

**STARBUCKS**  
**Winter 2019**  
 Food Nutritional Information

Product	Portion Size	Product Suitable for		Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Fibre (g)		Protein (g)		Salt (g)	
	(g)	Vegetarians	Vegans	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
<b>Pastries (may vary in some stores)</b>																					
Butter Croissant	60	Y	N	1785	1071	425	255	23	14	15	9.0	45	27	8.9	5.3	2.4	1.4	8.5	5.1	0.59	0.35
Pain au Chocolat	70	Y	N	1795	1077	430	258	23	14	15	8.9	47	28	14	8.3	2.9	1.7	8.0	4.8	0.52	0.31
Pain aux Raisins	100	Y	N	1228	1228	293	293	12	12	7.9	7.9	40	40	17	17	2.0	2.0	5.0	5.0	0.67	0.67
Danish Almond Star	75	Y	N	1482	1112	354	266	19	14	10	7.5	39	29	12	9.0	2.0	1.5	6.0	4.5	0.80	0.60
Cinnamon Swirl	140	Y	N	1450	2030	344	482	9.2	13	2.8	3.9	56	79	20	28	2.0	2.8	8.0	11.2	0.50	0.70
<b>Toasts, Breads &amp; Pancakes</b>																					
Luxury Fruit Toast	145	Y	N	1327	1924	314	455	7.1	10	2.6	3.8	55	80	27	39	3.4	4.9	7.8	11	0.37	0.54
Banana Bread	100	Y	N	1591	1591	381	381	21	21	1.8	1.8	43	43	24	24	1.6	1.6	4.7	4.7	0.39	0.39
Trio of Pancakes	120	Y	N	1242	1490	298	358	14	16	2.6	3.1	36	43	14	17	0.9	1.1	6.7	8.0	1.1	1.3
<b>Bars &amp; Brownies</b>																					
Granola Bar	75	Y	N	1811	1358	434	326	23	18	8.5	6.4	43	32	26	20	9.1	6.8	8.0	6.0	0.30	0.23
Chocolate Caramel Shortbread	75	Y	N	2025	1519	491	368	29	22	14	11	53	40	35	26	1.1	0.8	5.0	3.8	0.72	0.54
Chocolate Brownie	70	Y	N	1911	1338	458	321	28	20	16	11	44	31	33	23	3.3	2.3	5.7	4.0	0.37	0.26
Choc Chunk Shortbread	97	Y	N	2239	2172	536	520	31	30	19	19	58	56	27	26	1.5	1.5	6.5	6.3	0.23	0.22
Chocolate Caramel Shortbread	75	Y	N	2025	1519	491	368	29	22	14	11	53	40	35	26	1.1	0.8	5.0	3.8	0.72	0.54
Marshmallow Twizzle (all varieties)	35	N	N	1746	611	414	145	9.8	3.4	5.0	1.8	78.3	27.4	66.7	23.3	1.7	0.6	4.0	1.4	0.05	0.02
<b>Cookies</b>																					
Chocolate Chunk Cookie	76	Y	N	1993	1515	476	362	24	18	15	11	58	44	33	25	3.0	2.3	5.9	4.5	0.10	0.08
Salted Caramel Cookie	83	Y	N	1837	1525	437	363	17	14	9.4	7.8	66	55	44	36	2.0	1.7	5.1	4.2	0.53	0.44
Oat & Raisin Cookie	76	Y	N	1765	1341	420	319	14	11	6.4	4.8	66	50	40	30	3.8	2.9	5.3	4.0	0.14	0.10
<b>Cakes</b>																					
Vegan Chocolate & Raspberry Cake	70	Y	Y	1530	1071	365	256	15	11	4.5	3.2	54	38	25	18	2.2	1.5	2.2	1.5	0.64	0.45
<b>Loaf Cakes</b>																					
Chocolate Truffle Loaf cake	90	Y	N	1648	1483	394	355	22	20	6.3	5.7	42	37	33	30	3.1	2.8	5.8	5.2	0.60	0.54
Carrot Loaf Cake	90	Y	N	1500	1350	359	323	18	16	3.3	3.0	46	42	32	28	2.8	2.5	4.2	3.8	0.63	0.57
Lemon Loaf Cake	90	Y	N	1630	1467	391	352	24	21	9.8	8.8	40	36	26	24	1.2	1.1	4.8	4.3	0.60	0.54
<b>Muffins</b>																					
Raspberry Cheesecake Muffin	122	Y	N	1509	1843	361	441	19	24	4.4	5.3	40	49	19	23	1.4	1.7	5.6	6.8	0.41	0.50
Blueberry Muffin	116	Y	N	1478	1714	353	409	17	19	2.7	3.1	45	53	20	23	1.1	1.3	5.0	5.8	0.33	0.38
Lemon Muffin	112	Y	N	1589	1780	379	424	18	20	2.9	3.2	50	56	26	29	0.60	0.67	5.1	5.7	0.35	0.39
Triple Chocolate Muffin	118	Y	N	1666	1966	398	470	21	25	6.2	7.3	45	54	25	30	1.8	2.1	5.8	6.8	0.35	0.41
Toffee Popcorn Muffin	113	Y	N	1636	1849	390	441	17	19	4.6	5.1	54	61	34	38	1.0	1.1	4.9	5.5	0.36	0.41

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<b>PACKAGED ITEMS</b>																					
<b>Yoghurts &amp; Fruit</b>																					
Fruit Salad	160	Y	Y	188	301	45	72	<0.5	<0.5	<0.1	0.1	8.9	14	8.8	14	2.1	3.4	0.7	1.0	<0.01	0.02
Berry Crunch	180	Y	N	584	1051	139	250	4.6	8.3	0.4	0.8	17	30	9.0	16	1.4	2.6	7.1	13	0.18	0.32
Berry Bircher	200	Y	N	600	1200	143	286	3.6	7.2	1.5	3.0	22	45	10	20	2.3	4.6	4.1	8.2	0.41	0.82
Fairtrade Banana (per unit =whole)	120	Y	Y	373	448	90	108	0.4	0.5	0.0	0.0	22.6	27.1	12.4	14.9	2.7	3.2	0.8	1.0	0.00	0.00
<b>Oatmeal Pots</b>																					
Classic Oatmeal	300	Y	N	425	1275	101	303	3.2	9.6	1.5	4.5	13	39	3.0	9.0	1.8	5.4	3.9	12	0.13	0.39
Five Grain Oatmeal	300	Y	Y	397	1191	95	285	4.2	12.6	2.0	6.0	11	33	1.1	3.3	1.5	4.5	2.8	8.4	0.04	0.12
<b>Breakfast Sandwiches &amp; Savoury Muffins</b>																					
All Day Breakfast Roll	202	N	N	964	1947	229	463	6.9	14	2.4	4.9	28	57	1.8	3.6	0.8	1.6	13	27	1.3	2.7
Smoked Bacon Roll	122	N	N	1151	1404	274	334	8.8	11	3.3	4.0	32	39	2.8	3.4	2.0	2.4	16	19	1.6	1.9
Sausage Sandwich	175	N	N	1146	2006	273	478	12	22	4.4	7.7	27	48	2.7	4.7	1.7	3.0	12	22	1.1	1.9
Bacon & Egg Muffin	167	N	N	990	1653	236	394	8.6	14	3.1	5.1	25	41	1.5	2.5	1.9	3.2	14	24	1.3	2.1
Halloumi & Avocado Muffin	183	Y	N	997	1825	238	436	12	22	6.4	12	22	40	3.7	6.8	1.7	3.1	11	20	1.1	2.0
Vegan All Day Breakfast Burrito	213	Y	Y	762	1623	182	388	6.6	14	1.6	3.4	22	47	0.9	1.9	2.9	6.2	7.0	15	0.46	1.0
Cheese & Marmite™ Mini Ciabatta	124	Y	N	1202	1491	287	355	12	14	6.9	8.6	29	35	0.8	1.0	1.3	1.6	15	18	1.6	1.9
<b>Filled Croissants &amp; Toasties</b>																					
Ham & Cheese Croissant	145	N	N	1334	1934	318	461	15	21	8.6	12	30	43	1.4	2.0	0.8	1.2	17	24	0.97	1.4
Mini Ham & Cheese Toasties	126	N	N	1168	1472	274	353	13	16	7.4	9.3	21	27	2.5	3.2	1.3	1.6	20	25	1.6	2.1
Mini Chilli Cheese Toasties	116	Y	N	1339	1553	321	372	18	21	11	12	26	30	3.6	4.2	1.5	1.7	13	16	1.1	1.3
BBQ Chicken & Bacon Toastie	189	N	N	1067	2017	254	480	7.9	15	4.4	8.3	31	59	3.9	7.4	1.4	2.6	14	26	1.1	2.1
Five Cheese Toastie	179	Y	N	1131	2024	269	482	10	18	6.4	11	32	57	2.2	3.9	1.3	2.3	12	21	1.1	1.9
Hickory Ham and Cheese Toastie	204	N	N	988	2016	235	479	9.5	19	5.7	12	24	48	1.1	2.2	1.7	3.5	13	27	1.2	2.5
<b>Sandwiches, Paninis, Wraps, Rolls &amp; Focaccias</b>																					
Tomato & Mozzarella Panini	192	Y	N	894	1716	213	409	8.2	16	3.4	6.5	25	48	1.5	2.9	1.4	2.7	9.3	18	1.1	2.1
Tuna Melt Panini	200	N	N	872	1744	207	414	6.7	13	3.1	6.2	24	48	1.0	1.9	1.3	2.6	12	24	1.1	2.2
Ham & Cheese Panini	203	N	N	880	1786	209	424	7.1	14	3.7	7.5	24	48	1.1	2.3	1.2	2.4	12	25	1.3	2.7
Gluten Free Ham & Cheese Panini	175	N	N	817	1430	195	341	5.5	9.6	2.6	4.6	23	40	0.6	1.1	8.0	14	9.7	17	1.4	2.5
Free Range Egg & Mayo Sandwich	215	Y	N	959	2062	229	492	12	26	1.9	4.1	21	45	1.3	2.8	2.2	4.7	8.7	19	0.83	1.7
Chicken & Hickory Bacon Sandwich	216	N	N	740	1598	176	380	5.2	11	1.4	3.0	19	41	2.0	4.3	2.5	5.4	12	26	0.81	1.7
Chicken & Avocado Wrap	185	N	N	884	1635	211	390	8.5	16	2.4	4.4	23	43	2.4	4.4	1.9	3.5	9.5	18	0.56	1.0
Vegan Beetroot Wrap	208	Y	Y	743	1545	177	368	5.3	11	2.0	4.1	27	56	3.6	7.5	2.0	4.2	4.5	9.3	0.60	1.2
Turkey & Swiss Style Pretzel Sub	177	N	N	907	1605	216	382	6.7	12	2.6	4.6	26	46	2.2	3.9	1.8	3.2	12	21	1.3	2.3

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<b>Hot Boxes</b>																					
Scrambled Eggs Hot Box	190	Y	N	544	1088	131	262	8.7	17	2.2	4.4	2.8	5.6	2.7	5.4	2.3	4.6	9.2	18	0.50	1.0
Vegan Mac Hot Box	265	Y	Y	727	1963	174	470	8.9	24	3.8	10	18	49	0.7	1.9	1.9	5.1	4.5	12	0.70	1.9
<b>Salads</b>																					
Chicken Salad	215	N	N	498	1116	120	269	6.7	15	0.9	2.0	4.9	11	0.8	1.8	3.0	6.7	8.4	19	0.60	1.3
Vegan Roasted Vegetable Salad	265	Y	Y	416	1123	100	270	4.2	11	0.4	1.1	11	30	5.6	15	3.3	8.9	2.8	7.6	0.30	0.81
<b>Impulse Range</b>																					
Starbucks Chocolate Bear Lolly	22	Y	N	2260	633	541	151	31	8.8	20	5.5	57	16	57	16	1.6	0.4	6.4	1.8	0.18	0.05
Starbucks Peanut and Cashew Bar	45	Y	Y	1943	874	466	210	28	12	6.5	2.9	36	16	23	10	8.2	3.7	16	7.1	0.33	0.15
Starbucks Dark Chocolate Bar	30	Y	Y	2461	738	594	178	46	14	29	8.8	32	9.7	27	8.1	11	3.2	6.7	2.0	0.00	0.00
Starbucks Milk Chocolate Bar	30	Y	N	2365	709	567	170	37	11	23	6.9	53	16	52	16	1.9	0.6	6.2	1.9	0.30	0.08
Starbucks Shortbread Biscuits	50	Y	N	2245	1123	538	269	32	16	20	10	57	29	19	9.5	1.6	0.8	5.4	2.7	0.71	0.36
Starbucks Ginger Biscuits	50	Y	N	1926	963	459	230	17	8.7	6.7	3.4	70	35	38	19	1.8	0.9	4.8	2.4	0.66	0.33
Starbucks Almonds, Cashews, Cranberries & Raisins	50	Y	Y	1950	975	466	233	24	12	2.9	1.5	50	25	34	17	6.0	3.0	11	5.4	0.02	0.01
Starbucks Smoked Almonds	50	Y	Y	2520	1260	610	305	53	26	4.3	2.2	7.0	3.5	5.3	2.7	10	5.0	26	13	0.25	0.13
Starbucks Almond Biscotti	45	Y	N	1870	842	447	201	18	7.9	4.0	1.8	62	28	34	15	4.5	2.0	10	4.6	0.22	0.10
Starbucks Gingerbread Bearista	45	Y	N	1773	798	422	190	13	5.9	0.9	0.4	74	33	43	19	1.5	0.7	3.9	1.8	0.34	0.15
Starbucks Caramel Waffles	36	Y	N	1916	690	457	165	21	7.6	12	4.3	63	23	34	12	1.0	0.4	3.5	1.3	0.63	0.23
Starbucks Mini Caramel Waffles	32	Y	N	1899	608	453	145	21	6.7	12	3.8	62	20	35	11	1.0	0.3	3.5	1.1	0.63	0.20
Starbucks Chocolate Caramel Shortbread	66	Y	N	2106	1390	504	333	28	18	16	11	59	8.7	41	27	1.5	1.0	4.5	3.0	0.51	0.34
Starbucks Chocolate Coin	23	Y	N	2180	501	521	120	28	6.4	17	3.8	60	14	59	14	3.0	0.7	6.1	1.4	0.12	0.03