

<div> <div>STARBUCKS®</div> <div>WINTER 2017</div> <div>Fresh & Packaged Food</div> <div>Nutritional Information</div> </div>		Product Suitable for:		Made using ingredients that are:			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Fibre (g)		Protein (g)		Salt (g)	
		Vegetarian	Vegan	Wheat Free	Gluten Free	Milk Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Product Description	Portion Size (g)																							
Toast, Swirl & Buns																								
Luxury Fruit Toast	145	Y	N	N	N	N	1327	1924	314	455	7.1	10.3	2.6	3.8	54.8	79.5	27.2	39.4	3.4	4.9	7.8	11.3	0.37	0.54
Brioche Toast	120	Y	N	N	N	N	1500	1800	356	427	13.4	16.1	6.7	8.2	50.2	60.2	8.5	10.2	1.3	1.6	8.7	10.4	0.83	1.00
Chocolate Swirl	133	Y	N	N	N	N	1351	1797	321	427	13.0	17.4	6.4	8.5	47.4	63.0	20.5	27.3	3.5	4.6	7.2	9.6	0.58	0.77
Cinnamon Swirl	143	Y	N	N	N	N	1359	1984	323	472	10.2	14.9	4.0	5.8	49.1	71.7	18.4	26.9	2.6	3.8	7.4	10.8	0.42	0.60
Almond Swedish Bun	100	Y	N	N	N	N	1571	1571	374	374	14.4	14.4	7.9	7.9	51.2	51.2	14.6	14.6	1.2	1.2	9.2	9.2	0.71	0.71
Cinnamon Swedish Bun	100	Y	N	N	N	N	1565	1565	372	372	14.0	14.0	8.0	8.0	52.4	52.5	17.2	17.2	1.7	1.7	8.4	8.4	0.70	0.70
Bars, Biscuits, Shortbreads																								
Burnt Caramel Brownie	80	Y	N	N	N	N	1933	1546	462	370	27.2	21.8	16.4	13.1	48.5	38.8	42.0	33.6	2.1	1.7	4.6	3.7	0.40	0.30
Granola Bar	80	Y	N	Y	N	N	1815	1450	435	350	20.0	16.0	7.7	6.2	56.4	45.1	32.3	25.8	4.7	3.8	6.6	5.3	0.40	0.30
Chocolate Brownie	70	Y	N	Y	Y	N	1780	1245	425	300	28.3	19.8	16.0	11.2	37.2	26.0	31.3	21.9	2.7	1.9	4.9	3.5	0.40	0.30
Chocolate Chunk Shortbread Fairtrade	97	Y	N	N	N	N	2162	2076	518	497	30.2	28.9	18.9	18.1	53.5	51.4	21.8	20.1	3.1	2.9	6.2	5.9	0.10	0.10
Chocolate Caramel Shortbread	80	Y	N	N	N	N	2085	1668	499	399	27.9	22.3	17.0	13.6	57.5	46.0	33.4	26.7			5.5	4.4	0.33	0.26
Marshmallow Twizzle	35	N	N	N	N	N	1859	651	442	155	14.6	5.1	8.3	2.9	73.5	25.7	64.3	22.5	1.8	0.6	5.0	1.8	0.00	0.00
Cookies																								
Pecan & Chocolate Cookie	87	Y	N	N	N	N	2170	1888	519	452	30.5	26.5	15.3	13.3	53.8	46.8	30.1	26.2	2	1.7	6.3	5.5	0.34	0.3
Salted Caramel Cookie	79	Y	N	N	N	N	1840	1454	438	346	16.9	13.4	10.5	8.3	64.9	51.3	41.4	32.7	5.4	4.3	2.4	1.9	0.81	0.60
Nutella and Oat Cookie	82	Y	N	N	N	N	1954	1602	467	383	22.2	18.2	8.9	7.3	58.7	48.1	36.9	30.3	3.5	2.9	6.3	5.2	0.49	0.40
Milk Choc Chunk	79	Y	N	N	N	N	1970	1556	471	372	22.9	18.1	14.1	11.2	58.3	46.1	41.2	32.5	2.8	2.2	6.4	5.1	0.34	0.27
Cakes, Loaf Cakes & Mallow Tops																								
Lemon Loaf Cake	86	Y	N	N	N	N	1774	1526	424	364	23.5	20.2	6.6	5.7	47.3	40.7	29.4	25.3	1.6	1.4	5.0	4.3	0.50	0.40
Praline Crunch Loaf	90	Y	N	N	N	N	1792	1613	429	386	24.8	22.3	5.0	4.5	43.4	39.1	27.9	25.1	2.0	1.8	7.1	6.4	0.63	0.60
Marble Loaf Cake	90	Y	N	N	N	N	1794	1615	429	386	23.8	21.4	6.8	6.1	47.9	43.1	29.4	26.5	1.7	1.5	5.0	4.5	0.72	0.64
Carrot Cake	154	Y	N	N	N	N	1756	2718	421	648	21.1	32.4	4.3	6.5	54.0	83.2	40.7	62.7	1.0	1.5	3.9	6.0	0.46	0.70
Cookies & Cream Cake	147	Y	N	N	N	N	1793	2636	428	629	19.1	28.1	7.0	10.3	59.1	86.9	48.1	70.7	1.8	2.6	4.7	6.9	0.58	0.85
Mallow Top - MalTED Milk Chocolate	110	N	N	N	N	N	1810	1991	432	475	22.3	24.5	12.6	13.9	52.2	57.4	40.3	44.3	1.5	1.7	4.8	5.3	0.50	0.60
Mallow Top - Chocolate & Cherry	110	N	N	N	N	N	1796	1976	414	455	21.9	24.1	8.9	9.8	52.0	57.2	44.1	48.5	2.2	2.4	4.5	5.0	0.30	0.30
Muffins																								
Blueberry Muffin	122	Y	N	N	N	N	1622	1979	387	472	19.4	23.6	4.2	5.1	47.1	57.4	21.6	26.3	1.4	1.7	5.4	6.6	0.37	0.45
Skinny Blueberry Muffin	120	Y	N	N	N	N	1100	1320	260	312	2.4	2.9	1.1	1.3	55	66	20.2	24.2	1.2	1.4	3.9	4.7	0.75	0.9
Salted Caramel Muffin	120	Y	N	N	N	N	1630	1956	389	467	18.5	22.2	3.4	4.1	50.7	60.8	26.2	31.4	0.7	0.8	5.3	6.4	0.45	0.5
Lemon Poppyseed Muffin	130	Y	N	N	N	N	1509	1977	359	470	13.7	17.9	1.6	2.1	53.4	70	32.7	42.8	1.8	2.4	4.7	6.2	0.34	0.45
Decadent Chocolate Filled Muffin	118	Y	N	N	N	N	1687	1991	403	476	20.1	23.7	6.87	8.1	48.2	56.9	30.2	35.6	2.3	2.7	6.2	7.3	0.3	0.4
Cranberry & White Chocolate Cheesecake Muffin	125	Y	N	N	N	N	1460	1825	350	438	19.4	24.3	6.75	8.4	38.7	48.4	18.2	22.8	0.8	1	4.8	6	0.32	
Pastries Gist Delivery - Outside London																								
Almond Croissant	115	Y	N	N	N	N	1226	1410	293	337	16.2	18.6	8.9	10.2	31.4	36.1	9.7	11.2	1.6	1.8	5.5	6.3	0.50	0.58
Butter Croissant	71	Y	N	N	N	N	1470	1044	352	250	16.8	11.9	10.9	7.7	42.9	30.5	5.3	3.8	2.0	1.4	7.3	5.2	0.71	0.50
Pain Au Chocolat	70	Y	N	N	N	N	1522	1065	364	255	17.6	12.3	11.2	7.8	44.5	31.2	11.6	8.1	2.9	2.0	7.0	4.9	0.60	0.42
Pain Aux Raisins	112	Y	N	N	N	N	1304	1460	312	349	14.8	16.6	9.7	10.9	39.4	44.1	15.6	17.5	2.1	2.4	5.3	5.9	0.60	0.67
Pastries Direct Delivery - In London																								
Almond Croissant	130	Y	N	N	N	N	1792	2330	429	558	23.4	30.4	10.4	13.5	44.9	58.4	17.2	22.4	2.9	3.8	8.2	10.7	0.50	0.70
Butter Croissant	175	Y	N	N	N	N	1619	2105	387	503	19.0	24.7	11.6	15.1	45.1	58.6	9.3	12.1	1.6	2.1	7.7	10.0	0.98	1.30
Pain Au Chocolat	90	Y	N	N	N	N	1691	1522	404	364	20.0	18.0	12.2	11.0	46.9	42.2	14.7	13.2	1.5	1.4	7.5	6.8	0.88	0.80
Pain Aux Raisins	119	Y	N	N	N	N	1422	1706	339	404	14.1	16.9	8.4	10.1	45.9	55.1	20.8	25.0	1.4	1.7	6.1	7.3	0.74	0.90
Alternate Day Delivery Test Pastries - *TRIAL STORES ONLY*																								
Butter Croissant	60	Y	N	N	N	N	1810	1086	435	261	24.1	14.5	15.4	9.2	44.7	26.8	9.7	5.8	9.5	5.7	1.8	1.1	1.20	0.72
Pain Au Chocolat	70	Y	N	N	N	N	1830	1281	435	305	24	16.8	15.3	10.71	46.6	32.62	14.8	10.36	9	6.3	2.4	1.68	1.05	0.74
Pain Aux Raisins	100	Y	N	N	N	N	1370	1370	330	330	14.2	14.2	9.0	9.0	44.3	44.3	18.9	18.9	6.1	6.1	1.9	1.9	0.79	0.79
Dry Mix Porridge																								
Porridge Dairy	60	Y	N	Y	N	N	1536	923	364	219	6.7	4.0	1.2	0.7	55.1	33.1	12.7	7.6	7.0	4.2	17.4	10.5	0.33	0.20
Porridge Soy	55	Y	Y	Y	N	Y	1663	915	396	218	11.2	6.2	1.7	0.9	49.7	27.3	2.4	1.3	9.6	5.3	19.2	10.6	1.40	0.80
Fresh Porridge Pots - *TRIAL STORES ONLY*																								
Classic Oatmeal	300	Y	N	N	N	N	425	1275	101	303	3.2	9.6	1.5	4.4	13.4	40.2	3.0	9.0	1.8	5.4	3.9	11.6	0.13	0.40
Five Grain Oatmeal (Gluten Free)	300	Y	N	Y	Y	Y	416	1248	99	297	4.0	12.0	2.0	6.0	11.8	35.0	1.6	5.0	1.8	5.0	3.1	9.0	0.36	1.00

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Product Description	Portion Size (g)	Vegetarian	Vegan	Wheat Free	Gluten Free	Milk Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Fruit																								
Fruit Mix	160	Y	Y	Y	Y	Y	219	350	51	82	0.3	0.5	0.0	0.0	11.7	18.7	11.2	17.9	2.3	3.7	0.9	1.4	0.01	0.00
Fresh and Fruity	185	Y	Y	Y	Y	Y	173	320	41	76	0.2	0.4	0.0	0.0	9.8	18.1	9.6	17.8	1.5	2.8	0.5	0.9	0.01	0.02
Fairtrade Banana (per unit =whole)	120	Y	Y	Y	Y	Y	373	448	90	108	0.4	0.5	0.0	0.0	22.6	27.1	12.4	14.9	2.7	3.2	0.8	1.0	0.00	0.00
Dried Fruit Mix	30	Y	Y	N	N	N	1264	379	298	89	0.4	0.1	0.0	0.0	70.4	21.1	68.5	20.6	2.5	0.8	1.9	0.8	0.09	0.03
Yoghurt																								
Yoghurt with Granola, Mango & Passionfruit	240	Y	N	Y	N	N	562	1349	134	322	4.3	10.3	1.9	4.6	17.0	40.8	11.3	27.1	1.2	2.9	6.0	14.4	0.12	0.29
Berry Crunch (Berry compote granola)	240	Y	N	N	N	N	550	1320	130	312	3.8	9.1	2.0	4.8	18.0	43.2	12.8	30.7	1.0	2.4	5.4	13.0	0.12	0.29
Berry Good Bircher	190	Y	N	Y	N	N	565	1074	133	253	1.9	3.6	0.3	0.6	22	41	14	26	2.6	4.9	6.1	12	0.05	0.10
Cinnamon Spiced Apple Bircher	190	Y	N	N	N	N	389	739	92	175	1.1	2.0	0.2	0.3	16.0	29.0	13.0	24.0	1.2	2.2	4.5	8.6	0.08	0.14
Breakfast																								
All Day Breakfast Buttie	162	N	N	N	N	N	1068	1730	255	413	11	17	3.8	6.1	27	44	2.5	4.1	1.0	1.6	13	20	1.3	2.1
Cheddar and Marmite® Sarnie	130	Y	N	N	N	N	1184	1539	282	367	13	17	7.7	10	27	35	0.5	0.6	1.2	1.6	14	18	1.2	1.5
Bacon Butty	125	N	N	N	N	Y	1311	1639	312	390	12	15	4.1	5.1	32	40	2.1	2.6	1.2	1.5	18	23	2.0	2.4
Sausage Sarnie	154	N	N	N	N	Y	1138	1764	271	420	12	18	4.0	6.2	30	46	3.2	4.9	1.0	1.5	12	18	1.4	2.1
NEW All Day Breakfast	202	N	N	N	N	N	991	2002	237	479	10.5	21.2	3.8	7.7	18.9	38.2	1.7	3.4	2.0	4.0	15.6	31.5	1.80	3.60
NEW Butchers Choice Sausage Sandwich	173	N	N	N	N	N	1070	1851	256	443	11.0	19.0	4.0	7.0	24.1	41.7	2.0	3.5	3.1	5.4	13.5	23.4	1.60	2.80
NEW Hickory Smoked Bacon Sandwich	125	N	N	N	N	N	1170	1463	278	348	7.9	9.9	2.7	3.4	28.5	35.6	2.1	2.6	2.8	3.5	21.9	27.4	2.65	3.30
Filled Croissants																								
Croissant Cheddar and Mushroom	156	Y	N	N	N	N	1286	2006	308	480	16	24	10	16	31	49	2.1	3.2	2.0	3.1	9.2	14	1.1	1.8
Croissant Ham and Cheese	161	N	N	N	N	N	1293	2082	309	497	15	23	9.2	15	30	48	1.7	2.7	1.7	2.7	14	23	1.7	2.7
Toasties																								
Ham and Cheese Toastie	151	N	N	N	N	N	1020	1540	244	368	11	16	6.2	9.3	23	34	1.1	1.6	1.7	2.6	13	20	1.3	1.9
Triple Cheese Toastie	136	Y	N	N	N	N	1289	1688	309	405	17	22	10	13	25	33	0.6	0.8	1.7	2.2	13	18	1.1	1.4
Mini Cheese and Ham Toastie	126	N	N	N	N	N	1050	1323	252	318	11.5	14.5	6.9	8.7	18.8	23.7	2.4	3.0	1.4	1.8	17.5	22.1	1.81	2.30
Bagels																								
Smoked Salmon Bagel	195	N	N	N	N	N	1018	1985	242	472	7.4	14	2.4	4.7	30	58	3.4	6.6	3.1	6	13	24	1.1	2.0
Salt Beef Onion Bagel	230	N	N	N	N	N	895	2059	213	490	5.5	13	2.5	5.7	26	60	4.4	10	1.3	3.0	14	32	1.2	2.8
Sandwiches / Wraps / Baguettes																								
Sure as Eggs is Eggs	193	Y	N	N	N	N	992	1916	238	460	13	26	1.9	3.7	17	33	1.2	2.4	3.3	6.4	10	20	0.7	1.4
Smoked Chicken & Maple Bacon Sandwich	201	N	N	N	N	N	785	1578	187	376	4.8	10	1.3	2.6	23	46	2.6	5.2	2.4	4.8	12	24	1.0	2.0
Vietnamese Chicken Wrap	201	N	N	N	N	Y	807	1622	192	386	4.9	9.8	3.2	6.5	26	53.0	3.9	7.7	2.2	4.3	9.5	19.0	0.83	1.70
Falafel Wrap	214	Y	N	Y	Y	N	1001	2142	240	514	12.0	26.0	1.3	2.7	26.0	55.0	5.1	11.0	4.2	9.0	4.6	9.8	0.90	2.00
Croque Monsieur Baguette	204	N	N	N	N	N	874	1792	208	426	6.8	14	3.8	7.8	24	48	0.8	1.6	1.2	2.5	13	26	1.4	2.9
Tomato, mozzarella & red pesto style bageutte	192	Y	N	N	N	N	934	1793	222	426	8.0	15.0	3.6	6.9	26	50	1.9	3.6	2.0	3.8	11	21	0.73	1.40
Tuna Baguette	205	N	N	N	N	N	981	2011	233	478	9.3	19	3.3	6.7	25	51	1.1	2.3	1.2	2.5	12	25	1.0	2.0
Roast Beef & Blue Cheese Brioche Baguette	180	N	N	N	N	N	1155	2079	275	495	11.0	20	6.3	11.0	30	54	4.5	8.1	1.3	2.3	14	25	0.8	1.4
Hot Boxes																								
Super Scrambled Eggs, Tomato & Spinach	211	Y	N	Y	N	N	416	878	100	211	6.6	14	1.5	3.2	3	7	1.1	2	0.7	1.5	6.7	14	0.68	1.40
Spicy Chorizo, Poached Egg & Potato	207	N	N	Y	N	N	628	1301	151	312	9.1	19	3.2	6.7	8	17	0.3	0.6	2.3	4.6	7.3	17	0.66	1.40
Salads and Picnic Pots																								
Falafel, quinoa and lentil salad	353	Y	Y	Y	Y	Y	549	1784	131	426	5.6	18	0.6	2.0	15	48	4.2	13	3.0	9.9	3.9	13	0.20	0.65
Caesar Salad	201	N	N	N	N	N	749	1507	180	362	12	25	2.5	5	5.2	10	1.6	3.2	0.6	1.1	12	24	0.80	1.60

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 Nutritional Information

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		Vegetarian	Vegan	Wheat Free	Gluten Free	Milk Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Product Description	Portion Size (g)																							
Impulse																								
Starbucks Raw Raspberry & Nut Bar	55	Y	Y	Y	Y	Y	1415	778	337	185	7.4	4.1	1.1	0.6	59.6	32.8	43.9	24.1	6.0	3.3	6.0	3.3	0.05	0.03
Starbucks Peanut and Cashew Bar	45	Y	Y	Y	Y	Y	1943	875	466	209	27.6	12.4	6.5	2.9	36.1	16.2	22.9	10.3	8.2	3.7	15.7	7.1	0.33	0.15
Starbucks Sugar-Free Peppermints	1	Y	Y	Y	Y	Y	1008	15	242	4	0.6	0.0	0.5	0.0	99.0	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Starbucks Sugar-Free Spearmints		Y	Y	Y	Y	Y	107		256		0.8		0.8		97.0		0.0		0.0		0.1		0.00	
Starbucks Sugar-Free Gum	16	Y	Y	Y	Y	Y	771	12	185	3	0.0	0.0	0.0	0.0	75.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Starbucks Sweeties	6	Y	Y	N	N	Y	1415	85	333	20	0.2	0.0	0.1	0.0	82.0	4.9	70.0	4.2	1.5	0.0	0.1	0.0	0.49	0.01
Starbucks Dark Chocolate Bar	40	Y	N	Y	Y	Y	2461	984	594	238	46.3	18.5	29.2	11.7	32.2	12.9	27.0	10.8	10.7	4.3	6.7	2.7	0.00	0.00
Starbucks Milk Chocolate Bar	30	Y	N	Y	Y	N	2365	709	567	170	36.5	10.9	23.0	6.9	52.7	15.8	51.8	15.5	1.9	0.6	6.2	1.9	0.30	0.08
Starbucks Shortbread Biscuits	50	Y	N	N	N	N	2245	1123	538	269	32.0	16.0	20.0	10.0	57.0	28.5	19.0	9.5	1.6	0.8	5.4	2.7	0.71	0.36
Starbucks Ginger Biscuits	50	Y	N	N	N	N	1926	963	459	230	17.3	8.7	6.7	3.4	70.0	35.0	38.0	19.0	1.8	0.9	4.8	2.4	0.66	0.33
Starbucks Almonds, Cashews, Cranberries & Yellow Raisins	40	Y	N	N	N	N	1950	780	466	187	23.6	9.5	2.9	1.2	49.7	19.9	34.2	13.7	6.0	2.4	10.8	4.3	0.02	0.00
Starbucks Smoked Almonds	40	Y	N	N	N	Y	2350	940	567	227	49.0	19.6	3.8	1.5	11.1	4.4	5.4	2.2	0.7	0.3	20.3	8.1	1.40	0.56
Starbucks Biscotti	45	Y	N	N	N	N	1870	842	447	201	17.5	7.9	3.9	1.8	61.9	27.9	33.7	15.2	4.5	2.0	10.3	4.6	0.21	0.10
Chococaramel, Choc, Caramel & Nuts bar	60	Y	N	Y	N	N	1858	1115	446	268	23.5	14.1	13.2	7.9	51.2	30.8	45.0	27.0			6.5	3.9	0.03	0.19
Starbucks Caramel Waffles	78	Y	N	N	N	N	1916	1494	457	356	21.0	16.4	12.0	9.4	63.0	49.0	34.0	26.5	1.0	0.8	3.5	2.7	0.60	0.50
Starbucks Mini Caramel Waffles		Y	N	N	N	N	1899		453		21.0		12.0		62.0		35.0		1.0		3.5		0.60	
Starbucks Chocolate Caramel Shortbread	66	Y	N	N	N	N	2106	1390	504	333	27.6	18.2	16.0	10.6	58.6	8.7	41.3	27.3	1.5	1.0	4.5	3.0	0.51	0.34
Starbucks Chocolate Coin	44	Y	N	Y	Y	N	2180	521	501	120	28.0	6.4	17.0	3.8	60.0	13.8	58.7	13.5	3.0	0.7	6.1	1.4	0.12	0.00