



**Winter FY19 Starbucks Beverage Nutrition Information \***

**HOT BEVERAGES**

	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) **
<b>ESPRESSO &amp; FILTER COFFEE</b>													
<b>CAFFÈ LATTE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	257	60	0.2	0.0	9.0	8.0	0.0	5.8	0.16	8.0	8.0	0.0	75 - 85
<b>Short - Semi Skimmed Milk</b>	<b>357</b>	<b>85</b>	<b>2.9</b>	<b>1.8</b>	<b>8.7</b>	<b>7.7</b>	<b>0.0</b>	<b>6.1</b>	<b>0.16</b>	<b>7.7</b>	<b>7.7</b>	<b>0.0</b>	<b>75 - 85</b>
Short - Whole Milk	450	108	5.8	3.7	8.5	7.5	0.0	5.5	0.16	7.5	7.5	0.0	75 - 85
Short - Soy	295	70	2.7	0.5	5.9	5.0	0.8	5.2	0.18	5.0	0.0	5.0	75 - 85
Short - Coconut	294	71	4.6	4.3	6.4	5.0	0.3	0.7	0.09	5.0	0.0	5.0	75 - 85
Short - Almond	182	43	1.9	0.2	5.1	4.0	0.5	1.2	0.10	4.0	0.0	4.0	75 - 85
Short - Oat	531	127	4.3	2.6	18.4	10.7	3.2	2.0	0.21	10.7	0.0	10.7	75 - 85
Tall - Skimmed Milk	435	102	0.3	0.0	15.3	13.3	0.0	9.7	0.27	13.3	13.3	0.0	150 - 170
Tall - Semi Skimmed Milk	602	143	4.8	2.9	14.7	12.7	0.0	10.3	0.27	12.7	12.7	0.0	150 - 170
Tall - Whole Milk	756	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27	12.5	12.5	0.0	150 - 170
Tall - Soy	499	119	4.5	0.8	10.2	8.2	1.3	8.7	0.29	8.2	0.0	8.2	150 - 170
Tall - Coconut	497	119	7.7	7.2	11.0	8.2	0.5	1.3	0.15	8.2	0.0	8.2	150 - 170
Tall - Almond	310	74	3.2	0.3	8.9	6.6	0.8	2.1	0.16	6.6	0.0	6.6	150 - 170
Tall - Oat	890	212	7.2	4.3	30.9	17.8	5.3	3.4	0.35	17.8	0.0	17.8	150 - 170
Grande - Skimmed Milk	543	128	0.3	0.0	19.0	17.0	0.0	12.3	0.34	17.0	17.0	0.0	150 - 170
Grande - Semi Skimmed Milk	757	180	6.1	3.7	18.3	16.3	0.0	12.9	0.34	16.3	16.3	0.0	150 - 170
Grande - Whole Milk	954	228	12.2	7.8	17.9	16.0	0.0	11.6	0.34	16.0	16.0	0.0	150 - 170
Grande - Soy	625	149	5.8	1.0	12.5	10.5	1.7	10.9	0.37	10.5	0.0	10.5	150 - 170
Grande - Coconut	623	150	9.9	9.2	13.5	10.5	0.7	1.4	0.19	10.5	0.0	10.5	150 - 170
Grande - Almond	384	92	4.1	0.3	10.8	8.5	1.0	2.4	0.20	8.5	0.0	8.5	150 - 170
Grande - Oat	1126	269	9.2	5.4	39.0	22.8	6.8	4.1	0.44	22.8	0.0	22.8	150 - 170
Venti - Skimmed Milk	713	168	0.4	0.0	25.0	22.0	0.0	16.0	0.44	22.0	22.0	0.0	225 - 255
Venti - Semi Skimmed Milk	989	235	7.9	4.8	24.1	21.1	0.0	16.9	0.44	21.1	21.1	0.0	225 - 255
Venti - Whole Milk	1245	298	15.8	10.1	23.6	20.7	0.0	15.2	0.44	20.7	20.7	0.0	225 - 255
Venti - Soy	819	195	7.5	1.3	16.6	13.6	2.2	14.3	0.48	13.6	0.0	13.6	225 - 255
Venti - Coconut	817	196	12.8	11.9	17.9	13.6	0.9	2.0	0.24	13.6	0.0	13.6	225 - 255
Venti - Almond	506	121	5.3	0.4	14.4	11.0	1.3	3.3	0.26	11.0	0.0	11.0	225 - 255
Venti - Oat	1468	350	11.9	7.0	50.9	29.5	8.8	5.5	0.57	29.5	0.0	29.5	225 - 255
<b>VANILLA LATTE (made with brewed Espresso Roast coffee, Semi Skimmed Milk and regular Vanilla Flavour Syrup as standard)</b>													
Short - Skimmed Milk	410	96	0.2	0.0	18.1	17.1	0.0	5.7	0.16	17.1	8.0	9.1	75
<b>Short - Semi Skimmed Milk</b>	<b>510</b>	<b>121</b>	<b>2.9</b>	<b>1.8</b>	<b>17.7</b>	<b>16.8</b>	<b>0.0</b>	<b>6.0</b>	<b>0.16</b>	<b>16.8</b>	<b>7.7</b>	<b>9.1</b>	<b>75</b>
Short - Whole Milk	602	143	5.7	3.7	17.6	16.6	0.0	5.4	0.16	16.6	7.5	9.1	75
Short - Soy	448	106	2.7	0.5	15.0	14.1	0.8	5.1	0.18	14.1	0.0	14.1	75
Short - Coconut	447	107	4.6	4.3	15.5	14.1	0.3	0.6	0.09	14.1	0.0	14.1	75
Short - Almond	335	79	1.9	0.2	14.2	13.1	0.5	1.1	0.10	13.1	0.0	13.1	75
Short - Oat	683	162	4.3	2.6	27.5	19.8	3.2	1.9	0.21	19.8	0.0	19.8	75
Tall - Skimmed Milk	660	155	0.3	0.0	28.7	26.9	0.0	9.5	0.26	26.9	13.2	13.7	150
Tall - Semi Skimmed Milk	826	196	4.8	2.9	28.2	26.4	0.0	10.1	0.26	26.4	12.7	13.7	150
Tall - Whole Milk	979	233	9.5	6.1	27.9	26.1	0.0	9.0	0.26	26.1	12.4	13.7	150
Tall - Soy	723	172	4.5	0.8	23.7	21.9	1.3	8.5	0.29	21.9	0.0	21.9	150
Tall - Coconut	722	172	7.7	7.1	24.5	21.9	0.5	1.1	0.15	21.9	0.0	21.9	150
Tall - Almond	536	127	3.2	0.3	22.4	20.3	0.8	1.9	0.16	20.3	0.0	20.3	150
Tall - Oat	1113	265	7.1	4.2	44.3	31.4	5.3	3.2	0.34	31.4	0.0	31.4	150
Grande - Skimmed Milk	852	201	0.3	0.0	37.2	35.3	0.0	12.1	0.34	35.3	17.1	18.3	150
Grande - Semi Skimmed Milk	1066	253	6.1	3.8	36.6	34.6	0.0	12.8	0.34	34.6	16.4	18.3	150
Grande - Whole Milk	1264	301	12.3	7.8	36.2	34.3	0.0	11.5	0.34	34.3	16.0	18.3	150
Grande - Soy	934	222	5.8	1.0	30.8	28.8	1.7	10.8	0.37	28.8	0.0	28.8	150
Grande - Coconut	932	222	9.9	9.2	31.8	28.8	0.7	1.2	0.19	28.8	0.0	28.8	150
Grande - Almond	692	164	4.1	0.3	29.1	26.8	1.0	2.2	0.20	26.8	0.0	26.8	150
Grande - Oat	1437	342	9.2	5.5	57.4	41.1	6.8	4.0	0.44	41.1	0.0	41.1	150
Venti - Skimmed Milk	1091	257	0.4	0.0	47.5	44.8	0.0	15.7	0.44	44.8	21.9	22.8	225
Venti - Semi Skimmed Milk	1367	324	7.9	4.8	46.7	43.9	0.0	16.6	0.44	43.9	21.0	22.8	225
Venti - Whole Milk	1622	386	15.8	10.1	46.2	43.4	0.0	14.8	0.44	43.4	20.6	22.8	225
Venti - Soy	1197	284	7.5	1.3	39.2	36.4	2.2	14.0	0.48	36.4	0.0	36.4	225
Venti - Coconut	1195	285	12.7	11.8	40.5	36.4	0.9	1.7	0.24	36.4	0.0	36.4	225
Venti - Almond	885	210	5.3	0.4	37.0	33.8	1.3	3.0	0.26	33.8	0.0	33.8	225
Venti - Oat	1844	438	11.8	7.0	73.4	52.2	8.8	5.2	0.57	52.2	0.0	52.2	225
<b>BLONDE VANILLA LATTE (made with brewed Blonde Espresso coffee, Semi Skimmed Milk and regular Vanilla Flavour Syrup as standard)</b>													
Short - Skimmed Milk	332	78	0.2	0.0	13.4	12.3	0.0	5.8	0.16	12.3	8.0	4.4	85
<b>Short - Semi Skimmed Milk</b>	<b>432</b>	<b>103</b>	<b>2.9</b>	<b>1.8</b>	<b>13.1</b>	<b>12.0</b>	<b>0.0</b>	<b>6.1</b>	<b>0.16</b>	<b>12.0</b>	<b>7.7</b>	<b>4.4</b>	<b>85</b>
Short - Whole Milk	525	125	5.7	3.7	12.9	11.8	0.0	5.5	0.16	11.8	7.5	4.4	85
Short - Soy	370	88	2.7	0.5	10.4	9.3	0.8	5.1	0.18	9.3	0.0	9.3	85
Short - Coconut	369	88	4.6	4.3	10.9	9.3	0.3	0.7	0.09	9.3	0.0	9.3	85
Short - Almond	257	61	1.9	0.2	9.6	8.3	0.5	1.2	0.10	8.3	0.0	8.3	85
Short - Oat	605	144	4.3	2.6	22.8	15.0	3.2	2.0	0.21	15.0	0.0	15.0	85
Tall - Skimmed Milk	584	137	0.3	0.0	24.1	21.9	0.0	9.7	0.26	21.9	13.2	8.7	170
Tall - Semi Skimmed Milk	750	178	4.8	2.9	23.6	21.4	0.0	10.2	0.26	21.4	12.7	8.7	170
Tall - Whole Milk	903	215	9.5	6.1	23.3	21.1	0.0	9.2	0.26	21.1	12.4	8.7	170
Tall - Soy	648	154	4.5	0.8	19.1	16.9	1.3	8.6	0.29	16.9	0.0	16.9	170
Tall - Coconut	646	154	7.7	7.1	19.9	16.9	0.5	1.3	0.15	16.9	0.0	16.9	170
Tall - Almond	460	109	3.2	0.3	17.7	15.3	0.8	2.0	0.16	15.3	0.0	15.3	170
Tall - Oat	1037	247	7.1	4.2	39.7	26.4	5.3	3.4	0.34	26.4	0.0	26.4	170
Grande - Skimmed Milk	772	182	0.3	0.0	32.4	30.1	0.0	12.3	0.34	30.1	17.1	13.1	170
Grande - Semi Skimmed Milk	987	234	6.1	3.8	31.7	29.4	0.0	13.0	0.34	29.4	16.4	13.1	170
Grande - Whole Milk	1185	282	12.3	7.8	31.3	29.1	0.0	11.6	0.34	29.1	16.0	13.1	170
Grande - Soy	854	203	5.8	1.0	25.9	23.6	1.7	11.0	0.37	23.6	0.0	23.6	170
Grande - Coconut	853	204	9.9	9.2	26.9	23.6	0.7	1.4	0.19	23.6	0.0	23.6	170
Grande - Almond	612	145	4.1	0.3	24.2	21.6	1.0	2.4	0.20	21.6	0.0	21.6	170
Grande - Oat	1357	323	9.2	5.5	52.5	35.9	6.8	4.1	0.44	35.9	0.0	35.9	170
Venti - Skimmed Milk	1013	239	0.4	0.0	42.7	39.3	0.0	16.0	0.44	39.3	21.9	17.4	255
Venti - Semi Skimmed Milk	1289	306	7.9	4.8	41.8	38.4	0.0	16.9	0.44	38.4	21.0	17.4	255
Venti - Whole Milk	1544	368	15.8	10.1	41.4	38.0	0.0	15.1	0.44	38.0	20.6	17.4	255
Venti - Soy	1119	266	7.5	1.3	34.3	31.0	2.2	14.2	0.48	31.0	0.0	31.0	255
Venti - Coconut	1117	267	12.7	11.8	35.7	31.0	0.9	2.0	0.24	31.0	0.0	31.0	255
Venti - Almond	807	192	5.3	0.4	32.2	28.4	1.3	3.3	0.26	28.4	0.0	28.4	255
Venti - Oat</													



**Winter FY19 Starbucks 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) **
Short- Whole Milk	346	83	4.4	2.8	6.7	5.7	0.0	4.2	0.12	5.7	5.7	0.0	75 - 85
Short- Soy	229	55	2.1	0.4	4.7	3.7	0.6	4.0	0.13	3.7	0.0	3.7	75 - 85
Short - Coconut	225	54	3.5	3.2	5.0	3.7	0.2	0.6	0.10	3.7	0.0	3.7	75 - 85
Short - Almond	141	34	1.4	0.1	4.1	3.0	0.4	1.0	0.10	3.0	0.0	3.0	75 - 85
Short - Oat	407	97	3.3	1.9	14.1	8.1	2.4	1.6	0.20	8.1	0.0	0.0	75 - 85
Tall - Skimmed Milk	337	79	0.2	0.0	11.9	10.0	0.0	7.5	0.20	10.0	10.0	0.0	150 - 170
Tall - Semi Skimmed Milk	462	110	3.6	2.2	11.5	9.6	0.0	7.9	0.20	9.6	9.6	0.0	150 - 170
Tall - Whole Milk	578	138	7.2	4.6	11.3	9.4	0.0	7.1	0.20	9.4	9.4	0.0	150 - 170
Tall - Soy	385	92	3.4	0.6	8.2	6.2	1.0	6.7	0.22	6.2	0.0	6.2	150 - 170
Tall - Coconut	371	89	5.5	5.2	8.5	5.9	0.4	1.1	0.10	5.9	0.0	5.9	150 - 170
Tall - Almond	231	55	2.2	0.2	6.8	4.7	0.6	1.7	0.10	4.7	0.0	4.7	150 - 170
Tall - Oat	679	162	5.4	3.2	23.7	13.3	4.0	2.7	0.30	13.3	0.0	0.0	150 - 170
Grande - Skimmed Milk	401	94	0.2	0.0	14.1	12.1	0.0	9.0	0.24	12.1	12.1	0.0	150 - 170
Grande - Semi Skimmed Milk	554	132	4.4	2.7	13.6	11.6	0.0	9.5	0.24	11.6	11.6	0.0	150 - 170
Grande - Whole Milk	695	166	8.7	5.6	13.4	11.4	0.0	8.5	0.24	11.4	11.4	0.0	150 - 170
Grande - Soy	460	110	4.1	0.7	9.5	7.5	1.2	8.0	0.27	7.5	0.0	7.5	150 - 170
Grande - Coconut	496	119	7.7	7.2	11.0	8.2	0.5	1.2	0.10	8.2	0.0	8.2	150 - 170
Grande - Almond	327	78	3.4	0.3	9.3	7.1	0.8	2.1	0.20	7.1	0.0	7.1	150 - 170
Grande - Oat	818	195	6.5	3.9	28.4	16.2	4.9	3.1	0.30	16.2	0.0	0.0	150 - 170
Venti - Skimmed Milk	563	133	0.3	0.0	19.9	16.9	0.0	12.6	0.34	16.9	16.9	0.0	225 - 255
Venti - Semi Skimmed Milk	776	184	6.1	3.7	19.2	16.2	0.0	13.2	0.34	16.2	16.2	0.0	225 - 255
Venti - Whole Milk	972	232	12.2	7.8	18.8	15.9	0.0	11.9	0.34	15.9	15.9	0.0	225 - 255
Venti - Soy	645	154	5.7	1.0	13.4	10.5	1.7	11.2	0.37	10.5	0.0	10.5	225 - 255
Venti - Coconut	681	163	10.4	9.7	15.2	11.2	0.7	1.8	0.20	11.2	0.0	11.2	225 - 255
Venti - Almond	427	102	4.3	0.4	12.3	9.0	1.1	2.9	0.20	9.0	0.0	9.0	225 - 255
Venti - Oat	1143	272	9.1	5.4	39.8	22.6	6.8	4.5	0.40	22.6	0.0	0.0	225 - 255
<b>FRESH FILTER COFFEE</b>													
Short	7	2	0.0	0.0	0.0	0.0	0.0	0.3	0.00	0.0	0.0	0.0	157
Tall	10	2	0.1	0.0	0.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	229
Grande	13	3	0.1	0.0	0.0	0.0	0.0	0.6	0.00	0.0	0.0	0.0	308
Venti	16	4	0.1	0.0	0.0	0.0	0.0	0.7	0.10	0.0	0.0	0.0	387
<b>ESPRESSO</b>													
Solo	24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75 - 85
Doppio	48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150 - 170
<b>ESPRESSO CON PANNA (made with Whipped Cream as standard)</b>													
Solo	265	64	5.8	4.2	2.4	1.4	0.0	0.7	0.00	1.4	1.4	1.4	75 - 85
Doppio	333	80	6.8	4.9	3.6	1.6	0.0	1.1	0.00	1.6	1.6	1.6	150 - 170
<b>CORTADO (made with Whole Milk as standard)</b>													
Skimmed Milk	187	44	0.1	0.0	6.8	4.8	0.0	4.0	0.10	4.8	4.8	0.0	157 - 177
Semi Skimmed Milk	247	59	1.7	1.1	6.6	4.6	0.0	4.2	0.10	4.6	4.6	0.0	157 - 177
<b>Whole Milk</b>	<b>303</b>	<b>72</b>	<b>3.5</b>	<b>2.2</b>	<b>6.5</b>	<b>4.5</b>	<b>0.0</b>	<b>3.8</b>	<b>0.10</b>	<b>4.5</b>	<b>4.5</b>	<b>0.0</b>	<b>157 - 177</b>
Soy	210	50	1.6	0.3	5.0	3.0	0.5	3.6	0.11	3.0	0.0	3.0	157 - 177
Coconut	209	50	2.8	2.6	5.3	3.0	0.2	0.9	0.05	3.0	0.0	3.0	157 - 177
Almond	141	34	1.2	0.1	4.5	2.4	0.3	1.2	0.06	2.4	0.0	2.4	157 - 177
Oat	352	84	2.6	1.5	12.5	6.4	1.9	1.7	0.12	6.4	0.0	6.4	157 - 177
<b>CORDUSIO (made with Whole Milk as standard)</b>													
Short - Skimmed Milk	267	63	0.5	0.3	10.5	8.2	0.5	3.8	0.09	8.2	4.4	3.8	155 - 175
Short - Semi Skimmed Milk	323	77	2.0	1.3	10.3	8.1	0.5	4.0	0.09	8.1	4.3	3.8	155 - 175
<b>Short- Whole Milk</b>	<b>374</b>	<b>89</b>	<b>3.6</b>	<b>2.3</b>	<b>10.2</b>	<b>8.0</b>	<b>0.5</b>	<b>3.6</b>	<b>0.09</b>	<b>8.0</b>	<b>4.2</b>	<b>3.8</b>	<b>155 - 175</b>
Short- Soy	288	68	2.0	0.5	8.8	6.6	1.0	3.4	0.10	6.6	0.0	6.6	155 - 175
Short - Coconut	288	69	3.0	2.7	9.1	6.6	0.7	1.0	0.05	6.6	0.0	6.6	155 - 175
Short - Almond	225	54	1.5	0.4	8.4	6.0	0.8	1.2	0.06	6.0	0.0	6.0	155 - 175
Short - Oat	419	100	2.8	1.7	15.7	9.8	2.3	1.7	0.12	9.8	0.0	9.8	155 - 175
<b>ESPRESSO MACCHIATO (made with Semi Skimmed Milk as standard)</b>													
Solo - Skimmed Milk	31	7	0.0	0.0	1.3	0.3	0.0	0.5	0.01	0.3	0.3	0.0	75 - 85
<b>Solo - Semi Skimmed Milk</b>	<b>34</b>	<b>8</b>	<b>0.1</b>	<b>0.1</b>	<b>1.2</b>	<b>0.3</b>	<b>0.0</b>	<b>0.6</b>	<b>0.01</b>	<b>0.3</b>	<b>0.3</b>	<b>0.0</b>	<b>75 - 85</b>
Solo - Whole Milk	37	9	0.2	0.1	1.2	0.3	0.0	0.5	0.01	0.3	0.3	0.0	75 - 85
Solo - Soy	32	8	0.1	0.0	1.2	0.2	0.0	0.5	0.01	0.2	0.0	0.2	75 - 85
Solo - Coconut	32	8	0.2	0.1	1.2	0.2	0.0	0.4	0.00	0.2	0.0	0.2	75 - 85
Solo - Almond	28	7	0.1	0.0	1.1	0.1	0.0	0.4	0.00	0.1	0.0	0.1	75 - 85
Solo - Oat	40	9	0.1	0.1	1.6	0.4	0.1	0.4	0.01	0.4	0.0	0.4	75 - 85
Doppio - Skimmed Milk	70	16	0.0	0.0	2.8	0.8	0.0	1.3	0.02	0.8	0.8	0.0	150 - 170
Doppio - Semi Skimmed Milk	80	19	0.3	0.2	2.8	0.8	0.0	1.3	0.02	0.8	0.8	0.0	150 - 170
Doppio - Whole Milk	90	21	0.6	0.4	2.8	0.8	0.0	1.2	0.02	0.8	0.8	0.0	150 - 170
Doppio - Soy	74	17	0.3	0.1	2.5	0.5	0.1	1.2	0.02	0.5	0.0	0.5	150 - 170
Doppio - Coconut	74	17	0.5	0.4	2.5	0.5	0.0	0.8	0.01	0.5	0.0	0.5	150 - 170
Doppio - Almond	62	15	0.2	0.0	2.4	0.4	0.1	0.8	0.01	0.4	0.0	0.4	150 - 170
Doppio - Oat	98	23	0.4	0.3	3.8	1.1	0.3	0.9	0.02	1.1	0.0	1.1	150 - 170
<b>CAFFÈ AMERICANO</b>													
Short	23	5	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75 - 85
Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150 - 170
Grande	69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00	0.0	0.0	0.0	225 - 255
Venti	92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00	0.0	0.0	0.0	300 - 340
<b>CAPPUCCINO (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	206	49	0.1	0.0	7.3	6.3	0.0	4.6	0.13	6.3	6.3	0.0	75 - 85
<b>Short - Semi Skimmed Milk</b>	<b>285</b>	<b>68</b>	<b>2.3</b>	<b>1.4</b>	<b>7.0</b>	<b>6.0</b>	<b>0.0</b>	<b>4.9</b>	<b>0.13</b>	<b>6.0</b>	<b>6.0</b>	<b>0.0</b>	<b>75 - 85</b>
Short- Whole Milk	358	85	4.5	2.9	6.9	5.9	0.0	4.4	0.10	5.9	5.9	0.0	75 - 85
Short- Soy	236	56	2.1	0.4	4.9	3.9	0.6	4.1	0.14	3.9	0.0	3.9	75 - 85
Short - Coconut	236	57	3.6	3.4	5.2	3.9	0.3	0.6	0.07	3.9	0.0	3.9	75 - 85
Short - Almond	147	35	1.5	0.1	4.2	3.1	0.4	1.0	0.08	3.1	0.0	3.1	75 - 85
Short - Oat	421	100	3.4	2.0	14.6	8.4	2.5	1.6	0.16	8.4	0.0	8.4	75 - 85
Tall - Skimmed Milk	393	93	0.2	0.0	13.8	11.9	0.0	8.8	0.24	11.9	11.9	0.0	150 - 170
Tall - Semi Skimmed Milk	542	129	4.3	2.6	13.4	11.4	0.0	9.3	0.24	11.4	11.4	0.0	150 - 170
Tall - Whole Milk	680	163	8.5	5.5	13.1	11.1	0.0	8.3	0.24	11.1	11.1	0.0	150 - 170
Tall - Soy	450	107	4.0	0.7	9.3	7.4	1.2	7.8	0.26	7.4	0.0	7.4	150 - 170
Tall - Coconut	449	108	6.9	6.4	10.0	7.4	0.5	1.2	0.13	7.4	0.0	7.4	150 - 170
Tall - Almond	282	67	2.8	0.2	8.1	5.9	0.7	1.9	0.14	5.9	0.0	5.9	150 - 170
Tall - Oat	800	191	6.4	3.8	27.8	15.9	4.7	3.1	0.31	15.9	0.0	15.9	150 - 170
Grande - Skimmed Milk	436	103	0.3	0.0	15.3	13.3	0.0	9.8	0.27	13.3	13.3	0.0	150 - 170
Grande - Semi Skimmed Milk	603	143	4.8	2.9	14.8	12.8	0.0	10.3	0.27	12.8	12.8	0.0	150 - 170
Grande - Whole Milk	758	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27	12.5	12.5	0.0	150 - 170
Grande - Soy	500	119	4.5	0.8	10.2	8.3	1.3	8.7	0.29	8.3	0.0	8.3	150 - 170



### Winter FY19 Starbucks 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 - Coconut	499	120	7.7	7.2	11.0	8.3	0.5	1.3	0.15	8.3	0.0	8.3	150 - 170
Grande - Almond	311	74	3.2	0.3	8.9	6.7	0.8	2.1	0.16	6.7	0.0	6.7	150 - 170
Grande - Oat	893	213	7.2	4.3	31.0	17.8	5.3	3.4	0.35	17.8	0.0	17.8	150 - 170
Venti - Skimmed Milk	611	144	0.4	0.0	21.5	18.5	0.0	13.7	0.37	18.5	18.5	0.0	225 - 255
Venti - Semi Skimmed Milk	844	201	6.7	4.1	20.8	17.8	0.0	14.4	0.37	17.8	17.8	0.0	225 - 255
Venti - Whole Milk	1060	253	13.3	8.5	20.4	17.4	0.0	12.9	0.37	17.4	17.4	0.0	225 - 255
Venti - Soy	701	167	6.3	1.1	14.5	11.5	1.9	12.2	0.41	11.5	0.0	11.5	225 - 255
Venti - Coconut	699	168	10.7	10.0	15.6	11.5	0.7	1.8	0.20	11.5	0.0	11.5	225 - 255
Venti - Almond	437	104	4.4	0.4	12.6	9.3	1.1	2.9	0.22	9.3	0.0	9.3	225 - 255
Venti - Oat	1247	297	10.0	5.9	43.3	24.8	7.4	4.8	0.48	24.8	0.0	24.8	225 - 255

#### CAFFÈ MISTO (made with Semi Skimmed Milk as standard)

Short - Skimmed Milk	148	35	0.1	0.0	4.9	4.9	0.0	3.5	0.11	4.9	4.9	0.0	79
<b>Short - Semi Skimmed Milk</b>	<b>210</b>	<b>50</b>	<b>1.8</b>	<b>1.1</b>	<b>4.7</b>	<b>4.7</b>	<b>0.0</b>	<b>3.7</b>	<b>0.11</b>	<b>4.7</b>	<b>4.7</b>	<b>0.0</b>	<b>79</b>
Short - Whole Milk	268	64	3.6	2.3	4.6	4.6	0.0	3.3	0.11	4.6	4.6	0.0	79
Short - Soy	172	41	1.7	0.3	3.1	3.1	0.5	3.1	0.12	3.1	0.0	3.1	79
Short - Coconut	171	41	2.9	2.7	3.4	3.1	0.2	0.3	0.07	3.1	0.0	3.1	79
Short - Almond	102	24	1.2	0.1	2.6	2.5	0.3	0.6	0.07	2.5	0.0	2.5	79
Short - Oat	318	76	2.7	1.6	10.8	6.6	2.0	1.1	0.14	6.6	0.0	6.6	79
Tall - Skimmed Milk	200	47	0.2	0.0	6.6	6.6	0.0	4.7	0.15	6.6	6.6	0.0	121
Tall - Semi Skimmed Milk	283	67	2.4	1.5	6.4	6.4	0.0	5.0	0.15	6.4	6.4	0.0	121
Tall - Whole Milk	360	86	4.8	3.1	6.2	6.2	0.0	4.5	0.15	6.2	6.2	0.0	121
Tall - Soy	232	55	2.3	0.4	4.1	4.1	0.7	4.2	0.16	4.1	0.0	4.1	121
Tall - Coconut	231	56	3.9	3.6	4.5	4.1	0.3	0.5	0.09	4.1	0.0	4.1	121
Tall - Almond	137	33	1.6	0.1	3.5	3.3	0.4	0.9	0.10	3.3	0.0	3.3	121
Tall - Oat	428	102	3.6	2.1	14.5	8.9	2.7	1.6	0.19	8.9	0.0	8.9	121
Grande - Skimmed Milk	291	69	0.2	0.0	9.7	9.7	0.0	6.9	0.22	9.7	9.7	0.0	142
Grande - Semi Skimmed Milk	413	98	3.5	2.1	9.3	9.3	0.0	7.3	0.22	9.3	9.3	0.0	142
Grande - Whole Milk	526	126	7.0	4.5	9.1	9.1	0.0	6.5	0.22	9.1	9.1	0.0	142
Grande - Soy	338	81	3.4	0.6	6.0	6.0	1.0	6.1	0.24	6.0	0.0	6.0	142
Grande - Coconut	337	81	5.7	5.3	6.6	6.0	0.4	0.7	0.13	6.0	0.0	6.0	142
Grande - Almond	199	48	2.4	0.2	5.1	4.9	0.6	1.2	0.14	4.9	0.0	4.9	142
Grande - Oat	625	149	5.3	3.1	21.2	13.0	3.9	2.2	0.27	13.0	0.0	13.0	142
Venti - Skimmed Milk	390	92	0.3	0.0	13.0	13.0	0.0	9.2	0.29	13.0	13.0	0.0	185
Venti - Semi Skimmed Milk	554	132	4.8	2.9	12.5	12.5	0.0	9.7	0.29	12.5	12.5	0.0	185
Venti - Whole Milk	705	169	9.4	6.0	12.3	12.3	0.0	8.7	0.29	12.3	12.3	0.0	185
Venti - Soy	453	108	4.5	0.8	8.1	8.1	1.3	8.2	0.32	8.1	0.0	8.1	185
Venti - Coconut	451	109	7.6	7.0	8.9	8.1	0.5	0.9	0.17	8.1	0.0	8.1	185
Venti - Almond	267	64	3.2	0.3	6.8	6.5	0.8	1.6	0.18	6.5	0.0	6.5	185
Venti - Oat	838	200	7.1	4.2	28.4	17.5	5.2	3.0	0.37	17.5	0.0	17.5	185

#### FLAT WHITE (made with Whole Milk as standard)

Short - Skimmed Milk	269	63	0.2	0.0	9.6	7.6	0.0	5.9	0.15	7.6	7.6	0.0	150 - 170
Short - Semi Skimmed Milk	365	87	2.7	1.7	9.3	7.3	0.0	6.2	0.15	7.3	7.3	0.0	150 - 170
<b>Short - Whole Milk</b>	<b>453</b>	<b>108</b>	<b>5.5</b>	<b>3.5</b>	<b>9.1</b>	<b>7.2</b>	<b>0.0</b>	<b>5.6</b>	<b>0.15</b>	<b>7.2</b>	<b>7.2</b>	<b>0.0</b>	<b>150 - 170</b>
Short - Soy	306	73	2.6	0.5	6.7	4.7	0.8	5.3	0.17	4.7	0.0	4.7	150 - 170
Short - Coconut	305	73	4.4	4.1	7.2	4.7	0.3	1.0	0.08	4.7	0.0	4.7	150 - 170
Short - Almond	197	47	1.8	0.2	5.9	3.8	0.5	1.5	0.09	3.8	0.0	3.8	150 - 170
Short - Oat	531	126	4.1	2.4	18.6	10.2	3.1	2.2	0.20	10.2	0.0	10.2	150 - 170

#### CARAMEL MACCHIATO (made with Semi Skimmed Milk, regular Vanilla Flavour Syrup and Caramel Drizzle as standard)

Short - Skimmed Milk	377	89	0.9	0.5	15.3	13.9	0.0	5.0	0.16	13.9	6.8	7.2	75 - 85
<b>Short - Semi Skimmed Milk</b>	<b>462</b>	<b>109</b>	<b>3.2</b>	<b>2.0</b>	<b>15.0</b>	<b>13.7</b>	<b>0.0</b>	<b>5.3</b>	<b>0.16</b>	<b>13.7</b>	<b>6.5</b>	<b>7.2</b>	<b>75 - 85</b>
Short - Whole Milk	541	129	5.6	3.6	14.9	13.5	0.0	4.8	0.16	13.5	6.4	7.2	75 - 85
Short - Soy	410	97	3.0	0.9	12.7	11.4	0.7	4.5	0.17	11.4	0.0	11.4	75 - 85
Short - Coconut	409	98	4.7	4.1	13.1	11.4	0.3	0.7	0.10	11.4	0.0	11.4	75 - 85
Short - Almond	313	74	2.4	0.6	12.0	10.5	0.4	1.1	0.10	10.5	0.0	10.5	75 - 85
Short - Oat	610	145	4.4	2.6	23.3	16.2	2.7	1.8	0.20	16.2	0.0	16.2	75 - 85
Tall - Skimmed Milk	621	146	1.0	0.5	25.8	23.3	0.0	8.7	0.25	23.3	11.6	11.7	150 - 170
Tall - Semi Skimmed Milk	767	180	4.9	3.0	25.3	22.9	0.0	9.1	0.25	22.9	11.2	11.7	150 - 170
Tall - Whole Milk	902	215	9.1	5.8	25.1	22.6	0.0	8.2	0.25	22.6	10.9	11.7	150 - 170
Tall - Soy	677	161	4.7	1.2	21.3	18.9	1.2	7.7	0.28	18.9	0.0	18.9	150 - 170
Tall - Coconut	676	161	7.5	6.7	22.0	18.9	0.5	1.2	0.15	18.9	0.0	18.9	150 - 170
Tall - Almond	512	122	3.5	0.7	20.2	17.5	0.7	1.9	0.16	17.5	0.0	17.5	150 - 170
Tall - Oat	1020	243	7.0	4.2	39.5	27.3	4.6	3.1	0.32	27.3	0.0	27.3	150 - 170
Grande - Skimmed Milk	792	187	1.0	0.5	33.5	31.0	0.0	10.8	0.32	31.0	14.7	16.3	150 - 170
Grande - Semi Skimmed Milk	977	229	6.0	3.7	33.0	30.4	0.0	11.4	0.32	30.4	15.4	15.6	150 - 170
Grande - Whole Milk	1148	273	11.3	7.2	32.7	30.1	0.0	10.2	0.32	30.1	13.8	16.3	150 - 170
Grande - Soy	863	205	5.7	1.3	28.0	25.4	1.5	9.6	0.34	25.4	0.0	25.4	150 - 170
Grande - Coconut	861	205	9.3	8.4	28.8	25.4	0.6	1.4	0.18	25.4	0.0	25.4	150 - 170
Grande - Almond	653	155	4.3	0.8	26.5	23.7	0.9	2.3	0.20	23.7	0.0	23.7	150 - 170
Grande - Oat	1297	308	8.7	5.2	50.9	36.0	5.9	3.7	0.40	36.0	0.0	36.0	150 - 170
Venti - Skimmed Milk	980	231	1.1	0.5	42.1	38.5	0.0	13.1	0.37	38.5	17.6	20.9	225 - 255
Venti - Semi Skimmed Milk	1202	281	7.1	4.3	41.4	37.8	0.0	13.8	0.37	37.8	18.1	24.0	225 - 255
Venti - Whole Milk	1407	335	13.4	8.6	41.1	37.4	0.0	12.4	0.37	37.4	16.6	20.9	225 - 255
Venti - Soy	1065	253	6.7	1.5	35.4	31.8	1.8	11.7	0.41	31.8	0.0	31.8	225 - 255
Venti - Coconut	1063	253	11.0	10.0	36.5	31.8	0.7	1.8	0.21	31.8	0.0	31.8	225 - 255
Venti - Almond	814	193	5.0	0.8	33.7	29.7	1.1	2.9	0.23	29.7	0.0	29.7	225 - 255
Venti - Oat	1585	377	10.3	6.1	62.9	44.5	7.1	4.7	0.48	44.5	0.0	44.5	225 - 255

#### MOCHA & HOT CHOCOLATE

<b>CAFFÈ MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)</b>													
Short - Skimmed Milk	574	137	6.8	4.7	14.9	13.6	1.1	3.6	0.11	13.6	4.4	9.2	85
<b>Short - Semi Skimmed Milk</b>	<b>630</b>	<b>151</b>	<b>8.3</b>	<b>5.7</b>	<b>14.8</b>	<b>13.4</b>	<b>1.1</b>	<b>3.8</b>	<b>0.11</b>	<b>13.4</b>	<b>4.3</b>	<b>9.2</b>	<b>85</b>
Short - Whole Milk	681	163	9.9	6.8	14.7	13.3	1.1	3.4	0.11	13.3	4.2	9.2	85
Short - Soy	595	143	8.2	5.0	13.2	11.9	1.5	3.3	0.11	11.9	0.0	11.9	85
Short - Coconut	595	143	9.2	7.1	13.5	11.9	1.3	0.8	0.07	11.9	0.0	11.9	85
Short - Almond	532	128	7.7	4.8	12.8	11.4	1.3	1.0	0.07	11.4	0.0	11.4	85
Short - Oat	726	174	9.1	6.1	20.2	15.1	2.9	1.5	0.13	15.1	0.0	15.1	85
Tall - Skimmed Milk	820	196	8.3	5.8	23.2	20.8	1.6	6.3	0.18	20.8	7.9	12.9	165
Tall - Semi Skimmed Milk	920	220	11.0	7.5	22.8	20.5	1.6	6.6	0.18	20.5	7.6	12.9	165
Tall - Whole Milk	1012	242	13.8	9.4	22.7	20.4	1.6	6.0	0.18	20.4	7.4	12.9	165
Tall - Soy	859	205	10.8	6.2	20.2	17.8	2.4	5.7	0.19	17.8	0.0	17.8	165
Tall - Coconut	858	206	12.7	10.0	20.6	17.8	1.9	1.2	0.11	17.8	0.0	17.8	165
Tall - Almond	746	179	10.1	5.9	19.4	16.9	2.0	1.7	0.12	16.9	0.0	16.9	165
Tall - Oat	1092	261	12.4	8.3	32.5	23.5	4.7	2.5	0.23	23.5	0.0	23.5	165



### Winter FY19 Starbucks 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	1045	249	9.9	6.8	30.5	27.9	2.0	8.6	0.25	27.9	11.2	16.7	170
Grande - Semi Skimmed Milk	1186	283	13.7	9.2	30.0	27.4	2.0	9.0	0.25	27.4	10.8	16.7	170
Grande - Whole Milk	1316	315	17.7	11.9	29.8	27.2	2.0	8.2	0.25	27.2	10.5	16.7	170
Grande - Soy	1099	263	13.5	7.5	26.2	23.6	3.2	7.7	0.27	23.6	0.0	23.6	170
Grande - Coconut	1098	263	16.1	12.8	26.9	23.6	2.5	1.4	0.15	23.6	0.0	23.6	170
Grande - Almond	940	225	12.3	7.0	25.1	22.3	2.7	2.1	0.16	22.3	0.0	22.3	170
Grande - Oat	1430	342	15.7	10.4	43.7	31.7	6.5	3.2	0.32	31.7	0.0	31.7	170

#### BLONDE CAFFÈ MOCHA (made with brewed Blonde Espresso coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)

Short - Skimmed Milk	497	119	6.4	4.5	11.4	10.1	0.6	3.7	0.10	10.1	4.4	5.7	95
<b>Short - Semi Skimmed Milk</b>	<b>552</b>	<b>132</b>	<b>7.9</b>	<b>5.4</b>	<b>11.2</b>	<b>9.9</b>	<b>0.6</b>	<b>3.9</b>	<b>0.10</b>	<b>9.9</b>	<b>4.3</b>	<b>5.7</b>	<b>95</b>
Short - Whole Milk	604	145	9.5	6.5	11.2	9.8	0.6	3.5	0.10	9.8	4.2	5.7	95
Short - Soy	518	124	7.8	4.7	9.7	8.4	1.0	3.3	0.11	8.4	0.0	8.4	95
Short - Coconut	518	124	8.8	6.9	10.0	8.4	0.8	0.9	0.06	8.4	0.0	8.4	95
Short - Almond	455	109	7.3	4.6	9.3	7.9	0.9	1.1	0.07	7.9	0.0	7.9	95
Short - Oat	649	156	8.7	5.9	16.7	11.6	2.4	1.6	0.13	11.6	0.0	11.6	95
Tall - Skimmed Milk	749	179	7.9	5.5	19.9	17.3	1.1	6.5	0.18	17.3	7.9	9.4	185
Tall - Semi Skimmed Milk	848	203	10.6	7.2	19.6	17.0	1.1	6.8	0.18	17.0	7.6	9.4	185
Tall - Whole Milk	940	225	13.4	9.1	19.4	16.9	1.1	6.2	0.18	16.9	7.4	9.4	185
Tall - Soy	787	189	10.4	6.0	16.9	14.3	1.9	5.8	0.19	14.3	0.0	14.3	185
Tall - Coconut	786	189	12.3	9.8	17.4	14.3	1.4	1.4	0.11	14.3	0.0	14.3	185
Tall - Almond	675	162	9.6	5.7	16.1	13.4	1.6	1.9	0.11	13.4	0.0	13.4	185
Tall - Oat	1020	244	12.0	8.0	29.2	20.0	4.2	2.7	0.22	20.0	0.0	20.0	185
Grande - Skimmed Milk	974	232	9.5	6.6	27.2	24.4	1.6	8.8	0.25	24.4	11.2	13.2	190
Grande - Semi Skimmed Milk	1115	266	13.3	9.0	26.8	23.9	1.6	9.2	0.25	23.9	10.8	13.2	190
Grande - Whole Milk	1245	298	17.3	11.7	26.5	23.7	1.6	8.3	0.25	23.7	10.5	13.2	190
Grande - Soy	1028	246	13.0	7.2	23.0	20.1	2.7	7.9	0.27	20.1	0.0	20.1	190
Grande - Coconut	1027	246	15.7	12.6	23.6	20.1	2.0	1.6	0.15	20.1	0.0	20.1	190
Grande - Almond	869	208	11.9	6.8	21.8	18.8	2.2	2.3	0.16	18.8	0.0	18.8	190
Grande - Oat	1358	325	15.3	10.1	40.4	28.2	6.0	3.4	0.31	28.2	0.0	28.2	190

#### WHITE CHOCOLATE MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk and Whipped Cream as standard)

Short - Skimmed Milk	830	198	8.4	6.3	25.1	24.3	0.0	5.5	0.22	24.3	4.5	19.8	75
<b>Short - Semi Skimmed Milk</b>	<b>887</b>	<b>212</b>	<b>9.9</b>	<b>7.2</b>	<b>24.9</b>	<b>24.1</b>	<b>0.0</b>	<b>5.7</b>	<b>0.22</b>	<b>24.1</b>	<b>4.4</b>	<b>19.8</b>	<b>75</b>
Short - Whole Milk	940	225	11.6	8.3	24.8	24.0	0.0	5.3	0.22	24.0	4.3	19.8	75
Short - Soy	852	203	9.8	6.5	23.3	22.6	0.5	5.2	0.23	22.6	0.0	22.6	75
Short - Coconut	851	204	10.9	8.7	23.6	22.6	0.2	2.6	0.18	22.6	0.0	22.6	75
Short - Almond	787	188	9.4	6.3	22.9	22.0	0.3	2.9	0.18	22.0	0.0	22.0	75
Short - Oat	986	235	10.7	7.7	30.4	25.8	1.8	3.4	0.25	25.8	0.0	25.8	75
Tall - Skimmed Milk	1239	295	10.8	8.1	39.6	38.1	0.0	9.8	0.37	38.1	8.9	29.2	150
Tall - Semi Skimmed Milk	1351	322	13.8	10.0	39.3	37.8	0.0	10.1	0.37	37.8	8.6	29.2	150
Tall - Whole Milk	1455	347	17.1	12.2	39.1	37.6	0.0	9.4	0.37	37.6	8.4	29.2	150
Tall - Soy	1282	306	13.7	8.6	36.2	34.7	0.9	9.0	0.39	34.7	0.0	34.7	150
Tall - Coconut	1281	306	15.8	12.9	36.8	34.7	0.4	4.1	0.29	34.7	0.0	34.7	150
Tall - Almond	1156	276	12.8	8.2	35.3	33.7	0.5	4.6	0.30	33.7	0.0	33.7	150
Tall - Oat	1545	369	15.5	10.9	50.1	41.1	3.6	5.5	0.42	41.1	0.0	41.1	150
Grande - Skimmed Milk	1571	374	13.2	9.9	51.4	49.9	0.0	12.3	0.48	49.9	11.2	38.7	150
Grande - Semi Skimmed Milk	1712	408	17.0	12.3	50.9	49.4	0.0	12.8	0.48	49.4	10.8	38.7	150
Grande - Whole Milk	1842	440	21.1	15.0	50.7	49.2	0.0	11.9	0.48	49.2	10.5	38.7	150
Grande - Soy	1625	387	16.8	10.5	47.1	45.6	1.1	11.4	0.50	45.6	0.0	45.6	150
Grande - Coconut	1624	388	19.5	15.9	47.8	45.6	0.5	5.1	0.37	45.6	0.0	45.6	150
Grande - Almond	1466	350	15.7	10.1	46.0	44.3	0.7	5.8	0.39	44.3	0.0	44.3	150
Grande - Oat	1956	466	19.0	13.5	64.6	53.7	4.5	6.9	0.54	53.7	0.0	53.7	150

#### BLONDE WHITE CHOCOLATE MOCHA (made with brewed Blonde Espresso coffee, Semi Skimmed Milk and Whipped Cream as standard)

Short - Skimmed Milk	617	147	7.1	5.2	16.1	15.1	0.0	4.7	0.16	15.1	4.5	10.6	85
<b>Short - Semi Skimmed Milk</b>	<b>674</b>	<b>161</b>	<b>8.7</b>	<b>6.2</b>	<b>15.9</b>	<b>14.9</b>	<b>0.0</b>	<b>4.9</b>	<b>0.16</b>	<b>14.9</b>	<b>4.4</b>	<b>10.6</b>	<b>85</b>
Short - Whole Milk	727	174	10.3	7.3	15.8	14.8	0.0	4.5	0.16	14.8	4.3	10.6	85
Short - Soy	639	153	8.6	5.5	14.4	13.4	0.5	4.3	0.17	13.4	0.0	13.4	85
Short - Coconut	638	153	9.7	7.7	14.7	13.4	0.2	1.8	0.12	13.4	0.0	13.4	85
Short - Almond	574	138	8.1	5.3	13.9	12.8	0.3	2.1	0.13	12.8	0.0	12.8	85
Short - Oat	773	185	9.5	6.7	21.5	16.6	1.8	2.5	0.19	16.6	0.0	16.6	85
Tall - Skimmed Milk	1032	246	9.6	7.0	30.9	28.9	0.0	9.0	0.31	28.9	8.9	20.0	170
Tall - Semi Skimmed Milk	1144	273	12.6	9.0	30.6	28.6	0.0	9.4	0.31	28.6	8.6	20.0	170
Tall - Whole Milk	1248	298	15.8	11.1	30.4	28.4	0.0	8.7	0.31	28.4	8.4	20.0	170
Tall - Soy	1075	257	12.4	7.6	27.5	25.5	0.9	8.3	0.33	25.5	0.0	25.5	170
Tall - Coconut	1074	257	14.5	11.8	28.1	25.5	0.4	3.3	0.23	25.5	0.0	25.5	170
Tall - Almond	948	227	11.5	7.2	26.6	24.5	0.5	3.8	0.24	24.5	0.0	24.5	170
Tall - Oat	1338	319	14.2	9.9	41.4	32.0	3.6	4.7	0.36	32.0	0.0	32.0	170
Grande - Skimmed Milk	1364	324	11.9	8.9	42.7	40.7	0.0	11.6	0.42	40.7	11.2	29.5	170
Grande - Semi Skimmed Milk	1505	359	15.8	11.3	42.2	40.2	0.0	12.0	0.42	40.2	10.8	29.5	170
Grande - Whole Milk	1635	391	19.8	14.0	42.0	40.0	0.0	11.1	0.42	40.0	10.5	29.5	170
Grande - Soy	1418	338	15.5	9.5	38.4	36.4	1.1	10.7	0.44	36.4	0.0	36.4	170
Grande - Coconut	1417	339	18.2	14.9	39.1	36.4	0.5	4.4	0.32	36.4	0.0	36.4	170
Grande - Almond	1258	300	14.4	9.1	37.3	35.1	0.7	5.1	0.33	35.1	0.0	35.1	170
Grande - Oat	1749	417	17.8	12.4	55.9	44.5	4.5	6.2	0.48	44.5	0.0	44.5	170

#### CLASSIC HOT CHOCOLATE (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)

Short - Skimmed Milk	574	137	6.8	4.7	14.8	14.2	1.1	3.7	0.12	14.2	5.0	9.3	11
<b>Short - Semi Skimmed Milk</b>	<b>637</b>	<b>152</b>	<b>8.5</b>	<b>5.8</b>	<b>14.6</b>	<b>14.0</b>	<b>1.1</b>	<b>3.9</b>	<b>0.12</b>	<b>14.0</b>	<b>4.8</b>	<b>9.3</b>	<b>11</b>
Short - Whole Milk	694	167	10.3	7.0	14.5	13.9	1.1	3.5	0.12	13.9	4.7	9.3	11
Short - Soy	598	143	8.4	5.0	12.9	12.4	1.6	3.3	0.13	12.4	0.0	12.4	11
Short - Coconut	598	144	9.6	7.4	13.2	12.4	1.3	0.5	0.07	12.4	0.0	12.4	11
Short - Almond	528	127	7.9	4.8	12.4	11.8	1.4	0.8	0.08	11.8	0.0	11.8	11
Short - Oat	745	178	9.4	6.3	20.7	15.9	3.1	1.3	0.15	15.9	0.0	15.9	11
Tall - Skimmed Milk	851	203	8.4	5.8	23.9	23.1	1.6	7.2	0.22	23.1	10.0	13.0	15
Tall - Semi Skimmed Milk	978	234	11.8	8.0	23.5	22.7	1.6	7.6	0.22	22.7	9.6	13.0	15
Tall - Whole Milk	1094	262	15.4	10.4	23.3	22.5	1.6	6.8	0.22	22.5	9.4	13.0	15
Tall - Soy	900	215	11.6	6.4	20.1	19.3	2.6	6.4	0.24	19.3	0.0	19.3	15
Tall - Coconut	899	216	14.0	11.2	20.7	19.3	2.0	0.8	0.13	19.3	0.0	19.3	15
Tall - Almond	757	181	10.6	6.0	19.1	18.1	2.2	1.4	0.14	18.1	0.0	18.1	15
Tall - Oat	1196	286	13.6	9.0	35.8	26.5	5.6	2.4	0.28	26.5	0.0	26.5	15
Grande - Skimmed Milk	1037	247	9.9	6.8	29.9	28.8	2.1	8.6	0.27	28.8	12.0	16.8	20
Grande - Semi Skimmed Milk	1188	284	14.0	9.4	29.4	28.3	2.1	9.1	0.27	28.3	11.5	16.8	20
Grande - Whole Milk	1327	318	18.3	12.3	29.2	28.1	2.1	8.1	0.27	28.1	11.3	16.8	20
Grande - Soy	1095	262	13.7	7.5	25.3	24.2	3.3	7.6	0.29	24.2	0.0	24.2	20



**Winter FY19 Starbucks 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 - Coconut	1094	263	16.6	13.3	26.1	24.2	2.5	0.9	0.16	24.2	0.0	24.2	20
Grande - Almond	924	221	12.5	7.0	24.1	22.8	2.8	1.6	0.17	22.8	0.0	22.8	20
Grande - Oat	1449	347	16.1	10.6	44.1	32.9	6.9	2.8	0.34	32.9	0.0	32.9	20
Venti - Skimmed Milk	1255	299	10.4	7.1	38.3	36.9	2.5	11.8	0.36	36.9	16.6	20.3	24
Venti - Semi Skimmed Milk	1464	350	16.0	10.7	37.6	36.3	2.5	12.4	0.36	36.3	16.0	20.3	24
Venti - Whole Milk	1657	397	22.0	14.7	37.3	35.9	2.5	11.1	0.36	35.9	15.6	20.3	24
Venti - Soy	1335	319	15.7	8.0	32.0	30.6	4.2	10.4	0.39	30.6	0.0	30.6	24
Venti - Coconut	1334	320	19.7	16.0	33.0	30.6	3.2	1.1	0.21	30.6	0.0	30.6	24
Venti - Almond	1099	263	14.1	7.4	30.3	28.6	3.5	2.1	0.23	28.6	0.0	28.6	24
Venti - Oat	1826	436	19.0	12.4	57.9	42.6	9.2	3.8	0.46	42.6	0.0	42.6	24

**SIGNATURE HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)**

Short - Skimmed Milk	1058	253	12.0	7.7	32.1	26.8	0.8	3.8	0.19	26.8	5.1	21.8	23
<b>Short - Semi Skimmed Milk</b>	<b>1122</b>	<b>268</b>	<b>13.7</b>	<b>8.8</b>	<b>31.9</b>	<b>26.6</b>	<b>0.8</b>	<b>4.0</b>	<b>0.19</b>	<b>26.6</b>	<b>4.9</b>	<b>21.8</b>	<b>23</b>
Short - Whole Milk	1180	282	15.5	10.0	31.8	26.5	0.8	3.6	0.19	26.5	4.8	21.8	23
Short - Soy	1082	259	13.6	8.0	30.1	24.9	1.3	3.4	0.20	24.9	0.0	24.9	23
Short - Coconut	1082	259	14.8	10.4	30.4	24.9	1.0	0.5	0.14	24.9	0.0	24.9	23
Short - Almond	1010	242	13.1	7.8	29.6	24.3	1.1	0.8	0.15	24.3	0.0	24.3	23
Short - Oat	1232	294	14.6	9.3	38.0	28.5	2.8	1.3	0.22	28.5	0.0	28.5	23
Tall - Skimmed Milk	1224	292	13.9	9.0	36.8	30.8	0.9	4.4	0.22	30.8	5.9	25.0	27
Tall - Semi Skimmed Milk	1298	310	15.9	10.3	36.6	30.6	0.9	4.6	0.22	30.6	5.6	25.0	27
Tall - Whole Milk	1366	327	18.1	11.7	36.5	30.5	0.9	4.1	0.22	30.5	5.5	25.0	27
Tall - Soy	1252	299	15.8	9.4	34.6	28.6	1.5	3.9	0.23	28.6	0.0	28.6	27
Tall - Coconut	1252	300	17.2	12.2	35.0	28.6	1.2	0.6	0.17	28.6	0.0	28.6	27
Tall - Almond	1169	280	15.2	9.1	34.0	27.9	1.3	1.0	0.17	27.9	0.0	27.9	27
Tall - Oat	1426	341	17.0	10.9	43.8	32.8	3.3	1.6	0.25	32.8	0.0	32.8	27
Grande - Skimmed Milk	1689	403	18.0	11.5	52.8	44.3	1.3	6.7	0.32	44.3	9.2	35.1	38
Grande - Semi Skimmed Milk	1805	431	21.2	13.5	52.4	43.9	1.3	7.1	0.32	43.9	8.8	35.1	38
Grande - Whole Milk	1912	457	24.5	15.7	52.2	43.7	1.3	6.3	0.32	43.7	8.7	35.1	38
Grande - Soy	1734	414	21.0	12.1	49.3	40.8	2.2	6.0	0.34	40.8	0.0	40.8	38
Grande - Coconut	1733	415	23.2	16.5	49.9	40.8	1.7	0.8	0.24	40.8	0.0	40.8	38
Grande - Almond	1603	383	20.1	11.7	48.4	39.7	1.9	1.4	0.25	39.7	0.0	39.7	38
Grande - Oat	2005	479	22.8	14.5	63.7	47.4	5.0	2.3	0.38	47.4	0.0	47.4	38

**TEAVANA™ TEAS**

**TEAVANA™ FULL LEAF TEAS**

**ENGLISH BREAKFAST Black Tea**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
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 Black Tea Blend**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
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 Flavoured Herbal Blend**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0

**EMPEROR'S CLOUDS & MIST™ Green Tea**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
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 Flavoured Green Tea Blend**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
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™ White Tea Blend**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
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 Spiced Black Tea Blend**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
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 Scented Green Tea**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
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 BLEND Herbal Blend**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0

**CHAMOMILE Herbal Blend**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0

**TEAVANA™ TEA LATTES**

**MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)**

Short - Skimmed Milk	268	63	0.2	0.0	9.1	8.5	0.4	6.1	0.17	8.5	8.5	0.0	30
<b>Short - Semi Skimmed Milk</b>	<b>375</b>	<b>89</b>	<b>3.1</b>	<b>1.9</b>	<b>8.7</b>	<b>8.2</b>	<b>0.4</b>	<b>6.4</b>	<b>0.17</b>	<b>8.2</b>	<b>8.2</b>	<b>0.0</b>	<b>30</b>
Short- Whole Milk	474	113	6.2	3.9	8.6	8.0	0.4	5.7	0.17	8.0	8.0	0.0	30
Short- Soy	309	74	2.9	0.5	5.9	5.3	1.2	5.4	0.19	5.3	0.0	5.3	30
Short - Coconut	308	74	5.0	4.6	6.4	5.3	0.7	0.6	0.09	5.3	0.0	5.3	30
Short - Almond	188	45	2.1	0.2	5.0	4.3	0.9	1.1	0.10	4.3	0.0	4.3	30



**Winter FY19 Starbucks Beverage Nutrition****Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Short - Oat	560	134	4.6	2.7	19.1	11.4	3.8	2.0	0.22	11.4	0.0	11.4	30
Tall - Skimmed Milk	434	102	0.4	0.1	14.7	13.6	0.7	9.8	0.27	13.6	13.6	0.0	60
Tall - Semi Skimmed Milk	604	144	4.9	3.0	14.1	13.0	0.7	10.3	0.27	13.0	13.0	0.0	60
Tall - Whole Milk	761	182	9.8	6.2	13.9	12.8	0.7	9.2	0.27	12.8	12.8	0.0	60
Tall - Soy	499	119	4.7	0.8	9.5	8.4	2.1	8.7	0.30	8.4	0.0	8.4	60
Tall - Coconut	498	120	7.9	7.3	10.3	8.4	1.3	1.1	0.15	8.4	0.0	8.4	60
Tall - Almond	307	73	3.3	0.3	8.2	6.8	1.6	1.9	0.16	6.8	0.0	6.8	60
Tall - Oat	898	214	7.4	4.3	30.6	18.2	6.1	3.3	0.35	18.2	0.0	18.2	60
Grande - Skimmed Milk	563	133	0.5	0.1	19.0	17.4	1.1	12.6	0.35	17.4	17.4	0.0	90
Grande - Semi Skimmed Milk	780	186	6.3	3.8	18.3	16.7	1.1	13.3	0.35	16.7	16.7	0.0	90
Grande - Whole Milk	981	235	12.6	8.0	18.0	16.3	1.1	11.9	0.35	16.3	16.3	0.0	90
Grande - Soy	646	154	6.0	1.1	12.4	10.8	2.8	11.2	0.38	10.8	0.0	10.8	90
Grande - Coconut	645	155	10.1	9.3	13.5	10.8	1.8	1.6	0.19	10.8	0.0	10.8	90
Grande - Almond	401	96	4.3	0.4	10.7	8.7	2.2	2.6	0.21	8.7	0.0	8.7	90
Grande - Oat	1156	276	9.4	5.6	39.3	23.2	8.0	4.3	0.45	23.2	0.0	23.2	90
Venti - Skimmed Milk	736	174	0.6	0.1	24.8	22.6	1.5	16.5	0.45	22.6	22.6	0.0	120
Venti - Semi Skimmed Milk	1019	242	8.3	5.0	23.9	21.7	1.5	17.4	0.45	21.7	21.7	0.0	120
Venti - Whole Milk	1281	306	16.4	10.4	23.5	21.3	1.5	15.6	0.45	21.3	21.3	0.0	120
Venti - Soy	845	201	7.8	1.4	16.3	14.1	3.7	14.7	0.50	14.1	0.0	14.1	120
Venti - Coconut	842	202	13.2	12.2	17.6	14.1	2.4	2.1	0.25	14.1	0.0	14.1	120
Venti - Almond	525	125	5.6	0.5	14.0	11.4	2.8	3.4	0.27	11.4	0.0	11.4	120
Venti - Oat	1509	360	12.3	7.2	51.4	30.3	10.5	5.7	0.59	30.3	0.0	30.3	120

**ROOIBOS LATTE (made with Semi Skimmed Milk as standard)**

Short - Skimmed Milk	254	60	0.2	0.0	8.5	8.5	0.6	5.8	0.18	8.5	8.5	0.0	0
<b>Short - Semi Skimmed Milk</b>	<b>361</b>	<b>86</b>	<b>3.1</b>	<b>1.9</b>	<b>8.2</b>	<b>8.2</b>	<b>0.6</b>	<b>6.1</b>	<b>0.18</b>	<b>8.2</b>	<b>8.2</b>	<b>0.0</b>	<b>0</b>
Short - Whole Milk	460	110	6.1	3.9	8.0	8.0	0.6	5.5	0.18	8.0	8.0	0.0	0
Short - Soy	295	71	2.9	0.5	5.3	5.3	1.5	5.1	0.19	5.3	0.0	5.3	0
Short - Coconut	294	71	4.9	4.6	5.8	5.3	0.9	0.4	0.10	5.3	0.0	5.3	0
Short - Almond	174	42	2.1	0.2	4.4	4.3	1.1	0.9	0.11	4.3	0.0	4.3	0
Short - Oat	546	130	4.6	2.7	18.5	11.4	4.0	1.7	0.23	11.4	0.0	11.4	0
Tall - Skimmed Milk	406	96	0.3	0.0	13.5	13.5	1.2	9.2	0.28	13.5	13.5	0.0	0
Tall - Semi Skimmed Milk	576	137	4.9	3.0	13.0	13.0	1.2	9.7	0.28	13.0	13.0	0.0	0
Tall - Whole Milk	733	175	9.7	6.2	12.7	12.7	1.2	8.7	0.28	12.7	12.7	0.0	0
Tall - Soy	471	113	4.6	0.8	8.4	8.4	2.6	8.1	0.31	8.4	0.0	8.4	0
Tall - Coconut	470	113	7.8	7.3	9.2	8.4	1.7	0.6	0.16	8.4	0.0	8.4	0
Tall - Almond	279	67	3.3	0.3	7.0	6.8	2.0	1.4	0.17	6.8	0.0	6.8	0
Tall - Oat	870	208	7.3	4.3	29.5	18.1	6.6	2.7	0.36	18.1	0.0	18.1	0
Grande - Skimmed Milk	521	123	0.4	0.0	17.3	17.3	1.8	11.8	0.36	17.3	17.3	0.0	0
Grande - Semi Skimmed Milk	738	176	6.2	3.8	16.6	16.6	1.8	12.4	0.36	16.6	16.6	0.0	0
Grande - Whole Milk	939	225	12.4	7.9	16.3	16.2	1.8	11.1	0.36	16.2	16.2	0.0	0
Grande - Soy	605	144	5.9	1.0	10.7	10.7	3.5	10.4	0.40	10.7	0.0	10.7	0
Grande - Coconut	603	145	10.0	9.3	11.8	10.7	2.5	0.7	0.21	10.7	0.0	10.7	0
Grande - Almond	359	86	4.2	0.4	9.0	8.6	2.8	1.8	0.23	8.6	0.0	8.6	0
Grande - Oat	1114	266	9.3	5.5	37.6	23.1	8.7	3.5	0.47	23.1	0.0	23.1	0
Venti - Skimmed Milk	681	161	0.5	0.1	22.5	22.5	2.4	15.3	0.48	22.5	22.5	0.0	0
Venti - Semi Skimmed Milk	964	229	8.1	5.0	21.6	21.6	2.4	16.2	0.48	21.6	21.6	0.0	0
Venti - Whole Milk	1225	293	16.2	10.4	21.2	21.2	2.4	14.4	0.48	21.2	21.2	0.0	0
Venti - Soy	789	188	7.7	1.4	14.0	14.0	4.6	13.5	0.52	14.0	0.0	14.0	0
Venti - Coconut	787	189	13.1	12.2	15.3	14.0	3.3	0.9	0.27	14.0	0.0	14.0	0
Venti - Almond	469	112	5.4	0.5	11.7	11.3	3.7	2.3	0.30	11.3	0.0	11.3	0
Venti - Oat	1453	347	12.2	7.2	49.1	30.2	11.4	4.5	0.61	30.2	0.0	30.2	0

**CLASSIC CHAI TEA LATTE (made with Semi Skimmed Milk as standard)**

Short - Skimmed Milk	435	103	0.1	0.0	21.3	21.3	1.2	3.4	0.11	21.3	4.8	16.5	46
<b>Short - Semi Skimmed Milk</b>	<b>496</b>	<b>117</b>	<b>1.8</b>	<b>1.1</b>	<b>21.1</b>	<b>21.1</b>	<b>1.2</b>	<b>3.6</b>	<b>0.11</b>	<b>21.1</b>	<b>4.6</b>	<b>16.5</b>	<b>46</b>
Short - Whole Milk	552	131	3.5	2.2	21.0	21.0	1.2	3.2	0.11	21.0	4.5	16.5	46
Short - Soy	459	109	1.7	0.3	19.5	19.4	1.7	3.0	0.12	19.4	0.0	19.4	46
Short - Coconut	458	109	2.8	2.6	19.8	19.4	1.4	0.3	0.06	19.4	0.0	19.4	46
Short - Almond	390	92	1.2	0.1	19.0	18.9	1.5	0.6	0.07	18.9	0.0	18.9	46
Short - Oat	601	143	2.7	1.5	27.0	22.9	3.1	1.1	0.14	22.9	0.0	22.9	46
Tall - Skimmed Milk	679	160	0.2	0.0	32.9	32.8	1.8	5.7	0.18	32.8	8.1	24.7	69
Tall - Semi Skimmed Milk	780	185	3.0	1.8	32.5	32.5	1.8	6.0	0.18	32.5	7.8	24.7	69
Tall - Whole Milk	875	208	5.9	3.7	32.4	32.3	1.8	5.4	0.18	32.3	7.6	24.7	69
Tall - Soy	718	170	2.8	0.5	29.8	29.7	2.6	5.1	0.20	29.7	0.0	29.7	69
Tall - Coconut	717	170	4.8	4.4	30.3	29.7	2.1	0.5	0.11	29.7	0.0	29.7	69
Tall - Almond	602	143	2.0	0.2	29.0	28.7	2.3	1.0	0.11	28.7	0.0	28.7	69
Tall - Oat	957	227	4.4	2.6	42.4	35.5	5.0	1.8	0.23	35.5	0.0	35.5	69
Grande - Skimmed Milk	881	208	0.3	0.0	42.9	42.8	2.4	7.2	0.23	42.8	10.1	32.7	92
Grande - Semi Skimmed Milk	1009	239	3.7	2.2	42.5	42.4	2.4	7.6	0.23	42.4	9.7	32.7	92
Grande - Whole Milk	1127	268	7.4	4.7	42.3	42.2	2.4	6.8	0.23	42.2	9.5	32.7	92
Grande - Soy	930	220	3.5	0.6	39.1	39.0	3.4	6.4	0.25	39.0	0.0	39.0	92
Grande - Coconut	929	221	6.0	5.5	39.7	39.0	2.8	0.7	0.13	39.0	0.0	39.0	92
Grande - Almond	786	186	2.5	0.2	38.1	37.8	3.0	1.3	0.14	37.8	0.0	37.8	92
Grande - Oat	1230	292	5.6	3.3	54.9	46.3	6.4	2.3	0.29	46.3	0.0	46.3	92
Venti - Skimmed Milk	1151	271	0.4	0.0	55.4	55.3	3.0	10.0	0.31	55.3	14.2	41.1	115
Venti - Semi Skimmed Milk	1329	315	5.2	3.1	54.9	54.8	3.0	10.6	0.31	54.8	13.6	41.1	115
Venti - Whole Milk	1494	355	10.3	6.5	54.6	54.5	3.0	9.4	0.31	54.5	13.3	41.1	115
Venti - Soy	1219	289	4.9	0.9	50.0	49.9	4.4	8.9	0.34	49.9	0.0	49.9	115
Venti - Coconut	1218	289	8.3	7.7	50.9	49.9	3.6	0.9	0.18	49.9	0.0	49.9	115
Venti - Almond	1017	241	3.5	0.3	48.6	48.2	3.8	1.8	0.20	48.2	0.0	48.2	115
Venti - Oat	1638	389	7.8	4.5	72.2	60.1	8.7	3.2	0.40	60.1	0.0	60.1	115

**ADD-INS**

<b>WHIPPED CREAM</b>													
HOT Short Beverage - 16 g	242	59	5.8	4.2	1.4	1.4	0.0	0.3	0.01	1.4	0.0	1.4	0
HOT Tall Beverage - 19g	287	70	6.8	4.9	1.6	1.6	0.0	0.4	0.02	1.6	0.0	1.6	0
HOT Grande/Venti Beverage - 22g	333	81	7.9	5.7	1.9	1.9	0.0	0.4	0.02	1.9	0.0	1.9	0
COLD Mini Beverage - 20 g	302	73	7.2	5.2	1.7	1.7	0.0	0.4	0.02	1.7	0.0	1.7	0
COLD Tall Beverage - 25 g	378	92	9.0	6.5	2.2	2.1	0.0	0.5	0.02	2.1	0.0	2.1	0
COLD Grande/Venti Beverage - 35 g	529	128	12.6	9.1	3.0	3.0	0.0	0.7	0.03	3.0	0.0	3.0	0

**FLAVOUR SYRUP**

1 Pump - 1/4 fl oz - 10 g	95	22	0.0	0.0	5.6	5.4	0.0	0.0	0.00	5.4	0.0	5.4	0
2 Pumps - 1/2 fl oz - 20 g	190	45	0.0	0.0	11.2	10.8	0.0	0.0	0.01	10.8	0.0	10.8	0
3 Pumps - 3/4 fl oz - 30 g	286	67	0.0	0.0	16.8	16.2	0.0	0.0	0.01	16.2	0.0	16.2	0



### Winter FY19 Starbucks 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) **
4 Pumps - 1 fl oz - 40 g	381	90	0.0	0.0	22.4	21.6	0.0	0.0	0.01	21.6	0.0	21.6	0

#### SUGAR FREE FLAVOUR SYRUP

1 Pump - 1/4 fl oz - 10 g	4	1	0.0	0.0	0.2	0.0	0.0	0.0	0.01	0.0	0.0	0.0	0
2 Pumps - 1/2 fl oz - 20 g	7	2	0.0	0.0	0.4	0.0	0.0	0.0	0.01	0.0	0.0	0.0	0
3 Pumps - 3/4 fl oz - 30 g	11	3	0.0	0.0	0.7	0.0	0.0	0.0	0.02	0.0	0.0	0.0	0
4 Pumps - 1 fl oz - 40 g	15	4	0.0	0.0	0.9	0.0	0.0	0.0	0.02	0.0	0.0	0.0	0

#### BAR MOCHA SAUCE

1 Pump - 1/2 fl oz - 17 g	83	20	0.4	0.3	3.8	3.5	0.5	0.0	0.00	3.5	0.0	3.5	5
2 Pumps - 1 fl oz - 35 g	166	39	0.8	0.5	7.5	7.0	1.0	0.0	0.00	7.0	0.0	7.0	9
3 Pumps - 1 1/2 fl oz - 52 g	248	59	1.2	0.8	11.3	10.5	1.5	0.0	0.01	10.5	0.0	10.5	14
4 Pumps - 2 fl oz - 70 g	331	79	1.6	1.0	15.0	14.0	1.9	0.0	0.01	14.0	0.0	14.0	19
5 Pumps - 2 1/2 fl oz - 87 g	414	98	2.0	1.3	18.8	17.5	2.4	0.0	0.01	17.5	0.0	17.5	23

#### DRIZZLES

Mocha - 4 g	19	5	0.1	0.1	0.9	0.8	0.1	0.0	0.00	0.8	0.0	0.8	1
Caramel - 4 g	67	16	0.6	0.4	2.5	2.3	0.0	0.1	0.02	2.3	0.0	2.3	0

#### COLD BEVERAGES

#### 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

##### COLD BREW LATTE (made with Semi Skimmed Milk as standard)

Tall - Skimmed Milk	247	58	0.2	0.0	8.4	8.4	0.0	5.8	0.18	8.4	8.4	0.0	139
<b>Tall - Semi Skimmed Milk</b>	<b>352</b>	<b>83</b>	<b>3.0</b>	<b>1.8</b>	<b>8.0</b>	<b>8.0</b>	<b>0.0</b>	<b>6.1</b>	<b>0.18</b>	<b>8.0</b>	<b>8.0</b>	<b>0.0</b>	<b>139</b>
Tall - Whole Milk	449	108	6.0	3.8	7.9	7.9	0.0	5.5	0.18	7.9	7.9	0.0	139
Tall - Soy	288	69	2.9	0.5	5.2	5.2	0.8	5.1	0.19	5.2	0.0	5.2	139
Tall - Coconut	287	69	4.9	4.5	5.7	5.2	0.3	0.5	0.10	5.2	0.0	5.2	139
Tall - Almond	169	40	2.0	0.2	4.3	4.2	0.5	1.0	0.11	4.2	0.0	4.2	139
Tall - Oat	534	127	4.5	2.7	18.2	11.2	3.3	1.8	0.23	11.2	0.0	11.2	139
Grande - Skimmed Milk	327	77	0.3	0.0	11.1	11.1	0.0	7.7	0.23	11.1	11.1	0.0	186
Grande - Semi Skimmed Milk	466	110	4.0	2.4	10.6	10.6	0.0	8.1	0.23	10.6	10.6	0.0	186
Grande - Whole Milk	595	142	8.0	5.1	10.4	10.4	0.0	7.2	0.23	10.4	10.4	0.0	186
Grande - Soy	381	91	3.8	0.7	6.9	6.9	1.1	6.8	0.26	6.9	0.0	6.9	186
Grande - Coconut	380	91	6.4	6.0	7.5	6.9	0.4	0.6	0.13	6.9	0.0	6.9	186
Grande - Almond	224	53	2.7	0.2	5.8	5.5	0.7	1.3	0.15	5.5	0.0	5.5	186
Grande - Oat	707	169	6.0	3.5	24.1	14.8	4.4	2.4	0.30	14.8	0.0	14.8	186
Venti - Skimmed Milk	387	91	0.3	0.0	13.0	13.0	0.0	9.1	0.28	13.0	13.0	0.0	276
Venti - Semi Skimmed Milk	551	130	4.7	2.9	12.5	12.5	0.0	9.6	0.28	12.5	12.5	0.0	276
Venti - Whole Milk	703	168	9.4	6.0	12.3	12.3	0.0	8.6	0.28	12.3	12.3	0.0	276
Venti - Soy	450	107	4.5	0.8	8.1	8.1	1.3	8.1	0.31	8.1	0.0	8.1	276
Venti - Coconut	449	108	7.6	7.0	8.9	8.1	0.5	0.8	0.16	8.1	0.0	8.1	276
Venti - Almond	265	63	3.2	0.3	6.8	6.5	0.8	1.5	0.18	6.5	0.0	6.5	276
Venti - Oat	835	199	7.1	4.2	28.4	17.5	5.2	2.8	0.36	17.5	0.0	17.5	276

##### ICED CAPPUCCINO with COLD FOAM

Tall	243	57	0.1	0.0	10.9	8.9	0.0	3.3	0.10	8.9	3.8	5.1	150 - 170
Grande	295	69	0.1	0.0	13.0	11.0	0.0	4.1	0.10	11.0	5.0	6.0	150 - 170
Venti	396	93	0.1	0.0	17.5	14.5	0.0	5.5	0.10	14.5	6.5	8.0	225 - 255

##### 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

##### NITRO COLD BREW with COLD FOAM

10 oz	88	21	0.1	0.0	3.0	3.0	0.0	2.0	0.07	3.0	3.0	0.0	140
Tall	110	26	0.1	0.0	3.8	3.8	0.0	2.6	0.09	3.8	3.8	0.0	164

##### NITRO COLD BREW with CARAMEL COLD FOAM

10 oz	96	23	0.0	0.0	5.5	5.4	0.0	0.0	0.06	5.4	1.8	3.6	165
Tall	120	28	0.1	0.0	6.9	6.8	0.0	0.0	0.07	6.8	2.2	4.5	195

#### ICED COFFEE

##### ICED CAFFÈ LATTE (made with Semi Skimmed Milk as standard)

Tall - Skimmed Milk	313	74	0.2	0.0	11.1	9.1	0.0	6.9	0.18	9.1	9.1	0.0	150 - 170
<b>Tall - Semi Skimmed Milk</b>	<b>428</b>	<b>102</b>	<b>3.3</b>	<b>2.0</b>	<b>10.7</b>	<b>8.8</b>	<b>0.0</b>	<b>7.3</b>	<b>0.18</b>	<b>8.8</b>	<b>8.8</b>	<b>0.0</b>	<b>150 - 170</b>
Tall - Whole Milk	534	128	6.6	4.2	10.6	8.6	0.0	6.6	0.18	8.6	8.6	0.0	150 - 170
Tall - Soy	357	85	3.1	0.6	7.6	5.7	0.9	6.2	0.20	5.7	0.0	5.7	150 - 170
Tall - Coconut	356	85	5.3	4.9	8.2	5.7	0.4	1.1	0.10	5.7	0.0	5.7	150 - 170
Tall - Almond	227	54	2.2	0.2	6.7	4.6	0.6	1.6	0.11	4.6	0.0	4.6	150 - 170
Tall - Oat	626	149	4.9	2.9	21.9	12.2	3.7	2.5	0.24	12.2	0.0	12.2	150 - 170
Grande - Skimmed Milk	382	90	0.2	0.0	13.5	11.5	0.0	8.5	0.23	11.5	11.5	0.0	150 - 170
Grande - Semi Skimmed Milk	527	125	4.1	2.5	13.0	11.0	0.0	9.0	0.23	11.0	11.0	0.0	150 - 170
Grande - Whole Milk	660	158	8.3	5.3	12.8	10.8	0.0	8.1	0.23	10.8	10.8	0.0	150 - 170
Grande - Soy	438	104	3.9	0.7	9.1	7.1	1.2	7.6	0.25	7.1	0.0	7.1	150 - 170
Grande - Coconut	437	105	6.7	6.2	9.8	7.1	0.5	1.2	0.13	7.1	0.0	7.1	150 - 170
Grande - Almond	274	65	2.8	0.2	8.0	5.7	0.7	1.9	0.14	5.7	0.0	5.7	150 - 170
Grande - Oat	777	185	6.2	3.7	27.0	15.4	4.6	3.0	0.30	15.4	0.0	15.4	150 - 170
Venti - Skimmed Milk	451	106	0.3	0.0	16.0	13.0	0.0	9.9	0.26	13.0	13.0	0.0	225 - 255
Venti - Semi Skimmed Milk	615	146	4.7	2.9	15.5	12.5	0.0	10.5	0.26	12.5	12.5	0.0	225 - 255
Venti - Whole Milk	766	183	9.4	6.0	15.2	12.3	0.0	9.4	0.26	12.3	12.3	0.0	225 - 255
Venti - Soy	514	122	4.4	0.8	11.1	8.1	1.3	8.9	0.29	8.1	0.0	8.1	225 - 255
Venti - Coconut	512	123	7.6	7.0	11.8	8.1	0.5	1.6	0.14	8.1	0.0	8.1	225 - 255
Venti - Almond	328	78	3.1	0.3	9.8	6.5	0.8	2.4	0.16	6.5	0.0	6.5	225 - 255
Venti - Oat	898	214	7.0	4.2	31.4	17.5	5.2	3.7	0.34	17.5	0.0	17.5	225 - 255

##### ICED BLONDE VANILLA LATTE (made with brewed Blonde Espresso coffee, Semi Skimmed Milk and regular Vanilla Flavour Syrup as standard)

Tall - Skimmed Milk	464	109	0.2	0.0	20.0	17.8	0.0	6.9	0.18	17.8	9.1	8.7	170
<b>Tall - Semi Skimmed Milk</b>	<b>579</b>	<b>137</b>	<b>3.3</b>	<b>2.0</b>	<b>19.6</b>	<b>17.5</b>	<b>0.0</b>	<b>7.3</b>	<b>0.18</b>	<b>17.5</b>	<b>8.8</b>	<b>8.7</b>	<b>170</b>
Tall - Whole Milk	685	163	6.6	4.2	19.5	17.3	0.0	6.6	0.18	17.3	8.6	8.7	170
Tall - Soy	508	121	3.1	0.6	16.5	14.4	0.9	6.2	0.20	14.4	0.0	14.4	170
Tall - Coconut	507	121	5.3	4.9	17.1	14.4	0.4	1.1	0.10	14.4	0.0	14.4	170
Tall - Almond	379	90	2.2	0.2	15.6	13.3	0.6	1.6	0.11	13.3	0.0	13.3	170
Tall - Oat	778	185	4.9	2.9	30.8	20.9	3.7	2.5	0.24	20.9	0.0	20.9	170
Grande - Skimmed Milk	609	143	0.2	0.0	26.8	24.5	0.0	8.5	0.23	24.5	11.5	13.1	170
Grande - Semi Skimmed Milk	754	179	4.1	2.5	26.3	24.1	0.0	9.0	0.23	24.1	11.0	13.1	170
Grande - Whole Milk	887	211	8.3	5.3	26.1	23.9	0.0	8.1	0.23	23.9	10.8	13.1	170
Grande - Soy	665	158	3.9	0.7	22.4	20.2	1.2	7.6	0.25	20.2	0.0	20.2	170
Grande - Coconut	663	158	6.7	6.2	23.1								



**Winter FY19 Starbucks 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 - Almond	501	119	2.8	0.2	21.3	18.8	0.7	1.9	0.14	18.8	0.0	18.8	170
Grande - Oat	1004	238	6.2	3.7	40.4	28.4	4.6	3.0	0.30	28.4	0.0	28.4	170
Venti - Skimmed Milk	753	177	0.3	0.0	33.8	30.4	0.0	9.9	0.26	30.4	13.0	17.4	255
Venti - Semi Skimmed Milk	917	217	4.7	2.9	33.3	29.9	0.0	10.5	0.26	29.9	12.5	17.4	255
Venti - Whole Milk	1069	254	9.4	6.0	33.0	29.7	0.0	9.4	0.26	29.7	12.3	17.4	255
Venti - Soy	816	193	4.4	0.8	28.8	25.5	1.3	8.9	0.29	25.5	0.0	25.5	255
Venti - Coconut	815	194	7.6	7.0	29.6	25.5	0.5	1.6	0.14	25.5	0.0	25.5	255
Venti - Almond	631	149	3.1	0.3	27.5	23.9	0.8	2.4	0.16	23.9	0.0	23.9	255
Venti - Oat	1201	285	7.0	4.2	49.2	34.9	5.2	3.7	0.34	34.9	0.0	34.9	255
<b>ICED CAPPUCCINO (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	338	80	0.2	0.0	12.0	10.0	0.0	7.5	0.20	10.0	10.0	0.0	150 - 170
<b>Tall - Semi Skimmed Milk</b>	<b>464</b>	<b>110</b>	<b>3.6</b>	<b>2.2</b>	<b>11.6</b>	<b>9.6</b>	<b>0.0</b>	<b>7.9</b>	<b>0.20</b>	<b>9.6</b>	<b>9.6</b>	<b>0.0</b>	<b>150 - 170</b>
Tall - Whole Milk	579	138	7.2	4.6	11.4	9.4	0.0	7.1	0.20	9.4	9.4	0.0	150 - 170
Tall - Soy	386	92	3.4	0.6	8.2	6.2	1.0	6.7	0.22	6.2	0.0	6.2	150 - 170
Tall - Coconut	385	92	5.8	5.4	8.8	6.2	0.4	1.1	0.11	6.2	0.0	6.2	150 - 170
Tall - Almond	244	58	2.4	0.2	7.2	5.0	0.6	1.7	0.12	5.0	0.0	5.0	150 - 170
Tall - Oat	681	162	5.4	3.2	23.7	13.4	4.0	2.7	0.26	13.4	0.0	13.4	150 - 170
Grande - Skimmed Milk	413	97	0.3	0.0	14.5	12.5	0.0	9.2	0.25	12.5	12.5	0.0	150 - 170
Grande - Semi Skimmed Milk	571	136	4.5	2.8	14.0	12.0	0.0	9.7	0.25	12.0	12.0	0.0	150 - 170
Grande - Whole Milk	716	171	9.0	5.8	13.8	11.8	0.0	8.7	0.25	11.8	11.8	0.0	150 - 170
Grande - Soy	474	113	4.3	0.8	9.8	7.8	1.3	8.2	0.28	7.8	0.0	7.8	150 - 170
Grande - Coconut	472	113	7.3	6.8	10.5	7.8	0.5	1.2	0.14	7.8	0.0	7.8	150 - 170
Grande - Almond	295	70	3.0	0.3	8.5	6.3	0.8	2.0	0.15	6.3	0.0	6.3	150 - 170
Grande - Oat	844	201	6.8	4.0	29.3	16.8	5.0	3.2	0.33	16.8	0.0	16.8	150 - 170
Venti - Skimmed Milk	482	113	0.3	0.0	17.1	14.1	0.0	10.7	0.28	14.1	14.1	0.0	225 - 255
Venti - Semi Skimmed Milk	659	156	5.1	3.1	16.5	13.5	0.0	11.2	0.28	13.5	13.5	0.0	225 - 255
Venti - Whole Milk	822	196	10.1	6.5	16.2	13.2	0.0	10.1	0.28	13.2	13.2	0.0	225 - 255
Venti - Soy	549	131	4.8	0.9	11.7	8.7	1.4	9.5	0.31	8.7	0.0	8.7	225 - 255
Venti - Coconut	548	131	8.2	7.6	12.6	8.7	0.6	1.6	0.15	8.7	0.0	8.7	225 - 255
Venti - Almond	349	83	3.4	0.3	10.3	7.0	0.9	2.5	0.17	7.0	0.0	7.0	225 - 255
Venti - Oat	965	230	7.6	4.5	33.7	18.9	5.6	3.9	0.37	18.9	0.0	18.9	225 - 255
<b>ICED CAFFÈ AMERICANO</b>													
Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150 - 170
Grande	69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00	0.0	0.0	0.0	225 - 255
Venti	92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00	0.0	0.0	0.0	300 - 340
<b>ICED CAFFÈ MOCHA (made with brewed Espresso Roast Coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)</b>													
Tall - Skimmed Milk	961	229	10.5	7.3	25.5	22.7	1.6	7.4	0.21	22.7	9.1	13.5	165
<b>Tall - Semi Skimmed Milk</b>	<b>1076</b>	<b>257</b>	<b>13.6</b>	<b>9.3</b>	<b>25.1</b>	<b>22.3</b>	<b>1.6</b>	<b>7.8</b>	<b>0.21</b>	<b>22.3</b>	<b>8.8</b>	<b>13.5</b>	<b>165</b>
Tall - Whole Milk	1182	283	16.9	11.5	24.9	22.1	1.6	7.1	0.21	22.1	8.6	13.5	165
Tall - Soy	1005	241	13.4	7.9	22.0	19.2	2.5	6.7	0.23	19.2	0.0	19.2	165
Tall - Coconut	1004	241	15.6	12.2	22.6	19.2	1.9	1.6	0.13	19.2	0.0	19.2	165
Tall - Almond	875	210	12.5	7.5	21.1	18.1	2.1	2.1	0.14	18.1	0.0	18.1	165
Tall - Oat	1274	305	15.3	10.2	36.3	25.8	5.2	3.0	0.26	25.8	0.0	25.8	165
Grande - Skimmed Milk	1264	302	14.6	10.2	32.5	29.4	2.1	9.2	0.27	29.4	11.5	17.9	170
Grande - Semi Skimmed Milk	1409	337	18.5	12.7	32.0	28.9	2.1	9.7	0.27	28.9	11.0	17.9	170
Grande - Whole Milk	1542	370	22.6	15.5	31.8	28.7	2.1	8.8	0.27	28.7	10.8	17.9	170
Grande - Soy	1319	316	18.2	10.9	28.1	25.0	3.2	8.3	0.29	25.0	0.0	25.0	170
Grande - Coconut	1318	317	21.0	16.4	28.8	25.0	2.5	1.9	0.16	25.0	0.0	25.0	170
Grande - Almond	1156	277	17.1	10.4	27.0	23.6	2.8	2.6	0.17	23.6	0.0	23.6	170
Grande - Oat	1659	397	20.5	13.8	46.0	33.3	6.7	3.7	0.33	33.3	0.0	33.3	170
Venti - Skimmed Milk	1415	338	15.0	10.4	38.8	34.4	2.5	10.6	0.30	34.4	13.0	21.4	249
Venti - Semi Skimmed Milk	1579	378	19.4	13.3	38.3	33.9	2.5	11.2	0.30	33.9	12.5	21.4	249
Venti - Whole Milk	1731	415	24.1	16.4	38.0	33.6	2.5	10.1	0.30	33.6	12.3	21.4	249
Venti - Soy	1478	354	19.2	11.2	33.8	29.5	3.8	9.6	0.32	29.5	0.0	29.5	249
Venti - Coconut	1477	354	22.3	17.5	34.6	29.5	3.1	2.3	0.18	29.5	0.0	29.5	249
Venti - Almond	1293	310	17.9	10.7	32.5	27.9	3.3	3.1	0.19	27.9	0.0	27.9	249
Venti - Oat	1863	446	21.8	14.6	54.2	38.9	7.8	4.4	0.38	38.9	0.0	38.9	249
<b>ICED BLONDE CAFFÈ MOCHA (made with brewed Blonde Espresso coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)</b>													
Tall - Skimmed Milk	878	210	10.1	7.1	21.7	19.2	1.1	7.4	0.21	19.2	9.1	10.0	185
<b>Tall - Semi Skimmed Milk</b>	<b>993</b>	<b>238</b>	<b>13.2</b>	<b>9.1</b>	<b>21.4</b>	<b>18.8</b>	<b>1.1</b>	<b>7.8</b>	<b>0.21</b>	<b>18.8</b>	<b>8.8</b>	<b>10.0</b>	<b>185</b>
Tall - Whole Milk	1099	264	16.5	11.3	21.2	18.6	1.1	7.1	0.21	18.6	8.6	10.0	185
Tall - Soy	922	221	13.0	7.6	18.3	15.7	2.0	6.7	0.22	15.7	0.0	15.7	185
Tall - Coconut	921	221	15.2	12.0	18.8	15.7	1.5	1.6	0.12	15.7	0.0	15.7	185
Tall - Almond	792	190	12.1	7.3	17.4	14.6	1.6	2.1	0.13	14.6	0.0	14.6	185
Tall - Oat	1191	285	14.8	10.0	32.5	22.3	4.7	3.0	0.26	22.3	0.0	22.3	185
Grande - Skimmed Milk	1181	282	14.2	9.9	28.7	25.9	1.6	9.2	0.26	25.9	11.5	14.4	190
Grande - Semi Skimmed Milk	1326	317	18.1	12.4	28.3	25.4	1.6	9.7	0.26	25.4	11.0	14.4	190
Grande - Whole Milk	1459	350	22.2	15.2	28.0	25.2	1.6	8.8	0.26	25.2	10.8	14.4	190
Grande - Soy	1237	297	17.8	10.6	24.4	21.5	2.7	8.3	0.29	21.5	0.0	21.5	190
Grande - Coconut	1236	297	20.6	16.1	25.0	21.5	2.0	1.9	0.16	21.5	0.0	21.5	190
Grande - Almond	1073	258	16.7	10.1	23.2	20.1	2.3	2.6	0.17	20.1	0.0	20.1	190
Grande - Oat	1576	377	20.1	13.6	42.3	29.8	6.2	3.7	0.33	29.8	0.0	29.8	190
Venti - Skimmed Milk	1332	318	14.6	10.2	35.0	30.9	2.1	10.6	0.30	30.9	13.0	17.9	279
Venti - Semi Skimmed Milk	1496	358	19.0	13.0	34.5	30.4	2.1	11.2	0.30	30.4	12.5	17.9	279
Venti - Whole Milk	1648	395	23.7	16.2	34.2	30.1	2.1	10.1	0.30	30.1	12.3	17.9	279
Venti - Soy	1395	334	18.8	10.9	30.1	26.0	3.4	9.6	0.32	26.0	0.0	26.0	279
Venti - Coconut	1394	335	21.9	17.2	30.8	26.0	2.6	2.3	0.18	26.0	0.0	26.0	279
Venti - Almond	1210	290	17.5	10.4	28.8	24.4	2.8	3.1	0.19	24.4	0.0	24.4	279
Venti - Oat	1780	426	21.4	14.3	50.4	35.4	7.3	4.4	0.37	35.4	0.0	35.4	279
<b>ICED WHITE CHOCOLATE MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk and Whipped Cream as standard)</b>													
Tall - Skimmed Milk	1280	305	12.9	9.6	38.5	36.5	0.0	8.6	0.33	36.5	6.8	29.7	150
<b>Tall - Semi Skimmed Milk</b>	<b>1366</b>	<b>326</b>	<b>15.3</b>	<b>11.1</b>	<b>38.3</b>	<b>36.3</b>	<b>0.0</b>	<b>8.9</b>	<b>0.33</b>	<b>36.3</b>	<b>6.5</b>	<b>29.7</b>	<b>150</b>
Tall - Whole Milk	1445	345	17.7	12.8	38.1	36.1	0.0	8.4	0.33	36.1	6.4	29.7	150
Tall - Soy	1313	313	15.1	10.0	35.9	33.9	0.7	8.1	0.35	33.9	0.0	33.9	150
Tall - Coconut	1312	314	16.8	13.3	36.4	33.9	0.3	4.3	0.27	33.9	0.0	33.9	150
Tall - Almond	1216	290	14.4	9.8	35.3	33.1	0.4	4.7	0.28	33.1	0.0	33.1	150
Tall - Oat	1514	361	16.5	11.8	46.6	38.8	2.7	5.4	0.37	38.8	0.0	38.8	150
Grande - Skimmed Milk	1697	405	17.8	13.3	50.2	48.2	0.0	10.8	0.43	48.2	8.4	39.8	150
Grande - Semi Skimmed Milk	1803	430	20.7	15.1	49.8	47.8	0.0	11.2	0.43	47.8	8.1	39.8	150
Grande - Whole Milk	1900	454	23.7	17.1	49.7	47.7	0.0	10.5	0.43	47.7	7.9	39.8	150
Grande - Soy	1737	415	20.5	13.8	47.0	45.0	0.8	10.2	0.45	45.0	0.0	45.0	150
Grande - Coconut	1737	415	22.5	17.8	47.5	45.0	0.3	5.5	0.35	45.0	0.0	45.0	150





**Winter FY19 Starbucks 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 - Almond	1618	387	19.7	13.4	46.1	44.0	0.5	6.0	0.36	44.0	0.0	44.0	150
Grande - Oat	1986	474	22.2	15.9	60.1	51.0	3.4	6.8	0.48	51.0	0.0	51.0	150
Venti - Skimmed Milk	2027	483	19.2	14.3	63.4	60.4	0.0	14.2	0.55	60.4	11.4	49.0	225
Venti - Semi Skimmed Milk	2170	517	23.0	16.8	62.9	59.9	0.0	14.6	0.55	59.9	11.0	49.0	225
Venti - Whole Milk	2303	550	27.1	19.5	62.7	59.7	0.0	13.7	0.55	59.7	10.7	49.0	225
Venti - Soy	2082	497	22.8	15.0	59.0	56.0	1.1	13.3	0.57	56.0	0.0	56.0	225
Venti - Coconut	2081	497	25.6	20.5	59.7	56.0	0.5	6.9	0.45	56.0	0.0	56.0	225
Venti - Almond	1920	458	21.7	14.5	57.9	54.7	0.7	7.5	0.46	54.7	0.0	54.7	225
Venti - Oat	2419	577	25.1	17.9	76.9	64.3	4.6	8.7	0.62	64.3	0.0	64.3	225

**ICED BLONDE WHITE CHOCOLATE MOCHA (made with brewed Blonde Espresso coffee, Semi Skimmed Milk and Whipped Cream as standard)**

Tall - Skimmed Milk	1061	253	11.7	8.6	29.3	27.3	0.0	7.7	0.27	27.3	6.8	20.5	170
<b>Tall - Semi Skimmed Milk</b>	<b>1147</b>	<b>274</b>	<b>14.0</b>	<b>10.1</b>	<b>29.1</b>	<b>27.1</b>	<b>0.0</b>	<b>8.0</b>	<b>0.27</b>	<b>27.1</b>	<b>6.5</b>	<b>20.5</b>	<b>170</b>
Tall - Whole Milk	1226	293	16.4	11.7	28.9	26.9	0.0	7.4	0.27	26.9	6.4	20.5	170
Tall - Soy	1094	262	13.9	9.0	26.8	24.7	0.7	7.2	0.29	24.7	0.0	24.7	170
Tall - Coconut	1094	262	15.5	12.3	27.2	24.7	0.3	3.3	0.21	24.7	0.0	24.7	170
Tall - Almond	997	239	13.2	8.7	26.1	23.9	0.4	3.8	0.22	23.9	0.0	23.9	170
Tall - Oat	1295	310	15.2	10.8	37.4	29.7	2.7	4.4	0.31	29.7	0.0	29.7	170
Grande - Skimmed Milk	1478	353	16.6	12.2	41.0	39.0	0.0	9.9	0.37	39.0	8.4	30.6	170
Grande - Semi Skimmed Milk	1584	378	19.4	14.1	40.7	38.6	0.0	10.3	0.37	38.6	8.1	30.6	170
Grande - Whole Milk	1682	402	22.5	16.1	40.5	38.5	0.0	9.6	0.37	38.5	7.9	30.6	170
Grande - Soy	1519	363	19.3	12.7	37.8	35.8	0.8	9.2	0.39	35.8	0.0	35.8	170
Grande - Coconut	1518	363	21.3	16.8	38.3	35.8	0.3	4.5	0.30	35.8	0.0	35.8	170
Grande - Almond	1399	335	18.4	12.4	37.0	34.8	0.5	5.0	0.30	34.8	0.0	34.8	170
Grande - Oat	1767	422	20.9	14.9	50.9	41.8	3.4	5.9	0.42	41.8	0.0	41.8	170
Venti - Skimmed Milk	1808	431	17.9	13.3	54.2	51.2	0.0	13.2	0.49	51.2	11.4	39.8	255
Venti - Semi Skimmed Milk	1952	466	21.8	15.8	53.7	50.7	0.0	13.7	0.49	50.7	11.0	39.8	255
Venti - Whole Milk	2084	498	25.9	18.5	53.5	50.5	0.0	12.8	0.49	50.5	10.7	39.8	255
Venti - Soy	1863	445	21.5	13.9	49.9	46.8	1.1	12.3	0.51	46.8	0.0	46.8	255
Venti - Coconut	1862	445	24.3	19.4	50.5	46.8	0.5	5.9	0.39	46.8	0.0	46.8	255
Venti - Almond	1701	406	20.4	13.5	48.7	45.5	0.7	6.6	0.40	45.5	0.0	45.5	255
Venti - Oat	2200	525	23.8	16.9	67.7	55.1	4.6	7.8	0.56	55.1	0.0	55.1	255

**ICED CARAMEL MACCHIATO (made with Semi Skimmed Milk, regular Vanilla Flavour Syrup and Caramel Drizzle as standard)**

Tall - Skimmed Milk	548	129	0.9	0.5	23.3	20.8	0.0	7.0	0.20	20.8	9.1	11.7	150 - 170
<b>Tall - Semi Skimmed Milk</b>	<b>663</b>	<b>157</b>	<b>4.0</b>	<b>2.5</b>	<b>22.9</b>	<b>20.5</b>	<b>0.0</b>	<b>7.3</b>	<b>0.20</b>	<b>20.5</b>	<b>8.8</b>	<b>11.7</b>	<b>150 - 170</b>
Tall - Whole Milk	769	183	7.3	4.7	22.7	20.3	0.0	6.6	0.20	20.3	8.6	11.7	150 - 170
Tall - Soy	592	141	3.8	1.0	19.8	17.4	0.9	6.3	0.22	17.4	0.0	17.4	150 - 170
Tall - Coconut	591	141	6.0	5.4	20.3	17.4	0.4	1.1	0.12	17.4	0.0	17.4	150 - 170
Tall - Almond	462	110	2.9	0.6	18.9	16.3	0.6	1.7	0.13	16.3	0.0	16.3	150 - 170
Tall - Oat	861	205	5.7	3.4	34.0	23.9	3.7	2.6	0.26	23.9	0.0	23.9	150 - 170
Grande - Skimmed Milk	697	164	1.0	0.5	30.3	27.8	0.0	8.6	0.25	27.8	11.5	16.3	150 - 170
Grande - Semi Skimmed Milk	841	199	4.9	3.0	29.8	27.3	0.0	9.1	0.25	27.3	11.0	16.3	150 - 170
Grande - Whole Milk	975	232	9.0	5.7	29.6	27.1	0.0	8.1	0.25	27.1	10.8	16.3	150 - 170
Grande - Soy	752	178	4.6	1.2	25.9	23.4	1.2	7.7	0.27	23.4	0.0	23.4	150 - 170
Grande - Coconut	751	179	7.4	6.7	26.6	23.4	0.5	1.2	0.15	23.4	0.0	23.4	150 - 170
Grande - Almond	589	140	3.5	0.7	24.8	22.0	0.7	1.9	0.16	22.0	0.0	22.0	150 - 170
Grande - Oat	1091	259	6.9	4.1	43.9	31.7	4.6	3.1	0.32	31.7	0.0	31.7	150 - 170
Venti - Skimmed Milk	845	199	1.0	0.5	37.5	33.9	0.0	10.0	0.28	33.9	13.0	20.9	225 - 255
Venti - Semi Skimmed Milk	1009	239	5.4	3.3	37.0	33.4	0.0	10.5	0.28	33.4	12.5	20.9	225 - 255
Venti - Whole Milk	1160	276	10.1	6.5	36.7	33.1	0.0	9.5	0.28	33.1	12.3	20.9	225 - 255
Venti - Soy	908	215	5.2	1.2	32.6	28.9	1.3	9.0	0.31	28.9	0.0	28.9	225 - 255
Venti - Coconut	906	216	8.3	7.5	33.4	28.9	0.5	1.7	0.16	28.9	0.0	28.9	225 - 255
Venti - Almond	722	171	3.9	0.7	31.3	27.4	0.8	2.4	0.18	27.4	0.0	27.4	225 - 255
Venti - Oat	1292	307	7.8	4.6	52.9	38.3	5.2	3.7	0.36	38.3	0.0	38.3	225 - 255

**ICED TEAVANA™ TEA LATTES**

**ICED MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)**

Tall - Skimmed Milk	306	72	0.3	0.0	10.3	9.2	0.7	6.8	0.18	9.2	9.2	0.0	60
<b>Tall - Semi Skimmed Milk</b>	<b>421</b>	<b>100</b>	<b>3.4</b>	<b>2.0</b>	<b>9.9</b>	<b>8.8</b>	<b>0.7</b>	<b>7.1</b>	<b>0.18</b>	<b>8.8</b>	<b>8.8</b>	<b>0.0</b>	<b>60</b>
Tall - Whole Milk	527	126	6.7	4.2	9.7	8.6	0.7	6.4	0.18	8.6	8.6	0.0	60
Tall - Soy	350	83	3.2	0.6	6.8	5.7	1.7	6.1	0.20	5.7	0.0	5.7	60
Tall - Coconut	349	84	5.4	4.9	7.4	5.7	1.1	0.9	0.10	5.7	0.0	5.7	60
Tall - Almond	220	53	2.3	0.2	5.9	4.6	1.3	1.5	0.11	4.6	0.0	4.6	60
Tall - Oat	619	148	5.0	2.9	21.0	12.3	4.4	2.4	0.24	12.3	0.0	12.3	60
Grande - Skimmed Milk	394	93	0.4	0.1	13.2	11.6	1.1	8.7	0.23	11.6	11.6	0.0	90
Grande - Semi Skimmed Milk	539	128	4.3	2.6	12.8	11.1	1.1	9.1	0.23	11.1	11.1	0.0	90
Grande - Whole Milk	672	161	8.4	5.3	12.5	10.9	1.1	8.2	0.23	10.9	10.9	0.0	90
Grande - Soy	450	107	4.0	0.7	8.9	7.2	2.3	7.8	0.25	7.2	0.0	7.2	90
Grande - Coconut	448	108	6.8	6.2	9.5	7.2	1.6	1.3	0.13	7.2	0.0	7.2	90
Grande - Almond	286	68	2.9	0.3	7.7	5.8	1.8	2.0	0.14	5.8	0.0	5.8	90
Grande - Oat	789	188	6.3	3.7	26.8	15.5	5.7	3.2	0.30	15.5	0.0	15.5	90
Venti - Skimmed Milk	459	108	0.4	0.1	15.4	13.2	1.5	10.0	0.26	13.2	13.2	0.0	120
Venti - Semi Skimmed Milk	623	148	4.9	2.9	14.8	12.7	1.5	10.5	0.26	12.7	12.7	0.0	120
Venti - Whole Milk	774	185	9.6	6.0	14.6	12.4	1.5	9.5	0.26	12.4	12.4	0.0	120
Venti - Soy	522	124	4.6	0.8	10.4	8.2	2.8	9.0	0.29	8.2	0.0	8.2	120
Venti - Coconut	520	125	7.7	7.1	11.2	8.2	2.0	1.7	0.14	8.2	0.0	8.2	120
Venti - Almond	336	80	3.3	0.3	9.1	6.7	2.3	2.5	0.16	6.7	0.0	6.7	120
Venti - Oat	907	216	7.2	4.2	30.7	17.6	6.7	3.8	0.34	17.6	0.0	17.6	120

**ICED ROOIBOS LATTE (made with Semi Skimmed Milk as standard)**

Tall - Skimmed Milk	278	66	0.2	0.0	9.1	9.1	1.2	6.2	0.20	9.1	9.1	0.0	0
<b>Tall - Semi Skimmed Milk</b>	<b>393</b>	<b>94</b>	<b>3.3</b>	<b>2.0</b>	<b>8.8</b>	<b>8.8</b>	<b>1.2</b>	<b>6.6</b>	<b>0.20</b>	<b>8.8</b>	<b>8.8</b>	<b>0.0</b>	<b>0</b>
Tall - Whole Milk	499	119	6.6	4.2	8.6	8.6	1.2	5.9	0.20	8.6	8.6	0.0	0
Tall - Soy	322	77	3.1	0.6	5.7	5.7	2.1	5.5	0.21	5.7	0.0	5.7	0
Tall - Coconut	321	77	5.3	4.9	6.2	5.7	1.6	0.4	0.11	5.7	0.0	5.7	0
Tall - Almond	192	46	2.2	0.2	4.8	4.6	1.7	0.9	0.12	4.6	0.0	4.6	0
Tall - Oat	591	141	4.9	2.9	19.9	12.2	4.9	1.8	0.25	12.2	0.0	12.2	0
Grande - Skimmed Milk	352	83	0.3	0.0	11.5	11.5	1.8	7.8	0.25	11.5	11.5	0.0	0
Grande - Semi Skimmed Milk	497	118	4.2	2.5	11.1	11.0	1.8	8.3	0.25	11.0	11.0	0.0	0
Grande - Whole Milk	630	151	8.3	5.3	10.8	10.8	1.8	7.4	0.25	10.8	10.8	0.0	0
Grande - Soy	408	97	3.9	0.7	7.2	7.1	2.9	6.9	0.27	7.1	0.0	7.1	0
Grande - Coconut	407	98	6.7	6.2	7.8	7.1	2.3	0.5	0.15	7.1	0.0	7.1	0
Grande - Almond	245	59	2.8	0.2	6.0	5.8	2.5	1.2	0.16	5.8	0.0	5.8	0
Grande - Oat	747	178	6.2	3.7	25.1	15.4	6.4	2.3	0.32	15.4	0.0	15.4	0
Venti - Skimmed Milk	403	95	0.3	0.0	13.1	13.0	2.4	8.9	0.29	13.0	13.0	0.0	0



**Winter FY19 Starbucks Beverage Nutrition Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Venti - Semi Skimmed Milk	567	135	4.7	2.9	12.6	12.5	2.4	9.4	0.29	12.5	12.5	0.0	0
Venti - Whole Milk	719	172	9.4	6.0	12.3	12.3	2.4	8.4	0.29	12.3	12.3	0.0	0
Venti - Soy	466	111	4.5	0.8	8.1	8.1	3.7	7.9	0.31	8.1	0.0	8.1	0
Venti - Coconut	465	112	7.6	7.1	8.9	8.1	2.9	0.6	0.17	8.1	0.0	8.1	0
Venti - Almond	281	67	3.2	0.3	6.8	6.5	3.2	1.3	0.18	6.5	0.0	6.5	0
Venti - Oat	851	203	7.1	4.2	28.5	17.5	7.6	2.6	0.36	17.5	0.0	17.5	0
<b>ICED CHAI TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	420	99	0.2	0.0	19.2	19.2	0.9	4.7	0.14	19.2	6.8	12.3	34
<b>Tall - Semi Skimmed Milk</b>	<b>506</b>	<b>120</b>	<b>2.5</b>	<b>1.5</b>	<b>18.9</b>	<b>18.9</b>	<b>0.9</b>	<b>5.0</b>	<b>0.14</b>	<b>18.9</b>	<b>6.5</b>	<b>12.3</b>	<b>34</b>
Tall - Whole Milk	585	139	4.9	3.1	18.8	18.8	0.9	4.5	0.14	18.8	6.4	12.3	34
Tall - Soy	453	107	2.4	0.4	16.6	16.6	1.6	4.2	0.16	16.6	0.0	16.6	34
Tall - Coconut	452	108	4.0	3.7	17.0	16.6	1.2	0.4	0.08	16.6	0.0	16.6	34
Tall - Almond	356	84	1.7	0.1	15.9	15.8	1.3	0.8	0.09	15.8	0.0	15.8	34
Tall - Oat	654	155	3.7	2.2	27.2	21.5	3.6	1.5	0.19	21.5	0.0	21.5	34
Grande - Skimmed Milk	540	127	0.2	0.0	24.9	24.9	1.2	5.9	0.18	24.9	8.4	16.5	46
Grande - Semi Skimmed Milk	646	153	3.1	1.9	24.6	24.5	1.2	6.2	0.18	24.5	8.1	16.5	46
Grande - Whole Milk	744	177	6.1	3.9	24.4	24.4	1.2	5.5	0.18	24.4	7.9	16.5	46
Grande - Soy	581	138	2.9	0.5	21.7	21.7	2.0	5.2	0.20	21.7	0.0	21.7	46
Grande - Coconut	580	138	4.9	4.5	22.2	21.7	1.5	0.5	0.10	21.7	0.0	21.7	46
Grande - Almond	461	109	2.1	0.2	20.9	20.7	1.7	1.0	0.11	20.7	0.0	20.7	46
Grande - Oat	829	197	4.6	2.7	34.8	27.7	4.6	1.8	0.23	27.7	0.0	27.7	46
Venti - Skimmed Milk	702	165	0.3	0.0	32.0	32.0	1.5	7.9	0.24	32.0	11.4	20.6	57
Venti - Semi Skimmed Milk	846	200	4.2	2.5	31.6	31.5	1.5	8.4	0.24	31.5	11.0	20.6	57
Venti - Whole Milk	978	233	8.3	5.3	31.4	31.3	1.5	7.5	0.24	31.3	10.7	20.6	57
Venti - Soy	757	180	3.9	0.7	27.7	27.7	2.6	7.0	0.27	27.7	0.0	27.7	57
Venti - Coconut	756	180	6.7	6.2	28.4	27.7	2.0	0.6	0.14	27.7	0.0	27.7	57
Venti - Almond	595	141	2.8	0.2	26.6	26.3	2.2	1.3	0.15	26.3	0.0	26.3	57
Venti - Oat	1094	260	6.2	3.7	45.5	35.9	6.1	2.5	0.31	35.9	0.0	35.9	57
<b>TEAVANA™ SHAKEN INFUSED ICED TEAS</b>													
<b>PEACH CITRUS GREEN TEA (made with Lemonade and Simple Syrup as standard)</b>													
Tall	206	48	0.1	0.0	11.9	11.9	0.1	0.1	0.00	11.9	0.0	11.9	20 - 25
Grande	272	64	0.1	0.0	15.8	15.8	0.1	0.1	0.00	15.8	0.0	15.8	25 - 30
Venti	341	80	0.1	0.0	19.8	19.7	0.1	0.1	0.00	19.7	0.0	19.7	35 - 40
<b>UNSWEETENED PEACH CITRUS GREEN TEA (unsweetened - made without Lemonade and Simple Syrup as standard)</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	20 - 25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	25 - 30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	35 - 40
<b>STRAWBERRY BLACK TEA (made with Lemonade and Simple Syrup as standard)</b>													
Tall	206	48	0.1	0.0	11.9	11.9	0.1	0.1	0.00	11.9	0.0	11.9	20 - 25
Grande	272	64	0.1	0.0	15.8	15.8	0.1	0.1	0.00	15.8	0.0	15.8	25 - 30
Venti	341	80	0.1	0.0	19.8	19.7	0.1	0.1	0.00	19.7	0.0	19.7	35 - 40
<b>UNSWEETENED STRAWBERRY BLACK TEA (unsweetened - made without Lemonade and Simple Syrup as standard)</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	20 - 25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	25 - 30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	35 - 40
<b>PINEAPPLE GREEN TEA (made with Lemonade and Simple Syrup as standard)</b>													
Tall	206	48	0.1	0.0	11.9	11.9	0.1	0.1	0.00	11.9	0.0	11.9	20 - 25
Grande	272	64	0.1	0.0	15.8	15.8	0.1	0.1	0.00	15.8	0.0	15.8	25 - 30
Venti	341	80	0.1	0.0	19.8	19.7	0.1	0.1	0.00	19.7	0.0	19.7	35 - 40
<b>UNSWEETENED PINEAPPLE GREEN TEA (unsweetened - made without Lemonade and Simple Syrup as standard)</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	20 - 25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	25 - 30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	35 - 40
<b>TEAVANA™ SHAKEN ICED TEAS</b>													
<b>FLAVOURED ICED TEA LEMONADES</b>													
<b>MANGO BLACK TEA LEMONADE</b>													
Tall	352	83	0.1	0.0	20.4	19.8	0.1	0.1	0.0	19.8	0.0	19.8	20 - 25
Grande	469	110	0.1	0.0	27.1	26.3	0.2	0.1	0.0	26.3	0.0	26.3	25 - 30
Venti	581	137	0.2	0.0	33.6	32.6	0.2	0.2	0.0	32.6	0.0	32.6	35 - 40
<b>ICED TEA LEMONADES</b>													
<b>BLACK TEA LEMONADE</b>													
Tall	147	35	0.1	0.0	8.3	8.3	0.1	0.1	0.0	8.3	0.0	8.3	20 - 25
Grande	196	46	0.1	0.0	11.1	11.1	0.1	0.1	0.0	11.1	0.0	11.1	25 - 30
Venti	240	56	0.2	0.0	13.6	13.6	0.2	0.2	0.0	13.6	0.0	13.6	35 - 40
<b>GREEN TEA LEMONADE</b>													
Tall	147	35	0.1	0.0	8.3	8.3	0.1	0.1	0.0	8.3	0.0	8.3	20 - 25
Grande	196	46	0.1	0.0	11.1	11.1	0.1	0.1	0.0	11.1	0.0	11.1	25 - 30
Venti	240	56	0.2	0.0	13.6	13.6	0.2	0.2	0.0	13.6	0.0	13.6	35 - 40
<b>HIBISCUS FLAVOURED HERBAL BLEND LEMONADE</b>													
Tall	147	35	0.1	0.0	8.3	8.3	0.1	0.1	0.0	8.3	0.0	8.3	0.0
Grande	196	46	0.1	0.0	11.1	11.1	0.1	0.1	0.0	11.1	0.0	11.1	0.0
Venti	240	56	0.2	0.0	13.6	13.6	0.2	0.2	0.0	13.6	0.0	13.6	0.0
<b>CLASSIC ICED TEAS</b>													
<b>BLACK TEA</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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
<b>GREEN TEA</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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
<b>HIBISCUS FLAVOURED HERBAL BLEND TEA</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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
<b>FRAPPUCCINO® BLENDED BEVERAGES - COFFEE</b>													
<b>COFFEE FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)</b>													
Mini - Skimmed Milk	403	95	0.1	0.0	21.8	21.7	0.0	1.8	0.26	21.7	2.6	19.1	42
Mini - Semi Skimmed Milk	435	103	0.9	0.6	21.7	21.6	0.0	1.9	0.26	21.6	2.5	19.1	42
<b>Mini - Whole Milk</b>	<b>465</b>	<b>110</b>	<b>1.9</b>	<b>1.2</b>	<b>21.7</b>	<b>21.5</b>	<b>0.0</b>	<b>1.7</b>	<b>0.26</b>	<b>21.5</b>	<b>2.4</b>	<b>19.1</b>	<b>42</b>
Mini - Soy	415	98	0.9	0.2	20.8	20.7	0.3	1.6	0.26	20.7	0.0	20.7	42
Mini - Coconut	415	98	1.5	1.4	21.0	20.7	0.1	0.1	0.23	20.7	0.0	20.7	42



**Winter FY19 Starbucks 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) **
Mini - Almond	379	89	0.6	0.1	20.6	20.4	0.2	0.3	0.24	20.4	0.0	20.4	42
Mini - Oat	491	116	1.4	0.8	24.9	22.5	1.0	0.5	0.27	22.5	0.0	22.5	42
Tall - Skimmed Milk	623	147	0.1	0.0	33.8	33.5	0.0	2.7	0.40	33.5	4.0	29.5	65
Tall - Semi Skimmed Milk	673	159	1.4	0.9	33.6	33.4	0.0	2.9	0.40	33.4	3.8	29.5	65
Tall - Whole Milk	720	170	2.9	1.8	33.5	33.3	0.0	2.6	0.40	33.3	3.8	29.5	65
Tall - Soy	642	152	1.4	0.2	32.2	32.0	0.4	2.4	0.41	32.0	0.0	32.0	65
Tall - Coconut	642	152	2.3	2.2	32.5	32.0	0.2	0.2	0.36	32.0	0.0	32.0	65
Tall - Almond	586	138	1.0	0.1	31.8	31.5	0.2	0.4	0.37	31.5	0.0	31.5	65
Tall - Oat	760	180	2.2	1.3	38.5	34.9	1.6	0.8	0.42	34.9	0.0	34.9	65
Grande - Skimmed Milk	858	202	0.1	0.0	47.0	46.6	0.0	3.3	0.55	46.6	4.8	41.8	92
Grande - Semi Skimmed Milk	919	217	1.8	1.1	46.8	46.4	0.0	3.5	0.55	46.4	4.7	41.8	92
Grande - Whole Milk	975	231	3.5	2.2	46.7	46.3	0.0	3.1	0.55	46.3	4.6	41.8	92
Grande - Soy	882	208	1.7	0.3	45.1	44.8	0.5	2.9	0.56	44.8	0.0	44.8	92
Grande - Coconut	881	208	2.8	2.6	45.4	44.8	0.2	0.2	0.50	44.8	0.0	44.8	92
Grande - Almond	813	192	1.2	0.1	44.6	44.2	0.3	0.5	0.51	44.2	0.0	44.2	92
Grande - Oat	1025	242	2.6	1.6	52.7	48.3	1.9	1.0	0.58	48.3	0.0	48.3	92

**CARAMEL FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Caramel Drizzle as standard)**

Mini - Skimmed Milk	827	197	7.9	5.6	29.2	28.8	0.0	2.2	0.29	28.8	2.6	26.2	42
Mini - Semi Skimmed Milk	860	205	8.8	6.2	29.1	28.7	0.0	2.3	0.29	28.7	2.5	26.2	42
<b>Mini - Whole Milk</b>	<b>890</b>	<b>212</b>	<b>9.7</b>	<b>6.8</b>	<b>29.1</b>	<b>28.6</b>	<b>0.0</b>	<b>2.1</b>	<b>0.29</b>	<b>28.6</b>	<b>2.4</b>	<b>26.2</b>	<b>42</b>
Mini - Soy	840	200	8.7	5.8	28.3	27.8	0.3	2.0	0.30	27.8	0.0	27.8	42
Mini - Coconut	839	200	9.4	7.0	28.4	27.8	0.1	0.6	0.27	27.8	0.0	27.8	42
Mini - Almond	803	191	8.5	5.7	28.0	27.5	0.2	0.7	0.27	27.5	0.0	27.5	42
Mini - Oat	916	218	9.3	6.4	32.3	29.6	1.0	1.0	0.31	29.6	0.0	29.6	42
Tall - Skimmed Milk	1145	272	9.7	6.9	42.9	42.3	0.0	3.2	0.44	42.3	4.0	38.4	64
Tall - Semi Skimmed Milk	1195	284	11.1	7.8	42.8	42.2	0.0	3.4	0.44	42.2	3.8	38.4	64
Tall - Whole Milk	1241	296	12.5	8.7	42.7	42.1	0.0	3.1	0.44	42.7	3.7	38.4	64
Tall - Soy	1164	277	11.0	7.2	41.4	40.8	0.4	2.9	0.44	40.8	0.0	40.8	64
Tall - Coconut	1164	277	12.0	9.0	41.7	40.8	0.2	0.7	0.40	40.8	0.0	40.8	64
Tall - Almond	1108	264	10.6	7.0	41.0	40.3	0.2	0.9	0.40	40.3	0.0	40.3	64
Tall - Oat	1281	305	11.8	8.2	47.6	43.7	1.6	1.3	0.46	43.7	0.0	43.7	64
Grande - Skimmed Milk	1570	373	13.4	9.5	59.2	58.4	0.0	4.0	0.60	58.4	4.8	53.6	91
Grande - Semi Skimmed Milk	1630	388	15.0	10.6	59.0	58.2	0.0	4.2	0.60	58.2	4.6	53.6	91
Grande - Whole Milk	1686	402	16.7	11.7	58.9	58.1	0.0	3.8	0.60	58.1	4.5	53.6	91
Grande - Soy	1593	379	14.9	9.8	57.4	56.6	0.5	3.6	0.60	56.6	0.0	56.6	91
Grande - Coconut	1593	379	16.1	12.1	57.7	56.6	0.2	0.9	0.55	56.6	0.0	56.6	91
Grande - Almond	1524	363	14.4	9.6	56.9	56.0	0.3	1.2	0.56	56.0	0.0	56.0	91
Grande - Oat	1735	413	15.9	11.1	64.9	60.1	1.9	1.7	0.62	60.1	0.0	60.1	91

**MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)**

Mini - Skimmed Milk	755	180	7.5	5.4	25.8	25.5	0.3	2.2	0.27	25.5	2.6	22.9	45
Mini - Semi Skimmed Milk	788	188	8.4	5.9	25.7	25.4	0.3	2.3	0.27	25.4	2.5	22.9	45
<b>Mini - Whole Milk</b>	<b>818</b>	<b>195</b>	<b>9.3</b>	<b>6.5</b>	<b>25.7</b>	<b>25.3</b>	<b>0.3</b>	<b>2.1</b>	<b>0.27</b>	<b>25.3</b>	<b>2.4</b>	<b>22.9</b>	<b>45</b>
Mini - Soy	768	183	8.3	5.5	24.8	24.5	0.6	2.0	0.28	24.5	0.0	24.5	45
Mini - Coconut	767	183	9.0	6.8	25.0	24.5	0.4	0.5	0.25	24.5	0.0	24.5	45
Mini - Almond	731	174	8.1	5.4	24.6	24.2	0.5	0.7	0.25	24.2	0.0	24.2	45
Mini - Oat	844	201	8.8	6.2	28.9	26.4	1.3	0.9	0.29	26.4	0.0	26.4	45
Tall - Skimmed Milk	1044	249	9.4	6.7	37.6	37.1	0.4	3.1	0.40	37.1	3.8	33.3	66
Tall - Semi Skimmed Milk	1092	260	10.7	7.6	37.4	37.0	0.4	3.2	0.40	37.0	3.6	33.3	66
Tall - Whole Milk	1136	271	12.1	8.5	37.4	36.9	0.4	2.9	0.40	36.9	3.6	33.3	66
Tall - Soy	1063	253	10.7	7.0	36.1	35.7	0.8	2.8	0.41	35.7	0.0	35.7	66
Tall - Coconut	1062	253	11.6	8.8	36.4	35.7	0.6	0.7	0.37	35.7	0.0	35.7	66
Tall - Almond	1009	240	10.3	6.8	35.8	35.2	0.7	0.9	0.37	35.2	0.0	35.2	66
Tall - Oat	1175	280	11.4	7.9	42.1	38.4	2.0	1.3	0.42	38.4	0.0	38.4	66
Grande - Skimmed Milk	1425	339	13.2	9.4	51.1	50.4	0.6	3.8	0.54	50.4	4.5	45.9	91
Grande - Semi Skimmed Milk	1481	353	14.7	10.4	50.9	50.2	0.6	3.9	0.54	50.2	4.3	45.9	91
Grande - Whole Milk	1533	366	16.3	11.5	50.8	50.2	0.6	3.6	0.54	50.2	4.2	45.9	91
Grande - Soy	1446	345	14.6	9.7	49.4	48.7	1.0	3.4	0.55	48.7	0.0	48.7	91
Grande - Coconut	1446	345	15.7	11.8	49.6	48.7	0.8	0.9	0.50	48.7	0.0	48.7	91
Grande - Almond	1383	330	14.2	9.5	48.9	48.2	0.9	1.2	0.50	48.2	0.0	48.2	91
Grande - Oat	1579	376	15.5	10.8	56.4	51.9	2.4	1.6	0.56	51.9	0.0	51.9	91

**ESPRESSO FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)**

Mini - Skimmed Milk	417	98	0.1	0.0	22.4	21.7	0.0	2.0	0.26	21.7	2.6	19.1	87 - 93
Mini - Semi Skimmed Milk	449	106	0.9	0.6	22.3	21.6	0.0	2.1	0.26	21.6	2.5	19.1	87 - 93
<b>Mini - Whole Milk</b>	<b>479</b>	<b>113</b>	<b>1.9</b>	<b>1.2</b>	<b>22.3</b>	<b>21.5</b>	<b>0.0</b>	<b>1.9</b>	<b>0.26</b>	<b>21.5</b>	<b>2.4</b>	<b>19.1</b>	<b>87 - 93</b>
Mini - Soy	429	101	0.9	0.2	21.4	20.7	0.3	1.8	0.26	20.7	0.0	20.7	87 - 93
Mini - Coconut	429	101	1.5	1.4	21.6	20.7	0.1	0.3	0.23	20.7	0.0	20.7	87 - 93
Mini - Almond	392	93	0.6	0.1	21.2	20.4	0.2	0.5	0.24	20.4	0.0	20.4	87 - 93
Mini - Oat	505	119	1.4	0.8	25.5	22.5	1.0	0.7	0.27	22.5	0.0	22.5	87 - 93
Tall - Skimmed Milk	576	135	0.1	0.0	31.0	29.9	0.0	2.7	0.36	29.9	3.6	26.4	121 - 129
Tall - Semi Skimmed Milk	621	146	1.3	0.8	30.8	29.8	0.0	2.9	0.36	29.8	3.4	26.4	121 - 129
Tall - Whole Milk	662	157	2.6	1.6	30.8	29.7	0.0	2.6	0.36	29.7	3.4	26.4	121 - 129
Tall - Soy	593	140	1.2	0.2	29.6	28.6	0.4	2.4	0.36	28.6	0.0	28.6	121 - 129
Tall - Coconut	593	140	2.1	1.9	29.8	28.6	0.1	0.4	0.32	28.6	0.0	28.6	121 - 129
Tall - Almond	542	128	0.9	0.1	29.3	28.2	0.2	0.7	0.33	28.2	0.0	28.2	121 - 129
Tall - Oat	698	165	1.9	1.1	35.2	31.2	1.4	1.0	0.38	31.2	0.0	31.2	121 - 129
Grande - Skimmed Milk	828	195	0.1	0.0	45.1	43.9	0.0	3.4	0.52	43.9	4.6	39.4	149 - 157
Grande - Semi Skimmed Milk	885	209	1.7	1.0	44.9	43.8	0.0	3.6	0.52	43.8	4.4	39.4	149 - 157
Grande - Whole Milk	938	222	3.3	2.1	44.8	43.7	0.0	3.2	0.52	43.7	4.3	39.4	149 - 157
Grande - Soy	850	200	1.6	0.3	43.3	42.2	0.5	3.0	0.53	42.2	0.0	42.2	149 - 157
Grande - Coconut	849	201	2.7	2.5	43.6	42.2	0.2	0.5	0.47	42.2	0.0	42.2	149 - 157
Grande - Almond	785	185	1.1	0.1	42.9	41.7	0.3	0.8	0.48	41.7	0.0	41.7	149 - 157
Grande - Oat	985	233	2.5	1.5	50.5	45.5	1.8	1.2	0.54	45.5	0.0	45.5	149 - 157

**JAVA CHIP FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)**

Mini - Skimmed Milk	903	215	9.3	6.5	29.8	29.1	0.9	2.6	0.27	29.1	2.6	26.5	46
Mini - Semi Skimmed Milk	935	223	10.2	7.0	29.7	29.0	0.9	2.7	0.27	29.0	2.5	26.5	46
<b>Mini - Whole Milk</b>	<b>965</b>	<b>230</b>	<b>11.1</b>	<b>7.7</b>	<b>29.7</b>	<b>28.9</b>	<b>0.9</b>	<b>2.5</b>	<b>0.27</b>	<b>28.9</b>	<b>2.4</b>	<b>26.5</b>	<b>46</b>
Mini - Soy	915	218	10.1	6.6	28.9	28.1	1.2	2.4	0.28	28.1	0.0	28.1	46
Mini - Coconut	915	219	10.8	7.9	29.0	28.1	1.0	0.9	0.25	28.1	0.0	28.1	46
Mini - Almond	878	210	9.9	6.5	28.6	27.8	1.1	1.1	0.25	27.8	0.0	27.8	46
Mini - Oat	991	237	10.7	7.3	32.9	29.9	2.0	1.3	0.29	29.9	0.0	29.9	46
Tall - Skimmed Milk	1263	301	12.1	8.4	43.6	42.5	1.3	3.7	0.41	42.5	3.8	38.6	68
Tall - Semi Skimmed Milk	1311	313	13.4	9.2	43.4	42.3	1.3	3.9	0.41	42.3	3.7	38.6	68



**Winter FY19 Starbucks Beverage Nutrition Information \***

	l	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	1356	324	14.8	10.1	43.4	42.2	1.3	3.6	0.41	42.2	3.6	38.6	68
Tall - Soy	1281	306	13.3	8.6	42.1	41.0	1.7	3.4	0.41	41.0	0.0	41.0	68
Tall - Coconut	1281	306	14.3	10.4	42.4	41.0	1.5	1.3	0.37	41.0	0.0	41.0	68
Tall - Almond	1227	293	13.0	8.4	41.8	40.6	1.6	1.5	0.37	40.6	0.0	40.6	68
Tall - Oat	1395	333	14.1	9.6	48.1	43.8	2.9	1.9	0.43	43.8	0.0	43.8	68
Grande - Skimmed Milk	1763	420	17.0	11.8	61.1	59.5	1.9	4.8	0.56	59.5	4.7	54.8	96
Grande - Semi Skimmed Milk	1822	435	18.6	12.8	60.9	59.3	1.9	5.0	0.56	59.3	4.5	54.8	96
Grande - Whole Milk	1877	448	20.3	13.9	60.8	59.3	1.9	4.6	0.56	59.3	4.4	54.8	96
Grande - Soy	1786	426	18.5	12.0	59.3	57.7	2.3	4.4	0.57	57.7	0.0	57.7	96
Grande - Coconut	1785	426	19.6	14.3	59.6	57.7	2.0	1.8	0.52	57.7	0.0	57.7	96
Grande - Almond	1719	410	18.0	11.8	58.9	57.2	2.1	2.0	0.53	57.2	0.0	57.2	96
Grande - Oat	1925	459	19.4	13.3	66.7	61.1	3.7	2.5	0.59	61.1	0.0	61.1	96

**WHITE CHOCOLATE MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)**

Mini - Skimmed Milk	783	187	7.7	5.6	26.8	26.6	0.0	2.5	0.29	26.6	2.6	24.1	42
Mini - Semi Skimmed Milk	816	194	8.6	6.1	26.7	26.5	0.0	2.6	0.29	26.5	2.5	24.1	42
<b>Mini - Whole Milk</b>	<b>846</b>	<b>202</b>	<b>9.5</b>	<b>6.8</b>	<b>26.7</b>	<b>26.5</b>	<b>0.0</b>	<b>2.4</b>	<b>0.29</b>	<b>26.5</b>	<b>2.4</b>	<b>24.1</b>	<b>42</b>
Mini - Soy	796	190	8.5	5.7	25.8	25.7	0.3	2.3	0.30	25.7	0.0	25.7	42
Mini - Coconut	795	190	9.2	7.0	26.0	25.7	0.1	0.8	0.27	25.7	0.0	25.7	42
Mini - Almond	759	181	8.3	5.6	25.6	25.4	0.2	1.0	0.27	25.4	0.0	25.4	42
Mini - Oat	872	208	9.1	6.4	29.9	27.5	1.0	1.2	0.31	27.5	0.0	27.5	42
Tall - Skimmed Milk	1094	260	9.8	7.1	39.5	39.3	0.0	3.6	0.43	39.3	3.8	35.4	62
Tall - Semi Skimmed Milk	1142	272	11.1	7.9	39.4	39.1	0.0	3.8	0.43	39.1	3.7	35.4	62
Tall - Whole Milk	1187	283	12.4	8.8	39.3	39.0	0.0	3.5	0.43	39.0	3.6	35.4	62
Tall - Soy	1112	265	11.0	7.3	38.1	37.8	0.4	3.3	0.44	37.8	0.0	37.8	62
Tall - Coconut	1112	265	11.9	9.1	38.3	37.8	0.2	1.1	0.40	37.8	0.0	37.8	62
Tall - Almond	1058	252	10.6	7.1	37.7	37.4	0.2	1.4	0.40	37.4	0.0	37.4	62
Tall - Oat	1226	292	11.8	8.3	44.1	40.6	1.5	1.8	0.46	40.6	0.0	40.6	62
Grande - Skimmed Milk	1547	368	13.9	10.1	56.0	55.7	0.0	4.7	0.60	55.7	4.5	51.1	86
Grande - Semi Skimmed Milk	1604	382	15.5	11.1	55.8	55.5	0.0	4.9	0.60	55.5	4.4	51.1	86
Grande - Whole Milk	1657	395	17.1	12.2	55.7	55.4	0.0	4.5	0.60	55.4	4.3	51.1	86
Grande - Soy	1569	374	15.4	10.4	54.3	53.9	0.5	4.3	0.61	53.9	0.0	53.9	86
Grande - Coconut	1569	374	16.5	12.6	54.6	53.9	0.2	1.8	0.56	53.9	0.0	53.9	86
Grande - Almond	1505	358	14.9	10.2	53.8	53.4	0.3	2.1	0.56	53.4	0.0	53.4	86
Grande - Oat	1703	406	16.3	11.6	61.4	57.2	1.8	2.5	0.63	57.2	0.0	57.2	86

**FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT**

**COFFEE LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)**

<b>Mini - Skimmed Milk</b>	<b>252</b>	<b>59</b>	<b>0.1</b>	<b>0.0</b>	<b>12.9</b>	<b>12.4</b>	<b>0.1</b>	<b>1.8</b>	<b>0.25</b>	<b>12.4</b>	<b>2.6</b>	<b>9.8</b>	<b>42</b>
Tall - Skimmed Milk	353	83	0.1	0.0	18.1	17.4	0.2	2.5	0.36	17.4	3.6	13.8	59
Grande - Skimmed Milk	503	118	0.1	0.0	26.1	25.1	0.3	3.1	0.51	25.1	4.6	20.5	87

**MOCHA LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)**

<b>Mini - Skimmed Milk</b>	<b>307</b>	<b>72</b>	<b>0.3</b>	<b>0.2</b>	<b>15.4</b>	<b>14.8</b>	<b>0.4</b>	<b>1.8</b>	<b>0.26</b>	<b>14.8</b>	<b>2.6</b>	<b>12</b>	<b>45</b>
Tall - Skimmed Milk	386	91	0.4	0.2	19.4	18.6	0.5	2.2	0.33	18.6	3.3	15.3	57
Grande - Skimmed Milk	573	135	0.6	0.3	29.1	27.9	0.8	3.0	0.49	27.9	4.4	23.5	88

**CARAMEL LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)**

<b>Mini - Skimmed Milk</b>	<b>306</b>	<b>72</b>	<b>0.1</b>	<b>0.0</b>	<b>16.1</b>	<b>15.5</b>	<b>0.1</b>	<b>1.8</b>	<b>0.26</b>	<b>15.5</b>	<b>2.6</b>	<b>12.9</b>	<b>42</b>
Tall - Skimmed Milk	397	93	0.1	0.0	20.8	20.1	0.2	2.3	0.33	20.1	3.3	16.8	54
Grande - Skimmed Milk	540	127	0.1	0.0	28.6	27.6	0.2	2.9	0.47	27.6	4.2	23.3	80

**ESPRESSO LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)**

<b>Mini - Skimmed Milk</b>	<b>266</b>	<b>63</b>	<b>0.1</b>	<b>0.0</b>	<b>13.5</b>	<b>12.4</b>	<b>0.1</b>	<b>2.0</b>	<b>0.25</b>	<b>12.4</b>	<b>2.6</b>	<b>9.8</b>	<b>87 - 93</b>
Tall - Skimmed Milk	334	79	0.1	0.0	16.9	15.6	0.2	2.5	0.32	15.6	3.2	12.4	121 - 129
Grande - Skimmed Milk	475	112	0.1	0.0	24.5	22.9	0.2	3.1	0.47	22.9	4.2	18.7	149 - 157

**WHITE MOCHA LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)**

<b>Mini - Skimmed Milk</b>	<b>330</b>	<b>78</b>	<b>0.5</b>	<b>0.4</b>	<b>16.2</b>	<b>15.7</b>	<b>0.1</b>	<b>2.1</b>	<b>0.27</b>	<b>15.7</b>	<b>2.6</b>	<b>13.1</b>	<b>42</b>
Tall - Skimmed Milk	421	99	0.7	0.5	20.6	20.1	0.2	2.7	0.35	20.1	3.3	16.8	54
Grande - Skimmed Milk	659	155	1.2	1.0	32.2	31.3	0.2	3.7	0.52	31.3	4.2	27.1	80

**JAVA CHIP LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)**

<b>Mini - Skimmed Milk</b>	<b>430</b>	<b>102</b>	<b>2.0</b>	<b>1.2</b>	<b>18.3</b>	<b>17.3</b>	<b>0.9</b>	<b>2.2</b>	<b>0.25</b>	<b>17.3</b>	<b>2.6</b>	<b>14.7</b>	<b>45</b>
Tall - Skimmed Milk	568	135	2.7	1.6	24.2	22.8	1.2	2.9	0.34	22.8	3.4	19.4	59
Grande - Skimmed Milk	799	189	3.8	2.3	34.2	32.3	1.8	3.6	0.47	32.3	4.2	28.0	85

**FRAPPUCCINO® BLENDED BEVERAGES - CRÈME**

**VANILLA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)**

Mini - Skimmed Milk	654	156	7.3	5.2	19.9	19.5	0.0	2.7	0.27	19.5	3.4	16.1	0
Mini - Semi Skimmed Milk	697	166	8.4	6.0	19.8	19.4	0.0	2.9	0.27	19.4	3.3	16.1	0
<b>Mini - Whole Milk</b>	<b>737</b>	<b>176</b>	<b>9.7</b>	<b>6.8</b>	<b>19.7</b>	<b>19.3</b>	<b>0.0</b>	<b>2.6</b>	<b>0.27</b>	<b>19.3</b>	<b>3.2</b>	<b>16.1</b>	<b>0</b>
Mini - Soy	670	160	8.4	5.4	18.6	18.2	0.3	2.5	0.28	18.2	0.0	18.2	0
Mini - Coconut	670	160	9.2	7.1	18.8	18.2	0.1	0.5	0.24	18.2	0.0	18.2	0
Mini - Almond	621	149	8.0	5.3	18.3	17.8	0.2	0.7	0.24	17.8	0.0	17.8	0
Mini - Oat	771	184	9.1	6.3	23.9	20.7	1.4	1.1	0.29	20.7	0.0	20.7	0
Tall - Skimmed Milk	911	217	9.1	6.5	29.7	29.1	0.0	4.0	0.41	29.1	5.2	23.9	0
Tall - Semi Skimmed Milk	976	233	10.9	7.6	29.5	28.9	0.0	4.3	0.41	28.9	5.0	23.9	0
Tall - Whole Milk	1037	248	12.8	8.9	29.4	28.8	0.0	3.8	0.41	28.8	4.9	23.9	0
Tall - Soy	936	223	10.8	6.8	27.8	27.2	0.5	3.6	0.42	27.2	0.0	27.2	0
Tall - Coconut	935	224	12.0	9.3	28.1	27.2	0.2	0.7	0.36	27.2	0.0	27.2	0
Tall - Almond	862	206	10.3	6.6	27.2	26.5	0.3	1.0	0.37	26.5	0.0	26.5	0
Tall - Oat	1089	260	11.8	8.2	35.9	30.9	2.1	1.5	0.44	30.9	0.0	30.9	0
Grande - Skimmed Milk	1285	306	12.7	9.1	42.5	41.7	0.0	5.3	0.58	41.7	6.8	34.9	0
Grande - Semi Skimmed Milk	1370	327	15.1	10.6	42.3	41.4	0.0	5.6	0.58	41.4	6.5	34.9	0
Grande - Whole Milk	1449	346	17.5	12.2	42.1	41.3	0.0	5.1	0.58	41.3	6.4	34.9	0
Grande - Soy	1317	314	14.9	9.5	39.9	39.1	0.7	4.8	0.59	39.1	0.0	39.1	0
Grande - Coconut	1317	315	16.5	12.8	40.4	39.1	0.3	1.0	0.52	39.1	0.0	39.1	0
Grande - Almond	1221	291	14.2	9.2	39.3	38.3	0.4	1.4	0.52	38.3	0.0	38.3	0
Grande - Oat	1518	362	16.3	11.3	50.5	44.0	2.7	2.1	0.62	44.0	0.0	44.0	0

**DOUBLE CHOCOLATEY CHIP CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)**

Mini - Skimmed Milk	805	192	9.3	6.5	23.5	22.6	0.9	3.1	0.27	22.6	3.4	19.1	4
Mini - Semi Skimmed Milk	848	203	10.5	7.2	23.4	22.4	0.9	3.3	0.27	22.4	3.3	19.1	4
<b>Mini - Whole Milk</b>	<b>888</b>	<b>213</b>	<b>11.7</b>	<b>8.0</b>	<b>23.3</b>	<b>22.4</b>	<b>0.9</b>	<b>3.0</b>	<b>0.27</b>	<b>22.4</b>	<b>3.2</b>	<b>19.1</b>	<b>4</b>
Mini - Soy	822	197	10.4	6.7	22.2	21.3	1.3	2.9	0.28	21.3	0.0	21.3	4
Mini - Coconut	822	197	11.3	8.3	22.4	21.3	1.1	0.9	0.24	21.3	0.0	21.3	4
Mini - Almond	773	185	10.1	6.5	21.9	20.8	1.1	1.2	0.25	20.8	0.0	20.8	4
Mini - Oat	923	221	11.1	7.6	27.6	23.7	2.3	1.5	0.29	23.7	0.0	23.7	4
Tall - Skimmed Milk	1141	272	12.2	8.4	35.2	33.8	1.4	4.7	0.42	33.8	5.3	28.5	5
Tall - Semi Skimmed Milk	1207	288	14.0	9.6	35.0	33.5	1.4	4.9	0.42	33.5	5.1	28.5	5



**Winter FY19 Starbucks 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	1268	303	15.9	10.8	34.9	33.4	1.4	4.5	0.42	33.4	5.0	28.5	5
Tall - Soy	1166	279	13.9	8.7	33.2	31.7	1.9	4.3	0.43	31.7	0.0	31.7	5
Tall - Coconut	1166	279	15.2	11.3	33.5	31.7	1.6	1.3	0.37	31.7	0.0	31.7	5
Tall - Almond	1091	261	13.4	8.5	32.6	31.1	1.7	1.7	0.37	31.1	0.0	31.1	5
Tall - Oat	1322	316	15.0	10.1	41.4	35.5	3.5	2.2	0.45	35.5	0.0	35.5	5
Grande - Skimmed Milk	1576	376	17.1	11.8	48.5	46.5	1.9	6.1	0.57	46.5	6.7	39.9	7
Grande - Semi Skimmed Milk	1660	396	19.4	13.3	48.3	46.3	1.9	6.4	0.57	46.3	6.4	39.9	7
Grande - Whole Milk	1737	415	21.8	14.8	48.1	46.1	1.9	5.8	0.57	46.1	6.3	39.9	7
Grande - Soy	1608	384	19.2	12.2	46.0	44.0	2.6	5.6	0.58	44.0	0.0	44.0	7
Grande - Coconut	1607	385	20.8	15.4	46.4	44.0	2.2	1.9	0.51	44.0	0.0	44.0	7
Grande - Almond	1513	362	18.6	11.9	45.3	43.2	2.3	2.3	0.52	43.2	0.0	43.2	7
Grande - Oat	1804	431	20.6	13.9	56.4	48.8	4.6	2.9	0.61	48.8	0.0	48.8	7

**STRAWBERRIES AND CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)**

Mini - Skimmed Milk	758	181	7.3	5.2	25.7	24.7	0.2	2.8	0.28	24.7	3.4	21.2	0
Mini - Semi Skimmed Milk	802	191	8.5	6.0	25.6	24.5	0.2	3.0	0.28	24.5	3.3	21.2	0
<b>Mini - Whole Milk</b>	<b>841</b>	<b>201</b>	<b>9.7</b>	<b>6.8</b>	<b>25.5</b>	<b>24.5</b>	<b>0.2</b>	<b>2.7</b>	<b>0.28</b>	<b>24.5</b>	<b>3.2</b>	<b>21.2</b>	<b>0</b>
Mini - Soy	775	185	8.4	5.4	24.4	23.4	0.6	2.6	0.29	23.4	0.0	23.4	0
Mini - Coconut	775	185	9.3	7.1	24.6	23.4	0.4	0.7	0.25	23.4	0.0	23.4	0
Mini - Almond	726	173	8.1	5.3	24.1	23.0	0.4	0.9	0.25	23.0	0.0	23.0	0
Mini - Oat	876	209	9.1	6.3	29.8	25.8	1.6	1.2	0.30	25.8	0.0	25.8	0
Tall - Skimmed Milk	1034	246	9.2	6.5	36.7	35.2	0.3	4.0	0.40	35.2	4.9	30.2	0
Tall - Semi Skimmed Milk	1096	261	10.9	7.6	36.5	35.0	0.3	4.2	0.40	35.0	4.7	30.2	0
Tall - Whole Milk	1153	275	12.6	8.8	36.4	34.9	0.3	3.8	0.40	34.9	4.6	30.2	0
Tall - Soy	1057	252	10.8	6.8	34.8	33.3	0.8	3.6	0.41	33.3	0.0	33.3	0
Tall - Coconut	1057	252	11.9	9.2	35.1	33.3	0.5	0.9	0.35	33.3	0.0	33.3	0
Tall - Almond	987	235	10.3	6.6	34.3	32.7	0.6	1.2	0.36	32.7	0.0	32.7	0
Tall - Oat	1203	287	11.7	8.1	42.5	36.8	2.3	1.7	0.43	36.8	0.0	36.8	0
Grande - Skimmed Milk	1415	337	12.8	9.1	50.0	47.9	0.5	5.1	0.53	47.9	6.1	41.8	0
Grande - Semi Skimmed Milk	1491	355	14.9	10.4	49.8	47.7	0.5	5.3	0.53	47.7	5.9	41.8	0
Grande - Whole Milk	1562	373	17.1	11.9	49.6	47.6	0.5	4.8	0.53	47.6	5.7	41.8	0
Grande - Soy	1444	344	14.8	9.5	47.7	45.6	1.1	4.6	0.55	45.6	0.0	45.6	0
Grande - Coconut	1443	344	16.2	12.4	48.1	45.6	0.7	1.2	0.48	45.6	0.0	45.6	0
Grande - Almond	1357	324	14.2	9.2	47.1	44.9	0.8	1.5	0.49	44.9	0.0	44.9	0
Grande - Oat	1624	387	16.0	11.1	57.2	50.0	2.9	2.1	0.57	50.0	0.0	50.0	0

**CARAMEL CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Caramel Drizzle as standard)**

Mini - Skimmed Milk	730	174	7.9	5.6	22.9	22.3	0.0	2.8	0.29	22.3	3.4	18.8	0
Mini - Semi Skimmed Milk	773	185	9.1	6.4	22.8	22.1	0.0	2.9	0.29	22.1	3.3	18.8	0
<b>Mini - Whole Milk</b>	<b>813</b>	<b>194</b>	<b>10.3</b>	<b>7.2</b>	<b>22.7</b>	<b>22.1</b>	<b>0.0</b>	<b>2.6</b>	<b>0.29</b>	<b>22.1</b>	<b>3.2</b>	<b>18.8</b>	<b>0</b>
Mini - Soy	746	178	9.0	5.8	21.6	21.0	0.3	2.5	0.30	21.0	0.0	21.0	0
Mini - Coconut	746	178	9.8	7.5	21.8	21.0	0.1	0.6	0.26	21.0	0.0	21.0	0
Mini - Almond	697	167	8.7	5.7	21.3	20.5	0.2	0.8	0.26	20.5	0.0	20.5	0
Mini - Oat	847	202	9.7	6.7	27.0	23.4	1.4	1.1	0.31	23.4	0.0	23.4	0
Tall - Skimmed Milk	1002	239	9.8	6.9	33.5	32.6	0.0	4.2	0.44	32.6	5.3	27.3	0
Tall - Semi Skimmed Milk	1068	255	11.6	8.1	33.3	32.4	0.0	4.4	0.44	32.4	5.1	27.3	0
Tall - Whole Milk	1130	270	13.5	9.3	33.2	32.3	0.0	3.9	0.44	32.3	5.0	27.3	0
Tall - Soy	1027	245	11.5	7.2	31.5	30.6	0.5	3.7	0.45	30.6	0.0	30.6	0
Tall - Coconut	1027	245	12.7	9.8	31.8	30.6	0.2	0.8	0.39	30.6	0.0	30.6	0
Tall - Almond	952	227	10.9	7.0	31.0	30.0	0.3	1.1	0.39	30.0	0.0	30.0	0
Tall - Oat	1184	282	12.5	8.6	39.8	34.4	2.1	1.6	0.47	34.4	0.0	34.4	0
Grande - Skimmed Milk	1339	319	13.4	9.5	44.5	43.3	0.0	5.2	0.58	43.3	6.5	36.8	0
Grande - Semi Skimmed Milk	1421	339	15.6	10.9	44.2	43.1	0.0	5.4	0.58	43.1	6.3	36.8	0
Grande - Whole Milk	1497	358	17.9	12.5	44.1	42.9	0.0	4.9	0.58	42.9	6.1	36.8	0
Grande - Soy	1371	327	15.5	9.9	42.0	40.9	0.7	4.7	0.59	40.9	0.0	40.9	0
Grande - Coconut	1370	327	17.0	13.0	42.4	40.9	0.3	1.0	0.52	40.9	0.0	40.9	0
Grande - Almond	1278	305	14.8	9.6	41.4	40.1	0.4	1.4	0.53	40.1	0.0	40.1	0
Grande - Oat	1563	373	16.8	11.6	52.2	45.6	2.6	2.1	0.62	45.6	0.0	45.6	0

**CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)**

Mini - Skimmed Milk	677	162	7.6	5.4	20.3	19.8	0.4	2.7	0.27	19.8	3.4	16.4	4
Mini - Semi Skimmed Milk	720	172	8.8	6.2	20.2	19.7	0.4	2.9	0.27	19.7	3.3	16.4	4
<b>Mini - Whole Milk</b>	<b>760</b>	<b>182</b>	<b>10.0</b>	<b>7.0</b>	<b>20.1</b>	<b>19.6</b>	<b>0.4</b>	<b>2.6</b>	<b>0.27</b>	<b>19.6</b>	<b>3.2</b>	<b>16.4</b>	<b>4</b>
Mini - Soy	693	166	8.7	5.6	19.0	18.5	0.8	2.5	0.28	18.5	0.0	18.5	4
Mini - Coconut	693	166	9.5	7.3	19.2	18.5	0.5	0.5	0.24	18.5	0.0	18.5	4
Mini - Almond	645	154	8.4	5.5	18.7	18.1	0.6	0.7	0.25	18.1	0.0	18.1	4
Mini - Oat	795	190	9.4	6.5	24.4	21.0	1.8	1.1	0.29	21.0	0.0	21.0	4
Tall - Skimmed Milk	927	221	9.6	6.8	29.5	28.7	0.6	4.0	0.40	28.7	5.1	23.6	5
Tall - Semi Skimmed Milk	991	237	11.3	7.9	29.3	28.5	0.6	4.2	0.40	28.5	4.9	23.6	5
Tall - Whole Milk	1051	251	13.1	9.1	29.2	28.4	0.6	3.8	0.40	28.4	4.8	23.6	5
Tall - Soy	952	227	11.2	7.1	27.5	26.8	1.1	3.6	0.41	26.8	0.0	26.8	5
Tall - Coconut	951	228	12.4	9.5	27.9	26.8	0.8	0.7	0.36	26.8	0.0	26.8	5
Tall - Almond	879	210	10.7	6.9	27.0	26.1	0.9	1.0	0.36	26.1	0.0	26.1	5
Tall - Oat	1103	263	12.2	8.4	35.5	30.4	2.6	1.5	0.43	30.4	0.0	30.4	5
Grande - Skimmed Milk	1288	307	13.4	9.5	41.2	40.1	0.7	5.2	0.56	40.1	6.6	33.5	7
Grande - Semi Skimmed Milk	1371	327	15.6	10.9	41.0	39.8	0.7	5.4	0.56	39.8	6.3	33.5	7
Grande - Whole Milk	1448	346	18.0	12.5	40.8	39.7	0.7	4.9	0.56	39.7	6.2	33.5	7
Grande - Soy	1320	315	15.5	9.9	38.7	37.6	1.4	4.6	0.58	37.6	0.0	37.6	7
Grande - Coconut	1319	316	17.0	13.0	39.1	37.6	1.0	1.0	0.50	37.6	0.0	37.6	7
Grande - Almond	1227	293	14.8	9.6	38.1	36.8	1.1	1.4	0.51	36.8	0.0	36.8	7
Grande - Oat	1514	362	16.8	11.6	49.0	42.3	3.4	2.0	0.60	42.3	0.0	42.3	7

**WHITE CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)**

Mini - Skimmed Milk	686	164	7.7	5.6	20.5	20.1	0.0	3.1	0.29	20.1	3.4	16.7	0
Mini - Semi Skimmed Milk	729	174	8.9	6.3	20.3	20.0	0.0	3.2	0.29	20.0	3.3	16.7	0
<b>Mini - Whole Milk</b>	<b>769</b>	<b>184</b>	<b>10.1</b>	<b>7.2</b>	<b>20.3</b>	<b>19.9</b>	<b>0.0</b>	<b>2.9</b>	<b>0.29</b>	<b>19.9</b>	<b>3.2</b>	<b>16.7</b>	<b>0</b>
Mini - Soy	702	168	8.8	5.8	19.2	18.8	0.3	2.8	0.30	18.8	0.0	18.8	0
Mini - Coconut	702	168	9.6	7.4	19.4	18.8	0.1	0.9	0.26	18.8	0.0	18.8	0
Mini - Almond	653	156	8.5	5.6	18.8	18.4	0.2	1.1	0.27	18.4	0.0	18.4	0
Mini - Oat	803	192	9.5	6.7	24.5	21.3	1.4	1.4	0.31	21.3	0.0	21.3	0
Tall - Skimmed Milk	964	230	9.8	7.1	30.8	30.3	0.0	4.6	0.44	30.3	5.2	25.1	0
Tall - Semi Skimmed Milk	1030	246	11.6	8.2	30.6	30.1	0.0	4.8	0.44	30.1	5.0	25.1	0
Tall - Whole Milk	1091	261	13.5	9.5	30.5	30.0	0.0	4.4	0.44	30.0	4.9	25.1	0
Tall - Soy	989	236	11.5	7.4	28.8	28.3	0.5	4.2	0.45	28.3	0.0	28.3	0
Tall - Coconut	989	236	12.7	9.9	29.2	28.3	0.2	1.2	0.40	28.3	0.0	28.3	0
Tall - Almond	915	218	11.0	7.2	28.3	27.7	0.3	1.5	0.40	27.7	0.0	27.7	0





**Winter FY19 Starbucks Beverage Nutrition Information \***

	l	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 - Oat	1144	273	12.5	8.7	37.0	32.1	2.1	2.1	0.47	32.1	0.0	32.1	0
Grande - Skimmed Milk	1370	326	14.0	10.2	44.1	43.4	0.0	6.0	0.61	43.4	6.5	37.0	0
Grande - Semi Skimmed Milk	1451	346	16.2	11.6	43.9	43.2	0.0	6.3	0.61	43.2	6.2	37.0	0
Grande - Whole Milk	1526	365	18.5	13.1	43.7	43.0	0.0	5.8	0.61	43.0	6.1	37.0	0
Grande - Soy	1401	334	16.1	10.5	41.7	41.0	0.7	5.5	0.62	41.0	0.0	41.0	0
Grande - Coconut	1401	335	17.6	13.6	42.0	41.0	0.3	1.9	0.55	41.0	0.0	41.0	0
Grande - Almond	1309	313	15.4	10.3	41.0	40.2	0.4	2.3	0.56	40.2	0.0	40.2	0
Grande - Oat	1592	380	17.4	12.2	51.7	45.6	2.6	2.9	0.65	45.6	0.0	45.6	0
<b>MATCHA TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	702	167	7.3	5.2	22.1	21.3	0.5	3.1	0.27	21.3	3.4	17.8	36
Mini - Semi Skimmed Milk	745	178	8.5	6.0	21.9	21.2	0.5	3.2	0.27	21.2	3.3	17.8	36
<b>Mini - Whole Milk</b>	<b>785</b>	<b>188</b>	<b>9.7</b>	<b>6.8</b>	<b>21.9</b>	<b>21.1</b>	<b>0.5</b>	<b>2.9</b>	<b>0.27</b>	<b>21.1</b>	<b>3.2</b>	<b>17.8</b>	<b>36</b>
Mini - Soy	719	172	8.4	5.4	20.8	20.0	0.8	2.8	0.27	20.0	0.0	19.9	36
Mini - Coconut	718	172	9.2	7.1	21.0	20.0	0.6	0.9	0.23	20.0	0.0	19.9	36
Mini - Almond	670	160	8.1	5.3	20.4	19.6	0.7	1.1	0.24	19.6	0.0	19.5	36
Mini - Oat	820	196	9.1	6.3	26.1	22.5	1.9	1.4	0.29	22.5	0.0	22.4	36
Tall - Skimmed Milk	1007	240	9.2	6.5	34.2	33.0	0.8	4.7	0.41	33.0	5.4	27.5	57
Tall - Semi Skimmed Milk	1075	256	11.0	7.7	34.0	32.7	0.8	4.9	0.41	32.7	5.2	27.5	57
Tall - Whole Milk	1138	272	13.0	9.0	33.8	32.6	0.8	4.5	0.41	32.6	5.1	27.5	57
Tall - Soy	1033	246	10.9	6.8	32.1	30.9	1.3	4.3	0.42	30.9	0.0	30.8	57
Tall - Coconut	1032	247	12.2	9.4	32.4	30.9	1.0	1.3	0.36	30.9	0.0	30.8	57
Tall - Almond	956	228	10.4	6.6	31.6	30.3	1.1	1.6	0.37	30.3	0.0	30.2	57
Tall - Oat	1192	284	12.0	8.2	40.5	34.8	2.9	2.1	0.44	34.8	0.0	34.7	57
Grande - Skimmed Milk	1418	338	12.9	9.1	48.7	46.9	1.1	6.3	0.58	46.9	7.0	39.8	83
Grande - Semi Skimmed Milk	1506	359	15.2	10.7	48.4	46.6	1.1	6.5	0.58	46.6	6.7	39.8	83
Grande - Whole Milk	1588	379	17.8	12.4	48.3	46.5	1.1	6.0	0.58	46.5	6.6	39.8	83
Grande - Soy	1452	346	15.1	9.6	46.0	44.3	1.8	5.7	0.60	44.3	0.0	44.2	83
Grande - Coconut	1451	347	16.8	12.9	46.4	44.3	1.4	1.8	0.52	44.3	0.0	44.2	83
Grande - Almond	1353	323	14.4	9.3	45.3	43.4	1.5	2.2	0.53	43.4	0.0	43.3	83
Grande - Oat	1659	396	16.5	11.4	56.9	49.3	3.9	2.9	0.62	49.3	0.0	49.2	83
<b>ROOIBOS CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	669	160	7.3	5.2	20.4	20.1	0.7	2.8	0.09	20.1	3.4	16.7	0
Mini - Semi Skimmed Milk	712	170	8.4	6.0	20.3	20.0	0.7	2.9	0.09	20.0	3.3	16.7	0
<b>Mini - Whole Milk</b>	<b>752</b>	<b>180</b>	<b>9.7</b>	<b>6.8</b>	<b>20.2</b>	<b>19.9</b>	<b>0.7</b>	<b>2.6</b>	<b>0.09</b>	<b>19.9</b>	<b>3.2</b>	<b>16.7</b>	<b>0</b>
Mini - Soy	686	164	8.4	5.4	19.1	18.8	1.1	2.5	0.10	18.8	0.0	18.8	0
Mini - Coconut	686	164	9.2	7.1	19.3	18.8	0.9	0.6	0.06	18.8	0.0	18.8	0
Mini - Almond	637	152	8.0	5.3	18.8	18.4	0.9	0.8	0.06	18.4	0.0	18.4	0
Mini - Oat	787	188	9.1	6.3	24.5	21.3	2.1	1.1	0.11	21.3	0.0	21.3	0
Tall - Skimmed Milk	955	228	9.1	6.5	31.6	31.1	1.1	4.2	0.14	31.1	5.4	25.7	0
Tall - Semi Skimmed Milk	1023	244	11.0	7.7	31.4	30.9	1.1	4.5	0.14	30.9	5.2	25.7	0
Tall - Whole Milk	1086	259	12.9	9.0	31.3	30.8	1.1	4.0	0.14	30.8	5.1	25.7	0
Tall - Soy	981	234	10.9	6.8	29.5	29.1	1.7	3.8	0.15	29.1	0.0	29.1	0
Tall - Coconut	981	235	12.1	9.4	29.9	29.1	1.4	0.8	0.09	29.1	0.0	29.1	0
Tall - Almond	905	216	10.3	6.6	29.0	28.4	1.5	1.1	0.10	28.4	0.0	28.4	0
Tall - Oat	1141	272	11.9	8.2	38.0	32.9	3.3	1.6	0.17	32.9	0.0	32.9	0
Grande - Skimmed Milk	1343	320	12.8	9.1	44.9	44.2	1.7	5.6	0.19	44.2	7.0	37.2	0
Grande - Semi Skimmed Milk	1432	341	15.1	10.7	44.7	44.0	1.7	5.8	0.19	44.0	6.7	37.2	0
Grande - Whole Milk	1513	361	17.7	12.3	44.5	43.8	1.7	5.3	0.19	43.8	6.6	37.2	0
Grande - Soy	1377	329	15.0	9.5	42.3	41.6	2.4	5.0	0.20	41.6	0.0	41.6	0
Grande - Coconut	1377	329	16.7	12.9	42.7	41.6	1.9	1.1	0.12	41.6	0.0	41.6	0
Grande - Almond	1278	305	14.3	9.3	41.6	40.7	2.1	1.5	0.13	40.7	0.0	40.7	0
Grande - Oat	1584	378	16.4	11.4	53.2	46.6	4.5	2.2	0.23	46.6	0.0	46.6	0
<b>CHAI TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	697	166	7.3	5.2	22.2	21.8	0.4	2.8	0.28	21.8	3.4	18.4	14
Mini - Semi Skimmed Milk	740	177	8.5	6.0	22.1	21.7	0.4	2.9	0.28	21.7	3.3	18.4	14
<b>Mini - Whole Milk</b>	<b>780</b>	<b>186</b>	<b>9.7</b>	<b>6.8</b>	<b>22.0</b>	<b>21.6</b>	<b>0.4</b>	<b>2.6</b>	<b>0.28</b>	<b>21.6</b>	<b>3.2</b>	<b>18.4</b>	<b>14</b>
Mini - Soy	713	170	8.4	5.4	20.9	20.5	0.7	2.5	0.28	20.5	0.0	20.5	14
Mini - Coconut	713	171	9.2	7.1	21.1	20.5	0.5	0.6	0.24	20.5	0.0	20.5	14
Mini - Almond	665	159	8.0	5.3	20.6	20.1	0.6	0.8	0.25	20.1	0.0	20.1	14
Mini - Oat	815	195	9.1	6.3	26.2	23.0	1.7	1.1	0.30	23.0	0.0	23.0	14
Tall - Skimmed Milk	948	226	9.1	6.5	31.8	31.3	0.5	3.9	0.39	31.3	5.0	26.3	20
Tall - Semi Skimmed Milk	1011	241	10.8	7.6	31.6	31.1	0.5	4.1	0.39	31.1	4.8	26.3	20
Tall - Whole Milk	1068	255	12.6	8.8	31.5	31.0	0.5	3.7	0.39	31.0	4.7	26.3	20
Tall - Soy	972	232	10.7	6.8	29.9	29.4	1.0	3.5	0.40	29.4	0.0	29.4	20
Tall - Coconut	972	232	11.9	9.2	30.2	29.4	0.7	0.8	0.35	29.4	0.0	29.4	20
Tall - Almond	902	215	10.2	6.6	29.4	28.8	0.8	1.1	0.36	28.8	0.0	28.8	20
Tall - Oat	1119	267	11.7	8.1	37.6	32.9	2.5	1.6	0.42	32.9	0.0	32.9	20
Grande - Skimmed Milk	1368	326	12.8	9.1	47.2	46.5	1.0	5.0	0.54	46.5	6.2	40.3	38
Grande - Semi Skimmed Milk	1447	345	14.9	10.5	47.0	46.3	1.0	5.3	0.54	46.3	6.0	40.3	38
Grande - Whole Milk	1519	363	17.1	12.0	46.9	46.1	1.0	4.8	0.54	46.1	5.8	40.3	38
Grande - Soy	1398	334	14.8	9.5	44.9	44.1	1.6	4.5	0.55	44.1	0.0	44.1	38
Grande - Coconut	1398	334	16.2	12.5	45.2	44.1	1.2	1.1	0.49	44.1	0.0	44.1	38
Grande - Almond	1310	313	14.1	9.2	44.2	43.4	1.4	1.4	0.49	43.4	0.0	43.4	38
Grande - Oat	1582	377	16.0	11.1	54.6	48.6	3.5	2.1	0.58	48.6	0.0	48.6	38
<b>FRAPPUCCINO® BLENDED JUICE DRINK</b>													
Mini	562	132	0.2	0.1	32.1	31.6	0.0	0.5	0.28	31.6	0.0	31.6	0
Tall	665	156	0.2	0.2	38.0	37.3	0.0	0.6	0.33	37.3	0.0	37.3	0
Grande	808	190	0.3	0.2	46.2	45.4	0.0	0.8	0.40	45.4	0.0	45.4	0
<b>RASPBERRY BLACKCURRENT FRAPPUCCINO® (with Zen Tea)</b>													
Mini	565	133	0.1	0.1	32.7	32.1	0.0	0.3	0.69	32.1	0.0	32.1	0
Tall	668	157	0.2	0.2	38.6	38.0	0.0	0.3	0.82	38.0	0.0	38.0	0
Grande	812	191	0.2	0.2	47.0	46.2	0.0	0.4	0.99	46.2	0.0	46.2	0
<b>WINTER PROMO FY19</b>													
<b>CEREAL LATTE (made with Oat Drink as standard)</b>													
Short - Skimmed Milk	336	79	0.2	0.0	13.7	12.7	0.0	5.8	0.30	12.7	8.0	4.7	75 - 85
Short - Semi Skimmed Milk	437	104	2.9	1.8	13.3	12.3	0.0	6.1	0.30	12.3	7.7	4.7	75 - 85
Short - Whole Milk	530	126	5.8	3.7	13.2	12.2	0.0	5.5	0.30	12.2	7.5	4.7	75 - 85
Short - Soy	375	89	2.7	0.5	10.6	9.6	0.8	5.2	0.32	9.6	0.0	9.6	75 - 85
Short - Coconut	374	89	4.6	4.3	11.1	9.6	0.3	0.7	0.23	9.6	0.0	9.6	75 - 85
Short - Almond	261	62	1.9	0.2	9.8	8.7	0.5	1.2	0.24	8.7	0.0	8.7	75 - 85
<b>Short - Oat</b>	<b>611</b>	<b>145</b>	<b>4.3</b>	<b>2.6</b>	<b>23.1</b>	<b>15.4</b>	<b>3.2</b>						



**Winter FY19 Starbucks Beverage Nutrition Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Tall - Skimmed Milk	590	139	0.3	0.0	24.4	22.4	0.0	9.7	0.55	22.4	13.3	9.1	150 - 170
Tall - Semi Skimmed Milk	757	180	4.8	2.9	23.9	21.9	0.0	10.3	0.55	21.9	12.7	9.1	150 - 170
Tall - Whole Milk	911	217	9.6	6.1	23.6	21.6	0.0	9.2	0.55	21.6	12.5	9.1	150 - 170
Tall - Soy	654	155	4.5	0.8	19.4	17.4	1.3	8.7	0.57	17.4	0.0	17.4	150 - 170
Tall - Coconut	653	156	7.7	7.2	20.1	17.4	0.5	1.3	0.43	17.4	0.0	17.4	150 - 170
Tall - Almond	466	111	3.2	0.3	18.0	15.8	0.8	2.1	0.44	15.8	0.0	15.8	150 - 170
Tall - Oat	1046	249	7.2	4.3	40.1	26.9	5.3	3.4	0.63	26.9	0.0	26.9	150 - 170
Grande - Skimmed Milk	776	183	0.3	0.0	32.6	30.0	0.0	12.3	0.76	30.6	17.0	13.6	150 - 170
Grande - Semi Skimmed Milk	990	235	6.1	3.8	31.9	30.0	0.0	13.0	0.76	30.0	16.3	13.6	150 - 170
Grande - Whole Milk	1188	283	12.3	7.8	31.6	29.6	0.0	11.6	0.76	29.6	16.0	13.6	150 - 170
Grande - Soy	858	204	5.8	1.0	26.1	24.2	1.7	10.9	0.80	24.2	0.0	24.2	150 - 170
Grande - Coconut	857	205	9.9	9.2	27.2	24.2	0.7	1.4	0.61	24.2	0.0	24.2	150 - 170
Grande - Almond	616	146	4.1	0.3	24.4	22.1	1.0	2.4	0.63	22.1	0.0	22.1	150 - 170
Grande - Oat	1361	324	9.2	5.5	52.7	36.4	6.8	4.1	0.87	36.4	0.0	36.4	150 - 170
Venti - Skimmed Milk	1020	240	0.4	0.0	43.0	40.1	0.0	16.0	1.00	40.1	22.0	18.1	225 - 255
Venti - Semi Skimmed Milk	1297	307	7.9	4.8	42.1	39.2	0.0	16.9	1.00	39.2	21.1	18.1	225 - 255
Venti - Whole Milk	1552	370	15.8	10.1	41.7	38.7	0.0	15.2	1.00	38.7	20.7	18.1	225 - 255
Venti - Soy	1126	267	7.5	1.3	34.7	31.7	2.2	14.3	1.05	31.7	0.0	31.7	225 - 255
Venti - Coconut	1124	268	12.8	11.9	36.0	31.7	0.9	2.0	0.81	31.7	0.0	31.7	225 - 255
Venti - Almond	814	193	5.3	0.4	32.5	29.1	1.3	3.3	0.83	29.1	0.0	29.1	225 - 255
Venti - Oat	1775	422	11.9	7.0	69.0	47.5	8.8	5.5	1.14	47.5	0.0	47.5	225 - 255

**ICED CEREAL LATTE (made with Oat Drink as standard)**

Tall - Skimmed Milk	443	104	0.2	0.0	19.4	17.4	0.0	6.3	0.45	17.4	8.3	9.1	150 - 170
Tall - Semi Skimmed Milk	547	130	3.0	1.8	19.0	17.1	0.0	6.7	0.45	17.1	7.9	9.1	150 - 170
Tall - Whole Milk	643	153	5.9	3.8	18.9	16.9	0.0	6.0	0.45	16.9	7.8	9.1	150 - 170
Tall - Soy	483	115	2.8	0.5	16.2	14.3	0.8	5.7	0.46	14.3	0.0	14.3	150 - 170
Tall - Coconut	482	115	4.8	4.5	16.7	14.3	0.3	1.1	0.37	14.3	0.0	14.3	150 - 170
Tall - Almond	366	87	2.0	0.2	15.4	13.3	0.5	1.6	0.38	13.3	0.0	13.3	150 - 170
<b>Tall - Oat</b>	<b>726</b>	<b>173</b>	<b>4.5</b>	<b>2.6</b>	<b>29.1</b>	<b>20.2</b>	<b>3.3</b>	<b>2.4</b>	<b>0.50</b>	<b>20.2</b>	<b>0.0</b>	<b>20.2</b>	<b>150 - 170</b>
Grande - Skimmed Milk	607	143	0.2	0.0	26.8	24.9	0.0	8.4	0.65	24.9	11.3	13.6	150 - 170
Grande - Semi Skimmed Milk	749	177	4.1	2.5	26.4	24.4	0.0	8.8	0.65	24.4	10.8	13.6	150 - 170
Grande - Whole Milk	879	209	8.1	5.2	26.2	24.2	0.0	7.9	0.65	24.2	10.6	13.6	150 - 170
Grande - Soy	661	157	3.8	0.7	22.6	20.6	1.1	7.5	0.67	20.6	0.0	20.6	150 - 170
Grande - Coconut	660	157	6.5	6.1	23.2	20.6	0.5	1.2	0.55	20.6	0.0	20.6	150 - 170
Grande - Almond	501	119	2.7	0.2	21.4	19.2	0.7	1.9	0.56	19.2	0.0	19.2	150 - 170
Grande - Oat	993	236	6.1	3.6	40.1	28.7	4.5	3.0	0.72	28.7	0.0	28.7	150 - 170
Venti - Skimmed Milk	765	180	0.3	0.0	34.3	31.3	0.0	10.1	0.83	31.3	13.3	18.1	225 - 255
Venti - Semi Skimmed Milk	931	221	4.8	2.9	33.8	30.8	0.0	10.6	0.83	30.8	12.7	18.1	225 - 255
Venti - Whole Milk	1085	258	9.5	6.1	33.5	30.5	0.0	9.6	0.83	30.5	12.5	18.1	225 - 255
Venti - Soy	828	196	4.5	0.8	29.3	26.3	1.3	9.0	0.86	26.3	0.0	26.3	225 - 255
Venti - Coconut	827	197	7.7	7.2	30.1	26.3	0.6	1.6	0.71	26.3	0.0	26.3	225 - 255
Venti - Almond	640	152	3.2	0.3	27.9	24.7	0.8	2.4	0.72	24.7	0.0	24.7	225 - 255
Venti - Oat	1220	290	7.2	4.2	49.9	35.8	5.3	3.7	0.91	35.8	0.0	35.8	225 - 255

**BERRY HOT CHOCOLATE (made with Semi Skimmed Milk as standard)**

Short - Skimmed Milk	595	141	3.9	2.3	24.0	20.3	0.5	2.2	0.15	20.3	4.9	15.5	15
<b>Short - Semi Skimmed Milk</b>	<b>635</b>	<b>151</b>	<b>5.0</b>	<b>2.9</b>	<b>23.9</b>	<b>20.2</b>	<b>0.5</b>	<b>2.3</b>	<b>0.15</b>	<b>20.2</b>	<b>4.7</b>	<b>15.5</b>	<b>15</b>
Short - Whole Milk	672	160	6.2	3.7	23.8	20.1	0.5	2.0	0.15	20.1	4.7	15.5	15
Short - Soy	610	145	5.0	2.4	22.8	19.1	0.8	1.9	0.15	19.1	1.7	17.4	15
Short - Coconut	610	145	5.7	4.0	23.0	19.1	0.6	0.1	0.12	19.1	1.7	17.4	15
Short - Almond	565	134	4.6	2.3	22.5	18.7	0.7	0.3	0.12	18.7	1.7	17.1	15
Short - Oat	704	168	5.6	3.3	27.8	21.4	1.8	0.6	0.16	21.4	1.7	19.7	15
Tall - Skimmed Milk	811	192	5.0	2.9	33.7	28.8	0.7	2.8	0.21	28.8	7.3	21.4	19
Tall - Semi Skimmed Milk	862	205	6.4	3.8	33.5	28.6	0.7	2.9	0.21	28.6	7.2	21.4	19
Tall - Whole Milk	910	216	7.9	4.7	33.4	28.5	0.7	2.6	0.21	28.5	7.1	21.4	19
Tall - Soy	831	198	6.3	3.1	32.2	27.2	1.1	2.4	0.22	27.2	3.3	23.9	19
Tall - Coconut	831	198	7.3	5.1	32.4	27.2	0.8	0.2	0.17	27.2	3.3	23.9	19
Tall - Almond	773	184	5.9	2.9	31.7	26.7	0.9	0.4	0.18	26.7	3.3	23.5	19
Tall - Oat	951	226	7.2	4.2	38.5	30.1	2.3	0.8	0.23	30.1	3.3	26.9	19
Grande - Skimmed Milk	1167	277	7.2	4.1	48.6	41.6	0.9	4.0	0.30	41.6	10.8	30.8	26
Grande - Semi Skimmed Milk	1240	295	9.2	5.3	48.4	41.4	0.9	4.2	0.30	41.4	10.6	30.8	26
Grande - Whole Milk	1308	311	11.3	6.7	48.3	41.2	0.9	3.8	0.30	41.2	10.5	30.8	26
Grande - Soy	1195	284	9.0	4.4	46.4	39.4	1.5	3.5	0.32	39.4	5.0	34.4	26
Grande - Coconut	1194	284	10.4	7.2	46.7	39.4	1.2	0.2	0.25	39.4	5.0	34.4	26
Grande - Almond	1112	264	8.5	4.2	45.8	38.7	1.3	0.6	0.26	38.7	5.0	33.7	26
Grande - Oat	1367	325	10.2	5.9	55.5	43.6	3.3	1.2	0.34	43.6	5.0	38.6	26
Venti - Skimmed Milk	1564	371	9.5	5.4	65.0	55.8	1.2	5.8	0.42	55.8	15.1	40.7	35
Venti - Semi Skimmed Milk	1671	397	12.4	7.2	64.7	55.4	1.2	6.1	0.42	55.4	14.7	40.7	35
Venti - Whole Milk	1770	421	15.4	9.3	64.5	55.3	1.2	5.4	0.42	55.3	14.6	40.7	35
Venti - Soy	1605	382	12.2	5.9	61.8	52.6	2.1	5.1	0.44	52.6	6.6	46.0	35
Venti - Coconut	1604	382	14.2	9.9	62.3	52.6	1.6	0.3	0.34	52.6	6.6	46.0	35
Venti - Almond	1484	353	11.4	5.5	60.9	51.5	1.7	0.9	0.35	51.5	6.6	45.0	35
Venti - Oat	1856	441	13.9	8.1	75.1	58.7	4.6	1.7	0.47	58.7	6.6	52.1	35

**ICED BERRY CHOCOLATE (made with Semi Skimmed Milk as standard)**

Tall - Skimmed Milk	798	189	4.9	2.8	33.1	28.4	0.6	2.8	0.21	28.4	7.5	20.9	18
<b>Tall - Semi Skimmed Milk</b>	<b>850</b>	<b>202</b>	<b>6.3</b>	<b>3.7</b>	<b>33.0</b>	<b>28.2</b>	<b>0.6</b>	<b>3.0</b>	<b>0.21</b>	<b>28.2</b>	<b>7.3</b>	<b>20.9</b>	<b>18</b>
Tall - Whole Milk	899	214	7.8	4.7	32.9	28.1	0.6	2.7	0.21	28.1	7.2	20.9	18
Tall - Soy	818	194	6.2	3.0	31.6	26.8	1.1	2.5	0.22	26.8	3.3	23.5	18
Tall - Coconut	817	195	7.2	5.0	31.8	26.8	0.8	0.2	0.17	26.8	3.3	23.5	18
Tall - Almond	758	180	5.8	2.9	31.1	26.3	0.9	0.4	0.18	26.3	3.3	23.0	18
Tall - Oat	941	224	7.1	4.1	38.1	29.8	2.3	0.8	0.23	29.8	3.3	26.5	18
Grande - Skimmed Milk	1083	257	6.5	3.7	45.4	39.0	0.8	3.8	0.29	39.0	10.5	28.5	24
Grande - Semi Skimmed Milk	1152	274	8.4	4.9	45.2	38.8	0.8	4.0	0.29	38.8	10.3	28.5	24
Grande - Whole Milk	1216	289	10.4	6.2	45.1	38.7	0.8	3.5	0.29	38.7	10.1	28.5	24
Grande - Soy	1109	264	8.3	4.0	43.3	36.9	1.4	3.3	0.30	36.9	5.0	32.0	24
Grande - Coconut	1109	264	9.6	6.6	43.7	36.9	1.1	0.2	0.24	36.9	5.0	32.0	24
Grande - Almond	1031	245	7.7	3.8	42.8	36.2	1.2	0.6	0.25	36.2	5.0	31.3	24
Grande - Oat	1272	302	9.4	5.4	52.0	40.9	3.1	1.1	0.32	40.9	5.0	35.9	24
Venti - Skimmed Milk	1311	311	7.7	4.3	55.5	47.8	1.0	4.4	0.36	47.8	13.1	34.8	28
Venti - Semi Skimmed Milk	1393	331	9.9	5.8	55.3	47.6	1.0	4.7	0.36	47.6	12.8	34.8	28
Venti - Whole Milk	1469	349	12.2	7.3	55.2	47.4	1.0	4.2	0.36	47.4	12.7	34.8	28
Venti - Soy	1342	319	9.7	4.7	53.1	45.4	1.7	3.9	0.37	45.4	6.6	38.8	28
Venti - Coconut	1342	319	11.3	7.8	53.5	45.4	1.3	0.3	0.30	45.4	6.6	38.8	28



**Winter FY19 Starbucks 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) **
Venti - Almond	1250	297	9.1	4.5	52.4	44.6	1.4	0.7	0.30	44.6	6.6	38.0	28
Venti - Oat	1535	365	11.1	6.4	63.2	50.0	3.6	1.3	0.40	50.0	6.6	43.5	28
<b>HOLIDAY PROMO FY19</b>													
<b>GINGERBREAD LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	673	160	5.5	3.4	21.7	20.2	0.1	5.8	0.20	20.2	8.3	11.9	75 - 85
<b>Short - Semi Skimmed Milk</b>	<b>772</b>	<b>184</b>	<b>8.2</b>	<b>5.1</b>	<b>21.4</b>	<b>19.9</b>	<b>0.1</b>	<b>6.1</b>	<b>0.20</b>	<b>19.9</b>	<b>8.0</b>	<b>11.9</b>	<b>75 - 85</b>
Short - Whole Milk	864	207	11.1	7.0	21.2	19.7	0.1	5.5	0.20	19.7	7.8	11.9	75 - 85
Short - Soy	711	170	8.1	3.9	18.7	17.2	0.9	5.1	0.22	17.2	0.0	17.2	75 - 85
Short - Coconut	710	170	10.0	7.6	19.2	17.2	0.5	0.7	0.13	17.2	0.0	17.2	75 - 85
Short - Almond	599	143	7.3	3.5	17.9	16.2	0.6	1.2	0.14	16.2	0.0	16.2	75 - 85
Short - Oat	944	225	9.6	5.9	31.0	22.9	3.3	2.0	0.25	22.9	0.0	22.9	75 - 85
Tall - Skimmed Milk	935	222	6.6	4.0	31.8	29.2	0.2	8.7	0.28	29.2	12.1	17.1	150 - 170
Tall - Semi Skimmed Milk	1081	258	10.6	6.6	31.4	28.8	0.2	9.1	0.28	28.8	11.6	17.1	150 - 170
Tall - Whole Milk	1216	291	14.8	9.4	31.2	28.5	0.2	8.2	0.28	28.5	11.4	17.1	150 - 170
Tall - Soy	991	236	10.3	4.7	27.4	24.8	1.4	7.7	0.31	24.8	0.0	24.8	150 - 170
Tall - Coconut	990	237	13.1	10.3	28.1	24.8	0.7	1.2	0.18	24.8	0.0	24.8	150 - 170
Tall - Almond	826	197	9.2	4.2	26.3	23.4	0.9	1.9	0.19	23.4	0.0	23.4	150 - 170
Tall - Oat	1334	318	12.7	7.7	45.6	33.2	4.9	3.1	0.35	33.2	0.0	33.2	150 - 170
Grande - Skimmed Milk	1225	290	7.7	4.7	42.7	40.0	0.3	12.4	0.40	40.0	17.6	22.3	150 - 170
Grande - Semi Skimmed Milk	1439	343	13.5	8.4	42.0	39.3	0.3	13.1	0.40	39.3	17.0	22.3	150 - 170
Grande - Whole Milk	1638	391	19.7	12.5	41.7	39.0	0.3	11.7	0.40	39.0	16.6	22.3	150 - 170
Grande - Soy	1307	312	13.2	5.7	36.2	33.5	2.0	11.0	0.44	33.5	0.0	33.5	150 - 170
Grande - Coconut	1305	312	17.3	13.9	37.2	33.5	0.9	1.5	0.25	33.5	0.0	33.5	150 - 170
Grande - Almond	1064	254	11.5	5.0	34.5	31.4	1.3	2.5	0.27	31.4	0.0	31.4	150 - 170
Grande - Oat	1811	432	16.6	10.1	62.8	45.8	7.1	4.2	0.51	45.8	0.0	45.8	150 - 170
<b>ICED GINGERBREAD LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Tall - Skimmed Milk	862	205	6.6	4.0	29.4	26.7	0.2	7.0	0.23	26.7	9.6	17.1	150 - 170
<b>Tall - Semi Skimmed Milk</b>	<b>977</b>	<b>233</b>	<b>9.7</b>	<b>6.0</b>	<b>29.0</b>	<b>26.4</b>	<b>0.2</b>	<b>7.3</b>	<b>0.23</b>	<b>26.4</b>	<b>9.3</b>	<b>17.1</b>	<b>150 - 170</b>
Tall - Whole Milk	1083	259	13.0	8.2	28.8	26.2	0.2	6.6	0.23	26.2	9.1	17.1	150 - 170
Tall - Soy	906	216	9.5	4.6	25.9	23.3	1.1	6.2	0.25	23.3	0.0	23.3	150 - 170
Tall - Coconut	905	217	11.7	8.9	26.4	23.3	0.6	1.1	0.15	23.3	0.0	23.3	150 - 170
Tall - Almond	776	185	8.6	4.2	25.0	22.2	0.8	1.7	0.16	22.2	0.0	22.2	150 - 170
Tall - Oat	1175	280	11.3	6.9	40.1	29.8	3.9	2.6	0.29	29.8	0.0	29.8	150 - 170
Grande - Skimmed Milk	1061	252	7.6	4.7	37.1	34.4	0.3	8.6	0.29	34.4	12.1	22.3	150 - 170
Grande - Semi Skimmed Milk	1206	287	11.5	7.2	36.7	33.9	0.3	9.0	0.29	33.9	11.6	22.3	150 - 170
Grande - Whole Milk	1339	320	15.7	9.9	36.4	33.7	0.3	8.1	0.29	33.7	11.4	22.3	150 - 170
Grande - Soy	1116	266	11.3	5.3	32.8	30.0	1.4	7.7	0.31	30.0	0.0	30.0	150 - 170
Grande - Coconut	1115	267	14.1	10.8	33.4	30.0	0.7	1.2	0.19	30.0	0.0	30.0	150 - 170
Grande - Almond	953	227	10.2	4.9	31.6	28.7	1.0	1.9	0.20	28.7	0.0	28.7	150 - 170
Grande - Oat	1455	347	13.6	8.3	50.7	38.3	4.9	3.1	0.36	38.3	0.0	38.3	150 - 170
<b>GINGERBREAD COFFEE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	757	180	6.8	4.2	27.9	27.4	0.1	1.8	0.29	27.4	3.1	24.3	42
Mini - Semi Skimmed Milk	789	188	7.7	4.8	27.8	27.3	0.1	1.9	0.29	27.3	3.0	24.3	42
<b>Mini - Whole Milk</b>	<b>819</b>	<b>195</b>	<b>8.6</b>	<b>5.4</b>	<b>27.8</b>	<b>27.2</b>	<b>0.1</b>	<b>1.7</b>	<b>0.29</b>	<b>27.2</b>	<b>2.9</b>	<b>24.3</b>	<b>42</b>
<b>Go Light: Mini - Skimmed Milk, No Whip, Light Base</b>	<b>323</b>	<b>76</b>	<b>0.1</b>	<b>0.0</b>	<b>17.0</b>	<b>16.2</b>	<b>0.2</b>	<b>1.8</b>	<b>0.27</b>	<b>16.2</b>	<b>2.6</b>	<b>13.6</b>	<b>42</b>
Mini - Soy	769	183	7.6	4.4	27.0	26.4	0.3	1.6	0.30	26.4	0.0	26.4	42
Mini - Coconut	769	183	8.2	5.6	27.1	26.4	0.2	0.2	0.27	26.4	0.0	26.4	42
Mini - Almond	733	175	7.4	4.3	26.7	26.1	0.2	0.3	0.27	26.1	0.0	26.1	42
Mini - Oat	845	201	8.1	5.0	31.0	28.2	1.1	0.6	0.31	28.2	0.0	28.2	42
Tall - Skimmed Milk	1069	254	8.5	5.3	41.6	41.0	0.1	2.7	0.44	41.0	4.6	36.4	64
Tall - Semi Skimmed Milk	1119	266	9.8	6.1	41.5	40.8	0.1	2.9	0.44	40.8	4.4	36.4	64
Tall - Whole Milk	1165	277	11.3	7.1	41.4	40.7	0.1	2.6	0.44	40.7	4.4	36.4	64
<b>Go Light: Tall - Skimmed Milk, No Whip, Light Base</b>	<b>485</b>	<b>114</b>	<b>0.1</b>	<b>0.0</b>	<b>25.5</b>	<b>24.4</b>	<b>0.3</b>	<b>2.7</b>	<b>0.41</b>	<b>24.4</b>	<b>4.0</b>	<b>20.4</b>	<b>64</b>
Tall - Soy	1088	259	9.8	5.5	40.1	39.5	0.5	2.4	0.45	39.5	0.0	39.5	64
Tall - Coconut	1088	259	10.7	7.4	40.4	39.5	0.2	0.2	0.40	39.5	0.0	39.5	64
Tall - Almond	1032	246	9.4	5.4	39.8	39.0	0.3	0.4	0.41	39.0	0.0	39.0	64
Tall - Oat	1205	287	10.5	6.5	46.3	42.3	1.7	0.8	0.46	42.3	0.0	42.3	64
Grande - Skimmed Milk	1483	352	11.9	7.4	58.0	57.2	0.1	3.3	0.60	57.2	5.7	51.4	91
Grande - Semi Skimmed Milk	1543	367	13.5	8.4	57.8	57.0	0.1	3.5	0.60	57.0	5.5	51.4	91
Grande - Whole Milk	1599	381	15.3	9.6	57.7	56.9	0.1	3.1	0.60	56.9	5.4	51.4	91
<b>Go Light: Grande - Skimmed Milk, No Whip, Light Base</b>	<b>659</b>	<b>155</b>	<b>0.1</b>	<b>0.0</b>	<b>35.0</b>	<b>33.6</b>	<b>0.4</b>	<b>3.3</b>	<b>0.56</b>	<b>33.6</b>	<b>4.8</b>	<b>28.8</b>	<b>91</b>
Grande - Soy	1506	358	13.4	7.7	56.2	55.3	0.6	2.9	0.61	55.3	0.0	55.3	91
Grande - Coconut	1505	359	14.6	10.0	56.5	55.3	0.3	0.2	0.56	55.3	0.0	55.3	91
Grande - Almond	1437	342	12.9	7.5	55.7	54.8	0.4	0.5	0.56	54.8	0.0	54.8	91
Grande - Oat	1648	392	14.4	8.9	63.7	58.8	2.1	1.0	0.63	58.8	0.0	58.8	91
<b>GINGERBREAD CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	659	157	6.8	4.2	21.6	20.9	0.1	2.4	0.29	20.9	4.0	16.9	0
Mini - Semi Skimmed Milk	703	168	8.0	5.0	21.5	20.7	0.1	2.5	0.29	20.7	3.8	16.9	0
<b>Mini - Whole Milk</b>	<b>742</b>	<b>177</b>	<b>9.2</b>	<b>5.8</b>	<b>21.4</b>	<b>20.7</b>	<b>0.1</b>	<b>2.2</b>	<b>0.29</b>	<b>20.7</b>	<b>3.7</b>	<b>16.9</b>	<b>0</b>
Mini - Soy	676	161	7.9	4.4	20.3	19.6	0.4	2.1	0.30	19.6	0.0	19.6	0
Mini - Coconut	676	162	8.7	6.1	20.5	19.6	0.2	0.2	0.26	19.6	0.0	19.6	0
Mini - Almond	627	150	7.6	4.3	20.0	19.1	0.3	0.4	0.27	19.1	0.0	19.1	0
Mini - Oat	777	186	8.6	5.3	25.6	22.0	1.4	0.7	0.31	22.0	0.0	22.0	0
Tall - Skimmed Milk	920	219	8.5	5.3	32.0	31.0	0.1	3.6	0.44	31.0	5.9	25.1	0
Tall - Semi Skimmed Milk	986	235	10.3	6.4	31.7	30.8	0.1	3.8	0.44	30.8	5.7	25.1	0
Tall - Whole Milk	1047	250	12.2	7.7	31.6	30.7	0.1	3.4	0.44	30.7	5.6	25.1	0
Tall - Soy	945	226	10.2	5.6	30.0	29.0	0.6	3.2	0.45	29.0	0.0	29.0	0
Tall - Coconut	945	226	11.5	8.1	30.3	29.0	0.3	0.3	0.39	29.0	0.0	29.0	0
Tall - Almond	871	208	9.7	5.4	29.4	28.4	0.4	0.6	0.39	28.4	0.0	28.4	0
Tall - Oat	1100	262	11.2	7.0	38.1	32.8	2.2	1.1	0.47	32.8	0.0	32.8	0
Grande - Skimmed Milk	1270	302	11.9	7.4	44.2	43.0	0.1	4.6	0.60	43.0	7.6	35.4	0
Grande - Semi Skimmed Milk	1354	323	14.2	8.9	43.9	42.7	0.1	4.9	0.60	42.7	7.3	35.4	0
Grande - Whole Milk	1432	342	16.6	10.5	43.8	42.6	0.1	4.3	0.60	42.6	7.2	35.4	0
Grande - Soy	1303	311	14.0	7.8	41.7	40.5	0.8	4.1	0.61	40.5	0.0	40.5	0
Grande - Coconut	1302	311	15.6	11.0	42.1	40.5	0.4	0.3	0.54	40.5	0.0	40.5	0
Grande - Almond	1208	288	13.4	7.5	41.0	39.7	0.5	0.7	0.54	39.7			



**Winter FY19 Starbucks 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) **
Short - Coconut	722	173	10.3	8.4	18.8	17.0	0.3	1.0	0.27	17.0	0.0	17.0	75 - 85
Short - Almond	610	146	7.7	4.3	17.6	16.1	0.5	1.5	0.28	16.1	0.0	16.1	75 - 85
Short - Oat	955	228	10.0	6.7	30.7	22.7	3.2	2.3	0.39	22.7	0.0	22.7	75 - 85
Tall - Skimmed Milk	945	224	7.1	5.0	31.2	28.8	0.0	9.0	0.50	28.8	11.6	17.6	150 - 170
Tall - Semi Skimmed Milk	1091	260	11.0	7.5	30.7	28.3	0.0	9.5	0.50	28.3	11.2	17.6	150 - 170
Tall - Whole Milk	1226	293	15.2	10.3	30.5	28.1	0.0	8.5	0.50	28.1	10.9	17.6	150 - 170
Tall - Soy	1001	239	10.8	5.6	26.8	24.3	1.2	8.1	0.53	24.3	0.0	24.3	150 - 170
Tall - Coconut	1000	239	13.6	11.2	27.5	24.3	0.5	1.6	0.40	24.3	0.0	24.3	150 - 170
Tall - Almond	836	200	9.6	5.2	25.6	22.9	0.7	2.3	0.41	22.9	0.0	22.9	150 - 170
Tall - Oat	1344	321	13.1	8.7	44.9	32.7	4.6	3.4	0.57	32.7	0.0	32.7	150 - 170
Grande - Skimmed Milk	1233	293	8.3	5.8	41.8	39.2	0.0	12.8	0.70	39.2	17.1	22.7	150 - 170
Grande - Semi Skimmed Milk	1448	345	14.1	9.5	41.1	38.5	0.0	13.5	0.70	38.5	16.4	22.7	150 - 170
Grande - Whole Milk	1646	393	20.2	13.6	40.8	38.2	0.0	12.1	0.70	38.2	16.0	22.7	150 - 170
Grande - Soy	1316	314	13.7	6.7	35.3	32.7	1.7	11.4	0.73	32.7	0.0	32.7	150 - 170
Grande - Coconut	1314	314	17.8	14.9	36.3	32.7	0.7	1.8	0.55	32.7	0.0	32.7	150 - 170
Grande - Almond	1073	256	12.0	6.1	33.6	30.7	1.0	2.9	0.56	30.7	0.0	30.7	150 - 170
Grande - Oat	1819	434	17.1	11.2	61.9	45.0	6.8	4.6	0.80	45.0	0.0	45.0	150 - 170
<b>ICED TOFFEENUT LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Tall - Skimmed Milk	872	207	7.0	5.0	28.7	26.3	0.0	7.3	0.45	26.3	9.1	17.6	150 - 170
<b>Tall - Semi Skimmed Milk</b>	<b>987</b>	<b>235</b>	<b>10.1</b>	<b>7.0</b>	<b>28.4</b>	<b>25.9</b>	<b>0.0</b>	<b>7.7</b>	<b>0.45</b>	<b>25.9</b>	<b>8.8</b>	<b>17.6</b>	<b>150 - 170</b>
Tall - Whole Milk	1093	261	13.4	9.1	28.2	25.7	0.0	6.9	0.45	25.7	8.6	17.6	150 - 170
Tall - Soy	916	219	9.9	5.5	25.3	22.8	0.9	6.6	0.47	22.8	0.0	22.8	150 - 170
Tall - Coconut	915	219	12.1	9.9	25.8	22.8	0.4	1.5	0.37	22.8	0.0	22.8	150 - 170
Tall - Almond	786	188	9.0	5.1	24.3	21.7	0.6	2.0	0.38	21.7	0.0	21.7	150 - 170
Tall - Oat	1185	283	11.8	7.9	39.5	29.4	3.7	2.9	0.51	29.4	0.0	29.4	150 - 170
Grande - Skimmed Milk	1070	254	8.2	5.7	36.2	33.6	0.0	9.0	0.59	33.6	11.5	22.7	150 - 170
Grande - Semi Skimmed Milk	1214	289	12.1	8.3	35.8	33.2	0.0	9.4	0.59	33.2	11.0	22.7	150 - 170
Grande - Whole Milk	1348	322	16.2	11.0	35.5	32.9	0.0	8.5	0.59	32.9	10.8	22.7	150 - 170
Grande - Soy	1125	268	11.8	6.4	31.9	29.2	1.2	8.1	0.61	29.2	0.0	29.2	150 - 170
Grande - Coconut	1124	269	14.6	11.9	32.5	29.2	0.5	1.6	0.48	29.2	0.0	29.2	150 - 170
Grande - Almond	962	230	10.7	6.0	30.7	27.9	0.7	2.3	0.50	27.9	0.0	27.9	150 - 170
Grande - Oat	1464	349	14.1	9.4	49.8	37.5	4.6	3.5	0.66	37.5	0.0	37.5	150 - 170
<b>TOFFEENUT COFFEE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	778	185	7.3	5.2	27.8	27.6	0.0	2.2	0.33	27.6	2.6	25.1	42
Mini - Semi Skimmed Milk	811	193	8.1	5.8	27.7	27.5	0.0	2.3	0.33	27.5	2.5	25.1	42
<b>Mini - Whole Milk</b>	<b>841</b>	<b>200</b>	<b>9.1</b>	<b>6.4</b>	<b>27.7</b>	<b>27.4</b>	<b>0.0</b>	<b>2.1</b>	<b>0.33</b>	<b>27.4</b>	<b>2.4</b>	<b>25.1</b>	<b>42</b>
<b>Go Light: Mini - Skimmed Milk, No Whip, Light Base</b>	<b>325</b>	<b>76</b>	<b>0.1</b>	<b>0.0</b>	<b>17.2</b>	<b>16.6</b>	<b>0.1</b>	<b>1.8</b>	<b>0.31</b>	<b>16.6</b>	<b>2.6</b>	<b>14.1</b>	<b>42</b>
Mini - Soy	791	188	8.1	5.4	26.8	26.6	0.3	2.0	0.33	26.6	0.0	26.6	42
Mini - Coconut	790	189	8.7	6.6	27.0	26.6	0.1	0.5	0.30	26.6	0.0	26.6	42
Mini - Almond	754	180	7.8	5.3	26.6	26.3	0.2	0.7	0.30	26.3	0.0	26.3	42
Mini - Oat	867	207	8.6	6.0	30.9	28.4	1.0	0.9	0.34	28.4	0.0	28.4	42
Tall - Skimmed Milk	1094	260	9.1	6.5	41.4	41.0	0.0	3.2	0.49	41.0	4.0	37.2	64
Tall - Semi Skimmed Milk	1144	272	10.4	7.4	41.2	40.8	0.0	3.3	0.49	40.8	3.8	37.2	64
Tall - Whole Milk	1190	283	11.9	8.3	41.2	40.8	0.0	3.0	0.49	40.8	3.7	37.2	64
<b>Go Light: Tall - Skimmed Milk, No Whip, Light Base</b>	<b>485</b>	<b>114</b>	<b>0.1</b>	<b>0.0</b>	<b>25.6</b>	<b>24.7</b>	<b>0.2</b>	<b>2.7</b>	<b>0.47</b>	<b>24.7</b>	<b>4.0</b>	<b>20.9</b>	<b>64</b>
Tall - Soy	1113	265	10.4	6.7	39.9	39.5	0.4	2.9	0.50	39.5	0.0	39.5	64
Tall - Coconut	1113	265	11.3	8.6	40.1	39.5	0.2	0.7	0.46	39.5	0.0	39.5	64
Tall - Almond	1057	252	10.0	6.6	39.5	39.0	0.2	0.9	0.46	39.0	0.0	39.0	64
Tall - Oat	1230	293	11.1	7.8	46.1	42.4	1.6	1.3	0.52	42.4	0.0	42.4	64
Grande - Skimmed Milk	1516	360	12.7	9.1	57.5	57.0	0.0	4.0	0.69	57.0	4.8	52.3	91
Grande - Semi Skimmed Milk	1576	375	14.4	10.2	57.3	56.8	0.0	4.2	0.69	56.8	4.6	52.3	91
Grande - Whole Milk	1632	389	16.1	11.3	57.2	56.7	0.0	3.8	0.69	56.7	4.5	52.3	91
<b>Go Light: Grande - Skimmed Milk, No Whip, Light Base</b>	<b>658</b>	<b>155</b>	<b>0.1</b>	<b>0.0</b>	<b>35.0</b>	<b>33.8</b>	<b>0.3</b>	<b>3.3</b>	<b>0.65</b>	<b>33.8</b>	<b>4.8</b>	<b>29.2</b>	<b>91</b>
Grande - Soy	1539	366	14.3	9.4	55.7	55.1	0.5	3.6	0.70	55.1	0.0	55.1	91
Grande - Coconut	1538	367	15.4	11.7	56.0	55.1	0.2	0.9	0.64	55.1	0.0	55.1	91
Grande - Almond	1470	350	13.8	9.2	55.2	54.6	0.3	1.2	0.65	54.6	0.0	54.6	91
Grande - Oat	1681	400	15.2	10.7	63.2	58.6	1.9	1.7	0.71	58.6	0.0	58.6	91
<b>TOFFEENUT CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	681	162	7.3	5.2	21.5	21.1	0.0	2.7	0.32	21.1	3.4	17.7	0
Mini - Semi Skimmed Milk	724	173	8.4	6.0	21.4	20.9	0.0	2.9	0.32	20.9	3.3	17.7	0
<b>Mini - Whole Milk</b>	<b>764</b>	<b>183</b>	<b>9.7</b>	<b>6.8</b>	<b>21.3</b>	<b>20.9</b>	<b>0.0</b>	<b>2.6</b>	<b>0.32</b>	<b>20.9</b>	<b>3.2</b>	<b>17.7</b>	<b>0</b>
Mini - Soy	697	167	8.4	5.4	20.2	19.8	0.3	2.5	0.33	19.8	0.0	19.8	0
Mini - Coconut	697	167	9.2	7.1	20.4	19.8	0.1	0.5	0.29	19.8	0.0	19.8	0
Mini - Almond	648	155	8.0	5.3	19.8	19.4	0.2	0.7	0.30	19.4	0.0	19.4	0
Mini - Oat	798	191	9.1	6.3	25.5	22.2	1.4	1.1	0.34	22.2	0.0	22.2	0
Tall - Skimmed Milk	945	225	9.1	6.5	31.7	31.1	0.0	4.1	0.49	31.1	5.3	25.9	0
Tall - Semi Skimmed Milk	1011	241	10.9	7.7	31.5	30.8	0.0	4.3	0.49	30.8	5.0	25.9	0
Tall - Whole Milk	1072	256	12.8	8.9	31.4	30.7	0.0	3.9	0.49	30.7	4.9	25.9	0
Tall - Soy	970	232	10.8	6.8	29.7	29.1	0.5	3.7	0.50	29.1	0.0	29.1	0
Tall - Coconut	970	232	12.0	9.3	30.0	29.1	0.2	0.7	0.44	29.1	0.0	29.1	0
Tall - Almond	896	214	10.3	6.6	29.2	28.4	0.3	1.0	0.45	28.4	0.0	28.4	0
Tall - Oat	1125	268	11.8	8.2	37.9	32.8	2.1	1.6	0.52	32.8	0.0	32.8	0
Grande - Skimmed Milk	1304	310	12.7	9.1	43.7	42.8	0.0	5.2	0.68	42.8	6.7	36.3	0
Grande - Semi Skimmed Milk	1387	331	15.0	10.6	43.5	42.5	0.0	5.5	0.68	42.5	6.4	36.3	0
Grande - Whole Milk	1465	350	17.4	12.2	43.3	42.4	0.0	5.0	0.68	42.4	6.3	36.3	0
Grande - Soy	1336	319	14.9	9.5	41.2	40.3	0.7	4.7	0.70	40.3	0.0	40.3	0
Grande - Coconut	1335	319	16.5	12.7	41.6	40.3	0.3	1.0	0.62	40.3	0.0	40.3	0
Grande - Almond	1241	296	14.2	9.2	40.5	39.5	0.4	1.4	0.63	39.5	0.0	39.5	0
Grande - Oat	1533	366	16.2	11.2	51.6	45.1	2.7	2.0	0.72	45.1	0.0	45.1	0
<b>EGGNOG LATTE</b>													
Short	714	170	6.0	3.9	22.9	21.3	0.9	5.6	0.22	21.3	7.7	13.6	75 - 85
Tall	1142	272	9.5	6.1	36.8	33.8	1.4	9.1	0.35	33.8	12.2	21.6	150 - 170
Grande	1446	344	12.1	7.8	46.5	43.1	1.7	11.4	0.45	43.1	15.5	27.6	150 - 170
<b>ICED EGGNOG LATTE</b>													
Tall	801	191	6.5	4.2	26.0	23.3	0.9	6.5	0.24	23.3	8.4	14.9	150 - 170
Grande	996	237	8.2	5.3	32.2	29.3	1.2	8.0	0.30	29.3	10.5	18.7	150 - 170
<b>CHRISTMAS BRULEE LATTE</b>													
Short	629	150	5.2	3.4	25.0	23.3	0.4	0.6	0.23	23.3	6.7	16.6	75 - 85
Tall	1039	247	8.6	5.6	40.9	37.8	0.7	1.1	0.39	37.8	11.6	26.2	150 - 170
Grande	1265	301	10.4	6.8	50.1	46.7	0.8	1.2	0.47	46.7	13.5	33.2	150 - 170
<b>FLAT WHITE with CINNAMON SPICE (made with Whole Milk as standard)</b>													
Short- Skimmed Milk	418	99	0.2	0.0	18.0	15.8	0.3	6.0	0.15	15.8	7.6	8.2	150 - 170



**Winter FY19 Starbucks 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) **
Short - Semi Skimmed Milk	514	122	2.8	1.7	17.7	15.5	0.3	6.3	0.15	15.5	7.3	8.2	150 - 170
<b>Short - Whole Milk</b>	<b>603</b>	<b>143</b>	<b>5.6</b>	<b>3.5</b>	<b>17.5</b>	<b>15.4</b>	<b>0.3</b>	<b>5.7</b>	<b>0.15</b>	<b>15.4</b>	<b>7.2</b>	<b>8.2</b>	<b>150 - 170</b>
Short - Soy	455	108	2.7	0.5	15.1	12.9	1.0	5.4	0.17	12.9	0.0	12.9	150 - 170
Short - Coconut	454	108	4.5	4.1	15.5	12.9	0.6	1.1	0.08	12.9	0.0	12.9	150 - 170
Short - Almond	347	82	1.9	0.2	14.3	12.0	0.7	1.6	0.09	12.0	0.0	12.0	150 - 170
Short - Oat	680	162	4.2	2.4	27.0	18.4	3.3	2.3	0.20	18.4	0.0	18.4	150 - 170
<b>LATTE with CINNAMON SPICE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	406	96	0.3	0.1	17.4	16.2	0.2	5.9	0.16	16.2	8.0	8.2	75 - 85
<b>Short - Semi Skimmed Milk</b>	<b>507</b>	<b>120</b>	<b>3.0</b>	<b>1.8</b>	<b>17.1</b>	<b>15.8</b>	<b>0.2</b>	<b>6.2</b>	<b>0.16</b>	<b>15.8</b>	<b>7.7</b>	<b>8.2</b>	<b>75 - 85</b>
Short - Whole Milk	600	143	5.8	3.7	16.9	15.7	0.2	5.6	0.16	15.7	7.5	8.2	75 - 85
Short - Soy	445	106	2.8	0.5	14.4	13.1	1.0	5.2	0.18	13.1	0.0	13.1	75 - 85
Short - Coconut	444	106	4.7	4.4	14.8	13.1	0.5	0.8	0.09	13.1	0.0	13.1	75 - 85
Short - Almond	331	79	2.0	0.2	13.6	12.2	0.7	1.2	0.10	12.2	0.0	12.2	75 - 85
Short - Oat	681	162	4.4	2.6	26.8	18.9	3.4	2.0	0.21	18.9	0.0	18.9	75 - 85
Tall - Skimmed Milk	657	155	0.4	0.1	27.8	25.5	0.3	9.8	0.26	25.5	13.2	12.3	150 - 170
Tall - Semi Skimmed Milk	824	195	4.9	3.0	27.3	25.0	0.3	10.4	0.26	25.0	12.7	12.3	150 - 170
Tall - Whole Milk	978	233	9.7	6.1	27.0	24.7	0.3	9.3	0.26	24.7	12.4	12.3	150 - 170
Tall - Soy	721	171	4.6	0.8	22.8	20.5	1.7	8.8	0.29	20.5	0.0	20.5	150 - 170
Tall - Coconut	720	172	7.8	7.2	23.6	20.5	0.9	1.4	0.15	20.5	0.0	20.5	150 - 170
Tall - Almond	533	127	3.3	0.3	21.5	18.9	1.1	2.2	0.16	18.9	0.0	18.9	150 - 170
Tall - Oat	1112	264	7.3	4.3	43.4	30.0	5.6	3.5	0.34	30.0	0.0	30.0	150 - 170
Grande - Skimmed Milk	845	199	0.5	0.1	35.9	33.4	0.5	12.5	0.34	33.4	17.1	16.3	150 - 170
Grande - Semi Skimmed Milk	1060	251	6.3	3.8	35.2	32.7	0.5	13.2	0.34	32.7	16.4	16.3	150 - 170
Grande - Whole Milk	1258	300	12.5	7.9	34.9	32.4	0.5	11.8	0.34	32.4	16.1	16.3	150 - 170
Grande - Soy	927	220	6.0	1.1	29.4	26.9	2.2	11.1	0.38	26.9	0.0	26.9	150 - 170
Grande - Coconut	925	221	10.1	9.3	30.4	26.9	1.1	1.6	0.19	26.9	0.0	26.9	150 - 170
Grande - Almond	684	162	4.3	0.4	27.7	24.9	1.5	2.6	0.21	24.9	0.0	24.9	150 - 170
Grande - Oat	1431	340	9.4	5.5	56.0	39.2	7.3	4.3	0.44	39.2	0.0	39.2	150 - 170
<b>SALTED CARAMEL BROWNIE HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	814	194	8.1	5.0	26.4	24.7	0.8	3.4	0.86	24.7	5.4	19.3	7
<b>Short - Semi Skimmed Milk</b>	<b>876</b>	<b>209</b>	<b>9.8</b>	<b>6.1</b>	<b>26.2</b>	<b>24.5</b>	<b>0.8</b>	<b>3.6</b>	<b>0.86</b>	<b>24.5</b>	<b>5.2</b>	<b>19.3</b>	<b>7</b>
Short - Whole Milk	933	223	11.6	7.3	26.1	24.4	0.8	3.2	0.86	24.4	5.1	19.3	7
Short - Soy	837	200	9.7	5.3	24.6	22.8	1.3	3.0	0.87	22.8	0.0	22.8	7
Short - Coconut	837	200	10.9	7.6	24.9	22.8	1.0	0.2	0.82	22.8	0.0	22.8	7
Short - Almond	767	183	9.2	5.1	24.1	22.2	1.1	0.5	0.82	22.2	0.0	22.2	7
Short - Oat	983	235	10.7	6.6	32.3	26.3	2.7	1.0	0.89	26.3	0.0	26.3	7
Tall - Skimmed Milk	1211	288	10.4	6.4	41.2	38.7	1.1	6.8	1.32	38.7	10.5	28.2	10
Tall - Semi Skimmed Milk	1337	319	13.8	8.5	40.8	38.3	1.1	7.2	1.32	38.3	10.1	28.2	10
Tall - Whole Milk	1453	347	17.4	10.9	40.6	38.1	1.1	6.4	1.32	38.1	9.9	28.2	10
Tall - Soy	1259	301	13.6	6.9	37.4	34.9	2.1	6.0	1.34	34.9	0.0	34.9	10
Tall - Coconut	1258	301	16.0	11.7	38.0	34.9	1.5	0.4	1.23	34.9	0.0	34.9	10
Tall - Almond	1117	267	12.6	6.5	36.4	33.7	1.7	1.0	1.24	33.7	0.0	33.7	10
Tall - Oat	1554	371	15.6	9.5	53.0	42.1	5.1	2.0	1.38	42.1	0.0	42.1	10
Grande - Skimmed Milk	1521	362	12.6	7.7	53.0	49.7	1.5	8.3	1.71	49.7	12.7	37.1	14
Grande - Semi Skimmed Milk	1673	399	16.8	10.3	52.5	49.3	1.5	8.7	1.71	49.3	12.2	37.1	14
Grande - Whole Milk	1814	433	21.1	13.2	52.3	49.0	1.5	7.8	1.71	49.0	11.9	37.1	14
Grande - Soy	1580	377	16.5	8.4	48.4	45.1	2.7	7.3	1.74	45.1	0.0	45.1	14
Grande - Coconut	1578	377	19.4	14.2	49.2	45.1	2.0	0.5	1.61	45.1	0.0	45.1	14
Grande - Almond	1408	336	15.3	7.9	47.2	43.7	2.2	1.3	1.62	43.7	0.0	43.7	14
Grande - Oat	1936	462	18.9	11.5	67.3	53.8	6.3	2.5	1.79	53.8	0.0	53.8	14
<b>SALTED CARAMEL BROWNIE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	742	177	7.9	4.9	24.1	23.0	0.3	2.4	0.55	23.0	3.9	19.0	2
Mini - Semi Skimmed Milk	785	187	9.0	5.6	23.9	22.8	0.3	2.5	0.55	22.8	3.8	19.0	2
<b>Mini - Whole Milk</b>	<b>825</b>	<b>197</b>	<b>10.3</b>	<b>6.5</b>	<b>23.8</b>	<b>22.8</b>	<b>0.3</b>	<b>2.2</b>	<b>0.55</b>	<b>22.8</b>	<b>3.7</b>	<b>19.0</b>	<b>2</b>
<b>Go Light: Mini - Skimmed Milk, No Whip, Light Base</b>	<b>419</b>	<b>99</b>	<b>0.9</b>	<b>0.6</b>	<b>20.1</b>	<b>19.1</b>	<b>0.4</b>	<b>2.4</b>	<b>0.49</b>	<b>19.1</b>	<b>3.4</b>	<b>15.7</b>	<b>2</b>
Mini - Soy	759	181	9.0	5.1	22.8	21.7	0.6	2.1	0.55	21.7	0.0	21.7	2
Mini - Coconut	758	181	9.8	6.7	23.0	21.7	0.4	0.2	0.52	21.7	0.0	21.7	2
Mini - Almond	710	170	8.6	4.9	22.4	21.2	0.5	0.4	0.52	21.2	0.0	21.2	2
Mini - Oat	859	205	9.6	6.0	28.1	24.1	1.7	0.7	0.57	24.1	0.0	24.1	2
Tall - Skimmed Milk	1045	249	10.0	6.2	35.9	34.4	0.4	3.6	0.81	34.4	5.9	28.5	4
Tall - Semi Skimmed Milk	1112	265	11.8	7.3	35.7	34.2	0.4	3.8	0.81	34.2	5.7	28.5	4
Tall - Whole Milk	1173	280	13.7	8.6	35.6	34.1	0.4	3.4	0.81	34.1	5.6	28.5	4
<b>Go Light: Tall - Skimmed Milk, No Whip, Light Base</b>	<b>632</b>	<b>149</b>	<b>1.4</b>	<b>0.8</b>	<b>30.3</b>	<b>28.9</b>	<b>0.5</b>	<b>3.6</b>	<b>0.75</b>	<b>28.9</b>	<b>5.3</b>	<b>23.7</b>	<b>3</b>
Tall - Soy	1071	256	11.7	6.5	33.9	32.4	0.9	3.2	0.82	32.4	0.0	32.4	4
Tall - Coconut	1070	256	13.0	9.0	34.2	32.4	0.6	0.3	0.77	32.4	0.0	32.4	4
Tall - Almond	996	238	11.2	6.3	33.4	31.8	0.7	0.6	0.77	31.8	0.0	31.8	4
Tall - Oat	1226	293	12.7	7.9	42.1	36.2	2.5	1.1	0.85	36.2	0.0	36.2	4
Grande - Skimmed Milk	1537	366	14.5	8.9	54.0	51.6	0.7	4.6	1.29	51.6	7.6	44.0	7
Grande - Semi Skimmed Milk	1621	386	16.7	10.4	53.8	51.4	0.7	4.9	1.29	51.4	7.3	44.0	7
Grande - Whole Milk	1699	405	19.1	12.0	53.6	51.2	0.7	4.3	1.29	51.2	7.2	44.0	7
<b>Go Light: Grande - Skimmed Milk, No Whip, Light Base</b>	<b>956</b>	<b>226</b>	<b>2.4</b>	<b>1.4</b>	<b>46.1</b>	<b>43.9</b>	<b>0.9</b>	<b>4.6</b>	<b>1.20</b>	<b>43.9</b>	<b>6.7</b>	<b>37.2</b>	<b>6</b>
Grande - Soy	1569	374	16.6	9.3	51.5	49.1	1.4	4.1	1.30	49.1	0.0	49.1	7
Grande - Coconut	1568	374	18.2	12.5	51.9	49.1	1.0	0.3	1.23	49.1	0.0	49.1	7
Grande - Almond	1474	352	15.9	9.1	50.8	48.3	1.1	0.7	1.23	48.3	0.0	48.3	7
Grande - Oat	1766	421	17.9	11.1	61.9	53.9	3.4	1.4	1.33	53.9	0.0	53.9	7
<b>SALTED CARAMEL BROWNIE CREAM LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>419</b>	<b>99</b>	<b>0.9</b>	<b>0.6</b>	<b>20.1</b>	<b>19.1</b>	<b>0.4</b>	<b>2.4</b>	<b>0.49</b>	<b>19.1</b>	<b>3.4</b>	<b>15.7</b>	<b>2</b>
Mini - Semi Skimmed Milk	462	109	2.1	1.3	19.9	18.9	0.4	2.5	0.49	18.9	3.3	15.7	2
Mini - Whole Milk	502	119	3.3	2.1	19.9	18.9	0.4	2.2	0.49	18.9	3.2	15.7	2
Mini - Soy	436	103	2.0	0.7	18.8	17.8	0.7	2.1	0.50	17.8	0.0	17.8	2
Mini - Coconut	435	103	2.9	2.4	19.0	17.8	0.5	0.2	0.46	17.8	0.0	17.8	2
Mini - Almond	387	92	1.7	0.6	18.4	17.4	0.6	0.4	0.47	17.4	0.0	17.4	2
Mini - Oat	537	127	2.7	1.6	24.1	20.2	1.7	0.7	0.51	20.2	0.0	20.2	2
<b>Tall - Skimmed Milk</b>	<b>632</b>	<b>149</b>	<b>1.4</b>	<b>0.8</b>	<b>30.3</b>	<b>28.9</b>	<b>0.5</b>	<b>3.6</b>	<b>0.75</b>	<b>28.9</b>	<b>5.3</b>	<b>23.7</b>	<b>3</b>
Tall - Semi Skimmed Milk	698	165	3.2	1.9	30.1	28.7	0.5	3.8	0.75	28.7</			





**Winter FY19 Starbucks 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 - Whole Milk	1118	265	7.0	4.4	45.7	43.5	0.9	4.3	1.20	43.5	6.3	37.2	6
Grande - Soy	988	234	4.5	1.8	43.6	41.4	1.6	4.1	1.21	41.4	0.0	41.4	6
Grande - Coconut	988	234	6.1	5.0	44.0	41.4	1.2	0.3	1.14	41.4	0.0	41.4	6
Grande - Almond	893	211	3.8	1.5	42.9	40.6	1.3	0.7	1.15	40.6	0.0	40.6	6
Grande - Oat	1186	281	5.8	3.5	54.0	46.2	3.6	1.4	1.24	46.2	0.0	46.2	6

SHORT -- 237ml (8 fl oz)  
 MINI -- 296 ml (10 fl oz)  
 TALL -- 355 ml (12 fl oz)  
 GRANDE -- 473 ml (16 fl oz)  
 VENTI -- 591 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/tea and the brewing equipment used. The handcrafted nature of our beverages may result in a variation from the reported values. Approximate values of caffeine (mg) per shot of brewed espresso:  
 75mg in Espresso Roast coffee  
 85mg in Blonde Espresso coffee