

STARBUCKS®
Summer 2017
 Beverage Nutrition
 Information*

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg)**		
Caffe Misto	Short	Skimmed	156	37	0.1	0.1	5.3	5.3	0.0	3.7	0.12	5.3	5.3	0.0	75		
		Semi Skimmed	227	54	2.1	1.3	5.0	5.0	0.0	3.6	0.11	5.0	5.0	0.0	75		
		Whole	271	65	3.5	2.0	4.8	4.8	0.0	3.6	0.11	4.8	4.8	0.0	75		
		Soya	177	42	1.6	0.2	3.3	2.4	0.4	3.0	0.13	2.4	N/A	2.4	75		
		Coconut	203	48	3.2	3.0	4.7	3.4	0.4	0.0	0.15	3.4	N/A	3.4	75		
		Almond	125	30	1.3	0.1	3.8	2.8	0.3	0.6	0.09	2.8	N/A	2.8	75		
	Tall	Skimmed	234	56	0.2	0.1	7.9	7.9	0.0	5.6	0.18	7.9	7.9	0.0	115		
		Semi Skimmed	340	81	3.2	2.0	7.5	7.5	0.0	5.5	0.17	7.5	7.5	0.0	115		
		Whole	407	97	5.2	3.0	7.2	7.2	0.0	5.3	0.17	7.2	7.2	0.0	115		
		Soya	263	63	2.4	0.3	4.9	3.6	0.6	4.5	0.19	3.6	N/A	3.6	115		
		Coconut	305	73	4.8	4.5	7.1	5.1	0.6	0.0	0.22	5.1	N/A	5.1	115		
		Almond	188	45	2.0	0.2	5.8	4.1	0.5	0.8	0.14	4.1	N/A	4.1	115		
	Grande	Skimmed	304	73	0.2	0.1	10.3	10.3	0.0	7.2	0.23	10.3	10.3	0.0	150		
		Semi Skimmed	442	106	4.1	2.6	9.7	9.7	0.0	7.1	0.22	9.7	9.7	0.0	150		
		Whole	529	126	6.8	3.9	9.4	9.4	0.0	6.9	0.22	9.4	9.4	0.0	150		
		Soya	343	82	3.2	0.4	6.4	4.7	0.8	5.9	0.25	4.7	N/A	4.7	150		
		Coconut	399	95	6.3	5.8	9.3	6.7	0.7	0.0	0.29	6.7	N/A	6.7	150		
		Almond	246	59	2.6	0.2	7.6	5.4	0.6	1.1	0.18	5.4	N/A	5.4	150		
	Venti	Skimmed	385	92	0.3	0.2	13.0	13.0	0.0	9.2	0.29	13.0	13.0	0.0	195		
		Semi Skimmed	560	134	5.2	3.3	12.3	12.3	0.0	9.0	0.28	12.3	12.3	0.0	195		
		Whole	670	160	8.6	4.9	11.8	11.8	0.0	8.8	0.28	11.8	11.8	0.0	195		
		Soya	434	104	4.0	0.5	8.1	5.9	1.0	7.5	0.32	5.9	N/A	5.9	195		
		Coconut	506	120	7.9	7.4	11.8	8.5	0.9	0.0	0.36	8.5	N/A	8.5	195		
		Almond	314	75	3.3	0.3	9.7	6.8	0.8	1.4	0.22	6.8	N/A	6.8	195		
Flat White	Short	Whole	498	119	5.8	3.3	10.1	8.1	0.0	6.5	0.18	8.1	8.1	0.0	150		
Caramel Macchiato <small>(made with vanilla syrup as standard)</small>	Short	Skimmed	407	97	0.9	0.6	16.8	15.1	0.0	5.6	0.18	15.1	7.9	7.2	75		
		Semi Skimmed	510	122	3.8	2.4	16.3	14.7	0.0	5.5	0.18	14.7	7.9	6.8	75		
		Whole	574	137	5.7	3.3	16.1	14.5	0.0	5.3	0.17	14.5	7.4	7.1	75		
		Soya	433	104	3.0	0.8	13.9	11.0	0.6	4.5	0.19	11.0	N/A	11.0	75		
		Coconut	518	124	6.2	5.4	16.0	14.0	0.6	0.0	0.18	14.0	N/A	14.0	75		
		Almond	359	86	2.9	0.7	13.9	12.2	0.5	0.8	0.18	12.2	N/A	12.2	75		
	Tall	Skimmed	689	165	1.0	0.6	28.7	25.9	0.6	10.2	0.31	25.9	10.2	15.7	150		
		Semi Skimmed	875	209	6.3	3.3	28.2	25.5	0.0	10.0	0.35	25.5	10.2	15.3	150		
		Whole	1003	240	9.8	5.7	28.2	25.5	0.0	9.6	0.32	25.5	9.6	15.9	150		
		Soya	700	167	4.6	1.0	23.0	18.2	0.9	7.5	0.26	18.2	N/A	18.2	150		
		Coconut	761	183	8.1	7.3	26.0	22.0	0.9	0.7	0.28	22.0	N/A	22.0	150		
		Almond	514	123	3.5	0.8	21.4	18.3	0.7	1.1	0.22	18.3	N/A	18.3	150		
	Grande	Skimmed	807	193	1.1	0.7	34.9	31.9	0.0	10.7	0.34	31.9	10.2	21.7	150		
		Semi Skimmed	1004	240	6.7	4.3	34.0	31.0	0.0	10.5	0.33	31.0	15.4	15.6	150		
		Whole	1127	269	10.5	6.0	33.6	30.6	0.0	10.3	0.32	30.6	14.4	16.2	150		
		Soya	864	207	5.3	1.1	29.4	23.9	1.1	8.8	0.37	23.9	N/A	23.9	150		
		Coconut	1041	250	11.0	10.0	35.0	31.0	1.1	0.7	0.35	31.0	N/A	31.0	150		
		Almond	720	172	5.0	1.0	29.8	26.3	1.0	1.6	0.31	26.3	N/A	26.3	150		
	Venti	Skimmed	1093	261	1.2	0.8	47.0	42.8	0.0	15.4	0.47	42.8	18.1	24.7	225		
		Semi Skimmed	1377	329	9.3	4.8	46.3	42.1	0.0	15.1	0.53	42.1	18.1	24.0	225		
		Whole	1571	376	14.6	8.5	46.3	42.1	0.0	14.5	0.48	42.1	17.0	25.1	225		
		Soya	1170	280	7.4	1.4	39.0	31.6	1.6	12.5	0.41	31.6	N/A	31.6	225		
		Coconut	1284	308	13.0	12.0	44.0	38.0	1.6	1.1	0.40	38.0	N/A	38.0	225		
		Almond	883	211	5.7	1.0	37.4	32.6	1.2	1.9	0.36	32.6	N/A	32.6	225		
	MOCHA & HOT CHOCOLATE																
	Caffe Mocha <small>(served with whipped cream)</small>	Short	Skimmed	785	187	6.9	3.9	23.7	18.8	1.4	6.8	0.20	18.8	8.6	10.2	90	
			Semi Skimmed	883	210	9.5	5.5	23.7	18.8	1.4	6.8	0.19	18.8	8.6	10.2	90	
			Whole	988	235	12.6	7.6	23.2	18.3	1.4	6.7	0.19	18.3	8.1	10.2	90	
			Soya	821	195	9.8	4.4	20.6	15.8	1.9	5.2	0.15	15.8	N/A	15.8	90	
			Coconut	825	196	11.4	8.3	21.1	15.8	1.9	1.3	0.23	15.8	N/A	15.8	90	
Almond			712	170	8.7	4.1	19.8	14.8	1.9	2.2	0.15	14.8	N/A	14.8	90		
Tall		Skimmed	1098	262	8.5	4.8	35.2	27.5	2.1	9.9	0.28	27.5	12.3	15.2	170		
		Semi Skimmed	1041	248	10.6	6.2	30.3	22.6	2.1	6.6	0.17	22.6	7.4	15.2	170		
		Whole	1130	269	13.2	8.0	29.9	22.2	2.1	6.5	0.17	22.2	7.0	15.2	170		
		Soya	989	235	10.9	5.3	27.8	20.0	2.6	5.3	0.13	20.0	N/A	20.0	170		
		Coconut	992	236	12.3	8.5	28.2	20.0	2.6	2.0	0.20	20.0	N/A	20.0	170		
		Almond	897	214	10.0	5.0	27.1	19.2	2.5	2.7	0.13	19.2	N/A	19.2	170		
Grande		Skimmed	1421	338	10.2	5.8	46.5	37.1	2.8	13.7	0.39	37.1	16.9	20.2	175		
		Semi Skimmed	1617	385	15.4	9.0	46.5	37.1	2.8	13.7	0.38	37.1	16.9	20.2	175		
		Whole	1828	435	21.6	13.2	45.5	36.1	2.8	13.3	0.38	36.1	15.9	20.2	175		
		Soya	1493	355	16.1	6.8	40.4	30.9	3.9	10.4	0.29	30.9	N/A	30.9	175		
		Coconut	1501	357	19.3	14.5	41.3	30.9	3.9	2.7	0.45	30.9	N/A	30.9	175		
		Almond	1276	304	13.8	6.1	38.7	29.0	3.8	4.3	0.29	29.0	N/A	29.0	175		
Venti		Skimmed	1698	404	10.8	6.1	58.0	45.8	3.5	16.9	0.47	45.8	20.7	25.1	255		
		Semi Skimmed	1940	462	17.2	10.1	58.0	45.8	3.5	16.9	0.46	45.8	20.7	25.1	255		
		Whole	2201	524	24.8	15.4	56.8	44.6	3.5	16.5	0.46	44.6	19.5	25.1	255		
		Soya	1787	425	18.0	7.3	50.4	38.2	4.8	12.9	0.35	38.2	N/A	38.2	225		
		Coconut	1797	428	22.0	17.0	51.6	38.2	4.8	3.3	0.55	38.2	N/A	38.2	225		
		Almond	1518	361	15.2	6.5	48.4	35.8	4.7	5.3	0.35	35.8	N/A	35.8	225		

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			kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg)**
TEA															
English Breakfast Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Earl Grey Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Hibiscus Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Emperor's Clouds & Mist Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Mint Citrus Green Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Mint Blend Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Youthberry Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Jasmine Pearls Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Chamomile Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Chai Tea Latte	Short	Skimmed	431	103	0.1	0.1	22.3	21.2	0.1	3.9	0.12	21.2	5.5	15.7	50
		Semi Skimmed	497	119	2.0	1.3	22.0	20.9	0.1	3.8	0.12	20.9	5.5	15.4	50
		Whole	539	129	3.3	1.9	21.9	20.7	0.1	3.7	0.12	20.7	5.2	15.5	50
		Soya	452	108	1.6	0.2	20.4	18.3	0.5	3.2	0.14	18.3	N/A	18.3	50
		Coconut	407	96	2.8	2.6	17.0	16.0	0.5	0.0	0.13	16.0	N/A	16.0	50
	Tall	Almond	387	92	1.4	0.1	19.1	19.0	0.3	0.6	0.10	19.0	N/A	19.0	50
		Skimmed	646	154	0.2	0.1	33.5	31.7	0.1	5.8	0.19	31.7	8.4	23.3	75
		Semi Skimmed	747	179	3.0	1.9	33.0	31.3	0.1	5.7	0.18	31.3	8.4	22.9	75
		Whole	810	194	5.0	2.8	32.8	31.0	0.1	5.5	0.18	31.0	7.9	23.1	75
		Soya	676	162	2.4	0.3	30.5	27.4	0.7	4.7	0.20	27.4	N/A	27.4	75
	Grande	Coconut	604	143	4.2	3.9	26.0	24.0	0.7	0.6	0.18	24.0	N/A	24.0	75
		Almond	582	139	2.1	0.2	28.7	28.5	0.5	0.9	0.15	28.6	N/A	28.5	75
		Skimmed	854	204	0.2	0.1	44.4	42.0	0.2	7.5	0.24	42.0	8.4	33.6	100
		Semi Skimmed	986	236	4.0	2.5	43.8	41.5	0.2	7.4	0.24	41.5	11.0	30.5	100
		Whole	1068	255	6.5	3.7	43.5	41.2	0.2	7.2	0.23	41.2	10.3	30.9	100
	Venti	Soya	893	213	3.2	0.4	40.5	36.4	1.0	6.2	0.26	36.4	N/A	36.4	100
		Coconut	814	192	5.5	5.1	35.0	33.0	1.0	0.8	0.24	33.0	N/A	33.0	100
		Almond	771	183	2.8	0.2	38.2	37.9	0.7	1.2	0.20	37.9	N/A	37.9	100
		Skimmed	1072	256	0.3	0.2	55.6	52.7	0.2	9.5	0.31	52.7	14.0	38.7	120
		Semi Skimmed	1241	297	5.0	3.2	54.9	52.0	0.2	9.3	0.30	52.0	14.0	38.0	120
	Whole	1346	322	8.3	4.7	54.5	51.6	0.2	9.1	0.29	51.6	13.2	38.4	120	
	Soya	1122	268	4.0	0.5	50.7	45.6	1.2	7.8	0.33	45.6	N/A	45.6	120	
	Coconut	1009	239	6.9	6.4	43.0	40.0	1.2	0.9	0.30	40.0	N/A	40.0	120	
	Almond	966	230	3.5	0.3	47.8	47.5	0.9	1.5	0.25	47.5	N/A	47.5	120	

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Green Tea Latte	Short	Skimmed	348	83	0.2	0.0	14.4	13.8	0.0	5.7	0.19	13.8	8.5	5.3	30
		Semi Skimmed	450	107	2.9	1.7	14.4	13.8	0.0	5.7	0.18	13.8	8.5	5.3	30
		Whole	560	133	6.1	3.9	13.9	13.3	0.0	5.6	0.18	13.3	7.9	5.3	30
		Soya	385	92	3.3	0.5	11.2	10.6	0.6	4.1	0.14	10.6	5.2	10.6	30
		Coconut	389	93	5.0	4.6	11.7	10.6	0.6	0.0	0.22	10.6	N/A	10.6	30
	Tall	Almond	272	65	2.1	0.2	10.4	9.6	0.5	0.8	0.14	9.6	N/A	9.6	30
		Skimmed	597	142	0.4	0.0	25.5	24.2	0.0	9.2	0.30	24.2	N/A	10.7	55
		Semi Skimmed	760	181	4.7	2.7	25.5	24.2	0.0	9.2	0.30	24.2	13.5	10.7	55
		Whole	936	223	9.8	6.2	24.7	23.4	0.0	8.9	0.30	23.4	12.7	10.7	55
		Soya	656	156	5.2	0.8	20.3	19.0	0.9	6.5	0.22	19.0	N/A	19.0	55
	Grande	Coconut	663	158	7.9	7.3	21.1	19.0	0.9	0.0	0.36	19.0	N/A	19.0	55
		Almond	475	113	3.4	0.3	19.0	17.4	0.8	1.4	0.22	17.4	N/A	17.4	55
		Skimmed	798	190	0.5	0.0	34.8	32.9	0.0	11.5	0.38	32.9	16.9	16.0	80
		Semi Skimmed	1002	239	5.9	3.4	34.8	32.9	0.0	11.5	0.37	32.9	16.9	16.0	80
		Whole	1222	291	12.3	7.8	33.8	31.9	0.0	11.2	0.37	31.9	15.9	16.0	80
	Venti	Soya	873	208	6.6	1.0	28.4	26.5	1.1	8.1	0.28	26.5	N/A	26.5	80
		Coconut	881	210	10.0	9.1	29.4	26.5	1.1	0.0	0.45	26.5	N/A	26.5	80
		Almond	646	154	4.2	0.3	26.7	24.4	1.0	1.7	0.28	24.4	N/A	24.4	80
		Skimmed	1056	251	0.7	0.0	46.2	43.6	0.0	15.1	0.50	43.6	22.3	21.3	110
		Semi Skimmed	1325	315	7.8	4.5	46.2	43.6	0.0	15.1	0.49	43.6	22.3	21.3	110
	Whole	1614	384	16.3	10.2	44.8	42.2	0.0	14.7	0.49	42.2	20.9	21.3	110	
	Soya	1154	275	8.7	1.3	37.7	35.1	1.5	10.7	0.36	35.1	N/A	35.1	110	
	Coconut	1165	277	13.1	12.0	39.1	35.1	1.5	0.0	0.59	35.1	N/A	35.1	110	
	Almond	856	204	5.6	0.4	35.5	32.4	1.3	2.2	0.36	32.5	N/A	32.5	110	

STEAMED MILK

Steamed Milk	Short	Skimmed	265	63	0.2	0.0	9.2	9.2	0.0	6.2	0.20	9.2	9.2	0.0	0
		Semi Skimmed	376	89	3.1	1.8	9.2	9.2	0.0	6.2	0.20	9.2	9.2	0.0	0
		Whole	495	118	6.6	4.2	8.6	8.6	0.0	6.0	0.20	8.6	8.6	0.0	0
		Soya	306	73	3.5	0.5	5.7	5.7	0.6	4.4	0.15	5.7	N/A	5.7	0
		Coconut	310	74	5.3	4.9	6.2	5.7	0.6	0.0	0.24	5.7	N/A	5.7	0
	Tall	Almond	183	44	2.2	0.2	4.8	4.6	0.5	0.9	0.15	4.6	N/A	4.6	0
		Skimmed	413	98	0.3	0.0	14.3	14.3	0.0	9.7	0.32	14.3	14.3	0.0	0
		Semi Skimmed	585	139	4.8	2.9	14.3	14.3	0.0	9.7	0.31	14.3	14.3	0.0	0
		Whole	771	184	10.3	6.6	13.4	13.4	0.0	9.4	0.31	13.4	13.4	0.0	0
		Soya	476	113	5.4	0.9	8.8	8.8	1.0	6.8	0.23	8.8	N/A	8.8	0
	Grande	Coconut	483	115	8.3	7.7	9.7	8.8	1.0	0.0	0.38	8.8	N/A	8.8	0
		Almond	285	68	3.4	0.3	7.4	7.1	0.9	1.4	0.23	7.1	N/A	7.1	0
		Skimmed	540	129	0.4	0.0	18.7	18.7	0.0	12.7	0.42	18.7	18.7	0.0	0
		Semi Skimmed	766	182	6.3	3.7	18.7	18.7	0.0	12.7	0.41	18.7	18.7	0.0	0
		Whole	1009	240	13.4	8.6	17.5	17.5	0.0	12.3	0.41	17.5	17.5	0.0	0
	Venti	Soya	623	148	7.1	1.1	11.6	11.6	1.3	9.0	0.30	11.6	N/A	11.6	0
		Coconut	633	151	10.8	10.1	12.7	11.6	1.3	0.0	0.49	11.6	N/A	11.6	0
		Almond	373	89	4.5	0.4	9.7	9.3	1.1	1.9	0.30	9.3	N/A	9.3	0
		Skimmed	685	163	0.5	0.0	23.7	23.7	0.0	16.1	0.53	23.7	23.7	0.0	0
		Semi Skimmed	971	231	8.0	4.7	23.7	23.7	0.0	16.1	0.52	23.7	23.7	0.0	0
	Whole	1279	305	17.0	10.9	22.2	22.2	0.0	15.6	0.52	22.2	22.2	0.0	0	
	Soya	790	188	9.0	1.4	14.7	14.7	1.6	11.4	0.38	14.7	N/A	14.7	0	
	Coconut	802	191	13.7	12.8	16.1	14.7	1.6	0.0	0.62	14.7	N/A	14.7	0	
	Almond	473	113	5.7	0.5	12.3	11.8	1.4	2.4	0.38	11.8	N/A	11.8	0	

STARBUCKS
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Beverage

Available Size

Milk Type

kJ

kcal

Fat (g)

of which Saturates (g)

Carbohydrates (g)

Total Sugars (g)

Fibre (g)

Protein (g)

Salt (g)

Total Sugars (g)

Natural Sugar (g) from dairy
option

Added sugar (g)

Caffeine (mg)**

TOPPINGS

Whipped Cream Topping (No Sprinkles or Drizzle)	Hot Short (16g)		218	52	5.1	3.2	1.0	1.0	0.0	0.3	0.01	1.0	0.5	0.5	0
	Hot Tall (19g)		259	62	6.1	3.8	2.0	1.0	0.0	0.3	0.02	1.0	0.6	0.4	0
	Hot Grande & Venti (22g)		301	72	7.0	4.4	2.0	2.0	0.0	0.4	0.02	2.0	0.7	1.3	0
	Cold Tall (25g)		339	81	8.0	5.0	2.0	2.0	0.0	0.4	0.02	2.0	0.7	1.3	0
	Cold Grande (35g)		477	114	11.2	7.0	3.0	2.0	0.0	0.6	0.03	2.0	1.0	1.0	0
	Cold Venti (32g)		435	104	10.2	6.4	3.0	2.0	0.0	0.6	0.03	2.0	1.0	1.0	0
Flavoured Syrup	1 Pump (1/4 fl oz - 10 g)		84	20	0.0	0.0	5.0	4.9	0.0	0.0	0.00	4.9	N/A	4.9	0
	2 Pumps (1/2 fl oz - 20 g)		169	40	0.0	0.0	10.1	9.7	0.0	0.0	0.00	9.7	N/A	9.7	0
	3 Pumps (3/4 fl oz - 30 g)		253	60	0.0	0.0	15.1	14.6	0.0	0.0	0.00	14.6	N/A	14.6	0
	4 Pumps (1 fl oz - 40 g)		337	81	0.0	0.0	20.1	19.5	0.0	0.0	0.00	19.5	N/A	19.5	0
Flavoured Sugar Free Syrup	1 Pump (1/4 fl oz - 10 g)		3	1	0.0	0.0	0.1	0.0	0.0	0.0	0.01	0.0	N/A	0.0	0
	2 Pumps (1/2 fl oz - 20 g)		5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.01	0.0	N/A	0.0	0
	3 Pumps (3/4 fl oz - 30 g)		8	2	0.0	0.0	0.4	0.0	0.1	0.0	0.02	0.0	N/A	0.0	0
	4 Pumps (1 fl oz - 40 g)		11	2	0.0	0.0	0.6	0.0	0.1	0.0	0.02	0.0	N/A	0.0	0
Bar Mocha Syrup	1 Pump (1/2 fl oz - 17 g)		111	26	0.6	0.1	6.4	4.8	1.0	0.6	0.00	4.8	N/A	4.8	6
	2 Pumps (1 fl oz - 34 g)		222	53	1.1	0.2	12.8	9.6	2.0	1.3	0.00	9.6	N/A	9.6	15
	3 Pumps (1 1/2 fl oz - 51 g)		332	79	1.7	0.3	19.1	14.4	3.0	1.9	0.00	14.4	N/A	14.4	20
	4 Pumps (2 fl oz - 68 g)		443	106	2.3	0.4	25.5	19.2	3.9	2.5	0.01	19.2	N/A	19.2	25
	5 Pumps (2 1/2 fl oz - 85 g)		554	132	2.8	0.5	31.9	23.9	4.9	3.1	0.01	23.9	N/A	23.9	30
Chocolate Topping	4g		25	6	0.1	0.0	1.5	1.0	0.1	0.1	0.00	1.0	Trace	1.0	2
Caramel Topping	4g		62	15	0.6	0.3	2.5	2.1	0.0	0.0	0.01	2.1	Trace	2.1	0
Sprinkle Topping	1g		16	4	0.0	0.0	1.0	0.9	0.0	0.0	0.01	0.9	Trace	0.9	0

STARBUCKS®
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 Beverage Nutrition
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Beverage

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg)**
Iced Chai Tea Latte	Tall	Skimmed	649	154	0.2	0.0	32.5	32.5	0.0	5.7	0.20	32.5	9.9	22.6	75
		Semi Skimmed	750	179	2.9	1.7	32.5	32.5	0.0	5.7	0.19	32.5	9.9	22.6	75
		Whole	859	205	6.0	3.9	32.0	32.0	0.0	5.5	0.19	32.0	9.3	22.7	75
		Soya	686	163	3.2	0.5	29.3	29.3	0.6	4.0	0.15	29.3	N/A	29.3	75
		Coconut	690	164	4.9	4.5	29.8	29.3	0.6	0.0	0.23	29.3	N/A	29.3	75
		Almond	573	136	2.0	0.2	28.5	28.3	0.5	0.8	0.15	28.3	N/A	28.3	75
	Grande	Skimmed	858	204	0.2	0.0	43.1	43.1	0.0	7.5	0.26	43.1	13.4	29.7	100
		Semi Skimmed	991	236	3.7	2.2	43.1	43.1	0.0	7.5	0.25	43.1	13.4	29.7	100
		Whole	1133	270	7.9	5.0	42.5	42.5	0.0	7.2	0.25	42.5	12.6	29.9	100
		Soya	907	216	4.2	0.7	39.0	39.0	0.7	5.3	0.19	39.0	N/A	39.0	100
		Coconut	912	217	6.4	5.9	39.6	39.0	0.7	0.0	0.30	39.0	N/A	39.0	100
		Almond	760	181	2.6	0.2	37.9	37.7	0.7	1.1	0.19	37.7	N/A	37.7	100
	Venti	Skimmed	1081	257	0.3	0.0	54.2	54.2	0.0	9.5	0.33	54.2	14.6	39.6	120
		Semi Skimmed	1250	298	4.8	2.8	54.2	54.2	0.0	9.5	0.32	54.2	14.6	39.6	120
		Whole	1433	341	10.1	6.4	53.4	53.4	0.0	9.2	0.32	53.4	13.7	39.7	120
		Soya	1143	272	5.3	0.8	48.9	48.9	0.9	6.7	0.24	48.9	N/A	48.9	120
		Coconut	1150	274	8.1	7.6	49.7	48.9	0.9	0.0	0.38	48.9	N/A	48.9	120
		Almond	955	227	3.4	0.3	47.5	47.2	0.8	1.4	0.24	47.2	N/A	47.2	120

FRAPPUCCINO® BLENDED BEVERAGES | COFFEE

Coffee Frappuccino® (no whipped cream)	Mini	Skimmed	496	118	0.1	0.0	27.2	26.0	0.0	2.2	0.32	26.0	3.2	22.8	58
		Semi Skimmed	535	127	1.1	0.6	27.2	26.0	0.0	2.2	0.32	26.0	3.2	22.8	58
		Whole	576	137	2.3	1.5	27.0	25.8	0.0	2.1	0.32	25.8	3.0	22.8	58
		Soya	510	121	1.2	0.2	26.0	24.8	0.3	1.5	0.30	24.8	N/A	24.8	58
		Coconut	512	122	1.9	1.7	26.2	24.8	0.3	0.0	0.34	24.8	N/A	24.8	58
		Almond	467	111	0.8	0.1	25.6	24.4	0.2	0.3	0.30	24.4	N/A	24.4	58
	Tall	Skimmed	613	146	0.1	0.0	33.6	32.1	0.0	2.7	0.40	32.1	4.0	28.1	73
		Semi Skimmed	661	157	1.4	0.8	33.6	32.1	0.0	2.7	0.40	32.1	4.0	28.1	73
		Whole	713	170	2.9	1.8	33.3	31.8	0.0	2.6	0.40	31.8	3.8	28.1	73
		Soya	631	150	1.5	0.2	32.0	30.6	0.3	1.9	0.37	30.6	N/A	30.6	73
		Coconut	633	151	2.3	2.2	32.3	30.6	0.3	0.0	0.41	30.6	N/A	30.6	73
		Almond	577	137	1.0	0.1	31.6	30.1	0.3	0.4	0.37	30.1	N/A	30.1	73
	Grande	Skimmed	844	201	0.1	0.0	46.7	44.6	0.1	3.3	0.55	44.6	4.9	39.7	104
		Semi Skimmed	903	215	1.6	1.0	46.7	44.6	0.1	3.3	0.54	44.6	4.9	39.7	104
		Whole	966	230	3.5	2.2	46.4	44.3	0.1	3.2	0.54	44.3	4.6	39.7	104
		Soya	866	206	1.8	0.3	44.9	42.7	0.4	2.3	0.52	42.7	N/A	42.7	104
		Coconut	868	207	2.8	2.6	45.2	42.7	0.4	0.0	0.57	42.7	N/A	42.7	104
		Almond	801	191	1.2	0.1	44.4	42.2	0.4	0.5	0.52	42.2	N/A	42.2	104
Venti	Skimmed	1045	249	0.1	0.0	58.3	55.6	0.1	3.6	0.67	55.6	5.3	50.3	131	
	Semi Skimmed	1109	264	1.8	1.1	58.3	55.6	0.1	3.6	0.67	55.6	5.3	50.3	131	
	Whole	1178	280	3.8	2.4	58.0	55.3	0.1	3.5	0.67	55.3	5.0	50.3	131	
	Soya	1068	254	2.0	0.3	56.3	53.6	0.4	2.5	0.64	53.6	N/A	53.6	131	
	Coconut	1071	255	3.1	2.9	56.6	53.6	0.4	0.0	0.69	53.6	N/A	53.6	131	
	Almond	997	237	1.3	0.1	55.8	53.0	0.4	0.5	0.64	53.0	N/A	53.0	131	
Mocha Frappuccino® (with whipped cream)	Mini	Skimmed	903	215	7.6	4.3	33.8	30.8	0.6	2.7	0.34	30.8	3.8	27.0	59
		Semi Skimmed	941	224	8.6	4.9	33.8	30.8	0.6	2.7	0.34	30.8	3.8	27.0	59
		Whole	983	234	9.8	5.7	33.6	30.6	0.6	2.6	0.34	30.6	3.6	27.0	59
		Soya	917	218	8.7	4.5	32.5	29.6	0.8	2.1	0.32	29.6	N/A	29.6	59
		Coconut	918	219	9.3	6.0	32.7	29.6	0.8	0.5	0.35	29.6	N/A	29.6	59
		Almond	874	208	8.3	4.3	32.2	29.2	0.8	0.8	0.32	29.2	N/A	29.2	59
	Tall	Skimmed	1119	267	9.4	5.3	41.7	38.0	0.7	3.4	0.42	38.0	4.7	33.3	74
		Semi Skimmed	1168	278	10.7	6.1	41.7	38.0	0.7	3.4	0.42	38.0	4.7	33.3	74
		Whole	1220	290	12.2	7.2	41.4	37.8	0.7	3.3	0.42	37.8	4.5	33.3	74
		Soya	1137	271	10.9	5.6	40.2	36.5	1.0	2.6	0.40	36.5	N/A	36.5	74
		Coconut	1139	271	11.7	7.5	40.4	36.5	1.0	0.7	0.44	36.5	N/A	36.5	74
		Almond	1083	258	10.3	5.4	39.8	36.0	0.9	1.1	0.40	36.0	N/A	36.0	74
	Grande	Skimmed	1558	371	13.2	7.5	58.3	53.1	1.0	4.2	0.58	53.1	5.9	47.2	107
		Semi Skimmed	1617	385	14.8	8.4	58.3	53.1	1.0	4.2	0.57	53.1	5.9	47.2	107
		Whole	1680	400	16.6	9.7	58.0	52.8	1.0	4.1	0.57	52.8	5.6	47.2	107
		Soya	1580	376	15.0	7.8	56.5	51.2	1.3	3.3	0.55	51.2	N/A	51.2	107
		Coconut	1582	377	15.9	10.1	56.8	51.2	1.3	0.9	0.59	51.2	N/A	51.2	107
		Almond	1515	361	14.3	7.6	56.0	50.6	1.3	1.4	0.55	50.7	N/A	50.6	107

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Beverage

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Espresso Frappuccino® (no whipped cream)	Mini	Skimmed	406	97	0.1	0.0	22.2	20.6	0.0	1.8	0.26	20.6	2.6	18.0	85
		Semi Skimmed	437	104	0.9	0.5	22.2	20.6	0.0	1.8	0.26	20.6	2.6	18.0	85
		Whole	471	112	1.9	1.2	22.1	20.5	0.0	1.7	0.26	20.5	2.4	18.0	85
		Soya	417	99	1.0	0.2	21.3	19.6	0.2	1.2	0.24	19.6	0.0	19.6	85
		Coconut	419	100	1.5	1.4	21.4	19.6	0.2	0.0	0.27	19.6	0.0	19.6	85
	Tall	Almond	382	91	0.6	0.1	21.0	19.3	0.2	0.3	0.24	19.3	0.0	19.3	85
		Skimmed	509	121	0.0	0.0	28.6	27.2	0.0	1.6	0.33	27.2	4.7	22.5	125
		Semi Skimmed	537	128	0.8	0.5	28.6	27.2	0.0	1.6	0.32	27.2	4.7	22.5	125
		Whole	567	135	1.7	1.1	28.5	27.1	0.0	1.5	0.32	27.1	4.5	22.6	125
		Soya	519	124	0.9	0.1	27.8	26.3	0.2	1.1	0.31	26.3	N/A	26.3	125
	Grande	Coconut	521	124	1.3	1.2	27.9	26.3	0.2	0.0	0.34	26.3	N/A	26.3	125
		Almond	489	116	0.6	0.0	27.5	26.0	0.2	0.2	0.31	26.1	N/A	26.0	125
		Skimmed	763	182	0.1	0.0	43.0	40.9	0.1	2.2	0.49	40.9	5.9	35.1	155
		Semi Skimmed	803	191	1.1	0.7	43.0	40.9	0.1	2.2	0.49	40.9	5.9	35.1	155
		Whole	846	201	2.4	1.5	42.8	40.7	0.1	2.2	0.49	40.7	5.6	35.2	155
	Venti	Soya	778	185	1.3	0.2	41.7	39.7	0.3	1.6	0.47	39.7	N/A	39.7	155
		Coconut	779	186	1.9	1.8	41.9	39.7	0.3	0.0	0.50	39.7	N/A	39.7	155
		Almond	734	175	0.8	0.1	41.4	39.3	0.3	0.3	0.47	39.3	N/A	39.3	155
		Skimmed	956	228	0.1	0.0	54.1	51.5	0.1	2.6	0.61	51.5	6.3	45.2	175
		Semi Skimmed	1002	239	1.3	0.8	54.1	51.5	0.1	2.6	0.61	51.5	6.3	45.2	175
Java Chip Frappuccino® (with whipped cream)	Mini	Whole	1051	250	2.7	1.7	53.9	51.2	0.1	2.5	0.61	51.3	6.0	45.3	175
		Soya	973	232	1.4	0.2	52.7	50.0	0.3	1.8	0.59	50.0	N/A	50.0	175
		Coconut	975	232	2.2	2.1	52.9	50.0	0.3	0.0	0.63	50.0	N/A	50.0	175
		Almond	922	219	0.9	0.1	52.3	49.6	0.3	0.4	0.59	49.6	N/A	49.6	175
		Skimmed	951	226	9.5	4.3	32.5	29.5	0.6	2.4	0.31	29.5	3.1	26.4	42
Tall	Semi Skimmed	982	234	10.4	4.8	32.5	29.5	0.6	2.4	0.31	29.5	3.1	26.4	42	
	Whole	1016	242	11.3	5.5	32.3	29.4	0.6	2.3	0.31	29.4	3.0	26.4	42	
	Soya	962	229	10.5	4.5	31.5	28.5	0.8	1.9	0.30	28.5	0.5	28.0	42	
	Coconut	964	229	11.0	5.7	31.7	28.5	0.8	0.6	0.32	28.5	0.5	28.0	42	
	Almond	928	221	10.1	4.4	31.2	28.2	0.8	0.9	0.30	28.2	0.5	27.7	42	
	Skimmed	1301	310	12.4	5.4	45.9	41.2	0.8	3.3	0.46	41.2	3.8	37.5	71	
	Semi Skimmed	1346	320	13.6	6.1	45.9	41.2	0.8	3.3	0.45	41.2	3.8	37.5	71	
	Whole	1395	332	15.0	7.1	45.7	41.0	0.8	3.2	0.45	41.0	3.6	37.5	71	
	Soya	1317	314	13.7	5.6	44.5	39.8	1.0	2.5	0.43	39.8	N/A	39.8	71	
	Coconut	1319	314	14.5	7.4	44.7	39.8	1.0	0.7	0.47	39.8	N/A	39.8	71	
Grande	Almond	1076	256	10.3	5.5	39.1	35.1	1.0	1.1	0.37	35.2	N/A	35.1	71	
	Skimmed	1803	429	17.1	7.5	64.1	57.5	1.1	4.1	0.62	57.5	4.1	53.4	101	
	Semi Skimmed	1858	442	18.6	8.4	64.1	57.5	1.1	4.1	0.62	57.5	4.8	52.7	101	
	Whole	1918	457	20.3	9.6	63.8	57.2	1.1	4.0	0.62	57.2	4.5	52.7	101	
	Soya	1824	434	18.8	7.8	62.4	55.8	1.4	3.2	0.60	55.8	N/A	55.8	101	
Caramel Frappuccino® (with whipped cream)	Mini	Coconut	1826	435	19.7	10.0	62.6	55.8	1.4	1.0	0.64	55.8	N/A	55.8	101
		Almond	1488	354	14.3	7.6	54.3	48.9	1.3	1.5	0.52	48.9	N/A	48.9	101
		Skimmed	1039	247	7.5	4.2	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
		Semi Skimmed	1077	256	8.5	4.8	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
		Whole	1119	266	9.7	5.7	42.6	40.2	0.0	2.0	0.36	40.2	3.0	37.2	75
Tall	Soya	1053	250	8.6	4.4	41.6	39.2	0.0	2.0	0.34	39.2	N/A	39.2	75	
	Coconut	1054	251	9.3	5.9	41.8	39.2	0.0	0.0	0.32	39.2	N/A	39.2	75	
	Almond	975	218	8.5	4.5	34.9	32.7	0.2	0.3	0.35	32.7	N/A	32.7	58	
	Skimmed	1098	262	8.7	5.4	43.1	41.1	0.1	3.3	0.42	41.1	5.0	36.1	65	
	Semi Skimmed	1151	275	10.2	6.4	42.9	40.9	0.1	3.3	0.42	40.9	5.0	35.9	65	
Grande	Whole	1184	280	11.2	6.8	42.8	40.7	0.1	3.2	0.42	40.7	4.7	36.0	65	
	Soya	1118	267	9.9	5.5	41.7	39.1	0.4	2.9	0.41	39.1	N/A	39.1	65	
	Coconut	1169	278	10.2	7.9	44.9	42.2	0.1	0.7	0.35	42.2	N/A	42.2	65	
	Almond	1149	274	10.6	5.6	44.0	41.2	0.3	0.4	0.46	41.2	N/A	41.2	73	
	Skimmed	1500	358	11.9	7.4	59.2	56.4	0.1	4.2	0.58	56.4	5.3	51.1	95	
Venti	Semi Skimmed	1564	374	13.7	8.6	58.9	56.2	0.1	4.1	0.57	56.2	6.5	49.7	95	
	Whole	1604	379	15.0	9.2	58.8	56.0	0.1	4.0	0.57	56.0	6.2	56.0	95	
	Soya	1524	364	13.4	7.6	57.5	53.9	0.5	3.6	0.57	53.9	N/A	53.9	95	
	Coconut	1567	373	11.7	9.1	64.8	61.0	0.1	0.9	0.51	61.0	N/A	56.6	95	
	Almond	1594	380	14.3	7.6	62.0	58.1	0.4	0.5	0.63	58.1	N/A	58.1	95	

STARBUCKS
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Beverage Nutrition
Information*

Beverage	Available Size	Milk Type										Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg)**
			kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)				
White Chocolate Cream Frappuccino®	Mini	Skimmed	757	180	8.1	4.0	23.9	23.7	0.0	3.0	0.32	23.7	4.0	19.7	0
		Semi Skimmed	799	190	9.2	4.7	23.9	23.7	0.0	3.0	0.32	23.7	4.0	19.7	0
		Whole	843	201	10.5	5.6	23.7	23.5	0.0	2.9	0.32	23.5	3.8	19.7	0
		Soya	772	184	9.3	4.2	22.6	22.4	0.3	2.3	0.30	22.4	0.5	21.9	0
		Coconut	774	184	10.0	5.9	22.8	22.4	0.3	0.7	0.34	22.4	0.5	21.9	0
	Tall	Almond	726	173	8.8	4.1	22.2	22.0	0.2	1.0	0.30	22.0	0.5	21.4	0
		Skimmed	1075	256	10.4	5.0	36.0	35.8	0.0	4.6	0.49	35.8	5.9	29.9	0
		Semi Skimmed	1139	271	12.0	6.0	36.0	35.8	0.0	4.6	0.48	35.8	5.9	29.9	0
		Whole	1207	287	14.0	7.4	35.7	35.5	0.0	4.5	0.48	35.5	5.6	29.9	0
		Soya	1098	262	12.3	5.3	34.1	33.8	0.4	3.6	0.46	33.8	0.7	33.1	0
	Grande	Coconut	1101	262	13.3	7.8	34.4	33.8	0.4	1.0	0.51	33.8	0.7	33.1	0
		Almond	1028	245	11.5	5.1	33.5	33.2	0.4	1.6	0.46	33.2	0.7	32.5	0
		Skimmed	1470	350	14.5	7.0	49.1	48.7	0.1	5.8	0.66	48.7	7.4	41.3	0
		Semi Skimmed	1548	369	16.5	8.3	49.1	48.7	0.1	5.8	0.65	48.7	7.4	41.3	0
		Whole	1632	389	19.0	10.0	48.7	48.3	0.1	5.7	0.65	48.3	7.0	41.3	0

FRAPPUCCINO® BLENDED JUICE DRINK														
Mango Passionfruit Frappuccino® (with passion tea)	Mini	353	84	0.3	0.0	19.3	18.5	0.0	1.0	0.21	18.5	0.0	18.5	0
	Tall	626	157	0.2	0.0	36.2	35.1	1.0	0.6	0.26	35.1	0.0	35.1	0
	Grande	751	191	0.3	0.0	43.5	42.0	1.3	0.8	0.32	42.0	0.0	42.0	0
	Venti	892	229	0.3	0.1	51.6	49.8	1.5	0.9	0.38	49.8	0.0	49.8	0
	Mini	366	87	0.0	0.0	21.8	21.1	0.0	0.0	0.05	21.1	0.0	21.1	0
Raspberry Blackcurrent Frappuccino® (with zen tea)	Tall	629	158	0.1	0.0	36.9	35.8	0.6	0.3	0.08	35.8	0.0	35.8	0
	Grande	755	192	0.1	0.0	44.3	42.8	0.7	0.4	0.10	42.8	0.0	42.8	0
	Venti	896	229	0.1	0.0	52.5	50.8	0.8	0.5	0.12	50.8	0.0	50.8	0

SMOOTHIES														
Green Smoothie	Standard	410	97.0	0.0	0.0	21.9	19.7	1.1	1.8	0.0	19.7	0.0	0.0	0
Berry Smoothie	Standard	493	117.0	0.0	0.0	24.0	21.8	1.0	1.8	0.0	21.8	0.0	0.0	0

PROMO SHAKEN ICED TEA														
Iced Shaken Peach Green Tea Lemonade	Tall	401	96	0.0	0.0	22.8	22.1	1.0	0.0	0.00	22.1	0.0	22.1	0
	Grande	533	127	0.0	0.0	30.3	29.4	1.0	0.0	0.00	29.4	0.0	29.4	0
	Venti	661	158	0.0	0.0	37.6	36.4	2.0	0.0	0.00	36.4	0.0	36.4	0
Iced Shaken Mango Black Tea Lemonade	Tall	401	96	0.0	0.0	22.8	22.1	1.0	0.0	0.00	22.1	0.0	22.1	0
	Grande	533	127	0.0	0.0	30.3	29.4	1.0	0.0	0.00	29.4	0.0	29.4	0
	Venti	661	158	0.0	0.0	37.6	36.4	2.0	0.0	0.00	36.4	0.0	36.4	0
Iced Shaken Blackberry Mojito Tea Lemonade	Tall	401	96	0.0	0.0	22.8	22.1	0.1	1.0	0.10	22.1	0.0	22.1	0
	Grande	533	127	0.0	0.0	30.3	29.4	0.2	1.3	0.10	29.4	0.0	29.4	0
	Venti	661	158	0.0	0.0	37.6	36.4	0.2	1.6	0.10	36.4	0.0	36.4	0

CLASSIC SHAKEN ICED TEA														
Iced Shaken Green Tea Lemonade	Tall	156	37	0.0	0.0	8.3	8.3	1.0	0.0	0.00	8.3	0.0	8.3	0
	Grande	206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.00	11.1	0.0	11.1	0
	Venti	253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.00	13.6	0.0	13.6	0
Iced Shaken Hibiscus Tea Lemonade	Tall	156	37	0.0	0.0	8.3	8.3	1.0	0.0	0.00	8.3	0.0	8.3	0
	Grande	206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.00	11.1	0.0	11.1	0
	Venti	253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.00	13.6	0.0	13.6	0
Iced Shaken Black Tea Lemonade	Tall	156	37	0.0	0.0	8.3	8.3	1.0	0.0	0.00	8.3	0.0	8.3	0
	Grande	206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.00	11.1	0.0	11.1	0
	Venti	253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.00	13.6	0.0	13.6	0

STARBUCKS®
Summer 2017
 Beverage Nutrition
 Information*

Beverage

Beverage	Available Size		Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg)**
	Tall	Grande														
CLASSIC SHAKEN ICED TEA NATURAL																
Iced Shaken Green Tea	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
Iced Shaken Hibiscus Tea	Tall			0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande			0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti			0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Iced Shaken Black Tea	Tall			0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande			0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti			0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies

COLD CRAFT																
Cold Brew	Tall			68	16	0.0	0.0	4.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	148
	Grande			94	22	0.0	0.0	5.6	0.0	0.0	0.0	0.00	0.0	0.0	0.0	207
	Venti			121	29	0.0	0.0	7.2	0.0	0.0	0.0	0.00	0.0	0.0	0.0	266
Nitro Cold Brew	10oz			16	4.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	166
	Tall			17	4	0.0	0.0	0.0	0.0	0.0	0.2	0.00	0.0	0.0	0.0	244
	Grande			32	8	0.1	0.0	0.0	0.0	0.0	0.3	0.00	0.0	0.0	0.0	333
Cold Brew Vanilla Sweet Cream	Tall			404	96	4.9	3.1	12.2	8.3	0.0	0.9	0.00	8.3	0.7	7.6	139
	Grande			468	111	4.9	3.1	16.0	10.7	0.0	0.9	0.00	10.7	0.7	10.0	186
	Venti			808	192	9.8	6.2	24.4	16.6	0.0	1.7	0.00	16.6	1.3	15.3	276
Cappuccino Freddo (made with Skimmed Milk as standard)	Tall	Skimmed		226	54	0.1	0.0	10.8	8.5	0.0	2.6	0.08	8.5	3.8	4.7	150
	Grande	Skimmed		283	67	0.1	0.0	13.2	11.0	0.0	3.4	0.11	11.0	5.0	6.0	150
	Venti	Skimmed		370	88	0.1	0.0	17.3	13.9	0.0	4.4	0.15	13.9	6.5	7.4	225

YOGHURT FRAPPUCCINO®																
Banana Yoghurt Frappuccino®	Mini			483	115.0	1.3	0.8	23.0	21.5	1.0	1.0	0.3	21.5	2.4	19.1	0
	Tall			772	184	1.5	1.2	37.4	34.9	1.5	3.7	0.30	34.9	3.5	31.4	0
	Grande			977	233	2.1	1.4	47.7	44.5	1.9	4.4	0.40	44.5	4.2	40.3	0
	Venti			1067	254	2.5	1.6	51.8	48.7	1.9	5.0	0.50	48.7	4.8	43.9	0
Red Berry Yoghurt Frappuccino®	Mini			476	113.0	1.3	0.8	23.1	21.6	1.0	2.0	0.3	21.6	2.4	19.2	0
	Tall			757	183	1.8	1.2	37.3	34.9	1.5	4.0	0.50	34.9	3.5	31.4	0
	Grande			962	265	2.2	1.4	47.9	44.8	1.9	4.0	0.60	44.8	4.2	40.6	0
	Venti			1053	326	2.5	1.6	52.0	49.0	1.9	5.0	0.70	49.0	4.8	44.2	0

REFRESHA																
Very Berry Refresha	Mini			296	71	0.1	0.0	16.7	13.5	0.9	0.3	0.01	13.5	0.0	13.5	0
	Tall			418	100	0.1	0.0	24.0	20.1	0.9	0.3	0.01	20.1	0.0	20.1	0
	Grande			536	128	0.1	0.0	30.9	26.5	0.9	0.4	0.01	26.5	0.0	26.5	0
	Venti			657	157	0.1	0.0	38.1	33.0	0.9	0.4	0.02	33.0	0.0	33.0	0
Cool Lime Refresha	Mini			220	52	0.3	0.0	11.7	11.6	0.9	0.3	0.00	11.6	0.0	11.6	0
	Tall			305	73	0.3	0.0	16.7	16.6	0.9	0.3	0.00	16.6	0.0	16.6	0
	Grande			387	92	0.3	0.0	21.6	21.5	0.9	0.3	0.00	21.5	0.0	21.5	0
	Venti			472	112	0.3	0.0	26.7	26.5	0.9	0.3	0.00	26.5	0.0	26.5	0

BARISTA CHAMPIONSHIP																
White Mocha Cold Brew	Tall			480	114	2.8	0.8	18.7	14.5	0.0	3.6	0.15	14.5	3.8	10.8	154.0
	Grande			820	195	4.7	1.0	32.6	26.6	0.0	5.5	0.25	26.6	5.0	21.6	224.0
	Venti			1165	277	6.7	1.3	46.6	38.8	0.0	7.6	0.35	38.8	6.5	32.3	284.2

HOT CUP SIZES	
SHORT	-- 237 ml (8 fl oz)
TALL	-- 354 ml (12 fl oz)
GRANDE	-- 473 ml (16 fl oz)
VENTI	-- 591 ml (20 fl oz)
COLD CUP SIZES	
Mini	-- 296 ml (10 fl oz)
TALL	-- 354 ml (12 fl oz)
GRANDE	-- 473 ml (16 fl oz)
VENTI	-- 709 ml (24 fl oz)

* Nutrition information for beverages is calculated based on Starbucks standard recipes. Whole milk is based on 3.5% milk fat, this may differ slightly from milks in your region. Because our beverages are handcrafted and may be customized, exact information may vary. 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. 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.