

STARBUCKS®
Holiday 2018-9
 Food Nutritional Information

Product	Portion Size (g)	Product Suitable for		Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Fibre (g)		Protein (g)		Salt (g)	
		Vegetarians	Vegans	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Toasts, Breads, Swirls & Pancakes																					
Luxury Fruit Toast	145	Y	N	1327	1924	314	455	7.1	10	2.6	3.8	55	80	27	39	3.4	4.9	7.8	11	0.37	0.54
Banana Bread	100	Y	N	1591	1591	381	381	21	21	1.8	1.8	43	43	24	24	1.6	1.6	4.7	4.7	0.39	0.39
Cinnamon Swirl	140	Y	N	1450	2030	344	482	9.2	13	2.8	3.9	56	79	20	28	2.0	2.8	8.0	11	0.50	0.70
Trio of Pancakes	120	Y	N	1242	1490	298	358	14	16	2.6	3.1	36	43	14	17	0.9	1.1	6.7	8.0	1.1	1.3
Bars, Brownies & Shortbreads																					
Christmas Tree Brownie	80	Y	N	1980	1584	475	380	31	24	15	12	45	36	35	28	3.1	2.5	5.0	4.0	0.30	0.24
Salted Caramel Christmas Tree	80	Y	N	1737	1390	414	331	17	14	11	8.4	60	48	36	29	1.7	1.4	4.3	3.4	0.96	0.77
Granola Bar	75	Y	N	1811	1358	434	326	23	18	8.5	6.4	43	32	26	20	9.1	6.8	8.0	6.0	0.30	0.23
Chocolate Brownie	70	Y	N	1911	1338	458	321	28	20	16	11	44	31	33	23	3.3	2.3	5.7	4.0	0.37	0.26
Choc Chunk Shortbread	97	Y	N	2239	2172	536	520	31	30	19	19	58	56	27	26	1.5	1.5	6.5	6.3	0.23	0.22
Chocolate Caramel Shortbread	75	Y	N	2025	1519	491	368	29	22	14	11	53	40	35	26	1.1	0.8	5.0	3.8	0.72	0.54
Marshmallow Twizzle (all varieties)	35	N	N	1746	611	414	145	9.8	3.4	5.0	1.8	78.3	27.4	66.7	23.3	1.7	0.6	4.0	1.4	0.05	0.02
Cookies																					
Oat Cookie Filled with Nutella®	82	Y	N	1938	1589	463	380	22	18	9.5	7.8	62	51	35	29	6.0	4.9	6.3	5.2	0.48	0.39
Milk Choc Chunk Cookie	80	Y	N	2035	1628	486	389	24	19	15	12	59	47	38	30	2.4	1.9	6.7	5.4	0.38	0.30
Cakes																					
Prosecco & Cranberry Cake	114	Y	N	1808	2061	432	492	23	26	10	12	51	58	35	39	0.8	0.9	5.4	6.2	0.50	0.57
Vegan Chocolate & Raspberry Cake	70	Y	Y	1530	1071	365	256	15	11	4.5	3.2	54	38	25	18	2.2	1.5	2.2	1.5	0.64	0.45
Loaf Cakes																					
Chocolate Truffle Loaf cake	90	Y	N	1648	1483	394	355	22	20	6.3	5.7	42	37	33	30	3.1	2.8	5.8	5.2	0.60	0.54
Carrot Loaf Cake	90	Y	N	1500	1350	359	323	18	16	3.3	3.0	46	42	32	28	2.8	2.5	4.2	3.8	0.63	0.57
Lemon Loaf Cake	90	Y	N	1630	1467	391	352	24	21	9.8	8.8	40	36	26	24	1.2	1.1	4.8	4.3	0.60	0.54
Muffins																					
Cranberry Cheesecake Muffin	116	Y	N	1456	1689	348	404	19	22	5.1	5.9	38	44	19	22	1.0	1.2	5.7	6.6	0.45	0.52
Salted Caramel Hot Choc Muffin	118	N	N	1672	1956	399	467	20	23	4.5	5.3	49	58	28	34	1.6	1.9	5.2	6.1	0.44	0.52
Blueberry Muffin	116	Y	N	1478	1714	353	409	17	19	2.7	3.1	45	53	20	23	1.1	1.3	5.0	5.8	0.33	0.38
Lemon Muffin	112	Y	N	1589	1780	379	424	18	20	2.9	3.2	50	56	26	29	0.60	0.67	5.1	5.7	0.35	0.39
Triple Chocolate Muffin	118	Y	N	1666	1966	398	470	21	25	6.2	7.3	45	54	25	30	1.8	2.1	5.8	6.8	0.35	0.41
Skinny Blueberry Muffin	120	Y	N	1110	1332	262	312	2.7	3.2	1.4	1.6	53	63	21	24	1.4	1.7	6.2	7.4	0.51	0.61
Pastries (may vary in some stores)																					
Butter Croissant	60	Y	N	1785	1071	425	255	23	14	15	9.0	45	27	8.9	5.3	2.4	1.4	8.5	5.1	0.59	0.35
Pain au Chocolat	70	Y	N	1795	1077	430	258	23	14	15	8.9	47	28	14	8.3	2.9	1.7	8.0	4.8	0.52	0.31
Pain aux Raisins	100	Y	N	1310	1310	315	315	13	13	8.4	8.4	43	43	17	17	2.0	2.0	6.2	6.2	0.72	0.72
Chocolate & Hazelnut Christmas Star	70	Y	N	1588	1112	380	266	22	15	12	8.4	39	27	13	9.1	2.5	1.8	5.7	4.0	0.80	0.56
Chocolate & Raspberry Christmas Star	70	Y	N	1631	1142	390	273	21	15	13	9.1	44	31	13	9.1	2.6	1.8	5.5	3.9	0.82	0.57
Mince Pie	108	Y	N	1568	1693	373	403	14	15	8.2	8.9	58	62	35	37	1.8	1.9	4.3	4.6	0.03	0.03

PACKAGED ITEMS

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	(g)	Vegetarians	Vegans	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Yoghurts & Fruit																					
Mango & Lime Fruit Pot	140	Y	N	262	367	62	87	<0.5	<0.5	<0.1	0.1	13	18	12	17	3.1	4.4	0.7	1.0	<0.01	0.01
Fruit Mix Pot	160	Y	N	188	301	45	72	<0.5	<0.5	<0.1	0.1	8.9	14	8.8	14	2.1	3.4	0.7	1.0	<0.01	0.02
Berry Crunch Pot	180	Y	N	584	1051	139	250	4.6	8.3	0.4	0.8	17	30	9.0	16	1.4	2.6	7.1	13	0.18	0.30
Fairtrade Banana (per unit =whole)	120	Y	Y	373	448	90	108	0.4	0.5	0.0	0.0	22.6	27.1	12.4	14.9	2.7	3.2	0.8	1.0	0.00	0.00
Berry Good Bircher	190	Y	N	565	1074	133	253	1.9	3.6	0.3	0.6	22	42	14	27	2.6	4.9	6.1	12	0.05	0.10
Oatmeal Pots																					
Classic Oatmeal	300	Y	N	425	1275	101	303	3.2	9.6	1.5	4.5	13	39	3.0	9.0	1.8	5.4	3.9	11.7	0.13	0.39
Five Grain Oatmeal	300	Y	Y	397	1191	95	285	4.2	12.6	2.0	6.1	11	33	1.1	3.3	1.5	4.5	2.8	8.4	0.04	0.12

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		Vegetarians	Vegans	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Breakfast Sandwiches																					
Cheddar and Marmite® Sarnie	130	Y	N	1184	1539	282	367	13	17	7.7	10	27	35	0.5	0.6	1.2	1.6	14	18	1.2	1.5
Ultimate All Day Breakfast Roll	202	N	N	1060	2141	253	511	12	24	4.1	8.2	27	54	1.6	3.2	1.0	2.0	11	21	1.2	2.5
Butchers Choice Sausage Sandwich	173	N	N	974	1684	231	399	11.5	20.0	4.2	7.2	22.6	39.1	1.0	1.7	0.9	1.6	11.0	19.1	1.05	1.82
Hickory Smoked Bacon Sandwich	120	N	N	1157	1388	275	330	8.2	9.8	3.0	3.6	36	43	1.6	1.9	2.6	3.1	16	19	1.5	1.8
Filled Croissants																					
Cheddar and Mushroom Croissant	145	Y	N	1286	1865	301	436	17	25	10	15	28	40	1.0	1.4	0.4	0.6	8.7	13	0.60	0.87
Ham and Cheddar Croissant	150	N	N	1293	1940	303	455	16	24	9.3	14	26	39	0.6	0.8	0.1	0.2	14	21	1.0	1.5
Toasties																					
Turkey, Ham & Swiss Cheese Toastie	204	N	N	968	1975	230	469	8.7	18	4.7	10	24	48	2.1	4.3	0.5	1.0	14	29	1.0	2.1
Five Cheese Toastie	185	Y	N	1155	2137	275	509	12	22	7.1	13	30	56	0.8	1.4	2.3	4.2	11	20	1.2	2.1
Hickory Ham & Cheese Toastie	215	N	N	1097	2359	261	561	8.4	18	5.0	11	35	75	0.8	1.7	2.6	5.7	10	21	1.1	2.4
Mini Grilled Cheese & Tomato Toastie	106	Y	N	1203	1275	288	305	15	16	7.1	7.6	23	25	3.4	3.6	1.5	1.6	14	14	1.0	1.1
Mini Grilled Cheese and Ham Toastie	126	N	N	1102	1389	263	331	12	15	7.0	8.8	20	26	2.7	3.4	1.2	1.5	19	24	1.7	2.1
Bagels																					
Smoked Salmon Bagel	195	N	N	1018	1985	242	472	7.4	14	2.4	4.7	30	58	3.4	6.6	3.1	6.0	13	24	1.1	2.0
Sandwiches, Paninis, Wraps, Rolls & Focaccias																					
Brie & Cranberry Focaccia	188	Y	N	1033	1942	247	464	11	21	5.5	10	26	50	5.3	10	1.7	3.2	9.2	17	0.89	1.7
Turkey Feast Panini	200	N	N	944	1888	224	454	6.9	14	3.7	7.4	27	54	2.9	5.9	1.2	2.3	13	26	1.2	2.4
Vegan Winter Sandwich	220	Y	Y	797	1753	190	418	6.9	15	1.1	2.3	25	56	4.4	9.6	2.4	5.3	5.5	12	0.73	1.6
California Chicken Wrap	162	N	N	754	1221	180	292	8.3	13	1.6	2.7	15	25	1.1	1.8	1.4	2.3	10	17	0.61	0.99
Ham & Cheese Brioche Roll	163	N	N	1174	1914	280	456	14	22	3.4	5.6	25	41	5.5	9.0	1.3	2.1	14	22	1.3	2.2
Vegan Wrap with Falafel & Slaw	172	Y	Y	637	1096	152	261	5.3	9.1	1.2	2.1	20	35	3.6	6.2	3.1	5.3	4.1	7.1	0.49	0.84
California Chicken Sandwich	210	N	N	787	1653	187	393	4.1	8.7	1.0	2.2	26	55	3.2	6.7	2.5	5.3	10	21	0.80	1.7
Eggs Sandwich	183	Y	N	886	1621	212	388	9.9	18	1.8	3.3	18	33	1.3	2.5	3.4	6.2	11	20	0.40	0.73
Croque Monsieur Panini	205	N	N	965	1930	230	460	8.5	17	4.4	8.8	25	49	1.0	1.9	1.2	2.3	13	26	0.90	1.9
Mozzarella, Tomato & Red Pesto Panini	192	Y	N	968	1810	231	432	8.8	16	3.7	6.9	28	52	2.6	4.8	1.7	3.1	9.4	18	0.50	0.90
Gluten Free Chicken Pesto Panini	238	N	N	983	2340	236	562	12	29	3.3	7.8	16	38	1.4	3.3	7.4	18	12	29	0.98	2.30
Tuna Panini	200	N	N	1041	2082	248	496	10	20	3.6	7.2	26	52	1.2	2.4	1.2	2.3	13	25	0.50	1.00
Hot Boxes																					
Butternut Squash & Kale Risotto	287	Y	N	597	1713	142	408	4.6	13	1.4	4.0	20	56	1.6	4.6	3.1	8.9	4.1	12	0.56	1.6
Mushroom & Spinach Risotto	287	Y	N	510	1464	121	347	3.2	9.2	1.1	3.2	18	51	1.1	3.2	2.7	7.7	4.0	11	0.38	1.1
Pulled Pork Pasta	285	N	N	542	1545	129	368	3.3	9.4	1.6	4.6	17	47	4.3	12	1.6	4.6	7.4	21	0.50	1.4
Super Scrambled Eggs, Tomato & Spinach	211	Y	N	416	878	100	211	6.6	14	1.5	3.2	3.3	6.9	1.1	2	0.7	1.5	6.7	14	0.68	1.40
Salads																					
House Chicken Salad	251	N	N	493	1380	118	330	7.6	21	2.1	5.9	7.9	22	3.4	9.6	2.3	6.3	3.5	9.7	0.40	1.1
Italian Pasta Salad with Grilled Veggies	209	Y	N	851	1991	204	477	13	30	3.8	8.8	15	36	2.1	5.0	1.8	4.1	5.7	13	0.70	1.6

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	(g)	Vegetarians	Vegans	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Impulse Range																					
Starbucks Chocolate Bear Lolly	22	Y	N	2260	633	541	151	31	8.8	20	5.5	57	16	57	16	1.6	0.4	6.4	1.8	0.18	0.05
Starbucks Belgian Dark Chocolate Cranberries	25	Y	N	1866	467	445	111	19	4.8	12	2.9	61	15	57	14	7.9	2.0	3.4	0.9	0.01	0.00
Starbucks Belgian Dark Chocolate Sea Salt Almonds	25	Y	N	2258	565	543	136	37	9.3	14	3.6	38	9.5	34	8.5	9.2	2.3	9.9	2.5	0.51	0.13
Starbucks Peppermint Candy Cane Chocolate Bar	85	Y	N	2336	1986	558	474	38	32	23	19	44	37	41	35			7.0	6.0	0.11	0.09
Starbucks Christmas Jumper Gingerbread Biscuit	35	Y	N	1803	631	427	149	12	4.2	0.9	0.3	76	27	45	16	1.5	0.5	3.7	1.3	0.35	0.12
Starbucks Candy Cane	28	Y	Y	1668	467	398	111	0.1	0.0	<0.1	0.0	99	28	79	22	0.0	0.0	<0.1	0.0	0.00	0.00
Starbucks Raw Raspberry & Nut Bar	55	Y	Y	1415	778	337	185	7.4	4.1	1.1	0.6	60	33	44	24	6.0	3.3	6.0	3.3	0.05	0.03
Starbucks Peanut and Cashew Bar	45	Y	Y	1943	874	466	210	28	12	6.5	2.9	36	16	23	10	8.2	3.7	16	7.1	0.33	0.15
Starbucks Dark Chocolate Bar	30	Y	Y	2461	738	594	178	46	14	29	8.8	32	9.7	27	8.1	11	3.2	6.7	2.0	0.00	0.00
Starbucks Milk Chocolate Bar	30	Y	N	2365	709	567	170	37	11	23	6.9	53	16	52	16	1.9	0.6	6.2	1.9	0.30	0.08
Starbucks Shortbread Biscuits	50	Y	N	2245	1123	538	269	32	16	20	10	57	29	19	9.5	1.6	0.8	5.4	2.7	0.71	0.36
Starbucks Ginger Biscuits	50	Y	N	1926	963	459	230	17	8.7	6.7	3.4	70	35	38	19	1.8	0.9	4.8	2.4	0.66	0.33
Starbucks Almonds, Cashews, Cranberries & Raisins	50	Y	Y	1950	975	466	233	24	12	2.9	1.5	50	25	34	17	6.0	3.0	11	5.4	0.02	0.01
Starbucks Smoked Almonds	50	Y	Y	2520	1260	610	305	53	26	4.3	2.2	7.0	3.5	5.3	2.7	10	5.0	26	13	0.25	0.13
Starbucks Almond Biscotti	45	Y	N	1870	842	447	201	18	7.9	4.0	1.8	62	28	34	15	4.5	2.0	10	4.6	0.22	0.10
Chococaramel, Choc, Caramel & Nuts bar	60	Y	N	1858	1115	446	268	24	14	13	7.9	51	31	45	27			6.5	3.9	0.03	0.19
Starbucks Gingerbread Bearista	45	Y	N	1773	798	422	190	13	5.9	0.9	0.4	74	33	43	19	1.5	0.7	3.9	1.8	0.34	0.15
Starbucks Caramel Waffles	36	Y	N	1916	690	457	165	21	7.6	12	4.3	63	23	34	12	1.0	0.4	3.5	1.3	0.63	0.23
Starbucks Mini Caramel Waffles	32	Y	N	1899	608	453	145	21	6.7	12	3.8	62	20	35	11	1.0	0.3	3.5	1.1	0.63	0.20
Starbucks Chocolate Caramel Shortbread	66	Y	N	2106	1390	504	333	28	18	16	11	59	8.7	41	27	1.5	1.0	4.5	3.0	0.51	0.34
Starbucks Chocolate Coin	23	Y	N	2180	501	521	120	28	6.4	17	3.8	60	14	59	14	3.0	0.7	6.1	1.4	0.12	0.03