

STARBUCKS®
Christmas 2017-8
 Fresh & Packaged Food
 Nutritional Information

Product Description	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)	
		Vegetarian	Vegan	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
Toast, Swirl & Buns																					
Luxury Fruit Toast	145	Y	N	1327	1924	314	455	7.1	10.3	2.6	3.8	54.8	79.5	27.2	39.4	3.4	4.9	7.8	11.3	0.37	0.54
Cinnamon Swirl	140	Y	N	1374	1924	326	456	24.9	34.9	4.3	6.0	53.3	74.6	23.5	32.9	2.1	2.9	7.0	9.8	0.80	1.10
Swedish Bun - Cinnamon	100	Y	N	1565	1565	372	372	14.0	14.0	8.0	8.0	52.4	52.5	17.2	17.2	1.7	1.7	8.4	8.4	0.70	0.70
Swedish Bun - Vanilla & Sugar Crunch	100	Y	N	1511	1511	359	359	12.4	12.4	7.8	7.8	53.0	53.0	19.3	19.3	1.7	1.7	8.1	8.1	0.67	0.67
Swedish Bun - Chocolate & Hazelnut	100	Y	N	1570	1570	374	374	14.6	14.6	8.4	8.4	50.8	50.8	15.6	15.6	1.4	1.4	9.1	9.1	0.69	0.69
Bars, Biscuits, Shortbreads																					
Christmas Tree Brownie	75	Y	N	1900	1425	454	341	28.0	21.0	17.0	12.8	47.0	35.3	37.0	27.8	2.6	2.0	5.7	4.3	0.20	0.10
Granola Bar	80	Y	N	1815	1450	435	350	20.0	16.0	7.7	6.2	56.4	45.1	32.3	25.8	4.7	3.8	6.6	5.3	0.40	0.30
Chocolate Brownie	70	Y	N	1780	1245	425	300	28.3	19.8	16.0	11.2	37.2	26.0	31.3	21.9	2.7	1.9	4.9	3.5	0.40	0.30
Choc Chunk Shortbread	97	Y	N	2214	2148	530	514	30.7	29.8	19.4	18.8	57.7	56.0	26.9	26.1	1.5	1.5	6.5	6.3	0.21	0.20
Chocolate Caramel Shortbread	80	Y	N	2085	1668	499	399	27.9	22.3	17.0	13.6	57.5	46.0	33.4	26.7			5.5	4.4	0.33	0.26
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																					
Christmas Pudding Cookie	86	Y	N	2020	1737	483	415	23.8	20.5	16.6	14.3	60.1	51.7	42.6	36.6	2.9	2.5	5.7	4.9	0.48	0.40
Oat Cookie filled with Nutella®	82	Y	N	1954	1602	467	380	22.2	18.2	8.9	7.8	58.7	48.1	36.9	30.3	3.5	2.9	6.3	5.2	0.49	0.40
Milk Choc Chunk Cookie	80	Y	N	2035	1628	486	389	24.2	19.4	15.3	12.2	59.2	47.4	38.0	30.4	2.4	1.9	6.7	5.4	0.38	0.30
Cakes																					
Chocolate Truffle Loaf cake	90	Y	N	1648	1483	394	355	22.3	20.1	6.3	5.7	41.6	37.4	33.4	30.1	3.1	2.8	5.8	5.2	0.60	0.50
Lemon Loaf Cake	90	Y	N	1630	1467	391	352	23.7	21.3	9.8	8.8	39.9	35.9	26.4	23.8	1.2	1.1	4.8	4.3	0.60	0.54
Ginger Loaf Cake	90	Y	N	1535	1382	365	329	11.9	10.7	3.0	2.7	59.8	53.6	39.0	35.1	2.7	2.4	3.3	3.0	0.50	0.50
Maple & Pecan Bundt Cake	70	Y	N	1689	1182	403	282	17.9	12.5	3.5	2.5	56.2	39.3	34.5	24.2	1.0	0.7	3.7	2.6	0.31	0.20
White Chocolate & Raspberry Bundt Cake	76	Y	N	1614	1227	384	292	14.9	11.3	3.9	3.0	58.4	44.4	39.1	29.7	0.9	0.7	3.6	2.7	0.30	0.20
Chocolate Berry Cake	97	Y	N	1668	1618	397	385	16.0	15.5	4.4	4.2	58.7	56.9	45.2	43.9	1.4	1.3	4.7	4.5	0.61	0.60
Mince Pie	108	Y	N	1568	1693	373	403	13.5	14.6	8.2	8.9	57.7	62.3	34.5	37.3	1.8	1.9	4.3	4.6	0.02	0.02
Chocolate Blackout Cake	70	Y	N	1782	1247	426	298	25.8	18.1	8.6	6.0	43.6	30.5	29.3	20.5	6.6	4.6	5.6	3.9	0.50	0.35
Red Velvet Cake	70	Y	N	1572	1100	375	263	16.5	11.6	10.4	7.3	50.6	35.4	38.5	27.0	2.6	1.8	4.8	3.4	0.40	0.30
Salted Caramel Cake	70	Y	N	1713	1199	408	286	22.1	15.5	7.3	5.1	45.2	31.6	29.7	20.8	1.5	1.1	6.0	4.2	0.50	0.35
Muffins																					
Blueberry Muffin	122	Y	N	1622	1979	387	472	19.4	23.6	4.2	5.1	47.1	57.4	21.6	26.3	1.4	1.7	5.4	6.6	0.37	0.45
Salted Caramel Muffin	120	Y	N	1630	1956	389	467	18.5	22.2	3.4	4.1	50.7	60.8	26.2	31.4	0.7	0.8	5.3	6.4	0.45	0.50
Lemon Poppyseed Muffin	130	Y	N	1509	1977	359	470	13.7	17.9	1.6	2.1	53.4	70	32.7	42.8	1.8	2.4	4.7	6.2	0.34	0.45
Chocolate Filled Muffin	118	Y	N	1687	1991	403	476	20.1	23.7	6.87	8.1	48.2	56.9	30.2	35.6	2.3	2.7	6.2	7.3	0.30	0.40
Cranberry & White Chocolate Cheesecake Muffin	125	Y	N	1460	1825	350	438	19.4	24.3	6.75	8.4	38.7	48.4	18.2	22.8	0.8	1.0	4.8	6	0.32	0.40
Pastries																					
Butter Croissant	60	Y	N	1810	1086	435	261	24.1	14.5	15.4	9.2	44.7	26.8	9.7	5.8	9.5	5.7	1.8	1.1	1.20	0.72
Pain au Chocolat	70	Y	N	1830	1281	435	305	24	16.8	15.3	10.7	46.6	32.6	14.8	10.4	9.0	6.3	2.4	1.7	1.05	0.74
Pain aux Raisins	100	Y	N	1370	1370	330	330	14.2	14.2	9	9.0	44.3	44.3	18.9	18.9	6.1	6.1	1.9	1.9	0.79	0.79
Danish Almond Star	75	Y	N	1482	1112	354	266	19	14.3	10	7.5	39	29.3	12	9.0	2.0	1.5	6	4.5	0.80	0.60

STARBUCKS®
Christmas 2017-8
 Fresh & Packaged Food
 Nutritional Information

Product Description	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)	
		Vegetarian	Vegan	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
PACKAGED ITEMS																					
Yoghurts & Fruit																					
Fruit Mix	160	Y	Y	219	350	51	82	0.3	0.5	0.0	0.0	11.7	18.7	11.2	17.9	2.3	3.7	0.9	1.4	0.01	0.00
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 Crunch (Berry compote granola)	160	Y	N	545	873	130	207	4.1	6.5	1.6	2.5	16.0	26.0	11.0	18.0	1.9	3.0	6.1	9.8	0.14	0.23
Smoothie Bowls & Oatmeal Pots																					
Mango & Coconut Smoothie Bowl	173	Y	N	496	858	119	206	7.0	12.1	6.3	10.9	11.6	20.0	7.9	13.6	2.2	3.8	1.5	2.6	0.03	0.06
Blueberry, Acai and Puffed Quinoa Smoothie Bowl	173	Y	N	368	637	87	151	1.6	2.8	1.1	1.9	16.8	29.1	8.5	14.6	1.1	1.9	0.8	1.3	0.02	0.03
Classic Oatmeal	300	Y	N	425	1275	101	303	3.2	9.6	1.5	4.5	13.0	39.0	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	11.0	33.0	1.1	3.3	1.5	4.5	2.8	8.4	0.04	0.12
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	202	N	N	913	1845	217	438	10.4	21.1	3.7	7.4	19.6	39.7	0.8	1.6	0.8	1.7	12.6	25.4	1.2	2.43
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	125	N	N	1042	1302	247	308	7.9	9.9	2.9	3.6	29.9	37.4	0.6	0.8	1.5	1.8	15.7	19.6	1.92	2.4
Filled Croissants																					
Croissant Cheddar and Mushroom	156	Y	N	1286	2006	308	480	16	24	10	16	31	49	2.1	3.2	2.0	3.1	9.2	14	1.1	1.8
Ham and Cheddar Croissant	161	N	N	1293	2082	309	497	15	23	9	15	30	48	1.7	2.7	1.7	2.7	14	23	1.7	2.7
Poached Egg & Hollandaise Croissant Bun	170	Y	N	1232	2094	295	502	17	29	8.5	14	26	44	6.1	10	1.6	2.6	9.4	16	0.98	1.7
Toasties																					
Ham and Cheese Toastie	151	N	N	1020	1540	244	368	11	16	6.2	9.4	23	34	1.1	1.7	1.7	2.6	13	20	1.3	2.0
Triple Cheese Toastie	131	Y	N	1289	1688	309	405	17	22	10	13	25	32	0.6	0.8	1.7	2.2	14	18	1.1	1.4
Mini Grilled Cheese and Ham Toastie	126	N	N	1054	1323	252	318	12.0	14.5	6.9	8.7	19.0	23.7	2.4	3.0	1.4	1.8	18.0	22.1	1.8	2.3
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	13	24	1.1	2.0
Sandwiches, Wraps & Baguettes																					
Sure as Eggs is Eggs	193	Y	N	992	1915	238	459	13	25	1.9	3.7	17	33	1.2	2.3	3.3	6.4	10	19	0.7	1.40
Buttermilk Chicken & Chipotle Wrap	265	N	N	775	2054	184	488	5.0	13	1.4	3.8	24	64	6.2	17	2.2	5.8	9.2	24	0.93	2.5
Kale Jalapeno & Slaw Wrap	268	Y	Y	760	2033	181	484	5.8	16	1.9	5.2	25	68	4.9	13	2.4	6.4	5.5	15	0.55	1.5
PLT Thinbread Sandwich	189	N	N	900	1701	214	404	8.3	16	2.0	3.7	24	46	2.7	5	2.0	3.7	9.6	18	0.80	1.5
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
Three Cheeses & Cranberry Panini	188	Y	N	1160	2180	277	520	12	22	5.7	11	31	59	4.9	9.2	2.3	4.3	9.8	19	0.78	1.4
Turkey Club Flatbread	210	N	N	971	1019	231	484	9.4	20	1.8	3.9	25	52	4.2	8.9	2.1	4.4	10.9	23	0.78	1.6
Turkey Feast Panini	195	N	N	939	1832	223	435	6.3	12	2.0	4.0	27	52	3.3	6.4	1.5	2.9	14	27	1.1	2.2
Hot Boxes																					
Super Scrambled Eggs, Tomato & Spinach	211	Y	N	416	878	100	211	6.6	14	1.5	3.2	3	7	1.1	2	0.7	1.5	6.7	14	0.68	1.40
Spicy Chorizo, Poached Egg & Potato	207	N	N	628	1301	151	312	9.1	19	3.2	6.7	8	17	0.3	0.6	2.3	4.6	7.3	17	0.66	1.40
Firecracker Chicken & Giant Cous Cous	307	N	N	618	1897	146	448	1.5	5	0.3	1	22.4	69	3.1	9.5	1.7	5.2	9.9	30	0.4	1.2
Pulled Beef, Chilli & Rice	301	N	N	434	1306	103	310	2	5	0.4	1.1	15	46	4.2	12.6	1.7	5.1	6	17	0.20	0.70
Courgetti, Broccoli, Halloumi & Cous Cous	300	Y	N	500	1500	119	357	9	9	1.7	5.1	18	54	3.1	9.3	2.2	6.6	4	11	0.30	0.90
Boston Beans with Pulled Pork & Potato Rosti	213	N	N	556	1184	133	283	5.5	11.7	1.4	2.9	11.8	25.1	2.5	5.3	2.6	5.5	7.7	16.4	0.83	1.80
Sweet Potato Wedges & Chilli Beef	270	N	N	553	1493	132	356	4	11	1.2	3.1	16	43	9.9	26.7	4.2	11.3	6	15	0.6	1.5
Salads																					
Buttermilk Chicken & Mango Salad	310	N	N	507	1470	121	351	4.7	14	0.6	1.7	12	35	1.4	4.1	3.0	8.7	5.9	17	0.30	0.80
Grilled Veg & Grain Salad Bowl	355	Y	Y	356	1264	85	302	3.9	14	0.4	1.2	7.3	26	1.7	6	2.1	7.5	4.1	15	0.50	1.8
Blackened Chicken Snack Pot	125	N	N	639	799	153	191	7.6	9.5	1.6	2.0	8.3	10	2.8	3.5	1.4	1.8	12	15	0.63	0.79

STARBUCKS®
Christmas 2017-8
 Fresh & Packaged Food
 Nutritional Information

Product Description	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)	
		Vegetarian	Vegan	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 Raw Raspberry & Nut Bar	55	Y	Y	1415	778	337	185	7.4	4.1	1.1	0.6	59.6	32.8	43.9	24.1	6.0	3.3	6.0	3.3	0.05	0.03
Starbucks Peanut and Cashew Bar	45	Y	Y	1943	875	466	209	27.6	12.4	6.5	2.9	36.1	16.2	22.9	10.3	8.2	3.7	15.7	7.1	0.33	0.15
Starbucks Sugar-Free Peppermints		Y	Y	1008	15	242	4	0.6	0.0	0.5	0.0	99.0	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Starbucks Dark Chocolate Bar	40	Y	N	2461	984	594	238	46.3	18.5	29.2	11.7	32.2	12.9	27.0	10.8	10.7	4.3	6.7	2.7	0.00	0.00
Starbucks Milk Chocolate Bar	30	Y	N	2365	709	567	170	36.5	10.9	23.0	6.9	52.7	15.8	51.8	15.5	1.9	0.6	6.2	1.9	0.30	0.08
Starbucks Shortbread Biscuits	50	Y	N	2245	1123	538	269	32.0	16.0	20.0	10.0	57.0	28.5	19.0	9.5	1.6	0.8	5.4	2.7	0.71	0.36
Starbucks Ginger Biscuits	50	Y	N	1926	963	459	230	17.3	8.7	6.7	3.4	70.0	35.0	38.0	19.0	1.8	0.9	4.8	2.4	0.66	0.33
Starbucks Almonds, Cashews, Cranberries & Yellow Raisins	40	Y	N	1950	780	466	187	23.6	9.5	2.9	1.2	49.7	19.9	34.2	13.7	6.0	2.4	10.8	4.3	0.02	0.00
Starbucks Smoked Almonds	40	Y	N	2350	940	567	227	49.0	19.6	3.8	1.5	11.1	4.4	5.4	2.2	0.7	0.3	20.3	8.1	1.40	0.56
Starbucks Biscotti	45	Y	N	1870	842	447	201	17.5	7.9	3.9	1.8	61.9	27.9	33.7	15.2	4.5	2.0	10.3	4.6	0.21	0.10
Chococaramel, Choc, Caramel & Nuts bar	60	Y	N	1858	1115	446	268	23.5	14.1	13.2	7.9	51.2	30.8	45.0	27.0			6.5	3.9	0.03	0.19
Starbucks Caramel Waffles	78	Y	N	1916	1494	457	356	21.0	16.4	12.0	9.4	63.0	49.0	34.0	26.5	1.0	0.8	3.5	2.7	0.60	0.50
Starbucks Mini Caramel Waffles		Y	N	1899		453		21.0		12.0		62.0		35.0		1.0		3.5		0.60	
Starbucks Chocolate Caramel Shortbread	66	Y	N	2106	1390	504	333	27.6	18.2	16.0	10.6	58.6	8.7	41.3	27.3	1.5	1.0	4.5	3.0	0.51	0.34
Starbucks Chocolate Coin	44	Y	N	2180	501	521	120	28.0	6.4	17.0	3.9	60.0	13.8	58.7	13.6	3.0	0.7	6.1	1.4	0.12	0.03
"Nice" All Butter Shortbread Biscuits	40	Y	N	2157	863	515	206	27	11	17	6.8	61	24	18	7.3	1.9	0.8	6.2	2.5	0.60	0.24
"Naughty" Double Chocolate & Chilli Biscuits	40	Y	N	1985	794	474	190	21	8.4	13	5.2	63	25	29	11	4.2	1.7	6.1	2.4	0.70	0.28
Gingerbread Cookie Decorating Kit	90	Y	N	1632	1469	388	350	10	9.1	5.3	4.7	73	65	42	38	1.3	1.2	3.5	3.2	0.50	0.40
Strawberry Flavour 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
Reindeer Lolly	25	Y	N	2258	565	540	135	31.4	7.9	19.6	4.9	57.5	14.4	56.8	14.2	1.5	0.4	6.4	1.6	0.20	0.05
Snowman Lolly	25	Y	N	2253	563	538	135	30.3	7.6	18.9	4.7	58.5	14.6	58.1	14.5	0.2	0.1	7.5	1.9	0.04	0.01
Mixed Christmas Jumper Gingerbread Biscuit Snowman & Christmas Tree	35	Y	N	1575	551	375	131	7.5	2.6	4.6	1.6	74.0	25.9	47.0	16.5	1.2	0.4	3.5	1.2	0.48	0.17
Chocolate Peanut Slices	115	Y	N	2239	425	539	102	32	6.1	6.4	1.2	56	11	45	8.6	1.8	0.3	5.6	1.1	0.36	0.07
White Chocolate Rocky Road Slices	115	N	N	2230	424	533	101	32	6.1	17	3.2	57	11	48	9.1	1.5	0.3	5.4	1.0	0.24	0.05