



CINNABON®

*Nutritional
Guide*

HANDMADE TREATS	Serving Size	Calories	KiloJoules	Calories from fat	Fat (grams)	Saturated Fat (grams)	Carbo-hydrates (grams)	Sugar (grams)	Fiber (grams)	Protein (grams)	Salt (grams)	ALLERGENS
Cinnabon® Classic	1 x (220g)	722	3,022	271	30	14	104	48	2	11	0.67	W, M, S, E
Caramel Pecanbon®	1 x (242g)	843	3,528	359	40	16	114	59	2	11	0.74	W, M, S, E, T, P
Chocobon	1 x (230g)	730	3,053	270	32	14	102	49	2	11	0.67	W, M, S, E, P
Minibon® Roll	1 x (88g)	318	1,329	118	14	6	46	21	1	5	0.30	W, M, S, E
Mini Caramel Pecanbon®	1 x (99g)	361	1,509	151	17	7	50	25	2	5	0.32	W, M, S, E, T, P
MiniChocobon Roll	1 x (98g)	361	1,512	139	16	7	51	25	2	6	0.34	W, M, S, E, P
Nutella Minibon	1 x (100g)	361	1,510	141	16	7	51	25	2	5	0.33	W, M, S, E, T, P
Cinnabon® Classic BonBites, 5 ct	5-Bites(167g)	535	2,238	190	16.0	9.5	75	31	2	7	0.32	W, M, S, E
Caramel Pecanbon® BonBites, 5 ct	5-Bites(194g)	720	3,012	320	35.5	12.5	91	49	3	10	0.59	W, M, S, E, T, P
Combo BonBites, 5 ct	5-Bites(218g)	740	3,096	330	36	14	92	52	4	11	0.60	W, M, S, E, T, P
Cinnabon Stix®, 5 ct	5 Stix (113g)	420	1,757	190	22	10	51	21	1	6	0.44	W, M, S, E
Cinnabon Stix®, 10 ct	10 Stix (225g)	840	3,515	390	43	19	102	41	2	12	0.88	W, M, S, E
Cup Cake Chocolate with Frosting 1oz	1 x (84g)	320	1,339	140	16	7	52	25	2	5	0.34	W, M, S, E, P
Cup Cake Vanilla with Frosting 1oz	1 x (84g)	320	1,339	140	16	7	52	25	2	5	0.34	W, M, S, E, P
Cup Cake Strawberry with Frosting 1oz	1 x (86g)	350	1,464	145	16	7	51	28	2	5	0.35	W, M, S, E, P
Cup Cake DDL with CC-Frosting 1oz	1 x (85g)	350	1,464	135	18	8	54	26	2	6	0.50	W, M, S, E, P
Cup Cake Red Velvet with CC- Frosting 1oz	1 x (84g)	340	1,423	130	15	6	52	26	2	4	0.40	W, M, S, E, P
Center of The Roll-Classic	1 x (216g)	750	3,138	300	33	16	106	59	2	9	0.65	W, M, S, E
Center of The Roll-Caramel Pecanbon	1 x (231g)	840	3,515	380	42	16	108	60	3	10	0.71	W, M, S, E, T, P
Frosting Cup	1 x (45g)	210	879	120	13	6	23	21	0	1	0.12	M, S, E
CINNAPACK™: Pre-Packed & Ready to Heat	Serving Size	Calories	KiloJoules	Calories from fat	Fat (grams)	Saturated Fat (grams)	Carbo-hydrates (grams)	Sugar (grams)	Fiber (grams)	Protein (grams)	Salt (grams)	ALLERGENS
Cinnabon® Classic, 4 pk, 6 pk	1 Roll (230g)	755	3,160	283	32	15	109	50	2	11	0.70	W, M, S, E
Caramel Pecanbon®, 4 pk, 6 pk	1 Roll (256g)	892	3,732	380	42	17	121	62	2	12	0.79	W, M, S, E, T, P
Combo, 4 pk, 6 pk	1 Roll (245g)	854	3,571	364	40	16	115	59	2	11	0.75	W, M, S, E, T, P
Minibon® Roll, 6 pk, 9 pk, 15 pk	1 Roll (92g)	332	1,389	123	14	7	48	22	1	5	0.31	W, M, S, E
Minibon Rolls Caramel Pecanbon®, 6 pk, 9 pk, 15 pk	1 Roll (103g)	375	1,570	157	17	7	52	26	2	5	0.33	W, M, S, E, T, P
Minibon Rolls Combo, 6 pk, 9 pk, 15 pk	1 Roll (101g)	368	1,540	154	17	7	51	26	2	5	0.33	W, M, S, E, T, P
CinnaPack® Combo BonBites™ 30 pk	5-Bites(188g)	630	2,636	280	31.0	12.0	78	44	2	7	0.50	W, M, S, E, T, P
Signature Beverages	Serving Size	Calories	KiloJoules	Calories from fat	Fat (grams)	Saturated Fat (grams)	Carbo-hydrates (grams)	Sugar (grams)	Fiber (grams)	Protein (grams)	Salt (grams)	ALLERGENS
Classic Lemonade, 12 oz	12 fl. oz (304g)	80	335	0	0	0	21	19	0	0	0.00	
Classic Lemonade, 16 oz	16 fl. oz (496g)	140	586	0	0	0	37	34	0	0	0.01	
Classic Lemonade, 24 oz	24 fl. oz (610g)	170	711	0	0	0	45	41	0	0	0.01	
Raspberry Lemonade, 12 oz	12 fl. oz (304g)	100	418	0	0	0	27	25	0	0	0.01	
Raspberry Lemonade, 16 oz	16 fl. oz (496g)	180	753	0	0	0	48	44	0	0	0.02	
Raspberry Lemonade, 24 oz	24 fl. oz (610g)	230	962	0	0	0	58	54	0	0	0.02	
MochaLatta Chill®, 12 oz	12 fl. oz (374g)	200	837	70	7	5	30	28	1	4	0.11	M, S, P
MochaLatta Chill®, 16 oz	16 fl. oz (530g)	360	1,506	130	14	8	53	49	1	8	0.20	M, S, P
MochaLatta Chill®, 24 oz	24 fl. oz (644g)	420	1,757	140	16	9	64	59	2	10	0.28	M, S, P
Strawberries & Cream Chillatta™ 12 oz	12 fl. oz (376g)	430	1,799	180	20	12	58	50	0	6	0.11	M, S, E
Strawberries & Cream Chillatta™ 16 oz	16 fl. oz (558g)	710	2,971	300	33	20	96	82	1	9	0.17	M, S, E
Strawberries & Cream Chillatta™ 24 oz	24 fl. oz (699g)	890	3,724	370	41	24	121	103	1	11	0.22	M, S, E
Chocolate Mocha Chillattas®, 12 oz	12 fl. oz (315g)	240	1,004	70	8	5	43	39	2	5	0.10	M, S, P
Chocolate Mocha Chillattas®, 16 oz	16 fl. oz (488g)	360	1,506	120	13	7	59	54	3	8	0.16	M, S, P
Chocolate Mocha Chillattas®, 24 oz	24 fl. oz (618g)	460	1,925	130	15	8	79	72	4	10	0.20	M, S, P
Oreo® Chillatta™, 12 oz	12 fl. oz (358g)	510	2,134	220	24	13	69	51	1	7	0.31	W, M, S, E
Oreo® Chillatta™, 16 oz	16 fl. oz (562g)	870	3,640	360	40	21	118	86	2	12	0.57	W, M, S, E
Oreo® Chillatta™, 24 oz	24 fl. oz (703g)	1,090	4,561	450	50	26	150	108	2	15	0.73	W, M, S, E
Nutella® Chillatta™, 12 oz	12 fl. oz (366g)	600	2,510	240	26	15	83	51	2	8	.26+0	M, S, P
Nutella® Chillatta™, 16 oz	16 fl. oz (606g)	1,000	4,184	400	44	25	140	88	2	12	0.44	M, S, P
Nutella® Chillatta™, 24 oz	24 fl. oz (730g)	1,190	4,979	450	50	28	173	103	3	14	0.51	M, S, P
Hot & Cold Beverages	Serving Size	Calories	KiloJoules	Calories from fat	Fat (grams)	Saturated Fat (grams)	Carbo-hydrates (grams)	Sugar (grams)	Fiber (grams)	Protein (grams)	Salt (grams)	ALLERGENS
Coffee, 8 oz	8 fl. oz (175g)	5	21	0	0	0	0	0	0	0	0.01	
Coffee, 12 oz	12 fl. oz (283g)	5	21	0	0	0	0	0	0	0	0.01	
Coffee, 16 oz	16 fl. oz (340g)	5	21	0	0	0	0	0	0	0	0.01	
Iced Coffee Vanilla 12 oz	12 fl. oz (302g)	80	335	10	2	1	15	15	0	1	0.03	M, S, P
Iced Coffee Vanilla 16 oz	16 fl. oz (496g)	140	586	20	3	2	27	27	0	2	0.04	M, S, P
Iced Coffee Vanilla 24 oz	24 fl. oz (610g)	170	711	25	3	2	33	33	0	3	0.05	M, S, P
Hot Chocolate 8 oz (w Chocolate Sauce, Whole Milk, ½ oz Whipped Cream)	8 fl. oz (283g)	160	669	45	5	3	25	20	1	2	0.21	M, S, P
Hot Chocolate 12 oz (w Chocolate Sauce, Whole Milk, ½ oz Whipped Cream)	12 fl. oz (373g)	250	1,046	90	10	7	41	35	2	2	0.26	M, S, P
Hot Chocolate 16 oz (w Chocolate Sauce, Whole Milk, ½ oz Whipped Cream)	16 fl. oz (431g)	310	1,297	100	11	7	53	45	3	4	0.34	M, S, P
Milk, Skim-Whole, 8 oz	8 fl. oz (366g)	90-190	375-750	5-100	0-9	0-6	14-16	17-18	0	10	0.15	M
Milk, Skim-Whole, 12 oz	12 fl. oz (366g)	120-220	500-920	5-110	0-12	0-7	17-18	17-18	0	12	0.15	M
Milk, Skim-Whole, 16 oz	16 fl. oz (488g)	170-290	700-1200	5-140	0-16	0-9	22-24	22-24	0	16-17	0.20	M
Orange Juice, 12 oz	12 fl. oz (374g)	180	753	5	0	0	43	31	1	3	0.01	
Orange Juice, 16 oz	16 fl. oz (498g)	240	1,004	5	1	0	57	41	1	3	0.01	

The Dietary Guidelines recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily/ 8400Kj. Recommended limits may be higher or lower depending upon daily calorie consumption. As Cinnabon bakery chefs have the discretion to slightly alter the ingredients of our special frosting mix, there can be a modest variance in terms of calorie related content. As such, you may find the above range in terms of the calorie content information. The dietary guidelines for E Packs vary due to the possible variations All other trademarks are the property of their respective owners.

Food Allergens W = Wheat M = Milk S = Soy Bean E = Egg T = Tree Nuts P = Possibly Peanuts

This table with the allergen information was created to the best of knowledge based on the information provided by our suppliers. We produce all our products in a kitchen / area where allergens are handled and, while we try our best to keep things separate, we cannot guarantee any items are allergen free. It is also possible that traces are found due to cross contact within the production line. Some menu items listed may not be available in all our bake shops.

Αυτός ο πίνακας με τις πληροφορίες για αλλεργιογόνες ουσίες δημιουργήθηκε σύμφωνα με την καλύτερη δυνατή γνώση μας βασισμένοι σε πληροφορίες που δόθηκαν από τους προμηθευτές μας. Παράγουμε τα προϊόντα μας σε κουζίνα / περιοχή όπου ταυχάνουν χειρισμό αλλεργιογόνες ουσίες και, ενώ προσπαθούμε να κρατάμε τα είδη ξεχωριστά μεταξύ τους, δεν μπορούμε να εγγυηθούμε ότι οποιοδήποτε είδος είναι ελεύθερο από αλλεργιογόνες ουσίες. Είναι πιθανό να βρεθούν ίχνη λόγω επαφής εντός της γραμμής παραγωγής. Μερικά είδη που περιλαμβάνονται στα μενού μας μπορεί να μην είναι διαθέσιμα σε όλα τα καταστήματά μας.