370	110	12	7	0	35	190	54	0	54	12	10	0	45	2	
<b>Iced Latte with Sugar Medium</b>	24 fl oz	280	80	9	5	0	25	140	40	0	40	9	8	0	30	2	
<b>Iced Latte with Sugar Small</b>	16 fl oz	170	50	6	3.5	0	25	100	27	0	27	6	4	0	20	0	
<b>Mocha Iced Latte with Skim Milk Large</b>	32 fl oz	360	10	1.5	1	0	5	210	73	2	67	14	15	0	45	2	
<b>Mocha Iced Latte with Skim Milk Medium</b>	24 fl oz	270	10	1	0.5	0	5	160	55	2	51	11	10	0	35	0	
<b>Mocha Iced Latte with Skim Milk Small</b>	16 fl oz	180	5	0.5	0	0	5	105	37	1	35	7	8	0	25	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Macchiato</b>																	
<b>Caramel Swirl Iced Macchiato with Skim Milk Large</b>	32 fl oz	310	5	0	0	0	10	160	66	0	65	11	10	0	40	2	
<b>Caramel Swirl Iced Macchiato with Skim Milk Medium</b>	24 fl oz	240	5	0	0	0	5	125	49	0	49	8	8	0	30	2	
<b>Caramel Swirl Iced Macchiato with Skim Milk Small</b>	16 fl oz	160	0	0	0	0	5	85	33	0	33	6	6	0	20	0	
<b>Caramel Swirl Iced Macchiato with Whole Milk Large</b>	32 fl oz	380	70	8	4.5	0	30	170	65	0	64	10	10	0	40	2	
<b>Caramel Swirl Iced Macchiato with Whole Milk Medium</b>	24 fl oz	290	60	6	3.5	0	20	125	49	0	49	8	8	0	30	2	
<b>Caramel Swirl Iced Macchiato with Whole Milk Small</b>	16 fl oz	190	35	4	2.5	0	15	85	33	0	33	5	4	0	20	0	
<b>French Vanilla Swirl Iced Macchiato with Skim Milk Large</b>	32 fl oz	310	5	0	0	0	10	190	66	0	61	11	10	0	40	2	
<b>French Vanilla Swirl Iced Macchiato with Skim Milk Medium</b>	24 fl oz	240	5	0	0	0	5	140	49	0	46	8	8	0	30	2	
<b>French Vanilla Swirl Iced Macchiato with Skim Milk Small</b>	16 fl oz	160	0	0	0	0	5	100	33	0	30	6	6	0	20	0	
<b>French Vanilla Swirl Iced Macchiato with Whole Milk Large</b>	32 fl oz	380	70	8	4.5	0	30	190	65	0	60	10	10	0	35	2	
<b>French Vanilla Swirl Iced Macchiato with Whole Milk Medium</b>	24 fl oz	280	60	6	3.5	0	20	150	49	0	45	8	8	0	30	2	
<b>French Vanilla Swirl Iced Macchiato with Whole Milk Small</b>	16 fl oz	190	35	4	2.5	0	15	100	33	0	30	5	4	0	20	0	
<b>Hazelnut Swirl Iced Macchiato with Skim Milk Large</b>	32 fl oz	310	5	0	0	0	10	190	66	0	61	11	10	0	40	2	
<b>Hazelnut Swirl Iced Macchiato with Skim Milk Medium</b>	24 fl oz	240	5	0	0	0	5	140	50	0	46	8	8	0	30	2	
<b>Hazelnut Swirl Iced Macchiato with Skim Milk Small</b>	16 fl oz	160	0	0	0	0	5	100	33	0	30	6	6	0	20	0	
<b>Hazelnut Swirl Iced Macchiato with Whole Milk Large</b>	32 fl oz	380	70	8	4.5	0	30	190	65	0	60	10	10	0	35	2	
<b>Hazelnut Swirl Iced Macchiato with Whole Milk Medium</b>	24 fl oz	290	60	6	3.5	0	20	150	49	0	45	8	8	0	30	2	
<b>Hazelnut Swirl Iced Macchiato with Whole Milk Small</b>	16 fl oz	190	35	4	2.5	0	15	100	33	0	30	5	4	0	20	0	
<b>Iced Macchiato with Skim Milk Large</b>	32 fl oz	100	5	0	0	0	5	135	14	0	14	8	10	0	30	2	
<b>Iced Macchiato with Skim Milk Medium</b>	24 fl oz	70	5	0	0	0	5	100	11	0	11	6	8	0	25	2	
<b>Iced Macchiato with Skim Milk Small</b>	16 fl oz	50	0	0	0	0	0	70	8	0	8	4	4	0	15	0	
<b>Iced Macchiato with Whole Milk Large</b>	32 fl oz	160	70	8	4.5	0	25	135	14	0	14	8	8	0	30	2	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Macchiato</b>																	
<b>Iced Macchiato with Whole Milk Medium</b>	24 fl oz	120	60	6	3.5	0	20	100	11	0	11	6	6	0	20	2	
<b>Iced Macchiato with Whole Milk Small</b>	16 fl oz	80	35	4	2.5	0	10	70	7	0	7	4	4	0	15	0	
<b>Mocha Swirl Iced Macchiato with Skim Milk Large</b>	32 fl oz	310	10	1	0.5	0	5	160	65	2	58	10	10	0	30	2	
<b>Mocha Swirl Iced Macchiato with Skim Milk Medium</b>	24 fl oz	240	10	1	0.5	0	5	120	49	2	43	8	8	0	25	2	
<b>Mocha Swirl Iced Macchiato with Skim Milk Small</b>	16 fl oz	160	5	0.5	0	0	0	85	33	1	29	5	4	0	15	0	
<b>Mocha Swirl Iced Macchiato with Whole Milk Large</b>	32 fl oz	380	80	9	5	0	25	160	65	2	58	10	8	0	30	2	
<b>Mocha Swirl Iced Macchiato with Whole Milk Medium</b>	24 fl oz	280	60	7	4	0	20	125	49	2	43	7	6	0	20	2	
<b>Mocha Swirl Iced Macchiato with Whole Milk Small</b>	16 fl oz	190	40	4.5	2.5	0	10	85	33	1	29	5	4	0	15	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Tea</b>																	
<b>Iced Green Tea Sweetened Large</b>	32 fl oz	140	0	0	0	0	0	10	36	0	34	0	0	0	0	0	
<b>Iced Green Tea Sweetened Medium</b>	24 fl oz	110	0	0	0	0	0	5	27	0	25	0	0	0	0	0	
<b>Iced Green Tea Sweetened Small</b>	16 fl oz	70	0	0	0	0	0	0	18	0	17	0	0	0	0	0	
<b>Iced Green Tea Unsweetened Large</b>	32 fl oz	10	0	0	0	0	0	10	2	0	0	0	0	0	0	0	
<b>Iced Green Tea Unsweetened Medium</b>	24 fl oz	5	0	0	0	0	0	5	2	0	0	0	0	0	0	0	
<b>Iced Green Tea Unsweetened Small</b>	16 fl oz	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	
<b>Iced Tea Sweetened Blueberry Flavored Tea Large</b>	32 fl oz	160	0	0	0	0	0	10	37	0	34	0	0	0	0	0	
<b>Iced Tea Sweetened Blueberry Flavored Tea Medium</b>	24 fl oz	120	0	0	0	0	0	5	28	0	25	0	0	0	0	0	
<b>Iced Tea Sweetened Blueberry Flavored Tea Small</b>	16 fl oz	80	0	0	0	0	0	0	19	0	17	0	0	0	0	0	
<b>Iced Tea Sweetened Large</b>	32 fl oz	140	0	0	0	0	0	10	36	0	34	0	0	0	0	0	
<b>Iced Tea Sweetened Medium</b>	24 fl oz	110	0	0	0	0	0	5	27	0	25	0	0	0	0	0	
<b>Iced Tea Sweetened Peach Flavored Large</b>	32 fl oz	160	0	0	0	0	0	10	40	0	34	0	0	0	0	0	
<b>Iced Tea Sweetened Peach Flavored Medium</b>	24 fl oz	120	0	0	0	0	0	5	30	0	25	0	0	0	0	0	
<b>Iced Tea Sweetened Peach Flavored Small</b>	16 fl oz	80	0	0	0	0	0	0	20	0	17	0	0	0	0	0	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Tea</b>																	
<b>Iced Tea Sweetened Raspberry Flavored Large</b>	32 fl oz	160	0	0	0	0	0	10	40	0	34	0	0	0	0	0	0
<b>Iced Tea Sweetened Raspberry Flavored Medium</b>	24 fl oz	120	0	0	0	0	0	5	29	0	25	0	0	0	0	0	0
<b>Iced Tea Sweetened Raspberry Flavored Small</b>	16 fl oz	80	0	0	0	0	0	0	20	0	17	0	0	0	0	0	0
<b>Iced Tea Sweetened Small</b>	16 fl oz	70	0	0	0	0	0	0	18	0	17	0	0	0	0	0	0
<b>Iced Tea Unsweetened Blueberry Flavored Tea Large</b>	32 fl oz	25	0	0	0	0	0	10	3	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Blueberry Flavored Tea Medium</b>	24 fl oz	15	0	0	0	0	0	5	2	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Blueberry Flavored Tea Small</b>	16 fl oz	10	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Large</b>	32 fl oz	10	0	0	0	0	0	10	2	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Medium</b>	24 fl oz	5	0	0	0	0	0	5	2	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Peach Flavored Large</b>	32 fl oz	25	0	0	0	0	0	10	6	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Peach Flavored Medium</b>	24 fl oz	20	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Peach Flavored Small</b>	16 fl oz	15	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Raspberry Flavored Large</b>	32 fl oz	25	0	0	0	0	0	10	6	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Raspberry Flavored Medium</b>	24 fl oz	20	0	0	0	0	0	5	4	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Raspberry Flavored Small</b>	16 fl oz	10	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0
<b>Iced Tea Unsweetened Small</b>	16 fl oz	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
<b>Sweet Tea - Large</b>	32 fl oz	310	0	0	0	0	0	10	80	0	78	0	0	0	2	0	0
<b>Sweet Tea - Medium</b>	24 fl oz	230	0	0	0	0	0	5	60	0	58	0	0	0	0	0	0
<b>Sweet Tea - Small</b>	16 fl oz	160	0	0	0	0	0	5	40	0	39	0	0	0	0	0	0
<b>Sweet Tea Blueberry Flavored Large</b>	32 fl oz	340	0	0	0	0	0	10	84	0	81	0	0	0	2	0	0
<b>Sweet Tea Blueberry Flavored Medium</b>	24 fl oz	250	0	0	0	0	0	5	63	0	60	0	0	0	0	0	0
<b>Sweet Tea Blueberry Flavored Small</b>	16 fl oz	170	0	0	0	0	0	5	42	0	40	0	0	0	0	0	0
<b>Sweet Tea Peach Flavored Large</b>	32 fl oz	340	0	0	0	0	0	10	87	0	81	0	0	0	0	0	0
<b>Sweet Tea Peach Flavored Medium</b>	24 fl oz	260	0	0	0	0	0	5	66	0	60	0	0	0	0	0	0
<b>Sweet Tea Peach Flavored Small</b>	16 fl oz	170	0	0	0	0	0	5	44	0	40	0	0	0	0	0	0
<b>Sweet Tea Raspberry Flavored Large</b>	32 fl oz	340	0	0	0	0	0	10	87	0	81	0	0	0	2	0	0
<b>Sweet Tea Raspberry Flavored Medium</b>	24 fl oz	250	0	0	0	0	0	5	65	0	60	0	0	0	0	0	0



	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Tea</b>																	
<b>Sweet Tea Raspberry Flavored Small</b>	16 fl oz	170	0	0	0	0	0	5	43	0	40	0	0	0	0	0	0

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Iced Tea and Lemonade</b>																	
<b>Iced Green Tea Sweetened Large</b>	32 fl oz	150	0	0	0	0	0	10	37	0	34	0	0	0	0	0	0
<b>Iced Green Tea Sweetened Medium</b>	24 fl oz	110	0	0	0	0	0	5	27	0	26	0	0	0	0	0	0
<b>Iced Green Tea Sweetened Small</b>	16 fl oz	70	0	0	0	0	0	0	18	0	17	0	0	0	0	0	0
<b>Iced Green Tea Unsweetened Large</b>	32 fl oz	10	0	0	0	0	0	10	2	0	0	0	0	0	0	0	0
<b>Iced Green Tea Unsweetened Medium</b>	24 fl oz	5	0	0	0	0	0	5	2	0	0	0	0	0	0	0	0
<b>Iced Green Tea Unsweetened Small</b>	16 fl oz	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
<b>Iced Tea Lemonade Large</b>	32 fl oz	80	0	0	0	0	0	35	19	0	17	0	0	2	2	2	0
<b>Iced Tea Lemonade Medium</b>	24 fl oz	60	0	0	0	0	0	25	14	0	13	0	0	2	2	2	0
<b>Iced Tea Lemonade Small</b>	16 fl oz	40	0	0	0	0	0	20	9	0	8	0	0	2	0	0	0
<b>Sweet Tea - Large</b>	32 fl oz	310	0	0	0	0	0	10	80	0	78	0	0	0	2	0	0
<b>Sweet Tea - Medium</b>	24 fl oz	230	0	0	0	0	0	5	60	0	58	0	0	0	0	0	0
<b>Sweet Tea - Small</b>	16 fl oz	160	0	0	0	0	0	5	40	0	39	0	0	0	0	0	0
<b>Sweet Tea Blueberry Flavored Large</b>	32 fl oz	340	0	0	0	0	0	10	84	0	81	0	0	0	2	0	0
<b>Sweet Tea Blueberry Flavored Medium</b>	24 fl oz	250	0	0	0	0	0	5	63	0	60	0	0	0	0	0	0
<b>Sweet Tea Blueberry Flavored Small</b>	16 fl oz	170	0	0	0	0	0	5	42	0	40	0	0	0	0	0	0
<b>Sweet Tea Peach Flavored Large</b>	32 fl oz	340	0	0	0	0	0	10	87	0	81	0	0	0	0	0	0
<b>Sweet Tea Peach Flavored Medium</b>	24 fl oz	260	0	0	0	0	0	5	66	0	60	0	0	0	0	0	0
<b>Sweet Tea Peach Flavored Small</b>	16 fl oz	170	0	0	0	0	0	5	44	0	40	0	0	0	0	0	0
<b>Sweet Tea Raspberry Flavored Large</b>	32 fl oz	340	0	0	0	0	0	10	87	0	81	0	0	0	2	0	0
<b>Sweet Tea Raspberry Flavored Medium</b>	24 fl oz	250	0	0	0	0	0	5	65	0	60	0	0	0	0	0	0
<b>Sweet Tea Raspberry Flavored Small</b>	16 fl oz	170	0	0	0	0	0	5	43	0	40	0	0	0	0	0	0

K-Cup Pods® - All varieties of Coffee K-Cup® Pods have no nutritional significance.	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Dark Roast K-Cup® Pod	1 K-Cup Pack																
Dunkin' Decaf K-Cup® Pod	1 K-Cup Pack																
French Vanilla K-Cup® Pod	1 K-Cup Pack																
Hazelnut K-Cup® Pod	1 K-Cup Pack																
Milk Chocolate Hot Cocoa K-Cup® Pod	1 K-Cup Pod	70	25	3	2.5	0	0	210	10	1	7	1	0	0	2	4	
Original Blend K-Cup® Pod	1 K-Cup Pack																

Muffins	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Blueberry Muffin	1 Muffin	460	130	15	3	0	60	390	76	2	43	6	2	0	2	15
Chocolate Chip Muffin	1 Muffin	550	190	21	6	0	60	400	83	2	50	7	4	0	4	20
Coffee Cake Muffin	1 Muffin	590	220	24	8	0	65	410	87	2	51	7	4	0	4	15
Corn Muffin	1 Muffin	460	140	16	3	0	65	680	72	1	30	7	2	0	2	10
Honey Bran Raisin Muffin	1 Muffin	440	120	13	2.5	0	50	340	69	5	39	7	0	0	6	15
Reduced Fat Blueberry Muffin - 25% Less Fat than our regular Blueberry Muffin	1 Muffin	410	90	10	2	0	55	540	75	2	39	7	2	0	2	15

Munchkins	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Boston Kreme Munchkin	1 Munchkin	70	40	4.5	2	0	0	85	7	0	2	1	0	0	0	2
Butternut Munchkin	1 Munchkin	90	35	3.5	2	0	5	50	12	0	8	1	0	0	0	2
Chocolate Butternut Munchkin	1 Munchkin	90	35	4	2	0	0	95	12	0	7	1	0	0	0	2
Cinnamon Munchkin	1 Munchkin	60	30	3.5	1.5	0	5	65	6	0	3	1	0	0	0	2
Coconut Munchkin	1 Munchkin	80	40	4.5	2.5	0	5	50	10	0	5	1	0	0	0	2
Glazed Blueberry Munchkin	1 Munchkin	70	30	3.5	1.5	0	5	50	9	0	5	1	0	0	0	2
Glazed Chocolate Munchkin	1 Munchkin	70	30	3.5	1.5	0	0	95	8	0	4	1	0	0	0	2
Glazed Munchkin	1 Munchkin	70	35	4	2	0	0	80	7	0	3	1	0	0	0	2
Glazed Old Fashioned Munchkin	1 Munchkin	70	30	3.5	1.5	0	5	50	9	0	4	1	0	0	0	2
Jelly Munchkin	1 Munchkin	70	35	4	2	0	0	80	8	0	4	1	0	0	0	2
Old Fashioned Munchkin	1 Munchkin	60	30	3.5	1.5	0	5	50	6	0	2	1	0	0	0	2
Powdered Munchkin	1 Munchkin	60	30	3.5	1.5	0	5	50	7	0	3	1	0	0	0	2
Sugared Raised Munchkin	1 Munchkin	60	35	4	2	0	0	80	5	0	1	1	0	0	0	2

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Munchkins</b>																	
<b>Toasted Coconut Munchkin</b>	1 Munchkin	90	45	5	3	0	5	50	10	1	6	1	0	0	0	0	2

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Other Bakery</b>																	
<b>Apple Fritter</b>	1 Fritter	420	170	19	8	0	0	380	58	2	24	6	0	0	2	15	
<b>Biscuit</b>	1 Biscuit	320	150	17	10	0	0	740	35	1	3	6	0	0	4	15	
<b>Blueberry Coffee Cake</b>	1/8 Cake	190	60	6	1.5	0	20	170	31	1	17	3	0	0	2	4	
<b>Chocolate Chip Coffee Cake</b>	1/8 Cake	230	80	9	2.5	0	25	180	34	1	20	3	2	0	2	8	
<b>English Muffin</b>	1 Muffin	140	5	0.5	0	0	0	110	30	6	1	4	0	0	2	10	
<b>Flatbread</b>	1 Flatbread	160	25	3	0.5	0	0	270	29	3	2	5	0	0	4	6	
<b>French Roll</b>	1 Roll	260	10	1.5	0	0	0	550	52	2	2	9	0	0	4	25	
<b>Original Coffee Cake</b>	1/8 Cake	230	80	9	3	0	25	180	33	1	20	3	2	0	2	6	
<b>Plain Croissant</b>	1 Croissant	340	160	18	8	0	0	350	37	1	5	6	0	10	2	15	

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
<b>Other Frozen Beverages</b>																	
<b>Frozen Dunkaccino Large</b>	32 fl oz	810	150	17	12	0	25	320	155	3	142	10	6	0	25	2	
<b>Frozen Dunkaccino Medium</b>	24 fl oz	610	110	13	9	0	20	240	117	2	107	7	6	0	20	2	
<b>Frozen Dunkaccino Small</b>	16 fl oz	400	80	8	6	0	15	160	78	1	71	5	4	0	15	2	
<b>Frozen Vanilla Chai Large</b>	32 fl oz	800	120	14	9	0	25	250	161	0	150	9	6	0	30	2	
<b>Frozen Vanilla Chai Medium</b>	24 fl oz	600	90	10	7	0	20	190	121	0	113	7	4	0	25	2	
<b>Frozen Vanilla Chai Small</b>	16 fl oz	400	60	7	4.5	0	10	125	80	0	75	4	4	0	15	2	
<b>Hot Chocolate-Frozen Large</b>	32 fl oz	790	120	13	10	0	20	340	160	4	146	9	6	0	25	4	
<b>Hot Chocolate-Frozen Medium</b>	24 fl oz	590	90	10	7	0	15	250	120	3	110	7	4	0	20	2	
<b>Hot Chocolate-Frozen Small</b>	16 fl oz	400	60	7	5	0	10	170	80	2	73	5	2	0	10	2	
<b>Mint Hot Chocolate-Frozen Large</b>	32 fl oz	790	120	13	10	0	20	330	160	4	147	9	6	0	25	4	
<b>Mint Hot Chocolate-Frozen Medium</b>	24 fl oz	590	90	10	7	0	15	240	120	3	110	7	4	0	20	2	
<b>Mint Hot Chocolate-Frozen Small</b>	16 floz	400	60	7	5	0	10	160	80	2	73	5	2	0	15	2	
<b>Salted Caramel Hot Chocolate-Frozen Large</b>	32 fl oz	800	120	14	10	0	20	440	159	3	146	9	6	0	25	2	
<b>Salted Caramel Hot Chocolate-Frozen Medium</b>	24 fl oz	600	90	10	8	0	15	330	119	2	109	7	4	0	20	2	
<b>Salted Caramel Hot Chocolate-Frozen Small</b>	16 fl oz	400	60	7	5	0	10	220	79	2	73	5	2	0	15	2	



Packaged Coffee - All varieties of our packaged coffee have no nutritional significance.	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Whole Bean Original Blend Packaged Coffee	1 Packaged Coffee Pack																

Smoothie	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Strawberry Banana Smoothie Large	32 fl oz	570	40	4.5	2.5	0	20	160	125	5	109	9	4	140	30	8
Strawberry Banana Smoothie Medium	24 fl oz	430	30	3.5	2	0	15	120	94	4	82	7	4	110	25	6
Strawberry Banana Smoothie Small	16 fl oz	290	20	2	1.5	0	10	80	62	2	54	5	2	70	15	4

Specialty Beverages	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Vanilla Chai Large	20 fl oz	450	100	12	9	0	15	200	75	0	64	14	15	0	45	2
Vanilla Chai Medium	14 fl oz	340	80	9	7	0	10	150	56	0	48	10	10	0	35	2
Vanilla Chai Small	10 fl oz	230	50	6	4.5	0	5	100	37	0	32	7	8	0	25	2

Wake-Up Wraps	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Bacon, Egg & Cheese Wake-Up Wrap	1 Wrap	210	120	13	5	0	95	480	14	1	1	10	4	0	10	4
Egg & Cheese Wake-Up Wrap	1 Wrap	180	100	11	4	0	90	400	13	1	1	8	4	0	10	4
Egg White Veggie Wake-Up Wrap	1 Wrap	190	100	11	5	0	25	380	14	1	1	11	8	6	20	2
Ham, Egg & Cheese Wake-Up Wrap	1 Wrap	200	100	11	4.5	0	95	530	14	1	1	10	4	0	10	4
Sausage, Egg & Cheese Wake-Up Wrap	1 Wrap	290	180	20	8	0	110	650	14	1	1	12	6	0	10	6
Turkey Sausage Wake Up Wrap	1 Wrap	280	160	18	7	0	120	560	13	1	0	15	8	0	20	6

Allergen information is available at [www.DunkinDonuts.com](http://www.DunkinDonuts.com) or by calling Guest Support at 800-859-5339. All products are prepared in restaurant and may contain or may have come into contact with Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts and Wheat.

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](http://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](http://www.DunkinDonuts.com) or call Guest Support at 800-859-5339.