



Restaurant Guide to Dunkin' Donuts

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OVERVIEW

Let's face it- coffee is life! At Dunkin Donuts, you can have your coffee and enjoy it too. With so many possibilities, you can customize your drink just how you like to fit into your day.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT DUNKIN' DONUTS

- Stay away from cappuccinos and lattes with higher calories and sugar
- Use Flavor Shots for extra flavor and no added sugar
- Choose lighter sandwiches or donut holes instead of large donuts

FRIENDLY MENU ITEM'S AT DUNKIN' DONUTS

COFFEE

We know the feeling of needing a drive-thru pick me up. With so many possibilities, it may be hard to pick just one, or the right one for you. You'll want to stay away from the many frozen drinks and cappuccinos, since they contain lots of cream and sugar. Choosing a small or medium in the coffee, iced coffee and cold brew is your best option. Their Flavor Shots are unsweetened and sugar free, while the Flavor Swirls are sweetened. You can ask for a flavor shot in any drink to add extra flavor to your coffee without a bunch of extra calories. These add about 5-10 calories to your drink depending on what size your coffee is. You can ask for a flavor shot of French Vanilla, Hazelnut, Caramel, Toasted Almond, Blueberry, Raspberry, or Coconut.

Cold Brew Coffee	Calories	Fat (g)	Carbs (g)	Protein (g)
Coconut Almond Coldbrew, medium/small	30/15	.5g/0g	4g/2g	1g/0g
Cold Brew Coffee with Oatmilk, medium/small	30/15	1g/0g	5g/3g	1g/1g
Vanilla Cream Cold Brew, small	60	6g	1g	1g
Cold Brew with Sweet Cold Foam, small	60	2.5g	12g	1g

Hot Coffee	Calories	Fat	Carb	Protein
Plain Black Coffee, Small/medium/large	5/5/5	0g/0g/ 0g	0g/0g /0g	0g/1g/1 g
Pumpkin Swirl Hot Coffee with black	110	0g	25g	2g
Cafe Au Lait with Skim Milk, medium/small	70/4 5	0g/0g	9g/6g	7g/4g
Hot Coffee with Almond Milk, medium/small	25/15	.5g/0g	4g/2g	1g/0g
Hot Coffee with Coconutmilk, medium/small	15/10	1g/.5g	0g/0g	1g/0g
Hot Coffee with Cream, medium/small	90/6 0	9g/6g	1g/1g	2g/1g
Hot Coffee with Oatmilk, medium/small	30/15	1g/0g	5g/3g	1g/1g
Hot Coffee with Skim milk, medium/small	20/15	0g/0g	2g/2g	2g/1g

Iced Coffee	Calories	Fat (g)	Carbs (g)	Protein (g)
Caramel Swirl Iced Coffee, small	110	0g	26g	2g
French Vanilla Swirl Iced Coffee, small	110	0g	26g	2g
Iced Cafe Au Lait with Skim Milk, medium/small	60/45	0g/0g	9g/6g	6g/4g
Iced Coffee with Almond Milk, medium/small	25/15	.5g/0g	4g/2g	1g/0g
Iced Coffee with Coconutmilk, medium/small	15/10	1g/.5g	0g/0g	1g/0g
Iced Coffee with Oatmilk, medium/large	30/15	1g/0g	5g/3g	1g/1g
Iced Coffee with Skim Milk, medium/small	20/15	0g/0g	2g/2g	2g/1g
Iced Coffee with Skim and Sugar	80	0g	19g	1g

The Iced Macchiatos are great with the sugar free Flavor Shots!

Iced Macchiato	Calories	Fat (g)	Carbs (g)	Protein (g)
Iced Macchiato with Coconutmilk, small	30	2g	2g	0g
Iced Macchiato with Oatmilk, small	60	2g	12g	1g
Iced Macchiato with Skim Milk, small	50	0g	7g	4g

BREAKFAST

We know breakfast is an essential part of our day. Maybe you're on the run or in a hurry and need to grab something to go. Dunkin Donuts may have "Donuts" in their name, but that's not all they have! There are also breakfast sandwich options. You can keep it light by choosing an Egg & Cheese English Muffin. If you're wanting extra protein, you can choose a Turkey Sausage, Egg & Cheese English Muffin. The Wake Up Wraps are a perfect light morning pick me up! The plain egg & cheese wrap is the lightest at 180 calories. You can also choose to add bacon, turkey sausage or sausage. If you're looking for a small morning snack, the hash browns are lower in calories than the sandwiches.

Breakfast	Calories	Fat (g)	Carbs (g)	Protein (g)
Egg & Cheese English Muffin	340	15g	38g	14g
Turkey Sausage, Egg & Cheese Muffin	470	25g	39g	23g
Wake Up Wrap- egg & cheese	180	10g	14g	7g
Wake Up Wrap- egg, bacon & cheese	220	13g	15g	10g
Wake Up Wrap- egg, turkey sausage & cheese	240	15g	15g	11g
Wake Up Wrap- egg, sausage & cheese	290	21g	15g	10g
Hash Browns	110	6g	13g	1g

Now, since Dunkin Donuts has “Donut” in its name.. they’re sure to have some great options. But, they also have Munchkins Donut Holes which are a great alternative to the larger, sugary donuts. Try having a Donut Hole or two with your coffee to get that sweet satisfaction without all the calories.

Donut Holes (nutrition is for 1 donut hole)	Calories	Fat (g)	Carbs (g)	Protein (g)
Pumpkin Munchkin	70	4g	8g	1g
Cinnamon Munchkin	60	3.5g	6g	1g
Glazed Blueberry Munchkin	60	2.5g	9g	1g
Glazed Chocolate Munchkin	60	3.5g	8g	1g
Glazed Munchkin	60	3g	7g	1g
Old Fashioned Munchkin	50	3g	6g	1g
Powdered Munchkin	60	3.5g	7g	1g