

STARBUCKS®
CHRISTMAS 2016
 Beverage Nutrition Information*

	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) **
HOT BEVERAGES													
CAFFE LATTE													
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 - Soya	314	75	2.7	0.3	6.6	4.1	0.7	5.3	0.21	4.1	N/A	4.1	75
Short - 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 - 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 - Soya	462	110	4.0	0.5	9.9	5.9	1.0	7.7	0.24	5.9	N/A	5.9	150
Tall - Coconut	508	121	8.0	7.5	11.7	8.6	0.9	0.0	0.00	8.6	N/A	8.6	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 - Soya	618	148	5.3	0.7	12.9	8.0	1.3	10.4	0.41	8.0	N/A	8.0	150
Grande - Coconut	684	163	11.0	10.3	15.2	11.8	1.3	0.0	0.00	11.8	N/A	11.8	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 - Soya	772	185	6.7	0.9	16.6	10.2	1.6	12.8	0.40	10.2	N/A	10.2	225
Venti - Coconut	858	204	13.7	12.7	19.5	14.6	1.6	0.0	0.00	14.6	N/A	14.6	225
FRESH FILTER COFFEE													
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
ESPRESSO													
Solo	24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75
Doppio	48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150
ESPRESSO CON PANNA													
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
Piccino													
Doppio	199	47	1.4	0.8	6.1	4.0	0.0	2.7	0.09	4.0	4.0	0.0	157
ESPRESSO MACCHIATO													
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	0.0	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	0.0	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
THE NEW STANDARD CAPPUCCINO													
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 - Soya	259	62	2.2	0.3	5.5	3.3	0.6	4.3	0.17	3.3	N/A	3.3	75
Short - 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 - 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 - Soya	309	74	2.5	0.3	7.0	3.8	0.6	5.1	0.15	3.8	N/A	3.8	150
Tall - Coconut	488	118	7.0	6.6	12.0	7.5	0.6	1.0	0.15	7.5	N/A	7.5	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 - Soya	386	92	3.2	0.4	8.5	4.7	0.8	6.4	0.24	4.7	N/A	4.7	150
Grande - Coconut	681	165	10.0	9.6	16.0	11.0	0.8	1.0	0.20	11.0	N/A	11.0	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 - Soya	515	123	4.2	0.6	11.5	6.4	1.1	8.5	0.25	6.4	N/A	6.4	225
Venti - Coconut	837	202	13.0	12.0	20.0	13.0	1.1	1.4	0.25	13.0	N/A	13.0	225
CAFFE MISTO													
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

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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
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 - Soya	177	42	1.6	0.2	3.3	2.4	0.4	3.0	0.13	2.4	N/A	2.4	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 - 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 - 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 - Soya	343	82	3.2	0.4	6.4	4.7	0.8	5.9	0.25	4.7	N/A	4.7	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 - Soya	434	104	4.0	0.5	8.1	5.9	1.0	7.5	0.32	5.9	N/A	5.9	195
FLAT WHITE (made with Whole Milk as standard)													
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
CARAMEL MACCHIATO (made with regular Vanilla flavoured syrup)													
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 - Soya	433	104	3.0	0.8	13.9	11.0	0.6	4.5	0.19	11.0	N/A	11.0	75
Short - Coconut	518	124	6.2	5.4	16.0	14.0	0.6	0.0	0.18	14.0	N/A	14.0	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 - Soya	700	167	4.6	1.0	23.0	18.2	0.9	7.5	0.26	18.2	N/A	18.2	150
Tall - Coconut	761	183	8.1	7.3	26.0	22.0	0.9	0.7	0.28	22.0	N/A	22.0	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 - Soya	864	207	5.3	1.1	29.4	23.9	1.1	8.8	0.37	23.9	N/A	23.9	150
Grande - Coconut	1041	250	11.0	10.0	35.0	31.0	1.1	0.7	0.35	31.0	N/A	31.0	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 - Soya	1170	280	7.4	1.4	39.0	31.6	1.6	12.5	0.41	31.6	N/A	31.6	225
Venti - Coconut	1284	308	13.0	12.0	44.0	38.0	1.6	1.1	0.40	38.0	N/A	38.0	225
CAFFE MOCHA with WHIPPED CREAM													
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 - Soya	700	167	8.5	3.7	19.7	13.3	1.5	5.9	0.21	13.3	N/A	13.3	90
Short - Coconut	754	182	11.0	8.6	17.0	15.0	1.5	1.9	0.19	15.0	N/A	15.0	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 - Soya	1035	247	11.8	5.8	29.8	20.1	2.4	8.8	0.21	20.1	N/A	20.1	170
Tall - Coconut	1053	253	14.0	12.0	26.0	22.0	2.4	2.8	0.25	22.0	N/A	22.0	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 - Soya	1265	302	13.7	5.3	38.4	25.9	3.0	11.6	0.36	25.9	N/A	25.9	175
Grande - Coconut	1395	335	19.0	15.0	35.0	30.0	3.0	3.6	0.34	30.0	N/A	30.0	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 - Soya	1559	373	15.8	6.9	49.6	34.9	3.9	15.0	0.37	34.9	N/A	34.9	225
Venti - Coconut	1654	398	21.0	17.0	43.0	36.0	3.9	4.5	0.39	36.0	N/A	36.0	225
WHITE CHOCOLATE MOCHA with WHIPPED CREAM													
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 - Soya	986	236	10.1	5.6	29.6	26.4	0.6	6.8	0.33	26.4	N/A	26.4	75
Short - Coconut	980	236	12.0	9.5	31.0	24.0	0.6	1.0	0.31	24.0	N/A	24.0	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 - Soya	1947	465	20.4	11.4	54.2	49.3	0.8	16.6	0.65	49.3	N/A	49.3	150
Tall - Coconut	1400	337	16.0	13.0	46.0	36.0	0.0	1.4	0.48	36.0	N/A	36.0	150
Grande - Skimmed Milk	1777	425	12.9	8.8	63.5	59.9	0.0	15.1	0.61	59.9	12.4	47.5	150
Grande - Semi Skimmed Milk	1972	471	18.4	12.3	62.7	59.1	0.0	14.9	0.61	59.1	16.9	42.2	150

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Grande - Whole Milk	2094	500	22.1	14.1	62.3	58.6	0.0	14.7	0.60	58.6	15.9	42.7	150
Grande - Soya	1837	439	17.0	9.2	58.2	52.1	1.1	13.3	0.65	52.1	N/A	52.1	150
Grande - Coconut	1855	446	21.0	17.0	62.0	49.0	0.0	1.9	0.60	49.0	N/A	49.0	150
Venti - Skimmed Milk	2156	515	14.3	10.0	79.6	74.4	0.0	18.9	0.76	74.4	20.7	53.7	225
Venti - Semi Skimmed Milk	2398	573	21.2	13.4	78.7	73.8	0.0	18.7	0.81	73.8	20.7	53.1	225
Venti - Whole Milk	2564	613	25.8	16.5	78.7	73.8	0.0	18.1	0.77	73.8	19.5	54.3	225
Venti - Soya	2220	531	19.5	10.5	72.4	64.8	1.4	16.4	0.71	64.8	N/A	64.8	225
Venti - Coconut	2237	538	24.0	20.0	76.0	60.0	1.4	2.2	0.79	60.0	N/A	60.0	225
Teavana Hot Teas													
English Breakfast Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Earl Grey Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Hibiscus Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Emperor's Clouds & Mist Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Mint Citrus Green Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Mint Blend Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Youthberry Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Jasmine Pearls Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Chai Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Chamomile Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0	0.0	varies
CHAI TEA LATTE													
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 - Soya	452	108	1.6	0.2	20.4	18.3	0.5	3.2	0.14	18.3	N/A	18.3	50
Short - Coconut	407	96	2.8	2.6	17.0	16.0	0.5	0.0	0.13	16.0	N/A	16.0	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 - Soya	676	162	2.4	0.3	30.5	27.4	0.7	4.7	0.20	27.4	N/A	27.4	75
Tall - Coconut	604	143	4.2	3.9	26.0	24.0	0.7	0.6	0.18	24.0	N/A	24.0	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 - Soya	893	213	3.2	0.4	40.5	36.4	1.0	6.2	0.26	36.4	N/A	36.4	100
Grande - Coconut	814	192	5.5	5.1	35.0	33.0	1.0	0.8	0.24	33.0	N/A	33.0	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 - Soya	1122	268	4.0	0.5	50.7	45.6	1.2	7.8	0.33	45.6	N/A	45.6	120
Venti - Coconut	1009	239	6.9	6.4	43.0	40.0	1.2	0.9	0.30	40.0	N/A	40.0	120
Green tea Latte													
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

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	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) **
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 - Soya	385	92	3.3	0.5	11.2	10.6	0.6	4.1	0.14	10.57	N/A	10.6	30
Short - Coconut	385	93	5.0	4.6	11.7	10.6	0.6	0.0	0.22	10.57	N/A	10.6	30
Tall - Skimmed Milk	597	142	0.4	0.0	25.5	24.2	0.0	9.2	0.30	24.19	13.5	10.7	55
Tall - Semi Skimmed Milk	761	181	4.7	2.7	25.5	24.2	0.0	9.2	0.30	24.19	13.5	10.7	55
Tall - Whole Milk	937	223	9.9	6.2	24.7	23.4	0.0	8.9	0.30	23.38	12.7	10.7	55
Tall - Soya	657	157	5.3	0.8	20.3	19.0	0.9	6.5	0.22	19.05	N/A	19.0	55
Tall - Coconut	657	158	8.0	7.3	21.2	19.0	0.9	0.0	0.36	19.05	N/A	19.0	55
Grande - Skimmed Milk	798	190	0.5	0.0	34.9	32.9	0.0	11.5	0.38	32.90	13.5	19.4	80
Grande - Semi Skimmed Milk	1003	239	5.9	3.4	34.9	32.9	0.0	11.5	0.37	32.90	16.9	16.0	80
Grande - Whole Milk	1223	291	12.4	7.8	33.8	31.9	0.0	11.2	0.37	31.89	15.9	16.0	80
Grande - Soya	873	208	6.6	1.0	28.4	26.5	1.1	8.1	0.28	26.48	N/A	26.5	80
Grande - Coconut	882	210	10.0	9.1	29.4	26.5	1.1	0.0	0.45	26.48	N/A	26.5	80
Venti - Skimmed Milk	1057	252	0.7	0.0	46.2	43.6	0.0	15.2	0.50	43.62	22.3	21.3	110
Venti - Semi Skimmed Milk	1327	316	7.8	4.5	46.2	43.6	0.0	15.2	0.49	43.62	22.3	21.3	110
Venti - Whole Milk	1617	385	16.3	10.3	44.9	42.3	0.0	14.7	0.49	42.28	21.0	21.3	110
Venti - Soya	1156	275	8.7	1.3	37.7	35.1	1.5	10.7	0.36	35.14	N/A	35.1	110
Venti - Coconut	1167	278	13.2	12.0	39.1	35.1	1.5	0.0	0.59	35.14	N/A	35.1	110
SIGNATURE HOT CHOCOLATE with WHIPPED CREAM													
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 - Soya	1139	272	16.4	9.3	28.2	21.5	3.7	7.2	0.20	21.5	N/A	21.5	10
Short - Coconut	1149	275	15.0	6.7	31.0	25.0	3.7	4.9	0.18	25.0	N/A	25.0	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 - Soya	1677	401	23.5	13.2	42.9	32.8	5.7	10.9	0.31	32.8	N/A	32.8	15
Tall - Coconut	1669	399	20.0	8.9	46.0	37.0	5.7	7.3	0.29	37.0	N/A	37.0	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 - Soya	2155	515	29.8	16.7	56.0	43.0	7.5	14.2	0.40	43.0	N/A	43.0	20
Grande - Coconut	2200	526	26.0	11.0	62.0	50.0	7.5	9.7	0.36	50.0	N/A	50.0	20
CLASSIC HOT CHOCOLATE with WHIPPED CREAM													
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 - Soya	677	162	8.5	3.7	18.7	13.3	1.5	5.5	0.21	13.3	N/A	13.3	15
Short - Coconut	853	205	11.0	9.1	22.0	20.0	1.5	1.7	0.16	20.0	N/A	20.0	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 - Soya	978	234	11.4	4.5	28.2	20.0	2.3	8.7	0.30	20.0	N/A	20.0	20
Tall - Coconut	1177	283	16.0	13.0	31.0	28.0	2.3	2.3	0.27	28.0	N/A	28.0	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 - Soya	1217	291	13.7	5.3	36.5	25.9	3.0	10.9	0.36	25.9	N/A	25.9	25
Grande - Coconut	1525	367	20.0	16.0	40.0	36.0	3.0	3.1	0.31	36.0	N/A	36.0	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 - Soya	1484	355	15.7	5.6	45.7	32.5	3.8	14.2	0.48	32.5	N/A	32.5	30
Venti - Coconut	1819	437	23.0	19.0	48.0	44.0	3.8	3.8	0.43	44.0	N/A	44.0	30
KIDS HOT CHOCOLATE with WHIPPED CREAM													
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	N/A	13.3	15
Short - Coconut	853	205	11.0	9.1	22.0	20.0	1.5	1.7	0.16	20.0	N/A	20.0	15
STEAMED MILK													
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 - Soya	333	80	3.1	0.4	6.4	4.7	0.8	5.6	0.24	4.7	N/A	4.7	0
Short - Coconut	385	92	6.6	6.1	7.7	7.0	0.8	0.0	0.00	7.0	N/A	7.0	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 - Soya	503	120	4.7	0.6	9.7	7.0	1.2	8.5	0.36	7.0	N/A	7.0	0

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	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) **
Tall - Coconut	577	137	9.9	9.2	11.6	10.5	1.1	0.0	0.00	10.5	N/A	10.5	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 - Soya	655	157	6.1	0.8	12.6	9.2	1.5	11.1	0.47	9.2	N/A	9.2	0
Grande - Coconut	770	183	13.2	12.3	15.4	14.1	1.5	0.0	0.00	14.1	N/A	14.1	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 - Soya	834	199	7.8	1.0	16.0	11.7	1.9	14.1	0.60	11.7	N/A	11.7	0
Venti - Coconut	963	229	16.5	15.3	19.3	17.6	1.9	0.0	0.00	17.6	N/A	17.6	0
ADD-INS													
WHIPPED CREAM TOPPING (No Sprinkles)													
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
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
TOPPING													
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
COLD BEVERAGES													
ICED CAFFE LATTE													
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 - Semi Skimmed 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 - Soya	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	N/A	4.6	87
Short - Coconut	271	65	4.3	4.0	6.2	4.6	1.0	0.0	0.00	4.6	N/A	4.6	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 - Soya	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	N/A	3.6	150
Tall - Coconut	329	78	5.3	4.9	7.3	5.7	1.0	0.0	0.00	5.7	N/A	5.7	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 - Soya	437	104	3.6	0.5	9.5	5.5	0.9	7.3	0.29	5.5	N/A	5.5	150
Grande - Coconut	428	102	6.7	6.2	10.1	7.1	1.0	0.0	0.00	7.1	N/A	7.1	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 - Soya	455	109	3.7	0.5	10.3	5.5	0.9	7.5	0.24	5.5	N/A	5.5	225
Venti - Coconut	481	114	7.6	7.0	11.2	8.1	1.0	0.0	0.00	8.1	N/A	8.1	225
ICED CAPPUCCINO													
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 - Semi Skimmed 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 - Soya	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	N/A	4.6	87
Short - Coconut	271	65	4.3	4.0	6.2	4.6	1.0	0.0	0.00	4.6	N/A	4.6	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 - Soya	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	N/A	3.6	150
Tall - Coconut	289	70	4.3	4.0	7.1	4.5	0.6	0.0	0.18	4.5	N/A	4.5	150

STARBUCKS®
CHRISTMAS 2016
 Beverage Nutrition Information*

	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) **
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 - Soya	464	111	4.0	0.5	10.0	6.0	1.0	7.7	0.24	6.0	N/A	6.0	150
Grande - Coconut	414	100	6.4	5.9	9.6	6.8	1.0	0.0	0.18	6.8	N/A	6.8	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 - Soya	485	116	3.9	0.5	10.9	5.9	1.0	8.0	0.24	5.9	N/A	5.9	225
Venti - Coconut	466	113	6.8	6.4	11.0	7.3	1.0	0.8	0.26	7.3	N/A	7.3	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
CAFFE MOCHA with WHIPPED CREAM													
Short - Skimmed 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 - Semi Skimmed 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 - Soya	927	221	11.8	5.5	26.6	18.2	2.0	6.6	0.20	18.2	N/A	18.2	95
Short - Coconut	477	113	9.6	6.6	6.6	4.7	0.0	0.0	0.01	4.7	N/A	4.7	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 - Soya	894	214	11.3	5.5	26.5	17.5	1.8	6.0	0.14	17.5	N/A	17.5	170
Tall - Coconut	842	202	11.0	8.7	20.0	26.0	1.8	2.6	0.15	26.0	N/A	26.0	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 - Soya	1256	300	16.1	7.7	36.1	24.2	2.6	8.7	0.25	24.2	N/A	24.2	175
Grande - Coconut	1190	286	17.0	13.0	28.0	23.0	2.6	3.4	0.22	23.0	N/A	23.0	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 - Soya	1358	325	16.4	7.8	42.7	28.2	3.0	9.1	0.20	28.2	N/A	28.2	255
Venti - Coconut	1341	322	17.0	13.0	34.0	28.0	3.0	4.5	0.22	28.0	N/A	28.0	255
ICED CARAMEL MACCHIATO													
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 - Soya	560	134	3.3	0.9	20.6	16.6	0.6	4.7	0.18	16.6	N/A	16.6	150
Tall - Coconut	554	133	5.7	5.0	19.0	16.0	0.6	0.6	0.18	16.0	N/A	16.0	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 - Soya	860	206	5.3	1.2	29.7	24.2	1.1	8.5	0.37	24.2	N/A	24.2	150
Grande - Coconut	712	171	7.2	6.4	25.0	22.0	0.0	0.6	0.30	22.0	N/A	22.0	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 - Soya	840	201	4.2	1.1	33.0	27.2	0.8	6.7	0.24	27.2	N/A	27.2	225
Venti - Coconut	887	212	8.3	7.4	32.0	28.0	0.0	0.9	0.26	28.0	N/A	28.0	225
ICED CHAI TEA LATTE													
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 - Soya	677	162	2.4	0.3	30.5	27.4	0.7	4.8	0.21	27.4	N/A	27.4	75
Tall - Coconut	622	147	3.9	3.6	27.0	26.0	0.0	0.6	0.18	26.0	N/A	26.0	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 - Soya	915	219	3.4	0.4	40.9	36.7	1.0	6.5	0.28	36.7	N/A	36.7	100
Grande - Coconut	859	203	5.5	5.1	37.0	35.0	0.0	0.8	0.24	35.0	N/A	35.0	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 - Soya	1071	256	3.5	0.5	50.0	45.0	1.1	7.0	0.30	45.0	N/A	45.0	120
Venti - Coconut	1055	249	6.0	5.6	47.0	45.0	0.0	1.1	0.25	45.0	N/A	45.0	120
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE													

STARBUCKS®
CHRISTMAS 2016
 Beverage Nutrition Information*

	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) **
COFFEE FRAPPUCCINO® (NO WHIP)													
Mini - Skimmed Milk	772	184	7.1	4.0	28.1	26.4	0.0	1.7	0.32	26.4	3.1	23.3	58
Mini - Semi Skimmed Milk	801	191	7.9	4.5	28.1	26.4	0.0	1.7	0.32	26.4	3.1	23.3	58
Mini - Whole Milk	833	198	8.9	5.1	28.0	26.2	0.0	1.7	0.32	26.2	2.9	23.3	58
Mini - Soya	783	186	8.0	4.1	27.2	25.5	0.2	1.2	0.31	25.5	N/A	25.5	58
Mini - Coconut	784	187	8.5	5.3	27.3	25.5	0.2	0.0	0.33	25.5	N/A	25.5	58
Tall - Skimmed Milk	985	235	9.0	5.0	35.7	33.5	0.0	2.8	0.42	33.5	3.2	30.4	73
Tall - Semi Skimmed Milk	1033	246	10.2	5.8	35.7	33.5	0.0	2.8	0.42	33.5	3.2	30.4	73
Tall - Whole Milk	1086	258	11.8	6.8	35.4	33.3	0.0	2.7	0.42	33.3	3.0	30.3	73
Tall - Soya	1003	239	10.4	5.2	34.2	32.0	0.3	2.0	0.39	32.0	N/A	32.0	73
Tall - Coconut	1005	239	11.2	7.2	34.4	32.0	0.3	0.1	0.43	32.0	N/A	32.0	73
Grande - Skimmed Milk	1365	325	12.5	7.0	49.7	46.6	0.1	3.4	0.57	46.6	3.5	43.2	104
Grande - Semi Skimmed Milk	1424	339	14.1	8.0	49.7	46.6	0.1	3.4	0.57	46.6	5.0	41.6	104
Grande - Whole Milk	1487	354	15.9	9.2	49.4	46.3	0.1	3.3	0.57	46.3	4.8	41.6	104
Grande - Soya	1387	330	14.3	7.3	47.8	44.8	0.4	2.4	0.54	44.8	N/A	44.8	104
Grande - Coconut	1389	331	15.2	9.6	48.1	44.8	0.4	0.1	0.59	44.8	N/A	44.8	104
Venti - Skimmed Milk	1566	373	12.5	7.0	61.3	57.7	0.1	3.7	0.70	57.7	5.9	51.8	131
Venti - Semi Skimmed Milk	1630	388	14.2	8.1	61.3	57.7	0.1	3.7	0.70	57.7	5.9	51.8	131
Venti - Whole Milk	1699	404	16.2	9.4	61.0	57.3	0.1	3.6	0.70	57.3	5.6	51.8	131
Venti - Soya	1589	378	14.4	7.3	59.3	55.6	0.4	2.6	0.67	55.6	N/A	55.6	131
Venti - Coconut	1592	379	15.5	9.9	59.6	55.6	0.4	0.1	0.72	55.6	N/A	55.6	131
MOCHA FRAPPUCCINO® WITH WHIPPED CREAM													
Mini - Skimmed Milk	881	210	7.5	4.3	33.0	30.0	0.6	2.2	0.32	30.0	2.5	27.5	59
Mini - Semi Skimmed Milk	911	217	8.3	4.8	33.0	30.0	0.6	2.2	0.32	30.0	2.5	27.5	59
Mini - Whole Milk	942	224	9.3	5.4	32.9	29.9	0.6	2.1	0.32	29.9	2.4	27.5	59
Mini - Soya	892	212	8.4	4.4	32.1	29.1	0.7	1.7	0.31	29.1	1.8	27.3	59
Mini - Coconut	893	213	8.9	5.6	32.2	29.1	0.7	0.5	0.33	29.1	N/A	29.1	59
Tall - Skimmed Milk	1119	267	9.4	5.3	41.7	38.0	0.7	3.4	0.42	38.0	N/A	38.0	74
Tall - Semi Skimmed Milk	1168	278	10.7	6.1	41.7	38.0	0.7	3.4	0.42	38.0	2.6	35.4	74
Tall - Whole Milk	1220	290	12.2	7.2	41.4	37.8	0.7	3.3	0.42	37.8	2.5	35.3	74
Tall - Soya	1137	271	10.9	5.6	40.2	36.5	1.0	2.6	0.40	36.5	N/A	36.5	74
Tall - 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 - Skimmed Milk	1558	371	13.2	7.5	58.3	53.1	1.0	4.2	0.58	53.1	2.9	50.2	107
Grande - Semi Skimmed Milk	1617	385	14.8	8.4	58.3	53.1	1.0	4.2	0.57	53.1	4.6	48.5	107
Grande - Whole Milk	1680	400	16.6	9.7	58.0	52.8	1.0	4.1	0.57	52.8	4.4	48.4	107
Grande - Soya	1580	376	15.0	7.8	56.5	51.2	1.3	3.3	0.55	51.2	N/A	51.2	107
Grande - Coconut	1582	377	15.9	10.1	56.8	51.2	1.3	0.9	0.59	51.2	N/A	51.2	107
Venti - Skimmed Milk	1809	431	13.4	7.6	72.2	65.8	1.2	4.8	0.70	65.8	5.6	60.3	133
Venti - Semi Skimmed Milk	1873	446	15.1	8.6	72.2	65.8	1.2	4.8	0.70	65.8	5.6	60.3	133
Venti - Whole Milk	1942	462	17.1	10.0	71.8	65.5	1.2	4.7	0.70	65.5	5.3	60.2	133
Venti - Soya	1833	436	15.3	7.9	70.1	63.8	1.6	3.7	0.67	63.8	N/A	63.8	133
Venti - Coconut	1835	437	16.4	10.4	70.5	63.8	1.6	1.2	0.72	63.8	N/A	63.8	133
ESPRESSO FRAPPUCCINO® (NO WHIP)													
Mini - Skimmed Milk	423	101	0.0	0.0	24.3	22.4	0.0	0.8	0.26	22.4	2.5	19.9	116
Mini - Semi Skimmed Milk	438	104	0.4	0.2	24.3	22.4	0.0	0.8	0.26	22.4	2.5	19.9	116
Mini - Whole Milk	454	108	0.9	0.6	24.2	22.3	0.0	0.8	0.26	22.3	2.4	19.9	116
Mini - Soya	429	102	0.5	0.1	23.9	21.9	0.1	0.6	0.25	21.9	N/A	21.9	116
Mini - Coconut	429	102	0.7	0.6	23.9	21.9	0.1	0.0	0.27	21.9	N/A	21.9	116
Tall - Skimmed Milk	524	125	0.0	0.0	29.5	27.2	0.0	1.6	0.33	27.2	2.6	24.6	139
Tall - Semi Skimmed Milk	552	131	0.8	0.5	29.5	27.2	0.0	1.6	0.33	27.2	2.6	24.6	139
Tall - Whole Milk	582	139	1.7	1.1	29.4	27.1	0.0	1.5	0.33	27.1	2.5	24.6	139
Tall - Soya	534	127	0.9	0.1	28.6	26.3	0.2	1.1	0.31	26.3	N/A	26.3	139
Tall - Coconut	535	127	1.3	1.2	28.8	26.3	0.2	0.0	0.34	26.3	N/A	26.3	139
Grande - Skimmed Milk	778	185	0.1	0.0	43.9	40.9	0.1	2.2	0.49	40.9	2.9	38.0	171
Grande - Semi Skimmed Milk	818	195	1.1	0.7	43.9	40.9	0.1	2.2	0.49	40.9	4.6	36.3	171
Grande - Whole Milk	861	205	2.4	1.5	43.7	40.7	0.1	2.2	0.49	40.7	4.4	36.3	171
Grande - Soya	792	189	1.3	0.2	42.6	39.7	0.3	1.6	0.47	39.7	N/A	39.7	171
Grande - Coconut	794	189	1.9	1.8	42.8	39.7	0.3	0.0	0.50	39.7	N/A	39.7	171
Venti - Skimmed Milk	970	231	0.1	0.0	54.9	51.5	0.1	2.6	0.61	51.5	5.6	45.9	194
Venti - Semi Skimmed Milk	1016	242	1.3	0.8	54.9	51.5	0.1	2.6	0.61	51.5	5.6	45.9	194
Venti - Whole Milk	1065	254	2.7	1.7	54.7	51.2	0.1	2.5	0.61	51.3	5.3	46.0	194
Venti - Soya	987	235	1.4	0.2	53.5	50.0	0.3	1.8	0.59	50.0	N/A	50.0	194
Venti - Coconut	989	235	2.2	2.1	53.7	50.0	0.3	0.0	0.63	50.0	N/A	50.0	194
Java Chip FRAPPUCCINO® WITH WHIPPED CREAM													
Mini - Skimmed Milk	1042	248	9.9	4.3	36.9	33.1	0.6	2.7	0.36	33.1	3.7	29.5	57
Mini - Semi Skimmed Milk	1079	257	10.8	4.9	36.9	33.1	0.6	2.7	0.36	33.1	3.7	29.5	57
Mini - Whole Milk	1119	266	12.0	5.7	36.7	32.9	0.6	2.6	0.36	32.9	3.5	29.5	57
Mini - Soya	1056	251	10.9	4.5	35.7	32.0	0.8	2.1	0.35	32.0	N/A	32.0	57
Mini - Coconut	1058	252	11.6	5.9	35.9	32.0	0.8	0.6	0.38	32.0	N/A	32.0	57
Tall - Skimmed Milk	1301	310	12.4	5.4	45.9	41.2	0.8	3.3	0.46	41.2	3.8	37.5	71
Tall - Semi Skimmed Milk	1346	320	13.6	6.1	45.9	41.2	0.8	3.3	0.45	41.2	3.8	37.5	71
Tall - Whole Milk	1395	332	15.0	7.1	45.7	41.0	0.8	3.2	0.45	41.0	3.6	37.5	71

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	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) **
Tall - Soya	1317	314	13.7	5.6	44.5	39.8	1.0	2.5	0.43	39.8	N/A	39.8	71
Tall - Coconut	1319	314	14.5	7.4	44.7	39.8	1.0	0.7	0.47	39.8	N/A	39.8	71
Grande - Skimmed Milk	1803	429	17.1	7.5	64.1	57.5	1.1	4.1	0.62	57.5	4.1	53.4	101
Grande - Semi Skimmed Milk	1858	442	18.6	8.4	64.1	57.5	1.1	4.1	0.62	57.5	4.8	52.7	101
Grande - Whole Milk	1918	457	20.3	9.6	63.8	57.2	1.1	4.0	0.62	57.2	4.5	52.7	101
Grande - Soya	1824	434	18.8	7.8	62.4	55.8	1.4	3.2	0.60	55.8	N/A	55.8	101
Grande - Coconut	1826	435	19.7	10.0	62.6	55.8	1.4	1.0	0.64	55.8	N/A	55.8	101
CARAMEL FRAPPUCCINO® WITH WHIPPED CREAM													
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 - Soya	1053	250	8.6	4.4	41.6	39.2	0.0	2.0	0.34	39.2	N/A	39.2	75
Mini - Coconut	1054	251	9.3	5.9	41.8	39.2	0.0	0.0	0.32	39.2	N/A	39.2	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 - Soya	1118	267	9.9	5.5	41.7	39.1	0.4	2.9	0.41	39.1	N/A	39.1	65
Tall - Coconut	1169	278	10.2	7.9	44.9	42.2	0.1	0.7	0.35	42.2	N/A	42.2	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	N/A	56.0	95
Grande - Soya	1524	364	13.4	7.6	57.5	53.9	0.5	3.6	0.57	53.9	N/A	53.9	95
Grande - Coconut	1567	373	11.7	9.1	64.8	61.0	0.1	0.9	0.51	61.0	4.4	56.6	95
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT													
COFFEE FRAPPUCCINO® (NO WHIP)													
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
MOCHA FRAPPUCCINO® (NO WHIP)													
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
CARAMEL FRAPPUCCINO® (NO WHIP)													
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
FRAPPUCCINO® BLENDED BEVERAGES - CRÈME													
STRAWBERRIES AND CREAM FRAPPUCCINO® WITH WHIPPED CREAM													
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 - Soya	989	235	8.7	4.2	36.9	35.6	1.0	2.0	0.28	35.6	N/A	35.6	0
Mini - Coconut	991	236	9.6	6.2	37.1	35.6	1.0	0.0	0.28	35.6	N/A	35.6	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 - Soya	1249	298	9.6	5.2	50.3	48.4	0.8	3.4	0.38	48.4	N/A	48.4	0
Tall - Coconut	1152	274	10.4	8.2	43.2	41.7	0.0	0.6	0.38	41.7	N/A	41.7	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 - Soya	1590	380	13.1	7.2	62.0	59.5	1.0	4.2	0.50	59.5	N/A	59.5	0
Grande - Coconut	1581	376	12.3	9.8	63.5	61.6	0.1	0.7	0.50	61.6	N/A	61.6	0
CARAMEL CREAM FRAPPUCCINO® WITH WHIPPED CREAM													
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 - Soya	867	206	10.3	5.3	26.5	25.0	0.0	2.0	0.33	25.0	N/A	25.0	0
Mini - Coconut	869	207	11.1	7.1	26.7	25.0	0.0	0.0	0.33	25.0	N/A	25.0	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 - Soya	989	236	10.3	5.6	32.5	30.1	0.5	3.5	0.42	30.1	N/A	30.1	0
Tall - Coconut	1009	241	11.0	8.6	34.0	32.4	0.0	0.5	0.42	32.4	N/A	32.4	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 - Soya	1313	314	13.9	7.6	43.0	40.0	0.6	4.3	0.56	40.0	N/A	40.0	0
Grande - Coconut	1329	317	12.9	10.2	48.3	46.4	0.1	0.5	0.55	46.4	N/A	46.4	0

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	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) **
CHOCOLATE CREAM FRAPPUCCINO® WITH WHIPPED CREAM													
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 - Soya	807	192	7.9	4.3	26.8	24.3	1.2	2.8	0.79	24.3	N/A	24.3	2
Mini - Coconut	807	193	8.6	6.1	27.0	24.3	1.2	1.1	0.86	24.3	N/A	24.3	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 - Soya	983	234	10.0	5.4	31.6	28.8	1.4	3.7	1.00	28.8	N/A	28.8	2
Tall - Coconut	983	235	11.0	7.8	31.9	28.8	1.4	1.3	1.10	28.8	N/A	28.8	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 - Soya	1363	324	13.8	7.5	44.2	40.4	1.9	4.9	1.38	40.4	N/A	40.4	3
Grande - Coconut	1366	325	15.1	10.6	44.6	40.4	1.9	1.7	1.51	40.4	N/A	40.4	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 - Soya	1601	381	14.4	7.7	55.9	51.2	2.2	5.7	1.44	51.2	N/A	51.2	3
Venti - Coconut	1605	382	16.0	11.4	56.4	51.2	2.2	2.0	1.60	51.2	N/A	51.2	3
DOUBLE CHOCOLATEY CHIP CREAM FRAPPUCCINO® WITH WHIPPED CREAM													
Mini - Skimmed Milk	923	220	9.9	4.3	29.5	26.5	0.7	2.9	0.35	26.5	4.8	21.8	2
Mini - Semi Skimmed Milk	998	238	11.2	5.2	30.3	27.4	0.7	3.5	0.37	27.4	4.8	22.6	2
Mini - Whole Milk	1052	250	12.8	6.2	30.1	27.1	0.7	3.4	0.37	27.1	4.5	22.6	2
Mini - Soya	966	230	11.4	4.6	28.8	25.8	1.0	2.6	0.35	25.8	N/A	25.8	2
Mini - Coconut	968	231	12.2	6.6	29.0	25.8	1.0	0.6	0.39	25.8	N/A	25.8	2
Tall - Skimmed Milk	1175	280	12.4	5.4	37.4	33.8	0.8	4.2	0.46	33.8	4.9	29.0	2
Tall - Semi Skimmed Milk	1246	297	14.1	6.4	37.7	34.1	0.8	4.3	0.46	34.1	4.9	29.2	2
Tall - Whole Milk	1314	313	16.1	7.8	37.4	33.7	0.8	4.2	0.46	33.7	4.6	29.1	2
Tall - Soya	1205	287	14.3	5.7	35.7	32.1	1.2	3.3	0.43	32.1	N/A	32.1	2
Tall - Coconut	1208	288	15.4	8.2	36.0	32.1	1.2	0.8	0.49	32.1	N/A	32.1	2
Grande - Skimmed Milk	1610	383	17.2	7.5	51.3	46.4	1.1	5.3	0.63	46.4	5.2	41.2	3
Grande - Semi Skimmed Milk	1686	402	19.2	8.8	51.3	46.4	1.1	5.3	0.63	46.4	6.3	40.1	3
Grande - Whole Milk	1768	421	21.6	10.4	51.0	46.0	1.1	5.2	0.63	46.0	5.9	40.1	3
Grande - Soya	1638	390	19.4	7.9	48.9	44.0	1.5	4.1	0.59	44.0	N/A	44.0	3
Grande - Coconut	1641	391	20.7	10.9	49.3	44.0	1.5	1.0	0.65	44.0	N/A	44.0	3
VANILLA CREAM FRAPPUCCINO® WITH WHIPPED CREAM													
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
Mini - Soya	720	171	8.4	4.2	22.0	21.1	0.0	2.0	0.24	21.1	N/A	21.1	0
Mini - Coconut	721	171	9.1	5.9	22.2	21.1	0.0	0.0	0.24	21.1	N/A	21.1	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 - Soya	898	215	9.7	5.2	28.6	26.7	0.5	3.4	0.40	26.7	N/A	26.7	0
Tall - Coconut	926	221	10.3	8.2	30.9	29.2	0.0	0.4	0.39	29.2	N/A	29.2	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 - Soya	1264	302	13.4	7.2	41.1	38.5	0.6	4.4	0.56	38.5	N/A	38.5	0
Grande - Coconut	1242	296	12.2	9.8	45.1	42.9	0.1	0.4	0.55	42.9	N/A	42.9	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 - Soya	1384	331	12.4	6.6	50.6	47.8	0.6	4.3	0.68	47.8	N/A	47.8	0
Venti - Coconut	1526	364	13.3	10.9	59.3	56.5	0.1	0.4	0.71	56.5	N/A	56.5	0
FRAPPUCCINO BLENDED JUICE DRINK													
MANGO PASSION FRUIT 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

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	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) **
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
Promo Shaken iced Teas													
Iced Shaken Peach Green Tea Lemonade													
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
Classic Shaken Iced tea lemonade													
Iced Shaken Green Tea Lemonade													
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
Iced Shaken Hibiscus Tea Lemonade													
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
Iced Shaken Black Tea Lemonade													
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
Classic Shaken Iced Tea Natural													
Iced Shaken Green Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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
Iced Shaken hibiscus Tea													
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
Iced Shaken Black Tea													
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
Christmas 2016													
Fudge Hot Chocolate													
Short - Skimmed Milk	719	212	9.4	5.4	26.3	22.1	1.6	4.9	0.09	22.10	4.0	18.1	0
Short - Semi Skimmed Milk	762	222	10.5	6.1	26.3	22.1	1.6	4.9	0.09	22.10	4.0	18.1	0
Short - Whole Milk	807	233	11.8	7.1	26.1	21.9	1.6	4.8	0.09	21.90	3.8	18.1	0
Short - Soya	735	216	10.6	5.7	25.0	20.8	1.8	4.2	0.07	20.80	N/A	20.8	0
Short - Coconut	735	217	11.3	7.3	25.2	20.8	1.8	2.5	0.11	20.80	N/A	20.8	0
Tall - Skimmed Milk	907	272	10.3	6.0	36.9	31.1	2.3	6.9	0.13	31.10	5.6	25.5	0
Tall - Semi Skimmed Milk	967	287	11.9	7.0	36.9	31.1	2.3	6.9	0.13	31.10	5.6	25.5	0
Tall - Whole Milk	1032	302	13.8	8.3	36.6	30.8	2.3	6.8	0.13	30.80	5.3	25.5	0
Tall - Soya	929	278	12.1	6.3	35.0	29.2	2.6	5.9	0.10	29.20	N/A	29.2	0
Tall - Coconut	929	278	13.1	8.7	35.3	29.2	2.6	3.5	0.15	29.20	N/A	29.2	0
Grande - Skimmed Milk	1092	332	11.7	6.8	46.6	39.4	2.9	8.6	0.16	39.40	5.7	33.7	0
Grande - Semi Skimmed Milk	1168	350	13.7	8.1	46.6	39.4	2.9	8.6	0.16	39.40	7.0	32.4	0
Grande - Whole Milk	1249	369	16.1	9.7	46.2	39.0	2.9	8.4	0.16	39.00	6.6	32.4	0
Grande - Soya	1120	338	14.0	7.2	44.2	37.0	3.3	7.3	0.12	37.00	N/A	37.0	0
Grande - Coconut	1123	339	15.2	10.2	44.6	37.0	3.3	4.3	0.18	37.00	N/A	37.0	0
Chocolate fudge Frappuccino													
Mini - Whole Milk	1046	249	11.2	6.5	31.4	26.9	1.6	4.9	0.24	26.88	4.1	22.8	0.0
Tall - Whole Milk	1323	315	13.8	8.1	40.3	34.5	2.1	6.3	0.32	34.46	5.1	29.4	0.0
Grande - Whole Milk	1792	427	18.3	10.7	56.5	49.0	2.6	7.7	0.47	49.02	6.5	42.5	0.0
Venti - Whole Milk	1914	456	18.5	10.8	63.0	54.4	3.1	7.7	0.51	54.42	5.6	48.9	0.0
Toffee nut latte													
Short - Skimmed Milk	920	179	6.9	3.8	23.2	21.2	0.0	6.0	0.22	21.20	9.3	11.9	87
Short - Semi Skimmed Milk	1027	205	9.7	5.6	23.2	21.2	0.0	6.0	0.22	21.20	9.3	11.9	87
Short - Whole Milk	1141	232	13.1	7.8	22.7	20.7	0.0	5.8	0.22	20.70	8.8	11.9	87
Short - Soya	959	189	10.1	4.3	19.9	17.9	0.6	4.3	0.17	17.90	N/A	17.9	87
Short - Coconut	959	190	11.8	8.6	20.4	17.9	0.6	0.0	0.26	17.90	N/A	17.9	87
Tall - Skimmed Milk	970	231	7.0	3.8	33.3	30.0	0.0	8.7	0.31	30.00	13.4	16.6	174
Tall - Semi Skimmed Milk	1125	268	11.1	6.4	33.3	30.0	0.0	8.7	0.31	30.00	13.4	16.6	174
Tall - Whole Milk	1291	307	15.9	9.7	32.5	29.2	0.0	8.5	0.31	29.20	12.6	16.6	174
Tall - Soya	1027	245	11.6	4.6	28.5	25.2	0.9	6.2	0.24	25.20	N/A	25.2	174
Tall - Coconut	1027	246	14.1	10.7	29.2	25.2	0.9	0.0	0.36	25.20	N/A	25.2	174
Grande - Skimmed Milk	1224	292	7.8	4.2	43.3	39.8	0.0	12.0	0.42	39.80	13.5	26.3	174
Grande - Semi Skimmed Milk	1437	342	13.4	7.7	43.3	39.8	0.0	12.0	0.41	39.80	18.3	21.4	174
Grande - Whole Milk	1666	397	20.1	12.3	42.2	38.7	0.0	11.7	0.41	38.70	17.3	21.4	174
Grande - Soya	1302	310	14.1	5.3	36.6	33.1	1.2	8.5	0.32	33.10	N/A	33.1	174
Grande - Coconut	1311	312	17.7	13.7	37.7	33.1	1.2	0.0	0.49	33.10	N/A	33.1	174

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	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) **
Toffee nut Frappuccino													
Mini - Skimmed Milk	907	201	7.2	4.0	32.4	31.0	0.0	1.8	0.32	31.00	3.2	27.8	29
Mini - Semi Skimmed Milk	938	209	8.0	4.5	32.4	31.0	0.0	1.8	0.32	31.00	3.2	27.8	29
Mini - Whole Milk	971	216	8.9	5.2	32.3	30.8	0.0	1.7	0.32	30.80	3.0	27.8	29
Mini - Soya	918	204	8.1	4.2	31.5	30.0	0.2	1.3	0.31	30.00	N/A	30.0	29
Mini - Coconut	918	204	8.6	5.4	31.6	30.0	0.2	0.0	0.33	30.00	N/A	30.0	29
Tall - Skimmed Milk	1028	245	9.0	5.0	38.4	36.2	0.0	2.6	0.39	36.20	4.5	31.7	70
Tall - Semi Skimmed Milk	1074	256	10.2	5.8	38.4	36.2	0.0	2.6	0.39	36.20	4.5	31.7	70
Tall - Whole Milk	1124	268	11.6	6.7	38.2	36.0	0.0	2.6	0.39	36.00	4.3	31.7	70
Tall - Soya	1045	249	10.3	5.2	37.0	34.7	0.3	1.9	0.37	34.70	N/A	34.7	70
Tall - Coconut	1045	249	11.1	7.1	37.2	34.7	0.3	0.1	0.41	34.70	N/A	34.7	70
Grande - Skimmed Milk	1516	361	12.5	7.0	58.6	55.2	0.1	3.4	0.57	55.20	4.8	50.4	107
Grande - Semi Skimmed Milk	1576	375	14.1	8.0	58.6	55.2	0.1	3.4	0.56	55.20	6.0	49.3	107
Grande - Whole Milk	1640	391	16.0	9.3	58.3	54.9	0.1	3.3	0.56	54.90	5.7	49.3	107
Grande - Soya	1538	366	14.3	7.3	56.7	53.3	0.4	2.4	0.53	53.30	N/A	53.3	107
Grande - Coconut	1540	367	15.3	9.7	57.0	53.3	0.4	0.1	0.59	53.30	N/A	53.3	107
ICED Toffee nut Latte													
Short - Skimmed Milk	749	143	5.8	3.2	18.0	16.5	0.0	4.6	0.16	16.47	4.7	11.8	87
Short - Semi Skimmed Milk	829	162	7.9	4.5	18.0	16.5	0.0	4.6	0.16	16.47	4.7	11.8	87
Short - Whole Milk	916	182	10.5	6.3	17.6	16.1	0.0	4.4	0.16	16.07	4.6	11.5	87
Short - Soya	778	150	8.2	3.6	15.5	13.9	0.4	3.2	0.12	13.94	N/A	13.9	87
Short - Coconut	782	151	9.5	6.8	15.9	13.9	0.4	0.0	0.19	13.94	N/A	13.9	87
Tall - Skimmed Milk	756	180	6.9	3.8	24.0	22.4	0.0	5.4	0.19	22.39	5.6	16.8	87
Tall - Semi Skimmed Milk	853	203	9.4	5.4	24.0	22.4	0.0	5.4	0.19	22.39	5.6	16.8	87
Tall - Whole Milk	956	228	12.5	7.5	23.6	21.9	0.0	5.3	0.19	21.91	5.5	16.4	87
Tall - Soya	792	188	9.8	4.3	21.0	19.4	0.5	3.9	0.15	19.37	N/A	19.4	87
Tall - Coconut	796	189	11.4	8.1	21.5	19.4	0.5	0.0	0.23	19.37	N/A	19.4	87
Grande - Skimmed Milk	953	227	8.0	4.4	31.9	29.0	0.0	6.8	0.24	29.01	7.1	22.0	174
Grande - Semi Skimmed Milk	1073	256	11.2	6.4	31.9	29.0	0.0	6.8	0.24	29.01	7.0	22.0	174
Grande - Whole Milk	1203	286	15.0	9.0	31.3	28.4	0.0	6.6	0.24	28.41	6.8	21.6	174
Grande - Soya	997	237	11.6	5.0	28.1	25.2	0.7	4.8	0.18	25.23	N/A	25.2	174
Grande - Coconut	1002	239	13.6	9.8	28.7	25.2	0.7	0.0	0.28	25.23	N/A	25.2	174
Gingerbread Latte													
Short - Skimmed Milk	908	176	6.6	3.6	23.2	20.6	0.0	6.1	0.21	20.57	9.1	11.5	87
Short - Semi Skimmed Milk	1015	202	9.4	5.4	23.2	20.6	0.0	6.1	0.21	20.57	9.1	11.5	87
Short - Whole Milk	1130	229	12.7	7.7	22.7	20.0	0.0	5.9	0.21	20.04	8.6	11.4	87
Short - Soya	947	186	9.7	4.1	19.8	17.2	0.6	4.4	0.16	17.22	N/A	17.2	87
Short - Coconut	947	187	11.5	8.4	20.4	17.2	0.6	0.1	0.25	17.22	N/A	17.2	87
Tall - Skimmed Milk	959	228	6.7	3.6	33.3	29.3	0.0	8.8	0.30	29.33	9.2	20.1	174
Tall - Semi Skimmed Milk	1113	265	10.7	6.2	33.3	29.3	0.0	8.8	0.30	29.33	9.2	20.1	174
Tall - Whole Milk	1279	305	15.6	9.5	32.5	28.6	0.0	8.6	0.30	28.57	8.7	19.9	174
Tall - Soya	1015	242	11.3	4.4	28.4	24.5	0.9	6.3	0.22	24.48	N/A	24.5	174
Tall - Coconut	1015	243	13.8	10.5	29.2	24.5	0.9	0.1	0.35	24.48	N/A	24.5	174
Grande - Skimmed Milk	1213	289	7.5	4.0	43.3	39.1	0.0	12.1	0.41	39.10	9.3	29.8	174
Grande - Semi Skimmed Milk	1426	339	13.1	7.5	43.3	39.1	0.0	12.1	0.40	39.10	13.2	25.9	174
Grande - Whole Milk	1655	394	19.8	12.1	42.2	38.0	0.0	11.8	0.40	38.05	12.5	25.6	174
Grande - Soya	1291	307	13.8	5.1	36.6	32.4	1.2	8.6	0.30	32.41	N/A	32.4	174
Grande - Coconut	1300	309	17.3	13.5	37.6	32.4	1.2	0.1	0.48	32.41	N/A	32.4	174
Gingerbread Frappuccino													
Short - Skimmed Milk	876	194	6.4	3.6	32.0	30.0	0.1	1.9	0.31	30.0	9.1	20.9	29
Short - Semi Skimmed Milk	907	201	7.3	4.1	32.0	30.0	0.1	1.9	0.31	30.0	9.1	20.9	29
Short - Whole Milk	940	209	8.2	4.8	31.9	29.8	0.1	1.8	0.31	29.8	8.6	21.2	29
Short - Soya	887	196	7.4	3.8	31.1	29.0	0.2	1.4	0.29	29.0	N/A	29.0	29
Short - Coconut	887	197	7.9	5.0	31.2	29.0	0.2	0.1	0.32	29.0	N/A	29.0	29
Tall - Skimmed Milk	997	237	8.2	4.6	38.0	35.2	0.1	2.7	0.38	35.2	9.2	26.0	70
Tall - Semi Skimmed Milk	1043	248	9.5	5.4	38.0	35.2	0.1	2.7	0.38	35.2	9.2	26.0	70
Tall - Whole Milk	1092	260	10.9	6.4	37.8	35.0	0.1	2.6	0.38	35.0	8.7	26.3	70
Tall - Soya	1014	241	9.6	4.8	36.6	33.7	0.3	2.0	0.35	33.7	N/A	33.7	70
Tall - Coconut	1014	242	10.4	6.7	36.8	33.7	0.3	0.1	0.39	33.7	N/A	33.7	70
Grande - Skimmed Milk	1470	350	11.5	6.4	58.1	54.2	0.1	3.5	0.55	54.2	9.3	44.9	107
Grande - Semi Skimmed Milk	1530	364	13.1	7.4	58.1	54.2	0.1	3.5	0.55	54.2	13.2	40.9	107
Grande - Whole Milk	1594	380	14.9	8.7	57.8	53.9	0.1	3.4	0.55	53.9	12.5	41.4	107
Grande - Soya	1492	355	13.2	6.7	56.2	52.3	0.4	2.5	0.52	52.3	N/A	52.3	107
Grande - Coconut	1494	356	14.2	9.1	56.5	52.3	0.4	0.2	0.57	52.3	N/A	52.3	107
ICED Gingerbread Latte													
Short - Skimmed Milk	774	146	5.8	3.2	18.8	17.2	0.0	4.6	0.16	17.23	4.7	12.5	87
Short - Semi Skimmed Milk	855	165	7.9	4.5	18.8	17.2	0.0	4.6	0.16	17.23	4.7	12.5	87
Short - Whole Milk	941	185	10.5	6.3	18.4	16.8	0.0	4.4	0.16	16.83	4.6	12.2	87
Short - Soya	804	153	8.2	3.6	16.3	14.7	0.4	3.2	0.12	14.70	N/A	14.7	87
Short - Coconut	807	154	9.5	6.8	16.7	14.7	0.4	0.1	0.19	14.70	N/A	14.7	87
Tall - Skimmed Milk	775	185	6.9	3.8	25.2	23.5	0.0	5.4	0.19	23.53	5.6	17.9	87
Tall - Semi Skimmed Milk	872	208	9.4	5.4	25.2	23.5	0.0	5.4	0.19	23.53	5.6	17.9	87

STARBUCKS®
CHRISTMAS 2016
 Beverage Nutrition Information*

	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) **
Tall - Whole Milk	975	232	12.5	7.5	24.7	23.0	0.0	5.3	0.19	23.05	5.5	17.6	87
Tall - Soya	811	193	9.8	4.3	22.2	20.5	0.5	3.9	0.15	20.50	N/A	20.5	87
Tall - Coconut	815	194	11.4	8.1	22.6	20.5	0.5	0.1	0.23	20.50	N/A	20.5	87
Grande - Skimmed Milk	978	233	8.0	4.4	33.4	30.5	0.0	6.8	0.24	30.52	7.1	23.5	174
Grande - Semi Skimmed Milk	1099	262	11.2	6.4	33.4	30.5	0.0	6.8	0.24	30.52	7.0	23.5	174
Grande - Whole Milk	1228	292	15.0	9.0	32.8	29.9	0.0	6.6	0.24	29.93	6.8	23.1	174
Grande - Soya	1022	243	11.6	5.0	29.6	26.7	0.7	4.8	0.18	26.74	N/A	26.7	174
Grande - Coconut	1027	245	13.6	9.8	30.2	26.7	0.7	0.2	0.28	26.74	N/A	26.7	174
Egg Nog Latte													
Short - Skimmed Milk	655	156	6.1	6.1	22.8	21.6	0.3	2.2	0.54	21.60	9.3	12.3	87
Short - Semi Skimmed Milk	695	165	7.2	6.7	22.8	21.6	0.3	2.2	0.54	21.60	9.3	12.3	87
Short - Whole Milk	738	176	8.4	7.6	22.6	21.5	0.3	2.2	0.54	21.50	8.8	12.6	87
Short - Soya	669	159	7.3	6.3	21.5	20.4	0.5	1.6	0.52	20.40	N/A	20.4	87
Short - Coconut	669	160	8.0	7.9	21.7	20.4	0.5	0.0	0.56	20.40	N/A	20.4	87
Tall - Skimmed Milk	982	234	9.1	9.0	34.4	32.1	0.4	3.3	0.81	32.10	13.4	18.8	174
Tall - Semi Skimmed Milk	1041	248	10.7	10.0	34.4	32.1	0.4	3.3	0.81	32.10	13.4	18.8	174
Tall - Whole Milk	1105	263	12.5	11.3	34.1	31.9	0.4	3.2	0.81	31.90	12.6	19.2	174
Tall - Soya	1004	239	10.9	9.3	32.6	30.3	0.7	2.4	0.78	30.30	N/A	30.3	174
Tall - Coconut	1004	240	11.9	11.7	32.9	30.3	0.7	0.0	0.83	30.30	N/A	30.3	174
Grande - Skimmed Milk	1310	312	12.3	12.1	45.6	43.3	0.5	4.5	1.09	43.30	13.5	29.8	174
Grande - Semi Skimmed Milk	1389	331	14.4	13.5	45.6	43.3	0.5	4.5	1.09	43.30	18.3	25.0	174
Grande - Whole Milk	1475	351	16.9	15.2	45.2	42.9	0.5	4.4	1.09	42.90	17.3	25.6	174
Grande - Soya	1339	319	14.7	12.5	43.1	40.8	1.0	3.2	1.05	40.80	N/A	40.8	174
Grande - Coconut	1342	320	16.0	15.7	43.5	40.8	1.0	0.0	1.12	40.80	N/A	40.8	174
ICED Egg Nog Latte													
Short - Skimmed Milk	655	156	6.1	6.1	22.8	21.6	0.3	2.2	0.54	21.60	9.3	12.3	87
Short - Semi Skimmed Milk	695	165	7.2	6.7	22.8	21.6	0.3	2.2	0.54	21.60	9.3	12.3	87
Short - Whole Milk	738	176	8.4	7.6	22.6	21.5	0.3	2.2	0.54	21.50	8.8	12.6	87
Short - Soya	669	159	7.3	6.3	21.5	20.4	0.5	1.6	0.52	20.40	N/A	20.4	87
Short - Coconut	669	160	8.0	7.9	21.7	20.4	0.5	0.0	0.56	20.40	N/A	20.4	87
Tall - Skimmed Milk	982	234	9.1	9.0	34.4	32.1	0.4	3.3	0.81	32.10	13.4	18.8	174
Tall - Semi Skimmed Milk	1041	248	10.7	10.0	34.4	32.1	0.4	3.3	0.81	32.10	13.4	18.8	174
Tall - Whole Milk	1105	263	12.5	11.3	34.1	31.9	0.4	3.2	0.81	31.90	12.6	19.2	174
Tall - Soya	1004	239	10.9	9.3	32.6	30.3	0.7	2.4	0.78	30.30	N/A	30.3	174
Tall - Coconut	1004	240	11.9	11.7	32.9	30.3	0.7	0.0	0.83	30.30	N/A	30.3	174
Grande - Skimmed Milk	1310	312	12.3	12.1	45.6	43.3	0.5	4.5	1.09	43.30	13.5	29.8	174
Grande - Semi Skimmed Milk	1389	331	14.4	13.5	45.6	43.3	0.5	4.5	1.09	43.30	18.3	25.0	174
Grande - Whole Milk	1475	351	16.9	15.2	45.2	42.9	0.5	4.4	1.09	42.90	17.3	25.6	174
Grande - Soya	1339	319	14.7	12.5	43.1	40.8	1.0	3.2	1.05	40.80	N/A	40.8	174
Grande - Coconut	1342	320	16.0	15.7	43.5	40.8	1.0	0.0	1.12	40.80	N/A	40.8	174

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.