



Starbucks Beverage Nutrition Information *
Christmas 2017-8

	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 optio	Added sugar (g)	Caffeine (mg) **
HOT BEVERAGES													
ESPRESSO & FILTER COFFEE													
CAFFE LATTE (made with Semi Skimmed Milk as standard)													
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	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
Short - Almond	209	50	2.3	0.2	6.1	4.8	0.6	1.0	0.16	4.8	N/A	4.8	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	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
Tall - Almond	313	75	3.3	0.3	9.5	6.9	0.8	1.4	0.23	6.9	N/A	6.9	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	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
Grande - Almond	418	100	4.6	0.4	12.2	9.5	1.1	1.9	0.31	9.5	N/A	9.5	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	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
Venti - Almond	527	126	5.7	0.5	15.7	11.8	1.4	2.4	0.39	11.8	N/A	11.8	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 (made with Whipped Cream as standard)													
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
CORTADO (made with Whole Milk as standard)													
Skimmed Milk	152	36	0.1	0.0	6.1	4.1	0.0	2.8	0.09	4.1	4.1	0.0	157
Semi Skimmed Milk	199	47	1.4	0.8	6.1	4.0	0.0	2.7	0.09	4.0	4.0	0.0	157
Whole Milk	254	60	2.9	1.9	5.9	3.8	0.0	2.7	0.09	3.8	3.8	0.0	157
Soy	170	40	1.5	0.2	4.6	2.5	0.3	1.9	0.07	2.5	N/A	2.5	157
Coconut	172	41	2.3	2.2	4.8	2.5	0.3	0.0	0.11	2.5	N/A	2.5	157
Almond	115	27	1.0	0.1	4.2	2.0	0.2	0.4	0.07	2.0	N/A	2.0	157
ESPRESSO MACCHIATO (made with Semi Skimmed Milk as standard)													
Solo - Skimmed Milk	25	6	0.0	0.0	1.3	0.2	0.0	0.1	0.01	0.2	0.2	0.0	75
Solo - Semi Skimmed Milk	27	7	0.1	0.0	1.3	0.2	0.0	0.1	0.01	0.2	0.2	0.0	75
Solo - Whole Milk	30	7	0.1	0.1	1.3	0.2	0.0	0.1	0.01	0.2	0.2	0.0	75
Solo - Soy	26	6	0.1	0.0	1.3	0.1	0.0	0.1	0.01	0.1	N/A	0.0	75
Solo - Coconut	26	6	0.1	0.1	1.3	0.1	0.0	0.0	0.01	0.1	N/A	0.0	75
Solo - Almond	26	6	0.0	0.0	1.2	0.1	0.0	0.0	0.00	0.1	N/A	0.0	75
Doppio - Skimmed Milk	44	11	0.0	0.0	2.5	0.2	0.0	0.1	0.01	0.2	0.2	0.0	150
Doppio - Semi Skimmed Milk	47	11	0.1	0.0	2.5	0.2	0.0	0.1	0.01	0.2	0.2	0.0	150
Doppio - Whole Milk	49	12	0.1	0.1	2.5	0.2	0.0	0.1	0.01	0.2	0.2	0.0	150
Doppio - Soy	45	11	0.1	0.0	2.4	0.1	0.0	0.1	0.01	0.1	N/A	0.0	150
Doppio - Coconut	45	11	0.1	0.1	2.4	0.1	0.0	0.0	0.01	0.1	N/A	0.0	150
Doppio - Almond	42	10	0.0	0.0	2.4	0.1	0.0	0.0	0.01	0.1	N/A	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



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CAPPUCCINO (made with Semi Skimmed Milk as standard)													
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	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
Short - Almond	218	52	2.4	0.2	6.3	5.0	0.6	1.0	0.16	5.0	N/A	5.0	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	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
Tall - Almond	324	77	3.4	0.3	9.7	7.1	0.9	1.4	0.23	7.2	N/A	7.2	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	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
Grande - Almond	367	87	3.9	0.3	10.8	8.2	1.0	1.6	0.27	8.2	N/A	8.2	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	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
Venti - Almond	541	129	5.8	0.5	16.0	12.1	1.4	2.4	0.40	12.1	N/A	12.1	225
CAFFE MISTO (made with Semi Skimmed Milk as standard)													
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
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	N/A	2.4	75
Short - Coconut	203	48	3.2	3.0	4.7	3.4	0.4	0.0	0.15	3.4	N/A	3.4	75
Short - Almond	125	30	1.3	0.1	3.8	2.8	0.3	0.6	0.09	2.8	N/A	2.8	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	N/A	3.6	115
Tall - Coconut	305	73	4.8	4.5	7.1	5.1	0.6	0.0	0.22	5.1	N/A	5.1	115
Tall - Almond	188	45	2.0	0.2	5.8	4.1	0.5	0.8	0.14	4.1	N/A	4.1	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	N/A	4.7	150
Grande - Coconut	399	95	6.3	5.8	9.3	6.7	0.7	0.0	0.29	6.7	N/A	6.7	150
Grande - Almond	246	59	2.6	0.2	7.6	5.4	0.6	1.1	0.18	5.4	N/A	5.4	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	N/A	5.9	195
Venti - Coconut	506	120	7.9	7.4	11.8	8.5	0.9	0.0	0.36	8.5	N/A	8.5	195
Venti - Almond	314	75	3.3	0.3	9.7	6.8	0.8	1.4	0.22	6.8	N/A	6.8	195
FLAT WHITE (made with Whole Milk as standard)													
Short - Whole Milk	498	119	5.8	3.3	10.1	8.1	0.0	6.5	0.18	8.1	8.1	0.0	150



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CARAMEL MACCHIATO (made with Semi Skimmed Milk and regular Vanilla flavoured syrup as standard)													
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	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
Short - Almond	359	86	2.9	0.7	13.9	12.2	0.5	0.8	0.18	12.2	N/A	12.2	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	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
Tall - Almond	514	123	3.5	0.8	21.4	18.3	0.7	1.1	0.22	18.3	N/A	18.3	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	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
Grande - Almond	720	172	5.0	1.0	29.8	26.3	1.0	1.6	0.31	26.3	N/A	26.3	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	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
Venti - Almond	883	211	5.7	1.0	37.4	32.6	1.2	1.9	0.36	32.6	N/A	32.6	225
MOCHA & HOT CHOCOLATE													
CAFFE MOCHA (made with Semi Skimmed Milk and Whipped Cream as standard)													
Short - Skimmed Milk	830	198	7.0	4.0	25.6	20.8	1.6	7.3	0.21	20.8	8.9	11.9	91
Short - Semi Skimmed Milk	933	222	9.7	5.7	25.6	20.8	1.6	7.3	0.20	20.8	8.9	11.9	91
Short- Whole Milk	1044	249	13.0	7.9	25.1	20.3	1.6	7.1	0.20	20.3	8.4	11.9	91
Short- Soy	868	207	10.1	4.5	22.4	17.6	2.1	5.6	0.15	17.6	N/A	17.1	91
Short - Coconut	872	208	11.8	8.6	22.9	17.6	2.1	1.5	0.24	17.6	N/A	17.1	91
Short - Almond	754	180	8.9	4.1	21.5	16.5	2.1	2.3	0.15	16.5	N/A	16.1	91
Tall - Skimmed Milk	1186	282	8.7	4.9	38.5	30.9	2.3	11.3	0.32	30.9	14.0	16.9	180
Tall - Semi Skimmed Milk	1349	321	13.0	7.6	38.5	30.9	2.3	11.3	0.32	30.9	14.0	16.9	180
Tall - Whole Milk	1525	363	18.2	11.1	37.7	30.1	2.3	11.1	0.32	30.1	13.2	16.9	180
Tall - Soy	1245	297	13.6	5.7	33.4	25.8	3.2	8.6	0.24	25.8	N/A	25.3	180
Tall - Coconut	1252	298	16.3	12.2	34.2	25.8	3.2	2.2	0.38	25.8	N/A	25.3	180
Tall - Almond	1064	253	11.7	5.2	32.0	24.2	3.1	3.5	0.24	24.2	N/A	23.7	180
Grande - Skimmed Milk	1484	353	10.4	5.9	49.0	39.8	3.0	14.5	0.41	39.8	17.8	22.0	181
Grande - Semi Skimmed Milk	1692	403	15.9	9.3	49.0	39.8	3.0	14.5	0.40	39.8	17.8	22.0	181
Grande - Whole Milk	1916	456	22.4	13.8	48.0	38.8	3.0	14.2	0.40	38.8	16.8	22.0	181
Grande - Soy	1560	371	16.6	6.9	42.5	33.3	4.1	11.1	0.30	33.3	N/A	32.7	181
Grande - Coconut	1569	374	20.0	15.2	43.5	33.3	4.1	2.8	0.48	33.3	N/A	32.7	181
Grande - Almond	1329	317	14.2	6.2	40.8	31.2	4.0	4.5	0.30	31.2	N/A	30.6	181
WHITE CHOCOLATE MOCHA (made with Semi Skimmed Milk and Whipped Cream as standard)													
Short - Skimmed Milk	927	221	8.4	3.2	28.9	27.3	0.0	7.4	0.32	27.3	8.6	18.7	87
Short - Semi Skimmed Milk	1025	244	11.0	4.8	28.9	27.3	0.0	7.4	0.31	27.3	8.6	18.7	87
Short- Whole Milk	1130	269	14.1	6.9	28.4	26.9	0.0	7.2	0.31	26.9	8.1	18.7	87
Short- Soy	963	229	11.3	3.7	25.8	24.3	0.5	5.7	0.27	24.3	N/A	24.3	87
Short - Coconut	967	230	12.9	7.6	26.3	24.3	0.5	1.8	0.35	24.3	N/A	24.3	87
Short - Almond	854	203	10.2	3.4	25.0	23.3	0.5	2.7	0.27	23.3	N/A	23.3	87
Tall - Skimmed Milk	1313	313	10.8	3.8	43.1	40.3	0.0	10.7	0.46	40.3	12.3	28.0	174
Tall - Semi Skimmed Milk	1454	346	14.6	6.1	43.1	40.3	0.0	10.7	0.46	40.3	12.3	28.0	174
Tall - Whole Milk	1607	383	19.0	9.2	42.4	39.6	0.0	10.5	0.46	39.6	11.6	28.0	174
Tall - Soy	1365	325	15.0	4.5	38.6	35.8	0.8	8.4	0.39	35.8	N/A	35.8	174
Tall - Coconut	1371	326	17.4	10.1	39.3	35.8	0.8	2.8	0.51	35.8	N/A	35.8	174
Tall - Almond	1208	288	13.4	4.0	37.5	34.4	0.7	3.9	0.39	34.4	N/A	34.4	174
Grande - Skimmed Milk	1705	406	13.3	4.4	57.0	54.1	0.0	14.7	0.63	54.1	16.9	37.2	174
Grande - Semi Skimmed Milk	1901	453	18.4	7.6	57.0	54.1	0.0	14.7	0.62	54.1	16.9	37.2	174
Grande - Whole Milk	2112	503	24.6	11.8	56.0	53.1	0.0	14.4	0.62	53.1	15.9	37.2	174
Grande - Soy	1777	423	19.1	5.4	50.8	48.0	1.1	11.4	0.53	48.0	N/A	48.0	174
Grande - Coconut	1785	425	22.3	13.1	51.8	48.0	1.1	3.7	0.69	48.0	N/A	48.0	174
Grande - Almond	1560	371	16.8	4.7	49.2	46.0	1.0	5.3	0.53	46.0	N/A	46.0	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 options	Added sugar (g)	Caffeine (mg) **
SIGNATURE HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)													
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	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
Short - Almond	1139	271	13.5	7.2	31.4	25.4	4.1	3.9	0.10	25.5	N/A	25.5	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	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
Tall - Almond	1662	396	18.7	10.0	47.7	38.6	6.2	6.0	0.15	38.6	N/A	38.6	15
CLASSIC HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)													
Short - Skimmed Milk	802	191	7.0	4.0	24.1	20.1	1.5	7.2	0.20	20.1	8.6	11.4	15
Short - Semi Skimmed Milk	904	215	9.7	5.7	24.1	20.1	1.5	7.2	0.20	20.1	8.6	11.4	15
Short- Whole Milk	1014	242	12.9	7.8	23.6	19.6	1.5	7.0	0.20	19.6	8.1	11.4	15
Short- Soy	840	200	10.0	4.5	20.8	16.8	2.1	5.5	0.15	16.9	N/A	16.8	15
Short - Coconut	844	201	11.7	8.5	21.4	16.8	2.1	1.5	0.24	16.9	N/A	16.8	15
Short - Almond	726	173	8.8	4.1	20.0	15.8	2.0	2.3	0.15	15.8	N/A	15.8	15
Tall - Skimmed Milk	1130	269	8.7	4.9	35.6	29.9	2.2	11.1	0.31	29.9	12.3	17.6	20
Tall - Semi Skimmed Milk	1290	307	12.9	7.5	35.6	29.9	2.2	11.1	0.31	29.9	7.4	22.4	20
Tall - Whole Milk	1462	348	17.9	11.0	34.8	29.1	2.2	10.8	0.31	29.1	7.0	22.0	20
Tall - Soy	1189	283	13.4	5.7	30.6	24.8	3.1	8.4	0.23	24.8	N/A	24.8	20
Tall - Coconut	1195	285	16.1	12.0	31.3	24.8	3.1	2.1	0.37	24.8	N/A	24.8	20
Tall - Almond	1012	241	11.6	5.2	29.2	23.3	3.0	3.4	0.23	23.3	N/A	23.3	20
Grande - Skimmed Milk	1355	323	10.0	5.7	42.7	36.2	2.5	14.1	0.41	36.2	16.9	19.3	25
Grande - Semi Skimmed Milk	1564	372	15.6	9.1	42.7	36.2	2.5	14.1	0.40	36.2	16.9	19.3	25
Grande - Whole Milk	1789	426	22.1	13.6	41.6	35.2	2.5	13.8	0.40	35.2	15.9	19.2	25
Grande - Soy	1432	341	16.3	6.7	36.1	29.6	3.7	10.7	0.30	29.6	N/A	29.6	25
Grande - Coconut	1440	343	19.7	15.0	37.2	29.6	3.7	2.4	0.48	29.6	N/A	29.6	25
Grande - Almond	1200	286	13.8	6.0	34.4	27.6	3.5	4.1	0.30	27.6	N/A	27.6	25
Venti - Skimmed Milk	1720	410	11.0	6.2	57.6	48.5	3.6	18.3	0.51	48.5	20.7	27.8	30
Venti - Semi Skimmed Milk	1985	473	18.0	10.6	57.6	48.5	3.6	18.3	0.50	48.5	20.7	27.8	30
Venti - Whole Milk	2270	540	26.3	16.3	56.3	47.2	3.6	17.9	0.50	47.2	19.5	27.7	30
Venti - Soy	1817	433	18.8	7.5	49.3	40.2	5.1	13.9	0.38	40.2	N/A	40.2	30
Venti - Coconut	1828	435	23.2	18.0	50.6	40.2	5.1	3.4	0.60	40.2	N/A	40.2	30
Venti - Almond	1523	363	15.8	6.6	47.1	37.6	4.9	5.6	0.38	37.6	N/A	37.6	30
KIDS HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)													
Short - Skimmed Milk	802	191	7.0	4.0	24.1	20.1	1.5	7.2	0.20	20.1	8.6	11.4	15
Short - Semi Skimmed Milk	904	215	9.7	5.7	24.1	20.1	1.5	7.2	0.20	20.1	8.6	11.4	15
Short- Whole Milk	1014	242	12.9	7.8	23.6	19.6	1.5	7.0	0.20	19.6	8.1	11.4	15
Short- Soy	840	200	10.0	4.5	20.8	16.8	2.1	5.5	0.15	16.9	N/A	16.8	15
Short - Coconut	844	201	11.7	8.5	21.4	16.8	2.1	1.5	0.24	16.9	N/A	16.8	15
Short - Almond	726	173	8.8	4.1	20.0	15.8	2.0	2.3	0.15	15.8	N/A	15.8	15
HOT TEA - TEAVANA													
Teavana Hot Teas													
English Breakfast Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	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	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Hibiscus Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Emperor's Clouds & Mist Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Mint Citrus Green Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies



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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 options	Added sugar (g)	Caffeine (mg) **
Mint Blend Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Youthberry Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Jasmine Pearls Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Chai Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Chamomile Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
CHAI TEA LATTE (made with Semi Skimmed Milk as standard)													
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	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
Short - Almond	387	92	1.4	0.1	19.1	19.0	0.3	0.6	0.10	19.0	N/A	19.0	50
Tall - Skimmed 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	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
Tall - Almond	582	139	2.1	0.2	28.7	28.5	0.5	0.9	0.15	28.6	N/A	28.5	75
Grande - Skimmed 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	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
Grande - Almond	771	183	2.8	0.2	38.2	37.9	0.7	1.2	0.20	37.9	N/A	37.9	100
Venti - Skimmed 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	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
Venti - Almond	966	230	3.5	0.3	47.8	47.5	0.9	1.5	0.25	47.5	N/A	47.5	120
GREEN TEA LATTE (made with Semi Skimmed Milk as standard)													
Short - Skimmed Milk	348	83	0.2	0.0	14.4	13.8	0.0	5.7	0.19	13.8	8.5	5.3	30
Short - Semi Skimmed Milk	450	107	2.9	1.7	14.4	13.8	0.0	5.7	0.18	13.8	8.5	5.3	30
Short- Whole Milk	560	133	6.1	3.9	13.9	13.3	0.0	5.6	0.18	13.3	7.9	5.3	30
Short- Soy	385	92	3.3	0.5	11.2	10.6	0.6	4.1	0.14	10.6	5.2	10.6	30
Short - Coconut	389	93	5.0	4.6	11.7	10.6	0.6	0.0	0.22	10.6	N/A	10.6	30
Short - Almond	272	65	2.1	0.2	10.4	9.6	0.5	0.8	0.14	9.6	N/A	9.6	30
Tall - Skimmed Milk	597	142	0.4	0.0	25.5	24.2	0.0	9.2	0.30	24.2	N/A	10.7	55
Tall - Semi Skimmed Milk	760	181	4.7	2.7	25.5	24.2	0.0	9.2	0.30	24.2	13.5	10.7	55
Tall - Whole Milk	936	223	9.8	6.2	24.7	23.4	0.0	8.9	0.30	23.4	12.7	10.7	55
Tall - Soy	656	156	5.2	0.8	20.3	19.0	0.9	6.5	0.22	19.0	N/A	19.0	55
Tall - Coconut	663	158	7.9	7.3	21.1	19.0	0.9	0.0	0.36	19.0	N/A	19.0	55
Tall - Almond	475	113	3.4	0.3	19.0	17.4	0.8	1.4	0.22	17.4	N/A	17.4	55
Grande - Skimmed Milk	798	190	0.5	0.0	34.8	32.9	0.0	11.5	0.38	32.9	16.9	16.0	80
Grande - Semi Skimmed Milk	1002	239	5.9	3.4	34.8	32.9	0.0	11.5	0.37	32.9	16.9	16.0	80
Grande - Whole Milk	1222	291	12.3	7.8	33.8	31.9	0.0	11.2	0.37	31.9	15.9	16.0	80
Grande - Soy	873	208	6.6	1.0	28.4	26.5	1.1	8.1	0.28	26.5	N/A	26.5	80
Grande - Coconut	881	210	10.0	9.1	29.4	26.5	1.1	0.0	0.45	26.5	N/A	26.5	80
Grande - Almond	646	154	4.2	0.3	26.7	24.4	1.0	1.7	0.28	24.4	N/A	24.4	80
Venti - Skimmed Milk	1056	251	0.7	0.0	46.2	43.6	0.0	15.1	0.50	43.6	22.3	21.3	110
Venti - Semi Skimmed Milk	1325	315	7.8	4.5	46.2	43.6	0.0	15.1	0.49	43.6	22.3	21.3	110
Venti - Whole Milk	1614	384	16.3	10.2	44.8	42.2	0.0	14.7	0.49	42.2	20.9	21.3	110
Venti - Soy	1154	275	8.7	1.3	37.7	35.1	1.5	10.7	0.36	35.1	N/A	35.1	110
Venti - Coconut	1165	277	13.1	12.0	39.1	35.1	1.5	0.0	0.59	35.1	N/A	35.1	110
Venti - Almond	856	204	5.6	0.4	35.5	32.4	1.3	2.2	0.36	32.5	N/A	32.5	110



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	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 optio	Added sugar (g)	Caffeine (mg) **
MILK & ADD-INS													
STEAMED MILK													
Short - Skimmed Milk	265	63	0.2	0.0	9.2	9.2	0.0	6.2	0.20	9.2	9.2	0.0	0
Short - Semi Skimmed Milk	376	89	3.1	1.8	9.2	9.2	0.0	6.2	0.20	9.2	9.2	0.0	0
Short- Whole Milk	495	118	6.6	4.2	8.6	8.6	0.0	6.0	0.20	8.6	8.6	0.0	0
Short- Soy	306	73	3.5	0.5	5.7	5.7	0.6	4.4	0.15	5.7	N/A	5.7	0
Short - Coconut	310	74	5.3	4.9	6.2	5.7	0.6	0.0	0.24	5.7	N/A	5.7	0
Short - Almond	183	44	2.2	0.2	4.8	4.6	0.5	0.9	0.15	4.6	N/A	4.6	0
Tall - Skimmed Milk	413	98	0.3	0.0	14.3	14.3	0.0	9.7	0.32	14.3	14.3	0.0	0
Tall - Semi Skimmed Milk	585	139	4.8	2.9	14.3	14.3	0.0	9.7	0.31	14.3	14.3	0.0	0
Tall - Whole Milk	771	184	10.3	6.6	13.4	13.4	0.0	9.4	0.31	13.4	13.4	0.0	0
Tall - Soy	476	113	5.4	0.9	8.8	8.8	1.0	6.8	0.23	8.8	N/A	8.8	0
Tall - Coconut	483	115	8.3	7.7	9.7	8.8	1.0	0.0	0.38	8.8	N/A	8.8	0
Tall - Almond	285	68	3.4	0.3	7.4	7.1	0.9	1.4	0.23	7.1	N/A	7.1	0
Grande - Skimmed Milk	540	129	0.4	0.0	18.7	18.7	0.0	12.7	0.42	18.7	18.7	0.0	0
Grande - Semi Skimmed Milk	766	182	6.3	3.7	18.7	18.7	0.0	12.7	0.41	18.7	18.7	0.0	0
Grande - Whole Milk	1009	240	13.4	8.6	17.5	17.5	0.0	12.3	0.41	17.5	17.5	0.0	0
Grande - Soy	623	148	7.1	1.1	11.6	11.6	1.3	9.0	0.30	11.6	N/A	11.6	0
Grande - Coconut	633	151	10.8	10.1	12.7	11.6	1.3	0.0	0.49	11.6	N/A	11.6	0
Grande - Almond	373	89	4.5	0.4	9.7	9.3	1.1	1.9	0.30	9.3	N/A	9.3	0
Venti - Skimmed Milk	685	163	0.5	0.0	23.7	23.7	0.0	16.1	0.53	23.7	23.7	0.0	0
Venti - Semi Skimmed Milk	971	231	8.0	4.7	23.7	23.7	0.0	16.1	0.52	23.7	23.7	0.0	0
Venti - Whole Milk	1279	305	17.0	10.9	22.2	22.2	0.0	15.6	0.52	22.2	22.2	0.0	0
Venti - Soy	790	188	9.0	1.4	14.7	14.7	1.6	11.4	0.38	14.7	N/A	14.7	0
Venti - Coconut	802	191	13.7	12.8	16.1	14.7	1.6	0.0	0.62	14.7	N/A	14.7	0
Venti - Almond	473	113	5.7	0.5	12.3	11.8	1.4	2.4	0.38	11.8	N/A	11.8	0
ADD-INS													
WHIPPED CREAM TOPPING (No Sprinkles or Drizzle)													
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
TOPPINGS													
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



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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 optio	Added sugar (g)	Caffeine (mg) **
COLD BEVERAGES													
ICED COFFEE													
ICED CAFFE LATTE (made with Semi Skimmed Milk as standard)													
Tall - 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
Tall - 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
Tall - 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
Tall - Soy	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	N/A	4.6	87
Tall - 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 - Almond	238	57	2.4	0.2	7.5	5.0	0.6	1.0	0.16	5.0	N/A	5.0	150
Grande - Skimmed Milk	264	63	0.1	0.1	9.5	7.5	0.0	5.8	0.17	7.5	7.5	0.0	150
Grande - 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
Grande - 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
Grande - Soy	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	N/A	3.6	150
Grande - 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 - Almond	307	73	3.0	0.3	9.9	6.3	0.8	1.3	0.21	6.3	N/A	6.3	150
Venti - Skimmed Milk	375	90	0.2	0.1	13.4	11.4	0.0	8.5	0.25	11.4	11.4	0.0	150
Venti - 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
Venti - 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
Venti - Soy	437	104	3.6	0.5	9.5	5.5	0.9	7.3	0.29	5.5	N/A	5.5	150
Venti - 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 - Almond	376	90	3.6	0.3	12.4	7.5	0.9	1.5	0.25	7.5	N/A	7.5	174
ICED CAPPUCCINO (made with Semi Skimmed Milk as standard)													
Tall - 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
Tall - 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
Tall - 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
Tall - Soy	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	N/A	4.6	87
Tall - 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 - Almond	202	48	2.2	0.2	5.9	4.6	0.5	0.9	0.15	4.6	N/A	4.6	150
Grande - Skimmed Milk	284	68	0.1	0.1	10.2	8.2	0.0	6.3	0.18	8.2	8.2	0.0	150
Grande - 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
Grande - 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
Grande - Soy	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	N/A	3.6	150
Grande - Coconut	289	70	4.3	4.0	7.1	4.5	0.6	0.0	0.18	4.5	N/A	4.5	150
Grande - Almond	268	64	2.8	0.2	8.3	5.7	0.7	1.1	0.19	5.7	N/A	5.7	150
Venti - Skimmed 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	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
Venti - Almond	299	71	3.1	0.3	9.1	6.5	0.8	1.3	0.21	6.5	N/A	6.5	225
ICED CAFFE AMERICANO													
Tall	48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.02	0.0	0.0	0.0	150
Grande	72	17	0.0	0.0	3.0	0.0	0.0	1.1	0.02	0.0	0.0	0.0	225
Venti	97	23	0.0	0.0	4.0	0.0	0.0	1.4	0.03	0.0	0.0	0.0	300
ICED CAFFE MOCHA (made with Semi Skimmed Milk and Whipped Cream as standard)													
Tall - Skimmed Milk	1028	245	10.6	6.0	29.7	23.0	2.1	6.6	0.18	23.0	7.5	15.5	170
Tall - Semi Skimmed Milk	1111	265	12.8	7.4	29.7	23.0	2.1	6.6	0.17	23.0	7.5	15.5	170
Tall - Whole Milk	1200	286	15.4	9.2	29.3	22.6	2.1	6.5	0.17	22.6	7.1	15.5	170
Tall - Soy	1059	252	13.0	6.5	27.1	20.4	2.6	5.3	0.13	20.4	N/A	20.4	170
Tall - Coconut	1062	253	14.4	9.7	27.5	20.4	2.6	2.0	0.20	20.4	N/A	20.4	170
Tall - Almond	967	230	12.1	6.2	26.4	19.6	2.5	2.7	0.13	19.6	N/A	19.6	175
Grande - Skimmed Milk	1389	331	14.7	8.4	39.8	30.1	2.8	8.4	0.22	30.1	9.4	20.6	175
Grande - Semi Skimmed Milk	1491	355	17.4	10.1	39.8	30.1	2.8	8.4	0.22	30.1	9.4	20.6	175
Grande - Whole Milk	1600	381	20.6	12.3	39.3	29.6	2.8	8.2	0.22	29.6	8.9	20.6	175
Grande - Soy	1426	340	17.7	8.9	36.6	26.9	3.4	6.7	0.17	26.9	N/A	26.9	175
Grande - Coconut	1431	341	19.4	12.9	37.2	26.9	3.4	2.7	0.26	26.9	N/A	26.9	255
Grande - Almond	1314	313	16.5	8.6	35.8	25.9	3.3	3.5	0.17	25.9	N/A	25.9	255
Venti - Skimmed Milk	1559	371	15.2	8.7	47.2	35.7	3.5	9.6	0.24	35.8	10.2	25.6	255
Venti - Semi Skimmed Milk	1670	398	18.2	10.6	47.2	35.7	3.5	9.6	0.24	35.8	10.2	25.6	255
Venti - Whole Milk	1790	426	21.7	13.0	46.6	35.2	3.5	9.4	0.24	35.2	9.6	25.6	255
Venti - Soy	1599	381	18.5	9.3	43.7	32.3	4.1	7.8	0.18	32.3	N/A	32.3	255
Venti - Coconut	1604	382	20.4	13.7	44.2	32.3	4.1	3.3	0.28	32.3	N/A	32.3	255
Venti - Almond	1476	351	17.3	8.9	42.8	31.1	4.0	4.3	0.18	31.2	N/A	31.1	255



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ICED CARAMEL MACCHIATO (made with Semi Skimmed Milk and regular Vanilla flavoured syrup as standard)													
Tall - Skimmed Milk	598	142	1.4	0.7	25.7	23.8	0.0	6.7	0.27	23.8	9.9	13.9	150
Tall - Semi Skimmed Milk	718	171	4.6	2.7	25.7	23.8	0.0	6.7	0.27	23.8	9.9	13.9	150
Tall - Whole Milk	847	202	8.3	5.3	25.1	23.2	0.0	6.5	0.27	23.2	9.3	13.9	150
Tall - Soy	642	153	5.0	1.3	21.9	20.1	0.7	4.7	0.21	20.1	N/A	20.1	150
Tall - Coconut	647	154	7.0	6.1	22.5	20.1	0.7	0.0	0.31	20.1	N/A	20.1	150
Tall - Almond	509	121	3.6	0.9	20.9	18.9	0.6	1.0	0.21	18.9	N/A	18.9	150
Grande - Skimmed Milk	803	191	1.5	0.7	35.3	32.2	0.0	9.1	0.35	32.2	13.4	18.7	150
Grande - Semi Skimmed Milk	965	230	5.8	3.4	35.3	32.2	0.0	9.1	0.35	32.2	13.4	18.7	150
Grande - Whole Milk	1140	271	10.9	6.9	34.5	31.3	0.0	8.8	0.35	31.4	12.6	18.7	150
Grande - Soy	862	205	6.3	1.5	30.2	27.1	0.9	6.4	0.27	27.1	N/A	27.1	150
Grande - Coconut	869	207	9.0	8.0	31.0	27.1	0.9	0.0	0.41	27.1	N/A	27.1	150
Grande - Almond	682	162	4.4	1.0	28.9	25.4	0.8	1.3	0.27	25.5	N/A	25.4	150
Venti - Skimmed Milk	921	219	1.5	0.7	41.5	38.1	0.0	9.9	0.38	38.1	14.6	23.6	225
Venti - Semi Skimmed Milk	1097	261	6.2	3.6	41.5	38.1	0.0	9.9	0.37	38.1	14.6	23.6	225
Venti - Whole Milk	1287	306	11.7	7.4	40.6	37.3	0.0	9.6	0.37	37.3	13.7	23.6	225
Venti - Soy	985	235	6.8	1.6	35.9	32.6	1.0	7.0	0.29	32.6	N/A	32.6	225
Venti - Coconut	993	236	9.7	8.6	36.8	32.6	1.0	0.0	0.44	32.6	N/A	32.6	225
Venti - Almond	789	188	4.7	1.0	34.5	30.8	0.9	1.5	0.29	30.8	N/A	30.8	225
ICED CHAI TEA LATTE (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	649	154	0.2	0.0	32.5	32.5	0.0	5.7	0.20	32.5	9.9	22.6	75
Tall - Semi Skimmed Milk	750	179	2.9	1.7	32.5	32.5	0.0	5.7	0.19	32.5	9.9	22.6	75
Tall - Whole Milk	859	205	6.0	3.9	32.0	32.0	0.0	5.5	0.19	32.0	9.3	22.7	75
Tall - Soy	686	163	3.2	0.5	29.3	29.3	0.6	4.0	0.15	29.3	N/A	29.3	75
Tall - Coconut	690	164	4.9	4.5	29.8	29.3	0.6	0.0	0.23	29.3	N/A	29.3	75
Tall - Almond	573	136	2.0	0.2	28.5	28.3	0.5	0.8	0.15	28.3	N/A	28.3	75
Grande - Skimmed Milk	858	204	0.2	0.0	43.1	43.1	0.0	7.5	0.26	43.1	13.4	29.7	100
Grande - Semi Skimmed Milk	991	236	3.7	2.2	43.1	43.1	0.0	7.5	0.25	43.1	13.4	29.7	100
Grande - Whole Milk	1133	270	7.9	5.0	42.5	42.5	0.0	7.2	0.25	42.5	12.6	29.9	100
Grande - Soy	907	216	4.2	0.7	39.0	39.0	0.7	5.3	0.19	39.0	N/A	39.0	100
Grande - Coconut	912	217	6.4	5.9	39.6	39.0	0.7	0.0	0.30	39.0	N/A	39.0	100
Grande - Almond	760	181	2.6	0.2	37.9	37.7	0.7	1.1	0.19	37.7	N/A	37.7	100
Venti - Skimmed Milk	1081	257	0.3	0.0	54.2	54.2	0.0	9.5	0.33	54.2	14.6	39.6	120
Venti - Semi Skimmed Milk	1250	298	4.8	2.8	54.2	54.2	0.0	9.5	0.32	54.2	14.6	39.6	120
Venti - Whole Milk	1433	341	10.1	6.4	53.4	53.4	0.0	9.2	0.32	53.4	13.7	39.7	120
Venti - Soy	1143	272	5.3	0.8	48.9	48.9	0.9	6.7	0.24	48.9	N/A	48.9	120
Venti - Coconut	1150	274	8.1	7.6	49.7	48.9	0.9	0.0	0.38	48.9	N/A	48.9	120
Venti - Almond	955	227	3.4	0.3	47.5	47.2	0.8	1.4	0.24	47.2	N/A	47.2	120
TEAVANA™ SHAKEN ICED TEAS													
Mango Black 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	20-25
Grande	533	127	0.0	0.0	30.3	29.4	1.0	0.0	0.0	29.4	0.0	29.4	25-30
Venti	661	158	0.0	0.0	37.6	36.4	2.0	0.0	0.0	36.4	0.0	36.4	35-40
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	20-25
Grande	533	127	0.0	0.0	30.3	29.4	1.0	0.0	0.0	29.4	0.0	29.4	25-30
Venti	661	158	0.0	0.0	37.6	36.4	2.0	0.0	0.0	36.4	0.0	36.4	35-40
Iced Tea Lemonades													
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	20-25
Grande	206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.0	11.1	0.0	11.1	25-30
Venti	253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.0	13.6	0.0	13.6	35-40
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
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	20-25
Grande	206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.0	11.1	0.0	11.1	25-30
Venti	253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.0	13.6	0.0	13.6	35-40



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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 options	Added sugar (g)	Caffeine (mg) **
Classic Iced Teas													
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	20-25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	25-30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35-40
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	0.0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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	20-25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	25-30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35-40
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE													
COFFEE FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)													
Mini - Skimmed Milk	496	118	0.1	0.0	27.2	26.0	0.0	2.2	0.32	26.0	3.2	22.8	58
Mini - Semi Skimmed Milk	535	127	1.1	0.6	27.2	26.0	0.0	2.2	0.32	26.0	3.2	22.8	58
Mini - Whole Milk	576	137	2.3	1.5	27.0	25.8	0.0	2.1	0.32	25.8	3.0	22.8	58
Mini - Soy	510	121	1.2	0.2	26.0	24.8	0.3	1.5	0.30	24.8	N/A	24.8	58
Mini - Coconut	512	122	1.9	1.7	26.2	24.8	0.3	0.0	0.34	24.8	N/A	24.8	58
Mini - Almond	467	111	0.8	0.1	25.6	24.4	0.2	0.3	0.30	24.4	N/A	24.4	58
Tall - Skimmed Milk	613	146	0.1	0.0	33.6	32.1	0.0	2.7	0.40	32.1	4.0	28.1	73
Tall - Semi Skimmed Milk	661	157	1.4	0.8	33.6	32.1	0.0	2.7	0.40	32.1	4.0	28.1	73
Tall - Whole Milk	713	170	2.9	1.8	33.3	31.8	0.0	2.6	0.40	31.8	3.8	28.1	73
Tall - Soy	631	150	1.5	0.2	32.0	30.6	0.3	1.9	0.37	30.6	N/A	30.6	73
Tall - Coconut	633	151	2.3	2.2	32.3	30.6	0.3	0.0	0.41	30.6	N/A	30.6	73
Tall - Almond	577	137	1.0	0.1	31.6	30.1	0.3	0.4	0.37	30.1	N/A	30.1	73
Grande - Skimmed Milk	844	201	0.1	0.0	46.7	44.6	0.1	3.3	0.55	44.6	4.9	39.7	104
Grande - Semi Skimmed Milk	903	215	1.6	1.0	46.7	44.6	0.1	3.3	0.54	44.6	4.9	39.7	104
Grande - Whole Milk	966	230	3.5	2.2	46.4	44.3	0.1	3.2	0.54	44.3	4.6	39.7	104
Grande - Soy	866	206	1.8	0.3	44.9	42.7	0.4	2.3	0.52	42.7	N/A	42.7	104
Grande - Coconut	868	207	2.8	2.6	45.2	42.7	0.4	0.0	0.57	42.7	N/A	42.7	104
Grande - Almond	801	191	1.2	0.1	44.4	42.2	0.4	0.5	0.52	42.2	N/A	42.2	104
MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	903	215	7.6	4.3	33.8	30.8	0.6	2.7	0.34	30.8	3.8	27.0	59
Mini - Semi Skimmed Milk	941	224	8.6	4.9	33.8	30.8	0.6	2.7	0.34	30.8	3.8	27.0	59
Mini - Whole Milk	983	234	9.8	5.7	33.6	30.6	0.6	2.6	0.34	30.6	3.6	27.0	59
Mini - Soy	917	218	8.7	4.5	32.5	29.6	0.8	2.1	0.32	29.6	N/A	29.6	59
Mini - Coconut	918	219	9.3	6.0	32.7	29.6	0.8	0.5	0.35	29.6	N/A	29.6	59
Mini - Almond	874	208	8.3	4.3	32.2	29.2	0.8	0.8	0.32	29.2	N/A	29.2	59
Tall - Skimmed Milk	1119	267	9.4	5.3	41.7	38.0	0.7	3.4	0.42	38.0	4.7	33.3	74
Tall - Semi Skimmed Milk	1168	278	10.7	6.1	41.7	38.0	0.7	3.4	0.42	38.0	4.7	33.3	74
Tall - Whole Milk	1220	290	12.2	7.2	41.4	37.8	0.7	3.3	0.42	37.8	4.5	33.3	74
Tall - Soy	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
Tall - Almond	1083	258	10.3	5.4	39.8	36.0	0.9	1.1	0.40	36.0	N/A	36.0	74
Grande - Skimmed Milk	1558	371	13.2	7.5	58.3	53.1	1.0	4.2	0.58	53.1	5.9	47.2	107
Grande - Semi Skimmed Milk	1617	385	14.8	8.4	58.3	53.1	1.0	4.2	0.57	53.1	5.9	47.2	107
Grande - Whole Milk	1680	400	16.6	9.7	58.0	52.8	1.0	4.1	0.57	52.8	5.6	47.2	107
Grande - Soy	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
Grande - Almond	1515	361	14.3	7.6	56.0	50.6	1.3	1.4	0.55	50.7	N/A	50.6	107



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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 optio	Added sugar (g)	Caffeine (mg) **
ESPRESSO FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)													
Mini - Skimmed Milk	406	97	0.1	0.0	22.2	20.6	0.0	1.8	0.26	20.6	2.6	18.0	85
Mini - Semi Skimmed Milk	437	104	0.9	0.5	22.2	20.6	0.0	1.8	0.26	20.6	2.6	18.0	85
Mini - Whole Milk	471	112	1.9	1.2	22.1	20.5	0.0	1.7	0.26	20.5	2.4	18.0	85
Mini - Soy	417	99	1.0	0.2	21.3	19.6	0.2	1.2	0.24	19.6	N/A	19.6	85
Mini - Coconut	419	100	1.5	1.4	21.4	19.6	0.2	0.0	0.27	19.6	N/A	19.6	85
Mini - Almond	382	91	0.6	0.1	21.0	19.3	0.2	0.3	0.24	19.3	N/A	19.3	85
Tall - Skimmed Milk	509	121	0.0	0.0	28.6	27.2	0.0	1.6	0.33	27.2	4.7	22.5	125
Tall - Semi Skimmed Milk	537	128	0.8	0.5	28.6	27.2	0.0	1.6	0.32	27.2	4.7	22.5	125
Tall - Whole Milk	567	135	1.7	1.1	28.5	27.1	0.0	1.5	0.32	27.1	4.5	22.6	125
Tall - Soy	519	124	0.9	0.1	27.8	26.3	0.2	1.1	0.31	26.3	N/A	26.3	125
Tall - Coconut	521	124	1.3	1.2	27.9	26.3	0.2	0.0	0.34	26.3	N/A	26.3	125
Tall - Almond	489	116	0.6	0.0	27.5	26.0	0.2	0.2	0.31	26.1	N/A	26.0	125
Grande - Skimmed Milk	763	182	0.1	0.0	43.0	40.9	0.1	2.2	0.49	40.9	5.9	35.1	155
Grande - Semi Skimmed Milk	803	191	1.1	0.7	43.0	40.9	0.1	2.2	0.49	40.9	5.9	35.1	155
Grande - Whole Milk	846	201	2.4	1.5	42.8	40.7	0.1	2.2	0.49	40.7	5.6	35.2	155
Grande - Soy	778	185	1.3	0.2	41.7	39.7	0.3	1.6	0.47	39.7	N/A	39.7	155
Grande - Coconut	779	186	1.9	1.8	41.9	39.7	0.3	0.0	0.50	39.7	N/A	39.7	155
Grande - Almond	734	175	0.8	0.1	41.4	39.3	0.3	0.3	0.47	39.3	N/A	39.3	155
JAVA CHIP FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	951	226	9.5	4.3	32.5	29.5	0.6	2.4	0.31	29.5	3.1	26.4	42
Mini - Semi Skimmed Milk	982	234	10.4	4.8	32.5	29.5	0.6	2.4	0.31	29.5	3.1	26.4	42
Mini - Whole Milk	1016	242	11.3	5.5	32.3	29.4	0.6	2.3	0.31	29.4	3.0	26.4	42
Mini - Soy	962	229	10.5	4.5	31.5	28.5	0.8	1.9	0.30	28.5	N/A	28.0	42
Mini - Coconut	964	229	11.0	5.7	31.7	28.5	0.8	0.6	0.32	28.5	N/A	28.0	42
Mini - Almond	928	221	10.1	4.4	31.2	28.2	0.8	0.9	0.30	28.2	N/A	27.7	42
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
Tall - Soy	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
Tall - Almond	1076	256	10.3	5.5	39.1	35.1	1.0	1.1	0.37	35.2	N/A	35.1	71
Grande - Skimmed 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 - Soy	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
Grande - Almond	1488	354	14.3	7.6	54.3	48.9	1.3	1.5	0.52	48.9	N/A	48.9	101
CARAMEL FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
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	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
Mini - Almond	975	218	8.5	4.5	34.9	32.7	0.2	0.3	0.35	32.7	N/A	32.7	58
Tall - Skimmed 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	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
Tall - Almond	1149	274	10.6	5.6	44.0	41.2	0.3	0.4	0.46	41.2	N/A	41.2	73
Grande - Skimmed 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	56.0	95
Grande - Soy	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	N/A	56.6	95
Grande - Almond	1594	380	14.3	7.6	62.0	58.1	0.4	0.5	0.63	58.1	N/A	58.1	95



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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 options	Added sugar (g)	Caffeine (mg) **
WHITE CHOCOLATE MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	853	203	8.1	4.0	30.0	29.1	0.0	2.5	0.32	29.1	3.1	25.9	40
Mini - Semi Skimmed Milk	884	211	8.9	4.5	30.0	29.1	0.0	2.5	0.32	29.1	3.1	25.9	40
Mini - Whole Milk	918	219	9.9	5.2	29.9	28.9	0.0	2.4	0.32	28.9	3.0	25.9	40
Mini - Soy	864	206	9.0	4.2	29.1	28.1	0.2	2.0	0.30	28.1	N/A	27.6	40
Mini - Coconut	866	206	9.6	5.4	29.2	28.1	0.2	0.7	0.33	28.1	N/A	27.6	40
Mini - Almond	829	197	8.7	4.1	28.8	27.8	0.2	1.0	0.30	27.8	N/A	27.2	40
Tall - Skimmed Milk	1190	283	10.3	5.0	44.0	42.6	0.0	3.6	0.47	42.6	4.5	38.1	60
Tall - Semi Skimmed Milk	1237	294	11.5	5.8	44.0	42.6	0.0	3.6	0.47	42.6	4.5	38.1	60
Tall - Whole Milk	1287	306	13.0	6.8	43.8	42.4	0.0	3.5	0.47	42.4	4.3	38.1	60
Tall - Soy	1207	287	11.7	5.2	42.6	41.1	0.3	2.9	0.44	41.1	N/A	40.5	60
Tall - Coconut	1209	288	12.5	7.1	42.8	41.1	0.3	1.0	0.48	41.1	N/A	40.5	60
Tall - Almond	1155	275	11.1	5.1	42.2	40.7	0.3	1.4	0.44	40.7	N/A	40.0	60
Grande - Skimmed Milk	1632	389	14.4	7.0	60.2	58.2	0.1	4.5	0.63	58.2	5.5	52.7	85
Grande - Semi Skimmed Milk	1687	402	15.9	7.9	60.2	58.2	0.1	4.5	0.63	58.2	5.5	52.7	85
Grande - Whole Milk	1746	416	17.6	9.1	59.9	57.9	0.1	4.4	0.63	57.9	5.2	52.7	85
Grande - Soy	1652	393	16.1	7.3	58.4	56.4	0.4	3.6	0.60	56.4	N/A	55.5	85
Grande - Coconut	1654	394	17.0	9.5	58.7	56.4	0.4	1.4	0.65	56.4	N/A	55.5	85
Grande - Almond	1591	379	15.4	7.1	58.0	55.9	0.3	1.9	0.60	55.9	N/A	54.9	85
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT													
COFFEE FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Mini - Skimmed Milk	248	59	0.1	0.0	12.8	12.1	0.1	1.8	0.26	12.1	2.6	10	40
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
MOCHA FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Mini - Skimmed Milk	340	81	0.4	0.2	16.9	15.2	0.5	2.2	0.26	15.2	2.6	13	41
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
CARAMEL FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Mini - Skimmed Milk	248	59	0.1	0.0	12.9	12.1	0.1	1.8	0.27	12.1	2.6	10	40
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
ESPRESSO FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Mini - Skimmed Milk	259	62	0.1	0.0	13.5	12.1	0.1	1.8	0.26	12.1	2.6	10	85
Tall - Skimmed Milk	326	78	0.1	0.0	17.0	15.3	0.1	2.2	0.33	15.3	3.3	12.0	108
Grande - Skimmed Milk	465	111	0.1	0.0	24.5	22.4	0.2	2.9	0.48	22.4	4.2	18.2	135
WHITE MOCHA FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Mini - Skimmed Milk	328	78	0.5	0.0	16.2	15.5	0.1	2.1	0.28	15.5	2.6	13	40
Tall - Skimmed Milk	411	98	0.6	0.0	20.4	19.5	0.1	2.6	0.36	19.5	3.3	16.3	53
Grande - Skimmed Milk	652	155	1.3	0.0	32.1	30.8	0.2	3.7	0.54	30.8	4.2	26.6	78
JAVA CHIP FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Mini - Skimmed Milk	473	113	2.3	0.2	20.5	18.2	0.5	2.2	0.30	18.2	2.6	16	41
Tall - Skimmed Milk	622	148	3.0	0.3	27.0	24.0	0.7	2.8	0.40	24.0	3.4	20.6	56
Grande - Skimmed Milk	884	211	4.5	0.4	38.4	34.0	1.0	3.6	0.56	34.0	4.2	29.8	80
FRAPPUCCINO® BLENDED BEVERAGES - CRÈME													
STRAWBERRIES AND CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	957	228	7.3	4.0	36.8	35.5	0.0	3.6	0.40	35.5	5.5	30.0	0
Mini - Semi Skimmed Milk	1017	242	8.9	5.0	36.8	35.5	0.0	3.6	0.39	35.5	5.5	30.0	0
Mini - Whole Milk	1082	257	10.8	6.3	36.5	35.2	0.0	3.5	0.39	35.2	5.2	30.0	0
Mini - Soy	979	233	9.1	4.3	34.9	33.6	0.4	2.6	0.37	33.6	N/A	33.1	0
Mini - Coconut	981	234	10.1	6.7	35.2	33.6	0.4	0.2	0.42	33.6	N/A	33.1	0
Mini - Almond	912	217	8.4	4.1	34.4	33.0	0.3	0.7	0.37	33.0	N/A	32.5	0
Tall - Skimmed Milk	1030	245	9.1	5.0	37.2	35.9	0.0	3.6	0.40	35.9	5.6	30.3	0
Tall - Semi Skimmed Milk	1090	259	10.7	6.0	37.2	35.9	0.0	3.6	0.40	35.9	5.6	30.3	0
Tall - Whole Milk	1154	275	12.6	7.3	36.9	35.6	0.0	3.5	0.40	35.6	5.3	30.3	0
Tall - Soy	1052	250	10.9	5.3	35.3	34.0	0.4	2.6	0.37	34.0	N/A	33.3	0
Tall - Coconut	1054	251	11.9	7.7	35.6	34.0	0.4	0.3	0.42	34.0	N/A	33.3	0
Tall - Almond	985	235	10.2	5.1	34.8	33.4	0.3	0.8	0.37	33.4	N/A	32.8	0
Grande - Skimmed Milk	1401	334	12.7	7.0	50.3	48.5	0.1	4.5	0.53	48.5	7.0	41.5	0
Grande - Semi Skimmed Milk	1475	351	14.7	8.2	50.3	48.5	0.1	4.5	0.53	48.5	7.0	41.5	0
Grande - Whole Milk	1554	370	17.0	9.8	49.9	48.1	0.1	4.4	0.53	48.2	6.7	41.5	0
Grande - Soy	1428	340	14.9	7.4	47.9	46.2	0.5	3.3	0.49	46.2	N/A	45.3	0
Grande - Coconut	1431	341	16.1	10.3	48.3	46.2	0.5	0.4	0.56	46.2	N/A	45.3	0
Grande - Almond	1346	321	14.1	7.1	47.3	45.5	0.4	1.0	0.49	45.5	N/A	44.5	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 products	Added sugar (g)	Caffeine (mg) **
CARAMEL CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	720	171	7.8	4.4	22.9	22.4	0.0	2.4	0.31	22.4	4.0	18.4	0
Mini - Semi Skimmed Milk	762	181	8.9	5.1	22.9	22.4	0.0	2.4	0.30	22.4	4.0	18.4	0
Mini - Whole Milk	806	192	10.2	6.0	22.7	22.2	0.0	2.3	0.30	22.2	3.8	18.4	0
Mini - Soy	735	175	9.1	4.6	21.6	21.1	0.3	1.7	0.28	21.1	N/A	20.6	0
Mini - Coconut	737	175	9.7	6.2	21.8	21.1	0.3	0.0	0.32	21.1	N/A	20.6	0
Mini - Almond	689	164	8.6	4.5	21.2	20.7	0.2	0.4	0.28	20.7	N/A	20.1	0
Tall - Skimmed Milk	990	236	9.6	5.4	33.6	33.0	0.0	3.7	0.45	33.0	6.0	27.0	0
Tall - Semi Skimmed Milk	1054	251	11.3	6.4	33.6	33.0	0.0	3.7	0.45	33.0	6.0	27.0	0
Tall - Whole Milk	1123	267	13.3	7.8	33.3	32.6	0.0	3.5	0.45	32.6	5.7	27.0	0
Tall - Soy	1014	241	11.5	5.7	31.6	30.9	0.4	2.6	0.42	31.0	N/A	30.3	0
Tall - Coconut	1016	242	12.6	8.3	31.9	30.9	0.4	0.1	0.47	31.0	N/A	30.3	0
Tall - Almond	943	224	10.8	5.5	31.0	30.3	0.4	0.6	0.42	30.3	N/A	29.6	0
Grande - Skimmed Milk	1317	314	13.2	7.4	44.2	43.4	0.1	4.5	0.59	43.4	7.4	35.9	0
Grande - Semi Skimmed Milk	1396	332	15.3	8.7	44.2	43.4	0.1	4.5	0.59	43.4	7.4	35.9	0
Grande - Whole Milk	1481	353	17.8	10.4	43.8	43.0	0.1	4.4	0.59	43.0	7.1	35.9	0
Grande - Soy	1346	320	15.5	7.8	41.7	40.9	0.5	3.2	0.55	40.9	N/A	40.0	0
Grande - Coconut	1349	321	16.8	10.9	42.1	40.9	0.5	0.1	0.62	40.9	N/A	40.0	0
Grande - Almond	1259	300	14.6	7.5	41.1	40.1	0.5	0.7	0.55	40.1	N/A	39.2	0
CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	726	173	7.6	4.3	22.8	21.3	0.6	2.9	0.28	21.3	4.0	17.3	1
Mini - Semi Skimmed Milk	767	183	8.7	5.0	22.8	21.3	0.6	2.9	0.28	21.3	4.0	17.3	1
Mini - Whole Milk	812	193	10.0	5.9	22.6	21.1	0.6	2.9	0.28	21.1	3.8	17.3	1
Mini - Soy	741	176	8.8	4.5	21.5	20.0	0.8	2.2	0.26	20.0	N/A	19.5	1
Mini - Coconut	742	177	9.5	6.1	21.7	20.0	0.8	0.6	0.29	20.0	N/A	19.5	1
Mini - Almond	695	165	8.4	4.4	21.2	19.6	0.8	0.9	0.26	19.6	N/A	19.0	1
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	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
Tall - Almond	947	226	10.7	5.5	30.4	27.5	1.1	1.3	0.38	27.5	N/A	27.5	2
Grande - Skimmed 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	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
Grande - Almond	1330	317	14.8	7.7	43.2	39.1	1.6	1.8	0.53	39.1	N/A	39.1	3
DOUBLE CHOCOLATEY CHIP CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
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 - Soy	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
Mini - Almond	943	225	10.8	4.4	30.4	27.2	1.0	1.1	0.36	27.2	N/A	27.2	2
Tall - Skimmed 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 - Soy	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
Tall - Almond	1147	273	13.6	5.5	35.8	32.0	1.1	1.3	0.44	32.0	N/A	32.0	2
Grande - Skimmed 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 - Soy	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
Grande - Almond	1596	380	18.7	7.7	50.4	45.1	1.6	1.8	0.61	45.1	N/A	45.1	3



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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 products	Added sugar (g)	Caffeine (mg) **
VANILLA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	653	156	7.2	4.0	20.4	20.1	0.0	2.4	0.28	20.1	4.0	16.1	0
Mini - Semi Skimmed Milk	695	165	8.3	4.7	20.4	20.1	0.0	2.4	0.28	20.1	4.0	16.1	0
Mini - Whole Milk	739	176	9.6	5.6	20.2	19.9	0.0	2.3	0.28	19.9	3.8	16.1	0
Mini - Soy	669	159	8.4	4.2	19.1	18.8	0.3	1.7	0.26	18.8	N/A	18.3	0
Mini - Coconut	670	160	9.1	5.9	19.3	18.8	0.3	0.0	0.29	18.8	N/A	18.3	0
Mini - Almond	622	148	7.9	4.1	18.7	18.4	0.2	0.4	0.26	18.4	N/A	17.8	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	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
Tall - Almond	867	207	10.1	5.1	28.1	26.9	0.4	0.6	0.38	26.9	N/A	26.9	0
Grande - Skimmed 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	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
Grande - Almond	1226	292	14.1	7.1	40.4	38.7	0.5	0.8	0.55	38.7	N/A	38.7	0
GREEN TEA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	793	189	9.7	5.4	23.6	22.6	0.0	1.8	0.22	22.6	3.3	19.3	0
Mini - Semi Skimmed Milk	824	196	10.5	5.9	23.6	22.6	0.0	1.8	0.22	22.6	3.3	19.3	0
Mini - Whole Milk	857	204	11.5	6.6	23.4	22.4	0.0	1.7	0.22	22.4	3.1	19.3	0
Mini - Soy	805	192	10.6	5.6	22.6	21.6	0.2	1.3	0.20	21.6	N/A	20.9	0
Mini - Coconut	806	192	11.1	6.8	22.8	21.6	0.2	0.1	0.23	21.6	N/A	20.9	0
Mini - Almond	770	183	10.3	5.5	22.4	21.3	0.2	0.3	0.20	21.3	N/A	20.6	0
Tall - Skimmed Milk	868	207	9.7	5.4	27.6	26.4	0.0	2.2	0.26	26.4	3.9	22.5	30
Tall - Semi Skimmed Milk	906	216	10.7	6.0	27.6	26.4	0.0	2.2	0.26	26.4	3.9	22.5	30
Tall - Whole Milk	947	225	11.9	6.8	27.4	26.2	0.0	2.1	0.26	26.2	3.7	22.5	30
Tall - Soy	882	210	10.9	5.6	26.4	25.2	0.2	1.6	0.24	25.2	N/A	24.5	30
Tall - Coconut	883	210	11.5	7.1	26.5	25.2	0.2	0.1	0.27	25.2	N/A	24.5	30
Tall - Almond	839	200	10.4	5.5	26.0	24.8	0.2	0.4	0.24	24.8	N/A	24.1	30
Grande - Skimmed Milk	1243	296	10.9	6.0	46.1	44.1	0.0	3.3	0.42	44.1	5.6	38.5	55
Grande - Semi Skimmed Milk	1301	310	12.4	7.0	46.1	44.1	0.0	3.3	0.42	44.1	5.6	38.5	55
Grande - Whole Milk	1363	325	14.3	8.2	45.8	43.8	0.0	3.2	0.42	43.8	5.3	38.5	55
Grande - Soy	1264	301	12.6	6.3	44.3	42.3	0.4	2.4	0.39	42.3	N/A	41.4	55
Grande - Coconut	1266	301	13.6	8.6	44.6	42.3	0.4	0.1	0.44	42.3	N/A	41.4	55
Grande - Almond	1199	286	11.9	6.1	43.8	41.7	0.3	0.5	0.39	41.7	N/A	40.9	55
WHITE CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	757	180	8.1	4.0	23.9	23.7	0.0	3.0	0.32	23.7	4.0	19.7	0
Mini - Semi Skimmed Milk	799	190	9.2	4.7	23.9	23.7	0.0	3.0	0.32	23.7	4.0	19.7	0
Mini - Whole Milk	843	201	10.5	5.6	23.7	23.5	0.0	2.9	0.32	23.5	3.8	19.7	0
Mini - Soy	772	184	9.3	4.2	22.6	22.4	0.3	2.3	0.30	22.4	N/A	21.9	0
Mini - Coconut	774	184	10.0	5.9	22.8	22.4	0.3	0.7	0.34	22.4	N/A	21.9	0
Mini - Almond	726	173	8.8	4.1	22.2	22.0	0.2	1.0	0.30	22.0	N/A	21.4	0
Tall - Skimmed Milk	1075	256	10.4	5.0	36.0	35.8	0.0	4.6	0.49	35.8	5.9	29.9	0
Tall - Semi Skimmed Milk	1139	271	12.0	6.0	36.0	35.8	0.0	4.6	0.48	35.8	5.9	29.9	0
Tall - Whole Milk	1207	287	14.0	7.4	35.7	35.5	0.0	4.5	0.48	35.5	5.6	29.9	0
Tall - Soy	1098	262	12.3	5.3	34.1	33.8	0.4	3.6	0.46	33.8	N/A	33.1	0
Tall - Coconut	1101	262	13.3	7.8	34.4	33.8	0.4	1.0	0.51	33.8	N/A	33.1	0
Tall - Almond	1028	245	11.5	5.1	33.5	33.2	0.4	1.6	0.46	33.2	N/A	32.5	0
Grande - Skimmed Milk	1470	350	14.5	7.0	49.1	48.7	0.1	5.8	0.66	48.7	7.4	41.3	0
Grande - Semi Skimmed Milk	1548	369	16.5	8.3	49.1	48.7	0.1	5.8	0.65	48.7	7.4	41.3	0
Grande - Whole Milk	1632	389	19.0	10.0	48.7	48.3	0.1	5.7	0.65	48.3	7.0	41.3	0
Grande - Soy	1499	357	16.8	7.4	46.6	46.2	0.5	4.5	0.62	46.2	N/A	45.3	0
Grande - Coconut	1502	358	18.1	10.5	47.0	46.2	0.5	1.4	0.68	46.2	N/A	45.3	0
Grande - Almond	1412	336	15.9	7.1	46.0	45.5	0.4	2.1	0.62	45.5	N/A	44.5	0



Starbucks Beverage Nutrition Information *
Christmas 2017-8

	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 options	Added sugar (g)	Caffeine (mg) **
CHAI TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Mini - Skimmed Milk	685	163	7.2	4.0	22.2	22.1	0.0	2.4	0.28	22.1	4.0	18.1	0
Mini - Semi Skimmed Milk	726	173	8.3	4.7	22.2	22.1	0.0	2.4	0.28	22.1	4.0	18.1	0
Mini - Whole Milk	771	184	9.6	5.6	22.0	21.9	0.0	2.3	0.28	21.9	3.8	18.1	0
Mini - Soy	700	167	8.4	4.2	20.9	20.8	0.3	1.7	0.26	20.8	N/A	20.2	0
Mini - Coconut	702	167	9.1	5.9	21.1	20.8	0.3	0.0	0.29	20.8	N/A	20.2	0
Mini - Almond	654	156	7.9	4.1	20.6	20.3	0.2	0.4	0.26	20.3	N/A	19.8	0
Tall - Skimmed Milk	932	222	9.0	5.0	31.8	31.6	0.0	3.4	0.40	31.6	5.6	26.0	0
Tall - Semi Skimmed Milk	992	236	10.6	6.0	31.8	31.6	0.0	3.4	0.40	31.6	5.6	26.0	0
Tall - Whole Milk	1057	252	12.4	7.3	31.5	31.3	0.0	3.3	0.40	31.3	5.3	26.0	0
Tall - Soy	954	227	10.8	5.3	30.0	29.7	0.4	2.4	0.37	29.7	N/A	29.0	0
Tall - Coconut	957	228	11.8	7.7	30.3	29.7	0.4	0.1	0.42	29.7	N/A	29.0	0
Tall - Almond	888	211	10.1	5.1	29.5	29.1	0.3	0.5	0.37	29.1	N/A	28.4	0
Grande - Skimmed Milk	1285	306	12.5	7.0	43.9	43.6	0.1	4.3	0.55	43.6	7.2	36.4	0
Grande - Semi Skimmed Milk	1360	324	14.5	8.2	43.9	43.6	0.1	4.3	0.54	43.6	7.2	36.4	0
Grande - Whole Milk	1441	343	16.9	9.9	43.6	43.2	0.1	4.2	0.54	43.2	6.8	36.4	0
Grande - Soy	1313	313	14.8	7.4	41.6	41.2	0.5	3.1	0.51	41.2	N/A	40.3	0
Grande - Coconut	1316	313	16.0	10.4	41.9	41.2	0.5	0.1	0.57	41.2	N/A	40.3	0
Grande - Almond	1229	293	13.9	7.1	41.0	40.5	0.4	0.7	0.51	40.5	N/A	39.5	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
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
COLD CRAFT													
COLD BREW													
Tall	3	1	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	148
Grande	4	1	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	207
Venti	5	1	0.0	0.0	0.0	0.0	0.0	0.2	0.00	0.0	0.0	0.0	266
NITRO COLD BREW													
10 oz	16	4	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	166
Tall	17	4	0.0	0.0	0.0	0.0	0.0	0.2	0.00	0.0	0.0	0.0	244
COLD BREW VANILLA SWEET CREAM													
Tall	344	82	4.9	3.1	8.5	8.3	0.0	0.9	0.00	8.3	0.7	7.6	139
Grande	386	92	4.9	3.1	11.0	10.7	0.0	1.0	0.00	10.7	0.7	10.0	186
Venti	687	164	9.8	6.2	16.9	16.6	0.0	1.9	0.00	16.6	1.3	15.3	276
CAPPUCCINO FREDDO (made with Skimmed Milk as standard)													
Tall	226	54	0.1	0.0	10.8	8.5	0.0	2.6	0.08	8.5	3.8	4.7	150
Grande	283	67	0.1	0.0	13.2	11.0	0.0	3.4	0.11	11.0	5.0	6.0	150
Venti	370	88	0.1	0.0	17.3	13.9	0.0	4.4	0.15	13.9	6.5	7.4	225
Christmas Promo													
TOFFEE NUT LATTE (made with real Hazelnut topping and Semi Skimmed Milk as standard)													
Short - Skimmed Milk	700	166	6.2	4.2	21.6	20.2	0.0	6.1	0.30	20.2	7.9	12.6	75
Short - Semi Skimmed Milk	799	191	8.9	5.9	21.3	19.9	0.0	6.4	0.30	19.9	7.6	12.6	75
Short- Whole Milk	890	213	11.7	7.8	21.1	19.8	0.0	5.8	0.30	19.8	7.4	12.6	75
Short- Soy	738	176	8.7	4.7	18.6	17.2	0.8	5.5	0.40	17.2	N/A	17.5	75
Short - Coconut	737	177	10.6	8.4	19.1	17.2	0.3	1.0	0.30	17.2	N/A	17.5	75
Short - Almond	625	150	7.9	4.3	17.8	16.3	0.5	1.5	0.30	16.3	N/A	16.6	75
Tall - Skimmed Milk	960	228	7.3	5.0	31.5	28.9	0.0	9.0	0.50	28.9	11.6	17.8	150
Tall - Semi Skimmed Milk	1106	264	11.3	7.5	31.0	28.5	0.0	9.5	0.50	28.5	11.1	17.8	150
Tall - Whole Milk	1241	297	15.5	10.3	30.8	28.2	0.0	8.6	0.50	28.2	10.9	17.8	150
Tall - Soy	1016	242	11.0	5.7	27.0	24.5	1.2	8.1	0.50	24.5	N/A	25.0	150
Tall - Coconut	1015	243	13.8	11.2	27.7	24.5	0.5	1.6	0.40	24.5	N/A	25.0	150
Tall - Almond	851	203	9.9	5.2	25.9	23.1	0.7	2.3	0.40	23.1	N/A	23.6	150
Grande - Skimmed Milk	1248	296	8.5	5.8	42.1	39.4	0.0	12.8	0.70	39.4	17.1	22.9	150
Grande - Semi Skimmed Milk	1463	348	14.3	9.5	41.4	38.7	0.0	13.5	0.70	38.7	16.4	22.9	150
Grande - Whole Milk	1661	397	20.5	13.6	41.0	38.4	0.0	12.1	0.70	38.4	16.0	22.9	150
Grande - Soy	1331	317	14.0	6.8	35.6	32.9	1.7	11.4	0.70	32.9	N/A	33.5	150
Grande - Coconut	1329	318	18.1	15.0	36.6	32.9	0.7	1.9	0.50	32.9	N/A	33.5	150
Grande - Almond	1088	260	12.3	6.1	33.9	30.8	1.1	2.9	0.60	30.8	N/A	31.4	150



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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 options	Added sugar (g)	Caffeine (mg) **
GINGERBREAD LATTE (made with Semi Skimmed Milk as standard)													
Short - Skimmed Milk	679	161	5.5	3.4	22.0	20.3	0.1	5.8	0.20	20.3	8.3	12.0	75
Short - Semi Skimmed Milk	778	185	8.2	5.1	21.7	20.0	0.1	6.1	0.20	20.0	8.0	12.0	75
Short- Whole Milk	869	208	11.1	7.0	21.5	19.8	0.1	5.5	0.20	19.8	7.8	12.0	75
Short- Soy	717	171	8.1	3.9	19.0	17.3	0.9	5.2	0.20	17.3	N/A	16.9	75
Short - Coconut	716	171	10.0	7.6	19.5	17.3	0.4	0.7	0.10	17.3	N/A	16.9	75
Short - Almond	604	144	7.3	3.5	18.2	16.4	0.6	1.2	0.10	16.4	N/A	15.9	75
Tall - Skimmed Milk	939	223	6.6	4.0	32.0	29.2	0.2	8.7	0.30	29.2	12.1	17.1	150
Tall - Semi Skimmed Milk	1085	258	10.6	6.6	31.6	28.8	0.2	9.2	0.30	28.8	11.6	17.1	150
Tall - Whole Milk	1220	291	14.8	9.4	31.3	28.5	0.2	8.2	0.30	28.5	11.4	17.1	150
Tall - Soy	995	237	10.3	4.7	27.6	24.8	1.3	7.8	0.30	24.8	N/A	24.3	150
Tall - Coconut	994	238	13.1	10.3	28.3	24.8	0.6	1.3	0.20	24.8	N/A	24.3	150
Tall - Almond	830	198	9.2	4.2	26.5	23.4	0.9	2.0	0.20	23.4	N/A	22.9	150
Grande - Skimmed Milk	1226	291	7.7	4.7	42.8	39.9	0.2	12.4	0.40	39.9	17.6	22.2	150
Grande - Semi Skimmed Milk	1441	343	13.5	8.4	42.1	39.2	0.2	13.1	0.40	39.2	17.0	22.2	150
Grande - Whole Milk	1639	392	19.7	12.5	41.8	38.9	0.2	11.7	0.40	38.9	16.6	22.2	150
Grande - Soy	1309	312	13.2	5.7	36.3	33.4	1.9	11.0	0.40	33.4	N/A	32.8	150
Grande - Coconut	1307	313	17.3	13.9	37.3	33.4	0.9	1.5	0.20	33.4	N/A	32.8	150
Grande - Almond	1066	254	11.5	5.0	34.6	31.4	1.2	2.5	0.20	31.4	N/A	30.8	150
EGGNOG LATTE													
Short	714	169	6.0	3.9	22.9	21.3	0.9	5.6	0.22	21.3	7.7	13.6	75
Tall	1142	271	9.5	6.1	36.8	33.8	1.4	9.1	0.35	33.8	12.2	21.6	150
Grande	1446	344	12.1	7.8	46.5	43.1	1.7	11.4	0.45	43.1	15.5	27.6	150
FUDGE HOT CHOCOLATE													
Short	830	198	9.5	6.0	27.1	23.0	1.8	0.1	0.20	23.0	3.9	19.1	0
Tall	1076	257	11.7	7.4	36.6	31.2	2.4	0.1	0.20	31.2	5.1	26.1	0
Grande	1321	315	13.8	8.8	46.1	39.3	3.0	0.1	0.30	39.3	6.3	33.0	0
FESTIVE COLD BREW													
Tall	105	25	0.1	0.0	5.5	5.3	0.5	0.3	0.00	5.3	0.0	5.3	139
Grande	139	33	0.1	0.0	7.5	7.2	0.5	0.3	0.00	7.2	0.0	7.2	186
Venti	175	41	0.1	0.0	9.5	9.1	0.5	0.4	0.00	9.1	0.0	9.1	276

SHORT -- 237ml (8 fl oz)
 MINI -- 296 ml (10 fl oz)
 TALL -- 355 ml (12 fl oz)
 GRANDE -- 473 ml (16 fl oz)
 VENTI -- 710 ml (20 fl oz)

* Nutrition information for beverages is calculated based on Starbucks standard recipes. Whole milk is based on 3.5% milk fat, this may differ slightly from milks in your region. Because our beverages are handcrafted and may be customized, exact information may vary. New product introduction, ingredient changes or recipe changes during the life of this publication may cause this information to be incomplete.

** Caffeine information is approximate. These values reflect Starbucks standard brewing methods. Values can vary greatly based on the variety of the coffee and the brewing equipment used. The handcrafted nature of our beverages may result in a variation from the reported values.