

**STARBUCKS**  
**Winter 2019**  
 Food Nutritional Information

Product	Portion Size	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)	
	(g)	Vegetarians	Vegans	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
<b>Pastries (may vary in some stores)</b>																					
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	1228	1228	293	293	12	12	7.9	7.9	40	40	17	17	2.0	2.0	5.0	5.0	0.67	0.67
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
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	11.2	0.50	0.70
<b>Toasts, Breads &amp; Pancakes</b>																					
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
Banana Bread	100	Y	N	1591	1591	381	381	21	21	1.8	1.8	43	43	24	24	1.6	1.6	4.7	4.7	0.39	0.39
Trio of Pancakes	120	Y	N	1242	1490	298	358	14	16	2.6	3.1	36	43	14	17	0.9	1.1	6.7	8.0	1.1	1.3
<b>Bars &amp; Brownies</b>																					
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
Vegan Dark Chocolate & Hazelnut Bar	55	Y	Y	2071	1139	495	272	25	14	5.7	3.1	49	27	24	13	14	7.7	18	9.7	0.30	0.17
Chocolate Caramel Shortbread	75	Y	N	2025	1519	491	368	29	22	14	11	53	40	35	26	1.1	0.8	5.0	3.8	0.72	0.54
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	2239	2172	536	520	31	30	19	19	58	56	27	26	1.5	1.5	6.5	6.3	0.23	0.22
Chocolate Caramel Shortbread	75	Y	N	2025	1519	491	368	29	22	14	11	53	40	35	26	1.1	0.8	5.0	3.8	0.72	0.54
Marshmallow Twizzle (all varieties)	35	N	N	1746	611	414	145	9.8	3.4	5.0	1.8	78.3	27.4	66.7	23.3	1.7	0.6	4.0	1.4	0.05	0.02
<b>Cookies</b>																					
Chocolate Chunk Cookie	76	Y	N	1993	1515	476	362	24	18	15	11	58	44	33	25	3.0	2.3	5.9	4.5	0.10	0.08
Salted Caramel Cookie	83	Y	N	1837	1525	437	363	17	14	9.4	7.8	66	55	44	36	2.0	1.7	5.1	4.2	0.53	0.44
Oat & Raisin Cookie	76	Y	N	1765	1341	420	319	14	11	6.4	4.8	66	50	40	30	3.8	2.9	5.3	4.0	0.14	0.10
<b>Cakes</b>																					
Vegan Chocolate & Raspberry Cake	70	Y	Y	1530	1071	365	256	15	11	4.5	3.2	54	38	25	18	2.2	1.5	2.2	1.5	0.64	0.45
<b>Loaf Cakes</b>																					
Chocolate Truffle Loaf cake	90	Y	N	1648	1483	394	355	22	20	6.3	5.7	42	37	33	30	3.1	2.8	5.8	5.2	0.60	0.54
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
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
<b>Muffins</b>																					
Raspberry Cheesecake Muffin	122	Y	N	1509	1843	361	441	19	24	4.4	5.3	40	49	19	23	1.4	1.7	5.6	6.8	0.41	0.50
Blueberry Muffin	116	Y	N	1478	1714	353	409	17	19	2.7	3.1	45	53	20	23	1.1	1.3	5.0	5.8	0.33	0.38
Lemon Muffin	112	Y	N	1589	1780	379	424	18	20	2.9	3.2	50	56	26	29	0.60	0.67	5.1	5.7	0.35	0.39
Triple Chocolate Muffin	118	Y	N	1666	1966	398	470	21	25	6.2	7.3	45	54	25	30	1.8	2.1	5.8	6.8	0.35	0.41
Toffee Popcorn Muffin	113	Y	N	1636	1849	390	441	17	19	4.6	5.1	54	61	34	38	1.0	1.1	4.9	5.5	0.36	0.41

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	(g)	Vegetarians	Vegans	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
<b>PACKAGED ITEMS</b>																					
<b>Yoghurts &amp; Fruit</b>																					
Mango & Lime Fruit Pot	140	Y	N	262	367	62	87	<0.5	<0.5	<0.1	0.1	13	18	12	17	3.1	4.4	0.7	1.0	<0.01	0.01
Fruit Mix Pot	160	Y	N	188	301	45	72	<0.5	<0.5	<0.1	0.1	8.9	14	8.8	14	2.1	3.4	0.7	1.0	<0.01	0.02
Berry Crunch Pot	180	Y	N	584	1051	139	250	4.6	8.3	0.4	0.8	17	30	9.0	16	1.4	2.6	7.1	13	0.18	0.30
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 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
<b>Oatmeal Pots</b>																					
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
<b>Breakfast Sandwiches</b>																					
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 Roll	202	N	N	1060	2141	253	511	12	24	4.1	8.2	27	54	1.6	3.2	1.0	2.0	11	21	1.2	2.5
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	120	N	N	1157	1388	275	330	8.2	9.8	3.0	3.6	36	43	1.6	1.9	2.6	3.1	16	19	1.5	1.8
<b>Filled Croissants</b>																					
Cheddar and Mushroom Croissant	145	Y	N	1286	1865	301	436	17	25	10	15	28	40	1.0	1.4	0.4	0.6	8.7	13	0.60	0.87
Ham and Cheddar Croissant	150	N	N	1293	1940	303	455	16	24	9.3	14	26	39	0.6	0.8	0.1	0.2	14	21	1.0	1.5
<b>Toasties</b>																					
Turkey, Ham & Swiss Cheese Toastie	204	N	N	968	1975	230	469	8.7	18	4.7	10	24	48	2.1	4.3	0.5	1.0	14	29	1.0	2.1
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 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
<b>Bagels</b>																					
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
<b>Sandwiches, Paninis, Wraps, Rolls &amp; Focaccias</b>																					
Vegan Winter Sandwich	220	Y	Y	797	1753	190	418	6.9	15	1.1	2.3	25	56	4.4	9.6	2.4	5.3	5.5	12	0.73	1.6
California Chicken Wrap	162	N	N	754	1221	180	292	8.3	13	1.6	2.7	15	25	1.1	1.8	1.4	2.3	10	17	0.61	0.99
Ham & Cheese Brioche Roll	163	N	N	1174	1914	280	456	14	22	3.4	5.6	25	41	5.5	9.0	1.3	2.1	14	22	1.3	2.2
Vegan Wrap with Falafel & Slaw	172	Y	Y	637	1096	152	261	5.3	9.1	1.2	2.1	20	35	3.6	6.2	3.1	5.3	4.1	7.1	0.49	0.84
California Chicken Sandwich	210	N	N	787	1653	187	393	4.1	8.7	1.0	2.2	26	55	3.2	6.7	2.5	5.3	10	21	0.80	1.7
Eggs Sandwich	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
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

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	(g)	Vegetarians	Vegans	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
<b>Hot Boxes</b>																					
Butternut Squash & Kale Risotto	287	Y	N	597	1713	142	408	4.6	13	1.4	4.0	20	56	1.6	4.6	3.1	8.9	4.1	12	0.56	1.6
Mushroom & Spinach Risotto	287	Y	N	510	1464	121	347	3.2	9.2	1.1	3.2	18	51	1.1	3.2	2.7	7.7	4.0	11	0.38	1.1
Pulled Pork Pasta	285	N	N	542	1545	129	368	3.3	9.4	1.6	4.6	17	47	4.3	12	1.6	4.6	7.4	21	0.50	1.4
Super Scrambled Eggs, Tomato & Spinach	211	Y	N	416	878	100	211	6.6	14	1.5	3.2	3.3	6.9	1.1	2	0.7	1.5	6.7	14	0.68	1.40
<b>Salads</b>																					
House Chicken Salad	251	N	N	493	1380	118	330	7.6	21	2.1	5.9	7.9	22	3.4	9.6	2.3	6.3	3.5	9.7	0.40	1.1
Italian Pasta Salad with Grilled Veggies	209	Y	N	851	1991	204	477	13	30	3.8	8.8	15	36	2.1	5.0	1.8	4.1	5.7	13	0.70	1.6
<b>Impulse Range</b>																					
Starbucks Chocolate Bear Lolly	22	Y	N	2260	633	541	151	31	8.8	20	5.5	57	16	57	16	1.6	0.4	6.4	1.8	0.18	0.05
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
Starbucks Gingerbread Bearista	45	Y	N	1773	798	422	190	13	5.9	0.9	0.4	74	33	43	19	1.5	0.7	3.9	1.8	0.34	0.15
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	28	18	16	11	59	8.7	41	27	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