



Spring FY19 Starbucks Beverage Nutrition Information *

HOT BEVERAGES

	Q	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
ESPRESSO & FILTER COFFEE													
CAFFÈ LATTE (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	435	102	0.3	0.0	15.3	13.3	0.0	9.7	0.27	13.3	13.3	0.0	150 - 170
Tall - Semi Skimmed Milk	602	143	4.8	2.9	14.7	12.7	0.0	10.3	0.27	12.7	12.7	0.0	150 - 170
Tall - Whole Milk	756	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27	12.5	12.5	0.0	150 - 170
Tall - Soy	499	119	4.5	0.8	10.2	8.2	1.3	8.7	0.29	8.2	0.0	8.2	150 - 170
Tall - Coconut	544	130	6.6	6.1	11.5	8.5	5.6	3.4	0.13	8.5	0.0	8.5	150 - 170
Tall - Almond	310	74	3.2	0.3	8.9	6.6	0.8	2.1	0.16	6.6	0.0	6.6	150 - 170
Tall - Oat	890	212	7.2	4.3	30.9	17.8	5.3	3.4	0.35	17.8	0.0	17.8	150 - 170
Grande - Skimmed Milk	543	128	0.3	0.0	19.0	17.0	0.0	12.3	0.34	17.0	17.0	0.0	150 - 170
Grande - Semi Skimmed Milk	757	180	6.1	3.7	18.3	16.3	0.0	12.9	0.34	16.3	16.3	0.0	150 - 170
Grande - Whole Milk	954	228	12.2	7.8	17.9	16.0	0.0	11.6	0.34	16.0	16.0	0.0	150 - 170
Grande - Soy	625	149	5.8	1.0	12.5	10.5	1.7	10.9	0.37	10.5	0.0	10.5	150 - 170
Grande - Coconut	683	164	8.5	7.8	14.2	10.9	7.1	4.1	0.17	10.9	0.0	10.9	150 - 170
Grande - Almond	384	92	4.1	0.3	10.8	8.5	1.0	2.4	0.20	8.5	0.0	8.5	150 - 170
Grande - Oat	1126	269	9.2	5.4	39.0	22.8	6.8	4.1	0.44	22.8	0.0	22.8	150 - 170
Venti - Skimmed Milk	713	168	0.4	0.0	25.0	22.0	0.0	16.0	0.44	22.0	22.0	0.0	225 - 255
Venti - Semi Skimmed Milk	989	235	7.9	4.8	24.1	21.1	0.0	16.9	0.44	21.1	21.1	0.0	225 - 255
Venti - Whole Milk	1245	298	15.8	10.1	23.6	20.7	0.0	15.2	0.44	20.7	20.7	0.0	225 - 255
Venti - Soy	819	195	7.5	1.3	16.6	13.6	2.2	14.3	0.48	13.6	0.0	13.6	225 - 255
Venti - Coconut	893	214	11.0	10.1	18.8	14.1	9.2	5.5	0.22	14.1	0.0	14.1	225 - 255
Venti - Almond	506	121	5.3	0.4	14.4	11.0	1.3	3.3	0.26	11.0	0.0	11.0	225 - 255
Venti - Oat	1468	350	11.9	7.0	50.9	29.5	8.8	5.5	0.57	29.5	0.0	29.5	225 - 255
VANILLA LATTE (made with brewed Espresso Roast coffee, Semi Skimmed Milk and regular Vanilla Flavour Syrup as standard)													
Tall - Skimmed Milk	660	155	0.3	0.0	28.5	26.3	0.0	9.7	0.26	26.3	13.2	13.1	150
Tall - Semi Skimmed Milk	826	196	4.8	2.9	28.0	25.7	0.0	10.2	0.26	25.7	12.7	13.1	150
Tall - Whole Milk	979	233	9.5	6.1	27.7	25.5	0.0	9.2	0.26	25.5	12.4	13.1	150
Tall - Soy	723	172	4.5	0.8	23.5	21.2	1.3	8.6	0.29	21.2	0.0	21.2	150
Tall - Coconut	768	183	6.6	6.1	24.8	21.5	5.6	3.4	0.13	21.5	0.0	21.5	150
Tall - Almond	535	127	3.2	0.3	22.2	19.7	0.8	2.0	0.16	19.7	0.0	19.7	150
Tall - Oat	1113	265	7.1	4.2	44.1	30.8	5.3	3.4	0.34	30.8	0.0	30.8	150
Grande - Skimmed Milk	848	200	0.3	0.0	36.8	34.5	0.0	12.3	0.34	34.5	17.1	17.4	150
Grande - Semi Skimmed Milk	1062	252	6.1	3.8	36.1	33.8	0.0	13.0	0.34	33.8	16.4	17.4	150
Grande - Whole Milk	1260	300	12.3	7.8	35.8	33.4	0.0	11.6	0.34	33.4	16.0	17.4	150
Grande - Soy	930	221	5.8	1.0	30.3	28.0	1.7	11.0	0.37	28.0	0.0	28.0	150
Grande - Coconut	987	236	8.5	7.8	32.0	28.3	7.2	4.1	0.17	28.3	0.0	28.3	150
Grande - Almond	687	163	4.1	0.3	28.6	25.9	1.0	2.4	0.20	25.9	0.0	25.9	150
Grande - Oat	1433	341	9.2	5.5	56.9	40.3	6.8	4.1	0.44	40.3	0.0	40.3	150
Venti - Skimmed Milk	1089	256	0.4	0.0	47.1	43.7	0.0	16.0	0.44	43.7	21.9	21.8	225
Venti - Semi Skimmed Milk	1365	323	7.9	4.8	46.2	42.8	0.0	16.9	0.44	42.8	21.0	21.8	225
Venti - Whole Milk	1619	386	15.8	10.1	45.8	42.4	0.0	15.1	0.44	42.4	20.6	21.8	225
Venti - Soy	1195	284	7.5	1.3	38.8	35.4	2.2	14.2	0.48	35.4	0.0	35.4	225
Venti - Coconut	1269	303	11.0	10.1	41.0	35.8	9.2	5.5	0.22	35.8	0.0	35.8	225
Venti - Almond	883	209	5.3	0.4	36.6	32.7	1.3	3.3	0.26	32.7	0.0	32.7	225
Venti - Oat	1841	438	11.8	7.0	73.0	51.1	8.8	5.5	0.57	51.1	0.0	51.1	225
LATTE MACCHIATO (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	435	102	0.3	0.0	15.3	13.3	0.0	9.7	0.27	13.3	13.3	0.0	150 - 170
Tall - Semi Skimmed Milk	602	143	4.8	2.9	14.7	12.7	0.0	10.3	0.27	12.7	12.7	0.0	150 - 170
Tall - Whole Milk	756	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27	12.5	12.5	0.0	150 - 170
Tall - Soy	499	119	4.5	0.8	10.2	8.2	1.3	8.7	0.29	8.2	0.0	8.2	150 - 170
Tall - Coconut	544	130	6.6	6.1	11.5	8.5	5.6	3.4	0.13	8.5	0.0	8.5	150 - 170
Tall - Almond	310	74	3.2	0.3	8.9	6.6	0.8	2.1	0.16	6.6	0.0	6.6	150 - 170
Tall - Oat	890	212	7.2	4.3	30.9	17.8	5.3	3.4	0.35	17.8	0.0	17.8	150 - 170
Grande - Skimmed Milk	543	128	0.3	0.0	19.0	17.0	0.0	12.3	0.34	17.0	17.0	0.0	150 - 170
Grande - Semi Skimmed Milk	757	180	6.1	3.7	18.3	16.3	0.0	12.9	0.34	16.3	16.3	0.0	150 - 170
Grande - Whole Milk	954	228	12.2	7.8	17.9	16.0	0.0	11.6	0.34	16.0	16.0	0.0	150 - 170
Grande - Soy	625	149	5.8	1.0	12.5	10.5	1.7	10.9	0.37	10.5	0.0	10.5	150 - 170
Grande - Coconut	683	164	8.5	7.8	14.2	10.9	7.1	4.1	0.17	10.9	0.0	10.9	150 - 170
Grande - Almond	384	92	4.1	0.3	10.8	8.5	1.0	2.4	0.20	8.5	0.0	8.5	150 - 170
Grande - Oat	1126	269	9.2	5.4	39.0	22.8	6.8	4.1	0.44	22.8	0.0	22.8	150 - 170
Venti - Skimmed Milk	713	168	0.4	0.0	25.0	22.0	0.0	16.0	0.44	22.0	22.0	0.0	225 - 255
Venti - Semi Skimmed Milk	989	235	7.9	4.8	24.1	21.1	0.0	16.9	0.44	21.1	21.1	0.0	225 - 255
Venti - Whole Milk	1245	298	15.8	10.1	23.6	20.7	0.0	15.2	0.44	20.7	20.7	0.0	225 - 255
Venti - Soy	819	195	7.5	1.3	16.6	13.6	2.2	14.3	0.48	13.6	0.0	13.6	225 - 255
Venti - Coconut	893	214	11.0	10.1	18.8	14.1	9.2	5.5	0.22	14.1	0.0	14.1	225 - 255
Venti - Almond	506	121	5.3	0.4	14.4	11.0	1.3	3.3	0.26	11.0	0.0	11.0	225 - 255
Venti - Oat	1468	350	11.9	7.0	50.9	29.5	8.8	5.5	0.57	29.5	0.0	29.5	225 - 255



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Table with columns: Item, Q, kcal, Fat (g), of which saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include categories like FRESH FILTER COFFEE, ESPRESSO, ESPRESSO CON PANNA, ESPRESSO MACCHIATO, CAFFÈ AMERICANO, CAPPUCINO, and CAFFÈ MISTO.



Spring FY19 Starbucks Beverage Nutrition Information *

	Q	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
FLAT WHITE (made with Whole Milk as standard)													
Short - Skimmed Milk	269	63	0.2	0.0	9.6	7.6	0.0	5.9	0.15	7.6	7.6	0.0	150 - 170
Short - Semi Skimmed Milk	365	87	2.7	1.7	9.3	7.3	0.0	6.2	0.15	7.3	7.3	0.0	150 - 170
Short- Whole Milk	453	108	5.5	3.5	9.1	7.2	0.0	5.6	0.15	7.2	7.2	0.0	150 - 170
Short - Soy	306	73	2.6	0.5	6.7	4.7	0.8	5.3	0.17	4.7	0.0	4.7	150 - 170
Short - Coconut	332	79	3.8	3.5	7.5	4.9	3.2	2.2	0.08	4.9	0.0	4.9	150 - 170
Short - Almond	197	47	1.8	0.2	5.9	3.8	0.5	1.5	0.09	3.8	0.0	3.8	150 - 170
Short - Oat	531	126	4.1	2.4	18.6	10.2	3.1	2.2	0.20	10.2	0.0	10.2	150 - 170
CARAMEL MACCHIATO (made with brewed Espresso Roast coffee, Semi Skimmed Milk, regular Vanilla Flavour Syrup and Caramel Drizzle as standard)													
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	708	169	6.5	5.8	22.1	18.7	4.9	3.1	0.14	18.7	0.0	18.7	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	16.6	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	901	215	8.1	7.2	28.8	25.0	6.2	3.7	0.17	25.0	0.0	25.0	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	1108	264	9.5	8.6	36.3	31.3	7.4	4.7	0.20	31.3	0.0	31.3	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
MOCHA & HOT CHOCOLATE													
CAFFÈ MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)													
Tall - Skimmed Milk	832	198	8.3	5.8	23.6	20.8	1.6	6.5	0.18	20.8	7.9	12.9	165
Tall - Semi Skimmed Milk	931	220	11.0	7.5	23.3	20.5	1.6	6.8	0.18	20.5	7.6	12.9	165
Tall - Whole Milk	1023	245	13.8	9.4	23.2	20.4	1.6	6.2	0.18	20.4	7.4	12.9	165
Tall - Soy	870	208	10.8	6.2	20.6	17.8	2.4	5.8	0.19	17.8	0.0	17.8	165
Tall - Coconut	897	215	12.1	9.4	21.4	18.0	4.9	2.7	0.10	18.0	0.0	18.0	165
Tall - Almond	758	181	10.1	5.9	19.9	16.9	2.0	1.9	0.12	16.9	0.0	16.9	165
Tall - Oat	1103	264	12.4	8.3	33.0	23.5	4.7	2.7	0.23	23.5	0.0	23.5	165
Grande - Skimmed Milk	1057	252	9.9	6.8	31.0	27.9	2.0	8.8	0.25	27.9	11.2	16.7	170
Grande - Semi Skimmed Milk	1198	283	13.7	9.2	30.5	27.4	2.0	9.2	0.25	27.4	10.8	16.7	170
Grande - Whole Milk	1328	318	17.7	11.9	30.3	27.2	2.0	8.3	0.25	27.2	10.5	16.7	170
Grande - Soy	1111	266	13.5	7.5	26.7	23.6	3.2	7.9	0.27	23.6	0.0	23.6	170
Grande - Coconut	1149	276	15.2	11.9	27.8	23.9	6.8	3.4	0.14	23.9	0.0	23.9	170
Grande - Almond	952	228	12.3	7.0	25.6	22.3	2.7	2.3	0.16	22.3	0.0	22.3	170
Grande - Oat	1441	345	15.7	10.4	44.2	31.7	6.5	3.4	0.32	31.7	0.0	31.7	170
Venti - Skimmed Milk	1208	287	10.3	7.1	37.2	32.9	2.5	10.2	0.28	32.9	12.7	20.2	249
Venti - Semi Skimmed Milk	1368	326	14.6	9.8	36.7	32.4	2.5	10.7	0.28	32.4	12.2	20.2	249
Venti - Whole Milk	1516	363	19.2	12.9	36.5	32.2	2.5	9.7	0.28	32.2	12.0	20.2	249
Venti - Soy	1269	303	14.4	7.8	32.4	28.1	3.8	9.2	0.31	28.1	0.0	28.1	249
Venti - Coconut	1312	314	16.4	12.9	33.7	28.3	7.9	4.1	0.15	28.3	0.0	28.3	249
Venti - Almond	1088	260	13.1	7.3	31.1	26.6	3.3	2.8	0.18	26.6	0.0	26.6	249
WHITE CHOCOLATE MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk and Whipped Cream as standard)													
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	1324	316	15.1	12.2	37.6	34.9	3.7	5.7	0.28	34.9	0.0	34.9	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	1674	400	18.6	15.0	48.7	45.8	4.7	7.1	0.36	45.8	0.0	45.8	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
Venti - Skimmed Milk	1933	459	14.6	10.9	65.6	63.4	0.0	16.4	0.62	63.4	15.5	47.9	225
Venti - Semi Skimmed Milk	2129	507	19.8	14.3	65.0	62.8	0.0	17.1	0.62	62.8	14.9	47.9	225
Venti - Whole Milk	2309	551	25.4	18.1	64.7	62.4	0.0	15.8	0.62	62.4	14.6	47.9	225
Venti - Soy	2008	478	19.5	11.8	59.7	57.5	1.6	15.2	0.65	57.5	0.0	57.5	225
Venti - Coconut	2078	496	22.0	18.1	62.0	57.8	6.5	9.3	0.46	57.8	0.0	57.8	225
Venti - Almond	1787	426	18.0	11.2	58.2	55.6	0.9	7.4	0.50	55.6	0.0	55.6	225
Venti - Oat	2467	588	22.6	15.9	83.9	68.7	6.2	9.0	0.71	68.7	0.0	68.7	225
CLASSIC HOT CHOCOLATE (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)													
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	934	224	13.2	10.4	21.1	19.5	5.8	2.4	0.12	19.5	0.0	19.5	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	1135	273	15.7	12.3	26.5	24.5	7.1	2.8	0.15	24.5	0.0	24.5	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												



Spring FY19 Starbucks Beverage Nutrition Information *

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Ventti - Whole Milk, Ventti - Soy, Ventti - Coconut, Ventti - Almond, Ventti - Oat.

SIGNATURE HAZELNUT HOT CHOCOLATE (made with Semi Skimmed Milk, regular Hazelnut Flavour Syrup, Whipped Cream and Mocha Drizzle as standard)

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy, Grande - Coconut, Grande - Almond, Grande - Oat, Ventti - Skimmed Milk, Ventti - Semi Skimmed Milk, Ventti - Whole Milk, Ventti - Soy, Ventti - Coconut, Ventti - Almond, Ventti - Oat.

SIGNATURE CARAMEL HOT CHOCOLATE (made with Semi Skimmed Milk, regular Caramel Flavour Syrup, Whipped Cream and Caramel Drizzle as standard)

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy, Grande - Coconut, Grande - Almond, Grande - Oat, Ventti - Skimmed Milk, Ventti - Semi Skimmed Milk, Ventti - Whole Milk, Ventti - Soy, Ventti - Coconut, Ventti - Almond, Ventti - Oat.

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

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy, Grande - Coconut, Grande - Almond, Grande - Oat, Ventti - Skimmed Milk, Ventti - Semi Skimmed Milk, Ventti - Whole Milk, Ventti - Soy, Ventti - Coconut, Ventti - Almond, Ventti - Oat.

TEAVANA™ FULL LEAF TEAS

ENGLISH BREAKFAST Black Tea

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.

EARL GREY Black Tea Blend

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.

HIBISCUS Flavoured Herbal Blend

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.

EMPEROR'S CLOUDS & MIST™ Green Tea

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.

MINT CITRUS Flavoured Green Tea Blend

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.

YOUTHBERRY™ White Tea Blend

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.

CHAI Spiced Black Tea Blend

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.

JASMINE PEARLS Scented Green Tea

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.

MINT BLEND Herbal Blend

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.

CHAMOMILE Herbal Blend

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall, Grande, Ventti.



Spring FY19 Starbucks Beverage Nutrition Information *

	Q	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
TEAVANA™ TEA LATTES													
MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)													
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	545	131	6.8	6.2	10.9	8.7	6.4	3.3	0.14	8.7	0.0	8.7	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	705	169	8.8	8.0	14.2	11.1	8.4	4.3	0.17	11.1	0.0	11.1	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	921	221	11.4	10.4	18.5	14.5	10.9	5.7	0.23	14.5	0.0	14.5	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
CLASSIC CHAI TEA LATTE (made with Semi Skimmed Milk as standard)													
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	745	177	4.1	3.7	30.6	29.9	5.2	1.8	0.10	29.9	0.0	29.9	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	968	230	5.2	4.7	40.3	39.4	6.7	2.3	0.12	39.4	0.0	39.4	92
Grande - Almond	786	186	2.5	0.2	38.1	37.8	3.0	1.3	0.14	37.8	0.0	37.8	92
Grande - Oat	1230	292	5.6	3.3	54.9	46.3	6.4	2.3	0.29	46.3	0.0	46.3	92
Venti - Skimmed Milk	1151	271	0.4	0.0	55.4	55.3	3.0	10.0	0.31	55.3	14.2	41.1	115
Venti - Semi Skimmed Milk	1329	315	5.2	3.1	54.9	54.8	3.0	10.6	0.31	54.8	13.6	41.1	115
Venti - Whole Milk	1494	355	10.3	6.5	54.6	54.5	3.0	9.4	0.31	54.5	13.3	41.1	115
Venti - Soy	1219	289	4.9	0.9	50.0	49.9	4.4	8.9	0.34	49.9	0.0	49.9	115
Venti - Coconut	1267	301	7.2	6.5	51.5	50.2	8.9	3.2	0.17	50.2	0.0	50.2	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													
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
Tall - Semi Skimmed Milk	352	83	3.0	1.8	8.0	8.0	0.0	6.1	0.18	8.0	8.0	0.0	139
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	316	76	4.2	3.8	6.0	5.3	3.5	1.8	0.09	5.3	0.0	5.3	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	418	101	5.6	5.1	8.0	7.1	4.6	2.4	0.12	7.1	0.0	7.1	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	494	119	6.6	6.0	9.4	8.3	5.						



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	Q	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
ICED CAPPUCCINO with COLD FOAM													
Tall	243	57	0.1	0.0	10.9	8.9	0.0	3.3	0.10	8.9	3.8	5.1	150 - 170
Grande	295	69	0.1	0.0	13.0	11.0	0.0	4.1	0.10	11.0	5.0	6.0	150 - 170
Venti	396	93	0.1	0.0	17.5	14.5	0.0	5.5	0.10	14.5	6.5	8.0	225 - 255
ICED COFFEE													
ICED CAFFÈ LATTE (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	313	74	0.2	0.0	11.1	9.1	0.0	6.9	0.18	9.1	9.1	0.0	150 - 170
Tall - Semi Skimmed Milk	428	102	3.3	2.0	10.7	8.8	0.0	7.3	0.18	8.8	8.8	0.0	150 - 170
Tall - Whole Milk	534	128	6.6	4.2	10.6	8.6	0.0	6.6	0.18	8.6	8.6	0.0	150 - 170
Tall - Soy	357	85	3.1	0.6	7.6	5.7	0.9	6.2	0.20	5.7	0.0	5.7	150 - 170
Tall - Coconut	388	93	4.6	4.2	8.6	5.8	3.8	2.5	0.09	5.8	0.0	5.8	150 - 170
Tall - Almond	227	54	2.2	0.2	6.7	4.6	0.6	1.6	0.11	4.6	0.0	4.6	150 - 170
Tall - Oat	626	149	4.9	2.9	21.9	12.2	3.7	2.5	0.24	12.2	0.0	12.2	150 - 170
Grande - Skimmed Milk	382	90	0.2	0.0	13.5	11.5	0.0	8.5	0.23	11.5	11.5	0.0	150 - 170
Grande - Semi Skimmed Milk	527	125	4.1	2.5	13.0	11.0	0.0	9.0	0.23	11.0	11.0	0.0	150 - 170
Grande - Whole Milk	660	158	8.3	5.3	12.8	10.8	0.0	8.1	0.23	10.8	10.8	0.0	150 - 170
Grande - Soy	438	104	3.9	0.7	9.1	7.1	1.2	7.6	0.25	7.1	0.0	7.1	150 - 170
Grande - Coconut	477	114	5.7	5.3	10.3	7.4	4.8	3.0	0.11	7.4	0.0	7.4	150 - 170
Grande - Almond	274	65	2.8	0.2	8.0	5.7	0.7	1.9	0.14	5.7	0.0	5.7	150 - 170
Grande - Oat	777	185	6.2	3.7	27.0	15.4	4.6	3.0	0.30	15.4	0.0	15.4	150 - 170
Venti - Skimmed Milk	451	106	0.3	0.0	16.0	13.0	0.0	9.9	0.26	13.0	13.0	0.0	225 - 255
Venti - Semi Skimmed Milk	615	146	4.7	2.9	15.5	12.5	0.0	10.5	0.26	12.5	12.5	0.0	225 - 255
Venti - Whole Milk	766	183	9.4	6.0	15.2	12.3	0.0	9.4	0.26	12.3	12.3	0.0	225 - 255
Venti - Soy	514	122	4.4	0.8	11.1	8.1	1.3	8.9	0.29	8.1	0.0	8.1	225 - 255
Venti - Coconut	558	134	6.5	6.0	12.4	8.3	5.5	3.7	0.13	8.3	0.0	8.3	225 - 255
Venti - Almond	328	78	3.1	0.3	9.8	6.5	0.8	2.4	0.16	6.5	0.0	6.5	225 - 255
Venti - Oat	898	214	7.0	4.2	31.4	17.5	5.2	3.7	0.34	17.5	0.0	17.5	225 - 255
ICED CAPPUCCINO (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	338	80	0.2	0.0	12.0	10.0	0.0	7.5	0.20	10.0	10.0	0.0	150 - 170
Tall - Semi Skimmed Milk	464	110	3.6	2.2	11.6	9.6	0.0	7.9	0.20	9.6	9.6	0.0	150 - 170
Tall - Whole Milk	579	138	7.2	4.6	11.4	9.4	0.0	7.1	0.20	9.4	9.4	0.0	150 - 170
Tall - Soy	386	92	3.4	0.6	8.2	6.2	1.0	6.7	0.22	6.2	0.0	6.2	150 - 170
Tall - Coconut	420	101	5.0	4.6	9.2	6.4	4.2	2.7	0.10	6.4	0.0	6.4	150 - 170
Tall - Almond	244	58	2.4	0.2	7.2	5.0	0.6	1.7	0.12	5.0	0.0	5.0	150 - 170
Tall - Oat	681	162	5.4	3.2	23.7	13.4	4.0	2.7	0.26	13.4	0.0	13.4	150 - 170
Grande - Skimmed Milk	413	97	0.3	0.0	14.5	12.5	0.0	9.2	0.25	12.5	12.5	0.0	150 - 170
Grande - Semi Skimmed Milk	571	136	4.5	2.8	14.0	12.0	0.0	9.7	0.25	12.0	12.0	0.0	150 - 170
Grande - Whole Milk	716	171	9.0	5.8	13.8	11.8	0.0	8.7	0.25	11.8	11.8	0.0	150 - 170
Grande - Soy	474	113	4.3	0.8	9.8	7.8	1.3	8.2	0.28	7.8	0.0	7.8	150 - 170
Grande - Coconut	516	124	6.3	5.8	11.0	8.0	5.3	3.2	0.13	8.0	0.0	8.0	150 - 170
Grande - Almond	295	70	3.0	0.3	8.5	6.3	0.8	2.0	0.15	6.3	0.0	6.3	150 - 170
Grande - Oat	844	201	6.8	4.0	29.3	16.8	5.0	3.2	0.33	16.8	0.0	16.8	150 - 170
Venti - Skimmed Milk	482	113	0.3	0.0	17.1	14.1	0.0	10.7	0.28	14.1	14.1	0.0	225 - 255
Venti - Semi Skimmed Milk	659	156	5.1	3.1	16.5	13.5	0.0	11.2	0.28	13.5	13.5	0.0	225 - 255
Venti - Whole Milk	822	196	10.1	6.5	16.2	13.2	0.0	10.1	0.28	13.2	13.2	0.0	225 - 255
Venti - Soy	549	131	4.8	0.9	11.7	8.7	1.4	9.5	0.31	8.7	0.0	8.7	225 - 255
Venti - Coconut	597	143	7.0	6.5	13.1	9.0	5.9	3.9	0.14	9.0	0.0	9.0	225 - 255
Venti - Almond	349	83	3.4	0.3	10.3	7.0	0.9	2.5	0.17	7.0	0.0	7.0	225 - 255
Venti - Oat	965	230	7.6	4.5	33.7	18.9	5.6	3.9	0.37	18.9	0.0	18.9	225 - 255
ICED CAFFÈ AMERICANO													
Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150 - 170
Grande	69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00	0.0	0.0	0.0	225 - 255
Venti	92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00	0.0	0.0	0.0	300 - 340
ICED CAFFÈ MOCHA (made with brewed Espresso Roast Coffee, Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)													
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
Tall - Semi Skimmed Milk	1076	257	13.6	9.3	25.1	22.3	1.6	7.8	0.21	22.3	8.8	13.5	165
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	1036	249	14.9	11.5	22.9	19.4	5.4	3.0	0.12	19.4	0.0	19.4	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	1358	326	20.1	15.5	29.3	25.2	6.9	3.7	0.15	25.2	0.0	25.2	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	1522	365	21.3	16.4	35.1	29.7	8.0	4.4	0.17	29.7	0.0	29.7	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
ICED WHITE CHOCOLATE MOCHA (made with brewed Espresso Roast coffee, Semi Skimmed Milk and Whipped Cream as standard)													
Tall - Skimmed Milk	1280	305	12.9	9.6	38.5	36.5	0.0	8.6	0.33	36.5	6.8	29.7	150
Tall - Semi Skimmed Milk	1366	326	15.3	11.1	38.3	36.3	0.0	8.9	0.33	36.3	6.5	29.7	150
Tall - Whole Milk	1445	345	17.7	12.8	38.1	36.1	0.0	8.4	0.33	36.1	6.4	29.7	150
Tall - Soy	1313	313	15.1	10.0	35.9	33.9	0.7	8.1	0.35	33.9	0.0	33.9	150
Tall - Coconut	1336	319	16.2	12.8	36.6	34.1	2.9	5.4	0.26	34.1	0.0	34.1	150
Tall - Almond	1216	290	14.4	9.8	35.3	33.1	0.4	4.7	0.28	33.1	0.0	33.1	150
Tall - Oat	1514	361	16.5	11.8	46.6	38.8	2.7	5.4	0.37	38.8	0.0	38.8	150
Grande - Skimmed Milk	1697	405	17.8	13.3	50.2	48.2	0.0	10.8	0.43	48.2	8.4	39.8	150
Grande - Semi Skimmed Milk	1803	430	20.7	15.1	49.8	47.8	0.0	11.2	0.43	47.8	8.1	39.8	150
Grande - Whole Milk	1900	454	23.7	17.1	49.7	47.7	0.0	10.5	0.43	47.7	7.9	39.8	150
Grande - Soy	1737	415	20.5	13.8	47.0	45.0	0.8	10.2	0.45	45.0	0.0	45.0	150
Grande - Coconut	1766	422	21.9	17.1	47.8	45.1	3.5	6.8	0.35	45.1	0.0	45.1	150
Grande - Almond	1618	387	19.7	13.4	46.1	44.0	0.5	6.0					



Spring FY19 Starbucks Beverage Nutrition Information *

	Q	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
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	936	223	7.2	6.5	33.0	28.3	5.5	3.7	0.15	28.3	0.0	28.3	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

ICED TEAVANA™ TEA LATTES

ICED MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	306	72	0.3	0.0	10.3	9.2	0.7	6.8	0.18	9.2	9.2	0.0	60
Tall - Semi Skimmed Milk	421	100	3.4	2.0	9.9	8.8	0.7	7.1	0.18	8.8	8.8	0.0	60
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	381	91	4.7	4.2	7.7	5.9	4.6	2.4	0.09	5.9	0.0	5.9	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	488	117	5.9	5.3	10.0	7.5	5.9	3.2	0.11	7.5	0.0	7.5	90
Grande - Almond	286	68	2.9	0.3	7.7	5.8	1.8	2.0	0.14	5.8	0.0	5.8	90
Grande - Oat	789	188	6.3	3.7	26.8	15.5	5.7	3.2	0.30	15.5	0.0	15.5	90
Venti - Skimmed Milk	459	108	0.4	0.1	15.4	13.2	1.5	10.0	0.26	13.2	13.2	0.0	120
Venti - Semi Skimmed Milk	623	148	4.9	2.9	14.8	12.7	1.5	10.5	0.26	12.7	12.7	0.0	120
Venti - Whole Milk	774	185	9.6	6.0	14.6	12.4	1.5	9.5	0.26	12.4	12.4	0.0	120
Venti - Soy	522	124	4.6	0.8	10.4	8.2	2.8	9.0	0.29	8.2	0.0	8.2	120
Venti - Coconut	566	136	6.7	6.0	11.7	8.5	7.0	3.8	0.13	8.5	0.0	8.5	120
Venti - Almond	336	80	3.3	0.3	9.1	6.7	2.3	2.5	0.16	6.7	0.0	6.7	120
Venti - Oat	907	216	7.2	4.2	30.7	17.6	6.7	3.8	0.34	17.6	0.0	17.6	120

ICED CHAI TEA LATTE (made with Semi Skimmed Milk as standard)													
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
Tall - Semi Skimmed Milk	506	120	2.5	1.5	18.9	18.9	0.9	5.0	0.14	18.9	6.5	12.3	34
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	476	113	3.4	3.1	17.3	16.7	3.8	1.5	0.08	16.7	0.0	16.7	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	609	145	4.3	3.9	22.6	21.8	4.7	1.8	0.10	22.6	0.0	22.6	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	796	190	5.8	5.3	28.8	27.9	6.3	2.5	0.13	27.9	0.0	27.9	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

TEAVANA™ SHAKEN INFUSED ICED TEAS

PEACH CITRUS GREEN TEA (made with Lemonade and Simple Syrup as standard)													
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
UNSWEETENED PEACH CITRUS GREEN TEA (unsweetened - made without Lemonade and Simple Syrup as standard)													
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
STRAWBERRY BLACK TEA (made with Lemonade and Simple Syrup as standard)													
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
UNSWEETENED STRAWBERRY BLACK TEA (unsweetened - made without Lemonade and Simple Syrup as standard)													
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

TEAVANA™ SHAKEN ICED TEAS

FLAVOURED ICED TEA LEMONADES													
MANGO BLACK TEA LEMONADE													
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
ICED TEA LEMONADES													
BLACK TEA LEMONADE													
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
GREEN TEA LEMONADE													
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
HIBISCUS FLAVOURED HERBAL BLEND LEMONADE													
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
CLASSIC ICED TEAS													
BLACK TEA													
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
GREEN TEA													
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
HIBISCUS FLAVOURED HERBAL BLEND TEA													
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

FRAPPUCCINO® BLENDED BEVERAGES - COFFEE

COFFEE FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)													
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	656	155	2.0	1.8	32.6	32.1	1.7	0.8	0.36	32.1	0.0	32.1	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						



Spring FY19 Starbucks Beverage Nutrition Information *

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Grande - Coconut, Grande - Almond, etc.

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

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, etc.

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

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, etc.

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

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, etc.

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

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, etc.

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

Table with 14 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, etc.



Spring FY19 Starbucks Beverage Nutrition Information *

Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Venti - Skimmed Milk, Venti - Semi Skimmed Milk, Venti - Whole Milk, Venti - Soy, Venti - Coconut, Venti - Almond, Venti - Oat.

FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT

COFFEE LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Grande - Skimmed Milk, Venti - Skimmed Milk.

MOCHA LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Grande - Skimmed Milk, Venti - Skimmed Milk.

CARAMEL LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Grande - Skimmed Milk, Venti - Skimmed Milk.

ESPRESSO LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Grande - Skimmed Milk, Venti - Skimmed Milk.

WHITE MOCHA LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Grande - Skimmed Milk, Venti - Skimmed Milk.

JAVA CHIP LIGHT FRAPPUCCINO® (NO WHIP, made with Skimmed Milk and Light Base as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Grande - Skimmed Milk, Venti - Skimmed Milk.

FRAPPUCCINO® BLENDED BEVERAGES - CRÈME

VANILLA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy, Grande - Coconut, Grande - Almond, Grande - Oat, Venti - Skimmed Milk, Venti - Semi Skimmed Milk, Venti - Whole Milk, Venti - Soy, Venti - Coconut, Venti - Almond, Venti - Oat.

DOUBLE CHOCOLATEY CHIP CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy, Grande - Coconut, Grande - Almond, Grande - Oat, Venti - Skimmed Milk, Venti - Semi Skimmed Milk, Venti - Whole Milk, Venti - Soy, Venti - Coconut, Venti - Almond, Venti - Oat.

STRAWBERRIES AND CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy, Grande - Coconut, Grande - Almond, Grande - Oat, Venti - Skimmed Milk, Venti - Semi Skimmed Milk, Venti - Whole Milk, Venti - Soy, Venti - Coconut, Venti - Almond, Venti - Oat.

CARAMEL CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Caramel Drizzle as standard)
Table with 13 columns: Item, Q, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg) **. Rows include Tall - Skimmed Milk, Tall - Semi Skimmed Milk, Tall - Whole Milk, Tall - Soy, Tall - Coconut, Tall - Almond, Tall - Oat, Grande - Skimmed Milk, Grande - Semi Skimmed Milk, Grande - Whole Milk, Grande - Soy, Grande - Coconut, Grande - Almond, Grande - Oat, Venti - Skimmed Milk, Venti - Semi Skimmed Milk, Venti - Whole Milk, Venti - Soy, Venti - Coconut, Venti - Almond, Venti - Oat.

**Spring FY19 Starbucks Beverage Nutrition Information ***

	Q	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
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
Venti - Skimmed Milk	1577	375	13.4	9.5	57.4	55.9	0.0	6.2	0.75	55.9	8.0	48.0	0
Venti - Semi Skimmed Milk	1678	399	16.1	11.3	57.1	55.6	0.0	6.5	0.75	55.6	7.7	48.0	0
Venti - Whole Milk	1770	422	19.0	13.2	56.9	55.5	0.0	5.9	0.75	55.5	7.5	48.0	0
Venti - Soy	1616	385	16.0	10.0	54.4	52.9	0.8	5.5	0.77	52.9	0.0	52.9	0
Venti - Coconut	1643	392	17.2	13.2	55.2	53.1	3.4	2.3	0.67	53.1	0.0	53.1	0
Venti - Almond	1502	358	15.2	9.7	53.6	52.0	0.5	1.6	0.69	52.0	0.0	52.0	0
Venti - Oat	1851	441	17.6	12.1	66.8	58.7	3.2	2.3	0.80	58.7	0.0	58.7	0

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

Tall - Skimmed Milk	927	221	9.6	6.8	29.5	28.7	0.6	4.0	0.40	28.7	5.1	23.6	5
Tall - Semi Skimmed Milk	991	237	11.3	7.9	29.3	28.5	0.6	4.2	0.40	28.5	4.9	23.6	5
Tall - Whole Milk	1051	251	13.1	9.1	29.2	28.4	0.6	3.8	0.40	28.4	4.8	23.6	5
Tall - Soy	952	227	11.2	7.1	27.5	26.8	1.1	3.6	0.41	26.8	0.0	26.8	5
Tall - Coconut	969	232	12.0	9.1	28.1	26.9	2.7	1.5	0.35	26.9	0.0	26.9	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	1342	321	16.5	12.5	39.4	37.7	3.5	2.0	0.50	37.7	0.0	37.7	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
Venti - Skimmed Milk	1498	357	13.6	9.6	52.2	50.8	0.9	6.0	0.72	50.8	7.8	42.9	9
Venti - Semi Skimmed Milk	1597	381	16.2	11.3	51.9	50.5	0.9	6.3	0.72	50.5	7.5	42.9	9
Venti - Whole Milk	1688	403	19.0	13.2	51.7	50.3	0.9	5.7	0.72	50.3	7.4	42.9	9
Venti - Soy	1536	366	16.1	10.1	49.2	47.8	1.7	5.4	0.73	47.8	0.0	47.8	9
Venti - Coconut	1562	373	17.3	13.2	50.0	48.0	4.2	2.3	0.64	48.0	0.0	48.0	9
Venti - Almond	1425	340	15.3	9.7	48.4	46.9	1.4	1.5	0.65	46.9	0.0	46.9	9
Venti - Oat	1767	421	17.6	12.1	61.4	53.4	4.1	2.3	0.76	53.4	0.0	53.4	9

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

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	1007	241	12.3	9.5	29.4	28.4	2.2	2.1	0.39	28.4	0.0	28.4	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	1423	340	17.1	13.1	42.3	41.1	2.7	2.9	0.55	41.1	0.0	41.1	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
Venti - Skimmed Milk	1547	368	14.0	10.2	53.6	52.7	0.0	6.9	0.76	52.7	7.7	45.0	0
Venti - Semi Skimmed Milk	1644	392	16.7	11.8	53.3	52.4	0.0	7.2	0.76	52.4	7.4	45.0	0
Venti - Whole Milk	1734	414	19.4	13.7	53.2	52.2	0.0	6.6	0.76	52.2	7.3	45.0	0
Venti - Soy	1584	378	16.5	10.6	50.7	49.8	0.8	6.3	0.78	49.8	0.0	49.8	0
Venti - Coconut	1611	385	17.7	13.7	51.5	49.9	3.3	3.2	0.69	49.9	0.0	49.9	0
Venti - Almond	1474	352	15.7	10.3	49.9	48.8	0.5	2.4	0.70	48.8	0.0	48.8	0
Venti - Oat	1813	432	18.0	12.6	62.8	55.3	3.1	3.2	0.81	55.3	0.0	55.3	0

MATCHA TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)

Tall - Skimmed Milk	967	230	9.2	6.5	31.9	30.2	0.7	4.7	0.42	30.2	5.4	24.7	57
Tall - Semi Skimmed Milk	1035	247	11.0	7.7	31.6	30.0	0.7	4.9	0.42	30.0	5.2	24.7	57
Tall - Whole Milk	1098	262	13.0	9.0	31.5	29.9	0.7	4.5	0.42	29.9	5.1	24.7	57
Tall - Soy	993	237	10.9	6.8	29.8	28.2	1.3	4.3	0.43	28.2	0.0	28.2	57
Tall - Coconut	1011	242	11.8	9.0	30.3	28.3	3.0	2.1	0.37	28.3	0.0	28.3	57
Tall - Almond	916	219	10.4	6.6	29.3	27.5	1.0	1.6	0.38	27.5	0.0	27.5	57
Tall - Oat	1152	275	12.0	8.2	38.2	32.0	2.9	2.1	0.45	32.0	0.0	32.0	57
Grande - Skimmed Milk	1361	324	12.9	9.1	45.3	42.9	1.0	6.3	0.60	42.9	7.0	35.8	83
Grande - Semi Skimmed Milk	1449	345	15.2	10.7	45.0	42.6	1.0	6.5	0.60	42.6	6.7	35.8	83
Grande - Whole Milk	1530	365	17.8	12.4	44.9	42.5	1.0	6.0	0.60	42.5	6.6	35.8	83
Grande - Soy	1394	333	15.1	9.6	42.7	40.3	1.7	5.7	0.61	40.3	0.0	40.3	83
Grande - Coconut	1418	339	16.2	12.4	43.4	40.4	4.0	2.9	0.53	40.4	0.0	40.4	83
Grande - Almond	1295	309	14.4	9.3	42.0	39.4	1.5	2.2	0.54	39.4	0.0	39.4	83
Grande - Oat	1601	382	16.5	11.4	53.6	45.3	3.8	2.9	0.64	45.3	0.0	45.3	83
Venti - Skimmed Milk	1535	365	12.9	9.2	54.6	51.6	1.3	7.0	0.72	51.6	7.8	43.7	103
Venti - Semi Skimmed Milk	1634	389	15.6	10.9	54.3	51.3	1.3	7.3	0.72	51.3	7.5	43.7	103
Venti - Whole Milk	1725	411	18.4	12.7	54.1	51.2	1.3	6.7	0.72	51.2	7.4	43.7	103
Venti - Soy	1573	375	15.4	9.6	51.6	48.7	2.1	6.4	0.73	48.7	0.0	48.7	103
Venti - Coconut	1599	382	16.7	12.7	52.4	48.8	4.6	3.3	0.64	48.8	0.0	48.8	103
Venti - Almond	1461	348	14.6	9.3	50.8	47.7	1.8	2.5	0.65	47.7	0.0	47.7	103
Venti - Oat	1804	430	17.0	11.6	63.9	54.3	4.4	3.3	0.76	54.3	0.0	54.3	103

CHAI TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)

Tall - Skimmed Milk	948	226	9.1	6.5	31.8	31.3	0.5	3.9	0.39	31.3	5.0	26.3	20
Tall - Semi Skimmed Milk	1011	241	10.8	7.6	31.6	31.1	0.5	4.1	0.39	31.1	4.8	26.3	20
Tall - Whole Milk	1068	255	12.6	8.8	31.5	31.0	0.5	3.7	0.39	31.0	4.7	26.3	20
Tall - Soy	972	232	10.7	6.8	29.9	29.4	1.0	3.5	0.40	29.4	0.0	29.4	20
Tall - Coconut	989	236	11.5	8.8	30.4	29.5	2.6	1.6	0.35	29.5	0.0	29.5	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	1419	339	15.8	12.0	45.5	44.3	3.6	2.1	0.48	44.3	0.0	44.3	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
Venti - Skimmed Milk	1556	370	12.8	9.1	57.2	56.3	1.0	6.0	0.70	56.3	7.6	48.7	38
Venti - Semi Skimmed Milk	1651	393	15.4	10.8	56.9	56.0	1.0	6.3	0.70	56.0	7.3	48.7	38
Venti - Whole Milk	1739	415	18.1	12.6	56.8	55.9	1.0	5.7	0.70	55.9	7.1	48.7	38
Venti - Soy	1592	379	15.2	9.6	54.4	53.4	1.8	5.4	0.72	53.4	0.0	53.4	38
Venti - Coconut	1618	386	16.4	12.6	55.1	53.6	4.2	2.3	0.63	53.6	0.0	53.6	38
Venti - Almond	1484	354	14.5	9.3	53.6	52.5	1.4	1.6	0.64	52.5	0.0	52.5	38
Venti - Oat	1816	433	16.7	11.5	66.2	58.9	4.0	2.3	0.75	58.9	0.0	58.9	38

FRAPPUCCINO® BLENDED JUICE DRINK

MANGO PASSION FRAPPUCCINO® (with Passion Tea)													
Tall	665	156	0.2	0.2	38.0								



Spring FY19 Starbucks Beverage Nutrition Information *

	Q	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Tall - Almond	428	102	3.3	0.3	15.3	13.8	1.6	1.9	0.16	13.8	0.0	13.8	60
Tall - Oat	1019	243	7.4	4.3	37.7	25.1	6.1	3.3	0.35	25.1	0.0	25.1	60
Grande - Skimmed Milk	722	170	0.5	0.1	28.3	26.5	1.1	12.6	0.35	26.5	17.3	9.2	90
Grande - Semi Skimmed Milk	939	223	6.3	3.8	27.6	25.8	1.1	13.3	0.35	25.8	16.6	9.2	90
Grande - Whole Milk	1139	272	12.6	8.0	27.3	25.5	1.1	11.9	0.35	25.5	16.2	9.2	90
Grande - Soy	805	192	6.0	1.1	21.8	19.9	2.8	11.2	0.38	19.9	0.0	19.9	90
Grande - Coconut	863	207	8.8	8.0	23.5	20.3	8.4	4.3	0.17	20.3	0.0	20.3	90
Grande - Almond	560	133	4.3	0.4	20.0	17.9	2.2	2.6	0.21	17.9	0.0	17.9	90
Grande - Oat	1314	313	9.4	5.6	48.7	32.4	8.0	4.3	0.45	32.4	0.0	32.4	90
Venti - Skimmed Milk	933	220	0.6	0.1	36.4	34.0	1.5	16.5	0.45	34.0	22.5	11.3	120
Venti - Semi Skimmed Milk	1216	289	8.3	5.0	35.5	33.1	1.5	17.4	0.45	33.1	21.6	11.3	120
Venti - Whole Milk	1477	353	16.4	10.4	35.0	32.6	1.5	15.6	0.45	32.6	21.2	11.3	120
Venti - Soy	1041	248	7.8	1.4	27.8	25.4	3.7	14.7	0.50	25.4	0.0	25.4	120
Venti - Coconut	1117	268	11.4	10.4	30.1	25.9	10.9	5.7	0.23	25.9	0.0	25.9	120
Venti - Almond	721	172	5.6	0.5	25.6	22.7	2.8	3.4	0.27	22.7	0.0	22.7	120
Venti - Oat	1705	406	12.3	7.2	62.9	41.6	10.5	5.7	0.59	41.6	0.0	41.6	120
ICED VANILLA MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	427	101	0.3	0.0	17.4	16.2	0.7	6.8	0.18	16.2	9.1	7.0	60
Tall - Semi Skimmed Milk	541	128	3.4	2.0	17.0	15.8	0.7	7.1	0.18	15.8	8.8	7.0	60
Tall - Whole Milk	647	154	6.7	4.2	16.8	15.6	0.7	6.4	0.18	15.6	8.6	7.0	60
Tall - Soy	471	112	3.2	0.6	13.9	12.7	1.7	6.1	0.20	12.7	0.0	12.6	60
Tall - Coconut	501	120	4.7	4.2	14.8	12.9	4.6	2.4	0.09	12.9	0.0	12.8	60
Tall - Almond	341	81	2.3	0.2	13.0	11.6	1.3	1.5	0.11	11.6	0.0	11.5	60
Tall - Oat	740	176	5.0	2.9	28.2	19.3	4.4	2.4	0.24	19.3	0.0	19.2	60
Grande - Skimmed Milk	553	130	0.4	0.1	22.6	20.7	1.1	8.7	0.23	20.7	11.5	9.2	90
Grande - Semi Skimmed Milk	697	165	4.3	2.6	22.1	20.3	1.1	9.1	0.23	20.3	11.0	9.2	90
Grande - Whole Milk	831	198	8.4	5.3	21.9	20.0	1.1	8.2	0.23	20.0	10.8	9.2	90
Grande - Soy	608	145	4.0	0.7	18.2	16.4	2.3	7.8	0.25	16.4	0.0	16.4	90
Grande - Coconut	647	155	5.9	5.3	19.3	16.6	5.9	3.2	0.12	16.6	0.0	16.6	90
Grande - Almond	445	106	2.9	0.3	17.0	15.0	1.8	2.0	0.14	15.0	0.0	15.0	90
Grande - Oat	947	225	6.3	3.7	36.1	24.6	5.7	3.2	0.30	24.6	0.0	24.6	90
Venti - Skimmed Milk	655	155	0.4	0.1	26.9	24.5	1.5	10.0	0.26	24.5	13.0	11.3	120
Venti - Semi Skimmed Milk	819	194	4.9	2.9	26.4	24.0	1.5	10.5	0.26	24.0	12.5	11.3	120
Venti - Whole Milk	971	231	9.6	6.0	26.1	23.7	1.5	9.5	0.26	23.7	12.3	11.3	120
Venti - Soy	718	171	4.6	0.8	22.0	19.5	2.8	9.0	0.29	19.5	0.0	19.5	120
Venti - Coconut	762	182	6.7	6.0	23.3	19.8	7.0	3.8	0.13	19.8	0.0	19.8	120
Venti - Almond	533	127	3.3	0.3	20.7	18.0	2.3	2.5	0.16	18.0	0.0	18.0	120
Venti - Oat	1103	262	7.2	4.2	42.3	28.9	6.7	3.8	0.34	28.9	0.0	28.9	120
VANILLA MATCHA TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Tall - Skimmed Milk	981	234	9.2	6.5	32.6	31.2	0.7	4.8	0.13	31.2	5.4	25.7	57
Tall - Semi Skimmed Milk	1049	250	11.0	7.7	32.4	31.0	0.7	5.0	0.13	31.0	5.2	25.7	57
Tall - Whole Milk	1111	265	13.0	9.0	32.3	30.9	0.7	4.6	0.13	30.9	5.1	25.7	57
Tall - Soy	1007	240	10.9	6.8	30.6	29.1	1.3	4.3	0.14	29.1	0.0	29.1	57
Tall - Coconut	1025	245	11.8	9.0	31.1	29.2	3.0	2.2	0.07	29.2	0.0	29.2	57
Tall - Almond	930	222	10.4	6.6	30.0	28.5	1.0	1.6	0.09	28.5	0.0	28.5	57
Tall - Oat	1166	278	12.0	8.2	39.0	33.0	2.9	2.2	0.16	33.0	0.0	33.0	57
Grande - Skimmed Milk	1377	328	12.9	9.1	46.2	44.1	1.0	6.3	0.17	44.1	7.0	37.0	83
Grande - Semi Skimmed Milk	1465	349	15.2	10.7	45.9	43.9	1.0	6.6	0.17	43.9	6.7	37.0	83
Grande - Whole Milk	1546	369	17.8	12.4	45.8	43.7	1.0	6.1	0.17	43.7	6.6	37.0	83
Grande - Soy	1411	337	15.1	9.6	43.5	41.5	1.7	5.8	0.18	41.5	0.0	41.5	83
Grande - Coconut	1434	343	16.2	12.4	44.2	41.6	4.0	3.0	0.10	41.6	0.0	41.6	83
Grande - Almond	1311	313	14.4	9.3	42.8	40.6	1.5	2.3	0.11	40.6	0.0	40.6	83
Grande - Oat	1617	386	16.5	11.4	54.5	46.5	3.8	3.0	0.21	46.5	0.0	46.5	83
Venti - Skimmed Milk	1554	370	12.9	9.2	55.6	53.1	1.3	7.1	0.19	53.1	7.8	45.1	103
Venti - Semi Skimmed Milk	1652	394	15.6	10.9	55.3	52.7	1.3	7.4	0.19	52.7	7.5	45.1	103
Venti - Whole Milk	1744	416	18.4	12.7	55.1	52.6	1.3	6.8	0.19	52.6	7.4	45.1	103
Venti - Soy	1592	379	15.4	9.6	52.6	50.1	2.1	6.5	0.20	50.1	0.0	50.1	103
Venti - Coconut	1618	386	16.7	12.7	53.4	50.2	4.6	3.4	0.11	50.2	0.0	50.2	103
Venti - Almond	1480	353	14.6	9.3	51.8	49.1	1.8	2.6	0.12	49.1	0.0	49.1	103
Venti - Oat	1823	434	17.0	11.6	64.9	55.7	4.4	3.4	0.23	55.7	0.0	55.7	103
COCONUT MOCHA (made with Coconut Drink and No Whip or Mocha Drizzle as standard)													
Tall - Coconut	590	141	5.2	4.4	18.9	15.6	4.8	2.3	0.08	15.6	0.0	15.6	164 - 184
Grande - Coconut	732	175	6.4	5.4	23.8	20.1	5.9	2.6	0.10	20.1	0.0	20.1	169 - 188
Venti - Coconut	960	229	8.4	7.1	30.9	25.7	7.8	3.6	0.14	25.7	0.0	25.7	248 - 278
ICED COCONUT MOCHA (made with Coconut Drink and No Whip or Mocha Drizzle as standard)													
Tall - Coconut	636	152	5.8	4.9	19.8	16.4	5.3	2.5	0.10	16.4	0.0	16.4	164 - 184
Grande - Coconut	808	193	7.4	6.3	25.3	21.4	6.8	3.0	0.12	21.4	0.0	21.4	169 - 188
Venti - Coconut	972	232	8.6	7.2	31.1	25.9	7.9	3.7	0.14	25.9	0.0	25.9	248 - 278

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

* Nutrition information for beverages is calculated based on Starbucks standard recipes. Whole milk is based on 3.5% milk fat, this may differ slightly from milks in your region. Because our beverages are handcrafted and may be customized, exact information may vary. New product introduction, ingredient changes or recipe changes during the life of this publication may cause this information to be incomplete.

** Caffeine information is approximate. These values reflect Starbucks standard brewing methods. Values can vary greatly based on the variety of the coffee/tea and the brewing equipment used. The handcrafted nature of our beverages may result in a variation from the reported values. Approximate values of caffeine (mg) per shot of brewed espresso:
 75mg in Espresso Roast coffee
 85mg in Blonde Espresso coffee