



**Holiday FY19 Starbucks Beverage Nutrition Information \***

**HOT BEVERAGES**

**ESPRESSO & FILTER COFFEE**

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

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Short - 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

**VANILLA LATTE (made with Semi Skimmed Milk and regular Vanilla Flavour Syrup as standard)**

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

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

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	0.0	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	0.0	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	0.0	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	114												



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Tall	10	2	0.1	0.0	0.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	229
Grande	13	3	0.1	0.0	0.0	0.0	0.0	0.6	0.00	0.0	0.0	0.0	308
Venti	16	4	0.1	0.0	0.0	0.0	0.0	0.7	0.10	0.0	0.0	0.0	387
<b>ESPRESSO</b>													
Solo	24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75
Doppio	48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150
<b>ESPRESSO CON PANNA (made with Whipped Cream as standard)</b>													
Solo	265	64	5.8	4.2	2.4	1.4	0.0	0.7	0.00	1.4	1.4	1.4	75
Doppio	333	80	6.8	4.9	3.6	1.6	0.0	1.1	0.00	1.6	1.6	1.6	150
<b>CORTADO (made with Whole Milk as standard)</b>													
Skimmed Milk	187	44	0.1	0.0	6.8	4.8	0.0	4.0	0.10	4.8	4.8	0.0	157
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



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Venti - 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 - Skimmed Milk	269	63	0.2	0.0	9.6	7.6	0.0	5.9	0.15	7.6	7.6	0.0	150
Short - Semi Skimmed Milk	365	87	2.7	1.7	9.3	7.3	0.0	6.2	0.15	7.3	7.3	0.0	150
<b>Short - Whole Milk</b>	<b>453</b>	<b>108</b>	<b>5.5</b>	<b>3.5</b>	<b>9.1</b>	<b>7.2</b>	<b>0.0</b>	<b>5.6</b>	<b>0.15</b>	<b>7.2</b>	<b>7.2</b>	<b>0.0</b>	150
Short - Soy	306	73	2.6	0.5	6.7	4.7	0.8	5.3	0.17	4.7	0.0	4.7	150
Short - Coconut	305	73	4.4	4.1	7.2	4.7	0.3	1.0	0.08	4.7	0.0	4.7	150
Short - Almond	197	47	1.8	0.2	5.9	3.8	0.5	1.5	0.09	3.8	0.0	3.8	150
Short - Oat	531	126	4.1	2.4	18.6	10.2	3.1	2.2	0.20	10.2	0.0	10.2	150
<b>CARAMEL MACCHIATO (made with Semi Skimmed Milk, regular Vanilla Flavour 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
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>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>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



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Short - Coconut	598	144	9.6	7.4	13.2	12.4	1.3	0.5	0.07	12.4	0.0	12.4	11
Short - Almond	528	127	7.9	4.8	12.4	11.8	1.4	0.8	0.08	11.8	0.0	11.8	11
Short - Oat	745	178	9.4	6.3	20.7	15.9	3.1	1.3	0.15	15.9	0.0	15.9	11
Tall - Skimmed Milk	851	203	8.4	5.8	23.9	23.1	1.6	7.2	0.22	23.1	10.0	13.0	15
Tall - Semi Skimmed Milk	978	234	11.8	8.0	23.5	22.7	1.6	7.6	0.22	22.7	9.6	13.0	15
Tall - Whole Milk	1094	262	15.4	10.4	23.3	22.5	1.6	6.8	0.22	22.5	9.4	13.0	15
Tall - Soy	900	215	11.6	6.4	20.1	19.3	2.6	6.4	0.24	19.3	0.0	19.3	15
Tall - Coconut	899	216	14.0	11.2	20.7	19.3	2.0	0.8	0.13	19.3	0.0	19.3	15
Tall - Almond	757	181	10.6	6.0	19.1	18.1	2.2	1.4	0.14	18.1	0.0	18.1	15
Tall - Oat	1196	286	13.6	9.0	35.8	26.5	5.6	2.4	0.28	26.5	0.0	26.5	15
Grande - Skimmed Milk	1037	247	9.9	6.8	29.9	28.8	2.1	8.6	0.27	28.8	12.0	16.8	20
Grande - Semi Skimmed Milk	1188	284	14.0	9.4	29.4	28.3	2.1	9.1	0.27	28.3	11.5	16.8	20
Grande - Whole Milk	1327	318	18.3	12.3	29.2	28.1	2.1	8.1	0.27	28.1	11.3	16.8	20
Grande - Soy	1095	262	13.7	7.5	25.3	24.2	3.3	7.6	0.29	24.2	0.0	24.2	20
Grande - Coconut	1094	263	16.6	13.3	26.1	24.2	2.5	0.9	0.16	24.2	0.0	24.2	20
Grande - Almond	924	221	12.5	7.0	24.1	22.8	2.8	1.6	0.17	22.8	0.0	22.8	20
Grande - Oat	1449	347	16.1	10.6	44.1	32.9	6.9	2.8	0.34	32.9	0.0	32.9	20
Venti - Skimmed Milk	1255	299	10.4	7.1	38.3	36.9	2.5	11.8	0.36	36.9	16.6	20.3	24
Venti - Semi Skimmed Milk	1464	350	16.0	10.7	37.6	36.3	2.5	12.4	0.36	36.3	16.0	20.3	24
Venti - Whole Milk	1657	397	22.0	14.7	37.3	35.9	2.5	11.1	0.36	35.9	15.6	20.3	24
Venti - Soy	1335	319	15.7	8.0	32.0	30.6	4.2	10.4	0.39	30.6	0.0	30.6	24
Venti - Coconut	1334	320	19.7	16.0	33.0	30.6	3.2	1.1	0.21	30.6	0.0	30.6	24
Venti - Almond	1099	263	14.1	7.4	30.3	28.6	3.5	2.1	0.23	28.6	0.0	28.6	24
Venti - Oat	1826	436	19.0	12.4	57.9	42.6	9.2	3.8	0.46	42.6	0.0	42.6	24

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

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

**TEAVANA™ TEAS**

**TEAVANA™ FULL LEAF TEAS**

**ENGLISH BREAKFAST Black Tea**

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

**EARL GREY Black Tea Blend**

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

**HIBISCUS Flavoured Herbal Blend**

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

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

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

**MINT CITRUS Flavoured Green Tea Blend**

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

**YOUTHBERRY™ White Tea Blend**

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

**CHAI Spiced Black Tea Blend**

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

**JASMINE PEARLS Scented Green Tea**

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

**MINT BLEND Herbal Blend**

Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>KJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
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>													
Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
<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
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>CLASSIC 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							



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Venti - Soy	1219	289	4.9	0.9	50.0	49.9	4.4	8.9	0.34	49.9	0.0	49.9	115
Venti - Coconut	1218	289	8.3	7.7	50.9	49.9	3.6	0.9	0.18	49.9	0.0	49.9	115
Venti - Almond	1017	241	3.5	0.3	48.6	48.2	3.8	1.8	0.20	48.2	0.0	48.2	115
Venti - Oat	1638	389	7.8	4.5	72.2	60.1	8.7	3.2	0.40	60.1	0.0	60.1	115

**ADD-INS**

**ADD-INS**

**WHIPPED CREAM**

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

**FLAVOUR SYRUP**

1 Pump - 1/4 fl oz - 10 g	95	22	0.0	0.0	5.6	5.4	0.0	0.0	0.00	5.4	0.0	5.4	0
2 Pumps - 1/2 fl oz - 20 g	190	45	0.0	0.0	11.2	10.8	0.0	0.0	0.01	10.8	0.0	10.8	0
3 Pumps - 3/4 fl oz - 30 g	286	67	0.0	0.0	16.8	16.2	0.0	0.0	0.01	16.2	0.0	16.2	0
4 Pumps - 1 fl oz - 40 g	381	90	0.0	0.0	22.4	21.6	0.0	0.0	0.01	21.6	0.0	21.6	0

**SUGAR FREE FLAVOUR SYRUP**

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

**BAR MOCHA SAUCE**

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

**DRIZZLES**

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

**COLD BEVERAGES**

**COLD CRAFT**

**COLD BREW**

Tall	3	1	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	148
Grande	4	1	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	207
Venti	5	1	0.0	0.0	0.0	0.0	0.0	0.2	0.00	0.0	0.0	0.0	266

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

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

**ICED CAPPUCCINO with COLD FOAM**

Tall	243	57	0.1	0.0	10.9	8.9	0.0	3.3	0.10	8.9	3.8	5.1	150
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

**NITRO COLD BREW**

10 oz	16	4	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	166
Tall	17	4	0.0	0.0	0.0	0.0	0.0	0.2	0.00	0.0	0.0	0.0	244

**NITRO COLD BREW with COLD FOAM**

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

**NITRO COLD BREW with CARAMEL COLD FOAM**

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

**ICED COFFEE**

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

Tall - Skimmed Milk	313	74	0.2	0.0	11.1	9.1	0.0	6.9	0.18	9.1	9.1	0.0	150
<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



### Holiday FY19 Starbucks Beverage Nutrition Information \*

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Venti - 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 CAFFÈ AMERICANO</b>													
Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150
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 CAFFÈ 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
Venti - Skimmed Milk	1415	338	15.0	10.4	38.8	34.4	2.5	10.6	0.30	34.4	13.0	21.4	249
Venti - Semi Skimmed Milk	1579	378	19.4	13.3	38.3	33.9	2.5	11.2	0.30	33.9	12.5	21.4	249
Venti - Whole Milk	1731	415	24.1	16.4	38.0	33.6	2.5	10.1	0.30	33.6	12.3	21.4	249
Venti - Soy	1478	354	19.2	11.2	33.8	29.5	3.8	9.6	0.32	29.5	0.0	29.5	249
Venti - Coconut	1477	354	22.3	17.5	34.6	29.5	3.1	2.3	0.18	29.5	0.0	29.5	249
Venti - Almond	1293	310	17.9	10.7	32.5	27.9	3.3	3.1	0.19	27.9	0.0	27.9	249
Venti - Oat	1863	446	21.8	14.6	54.2	38.9	7.8	4.4	0.38	38.9	0.0	38.9	249
<b>ICED CARAMEL MACCHIATO (made with Semi Skimmed Milk, regular Vanilla Flavour 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
Venti - Almond	722	171	3.9	0.7	31.3	27.4	0.8	2.4	0.18	27.4	0.0	27.4	225
Venti - Oat	1292	307	7.8	4.6	52.9	38.3	5.2	3.7	0.36	38.3	0.0	38.3	225
<b>ICED TEAVANA™ TEA LATTES</b>													
<b>ICED MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	306	72	0.3	0.0	10.3	9.2	0.7	6.8	0.18	9.2	9.2	0.0	60
<b>Tall - Semi Skimmed Milk</b>	<b>421</b>	<b>100</b>	<b>3.4</b>	<b>2.0</b>	<b>9.9</b>	<b>8.8</b>	<b>0.7</b>	<b>7.1</b>	<b>0.18</b>	<b>8.8</b>	<b>8.8</b>	<b>0.0</b>	<b>60</b>
Tall - Whole Milk	527	126	6.7	4.2	9.7	8.6	0.7	6.4	0.18	8.6	8.6	0.0	60
Tall - Soy	350	83	3.2	0.6	6.8	5.7	1.7	6.1	0.20	5.7	0.0	5.7	60
Tall - Coconut	349	84	5.4	4.9	7.4	5.7	1.1	0.9	0.10	5.7	0.0	5.7	60
Tall - Almond	220	53	2.3	0.2	5.9	4.6	1.3	1.5	0.11	4.6	0.0	4.6	60
Tall - Oat	619	148	5.0	2.9	21.0	12.3	4.4	2.4	0.24	12.3	0.0	12.3	60
Grande - Skimmed Milk	394	93	0.4	0.1	13.2	11.6	1.1	8.7	0.23	11.6	11.6	0.0	90
Grande - Semi Skimmed Milk	539	128	4.3	2.6	12.8	11.1	1.1	9.1	0.23	11.1	11.1	0.0	90
Grande - Whole Milk	672	161	8.4	5.3	12.5	10.9	1.1	8.2	0.23	10.9	10.9	0.0	90
Grande - Soy	450	107	4.0	0.7	8.9	7.2	2.3	7.8	0.25	7.2	0.0	7.2	90
Grande - Coconut	448	108	6.8	6.2	9.5	7.2	1.6	1.3	0.13	7.2	0.0	7.2	90
Grande - Almond	286	68	2.9	0.3	7.7	5.8	1.8	2.0	0.14	5.8	0.0	5.8	90
Grande - Oat	789	188	6.3	3.7	26.8	15.5	5.7	3.2	0.30	15.5	0.0	15.5	90



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Venti - 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 INFUSED ICED TEAS</b>													
<b>PEACH CITRUS GREEN TEA (made with Lemonade and Simple Syrup as standard)</b>													
Tall	206	48	0.1	0.0	11.9	11.9	0.1	0.1	0.00	11.9	0.0	11.9	20-25
Grande	272	64	0.1	0.0	15.8	15.8	0.1	0.1	0.00	15.8	0.0	15.8	25-30
Venti	341	80	0.1	0.0	19.8	19.7	0.1	0.1	0.00	19.7	0.0	19.7	35-40
<b>UNSWEETENED PEACH CITRUS GREEN TEA (unsweetened - made without Lemonade and Simple Syrup as standard)</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	20-25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	25-30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	35-40
<b>STRAWBERRY BLACK TEA (made with Lemonade and Simple Syrup as standard)</b>													
Tall	206	48	0.1	0.0	11.9	11.9	0.1	0.1	0.00	11.9	0.0	11.9	20-25
Grande	272	64	0.1	0.0	15.8	15.8	0.1	0.1	0.00	15.8	0.0	15.8	25-30
Venti	341	80	0.1	0.0	19.8	19.7	0.1	0.1	0.00	19.7	0.0	19.7	35-40
<b>UNSWEETENED STRAWBERRY BLACK TEA (unsweetened - made without Lemonade and Simple Syrup as standard)</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	20-25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	25-30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	35-40
<b>PINEAPPLE GREEN TEA (made with Lemonade and Simple Syrup as standard)</b>													
Tall	206	48	0.1	0.0	11.9	11.9	0.1	0.1	0.00	11.9	0.0	11.9	20-25
Grande	272	64	0.1	0.0	15.8	15.8	0.1	0.1	0.00	15.8	0.0	15.8	25-30
Venti	341	80	0.1	0.0	19.8	19.7	0.1	0.1	0.00	19.7	0.0	19.7	35-40
<b>UNSWEETENED PINEAPPLE GREEN TEA (unsweetened - made without Lemonade and Simple Syrup as standard)</b>													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	20-25
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	25-30
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	35-40
<b>TEAVANA™ SHAKEN ICED TEAS</b>													
<b>FLAVOURED ICED TEA LEMONADES</b>													
<b>MANGO BLACK TEA LEMONADE</b>													
Tall	352	83	0.1	0.0	20.4	19.8	0.1	0.1	0.0	19.8	0.0	19.8	20-25
Grande	469	110	0.1	0.0	27.1	26.3	0.2	0.1	0.0	26.3	0.0	26.3	25-30
Venti	581	137	0.2	0.0	33.6	32.6	0.2	0.2	0.0	32.6	0.0	32.6	35-40
<b>ICED TEA LEMONADES</b>													
<b>BLACK TEA LEMONADE</b>													
Tall	147	35	0.1	0.0	8.3	8.3	0.1	0.1	0.0	8.3	0.0	8.3	20-25
Grande	196	46	0.1	0.0	11.1	11.1	0.1	0.1	0.0	11.1	0.0	11.1	25-30
Venti	240	56	0.2	0.0	13.6	13.6	0.2	0.2	0.0	13.6	0.0	13.6	35-40
<b>GREEN TEA LEMONADE</b>													
Tall	147	35	0.1	0.0	8.3	8.3	0.1	0.1	0.0	8.3	0.0	8.3	20-25
Grande	196	46	0.1	0.0	11.1	11.1	0.1	0.1	0.0	11.1	0.0	11.1	25-30
Venti	240	56	0.2	0.0	13.6	13.6	0.2	0.2	0.0	13.6	0.0	13.6	35-40





**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>KJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
<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
Tall - Skimmed Milk	623	147	0.1	0.0	33.8	33.5	0.0	2.7	0.40	33.5	4.0	29.5	65
Tall - Semi Skimmed Milk	673	159	1.4	0.9	33.6	33.4	0.0	2.9	0.40	33.4	3.8	29.5	65
Tall - Whole Milk	720	170	2.9	1.8	33.5	33.3	0.0	2.6	0.40	33.3	3.8	29.5	65
Tall - Soy	642	152	1.4	0.2	32.2	32.0	0.4	2.4	0.41	32.0	0.0	32.0	65
Tall - Coconut	642	152	2.3	2.2	32.5	32.0	0.2	0.2	0.36	32.0	0.0	32.0	65
Tall - Almond	586	138	1.0	0.1	31.8	31.5	0.2	0.4	0.37	31.5	0.0	31.5	65
Tall - Oat	760	180	2.2	1.3	38.5	34.9	1.6	0.8	0.42	34.9	0.0	34.9	65
Grande - Skimmed Milk	858	202	0.1	0.0	47.0	46.6	0.0	3.3	0.55	46.6	4.8	41.8	92
Grande - Semi Skimmed Milk	919	217	1.8	1.1	46.8	46.4	0.0	3.5	0.55	46.4	4.7	41.8	92
Grande - Whole Milk	975	231	3.5	2.2	46.7	46.3	0.0	3.1	0.55	46.3	4.6	41.8	92
Grande - Soy	882	208	1.7	0.3	45.1	44.8	0.5	2.9	0.56	44.8	0.0	44.8	92
Grande - Coconut	881	208	2.8	2.6	45.4	44.8	0.2	0.2	0.50	44.8	0.0	44.8	92
Grande - Almond	813	192	1.2	0.1	44.6	44.2	0.3	0.5	0.51	44.2	0.0	44.2	92
Grande - Oat	1025	242	2.6	1.6	52.7	48.3	1.9	1.0	0.58	48.3	0.0	48.3	92
<b>CARAMEL FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Caramel Drizzle as standard)</b>													
Mini - Skimmed Milk	827	197	7.9	5.6	29.2	28.8	0.0	2.2	0.29	28.8	2.6	26.2	42
Mini - Semi Skimmed Milk	860	205	8.8	6.2	29.1	28.7	0.0	2.3	0.29	28.7	2.5	26.2	42
<b>Mini - Whole Milk</b>	<b>890</b>	<b>212</b>	<b>9.7</b>	<b>6.8</b>	<b>29.1</b>	<b>28.6</b>	<b>0.0</b>	<b>2.1</b>	<b>0.29</b>	<b>28.6</b>	<b>2.4</b>	<b>26.2</b>	<b>42</b>
Mini - Soy	840	200	8.7	5.8	28.3	27.8	0.3	2.0	0.30	27.8	0.0	27.8	42
Mini - Coconut	839	200	9.4	7.0	28.4	27.8	0.1	0.6	0.27	27.8	0.0	27.8	42
Mini - Almond	803	191	8.5	5.7	28.0	27.5	0.2	0.7	0.27	27.5	0.0	27.5	42
Mini - Oat	916	218	9.3	6.4	32.3	29.6	1.0	1.0	0.31	29.6	0.0	29.6	42
Tall - Skimmed Milk	1145	272	9.7	6.9	42.9	42.3	0.0	3.2	0.44	42.3	4.0	38.4	64
Tall - Semi Skimmed Milk	1195	284	11.1	7.8	42.8	42.2	0.0	3.4	0.44	42.2	3.8	38.4	64
Tall - Whole Milk	1241	296	12.5	8.7	42.7	42.1	0.0	3.1	0.44	42.7	3.7	38.4	64
Tall - Soy	1164	277	11.0	7.2	41.4	40.8	0.4	2.9	0.44	40.8	0.0	40.8	64
Tall - Coconut	1164	277	12.0	9.0	41.7	40.8	0.2	0.7	0.40	40.8	0.0	40.8	64
Tall - Almond	1108	264	10.6	7.0	41.0	40.3	0.2	0.9	0.40	40.3	0.0	40.3	64
Tall - Oat	1281	305	11.8	8.2	47.6	43.7	1.6	1.3	0.46	43.7	0.0	43.7	64
Grande - Skimmed Milk	1570	373	13.4	9.5	59.2	58.4	0.0	4.0	0.60	58.4	4.8	53.6	91
Grande - Semi Skimmed Milk	1630	388	15.0	10.6	59.0	58.2	0.0	4.2	0.60	58.2	4.6	53.6	91
Grande - Whole Milk	1686	402	16.7	11.7	58.9	58.1	0.0	3.8	0.60	58.1	4.5	53.6	91
Grande - Soy	1593	379	14.9	9.8	57.4	56.6	0.5	3.6	0.60	56.6	0.0	56.6	91
Grande - Coconut	1593	379	16.1	12.1	57.7	56.6	0.2	0.9	0.55	56.6	0.0	56.6	91
Grande - Almond	1524	363	14.4	9.6	56.9	56.0	0.3	1.2	0.56	56.0	0.0	56.0	91
Grande - Oat	1735	413	15.9	11.1	64.9	60.1	1.9	1.7	0.62	60.1	0.0	60.1	91
<b>MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	755	180	7.5	5.4	25.8	25.5	0.3	2.2	0.27	25.5	2.6	22.9	45
Mini - Semi Skimmed Milk	788	188	8.4	5.9	25.7	25.4	0.3	2.3	0.27	25.4	2.5	22.9	45
<b>Mini - Whole Milk</b>	<b>818</b>	<b>195</b>	<b>9.3</b>	<b>6.5</b>	<b>25.7</b>	<b>25.3</b>	<b>0.3</b>	<b>2.1</b>	<b>0.27</b>	<b>25.3</b>	<b>2.4</b>	<b>22.9</b>	<b>45</b>
Mini - Soy	768	183	8.3	5.5	24.8	24.5	0.6	2.0	0.28	24.5	0.0	24.5	45
Mini - Coconut	767	183	9.0	6.8	25.0	24.5	0.4	0.5	0.25	24.5	0.0	24.5	45
Mini - Almond	731	174	8.1	5.4	24.6	24.2	0.5	0.7	0.25	24.2	0.0	24.2	45
Mini - Oat	844	201	8.8	6.2	28.9	26.4	1.3	0.9	0.29	26.4	0.0	26.4	45
Tall - Skimmed Milk	1044	249	9.4	6.7	37.6	37.1	0.4	3.1	0.40	37.1	3.8	33.3	66
Tall - Semi Skimmed Milk	1092	260	10.7	7.6	37.4	37.0	0.4	3.2	0.40	37.0	3.6	33.3	66
Tall - Whole Milk	1136	271	12.1	8.5	37.4	36.9	0.4	2.9	0.40	36.9	3.6	33.3	66
Tall - Soy	1063	253	10.7	7.0	36.1	35.7	0.8	2.8	0.41	35.7	0.0	35.7	66
Tall - Coconut	1062	253	11.6	8.8	36.4	35.7	0.6	0.7	0.37	35.7	0.0	35.7	66
Tall - Almond	1009	240	10.3	6.8	35.8	35.2	0.7	0.9	0.37	35.2	0.0	35.2	66
Tall - Oat	1175	280	11.4	7.9	42.1	38.4	2.0	1.3	0.42	38.4	0.0	38.4	66
Grande - Skimmed Milk	1425	339	13.2	9.4	51.1	50.4	0.6	3.8	0.54	50.4	4.5	45.9	91
Grande - Semi Skimmed Milk	1481	353	14.7	10.4	50.9	50.2	0.6	3.9	0.54	50.2	4.3	45.9	91
Grande - Whole Milk	1533	366	16.3	11.5	50.8	50.2	0.6	3.6	0.54	50.2	4.2	45.9	91
Grande - Soy	1446	345	14.6	9.7	49.4	48.7	1.0	3.4	0.55	48.7	0.0	48.7	91
Grande - Coconut	1446	345	15.7	11.8	49.6	48.7	0.8	0.9	0.50	48.7	0.0	48.7	91
Grande - Almond	1383	330	14.2	9.5	48.9	48.2	0.9	1.2	0.50	48.2	0.0	48.2	91
Grande - Oat	1579	376	15.5	10.8	56.4	51.9	2.4	1.6	0.56	51.9	0.0	51.9	91
<b>ESPRESSO FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)</b>													
Mini - Skimmed Milk	417	98	0.1	0.0	22.4	21.7	0.0	2.0	0.26	21.7	2.6	19.1	87
Mini - Semi Skimmed Milk	449	106	0.9	0.6	22.3	21.6	0.0	2.1	0.26	21.6	2.5	19.1	87
<b>Mini - Whole Milk</b>	<b>479</b>	<b>113</b>	<b>1.9</b>	<b>1.2</b>	<b>22.3</b>	<b>21.5</b>	<b>0.0</b>	<b>1.9</b>	<b>0.26</b>	<b>21.5</b>	<b>2.4</b>	<b>19.1</b>	<b>87</b>
Mini - Soy	429	101	0.9	0.2	21.4	20.7	0.3	1.8	0.26	20.7	0.0	20.7	87
Mini - Coconut	429	101	1.5	1.4	21.6	20.7	0.1	0.3	0.23	20.7	0.0	20.7	87
Mini - Almond	392	93	0.6	0.1	21.2	20.4	0.2	0.5	0.24	20.4	0.0	20.4	87



### Holiday FY19 Starbucks Beverage Nutrition Information \*

	kj	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Mini - Oat	505	119	1.4	0.8	25.5	22.5	1.0	0.7	0.27	22.5	0.0	22.5	87
Tall - Skimmed Milk	576	135	0.1	0.0	31.0	29.9	0.0	2.7	0.36	29.9	3.6	26.4	121
Tall - Semi Skimmed Milk	621	146	1.3	0.8	30.8	29.8	0.0	2.9	0.36	29.8	3.4	26.4	121
Tall - Whole Milk	662	157	2.6	1.6	30.8	29.7	0.0	2.6	0.36	29.7	3.4	26.4	121
Tall - Soy	593	140	1.2	0.2	29.6	28.6	0.4	2.4	0.36	28.6	0.0	28.6	121
Tall - Coconut	593	140	2.1	1.9	29.8	28.6	0.1	0.4	0.32	28.6	0.0	28.6	121
Tall - Almond	542	128	0.9	0.1	29.3	28.2	0.2	0.7	0.33	28.2	0.0	28.2	121
Tall - Oat	698	165	1.9	1.1	35.2	31.2	1.4	1.0	0.38	31.2	0.0	31.2	121
Grande - Skimmed Milk	828	195	0.1	0.0	45.1	43.9	0.0	3.4	0.52	43.9	4.6	39.4	149
Grande - Semi Skimmed Milk	885	209	1.7	1.0	44.9	43.8	0.0	3.6	0.52	43.8	4.4	39.4	149
Grande - Whole Milk	938	222	3.3	2.1	44.8	43.7	0.0	3.2	0.52	43.7	4.3	39.4	149
Grande - Soy	850	200	1.6	0.3	43.3	42.2	0.5	3.0	0.53	42.2	0.0	42.2	149
Grande - Coconut	849	201	2.7	2.5	43.6	42.2	0.2	0.5	0.47	42.2	0.0	42.2	149
Grande - Almond	785	185	1.1	0.1	42.9	41.7	0.3	0.8	0.48	41.7	0.0	41.7	149
Grande - Oat	985	233	2.5	1.5	50.5	45.5	1.8	1.2	0.54	45.5	0.0	45.5	149

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

Mini - Skimmed Milk	903	215	9.3	6.5	29.8	29.1	0.9	2.6	0.27	29.1	2.6	26.5	46
Mini - Semi Skimmed Milk	935	223	10.2	7.0	29.7	29.0	0.9	2.7	0.27	29.0	2.5	26.5	46
<b>Mini - Whole Milk</b>	<b>965</b>	<b>230</b>	<b>11.1</b>	<b>7.7</b>	<b>29.7</b>	<b>28.9</b>	<b>0.9</b>	<b>2.5</b>	<b>0.27</b>	<b>28.9</b>	<b>2.4</b>	<b>26.5</b>	<b>46</b>
Mini - Soy	915	218	10.1	6.6	28.9	28.1	1.2	2.4	0.28	28.1	0.0	28.1	46
Mini - Coconut	915	219	10.8	7.9	29.0	28.1	1.0	0.9	0.25	28.1	0.0	28.1	46
Mini - Almond	878	210	9.9	6.5	28.6	27.8	1.1	1.1	0.25	27.8	0.0	27.8	46
Mini - Oat	991	237	10.7	7.3	32.9	29.9	2.0	1.3	0.29	29.9	0.0	29.9	46
Tall - Skimmed Milk	1263	301	12.1	8.4	43.6	42.5	1.3	3.7	0.41	42.5	3.8	38.6	68
Tall - Semi Skimmed Milk	1311	313	13.4	9.2	43.4	42.3	1.3	3.9	0.41	42.3	3.7	38.6	68
Tall - Whole Milk	1356	324	14.8	10.1	43.4	42.2	1.3	3.6	0.41	42.2	3.6	38.6	68
Tall - Soy	1281	306	13.3	8.6	42.1	41.0	1.7	3.4	0.41	41.0	0.0	41.0	68
Tall - Coconut	1281	306	14.3	10.4	42.4	41.0	1.5	1.3	0.37	41.0	0.0	41.0	68
Tall - Almond	1227	293	13.0	8.4	41.8	40.6	1.6	1.5	0.37	40.6	0.0	40.6	68
Tall - Oat	1395	333	14.1	9.6	48.1	43.8	2.9	1.9	0.43	43.8	0.0	43.8	68
Grande - Skimmed Milk	1763	420	17.0	11.8	61.1	59.5	1.9	4.8	0.56	59.5	4.7	54.8	96
Grande - Semi Skimmed Milk	1822	435	18.6	12.8	60.9	59.3	1.9	5.0	0.56	59.3	4.5	54.8	96
Grande - Whole Milk	1877	448	20.3	13.9	60.8	59.3	1.9	4.6	0.56	59.3	4.4	54.8	96
Grande - Soy	1786	426	18.5	12.0	59.3	57.7	2.3	4.4	0.57	57.7	0.0	57.7	96
Grande - Coconut	1785	426	19.6	14.3	59.6	57.7	2.0	1.8	0.52	57.7	0.0	57.7	96
Grande - Almond	1719	410	18.0	11.8	58.9	57.2	2.1	2.0	0.53	57.2	0.0	57.2	96
Grande - Oat	1925	459	19.4	13.3	66.7	61.1	3.7	2.5	0.59	61.1	0.0	61.1	96

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

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

### FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT

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

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

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

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

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

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

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

<b>Mini - Skimmed Milk</b>	<b>266</b>	<b>63</b>	<b>0.1</b>	<b>0.0</b>	<b>13.5</b>	<b>12.4</b>	<b>0.1</b>	<b>2.0</b>	<b>0.25</b>	<b>12.4</b>	<b>2.6</b>	<b>9.8</b>	<b>87</b>
Tall - Skimmed Milk	334	79	0.1	0.0	16.9	15.6	0.2	2.5	0.32	15.6	3.2	12.4	110
Grande - Skimmed Milk	475	112	0.1	0.0	24.5	22.9	0.2	3.1	0.47	22.9	4.2	18.7	137

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

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

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

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

### FRAPPUCCINO® BLENDED BEVERAGES - CRÈME

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

Mini - Skimmed Milk	654	156	7.3	5.2	19.9	19.5	0.0	2.7	0.27	19.5	3.4	16.1	0
Mini - Semi Skimmed Milk	697	166	8.4	6.0	19.8	19.4	0.0	2.9	0.27	19.4	3.3	16.1	0
<b>Mini - Whole Milk</b>	<b>737</b>	<b>176</b>	<b>9.7</b>	<b>6.8</b>	<b>19.7</b>	<b>19.3</b>	<b>0.0</b>	<b>2.6</b>	<b>0.27</b>	<b>19.3</b>	<b>3.2</b>	<b>16.1</b>	<b>0</b>
Mini - Soy	670	160	8.4	5.4	18.6	18.2	0.3	2.5	0.28	18.2	0.0	18.2	0
Mini - Coconut	670	160	9.2	7.1	18.8	18.2	0.1	0.5	0.24	18.2	0.0	18.2	0



### Holiday FY19 Starbucks Beverage Nutrition Information \*

	kj	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Mini - Almond	621	149	8.0	5.3	18.3	17.8	0.2	0.7	0.24	17.8	0.0	17.8	0
Mini - Oat	771	184	9.1	6.3	23.9	20.7	1.4	1.1	0.29	20.7	0.0	20.7	0
Tall - Skimmed Milk	911	217	9.1	6.5	29.7	29.1	0.0	4.0	0.41	29.1	5.2	23.9	0
Tall - Semi Skimmed Milk	976	233	10.9	7.6	29.5	28.9	0.0	4.3	0.41	28.9	5.0	23.9	0
Tall - Whole Milk	1037	248	12.8	8.9	29.4	28.8	0.0	3.8	0.41	28.8	4.9	23.9	0
Tall - Soy	936	223	10.8	6.8	27.8	27.2	0.5	3.6	0.42	27.2	0.0	27.2	0
Tall - Coconut	935	224	12.0	9.3	28.1	27.2	0.2	0.7	0.36	27.2	0.0	27.2	0
Tall - Almond	862	206	10.3	6.6	27.2	26.5	0.3	1.0	0.37	26.5	0.0	26.5	0
Tall - Oat	1089	260	11.8	8.2	35.9	30.9	2.1	1.5	0.44	30.9	0.0	30.9	0
Grande - Skimmed Milk	1285	306	12.7	9.1	42.5	41.7	0.0	5.3	0.58	41.7	6.8	34.9	0
Grande - Semi Skimmed Milk	1370	327	15.1	10.6	42.3	41.4	0.0	5.6	0.58	41.4	6.5	34.9	0
Grande - Whole Milk	1449	346	17.5	12.2	42.1	41.3	0.0	5.1	0.58	41.3	6.4	34.9	0
Grande - Soy	1317	314	14.9	9.5	39.9	39.1	0.7	4.8	0.59	39.1	0.0	39.1	0
Grande - Coconut	1317	315	16.5	12.8	40.4	39.1	0.3	1.0	0.52	39.1	0.0	39.1	0
Grande - Almond	1221	291	14.2	9.2	39.3	38.3	0.4	1.4	0.52	38.3	0.0	38.3	0
Grande - Oat	1518	362	16.3	11.3	50.5	44.0	2.7	2.1	0.62	44.0	0.0	44.0	0
<b>DOUBLE CHOCOLATEY CHIP CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)</b>													
Mini - Skimmed Milk	805	192	9.3	6.5	23.5	22.6	0.9	3.1	0.27	22.6	3.4	19.1	4
Mini - Semi Skimmed Milk	848	203	10.5	7.2	23.4	22.4	0.9	3.3	0.27	22.4	3.3	19.1	4
<b>Mini - Whole Milk</b>	<b>888</b>	<b>213</b>	<b>11.7</b>	<b>8.0</b>	<b>23.3</b>	<b>22.4</b>	<b>0.9</b>	<b>3.0</b>	<b>0.27</b>	<b>22.4</b>	<b>3.2</b>	<b>19.1</b>	<b>4</b>
Mini - Soy	822	197	10.4	6.7	22.2	21.3	1.3	2.9	0.28	21.3	0.0	21.3	4
Mini - Coconut	822	197	11.3	8.3	22.4	21.3	1.1	0.9	0.24	21.3	0.0	21.3	4
Mini - Almond	773	185	10.1	6.5	21.9	20.8	1.1	1.2	0.25	20.8	0.0	20.8	4
Mini - Oat	923	221	11.1	7.6	27.6	23.7	2.3	1.5	0.29	23.7	0.0	23.7	4
Tall - Skimmed Milk	1141	272	12.2	8.4	35.2	33.8	1.4	4.7	0.42	33.8	5.3	28.5	5
Tall - Semi Skimmed Milk	1207	288	14.0	9.6	35.0	33.5	1.4	4.9	0.42	33.5	5.1	28.5	5
Tall - Whole Milk	1268	303	15.9	10.8	34.9	33.4	1.4	4.5	0.42	33.4	5.0	28.5	5
Tall - Soy	1166	279	13.9	8.7	33.2	31.7	1.9	4.3	0.43	31.7	0.0	31.7	5
Tall - Coconut	1166	279	15.2	11.3	33.5	31.7	1.6	1.3	0.37	31.7	0.0	31.7	5
Tall - Almond	1091	261	13.4	8.5	32.6	31.1	1.7	1.7	0.37	31.1	0.0	31.1	5
Tall - Oat	1322	316	15.0	10.1	41.4	35.5	3.5	2.2	0.45	35.5	0.0	35.5	5
Grande - Skimmed Milk	1576	376	17.1	11.8	48.5	46.5	1.9	6.1	0.57	46.5	6.7	39.9	7
Grande - Semi Skimmed Milk	1660	396	19.4	13.3	48.3	46.3	1.9	6.4	0.57	46.3	6.4	39.9	7
Grande - Whole Milk	1737	415	21.8	14.8	48.1	46.1	1.9	5.8	0.57	46.1	6.3	39.9	7
Grande - Soy	1608	384	19.2	12.2	46.0	44.0	2.6	5.6	0.58	44.0	0.0	44.0	7
Grande - Coconut	1607	385	20.8	15.4	46.4	44.0	2.2	1.9	0.51	44.0	0.0	44.0	7
Grande - Almond	1513	362	18.6	11.9	45.3	43.2	2.3	2.3	0.52	43.2	0.0	43.2	7
Grande - Oat	1804	431	20.6	13.9	56.4	48.8	4.6	2.9	0.61	48.8	0.0	48.8	7
<b>STRAWBERRIES AND CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	643	153	4.5	3.2	25.2	24.3	0.2	2.7	0.08	24.3	3.4	20.9	0
Mini - Semi Skimmed Milk	686	163	5.7	3.9	25.1	24.2	0.2	2.9	0.08	24.2	3.3	20.9	0
<b>Mini - Whole Milk</b>	<b>726</b>	<b>224</b>	<b>6.9</b>	<b>4.7</b>	<b>25.0</b>	<b>24.1</b>	<b>0.2</b>	<b>2.6</b>	<b>0.08</b>	<b>24.1</b>	<b>3.2</b>	<b>20.9</b>	<b>0</b>
Mini - Soy	659	157	5.6	3.4	23.9	23.0	0.6	2.4	0.09	23.0	0.0	23.0	0
Mini - Coconut	659	157	6.4	5.0	24.1	23.0	0.4	0.5	0.05	23.0	0.0	23.0	0
Mini - Almond	611	145	5.2	3.2	23.6	22.6	0.4	0.7	0.06	22.6	0.0	22.6	0
Mini - Oat	761	181	6.3	4.2	29.3	25.5	1.6	1.1	0.11	25.5	0.0	25.5	0
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



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Tall - 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	347	16.8	12.9	46.4	44.3	1.4	1.8	0.52	44.3	0.0	44.2	83
Grande - Almond	1353	323	14.4	9.3	45.3	43.4	1.5	2.2	0.53	43.4	0.0	43.3	83
Grande - Oat	1659	396	16.5	11.4	56.9	49.3	3.9	2.9	0.62	49.3	0.0	49.2	83
<b>ROOIBOS CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	669	160	7.3	5.2	20.4	20.1	0.7	2.8	0.09	20.1	3.4	16.7	0
Mini - Semi Skimmed Milk	712	170	8.4	6.0	20.3	20.0	0.7	2.9	0.09	20.0	3.3	16.7	0
<b>Mini - Whole Milk</b>	<b>752</b>	<b>180</b>	<b>9.7</b>	<b>6.8</b>	<b>20.2</b>	<b>19.9</b>	<b>0.7</b>	<b>2.6</b>	<b>0.09</b>	<b>19.9</b>	<b>3.2</b>	<b>16.7</b>	<b>0</b>
Mini - Soy	686	164	8.4	5.4	19.1	18.8	1.1	2.5	0.10	18.8	0.0	18.8	0
Mini - Coconut	686	164	9.2	7.1	19.3	18.8	0.9	0.6	0.06	18.8	0.0	18.8	0
Mini - Almond	637	152	8.0	5.3	18.8	18.4	0.9	0.8	0.06	18.4	0.0	18.4	0
Mini - Oat	787	188	9.1	6.3	24.5	21.3	2.1	1.1	0.11	21.3	0.0	21.3	0
Tall - Skimmed Milk	955	228	9.1	6.5	31.6	31.1	1.1	4.2	0.14	31.1	5.4	25.7	0
Tall - Semi Skimmed Milk	1023	244	11.0	7.7	31.4	30.9	1.1	4.5	0.14	30.9	5.2	25.7	0
Tall - Whole Milk	1086	259	12.9	9.0	31.3	30.8	1.1	4.0	0.14	30.8	5.1	25.7	0
Tall - Soy	981	234	10.9	6.8	29.5	29.1	1.7	3.8	0.15	29.1	0.0	29.1	0
Tall - Coconut	981	235	12.1	9.4	29.9	29.1	1.4	0.8	0.09	29.1	0.0	29.1	0
Tall - Almond	905	216	10.3	6.6	29.0	28.4	1.5	1.1	0.10	28.4	0.0	28.4	0
Tall - Oat	1141	272	11.9	8.2	38.0	32.9	3.3	1.6	0.17	32.9	0.0	32.9	0
Grande - Skimmed Milk	1343	320	12.8	9.1	44.9	44.2	1.7	5.6	0.19	44.2	7.0	37.2	0
Grande - Semi Skimmed Milk	1432	341	15.1	10.7	44.7	44.0	1.7	5.8	0.19	44.0	6.7	37.2	0
Grande - Whole Milk	1513	361	17.7	12.3	44.5	43.8	1.7	5.3	0.19	43.8	6.6	37.2	0
Grande - Soy	1377	329	15.0	9.5	42.3	41.6	2.4	5.0	0.20	41.6	0.0	41.6	0
Grande - Coconut	1377	329	16.7	12.9	42.7	41.6	1.9	1.1	0.12	41.6	0.0	41.6	0
Grande - Almond	1278	305	14.3	9.3	41.6	40.7	2.1	1.5	0.13	40.7	0.0	40.7	0
Grande - Oat	1584	378	16.4	11.4	53.2	46.6	4.5	2.2	0.23	46.6	0.0	46.6	0
<b>CHAI TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	697	166	7.3	5.2	22.2	21.8	0.4	2.8	0.28	21.8	3.4	18.4	14
Mini - Semi Skimmed Milk	740	177	8.5	6.0	22.1	21.7	0.4	2.9	0.28	21.7	3.3	18.4	14
<b>Mini - Whole Milk</b>	<b>780</b>	<b>186</b>	<b>9.7</b>	<b>6.8</b>	<b>22.0</b>	<b>21.6</b>	<b>0.4</b>	<b>2.6</b>	<b>0.28</b>	<b>21.6</b>	<b>3.2</b>	<b>18.4</b>	<b>14</b>
Mini - Soy	713	170	8.4	5.4	20.9	20.5	0.7	2.5	0.28	20.5	0.0	20.5	14
Mini - Coconut	713	171	9.2	7.1	21.1	20.5	0.5	0.6	0.24	20.5	0.0	20.5	14
Mini - Almond	665	159	8.0	5.3	20.6	20.1	0.6	0.8	0.25	20.1	0.0	20.1	14
Mini - Oat	815	195	9.1	6.3	26.2	23.0	1.7	1.1	0.30	23.0	0.0	23.0	14
Tall - Skimmed Milk	948	226	9.1	6.5	31.8	31.3	0.5	3.9	0.39	31.3	5.0	26.3	20
Tall - Semi Skimmed Milk	1011	241	10.8	7.6	31.6	31.1	0.5	4.1	0.39	31.1	4.8	26.3	20
Tall - Whole Milk	1068	255	12.6	8.8	31.5	31.0	0.5	3.7	0.39	31.0	4.7	26.3	20
Tall - Soy	972	232	10.7	6.8	29.9	29.4	1.0	3.5	0.40	29.4	0.0	29.4	20



### Holiday FY19 Starbucks Beverage Nutrition Information \*

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Tall - 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

### FRAPPUCCINO® BLENDED JUICE DRINK

MANGO PASSION FRAPPUCCINO® (with Passion Tea)													
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

RASPBERRY BLACKCURRENT FRAPPUCCINO® (with Zen Tea)													
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

### HOLIDAY PROMO FY19

#### GINGERBREAD LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)

Short - Skimmed Milk	673	160	5.5	3.4	21.7	20.2	0.1	5.8	0.20	20.2	8.3	11.9	75
<b>Short - Semi Skimmed Milk</b>	<b>772</b>	<b>184</b>	<b>8.2</b>	<b>5.1</b>	<b>21.4</b>	<b>19.9</b>	<b>0.1</b>	<b>6.1</b>	<b>0.20</b>	<b>19.9</b>	<b>8.0</b>	<b>11.9</b>	<b>75</b>
Short - Whole Milk	864	207	11.1	7.0	21.2	19.7	0.1	5.5	0.20	19.7	7.8	11.9	75
Short - Soy	711	170	8.1	3.9	18.7	17.2	0.9	5.1	0.22	17.2	0.0	17.2	75
Short - Coconut	710	170	10.0	7.6	19.2	17.2	0.5	0.7	0.13	17.2	0.0	17.2	75
Short - Almond	599	143	7.3	3.5	17.9	16.2	0.6	1.2	0.14	16.2	0.0	16.2	75
Short - Oat	944	225	9.6	5.9	31.0	22.9	3.3	2.0	0.25	22.9	0.0	22.9	75
Tall - Skimmed Milk	935	222	6.6	4.0	31.8	29.2	0.2	8.7	0.28	29.2	12.1	17.1	150
Tall - Semi Skimmed Milk	1081	258	10.6	6.6	31.4	28.8	0.2	9.1	0.28	28.8	11.6	17.1	150
Tall - Whole Milk	1216	291	14.8	9.4	31.2	28.5	0.2	8.2	0.28	28.5	11.4	17.1	150
Tall - Soy	991	236	10.3	4.7	27.4	24.8	1.4	7.7	0.31	24.8	0.0	24.8	150
Tall - Coconut	990	237	13.1	10.3	28.1	24.8	0.7	1.2	0.18	24.8	0.0	24.8	150
Tall - Almond	826	197	9.2	4.2	26.3	23.4	0.9	1.9	0.19	23.4	0.0	23.4	150
Tall - Oat	1334	318	12.7	7.7	45.6	33.2	4.9	3.1	0.35	33.2	0.0	33.2	150
Grande - Skimmed Milk	1225	290	7.7	4.7	42.7	40.0	0.3	12.4	0.40	40.0	17.6	22.3	150
Grande - Semi Skimmed Milk	1439	343	13.5	8.4	42.0	39.3	0.3	13.1	0.40	39.3	17.0	22.3	150
Grande - Whole Milk	1638	391	19.7	12.5	41.7	39.0	0.3	11.7	0.40	39.0	16.6	22.3	150
Grande - Soy	1307	312	13.2	5.7	36.2	33.5	2.0	11.0	0.44	33.5	0.0	33.5	150
Grande - Coconut	1305	312	17.3	13.9	37.2	33.5	0.9	1.5	0.25	33.5	0.0	33.5	150
Grande - Almond	1064	254	11.5	5.0	34.5	31.4	1.3	2.5	0.27	31.4	0.0	31.4	150
Grande - Oat	1811	432	16.6	10.1	62.8	45.8	7.1	4.2	0.51	45.8	0.0	45.8	150

#### ICED GINGERBREAD LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)

Tall - Skimmed Milk	862	205	6.6	4.0	29.4	26.7	0.2	7.0	0.23	26.7	9.6	17.1	150
<b>Tall - Semi Skimmed Milk</b>	<b>977</b>	<b>233</b>	<b>9.7</b>	<b>6.0</b>	<b>29.0</b>	<b>26.4</b>	<b>0.2</b>	<b>7.3</b>	<b>0.23</b>	<b>26.4</b>	<b>9.3</b>	<b>17.1</b>	<b>150</b>
Tall - Whole Milk	1083	259	13.0	8.2	28.8	26.2	0.2	6.6	0.23	26.2	9.1	17.1	150
Tall - Soy	906	216	9.5	4.6	25.9	23.3	1.1	6.2	0.25	23.3	0.0	23.3	150
Tall - Coconut	905	217	11.7	8.9	26.4	23.3	0.6	1.1	0.15	23.3	0.0	23.3	150
Tall - Almond	776	185	8.6	4.2	25.0	22.2	0.8	1.7	0.16	22.2	0.0	22.2	150
Tall - Oat	1175	280	11.3	6.9	40.1	29.8	3.9	2.6	0.29	29.8	0.0	29.8	150
Grande - Skimmed Milk	1061	252	7.6	4.7	37.1	34.4	0.3	8.6	0.29	34.4	12.1	22.3	150
Grande - Semi Skimmed Milk	1206	287	11.5	7.2	36.7	33.9	0.3	9.0	0.29	33.9	11.6	22.3	150
Grande - Whole Milk	1339	320	15.7	9.9	36.4	33.7	0.3	8.1	0.29	33.7	11.4	22.3	150
Grande - Soy	1116	266	11.3	5.3	32.8	30.0	1.4	7.7	0.31	30.0	0.0	30.0	150
Grande - Coconut	1115	267	14.1	10.8	33.4	30.0	0.7	1.2	0.19	30.0	0.0	30.0	150
Grande - Almond	953	227	10.2	4.9	31.6	28.7	1.0	1.9	0.20	28.7	0.0	28.7	150
Grande - Oat	1455	347	13.6	8.3	50.7	38.3	4.9	3.1	0.36	38.3	0.0	38.3	150

#### GINGERBREAD COFFEE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)

Mini - Skimmed Milk	757	180	6.8	4.2	27.9	27.4	0.1	1.8	0.29	27.4	3.1	24.3	42
Mini - Semi Skimmed Milk	789	188	7.7	4.8	27.8	27.3	0.1	1.9	0.29	27.3	3.0	24.3	42
<b>Mini - Whole Milk</b>	<b>819</b>	<b>195</b>	<b>8.6</b>	<b>5.4</b>	<b>27.8</b>	<b>27.2</b>	<b>0.1</b>	<b>1.7</b>	<b>0.29</b>	<b>27.2</b>	<b>2.9</b>	<b>24.3</b>	<b>42</b>
<b>Go Light: Mini - Skimmed Milk, No Whip, Light Base</b>	<b>323</b>	<b>76</b>	<b>0.1</b>	<b>0.0</b>	<b>17.0</b>	<b>16.2</b>	<b>0.2</b>	<b>1.8</b>	<b>0.27</b>	<b>16.2</b>	<b>2.6</b>	<b>13.6</b>	<b>42</b>
Mini - Soy	769	183	7.6	4.4	27.0	26.4	0.3	1.6	0.30	26.4	0.0	26.4	42
Mini - Coconut	769	183	8.2	5.6	27.1	26.4	0.2	0.2	0.27	26.4	0.0	26.4	42
Mini - Almond	733	175	7.4	4.3	26.7	26.1	0.2	0.3	0.27	26.1	0.0	26.1	42
Mini - Oat	845	201	8.1	5.0	31.0	28.2	1.1	0.6	0.31	28.2	0.0	28.2	42
Tall - Skimmed Milk	1069	254	8.5	5.3	41.6	41.0	0.1	2.7	0.44	41.0	4.6	36.4	64
Tall - Semi Skimmed Milk	1119	266	9.8	6.1	41.5	40.8	0.1	2.9	0.44	40.8	4.4	36.4	64
Tall - Whole Milk	1165	277	11.3	7.1	41.4	40.7	0.1	2.6	0.44	40.7	4.4	36.4	64
<b>Go Light: Tall - Skimmed Milk, No Whip, Light Base</b>	<b>485</b>	<b>114</b>	<b>0.1</b>	<b>0.0</b>	<b>25.5</b>	<b>24.4</b>	<b>0.3</b>	<b>2.7</b>	<b>0.41</b>	<b>24.4</b>	<b>4.0</b>	<b>20.4</b>	<b>64</b>
Tall - Soy	1088	259	9.8	5.5	40.1	39.5	0.5	2.4	0.45	39.5	0.0	39.5	64
Tall - Coconut	1088	259	10.7	7.4	40.4	39.5	0.2	0.2	0.40	39.5	0.0	39.5	64
Tall - Almond	1032	246	9.4	5.4	39.8	39.0	0.3	0.4	0.41	39.0	0.0	39.0	64
Tall - Oat	1205	287	10.5	6.5	46.3	42.3	1.7	0.8	0.46	42.3	0.0	42.3	64
Grande - Skimmed Milk	1483	352	11.9	7.4	58.0	57.2	0.1	3.3	0.60	57.2	5.7	51.4	91
Grande - Semi Skimmed Milk	1543	367	13.5	8.4	57.8	57.0	0.1	3.5	0.60	57.0	5.5	51.4	91
Grande - Whole Milk	1599	381	15.3	9.6	57.7	56.9	0.1	3.1	0.60	56.9	5.4	51.4	91
<b>Go Light: Grande - Skimmed Milk, No Whip, Light Base</b>	<b>659</b>	<b>155</b>	<b>0.1</b>	<b>0.0</b>	<b>35.0</b>	<b>33.6</b>	<b>0.4</b>	<b>3.3</b>	<b>0.56</b>	<b>33.6</b>	<b>4.8</b>	<b>28.8</b>	<b>91</b>
Grande - Soy	1506	358	13.4	7.7	56.2	55.3	0.6	2.9	0.61	55.3	0.0	55.3	91
Grande - Coconut	1505	359	14.6	10.0	56.5	55.3	0.3	0.2	0.56	55.3	0.0	55.3	91
Grande - Almond	1437	342	12.9	7.5	55.7	54.8	0.4	0.5	0.56	54.8	0.0	54.8	91
Grande - Oat	1648	392	14.4	8.9	63.7	58.8	2.1	1.0	0.63	58.8	0.0	58.8	91

#### GINGERBREAD CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)

Mini - Skimmed Milk	659	157	6.8	4.2	21.6	20.9	0.1	2.4	0.29	20.9	4.0	16.9	0
Mini - Semi Skimmed Milk	703	168	8.0	5.0	21.5	20.7	0.1	2.5	0.29	20.7	3.8	16.9	0
<b>Mini - Whole Milk</b>	<b>742</b>	<b>177</b>	<b>9.2</b>	<b>5.8</b>	<b>21.4</b>	<b>20.7</b>	<b>0.1</b>	<b>2.2</b>	<b>0.29</b>	<b>20.7</b>	<b>3.7</b>	<b>16.9</b>	<b>0</b>
Mini - Soy	676	161	7.9	4.4	20.3	19.6	0.4	2.1	0.30	19.6	0.0	19.6	0
Mini - Coconut	676	162	8.7	6.1	20.5	19.6	0.2	0.2	0.26	19.6	0.0	19.6	0
Mini - Almond	627	150	7.6	4.3	20.0	19.1	0.3	0.4	0.27	19.1	0.0	19.1	0
Mini - Oat	777	186	8.6	5.3	25.6	22.0	1.4	0.7	0.31	22.0	0.0	22.0	0
Tall - Skimmed Milk	920	219	8.5	5.3	32.0	31.0	0.1	3.6	0.44	31.0	5.9	25.1	0



### Holiday FY19 Starbucks Beverage Nutrition Information \*

	kj	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Tall - Semi Skimmed Milk	986	235	10.3	6.4	31.7	30.8	0.1	3.8	0.44	30.8	5.7	25.1	0
Tall - Whole Milk	1047	250	12.2	7.7	31.6	30.7	0.1	3.4	0.44	30.7	5.6	25.1	0
Tall - Soy	945	226	10.2	5.6	30.0	29.0	0.6	3.2	0.45	29.0	0.0	29.0	0
Tall - Coconut	945	226	11.5	8.1	30.3	29.0	0.3	0.3	0.39	29.0	0.0	29.0	0
Tall - Almond	871	208	9.7	5.4	29.4	28.4	0.4	0.6	0.39	28.4	0.0	28.4	0
Tall - Oat	1100	262	11.2	7.0	38.1	32.8	2.2	1.1	0.47	32.8	0.0	32.8	0
Grande - Skimmed Milk	1270	302	11.9	7.4	44.2	43.0	0.1	4.6	0.60	43.0	7.6	35.4	0
Grande - Semi Skimmed Milk	1354	323	14.2	8.9	43.9	42.7	0.1	4.9	0.60	42.7	7.3	35.4	0
Grande - Whole Milk	1432	342	16.6	10.5	43.8	42.6	0.1	4.3	0.60	42.6	7.2	35.4	0
Grande - Soy	1303	311	14.0	7.8	41.7	40.5	0.8	4.1	0.61	40.5	0.0	40.5	0
Grande - Coconut	1302	311	15.6	11.0	42.1	40.5	0.4	0.3	0.54	40.5	0.0	40.5	0
Grande - Almond	1208	288	13.4	7.5	41.0	39.7	0.5	0.7	0.54	39.7	0.0	39.7	0
Grande - Oat	1500	358	15.4	9.5	52.1	45.3	2.8	1.4	0.64	45.3	0.0	45.3	0
<b>TOFFEENUT LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	685	163	5.9	4.2	21.4	20.0	0.0	6.0	0.34	20.0	7.9	12.5	75
<b>Short - Semi Skimmed Milk</b>	<b>784</b>	<b>187</b>	<b>8.6</b>	<b>5.9</b>	<b>21.0</b>	<b>19.7</b>	<b>0.0</b>	<b>6.4</b>	<b>0.34</b>	<b>19.7</b>	<b>7.6</b>	<b>12.5</b>	<b>75</b>
Short - Whole Milk	875	209	11.4	7.8	20.9	19.6	0.0	5.7	0.34	19.6	7.4	12.5	75
Short - Soy	723	173	8.4	4.6	18.4	17.0	0.8	5.4	0.36	17.0	0.0	17.0	75
Short - Coconut	722	173	10.3	8.4	18.8	17.0	0.3	1.0	0.27	17.0	0.0	17.0	75
Short - Almond	610	146	7.7	4.3	17.6	16.1	0.5	1.5	0.28	16.1	0.0	16.1	75
Short - Oat	955	228	10.0	6.7	30.7	22.7	3.2	2.3	0.39	22.7	0.0	22.7	75
Tall - Skimmed Milk	945	224	7.1	5.0	31.2	28.8	0.0	9.0	0.50	28.8	11.6	17.6	150
Tall - Semi Skimmed Milk	1091	260	11.0	7.5	30.7	28.3	0.0	9.5	0.50	28.3	11.2	17.6	150
Tall - Whole Milk	1226	293	15.2	10.3	30.5	28.1	0.0	8.5	0.50	28.1	10.9	17.6	150
Tall - Soy	1001	239	10.8	5.6	26.8	24.3	1.2	8.1	0.53	24.3	0.0	24.3	150
Tall - Coconut	1000	239	13.6	11.2	27.5	24.3	0.5	1.6	0.40	24.3	0.0	24.3	150
Tall - Almond	836	200	9.6	5.2	25.6	22.9	0.7	2.3	0.41	22.9	0.0	22.9	150
Tall - Oat	1344	321	13.1	8.7	44.9	32.7	4.6	3.4	0.57	32.7	0.0	32.7	150
Grande - Skimmed Milk	1233	293	8.3	5.8	41.8	39.2	0.0	12.8	0.70	39.2	17.1	22.7	150
Grande - Semi Skimmed Milk	1448	345	14.1	9.5	41.1	38.5	0.0	13.5	0.70	38.5	16.4	22.7	150
Grande - Whole Milk	1646	393	20.2	13.6	40.8	38.2	0.0	12.1	0.70	38.2	16.0	22.7	150
Grande - Soy	1316	314	13.7	6.7	35.3	32.7	1.7	11.4	0.73	32.7	0.0	32.7	150
Grande - Coconut	1314	314	17.8	14.9	36.3	32.7	0.7	1.8	0.55	32.7	0.0	32.7	150
Grande - Almond	1073	256	12.0	6.1	33.6	30.7	1.0	2.9	0.56	30.7	0.0	30.7	150
Grande - Oat	1819	434	17.1	11.2	61.9	45.0	6.8	4.6	0.80	45.0	0.0	45.0	150
<b>ICED TOFFEENUT LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Tall - Skimmed Milk	872	207	7.0	5.0	28.7	26.3	0.0	7.3	0.45	26.3	9.1	17.6	150
<b>Tall - Semi Skimmed Milk</b>	<b>987</b>	<b>235</b>	<b>10.1</b>	<b>7.0</b>	<b>28.4</b>	<b>25.9</b>	<b>0.0</b>	<b>7.7</b>	<b>0.45</b>	<b>25.9</b>	<b>8.8</b>	<b>17.6</b>	<b>150</b>
Tall - Whole Milk	1093	261	13.4	9.1	28.2	25.7	0.0	6.9	0.45	25.7	8.6	17.6	150
Tall - Soy	916	219	9.9	5.5	25.3	22.8	0.9	6.6	0.47	22.8	0.0	22.8	150
Tall - Coconut	915	219	12.1	9.9	25.8	22.8	0.4	1.5	0.37	22.8	0.0	22.8	150
Tall - Almond	786	188	9.0	5.1	24.3	21.7	0.6	2.0	0.38	21.7	0.0	21.7	150
Tall - Oat	1185	283	11.8	7.9	39.5	29.4	3.7	2.9	0.51	29.4	0.0	29.4	150
Grande - Skimmed Milk	1070	254	8.2	5.7	36.2	33.6	0.0	9.0	0.59	33.6	11.5	22.7	150
Grande - Semi Skimmed Milk	1214	289	12.1	8.3	35.8	33.2	0.0	9.4	0.59	33.2	11.0	22.7	150
Grande - Whole Milk	1348	322	16.2	11.0	35.5	32.9	0.0	8.5	0.59	32.9	10.8	22.7	150
Grande - Soy	1125	268	11.8	6.4	31.9	29.2	1.2	8.1	0.61	29.2	0.0	29.2	150
Grande - Coconut	1124	269	14.6	11.9	32.5	29.2	0.5	1.6	0.48	29.2	0.0	29.2	150
Grande - Almond	962	230	10.7	6.0	30.7	27.9	0.7	2.3	0.50	27.9	0.0	27.9	150
Grande - Oat	1464	349	14.1	9.4	49.8	37.5	4.6	3.5	0.66	37.5	0.0	37.5	150
<b>TOFFEENUT COFFEE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	778	185	7.3	5.2	27.8	27.6	0.0	2.2	0.33	27.6	2.6	25.1	42
Mini - Semi Skimmed Milk	811	193	8.1	5.8	27.7	27.5	0.0	2.3	0.33	27.5	2.5	25.1	42
<b>Mini - Whole Milk</b>	<b>841</b>	<b>200</b>	<b>9.1</b>	<b>6.4</b>	<b>27.7</b>	<b>27.4</b>	<b>0.0</b>	<b>2.1</b>	<b>0.33</b>	<b>27.4</b>	<b>2.4</b>	<b>25.1</b>	<b>42</b>
<b>Go Light: Mini - Skimmed Milk, No Whip, Light Base</b>	<b>325</b>	<b>76</b>	<b>0.1</b>	<b>0.0</b>	<b>17.2</b>	<b>16.6</b>	<b>0.1</b>	<b>1.8</b>	<b>0.31</b>	<b>16.6</b>	<b>2.6</b>	<b>14.1</b>	<b>42</b>
Mini - Soy	791	188	8.1	5.4	26.8	26.6	0.3	2.0	0.33	26.6	0.0	26.6	42
Mini - Coconut	790	189	8.7	6.6	27.0	26.6	0.1	0.5	0.30	26.6	0.0	26.6	42
Mini - Almond	754	180	7.8	5.3	26.6	26.3	0.2	0.7	0.30	26.3	0.0	26.3	42
Mini - Oat	867	207	8.6	6.0	30.9	28.4	1.0	0.9	0.34	28.4	0.0	28.4	42
Tall - Skimmed Milk	1094	260	9.1	6.5	41.4	41.0	0.0	3.2	0.49	41.0	4.0	37.2	64
Tall - Semi Skimmed Milk	1144	272	10.4	7.4	41.2	40.8	0.0	3.3	0.49	40.8	3.8	37.2	64
Tall - Whole Milk	1190	283	11.9	8.3	41.2	40.8	0.0	3.0	0.49	40.8	3.7	37.2	64
<b>Go Light: Tall - Skimmed Milk, No Whip, Light Base</b>	<b>485</b>	<b>114</b>	<b>0.1</b>	<b>0.0</b>	<b>25.6</b>	<b>24.7</b>	<b>0.2</b>	<b>2.7</b>	<b>0.47</b>	<b>24.7</b>	<b>4.0</b>	<b>20.9</b>	<b>64</b>
Tall - Soy	1113	265	10.4	6.7	39.9	39.5	0.4	2.9	0.50	39.5	0.0	39.5	64
Tall - Coconut	1113	265	11.3	8.6	40.1	39.5	0.2	0.7	0.46	39.5	0.0	39.5	64
Tall - Almond	1057	252	10.0	6.6	39.5	39.0	0.2	0.9	0.46	39.0	0.0	39.0	64
Tall - Oat	1230	293	11.1	7.8	46.1	42.4	1.6	1.3	0.52	42.4	0.0	42.4	64
Grande - Skimmed Milk	1516	360	12.7	9.1	57.5	57.0	0.0	4.0	0.69	57.0	4.8	52.3	91
Grande - Semi Skimmed Milk	1576	375	14.4	10.2	57.3	56.8	0.0	4.2	0.69	56.8	4.6	52.3	91
Grande - Whole Milk	1632	389	16.1	11.3	57.2	56.7	0.0	3.8	0.69	56.7	4.5	52.3	91
<b>Go Light: Grande - Skimmed Milk, No Whip, Light Base</b>	<b>658</b>	<b>155</b>	<b>0.1</b>	<b>0.0</b>	<b>35.0</b>	<b>33.8</b>	<b>0.3</b>	<b>3.3</b>	<b>0.65</b>	<b>33.8</b>	<b>4.8</b>	<b>29.2</b>	<b>91</b>
Grande - Soy	1539	366	14.3	9.4	55.7	55.1	0.5	3.6	0.70	55.1	0.0	55.1	91
Grande - Coconut	1538	367	15.4	11.7	56.0	55.1	0.2	0.9	0.64	55.1	0.0	55.1	91
Grande - Almond	1470	350	13.8	9.2	55.2	54.6	0.3	1.2	0.65	54.6	0.0	54.6	91
Grande - Oat	1681	400	15.2	10.7	63.2	58.6	1.9	1.7	0.71	58.6	0.0	58.6	91
<b>TOFFEENUT CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	681	162	7.3	5.2	21.5	21.1	0.0	2.7	0.32	21.1	3.4	17.7	0
Mini - Semi Skimmed Milk	724	173	8.4	6.0	21.4	20.9	0.0	2.9	0.32	20.9	3.3	17.7	0
<b>Mini - Whole Milk</b>	<b>764</b>	<b>183</b>	<b>9.7</b>	<b>6.8</b>	<b>21.3</b>	<b>20.9</b>	<b>0.0</b>	<b>2.6</b>	<b>0.32</b>	<b>20.9</b>	<b>3.2</b>	<b>17.7</b>	<b>0</b>
Mini - Soy	697	167	8.4	5.4	20.2	19.8	0.3	2.5	0.33	19.8	0.0	19.8	0
Mini - Coconut	697	167	9.2	7.1	20.4	19.8	0.1	0.5	0.29	19.8	0.0	19.8	0
Mini - Almond	648	155	8.0	5.3	19.8	19.4	0.2	0.7	0.30	19.4	0.0	19.4	0
Mini - Oat	798	191	9.1	6.3	25.5	22.2	1.4	1.1	0.34	22.2	0.0	22.2	0
Tall - Skimmed Milk	945	225	9.1	6.5	31.7	31.1	0.0	4.1	0.49	31.1	5.3	25.9	0
Tall - Semi Skimmed Milk	1011	241	10.9	7.7	31.5	30.8	0.0	4.3	0.49	30.8	5.0	25.9	0
Tall - Whole Milk	1072	256	12.8	8.9	31.4	30.7	0.0	3.9	0.49	30.7	4.9	25.9	0
Tall - Soy	970	232	10.8	6.8	29.7	29.1	0.5	3.7	0.50	29.1	0.0	29.1	0
Tall - Coconut	970	232	12.0	9.3	30.0	29.1	0.2	0.7	0.44	29.1	0.0	29.1	0
Tall - Almond	896	214	10.3	6.6	29.2	28.4	0.3	1.0	0.45	28.4	0.0	28.4	0
Tall - Oat	1125	268	11.8	8.2	37.9	32.8	2.1	1.6	0.52	32.8	0.0	32.8	0
Grande - Skimmed Milk	1304	310	12.7	9.1	43.7	42.8	0.0	5.2	0.68	42.8	6.7	36.3	0



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Grande - Semi Skimmed Milk	1387	331	15.0	10.6	43.5	42.5	0.0	5.5	0.68	42.5	6.4	36.3	0
Grande - Whole Milk	1465	350	17.4	12.2	43.3	42.4	0.0	5.0	0.68	42.4	6.3	36.3	0
Grande - Soy	1336	319	14.9	9.5	41.2	40.3	0.7	4.7	0.70	40.3	0.0	40.3	0
Grande - Coconut	1335	319	16.5	12.7	41.6	40.3	0.3	1.0	0.62	40.3	0.0	40.3	0
Grande - Almond	1241	296	14.2	9.2	40.5	39.5	0.4	1.4	0.63	39.5	0.0	39.5	0
Grande - Oat	1533	366	16.2	11.2	51.6	45.1	2.7	2.0	0.72	45.1	0.0	45.1	0
<b>EGGNOG LATTE</b>													
<b>Short</b>	<b>714</b>	<b>170</b>	<b>6.0</b>	<b>3.9</b>	<b>22.9</b>	<b>21.3</b>	<b>0.9</b>	<b>5.6</b>	<b>0.22</b>	<b>21.3</b>	<b>7.7</b>	<b>13.6</b>	<b>75</b>
Tall	1142	272	9.5	6.1	36.8	33.8	1.4	9.1	0.35	33.8	12.2	21.6	150
Grande	1446	344	12.1	7.8	46.5	43.1	1.7	11.4	0.45	43.1	15.5	27.6	150
<b>ICED EGGNOG LATTE</b>													
<b>Tall</b>	<b>801</b>	<b>191</b>	<b>6.5</b>	<b>4.2</b>	<b>26.0</b>	<b>23.3</b>	<b>0.9</b>	<b>6.5</b>	<b>0.24</b>	<b>23.3</b>	<b>8.4</b>	<b>14.9</b>	<b>150</b>
Grande	996	237	8.2	5.3	32.2	29.3	1.2	8.0	0.30	29.3	10.5	18.7	150
<b>CHRISTMAS BRULEE LATTE</b>													
<b>Short</b>	<b>629</b>	<b>150</b>	<b>5.2</b>	<b>3.4</b>	<b>25.0</b>	<b>23.3</b>	<b>0.4</b>	<b>0.6</b>	<b>0.23</b>	<b>23.3</b>	<b>6.7</b>	<b>16.6</b>	<b>75</b>
Tall	1039	247	8.6	5.6	40.9	37.8	0.7	1.1	0.39	37.8	11.6	26.2	150
Grande	1265	301	10.4	6.8	50.1	46.7	0.8	1.2	0.47	46.7	13.5	33.2	150
<b>FLAT WHITE with CINNAMON SPICE (made with Whole Milk as standard)</b>													
Short- Skimmed Milk	418	99	0.2	0.0	18.0	15.8	0.3	6.0	0.15	15.8	7.6	8.2	150
Short - Semi Skimmed Milk	514	122	2.8	1.7	17.7	15.5	0.3	6.3	0.15	15.5	7.3	8.2	150
<b>Short - Whole Milk</b>	<b>603</b>	<b>143</b>	<b>5.6</b>	<b>3.5</b>	<b>17.5</b>	<b>15.4</b>	<b>0.3</b>	<b>5.7</b>	<b>0.15</b>	<b>15.4</b>	<b>7.2</b>	<b>8.2</b>	<b>150</b>
Short- Soy	455	108	2.7	0.5	15.1	12.9	1.0	5.4	0.17	12.9	0.0	12.9	150
Short - Coconut	454	108	4.5	4.1	15.5	12.9	0.6	1.1	0.08	12.9	0.0	12.9	150
Short - Almond	347	82	1.9	0.2	14.3	12.0	0.7	1.6	0.09	12.0	0.0	12.0	150
Short - Oat	680	162	4.2	2.4	27.0	18.4	3.3	2.3	0.20	18.4	0.0	18.4	150
<b>LATTE with CINNAMON SPICE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	406	96	0.3	0.1	17.4	16.2	0.2	5.9	0.16	16.2	8.0	8.2	75
<b>Short - Semi Skimmed Milk</b>	<b>507</b>	<b>120</b>	<b>3.0</b>	<b>1.8</b>	<b>17.1</b>	<b>15.8</b>	<b>0.2</b>	<b>6.2</b>	<b>0.16</b>	<b>15.8</b>	<b>7.7</b>	<b>8.2</b>	<b>75</b>
Short - Whole Milk	600	143	5.8	3.7	16.9	15.7	0.2	5.6	0.16	15.7	7.5	8.2	75
Short- Soy	445	106	2.8	0.5	14.4	13.1	1.0	5.2	0.18	13.1	0.0	13.1	75
Short - Coconut	444	106	4.7	4.4	14.8	13.1	0.5	0.8	0.09	13.1	0.0	13.1	75
Short - Almond	331	79	2.0	0.2	13.6	12.2	0.7	1.2	0.10	12.2	0.0	12.2	75
Short - Oat	681	162	4.4	2.6	26.8	18.9	3.4	2.0	0.21	18.9	0.0	18.9	75
Tall - Skimmed Milk	657	155	0.4	0.1	27.8	25.5	0.3	9.8	0.26	25.5	13.2	12.3	150
Tall - Semi Skimmed Milk	824	195	4.9	3.0	27.3	25.0	0.3	10.4	0.26	25.0	12.7	12.3	150
Tall - Whole Milk	978	233	9.7	6.1	27.0	24.7	0.3	9.3	0.26	24.7	12.4	12.3	150
Tall - Soy	721	171	4.6	0.8	22.8	20.5	1.7	8.8	0.29	20.5	0.0	20.5	150
Tall - Coconut	720	172	7.8	7.2	23.6	20.5	0.9	1.4	0.15	20.5	0.0	20.5	150
Tall - Almond	533	127	3.3	0.3	21.5	18.9	1.1	2.2	0.16	18.9	0.0	18.9	150
Tall - Oat	1112	264	7.3	4.3	43.4	30.0	5.6	3.5	0.34	30.0	0.0	30.0	150
Grande - Skimmed Milk	845	199	0.5	0.1	35.9	33.4	0.5	12.5	0.34	33.4	17.1	16.3	150
Grande - Semi Skimmed Milk	1060	251	6.3	3.8	35.2	32.7	0.5	13.2	0.34	32.7	16.4	16.3	150
Grande - Whole Milk	1258	300	12.5	7.9	34.9	32.4	0.5	11.8	0.34	32.4	16.1	16.3	150
Grande - Soy	927	220	6.0	1.1	29.4	26.9	2.2	11.1	0.38	26.9	0.0	26.9	150
Grande - Coconut	925	221	10.1	9.3	30.4	26.9	1.1	1.6	0.19	26.9	0.0	26.9	150
Grande - Almond	684	162	4.3	0.4	27.7	24.9	1.5	2.6	0.21	24.9	0.0	24.9	150
Grande - Oat	1431	340	9.4	5.5	56.0	39.2	7.3	4.3	0.44	39.2	0.0	39.2	150
<b>SALTED CARAMEL BROWNIE HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	814	194	8.1	5.0	26.4	24.7	0.8	3.4	0.86	24.7	5.4	19.3	7
<b>Short - Semi Skimmed Milk</b>	<b>876</b>	<b>209</b>	<b>9.8</b>	<b>6.1</b>	<b>26.2</b>	<b>24.5</b>	<b>0.8</b>	<b>3.6</b>	<b>0.86</b>	<b>24.5</b>	<b>5.2</b>	<b>19.3</b>	<b>7</b>
Short - Whole Milk	933	223	11.6	7.3	26.1	24.4	0.8	3.2	0.86	24.4	5.1	19.3	7
Short- Soy	837	200	9.7	5.3	24.6	22.8	1.3	3.0	0.87	22.8	0.0	22.8	7
Short - Coconut	837	200	10.9	7.6	24.9	22.8	1.0	0.2	0.82	22.8	0.0	22.8	7
Short - Almond	767	183	9.2	5.1	24.1	22.2	1.1	0.5	0.82	22.2	0.0	22.2	7
Short - Oat	983	235	10.7	6.6	32.3	26.3	2.7	1.0	0.89	26.3	0.0	26.3	7
Tall - Skimmed Milk	1211	288	10.4	6.4	41.2	38.7	1.1	6.8	1.32	38.7	10.5	28.2	10
Tall - Semi Skimmed Milk	1337	319	13.8	8.5	40.8	38.3	1.1	7.2	1.32	38.3	10.1	28.2	10
Tall - Whole Milk	1453	347	17.4	10.9	40.6	38.1	1.1	6.4	1.32	38.1	9.9	28.2	10
Tall - Soy	1259	301	13.6	6.9	37.4	34.9	2.1	6.0	1.34	34.9	0.0	34.9	10
Tall - Coconut	1258	301	16.0	11.7	38.0	34.9	1.5	0.4	1.23	34.9	0.0	34.9	10
Tall - Almond	1117	267	12.6	6.5	36.4	33.7	1.7	1.0	1.24	33.7	0.0	33.7	10
Tall - Oat	1554	371	15.6	9.5	53.0	42.1	5.1	2.0	1.38	42.1	0.0	42.1	10
Grande - Skimmed Milk	1521	362	12.6	7.7	53.0	49.7	1.5	8.3	1.71	49.7	12.7	37.1	14
Grande - Semi Skimmed Milk	1673	399	16.8	10.3	52.5	49.3	1.5	8.7	1.71	49.3	12.2	37.1	14
Grande - Whole Milk	1814	433	21.1	13.2	52.3	49.0	1.5	7.8	1.71	49.0	11.9	37.1	14
Grande - Soy	1580	377	16.5	8.4	48.4	45.1	2.7	7.3	1.74	45.1	0.0	45.1	14
Grande - Coconut	1578	377	19.4	14.2	49.2	45.1	2.0	0.5	1.61	45.1	0.0	45.1	14
Grande - Almond	1408	336	15.3	7.9	47.2	43.7	2.2	1.3	1.62	43.7	0.0	43.7	14
Grande - Oat	1936	462	18.9	11.5	67.3	53.8	6.3	2.5	1.79	53.8	0.0	53.8	14
<b>SALTED CARAMEL BROWNIE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	742	177	7.9	4.9	24.1	23.0	0.3	2.4	0.55	23.0	3.9	19.0	2
Mini - Semi Skimmed Milk	785	187	9.0	5.6	23.9	22.8	0.3	2.5	0.55	22.8	3.8	19.0	2
<b>Mini - Whole Milk</b>	<b>825</b>	<b>197</b>	<b>10.3</b>	<b>6.5</b>	<b>23.8</b>	<b>22.8</b>	<b>0.3</b>	<b>2.2</b>	<b>0.55</b>	<b>22.8</b>	<b>3.7</b>	<b>19.0</b>	<b>2</b>
<b>Go Light: Mini - Skimmed Milk, No Whip, Light Base</b>	<b>419</b>	<b>99</b>	<b>0.9</b>	<b>0.6</b>	<b>20.1</b>	<b>19.1</b>	<b>0.4</b>	<b>2.4</b>	<b>0.49</b>	<b>19.1</b>	<b>3.4</b>	<b>15.7</b>	<b>2</b>
Mini - Soy	759	181	9.0	5.1	22.8	21.7	0.6	2.1	0.55	21.7	0.0	21.7	2
Mini - Coconut	758	181	9.8	6.7	23.0	21.7	0.4	0.2	0.52	21.7	0.0	21.7	2
Mini - Almond	710	170	8.6	4.9	22.4	21.2	0.5	0.4	0.52	21.2	0.0	21.2	2
Mini - Oat	859	205	9.6	6.0	28.1	24.1	1.7	0.7	0.57	24.1	0.0	24.1	2
Tall - Skimmed Milk	1045	249	10.0	6.2	35.9	34.4	0.4	3.6	0.81	34.4	5.9	28.5	4
Tall - Semi Skimmed Milk	1112	265	11.8	7.3	35.7	34.2	0.4	3.8	0.81	34.2	5.7	28.5	4
Tall - Whole Milk	1173	280	13.7	8.6	35.6	34.1	0.4	3.4	0.81	34.1	5.6	28.5	4
<b>Go Light: Tall - Skimmed Milk, No Whip, Light Base</b>	<b>632</b>	<b>149</b>	<b>1.4</b>	<b>0.8</b>	<b>30.3</b>	<b>28.9</b>	<b>0.5</b>	<b>3.6</b>	<b>0.75</b>	<b>28.9</b>	<b>5.3</b>	<b>23.7</b>	<b>3</b>
Tall - Soy	1071	256	11.7	6.5	33.9	32.4	0.9	3.2	0.82	32.4	0.0	32.4	4
Tall - Coconut	1070	256	13.0	9.0	34.2	32.4	0.6	0.3	0.77	32.4	0.0	32.4	4
Tall - Almond	996	238	11.2	6.3	33.4	31.8	0.7	0.6	0.77	31.8	0.0	31.8	4
Tall - Oat	1226	293	12.7	7.9	42.1	36.2	2.5	1.1	0.85	36.2	0.0	36.2	4
Grande - Skimmed Milk	1537	366	14.5	8.9	54.0	51.6	0.7	4.6	1.29	51.6	7.6	44.0	7
Grande - Semi Skimmed Milk	1621	386	16.7	10.4	53.8	51.4	0.7	4.9	1.29	51.4	7.3	44.0	7
Grande - Whole Milk	1699	405	19.1	12.0	53.6	51.2	0.7	4.3	1.29	51.2	7.2	44.0	7
<b>Go Light: Grande - Skimmed Milk, No Whip, Light Base</b>	<b>956</b>	<b>226</b>	<b>2.4</b>	<b>1.4</b>	<b>46.1</b>	<b>43.9</b>	<b>0.9</b>	<b>4.6</b>	<b>1.20</b>	<b>43.9</b>	<b>6.7</b>	<b>37.2</b>	<b>6</b>
Grande - Soy	1569	374	16.6	9.3	51.5	49.1	1.4	4.1	1.30	49.1	0.0	49.1	7



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Grande - Coconut	1568	374	18.2	12.5	51.9	49.1	1.0	0.3	1.23	49.1	0.0	49.1	7
Grande - Almond	1474	352	15.9	9.1	50.8	48.3	1.1	0.7	1.23	48.3	0.0	48.3	7
Grande - Oat	1766	421	17.9	11.1	61.9	53.9	3.4	1.4	1.33	53.9	0.0	53.9	7
<b>SALTED CARAMEL BROWNIE CREAM LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>419</b>	<b>99</b>	<b>0.9</b>	<b>0.6</b>	<b>20.1</b>	<b>19.1</b>	<b>0.4</b>	<b>2.4</b>	<b>0.49</b>	<b>19.1</b>	<b>3.4</b>	<b>15.7</b>	<b>2</b>
Mini - Semi Skimmed Milk	462	109	2.1	1.3	19.9	18.9	0.4	2.5	0.49	18.9	3.3	15.7	2
Mini - Whole Milk	502	119	3.3	2.1	19.9	18.9	0.4	2.2	0.49	18.9	3.2	15.7	2
Mini - Soy	436	103	2.0	0.7	18.8	17.8	0.7	2.1	0.50	17.8	0.0	17.8	2
Mini - Coconut	435	103	2.9	2.4	19.0	17.8	0.5	0.2	0.46	17.8	0.0	17.8	2
Mini - Almond	387	92	1.7	0.6	18.4	17.4	0.6	0.4	0.47	17.4	0.0	17.4	2
Mini - Oat	537	127	2.7	1.6	24.1	20.2	1.7	0.7	0.51	20.2	0.0	20.2	2
<b>Tall - Skimmed Milk</b>	<b>632</b>	<b>149</b>	<b>1.4</b>	<b>0.8</b>	<b>30.3</b>	<b>28.9</b>	<b>0.5</b>	<b>3.6</b>	<b>0.75</b>	<b>28.9</b>	<b>5.3</b>	<b>23.7</b>	<b>3</b>
Tall - Semi Skimmed Milk	698	165	3.2	1.9	30.1	28.7	0.5	3.8	0.75	28.7	5.1	23.7	3
Tall - Whole Milk	759	180	5.1	3.2	30.0	28.6	0.5	3.4	0.75	28.6	5.0	23.7	3
Tall - Soy	657	156	3.0	1.1	28.3	26.9	1.1	3.2	0.76	26.9	0.0	26.9	3
Tall - Coconut	656	156	4.3	3.6	28.6	26.9	0.8	0.3	0.70	26.9	0.0	26.9	3
Tall - Almond	582	138	2.5	0.9	27.8	26.3	0.9	0.6	0.71	26.3	0.0	26.3	3
Tall - Oat	813	193	4.1	2.5	36.5	30.7	2.7	1.1	0.78	30.7	0.0	30.7	3
<b>Grande - Skimmed Milk</b>	<b>956</b>	<b>226</b>	<b>2.4</b>	<b>1.4</b>	<b>46.1</b>	<b>43.9</b>	<b>0.9</b>	<b>4.6</b>	<b>1.20</b>	<b>43.9</b>	<b>6.7</b>	<b>37.2</b>	<b>6</b>
Grande - Semi Skimmed Milk	1040	246	4.6	2.8	45.8	43.6	0.9	4.9	1.20	43.6	6.4	37.2	6
Grande - Whole Milk	1118	265	7.0	4.4	45.7	43.5	0.9	4.3	1.20	43.5	6.3	37.2	6
Grande - Soy	988	234	4.5	1.8	43.6	41.4	1.6	4.1	1.21	41.4	0.0	41.4	6
Grande - Coconut	988	234	6.1	5.0	44.0	41.4	1.2	0.3	1.14	41.4	0.0	41.4	6
Grande - Almond	893	211	3.8	1.5	42.9	40.6	1.3	0.7	1.15	40.6	0.0	40.6	6
Grande - Oat	1186	281	5.8	3.5	54.0	46.2	3.6	1.4	1.24	46.2	0.0	46.2	6
<b>YULE LOG FRAPPUCCINO® (made with Signature Hot Chocolate Base and Whipped Cream as standard)</b>													
<b>Mini</b>	<b>1168</b>	<b>280</b>	<b>16.5</b>	<b>11.4</b>	<b>31.7</b>	<b>28.0</b>	<b>0.6</b>	<b>0.8</b>	<b>0.26</b>	<b>28.0</b>	<b>0.0</b>	<b>28.0</b>	<b>15</b>
Tall	1467	352	23.7	16.6	33.3	29.6	0.6	1.2	0.28	29.6	0.0	29.6	15
Grande	2109	506	33.3	23.3	49.6	44.2	0.8	1.6	0.43	44.2	0.0	44.2	22
<b>YULE LOG LIGHT FRAPPUCCINO® (made with Signature Hot Chocolate Base and Whipped Cream as standard)</b>													
<b>Mini</b>	<b>906</b>	<b>217</b>	<b>11.1</b>	<b>7.5</b>	<b>28.3</b>	<b>24.6</b>	<b>0.7</b>	<b>0.5</b>	<b>0.27</b>	<b>24.6</b>	<b>0.0</b>	<b>24.6</b>	<b>15</b>
Tall	1130	271	16.5	11.4	29.5	25.8	0.7	0.8	0.28	25.8	0.0	25.8	15
Grande	1524	365	20.7	14.2	43.2	37.9	1.0	0.9	0.43	37.9	0.0	37.9	22
<b>AUTUMN PROMO 2018</b>													
<b>PUMPKIN SPICE LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	738	176	7.5	5.2	22.1	21.0	0.1	5.1	0.20	21.0	4.5	16.5	75
<b>Short - Semi Skimmed Milk</b>	<b>795</b>	<b>190</b>	<b>9.0</b>	<b>6.2</b>	<b>21.9</b>	<b>20.8</b>	<b>0.1</b>	<b>5.3</b>	<b>0.20</b>	<b>20.8</b>	<b>4.3</b>	<b>16.5</b>	<b>75</b>
Short- Whole Milk	847	202	10.6	7.3	21.8	20.7	0.1	4.9	0.20	20.7	4.2	16.5	75
Short- Soy	760	182	8.9	5.5	20.4	19.2	0.5	4.7	0.21	19.2	0.0	19.2	75
Short - Coconut	760	182	10.0	7.7	20.6	19.2	0.3	2.2	0.16	19.2	0.0	19.2	75
Short - Almond	696	166	8.4	5.3	19.9	18.7	0.3	2.5	0.17	18.7	0.0	18.7	75
Short - Oat	893	213	9.8	6.7	27.4	22.5	1.9	2.9	0.23	22.5	0.0	22.5	75
Tall - Skimmed Milk	1111	264	9.4	6.6	35.5	33.3	0.1	9.3	0.35	33.3	9.1	24.3	150
Tall - Semi Skimmed Milk	1225	292	12.5	8.6	35.1	33.0	0.1	9.7	0.35	33.0	8.7	24.3	150
Tall - Whole Milk	1330	318	15.8	10.7	34.9	32.8	0.1	9.0	0.35	32.8	8.5	24.3	150
Tall - Soy	1155	275	12.3	7.1	32.0	29.9	1.0	8.6	0.36	29.9	0.0	29.9	150
Tall - Coconut	1154	276	14.5	11.5	32.6	29.9	0.4	3.5	0.26	29.9	0.0	29.9	150
Tall - Almond	1026	245	11.4	6.7	31.1	28.8	0.6	4.1	0.27	28.8	0.0	28.8	150
Tall - Oat	1422	339	14.1	9.5	46.2	36.4	3.7	5.0	0.40	36.4	0.0	36.4	150
Grande - Skimmed Milk	1466	349	13.2	9.2	45.9	43.7	0.1	11.6	0.45	43.7	11.3	32.5	150
Grande - Semi Skimmed Milk	1607	383	17.0	11.6	45.5	43.3	0.1	12.1	0.45	43.3	10.8	32.5	150
Grande - Whole Milk	1738	415	21.0	14.3	45.2	43.1	0.1	11.2	0.45	43.1	10.6	32.5	150
Grande - Soy	1520	363	16.8	9.8	41.6	39.5	1.2	10.7	0.47	39.5	0.0	39.5	150
Grande - Coconut	1519	363	19.5	15.2	42.3	39.5	0.5	4.4	0.34	39.5	0.0	39.5	150
Grande - Almond	1360	325	15.6	9.4	40.5	38.1	0.8	5.1	0.36	38.1	0.0	38.1	150
Grande - Oat	1852	442	19.0	12.8	59.2	47.6	4.6	6.2	0.51	47.6	0.0	47.6	150
<b>VEGAN PUMPKIN SPICE LATTE (with dairy alternative and NO WHIP)</b>													
Short- Soy	416	99	1.7	0.3	16.6	15.5	2.5	3.1	0.12	15.5	0.0	15.5	75
Short - Coconut	415	99	2.7	2.5	16.9	15.5	2.3	0.6	0.07	15.5	0.0	15.5	75
Short - Almond	352	83	1.2	0.1	16.2	15.0	2.3	0.8	0.07	15.0	0.0	15.0	75
Short - Oat	549	130	2.6	1.5	23.6	18.8	3.9	1.3	0.14	18.8	0.0	18.8	75
Tall - Soy	714	169	3.3	0.6	26.8	24.7	4.0	6.2	0.23	24.7	0.0	24.7	150
Tall - Coconut	713	170	5.4	4.9	27.3	24.7	3.5	1.1	0.13	24.7	0.0	24.7	150
Tall - Almond	585	139	2.4	0.2	25.9	23.7	3.6	1.7	0.14	23.7	0.0	23.7	150
Tall - Oat	982	233	5.1	2.9	41.0	31.3	6.7	2.6	0.26	31.3	0.0	31.3	150
Grande - Soy	907	215	4.1	0.7	34.5	32.5	5.2	7.5	0.29	32.5	0.0	32.5	150
Grande - Coconut	906	216	6.8	6.1	35.2	32.5	4.6	1.2	0.16	32.5	0.0	32.5	150
Grande - Almond	747	177	2.9	0.3	33.4	31.1	4.8	1.9	0.17	31.1	0.0	31.1	150
Grande - Oat	1239	294	6.3	3.7	52.1	40.6	8.6	3.0	0.33	40.6	0.0	40.6	150
<b>LIMITED EDITION PUMPKIN SPICE LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	727	173	6.4	3.8	24.0	22.8	0.1	4.8	0.22	22.8	4.9	17.9	75
<b>Short - Semi Skimmed Milk</b>	<b>783</b>	<b>187</b>	<b>8.0</b>	<b>4.8</b>	<b>23.8</b>	<b>22.7</b>	<b>0.1</b>	<b>4.9</b>	<b>0.22</b>	<b>22.7</b>	<b>4.7</b>	<b>17.9</b>	<b>75</b>
Short- Whole Milk	835	199	9.6	5.8	23.7	22.6	0.1	4.6	0.22	22.6	4.6	17.9	75
Short- Soy	748	178	7.9	4.0	22.3	21.1	0.5	4.4	0.23	21.1	0.0	21.1	75
Short - Coconut	748	179	8.9	6.2	22.5	21.1	0.3	1.9	0.18	21.1	0.0	21.1	75
Short - Almond	684	163	7.4	3.9	21.8	20.6	0.4	2.1	0.18	20.6	0.0	20.6	75
Short - Oat	881	210	8.8	5.2	29.3	24.4	1.9	2.6	0.24	24.4	0.0	24.4	75
Tall - Skimmed Milk	1065	253	7.6	4.4	37.3	35.2	0.1	8.9	0.36	35.2	9.5	25.6	150
Tall - Semi Skimmed Milk	1179	281	10.6	6.4	37.0	34.8	0.1	9.2	0.36	34.8	9.2	25.6	150
Tall - Whole Milk	1285	306	13.9	8.6	36.8	34.6	0.1	8.5	0.36	34.6	9.0	25.6	150
Tall - Soy	1109	264	10.5	4.9	33.9	31.7	1.0	8.1	0.38	31.7	0.0	31.7	150
Tall - Coconut	1108	264	12.6	9.3	34.4	31.7	0.5	3.1	0.28	31.7	0.0	31.7	150
Tall - Almond	980	233	9.6	4.6	33.0	30.6	0.7	3.6	0.29	30.6	0.0	30.6	150
Tall - Oat	1377	328	12.3	7.3	48.0	38.2	3.7	4.5	0.41	38.2	0.0	38.2	150
Grande - Skimmed Milk	1311	311	8.6	5.0	47.3	45.1	0.1	11.0	0.46	45.1	11.8	33.3	150
Grande - Semi Skimmed Milk	1452	345	12.5	7.5	46.8	44.6	0.1	11.4	0.46	44.6	11.3	33.3	150
Grande - Whole Milk	1583	377	16.5	10.2	46.6	44.4	0.1	10.5	0.46	44.4	11.1	33.3	150
Grande - Soy	1365	325	12.2	5.7	43.0	40.8	1.2	10.1	0.48	40.8	0.0	40.8	150
Grande - Coconut	1364	325	14.9	11.1	43.7	40.8	0.6	3.8	0.36	40.8	0.0		





### Holiday FY19 Starbucks Beverage Nutrition Information \*

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
<b>ICED PUMPKIN SPICE LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Tall - Skimmed Milk	1022	243	7.3	5.0	35.0	32.9	0.1	9.2	0.34	32.9	9.1	23.7	150
<b>Tall - Semi Skimmed Milk</b>	<b>1136</b>	<b>270</b>	<b>10.4</b>	<b>7.0</b>	<b>34.7</b>	<b>32.5</b>	<b>0.1</b>	<b>9.6</b>	<b>0.34</b>	<b>32.5</b>	<b>8.8</b>	<b>23.7</b>	<b>150</b>
Tall - Whole Milk	1242	296	13.7	9.2	34.5	32.3	0.1	8.9	0.34	32.3	8.6	23.7	150
Tall - Soy	1066	254	10.2	5.5	31.6	29.4	1.0	8.5	0.36	29.4	0.0	29.4	150
Tall - Coconut	1065	254	12.4	9.9	32.1	29.4	0.4	3.4	0.26	29.4	0.0	29.4	150
Tall - Almond	936	223	9.3	5.2	30.6	28.3	0.6	3.9	0.27	28.3	0.0	28.3	150
Tall - Oat	1335	318	12.0	7.9	45.8	36.0	3.7	4.9	0.40	36.0	0.0	36.0	150
Grande - Skimmed Milk	1276	303	8.5	5.8	45.0	42.9	0.1	11.5	0.44	42.9	11.5	31.4	150
Grande - Semi Skimmed Milk	1420	338	12.4	8.3	44.6	42.4	0.1	12.0	0.44	42.4	11.0	31.4	150
Grande - Whole Milk	1554	370	16.5	11.1	44.3	42.2	0.1	11.1	0.44	42.2	10.8	31.4	150
Grande - Soy	1331	317	12.2	6.5	40.7	38.5	1.2	10.6	0.46	38.5	0.0	38.5	150
Grande - Coconut	1330	317	14.9	12.0	41.4	38.5	0.6	4.2	0.34	38.5	0.0	38.5	150
Grande - Almond	1168	278	11.0	6.0	39.5	37.1	0.8	4.9	0.35	37.1	0.0	37.1	150
Grande - Oat	1670	398	14.5	9.5	58.6	46.8	4.7	6.0	0.51	46.8	0.0	46.8	150
<b>PUMPKIN SPICE COFFEE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	904	215	7.4	5.2	34.2	33.8	0.1	2.9	0.32	33.8	2.6	31.2	42
Mini - Semi Skimmed Milk	937	223	8.2	5.8	34.1	33.7	0.1	3.0	0.32	33.7	2.5	31.2	42
<b>Mini - Whole Milk</b>	<b>967</b>	<b>230</b>	<b>9.2</b>	<b>6.4</b>	<b>34.1</b>	<b>33.6</b>	<b>0.1</b>	<b>2.8</b>	<b>0.32</b>	<b>33.6</b>	<b>2.4</b>	<b>31.2</b>	<b>42</b>
Mini - Soy	917	218	8.2	5.4	33.2	32.8	0.3	2.7	0.33	32.8	0.0	32.8	42
Mini - Coconut	916	218	8.8	6.6	33.4	32.8	0.2	1.3	0.30	32.8	0.0	32.8	42
Mini - Almond	880	209	7.9	5.3	33.0	32.5	0.2	1.4	0.30	32.5	0.0	32.5	42
Mini - Oat	993	236	8.7	6.1	37.3	34.7	1.1	1.7	0.34	34.7	0.0	34.7	42
Tall - Skimmed Milk	1328	315	9.3	6.5	53.4	52.8	0.1	4.5	0.51	52.8	4.1	48.7	66
Tall - Semi Skimmed Milk	1379	328	10.6	7.4	53.3	52.6	0.1	4.7	0.51	52.6	3.9	48.7	66
Tall - Whole Milk	1427	339	12.1	8.4	53.2	52.6	0.1	4.3	0.51	52.6	3.8	48.7	66
Tall - Soy	1348	320	10.6	6.8	51.9	51.3	0.5	4.2	0.52	51.3	0.0	51.3	66
Tall - Coconut	1347	320	11.5	8.7	52.1	51.3	0.3	1.9	0.47	51.3	0.0	51.3	66
Tall - Almond	1290	306	10.1	6.6	51.5	50.8	0.4	2.1	0.48	50.8	0.0	50.8	66
Tall - Oat	1468	349	11.4	7.8	58.2	54.2	1.7	2.6	0.53	54.2	0.0	54.2	66
Grande - Skimmed Milk	1735	412	12.9	9.2	68.5	67.7	0.1	5.4	0.64	67.7	4.5	63.2	86
Grande - Semi Skimmed Milk	1792	426	14.4	10.1	68.4	67.6	0.1	5.6	0.64	67.6	4.3	63.2	86
Grande - Whole Milk	1844	439	16.1	11.2	68.3	67.5	0.1	5.2	0.64	67.5	4.3	63.2	86
Grande - Soy	1757	418	14.4	9.4	66.8	66.0	0.6	5.0	0.65	66.0	0.0	66.0	86
Grande - Coconut	1756	418	15.4	11.6	67.1	66.0	0.3	2.5	0.60	66.0	0.0	66.0	86
Grande - Almond	1692	402	13.9	9.2	66.4	65.5	0.4	2.7	0.61	65.5	0.0	65.5	86
Grande - Oat	1890	449	15.3	10.6	73.9	69.3	1.9	3.2	0.67	69.3	0.0	69.3	86
<b>PUMPKIN SPICE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	779	185	7.4	5.2	26.2	25.8	0.1	3.5	0.33	25.8	3.4	22.4	0
Mini - Semi Skimmed Milk	822	196	8.5	6.0	26.1	25.7	0.1	3.7	0.33	25.7	3.3	22.4	0
<b>Mini - Whole Milk</b>	<b>862</b>	<b>206</b>	<b>9.8</b>	<b>6.8</b>	<b>26.0</b>	<b>25.6</b>	<b>0.1</b>	<b>3.4</b>	<b>0.33</b>	<b>25.6</b>	<b>3.2</b>	<b>22.4</b>	<b>0</b>
Mini - Soy	795	190	8.5	5.4	24.9	24.5	0.4	3.2	0.34	24.5	0.0	24.5	0
Mini - Coconut	795	190	9.3	7.1	25.1	24.5	0.2	1.3	0.30	24.5	0.0	24.5	0
Mini - Almond	747	178	8.1	5.3	24.6	24.1	0.3	1.5	0.30	24.1	0.0	24.1	0
Mini - Oat	897	214	9.2	6.3	30.3	27.0	1.4	1.9	0.35	27.0	0.0	27.0	0
Tall - Skimmed Milk	1114	265	9.3	6.5	40.0	39.4	0.1	5.3	0.51	39.4	5.3	34.1	0
Tall - Semi Skimmed Milk	1181	281	11.1	7.7	39.8	39.2	0.1	5.5	0.51	39.2	5.1	34.1	0
Tall - Whole Milk	1242	296	13.0	9.0	39.7	39.1	0.1	5.1	0.51	39.1	5.0	34.1	0
Tall - Soy	1140	271	11.0	6.9	38.0	37.4	0.6	4.9	0.52	37.4	0.0	37.4	0
Tall - Coconut	1139	272	12.2	9.4	38.3	37.4	0.3	1.9	0.46	37.4	0.0	37.4	0
Tall - Almond	1064	253	10.4	6.6	37.5	36.7	0.4	2.2	0.46	36.7	0.0	36.7	0
Tall - Oat	1296	309	12.0	8.2	46.3	41.2	2.2	2.8	0.54	41.2	0.0	41.2	0
Grande - Skimmed Milk	1549	368	13.0	9.2	55.9	55.0	0.1	7.0	0.70	55.0	6.7	48.3	0
Grande - Semi Skimmed Milk	1633	389	15.2	10.6	55.6	54.8	0.1	7.2	0.70	54.8	6.5	48.3	0
Grande - Whole Milk	1711	408	17.7	12.2	55.5	54.6	0.1	6.7	0.70	54.6	6.3	48.3	0
Grande - Soy	1581	377	15.1	9.6	53.4	52.5	0.8	6.4	0.71	52.5	0.0	52.5	0
Grande - Coconut	1580	377	16.7	12.8	53.8	52.5	0.3	2.7	0.64	52.5	0.0	52.5	0
Grande - Almond	1485	354	14.4	9.3	52.7	51.7	0.5	3.1	0.65	51.7	0.0	51.7	0
Grande - Oat	1779	424	16.4	11.3	63.8	57.3	2.8	3.8	0.74	57.3	0.0	57.3	0
<b>MAPLE LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	655	156	5.9	4.2	19.4	17.9	0.0	6.3	0.18	17.9	8.3	9.6	75
<b>Short - Semi Skimmed Milk</b>	<b>759</b>	<b>181</b>	<b>8.7</b>	<b>6.0</b>	<b>19.0</b>	<b>17.6</b>	<b>0.0</b>	<b>6.6</b>	<b>0.18</b>	<b>17.6</b>	<b>7.9</b>	<b>9.6</b>	<b>75</b>
Short - Whole Milk	855	205	11.7	8.0	18.9	17.4	0.0	6.0	0.18	17.4	7.8	9.6	75
Short - Soy	695	166	8.6	4.7	16.2	14.8	0.8	5.6	0.19	14.8	0.0	14.8	75
Short - Coconut	694	166	10.6	8.6	16.7	14.8	0.3	1.0	0.10	14.8	0.0	14.8	75
Short - Almond	578	138	7.7	4.3	15.4	13.8	0.5	1.5	0.11	13.8	0.0	13.8	75
Short - Oat	939	224	10.2	6.8	29.1	20.7	3.3	2.3	0.23	20.7	0.0	20.7	75
Tall - Skimmed Milk	915	217	7.1	5.0	28.8	26.2	0.0	9.6	0.27	26.2	12.5	13.7	150
Tall - Semi Skimmed Milk	1073	256	11.3	7.7	28.3	25.7	0.0	10.1	0.27	25.7	12.0	13.7	150
Tall - Whole Milk	1218	291	15.8	10.7	28.1	25.4	0.0	9.1	0.27	25.4	11.7	13.7	150
Tall - Soy	976	233	11.1	5.7	24.1	21.4	1.3	8.6	0.29	21.4	0.0	21.4	150
Tall - Coconut	974	233	14.1	11.7	24.8	21.4	0.5	1.6	0.15	21.4	0.0	21.4	150
Tall - Almond	798	191	9.8	5.2	22.8	19.9	0.8	2.4	0.17	19.9	0.0	19.9	150
Tall - Oat	1344	321	13.6	8.9	43.6	30.4	5.0	3.6	0.34	30.4	0.0	30.4	150
Grande - Skimmed Milk	1174	279	8.3	5.8	38.0	35.2	0.0	13.0	0.37	35.2	17.5	17.7	150
Grande - Semi Skimmed Milk	1393	332	14.2	9.6	37.3	34.5	0.0	13.7	0.37	34.5	16.8	17.7	150
Grande - Whole Milk	1596	382	20.5	13.8	37.0	34.1	0.0	12.3	0.37	34.1	16.4	17.7	150
Grande - Soy	1258	300	13.9	6.8	31.4	28.5	1.8	11.6	0.40	28.5	0.0	28.5	150
Grande - Coconut	1256	301	18.1	15.2	32.4	28.5	0.7	1.9	0.21	28.5	0.0	28.5	150
Grande - Almond	1009	241	12.1	6.1	29.6	26.4	1.1	2.9	0.23	26.4	0.0	26.4	150
Grande - Oat	1773	423	17.4	11.3	58.6	41.1	7.0	4.7	0.47	41.1	0.0	41.1	150
<b>ICED MAPLE LATTE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Tall - Skimmed Milk	817	194	7.0	5.0	25.5	22.8	0.0	7.3	0.20	22.8	9.1	13.7	150
<b>Tall - Semi Skimmed Milk</b>	<b>932</b>	<b>222</b>	<b>10.1</b>	<b>7.0</b>	<b>25.1</b>	<b>22.4</b>	<b>0.0</b>	<b>7.7</b>	<b>0.20</b>	<b>22.4</b>	<b>8.8</b>	<b>13.7</b>	<b>150</b>
Tall - Whole Milk	1038	248	13.4	9.1	24.9	22.3	0.0	6.9	0.20	22.3	8.6	13.7	150
Tall - Soy	861	206	9.9	5.5	22.0	19.3	0.9	6.6	0.22	19.3	0.0	19.3	150
Tall - Coconut	860	206	12.1	9.9	22.5	19.3	0.4	1.5	0.12	19.3	0.0	19.3	150
Tall - Almond	731	175	9.0	5.1	21.1	18.3	0.6	2.0	0.12	18.3	0.0	18.3	150
Tall - Oat	1130	270	11.8	7.9	36.2	25.9	3.7	2.9	0.25	25.9	0.0	25.9	150
Grande - Skimmed Milk	998	237	8.2	5.7	32.0	29.2	0.0	9.0	0.25	29.2	11.5	17.7	150
Grande - Semi Skimmed Milk	1143	272	12.1	8.3	31.6	28.7	0.0	9.4	0.25	28.7	11.0	17.7	150



### Holiday FY19 Starbucks Beverage Nutrition Information \*

	<b>kJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Grande - Whole Milk	1276	305	16.2	11.0	31.3	28.5	0.0	8.5	0.25	28.5	10.8	17.7	150
Grande - Soy	1054	252	11.8	6.4	27.7	24.8	1.2	8.1	0.27	24.8	0.0	24.8	150
Grande - Coconut	1053	252	14.6	11.9	28.4	24.8	0.5	1.6	0.14	24.8	0.0	24.8	150
Grande - Almond	890	213	10.7	6.0	26.5	23.4	0.7	2.3	0.16	23.4	0.0	23.4	150
Grande - Oat	1393	332	14.1	9.4	45.6	33.1	4.6	3.5	0.32	33.1	0.0	33.1	150
<b>MAPLE COFFEE FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	855	203	7.3	5.2	31.8	31.6	0.0	2.7	0.35	31.6	3.3	28.2	27
Mini - Semi Skimmed Milk	897	213	8.4	5.9	31.7	31.4	0.0	2.8	0.35	31.4	3.2	28.2	27
<b>Mini - Whole Milk</b>	<b>935</b>	<b>223</b>	<b>9.6</b>	<b>6.7</b>	<b>31.6</b>	<b>31.4</b>	<b>0.0</b>	<b>2.5</b>	<b>0.35</b>	<b>31.4</b>	<b>3.1</b>	<b>28.2</b>	<b>27</b>
Mini - Soy	871	207	8.3	5.4	30.6	30.3	0.3	2.4	0.35	30.3	0.0	30.3	27
Mini - Coconut	871	208	9.1	7.0	30.8	30.3	0.1	0.5	0.32	30.3	0.0	30.3	27
Mini - Almond	824	196	8.0	5.3	30.2	29.9	0.2	0.7	0.32	29.9	0.0	29.9	27
Mini - Oat	969	231	9.0	6.3	35.7	32.7	1.3	1.1	0.37	32.7	0.0	32.7	27
Tall - Skimmed Milk	1046	249	9.1	6.5	38.7	38.2	0.0	3.1	0.40	38.2	3.8	34.4	62
Tall - Semi Skimmed Milk	1093	260	10.4	7.3	38.5	38.0	0.0	3.2	0.40	38.0	3.7	34.4	62
Tall - Whole Milk	1138	271	11.7	8.3	38.4	37.9	0.0	2.9	0.40	37.9	3.6	34.4	62
Tall - Soy	1064	253	10.3	6.7	37.2	36.7	0.4	2.8	0.41	36.7	0.0	36.7	62
Tall - Coconut	1064	254	11.2	8.6	37.4	36.7	0.2	0.7	0.36	36.7	0.0	36.7	62
Tall - Almond	1010	241	9.9	6.6	36.8	36.3	0.2	0.9	0.37	36.3	0.0	36.3	62
Tall - Oat	1176	280	11.1	7.7	43.1	39.5	1.5	1.3	0.42	39.5	0.0	39.5	62
Grande - Skimmed Milk	1512	360	12.7	9.1	57.2	56.5	0.0	4.1	0.59	56.5	5.0	51.6	94
Grande - Semi Skimmed Milk	1575	375	14.4	10.2	57.0	56.3	0.0	4.3	0.59	56.3	4.8	51.6	94
Grande - Whole Milk	1632	389	16.2	11.4	56.9	56.2	0.0	3.9	0.59	56.2	4.7	51.6	94
Grande - Soy	1536	366	14.3	9.4	55.4	54.7	0.5	3.7	0.60	54.7	0.0	54.7	94
Grande - Coconut	1536	366	15.5	11.8	55.7	54.7	0.2	0.9	0.54	54.7	0.0	54.7	94
Grande - Almond	1466	349	13.8	9.2	54.9	54.1	0.3	1.2	0.55	54.1	0.0	54.1	94
Grande - Oat	1682	401	15.3	10.7	63.1	58.2	2.0	1.7	0.62	58.2	0.0	58.2	94
<b>MAPLE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	734	175	7.3	5.2	23.9	23.4	0.0	3.4	0.34	23.4	4.4	19.0	0
Mini - Semi Skimmed Milk	789	188	8.8	6.2	23.8	23.2	0.0	3.6	0.34	23.2	4.2	19.0	0
<b>Mini - Whole Milk</b>	<b>841</b>	<b>201</b>	<b>10.4</b>	<b>7.2</b>	<b>23.7</b>	<b>23.1</b>	<b>0.0</b>	<b>3.2</b>	<b>0.34</b>	<b>23.1</b>	<b>4.1</b>	<b>19.0</b>	<b>0</b>
Mini - Soy	755	180	8.7	5.5	22.3	21.7	0.4	3.0	0.35	21.7	0.0	21.7	0
Mini - Coconut	755	181	9.8	7.6	22.5	21.7	0.2	0.6	0.30	21.7	0.0	21.7	0
Mini - Almond	693	165	8.3	5.3	21.8	21.2	0.3	0.8	0.31	21.2	0.0	21.2	0
Mini - Oat	885	211	9.6	6.6	29.1	24.8	1.8	1.3	0.37	24.8	0.0	24.8	0
Tall - Skimmed Milk	902	215	9.1	6.5	29.3	28.6	0.0	3.9	0.40	28.6	5.1	23.5	0
Tall - Semi Skimmed Milk	966	230	10.8	7.6	29.1	28.4	0.0	4.1	0.40	28.4	4.9	23.5	0
Tall - Whole Milk	1024	245	12.6	8.8	29.0	28.3	0.0	3.7	0.40	28.3	4.8	23.5	0
Tall - Soy	927	221	10.7	6.8	27.4	26.7	0.5	3.5	0.41	26.7	0.0	26.7	0
Tall - Coconut	926	221	11.9	9.2	27.7	26.7	0.2	0.7	0.35	26.7	0.0	26.7	0
Tall - Almond	855	204	10.2	6.6	26.9	26.1	0.3	1.0	0.36	26.1	0.0	26.1	0
Tall - Oat	1076	257	11.7	8.1	35.3	30.3	2.0	1.5	0.43	30.3	0.0	30.3	0
Grande - Skimmed Milk	1295	308	12.7	9.1	43.1	42.0	0.0	5.4	0.58	42.0	6.9	35.2	0
Grande - Semi Skimmed Milk	1381	329	15.1	10.6	42.8	41.7	0.0	5.6	0.58	41.7	6.6	35.2	0
Grande - Whole Milk	1460	349	17.5	12.3	42.7	41.6	0.0	5.1	0.58	41.6	6.4	35.2	0
Grande - Soy	1328	317	14.9	9.5	40.5	39.4	0.7	4.8	0.60	39.4	0.0	39.4	0
Grande - Coconut	1327	317	16.6	12.8	40.9	39.4	0.3	1.0	0.52	39.4	0.0	39.4	0
Grande - Almond	1230	294	14.2	9.2	39.8	38.6	0.4	1.4	0.53	38.6	0.0	38.6	0
Grande - Oat	1530	365	16.3	11.3	51.2	44.3	2.7	2.1	0.62	44.3	0.0	44.3	0
<b>MAPLE ROOIBOS TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	335	79	0.2	0.0	13.3	13.0	0.6	5.8	0.18	13.0	8.5	4.5	0
<b>Short - Semi Skimmed Milk</b>	<b>442</b>	<b>105</b>	<b>3.1</b>	<b>1.9</b>	<b>12.9</b>	<b>12.7</b>	<b>0.6</b>	<b>6.1</b>	<b>0.18</b>	<b>12.7</b>	<b>8.2</b>	<b>4.5</b>	<b>0</b>
Short - Whole Milk	541	129	6.1	3.9	12.8	12.5	0.6	5.5	0.18	12.5	8.0	4.5	0
Short - Soy	376	90	2.9	0.5	10.1	9.8	1.5	5.1	0.19	9.8	0.0	9.8	0
Short - Coconut	376	90	4.9	4.6	10.6	9.8	0.9	0.4	0.10	9.8	0.0	9.8	0
Short - Almond	255	61	2.1	0.2	9.2	8.8	1.1	0.9	0.11	8.8	0.0	8.8	0
Short - Oat	627	149	4.6	2.7	23.3	15.9	4.0	1.7	0.23	15.9	0.0	15.9	0
Tall - Skimmed Milk	521	123	0.3	0.0	20.3	19.9	1.2	9.2	0.28	19.9	13.5	6.4	0
Tall - Semi Skimmed Milk	691	164	4.9	3.0	19.7	19.4	1.2	9.7	0.28	19.4	13.0	6.4	0
Tall - Whole Milk	848	202	9.7	6.2	19.5	19.1	1.2	8.7	0.28	19.1	12.7	6.4	0
Tall - Soy	586	140	4.6	0.8	15.1	14.8	2.6	8.1	0.31	14.8	0.0	14.8	0
Tall - Coconut	585	140	7.8	7.3	16.0	14.8	1.7	0.6	0.16	14.8	0.0	14.8	0
Tall - Almond	394	94	3.3	0.3	13.8	13.1	2.0	1.4	0.17	13.1	0.0	13.1	0
Tall - Oat	985	235	7.3	4.3	36.2	24.5	6.6	2.7	0.36	24.5	0.0	24.5	0
Grande - Skimmed Milk	670	158	0.4	0.0	26.0	25.5	1.8	11.8	0.36	25.5	17.3	8.3	0
Grande - Semi Skimmed Milk	887	211	6.2	3.8	25.3	24.9	1.8	12.4	0.36	24.9	16.6	8.3	0
Grande - Whole Milk	1087	260	12.4	7.9	25.0	24.5	1.8	11.1	0.36	24.5	16.2	8.3	0
Grande - Soy	753	179	5.9	1.0	19.5	19.0	3.5	10.4	0.40	19.0	0.0	19.0	0
Grande - Coconut	751	180	10.0	9.3	20.5	19.0	2.5	0.7	0.21	19.0	0.0	19.0	0
Grande - Almond	508	121	4.2	0.4	17.7	16.9	2.8	1.8	0.23	16.9	0.0	16.9	0
Grande - Oat	1262	301	9.3	5.5	46.4	31.4	8.7	3.5	0.47	31.4	0.0	31.4	0
<b>ICED MAPLE ROOIBOS TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Tall - Skimmed Milk	393	93	0.2	0.0	15.9	15.5	1.2	6.2	0.20	15.5	9.1	6.4	0
<b>Tall - Semi Skimmed Milk</b>	<b>507</b>	<b>121</b>	<b>3.3</b>	<b>2.0</b>	<b>15.5</b>	<b>15.2</b>	<b>1.2</b>	<b>6.6</b>	<b>0.20</b>	<b>15.2</b>	<b>8.8</b>	<b>6.4</b>	<b>0</b>
Tall - Whole Milk	613	146	6.6	4.2	15.4	15.0	1.2	5.9	0.20	15.0	8.6	6.4	0
Tall - Soy	437	104	3.1	0.6	12.4	12.1	2.1	5.5	0.21	12.1	0.0	12.1	0
Tall - Coconut	436	104	5.3	4.9	13.0	12.1	1.6	0.4	0.11	12.1	0.0	12.1	0
Tall - Almond	307	73	2.2	0.2	11.5	11.0	1.7	0.9	0.12	11.0	0.0	11.0	0
Tall - Oat	706	168	4.9	2.9	26.7	18.6	4.9	1.8	0.25	18.6	0.0	18.6	0
Grande - Skimmed Milk	501	118	0.3	0.0	20.3	19.8	1.8	7.8	0.25	19.8	11.5	8.3	0
Grande - Semi Skimmed Milk	645	153	4.2	2.5	19.8	19.3	1.8	8.3	0.25	19.3	11.0	8.3	0
Grande - Whole Milk	779	186	8.3	5.3	19.6	19.1	1.8	7.4	0.25	19.1	10.8	8.3	0
Grande - Soy	556	132	3.9	0.7	15.9	15.4	2.9	6.9	0.27	15.4	0.0	15.4	0
Grande - Coconut	555	133	6.7	6.2	16.6	15.4	2.3	0.5	0.15	15.4	0.0	15.4	0
Grande - Almond	393	94	2.8	0.2	14.7	14.0	2.5	1.2	0.16	14.0	0.0	14.0	0
Grande - Oat	895	213	6.2	3.7	33.8	23.7	6.4	2.3	0.32	23.7	0.0	23.7	0
<b>MAPLE ROOIBOS CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	669	160	7.3	5.2	20.4	19.9	0.7	2.7	0.28	19.9	3.4	16.4	0
Mini - Semi Skimmed Milk	712	170	8.4	6.0	20.3	19.7	0.7	2.9	0.28	19.7	3.3	16.4	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>19.7</b>	<b>0.7</b>	<b>2.6</b>	<b>0.28</b>	<b>19.7</b>	<b>3.2</b>	<b>16.4</b>	<b>0</b>
Mini - Soy	685	164	8.4	5.4	19.1	18.6	1.1	2.5	0.29	18.6	0.0	18.6	0



**Holiday FY19 Starbucks Beverage Nutrition Information \***

	<b>KJ</b>	<b>kcal</b>	<b>Fat (g)</b>	<b>of which Saturates (g)</b>	<b>Carbohydrates (g)</b>	<b>Total Sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>	<b>Total Sugars (g)</b>	<b>Natural Sugar (g) from dairy option</b>	<b>Added sugar (g)</b>	<b>Caffeine (mg) **</b>
Mini - Coconut	685	164	9.2	7.1	19.3	18.6	0.9	0.6	0.25	18.6	0.0	18.6	0
Mini - Almond	636	152	8.0	5.3	18.8	18.2	0.9	0.8	0.25	18.2	0.0	18.2	0
Mini - Oat	786	188	9.1	6.3	24.5	21.0	2.1	1.1	0.30	21.0	0.0	21.0	0
Tall - Skimmed Milk	946	225	9.1	6.5	31.1	30.3	1.1	4.2	0.43	30.3	5.4	24.9	0
Tall - Semi Skimmed Milk	1014	242	11.0	7.7	30.9	30.1	1.1	4.4	0.43	30.1	5.2	24.9	0
Tall - Whole Milk	1077	257	12.9	9.0	30.8	30.0	1.1	4.0	0.43	30.0	5.1	24.9	0
Tall - Soy	972	232	10.9	6.8	29.1	28.3	1.7	3.8	0.45	28.3	0.0	28.3	0
Tall - Coconut	972	232	12.1	9.4	29.4	28.3	1.4	0.7	0.39	28.3	0.0	28.3	0
Tall - Almond	896	214	10.3	6.6	28.5	27.6	1.5	1.1	0.39	27.6	0.0	27.6	0
Tall - Oat	1132	270	11.9	8.2	37.5	32.1	3.3	1.6	0.47	32.1	0.0	32.1	0
Grande - Skimmed Milk	1325	316	12.8	9.1	43.9	42.8	1.7	5.5	0.61	42.8	7.0	35.8	0
Grande - Semi Skimmed Milk	1413	337	15.1	10.7	43.6	42.5	1.7	5.8	0.61	42.5	6.7	35.8	0
Grande - Whole Milk	1494	357	17.7	12.3	43.5	42.4	1.7	5.2	0.61	42.4	6.6	35.8	0
Grande - Soy	1358	324	15.0	9.5	41.2	40.1	2.4	4.9	0.63	40.1	0.0	40.1	0
Grande - Coconut	1358	325	16.7	12.9	41.7	40.1	1.9	1.0	0.55	40.1	0.0	40.1	0
Grande - Almond	1259	301	14.3	9.3	40.5	39.3	2.1	1.4	0.56	39.3	0.0	39.3	0
Grande - Oat	1565	374	16.4	11.4	52.2	45.2	4.5	2.1	0.66	45.2	0.0	45.2	0
<b>NITRO COLD BREW with MAPLE COLD FOAM</b>													
10 oz	95	22	0.1	0.0	5.5	5.4	0.0	0.0	0.07	5.4	2.7	2.7	140
Tall	119	28	0.1	0.0	6.9	6.7	0.0	0.0	0.08	6.7	3.3	3.4	164
<b>CORDUSIO (made with Whole Milk as standard)</b>													
Short - Skimmed Milk	267	63	0.5	0.3	10.5	8.2	0.5	3.8	0.09	8.2	4.4	3.8	155
Short - Semi Skimmed Milk	323	77	2.0	1.3	10.3	8.1	0.5	4.0	0.09	8.1	4.3	3.8	155
<b>Short- Whole Milk</b>	<b>374</b>	<b>89</b>	<b>3.6</b>	<b>2.3</b>	<b>10.2</b>	<b>8.0</b>	<b>0.5</b>	<b>3.6</b>	<b>0.09</b>	<b>8.0</b>	<b>4.2</b>	<b>3.8</b>	<b>155</b>
Short- Soy	288	68	2.0	0.5	8.8	6.6	1.0	3.4	0.10	6.6	0.0	6.6	155
Short - Coconut	288	69	3.0	2.7	9.1	6.6	0.7	1.0	0.05	6.6	0.0	6.6	155
Short - Almond	225	54	1.5	0.4	8.4	6.0	0.8	1.2	0.06	6.0	0.0	6.0	155
Short - Oat	419	100	2.8	1.7	15.7	9.8	2.3	1.7	0.12	9.8	0.0	9.8	155

SHORT -- 237ml (8 fl oz)  
 MINI -- 296 ml (10 fl oz)  
 TALL -- 355 ml (12 fl oz)  
 GRANDE -- 473 ml (16 fl oz)  
 VENTI -- 591 ml (20 fl oz)

\* Nutrition information for beverages is calculated based on Starbucks standard recipes. Whole milk is based on 3.5% milk fat, this may differ slightly from milks in your region. Because our beverages are handcrafted and may be customized, exact information may vary. New product introduction, ingredient changes or recipe changes during the life of this publication may cause this information to be incomplete.  
 \*\* Caffeine information is approximate. These values reflect Starbucks standard brewing methods. Values can vary greatly based on the variety of the coffee and the brewing equipment used. The handcrafted nature of our beverages may result in a variation from the reported values.