

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Bagel Twists												
Tomato Basil Bagel Twist	1 Bagel Twist	N/A	360	55	4	15	9	23	4.5	0	20	760
Chocolate Chip Bagel Twist	1 Bagel Twist	N/A	340	66	4	10	4	11	1.5	0	0	530
Cheddar Cheese Bagel Twist	1 Bagel Twist	N/A	400	63	5	17	9	20	4.5	0	20	800
French Toast Bagel Twist	1 Bagel Twist	N/A	330	66	4	10	2.5	7	0	0	0	540
Bagels												
Blueberry	1 bagel	NA	330	65	5	11	3	8	1	0	0	620
Cinnamon Raisin	1 bagel	NA	330	65	5	11	3.5	10	0.5	0	0	450
Everything	1 bagel	NA	350	66	5	13	4.5	12	0.5	0	0	660
Multigrain	1 bagel	NA	390	65	9	14	8	18	0.5	0	0	560
Onion	1 bagel	NA	310	63	3	11	2	6	0	0	0	380
Plain	1 bagel	NA	320	63	5	11	2.5	7	0.5	0	0	660
Poppyseed	1 bagel	NA	350	64	5	13	6	15	0.5	0	0	660
Salt	1 bagel	NA	320	63	5	11	2.5	7	0.5	0	0	3420
Sesame	1 bagel	NA	360	63	5	13	6	15	0.5	0	0	660
Garlic	1 bagel	NA	340	68	6	12	2.5	7	0.5	0	0	660
Wheat	1 bagel	NA	320	61	5	12	3.5	10	0	0	0	550
Cream Cheese												
Plain Cream Cheese	1 unit(50g)	NA	150	3	0	3	15	90	9	0.5	40	250
Muffins												
Gingerbread	1 muffin	NA	530	82	2	9	19	32	3.5	0	75	660
Pumpkin	1 muffin	NA	660	83	3	7	26	35	6	0	55	520
Blueberry	1 muffin	NA	480	81	2	6	15	28	1.5	0	15	470
Blueberry, Reduced Fat 25% Less Fat than our regular Blueberry Muffin	1 muffin	NA	430	80	2	6	9	19	1	0	15	650
Chocolate Chip	1 muffin	NA	590	92	3	7	22	34	6	0	20	490
Coffee Cake Muffin	1 muffin	NA	630	95	1	7	25	36	7	0	15	510
Corn	1 muffin	NA	490	80	1	6	16	29	1.5	0	20	820
English Muffin	1 muffin	2.5 oz	160	31	1	5	2	11	0	0	0	350
Honey Bran Raisin	1 muffin	NA	480	82	5	6	13	24	1.5	0	15	430
Danish												
Apple Cheese	1 Danish	NA	330	41	1	4	16	43	7	0	0	270
Cheese	1 Danish	NA	330	39	1	5	17	46	8	0	5	270
Strawberry Cheese	1 Danish	NA	320	40	1	4	16	45	7	0	0	260
Munchkins												
Cinnamon Cake Munchkin	1 Munchkin	N/A	60	6	0	1	3.5	53	1.5	0	5	65
Glazed Cake Munchkin	1 Munchkin	N/A	70	8	0	1	3.5	45	1.5	0	5	65
Plain Cake Munchkin	1 Munchkin	N/A	60	6	0	1	3.5	53	1.5	0	5	65
Powdered Cake Munchkin	1 Munchkin	N/A	60	7	0	1	3.5	53	1.5	0	5	65
Glazed Chocolate Cake Munchkin	1 Munchkin	N/A	70	8	0	1	3.5	45	1.5	0	0	85
Glazed Munchkin	1 Munchkin	N/A	70	7	0	1	4	51	2	0	0	80
Jelly Filled Munchkin	1 Munchkin	N/A	80	9	0	1	4	45	2	0	0	85
Sugared Munchkin	1 Munchkin	N/A	60	6	0	1	3.5	53	1.5	0	5	65
Donuts												
Apple Crumb	1 Donut	NA	490	80	2	4	18	33	9	0	0	350

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Apple N' Spice	1 Donut	NA	270	32	1	3	14	47	6	0	0	350
Bavarian Kreme	1 Donut	NA	270	31	1	4	15	50	7	0	0	350
Blueberry Cake	1 each	NA	340	44	1	4	17	45	8	0	30	570
Blueberry Crumb	1 each	NA	500	84	2	4	18	32	9	0	0	350
Boston Kreme	1 each	NA	310	39	1	3	16	46	7	0	0	370
Chocolate Coconut Cake	1 each	NA	550	47	2	5	39	64	25	0	0	390
Chocolate Frosted Cake	1 each	NA	370	45	1	4	23	56	10	0	25	320
Chocolate Frosted	1 each	NA	270	31	1	3	15	50	7	0	0	340
Chocolate Glazed Cake	1 each	NA	370	35	1	3	24	58	11	0	0	390
Chocolate Kreme Filled	1 each	NA	370	42	1	4	21	51	10	0	0	370
Cinnamon Cake	1 each	NA	340	38	1	3	22	58	10	0	25	300
Double Chocolate Cake	1 each	NA	380	36	2	4	25	59	11	0	0	410
Glazed Cake Donut	1 each	NA	360	44	1	3	22	55	10	0	25	300
Glazed Donut	1 Donut	NA	260	31	1	3	14	48	6	0	0	330
Jelly Filled	1 each	NA	290	36	1	3	14	43	7	0	0	340
Maple Frosted	1 each	NA	270	32	1	3	15	50	7	0	0	340
Marble Frosted Donut	1 Donut	N/A	270	340	32	3	15	50	7	0	0	340
Old Fashioned Cake	1 each	NA	320	33	1	3	22	62	10	0	25	300
Monkey See Monkey Donut	1 Donut	N/A	340	43	2	5	17	45	8	0	0	360
Pina Colada Donut	1 Donut	N/A	330	42	1	4	17	46	9	0	0	380
Pina Boom Donut	1 Donut	N/A	270	32	1	4	15	50	7	0	0	350
Guayaba Burst Donut	1 Donut	N/A	300	38	1	4	15	45	7	0	0	330
Dulce de Chocolate Donut	1 Donut	N/A	350	45	1	4	17	44	7	0	5	360
Dulce de Leche Donut	1 Donut	N/A	290	31	1	4	16	50	7	0	0	340
Gingerbread Donut	1 Donut	N/A	310	42	1	4	14	41	6	0	25	360
Powdered Cake Donut	1 Donut	N/A	340	38	1	4	22	58	10	0	25	300
Pumpkin Donut	1 Donut	N/A	340	38	1	3	19	50	9	0	25	260
Strawberry Frosted Donut	1 Donut	N/A	280	32	1	3	15	48	7	0	0	340
Sugar Raised Donut	1 Donut	N/A	230	22	1	3	14	55	6	0	0	330
Vannila Kreme Filled Donut	1 Donut	N/A	380	42	1	4	23	54	10	0	0	370
French Cruller	1 Donut	N/A	250	18	0	2	20	72	9	0	35	105
Sprinkle the Cheer Donut	1 Donut	N/A	290	35	1	3	15	47	7	0	0	330
Fancies												
Biscuit	1 Biscuit	NA	280	32	1	3	14	45	8	0	0	620
Apple Fritter	1 Fritter	N/A	410	60	2	6	17	37	7	0	0	380
Chocolate Iced Bismark	1 Bismark	N/A	390	52	2	5	19	44	8	0	0	360
Bow Tie Donut	1 Donut	N/A	310	39	1	4	15	44	7	0	0	400
Eclair Donut	1 Eclair	N/A	390	52	2	5	19	44	8	0	0	360
Glazed Fritter	1 Fritter	N/A	410	60	2	6	17	37	7	0	0	380
Maple Frosted Coffee Roll	1 Coffee Roll	N/A	410	54	3	7	19	42	8	0	0	410
Vannila Frosted Coffee Roll	1 Coffee Roll	N/A	410	54	3	7	19	42	8	0	0	410
Coffee Roll	1 Coffee Roll	N/A	400	53	3	7	18	41	7	0	0	400
Chocolate Frosted Coffee Roll	1 Coffee Roll	N/A	410	53	3	7	19	42	8	0	0	420
Croissant, Plain	1 Croissant	N/A	310	35	1	7	16	46	7	0	0	350
Brownies	1 Brownie	N/A	440	58	1	3	23	47	5	0	55	250

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Sticks												
Plain Cake	1 stick	NA	330	36	1	4	18	49	8	0	35	420
Jelly	1 stick	NA	420	60	1	4	18	39	8	0	35	440
Powdered Cake	1 stick	NA	360	43	2	5	18	45	8	0	35	420
Cinnamon Cake	1 stick	NA	350	44	2	4	18	46	8	0	35	420
Glazed Chocolate Cake	1 stick	NA	390	40	2	3	25	58	11	0	0	540
Glazed Cake	1 stick	NA	370	48	1	4	18	44	8	0	35	420
Other Oven Toasted Items												
Sausage Pancake Bites	3 Pancake Bites	N/A	300	23	1	7	20	60	7	0	20	550
Hash Brown	9 Pieces	N/A	20	22	3	2	11	49	1.5	0	0	730
Oven Toasted Breakfast Sandwiches												
Maple Cheddar	1 Sandwich	N/A	720	42	2	26	49	61	20	0.5	240	1140
Bacon, Egg & Cheese on Croissant	1 Sandwich	N/A	530	38	2	20	33	56	13	0.5	205	1030
Bacon, Egg & Cheese on Biscuit	1 Sandwich	N/A	490	35	1	18	30	55	14	0.5	205	1300
Bacon, Egg & Cheese on English Muffin	1 Sandwich	N/A	370	34	1	18	18	44	6	0	205	1030
Bacon, Egg White & Cheese on English Muffin	1 Sandwich	N/A	300	33	1	19	10	30	4.5	0	15	1040
Bacon, Egg White & Cheese on Wheat English Muffin	1 Sandwich	N/A	290	32	2	20	10	31	4.5	0	15	1050
Egg & Cheese on Bagel	1 Sandwich	N/A	480	66	5	20	15	28	5	0	200	1130
Egg & Cheese on Biscuit	1 Sandwich	N/A	440	35	1	14	27	55	13	0.5	200	1090
Egg & Cheese on Croissant	1 Sandwich	N/A	480	38	2	16	29	54	12	0.5	200	820
Egg & Cheese on English Muffin	1 Sandwich	N/A	320	34	1	14	15	42	5	0	200	820
Egg White & Cheese on English Muffin	1 Sandwich	N/A	250	33	1	15	7	25	3	0	10	830
Egg White & Cheese on Wheat English Muffin	1 Sandwich	N/A	250	32	2	15	7	25	3	0	10	840
Sausage, Egg & Cheese on Croissant	1 Sandwich	N/A	680	39	2	24	46	61	18	0.5	250	1280
Bacon, Egg & Cheese on Bagel	1 Sandwich	N/A	530	66	5	24	19	32	7	0	205	1340
Ham, Egg & Cheese on English Muffin	1 Sandwich	N/A	360	34	1	20	16	40	6	0	215	1080
Ham, Egg White & Cheese on English Muffin	1 Sandwich	N/A	280	33	1	21	8	26	3.5	0	25	1090
Ham, Egg White & Cheese on Wheat English Muffin	1 Sandwich	N/A	280	32	2	21	8	26	3.5	0	25	1110
Sausage, Egg & Cheese on Bagel	1 Sandwich	N/A	680	67	5	29	32	42	12	0	250	1590
Sausage, Egg & Cheese on English Muffin	1 Sandwich	N/A	520	34	1	23	31	54	12	0	250	1280
Sausage, Egg White & Cheese on English Muffin	1 Sandwich	N/A	450	34	1	24	23	46	9	0	60	1290
Sausage, Egg White & Cheese on Wheat English Muffin	1 Sandwich	N/A	450	33	2	24	23	46	9	0	60	1310

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Sausage, Egg & Cheese on Biscuit	1 Sandwich	N/A	640	36	1	22	44	62	19	0.5	250	1550
Ham, Egg & Cheese on Bagel	1 Sandwich	N/A	510	66	5	26	16	28	6	0	215	1390
Ham, Egg & Cheese on Croissant	1 Sandwich	N/A	510	38	2	21	31	55	12	0.5	215	1080
Ham, Egg & Cheese on Biscuit	1 Sandwich	N/A	480	35	1	19	28	53	14	0.5	215	1350
Sausage Biscuit	1 Sandwich	N/A	450	33	1	12	28	56	14	0	45	1020
Chicken Biscuit	1 Sandwich	N/A	500	48	2	20	25	45	10	0	35	1260
Oven Toasted Flats, Sandwiches & Wraps												
Egg White Veggie Flat Bread	1 Sandwich	N/A	330	35	4	20	12	33	5	0	25	820
Egg White Turkey Sausage Flat Bread	1 Sandwich	N/A	290	34	3	21	8	25	3	0	20	600
Egg White & Cheese Wake-Up Wrap	1 Wrap	N/A	150	13	1	8	7	42	3	0	10	480
Bacon, Egg White & Cheese Wake-Up-Wrap	1 Wrap	N/A	170	13	1	10	8	42	3.5	0	10	580
Ham, Egg White & Cheese Wake-Up Wrap	1 Wrap	N/A	160	13	1	11	7	39	3.5	0	20	610
Sausage, Egg White & Cheese Wake-Up Wrap	1 Wrap	N/A	250	14	1	12	15	54	6	0	35	710
Egg & Cheese Wake-Up wrap	1 Wrap	N/A	180	14	1	8	11	55	4	0	105	470
Bacon, Egg & Cheese Wake-Up Wrap	1 Wrap	N/A	210	14	1	10	12	51	5	0	105	580
Sausage, Egg & Cheese Wake-Up Wrap	1 Wrap	N/A	280	14	1	12	19	61	7	0	130	700
Ham, Egg & Cheese Wake-Up Wrap	1 Wrap	N/A	200	14	1	11	11	50	4.5	0	115	600
Tuna Salas Sandwich on a Plain Bagel	1 Sandwich	N/A	540	69	5	18	20	33	3	0	30	1070
Ham & Cheese Flatbread	1 Sandwich	N/A	320	34	1	20	11	31	5	0	40	960
Turkey Cheddar & Bacon Flatbread	1 Sandwich	N/A	410	36	1	21	20	44	7	0	50	1110
Grilled Cheese Flatbread	1 Sandwich	N/A	380	35	1	16	18	43	9	0.5	45	850
Cravings Sandwiches												
Pressed Cuban	1 Sandwich	N/A	680	50	2	46	33	44	13	0	120	2000
Chicken Bruschetta	1 each	NA	580	49	2	37	26	40	7	0	80	1200
Chipotle Chicken	1 each	NA	600	50	3	43	25	38	8	0	85	1380
Pastrami Supreme	1 each	NA	750	51	3	48	39	47	16	0	125	2060
Deli Classics Sandwiches												
Tuna (Albacore)	1 Sandwich	N/A	660	56	3	31	19	26	2.5	0	5	1280
Turkey and Cheese	1 each	NA	450	52	3	35	13	26	4.5	0	60	1500
Favorite Sandwiches												
Tuna Melt Sandwich	1 Sandwich	N/A	770	57	3	36	30	35	7	0	70	1560
Chicken Cordon Bleu	1 each	NA	550	51	4	45	19	31	7	0	95	1370
Toasted Italian	1 Sandwich	N/A	560	52	3	33	25	40	9	0	75	2630
Steak and Cheese	1 Sandwich	N/A	470	50	2	31	16	31	6	0	75	2040
Turkey and Bacon Club	1 Sandwich	N/A	440	51	3	35	13	27	3	0	45	1800
Salads												
Caesar		7.3 oz	320	11	3	6	29	82	6	0	30	790

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Chicken Caesar Garden		10.4 oz	440	11	3	25	33	68	7	0	75	1020
		12.3 oz	180	21	4	8	6	30	3	0	15	500
Soups												
Broccoli Cheddar Soup		8 oz	190	14	2	10	11	52	6	0	35	990
Chicken Noodle		8 oz	130	19	1	7	3	21	1	0	45	970
Cookies												
Reverse Chocolate Chunk	1 Cookie	NA	380	50	2	5	18	43	10	0	40	320
Triple Chocolate Chunk Cookie	1 Cookie	NA	360	53	2	5	15	38	8	0	35	380
Gingerbread	1 Cookie	NA	140	23	0	2	4.5	29	2.5	0	5	125
Oatmeal Raisin	1 Cookie	N/A	320	54	3	5	9	25	4.5	0	30	210
Coolatta												
Vanilla Bean Coolatta Sm		16 fl oz	430	91	0	3	6	13	3.5	0	20	170
Vanilla Bean Coolatta Med		24 fl oz	650	136	0	4	9	12	5	0	30	260
Vanilla Bean Coolatta Lg		32 fl oz	860	181	0	6	12	13	7	0	45	350
Coffee Coolatta with Milk Sm		16 fl oz	240	50	0	4	4	15	2.5	0	15	90
Coffee Coolatta with Milk Med		24 fl oz	360	75	0	6	6	15	3.5	0	25	130
Coffee Coolatta with Milk Lg		32 fl oz	480	100	0	8	8	15	5	0	35	180

**See Dunkin Donuts' Website for other beverages