



		Summer 2 2018 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) **
<b>HOT BEVERAGES</b>													
<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
<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</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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
<b>VANILLA LATTE (made with Semi Skimmed Milk and regular Vanilla flavoured 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>LATTE MACCHIATO (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	200	47	0.1	0.0	7.0	6.0	0.0	4.5	0.12	6.0	6.0	0.0	75
<b>Short - Semi Skimmed Milk</b>	<b>276</b>	<b>66</b>	<b>2.2</b>	<b>1.3</b>	<b>6.8</b>	<b>5.8</b>	<b>0.0</b>	<b>4.7</b>	<b>0.12</b>	<b>5.8</b>	<b>5.8</b>	<b>0.0</b>	<b>75</b>
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
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
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
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
Short - Oat	407	97	3.3	1.9	14.1	8.1	2.4	1.6	0.20	8.1	0.0	8.1	75
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
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
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
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
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
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
Tall - Oat	679	162	5.4	3.2	23.7	13.3	4.0	2.7	0.30	13.3	0.0	13.3	150
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
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
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
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
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
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
Grande - Oat	818	195	6.5	3.9	28.4	16.2	4.9	3.1	0.30	16.2	0.0	16.2	150
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
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
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
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
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
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
Venti - Oat	1143	272	9.1	5.4	39.8	22.6	6.8	4.5	0.40	22.6	0.0	22.6	225
<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


														
Summer 2 2018 Starbucks Beverage Nutrition Information *	Q	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) **	
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	
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	
<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</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	
Coconut	209	50	2.8	2.6	5.3	3.0	0.2	0.9	0.05	3.0	0.0	3.0	157	
Almond	141	34	1.2	0.1	4.5	2.4	0.3	1.2	0.06	2.4	0.0	2.4	157	
Oat	352	84	2.6	1.5	12.5	6.4	1.9	1.7	0.12	6.4	0.0	6.4	157	
<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	
<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</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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
<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	
Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150	
Grande	69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00	0.0	0.0	0.0	225	
Venti	92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00	0.0	0.0	0.0	300	
<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	
<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</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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
<b>CAFFÈ MISTO (made with Semi Skimmed Milk as standard)</b>														
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	
<b>FLAT WHITE (made with Whole Milk as standard)</b>														
Short - Whole Milk	453	108	5.5	3.5	9.1	7.2	0.0	5.6	0.20	7.2	7.2	0.0	150	
<b>CARAMEL MACCHIATO (made with Semi Skimmed Milk, regular Vanilla flavoured syrup and Caramel Drizzle as standard)</b>														
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	
<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</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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	


 <b>Summer 2 2018 Starbucks Beverage Nutrition Information *</b>													
	Q	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	1020	243	7.0	4.2	39.5	27.3	4.6	3.1	0.32	27.3	0.0	27.3	150
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
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
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
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
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
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
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
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
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
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
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
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
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
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
<b>MOCHA &amp; HOT CHOCOLATE</b>													
<b>CAFFE MOCHA (made with 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
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
<b>WHITE CHOCOLATE MOCHA (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
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
<b>SIGNATURE HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
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
<b>CLASSIC HOT CHOCOLATE (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)</b>													
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				

	Q	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>Summer 2 2018 Starbucks Beverage Nutrition Information *</b>													
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
<b>TEAVANA™ TEAS</b>													
<b>TEAVANA™ FULL LEAF TEAS</b>													
<b>ENGLISH BREAKFAST Black Tea</b>													
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
<b>EARL GREY Black Tea Blend</b>													
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
<b>HIBISCUS Flavoured Herbal Blend</b>													
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
<b>EMPEROR'S CLOUDS &amp; MIST™ Green Tea</b>													
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
<b>MINT CITRUS Flavoured Green Tea Blend</b>													
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
<b>YOUTHBERRY™ White Tea Blend</b>													
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
<b>CHAI Spiced Black Tea Blend</b>													
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
<b>JASMINE PEARLS Scented Green Tea</b>													
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
<b>MINT BLEND Herbal Blend</b>													
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
<b>CHAMOMILE Herbal Blend</b>													
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
<b>TEAVANA™ TEA LATTES</b>													
<b>MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
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
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
<b>ROOIBOS LATTE (made with Semi Skimmed Milk as standard)</b>													
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

														
Summer 2 2018 Starbucks Beverage Nutrition Information *														
	oz	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	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	
<b>CHAI TEA LATTE (made with Semi Skimmed Milk as standard)</b>														
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	
<b>ADD-INS</b>														
<b>ADD-INS</b>														
<b>WHIPPED CREAM TOPPING (No Drizzle or other Toppings)</b>														
HOT Short Beverage - 16 g	218	52	5.1	3.2	1.0	1.0	0.0	0.3	0.01	1.0	0.5	0.5	0	
HOT Tall Beverage - 19g	259	62	6.1	3.8	2.0	1.0	0.0	0.3	0.02	1.0	0.6	0.4	0	
HOT Grande/Venti Beverage - 22g	301	72	7.0	4.4	2.0	2.0	0.0	0.4	0.02	2.0	0.7	1.3	0	
COLD Tall Beverage - 25 g	339	81	8.0	5.0	2.0	2.0	0.0	0.4	0.02	2.0	0.7	1.3	0	
COLD Grande Beverage - 35 g	477	114	11.2	7.0	3.0	2.0	0.0	0.6	0.03	2.0	1.0	1.0	0	
COLD Venti Beverage - 32g	435	104	10.2	6.4	3.0	2.0	0.0	0.6	0.03	2.0	1.0	1.0	0	
<b>FLAVOURED SYRUP</b>														
1 Pump - 1/4 fl oz - 10 g	84	20	0.0	0.0	5.0	4.9	0.0	0.0	0.00	4.9	N/A	4.9	0	
2 Pumps - 1/2 fl oz - 20 g	169	40	0.0	0.0	10.1	9.7	0.0	0.0	0.00	9.7	N/A	9.7	0	
3 Pumps - 3/4 fl oz - 30 g	253	60	0.0	0.0	15.1	14.6	0.0	0.0	0.00	14.6	N/A	14.6	0	
4 Pumps - 1 fl oz - 40 g	337	81	0.0	0.0	20.1	19.5	0.0	0.0	0.00	19.5	N/A	19.5	0	
<b>SUGAR FREE FLAVOURED SYRUP</b>														
1 Pump - 1/4 fl oz - 10 g	3	1	0.0	0.0	0.1	0.0	0.0	0.0	0.01	0.0	N/A	0.0	0	
2 Pumps - 1/2 fl oz - 20 g	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.01	0.0	N/A	0.0	0	
3 Pumps - 3/4 fl oz - 30 g	8	2	0.0	0.0	0.4	0.0	0.1	0.0	0.02	0.0	N/A	0.0	0	
4 Pumps - 1 fl oz - 40 g	11	2	0.0	0.0	0.6	0.0	0.1	0.0	0.02	0.0	N/A	0.0	0	
<b>BAR MOCHA SYRUP</b>														
1 Pump - 1/2 fl oz - 17 g	111	26	0.6	0.1	6.4	4.8	1.0	0.6	0.00	4.8	N/A	4.8	6	
2 Pumps - 1 fl oz - 34 g	222	53	1.1	0.2	12.8	9.6	2.0	1.3	0.00	9.6	N/A	9.6	15	
3 Pumps - 1 1/2 fl oz - 51 g	332	79	1.7	0.3	19.1	14.4	3.0	1.9	0.00	14.4	N/A	14.4	20	
4 Pumps - 2 fl oz - 68 g	443	106	2.3	0.4	25.5	19.2	3.9	2.5	0.01	19.2	N/A	19.2	25	
5 Pumps - 2 1/2 fl oz - 85 g	554	132	2.8	0.5	31.9	23.9	4.9	3.1	0.01	23.9	N/A	23.9	30	
<b>TOPPING</b>														
Chocolate - 4 g	25	6	0.1	0.0	1.5	1.0	0.1	0.1	0.00	1.0	Trace	1.0	2	
Caramel - 4 g	62	15	0.6	0.3	2.5	2.1	0.0	0.0	0.01	2.1	Trace	2.1	0	
<b>COLD BEVERAGES</b>														
<b>COLD CRAFT</b>														
<b>COLD BREW</b>														
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	
<b>COLD BREW LATTE (made with Semi Skimmed Milk as standard)</b>														
Tall - Skimmed Milk	247	58	3.0	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	
<b>COLD FOAM ICED CAPPUCCINO</b>														
Tall	243	57	0.1	0.0	10.9	8.9	0.0	3.3	0.10	8.9	3.8	5.1	150	
Grande	295	69	0.1	0.0	13.0	11.0	0.0	4.1	0.10	11.0	5.0	6.0	150	
Venti	396	93	0.1	0.0	17.5	14.5	0.0	5.5	0.10	14.5	6.5	8.0	225	
<b>NITRO COLD BREW</b>														




 <b>Summer 2 2018 Starbucks Beverage Nutrition Information *</b>													
	oz	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) **
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
<b>NITRO COLD BREW with COLD FOAM</b>													
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
<b>NITRO COLD BREW with CARAMEL COLD FOAM</b>													
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
<b>ICED COFFEE</b>													
<b>ICED CAFFÉ LATTE (made with Semi Skimmed Milk as standard)</b>													
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
<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</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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
<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
<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</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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
<b>ICED CAFFÉ 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
Grande	69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00	0.0	0.0	0.0	225
Venti	92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00	0.0	0.0	0.0	300
<b>ICED CAFFÉ MOCHA (made with 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
<b>ICED CARAMEL MACCHIATO (made with Semi Skimmed Milk, regular Vanilla flavoured syrup and Caramel Drizzle as standard)</b>													
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
<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</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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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</


														
Summer 2 2018 Starbucks Beverage Nutrition Information *														
	oz	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 - 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	
<b>ICED ROOIBOS LATTE (made with Semi Skimmed Milk as standard)</b>														
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	
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 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	
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	







 <b>Summer 2 2018 Starbucks Beverage Nutrition Information *</b>													oz	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 - Skimmed Milk	990	235	8.0	5.7	36.7	35.4	0.3	4.0	0.13	35.4	4.9	30.4	0												
Tall - Semi Skimmed Milk	1052	250	9.7	6.7	36.5	35.2	0.3	4.2	0.13	35.2	4.7	30.4	0												
Tall - Whole Milk	1110	283	11.5	7.9	36.4	35.1	0.3	3.8	0.13	35.1	4.6	30.4	0												
Tall - Soy	1014	241	9.6	6.0	34.8	33.5	0.8	3.6	0.14	33.5	0.0	33.5	0												
Tall - Coconut	1013	242	10.8	8.3	35.1	33.5	0.5	0.8	0.08	33.5	0.0	33.5	0												
Tall - Almond	944	225	9.1	5.8	34.3	32.9	0.6	1.1	0.09	32.9	0.0	32.9	0												
Tall - Oat	1160	276	10.6	7.2	42.5	37.1	2.3	1.6	0.15	37.1	0.0	37.1	0												
Grande - Skimmed Milk	1318	313	10.3	7.3	49.8	48.0	0.5	5.0	0.16	48.0	6.1	41.9	0												
Grande - Semi Skimmed Milk	1394	332	12.4	8.6	49.6	47.8	0.5	5.2	0.16	47.8	5.9	41.9	0												
Grande - Whole Milk	1465	390	14.6	10.1	49.4	47.7	0.5	4.8	0.16	47.7	5.7	41.9	0												
Grande - Soy	1347	321	12.3	7.7	47.5	45.7	1.1	4.5	0.17	45.7	0.0	45.7	0												
Grande - Coconut	1346	321	13.8	10.6	47.8	45.7	0.7	1.1	0.10	45.7	0.0	45.7	0												
Grande - Almond	1260	300	11.7	7.4	46.9	45.0	0.8	1.5	0.11	45.0	0.0	45.0	0												
Grande - Oat	1527	364	13.5	9.3	57.0	50.1	2.9	2.1	0.19	50.1	0.0	50.1	0												
<b>CARAMEL CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Caramel Drizzle as standard)</b>																									
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												
<b>CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)</b>																									
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												
<b>WHITE CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>																									
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												
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	3																							

	Q	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>Summer 2 2018 Starbucks Beverage Nutrition Information *</b>													
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>ROOTIBOS 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>													
<b>MANGO PASSION FRAPPUCCINO® (with Passion Tea)</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>SUMMER 2 PROMO 2018</b>													
<b>CHEESECAKE FRAPPUCCINO® BLENDED BEVERAGES</b>													
<b>BLUEBERRY CHEESECAKE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
<b>Mini - Whole Milk</b>	<b>893</b>	<b>214</b>	<b>11.4</b>	<b>7.9</b>	<b>24.4</b>	<b>21.7</b>	<b>0.7</b>	<b>3.1</b>	<b>0.36</b>	<b>21.7</b>	<b>3.2</b>	<b>18.5</b>	<b>0</b>
Tall - Whole Milk	1127	269	14.4	10.1	30.5	27.7	0.7	4.1	0.46	27.7	4.3	23.3	0
Grande - Whole Milk	1494	357	19.3	13.6	40.4	36.6	1.3	4.8	0.56	36.6	4.7	31.8	0
<b>BLUEBERRY CHEESECAKE LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>503</b>	<b>119</b>	<b>2.0</b>	<b>1.3</b>	<b>21.8</b>	<b>18.4</b>	<b>0.8</b>	<b>3.0</b>	<b>0.39</b>	<b>18.4</b>	<b>3.4</b>	<b>15.0</b>	<b>0</b>
Tall - Skimmed Milk	621	147	2.5	1.6	26.9	23.3	0.9	3.9	0.49	23.3	4.6	18.7	0
Grande - Skimmed Milk	817	193	3.5	2.4	35.3	30.7	1.5	4.4	0.59	30.7	5.0	25.7	0
<b>MOCHA CHEESECAKE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
<b>Mini - Whole Milk</b>	<b>1066</b>	<b>254</b>	<b>10.9</b>	<b>7.7</b>	<b>34.3</b>	<b>29.8</b>	<b>0.4</b>	<b>4.5</b>	<b>0.37</b>	<b>29.8</b>	<b>2.6</b>	<b>27.2</b>	<b>44</b>
Tall - Whole Milk	1401	334	13.9	9.8	45.9	40.4	0.6	5.9	0.47	40.4	3.5	36.9	59
Grande - Whole Milk	1751	417	18.6	13.2	55.2	48.6	0.8	6.9	0.57	48.6	3.6	45.0	71
<b>MOCHA CHEESECAKE LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>426</b>	<b>101</b>	<b>2.0</b>	<b>1.3</b>	<b>18.4</b>	<b>16.1</b>	<b>0.6</b>	<b>2.2</b>	<b>0.34</b>	<b>16.1</b>	<b>2.6</b>	<b>13.6</b>	<b>45</b>
Tall - Skimmed Milk	559	132	2.5	1.7	24.2	21.7	0.9	2.8	0.44	21.7	3.5	18.2	60
Grande - Skimmed Milk	693	164	3.6	2.5	29.3	26.4	1.2	3.1	0.52	26.4	3.6	22.8	73
<b>CARAMEL CHEESECAKE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
<b>Mini - Whole Milk</b>	<b>1108</b>	<b>264</b>	<b>11.0</b>	<b>7.7</b>	<b>36.6</b>	<b>32.1</b>	<b>0.2</b>	<b>4.5</b>	<b>0.37</b>	<b>32.1</b>	<b>2.6</b>	<b>29.5</b>	<b>42</b>
Tall - Whole Milk	1457	347	14.1	9.9	49.0	43.3	0.3	5.9	0.49	43.3	3.5	39.8	56
Grande - Whole Milk	1898	452	19.4	13.7	62.1	55.1	0.4	7.1	0.61	55.1	3.7	51.4	70
<b>CARAMEL CHEESECAKE LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>447</b>	<b>106</b>	<b>1.9</b>	<b>1.3</b>	<b>19.8</b>	<b>17.6</b>	<b>0.3</b>	<b>2.2</b>	<b>0.35</b>	<b>17.6</b>	<b>2.6</b>	<b>15.0</b>	<b>42</b>
Tall - Skimmed Milk	599	142	2.6	1.8	26.5	24.0	0.4	2.9	0.45	24.0	3.5	20.5	56
Grande - Skimmed Milk	790	187	4.1	2.9	34.0	30.8	0.6	3.3	0.56	30.8	3.7	27.1	70
<b>BLUEBERRY CHEESECAKE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	810	193	9.0	6.4	24.6	22.0	0.7	3.3	0.36	22.0	3.4	18.5	0
Mini - Semi Skimmed Milk	853	204	10.1	7.1	24.5	21.8	0.7	3.4	0.36	21.8	3.3	18.5	0
<b>Mini - Whole Milk</b>	<b>893</b>	<b>214</b>	<b>11.4</b>	<b>7.9</b>	<b>24.4</b>	<b>21.7</b>	<b>0.7</b>	<b>3.1</b>	<b>0.36</b>	<b>21.7</b>	<b>3.2</b>	<b>18.5</b>	<b>0</b>
Mini - Soy	827	198	10.1	6.6	23.3	20.6	1.0	3.0	0.37	20.6	0.0	20.6	0
Mini - Coconut	826	198	10.9	8.2	23.5	20.6	0.8	1.1	0.33	20.6	0.0	20.6	0
Mini - Almond	778	186	9.7	6.4	23.0	20.2	0.9	1.3	0.33	20.2	0.0	20.2	0
Mini - Oat	928	222	10.7	7.4	28.7	23.1	2.0	1.6	0.38	23.1	0.0	23.1	0
Tall - Skimmed Milk	1015	242	11.2	8.0	30.8	28.0	0.7	4.3	0.46	28.0	4.6	23.3	0
Tall - Semi Skimmed Milk	1073	256	12.8	9.0	30.6	27.8	0.7	4.4	0.46	27.8	4.4	23.3	0
Tall - Whole Milk	1127	269	14.4	10.1	30.5	27.7	0.7	4.1	0.46	27.7	4.3	23.3	0
Tall - Soy	1038	248	12.7	8.2	29.1	26.2	1.2	3.9	0.47	26.2	0.0	26.2	0
Tall - Coconut	1037	248	13.8	10.5	29.3	26.2	0.9	1.3	0.42	26.2	0.0	26.2	0
Tall - Almond	972	232	12.2										

