

Cinnamon Rolls	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)	Allergen
Classic Roll	1 (241g)	880	37	16	0	55	1150	129	2	61	59	12	E,M,S,W
Caramel Pecanbon®	1 (286g)	1090	51	20	0.5	65	1280	149	4	77	75	14	E,M,P,S,TN,W
TurtleBon Classic Roll	1 (283g)	1100	53	19	0.5	60	1270	149	5	76	74	15	E,M,P,S,TN,W
Caramel Lover's Classic Roll	1 (264g)	1000	41	19	0.5	65	1230	147	2	76	74	13	E,M,S,W
OREO®Bon Classic Roll	1 (283g)	1080	44	18	0.5	55	1260	162	4	81	79	14	E,M,S,W
Minibon® Roll	1 (96g)	350	15	7	0	25	350	52	1	24	24	5	E,M,S,W
Caramel Pecanbon MiniBon® Roll	1 (116g)	460	22	8	0	30	400	62	2	33	31	6	E,M,P,S,TN,W
TurtleBon MiniBon® Roll	1 (120g)	470	23	8	0	25	390	62	2	32	31	7	E,M,P,S,TN,W
Caramel Lover's MiniBon® Roll	1 (108g)	410	17	8	0	30	370	61	1	32	31	5	E,M,S,W
OREO®Bon MiniBon® Roll	1 (118g)	450	18	8	0	25	390	68	2	34	34	6	E,M,S,W
BonBites™, 4ct	4 Rolls (100g)	410	17	8	0	25	480	58	2	27	25	5	E,M,S,W
Caramel Pecanbon® BonBites™, 4ct	4 Rolls (125g)	560	30	10	0	30	570	67	2	34	32	7	E,M,P,S,TN,W
TurtleBon BonBites™, 4ct	4 Rolls (152g)	590	33	10	0	15	580	69	4	35	33	7	E,M,P,S,TN,W
Caramel Lover's BonBites™, 4ct	4 Rolls (132g)	470	20	9	0	15	520	67	2	34	33	5	E,M,S,W
OREOBon BonBites™, 4ct	4 Rolls (159g)	590	24	10	0	10	600	86	3	44	42	7	E,M,S,W
Quick Bites	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)	Allergen
Center of the Roll - Classic	1 (198g)	760	34	16	0	50	870	106	2	60	58	9	E,M,S,W
Center of the Roll - Caramel Pecanbon®	1 (213g)	860	44	17	0.5	50	890	108	3	60	59	10	E,M,P,S,TN,W
Center of the Roll - TurtleBon	1 (242g)	990	51	18	0.5	55	960	126	4	76	74	11	E,M,P,S,TN,W
Center of the Roll - Caramel Lover's	1 (222g)	870	38	18	0.5	55	910	124	2	75	74	9	E,M,S,W
Center of the Roll - OREO®Bon	1 (242g)	950	41	18	0.5	50	950	137	3	80	79	11	E,M,S,W
Churro Stick, unfilled, 1 ct	1 (65g)	210	9	1.5	0	0	230	27	1	5	4	4	E,M,S,W
CinnaSweeties™ 5 ct	1 (49g)	250	13	6	0	0	190	32	1	13	11	3	E,M,W,S
CinnaSweeties™ 10 ct	1 (97g)	500	25	12	0	0	380	63	2	27	21	7	E,M,W,S
Cookie Bonbite, 1 ct	1 (67g)	260	12	6	0	15	210	38	2	20	19	3	E,M,W,S
Cookie BonBite Frosting Sandwich	1 (147g)	590	27	13	0	35	450	83	4	46	44	7	E,M,S,W
Add Ons	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)	Allergen
Topping Cup, Cinnabon® Cream Cheese Frosting	1 (48g)	220	14	7	0	15	130	24	0	23	23	1	M,S
Topping Cup, Cinnabon® Caramel Frosting	1 (51g)	210	9	5	0	15	150	31	0	28	27	1	M,S
Topping Cup, Cinnabon® Caramel Topping	1 (62g)	240	8	5	0	20	180	42	0	37	36	1	M,S
Topping Cup, Cinnabon® Chocolate Sauce	1 (57g)	130	1	0	0	0	0	33	3	28	27	2	S
Topping Cup, Cinnabon® Pecans	1 (24g)	170	17	2	0	0	95	3	2	1	0	2	TN
Topping Cup, OREO® Cookie Pieces	1 (24g)	110	5	2	0	0	80	17	0	10	9	1	S,W
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)	Allergen
Classic CinnaPack	1 Roll (255g)	940	41	18	0.5	60	1180	136	2	68	66	13	E,M,S,W
Caramel Pecanbon® Classic CinnaPack	1 Roll (300g)	1160	55	22	1	70	1320	156	4	84	81	14	E,M,P,S,TN,W
TurtleBon Classic CinnaPack	1 Roll (305g)	1160	55	21	0.5	25	970	156	6	81	78	15	E,M,S,TN,W
Caramel Lover's Classic CinnaPack	1 Roll (285g)	1050	43	21	0.5	30	920	154	3	81	78	13	E,M,S,W
Oreo®Bon Classic CinnaPack	1 Roll (305g)	1130	45	20	0.5	20	970	169	5	87	84	15	E,M,S,TN,W
Minibon® CinnaPack	1 Roll (104g)	380	17	8	0	25	350	55	1	28	27	5	E,M,S,W
Caramel Pecanbon® MiniBon® CinnaPack	1 Roll (125g)	490	24	9	0	30	410	65	2	36	35	6	E,M,P,S,TN,W
TurtleBon MiniBon® CinnaPack	1 Roll (128g)	490	24	9	0	10	400	65	3	35	33	6	E,M,S,TN,W
Caramel Lover's MiniBon® CinnaPack	1 Roll (118g)	440	18	9	0	15	380	64	1	34	33	5	E,M,S,W
Oreo®Bon MiniBon® CinnaPack	1 Roll (128g)	480	19	8	0	10	400	71	2	37	36	6	E,M,S,TN,W

BonBites™ CinnaPack	4 Rolls (115g)	460	21	10	0	30	510	63	2	32	32	5	E,M,S,W
Caramel Pecanbon® BonBites™ CinnaPack	4 Rolls (135g)	600	32	11	0	30	600	73	2	37	36	7	E,M,PS,TN,W
TurtleBon BonBites™ CinnaPack	4 Rolls (163g)	640	36	11	0	15	610	74	4	39	37	9	E,M,S,TN,W
Caramel Lover's BonBites™ CinnaPack	4 Rolls (142g)	510	22	10	0	20	540	72	2	39	37	7	E,M,S,W
Oreo® Bon BonBites™ CinnaPack	4 Rolls (169g)	630	27	11	0	15	630	92	3	48	47	8	E,M,S,TN,W
<b>Quick Bites Variety Pack</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (gm)</b>	<b>Saturated Fat (gr)</b>	<b>Trans Fat (gr)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb. (grams)</b>	<b>Fiber (gr)</b>	<b>Total Sugars (gr)</b>	<b>Added Sugars (gr)</b>	<b>Protein (gr)</b>	<b>Allergen</b>
CinnaSweeties™ 1 ct	1 (10g)	50	3	1	0	0	38	7	0	3	2	1	E,M,W,S
Cookie Bonbite, 1 ct	1 (67g)	260	12	6	0	15	210	38	2	20	19	3	E,M,W,S
BonBites™, 1ct	1 (25g)	103	4	2	0	6	120	15	1	7	7	1	E,M,S,W
Topping Cup ,Cinnabon® Cream Cheese Frosting	1 (48g)	220	14	7	0	15	130	24	0	23	23	1	M,S
<b>Beverages (Over Ice)</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (gm)</b>	<b>Saturated Fat (gr)</b>	<b>Trans Fat (gr)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb. (grams)</b>	<b>Fiber (gr)</b>	<b>Total Sugars (gr)</b>	<b>Added Sugars (gr)</b>	<b>Protein (gr)</b>	<b>Allergen</b>
MochaLatta Chill®, 16 oz	16 fl. oz (476g)	340	13	8	0	40	170	50	1	43	33	7	M,S
Classic Iced Lemonade, 16 oz	16 fl. oz (439g)	100	0	0	0	0	20	25	0	23	23	0	NONE
Raspberry Iced Lemonade, 16 oz	16 fl. oz (454g)	160	0	0	0	0	20	38	0	37	36	0	NONE
Cinnamon Roll Iced Cold Brew, 16 oz	16 fl. oz (459g)	120	2	1	0	5	65	22	0	20	17	2	M
<b>Beverages (Frozen)</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (gm)</b>	<b>Saturated Fat (gr)</b>	<b>Trans Fat (gr)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb. (grams)</b>	<b>Fiber (gr)</b>	<b>Total Sugars (gr)</b>	<b>Added Sugars (gr)</b>	<b>Protein (gr)</b>	<b>Allergen</b>
Raspberry Frozen Lemonade, 16 oz	16 fl. oz (482g)	290	0	0	0	0	25	71	0	68	67	0	NONE
Cinnamon Roll Frozen Cold Brew, 16 oz	16 fl. oz (493g)	450	15	10	0	55	200	73	0	65	55	6	M,S
Strawberries & Cream Chillattas®, 16 oz	16 fl. oz (530g)	570	16	11	0	65	190	101	0	93	81	8	M
Double Chocolate Mocha Chillattas®, 16 oz	16 fl. oz (476g)	350	13	7	0	35	160	55	2	48	38	8	M,S
OREO® Cookies & Cream Chillattas®, 16 oz	16 fl. oz (519g)	640	25	13	0	65	350	96	1	75	63	9	M,S,W
<b>Beverages (Hot)</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (gm)</b>	<b>Saturated Fat (gr)</b>	<b>Trans Fat (gr)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb. (grams)</b>	<b>Fiber (gr)</b>	<b>Total Sugars (gr)</b>	<b>Added Sugars (gr)</b>	<b>Protein (gr)</b>	<b>Allergen</b>
Coffee, 12 oz	12 fl. oz (283g)	5	0	0	0	0	5	0	0	0	0	0	NONE
Hot Cocoa, 12 oz with Whipped Cream	12 fl. oz (363g)	290	11	3	0	15	370	54	2	49	35	3	M,S
Americano, 12 oz	12 fl. oz (327g)	5	0	0	0	0	15	1	0	0	0	0	NONE
Cappuccino, 12 oz	12 fl. oz (213g)	110	6	4	0	20	85	9	0	9	0	6	M
Latte, 12 oz	12 fl. oz (213g)	110	6	4	0	20	85	9	0	9	0	6	M
Macchiato, 12 oz	12 fl. oz (213g)	110	6	4	0	20	85	9	0	9	0	6	M
Iced Americano, 16 oz	16 fl. oz (450g)	10	0	0	0	0	25	2	0	0	0	0	NONE
Iced Latte, 16 oz	16 fl. oz (439g)	100	5	3	0	15	80	8	0	7	0	5	M

Iced Macchiato, 16 oz	16 fl. oz (439g)	100	5	3	0	15	80	8	0	7	0	5	M
Iced Mocha, 16 oz	16 fl. oz (483g)	210	5	3	0	10	70	41	3	36	29	6	M,S
<b>ALLERGEN KEY:</b> E=Eggs, F=Fish, M=Milk, P=Peanuts, S=Soybeans, SE=Sesame, TN=Tree Nuts (Pecans), W=Wheat													