






NUTRITIONAL INFORMATION

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- Our products may contain or have come in contact with allergens: wheat, soy, milk, eggs, and nuts.
- 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 Winchell's Donut House for informational purposes only.
- Winchell's Donut House, its franchisees, suppliers, vendors, and/or its employees do not assume responsibility for sensitivity or allergy to any product or ingredient from our shops. Anyone with any food sensitivity, allergies, special dietary needs, or specific dietary injuries and/or concerns should consult a medical professional of their own selection regarding the suitability of our food products and/or ingredients, and should regularly review the information contained at www.Winchells.com for content updates.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

	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 (milligrams)	Calcium (milligrams)	Iron (milligrams)
DONUTS																	
Bar - Chocolate Iced	1 Donut	91	380	170	19	70	0	0	490	44	2	14	6	0	2	2	10
Bar - Maple Iced	1 Donut	91	380	170	19	70	0	0	480	44	2	14	6	0	2	2	10
Bar - Vanilla Iced	1 Donut	90	370	170	19	70	0	0	480	44	2	14	6	0	2	2	10
Buttermilk Bar - Chocolate Iced	1 Donut	109	420	170	19	70	0	0	370	61	4	34	4	0	0	4	10
Buttermilk Bar - Glazed	1 Donut	109	420	160	18	70	0	0	330	61	3	35	3	0	0	4	8
Buttermilk Bar - Maple Iced	1 Donut	109	420	170	19	70	0	0	340	62	3	35	3	0	0	4	8
Buttermilk Bar - Plain	1 Donut	74	300	160	18	70	0	0	330	32	3	10	3	0	0	2	8
Cake, Chocolate - Chocolate Iced	1 Donut	67	210	80	9	30	0	20	300	33	3	17	3	0	0	2	10
Cake, Chocolate - Choc. Iced w/ Choc Sprinkles	1 Donut	72	240	80	9	35	0	20	300	37	3	21	3	0	0	2	10
Cake, Chocolate - Chocolate Iced w/ Coconut	1 Donut	77	260	110	13	60	0	20	300	37	3	17	4	0	0	2	10
Cake, Chocolate - Chocolate Iced w/ Peanuts	1 Donut	73	250	110	12	35	0	20	300	34	3	17	5	0	0	2	10
Cake, Chocolate - Choc. Iced w/ Rainbow Sprinkles	1 Donut	72	240	80	9	30	0	20	300	37	3	21	3	0	0	2	10
Cake, Chocolate - Plain	1 Donut	54	170	80	9	30	0	20	290	22	2	8	3	0	0	2	8
Cake, White - Cherry Iced	1 Donut	76	270	110	12	40	0	20	310	40	2	22	3	0	0	4	6
Cake, White - Cherry Iced w/Rainbow Sprinkles	1 Donut	81	300	110	12	40	0	20	310	44	2	27	3	0	0	4	6
Cake, White - Chocolate Iced	1 Donut	76	270	110	12	40	0	20	320	39	2	22	3	0	0	4	8
Cake, White - Cinnamon Crumb	1 Donut	92	330	140	16	50	0	25	400	45	3	23	4	0	0	4	8
Cake, White - Lemon Iced	1 Donut	76	270	110	12	40	0	20	310	40	2	22	3	0	0	4	6
Cake, White - Maple Iced	1 Donut	76	270	110	12	40	0	20	310	40	2	22	3	0	0	4	6
Cake, White - Orange Iced	1 Donut	76	270	110	12	40	0	20	310	40	2	22	3	0	0	4	6
Cake, White - Plain	1 Donut	52	190	90	11	35	0	15	270	22	2	9	3	0	0	2	6
Cake, White - Sugared	1 Donut	69	260	110	12	40	0	20	300	34	2	16	3	0	0	2	6
Cake, White - Vanilla Iced	1 Donut	76	270	110	12	40	0	20	310	40	2	23	3	0	0	4	6
Cake, White - Vanilla Iced w/ Chocolate Sprinkles	1 Donut	81	300	110	12	40	0	20	310	44	2	27	3	0	0	4	6
Cake, White - Vanilla Iced w/ Coconut	1 Donut	86	320	140	16	70	0	20	310	44	2	23	4	0	0	4	8
Cake, White - Vanilla Iced w/ Peanuts	1 Donut	81	310	130	15	45	0	20	300	41	3	23	4	0	0	4	6
Cake, White - Vanilla Iced w/ Rainbow Sprinkles	1 Donut	81	300	110	12	40	0	20	310	44	2	27	3	0	0	4	6
Donut Hole - Chocolate Sprinkles	1 Hole	34	140	50	6	20	0	5	90	21	1	15	1	0	0	2	2
Donut Hole - Cinnamon Crumb	1 Hole	34	130	60	6	20	0	10	120	17	1	10	1	0	0	2	2
Donut Hole - Cinnamon Sugared	1 Hole	34	130	45	5	15	0	5	85	22	1	17	1	0	0	2	2
Donut Hole - Coconut Topping	1 Hole	34	140	70	8	45	0	5	90	17	1	9	1	0	0	2	2
Donut Hole - Glazed	1 Hole	24	90	40	4.5	15	0	5	80	12	1	8	1	0	0	2	2
Donut Hole - Powdered Sugared	1 Hole	34	140	50	6	3	0	5	95	21	1	11	1	0	0	0	2
Donut Hole - Plain	1 Hole	15	60	35	4	15	0	5	70	6	0	2	1	0	0	0	2
Donut Hole - Sugared	1 Hole	34	140	50	6	20	0	5	95	21	1	11	1	0	0	0	2
Fancy Bear Claw	1 Donut	184	700	290	33	120	0	5	980	89	4	27	12	0	2	6	20
Fancy Butterfly	1 Donut	136	530	210	23	90	0	0	620	74	4	30	8	0	2	8	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 (milligrams)	Calcium (milligrams)	Iron (milligrams)
DONUTS continued																	
Fancy Cinnamon Roll	1 Roll	155	630	270	31	8	14	0	710	80	5	30	9	0	21	6	15
Fancy Fritter - Apple	1 Donut	176	600	200	23	80	0	0	690	93	5	39	8	0	2	8	15
Fancy Fritter - Blueberry	1 Donut	169	540	210	23	90	0	0	490	75	2	38	6	0	2	4	10
Fancy Fritter - Pineapple	1 Donut	181	680	310	34	130	0	0	660	81	3	36	8	0	2	4	15
Fancy Heart	1 Donut	85	290	100	11	40	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	45	0	0	410	52	2	25	5	0	2	4	8
Filled Apple Jelly - Cinnamon Crumb	1 Donut	119	370	130	15	50	0	5	600	53	3	12	7	0	2	4	10
Filled Lemon Jelly - Sugared	1 Donut	119	360	110	12	45	0	0	430	58	1	24	5	0	0	2	8
Filled Raspberry Jelly - Glazed	1 Donut	119	390	120	13	50	0	0	500	61	2	24	6	0	2	2	10
Filled Strawberry Jelly - Sugared	1 Donut	119	380	110	13	45	0	0	510	60	2	27	6	0	4	2	10
Filled Vanilla Creme - Chocolate Iced	1 Donut	119	350	120	13	6	0	0	580	51	2	11	6	0	2	2	10
French Donut - Cherry Iced	1 Donut	72	270	130	14	60	0	60	340	32	1	16	3	2	0	2	2
French Donut - Chocolate Iced	1 Donut	72	270	130	15	60	0	60	350	32	1	15	3	2	0	2	4
French Donut - Cinnamon Sugared	1 Donut	71	280	160	18	8	0	65	420	26	1	7	4	2	0	4	4
French Donut - Glazed	1 Donut	72	270	130	14	60	0	60	330	32	1	15	3	2	0	2	2
French Donut - Maple Iced	1 Donut	72	270	130	14	60	0	60	340	32	1	16	3	2	0	2	2
French Donut - Vanilla Iced	1 Donut	72	270	130	14	60	0	60	340	32	1	16	3	2	0	2	2
Mini Fancy, Cinnamon Roll	1 Roll	75	310	130	15	60	0	0	340	39	2	15	4	0	0	4	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
Mini Fancy, Fritter, Pineapple	1 Donut	106	400	180	20	8	0	0	390	47	1	21	5	0	2	2	8
Mini White Cake - Chocolate Iced	1 Donut	38	140	50	6	20	0	10	160	20	1	11	2	0	0	2	4
Mini White Cake - Choc. Iced w/ Choc. Sprinkles	1 Donut	42	140	50	5	15	0	10	180	22	2	13	2	0	0	2	6
Mini White Cake - Choc. Iced w/ Rainbow Sprinkles	1 Donut	42	150	60	7	20	0	10	170	23	1	14	2	0	0	2	4
Mini White Cake - Plain	1 Donut	28	100	50	6	20	0	10	150	12	1	5	2	0	0	2	2
Mini White Cake - Vanilla Iced w/ Rainbow Sprinkles	1 Donut	42	140	50	5	15	0	10	170	22	1	13	2	0	0	2	4
Old Fashioned - Chocolate Iced	1 Donut	110	420	160	18	60	0	20	400	59	2	37	5	0	0	4	10
Old Fashioned - Glazed	1 Donut	110	410	160	17	60	0	20	360	60	2	37	4	0	0	2	6
Old Fashioned - Maple Iced	1 Donut	110	410	160	18	60	0	20	370	60	2	37	4	0	0	2	6
Old Fashioned - Plain	1 Donut	74	300	160	17	60	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
Raised Ring - Chocolate Iced w/ Choc. 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	35	0	5	310	31	1	11	4	0	0	2	6
Raised Ring - Coconut	1 Donut	66	240	110	12	70	0	0	260	30	2	13	4	0	0	2	8

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DONUTS continued																		
	Raised Ring - Cookie Crumb	1 Donut	66	230	80	9	30	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	35	0	0	310	38	1	17	4	0	0	2	6
	Raised Ring - Orange Iced	1 Donut	74	250	90	10	35	0	0	320	36	1	15	4	0	0	2	6
	Raised Ring - Rainbow Sprinkles	1 Donut	80	270	90	10	35	0	0	330	42	1	20	4	0	2	2	6
	Raised Ring - Sugared	1 Donut	66	230	80	9	30	0	0	290	34	1	17	4	0	0	2	6
	Raised Ring - Vanilla Iced	1 Donut	74	250	90	10	35	0	0	320	37	1	15	4	0	0	2	6
	Raised Ring - Vanilla Iced w/ Chocolate Sprinkles	1 Donut	80	270	90	10	35	0	0	330	42	1	20	4	0	2	2	6
	Raised Ring - Vanilla Iced w/ Coconut	1 Donut	80	280	110	13	60	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
	Raised Ring - Cinnamon Sugared	1 Donut	66	250	90	10	40	0	0	420	33	2	8	5	0	2	2	8
	Twist - Chocolate Iced	1 Donut	98	400	170	19	70	0	0	550	48	2	14	7	0	2	2	15
	Twist - Glazed	1 Donut	98	390	170	19	70	0	0	540	48	2	14	7	0	2	2	10
	Twist - Sugared	1 Donut	105	430	170	19	70	0	0	540	58	2	26	7	0	2	2	10
	Wheat & Spice - Cinnamon Crumb	1 Donut	92	330	150	16	60	0	5	340	45	4	23	4	0	0	4	8
	Wheat & Spice - Glazed	1 Donut	74	270	120	13	45	0	0	260	36	3	18	4	0	0	2	6
	Wheat & Spice - Plain	1 Donut	62	230	120	13	45	0	0	260	26	3	10	4	0	0	2	6
MUFFINS																		
	Apple Spice	1 Muffin	154	490	170	19	45	0	90	710	77	3	41	6	2	0	8	15
	Banana Nut	1 Muffin	160	610	300	33	50	0	90	640	67	3	39	12	2	6	6	20
	Blueberry	1 Muffin	132	430	160	18	40	0	90	640	63	1	37	6	2	0	6	15
	Bran	1 Muffin	164	450	150	16	35	0	0	990	74	8	45	7	0	2	6	15
	Chocolate Chip	1 Muffin	144	580	240	27	90	0	90	640	82	2	53	7	2	0	6	20
	Cranberry Orange	1 Muffin	186	470	160	18	40	0	90	640	73	4	44	6	2	35	6	15
	Cranberry Walnut	1 Muffin	205	670	330	37	50	0	90	640	74	5	43	14	2	20	8	20
	Cream Cheese	1 Muffin	177	610	240	27	100	0	120	820	82	1	56	9	6	0	8	15
	Double Chocolate	1 Muffin	174	640	260	29	90	0	90	830	91	3	59	8	2	0	6	30
	Lemon Poppy Seed	1 Muffin	135	470	170	20	45	0	90	660	68	2	40	7	2	2	10	15
	Pineapple Coconut	1 Muffin	182	600	240	27	120	0	90	720	83	2	47	7	2	6	6	20
	Pineapple Cream Cheese	1 Muffin	196	620	250	27	100	0	120	820	85	1	58	9	6	2	8	15
	Pineapple Upsidedown	1 Muffin	186	510	170	19	50	0	90	660	81	1	54	6	2	10	6	15
	Pumpkin Nut	1 Muffin	164	580	280	31	50	0	90	640	66	4	37	12	90	0	8	20
BAKERY AND CROISSANTS																		
	Cinnamon Bun	1 Bun	163	530	170	19	10	0	55	370	81	3	4	8	2	8	8	20
	Cinnamon Raisin Roll	1 Roll	128	530	240	26	14	1	50	430	64	4	15	11	4	4	8	3

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BAKERY AND CROISSANTS continued																	
Cinnamon Twist	1 Twist	135	550	330	37	19	0	15	400	48	2	2	7	0	6	4	15
Creme Horn	1 Horn	61	250	130	14	7	0	0	20	28	0	16	2	0	0	0	0
Croissant	1 Croissant	126	510	240	26	15	0	85	940	58	3	14	10	20	0	4	15
Croissant, Blueberry Cream cheese	1 Croissant	128	510	230	26	14	1	50	430	59	4	12	11	4	4	8	3
Croissant, Filled Cream cheese	1 Croissant	142	560	260	29	15	1	60	470	64	4	17	11	5	4	8	3
Croissant, Mini	1 Croissant	42	170	80	9	5	0	30	310	19	1	5	3	6	0	2	4
Croissant, Pineapple Cream cheese	1 Croissant	128	510	230	26	14	1	50	430	59	4	12	11	4	4	8	3
Croissant, Strawberry Cream cheese	1 Croissant	128	520	230	26	13	1	50	430	61	4	14	11	4	5	7	3
Macaroon Cookie	1 Cookie	55	200	90	10	9	0	0	55	26	3	21	2	0	0	0	4
Quesadilla Bread	1 Slice	142	480	210	24	4	0	75	310	58	1	35	8	4	0	20	4
Sticky Bun	1 Bun	117	400	180	20	10	1	30	560	47	3	13	8	8	17	2	15
Strudel, Apple	1 Strudel	85	350	200	22	10	3	15	210	33	2	7	6	0	2	4	2
Strudel, Pineapple Cream Cheese	1 Strudel	71	360	210	23	11	3	20	220	33	2	8	6	40	2	4	2
Strudel, Strawberry Cream Cheese	1 Strudel	71	360	210	23	11	3	20	220	33	2	8	6	40	3	4	2
BAGELS																	
Blueberry	1 Bagel	113	280	10	1	0	0	0	390	60	2	11	9	0	0	2	15
Cinnamon Raisin	1 Bagel	113	280	10	1	0	0	0	390	59	2	9	9	0	6	2	60
Everything	1 Bagel	113	300	35	3.5	0	0	0	700	55	2	4	11	0	0	6	20
Jalapeno	1 Bagel	113	270	10	1	0	0	0	440	55	1	4	10	0	4	2	15
Nine Grain	1 Bagel	125	310	20	2.5	0	0	0	350	63	3	6	11	0	0	4	20
Onion	1 Bagel	113	270	10	1.5	0	0	0	460	55	1	4	10	0	0	2	15
Plain	1 Bagel	113	280	10	1	0	0	0	420	57	1	4	10	0	0	2	20
Scored Garlic	1 Bagel	129	320	25	3	10	0	5	500	63	2	5	12	0	2	8	20
Sesame	1 Bagel	113	310	50	6	0	0	0	410	54	2	4	11	0	0	4	20
Whole Wheat	1 Bagel	113	260	10	1	0	0	0	390	55	4	5	10	0	0	2	15
SANDWICHES																	
Breakfast - Bacon and Cheddar on Whole Wheat Bagel	1 Sandwich	145	400	130	14	5	0	30	700	55	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	90	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

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SANDWICHES continued																	
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	251	400	130	14	8	0	45	740	62	5	9	17	25	15	6	20
Deli - Cold Tuna Salad on Whole Wheat Bagel	1 Sandwich	328	580	250	28	50	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 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 - 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																	
Avocado	1 oz	28	45	40	0.5	0	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
Chicken Fillet	3 oz	84	90	10	1	0	0	45	180	1	0	0	17	0	2	0	4
Deli Cheese (Jack or Cheddar)	1 oz	28	110	80	9	5	0	30	170	1	0	0	7	6	0	20	0
Ham	4 oz	112	120	20	2	1	0	30	1130	0	0	0	22	0	0	0	4
Pastrami	4 oz	112	300	220	24	10	0	80	950	0	0	0	22	0	0	0	10
Tuna	4 oz	112	170	90	10	1	0	40	430	1	1	1	19	2	4	2	2
Turkey	4 oz	112	100	10	1	0	0	40	1090	2	0	0	20	0	0	0	0
Butter	2 oz	57	400	400	45	32	0	120	0	0	0	0	0	30	0	0	0
Cream Cheese, Small Tub	2 oz	56	190	170	19	13	0	55	200	4	0	4	4	10	0	4	0
Cream Cheese, Large Tub	8 oz	227	760	680	76	480	0	225	790	15	0	15	15	45	0	15	0
Cream Cheese, Lite, Small Tub	2 oz	56	140	110	12	8	0	40	220	4	0	2	4	4	0	4	0
Cream Cheese, Lite, Large Tub	8 oz	227	570	440	49	290	0	160	890	16	0	8	16	15	0	15	0
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 - Chives, Large Tub	8 oz	227	510	390	43	260	0	145	800	16	1	8	14	15	8	15	2
Cream Cheese, Lite, Flavored - Sun Dried Tomato, Sm. Tub	2 oz	57	140	100	11	7	0	35	290	7	1	3	4	4	4	4	2
Cream Cheese, Lite, Flavored - Sun Dried Tomato, Lg. Tub	8 oz	227	570	400	45	260	0	145	1170	27	3	14	18	20	10	15	10
Honey	0.3 oz	10	30	0	0	0	0	0	0	8	0	8	0	0	0	0	0
Peanut Butter	1 oz	32	190	140	16	3	0	0	150	7	2	3	7	0	0	0	8
Peanut Butter and Strawberry Jelly	1.5 oz	46	210	140	16	3	0	0	150	13	2	7	7	0	0	0	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 (milligrams)	Calcium (milligrams)	Iron (milligrams)
EXTRAS AND SPREADS continued																	
Strawberry Jelly	0.5 oz	14	25	0	0	0	0	0	0	6	0	4	0	0	0	0	0
DRINKS																	
Chilla - French Vanilla Cappuccino, 16 oz	16 fl. oz	650	270	30	170	0	25	430	85	0	63	5	4	0	15	2	0
Chilla - French Vanilla Cappuccino, 20 oz	20 fl. oz	810	330	37	210	0	25	550	107	0	79	6	4	2	15	2	0
Chilla - French Vanilla Caramel Cappuccino, 16oz	16 fl. oz	810	250	27	160	0	30	520	128	0	96	5	4	0	15	2	0
DRINKS continued																	
Chilla - French Vanilla Caramel Cappuccino, 20oz	20 fl. oz	1040	300	33	190	0	35	680	171	0	127	6	4	0	20	2	0
Chilla - Guava, 16 oz	16 fl oz	340	200	22	45	0	25	15	22	0	8	0	0	30	0	0	0
Chilla - Guava, 20 oz	20 fl oz	410	240	27	45	0	25	15	27	0	9	0	0	40	0	0	0
Chilla - Mocha Cappuccino, 16 oz	16 fl. oz.	590	180	20	170	0	30	550	91	1	72	10	4	0	15	2	0
Chilla - Mocha Cappuccino, 20 oz	20 fl. oz.	740	220	25	210	0	35	700	115	1	91	13	4	2	20	4	0
Chilla - Mocha Caramel Cappuccino, 16 oz	16 fl. oz.	750	170	19	160	0	40	620	134	1	105	9	4	0	15	2	0
Chilla - Mocha Caramel Cappuccino, 20 oz	20 fl. oz.	980	200	22	190	0	45	810	179	1	139	12	4	0	20	4	0
Chilla - Piña Colada, 16 oz	16 fl. oz.	460	140	15	45	0	25	55	74	0	62	1	0	160	4	2	0
Chilla - Piña Colada, 20 oz	20 fl. oz.	580	160	18	45	0	25	70	93	0	79	1	0	210	6	2	0
Chilla - Strawberry Banana, 16 oz	16 fl. oz.	400	80	9	35	0	20	10	79	4	62	1	2	15	2	2	0
Chilla - Strawberry Banana, 20 oz	20 fl. oz.	500	100	11	40	0	20	10	98	5	78	1	2	20	2	2	0
Chilla - Wild Berry, 16 oz	16 fl. oz.	400	190	21	45	0	25	15	43	0	31	0	0	10	0	0	0
Chilla - Wild Berry, 20 oz	20 fl oz	490	240	26	45	0	25	20	53	0	39	0	0	15	0	0	0
Coffee, Fresh Brewed, 12 oz	12 fl. oz		5	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Coffee, Fresh Brewed, 16 oz	16 fl. oz		5	0	0	0	0	0	10	0	0	0	1	0	0	0	0
Coffee, Fresh Brewed, 20 oz	20 fl. oz		5	0	0	0	0	0	10	0	0	0	1	0	0	2	0
Coffee, Fresh Brewed, 24 oz	24 fl. oz		5	0	0	0	0	0	15	0	0	0	1	0	0	2	0
Coffee, Fresh Brewed - Caramel Flavored, 12 oz	12 fl. oz		60	0	0	0	0	0	10	14	0	13	0	0	0	0	0
Coffee, Fresh Brewed - Caramel Flavored, 16 oz	16 fl. oz		170	15	2	0	0	0	85	36	0	32	1	0	0	0	0
Coffee, Fresh Brewed - Caramel Flavored, 20 oz	20 fl. oz		190	15	2	0	0	0	90	43	0	39	1	0	0	0	0
Coffee, Fresh Brewed - Caramel Flavored, 24 oz	24 fl. oz		220	15	2	0	0	0	90	50	0	46	1	0	0	0	0
Coffee, Fresh Brewed - Hazelnut Flavored 12 oz	12 fl. oz		140	15	2	5	0.5	0	80	24	0	22	1	0	0	0	0
Coffee, Fresh Brewed - Hazelnut Flavored 16 oz	16 fl. oz		190	15	2	5	0.5	0	80	39	0	37	1	0	0	0	0
Coffee, Fresh Brewed - Hazelnut Flavored 20 oz	20 fl. oz		220	15	2	5	0.5	0	80	47	0	45	1	0	0	0	0
Coffee, Fresh Brewed - Hazelnut Flavored 24 oz	24 fl.oz		250	15	2	0	0	0	80	55	0	53	1	0	0	0	0
Coffee, Fresh Brewed - Vanilla Flavored 12 oz	12 fl. oz		150	15	2	5	0.5	0	80	33	0	31	1	0	0	0	2
Coffee, Fresh Brewed - Vanilla Flavored 16 oz	16 fl. oz		180	15	2	5	0.5	0	80	41	0	39	1	0	0	0	0
Coffee, Fresh Brewed - Vanilla Flavored 20 oz	20 fl. oz		220	15	2	5	0.5	0	80	49	0	47	1	0	0	0	0
Coffee, Fresh Brewed - Vanilla Flavored 24 oz	24 fl. oz		250	15	2	5	0.5	0	80	58	0	55	1	0	0	0	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 (milligrams)	Calcium (milligrams)	Iron (milligrams)
DRINKS continued																	
Coffee, Iced - Caramel Flavored, 20 oz	20 fl. oz		190	15	2	5	0.5	0	90	43	0	39	1	0	0	0	0
Coffee, Iced - Hazelnut Flavored Iced, 20 oz	20 fl. oz		150	20	2.5	10	0	5	200	29	0	24	3	0	2	10	0
Coffee, Iced - Vanilla Flavored Iced, 20 oz	20 fl. oz		150	20	2.5	10	0	5	190	30	0	25	3	0	2	10	0
Fountain Drink - Coke, 20 Oz	20 fl. oz		220	0	0	0	0	0	20	62	0	62	0	0	0	0	0
Fountain Drink - Coke, 24 Oz	24 fl. oz		270	0	0	0	0	0	25	74	0	74	0	0	0	0	0
Fountain Drink - Coke 32 Oz	32 fl. oz		350	0	0	0	0	0	35	98	0	98	0	0	0	0	0
Fountain Drink - Diet coke 20 Oz	20 fl. oz		0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Fountain Drink - Diet coke 24 Oz	24 fl. oz		0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Fountain Drink - Diet coke 32 Oz	32 fl. oz		5	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Fountain Drink - Fanta Orange Soda 20 Oz	20 fl. oz		270	0	0	0	0	0	25	87	0	87	0	0	0	0	0
Fountain Drink - Fanta Orange Soda 24 Oz	24 fl. oz		320	0	0	0	0	0	25	87	0	87	0	0	0	0	0
Fountain Drink - Fanta Orange Soda 32 Oz	32 fl. oz		430	0	0	0	0	0	30	116	0	116	0	0	0	0	0
Fountain Drink - Sprite Soda 20 Oz	20 fl. oz		230	0	0	0	0	0	50	57	0	51	0	0	0	2	4
Fountain Drink - Sprite Soda 24 Oz	24 fl. oz		270	0	0	0	0	0	60	69	0	61	0	0	0	2	4
Fountain Drink - Sprite Soda 32 Oz	32 fl. oz		360	0	0	0	0	0	80	92	0	81	0	0	0	2	6
Fresh Juice - Carrot, 16 oz	16 fl. oz		180	5	1	0	0	0	130	40	4	0	4	990	60	10	10
Fresh Juice - Carrot, 20 oz	20 fl. oz		220	10	1	0	0	0	160	50	5	0	5	1240	70	10	10
Fresh Juice - Orange, 16 oz	16 fl. oz		200	10	1	0	0	0	0	47	1	38	3	20	380	4	6
Fresh Juice - Orange, 20 oz	20 fl. oz		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		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		240	10	1	0	0	0	85	54	3	24	4	630	270	10	10
Hot Cocoa, 12 oz	12 fl. oz		270	80	9	60	0	10	240	46	1	40	4	2	2	10	2
Hot Cocoa, 16 oz	16 fl. oz		350	100	12	80	0	10	320	62	2	54	5	2	2	15	2
Hot Cocoa, 20 oz	20 fl. oz		440	130	14	100	0	15	400	77	2	67	6	2	2	15	2
Hot Cocoa, 24 oz	24 fl. oz		530	160	17	120	0	15	480	93	3	80	8	4	2	20	2
Hot Cappuccino - French Vanilla, 12 oz	12 fl. oz		290	90	10	90	0	0	290	48	0	37	3	2	0	10	2
Hot Cappuccino - French Vanilla, 16 oz	16 fl. oz		390	120	13	120	0	0	390	64	0	50	4	4	0	10	2
Hot Cappuccino - French Vanilla, 20 oz	20 fl. oz		490	150	16	140	0	0	480	79	0	62	6	4	0	15	2
Hot Cappuccino - French Vanilla, 24 oz	24 fl. oz		580	180	20	170	0	0	580	95	0	75	7	6	2	20	2
Hot Cappuccino - Mocha, 12 oz	12 fl. oz		280	80	9	80	0	0	270	47	0	35	4	2	0	10	2
Hot Cappuccino - Mocha, 16 oz	16 fl. oz		380	110	12	110	0	0	370	62	1	47	5	4	0	15	2
Hot Cappuccino - Mocha, 20 oz	20 fl. oz		470	140	15	130	0	0	460	78	1	59	6	4	0	15	2
Hot Cappuccino - Mocha, 24 oz	24 fl. oz		570	170	19	160	0	0	550	94	1	71	8	6	2	20	2
Licualdo - Banana, 16 oz	16 fl. oz		240	90	10	70	0	45	125	30	1	23	8	10	10	25	0
Licualdo - Banana, 20 oz	20 fl. oz		270	100	11	80	0	50	150	33	1	26	10	10	10	30	0
Licualdo - Chocolate, 16 oz	16 fl. oz		350	90	10	70	0	45	160	54	1	44	9	10	2	25	6
Licualdo - Chocolate, 20 oz	20 fl. oz		380	100	11	80	0	50	190	57	1	47	10	10	2	30	6

