



## Nutrition Guide

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

|   | Serving Size    | Calories | Calories from Fat | 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 |  |
| <b>AM Snacks</b>                                    |                 |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Brown Sugar Oatmeal with Dried Fruit Topping</b> | 1 Serving       | 300      | 35                | 4             | 1                 | 0             | 0                | 470         | 61               | 6                 | 28        | 7           | 40            | 0         | 20      | 45   |  |
| <b>Hash Browns</b>                                  | 9 Pieces        | 200      | 100               | 11            | 1.5               | 0             | 0                | 730         | 22               | 3                 | 0         | 2           | 0             | 4         | 2       | 2    |  |
| <b>Plain Oatmeal with Dried Fruit Topping</b>       | 1 Serving       | 270      | 35                | 4             | 1                 | 0             | 0                | 140         | 54               | 6                 | 22        | 7           | 40            | 0         | 20      | 80   |  |
| <b>Sausage Pancake Bites</b>                        | 3 Pancake Bites | 300      | 180               | 20            | 7                 | 0             | 20               | 550         | 23               | 1                 | 7         | 7           | 0             | 0         | 2       | 6    |  |

|                                    | Serving Size  | Calories | Calories from Fat | 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 |
| <b>Bagel Twist</b>                 |               |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |
| <b>Cheddar Cheese Bagel Twist</b>  | 1 Bagel Twist | 390      | 70                | 8             | 4.5               | 0             | 20               | 770         | 65               | 4                 | 7         | 16          | 6             | 0         | 15      | 20   |
| <b>Cinnamon Raisin Bagel Twist</b> | 1 Bagel Twist | 350      | 10                | 1             | 0                 | 0             | 0                | 510         | 72               | 4                 | 20        | 12          | 0             | 0         | 4       | 20   |

|                              | Serving Size | Calories | Calories from Fat | 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 |
| <b>Bagels</b>                |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |
| <b>Blueberry Bagel</b>       | 1 Bagel      | 320      | 5                 | 1             | 0                 | 0             | 0                | 570         | 68               | 4                 | 12        | 11          | 0             | 0         | 2       | 20   |
| <b>Cinnamon Raisin Bagel</b> | 1 Bagel      | 320      | 10                | 1             | 0                 | 0             | 0                | 500         | 66               | 4                 | 14        | 12          | 0             | 0         | 4       | 20   |
| <b>Everything Bagel</b>      | 1 Bagel      | 340      | 25                | 3             | 0                 | 0             | 0                | 630         | 67               | 5                 | 7         | 12          | 0             | 2         | 6       | 20   |
| <b>Garlic Bagel</b>          | 1 Bagel      | 330      | 10                | 1             | 0                 | 0             | 0                | 630         | 69               | 5                 | 7         | 12          | 0             | 0         | 2       | 20   |
| <b>Multigrain Bagel</b>      | 1 Bagel      | 330      | 60                | 6             | 0.5               | 0             | 0                | 500         | 58               | 7                 | 9         | 13          | 0             | 0         | 4       | 20   |
| <b>Onion Bagel</b>           | 1 Bagel      | 310      | 10                | 1             | 0                 | 0             | 0                | 610         | 64               | 4                 | 5         | 11          | 0             | 4         | 2       | 20   |
| <b>Plain Bagel</b>           | 1 Bagel      | 310      | 5                 | 1             | 0                 | 0             | 0                | 620         | 64               | 4                 | 7         | 11          | 0             | 0         | 2       | 20   |
| <b>Poppy Seed Bagel</b>      | 1 Bagel      | 350      | 35                | 4             | 0                 | 0             | 0                | 630         | 66               | 5                 | 7         | 12          | 0             | 0         | 10      | 25   |
| <b>Pumpnickel Bagel</b>      | 1 Bagel      | 310      | 10                | 1             | 0                 | 0             | 0                | 580         | 65               | 5                 | 6         | 12          | 0             | 2         | 4       | 20   |
| <b>Salt Bagel</b>            | 1 Bagel      | 310      | 5                 | 1             | 0                 | 0             | 0                | 3350        | 64               | 4                 | 7         | 11          | 0             | 0         | 4       | 20   |

|                            | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Bagels</b>              |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Sesame Seed Bagel          | 1 Bagel      | 350      | 40                | 4.5           | 0                 | 0             | 0                | 630         | 65               | 5                 | 7         | 13          | 0             | 0         | 4       | 25   |  |
| Sour Cream and Onion Bagel | 1 Bagel      | 330      | 15                | 1.5           | 0.5               | 0             | 0                | 1160        | 67               | 4                 | 7         | 13          | 2             | 10        | 8       | 20   |  |
| Sundried Tomato Bagel      | 1 Bagel      | 300      | 5                 | 1             | 0                 | 0             | 0                | 670         | 64               | 5                 | 7         | 11          | 0             | 0         | 4       | 20   |  |
| Wheat Bagel                | 1 Bagel      | 280      | 10                | 1             | 0                 | 0             | 0                | 500         | 56               | 4                 | 10        | 13          | 0             | 0         | 4       | 15   |  |

|                                    | Serving Size | Calories | Calories from Fat | 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 |
| <b>Breakfast Burrito</b>           |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |
| Southwest Steak Breakfast Burrito  | 1 Burrito    | 340      | 170               | 19            | 8                 | 0             | 175              | 1140        | 26               | 1                 | 4         | 16          | 10            | 8         | 10      | 15   |
| Southwest Veggie Breakfast Burrito | 1 Burrito    | 330      | 150               | 17            | 8                 | 0             | 185              | 1040        | 30               | 2                 | 4         | 16          | 10            | 20        | 10      | 10   |

|                                       | Serving Size | Calories | Calories from Fat | 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 |
| <b>Breakfast Sandwiches</b>           |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |
| Angus Steak and Egg Sandwich          | 1 Sandwich   | 630      | 230               | 26            | 12                | 1             | 255              | 1390        | 67               | 4                 | 6         | 34          | 8             | 4         | 20      | 30   |
| Bacon, Egg & Cheese on Biscuit        | 1 Sandwich   | 490      | 270               | 30            | 14                | 0.5           | 205              | 1300        | 35               | 1                 | 4         | 18          | 8             | 0         | 20      | 20   |
| Bacon, Egg & Cheese on Croissant      | 1 Sandwich   | 550      | 300               | 34            | 14                | 0.5           | 205              | 1050        | 41               | 2                 | 6         | 20          | 8             | 0         | 15      | 15   |
| Bacon, Egg & Cheese on English Muffin | 1 Sandwich   | 370      | 160               | 18            | 6                 | 0             | 205              | 1030        | 34               | 1                 | 3         | 18          | 8             | 0         | 15      | 15   |
| Bacon, Egg & Cheese on a Plain Bagel  | 1 Sandwich   | 520      | 150               | 17            | 6                 | 0             | 205              | 1310        | 67               | 4                 | 8         | 24          | 8             | 0         | 15      | 25   |
| Big n' Toasted™                       | 1 Sandwich   | 530      | 250               | 28            | 10                | 0             | 110              | 1360        | 43               | 1                 | 4         | 26          | 6             | 0         | 15      | 15   |
| Chicken Biscuit                       | 1 Sandwich   | 500      | 230               | 25            | 10                | 0             | 35               | 1260        | 48               | 2                 | 5         | 20          | 0             | 0         | 4       | 20   |
| Egg & Cheese on Biscuit               | 1 Sandwich   | 440      | 240               | 27            | 13                | 0.5           | 200              | 1090        | 35               | 1                 | 3         | 14          | 8             | 0         | 20      | 20   |
| Egg & Cheese on Croissant             | 1 Sandwich   | 500      | 270               | 30            | 12                | 0.5           | 200              | 840         | 40               | 2                 | 6         | 16          | 8             | 0         | 15      | 15   |
| Egg & Cheese on English Muffin        | 1 Sandwich   | 320      | 130               | 15            | 5                 | 0             | 200              | 820         | 34               | 1                 | 3         | 14          | 8             | 0         | 15      | 15   |
| Egg & Cheese on a Plain Bagel         | 1 Sandwich   | 470      | 120               | 14            | 5                 | 0             | 200              | 1090        | 67               | 4                 | 8         | 20          | 8             | 0         | 15      | 25   |
| Ham, Egg & Cheese on Biscuit          | 1 Sandwich   | 470      | 250               | 28            | 14                | 0.5           | 215              | 1380        | 36               | 1                 | 4         | 18          | 8             | 0         | 20      | 20   |
| Ham, Egg & Cheese on Croissant        | 1 Sandwich   | 530      | 280               | 31            | 13                | 0.5           | 210              | 1140        | 41               | 2                 | 6         | 21          | 8             | 0         | 15      | 15   |
| Ham, Egg & Cheese on English Muffin   | 1 Sandwich   | 350      | 140               | 16            | 6                 | 0             | 210              | 1110        | 34               | 1                 | 3         | 19          | 8             | 0         | 15      | 15   |
| Ham, Egg & Cheese on a Plain Bagel    | 1 Sandwich   | 500      | 130               | 15            | 5                 | 0             | 210              | 1390        | 68               | 4                 | 8         | 25          | 8             | 0         | 15      | 25   |
| Sausage Biscuit                       | 1 Sandwich   | 490      | 300               | 33            | 16                | 0             | 45               | 1140        | 33               | 1                 | 2         | 13          | 2             | 0         | 6       | 20   |
| Sausage, Egg & Cheese on Biscuit      | 1 Sandwich   | 650      | 420               | 46            | 20                | 0.5           | 245              | 1610        | 36               | 2                 | 4         | 22          | 8             | 0         | 20      | 25   |

|   | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Breakfast Sandwiches</b>             |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Sausage, Egg & Cheese on Croissant      | 1 Sandwich   | 710      | 440               | 49            | 20                | 0.5           | 245              | 1370        | 41               | 2                 | 6         | 25          | 10            | 0         | 15      | 20   |  |
| Sausage, Egg & Cheese on English Muffin | 1 Sandwich   | 530      | 310               | 34            | 13                | 0             | 245              | 1340        | 34               | 1                 | 3         | 23          | 8             | 0         | 20      | 20   |  |
| Sausage, Egg & Cheese on a Plain Bagel  | 1 Sandwich   | 680      | 300               | 33            | 12                | 0             | 245              | 1620        | 68               | 5                 | 8         | 28          | 8             | 0         | 15      | 30   |  |

|   | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Coffee</b>                                   |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Black Cocoa Creme Coffee Large                  | 20 fl oz     | 220      | 5                 | 1             | 0                 | 0             | 0                | 135         | 51               | 1                 | 45        | 2           | 0             | 0         | 2       | 120  |  |
| Black Cocoa Creme Coffee Medium                 | 14 fl oz     | 170      | 5                 | 0.5           | 0                 | 0             | 0                | 100         | 38               | 0                 | 34        | 2           | 0             | 0         | 0       | 90   |  |
| Black Cocoa Creme Coffee Small                  | 10 fl oz     | 110      | 5                 | 0             | 0                 | 0             | 0                | 65          | 25               | 0                 | 23        | 1           | 0             | 0         | 0       | 60   |  |
| Black Cocoa Creme Coffee XLarge                 | 24 fl oz     | 280      | 10                | 1             | 0                 | 0             | 0                | 170         | 64               | 1                 | 57        | 3           | 0             | 0         | 2       | 150  |  |
| Black Cocoa Creme Coffee with Cream Large       | 20 fl oz     | 340      | 110               | 12            | 7                 | 0             | 40               | 160         | 53               | 1                 | 45        | 4           | 8             | 0         | 6       | 120  |  |
| Black Cocoa Creme Coffee with Cream Medium      | 14 fl oz     | 250      | 80                | 9             | 5                 | 0             | 30               | 115         | 40               | 0                 | 34        | 3           | 6             | 0         | 6       | 90   |  |
| Black Cocoa Creme Coffee with Cream Small       | 10 fl oz     | 170      | 60                | 6             | 3.5               | 0             | 20               | 80          | 26               | 0                 | 23        | 2           | 4             | 0         | 4       | 60   |  |
| Black Cocoa Creme Coffee with Cream XLarge      | 24 fl oz     | 420      | 140               | 16            | 9                 | 0             | 50               | 190         | 66               | 1                 | 57        | 5           | 10            | 2         | 8       | 150  |  |
| Black Cocoa Creme Iced Coffee Large             | 32 fl oz     | 230      | 5                 | 1             | 0                 | 0             | 0                | 135         | 52               | 1                 | 45        | 3           | 0             | 0         | 2       | 120  |  |
| Black Cocoa Creme Iced Coffee Medium            | 24 fl oz     | 170      | 5                 | 0.5           | 0                 | 0             | 0                | 100         | 39               | 0                 | 34        | 2           | 0             | 0         | 2       | 90   |  |
| Black Cocoa Creme Iced Coffee Small             | 16 fl oz     | 120      | 5                 | 0             | 0                 | 0             | 0                | 70          | 26               | 0                 | 23        | 1           | 0             | 0         | 2       | 60   |  |
| Black Cocoa Creme Iced Coffee with Cream Large  | 32 fl oz     | 350      | 110               | 12            | 7                 | 0             | 40               | 160         | 54               | 1                 | 45        | 4           | 8             | 0         | 8       | 120  |  |
| Black Cocoa Creme Iced Coffee with Cream Medium | 24 fl oz     | 260      | 80                | 9             | 5                 | 0             | 30               | 120         | 41               | 0                 | 34        | 3           | 6             | 0         | 6       | 90   |  |
| Black Cocoa Creme Iced Coffee with Cream Small  | 16 fl oz     | 170      | 60                | 6             | 3.5               | 0             | 20               | 80          | 27               | 0                 | 23        | 2           | 4             | 0         | 4       | 60   |  |
| Blueberry Coffee Small                          | 10 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 5           | 2                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |  |
| Caramel Coffee Small                            | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 5           | 2                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |  |
| Caramel Mocha Coffee Large                      | 20 fl oz     | 230      | 5                 | 0             | 0                 | 0             | 0                | 40          | 53               | 1                 | 48        | 3           | 0             | 0         | 6       | 0    |  |
| Caramel Mocha Coffee Medium                     | 14 fl oz     | 170      | 5                 | 0             | 0                 | 0             | 0                | 30          | 39               | 1                 | 36        | 2           | 0             | 0         | 4       | 0    |  |
| Caramel Mocha Coffee Small                      | 10 fl oz     | 110      | 0                 | 0             | 0                 | 0             | 0                | 20          | 26               | 1                 | 24        | 2           | 0             | 0         | 2       | 0    |  |
| Caramel Mocha Coffee XLarge                     | 24 fl oz     | 280      | 5                 | 0             | 0                 | 0             | 5                | 50          | 66               | 2                 | 60        | 4           | 2             | 0         | 6       | 0    |  |

| Coffee                                      | Serving Size | Calories | Calories from Fat | 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 |
| Caramel Mocha Coffee with Cream Large       | 20 fl oz     | 340      | 110               | 12            | 7                 | 0             | 40               | 65          | 55               | 1                 | 48        | 5           | 8             | 0         | 10      | 0    |
| Caramel Mocha Coffee with Cream Medium      | 14 fl oz     | 260      | 80                | 9             | 6                 | 0             | 30               | 50          | 41               | 1                 | 36        | 3           | 6             | 0         | 8       | 0    |
| Caramel Mocha Coffee with Cream Small       | 10 fl oz     | 170      | 50                | 6             | 3.5               | 0             | 20               | 30          | 27               | 1                 | 24        | 2           | 4             | 0         | 6       | 0    |
| Caramel Mocha Coffee with Cream XLarge      | 24 fl oz     | 430      | 140               | 15            | 9                 | 0             | 55               | 80          | 68               | 2                 | 60        | 6           | 10            | 2         | 15      | 0    |
| Caramel Mocha Iced Coffee Large             | 32 fl oz     | 230      | 5                 | 0             | 0                 | 0             | 0                | 45          | 54               | 1                 | 48        | 4           | 0             | 0         | 6       | 0    |
| Caramel Mocha Iced Coffee Medium            | 24 fl oz     | 180      | 5                 | 0             | 0                 | 0             | 0                | 35          | 41               | 1                 | 36        | 3           | 0             | 0         | 4       | 0    |
| Caramel Mocha Iced Coffee Small             | 16 fl oz     | 120      | 0                 | 0             | 0                 | 0             | 0                | 25          | 27               | 1                 | 24        | 2           | 0             | 0         | 4       | 0    |
| Caramel Mocha Iced Coffee with Cream Large  | 32 fl oz     | 350      | 110               | 12            | 7                 | 0             | 40               | 70          | 56               | 1                 | 48        | 5           | 8             | 0         | 10      | 0    |
| Caramel Mocha Iced Coffee with Cream Medium | 24 fl oz     | 260      | 80                | 9             | 6                 | 0             | 30               | 50          | 42               | 1                 | 36        | 4           | 6             | 0         | 8       | 0    |
| Caramel Mocha Iced Coffee with Cream Small  | 16 fl oz     | 180      | 50                | 6             | 3.5               | 0             | 20               | 35          | 28               | 1                 | 24        | 3           | 4             | 0         | 6       | 0    |
| Cinnamon Coffee Small                       | 10 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 5           | 2                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Coconut Coffee Small                        | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 5           | 1                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Coffee Extra Large                          | 24 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 15          | 2                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Coffee Large                                | 20 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 15          | 2                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Coffee Medium                               | 14 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 10          | 1                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Coffee Small                                | 10 fl oz     | 5        | 0                 | 0             | 0                 | 0             | 0                | 5           | 1                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Coffee with Cream Small                     | 10 fl oz     | 60       | 50                | 6             | 4                 | 0             | 20               | 20          | 2                | 0                 | 0         | 1           | 4             | 0         | 2       | 0    |
| Coffee with Cream and Sugar Small           | 10 fl oz     | 120      | 50                | 6             | 4                 | 0             | 20               | 20          | 19               | 0                 | 17        | 1           | 4             | 0         | 2       | 0    |
| Coffee with Milk Small                      | 10 fl oz     | 25       | 10                | 1             | 1                 | 0             | 5                | 20          | 2                | 0                 | 1         | 1           | 0             | 0         | 4       | 0    |
| Coffee with Milk and Sugar Small            | 10 fl oz     | 80       | 10                | 1             | 1                 | 0             | 5                | 20          | 20               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| Coffee with Skim Milk Small                 | 10 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 25          | 3                | 0                 | 2         | 2           | 0             | 0         | 4       | 0    |
| Coffee with Skim Milk and Splenda Large     | 20 fl oz     | 45       | 0                 | 0             | 0                 | 0             | 0                | 45          | 8                | 0                 | 3         | 3           | 2             | 0         | 6       | 0    |
| Coffee with Skim Milk and Splenda Medium    | 14 fl oz     | 30       | 0                 | 0             | 0                 | 0             | 0                | 35          | 6                | 0                 | 2         | 2           | 0             | 0         | 4       | 0    |
| Coffee with Skim Milk and Splenda Small     | 10 fl oz     | 25       | 0                 | 0             | 0                 | 0             | 0                | 25          | 5                | 0                 | 2         | 2           | 0             | 0         | 4       | 0    |
| Coffee with Skim Milk and Sugar Small       | 10 fl oz     | 70       | 0                 | 0             | 0                 | 0             | 0                | 25          | 20               | 0                 | 19        | 2           | 0             | 0         | 4       | 0    |
| Coffee with Splenda Large                   | 20 fl oz     | 25       | 0                 | 0             | 0                 | 0             | 0                | 15          | 5                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Coffee with Splenda Medium                  | 14 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 10          | 3                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Coffee with Splenda Small                   | 10 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 5           | 3                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Coffee with Sugar Small                     | 10 fl oz     | 60       | 0                 | 0             | 0                 | 0             | 0                | 5           | 18               | 0                 | 17        | 0           | 0             | 0         | 0       | 0    |
| French Vanilla Coffee Small                 | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 5           | 1                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Hazelnut Coffee Large                       | 20 fl oz     | 25       | 0                 | 0             | 0                 | 0             | 0                | 15          | 2                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |

| Coffee  | Serving Size | Calories | Calories from Fat | 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 |
| Hazelnut Coffee Medium  | 14 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 10          | 1                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Hazelnut Coffee Small   | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 5           | 1                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Hazelnut Coffee XLarge  | 24 fl oz     | 30       | 0                 | 0             | 0                 | 0             | 0                | 15          | 2                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Iced Coffee Large   | 32 fl oz     | 20       | 0                 | 0             | 0                 | 0             | 0                | 15          | 3                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Iced Coffee Medium  | 24 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 10          | 2                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Iced Coffee Small   | 16 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 5           | 2                | 0                 | 0         | 1           | 0             | 0         | 0       | 0    |
| Iced Coffee with Cream Small                                      | 16 fl oz     | 70       | 50                | 6             | 4                 | 0             | 20               | 20          | 3                | 0                 | 0         | 1           | 4             | 0         | 4       | 0    |
| Iced Coffee with Cream and Sugar Small                            | 16 fl oz     | 120      | 50                | 6             | 4                 | 0             | 20               | 20          | 20               | 0                 | 17        | 1           | 4             | 0         | 4       | 0    |
| Iced Coffee with Milk Small                                       | 16 fl oz     | 30       | 10                | 1             | 1                 | 0             | 5                | 20          | 3                | 0                 | 1         | 2           | 0             | 0         | 4       | 0    |
| Iced Coffee with Milk and Sugar Small                             | 16 fl oz     | 90       | 10                | 1             | 1                 | 0             | 5                | 20          | 21               | 0                 | 19        | 2           | 0             | 0         | 4       | 0    |
| Iced Coffee with Skim Milk Small                                  | 16 fl oz     | 20       | 0                 | 0             | 0                 | 0             | 0                | 25          | 3                | 0                 | 2         | 2           | 0             | 0         | 4       | 0    |
| Iced Coffee with Skim Milk and Splenda Large                      | 32 fl oz     | 60       | 0                 | 0             | 0                 | 0             | 0                | 45          | 10               | 0                 | 3         | 3           | 2             | 0         | 8       | 0    |
| Iced Coffee with Skim Milk and Splenda Medium                     | 24 fl oz     | 40       | 0                 | 0             | 0                 | 0             | 0                | 35          | 8                | 0                 | 2         | 3           | 0             | 0         | 6       | 0    |
| Iced Coffee with Skim Milk and Splenda Small                      | 16 fl oz     | 30       | 0                 | 0             | 0                 | 0             | 0                | 25          | 5                | 0                 | 2         | 2           | 0             | 0         | 4       | 0    |
| Iced Coffee with Sugar Small                                      | 16 fl oz     | 80       | 0                 | 0             | 0                 | 0             | 0                | 25          | 21               | 0                 | 19        | 2           | 0             | 0         | 4       | 0    |
| Iced Coffee with Sugar Small                                      | 16 fl oz     | 70       | 0                 | 0             | 0                 | 0             | 0                | 5           | 19               | 0                 | 17        | 1           | 0             | 0         | 0       | 0    |
| Iced Dunkin' Dark® Roast Coffee with Cream and Sugar Large        | 32 fl oz     | 250      | 110               | 12            | 7                 | 0             | 40               | 40          | 40               | 0                 | 35        | 3           | 8             | 0         | 6       | 0    |
| Iced Dunkin' Dark® Roast Coffee with Cream and Sugar Medium       | 24 fl oz     | 190      | 80                | 9             | 5                 | 0             | 30               | 30          | 30               | 0                 | 26        | 2           | 6             | 0         | 4       | 0    |
| Iced Dunkin' Dark® Roast Coffee with Cream and Sugar Small        | 16 fl oz     | 130      | 50                | 6             | 3.5               | 0             | 20               | 20          | 20               | 0                 | 17        | 1           | 4             | 0         | 4       | 0    |
| Iced Dunkin' Dark® Roast Coffee with Skim Milk and Splenda Large  | 32 fl oz     | 60       | 0                 | 0             | 0                 | 0             | 0                | 50          | 10               | 0                 | 3         | 3           | 2             | 0         | 8       | 0    |
| Iced Dunkin' Dark® Roast Coffee with Skim Milk and Splenda Medium | 24 fl oz     | 40       | 0                 | 0             | 0                 | 0             | 0                | 35          | 8                | 0                 | 2         | 3           | 2             | 0         | 6       | 0    |
| Iced Dunkin' Dark® Roast Coffee with Skim Milk and Splenda Small  | 16 fl oz     | 30       | 0                 | 0             | 0                 | 0             | 0                | 25          | 5                | 0                 | 1         | 2           | 2             | 0         | 4       | 0    |
| Mocha Coffee Extra Large  | 24 fl oz     | 280      | 10                | 1             | 0.5               | 0             | 0                | 50          | 65               | 3                 | 57        | 3           | 0             | 0         | 0       | 0    |
| Mocha Coffee Large  | 20 fl oz     | 230      | 10                | 1             | 0                 | 0             | 0                | 40          | 52               | 2                 | 46        | 3           | 0             | 0         | 0       | 0    |
| Mocha Coffee Medium   | 14 fl oz     | 170      | 0                 | 0.5           | 0                 | 0             | 0                | 30          | 39               | 2                 | 34        | 2           | 0             | 0         | 0       | 0    |
| Mocha Coffee Small  | 10 fl oz     | 110      | 0                 | 0             | 0                 | 0             | 0                | 20          | 26               | 1                 | 23        | 1           | 0             | 0         | 0       | 0    |
| Mocha Swirl Coffee with Cream Extra Large                         | 24 fl oz     | 430      | 140               | 16            | 10                | 0             | 50               | 75          | 68               | 3                 | 57        | 5           | 10            | 0         | 8       | 0    |
| Mocha Swirl Coffee with Cream Large                               | 20 fl oz     | 340      | 110               | 12            | 8                 | 0             | 40               | 60          | 54               | 2                 | 46        | 4           | 8             | 0         | 6       | 0    |
| Mocha Swirl Coffee with Cream Medium                              | 14 fl oz     | 260      | 80                | 9             | 6                 | 0             | 30               | 45          | 41               | 2                 | 34        | 3           | 6             | 0         | 4       | 0    |

|  | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Coffee</b>                                    |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Mocha Swirl Coffee with Cream Small</b>       | 10 fl oz     | 170      | 50                | 6             | 4                 | 0             | 20               | 30          | 27               | 1                 | 23        | 2           | 4             | 0         | 2       | 0    |  |
| <b>Mocha Swirl Iced Coffee with Cream Large</b>  | 32 fl oz     | 350      | 110               | 12            | 8                 | 0             | 40               | 70          | 56               | 2                 | 46        | 5           | 8             | 0         | 6       | 0    |  |
| <b>Mocha Swirl Iced Coffee with Cream Medium</b> | 24 fl oz     | 260      | 80                | 9             | 6                 | 0             | 30               | 50          | 42               | 2                 | 34        | 3           | 6             | 0         | 4       | 0    |  |
| <b>Mocha Swirl Iced Coffee with Cream Small</b>  | 16 fl oz     | 180      | 50                | 6             | 4                 | 0             | 20               | 35          | 28               | 1                 | 23        | 2           | 4             | 0         | 4       | 0    |  |
| <b>Raspberry Coffee Small</b>                    | 10 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 5           | 2                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |  |
| <b>Toasted Almond Coffee Small</b>               | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 5           | 1                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |  |

|                                       | Serving Size | Calories | Calories from Fat | 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 |
| <b>Cookies</b>                        |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |
| <b>Oatmeal Raisin Cookie</b>          | 1 Cookie     | 290      | 35                | 4             | 2                 | 0             | 30               | 220         | 59               | 3                 | 38        | 5           | 6             | 0         | 2       | 10   |
| <b>Reverse Chocolate Chunk Cookie</b> | 1 Cookie     | 350      | 120               | 13            | 7                 | 0             | 40               | 380         | 54               | 3                 | 36        | 5           | 10            | 0         | 4       | 20   |
| <b>Triple Chocolate Chunk Cookie</b>  | 1 Cookie     | 340      | 100               | 11            | 6                 | 0             | 35               | 380         | 58               | 2                 | 34        | 5           | 8             | 0         | 4       | 15   |

|   | Serving Size | Calories | Calories from Fat | 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 |
| <b>Coolatta</b>                           |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |
| <b>Blue Raspberry Coolatta Large</b>      | 32 fl oz     | 480      | 0                 | 0             | 0                 | 0             | 0                | 45          | 122              | 0                 | 121       | 0           | 0             | 0         | 2       | 0    |
| <b>Blue Raspberry Coolatta Medium</b>     | 24 fl oz     | 360      | 0                 | 0             | 0                 | 0             | 0                | 35          | 92               | 0                 | 91        | 0           | 0             | 0         | 2       | 0    |
| <b>Blue Raspberry Coolatta Small</b>      | 16 fl oz     | 240      | 0                 | 0             | 0                 | 0             | 0                | 25          | 61               | 0                 | 60        | 0           | 0             | 0         | 2       | 0    |
| <b>Cherry Coolatta Large</b>              | 32 fl oz     | 480      | 0                 | 0             | 0                 | 0             | 0                | 45          | 123              | 0                 | 121       | 0           | 0             | 0         | 2       | 0    |
| <b>Cherry Coolatta Medium</b>             | 24 fl oz     | 360      | 0                 | 0             | 0                 | 0             | 0                | 35          | 92               | 0                 | 91        | 0           | 0             | 0         | 2       | 0    |
| <b>Cherry Coolatta Small</b>              | 16 fl oz     | 240      | 0                 | 0             | 0                 | 0             | 0                | 25          | 61               | 0                 | 61        | 0           | 0             | 0         | 2       | 0    |
| <b>Coffee Coolatta® with Cream Large</b>  | 32 fl oz     | 800      | 410               | 46            | 29                | 1.5           | 160              | 150         | 98               | 0                 | 87        | 7           | 30            | 4         | 25      | 0    |
| <b>Coffee Coolatta® with Cream Medium</b> | 24 fl oz     | 600      | 320               | 35            | 22                | 1             | 120              | 110         | 73               | 0                 | 65        | 5           | 25            | 2         | 20      | 0    |
| <b>Coffee Coolatta® with Cream Small</b>  | 16 fl oz     | 400      | 210               | 23            | 14                | 0.5           | 80               | 75          | 49               | 0                 | 43        | 3           | 15            | 2         | 10      | 0    |
| <b>Coffee Coolatta® with Milk Large</b>   | 32 fl oz     | 480      | 70                | 8             | 5                 | 0             | 35               | 180         | 100              | 0                 | 98        | 8           | 6             | 2         | 25      | 0    |
| <b>Coffee Coolatta® with Milk Medium</b>  | 24 fl oz     | 360      | 50                | 6             | 3.5               | 0             | 25               | 130         | 75               | 0                 | 73        | 6           | 4             | 2         | 20      | 0    |
| <b>Coffee Coolatta® with Milk Small</b>   | 16 fl oz     | 240      | 35                | 4             | 2.5               | 0             | 15               | 90          | 50               | 0                 | 49        | 4           | 2             | 0         | 15      | 0    |

|  | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Coolatta</b>                        |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Coffee Coolatta® with Skim Milk Large  | 32 fl oz     | 420      | 0                 | 0             | 0                 | 0             | 5                | 180         | 102              | 0                 | 98        | 9           | 10            | 2         | 25      | 0    |  |
| Coffee Coolatta® with Skim Milk Medium | 24 fl oz     | 310      | 0                 | 0             | 0                 | 0             | 0                | 135         | 76               | 0                 | 73        | 7           | 8             | 2         | 20      | 0    |  |
| Coffee Coolatta® with Skim Milk Small  | 16 fl oz     | 210      | 0                 | 0             | 0                 | 0             | 0                | 90          | 51               | 0                 | 49        | 4           | 4             | 0         | 15      | 0    |  |
| Fruit Punch Coolatta Large             | 32 fl oz     | 470      | 0                 | 0             | 0                 | 0             | 0                | 60          | 123              | 0                 | 120       | 0           | 0             | 0         | 4       | 0    |  |
| Fruit Punch Coolatta Medium            | 24 fl oz     | 350      | 0                 | 0             | 0                 | 0             | 0                | 45          | 92               | 0                 | 90        | 0           | 0             | 0         | 2       | 0    |  |
| Fruit Punch Coolatta Small             | 16 fl oz     | 240      | 0                 | 0             | 0                 | 0             | 0                | 30          | 62               | 0                 | 60        | 0           | 0             | 0         | 2       | 0    |  |
| Strawberry Fruit Coolatta® Large       | 32 fl oz     | 470      | 0                 | 0             | 0                 | 0             | 0                | 70          | 115              | 0                 | 114       | 0           | 0             | 40        | 2       | 0    |  |
| Strawberry Fruit Coolatta® Medium      | 24 fl oz     | 350      | 0                 | 0             | 0                 | 0             | 0                | 55          | 86               | 0                 | 85        | 0           | 0             | 30        | 2       | 0    |  |
| Strawberry Fruit Coolatta® Small       | 16 fl oz     | 230      | 0                 | 0             | 0                 | 0             | 0                | 35          | 57               | 0                 | 57        | 0           | 0             | 20        | 0       | 0    |  |
| Strawberry Lemonade Coolatta Large     | 32 fl oz     | 490      | 0                 | 0             | 0                 | 0             | 0                | 210         | 123              | 0                 | 119       | 0           | 0             | 50        | 2       | 0    |  |
| Strawberry Lemonade Coolatta Medium    | 24 fl oz     | 360      | 0                 | 0             | 0                 | 0             | 0                | 160         | 92               | 0                 | 89        | 0           | 0             | 35        | 2       | 0    |  |
| Strawberry Lemonade Coolatta Small     | 16 fl oz     | 240      | 0                 | 0             | 0                 | 0             | 0                | 105         | 61               | 0                 | 60        | 0           | 0             | 25        | 2       | 0    |  |
| Tropicana Orange Coolatta® Large       | 32 fl oz     | 420      | 0                 | 0             | 0                 | 0             | 0                | 30          | 108              | 0                 | 103       | 2           | 8             | 180       | 2       | 4    |  |
| Tropicana Orange Coolatta® Medium      | 24 fl oz     | 310      | 0                 | 0             | 0                 | 0             | 0                | 20          | 81               | 0                 | 77        | 2           | 6             | 140       | 2       | 4    |  |
| Tropicana Orange Coolatta® Small       | 16 fl oz     | 210      | 0                 | 0             | 0                 | 0             | 0                | 15          | 54               | 0                 | 51        | 1           | 4             | 90        | 0       | 2    |  |
| Vanilla Bean Coolatta® Large           | 32 fl oz     | 850      | 110               | 12            | 7                 | 0             | 45               | 300         | 184              | 0                 | 174       | 6           | 8             | 0         | 25      | 2    |  |
| Vanilla Bean Coolatta® Medium          | 24 fl oz     | 630      | 80                | 9             | 5                 | 0             | 30               | 220         | 138              | 0                 | 130       | 4           | 6             | 0         | 20      | 2    |  |
| Vanilla Bean Coolatta® Small           | 16 fl oz     | 420      | 50                | 6             | 3.5               | 0             | 20               | 150         | 92               | 0                 | 87        | 3           | 4             | 0         | 10      | 0    |  |

|   | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Cream Cheese</b>   |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Plain Cream Cheese  | 1 Unit (50g) | 150      | 130               | 15            | 9                 | 0.5           | 40               | 250         | 3                | 0                 | 3         | 3           | 10            | 0         | 4       | 0    |  |
| Reduced Fat Artichoke Spinach Cream Cheese Spread - 25% Less Fat than Cream Cheese Spread | 1 Unit (50g) | 110      | 90                | 10            | 6                 | 0             | 30               | 200         | 4                | 1                 | 2         | 3           | 15            | 0         | 6       | 2    |  |
| Reduced Fat Blueberry Cream Cheese Spread - 25% Less Fat than Cream Cheese Spread         | 1 Unit (50g) | 150      | 80                | 9             | 6                 | 0             | 25               | 210         | 15               | 0                 | 11        | 2           | 6             | 0         | 2       | 0    |  |
| Reduced Fat Onion & Chive Cream Cheese Spread - 25% Less Fat than Cream Cheese Spread     | 1 Unit (50g) | 130      | 100               | 11            | 7                 | 0             | 35               | 250         | 6                | 0                 | 3         | 3           | 10            | 2         | 6       | 0    |  |

|  | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Cream Cheese</b>  |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Reduced Fat Plain Cream Cheese - 50% Less Fat than Regular Cream Cheese</b>               | 1 Unit (50g) | 100      | 70                | 8             | 5                 | 0             | 25               | 250         | 5                | 0                 | 2         | 4           | 10            | 0         | 6       | 0    |  |
| <b>Reduced Fat Smoked Salmon Cream Cheese Spread - 25% Less Fat than Cream Cheese Spread</b> | 1 Unit (50g) | 140      | 100               | 11            | 7                 | 0             | 35               | 260         | 6                | 0                 | 3         | 4           | 6             | 0         | 6       | 0    |  |
| <b>Reduced Fat Strawberry Cream Cheese Spread - 25% Less Fat than Cream Cheese Spread</b>    | 1 Unit (50g) | 150      | 90                | 10            | 6                 | 0             | 30               | 200         | 15               | 0                 | 11        | 2           | 6             | 0         | 4       | 0    |  |
| <b>Reduced Fat Veggie Cream Cheese Spread - 25% Less Fat than Cream Cheese Spread</b>        | 1 Unit (50g) | 120      | 90                | 10            | 6                 | 0             | 30               | 240         | 6                | 0                 | 2         | 2           | 20            | 8         | 4       | 0    |  |

|                                 | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Danish</b>                   |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Apple Cheese Danish</b>      | 1 Danish     | 330      | 150               | 16            | 7                 | 0             | 0                | 270         | 41               | 1                 | 18        | 4           | 0             | 10        | 2       | 8    |  |
| <b>Cheese Danish</b>            | 1 Danish     | 330      | 150               | 17            | 8                 | 0             | 5                | 270         | 39               | 1                 | 17        | 5           | 0             | 10        | 4       | 8    |  |
| <b>Strawberry Cheese Danish</b> | 1 Danish     | 320      | 150               | 16            | 7                 | 0             | 0                | 260         | 40               | 1                 | 18        | 4           | 0             | 10        | 2       | 8    |  |

|  | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Donuts</b>                          |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Apple 'n Spice Donut</b>            | 1 Donut      | 270      | 130               | 14            | 6                 | 0             | 0                | 350         | 32               | 1                 | 8         | 3           | 2             | 0         | 2       | 6    |  |
| <b>Apple Crumb Donut</b>               | 1 Donut      | 490      | 160               | 18            | 9                 | 0             | 0                | 350         | 80               | 2                 | 49        | 4           | 2             | 0         | 0       | 8    |  |
| <b>Apple Pie Donut</b>                 | 1 Donut      | 320      | 130               | 15            | 7                 | 0             | 0                | 360         | 42               | 1                 | 19        | 3           | 2             | 0         | 0       | 6    |  |
| <b>Bavarian Kreme Donut</b>            | 1 Donut      | 270      | 140               | 15            | 7                 | 0             | 0                | 350         | 31               | 1                 | 9         | 4           | 2             | 0         | 0       | 6    |  |
| <b>Black Cocoa Invasion Donut</b>      | 1 Donut      | 360      | 170               | 19            | 8                 | 0             | 0                | 370         | 46               | 2                 | 24        | 4           | 2             | 0         | 0       | 10   |  |
| <b>Blueberry Cake Donut</b>            | 1 Donut      | 340      | 150               | 17            | 8                 | 0             | 30               | 570         | 44               | 1                 | 21        | 4           | 0             | 0         | 8       | 10   |  |
| <b>Blueberry Crumb Donut</b>           | 1 Donut      | 500      | 160               | 18            | 9                 | 0             | 0                | 350         | 84               | 2                 | 52        | 4           | 2             | 0         | 2       | 8    |  |
| <b>Boston Kreme Donut</b>              | 1 Donut      | 310      | 140               | 16            | 7                 | 0             | 0                | 370         | 39               | 1                 | 16        | 3           | 2             | 0         | 0       | 8    |  |
| <b>Bow Tie Donut</b>                   | 1 Donut      | 310      | 140               | 15            | 7                 | 0             | 0                | 400         | 39               | 1                 | 15        | 4           | 0             | 0         | 0       | 8    |  |
| <b>Caramel Chocolate Donut</b>         | 1 Donut      | 340      | 160               | 17            | 8                 | 0             | 0                | 370         | 44               | 1                 | 25        | 4           | 2             | 0         | 2       | 8    |  |
| <b>Cherry Blossom Donut</b>            | 1 Donut      | 350      | 150               | 17            | 8                 | 0             | 30               | 360         | 46               | 1                 | 24        | 4           | 0             | 0         | 4       | 8    |  |
| <b>Chocolate Coconut Cake Donut</b>    | 1 Donut      | 550      | 350               | 39            | 25                | 0             | 0                | 390         | 47               | 2                 | 22        | 5           | 0             | 0         | 2       | 15   |  |
| <b>Chocolate Dipped Cherries Donut</b> | 1 Donut      | 350      | 170               | 18            | 8                 | 0             | 0                | 520         | 45               | 2                 | 22        | 4           | 0             | 0         | 4       | 10   |  |
| <b>Chocolate Frosted Cake Donut</b>    | 1 Donut      | 370      | 210               | 23            | 10                | 0             | 25               | 320         | 45               | 1                 | 20        | 4           | 4             | 0         | 2       | 8    |  |
| <b>Chocolate Frosted Cocoa Donut</b>   | 1 Donut      | 270      | 120               | 13            | 6                 | 0             | 0                | 300         | 33               | 2                 | 13        | 4           | 0             | 0         | 0       | 10   |  |

| Donuts                        | Serving Size  | Calories | Calories from Fat | 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 |
| Chocolate Frosted Coffee Roll | 1 Coffee Roll | 410      | 170               | 19            | 8                 | 0             | 0                | 420         | 53               | 3                 | 19        | 7           | 0             | 0         | 4       | 15   |
| Chocolate Frosted Donut       | 1 Donut       | 270      | 140               | 15            | 7                 | 0             | 0                | 340         | 31               | 1                 | 13        | 3           | 2             | 0         | 0       | 8    |
| Chocolate Glazed Cake Donut   | 1 Donut       | 370      | 220               | 24            | 11                | 0             | 0                | 390         | 35               | 1                 | 17        | 3           | 0             | 0         | 2       | 8    |
| Chocolate Iced Bismark        | 1 Bismark     | 390      | 170               | 19            | 8                 | 0             | 0                | 360         | 52               | 2                 | 21        | 5           | 0             | 0         | 2       | 10   |
| Chocolate Kreme Filled Donut  | 1 Donut       | 370      | 190               | 21            | 10                | 0             | 0                | 370         | 42               | 1                 | 21        | 4           | 2             | 0         | 2       | 8    |
| Chocolate Lunarmax Donut      | 1 Donut       | 400      | 220               | 24            | 11                | 0             | 0                | 400         | 41               | 1                 | 21        | 3           | 0             | 0         | 2       | 10   |
| Cinnamon Cake Donut           | 1 Donut       | 340      | 200               | 22            | 10                | 0             | 25               | 300         | 38               | 1                 | 13        | 3           | 4             | 0         | 2       | 8    |
| Cinnamon Cake Stick           | 1 Stick       | 350      | 160               | 18            | 8                 | 0             | 35               | 420         | 44               | 2                 | 19        | 4           | 2             | 0         | 4       | 10   |
| Cocoa Boston Kreme Donut      | 1 Donut       | 300      | 140               | 16            | 7                 | 0             | 0                | 300         | 37               | 2                 | 16        | 4           | 0             | 0         | 0       | 10   |
| Cocoa Butternut Donut         | 1 Donut       | 280      | 120               | 13            | 6                 | 0             | 0                | 290         | 37               | 2                 | 17        | 4           | 0             | 0         | 0       | 10   |
| Cocoa Coconut Donut           | 1 Donut       | 280      | 130               | 15            | 7                 | 0             | 0                | 300         | 33               | 2                 | 13        | 4           | 0             | 0         | 0       | 10   |
| Cocoa Coffee Roll             | 1 Coffee Roll | 310      | 130               | 14            | 6                 | 0             | 0                | 300         | 44               | 3                 | 16        | 5           | 2             | 0         | 2       | 10   |
| Cocoa Confetti Donut          | 1 Donut       | 280      | 130               | 14            | 6                 | 0             | 0                | 300         | 35               | 2                 | 15        | 4           | 0             | 0         | 0       | 10   |
| Cocoa Glazed Donut            | 1 Donut       | 260      | 110               | 13            | 6                 | 0             | 0                | 280         | 32               | 2                 | 13        | 4           | 0             | 0         | 0       | 10   |
| Cocoa Jelly Donut             | 1 Donut       | 320      | 140               | 15            | 7                 | 0             | 0                | 290         | 43               | 2                 | 15        | 4           | 0             | 0         | 0       | 10   |
| Cocoa Kreme Puff Donut        | 1 Donut       | 320      | 180               | 19            | 8                 | 0             | 0                | 290         | 33               | 1                 | 16        | 3           | 0             | 0         | 0       | 10   |
| Coffee Roll                   | 1 Coffee Roll | 400      | 160               | 18            | 7                 | 0             | 0                | 400         | 53               | 3                 | 19        | 7           | 0             | 0         | 4       | 10   |
| Double Chocolate Cake Donut   | 1 Donut       | 380      | 230               | 25            | 11                | 0             | 0                | 410         | 36               | 2                 | 17        | 4           | 0             | 0         | 2       | 10   |
| Double Cocoa Coffee Roll      | 1 Coffee Roll | 320      | 140               | 15            | 6                 | 0             | 0                | 320         | 44               | 3                 | 16        | 5           | 2             | 0         | 2       | 10   |
| Double Cocoa Kreme Donut      | 1 Donut       | 320      | 170               | 19            | 8                 | 0             | 0                | 290         | 35               | 2                 | 14        | 4           | 0             | 0         | 0       | 10   |
| Double Cocoa Kreme Puff Donut | 1 Donut       | 310      | 170               | 19            | 8                 | 0             | 0                | 290         | 33               | 2                 | 13        | 4           | 0             | 0         | 0       | 10   |
| Dulce de Chocolate Donut      | 1 Donut       | 350      | 150               | 17            | 7                 | 0             | 5                | 360         | 45               | 1                 | 21        | 4           | 2             | 0         | 4       | 8    |
| Dulce de Leche Donut          | 1 Donut       | 290      | 140               | 16            | 7                 | 0             | 0                | 340         | 31               | 1                 | 10        | 4           | 2             | 0         | 4       | 6    |
| Eclair                        | 1 Eclair      | 390      | 170               | 19            | 8                 | 0             | 0                | 360         | 52               | 2                 | 21        | 5           | 0             | 0         | 2       | 10   |
| French Cruller                | 1 Donut       | 250      | 180               | 20            | 9                 | 0             | 35               | 105         | 18               | 0                 | 10        | 2           | 0             | 0         | 0       | 0    |
| Glazed Cake Donut             | 1 Donut       | 360      | 200               | 22            | 10                | 0             | 25               | 300         | 44               | 1                 | 19        | 3           | 4             | 0         | 2       | 6    |
| Glazed Cake Stick             | 1 Stick       | 370      | 160               | 18            | 8                 | 0             | 35               | 420         | 48               | 1                 | 23        | 4           | 2             | 0         | 2       | 10   |
| Glazed Chocolate Cake Stick   | 1 Stick       | 390      | 220               | 25            | 11                | 0             | 0                | 540         | 40               | 2                 | 17        | 3           | 0             | 0         | 2       | 10   |
| Glazed Cocoa Jelly Donut      | 1 Donut       | 310      | 130               | 14            | 7                 | 0             | 0                | 280         | 43               | 1                 | 14        | 3           | 0             | 0         | 0       | 10   |
| Glazed Donut                  | 1 Donut       | 260      | 130               | 14            | 6                 | 0             | 0                | 330         | 31               | 1                 | 12        | 3           | 2             | 0         | 0       | 6    |
| Guayaba Burst Donut           | 1 Donut       | 300      | 140               | 15            | 7                 | 0             | 0                | 330         | 38               | 1                 | 15        | 4           | 2             | 0         | 0       | 6    |
| Jelly Filled Donut            | 1 Donut       | 290      | 130               | 14            | 7                 | 0             | 0                | 340         | 36               | 1                 | 6         | 3           | 2             | 0         | 0       | 6    |
| Jelly Stick                   | 1 Stick       | 420      | 160               | 18            | 8                 | 0             | 35               | 440         | 60               | 1                 | 20        | 4           | 2             | 0         | 2       | 10   |
| Lemon Filled Donut            | 1 Donut       | 270      | 140               | 15            | 7                 | 0             | 0                | 350         | 31               | 1                 | 9         | 4           | 2             | 0         | 0       | 6    |
| Lemon Meringue Pie            | 1 Donut       | 320      | 140               | 16            | 7                 | 0             | 0                | 360         | 42               | 1                 | 19        | 3           | 2             | 0         | 0       | 6    |
| Maple Frosted Cocoa Donut     | 1 Donut       | 270      | 120               | 13            | 6                 | 0             | 0                | 290         | 34               | 1                 | 15        | 4           | 0             | 0         | 0       | 10   |
| Maple Frosted Coffee Roll     | 1 Coffee Roll | 410      | 170               | 19            | 8                 | 0             | 0                | 410         | 54               | 3                 | 20        | 7           | 0             | 0         | 4       | 10   |
| Maple Frosted Donut           | 1 Donut       | 270      | 140               | 15            | 7                 | 0             | 0                | 340         | 32               | 1                 | 14        | 3           | 2             | 0         | 0       | 6    |
| Marble Frosted Cocoa Donut    | 1 Donut       | 280      | 120               | 13            | 6                 | 0             | 0                | 290         | 36               | 2                 | 17        | 4           | 0             | 0         | 0       | 10   |
| Marble Frosted Donut          | 1 Donut       | 270      | 140               | 15            | 7                 | 0             | 0                | 340         | 32               | 1                 | 13        | 3           | 2             | 0         | 0       | 8    |
| Mom's Heart Donut             | 1 Donut       | 310      | 130               | 14            | 6                 | 0             | 0                | 270         | 43               | 1                 | 19        | 4           | 0             | 0         | 2       | 8    |
| Old Fashioned Cake Donut      | 1 Donut       | 320      | 200               | 22            | 10                | 0             | 25               | 300         | 33               | 1                 | 9         | 3           | 4             | 0         | 10      | 6    |

|                                       | Serving Size  | Calories | Calories from Fat | 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 |  |
| <b>Donuts</b>                         |               |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Pina Boom Donut</b>                | 1 Donut       | 270      | 140               | 15            | 7                 | 0             | 0                | 350         | 32               | 1                 | 12        | 4           | 2             | 10        | 0       | 6    |  |
| <b>Pina Colada Donut</b>              | 1 Donut       | 330      | 150               | 17            | 9                 | 0             | 0                | 380         | 42               | 1                 | 20        | 4           | 2             | 10        | 0       | 8    |  |
| <b>Plain Cake Stick</b>               | 1 Stick       | 330      | 160               | 18            | 8                 | 0             | 35               | 420         | 36               | 1                 | 12        | 4           | 2             | 0         | 2       | 10   |  |
| <b>Powdered Cake Donut</b>            | 1 Donut       | 340      | 200               | 22            | 10                | 0             | 25               | 300         | 38               | 1                 | 13        | 4           | 4             | 0         | 2       | 6    |  |
| <b>Powdered Cake Stick</b>            | 1 Stick       | 360      | 160               | 18            | 8                 | 0             | 35               | 420         | 43               | 2                 | 18        | 5           | 2             | 0         | 2       | 10   |  |
| <b>Powdered Cocoa Donut</b>           | 1 Donut       | 230      | 120               | 13            | 6                 | 0             | 0                | 280         | 26               | 2                 | 7         | 4           | 0             | 0         | 0       | 10   |  |
| <b>Reverse Boston Kreme Donut</b>     | 1 Donut       | 320      | 140               | 16            | 7                 | 0             | 0                | 290         | 41               | 1                 | 20        | 3           | 0             | 0         | 0       | 10   |  |
| <b>Strawberry Frosted Cocoa Donut</b> | 1 Donut       | 270      | 120               | 13            | 6                 | 0             | 0                | 290         | 34               | 1                 | 15        | 4           | 0             | 0         | 0       | 10   |  |
| <b>Strawberry Frosted Donut</b>       | 1 Donut       | 280      | 140               | 15            | 7                 | 0             | 0                | 340         | 32               | 1                 | 14        | 3           | 2             | 0         | 0       | 6    |  |
| <b>Strawberry Shortcake</b>           | 1 Donut       | 330      | 130               | 15            | 7                 | 0             | 0                | 360         | 47               | 1                 | 23        | 3           | 2             | 2         | 0       | 6    |  |
| <b>Sugar Raised Donut</b>             | 1 Donut       | 230      | 130               | 14            | 6                 | 0             | 0                | 330         | 22               | 1                 | 4         | 3           | 2             | 0         | 0       | 6    |  |
| <b>Sugared Cocoa Donut</b>            | 1 Donut       | 200      | 100               | 11            | 4.5               | 0             | 0                | 240         | 23               | 2                 | 4         | 4           | 0             | 0         | 0       | 10   |  |
| <b>Triple Cocoa Donut</b>             | 1 Donut       | 260      | 110               | 12            | 5                 | 0             | 0                | 260         | 35               | 2                 | 14        | 5           | 0             | 0         | 2       | 15   |  |
| <b>Undercover Black Cocoa Donut</b>   | 1 Donut       | 340      | 150               | 16            | 7                 | 0             | 0                | 330         | 47               | 2                 | 25        | 4           | 0             | 0         | 2       | 10   |  |
| <b>Vanilla Cocoa Kreme Donut</b>      | 1 Donut       | 310      | 150               | 17            | 7                 | 0             | 0                | 260         | 36               | 2                 | 17        | 5           | 0             | 0         | 0       | 10   |  |
| <b>Vanilla Frosted Cocoa Donut</b>    | 1 Donut       | 250      | 100               | 11            | 4.5               | 0             | 0                | 250         | 33               | 2                 | 14        | 4           | 0             | 0         | 0       | 10   |  |
| <b>Vanilla Frosted Coffee Roll</b>    | 1 Coffee Roll | 410      | 170               | 19            | 8                 | 0             | 0                | 410         | 54               | 3                 | 20        | 7           | 0             | 0         | 4       | 10   |  |
| <b>Vanilla Kreme Filled Donut</b>     | 1 Donut       | 380      | 210               | 23            | 10                | 0             | 0                | 370         | 42               | 1                 | 22        | 4           | 2             | 0         | 0       | 6    |  |

|   | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Dunkin' Deli</b>                             |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Broccoli Cheddar Soup</b>                    | 8 oz         | 190      | 100               | 11            | 6                 | 0             | 35               | 990         | 14               | 2                 | 5         | 10          | 25            | 70        | 25      | 2    |  |
| <b>Caesar Salad</b>                             | 7.3 oz       | 320      | 260               | 29            | 6                 | 0             | 30               | 790         | 11               | 3                 | 2         | 6           | 160           | 60        | 10      | 10   |  |
| <b>Chicken Bruschetta Sandwich</b>              | 1 Sandwich   | 580      | 230               | 26            | 7                 | 0             | 80               | 1200        | 49               | 2                 | 4         | 37          | 25            | 15        | 25      | 10   |  |
| <b>Chicken Caesar Salad</b>                     | 10.4 oz      | 440      | 290               | 33            | 7                 | 0             | 75               | 1020        | 11               | 3                 | 2         | 25          | 160           | 60        | 10      | 15   |  |
| <b>Chicken Noodle Soup</b>                      | 8 oz         | 130      | 30                | 3             | 1                 | 0             | 45               | 970         | 19               | 1                 | 1         | 7           | 25            | 2         | 2       | 8    |  |
| <b>Chipotle Chicken Sandwich</b>                | 1 Sandwich   | 600      | 230               | 25            | 8                 | 0             | 85               | 1380        | 50               | 3                 | 5         | 43          | 30            | 15        | 25      | 15   |  |
| <b>Garden Salad</b>                             | 12.3 oz      | 180      | 60                | 6             | 3                 | 0             | 15               | 500         | 21               | 4                 | 6         | 8           | 190           | 45        | 15      | 10   |  |
| <b>Pastrami Supreme Sandwich</b>                | 1 Sandwich   | 750      | 350               | 39            | 16                | 0             | 125              | 2060        | 51               | 3                 | 4         | 48          | 30            | 15        | 30      | 25   |  |
| <b>Pressed Cuban Sandwich</b>                   | 1 Sandwich   | 680      | 300               | 33            | 13                | 0             | 120              | 2000        | 50               | 2                 | 6         | 46          | 15            | 0         | 30      | 15   |  |
| <b>Steak and Cheese Sandwich</b>                | 1 Sandwich   | 470      | 140               | 16            | 6                 | 0             | 75               | 2040        | 50               | 2                 | 3         | 31          | 8             | 10        | 20      | 15   |  |
| <b>Toasted Italian Sandwich</b>                 | 1 Sandwich   | 560      | 220               | 25            | 9                 | 0             | 75               | 2630        | 52               | 3                 | 5         | 33          | 40            | 25        | 25      | 15   |  |
| <b>Tuna Melt Sandwich</b>                       | 1 Sandwich   | 770      | 270               | 30            | 7                 | 0             | 70               | 1560        | 57               | 3                 | 8         | 36          | 30            | 15        | 25      | 10   |  |
| <b>Tuna Melt on a Croissant</b>                 | 1 Sandwich   | 630      | 360               | 40            | 14                | 0.5           | 50               | 900         | 42               | 2                 | 5         | 19          | 6             | 2         | 20      | 15   |  |
| <b>Tuna Salad Sandwich on a Plain Bagel</b>     | 1 Sandwich   | 560      | 210               | 23            | 3.5               | 0             | 40               | 1020        | 69               | 4                 | 7         | 22          | 0             | 2         | 2       | 20   |  |
| <b>Tuna Salad Sandwich on an English Muffin</b> | 1 Sandwich   | 380      | 170               | 19            | 3                 | 0             | 30               | 750         | 37               | 1                 | 2         | 12          | 0             | 2         | 6       | 15   |  |

|                                       | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Dunkin' Deli</b>                   |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Turkey and Bacon Club Sandwich</b> | 1 Sandwich   | 440      | 110               | 13            | 3                 | 0             | 45               | 1800        | 51               | 3                 | 5         | 35          | 25            | 15        | 8       | 10   |  |
| <b>Turkey and Cheese Sandwich</b>     | 1 Sandwich   | 450      | 120               | 13            | 4.5               | 0             | 60               | 1500        | 52               | 3                 | 4         | 35          | 30            | 15        | 30      | 10   |  |

|   | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Espresso Beverages</b>                                 |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Black Cocoa Creme Iced Latte with Milk Large</b>       | 32 fl oz     | 440      | 120               | 13            | 7                 | 0             | 50               | 330         | 68               | 1                 | 64        | 13          | 8             | 4         | 40      | 120  |  |
| <b>Black Cocoa Creme Iced Latte with Milk Medium</b>      | 24 fl oz     | 330      | 90                | 10            | 6                 | 0             | 40               | 250         | 51               | 0                 | 48        | 10          | 6             | 2         | 30      | 90   |  |
| <b>Black Cocoa Creme Iced Latte with Milk Small</b>       | 16 fl oz     | 220      | 60                | 6             | 3.5               | 0             | 25               | 170         | 34               | 0                 | 32        | 7           | 4             | 2         | 20      | 60   |  |
| <b>Black Cocoa Creme Iced Latte with Skim Milk Large</b>  | 32 fl oz     | 350      | 10                | 1.5           | 0                 | 0             | 5                | 300         | 69               | 1                 | 65        | 14          | 15            | 0         | 50      | 120  |  |
| <b>Black Cocoa Creme Iced Latte with Skim Milk Medium</b> | 24 fl oz     | 260      | 10                | 1             | 0                 | 0             | 5                | 230         | 52               | 0                 | 49        | 10          | 10            | 0         | 35      | 90   |  |
| <b>Black Cocoa Creme Iced Latte with Skim Milk Small</b>  | 16 fl oz     | 170      | 5                 | 0.5           | 0                 | 0             | 5                | 150         | 34               | 0                 | 32        | 7           | 8             | 0         | 25      | 60   |  |
| <b>Black Cocoa Creme Latte with Milk Large</b>            | 20 fl oz     | 440      | 120               | 13            | 7                 | 0             | 50               | 320         | 68               | 1                 | 64        | 13          | 8             | 4         | 40      | 120  |  |
| <b>Black Cocoa Creme Latte with Milk Medium</b>           | 16 fl oz     | 330      | 90                | 10            | 6                 | 0             | 40               | 240         | 51               | 0                 | 48        | 10          | 6             | 2         | 30      | 90   |  |
| <b>Black Cocoa Creme Latte with Milk Small</b>            | 10 fl oz     | 220      | 60                | 6             | 3.5               | 0             | 25               | 160         | 34               | 0                 | 32        | 7           | 4             | 2         | 20      | 60   |  |
| <b>Black Cocoa Creme Latte with Skim Milk Large</b>       | 20 fl oz     | 340      | 5                 | 0.5           | 0                 | 0             | 10               | 250         | 69               | 0                 | 69        | 16          | 15            | 2         | 60      | 2    |  |
| <b>Black Cocoa Creme Latte with Skim Milk Medium</b>      | 16 fl oz     | 260      | 5                 | 0             | 0                 | 0             | 5                | 190         | 52               | 0                 | 51        | 12          | 10            | 2         | 45      | 2    |  |
| <b>Black Cocoa Creme Latte with Skim Milk Small</b>       | 10 fl oz     | 170      | 5                 | 0             | 0                 | 0             | 5                | 125         | 35               | 0                 | 34        | 8           | 8             | 0         | 30      | 2    |  |
| <b>Cappuccino Small</b>                                   | 10 fl oz     | 80       | 35                | 4             | 2.5               | 0             | 15               | 70          | 7                | 0                 | 7         | 4           | 2             | 0         | 10      | 0    |  |
| <b>Cappuccino with Sugar Small</b>                        | 10 fl oz     | 140      | 35                | 4             | 2.5               | 0             | 15               | 70          | 24               | 0                 | 24        | 4           | 2             | 0         | 10      | 0    |  |
| <b>Caramel Mocha Latte with Milk Large</b>                | 20 fl oz     | 450      | 110               | 12            | 8                 | 0             | 55               | 230         | 70               | 1                 | 67        | 14          | 10            | 4         | 40      | 0    |  |
| <b>Caramel Mocha Latte with Milk Medium</b>               | 16 fl oz     | 330      | 80                | 9             | 6                 | 0             | 40               | 170         | 52               | 1                 | 50        | 11          | 8             | 2         | 30      | 0    |  |
| <b>Caramel Mocha Latte with Milk Small</b>                | 10 fl oz     | 220      | 60                | 6             | 4                 | 0             | 25               | 115         | 35               | 1                 | 33        | 7           | 4             | 2         | 20      | 0    |  |
| <b>Caramel Mocha Latte with Skim Milk Large</b>           | 20 fl oz     | 350      | 10                | 1             | 0.5               | 0             | 10               | 200         | 70               | 1                 | 68        | 15          | 15            | 0         | 50      | 2    |  |
| <b>Caramel Mocha Latte with Skim Milk Medium</b>          | 16 fl oz     | 260      | 5                 | 0.5           | 0                 | 0             | 5                | 150         | 53               | 1                 | 51        | 11          | 10            | 0         | 40      | 0    |  |

|  | Serving Size | Calories | Calories from Fat | 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 |
| <b>Espresso Beverages</b>                      |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |
| Caramel Mocha Latte with Skim Milk Small       | 10 fl oz     | 170      | 5                 | 0             | 0                 | 0             | 5                | 100         | 35               | 1                 | 34        | 7           | 8             | 0         | 25      | 0    |
| Caramel Swirl Latte Small                      | 10 fl oz     | 220      | 50                | 6             | 3.5               | 0             | 25               | 150         | 35               | 0                 | 34        | 8           | 4             | 2         | 25      | 0    |
| Espresso                                       | 1.75 fl oz   | 5        | 0                 | 0             | 0                 | 0             | 0                | 5           | 1                | 0                 | 1         | 0           | 0             | 0         | 0       | 0    |
| Espresso with Sugar                            | 1.75 fl oz   | 30       | 0                 | 0             | 0                 | 0             | 0                | 5           | 7                | 0                 | 7         | 0           | 0             | 0         | 0       | 0    |
| Iced Caramel Mocha Latte with Milk Large       | 32 fl oz     | 450      | 110               | 12            | 8                 | 0             | 55               | 240         | 70               | 1                 | 67        | 14          | 10            | 4         | 45      | 0    |
| Iced Caramel Mocha Latte with Milk Medium      | 24 fl oz     | 330      | 80                | 9             | 6                 | 0             | 40               | 180         | 52               | 1                 | 50        | 11          | 8             | 2         | 30      | 0    |
| Iced Caramel Mocha Latte with Milk Small       | 16 fl oz     | 220      | 60                | 6             | 4                 | 0             | 25               | 120         | 35               | 1                 | 33        | 7           | 4             | 2         | 20      | 0    |
| Iced Caramel Mocha Latte with Skim Milk Large  | 32 fl oz     | 350      | 10                | 1             | 0.5               | 0             | 10               | 210         | 70               | 1                 | 68        | 15          | 15            | 0         | 50      | 2    |
| Iced Caramel Mocha Latte with Skim Milk Medium | 24 fl oz     | 260      | 5                 | 0.5           | 0                 | 0             | 5                | 150         | 53               | 1                 | 51        | 11          | 10            | 0         | 40      | 0    |
| Iced Caramel Mocha Latte with Skim Milk Small  | 16 fl oz     | 170      | 5                 | 0             | 0                 | 0             | 5                | 105         | 35               | 1                 | 34        | 7           | 8             | 0         | 25      | 0    |
| Iced Caramel Swirl Latte Small                 | 16 fl oz     | 220      | 50                | 6             | 3.5               | 0             | 25               | 150         | 35               | 0                 | 34        | 8           | 4             | 2         | 25      | 0    |
| Iced Caramel Swirl Latte with Skim Milk Small  | 16 fl oz     | 180      | 0                 | 0             | 0                 | 0             | 5                | 150         | 36               | 0                 | 35        | 9           | 8             | 2         | 25      | 0    |
| Iced Latte Lite Large                          | 32 fl oz     | 160      | 0                 | 0             | 0                 | 0             | 5                | 220         | 25               | 0                 | 20        | 14          | 15            | 4         | 40      | 0    |
| Iced Latte Lite Medium                         | 24 fl oz     | 120      | 0                 | 0             | 0                 | 0             | 5                | 170         | 19               | 0                 | 15        | 10          | 10            | 2         | 30      | 0    |
| Iced Latte Lite Small                          | 16 fl oz     | 80       | 0                 | 0             | 0                 | 0             | 0                | 110         | 13               | 0                 | 10        | 7           | 8             | 0         | 20      | 0    |
| Iced Latte Small                               | 16 fl oz     | 120      | 50                | 6             | 3.5               | 0             | 25               | 105         | 10               | 0                 | 10        | 6           | 4             | 0         | 20      | 0    |
| Iced Latte with Skim Milk Small                | 16 fl oz     | 70       | 0                 | 0             | 0                 | 0             | 0                | 110         | 11               | 0                 | 10        | 7           | 8             | 0         | 20      | 0    |
| Iced Latte with Skim Milk and Sugar Small      | 16 fl oz     | 130      | 0                 | 0             | 0                 | 0             | 0                | 110         | 28               | 0                 | 27        | 7           | 8             | 0         | 20      | 0    |
| Iced Latte with Sugar Small                    | 16 fl oz     | 170      | 50                | 6             | 3.5               | 0             | 25               | 100         | 27               | 0                 | 27        | 6           | 4             | 0         | 20      | 0    |
| Iced Mocha Swirl Latte Small                   | 16 fl oz     | 220      | 60                | 6             | 4                 | 0             | 25               | 115         | 35               | 1                 | 32        | 7           | 4             | 0         | 20      | 0    |
| Iced Mocha Swirl Latte with Skim Milk Small    | 16 fl oz     | 180      | 0                 | 0             | 0                 | 0             | 0                | 125         | 36               | 1                 | 32        | 8           | 8             | 0         | 20      | 0    |
| Latte Lite Large                               | 20 fl oz     | 160      | 0                 | 0             | 0                 | 0             | 5                | 220         | 25               | 0                 | 20        | 14          | 15            | 4         | 40      | 0    |
| Latte Lite Medium                              | 16 fl oz     | 120      | 0                 | 0             | 0                 | 0             | 5                | 170         | 19               | 0                 | 15        | 10          | 10            | 2         | 30      | 0    |
| Latte Lite Small                               | 10 fl oz     | 80       | 0                 | 0             | 0                 | 0             | 0                | 110         | 13               | 0                 | 10        | 7           | 8             | 0         | 20      | 0    |
| Latte Small                                    | 10 fl oz     | 120      | 50                | 6             | 3.5               | 0             | 25               | 105         | 10               | 0                 | 10        | 6           | 4             | 0         | 20      | 0    |
| Latte with Sugar Small                         | 10 fl oz     | 170      | 50                | 6             | 3.5               | 0             | 25               | 100         | 27               | 0                 | 27        | 6           | 4             | 0         | 20      | 0    |
| Mocha Swirl Latte Small                        | 10 fl oz     | 220      | 60                | 6             | 4                 | 0             | 25               | 115         | 35               | 1                 | 32        | 7           | 4             | 0         | 20      | 0    |
| Turbo Shot <sup>TM</sup> Extra Large           | 4 fl oz      | 10       | 0                 | 0             | 0                 | 0             | 0                | 15          | 2                | 0                 | 2         | 0           | 0             | 0         | 0       | 0    |
| Turbo Shot <sup>TM</sup> Large                 | 3.5 fl oz    | 10       | 0                 | 0             | 0                 | 0             | 0                | 15          | 2                | 0                 | 2         | 0           | 0             | 0         | 0       | 0    |
| Turbo Shot <sup>TM</sup> Medium                | 2.5 fl oz    | 5        | 0                 | 0             | 0                 | 0             | 0                | 10          | 1                | 0                 | 1         | 0           | 0             | 0         | 0       | 0    |
| Turbo Shot <sup>TM</sup> Small                 | 1.75 fl oz   | 5        | 0                 | 0             | 0                 | 0             | 0                | 5           | 1                | 0                 | 1         | 0           | 0             | 0         | 0       | 0    |

|                                     | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Frozen Coffee</b>                |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Frozen Coffee with Cream Large      | 32 fl oz     | 860      | 460               | 51            | 33                | 1.5           | 170              | 150         | 102              | 0                 | 91        | 7           | 30            | 4         | 25      | 0    |  |
| Frozen Coffee with Cream Medium     | 24 fl oz     | 660      | 350               | 39            | 26                | 1             | 130              | 110         | 77               | 0                 | 69        | 5           | 25            | 2         | 20      | 0    |  |
| Frozen Coffee with Cream Small      | 16 fl oz     | 460      | 240               | 27            | 18                | 0.5           | 90               | 75          | 53               | 0                 | 47        | 3           | 15            | 2         | 10      | 0    |  |
| Frozen Coffee with Milk Large       | 32 fl oz     | 540      | 110               | 12            | 9                 | 0             | 45               | 180         | 105              | 0                 | 102       | 8           | 6             | 2         | 25      | 0    |  |
| Frozen Coffee with Milk Medium      | 24 fl oz     | 420      | 90                | 10            | 8                 | 0             | 35               | 130         | 79               | 0                 | 77        | 6           | 4             | 2         | 20      | 0    |  |
| Frozen Coffee with Milk Small       | 16 fl oz     | 300      | 70                | 8             | 6                 | 0             | 25               | 90          | 54               | 0                 | 53        | 4           | 2             | 0         | 15      | 0    |  |
| Frozen Coffee with Skim Milk Large  | 32 fl oz     | 420      | 0                 | 0             | 0                 | 0             | 5                | 180         | 102              | 0                 | 98        | 9           | 10            | 2         | 25      | 0    |  |
| Frozen Coffee with Skim Milk Medium | 24 fl oz     | 310      | 0                 | 0             | 0                 | 0             | 0                | 135         | 76               | 0                 | 73        | 7           | 8             | 2         | 20      | 0    |  |
| Frozen Coffee with Skim Milk Small  | 16 fl oz     | 210      | 0                 | 0             | 0                 | 0             | 0                | 90          | 51               | 0                 | 49        | 4           | 4             | 0         | 15      | 0    |  |

|                                 | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Frozen Cold</b>              |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Frozen Iced Tea Large           | 32 fl oz     | 470      | 0                 | 0             | 0                 | 0             | 0                | 70          | 118              | 3                 | 115       | 5           | 0             | 0         | 2       | 0    |  |
| Frozen Iced Tea Lemonade Large  | 32 fl oz     | 490      | 0                 | 0             | 0                 | 0             | 0                | 210         | 124              | 2                 | 120       | 2           | 0             | 30        | 2       | 0    |  |
| Frozen Iced Tea Lemonade Medium | 24 fl oz     | 370      | 0                 | 0             | 0                 | 0             | 0                | 160         | 93               | 1                 | 90        | 2           | 0             | 20        | 2       | 0    |  |
| Frozen Iced Tea Lemonade Small  | 16 fl oz     | 240      | 0                 | 0             | 0                 | 0             | 0                | 105         | 62               | 1                 | 60        | 1           | 0             | 15        | 2       | 0    |  |
| Frozen Iced Tea Medium          | 24 fl oz     | 350      | 0                 | 0             | 0                 | 0             | 0                | 50          | 88               | 2                 | 86        | 4           | 0             | 0         | 2       | 0    |  |
| Frozen Iced Tea Small           | 16 fl oz     | 240      | 0                 | 0             | 0                 | 0             | 0                | 35          | 59               | 1                 | 58        | 2           | 0             | 0         | 2       | 0    |  |
| Frozen Lemonade Large           | 32 fl oz     | 510      | 0                 | 0             | 0                 | 0             | 0                | 350         | 131              | 1                 | 125       | 0           | 0             | 60        | 2       | 0    |  |
| Frozen Lemonade Medium          | 24 fl oz     | 380      | 0                 | 0             | 0                 | 0             | 0                | 260         | 98               | 1                 | 94        | 0           | 0             | 45        | 2       | 0    |  |
| Frozen Lemonade Small           | 16 fl oz     | 250      | 0                 | 0             | 0                 | 0             | 0                | 180         | 65               | 0                 | 62        | 0           | 0             | 30        | 2       | 0    |  |

|   | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Frozen Hot</b>                       |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Frozen Caramel Coffee with Cream Large  | 32 fl oz     | 1050     | 470               | 52            | 32                | 1.5           | 180              | 260         | 143              | 0                 | 130       | 11          | 35            | 4         | 45      | 2    |  |
| Frozen Caramel Coffee with Cream Medium | 24 fl oz     | 800      | 360               | 40            | 25                | 1             | 140              | 200         | 107              | 0                 | 98        | 8           | 25            | 4         | 35      | 2    |  |
| Frozen Caramel Coffee with Cream Small  | 16 fl oz     | 550      | 260               | 28            | 18                | 0.5           | 100              | 140         | 73               | 0                 | 66        | 6           | 20            | 2         | 25      | 2    |  |

|  | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Frozen Hot</b>                                  |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Frozen Caramel Coffee with Milk Large</b>       | 32 fl oz     | 730      | 120               | 14            | 8                 | 0             | 55               | 290         | 146              | 0                 | 142       | 12          | 10            | 4         | 45      | 2    |  |
| <b>Frozen Caramel Coffee with Milk Medium</b>      | 24 fl oz     | 550      | 100               | 11            | 7                 | 0             | 45               | 220         | 110              | 0                 | 107       | 9           | 8             | 2         | 35      | 2    |  |
| <b>Frozen Caramel Coffee with Milk Small</b>       | 16 fl oz     | 390      | 80                | 9             | 6                 | 0             | 35               | 160         | 74               | 0                 | 72        | 6           | 6             | 2         | 25      | 2    |  |
| <b>Frozen Caramel Coffee with Skim Milk Large</b>  | 32 fl oz     | 670      | 50                | 6             | 3.5               | 0             | 25               | 290         | 147              | 0                 | 142       | 13          | 15            | 4         | 45      | 2    |  |
| <b>Frozen Caramel Coffee with Skim Milk Medium</b> | 24 fl oz     | 510      | 45                | 5             | 3                 | 0             | 20               | 220         | 110              | 0                 | 107       | 10          | 10            | 2         | 35      | 2    |  |
| <b>Frozen Caramel Coffee with Skim Milk Small</b>  | 16 fl oz     | 360      | 45                | 5             | 3                 | 0             | 20               | 160         | 75               | 0                 | 72        | 7           | 8             | 2         | 25      | 2    |  |
| <b>Frozen Mocha Coffee with Cream Large</b>        | 32 fl oz     | 1050     | 480               | 53            | 33                | 1.5           | 180              | 210         | 144              | 2                 | 127       | 9           | 35            | 4         | 25      | 0    |  |
| <b>Frozen Mocha Coffee with Cream Medium</b>       | 24 fl oz     | 800      | 370               | 41            | 25                | 1             | 135              | 160         | 109              | 2                 | 96        | 7           | 25            | 2         | 20      | 0    |  |
| <b>Frozen Mocha Coffee with Cream Small</b>        | 16 fl oz     | 550      | 260               | 29            | 18                | 0.5           | 95               | 115         | 73               | 1                 | 64        | 5           | 20            | 2         | 15      | 0    |  |
| <b>Frozen Mocha Coffee with Milk Large</b>         | 32 fl oz     | 730      | 130               | 14            | 9                 | 0             | 55               | 230         | 147              | 2                 | 139       | 11          | 10            | 2         | 30      | 0    |  |
| <b>Frozen Mocha Coffee with Milk Medium</b>        | 24 fl oz     | 560      | 100               | 12            | 7                 | 0             | 45               | 180         | 111              | 2                 | 104       | 8           | 8             | 2         | 20      | 0    |  |
| <b>Frozen Mocha Coffee with Milk Small</b>         | 16 fl oz     | 390      | 90                | 9             | 6                 | 0             | 35               | 130         | 75               | 1                 | 70        | 6           | 6             | 0         | 15      | 0    |  |
| <b>Frozen Mocha Coffee with Skim Milk Large</b>    | 32 fl oz     | 670      | 60                | 6             | 4                 | 0             | 20               | 240         | 148              | 2                 | 139       | 12          | 15            | 2         | 30      | 0    |  |
| <b>Frozen Mocha Coffee with Skim Milk Medium</b>   | 24 fl oz     | 510      | 50                | 6             | 3.5               | 0             | 20               | 180         | 111              | 2                 | 104       | 9           | 10            | 2         | 20      | 0    |  |
| <b>Frozen Mocha Coffee with Skim Milk Small</b>    | 16 fl oz     | 360      | 50                | 6             | 3.5               | 0             | 20               | 130         | 75               | 1                 | 70        | 6           | 8             | 0         | 15      | 0    |  |

|  | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Muffins</b>   |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| <b>Blueberry Muffin</b>  | 1 Muffin     | 460      | 130               | 15            | 3                 | 0             | 60               | 450         | 76               | 2                 | 44        | 6           | 2             | 0         | 2       | 15   |  |
| <b>Chocolate Chip Muffin</b>   | 1 Muffin     | 550      | 180               | 20            | 6                 | 0             | 65               | 470         | 83               | 2                 | 50        | 7           | 4             | 0         | 4       | 20   |  |
| <b>Coffee Cake Muffin</b>  | 1 Muffin     | 590      | 220               | 24            | 8                 | 0             | 65               | 480         | 86               | 1                 | 51        | 7           | 4             | 0         | 4       | 15   |  |
| <b>Corn Muffin</b>   | 1 Muffin     | 460      | 140               | 16            | 3                 | 0             | 70               | 470         | 72               | 1                 | 31        | 6           | 2             | 0         | 2       | 10   |  |
| <b>Honey Bran Raisin Muffin</b>  | 1 Muffin     | 440      | 120               | 13            | 2.5               | 0             | 55               | 410         | 74               | 4                 | 40        | 7           | 2             | 0         | 6       | 15   |  |
| <b>Reduced Fat Blueberry Muffin - 25% Less Fat than our regular Blueberry Muffin</b> | 1 Muffin     | 410      | 90                | 10            | 2                 | 0             | 55               | 620         | 75               | 2                 | 40        | 7           | 2             | 0         | 2       | 15   |  |

|                                  | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Munchkins</b>                 |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Cinnamon Cake Munchkin           | 1 Munchkin   | 60       | 30                | 3.5           | 1.5               | 0             | 5                | 65          | 6                | 0                 | 3         | 1           | 0             | 0         | 0       | 2    |  |
| Cocoa Glazed Munchkin            | 1 Munchkin   | 35       | 10                | 1             | 0                 | 0             | 0                | 35          | 6                | 0                 | 3         | 1           | 0             | 0         | 0       | 2    |  |
| Cocoa Kreme Puff Munchkin        | 1 Munchkin   | 50       | 25                | 2.5           | 1                 | 0             | 0                | 40          | 7                | 0                 | 4         | 1           | 0             | 0         | 0       | 2    |  |
| Double Cocoa Kreme Puff Munchkin | 1 Munchkin   | 50       | 20                | 2.5           | 1                 | 0             | 0                | 45          | 7                | 0                 | 3         | 1           | 0             | 0         | 0       | 2    |  |
| Glazed Cake Munchkin             | 1 Munchkin   | 70       | 30                | 3.5           | 1.5               | 0             | 5                | 65          | 8                | 0                 | 4         | 1           | 0             | 0         | 0       | 2    |  |
| Glazed Chocolate Cake Munchkin   | 1 Munchkin   | 70       | 30                | 3.5           | 1.5               | 0             | 0                | 85          | 8                | 0                 | 4         | 1           | 0             | 0         | 0       | 2    |  |
| Glazed Munchkin                  | 1 Munchkin   | 70       | 35                | 4             | 2                 | 0             | 0                | 80          | 7                | 0                 | 3         | 1           | 0             | 0         | 0       | 2    |  |
| Jelly Filled Munchkin            | 1 Munchkin   | 80       | 35                | 4             | 2                 | 0             | 0                | 85          | 9                | 0                 | 2         | 1           | 0             | 0         | 0       | 2    |  |
| Plain Cake Munchkin              | 1 Munchkin   | 60       | 30                | 3.5           | 1.5               | 0             | 5                | 65          | 6                | 0                 | 2         | 1           | 0             | 0         | 0       | 2    |  |
| Powdered Cake Munchkin           | 1 Munchkin   | 60       | 30                | 3.5           | 1.5               | 0             | 5                | 65          | 7                | 0                 | 3         | 1           | 0             | 0         | 0       | 2    |  |
| Sugared Munchkin                 | 1 Munchkin   | 60       | 30                | 3.5           | 1.5               | 0             | 5                | 65          | 6                | 0                 | 2         | 1           | 0             | 0         | 0       | 2    |  |

|                       | Serving Size | Calories | Calories from Fat | 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 |
| <b>Other Bakery</b>   |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |
| Apple Fritter         | 1 Fritter    | 410      | 150               | 17            | 7                 | 0             | 0                | 380         | 60               | 2                 | 27        | 6           | 0             | 0         | 2       | 10   |
| Apple Pie             | 1 Pie        | 270      | 120               | 13            | 6                 | 0             | 0                | 180         | 34               | 1                 | 12        | 3           | 0             | 0         | 2       | 8    |
| Biscuit               | 1 Biscuit    | 280      | 130               | 14            | 8                 | 0             | 0                | 620         | 32               | 1                 | 2         | 5           | 0             | 0         | 4       | 15   |
| Brownie               | 1 Brownie    | 440      | 210               | 23            | 5                 | 0             | 55               | 250         | 58               | 1                 | 49        | 3           | 2             | 0         | 2       | 10   |
| Double Cocoa Fritter  | 1 Fritter    | 430      | 170               | 19            | 8                 | 0             | 0                | 370         | 63               | 2                 | 30        | 5           | 2             | 0         | 2       | 10   |
| English Muffin        | 1 Muffin     | 160      | 20                | 2             | 0                 | 0             | 0                | 350         | 31               | 1                 | 1         | 5           | 0             | 0         | 4       | 10   |
| Glazed Fritter        | 1 Fritter    | 410      | 150               | 17            | 7                 | 0             | 0                | 380         | 60               | 2                 | 27        | 6           | 0             | 0         | 2       | 10   |
| Plain Croissant       | 1 Croissant  | 310      | 150               | 16            | 7                 | 0             | 0                | 350         | 35               | 1                 | 4         | 7           | 0             | 0         | 4       | 10   |
| Vanilla Cocoa Fritter | 1 Fritter    | 440      | 180               | 20            | 8                 | 0             | 0                | 360         | 63               | 2                 | 34        | 5           | 2             | 0         | 2       | 10   |

|                                   | Serving Size | Calories | Calories from Fat | 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 |
| <b>Other Hot Beverages</b>        |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |
| Caramel Hot Chocolate Extra Large | 24 fl oz     | 560      | 160               | 18            | 16                | 0             | 0                | 670         | 99               | 4                 | 74        | 5           | 0             | 0         | 6       | 10   |
| Caramel Hot Chocolate Large       | 20 fl oz     | 460      | 130               | 15            | 14                | 0             | 0                | 560         | 82               | 3                 | 62        | 4           | 0             | 0         | 6       | 8    |
| Caramel Hot Chocolate Medium      | 14 fl oz     | 330      | 90                | 11            | 10                | 0             | 0                | 400         | 59               | 2                 | 44        | 3           | 0             | 0         | 4       | 6    |
| Caramel Hot Chocolate Small       | 10 fl oz     | 230      | 60                | 7             | 7                 | 0             | 0                | 270         | 40               | 2                 | 30        | 2           | 0             | 0         | 2       | 4    |
| Coconut Hot Chocolate Large       | 20 fl oz     | 460      | 130               | 15            | 14                | 0             | 0                | 560         | 81               | 3                 | 62        | 4           | 0             | 0         | 6       | 8    |
| Coconut Hot Chocolate Medium      | 14 fl oz     | 330      | 90                | 11            | 10                | 0             | 0                | 400         | 58               | 2                 | 44        | 3           | 0             | 0         | 4       | 6    |

|                              | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>Other Hot Beverages</b>   |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Coconut Hot Chocolate Small  | 10 fl oz     | 220      | 60                | 7             | 7                 | 0             | 0                | 270         | 39               | 2                 | 30        | 2           | 0             | 0         | 2       | 4    |  |
| Coconut Hot Chocolate XLarge | 24 fl oz     | 550      | 160               | 18            | 16                | 0             | 0                | 670         | 97               | 4                 | 74        | 5           | 0             | 0         | 6       | 10   |  |
| Dunkaccino® Small            | 10 fl oz     | 240      | 100               | 11            | 9                 | 0             | 10               | 220         | 35               | 1                 | 26        | 2           | 2             | 0         | 4       | 2    |  |
| Hot Chocolate Large          | 20 fl oz     | 450      | 130               | 15            | 14                | 0             | 0                | 560         | 81               | 3                 | 62        | 4           | 0             | 0         | 6       | 8    |  |
| Hot Chocolate Medium         | 14 fl oz     | 320      | 90                | 11            | 10                | 0             | 0                | 400         | 58               | 2                 | 44        | 3           | 0             | 0         | 4       | 6    |  |
| Hot Chocolate Small          | 10 fl oz     | 220      | 60                | 7             | 7                 | 0             | 0                | 270         | 39               | 2                 | 30        | 2           | 0             | 0         | 2       | 4    |  |
| Hot Chocolate XLarge         | 24 fl oz     | 490      | 140               | 16            | 15                | 0             | 0                | 610         | 88               | 3                 | 67        | 5           | 0             | 0         | 6       | 10   |  |
| Mint Hot Chocolate Large     | 20 fl oz     | 420      | 120               | 13            | 12                | 0             | 0                | 530         | 72               | 3                 | 54        | 3           | 0             | 0         | 6       | 6    |  |
| Mint Hot Chocolate Medium    | 14 fl oz     | 310      | 90                | 10            | 9                 | 0             | 0                | 390         | 52               | 2                 | 39        | 2           | 0             | 0         | 4       | 4    |  |
| Mint Hot Chocolate Small     | 10 fl oz     | 220      | 60                | 7             | 6                 | 0             | 0                | 270         | 36               | 1                 | 27        | 1           | 0             | 0         | 2       | 2    |  |
| Mint Hot Chocolate XLarge    | 24 fl oz     | 520      | 140               | 16            | 15                | 0             | 0                | 650         | 87               | 3                 | 65        | 3           | 0             | 0         | 6       | 6    |  |
| Turbo Hot Chocolate Large    | 20 fl oz     | 450      | 130               | 15            | 14                | 0             | 0                | 560         | 81               | 3                 | 62        | 4           | 0             | 0         | 6       | 8    |  |
| Turbo Hot Chocolate Medium   | 14 fl oz     | 320      | 90                | 11            | 10                | 0             | 0                | 400         | 58               | 2                 | 44        | 3           | 0             | 0         | 4       | 6    |  |
| Turbo Hot Chocolate Small    | 10 fl oz     | 220      | 60                | 7             | 7                 | 0             | 0                | 270         | 39               | 2                 | 30        | 2           | 0             | 0         | 2       | 4    |  |
| Vanilla Chai                 | 14 fl oz     | 330      | 70                | 8             | 8                 | 0             | 10               | 180         | 53               | 1                 | 45        | 11          | 10            | 2         | 30      | 2    |  |

|   | Serving Size | Calories | Calories from Fat | 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 |  |
| <b>PM Snacks</b>                          |              |          |                   |               |                   |               |                  |             |                  |                   |           |             |               |           |         |      |  |
| Chicken Salad on a Croissant              | 1 Sandwich   | 560      | 340               | 37            | 10                | 0             | 45               | 890         | 38               | 2                 | 6         | 17          | 2             | 2         | 4       | 15   |  |
| Chicken Salad on an English Muffin        | 1 Sandwich   | 400      | 210               | 23            | 4                 | 0             | 45               | 890         | 33               | 1                 | 3         | 15          | 0             | 2         | 6       | 10   |  |
| Chicken, Bacon, and Cheese on a Croissant | 1 Sandwich   | 720      | 370               | 41            | 15                | 0.5           | 60               | 1440        | 56               | 2                 | 9         | 32          | 8             | 0         | 20      | 20   |  |
| Egg White Turkey Sausage Flatbread        | 1 Sandwich   | 280      | 70                | 8             | 3                 | 0             | 15               | 770         | 32               | 3                 | 4         | 19          | 8             | 0         | 25      | 10   |  |
| Egg White Veggie Flatbread                | 1 Sandwich   | 280      | 90                | 10            | 4                 | 0             | 20               | 690         | 32               | 3                 | 3         | 16          | 6             | 0         | 25      | 10   |  |
| Ham and Cheese on a French Roll           | 1 Sandwich   | 440      | 130               | 14            | 6                 | 0             | 50               | 1380        | 54               | 2                 | 3         | 24          | 6             | 0         | 20      | 30   |  |
| Roast Beef on a French Roll               | 1 Sandwich   | 460      | 150               | 16            | 6                 | 0             | 55               | 1100        | 54               | 3                 | 3         | 26          | 6             | 2         | 20      | 35   |  |
| Texas Toast Grilled Cheese                | 1 Sandwich   | 510      | 270               | 30            | 13                | 0.5           | 40               | 940         | 41               | 1                 | 3         | 18          | 10            | 0         | 40      | 15   |  |
| Turkey Cheddar Bacon on a French Roll     | 1 Sandwich   | 470      | 130               | 14            | 6                 | 0             | 50               | 1380        | 55               | 3                 | 5         | 28          | 6             | 2         | 20      | 40   |  |
| Western Egg White Flatbread               | 1 Sandwich   | 290      | 90                | 10            | 4                 | 0             | 20               | 810         | 33               | 3                 | 4         | 17          | 4             | 0         | 20      | 10   |  |

| Tea  | Serving Size | Calories | Calories from Fat | 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 |
| Decaffeinated Tea                              | 10 fl oz     | 0        | 0                 | 0             | 0                 | 0             | 0                | 5           | 0                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Decaffeinated Tea with Milk                    | 10 fl oz     | 20       | 10                | 1             | 0.5               | 0             | 5                | 20          | 1                | 0                 | 1         | 1           | 0             | 0         | 4       | 0    |
| Decaffeinated Tea with Milk and Sugar          | 10 fl oz     | 80       | 10                | 1             | 0.5               | 0             | 5                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| Decaffeinated Tea with Skim Milk               | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 20          | 2                | 0                 | 2         | 1           | 0             | 0         | 4       | 0    |
| Decaffeinated Tea with Skim Milk and Sugar     | 10 fl oz     | 70       | 0                 | 0             | 0                 | 0             | 0                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| Decaffeinated Tea with Sugar                   | 10 fl oz     | 60       | 0                 | 0             | 0                 | 0             | 0                | 5           | 17               | 0                 | 17        | 0           | 0             | 0         | 0       | 0    |
| Earl Grey Tea                                  | 10 fl oz     | 0        | 0                 | 0             | 0                 | 0             | 0                | 5           | 0                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Earl Grey Tea with Milk                        | 10 fl oz     | 20       | 10                | 1             | 0.5               | 0             | 5                | 20          | 1                | 0                 | 1         | 1           | 0             | 0         | 4       | 0    |
| Earl Grey Tea with Milk and Sugar              | 10 fl oz     | 80       | 10                | 1             | 0.5               | 0             | 5                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| Earl Grey Tea with Skim Milk                   | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 20          | 2                | 0                 | 2         | 1           | 0             | 0         | 4       | 0    |
| Earl Grey Tea with Skim Milk and Sugar         | 10 fl oz     | 70       | 0                 | 0             | 0                 | 0             | 0                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| Earl Grey Tea with Sugar                       | 10 fl oz     | 60       | 0                 | 0             | 0                 | 0             | 0                | 5           | 17               | 0                 | 17        | 0           | 0             | 0         | 0       | 0    |
| English Breakfast Tea                          | 10 fl oz     | 0        | 0                 | 0             | 0                 | 0             | 0                | 5           | 0                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| English Breakfast Tea with Milk                | 10 fl oz     | 20       | 10                | 1             | 0.5               | 0             | 5                | 20          | 1                | 0                 | 1         | 1           | 0             | 0         | 4       | 0    |
| English Breakfast Tea with Milk and Sugar      | 10 fl oz     | 80       | 10                | 1             | 0.5               | 0             | 5                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| English Breakfast Tea with Skim Milk           | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 20          | 2                | 0                 | 2         | 1           | 0             | 0         | 4       | 0    |
| English Breakfast Tea with Skim Milk and Sugar | 10 fl oz     | 70       | 0                 | 0             | 0                 | 0             | 0                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| English Breakfast Tea with Sugar               | 10 fl oz     | 60       | 0                 | 0             | 0                 | 0             | 0                | 5           | 17               | 0                 | 17        | 0           | 0             | 0         | 0       | 0    |
| Freshly Brewed Sweetened Iced Tea              | 16 fl oz     | 80       | 0                 | 0             | 0                 | 0             | 0                | 0           | 20               | 0                 | 19        | 0           | 0             | 0         | 0       | 0    |
| Freshly Brewed Tea with Milk                   | 10 fl oz     | 20       | 10                | 1             | 0.5               | 0             | 5                | 20          | 1                | 0                 | 1         | 1           | 0             | 0         | 4       | 0    |
| Freshly Brewed Tea with Milk and Sugar         | 10 fl oz     | 80       | 10                | 1             | 0.5               | 0             | 5                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| Freshly Brewed Tea with Skim Milk              | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 20          | 2                | 0                 | 2         | 1           | 0             | 0         | 4       | 0    |
| Freshly Brewed Tea with Skim Milk and Sugar    | 10 fl oz     | 70       | 0                 | 0             | 0                 | 0             | 0                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| Freshly Brewed Tea with Sugar                  | 10 fl oz     | 60       | 0                 | 0             | 0                 | 0             | 0                | 5           | 17               | 0                 | 17        | 0           | 0             | 0         | 0       | 0    |
| Freshly Brewed Unsweetened Iced Tea            | 16 fl oz     | 5        | 0                 | 0             | 0                 | 0             | 0                | 0           | 1                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Freshly Brewed Unsweetened Iced Tea Large      | 32 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 5           | 2                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Freshly Brewed Unsweetened Iced Tea Medium     | 24 fl oz     | 5        | 0                 | 0             | 0                 | 0             | 0                | 0           | 2                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Freshly Brewed Unsweetened Tea                 | 10 fl oz     | 0        | 0                 | 0             | 0                 | 0             | 0                | 5           | 0                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Green Tea                                      | 10 fl oz     | 0        | 0                 | 0             | 0                 | 0             | 0                | 5           | 0                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Green Tea with Milk                            | 10 fl oz     | 20       | 10                | 1             | 0.5               | 0             | 5                | 20          | 1                | 0                 | 1         | 1           | 0             | 0         | 4       | 0    |

| Tea                                   | Serving Size | Calories | Calories from Fat | 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 |
| Green Tea with Milk and Sugar         | 10 fl oz     | 80       | 10                | 1             | 0.5               | 0             | 5                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| Green Tea with Skim Milk              | 10 fl oz     | 10       | 0                 | 0             | 0                 | 0             | 0                | 20          | 2                | 0                 | 2         | 1           | 0             | 0         | 4       | 0    |
| Green Tea with Skim Milk and Sugar    | 10 fl oz     | 70       | 0                 | 0             | 0                 | 0             | 0                | 20          | 19               | 0                 | 19        | 1           | 0             | 0         | 4       | 0    |
| Green Tea with Sugar                  | 10 fl oz     | 60       | 0                 | 0             | 0                 | 0             | 0                | 5           | 17               | 0                 | 17        | 0           | 0             | 0         | 0       | 0    |
| Peach Flavored Iced Tea               | 16 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 0           | 2                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Peach Flavored Sweetened Iced Tea     | 16 fl oz     | 90       | 0                 | 0             | 0                 | 0             | 0                | 0           | 21               | 0                 | 19        | 0           | 0             | 0         | 0       | 0    |
| Raspberry Flavored Iced Tea           | 16 fl oz     | 15       | 0                 | 0             | 0                 | 0             | 0                | 0           | 2                | 0                 | 0         | 0           | 0             | 0         | 0       | 0    |
| Raspberry Flavored Sweetened Iced Tea | 16 fl oz     | 90       | 0                 | 0             | 0                 | 0             | 0                | 0           | 21               | 0                 | 19        | 0           | 0             | 0         | 0       | 0    |
| Sweet Tea                             | 16 fl oz     | 120      | 0                 | 0             | 0                 | 0             | 0                | 0           | 29               | 0                 | 28        | 0           | 0             | 0         | 0       | 0    |

| Wake-Up Wraps                         | Serving Size | Calories | Calories from Fat | 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 |
| Bacon, Egg & Cheese Wake-Up Wrap      | 1 Wrap       | 210      | 110               | 12            | 5                 | 0             | 105              | 580         | 14               | 1                 | 1         | 10          | 6             | 0         | 10      | 4    |
| Egg & Cheese Wake-Up Wrap             | 1 Wrap       | 180      | 100               | 11            | 4                 | 0             | 105              | 470         | 14               | 1                 | 1         | 8           | 6             | 0         | 10      | 4    |
| Egg White Turkey Sausage Wake-Up Wrap | 1 Wrap       | 150      | 45                | 5             | 2.5               | 0             | 15               | 400         | 14               | 1                 | 2         | 11          | 8             | 0         | 15      | 4    |
| Egg White Veggie Wake-Up Wrap         | 1 Wrap       | 150      | 50                | 6             | 3                 | 0             | 15               | 340         | 14               | 1                 | 1         | 10          | 6             | 0         | 15      | 4    |
| Ham, Egg & Cheese Wake-Up Wrap        | 1 Wrap       | 200      | 100               | 11            | 4.5               | 0             | 110              | 620         | 14               | 1                 | 1         | 10          | 6             | 0         | 10      | 6    |
| Sausage, Egg & Cheese Wake-Up Wrap    | 1 Wrap       | 290      | 180               | 20            | 8                 | 0             | 125              | 730         | 14               | 1                 | 1         | 12          | 6             | 0         | 10      | 8    |
| Western Egg White Wake Up Wrap        | 1 Wrap       | 150      | 60                | 6             | 3                 | 0             | 15               | 340         | 13               | 1                 | 1         | 10          | 2             | 0         | 15      | 2    |

Allergy sufferers should always read the product ingredient statement and allergen information available at [www.DunkinDonuts.com](http://www.DunkinDonuts.com). Please note that our restaurants prepare and serve products that contain allergens other than the products you select.

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