

## Nutrition Guide

Printed on 03-02-2011. Information can change frequently, so check [www.DunkinDonuts.com](http://www.DunkinDonuts.com) for the most current information.

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>Bagel Twists</b>																	
<b>Cheddar Cheese Bagel Twist</b>	1 Bagel Twist	400	80	9	4.5	0	20	800	63	5	5	17	6	0	15	20	
<b>Chocolate Chip Bagel Twist</b>	1 Bagel Twist	340	35	4	1.5	0	0	530	66	4	19	10	0	0	2	20	
<b>Cinnamon Raisin Bagel Twist</b>	1 Bagel Twist	350	30	3.5	0.5	0	0	460	72	5	19	11	0	0	2	20	

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													Vitamin A	Vitamin C	Calcium	Iron	
<b>Bagels</b>																	
<b>Blueberry Bagel</b>	1 Bagel	330	25	3	1	0	0	620	65	5	10	11	0	0	2	20	
<b>Cinnamon Raisin Bagel</b>	1 Bagel	330	30	3.5	0.5	0	0	450	65	5	13	11	0	0	2	20	
<b>Everything Bagel</b>	1 Bagel	350	40	4.5	0.5	0	0	660	66	5	5	13	0	0	6	25	
<b>Garlic Bagel</b>	1 Bagel	340	25	2.5	0.5	0	0	660	68	6	5	12	0	0	2	25	
<b>Multigrain Bagel</b>	1 Bagel	390	70	8	0.5	0	0	560	65	9	7	14	0	0	6	25	
<b>Onion Bagel</b>	1 Bagel	310	20	2	0	0	0	380	63	3	3	11	0	0	2	20	
<b>Plain Bagel</b>	1 Bagel	320	25	2.5	0.5	0	0	660	63	5	5	11	0	0	2	20	
<b>Poppy Seed Bagel</b>	1 Bagel	350	50	6	0.5	0	0	660	64	5	5	13	0	0	10	25	
<b>Salt Bagel</b>	1 Bagel	320	25	2.5	0.5	0	0	3420	63	5	5	11	0	0	4	20	
<b>Sesame Bagel</b>	1 Bagel	360	50	6	0.5	0	0	660	63	5	5	13	0	0	2	25	
<b>Sour Cream and Onion Bagel</b>	1 Bagel	330	20	2.5	0.5	0	0	930	66	3	5	12	2	6	8	20	
<b>Wheat Bagel</b>	1 Bagel	320	30	3.5	0	0	0	550	61	5	4	12	0	0	2	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>Big N' Toasty</b>																	
<b>Big n' Toasty</b>	1 Sandwich	580	320	35	11	0	125	1370	41	1	4	26	6	0	15	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 Sandwiches</b>																
<b>Breakfast Sandwiches</b>																
Bacon, Egg & Cheese on Bagel	1 Sandwich	530	170	19	7	0	205	1340	66	5	7	24	8	0	15	25
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	530	300	33	13	0.5	205	1030	38	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
Chicken Biscuit	1 Sandwich	500	230	25	10	0	35	1260	48	2	5	20	0	0	4	20
Egg & Cheese on Bagel	1 Sandwich	480	140	15	5	0	200	1130	66	5	6	20	8	0	15	25
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	480	260	29	12	0.5	200	820	38	2	6	16	8	0	15	15
Egg & Cheese on English Muffin	1 Sandwich	320	140	15	5	0	200	820	34	1	3	14	8	0	15	15
Ham, Egg & Cheese on Bagel	1 Sandwich	510	140	16	6	0	215	1390	66	5	7	26	8	0	15	25
Ham, Egg & Cheese on Biscuit	1 Sandwich	480	250	28	14	0.5	215	1350	35	1	4	19	8	0	20	20
Ham, Egg & Cheese on Croissant	1 Sandwich	510	280	31	12	0.5	215	1080	38	2	6	21	8	0	15	15
Ham, Egg & Cheese on English Muffin	1 Sandwich	360	140	16	6	0	215	1080	34	1	3	20	8	0	20	15
Sausage Biscuit	1 Sandwich	490	300	33	16	0	45	1140	33	1	2	13	2	0	6	20
Sausage, Egg & Cheese on Bagel	1 Sandwich	690	310	35	13	0	245	1650	66	5	7	29	8	0	15	30
Sausage, Egg & Cheese on Biscuit	1 Sandwich	650	420	46	20	0.5	245	1610	36	1	4	22	8	0	20	25
Sausage, Egg & Cheese on Croissant	1 Sandwich	690	440	48	19	0.5	245	1340	39	2	6	24	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

	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>Hot Coffee</b>																
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
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 Small	10 fl oz	10	0	0	0	0	0	5	1	0	0	0	0	0	0	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 Coffee with Cream Extra Large	24 fl oz	430	140	16	10	0	50	75	68	3	57	5	10	0	8	0
Mocha Coffee with Cream Large	20 fl oz	340	110	12	8	0	40	60	54	2	46	4	8	0	6	0
Mocha Coffee with Cream Medium	14 fl oz	260	80	9	6	0	30	45	41	2	34	3	6	0	4	0
Mocha Coffee with Cream Small	10 fl oz	170	50	6	4	0	20	30	27	1	23	2	4	0	2	0
Raspberry Coffee Small	10 fl oz	15	0	0	0	0	0	5	2	0	0	0	0	0	0	0
Toasted Almond Coffee Small	10 fl oz	10	0	0	0	0	0	5	1	0	0	0	0	0	0	0
<b>Iced Coffee</b>																
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 Skim Milk and 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 Iced Coffee with Cream Large	32 fl oz	350	110	12	8	0	40	70	56	2	46	5	8	0	6	0
Mocha Iced Coffee with Cream Medium	24 fl oz	260	80	9	6	0	30	50	42	2	34	3	6	0	4	0
Mocha Iced Coffee with Cream Small	16 fl oz	180	50	6	4	0	20	35	28	1	23	2	4	0	4	0

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													Vitamin A	Vitamin C	Calcium	Iron	
<b>Cookies</b>																	
<b>Cookies</b>																	
Oatmeal Raisin Cookie	1 Cookie	320	80	9	4.5	0	30	210	54	3	33	5	8	0	2	10	
Reverse Chocolate Chunk Cookie	1 Cookie	380	160	18	10	0	40	320	50	2	34	5	8	0	4	15	
Triple Chocolate Chunk Cookie	1 Cookie	360	140	15	8	0	35	380	53	2	31	5	8	0	2	15	

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													Vitamin A	Vitamin C	Calcium	Iron	
<b>Coolatta®</b>																	
<b>Coffee Coolatta®</b>																	
Coffee Coolatta® with Cream Large	32 fl oz	800	410	46	29	1.5	160	150	98	0	87	7	30	4	25	0	
Coffee Coolatta® with Cream Medium	24 fl oz	600	320	35	22	1	120	110	73	0	65	5	25	2	20	0	
Coffee Coolatta® with Cream Small	16 fl oz	400	210	23	14	0.5	80	75	49	0	43	3	15	2	10	0	
Coffee Coolatta® with Milk Large	32 fl oz	480	70	8	5	0	35	180	100	0	98	8	6	2	25	0	
Coffee Coolatta® with Milk Medium	24 fl oz	360	50	6	3.5	0	25	130	75	0	73	6	4	2	20	0	
Coffee Coolatta® with Milk Small	16 fl oz	240	35	4	2.5	0	15	90	50	0	49	4	2	0	15	0	
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	

<b>Strawberry Coolatta®</b>																
<b>Strawberry Fruit Coolatta® Large</b>	32 fl oz	610	0	0	0	0	0	85	150	0	135	1	2	110	4	6
<b>Strawberry Fruit Coolatta® Medium</b>	24 fl oz	460	0	0	0	0	0	65	112	0	102	1	2	80	2	4
<b>Strawberry Fruit Coolatta® Small</b>	16 fl oz	310	0	0	0	0	0	45	75	0	68	0	0	50	2	4
<b>Tropicana Coolatta®</b>																
<b>Tropicana Orange Coolatta® Large</b>	32 fl oz	470	0	0	0	0	0	80	113	0	109	2	8	200	2	4
<b>Tropicana Orange Coolatta® Medium</b>	24 fl oz	350	0	0	0	0	0	60	85	0	82	2	6	150	2	4
<b>Tropicana Orange Coolatta® Small</b>	16 fl oz	230	0	0	0	0	0	40	57	0	54	1	4	100	0	2
<b>Vanilla Bean Coolatta®</b>																
<b>Vanilla Bean Coolatta® Large</b>	32 fl oz	860	110	12	7	0	45	350	181	0	172	6	8	0	25	2
<b>Vanilla Bean Coolatta® Medium</b>	24 fl oz	650	80	9	5	0	30	260	136	0	129	4	6	0	20	2
<b>Vanilla Bean Coolatta® Small</b>	16 fl oz	430	50	6	3.5	0	20	170	91	0	86	3	4	0	10	0

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													Vitamin A	Vitamin C	Calcium	Iron	
<b>Danishes</b>																	
<b>Danishes</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>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>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>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 Banana Donut</b>	1 Donut	290	110	12	5	0	0	260	41	2	20	5	0	0	2	15	
<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	250	100	11	4.5	0	0	260	32	2	13	4	0	0	2	10	
<b>Chocolate Frosted Coffee Roll</b>	1 Coffee Roll	410	170	19	8	0	0	420	53	3	19	7	0	0	4	15	
<b>Chocolate Frosted Donut</b>	1 Donut	270	140	15	7	0	0	340	31	1	13	3	2	0	0	8	
<b>Chocolate Glazed Cake Donut</b>	1 Donut	370	220	24	11	0	0	390	35	1	17	3	0	0	2	8	

<b>Chocolate Kreme Filled Donut</b>	1 Donut	370	190	21	10	0	0	370	42	1	21	4	2	0	2	8
<b>Cinnamon Cake Donut</b>	1 Donut	340	200	22	10	0	25	300	38	1	13	3	4	0	2	8
<b>Cinnamon Cake Stick</b>	1 Stick	350	160	18	8	0	35	420	44	2	19	4	2	0	4	10
<b>Cocoa Boston Kreme Donut</b>	1 Donut	280	110	13	5	0	0	270	39	2	16	5	0	0	2	15
<b>Cocoa Butternut Donut</b>	1 Donut	260	100	11	5	0	0	250	36	2	17	4	0	0	0	10
<b>Cocoa Coconut Donut</b>	1 Donut	260	110	13	6	0	0	260	33	2	13	5	0	0	2	15
<b>Cocoa Coffee Roll</b>	1 Coffee Roll	310	130	14	6	0	0	360	44	3	17	5	2	0	2	15
<b>Cocoa Confetti Donut</b>	1 Donut	270	110	12	5	0	0	260	35	2	15	4	0	0	2	10
<b>Cocoa Glazed Donut</b>	1 Donut	240	100	11	4.5	0	0	240	32	2	12	4	0	0	0	10
<b>Cocoa Jelly Donut</b>	1 Donut	300	110	12	5	0	0	260	45	2	15	5	0	0	0	15
<b>Cocoa Kreme Puff Donut</b>	1 Donut	300	150	16	7	0	0	260	34	2	16	4	0	0	0	10
<b>Coffee Roll</b>	1 Coffee Roll	400	160	18	7	0	0	400	53	3	19	7	0	0	4	10
<b>Cupid's Choice Donut</b>	1 Donut	310	130	14	6	0	0	270	43	1	19	4	0	0	2	8
<b>Cupid's Cocoa Donut</b>	1 Donut	320	120	14	6	0	0	290	47	2	17	4	2	0	0	10
<b>Double Chocolate Cake Donut</b>	1 Donut	380	230	25	11	0	0	410	36	2	17	4	0	0	2	10
<b>Double Cocoa Coffee Roll</b>	1 Coffee Roll	320	140	15	6	0	0	370	44	3	17	5	2	0	2	15
<b>Double Cocoa Kreme Donut</b>	1 Donut	300	140	16	7	0	0	260	36	2	14	5	0	0	0	15
<b>Double Cocoa Kreme Puff Donut</b>	1 Donut	290	140	16	6	0	0	260	34	2	13	5	0	0	0	15
<b>Dulce de Chocolate Donut</b>	1 Donut	350	150	17	7	0	5	360	45	1	21	4	2	0	4	8
<b>Dulce de Leche Donut</b>	1 Donut	290	140	16	7	0	0	340	31	1	10	4	2	0	4	6
<b>Eclair</b>	1 Eclair	390	170	19	8	0	0	360	52	2	21	5	0	0	2	10
<b>French Cruller</b>	1 Donut	250	180	20	9	0	35	105	18	0	10	2	0	0	0	0
<b>Glazed Cake Donut</b>	1 Donut	360	200	22	10	0	25	300	44	1	19	3	4	0	2	6
<b>Glazed Cake Stick</b>	1 Stick	370	160	18	8	0	35	420	48	1	23	4	2	0	2	10
<b>Glazed Chocolate Cake Stick</b>	1 Stick	390	220	25	11	0	0	540	40	2	17	3	0	0	2	10
<b>Glazed Cocoa Jelly Donut</b>	1 Donut	290	100	11	4.5	0	0	250	44	2	14	4	0	0	0	10
<b>Glazed Donut</b>	1 Donut	260	130	14	6	0	0	330	31	1	12	3	2	0	0	6
<b>Guayaba Burst Donut</b>	1 Donut	300	140	15	7	0	0	330	38	1	15	4	2	0	0	6
<b>Jelly Filled Donut</b>	1 Donut	290	130	14	7	0	0	340	36	1	6	3	2	0	0	6
<b>Jelly Stick</b>	1 Stick	420	160	18	8	0	35	440	60	1	20	4	2	0	2	10
<b>Lemon Filled Donut</b>	1 Donut	270	140	15	7	0	0	350	31	1	9	4	2	0	0	6
<b>Lemon Meringue Pie Donut</b>	1 Donut	320	140	16	7	0	0	360	42	1	19	3	2	0	0	6
<b>Maple Frosted Cocoa Donut</b>	1 Donut	250	100	11	4.5	0	0	250	33	2	14	4	0	0	0	10
<b>Maple Frosted Coffee Roll</b>	1 Coffee Roll	410	170	19	8	0	0	410	54	3	20	7	0	0	4	10
<b>Maple Frosted Donut</b>	1 Donut	270	140	15	7	0	0	340	32	1	14	3	2	0	0	6
<b>Marble Frosted Cocoa Donut</b>	1 Donut	260	100	11	4.5	0	0	250	36	2	17	4	0	0	0	10
<b>Marble Frosted Donut</b>	1 Donut	270	140	15	7	0	0	340	32	1	13	3	2	0	0	8
<b>Old Fashioned Cake Donut</b>	1 Donut	320	200	22	10	0	25	300	33	1	9	3	4	0	10	6
<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	220	100	11	4.5	0	0	240	25	2	6	5	0	0	0	10
<b>Reverse Boston Kreme Donut</b>	1 Donut	290	110	12	5	0	0	260	42	2	20	4	0	0	2	10
<b>Strawberry Frosted Cocoa Donut</b>	1 Donut	250	100	11	4.5	0	0	250	33	2	14	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 Donut</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>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>Espresso Beverages</b>																	
<b>Cappuccino</b>																	
<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>Espresso</b>																	
<b>Espresso</b>	1.75 fl oz	5	0	0	0	0	0	5	1	0	1	0	0	0	0	0	
<b>Espresso with Sugar</b>	1.75 fl oz	30	0	0	0	0	0	5	7	0	7	0	0	0	0	0	
<b>Turbo Shot™ Extra Large</b>	4 fl oz	10	0	0	0	0	0	15	2	0	2	0	0	0	0	0	
<b>Turbo Shot™ Large</b>	3.5 fl oz	10	0	0	0	0	0	15	2	0	2	0	0	0	0	0	
<b>Turbo Shot™ Medium</b>	2.5 fl oz	5	0	0	0	0	0	10	1	0	1	0	0	0	0	0	
<b>Turbo Shot™ Small</b>	1.75 fl oz	5	0	0	0	0	0	5	1	0	1	0	0	0	0	0	
<b>Iced Latte</b>																	
<b>Iced Caramel Swirl Latte Small</b>	16 fl oz	220	50	6	3.5	0	25	150	35	0	34	8	4	2	25	0	
<b>Iced Caramel Swirl Latte with Skim Milk Small</b>	16 fl oz	180	0	0	0	0	5	150	36	0	35	9	8	2	25	0	
<b>Iced Latte Lite Large</b>	32 fl oz	160	0	0	0	0	5	220	25	0	20	14	15	4	40	0	
<b>Iced Latte Lite Medium</b>	24 fl oz	120	0	0	0	0	5	170	19	0	15	10	10	2	30	0	
<b>Iced Latte Small</b>	16 fl oz	120	50	6	3.5	0	25	105	10	0	10	6	4	0	20	0	
<b>Iced Latte with Skim Milk Small</b>	16 fl oz	70	0	0	0	0	0	110	11	0	10	7	8	0	20	0	
<b>Iced Latte with Skim Milk and Sugar Small</b>	16 fl oz	130	0	0	0	0	0	110	28	0	27	7	8	0	20	0	
<b>Iced Latte with Sugar Small</b>	16 fl oz	170	50	6	3.5	0	25	100	27	0	27	6	4	0	20	0	
<b>Iced Mocha Raspberry Latte Large</b>	32 fl oz	450	110	12	8	0	50	220	73	2	64	13	8	4	35	0	
<b>Iced Mocha Raspberry Latte Medium</b>	24 fl oz	340	80	9	6	0	35	160	54	2	48	10	6	2	25	0	
<b>Iced Mocha Raspberry Latte Small</b>	16 fl oz	230	60	6	4	0	25	110	36	1	32	7	4	0	20	0	
<b>Iced Mocha Spice Latte Large</b>	32 fl oz	450	110	12	8	0	50	190	70	2	64	13	8	4	35	0	
<b>Iced Mocha Spice Latte Medium</b>	24 fl oz	330	80	9	6	0	35	140	53	2	48	10	6	2	25	0	
<b>Iced Mocha Spice Latte Small</b>	16 fl oz	220	60	6	4	0	25	95	35	1	32	7	4	0	20	0	
<b>Iced Mocha Swirl Latte Small</b>	16 fl oz	220	60	6	4	0	25	115	35	1	32	7	4	0	20	0	
<b>Iced Mocha Swirl Latte with Skim Milk Small</b>	16 fl oz	180	0	0	0	0	0	125	36	1	32	8	8	0	20	0	
<b>Iced Vanilla Latte Lite Small</b>	16 fl oz	90	0	0	0	0	0	110	14	0	10	7	8	0	20	0	

**Latte**



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

Other Bakery	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>																	
<b>Apple Fritter</b>	1 Fritter	410	150	17	7	0	0	380	60	2	27	6	0	0	2	10	
<b>Biscuit</b>	1 Biscuit	280	130	14	8	0	0	620	32	1	2	5	0	0	4	15	
<b>Brownie</b>	1 Brownie	440	210	23	5	0	55	250	58	1	49	3	2	0	2	10	
<b>Double Cocoa Fritter</b>	1 Fritter	430	170	19	8	0	0	430	62	3	30	5	2	0	2	15	
<b>English Muffin</b>	1 Muffin	160	20	2	0	0	0	350	31	1	1	5	0	0	4	10	
<b>Glazed Fritter</b>	1 Fritter	410	150	17	7	0	0	380	60	2	27	6	0	0	2	10	
<b>Plain Croissant</b>	1 Croissant	310	150	16	7	0	0	350	35	1	4	7	0	0	4	10	
<b>Vanilla Cocoa Fritter</b>	1 Fritter	440	180	20	8	0	0	420	63	2	35	5	2	0	2	15	

Other Hot Beverages	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>																	
<b>Caramel Hot Chocolate</b>																	
<b>Caramel Hot Chocolate Extra Large</b>	24 fl oz	560	160	18	16	0	0	670	99	4	74	5	0	0	6	10	
<b>Caramel Hot Chocolate Large</b>	20 fl oz	460	130	15	14	0	0	560	82	3	62	4	0	0	6	8	
<b>Caramel Hot Chocolate Medium</b>	14 fl oz	330	90	11	10	0	0	400	59	2	44	3	0	0	4	6	
<b>Caramel Hot Chocolate Small</b>	10 fl oz	230	60	7	7	0	0	270	40	2	30	2	0	0	2	4	
<b>Dunkaccino®</b>																	
<b>Dunkaccino® Small</b>	10 fl oz	240	100	11	9	0	10	220	35	1	26	2	2	0	4	2	
<b>Hot Chocolate</b>																	
<b>Hot Chocolate Small</b>	10 fl oz	220	60	7	7	0	0	270	39	2	30	2	0	0	2	4	
<b>Vanilla Chai</b>																	
<b>Vanilla Chai</b>	14 fl oz	330	70	8	8	0	10	180	53	1	45	11	10	2	30	2	
<b>White Hot Chocolate</b>																	
<b>White Hot Chocolate Large</b>	20 fl oz	470	150	17	16	0	5	650	79	1	65	4	4	0	10	2	

<b>White Hot Chocolate Medium</b>	14 fl oz	340	110	12	11	0	5	460	56	1	47	3	4	0	8	2
<b>White Hot Chocolate Small</b>	10 fl oz	230	70	8	8	0	5	310	38	1	32	2	2	0	6	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 Sandwiches</b>																	
<b>Other Sandwiches</b>																	
<b>Egg White Turkey Sausage Flatbread</b>	1 Sandwich	280	70	8	3	0	15	770	32	3	4	19	8	0	25	10	
<b>Egg White Veggie Flatbread</b>	1 Sandwich	280	90	10	4	0	20	690	32	3	3	16	6	0	25	10	
<b>Grilled Cheese Flatbread</b>	1 Sandwich	380	170	18	9	0	45	840	36	1	2	16	10	0	35	15	
<b>Ham &amp; Cheese Flatbread</b>	1 Sandwich	310	100	11	4.5	0	40	880	35	1	2	19	4	0	25	15	
<b>Turkey, Cheddar &amp; Bacon Flatbread</b>	1 Sandwich	410	180	20	7	0	50	1140	36	1	2	22	6	2	20	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>Tea</b>																	
<b>Hot Tea</b>																	
<b>Decaffeinated Tea</b>	10 fl oz	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	
<b>Decaffeinated Tea with Milk</b>	10 fl oz	20	10	1	0.5	0	5	20	1	0	1	1	0	0	4	0	
<b>Decaffeinated Tea with Milk and Sugar</b>	10 fl oz	80	10	1	0.5	0	5	20	19	0	19	1	0	0	4	0	
<b>Decaffeinated Tea with Skim Milk</b>	10 fl oz	10	0	0	0	0	0	20	2	0	2	1	0	0	4	0	
<b>Decaffeinated Tea with Skim Milk and Sugar</b>	10 fl oz	70	0	0	0	0	0	20	19	0	19	1	0	0	4	0	
<b>Decaffeinated Tea with Sugar</b>	10 fl oz	60	0	0	0	0	0	5	17	0	17	0	0	0	0	0	
<b>Earl Grey Tea</b>	10 fl oz	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	
<b>Earl Grey Tea with Milk</b>	10 fl oz	20	10	1	0.5	0	5	20	1	0	1	1	0	0	4	0	
<b>Earl Grey Tea with Milk and Sugar</b>	10 fl oz	80	10	1	0.5	0	5	20	19	0	19	1	0	0	4	0	
<b>Earl Grey Tea with Skim Milk</b>	10 fl oz	10	0	0	0	0	0	20	2	0	2	1	0	0	4	0	
<b>Earl Grey Tea with Skim Milk and Sugar</b>	10 fl oz	70	0	0	0	0	0	20	19	0	19	1	0	0	4	0	
<b>Earl Grey Tea with Sugar</b>	10 fl oz	60	0	0	0	0	0	5	17	0	17	0	0	0	0	0	
<b>English Breakfast Tea</b>	10 fl oz	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	
<b>English Breakfast Tea with Milk</b>	10 fl oz	20	10	1	0.5	0	5	20	1	0	1	1	0	0	4	0	
<b>English Breakfast Tea with Milk and Sugar</b>	10 fl oz	80	10	1	0.5	0	5	20	19	0	19	1	0	0	4	0	
<b>English Breakfast Tea with Skim Milk</b>	10 fl oz	10	0	0	0	0	0	20	2	0	2	1	0	0	4	0	
<b>English Breakfast Tea with Skim Milk and Sugar</b>	10 fl oz	70	0	0	0	0	0	20	19	0	19	1	0	0	4	0	
<b>English Breakfast Tea with Sugar</b>	10 fl oz	60	0	0	0	0	0	5	17	0	17	0	0	0	0	0	
<b>Freshly Brewed Tea with Milk</b>	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 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
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
<b>Iced Sweet Tea</b>																
Sweet Tea	16 fl oz	120	0	0	0	0	0	0	29	0	28	0	0	0	0	0
<b>Iced Tea</b>																
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 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
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

	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>Wake-Up Wrap®</b>																
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	115	600	14	1	1	11	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

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.

Dunkin' Donuts has made a reasonable effort to provide nutritional and ingredient information based upon standard product formulations and following the FDA guidelines using formulation and nutrition labeling software. Variations may occur due to: seasonal conditions; regional differences; ingredient substitutions and differences in product assembly or size at the restaurant. Test products, limited time offers and regional menu variations may not be included and not all items listed may be available in all restaurants. The information on these printed materials may vary from that which may be available in our restaurants. We will update [www.DunkinDonuts.com](http://www.DunkinDonuts.com) frequently, so please revisit this site for the most current information. Any customers with specific dietary concerns are advised to [www.DunkinDonuts.com](http://www.DunkinDonuts.com) or call our customer care line at 800-859-5339.