

Pumpkin Spice Cake Doughnut and Pumpkin Spice Latte Nutritionals

80

9

5

310

OZ.

Hot- 12 oz. 2%

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)
										less		
Glazed Pumpkin Spice Cake Doughnut	1 Doughnut	280	130	14	6	0	20	210	39	than 1	25	2
Ingredients: Doughnut (Enricl Contains 2% or Less of Each of Pyrophosphate, Sodium Bicar Gum, Sodium Propionate (To Calcium Carbonate, Agar, Des Naturally and Artificially Flavo	of the Follow bonate, De Maintain F ktrose, Natu	ving: Corn St extrose, Salt, reshness), B	arch, Egg Yo Sodium Alur HT, Propyler	lks, Natur ninum Pho ne Glycol N	al and Artific osphate, Tric Monoesters,	cial Flavors, calcium Pho Tocopherol	Caramel Color sphate, Lecith s), Glaze (Suga	, Soy Flou in, Mono a r, Water,	r, Hydrogenated S and Diglycerides, I Corn Starch, Palm	oybean Oil, Dried Milk F Oil, Calciur	Whey, Soo Powder, Ce n Sulfate A	dium Acid Ilulose nd/Or
CL Frozen Pumpkin Spice Latte- 12 oz.	12 fl. oz.	440	90	10	7	0	40	270	80	0	69	2
Sauce (Sugar, Water, Sweeter Whipped Cream (Cream, Skin Condensed Milk, Corn Syrup, Gellan Gum), Brewed Espress	n Milk, Corr Nonfat Mil	n Syrup, Suga k, Natural Fla	ar, Mono and avors, Caram	d Diglyerid nel Color, I	es, Natural a Nutmeg, Salt	and Artificia	l Flavors, Carra	ageenan),	Flavored Sauce (S	ugar, Wate	r, Sweeten	ed
CL Frozen Pumpkin Spice Latte- 16 oz.	16 fl. oz.	480	100	11	7	0	45	310	88	0	75	3
Ingredients: Water, Cream Ba Sauce (Sugar, Water, Sweeter Whipped Cream (Cream, Skin Fruit. Naturally Flavored	ned Conder	nsed Skim M	ilk, Tapioca S	Syrup, Nor	nfat Milk, Na	tural Flavor	s, Caramel Col	or, Nutme	eg, Salt, Clove, Xan	than Gum,	Gellan Gur	n),
CL Frozen Pumpkin Spice Latte- 20 oz.	20 fl oz.	590	110	12	8	0	45	380	111	0	94	3
Ingredients: Water, Cream Ba Sauce (Sugar, Water, Sweete Brewed Espresso, Whipped C Fruit. Naturally Flavored	ned Conder	nsed Skim M	ilk, Tapioca S	Syrup, Nor	nfat Milk, Na	tural Flavor	s, Caramel Col	or, Nutme	eg, Salt, Clove, Xan	than Gum,	Gellan Gur	n),
CL Pumpkin Spice Latte-	12 fl.	310	80	9	5	0	35	230	46	0	25	12

Our facilities produce products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat allergies.

0 35

230

46

25

12

0



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Total

DESCRIPTION	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	<i>Trans</i> Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
						_						
Ingredients: Milk, Flavored S												
Gum, Gellan Gum), Brewed E	•		m (Cream, Si	kim ivilik, (Lorn Syrup, S	ugar, ivion	o and Digiyerio	ies, Natura	ii and Artificiai Fia	vors, Carra	geenan), Sp	ices.
Does not contain real Fruit.		vorea	1	1	1		1		I	Ī	1	l .
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, Flavo												
Xanthan Gum, Gellan Gum),	-			Cream, Sk	im Milk, Corr	າ Syrup, Su	gar, Mono and	Diglyeride	es, Natural and Art	ificial Flavo	rs, Carrage	enan),
Spices. Does not contain real		rally Flavore	d		1					1		
CL Pumpkin Spice Latte-	16 fl.	400	90	10	6	0	40	300	64	0	37	15
Hot- 16 oz. 2%	OZ.											_
Ingredients: Milk, Flavored S												
Gum, Gellan Gum), Brewed E	•		m (Cream, Sl	kim Milk, (Corn Syrup, S	ugar, Mon	o and Diglyeric	les, Natura	al and Artificial Fla	vors, Carra	geenan), Sp	ices.
Does not contain real Fruit. N	Naturally Fla	vored		,					T	T	ı	T
CL Pumpkin Spice Latte-	16 fl.	350	40	4.5	2.5	0	20	300	64	0	37	15
Hot- 16 oz. Skim	OZ.									_		
Ingredients: Skim Milk, Flavo		•						-	•	-	•	-
Xanthan Gum, Gellan Gum),	-			Cream, Sk	im Milk, Corr	າ Syrup, Su	gar, Mono and	Diglyeride	es, Natural and Art	ificial Flavo	rs, Carrage	enan),
Spices. Does not contain real	Fruit. Natur	rally Flavore	d		1					1		
CL Pumpkin Spice Latte-	20 fl.	500	100	11	7	0	45	360	82	0	48	18
Hot- 20 oz. 2%	OZ.	300	100		,	•	'	300	02	•	.0	
								1				
_					-					_		, Xanthai
Gum, Gellan Gum), Brewed E	Espresso, Wh	hipped Crear			-					_		, Xantha
Ingredients: Milk, Flavored S. Gum, Gellan Gum), Brewed E Does not contain real Fruit. N	Espresso, Wh Naturally Fla	hipped Crear			-					_		, Xanthai
Gum, Gellan Gum), Brewed E Does not contain real Fruit. N CL Pumpkin Spice Latte-	Espresso, Wh	hipped Crear vored	m (Cream, SI	kim Milk, (Corn Syrup, S	ugar, Mon	o and Diglyerio	les, Natura	al and Artificial Fla	vors, Carrag	geenan), Sp	, Xanthai ices.
Gum, Gellan Gum), Brewed E Does not contain real Fruit. N CL Pumpkin Spice Latte- Hot- 20 oz. Skim	Espresso, Wh Naturally Fla 20 fl. oz.	hipped Crear vored 440	m (Cream, SI	4.5	Corn Syrup, S 2.5	ugar, Mono	o and Diglyeric	des, Natura	al and Artificial Fla	vors, Carrag	geenan), Sp 48	, Xantha pices.
Gum, Gellan Gum), Brewed E Does not contain real Fruit. N CL Pumpkin Spice Latte- Hot- 20 oz. Skim Ingredients: Skim Milk, Flavo	Espresso, Wh Naturally Flan 20 fl. oz. ored Sauce (S	hipped Crear vored 440 Sugar, Water	40 40 5, Sweetened	4.5 I Condens	2.5 ed Skim Milk	ugar, Mono 0 , Tapioca S	20 yrup, Nonfat N	360 Milk, Natur	al and Artificial Fla 82 al Flavors, Carame	o O Color, Nu	geenan), Sp 48 tmeg, Salt,	, Xantha pices. 18 Clove,
Gum, Gellan Gum), Brewed E Does not contain real Fruit. N CL Pumpkin Spice Latte- Hot- 20 oz. Skim Ingredients: Skim Milk, Flavo Xanthan Gum, Gellan Gum),	Espresso, Wh Naturally Fla 20 fl. oz. ored Sauce (S Brewed Espi	hipped Crear vored 440 Sugar, Water resso, Whipp	40 r, Sweetened	4.5 I Condens	2.5 ed Skim Milk	ugar, Mono 0 , Tapioca S	20 yrup, Nonfat N	360 Milk, Natur	al and Artificial Fla 82 al Flavors, Carame	o O Color, Nu	geenan), Sp 48 tmeg, Salt,	, Xantha pices. 18 Clove,
Gum, Gellan Gum), Brewed E Does not contain real Fruit. N CL Pumpkin Spice Latte- Hot- 20 oz. Skim Ingredients: Skim Milk, Flavo Xanthan Gum, Gellan Gum),	Espresso, Wh Naturally Fla 20 fl. oz. ored Sauce (S Brewed Espi	hipped Crear vored 440 Sugar, Water resso, Whipp	40 r, Sweetened	4.5 I Condens	2.5 ed Skim Milk	ugar, Mono 0 , Tapioca S	20 yrup, Nonfat N	360 Milk, Natur	al and Artificial Fla 82 al Flavors, Carame	o O Color, Nu	geenan), Sp 48 tmeg, Salt,	, Xantha pices. 18 Clove,
Gum, Gellan Gum), Brewed E Does not contain real Fruit. N CL Pumpkin Spice Latte- Hot- 20 oz. Skim Ingredients: Skim Milk, Flavo Xanthan Gum, Gellan Gum), Spices. Does not contain real CL Pumpkin Spice Latte-	Espresso, Wh Naturally Fla 20 fl. oz. ored Sauce (S Brewed Espi	hipped Crear wored 440 Sugar, Water resso, Whipp rally Flavored	40 40 r, Sweetened ped Cream (d	4.5 I Condens Cream, Sk	2.5 ed Skim Milk m Milk, Corr	0 , Tapioca S n Syrup, Sug	20 20 yrup, Nonfat Ngar, Mono and	360 Milk, Natur Diglyeride	al and Artificial Fla 82 al Flavors, Carame es, Natural and Art	o O El Color, Nui ificial Flavo	48 tmeg, Salt, ers, Carrage	18 Clove, enan),
Gum, Gellan Gum), Brewed E Does not contain real Fruit. N CL Pumpkin Spice Latte- Hot- 20 oz. Skim Ingredients: Skim Milk, Flavo Xanthan Gum, Gellan Gum), Spices. Does not contain real CL Pumpkin Spice Latte- Iced- 12 oz. 2%	Espresso, Wh Naturally Flar 20 fl. oz. ored Sauce (S Brewed Espressed I Fruit. Natur 12 fl. oz.	hipped Crear wored 440 Sugar, Water resso, Whipp rally Flavored 280	40 40 r, Sweetened ped Cream (i d	4.5 I Condens Cream, Sk	2.5 ed Skim Milk im Milk, Corr	O , Tapioca S n Syrup, Sug	20 yrup, Nonfat Ngar, Mono and	360 Ailk, Natur Diglyeride	al and Artificial Fla 82 al Flavors, Carame es, Natural and Art	O Pl Color, Nuidificial Flavo	48 tmeg, Salt, ors, Carrage	18 Clove, enan),
Gum, Gellan Gum), Brewed E Does not contain real Fruit. N CL Pumpkin Spice Latte- Hot- 20 oz. Skim Ingredients: Skim Milk, Flavo Xanthan Gum, Gellan Gum), Spices. Does not contain real CL Pumpkin Spice Latte- Iced- 12 oz. 2% Ingredients: Milk, Water, Flar	Espresso, Wh Naturally Flar 20 fl. oz. ored Sauce (S Brewed Espr I Fruit. Natur 12 fl. oz. vored Sauce	hipped Crean wored 440 Sugar, Water resso, Whipp rally Flavored 280	40 40 r, Sweetened ped Cream (d d 90 ter, Sweeten	4.5 I Condens Cream, Sk	2.5 ed Skim Milk m Milk, Corr	O, Tapioca Son Syrup, Sug	20 yrup, Nonfat Ngar, Mono and 35 Syrup, Nonfat	360 Milk, Natura Diglyeride 190 t Milk, Nat	82 al Flavors, Caramers, Natural and Art 42 ural Flavors, Carar	O el Color, Nuidificial Flavo	48 tmeg, Salt, ors, Carrage 26 Nutmeg, Sal	18 Clove, enan), 8 t, Clove,
Gum, Gellan Gum), Brewed E Does not contain real Fruit. N CL Pumpkin Spice Latte- Hot- 20 oz. Skim Ingredients: Skim Milk, Flavo Xanthan Gum, Gellan Gum), Spices. Does not contain real CL Pumpkin Spice Latte- Iced- 12 oz. 2%	Espresso, Wh Naturally Flar 20 fl. oz. ored Sauce (S Brewed Espr I Fruit. Natur 12 fl. oz. vored Sauce	hipped Crean wored 440 Sugar, Water resso, Whipp rally Flavored 280	40 40 r, Sweetened ped Cream (d d 90 ter, Sweeten	4.5 I Condens Cream, Sk	2.5 ed Skim Milk m Milk, Corr	O, Tapioca Son Syrup, Sug	20 yrup, Nonfat Ngar, Mono and 35 Syrup, Nonfat	360 Milk, Natura Diglyeride 190 t Milk, Nat	82 al Flavors, Caramers, Natural and Art 42 ural Flavors, Carar	O el Color, Nuidificial Flavo	48 tmeg, Salt, ors, Carrage 26 Nutmeg, Sal	18 Clove, enan), 8 t, Clove,

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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 Clove, Xanthan Gum, Gellan G Espresso, Spices. Does not co	Gum), Whip	ped Cream (Cream, Skim									_
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, Flav Xanthan Gum, Gellan Gum), E Spices. Does not contain real	Brewed Esp	resso, Whip	oed Cream (0			-					_	
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	r, Flavored	Sauce (Sugar	, Water, Swe	eetened C	ondensed Sk	im Milk, Ta	pioca Syrup, N	onfat Milk	, Natural Flavors,	Caramel Co	olor, Nutme	g, Salt,
Clove, Xanthan Gum, Gellan G	Gum), Brew	ed Espresso,	Whipped C	ream (Crea	am, Skim Mil	k, Corn Syr	up, Sugar, Moi	no and Dig	lyerides, Natural a	and Artificia	al Flavors,	
Carrageenan), Spices. Does n	ot contain r	eal Fruit. Na	turally Flavo	red								
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, Flav	ored Sauce	(Sugar, Wat	er, Sweeten	ed Conde	nsed Skim M	ilk, Tapioca	Syrup, Nonfat	: Milk, Nat	ural Flavors, Carar	mel Color, N	Nutmeg, Sal	t, Clove,
Xanthan Gum, Gellan Gum), E	Brewed Esp	resso, Whipյ	oed Cream (0	Cream, Ski	m Milk, Corr	ո Syrup, Su	gar, Mono and	Diglyeride	s, Natural and Art	tificial Flavo	rs, Carrage	enan),
Spices. Does not contain real	Fruit. Natu	rally Flavore	d									
CL Pumpkin Spice Latte-	20 fl.	400	65	7	4.5	0	25	280	75	0	50	12
Iced- 20 oz. Skim	OZ.					_						
Ingredients: Skim Milk, Water	•					-					-	g, Salt,
Clove, Xanthan Gum, Gellan (-			am, Skim Mil	k, Corn Syr	up, Sugar, Moi	no and Dig	lyerides, Natural a	and Artificia	al Flavors,	
Carrageenan), Spices. Does n	ot contain r	eal Fruit. Na	turally Flavo	red								

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