

Nutrition Guide

The information below was last updated on 10-26-2021. 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. 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)
Avocado Toast																
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

	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																
Blueberry Oat Cold Brew - Large	Large	45	1	0	0	0	50	6	1	1	1	1	1	363	104	0
Blueberry Oat Cold Brew - Medium	Medium	30	0.5	0	0	0	35	4	0	1	1	1	1	272	77	0
Blueberry Oat Cold Brew - Small	Small	20	0	0	0	0	25	3	0	1	0	1	1	181	52	0
Cold Brew with Sweet Cold Foam and Cream - Large	Large	230	16	9	0.5	50	95	20	0	18	15	3	1	346	110	0
Cold Brew with Sweet Cold Foam and Cream - Medium	Medium	170	11	6	0	35	65	14	0	12	10	2	0	255	79	0
Cold Brew with Sweet Cold Foam and Cream - Small	Small	140	8	4.5	0	25	50	13	0	12	10	2	0	183	62	0
Cold Brew with Sweet Cold Foam, Black - Large	Large	120	4	2.5	0	10	50	18	0	16	15	2	0	293	56	0
Cold Brew with Sweet Cold Foam, Black - Medium	Medium	80	3	1.5	0	10	35	12	0	11	10	1	0	215	39	0
Cold Brew with Sweet Cold Foam, Black - Small	Small	80	2.5	1.5	0	10	30	12	0	11	10	1	0	157	35	0
Nitro Cold Brew with Sweet Cold Foam - Small	Small	80	3	1.5	0	10	30	12	0	11	10	1	0	222	33	0
Peppermint Mocha Cold Brew with Sweet Cold Foam - Large	Large	340	4.5	2.5	0	10	115	71	2	67	65	3	0	527	64	2
Peppermint Mocha Cold Brew with Sweet Cold Foam - Medium	Medium	250	3	2	0	10	85	52	2	49	48	2	0	390	45	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)
Cold Brew Coffee																
Peppermint Mocha Cold Brew with Sweet Cold Foam - Small	Small	190	3	2	0	10	65	39	1	36	35	2	0	274	39	1
Pumpkin Cream Cold Brew with Cream - Large	Large	390	14	8	0	45	200	58	0	57	47	6	1	515	240	0
Pumpkin Cream Cold Brew with Cream - Medium	Medium	290	11	6	0	35	150	44	0	43	35	5	1	385	179	0
Pumpkin Cream Cold Brew with Cream - Small	Small	210	8	4.5	0	25	110	31	0	30	25	3	0	274	128	0
Pumpkin Cream Cold Brew, Black - Large	Large	280	3	2	0	10	160	57	0	55	47	5	0	462	186	0
Pumpkin Cream Cold Brew, Black - Medium	Medium	210	2	1.5	0	10	120	42	0	42	35	4	0	345	138	0
Pumpkin Cream Cold Brew, Black - Small	Small	150	2	1.5	0	10	85	30	0	29	25	3	0	247	101	0
The Charli Cold Foam - Large	Large	340	4	2.5	0	15	115	70	0	68	61	4	0	613	159	0
The Charli Cold Foam - Medium	Medium	250	3	1.5	0	10	85	52	0	50	45	3	0	455	116	0
The Charli Cold Foam - Small	Small	190	2.5	1.5	0	10	65	39	0	37	34	2	0	317	87	0
Toasted Almond Cold Brew - Large	Large	15	0	0	0	0	20	1	0	0	0	1	0	295	22	0
Toasted Almond Cold Brew - Medium	Medium	10	0	0	0	0	15	0	0	0	0	1	0	220	15	0
Toasted Almond Cold Brew - Small	Small	10	0	0	0	0	10	0	0	0	0	0	0	147	11	0
Vanilla Cold Brew with Sweet Cold Foam - Large	Large	130	4	2.5	0	10	50	19	0	16	15	2	0	266	55	0
Vanilla Cold Brew with Sweet Cold Foam - Medium	Medium	90	3	1.5	0	10	35	13	0	11	10	1	0	195	38	0
Vanilla Cold Brew with Sweet Cold Foam - Small	Small	80	2.5	1.5	0	10	30	13	0	11	10	1	0	143	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)
Croissant Stuffers																
Chicken, Bacon & Cheese Croissant Stuffer	1 Croissant	330	18	10	0	55	710	29	3	6	3	14	2	197	146	2
Three Cheese Croissant Stuffer	1 Croissant	320	17	10	0	55	500	30	2	6	3	12	1	122	238	2

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Donuts																
Chocolate Frosted with Holly Berry Sprinkles Donut	1 Donut	270	12	4.5	0	0	290	37	1	15	15	5	0	77	13	2
Pumpkin Donut	1 Donut	380	22	11	0	25	360	41	1	20	20	3	0	81	18	1
Strawberry Frosted with Holly Berry Sprinkles Donut	1 Donut	270	11	4.5	0	0	280	38	1	16	16	4	0	60	12	2
Vanilla Frosted with Holly Berry Sprinkles Donut	1 Donut	270	11	4.5	0	0	280	37	1	16	15	4	0	60	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
Chocolate Frosted with Chocolate Sprinkles Donut	1 Donut	270	12	5	0	0	290	36	1	15	14	5	0	85	13	2
DIY Donut Decorating Kit - Large	1 Kit	3120	119	63	1	5	2730	470	11	234	230	43	3	777	122	15
DIY Donut Decorating Kit - Small	1 Kit	2180	74	43	0.5	5	1320	360	6	219	217	20	1	493	61	8
Dulce de Leche Donut	1 Donut	270	11	4.5	0	0	280	37	1	13	11	5	1	108	49	2
Forever New England Donut	1 Donut	290	13	6	0	0	280	40	1	17	16	4	0	59	12	2
Go Cuse 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
New York Giants Donut	1 Donut	260	11	4.5	0	0	290	35	1	14	13	4	0	59	12	2
New York Jets Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	59	12	2
Otto's Fave Donut	1 Donut	290	11	4.5	0	0	320	42	1	21	20	4	1	64	12	2
Pittsburgh Crème Donut	1 Donut	350	16	7	0	0	310	47	1	26	25	5	1	81	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
TN Titans Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	59	12	2
UT Vols Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	59	12	2

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Dunkin' Coconut Refreshers																
Golden Peach Dunkin' Coconut Refreshers - Large	Large	230	6	4.5	0	0	85	45	0	40	39	1	5	475	773	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)
Dunkin' Coconut Refreshers																
Golden Peach Dunkin' Coconut Refreshers - Medium	Medium	180	4.5	3.5	0	0	65	34	0	30	29	1	4	356	579	1
Golden Peach Dunkin' Coconut Refreshers - Small	Small	120	3	2.5	0	0	45	23	0	20	19	0	2	238	387	0
Pink Strawberry Dunkin' Coconut Refreshers - Large	Large	230	6	4.5	0	0	85	41	0	37	37	1	5	475	773	1
Pink Strawberry Dunkin' Coconut Refreshers - Medium	Medium	170	4.5	3.5	0	0	65	31	0	28	27	1	4	356	579	1
Pink Strawberry Dunkin' Coconut Refreshers - Small	Small	110	3	2.5	0	0	45	20	0	19	18	0	2	237	387	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																
Peach Passion Fruit Dunkin' Refreshers - Large	Large	180	0	0	0	0	20	43	0	39	39	1	0	33	16	0
Peach Passion Fruit Dunkin' Refreshers - Medium	Medium	130	0	0	0	0	15	32	0	29	29	1	0	24	10	0
Peach Passion Fruit Dunkin' Refreshers - Small	Small	90	0	0	0	0	10	21	0	20	19	0	0	16	8	0
Strawberry Dragonfruit Dunkin' Refreshers - Large	Large	170	0	0	0	0	20	39	0	37	37	1	0	33	16	0
Strawberry Dragonfruit Dunkin' Refreshers - Medium	Medium	130	0	0	0	0	15	29	0	27	27	1	0	24	10	0
Strawberry Dragonfruit Dunkin' Refreshers - Small	Small	80	0	0	0	0	10	19	0	18	18	0	0	16	8	0

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Frozen Chocolate																
Peppermint Mocha Swirl Frozen Chocolate - Large	Large	910	18	13	0	35	370	177	4	163	153	10	3	739	279	3
Peppermint Mocha Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	30	280	136	3	125	117	7	2	575	213	2
Peppermint Mocha Swirl Frozen Chocolate - Small	Small	500	11	8	0	25	190	96	2	87	82	5	1	413	148	2
Pumpkin Swirl Frozen Chocolate - Large	Large	900	18	13	0	40	430	173	1	162	144	12	3	671	424	0

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Frozen Chocolate																
Pumpkin Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	30	320	133	1	124	110	9	2	524	326	0
Pumpkin Swirl Frozen Chocolate - Small	Small	500	11	8	0	25	220	94	1	87	77	6	1	379	230	0
Toasted White Chocolate Swirl Frozen Chocolate - Large	Large	900	17	13	0	40	380	173	1	160	144	11	3	686	415	0
Toasted White Chocolate Swirl Frozen Chocolate - Medium	Medium	690	14	10	0	30	290	133	1	123	111	9	2	535	319	0
Toasted White Chocolate Swirl Frozen Chocolate - Small	Small	500	11	8	0	25	200	94	1	86	77	6	1	386	225	0

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Frozen Coffee																
Peppermint Mocha Swirl Frozen Coffee with Cream - Large	Large	1170	40	22	1.5	125	280	194	3	182	177	9	2	2194	233	5
Peppermint Mocha Swirl Frozen Coffee with Cream - Medium	Medium	900	31	17	1	95	220	149	2	139	135	7	2	1666	178	4
Peppermint Mocha Swirl Frozen Coffee with Cream - Small	Small	630	22	12	0.5	70	150	104	1	97	94	5	1	1141	125	3
Peppermint Mocha Swirl Frozen Coffee with Skim Milk - Large	Large	890	6	4	0	20	230	198	3	186	177	10	2	2234	293	5
Peppermint Mocha Swirl Frozen Coffee with Skim Milk - Medium	Medium	690	5	3.5	0	20	180	152	2	142	135	7	2	1696	223	4
Peppermint Mocha Swirl Frozen Coffee with Skim Milk - Small	Small	490	5	3.5	0	15	120	106	1	99	94	5	1	1161	155	2
Peppermint Mocha Swirl Frozen Coffee with Whole Milk - Large	Large	930	12	7	0	35	230	197	3	186	177	9	3	2189	276	5
Peppermint Mocha Swirl Frozen Coffee with Whole Milk - Medium	Medium	720	10	6	0	30	180	152	2	142	135	7	2	1663	210	4
Peppermint Mocha Swirl Frozen Coffee with Whole Milk - Small	Small	520	8	5	0	25	120	106	1	98	94	5	1	1139	146	2
Pumpkin Swirl Frozen Coffee with Cream - Large	Large	1160	40	22	1.5	125	340	190	0	181	167	11	2	2129	379	2
Pumpkin Swirl Frozen Coffee with Cream - Medium	Medium	890	31	17	1	100	260	146	0	139	128	8	2	1617	292	2
Pumpkin Swirl Frozen Coffee with Cream - Small	Small	630	22	12	0.5	70	180	102	0	96	89	6	1	1108	207	1
Pumpkin Swirl Frozen Coffee with Skim Milk - Large	Large	880	5	3.5	0	25	290	194	0	185	167	12	2	2169	438	2
Pumpkin Swirl Frozen Coffee with Skim Milk - Medium	Medium	680	5	3	0	20	220	149	0	142	128	9	2	1647	337	2

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Frozen Coffee																
Pumpkin Swirl Frozen Coffee with Skim Milk - Small	Small	490	4.5	3	0	20	150	104	0	98	89	6	1	1128	237	1
Pumpkin Swirl Frozen Coffee with Whole Milk - Large	Large	930	11	7	0	40	290	194	0	185	167	11	3	2124	421	2
Pumpkin Swirl Frozen Coffee with Whole Milk - Medium	Medium	720	9	6	0	30	220	149	0	141	128	9	2	1614	324	2
Pumpkin Swirl Frozen Coffee with Whole Milk - Small	Small	510	8	4.5	0	25	150	104	0	98	89	6	1	1106	228	1
Toasted White Chocolate Swirl Frozen Coffee with Cream - Large	Large	1110	40	22	1.5	125	290	177	0	167	156	10	2	2142	369	2
Toasted White Chocolate Swirl Frozen Coffee with Cream - Medium	Medium	850	31	17	1	100	220	136	0	128	119	8	2	1627	285	2
Toasted White Chocolate Swirl Frozen Coffee with Cream - Small	Small	600	22	12	0.5	70	160	96	0	90	83	6	1	1114	202	1
Toasted White Chocolate Swirl Frozen Coffee with Skim Milk - Large	Large	830	5	3.5	0	25	240	181	0	171	156	11	2	2182	429	2
Toasted White Chocolate Swirl Frozen Coffee with Skim Milk - Medium	Medium	640	5	3	0	20	180	139	0	131	119	9	2	1657	329	2
Toasted White Chocolate Swirl Frozen Coffee with Skim Milk - Small	Small	460	4.5	3	0	20	130	98	0	92	83	6	1	1135	232	1
Toasted White Chocolate Swirl Frozen Coffee with Whole Milk - Large	Large	870	11	7	0	40	240	181	0	171	156	11	3	2137	412	2
Toasted White Chocolate Swirl Frozen Coffee with Whole Milk - Medium	Medium	680	9	6	0	30	190	139	0	131	119	8	2	1624	316	2
Toasted White Chocolate Swirl Frozen Coffee with Whole Milk - Small	Small	490	8	4.5	0	25	130	98	0	92	83	6	1	1112	223	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

	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 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)
Hot Cappuccino																
Peppermint Mocha Swirl Hot Cappuccino with Skim Milk - Large	Large	320	1	0.5	0	5	180	66	2	63	51	10	3	735	309	2
Peppermint Mocha Swirl Hot Cappuccino with Skim Milk - Medium	Medium	240	0.5	0	0	5	135	50	1	47	38	7	2	546	232	2
Peppermint Mocha Swirl Hot Cappuccino with Skim Milk - Small	Small	160	0	0	0	0	90	33	1	31	25	5	1	367	155	1
Peppermint Mocha Swirl Hot Cappuccino with Whole Milk - Large	Large	380	9	5	0	25	180	66	2	62	51	9	3	675	287	2
Peppermint Mocha Swirl Hot Cappuccino with Whole Milk - Medium	Medium	290	6	3.5	0	20	135	49	1	47	38	7	2	502	215	2
Peppermint Mocha Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4.5	2.5	0	10	90	33	1	31	25	5	2	337	143	1
Pumpkin Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	230	63	0	61	42	12	3	660	435	0
Pumpkin Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	170	47	0	46	31	9	2	490	327	0
Pumpkin Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	115	31	0	30	21	6	1	330	218	0
Pumpkin Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	5	0	25	230	63	0	60	42	11	3	600	413	0
Pumpkin Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	170	47	0	45	31	8	2	445	309	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																
Pumpkin Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	115	31	0	30	21	6	2	300	206	0
Toasted White Chocolate Swirl Hot Cappuccino with Skim Milk - Large	Large	300	0	0	0	5	180	62	0	60	42	11	3	674	425	0
Toasted White Chocolate Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	135	47	0	45	32	8	2	501	319	0
Toasted White Chocolate Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	90	31	0	30	21	5	1	337	213	0
Toasted White Chocolate Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	180	62	0	59	42	10	3	614	402	0
Toasted White Chocolate Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	140	46	0	44	32	8	2	456	302	0
Toasted White Chocolate Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	90	31	0	30	21	5	2	307	201	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 Chocolate																
White Mocha Hot Chocolate - Extra Large	XLarge	900	22	18	0	20	620	167	4	142	132	8	0	658	263	1
White Mocha Hot Chocolate - Large	Large	750	19	16	0	20	520	139	3	117	109	7	0	546	218	1
White Mocha Hot Chocolate - Medium	Medium	560	15	12	0	20	370	103	2	87	81	5	0	406	165	0
White Mocha Hot Chocolate - Small	Small	400	11	9	0	15	260	72	2	60	56	4	0	285	117	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 Coconutmilk - Extra Large	XLarge	25	2	1.5	0	0	35	1	0	0	0	1	2	389	262	0
Hot Coffee with Coconutmilk - Large	Large	20	1.5	1	0	0	25	1	0	0	0	1	1	311	197	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 Coconutmilk - Medium	Medium	15	1	1	0	0	20	0	0	0	0	1	1	234	133	0
Hot Coffee with Coconutmilk - Small	Small	10	0.5	0	0	0	10	0	0	0	0	0	0	181	69	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
Peppermint Mocha Swirl Hot Coffee with Black - Extra Large	XLarge	290	1	0	0	0	95	66	2	63	63	2	0	604	23	3
Peppermint Mocha Swirl Hot Coffee with Black - Large	Large	230	0.5	0	0	0	75	53	2	51	51	2	0	494	19	2
Peppermint Mocha Swirl Hot Coffee with Black - Medium	Medium	170	0	0	0	0	60	40	1	38	38	1	0	383	15	2
Peppermint Mocha Swirl Hot Coffee with Black - Small	Small	120	0	0	0	0	40	26	1	25	25	1	0	273	10	1
Peppermint Mocha Swirl Hot Coffee with Cream - Extra Large	XLarge	430	15	8	0	45	150	68	2	65	63	4	1	675	90	3
Peppermint Mocha Swirl Hot Coffee with Cream - Large	Large	340	12	6	0	35	120	55	2	52	51	4	1	550	73	2
Peppermint Mocha Swirl Hot Coffee with Cream - Medium	Medium	260	9	5	0	25	90	41	1	39	38	3	0	425	55	2
Peppermint Mocha Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	60	27	1	26	25	2	0	301	37	1
Pumpkin Swirl Hot Coffee with Black - Extra Large	XLarge	280	0	0	0	0	150	62	0	61	52	5	0	511	180	0
Pumpkin Swirl Hot Coffee with Black - Large	Large	220	0	0	0	0	125	49	0	49	42	4	0	419	145	0
Pumpkin Swirl Hot Coffee with Black - Medium	Medium	170	0	0	0	0	95	37	0	37	31	3	0	327	109	0
Pumpkin Swirl Hot Coffee with Black - Small	Small	110	0	0	0	0	65	25	0	24	21	2	0	235	73	0
Pumpkin Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	45	210	64	0	63	52	7	1	581	248	0
Pumpkin Swirl Hot Coffee with Cream - Large	Large	340	12	6	0	35	170	51	0	50	42	6	1	475	199	0
Pumpkin Swirl Hot Coffee with Cream - Medium	Medium	250	9	4.5	0	30	125	38	0	38	31	4	0	369	149	0
Pumpkin Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	85	26	0	25	21	3	0	263	100	0
Toasted White Chocolate Swirl Hot Coffee with Black - Extra Large	XLarge	270	0	0	0	5	95	61	0	59	53	4	0	529	168	0
Toasted White Chocolate Swirl Hot Coffee with Black - Large	Large	220	0	0	0	0	80	49	0	48	42	3	0	433	135	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																
Toasted White Chocolate Swirl Hot Coffee with Black - Medium	Medium	160	0	0	0	0	60	37	0	36	32	2	0	312	100	0
Toasted White Chocolate Swirl Hot Coffee with Black - Small	Small	110	0	0	0	0	40	24	0	24	21	2	0	242	68	0
Toasted White Chocolate Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	45	150	63	0	62	53	6	1	599	235	0
Toasted White Chocolate Swirl Hot Coffee with Cream - Large	Large	330	12	6	0	40	120	51	0	49	42	5	1	489	188	0
Toasted White Chocolate Swirl Hot Coffee with Cream - Medium	Medium	250	9	4.5	0	30	90	38	0	37	32	4	0	354	141	0
Toasted White Chocolate Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	60	25	0	25	21	3	0	271	95	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																
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
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
Hot Latte with Coconutmilk - Large	Large	70	6	5	0	0	80	4	0	1	0	1	5	562	759	1
Hot Latte with Coconutmilk - Medium	Medium	50	4.5	3.5	0	0	60	3	0	1	0	1	4	417	569	1
Hot Latte with Coconutmilk - Small	Small	35	3	2.5	0	0	40	2	0	0	0	0	2	281	379	0
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
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

	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																
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
Peppermint Mocha Signature Hot Latte with Skim Milk - Large	Large	440	6	4	0	25	240	81	2	74	55	14	5	965	478	2
Peppermint Mocha Signature Hot Latte with Skim Milk - Medium	Medium	340	5	3.5	0	20	180	62	1	56	42	11	3	727	361	2
Peppermint Mocha Signature Hot Latte with Skim Milk - Small	Small	250	5	3.5	0	20	125	44	1	39	29	7	2	500	246	1
Peppermint Mocha Signature Hot Latte with Whole Milk - Large	Large	540	18	11	0.5	55	250	80	2	73	55	13	5	876	443	2
Peppermint Mocha Signature Hot Latte with Whole Milk - Medium	Medium	420	14	8	0	45	190	61	1	56	42	10	4	660	335	2
Peppermint Mocha Signature Hot Latte with Whole Milk - Small	Small	300	11	7	0	35	125	43	1	39	29	7	3	455	229	1
Peppermint Mocha Swirl Hot Latte with Skim Milk - Large	Large	360	1	0.5	0	5	230	72	2	69	51	14	4	926	459	2
Peppermint Mocha Swirl Hot Latte with Skim Milk - Medium	Medium	270	0.5	0	0	5	170	54	1	52	38	10	3	690	344	2
Peppermint Mocha Swirl Hot Latte with Skim Milk - Small	Small	180	0	0	0	5	115	36	1	34	25	7	2	463	229	1
Peppermint Mocha Swirl Hot Latte with Whole Milk - Large	Large	460	13	7	0	35	240	72	2	68	51	13	5	836	424	2
Peppermint Mocha Swirl Hot Latte with Whole Milk - Medium	Medium	340	9	5	0	25	180	54	1	51	38	10	4	622	318	2
Peppermint Mocha Swirl Hot Latte with Whole Milk - Small	Small	230	6	3.5	0	20	120	36	1	34	25	6	2	418	212	1
Pumpkin Chai Hot Latte - Large	Large	420	12	7	0	35	240	62	1	60	39	14	5	615	492	0
Pumpkin Chai Hot Latte - Medium	Medium	310	9	5	0	30	180	47	1	45	29	10	4	461	369	0
Pumpkin Chai Hot Latte - Small	Small	210	6	3.5	0	20	120	31	1	30	19	7	2	308	246	0
Pumpkin Spice Signature Hot Latte with Skim Milk - Large	Large	440	6	3.5	0	25	290	78	0	72	47	16	5	889	608	0
Pumpkin Spice Signature Hot Latte with Skim Milk - Medium	Medium	340	5	3.5	0	20	220	60	0	55	36	12	3	669	460	0
Pumpkin Spice Signature Hot Latte with Skim Milk - Small	Small	250	5	3	0	20	150	43	0	38	25	8	2	461	314	0
Pumpkin Spice Signature Hot Latte with Whole Milk - Large	Large	540	17	10	0.5	55	290	77	0	71	47	16	5	799	573	0
Pumpkin Spice Signature Hot Latte with Whole Milk - Medium	Medium	420	14	8	0	45	220	59	0	55	36	12	4	602	434	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																
Pumpkin Spice Signature Hot Latte with Whole Milk - Small	Small	300	11	6	0	35	150	42	0	38	25	8	3	416	296	0
Pumpkin Swirl Hot Latte with Skim Milk - Large	Large	350	0.5	0	0	10	280	69	0	67	42	16	4	851	585	0
Pumpkin Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	5	210	52	0	50	31	12	3	633	439	0
Pumpkin Swirl Hot Latte with Skim Milk - Small	Small	170	0	0	0	5	140	35	0	33	21	8	2	425	292	0
Pumpkin Swirl Hot Latte with Whole Milk - Large	Large	450	12	7	0	40	280	68	0	66	42	15	5	761	550	0
Pumpkin Swirl Hot Latte with Whole Milk - Medium	Medium	330	9	5	0	30	210	51	0	50	31	11	4	566	413	0
Pumpkin Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	140	34	0	33	21	7	2	380	275	0
Toasted White Chocolate Signature Hot Latte with Skim Milk - Large	Large	430	6	3.5	0	25	240	77	0	71	47	16	5	903	598	0
Toasted White Chocolate Signature Hot Latte with Skim Milk - Medium	Medium	330	5	3	0	25	180	59	0	54	36	12	3	680	452	0
Toasted White Chocolate Signature Hot Latte with Skim Milk - Small	Small	250	5	3	0	20	125	42	0	38	26	8	2	468	309	0
Toasted White Chocolate Signature Hot Latte with Whole Milk - Large	Large	530	17	10	0.5	55	250	76	0	70	47	15	5	814	563	0
Toasted White Chocolate Signature Hot Latte with Whole Milk - Medium	Medium	410	14	8	0	45	190	59	0	54	36	11	4	613	426	0
Toasted White Chocolate Signature Hot Latte with Whole Milk - Small	Small	300	11	6	0	35	125	42	0	38	26	8	3	424	291	0
Toasted White Chocolate Swirl Hot Latte with Skim Milk - Large	Large	350	0.5	0	0	10	230	68	0	66	42	15	4	865	575	0
Toasted White Chocolate Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	5	170	51	0	49	32	11	3	644	431	0
Toasted White Chocolate Swirl Hot Latte with Skim Milk - Small	Small	170	0	0	0	5	115	34	0	33	21	8	2	433	287	0
Toasted White Chocolate Swirl Hot Latte with Whole Milk - Large	Large	440	12	7	0	40	240	68	0	65	42	14	5	775	540	0
Toasted White Chocolate Swirl Hot Latte with Whole Milk - Medium	Medium	330	9	5	0	30	180	51	0	49	32	11	4	577	405	0
Toasted White Chocolate Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	120	34	0	33	21	7	2	388	270	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																
Hot Macchiato with Coconutmilk - Large	Large	50	4	3.5	0	0	65	3	0	0	0	1	3	451	507	1
Hot Macchiato with Coconutmilk - Medium	Medium	40	3	2.5	0	0	50	3	0	0	0	0	2	345	380	0
Hot Macchiato with Coconutmilk - Small	Small	30	2	1.5	0	0	35	2	0	0	0	0	2	249	254	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
Peppermint Mocha Swirl Hot Macchiato with Skim Milk - Large	Large	320	1	0.5	0	5	190	67	2	63	51	10	3	781	310	2
Peppermint Mocha Swirl Hot Macchiato with Skim Milk - Medium	Medium	240	0.5	0	0	5	140	50	1	47	38	7	2	592	233	2
Peppermint Mocha Swirl Hot Macchiato with Skim Milk - Small	Small	160	0.5	0	0	0	95	34	1	31	25	5	1	413	156	1
Peppermint Mocha Swirl Hot Macchiato with Whole Milk - Large	Large	380	9	5	0	25	190	67	2	62	51	9	3	721	287	2
Peppermint Mocha Swirl Hot Macchiato with Whole Milk - Medium	Medium	290	7	4	0	20	140	50	1	47	38	7	2	548	216	2
Peppermint Mocha Swirl Hot Macchiato with Whole Milk - Small	Small	190	4.5	2.5	0	10	95	34	1	31	25	5	2	383	144	1
Pumpkin Swirl Hot Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	230	64	0	61	42	12	3	706	436	0
Pumpkin Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	180	48	0	46	31	9	2	536	327	0
Pumpkin Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	120	32	0	30	21	6	1	376	219	0
Pumpkin Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	5	0	25	240	63	0	60	42	11	3	646	413	0
Pumpkin Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	180	47	0	45	31	8	2	491	310	0
Pumpkin Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	120	32	0	30	21	6	2	346	207	0
Toasted White Chocolate Swirl Hot Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	190	63	0	60	42	11	3	720	426	0
Toasted White Chocolate Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	140	47	0	45	32	8	2	547	320	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																
Toasted White Chocolate Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	95	32	0	30	21	6	1	383	213	0
Toasted White Chocolate Swirl Hot Macchiato with Whole Milk - Large	Large	370	8	4.5	0	25	190	63	0	59	42	10	3	660	403	0
Toasted White Chocolate Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	140	47	0	44	32	8	2	502	303	0
Toasted White Chocolate Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	100	32	0	30	21	5	2	353	202	0
Toasted White Chocolate Swirl Iced Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	200	63	0	60	42	11	3	725	442	0
Toasted White Chocolate Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	150	47	0	45	32	8	2	551	331	0
Toasted White Chocolate Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	105	32	0	30	21	6	1	386	221	0
Toasted White Chocolate Swirl Iced Macchiato with Whole Milk - Large	Large	370	8	4.5	0	25	210	63	0	59	42	10	3	665	419	0
Toasted White Chocolate Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	47	0	44	32	8	2	506	314	0
Toasted White Chocolate Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	105	32	0	30	21	5	2	356	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)
Iced Cappuccino																
Peppermint Mocha Swirl Iced Cappuccino with Skim Milk - Large	Large	320	1	0.5	0	5	200	66	2	63	51	10	3	740	325	2
Peppermint Mocha Swirl Iced Cappuccino with Skim Milk - Medium	Medium	240	0.5	0	0	5	150	50	1	47	38	7	2	550	243	2
Peppermint Mocha Swirl Iced Cappuccino with Skim Milk - Small	Small	160	0	0	0	0	100	33	1	31	25	5	1	370	163	1
Peppermint Mocha Swirl Iced Cappuccino with Whole Milk - Large	Large	380	9	5	0	25	200	66	2	62	51	9	3	680	302	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 Cappuccino																
Peppermint Mocha Swirl Iced Cappuccino with Whole Milk - Medium	Medium	290	6	3.5	0	20	150	49	1	47	38	7	2	505	226	2
Peppermint Mocha Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4.5	2.5	0	10	100	33	1	31	25	5	2	340	151	1
Pumpkin Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	240	63	0	61	42	12	3	665	451	0
Pumpkin Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	180	47	0	46	31	9	2	494	338	0
Pumpkin Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	120	31	0	30	21	6	1	333	226	0
Pumpkin Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	5	0	25	250	63	0	60	42	11	3	605	428	0
Pumpkin Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	180	47	0	45	31	8	2	449	320	0
Pumpkin Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	125	31	0	30	21	6	2	303	214	0
Toasted White Chocolate Swirl Iced Cappuccino with Skim Milk - Large	Large	300	0	0	0	5	200	62	0	60	42	11	3	679	441	0
Toasted White Chocolate Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	150	47	0	45	32	8	2	505	330	0
Toasted White Chocolate Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	100	31	0	30	21	5	1	340	221	0
Toasted White Chocolate Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	200	62	0	59	42	10	3	619	418	0
Toasted White Chocolate Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	46	0	44	32	8	2	460	313	0
Toasted White Chocolate Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	100	31	0	30	21	5	2	310	209	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																
Caramel Iced Coffee with Pumpkin Cream Cold Foam - Large	Large	320	4	2	0	15	150	66	1	59	52	5	2	714	277	0
Caramel Iced Coffee with Pumpkin Cream Cold Foam - Medium	Medium	240	3	1.5	0	10	110	49	1	44	39	4	1	525	196	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																
Caramel Iced Coffee with Pumpkin Cream Cold Foam - Small	Small	170	2.5	1.5	0	10	75	33	0	31	27	3	1	356	125	0
Iced Coffee with Coconutmilk - Large	Large	20	1.5	1	0	0	35	1	0	0	0	1	1	351	208	0
Iced Coffee with Coconutmilk - Medium	Medium	15	1	1	0	0	25	0	0	0	0	1	1	257	140	0
Iced Coffee with Coconutmilk - Small	Small	10	0.5	0	0	0	15	0	0	0	0	0	0	163	73	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
Peppermint Mocha Swirl Iced Coffee with Black - Large	Large	230	0.5	0	0	0	85	53	2	51	51	2	0	508	29	2
Peppermint Mocha Swirl Iced Coffee with Black - Medium	Medium	170	0	0	0	0	65	40	1	38	38	1	0	395	21	2
Peppermint Mocha Swirl Iced Coffee with Black - Small	Small	120	0	0	0	0	45	26	1	25	25	1	0	268	15	1
Peppermint Mocha Swirl Iced Coffee with Cream - Large	Large	340	12	6	0	35	130	55	2	52	51	4	1	563	83	2
Peppermint Mocha Swirl Iced Coffee with Cream - Medium	Medium	260	9	5	0	25	95	41	1	39	38	3	0	436	62	2
Peppermint Mocha Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	65	27	1	26	25	2	0	295	42	1
Pumpkin Pie Iced Coffee - Large	Large	320	4	2	0	15	150	66	1	59	52	5	2	714	277	0
Pumpkin Pie Iced Coffee - Medium	Medium	240	3	1.5	0	10	110	49	1	44	39	4	1	525	196	0
Pumpkin Pie Iced Coffee - Small	Small	170	2.5	1.5	0	10	75	33	0	31	27	3	1	356	125	0
Pumpkin Swirl Iced Coffee with Black - Large	Large	220	0	0	0	0	135	49	0	49	42	4	0	433	155	0
Pumpkin Swirl Iced Coffee with Black - Medium	Medium	170	0	0	0	0	100	37	0	37	31	3	0	338	116	0
Pumpkin Swirl Iced Coffee with Black - Small	Small	110	0	0	0	0	70	25	0	24	21	2	0	230	78	0
Pumpkin Swirl Iced Coffee with Cream - Large	Large	340	12	6	0	35	180	51	0	50	42	6	1	488	209	0
Pumpkin Swirl Iced Coffee with Cream - Medium	Medium	250	9	4.5	0	30	130	38	0	38	31	4	0	379	156	0
Pumpkin Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	90	26	0	25	21	3	0	258	105	0
Toasted White Chocolate Swirl Iced Coffee with Black - Large	Large	220	0	0	0	0	90	49	0	48	42	3	0	448	145	0
Toasted White Chocolate Swirl Iced Coffee with Black - Medium	Medium	160	0	0	0	0	65	37	0	36	32	2	0	336	108	0
Toasted White Chocolate Swirl Iced Coffee with Black - Small	Small	110	0	0	0	0	45	24	0	24	21	2	0	224	73	0
Toasted White Chocolate Swirl Iced Coffee with Cream - Large	Large	330	12	6	0	40	130	51	0	49	42	5	1	503	199	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																
Toasted White Chocolate Swirl Iced Coffee with Cream - Medium	Medium	250	9	4.5	0	30	95	38	0	37	32	4	0	377	148	0
Toasted White Chocolate Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	65	25	0	25	21	2	0	251	99	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																
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
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
Iced Latte with Coconutmilk - Large	Large	70	6	5	0	0	95	4	0	1	0	1	5	567	774	1
Iced Latte with Coconutmilk - Medium	Medium	50	4.5	3.5	0	0	70	3	0	1	0	1	4	420	580	1
Iced Latte with Coconutmilk - Small	Small	35	3	2.5	0	0	50	2	0	0	0	0	2	283	387	0
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
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

	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																
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
Peppermint Mocha Signature Iced Latte with Skim Milk - Large	Large	440	6	4	0	25	260	81	2	74	55	14	5	971	493	2
Peppermint Mocha Signature Iced Latte with Skim Milk - Medium	Medium	340	5	3.5	0	20	190	62	1	56	42	11	3	731	372	2
Peppermint Mocha Signature Iced Latte with Skim Milk - Small	Small	250	5	3.5	0	20	135	44	1	39	29	7	2	503	254	1
Peppermint Mocha Signature Iced Latte with Whole Milk - Large	Large	540	18	11	0.5	55	260	80	2	73	55	13	5	881	459	2
Peppermint Mocha Signature Iced Latte with Whole Milk - Medium	Medium	420	14	8	0	45	200	61	1	56	42	10	4	664	346	2
Peppermint Mocha Signature Iced Latte with Whole Milk - Small	Small	300	11	7	0	35	135	43	1	39	29	7	3	458	237	1
Peppermint Mocha Swirl Iced Latte with Skim Milk - Large	Large	360	1	0.5	0	5	250	72	2	69	51	14	4	931	474	2
Peppermint Mocha Swirl Iced Latte with Skim Milk - Medium	Medium	270	0.5	0	0	5	180	54	1	52	38	10	3	693	355	2
Peppermint Mocha Swirl Iced Latte with Skim Milk - Small	Small	180	0	0	0	5	125	36	1	34	25	7	2	466	237	1
Peppermint Mocha Swirl Iced Latte with Whole Milk - Large	Large	460	13	7	0	35	250	72	2	68	51	13	5	841	440	2
Peppermint Mocha Swirl Iced Latte with Whole Milk - Medium	Medium	340	9	5	0	25	190	54	1	51	38	10	4	626	329	2
Peppermint Mocha Swirl Iced Latte with Whole Milk - Small	Small	230	6	3.5	0	20	125	36	1	34	25	6	2	421	220	1
Pumpkin Chai Iced Latte - Large	Large	420	12	7	0	35	250	62	1	60	39	14	5	620	507	0
Pumpkin Chai Iced Latte - Medium	Medium	310	9	5	0	30	190	47	1	45	29	10	4	465	380	0
Pumpkin Chai Iced Latte - Small	Small	210	6	3.5	0	20	125	31	1	30	19	7	2	310	254	0
Pumpkin Spice Signature Iced Latte with Skim Milk - Large	Large	440	6	3.5	0	25	300	78	0	72	47	16	5	894	623	0
Pumpkin Spice Signature Iced Latte with Skim Milk - Medium	Medium	340	5	3.5	0	20	230	60	0	55	36	12	3	673	471	0
Pumpkin Spice Signature Iced Latte with Skim Milk - Small	Small	250	5	3	0	20	160	43	0	38	25	8	2	464	322	0
Pumpkin Spice Signature Iced Latte with Whole Milk - Large	Large	540	17	10	0.5	55	310	77	0	71	47	16	5	804	589	0
Pumpkin Spice Signature Iced Latte with Whole Milk - Medium	Medium	420	14	8	0	45	230	59	0	55	36	12	4	606	445	0
Pumpkin Spice Signature Iced Latte with Whole Milk - Small	Small	300	11	6	0	35	160	42	0	38	25	8	3	419	304	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 Swirl Iced Latte with Skim Milk - Large	Large	350	0.5	0	0	10	300	69	0	67	42	16	4	856	600	0
Pumpkin Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	5	220	52	0	50	31	12	3	637	450	0
Pumpkin Swirl Iced Latte with Skim Milk - Small	Small	170	0	0	0	5	150	35	0	33	21	8	2	428	300	0
Pumpkin Swirl Iced Latte with Whole Milk - Large	Large	450	12	7	0	40	300	68	0	66	42	15	5	766	566	0
Pumpkin Swirl Iced Latte with Whole Milk - Medium	Medium	330	9	5	0	30	220	51	0	50	31	11	4	570	424	0
Pumpkin Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	150	34	0	33	21	7	2	383	283	0
Toasted White Chocolate Chai Iced Latte - Large	Large	410	12	7	0	40	230	62	1	59	39	13	5	628	502	0
Toasted White Chocolate Chai Iced Latte - Medium	Medium	310	9	5	0	30	170	46	1	45	29	10	4	470	376	0
Toasted White Chocolate Chai Iced Latte - Small	Small	210	6	3.5	0	20	115	31	1	30	20	7	2	314	251	0
Toasted White Chocolate Signature Iced Latte with Skim Milk - Large	Large	430	6	3.5	0	25	260	77	0	71	47	16	5	908	613	0
Toasted White Chocolate Signature Iced Latte with Skim Milk - Medium	Medium	330	5	3	0	25	190	59	0	54	36	12	3	684	463	0
Toasted White Chocolate Signature Iced Latte with Skim Milk - Small	Small	250	5	3	0	20	135	42	0	38	26	8	2	471	317	0
Toasted White Chocolate Signature Iced Latte with Whole Milk - Large	Large	530	17	10	0.5	55	260	76	0	70	47	15	5	819	579	0
Toasted White Chocolate Signature Iced Latte with Whole Milk - Medium	Medium	410	14	8	0	45	200	59	0	54	36	11	4	616	437	0
Toasted White Chocolate Signature Iced Latte with Whole Milk - Small	Small	300	11	6	0	35	135	42	0	38	26	8	3	426	299	0
Toasted White Chocolate Swirl Iced Latte with Skim Milk - Large	Large	350	0.5	0	0	10	250	68	0	66	42	15	4	870	590	0
Toasted White Chocolate Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	5	190	51	0	49	32	11	3	648	442	0
Toasted White Chocolate Swirl Iced Latte with Skim Milk - Small	Small	170	0	0	0	5	125	34	0	33	21	8	2	435	295	0
Toasted White Chocolate Swirl Iced Latte with Whole Milk - Large	Large	440	12	7	0	40	250	68	0	65	42	14	5	781	556	0
Toasted White Chocolate Swirl Iced Latte with Whole Milk - Medium	Medium	330	9	5	0	30	190	51	0	49	32	11	4	581	416	0
Toasted White Chocolate Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	125	34	0	33	21	7	2	390	278	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 Macchiato																
Iced Macchiato with Coconutmilk - Large	Large	50	4	3.5	0	0	80	3	0	0	0	1	3	456	523	1
Iced Macchiato with Coconutmilk - Medium	Medium	40	3	2.5	0	0	60	3	0	0	0	0	2	349	391	0
Iced Macchiato with Coconutmilk - Small	Small	30	2	1.5	0	0	40	2	0	0	0	0	2	251	262	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
Peppermint Mocha Swirl Iced Macchiato with Skim Milk - Large	Large	320	1	0.5	0	5	200	67	2	63	51	10	3	786	326	2
Peppermint Mocha Swirl Iced Macchiato with Skim Milk - Medium	Medium	240	0.5	0	0	5	150	50	1	47	38	7	2	596	244	2
Peppermint Mocha Swirl Iced Macchiato with Skim Milk - Small	Small	160	0.5	0	0	0	105	34	1	31	25	5	1	416	164	1
Peppermint Mocha Swirl Iced Macchiato with Whole Milk - Large	Large	380	9	5	0	25	200	67	2	62	51	9	3	726	303	2
Peppermint Mocha Swirl Iced Macchiato with Whole Milk - Medium	Medium	290	7	4	0	20	150	50	1	47	38	7	2	551	227	2
Peppermint Mocha Swirl Iced Macchiato with Whole Milk - Small	Small	190	4.5	2.5	0	10	105	34	1	31	25	5	2	386	152	1
Pumpkin Swirl Iced Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	250	64	0	61	42	12	3	711	452	0
Pumpkin Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	190	48	0	46	31	9	2	540	338	0
Pumpkin Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	130	32	0	30	21	6	1	379	227	0
Pumpkin Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	5	0	25	250	63	0	60	42	11	3	651	429	0
Pumpkin Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	190	47	0	45	31	8	2	495	321	0
Pumpkin Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	130	32	0	30	21	6	2	349	215	0
Vanilla Almondmilk Iced Macchiato - Large	Large	100	2.5	0	0	0	180	16	1	13	13	1	3	311	475	1
Vanilla Almondmilk Iced Macchiato - Medium	Medium	80	2	0	0	0	140	12	0	10	10	1	2	240	356	1
Vanilla Almondmilk Iced Macchiato - Small	Small	50	1.5	0	0	0	95	9	0	6	6	1	1	179	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)
Kosher Sandwiches and Wraps																
Kosher Maple Sugar Bacon Breakfast Sandwich	1 Sandwich	670	43	16	0	185	970	50	1	11	10	21	4	192	215	4
Kosher Maple Sugar Bacon Wake-Up Wrap	1 Wrap	250	16	6	0	95	530	17	0	3	3	11	0	86	190	2
Kosher Sourdough Breakfast Sandwich	1 Sandwich	660	34	10	0	345	1470	61	3	1	0	29	2	323	234	6
Kosher Veggie Egg White Sandwich on a Multigrain Thin	1 Sandwich	290	13	5	0	20	550	27	5	4	3	17	0	251	195	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)
Muffins																
Cranberry Orange Muffin	1 Muffin	510	15	3	0	60	470	88	4	53	51	6	0	107	23	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																
Pumpkin Munchkins	1 Donut Hole	70	4	2	0	5	65	8	0	4	4	1	0	15	4	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)
Packaged Coffee																
Dunkin' Midnight K-Cup® Pod Ground Dunkin' Midnight 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)
Pancake Minis																
Pancake Minis with Dipping Syrup	1 Serving	230	4.5	1.5	0	20	260	38	1	22	22	10	0	57	17	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)
Rollups																
Bacon and Cheese Rollups	2 Rollups	370	22	9	0	55	1160	28	1	3	2	16	0	186	243	2
Ham and Cheese Rollups	2 Rollups	280	13	6	0	40	1050	27	1	2	1	13	0	268	241	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																
Maple Sugar Bacon Breakfast Sandwich	1 Sandwich	650	41	17	0	205	850	46	1	11	11	23	4	251	199	3
Maple Sugar Bacon Wake-Up Wrap	1 Wrap	280	17	7	0	115	560	18	0	4	4	13	1	132	202	1
Sourdough Breakfast Sandwich	1 Sandwich	650	32	11	0	365	1360	58	3	2	1	31	2	383	220	5

	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)
Snacking Bacon																
Maple Sugar Snacking Bacon	8 Pieces	190	12	4.5	0	35	500	10	0	9	9	10	0	162	21	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)
Stuffed Bagel Minis																
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. 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 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 10-26-2021 . 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

	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)
Bagels																
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

	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 - Large	Large	5	0	0	0	0	20	0	0	0	0	1	0	275	21	0
Cold Brew Coffee - Medium	Medium	5	0	0	0	0	15	0	0	0	0	0	0	206	15	0
Cold Brew Coffee - Small	Small	5	0	0	0	0	10	0	0	0	0	0	0	137	11	0
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
Nitro Cold Brew Coffee - Small	Small	5	0	0	0	0	5	0	0	0	0	0	0	148	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)
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	14	0	20	450	44	1	21	21	4	0	54	31	2
Bavarian Kreme Donut	1 Donut	240	11	4	0	0	310	31	1	11	11	4	1	59	12	2

Donuts	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	80	13	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	14	0	20	390	34	1	13	13	4	0	39	30	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	460	30	14	0	20	390	43	1	21	21	4	0	40	28	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	14	0	20	430	52	1	26	26	4	0	41	30	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	31	14	0	20	390	36	1	15	15	4	0	38	28	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	370	16	6	0	0	470	50	2	23	23	6	2	106	18	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' Energy Punch - Regional																
Blue Raspberry Dunkin' Energy Punch Powered by Monster Energy®	Large	420	0	0	0	0	460	102	0	96	96	0	0	5	12	0
Strawberry Dunkin' Energy Punch Powered by Monster Energy®	Large	430	0	0	0	0	420	106	1	96	92	0	0	120	19	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																
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
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
Hazelnut Swirl Frozen Chocolate - Large	Large	900	17	12	0	40	370	176	1	162	144	11	3	788	372	0
Hazelnut Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	35	280	135	1	124	111	9	2	612	287	0
Hazelnut Swirl Frozen Chocolate - Small	Small	500	11	8	0	30	190	95	1	87	77	6	1	438	204	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 Coffee																
Caramel Swirl Frozen Coffee with Cream - Large	Large	1120	40	22	1.5	130	290	180	0	172	160	10	2	2279	346	2
Caramel Swirl Frozen Coffee with Cream - Medium	Medium	860	31	17	1	100	220	139	0	132	122	8	2	1730	267	2
Caramel Swirl Frozen Coffee with Cream - Small	Small	610	22	12	0.5	70	160	97	0	92	85	6	1	1183	190	1
Caramel Swirl Frozen Coffee with Skim Milk - Large	Large	830	5	3.5	0	25	240	184	0	176	160	11	2	2319	405	2
Caramel Swirl Frozen Coffee with Skim Milk - Medium	Medium	650	4.5	3	0	25	180	142	0	135	122	9	2	1760	312	2
Caramel Swirl Frozen Coffee with Skim Milk - Small	Small	470	4.5	3	0	20	130	99	0	94	85	6	1	1203	220	1
Caramel Swirl Frozen Coffee with Whole Milk - Large	Large	880	11	7	0	40	240	184	0	175	160	11	3	2275	388	2
Caramel Swirl Frozen Coffee with Whole Milk - Medium	Medium	680	9	6	0	35	180	141	0	134	122	8	2	1727	299	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																
Caramel Swirl Frozen Coffee with Whole Milk - Small	Small	490	8	4.5	0	30	130	99	0	94	85	6	1	1181	211	1
French Vanilla Swirl Frozen Coffee with Cream - Large	Large	1110	40	22	1.5	130	280	180	0	169	155	10	2	2243	326	2
French Vanilla Swirl Frozen Coffee with Cream - Medium	Medium	860	31	17	1	100	220	138	0	130	119	8	2	1703	253	2
French Vanilla Swirl Frozen Coffee with Cream - Small	Small	610	22	12	0.5	70	150	97	0	91	83	6	1	1165	181	1
French Vanilla Swirl Frozen Coffee with Skim Milk - Large	Large	830	5	3.5	0	25	230	184	0	173	155	11	2	2283	386	2
French Vanilla Swirl Frozen Coffee with Skim Milk - Medium	Medium	640	4.5	3	0	20	180	141	0	133	119	9	2	1733	297	2
French Vanilla Swirl Frozen Coffee with Skim Milk - Small	Small	460	4.5	3	0	20	125	99	0	93	83	6	1	1185	210	1
French Vanilla Swirl Frozen Coffee with Whole Milk - Large	Large	880	11	7	0	40	230	183	0	173	155	11	3	2238	369	2
French Vanilla Swirl Frozen Coffee with Whole Milk - Medium	Medium	680	9	6	0	35	180	141	0	132	119	8	2	1699	284	2
French Vanilla Swirl Frozen Coffee with Whole Milk - Small	Small	490	8	4.5	0	30	125	99	0	92	83	6	1	1163	202	1
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
Frozen Coffee with Whole Milk - Small	Small	270	3	1.5	0	10	75	58	0	56	51	4	1	918	123	1
Hazelnut Swirl Frozen Coffee with Cream - Large	Large	1110	40	22	1.5	130	280	180	0	169	155	10	2	2243	326	2
Hazelnut Swirl Frozen Coffee with Cream - Medium	Medium	860	31	17	1	100	220	138	0	130	119	8	2	1703	253	2
Hazelnut Swirl Frozen Coffee with Cream - Small	Small	610	22	12	0.5	70	150	97	0	91	83	6	1	1165	181	1
Hazelnut Swirl Frozen Coffee with Skim Milk - Large	Large	830	5	3.5	0	25	230	184	0	173	155	11	2	2283	386	2
Hazelnut Swirl Frozen Coffee with Skim Milk - Medium	Medium	640	4.5	3	0	20	180	141	0	133	119	9	2	1733	297	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																
Hazelnut Swirl Frozen Coffee with Skim Milk - Small	Small	470	4.5	3	0	20	125	99	0	93	83	6	1	1185	210	1
Hazelnut Swirl Frozen Coffee with Whole Milk - Large	Large	880	11	7	0	40	230	184	0	173	155	11	3	2238	369	2
Hazelnut Swirl Frozen Coffee with Whole Milk - Medium	Medium	680	9	6	0	35	180	141	0	132	119	8	2	1699	284	2
Hazelnut Swirl Frozen Coffee with Whole Milk - Small	Small	490	8	4.5	0	30	125	99	0	92	83	6	1	1163	202	1
Mocha Swirl Frozen Coffee with Cream - Large	Large	1100	41	22	1.5	125	240	179	3	165	159	9	2	2284	235	4
Mocha Swirl Frozen Coffee with Cream - Medium	Medium	850	31	17	1	95	190	137	2	126	122	7	2	1734	180	3
Mocha Swirl Frozen Coffee with Cream - Small	Small	600	22	13	0.5	70	125	97	2	88	85	5	1	1186	126	2
Mocha Swirl Frozen Coffee with Skim Milk - Large	Large	820	6	4	0	20	190	183	3	169	159	10	2	2324	294	4
Mocha Swirl Frozen Coffee with Skim Milk - Medium	Medium	630	5	3.5	0	20	150	140	2	129	122	8	2	1764	224	3
Mocha Swirl Frozen Coffee with Skim Milk - Small	Small	460	5	3.5	0	15	100	99	2	90	85	5	1	1206	155	2
Mocha Swirl Frozen Coffee with Whole Milk - Large	Large	870	12	7	0	35	190	183	3	169	159	9	3	2279	277	4
Mocha Swirl Frozen Coffee with Whole Milk - Medium	Medium	670	10	6	0	30	150	140	2	129	122	7	2	1730	211	3
Mocha Swirl Frozen Coffee with Whole Milk - Small	Small	480	8	5	0	25	100	98	2	90	85	5	1	1183	147	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 Specialty																
Frozen Dunkaccino® - Large	Large	930	22	15	0	40	350	177	3	159	147	10	3	997	294	3
Frozen Dunkaccino® - Medium	Medium	710	17	12	0	35	260	134	3	119	111	8	2	751	223	2
Frozen Dunkaccino® - Small	Small	510	13	9	0	25	180	94	2	83	77	5	1	526	155	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)
Hash Browns																
Hash Browns	6 Pieces	130	6	1	0	0	420	12	2	0	0	5	0	238	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)
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																
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
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

	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																
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
Hazelnut Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	170	65	0	61	42	11	3	784	384	0
Hazelnut Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	130	49	0	46	21	8	2	584	288	0
Hazelnut Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	85	32	0	30	21	5	1	392	192	0
Hazelnut Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	30	170	64	0	60	42	10	3	725	361	0
Hazelnut Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	130	48	0	45	31	8	2	539	271	0
Hazelnut Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	85	32	0	30	21	5	2	362	181	0
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
Dunkaccino® - Extra Large	XLarge	540	23	19	0	10	510	80	1	58	53	4	0	619	102	1
Dunkaccino® - Large	Large	490	21	17	0	10	470	73	1	53	49	4	0	571	94	1
Dunkaccino® - Medium	Medium	350	15	12	0	5	340	52	1	38	35	3	0	408	67	0
Dunkaccino® - Small	Small	240	10	8	0	5	230	36	0	26	24	2	0	277	46	0
French Vanilla Dunkaccino(R) - Extra Large	XLarge	570	26	21	0	10	570	86	1	62	58	4	0	649	80	1
French Vanilla Dunkaccino(R) - Large	Large	470	21	17	0	10	460	70	1	50	47	3	0	531	65	1
French Vanilla Dunkaccino(R) - Medium	Medium	350	16	13	0	5	350	53	1	38	36	2	0	398	49	0
French Vanilla Dunkaccino(R) - Small	Small	230	10	8	0	5	230	35	0	25	24	2	0	265	33	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
Mint Hot Chocolate - Extra Large	XLarge	490	16	14	0	0	430	87	3	70	69	3	0	288	39	1
Mint Hot Chocolate - Large	Large	400	13	12	0	0	350	72	3	57	57	3	0	237	32	0
Mint Hot Chocolate - Medium	Medium	300	10	9	0	0	260	52	2	42	42	2	0	173	23	0
Mint Hot Chocolate - Small	Small	210	7	6	0	0	180	36	1	29	29	1	0	121	16	0
OREO® Hot Chocolate - Extra Large	XLarge	580	13	10	0	0	630	110	4	88	75	7	1	762	172	5
OREO® Hot Chocolate - Large	Large	460	10	8	0	0	500	88	3	70	60	6	0	610	138	4
OREO® Hot Chocolate - Medium	Medium	350	8	6	0	0	380	66	2	53	45	4	0	457	103	3
OREO® Hot Chocolate - Small	Small	230	5	4	0	0	250	44	1	35	30	3	0	305	69	2
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
Café Au Lait with Skim Milk - Large	Large	90	0	0	0	5	110	12	0	12	0	9	3	537	305	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																
Café Au Lait with Skim Milk - Medium	Medium	70	0	0	0	5	80	9	0	9	0	7	2	416	229	0
Café Au Lait with Skim Milk - Small	Small	45	0	0	0	0	55	6	0	6	0	4	1	269	152	0
Café Au Lait with Whole Milk - Large	Large	150	8	4.5	0	25	110	12	0	12	0	8	3	477	282	0
Café Au Lait with Whole Milk - Medium	Medium	110	6	3.5	0	20	85	9	0	9	0	6	2	371	212	0
Café Au Lait with Whole Milk - Small	Small	80	4	2.5	0	10	55	6	0	6	0	4	2	239	141	0
Caramel Swirl Hot Coffee with Black - Extra Large	XLarge	280	0	0	0	5	95	64	0	64	58	4	0	712	140	0
Caramel Swirl Hot Coffee with Black - Large	Large	230	0	0	0	5	75	52	0	51	46	3	0	580	113	0
Caramel Swirl Hot Coffee with Black - Medium	Medium	170	0	0	0	5	60	39	0	38	35	3	0	448	85	0
Caramel Swirl Hot Coffee with Black - Small	Small	110	0	0	0	0	40	26	0	26	23	2	0	316	57	0
Caramel Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	50	150	67	0	66	58	6	1	782	208	0
Caramel Swirl Hot Coffee with Cream - Large	Large	340	12	6	0	40	120	53	0	53	46	5	1	636	167	0
Caramel Swirl Hot Coffee with Cream - Medium	Medium	260	9	4.5	0	30	90	40	0	40	35	4	0	490	126	0
Caramel Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	60	27	0	26	23	3	0	344	84	0
French Vanilla Swirl Hot Coffee - Extra Large	XLarge	280	0	0	0	5	85	64	0	61	52	4	0	666	116	0
French Vanilla Swirl Hot Coffee - Large	Large	220	0	0	0	5	70	51	0	49	42	3	0	543	93	0
French Vanilla Swirl Hot Coffee - Medium	Medium	170	0	0	0	5	50	38	0	37	31	2	0	420	71	0
French Vanilla Swirl Hot Coffee - Small	Small	110	0	0	0	0	35	26	0	24	21	2	0	298	48	0
French Vanilla Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	50	135	66	0	63	52	6	1	736	184	0
French Vanilla Swirl Hot Coffee with Cream - Large	Large	340	12	6	0	40	110	53	0	50	42	5	1	599	147	0
French Vanilla Swirl Hot Coffee with Cream - Medium	Medium	250	9	4.5	0	30	85	40	0	38	31	4	0	463	111	0
French Vanilla Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	55	26	0	25	21	2	0	326	75	0
Hazelnut Swirl Hot Coffee - Extra Large	XLarge	280	0	0	0	5	85	64	0	61	52	4	0	666	116	0
Hazelnut Swirl Hot Coffee - Large	Large	220	0	0	0	5	70	51	0	49	42	3	0	543	93	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																
Hazelnut Swirl Hot Coffee - Medium	Medium	170	0	0	0	5	50	38	0	37	31	2	0	421	71	0
Hazelnut Swirl Hot Coffee - Small	Small	110	0	0	0	0	35	26	0	24	21	2	0	298	48	0
Hazelnut Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	50	135	66	0	63	52	6	1	737	184	0
Hazelnut Swirl Hot Coffee with Cream - Large	Large	340	12	6	0	40	110	53	0	50	42	5	1	600	147	0
Hazelnut Swirl Hot Coffee with Cream - Medium	Medium	250	9	4.5	0	30	85	40	0	38	31	4	0	463	111	0
Hazelnut Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	55	27	0	25	21	2	0	326	75	0
Hot Coffee - Extra Large	XLarge	5	0	0	0	0	15	0	0	0	0	1	0	311	13	0
Hot Coffee - Large	Large	5	0	0	0	0	10	0	0	0	0	1	0	259	11	0
Hot Coffee - Medium	Medium	5	0	0	0	0	10	0	0	0	0	1	0	207	8	0
Hot Coffee - Small	Small	5	0	0	0	0	5	0	0	0	0	0	0	155	6	0
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 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

	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 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
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
Cortadito	1 Size	80	1	0.5	0	5	20	16	0	16	14	1	0	87	35	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																
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
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

Hot Latte	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)
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
Hazelnut Swirl Hot Latte with Skim Milk - Large	Large	350	0	0	0	10	220	71	0	67	42	15	4	975	534	0
Hazelnut Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	10	170	53	0	50	31	11	3	727	400	0
Hazelnut Swirl Hot Latte with Skim Milk - Small	Small	170	0	0	0	5	110	35	0	33	21	7	2	488	267	0
Hazelnut Swirl Hot Latte with Whole Milk - Large	Large	450	12	7	0	40	230	70	0	66	42	14	5	886	499	0
Hazelnut Swirl Hot Latte with Whole Milk - Medium	Medium	340	9	5	0	30	170	53	0	50	31	11	4	660	374	0
Hazelnut 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 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
Hot Latte with Skim Milk and Sugar - Small	Small	130	0	0	0	5	85	27	0	26	17	6	2	333	225	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 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
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																
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

	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																
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
Hazelnut Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	10	180	65	0	61	42	11	3	830	385	0
Hazelnut Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	135	49	0	46	31	8	2	630	289	0
Hazelnut Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	90	33	0	30	21	5	1	438	193	0
Hazelnut Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	180	65	0	60	42	10	3	771	362	0
Hazelnut Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	135	49	0	45	31	8	2	585	272	0
Hazelnut 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 Skim Milk - Large	Large	90	0	0	0	5	120	14	0	12	0	8	3	520	301	0
Hot Macchiato with Skim Milk - Medium	Medium	70	0	0	0	5	90	11	0	9	0	6	2	397	226	0
Hot Macchiato with Skim Milk - Small	Small	50	0	0	0	0	65	7	0	6	0	4	1	283	151	0
Hot Macchiato with Skim Milk and Sugar - Large	Large	230	0	0	0	5	120	49	0	47	35	8	3	521	301	0
Hot Macchiato with Skim Milk and Sugar - Medium	Medium	170	0	0	0	5	90	37	0	35	26	6	2	397	226	0
Hot Macchiato with Skim Milk and Sugar - Small	Small	120	0	0	0	0	65	25	0	23	17	4	1	283	151	0
Hot Macchiato with Whole Milk - Large	Large	160	8	4.5	0	25	120	14	0	12	0	8	3	460	278	0
Hot Macchiato with Whole Milk - Medium	Medium	120	6	3.5	0	20	90	10	0	9	0	6	2	352	209	0
Hot Macchiato with Whole Milk - Small	Small	80	4	2.5	0	10	65	7	0	6	0	4	2	253	139	0
Hot Macchiato with Whole Milk and Sugar - Large	Large	290	8	4.5	0	25	120	49	0	46	35	8	3	461	278	0
Hot Macchiato with Whole Milk and Sugar - Medium	Medium	220	6	3.5	0	20	90	37	0	35	26	6	2	352	209	0
Hot Macchiato with Whole Milk and Sugar - Small	Small	150	4	2.5	0	10	65	25	0	23	17	4	2	253	140	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.																
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																
Caramel Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	200	65	0	63	46	11	3	826	419	0
Caramel Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	150	49	0	47	35	8	2	615	314	0
Caramel Swirl Iced Cappuccino with Skim Milk - Small	Small	160	0	0	0	5	100	33	0	32	23	6	1	413	210	0
Caramel Swirl Iced Cappuccino with Whole Milk - Large	Large	380	8	4.5	0	30	200	65	0	63	46	11	3	766	396	0
Caramel Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	48	0	47	35	8	2	570	296	0
Caramel Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	100	32	0	31	23	5	2	383	198	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																
French Vanilla Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	190	65	0	61	42	11	3	789	400	0
French Vanilla Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	140	48	0	46	31	8	2	587	299	0
French Vanilla Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	95	32	0	30	21	5	1	395	200	0
French Vanilla Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	30	190	64	0	60	42	10	3	730	377	0
French Vanilla Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	140	48	0	45	31	8	2	542	282	0
French Vanilla Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	95	32	0	30	21	5	2	365	189	0
Hazelnut Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	190	65	0	61	42	11	3	790	400	0
Hazelnut Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	140	49	0	46	31	8	2	587	299	0
Hazelnut Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	95	32	0	30	21	5	1	395	200	0
Hazelnut Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	30	190	64	0	60	42	10	3	730	377	0
Hazelnut Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	140	48	0	45	31	8	2	543	282	0
Hazelnut Swirl Iced Cappuccino with Whole Milk - Small	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
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

	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 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																
Caramel Swirl Iced Coffee - Large	Large	230	0	0	0	5	85	52	0	51	46	3	0	594	123	0
Caramel Swirl Iced Coffee - Medium	Medium	170	0	0	0	5	65	39	0	38	35	3	0	459	92	0
Caramel Swirl Iced Coffee - Small	Small	110	0	0	0	0	45	26	0	26	23	2	0	311	62	0
Caramel Swirl Iced Coffee with Cream - Large	Large	340	12	6	0	40	130	53	0	53	46	5	1	649	177	0
Caramel Swirl Iced Coffee with Cream - Medium	Medium	260	9	4.5	0	30	95	40	0	40	35	4	0	500	132	0
Caramel Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	65	27	0	26	23	3	0	338	89	0
French Vanilla Swirl Iced Coffee - Large	Large	220	0	0	0	5	80	51	0	49	42	3	0	558	104	0
French Vanilla Swirl Iced Coffee - Medium	Medium	170	0	0	0	5	60	38	0	37	31	2	0	432	77	0
French Vanilla Swirl Iced Coffee - Small	Small	110	0	0	0	0	40	26	0	24	21	2	0	293	52	0
French Vanilla Swirl Iced Coffee with Cream - Large	Large	340	12	6	0	40	120	53	0	50	42	5	1	613	157	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																
French Vanilla Swirl Iced Coffee with Cream - Medium	Medium	250	9	4.5	0	30	90	40	0	38	31	4	0	473	118	0
French Vanilla Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	60	26	0	25	21	2	0	320	79	0
Hazelnut Swirl Iced Coffee - Large	Large	220	0	0	0	5	80	51	0	49	42	3	0	558	104	0
Hazelnut Swirl Iced Coffee - Medium	Medium	170	0	0	0	5	60	38	0	37	31	2	0	432	77	0
Hazelnut Swirl Iced Coffee - Small	Small	110	0	0	0	0	40	26	0	24	21	2	0	293	53	0
Hazelnut Swirl Iced Coffee with Cream - Large	Large	340	12	6	0	40	120	53	0	50	42	5	1	613	157	0
Hazelnut Swirl Iced Coffee with Cream - Medium	Medium	250	9	4.5	0	30	90	40	0	38	31	4	0	473	118	0
Hazelnut Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	60	27	0	25	21	2	0	320	79	0
Iced Café Au Lait with Skim Milk - Large	Large	90	0	0	0	5	120	12	0	12	0	9	3	548	315	0
Iced Café Au Lait with Skim Milk - Medium	Medium	60	0	0	0	5	90	9	0	9	0	6	2	411	235	0
Iced Café Au Lait with Skim Milk - Small	Small	45	0	0	0	0	60	6	0	6	0	4	1	274	158	0
Iced Café Au Lait with Whole Milk - Large	Large	150	8	4.5	0	25	120	12	0	12	0	8	3	488	292	0
Iced Café Au Lait with Whole Milk - Medium	Medium	110	6	3.5	0	20	90	9	0	9	0	6	2	366	218	0
Iced Café Au Lait with Whole Milk - Small	Small	80	4	2.5	0	10	60	6	0	6	0	4	2	244	146	0
Iced Coffee - Large	Large	5	0	0	0	0	20	0	0	0	0	1	0	275	21	0
Iced Coffee - Medium	Medium	5	0	0	0	0	15	0	0	0	0	0	0	206	15	0
Iced Coffee - Small	Small	5	0	0	0	0	10	0	0	0	0	0	0	137	11	0
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 Skim Milk - Large	Large	25	0	0	0	0	45	3	0	3	0	3	1	343	94	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																
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
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																
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

	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 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
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
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
Hazelnut Swirl Iced Latte with Skim Milk - Large	Large	350	0	0	0	10	240	71	0	67	42	15	4	981	549	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																
Hazelnut Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	10	180	53	0	50	31	11	3	731	411	0
Hazelnut Swirl Iced Latte with Skim Milk - Small	Small	170	0	0	0	5	120	35	0	33	21	7	2	490	275	0
Hazelnut Swirl Iced Latte with Whole Milk - Large	Large	450	12	7	0	40	240	70	0	66	42	14	5	891	515	0
Hazelnut Swirl Iced Latte with Whole Milk - Medium	Medium	340	9	5	0	30	180	53	0	50	31	11	4	663	385	0
Hazelnut Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	120	35	0	33	21	7	2	445	258	0
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 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
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
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

	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 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																
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
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
Hazelnut Swirl Iced Macchiato with Skim Milk - Large	Large	310	0	0	0	10	190	65	0	61	42	11	3	836	401	0
Hazelnut Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	150	49	0	46	31	8	2	633	300	0
Hazelnut Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	100	33	0	30	21	5	1	441	201	0
Hazelnut Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	200	65	0	60	42	10	3	776	378	0
Hazelnut Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	49	0	45	31	8	2	589	283	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 Macchiato																
Hazelnut 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 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
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

	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 - 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 Tea - Large	Large	150	0	0	0	0	25	38	0	33	33	0	0	199	10	0
Iced Tea Sweetened Blueberry Flavored Tea - Medium	Medium	110	0	0	0	0	20	28	0	25	25	0	0	149	6	0
Iced Tea Sweetened Blueberry Flavored Tea - Small	Small	80	0	0	0	0	15	19	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 Tea - Large	Large	20	0	0	0	0	25	5	0	0	0	0	0	199	10	0
Iced Tea Unsweetened Blueberry Flavored Tea - Medium	Medium	15	0	0	0	0	20	3	0	0	0	0	0	149	6	0
Iced Tea Unsweetened Blueberry Flavored Tea - Small	Small	10	0	0	0	0	15	2	0	0	0	0	0	99	5	0
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

	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																
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 Power Breakfast Sandwich	1 Sandwich	360	16	6	0	25	800	30	6	5	3	26	0	353	215	3
Kosher Tuna Melt on a Croissant	1 Sandwich	630	42	15	0	65	820	38	1	5	5	24	3	82	166	3
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	570	33	13	0	180	840	44	2	6	5	23	4	268	132	5
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)
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																
Butternut Munchkins	1 Donut Hole	90	4	2	0	5	70	12	0	7	7	1	0	16	4	0
Cinnamon Munchkins	1 Donut Hole	60	3.5	1.5	0	5	70	6	0	2	2	1	0	12	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	3.5	1.5	0	5	70	8	0	4	4	1	0	12	4	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	70	6	0	2	2	1	0	12	4	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)
Other Bakery																
English Muffin	1 Muffin	190	2	0	0	0	270	35	1	3	3	6	0	56	10	2
Multigrain Thin	1 Multigrain Thin	150	4	0.5	0	0	220	24	4	3	3	6	0	110	30	1
Plain Croissant	1 Croissant	340	19	8	0	0	250	37	1	5	5	6	3	57	10	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)
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	560	36	14	0	190	820	41	1	6	5	18	4	210	126	3
Bacon, Egg and Cheese on English Muffin	1 Sandwich	400	19	7	0	190	840	39	1	4	4	18	2	209	126	3
Bacon, Egg and Cheese on a Plain Bagel	1 Sandwich	520	18	6	0	190	1,200	67	4	8	5	23	1	280	137	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	500	31	13	0	175	640	40	1	6	5	15	4	153	125	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
Grilled Cheese with Ham	1 Sandwich	510	21	11	0	70	1390	55	3	1	0	25	0	365	408	4
Ham, Egg and Cheese Wake-Up Wrap	1 Wrap	190	11	4	0	100	600	15	0	1	1	9	1	172	133	1
Ham, Egg and Cheese on Croissant	1 Sandwich	540	33	13	0	190	960	41	1	7	6	19	4	223	126	3
Ham, Egg and Cheese on English Muffin	1 Sandwich	370	15	5	0	190	910	39	1	4	3	19	2	349	126	3
Ham, Egg and Cheese on a Plain Bagel	1 Sandwich	500	15	5	0	190	1330	68	4	9	5	24	1	293	136	5
Power Breakfast Sandwich	1 Sandwich	420	23	8	0	60	980	28	5	5	3	25	0	344	199	2
Sausage, Egg and Cheese Wake-Up Wrap	1 Wrap	290	21	8	0	120	710	15	1	1	0	10	1	128	146	2
Sausage, Egg and Cheese on Croissant	1 Sandwich	720	52	20	0	220	1120	42	2	6	5	21	5	261	152	4
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
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	22	7	0	240	1120	39	1	4	3	26	2	270	137	4

	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																
Turkey Sausage Wake Up Wrap	1 Wrap	240	15	6	0	115	680	15	0	1	1	11	1	122	135	2
Veggie Egg White Sandwich on a Multigrain Thin	1 Sandwich	290	13	5	0	20	550	27	5	4	3	17	0	246	193	2
Veggie Egg White Wake-Up Wrap	1 Wrap	190	10	4.5	0	20	390	15	1	1	0	9	0	93	187	1
Veggie Egg White and Bacon Wake-Up Wrap	1 Wrap	190	10	4.5	0	20	620	15	1	2	1	9	0	134	127	1
Veggie Egg White and Ham Wake-Up Wrap	1 Wrap	170	8	3.5	0	20	650	15	1	2	1	9	0	131	127	1
Veggie Egg White and Sausage Wake-Up Wrap	1 Wrap	260	18	7	0	35	730	16	1	1	0	10	0	149	139	1
Veggie Egg White and Turkey Sausage Wake-Up Wrap	1 Wrap	220	12	4.5	0	35	710	15	1	2	1	11	0	144	129	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)
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	650	36	14	0	65	1240	55	2	9	8	28	3	335	116	3
Sausage Biscuit	1 Sandwich	490	34	16	0	45	1120	32	1	2	0	13	0	229	86	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)
Soft Serve																
Extra Thick Shake - Chocolate	1 Size	610	20	13	0.5	70	320	92	3	85	60	19	2	1095	650	0
Extra Thick Shake - Coffee	1 Size	460	19	12	0.5	70	310	55	1	51	26	18	2	891	643	0
Extra Thick Shake - Vanilla	1 Size	450	19	12	0.5	70	300	54	1	51	26	18	2	835	642	0
Frozen Coffee Float	1 Size	360	15	9	0.5	55	170	50	1	47	37	8	1	764	278	1
M&M's® Mix-In	1 Serving	650	27	17	0.5	60	270	88	3	82	61	16	0	811	538	1
OREO® Mix-In	1 Serving	510	21	11	0.5	55	350	70	2	55	38	14	0	657	470	2
Soft Serve Cone	1 Cone	260	9	6	0	35	160	35	1	27	16	9	0	404	304	0
Strawberry Coolatta® Float	1 Size	420	12	8	0	50	210	68	1	64	29	11	0	570	411	0

Allergen information is available at 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.

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