



ALLERGEN GUIDE

This guide will help you make informed decisions about our amazing products. Enjoy and stay safe.

PRODUCTS WITH ALLERGENS

SOY

Cinnamon Rolls, Cream Cheese and Caramel Frosting, Caramel Topping, Caramel Pecanbon® Rolls, Center of the Roll™, Cinnabon Swirl Sundaes, Bonini Sandwich, Soft Serve Ice Cream, Cake Cones, Soft Serve Sundaes, Shakes, Dipped Waffle Cones, Ice Cream Sandwiches, Ice Cream Cakes, Rainbow Sprinkles, Mini M&Ms, Oreos®, Chocolate Crunchies, Chocolate Drops, Cinnabon Crunchies, Cookie Dough, Ground Reese's® cups, Brownie Pieces, Chocolate Fudge, Caramel Topping, Peanut Butter Sauce, Graham Cracker, Heath Bar, Layered Soft Serve Pints

MILK

Cinnamon Rolls, Cream Cheese and Caramel Frosting, Caramel Topping, Caramel Pecanbon® Rolls, Center of the Roll™, Cinnabon Swirl Sundaes, Bonini Sandwich, Soft Serve Ice Cream, Cake Cones, Soft Serve Sundaes, Shakes, Dipped Waffle Cones, Ice Cream Sandwiches, Ice Cream Cakes, Mini M&Ms, Chocolate Crunchies, Cinnabon Crunchies, Cookie Dough, Ground Reese's® Cups, Brownie Pieces, Chocolate Fudge, Caramel Topping, Peanut Butter Sauce, Graham Cracker, Heath Bar, Whipped Cream, Cheesecake, Layered Soft Serve Pints, Classic Pints

WHEAT

Cinnamon Rolls, Cream Cheese and Caramel Frosting, Caramel Topping, Caramel Pecanbon® Rolls, Center of the Roll™, Cinnabon Swirl Sundaes, Bonini Sandwich, Cake Cones, Oreo® Cookie Shake, Dipped Waffle Cones, Ice Cream Sandwiches, Oreo® Cookies and Cream Ice Cream Cake, Cinnabon Swirl Ice Cream Cake, Oreos®, Chocolate Crunchies, Cinnabon Crunchies, Cookie Dough, Brownie Pieces, Graham Cracker, Heath Bar, Cheesecake, Oreo® Swirl Layered Pint, Cinnabon Swirl Layered Pint

TREE NUTS & PEANUTS

Caramel Pecanbon® Rolls, Center of the Roll™ Caramel Pecanbon®, Cinnabon Swirl Sundae Caramel Pecanbon®, Hot Fudge Sundae w/ Reese's® Peanut Butter Cups, Waffle Cone Chocolate Dipped, Waffle Cone Chocolate Dipped w/ Sprinkles, Chocolate Fudge Ice Cream Sandwich, Mint Chocolate Chip Ice Cream Sandwich, Hot Fudge Sundae Ice Cream Sandwich, Rocky Road Ice Cream Sandwich, Caramel Pecan Ice Cream Sandwich, Brookie Ice Cream Sandwich, Cinnabon Crunch Ice Cream Sandwich, Oreo® Swirl Layered Pint, Triple Chocolate Layered Pint, Cinnabon Swirl Layered Pint, Ice Cream Cakes, Chocolate Crunchies, Cinnabon Crunchies, Pecans, Macadamia Nut, Coconut, Chocolate Fudge, Heath Bar

EGG

Cinnamon Rolls, Cream Cheese and Caramel Frosting, Caramel Topping, Caramel Pecanbon® Rolls, Center of the Roll™, Cinnabon Swirl Sundaes, Bonini Sandwich, Ice Cream Sandwiches, Brownie Pieces, Marshmallow Sauce

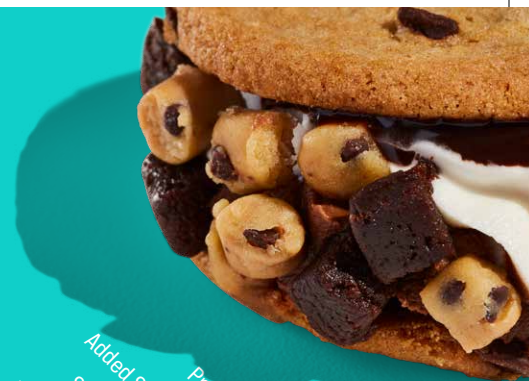
FOR MORE INFORMATION

visit cinnabonswirl.com

Cinnabon Swirl products contain milk, eggs, soy, wheat, dairy, peanuts and tree nuts. Despite using best practices, Cinnabon Swirl cannot guarantee products will be free from allergens through cross contamination. If you have a food allergy please notify the store directly.



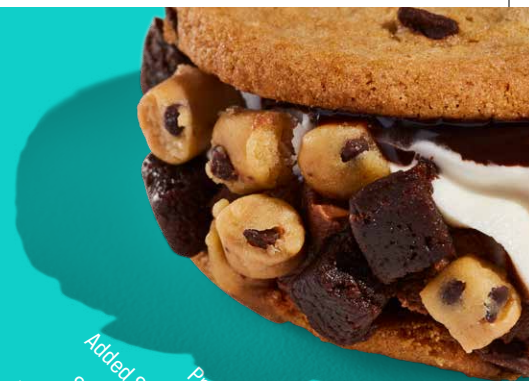
NUTRITIONAL GUIDE



	Serving size	Calories	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Added Sugar (g)	Sugar (g)	Protein (g)	Allergen	
Cinnabon® Classic Roll	1 (240g)	890	37	16	0.5	55	1150	125	2	60	59	13	E,M,S,W
Caramel Pecanbon®	1 (283g)	1100	51	20	0.5	65	1290	146	4	77	75	15	E,M,S,T,W
MiniBon® Roll	1 (96g)	350	15	7	0	25	280	50	1	24	24	5	E,M,S,W
Caramel Pecanbon® MiniBon® Roll	1 (116g)	460	22	8	0	30	350	60	2	33	32	6	E,M,S,T,W
Cinnabon Swirl Sundae	1 (264g)	910	42	21	1	75	910	120	2	73	68	12	E,M,S,W
Cinnabon Swirl Sundae - Caramel Pecan	1 (287g)	1040	53	22	1	80	990	128	3	79	73	14	E,M,S,T,W
A la mode - Cinnabon® Classic Roll	1 (325g)	1060	46	22	1	90	1240	145	2	76	70	17	E,M,S,W
A la mode - Caramel Pecanbon® Roll	1 (371g)	1270	61	26	1	100	1380	164	4	93	86	19	E,M,S,T,W
A la mode - MiniBon® Roll	1 (136g)	440	19	10	0	40	330	59	1	32	29	7	E,M,S,W
A la mode - Caramel Pecanbon® MiniBon® Roll	1 (159g)	540	26	11	0	45	400	70	2	41	37	8	E,M,S,T,W
Center of The Roll™ Classic	1 (196g)	760	34	16	0.5	50	830	104	2	60	59	9	E,M,S,W
Center of The Roll™ Caramel Pecanbon®	1 (213g)	860	44	17	0.5	50	890	106	3	60	59	11	E,M,S,T,W
CinnaPack® Classic Rolls 6 pk & 4 pk	1 Roll (252g)	950	41	18	0.5	60	1180	132	2	67	60	13	E,M,S,W
CinnaPack® MiniBon® Rolls 15 pk & 9 pk	1 Roll (103g)	390	17	8	0	25	300	54	1	27	27	5	E,M,S,W
CinnaPack® Classic Caramel Pecanbon® Rolls 6 pk & 4 pk	1 Roll (297g)	1160	55	22	1	70	1320	153	4	84	82	15	E,M,S,T,W
CinnaPack® MiniBon® Caramel Pecanbon® Rolls 15 pk & 9 pk	1 Roll (124g)	490	24	9	0	30	370	64	2	36	35	6	E,M,S,T,W
Bonini Sandwich	1 (297g)	1000	43	20	1	80	1210	138	2	71	66	16	E,M,S,W
Medium cup Soft Serve	1 (170g)	350	19	12	0.5	70	180	39	0	33	22	7	M
Large cup Soft Serve	1 (225g)	520	28	17	1	105	270	59	0	49	34	11	M
Medium cake cone Soft Serve	1 (178g)	370	19	12	0.5	70	190	46	0	33	22	8	M,S,W
Large cake cone Soft Serve	1 (263g)	550	28	17	1	105	280	66	0	49	33	12	M,S,W
Medium Cup Sundae Hot Fudge	1 (210g)	480	24	16	0.5	75	230	57	2	48	38	8	M,S,T
Large Cup Sundae Hot Fudge	1 (323g)	760	38	25	1	115	370	93	3	79	63	13	M,S,T
Medium Cup Sundae Ground Reese's® Cups	1 (210g)	510	29	16	0.5	80	280	56	1	49	37	11	M,P,S
Large Cup Sundae Ground Reese's® Cups	1 (323g)	830	47	25	1	115	460	91	2	80	62	18	M,P,S
Medium Cup Sundae Hot Caramel	1 (210g)	460	22	13	0.5	80	280	60	0	45	30	8	M
Large Cup Sundae Hot Caramel	1 (323g)	730	32	20	1	120	460	98	0	71	47	13	M
Medium Cup Sundae Strawberry	1 (238g)	460	24	15	1	90	220	54	1	47	33	9	M
Large Cup Sundae Strawberry	1 (323g)	600	30	19	1	115	280	74	1	65	46	12	M
Vanilla shake	1 (400g)	650	29	18	1	105	280	93	0	86	69	11	M
Chocolate shake	1 (400g)	660	29	18	1	105	280	94	4	77	64	12	M
Strawberry shake	1 (400g)	580	29	18	1	105	280	72	1	63	45	12	M
Black & White shake	1 (400g)	660	29	18	1	105	300	92	2	78	62	12	M
Oreo® cookie shake	1 (400g)	790	40	21	1	105	470	99	1	72	56	14	M,S,W
Cold brew shake	1 (400g)	660	29	18	1	105	280	94	0	86	70	11	M
Cake cone plain	1 (8g)	30	0	0	0	0	10	7	0	0	0	1	W



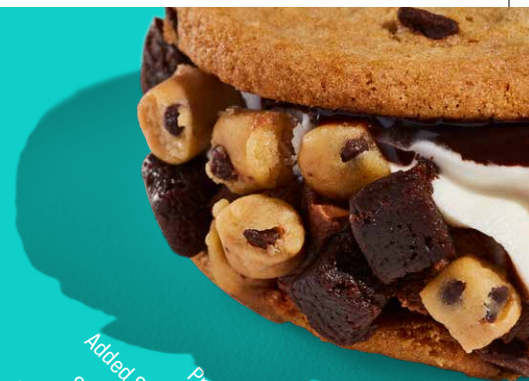
NUTRITIONAL GUIDE



	Serving size	Calories	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Added Sugar (g)	Sugar (g)	Protein (g)	Allergen	
Waffle Cone plain	1 (29g)	110	0.5	0	0	0	50	25	1	8	8	2	S,W
Waffle cone - Chocolate dipped	1 (40g)	170	5	4	0	0	60	31	1	13	13	2	M,S,T,W
Waffle cone - Chocolate Sprinkles	1 (52g)	230	7	6	0	0	60	40	1	19	19	2	M,S,T,W
Ice Cream Sandwich Packs, 4ct -Vanilla Sprinkle	¼ (148g)	450	23	13	0	45	240	58	2	40	35	6	E,M,S,W
Ice Cream Sandwich Packs, 4ct -Chocolate Fudge	¼ (162g)	500	25	15	0	45	290	67	3	45	40	7	E,M,S,T,W
Ice Cream Sandwich Packs, 4ct -Birthday Cake	¼ (163g)	510	26	15	0	50	280	66	2	46	41	6	E,M,S,W
Ice Cream Sandwich Packs, 4ct -Mint Chocolate Chip	¼ (163g)	500	25	15	0	45	260	67	3	47	42	6	E,M,S,T,W
Ice Cream Sandwich Packs, 4ct -Reese's® Peanut Butter Cup	¼ (178g)	640	41	16	0	45	380	64	5	44	38	12	E,M,P,S,W
Ice Cream Sandwich Packs, 4ct -Hot Fudge Sundae	¼ (167g)	480	23	14	0	45	260	65	3	46	41	6	E,M,S,T,W
Ice Cream Sandwich Packs, 4ct -Rocky Road	¼ (181g)	590	32	14	0	45	320	73	4	49	44	7	E,M,S,T,W
Ice Cream Sandwich Packs, 4ct -Strawberries & Cream	¼ (162g)	510	27	15	0	50	300	65	2	45	39	6	E,M,S,W
Ice Cream Sandwich Packs, 4ct -OREO® Blue Blast	¼ (175g)	570	29	15	0	50	350	75	3	51	45	7	E,M,S,W
Ice Cream Sandwich- Vanilla Sprinkle	1 (148g)	450	28	13	0	45	240	58	2	40	35	6	E,M,S,W
Ice Cream Sandwich- Chocolate Fudge	1 (162g)	500	25	15	0	45	290	67	3	45	40	7	E,M,S,T,W
Ice Cream Sandwich- Birthday Cake	1 (163g)	510	26	15	0	50	280	66	2	46	41	6	E,M,S,W
Ice Cream Sandwich- Mint Chocolate Chip	1 (163g)	500	25	15	0	45	260	67	3	47	42	6	E,M,S,T,W
Ice Cream Sandwich- Reese's® Peanut Butter Cup	1 (178g)	640	41	16	0	45	380	64	5	44	38	12	E,M,P,S,W
Ice Cream Sandwich- Hot Fudge Sundae	1 (167g)	480	23	14	0	45	260	65	3	46	41	6	E,M,S,T,W
Ice Cream Sandwich- Rocky Road	1 (181g)	590	32	14	0	45	320	73	4	49	44	7	E,M,S,T,W
Ice Cream Sandwich- Strawberries & Cream	1 (162g)	510	27	15	0	50	300	65	2	45	39	6	E,M,S,W
Ice Cream Sandwich- Caramel Pecan	1 (167g)	550	32	14	0	50	330	64	3	45	39	7	E,M,S,T,W
Ice Cream Sandwich-Cotton Candy	1 (163g)	510	26	15	0	50	280	66	2	46	41	6	E,M,S,W
Ice Cream Sandwich-Brookie	1 (172g)	530	26	15	0	50	290	72	4	49	44	7	E,M,S,T,W
Ice Cream Sandwich-PB&J	1 (176g)	560	30	13	0	45	300	70	3	49	43	8	E,M,P,S,W
Ice Cream Sandwich-OREO® Blue Blast	1 (176g)	570	29	16	0	50	350	76	2	55	49	6	E,M,S,T,W
Ice Cream Sandwich-Caramel Macchiato	1 (176g)	550	27	15	0	55	320	77	2	57	51	6	E,M,S,W
Ice Cream Sandwich-OREO® Blue Blast	1 (175g)	570	29	15	0	50	350	75	3	51	45	7	E,M,S,W
Individual Cookie	1 (26g)	120	6	3	0	5	75	17	1	10	10	1	E,M,S,W
Premium Pint - Oreo® Cookies & Cream	¼ Pint (80g)	200	10	6	0	25	110	25	1	19	15	3	M,S,T,W
Premium Pint - Triple Chocolate	¼ Pint (88g)	240	13	8	0	25	75	30	2	25	22	4	M,S,T
Premium Pint - Cinnabon Crunch	¼ Pint (82g)	210	11	7	0	30	115	27	0	22	17	3	M,S,T,W
Pint - Vanilla	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	12	4	M
Pint - Chocolate	¼ Pint (89g)	180	10	6	0	35	85	20	1	17	13	4	M
Pint - Twist	¼ Pint (89g)	180	10	6	0	35	90	20	0	17	12	4	M
Pint - Mint	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M



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Pint - Strawberry	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Pint - Cold Brew	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Pint - Blue Moon	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Pint - Birthday Cake	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Pint - Cotton Candy	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Celebration Ice Cream Cake	1/15 Cake (91g)	210	11	7	0	30	115	26	1	20	15	4	M,S,T,W
OREO® Swirl	1/15 Cake (110g)	300	15	9	0	30	180	39	1	26	22	5	M,S,T,W
Cinnabon Swirl Ice Cream Cake	1/15 Cake (101g)	280	15	10	0	30	160	35	0	27	23	4	M,S,T,W
Rainbow Sprinkles	1 Serving	110	6	3	0	0	0	17	0	11	11	0	S ONLY
M&Ms Minis	1 Serving	170	9	5	0	10	25	25	0	22	20	2	M,S
Crushed Oreos®	1 Serving	110	5	1	0	0	90	16	1	9	9	1	S,W
Chocolate Crunchies	1 Serving	70	4	3	0	0	60	10	0	4	4	1	M,S,T,W
Chocolate Drops	1 Serving	160	8	8	0	0	10	22	1	21	21	0	S
Churro Crunchies	1 Serving	60	3	3	0	0	35	7	0	4	4	0	M,S,T,W
Pecans	1 Serving	120	13	1	0	0	65	2	2	1	0	2	T
Macadamia Nuts	1 Serving	140	15	2	0	0	65	2	1	1	0	1	T
Coconut	1 Serving	90	6	6	0	0	45	7	1	5	5	1	T
Cookie Dough	1 Serving	340	12	5	0	15	150	58	0	32	31	3	M,S,W
Ground Reese's® Cups	1 Serving	370	22	8	0	5	260	42	3	38	35	8	M,P,S
Strawberries	1 Serving	60	0	0	0	0	0	16	1	14	12	0	
Brownie Pieces	1 Serving	150	7	4	0	20	25	22	1	13	13	2	E,M,S,W
Pineapple	1 Serving	50	0	0	0	0	5	12	1	11	4	0	
Whipped Cream	1 Serving	40	4	2	0	10	5	2	0	2	1	0	M
Maraschino Cherries	1 Serving	30	0	6	0	0	0	6	0	3	3	0	
Marshmallow sauce	1 Serving	90	0	0	0	0	30	21	0	11	11	0	E
Chocolate Fudge	1 Serving	90	4	3	0	0	40	14	1	12	12	1	M,S,T
Caramel Topping	1 Serving	120	4	3	0	10	90	21	0	18	18	0	M,S
Peanut Butter	1 Serving	190	17	3	0	0	126	5	2	3	2	6	P,S
Graham Cracker	1 Serving	60	2	0	0	0	95	11	0	3	2	1	S,W
Heath Bar	1 Serving	170	7	6	0	0	55	21	0	14	14	1	M,S,T
Gummy Bears	1 Serving	180	0	0	0	0	20	45	0	27	27	1	
Blueberries	1 Serving	63	0	0	0	0	10	15	1	13	10	0	
Cheese Cake	1 Serving	110	4	2	0	4	118	17	0	11	11	1	M,W
Pound Cake	1 Serving	80	4	2	0	25	65	11	0	7	7	1	E,M,S,W
Bottled Water	1 Each	0	0	0	0	0	0	0	0	0	0	0	
Bottled Soda	1 Each												

Allergen Key:

M = Milk

S = Soy

E = Eggs

P = Peanuts

W = Wheat

T = Tree Nuts