



Spring 2018 Starbucks Beverage Nutrition Information *

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
HOT BEVERAGES													
ESPRESSO & FILTER COFFEE													
CAFFÈ LATTE (made with Semi Skimmed Milk as standard)													
Short - Skimmed Milk	257	60	0.2	0.0	9.0	8.0	0.0	5.8	0.16	8.0	8.0	0.0	75
Short - Semi Skimmed Milk	357	85	2.9	1.8	8.7	7.7	0.0	6.1	0.16	7.7	7.7	0.0	75
Short - Whole Milk	450	108	5.8	3.7	8.5	7.5	0.0	5.5	0.16	7.5	7.5	0.0	75
Short - Soy	295	70	2.7	0.5	5.9	5.0	0.8	5.2	0.18	5.0	0.0	5.0	75
Short - Coconut	294	71	4.6	4.3	6.4	5.0	0.3	0.7	0.09	5.0	0.0	5.0	75
Short - Almond	182	43	1.9	0.2	5.1	4.0	0.5	1.2	0.10	4.0	0.0	4.0	75
Short - Oat	531	127	4.3	2.6	18.4	10.7	3.2	2.0	0.21	10.7	0.0	10.7	75
Tall - Skimmed Milk	435	102	0.3	0.0	15.3	13.3	0.0	9.7	0.27	13.3	13.3	0.0	150
Tall - Semi Skimmed Milk	602	143	4.8	2.9	14.7	12.7	0.0	10.3	0.27	12.7	12.7	0.0	150
Tall - Whole Milk	756	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27	12.5	12.5	0.0	150
Tall - Soy	499	119	4.5	0.8	10.2	8.2	1.3	8.7	0.29	8.2	0.0	8.2	150
Tall - Coconut	497	119	7.7	7.2	11.0	8.2	0.5	1.3	0.15	8.2	0.0	8.2	150
Tall - Almond	310	74	3.2	0.3	8.9	6.6	0.8	2.1	0.16	6.6	0.0	6.6	150
Tall - Oat	890	212	7.2	4.3	30.9	17.8	5.3	3.4	0.35	17.8	0.0	17.8	150
Grande - Skimmed Milk	543	128	0.3	0.0	19.0	17.0	0.0	12.3	0.34	17.0	17.0	0.0	150
Grande - Semi Skimmed Milk	757	180	6.1	3.7	18.3	16.3	0.0	12.9	0.34	16.3	16.3	0.0	150
Grande - Whole Milk	954	228	12.2	7.8	17.9	16.0	0.0	11.6	0.34	16.0	16.0	0.0	150
Grande - Soy	625	149	5.8	1.0	12.5	10.5	1.7	10.9	0.37	10.5	0.0	10.5	150
Grande - Coconut	623	150	9.9	9.2	13.5	10.5	0.7	1.4	0.19	10.5	0.0	10.5	150
Grande - Almond	384	92	4.1	0.3	10.8	8.5	1.0	2.4	0.20	8.5	0.0	8.5	150
Grande - Oat	1126	269	9.2	5.4	39.0	22.8	6.8	4.1	0.44	22.8	0.0	22.8	150
Venti - Skimmed Milk	713	168	0.4	0.0	25.0	22.0	0.0	16.0	0.44	22.0	22.0	0.0	225
Venti - Semi Skimmed Milk	989	235	7.9	4.8	24.1	21.1	0.0	16.9	0.44	21.1	21.1	0.0	225
Venti - Whole Milk	1245	298	15.8	10.1	23.6	20.7	0.0	15.2	0.44	20.7	20.7	0.0	225
Venti - Soy	819	195	7.5	1.3	16.6	13.6	2.2	14.3	0.48	13.6	0.0	13.6	225
Venti - Coconut	817	196	12.8	11.9	17.9	13.6	0.9	2.0	0.24	13.6	0.0	13.6	225
Venti - Almond	506	121	5.3	0.4	14.4	11.0	1.3	3.3	0.26	11.0	0.0	11.0	225
Venti - Oat	1468	350	11.9	7.0	50.9	29.5	8.8	5.5	0.57	29.5	0.0	29.5	225
LATTE with TURMERIC (made with Semi Skimmed Milk as standard)													
Short - Skimmed Milk	419	99	0.3	0.1	18.0	16.7	0.4	5.9	0.20	16.7	7.9	8.8	75
Short - Semi Skimmed Milk	518	123	3.0	1.8	17.7	16.4	0.4	6.2	0.20	16.4	7.6	8.8	75
Short - Whole Milk	610	145	5.8	3.7	17.5	16.2	0.4	5.5	0.20	16.2	7.4	8.8	75
Short - Soy	457	108	2.8	0.5	15.0	13.7	1.2	5.2	0.20	13.7	0.0	13.7	75
Short - Coconut	456	109	4.7	4.3	15.5	13.7	0.7	0.8	0.10	13.7	0.0	13.7	75
Short - Almond	344	82	2.0	0.2	14.2	12.8	0.8	1.3	0.10	12.8	0.0	12.8	75
Short - Oat	691	164	4.4	2.6	27.4	19.4	3.5	2.1	0.20	19.4	0.0	19.4	75
Tall - Skimmed Milk	631	149	0.4	0.1	27.2	24.8	0.5	8.8	0.20	24.8	11.6	13.2	150
Tall - Semi Skimmed Milk	777	184	4.3	2.6	26.8	24.3	0.5	9.2	0.20	24.3	11.1	13.2	150
Tall - Whole Milk	911	217	8.5	5.4	26.5	24.1	0.5	8.3	0.20	24.1	10.9	13.2	150
Tall - Soy	687	163	4.1	0.8	22.8	20.4	1.7	7.8	0.30	20.4	0.0	20.4	150
Tall - Coconut	686	163	6.9	6.3	23.5	20.4	1.0	1.3	0.10	20.4	0.0	20.4	150
Tall - Almond	522	124	3.0	0.3	21.7	19.0	1.2	2.0	0.10	19.0	0.0	19.0	150
Tall - Oat	1028	244	6.4	3.8	40.9	28.7	5.2	3.2	0.30	28.7	0.0	28.7	150
Grande - Skimmed Milk	874	206	0.6	0.1	37.3	34.7	0.7	12.6	0.30	34.7	17.1	17.6	150
Grande - Semi Skimmed Milk	1089	258	6.4	3.9	36.6	34.0	0.7	13.2	0.30	34.0	16.4	17.6	150
Grande - Whole Milk	1288	307	12.5	8.0	36.3	33.7	0.7	11.9	0.30	33.7	16.1	17.6	150
Grande - Soy	957	227	6.0	1.1	30.8	28.2	2.4	11.2	0.40	28.2	0.0	28.2	150
Grande - Coconut	955	228	10.1	9.3	31.8	28.2	1.4	1.6	0.20	28.2	0.0	28.2	150
Grande - Almond	714	169	4.3	0.4	29.1	26.2	1.7	2.6	0.20	26.2	0.0	26.2	150
Grande - Oat	1461	347	9.5	5.6	57.4	40.5	7.6	4.4	0.40	40.5	0.0	40.5	150
Venti - Skimmed Milk	1113	262	0.7	0.2	47.4	43.7	0.9	16.1	0.40	43.7	21.6	22.0	225
Venti - Semi Skimmed Milk	1385	328	8.1	4.9	46.5	42.8	0.9	16.9	0.40	42.8	20.8	22.0	225
Venti - Whole Milk	1637	390	15.9	10.1	46.1	42.4	0.9	15.2	0.40	42.4	20.3	22.0	225
Venti - Soy	1218	289	7.7	1.4	39.2	35.4	3.1	14.3	0.50	35.4	0.0	35.4	225
Venti - Coconut	1215	290	12.9	11.8	40.5	35.4	1.8	2.2	0.20	35.4	0.0	35.4	225
Venti - Almond	910	216	5.5	0.6	37.0	32.8	2.2	3.5	0.30	32.8	0.0	32.8	225
Venti - Oat	1856	441	12.0	7.1	72.9	51.0	9.6	5.7	0.60	51.0	0.0	51.0	225
VANILLA LATTE (made with Semi Skimmed Milk and regular Vanilla flavoured syrup as standard)													
Short - Skimmed Milk	410	96	0.2	0.0	18.1	17.1	0.0	5.7	0.16	17.1	8.0	9.1	75
Short - Semi Skimmed Milk	510	121	2.9	1.8	17.7	16.8	0.0	6.0	0.16	16.8	7.7	9.1	75
Short - Whole Milk	602	143	5.7	3.7	17.6	16.6	0.0	5.4	0.16	16.6	7.5	9.1	75
Short - Soy	448	106	2.7	0.5	15.0	14.1	0.8	5.1	0.18	14.1	0.0	14.1	75
Short - Coconut	447	107	4.6	4.3	15.5	14.1	0.3	0.6	0.09	14.1	0.0	14.1	75
Short - Almond	335	79	1.9	0.2	14.2	13.1	0.5	1.1	0.10	13.1	0.0	13.1	75
Short - Oat	683	162	4.3	2.6	27.5	19.8	3.2	1.9	0.21	19.8	0.0	19.8	75
Tall - Skimmed Milk	660	155	0.3	0.0	28.7	26.9	0.0	9.5	0.26	26.9	13.2	13.7	150
Tall - Semi Skimmed Milk	826	196	4.8	2.9	28.2	26.4	0.0	10.1	0.26	26.4	12.7	13.7	150
Tall - Whole Milk	979	233	9.5	6.1	27.9	26.1	0.0	9.0	0.26	26.1	12.4	13.7	150
Tall - Soy	723	172	4.5	0.8	23.7	21.9	1.3	8.5	0.29	21.9	0.0	21.9	150
Tall - Coconut	722	172	7.7	7.1	24.5	21.9	0.5	1.1	0.15	21.9	0.0	21.9	150
Tall - Almond	536	127	3.2	0.3	22.4	20.3	0.8	1.9	0.16	20.3	0.0	20.3	150
Tall - Oat	1113	265	7.1	4.2	44.3	31.4	5.3	3.2	0.34	31.4	0.0	31.4	150
Grande - Skimmed Milk	852	201	0.3	0.0	37.2	35.3	0.0	12.1	0.34	35.3	17.1	18.3	150
Grande - Semi Skimmed Milk	1066	253	6.1	3.8	36.6	34.6	0.0	12.8	0.34	34.6	16.4	18.3	150
Grande - Whole Milk	1264	301	12.3	7.8	36.2	34.3	0.0	11.5	0.34	34.3	16.0	18.3	150
Grande - Soy	934	222	5.8	1.0	30.8	28.8	1.7	10.8	0.37	28.8	0.0	28.8	150
Grande - Coconut	932	222	9.9	9.2	31.8	28.8	0.7	1.2	0.19	28.8	0.0	28.8	150
Grande - Almond	692	164	4.1	0.3	29.1	26.8	1.0	2.2	0.20	26.8	0.0	26.8	150
Grande - Oat	1437	342	9.2	5.5	57.4	41.1	6.8	4.0	0.44	41.1	0.0	41.1	150



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	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Venti - Skimmed Milk	1091	257	0.4	0.0	47.5	44.8	0.0	15.7	0.44	44.8	21.9	22.8	225
Venti - Semi Skimmed Milk	1367	324	7.9	4.8	46.7	43.9	0.0	16.6	0.44	43.9	21.0	22.8	225
Venti - Whole Milk	1622	386	15.8	10.1	46.2	43.4	0.0	14.8	0.44	43.4	20.6	22.8	225
Venti - Soy	1197	284	7.5	1.3	39.2	36.4	2.2	14.0	0.48	36.4	0.0	36.4	225
Venti - Coconut	1195	285	12.7	11.8	40.5	36.4	0.9	1.7	0.24	36.4	0.0	36.4	225
Venti - Almond	885	210	5.3	0.4	37.0	33.8	1.3	3.0	0.26	33.8	0.0	33.8	225
Venti - Oat	1844	438	11.8	7.0	73.4	52.2	8.8	5.2	0.57	52.2	0.0	52.2	225
LATTE MACCHIATO (made with Semi Skimmed Milk as standard)													
Short - Skimmed Milk	200	47	0.1	0.0	7.0	6.0	0.0	4.5	0.12	6.0	6.0	0.0	75
Short - Semi Skimmed Milk	276	66	2.2	1.3	6.8	5.8	0.0	4.7	0.12	5.8	5.8	0.0	75
Short - Whole Milk	346	83	4.4	2.8	6.7	5.7	0.0	4.2	0.12	5.7	5.7	0.0	75
Short - Soy	229	55	2.1	0.4	4.7	3.7	0.6	4.0	0.13	3.7	0.0	3.7	75
Short - Coconut	225	54	3.5	3.2	5.0	3.7	0.2	0.6	0.10	3.7	0.0	3.7	75
Short - Almond	141	34	1.4	0.1	4.1	3.0	0.4	1.0	0.10	3.0	0.0	3.0	75
Short - Oat	407	97	3.3	1.9	14.1	8.1	2.4	1.6	0.20	8.1	0.0	0.0	75
Tall - Skimmed Milk	337	79	0.2	0.0	11.9	10.0	0.0	7.5	0.20	10.0	10.0	0.0	150
Tall - Semi Skimmed Milk	462	110	3.6	2.2	11.5	9.6	0.0	7.9	0.20	9.6	9.6	0.0	150
Tall - Whole Milk	578	138	7.2	4.6	11.3	9.4	0.0	7.1	0.20	9.4	9.4	0.0	150
Tall - Soy	385	92	3.4	0.6	8.2	6.2	1.0	6.7	0.22	6.2	0.0	6.2	150
Tall - Coconut	371	89	5.5	5.2	8.5	5.9	0.4	1.1	0.10	5.9	0.0	5.9	150
Tall - Almond	231	55	2.2	0.2	6.8	4.7	0.6	1.7	0.10	4.7	0.0	4.7	150
Tall - Oat	679	162	5.4	3.2	23.7	13.3	4.0	2.7	0.30	13.3	0.0	0.0	150
Grande - Skimmed Milk	401	94	0.2	0.0	14.1	12.1	0.0	9.0	0.24	12.1	12.1	0.0	150
Grande - Semi Skimmed Milk	554	132	4.4	2.7	13.6	11.6	0.0	9.5	0.24	11.6	11.6	0.0	150
Grande - Whole Milk	695	166	8.7	5.6	13.4	11.4	0.0	8.5	0.24	11.4	11.4	0.0	150
Grande - Soy	460	110	4.1	0.7	9.5	7.5	1.2	8.0	0.27	7.5	0.0	7.5	150
Grande - Coconut	496	119	7.7	7.2	11.0	8.2	0.5	1.2	0.10	8.2	0.0	8.2	150
Grande - Almond	327	78	3.4	0.3	9.3	7.1	0.8	2.1	0.20	7.1	0.0	7.1	150
Grande - Oat	818	195	6.5	3.9	28.4	16.2	4.9	3.1	0.30	16.2	0.0	0.0	150
Venti - Skimmed Milk	563	133	0.3	0.0	19.9	16.9	0.0	12.6	0.34	16.9	16.9	0.0	225
Venti - Semi Skimmed Milk	776	184	6.1	3.7	19.2	16.2	0.0	13.2	0.34	16.2	16.2	0.0	225
Venti - Whole Milk	972	232	12.2	7.8	18.8	15.9	0.0	11.9	0.34	15.9	15.9	0.0	225
Venti - Soy	645	154	5.7	1.0	13.4	10.5	1.7	11.2	0.37	10.5	0.0	10.5	225
Venti - Coconut	681	163	10.4	9.7	15.2	11.2	0.7	1.8	0.20	11.2	0.0	11.2	225
Venti - Almond	427	102	4.3	0.4	12.3	9.0	1.1	2.9	0.20	9.0	0.0	9.0	225
Venti - Oat	1143	272	9.1	5.4	39.8	22.6	6.8	4.5	0.40	22.6	0.0	0.0	225
FRESH FILTER COFFEE													
Short	7	2	0.0	0.0	0.0	0.0	0.0	0.3	0.00	0.0	0.0	0.0	157
Tall	10	2	0.1	0.0	0.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	229
Grande	13	3	0.1	0.0	0.0	0.0	0.0	0.6	0.00	0.0	0.0	0.0	308
Venti	16	4	0.1	0.0	0.0	0.0	0.0	0.7	0.10	0.0	0.0	0.0	387
ESPRESSO													
Solo	24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75
Doppio	48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150
ESPRESSO CON PANNA (made with Whipped Cream as standard)													
Solo	265	64	5.8	4.2	2.4	1.4	0.0	0.7	0.00	1.4	1.4	1.4	75
Doppio	333	80	6.8	4.9	3.6	1.6	0.0	1.1	0.00	1.6	1.6	1.6	150
CORTADO (made with Whole Milk as standard)													
Skimmed Milk	187	44	0.1	0.0	6.8	4.8	0.0	4.0	0.10	4.8	4.8	0.0	157
Semi Skimmed Milk	247	59	1.7	1.1	6.6	4.6	0.0	4.2	0.10	4.6	4.6	0.0	157
Whole Milk	303	72	3.5	2.2	6.5	4.5	0.0	3.8	0.10	4.5	4.5	0.0	157
Soy	210	50	1.6	0.3	5.0	3.0	0.5	3.6	0.11	3.0	0.0	3.0	157
Coconut	209	50	2.8	2.6	5.3	3.0	0.2	0.9	0.05	3.0	0.0	3.0	157
Almond	141	34	1.2	0.1	4.5	2.4	0.3	1.2	0.06	2.4	0.0	2.4	157
Oat	352	84	2.6	1.5	12.5	6.4	1.9	1.7	0.12	6.4	0.0	6.4	157
ESPRESSO MACCHIATO (made with Semi Skimmed Milk as standard)													
Solo - Skimmed Milk	31	7	0.0	0.0	1.3	0.3	0.0	0.5	0.01	0.3	0.3	0.0	75
Solo - Semi Skimmed Milk	34	8	0.1	0.1	1.2	0.3	0.0	0.6	0.01	0.3	0.3	0.0	75
Solo - Whole Milk	37	9	0.2	0.1	1.2	0.3	0.0	0.5	0.01	0.3	0.3	0.0	75
Solo - Soy	32	8	0.1	0.0	1.2	0.2	0.0	0.5	0.01	0.2	0.0	0.2	75
Solo - Coconut	32	8	0.2	0.1	1.2	0.2	0.0	0.4	0.00	0.2	0.0	0.2	75
Solo - Almond	28	7	0.1	0.0	1.1	0.1	0.0	0.4	0.00	0.1	0.0	0.1	75
Solo - Oat	40	9	0.1	0.1	1.6	0.4	0.1	0.4	0.01	0.4	0.0	0.4	75
Doppio - Skimmed Milk	70	16	0.0	0.0	2.8	0.8	0.0	1.3	0.02	0.8	0.8	0.0	150
Doppio - Semi Skimmed Milk	80	19	0.3	0.2	2.8	0.8	0.0	1.3	0.02	0.8	0.8	0.0	150
Doppio - Whole Milk	90	21	0.6	0.4	2.8	0.8	0.0	1.2	0.02	0.8	0.8	0.0	150
Doppio - Soy	74	17	0.3	0.1	2.5	0.5	0.1	1.2	0.02	0.5	0.0	0.5	150
Doppio - Coconut	74	17	0.5	0.4	2.5	0.5	0.0	0.8	0.01	0.5	0.0	0.5	150
Doppio - Almond	62	15	0.2	0.0	2.4	0.4	0.1	0.8	0.01	0.4	0.0	0.4	150
Doppio - Oat	98	23	0.4	0.3	3.8	1.1	0.3	0.9	0.02	1.1	0.0	1.1	150
CAFFÈ AMERICANO													
Short	23	5	0.0	0.0	1.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	75
Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150
Grande	69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00	0.0	0.0	0.0	225
Venti	92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00	0.0	0.0	0.0	300



Spring 2018 Starbucks Beverage Nutrition Information *

Table with 14 columns: Beverage Name, kJ, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg). Rows include CAPPUCINO, CAFFÈ MISTO, and FLAT WHITE categories with various sizes and milk options.



Spring 2018 Starbucks Beverage Nutrition Information *

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
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	285	7.1	4.3	41.4	37.8	0.0	13.8	0.37	37.8	18.1	24.0	225
Venti - Whole Milk	1407	335	13.4	8.6	41.1	37.4	0.0	12.4	0.37	37.4	16.6	20.9	225
Venti - Soy	1065	253	6.7	1.5	35.4	31.8	1.8	11.7	0.41	31.8	0.0	31.8	225
Venti - Coconut	1063	253	11.0	10.0	36.5	31.8	0.7	1.8	0.21	31.8	0.0	31.8	225
Venti - Almond	814	193	5.0	0.8	33.7	29.7	1.1	2.9	0.23	29.7	0.0	29.7	225
Venti - Oat	1585	377	10.3	6.1	62.9	44.5	7.1	4.7	0.48	44.5	0.0	44.5	225

MOCHA & HOT CHOCOLATE

CAFFÈ MOCHA (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)

Short - Skimmed Milk	574	137	6.8	4.7	14.9	13.6	1.1	3.6	0.11	13.6	4.4	9.2	85
Short - Semi Skimmed Milk	630	151	8.3	5.7	14.8	13.4	1.1	3.8	0.11	13.4	4.3	9.2	85
Short - Whole Milk	681	163	9.9	6.8	14.7	13.3	1.1	3.4	0.11	13.3	4.2	9.2	85
Short - Soy	595	143	8.2	5.0	13.2	11.9	1.5	3.3	0.11	11.9	0.0	11.9	85
Short - Coconut	595	143	9.2	7.1	13.5	11.9	1.3	0.8	0.07	11.9	0.0	11.9	85
Short - Almond	532	128	7.7	4.8	12.8	11.4	1.3	1.0	0.07	11.4	0.0	11.4	85
Short - Oat	726	174	9.1	6.1	20.2	15.1	2.9	1.5	0.13	15.1	0.0	15.1	85
Tall - Skimmed Milk	820	196	8.3	5.8	23.2	20.8	1.6	6.3	0.18	20.8	7.9	12.9	165
Tall - Semi Skimmed Milk	920	220	11.0	7.5	22.8	20.5	1.6	6.6	0.18	20.5	7.6	12.9	165
Tall - Whole Milk	1012	242	13.8	9.4	22.7	20.4	1.6	6.0	0.18	20.4	7.4	12.9	165
Tall - Soy	859	205	10.8	6.2	20.2	17.8	2.4	5.7	0.19	17.8	0.0	17.8	165
Tall - Coconut	858	206	12.7	10.0	20.6	17.8	1.9	1.2	0.11	17.8	0.0	17.8	165
Tall - Almond	746	179	10.1	5.9	19.4	16.9	2.0	1.7	0.12	16.9	0.0	16.9	165
Tall - Oat	1092	261	12.4	8.3	32.5	23.5	4.7	2.5	0.23	23.5	0.0	23.5	165
Grande - Skimmed Milk	1045	249	9.9	6.8	30.5	27.9	2.0	8.6	0.25	27.9	11.2	16.7	170
Grande - Semi Skimmed Milk	1186	283	13.7	9.2	30.0	27.4	2.0	9.0	0.25	27.4	10.8	16.7	170
Grande - Whole Milk	1316	315	17.7	11.9	29.8	27.2	2.0	8.2	0.25	27.2	10.5	16.7	170
Grande - Soy	1099	263	13.5	7.5	26.2	23.6	3.2	7.7	0.27	23.6	0.0	23.6	170
Grande - Coconut	1098	263	16.1	12.8	26.9	23.6	2.5	1.4	0.15	23.6	0.0	23.6	170
Grande - Almond	940	225	12.3	7.0	25.1	22.3	2.7	2.1	0.16	22.3	0.0	22.3	170
Grande - Oat	1430	342	15.7	10.4	43.7	31.7	6.5	3.2	0.32	31.7	0.0	31.7	170
Venti - Skimmed Milk	1190	283	10.3	7.1	36.5	32.9	2.5	9.9	0.28	32.9	12.7	20.2	249
Venti - Semi Skimmed Milk	1351	322	14.6	9.8	36.0	32.4	2.5	10.4	0.28	32.4	12.2	20.2	249
Venti - Whole Milk	1499	359	19.2	12.9	35.7	32.2	2.5	9.4	0.28	32.2	12.0	20.2	249
Venti - Soy	1252	299	14.4	7.8	31.7	28.1	3.8	8.9	0.31	28.1	0.0	28.1	249
Venti - Coconut	1250	300	17.4	13.9	32.4	28.1	3.0	1.8	0.17	28.1	0.0	28.1	249
Venti - Almond	1071	256	13.1	7.3	30.4	26.6	3.3	2.5	0.18	26.6	0.0	26.6	249
Venti - Oat	1628	389	16.9	11.1	51.5	37.3	7.6	3.8	0.36	37.3	0.0	37.3	249

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

Short - Skimmed Milk	830	198	8.4	6.3	25.1	24.3	0.0	5.5	0.22	24.3	4.5	19.8	75
Short - Semi Skimmed Milk	887	212	9.9	7.2	24.9	24.1	0.0	5.7	0.22	24.1	4.4	19.8	75
Short - Whole Milk	940	225	11.6	8.3	24.8	24.0	0.0	5.3	0.22	24.0	4.3	19.8	75
Short - Soy	852	203	9.8	6.5	23.3	22.6	0.5	5.2	0.23	22.6	0.0	22.6	75
Short - Coconut	851	204	10.9	8.7	23.6	22.6	0.2	2.6	0.18	22.6	0.0	22.6	75
Short - Almond	787	188	9.4	6.3	22.9	22.0	0.3	2.9	0.18	22.0	0.0	22.0	75
Short - Oat	986	235	10.7	7.7	30.4	25.8	1.8	3.4	0.25	25.8	0.0	25.8	75
Tall - Skimmed Milk	1239	295	10.8	8.1	39.6	38.1	0.0	9.8	0.37	38.1	8.9	29.2	150
Tall - Semi Skimmed Milk	1351	322	13.8	10.0	39.3	37.8	0.0	10.1	0.37	37.8	8.6	29.2	150
Tall - Whole Milk	1455	347	17.1	12.2	39.1	37.6	0.0	9.4	0.37	37.6	8.4	29.2	150
Tall - Soy	1282	306	13.7	8.6	36.2	34.7	0.9	9.0	0.39	34.7	0.0	34.7	150
Tall - Coconut	1281	306	15.8	12.9	36.8	34.7	0.4	4.1	0.29	34.7	0.0	34.7	150
Tall - Almond	1156	276	12.8	8.2	35.3	33.7	0.5	4.6	0.30	33.7	0.0	33.7	150
Tall - Oat	1545	369	15.5	10.9	50.1	41.1	3.6	5.5	0.42	41.1	0.0	41.1	150
Grande - Skimmed Milk	1571	374	13.2	9.9	51.4	49.9	0.0	12.3	0.48	49.9	11.2	38.7	150
Grande - Semi Skimmed Milk	1712	408	17.0	12.3	50.9	49.4	0.0	12.8	0.48	49.4	10.8	38.7	150
Grande - Whole Milk	1842	440	21.1	15.0	50.7	49.2	0.0	11.9	0.48	49.2	10.5	38.7	150
Grande - Soy	1625	387	16.8	10.5	47.1	45.6	1.1	11.4	0.50	45.6	0.0	45.6	150
Grande - Coconut	1624	388	19.5	15.9	47.8	45.6	0.5	5.1	0.37	45.6	0.0	45.6	150
Grande - Almond	1466	350	15.7	10.1	46.0	44.3	0.7	5.8	0.39	44.3	0.0	44.3	150
Grande - Oat	1956	466	19.0	13.5	64.6	53.7	4.5	6.9	0.54	53.7	0.0	53.7	150
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	2007	479	23.3	19.3	60.7	57.5	0.6	6.5	0.48	57.5	0.0	57.5	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

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

Short - Skimmed Milk	1058	253	12.0	7.7	32.1	26.8	0.8	3.8	0.19	26.8	5.1	21.8	23
Short - Semi Skimmed Milk	1122	268	13.7	8.8	31.9	26.6	0.8	4.0	0.19	26.6	4.9	21.8	23
Short - Whole Milk	1180	282	15.5	10.0	31.8	26.5	0.8	3.6	0.19	26.5	4.8	21.8	23
Short - Soy	1082	259	13.6	8.0	30.1	24.9	1.3	3.4	0.20	24.9	0.0	24.9	23
Short - Coconut	1082	259	14.8	10.4	30.4	24.9	1.0	0.5	0.14	24.9	0.0	24.9	23
Short - Almond	1010	242	13.1	7.8	29.6	24.3	1.1	0.8	0.15	24.3	0.0	24.3	23
Short - Oat	1232	294	14.6	9.3	38.0	28.5	2.8	1.3	0.22	28.5	0.0	28.5	23
Tall - Skimmed Milk	1224	292	13.9	9.0	36.8	30.8	0.9	4.4	0.22	30.8	5.9	25.0	27
Tall - Semi Skimmed Milk	1298	310	15.9	10.3	36.6	30.6	0.9	4.6	0.22	30.6	5.6	25.0	27
Tall - Whole Milk	1366	327	18.1	11.7	36.5	30.5	0.9	4.1	0.22	30.5	5.5	25.0	27
Tall - Soy	1252	299	15.8	9.4	34.6	28.6	1.5	3.9	0.23	28.6	0.0	28.6	27
Tall - Coconut	1252	300	17.2	12.2	35.0	28.6	1.2	0.6	0.17	28.6	0.0	28.6	27
Tall - Almond	1169	280	15.2	9.1	34.0	27.9	1.3	1.0	0.17	27.9	0.0	27.9	27
Tall - Oat	1426	341	17.0	10.9	43.8	32.8	3.3	1.6	0.25	32.8	0.0	32.8	27



STARBUCKS®

Spring 2018 Starbucks Beverage Nutrition Information *

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Grande - Skimmed Milk	1689	403	18.0	11.5	52.8	44.3	1.3	6.7	0.32	44.3	9.2	35.1	38
Grande - Semi Skimmed Milk	1805	431	21.2	13.5	52.4	43.9	1.3	7.1	0.32	43.9	8.8	35.1	38
Grande - Whole Milk	1912	457	24.5	15.7	52.2	43.7	1.3	6.3	0.32	43.7	8.7	35.1	38
Grande - Soy	1734	414	21.0	12.1	49.3	40.8	2.2	6.0	0.34	40.8	0.0	40.8	38
Grande - Coconut	1733	415	23.2	16.5	49.9	40.8	1.7	0.8	0.24	40.8	0.0	40.8	38
Grande - Almond	1603	383	20.1	11.7	48.4	39.7	1.9	1.4	0.25	39.7	0.0	39.7	38
Grande - Oat	2005	479	22.8	14.5	63.7	47.4	5.0	2.3	0.38	47.4	0.0	47.4	38
Venti - Skimmed Milk	2244	535	22.4	14.1	73.7	61.5	1.9	8.6	0.43	61.5	11.9	49.6	54
Venti - Semi Skimmed Milk	2394	571	26.5	16.7	73.3	61.0	1.9	9.0	0.43	61.0	11.5	49.6	54
Venti - Whole Milk	2533	605	30.8	19.5	73.0	60.8	1.9	8.1	0.43	60.8	11.2	49.6	54
Venti - Soy	2301	550	26.3	14.7	69.2	57.0	3.1	7.6	0.46	57.0	0.0	57.0	54
Venti - Coconut	2300	550	29.1	20.5	69.9	57.0	2.4	0.9	0.33	57.0	0.0	57.0	54
Venti - Almond	2132	509	25.1	14.3	68.0	55.5	2.6	1.6	0.34	55.5	0.0	55.5	54
Venti - Oat	2654	634	28.6	17.9	87.8	65.6	6.7	2.8	0.50	65.6	0.0	65.6	54
CLASSIC HOT CHOCOLATE (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)													
Short - Skimmed Milk	574	137	6.8	4.7	14.8	14.2	1.1	3.7	0.12	14.2	5.0	9.3	11
Short - Semi Skimmed Milk	637	152	8.5	5.8	14.6	14.0	1.1	3.9	0.12	14.0	4.8	9.3	11
Short- Whole Milk	694	167	10.3	7.0	14.5	13.9	1.1	3.5	0.12	13.9	4.7	9.3	11
Short- Soy	598	143	8.4	5.0	12.9	12.4	1.6	3.3	0.13	12.4	0.0	12.4	11
Short - Coconut	598	144	9.6	7.4	13.2	12.4	1.3	0.5	0.07	12.4	0.0	12.4	11
Short - Almond	528	127	7.9	4.8	12.4	11.8	1.4	0.8	0.08	11.8	0.0	11.8	11
Short - Oat	745	178	9.4	6.3	20.7	15.9	3.1	1.3	0.15	15.9	0.0	15.9	11
Tall - Skimmed Milk	851	203	8.4	5.8	23.9	23.1	1.6	7.2	0.22	23.1	10.0	13.0	15
Tall - Semi Skimmed Milk	978	234	11.8	8.0	23.5	22.7	1.6	7.6	0.22	22.7	9.6	13.0	15
Tall - Whole Milk	1094	262	15.4	10.4	23.3	22.5	1.6	6.8	0.22	22.5	9.4	13.0	15
Tall - Soy	900	215	11.6	6.4	20.1	19.3	2.6	6.4	0.24	19.3	0.0	19.3	15
Tall - Coconut	899	216	14.0	11.2	20.7	19.3	2.0	0.8	0.13	19.3	0.0	19.3	15
Tall - Almond	757	181	10.6	6.0	19.1	18.1	2.2	1.4	0.14	18.1	0.0	18.1	15
Tall - Oat	1196	286	13.6	9.0	35.8	26.5	5.6	2.4	0.28	26.5	0.0	26.5	15
Grande - Skimmed Milk	1037	247	9.9	6.8	29.9	28.8	2.1	8.6	0.27	28.8	12.0	16.8	20
Grande - Semi Skimmed Milk	1188	284	14.0	9.4	29.4	28.3	2.1	9.1	0.27	28.3	11.5	16.8	20
Grande - Whole Milk	1327	318	18.3	12.3	29.2	28.1	2.1	8.1	0.27	28.1	11.3	16.8	20
Grande - Soy	1095	262	13.7	7.5	25.3	24.2	3.3	7.6	0.29	24.2	0.0	24.2	20
Grande - Coconut	1094	263	16.6	13.3	26.1	24.2	2.5	0.9	0.16	24.2	0.0	24.2	20
Grande - Almond	924	221	12.5	7.0	24.1	22.8	2.8	1.6	0.17	22.8	0.0	22.8	20
Grande - Oat	1449	347	16.1	10.6	44.1	32.9	6.9	2.8	0.34	32.9	0.0	32.9	20
Venti - Skimmed Milk	1255	299	10.4	7.1	38.3	36.9	2.5	11.8	0.36	36.9	16.6	20.3	24
Venti - Semi Skimmed Milk	1464	350	16.0	10.7	37.6	36.3	2.5	12.4	0.36	36.3	16.0	20.3	24
Venti - Whole Milk	1657	397	22.0	14.7	37.3	35.9	2.5	11.1	0.36	35.9	15.6	20.3	24
Venti - Soy	1335	319	15.7	8.0	32.0	30.6	4.2	10.4	0.39	30.6	0.0	30.6	24
Venti - Coconut	1334	320	19.7	16.0	33.0	30.6	3.2	1.1	0.21	30.6	0.0	30.6	24
Venti - Almond	1099	263	14.1	7.4	30.3	28.6	3.5	2.1	0.23	28.6	0.0	28.6	24
Venti - Oat	1826	436	19.0	12.4	57.9	42.6	9.2	3.8	0.46	42.6	0.0	42.6	24
HOT TEAS													
TEAVANA™ HOT TEAS													
ENGLISH BREAKFAST Black Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
EARL GREY Black Tea Blend													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
HIBISCUS Flavoured Herbal Blend													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
EMPEROR'S CLOUDS & MIST™ Green Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
MINT CITRUS Flavoured Green Tea Blend													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
YOUTHBERRY™ White Tea Blend													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
CHAI Spiced Black Tea Blend													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
JASMINE PEARLS Scented Green Tea													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
MINT BLEND Herbal Blend													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0



Spring 2018 Starbucks Beverage Nutrition Information *

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
CHAMOMILE Herbal Blend													
Tall	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Grande	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
Venti	0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	0
CHAI TEA LATTE (made with Semi Skimmed Milk as standard)													
Short - Skimmed Milk	435	103	0.1	0.0	21.3	21.3	1.2	3.4	0.11	21.3	4.8	16.5	46
Short - Semi Skimmed Milk	496	117	1.8	1.1	21.1	21.1	1.2	3.6	0.11	21.1	4.6	16.5	46
Short - Whole Milk	552	131	3.5	2.2	21.0	21.0	1.2	3.2	0.11	21.0	4.5	16.5	46
Short - Soy	459	109	1.7	0.3	19.5	19.4	1.7	3.0	0.12	19.4	0.0	19.4	46
Short - Coconut	458	109	2.8	2.6	19.8	19.4	1.4	0.3	0.06	19.4	0.0	19.4	46
Short - Almond	390	92	1.2	0.1	19.0	18.9	1.5	0.6	0.07	18.9	0.0	18.9	46
Short - Oat	601	143	2.7	1.5	27.0	22.9	3.1	1.1	0.14	22.9	0.0	22.9	46
Tall - Skimmed Milk	679	160	0.2	0.0	32.9	32.8	1.8	5.7	0.18	32.8	8.1	24.7	69
Tall - Semi Skimmed Milk	780	185	3.0	1.8	32.5	32.5	1.8	6.0	0.18	32.5	7.8	24.7	69
Tall - Whole Milk	875	208	5.9	3.7	32.4	32.3	1.8	5.4	0.18	32.3	7.6	24.7	69
Tall - Soy	718	170	2.8	0.5	29.8	29.7	2.6	5.1	0.20	29.7	0.0	29.7	69
Tall - Coconut	717	170	4.8	4.4	30.3	29.7	2.1	0.5	0.11	29.7	0.0	29.7	69
Tall - Almond	602	143	2.0	0.2	29.0	28.7	2.3	1.0	0.11	28.7	0.0	28.7	69
Tall - Oat	957	227	4.4	2.6	42.4	35.5	5.0	1.8	0.23	35.5	0.0	35.5	69
Grande - Skimmed Milk	881	208	0.3	0.0	42.9	42.8	2.4	7.2	0.23	42.8	10.1	32.7	92
Grande - Semi Skimmed Milk	1009	239	3.7	2.2	42.5	42.4	2.4	7.6	0.23	42.4	9.7	32.7	92
Grande - Whole Milk	1127	268	7.4	4.7	42.3	42.2	2.4	6.8	0.23	42.2	9.5	32.7	92
Grande - Soy	930	220	3.5	0.6	39.1	39.0	3.4	6.4	0.25	39.0	0.0	39.0	92
Grande - Coconut	929	221	6.0	5.5	39.7	39.0	2.8	0.7	0.13	39.0	0.0	39.0	92
Grande - Almond	786	186	2.5	0.2	38.1	37.8	3.0	1.3	0.14	37.8	0.0	37.8	92
Grande - Oat	1230	292	5.6	3.3	54.9	46.3	6.4	2.3	0.29	46.3	0.0	46.3	92
Venti - Skimmed Milk	1151	271	0.4	0.0	55.4	55.3	3.0	10.0	0.31	55.3	14.2	41.1	115
Venti - Semi Skimmed Milk	1329	315	5.2	3.1	54.9	54.8	3.0	10.6	0.31	54.8	13.6	41.1	115
Venti - Whole Milk	1494	355	10.3	6.5	54.6	54.5	3.0	9.4	0.31	54.5	13.3	41.1	115
Venti - Soy	1219	289	4.9	0.9	50.0	49.9	4.4	8.9	0.34	49.9	0.0	49.9	115
Venti - Coconut	1218	289	8.3	7.7	50.9	49.9	3.6	0.9	0.18	49.9	0.0	49.9	115
Venti - Almond	1017	241	3.5	0.3	48.6	48.2	3.8	1.8	0.20	48.2	0.0	48.2	115
Venti - Oat	1638	389	7.8	4.5	72.2	60.1	8.7	3.2	0.40	60.1	0.0	60.1	115
ADD-INS													
ADD-INS													
WHIPPED CREAM TOPPING (No Drizzle or other Toppings)													
HOT Short Beverage - 16 g	218	52	5.1	3.2	1.0	1.0	0.0	0.3	0.01	1.0	0.5	0.5	0
HOT Tall Beverage - 19g	259	62	6.1	3.8	2.0	1.0	0.0	0.3	0.02	1.0	0.6	0.4	0
HOT Grande/Venti Beverage - 22g	301	72	7.0	4.4	2.0	2.0	0.0	0.4	0.02	2.0	0.7	1.3	0
COLD Tall Beverage - 25 g	339	81	8.0	5.0	2.0	2.0	0.0	0.4	0.02	2.0	0.7	1.3	0
COLD Grande Beverage - 35 g	477	114	11.2	7.0	3.0	2.0	0.0	0.6	0.03	2.0	1.0	1.0	0
COLD Venti Beverage - 32g	435	104	10.2	6.4	3.0	2.0	0.0	0.6	0.03	2.0	1.0	1.0	0
FLAVOURED SYRUP													
1 Pump - 1/4 fl oz - 10 g	84	20	0.0	0.0	5.0	4.9	0.0	0.0	0.00	4.9	N/A	4.9	0
2 Pumps - 1/2 fl oz - 20 g	169	40	0.0	0.0	10.1	9.7	0.0	0.0	0.00	9.7	N/A	9.7	0
3 Pumps - 3/4 fl oz - 30 g	253	60	0.0	0.0	15.1	14.6	0.0	0.0	0.00	14.6	N/A	14.6	0
4 Pumps - 1 fl oz - 40 g	337	81	0.0	0.0	20.1	19.5	0.0	0.0	0.00	19.5	N/A	19.5	0
SUGAR FREE FLAVOURED SYRUP													
1 Pump - 1/4 fl oz - 10 g	3	1	0.0	0.0	0.1	0.0	0.0	0.0	0.01	0.0	N/A	0.0	0
2 Pumps - 1/2 fl oz - 20 g	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.01	0.0	N/A	0.0	0
3 Pumps - 3/4 fl oz - 30 g	8	2	0.0	0.0	0.4	0.0	0.1	0.0	0.02	0.0	N/A	0.0	0
4 Pumps - 1 fl oz - 40 g	11	2	0.0	0.0	0.6	0.0	0.1	0.0	0.02	0.0	N/A	0.0	0
BAR MOCHA SYRUP													
1 Pump - 1/2 fl oz - 17 g	111	26	0.6	0.1	6.4	4.8	1.0	0.6	0.00	4.8	N/A	4.8	6
2 Pumps - 1 fl oz - 34 g	222	53	1.1	0.2	12.8	9.6	2.0	1.3	0.00	9.6	N/A	9.6	15
3 Pumps - 1 1/2 fl oz - 51 g	332	79	1.7	0.3	19.1	14.4	3.0	1.9	0.00	14.4	N/A	14.4	20
4 Pumps - 2 fl oz - 68 g	443	106	2.3	0.4	25.5	19.2	3.9	2.5	0.01	19.2	N/A	19.2	25
5 Pumps - 2 1/2 fl oz - 85 g	554	132	2.8	0.5	31.9	23.9	4.9	3.1	0.01	23.9	N/A	23.9	30
TOPPINGS													
Chocolate - 4 g	25	6	0.1	0.0	1.5	1.0	0.1	0.1	0.00	1.0	Trace	1.0	2
Caramel - 4 g	62	15	0.6	0.3	2.5	2.1	0.0	0.0	0.01	2.1	Trace	2.1	0
COLD BEVERAGES													
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
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
Tall - Whole Milk	534	128	6.6	4.2	10.6	8.6	0.0	6.6	0.18	8.6	8.6	0.0	150
Tall - Soy	357	85	3.1	0.6	7.6	5.7	0.9	6.2	0.20	5.7	0.0	5.7	150
Tall - Coconut	356	85	5.3	4.9	8.2	5.7	0.4	1.1	0.10	5.7	0.0	5.7	150
Tall - Almond	227	54	2.2	0.2	6.7	4.6	0.6	1.6	0.11	4.6	0.0	4.6	150
Tall - Oat	626	149	4.9	2.9	21.9	12.2	3.7	2.5	0.24	12.2	0.0	12.2	150
Grande - Skimmed Milk	382	90	0.2	0.0	13.5	11.5	0.0	8.5	0.23	11.5	11.5	0.0	150
Grande - Semi Skimmed Milk	527	125	4.1	2.5	13.0	11.0	0.0	9.0	0.23	11.0	11.0	0.0	150
Grande - Whole Milk	660	158	8.3	5.3	12.8	10.8	0.0	8.1	0.23	10.8	10.8	0.0	150
Grande - Soy	438	104	3.9	0.7	9.1	7.1	1.2	7.6	0.25	7.1	0.0	7.1	150
Grande - Coconut	437	105	6.7	6.2	9.8	7.1	0.5	1.2	0.13	7.1	0.0	7.1	150
Grande - Almond	274	65	2.8	0.2	8.0	5.7	0.7	1.9	0.14	5.7	0.0	5.7	150
Grande - Oat	777	185	6.2	3.7	27.0	15.4	4.6	3.0	0.30	15.4	0.0	15.4	150



Spring 2018 Starbucks Beverage Nutrition Information *

Table with 14 columns: Beverage Name, kJ, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg). Rows include various Starbucks drinks like Venti Skimmed Milk, ICED CAPPUCCINO, ICED CAFFÈ AMERICANO, ICED CAFFÈ MOCHA, and ICED CARAMEL MACCHIATO.



STARBUCKS®

Spring 2018 Starbucks Beverage Nutrition Information *

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
ICED TEAS													
ICED CHAI TEA LATTE (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	641	151	0.2	0.0	31.6	31.5	1.8	4.8	0.15	31.5	6.8	24.7	69
Tall - Semi Skimmed Milk	727	172	2.5	1.5	31.3	31.2	1.8	5.1	0.15	31.2	6.5	24.7	69
Tall - Whole Milk	806	191	5.0	3.1	31.2	31.1	1.8	4.6	0.15	31.1	6.4	24.7	69
Tall - Soy	674	160	2.4	0.4	29.0	28.9	2.5	4.3	0.17	28.9	0.0	28.9	69
Tall - Coconut	673	160	4.0	3.7	29.4	28.9	2.1	0.5	0.09	28.9	0.0	28.9	69
Tall - Almond	577	136	1.7	0.1	28.3	28.1	2.2	0.9	0.10	28.1	0.0	28.1	69
Tall - Oat	875	207	3.8	2.2	39.6	33.8	4.5	1.6	0.19	33.8	0.0	33.8	69
Grande - Skimmed Milk	835	197	0.3	0.0	41.4	41.3	2.4	6.0	0.19	41.3	8.4	32.9	92
Grande - Semi Skimmed Milk	940	222	3.1	1.9	41.1	41.0	2.4	6.3	0.19	41.0	8.1	32.9	92
Grande - Whole Milk	1038	246	6.2	3.9	40.9	40.8	2.4	5.7	0.19	40.8	7.9	32.9	92
Grande - Soy	875	207	3.0	0.5	38.2	38.1	3.2	5.3	0.21	38.1	0.0	38.1	92
Grande - Coconut	874	207	5.0	4.5	38.7	38.1	2.7	0.6	0.12	38.1	0.0	38.1	92
Grande - Almond	756	179	2.1	0.2	37.4	37.1	2.9	1.1	0.12	37.1	0.0	37.1	92
Grande - Oat	1123	266	4.6	2.7	51.3	44.2	5.8	2.0	0.24	44.2	0.0	44.2	92
Venti - Skimmed Milk	1070	252	0.3	0.0	52.7	52.6	3.0	8.1	0.26	52.6	11.4	41.1	115
Venti - Semi Skimmed Milk	1213	287	4.2	2.5	52.2	52.1	3.0	8.6	0.26	52.1	11.0	41.1	115
Venti - Whole Milk	1346	320	8.3	5.3	52.0	51.9	3.0	7.7	0.26	51.9	10.7	41.1	115
Venti - Soy	1125	266	4.0	0.7	48.3	48.2	4.1	7.2	0.28	48.2	0.0	48.2	115
Venti - Coconut	1124	267	6.7	6.2	49.0	48.2	3.4	0.8	0.15	48.2	0.0	48.2	115
Venti - Almond	962	228	2.9	0.2	47.2	46.8	3.7	1.5	0.17	46.8	0.0	46.8	115
Venti - Oat	1462	347	6.3	3.7	66.1	56.4	7.6	2.6	0.33	56.4	0.0	56.4	115
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
PEACH GREEN TEA LEMONADE													
Tall	423	100	0.1	0.0	24.5	23.2	0.1	0.1	0.0	23.2	0.0	23.2	20-25
Grande	564	133	0.1	0.0	32.6	30.9	0.1	0.2	0.1	30.9	0.0	30.9	25-30
Venti	700	165	0.2	0.0	40.5	38.3	0.2	0.2	0.1	38.3	0.0	38.3	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	613	146	0.1	0.0	33.6	32.1	0.0	2.7	0.40	32.1	4.0	28.1	73
Tall - Semi Skimmed Milk	661	157	1.4	0.8	33.6	32.1	0.0	2.7	0.40	32.1	4.0	28.1	73
Tall - Whole Milk	713	170	2.9	1.8	33.3	31.8	0.0	2.6	0.40	31.8	3.8	28.1	73
Tall - Soy	631	150	1.5	0.2	32.0	30.6	0.3	1.9	0.37	30.6	N/A	30.6	73
Tall - Coconut	633	151	2.3	2.2	32.3	30.6	0.3	0.0	0.41	30.6	N/A	30.6	73
Tall - Almond	577	137	1.0	0.1	31.6	30.1	0.3	0.4	0.37	30.1	N/A	30.1	73
Tall - Oat	803	190	2.2	1.3	41.0	37.2	1.6	0.8	0.41	37.2	N/A	37.2	73
Grande - Skimmed Milk	844	201	0.1	0.0	46.7	44.6	0.1	3.3	0.55	44.6	4.9	39.7	104
Grande - Semi Skimmed Milk	903	215	1.6	1.0	46.7	44.6	0.1	3.3	0.54	44.6	4.9	39.7	104
Grande - Whole Milk	966	230	3.5	2.2	46.4	44.3	0.1	3.2	0.54	44.3	4.6	39.7	104
Grande - Soy	866	206	1.8	0.3	44.9	42.7	0.4	2.3	0.52	42.7	N/A	42.7	104
Grande - Coconut	868	207	2.8	2.6	45.2	42.7	0.4	0.0	0.57	42.7	N/A	42.7	104
Grande - Almond	801	191	1.2	0.1	44.4	42.2	0.4	0.5	0.52	42.2	N/A	42.2	104
Grande - Oat	1086	256	2.6	1.6	56.3	51.5	2.0	1.0	0.56	51.5	N/A	51.5	104
Venti - Skimmed Milk	1045	249	0.1	0.0	58.3	55.6	0.1	3.6	0.67	55.6	5.3	50.3	131
Venti - Semi Skimmed Milk	1109	264	1.8	1.1	58.3	55.6	0.1	3.6	0.67	55.6	5.3	50.3	131
Venti - Whole Milk	1178	280	3.8	2.4	58.0	55.3	0.1	3.5	0.67	55.3	5.0	50.3	131
Venti - Soy	1068	254	2.0	0.3	56.3	53.6	0.4	2.5	0.64	53.6	N/A	53.6	131
Venti - Coconut	1071	255	3.1	2.9	56.6	53.6	0.4	0.0	0.69	53.6	N/A	53.6	131
Venti - Almond	997	237	1.3	0.1	55.8	53.0	0.4	0.5	0.64	53.0	N/A	53.0	131
Venti - Oat	1324	313	2.9	1.7	69.5	64.2	2.2	1.1	0.69	64.2	N/A	64.2	131



Spring 2018 Starbucks Beverage Nutrition Information *

Table with 14 columns: Beverage Name, kJ, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg). Rows include Mocha Frappuccino, Espresso Frappuccino, Java Chip Frappuccino, and Caramel Frappuccino in various sizes and milk options.



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Spring 2018 Starbucks Beverage Nutrition Information *

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Venti - Skimmed Milk	1696	405	10.9	6.8	72.6	69.4	0.1	4.5	0.70	69.4	7.3	62.1	120
Venti - Semi Skimmed Milk	1767	422	13.0	8.1	72.3	69.1	0.1	4.5	0.70	69.1	7.3	61.8	120
Venti - Whole Milk	1812	427	14.3	8.8	72.1	69.0	0.1	4.4	0.70	69.0	7.0	62.0	120
Venti - Soy	1722	412	12.6	7.0	70.7	66.7	0.5	3.9	0.69	66.7	N/A	61.8	120
Venti - Coconut	1935	459	12.5	9.8	84.6	79.8	0.1	1.0	0.67	79.8	N/A	74.9	120
Venti - Almond	1807	430	13.5	7.1	76.5	71.9	0.4	0.6	0.77	71.9	N/A	71.9	120
Venti - Oat	1980	471	16.1	11.2	78.5	72.2	2.3	1.8	0.74	72.2	N/A	72.2	120
WHITE CHOCOLATE MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Tall - Skimmed Milk	1190	283	10.3	5.0	44.0	42.6	0.0	3.6	0.47	42.6	4.5	38.1	60
Tall - Semi Skimmed Milk	1237	294	11.5	5.8	44.0	42.6	0.0	3.6	0.47	42.6	4.5	38.1	60
Tall - Whole Milk	1287	306	13.0	6.8	43.8	42.4	0.0	3.5	0.47	42.4	4.3	38.1	60
Tall - Soy	1207	287	11.7	5.2	42.6	41.1	0.3	2.9	0.44	41.1	0.7	40.5	60
Tall - Coconut	1209	288	12.5	7.1	42.8	41.1	0.3	1.0	0.48	41.1	0.7	40.5	60
Tall - Almond	1155	275	11.1	5.1	42.2	40.7	0.3	1.4	0.44	40.7	0.7	40.0	60
Tall - Oat	1383	329	12.4	8.8	51.4	47.7	1.6	2.3	0.48	47.7	0.7	47.0	60
Grande - Skimmed Milk	1632	389	14.4	7.0	60.2	58.2	0.1	4.5	0.63	58.2	5.5	52.7	85
Grande - Semi Skimmed Milk	1687	402	15.9	7.9	60.2	58.2	0.1	4.5	0.63	58.2	5.5	52.7	85
Grande - Whole Milk	1746	416	17.6	9.1	59.9	57.9	0.1	4.4	0.63	57.9	5.2	52.7	85
Grande - Soy	1652	393	16.1	7.3	58.4	56.4	0.4	3.6	0.60	56.4	0.9	55.5	85
Grande - Coconut	1654	394	17.0	9.5	58.7	56.4	0.4	1.4	0.65	56.4	0.9	55.5	85
Grande - Almond	1591	379	15.4	7.1	58.0	55.9	0.3	1.9	0.60	55.9	0.9	54.9	85
Grande - Oat	1867	445	16.9	12.1	69.2	64.7	1.9	3.0	0.64	64.7	0.9	63.8	85
Venti - Skimmed Milk	1939	462	15.0	7.0	76.4	73.8	0.1	5.3	0.79	73.8	6.0	67.7	110
Venti - Semi Skimmed Milk	2001	476	16.6	8.0	76.4	73.8	0.1	5.3	0.79	73.8	6.0	67.7	110
Venti - Whole Milk	2067	492	18.5	9.3	76.1	73.5	0.1	5.2	0.79	73.5	5.7	67.7	110
Venti - Soy	1961	467	16.8	7.3	74.5	71.9	0.4	4.3	0.76	71.9	0.9	70.9	110
Venti - Coconut	1964	468	17.8	9.8	74.8	71.9	0.4	1.8	0.81	71.9	0.9	70.9	110
Venti - Almond	1893	451	16.1	7.1	73.9	71.2	0.4	2.3	0.76	71.2	0.9	70.3	110
Venti - Oat	2216	527	17.8	12.7	87.2	82.1	2.1	3.5	0.80	82.1	0.9	81.2	110
FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT													
COFFEE FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Tall - Skimmed Milk	347	83	0.1	0.0	17.7	17.3	0.2	2.6	0.35	17.3	3.3	14.0	60
Grande - Skimmed Milk	495	118	0.1	0.1	25.6	25.0	0.3	3.4	0.51	25.0	4.3	20.7	90
Venti - Skimmed Milk	583	139	0.1	0.1	29.8	29.1	0.3	4.4	0.59	29.1	6.3	22.8	105
MOCHA FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Tall - Skimmed Milk	402	96	0.5	0.3	21.2	19.6	0.5	2.9	0.32	19.6	3.3	16.3	60
Grande - Skimmed Milk	598	143	0.8	0.5	31.9	29.4	0.8	3.9	0.48	29.4	4.3	25.1	95
Venti - Skimmed Milk	749	179	0.9	0.6	39.6	36.5	1.0	5.3	0.60	36.5	6.3	30.2	115
CARAMEL FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Tall - Skimmed Milk	403	96	0.1	0.0	21.2	20.8	0.2	2.5	0.33	20.8	3.3	17.5	60
Grande - Skimmed Milk	560	134	0.1	0.1	29.8	29.2	0.2	3.1	0.46	29.2	4.3	24.9	85
Venti - Skimmed Milk	693	166	0.1	0.1	36.5	35.7	0.3	4.2	0.57	35.7	6.3	29.4	100
ESPRESSO FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Tall - Skimmed Milk	326	78	0.1	0.0	17.0	15.3	0.1	2.2	0.33	15.3	3.3	12.0	108
Grande - Skimmed Milk	465	111	0.1	0.0	24.5	22.4	0.2	2.9	0.48	22.4	4.2	18.2	135
Venti - Skimmed Milk	535	127	0.1	0.0	28.6	26.2	0.2	3.0	0.56	26.2	4.4	21.9	145
WHITE MOCHA FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Tall - Skimmed Milk	411	98	0.6	0.0	20.4	19.5	0.1	2.6	0.36	19.5	3.3	16.3	53
Grande - Skimmed Milk	652	155	1.3	0.0	32.1	30.8	0.2	3.7	0.54	30.8	4.2	26.6	78
Venti - Skimmed Milk	696	166	1.1	0.0	35.1	33.6	0.2	3.7	0.61	33.6	4.4	29.2	93
JAVA CHIP FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)													
Tall - Skimmed Milk	622	148	3.0	0.3	27.0	24.0	0.7	2.8	0.40	24.0	3.4	20.6	56
Grande - Skimmed Milk	884	211	4.5	0.4	38.4	34.0	1.0	3.6	0.56	34.0	4.2	29.8	80
Venti - Skimmed Milk	1041	248	5.3	0.5	45.6	40.3	1.2	3.9	0.66	40.3	4.4	35.9	97
FRAPPUCCINO® BLENDED BEVERAGES - CRÈME													
STRAWBERRIES AND CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Tall - Skimmed Milk	1030	245	9.1	5.0	37.2	35.9	0.0	3.6	0.40	35.9	5.6	30.3	0.0
Tall - Semi Skimmed Milk	1090	259	10.7	6.0	37.2	35.9	0.0	3.6	0.40	35.9	5.6	30.3	0.0
Tall - Whole Milk	1154	275	12.6	7.3	36.9	35.6	0.0	3.5	0.40	35.6	5.3	30.3	0.0
Tall - Soy	1052	250	10.9	5.3	35.3	34.0	0.4	2.6	0.37	34.0	0.7	33.3	0.0
Tall - Coconut	1054	251	11.9	7.7	35.6	34.0	0.4	0.3	0.42	34.0	0.7	33.3	0.0
Tall - Almond	985	235	10.2	5.1	34.8	33.4	0.3	0.8	0.37	33.4	0.7	32.8	0.0
Tall - Oat	1209	288	11.7	8.1	42.8	37.3	2.3	1.7	0.16	37.3	0.7	36.6	0.0
Grande - Skimmed Milk	1401	334	12.7	7.0	50.3	48.5	0.1	4.5	0.53	48.5	7.0	41.5	0.0
Grande - Semi Skimmed Milk	1475	351	14.7	8.2	50.3	48.5	0.1	4.5	0.53	48.5	7.0	41.5	0.0
Grande - Whole Milk	1554	370	17.0	9.8	49.9	48.1	0.1	4.4	0.53	48.2	6.7	41.5	0.0
Grande - Soy	1428	340	14.9	7.4	47.9	46.2	0.5	3.3	0.49	46.2	0.9	45.3	0.0
Grande - Coconut	1431	341	16.1	10.3	48.3	46.2	0.5	0.4	0.56	46.2	0.9	45.3	0.0
Grande - Almond	1346	321	14.1	7.1	47.3	45.5	0.4	1.0	0.49	45.5	0.9	44.5	0.0
Grande - Oat	1631	389	16.0	11.1	57.6	50.7	2.9	2.2	0.20	50.7	0.9	49.8	0.0
Venti - Skimmed Milk	1644	391	12.8	7.0	63.8	61.5	0.1	5.3	0.67	61.5	8.1	53.4	0
Venti - Semi Skimmed Milk	1731	412	15.1	8.4	63.8	61.5	0.1	5.3	0.66	61.5	8.1	53.4	0
Venti - Whole Milk	1824	434	17.8	10.3	63.3	61.1	0.1	5.2	0.66	61.1	7.7	53.4	0
Venti - Soy	1676	399	15.4	7.4	61.0	58.8	0.6	3.9	0.62	58.8	0.9	57.8	0
Venti - Coconut	1680	400	16.8	10.9	61.5	58.8	0.6	0.4	0.70	58.8	0.9	57.8	0
Venti - Almond	1580	376	14.4	7.1	60.3	57.9	0.5	1.2	0.62	57.9	0.9	57.0	0
Venti - Oat	1910	455	16.6	11.4	72.1	63.8	3.5	2.5	0.23	63.8	0.9	62.9	0



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*Spring 2018 Starbucks Beverage Nutrition Information **

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
CARAMEL CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Caramel Drizzle as standard)													
Tall - Skimmed Milk	990	236	9.6	5.4	33.6	33.0	0.0	3.7	0.45	33.0	6.0	27.0	0
Tall - Semi Skimmed Milk	1054	251	11.3	6.4	33.6	33.0	0.0	3.7	0.45	33.0	6.0	27.0	0
Tall - Whole Milk	1123	267	13.3	7.8	33.3	32.6	0.0	3.5	0.45	32.6	5.7	27.0	0
Tall - Soy	1014	241	11.5	5.7	31.6	30.9	0.4	2.6	0.42	31.0	0.7	30.3	0
Tall - Coconut	1016	242	12.6	8.3	31.9	30.9	0.4	0.1	0.47	31.0	0.7	30.3	0
Tall - Almond	943	224	10.8	5.5	31.0	30.3	0.4	0.6	0.42	30.3	0.7	29.6	0
Tall - Oat	1188	283	12.5	8.6	40.0	35.0	2.1	1.7	0.18	35.0	0.7	34.3	0
Grande - Skimmed Milk	1317	314	13.2	7.4	44.2	43.4	0.1	4.5	0.59	43.4	7.4	35.9	0
Grande - Semi Skimmed Milk	1396	332	15.3	8.7	44.2	43.4	0.1	4.5	0.59	43.4	7.4	35.9	0
Grande - Whole Milk	1481	353	17.8	10.4	43.8	43.0	0.1	4.4	0.59	43.0	7.1	35.9	0
Grande - Soy	1346	320	15.5	7.8	41.7	40.9	0.5	3.2	0.55	40.9	0.9	40.0	0
Grande - Coconut	1349	321	16.8	10.9	42.1	40.9	0.5	0.1	0.62	40.9	0.9	40.0	0
Grande - Almond	1259	300	14.6	7.5	41.1	40.1	0.5	0.7	0.55	40.1	0.9	39.2	0
Grande - Oat	1569	374	16.8	11.6	52.5	46.3	2.6	2.1	0.22	46.3	0.9	45.4	0
Venti - Skimmed Milk	1551	369	13.2	7.4	57.0	56.0	0.1	5.5	0.76	56.0	8.9	47.1	0
Venti - Semi Skimmed Milk	1647	392	15.8	9.0	57.0	56.0	0.1	5.5	0.76	56.0	8.9	47.1	0
Venti - Whole Milk	1750	417	18.8	11.0	56.5	55.5	0.1	5.3	0.76	55.5	8.4	47.1	0
Venti - Soy	1586	378	16.1	7.9	54.0	53.0	0.6	3.9	0.72	53.0	0.9	52.0	0
Venti - Coconut	1590	379	17.7	11.7	54.5	53.0	0.6	0.1	0.80	53.0	0.9	52.0	0
Venti - Almond	1479	352	15.0	7.5	53.2	52.0	0.6	0.9	0.72	52.0	0.9	51.1	0
Venti - Oat	1857	442	17.6	12.1	67.1	59.5	3.2	2.4	0.25	59.5	0.9	58.6	0
CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)													
Tall - Skimmed Milk	991	236	9.6	6.8	32.7	32.1	0.6	4.4	0.14	32.1	5.7	26.4	2
Tall - Semi Skimmed Milk	1062	253	11.5	8.1	32.5	31.8	0.6	4.6	0.14	31.8	5.4	26.4	2
Tall - Whole Milk	1128	270	13.6	9.4	32.3	31.7	0.6	4.2	0.14	31.7	5.3	26.4	2
Tall - Soy	1018	243	11.4	7.2	30.5	29.9	1.2	4.0	0.15	29.9	0.0	29.9	2
Tall - Coconut	1018	243	12.8	9.9	30.9	29.9	0.8	0.8	0.08	29.9	0.0	29.9	2
Tall - Almond	938	224	10.9	6.9	30.0	29.2	0.9	1.1	0.09	29.2	0.0	29.2	2
Tall - Oat	1186	283	12.6	8.6	39.4	34.0	2.9	1.7	0.17	34.0	0.0	34.0	2
Grande - Skimmed Milk	1413	336	13.5	9.6	47.5	46.6	0.8	5.9	0.18	46.6	7.6	39.0	3
Grande - Semi Skimmed Milk	1508	360	16.0	11.2	47.2	46.3	0.8	6.2	0.18	46.3	7.3	39.0	3
Grande - Whole Milk	1596	381	18.8	13.0	47.0	46.1	0.8	5.6	0.18	46.1	7.1	39.0	3
Grande - Soy	1449	346	15.9	10.0	44.6	43.7	1.6	5.3	0.20	43.7	0.0	43.7	3
Grande - Coconut	1448	346	17.7	13.6	45.0	43.7	1.2	1.1	0.11	43.7	0.0	43.7	3
Grande - Almond	1341	320	15.1	9.7	43.8	42.8	1.3	1.5	0.12	42.8	0.0	42.8	3
Grande - Oat	1673	399	17.4	12.0	56.4	49.2	3.9	2.3	0.23	49.2	0.0	49.2	3
Venti - Skimmed Milk	1672	398	13.7	9.7	61.0	59.9	1.1	7.0	0.21	59.9	9.2	50.7	3
Venti - Semi Skimmed Milk	1787	426	16.8	11.7	60.7	59.5	1.1	7.4	0.21	59.5	8.8	50.7	3
Venti - Whole Milk	1894	452	20.1	13.9	60.5	59.3	1.1	6.7	0.21	59.3	8.6	50.7	3
Venti - Soy	1716	409	16.6	10.2	57.6	56.4	2.0	6.3	0.23	56.4	0.0	56.4	3
Venti - Coconut	1716	409	18.8	14.6	58.1	56.4	1.5	1.2	0.13	56.4	0.0	56.4	3
Venti - Almond	1586	378	15.7	9.8	56.7	55.3	1.6	1.7	0.14	55.3	0.0	55.3	3
Venti - Oat	1987	473	18.5	12.6	71.8	63.0	4.8	2.6	0.27	63.0	0.0	63.0	3
DOUBLE CHOCOLATY CHIP CREAM FRAPPUCCINO® (made with Whole Milk, Whipped Cream and Mocha Drizzle as standard)													
Tall - Skimmed Milk	1175	280	12.4	5.4	37.4	33.8	0.8	4.2	0.46	33.8	4.9	29.0	2
Tall - Semi Skimmed Milk	1246	297	14.1	6.4	37.7	34.1	0.8	4.3	0.46	34.1	4.9	29.2	2
Tall - Whole Milk	1314	313	16.1	7.8	37.4	33.7	0.8	4.2	0.46	33.7	4.6	29.1	2
Tall - Soy	1205	287	14.3	5.7	35.7	32.1	1.2	3.3	0.43	32.1	N/A	32.1	2
Tall - Coconut	1208	288	15.4	8.2	36.0	32.1	1.2	0.8	0.49	32.1	N/A	32.1	2
Tall - Almond	1147	273	13.6	5.5	35.8	32.0	1.1	1.3	0.44	32.0	N/A	32.0	2
Tall - Oat	1329	318	15.0	10.1	41.7	36.1	3.7	2.2	0.16	36.1	N/A	36.1	2
Grande - Skimmed Milk	1610	383	17.2	7.5	51.3	46.4	1.1	5.3	0.63	46.4	5.2	41.2	3
Grande - Semi Skimmed Milk	1686	402	19.2	8.8	51.3	46.4	1.1	5.3	0.63	46.4	6.3	40.1	3
Grande - Whole Milk	1768	421	21.6	10.4	51.0	46.0	1.1	5.2	0.63	46.0	5.9	40.1	3
Grande - Soy	1638	390	19.4	7.9	48.9	44.0	1.5	4.1	0.59	44.0	N/A	44.0	3
Grande - Coconut	1641	391	20.7	10.9	49.3	44.0	1.5	1.0	0.65	44.0	N/A	44.0	3
Grande - Almond	1596	380	18.7	7.7	50.4	45.1	1.6	1.8	0.61	45.1	N/A	45.1	3
Grande - Oat	1815	434	20.5	13.9	56.8	49.5	4.9	3.0	0.20	49.5	N/A	49.5	3
Venti - Skimmed Milk	1911	455	18.7	7.6	64.8	58.8	1.4	6.3	0.80	58.8	7.3	51.5	3
Venti - Semi Skimmed Milk	2001	476	21.0	9.1	64.8	58.8	1.4	6.3	0.79	58.8	7.3	51.5	3
Venti - Whole Milk	2097	499	23.8	11.0	64.4	58.3	1.4	6.2	0.79	58.3	6.9	51.4	3
Venti - Soy	1944	463	21.3	8.1	62.0	56.0	1.9	4.8	0.75	56.0	N/A	56.0	3
Venti - Coconut	1948	464	22.8	11.6	62.4	56.0	1.9	1.3	0.83	56.0	N/A	56.0	3
Venti - Almond	1902	453	20.4	7.8	64.1	57.7	1.9	2.1	0.79	57.8	N/A	57.8	3
Venti - Oat	2209	527	22.9	15.3	73.7	64.6	6.2	3.6	0.24	64.6	N/A	64.6	3
VANILLA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Tall - Skimmed Milk	872	208	8.1	5.0	30.4	29.4	0.1	4.0	0.41	29.4	6.4	23.0	0
Tall - Semi Skimmed Milk	942	225	10.0	6.3	30.1	29.1	0.1	3.9	0.40	29.1	6.4	22.7	0
Tall - Whole Milk	986	236	11.4	6.9	30.0	28.9	0.1	3.8	0.40	28.9	6.0	22.9	0
Tall - Soy	898	215	9.7	5.2	28.6	26.7	0.5	3.4	0.40	26.7	N/A	26.7	0
Tall - Coconut	926	221	10.3	8.2	30.9	29.2	0.0	0.4	0.39	29.2	N/A	29.2	0
Tall - Almond	867	207	10.1	5.1	28.1	26.9	0.4	0.6	0.38	26.9	N/A	26.9	0
Tall - Oat	1099	262	11.8	8.2	36.4	31.6	2.1	1.6	0.16	31.6	N/A	31.6	0
Grande - Skimmed Milk	1230	294	11.3	7.0	43.5	41.9	0.1	5.2	0.58	41.9	6.7	35.2	0
Grande - Semi Skimmed Milk	1321	316	13.9	8.7	43.1	41.6	0.1	5.1	0.57	41.6	8.6	33.0	0
Grande - Whole Milk	1378	329	15.6	9.5	42.9	41.3	0.1	5.0	0.57	41.3	8.1	33.2	0
Grande - Soy	1264	302	13.4	7.2	41.1	38.5	0.6	4.4	0.56	38.5	N/A	38.5	0
Grande - Coconut	1242	296	12.2	9.8	45.1	42.9	0.1	0.4	0.55	42.9	N/A	42.9	0
Grande - Almond	1226	292	14.1	7.1	40.4	38.7	0.5	0.8	0.55	38.7	N/A	38.7	0
Grande - Oat	1532	366	16.3	11.3	51.3	45.0	2.7	2.1	0.20	45.0	N/A	45.0	0



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*Spring 2018 Starbucks Beverage Nutrition Information **

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
Venti - Skimmed Milk	1388	332	10.4	6.5	54.2	52.5	0.1	5.9	0.72	52.5	10.2	42.3	0
Venti - Semi Skimmed Milk	1495	357	13.4	8.4	53.8	52.1	0.1	5.8	0.71	52.1	10.2	41.9	0
Venti - Whole Milk	1561	373	15.4	9.3	53.5	51.8	0.1	5.7	0.71	51.8	9.6	42.2	0
Venti - Soy	1384	331	12.4	6.6	50.6	47.8	0.6	4.3	0.68	47.8	N/A	47.8	0
Venti - Coconut	1526	364	13.3	10.9	59.3	56.5	0.1	0.4	0.71	56.5	N/A	56.5	0
Venti - Almond	1418	338	14.3	7.2	51.1	49.2	0.5	0.9	0.69	49.2	N/A	49.2	0
Venti - Oat	1776	423	16.9	11.7	63.8	56.4	3.2	2.4	0.24	56.4	N/A	56.4	0
WHITE CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Tall - Skimmed Milk	1075	256	10.4	5.0	36.0	35.8	0.0	4.6	0.49	35.8	5.9	29.9	0
Tall - Semi Skimmed Milk	1139	271	12.0	6.0	36.0	35.8	0.0	4.6	0.48	35.8	5.9	29.9	0
Tall - Whole Milk	1207	287	14.0	7.4	35.7	35.5	0.0	4.5	0.48	35.5	5.6	29.9	0
Tall - Soy	1098	262	12.3	5.3	34.1	33.8	0.4	3.6	0.46	33.8	0.7	33.1	0
Tall - Coconut	1101	262	13.3	7.8	34.4	33.8	0.4	1.0	0.51	33.8	0.7	33.1	0
Tall - Almond	1028	245	11.5	5.1	33.5	33.2	0.4	1.6	0.46	33.2	0.7	32.5	0
Tall - Oat	1269	303	13.2	9.3	42.3	37.6	2.1	2.6	0.22	37.6	0.7	36.9	0
Grande - Skimmed Milk	1470	350	14.5	7.0	49.1	48.7	0.1	5.8	0.66	48.7	7.4	41.3	0
Grande - Semi Skimmed Milk	1548	369	16.5	8.3	49.1	48.7	0.1	5.8	0.65	48.7	7.4	41.3	0
Grande - Whole Milk	1632	389	19.0	10.0	48.7	48.3	0.1	5.7	0.65	48.3	7.0	41.3	0
Grande - Soy	1499	357	16.8	7.4	46.6	46.2	0.5	4.5	0.62	46.2	0.9	45.3	0
Grande - Coconut	1502	358	18.1	10.5	47.0	46.2	0.5	1.4	0.68	46.2	0.9	45.3	0
Grande - Almond	1412	336	15.9	7.1	46.0	45.5	0.4	2.1	0.62	45.5	0.9	44.5	0
Grande - Oat	1710	408	18.0	12.7	56.8	50.9	2.6	3.5	0.28	50.9	0.9	50.0	0
Venti - Skimmed Milk	1755	418	15.1	7.0	63.2	62.7	0.1	7.1	0.84	62.7	8.7	54.0	0
Venti - Semi Skimmed Milk	1849	440	17.6	8.5	63.2	62.7	0.1	7.1	0.84	62.7	8.7	54.0	0
Venti - Whole Milk	1949	464	20.6	10.6	62.8	62.3	0.1	7.0	0.84	62.3	8.2	54.0	0
Venti - Soy	1789	426	17.9	7.5	60.3	59.8	0.6	5.6	0.79	59.8	0.9	58.8	0
Venti - Coconut	1793	427	19.5	11.2	60.7	59.8	0.6	1.9	0.87	59.8	0.9	58.8	0
Venti - Almond	1685	401	16.8	7.2	59.5	58.9	0.5	2.7	0.79	58.9	0.9	57.9	0
Venti - Oat	2042	486	19.3	13.6	72.5	65.4	3.1	4.2	0.35	65.4	0.9	64.5	0
CHAI TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)													
Tall - Skimmed Milk	932	222	9.0	5.0	31.8	31.6	0.0	3.4	0.40	31.6	5.6	26.0	46
Tall - Semi Skimmed Milk	992	236	10.6	6.0	31.8	31.6	0.0	3.4	0.40	31.6	5.6	26.0	46
Tall - Whole Milk	1057	252	12.4	7.3	31.5	31.3	0.0	3.3	0.40	31.3	5.3	26.0	46
Tall - Soy	954	227	10.8	5.3	30.0	29.7	0.4	2.4	0.37	29.7	0.7	29.0	46
Tall - Coconut	957	228	11.8	7.7	30.3	29.7	0.4	0.1	0.42	29.7	0.7	29.0	46
Tall - Almond	888	211	10.1	5.1	29.5	29.1	0.3	0.5	0.37	29.1	0.7	28.4	46
Tall - Oat	1124	268	11.7	8.1	37.9	33.4	2.5	1.6	0.15	33.4	0.7	32.7	46
Grande - Skimmed Milk	1285	306	12.5	7.0	43.9	43.6	0.1	4.3	0.55	43.6	7.2	36.4	69
Grande - Semi Skimmed Milk	1360	324	14.5	8.2	43.9	43.6	0.1	4.3	0.54	43.6	7.2	36.4	69
Grande - Whole Milk	1441	343	16.9	9.9	43.6	43.2	0.1	4.2	0.54	43.2	6.8	36.4	69
Grande - Soy	1313	313	14.8	7.4	41.6	41.2	0.5	3.1	0.51	41.2	0.9	40.3	69
Grande - Coconut	1316	313	16.0	10.4	41.9	41.2	0.5	0.1	0.57	41.2	0.9	40.3	69
Grande - Almond	1229	293	13.9	7.1	41.0	40.5	0.4	0.7	0.51	40.5	0.9	39.5	69
Grande - Oat	1530	365	16.0	11.1	51.6	45.9	3.2	2.1	0.20	45.9	0.9	45.0	69
Venti - Skimmed Milk	1528	364	12.6	7.0	57.4	56.9	0.1	5.2	0.71	56.9	8.5	48.4	92
Venti - Semi Skimmed Milk	1620	386	15.0	8.5	57.4	56.9	0.1	5.2	0.71	56.9	8.5	48.4	92
Venti - Whole Milk	1719	409	17.9	10.5	57.0	56.5	0.1	5.1	0.71	56.5	8.1	48.4	92
Venti - Soy	1562	372	15.3	7.5	54.5	54.1	0.6	3.7	0.66	54.1	0.9	53.1	92
Venti - Coconut	1566	373	16.8	11.1	55.0	54.1	0.6	0.1	0.74	54.1	0.9	53.1	92
Venti - Almond	1460	348	14.2	7.2	53.8	53.1	0.5	0.8	0.66	53.1	0.9	52.2	92
Venti - Oat	1827	435	16.7	11.5	66.7	59.8	4.0	2.4	0.23	59.8	0.9	58.9	92
FRAPPUCCINO® BLENDED JUICE DRINK													
MANGO PASSION FRUIT FRAPPUCCINO® (with Passion Tea)													
Tall	626	157	0.2	0.0	36.2	35.1	1.0	0.6	0.26	35.1	0.0	35.1	0
Grande	751	191	0.3	0.0	43.5	42.0	1.3	0.8	0.32	42.0	0.0	42.0	0
Venti	892	229	0.3	0.1	51.6	49.8	1.5	0.9	0.38	49.8	0.0	49.8	0
RASPBERRY BLACKCURRENT FRAPPUCCINO® (with Zen Tea)													
Tall	629	158	0.1	0.0	36.9	35.8	0.6	0.3	0.08	35.8	0.0	35.8	0
Grande	755	192	0.1	0.0	44.3	42.8	0.7	0.4	0.10	42.8	0.0	42.8	0
Venti	896	229	0.1	0.0	52.5	50.8	0.8	0.5	0.12	50.8	0.0	50.8	0
COLD CRAFT													
COLD BREW													
10 oz	2	0	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	91
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
NITRO COLD BREW													
10 oz	16	4	0.0	0.0	0.0	0.0	0.0	0.1	0.00	0.0	0.0	0.0	166
Tall	17	4	0.0	0.0	0.0	0.0	0.0	0.2	0.00	0.0	0.0	0.0	244
COLD BREW VANILLA SWEET CREAM													
10 oz	156	37	2.3	1.4	4.2	4.1	0.0	0.1	0.00	4.1	0.3	3.8	84
Tall	323	77	4.8	3.0	8.5	8.3	0.0	0.1	0.00	8.3	0.5	7.8	139
Grande	364	87	4.8	3.0	10.9	10.6	0.0	0.2	0.00	10.6	0.5	10.1	186
Venti	646	155	9.5	6.0	17.0	16.6	0.0	0.2	0.10	16.6	1.0	15.6	276
CAPPUCCINO FREDDO (made with Skimmed Milk as standard)													
Tall	243	57	0.1	0.0	10.9	8.9	0.0	3.3	0.10	8.9	3.8	5.1	150
Grande	295	69	0.1	0.0	13.0	11.0	0.0	4.1	0.10	11.0	5.0	6.0	150
Venti	396	93	0.1	0.0	17.5	14.5	0.0	5.5	0.10	14.5	6.5	8.0	225



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	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
COLD BREW with dairy-free ALMOND													
10 oz	130	31	1.6	0.1	3.4	3.3	0.4	0.7	0.10	3.3	0.0	3.3	72
Tall	166	40	2.0	0.2	4.3	4.2	0.5	0.8	0.10	4.2	0.0	4.2	119
Grande	220	53	2.7	0.2	5.7	5.5	0.7	1.1	0.10	5.5	0.0	5.5	159
Venti	259	63	3.1	0.3	6.8	6.5	0.8	1.3	0.20	6.5	0.0	6.5	237
Venti - Skimmed Milk	2064	492	21.1	14.5	65.5	63.3	2.5	8.8	0.23	63.3	9.9	53.4	4
Venti - Semi Skimmed Milk	2188	522	24.5	16.7	65.1	62.9	2.5	9.2	0.23	62.9	9.5	53.4	4
Venti - Whole Milk	2303	550	28.0	19.0	64.9	62.7	2.5	8.4	0.23	62.7	9.3	53.4	4
Venti - Soy	2111	504	24.3	15.1	61.8	59.6	3.5	8.0	0.25	59.6	N/A	59.6	4
Venti - Coconut	2110	505	26.6	19.8	62.4	59.6	2.9	2.5	0.15	59.6	N/A	59.6	4
Venti - Almond	1971	471	23.3	14.7	60.8	58.4	3.1	3.1	0.16	58.4	N/A	58.4	4
Venti - Oat	2403	574	26.2	17.6	77.2	66.7	6.4	4.1	0.29	66.7	N/A	66.7	4
Venti - Skimmed Milk	1959	465	14.9	9.7	75.1	69.6	0.3	7.6	0.40	69.6	9.2	60.7	0
Venti - Semi Skimmed Milk	2074	493	18.0	11.7	74.7	69.2	0.3	7.9	0.40	69.2	8.8	60.7	0
Venti - Whole Milk	2181	519	21.3	13.9	74.5	69.0	0.3	7.2	0.40	69.0	8.6	60.7	0
Venti - Soy	2003	477	17.8	10.2	71.6	66.1	1.2	6.8	0.40	66.1	0.0	66.4	0
Venti - Coconut	2002	477	20.0	14.6	72.2	66.1	0.7	1.7	0.30	66.1	0.0	66.4	0
Venti - Almond	1873	446	16.9	9.8	70.7	65.0	0.9	2.2	0.30	65.0	0.0	65.3	0
Venti - Skimmed Milk	2077	494	12.8	7.0	88.9	86.1	0.1	5.9	0.87	86.1	6.3	79.8	113
Venti - Semi Skimmed Milk	2141	510	14.5	8.1	88.9	86.1	0.1	5.9	0.86	86.1	6.3	79.8	113
Venti - Whole Milk	2211	526	16.5	9.5	88.5	85.8	0.1	5.8	0.86	85.8	6.0	79.8	113
Venti - Soy	2100	500	14.7	7.4	86.8	84.1	0.5	4.8	0.83	84.1	0.9	83.2	113
Venti - Coconut	2103	501	15.8	9.9	87.2	84.1	0.5	2.2	0.89	84.1	0.9	83.2	113
Venti - Almond	2029	483	14.0	7.2	86.3	83.5	0.5	2.8	0.83	83.5	0.9	82.5	113
Spring Promo 2018													
ROOIBOS LATTE (made with Semi Skimmed Milk as standard)													
Short - Skimmed Milk	254	60	0.2	0.0	8.5	8.5	0.6	5.8	0.18	8.5	8.5	0.0	0
Short - Semi Skimmed Milk	361	86	3.1	1.9	8.2	8.2	0.6	6.1	0.18	8.2	8.2	0.0	0
Short - Whole Milk	460	110	6.1	3.9	8.0	8.0	0.6	5.5	0.18	8.0	8.0	0.0	0
Short - Soy	295	71	2.9	0.5	5.3	5.3	1.5	5.1	0.19	5.3	0.0	5.3	0
Short - Coconut	294	71	4.9	4.6	5.8	5.3	0.9	0.4	0.10	5.3	0.0	5.3	0
Short - Almond	174	42	2.1	0.2	4.4	4.3	1.1	0.9	0.11	4.3	0.0	4.3	0
Short - Oat	546	130	4.6	2.7	18.5	11.4	4.0	1.7	0.23	11.4	0.0	11.4	0
Tall - Skimmed Milk	406	96	0.3	0.0	13.5	13.5	1.2	9.2	0.28	13.5	13.5	0.0	0
Tall - Semi Skimmed Milk	576	137	4.9	3.0	13.0	13.0	1.2	9.7	0.28	13.0	13.0	0.0	0
Tall - Whole Milk	733	175	9.7	6.2	12.7	12.7	1.2	8.7	0.28	12.7	12.7	0.0	0
Tall - Soy	471	113	4.6	0.8	8.4	8.4	2.6	8.1	0.31	8.4	0.0	8.4	0
Tall - Coconut	470	113	7.8	7.3	9.2	8.4	1.7	0.6	0.16	8.4	0.0	8.4	0
Tall - Almond	279	67	3.3	0.3	7.0	6.8	2.0	1.4	0.17	6.8	0.0	6.8	0
Tall - Oat	870	208	7.3	4.3	29.5	18.1	6.6	2.7	0.36	18.1	0.0	18.1	0
Grande - Skimmed Milk	521	123	0.4	0.0	17.3	17.3	1.8	11.8	0.36	17.3	17.3	0.0	0
Grande - Semi Skimmed Milk	738	176	6.2	3.8	16.6	16.6	1.8	12.4	0.36	16.6	16.6	0.0	0
Grande - Whole Milk	939	225	12.4	7.9	16.3	16.2	1.8	11.1	0.36	16.2	16.2	0.0	0
Grande - Soy	605	144	5.9	1.0	10.7	10.7	3.5	10.4	0.40	10.7	0.0	10.7	0
Grande - Coconut	603	145	10.0	9.3	11.8	10.7	2.5	0.7	0.21	10.7	0.0	10.7	0
Grande - Almond	359	86	4.2	0.4	9.0	8.6	2.8	1.8	0.23	8.6	0.0	8.6	0
Grande - Oat	1114	266	9.3	5.5	37.6	23.1	8.7	3.5	0.47	23.1	0.0	23.1	0
Venti - Skimmed Milk	681	161	0.5	0.1	22.5	22.5	2.4	15.3	0.48	22.5	22.5	0.0	0
Venti - Semi Skimmed Milk	964	229	8.1	5.0	21.6	21.6	2.4	16.2	0.48	21.6	21.6	0.0	0
Venti - Whole Milk	1225	293	16.2	10.4	21.2	21.2	2.4	14.4	0.48	21.2	21.2	0.0	0
Venti - Soy	789	188	7.7	1.4	14.0	14.0	4.6	13.5	0.52	14.0	0.0	14.0	0
Venti - Coconut	787	189	13.1	12.2	15.3	14.0	3.3	0.9	0.27	14.0	0.0	14.0	0
Venti - Almond	469	112	5.4	0.5	11.7	11.3	3.7	2.3	0.30	11.3	0.0	11.3	0
Venti - Oat	1453	347	12.2	7.2	49.1	30.2	11.4	4.5	0.61	30.2	0.0	30.2	0
RED APPLE ROOIBOS LATTE (made with Semi Skimmed Milk as standard)													
Short - Skimmed Milk	324	76	0.2	0.0	12.6	12.4	0.6	5.8	0.18	12.4	12.4	0.0	0
Short - Semi Skimmed Milk	431	102	3.1	1.9	12.3	12.0	0.6	6.1	0.18	12.0	12.0	0.0	0
Short - Whole Milk	530	127	6.1	3.9	12.1	11.9	0.6	5.5	0.18	11.9	11.9	0.0	0
Short - Soy	365	87	2.9	0.5	9.4	9.1	1.5	5.1	0.19	9.1	0.0	9.1	0
Short - Coconut	364	87	4.9	4.6	9.9	9.1	0.9	0.4	0.10	9.1	0.0	9.1	0
Short - Almond	244	58	2.1	0.2	8.5	8.1	1.1	0.9	0.11	8.1	0.0	8.1	0
Short - Oat	616	147	4.6	2.7	22.6	15.3	4.0	1.7	0.23	15.3	0.0	15.3	0
Tall - Skimmed Milk	509	120	0.3	0.0	19.6	19.3	1.2	9.2	0.28	19.3	19.3	0.0	0
Tall - Semi Skimmed Milk	679	161	4.9	3.0	19.0	18.7	1.2	9.7	0.28	18.7	18.7	0.0	0
Tall - Whole Milk	835	200	9.7	6.2	18.7	18.5	1.2	8.7	0.28	18.5	18.5	0.0	0
Tall - Soy	574	137	4.6	0.8	14.4	14.1	2.6	8.1	0.31	14.1	0.0	14.1	0
Tall - Coconut	573	137	7.8	7.3	15.2	14.1	1.7	0.6	0.16	14.1	0.0	14.1	0
Tall - Almond	382	91	3.3	0.3	13.1	12.5	2.0	1.4	0.17	12.5	0.0	12.5	0
Tall - Oat	972	232	7.3	4.3	35.5	23.9	6.6	2.7	0.36	23.9	0.0	23.9	0
Grande - Skimmed Milk	657	155	0.4	0.0	25.3	24.9	1.8	11.8	0.36	24.9	24.9	0.0	0
Grande - Semi Skimmed Milk	874	208	6.2	3.8	24.6	24.2	1.8	12.4	0.36	24.2	24.2	0.0	0
Grande - Whole Milk	1074	257	12.4	7.9	24.2	23.9	1.8	11.1	0.36	23.9	23.9	0.0	0
Grande - Soy	740	176	5.9	1.0	18.7	18.3	3.5	10.4	0.40	18.3	0.0	18.3	0
Grande - Coconut	738	177	10.0	9.3	19.7	18.3	2.5	0.7	0.21	18.3	0.0	18.3	0
Grande - Almond	495	118	4.2	0.4	17.0	16.3	2.8	1.8	0.23	16.3	0.0	16.3	0
Grande - Oat	1249	298	9.3	5.5	45.6	30.8	8.7	3.5	0.47	30.8	0.0	30.8	0
MATCHA TEA with dairy-free ALMOND													
Short	188	45	2.1	0.2	5.0	4.3	0.9	1.1	0.10	4.3	0.0	4.3	30
Tall	307	73	3.3	0.3	8.2	6.8	1.6	1.9	0.16	6.8	0.0	6.8	60
Grande	401	96	4.3	0.4	10.7	8.7	2.2	2.6	0.21	8.7	0.0	8.7	90
Venti	525	125	5.6	0.5	14.0	11.4	2.8	3.4	0.27	11.4	0.0	11.4	120



Spring 2018 Starbucks Beverage Nutrition Information *

	kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
MATCHA TEA LATTE (made with Semi Skimmed Milk as standard)													
Short - Skimmed Milk	268	63	0.2	0.0	9.1	8.5	0.4	6.1	0.17	8.5	8.5	0.0	30
Short - Semi Skimmed Milk	375	89	3.1	1.9	8.7	8.2	0.4	6.4	0.17	8.2	8.2	0.0	30
Short - Whole Milk	474	113	6.2	3.9	8.6	8.0	0.4	5.7	0.17	8.0	8.0	0.0	30
Short - Soy	309	74	2.9	0.5	5.9	5.3	1.2	5.4	0.19	5.3	0.0	5.3	30
Short - Coconut	308	74	5.0	4.6	6.4	5.3	0.7	0.6	0.09	5.3	0.0	5.3	30
Short - Almond	188	45	2.1	0.2	5.0	4.3	0.9	1.1	0.10	4.3	0.0	4.3	30
Short - Oat	560	134	4.6	2.7	19.1	11.4	3.8	2.0	0.22	11.4	0.0	11.4	30
Tall - Skimmed Milk	434	102	0.4	0.1	14.7	13.6	0.7	9.8	0.27	13.6	13.6	0.0	60
Tall - Semi Skimmed Milk	604	144	4.9	3.0	14.1	13.0	0.7	10.3	0.27	13.0	13.0	0.0	60
Tall - Whole Milk	761	182	9.8	6.2	13.9	12.8	0.7	9.2	0.27	12.8	12.8	0.0	60
Tall - Soy	499	119	4.7	0.8	9.5	8.4	2.1	8.7	0.30	8.4	0.0	8.4	60
Tall - Coconut	498	120	7.9	7.3	10.3	8.4	1.3	1.1	0.15	8.4	0.0	8.4	60
Tall - Almond	307	73	3.3	0.3	8.2	6.8	1.6	1.9	0.16	6.8	0.0	6.8	60
Tall - Oat	898	214	7.4	4.3	30.6	18.2	6.1	3.3	0.35	18.2	0.0	18.2	60
Grande - Skimmed Milk	563	133	0.5	0.1	19.0	17.4	1.1	12.6	0.35	17.4	17.4	0.0	90
Grande - Semi Skimmed Milk	780	186	6.3	3.8	18.3	16.7	1.1	13.3	0.35	16.7	16.7	0.0	90
Grande - Whole Milk	981	235	12.6	8.0	18.0	16.3	1.1	11.9	0.35	16.3	16.3	0.0	90
Grande - Soy	646	154	6.0	1.1	12.4	10.8	2.8	11.2	0.38	10.8	0.0	10.8	90
Grande - Coconut	645	155	10.1	9.3	13.5	10.8	1.8	1.6	0.19	10.8	0.0	10.8	90
Grande - Almond	401	96	4.3	0.4	10.7	8.7	2.2	2.6	0.21	8.7	0.0	8.7	90
Grande - Oat	1156	276	9.4	5.6	39.3	23.2	8.0	4.3	0.45	23.2	0.0	23.2	90
Venti - Skimmed Milk	736	174	0.6	0.1	24.8	22.6	1.5	16.5	0.45	22.6	22.6	0.0	120
Venti - Semi Skimmed Milk	1019	242	8.3	5.0	23.9	21.7	1.5	17.4	0.45	21.7	21.7	0.0	120
Venti - Whole Milk	1281	306	16.4	10.4	23.5	21.3	1.5	15.6	0.45	21.3	21.3	0.0	120
Venti - Soy	845	201	7.8	1.4	16.3	14.1	3.7	14.7	0.50	14.1	0.0	14.1	120
Venti - Coconut	842	202	13.2	12.2	17.6	14.1	2.4	2.1	0.25	14.1	0.0	14.1	120
Venti - Almond	525	125	5.6	0.5	14.0	11.4	2.8	3.4	0.27	11.4	0.0	11.4	120
Venti - Oat	1509	360	12.3	7.2	51.4	30.3	10.5	5.7	0.59	30.3	0.0	30.3	120
ICED ROOIBOS LATTE (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	278	66	0.2	0.0	9.1	9.1	1.2	6.2	0.20	9.1	9.1	0.0	0
Tall - Semi Skimmed Milk	393	94	3.3	2.0	8.8	8.8	1.2	6.6	0.20	8.8	8.8	0.0	0
Tall - Whole Milk	499	119	6.6	4.2	8.6	8.6	1.2	5.9	0.20	8.6	8.6	0.0	0
Tall - Soy	322	77	3.1	0.6	5.7	5.7	2.1	5.5	0.21	5.7	0.0	5.7	0
Tall - Coconut	321	77	5.3	4.9	6.2	5.7	1.6	0.4	0.11	5.7	0.0	5.7	0
Tall - Almond	192	46	2.2	0.2	4.8	4.6	1.7	0.9	0.12	4.6	0.0	4.6	0
Tall - Oat	591	141	4.9	2.9	19.9	12.2	4.9	1.8	0.25	12.2	0.0	12.2	0
Grande - Skimmed Milk	352	83	0.3	0.0	11.5	11.5	1.8	7.8	0.25	11.5	11.5	0.0	0
Grande - Semi Skimmed Milk	497	118	4.2	2.5	11.1	11.0	1.8	8.3	0.25	11.0	11.0	0.0	0
Grande - Whole Milk	630	151	8.3	5.3	10.8	10.8	1.8	7.4	0.25	10.8	10.8	0.0	0
Grande - Soy	408	97	3.9	0.7	7.2	7.1	2.9	6.9	0.27	7.1	0.0	7.1	0
Grande - Coconut	407	98	6.7	6.2	7.8	7.1	2.3	0.5	0.15	7.1	0.0	7.1	0
Grande - Almond	245	59	2.8	0.2	6.0	5.8	2.5	1.2	0.16	5.8	0.0	5.8	0
Grande - Oat	747	178	6.2	3.7	25.1	15.4	6.4	2.3	0.32	15.4	0.0	15.4	0
Venti - Skimmed Milk	403	95	0.3	0.0	13.1	13.0	2.4	8.9	0.29	13.0	13.0	0.0	0
Venti - Semi Skimmed Milk	567	135	4.7	2.9	12.6	12.5	2.4	9.4	0.29	12.5	12.5	0.0	0
Venti - Whole Milk	719	172	9.4	6.0	12.3	12.3	2.4	8.4	0.29	12.3	12.3	0.0	0
Venti - Soy	466	111	4.5	0.8	8.1	8.1	3.7	7.9	0.31	8.1	0.0	8.1	0
Venti - Coconut	465	112	7.6	7.1	8.9	8.1	2.9	0.6	0.17	8.1	0.0	8.1	0
Venti - Almond	281	67	3.2	0.3	6.8	6.5	3.2	1.3	0.18	6.5	0.0	6.5	0
Venti - Oat	851	203	7.1	4.2	28.5	17.5	7.6	2.6	0.36	17.5	0.0	17.5	0
ICED RED APPLE ROOIBOS LATTE (made with Semi Skimmed Milk as standard)													
Tall - Skimmed Milk	381	90	0.2	0.0	15.2	14.9	1.2	6.2	0.20	14.9	9.1	5.8	0
Tall - Semi Skimmed Milk	495	118	3.3	2.0	14.8	14.5	1.2	6.6	0.20	14.5	8.8	5.8	0
Tall - Whole Milk	601	144	6.6	4.2	14.6	14.3	1.2	5.9	0.20	14.3	8.6	5.8	0
Tall - Soy	424	101	3.1	0.6	11.7	11.4	2.1	5.5	0.21	11.4	0.0	11.4	0
Tall - Coconut	424	101	5.3	4.9	12.3	11.4	1.6	0.4	0.11	11.4	0.0	11.4	0
Tall - Almond	295	70	2.2	0.2	10.8	10.3	1.8	0.9	0.12	10.3	0.0	10.3	0
Tall - Oat	694	165	4.9	2.9	25.9	18.0	4.9	1.8	0.25	18.0	0.0	18.0	0
Grande - Skimmed Milk	488	115	0.3	0.0	19.5	19.1	1.8	7.8	0.25	19.1	11.5	7.6	0
Grande - Semi Skimmed Milk	632	150	4.2	2.5	19.0	18.7	1.8	8.3	0.25	18.7	11.0	7.6	0
Grande - Whole Milk	766	183	8.3	5.3	18.8	18.5	1.8	7.4	0.25	18.5	10.8	7.6	0
Grande - Soy	543	129	3.9	0.7	15.1	14.8	3.0	6.9	0.27	14.8	0.0	14.8	0
Grande - Coconut	542	130	6.7	6.2	15.8	14.8	2.3	0.5	0.15	14.8	0.0	14.8	0
Grande - Almond	380	91	2.8	0.2	14.0	13.4	2.5	1.2	0.16	13.4	0.0	13.4	0
Grande - Oat	882	210	6.2	3.7	33.0	23.0	6.4	2.3	0.32	23.0	0.0	23.0	0
Venti - Skimmed Milk	572	135	0.3	0.0	23.0	22.6	2.4	8.9	0.29	22.6	13.0	9.5	0
Venti - Semi Skimmed Milk	736	175	4.7	2.9	22.5	22.1	2.4	9.4	0.29	22.1	12.5	9.5	0
Venti - Whole Milk	887	212	9.4	6.0	22.2	21.8	2.4	8.4	0.29	21.8	12.3	9.5	0
Venti - Soy	635	151	4.5	0.8	18.0	17.6	3.7	7.9	0.31	17.6	0.0	17.6	0
Venti - Coconut	633	152	7.6	7.1	18.8	17.6	2.9	0.6	0.17	17.6	0.0	17.6	0
Venti - Almond	449	107	3.2	0.3	16.7	16.1	3.2	1.3	0.18	16.1	0.0	16.1	0
Venti - Oat	1019	243	7.1	4.2	38.4	27.0	7.6	2.6	0.36	27.0	0.0	27.0	0
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	349	84	5.4	4.9	7.4	5.7	1.1	0.9	0.10	5.7	0.0	5.7	60
Tall - Almond	220	53	2.3	0.2	5.9	4.6	1.3	1.5	0.11	4.6	0.0	4.6	60
Tall - Oat	619	148	5.0	2.9	21.0	12.3	4.4	2.4	0.24	12.3	0.0	12.3	60



Spring 2018 Starbucks Beverage Nutrition Information *

Table with 14 columns: Beverage Name, kJ, kcal, Fat (g), of which Saturates (g), Carbohydrates (g), Total Sugars (g), Fibre (g), Protein (g), Salt (g), Total Sugars (g), Natural Sugar (g) from dairy option, Added sugar (g), Caffeine (mg). Rows include various Starbucks drinks like Grande - Skimmed Milk, Roibos Cream Frappuccino, Red Apple Roibos Cream Frappuccino, and Matcha Tea Cream Frappuccino.



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Spring 2018 Starbucks Beverage Nutrition Information *

kJ	kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) from dairy option	Added sugar (g)	Caffeine (mg) **
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SHORT -- 237ml (8 fl oz)
TALL -- 355 ml (12 fl oz)
GRANDE -- 473 ml (16 fl oz)
VENTI -- 592 ml (20 fl oz)

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

** Caffeine information is approximate. These values reflect Starbucks standard brewing methods. Values can vary greatly based on the variety of the coffee and the brewing equipment used. The handcrafted nature of our beverages may result in a variation from the reported values.