

# STARBUCKS® UK

Autumn 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
<b>Toast, Swirl &amp; Buns</b>																								
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
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
Swedish Bun - Cinnamon	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
Swedish Bun - Vanilla & Sugar Crunch	100	Y	N	N	N	N	1511	1511	359	359	12.4	12.4	7.8	7.8	53.0	53.0	19.3	19.3	1.7	1.7	8.1	8.1	0.67	0.67
Swedish Bun - Chocolate & Hazelnut	100	Y	N	N	N	N	1570	1570	374	374	14.6	14.6	8.4	8.4	50.8	50.8	15.6	15.6	1.4	1.4	9.1	9.1	0.69	0.69
<b>Bars, Biscuits &amp; Shortbreads</b>																								
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
Choc 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
<b>Cookies</b>																								
Pumpkin Cookie	45	Y	N	N	N	N	1575	709	375	169	7.5	3.4	4.6	2.1	74.0	33.3	47.0	21.2	1.2	0.5	3.5	1.6	0.48	0.22
Spooky Mummy Cookie	60	Y	N	N	N	N	1525	915	365	219	7.9	4.7	4.7	2.8	70.8	42.5	43.2	25.9	1.1	0.7	3.9	2.3	0.50	0.30
Oat Cookie filled with Nutella®	82	Y	N	N	N	N	1954	1602	467	380	22.2	18.2	8.9	7.8	58.7	48.1	36.9	30.3	3.5	2.9	6.3	5.2	0.49	0.40
Milk Choc Chunk Cookie	80	Y	N	N	N	N	2035	1628	486	389	24.2	19.4	15.3	12.2	59.2	47.4	38.0	30.4	2.4	1.9	6.7	5.4	0.38	0.30
<b>Cakes &amp; Loaf Cakes</b>																								
Pumpkin Spice Loaf Cake (Improved Recipe)	90	Y	N	N	N	N	1579	1421	376	338	21.4	19.3	3.2	2.9	37.0	33.3	20.3	18.3	1.8	1.6	7.1	6.4	0.40	0.36
Lemon Loaf Cake (Improved Recipe)	90	Y	N	N	N	N	1630	1467	391	352	23.7	21.3	9.8	8.8	39.9	35.9	26.4	23.8	1.2	1.1	4.8	4.3	0.60	0.54
Chocolate Marble Loaf Cake (Improved Recipe)	90	Y	N	N	N	N	1814	1633	435	392	27.0	24.3	9.9	8.9	39.1	35.2	27.4	24.7	2.4	2.2	6.2	5.6	0.50	0.45
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	120	Y	N	N	N	N	1721	2065	410	492	18.0	21.6	6.1	7.3	57.4	68.8	42.6	51.1	1.8	2.2	4.7	5.7	0.66	0.79
Chocolate Blackout Cake	70	Y	N	N	N	N	1782	1247	426	298	25.8	18.1	8.6	6.0	43.6	30.5	29.3	20.5	6.6	4.6	5.6	3.9	0.50	0.35
Salted Caramel Cake	70	Y	N	N	N	N	1713	1199	408	286	22.1	15.5	7.3	5.1	45.2	31.6	29.7	20.8	1.5	1.1	6.0	4.2	0.50	0.35
<b>Muffins</b>																								
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 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
Chocolate Cheesecake Muffin	122	Y	N	N	N	N	1610	1964	385	470	20.9	25.5	8.1	9.9	41.7	50.9	25.6	31.2	1.9	2.3	6.6	8.1	0.39	0.48
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	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	1.0	4.8	6	0.32	0.40
<b>Pastries</b>																								
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	9.0	6.3	2.4	1.7	1.05	0.74
Pain aux Raisins	100	Y	N	N	N	N	1370	1370	330	330	14.2	14.2	9.0	9.0	44.3	44.3	18.9	18.9	6.1	6.1	1.9	1.9	0.79	0.79

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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	
<b>PACKAGED ITEMS</b>																									
Please refer to the package label for allergen information & 'may contains' statement. Once opened, we do not guarantee any of our products are free of any particular allergen.																									
<b>Yoghurts &amp; Fruit</b>																									
<b>Fruit Mix</b>	<b>160</b>	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	
<b>Fairtrade Banana (per unit =whole)</b>	<b>120</b>	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	
<b>Berry Crunch (Berry compote granola)</b>	<b>160</b>	Y	N	N	N	N	545	873	130	207	4.1	6.5	1.6	2.5	16.0	26.0	11.0	18.0	1.9	3.0	6.1	9.8	0.14	0.23	
<b>Smoothie Bowls &amp; Oatmeal Pots</b>																									
<b>Mango &amp; Coconut Smoothie Bowl</b>	<b>173</b>	Y	N	Y	N	Y	496	858	119	206	7.0	12.1	6.3	10.9	11.6	20.0	7.9	13.6	2.2	3.8	1.5	2.6	0.03	0.06	
<b>Blueberry, Acai and Puffed Quinoa Smoothie Bowl</b>	<b>173</b>	Y	N	N	N	Y	368	637	87	151	1.6	2.8	1.1	1.9	16.8	29.1	8.5	14.6	1.1	1.9	0.8	1.3	0.02	0.03	
<b>Classic Oatmeal</b>	<b>300</b>	Y	N	N	N	N	425	1275	101	303	3.2	9.6	1.5	4.5	13.0	39.0	3.0	9.0	1.8	5.4	3.9	11.7	0.13	0.39	
<b>Five Grain Oatmeal</b>	<b>300</b>	Y	Y	Y	Y	Y	397	1191	95	285	4.2	12.6	2.0	6.1	11.0	33.0	1.1	3.3	1.5	4.5	2.8	8.4	0.04	0.12	
<b>Breakfast Sandwiches</b>																									
<b>Cheddar and Marmite® Sarnie</b>	<b>130</b>	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	
<b>Ultimate All Day Breakfast</b>	<b>202</b>	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	
<b>Butchers Choice Sausage Sandwich</b>	<b>173</b>	N	N	N	N	N	1071	1851	256	443	11.0	19.0	4.0	7.0	24.1	41.7	2.0	3.5	3.1	5.4	14.0	23.4	1.6	2.8	
<b>Hickory Smoked Bacon Sandwich</b>	<b>125</b>	N	N	N	N	N	1182	1463	281	348	7.9	9.9	2.7	3.4	29.0	35.6	2.1	2.6	2.8	3.5	22.0	27.4	2.7	3.3	
<b>Filled Croissants</b>																									
<b>Croissant Cheddar and Mushroom</b>	<b>156</b>	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	
<b>Ham and Cheddar Croissant</b>	<b>161</b>	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	
<b>Toasties</b>																									
<b>Ham and Cheese Toastie</b>	<b>151</b>	N	N	N	N	N	1020	1540	244	368	11	16	6.2	9.4	23	34	1.1	1.7	1.7	2.6	13	20	1.3	2.0	
<b>Triple Cheese Toastie</b>	<b>131</b>	Y	N	N	N	N	1289	1688	309	405	17	22	10	13	25	32	0.6	0.8	1.7	2.2	14	18	1.1	1.4	
<b>Mini Grilled Cheese and Ham Toastie</b>	<b>126</b>	N	N	N	N	N	1054	1323	252	318	12.0	14.5	6.9	8.7	19.0	23.7	2.4	3.0	1.4	1.8	18.0	22.1	1.8	2.3	
<b>Bagels</b>																									
<b>Smoked Salmon Bagel</b>	<b>195</b>	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	
<b>Sandwiches, Wraps &amp; Baguettes</b>																									
<b>Sure as Eggs is Eggs</b>	<b>193</b>	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	1.40	
<b>Buttermilk Chicken &amp; Chipotle Wrap</b>	<b>265</b>	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	2.50	
<b>Kale Jalapeno &amp; Slaw Wrap</b>	<b>268</b>	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	1.50	
<b>PLT Thinbread Sandwich</b>	<b>189</b>	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	1.50	
<b>Blackened Chicken Thinbread Sandwich</b>	<b>183</b>	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	1.30	
<b>Croque Monsieur Panini</b>	<b>205</b>	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	0.90	1.90	
<b>Mozzarella, Tomato &amp; Red Pesto</b>	<b>192</b>	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	
<b>Tuna Panini</b>	<b>205</b>	N	N	N	N	N	1041	2082	248	496	10	20	3.6	7.2	26	52	1.2	2.3	1.2	2.3	13	25	0.5	1.00	
<b>Hot Boxes</b>																									
<b>Super Scrambled Eggs, Tomato &amp; Spinach</b>	<b>211</b>	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	
<b>Spicy Chorizo, Poached Egg &amp; Potato</b>	<b>207</b>	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	
<b>Firecracker Chicken &amp; Giant Cous Cous</b>	<b>307</b>	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	
<b>Pulled Beef, Chilli &amp; Rice</b>	<b>301</b>	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	
<b>Courgetti, Broccoli, Halloumi &amp; Cous Cous</b>	<b>300</b>	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	0.30	0.90	
<b>Boston Beans with Pulled Pork &amp; Potato Rosti</b>	<b>213</b>	N	N	N	N	N	556	1184	133	283	5.5	11.7	1.4	2.9	11.8	25.1	2.5	5.3	2.6	5.5	7.7	16.4	0.83	1.80	
<b>Sweet Potato Wedges &amp; Chilli Beef</b>	<b>270</b>	N	N	N	N	N	553	1493	132	356	4	11	1.2	3.1	16	43	9.9	26.7	4.2	11.3	6	15	0.6	1.5	
<b>Salads</b>																									
<b>Buttermilk Chicken &amp; Mango Salad</b>	<b>310</b>	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	
<b>Grilled Veg &amp; Grain Salad Bowl</b>	<b>355</b>	Y	Y	N	N	Y	356	1264	85	302	3.9	14	0.4	1.2	7.3	26	1.7	6	2.1	7.5	4.1	15	0.50	1.8	
<b>Blackened Chicken Snack Pot</b>	<b>125</b>	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	
<b>Peas &amp; Carrots Snack Pot</b>	<b>130</b>	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	
<b>Salmon &amp; Prawn Salad Bowl (London Stores only)</b>	<b>310</b>	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	
<b>Spiced Egg Snack Pot (London Stores only)</b>	<b>71</b>	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	
<b>Egg Snack Pot (some stores only)</b>	<b>110</b>	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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<b>Impulse Range</b>																								
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