



At Starbucks we strive to bring you a variety of foods to meet your lifestyle choices. In addition to the products listed here, you can also find yogurt, juices and other packaged foods in our stores. Product availability may vary from store to store. Nutrition information is calculated with information provided by the suppliers who manufacture food for Starbucks Coffee Company. Starbucks attempts to provide product information that is as complete as possible. Variations may exist due to periodic changes in formulations. Serving sizes may vary from those used to calculate nutrition information. New product introduction or product changes during the life of this publication may cause the information to be incomplete. All of our food products are produced and stored in environments where known allergens may exist.

	Calories	Total Fat (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Protein (g)
Bakery					
Apple Fritter	420	20	59	1	5
Asiago & Cheddar Pretzel	360	12	46	2	16
Banana Chocolate Chip Muffin	410	21	55	2	5
Banana Loaf	430	17	63	3	6
Bear Claw	350	8	62	1	7
Blueberry Bar	380	19	50	4	5
Blueberry Scone	460	22	61	2	7
Butter Croissant	250	14	25	1	3
Buttermilk Blueberry Muffin	380	18	50	2	5
Chocolate Caramel Pretzel	230	9	34	4	3
Chocolate Chip Cookie	440	21	62	2	6
Cinnamon Brioche	370	16	52	2	6
Double Chocolate Brownie	430	25	49	3	6
Everything with Cheese Bagel	280	2.5	56	2	10
Flower Sugar Cookie	320	18	37	1	4
Fruit & Oat Cookie	430	18	61	4	6
Ginger Molasses Cookie	390	11	67	1	6
Lemon Cranberry Scone	410	14	66	2	5
Lemon Poppyseed Loaf	470	22	63	2	5
Marshmallow Dream Bar	210	4	43	0	1
Multigrain Bagel	300	3	60	6	14
Oat Bar	360	20	43	5	6
Oat Fudge Bar	420	20	56	3	6
Pain au Chocolatine	220	12	25	1	4
Peanut Butter Cookie	480	28	48	2	10
Raisin Bran Muffin	320	12	54	6	6
Reduced-Fat Banana Chocolate Chip Coffee Cake	370	10	65	4	7
Reduced-Fat Cinnamon Swirl Coffee Cake	340	9	62	2	4
Savory Cheese Croissant	340	22	24	1	8
Sesame Bagel	300	2	59	2	11
Stoneground Dijon Pretzel	320	6	54	4	10
White Chocolate Macadamia Cookie	480	26	57	1	6
Bistro Boxes					
Cheese & Fruit Bistro Box	470	28	42	7	17
Protein Bistro Box	360	18	37	5	15
Petites					
Birthday Cake Pop	170	9	22	0	1
Salted Caramel Cake Pop	180	8	25	0	2
Hot Breakfast					
Bacon, Egg & Gouda Artisan Breakfast Sandwich	350	18	30	0	17
Ham, Egg & Cheddar Artisan Breakfast Sandwich	350	16	31	0	19
Reduced-Fat Bacon Style Turkey, White Cheddar & Egg White English Muffin Sandwich	320	7	43	3	18
Rustic Bacon Breakfast Sandwich	390	20	31	1	17
Sausage, Egg & Cheddar English Muffin Sandwich	500	28	41	1	19
Spinach, Feta & Egg White Breakfast Wrap	290	10	33	6	19
Veggie & Monterey Jack Artisan Breakfast Sandwich	350	18	31	0	17
Steel Cut Oatmeal	160	2.5	28	4	5
Oatmeal Topping - Dried Fruit	100	0	24	2	1
Oatmeal Topping - Fruit, Nut & Seed Medley	70	3	8	1	2
Oatmeal Topping - Maple Brown Sugar	50	0	13	0	0
Oatmeal Topping - Nut Medley	100	10	2	1	2
Sandwiches & Wraps					
Chicken Caesar Wrap	490	29	41	4	17
Chicken Santa Fe Panini	370	13	45	2	22
Ham & Swiss Panini	410	14	42	2	29
Sesame Chicken Wrap	480	20	62	5	15
Sunflower Turkey Cheddar Sandwich	480	16	49	4	26
Thai Tuna Wrap	510	25	55	3	18
Tomato & Mozzarella Panini	420	17	53	5	15
Turkey and Peppered Bacon Panini	460	18	49	3	24
Turkey Rustico Panini	480	18	53	4	33
Zesty Black Bean & Quinoa Wrap	500	22	63	5	15
Yogurt Parfaits					
Greek Yogurt Honey Parfait	270	12	37	2	6
Peach & Raspberry Yogurt Parfait	250	4	44	3	10
Strawberry & Blueberry Yogurt Parfait	270	4	49	3	9
Seasonal Items					
Maple Muffin	420	21	56	1	5