



Holiday FY19 Starbucks Beverage Nutrition Information *

HOT BEVERAGES

	Cal	Kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
ESPRESSO & FILTER COFFEE													
CAFFÈ LATTE (made with Semi Skimmed Milk as standard)													
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
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
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
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
Tall - Coconut	497	119	7.7	7.2	11.0	8.2	0.5	1.3	0.15	8.2	0.0	8.2	150
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
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
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
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
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
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
Grande - Coconut	623	150	9.9	9.2	13.5	10.5	0.7	1.4	0.19	10.5	0.0	10.5	150
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
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
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
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
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
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
Venti - Coconut	817	196	12.8	11.9	17.9	13.6	0.9	2.0	0.24	13.6	0.0	13.6	225
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
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



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	Cal	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) **
FRESH FILTER COFFEE													
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
ESPRESSO													
Solo	24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75
Doppio	48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150
ESPRESSO CON PANNA (made with Whipped Cream as standard)													
Solo	265	64	5.8	4.2	2.4	1.4	0.0	0.7	0.00	1.4	1.4	1.4	75
Doppio	333	80	6.8	4.9	3.6	1.6	0.0	1.1	0.00	1.6	1.6	1.6	150
ESPRESSO MACCHIATO (made with Semi Skimmed Milk as standard)													
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
Solo - Semi Skimmed Milk	34	8	0.1	0.1	1.2	0.3	0.0	0.6	0.01	0.3	0.3	0.0	75
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
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
Solo - Coconut	32	8	0.2	0.1	1.2	0.2	0.0	0.4	0.00	0.2	0.0	0.2	75
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
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
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
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
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
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
Doppio - Coconut	74	17	0.5	0.4	2.5	0.5	0.0	0.8	0.01	0.5	0.0	0.5	150
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
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
CAFFÈ AMERICANO													
Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150
Grande	69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00	0.0	0.0	0.0	225
Venti	92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00	0.0	0.0	0.0	300
CAPPUCCINO (made with Semi Skimmed Milk as standard)													
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
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
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
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
Tall - Coconut	449	108	6.9	6.4	10.0	7.4	0.5	1.2	0.13	7.4	0.0	7.4	150
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
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
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
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
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
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
Grande - Coconut	499	120	7.7	7.2	11.0	8.3	0.5	1.3	0.15	8.3	0.0	8.3	150
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
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
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
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
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
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
Venti - Coconut	699	168	10.7	10.0	15.6	11.5	0.7	1.8	0.20	11.5	0.0	11.5	225
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
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
CAFFÈ MISTO (made with Semi Skimmed Milk as standard)													
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	231	56	3.9	3.6	4.5	4.1	0.3	0.5	0.09	4.1	0.0	4.1	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	337	81	5.7	5.3	6.6	6.0	0.4	0.7	0.13	6.0	0.0	6.0	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	451	109	7.6	7.0	8.9	8.1	0.5	0.9	0.17	8.1	0.0	8.1	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



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	g	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 - 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
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	1218	289	8.3	7.7	50.9	49.9	3.6	0.9	0.18	49.9	0.0	49.9	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

ADD-INS

WHIPPED CREAM													
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 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
FLAVOUR SYRUP													
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
SUGAR FREE FLAVOUR SYRUP													
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
BAR MOCHA SAUCE													
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
DRIZZLES													
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

COLD CRAFT

COLD BREW													
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
COLD BREW LATTE (made with Semi Skimmed Milk as standard)													
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
Tall - Semi Skimmed Milk	352	83	3.0	1.8	8.0	8.0	0.0	6.1	0.18	8.0	8.0	0.0	139
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	287	69	4.9	4.5	5.7	5.2	0.3	0.5	0.10	5.2	0.0	5.2	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	380	91	6.4	6.0	7.5	6.9	0.4	0.6	0.13	6.9	0.0	6.9	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	449	108	7.6	7.0	8.9	8.1	0.5	0.8	0.16	8.1	0.0	8.1	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



Holiday FY19 Starbucks Beverage Nutrition Information *

Table with 13 columns: Item, Cj, 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) **. Rows include Venti - Skimmed Milk, Venti - Semi Skimmed Milk, Venti - Whole Milk, Venti - Soy, Venti - Coconut, Venti - Almond, Venti - Oat.

ICED CHAI TEA LATTE (made with Semi Skimmed Milk as standard)

Table with 13 columns: Item, Cj, 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) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy, Grande - Coconut, Grande - Almond, Grande - Oat, Venti - Skimmed Milk, Venti - Semi Skimmed Milk, Venti - Whole Milk, Venti - Soy, Venti - Coconut, Venti - Almond, Venti - Oat.

TEAVANA™ SHAKEN INFUSED ICED TEAS

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti for PEACH CITRUS GREEN TEA (made with Lemonade and Simple Syrup as standard).

UNSWEETENED PEACH CITRUS GREEN TEA (unsweetened - made without Lemonade and Simple Syrup as standard)

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

STRAWBERRY BLACK TEA (made with Lemonade and Simple Syrup as standard)

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

UNSWEETENED STRAWBERRY BLACK TEA (unsweetened - made without Lemonade and Simple Syrup as standard)

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

TEAVANA™ SHAKEN ICED TEAS

FLAVOURED ICED TEA LEMONADES

MANGO BLACK TEA LEMONADE

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

ICED TEA LEMONADES

BLACK TEA LEMONADE

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

GREEN TEA LEMONADE

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

HIBISCUS FLAVOURED HERBAL BLEND LEMONADE

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

CLASSIC ICED TEAS

BLACK TEA

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

GREEN TEA

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

HIBISCUS FLAVOURED HERBAL BLEND TEA

Table with 13 columns: Item, Cj, 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) **. Rows include Tall, Grande, Venti.

FRAPPUCCINO® BLENDED BEVERAGES - COFFEE

COFFEE FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)

Table with 13 columns: Item, Cj, 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) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy, Grande - Coconut, Grande - Almond, Grande - Oat, Venti - Skimmed Milk, Venti - Semi Skimmed Milk, Venti - Whole Milk, Venti - Soy, Venti - Coconut, Venti - Almond, Venti - Oat.

CARAMEL FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Caramel Drizzle as standard)

Table with 13 columns: Item, Cj, 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) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy.



Holiday FY19 Starbucks Beverage Nutrition Information *

Table with columns: Item, Cj, 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) **. Rows include categories like ICED GINGERBREAD LATTE, GINGERBREAD COFFEE FRAPPUCCINO, GINGERBREAD CREAM FRAPPUCCINO, TOFFEENUT LATTE, and ICED TOFFEENUT LATTE.



Holiday FY19 Starbucks Beverage Nutrition Information *

Table with columns: Item, Calories, 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 beverages like Tall - Skimmed Milk, Grande - Skimmed Milk, etc., with nutritional values.



Holiday FY19 Starbucks Beverage Nutrition Information *

	Cal	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 - Whole Milk	759	180	5.1	3.2	30.0	28.6	0.5	3.4	0.75	28.6	5.0	23.7	3
Tall - Soy	657	156	3.0	1.1	28.3	26.9	1.1	3.2	0.76	26.9	0.0	26.9	3
Tall - Coconut	656	156	4.3	3.6	28.6	26.9	0.8	0.3	0.70	26.9	0.0	26.9	3
Tall - Almond	582	138	2.5	0.9	27.8	26.3	0.9	0.6	0.71	26.3	0.0	26.3	3
Tall - Oat	813	193	4.1	2.5	36.5	30.7	2.7	1.1	0.78	30.7	0.0	30.7	3
Grande - Skimmed Milk	956	226	2.4	1.4	46.1	43.9	0.9	4.6	1.20	43.9	6.7	37.2	6
Grande - Semi Skimmed Milk	1040	246	4.6	2.8	45.8	43.6	0.9	4.9	1.20	43.6	6.4	37.2	6
Grande - Whole Milk	1118	265	7.0	4.4	45.7	43.5	0.9	4.3	1.20	43.5	6.3	37.2	6
Grande - Soy	988	234	4.5	1.8	43.6	41.4	1.6	4.1	1.21	41.4	0.0	41.4	6
Grande - Coconut	988	234	6.1	5.0	44.0	41.4	1.2	0.3	1.14	41.4	0.0	41.4	6
Grande - Almond	893	211	3.8	1.5	42.9	40.6	1.3	0.7	1.15	40.6	0.0	40.6	6
Grande - Oat	1186	281	5.8	3.5	54.0	46.2	3.6	1.4	1.24	46.2	0.0	46.2	6
Venti - Skimmed Milk	1243	294	3.2	1.9	60.2	57.2	1.3	5.3	1.60	57.2	7.7	49.6	8
Venti - Semi Skimmed Milk	1339	317	5.9	3.6	59.9	56.9	1.3	5.6	1.60	56.9	7.4	49.6	8
Venti - Whole Milk	1429	339	8.6	5.4	59.7	56.8	1.3	5.0	1.60	56.8	7.2	49.6	8
Venti - Soy	1280	303	5.7	2.3	57.3	54.3	2.0	4.7	1.62	54.3	0.0	54.3	8
Venti - Coconut	1279	303	7.6	6.0	57.7	54.3	1.6	0.4	1.53	54.3	0.0	54.3	8
Venti - Almond	1171	277	4.9	2.0	56.5	53.4	1.7	0.8	1.54	53.4	0.0	53.4	8
Venti - Oat	1507	357	7.2	4.3	69.3	59.9	4.3	1.6	1.65	59.9	0.0	59.9	8
YULE LOG FRAPPUCCINO® (made with Signature Hot Chocolate Base and Whipped Cream as standard)													
Tall	1467	352	23.7	16.6	33.3	29.6	0.6	1.2	0.28	29.6	0.0	29.6	15
Grande	2109	506	33.3	23.3	49.6	44.2	0.8	1.6	0.43	44.2	0.0	44.2	22
Venti	2460	589	35.9	25.0	64.3	57.4	1.0	1.7	0.58	57.4	0.0	57.4	27

SHORT -- 237ml (8 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 and the brewing equipment used. The handcrafted nature of our beverages may result in a variation from the reported values.