

STARBUCKS™ Winter 2017 Beverage Nutrition Information*			Available Size		Milk Type												
Beverage			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) **		
ESPRESSO																	
Caffe Latte	Short	Skimmed	279	67	0.1	0.1	9.9	8.9	0.0	6.4	0.19	8.9	8.9	0.0	75		
		Semi Skimmed	399	95	3.5	2.3	9.4	8.4	0.0	6.3	0.18	8.4	8.4	0.0	75		
		Whole	474	113	5.8	3.3	9.1	8.1	0.0	6.1	0.18	8.1	8.1	0.0	75		
		Soya	314	75	2.7	0.3	6.6	4.1	0.7	5.3	0.21	4.1	N/A	4.1	75		
	Tall	Coconut	342	81	5.5	5.1	7.6	5.9	0.6	0.0	0.00	5.9	N/A	5.9	75		
		Skimmed	427	102	0.2	0.2	15.1	14.1	0.0	9.9	0.30	14.1	14.1	0.0	150		
		Semi Skimmed	599	143	5.1	2.6	14.8	12.8	0.0	9.5	0.31	12.8	12.8	0.0	150		
		Whole	718	172	8.4	4.8	14.8	12.8	0.0	9.1	0.29	12.8	12.8	0.0	150		
	Grande	Soya	462	110	4.0	0.5	9.9	5.9	1.0	7.7	0.24	5.9	N/A	5.9	150		
		Coconut	508	121	8.0	7.5	11.7	8.6	0.9	0.0	0.00	8.6	N/A	8.6	150		
		Skimmed	550	131	0.3	0.2	19.5	17.5	0.0	12.6	0.37	17.5	17.5	0.0	150		
		Semi Skimmed	786	188	7.0	4.4	18.5	16.5	0.0	12.4	0.36	16.5	16.5	0.0	150		
	Venti	Whole	934	223	11.5	6.6	17.9	16.0	0.0	12.1	0.35	16.0	16.0	0.0	150		
		Soya	618	148	5.3	0.7	12.9	8.0	1.3	10.4	0.41	8.0	N/A	8.0	150		
		Coconut	684	163	11.0	10.3	15.2	11.8	1.3	0.0	0.00	11.8	N/A	11.8	150		
		Skimmed	729	174	0.4	0.3	24.9	22.9	0.0	16.7	0.49	22.9	22.9	0.0	225		
	Semi Skimmed	1038	248	9.2	4.6	25.1	22.2	0.0	16.3	0.55	22.2	22.2	0.0	225			
	Whole	1250	299	15.0	8.6	25.1	22.2	0.0	15.6	0.50	22.2	22.2	0.0	225			
	Soya	772	185	6.7	0.9	16.6	10.2	1.6	12.8	0.40	10.2	N/A	10.2	225			
	Coconut	858	204	13.7	12.7	19.5	14.6	1.6	0.0	0.00	14.6	N/A	14.6	225			
Fresh Filter Coffee	Short		11	3	0.1	0.0	0.0	0.0	0.0	0.3	0.01	0.0	0.0	0.0	160		
	Tall		16	4	0.1	0.0	0.0	0.0	0.0	0.5	0.02	0.0	0.0	0.0	240		
	Grande		21	5	0.1	0.0	0.0	0.0	0.0	0.6	0.02	0.0	0.0	0.0	320		
	Venti		26	6	0.1	0.0	0.0	0.0	0.0	0.7	0.03	0.0	0.0	0.0	400		
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		
Piccino	Doppio		199	47	1.4	0.8	6.1	4.0	0.0	2.7	0.09	4.0	4.0	0.0	157		
Espresso Macchiato	Solo	Skimmed	30	7	0.0	0.0	1.2	0.2	0.0	0.5	0.01	0.2	0.2	0.0	75		
		Semi Skimmed	33	8	0.1	0.1	1.2	0.2	0.0	0.5	0.01	0.2	0.2	0.0	75		
		Whole	35	8	0.2	0.1	1.2	0.2	0.0	0.5	0.01	0.2	0.2	0.0	75		
		Soya	31	7	0.1	0.0	1.1	0.1	0.0	0.5	0.01	0.1	0.0	0.0	75		
	Doppio	Skimmed	55	13	0.0	0.0	2.4	0.3	0.0	1.0	0.01	0.3	0.3	0.0	150		
		Semi Skimmed	59	14	0.1	0.1	2.3	0.3	0.0	0.9	0.01	0.3	0.3	0.0	150		
		Whole	61	15	0.2	0.1	2.3	0.3	0.0	0.9	0.01	0.3	0.3	0.0	150		
		Soya	56	13	0.1	0.0	2.0	0.1	0.0	0.9	0.01	0.1	0.0	0.0	150		
Caffe Americano	Short		24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.01	0.0	0.0	0.0	75		
	Tall		48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.02	0.0	0.0	0.0	150		
	Grande		72	17	0.0	0.0	3.0	0.0	0.0	1.1	0.02	0.0	0.0	0.0	225		
	Venti		95	23	0.0	0.0	4.0	0.0	0.0	1.4	0.03	0.0	0.0	0.0	300		
Cappuccino	Short	Skimmed	229	55	0.1	0.1	8.1	7.1	0.0	5.2	0.15	7.1	7.1	0.0	75		
		Semi Skimmed	325	78	2.8	1.8	7.7	6.7	0.0	5.1	0.15	6.7	6.7	0.0	75		
		Whole	385	92	4.7	2.7	7.5	6.5	0.0	5.0	0.14	6.5	6.5	0.0	75		
		Soya	259	62	2.2	0.3	5.5	3.3	0.6	4.3	0.17	3.3	N/A	3.3	75		
		Coconut	350	85	5.5	5.1	7.9	5.9	0.0	0.0	0.15	5.9	N/A	5.9	75		
	Tall	Skimmed	291	70	0.1	0.1	10.5	8.5	0.0	6.5	0.18	8.5	8.5	0.0	150		
		Semi Skimmed	405	97	3.4	1.7	10.2	8.2	0.0	6.4	0.20	8.2	8.2	0.0	150		
		Whole	484	116	5.6	3.2	10.2	8.2	0.0	6.1	0.19	8.2	8.2	0.0	150		
		Soya	309	74	2.5	0.3	7.0	3.8	0.6	5.1	0.15	3.8	N/A	3.8	150		
		Coconut	488	118	7.0	6.6	12.0	7.5	0.6	1.0	0.15	7.5	N/A	7.5	150		
	Grande	Skimmed	344	82	0.2	0.1	12.3	10.3	0.0	7.7	0.22	10.3	10.3	0.0	150		
		Semi Skimmed	483	115	4.1	2.6	11.7	9.7	0.0	7.6	0.22	9.7	9.7	0.0	150		
		Whole	570	136	6.8	3.9	11.4	9.4	0.0	7.4	0.21	9.4	9.4	0.0	150		
		Soya	386	92	3.2	0.4	8.5	4.7	0.8	6.4	0.24	4.7	N/A	4.7	150		
		Coconut	681	165	10.0	9.6	16.0	11.0	0.8	1.0	0.20	11.0	N/A	11.0	150		
	Venti	Skimmed	480	115	0.2	0.2	17.2	14.2	0.0	10.8	0.30	14.2	14.2	0.0	225		
		Semi Skimmed	672	161	5.7	2.9	16.8	13.8	0.0	10.6	0.34	13.8	13.8	0.0	225		
		Whole	804	192	9.3	5.4	16.8	13.8	0.0	10.1	0.31	13.8	13.8	0.0	225		
		Soya	515	123	4.2	0.6	11.5	6.4	1.1	8.5	0.25	6.4	N/A	6.4	225		
		Coconut	837	202	13.0	12.0	20.0	13.0	1.1	1.4	0.25	13.0	N/A	13.0	225		
Caffe Misto	Short	Skimmed	156	37	0.1	0.1	5.3	5.3	0.0	3.7	0.12	5.3	5.3	0.0	75		
		Semi Skimmed	227	54	2.1	1.3	5.0	5.0	0.0	3.6	0.11	5.0	5.0	0.0	75		
		Whole	271	65	3.5	2.0	4.8	4.8	0.0	3.6	0.11	4.8	4.8	0.0	75		
		Soya	177	42	1.6	0.2	3.3	2.4	0.4	3.0	0.13	2.4	N/A	2.4	75		
	Tall	Skimmed	234	56	0.2	0.1	7.9	7.9	0.0	5.6	0.18	7.9	7.9	0.0	115		
		Semi Skimmed	340	81	3.2	2.0	7.5	7.5	0.0	5.5	0.17	7.5	7.5	0.0	115		
		Whole	407	97	5.2	3.0	7.2	7.2	0.0	5.3	0.17	7.2	7.2	0.0	115		
		Soya	263	63	2.4	0.3	4.9	3.6	0.6	4.5	0.19	3.6	N/A	3.6	115		
	Grande	Skimmed	304	73	0.2	0.1	10.3	10.3	0.0	7.2	0.23	10.3	10.3	0.0	150		
		Semi Skimmed	442	106	4.1	2.6	9.7	9.7	0.0	7.1	0.22	9.7	9.7	0.0	150		
		Whole	529	126	6.8	3.9	9.4	9.4	0.0	6.9	0.22	9.4	9.4	0.0	150		
		Soya	343	82	3.2	0.4	6.4	4.7	0.8	5.9	0.25	4.7	N/A	4.7	150		
	Venti	Skimmed	385	92	0.3	0.2	13.0	13.0	0.0	9.2	0.29	13.0	13.0	0.0	195		
		Semi Skimmed	560	134	5.2	3.3	12.3	12.3	0.0	9.0	0.28	12.3	12.3	0.0	195		
		Whole	670	160	8.6	4.9	11.8	11.8	0.0	8.8	0.28	11.8	11.8	0.0	195		
		Soya	434	104	4.0	0.5	8.1	5.9	1.0	7.5	0.32	5.9	N/A	5.9	195		
Flat White	Short	Whole	498	119	5.8	3.3	10.1	8.1	0.0	6.5	0.18	8.1	8.1	0.0	150		

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Caramel Macchiato (made with vanilla syrup as standard)	Short	Skimmed	407	97	0.9	0.6	16.8	15.1	0.0	5.6	0.18	15.1	7.9	7.2	75			
		Semi Skimmed	510	122	3.8	2.4	16.3	14.7	0.0	5.5	0.18	14.7	7.9	6.8	75			
		Whole	574	137	5.7	3.3	16.1	14.5	0.0	5.3	0.17	14.5	7.4	7.1	75			
		Soya	433	104	3.0	0.8	13.9	11.0	0.6	4.5	0.19	11.0	N/A	11.0	75			
		Coconut	518	124	6.2	5.4	16.0	14.0	0.6	0.0	0.18	14.0	N/A	14.0	75			
	Tall	Skimmed	689	165	1.0	0.6	28.7	25.9	0.6	10.2	0.31	25.9	10.2	15.7	150			
		Semi Skimmed	875	209	6.3	3.3	28.2	25.5	0.0	10.0	0.35	25.5	10.2	15.3	150			
		Whole	1003	240	9.8	5.7	28.2	25.5	0.0	9.6	0.32	25.5	9.6	15.9	150			
		Soya	700	167	4.6	1.0	23.0	18.2	0.9	7.5	0.26	18.2	N/A	18.2	150			
		Coconut	761	183	8.1	7.3	26.0	22.0	0.9	0.7	0.28	22.0	N/A	22.0	150			
	Grande	Skimmed	807	193	1.1	0.7	34.9	31.9	0.0	10.7	0.34	31.9	10.2	21.7	150			
		Semi Skimmed	1004	240	6.7	4.3	34.0	31.0	0.0	10.5	0.33	31.0	15.4	15.6	150			
		Whole	1127	269	10.5	6.0	33.6	30.6	0.0	10.3	0.32	30.6	14.4	16.2	150			
		Soya	864	207	5.3	1.1	29.4	23.9	1.1	8.8	0.37	23.9	N/A	23.9	150			
		Coconut	1041	250	11.0	10.0	35.0	31.0	1.1	0.7	0.35	31.0	N/A	31.0	150			
	Venti	Skimmed	1093	261	1.2	0.8	47.0	42.8	0.0	15.4	0.47	42.8	18.1	24.7	225			
		Semi Skimmed	1377	329	9.3	4.8	46.3	42.1	0.0	15.1	0.53	42.1	18.1	24.0	225			
		Whole	1571	376	14.6	8.5	46.3	42.1	0.0	14.5	0.48	42.1	17.0	25.1	225			
		Soya	1170	280	7.4	1.4	39.0	31.6	1.6	12.5	0.41	31.6	N/A	31.6	225			
		Coconut	1284	308	13.0	12.0	44.0	38.0	1.6	1.1	0.40	38.0	N/A	38.0	225			
Caffè Mocha (served with whipped cream)	Short	Skimmed	671	160	6.4	3.5	22.4	17.2	0.9	6.8	0.17	17.2	8.6	8.6	90			
		Semi Skimmed	769	184	9.1	5.2	22.0	16.8	0.9	6.7	0.17	16.8	8.6	8.2	90			
		Whole	830	198	11.0	6.1	21.7	16.6	0.9	6.6	0.16	16.6	8.1	8.5	90			
		Soya	700	167	8.5	3.7	19.7	13.3	1.5	5.9	0.21	13.3	N/A	13.3	90			
		Coconut	754	182	11.0	8.6	17.0	15.0	1.5	1.9	0.19	15.0	N/A	15.0	90			
	Tall	Skimmed	998	239	8.5	5.6	33.7	26.7	1.5	10.0	0.25	26.7	12.3	14.4	170			
		Semi Skimmed	1144	273	12.7	7.7	33.3	26.3	1.5	9.8	0.27	26.3	12.3	14.0	170			
		Whole	1244	297	15.5	9.5	33.3	26.3	1.5	9.5	0.25	26.3	11.6	14.7	170			
		Soya	1035	247	11.8	5.8	29.8	20.1	2.4	8.8	0.21	20.1	N/A	20.1	170			
		Coconut	1053	253	14.0	12.0	26.0	22.0	2.4	2.8	0.25	22.0	N/A	22.0	170			
	Grande	Skimmed	1205	288	9.5	4.9	43.8	33.7	1.9	13.4	0.33	33.7	12.4	21.3	175			
		Semi Skimmed	1400	335	15.0	8.4	42.9	32.9	1.9	13.2	0.32	32.9	16.9	16.0	175			
		Whole	1522	364	18.7	10.2	42.5	32.4	1.9	13.0	0.32	32.4	15.9	16.5	175			
		Soya	1265	302	13.7	5.3	38.4	25.9	3.0	11.6	0.36	25.9	N/A	25.9	175			
		Coconut	1395	335	19.0	15.0	35.0	30.0	3.0	3.6	0.34	30.0	N/A	30.0	175			
	Venti	Skimmed	1501	359	10.9	7.1	55.1	43.8	2.4	16.5	0.40	43.8	20.7	23.1	255			
		Semi Skimmed	1743	417	17.7	10.5	54.5	43.2	2.4	16.2	0.45	43.2	20.7	22.5	255			
		Whole	1910	456	22.3	13.6	54.5	43.2	2.4	15.7	0.41	43.2	19.5	23.7	255			
		Soya	1559	373	15.8	6.9	49.6	34.9	3.9	15.0	0.37	34.9	N/A	34.9	225			
		Coconut	1654	398	21.0	17.0	43.0	36.0	3.9	4.5	0.39	36.0	N/A	36.0	225			
White Chocolate Mocha (served with whipped cream)	Short	Skimmed	957	229	8.0	5.4	32.3	30.3	0.0	7.7	0.31	30.3	8.6	21.7	75			
		Semi Skimmed	1055	252	10.8	7.2	31.8	29.9	0.0	7.6	0.31	29.9	8.6	21.3	75			
		Whole	1116	267	12.7	8.1	31.6	29.7	0.0	7.5	0.30	29.7	8.1	21.6	75			
		Soya	986	236	10.1	5.6	29.6	26.4	0.6	6.8	0.33	26.4	N/A	26.4	75			
		Coconut	980	236	12.0	9.5	31.0	24.0	0.6	1.0	0.31	24.0	N/A	24.0	75			
	Tall	Skimmed	1370	327	10.4	7.1	48.1	44.8	0.0	11.4	0.46	44.8	12.3	32.5	150			
		Semi Skimmed	1350	323	14.5	9.1	47.7	44.4	0.0	11.2	0.48	44.4	12.3	32.1	150			
		Whole	1609	385	17.1	11.0	0.0	47.7	0.0	10.9	0.46	47.7	11.6	36.1	150			
		Soya	1947	465	20.4	11.4	54.2	49.3	0.8	16.6	0.65	49.3	N/A	49.3	150			
		Coconut	1400	337	16.0	13.0	46.0	36.0	0.0	1.4	0.48	36.0	N/A	36.0	150			
	Grande	Skimmed	1777	425	12.9	8.8	63.5	59.9	0.0	15.1	0.61	59.9	12.4	47.5	150			
		Semi Skimmed	1972	471	18.4	12.3	62.7	59.1	0.0	14.9	0.61	59.1	16.9	42.2	150			
		Whole	2094	500	22.1	14.1	62.3	58.6	0.0	14.7	0.60	58.6	15.9	42.7	150			
		Soya	1837	439	17.0	9.2	58.2	52.1	1.1	13.3	0.65	52.1	N/A	52.1	150			
		Coconut	1855	446	21.0	17.0	62.0	49.0	0.0	1.9	0.60	49.0	N/A	49.0	150			
Iced Caffè Latte	Short	Skimmed	235	56	0.2	0.0	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87			
		Semi Skimmed	324	77	2.5	1.5	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87			
		Whole	421	100	5.4	3.4	8.1	7.0	0.0	5.0	0.00	7.0	7.0	0.0	87			
		Soya	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	N/A	4.6	87			
		Coconut	271	65	4.3	4.0	6.2	4.6	1.0	0.0	0.00	4.6	N/A	4.6	87			
	Tall	Skimmed	264	63	0.1	0.1	9.5	7.5	0.0	5.8	0.17	7.5	7.5	0.0	150			
		Semi Skimmed	365	87	3.0	1.5	9.3	7.3	0.0	5.7	0.19	7.3	7.3	0.0	150			
		Whole	435	104	4.9	2.8	9.3	7.3	0.0	5.5	0.18	7.3	7.3	0.0	150			
		Soya	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	N/A	3.6	150			
		Coconut	329	78	5.3	4.9	7.3	5.7	1.0	0.0	0.00	5.7	N/A	5.7	150			
	Grande	Skimmed	375	90	0.2	0.1	13.4	11.4	0.0	8.5	0.25	11.4	11.4	0.0	150			
		Semi Skimmed	529	126	4.5	2.9	12.7	10.8	0.0	8.3	0.25	10.8	10.8	0.0	150			
		Whole	625	149	7.5	4.3	12.4	10.4	0.0	8.1	0.24	10.4	10.4	0.0	150			
		Soya	437	104	3.6	0.5	9.5	5.5	0.9	7.3	0.29	5.5	N/A	5.5	150			
		Coconut	428	102	6.7	6.2	10.1	7.1	1.0	0.0	0.00	7.1	N/A	7.1	174			
	Venti	Skimmed	399	95	0.2	0.1	14.4	11.4	0.0	8.8	0.26	11.4	11.4	0.0	225			
		Semi Skimmed	553	132	4.6	2.3	14.0	11.1	0.0	8.7	0.29	11.1	11.1	0.0	225			
		Whole	659	158	7.5	4.3	14.0	11.1	0.0	8.3	0.27	11.1	11.1	0.0	225			
		Soya	455	109	3.7	0.5	10.3	5.5	0.9	7.5	0.24	5.5	N/A	5.5	225			
		Coconut	481	114	7.6	7.0	11.2	8.1	1.0	0.0	0.00	8.1	N/A	8.1	225			

STARBUCKS™ Winter 2017 Beverage Nutrition Information*																
Beverage	Available Size	Milk Type	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 Cappuccino	Short	Skimmed	235	56	0.2	0.0	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87	
		Semi Skimmed	324	77	2.5	1.5	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87	
		Whole	421	100	5.4	3.4	8.1	7.0	0.0	5.0	0.00	7.0	7.0	0.0	87	
		Soya	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	N/A	4.6	87	
		Coconut	271	65	4.3	4.0	6.2	4.6	1.0	0.0	0.00	4.6	N/A	4.6	87	
	Tall	Skimmed	284	68	0.1	0.1	10.2	8.2	0.0	6.3	0.18	8.2	8.2	0.0	150	
		Semi Skimmed	395	94	3.3	1.7	10.0	8.0	0.0	6.2	0.20	8.0	8.0	0.0	150	
		Whole	471	113	5.4	3.1	10.0	8.0	0.0	6.0	0.18	8.0	8.0	0.0	150	
		Soya	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	N/A	3.6	150	
		Coconut	289	70	4.3	4.0	7.1	4.5	0.6	0.0	0.18	4.5	N/A	4.5	150	
	Grande	Skimmed	375	90	0.2	0.1	13.4	11.4	0.0	8.5	0.25	11.4	11.4	0.0	150	
		Semi Skimmed	529	126	4.5	2.9	12.7	10.8	0.0	8.3	0.25	10.8	10.8	0.0	150	
		Whole	625	149	7.5	4.3	12.4	10.4	0.0	8.1	0.24	10.4	10.4	0.0	150	
		Soya	464	111	4.0	0.5	10.0	6.0	1.0	7.7	0.24	6.0	N/A	6.0	150	
		Coconut	414	100	6.4	5.9	9.6	6.8	1.0	0.0	0.18	6.8	N/A	6.8	150	
	Venti	Skimmed	424	101	0.2	0.1	15.3	12.3	0.0	9.4	0.26	12.3	12.3	0.0	225	
Semi Skimmed		590	141	4.9	2.5	14.9	11.9	0.0	9.3	0.29	11.9	11.9	0.0	225		
Whole		705	168	8.1	4.6	14.9	11.9	0.0	8.9	0.27	11.9	11.9	0.0	225		
Soya		485	116	3.9	0.5	10.9	5.9	1.0	8.0	0.24	5.9	N/A	5.9	225		
Coconut	466	113	6.8	6.4	11.0	7.3	1.0	0.8	0.26	7.3	N/A	7.3	225			
Iced Coffee/ Cold Brew	Tall		11	3	0.1	0.0	0.0	0.0	0.0	0.3	0.01	0.0	0.0	0.0	180	
	Grande		16	4	0.1	0.0	0.0	0.0	0.0	0.5	0.02	0.0	0.0	0.0	260	
	Venti		21	5	0.1	0.0	0.0	0.0	0.0	0.6	0.02	0.0	0.0	0.0	330	
Iced Caffè Americano	Tall		48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.02	0.0	0.0	0.0	150	
	Grande		72	17	0.0	0.0	3.0	0.0	0.0	1.1	0.02	0.0	0.0	0.0	225	
	Venti		97	23	0.0	0.0	4.0	0.0	0.0	1.4	0.03	0.0	0.0	0.0	300	
Iced Caffè Mocha (topped with whipped cream)	Tall	Skimmed	869	208	9.8	5.3	28.9	21.7	1.4	7.2	0.18	21.7	7.5	14.2	170	
		Semi Skimmed	940	225	11.8	6.3	28.2	20.0	1.4	6.5	0.16	20.0	7.5	12.5	170	
		Whole	988	236	13.1	7.2	28.2	20.0	1.4	6.3	0.15	20.0	7.1	12.9	170	
		Soya	894	214	11.3	5.5	26.5	17.5	1.8	6.0	0.14	17.5	N/A	17.5	170	
		Coconut	842	202	11.0	8.7	20.0	26.0	1.8	2.6	0.15	26.0	N/A	26.0	170	
	Grande	Skimmed	1209	289	13.6	7.4	38.9	28.5	1.9	9.5	0.22	28.5	7.8	20.7	175	
		Semi Skimmed	1321	316	16.8	9.5	38.5	28.0	1.9	9.4	0.22	28.0	9.4	18.6	175	
		Whole	1391	333	18.9	10.5	38.2	27.8	1.9	9.2	0.22	27.8	8.9	18.9	175	
		Soya	1256	300	16.1	7.7	36.1	24.2	2.6	8.7	0.25	24.2	N/A	24.2	175	
		Coconut	1190	286	17.0	13.0	28.0	23.0	2.6	3.4	0.22	23.0	N/A	23.0	175	
	Venti	Skimmed	1320	315	14.1	7.5	45.4	32.1	2.4	10.0	0.22	32.1	10.2	21.9	255	
		Semi Skimmed	1422	340	17.0	9.0	45.1	31.9	2.4	9.9	0.24	31.9	10.2	21.7	255	
		Whole	1493	357	19.0	10.3	45.1	31.9	2.4	9.6	0.22	31.9	9.6	22.3	255	
		Soya	1358	325	16.4	7.8	42.7	28.2	3.0	9.1	0.20	28.2	N/A	28.2	255	
		Coconut	1341	322	17.0	13.0	34.0	28.0	3.0	4.5	0.22	28.0	N/A	28.0	255	
Iced Caramel Macchiato	Tall	Skimmed	518	124	1.1	0.7	22.9	19.9	0.0	5.4	0.18	19.9	9.9	10.0	150	
		Semi Skimmed	609	146	3.7	2.0	22.7	19.7	0.0	5.3	0.20	19.7	9.9	9.8	150	
		Whole	672	161	5.5	3.2	22.7	19.7	0.0	5.1	0.19	19.7	9.3	10.4	150	
		Soya	560	134	3.3	0.9	20.6	16.6	0.6	4.7	0.18	16.6	N/A	16.6	150	
		Coconut	554	133	5.7	5.0	19.0	16.0	0.6	0.6	0.18	16.0	N/A	16.0	150	
	Grande	Skimmed	785	188	1.3	0.8	34.2	31.1	0.0	9.8	0.32	31.1	9.9	21.2	150	
		Semi Skimmed	965	231	6.3	4.0	33.4	30.3	0.0	9.6	0.31	30.3	13.4	16.9	150	
		Whole	1077	257	9.8	5.6	33.0	29.9	0.0	9.4	0.31	29.9	12.6	17.3	150	
		Soya	860	206	5.3	1.2	29.7	24.2	1.1	8.5	0.37	24.2	N/A	24.2	150	
		Coconut	712	171	7.2	6.4	25.0	22.0	0.0	0.6	0.30	22.0	N/A	22.0	150	
	Venti	Skimmed	791	189	1.2	0.8	36.5	32.3	0.0	7.9	0.26	32.3	14.6	17.7	225	
		Semi Skimmed	925	221	5.0	2.7	36.2	32.0	0.0	7.7	0.29	32.0	14.6	17.4	225	
		Whole	1017	243	7.5	4.4	36.2	32.0	0.0	7.4	0.27	32.0	13.7	18.3	225	
		Soya	840	201	4.2	1.1	33.0	27.2	0.8	6.7	0.24	27.2	N/A	27.2	225	
		Coconut	887	212	8.3	7.4	32.0	28.0	0.0	0.9	0.26	28.0	N/A	28.0	225	
Iced Chai Tea Latte	Tall	Skimmed	635	152	0.2	0.1	33.1	31.3	0.1	5.5	0.18	31.3	8.4	22.9	75	
		Semi Skimmed	736	176	3.0	1.9	32.6	30.9	0.1	5.4	0.18	30.9	8.4	22.5	75	
		Whole	799	191	5.0	2.8	32.4	30.6	0.1	5.3	0.17	30.6	7.9	22.7	75	
		Soya	677	162	2.4	0.3	30.5	27.4	0.7	4.8	0.21	27.4	N/A	27.4	75	
		Coconut	622	147	3.9	3.6	27.0	26.0	0.0	0.6	0.18	26.0	N/A	26.0	75	
	Grande	Skimmed	857	205	0.2	0.1	44.5	42.1	0.2	7.6	0.25	42.1	8.4	33.7	100	
		Semi Skimmed	997	238	4.2	2.6	43.9	41.5	0.2	7.4	0.24	41.5	11.0	30.5	100	
		Whole	1084	259	6.9	3.9	43.5	41.2	0.2	7.3	0.24	41.2	10.3	30.9	100	
		Soya	915	219	3.4	0.4	40.9	36.7	1.0	6.5	0.28	36.7	N/A	36.7	100	
		Coconut	859	203	5.5	5.1	37.0	35.0	0.0	0.8	0.24	35.0	N/A	35.0	100	
	Venti	Skimmed	1013	242	0.3	0.1	53.0	51.0	0.2	8.1	0.27	51.0	14.0	37.0	120	
		Semi Skimmed	1159	277	4.4	2.8	53.0	50.0	0.2	7.9	0.26	50.0	14.0	36.0	120	
		Whole	1251	299	7.2	4.1	53.0	50.0	0.2	7.7	0.26	50.0	13.2	36.8	120	
		Soya	1071	256	3.5	0.5	50.0	45.0	1.1	7.0	0.30	45.0	N/A	45.0	120	
		Coconut	1055	249	6.0	5.6	47.0	45.0	0.0	1.1	0.25	45.0	N/A	45.0	120	

STARBUCKS [™] Winter 2017 Beverage Nutrition Information*															
Beverage	Available Size	Milk Type	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) **

TEA															
English Breakfast Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Earl Grey Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Hibiscus Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Emperor's Clouds & Mist Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Mint Citrus Green Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Mint Blend Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Youthberry Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Jasmine Pearls Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Chamomile Tea	Short		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Tall		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Grande		0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
	Venti		0	0	0.1	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies
Chai Tea Latte	Short	Skimmed	431	103	0.1	0.1	22.3	21.2	0.1	3.9	0.12	21.2	5.5	15.7	50
		Semi Skimmed	497	119	2.0	1.3	22.0	20.9	0.1	3.8	0.12	20.9	5.5	15.4	50
		Whole	539	129	3.3	1.9	21.9	20.7	0.1	3.7	0.12	20.7	5.2	15.5	50
		Soya	452	108	1.6	0.2	20.4	18.3	0.5	3.2	0.14	18.3	N/A	18.3	50
	Tall	Coconut	407	96	2.8	2.6	17.0	16.0	0.5	0.0	0.13	16.0	N/A	16.0	50
		Skimmed	646	154	0.2	0.1	33.5	31.7	0.1	5.8	0.19	31.7	8.4	23.3	75
		Semi Skimmed	747	179	3.0	1.9	33.0	31.3	0.1	5.7	0.18	31.3	8.4	22.9	75
		Whole	810	194	5.0	2.8	32.8	31.0	0.1	5.5	0.18	31.0	7.9	23.1	75
	Grande	Soya	676	162	2.4	0.3	30.5	27.4	0.7	4.7	0.20	27.4	N/A	27.4	75
		Coconut	604	143	4.2	3.9	26.0	24.0	0.7	0.6	0.18	24.0	N/A	24.0	75
		Skimmed	854	204	0.2	0.1	44.4	42.0	0.2	7.5	0.24	42.0	8.4	33.6	100
		Semi Skimmed	986	236	4.0	2.5	43.8	41.5	0.2	7.4	0.24	41.5	11.0	30.5	100
	Venti	Whole	1068	255	6.5	3.7	43.5	41.2	0.2	7.2	0.23	41.2	10.3	30.9	100
		Soya	893	213	3.2	0.4	40.5	36.4	1.0	6.2	0.26	36.4	N/A	36.4	100
		Coconut	814	192	5.5	5.1	35.0	33.0	1.0	0.8	0.24	33.0	N/A	33.0	100
		Skimmed	1072	256	0.3	0.2	55.6	52.7	0.2	9.5	0.31	52.7	14.0	38.7	120
		Semi Skimmed	1241	297	5.0	3.2	54.9	52.0	0.2	9.3	0.30	52.0	14.0	38.0	120
		Whole	1346	322	8.3	4.7	54.5	51.6	0.2	9.1	0.29	51.6	13.2	38.4	120
		Soya	1122	268	4.0	0.5	50.7	45.6	1.2	7.8	0.33	45.6	N/A	45.6	120
		Coconut	1009	239	6.9	6.4	43.0	40.0	1.2	0.9	0.30	40.0	N/A	40.0	120
Green Tea Latte	Short	Skimmed	348	83	0.2	0.0	14.4	13.8	0.0	5.8	0.19	13.8	8.5	5.3	30
		Semi Skimmed	450	107	2.9	1.7	14.4	13.8	0.0	5.8	0.18	13.8	8.5	5.3	30
		Whole	560	133	6.1	3.9	13.9	13.3	0.0	5.6	0.18	13.3	7.9	5.4	30
		Soya	385	92	3.3	0.5	11.2	10.6	0.6	4.1	0.14	10.6	N/A	10.6	30
	Tall	Coconut	385	93	5.0	4.6	11.7	10.6	0.6	0.0	0.22	10.6	N/A	10.6	30
		Skimmed	597	142	0.4	0.0	25.5	24.2	0.0	9.2	0.30	24.2	13.5	10.7	55
		Semi Skimmed	761	181	4.7	2.7	25.5	24.2	0.0	9.2	0.30	24.2	13.5	10.7	55
		Whole	937	223	9.9	6.2	24.7	23.4	0.0	8.9	0.30	23.4	12.7	10.7	55
	Grande	Soya	657	157	5.3	0.8	20.3	19.0	0.9	6.5	0.22	19.1	N/A	19.0	55
		Coconut	657	158	8.0	7.3	21.2	19.0	0.9	0.0	0.36	19.1	N/A	19.0	55
		Skimmed	798	190	0.5	0.0	34.9	32.9	0.0	11.5	0.38	32.9	13.5	19.4	80
		Semi Skimmed	1003	239	5.9	3.4	34.9	32.9	0.0	11.5	0.37	32.9	16.9	16.0	80
	Venti	Whole	1223	291	12.4	7.8	33.8	31.9	0.0	11.2	0.37	31.9	15.9	16.0	80
		Soya	873	208	6.6	1.0	28.4	26.5	1.1	8.1	0.28	26.5	N/A	26.5	80
		Coconut	882	210	10.0	9.1	29.4	26.5	1.1	0.0	0.45	26.5	N/A	26.5	80
		Skimmed	1057	252	0.7	0.0	46.2	43.6	0.0	15.2	0.50	43.6	22.3	21.3	110
		Semi Skimmed	1327	316	7.8	4.5	46.2	43.6	0.0	15.2	0.49	43.6	22.3	21.3	110
		Whole	1617	385	16.3	10.3	44.9	42.3	0.0	14.7	0.49	42.3	21.0	21.3	110
		Soya	1156	275	8.7	1.3	37.7	35.1	1.5	10.7	0.36	35.1	N/A	35.1	110
		Coconut	1167	278	13.2	12.0	39.1	35.1	1.5	0.0	0.59	35.1	N/A	35.1	110

STARBUCKS® Winter 2017 Beverage Nutrition Information*			Available Size		Milk Type		Beverage										Total Sugars (g)				Natural Sugar (g) from dairy option		Added sugar (g)		Caffeine (mg) **					
Beverage			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) **			
CHOCOLATE/ OTHER																														
Signature Hot Chocolate (served with whipped cream)	Short	Skimmed	1119	267	15.0	9.2	30.0	24.2	3.3	7.8	0.19	24.2	6.0	18.2	10						24.2	6.0	18.2	10						
		Semi Skimmed	1185	283	16.9	10.3	29.7	23.9	3.3	7.7	0.19	23.9	6.0	17.9	10						23.9	6.0	17.9	10						
		Whole	1226	293	18.1	10.9	29.6	23.8	3.3	7.6	0.19	23.8	5.7	18.1	10						23.8	5.7	18.1	10						
		Soya	1139	272	16.4	9.3	28.2	21.5	3.7	7.2	0.20	21.5	N/A	21.5	10						21.5	N/A	21.5	10						
	Tall	Coconut	1149	275	15.0	6.7	31.0	25.0	3.7	4.9	0.18	25.0	N/A	25.0	10						25.0	N/A	25.0	10						
		Skimmed	1646	393	21.3	13.0	45.7	36.9	5.1	11.9	0.29	36.9	9.0	27.8	15						36.9	9.0	27.8	15						
		Semi Skimmed	1747	418	24.2	14.8	45.2	36.4	5.1	11.8	0.29	36.4	9.0	27.4	15						36.4	9.0	27.4	15						
		Whole	1810	433	26.1	15.7	45.0	36.2	5.1	11.6	0.28	36.2	8.5	27.7	15						36.2	8.5	27.7	15						
	Grande	Soya	1677	401	23.5	13.2	42.9	32.8	5.7	10.9	0.31	32.8	N/A	32.8	15						32.8	N/A	32.8	15						
		Coconut	1669	399	20.0	8.9	46.0	37.0	5.7	7.3	0.29	37.0	N/A	37.0	15						37.0	N/A	37.0	15						
		Skimmed	2114	505	27.0	16.4	59.4	48.0	6.7	15.4	0.38	48.0	9.1	38.9	20						48.0	9.1	38.9	20						
		Semi Skimmed	2245	537	30.7	18.8	58.9	47.4	6.7	15.3	0.37	47.4	11.7	35.7	20						47.4	11.7	35.7	20						
Venti	Whole	2328	556	33.5	20.0	59.0	47.0	6.7	15.1	0.37	47.0	11.0	36.0	20						47.0	11.0	36.0	20							
	Soya	2155	515	29.8	16.7	56.0	43.0	7.5	14.2	0.40	43.0	N/A	43.0	20						43.0	N/A	43.0	20							
	Coconut	2200	526	26.0	11.0	62.0	50.0	7.5	9.7	0.36	50.0	N/A	50.0	20						50.0	N/A	50.0	20							
	Skimmed	648	155	6.4	3.5	21.4	17.2	0.9	6.5	0.17	17.2	9.7	7.5	15						17.2	9.7	7.5	15							
Classic Hot Chocolate (served with whipped cream)	Short	Semi Skimmed	745	178	9.1	5.2	21.0	16.8	0.9	6.4	0.17	16.8	9.7	7.1	15						16.8	9.7	7.1	15						
		Whole	806	193	11.0	6.1	20.7	16.6	0.9	6.2	0.16	16.6	9.2	7.4	15						16.6	9.2	7.4	15						
		Soya	677	162	8.5	3.7	18.7	13.3	1.5	5.5	0.21	13.3	N/A	13.3	15						13.3	N/A	13.3	15						
		Coconut	853	205	11.0	9.1	22.0	20.0	1.5	1.7	0.16	20.0	N/A	20.0	15						20.0	N/A	20.0	15						
	Tall	Skimmed	931	222	8.0	4.2	32.6	26.4	1.4	10.2	0.27	26.4	14.9	11.5	20						26.4	14.9	11.5	20						
		Semi Skimmed	1090	261	12.5	7.1	31.9	25.8	1.4	10.1	0.26	25.8	14.9	10.9	20						25.8	14.9	10.9	20						
		Whole	1190	284	15.5	8.5	31.5	15.5	1.4	9.9	0.26	15.5	14.0	1.5	20						15.5	14.0	1.5	20						
		Soya	978	234	11.4	4.5	28.2	20.0	2.3	8.7	0.30	20.0	N/A	20.0	20						20.0	N/A	20.0	20						
	Grande	Coconut	1177	283	16.0	13.0	31.0	28.0	2.3	2.3	0.27	28.0	N/A	28.0	20						28.0	N/A	28.0	20						
		Skimmed	1158	277	9.5	4.9	41.8	33.7	1.9	12.7	0.33	33.7	15.0	18.7	25						33.7	15.0	18.7	25						
		Semi Skimmed	1352	323	15.0	8.4	41.0	32.9	1.9	12.5	0.32	32.9	19.4	13.5	25						32.9	19.4	13.5	25						
		Whole	1474	352	18.7	10.2	40.5	32.4	1.9	12.3	0.32	32.4	18.3	14.1	25						32.4	18.3	14.1	25						
	Venti	Soya	1217	291	13.7	5.3	36.5	25.9	3.0	10.9	0.36	25.9	N/A	25.9	25						25.9	N/A	25.9	25						
		Coconut	1525	367	20.0	16.0	40.0	36.0	3.0	3.1	0.31	36.0	N/A	36.0	25						36.0	N/A	36.0	25						
		Skimmed	1405	336	10.2	5.1	52.8	42.9	2.4	16.6	0.43	42.9	24.4	18.5	30						42.9	24.4	18.5	30						
		Semi Skimmed	1665	398	17.5	9.7	51.7	41.8	2.4	16.3	0.42	41.8	24.4	17.4	30						41.8	24.4	17.4	30						
	Kids Hot Chocolate (served with whipped cream)	Short	Whole	1827	437	22.5	12.1	51.1	41.2	2.4	16.0	0.41	41.2	23.0	18.2	30						41.2	23.0	18.2	30					
			Soya	1484	355	15.7	5.6	45.7	32.5	3.8	14.2	0.48	32.5	N/A	32.5	30						32.5	N/A	32.5	30					
			Coconut	1819	437	23.0	19.0	48.0	44.0	3.8	3.8	0.43	44.0	N/A	44.0	30						44.0	N/A	44.0	30					
			Skimmed	648	155	6.4	3.5	21.4	17.2	0.9	6.5	0.17	17.2	9.7	7.5	15						17.2	9.7	7.5	15					
Steamed Milk	Short	Semi Skimmed	745	178	9.1	5.2	21.0	16.8	0.9	6.4	0.17	16.8	9.7	7.1	15						16.8	9.7	7.1	15						
		Whole	806	193	11.0	6.1	20.7	16.6	0.9	6.2	0.16	16.6	9.2	7.4	15						16.6	9.2	7.4	15						
		Soya	677	162	8.5	3.7	18.7	13.3	1.5	5.5	0.21	13.3	N/A	13.3	15						13.3	N/A	13.3	15						
		Coconut	853	205	11.0	9.1	22.0	20.0	1.5	1.7	0.16	20.0	N/A	20.0	15						20.0	N/A	20.0	15						
	Tall	Skimmed	292	70	0.2	0.1	10.2	10.2	0.0	6.9	0.22	10.2	10.2	0.0	0						10.2	10.2	0.0	0						
		Semi Skimmed	429	103	4.0	2.6	9.6	9.6	0.0	6.8	0.21	9.6	9.6	0.0	0						9.6	9.6	0.0	0						
		Whole	515	123	6.7	3.8	9.3	9.3	0.0	6.6	0.21	9.3	9.3	0.0	0						9.3	9.3	0.0	0						
		Soya	333	80	3.1	0.4	6.4	4.7	0.8	5.6	0.24	4.7	N/A	4.7	0						4.7	N/A	4.7	0						
	Grande	Coconut	385	92	6.6	6.1	7.7	7.0	0.8	0.0	0.00	7.0	N/A	7.0	0						7.0	N/A	7.0	0						
		Skimmed	442	106	0.3	0.2	15.4	15.4	0.0	10.5	0.33	15.4	15.4	0.0	0						15.4	15.4	0.0	0						
		Semi Skimmed	651	156	6.1	3.9	14.6	14.6	0.0	10.3	0.32	14.6	14.6	0.0	0						14.6	14.6	0.0	0						
		Whole	781	187	10.1	5.8	14.1	14.1	0.0	10.0	0.31	14.1	14.1	0.0	0						14.1	14.1	0.0	0						
	Venti	Soya	503	120	4.7	0.6	9.7	7.0	1.2	8.5	0.36	7.0	N/A	7.0	0						7.0	N/A	7.0	0						
		Coconut	577	137	9.9	9.2	11.6	10.5	1.1	0.0	0.00	10.5	N/A	10.5	0						10.5	N/A	10.5	0						
		Skimmed	578	138	0.3	0.2	20.1	20.1	0.0	13.7	0.43	20.1	20.1	0.0	0						20.1	20.1	0.0	0						
		Semi Skimmed	849	203	8.0	5.1	19.0	19.0	0.0	13.4	0.42	19.0	19.0	0.0	0						19.0	19.0	0.0	0						
	Kids Hot Chocolate (served with whipped cream)	Short	Whole	1019	244	13.2	7.6	18.4	18.4	0.0	13.1	0.41	18.4	18.4	0.0	0						18.4	18.4	0.0	0					
			Soya	655	157	6.1	0.8	12.6	9.2	1.5	11.1	0.47	9.2	N/A	9.2	0						9.2	N/A	9.2	0					
			Coconut	770	183	13.2	12.3	15.4	14.1	1.5	0.0	0.00	14.1	N/A	14.1	0						14.1	N/A	14.1	0					
			Skimmed	733	175	0.4	0.3	25.5	25.5	0.0	17.4	0.54	25.5	25.5	0.0	0						25.5	25.5	0.0	0					
Tall		Semi Skimmed	1077	258	10.2	6.5	24.1	24.1																						

STARBUCKS [®] Winter 2017 Beverage Nutrition Information*																
Beverage	Available Size	Milk Type	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) **	
TOPPINGS																
Whipped Cream Topping (No Sprinkles or Drizzle)	Hot Short (16g)		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 (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 (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 (25g)		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 (35g)		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 (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	
Flavoured Sugar Free 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	
Chocolate Topping	4g		25	6	0.1	0.0	1.5	1.0	0.1	0.1	0.00	1.0	Trace	1.0	2	
Caramel Topping	4g		62	15	0.6	0.3	2.5	2.1	0.0	0.0	0.01	2.1	Trace	2.1	0	
Sprinkle Topping	1g		16	4	0.0	0.0	1.0	0.9	0.0	0.0	0.01	0.9	Trace	0.9	0	

STARBUCKS [®] Winter 2017 Beverage Nutrition Information*																
Beverage	Available Size	Milk Type	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) **	
FRAPPUCCINO [®] BLENDED BEVERAGES COFFEE																
Coffee Frappuccino [®] (no whipped cream)	Mini	Skimmed	772	184	7.1	4.0	28.1	26.4	0.0	1.7	0.32	26.4	3.1	23.3	58	
		Semi Skimmed	801	191	7.9	4.5	28.1	26.4	0.0	1.7	0.32	26.4	3.1	23.3	58	
		Whole	833	198	8.9	5.1	28.0	26.2	0.0	1.7	0.32	26.2	2.9	23.3	58	
		Soya	783	186	8.0	4.1	27.2	25.5	0.2	1.2	0.31	25.5	N/A	25.5	58	
	Tall	Coconut	784	187	8.5	5.3	27.3	25.5	0.2	0.0	0.33	25.5	N/A	25.5	58	
		Skimmed	985	235	9.0	5.0	35.7	33.5	0.0	2.8	0.42	33.5	3.2	30.4	73	
		Semi Skimmed	1033	246	10.2	5.8	35.7	33.5	0.0	2.8	0.42	33.5	3.2	30.4	73	
		Whole	1086	258	11.8	6.8	35.4	33.3	0.0	2.7	0.42	33.3	3.0	30.3	73	
	Grande	Soya	1003	239	10.4	5.2	34.2	32.0	0.3	2.0	0.39	32.0	N/A	32.0	73	
		Coconut	1005	239	11.2	7.2	34.4	32.0	0.3	0.1	0.43	32.0	N/A	32.0	73	
		Skimmed	1365	325	12.5	7.0	49.7	46.6	0.1	3.4	0.57	46.6	3.5	43.2	104	
		Semi Skimmed	1424	339	14.1	8.0	49.7	46.6	0.1	3.4	0.57	46.6	5.0	41.6	104	
	Venti	Whole	1487	354	15.9	9.2	49.4	46.3	0.1	3.3	0.57	46.3	4.8	41.6	104	
		Soya	1387	330	14.3	7.3	47.8	44.8	0.4	2.4	0.54	44.8	N/A	44.8	104	
		Coconut	1389	331	15.2	9.6	48.1	44.8	0.4	0.1	0.59	44.8	N/A	44.8	104	
		Skimmed	1566	373	12.5	7.0	61.3	57.7	0.1	3.7	0.70	57.7	5.9	51.8	131	
	Semi Skimmed	1630	388	14.2	8.1	61.3	57.7	0.1	3.7	0.70	57.7	5.9	51.8	131		
	Whole	1699	404	16.2	9.4	61.0	57.3	0.1	3.6	0.70	57.3	5.6	51.8	131		
	Soya	1589	378	14.4	7.3	59.3	55.6	0.4	2.6	0.67	55.6	N/A	55.6	131		
	Coconut	1592	379	15.5	9.9	59.6	55.6	0.4	0.1	0.72	55.6	N/A	55.6	131		
Mocha Frappuccino [®] (with whipped cream)	Mini	Skimmed	881	210	7.5	4.3	33.0	30.0	0.6	2.2	0.32	30.0	2.5	27.5	59	
		Semi Skimmed	911	217	8.3	4.8	33.0	30.0	0.6	2.2	0.32	30.0	2.5	27.5	59	
		Whole	942	224	9.3	5.4	32.9	29.9	0.6	2.1	0.32	29.9	2.4	27.5	59	
		Soya	892	212	8.4	4.4	32.1	29.1	0.7	1.7	0.31	29.1	1.8	27.3	59	
	Tall	Coconut	893	213	8.9	5.6	32.2	29.1	0.7	0.5	0.33	29.1	N/A	29.1	59	
		Skimmed	1119	267	9.4	5.3	41.7	38.0	0.7	3.4	0.42	38.0	N/A	38.0	74	
		Semi Skimmed	1168	278	10.7	6.1	41.7	38.0	0.7	3.4	0.42	38.0	2.6	35.4	74	
		Whole	1220	290	12.2	7.2	41.4	37.8	0.7	3.3	0.42	37.8	2.5	35.3	74	
	Grande	Soya	1137	271	10.9	5.6	40.2	36.5	1.0	2.6	0.40	36.5	N/A	36.5	74	
		Coconut	1139	271	11.7	7.5	40.4	36.5	1.0	0.7	0.44	36.5	N/A	36.5	74	
		Skimmed	1558	371	13.2	7.5	58.3	53.1	1.0	4.2	0.58	53.1	2.9	50.2	107	
		Semi Skimmed	1617	385	14.8	8.4	58.3	53.1	1.0	4.2	0.57	53.1	4.6	48.5	107	
		Whole	1680	400	16.6	9.7	58.0	52.8	1.0	4.1	0.57	52.8	4.4	48.4	107	
		Soya	1580	376	15.0	7.8	56.5	51.2	1.3	3.3	0.55	51.2	N/A	51.2	107	
		Coconut	1582	377	15.9	10.1	56.8	51.2	1.3	0.9	0.59	51.2	N/A	51.2	107	
		Espresso Frappuccino [®] (no whipped cream)	Mini	Skimmed	423	101	0.0	0.0	24.3	22.4	0.0	0.8	0.26	22.4	2.5	19.9
Semi Skimmed	438			104	0.4	0.2	24.3	22.4	0.0	0.8	0.26	22.4	2.5	19.9	116	
Whole	454			108	0.9	0.6	24.2	22.3	0.0	0.8	0.26	22.3	2.4	19.9	116	
Soya	429			102	0.5	0.1	23.9	21.9	0.1	0.6	0.25	21.9	N/A	21.9	116	
Tall	Coconut		429	102	0.7	0.6	23.9	21.9	0.1	0.0	0.27	21.9	N/A	21.9	116	
	Skimmed		524	125	0.0	0.0	29.5	27.2	0.0	1.6	0.33	27.2	2.6	24.6	139	
	Semi Skimmed		552	131	0.8	0.5	29.5	27.2	0.0	1.6	0.33	27.2	2.6	24.6	139	
	Whole		582	139	1.7	1.1	29.4	27.1	0.0	1.5	0.33	27.1	2.5	24.6	139	
Grande	Soya		534	127	0.9	0.1	28.6	26.3	0.2	1.1	0.31	26.3	N/A	26.3	139	
	Coconut		535	127	1.3	1.2	28.8	26.3	0.2	0.0	0.34	26.3	N/A	26.3	139	
	Skimmed		778	185	0.1	0.0	43.9	40.9	0.1	2.2	0.49	40.9	2.9	38.0	171	
	Semi Skimmed		818	195	1.1	0.7	43.9	40.9	0.1	2.2	0.49	40.9	4.6	36.3	171	
Venti	Whole		861	205	2.4	1.5	43.7	40.7	0.1	2.2	0.49	40.7	4.4	36.3	171	
	Soya		792	189	1.3	0.2	42.6	39.7	0.3	1.6	0.47	39.7	N/A	39.7	171	
	Coconut		794	189	1.9	1.8	42.8	39.7	0.3	0.0	0.50	39.7	N/A	39.7	171	
	Skimmed		970	231	0.1	0.0	54.9	51.5	0.1	2.6	0.61	51.5	5.6	45.9	194	
	Semi Skimmed	1016	242	1.3	0.8	54.9	51.5	0.1	2.6	0.61	51.5	5.6	45.9	194		
	Whole	1065	254	2.7	1.7	54.7	51.2	0.1	2.5	0.61	51.3	5.3	46.0	194		
	Soya	987	235	1.4	0.2	53.5	50.0	0.3	1.8	0.59	50.0	N/A	50.0	194		
	Coconut	989	235	2.2	2.1	53.7	50.0	0.3	0.0	0.63	50.0	N/A	50.0	194		
Java Chip Frappuccino [®] (with whipped cream)	Mini	Skimmed	1042	248	9.9	4.3	36.9	33.1	0.6	2.7	0.36	33.1	3.7	29.5	57	
		Semi Skimmed	1079	257	10.8	4.9	36.9	33.1	0.6	2.7	0.36	33.1	3.7	29.5	57	
		Whole	1119	266	12.0	5.7	36.7	32.9	0.6	2.6	0.36	32.9	3.5	29.5	57	
		Soya	1056	251	10.9	4.5	35.7	32.0	0.8	2.1	0.35	32.0	N/A	32.0	57	
	Tall	Coconut	1058	252	11.6	5.9	35.9	32.0	0.8	0.6	0.38	32.0	N/A	32.0	57	
		Skimmed	1301	310	12.4	5.4	45.9	41.2	0.8	3.3	0.46	41.2	3.8	37.5	71	
		Semi Skimmed	1346	320	13.6	6.1	45.9	41.2	0.8	3.3	0.45	41.2	3.8	37.5	71	
		Whole	1395	332	15.0	7.1	45.7	41.0	0.8	3.2	0.45	41.0	3.6	37.5	71	
	Grande	Soya	1317	314	13.7	5.6	44.5	39.8	1.0	2.5	0.43	39.8	N/A	39.8	71	
		Coconut	1319	314	14.5	7.4	44.7	39.8	1.0	0.7	0.47	39.8	N/A	39.8	71	
		Skimmed	1803	429	17.1	7.5	64.1	57.5	1.1	4.1	0.62	57.5	4.1	53.4	101	
		Semi Skimmed	1858	442	18.6	8.4	64.1	57.5	1.1	4.1	0.62	57.5	4.8	52.7	101	
		Whole	1918	457	20.3	9.6	63.8	57.2	1.1	4.0	0.62	57.2	4.5	52.7	101	
		Soya	1824	434	18.8	7.8	62.4	55.8	1.4	3.2	0.60	55.8	N/A	55.8	101	
		Coconut	1826	435	19.7	10.0	62.6	55.8	1.4	1.0	0.64	55.8	N/A	55.8	101	

STARBUCKS [®] Winter 2017 Beverage Nutrition Information*																	
Beverage	Available Size		Milk Type		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 Frappuccino® (with whipped cream)	Mini	Skimmed	1039	247	7.5	4.2	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
		Semi Skimmed	1077	256	8.5	4.8	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
		Whole	1119	266	9.7	5.7	42.6	40.2	0.0	2.0	0.36	40.2	3.0	37.2	75
		Soya	1053	250	8.6	4.4	41.6	39.2	0.0	2.0	0.34	39.2	N/A	39.2	75
		Coconut	1054	251	9.3	5.9	41.8	39.2	0.0	0.0	0.32	39.2	N/A	39.2	75
	Tall	Skimmed	1098	262	8.7	5.4	43.1	41.1	0.1	3.3	0.42	41.1	5.0	36.1	65
		Semi Skimmed	1151	275	10.2	6.4	42.9	40.9	0.1	3.3	0.42	40.9	5.0	35.9	65
		Whole	1184	280	11.2	6.8	42.8	40.7	0.1	3.2	0.42	40.7	4.7	36.0	65
		Soya	1118	267	9.9	5.5	41.7	39.1	0.4	2.9	0.41	39.1	N/A	39.1	65
		Coconut	1169	278	10.2	7.9	44.9	42.2	0.1	0.7	0.35	42.2	N/A	42.2	65
	Grande	Skimmed	1500	358	11.9	7.4	59.2	56.4	0.1	4.2	0.58	56.4	5.3	51.1	95
		Semi Skimmed	1564	374	13.7	8.6	58.9	56.2	0.1	4.1	0.57	56.2	6.5	49.7	95
		Whole	1604	379	15.0	9.2	58.8	56.0	0.1	4.0	0.57	56.0	N/A	56.0	95
		Soya	1524	364	13.4	7.6	57.5	53.9	0.5	3.6	0.57	53.9	N/A	53.9	95
		Coconut	1567	373	11.7	9.1	64.8	61.0	0.1	0.9	0.51	61.0	4.4	56.6	95

FRAPPUCCINO® BLENDED BEVERAGES COFFEE LIGHT															
Coffee Frappuccino® Light (no whipped cream)	Mini	Skimmed	288	69	0.0	0.0	15.0	14.0	0.1	2.2	0.29	14.0	2.7	12.0	50
	Tall	Skimmed	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	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	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® Light (no whipped cream)	Mini	Skimmed	333	80	0.4	0.2	18.0	16.0	0.4	2.4	0.27	16.0	2.7	14.0	50
	Tall	Skimmed	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	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	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® Light (no whipped cream)	Mini	Skimmed	335	80	0.0	0.0	18.0	17.0	0.1	2.1	0.28	17.0	2.7	15.0	50
	Tall	Skimmed	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	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	693	166	0.1	0.1	36.5	35.7	0.3	4.2	0.57	35.7	6.3	29.4	100

FRAPPUCCINO® BLENDED BEVERAGES CRÈME																
Strawberries and Cream Frappuccino® (with whipped cream)	Mini	Skimmed	971	231	7.2	4.0	38.4	37.2	0.0	3.0	0.28	37.2	4.8	32.4	0	
		Semi Skimmed	1021	243	8.6	4.8	38.4	37.2	0.0	3.0	0.28	37.2	4.8	32.4	0	
		Whole	1075	256	10.1	5.9	38.2	36.9	0.0	3.0	0.28	36.9	4.5	32.4	0	
		Soya	989	235	8.7	4.2	36.9	35.6	1.0	2.0	0.28	35.6	N/A	35.6	0	
		Coconut	991	236	9.6	6.2	37.1	35.6	1.0	0.0	0.28	35.6	N/A	35.6	0	
	Tall	Skimmed	1224	293	8.1	5.0	52.0	50.9	0.4	4.0	0.39	50.9	6.4	44.5	0	
		Semi Skimmed	1290	308	9.9	6.2	51.7	50.6	0.4	3.9	0.38	50.6	6.4	44.2	0	
		Whole	1331	326	11.2	6.8	51.5	50.5	0.4	3.8	0.38	50.5	6.0	44.5	0	
		Soya	1249	298	9.6	5.2	50.3	48.4	0.8	3.4	0.38	48.4	N/A	48.4	0	
		Coconut	1152	274	10.4	8.2	43.2	41.7	0.0	0.6	0.38	41.7	N/A	41.7	0	
	Grande	Skimmed	1560	373	11.3	7.0	64.1	62.6	0.5	4.9	0.52	62.6	6.7	55.9	0	
		Semi Skimmed	1641	392	13.6	8.5	63.8	62.3	0.5	4.8	0.51	62.3	8.6	53.7	0	
		Whole	1691	415	15.1	9.2	63.6	62.1	0.5	4.7	0.51	62.1	8.1	54.0	0	
		Soya	1590	380	13.1	7.2	62.0	59.5	1.0	4.2	0.50	59.5	N/A	59.5	0	
		Coconut	1581	376	12.3	9.8	63.5	61.6	0.1	0.7	0.50	61.6	N/A	61.6	0	
Caramel Cream Frappuccino® (with whipped cream)	Mini	Skimmed	851	202	9.1	5.1	27.8	26.4	0.0	2.0	0.33	26.4	4.2	22.2	0	
		Semi Skimmed	895	213	10.2	5.8	27.8	26.4	0.0	2.0	0.33	26.4	4.2	22.2	0	
		Whole	942	224	11.6	6.8	27.6	26.2	0.0	2.0	0.33	26.2	4.0	22.2	0	
		Soya	867	206	10.3	5.3	26.5	25.0	0.0	2.0	0.33	25.0	N/A	25.0	0	
		Coconut	869	207	11.1	7.1	26.7	25.0	0.0	0.0	0.33	25.0	N/A	25.0	0	
	Tall	Skimmed	963	230	8.7	5.4	34.3	32.9	0.1	4.1	0.43	32.9	6.4	26.5	0	
		Semi Skimmed	1034	247	10.7	6.7	34.0	32.6	0.1	4.0	0.43	32.6	6.4	26.2	0	
		Whole	1078	255	12.1	7.3	33.9	32.4	0.1	3.9	0.42	32.4	6.0	26.4	0	
		Soya	989	236	10.3	5.6	32.5	30.1	0.5	3.5	0.42	30.1	N/A	30.1	0	
		Coconut	1009	241	11.0	8.6	34.0	32.4	0.0	0.5	0.42	32.4	N/A	32.4	0	
	Grande	Skimmed	1281	306	11.9	7.4	45.3	43.3	0.1	5.1	0.57	43.3	6.7	36.6	0	
		Semi Skimmed	1368	327	14.4	9.0	44.9	43.0	0.1	5.0	0.57	43.0	8.6	34.4	0	
		Whole	1422	336	16.0	9.8	44.7	42.7	0.1	4.9	0.56	42.7	8.1	34.6	0	
		Soya	1313	314	13.9	7.6	43.0	40.0	0.6	4.3	0.56	40.0	N/A	40.0	0	
		Coconut	1329	317	12.9	10.2	48.3	46.4	0.1	0.5	0.55	46.4	N/A	46.4	0	
	Venti	Skimmed	1476	353	11.0	6.8	58.1	56.0	0.1	6.0	0.73	56.0	10.2	45.8	0	
		Semi Skimmed	1583	378	14.0	8.8	57.6	55.5	0.1	5.9	0.73	55.5	10.2	45.3	0	
		Whole	1650	388	16.0	9.7	57.4	55.3	0.1	5.8	0.73	55.3	9.6	45.7	0	
		Soya	1516	362	13.4	7.1	55.3	51.9	0.7	5.1	0.72	51.9	N/A	N/A	0	
		Coconut	1617	385	14.1	11.3	62.8	60.3	0.1	0.5	0.71	60.3	N/A	N/A	0	

STARBUCKS [®] Winter 2017 Beverage Nutrition Information*																	
Beverage	Available Size		Milk Type	Nutrition Facts													
	Small (355 ml)	Medium (473 ml)		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) **	

Chocolate Cream Frappuccino® (with whipped cream)	Mini	Skimmed	791	188	6.6	4.1	28.2	25.7	0.9	3.6	0.66	25.7	4.3	21.4	2
		Semi Skimmed	835	199	7.8	4.8	28.2	25.7	0.9	3.6	0.78	25.7	4.3	21.4	2
		Whole	882	210	9.1	5.8	28.0	25.5	0.9	3.5	0.91	25.5	4.0	21.5	2
		Soya	807	192	7.9	4.3	26.8	24.3	1.2	2.8	0.79	24.3	N/A	24.3	2
	Tall	Coconut	807	193	8.6	6.1	27.0	24.3	1.2	1.1	0.86	24.3	N/A	24.3	2
		Skimmed	961	229	8.2	5.1	33.5	30.7	1.1	4.7	0.82	30.7	5.8	24.9	2
		Semi Skimmed	1023	243	9.8	6.1	33.5	30.7	1.1	4.7	0.98	30.7	5.8	24.9	2
		Whole	1089	247	11.7	7.4	33.2	30.4	1.1	4.6	1.17	30.4	5.5	24.9	2
	Grande	Soya	983	234	10.0	5.4	31.6	28.8	1.4	3.7	1.00	28.8	N/A	28.8	2
		Coconut	983	235	11.0	7.8	31.9	28.8	1.4	1.3	1.10	28.8	N/A	28.8	2
		Skimmed	1334	317	11.4	7.1	46.8	42.9	1.4	6.2	1.14	42.9	6.1	36.8	3
		Semi Skimmed	1413	336	13.5	8.4	46.8	42.9	1.4	6.2	1.35	42.9	7.6	35.3	3
	Venti	Whole	1499	339	16.0	10.1	46.4	42.5	1.4	6.1	1.60	42.5	7.2	35.3	3
		Soya	1363	324	13.8	7.5	44.2	40.4	1.9	4.9	1.38	40.4	N/A	40.4	3
		Coconut	1366	325	15.1	10.6	44.6	40.4	1.9	1.7	1.51	40.4	N/A	40.4	3
		Skimmed	1567	373	11.6	7.2	58.9	54.2	1.7	7.3	1.16	54.2	8.8	45.4	3
Double Chocolatey Cream Frappuccino® (with whipped cream)	Mini	Semi Skimmed	1661	385	14.1	8.8	58.9	54.2	1.7	7.3	1.41	54.2	8.8	45.4	3
		Whole	1762	387	17.1	10.8	58.4	53.7	1.7	7.1	1.71	53.7	8.3	45.4	3
		Soya	1601	381	14.4	7.7	55.9	51.2	2.2	5.7	1.44	51.2	N/A	51.2	3
		Coconut	1605	382	16.0	11.4	56.4	51.2	2.2	2.0	1.60	51.2	N/A	51.2	3
	Tall	Skimmed	923	220	9.9	4.3	29.5	26.5	0.7	2.9	0.35	26.5	4.8	21.8	2
		Semi Skimmed	998	238	11.2	5.2	30.3	27.4	0.7	3.5	0.37	27.4	4.8	22.6	2
		Whole	1052	250	12.8	6.2	30.1	27.1	0.7	3.4	0.37	27.1	4.5	22.6	2
		Soya	966	230	11.4	4.6	28.8	25.8	1.0	2.6	0.35	25.8	N/A	25.8	2
	Grande	Coconut	968	231	12.2	6.6	29.0	25.8	1.0	0.6	0.39	25.8	N/A	25.8	2
		Skimmed	1175	280	12.4	5.4	37.4	33.8	0.8	4.2	0.46	33.8	4.9	29.0	2
		Semi Skimmed	1246	297	14.1	6.4	37.7	34.1	0.8	4.3	0.46	34.1	4.9	29.2	2
		Whole	1314	313	16.1	7.8	37.4	33.7	0.8	4.2	0.46	33.7	4.6	29.1	2
	Venti	Soya	1205	287	14.3	5.7	35.7	32.1	1.2	3.3	0.43	32.1	N/A	32.1	2
		Coconut	1208	288	15.4	8.2	36.0	32.1	1.2	0.8	0.49	32.1	N/A	32.1	2
		Skimmed	1610	383	17.2	7.5	51.3	46.4	1.1	5.3	0.63	46.4	5.2	41.2	3
		Semi Skimmed	1686	402	19.2	8.8	51.3	46.4	1.1	5.3	0.63	46.4	6.3	40.1	3
Vanilla Cream Frappuccino® (with whipped cream)	Mini	Whole	1768	421	21.6	10.4	51.0	46.0	1.1	5.2	0.63	46.0	5.9	40.1	3
		Soya	1638	390	19.4	7.9	48.9	44.0	1.5	4.1	0.59	44.0	N/A	44.0	3
		Coconut	1641	391	20.7	10.9	49.3	44.0	1.5	1.0	0.65	44.0	N/A	44.0	3
		Skimmed	704	167	7.2	4.0	23.4	22.4	0.0	2.0	0.24	22.4	4.1	18.3	0
	Tall	Semi Skimmed	746	177	8.3	4.7	23.4	22.4	0.0	2.0	0.24	22.4	4.1	18.3	0
		Whole	792	188	9.6	5.6	23.2	22.2	0.0	2.0	0.24	22.2	3.9	18.3	0
		Soya	720	171	8.4	4.2	22.0	21.1	0.0	2.0	0.24	21.1	N/A	21.1	0
		Coconut	721	171	9.1	5.9	22.2	21.1	0.0	0.0	0.24	21.1	N/A	21.1	0
	Grande	Skimmed	872	208	8.1	5.0	30.4	29.4	0.1	4.0	0.41	29.4	6.4	23.0	0
		Semi Skimmed	942	225	10.0	6.3	30.1	29.1	0.1	3.9	0.40	29.1	6.4	22.7	0
		Whole	986	236	11.4	6.9	30.0	28.9	0.1	3.8	0.40	28.9	6.0	22.9	0
		Soya	898	215	9.7	5.2	28.6	26.7	0.5	3.4	0.40	26.7	N/A	26.7	0
	Venti	Coconut	926	221	10.3	8.2	30.9	29.2	0.0	0.4	0.39	29.2	N/A	29.2	0
		Skimmed	1230	294	11.3	7.0	43.5	41.9	0.1	5.2	0.58	41.9	6.7	35.2	0
		Semi Skimmed	1321	316	13.9	8.7	43.1	41.6	0.1	5.1	0.57	41.6	8.6	33.0	0
		Whole	1378	329	15.6	9.5	42.9	41.3	0.1	5.0	0.57	41.3	8.1	33.2	0

FRAPPUCCINO® BLENDED JUICE DRINK															
Mango Passionfruit Frappuccino® (with passion tea)	Mini		353	84	0.3	0.0	19.3	18.5	0.0	1.0	0.21	18.5	0.0	18.5	0
	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)	Mini		366	87	0.0	0.0	21.8	21.1	0.0	0.0	0.05	21.1	0.0	21.1	0
	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

REFRESHA															
Cool Lime Refresha	Mini		162	38	0.0	0.0	9.6	8.3	0.0	0.0	0.00	8.3	0.0	8.3	17
	Tall		192	45	0.0	0.0	11.6	10.8	0.0	0.4	0.00	10.8	0.0	10.8	35
	Grande		250	60	0.0	0.0	15.0	14.0	0.0	0.6	0.00	14.0	0.0	14.0	50
	Venti		310	74	0.0	0.0	18.6	17.3	0.0	0.7	0.00	17.3	0.0	17.3	65

CLASSIC SHAKEN ICED TEA															
Iced Shaken Green Tea Lemonade	Tall		156	37	0.0	0.0	8.3	8.3	1.0	0.0	0.00	8.3	0.0	8.3	0
	Grande		206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.00	11.1	0.0	11.1	0
	Venti		253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.00	13.6	0.0	13.6	0
Iced Shaken Hibiscus Tea Lemonade	Tall		156	37	0.0	0.0	8.3	8.3	1.0	0.0	0.00	8.3	0.0	8.3	0
	Grande		206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.00	11.1	0.0	11.1	0
	Venti		253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.00	13.6	0.0	13.6	0
Iced Shaken Black Tea Lemonade	Tall		156	37	0.0	0.0	8.3	8.3	1.0	0.0	0.00	8.3	0.0	8.3	0
	Grande		206	49	0.0	0.0	11.1	11.1	1.0	0.0	0.00	11.1	0.0	11.1	0
	Venti		253	60	0.0	0.0	13.6	13.6	1.0	0.0	0.00	13.6	0.0	13.6	0

STARBUCKS™ Winter 2017 Beverage Nutrition Information*			Available Size		Milk Type		Nutrition Facts								Total Sugars (g)			
Beverage			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) **			
CLASSIC SHAKEN ICED TEA NATURAL																		
Iced Shaken 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	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies			
Iced Shaken Hibiscus 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	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies			
Iced Shaken 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	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.0	0.0	varies			

PROMO SHAKEN ICED TEA																
Iced Shaken Peach Green Tea Lemonade	Tall			401	96	0.0	0.0	22.8	22.1	1.0	0.0	0.00	22.1	0.0	22.1	0
	Grande			533	127	0.0	0.0	30.3	29.4	1.0	0.0	0.00	29.4	0.0	29.4	0
	Venti			661	158	0.0	0.0	37.6	36.4	2.0	0.0	0.00	36.4	0.0	36.4	0

PROMO CHRISTMAS 2016																
Fudge Hot Chocolate	Short			762	222	10.5	6.1	26.3	22.1	1.6	4.9	0.09	22.1	4.0	18.1	0
	Tall			967	287	11.9	7.0	36.9	31.1	2.3	6.9	0.13	31.1	5.6	25.5	0
	Grande			1168	350	13.7	8.1	46.6	39.4	2.9	8.6	0.16	39.4	7.0	32.4	0
Chocolate Fudge Frappuccino®	Mini			1046	249	11.2	6.5	31.4	26.9	1.6	4.9	0.24	26.9	4.1	22.8	0
	Tall			1323	315	13.8	8.1	40.3	34.5	2.1	6.3	0.32	34.5	5.1	29.4	0
	Grande			1792	427	18.3	10.7	56.5	49.0	2.6	7.7	0.47	49.0	6.5	42.5	0
	Venti			1914	456	18.5	10.8	63.0	54.4	3.1	7.7	0.51	54.4	5.6	48.9	0
White Christmas Hot Chocolate	Short	Skimmed		877	242	10.7	7.1	29.0	27.0	0.1	7.2	0.22	27.0	9.3	17.7	0
		Semi Skimmed		988	268	13.7	8.9	29.0	27.0	0.1	7.2	0.22	27.0	9.3	17.7	0
		Whole		1108	297	17.1	11.3	28.5	26.5	0.1	7.1	0.22	26.5	8.8	17.7	0
		Soya		918	251	14.0	7.6	25.5	23.5	0.7	5.4	0.17	23.5	N/A	23.5	0
		Coconut		918	252	15.9	12.0	26.1	23.5	0.7	1.0	0.26	23.5	N/A	23.5	0
	Tall	Skimmed		1168	327	12.6	8.6	42.5	39.7	0.2	10.8	0.32	39.7	13.4	26.3	0
		Semi Skimmed		1334	367	17.0	11.4	42.5	39.7	0.2	10.8	0.32	39.7	13.4	26.3	0
		Whole		1513	409	22.3	15.0	41.6	38.9	0.2	10.5	0.32	38.9	12.6	26.3	0
		Soya		1229	342	17.6	9.5	37.2	34.5	1.1	8.0	0.24	34.5	N/A	34.5	0
		Coconut		1229	343	20.3	16.1	38.1	34.5	1.1	1.4	0.38	34.5	N/A	34.5	0
	Grande	Skimmed		1490	420	15.3	10.6	56.1	52.6	0.2	14.4	0.43	52.6	13.5	39.1	0
		Semi Skimmed		1712	473	21.1	14.3	56.1	52.6	0.2	14.4	0.42	52.6	18.3	34.2	0
		Whole		1951	530	28.1	19.1	55.0	51.5	0.2	14.0	0.42	51.5	17.3	34.2	0
		Soya		1572	439	21.9	11.7	49.1	45.6	1.4	10.7	0.32	45.6	N/A	45.6	0
		Coconut		1581	441	25.6	20.5	50.2	45.6	1.4	1.9	0.50	45.6	N/A	45.6	0
Toffee Nut Latte	Short	Skimmed		920	179	6.9	3.8	23.2	21.2	0.0	6.0	0.22	21.2	9.3	11.9	87
		Semi Skimmed		1027	205	9.7	5.6	23.2	21.2	0.0	6.0	0.22	21.2	9.3	11.9	87
		Whole		1141	232	13.1	7.8	22.7	20.7	0.0	5.8	0.22	20.7	8.8	11.9	87
		Soya		959	189	10.1	4.3	19.9	17.9	0.6	4.3	0.17	17.9	N/A	17.9	87
		Coconut		959	190	11.8	8.6	20.4	17.9	0.6	0.0	0.26	17.9	N/A	17.9	87
	Tall	Skimmed		970	231	7.0	3.8	33.3	30.0	0.0	8.7	0.31	30.0	13.4	16.6	174
		Semi Skimmed		1125	268	11.1	6.4	33.3	30.0	0.0	8.7	0.31	30.0	13.4	16.6	174
		Whole		1291	307	15.9	9.7	32.5	29.2	0.0	8.5	0.31	29.2	12.6	16.6	174
		Soya		1027	245	11.6	4.6	28.5	25.2	0.9	6.2	0.24	25.2	N/A	25.2	174
		Coconut		1027	246	14.1	10.7	29.2	25.2	0.9	0.0	0.36	25.2	N/A	25.2	174
	Grande	Skimmed		1224	292	7.8	4.2	43.3	39.8	0.0	12.0	0.42	39.8	13.5	26.3	174
		Semi Skimmed		1437	342	13.4	7.7	43.3	39.8	0.0	12.0	0.41	39.8	18.3	21.4	174
		Whole		1666	397	20.1	12.3	42.2	38.7	0.0	11.7	0.41	38.7	17.3	21.4	174
		Soya		1302	310	14.1	5.3	36.6	33.1	1.2	8.5	0.32	33.1	N/A	33.1	174
		Coconut		1311	312	17.7	13.7	37.7	33.1	1.2	0.0	0.49	33.1	N/A	33.1	174
Toffee Nut Frappuccino®	Mini	Skimmed		907	201	7.2	4.0	32.4	31.0	0.0	1.8	0.32	31.0	3.2	27.8	29
		Semi Skimmed		938	209	8.0	4.5	32.4	31.0	0.0	1.8	0.32	31.0	3.2	27.8	29
		Whole		971	216	8.9	5.2	32.3	30.8	0.0	1.7	0.32	30.8	3.0	27.8	29
		Soya		918	204	8.1	4.2	31.5	30.0	0.2	1.3	0.31	30.0	N/A	30.0	29
		Coconut		918	204	8.6	5.4	31.6	30.0	0.2	0.0	0.33	30.0	N/A	30.0	29
	Tall	Skimmed		1028	245	9.0	5.0	38.4	36.2	0.0	2.6	0.39	36.2	4.5	31.7	70
		Semi Skimmed		1074	256	10.2	5.8	38.4	36.2	0.0	2.6	0.39	36.2	4.5	31.7	70
		Whole		1124	268	11.6	6.7	38.2	36.0	0.0	2.6	0.39	36.0	4.3	31.7	70
		Soya		1045	249	10.3	5.2	37.0	34.7	0.3	1.9	0.37	34.7	N/A	34.7	70
		Coconut		1045	249	11.1	7.1	37.2	34.7	0.3	0.1	0.41	34.7	N/A	34.7	70
	Grande	Skimmed		1516	361	12.5	7.0	58.6	55.2	0.1	3.4	0.57	55.2	4.8	50.4	107
		Semi Skimmed		1576	375	14.1	8.0	58.6	55.2	0.1	3.4	0.56	55.2	6.0	49.3	107
		Whole		1640	391	16.0	9.3	58.3	54.9	0.1	3.3	0.56	54.9	5.7	49.3	107
		Soya		1538	366	14.3	7.3	56.7	53.3	0.4	2.4	0.53	53.3	N/A	53.3	107
		Coconut		1540	367	15.3	9.7	57.0	53.3	0.4	0.1	0.59	53.3	N/A	53.3	107

Beverage	Available Size		Milk Type	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 Toffee Nut Latte	Mini	Skimmed	749	143	5.8	3.2	18.0	16.5	0.0	4.6	0.16	16.5	4.7	11.8	87
		Semi Skimmed	829	162	7.9	4.5	18.0	16.5	0.0	4.6	0.16	16.5	4.7	11.8	87
		Whole	916	182	10.5	6.3	17.6	16.1	0.0	4.4	0.16	16.1	4.6	11.5	87
		Soya	778	150	8.2	3.6	15.5	13.9	0.4	3.2	0.12	13.9	N/A	13.9	87
		Coconut	782	151	9.5	6.8	15.9	13.9	0.4	0.0	0.19	13.9	N/A	13.9	87
	Tall	Skimmed	756	180	6.9	3.8	24.0	22.4	0.0	5.4	0.19	22.4	5.6	16.8	87
		Semi Skimmed	853	203	9.4	5.4	24.0	22.4	0.0	5.4	0.19	22.4	5.6	16.8	87
		Whole	956	228	12.5	7.5	23.6	21.9	0.0	5.3	0.19	21.9	5.5	16.4	87
		Soya	792	188	9.8	4.3	21.0	19.4	0.5	3.9	0.15	19.4	N/A	19.4	87
		Coconut	796	189	11.4	8.1	21.5	19.4	0.5	0.0	0.23	19.4	N/A	19.4	87
	Grande	Skimmed	953	227	8.0	4.4	31.9	29.0	0.0	6.8	0.24	29.0	7.1	22.0	174
		Semi Skimmed	1073	256	11.2	6.4	31.9	29.0	0.0	6.8	0.24	29.0	7.0	22.0	174
		Whole	1203	286	15.0	9.0	31.3	28.4	0.0	6.6	0.24	28.4	6.8	21.6	174
		Soya	997	237	11.6	5.0	28.1	25.2	0.7	4.8	0.18	25.2	N/A	25.2	174
		Coconut	1002	239	13.6	9.8	28.7	25.2	0.7	0.0	0.28	25.2	N/A	25.2	174
Gingerbread Latte	Short	Skimmed	908	176	6.6	3.6	23.2	20.6	0.0	6.1	0.21	20.6	9.1	11.5	87
		Semi Skimmed	1015	202	9.4	5.4	23.2	20.6	0.0	6.1	0.21	20.6	9.1	11.5	87
		Whole	1130	229	12.7	7.7	22.7	20.0	0.0	5.9	0.21	20.0	8.6	11.4	87
		Soya	947	186	9.7	4.1	19.8	17.2	0.6	4.4	0.16	17.2	N/A	17.2	87
		Coconut	947	187	11.5	8.4	20.4	17.2	0.6	0.1	0.25	17.2	N/A	17.2	87
	Tall	Skimmed	959	228	6.7	3.6	33.3	29.3	0.0	8.8	0.30	29.3	9.2	20.1	174
		Semi Skimmed	1113	265	10.7	6.2	33.3	29.3	0.0	8.8	0.30	29.3	9.2	20.1	174
		Whole	1279	305	15.6	9.5	32.5	28.6	0.0	8.6	0.30	28.6	8.7	19.9	174
		Soya	1015	242	11.3	4.4	28.4	24.5	0.9	6.3	0.22	24.5	N/A	24.5	174
		Coconut	1015	243	13.8	10.5	29.2	24.5	0.9	0.1	0.35	24.5	N/A	24.5	174
	Grande	Skimmed	1213	289	7.5	4.0	43.3	39.1	0.0	12.1	0.41	39.1	9.3	29.8	174
		Semi Skimmed	1426	339	13.1	7.5	43.3	39.1	0.0	12.1	0.40	39.1	13.2	25.9	174
		Whole	1655	394	19.8	12.1	42.2	38.0	0.0	11.8	0.40	38.1	12.5	25.6	174
		Soya	1291	307	13.8	5.1	36.6	32.4	1.2	8.6	0.30	32.4	N/A	32.4	174
		Coconut	1300	309	17.3	13.5	37.6	32.4	1.2	0.1	0.48	32.4	N/A	32.4	174
Gingerbread Frappuccino®	Mini	Skimmed	876	194	6.4	3.6	32.0	30.0	0.1	1.9	0.31	30.0	9.1	20.9	29
		Semi Skimmed	907	201	7.3	4.1	32.0	30.0	0.1	1.9	0.31	30.0	9.1	20.9	29
		Whole	940	209	8.2	4.8	31.9	29.8	0.1	1.8	0.31	29.8	8.6	21.2	29
		Soya	887	196	7.4	3.8	31.1	29.0	0.2	1.4	0.29	29.0	N/A	29.0	29
		Coconut	887	197	7.9	5.0	31.2	29.0	0.2	0.1	0.32	29.0	N/A	29.0	29
	Tall	Skimmed	997	237	8.2	4.6	38.0	35.2	0.1	2.7	0.38	35.2	9.2	26.0	70
		Semi Skimmed	1043	248	9.5	5.4	38.0	35.2	0.1	2.7	0.38	35.2	9.2	26.0	70
		Whole	1092	260	10.9	6.4	37.8	35.0	0.1	2.6	0.38	35.0	8.7	26.3	70
		Soya	1014	241	9.6	4.8	36.6	33.7	0.3	2.0	0.35	33.7	N/A	33.7	70
		Coconut	1014	242	10.4	6.7	36.8	33.7	0.3	0.1	0.39	33.7	N/A	33.7	70
	Grande	Skimmed	1470	350	11.5	6.4	58.1	54.2	0.1	3.5	0.55	54.2	9.3	44.9	107
		Semi Skimmed	1530	364	13.1	7.4	58.1	54.2	0.1	3.5	0.55	54.2	13.2	40.9	107
		Whole	1594	380	14.9	8.7	57.8	53.9	0.1	3.4	0.55	53.9	12.5	41.4	107
		Soya	1492	355	13.2	6.7	56.2	52.3	0.4	2.5	0.52	52.3	N/A	52.3	107
		Coconut	1494	356	14.2	9.1	56.5	52.3	0.4	0.2	0.57	52.3	N/A	52.3	107
Iced Gingerbread Latte	Mini	Skimmed	774	146	5.8	3.2	18.8	17.2	0.0	4.6	0.16	17.2	4.7	12.5	87
		Semi Skimmed	855	165	7.9	4.5	18.8	17.2	0.0	4.6	0.16	17.2	4.7	12.5	87
		Whole	941	185	10.5	6.3	18.4	16.8	0.0	4.4	0.16	16.8	4.6	12.2	87
		Soya	804	153	8.2	3.6	16.3	14.7	0.4	3.2	0.12	14.7	N/A	14.7	87
		Coconut	807	154	9.5	6.8	16.7	14.7	0.4	0.1	0.19	14.7	N/A	14.7	87
	Tall	Skimmed	775	185	6.9	3.8	25.2	23.5	0.0	5.4	0.19	23.5	5.6	17.9	87
		Semi Skimmed	872	208	9.4	5.4	25.2	23.5	0.0	5.4	0.19	23.5	5.6	17.9	87
		Whole	975	232	12.5	7.5	24.7	23.0	0.0	5.3	0.19	23.1	5.5	17.6	87
		Soya	811	193	9.8	4.3	22.2	20.5	0.5	3.9	0.15	20.5	N/A	20.5	87
		Coconut	815	194	11.4	8.1	22.6	20.5	0.5	0.1	0.23	20.5	N/A	20.5	87
	Grande	Skimmed	978	233	8.0	4.4	33.4	30.5	0.0	6.8	0.24	30.5	7.1	23.5	174
		Semi Skimmed	1099	262	11.2	6.4	33.4	30.5	0.0	6.8	0.24	30.5	7.0	23.5	174
		Whole	1228	292	15.0	9.0	32.8	29.9	0.0	6.6	0.24	29.9	6.8	23.1	174
		Soya	1022	243	11.6	5.0	29.6	26.7	0.7	4.8	0.18	26.7	N/A	26.7	174
		Coconut	1027	245	13.6	9.8	30.2	26.7	0.7	0.2	0.28	26.7	N/A	26.7	174
Egg Nog Latte	Short		695	165	7.2	6.7	22.8	21.6	0.3	2.2	0.54	21.6	9.3	12.3	87
	Tall		1041	248	10.7	10.0	34.4	32.1	0.4	3.3	0.81	32.1	13.4	18.8	174
	Grande		1389	331	14.4	13.5	45.6	43.3	0.5	4.5	1.09	43.3	18.3	25.0	174
Iced Egg Nog Latte	Mini		695	165	7.2	6.7	22.8	21.6	0.3	2.2	0.54	21.6	9.3	12.3	87
	Tall		1041	248	10.7	10.0	34.4	32.1	0.4	3.3	0.81	32.1	13.4	18.8	174
	Grande		1310	312	12.3	12.1	45.6	43.3	0.5	4.5	1.09	43.3	13.5	29.8	174

STARBUCKS [®] Winter 2017 Beverage Nutrition Information*																	
Beverage	Available Size		Milk Type	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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Butterscotch Brûlée Latte	Short	Skimmed	597	142	2.0	1.2	25.1	22.9	0.0	5.9	0.19	22.9	8.6	14.3	87
		Semi Skimmed	701	167	4.8	2.9	25.1	22.9	0.0	5.9	0.19	22.9	8.6	14.3	87
		Whole	812	193	8.0	5.1	24.6	22.3	0.0	5.8	0.19	22.3	8.1	14.3	87
		Soya	635	151	5.1	1.7	21.8	19.6	0.6	4.2	0.14	19.6	N/A	19.6	87
	Tall	Coconut	640	152	6.8	5.8	22.3	19.6	0.6	0.1	0.23	19.6	N/A	19.6	87
		Skimmed	874	208	3.0	1.7	36.6	33.8	0.0	8.7	0.28	33.8	8.6	25.3	87
		Semi Skimmed	1025	244	7.0	4.2	36.6	33.8	0.0	8.7	0.27	33.8	8.6	25.3	87
		Whole	1188	283	11.8	7.5	35.9	33.1	0.0	8.4	0.27	33.1	8.1	25.0	87
	Grande	Soya	930	221	7.5	2.5	31.9	29.1	0.9	6.2	0.20	29.1	N/A	29.1	87
		Coconut	936	223	10.0	8.5	32.6	29.1	0.9	0.2	0.33	29.1	N/A	29.1	87
		Skimmed	1191	284	4.0	2.3	50.0	45.5	0.1	11.9	0.39	45.5	8.6	36.9	174
		Semi Skimmed	1398	333	9.5	5.7	50.0	45.5	0.1	11.9	0.38	45.5	12.5	33.0	174
	Venti	Whole	1622	386	16.0	10.2	48.9	44.5	0.1	11.5	0.38	44.5	11.7	32.7	174
		Soya	1267	302	10.2	3.3	43.5	39.0	1.2	8.4	0.28	39.0	N/A	39.0	174
		Coconut	1276	304	13.6	11.6	44.5	39.0	1.2	0.2	0.46	39.0	N/A	39.0	174
		Skimmed	1494	356	5.0	2.9	62.9	56.7	0.1	14.7	0.48	56.7	17.1	39.6	261
Molten Hot Chocolate	Short	Semi Skimmed	1751	417	11.8	7.1	62.9	56.7	0.1	14.7	0.47	56.7	17.1	39.6	261
		Whole	2029	483	19.9	12.7	61.6	55.4	0.1	14.3	0.47	55.4	16.1	39.3	261
		Soya	1588	378	12.7	4.2	54.8	48.6	1.5	10.5	0.35	48.6	N/A	48.6	261
		Coconut	1599	381	16.9	14.4	56.0	48.6	1.5	0.3	0.57	48.6	N/A	48.6	261
	Tall	Skimmed	1048	250	10.2	4.3	31.1	26.0	1.7	7.6	0.29	26.0	9.0	17.0	4
		Semi Skimmed	1150	274	12.9	6.0	31.1	26.0	1.7	7.6	0.28	26.0	9.0	17.0	4
		Whole	1260	300	16.1	8.2	30.5	25.5	1.7	7.4	0.28	25.5	8.5	17.0	4
		Soya	1086	258	13.2	4.8	27.8	22.8	2.3	5.9	0.23	22.8	N/A	22.8	4
	Grande	Coconut	1090	259	14.9	8.9	28.4	22.8	2.3	1.8	0.32	22.8	N/A	22.8	4
		Skimmed	1380	329	11.7	5.2	42.9	36.2	2.4	11.7	0.41	36.2	9.1	27.1	6
		Semi Skimmed	1544	368	16.0	7.9	42.9	36.2	2.4	11.7	0.40	36.2	9.1	27.1	6
		Whole	1720	410	21.2	11.4	42.1	35.4	2.4	11.4	0.40	35.4	8.6	26.8	6
	Venti	Soya	1440	343	16.6	6.0	37.8	31.1	3.3	9.0	0.32	31.1	N/A	31.1	6
		Coconut	1447	345	19.3	12.5	38.6	31.1	3.3	2.5	0.46	31.1	N/A	31.1	6
		Skimmed	1786	425	15.1	6.3	56.1	47.2	3.1	14.7	0.52	47.2	9.2	38.1	7
		Semi Skimmed	1990	474	20.5	9.7	56.1	47.2	3.1	14.7	0.51	47.2	14.3	33.0	7
Molten Chocolate Frappuccino®	Short	Whole	2211	526	26.9	14.1	55.1	46.2	3.1	14.4	0.51	46.2	13.5	32.8	7
		Soya	1861	443	21.2	7.3	49.7	40.8	4.3	11.3	0.42	40.8	N/A	40.8	7
		Coconut	1869	445	24.5	15.4	50.7	40.8	4.3	3.2	0.59	40.8	N/A	40.8	7
		Skimmed	1033	246	11.4	5.9	30.4	27.7	0.9	5.0	0.40	27.7	6.3	21.4	1
	Tall	Semi Skimmed	1101	262	13.2	7.0	30.4	27.7	0.9	5.0	0.40	27.7	6.3	21.4	1
		Whole	1175	280	15.4	8.5	30.1	27.3	0.9	4.8	0.40	27.3	5.9	21.4	1
		Soya	1058	252	13.4	6.2	28.3	25.5	1.3	3.8	0.36	25.5	N/A	25.5	1
		Coconut	1061	253	14.6	8.9	28.6	25.5	1.3	1.1	0.42	25.5	N/A	25.5	1
	Grande	Skimmed	1257	299	12.6	6.0	40.8	37.0	1.1	5.2	0.51	37.0	6.4	30.7	2
		Semi Skimmed	1326	316	14.4	7.1	40.8	37.0	1.1	5.2	0.51	37.0	6.4	30.7	2
		Whole	1399	333	16.5	8.6	40.5	36.7	1.1	5.1	0.51	36.7	6.0	30.7	2
		Soya	1282	305	14.6	6.3	38.7	34.9	1.5	4.1	0.48	34.9	N/A	34.9	2
	Venti	Coconut	1285	306	15.7	9.1	39.0	34.9	1.5	1.4	0.54	34.9	N/A	34.9	2
		Skimmed	1763	420	17.7	8.4	57.4	52.1	1.6	7.0	0.72	52.2	6.7	45.5	3
		Semi Skimmed	1855	442	20.1	9.9	57.4	52.1	1.6	7.0	0.72	52.2	6.7	45.5	3
		Whole	1954	465	23.0	11.9	56.9	51.7	1.6	6.9	0.72	51.7	6.3	45.4	3
	Venti	Soya	1797	428	20.4	8.8	54.5	49.3	2.1	5.5	0.68	49.3	N/A	49.3	3
		Coconut	1800	429	21.9	12.5	54.9	49.3	2.1	1.9	0.75	49.3	N/A	49.3	3

HOT CUP SIZES
SHORT -- 237 ml (8 fl oz)
TALL -- 354 ml (12 fl oz)
GRANDE -- 473 ml (16 fl oz)
VENTI -- 591 ml (20 fl oz)
COLD CUP SIZES
Mini -- 296 ml (10 fl oz)
TALL -- 354 ml (12 fl oz)
GRANDE -- 473 ml (16 fl oz)
VENTI -- 709 ml (24 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.