

## Nutrition Guide

The information below was last updated on 02-12-2020 . Information can change frequently, so check [www.DunkinDonuts.com](http://www.DunkinDonuts.com) for the most current information.

Before placing your order, please inform your server if a person in your party has a food allergy. 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)
<b>Cold Brew Coffee</b>																
Winter Spice Infused Cold Brew Coffee with Black - Large	Large	5	0	0	0	0	20	0	0	0	0	1	0	266	21	0
Winter Spice Infused Cold Brew Coffee with Black - Medium	Medium	5	0	0	0	0	15	0	0	0	0	1	0	218	17	0
Winter Spice Infused Cold Brew Coffee with Black - Small	Small	5	0	0	0	0	10	0	0	0	0	0	0	151	12	0
Winter Spice Infused Cold Brew Coffee with Cream - Large	Large	120	12	6	0	35	65	2	0	2	0	2	1	319	74	0
Winter Spice Infused Cold Brew Coffee with Cream - Medium	Medium	90	9	4.5	0	25	45	2	0	2	0	2	0	258	57	0
Winter Spice Infused Cold Brew Coffee with Cream - Small	Small	60	6	3	0	20	30	1	0	1	0	1	0	177	39	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)
<b>Donuts</b>																
Lucky Shamrock Donut	1 Donut	280	12	5	0	0	290	40	1	19	19	4	0	61	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)
<b>Donuts - Regional</b>																
#All Caps Donut	1 Donut	280	11	4.5	0	0	290	40	1	20	19	4	0	60	12	2
Cherry Blossom Donut	1 Donut	270	11	4.5	0	0	280	38	1	16	16	4	0	60	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
Flyers Donut	1 Donut	280	11	4.5	0	0	290	40	1	20	19	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)
<b>Donuts - Regional</b>																
<b>Pittsburgh Creme Donut</b>	1 Donut	350	16	7	0	0	310	47	1	26	25	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)
<b>Dunkin' Burrito Bowls</b>																
<b>Chorizo Burrito Bowl</b>	1 Bowl	350	22	9	0	260	850	19	2	3	0	19	0	332	230	2
<b>Fire Roasted Veggie Bowl</b>	1 Bowl	250	14	6	0	200	650	18	3	4	0	15	0	316	225	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)
<b>Dunkin' Bowls</b>																
<b>Egg White Bowl</b>	1 Bowl	250	11	4	0	15	490	20	0	3	0	14	0	459	148	1
<b>Sausage Scramble Bowl</b>	1 Bowl	450	35	13	0	355	900	10	0	3	0	21	0	235	281	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)
<b>Frozen Chocolate</b>																
<b>Coconut Caramel Swirl Frozen Chocolate - Large</b>	Large	900	17	12	0	40	430	175	1	162	146	11	3	633	393	0
<b>Coconut Caramel Swirl Frozen Chocolate - Medium</b>	Medium	700	14	10	0	30	330	135	1	124	112	8	2	495	303	0
<b>Coconut Caramel Swirl Frozen Chocolate - Small</b>	Small	500	11	8	0	25	220	95	1	87	78	6	1	360	214	0
<b>Irish Creme Swirl Frozen Chocolate - Large</b>	Large	900	18	13	0	40	380	174	1	161	145	11	3	669	417	0
<b>Irish Creme Swirl Frozen Chocolate - Medium</b>	Medium	690	14	10	0	30	290	134	1	124	111	9	2	516	322	0
<b>Irish Creme Swirl Frozen Chocolate - Small</b>	Small	500	11	8	0	25	200	94	1	86	77	6	1	365	228	0
<b>Thin Mints(R) Swirl Frozen Chocolate - Large</b>	Large	890	18	13	0	35	330	176	4	159	149	10	3	660	278	4
<b>Thin Mints(R) Swirl Frozen Chocolate - Medium</b>	Medium	690	14	10	0	30	250	135	3	122	114	7	2	516	212	3
<b>Thin Mints(R) Swirl Frozen Chocolate - Small</b>	Small	490	11	8	0	25	170	95	2	85	80	5	1	374	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)
<b>Frozen Coffee</b>																
Coconut Caramel Swirl Frozen Coffee with Cream - Large	Large	1120	40	22	1.5	125	340	179	0	169	158	10	2	2087	348	2
Coconut Caramel Swirl Frozen Coffee with Cream - Medium	Medium	860	31	17	1	100	260	138	0	129	121	8	2	1586	268	2
Coconut Caramel Swirl Frozen Coffee with Cream - Small	Small	610	22	12	0.5	70	180	97	0	90	84	5	1	1087	191	1
Coconut Caramel Swirl Frozen Coffee with Skim Milk - Large	Large	830	5	3.5	0	25	290	183	0	173	158	11	2	2127	407	2
Coconut Caramel Swirl Frozen Coffee with Skim Milk - Medium	Medium	650	5	3	0	20	220	141	0	132	121	8	2	1616	313	2
Coconut Caramel Swirl Frozen Coffee with Skim Milk - Small	Small	470	4.5	3	0	20	150	99	0	92	84	6	1	1107	221	1
Coconut Caramel Swirl Frozen Coffee with Whole Milk - Large	Large	880	11	7	0	40	290	183	0	172	158	10	3	2083	390	2
Coconut Caramel Swirl Frozen Coffee with Whole Milk - Medium	Medium	680	9	6	0	30	220	141	0	132	121	8	2	1583	300	2
Coconut Caramel Swirl Frozen Coffee with Whole Milk - Small	Small	490	8	4.5	0	25	150	99	0	92	84	6	1	1085	212	1
Irish Creme Swirl Frozen Coffee with Cream - Large	Large	1110	40	22	1.5	125	290	178	0	168	156	10	2	2123	371	2
Irish Creme Swirl Frozen Coffee with Cream - Medium	Medium	850	31	17	1	100	230	137	0	129	120	8	2	1607	288	2
Irish Creme Swirl Frozen Coffee with Cream - Small	Small	600	22	12	0.5	70	160	96	0	90	83	6	1	1092	205	1
Irish Creme Swirl Frozen Coffee with Skim Milk - Large	Large	830	5	3.5	0	25	240	182	0	172	156	11	2	2164	431	2
Irish Creme Swirl Frozen Coffee with Skim Milk - Medium	Medium	640	5	3	0	20	190	140	0	132	120	9	2	1637	332	2
Irish Creme Swirl Frozen Coffee with Skim Milk - Small	Small	460	4.5	3	0	20	130	98	0	92	83	6	1	1112	235	1
Irish Creme Swirl Frozen Coffee with Whole Milk - Large	Large	880	11	7	0	40	240	182	0	172	156	11	3	2119	414	2
Irish Creme Swirl Frozen Coffee with Whole Milk - Medium	Medium	680	9	6	0	30	190	140	0	132	120	8	2	1603	319	2
Irish Creme Swirl Frozen Coffee with Whole Milk - Small	Small	490	8	4.5	0	25	130	98	0	92	83	6	1	1090	226	1
Thin Mints(R) Swirl Frozen Coffee with Cream - Large	Large	1100	41	22	1.5	125	250	180	3	166	160	9	2	2115	232	5
Thin Mints(R) Swirl Frozen Coffee with Cream - Medium	Medium	870	31	17	1	95	190	145	2	133	129	7	2	1607	178	4
Thin Mints(R) Swirl Frozen Coffee with Cream - Small	Small	600	22	12	0.5	70	130	97	2	88	85	5	1	1101	124	3
Thin Mints(R) Swirl Frozen Coffee with Skim Milk - Large	Large	820	6	4	0	20	190	184	3	170	160	10	2	2155	292	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)
<b>Frozen Coffee</b>																
Thin Mints(R) Swirl Frozen Coffee with Skim Milk - Medium	Medium	640	5	3.5	0	20	150	141	2	130	123	7	2	1637	222	4
Thin Mints(R) Swirl Frozen Coffee with Skim Milk - Small	Small	460	5	3.5	0	15	100	99	2	90	85	5	1	1121	154	3
Thin Mints(R) Swirl Frozen Coffee with Whole Milk - Large	Large	870	12	7	0	35	200	184	3	170	160	9	3	2110	275	5
Thin Mints(R) Swirl Frozen Coffee with Whole Milk - Medium	Medium	670	10	6	0	30	150	141	2	130	123	7	2	1604	209	4
Thin Mints(R) Swirl Frozen Coffee with Whole Milk - Small	Small	480	8	5	0	25	105	99	2	90	85	5	1	1099	146	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)
<b>Frozen Specialty</b>																
Frozen Chai Latte- Large	Large	690	12	7	0	35	220	132	2	129	111	12	5	567	434	1
Frozen Chai Latte- Medium	Medium	520	9	5	0	25	160	99	2	96	83	9	4	426	325	0
Frozen Chai Latte- Small	Small	350	6	3.5	0	20	110	66	1	64	55	6	2	284	217	0
Frozen Matcha Latte with Skim Milk - Large	Large	480	0	0	0	5	95	111	2	109	100	8	6	293	242	0
Frozen Matcha Latte with Skim Milk - Medium	Medium	360	0	0	0	5	70	83	1	82	75	6	5	220	182	0
Frozen Matcha Latte with Skim Milk - Small	Small	240	0	0	0	0	50	55	1	54	50	4	3	146	121	0
Frozen Matcha Latte with Whole Milk - Large	Large	530	6	3.5	0	20	95	110	2	109	100	8	6	248	225	0
Frozen Matcha Latte with Whole Milk - Medium	Medium	390	4.5	2.5	0	15	75	83	1	81	75	6	5	186	169	0
Frozen Matcha Latte with Whole Milk - Small	Small	260	3	1.5	0	10	50	55	1	54	50	4	3	124	113	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
<b>Hot Cappuccino</b>																
Coconut Caramel Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	230	64	0	60	44	11	3	629	405	0
Coconut Caramel Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	170	48	0	45	33	8	2	467	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)
<b>Hot Cappuccino</b>																
Coconut Caramel Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	115	32	0	30	22	5	1	314	203	0
Coconut Caramel Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	230	64	0	60	44	10	3	569	382	0
Coconut Caramel Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	170	48	0	45	33	7	2	422	287	0
Coconut Caramel Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	115	32	0	30	22	5	2	285	191	0
Irish Creme Swirl Hot Cappuccino with Skim Milk - Large	Large	300	0	0	0	5	180	63	0	60	43	11	3	691	425	0
Irish Creme Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	140	47	0	45	32	8	2	513	319	0
Irish Creme Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	90	32	0	30	22	5	1	345	213	0
Irish Creme Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	190	63	0	60	43	10	3	631	402	0
Irish Creme Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	140	47	0	45	32	8	2	468	302	0
Irish Creme Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	95	31	0	30	22	5	2	315	201	0
Thin Mints(R) Swirl Hot Cappuccino with Skim Milk - Large	Large	300	1	0.5	0	5	140	65	2	59	47	10	3	656	308	3
Thin Mints(R) Swirl Hot Cappuccino with Skim Milk - Medium	Medium	220	1	0	0	5	105	49	2	44	35	7	2	487	231	2
Thin Mints(R) Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0.5	0	0	0	70	33	1	29	23	5	1	328	154	2
Thin Mints(R) Swirl Hot Cappuccino with Whole Milk - Large	Large	370	9	5	0	25	150	65	2	58	47	9	3	596	285	3
Thin Mints(R) Swirl Hot Cappuccino with Whole Milk - Medium	Medium	270	7	4	0	20	110	49	2	44	35	7	2	442	214	2
Thin Mints(R) Swirl Hot Cappuccino with Whole Milk - Small	Small	180	4.5	2.5	0	10	75	32	1	29	23	5	2	298	143	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)
<b>Hot Coffee</b>																
Coconut Caramel Swirl Hot Coffee with Black - Extra Large	XLarge	280	0	0	0	0	160	63	0	60	55	3	0	472	142	0
Coconut Caramel Swirl Hot Coffee with Black - Large	Large	220	0	0	0	0	125	51	0	48	44	3	0	388	115	0
Coconut Caramel Swirl Hot Coffee with Black - Medium	Medium	170	0	0	0	0	95	38	0	36	33	2	0	304	86	0
Coconut Caramel Swirl Hot Coffee with Black - Small	Small	110	0	0	0	0	65	25	0	24	22	1	0	220	58	0
Coconut Caramel Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	45	210	65	0	63	55	6	1	542	210	0
Coconut Caramel Swirl Hot Coffee with Cream - Large	Large	340	12	6	0	35	170	52	0	50	44	4	1	444	168	0
Coconut Caramel Swirl Hot Coffee with Cream - Medium	Medium	250	9	4.5	0	30	130	39	0	38	33	3	0	346	127	0
Coconut Caramel Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	85	26	0	25	22	2	0	248	85	0
Irish Creme Swirl Hot Coffee with Black - Extra Large	XLarge	270	0	0	0	5	100	62	0	60	54	4	0	549	167	0
Irish Creme Swirl Hot Coffee with Black - Large	Large	220	0	0	0	0	80	50	0	48	43	3	0	450	134	0
Irish Creme Swirl Hot Coffee with Black - Medium	Medium	160	0	0	0	0	60	37	0	36	32	2	0	350	101	0
Irish Creme Swirl Hot Coffee with Black - Small	Small	110	0	0	0	0	40	25	0	24	22	2	0	251	68	0
Irish Creme Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	45	150	64	0	62	54	6	1	619	235	0
Irish Creme Swirl Hot Coffee with Cream - Large	Large	330	12	6	0	40	120	51	0	50	43	5	1	506	188	0
Irish Creme Swirl Hot Coffee with Cream - Medium	Medium	250	9	4.5	0	30	90	39	0	37	32	4	0	392	142	0
Irish Creme Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	65	26	0	25	22	3	0	292	96	0
Thin Mints(R) Swirl Hot Coffee with Black - Extra Large	XLarge	270	1	0.5	0	0	50	65	3	58	58	2	0	510	22	4
Thin Mints(R) Swirl Hot Coffee with Black - Large	Large	210	1	0	0	0	40	52	2	47	47	2	0	415	18	3
Thin Mints(R) Swirl Hot Coffee with Black - Medium	Medium	160	0.5	0	0	0	30	39	2	35	35	2	0	324	14	2
Thin Mints(R) Swirl Hot Coffee with Black - Small	Small	110	0	0	0	0	20	26	1	23	23	1	0	233	10	1
Thin Mints(R) Swirl Hot Coffee with Cream - Extra Large	XLarge	410	15	8	0	45	100	67	3	60	58	5	1	576	89	4
Thin Mints(R) Swirl Hot Coffee with Cream - Large	Large	330	12	7	0	35	80	53	2	48	47	4	1	471	72	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)
<b>Hot Coffee</b>																
Thin Mints(R) Swirl Hot Coffee with Cream - Medium	Medium	250	9	5	0	25	60	40	2	36	35	3	0	366	54	2
Thin Mints(R) Swirl Hot Coffee with Cream - Small	Small	170	6	3.5	0	20	40	27	1	24	23	2	0	261	37	1
Winter Spice Infused Hot Coffee with Black - Extra Large	XLarge	30	0	0	0	0	10	5	1	3	3	1	0	320	28	1
Winter Spice Infused Hot Coffee with Black - Large	Large	25	0	0	0	0	10	4	1	2	2	1	0	262	23	0
Winter Spice Infused Hot Coffee with Black - Medium	Medium	20	0	0	0	0	10	3	1	2	2	1	0	204	18	0
Winter Spice Infused Hot Coffee with Black - Small	Small	15	0	0	0	0	5	3	1	2	2	1	0	175	15	0
Winter Spice Infused Hot Coffee with Cream - Large	Large	140	12	6	0	35	50	6	1	4	2	3	1	315	75	0
Winter Spice Infused Hot Coffee with Cream - Medium	Medium	100	9	4.5	0	25	40	4	1	3	2	2	0	244	57	0
Winter Spice Infused Hot Coffee with Cream - Small	Small	70	6	3	0	20	30	4	1	2	1	1	0	201	41	0
Winter Spice Infused Hot Coffee with Cream -Extra Large	XLarge	170	15	8	0	45	65	7	1	5	3	3	1	387	93	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)
<b>Hot Latte</b>																
Chai Tea Hot Latte with Skim Milk- Large	Large	290	0.5	0	0	5	200	58	2	54	36	13	4	651	450	1
Chai Tea Hot Latte with Skim Milk- Medium	Medium	220	0	0	0	5	150	44	2	41	27	10	3	488	338	0
Chai Tea Hot Latte with Skim Milk- Small	Small	150	0	0	0	5	100	29	1	27	18	7	2	326	225	0
Chai Tea Hot Latte with Whole Milk- Large	Large	390	12	7	0	35	200	57	2	54	36	12	5	561	416	1
Chai Tea Hot Latte with Whole Milk- Medium	Medium	290	9	5	0	25	150	43	2	40	27	9	4	421	312	0
Chai Tea Hot Latte with Whole Milk- Small	Small	200	6	3.5	0	20	100	29	1	27	18	6	2	281	208	0
Coconut Caramel Swirl Hot Latte with Skim Milk - Large	Large	350	0.5	0	0	10	280	70	0	67	44	15	4	820	555	0
Coconut Caramel Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	5	210	53	0	50	33	11	3	610	416	0
Coconut Caramel Swirl Hot Latte with Skim Milk - Small	Small	180	0	0	0	5	140	35	0	33	22	7	2	410	277	0

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)
Coconut Caramel Swirl Hot Latte with Whole Milk - Large	Large	450	12	7	0	40	290	69	0	66	44	14	5	730	520	0
Coconut Caramel Swirl Hot Latte with Whole Milk - Medium	Medium	340	9	5	0	30	210	52	0	49	33	10	4	543	390	0
Coconut Caramel Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	140	35	0	33	22	7	2	365	260	0
Irish Creme Swirl Hot Latte with Skim Milk - Large	Large	350	0.5	0	0	10	240	69	0	66	43	15	4	881	574	0
Irish Creme Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	5	180	52	0	50	32	11	3	657	431	0
Irish Creme Swirl Hot Latte with Skim Milk - Small	Small	170	0	0	0	5	120	35	0	33	22	8	2	441	287	0
Irish Creme Swirl Hot Latte with Whole Milk - Large	Large	440	12	7	0	40	240	69	0	66	43	14	5	792	540	0
Irish Creme Swirl Hot Latte with Whole Milk - Medium	Medium	330	9	5	0	30	180	51	0	49	32	11	4	589	405	0
Irish Creme Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	120	34	0	33	22	7	2	396	270	0
Matcha Hot Latte with Skim Milk - Large	Large	240	0	0	0	5	150	45	2	43	25	14	8	573	448	0
Matcha Hot Latte with Skim Milk - Medium	Medium	180	0	0	0	5	115	34	1	32	19	11	6	430	336	0
Matcha Hot Latte with Skim Milk - Small	Small	120	0	0	0	5	75	23	1	22	12	7	4	286	224	0
Matcha Hot Latte with Whole Milk - Large	Large	340	12	7	0	35	160	44	2	43	25	13	9	483	414	0
Matcha Hot Latte with Whole Milk - Medium	Medium	250	9	5	0	25	120	33	1	32	19	10	6	362	310	0
Matcha Hot Latte with Whole Milk - Small	Small	170	6	3.5	0	20	80	22	1	21	12	7	4	242	207	0
Thin Mints(R) Swirl Hot Latte with Skim Milk - Large	Large	340	1	0.5	0	5	190	71	2	65	47	14	4	847	458	3
Thin Mints(R) Swirl Hot Latte with Skim Milk - Medium	Medium	260	1	0.5	0	5	150	53	2	49	35	10	3	630	343	2
Thin Mints(R) Swirl Hot Latte with Skim Milk - Small	Small	170	0.5	0	0	5	95	36	1	32	23	7	2	423	229	2
Thin Mints(R) Swirl Hot Latte with Whole Milk - Large	Large	440	13	7	0	35	200	71	2	64	47	13	5	757	423	3
Thin Mints(R) Swirl Hot Latte with Whole Milk - Medium	Medium	330	10	5	0	25	150	53	2	48	35	10	4	563	317	2
Thin Mints(R) Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	100	35	1	32	23	7	2	379	212	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)
<b>Hot Macchiato</b>																
Coconut Caramel Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	5	240	65	0	60	44	11	3	675	406	0
Coconut Caramel Swirl Hot Macchiato with Skim Milk - Medium	Medium	240	0	0	0	5	180	49	0	45	33	8	2	513	305	0
Coconut Caramel Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	120	33	0	30	22	5	1	360	203	0
Coconut Caramel Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	25	240	64	0	60	44	10	3	615	383	0
Coconut Caramel Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	180	48	0	45	33	8	2	468	288	0
Coconut Caramel Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	125	32	0	30	22	5	2	331	192	0
Irish Creme Swirl Hot Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	190	64	0	60	43	11	3	737	426	0
Irish Creme Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	140	48	0	45	32	8	2	559	320	0
Irish Creme Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	100	32	0	30	22	6	1	391	213	0
Irish Creme Swirl Hot Macchiato with Whole Milk - Large	Large	370	8	4.5	0	25	190	63	0	60	43	10	3	677	403	0
Irish Creme Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	140	48	0	45	32	8	2	514	302	0
Irish Creme Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	100	32	0	30	22	5	2	361	202	0
Thin Mints(R) Swirl Hot Macchiato with Skim Milk - Large	Large	300	1	0.5	0	5	150	66	2	59	47	10	3	702	309	3
Thin Mints(R) Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	1	0.5	0	5	115	50	2	44	35	7	2	533	232	2
Thin Mints(R) Swirl Hot Macchiato with Skim Milk - Small	Small	150	0.5	0	0	0	75	33	1	29	23	5	1	374	155	2
Thin Mints(R) Swirl Hot Macchiato with Whole Milk - Large	Large	370	9	5	0	25	150	65	2	58	47	9	3	642	286	3
Thin Mints(R) Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	7	4	0	20	115	49	2	44	35	7	2	488	215	2
Thin Mints(R) Swirl Hot Macchiato with Whole Milk - Small	Small	190	4.5	2.5	0	10	80	33	1	29	23	5	2	344	144	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)
<b>Iced Cappuccino</b>																
Coconut Caramel Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	250	64	0	60	44	11	3	634	421	0
Coconut Caramel Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	180	48	0	45	33	8	2	471	315	0
Coconut Caramel Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	125	32	0	30	22	5	1	317	211	0
Coconut Caramel Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	250	64	0	60	44	10	3	574	398	0
Coconut Caramel Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	190	48	0	45	33	7	2	426	298	0
Coconut Caramel Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	125	32	0	30	22	5	2	287	199	0
Irish Creme Swirl Iced Cappuccino with Skim Milk - Large	Large	300	0	0	0	5	200	63	0	60	43	11	3	696	441	0
Irish Creme Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	150	47	0	45	32	8	2	517	330	0
Irish Creme Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	100	32	0	30	22	5	1	348	221	0
Irish Creme Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	200	63	0	60	43	10	3	636	418	0
Irish Creme Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	47	0	45	32	8	2	472	313	0
Irish Creme Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	100	31	0	30	22	5	2	318	209	0
Thin Mints(R) Swirl Iced Cappuccino with Skim Milk - Large	Large	300	1	0.5	0	5	160	65	2	59	47	10	3	661	324	3
Thin Mints(R) Swirl Iced Cappuccino with Skim Milk - Medium	Medium	220	1	0	0	5	120	49	2	44	35	7	2	491	242	2
Thin Mints(R) Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0.5	0	0	0	80	33	1	29	23	5	1	331	162	2
Thin Mints(R) Swirl Iced Cappuccino with Whole Milk - Large	Large	370	9	5	0	25	160	65	2	58	47	9	3	601	301	3
Thin Mints(R) Swirl Iced Cappuccino with Whole Milk - Medium	Medium	270	7	4	0	20	120	49	2	44	35	7	2	446	225	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)
<b>Iced Cappuccino</b> Thin Mints(R) Swirl Iced Cappuccino with Whole Milk - Small	Small	180	4.5	2.5	0	10	80	32	1	29	23	5	2	301	151	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)
<b>Iced Coffee</b> Coconut Caramel Swirl Iced Coffee with Black - Small	Small	110	0	0	0	0	70	25	0	24	22	1	0	215	63	0
Coconut Caramel Swirl Iced Coffee with Black - Large	Large	220	0	0	0	0	140	51	0	48	44	3	0	402	125	0
Coconut Caramel Swirl Iced Coffee with Black - Medium	Medium	170	0	0	0	0	105	38	0	36	33	2	0	315	93	0
Coconut Caramel Swirl Iced Coffee with Cream - Large	Large	340	12	6	0	35	180	52	0	50	44	4	1	457	178	0
Coconut Caramel Swirl Iced Coffee with Cream - Medium	Medium	250	9	4.5	0	30	135	39	0	38	33	3	0	356	134	0
Coconut Caramel Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	90	26	0	25	22	2	0	242	90	0
Irish Creme Swirl Iced Coffee with Black - Large	Large	220	0	0	0	0	90	50	0	48	43	3	0	464	144	0
Irish Creme Swirl Iced Coffee with Black - Medium	Medium	160	0	0	0	0	65	37	0	36	32	2	0	361	108	0
Irish Creme Swirl Iced Coffee with Black - Small	Small	110	0	0	0	0	45	25	0	24	22	2	0	246	73	0
Irish Creme Swirl Iced Coffee with Cream - Large	Large	330	12	6	0	40	130	51	0	50	43	5	1	519	198	0
Irish Creme Swirl Iced Coffee with Cream - Medium	Medium	250	9	4.5	0	30	100	39	0	37	32	4	0	403	148	0
Irish Creme Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	65	26	0	25	22	2	0	273	100	0
Thin Mints(R) Swirl Iced Coffee with Black - Large	Large	210	1	0	0	0	50	52	2	47	47	2	0	430	28	3
Thin Mints(R) Swirl Iced Coffee with Black - Medium	Medium	160	0.5	0	0	0	35	39	2	35	35	2	0	335	21	2
Thin Mints(R) Swirl Iced Coffee with Black - Small	Small	110	0	0	0	0	25	26	1	23	23	1	0	228	15	1
Thin Mints(R) Swirl Iced Coffee with Cream - Large	Large	330	12	7	0	35	90	53	2	48	47	4	1	484	82	3
Thin Mints(R) Swirl Iced Coffee with Cream - Medium	Medium	250	9	5	0	25	70	40	2	36	35	3	0	377	61	2
Thin Mints(R) Swirl Iced Coffee with Cream - Small	Small	160	6	3.5	0	20	45	27	1	24	23	2	0	256	41	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)
<b>Iced Latte</b>																
Chai Tea Iced Latte with Skim Milk- Large	Large	290	0.5	0	0	5	210	58	2	54	36	13	4	656	466	1
Chai Tea Iced Latte with Skim Milk- Medium	Medium	220	0	0	0	5	160	44	2	41	27	10	3	492	349	0
Chai Tea Iced Latte with Skim Milk- Small	Small	150	0	0	0	5	105	29	1	27	18	7	2	328	233	0
Chai Tea Iced Latte with Whole Milk- Large	Large	390	12	7	0	35	220	57	2	54	36	12	5	567	431	1
Chai Tea Iced Latte with Whole Milk- Medium	Medium	290	9	5	0	25	160	43	2	40	27	9	4	425	323	0
Chai Tea Iced Latte with Whole Milk- Small	Small	200	6	3.5	0	20	110	29	1	27	18	6	2	283	216	0
Coconut Caramel Swirl Iced Latte with Skim Milk - Large	Large	350	0.5	0	0	10	300	70	0	67	44	15	4	845	571	0
Coconut Caramel Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	5	220	53	0	50	33	11	3	630	427	0
Coconut Caramel Swirl Iced Latte with Skim Milk - Small	Small	180	0	0	0	5	150	35	0	33	22	7	2	423	285	0
Coconut Caramel Swirl Iced Latte with Whole Milk - Large	Large	450	12	7	0	40	300	69	0	66	44	14	5	735	536	0
Coconut Caramel Swirl Iced Latte with Whole Milk - Medium	Medium	340	9	5	0	30	230	52	0	49	33	10	4	547	401	0
Coconut Caramel Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	150	35	0	33	22	7	2	368	268	0
Cold Brew Latte with Skim Milk - Large	Large	130	0	0	0	5	170	18	0	18	0	13	4	692	462	0
Cold Brew Latte with Skim Milk - Medium	Medium	100	0	0	0	5	125	14	0	14	0	9	3	519	346	0
Cold Brew Latte with Skim Milk - Small	Small	60	0	0	0	5	85	9	0	9	0	6	2	346	231	0
Cold Brew Latte with Whole Milk - Large	Large	230	12	7	0	35	170	18	0	18	0	12	5	602	428	0
Cold Brew Latte with Whole Milk - Medium	Medium	170	9	5	0	25	130	13	0	13	0	9	4	451	320	0
Cold Brew Latte with Whole Milk - Small	Small	110	6	3.5	0	20	85	9	0	9	0	6	2	301	214	0
Irish Creme Swirl Iced Latte with Skim Milk - Large	Large	350	0.5	0	0	10	250	69	0	66	43	15	4	887	590	0
Irish Creme Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	5	190	52	0	50	32	11	3	660	442	0
Irish Creme Swirl Iced Latte with Skim Milk - Small	Small	170	0	0	0	5	125	35	0	33	22	8	2	443	295	0
Irish Creme Swirl Iced Latte with Whole Milk - Large	Large	440	12	7	0	40	250	69	0	66	43	14	5	797	556	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)
<b>Iced Latte</b>																
Irish Creme Swirl Iced Latte with Whole Milk - Medium	Medium	330	9	5	0	30	190	51	0	49	32	11	4	593	416	0
Irish Creme Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	125	34	0	33	22	7	2	399	278	0
Matcha Iced Latte with Skim Milk - Large	Large	240	0	0	0	5	170	45	2	43	25	14	8	578	464	0
Matcha Iced Latte with Skim Milk - Medium	Medium	180	0	0	0	5	125	34	1	32	19	11	6	433	347	0
Matcha Iced Latte with Skim Milk - Small	Small	120	0	0	0	5	85	23	1	22	12	7	4	289	232	0
Matcha Iced Latte with Whole Milk - Large	Large	340	12	7	0	35	170	44	2	43	25	13	9	488	429	0
Matcha Iced Latte with Whole Milk - Medium	Medium	250	9	5	0	25	130	33	1	32	19	10	6	366	321	0
Matcha Iced Latte with Whole Milk - Small	Small	170	6	3.5	0	20	85	22	1	21	12	7	4	244	215	0
Thin Mints(R) Swirl Iced Latte with Skim Milk - Large	Large	340	1	0.5	0	5	210	71	2	65	47	14	4	852	473	3
Thin Mints(R) Swirl Iced Latte with Skim Milk - Medium	Medium	260	1	0.5	0	5	160	53	2	49	35	10	3	634	354	2
Thin Mints(R) Swirl Iced Latte with Skim Milk - Small	Small	170	0.5	0	0	5	105	36	1	32	23	7	2	426	237	2
Thin Mints(R) Swirl Iced Latte with Whole Milk - Large	Large	440	13	7	0	35	210	71	2	64	47	13	5	762	439	3
Thin Mints(R) Swirl Iced Latte with Whole Milk - Medium	Medium	330	10	5	0	25	160	53	2	48	35	10	4	567	328	2
Thin Mints(R) Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	105	35	1	32	23	7	2	381	220	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)
<b>Iced Macchiato</b>																
Coconut Caramel Swirl Iced Macchiato with Skim Milk - Large	Large	310	0	0	0	5	250	65	0	60	44	11	3	680	422	0
Coconut Caramel Swirl Iced Macchiato with Skim Milk - Medium	Medium	240	0	0	0	5	190	49	0	45	33	8	2	517	316	0
Coconut Caramel Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	130	33	0	30	22	5	1	363	211	0
Coconut Caramel Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	4.5	0	25	260	64	0	60	44	10	3	620	399	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)
<b>Iced Macchiato</b>																
Coconut Caramel Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	190	48	0	45	33	8	2	472	299	0
Coconut Caramel Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	130	32	0	30	22	5	2	333	200	0
Irish Creme Swirl Iced Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	210	64	0	60	43	11	3	742	441	0
Irish Creme Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	150	48	0	45	32	8	2	563	331	0
Irish Creme Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	105	32	0	30	22	6	1	394	221	0
Irish Creme Swirl Iced Macchiato with Whole Milk - Large	Large	370	8	4.5	0	25	210	63	0	60	43	10	3	682	418	0
Irish Creme Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	160	48	0	45	32	8	2	518	313	0
Irish Creme Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	105	32	0	30	22	5	2	364	210	0
Thin Mints(R) Swirl Iced Macchiato with Skim Milk - Large	Large	300	1	0.5	0	5	160	66	2	59	47	10	3	707	325	3
Thin Mints(R) Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	1	0.5	0	5	125	50	2	44	35	7	2	537	243	2
Thin Mints(R) Swirl Iced Macchiato with Skim Milk - Small	Small	150	0.5	0	0	0	85	33	1	29	23	5	1	377	163	2
Thin Mints(R) Swirl Iced Macchiato with Whole Milk - Large	Large	370	9	5	0	25	170	65	2	58	47	9	3	647	302	3
Thin Mints(R) Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	7	4	0	20	125	49	2	44	35	7	2	492	226	2
Thin Mints(R) Swirl Iced Macchiato with Whole Milk - Small	Small	190	4.5	2.5	0	10	85	33	1	29	23	5	2	347	152	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)
<b>Kosher Sandwiches and Wraps</b>																
Kosher Sweet Black Pepper Bacon Sandwich	1 Sandwich	670	43	16	0	185	970	49	2	11	10	21	4	198	212	4
Kosher Sweet Black Pepper Bacon Wake-Up Wrap	1 Wrap	280	17	7	0	105	580	19	1	3	3	12	1	97	208	2
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)
<b>Muffins</b>																
<b>Protein Muffin</b>	1 Muffin	480	20	4	0	5	500	61	3	26	22	16	0	337	87	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)
<b>Sandwiches</b>																
<b>Sweet Black Pepper Bacon Sandwich</b>	1 Sandwich	650	41	17	0	205	850	46	1	11	10	23	4	257	197	3
<b>Sweet Black Pepper Bacon Wake-Up Wrap</b>	1 Wrap	260	16	7	0	110	490	17	0	3	3	12	1	114	198	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)
<b>Snacking Bacon</b>																
<b>Sweet Black Pepper Snacking Bacon</b>	8 Pieces	190	12	4.5	0	35	500	10	0	9	9	10	0	171	17	1

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

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

## Nutrition Guide

The information below was last updated on 02-12-2020 . Information can change frequently, so check [www.DunkinDonuts.com](http://www.DunkinDonuts.com) for the most current information.

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

## 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)
<b>Bagels</b>																
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)
<b>Cold Brew Coffee</b>																
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 - Medium	Medium	5	0	0	0	0	10	0	0	0	0	1	0	221	9	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)
<b>Condiments</b>																
<b>Butter Packet</b>	1 Packet	35	4	2.5	0	10	30	0	0	0	0	0	0	1	1	0
<b>Butter Spread with Canola Oil</b>	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)
<b>Coolatta®</b>																
<b>Blue Raspberry Coolatta® - Large</b>	Large	460	0	0	0	0	60	112	0	110	110	0	0	9	24	0
<b>Blue Raspberry Coolatta® - Medium</b>	Medium	350	0	0	0	0	45	84	0	83	83	0	0	7	18	0
<b>Blue Raspberry Coolatta® - Small</b>	Small	230	0	0	0	0	30	56	0	55	55	0	0	4	10	0
<b>Strawberry Coolatta® - Large</b>	Large	470	0	0	0	0	25	115	1	110	106	0	0	124	32	0
<b>Strawberry Coolatta® - Medium</b>	Medium	350	0	0	0	0	15	86	1	83	80	0	0	93	24	0
<b>Strawberry Coolatta® - Small</b>	Small	240	0	0	0	0	10	57	1	55	53	0	0	62	16	0
<b>Vanilla Bean Coolatta® - Large</b>	Large	790	6	3.5	0	20	320	172	0	167	150	10	2	456	379	0
<b>Vanilla Bean Coolatta® - Medium</b>	Medium	590	4.5	2.5	0	15	240	129	0	125	113	7	2	342	284	0
<b>Vanilla Bean Coolatta® - Small</b>	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)
<b>Cream Cheese Spread</b>																
<b>Classic Plain Cream Cheese Spread</b>	1 Unit	120	12	8	0	40	200	3	0	3	0	2	0	0	36	0
<b>Garden Veggie Cream Cheese Spread</b>	1 Unit	100	10	6	0	35	200	2	0	1	0	2	0	0	33	0
<b>Strawberry Cream Cheese Spread</b>	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)
<b>DD Smart Wake Up Wraps</b>																
<b>Egg and Cheese Wake-Up Wrap</b>	1 Wrap	180	10	4	0	95	470	14	0	1	0	7	1	74	132	1
<b>Ham, Egg and Cheese Wake-Up Wrap</b>	1 Wrap	190	11	4	0	100	600	15	0	1	1	9	1	172	133	1
<b>Turkey Sausage Wake Up Wrap</b>	1 Wrap	240	14	5	0	125	700	15	0	1	0	13	1	133	139	2
<b>Veggie Egg White Wake-Up Wrap</b>	1 Wrap	150	7	3	0	20	490	15	1	1	0	7	0	95	126	1

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)
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	22	22	5	1	74	12	2
Apple Fritter	1 Fritter	510	28	12	0	0	470	57	2	24	23	6	0	110	26	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
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	440	23	10	0	0	420	55	2	32	31	4	0	180	34	2
Chocolate Creme 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	370	22	10	0	0	440	40	1	19	18	4	0	185	35	2
French Cruller	1 Donut	230	14	7	0	50	135	21	0	10	10	3	0	17	12	0
Frosted Vanilla Creme 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	360	22	10	0	0	420	39	1	18	17	4	0	167	34	2
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	530	30	14	0	20	430	61	1	34	34	4	0	43	30	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	470	31	14	0	20	460	44	1	21	21	4	0	43	28	2
Maple Creme Donut	1 Donut	290	14	5	0	0	290	38	1	18	18	4	1	61	12	2
Maple Creme 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 Creme 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

	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)
<b>Donuts</b>																
Peanut Donut	1 Donut	470	27	10	0	20	320	50	2	26	25	8	0	162	33	2
Plain Stick	1 Stick	410	30	14	0	20	390	31	1	10	10	4	0	38	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
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	420	30	14	0	20	390	34	1	13	13	4	0	38	28	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 Creme 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	35	1	14	14	4	0	59	12	2
Vanilla Frosted Sprinkles Donut	1 Donut	270	11	4.5	0	0	280	38	1	16	16	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	17	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)
<b>Donuts - Regional</b>																
Apple Streusel Donut	1 Donut	310	12	4.5	0	0	310	47	1	24	23	5	1	72	13	2
Bowtie Donut	1 Donut	270	12	5	0	0	320	38	1	16	15	4	0	62	12	1
Chocolate Coconut Donut	1 Donut	420	23	11	0	0	420	48	1	26	25	4	0	190	34	2
Chocolate Creme Stick	1 Stick	460	23	9	0	0	450	58	2	33	33	6	2	108	18	3
Creme Delight Donut	1 Donut	330	16	6	0	0	310	44	1	24	24	5	1	81	13	2
Dulce de Leche Donut	1 Donut	270	11	4.5	0	0	280	37	1	13	11	5	1	108	49	2
French Apple Donut	1 Donut	270	10	4	0	0	310	40	1	19	19	4	1	70	12	2
Glazed Lemon Donut	1 Donut	270	10	4	0	0	310	40	1	19	19	4	1	62	12	2
Guava Donut	1 Donut	240	10	4	0	0	280	32	1	12	11	4	1	72	12	2
Indy Creme 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	17	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)
<b>Dunkin' Energy Punch - Regional</b>																
<b>Blue Raspberry Dunkin' Energy Punch Powered by Monster Energy®</b>	Large	420	0	0	0	0	460	102	0	96	96	0	0	5	12	0
<b>Strawberry Dunkin' Energy Punch Powered by Monster Energy®</b>	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)
<b>Frozen Chocolate</b>																
<b>Caramel Swirl Frozen Chocolate - Large</b>	Large	900	17	12	0	40	380	176	1	165	148	11	3	825	392	0
<b>Caramel Swirl Frozen Chocolate - Medium</b>	Medium	700	14	10	0	35	290	135	1	126	114	9	2	639	302	0
<b>Caramel Swirl Frozen Chocolate - Small</b>	Small	500	11	8	0	30	200	95	1	88	80	6	1	456	213	0
<b>French Vanilla Swirl Frozen Chocolate - Large</b>	Large	900	17	12	0	40	370	175	1	162	144	11	3	788	372	0
<b>French Vanilla Swirl Frozen Chocolate - Medium</b>	Medium	700	14	10	0	35	280	135	1	124	111	9	2	612	287	0
<b>French Vanilla Swirl Frozen Chocolate - Small</b>	Small	500	11	8	0	30	190	95	1	87	77	6	1	438	204	0
<b>Frozen Chocolate - Large</b>	Large	890	18	13	0	35	330	175	4	158	148	10	3	829	281	2
<b>Frozen Chocolate - Medium</b>	Medium	690	15	10	0	30	250	134	3	121	113	7	2	643	214	2
<b>Frozen Chocolate - Small</b>	Small	490	11	8	0	25	170	94	2	84	79	5	1	458	149	1
<b>Hazelnut Swirl Frozen Chocolate - Large</b>	Large	900	17	12	0	40	370	176	1	162	144	11	3	788	372	0
<b>Hazelnut Swirl Frozen Chocolate - Medium</b>	Medium	700	14	10	0	35	280	135	1	124	111	9	2	612	287	0
<b>Hazelnut Swirl Frozen Chocolate - Small</b>	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)
<b>Frozen Coffee</b>																
<b>Caramel Swirl Frozen Coffee with Cream - Large</b>	Large	1120	40	22	1.5	130	290	180	0	172	160	10	2	2279	346	2
<b>Caramel Swirl Frozen Coffee with Cream - Medium</b>	Medium	860	31	17	1	100	220	139	0	132	122	8	2	1730	267	2

Frozen Coffee	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Caramel Swirl Frozen Coffee with Cream - Small	Small	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
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

	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)
<b>Frozen Coffee</b>																
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
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)
<b>Frozen Specialty</b>																
Frozen Dunkaccino® - Large	Large	930	22	15	0	40	350	177	3	159	147	10	3	997	294	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)
<b>Frozen Specialty</b>																
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
Frozen Vanilla Chai/Vanilla Spice - Large	Large	790	14	10	0	20	240	160	0	151	137	9	2	562	316	0
Frozen Vanilla Chai/Vanilla Spice - Medium	Medium	590	10	7	0	15	180	120	0	113	103	7	2	422	237	0
Frozen Vanilla Chai/Vanilla Spice - Small	Small	400	7	5	0	10	120	80	0	75	69	4	1	281	158	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)
<b>Hash Browns</b>																
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)
<b>Hot Americano</b>																
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)
<b>Hot Cappuccino</b>																
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

	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)
<b>Hot Cappuccino</b>																
Cappuccino with Skim Milk and Sugar - Small	Small	110	0	0	0	0	55	24	0	23	17	4	1	237	150	0
Cappuccino with Whole Milk - Large	Large	160	8	4.5	0	25	115	13	0	12	0	8	3	414	277	0
Cappuccino with Whole Milk - Medium	Medium	120	6	3.5	0	20	85	10	0	9	0	6	2	306	208	0
Cappuccino with Whole Milk - Small	Small	80	4	2.5	0	10	60	7	0	6	0	4	2	207	139	0
Cappuccino with Whole Milk and Sugar - Large	Large	290	8	4.5	0	25	115	48	0	46	35	8	3	415	278	0
Cappuccino with Whole Milk and Sugar - Medium	Medium	220	6	3.5	0	20	85	36	0	35	26	6	2	306	208	0
Cappuccino with Whole Milk and Sugar - Small	Small	150	4	2.5	0	10	60	24	0	23	17	4	2	207	139	0
Caramel Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	180	65	0	63	46	11	3	821	404	0
Caramel Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	135	49	0	47	35	8	2	611	303	0
Caramel Swirl Hot Cappuccino with Skim Milk - Small	Small	160	0	0	0	5	90	33	0	32	23	6	1	410	202	0
Caramel Swirl Hot Cappuccino with Whole Milk - Large	Large	380	8	4.5	0	30	180	65	0	63	46	11	3	761	381	0
Caramel Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	135	48	0	47	35	8	2	566	285	0
Caramel Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	90	32	0	31	23	5	2	380	190	0
French Vanilla Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	170	65	0	61	42	11	3	784	384	0
French Vanilla Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	130	48	0	46	31	8	2	584	288	0
French Vanilla Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	85	32	0	30	21	5	1	392	192	0
French Vanilla Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	30	170	64	0	60	42	10	3	724	361	0
French Vanilla Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	130	48	0	45	31	8	2	539	271	0
French Vanilla Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	85	32	0	30	21	5	2	362	181	0
Hazelnut Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	170	65	0	61	42	11	3	784	384	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)
<b>Hot Cappuccino</b>																
<b>Hazelnut Swirl Hot Cappuccino with Skim Milk - Medium</b>	Medium	230	0	0	0	5	130	49	0	46	21	8	2	584	288	0
<b>Hazelnut Swirl Hot Cappuccino with Skim Milk - Small</b>	Small	150	0	0	0	5	85	32	0	30	21	5	1	392	192	0
<b>Hazelnut Swirl Hot Cappuccino with Whole Milk - Large</b>	Large	370	8	4.5	0	30	170	64	0	60	42	10	3	725	361	0
<b>Hazelnut Swirl Hot Cappuccino with Whole Milk - Medium</b>	Medium	280	6	3.5	0	20	130	48	0	45	31	8	2	539	271	0
<b>Hazelnut Swirl Hot Cappuccino with Whole Milk - Small</b>	Small	190	4	2.5	0	15	85	32	0	30	21	5	2	362	181	0
<b>Mocha Swirl Hot Cappuccino with Skim Milk - Large</b>	Large	300	1	0.5	0	5	140	64	2	58	46	10	3	825	311	2
<b>Mocha Swirl Hot Cappuccino with Skim Milk - Medium</b>	Medium	220	1	0.5	0	5	105	48	2	43	34	7	2	614	233	1
<b>Mocha Swirl Hot Cappuccino with Skim Milk - Small</b>	Small	150	0.5	0	0	0	70	32	1	29	23	5	1	412	156	1
<b>Mocha Swirl Hot Cappuccino with Whole Milk - Large</b>	Large	360	9	5	0	25	140	63	2	57	46	9	3	765	288	2
<b>Mocha Swirl Hot Cappuccino with Whole Milk - Medium</b>	Medium	270	7	4	0	20	110	48	2	43	34	7	2	569	216	1
<b>Mocha Swirl Hot Cappuccino with Whole Milk - Small</b>	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)
<b>Hot Chocolate</b>																
<b>Box 'O Joe(R) Hot Chocolate</b>	1 Small Cup	220	7	6	0	0	210	40	2	32	31	2	0	150	34	0
<b>Dunkaccino® - Extra Large</b>	XLarge	540	23	19	0	10	510	80	1	58	53	4	0	619	102	1
<b>Dunkaccino® - Large</b>	Large	490	21	17	0	10	470	73	1	53	49	4	0	571	94	1
<b>Dunkaccino® - Medium</b>	Medium	350	15	12	0	5	340	52	1	38	35	3	0	408	67	0
<b>Dunkaccino® - Small</b>	Small	240	10	8	0	5	230	36	0	26	24	2	0	277	46	0
<b>French Vanilla Dunkaccino(R) - Extra Large</b>	XLarge	570	26	21	0	10	570	86	1	62	58	4	0	649	80	1
<b>French Vanilla Dunkaccino(R) - Large</b>	Large	470	21	17	0	10	460	70	1	50	47	3	0	531	65	1
<b>French Vanilla Dunkaccino(R) - Medium</b>	Medium	350	16	13	0	5	350	53	1	38	36	2	0	398	49	0
<b>French Vanilla Dunkaccino(R) - Small</b>	Small	230	10	8	0	5	230	35	0	25	24	2	0	265	33	0
<b>Hot Chocolate with Espresso Shot - Large</b>	Large	400	12	11	0	0	390	71	3	55	53	3	0	354	61	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)
<b>Hot Chocolate</b>																
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
Salted Caramel Hot Chocolate - Extra Large	XLarge	510	17	15	0	0	750	87	2	69	66	5	0	410	104	1
Salted Caramel Hot Chocolate - Large	Large	420	14	13	0	0	620	71	2	57	54	4	0	337	86	0
Salted Caramel Hot Chocolate - Medium	Medium	310	10	9	0	0	450	52	1	42	40	3	0	247	63	0
Salted Caramel Hot Chocolate - Small	Small	210	7	6	0	0	320	36	1	29	28	2	0	172	44	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)
<b>Hot Coffee</b>																
Box 'O Joe(R)	1 Small Cup	5	0	0	0	0	5	0	0	0	0	0	0	155	6	0
Cafe Au Lait with Skim Milk - Large	Large	90	0	0	0	5	110	12	0	12	0	9	3	537	305	0
Cafe Au Lait with Skim Milk - Medium	Medium	70	0	0	0	5	80	9	0	9	0	7	2	416	229	0
Cafe Au Lait with Skim Milk - Small	Small	45	0	0	0	0	55	6	0	6	0	4	1	269	152	0
Cafe Au Lait with Whole Milk - Large	Large	150	8	4.5	0	25	110	12	0	12	0	8	3	477	282	0
Cafe Au Lait with Whole Milk - Medium	Medium	110	6	3.5	0	20	85	9	0	9	0	6	2	371	212	0

Hot 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)
Cafe 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
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

Hot 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)
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	250	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
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

	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)
<b>Hot Coffee</b>																
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)
<b>Hot Espresso</b>																
Cafe con Leche - Large	Large	340	12	7	0	35	170	47	0	46	28	12	5	576	415	0
Cafe con Leche - Medium	Medium	250	9	5	0	25	125	35	0	34	21	9	4	427	312	0
Cafe 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

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)
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	1012	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
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

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)
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
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	1016	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

	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)
<b>Hot Latte</b>																
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)
<b>Hot Macchiato</b>																
Caramel Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	10	190	66	0	63	46	11	3	867	404	0
Caramel Swirl Hot Macchiato with Skim Milk - Medium	Medium	240	0	0	0	5	140	49	0	47	35	8	2	657	303	0
Caramel Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	95	33	0	32	23	6	1	456	203	0
Caramel Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	190	65	0	63	46	11	3	807	381	0
Caramel Swirl Hot Macchiato with Whole Milk - Medium	Medium	290	6	3.5	0	20	140	49	0	47	35	8	2	612	286	0
Caramel Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	95	33	0	31	23	5	2	426	191	0
French Vanilla Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	10	180	65	0	61	42	11	3	830	385	0
French Vanilla Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	135	49	0	46	31	8	2	630	289	0
French Vanilla Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	90	33	0	30	21	5	1	438	193	0
French Vanilla Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	180	65	0	60	42	10	3	770	362	0
French Vanilla Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	135	49	0	45	31	8	2	585	272	0
French Vanilla Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	95	33	0	30	21	5	2	408	181	0
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

	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)
<b>Hot Macchiato</b>																
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
Mocha Swirl Hot Macchiato with Skim Milk - Large	Large	300	1	0.5	0	5	150	65	2	58	46	10	3	871	312	2
Mocha Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	1	0.5	0	5	110	49	2	43	34	7	2	660	234	2
Mocha Swirl Hot Macchiato with Skim Milk - Small	Small	150	0.5	0	0	0	75	33	1	29	23	5	1	458	156	1
Mocha Swirl Hot Macchiato with Whole Milk - Large	Large	370	9	5	0	25	150	64	2	57	46	9	3	811	289	2
Mocha Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	7	4	0	20	115	48	2	43	34	7	2	615	217	2
Mocha Swirl Hot Macchiato with Whole Milk - Small	Small	180	4.5	2.5	0	10	80	32	1	29	23	5	2	428	145	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)
<b>Iced Americano</b>																
<b>Iced Americano - Large</b>	Large	10	0	0	0	0	40	2	0	0	0	0	0	145	25	0
<b>Iced Americano - Medium</b>	Medium	10	0	0	0	0	30	2	0	0	0	0	0	116	18	0
<b>Iced Americano - Small</b>	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)
<b>Iced Cappuccino</b>																
<b>Caramel Swirl Iced Cappuccino with Skim Milk - Large</b>	Large	310	0	0	0	10	200	65	0	63	46	11	3	826	419	0
<b>Caramel Swirl Iced Cappuccino with Skim Milk - Medium</b>	Medium	230	0	0	0	5	150	49	0	47	35	8	2	615	314	0
<b>Caramel Swirl Iced Cappuccino with Skim Milk - Small</b>	Small	160	0	0	0	5	100	33	0	32	23	6	1	413	210	0
<b>Caramel Swirl Iced Cappuccino with Whole Milk - Large</b>	Large	380	8	4.5	0	30	200	65	0	63	46	11	3	766	396	0
<b>Caramel Swirl Iced Cappuccino with Whole Milk - Medium</b>	Medium	280	6	3.5	0	20	150	48	0	47	35	8	2	570	296	0
<b>Caramel Swirl Iced Cappuccino with Whole Milk - Small</b>	Small	190	4	2.5	0	15	100	32	0	31	23	5	2	383	198	0
<b>French Vanilla Swirl Iced Cappuccino with Skim Milk - Large</b>	Large	310	0	0	0	10	190	65	0	61	42	11	3	789	400	0
<b>French Vanilla Swirl Iced Cappuccino with Skim Milk - Medium</b>	Medium	230	0	0	0	5	140	48	0	46	31	8	2	587	299	0
<b>French Vanilla Swirl Iced Cappuccino with Skim Milk - Small</b>	Small	150	0	0	0	5	95	32	0	30	21	5	1	395	200	0
<b>French Vanilla Swirl Iced Cappuccino with Whole Milk - Large</b>	Large	370	8	4.5	0	30	190	64	0	60	42	10	3	730	377	0
<b>French Vanilla Swirl Iced Cappuccino with Whole Milk - Medium</b>	Medium	280	6	3.5	0	20	140	48	0	45	31	8	2	542	282	0
<b>French Vanilla Swirl Iced Cappuccino with Whole Milk - Small</b>	Small	190	4	2.5	0	15	95	32	0	30	21	5	2	365	189	0
<b>Hazelnut Swirl Iced Cappuccino with Skim Milk - Large</b>	Large	310	0	0	0	10	190	65	0	61	42	11	3	790	400	0
<b>Hazelnut Swirl Iced Cappuccino with Skim Milk - Medium</b>	Medium	230	0	0	0	5	140	49	0	46	31	8	2	587	299	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)
<b>Iced Cappuccino</b>																
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
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)
<b>Iced Coffee</b>																
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
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 Cafe Au Lait with Skim Milk - Large	Large	90	0	0	0	5	120	12	0	12	0	9	3	548	315	0
Iced Cafe Au Lait with Skim Milk - Medium	Medium	60	0	0	0	5	90	9	0	9	0	6	2	411	235	0
Iced Cafe Au Lait with Skim Milk - Small	Small	45	0	0	0	0	60	6	0	6	0	4	1	274	158	0
Iced Cafe Au Lait with Whole Milk - Large	Large	150	8	4.5	0	25	120	12	0	12	0	8	3	488	292	0
Iced Cafe Au Lait with Whole Milk - Medium	Medium	110	6	3.5	0	20	90	9	0	9	0	6	2	366	218	0
Iced Cafe Au Lait with Whole Milk - Small	Small	80	4	2.5	0	10	60	6	0	6	0	4	2	244	146	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)
<b>Iced Coffee</b>																
<b>Iced Coffee - Large</b>	Large	5	0	0	0	0	20	0	0	0	0	1	0	275	21	0
<b>Iced Coffee - Medium</b>	Medium	5	0	0	0	0	15	0	0	0	0	0	0	206	15	0
<b>Iced Coffee - Small</b>	Small	5	0	0	0	0	10	0	0	0	0	0	0	137	11	0
<b>Iced Coffee with AlmondMilk - Large</b>	Large	35	1	0	0	0	75	5	0	5	5	1	1	298	193	0
<b>Iced Coffee with AlmondMilk - Medium</b>	Medium	25	0.5	0	0	0	50	4	0	3	3	1	1	221	130	0
<b>Iced Coffee with AlmondMilk - Small</b>	Small	15	0	0	0	0	30	2	0	2	2	0	0	145	68	0
<b>Iced Coffee with Cream - Large</b>	Large	120	12	6	0	35	65	2	0	2	0	2	1	330	75	0
<b>Iced Coffee with Cream - Medium</b>	Medium	90	9	4.5	0	25	45	1	0	1	0	2	0	247	55	0
<b>Iced Coffee with Cream - Small</b>	Small	60	6	3	0	20	30	1	0	1	0	1	0	165	37	0
<b>Iced Coffee with Cream and Sugar - Large</b>	Large	260	12	6	0	35	65	37	0	36	35	2	1	330	75	0
<b>Iced Coffee with Cream and Sugar - Medium</b>	Medium	190	9	4.5	0	25	45	27	0	27	26	2	0	247	55	0
<b>Iced Coffee with Cream and Sugar - Small</b>	Small	130	6	3	0	20	30	18	0	18	17	1	0	165	38	0
<b>Iced Coffee with Skim Milk - Large</b>	Large	25	0	0	0	0	45	3	0	3	0	3	1	343	94	0
<b>Iced Coffee with Skim Milk - Medium</b>	Medium	20	0	0	0	0	35	2	0	2	0	2	1	257	70	0
<b>Iced Coffee with Skim Milk - Small</b>	Small	15	0	0	0	0	25	2	0	2	0	1	0	172	47	0
<b>Iced Coffee with Skim Milk and Sugar - Large</b>	Large	160	0	0	0	0	45	38	0	38	35	3	1	344	95	0
<b>Iced Coffee with Skim Milk and Sugar - Medium</b>	Medium	120	0	0	0	0	35	28	0	28	26	2	1	257	70	0
<b>Iced Coffee with Skim Milk and Sugar - Small</b>	Small	80	0	0	0	0	25	19	0	19	17	1	0	172	47	0
<b>Iced Coffee with Sugar - Large</b>	Large	140	0	0	0	0	20	35	0	35	35	1	0	275	21	0
<b>Iced Coffee with Sugar - Medium</b>	Medium	110	0	0	0	0	15	26	0	26	26	0	0	206	15	0
<b>Iced Coffee with Sugar - Small</b>	Small	70	0	0	0	0	10	17	0	17	17	0	0	138	11	0
<b>Iced Coffee with Whole Milk - Large</b>	Large	40	2	1	0	5	45	3	0	3	0	3	1	328	89	0
<b>Iced Coffee with Whole Milk - Medium</b>	Medium	30	1.5	1	0	5	35	2	0	2	0	2	1	246	66	0
<b>Iced Coffee with Whole Milk - Small</b>	Small	20	1	0.5	0	5	25	1	0	1	0	1	0	164	44	0
<b>Iced Coffee with Whole Milk and Sugar - Large</b>	Large	180	2	1	0	5	45	38	0	38	35	3	1	329	89	0
<b>Iced Coffee with Whole Milk and Sugar - Medium</b>	Medium	130	1.5	1	0	5	35	28	0	28	26	2	1	246	66	0
<b>Iced Coffee with Whole Milk and Sugar - Small</b>	Small	90	1	0.5	0	5	25	19	0	19	17	1	0	164	45	0
<b>Mocha Swirl Iced Coffee Large</b>	Large	210	1	0	0	0	50	50	2	46	46	2	0	598	31	2
<b>Mocha Swirl Iced Coffee Medium</b>	Medium	160	0.5	0	0	0	35	38	2	34	34	2	0	462	23	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
<b>Iced Coffee</b>																
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)
<b>Iced Latte</b>																
Caramel Craze Signature Iced Latte with Skim Milk - Large	Large	430	6	3.5	0	30	250	79	0	75	51	16	5	1053	586	0
Caramel Craze Signature Iced Latte with Skim Milk - Medium	Medium	340	5	3	0	25	190	61	0	57	39	12	3	792	442	0
Caramel Craze Signature Iced Latte with Skim Milk - Small	Small	250	5	3	0	20	130	43	0	40	27	8	2	543	303	0
Caramel Craze Signature Iced Latte with Whole Milk - Large	Large	530	17	10	0.5	60	250	79	0	74	51	15	5	963	551	0
Caramel Craze Signature Iced Latte with Whole Milk - Medium	Medium	410	14	8	0	45	190	61	0	57	39	11	4	725	416	0
Caramel Craze Signature Iced Latte with Whole Milk - Small	Small	300	11	6	0	35	130	43	0	39	27	8	3	499	285	0
Caramel Swirl Iced Latte with Skim Milk - Large	Large	350	0	0	0	10	250	71	0	69	46	15	4	1017	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

	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)
<b>Iced Latte</b>																
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
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

	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)
<b>Iced Latte</b>																
<b>Iced Latte with Whole Milk - Medium</b>	Medium	170	9	5	0	25	135	14	0	13	0	9	4	430	322	0
<b>Iced Latte with Whole Milk - Small</b>	Small	120	6	3.5	0	20	90	9	0	9	0	6	2	290	216	0
<b>Iced Latte with Whole Milk and Sugar - Large</b>	Large	370	12	7	0	35	180	54	0	52	35	12	5	581	431	0
<b>Iced Latte with Whole Milk and Sugar - Medium</b>	Medium	270	9	5	0	25	135	40	0	39	26	9	4	431	323	0
<b>Iced Latte with Whole Milk and Sugar - Small</b>	Small	180	6	3.5	0	20	90	27	0	26	17	6	2	291	216	0
<b>Mocha Swirl Iced Latte with Skim Milk - Large</b>	Large	340	1	0.5	0	5	210	70	2	64	46	14	4	1021	476	2
<b>Mocha Swirl Iced Latte with Skim Milk - Medium</b>	Medium	250	1	0.5	0	5	160	52	2	48	34	10	3	761	356	1
<b>Mocha Swirl Iced Latte with Skim Milk - Small</b>	Small	170	0.5	0	0	5	105	35	1	32	23	7	2	510	238	1
<b>Mocha Swirl Iced Latte with Whole Milk - Large</b>	Large	440	13	7	0	35	220	69	2	63	46	13	5	931	442	2
<b>Mocha Swirl Iced Latte with Whole Milk - Medium</b>	Medium	330	10	6	0	25	160	52	2	47	34	10	4	694	330	1
<b>Mocha Swirl Iced Latte with Whole Milk - Small</b>	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)
<b>Iced Macchiato</b>																
<b>Caramel Swirl Iced Macchiato with Skim Milk - Large</b>	Large	310	0	0	0	10	200	66	0	63	46	11	3	872	420	0
<b>Caramel Swirl Iced Macchiato with Skim Milk - Medium</b>	Medium	240	0	0	0	5	150	49	0	47	35	8	2	661	314	0
<b>Caramel Swirl Iced Macchiato with Skim Milk - Small</b>	Small	160	0	0	0	5	105	33	0	32	23	6	1	459	211	0
<b>Caramel Swirl Iced Macchiato with Whole Milk - Large</b>	Large	380	8	4.5	0	30	200	65	0	63	46	11	3	812	397	0
<b>Caramel Swirl Iced Macchiato with Whole Milk - Medium</b>	Medium	290	6	3.5	0	20	150	49	0	47	35	8	2	616	297	0
<b>Caramel Swirl Iced Macchiato with Whole Milk - Small</b>	Small	190	4	2.5	0	15	105	33	0	31	23	5	2	429	199	0
<b>French Vanilla Swirl Iced Macchiato with Skim Milk - Large</b>	Large	310	0	0	0	10	190	65	0	61	42	11	3	835	401	0
<b>French Vanilla Swirl Iced Macchiato with Skim Milk - Medium</b>	Medium	230	0	0	0	5	150	49	0	46	31	8	2	633	300	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)
<b>Iced Macchiato</b>																
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
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

	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)
<b>Iced Macchiato</b>																
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)
<b>Iced Tea</b>																
Iced Green Tea Sweetened - Large	Large	140	0	0	0	0	15	33	0	22	33	1	0	49	10	0
Iced Green Tea Sweetened - Medium	Medium	100	0	0	0	0	10	25	0	25	25	1	0	36	6	0
Iced Green Tea Sweetened - Small	Small	70	0	0	0	0	10	16	0	16	16	1	0	24	5	0
Iced Green Tea Unsweetened - Large	Large	5	0	0	0	0	15	0	0	0	0	1	0	49	10	0
Iced Green Tea Unsweetened - Medium	Medium	5	0	0	0	0	10	0	0	0	0	1	0	36	6	0
Iced Green Tea Unsweetened - Small	Small	5	0	0	0	0	10	0	0	0	0	1	0	24	5	0
Iced Tea Sweetened - Large	Large	140	0	0	0	0	25	35	0	33	33	0	0	213	10	0
Iced Tea Sweetened - Medium	Medium	100	0	0	0	0	20	26	0	25	25	0	0	159	6	0
Iced Tea Sweetened - Small	Small	70	0	0	0	0	15	17	0	16	16	0	0	107	5	0
Iced Tea Sweetened Blueberry Flavored 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

	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)
<b>Iced Tea</b>																
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
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)
<b>Kolache - Regional</b>																
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)
<b>Kosher Sandwiches and Wraps</b>																
Kosher Beyond Sausage(R) Sandwich	1 Sandwich	510	26	10	0	185	810	39	2	3	3	27	1	249	248	5
Kosher Beyond Sausage(R) Wake-Up Wrap	1 Wrap	280	17	8	0	105	500	15	1	1	0	15	1	124	226	2
Kosher Big n' Toasted™	1 Sandwich	610	37	10	0	340	1260	44	0	3	2	24	2	279	161	5
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)
<b>Kosher Sandwiches and Wraps - Regional</b>																
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)
<b>Muffins</b>																
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

	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)
<b>Muffins</b>																
<b>Corn Muffin</b>	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)
<b>Munchkins</b>																
<b>Butternut Munchkins</b>	1 Donut Hole	90	4	2	0	5	70	12	0	7	7	1	0	16	4	0
<b>Cinnamon Munchkins</b>	1 Donut Hole	60	3.5	1.5	0	5	70	6	0	2	2	1	0	12	4	0
<b>Glazed Blueberry Munchkins</b>	1 Donut Hole	70	3.5	2	0	5	65	8	0	4	4	1	0	12	4	0
<b>Glazed Chocolate Munchkins</b>	1 Donut Hole	60	3.5	1.5	0	0	80	8	0	4	4	1	0	31	6	0
<b>Glazed Munchkins</b>	1 Donut Hole	60	3	1.5	0	0	60	7	0	3	3	1	0	11	2	0
<b>Glazed Old Fashioned Munchkins</b>	1 Donut Hole	70	3.5	1.5	0	5	70	8	0	4	4	1	0	12	4	0
<b>Jelly Munchkins</b>	1 Donut Hole	60	3	1.5	0	0	65	8	0	3	3	1	0	11	3	0
<b>Old Fashioned Munchkins</b>	1 Donut Hole	60	3.5	1.5	0	5	70	6	0	2	1	1	0	12	4	0
<b>Powdered Munchkins</b>	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)
<b>Oatmeal</b>																
<b>Multigrain Brown Sugar Oatmeal with Dried Fruit Topping</b>	1 Cup	300	2.5	0	0	0	250	65	6	36	19	6	0	360	32	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)
<b>Other Bakery</b>																
<b>English Muffin</b>	1 Muffin	190	2	0	0	0	270	35	1	3	3	6	0	56	10	2
<b>Multigrain Thin</b>	1 Multigrain Thin	150	4	0.5	0	0	220	24	4	3	3	6	0	110	30	1
<b>Plain Croissant</b>	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)
<b>Packaged Tea - All varieties of our tea and herbal infusion have no nutritional significance.</b>																
<b>Decaf Breakfast Black Packaged Tea</b>																

	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)
<b>Sandwiches</b>																
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	1200	67	4	8	5	23	1	280	137	5
Beyond Sausage(R) Sandwich	1 Sandwich	510	26	10	0	185	820	40	2	3	3	26	2	244	245	5
Beyond Sausage(R) Wake Up Wrap	1 Wrap	280	18	7	0	100	500	15	1	1	0	14	1	119	224	2
Double Sausage Breakfast Sandwich	1 Sandwich	890	53	19	0	250	1970	68	5	8	5	35	2	520	178	5
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
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	530	32	13	0	190	900	40	1	6	5	19	4	350	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	490	14	5	0	190	1270	67	4	8	4	24	1	419	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	1140	40	2	4	3	21	2	260	151	3
Sausage, Egg and Cheese on a Plain Bagel	1 Sandwich	680	34	12	0	220	1500	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

	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)
<b>Sandwiches</b>																
Turkey Sausage Sandwich on English Muffin	1 Sandwich	460	22	7	0	240	1120	39	1	4	3	26	2	270	137	4
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

	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)
<b>Sandwiches - Regional</b>																
Big n' Toasted™	1 Sandwich	600	36	11	0	360	1190	41	0	4	3	27	2	331	162	4
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
Grilled Cheese	1 Sandwich	430	24	11	0	50	960	37	0	3	2	17	0	115	349	2
Grilled Cheese with Bacon	1 Sandwich	490	29	13	0	60	1140	38	0	4	3	21	0	173	351	2
Grilled Cheese with Ham	1 Sandwich	460	25	12	0	60	1220	38	0	4	3	22	0	313	350	2
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)
<b>Soft Serve</b>																
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](http://www.DunkinDonuts.com) or by calling Guest Support at 800-859-5339. All products are prepared in restaurant and may contain or may have come into contact with Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts and Wheat.

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