

Product	Portion Size (g)	Product Suitable for		Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Fibre (g)		Protein (g)		Salt (g)	
		Vegetarian	Vegan	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Toast, Swirl & Buns																					
Luxury Fruit Toast	145	Y	N	1327	1924	314	455	7.1	10	2.6	3.8	55	80	27	39	3.4	4.9	7.8	11	0.37	0.54
Cinnamon Swirl	140	Y	N	1450	2030	344	482	9.2	13	2.8	3.9	56	79	20	28	2.0	2.8	8.0	11	0.50	0.70
Swedish Bun - Cinnamon	100	Y	N	1565	1565	372	372	14.0	14.0	8.0	8.0	52.4	52.5	17.2	17.2	1.7	1.7	8.4	8.4	0.70	0.70
Swedish Bun - Vanilla & Sugar Crunch	100	Y	N	1511	1511	359	359	12.4	12.4	7.8	7.8	53.0	53.0	19.3	19.3	1.7	1.7	8.1	8.1	0.67	0.67
Swedish Bun - Chocolate & Hazelnut	100	Y	N	1570	1570	374	374	14.6	14.6	8.4	8.4	50.8	50.8	15.6	15.6	1.4	1.4	9.1	9.1	0.69	0.69
Swedish Bun - Almond	100	Y	N	1571	1571	374	374	14.4	14.4	7.9	7.9	51.2	51.2	14.6	14.6	1.2	1.2	9.2	9.2	0.71	0.71
Bars, Biscuits & Shortbreads																					
Dark Chocolate & Hazelnut Bar	55	Y	Y	1926	1059	462	254	25	14	5.5	3.0	49	27	24	13	14	7.7	18	9.6	0.30	0.17
Apple & Cinnamon Bar	55	Y	N	1894	1042	454	250	24	13	7.8	4.3	46	25	28	15	12	6.8	21	12	0.12	0.07
Granola Bar	75	Y	N	1811	1358	434	326	23	18	8.5	6.4	43	32	26	20	9.1	6.8	8.0	6.0	0.30	0.23
Chocolate Brownie	70	Y	N	1911	1338	458	321	28	20	16	11	44	31	33	23	3.3	2.3	5.7	4.0	0.37	0.26
Choc Chunk Shortbread	97	Y	N	2214	2148	530	514	31	30	19	19	58	56	27	26	1.5	1.5	6.5	6.3	0.21	0.20
Chocolate Caramel Shortbread	80	Y	N	2085	1668	499	399	28	22	17	14	58	46	33	27			5.5	4.4	0.33	0.26
Marshmallow Twizzle (all varieties)	35	N	N	1746	611	414	145	9.8	3.4	5.0	1.8	78	27	67	23	1.7	0.6	4.0	1.4	0.05	0.02
Cookies																					
Popcorn Cookie	83	Y	N	1887	1566	450	374	19	16	11	9.4	64	53	33	27	1.7	1.4	5.4	4.5	0.60	0.50
Oat Cookie Filled with Nutella®	82	Y	N	1938	1589	463	380	22	18	9.5	7.8	62	51	35	29	6.0	4.9	6.3	5.2	0.48	0.39
Milk Choc Chunk Cookie	80	Y	N	2035	1628	486	389	24	19	15	12	59	47	38	30	2.4	1.9	6.7	5.4	0.38	0.30
Cakes																					
Maple & Pecan Bundt Cake	70	Y	N	1622	1298	387	310	17	14	3.0	2.4	56	45	33	26	0.9	0.7	4.3	3.4	0.15	0.12
White Chocolate & Raspberry Bundt Cake	76	Y	N	1523	1371	390	351	15	13	3.5	3.2	56	51	33	30	1.2	1.1	4.3	3.9	0.04	0.04
Chocolate Blackout Cake	70	Y	N	1782	1247	426	298	26	18	8.6	6.0	44	31	29	21	6.6	4.6	5.6	3.9	0.50	0.35
Salted Caramel Cake	70	Y	N	1713	1199	408	286	22	16	7.3	5.1	45	32	30	21	1.5	1.1	6.0	4.2	0.50	0.35
Loaf Cakes																					
Carrot Loaf Cake	90	Y	N	1500	1350	359	323	18	16	3.3	3.0	46	42	32	28	2.8	2.5	4.2	3.8	0.63	0.57
Marble Loaf cake	90	Y	N	1814	1633	435	392	27	24	9.9	8.9	39	35	27	25	2.4	2.2	6.2	5.6	0.52	0.47
Lemon Loaf Cake	90	Y	N	1630	1467	391	352	24	21	9.8	8.8	40	36	26	24	1.2	1.1	4.8	4.3	0.60	0.54
Muffins																					
Raspberry Cheesecake Muffin	122	Y	N	1491	1819	357	436	20	24	3.8	4.6	38	47	22	27	2.6	3.2	5.3	6.5	0.32	0.39
Blueberry Muffin	122	Y	N	1622	1979	387	472	19	24	4.2	5.1	47	57	22	26	1.4	1.7	5.4	6.6	0.37	0.45
Lemon & Sugar Pearl Muffin	122	Y	N	1632	1991	389	475	18	22	2.8	3.5	52	64	31	38	0.50	0.61	4.5	5.5	0.28	0.34
Chocolate Filled Muffin	118	Y	N	1687	1991	403	476	20	24	6.9	8.1	48	57	30	36	2.3	2.7	6.2	7.3	0.30	0.40
Pastries (may vary in some stores)																					
Butter Croissant	60	Y	N	1785	1071	425	255	23	14	15	9.0	45	27	8.9	5.3	2.4	1.4	8.5	5.1	0.59	0.35
Pain au Chocolat	70	Y	N	1795	1077	430	258	23	14	15	8.9	47	28	14	8.3	2.9	1.7	8.0	4.8	0.52	0.31
Pain aux Raisins	100	Y	N	1310	1310	315	315	13	13	8.4	8.4	43	43	17	17	2.0	2.0	6.2	6.2	0.72	0.72
Danish Almond Star	75	Y	N	1482	1112	354	266	19	14	10	7.5	39	29	12	9.0	2.0	1.5	6.0	4.5	0.80	0.60
PACKAGED ITEMS																					
Yoghurts & Fruit																					
Fruit Mix	160	Y	Y	219	350	51	82	0.3	0.5	0.0	0.0	11.7	18.7	11.2	17.9	2.3	3.7	0.9	1.4	0.01	0.00
Fairtrade Banana (per unit =whole)	120	Y	Y	373	448	90	108	0.4	0.5	0.0	0.0	22.6	27.1	12.4	14.9	2.7	3.2	0.8	1.0	0.00	0.00
Berry Crunch (Berry compote granola)	160	Y	N	545	873	130	207	4.1	6.5	1.6	2.5	16.0	26.0	11.0	18.0	1.9	3.0	6.1	9.8	0.14	0.23
Berry Good Bircher	190	Y	N	565	1074	133	253	1.9	3.6	0.3	0.6	22	42	14	27	2.6	4.9	6.1	12	0.05	0.10
Oatmeal Pots																					

Classic Oatmeal	300	Y	N	425	1275	101	303	3.2	9.6	1.5	4.5	13	39	3.0	9.0	1.8	5.4	3.9	11.7	0.13	0.39
Five Grain Oatmeal	300	Y	Y	397	1191	95	285	4.2	12.6	2.0	6.1	11	33	1.1	3.3	1.5	4.5	2.8	8.4	0.04	0.12
Breakfast Sandwiches																					
Cheddar and Marmite® Sarnie	130	Y	N	1184	1539	282	367	13	17	7.7	10	27	35	0.5	0.6	1.2	1.6	14	18	1.2	1.5
Ultimate All Day Breakfast	202	N	N	913	1845	217	438	10.4	21.1	3.7	7.4	19.6	39.7	0.8	1.6	0.8	1.7	12.6	25.4	1.2	2.43
Butchers Choice Sausage Sandwich	173	N	N	974	1684	231	399	11.5	20.0	4.2	7.2	22.6	39.1	1.0	1.7	0.9	1.6	11.0	19.1	1.05	1.82
Hickory Smoked Bacon Sandwich	125	N	N	1042	1302	247	308	7.9	9.9	2.9	3.6	29.9	37.4	0.6	0.8	1.5	1.8	15.7	19.6	1.92	2.4
Filled Croissants																					
Cheddar and Mushroom Croissant	156	Y	N	1286	2006	308	480	16	24	10	16	31	49	2.1	3.2	2.0	3.1	9.2	14	1.1	1.8
Ham and Cheddar Croissant	161	N	N	1293	2082	309	497	15	23	9	15	30	48	1.7	2.7	1.7	2.7	14	23	1.7	2.7
Toasties																					
Five Cheese Toastie	185	Y	N	1155	2137	275	509	12	22	7.1	13	30	56	0.8	1.4	2.3	4.2	11	20	1.2	2.1
Hickory Ham & Cheese Toastie	215	N	N	1097	2359	261	561	8.4	18	5.0	11	35	75	0.8	1.7	2.6	5.7	10	21	1.1	2.4
Mini Grilled Cheese & Tomato Toastie	106	Y	N	1203	1275	288	305	15	16	7.1	7.6	23	25	3.4	3.6	1.5	1.6	14	14	1.0	1.1
Mini Grilled Cheese and Ham Toastie	126	N	N	1102	1389	263	331	12	15	7.0	8.8	20	26	2.7	3.4	1.2	1.5	19	24	1.7	2.1
Bagels																					
Smoked Salmon Bagel	195	N	N	1018	1985	242	472	7.4	14	2.4	4.7	30	58	3.4	6.6	3.1	6.0	13	24	1.1	2.0
New York Salt Beef Bagel	230	N	N	895	2059	213	490	5.5	13	2.5	5.8	26	60	4.4	10	1.3	3.0	14	32	1.2	2.8
Sandwiches, Paninis & Wraps																					
Sure as Eggs is Eggs	183	Y	N	886	1621	212	388	9.9	18	1.8	3.3	18	33	1.3	2.5	3.4	6.2	11	20	0.40	0.73
Smoked Chicken & Maple Cured Bacon	207	N	N	741	1534	176	364	4.0	8.3	1.1	2.2	23	47	2.5	5.1	2.2	4.6	11	23	1.0	2.1
Buttermilk Chicken & Chipotle Wrap	265	N	N	775	2054	184	488	5.0	13	1.4	3.8	24	64	6.2	17	2.2	5.8	9.2	24	0.93	2.5
BBQ Vegan wrap with Jackfruit & Slaw	186	Y	Y	648	1205	154	286	4.6	8.6	1.0	1.9	22	42	5.2	9.7	3.1	5.8	4.1	7.7	0.43	0.79
Croque Monsieur Panini	205	N	N	965	1930	230	460	8.5	17	4.4	8.8	25	49	1.0	1.9	1.2	2.3	13	26	0.90	1.9
Mozzarella, Tomato & Red Pesto Panini	192	Y	N	968	1810	231	432	8.8	16	3.7	6.9	28	52	2.6	4.8	1.7	3.1	9.4	18	0.50	0.90
Gluten Free Chicken Pesto Panini	238	N	N	983	2340	236	562	12	29	3.3	7.8	16	38	1.4	3.3	7.4	18	12	29	0.98	2.30
Tuna Panini	200	N	N	1041	2082	248	496	10	20	3.6	7.2	26	52	1.2	2.4	1.2	2.3	13	25	0.50	1.00
Hot Boxes																					
Super Scrambled Eggs, Tomato & Spinach	211	Y	N	416	878	100	211	6.6	14	1.5	3.2	3	7	1.1	2	0.7	1.5	6.7	14	0.68	1.40
Spicy Chorizo, Poached Egg & Potato	207	N	N	628	1301	151	312	9.1	19	3.2	6.7	8	17	0.3	0.6	2.3	4.6	7.3	17	0.66	1.40
Firecracker Chicken & Giant Cous Cous	307	N	N	618	1897	146	448	1.5	5	0.3	1	22.4	69	3.1	9.5	1.7	5.2	9.9	30	0.4	1.2
Courgetti, Broccoli, Halloumi & Cous Cous	300	Y	N	500	1500	119	357	9	9	1.7	5.1	18	54	3.1	9.3	2.2	6.6	4	11	0.30	0.90
Salads																					
Buttermilk Chicken & Mango Salad	310	N	N	507	1470	121	351	4.7	14	0.6	1.7	12	35	1.4	4.1	3.0	8.7	5.9	17	0.30	0.80
Grilled Veg & Grain Salad Bowl	355	Y	Y	356	1264	85	302	3.9	14	0.4	1.2	7.3	26	1.7	6	2.1	7.5	4.1	15	0.50	1.8
Impulse Range																					
Starbucks Raw Raspberry & Nut Bar	55	Y	Y	1415	778	337	185	7.4	4.1	1.1	0.6	59.6	32.8	43.9	24.1	6.0	3.3	6.0	3.3	0.05	0.03
Starbucks Peanut and Cashew Bar	45	Y	Y	1943	874	466	210	28	12	6.5	2.9	36	16	23	10	8.2	3.7	16	7.1	0.33	0.15
Starbucks Dark Chocolate Bar	30	Y	Y	2461	738	594	178	46	14	29	8.8	32	9.7	27	8.1	11	3.2	6.7	2.0	0.00	0.00
Starbucks Milk Chocolate Bar	30	Y	N	2365	709	567	170	37	11	23	6.9	53	16	52	16	1.9	0.6	6.2	1.9	0.30	0.08
Starbucks Shortbread Biscuits	50	Y	N	2245	1123	538	269	32	16	20	10	57	29	19	9.5	1.6	0.8	5.4	2.7	0.71	0.36
Starbucks Ginger Biscuits	50	Y	N	1926	963	459	230	17	8.7	6.7	3.4	70	35	38	19	1.8	0.9	4.8	2.4	0.66	0.33
Starbucks Almonds, Cashews, Cranberries & Raisins	50	Y	Y	1950	975	466	233	24	12	2.9	1.5	50	25	34	17	6.0	3.0	11	5.4	0.02	0.01
Starbucks Smoked Almonds	50	Y	Y	2520	1260	610	305	53	26	4.3	2.2	7.0	3.5	5.3	2.7	10	5.0	26	13	0.25	0.13
Starbucks Almond Biscotti	45	Y	N	1870	842	447	201	18	7.9	4.0	1.8	62	28	34	15	4.5	2.0	10	4.6	0.22	0.10
Chococaramel, Choc, Caramel & Nuts bar	60	Y	N	1858	1115	446	268	23.5	14.1	13.2	7.9	51.2	30.8	45.0	27.0			6.5	3.9	0.03	0.19
Starbucks Caramel Waffles	36	Y	N	1916	690	457	165	21	7.6	12	4.3	63	23	34	12	1.0	0.4	3.5	1.3	0.63	0.23
Starbucks Mini Caramel Waffles	32	Y	N	1899	608	453	145	21	6.7	12	3.8	62	20	35	11	1.0	0.3	3.5	1.1	0.63	0.20
Starbucks Chocolate Caramel Shortbread	66	Y	N	2106	1390	504	333	27.6	18.2	16.0	10.6	58.6	8.7	41.3	27.3	1.5	1.0	4.5	3.0	0.51	0.34
Starbucks Chocolate Coin	23	Y	N	2180	501	521	120	28	6.4	17	3.8	60	14	59	14	3.0	0.7	6.1	1.4	0.12	0.03