

Nutrition Guide

The information below was last updated on 10-11-2023. Information can change frequently, so check www.DunkinDonuts.com for the most current information.

Before placing your order, please inform your server if a person in your party has a food allergy. Trans Fat quantities displayed in this guide represent naturally occurring trans fats.

All of our products contain zero grams of artificial trans fat.

Limited Time Products

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Cold Brew Coffee																
Cookie Butter Cold Brew with Cream - Large	Large	390	16	9	0	50	160	56	0	53	50	3	1	403	161	1
Cookie Butter Cold Brew with Cream - Medium	Medium	280	12	7	0	35	120	41	0	39	37	2	1	300	118	1
Cookie Butter Cold Brew with Cream - Small	Small	220	9	5	0	25	100	33	0	30	29	2	0	212	86	1
Cookie Butter Cold Brew, Black - Large	Large	270	5	3	0	15	120	54	0	51	50	2	0	350	108	1
Cookie Butter Cold Brew, Black - Medium	Medium	200	3.5	2	0	10	90	40	0	37	37	1	0	261	78	1
Cookie Butter Cold Brew, Black - Small	Small	160	3.5	2	0	10	80	32	0	29	29	1	0	185	59	1
Peppermint Mocha Cold Brew with Sweet Cold Foam - Large	Large	340	4.5	2.5	0	10	115	71	2	67	65	3	0	527	64	2
Peppermint Mocha Cold Brew with Sweet Cold Foam - Medium	Medium	250	3	2	0	10	85	52	2	49	48	2	0	390	45	2
Peppermint Mocha Cold Brew with Sweet Cold Foam - Small	Small	190	3	2	0	10	65	39	1	36	35	2	0	274	39	1
The Charli Cold Foam - Large	Large	340	4	2.5	0	15	115	70	0	68	61	4	0	613	159	0
The Charli Cold Foam - Medium	Medium	250	3	1.5	0	10	85	52	0	50	45	3	0	455	116	0
The Charli Cold Foam - Small	Small	190	2.5	1.5	0	10	65	39	0	37	34	2	0	317	87	0
White Chocolate Coconut Cold Brew - Large	Large	340	12	6	0	40	130	51	0	49	42	5	1	519	199	0
White Chocolate Coconut Cold Brew - Medium	Medium	260	9	4.5	0	30	95	38	0	37	32	4	0	389	149	0
White Chocolate Coconut Cold Brew - Small	Small	170	6	3	0	20	65	26	0	25	21	2	0	259	100	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Croissant Stuffers																
Ham & Cheese Croissant Stuffer	1 Croissant	330	17	10	0	60	580	30	2	6	4	14	1	176	209	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Donuts																
Chocolate Frosted Holiday Sprinkle Donut	1 Donut	270	12	5	0	0	290	37	1	15	15	5	0	77	13	2
Strawberry Frosted Holiday Sprinkle Donut	1 Donut	270	12	5	0	0	280	37	1	16	16	4	0	60	12	2
White Frosted Holiday Sprinkle Donut	1 Donut	270	12	5	0	0	280	37	1	16	15	4	0	60	12	2
Whoopie Pie Donut	1 Donut	480	30	18	0	0	440	52	1	32	31	4	0	66	26	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)
Donuts - Regional																
#ALLCAPS Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	59	12	2
Birdland Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	63	12	2
Chocolate Frosted with Chocolate Sprinkles Donut	1 Donut	270	12	5	0	0	290	36	1	15	14	5	0	85	13	2
Cleveland Guardians Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
DUUVAL Donut	1 Donut	270	12	5	0	0	280	37	1	15	14	4	0	68	12	2
Da Donut	1 Donut	280	11	4.5	0	0	290	40	1	19	18	4	0	60	12	2
Dawgs Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
Dodgers Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	58	12	2
Eagles Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
Fenway Faithful Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
Go Canes Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
Go Owls Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
Guava Donut	1 Donut	240	10	4	0	0	280	32	1	12	11	4	1	72	12	2
Inter Miami Donut	1 Donut	270	11	4.5	0	0	280	37	1	17	16	4	0	59	12	2
Jaguars Hall of Fame Donut	1 Donut	270	12	5	0	0	280	37	1	15	14	4	0	68	12	2
Make-A-Wish® Donut	1 Donut	280	12	5	0	0	330	41	1	19	19	4	0	60	32	1
New York Giants Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
New York Jets Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
Orioles Magic Donut	1 Donut	350	15	6	0	0	300	47	1	27	27	4	1	69	12	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Donuts - Regional																
Padres Donut	1 Donut	270	12	5	0	0	290	36	1	15	14	4	0	75	13	2
Pittsburgh Crème Donut	1 Donut	350	16	7	0	0	310	47	1	26	25	5	1	81	13	2
Pittsburgh Penguins Donut	1 Donut	270	12	5	0	0	290	36	1	15	14	4	0	75	13	2
Poe's Purple Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	63	12	2
Raise the Flags Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
Raven's Flock Donut	1 Donut	350	16	7	0	0	300	47	1	26	25	5	1	75	12	2
Reds Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	64	12	2
Roll Tide Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
SPACE U Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	59	12	2
TN Titans Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	58	12	2
TN Vols Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	58	12	2
Tar Heels Donut	1 Donut	270	12	5	0	0	280	37	1	15	15	4	0	58	12	2
The GOAT Donut	1 Donut	270	11	4.5	0	0	290	37	1	16	16	4	0	59	12	2

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

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Dunkin' Wraps																
Chicken & Roasted Pepper Dunkin' Wrap	1 Wrap	380	16	10	0.5	75	820	33	3	3	0	25	0	318	283	3
Chorizo & Egg Dunkin' Wrap	1 Wrap	410	21	10	0	140	1010	34	3	3	1	20	1	249	227	3

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Frozen Chocolate																
Peppermint Mocha Swirl Frozen Chocolate - Large	Large	910	18	13	0	35	370	177	4	163	153	10	3	739	279	3

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Chocolate																
Peppermint Mocha Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	30	280	136	3	125	117	7	2	575	213	2
Peppermint Mocha Swirl Frozen Chocolate - Small	Small	500	11	8	0	25	190	96	2	87	82	5	1	413	148	2
Pumpkin Swirl Frozen Chocolate - Large	Large	900	18	13	0	40	430	173	1	162	144	12	3	671	424	0
Pumpkin Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	30	320	133	1	124	110	9	2	524	326	0
Pumpkin Swirl Frozen Chocolate - Small	Small	500	11	8	0	25	220	94	1	87	77	6	1	379	230	0
Toasted White Chocolate Swirl Frozen Chocolate - Large	Large	900	17	13	0	40	380	173	1	160	144	11	3	686	415	0
Toasted White Chocolate Swirl Frozen Chocolate - Medium	Medium	690	14	10	0	30	290	133	1	123	111	9	2	535	319	0
Toasted White Chocolate Swirl Frozen Chocolate - Small	Small	500	11	8	0	25	200	94	1	86	77	6	1	386	225	0

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Frozen Coffee																
Brown Sugar Cookie Frozen Coffee - Large	Large	1030	39	23	1.5	125	250	162	0	153	146	8	2	2045	311	3
Brown Sugar Cookie Frozen Coffee - Medium	Medium	790	30	18	1	95	190	125	0	117	112	6	2	1556	242	2
Brown Sugar Cookie Frozen Coffee - Small	Small	560	22	13	0.5	70	135	88	0	82	78	5	1	1069	175	2
Peppermint Mocha Swirl Frozen Coffee with Cream - Large	Large	1170	40	22	1.5	125	280	194	3	182	177	9	2	2194	233	5
Peppermint Mocha Swirl Frozen Coffee with Cream - Medium	Medium	900	31	17	1	95	220	149	2	139	135	7	2	1666	178	4
Peppermint Mocha Swirl Frozen Coffee with Cream - Small	Small	630	22	12	0.5	70	150	104	1	97	94	5	1	1141	125	3
Peppermint Mocha Swirl Frozen Coffee with Skim Milk - Large	Large	890	6	4	0	20	230	198	3	186	177	10	2	2234	293	5
Peppermint Mocha Swirl Frozen Coffee with Skim Milk - Medium	Medium	690	5	3.5	0	20	180	152	2	142	135	7	2	1696	223	4
Peppermint Mocha Swirl Frozen Coffee with Skim Milk - Small	Small	490	5	3.5	0	15	120	106	1	99	94	5	1	1161	155	2
Peppermint Mocha Swirl Frozen Coffee with Whole Milk - Large	Large	930	12	7	0	35	230	197	3	186	177	9	3	2189	276	5
Peppermint Mocha Swirl Frozen Coffee with Whole Milk - Medium	Medium	720	10	6	0	30	180	152	2	142	135	7	2	1663	210	4

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Frozen Coffee																
Peppermint Mocha Swirl Frozen Coffee with Whole Milk - Small	Small	520	8	5	0	25	120	106	1	98	94	5	1	1139	146	2
Pumpkin Swirl Frozen Coffee with Cream - Large	Large	1160	40	22	1.5	125	340	190	0	181	167	11	2	2129	379	2
Pumpkin Swirl Frozen Coffee with Cream - Medium	Medium	890	31	17	1	100	260	146	0	139	128	8	2	1617	292	2
Pumpkin Swirl Frozen Coffee with Cream - Small	Small	630	22	12	0.5	70	180	102	0	96	89	6	1	1108	207	1
Pumpkin Swirl Frozen Coffee with Skim Milk - Large	Large	880	5	3.5	0	25	290	194	0	185	167	12	2	2169	438	2
Pumpkin Swirl Frozen Coffee with Skim Milk - Medium	Medium	680	5	3	0	20	220	149	0	142	128	9	2	1647	337	2
Pumpkin Swirl Frozen Coffee with Skim Milk - Small	Small	490	4.5	3	0	20	150	104	0	98	89	6	1	1128	237	1
Pumpkin Swirl Frozen Coffee with Whole Milk - Large	Large	930	11	7	0	40	290	194	0	185	167	11	3	2124	421	2
Pumpkin Swirl Frozen Coffee with Whole Milk - Medium	Medium	720	9	6	0	30	220	149	0	141	128	9	2	1614	324	2
Pumpkin Swirl Frozen Coffee with Whole Milk - Small	Small	510	8	4.5	0	25	150	104	0	98	89	6	1	1106	228	1
Toasted White Chocolate Swirl Frozen Coffee with Cream - Large	Large	1110	40	22	1.5	125	290	177	0	167	156	10	2	2142	369	2
Toasted White Chocolate Swirl Frozen Coffee with Cream - Medium	Medium	850	31	17	1	100	220	136	0	128	119	8	2	1627	285	2
Toasted White Chocolate Swirl Frozen Coffee with Cream - Small	Small	600	22	12	0.5	70	160	96	0	90	83	6	1	1114	202	1
Toasted White Chocolate Swirl Frozen Coffee with Skim Milk - Large	Large	830	5	3.5	0	25	240	181	0	171	156	11	2	2182	429	2
Toasted White Chocolate Swirl Frozen Coffee with Skim Milk - Medium	Medium	640	5	3	0	20	180	139	0	131	119	9	2	1657	329	2
Toasted White Chocolate Swirl Frozen Coffee with Skim Milk - Small	Small	460	4.5	3	0	20	130	98	0	92	83	6	1	1135	232	1
Toasted White Chocolate Swirl Frozen Coffee with Whole Milk - Large	Large	870	11	7	0	40	240	181	0	171	156	11	3	2137	412	2
Toasted White Chocolate Swirl Frozen Coffee with Whole Milk - Medium	Medium	680	9	6	0	30	190	139	0	131	119	8	2	1624	316	2
Toasted White Chocolate Swirl Frozen Coffee with Whole Milk - Small	Small	490	8	4.5	0	25	130	98	0	92	83	6	1	1112	223	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hash Browns																
Loaded Hash Browns	1 Bowl	340	22	6	0	20	1240	24	2	4	1	9	0	429	86	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Cappuccino																
Peppermint Mocha Swirl Hot Cappuccino with Skim Milk - Large	Large	320	1	0.5	0	5	180	66	2	63	51	10	3	735	309	2
Peppermint Mocha Swirl Hot Cappuccino with Skim Milk - Medium	Medium	240	0.5	0	0	5	135	50	1	47	38	7	2	546	232	2
Peppermint Mocha Swirl Hot Cappuccino with Skim Milk - Small	Small	160	0	0	0	0	90	33	1	31	25	5	1	367	155	1
Peppermint Mocha Swirl Hot Cappuccino with Whole Milk - Large	Large	380	9	5	0	25	180	66	2	62	51	9	3	675	287	2
Peppermint Mocha Swirl Hot Cappuccino with Whole Milk - Medium	Medium	290	6	3.5	0	20	135	49	1	47	38	7	2	502	215	2
Peppermint Mocha Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4.5	2.5	0	10	90	33	1	31	25	5	2	337	143	1
Pumpkin Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	230	63	0	61	42	12	3	660	435	0
Pumpkin Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	170	47	0	46	31	9	2	490	327	0
Pumpkin Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	115	31	0	30	21	6	1	330	218	0
Pumpkin Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	5	0	25	230	63	0	60	42	11	3	600	413	0
Pumpkin Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	170	47	0	45	31	8	2	445	309	0
Pumpkin Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	115	31	0	30	21	6	2	300	206	0
Toasted White Chocolate Swirl Hot Cappuccino with Skim Milk - Large	Large	300	0	0	0	5	180	62	0	60	42	11	3	674	425	0
Toasted White Chocolate Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	135	47	0	45	32	8	2	501	319	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Cappuccino																
Toasted White Chocolate Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	90	31	0	30	21	5	1	337	213	0
Toasted White Chocolate Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	180	62	0	59	42	10	3	614	402	0
Toasted White Chocolate Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	140	46	0	44	32	8	2	456	302	0
Toasted White Chocolate Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	90	31	0	30	21	5	2	307	201	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Chocolate																
Peppermint Mocha Hot Chocolate - Extra Large	XLarge	840	16	14	0	0	580	168	6	146	144	6	0	726	90	4
Peppermint Mocha Hot Chocolate - Large	Large	690	15	13	0	0	510	135	5	116	113	5	0	569	79	3
Peppermint Mocha Hot Chocolate - Medium	Medium	500	10	9	0	0	370	98	3	84	83	4	0	416	57	2
Peppermint Mocha Hot Chocolate - Small	Small	340	7	6	0	0	250	66	2	57	56	2	0	280	39	1
Toasted White Chocolate Hot Chocolate - Extra Large	XLarge	770	15	14	0	5	560	150	3	130	121	7	0	586	233	1
Toasted White Chocolate Hot Chocolate - Large	Large	670	14	13	0	5	510	131	3	113	105	6	0	508	195	1
Toasted White Chocolate Hot Chocolate - Medium	Medium	490	10	9	0	0	370	95	2	82	77	5	0	370	144	0
Toasted White Chocolate Hot Chocolate - Small	Small	330	7	6	0	0	250	64	2	55	52	3	0	250	97	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Coffee																
Nutty Pumpkin Hot Coffee - Extra Large	XLarge	430	15	8	0	45	210	65	0	63	52	7	1	555	247	0
Nutty Pumpkin Hot Coffee - Large	Large	350	12	6	0	35	170	52	0	50	42	5	1	449	198	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Coffee																
Nutty Pumpkin Hot Coffee - Medium	Medium	260	9	4.5	0	30	125	39	0	38	31	4	0	343	148	0
Nutty Pumpkin Hot Coffee - Small	Small	170	6	3	0	20	85	26	0	25	21	3	0	263	100	0
Peppermint Mocha Swirl Hot Coffee with Black - Extra Large	XLarge	290	1	0	0	0	95	66	2	63	63	2	0	604	23	3
Peppermint Mocha Swirl Hot Coffee with Black - Large	Large	230	0.5	0	0	0	75	53	2	51	51	2	0	494	19	2
Peppermint Mocha Swirl Hot Coffee with Black - Medium	Medium	170	0	0	0	0	60	40	1	38	38	1	0	383	15	2
Peppermint Mocha Swirl Hot Coffee with Black - Small	Small	120	0	0	0	0	40	26	1	25	25	1	0	273	10	1
Peppermint Mocha Swirl Hot Coffee with Cream - Extra Large	XLarge	430	15	8	0	45	150	68	2	65	63	4	1	675	90	3
Peppermint Mocha Swirl Hot Coffee with Cream - Large	Large	340	12	6	0	35	120	55	2	52	51	4	1	550	73	2
Peppermint Mocha Swirl Hot Coffee with Cream - Medium	Medium	260	9	5	0	25	90	41	1	39	38	3	0	425	55	2
Peppermint Mocha Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	60	27	1	26	25	2	0	301	37	1
Pumpkin Swirl Hot Coffee with Black - Extra Large	XLarge	280	0	0	0	0	150	62	0	61	52	5	0	511	180	0
Pumpkin Swirl Hot Coffee with Black - Large	Large	220	0	0	0	0	125	49	0	49	42	4	0	419	145	0
Pumpkin Swirl Hot Coffee with Black - Medium	Medium	170	0	0	0	0	95	37	0	37	31	3	0	327	109	0
Pumpkin Swirl Hot Coffee with Black - Small	Small	110	0	0	0	0	65	25	0	24	21	2	0	235	73	0
Pumpkin Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	45	210	64	0	63	52	7	1	581	248	0
Pumpkin Swirl Hot Coffee with Cream - Large	Large	340	12	6	0	35	170	51	0	50	42	6	1	475	199	0
Pumpkin Swirl Hot Coffee with Cream - Medium	Medium	250	9	4.5	0	30	125	38	0	38	31	4	0	369	149	0
Pumpkin Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	85	26	0	25	21	3	0	263	100	0
Spiced Cookie Hot Coffee - Extra Large	XLarge	220	1	0	0	0	70	50	1	42	42	1	1	462	191	1
Spiced Cookie Hot Coffee - Large	Large	180	1	0	0	0	55	40	1	34	34	1	1	375	153	1
Spiced Cookie Hot Coffee - Medium	Medium	130	0.5	0	0	0	45	30	1	25	25	1	1	288	115	1
Spiced Cookie Hot Coffee - Small	Small	90	0	0	0	0	30	20	0	17	17	1	0	226	78	1
Toasted White Chocolate Swirl Hot Coffee with Black - Extra Large	XLarge	270	0	0	0	5	95	61	0	59	53	4	0	529	168	0
Toasted White Chocolate Swirl Hot Coffee with Black - Large	Large	220	0	0	0	0	80	49	0	48	42	3	0	433	135	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Coffee																
Toasted White Chocolate Swirl Hot Coffee with Black - Medium	Medium	160	0	0	0	0	60	37	0	36	32	2	0	312	100	0
Toasted White Chocolate Swirl Hot Coffee with Black - Small	Small	110	0	0	0	0	40	24	0	24	21	2	0	242	68	0
Toasted White Chocolate Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	45	150	63	0	62	53	6	1	599	235	0
Toasted White Chocolate Swirl Hot Coffee with Cream - Large	Large	330	12	6	0	40	120	51	0	49	42	5	1	489	188	0
Toasted White Chocolate Swirl Hot Coffee with Cream - Medium	Medium	250	9	4.5	0	30	90	38	0	37	32	4	0	354	141	0
Toasted White Chocolate Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	60	25	0	25	21	3	0	271	95	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Latte																
Brown Sugar Cookie Chai Latte - Large	Large	380	12	7	0	35	190	54	1	52	34	12	5	571	455	1
Brown Sugar Cookie Chai Latte - Medium	Medium	280	9	5	0	25	140	41	1	39	26	9	4	428	341	1
Brown Sugar Cookie Chai Latte - Small	Small	190	6	3.5	0	20	95	27	1	26	17	6	2	285	228	0
Peppermint Mocha Signature Hot Latte with Skim Milk - Large	Large	440	6	4	0	25	240	81	2	74	55	14	5	965	478	2
Peppermint Mocha Signature Hot Latte with Skim Milk - Medium	Medium	340	5	3.5	0	20	180	62	1	56	42	11	3	727	361	2
Peppermint Mocha Signature Hot Latte with Skim Milk - Small	Small	250	5	3.5	0	20	125	44	1	39	29	7	2	500	246	1
Peppermint Mocha Signature Hot Latte with Whole Milk - Large	Large	540	18	11	0.5	55	250	80	2	73	55	13	5	876	443	2
Peppermint Mocha Signature Hot Latte with Whole Milk - Medium	Medium	420	14	8	0	45	190	61	1	56	42	10	4	660	335	2
Peppermint Mocha Signature Hot Latte with Whole Milk - Small	Small	300	11	7	0	35	125	43	1	39	29	7	3	455	229	1
Peppermint Mocha Swirl Hot Latte with Skim Milk - Large	Large	360	1	0.5	0	5	230	72	2	69	51	14	4	926	459	2
Peppermint Mocha Swirl Hot Latte with Skim Milk - Medium	Medium	270	0.5	0	0	5	170	54	1	52	38	10	3	690	344	2
Peppermint Mocha Swirl Hot Latte with Skim Milk - Small	Small	180	0	0	0	5	115	36	1	34	25	7	2	463	229	1
Peppermint Mocha Swirl Hot Latte with Whole Milk - Large	Large	460	13	7	0	35	240	72	2	68	51	13	5	836	424	2

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)
Peppermint Mocha Swirl Hot Latte with Whole Milk - Medium	Medium	340	9	5	0	25	180	54	1	51	38	10	4	622	318	2
Peppermint Mocha Swirl Hot Latte with Whole Milk - Small	Small	230	6	3.5	0	20	120	36	1	34	25	6	2	418	212	1
Pumpkin Chai Hot Latte - Large	Large	610	12	7	0	40	310	107	2	102	78	15	5	747	570	1
Pumpkin Chai Hot Latte - Medium	Medium	460	9	5	0	30	240	80	2	77	58	12	4	560	427	1
Pumpkin Chai Hot Latte - Small	Small	300	6	3.5	0	20	160	53	1	51	39	8	2	374	285	0
Pumpkin Swirl Hot Latte with Skim Milk - Large	Large	350	0.5	0	0	10	280	69	0	67	42	16	4	851	585	0
Pumpkin Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	5	210	52	0	50	31	12	3	633	439	0
Pumpkin Swirl Hot Latte with Skim Milk - Small	Small	170	0	0	0	5	140	35	0	33	21	8	2	425	292	0
Pumpkin Swirl Hot Latte with Whole Milk - Large	Large	450	12	7	0	40	280	68	0	66	42	15	5	761	550	0
Pumpkin Swirl Hot Latte with Whole Milk - Medium	Medium	330	9	5	0	30	210	51	0	50	31	11	4	566	413	0
Pumpkin Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	140	34	0	33	21	7	2	380	275	0
Signature Pumpkin Spice Hot Latte with Skim Milk - Large	Large	440	6	3.5	0	25	290	78	0	72	47	16	5	889	608	0
Signature Pumpkin Spice Hot Latte with Skim Milk - Medium	Medium	340	5	3.5	0	20	220	60	0	55	36	12	3	669	460	0
Signature Pumpkin Spice Hot Latte with Skim Milk - Small	Small	250	5	3	0	20	150	43	0	38	25	8	2	461	314	0
Signature Pumpkin Spice Hot Latte with Whole Milk - Large	Large	540	17	10	0.5	55	290	77	0	71	47	16	5	799	573	0
Signature Pumpkin Spice Hot Latte with Whole Milk - Medium	Medium	420	14	8	0	45	220	59	0	55	36	12	4	602	434	0
Signature Pumpkin Spice Hot Latte with Whole Milk - Small	Small	300	11	6	0	35	150	42	0	38	25	8	3	416	296	0
Toasted White Chocolate Chai Latte - Large	Large	410	12	7	0	40	210	62	1	59	39	13	5	622	487	0
Toasted White Chocolate Chai Latte - Medium	Medium	310	9	5	0	30	160	46	1	45	29	10	4	467	365	0
Toasted White Chocolate Chai Latte - Small	Small	210	6	3.5	0	20	105	31	1	30	20	7	2	311	243	0
Toasted White Chocolate Signature Hot Latte with Skim Milk - Large	Large	430	6	3.5	0	25	240	77	0	71	47	16	5	903	598	0
Toasted White Chocolate Signature Hot Latte with Skim Milk - Medium	Medium	330	5	3	0	25	180	59	0	54	36	12	3	680	452	0
Toasted White Chocolate Signature Hot Latte with Skim Milk - Small	Small	250	5	3	0	20	125	42	0	38	26	8	2	468	309	0
Toasted White Chocolate Signature Hot Latte with Whole Milk - Large	Large	530	17	10	0.5	55	250	76	0	70	47	15	5	814	563	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Latte																
Toasted White Chocolate Signature Hot Latte with Whole Milk - Medium	Medium	410	14	8	0	45	190	59	0	54	36	11	4	613	426	0
Toasted White Chocolate Signature Hot Latte with Whole Milk - Small	Small	300	11	6	0	35	125	42	0	38	26	8	3	424	291	0
Toasted White Chocolate Swirl Hot Latte with Skim Milk - Large	Large	350	0.5	0	0	10	230	68	0	66	42	15	4	865	575	0
Toasted White Chocolate Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	5	170	51	0	49	32	11	3	644	431	0
Toasted White Chocolate Swirl Hot Latte with Skim Milk - Small	Small	170	0	0	0	5	115	34	0	33	21	8	2	433	287	0
Toasted White Chocolate Swirl Hot Latte with Whole Milk - Large	Large	440	12	7	0	40	240	68	0	65	42	14	5	775	540	0
Toasted White Chocolate Swirl Hot Latte with Whole Milk - Medium	Medium	330	9	5	0	30	180	51	0	49	32	11	4	577	405	0
Toasted White Chocolate Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	120	34	0	33	21	7	2	388	270	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Macchiato																
Peppermint Mocha Swirl Hot Macchiato with Skim Milk - Large	Large	320	1	0.5	0	5	190	67	2	63	51	10	3	781	310	2
Peppermint Mocha Swirl Hot Macchiato with Skim Milk - Medium	Medium	240	0.5	0	0	5	140	50	1	47	38	7	2	592	233	2
Peppermint Mocha Swirl Hot Macchiato with Skim Milk - Small	Small	160	0.5	0	0	0	95	34	1	31	25	5	1	413	156	1
Peppermint Mocha Swirl Hot Macchiato with Whole Milk - Large	Large	380	9	5	0	25	190	67	2	62	51	9	3	721	287	2
Peppermint Mocha Swirl Hot Macchiato with Whole Milk - Medium	Medium	290	7	4	0	20	140	50	1	47	38	7	2	548	216	2
Peppermint Mocha Swirl Hot Macchiato with Whole Milk - Small	Small	190	4.5	2.5	0	10	95	34	1	31	25	5	2	383	144	1
Pumpkin Swirl Hot Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	230	64	0	61	42	12	3	706	436	0
Pumpkin Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	180	48	0	46	31	9	2	536	327	0
Pumpkin Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	120	32	0	30	21	6	1	376	219	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Macchiato																
Pumpkin Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	5	0	25	240	63	0	60	42	11	3	646	413	0
Pumpkin Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	180	47	0	45	31	8	2	491	310	0
Pumpkin Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	120	32	0	30	21	6	2	346	207	0
Toasted White Chocolate Swirl Hot Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	190	63	0	60	42	11	3	720	426	0
Toasted White Chocolate Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	140	47	0	45	32	8	2	547	320	0
Toasted White Chocolate Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	95	32	0	30	21	6	1	383	213	0
Toasted White Chocolate Swirl Hot Macchiato with Whole Milk - Large	Large	370	8	4.5	0	25	190	63	0	59	42	10	3	660	403	0
Toasted White Chocolate Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	140	47	0	44	32	8	2	502	303	0
Toasted White Chocolate Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	100	32	0	30	21	5	2	353	202	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Cappuccino																
Peppermint Mocha Swirl Iced Cappuccino with Skim Milk - Large	Large	320	1	0.5	0	5	200	66	2	63	51	10	3	740	325	2
Peppermint Mocha Swirl Iced Cappuccino with Skim Milk - Medium	Medium	240	0.5	0	0	5	150	50	1	47	38	7	2	550	243	2
Peppermint Mocha Swirl Iced Cappuccino with Skim Milk - Small	Small	160	0	0	0	0	100	33	1	31	25	5	1	370	163	1
Peppermint Mocha Swirl Iced Cappuccino with Whole Milk - Large	Large	380	9	5	0	25	200	66	2	62	51	9	3	680	302	2
Peppermint Mocha Swirl Iced Cappuccino with Whole Milk - Medium	Medium	290	6	3.5	0	20	150	49	1	47	38	7	2	505	226	2
Peppermint Mocha Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4.5	2.5	0	10	100	33	1	31	25	5	2	340	151	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Cappuccino																
Pumpkin Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	240	63	0	61	42	12	3	665	451	0
Pumpkin Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	180	47	0	46	31	9	2	494	338	0
Pumpkin Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	120	31	0	30	21	6	1	333	226	0
Pumpkin Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	5	0	25	250	63	0	60	42	11	3	605	428	0
Pumpkin Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	180	47	0	45	31	8	2	449	320	0
Pumpkin Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	125	31	0	30	21	6	2	303	214	0
Toasted White Chocolate Swirl Iced Cappuccino with Skim Milk - Large	Large	300	0	0	0	5	200	62	0	60	42	11	3	679	441	0
Toasted White Chocolate Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	150	47	0	45	32	8	2	505	330	0
Toasted White Chocolate Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	100	31	0	30	21	5	1	340	221	0
Toasted White Chocolate Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	200	62	0	59	42	10	3	619	418	0
Toasted White Chocolate Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	46	0	44	32	8	2	460	313	0
Toasted White Chocolate Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	100	31	0	30	21	5	2	310	209	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Coffee																
Nutty Pumpkin Iced Coffee - Large	Large	350	12	6	0	35	180	52	0	50	42	6	1	488	209	0
Nutty Pumpkin Iced Coffee - Medium	Medium	260	9	4.5	0	30	130	39	0	38	31	4	0	366	156	0
Nutty Pumpkin Iced Coffee - Small	Small	170	6	3	0	20	90	26	0	25	21	3	0	244	104	0
Peppermint Mocha Swirl Iced Coffee with Black - Large	Large	230	0.5	0	0	0	85	53	2	51	51	2	0	508	29	2
Peppermint Mocha Swirl Iced Coffee with Black - Medium	Medium	170	0	0	0	0	65	40	1	38	38	1	0	395	21	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Coffee																
Peppermint Mocha Swirl Iced Coffee with Black - Small	Small	120	0	0	0	0	45	26	1	25	25	1	0	268	15	1
Peppermint Mocha Swirl Iced Coffee with Cream - Large	Large	340	12	6	0	35	130	55	2	52	51	4	1	563	83	2
Peppermint Mocha Swirl Iced Coffee with Cream - Medium	Medium	260	9	5	0	25	95	41	1	39	38	3	0	436	62	2
Peppermint Mocha Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	65	27	1	26	25	2	0	295	42	1
Pumpkin Swirl Iced Coffee with Black - Large	Large	220	0	0	0	0	135	49	0	49	42	4	0	433	155	0
Pumpkin Swirl Iced Coffee with Black - Medium	Medium	170	0	0	0	0	100	37	0	37	31	3	0	338	116	0
Pumpkin Swirl Iced Coffee with Black - Small	Small	110	0	0	0	0	70	25	0	24	21	2	0	230	78	0
Pumpkin Swirl Iced Coffee with Cream - Large	Large	340	12	6	0	35	180	51	0	50	42	6	1	488	209	0
Pumpkin Swirl Iced Coffee with Cream - Medium	Medium	250	9	4.5	0	30	130	38	0	38	31	4	0	379	156	0
Pumpkin Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	90	26	0	25	21	3	0	258	105	0
Spiced Cookie Iced Coffee - Large	Large	180	1	0	0	0	70	40	1	34	34	1	1	414	164	1
Spiced Cookie Iced Coffee - Medium	Medium	130	0.5	0	0	0	50	30	1	25	25	1	1	310	122	1
Spiced Cookie Iced Coffee - Small	Small	90	0	0	0	0	35	20	0	17	17	0	0	207	82	1
Toasted White Chocolate Swirl Iced Coffee with Black - Large	Large	220	0	0	0	0	90	49	0	48	42	3	0	448	145	0
Toasted White Chocolate Swirl Iced Coffee with Black - Medium	Medium	160	0	0	0	0	65	37	0	36	32	2	0	336	108	0
Toasted White Chocolate Swirl Iced Coffee with Black - Small	Small	110	0	0	0	0	45	24	0	24	21	2	0	224	73	0
Toasted White Chocolate Swirl Iced Coffee with Cream - Large	Large	330	12	6	0	40	130	51	0	49	42	5	1	503	199	0
Toasted White Chocolate Swirl Iced Coffee with Cream - Medium	Medium	250	9	4.5	0	30	95	38	0	37	32	4	0	377	148	0
Toasted White Chocolate Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	65	25	0	25	21	2	0	251	99	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Brown Sugar Oat Iced Latte - Large	Large	310	5	1	0	0	220	66	4	40	38	3	9	777	580	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Brown Sugar Oat Iced Latte - Medium	Medium	240	4	0.5	0	0	160	49	3	30	29	2	7	578	435	1
Brown Sugar Oat Iced Latte - Small	Small	160	2.5	0	0	0	110	33	2	20	19	1	4	389	290	1
Iced Vanilla Chai Latte with Sweet Cold Foam - Large	Large	520	16	10	0.5	50	250	77	2	70	51	14	5	638	498	1
Iced Vanilla Chai Latte with Sweet Cold Foam - Medium	Medium	380	12	7	0	35	180	56	2	51	37	10	4	464	362	0
Iced Vanilla Chai Latte with Sweet Cold Foam - Small	Small	280	9	5	0	25	130	41	1	38	28	7	2	323	250	0
Peppermint Mocha Signature Iced Latte with Skim Milk - Large	Large	440	6	4	0	25	260	81	2	74	55	14	5	971	493	2
Peppermint Mocha Signature Iced Latte with Skim Milk - Medium	Medium	340	5	3.5	0	20	190	62	1	56	42	11	3	731	372	2
Peppermint Mocha Signature Iced Latte with Skim Milk - Small	Small	250	5	3.5	0	20	135	44	1	39	29	7	2	503	254	1
Peppermint Mocha Signature Iced Latte with Whole Milk - Large	Large	540	18	11	0.5	55	260	80	2	73	55	13	5	881	459	2
Peppermint Mocha Signature Iced Latte with Whole Milk - Medium	Medium	420	14	8	0	45	200	61	1	56	42	10	4	664	346	2
Peppermint Mocha Signature Iced Latte with Whole Milk - Small	Small	300	11	7	0	35	135	43	1	39	29	7	3	458	237	1
Peppermint Mocha Swirl Iced Latte with Skim Milk - Large	Large	360	1	0.5	0	5	250	72	2	69	51	14	4	931	474	2
Peppermint Mocha Swirl Iced Latte with Skim Milk - Medium	Medium	270	0.5	0	0	5	180	54	1	52	38	10	3	693	355	2
Peppermint Mocha Swirl Iced Latte with Skim Milk - Small	Small	180	0	0	0	5	125	36	1	34	25	7	2	466	237	1
Peppermint Mocha Swirl Iced Latte with Whole Milk - Large	Large	460	13	7	0	35	250	72	2	68	51	13	5	841	440	2
Peppermint Mocha Swirl Iced Latte with Whole Milk - Medium	Medium	340	9	5	0	25	190	54	1	51	38	10	4	626	329	2
Peppermint Mocha Swirl Iced Latte with Whole Milk - Small	Small	230	6	3.5	0	20	125	36	1	34	25	6	2	421	220	1
Pumpkin Chai Iced Latte - Large	Large	610	12	7	0	40	330	107	2	102	78	15	5	752	585	1
Pumpkin Chai Iced Latte - Medium	Medium	460	9	5	0	30	250	80	2	77	58	12	4	564	438	1
Pumpkin Chai Iced Latte - Small	Small	300	6	3.5	0	20	170	53	1	51	39	8	2	376	293	0
Pumpkin Swirl Iced Latte with Skim Milk - Large	Large	350	0.5	0	0	10	300	69	0	67	42	16	4	856	600	0
Pumpkin Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	5	220	52	0	50	31	12	3	637	450	0
Pumpkin Swirl Iced Latte with Skim Milk - Small	Small	170	0	0	0	5	150	35	0	33	21	8	2	428	300	0
Pumpkin Swirl Iced Latte with Whole Milk - Large	Large	450	12	7	0	40	300	68	0	66	42	15	5	766	566	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Pumpkin Swirl Iced Latte with Whole Milk - Medium	Medium	330	9	5	0	30	220	51	0	50	31	11	4	570	424	0
Pumpkin Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	150	34	0	33	21	7	2	383	283	0
Toasted White Chocolate Signature Iced Latte with Skim Milk - Large	Large	430	6	3.5	0	25	260	77	0	71	47	16	5	908	613	0
Toasted White Chocolate Signature Iced Latte with Skim Milk - Medium	Medium	330	5	3	0	25	190	59	0	54	36	12	3	684	463	0
Toasted White Chocolate Signature Iced Latte with Skim Milk - Small	Small	250	5	3	0	20	135	42	0	38	26	8	2	471	317	0
Toasted White Chocolate Signature Iced Latte with Whole Milk - Large	Large	530	17	10	0.5	55	260	76	0	70	47	15	5	819	579	0
Toasted White Chocolate Signature Iced Latte with Whole Milk - Medium	Medium	410	14	8	0	45	200	59	0	54	36	11	4	616	437	0
Toasted White Chocolate Signature Iced Latte with Whole Milk - Small	Small	300	11	6	0	35	135	42	0	38	26	8	3	426	299	0
Toasted White Chocolate Swirl Iced Latte with Skim Milk - Large	Large	350	0.5	0	0	10	250	68	0	66	42	15	4	870	590	0
Toasted White Chocolate Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	5	190	51	0	49	32	11	3	648	442	0
Toasted White Chocolate Swirl Iced Latte with Skim Milk - Small	Small	170	0	0	0	5	125	34	0	33	21	8	2	435	295	0
Toasted White Chocolate Swirl Iced Latte with Whole Milk - Large	Large	440	12	7	0	40	250	68	0	65	42	14	5	781	556	0
Toasted White Chocolate Swirl Iced Latte with Whole Milk - Medium	Medium	330	9	5	0	30	190	51	0	49	32	11	4	581	416	0
Toasted White Chocolate Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	125	34	0	33	21	7	2	390	278	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Macchiato																
Peppermint Mocha Swirl Iced Macchiato with Skim Milk - Large	Large	320	1	0.5	0	5	200	67	2	63	51	10	3	786	326	2
Peppermint Mocha Swirl Iced Macchiato with Skim Milk - Medium	Medium	240	0.5	0	0	5	150	50	1	47	38	7	2	596	244	2
Peppermint Mocha Swirl Iced Macchiato with Skim Milk - Small	Small	160	0.5	0	0	0	105	34	1	31	25	5	1	416	164	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Macchiato																
Peppermint Mocha Swirl Iced Macchiato with Whole Milk - Large	Large	380	9	5	0	25	200	67	2	62	51	9	3	726	303	2
Peppermint Mocha Swirl Iced Macchiato with Whole Milk - Medium	Medium	290	7	4	0	20	150	50	1	47	38	7	2	551	227	2
Peppermint Mocha Swirl Iced Macchiato with Whole Milk - Small	Small	190	4.5	2.5	0	10	105	34	1	31	25	5	2	386	152	1
Pumpkin Swirl Iced Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	250	64	0	61	42	12	3	711	452	0
Pumpkin Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	190	48	0	46	31	9	2	540	338	0
Pumpkin Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	130	32	0	30	21	6	1	379	227	0
Pumpkin Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	5	0	25	250	63	0	60	42	11	3	651	429	0
Pumpkin Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	190	47	0	45	31	8	2	495	321	0
Pumpkin Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	130	32	0	30	21	6	2	349	215	0
Toasted White Chocolate Swirl Iced Macchiato with Skim Milk - Large	Large	310	0.5	0	0	5	200	63	0	60	42	11	3	725	442	0
Toasted White Chocolate Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	150	47	0	45	32	8	2	551	331	0
Toasted White Chocolate Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	105	32	0	30	21	6	1	386	221	0
Toasted White Chocolate Swirl Iced Macchiato with Whole Milk - Large	Large	370	8	4.5	0	25	210	63	0	59	42	10	3	665	419	0
Toasted White Chocolate Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	47	0	44	32	8	2	506	314	0
Toasted White Chocolate Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	105	32	0	30	21	5	2	356	210	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Kosher Sandwiches and Wraps																
Kosher Maple Sugar Bacon Breakfast Sandwich	1 Sandwich	670	43	16	0	185	970	50	1	11	10	21	4	192	215	4

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Sandwiches																
Maple Sugar Bacon Breakfast Sandwich	1 Sandwich	650	41	17	0	205	850	46	1	11	11	23	4	251	199	3
Maple Sugar Bacon Wake-Up Wrap	1 Wrap	280	17	7	0	115	560	18	0	4	4	13	1	132	202	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Snacking Bacon																
Maple Sugar Snacking Bacon	8 Pieces	190	12	4.5	0	35	500	10	0	9	9	10	0	162	21	0

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

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

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

Nutrition Guide

The information below was last updated on 10-11-2023 . Information can change frequently, so check www.DunkinDonuts.com for the most current information.

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

Permanent Products

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

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Cold Brew Coffee																
Caramel Cold Brew with Sweet Cold Foam - Large	Large	340	4	2.5	0	15	115	70	0	67	61	4	0	613	158	0
Caramel Cold Brew with Sweet Cold Foam - Medium	Medium	240	3	1.5	0	10	85	51	0	49	45	3	0	455	115	0
Caramel Cold Brew with Sweet Cold Foam - Small	Small	190	2.5	1.5	0	10	65	38	0	37	33	2	0	317	86	0
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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Cold Brew Coffee																
Cold Brew Coffee with Cream - Large	Large	120	12	6	0	35	65	2	0	2	0	2	1	330	75	0
Cold Brew Coffee with Cream - Medium	Medium	90	9	4.5	0	25	45	1	0	1	0	2	0	247	55	0
Cold Brew Coffee with Cream - Small	Small	60	6	3	0	20	30	1	0	1	0	1	0	165	37	0
Cold Brew Coffee with Cream and Sugar - Large	Large	260	12	6	0	35	65	37	0	36	35	2	1	330	75	0
Cold Brew Coffee with Cream and Sugar - Medium	Medium	190	9	4.5	0	25	45	27	0	27	26	2	0	247	55	0
Cold Brew Coffee with Cream and Sugar - Small	Small	130	6	3	0	20	30	18	0	18	17	1	0	165	38	0
Cold Brew Coffee with Oatmilk - Large	Large	50	1.5	0	0	0	65	8	1	2	1	1	2	397	145	0
Cold Brew Coffee with Oatmilk - Medium	Medium	30	1	0	0	0	45	5	1	1	1	1	1	289	98	0
Cold Brew Coffee with Oatmilk - Small	Small	15	0	0	0	0	25	3	0	1	0	1	1	181	52	0
Cold Brew with Sweet Cold Foam and Cream - Large	Large	230	16	9	0.5	50	95	20	0	18	15	3	1	346	110	0
Cold Brew with Sweet Cold Foam and Cream - Medium	Medium	170	11	6	0	35	65	14	0	12	10	2	0	255	79	0
Cold Brew with Sweet Cold Foam and Cream - Small	Small	140	8	4.5	0	25	50	13	0	12	10	2	0	183	62	0
Cold Brew with Sweet Cold Foam, Black - Large	Large	120	4	2.5	0	10	50	18	0	16	15	2	0	293	56	0
Cold Brew with Sweet Cold Foam, Black - Medium	Medium	80	3	1.5	0	10	35	12	0	11	10	1	0	215	39	0
Cold Brew with Sweet Cold Foam, Black - Small	Small	80	2.5	1.5	0	10	30	12	0	11	10	1	0	157	35	0
Nitro Cold Brew Coffee - Small	Small	5	0	0	0	0	5	0	0	0	0	0	0	148	6	0
Nitro Cold Brew with Sweet Cold Foam - Small	Small	80	3	1.5	0	10	30	12	0	11	10	1	0	222	33	0
Vanilla Cream Cold Brew - Large	Large	130	12	6	0	35	65	2	0	2	0	2	1	348	75	0
Vanilla Cream Cold Brew - Medium	Medium	100	9	4.5	0	25	45	2	0	1	0	2	0	260	56	0
Vanilla Cream Cold Brew - Small	Small	60	6	3	0	20	30	1	0	1	0	1	0	174	38	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Condiments																
Butter Packet	1 Packet	35	4	2.5	0	10	30	0	0	0	0	0	0	1	1	0

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

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

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Donuts																
Apple 'n Spice Donut	1 Donut	230	10	4	0	0	300	31	1	10	10	4	1	67	14	2
Apple Crumb Donut	1 Donut	290	11	4.5	0	0	310	44	1	21	21	5	1	73	12	2
Apple Fritter	1 Fritter	470	28	12	0	0	410	47	2	17	15	6	0	96	25	1
Apple Stick	1 Stick	470	30	15	0	30	440	50	1	24	23	4	0	78	30	2
Bavarian Kreme Donut	1 Donut	240	11	4	0	0	310	31	1	11	11	4	1	59	12	2
Bismark	1 Bismark	480	22	9	0	0	470	63	1	34	34	6	2	87	19	3
Boston Kreme Donut	1 Donut	270	11	4.5	0	0	320	39	1	18	17	5	1	81	33	2

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

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

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Coconut Refreshers																
Mango Pineapple Dunkin' Coconut Refresher - Large	Large	230	6	5	0	0	90	44	0	39	39	1	5	475	774	1
Mango Pineapple Dunkin' Coconut Refresher - Medium	Medium	170	4.5	3.5	0	0	65	33	0	30	29	1	4	356	580	1
Mango Pineapple Dunkin' Coconut Refresher - Small	Small	120	3	2.5	0	0	45	22	0	20	19	0	2	237	387	0
Strawberry Dragonfruit Dunkin' Coconut Refresher - Large	Large	230	6	4.5	0	0	85	41	0	37	37	1	5	475	773	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Dunkin' Coconut Refreshers																
Strawberry Dragonfruit Dunkin' Coconut Refresher - Medium	Medium	170	4.5	3.5	0	0	65	31	0	28	27	1	4	356	579	1
Strawberry Dragonfruit Dunkin' Coconut Refresher - Small	Small	110	3	2.5	0	0	45	20	0	19	18	0	2	237	387	0

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Chocolate																
Butter Pecan Swirl Frozen Chocolate - Large	Large	900	17	13	0	40	570	175	1	162	144	12	3	657	419	0
Butter Pecan Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	30	430	134	1	124	111	9	2	513	322	0
Butter Pecan Swirl Frozen Chocolate - Small	Small	500	11	8	0	25	290	95	1	87	77	6	1	372	227	0
Caramel Swirl Frozen Chocolate - Large	Large	900	17	12	0	40	380	176	1	165	148	11	3	825	392	0
Caramel Swirl Frozen Chocolate - Medium	Medium	700	14	10	0	35	290	135	1	126	114	9	2	639	302	0
Caramel Swirl Frozen Chocolate - Small	Small	500	11	8	0	30	200	95	1	88	80	6	1	456	213	0
French Vanilla Swirl Frozen Chocolate - Large	Large	900	17	12	0	40	370	175	1	162	144	11	3	788	372	0

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Coffee																
Butter Pecan Swirl Frozen Coffee with Cream - Large	Large	1160	40	22	1.5	125	480	191	0	181	168	11	2	2111	373	2
Butter Pecan Swirl Frozen Coffee with Cream - Medium	Medium	890	31	17	1	100	370	147	0	139	129	8	2	1604	288	2
Butter Pecan Swirl Frozen Coffee with Cream - Small	Small	630	22	12	0.5	70	250	103	0	97	89	6	1	1099	204	1
Butter Pecan Swirl Frozen Coffee with Skim Milk - Large	Large	880	5	3.5	0	25	430	195	0	185	168	12	2	2152	432	2
Butter Pecan Swirl Frozen Coffee with Skim Milk - Medium	Medium	680	5	3	0	20	330	150	0	142	129	9	2	1634	332	2
Butter Pecan Swirl Frozen Coffee with Skim Milk - Small	Small	490	4.5	3	0	20	220	105	0	99	89	6	1	1119	234	1
Butter Pecan Swirl Frozen Coffee with Whole Milk - Large	Large	930	11	7	0	40	430	195	0	185	168	11	3	2107	415	2
Butter Pecan Swirl Frozen Coffee with Whole Milk - Medium	Medium	720	9	6	0	30	330	150	0	142	129	9	2	1601	319	2
Butter Pecan Swirl Frozen Coffee with Whole Milk - Small	Small	510	8	4.5	0	25	220	105	0	98	89	6	1	1097	225	1
Caramel Swirl Frozen Coffee with Cream - Large	Large	1120	40	22	1.5	130	290	180	0	172	160	10	2	2279	346	2
Caramel Swirl Frozen Coffee with Cream - Medium	Medium	860	31	17	1	100	220	139	0	132	122	8	2	1730	267	2
Caramel Swirl Frozen Coffee with Cream - Small	Small	610	22	12	0.5	70	160	97	0	92	85	6	1	1183	190	1
Caramel Swirl Frozen Coffee with Skim Milk - Large	Large	830	5	3.5	0	25	240	184	0	176	160	11	2	2319	405	2
Caramel Swirl Frozen Coffee with Skim Milk - Medium	Medium	650	4.5	3	0	25	180	142	0	135	122	9	2	1760	312	2
Caramel Swirl Frozen Coffee with Skim Milk - Small	Small	470	4.5	3	0	20	130	99	0	94	85	6	1	1203	220	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Coffee																
Caramel Swirl Frozen Coffee with Whole Milk - 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
Frozen Coffee with Whole Milk - Small	Small	270	3	1.5	0	10	75	58	0	56	51	4	1	918	123	1
Mocha Swirl Frozen Coffee with Cream - Large	Large	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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Frozen Coffee																
Mocha Swirl Frozen Coffee with Skim Milk - Large	Large	820	6	4	0	20	190	183	3	169	159	10	2	2324	294	4
Mocha Swirl Frozen Coffee with Skim Milk - Medium	Medium	630	5	3.5	0	20	150	140	2	129	122	8	2	1764	224	3
Mocha Swirl Frozen Coffee with Skim Milk - Small	Small	460	5	3.5	0	15	100	99	2	90	85	5	1	1206	155	2
Mocha Swirl Frozen Coffee with Whole Milk - Large	Large	870	12	7	0	35	190	183	3	169	159	9	3	2279	277	4
Mocha Swirl Frozen Coffee with Whole Milk - Medium	Medium	670	10	6	0	30	150	140	2	129	122	7	2	1730	211	3
Mocha Swirl Frozen Coffee with Whole Milk - Small	Small	480	8	5	0	25	100	98	2	90	85	5	1	1183	147	2

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

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

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Cappuccino																
Butter Pecan Swirl Hot Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	370	64	0	60	42	11	3	653	431	0
Butter Pecan Swirl Hot Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	280	48	0	45	31	9	2	485	323	0
Butter Pecan Swirl Hot Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	190	32	0	30	21	6	1	326	215	0
Butter Pecan Swirl Hot Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	370	63	0	60	42	11	3	593	408	0
Butter Pecan Swirl Hot Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	280	47	0	45	31	8	2	440	306	0
Butter Pecan Swirl Hot Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	190	32	0	30	21	5	2	297	204	0
Cappuccino with Skim Milk - Large	Large	90	0	0	0	5	115	13	0	12	0	8	3	474	300	0
Cappuccino with Skim Milk - Medium	Medium	70	0	0	0	5	85	10	0	9	0	6	2	351	225	0
Cappuccino with Skim Milk - Small	Small	45	0	0	0	0	55	7	0	6	0	4	1	237	150	0
Cappuccino with Skim Milk and Sugar - Large	Large	230	0	0	0	5	115	48	0	47	35	8	3	475	301	0
Cappuccino with Skim Milk and Sugar - Medium	Medium	170	0	0	0	5	85	36	0	35	26	6	2	351	225	0
Cappuccino with Skim Milk and Sugar - Small	Small	110	0	0	0	0	55	24	0	23	17	4	1	237	150	0
Cappuccino with Whole Milk - Large	Large	160	8	4.5	0	25	115	13	0	12	0	8	3	414	277	0
Cappuccino with Whole Milk - Medium	Medium	120	6	3.5	0	20	85	10	0	9	0	6	2	306	208	0

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Cappuccino																
Mocha Swirl Hot Cappuccino with Whole Milk - Medium	Medium	270	7	4	0	20	110	48	2	43	34	7	2	569	216	1
Mocha Swirl Hot Cappuccino with Whole Milk - Small	Small	180	4.5	2.5	0	10	70	32	1	29	23	5	2	382	144	1

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Coffee																
Box 'O Joe®	1 Small Cup	5	0	0	0	0	5	0	0	0	0	0	0	155	6	0
Butter Pecan Swirl Hot Coffee with Black - Extra Large	XLarge	270	0	0	0	0	330	63	0	60	52	5	0	502	174	0
Butter Pecan Swirl Hot Coffee with Black - Large	Large	220	0	0	0	0	270	50	0	48	42	4	0	412	140	0
Butter Pecan Swirl Hot Coffee with Black - Medium	Medium	170	0	0	0	0	200	38	0	36	31	3	0	322	106	0
Butter Pecan Swirl Hot Coffee with Black - Small	Small	110	0	0	0	0	135	25	0	24	21	2	0	232	71	0
Butter Pecan Swirl Hot Coffee with Cream - Extra Large	XLarge	420	15	8	0	45	390	65	0	62	52	7	1	572	242	0
Butter Pecan Swirl Hot Coffee with Cream - Large	Large	330	12	6	0	35	310	52	0	50	42	5	1	468	194	0
Butter Pecan Swirl Hot Coffee with Cream - Medium	Medium	250	9	4.5	0	30	230	39	0	37	31	4	0	364	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)
Hot Coffee																
Butter Pecan Swirl Hot Coffee with Cream - Small	Small	170	6	3	0	20	160	26	0	25	21	3	0	260	98	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
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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Coffee																
Hot Coffee with Coconutmilk - Extra Large	XLarge	25	2	1.5	0	0	35	1	0	0	0	1	2	389	262	0
Hot Coffee with Coconutmilk - Large	Large	20	1.5	1	0	0	25	1	0	0	0	1	1	311	197	0
Hot Coffee with Coconutmilk - Medium	Medium	15	1	1	0	0	20	0	0	0	0	1	1	234	133	0
Hot Coffee with Coconutmilk - Small	Small	10	0.5	0	0	0	10	0	0	0	0	0	0	181	69	0
Hot Coffee with Cream - Extra Large	XLarge	150	15	8	0	45	65	2	0	2	0	3	1	381	80	0
Hot Coffee with Cream - Large	Large	120	12	6	0	35	55	2	0	2	0	2	1	315	64	0
Hot Coffee with Cream - Medium	Medium	90	9	4.5	0	25	40	1	0	1	0	2	0	249	49	0
Hot Coffee with Cream - Small	Small	60	6	3	0	20	30	1	0	1	0	1	0	183	33	0
Hot Coffee with Cream and Sugar - Extra Large	XLarge	320	15	8	0	45	65	46	0	46	43	3	1	382	80	0
Hot Coffee with Cream and Sugar - Large	Large	260	12	6	0	35	55	37	0	36	35	2	1	316	65	0
Hot Coffee with Cream and Sugar - Medium	Medium	190	9	4.5	0	25	40	27	0	27	26	2	0	250	49	0
Hot Coffee with Cream and Sugar - Small	Small	130	6	3	0	20	30	18	0	18	17	1	0	184	34	0
Hot Coffee with Oatmilk - Extra Large	XLarge	60	1.5	0	0	0	65	10	1	2	2	1	3	427	177	0
Hot Coffee with Oatmilk - Large	Large	45	1.5	0	0	0	50	8	1	2	1	1	2	340	133	0
Hot Coffee with Oatmilk - Medium	Medium	30	1	0	0	0	35	5	1	1	1	1	1	253	90	0
Hot Coffee with Oatmilk - Small	Small	15	0	0	0	0	20	3	0	1	0	1	1	165	47	0
Hot Coffee with Skim Milk - Extra Large	XLarge	30	0	0	0	0	45	4	0	4	0	3	1	396	105	0
Hot Coffee with Skim Milk - Large	Large	25	0	0	0	0	35	3	0	3	0	3	1	328	84	0
Hot Coffee with Skim Milk - Medium	Medium	20	0	0	0	0	25	2	0	2	0	2	1	259	64	0
Hot Coffee with Skim Milk - Small	Small	15	0	0	0	0	20	2	0	2	0	1	0	190	43	0
Hot Coffee with Skim Milk and Sugar - Extra Large	XLarge	200	0	0	0	0	45	47	0	47	43	3	1	398	105	0
Hot Coffee with Skim Milk and Sugar - Large	Large	160	0	0	0	0	35	38	0	38	35	3	1	329	85	0
Hot Coffee with Skim Milk and Sugar - Medium	Medium	120	0	0	0	0	25	28	0	28	26	2	1	260	64	0
Hot Coffee with Skim Milk and Sugar - Small	Small	80	0	0	0	0	20	19	0	19	17	1	0	190	43	0
Hot Coffee with Sugar - Extra Large	XLarge	170	0	0	0	0	15	44	0	43	43	1	0	311	13	0
Hot Coffee with Sugar - Large	Large	140	0	0	0	0	10	35	0	35	35	1	0	260	11	0
Hot Coffee with Sugar - Medium	Medium	110	0	0	0	0	10	26	0	26	26	1	0	208	9	0
Hot Coffee with Sugar - Small	Small	70	0	0	0	0	5	17	0	17	17	0	0	156	7	0

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

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

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

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)
Chai Hot Latte with Whole Milk-Medium	Medium	290	9	5	0	25	150	43	2	40	27	9	4	421	312	0
Chai Hot Latte with Whole Milk-Small	Small	200	6	3.5	0	20	100	29	1	27	18	6	2	281	208	0
Cocoa Mocha Signature Hot Latte with Skim Milk - Large	Large	420	6	4	0	25	210	79	2	69	50	15	5	1077	480	2
Cocoa Mocha Signature Hot Latte with Skim Milk - Medium	Medium	330	6	3.5	0	20	160	61	2	53	39	11	3	812	363	2
Cocoa Mocha Signature Hot Latte with Skim Milk - Small	Small	250	5	3.5	0	20	110	43	1	37	27	8	2	557	248	1
Cocoa Mocha Signature Hot Latte with Whole Milk - Large	Large	520	18	11	0.5	55	210	78	2	68	50	14	5	987	445	2
Cocoa Mocha Signature Hot Latte with Whole Milk - Medium	Medium	400	14	9	0	45	160	60	2	52	39	10	4	744	337	2
Cocoa Mocha Signature Hot Latte with Whole Milk - Small	Small	300	11	7	0	35	110	43	1	36	27	7	3	512	230	1
French Vanilla Swirl Hot Latte with Skim Milk - Large	Large	350	0	0	0	10	220	71	0	67	42	15	4	975	534	0
French Vanilla Swirl Hot Latte with Skim Milk - Medium	Medium	260	0	0	0	10	170	53	0	50	31	11	3	727	400	0
French Vanilla Swirl Hot Latte with Skim Milk - Small	Small	170	0	0	0	5	110	35	0	33	21	7	2	488	267	0
French Vanilla Swirl Hot Latte with Whole Milk - Large	Large	450	12	7	0	40	230	70	0	66	42	14	5	885	499	0
French Vanilla Swirl Hot Latte with Whole Milk - Medium	Medium	330	9	5	0	30	170	52	0	50	31	11	4	659	374	0
French Vanilla Swirl Hot Latte with Whole Milk - Small	Small	220	6	3.5	0	20	115	35	0	33	21	7	2	443	250	0
Hot Latte with AlmondMilk - Large	Large	130	3.5	0	0	0	240	23	1	20	19	2	4	369	699	1
Hot Latte with AlmondMilk - Medium	Medium	100	3	0	0	0	180	17	1	15	15	1	3	273	525	1
Hot Latte with AlmondMilk - Small	Small	70	2	0	0	0	120	11	0	10	10	1	2	185	350	1
Hot Latte with Coconutmilk - Large	Large	70	6	5	0	0	80	4	0	1	0	1	5	562	759	1
Hot Latte with Coconutmilk - Medium	Medium	50	4.5	3.5	0	0	60	3	0	1	0	1	4	417	569	1
Hot Latte with Coconutmilk - Small	Small	35	3	2.5	0	0	40	2	0	0	0	0	2	281	379	0
Hot Latte with Oatmilk - Large	Large	180	5	1	0	0	180	32	4	7	5	3	9	675	503	1
Hot Latte with Oatmilk - Medium	Medium	130	4	0.5	0	0	135	24	3	5	4	2	7	502	377	0
Hot Latte with Oatmilk - Small	Small	90	2.5	0	0	0	90	16	2	4	3	1	4	338	251	0
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

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Macchiato																
Butter Pecan Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	5	380	64	0	60	42	12	3	699	432	0
Butter Pecan Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	280	48	0	45	31	9	2	531	324	0
Butter Pecan Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	190	33	0	30	21	6	1	372	216	0
Butter Pecan Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	25	380	64	0	60	42	11	3	639	409	0
Butter Pecan Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	290	48	0	45	31	8	2	486	307	0
Butter Pecan Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	190	32	0	30	21	6	2	343	205	0
Caramel Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	10	190	66	0	63	46	11	3	867	404	0
Caramel Swirl Hot Macchiato with Skim Milk - Medium	Medium	240	0	0	0	5	140	49	0	47	35	8	2	657	303	0
Caramel Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	95	33	0	32	23	6	1	456	203	0
Caramel Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	190	65	0	63	46	11	3	807	381	0
Caramel Swirl Hot Macchiato with Whole Milk - Medium	Medium	290	6	3.5	0	20	140	49	0	47	35	8	2	612	286	0
Caramel Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	95	33	0	31	23	5	2	426	191	0
French Vanilla Swirl Hot Macchiato with Skim Milk - Large	Large	310	0	0	0	10	180	65	0	61	42	11	3	830	385	0
French Vanilla Swirl Hot Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	135	49	0	46	31	8	2	630	289	0
French Vanilla Swirl Hot Macchiato with Skim Milk - Small	Small	160	0	0	0	5	90	33	0	30	21	5	1	438	193	0
French Vanilla Swirl Hot Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	180	65	0	60	42	10	3	770	362	0
French Vanilla Swirl Hot Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	135	49	0	45	31	8	2	585	272	0
French Vanilla Swirl Hot Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	95	33	0	30	21	5	2	408	181	0
Hot Macchiato with Coconutmilk - Large	Large	50	4	3.5	0	0	65	3	0	0	0	1	3	451	507	1
Hot Macchiato with Coconutmilk - Medium	Medium	40	3	2.5	0	0	50	3	0	0	0	0	2	345	380	0
Hot Macchiato with Coconutmilk - Small	Small	30	2	1.5	0	0	35	2	0	0	0	0	2	249	254	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Macchiato																
Hot Macchiato with Oatmilk - Large	Large	120	3.5	0.5	0	0	130	23	3	5	4	2	6	527	336	0
Hot Macchiato with Oatmilk - Medium	Medium	90	2.5	0	0	0	100	17	2	4	3	2	4	402	252	0
Hot Macchiato with Oatmilk - Small	Small	60	2	0	0	0	70	12	1	2	2	1	3	286	169	0
Hot Macchiato with Skim Milk - Large	Large	90	0	0	0	5	120	14	0	12	0	8	3	520	301	0
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

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

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Cappuccino																
Butter Pecan Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	5	390	64	0	60	42	11	3	658	446	0
Butter Pecan Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	290	48	0	45	31	9	2	489	334	0
Butter Pecan Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	190	32	0	30	21	6	1	329	223	0
Butter Pecan Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	25	390	63	0	60	42	11	3	598	423	0
Butter Pecan Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	290	47	0	45	31	8	2	444	317	0
Butter Pecan Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	190	32	0	30	21	5	2	299	212	0
Caramel Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	200	65	0	63	46	11	3	826	419	0
Caramel Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	150	49	0	47	35	8	2	615	314	0
Caramel Swirl Iced Cappuccino with Skim Milk - Small	Small	160	0	0	0	5	100	33	0	32	23	6	1	413	210	0
Caramel Swirl Iced Cappuccino with Whole Milk - Large	Large	380	8	4.5	0	30	200	65	0	63	46	11	3	766	396	0
Caramel Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	48	0	47	35	8	2	570	296	0
Caramel Swirl Iced Cappuccino with Whole Milk - Small	Small	190	4	2.5	0	15	100	32	0	31	23	5	2	383	198	0
French Vanilla Swirl Iced Cappuccino with Skim Milk - Large	Large	310	0	0	0	10	190	65	0	61	42	11	3	789	400	0
French Vanilla Swirl Iced Cappuccino with Skim Milk - Medium	Medium	230	0	0	0	5	140	48	0	46	31	8	2	587	299	0
French Vanilla Swirl Iced Cappuccino with Skim Milk - Small	Small	150	0	0	0	5	95	32	0	30	21	5	1	395	200	0
French Vanilla Swirl Iced Cappuccino with Whole Milk - Large	Large	370	8	4.5	0	30	190	64	0	60	42	10	3	730	377	0
French Vanilla Swirl Iced Cappuccino with Whole Milk - Medium	Medium	280	6	3.5	0	20	140	48	0	45	31	8	2	542	282	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Cappuccino																
French Vanilla Swirl Iced Cappuccino with 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)
Iced Coffee																
Butter Pecan Swirl Iced Coffee with Black - Large	Large	220	0	0	0	0	280	50	0	48	42	4	0	427	150	0
Butter Pecan Swirl Iced Coffee with Black - Medium	Medium	170	0	0	0	0	210	38	0	36	31	3	0	333	112	0
Butter Pecan Swirl Iced Coffee with Black - Small	Small	110	0	0	0	0	140	25	0	24	21	2	0	227	76	0
Butter Pecan Swirl Iced Coffee with Cream - Large	Large	340	12	6	0	35	320	52	0	50	42	5	1	482	204	0
Butter Pecan Swirl Iced Coffee with Cream - Medium	Medium	250	9	4.5	0	30	240	39	0	37	31	4	0	374	153	0
Butter Pecan Swirl Iced Coffee with Cream - Small	Small	170	6	3	0	20	160	26	0	25	21	3	0	254	103	0
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
Iced Café Au Lait with Skim Milk - Large	Large	90	0	0	0	5	120	12	0	12	0	9	3	548	315	0
Iced Café Au Lait with Skim Milk - Medium	Medium	60	0	0	0	5	90	9	0	9	0	6	2	411	235	0
Iced Café Au Lait with Skim Milk - Small	Small	45	0	0	0	0	60	6	0	6	0	4	1	274	158	0
Iced Café Au Lait with Whole Milk - Large	Large	150	8	4.5	0	25	120	12	0	12	0	8	3	488	292	0
Iced Café Au Lait with Whole Milk - Medium	Medium	110	6	3.5	0	20	90	9	0	9	0	6	2	366	218	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Coffee																
Iced Café Au Lait with Whole Milk - Small	Small	80	4	2.5	0	10	60	6	0	6	0	4	2	244	146	0
Iced Coffee - Large	Large	5	0	0	0	0	20	0	0	0	0	1	0	275	21	0
Iced Coffee - Medium	Medium	5	0	0	0	0	15	0	0	0	0	0	0	206	15	0
Iced Coffee - Small	Small	5	0	0	0	0	10	0	0	0	0	0	0	137	11	0
Iced Coffee with AlmondMilk - Large	Large	35	1	0	0	0	75	5	0	5	5	1	1	298	193	0
Iced Coffee with AlmondMilk - Medium	Medium	25	0.5	0	0	0	50	4	0	3	3	1	1	221	130	0
Iced Coffee with AlmondMilk - Small	Small	15	0	0	0	0	30	2	0	2	2	0	0	145	68	0
Iced Coffee with Coconutmilk - Large	Large	20	1.5	1	0	0	35	1	0	0	0	1	1	351	208	0
Iced Coffee with Coconutmilk - Medium	Medium	15	1	1	0	0	25	0	0	0	0	1	1	257	140	0
Iced Coffee with Coconutmilk - Small	Small	10	0.5	0	0	0	15	0	0	0	0	0	0	163	73	0
Iced Coffee with Cream - Large	Large	120	12	6	0	35	65	2	0	2	0	2	1	330	75	0
Iced Coffee with Cream - Medium	Medium	90	9	4.5	0	25	45	1	0	1	0	2	0	247	55	0
Iced Coffee with Cream - Small	Small	60	6	3	0	20	30	1	0	1	0	1	0	165	37	0
Iced Coffee with Cream and Sugar - Large	Large	260	12	6	0	35	65	37	0	36	35	2	1	330	75	0
Iced Coffee with Cream and Sugar - Medium	Medium	190	9	4.5	0	25	45	27	0	27	26	2	0	247	55	0
Iced Coffee with Cream and Sugar - Small	Small	130	6	3	0	20	30	18	0	18	17	1	0	165	38	0
Iced Coffee with Oatmilk - Large	Large	45	1.5	0	0	0	60	8	1	2	1	1	2	380	144	0
Iced Coffee with Oatmilk - Medium	Medium	30	1	0	0	0	40	5	1	1	1	1	1	276	97	0
Iced Coffee with Oatmilk - Small	Small	15	0	0	0	0	25	3	0	1	0	1	1	172	52	0
Iced Coffee with Skim Milk - Large	Large	25	0	0	0	0	45	3	0	3	0	3	1	343	94	0
Iced Coffee with Skim Milk - Medium	Medium	20	0	0	0	0	35	2	0	2	0	2	1	257	70	0
Iced Coffee with Skim Milk - Small	Small	15	0	0	0	0	25	2	0	2	0	1	0	172	47	0
Iced Coffee with Skim Milk and Sugar - Large	Large	160	0	0	0	0	45	38	0	38	35	3	1	344	95	0
Iced Coffee with Skim Milk and Sugar - Medium	Medium	120	0	0	0	0	35	28	0	28	26	2	1	257	70	0
Iced Coffee with Skim Milk and Sugar - Small	Small	80	0	0	0	0	25	19	0	19	17	1	0	172	47	0
Iced Coffee with Sugar - Large	Large	140	0	0	0	0	20	35	0	35	35	1	0	275	21	0
Iced Coffee with Sugar - Medium	Medium	110	0	0	0	0	15	26	0	26	26	0	0	206	15	0
Iced Coffee with Sugar - Small	Small	70	0	0	0	0	10	17	0	17	17	0	0	138	11	0
Iced Coffee with Whole Milk - Large	Large	40	2	1	0	5	45	3	0	3	0	3	1	328	89	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Coffee																
Iced Coffee with Whole Milk - Medium	Medium	30	1.5	1	0	5	35	2	0	2	0	2	1	246	66	0
Iced Coffee with Whole Milk - Small	Small	20	1	0.5	0	5	25	1	0	1	0	1	0	164	44	0
Iced Coffee with Whole Milk and Sugar - Large	Large	180	2	1	0	5	45	38	0	38	35	3	1	329	89	0
Iced Coffee with Whole Milk and Sugar - Medium	Medium	130	1.5	1	0	5	35	28	0	28	26	2	1	246	66	0
Iced Coffee with Whole Milk and Sugar - Small	Small	90	1	0.5	0	5	25	19	0	19	17	1	0	164	45	0
Mocha Swirl Iced Coffee Large	Large	210	1	0	0	0	50	50	2	46	46	2	0	598	31	2
Mocha Swirl Iced Coffee Medium	Medium	160	0.5	0	0	0	35	38	2	34	34	2	0	462	23	1
Mocha Swirl Iced Coffee Small	Small	110	0	0	0	0	25	25	1	23	23	1	0	313	16	1
Mocha Swirl Iced Coffee with Cream - Large	Large	330	12	7	0	35	90	52	2	47	46	4	1	653	84	2
Mocha Swirl Iced Coffee with Cream - Medium	Medium	240	9	5	0	25	65	39	2	35	34	3	0	503	63	1
Mocha Swirl Iced Coffee with Cream - Small	Small	160	6	3.5	0	20	45	26	1	24	23	2	0	340	43	1

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Almondmilk Iced Matcha Latte - Large	Large	230	3.5	0	0	0	240	48	3	44	44	3	8	258	702	1
Almondmilk Iced Matcha Latte - Medium	Medium	180	2.5	0	0	0	180	36	2	33	33	3	6	193	526	1
Almondmilk Iced Matcha Latte - Small	Small	120	2	0	0	0	120	24	1	22	22	2	4	129	351	1
Butter Pecan Swirl Iced Latte with Skim Milk - Large	Large	350	0.5	0	0	10	440	70	0	66	42	16	4	849	596	0
Butter Pecan Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	5	330	52	0	50	31	12	3	632	446	0
Butter Pecan Swirl Iced Latte with Skim Milk - Small	Small	170	0	0	0	5	220	35	0	33	21	8	2	425	298	0
Butter Pecan Swirl Iced Latte with Whole Milk - Large	Large	450	12	7	0	40	440	69	0	66	42	15	5	759	561	0
Butter Pecan Swirl Iced Latte with Whole Milk - Medium	Medium	330	9	5	0	30	330	52	0	49	31	11	4	565	420	0
Butter Pecan Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	220	35	0	33	21	7	2	380	281	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Caramel Craze Signature Iced Latte with Skim Milk - Large	Large	430	6	3.5	0	30	250	79	0	75	51	16	5	1053	586	0
Caramel Craze Signature Iced Latte with Skim Milk - Medium	Medium	340	5	3	0	25	190	61	0	57	39	12	3	792	442	0
Caramel Craze Signature Iced Latte with Skim Milk - Small	Small	250	5	3	0	20	130	43	0	40	27	8	2	543	303	0
Caramel Craze Signature Iced Latte with Whole Milk - Large	Large	530	17	10	0.5	60	250	79	0	74	51	15	5	963	551	0
Caramel Craze Signature Iced Latte with Whole Milk - Medium	Medium	410	14	8	0	45	190	61	0	57	39	11	4	725	416	0
Caramel Craze Signature Iced Latte with Whole Milk - Small	Small	300	11	6	0	35	130	43	0	39	27	8	3	499	285	0
Caramel Swirl Iced Latte with Skim Milk - Large	Large	350	0	0	0	10	250	71	0	69	46	15	4	1,017	568	0
Caramel Swirl Iced Latte with Skim Milk - Medium	Medium	260	0	0	0	10	190	53	0	52	35	11	3	758	426	0
Caramel Swirl Iced Latte with Skim Milk - Small	Small	180	0	0	0	5	125	36	0	35	23	8	2	509	284	0
Caramel Swirl Iced Latte with Whole Milk - Large	Large	450	12	7	0	40	250	70	0	69	46	14	5	927	534	0
Caramel Swirl Iced Latte with Whole Milk - Medium	Medium	340	9	5	0	30	190	53	0	52	35	11	4	690	400	0
Caramel Swirl Iced Latte with Whole Milk - Small	Small	230	6	3.5	0	20	125	35	0	34	23	7	2	464	267	0
Chai Iced Latte with Skim Milk- Large	Large	290	0.5	0	0	5	210	58	2	54	36	13	4	656	466	1
Chai Iced Latte with Skim Milk- Medium	Medium	220	0	0	0	5	160	44	2	41	27	10	3	492	349	0
Chai Iced Latte with Skim Milk- Small	Small	150	0	0	0	5	105	29	1	27	18	7	2	328	233	0
Chai Iced Latte with Whole Milk- Large	Large	390	12	7	0	35	220	57	2	54	36	12	5	567	431	1
Chai Iced Latte with Whole Milk- Medium	Medium	290	9	5	0	25	160	43	2	40	27	9	4	425	323	0
Chai Iced Latte with Whole Milk- Small	Small	200	6	3.5	0	20	110	29	1	27	18	6	2	283	216	0
Cocoa Mocha Signature Iced Latte with Skim Milk - Large	Large	420	6	4	0	25	220	78	2	69	50	15	5	1061	495	2
Cocoa Mocha Signature Iced Latte with Skim Milk - Medium	Medium	330	6	3.5	0	20	160	60	2	52	38	11	3	798	373	2
Cocoa Mocha Signature Iced Latte with Skim Milk - Small	Small	250	5	3.5	0	20	115	43	1	36	27	8	2	548	255	1
Cocoa Mocha Signature Iced Latte with Whole Milk - Large	Large	520	18	11	0.5	55	220	77	2	68	50	14	5	971	460	2
Cocoa Mocha Signature Iced Latte with Whole Milk - Medium	Medium	400	14	9	0	45	170	60	2	52	38	10	4	731	347	2

Iced Latte	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Cocoa Mocha Signature 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
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 Coconutmilk - Large	Large	70	6	5	0	0	95	4	0	1	0	1	5	567	774	1
Iced Latte with Coconutmilk - Medium	Medium	50	4.5	3.5	0	0	70	3	0	1	0	1	4	420	580	1
Iced Latte with Coconutmilk - Small	Small	35	3	2.5	0	0	50	2	0	0	0	0	2	283	387	0
Iced Latte with Oatmilk - Large	Large	180	5	1	0	0	200	32	4	7	5	3	9	681	518	1
Iced Latte with Oatmilk - Medium	Medium	130	4	0.5	0	0	150	24	3	5	4	2	7	506	388	0
Iced Latte with Oatmilk - Small	Small	90	2.5	0	0	0	100	16	2	4	3	1	4	340	259	0
Iced Latte with Skim Milk - Large	Large	130	0	0	0	5	180	20	0	18	0	12	4	670	465	0
Iced Latte with Skim Milk - Medium	Medium	100	0	0	0	5	135	15	0	14	0	9	3	498	348	0
Iced Latte with Skim Milk - Small	Small	70	0	0	0	5	90	10	0	9	0	6	2	335	233	0
Iced Latte with Skim Milk and Sugar - Large	Large	270	0	0	0	5	180	54	0	53	35	12	4	671	465	0
Iced Latte with Skim Milk and Sugar - Medium	Medium	200	0	0	0	5	135	41	0	40	26	9	3	498	348	0
Iced Latte with Skim Milk and Sugar - Small	Small	130	0	0	0	5	90	27	0	26	17	6	2	335	233	0
Iced Latte with Whole Milk - Large	Large	230	12	7	0	35	180	19	0	18	0	12	5	580	431	0
Iced Latte with Whole Milk - Medium	Medium	170	9	5	0	25	135	14	0	13	0	9	4	430	322	0
Iced Latte with Whole Milk - Small	Small	120	6	3.5	0	20	90	9	0	9	0	6	2	290	216	0
Iced Latte with Whole Milk and Sugar - Large	Large	370	12	7	0	35	180	54	0	52	35	12	5	581	431	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Latte																
Iced Latte with Whole Milk and Sugar - Medium	Medium	270	9	5	0	25	135	40	0	39	26	9	4	431	323	0
Iced Latte with Whole Milk and Sugar - Small	Small	180	6	3.5	0	20	90	27	0	26	17	6	2	291	216	0
Matcha Iced Latte with Skim Milk - Large	Large	240	0	0	0	5	170	45	2	43	25	14	8	578	464	0
Matcha Iced Latte with Skim Milk - Medium	Medium	180	0	0	0	5	125	34	1	32	19	11	6	433	347	0
Matcha Iced Latte with Skim Milk - Small	Small	120	0	0	0	5	85	23	1	22	12	7	4	289	232	0
Matcha Iced Latte with Whole Milk - Large	Large	340	12	7	0	35	170	44	2	43	25	13	9	488	429	0
Matcha Iced Latte with Whole Milk - Medium	Medium	250	9	5	0	25	130	33	1	32	19	10	6	366	321	0
Matcha Iced Latte with Whole Milk - Small	Small	170	6	3.5	0	20	85	22	1	21	12	7	4	244	215	0
Mocha Swirl Iced Latte with Skim Milk - Large	Large	340	1	0.5	0	5	210	70	2	64	46	14	4	1,021	476	2
Mocha Swirl Iced Latte with Skim Milk - Medium	Medium	250	1	0.5	0	5	160	52	2	48	34	10	3	761	356	1
Mocha Swirl Iced Latte with Skim Milk - Small	Small	170	0.5	0	0	5	105	35	1	32	23	7	2	510	238	1
Mocha Swirl Iced Latte with Whole Milk - Large	Large	440	13	7	0	35	220	69	2	63	46	13	5	931	442	2
Mocha Swirl Iced Latte with Whole Milk - Medium	Medium	330	10	6	0	25	160	52	2	47	34	10	4	694	330	1
Mocha Swirl Iced Latte with Whole Milk - Small	Small	220	6	3.5	0	20	110	35	1	32	23	7	2	466	221	1
Pecan Vanilla Iced Latte - Large	Large	450	12	7	0	40	440	70	0	66	42	15	5	759	561	0
Pecan Vanilla Iced Latte - Medium	Medium	340	9	5	0	30	330	52	0	49	31	11	4	565	420	0
Pecan Vanilla Iced Latte - Small	Small	230	6	3.5	0	20	220	35	0	33	21	7	2	380	281	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Macchiato																
Butter Pecan Swirl Iced Macchiato with Skim Milk - Large	Large	310	0	0	0	5	390	64	0	60	42	12	3	704	447	0
Butter Pecan Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	290	48	0	45	31	9	2	535	335	0
Butter Pecan Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	200	33	0	30	21	6	1	375	224	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Macchiato																
Butter Pecan Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	4.5	0	25	390	64	0	60	42	11	3	644	424	0
Butter Pecan Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	300	48	0	45	31	8	2	490	318	0
Butter Pecan Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	200	32	0	30	21	6	2	345	213	0
Caramel Swirl Iced Macchiato with Skim Milk - Large	Large	310	0	0	0	10	200	66	0	63	46	11	3	872	420	0
Caramel Swirl Iced Macchiato with Skim Milk - Medium	Medium	240	0	0	0	5	150	49	0	47	35	8	2	661	314	0
Caramel Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	105	33	0	32	23	6	1	459	211	0
Caramel Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	200	65	0	63	46	11	3	812	397	0
Caramel Swirl Iced Macchiato with Whole Milk - Medium	Medium	290	6	3.5	0	20	150	49	0	47	35	8	2	616	297	0
Caramel Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	105	33	0	31	23	5	2	429	199	0
French Vanilla Swirl Iced Macchiato with Skim Milk - Large	Large	310	0	0	0	10	190	65	0	61	42	11	3	835	401	0
French Vanilla Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	0	0	0	5	150	49	0	46	31	8	2	633	300	0
French Vanilla Swirl Iced Macchiato with Skim Milk - Small	Small	160	0	0	0	5	100	33	0	30	21	5	1	441	201	0
French Vanilla Swirl Iced Macchiato with Whole Milk - Large	Large	380	8	4.5	0	30	200	65	0	60	42	10	3	776	378	0
French Vanilla Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	6	3.5	0	20	150	49	0	45	31	8	2	588	283	0
French Vanilla Swirl Iced Macchiato with Whole Milk - Small	Small	190	4	2.5	0	15	100	33	0	30	21	5	2	411	189	0
Iced Macchiato with Coconutmilk - Large	Large	50	4	3.5	0	0	80	3	0	0	0	1	3	456	523	1
Iced Macchiato with Coconutmilk - Medium	Medium	40	3	2.5	0	0	60	3	0	0	0	0	2	349	391	0
Iced Macchiato with Coconutmilk - Small	Small	30	2	1.5	0	0	40	2	0	0	0	0	2	251	262	0
Iced Macchiato with Oatmilk - Large	Large	120	3.5	0.5	0	0	150	23	3	5	4	2	6	532	352	0
Iced Macchiato with Oatmilk - Medium	Medium	90	2.5	0	0	0	110	17	2	4	3	2	4	406	263	0
Iced Macchiato with Oatmilk - Small	Small	60	2	0	0	0	75	12	1	2	2	1	3	289	177	0

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Macchiato																
Iced Macchiato with Skim Milk - Large	Large	90	0	0	0	5	135	14	0	12	0	8	3	525	317	0
Iced Macchiato with Skim Milk - Medium	Medium	70	0	0	0	5	100	11	0	9	0	6	2	400	237	0
Iced Macchiato with Skim Milk - Small	Small	50	0	0	0	0	70	7	0	6	0	4	1	286	159	0
Iced Macchiato with Skim Milk and Sugar - Large	Large	230	0	0	0	5	135	49	0	47	35	8	3	526	317	0
Iced Macchiato with Skim Milk and Sugar - Medium	Medium	170	0	0	0	5	100	37	0	35	26	6	2	401	237	0
Iced Macchiato with Skim Milk and Sugar - Small	Small	120	0	0	0	0	70	25	0	23	17	4	1	286	159	0
Iced Macchiato with Whole Milk - Large	Large	160	8	4.5	0	25	135	14	0	12	0	8	3	465	294	0
Iced Macchiato with Whole Milk - Medium	Medium	120	6	3.5	0	20	105	10	0	9	0	6	2	356	220	0
Iced Macchiato with Whole Milk - Small	Small	80	4	2.5	0	10	70	7	0	6	0	4	2	256	147	0
Iced Macchiato with Whole Milk and Sugar - Large	Large	290	8	4.5	0	25	140	49	0	46	35	8	3	466	294	0
Iced Macchiato with Whole Milk and Sugar - Small	Small	150	4	2.5	0	10	70	25	0	23	17	4	2	256	148	0
Iced Macchiato with Whole Milk and Sugar - Medium	Medium	220	6	3.5	0	20	105	37	0	35	26	6	2	356	220	0
Mocha Swirl Iced Macchiato with Skim Milk - Large	Large	300	1	0.5	0	5	160	65	2	58	46	10	3	876	327	2
Mocha Swirl Iced Macchiato with Skim Milk - Medium	Medium	230	1	0.5	0	5	125	49	2	43	34	7	2	664	245	2
Mocha Swirl Iced Macchiato with Skim Milk - Small	Small	150	0.5	0	0	0	85	33	1	29	23	5	1	461	164	1
Mocha Swirl Iced Macchiato with Whole Milk - Large	Large	370	9	5	0	25	170	64	2	57	46	9	3	816	305	2
Mocha Swirl Iced Macchiato with Whole Milk - Medium	Medium	280	7	4	0	20	125	48	2	43	34	7	2	619	228	2
Mocha Swirl Iced Macchiato with Whole Milk - Small	Small	180	4.5	2.5	0	10	85	32	1	29	23	5	2	431	153	1

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Tea																
Sweet Tea Blueberry Flavored - Small	Small	170	0	0	0	0	15	43	0	40	40	0	0	112	5	0
Sweet Tea Raspberry Flavored - Large	Large	330	0	0	0	0	30	86	0	81	81	0	0	224	10	0
Sweet Tea Raspberry Flavored - Medium	Medium	250	0	0	0	0	20	65	0	60	60	0	0	167	7	0
Sweet Tea Raspberry Flavored - Small	Small	170	0	0	0	0	15	43	0	40	40	0	0	112	5	0

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Kosher Sandwiches and Wraps																
Kosher Dunkin' Double Veggie Sausage Sandwich	1 Sandwich	600	18	6	0	180	1460	74	6	8	5	37	1	439	163	8
Kosher Egg and Cheese Wake Up Wrap	1 Wrap	170	10	4	0	95	410	14	0	1	0	7	1	86	120	1
Kosher Egg and Cheese on an English Muffin	1 Sandwich	340	14	5	0	180	600	38	1	3	3	14	2	164	112	3
Kosher Sourdough Breakfast Sandwich	1 Sandwich	660	34	10	0	345	1470	61	3	1	0	29	2	323	234	6
Kosher Tuna Melt on a Croissant	1 Sandwich	630	42	15	0	65	820	38	1	5	5	24	3	82	166	3
Kosher Tuna Salad on a Plain Bagel	1 Sandwich	510	17	3	0	45	1060	64	4	7	4	24	0	130	23	4
Kosher Veggie Bacon Egg and Cheese on a Plain Bagel	1 Sandwich	510	17	5	0	180	1170	68	4	7	4	21	1	251	130	5
Kosher Veggie Bacon Wake-Up Wrap	1 Wrap	200	12	4.5	0	95	520	15	0	1	0	8	1	94	124	1
Kosher Veggie Sausage Egg and Cheese on a Croissant	1 Sandwich	570	33	13	0	180	840	44	2	6	5	23	4	268	132	5
Kosher Veggie Sausage Wake-Up Wrap	1 Wrap	210	11	4	0	95	540	16	1	1	1	11	1	138	130	2

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

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

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Other Bakery																
English Muffin	1 Muffin	190	2	0	0	0	270	35	1	3	3	6	0	56	10	2
Plain Croissant	1 Croissant	340	19	8	0	0	250	37	1	5	5	6	3	57	10	2

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

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Sandwiches																
Bacon, Egg and Cheese Wake-Up Wrap	1 Wrap	220	13	5	0	105	590	15	0	1	1	10	1	112	134	1
Bacon, Egg and Cheese on Croissant	1 Sandwich	560	36	14	0	190	820	41	1	6	5	18	4	210	126	3
Bacon, Egg and Cheese on English Muffin	1 Sandwich	400	19	7	0	190	840	39	1	4	4	18	2	209	126	3
Bacon, Egg and Cheese on a Plain Bagel	1 Sandwich	520	18	6	0	190	1,200	67	4	8	5	23	1	280	137	5
Double Sausage Breakfast Sandwich	1 Sandwich	900	54	19	0	265	1980	70	5	8	4	33	2	439	189	6
Egg and Cheese Wake-Up Wrap	1 Wrap	180	10	4	0	95	470	14	0	1	0	7	1	74	132	1
Egg and Cheese on Croissant	1 Sandwich	500	31	13	0	175	640	40	1	6	5	15	4	153	125	3
Egg and Cheese on English Muffin	1 Sandwich	340	15	5	0	175	650	38	1	4	3	14	2	151	124	3
Egg and Cheese on a Plain Bagel	1 Sandwich	460	13	5	0	175	1010	66	4	8	4	19	1	222	135	4
Grilled Cheese	1 Sandwich	480	20	11	0	55	1120	54	3	1	0	21	0	167	407	4
Sausage, Egg and Cheese Wake-Up Wrap	1 Wrap	290	21	8	0	120	710	15	1	1	0	10	1	128	146	2
Sausage, Egg and Cheese on Croissant	1 Sandwich	720	52	20	0	220	1120	42	2	6	5	21	5	261	152	4
Sausage, Egg and Cheese on English Muffin	1 Sandwich	560	35	12	0	220	1,140	40	2	4	3	21	2	260	151	3
Sausage, Egg and Cheese on a Plain Bagel	1 Sandwich	680	34	12	0	220	1,500	68	5	8	4	26	2	330	162	5
Sourdough Breakfast Sandwich	1 Sandwich	650	32	11	0	365	1360	58	3	2	1	31	2	383	220	5
Spam Breakfast Sandwich	1 Sandwich	630	42	17	0	200	1210	41	1	6	5	20	4	251	129	3
Turkey Sausage Sandwich on English Muffin	1 Sandwich	470	25	8	0	215	1080	39	1	4	3	23	2	249	130	3
Turkey Sausage Wake Up Wrap	1 Wrap	240	15	6	0	115	680	15	0	1	1	11	1	122	135	2

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Sandwiches - Regional																
Biscuit, Bacon, Egg and Cheese	1 Sandwich	490	31	15	0	195	1210	35	1	3	1	17	1	233	181	3
Chicken Biscuit	1 Sandwich	460	22	11	0	45	1080	46	1	3	1	21	0	269	73	3
Chicken Croissant Sandwich	1 Sandwich	650	36	14	0	65	1240	55	2	9	8	28	3	335	116	3
Sausage Biscuit	1 Sandwich	490	34	16	0	45	1120	32	1	2	0	13	0	229	86	3

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Soft Serve																
Extra Thick Shake - Chocolate	1 Size	650	20	13	0	75	400	108	2	94	74	15	2	1018	544	1
Extra Thick Shake - Coffee	1 Size	500	19	12	0	75	380	71	0	61	40	14	2	814	537	0
Extra Thick Shake - Vanilla	1 Size	500	19	12	0	75	380	70	0	61	40	14	2	758	536	0
Frozen Coffee Float	1 Size	380	15	9	0	55	200	57	0	51	43	6	0	729	230	1
M&M's® Mix-In	1 Serving	690	27	17	0	60	340	103	2	90	74	12	0	741	442	1
OREO® Mix-In	1 Serving	550	21	11	0	55	410	84	1	64	50	10	0	588	374	1
Soft Serve Cone	1 Cone	280	9	6	0	35	210	45	0	33	24	7	0	358	240	0
Strawberry Coolatta® Float	1 Size	450	12	8	0	50	260	79	0	71	50	8	0	481	324	0

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

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