Cinnamon Rolls	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Classic Roll	1 Roll	880	37	16	0	55	1150	129	2	61	59	12	E.M,S,W
Caramel Pecanbon®	1 Roll	1090	51	20	0.5	65	1280	149	4	77	75	14	E,M,P,S,TN,W
TurtleBon Classic Roll	1 Roll	1100	53	19	0.5	60	1270	149	5	76	74	15	E,M,P,S,TN,W
Caramel Lover's Classic Roll	1 Roll	1000	41	19	0.5	65	1230	147	2	76	74	13	E,M,S,W
OREO®Bon Classic Roll	1 Roll	1080	44	18	0.5	55	1260	162	4	81	79	14	E,M,S,W
Apple Crumble Topped Classic Roll	1 Roll	1140	43	19	0.5	70	1260	174	5	94	88	14	E,M,S,W
Minibon® Roll	1 Roll	350	15	7	0	25	350	52	1	24	24	5	E.M,S,W
Caramel Pecanbon MiniBon® Roll	1 Roll	460	22	8	0	30	400	62	2	33	31	6	E,M,P,S,TN,W
TurtleBon MiniBon® Roll	1 Roll	470	23	8	0	25	390	62	2	32	31	7	E,M,P,S,TN,W
Caramel Lover's MiniBon® Roll	1 Roll	410	17	8	0	30	370	61	1	32	31	5	E,M,S,W
OREO®Bon MiniBon® Roll	1 Roll	450	18	8	0	25	390	68	2	34	34	6	E,M,S,W
Apple Crumble Topped MiniBon® Roll	1 Roll	470	18	8	0	30	390	74	2	41	38	6	E,M,S,W
BonBites™, 4ct	4 Rolls	410	17	8	0	25	480	58	2	27	25	5	E,M,S,W
Caramel Pecanbon® BonBites™, 4ct	4 Rolls	560	30	10	0	30	570	67	2	34	32	7	E,M,P,S,TN,W
TurtleBon BonBites™, 4ct	4 Rolls	590	33	10	0	15	580	69	4	35	33	7	E,M,P,S,TN,W
Caramel Lover's BonBites™, 4ct	4 Rolls	470	20	9	0	15	520	67	2	34	33	5	E,M,S,W
OREOBon BonBites™, 4ct	4 Rolls	530	22	9	0	10	560	78	3	39	38	7	E,M,S,W
Apple Crumble Topped BonBites™, 4ct	4 Rolls	550	21	9	0	30	540	84	2	45	41	6	E,M,S,W

Quick Bites	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Center of the Roll - Classic	1 Bowl	760	34	16	0	50	870	106	2	60	58	9	E,M,S,W
Center of the Roll - Caramel Pecanbon®	1 Bowl	860	44	17	0.5	50	890	108	3	60	59	10	E,M,P,S,TN,W
Center of the Roll - TurtleBon	1 Bowl	990	51	18	0.5	55	960	126	4	76	74	11	E,M,P,S,TN,W
Center of the Roll - Caramel Lover's	1 Bowl	870	38	18	0.5	55	910	124	2	75	74	9	E,M,S,W
Center of the Roll - OREO®Bon	1 Bowl	950	41	18	0.5	50	950	137	3	80	79	11	E,M,S,W
Center of the Roll - Apple Crumble Topped	1 Bowl	1000	40	18	0.5	55	940	151	4	93	88	10	E,M,S,W
Churro Stick, unfilled, 1 ct	1 Stick	210	9	1.5	0	0	230	27	1	5	4	4	E,M,S,W
CinnaSweeties™ 5 ct	5 Sweeties	250	13	6	0	0	190	32	1	13	11	3	E,M,W,S
CinnaSweeties™ 10 ct	10 Sweeties	500	25	12	0	0	380	63	2	27	21	7	E,M,W,S

Add Ons	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Frosting pint	1 fl. oz	110	7	3	0	5	60	12	0	11	11	0	M,S
Topping Cup ,Cinnabon® Cream Cheese Frosting	1 Container	220	14	7	0	15	130	24	0	23	23	1	M,S
Topping Cup, Cinnabon® Caramel Frosting	1 Container	210	9	5	0	15	150	31	0	28	27	1	M,S
Topping Cup, Cinnabon® Caramel Topping	1 Container	240	8	5	0	20	180	42	0	37	36	1	M,S
Topping Cup, Cinnabon® Chocolate Sauce	1 Container	130	1	0	0	0	0	33	3	28	27	2	S
Topping Cup, Cinnabon® Pecans	1 Container	170	17	2	0	0	95	3	2	1	0	2	TN
Topping Cup, OREO® Cookie Pieces	1 Container	110	5	2	0	0	80	17	0	10	9	1	S,W
Topping Cup, Strawberry Puree	1 Container	170	0	0	0	0	0	41	0	41	35	0	

CinnaPacks™: Pre-Packed & Ready to Heat	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Classic CinnaPack®	1 Roll	940	41	18	0.5	60	1180	136	2	68	66	13	E,M,S,W
Caramel Pecanbon® Classic CinnaPack®	1 Roll	1160	55	22	1	70	1320	156	4	84	81	14	E,M,P,S,TN,W
TurtleBon Classic CinnaPack®	1 Roll	1160	55	21	0.5	25	970	156	6	81	78	15	E,M,S,TN,W
Caramel Lover's Classic CinnaPack®	1 Roll	1050	43	21	0.5	30	920	154	3	81	78	13	E,M,S,W
Oreo®Bon Classic CinnaPack®	1 Roll	1130	45	20	0.5	20	970	169	5	87	84	15	E,M,S,TN,W
Minibon® CinnaPack®	1 Roll	380	17	8	0	25	350	55	1	28	27	5	E,M,S,W

Caramel Pecanbon® MiniBon® CinnaPack®	1 Roll	490	24	9	0	30	410	65	2	36	35	6	E,M,P,S,TN,W
TurtleBon MiniBon® CinnaPack®	1 Roll	490	24	9	0	10	400	65	3	35	33	6	E,M,S,TN,W
Caramel Lover's MiniBon® CinnaPack®	1 Roll	440	18	9	0	15	380	64	1	34	33	5	E,M,S,W
Oreo®Bon MiniBon® CinnaPack®	1 Roll	480	19	8	0	10	400	71	2	37	36	6	E,M,S,TN,W
BonBites™ CinnaPack®	4 Rolls	460	21	10	0	30	510	63	2	32	32	5	E,M,S,W
Caramel Pecanbon® BonBites™ CinnaPack®	4 Rolls	600	32	11	0	30	600	73	2	37	36	7	E,M,P,S,TN,W
TurtleBon BonBites™ CinnaPack®	4 Rolls	640	36	11	0	15	610	74	4	39	37	9	E,M,S,TN,W
Caramel Lover's BonBites™ CinnaPack®	4 Rolls	510	22	10	0	20	540	72	2	39	37	7	E,M,S,W
Oreo®Bon BonBites™ CinnaPack®	4 Rolls	630	27	11	0	15	630	92	3	48	47	8	E,M,S,TN,W
MegaBon™	**Serving Size**	**Calories**	**Fat (gm)**	**Saturated Fat (gr)**	**Trans Fat (gr)**	**Cholesterol (mg)**	**Sodium (mg)**	**Carb. (grams)**	**Fiber (gr)**	**Total Sugars (gr)**	**Added Sugars (gr)**	**Protein (gr)**	**Allergen**
Classic MegaBon™	1/6th Roll	520	23	11	0	35	460	73	2	39	38	6	E,M,W,S
Turtle MegaBon™	1/6th Roll	590	27	11	0	35	490	80	3	43	41	7	E,M,W,S,TN
Caramel Lover's MegaBon™	1/6th Roll	550	23	11	0	35	480	79	2	43	41	7	E,M,W,S
OREO® MegaBon™	1/6th Roll	560	23	11	0	35	480	81	3	43	42	7	E,M,W,S
Caramel Pecan MegaBon™	1/6th Roll	600	28	12	0	35	500	80	3	43	41	7	E,M,W,S,TN
Birthday MegaBon™	1/6th Roll	520	23	11	0	35	460	74	2	39	38	6	E,M,W,S
Beverages (Over Ice)	**Serving Size**	**Calories**	**Fat (gm)**	**Saturated Fat (gr)**	**Trans Fat (gr)**	**Cholesterol (mg)**	**Sodium (mg)**	**Carb. (grams)**	**Fiber (gr)**	**Total Sugars (gr)**	**Added Sugars (gr)**	**Protein (gr)**	**Allergen**
MochaLatta Chill®, 16 oz	16 fl. oz (Small)	340	13	8	0	40	170	50	1	43	33	7	M,S
MochaLatta Chill®, 24 oz	24 fl. oz (Reg)	450	16	9	0	45	280	69	2	61	46	10	M,S
Classic Iced Lemonade, 16 oz	16 fl. oz (Small)	100	0	0	0	0	20	25	0	23	23	0	NONE
Classic Iced Lemonade, 24 oz	24 fl. oz (Reg)	150	0	0	0	0	25	37	0	34	34	0	NONE
Raspberry Iced Lemonade, 16 oz	16 fl. oz (Small)	160	0	0	0	0	20	38	0	37	36	0	NONE
Raspberry Iced Lemonade, 24 oz	24 fl. oz (Reg)	220	0	0	0	0	25	54	0	51	50	0	NONE
Cotton Candy Iced Lemonade, 16 oz	16 fl. oz (Small)	260	3	3	0	0	40	57	0	53	52	1	M,S
Cotton Candy Iced Lemonade, 24 oz	24 fl. oz (Reg)	320	4	3	0	0	45	74	0	69	68	1	M,S
Classic Sparkling Lemonade, 16 oz	16 fl. oz (Small)	120	0	0	0	0	40	31	0	29	29	0	NONE
Classic Sparkling Lemonade, 24 oz	24 fl. oz (Reg)	140	0	0	0	0	45	37	0	36	36	0	NONE
Raspberry Sparkling Lemonade, 16 oz	16 fl. oz (Small)	160	0	0	0	0	50	41	0	40	39	0	NONE
Raspberry Sparkling Lemonade, 24 oz	24 fl. oz (Reg)	200	0	0	0	0	65	51	0	50	49	0	NONE
Vanilla Iced Cold Brew, 16 oz	16 fl. oz (Small)	110	2	1	0	5	40	22	0	21	18	2	M
Vanilla Iced Cold Brew, 24 oz	24 fl. oz (Reg)	170	3	2	0	10	55	33	0	32	27	3	M
Cinnamon Roll Iced Cold Brew, 16 oz	16 fl. oz (Small)	120	2	1	0	5	65	22	0	20	17	2	M
Cinnamon Roll Iced Cold Brew, 24 oz	24 fl. oz (Reg)	170	3	2	0	10	95	33	0	30	26	3	M
Caramel Iced Cold Brew, 16 oz	16 fl. oz (Small)	160	3	2	0	9	45	31	0	27	23	3	M
Caramel Iced Cold Brew, 24 oz	24 fl. oz (Reg)	220	3	2	0	10	50	45	0	40	35	3	M
Cold Foam Topping	1 Serving	60	2.5	1.5	0	15	25	9	0	9	9	0	M,S
Beverages (Frozen)	**Serving Size**	**Calories**	**Fat (gm)**	**Saturated Fat (gr)**	**Trans Fat (gr)**	**Cholesterol (mg)**	**Sodium (mg)**	**Carb. (grams)**	**Fiber (gr)**	**Total Sugars (gr)**	**Added Sugars (gr)**	**Protein (gr)**	**Allergen**
Classic Frozen Lemonade, 16 oz	16 fl. oz (Small)	250	0	0	0	0	25	62	0	57	56	0	NONE
Classic Frozen Lemonade, 24 oz	24 fl. oz (Reg)	310	0	0	0	0	30	77	0	71	70	0	NONE
Raspberry Frozen Lemonade, 16 oz	16 fl. oz (Small)	290	0	0	0	0	25	71	0	68	67	0	NONE
Raspberry Frozen Lemonade, 24 oz	24 fl. oz (Reg)	390	0	0	0	0	35	96	0	92	91	0	NONE
Vanilla Frozen Cold Brew, 16 oz	16 fl. oz (Small)	450	15	10	0	55	180	73	0	66	56	6	M,S
Vanilla Frozen Cold Brew, 24 oz	24 fl. oz (Reg)	620	19	12	0	75	250	105	0	96	81	9	M,S
Cinnamon Roll Frozen Cold Brew, 16 oz	16 fl. oz (Small)	450	15	10	0	55	200	73	0	65	55	6	M,S
Cinnamon Roll Frozen Cold Brew, 24 oz	24 fl. oz (Reg)	630	19	12	0	75	290	105	0	95	80	9	M,S
Strawberries & Cream Chillattas®, 16 oz	16 fl. oz (Small)	570	16	11	0	65	190	101	0	93	81	8	M
Strawberries & Cream Chillattas®, 24 oz	24 fl. oz (Reg)	770	21	14	0	80	280	137	0	127	109	11	M
Double Chocolate Mocha Chilllattas®, 16 oz	16 fl. oz (Small)	350	13	7	0	35	160	55	2	48	38	8	M,S

Double Chocolate Mocha Chillattas®, 24 oz	24 fl. oz (Reg)	460	15	8	0	40	200	77	3	68	55	10	M,S
OREO® Cookies & Cream Chilllattas®, 16 oz	16 fl. oz (Small)	640	25	13	0	65	350	96	1	75	63	9	M,S,W
OREO® Cookies & Cream Chilllattas®, 24 oz	24 fl. oz (Reg)	850	32	17	0	80	480	130	1	102	85	13	M,S,W
Beverages (Frozen) *at Carvel co-branded locations**	**Serving Size**	**Calories**	**Fat (gm)**	**Saturated Fat (gr)**	**Trans Fat (gr)**	**Cholesterol (mg)**	**Sodium (mg)**	**Carb. (grams)**	**Fiber (gr)**	**Total Sugars (gr)**	**Added Sugars (gr)**	**Protein (gr)**	**Allergen**
Vanilla Frozen Cold Brew, 16 oz	16 fl. oz (Small)	600	27	17	0.5	100	200	82	0	74	65	7	M,S
Vanilla Frozen Cold Brew, 24 oz	24 fl. oz (Reg)	750	33	20	1	120	280	106	0	97	85	8	M,S
Cinnamon Roll Frozen Cold Brew, 16 oz	16 fl. oz (Small)	640	30	18	1	110	270	81	0	72	60	7	M,S
Cinnamon Roll Frozen Cold Brew, 24 oz	24 fl. oz (Reg)	740	33	20	1	120	320	99	0	87	74	9	M,S
Strawberries & Cream Chillattas®, 16 oz	16 fl. oz (Small)	680	25	16	1	95	190	99	0	93	78	7	M
Strawberries & Cream Chillattas®, 24 oz	24 fl. oz (Reg)	810	28	17	1	105	240	127	0	121	101	9	M
OREO® Cookies & Cream Chilllattas®, 16 oz	16 fl. oz (Small)	760	35	19	1	105	340	97	1	79	67	9	M,S,W
OREO® Cookies & Cream Chilllattas®, 24 oz	24 fl. oz (Reg)	950	43	23	1	125	430	122	1	99	84	12	M,S,W
Beverages (Hot + Espresso)	**Serving Size**	**Calories**	**Fat (gm)**	**Saturated Fat (gr)**	**Trans Fat (gr)**	**Cholesterol (mg)**	**Sodium (mg)**	**Carb. (grams)**	**Fiber (gr)**	**Total Sugars (gr)**	**Added Sugars (gr)**	**Protein (gr)**	**Allergen**
Coffee, 12 oz	12 fl. oz (Small)	5	0	0	0	0	5	0	0	0	0	0	NONE
Coffee, 16 oz	16 fl. oz (Reg)	5	0	0	0	0	5	0	0	0	0	0	NONE
Coffee, 20 oz	20 fl. oz (Large)	5	0	0	0	0	10	0	0	0	0	0	NONE
Hot Cocoa, 12 oz with Whipped Cream	12 fl. oz (Small)	290	11	3	0	15	370	54	2	49	35	3	M,S
Hot Cocoa, 16 oz with Whipped Cream	16 fl. oz (Reg)	310	12	4	0	20	370	55	2	49	36	3	M,S
Americano, 12 oz	12 fl. oz (Small)	5	0	0	0.0	0	15	1	0	0	0	0	NONE
Americano, 16 oz	16 fl. oz (Reg)	10	0	0	0.0	0	25	2	0	0	0	0	NONE
Americano, 20 oz	20 fl. oz (Large)	15	0	0	0.0	0	35	3	0	0	0	0	NONE
Cappuccino, 12 oz	12 fl. oz (Small)	110	6	4	0.0	20	85	9	0	9	0	6	M
Cappuccino, 16 oz	16 fl. oz (Reg)	140	7	4	0.0	20	100	11	0	10	0	7	M
Cappuccino, 20 oz	20 fl. oz (Large)	160	8	5	0.0	25	120	13	0	12	0	8	M
Cinnamon Roll Latte, 12 oz	12 fl. oz (Small)	170	6	4	0.0	20	100	23	0	22	13	6	M
Cinnamon Roll Latte, 16 oz	16 fl. oz (Reg)	200	7	4	0.0	20	120	29	0	28	17	7	M
Cinnamon Roll Latte, 20 oz	20 fl. oz (Large)	240	8	5	0.0	25	140	36	0	33	21	8	M
Latte, 12 oz	12 fl. oz (Small)	110	6	4	0.0	20	85	9	0	9	0	6	M
Latte, 16 oz	16 fl. oz (Reg)	140	7	4	0.0	20	100	11	0	10	0	7	M
Latte, 20 oz	20 fl. oz (Large)	160	8	5	0.0	25	120	13	0	12	0	8	M
Macchiato, 12 oz	12 fl. oz (Small)	110	6	4	0.0	20	85	9	0	9	0	6	M
Macchiato, 16 oz	16 fl. oz (Reg)	140	7	4	0.0	20	100	11	0	10	0	7	M
Macchiato, 20 oz	20 fl. oz (Large)	160	8	5	0.0	25	120	13	0	12	0	8	M
Mocha, 12 oz	12 fl. oz (Small)	250	7	4	0.0	20	85	44	3	39	29	8	M,S
Mocha, 16 oz	16 fl. oz (Reg)	320	9	5	0.0	20	105	57	4	50	38	10	M,S
Mocha, 20 oz	20 fl. oz (Large)	380	10	5	0.0	25	120	71	5	62	48	12	M,S
Iced Americano, 16 oz	16 fl. oz (Small)	10	0	0	0.0	0	25	2	0	0	0	0	NONE
Iced Americano, 24 oz	24 fl. oz (Reg)	15	0	0	0.0	0	30	2	0	0	0	0	NONE
Iced Latte, 16 oz	16 fl. oz (Small)	100	5	3	0.0	15	80	8	0	7	0	5	M
Iced Latte, 24 oz	24 fl. oz (Reg)	160	8	5	0.0	25	125	13	0	12	0	8	M
Iced Macchiato, 16 oz	16 fl. oz (Small)	100	5	3	0.0	15	80	8	0	7	0	5	M
Iced Macchiato, 24 oz	24 fl. oz (Reg)	160	8	5	0.0	25	125	13	0	12	0	8	M
Iced Mocha, 16 oz	16 fl. oz (Small)	210	5	3	0.0	10	70	41	3	36	29	6	M,S
Iced Mocha, 24 oz	24 fl. oz (Reg)	300	8	4	0.0	20	105	56	4	49	38	9	M,S
Savory Snacks	**Serving Size**	**Calories**	**Fat (gm)**	**Saturated Fat (gr)**	**Trans Fat (gr)**	**Cholesterol (mg)**	**Sodium (mg)**	**Carb. (grams)**	**Fiber (gr)**	**Total Sugars (gr)**	**Added Sugars (gr)**	**Protein (gr)**	**Allergen**
Egg & Cheese Sandwich-with Cheese Roll	1 Sandwich	380	15	8	0	90	870	42	2	7	6	17	E,M,S,W
Sausage, Egg & Cheese Sandwich-with Cheese Roll	1 Sandwich	560	33	14	0	125	1100	42	2	7	6	21	E,M,S,W
Bacon, Egg & Cheese Sandwich-with Cheese Roll	1 Sandwich	460	21	10	0	100	1340	42	2	7	6	23	E,M,S,W

Egg & Cheese Sandwich-on Croissant	1 Sandwich	410	28	11	0	140	360	27	1	4	4	11	E,M,S,W
Sausage, Egg & Cheese Sandwich-On Croissant	1 Sandwich	590	46	17	0	175	590	27	1	4	4	15	E,M,S,W
Bacon, Egg & Cheese Sandwich-on Croissant	1 Sandwich	460	32	13	0	150	530	27	1	4	4	14	E,M,S,W
Smoked Turkey Panini Sandwich -with Cheese Roll	1 Sandwich	530	24	12	0	80	1650	49	2	9	6	29	E,M,S,W
Black Forest Ham Panini Sandwich -with Cheese Roll	1 Sandwich	540	25	13	0	80	1410	48	2	9	6	28	E,M,S,W
Smoked Turkey Club Panini Sandwich -with Cheese Roll	1 Sandwich	530	24	12	0	80	1650	49	2	8	6	28	E,M,S,W
Smoked Turkey Panini Sandwich -with Croissant	1 Sandwich	510	30	13	0	70	1090	35	1	7	4	24	E,M,S,W
Black Forest Ham Panini Sandwich -with Croissant	1 Sandwich	510	31	14	0	70	850	34	1	7	4	23	E,M,S,W
Smoked Turkey Club Panini Sandwich -with Croissant	1 Sandwich	530	33	13	0	80	1520	35	1	6	4	24	E,M,S,W
Grilled Cheese Panini Sandwich -with Croissant	1 Sandwich	520	36	20	0.5	75	760	29	1	6	4	18	E,M,S,W
Grilled Cheese Panini Sandwich -with Cheese Roll	1 Sandwich	480	24	15	0	65	1370	46	2	10	6	21	E,M,S,W
Maple Sausage Bites, 3 ct	3 Bites	480	35	13	0	55	880	29	1	5	4	11	E,M,S,W
Maple Sausage Bites, 5 ct	5 Bites	800	58	21	0	90	1460	48	2	8	7	19	E,M,S,W
Maple Syrup	1.5 fl. oz.	100	0	0	0	0	50	27	0	14	14	0	NONE
ALLERGEN KEY: E=EGGS, F=FISH, M=MILK, P=PEANUTS, S=SOYBEANS,													
SE=SESAME, TN=TREE NUTS (PECANS), W=WHEAT													