



## Nutrition Guide

Printed on 8–19–2008. Information can change frequently, so check [www.DunkinDonuts.com/Nutrition](http://www.DunkinDonuts.com/Nutrition) for the most current information.

Bagels	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>																
Plain Bagel	1 bagel	320	25	2.50	0.50	0	0	650	62	2	4	12	0	0	0	20
Sesame Bagel	1 bagel	380	70	8	0.50	0	0	650	64	3	4	14	0	0	0	20
Poppyseed Bagel	1 bagel	370	60	7	0.50	0	0	650	65	3	4	14	0	0	15	25
Onion Bagel	1 bagel	320	30	3.50	0.50	0	0	610	61	3	5	12	0	0	2	20
Wheat Bagel	1 bagel	330	35	4	1	0	0	610	62	4	7	12	0	0	0	20
Multigrain Bagel	1 bagel	380	50	6	1	0	0	650	68	5	7	14	4	0	4	30
Everything Bagel	1 bagel	370	50	6	0.50	0	0	650	67	3	4	14	0	0	6	25
Blueberry Bagel	1 bagel	330	25	2.50	0.50	0	0	600	66	2	10	10	0	0	2	20
Reduced Carb Bagel with Cheese	1 bagel	380	100	12	4.50	0	20	780	45	14	8	25	8	0	20	25
Salt Bagel	1 bagel	320	25	2.50	0.50	0	0	4520	62	2	4	12	0	0	4	20
Cinnamon Raisin Bagel	1 bagel	330	30	3	0.50	0	0	430	65	3	11	10	0	0	4	20
<b>Cream Cheese</b>																
Plain Cream Cheese	1 unit (57 grams)	190	150	17	13	0	55	190	4	0	2	4	10	0	4	0
Reduced Fat Smoked Salmon Cream Cheese	1 unit (57 grams)	160	110	12	8	0	40	300	7	0	3	4	8	0	6	0
Reduced Fat Blueberry Cream Cheese	1 unit (57 grams)	170	90	10	7	0	30	240	17	0	12	2	6	0	4	0
Reduced Fat Strawberry Cream Cheese	1 unit (57 grams)	180	100	11	7	0	35	230	17	0	12	2	8	0	4	0
Reduced Fat Garden Vegetable Cream Cheese	1 unit (57 grams)	140	100	11	7	0	30	270	7	1	2	2	25	4	4	4
Reduced Fat Onion & Chive Cream Cheese	1 unit (57 grams)	150	110	12	8	0	40	290	7	0	3	4	15	6	6	2
Reduced Fat Cream Cheese	1 unit (57 grams)	120	80	9	6	0	30	330	7	0	5	4	6	0	10	0
<b>Bakery</b>																
<b>Cookies</b>																
Chocolate Chunk Cookie	4.5 oz (128 g)	540	210	23	13	0	50	550	80	3	48	7	10	0	4	20
Oatmeal Raisin Cookie	4.5 oz (128 g)	480	130	14	7	0	40	310	83	5	51	8	10	0	4	15
Peanut Butter Cup Cookie	4.5 oz (128 g)	590	260	29	13	0	50	530	73	3	49	11	8	0	6	10

<b>Danish</b>																
<b>Cheese Danish</b>	1 danish	340	200	22	10	0	35	270	30	1	8	4	0	0	2	6
<b>Strawberry Cheese Danish</b>	1 danish	320	180	20	9	0	30	260	31	1	9	4	0	0	0	6
<b>Apple Danish</b>	1 danish	330	180	20	9	0	30	260	32	1	10	4	0	0	0	6
<b>Muffins</b>																
<b>English Muffin</b>	1 English muffin 2.5 oz	160	15	1.50	0	0	0	340	31	2	1	6	0	0	10	10
<b>Blueberry Muffin</b>	1 muffin	470	150	17	3	0	60	500	73	2	38	8	0	0	4	15
<b>Reduced Fat Blueberry Muffin</b>	1 muffin	400	45	5	2	0	60	490	78	3	33	8	0	0	4	15
<b>Cranberry Orange Muffin</b>	1 muffin	440	150	17	3	0	65	480	66	3	30	8	0	8	60	20
<b>Banana Walnut Muffin</b>	1 muffin	540	230	25	3.50	0	65	520	69	3	31	10	30	0	6	15
<b>Chocolate Chip Muffin</b>	1 muffin	630	240	26	8	0	70	560	89	2	49	10	4	0	4	15
<b>Coffee Cake Muffin</b>	1 muffin	580	170	19	3	0	65	520	78	1	40	9	4	0	4	15
<b>Corn Muffin</b>	1 muffin	510	160	18	3.50	0	75	860	77	1	32	8	4	0	2	15
<b>Honey Bran Raisin Muffin</b>	1 muffin	480	140	15	2.50	0	60	480	79	5	43	8	0	0	20	20
<b>Other</b>																
<b>Biscuit</b>	1 biscuit	440	200	22	13	0	0	980	51	2	6	7	0	0	6	20
<b>Plain Croissant</b>	1 croissant	270	130	14	6	0	0	300	30	1	4	6	0	0	2	10

<b>Beverages</b>	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>Coffee</b>	10 fl.ozs.	15	0	0	0	0	0	60	3	0	0	1	0	0	0	0
<b>Coffee with Cream</b>	10 fl.ozs.	70	50	6	3.50	0	20	65	3	0	0	1	4	0	4	0
<b>Coffee with Cream and Sugar</b>	10 fl.ozs.	120	50	6	3.50	0	20	65	15	0	12	1	4	0	4	0
<b>Coffee with Milk</b>	10 fl.ozs.	35	10	1	0.50	0	5	70	4	0	2	2	0	0	4	0
<b>Coffee with Milk and Sugar</b>	10 fl.ozs.	80	10	1	0.50	0	5	70	16	0	13	2	0	0	4	0
<b>Coffee with Skim Milk</b>	10 fl.ozs.	25	0	0	0	0	0	70	4	0	1	2	0	0	4	0
<b>Coffee with Skim Milk and Sugar</b>	10 fl.ozs.	70	0	0	0	0	0	70	16	0	13	2	0	0	4	0
<b>Coffee with Sugar</b>	10 fl.ozs.	60	0	0	0	0	0	60	15	0	12	1	0	0	0	0
<b>Coolatta®</b>																
<b>Coffee Coolatta® with 2% Milk</b>	16 fl.ozs.	190	20	2	1.50	0	10	80	41	0	40	4	4	0	15	0
<b>Coffee Coolatta® with Cream</b>	16 fl.ozs.	350	200	22	14	0	75	65	40	0	35	3	15	0	10	0
<b>Coffee Coolatta® with Milk</b>	16 fl.ozs.	210	40	4	2.50	0	15	80	42	0	40	4	0	0	10	0
<b>Coffee Coolatta® with Skim Milk</b>	16 fl.ozs.	170	0	0	0	0	0	80	41	0	40	4	4	0	15	0
<b>Cherry Lime SoBe® Coolatta®</b>	16 fl.ozs.	250	0	0	0	0	0	65	62	2	60	0	0	0	2	2
<b>Tropicana Orange Coolatta®</b>	16 fl.ozs.	370	0	0	0	0	0	50	92	3	87	1	4	40	0	4
<b>Strawberry Fruit Coolatta®</b>	16 fl.ozs.	290	0	0	0	0	0	30	72	1	65	0	0	45	4	2
<b>Lemonade Coolatta®</b>	16 ozs.	240	0	0	0	0	0	35	59	0	56	0	0	30	4	0
<b>Flavored Coffee</b>																

Blueberry Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Caramel Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Cinnamon Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Hazelnut Coffee	10 fl.oz.	20	0	0	0	0	0	60	4	0	0	1	0	0	0	0
Raspberry Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Toasted Almond Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
French Vanilla Coffee	10 fl.oz.	20	0	0	0	0	0	60	4	0	0	1	0	0	0	0
Coconut Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Chocolate Coffee	10 fl.oz.	20	0	0	0	0	0	60	4	0	0	1	0	0	0	0
Caramel Cinnamon Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Pumpkin Spice Coffee Large	20 fl.oz.	340	100	11	7	0	40	200	53	0	47	6	4	0	10	0
Pumpkin Spice Coffee Small	10 fl.oz.	160	45	5	3	0	20	95	25	0	22	3	4	0	10	0
Pumpkin Spice Coffee Medium	14 fl.oz.	240	70	8	5	0	30	140	39	0	34	4	6	0	15	0
Vanilla Spice Coffee Small	10 fl.oz.	130	50	6	3.50	0	20	65	20	0	16	1	4	0	4	0
Vanilla Spice Coffee Medium	14 fl.oz.	190	80	9	5	0	30	90	30	0	24	2	6	0	4	0
Vanilla Spice Coffee Large	20 fl.oz.	260	110	12	7	0	40	120	40	0	32	3	8	0	6	0
<b>Hot Espresso Drinks</b>																
Latte	10 fl.ozs.	120	60	6	3.50	0	25	95	10	0	9	6	0	0	20	0
Latte with Sugar	10 fl.ozs.	160	60	6	3.50	0	25	95	22	0	21	6	0	0	20	0
Caramel Swirl Latte	10 fl.ozs.	230	60	6	3.50	0	25	140	36	0	35	8	0	0	25	0
Mocha Swirl Latte	10 fl.ozs.	230	70	7	4	0	25	110	37	1	35	6	0	10	20	8
Cappuccino	10 fl.ozs.	80	40	4.50	2.50	0	20	70	7	0	7	4	0	0	15	0
Cappuccino with Sugar	10 fl.ozs.	130	40	4.50	2.50	0	15	65	21	0	20	4	0	0	10	0
Espresso	2 fl.ozs.	0	0	0	0	0	0	5	1	0	1	0	0	0	0	0
Espresso with Sugar	2 fl.ozs.	30	0	0	0	0	0	5	7	0	7	0	0	0	0	0
Latte with Soy Milk	10 fl.oz.	90	30	3.50	0	0	0	110	8	1	6	6	8	0	25	6
Latte with Soy Milk and Sugar	10 fl.oz.	150	30	3.50	0	0	0	110	22	1	20	6	8	0	25	6
Caramel Swirl Latte with Soy Milk	10 fl.oz.	210	30	3.50	0	0	0	160	34	1	32	8	8	0	35	6
Mocha Swirl Latte with Soy Milk	10 fl.oz.	210	40	4.50	1	0	0	130	35	2	32	7	8	10	25	15
Cappuccino with Soy Milk	10 fl.oz.	70	25	2.50	0	0	0	80	6	1	5	4	6	0	20	4
Cappuccino with Soy Milk and Sugar	10 fl.oz.	120	25	2.50	0	0	0	80	20	1	19	4	6	0	20	4
Caramel Creme hot latte	10 fl.oz.	260	80	9	6	0	20	125	40	0	40	8	4	0	30	0
Mocha Almond Hot Latte	10 fl.oz.	290	90	10	7	0	20	115	46	1	45	8	4	8	25	8
Hot Latte Lite	10 fl.oz.	70	0	0	0	0	5	85	10	0	10	6	8	0	25	0
Turbo Hot™	10 fl.oz.	130	50	6	3.50	0	20	55	20	0	17	1	4	0	4	0
Vanilla Latte Lite	10 fl.oz.	80	0	0	0	0	0	105	12	0	10	7	8	0	20	0
Gingerbread Latte	10 fl.oz.	330	80	9	5	0	30	160	54	0	52	9	6	2	30	2
Pumpkin Spice Latte Small	10 fl.oz.	220	50	6	3.50	0	20	125	34	0	34	8	4	0	30	0
Pumpkin Spice Latte Medium	16 fl.oz.	340	80	9	5	0	30	190	52	0	51	12	6	0	45	2
Pumpkin Spice Latte Large	20 fl.oz.	450	110	12	7	0	40	250	68	0	68	15	8	0	60	4
<b>Iced Coffee</b>																
Turbo Ice™	16 fl.oz.	120	60	7	3.50	0	20	25	14	0	13	1	4	0	4	0
Vanilla Iced Latte Lite	16 fl.ozs.	80	0	0	0	0	0	110	13	0	0	7	8	0	20	0
Berry Berry Iced Coffee	16 fl.ozs.	120	50	6	3.50	0	20	75	16	0	12	2	4	0	4	0
Pumpkin Spice Iced Coffee Small	16 fl.oz.	160	45	5	3	0	20	95	25	0	22	3	6	0	15	0
Pumpkin Spice Iced Coffee Medium	24 fl.oz.	240	70	8	5	0	30	140	37	0	33	4	6	0	15	0
Pumpkin Spice Iced Coffee Large	32 fl.oz.	340	100	11	7	0	40	190	54	0	48	6	8	0	20	2
Iced Coffee	16 fl.ozs.	15	0	0	0	0	0	70	3	0	0	1	0	0	0	0
Iced Coffee with Cream	16 fl.ozs.	70	50	6	3.50	0	20	75	4	0	0	2	4	0	4	0

<b>Iced Coffee with Cream and Sugar</b>	16 fl.ozs.	120	50	6	3.50	0	20	75	16	0	12	2	4	0	4	0
<b>Iced Coffee with Milk</b>	16 fl.ozs.	35	10	1	0.50	0	5	80	4	0	2	2	0	0	4	0
<b>Iced Coffee with Milk and Sugar</b>	16 fl.ozs.	80	10	1	0.50	0	5	80	16	0	13	2	0	0	4	0
<b>Iced Coffee with Skim Milk</b>	16 fl.ozs.	25	0	0	0	0	0	75	4	0	0	2	0	0	4	0
<b>Iced Coffee with Skim Milk and Sugar</b>	16 fl.ozs.	70	0	0	0	0	0	75	16	0	12	2	0	0	4	0
<b>Iced Coffee with Sugar</b>	16 fl.ozs.	60	0	0	0	0	0	70	15	0	12	1	0	0	0	0
<b>Iced Espresso Drinks</b>																
<b>Iced Latte</b>	16 fl.ozs.	120	60	7	4	0	25	105	11	0	10	6	0	0	20	0
<b>Iced Mocha Swirl Latte</b>	16 fl.ozs.	240	70	8	4.50	0	25	125	38	1	36	7	0	10	20	10
<b>Iced Latte with Sugar</b>	16 fl.ozs.	170	60	7	4	0	25	110	23	0	21	6	0	0	20	0
<b>Iced Caramel Swirl Latte</b>	16 fl.ozs.	240	60	7	4	0	25	150	37	0	36	8	0	0	25	0
<b>Iced Mocha Swirl Latte with Skim Milk</b>	16 fl.oz.	180	10	1	1	0	0	115	37	1	35	7	6	10	20	8
<b>Turbo Ice™</b>	16 fl.oz.	120	60	7	3.50	0	20	25	14	0	13	1	4	0	4	0
<b>Iced Latte with Skim Milk and Sugar</b>	16 fl.oz.	120	0	0	0	0	0	110	23	0	22	7	8	0	20	0
<b>Iced Caramel Swirl Latte with Skim Milk</b>	16 fl.oz.	180	0	0	0	0	0	150	36	0	35	8	6	0	25	0
<b>Iced Latte with Skim Milk</b>	16 fl.oz.	70	0	0	0	0	0	110	11	0	10	7	8	0	0	0
<b>Iced Latte Lite</b>	16 fl.oz.	70	0	0	0	0	5	90	10	0	10	6	8	0	25	0
<b>Caramel Creme Iced latte</b>	16 fl.oz.	260	80	9	6	0	20	125	40	0	40	8	4	0	30	0
<b>Mocha Almond Iced Latte</b>	16 fl.oz.	290	90	10	7	0	20	115	46	1	45	8	4	8	25	8
<b>Pumpkin Spice Iced Latte Small</b>	16 fl.oz.	220	50	6	3.50	0	20	130	34	0	34	8	4	0	30	0
<b>Pumpkin Spice Iced Latte Medium</b>	24 fl.oz.	340	80	9	5	0	30	200	52	0	51	12	6	0	45	2
<b>Pumpkin Spice Iced Latte Large</b>	32 fl.oz.	450	110	12	7	0	40	260	68	0	68	15	8	0	60	4
<b>Other</b>																
<b>White Hot Chocolate small</b>	10 fl.oz.	230	80	9	7	0	0	290	37	0	30	2	0	0	6	0
<b>White Hot Chocolate medium</b>	14 fl.oz.	340	120	13	11	0	0	430	55	0	44	3	0	0	10	0
<b>White Hot Chocolate large</b>	20 fl.oz.	480	160	18	15	0	0	600	77	0	61	4	0	0	15	0
<b>Dunkaccino®</b>	10 fl.ozs.	230	100	11	9	0	10	5	35	0	24	2	0	0	4	2
<b>Hot Chocolate</b>	10 fl.ozs.	230	60	7	7	0	0	290	39	2	29	2	0	0	2	4
<b>Vanilla Chai</b>	10 ozs.	230	70	8	6	0	5	50	40	0	32	1	0	0	2	4
<b>Milky Way Hot Chocolate Small</b>	10 fl.oz.	200	60	7	6	0	0	410	37	1	29	1	0	0	4	2
<b>Milky Way Hot Chocolate Medium</b>	14 fl.oz.	280	80	9	9	0	0	580	52	1	41	2	0	0	4	2
<b>Milky Way Hot Chocolate Large</b>	20 fl.oz.	400	120	13	12	0	0	820	74	2	58	3	0	0	6	4
<b>Smoothie</b>																
<b>Strawberry Banana Smoothie Small</b>	16 fl.oz.	350	20	2	1	0	10	125	75	1	66	7	2	120	20	2
<b>Reduced Calorie Berry Smoothie Small</b>	16 fl.oz.	250	20	2	1	0	10	160	49	1	41	6	2	100	20	0
<b>Reduced Calorie Berry Smoothie Medium</b>	24 fl.oz.	370	25	3	2	0	15	250	73	2	62	9	2	150	35	0
<b>Strawberry Banana Smoothie Medium</b>	24 fl.oz.	520	25	3	2	0	15	190	113	2	99	10	2	180	30	4
<b>Strawberry Banana Smoothie Large</b>	32 fl.oz.	700	35	4	2.50	0	20	250	151	3	132	13	2	230	45	6
<b>Reduced Calorie Berry Smoothie Large</b>	32 fl.oz.	490	35	4	2.50	0	20	330	97	2	83	12	2	200	45	2
<b>Tea</b>																
<b>Earl Grey Tea</b>	10 fl.oz.	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
<b>English Breakfast Tea</b>	10 fl.oz.	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
<b>Decaffeinated Tea</b>	10 fl.oz.	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0



<b>Apple Crumb Donut</b>	1 donut	320	110	13	6	0	0	360	46	2	9	4	0	0	0	8
<b>Apple N' Spice Donut</b>	1 donut	260	100	11	4.50	0	0	350	35	2	11	4	0	0	0	8
<b>Bavarian Kreme Donut</b>	1 donut	250	100	11	4.50	0	0	350	35	1	12	4	0	0	0	6
<b>Black Raspberry Donut</b>	1 donut	270	90	10	4.50	0	0	350	40	1	10	4	0	0	0	6
<b>Blueberry Cake Donut</b>	1 donut	290	140	16	6	0	10	400	35	1	16	3	0	0	0	6
<b>Blueberry Crumb Donut</b>	1 donut	330	110	13	6	0	0	360	48	2	12	4	0	0	0	8
<b>Boston Kreme Donut</b>	1 donut	270	100	12	5	0	0	370	38	1	15	4	0	0	0	8
<b>Chocolate Coconut Cake Donut</b>	1 donut	370	190	21	11	0	0	380	42	3	19	3	0	0	2	10
<b>Chocolate Frosted Cake Donut</b>	1 donut	330	170	19	9	0	15	260	36	2	8	4	0	0	2	8
<b>Chocolate Frosted Donut</b>	1 donut	230	100	11	4.50	0	0	320	29	2	3	4	0	0	0	6
<b>Chocolate Glazed Cake Donut</b>	1 donut	340	170	19	9	0	0	360	39	2	16	3	0	0	2	10
<b>Chocolate Kreme Filled Donut</b>	1 donut	300	130	14	6	0	0	360	39	2	9	4	0	0	0	8
<b>Cinnamon Cake Donut</b>	1 donut	310	170	18	9	0	15	260	34	2	13	3	0	0	2	8
<b>Double Chocolate Cake Donut</b>	1 donut	340	180	20	9	0	0	360	36	3	6	3	0	0	2	10
<b>Glazed Cake Donut</b>	1 donut	330	160	18	9	0	15	260	38	2	18	3	0	0	0	8
<b>Glazed Donut</b>	1 donut	230	90	10	4.50	0	0	320	30	1	12	4	0	0	0	6
<b>Jelly Filled Donut</b>	1 donut	270	90	10	4.50	0	0	350	39	1	12	4	0	0	0	6
<b>Maple Frosted Donut</b>	1 donut	240	90	10	4.50	0	0	320	31	1	14	4	0	0	0	6
<b>Marble Frosted Donut</b>	1 donut	230	90	11	4.50	0	0	320	30	1	3	4	0	0	0	6
<b>Old Fashioned Cake Donut</b>	1 donut	280	160	18	9	0	15	260	26	2	6	3	0	0	0	8
<b>Powdered Cake Donut</b>	1 donut	310	160	18	9	0	15	260	34	2	14	3	0	0	0	8
<b>Strawberry Frosted Donut</b>	1 donut	240	90	10	4.50	0	0	330	32	1	13	4	0	0	0	6
<b>Sugar Raised Donut</b>	1 donut	210	90	10	4.50	0	0	320	27	1	10	4	0	0	0	6
<b>Vanilla Kreme Filled Donut</b>	1 donut	320	140	16	7	0	0	360	39	1	19	4	0	0	0	6
<b>Wheat Glazed Cake Donut</b>	1 donut	310	170	19	8	0	0	380	32	2	14	4	0	0	0	6
<b>French Cruller</b>	1 donut	150	70	8	5	0	20	105	17	1	8	2	0	0	0	0
<b>Pumpkin Glazed Donut</b>	1 donut	280	50	6	6	0	20	460	52	1	27	4	0	0	4	10
<b>Gingerbread Donut</b>	1 donut	280	35	4	1	0	45	400	56	1	26	5	2	0	2	15
<b>Mini M&amp;M Donut</b>	1 donut	270	110	12	5	0	0	360	39	1	13	4	0	0	0	8
<b>Fancies</b>																
<b>Apple Fritter</b>	1 fritter	290	110	13	6	0	0	360	35	2	11	4	0	0	0	6
<b>Chocolate Iced Bismark</b>	1 donut	340	130	15	6	0	0	290	50	1	31	3	0	0	0	4
<b>Bow Tie Donut</b>	1 donut	300	150	17	8	0	0	340	34	1	10	4	0	0	0	4
<b>Chocolate Frosted Coffee Roll</b>	1 coffee roll	340	180	20	9	0	0	340	36	1	12	4	0	0	0	6
<b>Coffee Roll</b>	1 coffee roll	340	180	20	9	0	0	340	33	1	10	4	0	0	0	6
<b>Eclair</b>	1 donut	300	130	15	6	0	0	290	39	1	17	3	0	0	0	4
<b>Glazed Fritter</b>	1 fritter	250	110	13	6	0	0	330	31	1	7	4	0	0	0	6
<b>Maple Frosted Coffee Roll</b>	1 donut	340	180	20	9	0	0	340	36	1	13	4	0	0	0	6
<b>Vanilla Frosted Coffee Roll</b>	1 donut	340	180	20	9	0	0	340	36	1	13	4	0	0	0	6
<b>Munchkins</b>																
<b>Cinnamon Cake Munchkin</b>	4 munchkins	260	140	15	7	0	10	210	29	2	11	3	0	0	2	6
<b>Glazed Cake Munchkin</b>	4 munchkins	300	130	15	7	0	10	210	38	2	21	3	0	0	0	6
<b>Plain Cake Munchkin</b>	4 munchkins	230	130	15	7	0	10	210	21	2	5	3	0	0	0	6
<b>Powdered Cake Munchkin</b>	4 munchkins	260	130	15	7	0	10	210	29	2	12	3	0	0	0	6
<b>Glazed Chocolate Cake Munchkin</b>	4 munchkins	300	140	15	7	0	0	290	39	2	20	2	0	0	2	8

<b>Glazed Munchkin</b>	4 munchkins	300	130	15	7	0	10	210	38	2	21	3	0	0	0	6
<b>Jelly Filled Munchkin</b>	5 munchkins	240	70	8	3.50	0	0	280	37	1	13	3	0	0	0	6
<b>Sugar Raised Munchkin</b>	5 munchkins	190	70	8	3.50	0	0	270	26	1	12	3	0	0	0	6
<b>Sticks</b>																
<b>Glazed Cake Stick</b>	1 stick	360	180	20	10	0	15	280	41	2	18	4	0	0	2	8
<b>Jelly Stick</b>	1 stick	420	180	20	10	0	15	310	53	2	18	4	0	0	2	8
<b>Powdered Cake Stick</b>	1 stick	340	180	20	10	0	15	280	37	2	14	4	0	0	2	8
<b>Cinnamon Cake Stick</b>	1 stick	340	180	20	10	0	15	290	36	2	13	4	0	0	2	10
<b>Glazed Chocolate Cake Stick</b>	1 stick	370	190	21	10	0	0	390	41	2	16	3	0	0	2	10
<b>Plain Cake Stick</b>	1 stick	310	180	20	10	0	15	280	29	2	7	4	0	0	2	8

<b>Dunkin' Deli</b>	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>Cravings Sandwiches</b>																
<b>Pressed Cuban Sandwich</b>	1 sandwich	730	280	31	13	2	120	1930	64	3	6	48	6	0	40	15
<b>chicken bruschetta sandwich</b>	1 sandwich	580	230	25	8	0	85	1450	48	4	5	42	15	10	25	20
<b>chipotle chicken sandwich</b>	1 sandwich	620	230	26	9	0	110	1730	49	4	5	49	15	10	20	20
<b>pastrami supreme sandwich</b>	1 sandwich	760	380	42	17	0	130	1990	47	5	4	48	20	10	25	35
<b>Deli Classics Sandwiches</b>																
<b>Tuna (Albacore) sandwich</b>	1 sandwich	550	230	26	4.50	0	35	830	49	4	7	29	10	10	2	15
<b>Turkey and cheese sandwich</b>	1 sandwich	510	200	22	6	0	65	1380	45	4	4	35	15	10	30	15
<b>Favorites Sandwiches</b>																
<b>Toasted Italian sandwich</b>	1 sandwich	630	310	34	12	0	90	2330	49	5	6	35	30	60	25	25
<b>Steak and cheese sandwich</b>	1 sandwich	510	210	23	6	0	75	1830	45	4	3	30	6	8	2	20
<b>Turkey and bacon club sandwich</b>	1 sandwich	510	200	22	4.50	0	70	1770	44	4	4	35	6	8	2	15
<b>Salads</b>																
<b>Caesar Salad</b>	8 oz	390	300	33	7	0	35	980	14	3	2	10	160	60	20	10
<b>Chicken Caesar Salad</b>	11 oz	520	320	36	8	0	85	1520	16	3	2	34	160	60	25	30
<b>Garden Salad</b>	13.5 oz	240	110	12	5	0	30	430	24	5	8	12	160	70	30	30
<b>Soups</b>																
<b>Broccoli Cheese soup</b>	1 cup (240 mL)	180	120	13	8	0	40	1310	10	1	8	7	30	35	20	0
<b>Chicken Noodle soup</b>	1 cup (240 mL)	140	30	3.50	1	0	45	840	20	1	1	8	40	0	2	4

<b>Oven Toasted Items</b>	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 Oven Toasted Items</b>																
<b>Hash Browns</b>	9 pieces	180	80	9	1	0	0	730	22	3	0	2	0	4	2	2
<b>Oven Toasted Breakfast Sandwiches</b>																
<b>Supreme Omelet &amp; Cheese on Bagel</b>	1 sandwich	540	160	18	7	0	245	1230	67	3	5	24	20	15	20	25
<b>Supreme Omelet &amp; Cheese on Croissant</b>	1 sandwich	490	270	30	13	0	245	880	35	2	4	18	20	250	20	15
<b>Supreme Omelet &amp; Cheese on Biscuit</b>	1 sandwich	660	340	38	20	0	245	1560	56	3	7	19	20	15	25	25

<b>Ham, Supreme Omelet &amp; Cheese on English Muffin</b>	1 sandwich	420	170	19	8	0	265	1470	38	2	3	25	20	15	25	25
<b>Ham, Supreme Omelet &amp; Cheese on Bagel</b>	1 sandwich	570	180	20	8	0	265	1490	67	3	5	31	20	15	20	30
<b>Ham, Supreme Omelet &amp; Cheese on Croissant</b>	1 sandwich	530	280	31	13	0	265	1140	35	2	4	24	20	15	20	15
<b>Ham, Supreme Omelet &amp; Cheese on Biscuit</b>	1 sandwich	690	350	39	20	0	265	1820	56	3	7	26	20	15	25	25
<b>Bacon, Supreme Omelet &amp; Cheese on English Muffin</b>	1 sandwich	420	180	20	8	0	255	1370	37	2	3	21	20	15	25	20
<b>Bacon, Supreme Omelet &amp; Cheese on Bagel</b>	1 sandwich	580	190	21	8	0	255	1430	68	3	5	28	20	15	20	25
<b>Bacon, Supreme Omelet &amp; Cheese on Croissant</b>	1 sandwich	530	300	33	14	0	255	1080	35	2	5	21	20	15	20	20
<b>Bacon, Supreme Omelet &amp; Cheese on Biscuit</b>	1 sandwich	700	360	40	21	0	255	1760	56	3	7	23	20	15	25	25
<b>Sausage, Supreme Omelet &amp; Cheese on English Muffin</b>	1 sandwich	590	320	36	14	0	290	1710	39	2	3	28	20	15	25	25
<b>Sausage, Supreme Omelet &amp; Cheese on Bagel</b>	1 sandwich	740	330	37	13	0	290	1730	68	3	5	33	20	15	20	30
<b>Sausage, Supreme Omelet &amp; Cheese on Croissant</b>	1 sandwich	690	430	48	19	0.50	290	1390	36	2	5	27	25	15	20	20
<b>Sausage, Supreme Omelet &amp; Cheese on Biscuit</b>	1 sandwich	860	500	56	26	0	290	2070	56	3	7	29	20	15	25	30
<b>Bacon, Egg &amp; Cheese on English Muffin</b>	1 sandwich	360	140	16	6	0	200	1310	37	1	8	17	8	0	20	20
<b>Bacon, Egg &amp; Cheese on Bagel</b>	1 sandwich	510	150	17	6	0	200	1330	66	2	10	23	8	0	15	25
<b>Bacon, Egg &amp; Cheese on Croissant</b>	1 sandwich	460	260	29	12	0	200	1020	34	1	10	18	10	0	15	15
<b>Bacon, Egg &amp; Cheese on Biscuit</b>	1 sandwich	630	320	36	18	0	200	1670	54	2	12	18	8	0	15	25
<b>Sausage, Egg &amp; Cheese on English Muffin</b>	1 sandwich	530	280	31	11	0	235	1620	37	1	8	23	10	0	20	25
<b>Sausage, Egg &amp; Cheese on Bagel</b>	1 sandwich	680	300	33	11	0	235	1640	66	2	10	29	10	0	15	30
<b>Sausage, Egg &amp; Cheese on Croissant</b>	1 sandwich	630	400	44	17	0.50	235	1300	34	1	10	23	10	0	15	20
<b>Sausage, Egg &amp; Cheese on Biscuit</b>	1 sandwich	800	470	52	23	0	230	1970	55	2	12	24	10	0	20	30
<b>Supreme Omelet &amp; Cheese on English Muffin</b>	1 sandwich	330	120	13	6	0	165	1070	37	2	3	15	15	10	20	20
<b>Egg &amp; Cheese on English Muffin</b>	1 sandwich	310	120	13	5	0	190	1080	35	1	8	14	8	0	20	20
<b>Egg &amp; Cheese on Bagel</b>	1 sandwich	470	130	14	5	0	190	1130	65	2	10	20	8	0	10	25
<b>Egg &amp; Cheese on Croissant</b>	1 sandwich	420	230	26	11	0	190	790	33	1	10	14	10	0	15	15
<b>Egg &amp; Cheese on Biscuit</b>	1 sandwich	590	310	34	17	0	190	1460	54	2	12	15	8	0	15	25
<b>Ham, Egg &amp; Cheese on English Muffin</b>	1 sandwich	350	130	14	5	0	205	1300	35	1	8	19	8	0	20	20
<b>Ham, Egg &amp; Cheese on Bagel</b>	1 sandwich	510	140	15	5	0	205	1400	65	2	10	26	8	0	15	25
<b>Ham, Egg &amp; Cheese on Croissant</b>	1 sandwich	460	240	27	11	0	205	1050	33	1	10	20	10	0	15	15
<b>Ham, Egg &amp; Cheese on Biscuit</b>	1 sandwich	630	320	35	18	0	205	1730	54	2	12	21	8	0	15	25
<b>Oven Toasted Flatbread Sandwiches</b>																
<b>Turkey Cheddar &amp; Bacon Flatbread</b>	1 sandwich	360	120	13	5	0	35	1060	41	2	2	20	6	0	20	10
<b>Three Cheese Flatbread</b>	1 sandwich	460	220	24	12	0	55	1000	42	2	2	20	15	0	45	8
<b>Ham &amp; Swiss Flatbread</b>	1 sandwich	350	110	12	5	0	35	1040	41	2	2	20	4	0	25	10

<b>Southwest Chicken Flatbread</b>	1 sandwich	410	90	10	4	0	60	1130	51	2	7	29	8	10	25	25
<b>Egg White Veggie Flatbread Sandwich</b>	1 sandwich	290	80	9	4	0	20	680	39	3	4	11	15	10	20	15
<b>Egg White Turkey Sausage Flatbread Sandwich</b>	1 sandwich	280	50	6	2.50	0	20	820	37	3	5	19	20	4	15	15
<b>Oven Toasted Personal Pizza</b>																
<b>Pepperoni Pizza</b>	1 pizza	410	170	19	9	0	35	960	45	2	3	19	15	4	0	15
<b>Cheese Pizza</b>	1 pizza	400	170	19	10	0	25	820	46	2	4	18	20	6	0	15
<b>Supreme Pizza</b>	1 pizza	430	190	21	10	0	35	1010	46	2	3	17	20	4	0	15

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