## Nutrition Guide

The information below was last updated on 10-28-2026. Information can change frequently, so check www.DunkinDonuts.com for the most current information. Before placing your order, please inform your server if a person in your party has a food allergy or intolerance. Trans Fat quantities displayed in this guide represent naturally occurring trans fats. All of our products contain zero grams of artificial trans fat.

# Limited Time Products

| Cold Brew | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Cookie Butter Cold Brew - Large** | Large | 390 | 16 | 9 | 0 | 50 | 160 | 56 | 0 | 53 | 50 | 3 | 1 | 403 | 161 | 1 |
| **Cookie Butter Cold Brew - Medium** | Medium | 280 | 12 | 7 | 0 | 35 | 120 | 41 | 0 | 39 | 37 | 2 | 1 | 300 | 118 | 1 |
| **Cookie Butter Cold Brew - Small** | Small | 220 | 9 | 5 | 0 | 25 | 100 | 33 | 0 | 30 | 29 | 2 | 0 | 212 | 86 | 1 |

| Cold Brew Coffee | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Vanilla Creme Cold Brew - Large** | Large | 280 | 5 | 3 | 0 | 15 | 45 | 55 | 0 | 54 | 52 | 2 | 0 | 339 | 92 | 0 |
| **Vanilla Creme Cold Brew - Medium** | Medium | 190 | 3 | 2 | 0 | 10 | 30 | 38 | 0 | 38 | 36 | 2 | 0 | 240 | 59 | 0 |
| **Vanilla Creme Cold Brew - Small** | Small | 150 | 3 | 2 | 0 | 10 | 25 | 29 | 0 | 29 | 27 | 1 | 0 | 179 | 53 | 0 |

| Croissant Stuffers | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Ham & Cheese Croissant Stuffer** | 1 Croissant | 330 | 17 | 10 | 0 | 60 | 580 | 30 | 2 | 6 | 4 | 14 | 1 | 176 | 209 | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Avenging Donut** | 1 Donut | 350 | 15 | 6 | 0 | 0 | 290 | 48 | 1 | 27 | 26 | 4 | 1 | 63 | 12 | 2 |

| Donuts | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Doomsday Donut** | 1 Donut | 330 | 14 | 6 | 0 | 0 | 300 | 47 | 2 | 25 | 24 | 5 | 1 | 119 | 17 | 2 |

| Donuts - Regional | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |
| **Dodgers Donut** | 1 Donut | 270 | 12 | 5 | 0 | 0 | 280 | 37 | 1 | 15 | 15 | 4 | 0 | 58 | 12 | 2 |
| **Fenway Faithful Donut** | 1 Donut | 270 | 12 | 5 | 0 | 0 | 280 | 37 | 1 | 15 | 15 | 4 | 0 | 59 | 12 | 2 |
| **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 |
| **Orioles Magic Donut** | 1 Donut | 350 | 15 | 6 | 0 | 0 | 300 | 47 | 1 | 27 | 27 | 4 | 1 | 69 | 12 | 2 |
| **Padres Donut** | 1 Donut | 270 | 12 | 5 | 0 | 0 | 290 | 36 | 1 | 15 | 14 | 4 | 0 | 75 | 13 | 2 |
| **Pittsburgh Crème Donut** | 1 Donut | 350 | 16 | 7 | 0 | 0 | 310 | 47 | 1 | 26 | 25 | 5 | 1 | 81 | 13 | 2 |
| **Pittsburgh Penguins Donut** | 1 Donut | 270 | 12 | 5 | 0 | 0 | 290 | 36 | 1 | 15 | 14 | 4 | 0 | 75 | 13 | 2 |
| **Poe's Purple Donut** | 1 Donut | 270 | 11 | 4.5 | 0 | 0 | 290 | 37 | 1 | 16 | 16 | 4 | 0 | 63 | 12 | 2 |
| **Raven's Flock Donut** | 1 Donut | 350 | 16 | 7 | 0 | 0 | 300 | 47 | 1 | 26 | 25 | 5 | 1 | 75 | 12 | 2 |
| **Redland Donut** | 1 Donut | 270 | 11 | 4.5 | 0 | 0 | 290 | 37 | 1 | 16 | 16 | 4 | 0 | 59 | 12 | 2 |
| **Reds Donut** | 1 Donut | 270 | 12 | 5 | 0 | 0 | 280 | 37 | 1 | 15 | 15 | 4 | 0 | 64 | 12 | 2 |
| **The GOAT Donut** | 1 Donut | 270 | 11 | 4.5 | 0 | 0 | 290 | 37 | 1 | 16 | 16 | 4 | 0 | 59 | 12 | 2 |

| Dunkin' Daydream Refreshers | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Mango Pineapple Daydream Refresher - Large** | Large | 410 | 8 | 3.5 | 0 | 15 | 160 | 81 | 3 | 62 | 59 | 4 | 4 | 490 | 410 | 0 |
| **Mango Pineapple Daydream Refresher - Medium** | Medium | 290 | 5 | 2 | 0 | 10 | 115 | 58 | 2 | 44 | 42 | 2 | 3 | 350 | 300 | 0 |
| **Mango Pineapple Daydream Refresher - Small** | Small | 220 | 4.5 | 2 | 0 | 10 | 85 | 42 | 1 | 33 | 31 | 2 | 2 | 250 | 210 | 0 |
| **Sangria Daydream Refresher - Large** | Large | 400 | 8 | 3.5 | 0 | 15 | 150 | 79 | 3 | 60 | 56 | 4 | 4 | 486 | 414 | 0 |
| **Sangria Daydream Refresher - Medium** | Medium | 280 | 5 | 2 | 0 | 10 | 110 | 57 | 2 | 42 | 40 | 3 | 3 | 351 | 300 | 0 |
| **Sangria Daydream Refresher - Small** | Small | 210 | 4.5 | 2 | 0 | 10 | 80 | 41 | 1 | 32 | 30 | 2 | 2 | 253 | 214 | 0 |

| Dunkin' Daydream Refreshers | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Strawberry Daydream Refresher - Large** | Large | 400 | 8 | 3.5 | 0 | 15 | 160 | 77 | 3 | 59 | 55 | 4 | 4 | 490 | 410 | 0 |
| **Strawberry Daydream Refresher - Medium** | Medium | 280 | 5 | 2 | 0 | 10 | 115 | 55 | 2 | 41 | 39 | 2 | 3 | 350 | 300 | 0 |
| **Strawberry Daydream Refresher - Small** | Small | 210 | 4.5 | 2 | 0 | 10 | 80 | 40 | 1 | 31 | 29 | 2 | 2 | 250 | 210 | 0 |
| **Wakandan Daydream Refresher - Large** | Large | 700 | 28 | 2.5 | 0 | 0 | 170 | 110 | 3 | 89 | 88 | 3 | 4 | 396 | 351 | 0 |
| **Wakandan Daydream Refresher - Medium** | Medium | 500 | 19 | 2 | 0 | 0 | 125 | 81 | 2 | 65 | 64 | 2 | 3 | 296 | 262 | 0 |
| **Wakandan Daydream Refresher - Small** | Small | 410 | 19 | 1.5 | 0 | 0 | 95 | 61 | 1 | 50 | 49 | 2 | 2 | 198 | 176 | 0 |

| Dunkin' Energy Beverage | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Doom's Orders Energy - Large** | Large | 380 | 25 | 2 | 0 | 0 | 300 | 42 | 0 | 30 | 30 | 1 | 0 | 48 | 12 | 0 |
| **Doom's Orders Energy - Medium** | Medium | 260 | 17 | 1.5 | 0 | 0 | 220 | 30 | 0 | 20 | 20 | 1 | 0 | 35 | 8 | 0 |
| **Doom's Orders Energy - Small** | Small | 250 | 17 | 1.5 | 0 | 0 | 160 | 27 | 0 | 20 | 20 | 1 | 0 | 24 | 7 | 0 |

| Dunkin' Refreshers | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Berry Clementine Refresher - Large** | Large | 230 | 0 | 0 | 0 | 0 | 20 | 57 | 0 | 55 | 54 | 1 | 0 | 35 | 15 | 0 |
| **Berry Clementine Refresher - Medium** | Medium | 170 | 0 | 0 | 0 | 0 | 15 | 43 | 0 | 41 | 41 | 1 | 0 | 26 | 11 | 0 |
| **Berry Clementine Refresher - Small** | Small | 120 | 0 | 0 | 0 | 0 | 10 | 28 | 0 | 27 | 27 | 0 | 0 | 17 | 8 | 0 |
| **Berry Daydream Refresher - Large** | Large | 470 | 8 | 3.5 | 0 | 15 | 160 | 96 | 3 | 78 | 74 | 4 | 4 | 486 | 413 | 0 |
| **Berry Daydream Refresher - Medium** | Medium | 330 | 5 | 2 | 0 | 10 | 115 | 69 | 2 | 56 | 53 | 3 | 3 | 351 | 300 | 0 |
| **Berry Daydream Refresher - Small** | Small | 250 | 4.5 | 2 | 0 | 10 | 80 | 50 | 1 | 41 | 39 | 2 | 2 | 253 | 213 | 0 |
| **Berry Sangria Black Tea Refresher - Large** | Large | 170 | 0 | 0 | 0 | 0 | 20 | 41 | 0 | 37 | 37 | 0 | 0 | 137 | 16 | 0 |
| **Berry Sangria Black Tea Refresher - Medium** | Medium | 120 | 0 | 0 | 0 | 0 | 15 | 31 | 0 | 28 | 28 | 0 | 0 | 102 | 11 | 0 |
| **Berry Sangria Black Tea Refresher - Small** | Small | 80 | 0 | 0 | 0 | 0 | 10 | 21 | 0 | 19 | 18 | 0 | 0 | 68 | 8 | 0 |

| Dunkin' Refreshers | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Berry Sangria Refresher - Large** | Large | 160 | 0 | 0 | 0 | 0 | 15 | 40 | 0 | 37 | 37 | 1 | 0 | 34 | 16 | 0 |
| **Berry Sangria Refresher - Medium** | Medium | 120 | 0 | 0 | 0 | 0 | 10 | 30 | 0 | 28 | 28 | 1 | 0 | 25 | 11 | 0 |
| **Berry Sangria Refresher - Small** | Small | 80 | 0 | 0 | 0 | 0 | 5 | 20 | 0 | 18 | 18 | 0 | 0 | 17 | 8 | 0 |

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

| Dunkin' Zero Beverages | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Blackberry Tangerine Dunkin' Zero - Large** | Large | 25 | 0 | 0 | 0 | 0 | 250 | 12 | 1 | 0 | 0 | 0 | 0 | 46 | 10 | 0 |
| **Blackberry Tangerine Dunkin' Zero - Medium** | Medium | 20 | 0 | 0 | 0 | 0 | 190 | 9 | 1 | 0 | 0 | 0 | 0 | 34 | 7 | 0 |
| **Blackberry Tangerine Dunkin' Zero - Small** | Small | 10 | 0 | 0 | 0 | 0 | 125 | 6 | 1 | 0 | 0 | 0 | 0 | 23 | 5 | 0 |
| **Blushpop Dunkin' Zero - Large** | Large | 25 | 0 | 0 | 0 | 0 | 250 | 12 | 0 | 0 | 0 | 0 | 0 | 46 | 10 | 0 |
| **Blushpop Dunkin' Zero - Medium** | Medium | 20 | 0 | 0 | 0 | 0 | 190 | 9 | 0 | 0 | 0 | 0 | 0 | 34 | 7 | 0 |
| **Blushpop Dunkin' Zero - Small** | Small | 15 | 0 | 0 | 0 | 0 | 125 | 6 | 0 | 0 | 0 | 0 | 0 | 23 | 5 | 0 |
| **Candy Kiss Dunkin' Zero - Large** | Large | 30 | 0 | 0 | 0 | 0 | 250 | 12 | 0 | 0 | 0 | 0 | 0 | 46 | 10 | 0 |
| **Candy Kiss Dunkin' Zero - Medium** | Medium | 20 | 0 | 0 | 0 | 0 | 190 | 9 | 0 | 0 | 0 | 0 | 0 | 34 | 7 | 0 |
| **Candy Kiss Dunkin' Zero - Small** | Small | 15 | 0 | 0 | 0 | 0 | 125 | 6 | 0 | 0 | 0 | 0 | 0 | 23 | 5 | 0 |
| **Glamberry Dunkin' Zero - Large** | Large | 25 | 0 | 0 | 0 | 0 | 250 | 12 | 1 | 0 | 0 | 0 | 0 | 46 | 10 | 0 |

| Dunkin' Zero Beverages | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Glamberry Dunkin' Zero - Medium** | Medium | 20 | 0 | 0 | 0 | 0 | 190 | 9 | 1 | 0 | 0 | 0 | 0 | 34 | 7 | 0 |
| **Glamberry Dunkin' Zero - Small** | Small | 10 | 0 | 0 | 0 | 0 | 125 | 6 | 1 | 0 | 0 | 0 | 0 | 23 | 5 | 0 |
| **Green Apple Dunkin' Zero - Large** | Large | 30 | 0 | 0 | 0 | 0 | 250 | 12 | 0 | 0 | 0 | 0 | 0 | 46 | 11 | 0 |
| **Green Apple Dunkin' Zero - Medium** | Medium | 25 | 0 | 0 | 0 | 0 | 190 | 9 | 0 | 0 | 0 | 0 | 0 | 34 | 7 | 0 |
| **Green Apple Dunkin' Zero - Small** | Small | 15 | 0 | 0 | 0 | 0 | 125 | 6 | 0 | 0 | 0 | 0 | 0 | 23 | 5 | 0 |
| **Juicy Peach Dunkin' Zero - Large** | Large | 25 | 0 | 0 | 0 | 0 | 250 | 11 | 1 | 1 | 0 | 0 | 0 | 46 | 11 | 0 |
| **Juicy Peach Dunkin' Zero - Medium** | Medium | 20 | 0 | 0 | 0 | 0 | 190 | 8 | 1 | 0 | 0 | 0 | 0 | 34 | 7 | 0 |
| **Juicy Peach Dunkin' Zero - Small** | Small | 10 | 0 | 0 | 0 | 0 | 125 | 6 | 1 | 0 | 0 | 0 | 0 | 23 | 5 | 0 |
| **Midnight Apple Dunkin' Zero - Large** | Large | 25 | 0 | 0 | 0 | 0 | 250 | 12 | 0 | 0 | 0 | 0 | 0 | 83 | 11 | 0 |
| **Midnight Apple Dunkin' Zero - Medium** | Medium | 20 | 0 | 0 | 0 | 0 | 190 | 9 | 0 | 0 | 0 | 0 | 0 | 62 | 7 | 0 |
| **Midnight Apple Dunkin' Zero - Small** | Small | 15 | 0 | 0 | 0 | 0 | 125 | 6 | 0 | 0 | 0 | 0 | 0 | 41 | 5 | 0 |
| **Orchard Twist Dunkin' Zero - Large** | Large | 30 | 0 | 0 | 0 | 0 | 250 | 11 | 0 | 0 | 0 | 0 | 0 | 46 | 11 | 0 |
| **Orchard Twist Dunkin' Zero - Medium** | Medium | 20 | 0 | 0 | 0 | 0 | 190 | 9 | 0 | 0 | 0 | 0 | 0 | 34 | 7 | 0 |
| **Orchard Twist Dunkin' Zero - Small** | Small | 15 | 0 | 0 | 0 | 0 | 125 | 6 | 0 | 0 | 0 | 0 | 0 | 23 | 5 | 0 |
| **Sunzest Dunkin' Zero - Large** | Large | 25 | 0 | 0 | 0 | 0 | 250 | 11 | 0 | 0 | 0 | 0 | 0 | 46 | 11 | 0 |
| **Sunzest Dunkin' Zero - Medium** | Medium | 20 | 0 | 0 | 0 | 0 | 190 | 9 | 0 | 0 | 0 | 0 | 0 | 34 | 7 | 0 |
| **Sunzest Dunkin' Zero - Small** | Small | 15 | 0 | 0 | 0 | 0 | 125 | 6 | 0 | 0 | 0 | 0 | 0 | 23 | 5 | 0 |
| **Tropical Mango Dunkin' Zero - Large** | Large | 30 | 0 | 0 | 0 | 0 | 250 | 12 | 0 | 0 | 0 | 0 | 0 | 46 | 10 | 0 |
| **Tropical Mango Dunkin' Zero - Medium** | Medium | 20 | 0 | 0 | 0 | 0 | 190 | 9 | 0 | 0 | 0 | 0 | 0 | 34 | 7 | 0 |
| **Tropical Mango Dunkin' Zero - Small** | Small | 15 | 0 | 0 | 0 | 0 | 125 | 6 | 0 | 0 | 0 | 0 | 0 | 23 | 5 | 0 |

| Hash Browns | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Loaded Hash Browns** | 1 Bowl | 320 | 22 | 6 | 0 | 20 | 1240 | 24 | 2 | 4 | 1 | 9 | 0 | 429 | 86 | 1 |

| Hot Chocolate | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Cookie Butter Hot Chocolate - Extra Large** | Extra Large | 760 | 20 | 18 | 0 | 15 | 540 | 142 | 4 | 118 | 115 | 5 | 0 | 498 | 180 | 2 |
| **Cookie Butter Hot Chocolate - Large** | Large | 690 | 19 | 17 | 0 | 15 | 490 | 126 | 3 | 104 | 101 | 5 | 0 | 447 | 158 | 2 |
| **Cookie Butter Hot Chocolate - Medium** | Medium | 520 | 15 | 13 | 0 | 15 | 360 | 93 | 2 | 76 | 74 | 4 | 0 | 330 | 120 | 1 |
| **Cookie Butter Hot Chocolate - Small** | Small | 370 | 12 | 10 | 0 | 15 | 250 | 66 | 2 | 53 | 51 | 3 | 0 | 235 | 88 | 1 |

| Hot Coffee | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Nutty Pumpkin Hot Coffee - Large** | Large | 350 | 12 | 6 | 0 | 35 | 170 | 52 | 0 | 50 | 42 | 5 | 1 | 449 | 198 | 0 |
| **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 |

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Hot Dunkalatte - Large** | Large | 410 | 13 | 7 | 0 | 40 | 330 | 60 | 0 | 58 | 36 | 15 | 0 | 1059 | 527 | 0 |
| **Hot Dunkalatte - Medium** | Medium | 310 | 10 | 5 | 0 | 30 | 250 | 45 | 0 | 43 | 27 | 11 | 0 | 789 | 395 | 0 |
| **Hot Dunkalatte - Small** | Small | 210 | 6 | 3.5 | 0 | 20 | 170 | 30 | 0 | 29 | 18 | 8 | 0 | 529 | 264 | 0 |
| **Pumpkin Spice Hot Signature Latte - Large** | Large | 540 | 17 | 10 | 0.5 | 55 | 290 | 77 | 0 | 71 | 47 | 16 | 5 | 799 | 573 | 0 |
| **Pumpkin Spice Hot Signature Latte - Medium** | Medium | 420 | 14 | 8 | 0 | 45 | 220 | 59 | 0 | 55 | 36 | 12 | 4 | 602 | 434 | 0 |
| **Pumpkin Spice Hot Signature Latte - Small** | Small | 310 | 11 | 6 | 0 | 35 | 150 | 42 | 0 | 38 | 25 | 8 | 3 | 416 | 296 | 0 |
| **Toasted White Chocolate Signature Latte - Large** | Large | 520 | 17 | 11 | 0 | 55 | 250 | 76 | 0 | 71 | 47 | 15 | 5 | 820 | 568 | 0 |
| **Toasted White Chocolate Signature Latte - Medium** | Medium | 400 | 13 | 9 | 0 | 45 | 190 | 58 | 0 | 54 | 36 | 11 | 4 | 619 | 431 | 0 |
| **Toasted White Chocolate Signature Latte - Small** | Small | 290 | 10 | 7 | 0 | 35 | 130 | 41 | 0 | 38 | 26 | 8 | 3 | 430 | 296 | 0 |

| Iced Cappuccino | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Iced Captain'ccino - Large** | Large | 500 | 9 | 5 | 0 | 30 | 310 | 93 | 0 | 90 | 70 | 13 | 0 | 1135 | 472 | 0 |
| **Iced Captain'ccino - Medium** | Medium | 380 | 7 | 3.5 | 0 | 25 | 240 | 70 | 0 | 67 | 53 | 10 | 0 | 858 | 353 | 0 |
| **Iced Captain'ccino - Small** | Small | 250 | 4.5 | 2.5 | 0 | 15 | 160 | 47 | 0 | 45 | 35 | 6 | 0 | 590 | 236 | 0 |

| Iced Coffee | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Blueberry Cobbler Iced Coffee - Large** | Large | 340 | 12 | 6 | 0 | 35 | 320 | 53 | 0 | 50 | 42 | 5 | 1 | 482 | 204 | 0 |
| **Blueberry Cobbler Iced Coffee - Medium** | Medium | 260 | 9 | 4.5 | 0 | 30 | 240 | 39 | 0 | 37 | 31 | 4 | 0 | 361 | 152 | 0 |
| **Blueberry Cobbler Iced Coffee - Small** | Small | 170 | 6 | 3 | 0 | 20 | 160 | 26 | 0 | 25 | 21 | 3 | 0 | 241 | 102 | 0 |
| **Chocolate Hazelnut Truffle Iced Coffee - Large** | Large | 340 | 12 | 7 | 0 | 35 | 95 | 53 | 2 | 47 | 46 | 4 | 1 | 653 | 84 | 2 |
| **Chocolate Hazelnut Truffle Iced Coffee - Medium** | Medium | 250 | 9 | 5 | 0 | 25 | 70 | 40 | 2 | 35 | 34 | 3 | 0 | 490 | 62 | 1 |
| **Chocolate Hazelnut Truffle Iced Coffee - Small** | Small | 170 | 6 | 3.5 | 0 | 20 | 45 | 26 | 1 | 24 | 23 | 2 | 0 | 327 | 42 | 1 |
| **Nutty Pumpkin Iced Coffee - Large** | Large | 350 | 12 | 6 | 0 | 35 | 180 | 52 | 0 | 50 | 42 | 6 | 1 | 488 | 209 | 0 |
| **Nutty Pumpkin Iced Coffee - Medium** | Medium | 260 | 9 | 4.5 | 0 | 30 | 130 | 39 | 0 | 38 | 31 | 4 | 0 | 366 | 156 | 0 |
| **Nutty Pumpkin Iced Coffee - Small** | Small | 170 | 6 | 3 | 0 | 20 | 90 | 26 | 0 | 25 | 21 | 3 | 0 | 244 | 104 | 0 |
| **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 |
| **Toffee Nut Iced Coffee - Large** | Large | 350 | 12 | 6 | 0 | 40 | 130 | 54 | 0 | 53 | 46 | 5 | 1 | 649 | 177 | 0 |
| **Toffee Nut Iced Coffee - Medium** | Medium | 260 | 9 | 4.5 | 0 | 30 | 95 | 40 | 0 | 40 | 35 | 4 | 0 | 487 | 132 | 0 |
| **Toffee Nut Iced Coffee - Small** | Small | 170 | 6 | 3 | 0 | 20 | 65 | 27 | 0 | 26 | 23 | 3 | 0 | 325 | 89 | 0 |

| Iced Espresso | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Brown Sugar Shakin' Espresso - Large** | Large | 230 | 2.5 | 0 | 0 | 0 | 135 | 51 | 2 | 37 | 36 | 2 | 3 | 501 | 304 | 1 |

| Iced Espresso | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Brown Sugar Shakin' Espresso - Medium** | Medium | 180 | 2 | 0 | 0 | 0 | 105 | 40 | 2 | 28 | 27 | 1 | 2 | 407 | 248 | 1 |
| **Brown Sugar Shakin' Espresso - Small** | Small | 120 | 1.5 | 0 | 0 | 0 | 70 | 26 | 1 | 18 | 18 | 1 | 1 | 273 | 153 | 1 |
| **Shakin' Espresso - Large** | Large | 120 | 6 | 3.5 | 0 | 20 | 110 | 11 | 0 | 9 | 0 | 6 | 2 | 385 | 225 | 0 |
| **Shakin' Espresso - Medium** | Medium | 90 | 4.5 | 2.5 | 0 | 15 | 85 | 8 | 0 | 7 | 0 | 4 | 2 | 295 | 168 | 0 |
| **Shakin' Espresso - Small** | Small | 60 | 3 | 2 | 0 | 10 | 60 | 6 | 0 | 4 | 0 | 3 | 1 | 215 | 113 | 0 |

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Brown Sugar Hazelnut Oat Iced Latte - Large** | Large | 330 | 5 | 1 | 0 | 0 | 200 | 70 | 4 | 43 | 41 | 3 | 6 | 717 | 528 | 1 |
| **Brown Sugar Hazelnut Oat Iced Latte - Medium** | Medium | 250 | 4 | 0.5 | 0 | 0 | 150 | 53 | 3 | 32 | 31 | 2 | 4 | 533 | 396 | 1 |
| **Brown Sugar Hazelnut Oat Iced Latte - Small** | Small | 160 | 2.5 | 0 | 0 | 0 | 100 | 35 | 2 | 21 | 21 | 1 | 3 | 358 | 264 | 0 |
| **Clobbered Cloud Latte - Large** | Large | 590 | 17 | 10 | 0 | 55 | 330 | 91 | 0 | 86 | 63 | 15 | 5 | 832 | 582 | 0 |
| **Clobbered Cloud Latte - Medium** | Medium | 430 | 13 | 7 | 0 | 40 | 240 | 66 | 0 | 62 | 45 | 11 | 4 | 614 | 432 | 0 |
| **Clobbered Cloud Latte - Small** | Small | 320 | 9 | 6 | 0 | 30 | 180 | 49 | 0 | 46 | 34 | 8 | 2 | 424 | 295 | 0 |
| **Cookie Butter Cloud Dunkalatte - Large** | Large | 680 | 18 | 10 | 0 | 60 | 430 | 115 | 0 | 111 | 88 | 16 | 0 | 1206 | 632 | 1 |
| **Cookie Butter Cloud Dunkalatte - Medium** | Medium | 490 | 13 | 7 | 0 | 40 | 310 | 83 | 0 | 80 | 64 | 12 | 0 | 894 | 468 | 1 |
| **Cookie Butter Cloud Dunkalatte - Small** | Small | 350 | 9 | 5 | 0 | 30 | 220 | 60 | 0 | 57 | 46 | 8 | 0 | 608 | 319 | 1 |
| **Cookie Butter Cloud Latte - Large** | Large | 520 | 17 | 10 | 0 | 55 | 290 | 77 | 0 | 72 | 54 | 13 | 5 | 732 | 527 | 1 |
| **Cookie Butter Cloud Latte - Medium** | Medium | 370 | 12 | 7 | 0 | 35 | 210 | 56 | 0 | 52 | 38 | 9 | 4 | 540 | 390 | 1 |
| **Cookie Butter Cloud Latte - Small** | Small | 280 | 9 | 6 | 0 | 30 | 160 | 42 | 0 | 39 | 30 | 7 | 2 | 375 | 267 | 1 |
| **Doom Cloud Latte - Large** | Large | 570 | 18 | 10 | 0 | 55 | 240 | 89 | 2 | 82 | 62 | 15 | 5 | 1023 | 500 | 2 |
| **Doom Cloud Latte - Medium** | Medium | 410 | 13 | 7 | 0 | 35 | 170 | 64 | 2 | 59 | 44 | 11 | 4 | 749 | 365 | 2 |
| **Doom Cloud Latte - Small** | Small | 300 | 9 | 6 | 0 | 30 | 125 | 46 | 1 | 43 | 33 | 8 | 2 | 522 | 257 | 1 |
| **Iced Cookie Butter Oat Chai Latte - Large** | Large | 480 | 5 | 1 | 0 | 0 | 250 | 107 | 6 | 78 | 76 | 4 | 6 | 769 | 603 | 2 |
| **Iced Cookie Butter Oat Chai Latte - Medium** | Medium | 360 | 4 | 0.5 | 0 | 190 | 80 | 80 | 5 | 58 | 57 | 3 | 4 | 576 | 451 | 2 |
| **Iced Cookie Butter Oat Chai Latte - Small** | Small | 240 | 2.5 | 0 | 0 | 0 | 125 | 53 | 3 | 39 | 38 | 2 | 3 | 385 | 302 | 1 |
| **Iced Dunkalatte - Large** | Large | 410 | 13 | 7 | 0 | 40 | 350 | 60 | 0 | 58 | 36 | 15 | 0 | 1064 | 543 | 0 |
| **Iced Dunkalatte - Medium** | Medium | 310 | 10 | 5 | 0 | 30 | 260 | 45 | 0 | 43 | 27 | 11 | 0 | 793 | 406 | 0 |

| Iced 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Iced Dunkalatte - Small** | Small | 210 | 6 | 3.5 | 0 | 20 | 170 | 30 | 0 | 29 | 18 | 8 | 0 | 532 | 272 | 0 |
| **Marshmallow Cloud Dunkalatte - Large** | Large | 780 | 40 | 9 | 0 | 40 | 380 | 91 | 1 | 87 | 66 | 16 | 0 | 1063 | 539 | 0 |
| **Marshmallow Cloud Dunkalatte - Medium** | Medium | 560 | 28 | 7 | 0 | 30 | 280 | 66 | 0 | 64 | 47 | 12 | 0 | 793 | 403 | 0 |
| **Marshmallow Cloud Dunkalatte - Small** | Small | 450 | 25 | 5 | 0 | 20 | 200 | 51 | 0 | 49 | 38 | 8 | 0 | 532 | 270 | 0 |
| **Pumpkin Cloud Dunkalatte - Large** | Large | 750 | 18 | 10 | 0 | 60 | 480 | 129 | 0 | 125 | 95 | 20 | 0 | 1340 | 737 | 0 |
| **Pumpkin Cloud Dunkalatte - Medium** | Medium | 550 | 13 | 7 | 0 | 40 | 360 | 94 | 0 | 91 | 69 | 15 | 0 | 987 | 542 | 0 |
| **Pumpkin Cloud Dunkalatte - Small** | Small | 390 | 9 | 6 | 0 | 30 | 240 | 66 | 0 | 65 | 49 | 10 | 0 | 680 | 376 | 0 |
| **Pumpkin Patch Cloud Latte - Large** | Large | 580 | 17 | 10 | 0 | 55 | 320 | 88 | 0 | 85 | 58 | 17 | 5 | 857 | 625 | 0 |
| **Pumpkin Patch Cloud Latte - Medium** | Medium | 420 | 12 | 7 | 0 | 40 | 230 | 63 | 0 | 61 | 42 | 12 | 4 | 624 | 458 | 0 |
| **Pumpkin Patch Cloud Latte - Small** | Small | 310 | 9 | 5 | 0 | 30 | 160 | 46 | 0 | 45 | 31 | 9 | 2 | 438 | 319 | 0 |
| **Pumpkin Spice Iced Signature Latte - Large** | Large | 540 | 17 | 10 | 0.5 | 55 | 310 | 77 | 0 | 71 | 47 | 16 | 5 | 804 | 589 | 0 |
| **Pumpkin Spice Iced Signature Latte - Medium** | Medium | 420 | 14 | 8 | 0 | 45 | 230 | 59 | 0 | 55 | 36 | 12 | 4 | 606 | 445 | 0 |
| **Pumpkin Spice Iced Signature Latte - Small** | Small | 310 | 11 | 6 | 0 | 35 | 160 | 42 | 0 | 38 | 25 | 8 | 3 | 419 | 304 | 0 |
| **Toasted Almond Iced Dunkalatte - Large** | Large | 420 | 13 | 7 | 0 | 40 | 350 | 61 | 0 | 58 | 36 | 15 | 0 | 1064 | 543 | 0 |
| **Toasted Almond Iced Dunkalatte - Medium** | Medium | 310 | 10 | 5 | 0 | 30 | 260 | 46 | 0 | 43 | 27 | 11 | 0 | 793 | 406 | 0 |
| **Toasted Almond Iced Dunkalatte - Small** | Small | 210 | 6 | 3.5 | 0 | 20 | 170 | 30 | 0 | 29 | 18 | 8 | 0 | 532 | 272 | 0 |
| **Toasted White Chocolate Cloud Latte - Large** | Large | 570 | 17 | 10 | 0 | 55 | 270 | 87 | 0 | 84 | 59 | 16 | 5 | 873 | 615 | 0 |
| **Toasted White Chocolate Cloud Latte - Medium** | Medium | 410 | 12 | 7 | 0 | 40 | 200 | 62 | 0 | 60 | 42 | 12 | 4 | 636 | 451 | 0 |
| **Toasted White Chocolate Cloud Latte - Small** | Small | 300 | 9 | 5 | 0 | 30 | 140 | 45 | 0 | 44 | 31 | 8 | 2 | 446 | 314 | 0 |

| Iced 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Iced Tea Lemonade - Large** | Large | 160 | 0 | 0 | 0 | 0 | 25 | 38 | 0 | 37 | 37 | 0 | 0 | 105 | 20 | 0 |
| **Iced Tea Lemonade - Medium** | Medium | 120 | 0 | 0 | 0 | 0 | 20 | 30 | 0 | 29 | 29 | 0 | 0 | 79 | 14 | 0 |
| **Iced Tea Lemonade - Small** | Small | 80 | 0 | 0 | 0 | 0 | 15 | 19 | 0 | 18 | 18 | 0 | 0 | 53 | 10 | 0 |

| Lemonade | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Optic Blast Lemonade - Large** | Large | 370 | 0 | 0 | 0 | 0 | 60 | 87 | 0 | 85 | 85 | 0 | 0 | 24 | 24 | 0 |
| **Optic Blast Lemonade - Medium** | Medium | 280 | 0 | 0 | 0 | 0 | 45 | 65 | 0 | 64 | 63 | 0 | 0 | 18 | 17 | 0 |
| **Optic Blast Lemonade - Small** | Small | 180 | 0 | 0 | 0 | 0 | 30 | 44 | 0 | 42 | 42 | 0 | 0 | 12 | 12 | 0 |

| Matcha | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Cookie Butter Matcha - Large** | Large | 600 | 17 | 10 | 0 | 55 | 250 | 99 | 2 | 95 | 77 | 14 | 5 | 631 | 518 | 1 |
| **Cookie Butter Matcha - Medium** | Medium | 430 | 12 | 7 | 0 | 35 | 180 | 71 | 1 | 69 | 55 | 10 | 4 | 467 | 383 | 1 |
| **Cookie Butter Matcha - Small** | Small | 310 | 9 | 5 | 0 | 30 | 135 | 51 | 1 | 50 | 40 | 7 | 2 | 320 | 262 | 1 |
| **Raspberry White Chocolate Matcha - Large** | Large | 560 | 12 | 7 | 0 | 40 | 240 | 96 | 1 | 90 | 68 | 15 | 5 | 691 | 556 | 0 |
| **Raspberry White Chocolate Matcha - Medium** | Medium | 420 | 9 | 5 | 0 | 30 | 180 | 72 | 1 | 68 | 51 | 11 | 4 | 518 | 416 | 0 |
| **Raspberry White Chocolate Matcha - Small** | Small | 280 | 6 | 3.5 | 0 | 20 | 120 | 48 | 1 | 45 | 34 | 8 | 2 | 345 | 278 | 0 |

| Munchkins | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Avenging Munchkin** | 1 Donut Hole | 110 | 5 | 3 | 0 | 5 | 75 | 15 | 0 | 10 | 10 | 1 | 0 | 13 | 5 | 0 |
| **Doomsday Munchkin** | 1 Donut Hole | 100 | 3.5 | 2 | 0 | 0 | 80 | 16 | 0 | 9 | 9 | 1 | 0 | 37 | 7 | 0 |

| Omelet Bites | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Bacon & Cheddar Omelet Bites** | 2 Omelet Bites | 280 | 19 | 10 | 0.5 | 185 | 520 | 7 | 0 | 2 | 0 | 17 | 5 | 156 | 238 | 1 |

| Pies | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Braided Apple Pie** | 1 Pie | 400 | 18 | 7 | 0 | 0 | 350 | 53 | 2 | 20 | 18 | 5 | 4 | 74 | 11 | 2 |

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

| Sandwiches | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Maple Brown Sugar Breakfast Sandwich** | 1 Sandwich | 560 | 36 | 18 | 0 | 245 | 770 | 38 | 1 | 9 | 8 | 21 | 13.9 | 250 | 200 | 3.1 |
| **Maple Brown Sugar Wake-Up Wrap** | 1 Wrap | 260 | 16 | 7 | 0 | 110 | 490 | 17 | 0 | 3 | 3 | 12 | 0.6 | 110 | 200 | 1.4 |

| Shakin' Espresso | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Almond White Chocolate Shakin' Espresso - Large** | Large | 320 | 3 | 0.5 | 0 | 0 | 190 | 67 | 2 | 52 | 46 | 4 | 3 | 637 | 395 | 0 |
| **Almond White Chocolate Shakin' Espresso - Medium** | Medium | 240 | 2 | 0 | 0 | 0 | 140 | 51 | 1 | 39 | 34 | 3 | 2 | 485 | 296 | 0 |
| **Almond White Chocolate Shakin' Espresso - Small** | Small | 160 | 1.5 | 0 | 0 | 0 | 95 | 34 | 1 | 26 | 23 | 2 | 1 | 342 | 198 | 0 |
| **Tiramisu Shakin' Espresso - Large** | Large | 310 | 2.5 | 0.5 | 0 | 0 | 200 | 68 | 2 | 51 | 45 | 5 | 3 | 683 | 269 | 0 |
| **Tiramisu Shakin' Espresso - Medium** | Medium | 240 | 2 | 0 | 0 | 0 | 150 | 51 | 1 | 38 | 34 | 4 | 2 | 519 | 201 | 0 |
| **Tiramisu Shakin' Espresso - Small** | Small | 160 | 1.5 | 0 | 0 | 0 | 105 | 34 | 1 | 26 | 22 | 3 | 1 | 365 | 135 | 0 |

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

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

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

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

## Nutrition Guide

The information below was last updated on 10-28-2026 . Information can change frequently, so check www.DunkinDonuts.com for the most current information.

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

# Permanent Products

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

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

| Coffee Chiller | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Butter Pecan Swirl Coffee Chiller with Cream - Large** | Large | 940 | 35 | 18 | 1 | 110 | 460 | 145 | 0 | 123 | 112 | 9 | 2 | 698 | 323 | 0 |
| **Butter Pecan Swirl Coffee Chiller with Cream - Medium** | Medium | 700 | 26 | 14 | 1 | 80 | 340 | 109 | 0 | 92 | 84 | 7 | 1 | 524 | 242 | 0 |
| **Butter Pecan Swirl Coffee Chiller with Cream - Small** | Small | 470 | 17 | 9 | 0.5 | 55 | 230 | 73 | 0 | 62 | 56 | 5 | 1 | 349 | 161 | 0 |
| **Butter Pecan Swirl Coffee Chiller with Skim Milk - Large** | Large | 650 | 0 | 0 | 0 | 5 | 410 | 149 | 0 | 127 | 112 | 10 | 2 | 738 | 382 | 0 |

| Coffee Chiller | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Butter Pecan Swirl Coffee Chiller with Skim Milk - Medium** | Medium | 490 | 0 | 0 | 0 | 5 | 300 | 112 | 0 | 95 | 84 | 8 | 2 | 554 | 287 | 0 |
| **Butter Pecan Swirl Coffee Chiller with Skim Milk - Small** | Small | 330 | 0 | 0 | 0 | 0 | 200 | 75 | 0 | 64 | 56 | 5 | 1 | 369 | 191 | 0 |
| **Butter Pecan Swirl Coffee Chiller with Whole Milk - Large** | Large | 700 | 6 | 3.5 | 0 | 20 | 410 | 149 | 0 | 127 | 112 | 10 | 2 | 694 | 365 | 0 |
| **Butter Pecan Swirl Coffee Chiller with Whole Milk - Medium** | Medium | 530 | 4.5 | 2.5 | 0 | 15 | 310 | 112 | 0 | 95 | 84 | 7 | 2 | 520 | 274 | 0 |
| **Butter Pecan Swirl Coffee Chiller with Whole Milk - Small** | Small | 350 | 3 | 1.5 | 0 | 10 | 200 | 75 | 0 | 63 | 56 | 5 | 1 | 347 | 183 | 0 |
| **Caramel Creme Coffee Chiller - Large** | Large | 1020 | 39 | 23 | 1.5 | 130 | 280 | 155 | 0 | 131 | 120 | 10 | 2 | 911 | 324 | 0 |
| **Caramel Creme Coffee Chiller - Medium** | Medium | 770 | 30 | 17 | 1 | 95 | 210 | 117 | 0 | 99 | 91 | 7 | 2 | 690 | 246 | 0 |
| **Caramel Creme Coffee Chiller - Small** | Small | 540 | 21 | 13 | 0.5 | 70 | 140 | 80 | 0 | 68 | 62 | 5 | 1 | 473 | 172 | 0 |
| **Coffee Chiller - Large** | Large | 720 | 35 | 18 | 1 | 105 | 200 | 95 | 0 | 75 | 70 | 6 | 2 | 520 | 190 | 0.3 |
| **Coffee Chiller - Medium** | Medium | 540 | 26 | 14 | 1 | 80 | 150 | 71 | 0 | 56 | 52 | 5 | 1.5 | 390 | 140 | 0.2 |
| **Coffee Chiller - Small** | Small | 360 | 17 | 9 | 0.5 | 55 | 100 | 48 | 0 | 37 | 35 | 3 | 1 | 260 | 100 | 0.2 |
| **Coffee Chiller with Almondmilk - Large** | Large | 430 | 2 | 0 | 0 | 0 | 200 | 99 | 0 | 79 | 79 | 2 | 0 | 273 | 357 | 0 |
| **Coffee Chiller with Almondmilk - Medium** | Medium | 330 | 1.5 | 0 | 0 | 0 | 150 | 74 | 0 | 59 | 59 | 1 | 0 | 205 | 268 | 0 |
| **Coffee Chiller with Almondmilk - Small** | Small | 220 | 1 | 0 | 0 | 0 | 100 | 50 | 0 | 39 | 39 | 1 | 0 | 136 | 179 | 0 |
| **Coffee Chiller with Cream - Large** | Large | 720 | 35 | 18 | 1 | 105 | 200 | 95 | 0 | 75 | 70 | 6 | 2 | 520 | 190 | 0.3 |
| **Coffee Chiller with Cream - Medium** | Medium | 540 | 26 | 14 | 1 | 80 | 150 | 71 | 0 | 56 | 52 | 5 | 1.5 | 390 | 140 | 0.2 |
| **Coffee Chiller with Cream - Small** | Small | 390 | 17 | 9 | 0.5 | 55 | 100 | 57 | 0 | 54 | 51 | 3 | 1 | 920 | 102 | 1 |
| **Coffee Chiller with Skim Milk - Large** | Large | 500 | 0 | 0 | 0 | 5 | 150 | 117 | 0 | 112 | 103 | 8 | 2 | 1881 | 263 | 2 |
| **Coffee Chiller with Skim Milk - Medium** | Medium | 370 | 0 | 0 | 0 | 5 | 115 | 88 | 0 | 84 | 77 | 6 | 2 | 1411 | 198 | 2 |
| **Coffee Chiller with Skim Milk - Small** | Small | 250 | 0 | 0 | 0 | 0 | 75 | 59 | 0 | 56 | 51 | 4 | 1 | 941 | 132 | 1 |
| **Coffee Chiller with Whole Milk - Large** | Large | 550 | 6 | 3.5 | 0 | 20 | 150 | 117 | 0 | 111 | 103 | 7 | 2 | 1836 | 246 | 2 |
| **Coffee Chiller with Whole Milk - Medium** | Medium | 410 | 4.5 | 2.5 | 0 | 15 | 115 | 88 | 0 | 84 | 77 | 5 | 2 | 1377 | 185 | 2 |
| **Coffee Chiller with Whole Milk - Small** | Small | 270 | 3 | 1.5 | 0 | 10 | 75 | 58 | 0 | 56 | 51 | 4 | 1 | 918 | 123 | 1 |
| **French Vanilla Swirl Coffee Chiller with Cream - Large** | Large | 1000 | 35 | 18 | 1 | 110 | 260 | 163 | 0 | 156 | 144 | 9 | 2 | 757 | 279 | 0 |
| **French Vanilla Swirl Coffee Chiller with Cream - Medium** | Medium | 750 | 26 | 14 | 1 | 85 | 200 | 123 | 0 | 117 | 108 | 7 | 1 | 568 | 209 | 0 |

| Coffee Chiller | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **French Vanilla Swirl Coffee Chiller with Cream - Small** | Small | 500 | 17 | 9 | 0.5 | 55 | 130 | 82 | 0 | 78 | 72 | 5 | 1 | 379 | 140 | 0 |
| **French Vanilla Swirl Coffee Chiller with Skim Milk - Large** | Large | 710 | 0 | 0 | 0 | 10 | 210 | 167 | 0 | 160 | 144 | 10 | 2 | 798 | 338 | 0 |
| **French Vanilla Swirl Coffee Chiller with Skim Milk - Medium** | Medium | 540 | 0 | 0 | 0 | 5 | 160 | 126 | 0 | 120 | 108 | 8 | 2 | 598 | 254 | 0 |
| **French Vanilla Swirl Coffee Chiller with Skim Milk - Small** | Small | 360 | 0 | 0 | 0 | 5 | 105 | 84 | 0 | 80 | 72 | 5 | 1 | 399 | 169 | 0 |
| **French Vanilla Swirl Coffee Chiller with Whole Milk - Large** | Large | 760 | 6 | 3.5 | 0 | 25 | 210 | 167 | 0 | 160 | 144 | 10 | 2 | 753 | 321 | 0 |
| **French Vanilla Swirl Coffee Chiller with Whole Milk - Medium** | Medium | 570 | 4.5 | 2.5 | 0 | 15 | 160 | 125 | 0 | 120 | 108 | 7 | 2 | 565 | 241 | 0 |
| **French Vanilla Swirl Coffee Chiller with Whole Milk - Small** | Small | 380 | 3 | 1.5 | 0 | 10 | 105 | 84 | 0 | 80 | 72 | 5 | 1 | 376 | 161 | 0 |
| **Mocha Swirl Coffee Chiller with Cream - Large** | Large | 990 | 35 | 19 | 1 | 105 | 240 | 163 | 2 | 153 | 148 | 8 | 2 | 798 | 206 | 2 |
| **Mocha Swirl Coffee Chiller with Cream - Medium** | Medium | 740 | 27 | 14 | 1 | 80 | 180 | 122 | 2 | 115 | 111 | 6 | 1 | 598 | 155 | 2 |
| **Mocha Swirl Coffee Chiller with Cream - Small** | Small | 490 | 18 | 9 | 0.5 | 55 | 120 | 81 | 1 | 76 | 74 | 4 | 1 | 399 | 103 | 1 |
| **Mocha Swirl Coffee Chiller with Skim Milk - Large** | Large | 700 | 1 | 0.5 | 0 | 5 | 190 | 167 | 2 | 157 | 148 | 9 | 2 | 838 | 265 | 2 |
| **Mocha Swirl Coffee Chiller with Skim Milk - Medium** | Medium | 530 | 0.5 | 0 | 0 | 5 | 140 | 125 | 2 | 118 | 111 | 7 | 2 | 629 | 199 | 1 |
| **Mocha Swirl Coffee Chiller with Skim Milk - Small** | Small | 350 | 0 | 0 | 0 | 0 | 95 | 83 | 1 | 78 | 74 | 5 | 1 | 419 | 133 | 1 |
| **Mocha Swirl Coffee Chiller with Whole Milk - Large** | Large | 750 | 7 | 4 | 0 | 20 | 190 | 167 | 2 | 156 | 148 | 9 | 2 | 793 | 248 | 2 |
| **Mocha Swirl Coffee Chiller with Whole Milk - Medium** | Medium | 570 | 5 | 3 | 0 | 15 | 140 | 125 | 2 | 117 | 111 | 6 | 2 | 595 | 186 | 1 |
| **Mocha Swirl Coffee Chiller with Whole Milk - Small** | Small | 380 | 3.5 | 2 | 0 | 10 | 95 | 83 | 1 | 78 | 74 | 4 | 1 | 397 | 124 | 1 |
| **Triple Mocha Coffee Chiller - Large** | Large | 1000 | 40 | 23 | 1.5 | 125 | 250 | 153 | 2 | 125 | 120 | 8 | 2 | 917 | 227 | 2 |
| **Triple Mocha Coffee Chiller - Medium** | Medium | 770 | 31 | 18 | 1 | 95 | 190 | 116 | 2 | 95 | 91 | 6 | 2 | 696 | 174 | 2 |
| **Triple Mocha Coffee Chiller - Small** | Small | 530 | 22 | 13 | 0.5 | 70 | 130 | 80 | 1 | 65 | 62 | 5 | 1 | 479 | 123 | 1 |

| Cold Brew Coffee | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Caramel Cold Brew with Dunkin' Cold Foam - Large** | Large | 350 | 4 | 2.5 | 0 | 15 | 115 | 70 | 0 | 67 | 61 | 4 | 0 | 613 | 158 | 0 |
| **Caramel Cold Brew with Dunkin' Cold Foam - Medium** | Medium | 250 | 3 | 1.5 | 0 | 10 | 85 | 51 | 0 | 49 | 45 | 3 | 0 | 455 | 115 | 0 |
| **Caramel Cold Brew with Dunkin' Cold Foam - Small** | Small | 200 | 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 |
| **Cold Brew Coffee with Cream - Large** | Large | 120 | 12 | 6 | 0 | 35 | 65 | 2 | 0 | 2 | 0 | 2 | 1 | 330 | 75 | 0 |
| **Cold Brew Coffee with Cream - Medium** | Medium | 90 | 9 | 4.5 | 0 | 25 | 45 | 1 | 0 | 1 | 0 | 2 | 0 | 247 | 55 | 0 |
| **Cold Brew Coffee with Cream - Small** | Small | 60 | 6 | 3 | 0 | 20 | 30 | 1 | 0 | 1 | 0 | 1 | 0 | 165 | 37 | 0 |
| **Cold Brew Coffee with Cream and Sugar - Large** | Large | 260 | 12 | 6 | 0 | 35 | 65 | 37 | 0 | 36 | 35 | 2 | 1 | 330 | 75 | 0 |
| **Cold Brew Coffee with Cream and Sugar - Medium** | Medium | 190 | 9 | 4.5 | 0 | 25 | 45 | 27 | 0 | 27 | 26 | 2 | 0 | 247 | 55 | 0 |
| **Cold Brew Coffee with Cream and Sugar - Small** | Small | 130 | 6 | 3 | 0 | 20 | 30 | 18 | 0 | 18 | 17 | 1 | 0 | 165 | 38 | 0 |
| **Cold Brew Coffee with Oatmilk - Large** | Large | 50 | 1.5 | 0 | 0 | 0 | 65 | 8 | 1 | 2 | 1 | 1 | 2 | 397 | 145 | 0 |
| **Cold Brew Coffee with Oatmilk - Medium** | Medium | 30 | 1 | 0 | 0 | 0 | 45 | 5 | 1 | 1 | 1 | 1 | 1 | 289 | 98 | 0 |
| **Cold Brew Coffee with Oatmilk - Small** | Small | 15 | 0 | 0 | 0 | 0 | 25 | 3 | 0 | 1 | 0 | 1 | 1 | 181 | 52 | 0 |
| **Cold Brew with Dunkin' Cold Foam and Cream - Large** | Large | 240 | 16 | 9 | 0 | 50 | 85 | 20 | 0 | 19 | 16 | 4 | 1 | 356 | 134 | 0 |
| **Cold Brew with Dunkin' Cold Foam and Cream - Medium** | Medium | 170 | 12 | 7 | 0 | 40 | 60 | 14 | 0 | 14 | 11 | 3 | 1 | 263 | 97 | 0 |
| **Cold Brew with Dunkin' Cold Foam and Cream - Small** | Small | 140 | 9 | 5 | 0 | 30 | 50 | 13 | 0 | 13 | 11 | 2 | 0 | 196 | 80 | 0 |
| **Cold Brew with Dunkin' Cold Foam, Black - Large** | Large | 130 | 5 | 3 | 0 | 15 | 45 | 18 | 0 | 18 | 16 | 2 | 0 | 301 | 80 | 0 |
| **Cold Brew with Dunkin' Cold Foam, Black - Medium** | Medium | 90 | 3.5 | 2 | 0 | 10 | 30 | 13 | 0 | 12 | 11 | 2 | 0 | 221 | 56 | 0 |
| **Cold Brew with Dunkin' Cold Foam, Black - Small** | Small | 90 | 3.5 | 2 | 0 | 10 | 25 | 13 | 0 | 12 | 11 | 2 | 0 | 169 | 53 | 0 |
| **Nitro Cold Brew Coffee - Small** | Small | 5 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 148 | 6 | 0 |
| **Nitro Cold Brew with Dunkin' Cold Foam - Small** | Small | 90 | 3.5 | 2 | 0 | 10 | 25 | 13 | 0 | 12 | 11 | 2 | 0 | 246 | 51 | 0 |
| **The Caramel Cold Foam - Large** | Large | 340 | 4 | 2.5 | 0 | 15 | 115 | 70 | 0 | 68 | 61 | 4 | 0 | 613 | 159 | 0 |
| **The Caramel Cold Foam - Medium** | Medium | 250 | 3 | 1.5 | 0 | 10 | 85 | 52 | 0 | 50 | 45 | 3 | 0 | 455 | 116 | 0 |

| Cold Brew Coffee | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **The Caramel Cold Foam - Small** | Small | 190 | 2.5 | 1.5 | 0 | 10 | 65 | 39 | 0 | 37 | 34 | 2 | 0 | 317 | 87 | 0 |
| **Vanilla Cream Cold Brew - Large** | Large | 130 | 12 | 6 | 0 | 35 | 65 | 2 | 0 | 2 | 0 | 2 | 1 | 348 | 75 | 0 |
| **Vanilla Cream Cold Brew - Medium** | Medium | 100 | 9 | 4.5 | 0 | 25 | 45 | 2 | 0 | 1 | 0 | 2 | 0 | 260 | 56 | 0 |
| **Vanilla Cream Cold Brew - Small** | Small | 60 | 6 | 3 | 0 | 20 | 30 | 1 | 0 | 1 | 0 | 1 | 0 | 174 | 38 | 0 |

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

| Coolatta® | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Blue Raspberry 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 |

| Cream Cheese Spread | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Donuts | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Apple 'n Spice Donut** | 1 Donut | 230 | 10 | 4 | 0 | 0 | 300 | 31 | 1 | 10 | 10 | 4 | 1 | 67 | 14 | 2 |
| **Apple Crumb Donut** | 1 Donut | 290 | 11 | 4.5 | 0 | 0 | 310 | 44 | 1 | 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 |
| **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 |

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |
| **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 |

| Donuts - Regional | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Dunkin' Lemonade Refreshers | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Mango Pineapple Dunkin' Lemonade Refresher - Large** | Large | 320 | 0 | 0 | 0 | 0 | 30 | 80 | 0 | 76 | 76 | 0 | 0 | 20 | 27 | 0 |
| **Mango Pineapple Dunkin' Lemonade Refresher - Medium** | Medium | 240 | 0 | 0 | 0 | 0 | 20 | 60 | 0 | 57 | 57 | 0 | 0 | 15 | 20 | 0 |
| **Mango Pineapple Dunkin' Lemonade Refresher - Small** | Small | 160 | 0 | 0 | 0 | 0 | 15 | 40 | 0 | 38 | 38 | 0 | 0 | 10 | 14 | 0 |
| **Strawberry Dragonfruit Dunkin' Lemonade Refresher - Large** | Large | 310 | 0 | 0 | 0 | 0 | 25 | 75 | 0 | 72 | 72 | 0 | 0 | 19 | 26 | 0 |
| **Strawberry Dragonfruit Dunkin' Lemonade Refresher - Medium** | Medium | 230 | 0 | 0 | 0 | 0 | 20 | 56 | 0 | 54 | 54 | 0 | 0 | 14 | 19 | 0 |
| **Strawberry Dragonfruit Dunkin' Lemonade Refresher - Small** | Small | 160 | 0 | 0 | 0 | 0 | 15 | 37 | 0 | 36 | 36 | 0 | 0 | 10 | 13 | 0 |

| Dunkin' Refreshers | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Frozen Chocolate | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Frozen Chocolate | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Caramel Swirl Frozen Chocolate - Large** | Large | 900 | 17 | 12 | 0 | 40 | 380 | 176 | 1 | 165 | 148 | 11 | 3 | 825 | 392 | 0 |
| **Caramel Swirl Frozen Chocolate - Medium** | Medium | 700 | 14 | 10 | 0 | 35 | 290 | 135 | 1 | 126 | 114 | 9 | 2 | 639 | 302 | 0 |
| **Caramel Swirl Frozen Chocolate - Small** | Small | 500 | 11 | 8 | 0 | 30 | 200 | 95 | 1 | 88 | 80 | 6 | 1 | 456 | 213 | 0 |
| **French Vanilla Swirl Frozen Chocolate - Large** | Large | 900 | 17 | 12 | 0 | 40 | 370 | 175 | 1 | 162 | 144 | 11 | 3 | 788 | 372 | 0 |
| **French Vanilla Swirl Frozen Chocolate - Medium** | Medium | 700 | 14 | 10 | 0 | 35 | 280 | 135 | 1 | 124 | 111 | 9 | 2 | 612 | 287 | 0 |
| **French Vanilla Swirl Frozen Chocolate - Small** | Small | 500 | 11 | 8 | 0 | 30 | 190 | 95 | 1 | 87 | 77 | 6 | 1 | 438 | 204 | 0 |
| **Frozen Chocolate - Large** | Large | 890 | 18 | 13 | 0 | 35 | 330 | 175 | 4 | 158 | 148 | 10 | 3 | 829 | 281 | 2 |
| **Frozen Chocolate - Medium** | Medium | 690 | 15 | 10 | 0 | 30 | 250 | 134 | 3 | 121 | 113 | 7 | 2 | 643 | 214 | 2 |
| **Frozen Chocolate - Small** | Small | 490 | 11 | 8 | 0 | 25 | 170 | 94 | 2 | 84 | 79 | 5 | 1 | 458 | 149 | 1 |

| Frozen Specialty | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (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 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 Almondmilk - Large** | Large | 470 | 2 | 0 | 0 | 0 | 130 | 111 | 2 | 109 | 109 | 3 | 6 | 141 | 362 | 1 |
| **Frozen Matcha Latte with Almondmilk - Medium** | Medium | 350 | 1.5 | 0 | 0 | 15 | 100 | 84 | 2 | 82 | 81 | 2 | 4 | 106 | 272 | 0 |
| **Frozen Matcha Latte with Almondmilk - Small** | Small | 240 | 1 | 0 | 0 | 0 | 65 | 56 | 1 | 54 | 54 | 1 | 3 | 71 | 181 | 0 |
| **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 |

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

| Hot 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Hot Cappuccino | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Hot Cappuccino | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Hot Cappuccino | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Hot Chocolate | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Hot Coffee | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Hot Coffee | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Hot Coffee | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |
| **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 | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (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 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 |

| Hot Espresso | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |
| **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 |

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

| Hot Macchiato | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

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

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Iced Cappuccino | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Iced Cappuccino | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |
| **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 Almondmilk - Large** | Large | 90 | 2.5 | 0 | 0 | 0 | 180 | 15 | 1 | 13 | 13 | 1 | 3 | 265 | 475 | 1 |
| **Iced Cappuccino with Almondmilk - Medium** | Medium | 60 | 2 | 0 | 0 | 0 | 130 | 11 | 0 | 10 | 10 | 1 | 2 | 194 | 355 | 1 |
| **Iced Cappuccino with Almondmilk - Small** | Small | 45 | 1 | 0 | 0 | 0 | 90 | 8 | 0 | 6 | 6 | 1 | 1 | 133 | 238 | 0 |
| **Iced Cappuccino with Skim Milk - Large** | Large | 90 | 0 | 0 | 0 | 5 | 130 | 13 | 0 | 12 | 0 | 8 | 3 | 479 | 316 | 0 |

| Iced Cappuccino | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

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

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

| Iced Coffee | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Iced Espresso | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Brown Sugar Shakin' Espresso - Large** | Large | 230 | 2.5 | 0 | 0 | 0 | 135 | 51 | 2 | 37 | 36 | 2 | 3 | 501 | 304 | 1 |
| **Brown Sugar Shakin' Espresso - Medium** | Medium | 180 | 2 | 0 | 0 | 0 | 105 | 40 | 2 | 28 | 27 | 1 | 2 | 407 | 248 | 1 |
| **Brown Sugar Shakin' Espresso - Small** | Small | 120 | 1.5 | 0 | 0 | 0 | 70 | 26 | 1 | 18 | 18 | 1 | 1 | 273 | 153 | 1 |
| **Shakin' Espresso - Large** | Large | 120 | 6 | 3.5 | 0 | 20 | 110 | 11 | 0 | 9 | 0 | 6 | 2 | 385 | 225 | 0 |
| **Shakin' Espresso - Medium** | Medium | 90 | 4.5 | 2.5 | 0 | 15 | 85 | 8 | 0 | 7 | 0 | 4 | 2 | 295 | 168 | 0 |
| **Shakin' Espresso - Small** | Small | 60 | 3 | 2 | 0 | 10 | 60 | 6 | 0 | 4 | 0 | 3 | 1 | 215 | 113 | 0 |

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Butter Pecan Swirl Iced Latte with Whole Milk - Medium** | Medium | 330 | 9 | 5 | 0 | 30 | 330 | 52 | 0 | 49 | 31 | 11 | 4 | 565 | 420 | 0 |
| **Butter Pecan Swirl Iced Latte with Whole Milk - Small** | Small | 220 | 6 | 3.5 | 0 | 20 | 220 | 35 | 0 | 33 | 21 | 7 | 2 | 380 | 281 | 0 |
| **Caramel Craze Signature Iced Latte with Skim Milk - Large** | Large | 430 | 6 | 3.5 | 0 | 30 | 250 | 79 | 0 | 75 | 51 | 16 | 5 | 1053 | 586 | 0 |
| **Caramel Craze Signature Iced Latte with Skim Milk - Medium** | Medium | 340 | 5 | 3 | 0 | 25 | 190 | 61 | 0 | 57 | 39 | 12 | 3 | 792 | 442 | 0 |
| **Caramel Craze Signature Iced Latte with Skim Milk - Small** | Small | 250 | 5 | 3 | 0 | 20 | 130 | 43 | 0 | 40 | 27 | 8 | 2 | 543 | 303 | 0 |
| **Caramel Craze Signature Iced Latte with Whole Milk - Large** | Large | 530 | 17 | 10 | 0.5 | 60 | 250 | 79 | 0 | 74 | 51 | 15 | 5 | 963 | 551 | 0 |
| **Caramel Craze Signature Iced Latte with Whole Milk - Medium** | Medium | 410 | 14 | 8 | 0 | 45 | 190 | 61 | 0 | 57 | 39 | 11 | 4 | 725 | 416 | 0 |
| **Caramel Craze Signature Iced Latte with Whole Milk - Small** | Small | 300 | 11 | 6 | 0 | 35 | 130 | 43 | 0 | 39 | 27 | 8 | 3 | 499 | 285 | 0 |
| **Caramel Swirl Iced Latte with Skim Milk - Large** | Large | 350 | 0 | 0 | 0 | 10 | 250 | 71 | 0 | 69 | 46 | 15 | 4 | 1,017 | 568 | 0 |
| **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 |

| 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 - Large** | Large | 520 | 18 | 11 | 0.5 | 55 | 220 | 77 | 2 | 68 | 50 | 14 | 5 | 971 | 460 | 2 |
| **Cocoa Mocha Signature Iced Latte with Whole Milk - Medium** | Medium | 400 | 14 | 9 | 0 | 45 | 170 | 60 | 2 | 52 | 38 | 10 | 4 | 731 | 347 | 2 |
| **Cocoa Mocha Signature Iced Latte with Whole Milk - Small** | Small | 300 | 11 | 7 | 0 | 35 | 115 | 42 | 1 | 36 | 27 | 7 | 3 | 503 | 238 | 1 |
| **French Vanilla Swirl Iced Latte with Skim Milk - Large** | Large | 350 | 0 | 0 | 0 | 10 | 240 | 71 | 0 | 67 | 42 | 15 | 4 | 980 | 549 | 0 |
| **French Vanilla Swirl Iced Latte with Skim Milk - Medium** | Medium | 260 | 0 | 0 | 0 | 10 | 180 | 53 | 0 | 50 | 31 | 11 | 3 | 730 | 411 | 0 |
| **French Vanilla Swirl Iced Latte with Skim Milk - Small** | Small | 170 | 0 | 0 | 0 | 5 | 120 | 35 | 0 | 33 | 21 | 7 | 2 | 490 | 275 | 0 |
| **French Vanilla Swirl Iced Latte with Whole Milk - Large** | Large | 450 | 12 | 7 | 0 | 40 | 240 | 70 | 0 | 66 | 42 | 14 | 5 | 891 | 515 | 0 |
| **French Vanilla Swirl Iced Latte with Whole Milk - Medium** | Medium | 330 | 9 | 5 | 0 | 30 | 180 | 52 | 0 | 50 | 31 | 11 | 4 | 663 | 385 | 0 |
| **French Vanilla Swirl Iced Latte with Whole Milk - Small** | Small | 220 | 6 | 3.5 | 0 | 20 | 120 | 35 | 0 | 33 | 21 | 7 | 2 | 445 | 258 | 0 |
| **Iced Latte with AlmondMilk - Large** | Large | 130 | 3.5 | 0 | 0 | 0 | 260 | 23 | 1 | 20 | 19 | 2 | 4 | 374 | 715 | 1 |
| **Iced Latte with AlmondMilk - Medium** | Medium | 100 | 3 | 0 | 0 | 0 | 190 | 17 | 1 | 15 | 15 | 1 | 3 | 276 | 536 | 1 |
| **Iced Latte with AlmondMilk - Small** | Small | 70 | 2 | 0 | 0 | 0 | 130 | 11 | 0 | 10 | 10 | 1 | 2 | 187 | 358 | 1 |
| **Iced Latte with Oatmilk - Large** | Large | 180 | 5 | 1 | 0 | 0 | 200 | 32 | 4 | 7 | 5 | 3 | 9 | 681 | 518 | 1 |
| **Iced Latte with Oatmilk - Medium** | Medium | 130 | 4 | 0.5 | 0 | 0 | 150 | 24 | 3 | 5 | 4 | 2 | 7 | 506 | 388 | 0 |
| **Iced Latte with Oatmilk - Small** | Small | 90 | 2.5 | 0 | 0 | 0 | 100 | 16 | 2 | 4 | 3 | 1 | 4 | 340 | 259 | 0 |
| **Iced Latte with Skim Milk - Large** | Large | 130 | 0 | 0 | 0 | 5 | 180 | 20 | 0 | 18 | 0 | 12 | 4 | 670 | 465 | 0 |
| **Iced Latte with Skim Milk - Medium** | Medium | 100 | 0 | 0 | 0 | 5 | 135 | 15 | 0 | 14 | 0 | 9 | 3 | 498 | 348 | 0 |
| **Iced Latte with Skim Milk - Small** | Small | 70 | 0 | 0 | 0 | 5 | 90 | 10 | 0 | 9 | 0 | 6 | 2 | 335 | 233 | 0 |
| **Iced Latte with Skim Milk and Sugar - Large** | Large | 270 | 0 | 0 | 0 | 5 | 180 | 54 | 0 | 53 | 35 | 12 | 4 | 671 | 465 | 0 |
| **Iced Latte with Skim Milk and Sugar - Medium** | Medium | 200 | 0 | 0 | 0 | 5 | 135 | 41 | 0 | 40 | 26 | 9 | 3 | 498 | 348 | 0 |
| **Iced Latte with Skim Milk and Sugar - Small** | Small | 130 | 0 | 0 | 0 | 5 | 90 | 27 | 0 | 26 | 17 | 6 | 2 | 335 | 233 | 0 |
| **Iced Latte with Whole Milk - Large** | Large | 230 | 12 | 7 | 0 | 35 | 180 | 19 | 0 | 18 | 0 | 12 | 5 | 580 | 431 | 0 |
| **Iced Latte with Whole Milk - Medium** | Medium | 170 | 9 | 5 | 0 | 25 | 135 | 14 | 0 | 13 | 0 | 9 | 4 | 430 | 322 | 0 |
| **Iced Latte with Whole Milk - Small** | Small | 120 | 6 | 3.5 | 0 | 20 | 90 | 9 | 0 | 9 | 0 | 6 | 2 | 290 | 216 | 0 |
| **Iced Latte with Whole Milk and Sugar - Large** | Large | 370 | 12 | 7 | 0 | 35 | 180 | 54 | 0 | 52 | 35 | 12 | 5 | 581 | 431 | 0 |
| **Iced Latte with Whole Milk and Sugar - Medium** | Medium | 270 | 9 | 5 | 0 | 25 | 135 | 40 | 0 | 39 | 26 | 9 | 4 | 431 | 323 | 0 |

| Iced Latte | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (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 with Whole Milk and Sugar - Small** | Small | 180 | 6 | 3.5 | 0 | 20 | 90 | 27 | 0 | 26 | 17 | 6 | 2 | 291 | 216 | 0 |
| **Iced Vanilla Chai Latte with Sweet Cold Foam - Large** | Large | 520 | 16 | 10 | 0.5 | 50 | 250 | 77 | 2 | 70 | 51 | 14 | 5 | 638 | 498 | 1 |
| **Iced Vanilla Chai Latte with Sweet Cold Foam - Medium** | Medium | 380 | 12 | 7 | 0 | 35 | 180 | 56 | 2 | 51 | 37 | 10 | 4 | 464 | 362 | 0 |
| **Iced Vanilla Chai Latte with Sweet Cold Foam - Small** | Small | 280 | 9 | 5 | 0 | 25 | 130 | 41 | 1 | 38 | 28 | 7 | 2 | 323 | 250 | 0 |
| **Iced Vanilla Matcha with Sweet Cold Foam - Large** | Large | 460 | 16 | 9 | 0 | 50 | 200 | 63 | 2 | 59 | 40 | 14 | 9 | 547 | 466 | 0 |
| **Iced Vanilla Matcha with Sweet Cold Foam - Medium** | Medium | 340 | 12 | 7 | 0 | 35 | 150 | 46 | 2 | 43 | 29 | 11 | 6 | 406 | 346 | 0 |
| **Iced Vanilla Matcha with Sweet Cold Foam - Small** | Small | 250 | 9 | 5 | 0 | 25 | 110 | 35 | 1 | 32 | 22 | 7 | 4 | 284 | 240 | 0 |
| **Matcha Iced Latte with Skim +H567+H563** | Medium | 180 | 0 | 0 | 0 | 5 | 125 | 34 | 1 | 32 | 19 | 11 | 6 | 433 | 347 | 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 - 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 |

| Iced Macchiato | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Butter Pecan Swirl Iced Macchiato with Skim Milk - Large** | Large | 310 | 0 | 0 | 0 | 5 | 390 | 64 | 0 | 60 | 42 | 12 | 3 | 704 | 447 | 0 |
| **Butter Pecan Swirl Iced Macchiato with Skim Milk - Medium** | Medium | 230 | 0 | 0 | 0 | 5 | 290 | 48 | 0 | 45 | 31 | 9 | 2 | 535 | 335 | 0 |
| **Butter Pecan Swirl Iced Macchiato with Skim Milk - Small** | Small | 160 | 0 | 0 | 0 | 5 | 200 | 33 | 0 | 30 | 21 | 6 | 1 | 375 | 224 | 0 |
| **Butter Pecan Swirl Iced Macchiato with Whole Milk - Large** | Large | 380 | 8 | 4.5 | 0 | 25 | 390 | 64 | 0 | 60 | 42 | 11 | 3 | 644 | 424 | 0 |
| **Butter Pecan Swirl Iced Macchiato with Whole Milk - Medium** | Medium | 280 | 6 | 3.5 | 0 | 20 | 300 | 48 | 0 | 45 | 31 | 8 | 2 | 490 | 318 | 0 |
| **Butter Pecan Swirl Iced Macchiato with Whole Milk - Small** | Small | 190 | 4 | 2.5 | 0 | 15 | 200 | 32 | 0 | 30 | 21 | 6 | 2 | 345 | 213 | 0 |
| **Caramel Swirl Iced Macchiato with Skim Milk - Large** | Large | 310 | 0 | 0 | 0 | 10 | 200 | 66 | 0 | 63 | 46 | 11 | 3 | 872 | 420 | 0 |
| **Caramel Swirl Iced Macchiato with Skim Milk - Medium** | Medium | 240 | 0 | 0 | 0 | 5 | 150 | 49 | 0 | 47 | 35 | 8 | 2 | 661 | 314 | 0 |
| **Caramel Swirl Iced Macchiato with Skim Milk - Small** | Small | 160 | 0 | 0 | 0 | 5 | 105 | 33 | 0 | 32 | 23 | 6 | 1 | 459 | 211 | 0 |
| **Caramel Swirl Iced Macchiato with Whole Milk - Large** | Large | 380 | 8 | 4.5 | 0 | 30 | 200 | 65 | 0 | 63 | 46 | 11 | 3 | 812 | 397 | 0 |
| **Caramel Swirl Iced Macchiato with Whole Milk - Medium** | Medium | 290 | 6 | 3.5 | 0 | 20 | 150 | 49 | 0 | 47 | 35 | 8 | 2 | 616 | 297 | 0 |
| **Caramel Swirl Iced Macchiato with Whole Milk - Small** | Small | 190 | 4 | 2.5 | 0 | 15 | 105 | 33 | 0 | 31 | 23 | 5 | 2 | 429 | 199 | 0 |
| **French Vanilla Swirl Iced Macchiato with Skim Milk - Large** | Large | 310 | 0 | 0 | 0 | 10 | 190 | 65 | 0 | 61 | 42 | 11 | 3 | 835 | 401 | 0 |
| **French Vanilla Swirl Iced Macchiato with Skim Milk - Medium** | Medium | 230 | 0 | 0 | 0 | 5 | 150 | 49 | 0 | 46 | 31 | 8 | 2 | 633 | 300 | 0 |
| **French Vanilla Swirl Iced Macchiato with Skim Milk - Small** | Small | 160 | 0 | 0 | 0 | 5 | 100 | 33 | 0 | 30 | 21 | 5 | 1 | 441 | 201 | 0 |
| **French Vanilla Swirl Iced Macchiato with Whole Milk - Large** | Large | 380 | 8 | 4.5 | 0 | 30 | 200 | 65 | 0 | 60 | 42 | 10 | 3 | 776 | 378 | 0 |
| **French Vanilla Swirl Iced Macchiato with Whole Milk - Medium** | Medium | 280 | 6 | 3.5 | 0 | 20 | 150 | 49 | 0 | 45 | 31 | 8 | 2 | 588 | 283 | 0 |
| **French Vanilla Swirl Iced Macchiato with Whole Milk - Small** | Small | 190 | 4 | 2.5 | 0 | 15 | 100 | 33 | 0 | 30 | 21 | 5 | 2 | 411 | 189 | 0 |
| **Iced Macchiato with Oatmilk - Large** | Large | 120 | 3.5 | 0.5 | 0 | 0 | 150 | 23 | 3 | 5 | 4 | 2 | 6 | 532 | 352 | 0 |
| **Iced Macchiato with Oatmilk - Medium** | Medium | 90 | 2.5 | 0 | 0 | 0 | 110 | 17 | 2 | 4 | 3 | 2 | 4 | 406 | 263 | 0 |
| **Iced Macchiato with Oatmilk - Small** | Small | 60 | 2 | 0 | 0 | 0 | 75 | 12 | 1 | 2 | 2 | 1 | 3 | 289 | 177 | 0 |

| Iced Macchiato | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (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 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 |

| Iced 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Iced Green Tea Sweetened - Large** | Large | 140 | 0 | 0 | 0 | 0 | 15 | 33 | 0 | 33 | 33 | 1 | 0 | 49 | 10 | 0 |
| **Iced Green Tea Sweetened - Medium** | Medium | 100 | 0 | 0 | 0 | 0 | 10 | 25 | 0 | 25 | 25 | 1 | 0 | 36 | 6 | 0 |

| Iced 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Iced 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

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

| Kosher Sandwiches and Wraps | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (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 Dunkin' Double Veggie Sausage Sandwich** | 1 Sandwich | 600 | 18 | 6 | 0 | 180 | 1460 | 74 | 6 | 8 | 5 | 37 | 1 | 439 | 163 | 8 |
| **Kosher Egg and Cheese Wake Up Wrap** | 1 Wrap | 170 | 10 | 4 | 0 | 95 | 410 | 14 | 0 | 1 | 0 | 7 | 1 | 86 | 120 | 1 |
| **Kosher Egg and Cheese on an English Muffin** | 1 Sandwich | 340 | 14 | 5 | 0 | 180 | 600 | 38 | 1 | 3 | 3 | 14 | 2 | 164 | 112 | 3 |
| **Kosher Sourdough Breakfast Sandwich** | 1 Sandwich | 660 | 34 | 10 | 0 | 345 | 1470 | 61 | 3 | 1 | 0 | 29 | 2 | 323 | 234 | 6 |
| **Kosher Tuna Melt on a Croissant** | 1 Sandwich | 570 | 38 | 17 | 0 | 110 | 800 | 32 | 1 | 4 | 3 | 24 | 13 | 102 | 172 | 2 |
| **Kosher Tuna Salad on a Plain Bagel** | 1 Sandwich | 510 | 17 | 3 | 0 | 45 | 1060 | 64 | 4 | 7 | 4 | 24 | 0 | 130 | 23 | 4 |
| **Kosher Veggie Bacon Egg and Cheese on a Plain Bagel** | 1 Sandwich | 510 | 17 | 5 | 0 | 180 | 1170 | 68 | 4 | 7 | 4 | 21 | 1 | 251 | 130 | 5 |
| **Kosher Veggie Bacon Wake-Up Wrap** | 1 Wrap | 200 | 12 | 4.5 | 0 | 95 | 520 | 15 | 0 | 1 | 0 | 8 | 1 | 94 | 124 | 1 |
| **Kosher Veggie Sausage Egg and Cheese on a Croissant** | 1 Sandwich | 500 | 30 | 14 | 0 | 220 | 820 | 37 | 2 | 5 | 4 | 23 | 14 | 288 | 139 | 4 |
| **Kosher Veggie Sausage Wake-Up Wrap** | 1 Wrap | 210 | 11 | 4 | 0 | 95 | 540 | 16 | 1 | 1 | 1 | 11 | 1 | 138 | 130 | 2 |

| Kosher Sandwiches and Wraps - Regional | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

| Lemonade | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Lemonade - Large** | Large | 240 | 0 | 0 | 0 | 0 | 25 | 60 | 0 | 59 | 59 | 0 | 0 | 27 | 27 | 0 |
| **Lemonade - Medium** | Medium | 180 | 0 | 0 | 0 | 0 | 20 | 45 | 0 | 44 | 44 | 0 | 0 | 20 | 19 | 0 |
| **Lemonade - Small** | Small | 120 | 0 | 0 | 0 | 0 | 15 | 30 | 0 | 30 | 30 | 0 | 0 | 13 | 13 | 0 |
| **Matcha Lemonade - Large** | Large | 340 | 0 | 0 | 0 | 0 | 20 | 83 | 2 | 80 | 80 | 1 | 0 | 25 | 24 | 0 |
| **Matcha Lemonade - Medium** | Medium | 270 | 0 | 0 | 0 | 0 | 20 | 65 | 1 | 63 | 63 | 1 | 0 | 20 | 19 | 0 |
| **Matcha Lemonade - Small** | Small | 180 | 0 | 0 | 0 | 0 | 15 | 43 | 1 | 42 | 42 | 1 | 0 | 13 | 13 | 0 |

| Muffins | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 |

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

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

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

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

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Bold Breakfast Black Packaged Tea** | | | | | | | | | | | | | | | | |
| **Chamomile Fields Herbal Infusion Packaged Tea** | | | | | | | | | | | | | | | | |

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Cool Mint Herbal Infusion Packaged Tea** | | | | | | | | | | | | | | | | |
| **Harmony Leaf Green Packaged Tea** | | | | | | | | | | | | | | | | |
| **Hibiscus Kiss Herbal Infusion Packaged Tea** | | | | | | | | | | | | | | | | |

| Packaged 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Decaf Breakfast Black Packaged Tea** | | | | | | | | | | | | | | | | |

| Sandwiches | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Bacon, Egg and Cheese Wake-Up Wrap** | 1 Wrap | 220 | 13 | 5 | 0 | 105 | 590 | 15 | 0 | 1 | 1 | 10 | 1 | 112 | 134 | 1 |
| **Bacon, Egg and Cheese on Croissant** | 1 Sandwich | 520 | 34 | 16 | 0 | 235 | 870 | 34 | 1 | 5 | 4 | 19 | 14 | 250 | 133 | 3 |
| **Bacon, Egg and Cheese on English Muffin** | 1 Sandwich | 420 | 21 | 7 | 0 | 195 | 900 | 39 | 1 | 4 | 4 | 19 | 2 | 230 | 130 | 3 |
| **Bacon, Egg and Cheese on a Plain Bagel** | 1 Sandwich | 540 | 19 | 7 | 0 | 195 | 1,260 | 67 | 4 | 8 | 5 | 24 | 1 | 300 | 140 | 5 |
| **Double Sausage Breakfast Sandwich** | 1 Sandwich | 900 | 54 | 19 | 0 | 265 | 1980 | 70 | 5 | 8 | 4 | 33 | 2 | 439 | 189 | 6 |
| **Egg and Cheese Wake-Up Wrap** | 1 Wrap | 180 | 10 | 4 | 0 | 95 | 470 | 14 | 0 | 1 | 0 | 7 | 1 | 74 | 132 | 1 |
| **Egg and Cheese on Croissant** | 1 Sandwich | 440 | 28 | 14 | 0 | 220 | 620 | 33 | 1 | 4 | 3 | 14 | 14 | 173 | 131 | 3 |
| **Egg and Cheese on Croissant** | 1 Sandwich | 440 | 28 | 14 | 0 | 220 | 620 | 33 | 1 | 4 | 3 | 14 | 14 | 173 | 131 | 3 |
| **Egg and Cheese on English Muffin** | 1 Sandwich | 340 | 15 | 5 | 0 | 175 | 650 | 38 | 1 | 4 | 3 | 14 | 2 | 151 | 124 | 3 |
| **Egg and Cheese on a Plain Bagel** | 1 Sandwich | 460 | 13 | 5 | 0 | 175 | 1010 | 66 | 4 | 8 | 4 | 19 | 1 | 222 | 135 | 4 |
| **Grilled Cheese** | 1 Sandwich | 480 | 20 | 11 | 0 | 55 | 1120 | 54 | 3 | 1 | 0 | 21 | 0 | 167 | 407 | 4 |
| **Sausage, Egg and Cheese Wake-Up Wrap** | 1 Wrap | 280 | 20 | 7 | 0 | 115 | 690 | 15 | 1 | 1 | 0 | 10 | 1 | 122 | 145 | 2 |
| **Sausage, Egg and Cheese on English Muffin** | 1 Sandwich | 560 | 35 | 12 | 0 | 220 | 1,140 | 40 | 2 | 4 | 3 | 21 | 2 | 260 | 151 | 3 |
| **Sausage, Egg and Cheese on a Plain Bagel** | 1 Sandwich | 680 | 34 | 12 | 0 | 220 | 1,500 | 68 | 5 | 8 | 4 | 26 | 2 | 330 | 162 | 5 |
| **Sourdough Breakfast Sandwich** | 1 Sandwich | 630 | 31 | 10 | 0 | 360 | 1300 | 58 | 3 | 2 | 1 | 30 | 2 | 360 | 220 | 5 |

| Sandwiches | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin D (mcg) | Potassium (mg) | Calcium (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Spam Breakfast Sandwich** | 1 Sandwich | 630 | 42 | 17 | 0 | 200 | 1210 | 41 | 1 | 6 | 5 | 20 | 4 | 251 | 129 | 3 |
| **Turkey Sausage Sandwich on English Muffin** | 1 Sandwich | 460 | 24 | 8 | 0 | 210 | 1040 | 39 | 1 | 4 | 3 | 22 | 2 | 239 | 130 | 3 |
| **Turkey Sausage Wake Up Wrap** | 1 Wrap | 230 | 15 | 5 | 0 | 115 | 660 | 15 | 0 | 1 | 1 | 11 | 1 | 118 | 135 | 2 |

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

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

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