*Holiday2015 Starbucks Beverage Nutrition Information **	KiloJoules	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugars (g)	Protein (g)	Dietary Fiber (g)	Sodium (mg)	Caffeine (mg) **
HOT BEVERAGES										
THE NEW STANDARD CAFFE LATTE										
Short - Skimmed Milk	279	67	0.1	0.1	9.9	8.9	6.4	0.0	75.6	75.0
Short - Semi Skimmed Milk	399	95	3.5	2.3	9.4	8.4	6.3	0.0	73.8	75.0
Short - Whole Milk	474	113	5.8	3.3	9.1	8.1	6.1	0.0	72.0	75.0
Short - Soy	314	75	2.7	0.3	6.6	4.1	5.3	0.7	83.3	75.0
Tall - Skimmed Milk	427	102	0.2	0.2	15.1	14.1	9.9	0.0	119.7	150.0
Tall - Semi Skimmed Milk	599	143	5.1	2.6	14.8	12.8	9.5	0.0	125.5	150.0
Tall - Whole Milk	718	172	8.4	4.8	14.8	12.8	9.1	0.0	115.1	150.0
Tall - Soy	462	110	4.0	0.5	9.9	5.9	7.7	1.0	94.8	150.0
Grande - Skimmed Milk	550	131	0.3	0.2	19.5	17.5	12.6	0.0	148.9	150.0
Grande - Semi Skimmed Milk	786	188	7.0	4.4	18.5	16.5	12.4	0.0	145.4	150.0
Grande - Whole Milk	934	223	11.5	6.6	17.9	16.0	12.1	0.0	141.9	150.0
Grande - Soy	618	148	5.3	0.7	12.9	8.0	10.4	1.3	163.5	150.0
Venti - Skimmed Milk	729	174	0.4	0.3	24.9	22.9	16.7	0.0	194.7	225.0
Venti - Semi Skimmed Milk	1038	248	9.2	4.6	25.1	22.2	16.3	0.0	218.2	225.0
Venti - Whole Milk	1250	299	15.0	8.6	25.1	22.2	15.6	0.0	199.7	225.0
Venti - Soy	772	185	6.7	0.9	16.6	10.2	12.8	1.6	160.8	225.0
FRESH FILTER COFFEE										
Short	11	3	0.1	0.0	0.0	0.0	0.3	0.0	5.3	160.0
Tall	16	4	0.1	0.0	0.0	0.0	0.5	0.0	7.8	240.0
Grande	21	5	0.1	0.0	0.0	0.0	0.6	0.0	9.9	320.0
Venti	26	6	0.1	0.0	0.0	0.0	0.7	0.0	12.4	400.0
ESPRESSO										
Solo	24	6	0.0	0.0	1.0	0.0	0.4	0.0	0.4	75.0
Doppio	48	11	0.0	0.0	2.0	0.0	0.7	0.0	0.7	150.0
ESPRESSO CON PANNA										
Solo	129	31	2.5	1.5	1.7	0.5	0.5	0.0	2.9	75.0
Doppio	153	36	2.5	1.5	2.7	0.5	0.9	0.0	3.3	150.0
ESPRESSO MACCHIATO										
Solo - Skimmed Milk	30	7	0.0	0.0	1.2	0.2	0.5	0.0	2.3	75.0
Solo - Semi Skimmed Milk	33	8	0.1	0.1	1.2	0.2	0.5	0.0	2.2	75.0
Solo - Whole Milk	35	8	0.2	0.1	1.2	0.2	0.5	0.0	2.2	75.0
Solo - Soy	31	7	0.1	0.0	1.1	0.1	0.5	0.0	2.4	75.0
Doppio - Skimmed Milk	55	13	0.0	0.0	2.4	0.3	1.0	0.0	3.0	150.0
Doppio - Semi Skimmed Milk	59	14	0.1	0.1	2.3	0.3	0.9	0.0	3.0	150.0
Doppio - Whole Milk	61	15	0.2	0.1	2.3	0.3	0.9	0.0	3.0	150.0
Doppio - Soy	56	13	0.1	0.0	2.0	0.1	0.9	0.0	3.1	150.0
CAFFE AMERICANO										
Short	24	6	0.0	0.0	1.0	0.0	0.4	0.0	4.0	75.0
Tall	48	11	0.0	0.0	2.0	0.0	0.7	0.0	6.5	150.0
Grande	72	17	0.0	0.0	3.0	0.0	1.1	0.0	8.3	225.0
Venti	95	23	0.0	0.0	4.0	0.0	1.4	0.0	10.6	300.0
THE NEW STANDARD CAPPUCCINO										
Short - Skimmed Milk	229	55	0.1	0.1	8.1	7.1	5.2	0.0	60.8	75.0
Short - Semi Skimmed Milk	325	78	2.8	1.8	7.7	6.7	5.1	0.0	59.4	75.0
Short - Whole Milk	385	92	4.7	2.7	7.5	6.5	5.0	0.0	58.0	75.0
Short - Soy	259	62	2.2	0.3	5.5	3.3	4.3	0.6	67.5	75.0
Tall - Skimmed Milk	291	70	0.1	0.1	10.5	8.5	6.5	0.0	72.5	150.0
Tall - Semi Skimmed Milk	405	97	3.4	1.7	10.2	8.2	6.4	0.0	81.1	150.0
Tall - Whole Milk	484	116	5.6	3.2	10.2	8.2	6.1	0.0	74.3	150.0
Tall - Soy	309	74	2.5	0.3	7.0	3.8	5.1	0.6	60.1	150.0
Grande - Skimmed Milk	344	82	0.2	0.1	12.3	10.3	7.7	0.0	88.1	150.0
Grande - Semi Skimmed Milk	483	115	4.1	2.6	11.7	9.7	7.6	0.0	86.0	150.0
Grande - Whole Milk	570	136	6.8	3.9	11.4	9.4	7.4	0.0	83.9	150.0
Grande - Soy	386	92	3.2	0.4	8.5	4.7	6.4	0.8	97.3	150.0
Venti - Skimmed Milk	480	115	0.2	0.2	17.2	14.2	10.8	0.0	121.3	225.0

Venti - Semi Skimmed Milk	672	161	5.7	2.9	16.8	13.8	10.6	0.0	136.0	225.0
Venti - Whole Milk	804	192	9.3	5.4	16.8	13.8	10.1	0.0	124.5	225.0
Venti - Soy	515	123	4.2	0.6	11.5	6.4	8.5	1.1	101.8	225.0
CAFFE MISTO										
Short - Skimmed Milk	156	37	0.1	0.1	5.3	5.3	3.7	0.0	46.9	75.0
Short - Semi Skimmed Milk	227	54	2.1	1.3	5.0	5.0	3.6	0.0	45.8	75.0
Short - Whole Milk	271	65	3.5	2.0	4.8	4.8	3.6	0.0	44.7	75.0
Short - Soy	177	42	1.6	0.2	3.3	2.4	3.0	0.4	51.4	75.0
Tall - Skimmed Milk	234	56	0.2	0.1	7.9	7.9	5.6	0.0	70.3	115.0
Tall - Semi Skimmed Milk	340	81	3.2	2.0	7.5	7.5	5.5	0.0	68.7	115.0
Tall - Whole Milk	407	97	5.2	3.0	7.2	7.2	5.3	0.0	67.1	115.0
Tall - Soy	263	63	2.4	0.3	4.9	3.6	4.5	0.6	76.6	115.0
Grande - Skimmed Milk	304	73	0.2	0.1	10.3	10.3	7.2	0.0	91.4	150.0
Grande - Semi Skimmed Milk	442	106	4.1	2.6	9.7	9.7	7.1	0.0	89.4	150.0
Grande - Whole Milk	529	126	6.8	3.9	9.4	9.4	6.9	0.0	87.3	150.0
Grande - Soy	343	82	3.2	0.4	6.4	4.7	5.9	0.8	99.7	150.0
Venti - Skimmed Milk	385	92	0.3	0.2	13.0	13.0	9.2	0.0	115.8	195.0
Venti - Semi Skimmed Milk	560	134	5.2	3.3	12.3	12.3	9.0	0.0	113.2	195.0
Venti - Whole Milk	670	160	8.6	4.9	11.8	11.8	8.8	0.0	110.5	195.0
Venti - Soy	434	104	4.0	0.5	8.1	5.9	7.5	1.0	126.4	195.0
FLAT WHITE (made with Whole Milk as standard)										
Short size as standard	498	119	5.8	3.3	10.1	8.1	6.5	0.0	72.4	150.0
THE NEW STANDARD CARAMEL MACCHIATO (made with regular Vanilla flavoured syrup)										
Short - Skimmed Milk	407	97	0.9	0.6	16.8	15.1	5.6	0.0	72.6	75.0
Short - Semi Skimmed Milk	510	122	3.8	2.4	16.3	14.7	5.5	0.0	71.1	75.0
Short - Whole Milk	574	137	5.7	3.3	16.1	14.5	5.3	0.0	69.5	75.0
Short - Soy	433	104	3.0	0.8	13.9	11.0	4.5	0.6	78.0	75.0
Tall - Skimmed Milk	689	165	1.0	0.6	28.7	25.9	10.2	0.0	125.9	150.0
Tall - Semi Skimmed Milk	875	209	6.3	3.3	28.2	25.5	10.0	0.0	138.8	150.0
Tall - Whole Milk	1003	240	9.8	5.7	28.2	25.5	9.6	0.0	128.7	150.0
Tall - Soy	700	167	4.6	1.0	23.0	18.2	7.5	0.9	102.3	150.0
Grande - Skimmed Milk	807	193	1.1	0.7	34.9	31.9	10.7	0.0	134.3	150.0
Grande - Semi Skimmed Milk	1004	240	6.7	4.3	34.0	31.0	10.5	0.0	131.3	150.0
Grande - Whole Milk	1127	269	10.5	6.0	33.6	30.6	10.3	0.0	128.4	150.0
Grande - Soy	864	207	5.3	1.1	29.4	23.9	8.8	1.1	146.6	150.0
Venti - Skimmed Milk	1093	261	1.2	0.8	47.0	42.8	15.4	0.0	189.1	225.0
Venti - Semi Skimmed Milk	1377	329	9.3	4.8	46.3	42.1	15.1	0.0	210.2	225.0
Venti - Whole Milk	1571	376	14.6	8.5	46.3	42.1	14.5	0.0	193.3	225.0
Venti - Soy	1170	280	7.4	1.4	39.0	31.6	12.5	1.6	165.5	225.0
THE NEW STANDARD CAFFE MOCHA with WHIPPED CREAM										
Short - Skimmed Milk	671	160	6.4	3.5	22.4	17.2	6.8	0.9	68.2	90.0
Short - Semi Skimmed Milk	769	184	9.1	5.2	22.0	16.8	6.7	0.9	66.8	90.0
Short - Whole Milk	830	198	11.0	6.1	21.7	16.6	6.6	0.9	65.3	90.0
Short - Soy	700	167	8.5	3.7	19.7	13.3	5.9	1.5	84.5	90.0
Tall - Skimmed Milk	998	239	8.5	5.6	33.7	26.7	10.0	1.5	99.9	170.0
Tall - Semi Skimmed Milk	1144	273	12.7	7.7	33.3	26.3	9.8	1.5	109.4	170.0
Tall - Whole Milk	1244	297	15.5	9.5	33.3	26.3	9.5	1.5	100.6	170.0
Tall - Soy	1035	247	11.8	5.8	29.8	20.1	8.8	2.4	84.6	170.0
Grande - Skimmed Milk	1205	288	9.5	4.9	43.8	33.7	13.4	1.9	132.8	175.0
Grande - Semi Skimmed Milk	1400	335	15.0	8.4	42.9	32.9	13.2	1.9	129.9	175.0
Grande - Whole Milk	1522	364	18.7	10.2	42.5	32.4	13.0	1.9	126.9	175.0
Grande - Soy	1265	302	13.7	5.3	38.4	25.9	11.6	3.0	145.8	175.0
Venti - Skimmed Milk	1501	359	10.9	7.1	55.1	43.8	16.5	2.4	160.3	255.0
Venti - Semi Skimmed Milk	1743	417	17.7	10.5	54.5	43.2	16.2	2.4	178.4	255.0
Venti - Whole Milk	1910	456	22.3	13.6	54.5	43.2	15.7	2.4	163.9	255.0
Venti - Soy	1559	373	15.8	6.9	49.6	34.9	15.0	3.9	149.4	225.0
THE NEW STANDARD WHITE CHOCOLATE MOCHA with WHIPPED CREAM										
Short - Skimmed Milk	957	229	8.0	5.4	32.3	30.3	7.7	0.0	124.8	75.0
Short - Semi Skimmed Milk	1055	252	10.8	7.2	31.8	29.9	7.6	0.0	123.3	75.0
Short - Whole Milk	1116	267	12.7	8.1	31.6	29.7	7.5	0.0	121.8	75.0
Short - Soy	986	236	10.1	5.6	29.6	26.4	6.8	0.6	131.1	75.0
Tall - Skimmed Milk	1370	327	10.4	7.1	48.1	44.8	11.4	0.0	182.6	150.0
Tall - Semi Skimmed Milk	1350	323	14.5	9.1	47.7	44.4	11.2	0.0	193.2	150.0
Tall - Whole Milk	1609	385	17.1	11.0	0.0	47.7	10.9	0.0	184.7	150.0
Tall - Soy	1947	465	20.4	11.4	54.2	49.3	16.6	0.8	261.6	150.0
Grande - Skimmed Milk	1777	425	12.9	8.8	63.5	59.9	15.1	0.0	245.8	150.0
Grande - Semi Skimmed Milk	1972	471	18.4	12.3	62.7	59.1	14.9	0.0	242.9	150.0

Grande - Whole Milk	2094	500	22.1	14.1	62.3	58.6	14.7	0.0	240.0	150.0
Grande - Soy	1837	439	17.0	9.2	58.2	52.1	13.3	1.1	258.8	150.0
Venti - Skimmed Milk	2156	515	14.3	10.0	79.6	74.4	18.9	0.0	304.8	225.0
Venti - Semi Skimmed Milk	2398	573	21.2	13.4	78.7	73.8	18.7	0.0	322.9	225.0
Venti - Whole Milk	2564	613	25.8	16.5	78.7	73.8	18.1	0.0	308.4	225.0
Venti - Soy	2220	531	19.5	10.5	72.4	64.8	16.4	1.4	284.3	225.0
HOT BREWED TEAS										
Short	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
Venti	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	varies
CHAI TEA LATTE										
Short - Skimmed Milk	431	103	0.1	0.1	22.3	21.2	3.9	0.1	49.6	50.0
Short - Semi Skimmed Milk	497	119	2.0	1.3	22.0	20.9	3.8	0.1	48.6	50.0
Short - Whole Milk	539	129	3.3	1.9	21.9	20.7	3.7	0.1	47.6	50.0
Short - Soy	452	108	1.6	0.2	20.4	18.3	3.2	0.5	54.2	50.0
Tall - Skimmed Milk	646	154	0.2	0.1	33.5	31.7	5.8	0.1	74.4	75.0
Tall - Semi Skimmed Milk	747	179	3.0	1.9	33.0	31.3	5.7	0.1	72.9	75.0
Tall - Whole Milk	810	194	5.0	2.8	32.8	31.0	5.5	0.1	71.4	75.0
Tall - Soy	676	162	2.4	0.3	30.5	27.4	4.7	0.7	80.8	75.0
Grande - Skimmed Milk	854	204	0.2	0.1	44.4	42.0	7.5	0.2	96.9	100.0
Grande - Semi Skimmed Milk	986	236	4.0	2.5	43.8	41.5	7.4	0.2	95.0	100.0
Grande - Whole Milk	1068	255	6.5	3.7	43.5	41.2	7.2	0.2	93.0	100.0
Grande - Soy	893	213	3.2	0.4	40.5	36.4	6.2	1.0	105.2	100.0
Venti - Skimmed Milk	1072	256	0.3	0.2	55.6	52.7	9.5	0.2	122.7	120.0
Venti - Semi Skimmed Milk	1241	297	5.0	3.2	54.9	52.0	9.3	0.2	120.1	120.0
Venti - Whole Milk	1346	322	8.3	4.7	54.5	51.6	9.1	0.2	117.6	120.0
Venti - Soy	1122	268	4.0	0.5	50.7	45.6	7.8	1.2	133.3	120.0
SIGNATURE HOT CHOCOLATE with WHIPPED CREAM										
Short - Skimmed Milk	1119	267	15.0	9.2	30.0	24.2	7.8	3.3	77.2	10.0
Short - Semi Skimmed Milk	1185	283	16.9	10.3	29.7	23.9	7.7	3.3	76.2	10.0
Short - Whole Milk	1226	293	18.1	10.9	29.6	23.8	7.6	3.3	75.2	10.0
Short - Soy	1139	272	16.4	9.3	28.2	21.5	7.2	3.7	81.7	10.0
Tall - Skimmed Milk	1646	393	21.3	13.0	45.7	36.9	11.9	5.1	116.5	15.0
Tall - Semi Skimmed Milk	1747	418	24.2	14.8	45.2	36.4	11.8	5.1	115.0	15.0
Tall - Whole Milk	1810	433	26.1	15.7	45.0	36.2	11.6	5.1	113.5	15.0
Tall - Soy	1677	401	23.5	13.2	42.9	32.8	10.9	5.7	123.2	15.0
Grande - Skimmed Milk	2114	505	27.0	16.4	59.4	48.0	15.4	6.7	151.3	20.0
Grande - Semi Skimmed Milk	2245	537	30.7	18.8	58.9	47.4	15.3	6.7	149.0	20.0
Grande - Whole Milk	2328	556	33.5	20.0	59.0	47.0	15.1	6.7	147.0	20.0
Grande - Soy	2155	515	29.8	16.7	56.0	43.0	14.2	7.5	160.0	20.0
Venti - Skimmed Milk	2611	624	32.4	19.7	75.0	61.0	19.6	8.5	191.0	25.0
Venti - Semi Skimmed Milk	2782	665	37.2	22.8	75.0	60.0	19.4	8.5	189.0	25.0
Venti - Whole Milk	2887	690	40.4	24.3	74.0	60.0	19.2	8.5	186.0	25.0
Venti - Soy	2665	637	36.0	20.1	71.0	54.0	18.0	9.5	202.0	25.0
CLASSIC HOT CHOCOLATE with WHIPPED CREAM										
Short - Skimmed Milk	648	155	6.4	3.5	21.4	17.2	6.5	0.9	67.9	15.0
Short - Semi Skimmed Milk	745	178	9.1	5.2	21.0	16.8	6.4	0.9	66.4	15.0
Short - Whole Milk	806	193	11.0	6.1	20.7	16.6	6.2	0.9	65.0	15.0
Short - Soy	677	162	8.5	3.7	18.7	13.3	5.5	1.5	84.2	15.0
Tall - Skimmed Milk	931	222	8.0	4.2	32.6	26.4	10.2	1.4	108.2	20.0
Tall - Semi Skimmed Milk	1090	261	12.5	7.1	31.9	25.8	10.1	1.4	105.8	20.0
Tall - Whole Milk	1190	284	15.5	8.5	31.5	15.5	9.9	1.4	103.4	20.0
Tall - Soy	978	234	11.4	4.5	28.2	20.0	8.7	2.3	118.4	20.0
Grande - Skimmed Milk	1158	277	9.5	4.9	41.8	33.7	12.7	1.9	132.0	25.0
Grande - Semi Skimmed Milk	1352	323	15.0	8.4	41.0	32.9	12.5	1.9	129.1	25.0
Grande - Whole Milk	1474	352	18.7	10.2	40.5	32.4	12.3	1.9	126.2	25.0
Grande - Soy	1217	291	13.7	5.3	36.5	25.9	10.9	3.0	145.1	25.0
Venti - Skimmed Milk	1405	336	10.2	5.1	52.8	42.9	16.6	2.4	173.4	30.0
Venti - Semi Skimmed Milk	1665	398	17.5	9.7	51.7	41.8	16.3	2.4	169.5	30.0
Venti - Whole Milk	1827	437	22.5	12.1	51.1	41.2	16.0	2.4	165.7	30.0
Venti - Soy	1484	355	15.7	5.6	45.7	32.5	14.2	3.8	190.8	30.0
STEAMED MILK										
Short - Skimmed Milk	292	70	0.2	0.1	10.2	10.2	6.9	0.0	86.1	0.0
Short - Semi Skimmed Milk	429	103	4.0	2.6	9.6	9.6	6.8	0.0	84.1	0.0
Short - Whole Milk	515	123	6.7	3.8	9.3	9.3	6.6	0.0	82.0	0.0
Short - Soy	333	80	3.1	0.4	6.4	4.7	5.6	0.8	95.1	0.0

Tall - Skimmed Milk	442	106	0.3	0.2	15.4	15.4	10.5	0.0	130.6	0.0
Tall - Semi Skimmed Milk	651	156	6.1	3.9	14.6	14.6	10.3	0.0	127.5	0.0
Tall - Whole Milk	781	187	10.1	5.8	14.1	14.1	10.0	0.0	124.4	0.0
Tall - Soy	503	120	4.7	0.6	9.7	7.0	8.5	1.2	143.6	0.0
Grande - Skimmed Milk	578	138	0.3	0.2	20.1	20.1	13.7	0.0	170.5	0.0
Grande - Semi Skimmed Milk	849	203	8.0	5.1	19.0	19.0	13.4	0.0	166.5	0.0
Grande - Whole Milk	1019	244	13.2	7.6	18.4	18.4	13.1	0.0	162.4	0.0
Grande - Soy	655	157	6.1	0.8	12.6	9.2	11.1	1.5	187.2	0.0
Venti - Skimmed Milk	733	175	0.4	0.3	25.5	25.5	17.4	0.0	216.3	0.0
Venti - Semi Skimmed Milk	1077	258	10.2	6.5	24.1	24.1	17.0	0.0	211.2	0.0
Venti - Whole Milk	1293	309	16.7	9.6	23.3	23.3	16.6	0.0	206.0	0.0
Venti - Soy	834	199	7.8	1.0	16.0	11.7	14.1	1.9	238.1	0.0
ADD-INS										
WHIPPED CREAM TOPPING										
HOT Short Beverage - 16 g	218	52	5.1	3.2	1.0	1.0	0.3	0.0	5.0	0.0
HOT Tall Beverage - 19g	259	62	6.1	3.8	2.0	1.0	0.3	0.0	6.0	0.0
HOT Grande/Venti Beverage - 22g	301	72	7.0	4.4	2.0	2.0	0.4	0.0	7.0	0.0
COLD Tall Beverage - 25 g	339	81	8.0	5.0	2.0	2.0	0.4	0.0	8.0	0.0
COLD Grande Beverage - 35 g	477	114	11.2	7.0	3.0	2.0	0.6	0.0	11.0	0.0
COLD Venti Beverage - 32g	435	104	10.2	6.4	3.0	2.0	0.6	0.0	11.0	0.0
FLAVOURED SYRUP										
1 Pump - 1/4 fl oz - 10 g	84	20	0.0	0.0	5.0	4.9	0.0	0.0	0.4	0.0
2 Pumps - 1/2 fl oz - 20 g	169	40	0.0	0.0	10.1	9.7	0.0	0.0	0.7	0.0
3 Pumps - 3/4 fl oz - 30 g	253	60	0.0	0.0	15.1	14.6	0.0	0.0	1.1	0.0
4 Pumps - 1 fl oz - 40 g	337	81	0.0	0.0	20.1	19.5	0.0	0.0	1.4	0.0
FLAVOURED SUGAR FREE SYRUP										
1 Pump - 1/4 fl oz - 10 g	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2 Pumps - 1/2 fl oz - 20 g	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3 Pumps - 3/4 fl oz - 30 g	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4 Pumps - 1 fl oz - 40 g	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
BAR MOCHA SYRUP										
1 Pump - 1/2 fl oz - 17 g	111	26	0.6	0.1	6.4	4.8	0.6	1.0	0.6	6.0
2 Pumps - 1 fl oz - 34 g	222	53	1.1	0.2	12.8	9.6	1.3	2.0	1.3	15.0
3 Pumps - 1 1/2 fl oz - 51 g	332	79	1.7	0.3	19.1	14.4	1.9	3.0	1.9	20.0
4 Pumps - 2 fl oz - 68 g	443	106	2.3	0.4	25.5	19.2	2.5	3.9	2.6	25.0
5 Pumps - 2 1/2 fl oz - 85 g	554	132	2.8	0.5	31.9	23.9	3.1	4.9	3.2	30.0
TOPPINGS										
Chocolate - 4 g	25	6	0.1	0.0	1.5	1.0	0.1	0.1	0.2	2.0
Caramel - 4 g	62	15	0.6	0.3	2.5	2.1	0.0	0.0	5.6	0.0
Sprinkles - 1 g	16	4	0.0	0.0	1.0	0.9	0.0	0.0	3.3	0.0
COLD BEVERAGES										
THE NEW STANDARD ICED CAFFE LATTE										
Tall - Skimmed Milk	264	63	0.1	0.1	9.5	7.5	5.8	0.0	69.3	150.0
Tall - Semi Skimmed Milk	365	87	3.0	1.5	9.3	7.3	5.7	0.0	76.9	150.0
Tall - Whole Milk	435	104	4.9	2.8	9.3	7.3	5.5	0.0	70.8	150.0
Tall - Soy	296	71	2.4	0.3	6.7	3.6	4.9	0.6	62.0	150.0
Grande - Skimmed Milk	375	90	0.2	0.1	13.4	11.4	8.5	0.0	101.3	150.0
Grande - Semi Skimmed Milk	529	126	4.5	2.9	12.7	10.8	8.3	0.0	99.0	150.0
Grande - Whole Milk	625	149	7.5	4.3	12.4	10.4	8.1	0.0	96.7	150.0
Grande - Soy	437	104	3.6	0.5	9.5	5.5	7.3	0.9	116.0	150.0
Venti - Skimmed Milk	399	95	0.2	0.1	14.4	11.4	8.8	0.0	105.7	225.0
Venti - Semi Skimmed Milk	553	132	4.6	2.3	14.0	11.1	8.7	0.0	117.2	225.0
Venti - Whole Milk	659	158	7.5	4.3	14.0	11.1	8.3	0.0	108.0	225.0
Venti - Soy	455	109	3.7	0.5	10.3	5.5	7.5	0.9	96.0	225.0
THE NEW STANDARD ICED CAPPUCCINO										
Tall - Skimmed Milk	284	68	0.1	0.1	10.2	8.2	6.3	0.0	70.4	150.0
Tall - Semi Skimmed Milk	395	94	3.3	1.7	10.0	8.0	6.2	0.0	78.7	150.0
Tall - Whole Milk	471	113	5.4	3.1	10.0	8.0	6.0	0.0	72.1	150.0
Grande - Soy	464	111	4.0	0.5	10.0	6.0	7.7	1.0	95.3	150.0
Venti - Skimmed Milk	424	101	0.2	0.1	15.3	12.3	9.4	0.0	105.2	225.0
Venti - Semi Skimmed Milk	590	141	4.9	2.5	14.9	11.9	9.3	0.0	117.6	225.0
Venti - Whole Milk	705	168	8.1	4.6	14.9	11.9	8.9	0.0	107.7	225.0
Venti - Soy	485	116	3.9	0.5	10.9	5.9	8.0	1.0	94.9	225.0
ICED COFFEE										
Tall	11	3	0.1	0.0	0.0	0.0	0.3	0.0	5.3	180.0
Grande	16	4	0.1	0.0	0.0	0.0	0.5	0.0	7.8	260.0
Venti	21	5	0.1	0.0	0.0	0.0	0.6	0.0	9.9	330.0

ICED CAFFE AMERICANO										
Tall	48	11	0.0	0.0	2.0	0.0	0.7	0.0	6.9	150.0
Grande	72	17	0.0	0.0	3.0	0.0	1.1	0.0	8.9	225.0
Venti	97	23	0.0	0.0	4.0	0.0	1.4	0.0	13.0	300.0
THE NEW STANDARD ICED CAFFE MOCHA with WHIPPED CREAM										
Tall - Skimmed Milk	869	208	9.8	5.3	28.9	21.7	7.2	1.4	70.9	170.0
Tall - Semi Skimmed Milk	940	225	11.8	6.3	28.2	20.0	6.5	1.4	65.4	170.0
Tall - Whole Milk	988	236	13.1	7.2	28.2	20.0	6.3	1.4	61.1	170.0
Tall - Soy	894	214	11.3	5.5	26.5	17.5	6.0	1.8	55.6	170.0
Grande - Skimmed Milk	1209	289	13.6	7.4	38.9	28.5	9.5	1.9	89.4	175.0
Grande - Semi Skimmed Milk	1321	316	16.8	9.5	38.5	28.0	9.4	1.9	87.7	175.0
Grande - Whole Milk	1391	333	18.9	10.5	38.2	27.8	9.2	1.9	86.0	175.0
Grande - Soy	1256	300	16.1	7.7	36.1	24.2	8.7	2.6	100.6	175.0
Venti - Skimmed Milk	1320	315	14.1	7.5	45.4	32.1	10.0	2.4	88.1	255.0
Venti - Semi Skimmed Milk	1422	340	17.0	9.0	45.1	31.9	9.9	2.4	95.8	255.0
Venti - Whole Milk	1493	357	19.0	10.3	45.1	31.9	9.6	2.4	89.7	255.0
Venti - Soy	1358	325	16.4	7.8	42.7	28.2	9.1	3.0	81.9	255.0
ICED CARAMEL MACCHIATO										
Tall - Skimmed Milk	518	124	1.1	0.7	22.9	19.9	5.4	0.0	73.9	150.0
Tall - Semi Skimmed Milk	609	146	3.7	2.0	22.7	19.7	5.3	0.0	80.7	150.0
Tall - Whole Milk	672	161	5.5	3.2	22.7	19.7	5.1	0.0	75.3	150.0
Tall - Soy	560	134	3.3	0.9	20.6	16.6	4.7	0.6	70.2	150.0
Grande - Skimmed Milk	785	188	1.3	0.8	34.2	31.1	9.8	0.0	128.7	150.0
Grande - Semi Skimmed Milk	965	231	6.3	4.0	33.4	30.3	9.6	0.0	126.0	150.0
Grande - Whole Milk	1077	257	9.8	5.6	33.0	29.9	9.4	0.0	123.3	150.0
Grande - Soy	860	206	5.3	1.2	29.7	24.2	8.5	1.1	146.5	150.0
Venti - Skimmed Milk	791	189	1.2	0.8	36.5	32.3	7.9	0.0	104.5	225.0
Venti - Semi Skimmed Milk	925	221	5.0	2.7	36.2	32.0	7.7	0.0	114.5	225.0
Venti - Whole Milk	1017	243	7.5	4.4	36.2	32.0	7.4	0.0	106.5	225.0
Venti - Soy	840	201	4.2	1.1	33.0	27.2	6.7	0.8	96.2	225.0
ICED CHAI TEA LATTE										
Tall - Skimmed Milk	635	152	0.2	0.1	33.1	31.3	5.5	0.1	72.0	75.0
Tall - Semi Skimmed Milk	736	176	3.0	1.9	32.6	30.9	5.4	0.1	70.5	75.0
Tall - Whole Milk	799	191	5.0	2.8	32.4	30.6	5.3	0.1	69.0	75.0
Tall - Soy	677	162	2.4	0.3	30.5	27.4	4.8	0.7	82.1	75.0
Grande - Skimmed Milk	857	205	0.2	0.1	44.5	42.1	7.6	0.2	98.9	100.0
Grande - Semi Skimmed Milk	997	238	4.2	2.6	43.9	41.5	7.4	0.2	96.8	100.0
Grande - Whole Milk	1084	259	6.9	3.9	43.5	41.2	7.3	0.2	94.7	100.0
Grande - Soy	915	219	3.4	0.4	40.9	36.7	6.5	1.0	112.5	100.0
Venti - Skimmed Milk	1013	242	0.3	0.1	53.0	51.0	8.1	0.2	106.0	120.0
Venti - Semi Skimmed Milk	1159	277	4.4	2.8	53.0	50.0	7.9	0.2	104.0	120.0
Venti - Whole Milk	1251	299	7.2	4.1	53.0	50.0	7.7	0.2	102.0	120.0
Venti - Soy	1071	256	3.5	0.5	50.0	45.0	7.0	1.1	121.0	120.0
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE										
COFFEE FRAPPUCCINO® (NO WHIP)										
Tall - Skimmed Milk	656	157	0.1	0.1	36.1	35.6	2.9	0.1	155.6	70.0
Tall - Semi Skimmed Milk	709	170	1.6	1.0	35.9	35.4	2.8	0.1	154.8	70.0
Tall - Whole Milk	743	177	2.6	1.5	35.8	35.3	2.7	0.1	154.0	70.0
Tall - Soy	676	161	1.3	0.2	34.7	33.6	2.4	0.4	152.4	70.0
Grande - Skimmed Milk	905	216	0.1	0.1	50.3	49.6	3.5	0.1	213.5	95.0
Grande - Semi Skimmed Milk	970	232	1.9	1.2	50.1	49.4	3.4	0.1	212.5	95.0
Grande - Whole Milk	1011	242	3.2	1.8	49.9	49.2	3.4	0.1	211.6	95.0
Grande - Soy	929	222	1.6	0.2	48.6	47.1	3.0	0.5	209.6	95.0
Venti - Skimmed Milk	1123	269	0.1	0.1	63.0	62.1	3.9	0.1	263.6	120.0
Venti - Semi Skimmed Milk	1195	286	2.1	1.3	62.7	61.8	3.8	0.1	262.6	120.0
Venti - Whole Milk	1239	296	3.5	2.0	62.5	61.6	3.7	0.1	261.5	120.0
Venti - Soy	1150	275	1.7	0.2	61.1	59.3	3.3	0.5	259.3	120.0
MOCHA FRAPPUCCINO® WITH WHIPPED CREAM										
Tall - Skimmed Milk	1062	254	8.6	5.3	42.5	40.0	3.7	0.5	156.3	69.9
Tall - Semi Skimmed Milk	1113	266	10.0	6.2	42.3	39.8	3.7	0.5	155.6	69.9
Tall - Whole Milk	1145	274	11.0	6.7	42.1	39.6	3.6	0.5	154.8	69.9
Tall - Soy	1081	258	9.7	5.4	41.1	38.0	3.3	0.8	153.3	69.9
Grande - Skimmed Milk	1449	346	12.0	7.4	57.8	54.3	4.7	0.7	209.2	95.0
Grande - Semi Skimmed Milk	1509	361	13.7	8.5	57.6	54.1	4.6	0.7	208.3	95.0
Grande - Whole Milk	1546	370	14.8	9.1	57.4	53.9	4.5	0.7	207.4	95.0
Grande - Soy	1471	352	13.3	7.6	56.2	52.0	4.1	1.0	205.6	95.0
Venti - Skimmed Milk	1716	410	11.3	7.0	75.3	71.0	5.4	0.9	268.8	130.0

Venti - Semi Skimmed Milk	1786	427	13.2	8.2	75.0	70.7	5.4	0.9	267.7	130.0
Venti - Whole Milk	1829	437	14.6	8.9	74.8	70.5	5.3	0.9	266.7	130.0
Venti - Soy	1742	416	12.8	7.2	73.5	68.3	4.8	1.3	264.5	130.0
ESPRESSO FRAPPUCCINO® (NO WHIP)										
Tall - Skimmed Milk	569	136	0.0	0.0	31.8	30.6	2.0	0.1	128.5	125.0
Tall - Semi Skimmed Milk	600	143	0.9	0.6	31.7	30.4	2.0	0.1	128.1	125.0
Tall - Whole Milk	619	148	1.5	0.9	31.6	30.4	1.9	0.1	127.6	125.0
Tall - Soy	580	139	0.7	0.1	31.0	29.4	1.7	0.2	126.7	125.0
Grande - Skimmed Milk	836	200	0.1	0.0	47.0	45.5	2.8	0.1	190.7	155.0
Grande - Semi Skimmed Milk	880	210	1.3	0.8	46.8	45.3	2.7	0.1	190.1	155.0
Grande - Whole Milk	908	217	2.1	1.2	46.7	45.2	2.7	0.1	189.4	155.0
Grande - Soy	853	204	1.1	0.1	45.8	43.8	2.4	0.3	188.0	155.0
Venti - Skimmed Milk	1045	250	0.1	0.1	59.0	57.4	3.2	0.1	238.9	175.0
Venti - Semi Skimmed Milk	1096	262	1.5	1.0	58.8	57.2	3.1	0.1	238.2	175.0
Venti - Whole Milk	1128	270	2.5	1.4	58.7	57.0	3.0	0.1	237.4	175.0
Venti - Soy	1064	254	1.2	0.2	57.7	55.4	2.7	0.4	235.8	175.0
CARAMEL FRAPPUCCINO®WITH WHIPPED CREAM										
Tall - Skimmed Milk	1144	273	8.7	5.4	45.9	44.3	3.3	0.1	168.4	65.0
Tall - Semi Skimmed Milk	1196	286	10.2	6.4	45.6	44.1	3.3	0.1	167.6	65.0
Tall - Whole Milk	1229	294	11.2	6.8	45.5	44.0	3.2	0.1	166.8	65.0
Tall - Soy	1163	278	9.9	5.5	44.5	42.3	2.9	0.4	165.2	65.0
Grande - Skimmed Milk	1568	375	11.9	7.4	63.3	61.3	4.2	0.1	230.3	95.0
Grande - Semi Skimmed Milk	1632	390	13.7	8.6	63.0	61.0	4.1	0.1	229.3	95.0
Grande - Whole Milk	1673	400	15.0	9.2	62.9	60.9	4.0	0.1	228.3	95.0
Grande - Soy	1592	380	13.4	7.6	61.6	58.8	3.6	0.5	226.3	95.0
Venti - Skimmed Milk	1787	427	10.9	6.8	78.1	75.9	4.5	0.1	281.3	120.0
Venti - Semi Skimmed Milk	1858	444	13.0	8.1	77.8	75.6	4.5	0.1	280.2	120.0
Venti - Whole Milk	1903	455	14.3	8.8	77.6	75.5	4.4	0.1	279.2	120.0
Venti - Soy	1813	433	12.6	7.0	76.2	73.2	3.9	0.5	277.0	120.0
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT										
COFFEE FRAPPUCCINO® (NO WHIP)										
Tall - Skimmed Milk	347	83	0.1	0.0	17.7	17.3	2.6	0.2	140.4	60.0
Grande - Skimmed Milk	495	118	0.1	0.1	25.6	25.0	3.4	0.3	202.2	90.0
Venti - Skimmed Milk	583	139	0.1	0.1	29.8	29.1	4.4	0.3	235.6	105.0
MOCHA FRAPPUCCINO® (NO WHIP)										
Tall - Skimmed Milk	402	96	0.5	0.3	21.2	19.6	2.9	0.5	128.0	60.0
Grande - Skimmed Milk	598	143	0.8	0.5	31.9	29.4	3.9	0.8	190.9	95.0
Venti - Skimmed Milk	749	179	0.9	0.6	39.6	36.5	5.3	1.0	238.8	115.0
CARAMEL FRAPPUCCINO® (NO WHIP)										
Tall - Skimmed Milk	403	96	0.1	0.0	21.2	20.8	2.5	0.2	133.3	60.0
Grande - Skimmed Milk	560	134	0.1	0.1	29.8	29.2	3.1	0.2	185.9	85.0
Venti - Skimmed Milk	693	166	0.1	0.1	36.5	35.7	4.2	0.3	229.0	100.0
FRAPPUCCINO® BLENDED BEVERAGES - CRÈME										
STRAWBERRIES AND CREAM FRAPPUCCINO® WITH WHIPPED CREAM										
Tall - Skimmed Milk	1256	300	8.1	5.0	53.9	53.1	4.0	0.4	154.8	0.0
Tall - Semi Skimmed Milk	1321	316	9.9	6.2	53.6	52.9	3.9	0.4	153.9	0.0
Tall - Whole Milk	1362	326	11.2	6.8	53.5	52.7	3.8	0.4	152.9	0.0
Tall - Soy	1280	306	9.6	5.2	52.2	50.6	3.4	0.8	150.9	0.0
Grande - Skimmed Milk	1608	384	11.3	7.0	67.0	65.9	4.9	0.5	206.3	0.0
Grande - Semi Skimmed Milk	1688	403	13.6	8.5	66.7	65.6	4.8	0.5	205.1	0.0
Grande - Whole Milk	1738	415	15.1	9.2	66.5	65.4	4.7	0.5	203.9	0.0
Grande - Soy	1638	391	13.1	7.2	64.9	62.9	4.2	1.0	201.4	0.0
Venti - Skimmed Milk	1767	422	10.3	6.4	77.9	76.8	5.6	0.5	260.2	0.0
Venti - Semi Skimmed Milk	1862	445	13.0	8.2	77.5	76.4	5.5	0.5	258.7	0.0
Venti - Whole Milk	1922	459	14.9	9.0	77.3	76.2	5.4	0.5	257.3	0.0
Venti - Soy	1802	431	12.5	6.7	75.4	73.2	4.8	1.1	254.4	0.0
CARAMEL CREAM FRAPPUCCINO® WITH WHIPPED CREAM										
Tall - Skimmed Milk	994	238	8.7	5.4	36.3	35.1	4.1	0.1	171.7	0.0
Tall - Semi Skimmed Milk	1065	255	10.7	6.7	36.0	34.8	4.0	0.1	170.7	0.0
Tall - Whole Milk	1110	265	12.1	7.3	35.8	34.6	3.9	0.1	169.6	0.0
Tall - Soy	1021	244	10.3	5.6	34.4	32.4	3.5	0.5	167.4	0.0
Grande - Skimmed Milk	1328	317	11.9	7.4	48.1	46.7	5.1	0.1	227.7	0.0
Grande - Semi Skimmed Milk	1415	338	14.4	9.0	47.8	46.3	5.0	0.1	226.3	0.0
Grande - Whole Milk	1470	351	16.0	9.8	47.6	46.1	4.9	0.1	225.0	0.0
Grande - Soy	1360	325	13.9	7.6	45.8	43.3	4.3	0.6	222.4	0.0
Venti - Skimmed Milk	1539	368	11.0	6.8	61.9	60.4	6.0	0.1	293.8	0.0
Venti - Semi Skimmed Milk	1646	393	14.0	8.8	61.5	60.0	5.9	0.1	292.2	0.0

Venti - Whole Milk	1713	409	16.0	9.7	61.2	59.7	5.8	0.1	290.6	0.0
Venti - Soy	1579	377	13.4	7.1	59.1	56.3	5.1	0.7	287.3	0.0
CHOCOLATE CREAM FRAPPUCCINO® WITH WHIPPED CREAM										
Tall - Skimmed Milk	946	226	8.7	5.4	34.9	32.3	4.6	0.6	160.1	4.6
Tall - Semi Skimmed Milk	1015	243	10.7	6.7	34.6	32.0	4.5	0.6	159.1	4.6
Tall - Whole Milk	1057	253	12.0	7.3	34.4	31.8	4.5	0.6	158.1	4.6
Tall - Soy	972	232	10.3	5.6	33.1	29.7	4.0	1.0	156.0	4.6
Grande - Skimmed Milk	1315	314	12.2	7.6	48.7	45.2	6.0	0.8	223.6	10.0
Grande - Semi Skimmed Milk	1403	335	14.7	9.1	48.3	44.8	5.9	0.8	222.3	10.0
Grande - Whole Milk	1458	349	16.3	9.9	48.1	44.6	5.8	0.8	221.0	10.0
Grande - Soy	1348	322	14.2	7.8	46.4	41.8	5.3	1.3	218.3	10.0
Venti - Skimmed Milk	1508	360	11.5	7.1	61.5	57.3	7.1	1.0	282.8	11.6
Venti - Semi Skimmed Milk	1613	386	14.4	9.0	61.0	56.9	7.0	1.0	281.2	11.6
Venti - Whole Milk	1678	401	16.4	10.0	60.8	56.6	6.9	1.0	279.6	11.6
Venti - Soy	1547	370	13.8	7.4	58.7	53.3	6.2	1.7	276.4	11.6
VANILLA CREAM FRAPPUCCINO® WITH WHIPPED CREAM										
Tall - Skimmed Milk	904	216	8.1	5.0	32.3	31.6	4.0	0.1	162.6	0.0
Tall - Semi Skimmed Milk	974	233	10.0	6.3	32.0	31.3	3.9	0.1	161.6	0.0
Tall - Whole Milk	1017	243	11.4	6.9	31.9	31.1	3.8	0.1	160.5	0.0
Tall - Soy	930	222	9.7	5.2	30.5	28.9	3.4	0.5	158.4	0.0
Grande - Skimmed Milk	1278	305	11.3	7.0	46.3	45.3	5.2	0.1	230.5	0.0
Grande - Semi Skimmed Milk	1369	327	13.9	8.7	46.0	44.9	5.1	0.1	229.1	0.0
Grande - Whole Milk	1425	341	15.6	9.5	45.7	44.7	5.0	0.1	227.7	0.0
Grande - Soy	1311	313	13.4	7.2	43.9	41.8	4.4	0.6	224.9	0.0
Venti - Skimmed Milk	1451	347	10.4	6.5	58.0	57.0	5.9	0.1	287.5	0.0
Venti - Semi Skimmed Milk	1558	372	13.4	8.4	57.6	56.5	5.8	0.1	285.9	0.0
Venti - Whole Milk	1624	388	15.4	9.3	57.3	56.3	5.7	0.1	284.3	0.0
Venti - Soy	1447	346	12.4	6.6	54.4	52.3	4.3	0.6	271.2	0.0
FRAPPUCCINO BLENDED JUICE DRINK										
MANGO PASSION FRUIT FRAPPUCCINO (With Passion Tea)										
Tall	657	157	0.2	0.0	38.1	37.3	0.6	1.0	104.3	0.0
Grande	799	191	0.3	0.0	46.3	45.3	0.8	1.3	126.7	0.0
Venti	956	228	0.3	0.1	55.4	54.3	0.9	1.5	151.7	0.0
RASPBERRY BLACKCURRENT FRAPPUCCINO (With Zen Tea)										
Tall	660	158	0.1	0.0	38.8	38.0	0.3	0.6	32.6	0.0
Grande	802	192	0.1	0.0	47.1	46.1	0.4	0.7	39.6	0.0
Venti	960	229	0.1	0.0	56.4	55.2	0.5	0.8	47.4	0.0
REFRESHA										
Orange Refresha										
Tall	393	93	0.0	0.0	20.0	20.0	0.1	0.0	0.0	35.0
Grande	514	122	0.0	0.0	26.0	26.0	0.2	0.0	0.0	50.0
Venti	639	152	0.0	0.0	33.0	33.0	0.2	0.0	0.0	65.0
Cool Lime Refresha										
Tall	224	53	0.0	0.0	13.5	13.1	0.1	0.0	0.0	35.0
Grande	297	71	0.0	0.0	17.9	17.3	0.2	0.0	0.0	50.0
Venti	373	89	0.0	0.0	22.4	21.7	0.2	0.0	0.0	65.0
Summer 2014										
Banana Yoghurt Frappuccino										
Tall	822	196	2.1	1.3	39.4	37.2	4.1	1.5	121.2	0.0
Grande	1201	286	2.8	1.8	58.5	55.2	5.6	2.3	181.7	0.0
Venti	1475	351	3.4	2.1	72.4	68.8	6.6	2.5	242.1	0.0
Red berry Yoghurt Frappuccino										
Tall	815	194	2.1	1.3	39.8	37.6	4.1	0.1	120.7	0.0
Grande	1179	281	2.8	1.8	58.4	55.3	5.5	0.1	181.0	0.0
Venti	1457	347	3.4	2.1	72.5	69.1	6.5	0.1	241.3	0.0
Coconut Crème Frappuccino										
Tall - Skimmed Milk (no whip)	645	154	0.5	0.4	33.1	32.9	3.9	0.3	121.0	0.0
Tall - Semi Skimmed Milk	1047	249	10.3	6.5	34.7	34.4	4.3	0.3	128.8	0.0
Tall - Whole Milk	1139	271	12.7	8.2	37.6	34.4	6.2	0.2	128.8	0.0
Tall - Soy (no whip)	844	201	2.7	1.0	40.6	37.1	2.9	1.5	131.7	80.5
Grande - Skimmed Milk (no whip)	930	221	0.6	0.4	48.6	48.2	5.2	0.4	181.3	0.0
Grande - Semi Skimmed Milk	1488	354	14.2	8.9	50.7	50.4	5.8	0.4	192.2	0.0
Grande - Whole Milk	1615	384	17.4	11.2	51.2	50.6	5.6	0.3	192.3	0.0
Grande - Soy (no whip)	1217	290	3.5	1.4	59.8	54.8	3.9	2.0	197.5	120.6
Venti - Skimmed Milk (no whip)	1201	286	0.7	0.4	63.5	63.2	6.3	0.4	241.7	0.0
Venti - Semi Skimmed Milk	1738	414	13.8	8.6	65.5	65.2	6.8	0.4	251.6	0.0
Venti - Whole Milk	1889	450	17.6	11.2	66.4	65.6	6.6	0.3	251.7	0.0

Venti - Soy (no whip)	1567	373	4.1	1.6	78.3	71.9	4.6	2.4	263.1	160.6
Mocha Coconut Frappuccino Blended Coffee										
Tall - Skimmed Milk (no whip)	793	189	0.5	0.4	42.0	41.6	3.9	0.3	122.0	0.0
Tall - Semi Skimmed Milk	1195	284	10.3	6.5	43.5	43.2	4.3	0.3	129.8	0.0
Tall - Whole Milk	1452	346	12.4	8.0	53.9	50.4	4.1	1.1	140.7	80.5
Tall - Soy (no whip)	1005	239	2.7	1.0	50.1	46.6	2.9	1.5	132.9	8.5
Grande - Skimmed Milk (no whip)	1152	274	0.6	0.4	61.8	61.4	5.2	0.4	182.9	0.0
Grande - Semi Skimmed Milk	1710	407	14.2	8.9	63.9	63.6	5.8	0.4	193.8	0.0
Grande - Whole Milk	2074	494	16.8	10.8	79.5	74.3	5.4	1.5	210.1	12.6
Grande - Soy (no whip)	1458	347	3.5	3.4	74.1	69.0	3.9	2.0	199.2	120.6
Venti - Skimmed Milk (no whip)	1497	356	0.7	0.4	81.2	80.7	6.3	0.4	243.8	0.0
Venti - Semi Skimmed Milk	2034	484	13.8	8.6	83.1	82.7	6.8	0.4	253.7	0.0
Venti - Whole Milk	2492	593	16.8	10.8	103.4	96.7	6.3	1.9	275.5	16.6
Venti - Soy (no whip)	1887	449	4.1	1.6	97.0	90.9	4.6	2.4	265.4	160.6
Mocha Coconut Frappuccino Light Blended Coffee no whip (Skimmed Milk)										
Tall	636	151	0.6	0.4	32.5	29.8	3.6	0.9	132.8	80.0
Grande	928	221	0.9	0.5	47.9	43.7	4.7	1.3	199.2	120.1
Venti	1209	288	1.2	0.7	62.9	57.3	5.6	1.7	265.6	160.1
Mocha Cookie Frappuccino Blended Coffee										
Tall - Skimmed Milk (no whip)	1206	287	4.1	0.4	58.8	53.8	3.8	0.9	158.4	80.4
Tall - Semi Skimmed Milk	1588	378	13.4	6.3	59.8	55.3	4.1	0.9	166.2	80.4
Tall - Whole Milk	1646	392	15.1	7.4	59.6	55.1	4.0	0.9	166.2	80.4
Tall - Soy (no whip)	1005	239	2.7	1.0	50.1	46.6	2.9	1.5	132.9	8.5
Grande - Skimmed Milk (no whip)	1756	418	6.0	0.6	85.5	79.0	4.9	1.3	237.5	120.5
Grande - Semi Skimmed Milk	2178	519	17.3	8.7	84.6	78.6	5.4	1.3	235.5	120.5
Grande - Whole Milk	2360	562	21.0	10.1	87.3	80.8	5.3	1.3	248.5	120.5
Grande - Soy (no whip)	1458	347	3.5	3.4	74.1	69.0	3.9	2.0	199.2	120.6
Venti - Skimmed Milk (no whip)	2295	546	7.9	0.8	112.3	103.8	5.8	1.7	316.7	160.5
Venti - Semi Skimmed Milk	2838	676	21.1	9.1	114.4	106.0	6.3	1.7	327.6	160.5
Venti - Whole Milk	2921	695	23.5	10.7	114.1	105.6	6.2	1.7	327.6	160.5
Venti - Soy (no whip)	1887	449	4.1	1.6	97.0	90.9	4.6	2.4	265.4	160.6
Mocha Cookie Frappuccino Light Blended Coffee no whip (Skimmed Milk)										
Tall	856	204	4.1	0.4	37.5	33.1	3.7	1.1	172.6	80.4
Grande	1235	294	6.0	0.6	54.4	48.1	4.9	1.5	258.8	120.5
Venti	1601	381	7.9	0.8	70.8	62.6	5.8	1.9	345.0	160.5
Autumn 2014										
Pumpkin Spice Latte										
Short - Skimmed Milk (no whip)	395	92	0.2	0.0	15.8	14.6	6.3	0.0	13.5	87.0
Short - Semi Skimmed Milk (with wh	719	172	8.2	5.1	16.7	15.6	6.5	0.0	18.5	87.0
Short - Whole Milk (with whip)	839	199	11.7	7.5	16.2	15.1	6.3	0.0	18.5	87.0
Short - Soy (no whip)	403	96	3.52	0.57	11.33	9.82	4.42	0.62	13.50	87.00
Tall - Skimmed Milk (no whip)	608	142	0.3	0.0	24.1	23.0	10.1	0.0	20.0	87.0
Tall - Semi Skimmed Milk(with whip)	1039	249	11.1	6.8	25.3	24.1	10.4	0.0	25.9	87.0
Tall - Whole Milk (with whip)	1232	293	16.8	10.7	24.4	23.3	10.1	0.0	25.9	87.0
Tall - Soy (no whip)	628	150	5.69	0.91	16.96	15.23	7.14	1.01	20.01	87.00
Grande - Skimmed Milk (no whip)	789	184	0.4	0.0	31.5	29.2	12.5	0.0	27.0	174.0
Grande - Semi Skimmed Milk (with w	1302	311	13.3	8.1	32.9	30.6	12.9	0.0	33.9	174.0
Grande - Whole Milk (with whip)	1542	366	20.3	12.9	31.8	29.5	12.5	0.0	33.9	174.0
Grande - Soy (no whip)	806	192	7.05	1.13	22.64	19.63	8.85	1.25	26.99	174.00
Venti - Skimmed Milk (no whip)	1009	236	0.5	0.0	40.1	37.8	16.6	0.0	33.5	174.0
Venti - Semi Skimmed Milk(with whi	1591	380	15.3	9.3	41.5	39.2	16.9	0.0	40.4	174.0
Venti - Whole Milk (with whip)	1907	453	24.6	15.6	40.0	37.7	16.4	0.0	40.4	174.0
Venti - Soy (no whip)	1039	247	9.30	1.49	28.41	25.16	11.68	1.65	33.51	174.00
Pumpkin Spice Frappuccino (with Whip)										
Tall - Skimmed Milk (no whip)	747	178	0.1	0.01	41.34	40.26	2.9	0.05	138.52	78.3
Tall - Semi Skimmed Milk (with whip	1132	270	9.41	5.86	42.89	41.81	3.3	0.05	146.32	78.3
Tall - Whole Milk (with whip)	1188	283	11.03	6.97	42.63	41.55	3.21	0.05	146.32	78.3
Tall - Soy (no whip)	596	142	2.16	0.35	27.66	27.44	2.72	0.43	127.11	0.00
Grande - Skimmed Milk (no whip)	1117	266	0.1	0.0	62.4	60.8	3.7	0.1	211.0	117.5
Grande - Semi Skimmed Milk (with w	1650	393	13.0	8.1	64.6	63.0	4.3	0.1	222.0	117.5
Grande - Whole Milk (with whip)	1722	410	15.1	9.5	64.3	62.7	4.2	0.1	222.0	117.5
Grande - Soy (no whip)	888	211	2.91	0.47	42.37	42.07	3.64	0.58	193.92	0.00
Venti - Skimmed Milk (no whip)	1431	341	0.15	0.01	80.49	78.33	4.31	0.11	277.04	156.6
Venti - Semi Skimmed Milk(with whi	1935	461	12.4	7.7	82.5	80.3	4.8	0.1	287.0	156.6
Venti - Whole Milk (with whip)	2023	482	14.8	9.4	82.2	80.0	4.8	0.1	287.0	156.6
Venti - Soy (no whip)	1123	267	3.50	0.56	54.19	53.83	4.39	0.71	254.23	0.00
Christmas 2014										

Eggnog Frapp Blended Cream Base, with whip										
Tall	1840	434	10.4	7.5	82.6	82.6	0.4	0.3	485.6	0.0
Grande	2509	592	14.7	10.6	111.3	111.3	0.6	0.4	658.3	0.0
Venti	3121	736	15.8	11.7	144.0	144.0	0.6	0.5	853.1	0.0
Eggnog Frapp Light Base , no whip										
Tall	1116	262	2.5	2.5	58.4	58.0	0.0	0.6	497.2	0.0
Grande	1521	357	3.6	3.6	78.9	78.4	0.0	0.8	673.3	0.0
Venti	1806	424	4.7	4.7	92.4	91.8	0.0	1.0	791.0	0.0
Eggnog Frapp Coffee Base, with whip										
Tall	2306	544	10.4	7.5	110.2	110.0	0.4	0.3	481.9	0.0
Grande	3132	739	14.7	10.6	148.1	147.9	0.6	0.4	481.9	0.0
Venti	3585	846	15.8	11.7	171.6	171.3	0.6	0.5	766.6	0.0
Eggnog Latte, no whip										
Short - Semi skimmed Milk	768	182	7.2	6.7	22.7	21.6	2.3	0.3	188.7	87.0
Tall - Semi Skimmed Milk	1220	289	11.6	10.8	35.9	34.8	3.7	0.4	295.7	87.0
Grande - Semi Skimmed Milk	1537	364	14.34	13.4	45.43	43.15	4.58	0.52	367.7	174
Venti - Semi Skimmed Milk	2007	478	18.9	17.66	59.15	56.87	6.05	0.69	484.18	174
Honey and Almond Hot Chocolate with whip										
Short - Skimmed Milk	984	234	5.4	3.7	37.7	32.9	7.8	1.8	10.2	3.9
Tall - Skimmed Milk	1382	329	6.8	4.6	54.0	47.5	11.7	2.5	11.9	5.6
Grande - Skimmed Milk	1759	419	8.13	5.49	69.61	61.39	15.16	3.29	13.51	7.38
Venti - Skimmed Milk	2127	506	8.8	5.8	85.7	75.8	19.2	4.0	14.0	9.1
Short - Semi Skimmed Milk	1090	260	8.2	5.5	37.7	32.9	7.8	1.8	10.2	3.9
Tall - Semi Skimmed Milk	1545	368	11.1	7.3	54.0	47.5	11.7	2.5	11.9	5.6
Grande - Semi Skimmed Milk	1972	470	13.77	9.02	69.61	61.39	15.16	3.29	13.51	7.38
Venti - Semi Skimmed Milk	2400	571	16.0	10.4	85.7	61.4	15.2	4.0	14.0	7.4
Short - Whole Milk	1205	287	11.6	7.8	37.2	32.4	7.6	1.8	10.2	3.9
Tall - Whole Milk	1722	410	16.3	10.8	53.2	46.7	11.4	2.5	11.9	5.6
Grande - Whole Milk	2202	524	20.46	13.6	68.56	60.34	14.82	3.29	13.51	7.38
Venti - Whole Milk	2695	642	24.6	16.2	84.3	74.5	18.8	4.0	14.0	9.1
Short - Soy	1008	240	8.6	4.2	33.5	28.3	6.0	2.4	10.2	3.9
Tall - Soy	1419	338	11.7	5.4	47.5	40.5	9.0	3.5	11.9	5.6
Grande - Soy	1808	430	14.47	6.55	61.16	52.24	11.64	4.48	13.51	7.38
Venti - Soy	2189	521	16.9	7.2	74.8	64.1	14.7	5.5	14.0	9.1
Honey and Almond Hot Chocolate no whip										
Short - Skimmed Milk	786	187	1.4	0.8	35.3	30.8	7.5	1.6	3.8	3.9
Tall - Skimmed Milk	1147	273	2.0	1.2	51.2	45.0	11.4	2.3	4.3	5.6
Grande - Skimmed Milk	1487	354	2.6	1.5	66.3	58.5	14.8	3.0	4.7	7.38
Venti - Skimmed Milk	1855	442	3.3	1.9	82.4	73.0	18.9	3.7	5.2	9.1
Short - Semi Skimmed Milk	893	213	4.2	2.6	35.3	30.8	7.5	1.6	3.8	3.9
Tall - Semi Skimmed Milk	1311	312	6.4	3.9	51.2	45.0	11.4	2.3	4.3	5.6
Grande - Semi Skimmed Milk	1700	405	8.27	5.06	66.32	58.54	14.82	2.96	4.71	7.38
Venti - Semi Skimmed Milk	2128	507	10.5	6.4	82.4	73.0	18.9	3.7	5.2	9.1
Short - Whole Milk	1007	240	7.6	4.9	34.8	30.3	7.3	1.6	3.8	3.9
Tall - Whole Milk	1487	354	11.5	7.4	50.4	44.2	11.1	2.3	4.3	5.6
Grande - Whole Milk	1930	459	14.96	9.64	65.26	57.48	14.46	2.96	4.71	7.38
Venti - Whole Milk	2423	577	19.1	12.3	81.0	71.6	18.4	3.7	5.2	9.1
Short - Soy	810	193	4.6	1.4	31.1	26.3	5.8	2.2	3.8	3.9
Tall - Soy	1184	282	6.9	2.0	44.7	38.0	8.7	3.2	4.3	5.6
Grande -Soy	1538	366	8.97	2.59	57.86	49.38	11.29	4.15	4.71	7.38
Venti - Soy	1917	456	11.4	3.2	71.5	61.2	14.3	5.2	5.2	9.1
Toffee Nut Latte with whip										
Short - Skimmed Milk	693	163	5.3	3.2	22.1	21.0	6.3	0.0	9.8	87.0
Tall - Skimmed Milk	973	229	6.3	3.8	32.5	31.4	10.0	0.0	10.8	87.0
Grande - Skimmed Milk	1221	287	7.35	4.4	41.92	39.64	12.33	0	12.23	174
Venti - Skimmed Milk	1467	345	7.46	4.4	52.35	50.07	16.21	0	12.28	174
Short - Semi Skimmed Milk	795	189	8.1	5.0	22.1	21.0	6.3	0.0	9.8	87.0
Tall - Semi Skimmed Milk	1138	272	10.9	6.7	32.5	31.4	10.0	0.0	10.8	87.0
Grande - Semi Skimmed Milk	1425	340	12.99	7.92	41.92	39.64	12.33	0	12.23	174
Venti - Semi Skimmed Milk	1738	415	14.93	9.06	52.35	50.07	16.21	0	12.28	174
Short - Whole Milk	902	215	11.4	7.3	21.9	20.4	6.1	0.0	9.7	87.0
Tall - Whole Milk	1258	300	15.2	9.7	31.9	29.0	8.7	0.0	11.1	174.0
Grande - Whole Milk	1642	391	19.7	12.5	41.5	38.5	12.0	0.0	12.0	174.0
Venti - Whole Milk	1962	467	22.6	14.4	51.3	47.0	14.6	0.0	12.4	261.0
Short - Soy	720	171	8.4	3.7	19.1	17.6	4.5	0.6	9.7	87.0
Tall - Soy	994	237	10.9	4.6	27.8	24.9	6.4	0.9	11.1	174.0

Grande - Soy	1278	304	13.7	5.5	35.9	32.8	8.8	1.2	12.0	174.0
Venti - Soy	1514	360	15.2	5.7	44.4	40.0	10.7	1.5	12.4	261.0
Toffee Nut Latte no whip										
Short - Skimmed Milk	475	111	0.2	0.0	21.1	20.0	6.0	0.0	4.8	87.0
Tall - Skimmed Milk	714	167	0.3	0.0	31.3	30.2	9.7	0.0	4.9	87.0
Grande - Skimmed Milk	922	215	0.4	0.0	40.6	38.3	12.0	0.0	5.4	174.0
Venti - Skimmed Milk	1168	273	0.5	0.0	51.0	48.7	15.9	0.0	5.4	174.0
Short - Semi Skimmed Milk	577	137	3.0	1.8	21.1	20.0	6.0	0.0	4.8	87.0
Tall - Semi Skimmed Milk	880	210	4.9	2.9	31.3	30.2	9.7	0.0	4.9	87.0
Grande - Semi Skimmed Milk	1126	268	5.99	3.52	40.55	38.27	11.98	0	5.36	174
Venti - Semi Skimmed Milk	1439	343	7.93	4.66	50.99	48.71	15.86	0	5.42	174
Short - Whole Milk	689	164	6.3	4.1	20.9	19.4	5.8	0.0	4.7	87.0
Tall - Whole Milk	1005	239	9.2	5.9	30.7	27.8	8.4	0.0	5.1	174.0
Grande - Whole Milk	1349	321	12.7	8.1	40.1	37.1	11.6	0.0	5.1	174.0
Venti - Whole Milk	1668	397	15.6	10.0	49.9	45.6	14.3	0.0	5.6	261.0
Short - Soy	507	121	3.3	0.5	18.1	16.6	4.2	0.6	4.7	87.0
Tall - Soy	741	176	4.9	0.8	26.6	23.8	6.1	0.9	5.1	174.0
Grande - Soy	985	234	6.7	1.1	34.5	31.5	8.5	1.2	5.1	174.0
Venti - Soy	1221	291	8.2	1.3	43.0	38.7	10.4	1.5	5.6	261.0
Gingerbread Latte with whip										
Short - Skimmed Milk	664	156	5.3	3.2	20.4	19.3	6.3	0.0	5.6	87.0
Tall - Skimmed Milk	944	222	6.3	3.8	30.8	29.6	10.0	0.0	6.6	87.0
Grande - Skimmed Milk	1193	280	7.4	4.4	40.2	37.9	12.3	0.0	6.6	174.0
Venti - Skimmed Milk	1439	338	7.5	4.4	50.6	48.3	16.2	0.0	8.1	174.0
Short - Semi Skimmed Milk	767	183	8.1	5.0	20.4	19.3	6.3	0.0	5.6	87.0
Tall - Semi Skimmed Milk	1110	265	10.9	6.7	30.8	29.6	10.0	0.0	6.6	87.0
Grande - Semi Skimmed Milk	1397	333	13.0	7.9	40.2	37.9	12.3	0.0	8.0	174.0
Venti - Semi Skimmed Milk	1710	408	14.9	9.1	50.6	48.3	16.2	0.0	8.1	174.0
Short - Whole Milk	873	208	11.4	7.3	20.2	18.7	6.1	0.0	5.4	87.0
Tall - Whole Milk	1310	312	16.3	10.4	31.5	28.7	9.7	0.0	6.8	174.0
Grande - Whole Milk	1613	384	19.7	12.5	39.8	36.7	12.0	0.0	7.8	174.0
Venti - Whole Milk	1941	462	22.7	14.4	49.7	45.4	14.7	0.0	8.2	261.0
Short - Soy	691	165	8.4	3.7	17.4	15.9	4.5	0.6	5.4	87.0
Tall - Soy	964	230	10.9	4.6	26.0	23.2	6.4	0.9	6.8	174.0
Grande - Soy	1198	285	13.1	5.4	33.2	30.1	8.1	1.1	7.8	174.0
Venti - Soy	1490	355	15.3	5.7	42.7	38.4	10.8	1.5	8.2	261.0
Gingerbread Latte no whip										
Short - Skimmed Milk	447	104	0.2	0.0	19.4	18.3	6.0	0.0	0.6	87.0
Tall - Skimmed Milk	686	160	0.3	0.0	29.6	28.5	9.7	0.0	0.6	87.0
Grande - Skimmed Milk	893	208	0.4	0.0	38.8	36.5	12.0	0.0	1.1	174.0
Venti - Skimmed Milk	1140	266	0.5	0.0	49.3	47.0	15.9	0.0	1.2	174.0
Short - Semi Skimmed Milk	549	131	3.0	1.8	19.4	18.3	6.0	0.0	0.6	87.0
Tall - Semi Skimmed Milk	852	203	4.9	2.9	29.6	28.5	9.7	0.0	0.6	87.0
Grande - Semi Skimmed Milk	1098	261	6.0	3.5	38.8	36.5	12.0	0.0	1.1	174.0
Venti - Semi Skimmed Milk	1410	336	7.9	4.7	49.3	47.0	15.9	0.0	1.2	174.0
Short - Whole Milk	660	157	6.3	4.1	19.2	17.7	5.8	0.0	0.5	87.0
Tall - Whole Milk	1057	252	10.3	6.6	30.4	27.5	9.4	0.0	0.9	174.0
Grande - Whole Milk	1320	314	12.7	8.1	38.4	35.4	11.6	0.0	0.9	174.0
Venti - Whole Milk	1647	392	15.7	10.0	48.4	44.0	14.4	0.0	1.4	261.0
Short - Soy	478	114	3.3	0.5	16.4	14.9	4.2	0.6	0.5	87.0
Tall - Soy	711	169	4.8	0.8	24.9	22.0	6.1	0.9	0.9	174.0
Grande - Soy	904	215	6.1	1.0	31.8	28.8	7.7	1.1	0.9	174.0
Venti - Soy	1197	285	8.3	1.3	41.4	37.0	10.5	1.5	1.4	261.0
Peppermint Mocha Latte with whip										
Short - Skimmed Milk	951	226	6.3	3.9	34.9	29.5	6.7	1.5	6.5	90.7
Tall - Skimmed Milk	1355	323	7.9	4.9	52.1	43.4	9.6	2.2	8.4	179.5
Grande - Skimmed Milk	1758	419	9.5	5.9	68.7	58.0	13.1	2.9	9.8	181.3
Venti - Skimmed Milk	2121	505	10.1	6.2	85.7	71.7	16.1	3.6	10.8	270.0
Short - Semi Skimmed Milk	1047	249	8.7	5.4	35.2	29.7	6.7	1.5	6.5	90.8
Tall - Semi Skimmed Milk	1483	353	11.3	7.0	52.1	43.4	9.6	2.2	8.4	179.5
Grande - Semi Skimmed Milk	1937	461	14.2	8.8	68.8	58.0	13.1	2.9	9.8	181.3
Venti - Semi Skimmed Milk	2342	558	15.9	9.9	85.7	71.7	16.1	3.6	10.8	270.0
Short - Whole Milk	1143	272	11.5	7.4	34.8	29.3	6.5	1.5	6.5	90.8
Tall - Whole Milk	1621	386	15.3	9.8	51.5	42.8	9.4	2.2	8.4	179.5
Grande - Whole Milk	2128	507	19.8	12.6	67.9	57.1	12.8	2.9	9.8	181.3
Venti - Whole Milk	2579	614	22.8	14.6	84.6	70.6	15.8	3.6	10.8	270.0

Short - Soy	991	236	9.0	4.4	32.4	26.9	5.2	2.0	6.5	90.8
Tall - Soy	1402	334	11.7	5.5	48.1	39.4	7.5	2.9	8.4	179.5
Grande - Soy	1823	434	14.8	6.7	63.1	52.4	10.2	3.9	9.8	181.3
Venti - Soy	2202	524	16.6	7.3	78.7	64.8	12.5	4.8	10.8	270.0
Peppermint Mocha Latte no whip										
Short - Skimmed Milk	745	177.3	1.3	0.8	34.3	28.7	6.4	1.5	1.5	90.8
Tall - Skimmed Milk	1101	262.2	1.9	1.1	50.9	42.2	9.3	2.2	2.5	179.5
Grande - Skimmed Milk	1465	348.7	2.5	1.5	67.4	56.6	12.8	2.9	3.0	181.3
Venti - Skimmed Milk	1682	400.4	2.5	1.5	77.8	65.4	15.1	2.9	3.5	268.3
Short - Semi Skimmed Milk	834	199	3.6	2.2	34.3	28.7	6.4	1.5	1.5	90.8
Tall - Semi Skimmed Milk	1230	293	5.3	3.2	50.9	42.2	9.3	2.2	2.5	179.5
Grande - Semi Skimmed Milk	1643	391	7.2	4.4	67.4	56.6	12.8	2.9	3.0	181.3
Venti - Semi Skimmed Milk	2049	487.8	8.9	5.5	84.3	70.3	15.8	3.6	3.9	270.0
Short - Whole Milk	930	221	6.4	4.2	33.8	28.3	6.3	1.5	1.5	90.8
Tall - Whole Milk	1368	326	9.3	6.0	50.3	41.6	9.1	2.2	2.5	179.5
Grande - Whole Milk	1835	436.9	12.8	8.2	66.5	55.7	12.5	2.9	3.0	181.3
Venti - Whole Milk	2286	544	15.8	10.2	83.2	69.2	15.4	3.6	3.9	270.0
Short - Soy	778	185	3.9	1.2	31.4	25.9	5.0	2.0	1.5	90.8
Tall - Soy	1149	273.5	5.7	1.7	46.9	38.2	7.2	2.9	2.5	179.5
Grande - Soy	1530	364	7.8	2.3	61.8	51.0	9.8	3.9	3.0	181.3
Venti - Soy	1762	420	9.1	2.6	70.8	58.5	11.5	4.1	3.5	268.3

HOT & COLD CUP SIZES
SHORT -- 227 mL (8 fl oz)
TALL -- 340 mL (12 fl oz)
GRANDE -- 454 mL (16 fl oz)
VENTI -- 568 mL (20 fl oz)

* Nutrition information for beverages is calculated based on Starbucks standard recipes. Values are calculated using ESHA R&D SQL® software. Whole milk is based on 3.25% milk fat and soy milk nutrition is based on Silk Soy Milk, which may differ slightly from the milks used in your region.

Due to the handcrafted nature of these products, nutrient values may vary from those published here. 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 and is based on limited analytical data. 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.