

**Starbucks Beverage  
Nutrition Information \***

	Calories	Kilojoules	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
<b>HOT BEVERAGES</b>												
<b>VANILLA SPICE LATTE with WHIPPED CREAM</b>												
Short - Skimmed Milk	151.7	634.7	5.2	3.3	0.2	22.1	72.2	20.3	0.0	18.9	6.0	75.0
Short - Semi Skimmed Milk	177.1	740.8	8.3	4.8	0.3	31.6	80.1	20.1	0.0	18.6	5.9	75.0
Short - Whole Milk	194.5	813.8	10.3	6.1	0.3	34.8	73.8	20.1	0.0	18.6	5.6	75.0
Short - Soy	158.4	662.8	7.5	3.5	0.2	18.9	63.2	17.3	0.6	14.7	4.9	75.0
Tall - Skimmed Milk	214.0	895.3	6.3	3.9	0.2	27.6	114.5	30.3	0.0	28.7	9.4	75.0
Tall - Semi Skimmed Milk	255.1	1067.3	11.2	6.4	0.3	43.0	127.3	29.9	0.0	28.3	9.2	75.0
Tall - Whole Milk	283.3	1185.5	14.4	8.6	0.4	48.2	117.1	29.9	0.0	28.3	8.8	75.0
Tall - Soy	224.9	940.9	10.0	4.3	0.2	22.5	99.9	25.4	1.0	21.9	7.6	75.0
Grande - Skimmed Milk	269.0	1125.7	7.3	4.6	0.2	32.4	141.2	39.3	0.0	36.7	11.8	150.0
Grande - Semi Skimmed Milk	319.8	1338.0	13.3	7.6	0.4	51.4	157.0	38.8	0.0	36.1	11.6	150.0
Grande - Whole Milk	354.7	1484.0	17.3	10.3	0.5	57.7	144.3	38.8	0.0	36.1	11.1	150.0
Grande - Soy	282.5	1182.0	11.9	5.0	0.2	26.0	123.2	33.3	1.2	28.2	9.6	150.0
Venti - Skimmed Milk	323.1	1351.7	7.4	4.6	0.2	34.4	184.3	49.2	0.0	46.5	15.3	150.0
Venti - Semi Skimmed Milk	390.2	1632.7	15.3	8.6	0.5	59.6	205.3	48.5	0.0	45.8	15.0	150.0
Venti - Whole Milk	436.4	1825.9	20.7	12.2	0.6	68.0	188.5	48.5	0.0	45.8	14.3	150.0
Venti - Soy	340.9	1426.2	13.4	5.2	0.2	26.0	160.5	41.2	1.6	35.3	12.3	150.0
<b>THE NEW STANDARD CAFFE LATTE</b>												
Short - Skimmed Milk	66.6	278.8	0.1	0.1	0.0	3.6	75.6	9.9	0.0	8.9	6.4	75.0
Short - Semi Skimmed Milk	95.3	398.7	3.5	2.3	0.1	14.3	73.8	9.4	0.0	8.4	6.3	75.0
Short - Whole Milk	113.2	473.7	5.8	3.3	0.2	17.9	72.0	9.1	0.0	8.1	6.1	75.0
Short - Soy	75.1	314.3	2.7	0.3	0.0	0.0	83.3	6.6	0.7	4.1	5.3	75.0
Tall - Skimmed Milk	101.9	426.5	0.2	0.2	0.0	5.3	112.6	15.2	0.0	13.2	9.7	150.0
Tall - Semi Skimmed Milk	143.2	599.3	5.1	2.6	0.2	20.8	125.5	14.8	0.0	12.8	9.5	150.0
Tall - Whole Milk	171.6	718.1	8.4	4.8	0.3	26.0	115.1	14.8	0.0	12.8	9.1	150.0
Tall - Soy	110.4	462.0	4.0	0.5	0.0	0.0	94.8	9.9	1.0	5.9	7.7	150.0
Grande - Skimmed Milk	131.4	549.7	0.3	0.2	0.0	7.1	148.9	19.5	0.0	17.5	12.6	150.0
Grande - Semi Skimmed Milk	187.9	786.0	7.0	4.4	0.2	28.2	145.4	18.5	0.0	16.5	12.4	150.0
Grande - Whole Milk	223.1	933.6	11.5	6.6	0.4	35.3	141.9	17.9	0.0	16.0	12.1	150.0
Grande - Soy	147.6	617.6	5.3	0.7	0.0	0.0	163.5	12.9	1.3	8.0	10.4	150.0
Venti - Skimmed Milk	174.2	728.6	0.4	0.6	0.0	9.2	195.1	25.9	0.0	22.9	16.7	225.0
Venti - Semi Skimmed Milk	248.1	1037.8	9.2	4.6	0.3	37.0	218.2	25.1	0.0	22.2	16.3	225.0
Venti - Whole Milk	298.9	1250.4	15.0	8.6	0.5	46.2	199.7	25.1	0.0	22.2	15.6	225.0
Venti - Soy	184.5	771.9	6.7	0.9	0.0	0.0	160.8	16.6	1.6	10.2	12.8	225.0
<b>FRESH FILTER COFFEE</b>												
Short	2.6	10.9	0.1	0.0	0.0	0.0	5.3	0.0	0.0	0.0	0.3	160.0
Tall	3.9	16.3	0.1	0.0	0.0	0.0	7.8	0.0	0.0	0.0	0.5	240.0
Grande	5.0	20.7	0.1	0.0	0.0	0.0	9.9	0.0	0.0	0.0	0.6	320.0
Venti	6.2	25.9	0.1	0.0	0.0	0.0	12.4	0.0	0.0	0.0	0.7	400.0
<b>ESPRESSO</b>												
Solo	5.7	23.8	0.0	0.0	0.0	0.0	0.4	1.0	0.0	0.0	0.4	75.0
Doppio	11.4	47.7	0.0	0.0	0.0	0.0	0.7	2.0	0.0	0.0	0.7	150.0
<b>ESPRESSO CON PANNA</b>												
Solo	30.8	128.7	2.5	1.5	0.1	9.1	2.9	1.7	0.0	0.5	0.5	75.0
Doppio	36.5	152.5	2.5	1.5	0.1	9.1	3.3	2.7	0.0	0.5	0.9	150.0
<b>ESPRESSO MACCHIATO</b>												
Solo - Skimmed Milk	7.2	30.1	0.0	0.0	0.0	0.1	2.3	1.2	0.0	0.2	0.5	75.0
Solo - Semi Skimmed Milk	8.0	33.5	0.1	0.1	0.0	0.4	2.2	1.2	0.0	0.2	0.5	75.0
Solo - Whole Milk	8.4	35.1	0.2	0.1	0.0	0.5	2.2	1.2	0.0	0.2	0.5	75.0
Solo - Soy	7.4	31.0	0.1	0.0	0.0	0.0	2.4	1.1	0.0	0.1	0.5	75.0
Doppio - Skimmed Milk	13.2	55.4	0.0	0.0	0.0	0.1	3.0	2.4	0.0	0.3	1.0	150.0
Doppio - Semi Skimmed Milk	14.1	59.0	0.1	0.1	0.0	0.4	3.0	2.3	0.0	0.3	0.9	150.0
Doppio - Whole Milk	14.6	61.3	0.2	0.1	0.0	0.5	3.0	2.3	0.0	0.3	0.9	150.0
Doppio - Soy	13.5	56.3	0.1	0.0	0.0	0.0	3.1	2.0	0.0	0.1	0.9	150.0
<b>CAFFE AMERICANO</b>												
Short	5.7	23.8	0.0	0.0	0.0	0.0	4.0	1.0	0.0	0.0	0.4	75.0
Tall	11.4	47.7	0.0	0.0	0.0	0.0	6.5	2.0	0.0	0.0	0.7	150.0
Grande	17.1	71.5	0.0	0.0	0.0	0.0	8.3	3.0	0.0	0.0	1.1	225.0
Venti	22.8	95.4	0.0	0.0	0.0	0.0	10.6	4.0	0.0	0.0	1.4	300.0
<b>THE NEW STANDARD CAPPUCCINO</b>												
Short - Skimmed Milk	54.7	228.7	0.1	0.1	0.0	2.9	60.8	8.1	0.0	7.1	5.2	75.0
Short - Semi Skimmed Milk	77.7	325.1	2.8	1.8	0.1	11.5	59.4	7.7	0.0	6.7	5.1	75.0
Short - Whole Milk	92.1	385.3	4.7	2.7	0.1	14.4	58.0	7.5	0.0	6.5	5.0	75.0
Short - Soy	61.9	258.9	2.2	0.3	0.0	0.0	67.5	5.5	0.6	3.3	4.3	75.0
Tall - Skimmed Milk	69.5	291.0	0.1	0.1	0.0	3.4	72.5	10.5	0.0	8.5	6.5	150.0
Tall - Semi Skimmed Milk	96.9	405.4	3.4	1.7	0.1	13.7	81.1	10.2	0.0	8.2	6.4	150.0
Tall - Whole Milk	115.7	484.1	5.6	3.2	0.2	17.1	74.3	10.2	0.0	8.2	6.1	150.0
Tall - Soy	73.9	309.2	2.5	0.3	0.0	0.0	60.1	7.0	0.6	3.8	5.1	150.0
Grande - Skimmed Milk	82.1	343.6	0.2	0.1	0.0	4.2	88.1	12.3	0.0	10.3	7.7	150.0
Grande - Semi Skimmed Milk	115.4	482.8	4.1	2.6	0.1	16.6	86.0	11.7	0.0	9.7	7.6	150.0
Grande - Whole Milk	136.2	569.9	6.8	3.9	0.2	20.8	83.9	11.4	0.0	9.4	7.4	150.0
Grande - Soy	92.2	385.6	3.2	0.4	0.0	0.0	97.3	8.5	0.8	4.7	6.4	150.0
Venti - Skimmed Milk	114.7	479.8	0.2	0.2	0.0	5.7	121.6	17.2	0.0	14.2	10.8	225.0
Venti - Semi Skimmed Milk	160.6	672.0	5.7	2.9	0.2	23.0	136.0	16.8	0.0	13.8	10.6	225.0
Venti - Whole Milk	192.2	804.0	9.3	5.4	0.3	28.7	124.5	16.8	0.0	13.8	10.1	225.0
Venti - Soy	123.1	515.2	4.2	0.6	0.0	0.0	101.8	11.5	1.1	6.4	8.5	225.0
<b>CAFFE MISTO</b>												
Short - Skimmed Milk	37.2	155.8	0.1	0.1	0.0	2.1	46.9	5.3	0.0	5.3	3.7	75.0
Short - Semi Skimmed Milk	54.2	226.9	2.1	1.3	0.1	8.5	45.8	5.0	0.0	5.0	3.6	75.0
Short - Whole Milk	64.9	271.3	3.5	2.0	0.1	10.6	44.7	4.8	0.0	4.8	3.6	75.0
Short - Soy	42.3	176.8	1.6	0.2	0.0	0.0	51.4	3.3	0.4	2.4	3.0	75.0
Tall - Skimmed Milk	55.8	233.6	0.2	0.1	0.0	3.2	70.3	7.9	0.0	7.9	5.6	115.0
Tall - Semi Skimmed Milk	81.3	340.1	3.2	2.0	0.1	12.7	68.7	7.5	0.0	7.5	5.5	115.0
Tall - Whole Milk	97.2	406.6	5.2	3.0	0.2	15.9	67.1	7.2	0.0	7.2	5.3	115.0
Tall - Soy	62.9	263.3	2.4	0.3	0.0	0.0	76.6	4.9	0.6	3.6	4.5	115.0
Grande - Skimmed Milk	72.6	303.8	0.2	0.1	0.0	4.1	91.4	10.3	0.0	10.3	7.2	150.0
Grande - Semi Skimmed Milk	105.7	442.3	4.1	2.6	0.1	16.6	89.4	9.7	0.0	9.7	7.1	150.0
Grande - Whole Milk	126.4	528.9	6.8	3.9	0.2	20.7	87.3	9.4	0.0	9.4	6.9	150.0
Grande - Soy	81.9	342.6	3.2	0.4	0.0	0.0	99.7	6.4	0.8	4.7	5.9	150.0
Venti - Skimmed Milk	91.9	384.7	0.3	0.2	0.0	5.2	115.8	13.0	0.0	13.0	9.2	195.0
Venti - Semi Skimmed Milk	133.8	560.0	5.2	3.3	0.2	21.0	113.2	12.3	0.0	12.3	9.0	195.0
Venti - Whole Milk	160.0	669.6	8.6	4.9	0.3	26.2	110.5	11.8	0.0	11.8	8.8	195.0
Venti - Soy	103.8	434.4	4.0	0.5	0.0	0.0	126.4	8.1	1.0	5.9	7.5	195.0
<b>FLAT WHITE (made with Whole Milk as standard)</b>												
Short size as standard	118.9	497.6	5.8	3.3	0.2	17.9	72.4	10.1	0.0	8.1	6.5	150.0
<b>THE NEW STANDARD CARAMEL MACCHIATO (made with regular Vanilla flavoured syrup)</b>												
Short - Skimmed Milk	97.4	407.4	0.9	0.6	0.0	5.3	72.6	16.8	0.0	15.1	5.6	75.0
Short - Semi Skimmed Milk	121.8	509.8	3.8	2.4	0.1	14.5	71.1	16.3	0.0	14.7	5.5	75.0
Short - Whole Milk	137.1	573.8	5.7	3.3	0.2	17.5	69.5	16.1	0.0	14.5	5.3	75.0
Short - Soy	103.6	433.5	3.0	0.8	0.0							

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	Calories	Kilojoules	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
Grande - Soy	206.6	864.2	5.3	1.1	0.0	2.6	146.6	29.4	1.1	23.9	8.8	150.0
Venti - Skimmed Milk	261.3	1093.4	1.2	0.8	0.0	11.1	189.1	47.0	0.0	42.8	15.4	225.0
Venti - Semi Skimmed Milk	329.0	1376.5	9.3	4.8	0.3	36.5	210.2	46.3	0.0	42.1	15.1	225.0
Venti - Whole Milk	375.5	1571.2	14.6	8.5	0.4	44.9	193.3	46.3	0.0	42.1	14.5	225.0
Venti - Soy	279.7	1170.4	7.4	1.4	0.0	2.6	165.5	39.0	1.6	31.6	12.5	225.0

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	Calories	Kilojoules	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
<b>THE NEW STANDARD CAFFE MOCHA with WHIPPED CREAM</b>												
Short - Skimmed Milk	160.5	671.4	6.4	3.5	0.2	21.9	68.2	22.4	0.9	17.2	6.8	90.0
Short - Semi Skimmed Milk	183.8	769.1	9.1	5.2	0.2	30.6	66.8	22.0	0.9	16.8	6.7	90.0
Short - Whole Milk	198.4	830.2	11.0	6.1	0.3	33.5	65.3	21.7	0.9	16.6	6.6	90.0
Short - Soy	167.4	700.4	8.5	3.7	0.2	18.9	84.5	19.7	1.5	13.3	5.9	90.0
Tall - Skimmed Milk	238.5	997.9	8.5	5.6	0.2	32.0	99.9	33.7	1.5	26.7	10.0	170.0
Tall - Semi Skimmed Milk	273.4	1144.0	12.7	7.7	0.3	45.1	109.4	33.3	1.5	26.3	9.8	170.0
Tall - Whole Milk	297.4	1244.4	15.5	9.5	0.4	49.5	100.6	33.3	1.5	26.3	9.5	170.0
Tall - Soy	247.3	1034.7	11.8	5.8	0.0	24.4	84.6	29.8	2.4	20.1	8.8	170.0
Grande - Skimmed Milk	288.1	1205.3	9.5	4.9	0.2	31.9	132.8	43.8	1.9	33.7	13.4	175.0
Grande - Semi Skimmed Milk	334.6	1400.1	15.0	8.4	0.4	49.3	129.9	42.9	1.9	32.9	13.2	175.0
Grande - Whole Milk	363.7	1521.8	18.7	10.2	0.5	55.1	126.9	42.5	1.9	32.4	13.0	175.0
Grande - Soy	302.3	1264.8	13.7	5.3	0.2	26.0	145.8	38.4	3.0	25.9	11.6	175.0
Venti - Skimmed Milk	358.7	1500.9	10.9	7.1	0.2	39.2	160.3	55.1	2.4	43.8	16.5	255.0
Venti - Semi Skimmed Milk	416.6	1743.0	17.7	10.5	0.4	60.9	178.4	54.5	2.4	43.2	16.2	255.0
Venti - Whole Milk	456.4	1909.5	22.3	13.6	0.6	68.2	163.9	54.5	2.4	43.2	15.7	255.0
Venti - Soy	372.5	1558.5	15.8	6.9	0.2	26.0	149.4	49.6	3.9	34.9	15.0	255.0
<b>THE NEW STANDARD WHITE CHOCOLATE MOCHA with WHIPPED CREAM</b>												
Short - Skimmed Milk	228.8	957.3	8.0	5.4	0.2	22.9	124.8	32.3	0.0	30.3	7.7	75.0
Short - Semi Skimmed Milk	252.2	1055.1	10.8	7.2	0.3	31.6	123.3	31.8	0.0	29.9	7.6	75.0
Short - Whole Milk	266.8	1116.2	12.7	8.1	0.3	34.5	121.8	31.6	0.0	29.7	7.5	75.0
Short - Soy	235.8	986.4	10.1	5.6	0.2	19.9	131.1	29.6	0.6	26.4	6.8	75.0
Tall - Skimmed Milk	327.3	1369.5	10.4	7.1	0.2	28.2	182.6	48.1	0.0	44.8	11.4	150.0
Tall - Semi Skimmed Milk	322.3	1350.0	14.5	9.1	0.3	40.9	193.2	47.7	0.0	44.4	11.2	150.0
Tall - Whole Milk	384.5	1608.6	17.1	11.0	0.4	45.2	184.7	47.7	0.0	44.4	10.9	150.0
Tall - Soy	465.4	1947.3	20.4	11.4	0.4	45.2	261.6	54.2	0.8	49.3	16.6	150.0
Grande - Skimmed Milk	424.7	1777.1	12.9	8.8	0.2	33.9	245.8	63.5	0.0	59.9	15.1	150.0
Grande - Semi Skimmed Milk	471.3	1971.9	18.4	12.3	0.4	51.3	242.9	62.7	0.0	59.1	14.9	150.0
Grande - Whole Milk	500.4	2093.7	22.1	14.1	0.5	57.1	240.0	62.3	0.0	58.6	14.7	150.0
Grande - Soy	439.0	1836.6	17.0	9.2	0.2	28.0	258.8	58.2	1.1	52.1	13.3	150.0
Venti - Skimmed Milk	515.2	2155.6	14.3	10.0	0.2	35.8	304.8	79.3	0.0	74.4	18.9	225.0
Venti - Semi Skimmed Milk	573.1	2397.7	21.2	13.4	0.4	57.5	322.9	78.7	0.0	73.8	18.7	225.0
Venti - Whole Milk	612.9	2564.2	25.8	16.5	0.6	64.7	308.4	78.7	0.0	73.8	18.1	225.0
Venti - Soy	530.5	2219.7	19.5	10.5	0.2	28.5	284.3	72.4	1.4	64.8	16.4	225.0
<b>HOT BREWED TEAS</b>												
Short	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Tall	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Grande	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Venti	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
<b>CHAI TEA LATTE</b>												
Short - Skimmed Milk	103.0	430.9	0.1	0.1	0.0	2.1	49.6	22.3	0.1	21.2	3.9	50.0
Short - Semi Skimmed Milk	118.8	497.1	2.0	1.3	0.1	8.1	48.6	22.0	0.1	20.9	3.8	50.0
Short - Whole Milk	128.7	538.6	3.3	1.9	0.1	10.0	47.6	21.9	0.1	20.7	3.7	50.0
Short - Soy	108.0	451.8	1.6	0.2	0.0	0.0	54.2	20.4	0.5	18.3	3.2	50.0
Tall - Skimmed Milk	154.4	646.0	0.2	0.1	0.0	3.2	74.4	33.5	0.1	31.7	5.8	75.0
Tall - Semi Skimmed Milk	178.6	747.1	3.0	1.9	0.1	12.2	72.9	33.0	0.1	31.3	5.7	75.0
Tall - Whole Milk	193.7	810.3	5.0	2.8	0.2	15.3	71.4	32.8	0.1	31.0	5.5	75.0
Tall - Soy	161.5	675.8	2.4	0.3	0.0	0.0	80.8	30.5	0.7	27.4	4.7	75.0
Grande - Skimmed Milk	204.1	853.9	0.2	0.1	0.0	4.1	96.9	44.4	0.2	42.0	7.5	100.0
Grande - Semi Skimmed Milk	235.6	985.8	4.0	2.5	0.1	16.0	95.0	43.8	0.2	41.5	7.4	100.0
Grande - Whole Milk	255.3	1068.2	6.5	3.7	0.2	19.9	93.0	43.5	0.2	41.2	7.2	100.0
Grande - Soy	213.4	892.7	3.2	0.4	0.0	0.0	105.2	40.5	1.0	36.4	6.2	100.0
Venti - Skimmed Milk	256.2	1072.0	0.3	0.2	0.0	5.2	122.7	55.6	0.2	52.7	9.5	120.0
Venti - Semi Skimmed Milk	296.5	1240.7	5.0	3.2	0.2	20.4	120.1	54.9	0.2	52.0	9.3	120.0
Venti - Whole Milk	321.7	1346.2	8.3	4.7	0.3	25.4	117.6	54.5	0.2	51.6	9.1	120.0
Venti - Soy	268.1	1121.8	4.0	0.5	0.0	0.0	133.3	50.7	1.2	45.6	7.8	120.0
<b>SIGNATURE HOT CHOCOLATE with WHIPPED CREAM</b>												
Short - Skimmed Milk	267.3	1118.5	15.0	9.2	0.2	28.4	77.2	30.0	3.3	24.2	7.8	10.0
Short - Semi Skimmed Milk	283.2	1184.8	16.9	10.3	0.3	34.4	76.2	29.7	3.3	23.9	7.7	10.0
Short - Whole Milk	293.1	1226.2	18.1	10.9	0.3	36.4	75.2	29.6	3.3	23.8	7.6	10.0
Short - Soy	272.2	1138.9	16.4	9.3	0.2	26.5	81.7	28.2	3.7	21.5	7.2	10.0
Tall - Skimmed Milk	393.4	1646.1	21.3	13.0	0.3	37.1	116.5	45.7	5.1	36.9	11.9	15.0
Tall - Semi Skimmed Milk	417.6	1747.2	24.2	14.8	0.4	46.2	115.0	45.2	5.1	36.4	11.8	15.0
Tall - Whole Milk	432.7	1810.3	26.1	15.7	0.4	49.2	113.5	45.0	5.1	36.2	11.6	15.0
Tall - Soy	400.7	1676.6	23.5	13.2	0.3	34.1	123.2	42.9	5.7	32.8	10.9	15.0
Grande - Skimmed Milk	505.1	2113.5	27.0	16.4	0.3	45.2	151.3	59.4	6.7	48.0	15.4	20.0
Grande - Semi Skimmed Milk	536.7	2245.4	30.7	18.8	0.5	57.0	149.0	58.9	6.7	47.4	15.3	20.0
Grande - Whole Milk	556.4	2327.8	33.5	20.0	0.5	61.0	147.0	59.0	6.7	47.0	15.1	20.0
Grande - Soy	515.0	2154.8	29.8	16.7	0.3	41.0	160.0	56.0	7.5	43.0	14.2	20.0
Venti - Skimmed Milk	624.0	2610.8	32.4	19.7	0.4	50.0	191.0	75.0	8.5	61.0	19.6	25.0
Venti - Semi Skimmed Milk	665.0	2782.4	37.2	22.8	0.5	66.0	189.0	75.0	8.5	60.0	19.4	25.0
Venti - Whole Milk	690.0	2887.0	40.4	24.3	0.6	71.0	186.0	74.0	8.5	60.0	19.2	25.0
Venti - Soy	637.0	2665.2	36.0	20.1	0.4	45.0	202.0	71.0	9.5	54.0	18.0	25.0
<b>CLASSIC HOT CHOCOLATE with WHIPPED CREAM</b>												
Short - Skimmed Milk	154.8	647.6	6.4	3.5	0.2	21.9	67.9	21.4	0.9	17.2	6.5	15.0
Short - Semi Skimmed Milk	178.1	745.3	9.1	5.2	0.2	30.6	66.4	21.0	0.9	16.8	6.4	15.0
Short - Whole Milk	192.7	806.4	11.0	6.1	0.3	33.5	65.0	20.7	0.9	16.6	6.2	15.0
Short - Soy	161.7	676.6	8.5	3.7	0.2	18.9	84.2	18.7	1.5	13.3	5.5	15.0
Tall - Skimmed Milk	222.4	930.6	8.0	4.2	0.2	27.2	108.2	32.6	1.4	26.4	10.2	20.0
Tall - Semi Skimmed Milk	260.5	1089.9	12.5	7.1	0.3	41.5	105.8	31.9	1.4	25.8	10.1	20.0
Tall - Whole Milk	284.3	1189.5	15.5	8.5	0.4	46.3	103.4	31.5	1.4	25.5	9.9	20.0
Tall - Soy	233.8	978.0	11.4	4.5	0.2	22.5	118.4	28.2	2.3	20.0	8.7	20.0
Grande - Skimmed Milk	276.7	1157.6	9.5	4.9	0.2	31.9	132.0	41.8	1.9	33.7	12.7	25.0
Grande - Semi Skimmed Milk	323.2	1352.4	15.0	8.4	0.4	49.3	129.1	41.0	1.9	32.9	12.5	25.0
Grande - Whole Milk	352.3	1474.1	18.7	10.2	0.5	55.1	126.2	40.5	1.9	32.4	12.3	25.0
Grande - Soy	290.9	1217.1	13.7	5.3	0.2	26.0	145.1	36.5	3.0	25.9	10.9	25.0
Venti - Skimmed Milk	335.8	1405.0	10.2	5.1	0.2	33.8	173.4	52.8	2.4	42.9	16.6	30.0
Venti - Semi Skimmed Milk	397.9	1664.7	17.5	9.7	0.4	57.1	169.5	51.7	2.4	41.8	16.3	30.0
Venti - Whole Milk	436.7	1827.1	22.5	12.1	0.6	64.8	165.7	51.1	2.4	41.2	16.0	30.0
Venti - Soy	354.8	1484.3	15.7	5.6	0.2	26.0	190.8	45.7	3.8	32.5	14.2	30.0
<b>VANILLA SPICE HOT CHOCOLATE with WHIPPED CREAM</b>												
Short - Skimmed Milk	220.0	900.0	7.0	4.5	0.0	20.0	0.0	37.0	0.0	34.0	7.0	10.0
Short - Semi Skimmed Milk	250.0	1000.0	10.0	6.0	0.0	30.0	0.0	37.0	0.0	33.0	7.0	10.0
Short - Whole Milk	260.0	1050.0	12.0	7.0	0.0	35.0	0.0	37.0				

**Starbucks Beverage  
Nutrition Information \***

	Calories	Kilojoules	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
<b>STEAMED MILK</b>												
Short - Skimmed Milk	69.7	291.6	0.2	0.1	0.0	4.1	86.1	10.2	0.0	10.2	6.9	0.0
Short - Semi Skimmed Milk	102.5	428.9	4.0	2.6	0.1	16.4	84.1	9.6	0.0	9.6	6.8	0.0
Short - Whole Milk	123.0	514.6	6.7	3.8	0.2	20.5	82.0	9.3	0.0	9.3	6.6	0.0
Short - Soy	79.5	332.8	3.1	0.4	0.0	0.0	95.1	6.4	0.8	4.7	5.6	0.0
Tall - Skimmed Milk	105.7	442.4	0.3	0.2	0.0	6.2	130.6	15.4	0.0	15.4	10.5	0.0
Tall - Semi Skimmed Milk	155.5	650.6	6.1	3.9	0.2	24.9	127.5	14.6	0.0	14.6	10.3	0.0
Tall - Whole Milk	186.6	780.7	10.1	5.8	0.3	31.1	124.4	14.1	0.0	14.1	10.0	0.0
Tall - Soy	120.1	527.6	4.7	0.6	0.0	0.0	143.6	9.7	1.2	7.0	8.5	0.0
Grande - Skimmed Milk	138.0	577.6	0.3	0.2	0.0	8.1	170.5	20.1	0.0	20.1	13.7	0.0
Grande - Semi Skimmed Milk	203.0	849.4	8.0	5.1	0.2	32.5	166.5	19.0	0.0	19.0	13.4	0.0
Grande - Whole Milk	243.6	1019.2	13.2	7.6	0.4	40.6	162.4	18.4	0.0	18.4	13.1	0.0
Grande - Soy	156.6	655.3	6.1	0.8	0.0	0.0	187.2	12.6	1.5	9.2	11.1	0.0
Venti - Skimmed Milk	175.1	732.6	0.4	0.3	0.0	10.3	216.3	25.5	0.0	25.5	17.4	0.0
Venti - Semi Skimmed Milk	257.5	1077.4	10.2	6.5	0.3	41.2	211.2	24.1	0.0	24.1	17.0	0.0
Venti - Whole Milk	309.0	1292.9	16.7	9.6	0.5	51.5	206.0	23.3	0.0	23.3	16.6	0.0
Venti - Soy	199.3	833.7	7.8	1.0	0.0	0.0	238.1	16.0	1.9	11.7	14.1	0.0
<b>ADD-INS</b>												
<b>WHIPPED CREAM TOPPING (No Sprinkles or Drizzle)</b>												
HOT Short Beverage - 16 g	52.0	217.6	5.1	3.2	0.2	19.0	5.0	1.0	0.0	1.0	0.3	0.0
HOT Tall Beverage - 19g	62.0	259.4	6.1	3.8	0.2	22.0	6.0	2.0	0.0	1.0	0.3	0.0
HOT Grande/Venti Beverage	72.0	301.2	7.0	4.4	0.2	26.0	7.0	2.0	0.0	2.0	0.4	0.0
COLD Tall Beverage - 25 g	81.0	338.9	8.0	5.0	0.2	30.0	8.0	2.0	0.0	2.0	0.4	0.0
COLD Grande Beverage - 35 g	114.0	477.0	11.2	7.0	0.4	41.0	11.0	3.0	0.0	2.0	0.6	0.0
COLD Venti Beverage - 32g	104.0	435.1	10.2	6.4	0.3	38.0	11.0	3.0	0.0	2.0	0.6	0.0
<b>FLAVOURED SYRUP</b>												
1 Pump - 1/4 fl oz - 10 g	20.2	84.3	0.0	0.0	0.0	0.0	0.4	5.0	0.0	4.9	0.0	0.0
2 Pumps - 1/2 fl oz - 20 g	40.3	168.7	0.0	0.0	0.0	0.0	0.7	10.1	0.0	9.7	0.0	0.0
3 Pumps - 3/4 fl oz - 30 g	60.5	253.1	0.0	0.0	0.0	0.0	1.1	15.1	0.0	14.6	0.0	0.0
4 Pumps - 1 fl oz - 40 g	80.7	337.4	0.0	0.0	0.0	0.0	1.4	20.1	0.0	19.5	0.0	0.0
5 Pumps - 1 1/4 fl oz - 50 g	100.8	421.8	0.0	0.0	0.0	0.0	1.8	25.1	0.0	24.3	0.0	0.0
<b>FLAVOURED SUGAR FREE SYRUP</b>												
1 Pump - 1/4 fl oz - 10 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2 Pumps - 1/2 fl oz - 20 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3 Pumps - 3/4 fl oz - 30 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4 Pumps - 1 fl oz - 40 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>BAR MOCHA SYRUP</b>												
1 Pump - 1/2 fl oz - 17 g	26.5	110.8	0.6	0.1	0.0	0.0	0.6	6.4	1.0	4.8	0.6	6.0
2 Pumps - 1 fl oz - 34 g	53.0	221.6	1.1	0.2	0.0	0.0	1.3	12.8	2.0	9.6	1.3	15.0
3 Pumps - 1 1/2 fl oz - 51 g	79.4	332.4	1.7	0.3	0.0	0.0	1.9	19.1	3.0	14.4	1.9	20.0
4 Pumps - 2 fl oz - 68 g	105.9	443.2	2.3	0.4	0.0	0.0	2.6	25.5	3.9	19.2	2.5	25.0
5 Pumps - 2 1/2 fl oz - 85 g	132.4	554.0	2.8	0.5	0.0	0.0	3.2	31.9	4.9	23.9	3.1	30.0
<b>TOPPINGS</b>												
Chocolate - 4 g	6.1	25.4	0.1	0.0	0.0	0.0	0.2	1.5	0.1	1.0	0.1	2.0
Caramel - 4 g	14.9	62.3	0.6	0.3	0.0	1.6	5.6	2.5	0.0	2.1	0.0	0.0
Sprinkles - 1 g	3.8	15.9	0.0	0.0	0.0	0.1	3.3	1.0	0.0	0.9	0.0	0.0
<b>COLD BEVERAGES</b>												
<b>THE NEW STANDARD ICED CAFFE LATTE</b>												
Tall - Skimmed Milk	63.0	263.5	0.1	0.1	0.0	3.0	69.3	9.5	0.0	7.5	5.8	150.0
Tall - Semi Skimmed Milk	87.3	365.1	3.0	1.5	0.1	12.1	76.9	9.3	0.0	7.3	5.7	150.0
Tall - Whole Milk	103.9	434.8	4.9	2.8	0.2	15.2	70.8	9.3	0.0	7.3	5.5	150.0
Tall - Soy	70.8	296.1	2.4	0.3	0.0	0.0	62.0	6.7	0.6	3.6	4.9	150.0
Grande - Skimmed Milk	89.6	374.9	0.2	0.1	0.0	4.6	101.3	13.4	0.0	11.4	8.5	150.0
Grande - Semi Skimmed Milk	126.4	528.9	4.5	2.9	0.1	18.4	99.0	12.7	0.0	10.8	8.3	150.0
Grande - Whole Milk	149.4	625.1	7.5	4.3	0.2	23.0	96.7	12.4	0.0	10.4	8.1	150.0
Grande - Soy	104.5	437.1	3.6	0.5	0.0	0.0	116.0	9.5	0.9	5.5	7.3	150.0
Venti - Skimmed Milk	95.4	398.9	0.2	0.1	0.0	4.6	105.7	14.4	0.0	11.4	8.8	225.0
Venti - Semi Skimmed Milk	132.2	553.0	4.6	2.3	0.1	18.4	117.2	14.0	0.0	11.1	8.7	225.0
Venti - Whole Milk	157.5	658.9	7.5	4.3	0.2	23.0	108.0	14.0	0.0	11.1	8.3	225.0
Venti - Soy	108.6	454.5	3.7	0.5	0.0	0.0	96.0	10.3	0.9	5.5	7.5	225.0
<b>THE NEW STANDARD ICED CAPPUCCINO</b>												
Tall - Skimmed Milk	67.8	283.8	0.1	0.1	0.0	3.3	70.4	10.2	0.0	8.2	6.3	150.0
Tall - Semi Skimmed Milk	94.4	395.0	3.3	1.7	0.1	13.3	78.7	10.0	0.0	8.0	6.2	150.0
Tall - Whole Milk	112.7	471.4	5.4	3.1	0.2	16.6	72.1	10.0	0.0	8.0	6.0	150.0
Grande - Soy	111.0	464.2	4.0	0.5	0.0	0.0	95.3	10.0	1.0	6.0	7.7	150.0
Venti - Skimmed Milk	101.4	424.3	0.2	0.1	0.0	5.0	105.2	15.3	0.0	12.3	9.4	225.0
Venti - Semi Skimmed Milk	141.1	590.4	4.9	2.5	0.2	19.8	117.6	14.9	0.0	11.9	9.3	225.0
Venti - Whole Milk	168.4	704.5	8.1	4.6	0.2	24.8	107.7	14.9	0.0	11.9	8.9	225.0
Venti - Soy	115.9	484.8	3.9	0.5	0.0	0.0	94.9	10.9	1.0	5.9	8.0	225.0
<b>ICED COFFEE</b>												
Tall	2.7	11.1	0.1	0.0	0.0	0.0	5.3	0.0	0.0	0.0	0.3	180.0
Grande	3.9	16.3	0.1	0.0	0.0	0.0	7.8	0.0	0.0	0.0	0.5	260.0
Venti	5.0	20.7	0.1	0.0	0.0	0.0	9.9	0.0	0.0	0.0	0.6	330.0
<b>ICED CAFFE AMERICANO</b>												
Tall	11.4	47.7	0.0	0.0	0.0	0.0	6.9	2.0	0.0	0.0	0.7	150.0
Grande	17.1	71.5	0.0	0.0	0.0	0.0	8.9	3.0	0.0	0.0	1.1	225.0
Venti	23.2	97.0	0.0	0.0	0.0	0.0	13.0	4.0	0.0	0.0	1.4	300.0
<b>ICED CAFFE LATTE</b>												
Short - Nonfat Milk	n/a	888.5	9.8	5.3	0.2	32.3	70.9	28.9	1.4	21.7	7.2	95.0
Short - 2% Milk		979.6	12.4	7.0	0.3	40.5	69.5	28.5	1.4	20.7	7.1	95.0
Short - Whole Milk		1036.5	14.1	7.8	0.4	43.2	68.2	28.3	1.4	21.1	7.0	95.0
<b>THE NEW STANDARD ICED CAFFE MOCHA with WHIPPED CREAM</b>												
Tall - Skimmed Milk	207.7	869.0	9.8	5.3	0.2	31.7	60.1	28.4	1.4	20.2	6.6	170.0
Tall - Semi Skimmed Milk	224.6	939.7	11.8	6.3	0.3	38.0	65.4	28.2	1.4	20.0	6.5	170.0
Tall - Whole Milk	236.2	988.3	13.1	7.2	0.3	40.1	61.1	28.2	1.4	20.0	6.3	170.0
Tall - Soy	213.8	894.3	11.3	5.5	0.2	29.6	55.6	26.5	1.8	17.5	6.0	170.0
Grande - Skimmed Milk	288.8	1208.5	13.6	7.4	0.3	44.8	89.4	38.9	1.9	28.5	9.5	175.0
Grande - Semi Skimmed Milk	315.7	1321.0	16.8	9.5	0.4	54.8	87.7	38.5	1.9	28.0	9.4	175.0
Grande - Whole Milk	332.5	1391.3	18.9	10.5	0.5	58.2	86.0	38.2	1.9	27.8	9.2	175.0
Grande - Soy	300.2	1256.0	16.1	7.7	0.3	41.4	100.6	36.1	2.6	24.2	8.7	175.0

**Starbucks Beverage  
Nutrition Information \***

	Calories	Kilojoules	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
Venti - Skimmed Milk	315.4	1319.5	14.1	7.5	0.3	44.5	88.1	45.4	2.4	32.1	10.0	255.0
Venti - Semi Skimmed Milk	339.9	1422.1	17.0	9.0	0.4	53.7	95.8	45.1	2.4	31.9	9.9	255.0
Venti - Whole Milk	356.8	1492.6	19.0	10.3	0.5	56.7	89.7	45.1	2.4	31.9	9.6	255.0
Venti - Soy	324.5	1357.6	16.4	7.8	0.3	41.4	81.9	42.7	3.0	28.2	9.1	255.0
<b>ICED CARAMEL MACCHIATO</b>												
Tall - Skimmed Milk	123.8	517.9	1.1	0.7	0.0	5.8	73.9	22.9	0.0	19.9	5.4	150.0
Tall - Semi Skimmed Milk	145.6	609.2	3.7	2.0	0.1	14.0	80.7	22.7	0.0	19.7	5.3	150.0
Tall - Whole Milk	160.6	671.9	5.5	3.2	0.1	16.7	75.3	22.7	0.0	19.7	5.1	150.0
Tall - Soy	133.7	559.5	3.3	0.9	0.0	3.0	70.2	20.6	0.6	16.6	4.7	150.0
Grande - Skimmed Milk	187.7	785.4	1.3	0.8	0.0	8.4	128.7	34.2	0.0	31.1	9.8	150.0
Grande - Semi Skimmed Milk	230.6	964.8	6.3	4.0	0.2	24.5	126.0	33.4	0.0	30.3	9.6	150.0
Grande - Whole Milk	257.4	1076.9	9.8	5.6	0.3	29.8	123.3	33.0	0.0	29.9	9.4	150.0
Grande - Soy	205.7	860.4	5.3	1.2	0.0	3.0	146.5	29.7	1.1	24.2	8.5	150.0
Venti - Skimmed Milk	189.1	791.3	1.2	0.8	0.0	7.0	104.5	36.5	0.0	32.3	7.9	225.0
Venti - Semi Skimmed Milk	221.0	924.7	5.0	2.7	0.1	19.0	114.5	36.2	0.0	32.0	7.7	225.0
Venti - Whole Milk	243.0	1016.5	7.5	4.4	0.2	23.0	106.5	36.2	0.0	32.0	7.4	225.0
Venti - Soy	200.8	840.0	4.2	1.1	0.0	3.0	96.2	33.0	0.8	27.2	6.7	225.0
<b>ICED CHAI TEA LATTE</b>												
Tall - Skimmed Milk	151.7	634.5	0.2	0.1	0.0	3.0	72.0	33.1	0.1	31.3	5.5	75.0
Tall - Semi Skimmed Milk	175.8	735.6	3.0	1.9	0.1	12.1	70.5	32.6	0.1	30.9	5.4	75.0
Tall - Whole Milk	190.9	798.8	5.0	2.8	0.2	15.1	69.0	32.4	0.1	30.6	5.3	75.0
Tall - Soy	161.8	677.0	2.4	0.3	0.0	0.0	82.1	30.5	0.7	27.4	4.8	75.0
Grande - Skimmed Milk	204.8	856.9	0.2	0.1	0.0	4.2	98.9	44.5	0.2	42.1	7.6	100.0
Grande - Semi Skimmed Milk	238.2	996.8	4.2	2.6	0.1	16.7	96.8	43.9	0.2	41.5	7.4	100.0
Grande - Whole Milk	259.1	1084.2	6.9	3.9	0.2	20.9	94.7	43.5	0.2	41.2	7.3	100.0
Grande - Soy	218.6	914.7	3.4	0.4	0.0	0.0	112.5	40.9	1.0	36.7	6.5	100.0
Venti - Skimmed Milk	242.0	1012.5	0.3	0.1	0.0	4.0	106.0	53.0	0.2	51.0	8.1	120.0
Venti - Semi Skimmed Milk	277.0	1159.0	4.4	2.8	0.1	18.0	104.0	53.0	0.2	50.0	7.9	120.0
Venti - Whole Milk	299.0	1251.0	7.2	4.1	0.2	22.0	102.0	53.0	0.2	50.0	7.7	120.0
Venti - Soy	256.0	1071.1	3.5	0.5	0.0	0.0	121.0	50.0	1.1	45.0	7.0	120.0
<b>FRAPPUCCINO® BLEND BEVERAGES - Limited Time Offerings</b>												
<b>MOCHA COOKIE CRUMBLE FRAPPUCCINO® (WITH WHIP)</b>												
Tall - Skimmed Milk	315.5	1319.8	10.9	7.1	0.3	31.0	176.2	53.2	1.2	48.9	4.3	70.0
Tall - Semi Skimmed Milk	327.2	1369.0	12.3	7.8	0.3	35.5	179.8	53.1	1.2	48.7	4.2	70.0
Tall - Whole Milk	335.3	1402.8	13.3	8.5	0.4	36.9	176.9	53.1	1.2	48.7	4.1	70.0
Tall - Soy	319.8	1338.0	12.0	7.3	0.3	29.6	173.2	51.9	1.5	47.0	3.9	70.0
Grande - Skimmed Milk	448.2	1875.1	15.4	10.1	0.4	43.3	250.8	76.3	1.7	70.2	5.6	100.0
Grande - Semi Skimmed Milk	463.0	1937.0	17.1	11.0	0.4	48.8	255.4	76.2	1.7	70.1	5.6	100.0
Grande - Whole Milk	473.1	1979.6	18.3	11.8	0.5	50.7	251.7	76.2	1.7	70.1	5.4	100.0
Grande - Soy	453.7	1898.1	16.8	10.2	0.4	41.4	247.0	74.7	2.1	67.9	5.1	100.0
Venti - Skimmed Milk	538.7	2253.7	16.5	11.0	0.4	43.5	314.1	96.6	2.1	89.1	6.5	130.0
Venti - Semi Skimmed Milk	489.4	2047.6	19.2	12.3	0.5	53.2	318.4	77.3	2.1	70.6	7.5	100.0
Venti - Whole Milk	505.6	2115.2	21.1	13.6	0.6	56.1	312.5	77.3	2.1	70.6	7.3	100.0
Venti - Soy	474.6	1985.6	18.7	11.1	0.4	41.4	305.1	74.9	2.7	67.0	6.8	100.0
<b>FRAPPUCCINO® BLEND BEVERAGES - COFFEE</b>												
<b>JAVA CHIP FRAPPUCCINO® (WITH WHIP)</b>												
Tall - Skimmed Milk	288.9	1208.6	11.1	7.4	0.3	31.1	154.6	45.8	1.1	42.2	4.1	70.0
Tall - Semi Skimmed Milk	300.9	1258.9	12.6	8.3	0.3	35.6	153.9	45.6	1.1	42.0	4.0	70.0
Tall - Whole Milk	308.4	1290.3	13.5	8.7	0.4	37.1	153.1	45.5	1.1	41.9	4.0	70.0
Tall - Soy	293.3	1227.3	12.3	7.5	0.3	29.6	151.6	44.5	1.4	40.3	3.7	70.0
Grande - Skimmed Milk	395.0	1652.8	15.5	10.3	0.4	43.2	212.8	62.2	1.4	57.6	5.1	100.0
Grande - Semi Skimmed Milk	409.6	1713.9	17.2	11.4	0.5	48.7	211.9	61.9	1.4	57.3	5.0	100.0
Grande - Whole Milk	418.8	1752.1	18.4	11.9	0.5	50.5	210.9	61.8	1.4	57.2	5.0	100.0
Grande - Soy	400.5	1675.5	16.9	10.4	0.4	41.4	209.1	60.6	1.7	55.2	4.6	100.0
Venti - Skimmed Milk	484.9	2028.7	15.4	10.3	0.3	39.9	305.2	86.0	2.1	79.2	6.3	135.0
Venti - Semi Skimmed Milk	501.2	2097.2	17.3	11.5	0.4	46.0	304.2	85.7	2.1	78.9	6.3	135.0
Venti - Whole Milk	511.5	2139.9	18.6	12.1	0.4	48.1	303.2	85.5	2.1	78.7	6.2	135.0
Venti - Soy	490.9	2054.1	16.9	10.4	0.3	37.9	301.1	84.2	2.5	76.5	5.7	135.0
<b>COFFEE FRAPPUCCINO® (NO WHIP)</b>												
Tall - Skimmed Milk	156.7	655.8	0.1	0.1	0.0	1.6	155.6	36.1	0.1	35.6	2.9	70.0
Tall - Semi Skimmed Milk	169.5	709.2	1.6	1.0	0.1	6.4	154.8	35.9	0.1	35.4	2.8	70.0
Tall - Whole Milk	177.5	742.6	2.6	1.5	0.1	8.0	154.0	35.8	0.1	35.3	2.7	70.0
Tall - Soy	161.5	675.5	1.3	0.2	0.0	0.0	152.4	34.7	0.4	33.6	2.4	70.0
Grande - Skimmed Milk	216.3	905.1	0.1	0.1	0.0	1.9	213.5	50.3	0.1	49.6	3.5	95.0
Grande - Semi Skimmed Milk	231.8	970.0	1.9	1.2	0.1	7.8	212.5	50.1	0.1	49.4	3.4	95.0
Grande - Whole Milk	241.5	1010.5	3.2	1.8	0.1	9.7	211.6	49.9	0.1	49.2	3.4	95.0
Grande - Soy	222.1	929.1	1.6	0.2	0.0	0.0	209.6	48.6	0.5	47.1	3.0	95.0

**Starbucks Beverage  
Nutrition Information \***

	Calories	Kilojoules	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
Venti - Skimmed Milk	268.5	1123.5	0.1	0.1	0.0	2.1	263.6	63.0	0.1	62.1	3.9	120.0
Venti - Semi Skimmed Milk	285.6	1194.7	2.1	1.3	0.1	8.5	262.6	62.7	0.1	61.8	3.8	120.0
Venti - Whole Milk	296.2	1239.3	3.5	2.0	0.1	10.7	261.5	62.5	0.1	61.6	3.7	120.0
Venti - Soy	274.8	1149.9	1.7	0.2	0.0	0.0	259.3	61.1	0.5	59.3	3.3	120.0
<b>MOCHA FRAPPUCCINO® WITH WHIPPED CREAM</b>												
Tall - Skimmed Milk	253.8	1062.0	8.6	5.3	0.2	31.1	156.3	42.5	0.5	40.0	3.7	69.9
Tall - Semi Skimmed Milk	266.0	1112.8	10.0	6.2	0.3	35.7	155.6	42.3	0.5	39.8	3.7	69.9
Tall - Whole Milk	273.6	1144.5	11.0	6.7	0.3	37.2	154.8	42.1	0.5	39.6	3.6	69.9
Tall - Soy	258.3	1080.8	9.7	5.4	0.2	29.6	153.3	41.1	0.8	38.0	3.3	69.9
Grande - Skimmed Milk	346.3	1448.9	12.0	7.4	0.3	43.2	209.2	57.8	0.7	54.3	4.7	95.0
Grande - Semi Skimmed Milk	360.7	1509.0	13.7	8.5	0.4	48.6	208.3	57.6	0.7	54.1	4.6	95.0
Grande - Whole Milk	369.6	1546.4	14.8	9.1	0.4	50.4	207.4	57.4	0.7	53.9	4.5	95.0
Grande - Soy	351.6	1471.2	13.3	7.6	0.3	41.4	205.6	56.2	1.0	52.0	4.1	95.0
Venti - Skimmed Milk	410.1	1716.0	11.3	7.0	0.3	39.9	268.8	75.3	0.9	71.0	5.4	130.0
Venti - Semi Skimmed Milk	426.8	1785.8	13.2	8.2	0.4	46.2	267.7	75.0	0.9	70.7	5.4	130.0
Venti - Whole Milk	437.2	1829.4	14.6	8.9	0.4	48.3	266.7	74.8	0.9	70.5	5.3	130.0
<b>ESPRESSO FRAPPUCCINO® (NO WHIP)</b>												
Tall - Skimmed Milk	569	2373	0.0	0.0	0.0	0.9	128.5	31.8	0.1	30.6	2.0	125.0
Tall - Semi Skimmed Milk	600	2500	0.9	0.6	0.0	3.7	128.1	31.7	0.1	30.4	2.0	125.0
Tall - Whole Milk	619	2580	1.5	0.9	0.0	4.6	127.6	31.6	0.1	30.4	1.9	125.0
Tall - Soy	580	2429	0.7	0.1	0.0	0.0	126.7	31.0	0.2	29.4	1.7	125.0
Grande - Skimmed Milk	836	3500	0.1	0.0	0.0	1.3	190.7	47.0	0.1	45.5	2.8	155.0
Grande - Semi Skimmed Milk	880	3650	1.3	0.8	0.0	5.3	190.1	46.8	0.1	45.3	2.7	155.0
Grande - Whole Milk	908	3750	2.1	1.2	0.1	6.6	189.4	46.7	0.1	45.2	2.7	155.0
Grande - Soy	853	3544	1.1	0.1	0.0	0.0	188.0	45.8	0.3	43.8	2.4	155.0
Venti - Skimmed Milk	1045	4360	0.1	0.1	0.0	1.5	238.9	59.0	0.1	57.4	3.2	175.0
Venti - Semi Skimmed Milk	1096	4544	1.5	1.0	0.1	6.1	238.2	58.8	0.1	57.2	3.1	175.0
Venti - Whole Milk	1128	4700	2.5	1.4	0.1	7.6	237.4	58.7	0.1	57.0	3.0	175.0
Venti - Soy	1064	4444	1.2	0.2	0.0	0.0	235.8	57.7	0.4	55.4	2.7	175.0
<b>CARAMEL FRAPPUCCINO® WITH WHIPPED CREAM</b>												
Tall - Skimmed Milk	1144	4773	8.7	5.4	0.2	33.0	168.4	45.9	0.1	44.3	3.3	65.0
Tall - Semi Skimmed Milk	1196	4968	10.2	6.4	0.3	37.7	167.6	45.6	0.1	44.1	3.3	65.0
Tall - Whole Milk	1229	5094	11.2	6.8	0.3	39.3	166.8	45.5	0.1	44.0	3.2	65.0
Tall - Soy	1163	4878	9.9	5.5	0.2	31.4	165.2	44.5	0.4	42.3	2.9	65.0
Grande - Skimmed Milk	1568	6575	11.9	7.4	0.3	45.2	230.3	63.3	0.1	61.3	4.2	95.0
Grande - Semi Skimmed Milk	1632	6800	13.7	8.6	0.4	50.9	229.3	63.0	0.1	61.0	4.1	95.0
Grande - Whole Milk	1673	6940	15.0	9.2	0.4	52.9	228.3	62.9	0.1	60.9	4.0	95.0
Grande - Soy	1592	6630	13.4	7.6	0.3	43.2	226.3	61.6	0.5	58.8	3.6	95.0
Venti - Skimmed Milk	1787	7427	10.9	6.8	0.3	41.8	281.3	78.1	0.1	75.9	4.5	120.0
Venti - Semi Skimmed Milk	1858	7664	13.0	8.1	0.4	48.2	280.2	77.8	0.1	75.6	4.5	120.0
Venti - Whole Milk	1903	7815	14.3	8.8	0.4	50.4	279.2	77.6	0.1	75.5	4.4	120.0
Venti - Soy	1813	7533	12.6	7.0	0.3	39.7	277.0	76.2	0.5	73.2	3.9	120.0
<b>FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT</b>												
<b>JAVA CHIP FRAPPUCCINO® (NO WHIP)</b>												
Grande - Skimmed Milk	133.9	560.2	0.1	0.1	0.0	1.7	185.9	29.8	0.2	29.2	3.1	85.0
Venti - Skimmed Milk	165.5	692.6	0.1	0.1	0.0	2.4	229.0	36.5	0.3	35.7	4.2	100.0
<b>FRAPPUCCINO® BLENDED BEVERAGES - CREME</b>												
<b>STRAWBERRIES AND CREAM FRAPPUCCINO® WITH WHIPPED CREAM</b>												
Tall - Skimmed Milk	300.2	1255.9	8.1	5.0	0.2	31.5	154.8	53.9	0.4	53.1	4.0	0.0
Tall - Semi Skimmed Milk	315.8	1321.5	9.9	6.2	0.3	37.4	153.9	53.6	0.4	52.9	3.9	0.0
Tall - Whole Milk	325.6	1362.4	11.2	6.8	0.3	39.4	152.9	53.5	0.4	52.7	3.8	0.0
Tall - Soy	306.0	1280.2	9.6	5.2	0.2	29.6	150.9	52.2	0.8	50.6	3.4	0.0
Grande - Skimmed Milk	384.3	1607.8	11.3	7.0	0.3	43.8	206.3	67.0	0.5	65.9	4.9	0.0
Grande - Semi Skimmed Milk	403.5	1688.1	13.6	8.5	0.4	51.0	205.1	66.7	0.5	65.6	4.8	0.0
Grande - Whole Milk	415.5	1738.3	15.1	9.2	0.5	53.4	203.9	66.5	0.5	65.4	4.7	0.0
Grande - Soy	391.4	1637.6	13.1	7.2	0.3	41.4	201.4	64.9	1.0	62.9	4.2	0.0
Venti - Skimmed Milk	422.3	1766.8	10.3	6.4	0.3	40.7	260.2	77.9	0.5	76.8	5.6	0.0
Venti - Semi Skimmed Milk	445.1	1862.4	13.0	8.2	0.4	49.3	258.7	77.5	0.5	76.4	5.5	0.0
Venti - Whole Milk	459.4	1922.1	14.9	9.0	0.5	52.1	257.3	77.3	0.5	76.2	5.4	0.0
Venti - Soy	430.7	1802.2	12.5	6.7	0.3	37.9	254.4	75.4	1.1	73.2	4.8	0.0
<b>CARAMEL CREAM FRAPPUCCINO® WITH WHIPPED CREAM</b>												
Tall - Skimmed Milk	237.6	994.3	8.7	5.4	0.2	33.5	171.7	36.3	0.1	35.1	4.1	0.0
Tall - Semi Skimmed Milk	254.6	1065.2	10.7	6.7	0.3	39.9	170.7	36.0	0.1	34.8	4.0	0.0
Tall - Whole Milk	265.2	1109.6	12.1	7.3	0.3	42.0	169.6	35.8	0.1	34.6	3.9	0.0
Tall - Soy	243.9	1020.6	10.3	5.6	0.2	31.4	167.4	34.4	0.5	32.4	3.5	0.0
Grande - Skimmed Milk	317.4	1328.0	11.9	7.4	0.3	45.8	227.7	48.1	0.1	46.7	5.1	0.0
Grande - Semi Skimmed Milk	338.3	1415.2	14.4	9.0	0.4	53.7	226.3	47.8	0.1	46.3	5.0	0.0
Grande - Whole Milk	351.3	1469.8	16.0	9.8	0.5	56.3	225.0	47.6	0.1	46.1	4.9	0.0
Grande - Soy	325.1	1360.4	13.9	7.6	0.3	43.2	222.4	45.8	0.6	43.3	4.3	0.0
Venti - Skimmed Milk	367.9	1539.3	11.0	6.8	0.3	42.9	293.8	61.9	0.1	60.4	6.0	0.0
Venti - Semi Skimmed Milk	393.4	1646.0	14.0	8.8	0.4	52.4	292.2	61.5	0.1	60.0	5.9	0.0
Venti - Whole Milk	409.4	1712.7	16.0	9.7	0.5	55.6	290.6	61.2	0.1	59.7	5.8	0.0
Venti - Soy	377.4	1578.9	13.4	7.1	0.3	39.7	287.3	59.1	0.7	56.3	5.1	0.0
<b>CHOCOLATE CREAM FRAPPUCCINO® WITH WHIPPED CREAM</b>												
Tall - Skimmed Milk	226.1	946.2	8.7	5.4	0.2	31.6	160.1	34.9	0.6	32.3	4.6	4.6
Tall - Semi Skimmed Milk	242.5	1014.6	10.7	6.7	0.3	37.8	159.1	34.6	0.6	32.0	4.5	4.6
Tall - Whole Milk	252.7	1057.4	12.0	7.3	0.3	39.8	158.1	34.4	0.6	31.8	4.5	4.6
Tall - Soy	232.2	971.6	10.3	5.6	0.2	29.6	156.0	33.1	1.0	29.7	4.0	4.6
Grande - Skimmed Milk	314.4	1315.3	12.2	7.6	0.3	44.0	223.6	48.7	0.8	45.2	6.0	10.0
Grande - Semi Skimmed Milk	335.4	1403.3	14.7	9.1	0.4	51.9	222.3	48.3	0.8	44.8	5.9	10.0
Grande - Whole Milk	348.6	1458.3	16.3	9.9	0.5	54.6	221.0	48.1	0.8	44.6	5.8	10.0
Grande - Soy	322.2	1347.9	14.2	7.8	0.3	41.4	218.3	46.4	1.3	41.8	5.3	10.0

**Starbucks Beverage  
Nutrition Information \***

	Calories	Kilojoules	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
Venti - Skimmed Milk	360.5	1508.2	11.5	7.1	0.3	41.0	282.8	61.5	1.0	57.3	7.1	11.6
Venti - Semi Skimmed Milk	385.5	1613.0	14.4	9.0	0.4	50.4	281.2	61.0	1.0	56.9	7.0	11.6
Venti - Whole Milk	401.2	1678.5	16.4	10.0	0.5	53.5	279.6	60.8	1.0	56.6	6.9	11.6
Venti - Soy	369.8	1547.1	13.8	7.4	0.3	37.9	276.4	58.7	1.7	53.3	6.2	11.6
<b>VANILLA CREAM FRAPPUCCINO® WITH WHIPPED CREAM</b>												
Tall - Skimmed Milk	216.0	903.9	8.1	5.0	0.2	31.7	162.6	32.3	0.1	31.6	4.0	0.0
Tall - Semi Skimmed Milk	232.7	973.6	10.0	6.3	0.3	37.9	161.6	32.0	0.1	31.3	3.9	0.0
Tall - Whole Milk	243.1	1017.1	11.4	6.9	0.3	40.0	160.5	31.9	0.1	31.1	3.8	0.0
Tall - Soy	222.2	929.7	9.7	5.2	0.2	29.6	158.4	30.5	0.5	28.9	3.4	0.0
Grande - Skimmed Milk	305.4	1277.6	11.3	7.0	0.3	44.1	230.5	46.3	0.1	45.3	5.2	0.0
Grande - Semi Skimmed Milk	327.1	1368.5	13.9	8.7	0.4	52.3	229.1	46.0	0.1	44.9	5.1	0.0
Grande - Whole Milk	340.7	1425.4	15.6	9.5	0.5	55.0	227.7	45.7	0.1	44.7	5.0	0.0
Grande - Soy	313.4	1311.3	13.4	7.2	0.3	41.4	224.9	43.9	0.6	41.8	4.4	0.0
Venti - Skimmed Milk	346.8	1451.0	10.4	6.5	0.3	41.0	287.5	58.0	0.1	57.0	5.9	0.0
Venti - Semi Skimmed Milk	372.3	1557.7	13.4	8.4	0.4	50.6	285.9	57.6	0.1	56.5	5.8	0.0
Venti - Whole Milk	388.3	1624.4	15.4	9.3	0.5	53.8	284.3	57.3	0.1	56.3	5.7	0.0
Venti - Soy	345.9	1447.3	12.4	6.6	0.3	37.9	271.2	54.4	0.6	52.3	4.3	0.0
<b>FRAPPUCCINO BLENDED JUICE DRINK</b>												
<b>MANGO PASSION FRUIT FRAPPUCCINO (With Passion Tea)</b>												
Tall	157.1	657.4	0.2	0.0	0.0	0.0	104.3	38.1	1.0	37.3	0.6	0.0
Grande	190.9	798.8	0.3	0.0	0.0	0.0	126.7	46.3	1.3	45.3	0.8	0.0
Venti	228.4	955.6	0.3	0.1	0.0	0.0	151.7	55.4	1.5	54.3	0.9	0.0
<b>RASPBERRY BLACKCURRENT FRAPPUCCINO (With Zen Tea)</b>												
Tall	157.8	660.1	0.1	0.0	0.0	0.0	32.6	38.8	0.6	38.0	0.3	0.0
Grande	191.7	802.1	0.1	0.0	0.0	0.0	39.6	47.1	0.7	46.1	0.4	0.0
Venti	229.3	959.6	0.1	0.0	0.0	0.0	47.4	56.4	0.8	55.2	0.5	0.0
<b>HOT &amp; COLD CUP SIZES</b>												
SHORT -- 236 mL (8 fl oz)												
TALL -- 355 mL (12 fl oz)												
GRANDE -- 473 mL (16 fl oz)												
VENTI -- 591 mL (20 fl oz)												

\* Nutrition information for beverages is calculated based on Starbucks standard recipes. Values are calculated using ESHA R&D SQL® software. Whole milk is based on 3.25% milk fat and soy milk nutrition is based on Silk Soy Milk, which may differ slightly from the milks used in your region.

Due to the handcrafted nature of these products, nutrient values may vary from those published here. New product introduction, ingredient changes or recipe changes during the life of this publication may cause this information to be incomplete.

\*\* Caffeine information is approximate and is based on limited analytical data. These values reflect Starbucks standard brewing methods. Values can vary greatly based on the variety of the coffee and the brewing equipment used. The handcrafted nature of our beverages may result in a variation from the reported values.