



NUTRITIONAL INFORMATION

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DONUTS	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Donut (Bare)	210	110	12g	4.5g	0g	20mg	390mg	26g	1g	9g	3g	0%	0%	0%	0%
Donut - Cinnamon Sugar	220	110	12g	4.5g	0g	20mg	390mg	26g	1g	12g	3g	0%	0%	0%	0%
Donut - Glazed	250	110	12g	4.5g	0g	20mg	390mg	37g	1g	19g	3g	0%	0%	0%	0%
Donut - Powdered sugar	220	110	12g	4.5g	0g	20mg	390mg	29g	1g	12g	3g	0%	0%	0%	0%
COATINGS (10-90)	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Powdered Sugar	10	0	0g	0g	**	0mg	0mg	3g	0g	3g	0g	0%	0%	0%	0%
Cinnamon Sugar	10	0	0g	0g	**	0mg	0mg	3g	0g	3g	0g	0%	0%	0%	0%
Strawberry Icing	50	0	0.5g	0g	0g	0mg	0mg	11g	0g	11g	0g	0%	0%	0%	0%
Maple Icing	50	0	0.5g	0g	0g	0mg	0mg	11g	0g	10g	0g	0%	0%	0%	0%
Peanut Butter Icing	90	20	2.5g	1g	0g	0mg	15mg	17g	0g	16g	< 1g	2%	0%	0%	4%
Glaze	45	0	0g	0g	0g	0mg	0mg	11g	0g	10g	0g	0%	0%	0%	0%
Chocolate Icing	50	10	1.5g	0.5g	0g	0mg	5mg	11g	0g	10g	0g	0%	0%	0%	0%
Vanilla Icing	50	0	0.5g	0g	0g	0mg	0mg	11g	0g	11g	0g	0%	0%	0%	0%
Lemon Icing	45	0	0.5g	0g	0g	0mg	0mg	11g	0g	10g	0g	0%	0%	0%	0%
Blueberry Icing	45	0	0.5g	0g	0g	0mg	0mg	11g	0g	10g	0g	0%	0%	0%	0%
Key Lime Icing	50	0	0.5g	0g	0g	0mg	0mg	11g	0g	11g	0g	0%	0%	0%	0%
Orange Icing	45	0	0.5g	0g	0g	0mg	0mg	10g	0g	9g	0g	0%	2%	0%	0%
Peppermint Icing	50	0	0.5g	0g	0g	0mg	0mg	11g	0g	11g	0g	0%	0%	0%	0%
Pumpkin Icing	35	0	0g	0g	0g	0mg	0mg	8g	0g	7g	0g	8%	0%	0%	0%
TOPPINGS (10-35)	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Chocolate Sprinkles	10	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	0%	0%	0%	0%
Rainbow Sprinkles	15	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	0%	0%	0%	0%
Shredded Coconut	30	15	2g	2g	**	0mg	15mg	3g	0g	2g	0g	0%	0%	0%	0%
Peanuts	30	25	3g	0g	0g	0mg	0mg	1g	0g	0g	1g	0%	0%	0%	0%
Bacon	35	25	2.5g	1g	0g	15mg	190mg	0g	0g	0g	3g	0%	0%	0%	0%
Oreo Crumbles	15	5	0.5g	0g	**	**	15mg	2g	0g	1g	0g	0%	**	0%	0%
Graham Cracker Crumbs	10	0	0g	0g	0g	0mg	20mg	2g	0g	< 1g	0g	0%	0%	0%	0%
DRIZZLES (5-15)	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Hot Fudge Drizzle	15	0	0g	0g	0g	0mg	10mg	3g	0g	3g	0g	0%	0%	0%	0%
Raspberry Drizzle	10	0	0g	0g	0g	0mg	0mg	3g	0g	3g	0g	0%	0%	0%	0%
Blackberry Drizzle	15	0	0g	0g	0g	0mg	0mg	4g	0g	4g	0g	0%	0%	0%	0%
Salted Caramel Drizzle	15	0	0g	0g	0g	0mg	10mg	3g	0g	3g	0g	0%	0%	0%	0%
Marshmallow Drizzle	5	0	0g	0g	0g	0mg	0mg	1g	0g	1g	0g	0%	0%	0%	0%



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SUNDAE (120-580)	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Donut w/ Peanut Butter Cup	580	250	28g	13g	0g	50mg	520mg	79g	1g	51g	8g	6%	0%	10%	0%
Donut w/ Vanilla	510	230	26g	13g	0g	55mg	480mg	69g	1g	42g	7g	8%	0%	10%	0%
Chocolate Ice Cream	120	50	6g	4g	0g	15mg	50mg	14g	0g	9g	2g	4%	0%	6%	0%
Peanut Butter Cup Ice Cream	170	80	9g	4.5g	0g	20mg	85mg	19g	0g	15g	3g	4%	0%	8%	0%
Cookies and Cream Ice cream	130	50	6g	4g	0g	15mg	80mg	17g	0g	11g	2g	4%	0%	6%	0%
Vanilla Ice Cream	130	60	7g	4g	0g	20mg	45mg	15g	0g	9g	2g	4%	0%	6%	0%
BREAKFAST SANDWICHES	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Donut - Egg and Cheese	370	220	24g	11g	0g	150mg	850mg	29g	1g	11g	10g	10%	0%	10%	2%
Donut Bacon Egg and Cheese	440	270	30g	13g	0g	165mg	1100mg	29g	1g	11g	14g	10%	0%	10%	2%
Donut Sausage Egg and Cheese	600	410	46g	19g	0g	195mg	1220mg	30g	1g	11g	17g	10%	0%	10%	4%
Egg and Cheese Muffin	280	120	13g	6g	0g	130mg	700mg	27g	< 1g	3g	12g	10%	0%	20%	10%
Sausage Egg and Cheese Muffin	510	310	35g	14g	0g	175mg	1070mg	28g	< 1g	3g	19g	10%	0%	20%	10%
Bacon Egg and Cheese Muffin	350	170	19g	8g	0g	145mg	950mg	27g	< 1g	3g	16g	10%	0%	20%	10%
Bagel - Egg and Cheese	500	120	13g	7g	0g	130mg	1130mg	73g	2g	7g	20g	10%	15%	25%	25%
Bagel - Bacon Egg and Cheese	570	180	19g	9g	0g	145mg	1380mg	73g	2g	7g	24g	10%	15%	25%	25%
Bagel - Sausage Egg and Cheese	730	320	35g	15g	0g	175mg	1500mg	74g	2g	7g	27g	10%	15%	25%	30%
Blueberry Bagel w/ Cream Cheese	450	100	10g	7g	0g	100mg	810mg	72g	2g	7g	15g	8%	15%	15%	25%
Cinn. Raisin Bagel w/ Cream Cheese	450	100	10g	7g	0g	30mg	700mg	75g	3g	13g	14g	8%	15%	15%	25%
Eight Grain Bagel w/ Cream Cheese	480	100	11g	7g	0g	30mg	930mg	78g	3g	4g	16g	8%	15%	15%	25%
Everything Bagel w/ Cream Cheese	460	110	12g	7g	0g	30mg	980mg	71g	3g	6g	15g	8%	15%	15%	25%
Plain Bagel w/ Cream Cheese	440	100	10g	7g	0g	30mg	770mg	72g	2g	6g	15g	8%	15%	15%	25%
Bagel w/ Jelly	390	15	1.5g	0.5g	0g	70mg	720mg	79g	2g	14g	13g	0%	15%	15%	25%
English Muffin w/ Cream Cheese	220	90	10g	6g	0g	30mg	340mg	26g	< 1g	2g	7g	8%	0%	10%	10%
English Muffin w/ Jelly	160	10	1g	0g	0g	0mg	250mg	33g	< 1g	9g	5g	0%	0%	8%	8%
Healthy Delight English Muffin	250	90	10g	3g	0g	130mg	590mg	24g	3g	2g	15g	4%	0%	15%	15%



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Beverages	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Americano - Medium	10	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g	0%	0%	0%	0%
Americano - Large	10	0	0g	0g	0g	0mg	20mg	2g	0g	0g	0g	0%	0%	0%	0%
Hot Chocolate - Small	320	70	8g	5g	0g	30mg	170mg	48g	2g	49g	12g	15%	2%	35%	0%
Hot Chocolate - Medium	440	100	11g	7g	0g	40mg	230mg	69g	2g	70g	16g	20%	2%	50%	0%
Hot Chocolate - Large	490	120	13g	8g	0g	50mg	280mg	72g	2g	73g	20g	20%	2%	70%	0%
Hot Flavored Coffee - Small	70	0	0g	0g	0g	0mg	5mg	18g	0g	18g	0g	0%	0%	0%	0%
Hot Flavored Coffee - Medium	100	0	0g	0g	0g	0mg	10mg	24g	0g	24g	0g	0%	0%	0%	0%
Hot Flavored Coffee - Large	120	0	0g	0g	0g	0mg	10mg	30g	0g	30g	< 1g	0%	0%	2%	0%
Hot Flavored Latte - Medium	260	60	6g	4g	0g	25mg	160mg	40g	0g	39g	10g	10%	2%	35%	0%
Hot Flavored Latte - Large	340	80	9g	5g	0g	35mg	210mg	52g	0g	51g	14g	15%	2%	50%	2%
Hot Latte - Medium	160	60	6g	4g	0g	25mg	160mg	16g	0g	15g	10g	10%	2%	35%	0%
Hot Latte - Large	220	80	9g	5g	0g	35mg	210mg	22g	0g	22g	14g	15%	2%	50%	2%
Iced Latte - Medium	260	60	6g	4g	0g	25mg	160mg	40g	0g	39g	10g	10%	2%	35%	0%
Iced Latte - Large	340	80	9g	5g	0g	35mg	210mg	52g	0g	51g	14g	15%	2%	50%	2%
Cappuccino - Medium	160	60	6g	4g	0g	25mg	160mg	16g	0g	15g	10g	10%	2%	35%	0%
Cappuccino - Large	220	80	9g	5g	0g	35mg	210mg	22g	0g	22g	14g	15%	2%	50%	2%
Iced Caramel Macchiato - Medium	200	30	3.5g	2g	0g	10mg	80mg	37g	0g	36g	4g	4%	0%	15%	0%
Iced Caramel Macchiato - Large	320	60	7g	4.5g	0g	25mg	170mg	54g	0g	53g	10g	10%	2%	40%	0%
Caramel Macchiato - Medium	290	60	7g	4.5g	0g	25mg	170mg	46g	0g	45g	10g	10%	2%	40%	0%
Caramel Macchiato - Large	380	90	10g	6g	0g	35mg	230mg	60g	0g	59g	14g	15%	2%	50%	0%
DarkChocolate Mocha - Medium	340	80	9g	6g	0g	30mg	200mg	53g	1g	44g	12g	15%	2%	40%	8%
Dark Chocolate Mocha - Large	440	100	12g	7g	0g	40mg	270mg	68g	2g	57g	16g	20%	2%	50%	10%
Coffee - Small	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%
Coffee - Medium	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	0%	0%	0%	0%
Coffee - Large	5	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g	0%	0%	2%	0%
Sweet Tea - Small	70	0	0g	0g	**	0mg	10mg	19g	0g	19g	0g	0%	0%	0%	0%
Sweet Tea - Medium	100	0	0g	0g	**	0mg	10mg	27g	0g	26g	0g	0%	0%	0%	0%
Sweet Tea - Large	130	0	0g	0g	**	0mg	15mg	35g	0g	33g	0g	0%	0%	0%	0%
White Chocolate Mocha - Medium	400	70	8g	5g	0g	30mg	330mg	69g	0g	62g	10g	15%	2%	35%	2%
White Chocolate Mocha - Large	520	100	11g	7g	0g	40mg	430mg	88g	0g	80g	14g	20%	2%	50%	2%