



### Pumpkin Spice Cake Doughnut and Pumpkin Spice Latte Nutritionals

DESCRIPTION	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Glazed Pumpkin Spice Cake Doughnut	1 Doughnut	280	130	14	6	0	20	210	39	less than 1 gram	25	2
Ingredients: Doughnut (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Water, Sugar, Soybean Oil. Contains 2% or Less of Each of the Following: Corn Starch, Egg Yolks, Natural and Artificial Flavors, Caramel Color, Soy Flour, Hydrogenated Soybean Oil, Whey, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Dextrose, Salt, Sodium Aluminum Phosphate, Tricalcium Phosphate, Lecithin, Mono and Diglycerides, Dried Milk Powder, Cellulose Gum, Sodium Propionate (To Maintain Freshness), BHT, Propylene Glycol Monoesters, Tocopherols), Glaze (Sugar, Water, Corn Starch, Palm Oil, Calcium Sulfate And/Or Calcium Carbonate, Agar, Dextrose, Natural and Artificial Flavors, Salt, Disodium Phosphate, Locust Bean Gum And/Or Mono and Diglycerides). Does not contain real Fruit. Naturally and Artificially Flavored												
CL Frozen Pumpkin Spice Latte- 12 oz.	12 fl. oz.	440	90	10	7	0	40	270	80	0	69	2
Ingredients: Water, Cream Base (Whole Milk, Water, Sugar, Heavy Cream, Skim Milk, Natural Flavor, Sodium Citrate, Locust Bean Gum, Xanthan Gum, Sea Salt), Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Flavored Sauce (Sugar, Water, Sweetened Condensed Milk, Corn Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Potassium Sorbate (To Maintain Freshness), Clove, Soy Lecithin, Xanthan Gum, Gellan Gum), Brewed Espresso. Does not contain real Fruit. Naturally Flavored												
CL Frozen Pumpkin Spice Latte- 16 oz.	16 fl. oz.	480	100	11	7	0	45	310	88	0	75	3
Ingredients: Water, Cream Base (Whole Milk, Water, Sugar, Heavy Cream, Skim Milk, Natural Flavor, Sodium Citrate, Locust Bean Gum, Xanthan Gum, Sea Salt), Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Brewed Espresso, Spices. Does not contain real Fruit. Naturally Flavored												
CL Frozen Pumpkin Spice Latte- 20 oz.	20 fl. oz.	590	110	12	8	0	45	380	111	0	94	3
Ingredients: Water, Cream Base (Whole Milk, Water, Sugar, Heavy Cream, Skim Milk, Natural Flavor, Sodium Citrate, Locust Bean Gum, Xanthan Gum, Sea Salt), Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte- Hot- 12 oz. 2%	12 fl. oz.	310	80	9	5	0	35	230	46	0	25	12

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Ingredients: Milk, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Hot- 12 oz. Skim	12 fl. oz.	270	35	4	2.5	0	15	230	46	0	25	12
Ingredients: Skim Milk, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Hot- 16 oz. 2%	16 fl. oz.	400	90	10	6	0	40	300	64	0	37	15
Ingredients: Milk, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Hot- 16 oz. Skim	16 fl. oz.	350	40	4.5	2.5	0	20	300	64	0	37	15
Ingredients: Skim Milk, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Hot- 20 oz. 2%	20 fl. oz.	500	100	11	7	0	45	360	82	0	48	18
Ingredients: Milk, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Hot- 20 oz. Skim	20 fl. oz.	440	40	4.5	2.5	0	20	360	82	0	48	18
Ingredients: Skim Milk, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Iced- 12 oz. 2%	12 fl. oz.	280	90	10	6	0	35	190	42	0	26	8
Ingredients: Milk, Water, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Brewed Espresso, Spices. Does not contain real Fruit. Naturally Flavored												

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### Pumpkin Spice Cake Doughnut and Pumpkin Spice Latte Nutritionals

DESCRIPTION	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CL Pumpkin Spice Latte-Iced- 12 oz. Skim	12 fl. oz.	260	65	7	4.5	0	25	190	42	0	26	8
Ingredients: Skim Milk, Water, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Brewed Espresso, Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Iced- 16 oz. 2%	16 fl. oz.	360	90	10	6	0	35	230	58	0	38	10
Ingredients: Milk, Water, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Iced- 16 oz. Skim	16 fl. oz.	330	65	7	4.5	0	25	230	58	0	38	10
Ingredients: Skim Milk, Water, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Iced- 20 oz. 2%	20 fl. oz.	440	100	11	7	0	40	280	75	0	50	12
Ingredients: Milk, Water, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												
CL Pumpkin Spice Latte-Iced- 20 oz. Skim	20 fl. oz.	400	65	7	4.5	0	25	280	75	0	50	12
Ingredients: Skim Milk, Water, Flavored Sauce (Sugar, Water, Sweetened Condensed Skim Milk, Tapioca Syrup, Nonfat Milk, Natural Flavors, Caramel Color, Nutmeg, Salt, Clove, Xanthan Gum, Gellan Gum), Brewed Espresso, Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Spices. Does not contain real Fruit. Naturally Flavored												

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