

Hot Plate DOMESTIC	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)
Cinnabon® Classic Roll	1 (241g)	880	37	16	0	55	1150	129	2	61	59	12
Minibon® Roll	1 (96g)	350	15	7	0	25	350	52	1	24	24	5
Caramel Pecanbon®	1 (286)	1090	51	20	0.5	65	1280	149	4	77	75	14
Caramel Pecanbon MiniBon® Roll	1 (116g)	460	22	8	0	30	400	62	2	33	31	6
Cinnabon® Classic Bites, 4 ct	4-Bites (100g)	410	17	8	0	25	480	58	2	27	25	5
Caramel Pecanbon® Bites, 4 ct	4 Bites (125g)	560	30	10	0	30	570	67	2	34	32	7
Churro Stick, unfilled, 1 ct	1 (65g)	210	9	1.5	0	0	230	27	1	5	4	4
Center of The Roll-Classic	1 (198g)	760	34	16	0	50	870	106	2	60	58	9
Center of The Roll-Caramel Pecanbon	1 (213g)	860	44	17	0.5	50	890	108	3	60	59	10
CinnaSweeties™ 5 ct	1 (49g)	250	13	6	0	0	190	32	1	13	11	3
CinnaSweeties™ 10 ct	1 (97g)	500	25	12	0	0	380	63	2	27	21	7
Cookie Bonbite, 1 ct	1 (67g)	260	12	6	0	15	210	38	2	20	19	3
Frosting pint	1/16(23g)	110	7	3	0	5	60	12	0	11	11	0
Topping Cup ,Cinnabon® Cream Cheese Frosting	1 (48g)	220	14	7	0	15	130	24	0	23	23	1
Topping Cup, Cinnabon® Caramel Frosting	1 (51g)	210	9	5	0	15	150	31	0	28	27	1
Topping Cup, Cinnabon® Caramel Topping	1 (62g)	240	8	5	0	20	180	42	0	37	36	1
Topping Cup, Cinnabon® Chocolate Sauce	1 (57g)	130	1	0	0	0	0	33	3	28	27	2
Topping Cup, Cinnabon® Pecans	1 (24g)	170	17	2	0	0	95	3	2	1	0	2
Topping Cup, Oreo® pieces	1 (24g)	110	5	2	0	0	80	17	0	10	9	1
Cinnapack™: Pre-Packed & Ready to Heat	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)
CinnaPack Classic Rolls, 6 pk & 4 pk	1 Roll (255g)	940	41	18	0.5	60	1180	136	2	68	66	13
Minibon® Roll CinnaPack, 15 pk & 9 pk	1 Roll (104g)	380	17	8	0	25	350	55	1	28	27	5
Caramel Pecanbon® CinnaPack Classic Rolls, 6 pk & 4 pk	1 Roll (300 g)	1160	55	22	1	70	1320	156	4	84	81	14
Caramel Pecanbon® Minibon® Roll, 15 pk & 9 pk	1 Roll (125g)	490	24	9	0	30	410	65	2	36	35	6
CinnaPack® Classic BonBites™ 16 pk	4 Rolls (115g)	460	21	10	0	30	510	63	2	32	32	5
CinnaPack® Pecanbon BonBites™ 16 pk	4 Rolls (135g)	600	32	11	0	30	600	73	2	37	36	7
Beverages	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)
MochaLatta Chill®, 16 oz	16 fl. oz (476g)	340	13	8	0	40	170	50	1	43	33	7
MochaLatta Chill®, 24 oz	24 fl. oz (646g)	450	16	9	0	45	280	69	2	61	46	10
Classic Lemonade, 16 oz	16 fl. oz (439g)	100	0	0	0	0	20	25	0	23	23	0
Classic Lemonade, 24 oz	24 fl. oz (610g)	150	0	0	0	0	25	37	0	34	34	0
Raspberry Lemonade, 16 oz	16 fl. oz (454g)	160	0	0	0	0	20	38	0	37	36	0
Raspberry Lemonade, 24 oz	24 fl. oz (619g)	220	0	0	0	0	25	54	0	51	50	0
Classic Frozen Lemonade, 16 oz	16 fl. oz (454g)	250	0	0	0	0	25	62	0	57	56	0
Classic Frozen Lemonade, 24 oz	24 fl. oz (581g)	310	0	0	0	0	30	77	0	71	70	0
Raspberry Frozen Lemonade, 16 oz	16 fl. oz (482g)	290	0	0	0	0	25	71	0	68	67	0
Raspberry Frozen Lemonade, 24 oz	24 fl. oz (629g)	390	0	0	0	0	35	96	0	92	91	0
Iced Cold Brew Coffee, Vanilla, 16 oz	16 fl. oz (449g)	110	2	1	0	5	40	22	0	21	18	2

Iced Cold Brew Coffee, Vanilla, 24 oz	24 fl. oz (624g)	170	3	2	0	10	55	33	0	32	27	3
Iced Cold Brew Coffee, Cinnamon Roll, 16 oz	16 fl. oz (459g)	120	2	1	0	5	65	22	0	20	17	2
Iced Cold Brew Coffee, Cinnamon Roll, 24 oz	24 fl. oz (638g)	170	3	2	0	10	95	33	0	30	26	3
Frozen Cold Brew Coffee, Vanilla, 16 oz	16 fl. oz (483g)	450	15	10	0	55	180	73	0	66	56	6
Frozen Cold Brew Coffee, Vanilla, 24 oz	24 fl. oz (668g)	620	19	12	0	75	250	105	0	96	81	9
Frozen Cold Brew Coffee, Cinnamon Roll, 16 oz	16 fl. oz (493g)	450	15	10	0	55	200	73	0	65	55	6
Frozen Cold Brew Coffee, Cinnamon Roll, 24 oz	24 fl. oz (682g)	630	19	12	0	75	290	105	0	95	80	9
Strawberries & Cream Chillattas®, 16 oz	16 fl. oz (530g)	570	16	11	0	65	190	101	0	93	81	8
Strawberries & Cream Chillattas®, 24 oz	24 fl. oz (700g)	770	21	14	0	80	280	137	0	127	109	11
Double Chocolate Mocha Chillattas®, 16 oz	16 fl. oz (476g)	350	13	7	0	35	160	55	2	48	38	8
Double Chocolate Mocha Chillattas®, 24 oz	24 fl. oz (610g)	460	15	8	0	40	200	77	3	68	55	10
Oreo® Cookies & Cream Chillattas®, 16 oz	16 fl. oz (519g)	640	25	13	0	65	350	96	1	75	63	9
Oreo® Cookies & Cream Chillattas®, 24 oz	24 fl. oz (685g)	850	32	17	0	80	480	130	1	102	85	13
Churro Chillattas®, 16 oz	16 fl. oz (533g)	720	28	12	0	60	530	105	1	69	59	11
Churro Chillattas®, 24 oz	24 fl. oz (697g)	880	33	16	0	75	620	132	2	94	80	14
Coffee, 12 oz	12 fl. oz (283g)	5	0	0	0	0	5	0	0	0	0	0
Coffee, 16 oz	16 fl. oz (340g)	5	0	0	0	0	5	0	0	0	0	0
Coffee, 20 oz	20 fl. oz (510g)	5	0	0	0	0	10	0	0	0	0	0
Hot Cocoa, 12 oz with Whipped Cream	12 fl. oz (363g)	290	11	3	0	15	370	54	2	49	35	3
Hot Cocoa, 16 oz with Whipped Cream	16 fl. oz (430)	310	12	4	0	20	370	55	2	49	36	3
Savory Snacks	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)
Egg & Cheese Sandwich-with Cheese Roll	1 (156g)	380	15	8	0	90	870	42	2	7	6	17
Sausage, Egg & Cheese Sandwich-with Cheese Roll	1 (199g)	560	33	14	0	125	1100	42	2	7	6	21
Bacon, Egg & Cheese Sandwich-with Cheese Roll	1 (170g)	460	21	10	0	100	1340	42	2	7	6	23
Egg & Cheese Sandwich-on Ciabatta	1 (156g)	420	17	4.5	0	130	910	53	2	1	0	15
Sausage, Egg & Cheese Sandwich-On Ciabatta	1 (198)	600	35	10	0	165	1140	53	2	1	0	19
Bacon, Egg & Cheese Sandwich-on Ciabatta	1 (166g)	470	21	6	0	140	1080	53	2	1	0	18
Egg & Cheese Sandwich-on Croissant	1 (128 g)	410	28	11	0	140	360	27	1	4	4	11
Sausage, Egg & Cheese Sandwich-On Croissant	1 (170g)	590	46	17	0	175	590	27	1	4	4	15
Bacon, Egg & Cheese Sandwich-on Croissant	1 (138g)	460	32	13	0	150	530	27	1	4	4	14
Smoked Turkey Panini Sandwich -with Cheese Roll	1 (221g)	530	24	12	0	80	1650	49	2	9	6	29
Black Forest Ham Panini Sandwich -with Cheese Roll	1 (221g)	540	25	13	0	80	1410	48	2	9	6	28
Smoked Turkey Club Panini Sandwich -with Cheese Roll	1 (217g)	530	24	12	0	80	1650	49	2	8	6	28
Smoked Turkey Panini Sandwich -with Croissant	1 (197g)	510	30	13	0	70	1090	35	1	7	4	24
Black Forest Ham Panini Sandwich -with Croissant	1 (197g)	510	31	14	0	70	850	34	1	7	4	23
Smoked Turkey Club Panini Sandwich -with Croissant	1 (200g)	530	33	13	0	80	1520	35	1	6	4	24
Grilled Cheese Panini Sandwich -with Croissant	1 (137)	520	36	20	0.5	75	760	29	1	6	4	18
Grilled Cheese Panini Sandwich -with Cheese Roll	1 (158g)	480	24	15	0	65	1370	46	2	10	6	21
Maple Sausage Bites, 3 ct	3 Bites (125g)	480	35	13	0	55	880	29	1	5	4	11
Maple Sausage Bites, 5 ct	5 Bites (208g)	800	58	21	0	90	1460	48	2	8	7	19
Maple Syrup	1.5 fl. Oz. (39g)	100	0	0	0	0	50	27	0	14	14	0

*naturally occurring trans fats