

**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) **
HOT BEVERAGES												
FRESH FILTER COFFEE												
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
ESPRESSO												
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
ESPRESSO CON PANNA												
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
ESPRESSO MACCHIATO												
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
CAFFE AMERICANO												
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
CAPPUCCINO												
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	63.8	267.1	0.1	0.1	0.0	3.4	72.2	9.5	0.0	8.5	6.1	75.0
Tall - Semi Skimmed Milk	91.2	381.6	3.4	2.2	0.1	13.7	70.5	9.0	0.0	8.0	6.0	75.0
Tall - Whole Milk	108.3	453.1	5.6	3.2	0.2	17.1	68.8	8.7	0.0	7.7	5.9	75.0
Tall - Soy	72.1	301.8	2.6	0.3	0.0	0.0	79.7	6.3	0.7	3.9	5.1	75.0
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	109.0	456.0	0.2	0.2	0.0	5.7	121.3	16.2	0.0	14.2	10.4	150.0
Venti - Semi Skimmed Milk	154.9	648.1	5.7	3.6	0.2	23.0	118.4	15.4	0.0	13.4	10.2	150.0
Venti - Whole Milk	183.6	768.2	9.3	5.4	0.3	28.7	115.5	15.0	0.0	13.0	10.0	150.0
Venti - Soy	122.9	514.3	4.4	0.5	0.0	0.0	134.0	11.0	1.1	6.5	8.6	150.0
CAFFE MISTO/CAFE AU LAIT												
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
FLAT WHITE (made with Whole Milk as standard)												
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

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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) **

	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) **
CAFFE LATTE												
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	102.3	428.0	0.2	0.2	0.0	5.7	119.7	15.1	0.0	14.1	9.9	75.0
Tall - Semi Skimmed Milk	147.8	618.2	5.6	3.6	0.2	22.7	116.8	14.3	0.0	13.3	9.7	75.0
Tall - Whole Milk	176.2	737.1	9.2	5.3	0.3	28.4	114.0	13.8	0.0	12.8	9.5	75.0
Tall - Soy	115.7	484.1	4.3	0.5	0.0	0.0	131.8	9.8	1.1	6.4	8.1	75.0
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	168.5	704.8	0.4	0.3	0.0	9.2	194.7	24.9	0.0	22.9	16.3	150.0
Venti - Semi Skimmed Milk	242.4	1014.0	9.1	5.8	0.3	37.0	190.1	23.6	0.0	21.6	16.0	150.0
Venti - Whole Milk	288.5	1207.3	15.0	8.6	0.5	46.2	185.5	22.9	0.0	20.9	15.6	150.0
Venti - Soy	190.2	796.0	7.0	0.9	0.0	0.0	214.5	16.4	1.7	10.5	13.4	150.0
CAFFE MOCHA with WHIPPED CREAM												
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	228.1	954.5	8.0	4.2	0.2	27.2	108.5	33.6	1.4	26.4	10.6	95.0
Tall - Semi Skimmed Milk	266.2	1113.8	12.5	7.1	0.3	41.5	106.1	32.9	1.4	25.8	10.4	95.0
Tall - Whole Milk	290.0	1213.4	15.5	8.5	0.4	46.3	103.8	32.5	1.4	15.5	10.2	95.0
Tall - Soy	239.5	1001.9	11.4	4.5	0.2	22.5	118.8	29.2	2.3	20.0	9.1	95.0
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	347.2	1452.7	10.2	5.1	0.2	33.8	174.1	54.8	2.4	42.9	17.3	180.0
Venti - Semi Skimmed Milk	409.3	1712.4	17.5	9.7	0.4	57.1	170.3	53.7	2.4	41.8	17.0	180.0
Venti - Whole Milk	448.1	1874.8	22.5	12.1	0.6	64.8	166.4	53.1	2.4	41.2	16.7	180.0
Venti - Soy	366.2	1532.0	15.7	5.6	0.2	26.0	191.5	47.7	3.8	32.5	14.9	180.0
CRÈME BRÛLÉE MACCHIATO												
Short - Skimmed Milk	88.0	368.0	0.1	0.1	0.0	4.0	82.0	15.0	0.0	14.0	6.3	75.0
Short - Semi Skimmed Milk	116.0	486.0	3.5	2.2	0.1	14.0	80.0	15.0	0.0	13.0	6.2	75.0
Short - Whole Milk	134.0	560.0	5.8	3.3	0.2	18.0	79.0	14.0	0.0	13.0	6.1	75.0
Short - Soy	95.0	397.0	2.7	0.4	0.0	0.0	72.0	12.0	1.0	9.0	5.1	75.0
Tall - Skimmed Milk	127.0	533.0	0.2	0.1	0.0	5.0	111.0	23.0	0.0	22.0	8.0	75.0
Tall - Semi Skimmed Milk	164.0	686.0	4.5	2.9	0.1	18.0	109.0	22.0	0.0	21.0	7.9	75.0
Tall - Whole Milk	187.0	781.0	7.4	4.3	0.2	23.0	107.0	22.0	0.0	21.0	7.7	75.0
Tall - Soy	137.0	573.0	3.5	0.5	0.0	0.0	98.0	19.0	1.0	16.0	6.5	75.0
Grande - Skimmed Milk	178.0	743.0	0.2	0.2	0.0	6.0	147.0	32.0	0.0	30.0	10.6	150.0
Grande - Semi Skimmed Milk	225.0	939.0	5.8	3.7	0.2	24.0	144.0	32.0	0.0	29.0	10.4	150.0
Grande - Whole Milk	254.0	1062.0	9.5	5.5	0.3	29.0	141.0	31.0	0.0	29.0	10.2	150.0
Grande - Soy	190.0	793.0	4.5	0.6	0.0	0.0	130.0	27.0	1.0	22.0	8.6	150.0
Venti - Skimmed Milk	227.0	950.0	0.3	0.2	0.0	7.0	188.0	42.0	0.0	39.0	13.3	150.0
Venti - Semi Skimmed Milk	287.0	1201.0	7.4	4.7	0.2	30.0	184.0	41.0	0.0	38.0	13.1	150.0
Venti - Whole Milk	324.0	1357.0	12.2	7.0	0.4	37.0	181.0	40.0	0.0	38.0	12.8	150.0
Venti - Soy	242.0	1011.0	5.7	0.7	0.0	0.0	166.0	34.0	1.0	29.0	10.6	150.0
CARAMEL MACCHIATO (made with regular Vanilla flavoured syrup)												
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	2.2	78.0	13.9	0.6	11.0	4.5	75.0
Tall - Skimmed Milk	142.0	593.9	0.9	0.6	0.0	6.8	104.6	25.2	0.0	23.4	8.1	75.0
Tall - Semi Skimmed Milk	178.5	746.8	5.3	3.3	0.1	20.5	102.3	24.6	0.0	22.8	8.0	75.0
Tall - Whole Milk	201.3	842.4	8.2	4.7	0.2	25.1	100.0	24.2	0.0	22.4	7.8	75.0
Tall - Soy	153.1	640.4	4.2	0.9	0.0	2.2	114.7	21.0	0.9	17.3	6.7	75.0
Grande - Skimmed Milk	192.9	806.9	1.1	0.7	0.0	8.5	134.3	34.9	0.0	31.9	10.7	150.0
Grande - Semi Skimmed Milk	239.9	1003.8	6.7	4.3	0.2	26.2	131.3	34.0	0.0	31.0	10.5	150.0
Grande - Whole Milk	269.3	1126.9	10.5	6.0	0.3	32.1	128.4	33.6	0.0	30.6	10.3	150.0
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	239.2	1000.6	1.2	0.8	0.0	10.1	168.3	43.6	0.0	40.4	13.4	150.0
Venti - Semi Skimmed Milk	299.1	1251.3	8.3	5.3	0.2	32.6	164.6	42.5	0.0	39.4	13.2	150.0
Venti - Whole Milk	336.5	1408.0	13.1	7.5	0.4	40.1	160.9	41.9	0.0	38.8	12.9	150.0
Venti - Soy	256.1	1071.7	6.5	1.3	0.0	2.6	183.5	36.6	1.4	30.3	11.0	150.0
VANILLA LATTE (Flavoured Latte)												

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Short - Skimmed Milk	100.5	420.6	0.1	0.1	0.0	3.3	70.8	18.8	0.0	17.5	6.0	75.0
Short - Semi Skimmed Milk	127.1	531.8	3.3	2.1	0.1	13.3	69.2	18.3	0.0	17.0	5.9	75.0
Short - Whole Milk	143.7	601.4	5.4	3.1	0.2	16.6	67.5	18.1	0.0	16.8	5.7	75.0
Short - Soy	108.5	453.8	2.5	0.3	0.0	0.0	78.1	15.7	0.6	13.0	4.9	75.0
Tall - Skimmed Milk	152.3	637.2	0.2	0.2	0.0	5.3	112.7	28.2	0.0	26.8	9.3	75.0
Tall - Semi Skimmed Milk	194.7	814.7	5.2	3.3	0.2	21.2	110.0	27.5	0.0	26.0	9.1	75.0
Tall - Whole Milk	221.2	925.6	8.6	4.9	0.3	26.5	107.4	27.1	0.0	25.6	8.9	75.0
Tall - Soy	164.8	689.4	4.0	0.5	0.0	0.0	124.0	23.3	1.0	19.6	7.6	75.0
Grande - Skimmed Milk	199.0	832.6	0.3	0.2	0.0	6.5	139.3	37.3	0.0	34.7	11.7	150.0
Grande - Semi Skimmed Milk	251.5	1052.2	6.4	4.1	0.2	26.2	136.1	36.4	0.0	33.8	11.5	150.0
Grande - Whole Milk	284.2	1188.9	10.6	6.1	0.3	32.7	132.8	35.9	0.0	33.3	11.3	150.0
Grande - Soy	214.4	897.0	4.9	0.6	0.0	0.0	153.1	31.3	1.2	25.9	9.7	150.0
Venti - Skimmed Milk	252.3	1055.7	0.4	0.2	0.0	8.6	182.9	46.9	0.0	44.2	15.2	150.0
Venti - Semi Skimmed Milk	321.1	1343.6	8.5	5.4	0.3	34.4	178.6	45.7	0.0	43.0	14.9	150.0
Venti - Whole Milk	364.1	1523.4	14.0	8.0	0.4	43.0	174.3	45.1	0.0	42.3	14.6	150.0
Venti - Soy	272.3	1139.3	6.5	0.8	0.0	0.0	200.9	39.0	1.6	32.6	12.5	150.0

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WHITE CHOCOLATE MOCHA with WHIPPED CREAM												
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	330.6	1383.0	10.5	7.1	0.2	28.7	193.3	48.4	0.0	46.1	11.9	75.0
Tall - Semi Skimmed Milk	368.6	1542.3	15.0	10.0	0.3	43.0	190.9	47.7	0.0	45.4	11.7	75.0
Tall - Whole Milk	392.4	1641.9	18.0	11.4	0.4	47.8	188.5	47.3	0.0	45.0	11.5	75.0
Tall - Soy	341.9	1430.4	13.9	7.5	0.2	24.0	203.6	44.0	0.9	39.7	10.4	75.0
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	518.4	2169.1	14.3	10.0	0.2	36.3	315.5	79.6	0.0	75.7	19.5	150.0
Venti - Semi Skimmed Milk	580.5	2428.9	21.7	14.6	0.5	59.6	311.6	78.5	0.0	74.6	19.2	150.0
Venti - Whole Milk	619.3	2591.2	26.6	17.0	0.6	67.3	307.7	77.9	0.0	74.0	18.9	150.0
Venti - Soy	537.4	2248.4	19.9	10.5	0.2	28.5	332.8	72.5	1.5	65.3	17.1	150.0
HAZELNUT MOCHA with WHIPPED CREAM (Flavoured Mocha)												
Short - Skimmed Milk	197.3	825.5	6.2	3.4	0.2	20.5	76.5	31.6	1.0	25.9	6.7	90.0
Short - Semi Skimmed Milk	215.7	902.3	8.9	5.1	0.2	29.6	61.4	30.9	1.0	25.7	6.3	90.0
Short - Whole Milk	229.0	957.9	10.6	5.9	0.3	32.2	60.1	30.7	1.0	25.5	6.2	90.0
Short - Soy	200.8	840.2	8.3	3.6	0.2	18.9	68.7	28.8	1.5	22.5	5.5	90.0
Tall - Skimmed Milk	277.0	1158.8	7.9	4.2	0.2	26.8	100.1	46.4	1.4	39.3	9.9	95.0
Tall - Semi Skimmed Milk	311.9	1304.8	12.0	6.8	0.3	39.9	97.9	45.8	1.4	38.7	9.7	95.0
Tall - Whole Milk	333.7	1396.0	14.8	8.1	0.4	44.3	95.7	45.5	1.4	38.3	9.6	95.0
Tall - Soy	287.7	1203.8	11.1	4.5	0.2	22.5	110.0	42.4	2.2	33.4	8.6	95.0
Grande - Skimmed Milk	356.2	1490.4	9.5	4.9	0.2	31.4	122.3	61.6	1.9	51.4	12.6	175.0
Grande - Semi Skimmed Milk	398.8	1668.5	14.5	8.1	0.4	47.3	119.6	60.8	1.9	50.7	12.4	175.0
Grande - Whole Milk	425.4	1779.7	17.9	9.7	0.5	52.6	117.0	60.4	1.9	50.3	12.2	175.0
Grande - Soy	369.1	1544.3	13.3	5.3	0.2	26.0	134.0	56.7	2.9	44.3	10.9	175.0
Venti - Skimmed Milk	430.4	1800.8	10.1	5.1	0.2	33.1	160.3	76.7	2.4	64.6	16.2	180.0
Venti - Semi Skimmed Milk	487.2	2038.5	16.8	9.3	0.4	54.4	156.7	75.7	2.4	63.6	15.9	180.0
Venti - Whole Milk	522.7	2187.0	21.4	11.5	0.6	61.5	153.2	75.1	2.4	63.1	15.6	180.0
Venti - Soy	447.9	1873.9	15.2	5.5	0.2	26.0	176.3	70.2	3.7	55.1	14.0	180.0
PEPPERMINT MOCHA with WHIPPED CREAM and drizzle												
Short - Skimmed Milk	206.9	865.6	6.5	3.5	0.2	21.9	69.1	33.9	1.1	28.0	7.0	92.0
Short - Semi Skimmed Milk	230.2	963.3	9.3	5.2	0.2	30.6	67.6	33.5	1.1	27.6	6.9	92.0
Short - Whole Milk	244.8	1024.4	11.1	6.1	0.3	33.5	66.2	33.2	1.1	27.3	6.7	92.0
Short - Soy	213.8	894.6	8.6	3.7	0.2	18.9	85.4	31.2	1.6	24.0	6.0	92.0
Tall - Skimmed Milk	294.7	1233.0	8.1	4.2	0.2	27.2	109.7	50.1	1.5	42.1	10.7	97.0
Tall - Semi Skimmed Milk	332.8	1392.3	12.6	7.1	0.3	41.5	107.3	49.4	1.5	41.4	10.6	97.0
Tall - Whole Milk	356.6	1491.9	15.6	8.5	0.4	46.3	105.0	49.0	1.5	41.1	10.4	97.0
Tall - Soy	306.0	1280.4	11.5	4.5	0.2	22.5	120.0	45.7	2.4	35.6	9.2	97.0
Grande - Skimmed Milk	374.8	1568.2	9.7	5.0	0.2	31.9	134.3	65.3	2.0	54.2	13.5	177.0
Grande - Semi Skimmed Milk	421.4	1763.0	15.2	8.4	0.4	49.3	131.4	64.5	2.0	53.4	13.3	177.0
Grande - Whole Milk	450.5	1884.7	18.9	10.2	0.5	55.1	128.5	64.0	2.0	52.9	13.1	177.0
Grande - Soy	389.0	1627.7	13.8	5.3	0.2	26.0	147.3	60.0	3.1	46.4	11.7	177.0
Venti - Skimmed Milk	454.1	1899.9	10.3	5.1	0.2	33.8	176.0	81.4	2.5	68.2	17.4	182.0
Venti - Semi Skimmed Milk	516.2	2159.7	17.6	9.8	0.4	57.1	172.2	80.3	2.5	67.1	17.2	182.0
Venti - Whole Milk	555.0	2322.0	22.6	12.1	0.6	64.8	168.3	79.7	2.5	66.5	16.8	182.0
Venti - Soy	473.1	1979.2	15.9	5.6	0.2	26.0	193.4	74.3	3.9	57.8	15.0	182.0
HOT BREWED TEAS												
Short	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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
CHAI TEA LATTE												
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

**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	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

**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) **
SIGNATURE HOT CHOCOLATE with WHIPPED CREAM												
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
CLASSIC HOT CHOCOLATE with WHIPPED CREAM												
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	15.5	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
STEAMED MILK												
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	502.6	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

**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) **

ADD-INS												
WHIPPED CREAM TOPPING (No Sprinkles or Drizzle)												
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
FLAVOURED SYRUP												
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
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	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
BAR MOCHA SYRUP												
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
TOPPINGS												
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

**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) **

	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) **
COLD BEVERAGES												
ICED COFFEE												
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
ICED CAFFE AMERICANO												
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
ICED CAFFE LATTE												
Tall - Skimmed Milk	67.6	282.8	0.2	0.1	0.0	3.6	80.1	10.0	0.0	9.0	6.5	75.0
Tall - Semi Skimmed Milk	96.7	404.6	3.6	2.3	0.1	14.6	78.2	9.5	0.0	8.5	6.4	75.0
Tall - Whole Milk	114.9	480.7	5.9	3.4	0.2	18.2	76.4	9.2	0.0	8.2	6.2	75.0
Tall - Soy	79.9	334.3	2.9	0.4	0.0	0.0	92.3	7.0	0.7	4.3	5.6	75.0
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	100.0	418.4	0.2	0.1	0.0	5.0	116.0	15.0	0.0	13.0	9.5	150.0
Venti - Semi Skimmed Milk	142.0	594.1	5.1	3.3	0.2	21.0	113.0	14.0	0.0	12.0	9.3	150.0
Venti - Whole Milk	168.0	702.9	8.5	4.9	0.3	26.0	110.0	14.0	0.0	12.0	9.1	150.0
Venti - Soy	118.0	493.7	4.2	0.5	0.0	0.0	134.0	11.0	1.0	6.0	8.3	150.0
ICED CAFFE MOCHA with WHIPPED CREAM												
Tall - Skimmed Milk	212.4	888.5	9.8	5.3	0.2	32.3	70.9	28.9	1.4	21.7	7.2	95.0
Tall - Semi Skimmed Milk	234.1	979.6	12.4	7.0	0.3	40.5	69.5	28.5	1.4	20.7	7.1	95.0
Tall - Whole Milk	247.7	1036.5	14.1	7.8	0.4	43.2	68.2	28.3	1.4	21.1	7.0	95.0
Tall - Soy	221.5	926.6	11.8	5.5	0.2	29.6	79.9	26.6	2.0	18.2	6.6	95.0
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
Venti - Skimmed Milk	310.0	1297.0	13.2	7.0	0.3	42.0	97.0	46.0	2.4	33.0	10.6	180.0
Venti - Semi Skimmed Milk	340.0	1422.6	16.7	9.2	0.4	53.0	95.0	45.0	2.4	33.0	10.5	180.0
Venti - Whole Milk	358.0	1497.9	19.0	10.3	0.5	56.0	93.0	45.0	2.4	33.0	10.3	180.0
Venti - Soy	322.0	1347.2	16.0	7.2	0.3	38.0	109.0	42.0	3.1	29.0	9.7	180.0
ICED CARAMEL MACCHIATO												
Tall - Skimmed Milk	139.1	581.8	1.2	0.8	0.0	7.0	97.8	25.0	0.0	23.0	7.1	75.0
Tall - Semi Skimmed Milk	170.7	714.4	4.9	3.1	0.1	18.9	95.9	24.4	0.0	22.4	7.0	75.0
Tall - Whole Milk	190.5	797.2	7.5	4.3	0.2	22.8	83.9	24.1	0.0	22.1	6.8	75.0
Tall - Soy	152.1	636.4	4.2	1.0	0.0	3.0	110.7	21.6	0.8	17.9	6.1	75.0
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	215.0	899.6	1.3	0.8	0.0	9.0	140.0	40.0	0.0	37.0	10.6	150.0
Venti - Semi Skimmed Milk	262.0	1096.2	6.8	4.3	0.2	26.0	138.0	39.0	0.0	36.0	10.4	150.0
Venti - Whole Milk	291.0	1217.5	10.5	6.1	0.3	31.7	135.0	39.0	0.0	36.0	10.2	150.0
Venti - Soy	234.0	979.1	5.7	1.2	0.0	3.0	159.0	35.0	1.2	29.0	9.2	150.0
ICED CHAI TEA LATTE												
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

**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) **
ICED VANILLA LATTE (Flavoured Latte)												
Tall - Skimmed Milk	120.5	504.3	0.0	0.0	0.0	2.0	88.0	23.8	0.0	21.7	6.1	75.0
Tall - Semi Skimmed Milk	142.5	596.1	3.1	2.0	0.1	12.7	69.8	23.0	0.0	21.2	5.6	75.0
Tall - Whole Milk	158.4	662.6	5.2	3.0	0.2	15.9	68.2	22.5	0.0	21.0	5.5	75.0
Tall - Soy	127.7	534.5	2.5	0.3	0.0	0.0	82.0	20.5	0.6	17.6	4.9	75.0
Grande - Skimmed Milk	155.3	649.7	0.2	0.1	0.0	4.0	89.6	30.9	0.0	28.3	7.4	150.0
Grande - Semi Skimmed Milk	187.1	782.9	3.9	2.5	0.1	15.9	87.6	30.3	0.0	27.7	7.3	150.0
Grande - Whole Milk	207.0	866.2	6.5	3.7	0.2	19.9	85.6	30.0	0.0	27.4	7.1	150.0
Grande - Soy	168.4	704.5	3.2	0.4	0.0	0.0	102.6	27.5	0.8	23.1	6.4	150.0
Venti - Skimmed Milk	182.0	761.5	0.2	0.1	0.0	4.0	101.0	37.0	0.0	34.0	8.2	150.0
Venti - Semi Skimmed Milk	218.0	912.1	4.4	2.8	0.1	18.0	99.0	36.0	0.0	33.0	8.1	150.0
Venti - Whole Milk	240.0	1004.2	7.2	4.1	0.2	22.0	96.0	36.0	0.0	33.0	7.9	150.0
Venti - Soy	197.0	824.2	3.5	0.4	0.0	0.0	115.0	33.0	0.9	28.0	7.1	150.0
ICED HAZELNUT MOCHA with WHIPPED CREAM (Flavoured Mocha)												
Tall - Skimmed Milk	315.4	1319.6	12.3	8.3	0.3	33.8	155.7	43.9	0.0	41.4	8.6	75.0
Tall - Semi Skimmed Milk	337.2	1410.6	14.9	9.9	0.3	42.0	154.3	43.5	0.0	41.1	8.5	75.0
Tall - Whole Milk	350.8	1467.5	16.6	10.7	0.4	44.7	153.0	43.3	0.0	40.8	8.3	75.0
Tall - Soy	324.5	1357.7	14.3	8.5	0.3	31.1	164.7	41.6	0.5	37.9	7.9	75.0
Grande - Skimmed Milk	425.2	1779.1	16.9	11.4	0.4	46.8	202.4	58.6	0.0	54.7	11.2	150.0
Grande - Semi Skimmed Milk	452.1	1891.5	20.1	13.4	0.5	56.9	200.7	58.2	0.0	54.2	11.1	150.0
Grande - Whole Milk	468.9	1961.8	22.2	14.4	0.5	60.2	199.0	57.9	0.0	54.0	11.0	150.0
Grande - Soy	436.6	1826.6	19.4	11.6	0.4	43.4	213.7	55.8	0.7	50.4	10.4	150.0
Venti - Skimmed Milk	563.0	2355.5	18.8	12.9	0.3	45.4	286.6	84.9	0.0	79.5	15.7	150.0
Venti - Semi Skimmed Milk	599.5	2508.1	23.1	15.7	0.5	59.1	284.3	84.2	0.0	78.8	15.5	150.0
Venti - Soy	578.1	2418.8	22.2	13.3	0.3	40.9	301.6	81.0	0.9	73.6	14.5	150.0
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE												
COFFEE FRAPPUCCINO® (NO WHIP)												
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
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
MOCHA FRAPPUCCINO® WITH WHIPPED CREAM												
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
Venti - Soy	416.3	1741.9	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	136.0	569.1	0.0	0.0	0.0	0.9	128.5	31.8	0.1	30.6	2.0	125.0
Tall - Semi Skimmed Milk	143.3	599.6	0.9	0.6	0.0	3.7	128.1	31.7	0.1	30.4	2.0	125.0
Tall - Whole Milk	147.9	618.6	1.5	0.9	0.0	4.6	127.6	31.6	0.1	30.4	1.9	125.0
Tall - Soy	138.7	580.4	0.7	0.1	0.0	0.0	126.7	31.0	0.2	29.4	1.7	125.0
Grande - Skimmed Milk	199.9	836.3	0.1	0.0	0.0	1.3	190.7	47.0	0.1	45.5	2.8	155.0
Grande - Semi Skimmed Milk	210.4	880.3	1.3	0.8	0.0	5.3	190.1	46.8	0.1	45.3	2.7	155.0
Grande - Whole Milk	217.0	907.8	2.1	1.2	0.1	6.6	189.4	46.7	0.1	45.2	2.7	155.0
Grande - Soy	203.8	852.6	1.1	0.1	0.0	0.0	188.0	45.8	0.3	43.8	2.4	155.0
Venti - Skimmed Milk	249.7	1044.8	0.1	0.1	0.0	1.5	238.9	59.0	0.1	57.4	3.2	175.0
Venti - Semi Skimmed Milk	261.9	1095.8	1.5	1.0	0.1	6.1	238.2	58.8	0.1	57.2	3.1	175.0
Venti - Whole Milk	269.5	1127.6	2.5	1.4	0.1	7.6	237.4	58.7	0.1	57.0	3.0	175.0
Venti - Soy	254.2	1063.7	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	273.3	1143.5	8.7	5.4	0.2	33.0	168.4	45.9	0.1	44.3	3.3	65.0
Tall - Semi Skimmed Milk	285.9	1196.4	10.2	6.4	0.3	37.7	167.6	45.6	0.1	44.1	3.3	65.0
Tall - Whole Milk	293.8	1229.4	11.2	6.8	0.3	39.3	166.8	45.5	0.1	44.0	3.2	65.0

**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) **
Tall - Soy	278.0	1163.1	9.9	5.5	0.2	31.4	165.2	44.5	0.4	42.3	2.9	65.0
Grande - Skimmed Milk	374.7	1567.7	11.9	7.4	0.3	45.2	230.3	63.3	0.1	61.3	4.2	95.0
Grande - Semi Skimmed Milk	390.1	1632.3	13.7	8.6	0.4	50.9	229.3	63.0	0.1	61.0	4.1	95.0
Grande - Whole Milk	399.8	1672.6	15.0	9.2	0.4	52.9	228.3	62.9	0.1	60.9	4.0	95.0
Grande - Soy	380.4	1591.7	13.4	7.6	0.3	43.2	226.3	61.6	0.5	58.8	3.6	95.0
Venti - Skimmed Milk	427.0	1786.7	10.9	6.8	0.3	41.8	281.3	78.1	0.1	75.9	4.5	120.0
Venti - Semi Skimmed Milk	444.1	1858.2	13.0	8.1	0.4	48.2	280.2	77.8	0.1	75.6	4.5	120.0
Venti - Whole Milk	454.8	1902.9	14.3	8.8	0.4	50.4	279.2	77.6	0.1	75.5	4.4	120.0
Venti - Soy	433.4	1813.3	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	83.1	347.5	0.1	0.0	0.0	1.5	140.4	17.7	0.2	17.3	2.6	60.0
Grande - Skimmed Milk	118.2	494.6	0.1	0.1	0.0	1.9	202.2	25.6	0.3	25.0	3.4	90.0
Venti - Skimmed Milk	139.3	582.6	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	96.0	401.6	0.5	0.3	0.0	1.3	128.0	21.2	0.5	19.6	2.9	60.0
Grande - Skimmed Milk	142.8	597.5	0.8	0.5	0.0	1.7	190.9	31.9	0.8	29.4	3.9	95.0
Venti - Skimmed Milk	179.1	749.2	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	96.4	403.3	0.1	0.0	0.0	1.4	133.3	21.2	0.2	20.8	2.5	60.0
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
FRAPPUCCINO® BLENDED BEVERAGES - CRÈME												
STRAWBERRIES AND CREAM FRAPPUCCINO® WITH WHIPPED CREAM												
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
CARAMEL CREAM FRAPPUCCINO® WITH WHIPPED CREAM												
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
CHOCOLATE CREAM FRAPPUCCINO® WITH WHIPPED CREAM												
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
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
VANILLA CREAM FRAPPUCCINO® WITH WHIPPED CREAM												
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

**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) **
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
FRAPPUCCINO BLENDED JUICE DRINK												
MANGO PASSION FRUIT FRAPPUCCINO (With Passion Tea)												
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
RASPBERRY BLACKCURRENT FRAPPUCCINO (With Zen Tea)												
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
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 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.