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- Nutritional data is derived using our standard formulations applied to ESHA Genesis R & D Nutritional Software and information from our suppliers.
- Due to suppliers, ingredient substitutions, recipe changes, preparation at the restaurant level, and seasonal variances, products vary in size and portion.
- Some products are available only at participating locations.
- Test and new products are not included in this brochure.
- This nutritional data is given by Yum Yum Donuts, Inc. for informational purposes only.
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Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,400 milligrams of sodium.

NUTRITIONAL INFORMATION

	Serving Size	Grams	Calories (kilocalories)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fatty Acid (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Total Sugars (grams)	Protein (grams)	Vitamin A - International Units (IU)	Vitamin C (%)	Calcium (%)	Iron (%)
DONUTS																	
Bar - Chocolate Iced	1 Donut	91	380	170	19	8	0	0	490	44	2	14	6	0	2	2	10
Bar - Maple Iced	1 Donut	91	380	170	19	8	0	0	480	44	2	14	6	0	2	2	10
Bar - Vanilla Iced	1 Donut	90	370	170	19	8	0	0	480	44	2	14	6	0	2	2	10
Buttermilk Bar - Chocolate Iced	1 Donut	109	420	170	19	8	0	0	370	61	4	34	4	0	0	4	10
Buttermilk Bar - Glazed	1 Donut	109	420	160	18	8	0	0	330	61	3	35	3	0	0	4	8
Buttermilk Bar - Maple Iced	1 Donut	109	420	170	19	8	0	0	340	62	3	35	3	0	0	4	8
Buttermilk Bar - Plain	1 Donut	74	300	160	18	8	0	0	330	32	3	10	3	0	0	2	8
Cake, Chocolate - Chocolate Iced	1 Donut	67	210	80	9	3	0	20	300	33	3	17	3	0	0	2	10
Cake, Chocolate - Chocolate Iced w/ Chocolate Sprinkles	1 Donut	72	240	80	9	5	0	20	300	37	3	21	3	0	0	2	10
Cake, Chocolate - Chocolate Iced w/ Coconut	1 Donut	77	260	110	13	7	0	20	300	37	3	17	4	0	0	2	10
Cake, Chocolate - Chocolate Iced w/ Peanuts	1 Donut	73	250	110	12	4	0	20	300	34	3	17	5	0	0	2	10
Cake, Chocolate - Chocolate Iced w/ Rainbow Sprinkles	1 Donut	72	240	80	9	5	0	20	300	37	3	21	3	0	0	2	10
Cake, Chocolate - Plain	1 Donut	54	170	80	9	3	0	20	290	22	2	8	3	0	0	2	8
Cake, White - Cherry Iced	1 Donut	76	270	110	12	5	0	20	310	40	2	22	3	0	0	4	6
Cake, White - Cherry Iced w/Rainbow Sprinkles	1 Donut	81	300	110	12	5	0	20	310	44	2	27	3	0	0	4	6
Cake, White - Chocolate Iced	1 Donut	76	270	110	12	5	0	20	320	39	2	22	3	0	0	4	8
Cake, White - Cinnamon Crumb	1 Donut	92	330	140	16	6	0	25	400	45	3	23	4	0	0	4	8
Cake, White - Donut Sugar	1 Donut	69	260	110	12	5	0	20	300	34	2	16	3	0	0	2	6
Cake, White - Lemon Iced	1 Donut	76	270	110	12	5	0	20	310	40	2	22	3	0	0	4	6
Cake, White - Maple Iced	1 Donut	76	270	110	12	5	0	20	310	40	2	22	3	0	0	4	6
Cake, White - Orange Iced	1 Donut	76	270	110	12	5	0	20	310	40	2	22	3	0	0	4	6
Cake, White - Plain	1 Donut	52	190	90	11	4	0	15	270	22	2	9	3	0	0	2	6
Cake, White - Vanilla Iced	1 Donut	76	270	110	12	5	0	20	310	40	2	23	3	0	0	4	6
Cake, White - Vanilla Iced w/ Chocolate Sprinkles	1 Donut	81	300	110	12	5	0	20	310	44	2	27	3	0	0	4	6
Cake, White - Vanilla Iced w/ Coconut	1 Donut	86	320	140	16	8	0	20	310	44	2	23	4	0	0	4	8
Cake, White - Vanilla Iced w/ Peanuts	1 Donut	81	310	130	15	5	0	20	300	41	3	23	4	0	0	4	6
Cake, White - Vanilla Iced w/ Rainbow Sprinkles	1 Donut	81	300	110	12	5	0	20	310	44	2	27	3	0	0	4	6
Donut Hole - Chocolate Sprinkles	1 Donut Hole	34	140	50	6	2	0	5	90	21	1	15	1	0	0	2	2
Donut Hole - Cinnamon Crumb	1 Donut Hole	34	130	60	6	3	0	10	120	17	1	10	1	0	0	2	2
Donut Hole - Cinnamon Sugar	1 Donut Hole	34	130	45	5	2	0	5	85	22	1	17	1	0	0	2	2
Donut Hole - Coconut	1 Donut Hole	34	140	70	8	5	0	5	90	17	1	9	1	0	0	2	2
Donut Hole - Donut Sugar	1 Donut Hole	34	140	50	6	2	0	5	95	21	1	11	1	0	0	0	2
Donut Hole - Glazed	1 Donut Hole	24	90	40	4.5	2	0	5	80	12	1	8	1	0	0	2	2
Donut Hole - Plain	1 Donut Hole	15	60	35	4	2	0	5	70	6	0	2	1	0	0	0	2
Donut Hole - Powdered Sugar	1 Donut Hole	34	140	50	6	3	0	5	95	21	1	11	1	0	0	0	2

	Serving Size	Grams	Calories (kilocalories)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fatty Acid (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Total Sugars (grams)	Protein (grams)	Vitamin A - International Units (IU)	Vitamin C (%)	Calcium (%)	Iron (%)
DONUTS continued																	
Fancy - Bear Claw	1 Donut	175	700	350	38	16	0	5	1040	75	4	12	12	0	2	6	25
Fancy - Butterfly	1 Donut	136	530	210	23	10	0	0	620	74	4	30	8	0	2	8	15
Fancy - Cinnamon Roll	1 Roll	155	630	280	31	13	0	0	710	80	5	30	9	0	2	8	15
Fancy - Fritter, Apple	1 Donut	176	600	200	23	9	0	0	690	93	5	39	8	0	2	8	15
Fancy - Fritter, Blueberry	1 Donut	169	540	210	23	10	0	0	490	75	2	38	6	0	2	4	10
Fancy - Fritter, Pineapple	1 Donut	181	680	310	34	14	0	0	660	81	3	36	8	0	2	4	15
Fancy - Heart	1 Donut	85	290	100	11	5	0	0	350	44	1	21	4	0	2	2	8
Fancy - Horseshoe	1 Donut	184	700	290	33	13	0	5	980	89	4	27	12	0	2	6	20
Fancy - Star	1 Donut	99	340	110	13	5	0	0	410	52	2	25	5	0	2	4	8
Filled - Apple Jelly w/ Cinnamon Crumb	1 Donut	119	370	130	15	6	0	5	600	53	3	12	7	0	2	4	10
Filled - Lemon Jelly w/ Donut Sugar	1 Donut	119	360	110	12	5	0	0	430	58	1	24	5	0	0	2	8
Filled - Raspberry Jelly w/ Glaze	1 Donut	119	390	120	13	5	0	0	500	61	2	24	6	0	2	2	10
Filled - Strawberry Jelly w/ Sugar	1 Donut	119	380	110	13	5	0	0	510	60	2	27	6	0	4	2	10
Filled - Vanilla Creme w/ Chocolate Icing	1 Donut	119	350	120	13	6	0	0	580	51	2	11	6	0	2	2	10
French - Cherry Iced	1 Donut	72	270	130	14	6	0	60	340	32	1	16	3	2	0	2	2
French - Chocolate Iced	1 Donut	72	270	130	15	6	0	60	350	32	1	15	3	2	0	2	4
French - Cinnamon Sugared	1 Donut	71	280	160	18	8	0	65	420	26	1	7	4	2	0	4	4
French - Glazed	1 Donut	72	270	130	14	6	0	60	330	32	1	15	3	2	0	2	2
French - Maple Iced	1 Donut	72	270	130	14	6	0	60	340	32	1	16	3	2	0	2	2
French - Vanilla Iced	1 Donut	72	270	130	14	6	0	60	340	32	1	16	3	2	0	2	2
Mini Cake, White - Choc Iced w/ Chocolate Sprinkles	1 Donut	42	140	50	5	2	0	10	180	22	2	13	2	0	0	2	6
Mini Cake, White - Chocolate Iced	1 Donut	38	140	50	6	2	0	10	160	20	1	11	2	0	0	2	4
Mini Cake, White - Chocolate Iced /w Rainbow Sprinkles	1 Donut	42	150	60	7	2	0	10	170	23	1	14	2	0	0	2	4
Mini Cake, White - Plain	1 Donut	28	100	50	6	2	0	10	150	12	1	5	2	0	0	2	2
Mini Cake, White - Vanilla Iced w/ Rainbow Sprinkles	1 Donut	42	140	50	5	2	0	10	170	22	1	13	2	0	0	2	4
Mini Fancy - Cinnamon Roll	1 Roll	75	310	130	15	6	0	0	340	39	2	15	4	0	0	4	8
Mini Fancy - Fritter, Pineapple	1 Donut	106	400	180	20	8	0	0	390	47	1	21	5	0	2	2	8
Mini Fancy - Fritter, Apple	1 Donut	103	350	120	13	6	0	0	410	55	3	23	5	0	2	4	10
Mini Fancy - Fritter, Blueberry	1 Donut	98	310	120	13	6	0	0	290	43	1	22	3	0	2	2	6
Old Fashioned - Chocolate Iced	1 Donut	110	420	160	18	7	0	20	400	59	2	37	5	0	0	4	10
Old Fashioned - Glazed	1 Donut	110	410	160	17	7	0	20	360	60	2	37	4	0	0	2	6
Old Fashioned - Maple Iced	1 Donut	110	410	160	18	7	0	20	370	60	2	37	4	0	0	2	6
Old Fashioned - Plain	1 Donut	74	300	160	17	7	0	20	360	31	2	12	4	0	0	2	6
Puffies w/ Vanilla Creme Filling	3 Puffies	50	150	70	8	4	0	45	250	16	1	3	2	0	0	2	0
Raised Ring - Chocolate Iced	1 Donut	80	270	90	10	4	0	0	340	41	1	20	0	0	2	2	8

	Serving Size	Grams	Calories (kilocalories)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fatty Acid (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Total Sugars (grams)	Protein (grams)	Vitamin A - International Units (IU)	Vitamin C (%)	Calcium (%)	Iron (%)
DONUTS continued																	
Raised Ring - Chocolate Iced w/ Chocolate Sprinkles	1 Donut	80	270	90	10	4	0	0	340	41	1	20	0	0	2	2	8
Raised Ring - Chocolate Iced w/ Rainbow Sprinkles	1 Donut	80	270	90	10	4	0	0	340	41	1	20	4	0	2	2	8
Raised Ring - Cinnamon Crumb	1 Donut	66	220	80	9	4	0	5	310	31	1	11	4	0	0	2	6
Raised Ring - Cinnamon Sugared	1 Donut	66	250	90	10	5	0	0	420	33	2	8	5	0	2	2	8
Raised Ring - Coconut	1 Donut	66	240	110	12	7	0	0	260	30	2	13	4	0	0	2	8
Raised Ring - Cookie Crumb	1 Donut	66	230	80	9	4	0	0	280	33	1	12	4	0	0	2	6
Raised Ring - Glazed	1 Donut	66	220	80	9	4	0	0	290	31	1	12	4	0	0	2	6
Raised Ring - Maple Iced	1 Donut	74	250	80	9	4	0	0	310	38	1	17	4	0	0	2	6
Raised Ring - Orange Iced	1 Donut	74	250	90	10	4	0	0	320	36	1	15	4	0	0	2	6
Raised Ring - Rainbow Sprinkles	1 Donut	80	270	90	10	4	0	0	330	42	1	20	4	0	2	2	6
Raised Ring - Sugared	1 Donut	66	230	80	9	3	0	0	290	34	1	17	4	0	0	2	6
Raised Ring - Vanilla Iced	1 Donut	74	250	90	10	4	0	0	320	37	1	15	4	0	0	2	6
Raised Ring - Vanilla Iced w/ Chocolate Sprinkles	1 Donut	80	270	90	10	4	0	0	330	42	1	20	4	0	2	2	6
Raised Ring - Vanilla Iced w/ Coconut	1 Donut	80	280	110	13	6	0	0	310	39	1	15	4	0	0	2	8
Raised Ring - Vanilla Iced w/ Rainbow Sprinkles	1 Donut	78	270	90	10	4	0	0	320	41	1	20	4	0	0	2	6
Twist - Chocolate Iced	1 Donut	98	400	170	19	8	0	0	550	48	2	14	7	0	2	2	15
Twist - Glazed	1 Donut	98	390	170	19	8	0	0	540	48	2	14	7	0	2	2	10
Twist - Sugared	1 Donut	105	430	170	19	8	0	0	540	58	2	26	7	0	2	2	10
Wheat & Spice - Cinnamon Crumb	1 Donut	92	330	150	16	6	0	5	340	45	4	23	4	0	0	4	8
Wheat & Spice - Glazed	1 Donut	74	270	120	13	5	0	0	260	36	3	18	4	0	0	2	6
Wheat & Spice - Plain	1 Donut	62	230	120	13	5	0	0	260	26	3	10	4	0	0	2	6
MUFFINS																	
Apple Spice	1 Muffin	154	490	170	19	5	0	90	710	77	3	41	6	2	0	8	15
Banana Nut	1 Muffin	160	610	300	33	5	0	90	640	67	3	39	12	2	6	6	20
Blueberry	1 Muffin	132	430	160	18	4	0	90	640	63	1	37	6	2	0	6	15
Bran	1 Muffin	164	450	150	16	4	0	0	990	74	8	45	7	0	2	6	15
Chocolate Chip	1 Muffin	144	580	240	27	10	0	90	640	82	2	53	7	2	0	6	20
Cranberry Orange	1 Muffin	186	470	160	18	4	0	90	640	73	4	44	6	2	35	6	15
Cranberry Nut	1 Muffin	205	670	330	37	6	0	90	640	74	5	43	14	2	20	8	20
Cream Cheese	1 Muffin	177	610	240	27	11	0	120	820	82	1	56	9	6	0	8	15
Double Chocolate	1 Muffin	174	640	260	29	9	0	90	830	91	3	59	8	2	0	6	30
Lemon Poppy Seed	1 Muffin	135	470	170	20	5	0	90	660	68	2	40	7	2	2	10	15
Pineapple Coconut	1 Muffin	182	600	240	27	14	0	90	720	83	2	47	7	2	6	6	20
Pineapple Upsidedown	1 Muffin	186	510	170	19	5	0	90	660	81	1	54	6	2	10	6	15

	Serving Size	Grams	Calories (kilocalories)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fatty Acid (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Total Sugars (grams)	Protein (grams)	Vitamin A - International Units (IU)	Vitamin C (%)	Calcium (%)	Iron (%)	
SANDWICHES																		
Breakfast - Bacon and Cheddar on Whole Wheat Bagel	1 Sandwich	145	410	120	14	5	0	25	700	57	4	5	17	4	0	15	20	
Breakfast - Chipotle on Whole Wheat Bagel	1 Sandwich	297	640	250	28	10	0	465	1340	58	4	7	38	15	6	20	35	
Breakfast - Chorizo on Whole Wheat Bagel	1 Sandwich	277	720	360	40	16	0	505	1060	59	4	7	33	15	8	20	30	
Breakfast - Egg and Cheese on Croissant	1 Sandwich	250	830	470	53	25	0	540	1300	60	3	16	29	35	6	20	30	
Breakfast - Egg, Cheese on Whole Wheat Bagel	1 Sandwich	222	540	240	26	10	0	450	690	51	3	6	26	15	6	20	30	
Breakfast - Ham, Egg, Cheese on Whole Wheat Bagel	1 Sandwich	292	630	250	28	10	0	465	1300	58	4	7	38	15	6	20	35	
Breakfast - Ranchero on Whole Wheat Bagel	1 Sandwich	405	670	250	28	10	0	465	1840	62	4	11	38	25	40	20	35	
Breakfast - Sausage, Egg, Cheese on Whole Wheat Bagel	1 Sandwich	291	810	450	50	19	0	450	1060	58	4	7	34	20	6	20	35	
Deli - BLTCC on Whole Wheat Bagel	1 Sandwich	238	400	130	14	8	0	45	680	55	4	8	16	25	15	6	15	
Deli - Cold Albacore Tuna Salad on Whole Wheat Bagel	1 Sandwich	328	580	250	28	5	0	60	970	54	5	7	31	25	15	15	20	
Deli - Cold Black Forest Ham on Whole Wheat Bagel	1 Sandwich	333	500	120	13	4.5	0	50	1680	59	5	7	36	25	15	15	25	
Deli - Cold Turkey Breast on Whole Wheat Bagel	1 Sandwich	343	550	170	19	4.5	0	65	1700	61	5	7	35	25	15	15	20	
Deli - Hot Black Forest Ham on Whole Wheat Bagel	1 Sandwich	282	610	220	24	7	0	60	1900	57	5	5	39	4	2	10	20	
Deli - Hot Chicken Breast Fillet on Whole Wheat Bagel	1 Sandwich	253	570	210	23	6	0	75	940	58	5	5	34	4	4	10	20	
Deli - Hot Pastrami Sandwich on Whole Wheat Bagel	1 Sandwich	273	730	370	41	14	0	100	1540	57	4	6	36	4	2	10	30	
Extreme Melt - Albacore Tuna on Whole Wheat Bagel	1 Sandwich	313	750	360	40	18	0	60	1340	54	4	6	47	4	4	6	15	
Extreme Melt - Bacon Avocado on Whole Wheat Bagel	1 Sandwich	255	720	380	42	20	0	40	1230	57	6	6	35	4	6	4	15	
Extreme Melt - Black Forest Ham on Whole Wheat Bagel	1 Sandwich	313	700	290	32	18	0	50	2050	53	3	5	51	2	0	4	20	
Extreme Melt - Piña Hawiaain on Whole Wheat Bagel	1 Sandwich	334	710	290	33	19	0	55	1690	67	5	9	40	4	15	6	20	
Extreme Melt - Turkey Breast on Whole Wheat Bagel	1 Sandwich	313	680	280	31	17	0	60	2000	55	3	5	48	2	0	4	15	
Ham & Cheese (Swiss or Cheddar) on Whole Wheat Bagel	1 Sandwich	320	680	280	31	13	0	85	1580	61	2	6	42	50	15	45	25	
EXTRAS AND SPREADS																		
Albacore Tuna Salad	4 oz	112	170	90	10	1	0	40	430	1	1	1	19	2	4	2	2	
Avocado	1 oz	28	45	40	4.5	0.5	0	0	0	2	2	0	1	0	4	0	0	
Bacon	0.3 oz	9	45	30	3	1	0	10	180	0	0	0	3	0	0	0	0	
Black Forest Ham	4 oz	112	120	20	2	1	0	30	1130	0	0	0	22	0	0	0	4	
Butter	2 oz	57	400	400	45	32	0	120	0	0	0	0	0	30	0	0	0	
Chicken Fillet	3 oz	85	90	10	1	0	0	45	180	1	0	0	17	0	2	0	4	
Cream Cheese - Lite, Flavored, Chives (Large Tub)	8 oz	227	510	390	43	29	0	145	800	16	1	8	14	15	8	15	2	
Cream Cheese - Lite, Flavored, Chives (Small Tub)	2 oz	57	130	100	11	7	0	35	200	4	0	2	4	4	2	4	0	
Cream Cheese - Lite, Flavored, Sun Dried Tomato (Large Tub)	8 oz	227	570	400	45	29	0	145	1170	27	3	14	18	20	10	15	10	
Cream Cheese - Lite, Flavored, Sun Dried Tomato (Small Tub)	2 oz	57	140	100	11	7	0	35	290	7	1	3	4	4	4	4	2	
Cream Cheese - Lite (Large Tub)	8 oz	227	570	440	49	32	0	160	890	16	0	8	16	15	0	15	0	
Cream Cheese - Lite (Small Tub)	2 oz	57	140	110	12	8	0	40	220	4	0	2	4	4	0	4	0	

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EXTRAS AND SPREADS continued																	
Cream Cheese - Regular (Large Tub)	8 oz	227	760	680	76	53	0	225	790	15	0	15	15	45	0	15	0
Cream Cheese - Regular (Small Tub)	2 oz	57	190	170	19	13	0	55	200	4	0	4	4	10	0	4	0
Deli Cheese (Jack or Cheddar)	1 oz	28	110	80	9	5	0	30	170	1	0	0	7	6	0	20	0
Honey	0.3 oz	10	30	0	0	0	0	0	0	8	0	8	0	0	0	0	0
Pastrami	4 oz	112	300	220	24	10	0	80	950	0	0	0	22	0	0	0	10
Peanut Butter	1 oz	32	190	140	16	3	0	0	150	7	2	3	7	0	0	0	8
Peanut Butter & Strawberry Jelly	1.5 oz	46	210	140	16	3	0	0	150	13	2	7	7	0	0	0	8
Strawberry Jelly	0.5 oz	14	25	0	0	0	0	0	6	0	0	4	0	0	0	0	0
Turkey Breast	4 oz	112	100	10	1	0	0	40	1090	2	0	0	20	0	0	0	0
DRINKS																	
Chilla - French Vanilla Cappuccino, 16 oz	16 fl oz	454	650	270	30	19	0	25	430	85	0	63	5	4	0	15	2
Chilla - French Vanilla Cappuccino, 20 oz	20 fl oz	567	810	330	37	23	0	25	560	107	0	79	7	6	2	15	2
Chilla - French Vanilla Caramel Cappuccino, 16 oz	16 fl oz	454	810	250	27	18	0	30	520	128	0	96	5	4	0	15	2
Chilla - French Vanilla Caramel Cappuccino, 20 oz	20 fl oz	567	1040	300	33	21	0	35	680	171	0	127	6	4	0	20	2
Chilla - Guava, 16 oz	16 fl oz	454	340	200	22	5	0	25	15	22	0	8	0	0	30	0	0
Chilla - Guava, 20 oz	20 fl oz	567	410	240	27	5	0	25	15	27	0	9	0	0	40	0	0
Chilla - Mocha Cappuccino, 16 oz	16 fl oz	454	590	180	20	19	0	30	550	91	1	72	10	4	0	15	2
Chilla - Mocha Cappuccino, 20 oz	20 fl oz	567	740	220	25	23	0	35	700	115	1	91	13	4	2	20	4
Chilla - Mocha Caramel Cappuccino, 16 oz	16 fl oz	454	750	170	19	18	0	40	620	134	1	105	9	4	0	15	2
Chilla - Mocha Caramel Cappuccino, 20 oz	20 fl oz	567	980	200	22	21	0	45	810	179	1	139	12	4	0	20	4
Chilla - Piña Colada, 16 oz	16 fl oz	454	460	140	15	5	0	25	55	74	0	62	1	0	160	4	2
Chilla - Piña Colada, 20 oz	20 fl oz	567	580	160	18	5	0	25	70	93	0	79	1	0	210	6	2
Chilla - Strawberry Banana, 16 oz	16 fl oz	454	400	80	9	4	0	20	10	79	4	62	1	2	15	2	2
Chilla - Strawberry Banana, 20 oz	20 fl oz	567	500	100	11	4	0	20	10	98	5	78	1	2	20	2	2
Chilla - Wild Berry, 16 oz	16 fl oz	454	400	190	21	5	0	25	15	43	0	31	0	0	10	0	0
Chilla - Wild Berry, 20 oz	20 fl oz	567	490	240	26	5	0	25	20	53	0	39	0	0	15	0	0
Coffee - Hot Brewed, 12 oz	12 fl oz	340	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Coffee - Hot Brewed, 16 oz	16 fl oz	454	5	0	0	0	0	0	10	0	0	0	1	0	0	0	0
Coffee - Hot Brewed, 20 oz	20 fl oz	567	5	0	0	0	0	0	10	0	0	0	1	0	0	0	2
Coffee - Hot Brewed, 24 oz	24 fl oz	680	5	0	0	0	0	0	15	0	0	0	1	0	0	0	2
Coffee - Hot Brewed, Caramel Flavored, 12 oz	12 fl oz	340	180	5	0	0	0	5	190	33	0	32	11	15	2	40	0
Coffee - Hot Brewed, Caramel Flavored, 16 oz	16 fl oz	354	270	5	0	0	0	10	340	46	0	45	21	25	6	80	0
Coffee - Hot Brewed, Caramel Flavored, 20 oz	20 fl oz	567	320	5	0	0	0	5	340	59	0	57	20	25	4	80	0
Coffee - Hot Brewed, Caramel Flavored, 24 oz	24 fl oz	680	380	5	0	0	0	10	400	70	0	68	24	30	6	90	0
Coffee - Hot Brewed, Hazelnut Flavored, 12 oz	12 fl oz	354	90	5	0	0	0	0	75	18	0	16	2	0	0	6	0

	Serving Size	Grams	Calories (kilocalories)	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fatty Acid (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Total Sugars (grams)	Protein (grams)	Vitamin A - International Units (IU)	Vitamin C (%)	Calcium (%)	Iron (%)
DRINKS continued																	
Coffee - Hot Brewed, Hazelnut Flavored, 16 oz	16 fl oz	454	170	10	1	0	0	5	90	37	0	35	2	0	0	6	0
Coffee - Hot Brewed, Hazelnut Flavored, 20 oz	20 fl oz	568	170	10	1	0	0	5	90	37	0	35	2	0	0	6	0
Coffee - Hot Brewed, Hazelnut Flavored, 24 oz	24 fl oz	680	200	10	1	0	0	5	95	44	0	42	2	0	0	6	0
Coffee - Hot Brewed, Vanilla Flavored, 12 oz	12 fl oz	354	150	15	2	0	0.5	0	80	33	0	31	1	0	0	0	0
Coffee - Hot Brewed, Vanilla Flavored, 16 oz	16 fl oz	369	180	15	2	0	0.5	0	80	39	0	37	1	0	0	0	0
Coffee - Hot Brewed, Vanilla Flavored, 20 oz	20 fl oz	567	220	25	3	0	1	0	135	47	0	44	2	0	0	0	0
Coffee - Hot Brewed, Vanilla Flavored, 24 oz	24 fl oz	680	310	30	4	0	1	0	150	69	0	65	2	0	0	2	0
Coffee - Iced, Caramel Flavored, 20 oz	20 fl oz	383	190	15	2	0	0.5	0	90	43	0	0	39	1	0	0	0
Coffee - Iced, Hazelnut Flavored, 20 oz	20 fl oz	572	150	20	2.5	1	0	5	190	29	0	24	3	0	2	10	0
Coffee - Iced, Vanilla Flavored, 20 oz	20 fl oz	566	150	20	2.5	1	0	5	190	30	0	25	3	0	2	10	0
Fountain Drink - Coke, 20 oz	20 fl oz	567	220	0	0	0	0	0	20	62	0	62	0	0	0	0	0
Fountain Drink - Coke, 24 oz	24 fl oz	681	270	0	0	0	0	0	25	74	0	74	0	0	0	0	0
Fountain Drink - Coke, 32 oz	32 fl oz	907	350	0	0	0	0	0	35	98	0	98	0	0	0	0	0
Fountain Drink - Diet coke, 20 oz	20 fl oz	567	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Fountain Drink - Diet coke, 24 oz	24 fl oz	680	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Fountain Drink - Diet coke, 32 oz	32 fl oz	907	5	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Fountain Drink - Fanta, 20 oz	20 fl oz	567	270	0	0	0	0	0	20	72	0	72	0	0	0	0	0
Fountain Drink - Fanta, 24 oz	24 fl oz	680	320	0	0	0	0	0	25	87	0	87	0	0	0	0	0
Fountain Drink - Fanta, 32 oz	32 fl oz	907	430	0	0	0	0	0	30	116	0	116	0	0	0	0	0
Fountain Drink - Sprite, 20 oz	20 fl oz	567	230	0	0	0	0	0	50	57	0	51	0	0	0	2	4
Fountain Drink - Sprite, 24 oz	24 fl oz	680	270	0	0	0	0	0	60	69	0	61	0	0	0	2	4
Fountain Drink - Sprite, 32 oz	32 fl oz	907	360	0	0	0	0	0	80	92	0	81	0	0	0	2	6
Fresh Juice - Carrot, 16 oz	16 fl oz	454	180	5	1	0	0	0	130	40	4	0	4	990	60	10	10
Fresh Juice - Carrot, 20 oz	20 fl oz	567	220	10	1	0	0	0	160	50	5	0	5	1240	70	10	10
Fresh Juice - Orange, 16 oz	16 fl oz	454	200	10	1	0	0	0	0	47	1	38	3	20	380	4	6
Fresh Juice - Orange, 20 oz	20 fl oz	567	260	10	1	0	0	0	5	59	1	48	4	25	470	6	6
Fresh Juice - Orange/Carrot Mix, 16 oz	16 fl oz	454	190	10	1	0	0	0	65	44	2	19	4	500	220	8	8
Fresh Juice - Orange/Carrot Mix, 20 oz	20 fl oz	567	240	10	1	0	0	0	85	54	3	24	4	630	270	10	10
Hot Cappuccino - French Vanilla, 12 oz	12 fl oz	355	290	90	10	10	0	0	290	48	0	38	3	2	0	10	2
Hot Cappuccino - French Vanilla, 16 oz	16 fl oz	473	390	120	13	13	0	0	390	64	0	50	4	4	0	10	2
Hot Cappuccino - French Vanilla, 20 oz	20 fl oz	592	490	150	16	16	0	0	480	79	0	62	6	4	0	15	2
Hot Cappuccino - French Vanilla, 24 oz	24 fl oz	710	580	180	20	19	0	0	580	95	0	75	7	6	2	20	2
Hot Cappuccino - Mocha, 12 oz	12 fl oz	355	280	80	9	9	0	0	270	47	0	35	4	2	0	10	2
Hot Cappuccino - Mocha, 16 oz	16 fl oz	473	380	110	12	12	0	0	370	62	1	47	5	4	0	15	2
Hot Cappuccino - Mocha, 20 oz	20 fl oz	592	470	140	15	15	0	0	460	78	1	59	6	4	0	15	4

