



FOOD ALLERGIES

ACT GUEST FIRST. Help keep our Guests safe.

- Be aware of the allergens in our products.
- Familiarize yourself with common allergies.
- Use the below information to educate our Guests.

Always let the Guest make his or her own informed decision.

When a Guest requests allergen information, do the following:

- Refer the Guest's request to the manager or the person in charge.
- Review the Food Allergens Chart with the Guest.
- Remember to review the bakery job aids to prevent cross-contamination.

TOP ALLERGENS In Cinnabon® Products



SOY

All sizes and versions of scratch, prepared dough and FTO rolls, Cream Cheese and Caramel Frosting (RTU & scratch), Cinnabon Stix® Churros, CinnaSweeties™ bite-sized donut treats, Caramel Topping, Mochalatta Chill® iced beverages, Chocolate Mocha, Oreo® & Cinnamon Roll Chillatta® blended beverages, Hot Chocolate, Caramel Pecanbon®Roll.



MILK

All sizes and versions of scratch, prepared dough and FTO rolls, Cream Cheese and Caramel Frosting (RTU & scratch), Cinnabon Stix®, Churros, CinnaSweetiesTM bite-sized donut treats, caramel & whipped topping, Iced Coffee (Cinnamon Roll, Plain & Vanilla), Mochalatta Chill® iced beverage, Chocolate Mocha, Strawberry, Strawberry-Banana, Tropical Blast®, Oreo® & Cinnamon Roll Chillatta® blended beverages, Hot Chocolate, Milk.



WHEAT

All sizes and versions of scratch, prepared dough and FTO rolls, Cinnabon Stix®, Churros, Oreo® Chillatta® blended beverage, CinnaSweetiesTM bite-sized donut treats.



TREE NUTS AND PEANUTS

Caramel Pecanbon® Roll (possible traces of peanuts).



EGG

All sizes and versions of scratch & prepared dough rolls, Cinnabon Stix®, Churros, dairy base in select Chillattas® blended beverages, possibly CinnaSweetiesTM bite-sized donut treats (not in dough, but present in manufacturing facility, so there could be possible presence).

*CHECK ANY PROMOTIONAL ITEMS TO SEE IF THEY CONTAIN ALLERGENS

KNOW THE SYMPTOMS

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Swelling of the face, tongue or lips
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Dizziness and/or lightheadedness
- Swelling of the throat and vocal cords
- Difficulty breathing
- Loss of consciousness

MILD SYMPTOMS CAN BECOME MORE SEVERE.

Symptoms may appear in a few minutes or a few hours. Initial symptoms are not a measure of the severity of the allergic reaction. If not treated promptly, some symptoms can become serious or life threatening in a very short time.

The list of all our ingredients for every product and the possible food allergies associated with them can be found on the Food Allergens Chart at the register in your bakery. It is a great reference for any questions. Please use it to educate yourself and our Guests as needed.

If you witness a Guest having an allergic reaction, CALL 112 And NOTIFY MANAGEMENT IMMEDIATELY



Mutritional Guide

Χειροποίητα/HANDMADE TREATS	Ανά μερίδα/Serving Size	Θερμίδες/C alories	Ενέργεια/Ki loJouels	alories	Λιπαρά/ Fat (grams)	Κορεσμένα/ Saturated Fat (grams)	Υδατάνθρακ ες/Carbo- hydrates	Σάκχαρα/ Sugar (grams)	Φυτικές ivες/Fiber (grams)	Πρωτείνες/ Protein (grams)	Αλάτι/Salt (grams)	Αλλεργιογόνα/ALLERGENS	
Cinnabon® Classic	1 x (220g)	722	3,022	from fat 271	30	14	(grams) 104	48	2	11	0.67	Σ,Γ,Σγ,Α	W, M, S, E
Caramel Pecanbon®	1 x (242g)	843	3,528	359	40	16	114	59	2	11	0.74	Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
Chocobon	1 x (230g)	730	3,053	270	32	14	102	49	2	11	0.67	Σ,Γ,Σγ,Α,Κ	W, M, S, E, P
Minibon® Roll	1 x (88g)	318	1,329	118	14	6	46	21	1	5	0.30	Σ,Γ,Σγ,Α	W, M, S, E
Mini Caramel Pecanbon®	1 x (99g)	361	1,509	151	17	7	50	25	2	5	0.32	Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
MiniChocobon Roll	1 x (98g)	361	1,512	139	16	7	51	25	2	6	0.34	Σ,Γ,Σγ,Α,Κ	W, M, S, E, P
Hazelnut Minibon	1 x (100g)	361	1,510	141	16	7	51	25	2	5	0.33	Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
Cinnabon® Classic BonBites, 5 ct	5-Bites(167g)	535	2,238	190	16.0	9,5	75	31	2	7	0.32	Σ,Γ,Σγ,Α	W, M, S, E
Caramel Pecanbon® BonBites, 5 ct	5-Bites(194g)	720	3,012	320	35,5	12,5	91	49	3	10	0.59	Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
Combo BonBites, 5 ct	5-Bites(218g)	740	3,096	330	36	14	92	52	4	11	0.60	Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
Cinnabon Stix®, 5 ct	5 Stix (113g)	420	1,757	190	22	10	51	21	1	6	0.44	Σ,Γ,Σγ,Α	W, M, S, E
Cinnabon Stix®, 10 ct	10 Stix (225g)	840	3,515	390	43	19	102	41	2	12	0.88	Σ,Γ,Σγ,Α	W, M, S, E
Cup Cake Chocolate with Frosting 1oz	1 x (84g)	320	1,339	140	16	7	52	25	2	5	0.34	Σ,Γ,Σγ,Α,Κ	W, M, S, E, P
Cup Cake Vanilla with Frosting 1oz	1 x (84g)	320	1,339	140	16	7	52	25	2	5	0.34	Σ,Γ,Σγ,Α,Κ	W, M, S, E, P
Cup Cake Strawberry with Frosting 1 oz	1 x (86g)	350	1,464	145	16	7	51	28	2	5	0.35	Σ,Γ,Σγ,Α,Κ	W, M, S, E, P
Cup Cake DDL with CC-Frosting 1oz	1 x (85g)	350	1,464	135	18	8	54	26	2	6	0.50	Σ,Γ,Σγ,Α,Κ	W, M, S, E, P
Cup Cake Red Velvet with CC- Frosting 1oz	1 x (84g)	340	1,423	130	15	6	52	26	2	4	0.40	Σ,Γ,Σγ,Α,Κ	W, M, S, E, P
Center of The Roll-Classic	1 x (216g)	750	3,138	300	33	16	106	59	2	9	0.65	Σ,Γ,Σγ,Α	W, M, S, E
Center of The Roll-Caramel Pecanbon	1 x (231g)	840	3,515	380	42	16	108	60	3	10	0.71	Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
Frosting Cup	1 x (45g)	210	879	120	13	6 Κορεσμένα/	23	21	0	1	0.12	Α,γ,Α	M, S, E
Συσκευασμένα & έτοιμα για ζέσταμα/CINNAPACk™: Pre-Packed & Ready to Heat	Ανά μερίδα/Serving Size	Θερμίδες/C alories	Ενέργεια/Ki loJouels	Θερμίδες λιπαρών/C alories from fat	Λιπαρά/ Fat (grams)	Saturated Fat (grams)	Υδατάνθρακ ες/Carbo- hydrates (grams)	Σάκχαρα/ Sugar (grams)	Φυτικές ivες/Fiber (grams)	Πρωτείνες/ Protein (grams)	Αλάτι/Salt (grams)	Αλλεργιογό	va/ALLERGENS
Cinnabon® Classic, 4 pk, 6 pk	1 Dell (020e)	755	0.100		20	15		50			0.70	5 F 5 . A	WMCF
Caramel Pecanbon®, 4 pk, 6 pk	1 Roll (230g) 1 Roll (256g)	755 892	3,160 3,732	283 380	32 42	15	109 121	50 62	2	11	0.70	Σ,Γ,Σγ,Α Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E W, M, S, E, T, P
Combo, 4 pk, 6 pk	1 Roll (245g)	854	3,571	364	40	16	115	59	2	11	0.75	Σ,Γ,Σγ,Α,Κ,Ξ Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
Minibon® Roll, 4 pk, 6 pk, 9 pk, 15 pk	1 Roll (92g)	332	1,389	123	14	7	48	22	1	5	0.73	Σ,Γ,Σγ,Α,\. Σ,Γ,Σγ,Α	W, M, S, E
Minibon Rolls Caramel Pecanbon®, 4 pk, 6 pk, 9 pk, 15 pk	1 Roll (103g)	375	1,570	157	17	7	52	26	2	5	0.33	Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
Minibon Rolls Combo, 4 pk, 6 pk, 9 pk, 15 pk	1 Roll (101g)	368	1,540	154	17	7	51	26	2	5	0.33	Σ,Γ,Σγ,Λ,Κ,Ξ Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
CinnaPack® Combo BonBites™ 30 pk,60 pk, 120 pk	5-Bites(188g)	630	2,636	280	31.0	12.0	78	44	2	7	0.50	Σ,Γ,Σγ,Α,Κ,Ξ	W, M, S, E, T, P
Αποκλειστικά ροφήματα/Signature				Θερμίδες	Λιπαρά/	Κορεσμένα/	Υδατάνθρακ	Σάγγαρα/	Φυνικές.	Docarding /			
Beverages	Ανά μερίδα/Serving	Θερμίδες/C alories	Ενέργεια/Ki loJouels		Fat (grams)	Saturated Fat (grams)	ες/Carbo- hydrates	Σάκχαρα/ Sugar	Φυτικές ivες/Fiber	Πρωτείνες/ Protein	Αλάτι/Salt (grams)	Αλλεργιογό	va/ALLERGENS
	Size	alones		from fat	(9.4)		(grams)	(grams)	(grams)	(grams)	(grains)		
Classic Lemonade, 12 oz	12 fl. oz (304g)	80	335	0	0	0	21	19	0	0	0.00		
Classic Lemonade, 16 oz	16 fl. oz (496g)	140	586	0	0	0	37	34	0	0	0.01		
Classic Lemonade, 24 oz	24 fl. oz (610g)	170	711	0	0	0	45	41	0	0	0.01		
Raspberry Lemonade, 12 oz Raspberry Lemonade, 16 oz	12 fl. oz (304g)	100	418	0	0	0	27	25	0	0	0.01		
Raspberry Lemonade, 24 oz	16 fl. oz (496g)	180	753	0	0	0	48	44	0	0	0.02		
MochaLatta Chill®, 12 oz	24 fl. oz (610g)	230	962	0	0	0	58	54	0	0	0.02		
MochaLatta Chill®, 16 oz	12 fl. oz (374g)	200	837	70	7	5	30	28	1		0.11	Γ,Σγ,Ξ	M, S, P
MochaLatta Chill®, 24 oz	16 fl. oz (530g)	360 420	1,506	130	14	9	53 64	49 59	2	10	0.20	Γ,Σγ,Ξ	M, S, P M, S, P
Strawberries& Cream Chillatta™ 12 oz	24 fl. oz (644g) 12 fl. oz (376g)	430	1,799	180	20	12	58	50	0	6	0.28	Γ,Σγ,Ξ Γ,Σγ,Α	M, S, E
Strawberries& Cream Chillatta™ 16 oz	16 fl. oz (558g)	710	2,971	300	33	20	96	82	1	9	0.17	Γ.Σγ.Α	M, S, E
Strawberries & Cream Chillatta™ 24 oz	24 fl. oz (699g)	890	3,724	370	41	24	121	103	1	11	0.22	Γ.Σγ.Α	M, S, E
Chocolate Mocha Chilllattas®, 12 oz	12 fl. oz (315g)	240	1,004	70	8	5	43	39	2	5	0.10	Γ,Σγ,Ξ	M, S, P
Chocolate Mocha Chilllattas®, 16 oz	16 fl. oz (488g)	360	1,506	120	13	7	59	54	3	8	0.16	Γ.Σγ.Ξ	M, S, P
Chocolate Mocha Chillattas®, 24 oz	24 fl. oz (618g)	460	1,925	130	15	8	79	72	4	10	0.20	Γ,Σγ,Ξ	M, S, P
Cookies n Cream Chillatta™, 12 oz	12 fl. oz (358g)	510	2,134	220	24	13	69	51	1	7	0.31	Σ,Γ,Σγ,Α	W, M, S, E
Cookies n Cream Chillatta™, 16 oz	16 fl. oz (562g)	870	3,640	360	40	21	118	86	2	12	0.57	Σ,Γ,Σγ,Α	W, M, S, E
Cookies n Cream Chillatta™, 24 oz	24 fl. oz (703g)	1,090	4,561	450	50	26	150	108	2	15	0.73	Σ,Γ,Σγ,Α	W, M, S, E
Hazelnut Chillatta™, 12 oz	12 fl. oz (366g)	600	2,510	240	26	15	83	51	2	8	.26+0	Γ,Σγ,Ξ	M, S, P
Hazelnut Chillatta™, 16 oz	16 fl. oz (606g)	1,000	4,184	400	44	25	140	88	2	12	0.44	Γ,Σγ,Ξ	M, S, P
Hazelnut Chillatta™, 24 oz	24 fl. oz (730g)	1,190	4,979	450	50	28	173	103	3	14	0.51	Γ,Σγ,Ξ	M, S, P
Κρύα & ζεστά ροφήματα/Hot & Cold Beverages	Ανά μερίδα/Serving Size	Θερμίδες/C alories	Eνέργεια/Ki IoJouels	Θερμίδες λιπαρών/C alories from fat	Λιπαρά/ Fat (grams)	Κορεσμένα/ Saturated Fat (grams)	Υδατάνθρακ ες/Carbo- hydrates (grams)	Σάκχαρα/ Sugar (grams)	Φυτικές ivες/Fiber (grams)	Πρωτείνες/ Protein (grams)	Αλάτι/Salt (grams)	Αλλεργιογό	va/ALLERGENS
Coffee, 8 oz	8 fl. oz (175g)	5	21	0	0	0	0	0	0	0	0.01		
Coffee, 12 oz	12 fl. oz (283g)	5	21	0	0	0	0	0	0	0	0.01		
Coffee, 16 oz	16 fl. oz (340g)	5	21	0	0	0	0	0	0	0	0.01		
Iced Coffee Vanilla 12 oz	12 fl. oz (302g)	80	335	10	2	1	15	15	0	1	0.03	Γ,Σγ,Ξ	M, S, P
Iced Coffee Vanilla 16 oz	16 fl. oz (496g)	140	586	20	3	2	27	27	0	2	0.04	Γ,Σγ,Ξ	M, S, P
Iced Coffee Vanilla 24 oz	24 fl. oz (610g)	170	711	25	3	2	33	33	0	3	0.05	Γ,Σγ,Ξ	M, S, P
Hot Chocolate 8 oz (w Chocolate Sauce, Whole Milk,	8 fl. oz (283g)	160	669	45	5	3	25	20	1	2	0.21	Γ,Σγ,Ξ	M, S, P
½ oz Whipped Cream) Hot Chocolate 12 oz (w Chocolate Sauce, Whole Milk,													
½ oz Whipped Cream)	12 fl. oz (373g)	250	1,046	90	10	7	41	35	2	2	0.26	Γ,Σγ,Ξ	M, S, P
Hot Chocolate 16 oz (w Chocolate Sauce, Whole Milk, ½ oz Whipped Cream)	16 fl. oz (431g)	310	1,297	100	11	7	53	45	3	4	0.34	Γ,Σγ,Ξ	M, S, P
Milk, Skim-Whole, 8 oz	8 fl. oz (366g)	90-190	375-750	5-100	0-9	0-6	14-16	17-18	0	10	0.15		Г,М
Milk, Skim-Whole, 12 oz	12 fl. oz (366g)	120-220	500-920	5-110	0-12	0-7	17-18	17-18	0	12	0.15		Г,М
Milk, Skim-Whole, 16 oz	16 fl. oz (488g)	170-290	700-1200	5-140	0-16	0-9	22-24	22-24	0	16-17	0.20		Г,М
Orange Juice, 12 oz	12 fl. oz (374g)	180	753	5	0	0	43	31	1	3	0.01		
Orange Juice, 16 oz	16 fl. oz (498g)	240	1,004	5	1	0	57	41	1	3	0.01		
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Για μια ισορροπημένη διατροφή συστήνεται η κατανάλωση κορεσμένου λίπους και νατρίου να μην υπερβαίνει τα20γρ. για ένα μέσο ενήλικα με ημερήσια κατανάλωση 2000 θερμίδες (8400kj) Υπάρχει πιθανότητα μικρών αποκλίσεων στις θερμίδες των υλυκών λόγω της διαφοράς στην ποσότητα κρέμιας που επικαλύπτει τα γλυκά. Οι διατροφικές πληροφορίες των συσκευασμένων ενδέχεται να ποικίλλουν ανάλογα με τους πιθανούς συνδυασμούς γεύσεων. Όλα τα εμπορικά σήματα είναι ιδιοκτησία των αντίστοιχων ιδιοκτητών τους

Αλλεργιογώνα συστατικά $\Sigma = \Sigma$ ιτάρι $\Gamma = \Gamma$ άλα $\Sigma_Y = \Sigma$ όγια $\Lambda = \Lambda$ υγά K = Kαρύδια $\Xi = M$ πορεί να περιέχει ιχνη ξηρών καρπών

Αυτός ο πίνακας με τις πληροφορίες για αλλεργιογόνες ουσίες δημιουργήθηκε σύμφωνα με την καλύτερη δυνατή γνώση μας βασιζόμενοι σε πληροφορίες που δόθηκαν απο τους προμηθευτές μας. Παράγουμε τα προιόντα μας σε κουζίνα / περιοχή οπου τυγχάνουν χειρισμό αλλεργιογόνες ουσίες και, ενώ προσταθούμε να κρατάμε τα είδη ξεχωριστά μεταξύ τους, δεν μπορούμε να εγνυηθούμε οτι οποιοδήποτε είδος είναι ελεύθερο απο αλλεργιογόνες ουσίες. Είναι πιθανό να βρεθούν ίχνη λόγω επαφής εντός της γραμμής παραγωγής. Μερικά είδη που περιλαμβάνονται στα μενού μας μπορεί να μην είναι διαθέσιμα σε όλα τα καταστήματα μας.

The Dietary Guidelines recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily/ 8400Kj, Recommended limits may be higher or lower depending upon daily calorie consumption. As Cinnabon bakery chefs have the discretion to slightly alter the ingredients of our special frosting mix, there can be a modest variance in terms of calorie related content. As such, you may find the above range in terms of the calorie content information. The dietary guidelines for E Packs vary due to the possible variations All other trademarks are the property of their respective owners.

Food Allergens W = Wheat M = Milk S = Soy Bean E = Egg T = Tree Nuts P = Possibly Peanuts

This table with the allergen information was created to the best of knowledge based on the information provided by our suppliers. We produce all our products in a kitchen / area where allergens are handled and, while we try our best to keep things separate, we cannot guarantee any items are allergen free. It is also possible that traces are found due to cross contact within the production line. Some menu items listed may not be available in all our bake shops.