



Coffees, Cappuccinos, Hot Chocolates - Served at Roadrunner stores

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (gm) Trace Gains 34.5 equivalent gram throw was adjusted to 76.8 gram factory throw on cappuccino machine.	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbo hydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Coffee (All Varieties & Flavors)																
Regular	12 fl oz. (355 ml)	2	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Decaf	12 fl oz. (355 ml)	2	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Cappuccino																
American French Vanilla	12 fl. oz. (59.4 gr.)	232	39	3.9	0	0	0	245	49	0	36	2.6	0%	0%	4%	0%
Hot Chocolate	12 fl. oz. (59.4 gr.)	232	13	1.3	0	0	0	297	54	3	46	2.6	0%	0%	0%	0%
White Chocolate Caramel	12 fl. oz. (59.4 gr.)	232	26	2.6	0	0	0	271	52	0	41	2.6	0%	0%	0%	0%
English Toffee	12 fl. oz. (59.4 gr.)	232	26	2.6	0	1	0	323	49	0	36	2.6	0%	0%	4%	0%
Original	12 fl. oz. (59.4 gr.)	232	39	3.9	0	0	0	245	49	0	36	0.0	0%	0%	0%	0%
Sugar Free Fr Vanilla	12 fl oz. (47.7 gr.)	207	62	6.2	1	3	0	156	35	0	0	0.0	0%	0%	2%	2%
Caramel Crunch Hot Chocolate	12 fl. oz. (59.4 gr.)	232	52	5.2	0	0	0	271	49	3	31	2.6	0%	0%	0%	0%
Caramel Macchiato Cappuccino	12 fl. oz. (59.4 gr.)	232	26	1.3	0	0	0	258	46	0	34	2.6	0%	0%	4%	0%
Pumpkin Spice Cappuccino	12 fl. oz. (59.4 gr.)	232	26	2.6	0	0	0	168	52	0	39	2.6	0%	0%	0%	0%
Southern Butter Pecan	12 fl. oz. (59.4 gr.)	232	26	2.6	0	0	0	336	49	0	36	2.6	0%	0%	0%	0%
Cookies and Cream	12 fl. oz. (59.4 gr.)	232	65	6.5	1	4	0	194	46	0	39	2.6	0%	0%	4%	0%
Cinnamon Roll	12 fl. oz. (59.4 gr.)	258	52	5.2	0	0	0	271	49	0	31	2.6	0%	0%	0%	0%
Cinnamon Vanilla Nut	12 fl. oz. (59.4 gr.)	232	26	2.6	0	0	0	271	52	0	41	2.6	0%	0%	0%	0%
Italian Cream Cake	12 fl. oz. (59.4 gr.)	258	26	3.9	0	1	0	258	41	0	34	2.6	0%	0%	0%	0%
Jamaican Me Crazy	12 fl. oz. (59.4 gr.)	232	26	2.6	0	0	0	297	49	0	36	2.6	0%	0%	0%	0%
S'Mores	12 fl. oz. (59.4 gr.)	232	52	5.2	0	0	0	271	49	0	31	2.6	0%	0%	2%	0%
Sugar Free Caramel Pecan	12 fl oz. (45 gr.)	196	68	7.8	0	0	0	98	35	0	0	0.0	0%	0%	2%	2%
Mocha Extreme	12 fl. oz. (59.4 gr.)	232	26	2.6	0	0	0	207	52	0	36	2.6	0%	0%	0%	0%
Salted Caramel	12 fl. oz. (59.4 gr.)	232	26	2.6	0	0	0	413	52	0	36	2.6	0%	0%	0%	0%
European French Vanilla	12 fl. oz. (59.4 gr.)	232	26	2.6	0	0	0	297	49	0	36	2.6	0%	0%	0%	0%
Coffee (All Varieties & Flavors)																
Regular	16 fl oz. (473 ml)	2	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Decaf	16 fl oz. (473 ml)	2	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Cappuccino																
American French Vanilla	16 fl. oz. (79.2 gr.)	310	52	5.2	0	0	0	327	65	0	48	3.4	0%	0%	4%	0%
Hot Chocolate	16 fl. oz. (79.2 gr.)	310	17	1.7	0	0	0	396	72	3	62	3.4	0%	0%	0%	0%
White Chocolate Caramel	16 fl. oz. (79.2 gr.)	310	34	3.4	0	0	0	362	69	0	55	3.4	0%	0%	0%	0%
English Toffee	16 fl. oz. (79.2 gr.)	310	34	3.4	0	2	0	430	65	0	48	3.4	0%	0%	4%	0%
Original	16 fl. oz. (79.2 gr.)	310	52	5.2	0	0	0	327	65	0	48	0.0	0%	0%	0%	0%
Sugar Free Fr Vanilla	16 fl. oz. (63.6 gr.)	277	83	8.3	1	4	0	207	47	0	0	0.0	0%	0%	2%	2%
Caramel Crunch Hot Chocolate	16 fl. oz. (79.2 gr.)	310	69	6.9	0	0	0	362	65	3	41	3.4	0%	0%	0%	0%
Caramel Macchiato Cappuccino	16 fl. oz. (79.2 gr.)	310	34	1.7	0	0	0	344	62	0	45	3.4	0%	0%	4%	0%
Pumpkin Spice Cappuccino	16 fl. oz. (79.2 gr.)	310	34	3.4	0	0	0	224	69	0	52	3.4	0%	0%	0%	0%
Southern Butter Pecan	16 fl. oz. (79.2 gr.)	310	34	3.4	0	0	0	448	65	0	48	3.4	0%	0%	0%	0%
Cookies and Cream	16 fl. oz. (79.2 gr.)	310	86	8.6	2	5	0	258	62	0	52	3.4	0%	0%	4%	0%
Cinnamon Roll	16 fl. oz. (79.2 gr.)	344	69	6.9	0	0	0	362	65	0	41	3.4	0%	0%	0%	0%
Cinnamon Vanilla Nut	16 fl. oz. (79.2 gr.)	310	34	3.4	0	0	0	362	69	0	55	3.4	0%	0%	0%	0%
Italian Cream Cake	16 fl. oz. (79.2 gr.)	344	34	5.2	0	2	0	344	55	0	45	3.4	0%	0%	0%	0%
Jamaican Me Crazy	16 fl. oz. (79.2 gr.)	310	34	3.4	0	0	0	396	65	0	48	3.4	0%	0%	0%	0%
S'Mores	16 fl. oz. (79.2 gr.)	310	69	6.9	0	0	0	362	65	0	41	3.4	0%	0%	2%	0%
Sugar Free Caramel Pecan	16 fl. oz. (60 gr.)	261	91	10.4	0	0	0	130	47	0	0	0.0	0%	0%	13%	2%
Mocha Extreme	16 fl. oz. (79.2 gr.)	310	34	3.4	0	0	0	275	69	0	48	3.4	0%	0%	0%	0%
Salted Caramel	16 fl. oz. (79.2 gr.)	310	34	3.4	0	0	0	551	69	0	48	3.4	0%	0%	0%	0%
European French Vanilla	16 fl. oz. (79.2 gr.)	310	34	3.4	0	0	0	396	65	0	48	3.4	0%	0%	0%	0%

Coffee (All Varieties & Flavors)																
Regular	20 fl. oz. (591 ml)	2	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Decaf	20 fl. oz. (591 ml)	2	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Cappuccino																
American French Vanilla	20 fl. oz. (99 gr.)	387	65	6.5	0	0	0	409	82	0	60	4.3	0%	0%	4%	0%
Hot Chocolate	20 fl. oz. (99 gr.)	387	22	2.2	0	0	0	495	90	4	77	4.3	0%	0%	0%	0%
White Chocolate Caramel	20 fl. oz. (99 gr.)	387	43	4.3	0	0	0	452	86	0	69	4.3	0%	0%	0%	0%
English Toffee	20 fl. oz. (99 gr.)	387	43	4.3	0	2	0	538	82	0	60	4.3	0%	0%	4%	0%
Original	20 fl. oz. (99 gr.)	387	65	6.5	0	0	0	409	82	0	60	0.0	0%	0%	0%	0%
Sugar Free Fr Vanilla	20 fl. oz. (79.5 gr.)	346	104	10.4	2	5	0	259	59	0	0	0.0	0%	0%	2%	2%
Caramel Crunch Hot Chocolate	20 fl. oz. (99 gr.)	387	86	8.6	0	0	0	452	82	4	52	4.3	0%	0%	0%	0%
Caramel Macchiato Cappuccino	20 fl. oz. (99 gr.)	387	43	2.2	0	0	0	430	77	0	56	4.3	0%	0%	4%	0%
Pumpkin Spice Cappuccino	20 fl. oz. (99 gr.)	387	43	4.3	0	0	0	280	86	0	65	4.3	0%	0%	0%	0%
Southern Butter Pecan	20 fl. oz. (99 gr.)	387	43	4.3	0	0	0	560	82	0	60	4.3	0%	0%	0%	0%
Cookies and Cream	20 fl. oz. (99 gr.)	387	108	10.8	2	6	0	323	77	0	65	4.3	0%	0%	4%	0%
Cinnamon Roll	20 fl. oz. (99 gr.)	430	86	8.6	0	0	0	452	82	0	52	4.3	0%	0%	0%	0%
Cinnamon Vanilla Nut	20 fl. oz. (99 gr.)	387	43	4.3	0	0	0	452	86	0	69	4.3	0%	0%	0%	0%
Italian Cream Cake	20 fl. oz. (99 gr.)	430	43	6.5	0	2	0	430	69	0	56	4.3	0%	0%	0%	0%
Jamaican Me Crazy	20 fl. oz. (99 gr.)	387	43	4.3	0	0	0	495	82	0	60	4.3	0%	0%	0%	0%
S'Mores	20 fl. oz. (99 gr.)	387	86	8.6	0	0	0	452	82	0	52	4.3	0%	0%	2%	0%
Sugar Free Caramel Pecan	20 fl. oz. (75 gr.)	326	114	13.0	0	0	0	163	59	0	0	0.0	0%	0%	2%	2%
Mocha Extreme	20 fl. oz. (99 gr.)	387	43	4.3	0	0	0	344	86	0	60	4.3	0%	0%	0%	0%
Salted Caramel	20 fl. oz. (99 gr.)	387	43	4.3	0	0	0	689	86	0	60	4.3	0%	0%	0%	0%
European French Vanilla	20 fl. oz. (99 gr.)	387	43	4.3	0	0	0	495	82	0	60	4.3	0%	0%	0%	0%
Coffee (All Varieties & Flavors)																
Regular	24 fl. oz. (710 ml)	2	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Decaf	24 fl. oz. (710 ml)	2	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Cappuccino																
American French Vanilla	24 fl. oz. (118.8 gr.)	465	77	7.7	0	0	0	491	98	0	72	5.2	0%	0%	4%	0%
Hot Chocolate	24 fl. oz. (118.8 gr.)	465	26	2.6	0	0	0	594	108	5	93	5.2	0%	0%	0%	0%
White Chocolate Caramel	24 fl. oz. (118.8 gr.)	465	52	5.2	0	0	0	542	103	0	83	5.2	0%	0%	0%	0%
English Toffee	24 fl. oz. (118.8 gr.)	465	52	5.2	0	3	0	646	98	0	72	5.2	0%	0%	4%	0%
Original	24 fl. oz. (118.8 gr.)	465	77	7.7	0	0	0	491	98	0	72	0.0	0%	0%	0%	0%
Sugar Free Fr Vanilla	24 fl. oz. (95.4 gr.)	415	124	12.4	2	6	0	311	71	0	0	0.0	0%	0%	2%	2%
Caramel Crunch Hot Chocolate	24 fl. oz. (118.8 gr.)	465	103	10.3	0	0	0	542	98	5	62	5.2	0%	0%	0%	0%
Caramel Macchiato Cappuccino	24 fl. oz. (118.8 gr.)	465	52	2.6	0	0	0	517	93	0	67	5.2	0%	0%	4%	0%
Pumpkin Spice Cappuccino	24 fl. oz. (118.8 gr.)	465	52	5.2	0	0	0	336	103	0	77	5.2	0%	0%	0%	0%
Southern Butter Pecan	24 fl. oz. (118.8 gr.)	465	52	5.2	0	0	0	671	98	0	72	5.2	0%	0%	0%	0%
Cookies and Cream	24 fl. oz. (118.8 gr.)	465	129	12.9	3	8	0	387	93	0	77	5.2	0%	0%	4%	0%
Cinnamon Roll	24 fl. oz. (118.8 gr.)	517	103	10.3	0	0	0	542	98	0	62	5.2	0%	0%	0%	0%
Cinnamon Vanilla Nut	24 fl. oz. (118.8 gr.)	465	52	5.2	0	0	0	542	103	0	83	5.2	0%	0%	0%	0%
Italian Cream Cake	24 fl. oz. (118.8 gr.)	517	52	7.7	0	3	0	517	83	0	67	5.2	0%	0%	0%	0%
Jamaican Me Crazy	24 fl. oz. (118.8 gr.)	465	52	5.2	0	0	0	594	98	0	72	5.2	0%	0%	0%	0%
S'Mores	24 fl. oz. (118.8 gr.)	465	103	10.3	0	0	0	542	98	0	62	5.2	0%	0%	2%	0%
Sugar Free Caramel Pecan	24 fl. oz. (90 gr.)	391	137	15.7	0	0	0	196	70	0	0	0.0	0%	0%	2%	2%
Mocha Extreme	24 fl. oz. (118.8 gr.)	465	52	5.2	0	0	0	413	103	0	72	5.2	0%	0%	0%	0%
Salted Caramel	24 fl. oz. (118.8 gr.)	465	52	5.2	0	0	0	826	103	0	72	5.2	0%	0%	0%	0%
European French Vanilla	24 fl. oz. (118.8 gr.)	465	52	5.2	0	0	0	594	98	0	72	5.2	0%	0%	0%	0%

Sugars

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbo hydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Creamers																
Half&Half	9 ml.	10	1	0	0.5	0	0	5	0	0	0	0	0%	0%	2%	0%
French Vanilla	11 ml.	25	15	1.5	1.5	0	0	0	3	0	3	0	0%	0%	0%	0%
Hazelnut	11 ml.	30	15	1.5	1.5	0	0	0	4	0	4	0	0%	0%	0%	0%
Irish Cream	11 ml.	30	15	1.5	1.5	0	0	0	4	0	4	0	0%	0%	0%	0%
Café Mocha	11 ml.	30	15	1.5	1.5	0	0	0	4	0	3	0	0%	0%	0%	0%
Cinnamon Vanilla	11 ml.	30	15	1.5	1.5	0	0	0	4	0	4	0	0%	0%	0%	0%
Italian Sweet	11 ml.	34	10	1	1	0	0	1	3	0	3	0	0%	0%	0%	0%
Caramel Macchiato	13 ml.	30	10	1.5	1.5	0	0	0	5	0	4	0	0%	0%	0%	0%
Goodwest Half & Half	30 ml.	40	0	3	1	0	10	10	1	0	1	1	2%	0%	2%	0%
Goodwest French Vanilla	30 ml.	60	0	2	0	0	0	0	10	0	8	0	0%	0%	0%	0%
Goodwest Hazelnut	30 ml.	60	0	2	0	0	0	0	10	0	8	0	0%	0%	0%	0%
Cylinder Creamer	100 gm.	470		20	11			80	71	0	11	2	0%	0%	0%	0%
Packet Creamer	2.8 gm.	10	0	0	0	0	0	0	1	0	0	0	0%	0%	0%	0%
Coffee-mate French Vanilla Pump	5 ml.	25	15	1.5	1.5	0	0	5	3	0	3	0	0%	0%	0%	0%
Coffee-mate Hazelnut Pump	5 ml.	25	15	1.5	1.5	0	0	5	3	0	3	0	0%	0%	0%	0%
Coffee-mate Regular Pump	5 ml.	25	15	1.5	1.5	0	0	5	3	0	3	0	0%	0%	0%	0%
Sugars																
Packet Sugar	2.8 gm.	11.4	0	0	0	0	0	0	3	0	3	0	0%	0%	0%	0%
Paket Pink	1 gm.	0	0	0	0	0	0	0	<1	0	0	0	0%	0%	0%	0%
Packet Blue	1 gm.	3.6	0	0	0	0	0	0	<1	0	<1	0	0%	0%	0%	0%
Packet Yellow	1 gm.	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Cylinder Sugar	4 gm.	15	0	0	0	0	0	0	4	0	4	0	0%	0%	0%	0%
Cylinder Pink	1 gm.	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Cylinder Blue	1 gm.	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Cylinder Yellow	1 gm.	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%

Dolce Syrups

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbo hydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Dolce Syrups																
SYRUP DOLCE CARAMEL	30 ml.	80	0	0	0	0	0	10	20	0	19	0	0%	0%	0%	0%
SYRUP DOLCE CHOCOLATE	30 ml.	80	0	0	0	0	0	5	20	0	19	0	0%	0%	0%	0%
SYRUP DOLCE FRENCH VANILLA	30 ml.	80	0	0	0	0	0	0	19	0	19	0	0%	0%	0%	0%
SYRUP DOLCE HAZELNUT	30 ml.	80	0	0	0	0	0	0	21	0	20	0	0%	0%	0%	0%
SYRUP DOLCE VANILLA	30 ml.	80	0	0	0	0	0	0	19	0	19	0	0%	0%	0%	0%
SYRUP DOLCE SUGAR FREE VANILLA	30 ml.	0	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%

20 oz. Iced Coffee

NO ICE

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	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbo hydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
PERFECT ICED COFFEE																
French Vanilla	20 ounce (591 ml.)	375	62	6.3	3.75	0	25	87	78	0	75	7.5	0%	0%	10%	0%
Mocha	20 ounce (591 ml.)	375	62	6.3	3.75	0	25	87	78	0	75	7.5	0%	0%	10%	0%

Hot Teas & Iced teas

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbo hydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Hot Tea																
All Varieties & Flavors	8 fl oz. (237 ml)	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Iced Tea																
Unsweet	24 fl oz. (710 ml)	7	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Sweet 1.25 pound sugar	24 fl oz. (710 ml)	134	0	0	0	0	0	0	36	0	36	0	0%	0%	0%	0%
Sweet 2 pound sugar	24 fl oz. (710 ml)	212	0	0	0	0	0	0	56	1	56	0	0%	0%	0%	0%
Sweet 2.5 pound sugar	24 fl oz. (710 ml)	266	0	0	0	0	0	0	72	2	72	0	0%	0%	0%	0%
Sweet 3 pound sugar	24 fl oz. (710 ml)	320	0	0	0	0	0	0	86	3	86	0	0%	0%	0%	0%
Unsweet	32 fl oz. (946 ml)	11	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Sweet 1.25 pound sugar	32 fl oz. (946 ml)	179	0	0	0	0	0	0	48	0	48	0	0%	0%	0%	0%
Sweet 2 pound sugar	32 fl oz. (946 ml)	283	0	0	0	0	0	0	75	0	75	0	0%	0%	0%	0%
Sweet 2.5 pound sugar	32 fl oz. (946 ml)	355	0	0	0	0	0	0	96	0	96	0	0%	0%	0%	0%
Sweet 3 pound sugar	32 fl oz. (946 ml)	427	0	0	0	0	0	0	115	0	115	0	0%	0%	0%	0%
Unsweet	44 fl oz. (1,301 ml)	15	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Sweet 1.25 pound sugar	44 fl oz. (1,301 ml)	246	0	0	0	0	0	0	66	0	66	0	0%	0%	0%	0%
Sweet 2 pound sugar	44 fl oz. (1,301 ml)	389	0	0	0	0	0	0	103	0	103	0	0%	0%	0%	0%
Sweet 2.5 pound sugar	44 fl oz. (1,301 ml)	488	0	0	0	0	0	0	132	0	132	0	0%	0%	0%	0%
Sweet 3 pound sugar	44 fl oz. (1,301 ml)	587	0	0	0	0	0	0	158	0	158	0	0%	0%	0%	0%