



NUTRITION SURVIVAL GUIDE TO

CINNABON

CALORIES AND MACRONUTRIENTS

1-200 CAL

MAIN

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| CinnaPack® Caramel Pecanbon® | 1140 | 14 | 153 | 4 | 81 | 55 | 3.3 |
| Caramel Pecanbon® | 1080 | 14 | 146 | 3 | 75 | 51 | 3.2 |
| Cinnabon® Classic Roll | 880 | 13 | 127 | 2 | 58 | 37 | 2.9 |
| Caramel Pecan BonBites™ 6 ct | 860 | 10 | 109 | 3 | 59 | 42 | 1.8 |
| Cinnabon Stix® 10 ct | 840 | 12 | 102 | 2 | 41 | 43 | 2.2 |
| Center of The Roll™ Caramel Pecanbon | 840 | 10 | 108 | 3 | 59 | 42 | 2.3 |
| Center of The Roll™ Classic | 750 | 9 | 105 | 2 | 58 | 34 | 2.2 |
| CinnaSweeties™ 15 ct | 750 | 10 | 95 | 2 | 40 | 38 | 1.4 |
| Cinnabon® Classic BonBites™ 6 ct | 640 | 8 | 90 | 2 | 38 | 25 | 1.4 |
| Caramel Pecan BonBites™ 4 ct | 580 | 7 | 73 | 2 | 39 | 29 | 1.2 |
| CinnaSweeties™ 10 ct | 500 | 7 | 63 | 2 | 27 | 25 | 1 |
| Caramel Pecanbon® MiniBon® Roll | 450 | 6 | 60 | 2 | 32 | 22 | 1 |
| Cinnabon® Classic BonBites™ 4 ct | 430 | 5 | 60 | 1 | 25 | 17 | 0.9 |
| Cinnabon Stix® 5 ct | 420 | 6 | 51 | 1 | 21 | 22 | 1.1 |
| MiniBon® Roll | 350 | 5 | 51 | 1 | 23 | 15 | 0.8 |
| Churro 1 ct | 290 | 6 | 43 | 2 | 14 | 10 | 0.9 |
| CinnaSweeties™ 5 ct | 250 | 3 | 31 | 1 | 13 | 13 | 0.5 |
| Frosting Cup | 210 | 1 | 23 | 0 | 21 | 13 | 0.3 |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

DRINKS (24 OZ)

| | | | | | | | |
|---------------------------------------------|------|----|-----|---|-----|----|-----|
| Signature Cinnamon Roll Chillatta™ 24 oz | 1010 | 14 | 166 | 3 | 103 | 33 | 1.4 |
| Oreo® Cookies & Cream Chillatta™ 24 oz | 880 | 15 | 141 | 2 | 107 | 31 | 2.1 |
| Strawberries & Cream Chillatta™ 24 oz | 670 | 11 | 113 | 1 | 102 | 22 | 0.8 |
| Peaches & Cream Chillatta™ 24 oz | 660 | 11 | 110 | 1 | 101 | 22 | 0.8 |
| Cold Brew Frozen Coffee Vanilla 24 oz | 630 | 9 | 107 | 0 | 99 | 19 | 0.7 |
| Cold Brew Frozen Coffee Cinnamon Roll 24 oz | 630 | 10 | 108 | 0 | 97 | 19 | 0.8 |
| Double Chocolate Mocha Chillatta™ 24 oz | 460 | 10 | 79 | 4 | 72 | 15 | 0.5 |
| MochaLatta Chill® 24 oz | 420 | 10 | 64 | 2 | 59 | 16 | 0.7 |
| Frozen Raspberry Lemonade, 24 oz | 380 | 0 | 97 | 0 | 92 | 0 | 0.1 |
| Frozen Classic Lemonade, 24 oz | 340 | 0 | 88 | 0 | 84 | 0 | 0 |
| Raspberry Lemonade 24 oz | 210 | 0 | 55 | 0 | 52 | 0 | 0.1 |
| Cold Brew Iced Coffee Cinnamon Roll 24 oz | 210 | 3 | 40 | 0 | 37 | 4 | 0.3 |
| Cold Brew Iced Coffee Vanilla 24 oz | 200 | 3 | 39 | 0 | 38 | 35 | 0.2 |

DRINKS (12-20 OZ)

| | | | | | | | |
|------------------------------------------|-----|----|-----|---|----|----|-----|
| Signature Cinnamon Roll Chillatta™ 16 oz | 840 | 12 | 135 | 3 | 89 | 29 | 1.2 |
| Oreo® Cookies & Cream Chillatta™ 16 oz | 700 | 12 | 112 | 2 | 85 | 25 | 1.6 |
| Strawberries & Cream Chillatta™ 16 oz | 540 | 9 | 89 | 1 | 81 | 18 | 0.6 |
| Peaches & Cream Chillatta™ 16 oz | 530 | 9 | 87 | 0 | 80 | 18 | 0.6 |

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Cold Brew Frozen Coffee Vanilla 16 oz | 520 | 8 | 87 | 0 | 80 | 17 | 0.5 |
| Cold Brew Frozen Coffee Cinnamon Roll 16 oz | 520 | 8 | 87 | 0 | 79 | 17 | 0.6 |
| Cinnamon Roll Hot Cocoa 20 oz | 440 | 5 | 83 | 5 | 55 | 12 | 1.1 |
| Chocolate Reduced Fat Milk, 16 oz | 380 | 15 | 61 | 3 | 48 | 9 | 0.8 |
| MochaLatta Chill® 16 oz | 360 | 8 | 53 | 1 | 49 | 14 | 0.5 |
| Double Chocolate Mocha Chillatta™ 16 oz | 360 | 8 | 59 | 3 | 54 | 13 | 0.4 |
| Ghirardelli® Hot Cocoa 20 oz | 360 | 5 | 64 | 4 | 64 | 12 | 1.1 |
| Cinnamon Roll Hot Cocoa 16 oz | 360 | 4 | 66 | 4 | 45 | 11 | 0.9 |
| Ghirardelli® Hot Cocoa 16 oz | 310 | 4 | 53 | 3 | 45 | 11 | 0.9 |
| Cinnamon Roll Hot Cocoa 12 oz | 300 | 4 | 54 | 3 | 35 | 10 | 0.7 |
| Frozen Raspberry Lemonade, 16 oz | 280 | 0 | 71 | 0 | 67 | 0 | 0.1 |
| Chocolate Reduced Fat Milk, 12 oz | 280 | 11 | 45 | 3 | 36 | 7 | 0.6 |
| Frozen Classic Lemonade, 16 oz | 270 | 0 | 70 | 0 | 67 | 0 | 0 |
| Ghirardelli® Hot Cocoa 12 oz | 250 | 2 | 41 | 2 | 35 | 10 | 0.7 |
| Orange Juice 16 oz | 240 | 3 | 57 | 1 | 41 | 1 | 0 |
| Orange Juice 12 oz | 180 | 3 | 43 | 1 | 31 | 0 | 0 |
| Cold Brew Iced Coffee Cinnamon Roll 16 oz | 180 | 3 | 34 | 0 | 32 | 35 | 0.3 |
| Raspberry Lemonade 16 oz | 170 | 0 | 44 | 0 | 42 | 0 | 0.1 |
| Cold Brew Iced Coffee Vanilla 16 oz | 170 | 2 | 34 | 0 | 32 | 3 | 0.2 |
| Classic Lemonade 24 oz | 160 | 0 | 42 | 0 | 40 | 0 | 0 |
| Classic Lemonade 16 oz | 130 | 0 | 34 | 0 | 33 | 0 | 0 |
| Coffee | 5 | 0 | 0 | 0 | 0 | 0 | 0 |

BREAKFAST

| | | | | | | | |
|------------------------------------------------|-----|----|----|---|----|----|-----|
| Sausage Bites 5 ct | 810 | 19 | 55 | 1 | 12 | 58 | 4.2 |
| BF Ham Panini S'wich + Cheese Roll | 590 | 28 | 48 | 1 | 10 | 25 | 3.5 |
| Sausage, Egg & Cheese S'wich + Cheese Roll | 550 | 23 | 42 | 1 | 7 | 30 | 3.2 |
| Smoked Turkey Panini S'wich + Cheese Roll | 530 | 29 | 49 | 1 | 10 | 24 | 4.1 |
| Smoked Turkey Club Panini S'wich + Cheese Roll | 520 | 28 | 48 | 1 | 9 | 25 | 4.9 |
| Sausage Bites 3 ct | 490 | 11 | 33 | 1 | 7 | 35 | 2.5 |
| Grilled Cheese Panini S'wich + Cheese Roll | 480 | 21 | 41 | 1 | 9 | 26 | 2.7 |
| Bacon, Egg & Cheese S'wich + Cheese Roll | 450 | 23 | 41 | 1 | 7 | 21 | 3.4 |
| Egg & Cheese S'wich + Cheese Roll | 380 | 17 | 41 | 1 | 7 | 15 | 2.2 |
| Maple Syrup | 100 | 0 | 27 | 0 | 14 | 0 | 0.1 |