



NUTRITIONAL GUIDE



	Serving size	Calories	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Added Sugar (g)	Sugar (g)	Protein (g)	Allergen	
Cinnabon® Classic Roll	1 (240g)	890	37	16	0.5	55	1150	125	2	60	59	13	E,M,S,W
Caramel Pecanbon®	1 (283g)	1100	51	20	0.5	65	1290	146	4	77	75	15	E,M,S,T,W
MiniBon® Roll	1 (96g)	350	15	7	0	25	280	50	1	24	24	5	E,M,S,W
Caramel Pecanbon® MiniBon® Roll	1 (116g)	460	22	8	0	30	350	60	2	33	32	6	E,M,S,T,W
Cinnabon Swirl Sundae	1 (264g)	910	42	21	1	75	910	120	2	73	68	12	E,M,S,W
Cinnabon Swirl Sundae - Caramel Pecan	1 (287g)	1040	53	22	1	80	990	128	3	79	73	14	E,M,S,T,W
A la mode - Cinnabon® Classic Roll	1 (325g)	1060	46	22	1	90	1240	145	2	76	70	17	E,M,S,W
A la mode - Caramel Pecanbon® Roll	1 (371g)	1270	61	26	1	100	1380	164	4	93	86	19	E,M,S,T,W
A la mode - MiniBon® Roll	1 (136g)	440	19	10	0	40	330	59	1	32	29	7	E,M,S,W
A la mode - Caramel Pecanbon® MiniBon® Roll	1 (159g)	540	26	11	0	45	400	70	2	41	37	8	E,M,S,T,W
Center of The Roll™ Classic	1 (196g)	760	34	16	0.5	50	830	104	2	60	59	9	E,M,S,W
Center of The Roll™ Caramel Pecanbon®	1 (213g)	860	44	17	0.5	50	890	106	3	60	59	11	E,M,S,T,W
CinnaPack® Classic Rolls 6 pk & 4 pk	1 Roll (252g)	950	41	18	0.5	60	1180	132	2	67	60	13	E,M,S,W
CinnaPack® MiniBon® Rolls 15 pk & 9 pk	1 Roll (103g)	390	17	8	0	25	300	54	1	27	27	5	E,M,S,W
CinnaPack® Classic Caramel Pecanbon® Rolls 6 pk & 4 pk	1 Roll (297g)	1160	55	22	1	70	1320	153	4	84	82	15	E,M,S,T,W
CinnaPack® MiniBon® Caramel Pecanbon® Rolls 15 pk & 9 pk	1 Roll (124g)	490	24	9	0	30	370	64	2	36	35	6	E,M,S,T,W
Bonini Sandwich	1 (297g)	1000	43	20	1	80	1210	138	2	71	66	16	E,M,S,W
Medium cup Soft Serve	1 (170g)	350	19	12	0.5	70	180	39	0	33	22	7	M
Large cup Soft Serve	1 (225g)	520	28	17	1	105	270	59	0	49	34	11	M
Medium cake cone Soft Serve	1 (178g)	370	19	12	0.5	70	190	46	0	33	22	8	M,S,W
Large cake cone Soft Serve	1 (263g)	550	28	17	1	105	280	66	0	49	33	12	M,S,W
Medium Cup Sundae Hot Fudge	1 (210g)	480	24	16	0.5	75	230	57	2	48	38	8	M,S,T
Large Cup Sundae Hot Fudge	1 (323g)	760	38	25	1	115	370	93	3	79	63	13	M,S,T
Medium Cup Sundae Ground Reese's® Cups	1 (210g)	510	29	16	0.5	80	280	56	1	49	37	11	M,P,S
Large Cup Sundae Ground Reese's® Cups	1 (323g)	830	47	25	1	115	460	91	2	80	62	18	M,P,S
Medium Cup Sundae Hot Caramel	1 (210g)	460	22	13	0.5	80	280	60	0	45	30	8	M
Large Cup Sundae Hot Caramel	1 (323g)	730	32	20	1	120	460	98	0	71	47	13	M
Medium Cup Sundae Strawberry	1 (238g)	460	24	15	1	90	220	54	1	47	33	9	M
Large Cup Sundae Strawberry	1 (323g)	600	30	19	1	115	280	74	1	65	46	12	M
Vanilla shake	1 (400g)	650	29	18	1	105	280	93	0	86	69	11	M
Chocolate shake	1 (400g)	660	29	18	1	105	280	94	4	77	64	12	M
Strawberry shake	1 (400g)	580	29	18	1	105	280	72	1	63	45	12	M
Black & White shake	1 (400g)	660	29	18	1	105	300	92	2	78	62	12	M
Oreo® cookie shake	1 (400g)	790	40	21	1	105	470	99	1	72	56	14	M,S,W
Cold brew shake	1 (400g)	660	29	18	1	105	280	94	0	86	70	11	M
Cake cone plain	1 (8g)	30	0	0	0	0	10	7	0	0	0	1	W



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Waffle Cone plain	1 (29g)	110	0.5	0	0	0	50	25	1	8	8	2	S,W
Waffle cone - Chocolate dipped	1 (40g)	170	5	4	0	0	60	31	1	13	13	2	M,S,T,W
Waffle cone - Chocolate Sprinkles	1 (52g)	230	7	6	0	0	60	40	1	19	19	2	M,S,T,W
Ice Cream Sandwich Packs, 4ct -Vanilla Sprinkle	¼ (148g)	450	23	13	0	45	240	58	2	40	35	6	E,M,S,W
Ice Cream Sandwich Packs, 4ct -Chocolate Fudge	¼ (162g)	500	25	15	0	45	290	67	3	45	40	7	E,M,S,T,W
Ice Cream Sandwich Packs, 4ct -Birthday Cake	¼ (163g)	510	26	15	0	50	280	66	2	46	41	6	E,M,S,W
Ice Cream Sandwich Packs, 4ct -Mint Chocolate Chip	¼ (163g)	500	25	15	0	45	260	67	3	47	42	6	E,M,S,T,W
Ice Cream Sandwich Packs, 4ct -Reese's® Peanut Butter Cup	¼ (178g)	640	41	16	0	45	380	64	5	44	38	12	E,M,P,S,W
Ice Cream Sandwich Packs, 4ct -Hot Fudge Sundae	¼ (167g)	480	23	14	0	45	260	65	3	46	41	6	E,M,S,T,W
Ice Cream Sandwich Packs, 4ct -Rocky Road	¼ (181g)	590	32	14	0	45	320	73	4	49	44	7	E,M,S,T,W
Ice Cream Sandwich Packs, 4ct -Strawberries & Cream	¼ (162g)	510	27	15	0	50	300	65	2	45	39	6	E,M,S,W
Ice Cream Sandwich Packs, 4ct -OREO® Blue Blast	¼ (175g)	570	29	15	0	50	350	75	3	51	45	7	E,M,S,W
Ice Cream Sandwich- Vanilla Sprinkle	1 (148g)	450	28	13	0	45	240	58	2	40	35	6	E,M,S,W
Ice Cream Sandwich- Chocolate Fudge	1 (162g)	500	25	15	0	45	290	67	3	45	40	7	E,M,S,T,W
Ice Cream Sandwich- Birthday Cake	1 (163g)	510	26	15	0	50	280	66	2	46	41	6	E,M,S,W
Ice Cream Sandwich- Mint Chocolate Chip	1 (163g)	500	25	15	0	45	260	67	3	47	42	6	E,M,S,T,W
Ice Cream Sandwich- Reese's® Peanut Butter Cup	1 (178g)	640	41	16	0	45	380	64	5	44	38	12	E,M,P,S,W
Ice Cream Sandwich- Hot Fudge Sundae	1 (167g)	480	23	14	0	45	260	65	3	46	41	6	E,M,S,T,W
Ice Cream Sandwich- Rocky Road	1 (181g)	590	32	14	0	45	320	73	4	49	44	7	E,M,S,T,W
Ice Cream Sandwich- Strawberries & Cream	1 (162g)	510	27	15	0	50	300	65	2	45	39	6	E,M,S,W
Ice Cream Sandwich- Caramel Pecan	1 (167g)	550	32	14	0	50	330	64	3	45	39	7	E,M,S,T,W
Ice Cream Sandwich-Cotton Candy	1 (163g)	510	26	15	0	50	280	66	2	46	41	6	E,M,S,W
Ice Cream Sandwich-Brookie	1 (172g)	530	26	15	0	50	290	72	4	49	44	7	E,M,S,T,W
Ice Cream Sandwich-PB&J	1 (176g)	560	30	13	0	45	300	70	3	49	43	8	E,M,P,S,W
Ice Cream Sandwich-OREO® Blue Blast	1 (176g)	570	29	16	0	50	350	76	2	55	49	6	E,M,S,T,W
Ice Cream Sandwich-Caramel Macchiato	1 (176g)	550	27	15	0	55	320	77	2	57	51	6	E,M,S,W
Ice Cream Sandwich-OREO® Blue Blast	1 (175g)	570	29	15	0	50	350	75	3	51	45	7	E,M,S,W
Individual Cookie	1 (26g)	120	6	3	0	5	75	17	1	10	10	1	E,M,S,W
Premium Pint - Oreo® Cookies & Cream	¼ Pint (80g)	200	10	6	0	25	110	25	1	19	15	3	M,S,T,W
Premium Pint - Triple Chocolate	¼ Pint (88g)	240	13	8	0	25	75	30	2	25	22	4	M,S,T
Premium Pint - Cinnabon Crunch	¼ Pint (82g)	210	11	7	0	30	115	27	0	22	17	3	M,S,T,W
Pint - Vanilla	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	12	4	M
Pint - Chocolate	¼ Pint (89g)	180	10	6	0	35	85	20	1	17	13	4	M
Pint - Twist	¼ Pint (89g)	180	10	6	0	35	90	20	0	17	12	4	M
Pint - Mint	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M



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Pint - Strawberry	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Pint - Cold Brew	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Pint - Blue Moon	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Pint - Birthday Cake	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Pint - Cotton Candy	¼ Pint (89g)	180	10	6	0	35	95	20	0	17	11	4	M
Celebration Ice Cream Cake	1/15 Cake (91g)	210	11	7	0	30	115	26	1	20	15	4	M,S,T,W
OREO® Cookies and Cream Ice Cream Cake	1/15 Cake (110g)	300	15	9	0	30	180	39	1	26	22	5	M,S,T,W
Cinnabon Swirl Ice Cream Cake	1/15 Cake (101g)	280	15	10	0	30	160	35	0	27	23	4	M,S,T,W
Rainbow Sprinkles	1 Serving	110	6	3	0	0	0	17	0	11	11	0	S ONLY
M&M's Minis	1 Serving	170	9	5	0	10	25	25	0	22	20	2	M,S
Crushed Oreos®	1 Serving	110	5	1	0	0	90	16	1	9	9	1	S,W
Chocolate Crunchies	1 Serving	70	4	3	0	0	60	10	0	4	4	1	M,S,T,W
Chocolate Drops	1 Serving	160	8	8	0	0	10	22	1	21	21	0	S
Churro Crunchies	1 Serving	60	3	3	0	0	35	7	0	4	4	0	M,S,T,W
Pecans	1 Serving	120	13	1	0	0	65	2	2	1	0	2	T
Macadamia Nuts	1 Serving	140	15	2	0	0	65	2	1	1	0	1	T
Coconut	1 Serving	90	6	6	0	0	45	7	1	5	5	1	T
Cookie Dough	1 Serving	340	12	5	0	15	150	58	0	32	31	3	M,S,W
Ground Reese's® Cups	1 Serving	370	22	8	0	5	260	42	3	38	35	8	M,P,S
Strawberries	1 Serving	60	0	0	0	0	0	16	1	14	12	0	
Brownie Pieces	1 Serving	150	7	4	0	20	25	22	1	13	13	2	E,M,S,W
Pineapple	1 Serving	50	0	0	0	0	5	12	1	11	4	0	
Whipped Cream	1 Serving	40	4	2	0	10	5	2	0	2	1	0	M
Maraschino Cherries	1 Serving	30	0	6	0	0	0	6	0	3	3	0	
Marshmallow sauce	1 Serving	90	0	0	0	0	30	21	0	11	11	0	E
Chocolate Fudge	1 Serving	90	4	3	0	0	40	14	1	12	12	1	M,S,T
Caramel Topping	1 Serving	120	4	3	0	10	90	21	0	18	18	0	M,S
Peanut Butter	1 Serving	190	17	3	0	0	126	5	2	3	2	6	P, S
Graham Cracker	1 Serving	60	2	0	0	0	95	11	0	3	2	1	S,W
Heath Bar	1 Serving	170	7	6	0	0	55	21	0	14	14	1	M,S,T
Gummy Bears	1 Serving	180	0	0	0	0	20	45	0	27	27	1	
Blueberries	1 Serving	63	0	0	0	0	10	15	1	13	10	0	
Cheese Cake	1 Serving	110	4	2	0	4	118	17	0	11	11	1	M,W
Pound Cake	1 Serving	80	4	2	0	25	65	11	0	7	7	1	E,M,S,W
Bottled Water	1 Each	0	0	0	0	0	0	0	0	0	0	0	
Bottled Soda	1 Each												