





Starbucks Logo	Spring FY19 Starbucks Beverage Nutrition Information *												
	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) **
<b>HOT BEVERAGES</b>													
<b>ESPRESSO &amp; FILTER COFFEE</b>													
<b>CAFFÈ LATTE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	257	60	0.2	0.0	9.0	8.0	0.0	5.8	0.16	8.0	8.0	0.0	75 - 85
<b>Short - Semi Skimmed Milk</b>	<b>357</b>	<b>85</b>	<b>2.9</b>	<b>1.8</b>	<b>8.7</b>	<b>7.7</b>	<b>0.0</b>	<b>6.1</b>	<b>0.16</b>	<b>7.7</b>	<b>7.7</b>	<b>0.0</b>	<b>75 - 85</b>
Short- Whole Milk	450	108	5.8	3.7	8.5	7.5	0.0	5.5	0.16	7.5	7.5	0.0	75 - 85
Short- Soy	295	70	2.7	0.5	5.9	5.0	0.8	5.2	0.18	5.0	0.0	5.0	75 - 85
Short - Coconut	322	77	4.0	3.7	6.7	5.1	3.4	2.0	0.08	5.1	0.0	5.1	75 - 85
Short - Almond	182	43	1.9	0.2	5.1	4.0	0.5	1.2	0.10	4.0	0.0	4.0	75 - 85
Short - Oat	531	127	4.3	2.6	18.4	10.7	3.2	2.0	0.21	10.7	0.0	10.7	75 - 85
Tall - Skimmed Milk	435	102	0.3	0.0	15.3	13.3	0.0	9.7	0.27	13.3	13.3	0.0	150 - 170
Tall - Semi Skimmed Milk	602	143	4.8	2.9	14.7	12.7	0.0	10.3	0.27	12.7	12.7	0.0	150 - 170
Tall - Whole Milk	756	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27	12.5	12.5	0.0	150 - 170
Tall - Soy	499	119	4.5	0.8	10.2	8.2	1.3	8.7	0.29	8.2	0.0	8.2	150 - 170
Tall - Coconut	544	130	6.6	6.1	11.5	8.5	5.6	3.4	0.13	8.5	0.0	8.5	150 - 170
Tall - Almond	310	74	3.2	0.3	8.9	6.6	0.8	2.1	0.16	6.6	0.0	6.6	150 - 170
Tall - Oat	890	212	7.2	4.3	30.9	17.8	5.3	3.4	0.35	17.8	0.0	17.8	150 - 170
Grande - Skimmed Milk	543	128	0.3	0.0	19.0	17.0	0.0	12.3	0.34	17.0	17.0	0.0	150 - 170
Grande - Semi Skimmed Milk	757	180	6.1	3.7	18.3	16.3	0.0	12.9	0.34	16.3	16.3	0.0	150 - 170
Grande - Whole Milk	954	228	12.2	7.8	17.9	16.0	0.0	11.6	0.34	16.0	16.0	0.0	150 - 170
Grande - Soy	625	149	5.8	1.0	12.5	10.5	1.7	10.9	0.37	10.5	0.0	10.5	150 - 170
Grande - Coconut	683	164	8.5	7.8	14.2	10.9	7.1	4.1	0.17	10.9	0.0	10.9	150 - 170
Grande - Almond	384	92	4.1	0.3	10.8	8.5	1.0	2.4	0.20	8.5	0.0	8.5	150 - 170
Grande - Oat	1126	269	9.2	5.4	39.0	22.8	6.8	4.1	0.44	22.8	0.0	22.8	150 - 170
Venti - Skimmed Milk	713	168	0.4	0.0	25.0	22.0	0.0	16.0	0.44	22.0	22.0	0.0	225 - 255
Venti - Semi Skimmed Milk	989	235	7.9	4.8	24.1	21.1	0.0	16.9	0.44	21.1	21.1	0.0	225 - 255
Venti - Whole Milk	1245	298	15.8	10.1	23.6	20.7	0.0	15.2	0.44	20.7	20.7	0.0	225 - 255
Venti - Soy	819	195	7.5	1.3	16.6	13.6	2.2	14.3	0.48	13.6	0.0	13.6	225 - 255
Venti - Coconut	893	214	11.0	10.1	18.8	14.1	9.2	5.5	0.22	14.1	0.0	14.1	225 - 255
Venti - Almond	506	121	5.3	0.4	14.4	11.0	1.3	3.3	0.26	11.0	0.0	11.0	225 - 255
Venti - Oat	1468	350	11.9	7.0	50.9	29.5	8.8	5.5	0.57	29.5	0.0	29.5	225 - 255
<b>VANILLA LATTE (made with brewed Espresso Roast coffee, Semi Skimmed Milk and regular Vanilla Flavour Syrup as standard)</b>													
Short - Skimmed Milk	407	96	0.2	0.0	17.9	16.7	0.0	5.8	0.16	16.7	8.0	8.7	75
<b>Short - Semi Skimmed Milk</b>	<b>508</b>	<b>120</b>	<b>2.9</b>	<b>1.8</b>	<b>17.5</b>	<b>16.4</b>	<b>0.0</b>	<b>6.1</b>	<b>0.16</b>	<b>16.4</b>	<b>7.7</b>	<b>8.7</b>	<b>75</b>
Short- Whole Milk	600	143	5.7	3.7	17.4	16.2	0.0	5.5	0.16	16.2	7.5	8.7	75
Short- Soy	446	106	2.7	0.5	14.8	13.6	0.8	5.1	0.18	13.6	0.0	13.6	75
Short - Coconut	473	113	4.0	3.7	15.6	13.8	3.4	2.0	0.08	13.8	0.0	13.8	75
Short - Almond	333	79	1.9	0.2	14.0	12.7	0.5	1.2	0.10	12.7	0.0	12.7	75
Short - Oat	681	162	4.3	2.6	27.3	19.4	3.2	2.0	0.21	19.4	0.0	19.4	75
Tall - Skimmed Milk	660	155	0.3	0.0	28.5	26.3	0.0	9.7	0.26	26.3	13.2	13.1	150
Tall - Semi Skimmed Milk	826	196	4.8	2.9	28.0	25.7	0.0	10.2	0.26	25.7	12.7	13.1	150
Tall - Whole Milk	979	233	9.5	6.1	27.7	25.5	0.0	9.2	0.26	25.5	12.4	13.1	150
Tall - Soy	723	172	4.5	0.8	23.5	21.2	1.3	8.6	0.29	21.2	0.0	21.2	150
Tall - Coconut	768	183	6.6	6.1	24.8	21.5	5.6	3.4	0.13	21.5	0.0	21.5	150
Tall - Almond	535	127	3.2	0.3	22.2	19.7	0.8	2.0	0.16	19.7	0.0	19.7	150
Tall - Oat	1113	265	7.1	4.2	44.1	30.8	5.3	3.4	0.34	30.8	0.0	30.8	150
Grande - Skimmed Milk	848	200	0.3	0.0	36.8	34.5	0.0	12.3	0.34	34.5	17.1	17.4	150
Grande - Semi Skimmed Milk	1062	252	6.1	3.8	36.1	33.8	0.0	13.0	0.34	33.8	16.4	17.4	150
Grande - Whole Milk	1260	300	12.3	7.8	35.8	33.4	0.0	11.6	0.34	33.4	16.0	17.4	150
Grande - Soy	930	221	5.8	1.0	30.3	28.0	1.7	11.0	0.37	28.0	0.0	28.0	150
Grande - Coconut	987	236	8.5	7.8	32.0	28.3	7.2	4.1	0.17	28.3	0.0	28.3	150
Grande - Almond	687	163	4.1	0.3	28.6	25.9	1.0	2.4	0.20	25.9	0.0	25.9	150
Grande - Oat	1433	341	9.2	5.5	56.9	40.3	6.8	4.1	0.44	40.3	0.0	40.3	150
Venti - Skimmed Milk	1089	256	0.4	0.0	47.1	43.7	0.0	16.0	0.44	43.7	21.9	21.8	225
Venti - Semi Skimmed Milk	1365	323	7.9	4.8	46.2	42.8	0.0	16.9	0.44	42.8	21.0	21.8	225
Venti - Whole Milk	1619	386	15.8	10.1	45.8	42.4	0.0	15.1	0.44	42.4	20.6	21.8	225
Venti - Soy	1195	284	7.5	1.3	38.8	35.4	2.2	14.2	0.48	35.4	0.0	35.4	225
Venti - Coconut	1269	303	11.0	10.1	41.0	35.8	9.2	5.5	0.22	35.8	0.0	35.8	225
Venti - Almond	883	209	5.3	0.4	36.6	32.7	1.3	3.3	0.26	32.7	0.0	32.7	225
Venti - Oat	1841	438	11.8	7.0	73.0	51.1	8.8	5.5	0.57	51.1	0.0	51.1	225
<b>BLONDE VANILLA LATTE (made with brewed Blonde Espresso coffee, Semi Skimmed Milk and regular Vanilla Flavour Syrup as standard)</b>													
Short - Skimmed Milk	332	78	0.2	0.0	13.4	12.3	0.0	5.8	0.16	12.3	8.0	4.4	85
<b>Short - Semi Skimmed Milk</b>	<b>432</b>	<b>103</b>	<b>2.9</b>	<b>1.8</b>	<b>13.1</b>	<b>12.0</b>	<b>0.0</b>	<b>6.1</b>	<b>0.16</b>	<b>12.0</b>	<b>7.7</b>	<b>4.4</b>	<b>85</b>
Short- Whole Milk	525	125	5.7	3.7	12.9	11.8	0.0	5.5	0.16	11.8	7.5	4.4	85
Short- Soy	370	88	2.7	0.5	10.4	9.3	0.8	5.1	0.18	9.3	0.0	9.3	85
Short - Coconut	397	95	4.0	3.7	11.2	9.5	3.4	2.0	0.08	9.5	0.0	9.5	85
Short - Almond	257	61	1.9	0.2	9.6	8.3	0.5	1.2	0.10	8.3	0.0	8.3	85
Short - Oat	605	144	4.3	2.6	22.8	15.0	3.2	2.0	0.21	15.0	0.0	15.0	85
Tall - Skimmed Milk	584	137	0.3	0.0	24.1	21.9	0.0	9.7	0.26	21.9	13.2	8.7	170
Tall - Semi Skimmed Milk	750	178	4.8	2.9	23.6	21.4	0.0	10.2	0.26	21.4	12.7	8.7	170
Tall - Whole Milk	903	215	9.5	6.1	23.3	21.1	0.0	9.2	0.26	21.1	12.4	8.7	170
Tall - Soy	648	154	4.5	0.8	19.1	16.9	1.3	8.6	0.29	16.9	0.0	16.9	170
Tall - Coconut	692	165	6.6	6.1	20.4	17.2	5.6	3.4	0.13	17.2	0.0	17.2	170
Tall - Almond	460	109	3.2	0.3	17.7	15.3	0.8	2.0	0.16	15.3	0.0	15.3	170
Tall - Oat	1037	247	7.1	4.2	39.7	26.4	5.3	3.4	0.34	26.4	0.0	26.4	170
Grande - Skimmed Milk	772	182	0.3	0.0	32.4	30.1	0.0	12.3	0.34	30.1	17.1	13.1	170
Grande - Semi Skimmed Milk	987	234	6.1	3.8	31.7	29.4	0.0	13.0	0.34	29.4	16.4	13.1	170
Grande - Whole Milk	1185	282	12.3	7.8	31.3	29.1	0.0	11.6	0.34	29.1	16.0	13.1	170
Grande - Soy	854	203	5.8	1.0	25.9	23.6	1.7	11.0	0.37	23.6	0.0	23.6	170
Grande - Coconut	912	218	8.5	7.8	27.6	24.0	7.2	4.1	0.17	24.0	0.0	24.0	170
Grande - Almond	612	145	4.1	0.3	24.2	21.6	1.0	2.4	0.20	21.6	0.0	21.6	170
Grande - Oat	1357	323	9.2	5.5	52.5	35.9	6.8	4.1	0.44	35.9	0.0	35.9	170
Venti - Skimmed Milk	1013	239	0.4	0.0	42.7	39.3	0.0	16.0	0.44	39.3	21.9	17.4	255
Venti - Semi Skimmed Milk	1289	306	7.9	4.8	41.8	38.4	0.0	16.9	0.44	38.4	21.0	17.4	255
Venti - Whole Milk	1544	368	15.8	10.1	41.4	38.0	0.0	15.1	0.44	38.0	20.6	17.4	255
Venti - Soy	1119	266	7.5	1.3	34.3	31.0	2.2	14.2	0.48	31.0	0.0	31.0	255
Venti - Coconut	1193	285	11.0	10.1	36.5	31.4	9.2	5.5	0.22	31.4	0.0	31.4	255
Venti - Almond	807	192	5.3	0.4	32.2	28.4	1.3	3.3	0.26	28.4	0.0	28.4	255
Venti - Oat	1766	420	11.8	7.0	68.5	46.8	8.8	5.5					


														
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>		<b>KJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Short - Skimmed Milk		257	60	0.2	0.0	9.0	8.0	0.0	5.8	0.16	8.0	8.0	0.0	75 - 85
<b>Short - Semi Skimmed Milk</b>		<b>357</b>	<b>85</b>	<b>2.9</b>	<b>1.8</b>	<b>8.7</b>	<b>7.7</b>	<b>0.0</b>	<b>6.1</b>	<b>0.16</b>	<b>7.7</b>	<b>7.7</b>	<b>0.0</b>	<b>75 - 85</b>
Short- Whole Milk		450	108	5.8	3.7	8.5	7.5	0.0	5.5	0.16	7.5	7.5	0.0	75 - 85
Short- Soy		295	70	2.7	0.5	5.9	5.0	0.8	5.2	0.18	5.0	0.0	5.0	75 - 85
Short - Coconut		322	77	4.0	3.7	6.7	5.1	3.4	2.0	0.08	5.1	0.0	5.1	75 - 85
Short - Almond		182	43	1.9	0.2	5.1	4.0	0.5	1.2	0.10	4.0	0.0	4.0	75 - 85
Short - Oat		531	127	4.3	2.6	18.4	10.7	3.2	2.0	0.21	10.7	0.0	10.7	75 - 85
Tall - Skimmed Milk		435	102	0.3	0.0	15.3	13.3	0.0	9.7	0.27	13.3	13.3	0.0	150 - 170
Tall - Semi Skimmed Milk		602	143	4.8	2.9	14.7	12.7	0.0	10.3	0.27	12.7	12.7	0.0	150 - 170
Tall - Whole Milk		756	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27	12.5	12.5	0.0	150 - 170
Tall - Soy		499	119	4.5	0.8	10.2	8.2	1.3	8.7	0.29	8.2	0.0	8.2	150 - 170
Tall - Coconut		544	130	6.6	6.1	11.5	8.5	5.6	3.4	0.13	8.5	0.0	8.5	150 - 170
Tall - Almond		310	74	3.2	0.3	8.9	6.6	0.8	2.1	0.16	6.6	0.0	6.6	150 - 170
Tall - Oat		890	212	7.2	4.3	30.9	17.8	5.3	3.4	0.35	17.8	0.0	17.8	150 - 170
Grande - Skimmed Milk		543	128	0.3	0.0	19.0	17.0	0.0	12.3	0.34	17.0	17.0	0.0	150 - 170
Grande - Semi Skimmed Milk		757	180	6.1	3.7	18.3	16.3	0.0	12.9	0.34	16.3	16.3	0.0	150 - 170
Grande - Whole Milk		954	228	12.2	7.8	17.9	16.0	0.0	11.6	0.34	16.0	16.0	0.0	150 - 170
Grande - Soy		625	149	5.8	1.0	12.5	10.5	1.7	10.9	0.37	10.5	0.0	10.5	150 - 170
Grande - Coconut		683	164	8.5	7.8	14.2	10.9	7.1	4.1	0.17	10.9	0.0	10.9	150 - 170
Grande - Almond		384	92	4.1	0.3	10.8	8.5	1.0	2.4	0.20	8.5	0.0	8.5	150 - 170
Grande - Oat		1126	269	9.2	5.4	39.0	22.8	6.8	4.1	0.44	22.8	0.0	22.8	150 - 170
Venti - Skimmed Milk		713	168	0.4	0.0	25.0	22.0	0.0	16.0	0.44	22.0	22.0	0.0	225 - 255
Venti - Semi Skimmed Milk		989	235	7.9	4.8	24.1	21.1	0.0	16.9	0.44	21.1	21.1	0.0	225 - 255
Venti - Whole Milk		1245	298	15.8	10.1	23.6	20.7	0.0	15.2	0.44	20.7	20.7	0.0	225 - 255
Venti - Soy		819	195	7.5	1.3	16.6	13.6	2.2	14.3	0.48	13.6	0.0	13.6	225 - 255
Venti - Coconut		893	214	11.0	10.1	18.8	14.1	9.2	5.5	0.22	14.1	0.0	14.1	225 - 255
Venti - Almond		506	121	5.3	0.4	14.4	11.0	1.3	3.3	0.26	11.0	0.0	11.0	225 - 255
Venti - Oat		1468	350	11.9	7.0	50.9	29.5	8.8	5.5	0.57	29.5	0.0	29.5	225 - 255
<b>FRESH FILTER COFFEE</b>														
Short		7	2	0.0	0.0	0.0	0.0	0.0	0.3	0.00	0.0	0.0	0.0	157
Tall		10	2	0.1	0.0	0.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	229
Grande		13	3	0.1	0.0	0.0	0.0	0.0	0.6	0.00	0.0	0.0	0.0	308
Venti		16	4	0.1	0.0	0.0	0.0	0.0	0.7	0.10	0.0	0.0	0.0	387
<b>ESPRESSO</b>														
Solo		24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75 - 85
Doppio		48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150 - 170
<b>ESPRESSO CON PANNA (made with Whipped Cream as standard)</b>														
Solo		265	64	5.8	4.2	2.4	1.4	0.0	0.7	0.00	1.4	1.4	1.4	75 - 85
Doppio		333	80	6.8	4.9	3.6	1.6	0.0	1.1	0.00	1.6	1.6	1.6	150 - 170
<b>CORTADO (made with Whole Milk as standard)</b>														
Skimmed Milk		187	44	0.1	0.0	6.8	4.8	0.0	4.0	0.10	4.8	4.8	0.0	157 - 177
Semi Skimmed Milk		247	59	1.7	1.1	6.6	4.6	0.0	4.2	0.10	4.6	4.6	0.0	157 - 177
<b>Whole Milk</b>		<b>303</b>	<b>72</b>	<b>3.5</b>	<b>2.2</b>	<b>6.5</b>	<b>4.5</b>	<b>0.0</b>	<b>3.8</b>	<b>0.10</b>	<b>4.5</b>	<b>4.5</b>	<b>0.0</b>	<b>157 - 177</b>
Soy		210	50	1.6	0.3	5.0	3.0	0.5	3.6	0.11	3.0	0.0	3.0	157 - 177
Coconut		226	54	2.4	2.2	5.4	3.1	2.0	1.7	0.05	3.1	0.0	3.1	157 - 177
Almond		141	34	1.2	0.1	4.5	2.4	0.3	1.2	0.06	2.4	0.0	2.4	157 - 177
Oat		352	84	2.6	1.5	12.5	6.4	1.9	1.7	0.12	6.4	0.0	6.4	157 - 177
<b>CORDUSIO (made with Whole Milk as standard)</b>														
Short - Skimmed Milk		267	63	0.5	0.3	10.5	8.2	0.5	3.8	0.09	8.2	4.4	3.8	155 - 175
Short - Semi Skimmed Milk		323	77	2.0	1.3	10.3	8.1	0.5	4.0	0.09	8.1	4.3	3.8	155 - 175
<b>Short - Whole Milk</b>		<b>374</b>	<b>89</b>	<b>3.6</b>	<b>2.3</b>	<b>10.2</b>	<b>8.0</b>	<b>0.5</b>	<b>3.6</b>	<b>0.09</b>	<b>8.0</b>	<b>4.2</b>	<b>3.8</b>	<b>155 - 175</b>
Short- Soy		288	68	2.0	0.5	8.8	6.6	1.0	3.4	0.10	6.6	0.0	6.6	155 - 175
Short - Coconut		288	69	3.0	2.7	9.1	6.6	0.7	1.0	0.05	6.6	0.0	6.6	155 - 175
Short - Almond		225	54	1.5	0.4	8.4	6.0	0.8	1.2	0.06	6.0	0.0	6.0	155 - 175
Short - Oat		419	100	2.8	1.7	15.7	9.8	2.3	1.7	0.12	9.8	0.0	9.8	155 - 175
<b>ESPRESSO MACCHIATO (made with Semi Skimmed Milk as standard)</b>														
Solo - Skimmed Milk		31	7	0.0	0.0	1.3	0.3	0.0	0.5	0.01	0.3	0.3	0.0	75 - 85
<b>Solo - Semi Skimmed Milk</b>		<b>34</b>	<b>8</b>	<b>0.1</b>	<b>0.1</b>	<b>1.2</b>	<b>0.3</b>	<b>0.0</b>	<b>0.6</b>	<b>0.01</b>	<b>0.3</b>	<b>0.3</b>	<b>0.0</b>	<b>75 - 85</b>
Solo - Whole Milk		37	9	0.2	0.1	1.2	0.3	0.0	0.5	0.01	0.3	0.3	0.0	75 - 85
Solo - Soy		32	8	0.1	0.0	1.2	0.2	0.0	0.5	0.01	0.2	0.0	0.2	75 - 85
Solo - Coconut		33	8	0.1	0.1	1.2	0.2	0.1	0.4	0.00	0.2	0.0	0.2	75 - 85
Solo - Almond		28	7	0.1	0.0	1.1	0.1	0.0	0.4	0.00	0.1	0.0	0.1	75 - 85
Solo - Oat		40	9	0.1	0.1	1.6	0.4	0.1	0.4	0.01	0.4	0.0	0.4	75 - 85
Doppio - Skimmed Milk		70	16	0.0	0.0	2.8	0.8	0.0	1.3	0.02	0.8	0.8	0.0	150 - 170
Doppio - Semi Skimmed Milk		80	19	0.3	0.2	2.8	0.8	0.0	1.3	0.02	0.8	0.8	0.0	150 - 170
Doppio - Whole Milk		90	21	0.6	0.4	2.8	0.8	0.0	1.2	0.02	0.8	0.8	0.0	150 - 170
Doppio - Soy		74	17	0.3	0.1	2.5	0.5	0.1	1.2	0.02	0.5	0.0	0.5	150 - 170
Doppio - Coconut		77	18	0.4	0.4	2.6	0.5	0.3	0.9	0.01	0.5	0.0	0.5	150 - 170
Doppio - Almond		62	15	0.2	0.0	2.4	0.4	0.1	0.8	0.01	0.4	0.0	0.4	150 - 170
Doppio - Oat		98	23	0.4	0.3	3.8	1.1	0.3	0.9	0.02	1.1	0.0	1.1	150 - 170
<b>CAFFÈ AMERICANO</b>														
Short		23	5	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75 - 85
Tall		46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150 - 170
Grande		69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00	0.0	0.0	0.0	225 - 255
Venti		92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00	0.0	0.0	0.0	300 - 340
<b>CAPPUCCINO (made with Semi Skimmed Milk as standard)</b>														
Short - Skimmed Milk		206	49	0.1	0.0	7.3	6.3	0.0	4.6	0.13	6.3	6.3	0.0	75 - 85
<b>Short - Semi Skimmed Milk</b>		<b>285</b>	<b>68</b>	<b>2.3</b>	<b>1.4</b>	<b>7.0</b>	<b>6.0</b>	<b>0.0</b>	<b>4.9</b>	<b>0.13</b>	<b>6.0</b>	<b>6.0</b>	<b>0.0</b>	<b>75 - 85</b>
Short- Whole Milk		358	85	4.5	2.9	6.9	5.9	0.0	4.4	0.10	5.9	5.9	0.0	75 - 85
Short- Soy		236	56	2.1	0.4	4.9	3.9	0.6	4.1	0.14	3.9	0.0	3.9	75 - 85
Short - Coconut		258	62	3.1	2.9	5.5	4.0	2.6	1.6	0.06	4.0	0.0	4.0	75 - 85
Short - Almond		147	35	1.5	0.1	4.2	3.1	0.4	1.0	0.08	3.1	0.0	3.1	75 - 85
Short - Oat		421	100	3.4	2.0	14.6	8.4	2.5	1.6	0.16	8.4	0.0	8.4	75 - 85
Tall - Skimmed Milk		393	93	0.2	0.0	13.8	11.9	0.0	8.8	0.24	11.9	11.9	0.0	150 - 170
Tall - Semi Skimmed Milk		542	129	4.3	2.6	13.4	11.4	0.0	9.3	0.24	11.4	11.4	0.0	150 - 170
Tall - Whole Milk		680	163	8.5	5.5	13.1	11.1	0.0	8.3	0.24	11.1	11.1	0.0	150 - 170
Tall - Soy		450	107	4.0	0.7	9.3	7.4	1.2	7.8	0.26	7.4	0.0	7.4	150 - 170
Tall - Coconut		490	118	5.9	5.5	10.5	7.6	5.0	3.1	0.12	7.6	0.0	7.6	150 - 170
Tall - Almond		282	67	2.8	0.2	8.1	5.9	0.7	1.9	0.14	5.9	0.0	5.9	150 - 170
Tall - Oat		800	191	6.4	3.8	27.8	15.9	4.7	3.1	0.31	15.9	0.0	15.9	150 - 170


	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) **
													
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
Grande - Skimmed Milk	436	103	0.3	0.0	15.3	13.3	0.0	9.8	0.27	13.3	13.3	0.0	150 - 170
Grande - Semi Skimmed Milk	603	143	4.8	2.9	14.8	12.8	0.0	10.3	0.27	12.8	12.8	0.0	150 - 170
Grande - Whole Milk	758	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27	12.5	12.5	0.0	150 - 170
Grande - Soy	500	119	4.5	0.8	10.2	8.3	1.3	8.7	0.29	8.3	0.0	8.3	150 - 170
Grande - Coconut	545	131	6.7	6.1	11.6	8.5	5.6	3.4	0.13	8.5	0.0	8.5	150 - 170
Grande - Almond	311	74	3.2	0.3	8.9	6.7	0.8	2.1	0.16	6.7	0.0	6.7	150 - 170
Grande - Oat	893	213	7.2	4.3	31.0	17.8	5.3	3.4	0.35	17.8	0.0	17.8	150 - 170
Venti - Skimmed Milk	611	144	0.4	0.0	21.5	18.5	0.0	13.7	0.37	18.5	18.5	0.0	225 - 255
Venti - Semi Skimmed Milk	844	201	6.7	4.1	20.8	17.8	0.0	14.4	0.37	17.8	17.8	0.0	225 - 255
Venti - Whole Milk	1060	253	13.3	8.5	20.4	17.4	0.0	12.9	0.37	17.4	17.4	0.0	225 - 255
Venti - Soy	701	167	6.3	1.1	14.5	11.5	1.9	12.2	0.41	11.5	0.0	11.5	225 - 255
Venti - Coconut	763	183	9.3	8.5	16.3	11.9	7.8	4.8	0.19	11.9	0.0	11.9	225 - 255
Venti - Almond	437	104	4.4	0.4	12.6	9.3	1.1	2.9	0.22	9.3	0.0	9.3	225 - 255
Venti - Oat	1247	297	10.0	5.9	43.3	24.8	7.4	4.8	0.48	24.8	0.0	24.8	225 - 255
<b>CAFFÈ MISTO (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	148	35	0.1	0.0	4.9	4.9	0.0	3.5	0.11	4.9	4.9	0.0	79
<b>Short - Semi Skimmed Milk</b>	<b>210</b>	<b>50</b>	<b>1.8</b>	<b>1.1</b>	<b>4.7</b>	<b>4.7</b>	<b>0.0</b>	<b>3.7</b>	<b>0.11</b>	<b>4.7</b>	<b>4.7</b>	<b>0.0</b>	<b>79</b>
Short - Whole Milk	268	64	3.6	2.3	4.6	4.6	0.0	3.3	0.11	4.6	4.6	0.0	79
Short - Soy	172	41	1.7	0.3	3.1	3.1	0.5	3.1	0.12	3.1	0.0	3.1	79
Short - Coconut	189	45	2.5	2.3	3.6	3.2	2.1	1.1	0.06	3.2	0.0	3.2	79
Short - Almond	102	24	1.2	0.1	2.6	2.5	0.3	0.6	0.07	2.5	0.0	2.5	79
Short - Oat	318	76	2.7	1.6	10.8	6.6	2.0	1.1	0.14	6.6	0.0	6.6	79
Tall - Skimmed Milk	200	47	0.2	0.0	6.6	6.6	0.0	4.7	0.15	6.6	6.6	0.0	121
Tall - Semi Skimmed Milk	283	67	2.4	1.5	6.4	6.4	0.0	5.0	0.15	6.4	6.4	0.0	121
Tall - Whole Milk	360	86	4.8	3.1	6.2	6.2	0.0	4.5	0.15	6.2	6.2	0.0	121
Tall - Soy	232	55	2.3	0.4	4.1	4.1	0.7	4.2	0.16	4.1	0.0	4.1	121
Tall - Coconut	254	61	3.4	3.1	4.8	4.3	2.8	1.6	0.08	4.3	0.0	4.3	121
Tall - Almond	137	33	1.6	0.1	3.5	3.3	0.4	0.9	0.10	3.3	0.0	3.3	121
Tall - Oat	428	102	3.6	2.1	14.5	8.9	2.7	1.6	0.19	8.9	0.0	8.9	121
Grande - Skimmed Milk	291	69	0.2	0.0	9.7	9.7	0.0	6.9	0.22	9.7	9.7	0.0	142
Grande - Semi Skimmed Milk	413	98	3.5	2.1	9.3	9.3	0.0	7.3	0.22	9.3	9.3	0.0	142
Grande - Whole Milk	526	126	7.0	4.5	9.1	9.1	0.0	6.5	0.22	9.1	9.1	0.0	142
Grande - Soy	338	81	3.4	0.6	6.0	6.0	1.0	6.1	0.24	6.0	0.0	6.0	142
Grande - Coconut	371	89	4.9	4.5	7.0	6.2	4.1	2.2	0.12	6.2	0.0	6.2	142
Grande - Almond	199	48	2.4	0.2	5.1	4.9	0.6	1.2	0.14	4.9	0.0	4.9	142
Grande - Oat	625	149	5.3	3.1	21.2	13.0	3.9	2.2	0.27	13.0	0.0	13.0	142
Venti - Skimmed Milk	390	92	0.3	0.0	13.0	13.0	0.0	9.2	0.29	13.0	13.0	0.0	185
Venti - Semi Skimmed Milk	554	132	4.8	2.9	12.5	12.5	0.0	9.7	0.29	12.5	12.5	0.0	185
Venti - Whole Milk	705	169	9.4	6.0	12.3	12.3	0.0	8.7	0.29	12.3	12.3	0.0	185
Venti - Soy	453	108	4.5	0.8	8.1	8.1	1.3	8.2	0.32	8.1	0.0	8.1	185
Venti - Coconut	497	119	6.6	6.0	9.4	8.3	5.5	3.0	0.16	8.3	0.0	8.3	185
Venti - Almond	267	64	3.2	0.3	6.8	6.5	0.8	1.6	0.18	6.5	0.0	6.5	185
Venti - Oat	838	200	7.1	4.2	28.4	17.5	5.2	3.0	0.37	17.5	0.0	17.5	185
<b>FLAT WHITE (made with Whole Milk as standard)</b>													
Short - Skimmed Milk	269	63	0.2	0.0	9.6	7.6	0.0	5.9	0.15	7.6	7.6	0.0	150 - 170
Short - Semi Skimmed Milk	365	87	2.7	1.7	9.3	7.3	0.0	6.2	0.15	7.3	7.3	0.0	150 - 170
<b>Short - Whole Milk</b>	<b>453</b>	<b>108</b>	<b>5.5</b>	<b>3.5</b>	<b>9.1</b>	<b>7.2</b>	<b>0.0</b>	<b>5.6</b>	<b>0.15</b>	<b>7.2</b>	<b>7.2</b>	<b>0.0</b>	<b>150 - 170</b>
Short - Soy	306	73	2.6	0.5	6.7	4.7	0.8	5.3	0.17	4.7	0.0	4.7	150 - 170
Short - Coconut	332	79	3.8	3.5	7.5	4.9	3.2	2.2	0.08	4.9	0.0	4.9	150 - 170
Short - Almond	197	47	1.8	0.2	5.9	3.8	0.5	1.5	0.09	3.8	0.0	3.8	150 - 170
Short - Oat	531	126	4.1	2.4	18.6	10.2	3.1	2.2	0.20	10.2	0.0	10.2	150 - 170
<b>CARAMEL MACCHIATO (made with brewed Espresso Roast coffee, Semi Skimmed Milk, regular Vanilla Flavour Syrup and Caramel Drizzle as standard)</b>													
Short - Skimmed Milk	377	89	0.9	0.5	15.3	13.9	0.0	5.0	0.16	13.9	6.8	7.2	75
<b>Short - Semi Skimmed Milk</b>	<b>462</b>	<b>109</b>	<b>3.2</b>	<b>2.0</b>	<b>15.0</b>	<b>13.7</b>	<b>0.0</b>	<b>5.3</b>	<b>0.16</b>	<b>13.7</b>	<b>6.5</b>	<b>7.2</b>	<b>75</b>
Short - Whole Milk	541	129	5.6	3.6	14.9	13.5	0.0	4.8	0.16	13.5	6.4	7.2	75
Short - Soy	410	97	3.0	0.9	12.7	11.4	0.7	4.5	0.17	11.4	0.0	11.4	75
Short - Coconut	429	102	4.1	3.6	13.2	11.3	2.9	1.8	0.09	11.3	0.0	11.3	75
Short - Almond	313	74	2.4	0.6	12.0	10.5	0.4	1.1	0.10	10.5	0.0	10.5	75
Short - Oat	610	145	4.4	2.6	23.3	16.2	2.7	1.8	0.20	16.2	0.0	16.2	75
Tall - Skimmed Milk	621	146	1.0	0.5	25.8	23.3	0.0	8.7	0.25	23.3	11.6	11.7	150
Tall - Semi Skimmed Milk	767	180	4.9	3.0	25.3	22.9	0.0	9.1	0.25	22.9	11.2	11.7	150
Tall - Whole Milk	902	215	9.1	5.8	25.1	22.6	0.0	8.2	0.25	22.6	10.9	11.7	150
Tall - Soy	677	161	4.7	1.2	21.3	18.9	1.2	7.7	0.28	18.9	0.0	18.9	150
Tall - Coconut	708	169	6.5	5.8	22.1	18.7	4.9	3.1	0.14	18.7	0.0	18.7	150
Tall - Almond	512	122	3.5	0.7	20.2	17.5	0.7	1.9	0.16	17.5	0.0	17.5	150
Tall - Oat	1020	243	7.0	4.2	39.5	27.3	4.6	3.1	0.32	27.3	0.0	27.3	150
Grande - Skimmed Milk	792	187	1.0	0.5	33.5	31.0	0.0	10.8	0.32	31.0	14.7	16.3	150
Grande - Semi Skimmed Milk	977	229	6.0	3.7	33.0	30.4	0.0	11.4	0.32	30.4	15.4	15.6	150
Grande - Whole Milk	1148	273	11.3	7.2	32.7	30.1	0.0	10.2	0.32	30.1	13.8	16.3	150
Grande - Soy	863	205	5.7	1.3	28.0	25.4	1.5	9.6	0.34	25.4	0.0	25.4	150
Grande - Coconut	901	215	8.1	7.2	28.8	25.0	6.2	3.7	0.17	25.0	0.0	25.0	150
Grande - Almond	653	155	4.3	0.8	26.5	23.7	0.9	2.3	0.20	23.7	0.0	23.7	150
Grande - Oat	1297	308	8.7	5.2	50.9	36.0	5.9	3.7	0.40	36.0	0.0	36.0	150
Venti - Skimmed Milk	980	231	1.1	0.5	42.1	38.5	0.0	13.1	0.37	38.5	17.6	20.9	225
Venti - Semi Skimmed Milk	1202	281	7.1	4.3	41.4	37.8	0.0	13.8	0.37	37.8	18.1	24.0	225
Venti - Whole Milk	1407	335	13.4	8.6	41.1	37.4	0.0	12.4	0.37	37.4	16.6	20.9	225
Venti - Soy	1065	253	6.7	1.5	35.4	31.8	1.8	11.7	0.41	31.8	0.0	31.8	225
Venti - Coconut	1108	264	9.5	8.6	36.3	31.3	7.4	4.7	0.20	31.3	0.0	31.3	225
Venti - Almond	814	193	5.0	0.8	33.7	29.7	1.1	2.9	0.23	29.7	0.0	29.7	225
Venti - Oat	1585	377	10.3	6.1	62.9	44.5	7.1	4.7	0.48	44.5	0.0	44.5	225
<b>BLONDE CARAMEL MACCHIATO (made with brewed Blonde Espresso coffee, Semi Skimmed Milk, regular Vanilla Flavour Syrup and Caramel Drizzle as standard)</b>													
Short - Skimmed Milk	373	88	0.9	0.5	15.1	13.7	0.0	5.0	0.16	13.7	6.8	6.9	85
<b>Short - Semi Skimmed Milk</b>	<b>458</b>	<b>109</b>	<b>3.2</b>	<b>1.9</b>	<b>14.8</b>	<b>13.4</b>	<b>0.0</b>	<b>5.3</b>	<b>0.16</b>	<b>13.4</b>	<b>6.5</b>	<b>6.9</b>	<b>85</b>
Short - Whole Milk	537	128	5.6	3.6	14.7	13.3	0.0	4.8	0.16	13.3	6.4	6.9	85
Short - Soy	406	96	3.0	0.9	12.5	11.1	0.7	4.5	0.17	11.1	0.0	11.1	85
Short - Coconut	429	102	4.1	3.6	13.2	11.3	2.9	1.8	0.09	11.3	0.0	11.3	85
Short - Almond	309	74	2.4	0.6	11.8	10.3	0.4	1.1	0.10	10.3	0.0	10.3	85
Short - Oat	606	144	4.4	2.6	23.1	16.0	2.7	1.8	0.20	16.0	0.0	16.0	85
Tall - Skimmed Milk	537	127	1.0	0.5	20.9	18.5	0.0	8.7	0.25	18.5	11.6	6.9	170
Tall - Semi Skimmed Milk	683	162	4.9	3.0	20.4	18.1	0.0	9.1	0.25	18.1	11.2	6.9	170


														
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>														
		<b>KJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Tall - Whole Milk		818	195	9.1	5.8	20.2	17.8	0.0	8.2	0.25	17.8	10.9	6.9	170
Tall - Soy		593	141	4.7	1.2	16.5	14.1	1.2	7.7	0.28	14.1	0.0	14.1	170
Tall - Coconut		633	151	6.5	5.8	17.6	14.4	4.9	3.1	0.14	14.4	0.0	14.4	170
Tall - Almond		428	102	3.5	0.7	15.3	12.7	0.7	1.9	0.16	12.7	0.0	12.7	170
Tall - Oat		936	223	7.0	4.2	34.6	22.5	4.6	3.1	0.32	22.5	0.0	22.5	170
Grande - Skimmed Milk		704	166	1.0	0.5	28.4	26.0	0.0	10.8	0.32	26.0	14.7	11.3	170
Grande - Semi Skimmed Milk		889	211	6.0	3.7	27.8	25.4	0.0	11.4	0.32	25.4	14.1	11.3	170
Grande - Whole Milk		1061	253	11.3	7.2	27.6	25.1	0.0	10.2	0.32	25.1	13.8	11.3	170
Grande - Soy		775	184	5.7	1.3	22.8	20.4	1.5	9.6	0.35	20.4	0.0	20.4	170
Grande - Coconut		825	197	8.1	7.2	24.3	20.7	6.2	3.7	0.17	20.7	0.0	20.7	170
Grande - Almond		566	134	4.3	0.7	21.4	18.6	0.9	2.3	0.20	18.6	0.0	18.6	170
Grande - Oat		1210	288	8.7	5.2	45.8	31.0	5.9	3.7	0.40	31.0	0.0	31.0	170
Venti - Skimmed Milk		888	209	1.1	0.5	36.8	33.3	0.0	13.1	0.37	33.3	17.6	15.6	255
Venti - Semi Skimmed Milk		1110	263	7.1	4.3	36.1	32.6	0.0	13.8	0.37	32.6	16.9	15.6	255
Venti - Whole Milk		1315	313	13.4	8.6	35.7	32.2	0.0	12.4	0.37	32.2	16.6	15.6	255
Venti - Soy		973	231	6.7	1.5	30.1	26.6	1.8	11.7	0.41	26.6	0.0	26.6	255
Venti - Coconut		1033	247	9.5	8.6	31.8	26.9	7.4	4.7	0.20	26.9	0.0	26.9	255
Venti - Almond		722	172	5.0	0.8	28.3	24.4	1.1	2.9	0.23	24.4	0.0	24.4	255
Venti - Oat		1494	355	10.3	6.1	57.6	39.3	7.1	4.7	0.48	39.3	0.0	39.3	255
<b>MOCHA &amp; HOT CHOCOLATE</b>														
<b>CAFFÈ MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)</b>														
Short - Skimmed Milk		579	138	6.8	4.7	15.2	13.6	1.1	3.7	0.11	13.6	4.4	9.2	85
<b>Short - Semi Skimmed Milk</b>		<b>635</b>	<b>151</b>	<b>8.3</b>	<b>5.7</b>	<b>15.0</b>	<b>13.4</b>	<b>1.1</b>	<b>3.9</b>	<b>0.11</b>	<b>13.4</b>	<b>4.3</b>	<b>9.2</b>	<b>85</b>
Short - Whole Milk		687	165	9.9	6.8	14.9	13.3	1.1	3.5	0.11	13.3	4.2	9.2	85
Short - Soy		601	144	8.2	5.0	13.5	11.9	1.5	3.3	0.11	11.9	0.0	11.9	85
Short - Coconut		616	148	8.9	6.8	13.9	12.0	2.9	1.6	0.06	12.0	0.0	12.0	85
Short - Almond		538	129	7.7	4.8	13.1	11.4	1.3	1.1	0.07	11.4	0.0	11.4	85
Short - Oat		732	175	9.1	6.1	20.4	15.1	2.9	1.6	0.13	15.1	0.0	15.1	85
Tall - Skimmed Milk		832	198	8.3	5.8	23.6	20.8	1.6	6.5	0.18	20.8	7.9	12.9	165
Tall - Semi Skimmed Milk		931	220	11.0	7.5	23.3	20.5	1.6	6.8	0.18	20.5	7.6	12.9	165
Tall - Whole Milk		1023	245	13.8	9.4	23.2	20.4	1.6	6.2	0.18	20.4	7.4	12.9	165
Tall - Soy		870	208	10.8	6.2	20.6	17.8	2.4	5.8	0.19	17.8	0.0	17.8	165
Tall - Coconut		897	215	12.1	9.4	21.4	18.0	4.9	2.7	0.10	18.0	0.0	18.0	165
Tall - Almond		758	181	10.1	5.9	19.9	16.9	2.0	1.9	0.12	16.9	0.0	16.9	165
Tall - Oat		1103	264	12.4	8.3	33.0	23.5	4.7	2.7	0.23	23.5	0.0	23.5	165
Grande - Skimmed Milk		1057	252	9.9	6.8	31.0	27.9	2.0	8.8	0.25	27.9	11.2	16.7	170
Grande - Semi Skimmed Milk		1198	283	13.7	9.2	30.5	27.4	2.0	9.2	0.25	27.4	10.8	16.7	170
Grande - Whole Milk		1328	318	17.7	11.9	30.3	27.2	2.0	8.3	0.25	27.2	10.5	16.7	170
Grande - Soy		1111	266	13.5	7.5	26.7	23.6	3.2	7.9	0.27	23.6	0.0	23.6	170
Grande - Coconut		1149	276	15.2	11.9	27.8	23.9	6.8	3.4	0.14	23.9	0.0	23.9	170
Grande - Almond		952	228	12.3	7.0	25.6	22.3	2.7	2.3	0.16	22.3	0.0	22.3	170
Grande - Oat		1441	345	15.7	10.4	44.2	31.7	6.5	3.4	0.32	31.7	0.0	31.7	170
<b>BLONDE CAFFÈ MOCHA (made with brewed Blonde Espresso coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)</b>														
Short - Skimmed Milk		497	119	6.4	4.5	11.4	10.1	0.6	3.7	0.10	10.1	4.4	5.7	91
<b>Short - Semi Skimmed Milk</b>		<b>552</b>	<b>132</b>	<b>7.9</b>	<b>5.4</b>	<b>11.2</b>	<b>9.9</b>	<b>0.6</b>	<b>3.9</b>	<b>0.10</b>	<b>9.9</b>	<b>4.3</b>	<b>5.7</b>	<b>91</b>
Short - Whole Milk		604	145	9.5	6.5	11.2	9.8	0.6	3.5	0.10	9.8	4.2	5.7	91
Short - Soy		518	124	7.8	4.7	9.7	8.4	1.0	3.3	0.11	8.4	0.0	8.4	91
Short - Coconut		533	128	8.5	6.5	10.2	8.5	2.5	1.6	0.06	8.5	0.0	8.5	91
Short - Almond		455	109	7.3	4.6	9.3	7.9	0.9	1.1	0.07	7.9	0.0	7.9	91
Short - Oat		649	156	8.7	5.9	16.7	11.6	2.4	1.6	0.13	11.6	0.0	11.6	91
Tall - Skimmed Milk		749	179	7.9	5.5	19.9	17.3	1.1	6.5	0.18	17.3	7.9	9.4	180
Tall - Semi Skimmed Milk		848	203	10.6	7.2	19.6	17.0	1.1	6.8	0.18	17.0	7.6	9.4	180
Tall - Whole Milk		940	225	13.4	9.1	19.4	16.9	1.1	6.2	0.18	16.9	7.4	9.4	180
Tall - Soy		787	189	10.4	6.0	16.9	14.3	1.9	5.8	0.19	14.3	0.0	14.3	180
Tall - Coconut		814	195	11.7	9.1	17.7	14.5	4.4	2.7	0.10	14.5	0.0	14.5	180
Tall - Almond		675	162	9.6	5.7	16.1	13.4	1.6	1.9	0.11	13.4	0.0	13.4	180
Tall - Oat		1020	244	12.0	8.0	29.2	20.0	4.2	2.7	0.22	20.0	0.0	20.0	180
Grande - Skimmed Milk		974	232	9.5	6.6	27.2	24.4	1.6	8.8	0.25	24.4	11.2	13.2	185
Grande - Semi Skimmed Milk		1115	266	13.3	9.0	26.8	23.9	1.6	9.2	0.25	23.9	10.8	13.2	185
Grande - Whole Milk		1245	298	17.3	11.7	26.5	23.7	1.6	8.3	0.25	23.7	10.5	13.2	185
Grande - Soy		1028	246	13.0	7.2	23.0	20.1	2.7	7.9	0.27	20.1	0.0	20.1	185
Grande - Coconut		1066	256	14.8	11.7	24.1	20.4	6.3	3.4	0.14	20.4	0.0	20.4	185
Grande - Almond		869	208	11.9	6.8	21.8	18.8	2.2	2.3	0.16	18.8	0.0	18.8	185
Grande - Oat		1358	325	15.3	10.1	40.4	28.2	6.0	3.4	0.31	28.2	0.0	28.2	185
<b>WHITE CHOCOLATE MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk and Whipped Cream as standard)</b>														
Short - Skimmed Milk		830	198	8.4	6.3	25.1	24.3	0.0	5.5	0.22	24.3	4.5	19.8	75
<b>Short - Semi Skimmed Milk</b>		<b>887</b>	<b>212</b>	<b>9.9</b>	<b>7.2</b>	<b>24.9</b>	<b>24.1</b>	<b>0.0</b>	<b>5.7</b>	<b>0.22</b>	<b>24.1</b>	<b>4.4</b>	<b>19.8</b>	<b>75</b>
Short - Whole Milk		940	225	11.6	8.3	24.8	24.0	0.0	5.3	0.22	24.0	4.3	19.8	75
Short - Soy		852	203	9.8	6.5	23.3	22.6	0.5	5.2	0.23	22.6	0.0	22.6	75
Short - Coconut		873	209	10.6	8.3	24.0	22.7	1.9	3.4	0.17	22.7	0.0	22.7	75
Short - Almond		787	188	9.4	6.3	22.9	22.0	0.3	2.9	0.18	22.0	0.0	22.0	75
Short - Oat		986	235	10.7	7.7	30.4	25.8	1.8	3.4	0.25	25.8	0.0	25.8	75
Tall - Skimmed Milk		1239	295	10.8	8.1	39.6	38.1	0.0	9.8	0.37	38.1	8.9	29.2	150
Tall - Semi Skimmed Milk		1351	322	13.8	10.0	39.3	37.8	0.0	10.1	0.37	37.8	8.6	29.2	150
Tall - Whole Milk		1455	347	17.1	12.2	39.1	37.6	0.0	9.4	0.37	37.6	8.4	29.2	150
Tall - Soy		1282	306	13.7	8.6	36.2	34.7	0.9	9.0	0.39	34.7	0.0	34.7	150
Tall - Coconut		1324	316	15.1	12.2	37.6	34.9	3.7	5.7	0.28	34.9	0.0	34.9	150
Tall - Almond		1156	276	12.8	8.2	35.3	33.7	0.5	4.6	0.30	33.7	0.0	33.7	150
Tall - Oat		1545	369	15.5	10.9	50.1	41.1	3.6	5.5	0.42	41.1	0.0	41.1	150
Grande - Skimmed Milk		1571	374	13.2	9.9	51.4	49.9	0.0	12.3	0.48	49.9	11.2	38.7	150
Grande - Semi Skimmed Milk		1712	408	17.0	12.3	50.9	49.4	0.0	12.8	0.48	49.4	10.8	38.7	150
Grande - Whole Milk		1842	440	21.1	15.0	50.7	49.2	0.0	11.9	0.48	49.2	10.5	38.7	150
Grande - Soy		1625	387	16.8	10.5	47.1	45.6	1.1	11.4	0.50	45.6	0.0	45.6	150
Grande - Coconut		1674	400	18.6	15.0	48.7	45.8	4.7	7.1	0.36	45.8	0.0	45.8	150
Grande - Almond		1466	350	15.7	10.1	46.0	44.3	0.7	5.8	0.39	44.3	0.0	44.3	150
Grande - Oat		1956	466	19.0	13.5	64.6	53.7	4.5	6.9	0.54	53.7	0.0	53.7	150
<b>BLONDE WHITE CHOCOLATE MOCHA (made with brewed Blonde Espresso coffee, Semi Skimmed Milk and Whipped Cream as standard)</b>														
Short - Skimmed Milk		617	147	7.1	5.2	16.1	15.1	0.0	4.7	0.16	15.1	4.5	10.6	85
<b>Short - Semi Skimmed Milk</b>		<b>674</b>	<b>161</b>	<b>8.7</b>	<b>6.2</b>	<b>15.9</b>	<b>14.9</b>	<b>0.0</b>	<b>4.9</b>	<b>0.16</b>	<b>14.9</b>	<b>4.4</b>	<b>10.6</b>	<b>85</b>
Short - Whole Milk		727	174	10.3	7.3	15.8	14.8	0.0	4.5	0.16	14.8	4.3	10.6	85

 <b>Spring FY19 Starbucks Beverage Nutrition Information *</b>											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) **
Short- Soy	639	153	8.6	5.5	14.4	13.4	0.5	4.3	0.17	13.4	0.0	13.4	85										
Short - Coconut	654	157	9.3	7.3	14.8	13.5	1.9	2.5	0.12	13.5	0.0	13.5	85										
Short - Almond	574	138	8.1	5.3	13.9	12.8	0.3	2.1	0.13	12.8	0.0	12.8	85										
Short - Oat	773	185	9.5	6.7	21.5	16.6	1.8	2.5	0.19	16.6	0.0	16.6	85										
Tall - Skimmed Milk	1032	246	9.6	7.0	30.9	28.9	0.0	9.0	0.31	28.9	8.9	20.0	170										
Tall - Semi Skimmed Milk	1144	273	12.6	9.0	30.6	28.6	0.0	9.4	0.31	28.6	8.6	20.0	170										
Tall - Whole Milk	1248	298	15.8	11.1	30.4	28.4	0.0	8.7	0.31	28.4	8.4	20.0	170										
Tall - Soy	1075	257	12.4	7.6	27.5	25.5	0.9	8.3	0.33	25.5	0.0	25.5	170										
Tall - Coconut	1105	265	13.8	11.1	28.4	25.7	3.7	4.7	0.22	25.7	0.0	25.7	170										
Tall - Almond	948	227	11.5	7.2	26.6	24.5	0.5	3.8	0.24	24.5	0.0	24.5	170										
Tall - Oat	1338	319	14.2	9.9	41.4	32.0	3.6	4.7	0.36	32.0	0.0	32.0	170										
Grande - Skimmed Milk	1364	324	11.9	8.9	42.7	40.7	0.0	11.6	0.42	40.7	11.2	29.5	170										
Grande - Semi Skimmed Milk	1505	359	15.8	11.3	42.2	40.2	0.0	12.0	0.42	40.2	10.8	29.5	170										
Grande - Whole Milk	1635	391	19.8	14.0	42.0	40.0	0.0	11.1	0.42	40.0	10.5	29.5	170										
Grande - Soy	1418	338	15.5	9.5	38.4	36.4	1.1	10.7	0.44	36.4	0.0	36.4	170										
Grande - Coconut	1456	348	17.3	14.0	39.5	36.6	4.7	6.2	0.30	36.6	0.0	36.6	170										
Grande - Almond	1258	300	14.4	9.1	37.3	35.1	0.7	5.1	0.33	35.1	0.0	35.1	170										
Grande - Oat	1749	417	17.8	12.4	55.9	44.5	4.5	6.2	0.48	44.5	0.0	44.5	170										
<b>CLASSIC HOT CHOCOLATE (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)</b>																							
Short - Skimmed Milk	574	137	6.8	4.7	14.8	14.2	1.1	3.7	0.12	14.2	5.0	9.3	11										
<b>Short - Semi Skimmed Milk</b>	<b>637</b>	<b>152</b>	<b>8.5</b>	<b>5.8</b>	<b>14.6</b>	<b>14.0</b>	<b>1.1</b>	<b>3.9</b>	<b>0.12</b>	<b>14.0</b>	<b>4.8</b>	<b>9.3</b>	<b>11</b>										
Short- Whole Milk	694	167	10.3	7.0	14.5	13.9	1.1	3.5	0.12	13.9	4.7	9.3	11										
Short- Soy	598	143	8.4	5.0	12.9	12.4	1.6	3.3	0.13	12.4	0.0	12.4	11										
Short - Coconut	615	148	9.2	7.0	13.4	12.4	3.2	1.3	0.07	12.4	0.0	12.4	11										
Short - Almond	528	127	7.9	4.8	12.4	11.8	1.4	0.8	0.08	11.8	0.0	11.8	11										
Short - Oat	745	178	9.4	6.3	20.7	15.9	3.1	1.3	0.15	15.9	0.0	15.9	11										
Tall - Skimmed Milk	851	203	8.4	5.8	23.9	23.1	1.6	7.2	0.22	23.1	10.0	13.0	15										
Tall - Semi Skimmed Milk	978	234	11.8	8.0	23.5	22.7	1.6	7.6	0.22	22.7	9.6	13.0	15										
Tall - Whole Milk	1094	262	15.4	10.4	23.3	22.5	1.6	6.8	0.22	22.5	9.4	13.0	15										
Tall - Soy	900	215	11.6	6.4	20.1	19.3	2.6	6.4	0.24	19.3	0.0	19.3	15										
Tall - Coconut	934	224	13.2	10.4	21.1	19.5	5.8	2.4	0.12	19.5	0.0	19.5	15										
Tall - Almond	757	181	10.6	6.0	19.1	18.1	2.2	1.4	0.14	18.1	0.0	18.1	15										
Tall - Oat	1196	286	13.6	9.0	35.8	26.5	5.6	2.4	0.28	26.5	0.0	26.5	15										
Grande - Skimmed Milk	1037	247	9.9	6.8	29.9	28.8	2.1	8.6	0.27	28.8	12.0	16.8	20										
Grande - Semi Skimmed Milk	1188	284	14.0	9.4	29.4	28.3	2.1	9.1	0.27	28.3	11.5	16.8	20										
Grande - Whole Milk	1327	318	18.3	12.3	29.2	28.1	2.1	8.1	0.27	28.1	11.3	16.8	20										
Grande - Soy	1095	262	13.7	7.5	25.3	24.2	3.3	7.6	0.29	24.2	0.0	24.2	20										
Grande - Coconut	1135	273	15.7	12.3	26.5	24.5	7.1	2.8	0.15	24.5	0.0	24.5	20										
Grande - Almond	924	221	12.5	7.0	24.1	22.8	2.8	1.6	0.17	22.8	0.0	22.8	20										
Grande - Oat	1449	347	16.1	10.6	44.1	32.9	6.9	2.8	0.34	32.9	0.0	32.9	20										
Venti - Skimmed Milk	1255	299	10.4	7.1	38.3	36.9	2.5	11.8	0.36	36.9	16.6	20.3	24										
Venti - Semi Skimmed Milk	1464	350	16.0	10.7	37.6	36.3	2.5	12.4	0.36	36.3	16.0	20.3	24										
Venti - Whole Milk	1657	397	22.0	14.7	37.3	35.9	2.5	11.1	0.36	35.9	15.6	20.3	24										
Venti - Soy	1335	319	15.7	8.0	32.0	30.6	4.2	10.4	0.39	30.6	0.0	30.6	24										
Venti - Coconut	1391	334	18.4	14.7	33.6	30.9	9.5	3.8	0.19	30.9	0.0	30.9	24										
Venti - Almond	1099	263	14.1	7.4	30.3	28.6	3.5	2.1	0.23	28.6	0.0	28.6	24										
Venti - Oat	1826	436	19.0	12.4	57.9	42.6	9.2	3.8	0.46	42.6	0.0	42.6	24										
<b>SIGNATURE HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>																							
Short - Skimmed Milk	1058	253	12.0	7.7	32.1	26.8	0.8	3.8	0.19	26.8	5.1	21.8	23										
<b>Short - Semi Skimmed Milk</b>	<b>1122</b>	<b>268</b>	<b>13.7</b>	<b>8.8</b>	<b>31.9</b>	<b>26.6</b>	<b>0.8</b>	<b>4.0</b>	<b>0.19</b>	<b>26.6</b>	<b>4.9</b>	<b>21.8</b>	<b>23</b>										
Short- Whole Milk	1180	282	15.5	10.0	31.8	26.5	0.8	3.6	0.19	26.5	4.8	21.8	23										
Short- Soy	1082	259	13.6	8.0	30.1	24.9	1.3	3.4	0.20	24.9	0.0	24.9	23										
Short - Coconut	1099	263	14.4	10.0	30.6	25.0	2.9	1.3	0.14	25.0	0.0	25.0	23										
Short - Almond	1010	242	13.1	7.8	29.6	24.3	1.1	0.8	0.15	24.3	0.0	24.3	23										
Short - Oat	1232	294	14.6	9.3	38.0	28.5	2.8	1.3	0.22	28.5	0.0	28.5	23										
Tall - Skimmed Milk	1224	292	13.9	9.0	36.8	30.8	0.9	4.4	0.22	30.8	5.9	25.0	27										
Tall - Semi Skimmed Milk	1298	310	15.9	10.3	36.6	30.6	0.9	4.6	0.22	30.6	5.6	25.0	27										
Tall - Whole Milk	1366	327	18.1	11.7	36.5	30.5	0.9	4.1	0.22	30.5	5.5	25.0	27										
Tall - Soy	1252	299	15.8	9.4	34.6	28.6	1.5	3.9	0.23	28.6	0.0	28.6	27										
Tall - Coconut	1272	305	16.8	11.7	35.2	28.7	3.4	1.6	0.16	28.7	0.0	28.7	27										
Tall - Almond	1169	280	15.2	9.1	34.0	27.9	1.3	1.0	0.17	27.9	0.0	27.9	27										
Tall - Oat	1426	341	17.0	10.9	43.8	32.8	3.3	1.6	0.25	32.8	0.0	32.8	27										
Grande - Skimmed Milk	1689	403	18.0	11.5	52.8	44.3	1.3	6.7	0.32	44.3	9.2	35.1	38										
Grande - Semi Skimmed Milk	1805	431	21.2	13.5	52.4	43.9	1.3	7.1	0.32	43.9	8.8	35.1	38										
Grande - Whole Milk	1912	457	24.5	15.7	52.2	43.7	1.3	6.3	0.32	43.7	8.7	35.1	38										
Grande - Soy	1734	414	21.0	12.1	49.3	40.8	2.2	6.0	0.34	40.8	0.0	40.8	38										
Grande - Coconut	1765	422	22.5	15.7	50.2	41.0	5.2	2.3	0.23	41.0	0.0	41.0	38										
Grande - Almond	1603	383	20.1	11.7	48.4	39.7	1.9	1.4	0.25	39.7	0.0	39.7	38										
Grande - Oat	2005	479	22.8	14.5	63.7	47.4	5.0	2.3	0.38	47.4	0.0	47.4	38										
<b>SIGNATURE HAZELNUT HOT CHOCOLATE (made with Semi Skimmed Milk, regular Hazelnut Flavour Syrup, Whipped Cream and Mocha Drizzle as standard)</b>																							
Short - Skimmed Milk	1240	295	12.1	7.8	42.5	36.8	0.9	3.8	0.19	36.8	5.1	31.7	24										
<b>Short - Semi Skimmed Milk</b>	<b>1304</b>	<b>311</b>	<b>13.8</b>	<b>8.9</b>	<b>42.3</b>	<b>36.6</b>	<b>0.9</b>	<b>4.0</b>	<b>0.19</b>	<b>36.6</b>	<b>4.9</b>	<b>31.7</b>	<b>24</b>										
Short- Whole Milk	1363	325	15.6	10.1	42.2	36.5	0.9	3.6	0.19	36.5	4.8	31.7	24										
Short- Soy	1265	302	13.7	8.1	40.6	34.9	1.4	3.4	0.20	34.9	0.0	34.9	24										
Short - Coconut	1282	306	14.5	10.1	41.1	35.0	3.1	1.3	0.14	35.0	0.0	35.0	24										
Short - Almond	1193	285	13.2	7.9	40.1	34.3	1.2	0.8	0.15	34.3	0.0	34.3	24										
Short - Oat	1414	337	14.7	9.4	48.5	38.5	3.0	1.3	0.22	38.5	0.0	38.5	24										
Tall - Skimmed Milk	1486	354	14.1	9.1	52.0	45.4	1.1	4.4	0.22	45.4	5.9	39.5	28										
Tall - Semi Skimmed Milk	1560	372	16.1	10.4	51.8	45.1	1.1	4.6	0.22	45.1	5.6	39.5	28										
Tall - Whole Milk	1629	389	18.2	11.8	51.6	45.0	1.1	4.1	0.22	45.0	5.5	39.5	28										
Tall - Soy	1515	361	15.9	9.4	49.8	43.1	1.6	3.9	0.23	43.1	0.0	43.1	28										
Tall - Coconut	1535	366	16.9	11.8	50.4	43.3	3.5	1.6	0.16	43.3	0.0	43.3	28										
Tall - Almond	1431	341	15.3	9.2	49.2	42.4	1.4	1.0	0.17	42.4	0.0	42.4	28										
Tall - Oat	1688	403	17.1	11.0	58.9	47.4	3.4	1.6	0.25	47.4	0.0	47.4	28										
Grande - Skimmed Milk	2032	484	18.1	11.6	72.7	63.3	1.4	6.7	0.32	63.3	9.2	54.1	39										
Grande - Semi Skimmed Milk	2148	512	21.3	13.6	72.3	63.0	1.4	7.1	0.32	63.0	8.8	54.1	39										
Grande - Whole Milk	2255	538	24.6	15.8	72.1	62.8	1.4	6.3	0.32	62.8	8.7	54.1	39										
Grande - Soy	2076	495	21.1	12.1	69.2	59.8	2.4	6.0	0.34	59.8	0.0	59.8	39										
Grande - Coconut	2108	503	22.6	15.8	70.1	60.0	5.3	2.3	0.23	60.0	0.0	60.0	39										
Grande - Almond	1946	464	20.2	11.8	68.3	58.7	2.0	1.4	0.25	58.7	0.0	58.7	39										





	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) **
 <b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
Grande - Oat	2348	560	22.9	14.5	83.5	66.5	5.1	2.3	0.38	66.5	0.0	66.5	39
<b>SIGNATURE CARAMEL HOT CHOCOLATE (made with Semi Skimmed Milk, regular Caramel Flavour Syrup, Whipped Cream and Caramel Drizzle as standard)</b>													
Short - Skimmed Milk	1314	313	12.7	8.2	45.5	39.6	0.8	3.8	0.22	39.6	5.1	34.5	23
<b>Short - Semi Skimmed Milk</b>	<b>1377</b>	<b>328</b>	<b>14.4</b>	<b>9.3</b>	<b>45.3</b>	<b>39.4</b>	<b>0.8</b>	<b>4.0</b>	<b>0.22</b>	<b>39.4</b>	<b>4.9</b>	<b>34.5</b>	<b>23</b>
Short - Whole Milk	1436	343	16.2	10.5	45.2	39.3	0.8	3.6	0.22	39.3	4.8	34.5	23
Short - Soy	1338	319	14.3	8.5	43.6	37.7	1.3	3.4	0.23	37.7	0.0	37.7	23
Short - Coconut	1355	324	15.1	10.5	44.1	37.8	2.9	1.4	0.17	37.8	0.0	37.8	23
Short - Almond	1266	302	13.8	8.3	43.1	37.1	1.1	0.9	0.18	37.1	0.0	37.1	23
Short - Oat	1488	355	15.3	9.8	51.5	41.3	2.8	1.4	0.25	41.3	0.0	41.3	23
Tall - Skimmed Milk	1570	374	14.7	9.5	55.6	48.7	0.9	4.4	0.25	48.7	5.9	42.9	27
Tall - Semi Skimmed Milk	1644	392	16.7	10.8	55.3	48.5	0.9	4.7	0.25	48.5	5.6	42.9	27
Tall - Whole Milk	1712	408	18.8	12.2	55.2	48.4	0.9	4.2	0.25	48.4	5.5	42.9	27
Tall - Soy	1598	381	16.5	9.8	53.3	46.5	1.5	4.0	0.26	46.5	0.0	46.5	27
Tall - Coconut	1618	386	17.5	12.2	53.9	46.6	3.4	1.6	0.19	46.6	0.0	46.6	27
Tall - Almond	1515	361	16.0	9.6	52.7	45.8	1.3	1.0	0.20	45.8	0.0	45.8	27
Tall - Oat	1772	422	17.7	11.3	62.5	50.7	3.3	1.6	0.28	50.7	0.0	50.7	27
Grande - Skimmed Milk	2125	506	18.8	12.0	76.8	67.3	1.3	6.8	0.36	67.3	9.2	58.1	38
Grande - Semi Skimmed Milk	2241	534	21.9	14.0	76.5	66.9	1.3	7.1	0.36	66.9	8.8	58.1	38
Grande - Whole Milk	2348	560	25.2	16.2	76.3	66.7	1.3	6.4	0.36	66.7	8.7	58.1	38
Grande - Soy	2170	517	21.7	12.5	73.3	63.8	2.2	6.0	0.38	63.8	0.0	63.8	38
Grande - Coconut	2201	525	23.2	16.2	74.2	64.0	5.2	2.3	0.27	64.0	0.0	64.0	38
Grande - Almond	2039	486	20.8	12.1	72.4	62.7	1.9	1.4	0.28	62.7	0.0	62.7	38
Grande - Oat	2441	582	23.5	14.9	87.7	70.4	5.0	2.3	0.41	70.4	0.0	70.4	38
<b>WHITE HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	819	195	8.4	6.3	24.5	24.5	0.0	5.4	0.22	24.5	4.8	19.8	0
<b>Short - Semi Skimmed Milk</b>	<b>879</b>	<b>210</b>	<b>10.0</b>	<b>7.3</b>	<b>24.4</b>	<b>24.3</b>	<b>0.0</b>	<b>5.6</b>	<b>0.22</b>	<b>24.3</b>	<b>4.6</b>	<b>19.8</b>	<b>0</b>
Short - Whole Milk	935	223	11.7	8.4	24.3	24.2	0.0	5.2	0.22	24.2	4.5	19.8	0
Short - Soy	842	201	9.9	6.5	22.7	22.7	0.5	5.0	0.23	22.7	0.0	22.7	0
Short - Coconut	859	205	10.7	8.4	23.2	22.8	2.0	3.1	0.18	22.8	0.0	22.8	0
Short - Almond	775	185	9.4	6.3	22.3	22.1	0.3	2.7	0.19	22.1	0.0	22.1	0
Short - Oat	983	235	10.9	7.8	30.2	26.1	1.9	3.1	0.25	26.1	0.0	26.1	0
Tall - Skimmed Milk	1238	295	10.8	8.1	39.3	39.2	0.0	10.0	0.39	39.2	10.0	29.2	0
Tall - Semi Skimmed Milk	1364	325	14.3	10.3	38.9	38.8	0.0	10.4	0.39	38.8	9.6	29.2	0
Tall - Whole Milk	1481	354	17.9	12.7	38.7	38.6	0.0	9.6	0.39	38.6	9.4	29.2	0
Tall - Soy	1287	307	14.1	8.7	35.5	35.4	1.0	9.2	0.41	35.4	0.0	35.4	0
Tall - Coconut	1320	316	15.7	12.7	36.5	35.6	4.2	5.2	0.29	35.6	0.0	35.6	0
Tall - Almond	1144	273	13.1	8.3	34.4	34.2	0.6	4.2	0.31	34.2	0.0	34.2	0
Tall - Oat	1583	378	16.1	11.3	51.1	42.7	4.0	5.2	0.45	42.7	0.0	42.7	0
Grande - Skimmed Milk	1578	375	13.2	9.9	51.3	51.3	0.0	12.7	0.50	51.3	12.6	38.7	0
Grande - Semi Skimmed Milk	1737	414	17.5	12.7	50.8	50.8	0.0	13.2	0.50	50.8	12.1	38.7	0
Grande - Whole Milk	1884	450	22.1	15.7	50.5	50.5	0.0	12.2	0.50	50.5	11.9	38.7	0
Grande - Soy	1639	391	17.3	10.6	46.5	46.5	1.3	11.7	0.53	46.5	0.0	46.5	0
Grande - Coconut	1682	402	19.3	15.7	47.8	46.7	5.3	6.7	0.38	46.7	0.0	46.7	0
Grande - Almond	1459	348	16.0	10.1	45.2	45.0	0.8	5.4	0.40	45.0	0.0	45.0	0
Grande - Oat	2012	480	19.8	13.9	66.2	55.6	5.1	6.7	0.58	55.6	0.0	55.6	0
<b>TEAVANA™ TEAS</b>													
<b>TEAVANA™ FULL LEAF TEAS</b>													
<b>ENGLISH BREAKFAST Black Tea</b>													
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
<b>EARL GREY Black Tea Blend</b>													
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
<b>HIBISCUS Flavoured Herbal Blend</b>													
Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
<b>EMPEROR'S CLOUDS &amp; MIST™ Green Tea</b>													
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
<b>MINT CITRUS Flavoured Green Tea Blend</b>													
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
<b>YOUTHBERRY™ White Tea Blend</b>													
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
<b>CHAI Spiced Black Tea Blend</b>													
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
<b>JASMINE PEARLS Scented Green Tea</b>													
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
<b>MINT BLEND Herbal Blend</b>													
Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0


	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) **
													
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
<b>CHAMOMILE Herbal Blend</b>													
Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
<b>TEAVANA™ TEA LATTES</b>													
<b>MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	268	63	0.2	0.0	9.1	8.5	0.4	6.1	0.17	8.5	8.5	0.0	30
<b>Short - Semi Skimmed Milk</b>	<b>375</b>	<b>89</b>	<b>3.1</b>	<b>1.9</b>	<b>8.7</b>	<b>8.2</b>	<b>0.4</b>	<b>6.4</b>	<b>0.17</b>	<b>8.2</b>	<b>8.2</b>	<b>0.0</b>	<b>30</b>
Short- Whole Milk	474	113	6.2	3.9	8.6	8.0	0.4	5.7	0.17	8.0	8.0	0.0	30
Short- Soy	309	74	2.9	0.5	5.9	5.3	1.2	5.4	0.19	5.3	0.0	5.3	30
Short - Coconut	338	81	4.3	3.9	6.7	5.5	3.9	2.0	0.09	5.5	0.0	5.5	30
Short - Almond	188	45	2.1	0.2	5.0	4.3	0.9	1.1	0.10	4.3	0.0	4.3	30
Short - Oat	560	134	4.6	2.7	19.1	11.4	3.8	2.0	0.22	11.4	0.0	11.4	30
Tall - Skimmed Milk	434	102	0.4	0.1	14.7	13.6	0.7	9.8	0.27	13.6	13.6	0.0	60
Tall - Semi Skimmed Milk	604	144	4.9	3.0	14.1	13.0	0.7	10.3	0.27	13.0	13.0	0.0	60
Tall - Whole Milk	761	182	9.8	6.2	13.9	12.8	0.7	9.2	0.27	12.8	12.8	0.0	60
Tall - Soy	499	119	4.7	0.8	9.5	8.4	2.1	8.7	0.30	8.4	0.0	8.4	60
Tall - Coconut	545	131	6.8	6.2	10.9	8.7	6.4	3.3	0.14	8.7	0.0	8.7	60
Tall - Almond	307	73	3.3	0.3	8.2	6.8	1.6	1.9	0.16	6.8	0.0	6.8	60
Tall - Oat	898	214	7.4	4.3	30.6	18.2	6.1	3.3	0.35	18.2	0.0	18.2	60
Grande - Skimmed Milk	563	133	0.5	0.1	19.0	17.4	1.1	12.6	0.35	17.4	17.4	0.0	90
Grande - Semi Skimmed Milk	780	186	6.3	3.8	18.3	16.7	1.1	13.3	0.35	16.7	16.7	0.0	90
Grande - Whole Milk	981	235	12.6	8.0	18.0	16.3	1.1	11.9	0.35	16.3	16.3	0.0	90
Grande - Soy	646	154	6.0	1.1	12.4	10.8	2.8	11.2	0.38	10.8	0.0	10.8	90
Grande - Coconut	705	169	8.8	8.0	14.2	11.1	8.4	4.3	0.17	11.1	0.0	11.1	90
Grande - Almond	401	96	4.3	0.4	10.7	8.7	2.2	2.6	0.21	8.7	0.0	8.7	90
Grande - Oat	1156	276	9.4	5.6	39.3	23.2	8.0	4.3	0.45	23.2	0.0	23.2	90
Venti - Skimmed Milk	736	174	0.6	0.1	24.8	22.6	1.5	16.5	0.45	22.6	22.6	0.0	120
Venti - Semi Skimmed Milk	1019	242	8.3	5.0	23.9	21.7	1.5	17.4	0.45	21.7	21.7	0.0	120
Venti - Whole Milk	1281	306	16.4	10.4	23.5	21.3	1.5	15.6	0.45	21.3	21.3	0.0	120
Venti - Soy	845	201	7.8	1.4	16.3	14.1	3.7	14.7	0.50	14.1	0.0	14.1	120
Venti - Coconut	921	221	11.4	10.4	18.5	14.5	10.9	5.7	0.23	14.5	0.0	14.5	120
Venti - Almond	525	125	5.6	0.5	14.0	11.4	2.8	3.4	0.27	11.4	0.0	11.4	120
Venti - Oat	1509	360	12.3	7.2	51.4	30.3	10.5	5.7	0.59	30.3	0.0	30.3	120
<b>ROOIBOS LATTE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	254	60	0.2	0.0	8.5	8.5	0.6	5.8	0.18	8.5	8.5	0.0	0
<b>Short - Semi Skimmed Milk</b>	<b>361</b>	<b>86</b>	<b>3.1</b>	<b>1.9</b>	<b>8.2</b>	<b>8.2</b>	<b>0.6</b>	<b>6.1</b>	<b>0.18</b>	<b>8.2</b>	<b>8.2</b>	<b>0.0</b>	<b>0</b>
Short- Whole Milk	460	110	6.1	3.9	8.0	8.0	0.6	5.5	0.18	8.0	8.0	0.0	0
Short- Soy	295	71	2.9	0.5	5.3	5.3	1.5	5.1	0.19	5.3	0.0	5.3	0
Short - Coconut	324	78	4.3	3.9	6.1	5.4	4.2	1.7	0.09	5.4	0.0	5.4	0
Short - Almond	174	42	2.1	0.2	4.4	4.3	1.1	0.9	0.11	4.3	0.0	4.3	0
Short - Oat	546	130	4.6	2.7	18.5	11.4	4.0	1.7	0.23	11.4	0.0	11.4	0
Tall - Skimmed Milk	406	96	0.3	0.0	13.5	13.5	1.2	9.2	0.28	13.5	13.5	0.0	0
Tall - Semi Skimmed Milk	576	137	4.9	3.0	13.0	13.0	1.2	9.7	0.28	13.0	13.0	0.0	0
Tall - Whole Milk	733	175	9.7	6.2	12.7	12.7	1.2	8.7	0.28	12.7	12.7	0.0	0
Tall - Soy	471	113	4.6	0.8	8.4	8.4	2.6	8.1	0.31	8.4	0.0	8.4	0
Tall - Coconut	517	124	6.8	6.2	9.7	8.6	6.9	2.7	0.15	8.6	0.0	8.6	0
Tall - Almond	279	67	3.3	0.3	7.0	6.8	2.0	1.4	0.17	6.8	0.0	6.8	0
Tall - Oat	870	208	7.3	4.3	29.5	18.1	6.6	2.7	0.36	18.1	0.0	18.1	0
Grande - Skimmed Milk	521	123	0.4	0.0	17.3	17.3	1.8	11.8	0.36	17.3	17.3	0.0	0
Grande - Semi Skimmed Milk	738	176	6.2	3.8	16.6	16.6	1.8	12.4	0.36	16.6	16.6	0.0	0
Grande - Whole Milk	939	225	12.4	7.9	16.3	16.2	1.8	11.1	0.36	16.2	16.2	0.0	0
Grande - Soy	605	144	5.9	1.0	10.7	10.7	3.5	10.4	0.40	10.7	0.0	10.7	0
Grande - Coconut	663	160	8.6	7.9	12.5	11.1	9.0	3.5	0.19	11.1	0.0	11.1	0
Grande - Almond	359	86	4.2	0.4	9.0	8.6	2.8	1.8	0.23	8.6	0.0	8.6	0
Grande - Oat	1114	266	9.3	5.5	37.6	23.1	8.7	3.5	0.47	23.1	0.0	23.1	0
Venti - Skimmed Milk	681	161	0.5	0.1	22.5	22.5	2.4	15.3	0.48	22.5	22.5	0.0	0
Venti - Semi Skimmed Milk	964	229	8.1	5.0	21.6	21.6	2.4	16.2	0.48	21.6	21.6	0.0	0
Venti - Whole Milk	1225	293	16.2	10.4	21.2	21.2	2.4	14.4	0.48	21.2	21.2	0.0	0
Venti - Soy	789	188	7.7	1.4	14.0	14.0	4.6	13.5	0.52	14.0	0.0	14.0	0
Venti - Coconut	865	208	11.3	10.4	16.2	14.4	11.8	4.5	0.25	14.4	0.0	14.4	0
Venti - Almond	469	112	5.4	0.5	11.7	11.3	3.7	2.3	0.30	11.3	0.0	11.3	0
Venti - Oat	1453	347	12.2	7.2	49.1	30.2	11.4	4.5	0.61	30.2	0.0	30.2	0
<b>CLASSIC CHAI TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	435	103	0.1	0.0	21.3	21.3	1.2	3.4	0.11	21.3	4.8	16.5	46
<b>Short - Semi Skimmed Milk</b>	<b>496</b>	<b>117</b>	<b>1.8</b>	<b>1.1</b>	<b>21.1</b>	<b>21.1</b>	<b>1.2</b>	<b>3.6</b>	<b>0.11</b>	<b>21.1</b>	<b>4.6</b>	<b>16.5</b>	<b>46</b>
Short- Whole Milk	552	131	3.5	2.2	21.0	21.0	1.2	3.2	0.11	21.0	4.5	16.5	46
Short- Soy	459	109	1.7	0.3	19.5	19.4	1.7	3.0	0.12	19.4	0.0	19.4	46
Short - Coconut	475	113	2.5	2.2	20.0	19.5	3.2	1.1	0.06	19.5	0.0	19.5	46
Short - Almond	390	92	1.2	0.1	19.0	18.9	1.5	0.6	0.07	18.9	0.0	18.9	46
Short - Oat	601	143	2.7	1.5	27.0	22.9	3.1	1.1	0.14	22.9	0.0	22.9	46
Tall - Skimmed Milk	679	160	0.2	0.0	32.9	32.8	1.8	5.7	0.18	32.8	8.1	24.7	69
Tall - Semi Skimmed Milk	780	185	3.0	1.8	32.5	32.5	1.8	6.0	0.18	32.5	7.8	24.7	69
Tall - Whole Milk	875	208	5.9	3.7	32.4	32.3	1.8	5.4	0.18	32.3	7.6	24.7	69
Tall - Soy	718	170	2.8	0.5	29.8	29.7	2.6	5.1	0.20	29.7	0.0	29.7	69
Tall - Coconut	745	177	4.1	3.7	30.6	29.9	5.2	1.8	0.10	29.9	0.0	29.9	69
Tall - Almond	602	143	2.0	0.2	29.0	28.7	2.3	1.0	0.11	28.7	0.0	28.7	69
Tall - Oat	957	227	4.4	2.6	42.4	35.5	5.0	1.8	0.23	35.5	0.0	35.5	69
Grande - Skimmed Milk	881	208	0.3	0.0	42.9	42.8	2.4	7.2	0.23	42.8	10.1	32.7	92
Grande - Semi Skimmed Milk	1009	239	3.7	2.2	42.5	42.4	2.4	7.6	0.23	42.4	9.7	32.7	92
Grande - Whole Milk	1127	268	7.4	4.7	42.3	42.2	2.4	6.8	0.23	42.2	9.5	32.7	92
Grande - Soy	930	220	3.5	0.6	39.1	39.0	3.4	6.4	0.25	39.0	0.0	39.0	92
Grande - Coconut	968	230	5.2	4.7	40.3	39.4	6.7	2.3	0.12	39.4	0.0	39.4	92
Grande - Almond	786	186	2.5	0.2	38.1	37.8	3.0	1.3	0.14	37.8	0.0	37.8	92
Grande - Oat	1230	292	5.6	3.3	54.9	46.3	6.4	2.3	0.29	46.3	0.0	46.3	92
Venti - Skimmed Milk	1151	271	0.4	0.0	55.4	55.3	3.0	10.0	0.31	55.3	14.2	41.1	115
Venti - Semi Skimmed Milk	1329	315	5.2	3.1	54.9	54.8	3.0	10.6	0.31	54.8	13.6	41.1	115


 <b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
	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) **
Venti - Whole Milk	1494	355	10.3	6.5	54.6	54.5	3.0	9.4	0.31	54.5	13.3	41.1	115
Venti - Soy	1219	289	4.9	0.9	50.0	49.9	4.4	8.9	0.34	49.9	0.0	49.9	115
Venti - Coconut	1267	301	7.2	6.5	51.5	50.2	8.9	3.2	0.17	50.2	0.0	50.2	115
Venti - Almond	1017	241	3.5	0.3	48.6	48.2	3.8	1.8	0.20	48.2	0.0	48.2	115
Venti - Oat	1638	389	7.8	4.5	72.2	60.1	8.7	3.2	0.40	60.1	0.0	60.1	115
<b>ADD-INS</b>													
<b>WHIPPED CREAM</b>													
HOT Short Beverage - 16 g	242	59	5.8	4.2	1.4	1.4	0.0	0.3	0.01	1.4	0.0	1.4	0
HOT Tall Beverage - 19g	287	70	6.8	4.9	1.6	1.6	0.0	0.4	0.02	1.6	0.0	1.6	0
HOT Grande/Venti Beverage - 22g	333	81	7.9	5.7	1.9	1.9	0.0	0.4	0.02	1.9	0.0	1.9	0
COLD Mini Beverage - 20 g	302	73	7.2	5.2	1.7	1.7	0.0	0.4	0.02	1.7	0.0	1.7	0
COLD Tall Beverage - 25 g	378	92	9.0	6.5	2.2	2.1	0.0	0.5	0.02	2.1	0.0	2.1	0
COLD Grande/Venti Beverage - 35 g	529	128	12.6	9.1	3.0	3.0	0.0	0.7	0.03	3.0	0.0	3.0	0
<b>FLAVOUR SYRUP</b>													
1 Pump - 1/4 fl oz - 10 g	95	22	0.0	0.0	5.6	5.4	0.0	0.0	0.00	5.4	0.0	5.4	0
2 Pumps - 1/2 fl oz - 20 g	190	45	0.0	0.0	11.2	10.8	0.0	0.0	0.01	10.8	0.0	10.8	0
3 Pumps - 3/4 fl oz - 30 g	286	67	0.0	0.0	16.8	16.2	0.0	0.0	0.01	16.2	0.0	16.2	0
4 Pumps - 1 fl oz - 40 g	381	90	0.0	0.0	22.4	21.6	0.0	0.0	0.01	21.6	0.0	21.6	0
<b>SUGAR FREE FLAVOUR SYRUP</b>													
1 Pump - 1/4 fl oz - 10 g	4	1	0.0	0.0	0.2	0.0	0.0	0.0	0.01	0.0	0.0	0.0	0
2 Pumps - 1/2 fl oz - 20 g	7	2	0.0	0.0	0.4	0.0	0.0	0.0	0.01	0.0	0.0	0.0	0
3 Pumps - 3/4 fl oz - 30 g	11	3	0.0	0.0	0.7	0.0	0.0	0.0	0.02	0.0	0.0	0.0	0
4 Pumps - 1 fl oz - 40 g	15	4	0.0	0.0	0.9	0.0	0.0	0.0	0.02	0.0	0.0	0.0	0
<b>BAR MOCHA SAUCE</b>													
1 Pump - 1/2 fl oz - 17 g	83	20	0.4	0.3	3.8	3.5	0.5	0.0	0.00	3.5	0.0	3.5	5
2 Pumps - 1 fl oz - 35 g	166	39	0.8	0.5	7.5	7.0	1.0	0.0	0.00	7.0	0.0	7.0	9
3 Pumps - 1 1/2 fl oz - 52 g	248	59	1.2	0.8	11.3	10.5	1.5	0.0	0.01	10.5	0.0	10.5	14
4 Pumps - 2 fl oz - 70 g	331	79	1.6	1.0	15.0	14.0	1.9	0.0	0.01	14.0	0.0	14.0	19
5 Pumps - 2 1/2 fl oz - 87 g	414	98	2.0	1.3	18.8	17.5	2.4	0.0	0.01	17.5	0.0	17.5	23
<b>DRIZZLES</b>													
Mocha - 4 g	19	5	0.1	0.1	0.9	0.8	0.1	0.0	0.00	0.8	0.0	0.8	1
Caramel - 4 g	67	16	0.6	0.4	2.5	2.3	0.0	0.1	0.02	2.3	0.0	2.3	0
<b>COLD BEVERAGES</b>													
<b>COLD CRAFT</b>													
<b>COLD BREW</b>													
Tall	3	1	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	148
Grande	4	1	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	207
Venti	5	1	0.0	0.0	0.0	0.0	0.0	0.2	0.00	0.0	0.0	0.0	266
<b>COLD BREW LATTE (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	247	58	0.2	0.0	8.4	8.4	0.0	5.8	0.18	8.4	8.4	0.0	139
<b>Tall - Semi Skimmed Milk</b>	<b>352</b>	<b>83</b>	<b>3.0</b>	<b>1.8</b>	<b>8.0</b>	<b>8.0</b>	<b>0.0</b>	<b>6.1</b>	<b>0.18</b>	<b>8.0</b>	<b>8.0</b>	<b>0.0</b>	<b>139</b>
Tall - Whole Milk	449	108	6.0	3.8	7.9	7.9	0.0	5.5	0.18	7.9	7.9	0.0	139
Tall - Soy	288	69	2.9	0.5	5.2	5.2	0.8	5.1	0.19	5.2	0.0	5.2	139
Tall - Coconut	316	76	4.2	3.8	6.0	5.3	3.5	1.8	0.09	5.3	0.0	5.3	139
Tall - Almond	169	40	2.0	0.2	4.3	4.2	0.5	1.0	0.11	4.2	0.0	4.2	139
Tall - Oat	534	127	4.5	2.7	18.2	11.2	3.3	1.8	0.23	11.2	0.0	11.2	139
Grande - Skimmed Milk	327	77	0.3	0.0	11.1	11.1	0.0	7.7	0.23	11.1	11.1	0.0	186
Grande - Semi Skimmed Milk	466	110	4.0	2.4	10.6	10.6	0.0	8.1	0.23	10.6	10.6	0.0	186
Grande - Whole Milk	595	142	8.0	5.1	10.4	10.4	0.0	7.2	0.23	10.4	10.4	0.0	186
Grande - Soy	381	91	3.8	0.7	6.9	6.9	1.1	6.8	0.26	6.9	0.0	6.9	186
Grande - Coconut	418	101	5.6	5.1	8.0	7.1	4.6	2.4	0.12	7.1	0.0	7.1	186
Grande - Almond	224	53	2.7	0.2	5.8	5.5	0.7	1.3	0.15	5.5	0.0	5.5	186
Grande - Oat	707	169	6.0	3.5	24.1	14.8	4.4	2.4	0.30	14.8	0.0	14.8	186
Venti - Skimmed Milk	387	91	0.3	0.0	13.0	13.0	0.0	9.1	0.28	13.0	13.0	0.0	276
Venti - Semi Skimmed Milk	551	130	4.7	2.9	12.5	12.5	0.0	9.6	0.28	12.5	12.5	0.0	276
Venti - Whole Milk	703	168	9.4	6.0	12.3	12.3	0.0	8.6	0.28	12.3	12.3	0.0	276
Venti - Soy	450	107	4.5	0.8	8.1	8.1	1.3	8.1	0.31	8.1	0.0	8.1	276
Venti - Coconut	494	119	6.6	6.0	9.4	8.3	5.5	2.8	0.15	8.3	0.0	8.3	276
Venti - Almond	265	63	3.2	0.3	6.8	6.5	0.8	1.5	0.18	6.5	0.0	6.5	276
Venti - Oat	835	199	7.1	4.2	28.4	17.5	5.2	2.8	0.36	17.5	0.0	17.5	276
<b>ICED CAPPUCCINO with COLD FOAM</b>													
Tall	243	57	0.1	0.0	10.9	8.9	0.0	3.3	0.10	8.9	3.8	5.1	150 - 170
Grande	295	69	0.1	0.0	13.0	11.0	0.0	4.1	0.10	11.0	5.0	6.0	150 - 170
Venti	396	93	0.1	0.0	17.5	14.5	0.0	5.5	0.10	14.5	6.5	8.0	225 - 255
<b>NITRO COLD BREW</b>													
10 oz	16	4	0.0	0.0	0.0	0.0	0.0	0.1	0.00	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
<b>NITRO COLD BREW with COLD FOAM</b>													
10 oz	88	21	0.1	0.0	3.0	3.0	0.0	2.0	0.07	3.0	3.0	0.0	140
Tall	110	26	0.1	0.0	3.8	3.8	0.0	2.6	0.09	3.8	3.8	0.0	164
<b>NITRO COLD BREW with CARAMEL COLD FOAM</b>													
10 oz	96	23	0.0	0.0	5.5	5.4	0.0	0.0	0.06	5.4	1.8	3.6	165
Tall	120	28	0.1	0.0	6.9	6.8	0.0	0.0	0.07	6.8	2.2	4.5	195
<b>ICED COFFEE</b>													
<b>ICED CAFFÈ LATTE (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	313	74	0.2	0.0	11.1	9.1	0.0	6.9	0.18	9.1	9.1	0.0	150 - 170
<b>Tall - Semi Skimmed Milk</b>	<b>428</b>	<b>102</b>	<b>3.3</b>	<b>2.0</b>	<b>10.7</b>	<b>8.8</b>	<b>0.0</b>	<b>7.3</b>	<b>0.18</b>	<b>8.8</b>	<b>8.8</b>	<b>0.0</b>	<b>150 - 170</b>
Tall - Whole Milk	534	128	6.6	4.2	10.6	8.6	0.0	6.6	0.18	8.6	8.6	0.0	150 - 170
Tall - Soy	357	85	3.1	0.6	7.6	5.7	0.9	6.2	0.20	5.7	0.0	5.7	150 - 170
Tall - Coconut	388	93	4.6	4.2	8.6	5.8	3.8	2.5	0.09	5.8	0.0	5.8	150 - 170
Tall - Almond	227	54	2.2	0.2	6.7	4.6	0.6	1.6	0.11	4.6	0.0	4.6	150 - 170
Tall - Oat	626	149	4.9	2.9	21.9	12.2	3.7	2.5	0.24	12.2	0.0	12.2	150 - 170
Grande - Skimmed Milk	382	90	0.2	0.0	13.5	11.5	0.0	8.5	0.23	11.5	11.5	0.0	150 - 170
Grande - Semi Skimmed Milk	527	125	4.1	2.5	13.0	11.0	0.0	9.0	0.23	11.0	11.0	0.0	150 - 170
Grande - Whole Milk	660	158	8.3	5.3	12.8	10.8	0.0	8.1	0.23	10.8	10.8	0.0	150 - 170
Grande - Soy	438	104	3.9	0.7	9.1	7.1	1.2	7.6	0.25	7.1	0.0	7.1	150 - 170
Grande - Coconut	477	114	5.7	5.3	10.3	7.4	4.8	3.0	0.11	7.4	0.0	7.4	150 - 170
Grande - Almond	274	65	2.8	0.2	8.0	5.7	0.7	1.9	0.14	5.7	0.0	5.7	150 - 170
Grande - Oat	777	185	6.2	3.7	27.0	15.4	4.6	3.0	0.30	15.4	0.0	15.4	150 - 170
Venti - Skimmed Milk	451	106	0.3	0.0	16.0	13.0	0.0	9.9	0.26	13.0	13.0	0.0	225 - 255




	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) **
													
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
Venti - Semi Skimmed Milk	615	146	4.7	2.9	15.5	12.5	0.0	10.5	0.26	12.5	12.5	0.0	225 - 255
Venti - Whole Milk	766	183	9.4	6.0	15.2	12.3	0.0	9.4	0.26	12.3	12.3	0.0	225 - 255
Venti - Soy	514	122	4.4	0.8	11.1	8.1	1.3	8.9	0.29	8.1	0.0	8.1	225 - 255
Venti - Coconut	558	134	6.5	6.0	12.4	8.3	5.5	3.7	0.13	8.3	0.0	8.3	225 - 255
Venti - Almond	328	78	3.1	0.3	9.8	6.5	0.8	2.4	0.16	6.5	0.0	6.5	225 - 255
Venti - Oat	898	214	7.0	4.2	31.4	17.5	5.2	3.7	0.34	17.5	0.0	17.5	225 - 255
<b>ICED BLONDE VANILLA LATTE (made with brewed Blonde Espresso coffee, Semi Skimmed Milk and regular Vanilla Flavour Syrup as standard)</b>													
Tall - Skimmed Milk	464	109	0.2	0.0	20.0	17.8	0.0	6.9	0.18	17.8	9.1	8.7	170
<b>Tall - Semi Skimmed Milk</b>	<b>579</b>	<b>137</b>	<b>3.3</b>	<b>2.0</b>	<b>19.6</b>	<b>17.5</b>	<b>0.0</b>	<b>7.3</b>	<b>0.18</b>	<b>17.5</b>	<b>8.8</b>	<b>8.7</b>	<b>170</b>
Tall - Whole Milk	685	163	6.6	4.2	19.5	17.3	0.0	6.6	0.18	17.3	8.6	8.7	170
Tall - Soy	508	121	3.1	0.6	16.5	14.4	0.9	6.2	0.20	14.4	0.0	14.4	170
Tall - Coconut	539	129	4.6	4.2	17.4	14.5	3.8	2.5	0.09	14.5	0.0	14.5	170
Tall - Almond	379	90	2.2	0.2	15.6	13.3	0.6	1.6	0.11	13.3	0.0	13.3	170
Tall - Oat	778	185	4.9	2.9	30.8	20.9	3.7	2.5	0.24	20.9	0.0	20.9	170
Grande - Skimmed Milk	609	143	0.2	0.0	26.8	24.5	0.0	8.5	0.23	24.5	11.5	13.1	170
Grande - Semi Skimmed Milk	754	179	4.1	2.5	26.3	24.1	0.0	9.0	0.23	24.1	11.0	13.1	170
Grande - Whole Milk	887	211	8.3	5.3	26.1	23.9	0.0	8.1	0.23	23.9	10.8	13.1	170
Grande - Soy	665	158	3.9	0.7	22.4	20.2	1.2	7.6	0.25	20.2	0.0	20.2	170
Grande - Coconut	703	168	5.7	5.3	23.6	20.4	4.8	3.0	0.11	20.4	0.0	20.4	170
Grande - Almond	501	119	2.8	0.2	21.3	18.8	0.7	1.9	0.14	18.8	0.0	18.8	170
Grande - Oat	1004	238	6.2	3.7	40.4	28.4	4.6	3.0	0.30	28.4	0.0	28.4	170
Venti - Skimmed Milk	753	177	0.3	0.0	33.8	30.4	0.0	9.9	0.26	30.4	13.0	17.4	255
Venti - Semi Skimmed Milk	917	217	4.7	2.9	33.3	29.9	0.0	10.5	0.26	29.9	12.5	17.4	255
Venti - Whole Milk	1069	254	9.4	6.0	33.0	29.7	0.0	9.4	0.26	29.7	12.3	17.4	255
Venti - Soy	816	193	4.4	0.8	28.8	25.5	1.3	8.9	0.29	25.5	0.0	25.5	255
Venti - Coconut	860	205	6.5	6.0	30.1	25.8	5.5	3.7	0.13	25.8	0.0	25.8	255
Venti - Almond	631	149	3.1	0.3	27.5	23.9	0.8	2.4	0.16	23.9	0.0	23.9	255
Venti - Oat	1201	285	7.0	4.2	49.2	34.9	5.2	3.7	0.34	34.9	0.0	34.9	255
<b>ICED CAPPUCCINO (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	338	80	0.2	0.0	12.0	10.0	0.0	7.5	0.20	10.0	10.0	0.0	150 - 170
<b>Tall - Semi Skimmed Milk</b>	<b>464</b>	<b>110</b>	<b>3.6</b>	<b>2.2</b>	<b>11.6</b>	<b>9.6</b>	<b>0.0</b>	<b>7.9</b>	<b>0.20</b>	<b>9.6</b>	<b>9.6</b>	<b>0.0</b>	<b>150 - 170</b>
Tall - Whole Milk	579	138	7.2	4.6	11.4	9.4	0.0	7.1	0.20	9.4	9.4	0.0	150 - 170
Tall - Soy	386	92	3.4	0.6	8.2	6.2	1.0	6.7	0.22	6.2	0.0	6.2	150 - 170
Tall - Coconut	420	101	5.0	4.6	9.2	6.4	4.2	2.7	0.10	6.4	0.0	6.4	150 - 170
Tall - Almond	244	58	2.4	0.2	7.2	5.0	0.6	1.7	0.12	5.0	0.0	5.0	150 - 170
Tall - Oat	681	162	5.4	3.2	23.7	13.4	4.0	2.7	0.26	13.4	0.0	13.4	150 - 170
Grande - Skimmed Milk	413	97	0.3	0.0	14.5	12.5	0.0	9.2	0.25	12.5	12.5	0.0	150 - 170
Grande - Semi Skimmed Milk	571	136	4.5	2.8	14.0	12.0	0.0	9.7	0.25	12.0	12.0	0.0	150 - 170
Grande - Whole Milk	716	171	9.0	5.8	13.8	11.8	0.0	8.7	0.25	11.8	11.8	0.0	150 - 170
Grande - Soy	474	113	4.3	0.8	9.8	7.8	1.3	8.2	0.28	7.8	0.0	7.8	150 - 170
Grande - Coconut	516	124	6.3	5.8	11.0	8.0	5.3	3.2	0.13	8.0	0.0	8.0	150 - 170
Grande - Almond	295	70	3.0	0.3	8.5	6.3	0.8	2.0	0.15	6.3	0.0	6.3	150 - 170
Grande - Oat	844	201	6.8	4.0	29.3	16.8	5.0	3.2	0.33	16.8	0.0	16.8	150 - 170
Venti - Skimmed Milk	482	113	0.3	0.0	17.1	14.1	0.0	10.7	0.28	14.1	14.1	0.0	225 - 255
Venti - Semi Skimmed Milk	659	156	5.1	3.1	16.5	13.5	0.0	11.2	0.28	13.5	13.5	0.0	225 - 255
Venti - Whole Milk	822	196	10.1	6.5	16.2	13.2	0.0	10.1	0.28	13.2	13.2	0.0	225 - 255
Venti - Soy	549	131	4.8	0.9	11.7	8.7	1.4	9.5	0.31	8.7	0.0	8.7	225 - 255
Venti - Coconut	597	143	7.0	6.5	13.1	9.0	5.9	3.9	0.14	9.0	0.0	9.0	225 - 255
Venti - Almond	349	83	3.4	0.3	10.3	7.0	0.9	2.5	0.17	7.0	0.0	7.0	225 - 255
Venti - Oat	965	230	7.6	4.5	33.7	18.9	5.6	3.9	0.37	18.9	0.0	18.9	225 - 255
<b>ICED CAFFÈ AMERICANO</b>													
Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150 - 170
Grande	69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00	0.0	0.0	0.0	225 - 255
Venti	92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00	0.0	0.0	0.0	300 - 340
<b>ICED CAFFÈ MOCHA (made with brewed Espresso Roast Coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)</b>													
Tall - Skimmed Milk	961	229	10.5	7.3	25.5	22.7	1.6	7.4	0.21	22.7	9.1	13.5	165
<b>Tall - Semi Skimmed Milk</b>	<b>1076</b>	<b>257</b>	<b>13.6</b>	<b>9.3</b>	<b>25.1</b>	<b>22.3</b>	<b>1.6</b>	<b>7.8</b>	<b>0.21</b>	<b>22.3</b>	<b>8.8</b>	<b>13.5</b>	<b>165</b>
Tall - Whole Milk	1182	283	16.9	11.5	24.9	22.1	1.6	7.1	0.21	22.1	8.6	13.5	165
Tall - Soy	1005	241	13.4	7.9	22.0	19.2	2.5	6.7	0.23	19.2	0.0	19.2	165
Tall - Coconut	1036	249	14.9	11.5	22.9	19.4	5.4	3.0	0.12	19.4	0.0	19.4	165
Tall - Almond	875	210	12.5	7.5	21.1	18.1	2.1	2.1	0.14	18.1	0.0	18.1	165
Tall - Oat	1274	305	15.3	10.2	36.3	25.8	5.2	3.0	0.26	25.8	0.0	25.8	165
Grande - Skimmed Milk	1264	302	14.6	10.2	32.5	29.4	2.1	9.2	0.27	29.4	11.5	17.9	170
Grande - Semi Skimmed Milk	1409	337	18.5	12.7	32.0	28.9	2.1	9.7	0.27	28.9	11.0	17.9	170
Grande - Whole Milk	1542	370	22.6	15.5	31.8	28.7	2.1	8.8	0.27	28.7	10.8	17.9	170
Grande - Soy	1319	316	18.2	10.9	28.1	25.0	3.2	8.3	0.29	25.0	0.0	25.0	170
Grande - Coconut	1358	326	20.1	15.5	29.3	25.2	6.9	3.7	0.15	25.2	0.0	25.2	170
Grande - Almond	1156	277	17.1	10.4	27.0	23.6	2.8	2.6	0.17	23.6	0.0	23.6	170
Grande - Oat	1659	397	20.5	13.8	46.0	33.3	6.7	3.7	0.33	33.3	0.0	33.3	170
Venti - Skimmed Milk	1415	338	15.0	10.4	38.8	34.4	2.5	10.6	0.30	34.4	13.0	21.4	249
Venti - Semi Skimmed Milk	1579	378	19.4	13.3	38.3	33.9	2.5	11.2	0.30	33.9	12.5	21.4	249
Venti - Whole Milk	1731	415	24.1	16.4	38.0	33.6	2.5	10.1	0.30	33.6	12.3	21.4	249
Venti - Soy	1478	354	19.2	11.2	33.8	29.5	3.8	9.6	0.32	29.5	0.0	29.5	249
Venti - Coconut	1522	365	21.3	16.4	35.1	29.7	8.0	4.4	0.17	29.7	0.0	29.7	249
Venti - Almond	1293	310	17.9	10.7	32.5	27.9	3.3	3.1	0.19	27.9	0.0	27.9	249
Venti - Oat	1863	446	21.8	14.6	54.2	38.9	7.8	4.4	0.38	38.9	0.0	38.9	249
<b>ICED BLONDE CAFFÈ MOCHA (made with brewed Blonde Espresso coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)</b>													
Tall - Skimmed Milk	878	210	10.1	7.1	21.7	19.2	1.1	7.4	0.21	19.2	9.1	10.0	180
<b>Tall - Semi Skimmed Milk</b>	<b>993</b>	<b>238</b>	<b>13.2</b>	<b>9.1</b>	<b>21.4</b>	<b>18.8</b>	<b>1.1</b>	<b>7.8</b>	<b>0.21</b>	<b>18.8</b>	<b>8.8</b>	<b>10.0</b>	<b>180</b>
Tall - Whole Milk	1099	264	16.5	11.3	21.2	18.6	1.1	7.1	0.21	18.6	8.6	10.0	180
Tall - Soy	922	221	13.0	7.6	18.3	15.7	2.0	6.7	0.22	15.7	0.0	15.7	180
Tall - Coconut	953	229	14.5	11.3	19.2	15.9	4.9	3.0	0.12	15.9	0.0	15.9	180
Tall - Almond	792	190	12.1	7.3	17.4	14.6	1.6	2.1	0.13	14.6	0.0	14.6	180
Tall - Oat	1191	285	14.8	10.0	32.5	22.3	4.7	3.0	0.26	22.3	0.0	22.3	180
Grande - Skimmed Milk	1181	282	14.2	9.9	28.7	25.9	1.6	9.2	0.26	25.9	11.5	14.4	185
Grande - Semi Skimmed Milk	1326	317	18.1	12.4	28.3	25.4	1.6	9.7	0.26	25.4	11.0	14.4	185
Grande - Whole Milk	1459	350	22.2	15.2	28.0	25.2	1.6	8.8	0.26	25.2	10.8	14.4	1


															
Spring FY19 Starbucks Beverage Nutrition Information *															
	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) **		
Grande - Oat	1576	377	20.1	13.6	42.3	29.8	6.2	3.7	0.33	29.8	0.0	29.8	185		
Venti - Skimmed Milk	1332	318	14.6	10.2	35.0	30.9	2.1	10.6	0.30	30.9	13.0	17.9	275		
Venti - Semi Skimmed Milk	1496	358	19.0	13.0	34.5	30.4	2.1	11.2	0.30	30.4	12.5	17.9	275		
Venti - Whole Milk	1648	395	23.7	16.2	34.2	30.1	2.1	10.1	0.30	30.1	12.3	17.9	275		
Venti - Soy	1395	334	18.8	10.9	30.1	26.0	3.4	9.6	0.32	26.0	0.0	26.0	275		
Venti - Coconut	1439	346	20.9	16.2	31.4	26.2	7.5	4.4	0.17	26.2	0.0	26.2	275		
Venti - Almond	1210	290	17.5	10.4	28.8	24.4	2.8	3.1	0.19	24.4	0.0	24.4	275		
Venti - Oat	1780	426	21.4	14.3	50.4	35.4	7.3	4.4	0.37	35.4	0.0	35.4	275		
<b>ICED WHITE CHOCOLATE MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk and Whipped Cream as standard)</b>															
Tall - Skimmed Milk	1280	305	12.9	9.6	38.5	36.5	0.0	8.6	0.33	36.5	6.8	29.7	150		
<b>Tall - Semi Skimmed Milk</b>	<b>1366</b>	<b>326</b>	<b>15.3</b>	<b>11.1</b>	<b>38.3</b>	<b>36.3</b>	<b>0.0</b>	<b>8.9</b>	<b>0.33</b>	<b>36.3</b>	<b>6.5</b>	<b>29.7</b>	<b>150</b>		
Tall - Whole Milk	1445	345	17.7	12.8	38.1	36.1	0.0	8.4	0.33	36.1	6.4	29.7	150		
Tall - Soy	1313	313	15.1	10.0	35.9	33.9	0.7	8.1	0.35	33.9	0.0	33.9	150		
Tall - Coconut	1336	319	16.2	12.8	36.6	34.1	2.9	5.4	0.26	34.1	0.0	34.1	150		
Tall - Almond	1216	290	14.4	9.8	35.3	33.1	0.4	4.7	0.28	33.1	0.0	33.1	150		
Tall - Oat	1514	361	16.5	11.8	46.6	38.8	2.7	5.4	0.37	38.8	0.0	38.8	150		
Grande - Skimmed Milk	1697	405	17.8	13.3	50.2	48.2	0.0	10.8	0.43	48.2	8.4	39.8	150		
Grande - Semi Skimmed Milk	1803	430	20.7	15.1	49.8	47.8	0.0	11.2	0.43	47.8	8.1	39.8	150		
Grande - Whole Milk	1900	454	23.7	17.1	49.7	47.7	0.0	10.5	0.43	47.7	7.9	39.8	150		
Grande - Soy	1737	415	20.5	13.8	47.0	45.0	0.8	10.2	0.45	45.0	0.0	45.0	150		
Grande - Coconut	1766	422	21.9	17.1	47.8	45.1	3.5	6.8	0.35	45.1	0.0	45.1	150		
Grande - Almond	1618	387	19.7	13.4	46.1	44.0	0.5	6.0	0.36	44.0	0.0	44.0	150		
Grande - Oat	1986	474	22.2	15.9	60.1	51.0	3.4	6.8	0.48	51.0	0.0	51.0	150		
Venti - Skimmed Milk	2027	483	19.2	14.3	63.4	60.4	0.0	14.2	0.55	60.4	11.4	49.0	225		
Venti - Semi Skimmed Milk	2170	517	23.0	16.8	62.9	59.9	0.0	14.6	0.55	59.9	11.0	49.0	225		
Venti - Whole Milk	2303	550	27.1	19.5	62.7	59.7	0.0	13.7	0.55	59.7	10.7	49.0	225		
Venti - Soy	2082	497	22.8	15.0	59.0	56.0	1.1	13.3	0.57	56.0	0.0	56.0	225		
Venti - Coconut	2120	507	24.6	19.5	60.2	56.3	4.8	8.7	0.43	56.3	0.0	56.3	225		
Venti - Almond	1920	458	21.7	14.5	57.9	54.7	0.7	7.5	0.46	54.7	0.0	54.7	225		
Venti - Oat	2419	577	25.1	17.9	76.9	64.3	4.6	8.7	0.62	64.3	0.0	64.3	225		
<b>ICED BLONDE WHITE CHOCOLATE MOCHA (made with brewed Blonde Espresso coffee, Semi Skimmed Milk and Whipped Cream as standard)</b>															
Tall - Skimmed Milk	1061	253	11.7	8.6	29.3	27.3	0.0	7.7	0.27	27.3	6.8	20.5	170		
<b>Tall - Semi Skimmed Milk</b>	<b>1147</b>	<b>274</b>	<b>14.0</b>	<b>10.1</b>	<b>29.1</b>	<b>27.1</b>	<b>0.0</b>	<b>8.0</b>	<b>0.27</b>	<b>27.1</b>	<b>6.5</b>	<b>20.5</b>	<b>170</b>		
Tall - Whole Milk	1226	293	16.4	11.7	28.9	26.9	0.0	7.4	0.27	26.9	6.4	20.5	170		
Tall - Soy	1094	262	13.9	9.0	26.8	24.7	0.7	7.2	0.29	24.7	0.0	24.7	170		
Tall - Coconut	1117	268	14.9	11.7	27.4	24.9	2.9	4.4	0.20	24.9	0.0	24.9	170		
Tall - Almond	997	239	13.2	8.7	26.1	23.9	0.4	3.8	0.22	23.9	0.0	23.9	170		
Tall - Oat	1295	310	15.2	10.8	37.4	29.7	2.7	4.4	0.31	29.7	0.0	29.7	170		
Grande - Skimmed Milk	1478	353	16.6	12.2	41.0	39.0	0.0	9.9	0.37	39.0	8.4	30.6	170		
Grande - Semi Skimmed Milk	1584	378	19.4	14.1	40.7	38.6	0.0	10.3	0.37	38.6	8.1	30.6	170		
Grande - Whole Milk	1682	402	22.5	16.1	40.5	38.5	0.0	9.6	0.37	38.5	7.9	30.6	170		
Grande - Soy	1519	363	19.3	12.7	37.8	35.8	0.8	9.2	0.39	35.8	0.0	35.8	170		
Grande - Coconut	1547	370	20.6	16.1	38.6	36.0	3.5	5.9	0.29	36.0	0.0	36.0	170		
Grande - Almond	1399	335	18.4	12.4	37.0	34.8	0.5	5.0	0.30	34.8	0.0	34.8	170		
Grande - Oat	1767	422	20.9	14.9	50.9	41.8	3.4	5.9	0.42	41.8	0.0	41.8	170		
Venti - Skimmed Milk	1808	431	17.9	13.3	54.2	51.2	0.0	13.2	0.49	51.2	11.4	39.8	255		
Venti - Semi Skimmed Milk	1952	466	21.8	15.8	53.7	50.7	0.0	13.7	0.49	50.7	11.0	39.8	255		
Venti - Whole Milk	2084	498	25.9	18.5	53.5	50.5	0.0	12.8	0.49	50.5	10.7	39.8	255		
Venti - Soy	1863	445	21.5	13.9	49.9	46.8	1.1	12.3	0.51	46.8	0.0	46.8	255		
Venti - Coconut	1902	455	23.4	18.5	51.0	47.1	4.8	7.8	0.38	47.1	0.0	47.1	255		
Venti - Almond	1701	406	20.4	13.5	48.7	45.5	0.7	6.6	0.40	45.5	0.0	45.5	255		
Venti - Oat	2200	525	23.8	16.9	67.7	55.1	4.6	7.8	0.56	55.1	0.0	55.1	255		
<b>ICED CARAMEL MACCHIATO (made with brewed Espresso Roast coffee, Semi Skimmed Milk, regular Vanilla Flavour Syrup and Caramel Drizzle as standard)</b>															
Tall - Skimmed Milk	548	129	0.9	0.5	23.3	20.8	0.0	7.0	0.20	20.8	9.1	11.7	150		
<b>Tall - Semi Skimmed Milk</b>	<b>663</b>	<b>157</b>	<b>4.0</b>	<b>2.5</b>	<b>22.9</b>	<b>20.5</b>	<b>0.0</b>	<b>7.3</b>	<b>0.20</b>	<b>20.5</b>	<b>8.8</b>	<b>11.7</b>	<b>150</b>		
Tall - Whole Milk	769	183	7.3	4.7	22.7	20.3	0.0	6.6	0.20	20.3	8.6	11.7	150		
Tall - Soy	592	141	3.8	1.0	19.8	17.4	0.9	6.3	0.22	17.4	0.0	17.4	150		
Tall - Coconut	615	147	5.3	4.7	20.3	17.1	3.8	2.6	0.11	17.1	0.0	17.1	150		
Tall - Almond	462	110	2.9	0.6	18.9	16.3	0.6	1.7	0.13	16.3	0.0	16.3	150		
Tall - Oat	861	205	5.7	3.4	34.0	23.9	3.7	2.6	0.26	23.9	0.0	23.9	150		
Grande - Skimmed Milk	697	164	1.0	0.5	30.3	27.8	0.0	8.6	0.25	27.8	11.5	16.3	150		
Grande - Semi Skimmed Milk	841	199	4.9	3.0	29.8	27.3	0.0	9.1	0.25	27.3	11.0	16.3	150		
Grande - Whole Milk	975	232	9.0	5.7	29.6	27.1	0.0	8.1	0.25	27.1	10.8	16.3	150		
Grande - Soy	752	178	4.6	1.2	25.9	23.4	1.2	7.7	0.27	23.4	0.0	23.4	150		
Grande - Coconut	779	186	6.5	5.7	26.4	23.0	4.8	3.1	0.14	23.0	0.0	23.0	150		
Grande - Almond	589	140	3.5	0.7	24.8	22.0	0.7	1.9	0.16	22.0	0.0	22.0	150		
Grande - Oat	1091	259	6.9	4.1	43.9	31.7	4.6	3.1	0.32	31.7	0.0	31.7	150		
Venti - Skimmed Milk	845	199	1.0	0.5	37.5	33.9	0.0	10.0	0.28	33.9	13.0	20.9	225		
Venti - Semi Skimmed Milk	1009	239	5.4	3.3	37.0	33.4	0.0	10.5	0.28	33.4	12.5	20.9	225		
Venti - Whole Milk	1160	276	10.1	6.5	36.7	33.1	0.0	9.5	0.28	33.1	12.3	20.9	225		
Venti - Soy	908	215	5.2	1.2	32.6	28.9	1.3	9.0	0.31	28.9	0.0	28.9	225		
Venti - Coconut	936	223	7.2	6.5	33.0	28.3	5.5	3.7	0.15	28.3	0.0	28.3	225		
Venti - Almond	722	171	3.9	0.7	31.3	27.4	0.8	2.4	0.18	27.4	0.0	27.4	225		
Venti - Oat	1292	307	7.8	4.6	52.9	38.3	5.2	3.7	0.36	38.3	0.0	38.3	225		
<b>ICED BLONDE CARAMEL MACCHIATO (made with brewed Blonde Espresso coffee, Semi Skimmed Milk, regular Vanilla Flavour Syrup and Caramel Drizzle as standard)</b>															
Tall - Skimmed Milk	465	110	0.9	0.5	18.4	16.0	0.0	7.0	0.20	16.0	9.1	6.9	170		
<b>Tall - Semi Skimmed Milk</b>	<b>579</b>	<b>137</b>	<b>4.0</b>	<b>2.5</b>	<b>18.0</b>	<b>15.7</b>	<b>0.0</b>	<b>7.3</b>	<b>0.20</b>	<b>15.7</b>	<b>8.8</b>	<b>6.9</b>	<b>170</b>		
Tall - Whole Milk	685	163	7.3	4.7	17.8	15.5	0.0	6.6	0.20	15.5	8.6	6.9	170		
Tall - Soy	508	121	3.8	1.0	14.9	12.6	0.9	6.3	0.22	12.6	0.0	12.6	170		
Tall - Coconut	539	129	5.3	4.7	15.8	12.8	3.8	2.6	0.11	12.8	0.0	12.8	170		
Tall - Almond	379	90	2.9	0.6	14.0	11.5	0.6	1.7	0.13	11.5	0.0	11.5	170		
Tall - Oat	778	185	5.7	3.4	29.2	19.1	3.7	2.6	0.26	19.1	0.0	19.1	170		
Grande - Skimmed Milk	609	144	1.0	0.5	25.2	22.8	0.0	8.6	0.25	22.8	11.5	11.3	170		
Grande - Semi Skimmed Milk	754	179	4.9	3.0	24.7	22.3	0.0	9.0	0.25	22.3	11.0	11.3	170		
Grande - Whole Milk	887	211	9.0	5.7	24.5	22.1	0.0	8.1	0.25	22.1	10.8	11.3	170		
Grande - Soy	665	158	4.6	1.1	20.8	18.4	1.2	7.7	0.27	18.4	0.0	18.4	170		
Grande - Coconut	703	168	6.5	5.7	22.0	18.6	4.8	3.1	0.14	18.6	0.0	18.6	170		
Grande - Almond	501	119	3.5	0.7	19.7	17.0	0.7	1.9	0.16	17.0	0.0	17.0	170		
Grande - Oat	1004	239	6.9	4.1	38.7	26.7	4.6	3.1	0.32	26.7	0.0	26.7	170		
Venti - Skimmed Milk	753	178	1.0	0.5	32.2	28.7	0.0	10.0	0.28	28.7	13.0	15.6	255		


	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) **
													
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
Venti - Semi Skimmed Milk	917	217	5.4	3.3	31.7	28.1	0.0	10.5	0.28	28.1	12.5	15.6	255
Venti - Whole Milk	1069	254	10.1	6.5	31.4	27.9	0.0	9.5	0.28	27.9	12.3	15.6	255
Venti - Soy	816	194	5.2	1.2	27.2	23.7	1.3	9.0	0.31	23.7	0.0	23.7	255
Venti - Coconut	860	205	7.2	6.5	28.5	24.0	5.5	3.7	0.15	24.0	0.0	24.0	255
Venti - Almond	631	150	3.9	0.7	25.9	22.1	0.8	2.4	0.18	22.1	0.0	22.1	255
Venti - Oat	1201	285	7.8	4.6	47.6	33.1	5.2	3.7	0.36	33.1	0.0	33.1	255
<b>ICED TEAVANA™ TEA LATTES</b>													
<b>ICED MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	306	72	0.3	0.0	10.3	9.2	0.7	6.8	0.18	9.2	9.2	0.0	60
<b>Tall - Semi Skimmed Milk</b>	<b>421</b>	<b>100</b>	<b>3.4</b>	<b>2.0</b>	<b>9.9</b>	<b>8.8</b>	<b>0.7</b>	<b>7.1</b>	<b>0.18</b>	<b>8.8</b>	<b>8.8</b>	<b>0.0</b>	<b>60</b>
Tall - Whole Milk	527	126	6.7	4.2	9.7	8.6	0.7	6.4	0.18	8.6	8.6	0.0	60
Tall - Soy	350	83	3.2	0.6	6.8	5.7	1.7	6.1	0.20	5.7	0.0	5.7	60
Tall - Coconut	381	91	4.7	4.2	7.7	5.9	4.6	2.4	0.09	5.9	0.0	5.9	60
Tall - Almond	220	53	2.3	0.2	5.9	4.6	1.3	1.5	0.11	4.6	0.0	4.6	60
Tall - Oat	619	148	5.0	2.9	21.0	12.3	4.4	2.4	0.24	12.3	0.0	12.3	60
Grande - Skimmed Milk	394	93	0.4	0.1	13.2	11.6	1.1	8.7	0.23	11.6	11.6	0.0	90
Grande - Semi Skimmed Milk	539	128	4.3	2.6	12.8	11.1	1.1	9.1	0.23	11.1	11.1	0.0	90
Grande - Whole Milk	672	161	8.4	5.3	12.5	10.9	1.1	8.2	0.23	10.9	10.9	0.0	90
Grande - Soy	450	107	4.0	0.7	8.9	7.2	2.3	7.8	0.25	7.2	0.0	7.2	90
Grande - Coconut	488	117	5.9	5.3	10.0	7.5	5.9	3.2	0.11	7.5	0.0	7.5	90
Grande - Almond	286	68	2.9	0.3	7.7	5.8	1.8	2.0	0.14	5.8	0.0	5.8	90
Grande - Oat	789	188	6.3	3.7	26.8	15.5	5.7	3.2	0.30	15.5	0.0	15.5	90
Venti - Skimmed Milk	459	108	0.4	0.1	15.4	13.2	1.5	10.0	0.26	13.2	13.2	0.0	120
Venti - Semi Skimmed Milk	623	148	4.9	2.9	14.8	12.7	1.5	10.5	0.26	12.7	12.7	0.0	120
Venti - Whole Milk	774	185	9.6	6.0	14.6	12.4	1.5	9.5	0.26	12.4	12.4	0.0	120
Venti - Soy	522	124	4.6	0.8	10.4	8.2	2.8	9.0	0.29	8.2	0.0	8.2	120
Venti - Coconut	566	136	6.7	6.0	11.7	8.5	7.0	3.8	0.13	8.5	0.0	8.5	120
Venti - Almond	336	80	3.3	0.3	9.1	6.7	2.3	2.5	0.16	6.7	0.0	6.7	120
Venti - Oat	907	216	7.2	4.2	30.7	17.6	6.7	3.8	0.34	17.6	0.0	17.6	120
<b>ICED ROOIBOS LATTE (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	278	66	0.2	0.0	9.1	9.1	1.2	6.2	0.20	9.1	9.1	0.0	0
<b>Tall - Semi Skimmed Milk</b>	<b>393</b>	<b>94</b>	<b>3.3</b>	<b>2.0</b>	<b>8.8</b>	<b>8.8</b>	<b>1.2</b>	<b>6.6</b>	<b>0.20</b>	<b>8.8</b>	<b>8.8</b>	<b>0.0</b>	<b>0</b>
Tall - Whole Milk	499	119	6.6	4.2	8.6	8.6	1.2	5.9	0.20	8.6	8.6	0.0	0
Tall - Soy	322	77	3.1	0.6	5.7	5.7	2.1	5.5	0.21	5.7	0.0	5.7	0
Tall - Coconut	353	85	4.6	4.2	6.6	5.8	5.0	1.8	0.10	5.8	0.0	5.8	0
Tall - Almond	192	46	2.2	0.2	4.8	4.6	1.7	0.9	0.12	4.6	0.0	4.6	0
Tall - Oat	591	141	4.9	2.9	19.9	12.2	4.9	1.8	0.25	12.2	0.0	12.2	0
Grande - Skimmed Milk	352	83	0.3	0.0	11.5	11.5	1.8	7.8	0.25	11.5	11.5	0.0	0
Grande - Semi Skimmed Milk	497	118	4.2	2.5	11.1	11.0	1.8	8.3	0.25	11.0	11.0	0.0	0
Grande - Whole Milk	630	151	8.3	5.3	10.8	10.8	1.8	7.4	0.25	10.8	10.8	0.0	0
Grande - Soy	408	97	3.9	0.7	7.2	7.1	2.9	6.9	0.27	7.1	0.0	7.1	0
Grande - Coconut	447	108	5.8	5.3	8.3	7.4	6.6	2.3	0.13	7.4	0.0	7.4	0
Grande - Almond	245	59	2.8	0.2	6.0	5.8	2.5	1.2	0.16	5.8	0.0	5.8	0
Grande - Oat	747	178	6.2	3.7	25.1	15.4	6.4	2.3	0.32	15.4	0.0	15.4	0
Venti - Skimmed Milk	403	95	0.3	0.0	13.1	13.0	2.4	8.9	0.29	13.0	13.0	0.0	0
Venti - Semi Skimmed Milk	567	135	4.7	2.9	12.6	12.5	2.4	9.4	0.29	12.5	12.5	0.0	0
Venti - Whole Milk	719	172	9.4	6.0	12.3	12.3	2.4	8.4	0.29	12.3	12.3	0.0	0
Venti - Soy	466	111	4.5	0.8	8.1	8.1	3.7	7.9	0.31	8.1	0.0	8.1	0
Venti - Coconut	510	123	6.5	6.0	9.4	8.4	7.9	2.6	0.16	8.4	0.0	8.4	0
Venti - Almond	281	67	3.2	0.3	6.8	6.5	3.2	1.3	0.18	6.5	0.0	6.5	0
Venti - Oat	851	203	7.1	4.2	28.5	17.5	7.6	2.6	0.36	17.5	0.0	17.5	0
<b>ICED CHAI TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	420	99	0.2	0.0	19.2	19.2	0.9	4.7	0.14	19.2	6.8	12.3	34
<b>Tall - Semi Skimmed Milk</b>	<b>506</b>	<b>120</b>	<b>2.5</b>	<b>1.5</b>	<b>18.9</b>	<b>18.9</b>	<b>0.9</b>	<b>5.0</b>	<b>0.14</b>	<b>18.9</b>	<b>6.5</b>	<b>12.3</b>	<b>34</b>
Tall - Whole Milk	585	139	4.9	3.1	18.8	18.8	0.9	4.5	0.14	18.8	6.4	12.3	34
Tall - Soy	453	107	2.4	0.4	16.6	16.6	1.6	4.2	0.16	16.6	0.0	16.6	34
Tall - Coconut	476	113	3.4	3.1	17.3	16.7	3.8	1.5	0.08	16.7	0.0	16.7	34
Tall - Almond	356	84	1.7	0.1	15.9	15.8	1.3	0.8	0.09	15.8	0.0	15.8	34
Tall - Oat	654	155	3.7	2.2	27.2	21.5	3.6	1.5	0.19	21.5	0.0	21.5	34
Grande - Skimmed Milk	540	127	0.2	0.0	24.9	24.9	1.2	5.9	0.18	24.9	8.4	16.5	46
Grande - Semi Skimmed Milk	646	153	3.1	1.9	24.6	24.5	1.2	6.2	0.18	24.5	8.1	16.5	46
Grande - Whole Milk	744	177	6.1	3.9	24.4	24.4	1.2	5.5	0.18	24.4	7.9	16.5	46
Grande - Soy	581	138	2.9	0.5	21.7	21.7	2.0	5.2	0.20	21.7	0.0	21.7	46
Grande - Coconut	609	145	4.3	3.9	22.6	21.8	4.7	1.8	0.10	22.6	0.0	22.6	46
Grande - Almond	461	109	2.1	0.2	20.9	20.7	1.7	1.0	0.11	20.7	0.0	20.7	46
Grande - Oat	829	197	4.6	2.7	34.8	27.7	4.6	1.8	0.23	27.7	0.0	27.7	46
Venti - Skimmed Milk	702	165	0.3	0.0	32.0	32.0	1.5	7.9	0.24	32.0	11.4	20.6	57
Venti - Semi Skimmed Milk	846	200	4.2	2.5	31.6	31.5	1.5	8.4	0.24	31.5	11.0	20.6	57
Venti - Whole Milk	978	233	8.3	5.3	31.4	31.3	1.5	7.5	0.24	31.3	10.7	20.6	57
Venti - Soy	757	180	3.9	0.7	27.7	27.7	2.6	7.0	0.27	27.7	0.0	27.7	57
Venti - Coconut	796	190	5.8	5.3	28.8	27.9	6.3	2.5	0.13	27.9	0.0	27.9	57
Venti - Almond	595	141	2.8	0.2	26.6	26.3	2.2	1.3	0.15	26.3	0.0	26.3	57
Venti - Oat	1094	260	6.2	3.7	45.5	35.9	6.1	2.5	0.31	35.9	0.0	35.9	57
<b>TEAVANA™ SHAKEN INFUSED ICED TEAS</b>													
<b>PEACH CITRUS GREEN TEA (made with Lemonade and Simple Syrup as standard)</b>													
Tall	206	48	0.1	0.0	11.9	11.9	0.1	0.1	0.00	11.9	0.0	11.9	20 - 25
Grande	272	64	0.1	0.0	15.8	15.8	0.1	0.1	0.00	15.8	0.0	15.8	25 - 30
Venti	341	80	0.1	0.0	19.8	19.7	0.1	0.1	0.00	19.7	0.0	19.7	35 - 40
<b>UNSWEETENED PEACH CITRUS GREEN TEA (unsweetened - made without Lemonade and Simple Syrup as standard)</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	20 - 25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	25 - 30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	35 - 40
<b>STRAWBERRY BLACK TEA (made with Lemonade and Simple Syrup as standard)</b>													
Tall	206	48	0.1	0.0	11.9	11.9	0.1	0.1	0.00	11.9	0.0	11.9	20 - 25
Grande	272	64	0.1	0.0	15.8	15.8	0.1	0.1	0.00	15.8	0.0	15.8	25 - 30
Venti	341	80	0.1	0.0	19.8	19.7	0.1	0.1	0.00	19.7	0.0	19.7	35 - 40
<b>UNSWEETENED STRAWBERRY BLACK TEA (unsweetened - made without Lemonade and Simple Syrup as standard)</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	20 - 25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	25 - 30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	35 - 40


	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) **
													
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
<b>PINEAPPLE GREEN TEA (made with Lemonade and Simple Syrup as standard)</b>													
Tall	206	48	0.1	0.0	11.9	11.9	0.1	0.1	0.00	11.9	0.0	11.9	20 - 25
Grande	272	64	0.1	0.0	15.8	15.8	0.1	0.1	0.00	15.8	0.0	15.8	25 - 30
Venti	341	80	0.1	0.0	19.8	19.7	0.1	0.1	0.00	19.7	0.0	19.7	35 - 40
<b>UNSWEETENED PINEAPPLE GREEN TEA (unsweetened - made without Lemonade and Simple Syrup as standard)</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	20 - 25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	25 - 30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	35 - 40
<b>TEAVANA™ SHAKEN ICED TEAS</b>													
<b>FLAVOURED ICED TEA LEMONADES</b>													
<b>MANGO BLACK TEA LEMONADE</b>													
Tall	352	83	0.1	0.0	20.4	19.8	0.1	0.1	0.0	19.8	0.0	19.8	20 - 25
Grande	469	110	0.1	0.0	27.1	26.3	0.2	0.1	0.0	26.3	0.0	26.3	25 - 30
Venti	581	137	0.2	0.0	33.6	32.6	0.2	0.2	0.0	32.6	0.0	32.6	35 - 40
<b>ICED TEA LEMONADES</b>													
<b>BLACK TEA LEMONADE</b>													
Tall	147	35	0.1	0.0	8.3	8.3	0.1	0.1	0.0	8.3	0.0	8.3	20 - 25
Grande	196	46	0.1	0.0	11.1	11.1	0.1	0.1	0.0	11.1	0.0	11.1	25 - 30
Venti	240	56	0.2	0.0	13.6	13.6	0.2	0.2	0.0	13.6	0.0	13.6	35 - 40
<b>GREEN TEA LEMONADE</b>													
Tall	147	35	0.1	0.0	8.3	8.3	0.1	0.1	0.0	8.3	0.0	8.3	20 - 25
Grande	196	46	0.1	0.0	11.1	11.1	0.1	0.1	0.0	11.1	0.0	11.1	25 - 30
Venti	240	56	0.2	0.0	13.6	13.6	0.2	0.2	0.0	13.6	0.0	13.6	35 - 40
<b>HIBISCUS FLAVOURED HERBAL BLEND LEMONADE</b>													
Tall	147	35	0.1	0.0	8.3	8.3	0.1	0.1	0.0	8.3	0.0	8.3	0.0
Grande	196	46	0.1	0.0	11.1	11.1	0.1	0.1	0.0	11.1	0.0	11.1	0.0
Venti	240	56	0.2	0.0	13.6	13.6	0.2	0.2	0.0	13.6	0.0	13.6	0.0
<b>CLASSIC ICED TEAS</b>													
<b>BLACK TEA</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20 - 25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	25 - 30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35 - 40
<b>GREEN TEA</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20 - 25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	25 - 30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35 - 40
<b>HIBISCUS FLAVOURED HERBAL BLEND TEA</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>FRAPPUCCINO® BLENDED BEVERAGES - COFFEE</b>													
<b>COFFEE FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)</b>													
Mini - Skimmed Milk	403	95	0.1	0.0	21.8	21.7	0.0	1.8	0.26	21.7	2.6	19.1	42
Mini - Semi Skimmed Milk	435	103	0.9	0.6	21.7	21.6	0.0	1.9	0.26	21.6	2.5	19.1	42
<b>Mini - Whole Milk</b>	<b>465</b>	<b>110</b>	<b>1.9</b>	<b>1.2</b>	<b>21.7</b>	<b>21.5</b>	<b>0.0</b>	<b>1.7</b>	<b>0.26</b>	<b>21.5</b>	<b>2.4</b>	<b>19.1</b>	<b>42</b>
Mini - Soy	415	98	0.9	0.2	20.8	20.7	0.3	1.6	0.26	20.7	0.0	20.7	42
Mini - Coconut	424	100	1.3	1.2	21.1	20.7	1.1	0.5	0.23	20.7	0.0	20.7	42
Mini - Almond	379	89	0.6	0.1	20.6	20.4	0.2	0.3	0.24	20.4	0.0	20.4	42
Mini - Oat	491	116	1.4	0.8	24.9	22.5	1.0	0.5	0.27	22.5	0.0	22.5	42
Tall - Skimmed Milk	623	147	0.1	0.0	33.8	33.5	0.0	2.7	0.40	33.5	4.0	29.5	65
Tall - Semi Skimmed Milk	673	159	1.4	0.9	33.6	33.4	0.0	2.9	0.40	33.4	3.8	29.5	65
Tall - Whole Milk	720	170	2.9	1.8	33.5	33.3	0.0	2.6	0.40	33.3	3.8	29.5	65
Tall - Soy	642	152	1.4	0.2	32.2	32.0	0.4	2.4	0.41	32.0	0.0	32.0	65
Tall - Coconut	656	155	2.0	1.8	32.6	32.1	1.7	0.8	0.36	32.1	0.0	32.1	65
Tall - Almond	586	138	1.0	0.1	31.8	31.5	0.2	0.4	0.37	31.5	0.0	31.5	65
Tall - Oat	760	180	2.2	1.3	38.5	34.9	1.6	0.8	0.42	34.9	0.0	34.9	65
Grande - Skimmed Milk	858	202	0.1	0.0	47.0	46.6	0.0	3.3	0.55	46.6	4.8	41.8	92
Grande - Semi Skimmed Milk	919	217	1.8	1.1	46.8	46.4	0.0	3.5	0.55	46.4	4.7	41.8	92
Grande - Whole Milk	975	231	3.5	2.2	46.7	46.3	0.0	3.1	0.55	46.3	4.6	41.8	92
Grande - Soy	882	208	1.7	0.3	45.1	44.8	0.5	2.9	0.56	44.8	0.0	44.8	92
Grande - Coconut	898	212	2.4	2.2	45.6	44.9	2.0	1.0	0.50	44.8	0.0	44.8	92
Grande - Almond	813	192	1.2	0.1	44.6	44.2	0.3	0.5	0.51	44.2	0.0	44.2	92
Grande - Oat	1025	242	2.6	1.6	52.7	48.3	1.9	1.0	0.58	48.3	0.0	48.3	92
<b>CARAMEL FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Caramel Drizzle as standard)</b>													
Mini - Skimmed Milk	827	197	7.9	5.6	29.2	28.8	0.0	2.2	0.29	28.8	2.6	26.2	42
Mini - Semi Skimmed Milk	860	205	8.8	6.2	29.1	28.7	0.0	2.3	0.29	28.7	2.5	26.2	42
<b>Mini - Whole Milk</b>	<b>890</b>	<b>212</b>	<b>9.7</b>	<b>6.8</b>	<b>29.1</b>	<b>28.6</b>	<b>0.0</b>	<b>2.1</b>	<b>0.29</b>	<b>28.6</b>	<b>2.4</b>	<b>26.2</b>	<b>42</b>
Mini - Soy	840	200	8.7	5.8	28.3	27.8	0.3	2.0	0.30	27.8	0.0	27.8	42
Mini - Coconut	848	202	9.1	6.8	28.5	27.8	1.1	1.0	0.27	27.8	0.0	27.8	42
Mini - Almond	803	191	8.5	5.7	28.0	27.5	0.2	0.7	0.27	27.5	0.0	27.5	42
Mini - Oat	916	218	9.3	6.4	32.3	29.6	1.0	1.0	0.31	29.6	0.0	29.6	42
Tall - Skimmed Milk	1145	272	9.7	6.9	42.9	42.3	0.0	3.2	0.44	42.3	4.0	38.4	64
Tall - Semi Skimmed Milk	1195	284	11.1	7.8	42.8	42.2	0.0	3.4	0.44	42.2	3.8	38.4	64
Tall - Whole Milk	1241	296	12.5	8.7	42.7	42.1	0.0	3.1	0.44	42.7	3.7	38.4	64
Tall - Soy	1164	277	11.0	7.2	41.4	40.8	0.4	2.9	0.44	40.8	0.0	40.8	64
Tall - Coconut	1178	281	11.6	8.7	41.9	40.9	1.7	1.3	0.40	40.9	0.0	40.9	64
Tall - Almond	1108	264	10.6	7.0	41.0	40.3	0.2	0.9	0.40	40.3	0.0	40.3	64
Tall - Oat	1281	305	11.8	8.2	47.6	43.7	1.6	1.3	0.46	43.7	0.0	43.7	64
Grande - Skimmed Milk	1570	373	13.4	9.5	59.2	58.4	0.0	4.0	0.60	58.4	4.8	53.6	91
Grande - Semi Skimmed Milk	1630	388	15.0	10.6	59.0	58.2	0.0	4.2	0.60	58.2	4.6	53.6	91
Grande - Whole Milk	1686	402	16.7	11.7	58.9	58.1	0.0	3.8	0.60	58.1	4.5	53.6	91
Grande - Soy	1593	379	14.9	9.8	57.4	56.6	0.5	3.6	0.60	56.6	0.0	56.6	91
Grande - Coconut	1609	383	15.7	11.7	57.9	56.7	2.0	1.7	0.55	56.7	0.0	56.7	91
Grande - Almond	1524	363	14.4	9.6	56.9	56.0	0.3	1.2	0.56	56.0	0.0	56.0	91
Grande - Oat	1735	413	15.9	11.1	64.9	60.1	1.9	1.7	0.62	60.1	0.0	60.1	91
<b>MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	755	180	7.5	5.4	25.8	25.5	0.3	2.2	0.27	25.5	2.6	22.9	45
Mini - Semi Skimmed Milk	788	188	8.4	5.9	25.7	25.4	0.3	2.3	0.27	25.4	2.5	22.9	45
<b>Mini - Whole Milk</b>	<b>818</b>	<b>195</b>	<b>9.3</b>	<b>6.5</b>	<b>25.7</b>	<b>25.3</b>	<b>0.3</b>	<b>2.1</b>	<b>0.27</b>	<b>25.3</b>	<b>2.4</b>	<b>22.9</b>	<b>45</b>
Mini - Soy	768	183	8.3	5.5	24.8	24.5	0.6	2.0	0.28	24.5	0.0	24.5	45


	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) **
													
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
Mini - Coconut	776	185	8.7	6.5	25.1	24.6	1.4	0.9	0.25	24.6	0.0	24.6	45
Mini - Almond	731	174	8.1	5.4	24.6	24.2	0.5	0.7	0.25	24.2	0.0	24.2	45
Mini - Oat	844	201	8.8	6.2	28.9	26.4	1.3	0.9	0.29	26.4	0.0	26.4	45
Tall - Skimmed Milk	1044	249	9.4	6.7	37.6	37.1	0.4	3.1	0.40	37.1	3.8	33.3	66
Tall - Semi Skimmed Milk	1092	260	10.7	7.6	37.4	37.0	0.4	3.2	0.40	37.0	3.6	33.3	66
Tall - Whole Milk	1136	271	12.1	8.5	37.4	36.9	0.4	2.9	0.40	36.9	3.6	33.3	66
Tall - Soy	1063	253	10.7	7.0	36.1	35.7	0.8	2.8	0.41	35.7	0.0	35.7	66
Tall - Coconut	1075	257	11.3	8.5	36.5	35.8	2.0	1.3	0.36	35.8	0.0	35.8	66
Tall - Almond	1009	240	10.3	6.8	35.8	35.2	0.7	0.9	0.37	35.2	0.0	35.2	66
Tall - Oat	1175	280	11.4	7.9	42.1	38.4	2.0	1.3	0.42	38.4	0.0	38.4	66
Grande - Skimmed Milk	1425	339	13.2	9.4	51.1	50.4	0.6	3.8	0.54	50.4	4.5	45.9	91
Grande - Semi Skimmed Milk	1481	353	14.7	10.4	50.9	50.2	0.6	3.9	0.54	50.2	4.3	45.9	91
Grande - Whole Milk	1533	366	16.3	11.5	50.8	50.2	0.6	3.6	0.54	50.2	4.2	45.9	91
Grande - Soy	1446	345	14.6	9.7	49.4	48.7	1.0	3.4	0.55	48.7	0.0	48.7	91
Grande - Coconut	1462	349	15.4	11.5	49.8	48.8	2.5	1.6	0.49	48.8	0.0	48.8	91
Grande - Almond	1383	330	14.2	9.5	48.9	48.2	0.9	1.2	0.50	48.2	0.0	48.2	91
Grande - Oat	1579	376	15.5	10.8	56.4	51.9	2.4	1.6	0.56	51.9	0.0	51.9	91
<b>ESPRESSO FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)</b>													
Mini - Skimmed Milk	417	98	0.1	0.0	22.4	21.7	0.0	2.0	0.26	21.7	2.6	19.1	87 - 93
Mini - Semi Skimmed Milk	449	106	0.9	0.6	22.3	21.6	0.0	2.1	0.26	21.6	2.5	19.1	87 - 93
<b>Mini - Whole Milk</b>	<b>479</b>	<b>113</b>	<b>1.9</b>	<b>1.2</b>	<b>22.3</b>	<b>21.5</b>	<b>0.0</b>	<b>1.9</b>	<b>0.26</b>	<b>21.5</b>	<b>2.4</b>	<b>19.1</b>	<b>87 - 93</b>
Mini - Soy	429	101	0.9	0.2	21.4	20.7	0.3	1.8	0.26	20.7	0.0	20.7	87 - 93
Mini - Coconut	438	104	1.3	1.2	21.7	20.7	1.1	0.7	0.23	20.7	0.0	20.7	87 - 93
Mini - Almond	392	93	0.6	0.1	21.2	20.4	0.2	0.5	0.24	20.4	0.0	20.4	87 - 93
Mini - Oat	505	119	1.4	0.8	25.5	22.5	1.0	0.7	0.27	22.5	0.0	22.5	87 - 93
Tall - Skimmed Milk	576	135	0.1	0.0	31.0	29.9	0.0	2.7	0.36	29.9	3.6	26.4	121 - 129
Tall - Semi Skimmed Milk	621	146	1.3	0.8	30.8	29.8	0.0	2.9	0.36	29.8	3.4	26.4	121 - 129
Tall - Whole Milk	662	157	2.6	1.6	30.8	29.7	0.0	2.6	0.36	29.7	3.4	26.4	121 - 129
Tall - Soy	593	140	1.2	0.2	29.6	28.6	0.4	2.4	0.36	28.6	0.0	28.6	121 - 129
Tall - Coconut	605	143	1.8	1.6	30.0	28.7	1.5	1.0	0.32	28.7	0.0	28.7	121 - 129
Tall - Almond	542	128	0.9	0.1	29.3	28.2	0.2	0.7	0.33	28.2	0.0	28.2	121 - 129
Tall - Oat	698	165	1.9	1.1	35.2	31.2	1.4	1.0	0.38	31.2	0.0	31.2	121 - 129
Grande - Skimmed Milk	828	195	0.1	0.0	45.1	43.9	0.0	3.4	0.52	43.9	4.6	39.4	149 - 157
Grande - Semi Skimmed Milk	885	209	1.7	1.0	44.9	43.8	0.0	3.6	0.52	43.8	4.4	39.4	149 - 157
Grande - Whole Milk	938	222	3.3	2.1	44.8	43.7	0.0	3.2	0.52	43.7	4.3	39.4	149 - 157
Grande - Soy	850	200	1.6	0.3	43.3	42.2	0.5	3.0	0.53	42.2	0.0	42.2	149 - 157
Grande - Coconut	865	204	2.3	2.1	43.8	42.3	1.9	1.2	0.47	42.3	0.0	42.3	149 - 157
Grande - Almond	785	185	1.1	0.1	42.9	41.7	0.3	0.8	0.48	41.7	0.0	41.7	149 - 157
Grande - Oat	985	233	2.5	1.5	50.5	45.5	1.8	1.2	0.54	45.5	0.0	45.5	149 - 157
<b>JAVA CHIP FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)</b>													
Mini - Skimmed Milk	903	215	9.3	6.5	29.8	29.1	0.9	2.6	0.27	29.1	2.6	26.5	46
Mini - Semi Skimmed Milk	935	223	10.2	7.0	29.7	29.0	0.9	2.7	0.27	29.0	2.5	26.5	46
<b>Mini - Whole Milk</b>	<b>965</b>	<b>230</b>	<b>11.1</b>	<b>7.7</b>	<b>29.7</b>	<b>28.9</b>	<b>0.9</b>	<b>2.5</b>	<b>0.27</b>	<b>28.9</b>	<b>2.4</b>	<b>26.5</b>	<b>46</b>
Mini - Soy	915	218	10.1	6.6	28.9	28.1	1.2	2.4	0.28	28.1	0.0	28.1	46
Mini - Coconut	924	221	10.6	7.7	29.1	28.1	2.0	1.3	0.25	28.1	0.0	28.1	46
Mini - Almond	878	210	9.9	6.5	28.6	27.8	1.1	1.1	0.25	27.8	0.0	27.8	46
Mini - Oat	991	237	10.7	7.3	32.9	29.9	2.0	1.3	0.29	29.9	0.0	29.9	46
Tall - Skimmed Milk	1263	301	12.1	8.4	43.6	42.5	1.3	3.7	0.41	42.5	3.8	38.6	68
Tall - Semi Skimmed Milk	1311	313	13.4	9.2	43.4	42.3	1.3	3.9	0.41	42.3	3.7	38.6	68
Tall - Whole Milk	1356	324	14.8	10.1	43.4	42.2	1.3	3.6	0.41	42.2	3.6	38.6	68
Tall - Soy	1281	306	13.3	8.6	42.1	41.0	1.7	3.4	0.41	41.0	0.0	41.0	68
Tall - Coconut	1294	309	14.0	10.1	42.5	41.1	2.9	1.9	0.37	41.1	0.0	41.1	68
Tall - Almond	1227	293	13.0	8.4	41.8	40.6	1.6	1.5	0.37	40.6	0.0	40.6	68
Tall - Oat	1395	333	14.1	9.6	48.1	43.8	2.9	1.9	0.43	43.8	0.0	43.8	68
Grande - Skimmed Milk	1763	420	17.0	11.8	61.1	59.5	1.9	4.8	0.56	59.5	4.7	54.8	96
Grande - Semi Skimmed Milk	1822	435	18.6	12.8	60.9	59.3	1.9	5.0	0.56	59.3	4.5	54.8	96
Grande - Whole Milk	1877	448	20.3	13.9	60.8	59.3	1.9	4.6	0.56	59.3	4.4	54.8	96
Grande - Soy	1786	426	18.5	12.0	59.3	57.7	2.3	4.4	0.57	57.7	0.0	57.7	96
Grande - Coconut	1802	430	19.2	13.9	59.8	57.9	3.8	2.5	0.52	57.9	0.0	57.9	96
Grande - Almond	1719	410	18.0	11.8	58.9	57.2	2.1	2.0	0.53	57.2	0.0	57.2	96
Grande - Oat	1925	459	19.4	13.3	66.7	61.1	3.7	2.5	0.59	61.1	0.0	61.1	96
<b>WHITE CHOCOLATE MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	783	187	7.7	5.6	26.8	26.6	0.0	2.5	0.29	26.6	2.6	24.1	42
Mini - Semi Skimmed Milk	816	194	8.6	6.1	26.7	26.5	0.0	2.6	0.29	26.5	2.5	24.1	42
<b>Mini - Whole Milk</b>	<b>846</b>	<b>202</b>	<b>9.5</b>	<b>6.8</b>	<b>26.7</b>	<b>26.5</b>	<b>0.0</b>	<b>2.4</b>	<b>0.29</b>	<b>26.5</b>	<b>2.4</b>	<b>24.1</b>	<b>42</b>
Mini - Soy	796	190	8.5	5.7	25.8	25.7	0.3	2.3	0.30	25.7	0.0	25.7	42
Mini - Coconut	804	192	8.9	6.8	26.1	25.7	1.1	1.2	0.27	25.7	0.0	25.7	42
Mini - Almond	759	181	8.3	5.6	25.6	25.4	0.2	1.0	0.27	25.4	0.0	25.4	42
Mini - Oat	872	208	9.1	6.4	29.9	27.5	1.0	1.2	0.31	27.5	0.0	27.5	42
Tall - Skimmed Milk	1094	260	9.8	7.1	39.5	39.3	0.0	3.6	0.43	39.3	3.8	35.4	62
Tall - Semi Skimmed Milk	1142	272	11.1	7.9	39.4	39.1	0.0	3.8	0.43	39.1	3.7	35.4	62
Tall - Whole Milk	1187	283	12.4	8.8	39.3	39.0	0.0	3.5	0.43	39.0	3.6	35.4	62
Tall - Soy	1112	265	11.0	7.3	38.1	37.8	0.4	3.3	0.44	37.8	0.0	37.8	62
Tall - Coconut	1125	268	11.6	8.8	38.4	37.9	1.6	1.8	0.40	37.9	0.0	37.9	62
Tall - Almond	1058	252	10.6	7.1	37.7	37.4	0.2	1.4	0.40	37.4	0.0	37.4	62
Tall - Oat	1226	292	11.8	8.3	44.1	40.6	1.5	1.8	0.46	40.6	0.0	40.6	62
Grande - Skimmed Milk	1547	368	13.9	10.1	56.0	55.7	0.0	4.7	0.60	55.7	4.5	51.1	86
Grande - Semi Skimmed Milk	1604	382	15.5	11.1	55.8	55.5	0.0	4.9	0.60	55.5	4.4	51.1	86
Grande - Whole Milk	1657	395	17.1	12.2	55.7	55.4	0.0	4.5	0.60	55.4	4.3	51.1	86
Grande - Soy	1569	374	15.4	10.4	54.3	53.9	0.5	4.3	0.61	53.9	0.0	53.9	86
Grande - Coconut	1584	378	16.1	12.2	54.7	54.0	1.9	2.5	0.55	54.0	0.0	54.0	86
Grande - Almond	1505	358	14.9	10.2	53.8	53.4	0.3	2.1	0.56	53.4	0.0	53.4	86
Grande - Oat	1703	406	16.3	11.6	61.4	57.2	1.8	2.5	0.63	57.2	0.0	57.2	86
<b>FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT</b>													
<b>COFFEE LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>252</b>	<b>59</b>	<b>0.1</b>	<b>0.0</b>	<b>12.9</b>	<b>12.4</b>	<b>0.1</b>	<b>1.8</b>	<b>0.25</b>	<b>12.4</b>	<b>2.6</b>	<b>9.8</b>	<b>42</b>
Tall - Skimmed Milk	353	83	0.1	0.0	18.1	17.4	0.2	2.5	0.36	17.4	3.6	13.8	59
Grande - Skimmed Milk	503	118	0.1	0.0	26.1	25.1	0.3	3.1	0.				




														
Spring FY19 Starbucks Beverage Nutrition Information *														
	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 - Skimmed Milk	386	91	0.4	0.2	19.4	18.6	0.5	2.2	0.33	18.6	3.3	15.3	57	
Grande - Skimmed Milk	573	135	0.6	0.3	29.1	27.9	0.8	3.0	0.49	27.9	4.4	23.5	88	
<b>CARAMEL LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>														
<b>Mini - Skimmed Milk</b>	<b>306</b>	<b>72</b>	<b>0.1</b>	<b>0.0</b>	<b>16.1</b>	<b>15.5</b>	<b>0.1</b>	<b>1.8</b>	<b>0.26</b>	<b>15.5</b>	<b>2.6</b>	<b>12.9</b>	<b>42</b>	
Tall - Skimmed Milk	397	93	0.1	0.0	20.8	20.1	0.2	2.3	0.33	20.1	3.3	16.8	54	
Grande - Skimmed Milk	540	127	0.1	0.0	28.6	27.6	0.2	2.9	0.47	27.6	4.2	23.3	80	
<b>ESPRESSO LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>														
<b>Mini - Skimmed Milk</b>	<b>266</b>	<b>63</b>	<b>0.1</b>	<b>0.0</b>	<b>13.5</b>	<b>12.4</b>	<b>0.1</b>	<b>2.0</b>	<b>0.25</b>	<b>12.4</b>	<b>2.6</b>	<b>9.8</b>	<b>87 - 93</b>	
Tall - Skimmed Milk	334	79	0.1	0.0	16.9	15.6	0.2	2.5	0.32	15.6	3.2	12.4	121 - 129	
Grande - Skimmed Milk	475	112	0.1	0.0	24.5	22.9	0.2	3.1	0.47	22.9	4.2	18.7	149 - 157	
<b>WHITE MOCHA LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>														
<b>Mini - Skimmed Milk</b>	<b>330</b>	<b>78</b>	<b>0.5</b>	<b>0.4</b>	<b>16.2</b>	<b>15.7</b>	<b>0.1</b>	<b>2.1</b>	<b>0.27</b>	<b>15.7</b>	<b>2.6</b>	<b>13.1</b>	<b>42</b>	
Tall - Skimmed Milk	421	99	0.7	0.5	20.6	20.1	0.2	2.7	0.35	20.1	3.3	16.8	54	
Grande - Skimmed Milk	659	155	1.2	1.0	32.2	31.3	0.2	3.7	0.52	31.3	4.2	27.1	80	
<b>JAVA CHIP LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>														
<b>Mini - Skimmed Milk</b>	<b>430</b>	<b>102</b>	<b>2.0</b>	<b>1.2</b>	<b>18.3</b>	<b>17.3</b>	<b>0.9</b>	<b>2.2</b>	<b>0.25</b>	<b>17.3</b>	<b>2.6</b>	<b>14.7</b>	<b>45</b>	
Tall - Skimmed Milk	568	135	2.7	1.6	24.2	22.8	1.2	2.9	0.34	22.8	3.4	19.4	59	
Grande - Skimmed Milk	799	189	3.8	2.3	34.2	32.3	1.8	3.6	0.47	32.3	4.2	28.0	85	
<b>FRAPPUCCINO® BLENDED BEVERAGES - CRÈME</b>														
<b>VANILLA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>														
Mini - Skimmed Milk	654	156	7.3	5.2	19.9	19.5	0.0	2.7	0.27	19.5	3.4	16.1	0	
Mini - Semi Skimmed Milk	697	166	8.4	6.0	19.8	19.4	0.0	2.9	0.27	19.4	3.3	16.1	0	
<b>Mini - Whole Milk</b>	<b>737</b>	<b>176</b>	<b>9.7</b>	<b>6.8</b>	<b>19.7</b>	<b>19.3</b>	<b>0.0</b>	<b>2.6</b>	<b>0.27</b>	<b>19.3</b>	<b>3.2</b>	<b>16.1</b>	<b>0</b>	
Mini - Soy	670	160	8.4	5.4	18.6	18.2	0.3	2.5	0.28	18.2	0.0	18.2	0	
Mini - Coconut	682	163	8.9	6.8	18.9	18.3	1.4	1.1	0.24	18.3	0.0	18.3	0	
Mini - Almond	621	149	8.0	5.3	18.3	17.8	0.2	0.7	0.24	17.8	0.0	17.8	0	
Mini - Oat	771	184	9.1	6.3	23.9	20.7	1.4	1.1	0.29	20.7	0.0	20.7	0	
Tall - Skimmed Milk	911	217	9.1	6.5	29.7	29.1	0.0	4.0	0.41	29.1	5.2	23.9	0	
Tall - Semi Skimmed Milk	976	233	10.9	7.6	29.5	28.9	0.0	4.3	0.41	28.9	5.0	23.9	0	
Tall - Whole Milk	1037	248	12.8	8.9	29.4	28.8	0.0	3.8	0.41	28.8	4.9	23.9	0	
Tall - Soy	936	223	10.8	6.8	27.8	27.2	0.5	3.6	0.42	27.2	0.0	27.2	0	
Tall - Coconut	953	228	11.6	8.9	28.3	27.3	2.2	1.5	0.36	27.3	0.0	27.3	0	
Tall - Almond	862	206	10.3	6.6	27.2	26.5	0.3	1.0	0.37	26.5	0.0	26.5	0	
Tall - Oat	1089	260	11.8	8.2	35.9	30.9	2.1	1.5	0.44	30.9	0.0	30.9	0	
Grande - Skimmed Milk	1285	306	12.7	9.1	42.5	41.7	0.0	5.3	0.58	41.7	6.8	34.9	0	
Grande - Semi Skimmed Milk	1370	327	15.1	10.6	42.3	41.4	0.0	5.6	0.58	41.4	6.5	34.9	0	
Grande - Whole Milk	1449	346	17.5	12.2	42.1	41.3	0.0	5.1	0.58	41.3	6.4	34.9	0	
Grande - Soy	1317	314	14.9	9.5	39.9	39.1	0.7	4.8	0.59	39.1	0.0	39.1	0	
Grande - Coconut	1340	320	16.0	12.2	40.6	39.2	2.9	2.1	0.51	39.2	0.0	39.2	0	
Grande - Almond	1221	291	14.2	9.2	39.3	38.3	0.4	1.4	0.52	38.3	0.0	38.3	0	
Grande - Oat	1518	362	16.3	11.3	50.5	44.0	2.7	2.1	0.62	44.0	0.0	44.0	0	
<b>DOUBLE CHOCOLATEY CHIP CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)</b>														
Mini - Skimmed Milk	805	192	9.3	6.5	23.5	22.6	0.9	3.1	0.27	22.6	3.4	19.1	4	
Mini - Semi Skimmed Milk	848	203	10.5	7.2	23.4	22.4	0.9	3.3	0.27	22.4	3.3	19.1	4	
<b>Mini - Whole Milk</b>	<b>888</b>	<b>213</b>	<b>11.7</b>	<b>8.0</b>	<b>23.3</b>	<b>22.4</b>	<b>0.9</b>	<b>3.0</b>	<b>0.27</b>	<b>22.4</b>	<b>3.2</b>	<b>19.1</b>	<b>4</b>	
Mini - Soy	822	197	10.4	6.7	22.2	21.3	1.3	2.9	0.28	21.3	0.0	21.3	4	
Mini - Coconut	833	200	11.0	8.0	22.5	21.3	2.4	1.5	0.24	21.3	0.0	21.3	4	
Mini - Almond	773	185	10.1	6.5	21.9	20.8	1.1	1.2	0.25	20.8	0.0	20.8	4	
Mini - Oat	923	221	11.1	7.6	27.6	23.7	2.3	1.5	0.29	23.7	0.0	23.7	4	
Tall - Skimmed Milk	1141	272	12.2	8.4	35.2	33.8	1.4	4.7	0.42	33.8	5.3	28.5	5	
Tall - Semi Skimmed Milk	1207	288	14.0	9.6	35.0	33.5	1.4	4.9	0.42	33.5	5.1	28.5	5	
Tall - Whole Milk	1268	303	15.9	10.8	34.9	33.4	1.4	4.5	0.42	33.4	5.0	28.5	5	
Tall - Soy	1166	279	13.9	8.7	33.2	31.7	1.9	4.3	0.43	31.7	0.0	31.7	5	
Tall - Coconut	1184	283	14.8	10.8	33.7	31.9	3.6	2.2	0.36	31.9	0.0	31.9	5	
Tall - Almond	1091	261	13.4	8.5	32.6	31.1	1.7	1.7	0.37	31.1	0.0	31.1	5	
Tall - Oat	1322	316	15.0	10.1	41.4	35.5	3.5	2.2	0.45	35.5	0.0	35.5	5	
Grande - Skimmed Milk	1576	376	17.1	11.8	48.5	46.5	1.9	6.1	0.57	46.5	6.7	39.9	7	
Grande - Semi Skimmed Milk	1660	396	19.4	13.3	48.3	46.3	1.9	6.4	0.57	46.3	6.4	39.9	7	
Grande - Whole Milk	1737	415	21.8	14.8	48.1	46.1	1.9	5.8	0.57	46.1	6.3	39.9	7	
Grande - Soy	1608	384	19.2	12.2	46.0	44.0	2.6	5.6	0.58	44.0	0.0	44.0	7	
Grande - Coconut	1631	390	20.3	14.8	46.7	44.1	4.7	2.9	0.50	44.1	0.0	44.1	7	
Grande - Almond	1513	362	18.6	11.9	45.3	43.2	2.3	2.3	0.52	43.2	0.0	43.2	7	
Grande - Oat	1804	431	20.6	13.9	56.4	48.8	4.6	2.9	0.61	48.8	0.0	48.8	7	
<b>STRAWBERRIES AND CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>														
Mini - Skimmed Milk	857	204	7.4	5.2	31.3	29.8	0.4	2.9	0.28	29.8	3.4	26.3	0	
Mini - Semi Skimmed Milk	900	214	8.5	6.0	31.1	29.6	0.4	3.1	0.28	29.6	3.3	26.3	0	
<b>Mini - Whole Milk</b>	<b>940</b>	<b>224</b>	<b>9.8</b>	<b>6.8</b>	<b>31.1</b>	<b>29.6</b>	<b>0.4</b>	<b>2.8</b>	<b>0.28</b>	<b>29.6</b>	<b>3.2</b>	<b>26.3</b>	<b>0</b>	
Mini - Soy	873	208	8.5	5.4	30.0	28.5	0.7	2.6	0.29	28.5	0.0	28.5	0	
Mini - Coconut	885	211	9.0	6.8	30.3	28.5	1.8	1.3	0.25	28.5	0.0	28.5	0	
Mini - Almond	824	196	8.1	5.3	29.6	28.1	0.6	0.9	0.26	28.1	0.0	28.1	0	
Mini - Oat	974	232	9.2	6.3	35.3	30.9	1.8	1.3	0.30	30.9	0.0	30.9	0	
Tall - Skimmed Milk	1066	254	9.2	6.5	38.5	36.8	0.4	4.0	0.40	36.8	4.9	31.9	0	
Tall - Semi Skimmed Milk	1128	269	10.9	7.6	38.3	36.6	0.4	4.2	0.40	36.6	4.7	31.9	0	
Tall - Whole Milk	1185	283	12.6	8.8	38.2	36.5	0.4	3.8	0.40	36.5	4.6	31.9	0	
Tall - Soy	1090	260	10.8	6.8	36.6	35.0	0.9	3.7	0.41	35.0	0.0	35.0	0	
Tall - Coconut	1106	264	11.6	8.8	37.1	35.1	2.5	1.7	0.35	35.1	0.0	35.1	0	
Tall - Almond	1020	243	10.3	6.6	36.1	34.4	0.7	1.2	0.36	34.4	0.0	34.4	0	
Tall - Oat	1235	294	11.8	8.1	44.3	38.5	2.4	1.7	0.43	38.5	0.0	38.5	0	
Grande - Skimmed Milk	1488	354	12.9	9.1	54.2	51.8	0.6	5.1	0.54	51.8	6.1	45.7	0	
Grande - Semi Skimmed Milk	1565	373	14.9	10.4	53.9	51.5	0.6	5.4	0.54	51.5	5.9	45.7	0	
Grande - Whole Milk	1636	390	17.1	11.9	53.8	51.4	0.6	4.9	0.54	51.4	5.7	45.7	0	
Grande - Soy	1518	362	14.8	9.5	51.9	49.4	1.2	4.6	0.55	49.4	0.0	49.4	0	
Grande - Coconut	1538	367	15.8	11.9	52.5	49.6	3.1	2.2	0.48	49.6	0.0	49.6	0	
Grande - Almond	1431	341	14.2	9.2	51.3	48.7	0.9	1.6	0.49	48.7	0.0	48.7	0	
Grande - Oat	1698	404	16.0	11.1	61.4	53.8	3.0	2.2	0.57	53.8	0.0	53.8	0	
<b>CARAMEL CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Caramel Drizzle as standard)</b>														
Mini - Skimmed Milk	730	174	7.9	5.6	22.9	22.3	0.0	2.8	0.29	22.3	3.4	18.8	0	
Mini - Semi Skimmed Milk	773	185	9.1	6.4	22.8	22.1	0.0	2.9	0.29	22.1	3.3	18.8	0	
<b>Mini - Whole Milk</b>	<b>813</b>	<b>194</b>	<b>10.3</b>	<b>7.2</b>	<b>22.7</b>	<b>22.1</b>	<b>0.0</b>	<b>2.6</b>	<b>0.29</b>	<b>22.1</b>	<b>3.2</b>	<b>18.8</b>	<b>0</b>	
Mini - Soy	746	178	9.0</											

	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) **
	<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>												
Mini - Coconut	758	181	9.6	7.2	22.0	21.0	1.4	1.1	0.26	21.0	0.0	21.0	0
Mini - Almond	697	167	8.7	5.7	21.3	20.5	0.2	0.8	0.26	20.5	0.0	20.5	0
Mini - Oat	847	202	9.7	6.7	27.0	23.4	1.4	1.1	0.31	23.4	0.0	23.4	0
Tall - Skimmed Milk	1002	239	9.8	6.9	33.5	32.6	0.0	4.2	0.44	32.6	5.3	27.3	0
Tall - Semi Skimmed Milk	1068	255	11.6	8.1	33.3	32.4	0.0	4.4	0.44	32.4	5.1	27.3	0
Tall - Whole Milk	1130	270	13.5	9.3	33.2	32.3	0.0	3.9	0.44	32.3	5.0	27.3	0
Tall - Soy	1027	245	11.5	7.2	31.5	30.6	0.5	3.7	0.45	30.6	0.0	30.6	0
Tall - Coconut	1045	250	12.3	9.3	32.1	30.7	2.2	1.6	0.38	30.7	0.0	30.7	0
Tall - Almond	952	227	10.9	7.0	31.0	30.0	0.3	1.1	0.39	30.0	0.0	30.0	0
Tall - Oat	1184	282	12.5	8.6	39.8	34.4	2.1	1.6	0.47	34.4	0.0	34.4	0
Grande - Skimmed Milk	1339	319	13.4	9.5	44.5	43.3	0.0	5.2	0.58	43.3	6.5	36.8	0
Grande - Semi Skimmed Milk	1421	339	15.6	10.9	44.2	43.1	0.0	5.4	0.58	43.1	6.3	36.8	0
Grande - Whole Milk	1497	358	17.9	12.5	44.1	42.9	0.0	4.9	0.58	42.9	6.1	36.8	0
Grande - Soy	1371	327	15.5	9.9	42.0	40.9	0.7	4.7	0.59	40.9	0.0	40.9	0
Grande - Coconut	1393	333	16.5	12.5	42.7	41.0	2.7	2.1	0.51	41.0	0.0	41.0	0
Grande - Almond	1278	305	14.8	9.6	41.4	40.1	0.4	1.4	0.53	40.1	0.0	40.1	0
Grande - Oat	1563	373	16.8	11.6	52.2	45.6	2.6	2.1	0.62	45.6	0.0	45.6	0
<b>CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)</b>													
Mini - Skimmed Milk	677	162	7.6	5.4	20.3	19.8	0.4	2.7	0.27	19.8	3.4	16.4	4
Mini - Semi Skimmed Milk	720	172	8.8	6.2	20.2	19.7	0.4	2.9	0.27	19.7	3.3	16.4	4
<b>Mini - Whole Milk</b>	<b>760</b>	<b>182</b>	<b>10.0</b>	<b>7.0</b>	<b>20.1</b>	<b>19.6</b>	<b>0.4</b>	<b>2.6</b>	<b>0.27</b>	<b>19.6</b>	<b>3.2</b>	<b>16.4</b>	<b>4</b>
Mini - Soy	693	166	8.7	5.6	19.0	18.5	0.8	2.5	0.28	18.5	0.0	18.5	4
Mini - Coconut	705	169	9.3	7.0	19.4	18.6	1.8	1.1	0.24	18.6	0.0	18.6	4
Mini - Almond	645	154	8.4	5.5	18.7	18.1	0.6	0.7	0.25	18.1	0.0	18.1	4
Mini - Oat	795	190	9.4	6.5	24.4	21.0	1.8	1.1	0.29	21.0	0.0	21.0	4
Tall - Skimmed Milk	927	221	9.6	6.8	29.5	28.7	0.6	4.0	0.40	28.7	5.1	23.6	5
Tall - Semi Skimmed Milk	991	237	11.3	7.9	29.3	28.5	0.6	4.2	0.40	28.5	4.9	23.6	5
Tall - Whole Milk	1051	251	13.1	9.1	29.2	28.4	0.6	3.8	0.40	28.4	4.8	23.6	5
Tall - Soy	952	227	11.2	7.1	27.5	26.8	1.1	3.6	0.41	26.8	0.0	26.8	5
Tall - Coconut	969	232	12.0	9.1	28.1	26.9	2.7	1.5	0.35	26.9	0.0	26.9	5
Tall - Almond	879	210	10.7	6.9	27.0	26.1	0.9	1.0	0.36	26.1	0.0	26.1	5
Tall - Oat	1103	263	12.2	8.4	35.5	30.4	2.6	1.5	0.43	30.4	0.0	30.4	5
Grande - Skimmed Milk	1288	307	13.4	9.5	41.2	40.1	0.7	5.2	0.56	40.1	6.6	33.5	7
Grande - Semi Skimmed Milk	1371	327	15.6	10.9	41.0	39.8	0.7	5.4	0.56	39.8	6.3	33.5	7
Grande - Whole Milk	1448	346	18.0	12.5	40.8	39.7	0.7	4.9	0.56	39.7	6.2	33.5	7
Grande - Soy	1320	315	15.5	9.9	38.7	37.6	1.4	4.6	0.58	37.6	0.0	37.6	7
Grande - Coconut	1342	321	16.5	12.5	39.4	37.7	3.5	2.0	0.50	37.7	0.0	37.7	7
Grande - Almond	1227	293	14.8	9.6	38.1	36.8	1.1	1.4	0.51	36.8	0.0	36.8	7
Grande - Oat	1514	362	16.8	11.6	49.0	42.3	3.4	2.0	0.60	42.3	0.0	42.3	7
<b>WHITE CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	686	164	7.7	5.6	20.5	20.1	0.0	3.1	0.29	20.1	3.4	16.7	0
Mini - Semi Skimmed Milk	729	174	8.9	6.3	20.3	20.0	0.0	3.2	0.29	20.0	3.3	16.7	0
<b>Mini - Whole Milk</b>	<b>769</b>	<b>184</b>	<b>10.1</b>	<b>7.2</b>	<b>20.3</b>	<b>19.9</b>	<b>0.0</b>	<b>2.9</b>	<b>0.29</b>	<b>19.9</b>	<b>3.2</b>	<b>16.7</b>	<b>0</b>
Mini - Soy	702	168	8.8	5.8	19.2	18.8	0.3	2.8	0.30	18.8	0.0	18.8	0
Mini - Coconut	714	171	9.4	7.2	19.5	18.9	1.4	1.4	0.26	18.9	0.0	18.9	0
Mini - Almond	653	156	8.5	5.6	18.8	18.4	0.2	1.1	0.27	18.4	0.0	18.4	0
Mini - Oat	803	192	9.5	6.7	24.5	21.3	1.4	1.4	0.31	21.3	0.0	21.3	0
Tall - Skimmed Milk	964	230	9.8	7.1	30.8	30.3	0.0	4.6	0.44	30.3	5.2	25.1	0
Tall - Semi Skimmed Milk	1030	246	11.6	8.2	30.6	30.1	0.0	4.8	0.44	30.1	5.0	25.1	0
Tall - Whole Milk	1091	261	13.5	9.5	30.5	30.0	0.0	4.4	0.44	30.0	4.9	25.1	0
Tall - Soy	989	236	11.5	7.4	28.8	28.3	0.5	4.2	0.45	28.3	0.0	28.3	0
Tall - Coconut	1007	241	12.3	9.5	29.4	28.4	2.2	2.1	0.39	28.4	0.0	28.4	0
Tall - Almond	915	218	11.0	7.2	28.3	27.7	0.3	1.5	0.40	27.7	0.0	27.7	0
Tall - Oat	1144	273	12.5	8.7	37.0	32.1	2.1	2.1	0.47	32.1	0.0	32.1	0
Grande - Skimmed Milk	1370	326	14.0	10.2	44.1	43.4	0.0	6.0	0.61	43.4	6.5	37.0	0
Grande - Semi Skimmed Milk	1451	346	16.2	11.6	43.9	43.2	0.0	6.3	0.61	43.2	6.2	37.0	0
Grande - Whole Milk	1526	365	18.5	13.1	43.7	43.0	0.0	5.8	0.61	43.0	6.1	37.0	0
Grande - Soy	1401	334	16.1	10.5	41.7	41.0	0.7	5.5	0.62	41.0	0.0	41.0	0
Grande - Coconut	1423	340	17.1	13.1	42.3	41.1	2.7	2.9	0.55	41.1	0.0	41.1	0
Grande - Almond	1309	313	15.4	10.3	41.0	40.2	0.4	2.3	0.56	40.2	0.0	40.2	0
Grande - Oat	1592	380	17.4	12.2	51.7	45.6	2.6	2.9	0.65	45.6	0.0	45.6	0
<b>MATCHA TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	677	161	7.3	5.2	20.6	19.5	0.5	3.1	0.27	19.5	3.4	16.1	36
Mini - Semi Skimmed Milk	720	172	8.5	6.0	20.5	19.4	0.5	3.2	0.27	19.4	3.3	16.1	36
<b>Mini - Whole Milk</b>	<b>760</b>	<b>182</b>	<b>9.7</b>	<b>6.8</b>	<b>20.4</b>	<b>19.3</b>	<b>0.5</b>	<b>2.9</b>	<b>0.27</b>	<b>19.3</b>	<b>3.2</b>	<b>16.1</b>	<b>36</b>
Mini - Soy	693	166	8.4	5.4	19.3	18.2	0.8	2.8	0.28	18.2	0.0	18.2	36
Mini - Coconut	705	169	9.0	6.8	19.6	18.3	1.9	1.4	0.24	18.3	0.0	18.3	36
Mini - Almond	645	154	8.1	5.3	19.0	17.8	0.7	1.1	0.24	17.8	0.0	17.8	36
Mini - Oat	795	190	9.1	6.3	24.6	20.7	1.8	1.4	0.29	20.7	0.0	20.7	36
Tall - Skimmed Milk	967	230	9.2	6.5	31.9	30.2	0.7	4.7	0.42	30.2	5.4	24.7	57
Tall - Semi Skimmed Milk	1035	247	11.0	7.7	31.6	30.0	0.7	4.9	0.42	30.0	5.2	24.7	57
Tall - Whole Milk	1098	262	13.0	9.0	31.5	29.9	0.7	4.5	0.42	29.9	5.1	24.7	57
Tall - Soy	993	237	10.9	6.8	29.8	28.2	1.3	4.3	0.43	28.2	0.0	28.2	57
Tall - Coconut	1011	242	11.8	9.0	30.3	28.3	3.0	2.1	0.37	28.3	0.0	28.3	57
Tall - Almond	916	219	10.4	6.6	29.3	27.5	1.0	1.6	0.38	27.5	0.0	27.5	57
Tall - Oat	1152	275	12.0	8.2	38.2	32.0	2.9	2.1	0.45	32.0	0.0	32.0	57
Grande - Skimmed Milk	1361	324	12.9	9.1	45.3	42.9	1.0	6.3	0.60	42.9	7.0	35.8	83
Grande - Semi Skimmed Milk	1449	345	15.2	10.7	45.0	42.6	1.0	6.5	0.60	42.6	6.7	35.8	83
Grande - Whole Milk	1530	365	17.8	12.4	44.9	42.5	1.0	6.0	0.60	42.5	6.6	35.8	83
Grande - Soy	1394	333	15.1	9.6	42.7	40.3	1.7	5.7	0.61	40.3	0.0	40.3	83
Grande - Coconut	1418	339	16.2	12.4	43.4	40.4	4.0	2.9	0.53	40.4	0.0	40.4	83
Grande - Almond	1295	309	14.4	9.3	42.0	39.4	1.5	2.2	0.54	39.4	0.0	39.4	83
Grande - Oat	1601	382	16.5	11.4	53.6	45.3	3.8	2.9	0.64	45.3	0.0	45.3	83
<b>ROOIBOS CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	669	160	7.3	5.2	20.4	20.1	0.7	2.8	0.09	20.1	3.4	16.7	0
Mini - Semi Skimmed Milk	712	170	8.4	6.0	20.3	20.0	0.7	2.9	0.09	20.0	3.3	16.7	0
<b>Mini - Whole Milk</b>	<b>752</b>	<b>180</b>	<b>9.7</b>	<b>6.8</b>	<b>20.2</b>	<b>19.9</b>	<b>0.7</b>	<b>2.6</b>	<b>0.09</b>	<b>19.9</b>	<b>3.2</b>	<b>16.7</b>	<b>0</b>
Mini - Soy	686	164	8.4	5.4	19.1	18.8	1.1	2.5	0.10	18.8	0.0	18.8	0
Mini - Coconut	688												

	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) **
													
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
Mini - Oat	787	188	9.1	6.3	24.5	21.3	2.1	1.1	0.11	21.3	0.0	21.3	0
Tall - Skimmed Milk	955	228	9.1	6.5	31.6	31.1	1.1	4.2	0.14	31.1	5.4	25.7	0
Tall - Semi Skimmed Milk	1023	244	11.0	7.7	31.4	30.9	1.1	4.5	0.14	30.9	5.2	25.7	0
Tall - Whole Milk	1086	259	12.9	9.0	31.3	30.8	1.1	4.0	0.14	30.8	5.1	25.7	0
Tall - Soy	981	234	10.9	6.8	29.5	29.1	1.7	3.8	0.15	29.1	0.0	29.1	0
Tall - Coconut	985	236	11.7	9.0	29.3	28.2	3.4	1.6	0.38	28.2	0.0	28.2	0
Tall - Almond	905	216	10.3	6.6	29.0	28.4	1.5	1.1	0.10	28.4	0.0	28.4	0
Tall - Oat	1141	272	11.9	8.2	38.0	32.9	3.3	1.6	0.17	32.9	0.0	32.9	0
Grande - Skimmed Milk	1343	320	12.8	9.1	44.9	44.2	1.7	5.6	0.19	44.2	7.0	37.2	0
Grande - Semi Skimmed Milk	1432	341	15.1	10.7	44.7	44.0	1.7	5.8	0.19	44.0	6.7	37.2	0
Grande - Whole Milk	1513	361	17.7	12.3	44.5	43.8	1.7	5.3	0.19	43.8	6.6	37.2	0
Grande - Soy	1377	329	15.0	9.5	42.3	41.6	2.4	5.0	0.20	41.6	0.0	41.6	0
Grande - Coconut	1379	330	16.1	12.3	41.8	40.3	4.6	2.1	0.54	40.3	0.0	40.3	0
Grande - Almond	1278	305	14.3	9.3	41.6	40.7	2.1	1.5	0.13	40.7	0.0	40.7	0
Grande - Oat	1584	378	16.4	11.4	53.2	46.6	4.5	2.2	0.23	46.6	0.0	46.6	0
<b>CHAI TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	697	166	7.3	5.2	22.2	21.8	0.4	2.8	0.28	21.8	3.4	18.4	14
Mini - Semi Skimmed Milk	740	177	8.5	6.0	22.1	21.7	0.4	2.9	0.28	21.7	3.3	18.4	14
<b>Mini - Whole Milk</b>	<b>780</b>	<b>186</b>	<b>9.7</b>	<b>6.8</b>	<b>22.0</b>	<b>21.6</b>	<b>0.4</b>	<b>2.6</b>	<b>0.28</b>	<b>21.6</b>	<b>3.2</b>	<b>18.4</b>	<b>14</b>
Mini - Soy	713	170	8.4	5.4	20.9	20.5	0.7	2.5	0.28	20.5	0.0	20.5	14
Mini - Coconut	725	173	8.9	6.8	21.2	20.6	1.8	1.1	0.24	20.6	0.0	20.6	14
Mini - Almond	665	159	8.0	5.3	20.6	20.1	0.6	0.8	0.25	20.1	0.0	20.1	14
Mini - Oat	815	195	9.1	6.3	26.2	23.0	1.7	1.1	0.30	23.0	0.0	23.0	14
Tall - Skimmed Milk	948	226	9.1	6.5	31.8	31.3	0.5	3.9	0.39	31.3	5.0	26.3	20
Tall - Semi Skimmed Milk	1011	241	10.8	7.6	31.6	31.1	0.5	4.1	0.39	31.1	4.8	26.3	20
Tall - Whole Milk	1068	255	12.6	8.8	31.5	31.0	0.5	3.7	0.39	31.0	4.7	26.3	20
Tall - Soy	972	232	10.7	6.8	29.9	29.4	1.0	3.5	0.40	29.4	0.0	29.4	20
Tall - Coconut	989	236	11.5	8.8	30.4	29.5	2.6	1.6	0.35	29.5	0.0	29.5	20
Tall - Almond	902	215	10.2	6.6	29.4	28.8	0.8	1.1	0.36	28.8	0.0	28.8	20
Tall - Oat	1119	267	11.7	8.1	37.6	32.9	2.5	1.6	0.42	32.9	0.0	32.9	20
Grande - Skimmed Milk	1368	326	12.8	9.1	47.2	46.5	1.0	5.0	0.54	46.5	6.2	40.3	38
Grande - Semi Skimmed Milk	1447	345	14.9	10.5	47.0	46.3	1.0	5.3	0.54	46.3	6.0	40.3	38
Grande - Whole Milk	1519	363	17.1	12.0	46.9	46.1	1.0	4.8	0.54	46.1	5.8	40.3	38
Grande - Soy	1398	334	14.8	9.5	44.9	44.1	1.6	4.5	0.55	44.1	0.0	44.1	38
Grande - Coconut	1419	339	15.8	12.0	45.5	44.3	3.6	2.1	0.48	44.3	0.0	44.3	38
Grande - Almond	1310	313	14.1	9.2	44.2	43.4	1.4	1.4	0.49	43.4	0.0	43.4	38
Grande - Oat	1582	377	16.0	11.1	54.6	48.6	3.5	2.1	0.58	48.6	0.0	48.6	38
<b>FRAPPUCCINO® BLENDED JUICE DRINK</b>													
<b>MANGO PASSION FRAPPUCCINO® (with Passion Tea)</b>													
Mini	562	132	0.2	0.1	32.1	31.6	0.0	0.5	0.28	31.6	0.0	31.6	0
Tall	665	156	0.2	0.2	38.0	37.3	0.0	0.6	0.33	37.3	0.0	37.3	0
Grande	808	190	0.3	0.2	46.2	45.4	0.0	0.8	0.40	45.4	0.0	45.4	0
<b>RASPBERRY BLACKCURRENT FRAPPUCCINO® (with Zen Tea)</b>													
Mini	565	133	0.1	0.1	32.7	32.1	0.0	0.3	0.69	32.1	0.0	32.1	0
Tall	668	157	0.2	0.2	38.6	38.0	0.0	0.3	0.82	38.0	0.0	38.0	0
Grande	812	191	0.2	0.2	47.0	46.2	0.0	0.4	0.99	46.2	0.0	46.2	0
<b>PROMOTIONAL BEVERAGES</b>													
<b>SPRING PROMO FY19</b>													
<b>VANILLA MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	351	83	0.2	0.0	14.0	13.3	0.4	6.1	0.17	13.3	8.5	4.8	30
<b>Short - Semi Skimmed Milk</b>	<b>458</b>	<b>109</b>	<b>3.1</b>	<b>1.9</b>	<b>13.6</b>	<b>13.0</b>	<b>0.4</b>	<b>6.4</b>	<b>0.17</b>	<b>13.0</b>	<b>8.2</b>	<b>4.8</b>	<b>30</b>
Short - Whole Milk	557	133	6.2	3.9	13.5	12.8	0.4	5.7	0.17	12.8	8.0	4.8	30
Short - Soy	392	93	2.9	0.5	10.7	10.1	1.2	5.4	0.19	10.1	0.0	10.1	30
Short - Coconut	421	101	4.3	3.9	11.6	10.3	3.9	2.0	0.09	10.3	0.0	10.3	30
Short - Almond	272	65	2.1	0.2	9.9	9.1	0.9	1.1	0.10	9.1	0.0	9.1	30
Short - Oat	643	153	4.6	2.7	24.0	16.2	3.8	2.0	0.22	16.2	0.0	16.2	30
Tall - Skimmed Milk	555	131	0.4	0.1	21.8	20.5	0.7	9.8	0.27	20.5	13.5	7.0	60
Tall - Semi Skimmed Milk	725	172	4.9	3.0	21.2	20.0	0.7	10.3	0.27	20.0	13.0	7.0	60
Tall - Whole Milk	882	210	9.8	6.2	21.0	19.7	0.7	9.2	0.27	19.7	12.7	7.0	60
Tall - Soy	620	148	4.7	0.8	16.6	15.4	2.1	8.7	0.30	15.4	0.0	15.4	60
Tall - Coconut	666	159	6.8	6.2	18.0	15.7	6.4	3.3	0.14	15.7	0.0	15.7	60
Tall - Almond	428	102	3.3	0.3	15.3	13.8	1.6	1.9	0.16	13.8	0.0	13.8	60
Tall - Oat	1019	243	7.4	4.3	37.7	25.1	6.1	3.3	0.35	25.1	0.0	25.1	60
Grande - Skimmed Milk	722	170	0.5	0.1	28.3	26.5	1.1	12.6	0.35	26.5	17.3	9.2	90
Grande - Semi Skimmed Milk	939	223	6.3	3.8	27.6	25.8	1.1	13.3	0.35	25.8	16.6	9.2	90
Grande - Whole Milk	1139	272	12.6	8.0	27.3	25.5	1.1	11.9	0.35	25.5	16.2	9.2	90
Grande - Soy	805	192	6.0	1.1	21.8	19.9	2.8	11.2	0.38	19.9	0.0	19.9	90
Grande - Coconut	863	207	8.8	8.0	23.5	20.3	8.4	4.3	0.17	20.3	0.0	20.3	90
Grande - Almond	560	133	4.3	0.4	20.0	17.9	2.2	2.6	0.21	17.9	0.0	17.9	90
Grande - Oat	1314	313	9.4	5.6	48.7	32.4	8.0	4.3	0.45	32.4	0.0	32.4	90
Venti - Skimmed Milk	933	220	0.6	0.1	36.4	34.0	1.5	16.5	0.45	34.0	22.5	11.3	120
Venti - Semi Skimmed Milk	1216	289	8.3	5.0	35.5	33.1	1.5	17.4	0.45	33.1	21.6	11.3	120
Venti - Whole Milk	1477	353	16.4	10.4	35.0	32.6	1.5	15.6	0.45	32.6	21.2	11.3	120
Venti - Soy	1041	248	7.8	1.4	27.8	25.4	3.7	14.7	0.50	25.4	0.0	25.4	120
Venti - Coconut	1117	268	11.4	10.4	30.1	25.9	10.9	5.7	0.23	25.9	0.0	25.9	120
Venti - Almond	721	172	5.6	0.5	25.6	22.7	2.8	3.4	0.27	22.7	0.0	22.7	120
Venti - Oat	1705	406	12.3	7.2	62.9	41.6	10.5	5.7	0.59	41.6	0.0	41.6	120
<b>ICED VANILLA MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	427	101	0.3	0.0	17.4	16.2	0.7	6.8	0.18	16.2	9.1	7.0	60
<b>Tall - Semi Skimmed Milk</b>	<b>541</b>	<b>128</b>	<b>3.4</b>	<b>2.0</b>	<b>17.0</b>	<b>15.8</b>	<b>0.7</b>	<b>7.1</b>	<b>0.18</b>	<b>15.8</b>	<b>8.8</b>	<b>7.0</b>	<b>60</b>
Tall - Whole Milk	647	154	6.7	4.2	16.8	15.6	0.7	6.4	0.18	15.6	8.6	7.0	60
Tall - Soy	471	112	3.2	0.6	13.9	12.7	1.7	6.1	0.20	12.7	0.0	12.6	60
Tall - Coconut	501	120	4.7	4.2	14.8	12.9	4.6	2.4	0.09	12.9	0.0	12.8	60
Tall - Almond	341	81	2.3	0.2	13.0	11.6	1.3	1.5	0.11	11.6	0.0	11.5	60
Tall - Oat	740	176	5.0	2.9	28.2	19.3	4.4	2.4	0.24	19.3	0.0	19.2	60
Grande - Skimmed Milk	553	130	0.4	0.1	22.6	20.7	1.1	8.7	0.23	20.7	11.5	9.2	90
Grande - Semi Skimmed Milk	697	165	4.3	2.6	22.1	20.3	1.1	9.1	0.23	20.3	11.0	9.2	90
Grande - Whole Milk	831	198	8.4	5.3	21.9	20.0	1.1	8.2	0.23	20.0	10.8	9.2	90
Grande - Soy	608	145	4.0	0.7	18.2	16.4	2.3	7.8	0.25	16.4	0.0	16.4	90
Grande - Coconut	647	155	5.9	5.3	19.3	16.6	5.9	3.2	0.12	16.6	0.0	16.6	90

	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) **
													
<b>Spring FY19 Starbucks Beverage Nutrition Information *</b>													
Grande - Almond	445	106	2.9	0.3	17.0	15.0	1.8	2.0	0.14	15.0	0.0	15.0	90
Grande - Oat	947	225	6.3	3.7	36.1	24.6	5.7	3.2	0.30	24.6	0.0	24.6	90
Venti - Skimmed Milk	655	155	0.4	0.1	26.9	24.5	1.5	10.0	0.26	24.5	13.0	11.3	120
Venti - Semi Skimmed Milk	819	194	4.9	2.9	26.4	24.0	1.5	10.5	0.26	24.0	12.5	11.3	120
Venti - Whole Milk	971	231	9.6	6.0	26.1	23.7	1.5	9.5	0.26	23.7	12.3	11.3	120
Venti - Soy	718	171	4.6	0.8	22.0	19.5	2.8	9.0	0.29	19.5	0.0	19.5	120
Venti - Coconut	762	182	6.7	6.0	23.3	19.8	7.0	3.8	0.13	19.8	0.0	19.8	120
Venti - Almond	533	127	3.3	0.3	20.7	18.0	2.3	2.5	0.16	18.0	0.0	18.0	120
Venti - Oat	1103	262	7.2	4.2	42.3	28.9	6.7	3.8	0.34	28.9	0.0	28.9	120
<b>VANILLA MATCHA TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	688	164	7.3	5.2	21.2	20.3	0.5	3.1	0.09	20.3	3.4	16.9	36
Mini - Semi Skimmed Milk	731	175	8.5	6.0	21.1	20.2	0.5	3.3	0.09	20.2	3.3	16.9	36
<b>Mini - Whole Milk</b>	<b>771</b>	<b>184</b>	<b>9.7</b>	<b>6.8</b>	<b>21.0</b>	<b>20.1</b>	<b>0.5</b>	<b>3.0</b>	<b>0.09</b>	<b>20.1</b>	<b>3.2</b>	<b>16.9</b>	<b>36</b>
Mini - Soy	705	168	8.4	5.4	19.9	19.0	0.8	2.8	0.09	19.0	0.0	19.0	36
Mini - Coconut	716	171	9.0	6.8	20.3	19.1	1.9	1.5	0.05	19.1	0.0	19.1	36
Mini - Almond	656	157	8.1	5.3	19.6	18.6	0.7	1.1	0.06	18.6	0.0	18.6	36
Mini - Oat	806	193	9.1	6.3	25.3	21.5	1.8	1.5	0.11	21.5	0.0	21.5	36
Tall - Skimmed Milk	981	234	9.2	6.5	32.6	31.2	0.7	4.8	0.13	31.2	5.4	25.7	57
Tall - Semi Skimmed Milk	1049	250	11.0	7.7	32.4	31.0	0.7	5.0	0.13	31.0	5.2	25.7	57
Tall - Whole Milk	1111	265	13.0	9.0	32.3	30.9	0.7	4.6	0.13	30.9	5.1	25.7	57
Tall - Soy	1007	240	10.9	6.8	30.6	29.1	1.3	4.3	0.14	29.1	0.0	29.1	57
Tall - Coconut	1025	245	11.8	9.0	31.1	29.2	3.0	2.2	0.07	29.2	0.0	29.2	57
Tall - Almond	930	222	10.4	6.6	30.0	28.5	1.0	1.6	0.09	28.5	0.0	28.5	57
Tall - Oat	1166	278	12.0	8.2	39.0	33.0	2.9	2.2	0.16	33.0	0.0	33.0	57
Grande - Skimmed Milk	1377	328	12.9	9.1	46.2	44.1	1.0	6.3	0.17	44.1	7.0	37.0	83
Grande - Semi Skimmed Milk	1465	349	15.2	10.7	45.9	43.9	1.0	6.6	0.17	43.9	6.7	37.0	83
Grande - Whole Milk	1546	369	17.8	12.4	45.8	43.7	1.0	6.1	0.17	43.7	6.6	37.0	83
Grande - Soy	1411	337	15.1	9.6	43.5	41.5	1.7	5.8	0.18	41.5	0.0	41.5	83
Grande - Coconut	1434	343	16.2	12.4	44.2	41.6	4.0	3.0	0.10	41.6	0.0	41.6	83
Grande - Almond	1311	313	14.4	9.3	42.8	40.6	1.5	2.3	0.11	40.6	0.0	40.6	83
Grande - Oat	1617	386	16.5	11.4	54.5	46.5	3.8	3.0	0.21	46.5	0.0	46.5	83
<b>COCONUT MOCHA (made with Coconut Drink and No Whip or Mocha Drizzle as standard)</b>													
Short - Coconut	355	85	3.0	2.5	11.7	9.8	2.8	1.3	0.05	9.8	0.0	9.8	84 - 94
Tall - Coconut	590	141	5.2	4.4	18.9	15.6	4.8	2.3	0.08	15.6	0.0	15.6	164 - 184
Grande - Coconut	732	175	6.4	5.4	23.8	20.1	5.9	2.6	0.10	20.1	0.0	20.1	169 - 188
Venti - Coconut	960	229	8.4	7.1	30.9	25.7	7.8	3.6	0.14	25.7	0.0	25.7	248 - 278
<b>ICED COCONUT MOCHA (made with Coconut Drink and No Whip or Mocha Drizzle as standard)</b>													
Tall - Coconut	636	152	5.8	4.9	19.8	16.4	5.3	2.5	0.10	16.4	0.0	16.4	164 - 184
Grande - Coconut	808	193	7.4	6.3	25.3	21.4	6.8	3.0	0.12	21.4	0.0	21.4	169 - 188
Venti - Coconut	972	232	8.6	7.2	31.1	25.9	7.9	3.7	0.14	25.9	0.0	25.9	248 - 278
<b>WINTER PROMO FY19</b>													
<b>CEREAL LATTE (made with Oat Drink as standard)</b>													
Short - Skimmed Milk	336	79	0.2	0.0	13.7	12.7	0.0	5.8	0.30	12.7	8.0	4.7	75 - 85
Short - Semi Skimmed Milk	437	104	2.9	1.8	13.3	12.3	0.0	6.1	0.30	12.3	7.7	4.7	75 - 85
Short - Whole Milk	530	126	5.8	3.7	13.2	12.2	0.0	5.5	0.30	12.2	7.5	4.7	75 - 85
Short - Soy	375	89	2.7	0.5	10.6	9.6	0.8	5.2	0.32	9.6	0.0	9.6	75 - 85
Short - Coconut	402	96	4.0	3.7	11.4	9.8	3.4	2.0	0.22	9.8	0.0	9.8	75 - 85
Short - Almond	261	62	1.9	0.2	9.8	8.7	0.5	1.2	0.24	8.7	0.0	8.7	75 - 85
<b>Short - Oat</b>	<b>611</b>	<b>145</b>	<b>4.3</b>	<b>2.6</b>	<b>23.1</b>	<b>15.4</b>	<b>3.2</b>	<b>2.0</b>	<b>0.35</b>	<b>15.4</b>	<b>0.0</b>	<b>15.4</b>	<b>75 - 85</b>
Tall - Skimmed Milk	590	139	0.3	0.0	24.4	22.4	0.0	9.7	0.55	22.4	13.3	9.1	150 - 170
Tall - Semi Skimmed Milk	757	180	4.8	2.9	23.9	21.9	0.0	10.3	0.55	21.9	12.7	9.1	150 - 170
Tall - Whole Milk	911	217	9.6	6.1	23.6	21.6	0.0	9.2	0.55	21.6	12.5	9.1	150 - 170
Tall - Soy	654	155	4.5	0.8	19.4	17.4	1.3	8.7	0.57	17.4	0.0	17.4	150 - 170
Tall - Coconut	699	167	6.6	6.1	20.7	17.6	5.6	3.4	0.42	17.6	0.0	17.6	150 - 170
Tall - Almond	466	111	3.2	0.3	18.0	15.8	0.8	2.1	0.44	15.8	0.0	15.8	150 - 170
Tall - Oat	1046	249	7.2	4.3	40.1	26.9	5.3	3.4	0.63	26.9	0.0	26.9	150 - 170
Grande - Skimmed Milk	776	183	0.3	0.0	32.6	30.0	0.0	12.3	0.76	30.6	17.0	13.6	150 - 170
Grande - Semi Skimmed Milk	990	235	6.1	3.8	31.9	30.0	0.0	13.0	0.76	30.0	16.3	13.6	150 - 170
Grande - Whole Milk	1188	283	12.3	7.8	31.6	29.6	0.0	11.6	0.76	29.6	16.0	13.6	150 - 170
Grande - Soy	858	204	5.8	1.0	26.1	24.2	1.7	10.9	0.80	24.2	0.0	24.2	150 - 170
Grande - Coconut	916	219	8.5	7.8	27.8	24.5	7.2	4.1	0.59	24.5	0.0	24.5	150 - 170
Grande - Almond	616	146	4.1	0.3	24.4	22.1	1.0	2.4	0.63	22.1	0.0	22.1	150 - 170
Grande - Oat	1361	324	9.2	5.5	52.7	36.4	6.8	4.1	0.87	36.4	0.0	36.4	150 - 170
Venti - Skimmed Milk	1020	240	0.4	0.0	43.0	40.1	0.0	16.0	1.00	40.1	22.0	18.1	225 - 255
Venti - Semi Skimmed Milk	1297	307	7.9	4.8	42.1	39.2	0.0	16.9	1.00	39.2	21.1	18.1	225 - 255
Venti - Whole Milk	1552	370	15.8	10.1	41.7	38.7	0.0	15.2	1.00	38.7	20.7	18.1	225 - 255
Venti - Soy	1126	267	7.5	1.3	34.7	31.7	2.2	14.3	1.05	31.7	0.0	31.7	225 - 255
Venti - Coconut	1201	287	11.0	10.1	36.9	32.1	9.3	5.5	0.78	32.1	0.0	32.1	225 - 255
Venti - Almond	814	193	5.3	0.4	32.5	29.1	1.3	3.3	0.83	29.1	0.0	29.1	225 - 255
Venti - Oat	1775	422	11.9	7.0	69.0	47.5	8.8	5.5	1.14	47.5	0.0	47.5	225 - 255
<b>ICED CEREAL LATTE (made with Oat Drink as standard)</b>													
Tall - Skimmed Milk	443	104	0.2	0.0	19.4	17.4	0.0	6.3	0.45	17.4	8.3	9.1	150 - 170
Tall - Semi Skimmed Milk	547	130	3.0	1.8	19.0	17.1	0.0	6.7	0.45	17.1	7.9	9.1	150 - 170
Tall - Whole Milk	643	153	5.9	3.8	18.9	16.9	0.0	6.0	0.45	16.9	7.8	9.1	150 - 170
Tall - Soy	483	115	2.8	0.5	16.2	14.3	0.8	5.7	0.46	14.3	0.0	14.3	150 - 170
Tall - Coconut	511	122	4.1	3.8	17.1	14.4	3.5	2.4	0.37	14.4	0.0	14.4	150 - 170
Tall - Almond	366	87	2.0	0.2	15.4	13.3	0.5	1.6	0.38	13.3	0.0	13.3	150 - 170
<b>Tall - Oat</b>	<b>726</b>	<b>173</b>	<b>4.5</b>	<b>2.6</b>	<b>29.1</b>	<b>20.2</b>	<b>3.3</b>	<b>2.4</b>	<b>0.50</b>	<b>20.2</b>	<b>0.0</b>	<b>20.2</b>	<b>150 - 170</b>
Grande - Skimmed Milk	607	143	0.2	0.0	26.8	24.9	0.0	8.4	0.65	24.9	11.3	13.6	150 - 170
Grande - Semi Skimmed Milk	749	177	4.1	2.5	26.4	24.4	0.0	8.8	0.65	24.4	10.8	13.6	150 - 170
Grande - Whole Milk	879	209	8.1	5.2	26.2	24.2	0.0	7.9	0.65	24.2	10.6	13.6	150 - 170
Grande - Soy	661	157	3.8	0.7	22.6	20.6	1.1	7.5	0.67	20.6	0.0	20.6	150 - 170
Grande - Coconut	699	167	5.6	5.2	23.7	20.8	4.7	3.0	0.54	20.8	0.0	20.8	150 - 170
Grande - Almond	501	119	2.7	0.2	21.4	19.2	0.7	1.9	0.56	19.2	0.0	19.2	150 - 170
Grande - Oat	993	236	6.1	3.6	40.1	28.7	4.5	3.0	0.72	28.7	0.0	28.7	150 - 170
Venti - Skimmed Milk	765	180	0.3	0.0	34.3	31.3	0.0	10.1	0.83	31.3	13.3	18.1	225 - 255
Venti - Semi Skimmed Milk	931	221	4.8	2.9	33.8	30.8	0.0	10.6	0.83	30.8	12.7	18.1	225 - 255
Venti - Whole Milk	1085	258	9.5	6.1	33.5	30.5	0.0	9.6	0.83	30.5	12.5	18.1	225 - 255
Venti - Soy													

 <b>Spring FY19 Starbucks Beverage Nutrition Information *</b>	<b>KJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Venti - Almond	640	152	3.2	0.3	27.9	24.7	0.8	2.4	0.72	24.7	0.0	24.7	225 - 255
Venti - Oat	1220	290	7.2	4.2	49.9	35.8	5.3	3.7	0.91	35.8	0.0	35.8	225 - 255

SHORT -- 237ml (8 fl oz)  
 MINI -- 296 ml (10 fl oz)  
 TALL -- 355 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. 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/tea and the brewing equipment used. The handcrafted nature of our beverages may result in a variation from the reported values. Approximate values of caffeine (mg) per shot of brewed espresso:  
 75mg in Espresso Roast coffee  
 85mg in Blonde Espresso coffee