



NUTRITIONAL INFORMATION

Some items may vary by restaurant and may not be available at all locations. This nutritional information is comprised of data obtained from our suppliers, a third-party consultant and independent laboratories. While we strive to provide complete and accurate nutritional information; however, ingredient variations may occur due to the handcrafted nature of our menu. Customer substitutions or regional availability of products. All items are listed as served unless otherwise indicated.

DONUT	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbs	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Donut (Bare)	210	110	12g	4.5g	0g	20mg	390mg	26g	1g	9g	3g	0%	0%	0%	0%
PICK A COATING	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbs	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Powdered sugar	25	0	0g	0g	**	0mg	0mg	7g	0g	7g	0g	0%	0%	0%	0%
Cinnamon sugar	10	0	0g	0g	0g	0mg	0mg	0g	0g	3g	0g	0%	0%	0%	0%
Strawberry icing	30	0	0g	0g	0g	0mg	0mg	8g	0g	7g	0g	0%	0%	0%	0%
Maple icing	50	0	0.5g	0g	0g	0mg	0mg	11g	0g	11g	0g	0%	0%	0%	0%
Peanut butter icing	50	10	1.5g	0.5g	0g	0mg	10mg	10g	0g	9g	< 1g	2%	0%	0%	2%
Glaze	45	0	0g	0g	0g	0mg	0mg	11g	0g	10g	0g	0%	0%	0%	0%
Chocolate icing	50	10	1.5g	0.5g	0g	0mg	5mg	11g	0g	10g	0g	0%	0%	0%	0%
Vanilla icing	50	0	0.5g	0g	0g	0mg	0mg	11g	0g	11g	0g	0%	0%	0%	0%
Lemon icing	50	0	0.5g	0g	0g	0mg	0mg	12g	0g	11g	0g	0%	0%	0%	0%
Blueberry Icing	45	0	0.5g	0g	0g	0mg	0mg	11g	0g	10g	0g	0%	0%	0%	0%
PICK A TOPPING	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbs	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Rainbow Sprinkles	15	0	0.5g	0g	0g	0mg	0mg	2g	0g	1g	0g	0%	0%	0%	0%
Chocolate Sprinkles	15	5	0.5g	0g	0g	0mg	0mg	3g	0g	1g	0g	0%	0%	0%	0%
Shredded Coconut	30	15	2g	2g	**	0mg	15mg	3g	0g	2g	0g	0%	0%	0%	0%
Peanuts	15	10	1.5g	0g	**	0mg	0mg	0g	0g	< 1g	0%	0%	0%	0%	0%
Chopped Bacon	25	15	2g	1g	0g	10mg	130mg	0g	0g	0g	2g	0%	0%	0%	0%
Oreos	25	10	1g	0g	**	**	30mg	4g	0g	2g	0g	0%	**	0%	2%
Crushed Graham Crackers	10	0	0g	0g	0g	0mg	20mg	2g	0g	< 1g	0g	0%	0%	0%	0%
ADD A DRIZZLE	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbs	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Hot Fudge Drizzle	15	0	0g	0g	0g	0mg	10mg	3g	0g	3g	0g	0%	0%	0%	0%
Raspberry drizzle	10	0	0g	0g	0g	0mg	0mg	3g	0g	3g	0g	0%	0%	0%	0%
Blackberry Drizzle	15	0	0g	0g	0g	0mg	0mg	4g	0g	4g	0g	0%	0%	0%	0%
Salted Caramel drizzle	15	0	0g	0g	0g	0mg	10mg	3g	0g	3g	0g	0%	0%	0%	0%
Marshmallow Drizzle	5	0	0g	0g	0g	0mg	0mg	1g	0g	< 1g	0g	0%	0%	0%	0%
BREAKFAST SANDWICHES	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbs	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Donut- Egg and Cheese	360	220	24g	11g	0g	150mg	850mg	29g	0g	11g	10g	10%	0%	10%	2%
Bagel- Egg and Cheese	500	120	13g	7g	0g	130mg	1130mg	73g	2g	7g	20g	10%	15%	25%	25%
English Muffin- Egg and Cheese	280	120	13g	6g	0g	130mg	700mg	27g	< 1g	3g	12g	0%	0%	20%	10%
English Muffin- Bacon Egg and Cheese	350	170	19g	8g	0g	145mg	950mg	27g	< 1g	3g	16g	10%	0%	20%	10%
Donut- Bacon Egg and Cheese	430	270	30g	13g	0g	165mg	1100mg	29g	0g	11g	14g	10%	0%	10%	2%
Bagel- Bacon Egg and Cheese	570	180	19g	9g	0g	145mg	1380mg	73g	2g	7g	24g	10%	15%	25%	25%
Bagel with Cream Cheese	440	100	10g	7g	0g	30mg	770mg	72g	2g	6g	15g	8%	15%	15%	25%
English Muffin with cream cheese	220	90	10g	6g	0g	30mg	340mg	26g	< 1g	2g	7g	8%	0%	10%	10%
Donut- Sausage Egg and Cheese	590	410	46g	19g	0g	195mg	1220mg	30g	0g	11g	17g	10%	0%	10%	4%
Bagel- Sausage Egg and Cheese	730	320	35g	15g	0g	175mg	1500mg	74g	2g	7g	27g	10%	15%	25%	30%
English Muffin- Sausage Egg and Cheese	510	310	35g	14g	0g	175mg	1070mg	28g	< 1g	3g	19g	10%	0%	20%	10%
Bagel - Blueberry Bagel with Cream Cheese	450	100	10g	7g	0g	100mg	810mg	72g	2g	7g	15g	8%	15%	15%	25%
Bagel - Cinnamon Raisin Bagel with Cream	450	100	10g	7g	0g	30mg	700mg	75g	3g	13g	14g	8%	15%	15%	25%
Bagel - Eight Grain Bagel with Cream Cheese	480	100	11g	7g	0g	30mg	930mg	78g	3g	14g	14g	8%	15%	15%	25%
Bagel - Everything Bagel with Cream Cheese	460	110	12g	7g	0g	30mg	980mg	71g	3g	6g	15g	8%	15%	15%	25%
Bagel with Jelly	390	15	1.5g	0.5g	0g	70mg	720mg	79g	2g	14g	13g	0%	15%	15%	25%
English Muffin with Jelly	160	10	1g	0g	0g	0mg	250mg	33g	< 1g	9g	5g	0%	0%	8%	8%
Healthy Delight	250	100	10g	2.5g	0g	130mg	580mg	28g	2g	2g	14g	4%	0%	10%	10%
BEVERAGES	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbs	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Americano large	10	0	0g	0g	0g	0mg	20mg	2g	0g	0g	0g	0%	0%	0%	0%
Americano Regular	10	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g	0%	0%	0%	0%
Hot Chocolate - small	320	70	8g	5g	0g	30mg	170mg	48g	2g	49g	12g	15%	2%	35%	0%
Hot Chocolate - large	490	120	13g	8g	0g	50mg	280mg	72g	2g	73g	20g	20%	2%	70%	0%
Hot Chocolate - medium	440	100	11g	7g	0g	40mg	230mg	69g	2g	70g	16g	20%	2%	50%	0%
Hot Flavored Latte Large	340	80	9g	5g	0g	35mg	210mg	52g	0g	51g	14g	15%	2%	50%	2%
Hot Flavored Latte regular	260	60	6g	4g	0g	25mg	160mg	40g	0g	39g	10g	10%	2%	35%	0%
Hot Latte - large	220	80	9g	5g	0g	35mg	210mg	22g	0g	22g	14g	15%	2%	50%	2%
Hot Latte regular	160	60	6g	4g	0g	25mg	160mg	16g	0g	15g	10g	10%	2%	35%	0%
Iced Latte - large	340	80	9g	5g	0g	35mg	210mg	52g	0g	51g	14g	15%	2%	50%	2%
Iced Latte regular	260	60	6g	4g	0g	25mg	160mg	40g	0g	39g	10g	10%	2%	35%	0%
White Chocolate Mocha large	520	100	11g	7g	0g	40mg	430mg	88g	0g	80g	14g	20%	2%	50%	2%
White Chocolate Mocha regular	400	70	8g	5g	0g	30mg	330mg	69g	0g	62g	10g	15%	2%	35%	2%
Chocolate Mocha	340	80	9g	6g	0g	30mg	200mg	53g	1g	44g	12g	15%	2%	40%	8%
Chocolate Mocha large	440	100	12g	7g	0g	40mg	270mg	68g	2g	57g	16g	20%	2%	50%	10%
Cappuccino	160	60	6g	4g	0g	25mg	160mg	16g	0g	15g	10g	10%	2%	35%	0%
Cappuccino large	220	80	9g	5g	0g	35mg	210mg	22g	0g	22g	14g	15%	2%	50%	2%
Coffee large	5	0	0g	0g	0g	0mg	10mg	0g	0g	0g	< 1g	0%	0%	0%	0%
Coffee medium	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	0%	0%	0%	0%
Coffee small	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%
Hot Flavored Coffee - Med	100	0	0g	0g	0g	0mg	10mg	24g	0g	24g	0g	0%	0%	0%	0%
Hot Flavored Coffee - Small	70	0	0g	0g	0g	0mg	5mg	18g	0g	18g	0g	0%	0%	0%	0%
Hot Flavored coffee - large	120	0	0g	0g	0g	0mg	10mg	30g	0g	30g	< 1g	0%	0%	2%	0%
Sweet Tea large	130	0	0g	0g	**	0mg	15mg	35g	0g	33g	0g	0%	0%	0%	0%
Sweet Tea medium	100	0	0g	0g	**	0mg	10mg	27g	0g	26g	0g	0%	0%	0%	0%
Sweet Tea small	70	0	0g	0g	**	0mg	10mg	19g	0g	19g	0g	0%	0%	0%	0%
DONUT SUNDAE	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbs	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Vanilla ice cream	120	60	7g	4g	0g	20mg	45mg	14g	0g	9g	2g	4%	0%	6%	0%
Chocolate ice cream	120	50	6g	4g	0g	15mg	50mg	14g	0g	9g	2g	4%	0%	6%	0%
Reeses peanut butter cup ice cream	170	80	9g	4.5g	0g	20mg	85mg	19g	0g	15g	3g	4%	0%	8%	0%
Doughnut Sundae with Peanut butter cup ice cream	380	190	21g	9g	0g	40mg	480mg	46g	1g	24g	6g	4%	0%	8%	0%
Doughnut Sundae with vanilla ice cream	340	170	19g	9g	0g	40mg	440mg	41g	1g	18g	5g	4%	0%	6%	0%
KEY INGREDIENTS															
Our vanilla cake donuts are fried in a soy based shortening and contain the following key ingredients: Wheat & Corn Flour, Soybean Oil, Nonfat Dry Milk, Egg Yolks and Beta															
ALLERGIES															
Nut Allergies	Chopped peanuts are a regular topping offering for our donuts. As such they are located on the topping tables and we cannot guarantee that they have not migrated during the topping process. If we are not extremely busy, we are willing to top a few donuts in our preparation area for you. This will lessen the chance that the peanuts have migrated into other toppings. However we cannot make guarantees to that regard. Unfortunately we cannot guarantee 100% that any ingredients we use are not manufactured in a facility free of														
GLUTEN															
At this time we do not offer gluten free donuts. We try to offer a variety of menu options, however our main focus is producing the great "Made to Order" donuts our customers have come to love and enjoy. All donuts are made fresh, topped to order and given still warm in the box. While we would love for everyone to be able to enjoy our donuts, including those with allergies and food restrictions, in order to offer gluten free donuts in our concept we would need to designate one of our machines to gluten free donut batter. Unfortunately, this would mean that we would back up production of regular donuts in the store, causing excessive wait times. We apologize for any inconvenience. We'll continue to investigate alternatives and if we are able to figure out a way to accommodate gluten free customers in the future, we'll be sure to make an announcement.															