







Summer 1 FY19 Starbucks Beverage UK

Nutrition Information \*

FLAT WHITE (made with Whole Milk as standard)

Table with 14 columns: Beverage, 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) \*\*

CARAMEL MACCHIATO (made with brewed Espresso Roast coffee, Semi Skimmed Milk, regular Vanilla Flavour Syrup and Caramel Drizzle as standard)

Table with 14 columns: Beverage, 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) \*\*

BLONDE CARAMEL MACCHIATO (made with brewed Blonde Espresso coffee, Semi Skimmed Milk, regular Vanilla Flavour Syrup and Caramel Drizzle as standard)

Table with 14 columns: Beverage, 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) \*\*

MOCHA & HOT CHOCOLATE

CAFFÈ MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)

Table with 14 columns: Beverage, 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) \*\*

BLONDE CAFFÈ MOCHA (made with brewed Blonde Espresso coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)

Table with 14 columns: Beverage, 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) \*\*

WHITE CHOCOLATE MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk and Whipped Cream as standard)

Table with 14 columns: Beverage, 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) \*\*



Summer 1 FY19 Starbucks Beverage UK Nutrition Information \*

Table with columns for product name, size, and various nutritional values including calories, fat, carbohydrates, sugars, protein, and caffeine. The table is organized into sections for different beverage types like Grande, Short, and Tall, and includes sub-sections for specific flavors like BLONDE WHITE CHOCOLATE MOCHA, CLASSIC HOT CHOCOLATE, SIGNATURE HOT CHOCOLATE, SIGNATURE HAZELNUT HOT CHOCOLATE, and SIGNATURE CARAMEL HOT CHOCOLATE.



Summer 1 FY19 Starbucks Beverage UK Nutrition Information \*

Table with columns: Beverage Name, Short, Tall, Grande, Venti, and various nutrient values (Cal, Fat, Saturates, Carbohydrates, Sugars, Fibre, Protein, Salt, Total Sugars, Natural Sugar, Added Sugar, Caffeine).

TEAVANA™ FULL LEAF TEAS

Table for ENGLISH BREAKFAST Black Tea with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

Table for EARL GREY Black Tea Blend with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

Table for HIBISCUS Flavoured Herbal Blend with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

Table for EMPEROR'S CLOUDS & MIST™ Green Tea with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

Table for MINT CITRUS Flavoured Green Tea Blend with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

Table for YOUTHBERRY™ White Tea Blend with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

Table for CHAI Spiced Black Tea Blend with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

Table for JASMINE PEARLS Scented Green Tea with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

Table for MINT BLEND Herbal Blend with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

Table for CHAMOMILE Herbal Blend with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.

TEAVANA™ TEA LATTES

Table for MATCHA TEA LATTE (made with Semi Skimmed Milk as standard) with columns: Beverage Name, Short, Tall, Grande, Venti, and nutrient values.



Summer 1 FY19 Starbucks Beverage UK Nutrition Information \*

Table with columns: Item, Calories, Fat (g), 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) \*\*





Summer 1 FY19 Starbucks Beverage UK

Nutrition Information \*

Table with columns for beverage name, size, and 14 nutritional metrics: Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) \*\*, Total Sugars (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) \*\*, and Caffeine (mg) \*\*.







Summer 1 FY19 Starbucks Beverage UK Nutrition Information \*


Table with columns for beverage name, size, and 14 nutritional metrics: Total Fat (g), Total Carb (g), Total Sugar (g), Total Protein (g), Total Fat (g), Total Carb (g), Total Sugar (g), Total Protein (g), Total Fat (g), Total Carb (g), Total Sugar (g), Total Protein (g), Total Fat (g), Total Carb (g), Total Sugar (g), Total Protein (g), Total Fat (g), Total Carb (g), Total Sugar (g), Total Protein (g). Rows are categorized by beverage type such as Mocha Frappuccino, Espresso Frappuccino, Java Chip Frappuccino, White Chocolate Mocha Frappuccino, Frappuccino Blended Beverages - Coffee Light, Frappuccino Blended Beverages - Creme, and Vanilla Cream Frappuccino.



Summer 1 FY19 Starbucks Beverage UK Nutrition Information \*

Table with columns: Product, C (g), Cal, 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) \*\*. Rows include various Starbucks drinks like Tall Almond, Grande Skimmed Milk, Double Chocolatey Chip Cream Frappuccino, Strawberry and Cream Frappuccino, Caramel Cream Frappuccino, Chocolate Cream Frappuccino, and White Chocolate Cream Frappuccino.



	oz	cal	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>Summer 1 FY19 Starbucks Beverage UK Nutrition Information *</b>													
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
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

SHORT -- 337ml (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