

**STARBUCKS**  
Spring 2017  
Beverage Nutrition  
Information\*

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
<b>ESPRESSO</b>															
Caffe Latte	Short	Skimmed	279	67	0.1	0.1	9.9	8.9	0.0	6.4	0.19	8.9	8.9	0.0	75
		Semi Skimmed	399	95	3.5	2.3	9.4	8.4	0.0	6.3	0.18	8.4	8.4	0.0	75
		Whole	474	113	5.8	3.3	9.1	8.1	0.0	6.1	0.18	8.1	8.1	0.0	75
		Soya	314	75	2.7	0.3	6.6	4.1	0.7	5.3	0.21	4.1	N/A	4.1	75
		Coconut	342	81	5.5	5.1	7.6	5.9	0.6	0.0	0.00	5.9	N/A	5.9	75
	Tall	Almond	209	50	2.3	0.2	6.1	4.8	0.6	1.0	0.16	4.8	N/A	4.8	75
		Skimmed	427	102	0.2	0.2	15.1	14.1	0.0	9.9	0.30	14.1	14.1	0.0	150
		Semi Skimmed	599	143	5.1	2.6	14.8	12.8	0.0	9.5	0.31	12.8	12.8	0.0	150
		Whole	718	172	8.4	4.8	14.8	12.8	0.0	9.1	0.29	12.8	12.8	0.0	150
		Soya	462	110	4.0	0.5	9.9	5.9	1.0	7.7	0.24	5.9	N/A	5.9	150
	Grande	Coconut	508	121	8.0	7.5	11.7	8.6	0.9	0.0	0.00	8.6	N/A	8.6	150
		Almond	313	75	3.3	0.3	9.5	6.9	0.8	1.4	0.23	6.9	N/A	6.9	150
		Skimmed	550	131	0.3	0.2	19.5	17.5	0.0	12.6	0.37	17.5	17.5	0.0	150
		Semi Skimmed	786	188	7.0	4.4	18.5	16.5	0.0	12.4	0.36	16.5	16.5	0.0	150
		Whole	934	223	11.5	6.6	17.9	16.0	0.0	12.1	0.35	16.0	16.0	0.0	150
	Venti	Soya	618	148	5.3	0.7	12.9	8.0	1.3	10.4	0.41	8.0	N/A	8.0	150
		Coconut	684	163	11.0	10.3	15.2	11.8	1.3	0.0	0.00	11.8	N/A	11.8	150
		Almond	418	100	4.6	0.4	12.2	9.5	1.1	1.9	0.31	9.5	N/A	9.5	150
		Skimmed	729	174	0.4	0.3	24.9	22.9	0.0	16.7	0.49	22.9	22.9	0.0	225
		Semi Skimmed	1038	248	9.2	4.6	25.1	22.2	0.0	16.3	0.55	22.2	22.2	0.0	225
Fresh Filter Coffee	Whole	1250	299	15.0	8.6	25.1	22.2	0.0	15.6	0.50	22.2	22.2	0.0	225	
	Soya	772	185	6.7	0.9	16.6	10.2	1.6	12.8	0.40	10.2	N/A	10.2	225	
	Coconut	858	204	13.7	12.7	19.5	14.6	1.6	0.0	0.00	14.6	N/A	14.6	225	
	Almond	527	126	5.7	0.5	15.7	11.8	1.4	2.4	0.39	11.8	N/A	11.8	225	
Espresso	Short	11	3	0.1	0.0	0.0	0.0	0.0	0.3	0.01	0.0	0.0	0.0	160	
	Tall	16	4	0.1	0.0	0.0	0.0	0.0	0.5	0.02	0.0	0.0	0.0	240	
	Grande	21	5	0.1	0.0	0.0	0.0	0.0	0.6	0.02	0.0	0.0	0.0	320	
	Venti	26	6	0.1	0.0	0.0	0.0	0.0	0.7	0.03	0.0	0.0	0.0	400	
Piccino	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 Macchiato	Solo	Doppio	199	47	1.4	0.8	6.1	4.0	0.0	2.7	0.09	4.0	4.0	0.0	157
		Skimmed	25	6	0.0	0.0	1.3	0.2	0.0	0.1	0.01	0.2	0.2	0.0	75
		Semi Skimmed	27	7	0.1	0.0	1.3	0.2	0.0	0.1	0.01	0.2	0.2	0.0	75
		Whole	30	7	0.1	0.1	1.3	0.2	0.0	0.1	0.01	0.2	0.2	0.0	75
		Soya	26	6	0.1	0.0	1.3	0.1	0.0	0.1	0.01	0.1	0.1	0.0	75
	Doppio	Coconut	26	6	0.1	0.1	1.3	0.1	0.0	0.0	0.01	0.1	0.1	0.0	75
		Almond	26	6	0.0	0.0	1.2	0.1	0.0	0.0	0.00	0.1	0.1	0.0	75
		Skimmed	44	11	0.0	0.0	2.5	0.2	0.0	0.1	0.01	0.2	0.2	0.0	150
		Semi Skimmed	47	11	0.1	0.0	2.5	0.2	0.0	0.1	0.01	0.2	0.2	0.0	150
		Whole	49	12	0.1	0.1	2.5	0.2	0.0	0.1	0.01	0.2	0.2	0.0	150
		Soya	45	11	0.1	0.0	2.4	0.1	0.0	0.1	0.01	0.1	0.1	0.0	150
		Coconut	45	11	0.1	0.1	2.4	0.1	0.0	0.0	0.01	0.1	0.1	0.0	150
Almond	42	10	0.0	0.0	2.4	0.1	0.0	0.0	0.01	0.1	0.1	0.0	150		
Caffe Americano	Short	24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.01	0.0	0.0	0.0	75	
	Tall	48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.02	0.0	0.0	0.0	150	
	Grande	72	17	0.0	0.0	3.0	0.0	0.0	1.1	0.02	0.0	0.0	0.0	225	
	Venti	95	23	0.0	0.0	4.0	0.0	0.0	1.4	0.03	0.0	0.0	0.0	300	
Cappuccino	Short	Skimmed	229	55	0.1	0.1	8.1	7.1	0.0	5.2	0.15	7.1	7.1	0.0	75
		Semi Skimmed	325	78	2.8	1.8	7.7	6.7	0.0	5.1	0.15	6.7	6.7	0.0	75
		Whole	385	92	4.7	2.7	7.5	6.5	0.0	5.0	0.14	6.5	6.5	0.0	75
		Soya	259	62	2.2	0.3	5.5	3.3	0.6	4.3	0.17	3.3	N/A	3.3	75
		Coconut	350	85	5.5	5.1	7.9	5.9	0.0	0.0	0.15	5.9	N/A	5.9	75
	Tall	Almond	218	52	2.4	0.2	6.3	5.0	0.6	1.0	0.16	5.0	N/A	5.0	75
		Skimmed	291	70	0.1	0.1	10.5	8.5	0.0	6.5	0.18	8.5	8.5	0.0	150
		Semi Skimmed	405	97	3.4	1.7	10.2	8.2	0.0	6.4	0.20	8.2	8.2	0.0	150
		Whole	484	116	5.6	3.2	10.2	8.2	0.0	6.1	0.19	8.2	8.2	0.0	150
		Soya	309	74	2.5	0.3	7.0	3.8	0.6	5.1	0.15	3.8	N/A	3.8	150
	Grande	Coconut	488	118	7.0	6.6	12.0	7.5	0.6	1.0	0.15	7.5	N/A	7.5	150
		Almond	324	77	3.4	0.3	9.7	7.1	0.9	1.4	0.23	7.2	N/A	7.2	150
		Skimmed	344	82	0.2	0.1	12.3	10.3	0.0	7.7	0.22	10.3	10.3	0.0	150
		Semi Skimmed	483	115	4.1	2.6	11.7	9.7	0.0	7.6	0.22	9.7	9.7	0.0	150
		Whole	570	136	6.8	3.9	11.4	9.4	0.0	7.4	0.21	9.4	9.4	0.0	150
	Venti	Soya	386	92	3.2	0.4	8.5	4.7	0.8	6.4	0.24	4.7	N/A	4.7	150
		Coconut	681	165	10.0	9.6	16.0	11.0	0.8	1.0	0.20	11.0	N/A	11.0	150
		Almond	367	87	3.9	0.3	10.8	8.2	1.0	1.6	0.27	8.2	N/A	8.2	150
		Skimmed	480	115	0.2	0.2	17.2	14.2	0.0	10.8	0.30	14.2	14.2	0.0	225
		Semi Skimmed	672	161	5.7	2.9	16.8	13.8	0.0	10.6	0.34	13.8	13.8	0.0	225
Cappuccino	Whole	804	192	9.3	5.4	16.8	13.8	0.0	10.1	0.31	13.8	13.8	0.0	225	
	Soya	515	123	4.2	0.6	11.5	6.4	1.1	8.5	0.25	6.4	N/A	6.4	225	
	Coconut	837	202	13.0	12.0	20.0	13.0	1.1	1.4	0.25	13.0	N/A	13.0	225	
	Almond	541	129	5.8	0.5	16.0	12.1	1.4	2.4	0.40	12.1	N/A	12.1	225	

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Beverage

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

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Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
White Chocolate Mocha (served with whipped cream)	Short	Skimmed	927	221	8.4	3.2	28.9	27.3	0.0	7.4	0.32	27.3	8.6	18.7	87
		Semi Skimmed	1025	244	11.0	4.8	28.9	27.3	0.0	7.4	0.31	27.3	8.6	18.7	87
		Whole	1130	269	14.1	6.9	28.4	26.9	0.0	7.2	0.31	26.9	8.1	18.7	87
		Soya	963	229	11.3	3.7	25.8	24.3	0.5	5.7	0.27	24.3	N/A	24.3	87
		Coconut	967	230	12.9	7.6	26.3	24.3	0.5	1.8	0.35	24.3	N/A	24.3	87
		Almond	854	203	10.2	3.4	25.0	23.3	0.5	2.7	0.27	23.3	N/A	23.3	87
	Tall	Skimmed	1313	313	10.8	3.8	43.1	40.3	0.0	10.7	0.46	40.3	12.3	28.0	174
		Semi Skimmed	1454	346	14.6	6.1	43.1	40.3	0.0	10.7	0.46	40.3	12.3	28.0	174
		Whole	1607	383	19.0	9.2	42.4	39.6	0.0	10.5	0.46	39.6	11.6	28.0	174
		Soya	1365	325	15.0	4.5	38.6	35.8	0.8	8.4	0.39	35.8	N/A	35.8	174
		Coconut	1371	326	17.4	10.1	39.3	35.8	0.8	2.8	0.51	35.8	N/A	35.8	174
		Almond	1208	288	13.4	4.0	37.5	34.4	0.7	3.9	0.39	34.4	N/A	34.4	174
	Grande	Skimmed	1705	406	13.3	4.4	57.0	54.1	0.0	14.7	0.63	54.1	16.9	37.2	174
		Semi Skimmed	1901	453	18.4	7.6	57.0	54.1	0.0	14.7	0.62	54.1	16.9	37.2	174
		Whole	2112	503	24.6	11.8	56.0	53.1	0.0	14.4	0.62	53.1	15.9	37.2	174
		Soya	1777	423	19.1	5.4	50.8	48.0	1.1	11.4	0.53	48.0	N/A	48.0	174
		Coconut	1785	425	22.3	13.1	51.8	48.0	1.1	3.7	0.69	48.0	N/A	48.0	174
		Almond	1560	371	16.8	4.7	49.2	46.0	1.0	5.3	0.53	46.0	N/A	46.0	174
Iced Caffe Latte	Tall	Skimmed	235	56	0.2	0.0	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87
		Semi Skimmed	324	77	2.5	1.5	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87
		Whole	421	100	5.4	3.4	8.1	7.0	0.0	5.0	0.00	7.0	7.0	0.0	87
		Soya	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	N/A	4.6	87
		Coconut	271	65	4.3	4.0	6.2	4.6	1.0	0.0	0.00	4.6	N/A	4.6	87
		Almond	238	57	2.4	0.2	7.5	5.0	0.6	1.0	0.16	5.0	N/A	5.0	150
	Grande	Skimmed	264	63	0.1	0.1	9.5	7.5	0.0	5.8	0.17	7.5	7.5	0.0	150
		Semi Skimmed	365	87	3.0	1.5	9.3	7.3	0.0	5.7	0.19	7.3	7.3	0.0	150
		Whole	435	104	4.9	2.8	9.3	7.3	0.0	5.5	0.18	7.3	7.3	0.0	150
		Soya	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	N/A	3.6	150
		Coconut	329	78	5.3	4.9	7.3	5.7	1.0	0.0	0.00	5.7	N/A	5.7	150
		Almond	307	73	3.0	0.3	9.9	6.3	0.8	1.3	0.21	6.3	N/A	6.3	150
	Venti	Skimmed	375	90	0.2	0.1	13.4	11.4	0.0	8.5	0.25	11.4	11.4	0.0	150
		Semi Skimmed	529	126	4.5	2.9	12.7	10.8	0.0	8.3	0.25	10.8	10.8	0.0	150
		Whole	625	149	7.5	4.3	12.4	10.4	0.0	8.1	0.24	10.4	10.4	0.0	150
		Soya	437	104	3.6	0.5	9.5	5.5	0.9	7.3	0.29	5.5	N/A	5.5	150
		Coconut	428	102	6.7	6.2	10.1	7.1	1.0	0.0	0.00	7.1	N/A	7.1	174
		Almond	376	90	3.6	0.3	12.4	7.5	0.9	1.5	0.25	7.5	N/A	7.5	174
Iced Cappuccino	Tall	Skimmed	235	56	0.2	0.0	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87
		Semi Skimmed	324	77	2.5	1.5	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87
		Whole	421	100	5.4	3.4	8.1	7.0	0.0	5.0	0.00	7.0	7.0	0.0	87
		Soya	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	N/A	4.6	87
		Coconut	271	65	4.3	4.0	6.2	4.6	1.0	0.0	0.00	4.6	N/A	4.6	87
		Almond	202	48	2.2	0.2	5.9	4.6	0.5	0.9	0.15	4.6	N/A	4.6	150
	Grande	Skimmed	284	68	0.1	0.1	10.2	8.2	0.0	6.3	0.18	8.2	8.2	0.0	150
		Semi Skimmed	395	94	3.3	1.7	10.0	8.0	0.0	6.2	0.20	8.0	8.0	0.0	150
		Whole	471	113	5.4	3.1	10.0	8.0	0.0	6.0	0.18	8.0	8.0	0.0	150
		Soya	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	N/A	3.6	150
		Coconut	289	70	4.3	4.0	7.1	4.5	0.6	0.0	0.18	4.5	N/A	4.5	150
		Almond	268	64	2.8	0.2	8.3	5.7	0.7	1.1	0.19	5.7	N/A	5.7	150
	Venti	Skimmed	424	101	0.2	0.1	15.3	12.3	0.0	9.4	0.26	12.3	12.3	0.0	225
		Semi Skimmed	590	141	4.9	2.5	14.9	11.9	0.0	9.3	0.29	11.9	11.9	0.0	225
		Whole	705	168	8.1	4.6	14.9	11.9	0.0	8.9	0.27	11.9	11.9	0.0	225
		Soya	485	116	3.9	0.5	10.9	5.9	1.0	8.0	0.24	5.9	N/A	5.9	225
		Coconut	466	113	6.8	6.4	11.0	7.3	1.0	0.8	0.26	7.3	N/A	7.3	225
		Almond	299	71	3.1	0.3	9.1	6.5	0.8	1.3	0.21	6.5	N/A	6.5	225
Iced Coffee/ Cold Brew	Tall		11	3	0.1	0.0	0.0	0.0	0.0	0.3	0.01	0.0	0.0	0.0	180
	Grande		16	4	0.1	0.0	0.0	0.0	0.0	0.5	0.02	0.0	0.0	0.0	260
	Venti		21	5	0.1	0.0	0.0	0.0	0.0	0.6	0.02	0.0	0.0	0.0	330
Iced Caffe Americano	Tall		48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.02	0.0	0.0	0.0	150
	Grande		72	17	0.0	0.0	3.0	0.0	0.0	1.1	0.02	0.0	0.0	0.0	225
	Venti		97	23	0.0	0.0	4.0	0.0	0.0	1.4	0.03	0.0	0.0	0.0	300
Iced Caffe Mocha (topped with whipped cream)	Tall	Skimmed	1028	245	10.6	6.0	29.7	23.0	2.1	6.6	0.18	23.0	7.5	15.5	170
		Semi Skimmed	1111	265	12.8	7.4	29.7	23.0	2.1	6.6	0.17	23.0	7.5	15.5	170
		Whole	1200	286	15.4	9.2	29.3	22.6	2.1	6.5	0.17	22.6	7.1	15.5	170
		Soya	1059	252	13.0	6.5	27.1	20.4	2.6	5.3	0.13	20.4	N/A	20.4	170
		Coconut	1062	253	14.4	9.7	27.5	20.4	2.6	2.0	0.20	20.4	N/A	20.4	170
		Almond	967	230	12.1	6.2	26.4	19.6	2.5	2.7	0.13	19.6	N/A	19.6	175
	Grande	Skimmed	1389	331	14.7	8.4	39.8	30.1	2.8	8.4	0.22	30.1	9.4	20.6	175
		Semi Skimmed	1491	355	17.4	10.1	39.8	30.1	2.8	8.4	0.22	30.1	9.4	20.6	175
		Whole	1600	381	20.6	12.3	39.3	29.6	2.8	8.2	0.22	29.6	8.9	20.6	175
		Soya	1426	340	17.7	8.9	36.6	26.9	3.4	6.7	0.17	26.9	N/A	26.9	175
		Coconut	1431	341	19.4	12.9	37.2	26.9	3.4	2.7	0.26	26.9	N/A	26.9	255
		Almond	1314	313	16.5	8.6	35.8	25.9	3.3	3.5	0.17	25.9	N/A	25.9	255
	Venti	Skimmed	1559	371	15.2	8.7	47.2	35.7	3.5	9.6	0.24	35.8	10.2	25.6	255
		Semi Skimmed	1670	398	18.2	10.6	47.2	35.7	3.5	9.6	0.24	35.8	10.2	25.6	255
		Whole	1790	426	21.7	13.0	46.6	35.2	3.5	9.4	0.24	35.2	9.6	25.6	255
		Soya	1599	381	18.5	9.3	43.7	32.3	4.1	7.8	0.18	32.3	N/A	32.3	255
		Coconut	1604	382	20.4	13.7	44.2	32.3	4.1	3.3	0.28	32.3	N/A	32.3	255
		Almond	1476	351	17.3	8.9	42.8	31.1	4.0	4.3	0.18	31.2	N/A	31.1	255

**STARBUCKS**  
Spring 2017  
Beverage Nutrition  
Information\*

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Iced Caramel Macchiato	Tall	Skimmed	598	142	1.4	0.7	25.7	23.8	0.0	6.7	0.27	23.8	9.9	13.9	150
		Semi Skimmed	718	171	4.6	2.7	25.7	23.8	0.0	6.7	0.27	23.8	9.9	13.9	150
		Whole	847	202	8.3	5.3	25.1	23.2	0.0	6.5	0.27	23.2	9.3	13.9	150
		Soya	642	153	5.0	1.3	21.9	20.1	0.7	4.7	0.21	20.1	N/A	20.1	150
		Coconut	647	154	7.0	6.1	22.5	20.1	0.7	0.0	0.31	20.1	N/A	20.1	150
	Grande	Almond	509	121	3.6	0.9	20.9	18.9	0.6	1.0	0.21	18.9	N/A	18.9	150
		Skimmed	803	191	1.5	0.7	35.3	32.2	0.0	9.1	0.35	32.2	13.4	18.7	150
		Semi Skimmed	965	230	5.8	3.4	35.3	32.2	0.0	9.1	0.35	32.2	13.4	18.7	150
		Whole	1140	271	10.9	6.9	34.5	31.3	0.0	8.8	0.35	31.4	12.6	18.7	150
		Soya	862	205	6.3	1.5	30.2	27.1	0.9	6.4	0.27	27.1	N/A	27.1	150
	Venti	Coconut	869	207	9.0	8.0	31.0	27.1	0.9	0.0	0.41	27.1	N/A	27.1	150
		Almond	682	162	4.4	1.0	28.9	25.4	0.8	1.3	0.27	25.5	N/A	25.4	150
		Skimmed	921	219	1.5	0.7	41.5	38.1	0.0	9.9	0.38	38.1	14.6	23.6	225
		Semi Skimmed	1097	261	6.2	3.6	41.5	38.1	0.0	9.9	0.37	38.1	14.6	23.6	225
		Whole	1287	306	11.7	7.4	40.6	37.3	0.0	9.6	0.37	37.3	13.7	23.6	225
Iced Chai Tea Latte	Tall	Soya	985	235	6.8	1.6	35.9	32.6	1.0	7.0	0.29	32.6	N/A	32.6	225
		Coconut	993	236	9.7	8.6	36.8	32.6	1.0	0.0	0.44	32.6	N/A	32.6	225
		Almond	789	188	4.7	1.0	34.5	30.8	0.9	1.5	0.29	30.8	N/A	30.8	225
		Skimmed	649	154	0.2	0.0	32.5	32.5	0.0	5.7	0.20	32.5	9.9	22.6	75
		Semi Skimmed	750	179	2.9	1.7	32.5	32.5	0.0	5.7	0.19	32.5	9.9	22.6	75
	Grande	Whole	859	205	6.0	3.9	32.0	32.0	0.0	5.5	0.19	32.0	9.3	22.7	75
		Soya	686	163	3.2	0.5	29.3	29.3	0.6	4.0	0.15	29.3	N/A	29.3	75
		Coconut	690	164	4.9	4.5	29.8	29.3	0.6	0.0	0.23	29.3	N/A	29.3	75
		Almond	573	136	2.0	0.2	28.5	28.3	0.5	0.8	0.15	28.3	N/A	28.3	75
		Skimmed	858	204	0.2	0.0	43.1	43.1	0.0	7.5	0.26	43.1	13.4	29.7	100
	Venti	Semi Skimmed	991	236	3.7	2.2	43.1	43.1	0.0	7.5	0.25	43.1	13.4	29.7	100
		Whole	1133	270	7.9	5.0	42.5	42.5	0.0	7.2	0.25	42.5	12.6	29.9	100
		Soya	907	216	4.2	0.7	39.0	39.0	0.7	5.3	0.19	39.0	N/A	39.0	100
		Coconut	912	217	6.4	5.9	39.6	39.0	0.7	0.0	0.30	39.0	N/A	39.0	100
		Almond	760	181	2.6	0.2	37.9	37.7	0.7	1.1	0.19	37.7	N/A	37.7	100
Venti	Skimmed	1081	257	0.3	0.0	54.2	54.2	0.0	9.5	0.33	54.2	14.6	39.6	120	
	Semi Skimmed	1250	298	4.8	2.8	54.2	54.2	0.0	9.5	0.32	54.2	14.6	39.6	120	
	Whole	1433	341	10.1	6.4	53.4	53.4	0.0	9.2	0.32	53.4	13.7	39.7	120	
	Soya	1143	272	5.3	0.8	48.9	48.9	0.9	6.7	0.24	48.9	N/A	48.9	120	
	Coconut	1150	274	8.1	7.6	49.7	48.9	0.9	0.0	0.38	48.9	N/A	48.9	120	
Almond	955	227	3.4	0.3	47.5	47.2	0.8	1.4	0.24	47.2	N/A	47.2	120		

TEA															
English Breakfast Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Earl Grey Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Hibiscus Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Emperor's Clouds & Mist Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Mint Citrus Green Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Mint Blend Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Youthberry Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Jasmine Pearls Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Chamomile Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies

**STARBUCKS**  
Spring 2017  
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Beverage

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Chai Tea Latte	Short	Skimmed	431	103	0.1	0.1	22.3	21.2	0.1	3.9	0.12	21.2	5.5	15.7	50
		Semi Skimmed	497	119	2.0	1.3	22.0	20.9	0.1	3.8	0.12	20.9	5.5	15.4	50
		Whole	539	129	3.3	1.9	21.9	20.7	0.1	3.7	0.12	20.7	5.2	15.5	50
		Soya	452	108	1.6	0.2	20.4	18.3	0.5	3.2	0.14	18.3	N/A	18.3	50
		Coconut	407	96	2.8	2.6	17.0	16.0	0.5	0.0	0.13	16.0	N/A	16.0	50
		Almond	387	92	1.4	0.1	19.1	19.0	0.3	0.6	0.10	19.0	N/A	19.0	50
	Tall	Skimmed	646	154	0.2	0.1	33.5	31.7	0.1	5.8	0.19	31.7	8.4	23.3	75
		Semi Skimmed	747	179	3.0	1.9	33.0	31.3	0.1	5.7	0.18	31.3	8.4	22.9	75
		Whole	810	194	5.0	2.8	32.8	31.0	0.1	5.5	0.18	31.0	7.9	23.1	75
		Soya	676	162	2.4	0.3	30.5	27.4	0.7	4.7	0.20	27.4	N/A	27.4	75
		Coconut	604	143	4.2	3.9	26.0	24.0	0.7	0.6	0.18	24.0	N/A	24.0	75
		Almond	582	139	2.1	0.2	28.7	28.5	0.5	0.9	0.15	28.6	N/A	28.5	75
	Grande	Skimmed	854	204	0.2	0.1	44.4	42.0	0.2	7.5	0.24	42.0	8.4	33.6	100
		Semi Skimmed	986	236	4.0	2.5	43.8	41.5	0.2	7.4	0.24	41.5	11.0	30.5	100
		Whole	1068	255	6.5	3.7	43.5	41.2	0.2	7.2	0.23	41.2	10.3	30.9	100
		Soya	893	213	3.2	0.4	40.5	36.4	1.0	6.2	0.26	36.4	N/A	36.4	100
		Coconut	814	192	5.5	5.1	35.0	33.0	1.0	0.8	0.24	33.0	N/A	33.0	100
		Almond	771	183	2.8	0.2	38.2	37.9	0.7	1.2	0.20	37.9	N/A	37.9	100
	Venti	Skimmed	1072	256	0.3	0.2	55.6	52.7	0.2	9.5	0.31	52.7	14.0	38.7	120
		Semi Skimmed	1241	297	5.0	3.2	54.9	52.0	0.2	9.3	0.30	52.0	14.0	38.0	120
		Whole	1346	322	8.3	4.7	54.5	51.6	0.2	9.1	0.29	51.6	13.2	38.4	120
		Soya	1122	268	4.0	0.5	50.7	45.6	1.2	7.8	0.33	45.6	N/A	45.6	120
		Coconut	1009	239	6.9	6.4	43.0	40.0	1.2	0.9	0.30	40.0	N/A	40.0	120
		Almond	966	230	3.5	0.3	47.8	47.5	0.9	1.5	0.25	47.5	N/A	47.5	120
Green Tea Latte	Short	Skimmed	348	83	0.2	0.0	14.4	13.8	0.0	5.7	0.19	13.8	8.5	5.3	30
		Semi Skimmed	450	107	2.9	1.7	14.4	13.8	0.0	5.7	0.18	13.8	8.5	5.3	30
		Whole	560	133	6.1	3.9	13.9	13.3	0.0	5.6	0.18	13.3	7.9	5.3	30
		Soya	385	92	3.3	0.5	11.2	10.6	0.6	4.1	0.14	10.6	5.2	10.6	30
		Coconut	389	93	5.0	4.6	11.7	10.6	0.6	0.0	0.22	10.6	N/A	10.6	30
		Almond	272	65	2.1	0.2	10.4	9.6	0.5	0.8	0.14	9.6	N/A	9.6	30
	Tall	Skimmed	597	142	0.4	0.0	25.5	24.2	0.0	9.2	0.30	24.2	N/A	10.7	55
		Semi Skimmed	760	181	4.7	2.7	25.5	24.2	0.0	9.2	0.30	24.2	13.5	10.7	55
		Whole	936	223	9.8	6.2	24.7	23.4	0.0	8.9	0.30	23.4	12.7	10.7	55
		Soya	656	156	5.2	0.8	20.3	19.0	0.9	6.5	0.22	19.0	N/A	19.0	55
		Coconut	663	158	7.9	7.3	21.1	19.0	0.9	0.0	0.36	19.0	N/A	19.0	55
		Almond	475	113	3.4	0.3	19.0	17.4	0.8	1.4	0.22	17.4	N/A	17.4	55
	Grande	Skimmed	798	190	0.5	0.0	34.8	32.9	0.0	11.5	0.38	32.9	16.9	16.0	80
		Semi Skimmed	1002	239	5.9	3.4	34.8	32.9	0.0	11.5	0.37	32.9	16.9	16.0	80
		Whole	1222	291	12.3	7.8	33.8	31.9	0.0	11.2	0.37	31.9	15.9	16.0	80
		Soya	873	208	6.6	1.0	28.4	26.5	1.1	8.1	0.28	26.5	N/A	26.5	80
		Coconut	881	210	10.0	9.1	29.4	26.5	1.1	0.0	0.45	26.5	N/A	26.5	80
		Almond	646	154	4.2	0.3	26.7	24.4	1.0	1.7	0.28	24.4	N/A	24.4	80
	Venti	Skimmed	1056	251	0.7	0.0	46.2	43.6	0.0	15.1	0.50	43.6	22.3	21.3	110
		Semi Skimmed	1325	315	7.8	4.5	46.2	43.6	0.0	15.1	0.49	43.6	22.3	21.3	110
		Whole	1614	384	16.3	10.2	44.8	42.2	0.0	14.7	0.49	42.2	20.9	21.3	110
		Soya	1154	275	8.7	1.3	37.7	35.1	1.5	10.7	0.36	35.1	N/A	35.1	110
		Coconut	1165	277	13.1	12.0	39.1	35.1	1.5	0.0	0.59	35.1	N/A	35.1	110
		Almond	856	204	5.6	0.4	35.5	32.4	1.3	2.2	0.36	32.5	N/A	32.5	110



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Beverage

Available Size

Milk Type

kJ

kcal

Fat (g)

of which Saturates (g)

Carbohydrates (g)

Total Sugars (g)

Fibre (g)

Protein (g)

Salt (g)

Total Sugars (g)

Natural Sugar (g) from  
dairy option

Added sugar (g)

Caffeine (mg) \*\*

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

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Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **		
<b>FRAPPUCCINO® BLENDED BEVERAGES   COFFEE</b>																
Coffee Frappuccino® (no whipped cream)	Mini	Skimmed	496	118	0.1	0.0	27.2	26.0	0.0	2.2	0.32	26.0	3.2	22.8	58	
		Semi Skimmed	535	127	1.1	0.6	27.2	26.0	0.0	2.2	0.32	26.0	3.2	22.8	58	
		Whole	576	137	2.3	1.5	27.0	25.8	0.0	2.1	0.32	25.8	3.0	22.8	58	
		Soya	510	121	1.2	0.2	26.0	24.8	0.3	1.5	0.30	24.8	N/A	24.8	58	
		Coconut	512	122	1.9	1.7	26.2	24.8	0.3	0.0	0.34	24.8	N/A	24.8	58	
	Tall	Almond	467	111	0.8	0.1	25.6	24.4	0.2	0.3	0.30	24.4	N/A	24.4	58	
		Skimmed	613	146	0.1	0.0	33.6	32.1	0.0	2.7	0.40	32.1	4.0	28.1	73	
		Semi Skimmed	661	157	1.4	0.8	33.6	32.1	0.0	2.7	0.40	32.1	4.0	28.1	73	
		Whole	713	170	2.9	1.8	33.3	31.8	0.0	2.6	0.40	31.8	3.8	28.1	73	
		Soya	631	150	1.5	0.2	32.0	30.6	0.3	1.9	0.37	30.6	N/A	30.6	73	
	Grande	Coconut	633	151	2.3	2.2	32.3	30.6	0.3	0.0	0.41	30.6	N/A	30.6	73	
		Almond	577	137	1.0	0.1	31.6	30.1	0.3	0.4	0.37	30.1	N/A	30.1	73	
		Skimmed	844	201	0.1	0.0	46.7	44.6	0.1	3.3	0.55	44.6	4.9	39.7	104	
		Semi Skimmed	903	215	1.6	1.0	46.7	44.6	0.1	3.3	0.54	44.6	4.9	39.7	104	
		Whole	966	230	3.5	2.2	46.4	44.3	0.1	3.2	0.54	44.3	4.6	39.7	104	
	Venti	Soya	866	206	1.8	0.3	44.9	42.7	0.4	2.3	0.52	42.7	N/A	42.7	104	
		Coconut	868	207	2.8	2.6	45.2	42.7	0.4	0.0	0.57	42.7	N/A	42.7	104	
		Almond	801	191	1.2	0.1	44.4	42.2	0.4	0.5	0.52	42.2	N/A	42.2	104	
		Skimmed	1045	249	0.1	0.0	58.3	55.6	0.1	3.6	0.67	55.6	5.3	50.3	131	
		Semi Skimmed	1109	264	1.8	1.1	58.3	55.6	0.1	3.6	0.67	55.6	5.3	50.3	131	
	Coffee Frappuccino® (with whipped cream)	Mini	Whole	1178	280	3.8	2.4	58.0	55.3	0.1	3.5	0.67	55.3	5.0	50.3	131
			Soya	1068	254	2.0	0.3	56.3	53.6	0.4	2.5	0.64	53.6	N/A	53.6	131
			Coconut	1071	255	3.1	2.9	56.6	53.6	0.4	0.0	0.69	53.6	N/A	53.6	131
			Almond	997	237	1.3	0.1	55.8	53.0	0.4	0.5	0.64	53.0	N/A	53.0	131
Skimmed			903	215	7.6	4.3	33.8	30.8	0.6	2.7	0.34	30.8	3.8	27.0	59	
Mocha Frappuccino® (with whipped cream)	Mini	Semi Skimmed	941	224	8.6	4.9	33.8	30.8	0.6	2.7	0.34	30.8	3.8	27.0	59	
		Whole	983	234	9.8	5.7	33.6	30.6	0.6	2.6	0.34	30.6	3.6	27.0	59	
		Soya	917	218	8.7	4.5	32.5	29.6	0.8	2.1	0.32	29.6	N/A	29.6	59	
		Coconut	918	219	9.3	6.0	32.7	29.6	0.8	0.5	0.35	29.6	N/A	29.6	59	
		Almond	874	208	8.3	4.3	32.2	29.2	0.8	0.8	0.32	29.2	N/A	29.2	59	
	Tall	Skimmed	1119	267	9.4	5.3	41.7	38.0	0.7	3.4	0.42	38.0	4.7	33.3	74	
		Semi Skimmed	1168	278	10.7	6.1	41.7	38.0	0.7	3.4	0.42	38.0	4.7	33.3	74	
		Whole	1220	290	12.2	7.2	41.4	37.8	0.7	3.3	0.42	37.8	4.5	33.3	74	
		Soya	1137	271	10.9	5.6	40.2	36.5	1.0	2.6	0.40	36.5	N/A	36.5	74	
		Coconut	1139	271	11.7	7.5	40.4	36.5	1.0	0.7	0.44	36.5	N/A	36.5	74	
	Grande	Almond	1083	258	10.3	5.4	39.8	36.0	0.9	1.1	0.40	36.0	N/A	36.0	74	
		Skimmed	1558	371	13.2	7.5	58.3	53.1	1.0	4.2	0.58	53.1	5.9	47.2	107	
		Semi Skimmed	1617	385	14.8	8.4	58.3	53.1	1.0	4.2	0.57	53.1	5.9	47.2	107	
		Whole	1680	400	16.6	9.7	58.0	52.8	1.0	4.1	0.57	52.8	5.6	47.2	107	
Soya		1580	376	15.0	7.8	56.5	51.2	1.3	3.3	0.55	51.2	N/A	51.2	107		
Espresso Frappuccino® (no whipped cream)	Mini	Coconut	1582	377	15.9	10.1	56.8	51.2	1.3	0.9	0.59	51.2	N/A	51.2	107	
		Almond	1515	361	14.3	7.6	56.0	50.6	1.3	1.4	0.55	50.7	N/A	50.6	107	
		Skimmed	431	103	0.0	0.0	24.3	23.1	0.0	1.3	0.28	23.1	3.8	19.3	116	
		Semi Skimmed	454	108	0.6	0.4	24.3	23.1	0.0	1.3	0.27	23.1	3.8	19.3	116	
		Whole	479	114	1.4	0.9	24.1	23.0	0.0	1.3	0.27	23.0	3.6	19.4	116	
	Tall	Soya	439	105	0.7	0.1	23.5	22.4	0.2	0.9	0.26	22.4	N/A	22.4	116	
		Coconut	440	105	1.1	1.0	23.6	22.4	0.2	0.0	0.28	22.4	N/A	22.4	116	
		Almond	414	99	0.5	0.0	23.3	22.1	0.2	0.2	0.26	22.1	N/A	22.1	116	
		Skimmed	509	121	0.0	0.0	28.6	27.2	0.0	1.6	0.33	27.2	4.7	22.5	125	
		Semi Skimmed	537	128	0.8	0.5	28.6	27.2	0.0	1.6	0.32	27.2	4.7	22.5	125	
	Grande	Whole	567	135	1.7	1.1	28.5	27.1	0.0	1.5	0.32	27.1	4.5	22.6	125	
		Soya	519	124	0.9	0.1	27.8	26.3	0.2	1.1	0.31	26.3	N/A	26.3	125	
		Coconut	521	124	1.3	1.2	27.9	26.3	0.2	0.0	0.34	26.3	N/A	26.3	125	
		Almond	489	116	0.6	0.0	27.5	26.0	0.2	0.2	0.31	26.1	N/A	26.0	125	
Skimmed		763	182	0.1	0.0	43.0	40.9	0.1	2.2	0.49	40.9	5.9	35.1	155		
Venti	Semi Skimmed	803	191	1.1	0.7	43.0	40.9	0.1	2.2	0.49	40.9	5.9	35.1	155		
	Whole	846	201	2.4	1.5	42.8	40.7	0.1	2.2	0.49	40.7	5.6	35.2	155		
	Soya	778	185	1.3	0.2	41.7	39.7	0.3	1.6	0.47	39.7	N/A	39.7	155		
	Coconut	779	186	1.9	1.8	41.9	39.7	0.3	0.0	0.50	39.7	N/A	39.7	155		
	Almond	734	175	0.8	0.1	41.4	39.3	0.3	0.3	0.47	39.3	N/A	39.3	155		
Espresso Frappuccino® (no whipped cream)	Venti	Skimmed	956	228	0.1	0.0	54.1	51.5	0.1	2.6	0.61	51.5	6.3	45.2	175	
		Semi Skimmed	1002	239	1.3	0.8	54.1	51.5	0.1	2.6	0.61	51.5	6.3	45.2	175	
		Whole	1051	250	2.7	1.7	53.9	51.2	0.1	2.5	0.61	51.3	6.0	45.3	175	
		Soya	973	232	1.4	0.2	52.7	50.0	0.3	1.8	0.59	50.0	N/A	50.0	175	
		Coconut	975	232	2.2	2.1	52.9	50.0	0.3	0.0	0.63	50.0	N/A	50.0	175	
Almond	922	219	0.9	0.1	52.3	49.6	0.3	0.4	0.59	49.6	N/A	49.6	175			



**STARBUCKS**  
**Spring 2017**  
**Beverage Nutrition**  
**Information\***

Beverage

Beverage	Available Size	Milk Type			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) **
			kJ	kcal											
Java Chip Frappuccino® (with whipped cream)	Mini	Skimmed	1042	248	9.9	4.3	36.9	33.1	0.6	2.7	0.36	33.1	3.7	29.5	57
		Semi Skimmed	1079	257	10.8	4.9	36.9	33.1	0.6	2.7	0.36	33.1	3.7	29.5	57
		Whole	1119	266	12.0	5.7	36.7	32.9	0.6	2.6	0.36	32.9	3.5	29.5	57
		Soya	1056	251	10.9	4.5	35.7	32.0	0.8	2.1	0.35	32.0	N/A	32.0	57
		Coconut	1058	252	11.6	5.9	35.9	32.0	0.8	0.6	0.38	32.0	N/A	32.0	57
		Almond	860	205	8.3	4.4	31.2	28.1	0.8	0.9	0.30	28.1	N/A	28.1	57
	Tall	Skimmed	1301	310	12.4	5.4	45.9	41.2	0.8	3.3	0.46	41.2	3.8	37.5	71
		Semi Skimmed	1346	320	13.6	6.1	45.9	41.2	0.8	3.3	0.45	41.2	3.8	37.5	71
		Whole	1395	332	15.0	7.1	45.7	41.0	0.8	3.2	0.45	41.0	3.6	37.5	71
		Soya	1317	314	13.7	5.6	44.5	39.8	1.0	2.5	0.43	39.8	N/A	39.8	71
		Coconut	1319	314	14.5	7.4	44.7	39.8	1.0	0.7	0.47	39.8	N/A	39.8	71
		Almond	1076	256	10.3	5.5	39.1	35.1	1.0	1.1	0.37	35.2	N/A	35.1	71
	Grande	Skimmed	1803	429	17.1	7.5	64.1	57.5	1.1	4.1	0.62	57.5	4.1	53.4	101
		Semi Skimmed	1858	442	18.6	8.4	64.1	57.5	1.1	4.1	0.62	57.5	4.8	52.7	101
		Whole	1918	457	20.3	9.6	63.8	57.2	1.1	4.0	0.62	57.2	4.5	52.7	101
		Soya	1824	434	18.8	7.8	62.4	55.8	1.4	3.2	0.60	55.8	N/A	55.8	101
		Coconut	1826	435	19.7	10.0	62.6	55.8	1.4	1.0	0.64	55.8	N/A	55.8	101
		Almond	1488	354	14.3	7.6	54.3	48.9	1.3	1.5	0.52	48.9	N/A	48.9	101
Caramel Frappuccino® (with whipped cream)	Mini	Skimmed	1039	247	7.5	4.2	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
		Semi Skimmed	1077	256	8.5	4.8	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
		Whole	1119	266	9.7	5.7	42.6	40.2	0.0	2.0	0.36	40.2	3.0	37.2	75
		Soya	1053	250	8.6	4.4	41.6	39.2	0.0	2.0	0.34	39.2	N/A	39.2	75
		Coconut	1054	251	9.3	5.9	41.8	39.2	0.0	0.0	0.32	39.2	N/A	39.2	75
		Almond	975	218	8.5	4.5	34.9	32.7	0.2	0.3	0.35	32.7	N/A	32.7	58
	Tall	Skimmed	1098	262	8.7	5.4	43.1	41.1	0.1	3.3	0.42	41.1	5.0	36.1	65
		Semi Skimmed	1151	275	10.2	6.4	42.9	40.9	0.1	3.3	0.42	40.9	5.0	35.9	65
		Whole	1184	280	11.2	6.8	42.8	40.7	0.1	3.2	0.42	40.7	4.7	36.0	65
		Soya	1118	267	9.9	5.5	41.7	39.1	0.4	2.9	0.41	39.1	N/A	39.1	65
		Coconut	1169	278	10.2	7.9	44.9	42.2	0.1	0.7	0.35	42.2	N/A	42.2	65
		Almond	1149	274	10.6	5.6	44.0	41.2	0.3	0.4	0.46	41.2	N/A	41.2	73
	Grande	Skimmed	1500	358	11.9	7.4	59.2	56.4	0.1	4.2	0.58	56.4	5.3	51.1	95
		Semi Skimmed	1564	374	13.7	8.6	58.9	56.2	0.1	4.1	0.57	56.2	6.5	49.7	95
		Whole	1604	379	15.0	9.2	58.8	56.0	0.1	4.0	0.57	56.0	6.2	56.0	95
		Soya	1524	364	13.4	7.6	57.5	53.9	0.5	3.6	0.57	53.9	N/A	53.9	95
		Coconut	1567	373	11.7	9.1	64.8	61.0	0.1	0.9	0.51	61.0	N/A	56.6	95
		Almond	1594	380	14.3	7.6	62.0	58.1	0.4	0.5	0.63	58.1	N/A	58.1	95

**FRAPPUCCINO® BLENDED BEVERAGES | COFFEE LIGHT**

Coffee Frappuccino® Light (no whipped cream)	Mini	Skimmed	288	69	0.0	0.0	15.0	14.0	0.1	2.2	0.29	14.0	2.7	12.0	50
	Tall	Skimmed	347	83	0.1	0.0	17.7	17.3	0.2	2.6	0.35	17.3	3.3	14.0	60
	Grande	Skimmed	495	118	0.1	0.1	25.6	25.0	0.3	3.4	0.51	25.0	4.3	20.7	90
	Venti	Skimmed	583	139	0.1	0.1	29.8	29.1	0.3	4.4	0.59	29.1	6.3	22.8	105
Mocha Frappuccino® Light (no whipped cream)	Mini	Skimmed	333	80	0.4	0.2	18.0	16.0	0.4	2.4	0.27	16.0	2.7	14.0	50
	Tall	Skimmed	402	96	0.5	0.3	21.2	19.6	0.5	2.9	0.32	19.6	3.3	16.3	60
	Grande	Skimmed	598	143	0.8	0.5	31.9	29.4	0.8	3.9	0.48	29.4	4.3	25.1	95
	Venti	Skimmed	749	179	0.9	0.6	39.6	36.5	1.0	5.3	0.60	36.5	6.3	30.2	115
Caramel Frappuccino® Light (no whipped cream)	Mini	Skimmed	335	80	0.0	0.0	18.0	17.0	0.1	2.1	0.28	17.0	2.7	15.0	50
	Tall	Skimmed	403	96	0.1	0.0	21.2	20.8	0.2	2.5	0.33	20.8	3.3	17.5	60
	Grande	Skimmed	560	134	0.1	0.1	29.8	29.2	0.2	3.1	0.46	29.2	4.3	24.9	85
	Venti	Skimmed	693	166	0.1	0.1	36.5	35.7	0.3	4.2	0.57	35.7	6.3	29.4	100

**FRAPPUCCINO® BLENDED BEVERAGES | CRÈME**

Strawberries and Cream Frappuccino® (with whipped cream)	Mini	Skimmed	977	233	7.2	4.0	38.8	38.7	0.5	2.9	0.38	38.7	4.7	34.0	0
		Semi Skimmed	1027	245	8.6	4.8	38.8	38.7	0.5	2.9	0.38	38.7	4.7	34.0	0
		Whole	1081	257	10.1	5.9	38.5	38.4	0.5	2.8	0.38	38.4	4.4	34.0	0
		Soya	995	237	8.7	4.2	37.2	37.1	0.8	2.0	0.35	37.1	N/A	36.5	0
		Coconut	997	237	9.5	6.2	37.5	37.1	0.8	0.0	0.40	37.1	N/A	36.5	0
		Almond	940	224	8.1	4.1	36.8	36.6	0.7	0.5	0.35	36.6	N/A	36.0	0
	Tall	Skimmed	1074	256	9.0	5.0	40.0	39.9	0.5	3.4	0.40	39.9	5.6	34.3	0
		Semi Skimmed	1134	270	10.6	6.0	40.0	39.9	0.5	3.4	0.40	39.9	5.6	34.3	0
		Whole	1199	285	12.5	7.3	39.7	39.6	0.5	3.3	0.40	39.6	5.3	34.3	0
		Soya	1096	261	10.8	5.3	38.1	38.0	0.8	2.4	0.37	38.0	N/A	37.3	0
		Coconut	1099	262	11.8	7.7	38.4	38.0	0.8	0.1	0.42	38.0	N/A	37.3	0
		Almond	1030	245	10.1	5.1	37.6	37.4	0.8	0.5	0.37	37.4	N/A	36.7	0
	Grande	Skimmed	1462	348	12.6	7.0	54.1	53.9	0.7	4.2	0.53	54.0	7.0	46.9	0
		Semi Skimmed	1536	366	14.6	8.2	54.1	53.9	0.7	4.2	0.53	54.0	7.0	46.9	0
		Whole	1615	385	16.9	9.8	53.8	53.6	0.7	4.1	0.53	53.6	6.7	46.9	0
		Soya	1489	355	14.8	7.4	51.8	51.6	1.1	3.0	0.50	51.6	N/A	50.7	0
		Coconut	1492	355	16.0	10.3	52.2	51.6	1.1	0.1	0.56	51.6	N/A	50.7	0
		Almond	1407	335	13.9	7.1	51.2	50.9	1.0	0.7	0.50	50.9	N/A	50.0	0

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Beverage

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Caramel Cream Frappuccino® (with whipped cream)	Mini	Skimmed	851	202	9.1	5.1	27.8	26.4	0.0	2.0	0.33	26.4	4.2	22.2	0
		Semi Skimmed	895	213	10.2	5.8	27.8	26.4	0.0	2.0	0.33	26.4	4.2	22.2	0
		Whole	942	224	11.6	6.8	27.6	26.2	0.0	2.0	0.33	26.2	4.0	22.2	0
		Soya	867	206	10.3	5.3	26.5	25.0	0.0	2.0	0.33	25.0	N/A	22.2	0
		Coconut	869	207	11.1	7.1	26.7	25.0	0.0	0.0	0.33	25.0	N/A	22.2	0
		Almond	835	184	8.7	4.5	25.9	24.7	0.3	0.4	0.35	24.7	N/A	24.7	0
	Tall	Skimmed	963	230	8.7	5.4	34.3	32.9	0.1	4.1	0.43	32.9	6.4	26.5	0
		Semi Skimmed	1034	247	10.7	6.7	34.0	32.6	0.1	4.0	0.43	32.6	6.4	26.2	0
		Whole	1078	255	12.1	7.3	33.9	32.4	0.1	3.9	0.42	32.4	6.0	26.4	0
		Soya	989	236	10.3	5.6	32.5	30.1	0.5	3.5	0.42	30.1	N/A	30.1	0
		Coconut	1009	241	11.0	8.6	34.0	32.4	0.0	0.5	0.42	32.4	N/A	32.4	0
		Almond	951	226	10.9	5.5	31.4	29.9	0.4	0.6	0.42	29.9	N/A	29.9	0
	Grande	Skimmed	1281	306	11.9	7.4	45.3	43.3	0.1	5.1	0.57	43.3	6.7	36.6	0
		Semi Skimmed	1368	327	14.4	9.0	44.9	43.0	0.1	5.0	0.57	43.0	8.6	34.4	0
		Whole	1422	336	16.0	9.8	44.7	42.7	0.1	4.9	0.56	42.7	8.1	34.6	0
		Soya	1313	314	13.9	7.6	43.0	40.0	0.6	4.3	0.56	40.0	N/A	40.0	0
		Coconut	1329	317	12.9	10.2	48.3	46.4	0.1	0.5	0.55	46.4	N/A	46.4	0
		Almond	1267	302	14.7	7.6	41.4	39.5	0.5	0.7	0.56	39.5	N/A	39.5	0
Chocolate Cream Frappuccino® (with whipped cream)	Mini	Skimmed	791	188	6.6	4.1	28.2	25.7	0.9	3.6	0.66	25.7	4.3	21.4	2
		Semi Skimmed	835	199	7.8	4.8	28.2	25.7	0.9	3.6	0.78	25.7	4.3	21.4	2
		Whole	882	210	9.1	5.8	28.0	25.5	0.9	3.5	0.91	25.5	4.0	21.5	2
		Soya	807	192	7.9	4.3	26.8	24.3	1.2	2.8	0.79	24.3	N/A	21.4	2
		Coconut	807	193	8.6	6.1	27.0	24.3	1.2	1.1	0.86	24.3	N/A	21.4	2
		Almond	788	188	8.5	4.4	26.2	23.7	1.0	1.1	0.32	23.7	N/A	23.7	2
	Tall	Skimmed	961	229	8.2	5.1	33.5	30.7	1.1	4.7	0.82	30.7	5.8	24.9	2
		Semi Skimmed	1023	243	9.8	6.1	33.5	30.7	1.1	4.7	0.98	30.7	5.8	24.9	2
		Whole	1089	247	11.7	7.4	33.2	30.4	1.1	4.6	1.17	30.4	5.5	24.9	2
		Soya	983	234	10.0	5.4	31.6	28.8	1.4	3.7	1.00	28.8	N/A	28.8	2
		Coconut	983	235	11.0	7.8	31.9	28.8	1.4	1.3	1.10	28.8	N/A	28.8	2
		Almond	947	226	10.7	5.5	30.4	27.5	1.1	1.3	0.38	27.5	N/A	27.5	2
	Grande	Skimmed	1334	317	11.4	7.1	46.8	42.9	1.4	6.2	1.14	42.9	6.1	36.8	3
		Semi Skimmed	1413	336	13.5	8.4	46.8	42.9	1.4	6.2	1.35	42.9	7.6	35.3	3
		Whole	1499	339	16.0	10.1	46.4	42.5	1.4	6.1	1.60	42.5	7.2	35.3	3
		Soya	1363	324	13.8	7.5	44.2	40.4	1.9	4.9	1.38	40.4	N/A	40.4	3
		Coconut	1366	325	15.1	10.6	44.6	40.4	1.9	1.7	1.51	40.4	N/A	40.4	3
		Almond	1330	317	14.8	7.7	43.2	39.1	1.6	1.8	0.53	39.1	N/A	39.1	3
	Venti	Skimmed	1567	373	11.6	7.2	58.9	54.2	1.7	7.3	1.16	54.2	8.8	45.4	3
		Semi Skimmed	1661	385	14.1	8.8	58.9	54.2	1.7	7.3	1.41	54.2	8.8	45.4	3
		Whole	1762	387	17.1	10.8	58.4	53.7	1.7	7.1	1.71	53.7	8.3	45.4	3
		Soya	1601	381	14.4	7.7	55.9	51.2	2.2	5.7	1.44	51.2	N/A	51.2	3
		Coconut	1605	382	16.0	11.4	56.4	51.2	2.2	2.0	1.60	51.2	N/A	51.2	3
		Almond	1547	368	15.3	7.8	54.5	49.7	1.9	2.1	0.68	49.8	N/A	49.8	3
Double Chocolatey Cream Frappuccino® (with whipped cream)	Mini	Skimmed	923	220	9.9	4.3	29.5	26.5	0.7	2.9	0.35	26.5	4.8	21.8	2
		Semi Skimmed	998	238	11.2	5.2	30.3	27.4	0.7	3.5	0.37	27.4	4.8	22.6	2
		Whole	1052	250	12.8	6.2	30.1	27.1	0.7	3.4	0.37	27.1	4.5	22.6	2
		Soya	966	230	11.4	4.6	28.8	25.8	1.0	2.6	0.35	25.8	N/A	25.8	2
		Coconut	968	231	12.2	6.6	29.0	25.8	1.0	0.6	0.39	25.8	N/A	25.8	2
		Almond	943	225	10.8	4.4	30.4	27.2	1.0	1.1	0.36	27.2	N/A	27.2	2
	Tall	Skimmed	1175	280	12.4	5.4	37.4	33.8	0.8	4.2	0.46	33.8	4.9	29.0	2
		Semi Skimmed	1246	297	14.1	6.4	37.7	34.1	0.8	4.3	0.46	34.1	4.9	29.2	2
		Whole	1314	313	16.1	7.8	37.4	33.7	0.8	4.2	0.46	33.7	4.6	29.1	2
		Soya	1205	287	14.3	5.7	35.7	32.1	1.2	3.3	0.43	32.1	N/A	32.1	2
		Coconut	1208	288	15.4	8.2	36.0	32.1	1.2	0.8	0.49	32.1	N/A	32.1	2
		Almond	1147	273	13.6	5.5	35.8	32.0	1.1	1.3	0.44	32.0	N/A	32.0	2
	Grande	Skimmed	1610	383	17.2	7.5	51.3	46.4	1.1	5.3	0.63	46.4	5.2	41.2	3
		Semi Skimmed	1686	402	19.2	8.8	51.3	46.4	1.1	5.3	0.63	46.4	6.3	40.1	3
		Whole	1768	421	21.6	10.4	51.0	46.0	1.1	5.2	0.63	46.0	5.9	40.1	3
		Soya	1638	390	19.4	7.9	48.9	44.0	1.5	4.1	0.59	44.0	N/A	44.0	3
		Coconut	1641	391	20.7	10.9	49.3	44.0	1.5	1.0	0.65	44.0	N/A	44.0	3
		Almond	1596	380	18.7	7.7	50.4	45.1	1.6	1.8	0.61	45.1	N/A	45.1	3

**STARBUCKS**  
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Beverage

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Vanilla Cream Frappuccino® (with whipped cream)	Mini	Skimmed	704	167	7.2	4.0	23.4	22.4	0.0	2.0	0.24	22.4	4.1	18.3	0
		Semi Skimmed	746	177	8.3	4.7	23.4	22.4	0.0	2.0	0.24	22.4	4.1	18.3	0
		Whole	792	188	9.6	5.6	23.2	22.2	0.0	2.0	0.24	22.2	3.9	18.3	0
		Soya	720	171	8.4	4.2	22.0	21.1	0.0	2.0	0.24	21.1	N/A	18.3	0
		Coconut	721	171	9.1	5.9	22.2	21.1	0.0	0.0	0.24	21.1	N/A	18.3	0
		Almond	745	163	7.9	4.1	22.3	21.3	0.2	0.4	0.30	21.3	N/A	21.3	0
	Tall	Skimmed	872	208	8.1	5.0	30.4	29.4	0.1	4.0	0.41	29.4	6.4	23.0	0
		Semi Skimmed	942	225	10.0	6.3	30.1	29.1	0.1	3.9	0.40	29.1	6.4	22.7	0
		Whole	986	236	11.4	6.9	30.0	28.9	0.1	3.8	0.40	28.9	6.0	22.9	0
		Soya	898	215	9.7	5.2	28.6	26.7	0.5	3.4	0.40	26.7	N/A	26.7	0
		Coconut	926	221	10.3	8.2	30.9	29.2	0.0	0.4	0.39	29.2	N/A	29.2	0
		Almond	867	207	10.1	5.1	28.1	26.9	0.4	0.6	0.38	26.9	N/A	26.9	0
	Grande	Skimmed	1230	294	11.3	7.0	43.5	41.9	0.1	5.2	0.58	41.9	6.7	35.2	0
		Semi Skimmed	1321	316	13.9	8.7	43.1	41.6	0.1	5.1	0.57	41.6	8.6	33.0	0
		Whole	1378	329	15.6	9.5	42.9	41.3	0.1	5.0	0.57	41.3	8.1	33.2	0
		Soya	1264	302	13.4	7.2	41.1	38.5	0.6	4.4	0.56	38.5	N/A	38.5	0
		Coconut	1242	296	12.2	9.8	45.1	42.9	0.1	0.4	0.55	42.9	N/A	42.9	0
		Almond	1226	292	14.1	7.1	40.4	38.7	0.5	0.8	0.55	38.7	N/A	38.7	0
	Venti	Skimmed	1388	332	10.4	6.5	54.2	52.5	0.1	5.9	0.72	52.5	10.2	42.3	0
		Semi Skimmed	1495	357	13.4	8.4	53.8	52.1	0.1	5.8	0.71	52.1	10.2	41.9	0
		Whole	1561	373	15.4	9.3	53.5	51.8	0.1	5.7	0.71	51.8	9.6	42.2	0
		Soya	1384	331	12.4	6.6	50.6	47.8	0.6	4.3	0.68	47.8	N/A	47.8	0
		Coconut	1526	364	13.3	10.9	59.3	56.5	0.1	0.4	0.71	56.5	N/A	56.5	0
		Almond	1418	338	14.3	7.2	51.1	49.2	0.5	0.9	0.69	49.2	N/A	49.2	0
Green Tea Frappuccino®	Tall	Skimmed	868	207	9.7	5.4	27.6	26.4	0.0	2.2	0.26	26.4	3.9	22.5	30
		Semi Skimmed	906	216	10.7	6.0	27.6	26.4	0.0	2.2	0.26	26.4	3.9	22.5	30
		Whole	947	225	11.9	6.8	27.4	26.2	0.0	2.1	0.26	26.2	3.7	22.5	30
		Soya	882	210	10.9	5.6	26.4	25.2	0.2	1.6	0.24	25.2	0.7	24.5	30
		Coconut	883	210	11.5	7.1	26.5	25.2	0.2	0.1	0.27	25.2	0.7	24.5	30
		Almond	839	200	10.4	5.5	26.0	24.8	0.2	0.4	0.24	24.8	0.7	24.1	30
	Grande	Skimmed	1243	296	10.9	6.0	46.1	44.1	0.0	3.3	0.42	44.1	5.6	38.5	55
		Semi Skimmed	1301	310	12.4	7.0	46.1	44.1	0.0	3.3	0.42	44.1	5.6	38.5	55
		Whole	1363	325	14.3	8.2	45.8	43.8	0.0	3.2	0.42	43.8	5.3	38.5	55
		Soya	1264	301	12.6	6.3	44.3	42.3	0.4	2.4	0.39	42.3	0.8	41.4	55
		Coconut	1266	301	13.6	8.6	44.6	42.3	0.4	0.1	0.44	42.3	0.8	41.4	55
		Almond	1199	286	11.9	6.1	43.8	41.7	0.3	0.5	0.39	41.7	0.8	40.9	55
	Venti	Skimmed	1648	392	12.8	7.0	65.0	62.1	0.1	4.3	0.59	62.1	7.2	54.9	80
		Semi Skimmed	1723	410	14.8	8.3	65.0	62.1	0.1	4.3	0.59	62.1	7.2	54.9	80
		Whole	1805	430	17.1	9.9	64.7	61.7	0.1	4.2	0.59	61.7	6.8	54.9	80
		Soya	1676	399	15.0	7.4	62.7	59.7	0.5	3.1	0.55	59.7	0.9	58.8	80
		Coconut	1679	400	16.3	10.4	63.0	59.7	0.5	0.1	0.61	59.7	0.9	58.8	80
		Almond	1592	379	14.1	7.1	62.0	59.0	0.4	0.7	0.55	59.0	0.9	58.0	80

Beverage	Available Size	Milk Type	Nutrition Information										Sugars			Caffeine (mg) **
			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)		

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

REFRESHA															
Cool Lime Refresha	Mini		162	38	0.0	0.0	9.6	8.3	0.0	0.0	0.00	8.3	0.0	8.3	17
	Tall		192	45	0.0	0.0	11.6	10.8	0.0	0.4	0.00	10.8	0.0	10.8	35
	Grande		250	60	0.0	0.0	15.0	14.0	0.0	0.6	0.00	14.0	0.0	14.0	50
	Venti		310	74	0.0	0.0	18.6	17.3	0.0	0.7	0.00	17.3	0.0	17.3	65

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

CLASSIC SHAKEN ICED TEA NATURAL															
Iced Shaken Green Tea	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Iced Shaken Hibiscus Tea	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Iced Shaken Black Tea	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies

PROMO   SHAKEN ICED TEA															
Iced Shaken Peach Green Tea Lemonade	Tall		401	96	0.0	0.0	22.8	22.1	1.0	0.0	0.00	22.1	0.0	22.1	0
	Grande		533	127	0.0	0.0	30.3	29.4	1.0	0.0	0.00	29.4	0.0	29.4	0
	Venti		661	158	0.0	0.0	37.6	36.4	2.0	0.0	0.00	36.4	0.0	36.4	0

PROMO   WINTER 2017															
Butterscotch Brûlée Latte	Short	Skimmed	597	142	2.0	1.2	25.1	22.9	0.0	5.9	0.19	22.9	8.6	14.3	87
		Semi Skimmed	701	167	4.8	2.9	25.1	22.9	0.0	5.9	0.19	22.9	8.6	14.3	87
		Whole	812	193	8.0	5.1	24.6	22.3	0.0	5.8	0.19	22.3	8.1	14.3	87
		Soya	635	151	5.1	1.7	21.8	19.6	0.6	4.2	0.14	19.6	N/A	19.6	87
		Coconut	640	152	6.8	5.8	22.3	19.6	0.6	0.1	0.23	19.6	N/A	19.6	87
	Tall	Skimmed	874	208	3.0	1.7	36.6	33.8	0.0	8.7	0.28	33.8	8.6	25.3	87
		Semi Skimmed	1025	244	7.0	4.2	36.6	33.8	0.0	8.7	0.27	33.8	8.6	25.3	87
		Whole	1188	283	11.8	7.5	35.9	33.1	0.0	8.4	0.27	33.1	8.1	25.0	87
		Soya	930	221	7.5	2.5	31.9	29.1	0.9	6.2	0.20	29.1	N/A	29.1	87
		Coconut	936	223	10.0	8.5	32.6	29.1	0.9	0.2	0.33	29.1	N/A	29.1	87
	Grande	Skimmed	1191	284	4.0	2.3	50.0	45.5	0.1	11.9	0.39	45.5	8.6	36.9	174
		Semi Skimmed	1398	333	9.5	5.7	50.0	45.5	0.1	11.9	0.38	45.5	12.5	33.0	174
		Whole	1622	386	16.0	10.2	48.9	44.5	0.1	11.5	0.38	44.5	11.7	32.7	174
		Soya	1267	302	10.2	3.3	43.5	39.0	1.2	8.4	0.28	39.0	N/A	39.0	174
		Coconut	1276	304	13.6	11.6	44.5	39.0	1.2	0.2	0.46	39.0	N/A	39.0	174
	Venti	Skimmed	1494	356	5.0	2.9	62.9	56.7	0.1	14.7	0.48	56.7	17.1	39.6	261
		Semi Skimmed	1751	417	11.8	7.1	62.9	56.7	0.1	14.7	0.47	56.7	17.1	39.6	261
		Whole	2029	483	19.9	12.7	61.6	55.4	0.1	14.3	0.47	55.4	16.1	39.3	261
		Soya	1588	378	12.7	4.2	54.8	48.6	1.5	10.5	0.35	48.6	N/A	48.6	261
		Coconut	1599	381	16.9	14.4	56.0	48.6	1.5	0.3	0.57	48.6	N/A	48.6	261

**STARBUCKS**  
Spring 2017  
Beverage Nutrition  
Information\*

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Molten Hot Chocolate	Short	Skimmed	1048	250	10.2	4.3	31.1	26.0	1.7	7.6	0.29	26.0	9.0	17.0	4
		Semi Skimmed	1150	274	12.9	6.0	31.1	26.0	1.7	7.6	0.28	26.0	9.0	17.0	4
		Whole	1260	300	16.1	8.2	30.5	25.5	1.7	7.4	0.28	25.5	8.5	17.0	4
		Soya	1086	258	13.2	4.8	27.8	22.8	2.3	5.9	0.23	22.8	N/A	22.8	4
		Coconut	1090	259	14.9	8.9	28.4	22.8	2.3	1.8	0.32	22.8	N/A	22.8	4
	Tall	Skimmed	1380	329	11.7	5.2	42.9	36.2	2.4	11.7	0.41	36.2	9.1	27.1	6
		Semi Skimmed	1544	368	16.0	7.9	42.9	36.2	2.4	11.7	0.40	36.2	9.1	27.1	6
		Whole	1720	410	21.2	11.4	42.1	35.4	2.4	11.4	0.40	35.4	8.6	26.8	6
		Soya	1440	343	16.6	6.0	37.8	31.1	3.3	9.0	0.32	31.1	N/A	31.1	6
		Coconut	1447	345	19.3	12.5	38.6	31.1	3.3	2.5	0.46	31.1	N/A	31.1	6
	Grande	Skimmed	1786	425	15.1	6.3	56.1	47.2	3.1	14.7	0.52	47.2	9.2	38.1	7
		Semi Skimmed	1990	474	20.5	9.7	56.1	47.2	3.1	14.7	0.51	47.2	14.3	33.0	7
Whole		2211	526	26.9	14.1	55.1	46.2	3.1	14.4	0.51	46.2	13.5	32.8	7	
Soya		1861	443	21.2	7.3	49.7	40.8	4.3	11.3	0.42	40.8	N/A	40.8	7	
Coconut	1869	445	24.5	15.4	50.7	40.8	4.3	3.2	0.59	40.8	N/A	40.8	7		
Molten Chocolate Frappuccino®	Mini	Skimmed	1033	246	11.4	5.9	30.4	27.7	0.9	5.0	0.40	27.7	6.3	21.4	1
		Semi Skimmed	1101	262	13.2	7.0	30.4	27.7	0.9	5.0	0.40	27.7	6.3	21.4	1
		Whole	1175	280	15.4	8.5	30.1	27.3	0.9	4.8	0.40	27.3	5.9	21.4	1
		Soya	1058	252	13.4	6.2	28.3	25.5	1.3	3.8	0.36	25.5	N/A	25.5	1
		Coconut	1061	253	14.6	8.9	28.6	25.5	1.3	1.1	0.42	25.5	N/A	25.5	1
	Tall	Skimmed	1257	299	12.6	6.0	40.8	37.0	1.1	5.2	0.51	37.0	6.4	30.7	2
		Semi Skimmed	1326	316	14.4	7.1	40.8	37.0	1.1	5.2	0.51	37.0	6.4	30.7	2
		Whole	1399	333	16.5	8.6	40.5	36.7	1.1	5.1	0.51	36.7	6.0	30.7	2
		Soya	1282	305	14.6	6.3	38.7	34.9	1.5	4.1	0.48	34.9	N/A	34.9	2
		Coconut	1285	306	15.7	9.1	39.0	34.9	1.5	1.4	0.54	34.9	N/A	34.9	2
	Grande	Skimmed	1763	420	17.7	8.4	57.4	52.1	1.6	7.0	0.72	52.2	6.7	45.5	3
		Semi Skimmed	1855	442	20.1	9.9	57.4	52.1	1.6	7.0	0.72	52.2	6.7	45.5	3
		Whole	1954	465	23.0	11.9	56.9	51.7	1.6	6.9	0.72	51.7	6.3	45.4	3
		Soya	1797	428	20.4	8.8	54.5	49.3	2.1	5.5	0.68	49.3	N/A	49.3	3
		Coconut	1800	429	21.9	12.5	54.9	49.3	2.1	1.9	0.75	49.3	N/A	49.3	3

PROMO   SPRING 2017															
Salted Toffee Macadamia Latte	Short	Skimmed	579	169	6.5	3.6	21.5	19.6	0.0	6.0	0.24	19.6	6.3	13.4	87
		Semi Skimmed	686	194	9.3	5.4	21.5	19.6	0.0	6.0	0.23	19.6	6.3	13.4	87
		Whole	801	221	12.7	7.6	21.0	19.1	0.0	5.8	0.23	19.1	6.1	13.0	87
		Soya	618	178	9.7	4.1	18.2	16.3	0.6	4.3	0.18	16.3	N/A	16.3	87
		Coconut	623	179	11.4	8.3	18.7	16.3	0.6	0.0	0.27	16.3	N/A	16.3	87
	Tall	Almond	500	150	8.4	3.8	17.3	15.2	0.5	0.9	0.18	15.2	N/A	15.2	87
		Skimmed	758	227	7.7	4.2	30.8	27.6	0.0	8.7	0.33	27.6	9.1	18.5	174
		Semi Skimmed	912	264	11.7	6.7	30.8	27.6	0.0	8.7	0.32	27.6	9.0	18.5	174
		Whole	1079	303	16.6	10.1	30.0	26.8	0.0	8.5	0.32	26.8	8.8	18.0	174
		Soya	815	240	12.3	5.0	25.9	22.7	0.9	6.2	0.25	22.7	N/A	22.7	174
	Grande	Coconut	821	242	14.8	11.1	26.7	22.7	0.9	0.0	0.38	22.7	N/A	22.7	174
		Almond	643	199	10.5	4.4	24.6	21.2	0.8	1.3	0.25	21.2	N/A	21.2	174
		Skimmed	943	286	8.8	4.8	39.7	36.4	0.0	12.0	0.44	36.4	12.5	23.9	174
		Semi Skimmed	1156	337	14.5	8.3	39.7	36.4	0.0	12.0	0.43	36.4	12.5	23.9	174
		Whole	1386	392	21.1	12.9	38.7	35.3	0.0	11.7	0.43	35.3	12.1	23.2	174
		Soya	1021	305	15.2	5.8	33.0	29.7	1.2	8.5	0.33	29.7	N/A	29.7	174
		Coconut	1030	307	18.7	14.3	34.1	29.7	1.2	0.0	0.51	29.7	N/A	29.7	174
		Almond	785	249	12.7	5.1	31.3	27.6	1.1	1.8	0.33	27.6	N/A	27.6	174
Burnt Caramel Latte	Short	Skimmed	1048	194	8.6	3.6	23.1	21.3	0.0	6.0	0.24	21.3	9.4	12.0	87
		Semi Skimmed	1155	219	11.4	5.4	23.1	21.3	0.0	6.0	0.23	21.3	9.4	12.0	87
		Whole	1269	246	14.8	7.6	22.6	20.8	0.0	5.8	0.23	20.8	8.8	12.0	87
		Soya	1087	203	11.8	4.1	19.7	18.0	0.6	4.3	0.19	18.0	N/A	18.0	87
		Coconut	1092	204	13.5	8.3	20.3	18.0	0.6	0.0	0.27	18.0	N/A	18.0	87
	Tall	Almond	969	175	10.5	3.8	18.9	16.9	0.5	0.9	0.19	16.9	N/A	16.9	87
		Skimmed	1110	264	10.8	4.2	33.1	30.1	0.0	8.7	0.33	30.1	13.4	16.7	174
		Semi Skimmed	1264	301	14.9	6.7	33.1	30.1	0.0	8.7	0.32	30.1	13.4	16.7	174
		Whole	1430	341	19.7	10.1	32.3	29.3	0.0	8.5	0.32	29.3	12.6	16.7	174
		Soya	1166	278	15.4	5.0	28.2	25.2	0.9	6.2	0.25	25.2	N/A	25.2	174
	Grande	Coconut	1173	279	17.9	11.1	29.0	25.2	0.9	0.0	0.38	25.2	N/A	25.2	174
		Almond	995	237	13.6	4.4	27.0	23.7	0.8	1.3	0.25	23.7	N/A	23.7	174
		Skimmed	1412	336	13.0	4.8	42.8	39.7	0.0	12.0	0.44	39.8	18.4	21.4	174
		Semi Skimmed	1625	387	18.6	8.3	42.8	39.7	0.0	12.0	0.43	39.8	18.4	21.4	174
		Whole	1854	442	25.3	12.9	41.8	38.7	0.0	11.7	0.43	38.7	17.3	21.4	174
		Soya	1490	355	19.3	5.8	36.1	33.1	1.2	8.5	0.33	33.1	N/A	33.1	174
		Coconut	1499	357	22.8	14.3	37.2	33.1	1.2	0.0	0.51	33.1	N/A	33.1	174
		Almond	1254	298	16.9	5.1	34.4	30.9	1.1	1.8	0.33	30.9	N/A	30.9	174
Salted Toffee Macadamia Frappuccino	Tall	Skimmed	1027	259	9.6	5.4	40.6	38.2	0.0	2.6	0.43	38.2	4.5	33.7	70
		Semi Skimmed	1073	270	10.8	6.1	40.6	38.2	0.0	2.6	0.43	38.2	4.5	33.7	70
		Whole	1123	282	12.3	7.1	40.3	38.0	0.0	2.6	0.43	38.0	4.3	33.7	70
		Soya	1044	263	11.0	5.6	39.1	36.7	0.3	1.9	0.41	36.7	N/A	36.7	70
		Coconut	1046	264	11.7	7.4	39.3	36.7	0.3	0.1	0.45	36.7	N/A	36.7	70
	Grande	Almond	993	251	10.4	5.5	38.7	36.3	0.3	0.4	0.41	36.3	N/A	36.3	70
		Skimmed	1454	367	13.2	7.4	58.7	55.3	0.1	3.4	0.62	55.3	6.0	49.3	107
		Semi Skimmed	1514	382	14.8	8.4	58.7	55.3	0.1	3.4	0.61	55.3	6.0	49.3	107
		Whole	1578	397	16.6	9.7	58.4	55.0	0.1	3.3	0.61	55.0	5.7	49.3	107

**STARBUCKS**  
**Spring 2017**  
 Beverage Nutrition  
 Information\*

Beverage

Beverage	Available Size	Milk Type													
			kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
	Granite	Soya	1476	373	15.0	7.7	56.8	53.4	0.4	2.4	0.59	53.4	N/A	53.4	107
		Coconut	1478	373	15.9	10.1	57.1	53.4	0.4	0.1	0.64	53.4	N/A	53.4	107
		Almond	1409	357	14.3	7.5	56.3	52.8	0.4	0.6	0.59	52.8	N/A	52.8	107

**STARBUCKS**  
Spring 2017  
Beverage Nutrition  
Information\*

Beverage	Available Size	Milk Type	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Salted Toffee crème Macadamia Frappuccino	Tall	Skimmed	841	200	7.5	4.2	31.1	28.3	0.0	2.2	0.39	28.3	3.6	24.6	0
		Semi Skimmed	879	209	8.5	4.8	31.1	28.3	0.0	2.2	0.39	28.3	3.6	24.6	0
		Whole	920	219	9.7	5.6	30.9	28.1	0.0	2.1	0.39	28.1	3.5	24.6	0
		Soya	855	204	8.6	4.4	29.9	27.1	0.3	1.5	0.37	27.1	0.5	26.6	0
		Coconut	856	204	9.2	5.9	30.1	27.1	0.3	0.0	0.40	27.1	0.5	26.6	0
		Almond	813	194	8.1	4.3	29.6	26.7	0.2	0.4	0.37	26.7	0.5	26.2	0
	Grande	Skimmed	1122	267	8.6	4.8	44.2	41.2	0.1	3.3	0.57	41.2	5.4	35.8	0
		Semi Skimmed	1181	281	10.1	5.8	44.2	41.2	0.1	3.3	0.57	41.2	5.4	35.8	0
		Whole	1243	296	11.9	7.0	43.9	40.9	0.1	3.2	0.57	41.0	5.1	35.8	0
		Soya	1144	272	10.3	5.1	42.4	39.4	0.4	2.4	0.54	39.4	0.6	38.8	0
		Coconut	1146	273	11.3	7.4	42.7	39.4	0.4	0.0	0.59	39.4	0.6	38.8	0
		Almond	1079	257	9.6	4.9	41.9	38.8	0.4	0.5	0.54	38.8	0.6	38.2	0
Iced Salted Toffee Macadamia Latte	Short	Skimmed	669	159	6.5	3.6	20.2	18.7	0.0	5.1	0.21	18.7	7.9	10.8	87
		Semi Skimmed	759	181	8.9	5.1	20.2	18.7	0.0	5.1	0.20	18.7	7.9	10.8	87
		Whole	856	204	11.7	7.0	19.7	18.2	0.0	4.9	0.20	18.2	7.4	10.8	87
		Soya	702	167	9.2	4.0	17.3	15.9	0.5	3.6	0.16	15.9	0.4	15.4	87
		Coconut	706	168	10.6	7.6	17.8	15.9	0.5	0.0	0.24	15.9	0.4	15.4	87
		Almond	602	143	8.1	3.7	16.6	15.0	0.4	0.8	0.16	15.0	0.4	14.5	87
	Tall	Skimmed	847	202	7.6	4.2	27.1	24.4	0.0	6.2	0.25	24.4	9.6	14.8	174
		Semi Skimmed	957	228	10.5	6.0	27.1	24.4	0.0	6.2	0.24	24.4	9.6	14.8	174
		Whole	1076	256	14.0	8.4	26.6	23.9	0.0	6.1	0.24	23.9	9.1	14.8	174
		Soya	887	211	10.9	4.7	23.6	21.0	0.6	4.4	0.19	21.0	0.5	20.4	174
		Coconut	892	212	12.7	9.1	24.2	21.0	0.6	0.0	0.29	21.0	0.5	20.4	174
		Almond	765	182	9.6	4.4	22.7	19.9	0.5	1.0	0.19	19.9	0.5	19.4	174
	Grande	Skimmed	1025	244	8.7	4.8	33.6	30.8	0.0	7.9	0.30	30.8	12.1	18.8	174
		Semi Skimmed	1164	277	12.4	7.1	33.6	30.8	0.0	7.9	0.30	30.8	12.1	18.8	174
		Whole	1313	313	16.7	10.1	32.9	30.1	0.0	7.6	0.30	30.2	11.4	18.8	174
		Soya	1076	256	12.8	5.5	29.2	26.5	0.8	5.6	0.23	26.5	0.6	25.9	174
		Coconut	1081	257	15.1	11.0	29.9	26.5	0.8	0.0	0.35	26.5	0.6	25.9	174
		Almond	921	219	11.2	5.0	28.1	25.1	0.7	1.2	0.23	25.1	0.6	24.5	174
	Venti	Skimmed	1154	275	8.7	4.8	40.1	36.2	0.0	8.9	0.34	36.2	13.6	22.6	261
		Semi Skimmed	1312	312	12.9	7.4	40.1	36.2	0.0	8.9	0.33	36.2	13.6	22.6	261
		Whole	1481	353	17.9	10.8	39.4	35.4	0.0	8.7	0.33	35.4	12.9	22.6	261
		Soya	1212	288	13.4	5.6	35.2	31.2	0.9	6.3	0.26	31.2	0.6	30.6	261
		Coconut	1218	290	16.0	11.8	36.0	31.2	0.9	0.0	0.39	31.2	0.6	30.6	261
		Almond	1037	247	11.6	5.0	33.9	29.7	0.8	1.3	0.26	29.7	0.6	29.1	261
Burnt Caramel Coffee Frappuccino	Tall	Skimmed	1139	271	10.6	5.4	41.3	39.0	0.0	2.6	0.43	39.0	4.5	34.5	70
		Semi Skimmed	1185	282	11.8	6.1	41.3	39.0	0.0	2.6	0.43	39.0	4.5	34.5	70
		Whole	1234	294	13.3	7.1	41.1	38.8	0.0	2.6	0.43	38.8	4.3	34.5	70
		Soya	1156	275	12.0	5.6	39.8	37.5	0.3	1.9	0.41	37.5	N/A	37.5	70
		Coconut	1157	276	12.7	7.4	40.1	37.5	0.3	0.1	0.45	37.5	N/A	37.5	70
		Almond	1105	263	11.4	5.5	39.5	37.1	0.3	0.4	0.41	37.1	N/A	37.1	70
	Grande	Skimmed	1615	384	14.6	7.4	59.8	56.4	0.1	3.4	0.62	56.4	6.0	50.5	107
		Semi Skimmed	1675	399	16.2	8.4	59.8	56.4	0.1	3.4	0.61	56.4	6.0	50.5	107
		Whole	1739	414	18.1	9.7	59.5	56.1	0.1	3.3	0.61	56.2	5.7	50.5	107
		Soya	1637	390	16.4	7.7	57.9	54.6	0.4	2.4	0.59	54.6	N/A	54.6	107
		Coconut	1639	390	17.4	10.1	58.2	54.6	0.4	0.1	0.64	54.6	N/A	54.6	107
		Almond	1570	374	15.7	7.5	57.4	54.0	0.4	0.6	0.59	54.0	N/A	54.0	107
Burnt Caramel crème Frappuccino	Tall	Skimmed	889	212	8.4	4.2	31.8	29.1	0.0	2.2	0.39	29.1	3.6	25.4	0
		Semi Skimmed	926	221	9.4	4.8	31.8	29.1	0.0	2.2	0.39	29.1	3.6	25.4	0
		Whole	967	230	10.6	5.6	31.6	28.9	0.0	2.1	0.39	28.9	3.5	25.4	0
		Soya	902	215	9.5	4.4	30.6	27.9	0.3	1.5	0.37	27.9	0.5	27.3	0
		Coconut	904	215	10.2	5.9	30.8	27.9	0.3	0.0	0.40	27.9	0.5	27.3	0
		Almond	860	205	9.1	4.3	30.3	27.5	0.2	0.4	0.37	27.5	0.5	27.0	0
	Grande	Skimmed	1194	284	10.0	4.8	45.3	42.4	0.1	3.3	0.57	42.4	5.4	37.0	0
		Semi Skimmed	1253	298	11.5	5.8	45.3	42.4	0.1	3.3	0.57	42.4	5.4	37.0	0
		Whole	1315	313	13.4	7.0	45.0	42.1	0.1	3.2	0.57	42.1	5.1	37.0	0
		Soya	1216	289	11.7	5.1	43.4	40.6	0.4	2.4	0.54	40.6	0.6	40.0	0
		Coconut	1218	290	12.7	7.4	43.7	40.6	0.4	0.0	0.59	40.6	0.6	40.0	0
		Almond	1151	274	11.0	4.9	43.0	40.0	0.4	0.5	0.54	40.0	0.6	39.4	0

**STARBUCKS**  
Spring 2017  
Beverage Nutrition  
Information\*

Beverage

Beverage	Available Size	Milk Type														
			kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **	
Iced Burnt Caramel Latte	Short	Skimmed	774	184	8.6	3.6	21.7	20.4	0.0	5.1	0.21	20.4	7.9	12.5	87	
		Semi Skimmed	864	206	10.9	5.1	21.7	20.4	0.0	5.1	0.20	20.4	7.9	12.5	87	
		Whole	961	229	13.8	7.0	21.3	19.9	0.0	4.9	0.20	19.9	7.4	12.5	87	
		Soya	807	192	11.2	4.0	18.9	17.5	0.5	3.6	0.16	17.6	0.4	17.1	87	
		Coconut	811	193	12.7	7.6	19.3	17.5	0.5	0.0	0.24	17.6	0.4	17.1	87	
	Tall	Almond	707	168	10.2	3.7	18.1	16.7	0.4	0.8	0.16	16.7	0.4	16.2	87	
		Skimmed	1004	239	10.7	4.2	29.4	27.0	0.0	6.2	0.25	27.0	9.6	17.3	174	
		Semi Skimmed	1114	265	13.6	6.0	29.4	27.0	0.0	6.2	0.24	27.0	9.6	17.3	174	
		Whole	1233	294	17.1	8.4	28.9	26.4	0.0	6.1	0.24	26.4	9.1	17.3	174	
		Soya	1044	249	14.0	4.7	26.0	23.5	0.6	4.4	0.19	23.5	0.5	23.0	174	
	Grande	Coconut	1049	250	15.8	9.1	26.5	23.5	0.6	0.0	0.29	23.5	0.5	23.0	174	
		Almond	922	219	12.7	4.4	25.1	22.4	0.5	1.0	0.19	22.4	0.5	21.9	174	
		Skimmed	1234	294	12.9	4.8	36.7	34.2	0.0	7.9	0.30	34.2	12.1	22.1	174	
		Semi Skimmed	1373	327	16.5	7.1	36.7	34.2	0.0	7.9	0.30	34.2	12.1	22.1	174	
		Whole	1523	363	20.9	10.1	36.0	33.5	0.0	7.6	0.30	33.5	11.4	22.1	174	
	Venti	Soya	1285	306	17.0	5.5	32.3	29.8	0.8	5.6	0.23	29.8	0.6	29.2	174	
		Coconut	1291	307	19.3	11.0	33.0	29.8	0.8	0.0	0.35	29.8	0.6	29.2	174	
		Almond	1131	269	15.4	5.0	31.2	28.5	0.7	1.2	0.23	28.5	0.6	27.9	174	
		Skimmed	1416	337	13.9	4.8	44.0	40.4	0.0	8.9	0.34	40.4	13.6	26.8	261	
		Semi Skimmed	1573	375	18.1	7.4	44.0	40.4	0.0	8.9	0.33	40.4	13.6	26.8	261	
	Whole	1743	415	23.1	10.8	43.2	39.6	0.0	8.7	0.33	39.6	12.9	26.8	261		
	Soya	1473	351	18.6	5.6	39.1	35.4	0.9	6.3	0.26	35.4	0.6	34.8	261		
	Coconut	1480	352	21.2	11.8	39.8	35.4	0.9	0.0	0.39	35.4	0.6	34.8	261		
	Almond	1298	309	16.8	5.0	37.8	33.9	0.8	1.3	0.26	33.9	0.6	33.3	261		

**HOT CUP SIZES**

SHORT -- 237 ml (8 fl oz)  
TALL -- 354 ml (12 fl oz)  
GRANDE -- 473 ml (16 fl oz)  
VENTI -- 591 ml (20 fl oz)

**COLD CUP SIZES**

Mini -- 296 ml (10 fl oz)  
TALL -- 354 ml (12 fl oz)  
GRANDE -- 473 ml (16 fl oz)  
VENTI -- 709 ml (24 fl oz)

\* Nutrition information for beverages is calculated based on Starbucks standard recipes.

Whole milk is based on 3.5% milk fat, this may differ slightly from milks in your region.

Because our beverages are handcrafted and may be customized, exact information may vary.

New product introduction, ingredient changes or recipe changes during the life of this publication may cause this information to be incomplete.

\*\* Caffeine information is approximate. These values reflect Starbucks standard brewing methods.

Values can vary greatly based on the variety of the coffee and the brewing equipment used. The handcrafted nature of our beverages may result in a variation from the reported values.