

Spring 2013
Starbucks Beverage
Nutrition Information *

	KiloJoules	Calories	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) **
HOT BEVERAGES												
THE NEW STANDARD CAFFE LATTE												
Short - Skimmed Milk	279	67	0.1	0.1	0.0	3.6	75.6	9.9	0.0	8.9	6.4	75.0
Short - Semi Skimmed Milk	399	95	3.5	2.3	0.1	14.3	73.8	9.4	0.0	8.4	6.3	75.0
Short - Whole Milk	474	113	5.8	3.3	0.2	17.9	72.0	9.1	0.0	8.1	6.1	75.0
Short - Soy	314	75	2.7	0.3	0.0	0.0	83.3	6.6	0.7	4.1	5.3	75.0
Tall - Skimmed Milk	427	102	0.2	0.2	0.0	5.7	119.7	15.1	0.0	14.1	9.9	150.0
Tall - Semi Skimmed Milk	599	143	5.1	2.6	0.2	20.8	125.5	14.8	0.0	12.8	9.5	150.0
Tall - Whole Milk	718	172	8.4	4.8	0.3	26.0	115.1	14.8	0.0	12.8	9.1	150.0
Tall - Soy	462	110	4.0	0.5	0.0	0.0	94.8	9.9	1.0	5.9	7.7	150.0
Grande - Skimmed Milk	550	131	0.3	0.2	0.0	7.1	148.9	19.5	0.0	17.5	12.6	150.0
Grande - Semi Skimmed Milk	786	188	7.0	4.4	0.2	28.2	145.4	18.5	0.0	16.5	12.4	150.0
Grande - Whole Milk	934	223	11.5	6.6	0.4	35.3	141.9	17.9	0.0	16.0	12.1	150.0
Grande - Soy	618	148	5.3	0.7	0.0	0.0	163.5	12.9	1.3	8.0	10.4	150.0
Venti - Skimmed Milk	729	174	0.4	0.3	0.0	9.2	194.7	24.9	0.0	22.9	16.7	225.0
Venti - Semi Skimmed Milk	1038	248	9.2	4.6	0.3	37.0	218.2	25.1	0.0	22.2	16.3	225.0
Venti - Whole Milk	1250	299	15.0	8.6	0.5	46.2	199.7	25.1	0.0	22.2	15.6	225.0
Venti - Soy	772	185	6.7	0.9	0.0	0.0	160.8	16.6	1.6	10.2	12.8	225.0
FRESH FILTER COFFEE												
Short	11	3	0.1	0.0	0.0	0.0	5.3	0.0	0.0	0.0	0.3	160.0
Tall	16	4	0.1	0.0	0.0	0.0	7.8	0.0	0.0	0.0	0.5	240.0
Grande	21	5	0.1	0.0	0.0	0.0	9.9	0.0	0.0	0.0	0.6	320.0
Venti	26	6	0.1	0.0	0.0	0.0	12.4	0.0	0.0	0.0	0.7	400.0
ESPRESSO												
Solo	24	6	0.0	0.0	0.0	0.0	0.4	1.0	0.0	0.0	0.4	75.0
Doppio	48	11	0.0	0.0	0.0	0.0	0.7	2.0	0.0	0.0	0.7	150.0
ESPRESSO CON PANNA												
Solo	129	31	2.5	1.5	0.1	9.1	2.9	1.7	0.0	0.5	0.5	75.0
Doppio	153	36	2.5	1.5	0.1	9.1	3.3	2.7	0.0	0.5	0.9	150.0
ESPRESSO MACCHIATO												
Solo - Skimmed Milk	30	7	0.0	0.0	0.0	0.1	2.3	1.2	0.0	0.2	0.5	75.0
Solo - Semi Skimmed Milk	33	8	0.1	0.1	0.0	0.4	2.2	1.2	0.0	0.2	0.5	75.0
Solo - Whole Milk	35	8	0.2	0.1	0.0	0.5	2.2	1.2	0.0	0.2	0.5	75.0
Solo - Soy	31	7	0.1	0.0	0.0	0.0	2.4	1.1	0.0	0.1	0.5	75.0
Doppio - Skimmed Milk	55	13	0.0	0.0	0.0	0.1	3.0	2.4	0.0	0.3	1.0	150.0
Doppio - Semi Skimmed Milk	59	14	0.1	0.1	0.0	0.4	3.0	2.3	0.0	0.3	0.9	150.0
Doppio - Whole Milk	61	15	0.2	0.1	0.0	0.5	3.0	2.3	0.0	0.3	0.9	150.0
Doppio - Soy	56	13	0.1	0.0	0.0	0.0	3.1	2.0	0.0	0.1	0.9	150.0
CAFFE AMERICANO												
Short	24	6	0.0	0.0	0.0	0.0	4.0	1.0	0.0	0.0	0.4	75.0
Tall	48	11	0.0	0.0	0.0	0.0	6.5	2.0	0.0	0.0	0.7	150.0
Grande	72	17	0.0	0.0	0.0	0.0	8.3	3.0	0.0	0.0	1.1	225.0
Venti	95	23	0.0	0.0	0.0	0.0	10.6	4.0	0.0	0.0	1.4	300.0
THE NEW STANDARD CAPPUCCINO												
Short - Skimmed Milk	229	55	0.1	0.1	0.0	2.9	60.8	8.1	0.0	7.1	5.2	75.0
Short - Semi Skimmed Milk	325	78	2.8	1.8	0.1	11.5	59.4	7.7	0.0	6.7	5.1	75.0
Short - Whole Milk	385	92	4.7	2.7	0.1	14.4	58.0	7.5	0.0	6.5	5.0	75.0
Short - Soy	259	62	2.2	0.3	0.0	0.0	67.5	5.5	0.6	3.3	4.3	75.0
Tall - Skimmed Milk	291	70	0.1	0.1	0.0	3.4	72.5	10.5	0.0	8.5	6.5	150.0
Tall - Semi Skimmed Milk	405	97	3.4	1.7	0.1	13.7	81.1	10.2	0.0	8.2	6.4	150.0
Tall - Whole Milk	116	484	5.6	3.2	0.2	17.1	74.3	10.2	0.0	8.2	6.1	150.0
Tall - Soy	309	74	2.5	0.3	0.0	0.0	60.1	7.0	0.6	3.8	5.1	150.0
Grande - Skimmed Milk	344	82	0.2	0.1	0.0	4.2	88.1	12.3	0.0	10.3	7.7	150.0
Grande - Semi Skimmed Milk	483	115	4.1	2.6	0.1	16.6	86.0	11.7	0.0	9.7	7.6	150.0
Grande - Whole Milk	570	136	6.8	3.9	0.2	20.8	83.9	11.4	0.0	9.4	7.4	150.0
Grande - Soy	386	92	3.2	0.4	0.0	0.0	97.3	8.5	0.8	4.7	6.4	150.0
Venti - Skimmed Milk	480	115	0.2	0.2	0.0	5.7	121.3	17.2	0.0	14.2	10.8	225.0
Venti - Semi Skimmed Milk	672	161	5.7	2.9	0.2	23.0	136.0	16.8	0.0	13.8	10.6	225.0
Venti - Whole Milk	804	192	9.3	5.4	0.3	28.7	124.5	16.8	0.0	13.8	10.1	225.0
Venti - Soy	515	123	4.2	0.6	0.0	0.0	101.8	11.5	1.1	6.4	8.5	225.0
CAFFE MISTO												
Short - Skimmed Milk	156	37	0.1	0.1	0.0	2.1	46.9	5.3	0.0	5.3	3.7	75.0
Short - Semi Skimmed Milk	227	54	2.1	1.3	0.1	8.5	45.8	5.0	0.0	5.0	3.6	75.0
Short - Whole Milk	271	65	3.5	2.0	0.1	10.6	44.7	4.8	0.0	4.8	3.6	75.0
Short - Soy	177	42	1.6	0.2	0.0	0.0	51.4	3.3	0.4	2.4	3.0	75.0
Tall - Skimmed Milk	234	56	0.2	0.1	0.0	3.2	70.3	7.9	0.0	7.9	5.6	115.0
Tall - Semi Skimmed Milk	340	81	3.2	2.0	0.1	12.7	68.7	7.5	0.0	7.5	5.5	115.0
Tall - Whole Milk	407	97	5.2	3.0	0.2	15.9	67.1	7.2	0.0	7.2	5.3	115.0
Tall - Soy	263	63	2.4	0.3	0.0	0.0	76.6	4.9	0.6	3.6	4.5	115.0

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Grande - Skimmed Milk	304	73	0.2	0.1	0.0	4.1	91.4	10.3	0.0	10.3	7.2	150.0
Grande - Semi Skimmed Milk	442	106	4.1	2.6	0.1	16.6	89.4	9.7	0.0	9.7	7.1	150.0
Grande - Whole Milk	529	126	6.8	3.9	0.2	20.7	87.3	9.4	0.0	9.4	6.9	150.0
Grande - Soy	343	82	3.2	0.4	0.0	0.0	99.7	6.4	0.8	4.7	5.9	150.0
Venti - Skimmed Milk	385	92	0.3	0.2	0.0	5.2	115.8	13.0	0.0	13.0	9.2	195.0
Venti - Semi Skimmed Milk	560	134	5.2	3.3	0.2	21.0	113.2	12.3	0.0	12.3	9.0	195.0
Venti - Whole Milk	670	160	8.6	4.9	0.3	26.2	110.5	11.8	0.0	11.8	8.8	195.0
Venti - Soy	434	104	4.0	0.5	0.0	0.0	126.4	8.1	1.0	5.9	7.5	195.0
FLAT WHITE (made with Whole Milk as standard)												
Short size as standard	498	119	5.8	3.3	0.2	17.9	72.4	10.1	0.0	8.1	6.5	150.0
THE NEW STANDARD CARAMEL MACCHIATO (made with regular Vanilla flavoured syrup)												
Short - Skimmed Milk	407	97	0.9	0.6	0.0	5.3	72.6	16.8	0.0	15.1	5.6	75.0
Short - Semi Skimmed Milk	510	122	3.8	2.4	0.1	14.5	71.1	16.3	0.0	14.7	5.5	75.0
Short - Whole Milk	574	137	5.7	3.3	0.2	17.5	69.5	16.1	0.0	14.5	5.3	75.0
Short - Soy	433	104	3.0	0.8	0.0	2.2	78.0	13.9	0.6	11.0	4.5	75.0
Tall - Skimmed Milk	689	165	1.0	0.6	0.0	7.8	125.9	28.7	0.0	25.9	10.2	150.0
Tall - Semi Skimmed Milk	875	209	6.3	3.3	0.2	24.5	138.8	28.2	0.0	25.5	10.0	150.0
Tall - Whole Milk	1003	240	9.8	5.7	0.3	30.1	128.7	28.2	0.0	25.5	9.6	150.0
Tall - Soy	700	167	4.6	1.0	0.0	2.2	102.3	23.0	0.9	18.2	7.5	150.0
Grande - Skimmed Milk	807	193	1.1	0.7	0.0	8.5	134.3	34.9	0.0	31.9	10.7	150.0
Grande - Semi Skimmed Milk	1004	240	6.7	4.3	0.2	26.2	131.3	34.0	0.0	31.0	10.5	150.0
Grande - Whole Milk	1127	269	10.5	6.0	0.3	32.1	128.4	33.6	0.0	30.6	10.3	150.0
Grande - Soy	864	207	5.3	1.1	0.0	2.6	146.6	29.4	1.1	23.9	8.8	150.0
Venti - Skimmed Milk	1093	261	1.2	0.8	0.0	11.1	189.1	47.0	0.0	42.8	15.4	225.0
Venti - Semi Skimmed Milk	1377	329	9.3	4.8	0.3	36.5	210.2	46.3	0.0	42.1	15.1	225.0
Venti - Whole Milk	1571	376	14.6	8.5	0.4	44.9	193.3	46.3	0.0	42.1	14.5	225.0
Venti - Soy	1170	280	7.4	1.4	0.0	2.6	165.5	39.0	1.6	31.6	12.5	225.0
THE NEW STANDARD CAFFE MOCHA with WHIPPED CREAM												
Short - Skimmed Milk	671	160	6.4	3.5	0.2	21.9	68.2	22.4	0.9	17.2	6.8	90.0
Short - Semi Skimmed Milk	769	184	9.1	5.2	0.2	30.6	66.8	22.0	0.9	16.8	6.7	90.0
Short - Whole Milk	830	198	11.0	6.1	0.3	33.5	65.3	21.7	0.9	16.6	6.6	90.0
Short - Soy	700	167	8.5	3.7	0.2	18.9	84.5	19.7	1.5	13.3	5.9	90.0
Tall - Skimmed Milk	998	239	8.5	5.6	0.2	32.0	99.9	33.7	1.5	26.7	10.0	170.0
Tall - Semi Skimmed Milk	1144	273	12.7	7.7	0.3	45.1	109.4	33.3	1.5	26.3	9.8	170.0
Tall - Whole Milk	1244	297	15.5	9.5	0.4	40.5	100.6	33.3	1.5	26.3	9.5	170.0
Tall - Soy	247	1035	11.8	5.8	0.0	24.4	84.6	29.8	2.4	20.1	8.8	170.0
Grande - Skimmed Milk	1205	288	9.5	4.9	0.2	31.9	132.8	43.8	1.9	33.7	13.4	175.0
Grande - Semi Skimmed Milk	1400	335	15.0	8.4	0.4	49.3	129.9	42.9	1.9	32.9	13.2	175.0
Grande - Whole Milk	1522	364	18.7	10.2	0.5	55.1	126.9	42.5	1.9	32.4	13.0	175.0
Grande - Soy	1265	302	13.7	5.3	0.2	26.0	145.8	38.4	3.0	25.9	11.6	175.0
Venti - Skimmed Milk	1501	359	10.9	7.1	0.2	39.2	160.3	55.1	2.4	43.8	16.5	255.0
Venti - Semi Skimmed Milk	1743	417	17.7	10.5	0.4	60.9	178.4	54.5	2.4	43.2	16.2	255.0
Venti - Whole Milk	1910	456	22.3	13.6	0.6	68.2	163.9	54.5	2.4	43.2	15.7	255.0
Venti - Soy	1559	373	15.8	6.9	0.2	26.0	149.4	49.6	3.9	34.9	15.0	225.0
THE NEW STANDARD WHITE CHOCOLATE MOCHA with WHIPPED CREAM												
Short - Skimmed Milk	957	229	8.0	5.4	0.2	22.9	124.8	32.3	0.0	30.3	7.7	75.0
Short - Semi Skimmed Milk	1055	252	10.8	7.2	0.3	31.6	123.3	31.8	0.0	29.9	7.6	75.0
Short - Whole Milk	1116	267	12.7	8.1	0.3	34.5	121.8	31.6	0.0	29.7	7.5	75.0
Short - Soy	986	236	10.1	5.6	0.2	19.9	131.1	29.6	0.6	26.4	6.8	75.0
Tall - Skimmed Milk	1370	327	10.4	7.1	0.2	28.2	182.6	48.1	0.0	44.8	11.4	150.0
Tall - Semi Skimmed Milk	1350	323	14.5	9.1	0.3	40.9	193.2	47.7	0.0	44.4	11.2	150.0
Tall - Whole Milk	1609	385	17.1	11.0	0.4	45.2	184.7	0.0	0.0	47.7	10.9	150.0
Tall - Soy	1947	465	20.4	11.4	0.4	45.2	261.6	54.2	0.8	49.3	16.6	150.0
Grande - Skimmed Milk	1777	425	12.9	8.8	0.2	33.9	245.8	63.5	0.0	59.9	15.1	150.0
Grande - Semi Skimmed Milk	1972	471	18.4	12.3	0.4	51.3	242.9	62.7	0.0	59.1	14.9	150.0
Grande - Whole Milk	2094	500	22.1	14.1	0.5	57.1	240.0	62.3	0.0	58.6	14.7	150.0
Grande - Soy	1837	439	17.0	9.2	0.2	28.0	258.8	58.2	1.1	52.1	13.3	150.0
Venti - Skimmed Milk	2156	515	14.3	10.0	0.2	35.8	304.8	79.6	0.0	74.4	18.9	225.0
Venti - Semi Skimmed Milk	2398	573	21.2	13.4	0.4	57.5	322.9	78.7	0.0	73.8	18.7	225.0
Venti - Whole Milk	2564	613	25.8	16.5	0.6	64.7	308.4	78.7	0.0	73.8	18.1	225.0
Venti - Soy	2220	531	19.5	10.5	0.2	28.5	284.3	72.4	1.4	64.8	16.4	225.0
HOT BREWED TEAS												
Short	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	varies
Grande	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	varies
CHAI TEA LATTE												
Short - Skimmed Milk	431	103	0.1	0.1	0.0	2.1	49.6	22.3	0.1	21.2	3.9	50.0
Short - Semi Skimmed Milk	497	119	2.0	1.3	0.1	8.1	48.6	22.0	0.1	20.9	3.8	50.0

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Short - Whole Milk	539	129	3.3	1.9	0.1	10.0	47.6	21.9	0.1	20.7	3.7	50.0
Short - Soy	452	108	1.6	0.2	0.0	0.0	54.2	20.4	0.5	18.3	3.2	50.0
Tall - Skimmed Milk	646	154	0.2	0.1	0.0	3.2	74.4	33.5	0.1	31.7	5.8	75.0
Tall - Semi Skimmed Milk	747	179	3.0	1.9	0.1	12.2	72.9	33.0	0.1	31.3	5.7	75.0
Tall - Whole Milk	810	194	5.0	2.8	0.2	15.3	71.4	32.8	0.1	31.0	5.5	75.0
Tall - Soy	676	162	2.4	0.3	0.0	0.0	80.8	30.5	0.7	27.4	4.7	75.0
Grande - Skimmed Milk	854	204	0.2	0.1	0.0	4.1	96.9	44.4	0.2	42.0	7.5	100.0
Grande - Semi Skimmed Milk	986	236	4.0	2.5	0.1	16.0	95.0	43.8	0.2	41.5	7.4	100.0
Grande - Whole Milk	1068	255	6.5	3.7	0.2	19.9	93.0	43.5	0.2	41.2	7.2	100.0
Grande - Soy	893	213	3.2	0.4	0.0	0.0	105.2	40.5	1.0	36.4	6.2	100.0
Venti - Skimmed Milk	1072	256	0.3	0.2	0.0	5.2	122.7	55.6	0.2	52.7	9.5	120.0
Venti - Semi Skimmed Milk	1241	297	5.0	3.2	0.2	20.4	120.1	54.9	0.2	52.0	9.3	120.0
Venti - Whole Milk	1346	322	8.3	4.7	0.3	25.4	117.6	54.5	0.2	51.6	9.1	120.0
Venti - Soy	1122	268	4.0	0.5	0.0	0.0	133.3	50.7	1.2	45.6	7.8	120.0
SIGNATURE HOT CHOCOLATE with WHIPPED CREAM												
Short - Skimmed Milk	1119	267	15.0	9.2	0.2	28.4	77.2	30.0	3.3	24.2	7.8	10.0
Short - Semi Skimmed Milk	1185	283	16.9	10.3	0.3	34.4	76.2	29.7	3.3	23.9	7.7	10.0
Short - Whole Milk	1226	293	18.1	10.9	0.3	36.4	75.2	29.6	3.3	23.8	7.6	10.0
Short - Soy	1139	272	16.4	9.3	0.2	26.5	81.7	28.2	3.7	21.5	7.2	10.0
Tall - Skimmed Milk	1646	393	21.3	13.0	0.3	37.1	116.5	45.7	5.1	36.9	11.9	15.0
Tall - Semi Skimmed Milk	1747	418	24.2	14.8	0.4	46.2	115.0	45.2	5.1	36.4	11.8	15.0
Tall - Whole Milk	1810	433	26.1	15.7	0.4	49.2	113.5	45.0	5.1	36.2	11.6	15.0
Tall - Soy	1677	401	23.5	13.2	0.3	34.1	123.2	42.9	5.7	32.8	10.9	15.0
Grande - Skimmed Milk	2114	505	27.0	16.4	0.3	45.2	151.3	59.4	6.7	48.0	15.4	20.0
Grande - Semi Skimmed Milk	2245	537	30.7	18.8	0.5	57.0	149.0	58.9	6.7	47.4	15.3	20.0
Grande - Whole Milk	2328	556	33.5	20.0	0.5	61.0	147.0	59.0	6.7	47.0	15.1	20.0
Grande - Soy	2155	515	29.8	16.7	0.3	41.0	160.0	56.0	7.5	43.0	14.2	20.0
Venti - Skimmed Milk	2611	624	32.4	19.7	0.4	50.0	191.0	75.0	8.5	61.0	19.6	25.0
Venti - Semi Skimmed Milk	2782	665	37.2	22.8	0.5	66.0	189.0	75.0	8.5	60.0	19.4	25.0
Venti - Whole Milk	2887	690	40.4	24.3	0.6	71.0	186.0	74.0	8.5	60.0	19.2	25.0
Venti - Soy	2665	637	36.0	20.1	0.4	45.0	202.0	71.0	9.5	54.0	18.0	25.0
CLASSIC HOT CHOCOLATE with WHIPPED CREAM												
Short - Skimmed Milk	648	155	6.4	3.5	0.2	21.9	67.9	21.4	0.9	17.2	6.5	15.0
Short - Semi Skimmed Milk	745	178	9.1	5.2	0.2	30.6	66.4	21.0	0.9	16.8	6.4	15.0
Short - Whole Milk	806	193	11.0	6.1	0.3	33.5	65.0	20.7	0.9	16.6	6.2	15.0
Short - Soy	677	162	8.5	3.7	0.2	18.9	84.2	18.7	1.5	13.3	5.5	15.0
Tall - Skimmed Milk	931	222	8.0	4.2	0.2	27.2	108.2	32.6	1.4	26.4	10.2	20.0
Tall - Semi Skimmed Milk	1090	261	12.5	7.1	0.3	41.5	105.8	31.9	1.4	25.8	10.1	20.0
Tall - Whole Milk	1190	284	15.5	8.5	0.4	46.3	103.4	31.5	1.4	25.5	9.9	20.0
Tall - Soy	978	234	11.4	4.5	0.2	22.5	118.4	28.2	2.3	20.0	8.7	20.0
Grande - Skimmed Milk	1158	277	9.5	4.9	0.2	31.9	132.0	41.8	1.9	33.7	12.7	25.0
Grande - Semi Skimmed Milk	1352	323	15.0	8.4	0.4	49.3	129.1	41.0	1.9	32.9	12.5	25.0
Grande - Whole Milk	1474	352	18.7	10.2	0.5	55.1	126.2	40.5	1.9	32.4	12.3	25.0
Grande - Soy	1217	291	13.7	5.3	0.2	26.0	145.1	36.5	3.0	25.9	10.9	25.0
Venti - Skimmed Milk	1405	336	10.2	5.1	0.2	33.8	173.4	52.8	2.4	42.9	16.6	30.0
Venti - Semi Skimmed Milk	1665	398	17.5	9.7	0.4	57.1	169.5	51.7	2.4	41.8	16.3	30.0
Venti - Whole Milk	1827	437	22.5	12.1	0.6	64.8	165.7	51.1	2.4	41.2	16.0	30.0
Venti - Soy	1484	355	15.7	5.6	0.2	26.0	190.8	45.7	3.8	32.5	14.2	30.0
STEAMED MILK												
Short - Skimmed Milk	292	70	0.2	0.1	0.0	4.1	86.1	10.2	0.0	10.2	6.9	0.0
Short - Semi Skimmed Milk	429	103	4.0	2.6	0.1	16.4	84.1	9.6	0.0	9.6	6.8	0.0
Short - Whole Milk	515	123	6.7	3.8	0.2	20.5	82.0	9.3	0.0	9.3	6.6	0.0
Short - Soy	333	80	3.1	0.4	0.0	0.0	95.1	6.4	0.8	4.7	5.6	0.0
Tall - Skimmed Milk	442	106	0.3	0.2	0.0	6.2	130.6	15.4	0.0	15.4	10.5	0.0
Tall - Semi Skimmed Milk	651	156	6.1	3.9	0.2	24.9	127.5	14.6	0.0	14.6	10.3	0.0
Tall - Whole Milk	781	187	10.1	5.8	0.3	31.1	124.4	14.1	0.0	14.1	10.0	0.0
Tall - Soy	503	120	4.7	0.6	0.0	0.0	143.6	9.7	1.2	7.0	8.5	0.0
Grande - Skimmed Milk	578	138	0.3	0.2	0.0	8.1	170.5	20.1	0.0	20.1	13.7	0.0
Grande - Semi Skimmed Milk	849	203	8.0	5.1	0.2	32.5	166.5	19.0	0.0	19.0	13.4	0.0
Grande - Whole Milk	1019	244	13.2	7.6	0.4	40.6	162.4	18.4	0.0	18.4	13.1	0.0
Grande - Soy	655	157	6.1	0.8	0.0	0.0	187.2	12.6	1.5	9.2	11.1	0.0
Venti - Skimmed Milk	733	175	0.4	0.3	0.0	10.3	216.3	25.5	0.0	25.5	17.4	0.0
Venti - Semi Skimmed Milk	1077	258	10.2	6.5	0.3	41.2	211.2	24.1	0.0	24.1	17.0	0.0
Venti - Whole Milk	1293	309	16.7	9.6	0.5	51.5	206.0	23.3	0.0	23.3	16.6	0.0
Venti - Soy	834	199	7.8	1.0	0.0	0.0	238.1	16.0	1.9	11.7	14.1	0.0
ADD-INS												
WHIPPED CREAM												
HOT Short Beverage - 16 g	218	52	5.1	3.2	0.2	19.0	5.0	1.0	0.0	1.0	0.3	0.0
HOT Tall Beverage - 19g	259	62	6.1	3.8	0.2	22.0	6.0	2.0	0.0	1.0	0.3	0.0

**Spring 2013
Starbucks Beverage
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	KiloJoules	Calories	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) **
HOT Grande/Venti Beverage -	301	72	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	339	81	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	477	114	11.2	7.0	0.4	41.0	11.0	3.0	0.0	2.0	0.6	0.0
COLD Venti Beverage - 32g	435	104	10.2	6.4	0.3	38.0	11.0	3.0	0.0	2.0	0.6	0.0
FLAVOURED SYRUP												
1 Pump - 1/4 fl oz - 10 g	84	20	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	169	40	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	253	60	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	337	81	0.0	0.0	0.0	0.0	1.4	20.1	0.0	19.5	0.0	0.0
FLAVOURED SUGAR FREE SYRUP												
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
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
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
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
BAR MOCHA SYRUP												
1 Pump - 1/2 fl oz - 17 g	111	26	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	222	53	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	332	79	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	443	106	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	554	132	2.8	0.5	0.0	0.0	3.2	31.9	4.9	23.9	3.1	30.0
TOPPINGS												
Chocolate - 4 g	25	6	0.1	0.0	0.0	0.0	0.2	1.5	0.1	1.0	0.1	2.0
Caramel - 4 g	62	15	0.6	0.3	0.0	1.6	5.6	2.5	0.0	2.1	0.0	0.0
Sprinkles - 1 g	16	4	0.0	0.0	0.0	0.1	3.3	1.0	0.0	0.9	0.0	0.0

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KiloJoules
Calories
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) **

	KiloJoules	Calories	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) **
COLD BEVERAGES												
THE NEW STANDARD ICED CAFFE LATTE												
Tall - Skimmed Milk	264	63	0.1	0.1	0.0	3.0	69.3	9.5	0.0	7.5	5.8	150.0
Tall - Semi Skimmed Milk	365	87	3.0	1.5	0.1	12.1	76.9	9.3	0.0	7.3	5.7	150.0
Tall - Whole Milk	435	104	4.9	2.8	0.2	15.2	70.8	9.3	0.0	7.3	5.5	150.0
Tall - Soy	296	71	2.4	0.3	0.0	0.0	62.0	6.7	0.6	3.6	4.9	150.0
Grande - Skimmed Milk	375	90	0.2	0.1	0.0	4.6	101.3	13.4	0.0	11.4	8.5	150.0
Grande - Semi Skimmed Milk	529	126	4.5	2.9	0.1	18.4	99.0	12.7	0.0	10.8	8.3	150.0
Grande - Whole Milk	625	149	7.5	4.3	0.2	23.0	96.7	12.4	0.0	10.4	8.1	150.0
Grande - Soy	437	104	3.6	0.5	0.0	0.0	116.0	9.5	0.9	5.5	7.3	150.0
Venti - Skimmed Milk	399	95	0.2	0.1	0.0	5.0	105.7	14.4	0.0	11.4	8.8	225.0
Venti - Semi Skimmed Milk	553	132	4.6	2.3	0.1	18.4	117.2	14.0	0.0	11.1	8.7	225.0
Venti - Whole Milk	659	158	7.5	4.3	0.2	23.0	108.0	14.0	0.0	11.1	8.3	225.0
Venti - Soy	455	109	3.7	0.5	0.0	0.0	96.0	10.3	0.9	5.5	7.5	225.0
THE NEW STANDARD ICED CAPPUCCINO												
Tall - Skimmed Milk	284	68	0.1	0.1	0.0	3.3	70.4	10.2	0.0	8.2	6.3	150.0
Tall - Semi Skimmed Milk	395	94	3.3	1.7	0.1	13.3	78.7	10.0	0.0	8.0	6.2	150.0
Tall - Whole Milk	471	113	5.4	3.1	0.2	16.6	72.1	10.0	0.0	8.0	6.0	150.0
Grande - Soy	464	111	4.0	0.5	0.0	0.0	95.3	10.0	1.0	6.0	7.7	150.0
Venti - Skimmed Milk	424	101	0.2	0.1	0.0	5.0	105.2	15.3	0.0	12.3	9.4	225.0
Venti - Semi Skimmed Milk	590	141	4.9	2.5	0.2	19.8	117.6	14.9	0.0	11.9	9.3	225.0
Venti - Whole Milk	705	168	8.1	4.6	0.2	24.8	107.7	14.9	0.0	11.9	8.9	225.0
Venti - Soy	485	116	3.9	0.5	0.0	0.0	94.9	10.9	1.0	5.9	8.0	225.0
ICED COFFEE												
Tall	11	3	0.1	0.0	0.0	0.0	5.3	0.0	0.0	0.0	0.3	180.0
Grande	16	4	0.1	0.0	0.0	0.0	7.8	0.0	0.0	0.0	0.5	260.0
Venti	21	5	0.1	0.0	0.0	0.0	9.9	0.0	0.0	0.0	0.6	330.0
ICED CAFFE AMERICANO												
Tall	48	11	0.0	0.0	0.0	0.0	6.9	2.0	0.0	0.0	0.7	150.0
Grande	72	17	0.0	0.0	0.0	0.0	8.9	3.0	0.0	0.0	1.1	225.0
Venti	97	23	0.0	0.0	0.0	0.0	13.0	4.0	0.0	0.0	1.4	300.0
THE NEW STANDARD ICED CAFFE MOCHA with WHIPPED CREAM												
Tall - Skimmed Milk	869	208	9.8	5.3	0.2	32.3	70.9	28.9	1.4	21.7	7.2	170.0
Tall - Semi Skimmed Milk	940	225	11.8	6.3	0.3	38.0	65.4	28.2	1.4	20.0	6.5	170.0
Tall - Whole Milk	988	236	13.1	7.2	0.3	40.1	61.1	28.2	1.4	20.0	6.3	170.0
Tall - Soy	894	214	11.3	5.5	0.2	29.6	55.6	26.5	1.8	17.5	6.0	170.0
Grande - Skimmed Milk	1209	289	13.6	7.4	0.3	44.8	89.4	38.9	1.9	28.5	9.5	175.0
Grande - Semi Skimmed Milk	1321	316	16.8	9.5	0.4	54.8	87.7	38.5	1.9	28.0	9.4	175.0
Grande - Whole Milk	1391	333	18.9	10.5	0.5	58.2	86.0	38.2	1.9	27.8	9.2	175.0
Grande - Soy	1256	300	16.1	7.7	0.3	41.4	100.6	36.1	2.6	24.2	8.7	175.0
Venti - Skimmed Milk	1320	315	14.1	7.5	0.3	44.5	88.1	45.4	2.4	32.1	10.0	255.0
Venti - Semi Skimmed Milk	1422	340	17.0	9.0	0.4	53.7	95.8	45.1	2.4	31.9	9.9	255.0
Venti - Whole Milk	1493	357	19.0	10.3	0.5	56.7	89.7	45.1	2.4	31.9	9.6	255.0
Venti - Soy	1358	325	16.4	7.8	0.3	41.4	81.9	42.7	3.0	28.2	9.1	255.0
ICED CARAMEL MACCHIATO												
Tall - Skimmed Milk	518	124	1.1	0.7	0.0	5.8	73.9	22.9	0.0	19.9	5.4	150.0
Tall - Semi Skimmed Milk	609	146	3.7	2.0	0.1	14.0	80.7	22.7	0.0	19.7	5.3	150.0
Tall - Whole Milk	672	161	5.5	3.2	0.1	16.7	75.3	22.7	0.0	19.7	5.1	150.0
Tall - Soy	560	134	3.3	0.9	0.0	3.0	70.2	20.6	0.6	16.6	4.7	150.0
Grande - Skimmed Milk	785	188	1.3	0.8	0.0	8.4	128.7	34.2	0.0	31.1	9.8	150.0
Grande - Semi Skimmed Milk	965	231	6.3	4.0	0.2	24.5	126.0	33.4	0.0	30.3	9.6	150.0
Grande - Whole Milk	1077	257	9.8	5.6	0.3	29.8	123.3	33.0	0.0	29.9	9.4	150.0
Grande - Soy	860	206	5.3	1.2	0.0	3.0	146.5	29.7	1.1	24.2	8.5	150.0
Venti - Skimmed Milk	791	189	1.2	0.8	0.0	7.0	104.5	36.5	0.0	32.3	7.9	225.0
Venti - Semi Skimmed Milk	925	221	5.0	2.7	0.1	19.0	114.5	36.2	0.0	32.0	7.7	225.0
Venti - Whole Milk	1017	243	7.5	4.4	0.2	23.0	106.5	36.2	0.0	32.0	7.4	225.0
Venti - Soy	840	201	4.2	1.1	0.0	3.0	96.2	33.0	0.8	27.2	6.7	225.0
ICED CHAI TEA LATTE												
Tall - Skimmed Milk	635	152	0.2	0.1	0.0	3.0	72.0	33.1	0.1	31.3	5.5	75.0
Tall - Semi Skimmed Milk	736	176	3.0	1.9	0.1	12.1	70.5	32.6	0.1	30.9	5.4	75.0
Tall - Whole Milk	799	191	5.0	2.8	0.2	15.1	69.0	32.4	0.1	30.6	5.3	75.0
Tall - Soy	677	162	2.4	0.3	0.0	0.0	82.1	30.5	0.7	27.4	4.8	75.0
Grande - Skimmed Milk	857	205	0.2	0.1	0.0	4.2	98.9	44.5	0.2	42.1	7.6	100.0
Grande - Semi Skimmed Milk	997	238	4.2	2.6	0.1	16.7	96.8	43.9	0.2	41.5	7.4	100.0
Grande - Whole Milk	1084	259	6.9	3.9	0.2	20.9	94.7	43.5	0.2	41.2	7.3	100.0
Grande - Soy	915	219	3.4	0.4	0.0	0.0	112.5	40.9	1.0	36.7	6.5	100.0
Venti - Skimmed Milk	1013	242	0.3	0.1	0.0	4.0	106.0	53.0	0.2	51.0	8.1	120.0
Venti - Semi Skimmed Milk	1159	277	4.4	2.8	0.1	18.0	104.0	53.0	0.2	50.0	7.9	120.0
Venti - Whole Milk	1251	299	7.2	4.1	0.2	22.0	102.0	53.0	0.2	50.0	7.7	120.0

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	KiloJoules	Calories	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 - Soy	1071	256	3.5	0.5	0.0	0.0	121.0	50.0	1.1	45.0	7.0	120.0
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE												
COFFEE FRAPPUCCINO® (NO WHIP)												
Tall - Skimmed Milk	656	157	0.1	0.1	0.0	1.6	155.6	36.1	0.1	35.6	2.9	70.0
Tall - Semi Skimmed Milk	709	170	1.6	1.0	0.1	6.4	154.8	35.9	0.1	35.4	2.8	70.0
Tall - Whole Milk	743	177	2.6	1.5	0.1	8.0	154.0	35.8	0.1	35.3	2.7	70.0
Tall - Soy	676	161	1.3	0.2	0.0	0.0	152.4	34.7	0.4	33.6	2.4	70.0
Grande - Skimmed Milk	905	216	0.1	0.1	0.0	1.9	213.5	50.3	0.1	49.6	3.5	95.0
Grande - Semi Skimmed Milk	970	232	1.9	1.2	0.1	7.8	212.5	50.1	0.1	49.4	3.4	95.0
Grande - Whole Milk	1011	242	3.2	1.8	0.1	9.7	211.6	49.9	0.1	49.2	3.4	95.0
Grande - Soy	929	222	1.6	0.2	0.0	0.0	209.6	48.6	0.5	47.1	3.0	95.0
Venti - Skimmed Milk	1123	269	0.1	0.1	0.0	2.1	263.6	63.0	0.1	62.1	3.9	120.0
Venti - Semi Skimmed Milk	1195	286	2.1	1.3	0.1	8.5	262.6	62.7	0.1	61.8	3.8	120.0
Venti - Whole Milk	1239	296	3.5	2.0	0.1	10.7	261.5	62.5	0.1	61.6	3.7	120.0
Venti - Soy	1150	275	1.7	0.2	0.0	0.0	259.3	61.1	0.5	59.3	3.3	120.0
MOCHA FRAPPUCCINO® WITH WHIPPED CREAM												
Tall - Skimmed Milk	1062	254	8.6	5.3	0.2	31.1	156.3	42.5	0.5	40.0	3.7	69.9
Tall - Semi Skimmed Milk	1113	266	10.0	6.2	0.3	35.7	155.6	42.3	0.5	39.8	3.7	69.9
Tall - Whole Milk	1145	274	11.0	6.7	0.3	37.2	154.8	42.1	0.5	39.6	3.6	69.9
Tall - Soy	1081	258	9.7	5.4	0.2	29.6	153.3	41.1	0.8	38.0	3.3	69.9
Grande - Skimmed Milk	1449	346	12.0	7.4	0.3	43.2	209.2	57.8	0.7	54.3	4.7	95.0
Grande - Semi Skimmed Milk	1509	361	13.7	8.5	0.4	48.6	208.3	57.6	0.7	54.1	4.6	95.0
Grande - Whole Milk	1546	370	14.8	9.1	0.4	50.4	207.4	57.4	0.7	53.9	4.5	95.0
Grande - Soy	1471	352	13.3	7.6	0.3	41.4	205.6	56.2	1.0	52.0	4.1	95.0
Venti - Skimmed Milk	1716	410	11.3	7.0	0.3	39.9	268.8	75.3	0.9	71.0	5.4	130.0
Venti - Semi Skimmed Milk	1786	427	13.2	8.2	0.4	46.2	267.7	75.0	0.9	70.7	5.4	130.0
Venti - Whole Milk	1829	437	14.6	8.9	0.4	48.3	266.7	74.8	0.9	70.5	5.3	130.0
Venti - Soy	1742	416	12.8	7.2	0.3	37.9	264.5	73.5	1.3	68.3	4.8	130.0
ESPRESSO FRAPPUCCINO® (NO WHIP)												
Tall - Skimmed Milk	569	136	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	143	0.9	0.6	0.0	3.7	128.1	31.7	0.1	30.4	2.0	125.0
Tall - Whole Milk	619	148	1.5	0.9	0.0	4.6	127.6	31.6	0.1	30.4	1.9	125.0
Tall - Soy	580	139	0.7	0.1	0.0	0.0	126.7	31.0	0.2	29.4	1.7	125.0
Grande - Skimmed Milk	836	200	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	210	1.3	0.8	0.0	5.3	190.1	46.8	0.1	45.3	2.7	155.0
Grande - Whole Milk	908	217	2.1	1.2	0.1	6.6	189.4	46.7	0.1	45.2	2.7	155.0
Grande - Soy	853	204	1.1	0.1	0.0	0.0	188.0	45.8	0.3	43.8	2.4	155.0
Venti - Skimmed Milk	1045	250	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	262	1.5	1.0	0.1	6.1	238.2	58.8	0.1	57.2	3.1	175.0
Venti - Whole Milk	1128	270	2.5	1.4	0.1	7.6	237.4	58.7	0.1	57.0	3.0	175.0
Venti - Soy	1064	254	1.2	0.2	0.0	0.0	235.8	57.7	0.4	55.4	2.7	175.0
CARAMEL FRAPPUCCINO® WITH WHIPPED CREAM												
Tall - Skimmed Milk	1144	273	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	286	10.2	6.4	0.3	37.7	167.6	45.6	0.1	44.1	3.3	65.0
Tall - Whole Milk	1229	294	11.2	6.8	0.3	39.3	166.8	45.5	0.1	44.0	3.2	65.0
Tall - Soy	1163	278	9.9	5.5	0.2	31.4	165.2	44.5	0.4	42.3	2.9	65.0
Grande - Skimmed Milk	1568	375	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	390	13.7	8.6	0.4	50.9	229.3	63.0	0.1	61.0	4.1	95.0
Grande - Whole Milk	1673	400	15.0	9.2	0.4	52.9	228.3	62.9	0.1	60.9	4.0	95.0
Grande - Soy	1592	380	13.4	7.6	0.3	43.2	226.3	61.6	0.5	58.8	3.6	95.0
Venti - Skimmed Milk	1787	427	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	444	13.0	8.1	0.4	48.2	280.2	77.8	0.1	75.6	4.5	120.0
Venti - Whole Milk	1903	455	14.3	8.8	0.4	50.4	279.2	77.6	0.1	75.5	4.4	120.0
Venti - Soy	1813	433	12.6	7.0	0.3	39.7	277.0	76.2	0.5	73.2	3.9	120.0
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT												
COFFEE FRAPPUCCINO® (NO WHIP)												
Tall - Skimmed Milk	347	83	0.1	0.0	0.0	1.5	140.4	17.7	0.2	17.3	2.6	60.0
Grande - Skimmed Milk	495	118	0.1	0.1	0.0	1.9	202.2	25.6	0.3	25.0	3.4	90.0
Venti - Skimmed Milk	583	139	0.1	0.1	0.0	2.4	235.6	29.8	0.3	29.1	4.4	105.0
MOCHA FRAPPUCCINO® (NO WHIP)												
Tall - Skimmed Milk	402	96	0.5	0.3	0.0	1.3	128.0	21.2	0.5	19.6	2.9	60.0
Grande - Skimmed Milk	598	143	0.8	0.5	0.0	1.7	190.9	31.9	0.8	29.4	3.9	95.0
Venti - Skimmed Milk	749	179	0.9	0.6	0.0	2.5	238.8	39.6	1.0	36.5	5.3	115.0
CARAMEL FRAPPUCCINO® (NO WHIP)												
Tall - Skimmed Milk	403	96	0.1	0.0	0.0	1.4	133.3	21.2	0.2	20.8	2.5	60.0
Grande - Skimmed Milk	560	134	0.1	0.1	0.0	1.7	185.9	29.8	0.2	29.2	3.1	85.0
Venti - Skimmed Milk	693	166	0.1	0.1	0.0	2.4	229.0	36.5	0.3	35.7	4.2	100.0
FRAPPUCCINO® BLENDED BEVERAGES - CRÈME												
STRAWBERRIES AND CREAM FRAPPUCCINO® WITH WHIPPED CREAM												

**Spring 2013
Starbucks Beverage
Nutrition Information ***

	KiloJoules	Calories	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) **
Tall - Skimmed Milk	1256	300	8.1	5.0	0.2	31.5	154.8	53.9	0.4	53.1	4.0	0.0
Tall - Semi Skimmed Milk	1321	316	9.9	6.2	0.3	37.4	153.9	53.6	0.4	52.9	3.9	0.0
Tall - Whole Milk	1362	326	11.2	6.8	0.3	39.4	152.9	53.5	0.4	52.7	3.8	0.0
Tall - Soy	1280	306	9.6	5.2	0.2	29.6	150.9	52.2	0.8	50.6	3.4	0.0
Grande - Skimmed Milk	1608	384	11.3	7.0	0.3	43.8	206.3	67.0	0.5	65.9	4.9	0.0
Grande - Semi Skimmed Milk	1688	403	13.6	8.5	0.4	51.0	205.1	66.7	0.5	65.6	4.8	0.0
Grande - Whole Milk	1738	415	15.1	9.2	0.5	53.4	203.9	66.5	0.5	65.4	4.7	0.0
Grande - Soy	1638	391	13.1	7.2	0.3	41.4	201.4	64.9	1.0	62.9	4.2	0.0
Venti - Skimmed Milk	1767	422	10.3	6.4	0.3	40.7	260.2	77.9	0.5	76.8	5.6	0.0
Venti - Semi Skimmed Milk	1862	445	13.0	8.2	0.4	49.3	258.7	77.5	0.5	76.4	5.5	0.0
Venti - Whole Milk	1922	459	14.9	9.0	0.5	52.1	257.3	77.3	0.5	76.2	5.4	0.0
Venti - Soy	1802	431	12.5	6.7	0.3	37.9	254.4	75.4	1.1	73.2	4.8	0.0
CARAMEL CREAM FRAPPUCCINO® WITH WHIPPED CREAM												
Tall - Skimmed Milk	994	238	8.7	5.4	0.2	33.5	171.7	36.3	0.1	35.1	4.1	0.0
Tall - Semi Skimmed Milk	1065	255	10.7	6.7	0.3	39.9	170.7	36.0	0.1	34.8	4.0	0.0
Tall - Whole Milk	1110	265	12.1	7.3	0.3	42.0	169.6	35.8	0.1	34.6	3.9	0.0
Tall - Soy	1021	244	10.3	5.6	0.2	31.4	167.4	34.4	0.5	32.4	3.5	0.0
Grande - Skimmed Milk	1328	317	11.9	7.4	0.3	45.8	227.7	48.1	0.1	46.7	5.1	0.0
Grande - Semi Skimmed Milk	1415	338	14.4	9.0	0.4	53.7	226.3	47.8	0.1	46.3	5.0	0.0
Grande - Whole Milk	1470	351	16.0	9.8	0.5	56.3	225.0	47.6	0.1	46.1	4.9	0.0
Grande - Soy	1360	325	13.9	7.6	0.3	43.2	222.4	45.8	0.6	43.3	4.3	0.0
Venti - Skimmed Milk	1539	368	11.0	6.8	0.3	42.9	293.8	61.9	0.1	60.4	6.0	0.0
Venti - Semi Skimmed Milk	1646	393	14.0	8.8	0.4	52.4	292.2	61.5	0.1	60.0	5.9	0.0
Venti - Whole Milk	1713	409	16.0	9.7	0.5	55.6	290.6	61.2	0.1	59.7	5.8	0.0
Venti - Soy	1579	377	13.4	7.1	0.3	39.7	287.3	59.1	0.7	56.3	5.1	0.0
CHOCOLATE CREAM FRAPPUCCINO® WITH WHIPPED CREAM												
Tall - Skimmed Milk	946	226	8.7	5.4	0.2	31.6	160.1	34.9	0.6	32.3	4.6	4.6
Tall - Semi Skimmed Milk	1015	243	10.7	6.7	0.3	37.8	159.1	34.6	0.6	32.0	4.5	4.6
Tall - Whole Milk	1057	253	12.0	7.3	0.3	39.8	158.1	34.4	0.6	31.8	4.5	4.6
Tall - Soy	972	232	10.3	5.6	0.2	29.6	156.0	33.1	1.0	29.7	4.0	4.6
Grande - Skimmed Milk	1315	314	12.2	7.6	0.3	44.0	223.6	48.7	0.8	45.2	6.0	10.0
Grande - Semi Skimmed Milk	1403	335	14.7	9.1	0.4	51.9	222.3	48.3	0.8	44.8	5.9	10.0
Grande - Whole Milk	1458	349	16.3	9.9	0.5	54.6	221.0	48.1	0.8	44.6	5.8	10.0
Grande - Soy	1348	322	14.2	7.8	0.3	41.4	218.3	46.4	1.3	41.8	5.3	10.0
Venti - Skimmed Milk	1508	360	11.5	7.1	0.3	41.0	282.8	61.5	1.0	57.3	7.1	11.6
Venti - Semi Skimmed Milk	1613	386	14.4	9.0	0.4	50.4	281.2	61.0	1.0	56.9	7.0	11.6
Venti - Whole Milk	1678	401	16.4	10.0	0.5	53.5	279.6	60.8	1.0	56.6	6.9	11.6
Venti - Soy	1547	370	13.8	7.4	0.3	37.9	276.4	58.7	1.7	53.3	6.2	11.6
VANILLA CREAM FRAPPUCCINO® WITH WHIPPED CREAM												
Tall - Skimmed Milk	904	216	8.1	5.0	0.2	31.7	162.6	32.3	0.1	31.6	4.0	0.0
Tall - Semi Skimmed Milk	974	233	10.0	6.3	0.3	37.9	161.6	32.0	0.1	31.3	3.9	0.0
Tall - Whole Milk	1017	243	11.4	6.9	0.3	40.0	160.5	31.9	0.1	31.1	3.8	0.0
Tall - Soy	930	222	9.7	5.2	0.2	29.6	158.4	30.5	0.5	28.9	3.4	0.0
Grande - Skimmed Milk	1278	305	11.3	7.0	0.3	44.1	230.5	46.3	0.1	45.3	5.2	0.0
Grande - Semi Skimmed Milk	1369	327	13.9	8.7	0.4	52.3	229.1	46.0	0.1	44.9	5.1	0.0
Grande - Whole Milk	1425	341	15.6	9.5	0.5	55.0	227.7	45.7	0.1	44.7	5.0	0.0
Grande - Soy	1311	313	13.4	7.2	0.3	41.4	224.9	43.9	0.6	41.8	4.4	0.0
Venti - Skimmed Milk	1451	347	10.4	6.5	0.3	41.0	287.5	58.0	0.1	57.0	5.9	0.0
Venti - Semi Skimmed Milk	1558	372	13.4	8.4	0.4	50.6	285.9	57.6	0.1	56.5	5.8	0.0
Venti - Whole Milk	1624	388	15.4	9.3	0.5	53.8	284.3	57.3	0.1	56.3	5.7	0.0
Venti - Soy	1447	346	12.4	6.6	0.3	37.9	271.2	54.4	0.6	52.3	4.3	0.0
FRAPPUCCINO BLENDED JUICE DRINK												
MANGO PASSION FRUIT FRAPPUCCINO (With Passion Tea)												
Tall	657	157	0.2	0.0	0.0	0.0	104.3	38.1	1.0	37.3	0.6	0.0
Grande	799	191	0.3	0.0	0.0	0.0	126.7	46.3	1.3	45.3	0.8	0.0
Venti	956	228	0.3	0.1	0.0	0.0	151.7	55.4	1.5	54.3	0.9	0.0
RASPBERRY BLACKCURRENT FRAPPUCCINO (With Zen Tea)												
Tall	660	158	0.1	0.0	0.0	0.0	32.6	38.8	0.6	38.0	0.3	0.0
Grande	802	192	0.1	0.0	0.0	0.0	39.6	47.1	0.7	46.1	0.4	0.0
Venti	960	229	0.1	0.0	0.0	0.0	47.4	56.4	0.8	55.2	0.5	0.0
HOT & COLD CUP SIZES												
SHORT -- 236 mL (8 fl oz)												
TALL -- 254 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

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

**Spring 2013
Starbucks Beverage
Nutrition Information ***

KiloJoules

Calories

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) **

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.