



NUTRITION GUIDE

Effective: December, 2025

Cinnamon Rolls	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Classic Roll	1 (241g)	880	37	16	0	55	1150	129	2	61	59	12	E,M,S,W
Caramel Pecanbon®	1 (286g)	1090	51	20	0.5	65	1280	149	4	77	75	14	E,M,P,S,TN,W
TurtleBon Classic Roll	1 (283g)	1100	53	19	0.5	60	1270	149	5	76	74	15	E,M,P,S,TN,W
Caramel Lover's Classic Roll	1 (264g)	1000	41	19	0.5	65	1230	147	2	76	74	13	E,M,S,W
OREO®Bon Classic Roll	1 (283g)	1080	44	18	0.5	55	1260	162	4	81	79	14	E,M,S,W
Chocolate Peanut Butter Cup Classic Roll made with REESE'S	1 (286g)	1110	49	21	0.5	65	1290	158	5	85	82	16	E,M,P,S,W
Chocolate Peanut Butter Candy Classic Roll made with REESE'S PIECES	1 (294g)	1110	46	25	0.5	55	1190	162	6	88	86	17	E,M,P,S,W
MiniBon® Roll	1 (96g)	350	15	7	0	25	350	52	1	24	24	5	E,M,S,W
Caramel Pecanbon MiniBon® Roll	1 (116g)	460	22	8	0	30	400	62	2	33	31	6	E,M,P,S,TN,W
TurtleBon MiniBon® Roll	1 (120g)	470	23	8	0	25	390	62	2	32	31	7	E,M,P,S,TN,W
Caramel Lover's MiniBon® Roll	1 (108g)	410	17	8	0	30	370	61	1	32	31	5	E,M,S,W
OREO®Bon MiniBon® Roll	1 (118g)	450	18	8	0	25	390	68	2	34	34	6	E,M,S,W
Chocolate Peanut Butter Cup MiniBon® made with REESE'S	1 (120g)	470	21	9	0	25	400	66	2	37	35	7	E,M,P,S,W
Chocolate Peanut Butter Candy MiniBon® made with REESE'S PIECES	1 (123g)	470	20	11	0	25	350	68	3	38	37	7	E,M,P,S,W
BonBites™, 4ct	4 Rolls (100g)	410	17	8	0	25	480	58	2	27	25	5	E,M,S,W
Caramel Pecanbon® BonBites™, 4ct	4 Rolls (125g)	560	30	10	0	30	570	67	2	34	32	7	E,M,P,S,TN,W
TurtleBon BonBites™, 4ct	4 Rolls (152g)	590	33	10	0	15	580	69	4	35	33	7	E,M,P,S,TN,W
Caramel Lover's BonBites™, 4ct	4 Rolls (132g)	470	20	9	0	15	520	67	2	34	33	5	E,M,S,W
OREOBon BonBites™, 4ct	4 Rolls (159g)	530	22	9	0	10	560	78	3	39	38	7	E,M,S,W
Chocolate Peanut Butter Cup BonBites™, 4ct made with REESE'S	4 Rolls (159g)	610	28	12	0	15	610	82	3	48	45	10	E,M,P,S,W
Chocolate Peanut Butter Candy BonBites™, 4ct made with REESE'S PIECES	4 Rolls (165g)	620	27	16	0	10	530	87	4	51	50	11	E,M,P,S,W



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Quick Bites	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Center of the Roll - Classic	1 (198g)	760	34	16	0	50	870	106	2	60	58	9	E,M,S,W
Center of the Roll Sundae	1 (269g)	910	47	23	0	78	916	123	3	73	67	12	E,M,S,W
Center of the Roll - Caramel Pecanbon®	1 (213g)	860	44	17	0.5	50	890	108	3	60	59	10	E,M,P,S,TN,W
Center of the Roll - TurtleBon	1 (242g)	990	51	18	0.5	55	960	126	4	76	74	11	E,M,P,S,TN,W
Center of the Roll - Caramel Lover's	1 (222g)	870	38	18	0.5	55	910	124	2	75	74	9	E,M,S,W
Center of the Roll - OREO®Bon	1 (242g)	950	41	18	0.5	50	950	137	3	80	79	11	E,M,S,W
Chocolate Peanut Butter Cup Center of the Roll made with REESE'S	1 (244g)	990	46	20	0.5	55	970	135	4	84	81	13	E,M,P,S,W
Chocolate Peanut Butter Candy Center of the Roll made with REESE'S PIECES	1 (252g)	990	44	24	0.5	50	700	139	5	87	85	13	E,M,P,S,W
Churro Stick, unfilled, 1 ct	1 (65g)	210	9	1.5	0	0	230	27	1	5	4	4	E,M,S,W
CinnaSweeties™ 5 ct	1 (49g)	250	13	6	0	0	190	32	1	13	11	3	E,M,W,S
CinnaSweeties™ 10 ct	1 (97g)	500	25	12	0	0	380	63	2	27	21	7	E,M,W,S
Cookie Bonbite, 1 ct	1 (67g)	260	12	6	0	15	210	38	2	20	19	3	E,M,W,S
Cookie BonBite Frosting Sandwich	1 (147g)	590	27	13	0.0	35	450	83	4	46	44	7	E,M,S,W
Add Ons	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Frosting pint	1/16(23g)	110	7	3	0	5	60	12	0	11	11	0	M,S
Topping Cup ,Cinnabon® Cream Cheese Frosting	1 (48g)	220	14	7	0	15	130	24	0	23	23	1	M,S
Topping Cup, Cinnabon® Caramel Frosting	1 (51g)	210	9	5	0	15	150	31	0	28	27	1	M,S
Topping Cup, Cinnabon® Caramel Topping	1 (62g)	240	8	5	0	20	180	42	0	37	36	1	M,S
Topping Cup, Cinnabon® Chocolate Sauce	1 (57g)	130	1	0	0	0	0	33	3	28	27	2	S
Topping Cup, Cinnabon® Pecans	1 (24g)	170	17	2	0	0	95	3	2	1	0	2	TN
Topping Cup, OREO® Cookie Pieces	1 (24g)	110	5	2	0	0	80	17	0	10	9	1	S,W



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Cinnapack™: Pre-Packed & Ready to Heat	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Classic CinnaPack	1 Roll (255g)	940	41	18	0.5	60	1180	136	2	68	66	13	E,M,S,W
Caramel Pecanbon® Classic CinnaPack	1 Roll (300g)	1160	55	22	1	70	1320	156	4	84	81	14	E,M,P,S,TN,W
TurtleBon Classic CinnaPack	1 Roll (305g)	1160	55	21	0.5	25	970	156	6	81	78	15	E,M,S,TN,W
Caramel Lover's Classic CinnaPack	1 Roll (285g)	1050	43	21	0.5	30	920	154	3	81	78	13	E,M,S,W
Oreo®Bon Classic CinnaPack	1 Roll (305g)	1130	45	20	0.5	20	970	169	5	87	84	15	E,M,S,TN,W
Minibon® CinnaPack	1 Roll (104g)	380	17	8	0	25	350	55	1	28	27	5	E,M,S,W
Caramel Pecanbon® MiniBon® CinnaPack	1 Roll (125g)	490	24	9	0	30	410	65	2	36	35	6	E,M,P,S,TN,W
TurtleBon MiniBon® CinnaPack	1 Roll (128g)	490	24	9	0	10	400	65	3	35	33	6	E,M,S,TN,W
Caramel Lover's MiniBon® CinnaPack	1 Roll (118g)	440	18	9	0	15	380	64	1	34	33	5	E,M,S,W
Oreo®Bon MiniBon® CinnaPack	1 Roll (128g)	480	19	8	0	10	400	71	2	37	36	6	E,M,S,TN,W
BonBites™ CinnaPack	4 Rolls (115g)	460	21	10	0	30	510	63	2	32	32	5	E,M,S,W
Caramel Pecanbon® BonBites™ CinnaPack	4 Rolls (135g)	600	32	11	0	30	600	73	2	37	36	7	E,M,P,S,TN,W
TurtleBon BonBites™ CinnaPack	4 Rolls (163g)	640	36	11	0	15	610	74	4	39	37	9	E,M,S,TN,W
Caramel Lover's BonBites™ CinnaPack	4 Rolls (142g)	510	22	10	0	20	540	72	2	39	37	7	E,M,S,W
Oreo®Bon BonBites™ CinnaPack	4 Rolls (169g)	630	27	11	0	15	630	92	3	48	47	8	E,M,S,TN,W
Quick Bites Variety Pack	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
CinnaSweeties™ 1 ct	1 (10g)	50	3	1	0	0	38	7	0	3	2	1	E,M,W,S
Churro Stick, unfilled, 1/2 ct	1 (33g)	105	5	1	0	0	115	14	1	3	2	2	E,M,S,W
Cookie Bonbite, 1 ct	1 (67g)	260	12	6	0	15	210	38	2	20	19	3	E,M,W,S
BonBites™, 1ct	1 (25g)	103	4	2	0	6	120	15	1	7	7	1	E,M,S,W
Topping Cup ,Cinnabon® Cream Cheese Frosting	1 (48g)	220	14	7	0	15	130	24	0	23	23	1	M,S



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Beverages (Over Ice)	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
MochaLatta Chill®, 16 oz	16 fl. oz (476g)	340	13	8	0	40	170	50	1	43	33	7	M,S
MochaLatta Chill®, 24 oz	24 fl. oz (646g)	450	16	9	0	45	280	69	2	61	46	10	M,S
Classic Iced Lemonade, 16 oz	16 fl. oz (439g)	100	0	0	0	0	20	25	0	23	23	0	NONE
Classic Iced Lemonade, 24 oz	24 fl. oz (610g)	150	0	0	0	0	25	37	0	34	34	0	NONE
Raspberry Iced Lemonade, 16 oz	16 fl. oz (454g)	160	0	0	0	0	20	38	0	37	36	0	NONE
Raspberry Iced Lemonade, 24 oz	24 fl. oz (619g)	220	0	0	0	0	25	54	0	51	50	0	NONE
Vanilla Iced Cold Brew, 16 oz	16 fl. oz (449g)	110	2	1	0	5	40	22	0	21	18	2	M
Vanilla Iced Cold Brew, 24 oz	24 fl. oz (624g)	170	3	2	0	10	55	33	0	32	27	3	M
Cinnamon Roll Iced Cold Brew, 16 oz	16 fl. oz (459g)	120	2	1	0	5	65	22	0	20	17	2	M
Cinnamon Roll Iced Cold Brew, 24 oz	24 fl. oz (638g)	170	3	2	0	10	95	33	0	30	26	3	M
Iced Americano, 16 oz	16 fl. oz (450g)	10	0	0	0.0	0	25	2	0	0	0	0	NONE
Iced Americano, 24 oz	24 fl. oz (640g)	15	0	0	0.0	0	30	2	0	0	0	0	NONE
Iced Latte, 16 oz	16 fl. oz (439g)	100	5	3	0.0	15	80	8	0	7	0	5	M
Iced Latte, 24 oz	24 fl. oz (617g)	160	8	5	0.0	25	125	13	0	12	0	8	M
Iced Macchiato, 16 oz	16 fl. oz (439g)	100	5	3	0.0	15	80	8	0	7	0	5	M
Iced Macchiato, 24 oz	24 fl. oz (617g)	160	8	5	0.0	25	125	13	0	12	0	8	M
Iced Mocha, 16 oz	16 fl. oz (483g)	210	5	3	0.0	10	70	41	3	36	29	6	M,S
Iced Mocha, 24 oz	24 fl. oz (636g)	300	8	4	0.0	20	105	56	4	49	38	9	M,S



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Beverages (Frozen)	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Classic Frozen Lemonade, 16 oz	16 fl. oz (454g)	250	0	0	0	0	25	62	0	57	56	0	NONE
Classic Frozen Lemonade, 24 oz	24 fl. oz (581g)	310	0	0	0	0	30	77	0	71	70	0	NONE
Raspberry Frozen Lemonade, 16 oz	16 fl. oz (482g)	290	0	0	0	0	25	71	0	68	67	0	NONE
Raspberry Frozen Lemonade, 24 oz	24 fl. oz (629g)	390	0	0	0	0	35	96	0	92	91	0	NONE
Vanilla Frozen Cold Brew, 16 oz	16 fl. oz (483g)	450	15	10	0	55	180	73	0	66	56	6	M,S
Vanilla Frozen Cold Brew, 24 oz	24 fl. oz (668g)	620	19	12	0	75	250	105	0	96	81	9	M,S
Cinnamon Roll Frozen Cold Brew, 16 oz	16 fl. oz (493g)	450	15	10	0	55	200	73	0	65	55	6	M,S
Cinnamon Roll Frozen Cold Brew, 24 oz	24 fl. oz (682g)	630	19	12	0	75	290	105	0	95	80	9	M,S
Strawberries & Cream Chillattas®, 16 oz	16 fl. oz (530g)	570	16	11	0	65	190	101	0	93	81	8	M
Strawberries & Cream Chillattas®, 24 oz	24 fl. oz (700g)	770	21	14	0	80	280	137	0	127	109	11	M
Double Chocolate Mocha Chillattas®, 16 oz	16 fl. oz (476g)	350	13	7	0	35	160	55	2	48	38	8	M,S
Double Chocolate Mocha Chillattas®, 24 oz	24 fl. oz (610g)	460	15	8	0	40	200	77	3	68	55	10	M,S
OREO® Cookies & Cream Chillattas®, 16 oz	16 fl. oz (519g)	640	25	13	0	65	350	96	1	75	63	9	M,S,W
OREO® Cookies & Cream Chillattas®, 24 oz	24 fl. oz (685g)	850	32	17	0	80	480	130	1	102	85	13	M,S,W
Chocolate Peanut Butter Cup Chillatta made with REESE'S, 16 oz	16 fl. oz (515g)	680	29	17	0	55	310	95	3	86	75	12	M,S,P
Chocolate Peanut Butter Cup Chillatta made with REESE'S, 24 oz	24 fl. oz (680g)	910	38	21	0	75	440	132	4	119	103	17	M,S,P



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Beverages (Hot)	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Coffee, 12 oz	12 fl. oz (283g)	5	0	0	0	0	5	0	0	0	0	0	NONE
Coffee, 16 oz	16 fl. oz (340g)	5	0	0	0	0	5	0	0	0	0	0	NONE
Coffee, 20 oz	20 fl. oz (510g)	5	0	0	0	0	10	0	0	0	0	0	NONE
Hot Cocoa, 12 oz with Whipped Cream	12 fl. oz (363g)	290	11	3	0	15	370	54	2	49	35	3	M,S
Hot Cocoa, 16 oz with Whipped Cream	16 fl. oz (430)	310	12	4	0	20	370	55	2	49	36	3	M,S
Americano, 12 oz	12 fl. oz (327g)	5	0	0	0.0	0	15	1	0	0	0	0	NONE
Americano, 16 oz	16 fl. oz (445g)	10	0	0	0.0	0	25	2	0	0	0	0	NONE
Americano, 20 oz	20 fl. oz (575g)	15	0	0	0.0	0	35	3	0	0	0	0	NONE
Cappuccino, 12 oz	12 fl. oz (213g)	110	6	4	0.0	20	85	9	0	9	0	6	M
Cappuccino, 16 oz	16 fl. oz (274g)	140	7	4	0.0	20	100	11	0	10	0	7	M
Cappuccino, 20 oz	20 fl. oz (334g)	160	8	5	0.0	25	120	13	0	12	0	8	M
Cinnamon Roll Latte, 12 oz	12 fl. oz (242g)	170	6	4	0.0	20	100	23	0	22	13	6	M
Cinnamon Roll Latte, 16 oz	16 fl. oz (282g)	200	7	4	0.0	20	120	29	0	28	17	7	M
Cinnamon Roll Latte, 20 oz	20 fl. oz (352g)	240	8	5	0.0	25	140	36	0	33	21	8	M
Latte, 12 oz	12 fl. oz (213g)	110	6	4	0.0	20	85	9	0	9	0	6	M
Latte, 16 oz	16 fl. oz (274g)	140	7	4	0.0	20	100	11	0	10	0	7	M
Latte, 20 oz	20 fl. oz (334g)	160	8	5	0.0	25	120	13	0	12	0	8	M
Macchiato, 12 oz	12 fl. oz (213g)	110	6	4	0.0	20	85	9	0	9	0	6	M
Macchiato, 16 oz	16 fl. oz (274g)	140	7	4	0.0	20	100	11	0	10	0	7	M
Macchiato, 20 oz	20 fl. oz (334g)	160	8	5	0.0	25	120	13	0	12	0	8	M
Mocha, 12 oz	12 fl. oz (273g)	250	7	4	0.0	20	85	44	3	39	29	8	M,S
Mocha, 16 oz	16 fl. oz (354g)	320	9	5	0.0	20	105	57	4	50	38	10	M,S
Mocha, 20 oz	20 fl. oz (434g)	380	10	5	0.0	25	120	71	5	62	48	12	M,S



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Savory Snacks	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Egg & Cheese Sandwich-with Cheese Roll	1 (156g)	380	15	8	0	90	870	42	2	7	6	17	E,M,S,W
Sausage, Egg & Cheese Sandwich-with Cheese Roll	1 (199g)	560	33	14	0	125	1100	42	2	7	6	21	E,M,S,W
Bacon, Egg & Cheese Sandwich-with Cheese Roll	1(170g)	460	21	10	0	100	1340	42	2	7	6	23	E,M,S,W
Egg & Cheese Sandwich-on Croissant	1 (128 g)	410	28	11	0	140	360	27	1	4	4	11	E,M,S,W
Sausage, Egg & Cheese Sandwich-On Croissant	1(170g)	590	46	17	0	175	590	27	1	4	4	15	E,M,S,W
Bacon, Egg & Cheese Sandwich-on Croissant	1(138g)	460	32	13	0	150	530	27	1	4	4	14	E,M,S,W
Smoked Turkey Panini Sandwich -with Cheese Roll	1 (221g)	530	24	12	0	80	1650	49	2	9	6	29	E,M,S,W
Black Forest Ham Panini Sandwich -with Cheese Roll	1 (221g)	540	25	13	0	80	1410	48	2	9	6	28	E,M,S,W
Smoked Turkey Club Panini Sandwich -with Cheese Roll	1 (217g)	530	24	12	0	80	1650	49	2	8	6	28	E,M,S,W
Smoked Turkey Panini Sandwich -with Croissant	1(197g)	510	30	13	0	70	1090	35	1	7	4	24	E,M,S,W
Black Forest Ham Panini Sandwich -with Croissant	1(197g)	510	31	14	0	70	850	34	1	7	4	23	E,M,S,W
Smoked Turkey Club Panini Sandwich -with Croissant	1(200g)	530	33	13	0	80	1520	35	1	6	4	24	E,M,S,W
Grilled Cheese Panini Sandwich -with Croissant	1(137)	520	36	20	0.5	75	760	29	1	6	4	18	E,M,S,W
Grilled Cheese Panini Sandwich -with Cheese Roll	1(158g)	480	24	15	0	65	1370	46	2	10	6	21	E,M,S,W
Maple Sausage Bites, 3 ct	3 Bites (125g)	480	35	13	0	55	880	29	1	5	4	11	E,M,S,W
Maple Sausage Bites, 5 ct	5 Bites (208g)	800	58	21	0	90	1460	48	2	8	7	19	E,M,S,W
Maple Syrup	1.5 fl. Oz. (39g)	100	0	0	0	0	50	27	0	14	14	0	NONE
Universal Islands of Adventure Exclusive Sandwiches	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)	Allergen
Roast Beef and Cheddar Sandwich	1 each	390	15	8	0	75	1840	44	0	23	1	24	E,M,S,W
Chicken Bacon and Cheddar Sandwich	1 each	630	42	13	0	120	1910	37	0	20	17	32	E,M,S,W