

<b>Autumn 2016 Starbucks Beverage Nutrition Information *</b>														
	<b>KJ</b>	<b>Kcal</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Total Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy alternative</b>	<b>Total added sugar (g)</b>	<b>Caffeine (mg) **</b>	
<b>HOT BEVERAGES</b>														
<b>CAFFE LATTE</b>														
Short - Skimmed Milk	279	67	0.1	0.1	9.9	8.9	0.0	6.4	0.19	8.9	8.9	0.0	75	
Short - Semi Skimmed Milk	399	95	3.5	2.3	9.4	8.4	0.0	6.3	0.18	8.4	8.4	0.0	75	
Short - Whole Milk	474	113	5.8	3.3	9.1	8.1	0.0	6.1	0.18	8.1	8.1	0.0	75	
Short - Soy	314	75	2.7	0.3	6.6	4.1	0.7	5.3	0.21	4.1	4.1	0.0	75	
Short - Coconut	342	81	5.5	5.1	7.6	5.9	0.6	0.0	0.00	5.9	5.9	0.0	75	
Tall - Skimmed Milk	427	102	0.2	0.2	15.1	14.1	0.0	9.9	0.30	14.1	14.1	0.0	150	
Tall - Semi Skimmed Milk	599	143	5.1	2.6	14.8	12.8	0.0	9.5	0.31	12.8	12.8	0.0	150	
Tall - Whole Milk	718	172	8.4	4.8	14.8	12.8	0.0	9.1	0.29	12.8	12.8	0.0	150	
Tall - Soy	462	110	4.0	0.5	9.9	5.9	1.0	7.7	0.24	5.9	5.9	0.0	150	
Tall - Coconut	508	121	8.0	7.5	11.7	8.6	0.9	0.0	0.00	8.6	8.6	0.0	150	
Grande - Skimmed Milk	550	131	0.3	0.2	19.5	17.5	0.0	12.6	0.37	17.5	17.5	0.0	150	
Grande - Semi Skimmed Milk	786	188	7.0	4.4	18.5	16.5	0.0	12.4	0.36	16.5	16.5	0.0	150	
Grande - Whole Milk	934	223	11.5	6.6	17.9	16.0	0.0	12.1	0.35	16.0	16.0	0.0	150	
Grande - Soy	618	148	5.3	0.7	12.9	8.0	1.3	10.4	0.41	8.0	8.0	0.0	150	
Grande - Coconut	684	163	11.0	10.3	15.2	11.8	1.3	0.0	0.00	11.8	11.8	0.0	150	
Venti - Skimmed Milk	729	174	0.4	0.3	24.9	22.9	0.0	16.7	0.49	22.9	22.9	0.0	225	
Venti - Semi Skimmed Milk	1038	248	9.2	4.6	25.1	22.2	0.0	16.3	0.55	22.2	22.2	0.0	225	
Venti - Whole Milk	1250	299	15.0	8.6	25.1	22.2	0.0	15.6	0.50	22.2	22.2	0.0	225	
Venti - Soy	772	185	6.7	0.9	16.6	10.2	1.6	12.8	0.40	10.2	10.2	0.0	225	
Venti - Coconut	858	204	13.7	12.7	19.5	14.6	1.6	0.0	0.00	14.6	14.6	0.0	225	
<b>FRESH FILTER COFFEE</b>														
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	
<b>ESPRESSO</b>														
Solo	24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75	
Doppio	48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150	
<b>ESPRESSO CON PANNA</b>														
Solo	129	31	2.5	1.5	1.7	0.5	0.0	0.5	0.01	0.5	0.5	0.0	75	
Doppio	153	36	2.5	1.5	2.7	0.5	0.0	0.9	0.01	0.5	0.5	0.0	150	
<b>ESPRESSO MACCHIATO</b>														
Solo - Skimmed Milk	30	7	0.0	0.0	1.2	0.2	0.0	0.5	0.01	0.2	0.2	0.0	75	
Solo - Semi Skimmed Milk	33	8	0.1	0.1	1.2	0.2	0.0	0.5	0.01	0.2	0.2	0.0	75	
Solo - Whole Milk	35	8	0.2	0.1	1.2	0.2	0.0	0.5	0.01	0.2	0.2	0.0	75	
Solo - Soy	31	7	0.1	0.0	1.1	0.1	0.0	0.5	0.01	0.1	0.1	0.0	75	
Doppio - Skimmed Milk	55	13	0.0	0.0	2.4	0.3	0.0	1.0	0.01	0.3	0.3	0.0	150	
Doppio - Semi Skimmed Milk	59	14	0.1	0.1	2.3	0.3	0.0	0.9	0.01	0.3	0.3	0.0	150	
Doppio - Whole Milk	61	15	0.2	0.1	2.3	0.3	0.0	0.9	0.01	0.3	0.3	0.0	150	
Doppio - Soy	56	13	0.1	0.0	2.0	0.1	0.0	0.9	0.01	0.1	0.1	0.0	150	
<b>CAFFE AMERICANO</b>														
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	
<b>THE NEW STANDARD CAPPUCCINO</b>														
Short - Skimmed Milk	229	55	0.1	0.1	8.1	7.1	0.0	5.2	0.15	7.1	7.1	0.0	75	
Short - Semi Skimmed Milk	325	78	2.8	1.8	7.7	6.7	0.0	5.1	0.15	6.7	6.7	0.0	75	
Short - Whole Milk	385	92	4.7	2.7	7.5	6.5	0.0	5.0	0.14	6.5	6.5	0.0	75	
Short - Soy	259	62	2.2	0.3	5.5	3.3	0.6	4.3	0.17	3.3	3.3	0.0	75	
Short - Coconut	350	85	5.5	5.1	7.9	5.9	0.0	0.0	0.15	5.9	5.9	0.0	75	
Tall - Skimmed Milk	291	70	0.1	0.1	10.5	8.5	0.0	6.5	0.18	8.5	8.5	0.0	150	
Tall - Semi Skimmed Milk	405	97	3.4	1.7	10.2	8.2	0.0	6.4	0.20	8.2	8.2	0.0	150	
Tall - Whole Milk	484	116	5.6	3.2	10.2	8.2	0.0	6.1	0.19	8.2	8.2	0.0	150	
Tall - Soy	309	74	2.5	0.3	7.0	3.8	0.6	5.1	0.15	3.8	3.8	0.0	150	
Tall - Coconut	488	118	7.0	6.6	12.0	7.5	0.6	1.0	0.15	7.5	7.5	0.0	150	
Grande - Skimmed Milk	344	82	0.2	0.1	12.3	10.3	0.0	7.7	0.22	10.3	10.3	0.0	150	
Grande - Semi Skimmed Milk	483	115	4.1	2.6	11.7	9.7	0.0	7.6	0.22	9.7	9.7	0.0	150	
Grande - Whole Milk	570	136	6.8	3.9	11.4	9.4	0.0	7.4	0.21	9.4	9.4	0.0	150	
Grande - Soy	386	92	3.2	0.4	8.5	4.7	0.8	6.4	0.24	4.7	4.7	0.0	150	
Grande - Coconut	681	165	10.0	9.6	16.0	11.0	0.8	1.0	0.20	11.0	11.0	0.0	150	
Venti - Skimmed Milk	480	115	0.2	0.2	17.2	14.2	0.0	10.8	0.30	14.2	14.2	0.0	225	
Venti - Semi Skimmed Milk	672	161	5.7	2.9	16.8	13.8	0.0	10.6	0.34	13.8	13.8	0.0	225	
Venti - Whole Milk	804	192	9.3	5.4	16.8	13.8	0.0	10.1	0.31	13.8	13.8	0.0	225	
Venti - Soy	515	123	4.2	0.6	11.5	6.4	1.1	8.5	0.25	6.4	6.4	0.0	225	
Venti - Coconut	837	202	13.0	12.0	20.0	13.0	1.1	1.4	0.25	13.0	13.0	0.0	225	
<b>CAFFE MISTO</b>														
Short - Skimmed Milk	156	37	0.1	0.1	5.3	5.3	0.0	3.7	0.12	5.3	5.3	0.0	75	
Short - Semi Skimmed Milk	227	54	2.1	1.3	5.0	5.0	0.0	3.6	0.11	5.0	5.0	0.0	75	

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Short - Whole Milk	271	65	3.5	2.0	4.8	4.8	0.0	3.6	0.11	4.8	4.8	0.0	75
Short - Soy	177	42	1.6	0.2	3.3	2.4	0.4	3.0	0.13	2.4	2.4	0.0	75
Tall - Skimmed Milk	234	56	0.2	0.1	7.9	7.9	0.0	5.6	0.18	7.9	7.9	0.0	115
Tall - Semi Skimmed Milk	340	81	3.2	2.0	7.5	7.5	0.0	5.5	0.17	7.5	7.5	0.0	115
Tall - Whole Milk	407	97	5.2	3.0	7.2	7.2	0.0	5.3	0.17	7.2	7.2	0.0	115
Tall - Soy	263	63	2.4	0.3	4.9	3.6	0.6	4.5	0.19	3.6	3.6	0.0	115
Grande - Skimmed Milk	304	73	0.2	0.1	10.3	10.3	0.0	7.2	0.23	10.3	10.3	0.0	150
Grande - Semi Skimmed Milk	442	106	4.1	2.6	9.7	9.7	0.0	7.1	0.22	9.7	9.7	0.0	150
Grande - Whole Milk	529	126	6.8	3.9	9.4	9.4	0.0	6.9	0.22	9.4	9.4	0.0	150
Grande - Soy	343	82	3.2	0.4	6.4	4.7	0.8	5.9	0.25	4.7	4.7	0.0	150
Venti - Skimmed Milk	385	92	0.3	0.2	13.0	13.0	0.0	9.2	0.29	13.0	13.0	0.0	195
Venti - Semi Skimmed Milk	560	134	5.2	3.3	12.3	12.3	0.0	9.0	0.28	12.3	12.3	0.0	195
Venti - Whole Milk	670	160	8.6	4.9	11.8	11.8	0.0	8.8	0.28	11.8	11.8	0.0	195
Venti - Soy	434	104	4.0	0.5	8.1	5.9	1.0	7.5	0.32	5.9	5.9	0.0	195
<b>FLAT WHITE (made with Whole Milk as standard)</b>													
Short size as standard	498	119	5.8	3.3	10.1	8.1	0.0	6.5	0.18	8.1	8.1	0.0	150
<b>CARAMEL MACCHIATO (made with regular Vanilla flavoured syrup)</b>													
Short - Skimmed Milk	407	97	0.9	0.6	16.8	15.1	0.0	5.6	0.18	15.1	7.9	7.2	75
Short - Semi Skimmed Milk	510	122	3.8	2.4	16.3	14.7	0.0	5.5	0.18	14.7	7.9	6.8	75
Short - Whole Milk	574	137	5.7	3.3	16.1	14.5	0.0	5.3	0.17	14.5	7.4	7.1	75
Short - Soy	433	104	3.0	0.8	13.9	11.0	0.6	4.5	0.19	11.0	4.9	6.1	75
Short - Coconut	518	124	6.2	5.4	16.0	14.0	0.6	0.0	0.18	14.0	4.9	9.1	75
Tall - Skimmed Milk	689	165	1.0	0.6	28.7	25.9	0.6	10.2	0.31	25.9	10.2	15.7	150
Tall - Semi Skimmed Milk	875	209	6.3	3.3	28.2	25.5	0.0	10.0	0.35	25.5	10.2	15.3	150
Tall - Whole Milk	1003	240	9.8	5.7	28.2	25.5	0.0	9.6	0.32	25.5	9.6	15.9	150
Tall - Soy	700	167	4.6	1.0	23.0	18.2	0.9	7.5	0.26	18.2	6.3	11.9	150
Tall - Coconut	761	183	8.1	7.3	26.0	22.0	0.9	0.7	0.28	22.0	6.3	15.7	150
Grande - Skimmed Milk	807	193	1.1	0.7	34.9	31.9	0.0	10.7	0.34	31.9	10.2	21.7	150
Grande - Semi Skimmed Milk	1004	240	6.7	4.3	34.0	31.0	0.0	10.5	0.33	31.0	15.4	15.6	150
Grande - Whole Milk	1127	269	10.5	6.0	33.6	30.6	0.0	10.3	0.32	30.6	14.4	16.2	150
Grande - Soy	864	207	5.3	1.1	29.4	23.9	1.1	8.8	0.37	23.9	9.5	14.4	150
Grande - Coconut	1041	250	11.0	10.0	35.0	31.0	1.1	0.7	0.35	31.0	9.5	21.5	150
Venti - Skimmed Milk	1093	261	1.2	0.8	47.0	42.8	0.0	15.4	0.47	42.8	18.1	24.7	225
Venti - Semi Skimmed Milk	1377	329	9.3	4.8	46.3	42.1	0.0	15.1	0.53	42.1	18.1	24.0	225
Venti - Whole Milk	1571	376	14.6	8.5	46.3	42.1	0.0	14.5	0.48	42.1	17.0	25.1	225
Venti - Soy	1170	280	7.4	1.4	39.0	31.6	1.6	12.5	0.41	31.6	11.2	20.4	225
Venti - Coconut	1284	308	13.0	12.0	44.0	38.0	1.6	1.1	0.40	38.0	11.2	26.8	225
<b>CAFFE MOCHA with WHIPPED CREAM</b>													
Short - Skimmed Milk	671	160	6.4	3.5	22.4	17.2	0.9	6.8	0.17	17.2	8.6	8.6	90
Short - Semi Skimmed Milk	769	184	9.1	5.2	22.0	16.8	0.9	6.7	0.17	16.8	8.6	8.2	90
Short - Whole Milk	830	198	11.0	6.1	21.7	16.6	0.9	6.6	0.16	16.6	8.1	8.5	90
Short - Soy	700	167	8.5	3.7	19.7	13.3	1.5	5.9	0.21	13.3	5.6	7.7	90
Short - Coconut	754	182	11.0	8.6	17.0	15.0	1.5	1.9	0.19	15.0	5.6	9.4	90
Tall - Skimmed Milk	998	239	8.5	5.6	33.7	26.7	1.5	10.0	0.25	26.7	12.3	14.4	170
Tall - Semi Skimmed Milk	1144	273	12.7	7.7	33.3	26.3	1.5	9.8	0.27	26.3	12.3	14.0	170
Tall - Whole Milk	1244	297	15.5	9.5	33.3	26.3	1.5	9.5	0.25	26.3	11.6	14.7	170
Tall - Soy	1035	247	11.8	5.8	29.8	20.1	2.4	8.8	0.21	20.1	7.9	12.2	170
Tall - Coconut	1053	253	14.0	12.0	26.0	22.0	2.4	2.8	0.25	22.0	7.9	14.1	170
Grande - Skimmed Milk	1205	288	9.5	4.9	43.8	33.7	1.9	13.4	0.33	33.7	12.4	21.3	175
Grande - Semi Skimmed Milk	1400	335	15.0	8.4	42.9	32.9	1.9	13.2	0.32	32.9	16.9	16.0	175
Grande - Whole Milk	1522	364	18.7	10.2	42.5	32.4	1.9	13.0	0.32	32.4	15.9	16.5	175
Grande - Soy	1265	302	13.7	5.3	38.4	25.9	3.0	11.6	0.36	25.9	10.8	15.1	175
Grande - Coconut	1395	335	19.0	15.0	35.0	30.0	3.0	3.6	0.34	30.0	10.8	19.2	175
Venti - Skimmed Milk	1501	359	10.9	7.1	55.1	43.8	2.4	16.5	0.40	43.8	20.7	23.1	255
Venti - Semi Skimmed Milk	1743	417	17.7	10.5	54.5	43.2	2.4	16.2	0.45	43.2	20.7	22.5	255
Venti - Whole Milk	1910	456	22.3	13.6	54.5	43.2	2.4	15.7	0.41	43.2	19.5	23.7	255
Venti - Soy	1559	373	15.8	6.9	49.6	34.9	3.9	15.0	0.37	34.9	13.1	21.8	225
Venti - Coconut	1654	398	21.0	17.0	43.0	36.0	3.9	4.5	0.39	36.0	13.1	22.9	225
<b>WHITE CHOCOLATE MOCHA with WHIPPED CREAM</b>													
Short - Skimmed Milk	957	229	8.0	5.4	32.3	30.3	0.0	7.7	0.31	30.3	8.6	21.7	75
Short - Semi Skimmed Milk	1055	252	10.8	7.2	31.8	29.9	0.0	7.6	0.31	29.9	8.6	21.3	75
Short - Whole Milk	1116	267	12.7	8.1	31.6	29.7	0.0	7.5	0.30	29.7	8.1	21.6	75
Short - Soy	986	236	10.1	5.6	29.6	26.4	0.6	6.8	0.33	26.4	5.6	20.8	75
Short - Coconut	980	236	12.0	9.5	31.0	24.0	0.6	1.0	0.31	24.0	5.6	18.4	75
Tall - Skimmed Milk	1370	327	10.4	7.1	48.1	44.8	0.0	11.4	0.46	44.8	12.3	32.5	150
Tall - Semi Skimmed Milk	1350	323	14.5	9.1	47.7	44.4	0.0	11.2	0.48	44.4	12.3	32.1	150
Tall - Whole Milk	1609	385	17.1	11.0	0.0	47.7	0.0	10.9	0.46	47.7	11.6	36.1	150
Tall - Soy	1947	465	20.4	11.4	54.2	49.3	0.8	16.6	0.65	49.3	7.9	41.4	150
Tall - Coconut	1400	337	16.0	13.0	46.0	36.0	0.0	1.4	0.48	36.0	7.9	28.1	150
<b>HOT BREWED TEAS</b>													
Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies

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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
<b>CHAI TEA LATTE</b>													
Short - Skimmed Milk	431	103	0.1	0.1	22.3	21.2	0.1	3.9	0.12	21.2	5.5	15.7	50
Short - Semi Skimmed Milk	497	119	2.0	1.3	22.0	20.9	0.1	3.8	0.12	20.9	5.5	15.4	50
Short - Whole Milk	539	129	3.3	1.9	21.9	20.7	0.1	3.7	0.12	20.7	5.2	15.5	50
Short - Soy	452	108	1.6	0.2	20.4	18.3	0.5	3.2	0.14	18.3	3.4	14.9	50
Short - Coconut	407	96	2.8	2.6	17.0	16.0	0.5	0.0	0.13	16.0	3.4	12.6	50
Tall - Skimmed Milk	646	154	0.2	0.1	33.5	31.7	0.1	5.8	0.19	31.7	8.4	23.3	75
Tall - Semi Skimmed Milk	747	179	3.0	1.9	33.0	31.3	0.1	5.7	0.18	31.3	8.4	22.9	75
Tall - Whole Milk	810	194	5.0	2.8	32.8	31.0	0.1	5.5	0.18	31.0	7.9	23.1	75
Tall - Soy	676	162	2.4	0.3	30.5	27.4	0.7	4.7	0.20	27.4	5.2	22.2	75
Tall - Coconut	604	143	4.2	3.9	26.0	24.0	0.7	0.6	0.18	24.0	5.2	18.8	75
Grande - Skimmed Milk	854	204	0.2	0.1	44.4	42.0	0.2	7.5	0.24	42.0	8.4	33.6	100
Grande - Semi Skimmed Milk	986	236	4.0	2.5	43.8	41.5	0.2	7.4	0.24	41.5	11.0	30.5	100
Grande - Whole Milk	1068	255	6.5	3.7	43.5	41.2	0.2	7.2	0.23	41.2	10.3	30.9	100
Grande - Soy	893	213	3.2	0.4	40.5	36.4	1.0	6.2	0.26	36.4	6.8	29.6	100
Grande - Coconut	814	192	5.5	5.1	35.0	33.0	1.0	0.8	0.24	33.0	6.8	26.2	100
Venti - Skimmed Milk	1072	256	0.3	0.2	55.6	52.7	0.2	9.5	0.31	52.7	14.0	38.7	120
Venti - Semi Skimmed Milk	1241	297	5.0	3.2	54.9	52.0	0.2	9.3	0.30	52.0	14.0	38.0	120
Venti - Whole Milk	1346	322	8.3	4.7	54.5	51.6	0.2	9.1	0.29	51.6	13.2	38.4	120
Venti - Soy	1122	268	4.0	0.5	50.7	45.6	1.2	7.8	0.33	45.6	8.7	36.9	120
Venti - Coconut	1009	239	6.9	6.4	43.0	40.0	1.2	0.9	0.30	40.0	8.7	31.3	120
<b>SIGNATURE HOT CHOCOLATE with WHIPPED CREAM</b>													
Short - Skimmed Milk	1119	267	15.0	9.2	30.0	24.2	3.3	7.8	0.19	24.2	6.0	18.2	10
Short - Semi Skimmed Milk	1185	283	16.9	10.3	29.7	23.9	3.3	7.7	0.19	23.9	6.0	17.9	10
Short - Whole Milk	1226	293	18.1	10.9	29.6	23.8	3.3	7.6	0.19	23.8	5.7	18.1	10
Short - Soy	1139	272	16.4	9.3	28.2	21.5	3.7	7.2	0.20	21.5	3.9	17.6	10
Short - Coconut	1149	275	15.0	6.7	31.0	25.0	3.7	4.9	0.18	25.0	3.9	21.1	10
Tall - Skimmed Milk	1646	393	21.3	13.0	45.7	36.9	5.1	11.9	0.29	36.9	9.0	27.8	15
Tall - Semi Skimmed Milk	1747	418	24.2	14.8	45.2	36.4	5.1	11.8	0.29	36.4	9.0	27.4	15
Tall - Whole Milk	1810	433	26.1	15.7	45.0	36.2	5.1	11.6	0.28	36.2	8.5	27.7	15
Tall - Soy	1677	401	23.5	13.2	42.9	32.8	5.7	10.9	0.31	32.8	5.8	27.0	15
Tall - Coconut	1669	399	20.0	8.9	46.0	37.0	5.7	7.3	0.29	37.0	5.8	31.2	15
Grande - Skimmed Milk	2114	505	27.0	16.4	59.4	48.0	6.7	15.4	0.38	48.0	9.1	38.9	20
Grande - Semi Skimmed Milk	2245	537	30.7	18.8	58.9	47.4	6.7	15.3	0.37	47.4	11.7	35.7	20
Grande - Whole Milk	2328	556	33.5	20.0	59.0	47.0	6.7	15.1	0.37	47.0	11.0	36.0	20
Grande - Soy	2155	515	29.8	16.7	56.0	43.0	7.5	14.2	0.40	43.0	7.5	35.5	20
Grande - Coconut	2200	526	26.0	11.0	62.0	50.0	7.5	9.7	0.36	50.0	7.5	42.5	20
<b>CLASSIC HOT CHOCOLATE with WHIPPED CREAM</b>													
Short - Skimmed Milk	648	155	6.4	3.5	21.4	17.2	0.9	6.5	0.17	17.2	9.7	7.5	15
Short - Semi Skimmed Milk	745	178	9.1	5.2	21.0	16.8	0.9	6.4	0.17	16.8	9.7	7.1	15
Short - Whole Milk	806	193	11.0	6.1	20.7	16.6	0.9	6.2	0.16	16.6	9.2	7.4	15
Short - Soy	677	162	8.5	3.7	18.7	13.3	1.5	5.5	0.21	13.3	6.2	7.1	15
Short - Coconut	853	205	11.0	9.1	22.0	20.0	1.5	1.7	0.16	20.0	6.2	13.8	15
Tall - Skimmed Milk	931	222	8.0	4.2	32.6	26.4	1.4	10.2	0.27	26.4	14.9	11.5	20
Tall - Semi Skimmed Milk	1090	261	12.5	7.1	31.9	25.8	1.4	10.1	0.26	25.8	14.9	10.9	20
Tall - Whole Milk	1190	284	15.5	8.5	31.5	15.5	1.4	9.9	0.26	15.5	14.0	1.5	20
Tall - Soy	978	234	11.4	4.5	28.2	20.0	2.3	8.7	0.30	20.0	9.5	10.5	20
Tall - Coconut	1177	283	16.0	13.0	31.0	28.0	2.3	2.3	0.27	28.0	9.5	18.5	20
Grande - Skimmed Milk	1158	277	9.5	4.9	41.8	33.7	1.9	12.7	0.33	33.7	15.0	18.7	25
Grande - Semi Skimmed Milk	1352	323	15.0	8.4	41.0	32.9	1.9	12.5	0.32	32.9	19.4	13.5	25
Grande - Whole Milk	1474	352	18.7	10.2	40.5	32.4	1.9	12.3	0.32	32.4	18.3	14.1	25
Grande - Soy	1217	291	13.7	5.3	36.5	25.9	3.0	10.9	0.36	25.9	12.3	13.6	25
Grande - Coconut	1525	367	20.0	16.0	40.0	36.0	3.0	3.1	0.31	36.0	12.3	23.7	25
Venti - Skimmed Milk	1405	336	10.2	5.1	52.8	42.9	2.4	16.6	0.43	42.9	24.4	18.5	30
Venti - Semi Skimmed Milk	1665	398	17.5	9.7	51.7	41.8	2.4	16.3	0.42	41.8	24.4	17.4	30
Venti - Whole Milk	1827	437	22.5	12.1	51.1	41.2	2.4	16.0	0.41	41.2	23.0	18.2	30
Venti - Soy	1484	355	15.7	5.6	45.7	32.5	3.8	14.2	0.48	32.5	15.4	17.1	30
Venti - Coconut	1819	437	23.0	19.0	48.0	44.0	3.8	3.8	0.43	44.0	15.4	28.6	30
<b>STEAMED MILK</b>													
Short - Skimmed Milk	292	70	0.2	0.1	10.2	10.2	0.0	6.9	0.22	10.2	10.2	0.0	0
Short - Semi Skimmed Milk	429	103	4.0	2.6	9.6	9.6	0.0	6.8	0.21	9.6	9.6	0.0	0
Short - Whole Milk	515	123	6.7	3.8	9.3	9.3	0.0	6.6	0.21	9.3	9.3	0.0	0
Short - Soy	333	80	3.1	0.4	6.4	4.7	0.8	5.6	0.24	4.7	4.7	0.0	0
Short - Coconut	385	92	6.6	6.1	7.7	7.0	0.8	0.0	0.00	7.0	7.0	0.0	0
Tall - Skimmed Milk	442	106	0.3	0.2	15.4	15.4	0.0	10.5	0.33	15.4	15.4	0.0	0
Tall - Semi Skimmed Milk	651	156	6.1	3.9	14.6	14.6	0.0	10.3	0.32	14.6	14.6	0.0	0
Tall - Whole Milk	781	187	10.1	5.8	14.1	14.1	0.0	10.0	0.31	14.1	14.1	0.0	0
Tall - Soy	503	120	4.7	0.6	9.7	7.0	1.2	8.5	0.36	7.0	7.0	0.0	0

<b>Autumn 2016 Starbucks Beverage Nutrition Information *</b>	<b>KJ</b>	<b>Kcal</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Total Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy alternative</b>	<b>Total added sugar (g)</b>	<b>Caffeine (mg) **</b>
Tall - Coconut	577	137	9.9	9.2	11.6	10.5	1.1	0.0	0.00	10.5	10.5	0.0	0
Grande - Skimmed Milk	578	138	0.3	0.2	20.1	20.1	0.0	13.7	0.43	20.1	20.1	0.0	0
Grande - Semi Skimmed Milk	849	203	8.0	5.1	19.0	19.0	0.0	13.4	0.42	19.0	19.0	0.0	0
Grande - Whole Milk	1019	244	13.2	7.6	18.4	18.4	0.0	13.1	0.41	18.4	18.4	0.0	0
Grande - Soy	655	157	6.1	0.8	12.6	9.2	1.5	11.1	0.47	9.2	9.2	0.0	0
Grande - Coconut	770	183	13.2	12.3	15.4	14.1	1.5	0.0	0.00	14.1	14.1	0.0	0
Venti - Skimmed Milk	733	175	0.4	0.3	25.5	25.5	0.0	17.4	0.54	25.5	25.5	0.0	0
Venti - Semi Skimmed Milk	1077	258	10.2	6.5	24.1	24.1	0.0	17.0	0.53	24.1	24.1	0.0	0
Venti - Whole Milk	1293	309	16.7	9.6	23.3	23.3	0.0	16.6	0.52	23.3	23.3	0.0	0
Venti - Soy	834	199	7.8	1.0	16.0	11.7	1.9	14.1	0.60	11.7	11.7	0.0	0
Venti - Coconut	963	229	16.5	15.3	19.3	17.6	1.9	0.0	0.00	17.6	17.6	0.0	0
<b>ADD-INS</b>													
<b>WHIPPED CREAM TOPPING (No</b>													
HOT Short Beverage - 16 g	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 Beverage - 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 Beverage - 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 Beverage - 25 g	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 Beverage - 35 g	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 Beverage - 32g	435	104	10.2	6.4	3.0	2.0	0.0	0.6	0.03	2.0	1.0	1.0	0
<b>FLAVOURED SYRUP</b>													
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
<b>FLAVOURED SUGAR FREE SYRUP</b>													
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
<b>BAR MOCHA SYRUP</b>													
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
<b>TOPPINGS</b>													
Chocolate - 4 g	25	6	0.1	0.0	1.5	1.0	0.1	0.1	0.00	1.0	Trace	1.0	2
Caramel - 4 g	62	15	0.6	0.3	2.5	2.1	0.0	0.0	0.01	2.1	Trace	2.1	0
Sprinkles - 1 g	16	4	0.0	0.0	1.0	0.9	0.0	0.0	0.01	0.9	Trace	0.9	0
<b>COLD BEVERAGES</b>													
<b>ICED CAFFE LATTE</b>													
Short - Skimmed Milk	235	56	0.2	0.0	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87
Short - 2% Milk	324	77	2.5	1.5	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87
Short - Whole Milk	421	100	5.4	3.4	8.1	7.0	0.0	5.0	0.00	7.0	7.0	0.0	87
Short - Soy Milk	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	4.6	0.0	87
Short - Coconut	271	65	4.3	4.0	6.2	4.6	1.0	0.0	0.00	4.6	4.6	0.0	87
Tall - Skimmed Milk	264	63	0.1	0.1	9.5	7.5	0.0	5.8	0.17	7.5	7.5	0.0	150
Tall - Semi Skimmed Milk	365	87	3.0	1.5	9.3	7.3	0.0	5.7	0.19	7.3	7.3	0.0	150
Tall - Whole Milk	435	104	4.9	2.8	9.3	7.3	0.0	5.5	0.18	7.3	7.3	0.0	150
Tall - Soy	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	3.6	0.0	150
Tall - Coconut	329	78	5.3	4.9	7.3	5.7	1.0	0.0	0.00	5.7	5.7	0.0	150
Grande - Skimmed Milk	375	90	0.2	0.1	13.4	11.4	0.0	8.5	0.25	11.4	11.4	0.0	150
Grande - Semi Skimmed Milk	529	126	4.5	2.9	12.7	10.8	0.0	8.3	0.25	10.8	10.8	0.0	150
Grande - Whole Milk	625	149	7.5	4.3	12.4	10.4	0.0	8.1	0.24	10.4	10.4	0.0	150
Grande - Soy	437	104	3.6	0.5	9.5	5.5	0.9	7.3	0.29	5.5	5.5	0.0	150
Grande - Coconut	428	102	6.7	6.2	10.1	7.1	1.0	0.0	0.00	7.1	7.1	0.0	174
Venti - Skimmed Milk	399	95	0.2	0.1	14.4	11.4	0.0	8.8	0.26	11.4	11.4	0.0	225
Venti - Semi Skimmed Milk	553	132	4.6	2.3	14.0	11.1	0.0	8.7	0.29	11.1	11.1	0.0	225
Venti - Whole Milk	659	158	7.5	4.3	14.0	11.1	0.0	8.3	0.27	11.1	11.1	0.0	225
Venti - Soy	455	109	3.7	0.5	10.3	5.5	0.9	7.5	0.24	5.5	5.5	0.0	225
Venti - Coconut	481	114	7.6	7.0	11.2	8.1	1.0	0.0	0.00	8.1	8.1	0.0	225
<b>ICED CAPPUCCINO</b>													
Short - Nonfat Milk	235	56	0.2	0.0	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87
Short - 2% Milk	324	77	2.5	1.5	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87
Short - Whole Milk	421	100	5.4	3.4	8.1	7.0	0.0	5.0	0.00	7.0	7.0	0.0	87
Short - Soy Milk	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	4.6	0.0	87
Short - Coconut	271	65	4.3	4.0	6.2	4.6	1.0	0.0	0.00	4.6	4.6	0.0	87
Tall - Skimmed Milk	284	68	0.1	0.1	10.2	8.2	0.0	6.3	0.18	8.2	8.2	0.0	150
Tall - Semi Skimmed Milk	395	94	3.3	1.7	10.0	8.0	0.0	6.2	0.20	8.0	8.0	0.0	150
Tall - Whole Milk	471	113	5.4	3.1	10.0	8.0	0.0	6.0	0.18	8.0	8.0	0.0	150
Tall - Soy	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	3.6	0.0	150

<b>Autumn 2016 Starbucks Beverage Nutrition Information *</b>	<b>KJ</b>	<b>kCal</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Total Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy alternative</b>	<b>Total added sugar (g)</b>	<b>Caffeine (mg) **</b>
Tall - Coconut	289	70	4.3	4.0	7.1	4.5	0.6	0.0	0.18	4.5	4.5	0.0	150
Grande - Skimmed Milk	375	90	0.2	0.1	13.4	11.4	0.0	8.5	0.25	11.4	11.4	0.0	150
Grande - Semi Skimmed Milk	529	126	4.5	2.9	12.7	10.8	0.0	8.3	0.25	10.8	10.8	0.0	150
Grande - Whole Milk	625	149	7.5	4.3	12.4	10.4	0.0	8.1	0.24	10.4	10.4	0.0	150
Grande - Soy	464	111	4.0	0.5	10.0	6.0	1.0	7.7	0.24	6.0	6.0	0.0	150
Grande - Coconut	414	100	6.4	5.9	9.6	6.8	1.0	0.0	0.18	6.8	6.8	0.0	150
Venti - Skimmed Milk	424	101	0.2	0.1	15.3	12.3	0.0	9.4	0.26	12.3	12.3	0.0	225
Venti - Semi Skimmed Milk	590	141	4.9	2.5	14.9	11.9	0.0	9.3	0.29	11.9	11.9	0.0	225
Venti - Whole Milk	705	168	8.1	4.6	14.9	11.9	0.0	8.9	0.27	11.9	11.9	0.0	225
Venti - Soy	485	116	3.9	0.5	10.9	5.9	1.0	8.0	0.24	5.9	5.9	0.0	225
Venti - Coconut	466	113	6.8	6.4	11.0	7.3	1.0	0.8	0.26	7.3	7.3	0.0	225
<b>ICED COFFEE / COLD BREW</b>													
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
<b>ICED CAFFE AMERICANO</b>													
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
<b>CAFFE MOCHA with WHIPPED CREAM</b>													
Short - Nonfat Milk	889	212	9.8	5.3	28.9	21.7	1.4	7.2	0.18	21.7	6.5	15.2	95
Short - 2% Milk	980	234	12.4	7.0	28.5	20.7	1.4	7.1	0.17	20.7	6.5	14.2	95
Short - Whole Milk	1036	248	14.1	7.8	28.3	21.1	1.4	7.0	0.17	21.1	6.1	15.0	95
Short - Soy Milk	927	221	11.8	5.5	26.6	18.2	2.0	6.6	0.20	18.2	4.3	13.9	95
Short - Coconut	477	113	9.6	6.6	6.6	4.7	0.0	0.0	0.01	4.7	4.7	0.0	87
Tall - Skimmed Milk	869	208	9.8	5.3	28.9	21.7	1.4	7.2	0.18	21.7	7.5	14.2	170
Tall - Semi Skimmed Milk	940	225	11.8	6.3	28.2	20.0	1.4	6.5	0.16	20.0	7.5	12.5	170
Tall - Whole Milk	988	236	13.1	7.2	28.2	20.0	1.4	6.3	0.15	20.0	7.1	12.9	170
Tall - Soy	894	214	11.3	5.5	26.5	17.5	1.8	6.0	0.14	17.5	4.9	12.6	170
Tall - Coconut	842	202	11.0	8.7	20.0	26.0	1.8	2.6	0.15	26.0	4.9	21.1	170
Grande - Skimmed Milk	1209	289	13.6	7.4	38.9	28.5	1.9	9.5	0.22	28.5	7.8	20.7	175
Grande - Semi Skimmed Milk	1321	316	16.8	9.5	38.5	28.0	1.9	9.4	0.22	28.0	9.4	18.6	175
Grande - Whole Milk	1391	333	18.9	10.5	38.2	27.8	1.9	9.2	0.22	27.8	8.9	18.9	175
Grande - Soy	1256	300	16.1	7.7	36.1	24.2	2.6	8.7	0.25	24.2	6.2	18.0	175
Grande - Coconut	1190	286	17.0	13.0	28.0	23.0	2.6	3.4	0.22	23.0	6.2	16.8	175
Venti - Skimmed Milk	1320	315	14.1	7.5	45.4	32.1	2.4	10.0	0.22	32.1	10.2	21.9	255
Venti - Semi Skimmed Milk	1422	340	17.0	9.0	45.1	31.9	2.4	9.9	0.24	31.9	10.2	21.7	255
Venti - Whole Milk	1493	357	19.0	10.3	45.1	31.9	2.4	9.6	0.22	31.9	9.6	22.3	255
Venti - Soy	1358	325	16.4	7.8	42.7	28.2	3.0	9.1	0.20	28.2	6.7	21.5	255
Venti - Coconut	1341	322	17.0	13.0	34.0	28.0	3.0	4.5	0.22	28.0	6.7	21.3	255
<b>ICED CARAMEL MACCHIATO</b>													
Tall - Skimmed Milk	518	124	1.1	0.7	22.9	19.9	0.0	5.4	0.18	19.9	9.9	10.0	150
Tall - Semi Skimmed Milk	609	146	3.7	2.0	22.7	19.7	0.0	5.3	0.20	19.7	9.9	9.8	150
Tall - Whole Milk	672	161	5.5	3.2	22.7	19.7	0.0	5.1	0.19	19.7	9.3	10.4	150
Tall - Soy	560	134	3.3	0.9	20.6	16.6	0.6	4.7	0.18	16.6	6.1	10.5	150
Tall - Coconut	554	133	5.7	5.0	19.0	16.0	0.6	0.6	0.18	16.0	6.1	9.9	150
Grande - Skimmed Milk	785	188	1.3	0.8	34.2	31.1	0.0	9.8	0.32	31.1	9.9	21.2	150
Grande - Semi Skimmed Milk	965	231	6.3	4.0	33.4	30.3	0.0	9.6	0.31	30.3	13.4	16.9	150
Grande - Whole Milk	1077	257	9.8	5.6	33.0	29.9	0.0	9.4	0.31	29.9	12.6	17.3	150
Grande - Soy	860	206	5.3	1.2	29.7	24.2	1.1	8.5	0.37	24.2	8.3	15.9	150
Grande - Coconut	712	171	7.2	6.4	25.0	22.0	0.0	0.6	0.30	22.0	8.3	13.7	150
Venti - Skimmed Milk	791	189	1.2	0.8	36.5	32.3	0.0	7.9	0.26	32.3	14.6	17.7	225
Venti - Semi Skimmed Milk	925	221	5.0	2.7	36.2	32.0	0.0	7.7	0.29	32.0	14.6	17.4	225
Venti - Whole Milk	1017	243	7.5	4.4	36.2	32.0	0.0	7.4	0.27	32.0	13.7	18.3	225
Venti - Soy	840	201	4.2	1.1	33.0	27.2	0.8	6.7	0.24	27.2	9.0	18.2	225
Venti - Coconut	887	212	8.3	7.4	32.0	28.0	0.0	0.9	0.26	28.0	9.0	19.0	225
<b>ICED CHAI TEA LATTE</b>													
Tall - Skimmed Milk	635	152	0.2	0.1	33.1	31.3	0.1	5.5	0.18	31.3	8.4	22.9	75
Tall - Semi Skimmed Milk	736	176	3.0	1.9	32.6	30.9	0.1	5.4	0.18	30.9	8.4	22.5	75
Tall - Whole Milk	799	191	5.0	2.8	32.4	30.6	0.1	5.3	0.17	30.6	7.9	22.7	75
Tall - Soy	677	162	2.4	0.3	30.5	27.4	0.7	4.8	0.21	27.4	5.2	22.2	75
Tall - Coconut	622	147	3.9	3.6	27.0	26.0	0.0	0.6	0.18	26.0	5.2	20.8	75
Grande - Skimmed Milk	857	205	0.2	0.1	44.5	42.1	0.2	7.6	0.25	42.1	8.4	33.7	100
Grande - Semi Skimmed Milk	997	238	4.2	2.6	43.9	41.5	0.2	7.4	0.24	41.5	11.0	30.5	100
Grande - Whole Milk	1084	259	6.9	3.9	43.5	41.2	0.2	7.3	0.24	41.2	10.3	30.9	100
Grande - Soy	915	219	3.4	0.4	40.9	36.7	1.0	6.5	0.28	36.7	6.8	29.9	100
Grande - Coconut	859	203	5.5	5.1	37.0	35.0	0.0	0.8	0.24	35.0	6.8	28.2	100
Venti - Skimmed Milk	1013	242	0.3	0.1	53.0	51.0	0.2	8.1	0.27	51.0	14.0	37.0	120
Venti - Semi Skimmed Milk	1159	277	4.4	2.8	53.0	50.0	0.2	7.9	0.26	50.0	14.0	36.0	120
Venti - Whole Milk	1251	299	7.2	4.1	53.0	50.0	0.2	7.7	0.26	50.0	13.2	36.8	120
Venti - Soy	1071	256	3.5	0.5	50.0	45.0	1.1	7.0	0.30	45.0	8.7	36.3	120

<i>Autumn 2016 Starbucks Beverage Nutrition Information *</i>	KJ	Kcal	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Total Sugars (g)	Dietary Fiber (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy alternative	Total added sugar (g)	Caffeine (mg) **
Venti - Coconut	1055	249	6.0	5.6	47.0	45.0	0.0	1.1	0.25	45.0	8.7	36.3	120
<b>FRAPPUCCINO® BLENDED BEVERAGES - COFFEE</b>													
<b>COFFEE FRAPPUCCINO® (NO WHIP)</b>													
Mini - Skimmed Milk	465	110	0.1	0.0	25.9	24.6	0.0	2.0	0.25	24.6	2.5	22.1	58
Mini - Semi Skimmed Milk	495	117	0.8	0.5	25.9	24.6	0.0	2.0	0.23	24.6	2.5	22.1	58
Mini - Whole Milk	527	125	1.8	1.1	25.7	24.5	0.0	2.0	0.22	24.5	2.3	22.2	58
Mini - Soy	476	113	0.9	0.1	24.9	23.7	0.0	1.0	0.24	23.7	1.5	22.2	58
Mini - Coconut	477	113	1.4	1.3	25.1	23.7	0.0	0.0	0.22	23.7	1.5	22.2	58
Tall - Skimmed Milk	610	146	0.1	0.1	33.4	32.4	0.1	2.9	0.39	32.4	4.3	28.1	70
Tall - Semi Skimmed Milk	664	159	1.6	1.0	33.2	32.2	0.1	2.8	0.39	32.2	4.3	27.9	70
Tall - Whole Milk	697	166	2.6	1.5	33.1	32.0	0.1	2.7	0.39	32.0	4.0	28.0	70
Tall - Soy	630	151	1.3	0.2	32.0	30.3	0.4	2.4	0.38	30.3	2.6	27.7	70
Tall - Coconut	673	160	2.4	2.2	34.5	32.6	0.3	0.0	0.33	32.6	2.6	30.0	78
Grande - Skimmed Milk	837	200	0.1	0.1	46.3	44.8	0.1	3.5	0.53	44.8	4.3	40.5	95
Grande - Semi Skimmed Milk	902	216	1.9	1.2	46.0	44.5	0.1	3.4	0.53	44.5	5.5	39.0	95
Grande - Whole Milk	942	266	3.2	1.8	45.8	44.3	0.1	3.4	0.53	44.3	5.2	39.1	95
Grande - Soy	861	206	1.6	0.2	44.5	42.3	0.5	3.0	0.52	42.3	3.4	38.9	95
Grande - Coconut	984	234	3.2	3.0	51.2	48.4	0.5	0.0	0.49	48.4	3.4	45.0	117
<b>MOCHA FRAPPUCCINO® WITH WHIPPED CREAM</b>													
Mini - Skimmed Milk	852	203	6.5	3.2	34.0	30.5	1.0	2.0	0.25	30.5	2.1	28.4	59
Mini - Semi Skimmed Milk	871	207	6.4	3.6	35.0	31.5	1.0	2.0	0.23	31.5	3.1	28.4	59
Mini - Whole Milk	903	215	7.3	4.2	34.8	31.3	1.0	2.0	0.22	31.3	2.9	28.4	59
Mini - Soy	853	203	6.9	4.4	34.2	30.5	1.0	1.0	0.24	30.5	2.1	28.4	59
Mini - Coconut	853	203	6.9	4.4	34.2	30.5	1.0	1.0	0.22	30.5	2.1	28.4	59
Tall - Skimmed Milk	1017	243	8.6	5.3	39.8	36.7	0.5	3.7	0.39	36.7	5.0	31.7	70
Tall - Semi Skimmed Milk	1067	255	10.0	6.2	39.5	36.5	0.5	3.7	0.39	36.5	5.0	31.5	70
Tall - Whole Milk	1099	263	11.0	6.7	39.4	36.4	0.5	3.6	0.39	36.4	4.7	31.7	70
Tall - Soy	1035	247	9.7	5.4	38.4	34.8	0.8	3.3	0.38	34.8	3.3	31.5	70
Tall - Coconut	1117	266	10.0	6.6	42.7	38.7	1.0	0.7	0.35	38.7	3.3	35.4	70
Grande - Skimmed Milk	1381	330	12.0	7.4	53.7	49.5	0.7	4.7	0.52	49.5	5.3	44.2	95
Grande - Semi Skimmed Milk	1441	344	13.7	8.5	53.5	49.2	0.7	4.6	0.52	49.2	6.5	42.7	95
Grande - Whole Milk	1478	354	14.8	9.1	53.3	49.1	0.7	4.5	0.52	49.1	6.2	42.9	95
Grande - Soy	1403	335	13.3	7.6	52.1	47.2	1.0	4.1	0.51	47.2	4.4	42.8	95
<b>ESPRESSO FRAPPUCCINO® (NO WHIP)</b>													
Mini - Skimmed Milk	412	98	0.0	0.0	23.6	21.6	0.0	1.0	0.00	21.6	1.2	20.4	116
Mini - Semi Skimmed Milk	426	101	0.4	0.2	23.6	21.6	0.0	1.0	0.00	21.6	1.2	20.4	116
Mini - Whole Milk	442	105	0.9	0.6	23.5	21.5	0.0	1.0	0.00	21.5	1.1	20.4	116
Mini - Soy	417	99	0.5	0.1	23.2	21.1	0.0	1.0	0.00	21.1	0.7	20.4	116
Mini - Coconut	418	99	0.7	0.6	23.2	21.1	0.0	0.0	0.00	21.1	0.7	20.4	116
Tall - Skimmed Milk	524	125	0.0	0.0	29.1	27.3	0.1	2.0	0.32	27.3	4.3	23.0	125
Tall - Semi Skimmed Milk	554	132	0.9	0.6	29.0	27.2	0.1	2.0	0.32	27.2	4.3	22.9	125
Tall - Whole Milk	573	137	1.5	0.9	28.9	27.1	0.1	1.9	0.32	27.1	4.0	23.1	125
Tall - Soy	535	128	0.7	0.1	28.3	26.1	0.2	1.7	0.32	26.1	2.6	23.5	125
Tall - Coconut	692	165	2.4	2.2	35.6	32.6	0.3	0.0	0.32	32.6	2.6	30.0	125
Grande - Skimmed Milk	768	184	0.1	0.0	42.9	40.6	0.1	2.8	0.48	40.6	4.3	36.3	155
Grande - Semi Skimmed Milk	812	194	1.3	0.8	42.7	40.4	0.1	2.7	0.48	40.4	5.5	34.9	155
Grande - Whole Milk	840	201	2.1	1.2	42.6	40.3	0.1	2.7	0.47	40.3	5.2	35.1	155
Grande - Soy	784	187	1.1	0.1	41.7	38.9	0.3	2.4	0.47	38.9	3.4	35.5	155
Grande - Coconut	1002	238	3.2	2.9	52.3	48.4	0.4	0.0	0.47	48.4	3.4	45.0	155
<b>CARAMEL FRAPPUCCINO® WITH WHIPPED CREAM</b>													
Mini - Skimmed Milk	1039	247	7.5	4.2	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
Mini - Semi Skimmed Milk	1077	256	8.5	4.8	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
Mini - Whole Milk	1119	266	9.7	5.7	42.6	40.2	0.0	2.0	0.36	40.2	3.0	37.2	75
Mini - Soy	1053	250	8.6	4.4	41.6	39.2	0.0	2.0	0.34	39.2	2.0	37.2	75
Mini - Coconut	1054	251	9.3	5.9	41.8	39.2	0.0	0.0	0.32	39.2	2.0	37.2	75
Tall - Skimmed Milk	1098	262	8.7	5.4	43.1	41.1	0.1	3.3	0.42	41.1	5.0	36.1	65
Tall - Semi Skimmed Milk	1151	275	10.2	6.4	42.9	40.9	0.1	3.3	0.42	40.9	5.0	35.9	65
Tall - Whole Milk	1184	280	11.2	6.8	42.8	40.7	0.1	3.2	0.42	40.7	4.7	36.0	65
Tall - Soy	1118	267	9.9	5.5	41.7	39.1	0.4	2.9	0.41	39.1	3.3	35.8	65
Tall - Coconut	1169	278	10.2	7.9	44.9	42.2	0.1	0.7	0.35	42.2	3.3	38.9	65
Grande - Skimmed Milk	1500	358	11.9	7.4	59.2	56.4	0.1	4.2	0.58	56.4	5.3	51.1	95
Grande - Semi Skimmed Milk	1564	374	13.7	8.6	58.9	56.2	0.1	4.1	0.57	56.2	6.5	49.7	95
Grande - Whole Milk	1604	379	15.0	9.2	58.8	56.0	0.1	4.0	0.57	56.0	6.2	49.8	95
Grande - Soy	1524	364	13.4	7.6	57.5	53.9	0.5	3.6	0.57	53.9	4.4	49.5	95
<b>FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT</b>													
<b>COFFEE FRAPPUCCINO® (NO WHIP)</b>													
Mini - Skimmed Milk	288	69	0.0	0.0	15	14	0.1	2.2	0.29	14	2.7	12	50
Tall - Skimmed Milk	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 Milk	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 Milk	583	139	0.1	0.1	29.8	29.1	0.3	4.4	0.59	29.1	6.3	22.8	105
<b>MOCHA FRAPPUCCINO® (NO WHIP)</b>													

<b>Autumn 2016 Starbucks Beverage Nutrition Information *</b>	<b>KJ</b>	<b>Kcal</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Total Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy alternative</b>	<b>Total added sugar (g)</b>	<b>Caffeine (mg) **</b>
Mini - Skimmed Milk	333	80	0.4	0.2	18	16	0.4	2.4	0.27	16	2.7	14	50
Tall - Skimmed Milk	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 Milk	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 Milk	749	179	0.9	0.6	39.6	36.5	1.0	5.3	0.60	36.5	6.3	30.2	115
<b>CARAMEL FRAPPUCCINO® (NO WHIP)</b>													
Mini - Skimmed Milk	335	80	0.0	0.0	18	17	0.1	2.1	0.28	17	2.7	15	50
Tall - Skimmed Milk	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 Milk	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 Milk	693	166	0.1	0.1	36.5	35.7	0.3	4.2	0.57	35.7	6.3	29.4	100
<b>FRAPPUCCINO® BLENDED BEVERAGES - CREME</b>													
<b>STRAWBERRIES AND CREAM FRAPPUCCINO® WITH WHIPPED CREAM</b>													
Mini - Skimmed Milk	971	231	7.2	4.0	38.4	37.2	0.0	3.0	0.28	37.2	4.8	32.4	0
Mini - Semi Skimmed Milk	1021	243	8.6	4.8	38.4	37.2	0.0	3.0	0.28	37.2	4.8	32.4	0
Mini - Whole Milk	1075	256	10.1	5.9	38.2	36.9	0.0	3.0	0.28	36.9	4.5	32.4	0
Mini - Soy	989	235	8.7	4.2	36.9	35.6	1.0	2.0	0.28	35.6	3.2	32.4	0
Mini - Coconut	991	236	9.6	6.2	37.1	35.6	1.0	0.0	0.28	35.6	3.2	32.4	0
Tall - Skimmed Milk	1224	293	8.1	5.0	52.0	50.9	0.4	4.0	0.39	50.9	6.4	44.5	0
Tall - Semi Skimmed Milk	1290	308	9.9	6.2	51.7	50.6	0.4	3.9	0.38	50.6	6.4	44.2	0
Tall - Whole Milk	1331	326	11.2	6.8	51.5	50.5	0.4	3.8	0.38	50.5	6.0	44.5	0
Tall - Soy	1249	298	9.6	5.2	50.3	48.4	0.8	3.4	0.38	48.4	4.2	44.2	0
Tall - Coconut	1152	274	10.4	8.2	43.2	41.7	0.0	0.6	0.38	41.7	4.2	37.5	0
Grande - Skimmed Milk	1560	373	11.3	7.0	64.1	62.6	0.5	4.9	0.52	62.6	6.7	55.9	0
Grande - Semi Skimmed Milk	1641	392	13.6	8.5	63.8	62.3	0.5	4.8	0.51	62.3	8.6	53.7	0
Grande - Whole Milk	1691	415	15.1	9.2	63.6	62.1	0.5	4.7	0.51	62.1	8.1	54.0	0
Grande - Soy	1590	380	13.1	7.2	62.0	59.5	1.0	4.2	0.50	59.5	5.7	53.8	0
Grande - Coconut	1581	376	12.3	9.8	63.5	61.6	0.1	0.7	0.50	61.6	5.7	55.9	0
<b>CARAMEL CREAM FRAPPUCCINO® WITH WHIPPED CREAM</b>													
Mini - Skimmed Milk	851	202	9.1	5.1	27.8	26.4	0.0	2.0	0.33	26.4	4.2	22.2	0
Mini - Semi Skimmed Milk	895	213	10.2	5.8	27.8	26.4	0.0	2.0	0.33	26.4	4.2	22.2	0
Mini - Whole Milk	942	224	11.6	6.8	27.6	26.2	0.0	2.0	0.33	26.2	4.0	22.2	0
Mini - Soy	867	206	10.3	5.3	26.5	25.0	0.0	2.0	0.33	25.0	2.8	22.2	0
Mini - Coconut	869	207	11.1	7.1	26.7	25.0	0.0	0.0	0.33	25.0	2.8	22.2	0
Tall - Skimmed Milk	963	230	8.7	5.4	34.3	32.9	0.1	4.1	0.43	32.9	6.4	26.5	0
Tall - Semi Skimmed Milk	1034	247	10.7	6.7	34.0	32.6	0.1	4.0	0.43	32.6	6.4	26.2	0
Tall - Whole Milk	1078	255	12.1	7.3	33.9	32.4	0.1	3.9	0.42	32.4	6.0	26.4	0
Tall - Soy	989	236	10.3	5.6	32.5	30.1	0.5	3.5	0.42	30.1	4.2	25.9	0
Tall - Coconut	1009	241	11.0	8.6	34.0	32.4	0.0	0.5	0.42	32.4	4.2	28.2	0
Grande - Skimmed Milk	1281	306	11.9	7.4	45.3	43.3	0.1	5.1	0.57	43.3	6.7	36.6	0
Grande - Semi Skimmed Milk	1368	327	14.4	9.0	44.9	43.0	0.1	5.0	0.57	43.0	8.6	34.4	0
Grande - Whole Milk	1422	336	16.0	9.8	44.7	42.7	0.1	4.9	0.56	42.7	8.1	34.6	0
Grande - Soy	1313	314	13.9	7.6	43.0	40.0	0.6	4.3	0.56	40.0	5.7	34.3	0
Grande - Coconut	1329	317	12.9	10.2	48.3	46.4	0.1	0.5	0.55	46.4	5.7	40.7	0
Venti - Skimmed Milk	1476	353	11.0	6.8	58.1	56.0	0.1	6.0	0.73	56.0	10.2	45.8	0
Venti - Semi Skimmed Milk	1583	378	14.0	8.8	57.6	55.5	0.1	5.9	0.73	55.5	10.2	45.3	0
Venti - Whole Milk	1650	388	16.0	9.7	57.4	55.3	0.1	5.8	0.73	55.3	9.6	45.7	0
Venti - Soy	1516	362	13.4	7.1	55.3	51.9	0.7	5.1	0.72	51.9	6.7	45.2	0
<b>CHOCOLATE CREAM FRAPPUCCINO® WITH WHIPPED CREAM</b>													
Mini - Skimmed Milk	791	188	6.6	4.1	28.2	25.7	0.9	3.6	0.66	25.7	4.3	21.4	2
Mini - Semi Skimmed Milk	835	199	7.8	4.8	28.2	25.7	0.9	3.6	0.78	25.7	4.3	21.4	2
Mini - Whole Milk	882	210	9.1	5.8	28.0	25.5	0.9	3.5	0.91	25.5	4.0	21.5	2
Mini - Soy	807	192	7.9	4.3	26.8	24.3	1.2	2.8	0.79	24.3	2.9	21.4	2
Mini - Coconut	807	193	8.6	6.1	27.0	24.3	1.2	1.1	0.86	24.3	2.9	21.4	2
Tall - Skimmed Milk	961	229	8.2	5.1	33.5	30.7	1.1	4.7	0.82	30.7	5.8	24.9	2
Tall - Semi Skimmed Milk	1023	243	9.8	6.1	33.5	30.7	1.1	4.7	0.98	30.7	5.8	24.9	2
Tall - Whole Milk	1089	247	11.7	7.4	33.2	30.4	1.1	4.6	1.17	30.4	5.5	24.9	2
Tall - Soy	983	234	10.0	5.4	31.6	28.8	1.4	3.7	1.00	28.8	3.9	24.9	2
Tall - Coconut	983	235	11.0	7.8	31.9	28.8	1.4	1.3	1.10	28.8	3.9	24.9	2
Grande - Skimmed Milk	1334	317	11.4	7.1	46.8	42.9	1.4	6.2	1.14	42.9	6.1	36.8	3
Grande - Semi Skimmed Milk	1413	336	13.5	8.4	46.8	42.9	1.4	6.2	1.35	42.9	7.6	35.3	3
Grande - Whole Milk	1499	339	16.0	10.1	46.4	42.5	1.4	6.1	1.60	42.5	7.2	35.3	3
Grande - Soy	1363	324	13.8	7.5	44.2	40.4	1.9	4.9	1.38	40.4	5.1	35.3	3
Grande - Coconut	1366	325	15.1	10.6	44.6	40.4	1.9	1.7	1.51	40.4	5.1	35.3	3
Venti - Skimmed Milk	1567	373	11.6	7.2	58.9	54.2	1.7	7.3	1.16	54.2	8.8	45.4	3
Venti - Semi Skimmed Milk	1661	385	14.1	8.8	58.9	54.2	1.7	7.3	1.41	54.2	8.8	45.4	3
Venti - Whole Milk	1762	387	17.1	10.8	58.4	53.7	1.7	7.1	1.71	53.7	8.3	45.4	3
Venti - Soy	1601	381	14.4	7.7	55.9	51.2	2.2	5.7	1.44	51.2	5.8	45.4	3
Venti - Coconut	1605	382	16.0	11.4	56.4	51.2	2.2	2.0	1.60	51.2	5.8	45.4	3
<b>VANILLA CREAM FRAPPUCCINO® WITH WHIPPED CREAM</b>													
Mini - Skimmed Milk	704	167	7.2	4.0	23.4	22.4	0.0	2.0	0.24	22.4	4.1	18.3	0
Mini - Semi Skimmed Milk	746	177	8.3	4.7	23.4	22.4	0.0	2.0	0.24	22.4	4.1	18.3	0
Mini - Whole Milk	792	188	9.6	5.6	23.2	22.2	0.0	2.0	0.24	22.2	3.9	18.3	0

<b>Autumn 2016 Starbucks Beverage Nutrition Information *</b>	<b>KJ</b>	<b>Kcal</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Total Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy alternative</b>	<b>Total added sugar (g)</b>	<b>Caffeine (mg) **</b>
Mini - Soy	720	171	8.4	4.2	22.0	21.1	0.0	2.0	0.24	21.1	2.8	18.3	0
Mini - Coconut	721	171	9.1	5.9	22.2	21.1	0.0	0.0	0.24	21.1	2.8	18.3	0
Tall - Skimmed Milk	872	208	8.1	5.0	30.4	29.4	0.1	4.0	0.41	29.4	6.4	23.0	0
Tall - Semi Skimmed Milk	942	225	10.0	6.3	30.1	29.1	0.1	3.9	0.40	29.1	6.4	22.7	0
Tall - Whole Milk	986	236	11.4	6.9	30.0	28.9	0.1	3.8	0.40	28.9	6.0	22.9	0
Tall - Soy	898	215	9.7	5.2	28.6	26.7	0.5	3.4	0.40	26.7	4.2	22.5	0
Tall - Coconut	926	221	10.3	8.2	30.9	29.2	0.0	0.4	0.39	29.2	4.2	25.0	0
Grande - Skimmed Milk	1230	294	11.3	7.0	43.5	41.9	0.1	5.2	0.58	41.9	6.7	35.2	0
Grande - Semi Skimmed Milk	1321	316	13.9	8.7	43.1	41.6	0.1	5.1	0.57	41.6	8.6	33.0	0
Grande - Whole Milk	1378	329	15.6	9.5	42.9	41.3	0.1	5.0	0.57	41.3	8.1	33.2	0
Grande - Soy	1264	302	13.4	7.2	41.1	38.5	0.6	4.4	0.56	38.5	5.7	32.8	0
Grande - Coconut	1242	296	12.2	9.8	45.1	42.9	0.1	0.4	0.55	42.9	5.7	37.2	0
Venti - Skimmed Milk	1388	332	10.4	6.5	54.2	52.5	0.1	5.9	0.72	52.5	10.2	42.3	0
Venti - Semi Skimmed Milk	1495	357	13.4	8.4	53.8	52.1	0.1	5.8	0.71	52.1	10.2	41.9	0
Venti - Whole Milk	1561	373	15.4	9.3	53.5	51.8	0.1	5.7	0.71	51.8	9.6	42.2	0
Venti - Soy	1384	331	12.4	6.6	50.6	47.8	0.6	4.3	0.68	47.8	6.7	41.1	0
Venti - Coconut	1526	364	13.3	10.9	59.3	56.5	0.1	0.4	0.71	56.5	6.7	49.8	0
<b>FRAPPUCCINO BLENDED JUICE DRINK</b>													
<b>MANGO PASSION FRUIT FRAPPUCCINO (With Passion Tea)</b>													
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
<b>RASPBERRY BLACKCURRENT FRAPPUCCINO (With Zen Tea)</b>													
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
<b>REFRESHA</b>													
<b>Cool Lime Refresha</b>													
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
<b>Promo Shaken iced Teas</b>													
<b>Iced Shaken Peach Green Tea Lemonade</b>													
Tall	401	96	0.0	0.0	22.8	22.1	1.0	0.0	0.0	22.1	0.0	22.1	0.0
Grande	533	127	0.0	0.0	30.3	29.4	1.0	0.0	0.0	29.4	0.0	29.4	0.0
Venti	661	158	0.0	0.0	37.6	36.4	2.0	0.0	0.0	36.4	0.0	36.4	0.0
<b>Classic Shaken Iced tea lemonade</b>													
<b>Iced Shaken Green Tea Lemonade</b>													
Tall	156	37	0.0	0.0	8.3	8.3	1.0	0.0	0.0	8.3	0.0	8.3	0.0
Grande	206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.0	11.1	0.0	11.1	0.0
Venti	253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.0	13.6	0.0	13.6	0.0
<b>Iced Shaken Hibiscus Tea Lemonade</b>													
Tall	156	37	0.0	0.0	8.3	8.3	1.0	0.0	0.0	8.3	0.0	8.3	0.0
Grande	206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.0	11.1	0.0	11.1	0.0
Venti	253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.0	13.6	0.0	13.6	0.0
<b>Iced Shaken Black Tea Lemonade</b>													
Tall	156	37	0.0	0.0	8.3	8.3	1.0	0.0	0.0	8.3	0.0	8.3	0.0
Grande	206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.0	11.1	0.0	11.1	0.0
Venti	253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.0	13.6	0.0	13.6	0.0
<b>Classic Shaken Iced Tea Natural</b>													
<b>Iced Shaken Green Tea</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
<b>Iced Shaken Hibiscus Tea</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
<b>Iced Shaken Black Tea</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
<b>Autumn 2016</b>													
<b>Pumpkin Spiced Latte</b>													
Short- Skimmed Milk	785	187	5.9	3.2	27.6	26.0	0.0	5.9	0.30	26.0	9.1	16.9	87
Short - Semi Skimmed Milk	889	212	8.7	4.9	27.6	26.0	0.0	5.9	0.30	26.0	9.1	16.9	87



<b>Autumn 2016 Starbucks Beverage Nutrition Information *</b>	<b>KJ</b>	<b>Kcal</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Total Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy alternative</b>	<b>Total added sugar (g)</b>	<b>Caffeine (mg) **</b>
Short - Whole Milk	1000	238	11.9	7.2	27.0	25.5	0.0	5.7	0.30	25.50	8.6	16.9	87
Short- Soy	823	196	9.0	3.8	24.3	22.7	0.6	4.1	0.25	22.70	5.8	16.9	87
Short- Coconut	823	197	10.7	7.9	24.8	22.7	0.6	0.0	0.34	22.70	5.8	16.9	87
Tall - Skimmed Milk	1102	262	7.1	3.9	41.1	38.3	0.0	8.5	0.44	38.30	13.1	25.2	174
Tall - Semi Skimmed Milk	1253	298	11.1	6.4	41.1	38.3	0.0	8.5	0.43	38.30	13.1	25.2	174
Tall - Whole Milk	1416	337	15.8	9.6	40.4	37.6	0.0	8.3	0.43	37.60	12.4	25.2	174
Tall - Soy	1158	276	11.6	4.6	36.4	33.6	0.8	6.0	0.36	33.60	8.4	25.2	174
Tall - Coconut	1158	277	14.1	10.6	37.1	33.6	0.8	0.0	0.49	33.60	8.4	25.2	174
Grande - Skimmed Milk	1422	339	8.3	4.5	54.3	51.4	0.0	11.7	0.60	51.40	13.2	38.2	174
Grande - Semi Skimmed Milk	1629	388	13.8	7.9	54.3	51.4	0.0	11.7	0.59	51.40	17.9	33.5	174
Grande - Whole Milk	1853	441	20.3	12.4	53.3	50.4	0.0	11.4	0.59	50.40	16.8	33.6	174
Grande - Soy	1498	357	14.5	5.5	47.8	44.9	1.2	8.3	0.49	44.90	11.4	33.5	174
Grande - Coconut	1507	359	17.9	13.7	48.8	44.9	1.2	0.0	0.67	44.90	11.4	33.5	174
Venti - Skimmed Milk	1695	404	8.4	4.5	67.5	63.8	0.0	14.5	0.74	63.80	22.0	41.8	232
Venti - Semi Skimmed Milk	1953	465	15.2	8.8	67.5	63.8	0.0	14.5	0.73	63.80	22.0	41.8	232
Venti - Whole Milk	2230	531	23.3	14.3	66.2	62.6	0.0	14.1	0.73	62.60	20.7	41.9	232
Venti - Soy	1789	426	16.1	5.8	59.4	55.7	1.4	10.3	0.61	55.70	13.9	41.8	232
Venti - Coconut	1800	429	20.3	16.0	60.7	55.7	1.4	0.0	0.83	55.70	13.9	41.8	232
<b>Citrus Mint Green Tea Latte with Matcha</b>													
Short - Skimmed Milk	471	97	0.2	0.0	18.1	17.4	0.0	5.8	0.19	17.44	8.5	8.9	30
Short - Semi Skimmed Milk	573	122	2.9	1.7	18.1	17.4	0.0	5.8	0.19	17.44	8.5	8.9	30
Short - Whole Milk	684	148	6.1	3.9	17.6	16.9	0.0	5.6	0.19	16.94	7.9	9.0	30
Short - Soy	509	106	3.3	0.5	14.9	14.2	0.6	4.1	0.14	14.23	5.2	9.0	30
Short - Coconut	509	107	5.0	4.6	15.4	14.2	0.6	0.0	0.22	14.23	5.2	9.0	30
Tall - Skimmed Milk	690	164	0.4	0.0	31.0	29.7	0.0	9.2	0.30	29.68	13.5	16.2	55
Tall - Semi Skimmed Milk	854	203	4.7	2.7	31.0	29.7	0.0	9.2	0.30	29.68	13.5	16.2	55
Tall - Soy	750	179	5.3	0.8	25.9	24.5	0.9	6.5	0.22	24.53	8.4	16.1	55
Tall - Coconut	750	180	8.0	7.3	26.7	24.5	0.9	0.0	0.36	24.53	8.4	16.1	55
Grande - Skimmed Milk	922	219	0.5	0.0	42.2	40.2	0.0	11.5	0.38	40.22	13.5	26.7	80
Grande - Semi Skimmed Milk	1126	268	5.9	3.4	42.2	40.2	0.0	11.5	0.37	40.22	16.9	23.3	80
Grande - Whole Milk	1346	321	12.4	7.8	41.2	39.2	0.0	11.2	0.37	39.20	15.9	23.3	80
Grande - Soy	997	237	6.6	1.0	35.8	33.8	1.1	8.1	0.28	33.79	10.5	23.3	80
Grande - Coconut	1005	239	10.0	9.1	36.8	33.8	1.1	0.0	0.45	33.79	10.5	23.3	80
<b>Green Tea Latte</b>													
Short- Skimmed Milk	348	83	0.2	0.0	14.4	13.8	0.0	5.8	0.19	13.79	8.5	5.3	30
Short - Semi Skimmed Milk	450	107	2.9	1.7	14.4	13.8	0.0	5.8	0.18	13.79	8.5	5.3	30
Short - Whole Milk	560	133	6.1	3.9	13.9	13.3	0.0	5.6	0.18	13.28	7.9	5.4	30
Short- Soy	385	92	3.3	0.5	11.2	10.6	0.6	4.1	0.14	10.57	5.2	5.4	30