



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
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
Blueberry Buttermilk Muffin	420	20	56	2	6
Butter Croissant	380	22	39	1	5
Butter Tart	160	9	17	0	2
Chocolate Caramel Pretzel	230	9	34	4	3
Chocolate Chip Cookie	440	21	62	2	6
Classic Glazed Old-Fashioned Doughnut	450	22	60	1	4
Double Chocolate Brownie	430	25	49	3	6
Everything with Cheese Bagel	280	2.5	56	2	10
Fruit & Grain Bar	300	11	42	4	7
Ginger Molasses Cookie	390	11	67	1	6
Lemon Poppyseed Loaf	470	22	63	2	5
Lemon Cranberry Scone	410	14	66	2	5
Lowfat Apple Cinnamon Streusel Muffin	320	3	66	2	7
Lowfat Fruit Bar	270	0.5	63	5	5
Marshmallow Dream Bar	210	4	43	0	1
Morning Bun	360	15	49	2	7
Multigrain Bagel	300	3	60	6	14
Oat Bar	360	20	43	5	6
Oat Fudge Bar	420	20	56	3	6
Oatmeal Raisin Cookie	400	15	61	4	7
Pain au Chocolate	220	12	25	1	4
Petite Vanilla Bean Scone	140	5	21	0	0
Plain Bagel	280	1	59	2	10
Pomegranate Bran Muffin	360	14	57	8	8
Reduced-Fat Banana Chocolate Chip Coffee Cake	370	10	65	4	7
Savory Cheese Croissant	340	22	24	1	8
White Chocolate Macadamia Cookie	480	26	57	1	6
Bistro Boxes					
Cheese & Fruit Bistro Box	450	28	38	6	17
Chipotle Chicken Wrap Bistro Box	290	11	24	3	25
Protein Bistro Box	360	18	35	5	15
Petites					
Birthday Cake Pop	170	9	22	0	1
Peanut Butter Mini Cupcake	180	10	21	1	3
Raspberry Truffle Cake Pop	160	8	24	1	2
Red Velvet Whoopie Pie	190	11	21	0	1
Rocky Road Cake Pop	180	9	23	1	3
Salted Caramel Sweet Square	190	11	24	1	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
Sausage, Egg & Cheddar English Muffin Sandwich	500	28	41	1	19
Spinach, Feta & Egg White Breakfast Wrap	280	10	33	6	18
Veggie & Monterey Jack Artisan Breakfast Sandwich	350	18	31	0	17
Perfect Oatmeal	120	2	21	3	4
Perfect Oatmeal Topping - Dried Fruit	100	0.4	24	2	1
Perfect Oatmeal Topping - Nut Medley	100	9	2	1	2
Perfect Oatmeal Topping - Brown Sugar	50	0	13	0	0
Sandwiches & Wraps					
Sunflower Turkey Cheddar Sandwich	480	16	49	4	26
Thai Tuna Wrap	490	15	68	3	20
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					
Nanaimo Bar	290	17	34	2	2
Chocolate Crème Whoopie Pie	190	11	22	0	1
Peppermint Brownie Cake Pop	170	8	24	0	1
Cranberry Bliss Bar	280	14	38	1	3
Holiday Gingerbread Loaf	440	14	74	1	5
Holiday Turkey Sandwich	410	10	59	7	18