

STARBUCKS
Summer 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 | |
| Oat and Nutella® filled 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 | |
| Peach & Raspberry Round Cake | 122 | Y | N | N | N | N | 1502 | 1878 | 357 | 446 | 12.0 | 15.0 | 5.1 | 6.4 | 58.1 | 72.5 | 47.2 | 57.6 | 0.7 | 0.9 | 4.3 | 5.3 | 0.43 | 0.54 | |
| 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 | |
| Chocolate Marble Loaf Cake | 90 | Y | N | N | N | N | 1794 | 1615 | 429 | 386 | 23.8 | 21.4 | 6.8 | 6.1 | 47.9 | 43.1 | 29.4 | 26.5 | 1.7 | 1.5 | 5.0 | 4.5 | 0.72 | 0.64 | |
| 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 | 55.0 | 66.0 | 20.2 | 24.2 | 1.2 | 1.4 | 3.9 | 4.7 | 0.75 | 0.90 | |
| Raspberry Cheesecake Muffin | 122 | Y | N | N | N | N | 1491 | 1819 | 357 | 436 | 19.8 | 24.2 | 3.8 | 4.6 | 38.1 | 46.5 | 21.7 | 26.5 | 2.6 | 3.2 | 5.3 | 6.5 | 0.32 | 0.39 | |
| Strawberry & Cream Muffin | 126 | Y | N | N | N | N | 1629 | 2053 | 389 | 490 | 18.6 | 23.4 | 3.8 | 4.8 | 52.0 | 65.5 | 26.7 | 33.6 | 1.4 | 1.8 | 5.4 | 6.8 | 0.40 | 0.50 | |
| 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 | 0.50 | |
| Lemon Poppyseed Muffin | 130 | Y | N | N | N | N | 1509 | 1977 | 359 | 470 | 13.7 | 17.9 | 1.6 | 2.1 | 53.4 | 70.0 | 32.7 | 42.8 | 1.8 | 2.4 | 4.7 | 6.2 | 0.34 | 0.45 | |
| 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 | 0.30 | 0.40 | |
| 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 | |

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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 |
| 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 |
| 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 |
| PLT Thinbread Sandwich | 189 | N | N | N | N | N | 900 | 1701 | 214 | 404 | 8.3 | 16 | 2.0 | 3.7 | 24 | 46 | 2.7 | 5 | 2.0 | 3.7 | 9.6 | 18 | 0.80 | 1.5 |
| Blackened Chicken Thinbread Sandwich | 183 | N | N | N | N | Y | 962 | 1781 | 229 | 425 | 8.6 | 16 | 0.8 | 1.4 | 27 | 50 | 1.8 | 3.2 | 1.8 | 3.2 | 10.0 | 19 | 0.69 | 1.3 |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| Caesar Salad | 201 | N | N | N | N | N | 749 | 1507 | 180 | 362 | 12.0 | 25 | 2.5 | 5.0 | 5 | 10 | 1.6 | 3 | 0.6 | 1.1 | 12.0 | 24 | 0.80 | 1.60 |
| Buttermilk Chicken & Mango Salad | 310 | N | N | N | N | N | 507 | 1470 | 121 | 351 | 4.7 | 14 | 0.6 | 1.7 | 12 | 35 | 1.4 | 4.1 | 3.0 | 8.7 | 5.9 | 17 | 0.30 | 0.80 |
| Grilled Veg & Grain Salad Bowl | 355 | Y | Y | N | N | Y | 356 | 1032 | 85 | 247 | 3.9 | 11 | 0.4 | 1.2 | 7.3 | 21 | 1.7 | 4.8 | 2.1 | 6.1 | 4.1 | 12 | 0.50 | 1.4 |
| Blackened Chicken Snack Pot | 125 | N | N | N | N | N | 639 | 799 | 153 | 191 | 7.6 | 9.5 | 1.6 | 2.0 | 8.3 | 10 | 2.8 | 3.5 | 1.4 | 1.8 | 12 | 15 | 0.63 | 0.79 |
| Peas & Carrots Snack Pot | 130 | Y | N | Y | Y | Y | 328 | 426 | 78 | 101 | 3.5 | 4.6 | 0.3 | 0.4 | 7.7 | 10 | 3.1 | 4.0 | 2.5 | 3.3 | 2.8 | 3.6 | 0.50 | 0.65 |
| Salmon & Prawn Salad Bowl (London Stores only) | 310 | N | N | Y | Y | N | 356 | 1104 | 85 | 264 | 3.9 | 12 | 0.4 | 1.3 | 7.3 | 23 | 1.7 | 5.2 | 2.1 | 6.5 | 4.1 | 13 | 0.49 | 1.5 |
| Spiced Egg Snack Pot (London Stores only) | 71 | Y | N | N | N | N | 561 | 398 | 135 | 96 | 9.5 | 6.7 | 4.2 | 3.0 | 2.5 | 1.8 | 1.5 | 1.1 | 0.7 | 0.5 | 9.5 | 6.8 | 0.38 | 0.27 |
| Egg Snack Pot (some stores only) | 110 | Y | N | Y | Y | N | 556 | 612 | 133 | 146 | 9.1 | 10 | 3.6 | 4.0 | 1.6 | 2.0 | 0.9 | 1.0 | 0.5 | 0.6 | 11 | 12 | 0.38 | 0.41 |

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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 |
| 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 |