

STARBUCKS
COLD CRAFT 2017
 Fresh & Packaged Food Nutritional
 Information

Product Description	Portion Size (g)	Product Suitable for:		Made using ingredients that are:			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Fibre (g)		Protein (g)		Salt (g)	
		Vegetarian	Vegan	Wheat Free	Gluten Free	Milk Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Toast, Swirl & Buns																								
Luxury Fruit Toast	145	Y	N	N	N	N	1327	1924	314	455	7.1	10.3	2.6	3.8	54.8	79.5	27.2	39.4	3.4	4.9	7.8	11.3	0.37	0.54
Brioche Toast	120	Y	N	N	N	N	1500	1800	356	427	13.4	16.1	6.7	8.2	50.2	60.2	8.5	10.2	1.3	1.6	8.7	10.4	0.83	1.00
Chocolate Swirl	112	Y	N	N	N	N	1620	1814	386	432	17.3	19.4	9.8	11.0	48.5	54.3	18.6	20.8	2.5	2.8	7.8	8.7	0.61	0.70
Cinnamon Swirl	140	Y	N	N	N	N	1374	1924	326	456	24.9	34.9	4.3	6.0	53.3	74.6	23.5	32.9	2.1	2.9	7.0	9.8	0.80	1.10
Almond Swedish Bun	100	Y	N	N	N	N	1571	1571	374	374	14.4	14.4	7.9	7.9	51.2	51.2	14.6	14.6	1.2	1.2	9.2	9.2	0.71	0.71
Cinnamon Swedish Bun	100	Y	N	N	N	N	1565	1565	372	372	14.0	14.0	8.0	8.0	52.4	52.5	17.2	17.2	1.7	1.7	8.4	8.4	0.70	0.70
Bars, Biscuits, Shortbreads																								
Burnt Caramel Brownie	80	Y	N	N	N	N	1933	1546	462	370	27.2	21.8	16.4	13.1	48.5	38.8	42.0	33.6	2.1	1.7	4.6	3.7	0.40	0.30
Granola Bar	80	Y	N	Y	N	N	1815	1450	435	350	20.0	16.0	7.7	6.2	56.4	45.1	32.3	25.8	4.7	3.8	6.6	5.3	0.40	0.30
Chocolate Brownie	70	Y	N	Y	Y	N	1780	1245	425	300	28.3	19.8	16.0	11.2	37.2	26.0	31.3	21.9	2.7	1.9	4.9	3.5	0.40	0.30
Chocolate Chunk Shortbread	97	Y	N	N	N	N	2214	2148	530	514	30.7	29.8	19.4	18.8	57.7	56.0	26.9	26.1	1.5	1.5	6.5	6.3	0.21	0.20
Chocolate Caramel Shortbread	80	Y	N	N	N	N	2085	1668	499	399	27.9	22.3	17.0	13.6	57.5	46.0	33.4	26.7			5.5	4.4	0.33	0.26
Marshmallow Twizzle	35	N	N	N	N	N	1746	611	414	145	9.8	3.4	5.0	1.8	78.3	27.4	66.7	23.3	1.7	0.6	4.0	1.4	0.05	0.02
Cookies																								
Salted Caramel Cookie	79	Y	N	N	N	N	1840	1454	438	346	16.9	13.4	10.5	8.3	64.9	51.3	41.4	32.7	5.4	4.3	2.4	1.9	0.81	0.60
Nutella and Oat Cookie	82	Y	N	N	N	N	1954	1602	467	383	22.2	18.2	8.9	7.3	58.7	48.1	36.9	30.3	3.5	2.9	6.3	5.2	0.49	0.40
Milk Choc Chunk	79	Y	N	N	N	N	1970	1556	471	372	22.9	18.1	14.1	11.2	58.3	46.1	41.2	32.5	2.8	2.2	6.4	5.1	0.34	0.27
Cakes																								
Lemon Loaf Cake	86	Y	N	N	N	N	1791	1540	429	369	24.5	21.0	6.3	5.4	46.4	39.9	28.1	24.2	1.5	1.3	5.0	4.3	0.45	0.40
Yoghurt & Berries Loaf Cake	90	Y	N	N	N	N	1562	1406	374	336	20.0	18.0	4.9	4.4	41.5	37.4	25.6	23.0	2.0	1.8	5.9	5.3	0.63	0.57
Orange Mandarin Chocolate Loaf Cake	90	Y	N	N	N	N	1627	1465	389	350	20.5	18.5	5.7	5.1	44.6	40.1	31.9	28.7	1.6	1.4	5.8	5.2	0.59	0.53
Carrot Cake	142	Y	N	N	N	N	1719	2441	411	584	20.7	29.4	3.6	5.2	52.2	74.1	37.0	52.5	1.1	1.6	3.9	5.5	0.48	0.70
Cookies & Cream Cake	147	Y	N	N	N	N	1793	2636	428	629	19.1	28.1	7.0	10.3	59.1	86.9	48.1	70.7	1.8	2.6	4.7	6.9	0.58	0.85
Muffins																								
Blueberry Muffin	122	Y	N	N	N	N	1622	1979	387	472	19.4	23.6	4.2	5.1	47.1	57.4	21.6	26.3	1.4	1.7	5.4	6.6	0.37	0.45
Skinny Blueberry Muffin	120	Y	N	N	N	N	1100	1320	260	312	2.4	2.9	1.1	1.3	55	66	20.2	24.2	1.2	1.4	3.9	4.7	0.75	0.9
Raspberry & Chocolate Muffin	113	Y	N	N	N	N	1410	1593	336	380	14.1	15.9	2.3	2.5	48.7	55.1	25.7	29	3.3	3.7	5.7	6.5	0.4	0.4
Fudge & Walnut Cheesecake Muffin	124	Y	N	N	N	N	1722	2084	413	499	25.7	31.1	5.5	6.7	41	50	21.5	26	0.9	1.1	6	7.3	0.4	0.5
Salted Caramel Muffin	120	Y	N	N	N	N	1630	1956	389	467	18.5	22.2	3.4	4.1	50.7	60.8	26.2	31.4	0.7	0.8	5.3	6.4	0.45	0.5
Lemon Poppyseed Muffin	130	Y	N	N	N	N	1509	1977	359	470	13.7	17.9	1.6	2.1	53.4	70	32.7	42.8	1.8	2.4	4.7	6.2	0.34	0.45
Decadent Chocolate Filled Muffin	118	Y	N	N	N	N	1687	1991	403	476	20.1	23.7	6.87	8.1	48.2	56.9	30.2	35.6	2.3	2.7	6.2	7.3	0.3	0.4
Cranberry & White Chocolate Cheesecake Muffin	125	Y	N	N	N	N	1460	1825	350	438	19.4	24.3	6.75	8.4	38.7	48.4	18.2	22.8	0.8	1	4.8	6	0.32	
Pastries																								
Butter Croissant	60	Y	N	N	N	N	1810	1086	435	261	24.1	14.5	15.4	9.2	44.7	26.8	9.7	5.8	9.5	5.7	1.8	1.1	1.20	0.72
Pain Au Chocolat	70	Y	N	N	N	N	1830	1281	435	305	24	16.8	15.3	10.7	46.6	32.6	14.8	10.4	9	6.3	2.4	1.7	1.05	0.74
Pain Aux Raisins	100	Y	N	N	N	N	1310	1310	315	315	13.4	13.4	8.4	8.4	42.5	42.5	17.4	17.4	2.0	2.0	6.2	6.2	0.72	0.72
Dry Mix Porridge																								
Porridge Dairy	60	Y	N	Y	N	N	1536	923	364	219	6.7	4.0	1.2	0.7	55.1	33.1	12.7	7.6	7.0	4.2	17.4	10.5	0.33	0.20
Porridge Soy	55	Y	Y	Y	N	Y	1663	915	396	218	11.2	6.2	1.7	0.9	49.7	27.3	2.4	1.3	9.6	5.3	19.2	10.6	1.40	0.80
Fresh Porridge Pots - *TRIAL STORES ONLY*																								
Steel Cut Porridge	300	Y	Y	N	N	N	425	1275	101	303	3.2	9.6	1.5	4.4	13.4	40.2	3.0	9.0	1.8	5.4	3.9	11.6	0.13	0.40
Five Grain Porridge (Gluten Free)	300	Y	Y	Y	Y	Y	416	1248	99	297	4.0	12.0	2.0	6.0	11.8	35.0	1.6	5.0	1.8	5.0	3.1	9.0	0.36	1.00

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		Vegetarian	Vegan	Wheat Free	Gluten Free	Milk Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Fruit																								
Fruit Mix	160	Y	Y	Y	Y	Y	219	350	51	82	0.3	0.5	0.0	0.0	11.7	18.7	11.2	17.9	2.3	3.7	0.9	1.4	0.01	0.00
Fresh and Fruity	185	Y	Y	Y	Y	Y	173	320	41	76	0.2	0.4	0.0	0.0	9.8	18.1	9.6	17.8	1.5	2.8	0.5	0.9	0.01	0.02
Fairtrade Banana (per unit =whole)	120	Y	Y	Y	Y	Y	373	448	90	108	0.4	0.5	0.0	0.0	22.6	27.1	12.4	14.9	2.7	3.2	0.8	1.0	0.00	0.00
Dried Fruit Mix	30	Y	Y	N	N	N	1264	379	298	89	0.4	0.1	0.0	0.0	70.4	21.1	68.5	20.6	2.5	0.8	1.9	0.8	0.09	0.03
Yoghurt																								
Yoghurt with Granola, Mango & Passionfruit	240	Y	N	Y	N	N	562	1349	134	322	4.3	10.3	1.9	4.6	17.0	40.8	11.3	27.1	1.2	2.9	6.0	14.4	0.12	0.29
Berry Crunch (Berry compote granola)	240	Y	N	N	N	N	550	1320	130	312	3.8	9.1	2.0	4.8	18.0	43.2	12.8	30.7	1.0	2.4	5.4	13.0	0.12	0.29
Berry Good Bircher	190	Y	N	Y	N	N	565	1074	133	253	1.9	3.6	0.3	0.6	22	41	14	26	2.6	4.9	6.1	12	0.05	0.10
Breakfast																								
All Day Breakfast Buttie (Welcome Break)	162	N	N	N	N	N	1068	1730	255	413	11	17	3.8	6.1	27	44	2.5	4.1	1.0	1.6	13	20	1.3	2.1
Cheddar and Marmite® Sarnie	130	Y	N	N	N	N	1184	1539	282	367	13	17	7.7	10	27	35	0.5	0.6	1.2	1.6	14	18	1.2	1.5
Bacon Butty (Welcome Break)	125	N	N	N	N	Y	1311	1639	312	390	12	15	4.1	5.1	32	40	2.1	2.6	1.2	1.5	18	23	2.0	2.4
Sausage Sarnie (Welcome Break)	154	N	N	N	N	Y	1138	1764	271	420	12	18	4.0	6.2	30	46	3.2	4.9	1.0	1.5	12	18	1.4	2.1
All Day Breakfast	202	N	N	N	N	N	991	2002	237	479	10.5	21.2	3.8	7.7	18.9	38.2	1.7	3.4	2.0	4.0	15.6	31.5	1.80	3.60
Butchers Choice Sausage Sandwich	173	N	N	N	N	N	1070	1851	256	443	11.0	19.0	4.0	7.0	24.1	41.7	2.0	3.5	3.1	5.4	13.5	23.4	1.60	2.80
Hickory Smoked Bacon Sandwich	125	N	N	N	N	N	1170	1463	278	348	7.9	9.9	2.7	3.4	28.5	35.6	2.1	2.6	2.8	3.5	21.9	27.4	2.65	3.30
Filled Croissants																								
Croissant Cheddar and Mushroom	156	Y	N	N	N	N	1286	2006	308	480	16	24	10	16	31	49	2.1	3.2	2.0	3.1	9.2	14	1.1	1.8
Croissant Ham and Cheese	161	N	N	N	N	N	1293	2082	309	497	15	23	9.2	15	30	48	1.7	2.7	1.7	2.7	14	23	1.7	2.7
Toasties																								
Ham and Cheese Toastie	151	N	N	N	N	N	1020	1540	244	368	11	16	6.2	9.3	23	34	1.1	1.6	1.7	2.6	13	20	1.3	1.9
Triple Cheese Toastie	136	Y	N	N	N	N	1289	1688	309	405	17	22	10	13	25	33	0.6	0.8	1.7	2.2	13	18	1.1	1.4
Mini Cheese and Ham Toastie	126	N	N	N	N	N	1050	1323	252	318	11.5	14.5	6.9	8.7	18.8	23.7	2.4	3.0	1.4	1.8	17.5	22.1	1.81	2.30
Bagels																								
Smoked Salmon Bagel	195	N	N	N	N	N	1018	1985	242	472	7.4	14	2.4	4.7	30	58	3.4	6.6	3.1	6	13	24	1.1	2.0
Salt Beef Onion Bagel	230	N	N	N	N	N	895	2059	213	490	5.5	13	2.5	5.7	26	60	4.4	10	1.3	3.0	14	32	1.2	2.8
Sandwiches / Wraps / Baguettes																								
Sure as Eggs is Eggs	193	Y	N	N	N	N	992	1915	238	459	13	25	1.9	3.7	17	33	1.2	2.3	3.3	6.4	10	19	0.7	1.4
Smoked Chicken & Maple Bacon Sandwich	201	N	N	N	N	N	785	1578	187	376	4.8	10	1.3	2.6	23	46	2.6	5.2	2.4	4.8	12	24	1.0	2.0
Buttermilk Chicken & Chipotle Wrap	265	N	N	N	N	N	775	2054	184	488	5.0	13	1.4	3.8	24	64	6.2	17	2.2	5.8	9.2	24	0.93	2.5
Kale Jalapeno & Slaw Wrap	268	Y	Y	N	N	Y	760	2033	181	484	5.8	16	1.9	5.2	25	68	4.9	13	2.4	6.4	5.5	15	0.55	1.5
Croque Monsieur Panini	200	N	N	N	N	N	965	1930	230	460	8.5	17	4.4	8.8	25	49	1.0	1.9	1.2	2.3	13	26	0.94	1.9
Pesto & Tomato Mozzarella Panini	187	Y	N	N	N	N	968	1810	231	432	8.8	16	3.7	6.9	28	52	2.6	4.8	1.7	3.1	9.4	18	0.50	0.90
Tuna Panini	200	N	N	N	N	N	1041	2082	248	496	10	20	3.6	7.2	26	52	1.2	2.4	1.2	2.3	13	25	0.5	1.0
Hot Boxes																								
Super Scrambled Eggs, Tomato & Spinach	211	Y	N	Y	N	N	416	878	100	211	6.6	14	1.5	3.2	3	7	1.1	2	0.7	1.5	6.7	14	0.68	1.40
Spicy Chorizo, Poached Egg & Potato	207	N	N	Y	N	N	628	1301	151	312	9.1	19	3.2	6.7	8	17	0.3	0.6	2.3	4.6	7.3	17	0.66	1.40
Firecracker Chicken & Giant Cous Cous	307	N	N	N	N	Y	618	1897	146	448	1.5	5	0.3	1	22.4	69	3.1	9.5	1.7	5.2	9.9	30	0.4	1.2
Pulled Beef, Chilli & Rice	301	N	N	N	N	Y	434	1306	103	310	2	5	0.4	1.1	15	46	4.2	12.6	1.7	5.1	6	17	0.20	0.70
Courgetti, Broccoli, Halloumi & Cous Cous	300	Y	N	N	N	N	500	1500	119	357	9	9	1.7	5.1	18	54	3.1	9.3	2.2	6.6	4	11	0.3	0.9
Salads																								
Falafel, quinoa and lentil salad	353	Y	Y	Y	Y	Y	549	1784	131	426	5.6	18	0.6	2.0	15	48	4.2	13	3.0	9.9	3.9	13	0.20	0.65
Caesar Salad	201	N	N	N	N	N	749	1507	180	362	12	25	2.5	5	5.2	10	1.6	3.2	0.6	1.1	12	24	0.80	1.60

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Packaged Impulse items																									
Starbucks Raw Raspberry & Nut Bar	55	Y	Y	Y	Y	Y	1415	778	337	185	7.4	4.1	1.1	0.6	59.6	32.8	43.9	24.1	6.0	3.3	6.0	3.3	0.05	0.03	
Starbucks Peanut and Cashew Bar	45	Y	Y	Y	Y	Y	1943	875	466	209	27.6	12.4	6.5	2.9	36.1	16.2	22.9	10.3	8.2	3.7	15.7	7.1	0.33	0.15	
Starbucks Sugar-Free Peppermints		Y	Y	Y	Y	Y	1008	15	242	4	0.6	0.0	0.5	0.0	99.0	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	
Starbucks Dark Chocolate Bar	40	Y	N	Y	Y	Y	2461	984	594	238	46.3	18.5	29.2	11.7	32.2	12.9	27.0	10.8	10.7	4.3	6.7	2.7	0.00	0.00	
Starbucks Milk Chocolate Bar	30	Y	N	Y	Y	N	2365	709	567	170	36.5	10.9	23.0	6.9	52.7	15.8	51.8	15.5	1.9	0.6	6.2	1.9	0.30	0.08	
Starbucks Shortbread Biscuits	50	Y	N	N	N	N	2245	1123	538	269	32.0	16.0	20.0	10.0	57.0	28.5	19.0	9.5	1.6	0.8	5.4	2.7	0.71	0.36	
Starbucks Ginger Biscuits	50	Y	N	N	N	N	1926	963	459	230	17.3	8.7	6.7	3.4	70.0	35.0	38.0	19.0	1.8	0.9	4.8	2.4	0.66	0.33	
Starbucks Almonds, Cashews, Cranberries & Yellow Raisins	40	Y	N	N	N	N	1950	780	466	187	23.6	9.5	2.9	1.2	49.7	19.9	34.2	13.7	6.0	2.4	10.8	4.3	0.02	0.00	
Starbucks Smoked Almonds	40	Y	N	N	N	Y	2350	940	567	227	49.0	19.6	3.8	1.5	11.1	4.4	5.4	2.2	0.7	0.3	20.3	8.1	1.40	0.56	
Starbucks Biscotti	45	Y	N	N	N	N	1870	842	447	201	17.5	7.9	3.9	1.8	61.9	27.9	33.7	15.2	4.5	2.0	10.3	4.6	0.21	0.10	
Chococaramel, Choc, Caramel & Nuts bar	60	Y	N	Y	N	N	1858	1115	446	268	23.5	14.1	13.2	7.9	51.2	30.8	45.0	27.0				6.5	3.9	0.03	0.19
Starbucks Caramel Waffles	78	Y	N	N	N	N	1916	1494	457	356	21.0	16.4	12.0	9.4	63.0	49.0	34.0	26.5	1.0	0.8	3.5	2.7	0.60	0.50	
Starbucks Mini Caramel Waffles		Y	N	N	N	N	1899		453		21.0		12.0		62.0		35.0		1.0		3.5		0.60		
Starbucks Chocolate Caramel Shortbread	66	Y	N	N	N	N	2106	1390	504	333	27.6	18.2	16.0	10.6	58.6	8.7	41.3	27.3	1.5	1.0	4.5	3.0	0.51	0.34	
Starbucks Chocolate Coin	44	Y	N	Y	Y	N	2180	521	501	120	28.0	6.4	17.0	3.8	60.0	13.8	58.7	13.5	3.0	0.7	6.1	1.4	0.12	0.00	