



Nutrition Guide

Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

mg = milligram
g = gram

Bagels	Serving Size	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
											Vitamin A	Vitamin C	Calcium	Iron
Bagels														
Plain Bagel	1 bagel	2.5	0.5	0	0	650	62	2	4	12	0	0	0	20
Sesame Bagel	1 bagel	8	0.5	0	0	650	64	3	4	14	0	0	0	20
Poppyseed Bagel	1 bagel	7	0.5	0	0	650	65	3	4	14	0	0	15	25
Onion Bagel	1 bagel	3.5	0.5	0	0	610	61	3	5	12	0	0	2	20
Wheat Bagel	1 bagel	4	1	0	0	610	62	4	7	12	0	0	0	20
Multigrain Bagel	1 bagel	6	1	0	0	650	68	5	7	14	4	0	4	30
Everything Bagel	1 bagel	6	0.5	0	0	650	67	3	4	14	0	0	6	25
Blueberry Bagel	1 bagel	2.5	0.5	0	0	600	66	2	10	10	0	0	2	20
Reduced Carb Bagel with Cheese	1 bagel	12	4.5	0	20	780	45	14	8	25	8	0	20	25
Salt Bagel	1 bagel	2.5	0.5	0	0	4520	62	2	4	12	0	0	4	20
Cinnamon Raisin Bagel	1 bagel	3	0.5	0	0	430	65	3	11	10	0	0	4	20
Cream Cheese														
Reduced Fat Smoked Salmon Cream Cheese	1 unit (57 grams)	12	8	0	40	300	7	0	3	4	8	0	6	0
Reduced Fat Blueberry Cream Cheese	1 unit (57 grams)	10	7	0	30	240	17	0	12	2	6	0	4	0
Reduced Fat Strawberry Cream Cheese	1 unit (57 grams)	11	7	0	35	230	17	0	12	2	8	0	4	0
Reduced Fat Garden Vegetable Cream Cheese	1 unit (57 grams)	11	7	0	30	270	7	1	2	2	25	4	4	4
Reduced Fat Onion & Chive Cream Cheese	1 unit (57 grams)	12	8	0	40	290	7	0	3	4	15	6	6	2
Reduced Fat Cream Cheese	1 unit (57 grams)	9	6	0	30	330	7	0	5	4	6	0	10	0
Plain Cream Cheese	1 unit (57 grams)	17	13	0	55	190	4	0	2	4	10	0	4	0

Bakery	Serving Size	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
											Vitamin A	Vitamin C	Calcium	Iron
Cookies														
Chocolate Chunk Cookie	4.5 oz (128 g)	23	13	0	50	550	80	3	48	7	10	0	4	20
Oatmeal Raisin Cookie	4.5 oz (128 g)	14	7	0	40	310	83	5	51	8	10	0	4	15
Peanut Butter Cup Cookie	4.5 oz (128 g)	29	13	0	50	530	73	3	49	11	8	0	6	10
Danish														
Apple Danish	1 danish	20	9	0	30	260	32	1	10	4	0	0	0	6
Cheese Danish	1 danish	22	10	0	35	270	30	1	8	4	0	0	2	6
Strawberry Cheese Danish	1 danish	20	9	0	30	260	31	1	9	4	0	0	0	6

Muffins

English Muffin	1 English muffin 2.5 oz	1.5	0	0	0	340	31	2	1	6	0	0	10	10
Blueberry Muffin	1 muffin	17	3	0	60	500	73	2	38	8	0	0	4	15
Reduced Fat Blueberry Muffin	1 muffin	5	2	0	60	490	78	3	33	8	0	0	4	15
Cranberry Orange Muffin	1 muffin	17	3	0	65	480	66	3	30	8	0	8	60	20
Banana Walnut Muffin	1 muffin	25	3.5	0	65	520	69	3	31	10	30	0	6	15
Chocolate Chip Muffin	1 muffin	26	8	0	70	560	89	2	49	10	4	0	4	15
Coffee Cake Muffin	1 muffin	19	3	0	65	520	78	1	40	9	4	0	4	15
Corn Muffin	1 muffin	18	3.5	0	75	860	77	1	32	8	4	0	2	15
Honey Bran Raisin Muffin	1 muffin	15	2.5	0	60	480	79	5	43	8	0	0	20	20

Other

Biscuit	1 biscuit	22	13	0	0	980	51	2	6	7	0	0	6	20
Plain Croissant	1 croissant	14	6	0	0	300	30	1	4	6	0	0	2	10

Beverages	Serving Size	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
											Vitamin A	Vitamin C	Calcium	Iron
Coffee														
Coffee	10 fl.ozs.	0	0	0	0	60	3	0	0	1	0	0	0	0
Coffee with Cream	10 fl.ozs.	6	3.5	0	20	65	3	0	0	1	4	0	4	0
Coffee with Cream and Sugar	10 fl.ozs.	6	3.5	0	20	65	15	0	12	1	4	0	4	0
Coffee with Milk	10 fl.ozs.	1	0.5	0	5	70	4	0	2	2	0	0	4	0
Coffee with Milk and Sugar	10 fl.ozs.	1	0.5	0	5	70	16	0	13	2	0	0	4	0
Coffee with Skim Milk	10 fl.ozs.	0	0	0	0	70	4	0	1	2	0	0	4	0
Coffee with Skim Milk and Sugar	10 fl.ozs.	0	0	0	0	70	16	0	13	2	0	0	4	0
Coffee with Sugar	10 fl.ozs.	0	0	0	0	60	15	0	12	1	0	0	0	0
Coolatta®														
Tropicana Orange Coolatta®	16 fl.ozs.	0	0	0	0	50	92	3	87	1	4	40	0	4
Strawberry Fruit Coolatta®	16 fl.ozs.	0	0	0	0	30	72	1	65	0	0	45	4	2
Vanilla Bean Coolatta®	16 fl.ozs.	17	17	0	0	95	85	2	82	1	0	0	0	0
Lemonade Coolatta®	16 ozs.	0	0	0	0	35	59	0	56	0	0	30	4	0
Cherry Lime SoBe® Coolatta®	16 fl.ozs.	0	0	0	0	65	62	2	60	0	0	0	2	2
Coffee Coolatta® with 2% Milk	16 fl.ozs.	2	1.5	0	10	80	41	0	40	4	4	0	15	0
Coffee Coolatta® with Skim Milk	16 fl.ozs.	0	0	0	0	80	41	0	40	4	4	0	15	0
Coffee Coolatta® with Cream	16 fl.ozs.	22	14	0	75	65	40	0	35	3	15	0	10	0
Coffee Coolatta® with Milk	16 fl.ozs.	4	2.5	0	15	80	42	0	40	4	0	0	10	0
Flavored Coffee														
Pumpkin Spice Coffee Small	10 fl.oz.	5	3	0	20	95	25	0	22	3	4	0	10	0
Pumpkin Spice Coffee Medium	14 fl.oz.	8	5	0	30	140	39	0	34	4	6	0	15	0
Pumpkin Spice Coffee Large	20 fl.oz.	11	7	0	40	200	53	0	47	6	4	0	10	0
Vanilla Spice Coffee Small	10 fl.oz.	6	3.5	0	20	65	20	0	16	1	4	0	4	0
Vanilla Spice Coffee Medium	14 fl.oz.	9	5	0	30	90	30	0	24	2	6	0	4	0
Vanilla Spice Coffee Large	20 fl.oz.	12	7	0	40	120	40	0	32	3	8	0	6	0
Caramel Cinnamon Coffee	10 fl.oz.	0	0	0	0	65	4	0	0	1	0	0	0	0
Blueberry Coffee	10 fl.oz.	0	0	0	0	65	4	0	0	1	0	0	0	0
Caramel Coffee	10 fl.oz.	0	0	0	0	65	4	0	0	1	0	0	0	0
Cinnamon Coffee	10 fl.oz.	0	0	0	0	65	4	0	0	1	0	0	0	0
Hazelnut Coffee	10 fl.oz.	0	0	0	0	60	4	0	0	1	0	0	0	0
Raspberry Coffee	10 fl.oz.	0	0	0	0	65	4	0	0	1	0	0	0	0
Toasted Almond Coffee	10 fl.oz.	0	0	0	0	65	4	0	0	1	0	0	0	0
French Vanilla Coffee	10 fl.oz.	0	0	0	0	60	4	0	0	1	0	0	0	0
Coconut Coffee	10 fl.oz.	0	0	0	0	65	4	0	0	1	0	0	0	0
Chocolate Coffee	10 fl.oz.	0	0	0	0	60	4	0	0	1	0	0	0	0
Hot Espresso Drinks														
Pumpkin Spice Latte Small	10 fl.oz.	6	3.5	0	20	125	34	0	34	8	4	0	30	0
Pumpkin Spice Latte Medium	16 fl.oz.	9	5	0	30	190	52	0	51	12	6	0	45	2
Pumpkin Spice Latte Large	20 fl.oz.	12	7	0	40	250	68	0	68	15	8	0	60	4
Latte	10 fl.ozs.	6	3.5	0	25	95	10	0	9	6	0	0	20	0

Latte with Sugar	10 fl.ozs.	6	3.5	0	25	95	22	0	21	6	0	0	20	0
Caramel Swirl Latte	10 fl.ozs.	6	3.5	0	25	140	36	0	35	8	0	0	25	0
Mocha Swirl Latte	10 fl.ozs.	7	4	0	25	110	37	1	35	6	0	10	20	8
Cappuccino	10 fl.ozs.	4.5	2.5	0	20	70	7	0	7	4	0	0	15	0
Cappuccino with Sugar	10 fl.ozs.	4.5	2.5	0	15	65	21	0	20	4	0	0	10	0
Espresso	2 fl.ozs.	0	0	0	0	5	1	0	1	0	0	0	0	0
Espresso with Sugar	2 fl.ozs.	0	0	0	0	5	7	0	7	0	0	0	0	0
Gingerbread Latte	10 fl oz	9	5	0	30	160	54	0	52	9	6	2	30	2
Latte with Soy Milk	10 fl.oz.	3.5	0	0	0	110	8	1	6	6	8	0	25	6
Latte with Soy Milk and Sugar	10 fl.oz.	3.5	0	0	0	110	22	1	20	6	8	0	25	6
Caramel Swirl Latte with Soy Milk	10 fl.oz.	3.5	0	0	0	160	34	1	32	8	8	0	35	6
Mocha Swirl Latte with Soy Milk	10 fl.oz.	4.5	1	0	0	130	35	2	32	7	8	10	25	15
Cappuccino with Soy Milk	10 fl.oz.	2.5	0	0	0	80	6	1	5	4	6	0	20	4
Cappuccino with Soy Milk and Sugar	10 fl.oz.	2.5	0	0	0	80	20	1	19	4	6	0	20	4
Caramel Creme hot latte	10 fl.oz	9	6	0	20	125	40	0	40	8	4	0	30	0
Mocha Almond Hot Latte	10 fl.oz	10	7	0	20	115	46	1	45	8	4	8	25	8
Turbo Hot™	10 fl.oz	6	3.5	0	20	55	20	0	17	1	4	0	4	0
Vanilla Latte Lite	10 fl.oz.	0	0	0	0	105	12	0	10	7	8	0	20	0
Hot Latte Lite	10 fl.oz	0	0	0	5	85	10	0	10	6	8	0	25	0
Iced Coffee														
Berry Berry Iced Coffee	16 fl.ozs.	6	3.5	0	20	75	16	0	12	2	4	0	4	0
Pumpkin Spice Iced Coffee Small	16 fl.oz.	5	3	0	20	95	25	0	22	3	6	0	15	0
Pumpkin Spice Iced Coffee Medium	24 fl.oz.	8	5	0	30	140	37	0	33	4	6	0	15	0
Pumpkin Spice Iced Coffee Large	32 fl.oz.	11	7	0	40	190	54	0	48	6	8	0	20	2
Turbo Ice™	16 fl.oz	7	3.5	0	20	25	14	0	13	1	4	0	4	0
Vanilla Iced Latte Lite	16 fl.ozs.	0	0	0	0	110	13	0	0	7	8	0	20	0
Iced Coffee	16 fl.ozs.	0	0	0	0	70	3	0	0	1	0	0	0	0
Iced Coffee with Cream	16 fl.ozs.	6	3.5	0	20	75	4	0	0	2	4	0	4	0
Iced Coffee with Cream and Sugar	16 fl.ozs.	6	3.5	0	20	75	16	0	12	2	4	0	4	0
Iced Coffee with Milk	16 fl.ozs.	1	0.5	0	5	80	4	0	2	2	0	0	4	0
Iced Coffee with Milk and Sugar	16 fl.ozs.	1	0.5	0	5	80	16	0	13	2	0	0	4	0
Iced Coffee with Skim Milk	16 fl.ozs.	0	0	0	0	75	4	0	0	2	0	0	4	0
Iced Coffee with Skim Milk and Sugar	16 fl.ozs.	0	0	0	0	75	16	0	12	2	0	0	4	0
Iced Coffee with Sugar	16 fl.ozs.	0	0	0	0	70	15	0	12	1	0	0	0	0
Iced Espresso Drinks														
Pumpkin Spice Iced Latte Small	16 fl.oz.	6	3.5	0	20	130	34	0	34	8	4	0	30	0
Pumpkin Spice Iced Latte Medium	24 fl.oz.	9	5	0	30	200	52	0	51	12	6	0	45	2
Pumpkin Spice Iced Latte Large	32 fl.oz	12	7	0	40	260	68	0	68	15	8	0	60	4
Iced Latte	16 fl.ozs.	7	4	0	25	105	11	0	10	6	0	0	20	0
Iced Latte with Sugar	16 fl.ozs.	7	4	0	25	110	23	0	21	6	0	0	20	0
Iced Caramel Swirl Latte	16 fl.ozs.	7	4	0	25	150	37	0	36	8	0	0	25	0
Iced Mocha Swirl Latte	16 fl.ozs.	8	4.5	0	25	125	38	1	36	7	0	10	20	10
Iced Latte with Skim Milk and Sugar	16 fl.oz.	0	0	0	0	110	23	0	22	7	8	0	20	0
Iced Caramel Swirl Latte with Skim Milk	16 fl.oz.	0	0	0	0	150	36	0	35	8	6	0	25	0
Iced Mocha Swirl Latte with Skim Milk	16 fl.oz.	1	1	0	0	115	37	1	35	7	6	10	20	8
Turbo Ice™	16 fl.oz	7	3.5	0	20	25	14	0	13	1	4	0	4	0
Iced Latte with Skim Milk	16 fl.oz.	0	0	0	0	110	11	0	10	7	8	0	0	0
Caramel Creme Iced latte	16 fl.oz	9	6	0	20	125	40	0	40	8	4	0	30	0
Mocha Almond Iced Latte	16 fl.oz	10	7	0	20	115	46	1	45	8	4	8	25	8
Iced Latte Lite	16 fl.oz	0	0	0	5	90	10	0	10	6	8	0	25	0
Other														
Vanilla Chai	10 ozs.	8	6	0	5	50	40	0	32	1	0	0	2	4
White Hot Chocolate small	10 fl oz	9	7	0	0	290	37	0	30	2	0	0	6	0
White Hot Chocolate medium	14 fl oz	13	11	0	0	430	55	0	44	3	0	0	10	0
White Hot Chocolate large	20 fl oz	18	15	0	0	600	77	0	61	4	0	0	15	0
Milky Way Hot Chocolate Small	10 fl.oz.	7	6	0	0	410	37	1	29	1	0	0	4	2
Milky Way Hot Chocolate Medium	14 fl.oz.	9	9	0	0	580	52	1	41	2	0	0	4	2
Milky Way Hot Chocolate Large	20 fl.oz.	13	12	0	0	820	74	2	58	3	0	0	6	4
Dunkaccino®	10 fl.ozs.	11	9	0	10	5	35	0	24	2	0	0	4	2
Hot Chocolate	10 fl.ozs.	7	7	0	0	290	39	2	29	2	0	0	2	4

Smoothie														
Mango Passion Fruits Smoothie medium	24 fl.ozs.	4	2.5	0	10	180	118	3	103	10	50	120	40	0
Wildberry Smoothie medium	24 fl.ozs.	4	2.5	0	10	180	118	2	104	10	0	250	40	8
Strawberry Banana Smoothie medium	24 fl.ozs.	4	2.5	0	10	180	118	3	103	10	0	140	40	4
Strawberry Banana Smoothie Medium	24 fl.oz.	3	2	0	15	190	113	2	99	10	2	180	30	4
Strawberry Banana Smoothie Large	32 fl.oz.	4	2.5	0	20	250	151	3	132	13	2	230	45	6
Reduced Calorie Berry Smoothie Large	32 fl.oz.	4	2.5	0	20	330	97	2	83	12	2	200	45	2
Strawberry Banana Smoothie Small	16 fl.oz.	2	1	0	10	125	75	1	66	7	2	120	20	2
Reduced Calorie Berry Smoothie Small	16 fl.oz.	2	1	0	10	160	49	1	41	6	2	100	20	0
Reduced Calorie Berry Smoothie Medium	24 fl.oz.	3	2	0	15	250	73	2	62	9	2	150	35	0
Tea														
Earl Grey Tea	10 fl.oz.	0	0	0	0	0	1	0	0	0	0	0	0	0
English Breakfast Tea	10 fl.oz.	0	0	0	0	0	1	0	0	0	0	0	0	0
Decaffeinated Tea	10 fl.oz.	0	0	0	0	0	1	0	0	0	0	0	0	0
Green Tea	10 fl.oz.	0	0	0	0	0	1	0	0	0	0	0	0	0
Regular Tea	10 fl.oz.	0	0	0	0	0	1	0	0	0	0	0	0	0
Lemon Tea	10 fl.oz.	0	0	0	0	0	1	0	0	0	0	0	0	0
Regular Tea with Milk	10 fl.oz.	1	0.5	0	5	15	2	0	2	1	0	0	4	0
Decaffeinated Tea with Milk	10 fl.oz.	1	0.5	0	5	15	2	0	2	1	0	0	4	0
English Breakfast Tea with Milk	10 fl.oz.	1	0.5	0	5	15	2	0	2	1	0	0	4	0
Earl Grey Tea with Milk	10 fl.oz.	1	0.5	0	5	15	2	0	2	1	0	0	4	0
Green Tea with Milk	10 fl.oz.	1	0.5	0	5	15	2	0	2	1	0	0	4	0
Regular Tea with Milk and Sugar	10 fl.oz.	1	0.5	0	5	15	14	0	13	1	0	0	4	0
Decaffeinated Tea with Milk and Sugar	10 fl.oz.	1	0.5	0	5	15	14	0	13	1	0	0	4	0
English Breakfast Tea with Milk and Sugar	10 fl.oz.	1	0.5	0	5	15	14	0	13	1	0	0	4	0
Earl Grey Tea with Milk and Sugar	10 fl.oz.	1	0.5	0	5	15	14	0	13	1	0	0	4	0
Green Tea with Milk and Sugar	10 fl.oz.	1	0.5	0	5	15	14	0	13	1	0	0	4	0
Regular Tea with Skim Milk	10 fl.oz.	0	0	0	0	70	4	0	1	2	0	0	4	0
Decaffeinated Tea with Skim Milk	10 fl.oz.	0	0	0	0	70	4	0	1	2	0	0	4	0
English Breakfast Tea with Skim Milk	10 fl.oz.	0	0	0	0	70	4	0	1	2	0	0	4	0
Earl Grey Tea with Skim Milk	10 fl.oz.	0	0	0	0	70	4	0	1	2	0	0	4	0
Green Tea with Skim Milk	10 fl.oz.	0	0	0	0	70	4	0	1	2	0	0	4	0
Regular Tea with Skim Milk and Sugar	10 fl.oz.	0	0	0	0	15	14	0	13	1	0	0	4	0
Decaffeinated Tea with Skim Milk and Sugar	10 fl.oz.	0	0	0	0	15	14	0	13	1	0	0	4	0
English Breakfast Tea with Skim Milk and Sugar	10 fl.oz.	0	0	0	0	15	14	0	13	1	0	0	4	0
Earl Grey Tea with Skim Milk and Sugar	10 fl.oz.	0	0	0	0	15	14	0	13	1	0	0	4	0
Green Tea with Skim Milk and Sugar	10 fl.oz.	0	0	0	0	15	14	0	13	1	0	0	4	0
Regular Tea with Sugar	10 fl.oz.	0	0	0	0	0	13	0	12	0	0	0	0	0
Decaffeinated Tea with Sugar	10 fl.oz.	0	0	0	0	0	13	0	12	0	0	0	0	0
Lemon Tea with Sugar	10 fl.oz.	0	0	0	0	0	13	0	12	0	0	0	0	0
Green Tea with Sugar	10 fl.oz.	0	0	0	0	0	13	0	12	0	0	0	0	0
English Breakfast Tea with Sugar	10 fl.oz.	0	0	0	0	0	13	0	12	0	0	0	0	0
Earl Grey Tea with Sugar	10 fl.oz.	0	0	0	0	0	13	0	12	0	0	0	0	0
Fresh Brewed Plain Iced Tea	16 fl.ozs.	0	0	0	0	0	1	0	0	0	0	0	0	0
Fresh Brewed Sweetened Iced Tea	16 fl.ozs.	0	0	0	0	0	20	0	19	0	0	0	0	0
Raspberry Flavored Iced Tea	16 fl.ozs.	0	0	0	0	0	3	0	0	0	0	0	0	0
Peach Flavored Iced Tea	16 fl.ozs.	0	0	0	0	0	3	0	0	0	0	0	0	0
Raspberry Flavored Sweetened Iced Tea	16 fl.ozs.	0	0	0	0	0	22	0	19	0	0	0	0	0
Peach Flavored Sweetened Iced Tea	16 fl.ozs.	0	0	0	0	0	22	0	19	0	0	0	0	0
Fresh Brewed Sweet Iced Tea	16 fl.ozs.	0	0	0	0	0	38	0	37	0	0	0	0	0

Donuts	Serving Size	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
											Vitamin A	Vitamin C	Calcium	Iron
Donuts														
Gingerbread Donut	1 donut	4	1	0	45	400	56	1	26	5	2	0	2	15
Pumpkin Glazed Donut	1 donut	6	6	0	20	460	52	1	27	4	0	0	4	10
Mini M&M Donut	1 donut	12	5	0	0	360	39	1	13	4	0	0	0	8
Apple Crumb Donut	1 donut	13	6	0	0	360	46	2	9	4	0	0	0	8
Apple N' Spice Donut	1 donut	11	4.5	0	0	350	35	2	11	4	0	0	0	8
Bavarian Kreme Donut	1 donut	11	4.5	0	0	350	35	1	12	4	0	0	0	6
Black Raspberry Donut	1 donut	10	4.5	0	0	350	40	1	10	4	0	0	0	6
Blueberry Cake Donut	1 donut	16	6	0	10	400	35	1	16	3	0	0	0	6
Blueberry Crumb Donut	1 donut	13	6	0	0	360	48	2	12	4	0	0	0	8
Boston Kreme Donut	1 donut	12	5	0	0	370	38	1	15	4	0	0	0	8
Chocolate Coconut Cake Donut	1 donut	21	11	0	0	380	42	3	19	3	0	0	2	10
Chocolate Frosted Cake Donut	1 donut	19	9	0	15	260	36	2	8	4	0	0	2	8
Chocolate Frosted Donut	1 donut	11	4.5	0	0	320	29	2	3	4	0	0	0	6
Chocolate Glazed Cake Donut	1 donut	19	9	0	0	360	39	2	16	3	0	0	2	10
Chocolate Kreme Filled Donut	1 donut	14	6	0	0	360	39	2	9	4	0	0	0	8
Cinnamon Cake Donut	1 donut	18	9	0	15	260	34	2	13	3	0	0	2	8
Double Chocolate Cake Donut	1 donut	20	9	0	0	360	36	3	6	3	0	0	2	10
Glazed Cake Donut	1 donut	18	9	0	15	260	38	2	18	3	0	0	0	8
Glazed Donut	1 donut	10	4.5	0	0	320	30	1	12	4	0	0	0	6
Jelly Filled Donut	1 donut	10	4.5	0	0	350	39	1	12	4	0	0	0	6
Maple Frosted Donut	1 donut	10	4.5	0	0	320	31	1	14	4	0	0	0	6
Marble Frosted Donut	1 donut	11	4.5	0	0	320	30	1	3	4	0	0	0	6
Old Fashioned Cake Donut	1 donut	18	9	0	15	260	26	2	6	3	0	0	0	8
Powdered Cake Donut	1 donut	18	9	0	15	260	34	2	14	3	0	0	0	8
Strawberry Frosted Donut	1 donut	10	4.5	0	0	330	32	1	13	4	0	0	0	6
Sugar Raised Donut	1 donut	10	4.5	0	0	320	27	1	10	4	0	0	0	6
Vanilla Kreme Filled Donut	1 donut	16	7	0	0	360	39	1	19	4	0	0	0	6
Wheat Glazed Cake Donut	1 donut	19	8	0	0	380	32	2	14	4	0	0	0	6
French Cruller	1 donut	8	5	0	20	105	17	1	8	2	0	0	0	0
Fancies														
Apple Fritter	1 fritter	13	6	0	0	360	35	2	11	4	0	0	0	6
Chocolate Iced Bismark	1 donut	15	6	0	0	290	50	1	31	3	0	0	0	4
Bow Tie Donut	1 donut	17	8	0	0	340	34	1	10	4	0	0	0	4
Chocolate Frosted Coffee Roll	1 coffee roll	20	9	0	0	340	36	1	12	4	0	0	0	6
Coffee Roll	1 coffee roll	20	9	0	0	340	33	1	10	4	0	0	0	6
Eclair	1 donut	15	6	0	0	290	39	1	17	3	0	0	0	4
Glazed Fritter	1 fritter	13	6	0	0	330	31	1	7	4	0	0	0	6
Maple Frosted Coffee Roll	1 donut	20	9	0	0	340	36	1	13	4	0	0	0	6
Vanilla Frosted Coffee Roll	1 donut	20	9	0	0	340	36	1	13	4	0	0	0	6
Munchkins														
Cinnamon Cake Munchkin	4 munchkins	15	7	0	10	210	29	2	11	3	0	0	2	6
Glazed Cake Munchkin	4 munchkins	15	7	0	10	210	38	2	21	3	0	0	0	6
Plain Cake Munchkin	4 munchkins	15	7	0	10	210	21	2	5	3	0	0	0	6
Powdered Cake Munchkin	4 munchkins	15	7	0	10	210	29	2	12	3	0	0	0	6
Glazed Chocolate Cake Munchkin	4 munchkins	15	7	0	0	290	39	2	20	2	0	0	2	8
Glazed Munchkin	4 munchkins	15	7	0	10	210	38	2	21	3	0	0	0	6
Jelly Filled Munchkin	5 munchkins	8	3.5	0	0	280	37	1	13	3	0	0	0	6
Sugar Raised Munchkin	5 munchkins	8	3.5	0	0	270	26	1	12	3	0	0	0	6
Sticks														
Plain Cake Stick	1 stick	20	10	0	15	280	29	2	7	4	0	0	2	8
Glazed Cake Stick	1 stick	20	10	0	15	280	41	2	18	4	0	0	2	8
Jelly Stick	1 stick	20	10	0	15	310	53	2	18	4	0	0	2	8
Powdered Cake Stick	1 stick	20	10	0	15	280	37	2	14	4	0	0	2	8
Cinnamon Cake Stick	1 stick	20	10	0	15	290	36	2	13	4	0	0	2	10
Glazed Chocolate Cake Stick	1 stick	21	10	0	0	390	41	2	16	3	0	0	2	10

Dunkin' Deli	Serving Size	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
											Vitamin A	Vitamin C	Calcium	Iron
Cravings Sandwiches														
chicken bruschetta sandwich	1 sandwich	25	8	0	85	1450	48	4	5	42	15	10	25	20
chipotle chicken sandwich	1 sandwich	26	9	0	110	1730	49	4	5	49	15	10	20	20
pastrami supreme sandwich	1 sandwich	42	17	0	130	1990	47	5	4	48	20	10	25	35
Deli Classics Sandwiches														
Tuna (Albacore) sandwich	1 sandwich	26	4.5	0	35	830	49	4	7	29	10	10	2	15
Turkey and cheese sandwich	1 sandwich	22	6	0	65	1380	45	4	4	35	15	10	30	15
Favorites Sandwiches														
Toasted Italian sandwich	1 sandwich	34	12	0	90	2330	49	5	6	35	30	60	25	25
Steak and cheese sandwich	1 sandwich	23	6	0	75	1830	45	4	3	30	6	8	2	20
Turkey and bacon club sandwich	1 sandwich	22	4.5	0	70	1770	44	4	4	35	6	8	2	15
Salads														
Chicken Caesar Salad	11 oz	36	8	0	85	1520	16	3	2	34	160	60	25	30
Garden Salad	13.5 oz	12	5	0	30	430	24	5	8	12	160	70	30	30
Caesar Salad	8 oz	33	7	0	35	980	14	3	2	10	160	60	20	10
Soups														
Broccoli Cheese soup	1 cup (240 mL)	13	8	0	40	1310	10	1	8	7	30	35	20	0
Chicken Noodle soup	1 cup (240 mL)	3.5	1	0	45	840	20	1	1	8	40	0	2	4

Oven Toasted Items	Serving Size	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Daily Value			
											Vitamin A	Vitamin C	Calcium	Iron
Other Oven Toasted Items														
Hash Browns	9 pieces	9	1	0	0	730	22	3	0	2	0	4	2	2
Oven Toasted Breakfast Sandwiches														
Sausage Egg Cheese Croissant Sandwich	1 sandwich	45	17	1	230	1250	34	1	9	24	15	0	15	20
Bacon Egg Cheese Bagel Sandwich	1 sandwich	18	7	0	200	1400	69	2	11	18	10	0	10	35
Ham Egg Cheese English Muffin Sandwich	1 sandwich	14	5	0	205	1300	35	1	8	19	8	0	20	20
Bacon Egg Cheese Croissant Sandwich	1 sandwich	25	12	0	150	910	33	1	5	19	10	0	10	20
Bacon Egg Cheese English Muffin Sandwich	1 sandwich	16	6	0	200	1300	36	1	8	17	10	0	20	30
Egg Cheese Bagel Sandwich	1 sandwich	15	6	0	190	1120	65	2	10	20	10	0	10	35
Egg Cheese Biscuit Sandwich	1 sandwich	29	17	0	125	1390	53	2	6	16	6	0	15	30
Egg Cheese Croissant Sandwich	1 sandwich	26	11	0	190	780	33	1	9	14	10	0	15	25
Egg Cheese English Muffin Sandwich	1 sandwich	13	5	0	190	1080	35	1	8	14	8	0	20	20
Ham Egg Cheese Bagel Sandwich	1 sandwich	16	6	0	200	1390	65	2	10	26	10	0	10	35
Ham Egg Cheese Croissant Sandwich	1 sandwich	27	12	0	205	1040	33	1	10	20	10	0	15	25
Sausage Egg Cheese Bagel Sandwich	1 sandwich	35	13	0.5	225	1450	63	3	8	28	10	0	15	35
Sausage Egg Cheese English Muffin Sandwich	1 sandwich	32	12	0.5	235	1610	37	1	8	23	15	0	20	35
Sausage Egg Cheese Biscuit Sandwich	1 sandwich	52	24	0	235	1960	54	2	12	24	15	0	20	40
Supreme Omelet on a Croissant	1 sandwich	33	14	0	255	1070	35	2	4	21	20	15	20	25
Oven Toasted Flatbread Sandwiches														
Ham & Swiss Flatbread	1 sandwich	12	5	0	35	1040	41	2	2	20	4	0	25	10
Turkey Cheddar & Bacon Flatbread	1 sandwich	13	5	0	35	1060	41	2	2	20	6	0	20	10
Southwest Chicken Flatbread	1 sandwich	10	4	0	60	1130	51	2	7	29	8	10	25	25
Three Cheese Flatbread	1 sandwich	24	12	0	55	1000	42	2	2	20	15	0	45	8

Oven Toasted Personal Pizza

Pepperoni Pizza	1 pizza	19	9	0	35	960	45	2	3	19	15	4	0	15
Cheese Pizza	1 pizza	19	10	0	25	820	46	2	4	18	20	6	0	15
Supreme Pizza	1 pizza	21	10	0	35	1010	46	2	3	17	20	4	0	15