



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>HOT BEVERAGES</b>													
<b>ESPRESSO &amp; FILTER COFFEE</b>													
<b>CAFFE LATTE (made with Semi Skimmed Milk as standard)</b>													
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
<b>Short - Semi Skimmed Milk</b>	<b>357</b>	<b>85</b>	<b>2.9</b>	<b>1.8</b>	<b>8.7</b>	<b>7.7</b>	<b>0.0</b>	<b>6.1</b>	<b>0.16</b>	<b>7.7</b>	<b>7.7</b>	<b>0.0</b>	<b>75</b>
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
<b>LATTE with TURMERIC (made with Semi Skimmed Milk as standard)</b>													
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
<b>Short - Semi Skimmed Milk</b>	<b>518</b>	<b>123</b>	<b>3.0</b>	<b>1.8</b>	<b>17.7</b>	<b>16.4</b>	<b>0.4</b>	<b>6.2</b>	<b>0.20</b>	<b>16.4</b>	<b>7.6</b>	<b>8.8</b>	<b>75</b>
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
<b>FRESH FILTER COFFEE</b>													
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
<b>ESPRESSO</b>													
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
<b>ESPRESSO CON PANNA (made with Whipped Cream as standard)</b>													
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
<b>CORTADO (made with Whole Milk as standard)</b>													
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
<b>Whole Milk</b>	<b>303</b>	<b>72</b>	<b>3.5</b>	<b>2.2</b>	<b>6.5</b>	<b>4.5</b>	<b>0.0</b>	<b>3.8</b>	<b>0.10</b>	<b>4.5</b>	<b>4.5</b>	<b>0.0</b>	<b>157</b>
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



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>ESPRESSO MACCHIATO (made with Semi Skimmed Milk as standard)</b>													
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
<b>Solo - Semi Skimmed Milk</b>	<b>34</b>	<b>8</b>	<b>0.1</b>	<b>0.1</b>	<b>1.2</b>	<b>0.3</b>	<b>0.0</b>	<b>0.6</b>	<b>0.01</b>	<b>0.3</b>	<b>0.3</b>	<b>0.0</b>	<b>75</b>
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
<b>CAFFE AMERICANO</b>													
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
<b>CAPPUCCINO (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	206	49	0.1	0.0	7.3	6.3	0.0	4.6	0.13	6.3	6.3	0.0	75
<b>Short - Semi Skimmed Milk</b>	<b>285</b>	<b>68</b>	<b>2.3</b>	<b>1.4</b>	<b>7.0</b>	<b>6.0</b>	<b>0.0</b>	<b>4.9</b>	<b>0.13</b>	<b>6.0</b>	<b>6.0</b>	<b>0.0</b>	<b>75</b>
Short- Whole Milk	358	85	4.5	2.9	6.9	5.9	0.0	4.4	0.13	5.9	5.9	0.0	75
Short- Soy	236	56	2.1	0.4	4.9	3.9	0.6	4.1	0.14	3.9	0.0	3.9	75
Short - Coconut	236	57	3.6	3.4	5.2	3.9	0.3	0.6	0.07	3.9	0.0	3.9	75
Short - Almond	147	35	1.5	0.1	4.2	3.1	0.4	1.0	0.08	3.1	0.0	3.1	75
Short - Oat	421	100	3.4	2.0	14.6	8.4	2.5	1.6	0.16	8.4	0.0	8.4	75
Tall - Skimmed Milk	393	93	0.2	0.0	13.8	11.9	0.0	8.8	0.24	11.9	11.9	0.0	150
Tall - Semi Skimmed Milk	542	129	4.3	2.6	13.4	11.4	0.0	9.3	0.24	11.4	11.4	0.0	150
Tall - Whole Milk	680	163	8.5	5.5	13.1	11.1	0.0	8.3	0.24	11.1	11.1	0.0	150
Tall - Soy	450	107	4.0	0.7	9.3	7.4	1.2	7.8	0.26	7.4	0.0	7.4	150
Tall - Coconut	449	108	6.9	6.4	10.0	7.4	0.5	1.2	0.13	7.4	0.0	7.4	150
Tall - Almond	282	67	2.8	0.2	8.1	5.9	0.7	1.9	0.14	5.9	0.0	5.9	150
Tall - Oat	800	191	6.4	3.8	27.8	15.9	4.7	3.1	0.31	15.9	0.0	15.9	150
Grande - Skimmed Milk	436	103	0.3	0.0	15.3	13.3	0.0	9.8	0.27	13.3	13.3	0.0	150
Grande - Semi Skimmed Milk	603	143	4.8	2.9	14.8	12.8	0.0	10.3	0.27	12.8	12.8	0.0	150
Grande - Whole Milk	758	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27	12.5	12.5	0.0	150
Grande - Soy	500	119	4.5	0.8	10.2	8.3	1.3	8.7	0.29	8.3	0.0	8.3	150
Grande - Coconut	499	120	7.7	7.2	11.0	8.3	0.5	1.3	0.15	8.3	0.0	8.3	150
Grande - Almond	311	74	3.2	0.3	8.9	6.7	0.8	2.1	0.16	6.7	0.0	6.7	150
Grande - Oat	893	213	7.2	4.3	31.0	17.8	5.3	3.4	0.35	17.8	0.0	17.8	150
Venti - Skimmed Milk	611	144	0.4	0.0	21.5	18.5	0.0	13.7	0.37	18.5	18.5	0.0	225
Venti - Semi Skimmed Milk	844	201	6.7	4.1	20.8	17.8	0.0	14.4	0.37	17.8	17.8	0.0	225
Venti - Whole Milk	1060	253	13.3	8.5	20.4	17.4	0.0	12.9	0.37	17.4	17.4	0.0	225
Venti - Soy	701	167	6.3	1.1	14.5	11.5	1.9	12.2	0.41	11.5	0.0	11.5	225
Venti - Coconut	699	168	10.7	10.0	15.6	11.5	0.7	1.8	0.20	11.5	0.0	11.5	225
Venti - Almond	437	104	4.4	0.4	12.6	9.3	1.1	2.9	0.22	9.3	0.0	9.3	225
Venti - Oat	1247	297	10.0	5.9	43.3	24.8	7.4	4.8	0.48	24.8	0.0	24.8	225
<b>CAFFE MISTO (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	148	35	0.1	0.0	4.9	4.9	0.0	3.5	0.11	4.9	4.9	0.0	79
<b>Short - Semi Skimmed Milk</b>	<b>210</b>	<b>50</b>	<b>1.8</b>	<b>1.1</b>	<b>4.7</b>	<b>4.7</b>	<b>0.0</b>	<b>3.7</b>	<b>0.11</b>	<b>4.7</b>	<b>4.7</b>	<b>0.0</b>	<b>79</b>
Short- Whole Milk	268	64	3.6	2.3	4.6	4.6	0.0	3.3	0.11	4.6	4.6	0.0	79
Short- Soy	172	41	1.7	0.3	3.1	3.1	0.5	3.1	0.12	3.1	0.0	3.1	79
Short - Coconut	171	41	2.9	2.7	3.4	3.1	0.2	0.3	0.07	3.1	0.0	3.1	79
Short - Almond	102	24	1.2	0.1	2.6	2.5	0.3	0.6	0.07	2.5	0.0	2.5	79
Short - Oat	318	76	2.7	1.6	10.8	6.6	2.0	1.1	0.14	6.6	0.0	6.6	79
Tall - Skimmed Milk	200	47	0.2	0.0	6.6	6.6	0.0	4.7	0.15	6.6	6.6	0.0	121
Tall - Semi Skimmed Milk	283	67	2.4	1.5	6.4	6.4	0.0	5.0	0.15	6.4	6.4	0.0	121
Tall - Whole Milk	360	86	4.8	3.1	6.2	6.2	0.0	4.5	0.15	6.2	6.2	0.0	121
Tall - Soy	232	55	2.3	0.4	4.1	4.1	0.7	4.2	0.16	4.1	0.0	4.1	121
Tall - Coconut	231	56	3.9	3.6	4.5	4.1	0.3	0.5	0.09	4.1	0.0	4.1	121
Tall - Almond	137	33	1.6	0.1	3.5	3.3	0.4	0.9	0.10	3.3	0.0	3.3	121
Tall - Oat	428	102	3.6	2.1	14.5	8.9	2.7	1.6	0.19	8.9	0.0	8.9	121
Grande - Skimmed Milk	291	69	0.2	0.0	9.7	9.7	0.0	6.9	0.22	9.7	9.7	0.0	142
Grande - Semi Skimmed Milk	413	98	3.5	2.1	9.3	9.3	0.0	7.3	0.22	9.3	9.3	0.0	142
Grande - Whole Milk	526	126	7.0	4.5	9.1	9.1	0.0	6.5	0.22	9.1	9.1	0.0	142
Grande - Soy	338	81	3.4	0.6	6.0	6.0	1.0	6.1	0.24	6.0	0.0	6.0	142
Grande - Coconut	337	81	5.7	5.3	6.6	6.0	0.4	0.7	0.13	6.0	0.0	6.0	142
Grande - Almond	199	48	2.4	0.2	5.1	4.9	0.6	1.2	0.14	4.9	0.0	4.9	142
Grande - Oat	625	149	5.3	3.1	21.2	13.0	3.9	2.2	0.27	13.0	0.0	13.0	142
Venti - Skimmed Milk	390	92	0.3	0.0	13.0	13.0	0.0	9.2	0.29	13.0	13.0	0.0	185
Venti - Semi Skimmed Milk	554	132	4.8	2.9	12.5	12.5	0.0	9.7	0.29	12.5	12.5	0.0	185
Venti - Whole Milk	705	169	9.4	6.0	12.3	12.3	0.0	8.7	0.29	12.3	12.3	0.0	185
Venti - Soy	453	108	4.5	0.8	8.1	8.1	1.3	8.2	0.32	8.1	0.0	8.1	185
Venti - Coconut	451	109	7.6	7.0	8.9	8.1	0.5	0.9	0.17	8.1	0.0	8.1	185
Venti - Almond	267	64	3.2	0.3	6.8	6.5	0.8	1.6	0.18	6.5	0.0	6.5	185
Venti - Oat	838	200	7.1	4.2	28.4	17.5	5.2	3.0	0.37	17.5	0.0	17.5	185
<b>FLAT WHITE (made with Whole Milk as standard)</b>													
Short - Whole Milk	453	108	5.5	3.5	9.1	7.2	0.0	5.6	0.20	7.2	7.2	0.0	150



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) f	Added sugar (g)	Caffeine (mg) **
<b>CARAMEL MACCHIATO (made with Semi Skimmed Milk and regular Vanilla flavoured syrup as standard)</b>													
Short - Skimmed Milk	377	89	0.9	0.5	15.3	13.9	0.0	5.0	0.16	13.9	6.8	7.2	75
<b>Short - Semi Skimmed Milk</b>	<b>462</b>	<b>110</b>	<b>3.2</b>	<b>2.0</b>	<b>15.0</b>	<b>13.7</b>	<b>0.0</b>	<b>5.3</b>	<b>0.16</b>	<b>13.7</b>	<b>6.5</b>	<b>7.2</b>	<b>75</b>
Short- Whole Milk	541	129	5.6	3.6	14.9	13.5	0.0	4.8	0.16	13.5	6.4	7.2	75
Short- Soy	410	97	3.0	0.9	12.7	11.4	0.7	4.5	0.17	11.4	0.0	11.4	75
Short - Coconut	409	98	4.7	4.1	13.1	11.4	0.3	0.7	0.10	11.4	0.0	11.4	75
Short - Almond	313	74	2.4	0.6	12.0	10.5	0.4	1.1	0.10	10.5	0.0	10.5	75
Short - Oat	610	145	4.4	2.6	23.3	16.2	2.7	1.8	0.20	16.2	0.0	16.2	75
Tall - Skimmed Milk	621	146	1.0	0.5	25.8	23.3	0.0	8.7	0.25	23.3	11.6	11.7	150
Tall - Semi Skimmed Milk	767	182	4.9	3.0	25.3	22.9	0.0	9.1	0.25	22.9	11.2	11.7	150
Tall - Whole Milk	902	215	9.1	5.8	25.1	22.6	0.0	8.2	0.25	22.6	10.9	11.7	150
Tall - Soy	677	161	4.7	1.2	21.3	18.9	1.2	7.7	0.28	18.9	0.0	18.9	150
Tall - Coconut	676	161	7.5	6.7	22.0	18.9	0.5	1.2	0.15	18.9	0.0	18.9	150
Tall - Almond	512	122	3.5	0.7	20.2	17.5	0.7	1.9	0.16	17.5	0.0	17.5	150
Tall - Oat	1020	243	7.0	4.2	39.5	27.3	4.6	3.1	0.32	27.3	0.0	27.3	150
Grande - Skimmed Milk	792	187	1.0	0.5	33.5	31.0	0.0	10.8	0.32	31.0	14.7	16.3	150
Grande - Semi Skimmed Milk	977	232	6.0	3.7	33.0	30.4	0.0	11.4	0.32	30.4	15.4	15.6	150
Grande - Whole Milk	1148	273	11.3	7.2	32.7	30.1	0.0	10.2	0.32	30.1	13.8	16.3	150
Grande - Soy	863	205	5.7	1.3	28.0	25.4	1.5	9.6	0.34	25.4	0.0	25.4	150
Grande - Coconut	861	205	9.3	8.4	28.8	25.4	0.6	1.4	0.18	25.4	0.0	25.4	150
Grande - Almond	653	155	4.3	0.8	26.5	23.7	0.9	2.3	0.20	23.7	0.0	23.7	150
Grande - Oat	1297	308	8.7	5.2	50.9	36.0	5.9	3.7	0.40	36.0	0.0	36.0	150
Venti - Skimmed Milk	980	231	1.1	0.5	42.1	38.5	0.0	13.1	0.37	38.5	17.6	20.9	225
Venti - Semi Skimmed Milk	1202	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
<b>MOCHA &amp; HOT CHOCOLATE</b>													
<b>CAFFE MOCHA (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	830	198	7.0	4.0	25.6	20.8	1.6	7.3	0.21	20.8	8.9	11.9	91
<b>Short - Semi Skimmed Milk</b>	<b>933</b>	<b>222</b>	<b>9.7</b>	<b>5.7</b>	<b>25.6</b>	<b>20.8</b>	<b>1.6</b>	<b>7.3</b>	<b>0.20</b>	<b>20.8</b>	<b>8.9</b>	<b>11.9</b>	<b>91</b>
Short- Whole Milk	1044	249	13.0	7.9	25.1	20.3	1.6	7.1	0.20	20.3	8.4	11.9	91
Short- Soy	868	207	10.1	4.5	22.4	17.6	2.1	5.6	0.15	17.6	0.4	17.1	91
Short - Coconut	872	208	11.8	8.6	22.9	17.6	2.1	1.5	0.24	17.6	0.4	17.1	91
Short - Almond	754	180	8.9	4.1	21.5	16.5	2.1	2.3	0.15	16.5	0.4	16.1	91
Short - Oat	735	176	9.1	6.1	20.4	15.1	3.3	1.6	0.13	15.1	0.4	14.7	91
Tall - Skimmed Milk	1186	282	8.7	4.9	38.5	30.9	2.3	11.3	0.32	30.9	14.0	16.9	180
Tall - Semi Skimmed Milk	1349	321	13.0	7.6	38.5	30.9	2.3	11.3	0.32	30.9	14.0	16.9	180
Tall - Whole Milk	1525	363	18.2	11.1	37.7	30.1	2.3	11.1	0.32	30.1	13.2	16.9	180
Tall - Soy	1245	297	13.6	5.7	33.4	25.8	3.2	8.6	0.24	25.8	0.5	25.3	180
Tall - Coconut	1252	298	16.3	12.2	34.2	25.8	3.2	2.2	0.38	25.8	0.5	25.3	180
Tall - Almond	1064	253	11.7	5.2	32.0	24.2	3.1	3.5	0.24	24.2	0.5	23.7	180
Tall - Oat	1107	265	12.4	8.3	33.0	23.5	5.4	2.7	0.22	23.5	0.5	23.0	180
Grande - Skimmed Milk	1484	353	10.4	5.9	49.0	39.8	3.0	14.5	0.41	39.8	17.8	22.0	181
Grande - Semi Skimmed Milk	1692	403	15.9	9.3	49.0	39.8	3.0	14.5	0.40	39.8	17.8	22.0	181
Grande - Whole Milk	1916	456	22.4	13.8	48.0	38.8	3.0	14.2	0.40	38.8	16.8	22.0	181
Grande - Soy	1560	371	16.6	6.9	42.5	33.3	4.1	11.1	0.30	33.3	0.6	32.7	181
Grande - Coconut	1569	374	20.0	15.2	43.5	33.3	4.1	2.8	0.48	33.3	0.6	32.7	181
Grande - Almond	1329	317	14.2	6.2	40.8	31.2	4.0	4.5	0.30	31.2	0.6	30.6	181
Grande - Oat	1447	346	15.7	10.3	44.2	31.7	7.4	3.4	0.31	31.7	0.6	31.1	181
Venti - Skimmed Milk	1805	430	11.0	6.2	62.1	50.1	3.7	18.8	0.53	50.1	23.1	27.0	270
Venti - Semi Skimmed Milk	2078	495	18.2	10.7	62.1	50.1	3.7	18.8	0.52	50.1	23.1	27.0	270
Venti - Whole Milk	2371	564	26.8	16.6	60.8	48.7	3.7	18.3	0.52	48.7	21.7	27.0	270
Venti - Soy	1905	454	19.1	7.6	53.6	41.5	5.2	14.3	0.39	41.5	0.6	40.9	270
Venti - Coconut	1917	456	23.6	18.4	54.9	41.5	5.2	3.5	0.62	41.5	0.6	40.9	270
Venti - Almond	1603	382	16.0	6.7	51.3	38.8	5.0	5.7	0.39	38.8	0.6	38.2	270
Venti - Oat	1652	395	16.9	11.1	52.2	37.3	8.7	4.1	0.35	37.3	0.6	31.3	270



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>WHITE CHOCOLATE MOCHA (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	927	221	8.4	3.2	28.9	27.3	0.0	7.4	0.32	27.3	8.6	18.7	87
<b>Short - Semi Skimmed Milk</b>	<b>1025</b>	<b>244</b>	<b>11.0</b>	<b>4.8</b>	<b>28.9</b>	<b>27.3</b>	<b>0.0</b>	<b>7.4</b>	<b>0.31</b>	<b>27.3</b>	<b>8.6</b>	<b>18.7</b>	<b>87</b>
Short- Whole Milk	1130	269	14.1	6.9	28.4	26.9	0.0	7.2	0.31	26.9	8.1	18.7	87
Short- Soy	963	229	11.3	3.7	25.8	24.3	0.5	5.7	0.27	24.3	N/A	24.3	87
Short - Coconut	967	230	12.9	7.6	26.3	24.3	0.5	1.8	0.35	24.3	N/A	24.3	87
Short - Almond	854	203	10.2	3.4	25.0	23.3	0.5	2.7	0.27	23.3	N/A	23.3	87
Short - Oat	986	235	10.7	7.7	30.4	25.8	1.8	3.4	0.25	25.8	N/A	25.8	87
Tall - Skimmed Milk	1313	313	10.8	3.8	43.1	40.3	0.0	10.7	0.46	40.3	12.3	28.0	174
Tall - Semi Skimmed Milk	1454	346	14.6	6.1	43.1	40.3	0.0	10.7	0.46	40.3	12.3	28.0	174
Tall - Whole Milk	1607	383	19.0	9.2	42.4	39.6	0.0	10.5	0.46	39.6	11.6	28.0	174
Tall - Soy	1365	325	15.0	4.5	38.6	35.8	0.8	8.4	0.39	35.8	N/A	35.8	174
Tall - Coconut	1371	326	17.4	10.1	39.3	35.8	0.8	2.8	0.51	35.8	N/A	35.8	174
Tall - Almond	1208	288	13.4	4.0	37.5	34.4	0.7	3.9	0.39	34.4	N/A	34.4	174
Tall - Oat	1545	369	15.5	10.9	50.1	41.1	3.6	5.5	0.42	41.1	N/A	41.1	174
Grande - Skimmed Milk	1705	406	13.3	4.4	57.0	54.1	0.0	14.7	0.63	54.1	16.9	37.2	174
Grande - Semi Skimmed Milk	1901	453	18.4	7.6	57.0	54.1	0.0	14.7	0.62	54.1	16.9	37.2	174
Grande - Whole Milk	2112	503	24.6	11.8	56.0	53.1	0.0	14.4	0.62	53.1	15.9	37.2	174
Grande - Soy	1777	423	19.1	5.4	50.8	48.0	1.1	11.4	0.53	48.0	N/A	48.0	174
Grande - Coconut	1785	425	22.3	13.1	51.8	48.0	1.1	3.7	0.69	48.0	N/A	48.0	174
Grande - Almond	1560	371	16.8	4.7	49.2	46.0	1.0	5.3	0.53	46.0	N/A	46.0	174
Grande - Oat	1956	466	19.0	13.5	64.6	53.7	4.5	6.9	0.54	53.7	N/A	53.7	174
Venti - Skimmed Milk	2053	489	14.6	4.4	71.1	67.1	0.0	18.2	0.78	67.1	20.8	46.4	261
Venti - Semi Skimmed Milk	2296	547	21.0	8.4	71.1	67.1	0.0	18.2	0.77	67.1	20.8	46.4	261
Venti - Whole Milk	2556	609	28.6	13.6	69.9	65.9	0.0	17.8	0.77	65.9	19.6	46.4	261
Venti - Soy	2142	510	21.8	5.6	63.5	59.5	1.4	14.2	0.66	59.5	N/A	59.5	261
Venti - Coconut	2152	512	25.8	15.2	64.7	59.5	1.4	4.6	0.86	59.5	N/A	59.5	261
Venti - Almond	1873	446	19.0	4.8	61.5	57.1	1.2	6.6	0.66	57.1	N/A	57.1	261
Venti - Oat	2467	588	22.6	15.9	83.9	68.7	6.2	9.0	0.71	68.7	N/A	68.7	261
<b>SIGNATURE HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	1119	267	15.0	9.2	30.0	24.2	3.3	7.8	0.19	24.2	6.0	18.2	10
<b>Short - Semi Skimmed Milk</b>	<b>1185</b>	<b>283</b>	<b>16.9</b>	<b>10.3</b>	<b>29.7</b>	<b>23.9</b>	<b>3.3</b>	<b>7.7</b>	<b>0.19</b>	<b>23.9</b>	<b>6.0</b>	<b>17.9</b>	<b>10</b>
Short- Whole Milk	1226	293	18.1	10.9	29.6	23.8	3.3	7.6	0.19	23.8	5.7	18.1	10
Short- Soy	1139	272	16.4	9.3	28.2	21.5	3.7	7.2	0.20	21.5	N/A	21.5	10
Short - Coconut	1149	275	15.0	6.7	31.0	25.0	3.7	4.9	0.18	25.0	N/A	25.0	10
Short - Almond	1139	271	13.5	7.2	31.4	25.4	4.1	3.9	0.10	25.4	N/A	25.5	10
Short - Oat	1144	273	13.8	8.9	34.7	26.1	2.6	1.2	0.23	26.1	N/A	26.1	10
Tall - Skimmed Milk	1646	393	21.3	13.0	45.7	36.9	5.1	11.9	0.29	36.9	9.0	27.8	15
Tall - Semi Skimmed Milk	1747	418	24.2	14.8	45.2	36.4	5.1	11.8	0.29	36.4	9.0	27.4	15
Tall - Whole Milk	1810	433	26.1	15.7	45.0	36.2	5.1	11.6	0.28	36.2	8.5	27.7	15
Tall - Soy	1677	401	23.5	13.2	42.9	32.8	5.7	10.9	0.31	32.8	N/A	32.8	15
Tall - Coconut	1669	399	20.0	8.9	46.0	37.0	5.7	7.3	0.29	37.0	N/A	37.0	15
Tall - Almond	1662	396	18.7	10.0	47.7	38.6	6.2	6.0	0.15	38.6	N/A	38.6	15
Tall - Oat	931	223	12.6	8.3	25.4	19.3	1.9	1.0	0.17	19.3	N/A	19.3	15
Grande - Skimmed Milk	2114	505	27.0	16.4	59.4	48.0	6.7	15.4	0.38	48.0	9.1	38.9	20
Grande - Semi Skimmed Milk	2245	537	30.7	18.8	58.9	47.4	6.7	15.3	0.37	47.4	11.7	35.7	20
Grande - Whole Milk	2328	556	33.5	20.0	59.0	47.0	6.7	15.1	0.37	47.0	11.0	36.0	20
Grande - Soy	2155	515	29.8	16.7	56.0	43.0	7.5	14.2	0.40	43.0	N/A	43.0	20
Grande - Coconut	2200	526	26.0	11.0	62.0	50.0	7.5	9.7	0.36	50.0	N/A	50.0	20
Grande - Almond	2130	507	23.5	12.4	62.1	50.3	8.2	7.8	0.20	50.3	N/A	50.3	20
Grande - Oat	1560	373	18.9	12.1	47.1	35.3	3.7	1.8	0.32	35.3	N/A	35.3	20
Venti - Skimmed Milk	2611	624	32.4	19.7	75.0	61.0	8.5	19.6	0.48	61.0	14.7	46.3	25
Venti - Semi Skimmed Milk	2782	665	37.2	22.8	75.0	60.0	8.5	19.4	0.47	60.0	14.7	45.3	25
Venti - Whole Milk	2887	690	40.4	24.3	74.0	60.0	8.5	19.2	0.47	60.0	13.9	46.1	25
Venti - Soy	2665	637	36.0	20.1	71.0	54.0	9.5	18.0	0.51	54.0	N/A	54.0	25
Venti - Coconut	2692	644	31.0	13.0	78.0	63.0	9.5	12.0	0.46	63.0	N/A	63.0	25
Venti - Almond	2631	626	27.8	14.7	78.8	64.0	10.4	10.0	0.24	64.0	N/A	64.0	25
Venti - Oat	2242	536	25.0	15.7	72.5	54.3	5.6	2.4	0.48	54.3	N/A	54.3	25



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>CLASSIC HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	802	191	7.0	4.0	24.1	20.1	1.5	7.2	0.20	20.1	8.6	11.4	15
<b>Short - Semi Skimmed Milk</b>	<b>904</b>	<b>215</b>	<b>9.7</b>	<b>5.7</b>	<b>24.1</b>	<b>20.1</b>	<b>1.5</b>	<b>7.2</b>	<b>0.20</b>	<b>20.1</b>	<b>8.6</b>	<b>11.4</b>	<b>15</b>
Short- Whole Milk	1014	242	12.9	7.8	23.6	19.6	1.5	7.0	0.20	19.6	8.1	11.4	15
Short- Soy	840	200	10.0	4.5	20.8	16.8	2.1	5.5	0.15	16.9	N/A	16.8	15
Short - Coconut	844	201	11.7	8.5	21.4	16.8	2.1	1.5	0.24	16.9	N/A	16.8	15
Short - Almond	726	173	8.8	4.1	20.0	15.8	2.0	2.3	0.15	15.8	N/A	15.8	15
Short - Oat	726	174	9.2	6.2	19.7	15.0	3.4	1.3	0.14	15.0	N/A	15.0	15
Tall - Skimmed Milk	1130	269	8.7	4.9	35.6	29.9	2.2	11.1	0.31	29.9	12.3	17.6	20
Tall - Semi Skimmed Milk	1290	307	12.9	7.5	35.6	29.9	2.2	11.1	0.31	29.9	7.4	22.4	20
Tall - Whole Milk	1462	348	17.9	11.0	34.8	29.1	2.2	10.8	0.31	29.1	7.0	22.0	20
Tall - Soy	1189	283	13.4	5.7	30.6	24.8	3.1	8.4	0.23	24.8	N/A	24.8	20
Tall - Coconut	1195	285	16.1	12.0	31.3	24.8	3.1	2.1	0.37	24.8	N/A	24.8	20
Tall - Almond	1012	241	11.6	5.2	29.2	23.3	3.0	3.4	0.23	23.3	N/A	23.3	20
Tall - Oat	1179	282	13.5	8.9	34.8	25.6	6.1	2.4	0.28	25.6	N/A	25.6	20
Grande - Skimmed Milk	1355	323	10.0	5.7	42.7	36.2	2.5	14.1	0.41	36.2	16.9	19.3	25
Grande - Semi Skimmed Milk	1564	372	15.6	9.1	42.7	36.2	2.5	14.1	0.40	36.2	16.9	19.3	25
Grande - Whole Milk	1789	426	22.1	13.6	41.6	35.2	2.5	13.8	0.40	35.2	15.9	19.2	25
Grande - Soy	1432	341	16.3	6.7	36.1	29.6	3.7	10.7	0.30	29.6	N/A	29.6	25
Grande - Coconut	1440	343	19.7	15.0	37.2	29.6	3.7	2.4	0.48	29.6	N/A	29.6	25
Grande - Almond	1200	286	13.8	6.0	34.4	27.6	3.5	4.1	0.30	27.6	N/A	27.6	25
Grande - Oat	1433	343	16.0	10.5	43.1	32.0	7.5	2.8	0.33	32.0	N/A	32.0	25
Venti - Skimmed Milk	1720	410	11.0	6.2	57.6	48.5	3.6	18.3	0.51	48.5	20.7	27.8	30
Venti - Semi Skimmed Milk	1985	473	18.0	10.6	57.6	48.5	3.6	18.3	0.50	48.5	20.7	27.8	30
Venti - Whole Milk	2270	540	26.3	16.3	56.3	47.2	3.6	17.9	0.50	47.2	19.5	27.7	30
Venti - Soy	1817	433	18.8	7.5	49.3	40.2	5.1	13.9	0.38	40.2	N/A	40.2	30
Venti - Coconut	1828	435	23.2	18.0	50.6	40.2	5.1	3.4	0.60	40.2	N/A	40.2	30
Venti - Almond	1523	363	15.8	6.6	47.1	37.6	4.9	5.6	0.38	37.6	N/A	37.6	30
Venti - Oat	1811	433	18.9	12.3	56.9	41.7	10.1	3.8	0.45	41.7	N/A	41.7	30
<b>KIDS HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)</b>													
Short - Skimmed Milk	802	191	7.0	4.0	24.1	20.1	1.5	7.2	0.20	20.1	8.6	11.4	15
<b>Short - Semi Skimmed Milk</b>	<b>904</b>	<b>215</b>	<b>9.7</b>	<b>5.7</b>	<b>24.1</b>	<b>20.1</b>	<b>1.5</b>	<b>7.2</b>	<b>0.20</b>	<b>20.1</b>	<b>8.6</b>	<b>11.4</b>	<b>15</b>
Short- Whole Milk	1014	242	12.9	7.8	23.6	19.6	1.5	7.0	0.20	19.6	8.1	11.4	15
Short- Soy	840	200	10.0	4.5	20.8	16.8	2.1	5.5	0.15	16.9	N/A	16.8	15
Short - Coconut	844	201	11.7	8.5	21.4	16.8	2.1	1.5	0.24	16.9	N/A	16.8	15
Short - Almond	726	173	8.8	4.1	20.0	15.8	2.0	2.3	0.15	15.8	N/A	15.8	15
Short - Oat	726	174	9.2	6.2	19.7	15.0	3.4	1.3	0.14	15.0	N/A	15.0	15
<b>HOT TEA - TEAVANA</b>													
<b>Teavana Hot Teas</b>													
<b>English Breakfast Tea</b>													
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
<b>Earl Grey Tea</b>													
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
<b>Hibiscus Tea</b>													
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
<b>Emperor's Clouds &amp; Mist Tea</b>													
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
<b>Mint Citrus Green Tea</b>													
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
<b>Mint Blend Tea</b>													
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
<b>Youthberry Tea</b>													
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
<b>Jasmine Pearls Tea</b>													
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
<b>Chai Tea</b>													
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
<b>Chamomile Tea</b>													
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



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>CHAI TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	431	103	0.1	0.1	22.3	21.2	0.1	3.9	0.12	21.2	5.5	15.7	50
<b>Short - Semi Skimmed Milk</b>	<b>497</b>	<b>119</b>	<b>2.0</b>	<b>1.3</b>	<b>22.0</b>	<b>20.9</b>	<b>0.1</b>	<b>3.8</b>	<b>0.12</b>	<b>20.9</b>	<b>5.5</b>	<b>15.4</b>	<b>50</b>
Short- Whole Milk	539	129	3.3	1.9	21.9	20.7	0.1	3.7	0.12	20.7	5.2	15.5	50
Short- Soy	452	108	1.6	0.2	20.4	18.3	0.5	3.2	0.14	18.3	N/A	18.3	50
Short - Coconut	407	96	2.8	2.6	17.0	16.0	0.5	0.0	0.13	16.0	N/A	16.0	50
Short - Almond	387	92	1.4	0.1	19.1	19.0	0.3	0.6	0.10	19.0	N/A	19.0	50
Short - Oat	601	143	2.7	1.5	27.0	22.9	3.1	1.1	0.14	22.9	N/A	22.9	50
Tall - Skimmed Milk	646	154	0.2	0.1	33.5	31.7	0.1	5.8	0.19	31.7	8.4	23.3	75
Tall - Semi Skimmed Milk	747	179	3.0	1.9	33.0	31.3	0.1	5.7	0.18	31.3	8.4	22.9	75
Tall - Whole Milk	810	194	5.0	2.8	32.8	31.0	0.1	5.5	0.18	31.0	7.9	23.1	75
Tall - Soy	676	162	2.4	0.3	30.5	27.4	0.7	4.7	0.20	27.4	N/A	27.4	75
Tall - Coconut	604	143	4.2	3.9	26.0	24.0	0.7	0.6	0.18	24.0	N/A	24.0	75
Tall - Almond	582	139	2.1	0.2	28.7	28.5	0.5	0.9	0.15	28.5	N/A	28.5	75
Tall - Oat	957	227	4.4	2.6	42.4	35.5	5.0	1.8	0.23	35.5	N/A	35.5	75
Grande - Skimmed Milk	854	204	0.2	0.1	44.4	42.0	0.2	7.5	0.24	42.0	8.4	33.6	100
Grande - Semi Skimmed Milk	986	236	4.0	2.5	43.8	41.5	0.2	7.4	0.24	41.5	11.0	30.5	100
Grande - Whole Milk	1068	255	6.5	3.7	43.5	41.2	0.2	7.2	0.23	41.2	10.3	30.9	100
Grande - Soy	893	213	3.2	0.4	40.5	36.4	1.0	6.2	0.26	36.4	N/A	36.4	100
Grande - Coconut	814	192	5.5	5.1	35.0	33.0	1.0	0.8	0.24	33.0	N/A	33.0	100
Grande - Almond	771	183	2.8	0.2	38.2	37.9	0.7	1.2	0.20	37.9	N/A	37.9	100
Grande - Oat	1230	292	5.6	3.3	54.9	46.3	6.4	2.3	0.29	46.3	N/A	46.3	100
Venti - Skimmed Milk	1072	256	0.3	0.2	55.6	52.7	0.2	9.5	0.31	52.7	14.0	38.7	120
Venti - Semi Skimmed Milk	1241	297	5.0	3.2	54.9	52.0	0.2	9.3	0.30	52.0	14.0	38.0	120
Venti - Whole Milk	1346	322	8.3	4.7	54.5	51.6	0.2	9.1	0.29	51.6	13.2	38.4	120
Venti - Soy	1122	268	4.0	0.5	50.7	45.6	1.2	7.8	0.33	45.6	N/A	45.6	120
Venti - Coconut	1009	239	6.9	6.4	43.0	40.0	1.2	0.9	0.30	40.0	N/A	40.0	120
Venti - Almond	966	230	3.5	0.3	47.8	47.5	0.9	1.5	0.25	47.5	N/A	47.5	120
Venti - Oat	1638	389	7.8	4.5	72.2	60.1	8.7	3.2	0.40	60.1	N/A	60.1	120
<b>GREEN TEA LATTE (made with Semi Skimmed Milk as standard)</b>													
Short - Skimmed Milk	348	83	0.2	0.0	14.4	13.8	0.0	5.7	0.19	13.8	8.5	5.3	30
<b>Short - Semi Skimmed Milk</b>	<b>450</b>	<b>107</b>	<b>2.9</b>	<b>1.7</b>	<b>14.4</b>	<b>13.8</b>	<b>0.0</b>	<b>5.7</b>	<b>0.18</b>	<b>13.8</b>	<b>8.5</b>	<b>5.3</b>	<b>30</b>
Short- Whole Milk	560	133	6.1	3.9	13.9	13.3	0.0	5.6	0.18	13.3	7.9	5.3	30
Short- Soy	385	92	3.3	0.5	11.2	10.6	0.6	4.1	0.14	10.6	5.2	10.6	30
Short - Coconut	389	93	5.0	4.6	11.7	10.6	0.6	0.0	0.22	10.6	N/A	10.6	30
Short - Almond	272	65	2.1	0.2	10.4	9.6	0.5	0.8	0.14	9.6	N/A	9.6	30
Short - Oat	500	119	3.6	2.0	16.7	8.5	4.5	2.8	0.16	8.5	N/A	8.5	30
Tall - Skimmed Milk	597	142	0.4	0.0	25.5	24.2	0.0	9.2	0.30	24.2	N/A	10.7	55
Tall - Semi Skimmed Milk	760	181	4.7	2.7	25.5	24.2	0.0	9.2	0.30	24.2	13.5	10.7	55
Tall - Whole Milk	936	223	9.8	6.2	24.7	23.4	0.0	8.9	0.30	23.4	12.7	10.7	55
Tall - Soy	656	156	5.2	0.8	20.3	19.0	0.9	6.5	0.22	19.0	N/A	19.0	55
Tall - Coconut	663	158	7.9	7.3	21.1	19.0	0.9	0.0	0.36	19.0	N/A	19.0	55
Tall - Almond	475	113	3.4	0.3	19.0	17.4	0.8	1.4	0.22	17.4	N/A	17.4	55
Tall - Oat	836	199	5.8	3.3	27.7	13.6	8.0	5.1	0.26	13.6	N/A	13.6	55
Grande - Skimmed Milk	798	190	0.5	0.0	34.8	32.9	0.0	11.5	0.38	32.9	16.9	16.0	80
Grande - Semi Skimmed Milk	1002	239	5.9	3.4	34.8	32.9	0.0	11.5	0.37	32.9	16.9	16.0	80
Grande - Whole Milk	1222	291	12.3	7.8	33.8	31.9	0.0	11.2	0.37	31.9	15.9	16.0	80
Grande - Soy	873	208	6.6	1.0	28.4	26.5	1.1	8.1	0.28	26.5	N/A	26.5	80
Grande - Coconut	881	210	10.0	9.1	29.4	26.5	1.1	0.0	0.45	26.5	N/A	26.5	80
Grande - Almond	646	154	4.2	0.3	26.7	24.4	1.0	1.7	0.28	24.4	N/A	24.4	80
Grande - Oat	1224	292	8.4	4.7	40.6	19.7	11.8	7.5	0.37	19.7	N/A	19.7	80
Venti - Skimmed Milk	1056	251	0.7	0.0	46.2	43.6	0.0	15.1	0.50	43.6	22.3	21.3	110
Venti - Semi Skimmed Milk	1325	315	7.8	4.5	46.2	43.6	0.0	15.1	0.49	43.6	22.3	21.3	110
Venti - Whole Milk	1614	384	16.3	10.2	44.8	42.2	0.0	14.7	0.49	42.2	20.9	21.3	110
Venti - Soy	1154	275	8.7	1.3	37.7	35.1	1.5	10.7	0.36	35.1	N/A	35.1	110
Venti - Coconut	1165	277	13.1	12.0	39.1	35.1	1.5	0.0	0.59	35.1	N/A	35.1	110
Venti - Almond	856	204	5.6	0.4	35.5	32.4	1.3	2.2	0.36	32.5	N/A	32.5	110
Venti - Oat	1548	369	10.5	5.9	51.3	24.6	15.2	9.8	0.46	24.6	N/A	24.6	110
<b>ADD-INS</b>													
<b>ADD-INS</b>													
<b>WHIPPED CREAM TOPPING (No Sprinkles or Drizzle)</b>													
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
<b>FLAVOURED SYRUP</b>													
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
<b>FLAVOURED SUGAR FREE SYRUP</b>													
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





**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>BAR MOCHA SYRUP</b>													
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
<b>TOPPINGS</b>													
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
Sprinkles - 1 g	16	4	0.0	0.0	1.0	0.9	0.0	0.0	0.01	0.9	Trace	0.9	0

**COLD BEVERAGES**

**ICED COFFEE**

**ICED CAFFE LATTE (made with Semi Skimmed Milk as standard)**

Tall - Skimmed Milk	235	56	0.2	0.0	8.6	7.4	0.0	5.0	0.00	7.4	7.4	0.0	87
<b>Tall - Semi Skimmed Milk</b>	<b>324</b>	<b>77</b>	<b>2.5</b>	<b>1.5</b>	<b>8.6</b>	<b>7.4</b>	<b>0.0</b>	<b>5.0</b>	<b>0.00</b>	<b>7.4</b>	<b>7.4</b>	<b>0.0</b>	<b>87</b>
Tall - Whole Milk	421	100	5.4	3.4	8.1	7.0	0.0	5.0	0.00	7.0	7.0	0.0	87
Tall - Soy	267	64	2.8	0.4	5.7	4.6	1.0	4.0	0.00	4.6	N/A	4.6	87
Tall - 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 - Almond	238	57	2.4	0.2	7.5	5.0	0.6	1.0	0.16	5.0	N/A	5.0	150
Tall - Oat	626	149	4.9	2.9	21.9	12.2	3.7	2.5	0.24	12.2	N/A	12.2	150
Grande - Skimmed Milk	264	63	0.1	0.1	9.5	7.5	0.0	5.8	0.17	7.5	7.5	0.0	150
Grande - Semi Skimmed Milk	365	87	3.0	1.5	9.3	7.3	0.0	5.7	0.19	7.3	7.3	0.0	150
Grande - Whole Milk	435	104	4.9	2.8	9.3	7.3	0.0	5.5	0.18	7.3	7.3	0.0	150
Grande - Soy	296	71	2.4	0.3	6.7	3.6	0.6	4.9	0.16	3.6	N/A	3.6	150
Grande - 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 - Almond	307	73	3.0	0.3	9.9	6.3	0.8	1.3	0.21	6.3	N/A	6.3	150
Grande - Oat	777	185	6.2	3.7	27.0	15.4	4.6	3.0	0.30	15.4	N/A	15.4	150
Venti - Skimmed Milk	375	90	0.2	0.1	13.4	11.4	0.0	8.5	0.25	11.4	11.4	0.0	150
Venti - Semi Skimmed Milk	529	126	4.5	2.9	12.7	10.8	0.0	8.3	0.25	10.8	10.8	0.0	150
Venti - Whole Milk	625	149	7.5	4.3	12.4	10.4	0.0	8.1	0.24	10.4	10.4	0.0	150
Venti - Soy	437	104	3.6	0.5	9.5	5.5	0.9	7.3	0.29	5.5	N/A	5.5	150
Venti - 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 - Almond	376	90	3.6	0.3	12.4	7.5	0.9	1.5	0.25	7.5	N/A	7.5	174
Venti - Oat	898	214	7.0	4.2	31.4	17.5	5.2	3.7	0.34	17.5	N/A	17.5	174

**ICED CAPPUCCINO (made with Semi Skimmed Milk as standard)**

Tall - Skimmed Milk	327	77	0.2	0.0	11.5	10.0	0.0	7.3	0.20	10.0	10.0	0.0	75
<b>Tall - Semi Skimmed Milk</b>	<b>452</b>	<b>107</b>	<b>3.6</b>	<b>2.2</b>	<b>11.1</b>	<b>9.6</b>	<b>0.0</b>	<b>7.7</b>	<b>0.20</b>	<b>9.6</b>	<b>9.6</b>	<b>0.0</b>	<b>75</b>
Tall - Whole Milk	568	136	7.2	4.6	10.9	9.4	0.0	6.9	0.20	9.4	9.4	0.0	75
Tall - Soy	375	89	3.4	0.6	7.7	6.2	1.0	6.5	0.22	6.2	0.0	6.2	75
Tall - Coconut	374	90	5.8	5.4	8.3	6.2	0.4	0.9	0.11	6.2	0.0	6.2	75
Tall - Almond	233	56	2.4	0.2	6.7	5.0	0.6	1.5	0.12	5.0	0.0	5.0	75
Tall - Oat	669	159	5.4	3.2	23.2	13.4	4.0	2.5	0.26	13.4	0.0	13.4	75
Grande - Skimmed Milk	402	95	0.3	0.0	14.0	12.5	0.0	9.1	0.25	12.5	12.5	0.0	150
Grande - Semi Skimmed Milk	559	133	4.5	2.8	13.5	12.0	0.0	9.6	0.25	12.0	12.0	0.0	150
Grande - Whole Milk	705	169	9.0	5.8	13.3	11.8	0.0	8.6	0.25	11.8	11.8	0.0	150
Grande - Soy	462	110	4.3	0.8	9.3	7.8	1.3	8.1	0.28	7.8	0.0	7.8	150
Grande - Coconut	461	111	7.3	6.8	10.0	7.8	0.5	1.0	0.14	7.8	0.0	7.8	150
Grande - Almond	284	68	3.0	0.3	8.0	6.3	0.8	1.8	0.15	6.3	0.0	6.3	150
Grande - Oat	832	198	6.8	4.0	28.8	16.8	5.0	3.1	0.33	16.8	0.0	16.8	150
Venti - Skimmed Milk	464	109	0.3	0.0	16.3	14.1	0.0	10.4	0.28	14.1	14.1	0.0	225
Venti - Semi Skimmed Milk	641	152	5.1	3.1	15.8	13.5	0.0	11.0	0.28	13.5	13.5	0.0	225
Venti - Whole Milk	805	192	10.1	6.5	15.5	13.2	0.0	9.8	0.28	13.2	13.2	0.0	225
Venti - Soy	532	127	4.8	0.9	11.0	8.7	1.4	9.3	0.31	8.7	0.0	8.7	225
Venti - Coconut	531	127	8.2	7.6	11.8	8.7	0.6	1.4	0.15	8.7	0.0	8.7	225
Venti - Almond	332	79	3.4	0.3	9.6	7.0	0.9	2.2	0.17	7.0	0.0	7.0	225
Venti - Oat	948	226	7.6	4.5	32.9	18.9	5.6	3.6	0.37	18.9	0.0	18.9	225

**ICED CAFFE AMERICANO**

Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00	0.0	0.0	0.0	150
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

**ICED CAFFE MOCHA (made with Semi Skimmed Milk and Whipped Cream as standard)**

Tall - Skimmed Milk	1028	245	10.6	6.0	29.7	23.0	2.1	6.6	0.18	23.0	7.5	15.5	170
<b>Tall - Semi Skimmed Milk</b>	<b>1111</b>	<b>265</b>	<b>12.8</b>	<b>7.4</b>	<b>29.7</b>	<b>23.0</b>	<b>2.1</b>	<b>6.6</b>	<b>0.17</b>	<b>23.0</b>	<b>7.5</b>	<b>15.5</b>	<b>170</b>
Tall - Whole Milk	1200	286	15.4	9.2	29.3	22.6	2.1	6.5	0.17	22.6	7.1	15.5	170
Tall - Soy	1059	252	13.0	6.5	27.1	20.4	2.6	5.3	0.13	20.4	N/A	20.4	170
Tall - Coconut	1062	253	14.4	9.7	27.5	20.4	2.6	2.0	0.20	20.4	N/A	20.4	170
Tall - Almond	967	230	12.1	6.2	26.4	19.6	2.5	2.7	0.13	19.6	N/A	19.6	175
Tall - Oat	1278	306	15.2	10.2	36.2	25.8	5.9	3.0	0.26	25.8	N/A	25.8	175
Grande - Skimmed Milk	1389	331	14.7	8.4	39.8	30.1	2.8	8.4	0.22	30.1	9.4	20.6	175
Grande - Semi Skimmed Milk	1491	355	17.4	10.1	39.8	30.1	2.8	8.4	0.22	30.1	9.4	20.6	175
Grande - Whole Milk	1600	381	20.6	12.3	39.3	29.6	2.8	8.2	0.22	29.6	8.9	20.6	175
Grande - Soy	1426	340	17.7	8.9	36.6	26.9	3.4	6.7	0.17	26.9	N/A	26.9	175
Grande - Coconut	1431	341	19.4	12.9	37.2	26.9	3.4	2.7	0.26	26.9	N/A	26.9	255
Grande - Almond	1314	313	16.5	8.6	35.8	25.9	3.3	3.5	0.17	25.9	N/A	25.9	255
Grande - Oat	1664	398	20.5	13.8	46.0	33.3	7.5	3.7	0.33	33.3	N/A	33.3	255
Venti - Skimmed Milk	1559	371	15.2	8.7	47.2	35.7	3.5	9.6	0.24	35.8	10.2	25.6	255
Venti - Semi Skimmed Milk	1670	398	18.2	10.6	47.2	35.7	3.5	9.6	0.24	35.8	10.2	25.6	255
Venti - Whole Milk	1790	426	21.7	13.0	46.6	35.2	3.5	9.4	0.24	35.2	9.6	25.6	255
Venti - Soy	1599	381	18.5	9.3	43.7	32.3	4.1	7.8	0.18	32.3	N/A	32.3	255
Venti - Coconut	1604	382	20.4	13.7	44.2	32.3	4.1	3.3	0.28	32.3	N/A	32.3	255
Venti - Almond	1476	351	17.3	8.9	42.8	31.1	4.0	4.3	0.18	31.2	N/A	31.1	255
Venti - Oat	1870	447	21.8	14.6	54.1	38.9	8.8	4.4	0.37	38.9	N/A	38.9	255







Winter 2018 Starbucks Beverage Nutrition Information \*

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) f	Added sugar (g)	Caffeine (mg) **
<b>FRAPPUCCINO® BLENDED BEVERAGES - COFFEE</b>													
<b>COFFEE FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)</b>													
Mini - Skimmed Milk	496	118	0.1	0.0	27.2	26.0	0.0	2.2	0.32	26.0	3.2	22.8	58
Mini - Semi Skimmed Milk	535	127	1.1	0.6	27.2	26.0	0.0	2.2	0.32	26.0	3.2	22.8	58
<b>Mini - Whole Milk</b>	<b>576</b>	<b>137</b>	<b>2.3</b>	<b>1.5</b>	<b>27.0</b>	<b>25.8</b>	<b>0.0</b>	<b>2.1</b>	<b>0.32</b>	<b>25.8</b>	<b>3.0</b>	<b>22.8</b>	<b>58</b>
Mini - Soy	510	121	1.2	0.2	26.0	24.8	0.3	1.5	0.30	24.8	N/A	24.8	58
Mini - Coconut	512	122	1.9	1.7	26.2	24.8	0.3	0.0	0.34	24.8	N/A	24.8	58
Mini - Almond	467	111	0.8	0.1	25.6	24.4	0.2	0.3	0.30	24.4	N/A	24.4	58
Mini - Oat	519	123	1.4	0.8	26.5	24.0	1.1	0.5	0.27	24.0	N/A	24.0	58
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
<b>MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	903	215	7.6	4.3	33.8	30.8	0.6	2.7	0.34	30.8	3.8	27.0	59
Mini - Semi Skimmed Milk	941	224	8.6	4.9	33.8	30.8	0.6	2.7	0.34	30.8	3.8	27.0	59
<b>Mini - Whole Milk</b>	<b>983</b>	<b>234</b>	<b>9.8</b>	<b>5.7</b>	<b>33.6</b>	<b>30.6</b>	<b>0.6</b>	<b>2.6</b>	<b>0.34</b>	<b>30.6</b>	<b>3.6</b>	<b>27.0</b>	<b>59</b>
Mini - Soy	917	218	8.7	4.5	32.5	29.6	0.8	2.1	0.32	29.6	N/A	29.6	59
Mini - Coconut	918	219	9.3	6.0	32.7	29.6	0.8	0.5	0.35	29.6	N/A	29.6	59
Mini - Almond	874	208	8.3	4.3	32.2	29.2	0.8	0.8	0.32	29.2	N/A	29.2	59
Mini - Oat	873	208	8.8	6.2	30.5	27.8	1.5	0.9	0.28	27.8	N/A	27.8	59
Tall - Skimmed Milk	1119	267	9.4	5.3	41.7	38.0	0.7	3.4	0.42	38.0	4.7	33.3	74
Tall - Semi Skimmed Milk	1168	278	10.7	6.1	41.7	38.0	0.7	3.4	0.42	38.0	4.7	33.3	74
Tall - Whole Milk	1220	290	12.2	7.2	41.4	37.8	0.7	3.3	0.42	37.8	4.5	33.3	74
Tall - Soy	1137	271	10.9	5.6	40.2	36.5	1.0	2.6	0.40	36.5	N/A	36.5	74
Tall - Coconut	1139	271	11.7	7.5	40.4	36.5	1.0	0.7	0.44	36.5	N/A	36.5	74
Tall - Almond	1083	258	10.3	5.4	39.8	36.0	0.9	1.1	0.40	36.0	N/A	36.0	74
Tall - Oat	1217	290	11.4	7.9	44.5	40.6	2.2	1.3	0.41	40.6	N/A	40.6	74
Grande - Skimmed Milk	1558	371	13.2	7.5	58.3	53.1	1.0	4.2	0.58	53.1	5.9	47.2	107
Grande - Semi Skimmed Milk	1617	385	14.8	8.4	58.3	53.1	1.0	4.2	0.57	53.1	5.9	47.2	107
Grande - Whole Milk	1680	400	16.6	9.7	58.0	52.8	1.0	4.1	0.57	52.8	5.6	47.2	107
Grande - Soy	1580	376	15.0	7.8	56.5	51.2	1.3	3.3	0.55	51.2	N/A	51.2	107
Grande - Coconut	1582	377	15.9	10.1	56.8	51.2	1.3	0.9	0.59	51.2	N/A	51.2	107
Grande - Almond	1515	361	14.3	7.6	56.0	50.6	1.3	1.4	0.55	50.6	N/A	50.6	107
Grande - Oat	1637	390	15.5	10.8	59.7	54.9	2.7	1.6	0.55	54.9	N/A	54.9	107
Venti - Skimmed Milk	1809	431	13.4	7.6	72.2	65.8	1.2	4.8	0.70	65.8	6.3	59.5	133
Venti - Semi Skimmed Milk	1873	446	15.1	8.6	72.2	65.8	1.2	4.8	0.70	65.8	6.3	59.5	133
Venti - Whole Milk	1942	462	17.1	10.0	71.8	65.5	1.2	4.7	0.70	65.5	6.0	59.5	133
Venti - Soy	1833	436	15.3	7.9	70.1	63.8	1.6	3.7	0.67	63.8	N/A	63.8	133
Venti - Coconut	1835	437	16.4	10.4	70.5	63.8	1.6	1.2	0.72	63.8	N/A	63.8	133
Venti - Almond	1762	419	14.6	7.7	69.6	63.2	1.6	1.7	0.67	63.2	N/A	63.2	133
Venti - Oat	1963	467	16.1	11.2	77.2	71.5	3.3	1.8	0.70	71.5	N/A	71.5	133



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) f	Added sugar (g)	Caffeine (mg) **
<b>ESPRESSO FRAPPUCCINO® (NO WHIP, made with Whole Milk as standard)</b>													
Mini - Skimmed Milk	406	97	0.1	0.0	22.2	20.6	0.0	1.8	0.26	20.6	2.6	18.0	85
Mini - Semi Skimmed Milk	437	104	0.9	0.5	22.2	20.6	0.0	1.8	0.26	20.6	2.6	18.0	85
<b>Mini - Whole Milk</b>	<b>471</b>	<b>112</b>	<b>1.9</b>	<b>1.2</b>	<b>22.1</b>	<b>20.5</b>	<b>0.0</b>	<b>1.7</b>	<b>0.26</b>	<b>20.5</b>	<b>2.4</b>	<b>18.0</b>	<b>85</b>
Mini - Soy	417	99	1.0	0.2	21.3	19.6	0.2	1.2	0.24	19.6	0.0	19.6	85
Mini - Coconut	419	100	1.5	1.4	21.4	19.6	0.2	0.0	0.27	19.6	0.0	19.6	85
Mini - Almond	382	91	0.6	0.1	21.0	19.3	0.2	0.3	0.24	19.3	0.0	19.3	85
Mini - Oat	533	126	1.4	0.8	27.1	24.0	1.1	0.7	0.27	24.0	0.0	24.0	85
Tall - Skimmed Milk	509	121	0.0	0.0	28.6	27.2	0.0	1.6	0.33	27.2	4.7	22.5	125
Tall - Semi Skimmed Milk	537	128	0.8	0.5	28.6	27.2	0.0	1.6	0.32	27.2	4.7	22.5	125
Tall - Whole Milk	567	135	1.7	1.1	28.5	27.1	0.0	1.5	0.32	27.1	4.5	22.6	125
Tall - Soy	519	124	0.9	0.1	27.8	26.3	0.2	1.1	0.31	26.3	N/A	26.3	125
Tall - Coconut	521	124	1.3	1.2	27.9	26.3	0.2	0.0	0.34	26.3	N/A	26.3	125
Tall - Almond	489	116	0.6	0.0	27.5	26.0	0.2	0.2	0.31	26.1	N/A	26.0	125
Tall - Oat	737	174	1.9	1.1	37.4	33.2	1.5	1.0	0.37	33.2	N/A	33.2	125
Grande - Skimmed Milk	763	182	0.1	0.0	43.0	40.9	0.1	2.2	0.49	40.9	5.9	35.1	155
Grande - Semi Skimmed Milk	803	191	1.1	0.7	43.0	40.9	0.1	2.2	0.49	40.9	5.9	35.1	155
Grande - Whole Milk	846	201	2.4	1.5	42.8	40.7	0.1	2.2	0.49	40.7	5.6	35.2	155
Grande - Soy	778	185	1.3	0.2	41.7	39.7	0.3	1.6	0.47	39.7	N/A	39.7	155
Grande - Coconut	779	186	1.9	1.8	41.9	39.7	0.3	0.0	0.50	39.7	N/A	39.7	155
Grande - Almond	734	175	0.8	0.1	41.4	39.3	0.3	0.3	0.47	39.3	N/A	39.3	155
Grande - Oat	1042	246	2.5	1.5	53.8	48.5	1.9	1.2	0.53	48.5	N/A	48.5	155
Venti - Skimmed Milk	956	228	0.1	0.0	54.1	51.5	0.1	2.6	0.61	51.5	6.3	45.2	175
Venti - Semi Skimmed Milk	1002	239	1.3	0.8	54.1	51.5	0.1	2.6	0.61	51.5	6.3	45.2	175
Venti - Whole Milk	1051	250	2.7	1.7	53.9	51.2	0.1	2.5	0.61	51.3	6.0	45.3	175
Venti - Soy	973	232	1.4	0.2	52.7	50.0	0.3	1.8	0.59	50.0	N/A	50.0	175
Venti - Coconut	975	232	2.2	2.1	52.9	50.0	0.3	0.0	0.63	50.0	N/A	50.0	175
Venti - Almond	922	219	0.9	0.1	52.3	49.6	0.3	0.4	0.59	49.6	N/A	49.6	175
Venti - Oat	1268	299	2.7	1.6	66.4	60.6	2.1	1.3	0.65	60.6	N/A	60.6	175
<b>JAVA CHIP FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	951	226	9.5	4.3	32.5	29.5	0.6	2.4	0.31	29.5	3.1	26.4	42
Mini - Semi Skimmed Milk	982	234	10.4	4.8	32.5	29.5	0.6	2.4	0.31	29.5	3.1	26.4	42
<b>Mini - Whole Milk</b>	<b>1016</b>	<b>242</b>	<b>11.3</b>	<b>5.5</b>	<b>32.3</b>	<b>29.4</b>	<b>0.6</b>	<b>2.3</b>	<b>0.31</b>	<b>29.4</b>	<b>3.0</b>	<b>26.4</b>	<b>42</b>
Mini - Soy	962	229	10.5	4.5	31.5	28.5	0.8	1.9	0.30	28.5	N/A	28.5	42
Mini - Coconut	964	229	11.0	5.7	31.7	28.5	0.8	0.6	0.32	28.5	N/A	28.5	42
Mini - Almond	928	221	10.1	4.4	31.2	28.2	0.8	0.9	0.30	28.2	N/A	28.2	42
Mini - Oat	1020	243	10.7	7.3	34.5	31.4	2.2	1.3	0.28	31.4	N/A	31.4	42
Tall - Skimmed Milk	1301	310	12.4	5.4	45.9	41.2	0.8	3.3	0.46	41.2	3.8	37.4	71
Tall - Semi Skimmed Milk	1346	320	13.6	6.1	45.9	41.2	0.8	3.3	0.45	41.2	3.8	37.4	71
Tall - Whole Milk	1395	332	15.0	7.1	45.7	41.0	0.8	3.2	0.45	41.0	3.6	37.4	71
Tall - Soy	1317	314	13.7	5.6	44.5	39.8	1.0	2.5	0.43	39.8	N/A	39.8	71
Tall - Coconut	1319	314	14.5	7.4	44.7	39.8	1.0	0.7	0.47	39.8	N/A	39.8	71
Tall - Almond	1076	256	10.3	5.5	39.1	35.1	1.0	1.1	0.37	35.2	N/A	35.2	71
Tall - Oat	1438	343	14.1	9.6	50.6	46.0	3.1	1.9	0.42	46.0	N/A	46.0	71
Grande - Skimmed Milk	1803	429	17.1	7.5	64.1	57.5	1.1	4.1	0.62	57.5	4.1	53.4	101
Grande - Semi Skimmed Milk	1858	442	18.6	8.4	64.1	57.5	1.1	4.1	0.62	57.5	4.8	52.7	101
Grande - Whole Milk	1918	457	20.3	9.6	63.8	57.2	1.1	4.0	0.62	57.2	4.5	52.7	101
Grande - Soy	1824	434	18.8	7.8	62.4	55.8	1.4	3.2	0.60	55.8	N/A	55.8	101
Grande - Coconut	1826	435	19.7	10.0	62.6	55.8	1.4	1.0	0.64	55.8	N/A	55.8	101
Grande - Almond	1488	354	14.3	7.6	54.3	48.9	1.3	1.5	0.52	48.9	N/A	48.9	101
Grande - Oat	1986	474	19.4	13.2	70.2	64.3	4.1	2.5	0.57	64.3	N/A	64.3	101
Venti - Skimmed Milk	2146	511	18.6	7.6	80.5	72.3	1.4	4.7	0.78	72.3	5.6	66.8	131
Venti - Semi Skimmed Milk	2208	526	20.2	8.7	80.5	72.3	1.4	4.7	0.78	72.3	5.6	66.8	131
Venti - Whole Milk	2275	542	22.2	10.0	80.2	72.0	1.4	4.6	0.78	72.0	5.3	66.7	131
Venti - Soy	2169	516	20.4	7.9	78.5	70.4	1.7	3.7	0.75	70.4	N/A	70.4	131
Venti - Coconut	2172	517	21.5	10.4	78.8	70.4	1.7	1.3	0.80	70.4	N/A	70.4	131
Venti - Almond	1737	414	14.6	7.7	68.1	61.5	1.6	1.7	0.64	61.5	N/A	61.5	131
Venti - Oat	2330	555	20.8	14.1	86.6	79.8	4.9	2.9	0.70	79.8	N/A	79.8	131



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>CARAMEL FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	1039	247	7.5	4.2	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
Mini - Semi Skimmed Milk	1077	256	8.5	4.8	42.8	40.4	0.0	2.0	0.36	40.4	3.2	37.2	75
<b>Mini - Whole Milk</b>	<b>1119</b>	<b>266</b>	<b>9.7</b>	<b>5.7</b>	<b>42.6</b>	<b>40.2</b>	<b>0.0</b>	<b>2.0</b>	<b>0.36</b>	<b>40.2</b>	<b>3.0</b>	<b>37.2</b>	<b>75</b>
Mini - Soy	1053	250	8.6	4.4	41.6	39.2	0.0	2.0	0.34	39.2	N/A	39.2	75
Mini - Coconut	1054	251	9.3	5.9	41.8	39.2	0.0	0.0	0.32	39.2	N/A	39.2	75
Mini - Almond	975	218	8.5	4.5	34.9	32.7	0.2	0.3	0.35	32.7	N/A	32.7	58
Mini - Oat	909	217	9.3	6.4	31.9	28.9	1.1	1.0	0.30	28.9	N/A	28.9	58
Tall - Skimmed Milk	1098	262	8.7	5.4	43.1	41.1	0.1	3.3	0.42	41.1	5.0	36.1	65
Tall - Semi Skimmed Milk	1151	275	10.2	6.4	42.9	40.9	0.1	3.3	0.42	40.9	5.0	35.9	65
Tall - Whole Milk	1184	280	11.2	6.8	42.8	40.7	0.1	3.2	0.42	40.7	4.7	36.0	65
Tall - Soy	1118	267	9.9	5.5	41.7	39.1	0.4	2.9	0.41	39.1	N/A	39.1	65
Tall - Coconut	1169	278	10.2	7.9	44.9	42.2	0.1	0.7	0.35	42.2	N/A	42.2	65
Tall - Almond	1149	274	10.6	5.6	44.0	41.2	0.3	0.4	0.46	41.2	N/A	41.2	73
Tall - Oat	1270	303	11.8	8.2	47.0	42.6	1.6	1.3	0.45	42.6	N/A	42.6	73
Grande - Skimmed Milk	1500	358	11.9	7.4	59.2	56.4	0.1	4.2	0.58	56.4	5.3	51.1	95
Grande - Semi Skimmed Milk	1564	374	13.7	8.6	58.9	56.2	0.1	4.1	0.57	56.2	6.5	49.7	95
Grande - Whole Milk	1604	379	15.0	9.2	58.8	56.0	0.1	4.0	0.57	56.0	6.2	56.0	95
Grande - Soy	1524	364	13.4	7.6	57.5	53.9	0.5	3.6	0.57	53.9	N/A	53.9	95
Grande - Coconut	1567	373	11.7	9.1	64.8	61.0	0.1	0.9	0.51	61.0	N/A	56.6	95
Grande - Almond	1594	380	14.3	7.6	62.0	58.1	0.4	0.5	0.63	58.1	N/A	58.1	95
Grande - Oat	1720	410	15.9	11.1	64.0	58.5	2.0	1.7	0.61	58.5	N/A	58.5	95
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
<b>WHITE CHOCOLATE MOCHA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	853	203	8.1	4.0	30.0	29.1	0.0	2.5	0.32	29.1	3.1	25.9	40
Mini - Semi Skimmed Milk	884	211	8.9	4.5	30.0	29.1	0.0	2.5	0.32	29.1	3.1	25.9	40
<b>Mini - Whole Milk</b>	<b>918</b>	<b>219</b>	<b>9.9</b>	<b>5.2</b>	<b>29.9</b>	<b>28.9</b>	<b>0.0</b>	<b>2.4</b>	<b>0.32</b>	<b>28.9</b>	<b>3.0</b>	<b>25.9</b>	<b>40</b>
Mini - Soy	864	206	9.0	4.2	29.1	28.1	0.2	2.0	0.30	28.1	0.5	27.6	40
Mini - Coconut	866	206	9.6	5.4	29.2	28.1	0.2	0.7	0.33	28.1	0.5	27.6	40
Mini - Almond	829	197	8.7	4.1	28.8	27.8	0.2	1.0	0.30	27.8	0.5	27.2	40
Mini - Oat	977	233	9.5	6.8	34.8	32.3	1.1	1.6	0.32	32.3	0.5	31.8	40
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
<b>FRAPPUCCINO® BLENDED BEVERAGES - COFFEE LIGHT</b>													
<b>COFFEE FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>248</b>	<b>59</b>	<b>0.1</b>	<b>0.0</b>	<b>12.8</b>	<b>12.1</b>	<b>0.1</b>	<b>1.8</b>	<b>0.26</b>	<b>12.1</b>	<b>2.6</b>	<b>10</b>	<b>40</b>
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
<b>MOCHA FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>340</b>	<b>81</b>	<b>0.4</b>	<b>0.2</b>	<b>16.9</b>	<b>15.2</b>	<b>0.5</b>	<b>2.2</b>	<b>0.26</b>	<b>15.2</b>	<b>2.6</b>	<b>13</b>	<b>41</b>
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
<b>CARAMEL FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>248</b>	<b>59</b>	<b>0.1</b>	<b>0.0</b>	<b>12.9</b>	<b>12.1</b>	<b>0.1</b>	<b>1.8</b>	<b>0.27</b>	<b>12.1</b>	<b>2.6</b>	<b>10</b>	<b>40</b>
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
<b>ESPRESSO FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>259</b>	<b>62</b>	<b>0.1</b>	<b>0.0</b>	<b>13.5</b>	<b>12.1</b>	<b>0.1</b>	<b>1.8</b>	<b>0.26</b>	<b>12.1</b>	<b>2.6</b>	<b>10</b>	<b>85</b>
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



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>WHITE MOCHA FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>328</b>	<b>78</b>	<b>0.5</b>	<b>0.0</b>	<b>16.2</b>	<b>15.5</b>	<b>0.1</b>	<b>2.1</b>	<b>0.28</b>	<b>15.5</b>	<b>2.6</b>	<b>13</b>	<b>40</b>
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
<b>JAVA CHIP FRAPPUCCINO® (NO WHIP, made with Skimmed Milk as standard)</b>													
<b>Mini - Skimmed Milk</b>	<b>473</b>	<b>113</b>	<b>2.3</b>	<b>0.2</b>	<b>20.5</b>	<b>18.2</b>	<b>0.5</b>	<b>2.2</b>	<b>0.30</b>	<b>18.2</b>	<b>2.6</b>	<b>16</b>	<b>41</b>
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
<b>FRAPPUCCINO® BLENDED BEVERAGES - CRÈME</b>													
<b>STRAWBERRIES AND CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	957	228	7.3	4.0	36.8	35.5	0.0	3.6	0.40	35.5	5.5	30.0	0
Mini - Semi Skimmed Milk	1017	242	8.9	5.0	36.8	35.5	0.0	3.6	0.39	35.5	5.5	30.0	0
<b>Mini - Whole Milk</b>	<b>1082</b>	<b>257</b>	<b>10.8</b>	<b>6.3</b>	<b>36.5</b>	<b>35.2</b>	<b>0.0</b>	<b>3.5</b>	<b>0.39</b>	<b>35.2</b>	<b>5.2</b>	<b>30.0</b>	<b>0</b>
Mini - Soy	979	233	9.1	4.3	34.9	33.6	0.4	2.6	0.37	33.6	0.5	33.1	0
Mini - Coconut	981	234	10.1	6.7	35.2	33.6	0.4	0.2	0.42	33.6	0.5	33.1	0
Mini - Almond	912	217	8.4	4.1	34.4	33.0	0.3	0.7	0.37	33.0	0.5	32.5	0
Mini - Oat	880	210	9.1	6.3	30.0	26.2	1.6	1.2	0.11	26.2	0.5	25.7	0
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
<b>CARAMEL CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	720	171	7.8	4.4	22.9	22.4	0.0	2.4	0.31	22.4	4.0	18.4	0
Mini - Semi Skimmed Milk	762	181	8.9	5.1	22.9	22.4	0.0	2.4	0.30	22.4	4.0	18.4	0
<b>Mini - Whole Milk</b>	<b>806</b>	<b>192</b>	<b>10.2</b>	<b>6.0</b>	<b>22.7</b>	<b>22.2</b>	<b>0.0</b>	<b>2.3</b>	<b>0.30</b>	<b>22.2</b>	<b>3.8</b>	<b>18.4</b>	<b>0</b>
Mini - Soy	735	175	9.1	4.6	21.6	21.1	0.3	1.7	0.28	21.1	0.5	20.6	0
Mini - Coconut	737	175	9.7	6.2	21.8	21.1	0.3	0.0	0.32	21.1	0.5	20.6	0
Mini - Almond	689	164	8.6	4.5	21.2	20.7	0.2	0.4	0.28	20.7	0.5	20.1	0
Mini - Oat	850	203	9.7	6.7	27.1	23.8	1.4	1.2	0.12	23.8	0.5	23.3	0
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



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) f	Added sugar (g)	Caffeine (mg) **
<b>CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	915	218	7.8	5.5	32.3	31.6	0.6	4.3	0.13	31.6	5.7	26.0	1
Mini - Semi Skimmed Milk	987	235	9.7	6.8	32.0	31.4	0.6	4.5	0.13	31.4	5.4	26.0	1
<b>Mini - Whole Milk</b>	<b>1053</b>	<b>251</b>	<b>11.8</b>	<b>8.1</b>	<b>31.9</b>	<b>31.3</b>	<b>0.6</b>	<b>4.1</b>	<b>0.13</b>	<b>31.3</b>	<b>5.3</b>	<b>26.0</b>	<b>1</b>
Mini - Soy	943	225	9.6	5.9	30.1	29.5	1.2	3.9	0.14	29.5	0.0	29.5	1
Mini - Coconut	942	225	11.0	8.6	30.4	29.5	0.8	0.7	0.08	29.5	0.0	29.5	1
Mini - Almond	862	206	9.1	5.6	29.5	28.8	0.9	1.0	0.09	28.8	0.0	28.8	1
Mini - Oat	1110	265	10.8	7.3	38.9	33.6	2.9	1.6	0.17	33.6	0.0	33.6	1
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
<b>DOUBLE CHOCOLATY CHIP CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	923	220	9.9	4.3	29.5	26.5	0.7	2.9	0.35	26.5	4.8	21.8	2
Mini - Semi Skimmed Milk	998	238	11.2	5.2	30.3	27.4	0.7	3.5	0.37	27.4	4.8	22.6	2
<b>Mini - Whole Milk</b>	<b>1052</b>	<b>250</b>	<b>12.8</b>	<b>6.2</b>	<b>30.1</b>	<b>27.1</b>	<b>0.7</b>	<b>3.4</b>	<b>0.37</b>	<b>27.1</b>	<b>4.5</b>	<b>22.6</b>	<b>2</b>
Mini - Soy	966	230	11.4	4.6	28.8	25.8	1.0	2.6	0.35	25.8	N/A	25.8	2
Mini - Coconut	968	231	12.2	6.6	29.0	25.8	1.0	0.6	0.39	25.8	N/A	25.8	2
Mini - Almond	943	225	10.8	4.4	30.4	27.2	1.0	1.1	0.36	27.2	N/A	27.2	2
Mini - Oat	928	222	11.1	7.6	27.7	24.1	2.5	1.5	0.11	24.1	N/A	24.1	2
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



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>VANILLA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	653	156	7.2	4.0	20.4	20.1	0.0	2.4	0.28	20.1	4.0	16.1	0
Mini - Semi Skimmed Milk	695	165	8.3	4.7	20.4	20.1	0.0	2.4	0.28	20.1	4.0	16.1	0
<b>Mini - Whole Milk</b>	<b>739</b>	<b>176</b>	<b>9.6</b>	<b>5.6</b>	<b>20.2</b>	<b>19.9</b>	<b>0.0</b>	<b>2.3</b>	<b>0.28</b>	<b>19.9</b>	<b>3.8</b>	<b>16.1</b>	<b>0</b>
Mini - Soy	669	159	8.4	4.2	19.1	18.8	0.3	1.7	0.26	18.8	N/A	18.3	0
Mini - Coconut	670	160	9.1	5.9	19.3	18.8	0.3	0.0	0.29	18.8	N/A	18.3	0
Mini - Almond	622	148	7.9	4.1	18.7	18.4	0.2	0.4	0.26	18.4	N/A	17.8	0
Mini - Oat	778	186	9.1	6.3	24.3	21.1	1.4	1.1	0.11	21.1	N/A	20.6	0
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
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
<b>GREEN TEA FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	793	189	9.7	5.4	23.6	22.6	0.0	1.8	0.22	22.6	3.3	19.3	30
Mini - Semi Skimmed Milk	824	196	10.5	5.9	23.6	22.6	0.0	1.8	0.22	22.6	3.3	19.3	30
<b>Mini - Whole Milk</b>	<b>857</b>	<b>204</b>	<b>11.5</b>	<b>6.6</b>	<b>23.4</b>	<b>22.4</b>	<b>0.0</b>	<b>1.7</b>	<b>0.22</b>	<b>22.4</b>	<b>3.1</b>	<b>19.3</b>	<b>30</b>
Mini - Soy	805	192	10.6	5.6	22.6	21.6	0.2	1.3	0.20	21.6	0.7	20.9	30
Mini - Coconut	806	192	11.1	6.8	22.8	21.6	0.2	0.1	0.23	21.6	0.7	20.9	30
Mini - Almond	770	183	10.3	5.5	22.4	21.3	0.2	0.3	0.20	21.3	0.7	20.6	30
Mini - Oat	907	217	9.3	6.4	28.2	21.5	3.8	3.0	0.11	21.5	0.7	20.8	30
Tall - Skimmed Milk	868	207	9.7	5.4	27.6	26.4	0.0	2.2	0.26	26.4	3.9	22.5	30
Tall - Semi Skimmed Milk	906	216	10.7	6.0	27.6	26.4	0.0	2.2	0.26	26.4	3.9	22.5	30
Tall - Whole Milk	947	225	11.9	6.8	27.4	26.2	0.0	2.1	0.26	26.2	3.7	22.5	30
Tall - Soy	882	210	10.9	5.6	26.4	25.2	0.2	1.6	0.24	25.2	0.7	24.5	30
Tall - Coconut	883	210	11.5	7.1	26.5	25.2	0.2	0.1	0.27	25.2	0.7	24.5	30
Tall - Almond	839	200	10.4	5.5	26.0	24.8	0.2	0.4	0.24	24.8	0.7	24.1	30
Tall - Oat	1329	317	12.4	8.3	43.9	33.3	6.0	4.6	0.16	33.3	0.7	32.6	30
Grande - Skimmed Milk	1243	296	10.9	6.0	46.1	44.1	0.0	3.3	0.42	44.1	5.6	38.5	55
Grande - Semi Skimmed Milk	1301	310	12.4	7.0	46.1	44.1	0.0	3.3	0.42	44.1	5.6	38.5	55
Grande - Whole Milk	1363	325	14.3	8.2	45.8	43.8	0.0	3.2	0.42	43.8	5.3	38.5	55
Grande - Soy	1264	301	12.6	6.3	44.3	42.3	0.4	2.4	0.39	42.3	0.8	41.4	55
Grande - Coconut	1266	301	13.6	8.6	44.6	42.3	0.4	0.1	0.44	42.3	0.8	41.4	55
Grande - Almond	1199	286	11.9	6.1	43.8	41.7	0.3	0.5	0.39	41.7	0.8	40.9	55
Grande - Oat	1858	443	17.0	11.5	61.8	47.1	8.4	6.5	0.21	47.1	0.8	46.3	55
Venti - Skimmed Milk	1648	392	12.8	7.0	65.0	62.1	0.1	4.3	0.59	62.1	7.2	54.9	80
Venti - Semi Skimmed Milk	1723	410	14.8	8.3	65.0	62.1	0.1	4.3	0.59	62.1	7.2	54.9	80
Venti - Whole Milk	1805	430	17.1	9.9	64.7	61.7	0.1	4.2	0.59	61.7	6.8	54.9	80
Venti - Soy	1676	399	15.0	7.4	62.7	59.7	0.5	3.1	0.55	59.7	0.9	58.8	80
Venti - Coconut	1679	400	16.3	10.4	63.0	59.7	0.5	0.1	0.61	59.7	0.9	58.8	80
Venti - Almond	1592	379	14.1	7.1	62.0	59.0	0.4	0.7	0.55	59.0	0.9	58.0	80
Venti - Oat	2122	506	17.6	11.8	74.1	56.6	10.1	7.7	0.23	56.6	0.9	55.7	80





**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>WHITE CHOCOLATE CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	757	180	8.1	4.0	23.9	23.7	0.0	3.0	0.32	23.7	4.0	19.7	0
Mini - Semi Skimmed Milk	799	190	9.2	4.7	23.9	23.7	0.0	3.0	0.32	23.7	4.0	19.7	0
<b>Mini - Whole Milk</b>	<b>843</b>	<b>201</b>	<b>10.5</b>	<b>5.6</b>	<b>23.7</b>	<b>23.5</b>	<b>0.0</b>	<b>2.9</b>	<b>0.32</b>	<b>23.5</b>	<b>3.8</b>	<b>19.7</b>	<b>0</b>
Mini - Soy	772	184	9.3	4.2	22.6	22.4	0.3	2.3	0.30	22.4	0.5	21.9	0
Mini - Coconut	774	184	10.0	5.9	22.8	22.4	0.3	0.7	0.34	22.4	0.5	21.9	0
Mini - Almond	726	173	8.8	4.1	22.2	22.0	0.2	1.0	0.30	22.0	0.5	21.4	0
Mini - Oat	885	211	10.0	7.0	28.0	24.9	1.4	1.8	0.15	24.9	0.5	24.4	0
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
<b>CHAI TEA CREAM FRAPPUCCINO® (made with Whole Milk and Whipped Cream as standard)</b>													
Mini - Skimmed Milk	685	163	7.2	4.0	22.2	22.1	0.0	2.4	0.28	22.1	4.0	18.1	0
Mini - Semi Skimmed Milk	726	173	8.3	4.7	22.2	22.1	0.0	2.4	0.28	22.1	4.0	18.1	0
<b>Mini - Whole Milk</b>	<b>771</b>	<b>184</b>	<b>9.6</b>	<b>5.6</b>	<b>22.0</b>	<b>21.9</b>	<b>0.0</b>	<b>2.3</b>	<b>0.28</b>	<b>21.9</b>	<b>3.8</b>	<b>18.1</b>	<b>0</b>
Mini - Soy	700	167	8.4	4.2	20.9	20.8	0.3	1.7	0.26	20.8	0.5	20.2	0
Mini - Coconut	702	167	9.1	5.9	21.1	20.8	0.3	0.0	0.29	20.8	0.5	20.2	0
Mini - Almond	654	156	7.9	4.1	20.6	20.3	0.2	0.4	0.26	20.3	0.5	19.8	0
Mini - Oat	818	195	9.1	6.3	26.4	23.4	1.7	1.2	0.11	23.4	0.5	22.9	0
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	0
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	0
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	0
Tall - Soy	954	227	10.8	5.3	30.0	29.7	0.4	2.4	0.37	29.7	0.7	29.0	0
Tall - Coconut	957	228	11.8	7.7	30.3	29.7	0.4	0.1	0.42	29.7	0.7	29.0	0
Tall - Almond	888	211	10.1	5.1	29.5	29.1	0.3	0.5	0.37	29.1	0.7	28.4	0
Tall - Oat	1124	268	11.7	8.1	37.9	33.4	2.5	1.6	0.15	33.4	0.7	32.7	0
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	0
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	0
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	0
Grande - Soy	1313	313	14.8	7.4	41.6	41.2	0.5	3.1	0.51	41.2	0.9	40.3	0
Grande - Coconut	1316	313	16.0	10.4	41.9	41.2	0.5	0.1	0.57	41.2	0.9	40.3	0
Grande - Almond	1229	293	13.9	7.1	41.0	40.5	0.4	0.7	0.51	40.5	0.9	39.5	0
Grande - Oat	1530	365	16.0	11.1	51.6	45.9	3.2	2.1	0.20	45.9	0.9	45.0	0
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	0
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	0
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	0
Venti - Soy	1562	372	15.3	7.5	54.5	54.1	0.6	3.7	0.66	54.1	0.9	53.1	0
Venti - Coconut	1566	373	16.8	11.1	55.0	54.1	0.6	0.1	0.74	54.1	0.9	53.1	0
Venti - Almond	1460	348	14.2	7.2	53.8	53.1	0.5	0.8	0.66	53.1	0.9	52.2	0
Venti - Oat	1827	435	16.7	11.5	66.7	59.8	4.0	2.4	0.23	59.8	0.9	58.9	0
<b>FRAPPUCCINO® BLENDED JUICE DRINK</b>													
<b>MANGO PASSION FRUIT FRAPPUCCINO® (with Passion Tea)</b>													
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
<b>RASPBERRY BLACKCURRENT FRAPPUCCINO (with Zen Tea)</b>													
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
<b>COLD CRAFT</b>													
<b>COLD BREW</b>													
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
<b>NITRO COLD BREW</b>													
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
Grande	32	8	0.1	0.0	0.0	0.0	0.0	0.3	0.00	0.0	0.0	0.0	333
Venti	40	10	0.1	0.0	0.0	0.0	0.0	0.4	0.00	0.0	0.0	0.0	469



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g) †	Added sugar (g)	Caffeine (mg) **
<b>COLD BREW VANILLA SWEET CREAM</b>													
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
<b>CAPPUCCINO FREDDO (made with Skimmed Milk as standard)</b>													
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
<b>Winter Promo 2018</b>													
<b>OAT LATTE MACCHIATO</b>													
Short	407	97	3.3	1.9	14.1	8.1	2.4	1.6	0.20	8.1	0.0	0.0	75
Tall	679	162	5.4	3.2	23.7	13.3	4.0	2.7	0.30	13.3	0.0	0.0	150
Grande	818	195	6.5	3.9	28.4	16.2	4.9	3.1	0.30	16.2	0.0	0.0	150
Venti	1143	272	9.1	5.4	39.8	22.6	6.8	4.5	0.40	22.6	0.0	0.0	225
<b>ALMOND LATTE MACCHIATO</b>													
Short	141	34	1.4	0.1	4.1	3.0	0.4	1.0	0.10	3.0	0.0	3.0	75
Tall	231	55	2.2	0.2	6.8	4.7	0.6	1.7	0.10	4.7	0.0	4.7	150
Grande	327	78	3.4	0.3	9.3	7.1	0.8	2.1	0.20	7.1	0.0	7.1	150
Venti	427	102	4.3	0.4	12.3	9.0	1.1	2.9	0.20	9.0	0.0	9.0	225
<b>COCONUT LATTE MACCHIATO</b>													
Short	225	54	3.5	3.2	5.0	3.7	0.2	0.6	0.10	3.7	0.0	3.7	75
Tall	371	89	5.5	5.2	8.5	5.9	0.4	1.1	0.10	5.9	0.0	5.9	150
Grande	496	119	7.7	7.2	11.0	8.2	0.5	1.2	0.10	8.2	0.0	8.2	150
Venti	681	163	10.4	9.7	15.2	11.2	0.7	1.8	0.20	11.2	0.0	11.2	225
<b>SOYA LATTE MACCHIATO</b>													
Short	229	55	2.1	0.4	4.7	3.7	0.6	4.0	0.13	3.7	0.0	3.7	75
Tall	385	92	3.4	0.6	8.2	6.2	1.0	6.7	0.22	6.2	0.0	6.2	150
Grande	460	110	4.1	0.7	9.5	7.5	1.2	8.0	0.27	7.5	0.0	7.5	150
Venti	645	154	5.7	1.0	13.4	10.5	1.7	11.2	0.37	10.5	0.0	10.5	225
<b>LATTE MACCHIATO</b>													
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
<b>Short - Semi Skimmed Milk</b>	<b>276</b>	<b>66</b>	<b>2.2</b>	<b>1.3</b>	<b>6.8</b>	<b>5.8</b>	<b>0.0</b>	<b>4.7</b>	<b>0.12</b>	<b>5.8</b>	<b>5.8</b>	<b>0.0</b>	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
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
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
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
<b>COLD BREW with ALMOND</b>													
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	62	3.1	0.3	6.8	6.5	0.8	1.3	0.20	6.5	0.0	6.5	237
<b>MOLTEN HOT CHOCOLATE</b>													
Short - Skimmed Milk	1048	250	10.2	4.3	31.1	26.0	1.7	7.6	0.29	26.0	9.0	17.0	4
<b>Short - Semi Skimmed Milk</b>	<b>1150</b>	<b>274</b>	<b>12.9</b>	<b>6.0</b>	<b>31.1</b>	<b>26.0</b>	<b>1.7</b>	<b>7.6</b>	<b>0.28</b>	<b>26.0</b>	<b>9.0</b>	<b>17.0</b>	<b>4</b>
Short - Whole Milk	1260	300	16.1	8.2	30.5	25.5	1.7	7.4	0.28	25.5	8.5	17.0	4
Short - Soy	1086	258	13.2	4.8	27.8	22.8	2.3	5.9	0.23	22.8	N/A	22.8	4
Short - Coconut	1090	259	14.9	8.9	28.4	22.8	2.3	1.8	0.32	22.8	N/A	22.8	4
Short - Almond	848	203	12.6	7.4	19.4	18.0	2.4	1.9	0.12	18.0	N/A	18.0	4
Short - Oat	1217	291	15.1	9.9	33.4	25.1	5.3	2.7	0.24	25.1	N/A	25.1	4
Tall - Skimmed Milk	1380	329	11.7	5.2	42.9	36.2	2.4	11.7	0.41	36.2	9.1	27.1	6
Tall - Semi Skimmed Milk	1544	368	16.0	7.9	42.9	36.2	2.4	11.7	0.40	36.2	9.1	27.1	6
Tall - Whole Milk	1720	410	21.2	11.4	42.1	35.4	2.4	11.4	0.40	35.4	8.6	26.8	6
Tall - Soy	1440	343	16.6	6.0	37.8	31.1	3.3	9.0	0.32	31.1	N/A	31.1	6
Tall - Coconut	1447	345	19.3	12.5	38.6	31.1	3.3	2.5	0.46	31.1	N/A	31.1	6
Tall - Almond	1077	258	15.3	8.5	26.1	24.3	3.2	2.5	0.19	24.3	N/A	24.3	6
Tall - Oat	1670	400	19.4	12.6	48.6	35.7	7.8	3.8	0.38	35.7	N/A	35.7	6
Grande - Skimmed Milk	1786	425	15.1	6.3	56.1	47.2	3.1	14.7	0.52	47.2	9.2	38.1	7
Grande - Semi Skimmed Milk	1990	474	20.5	9.7	56.1	47.2	3.1	14.7	0.51	47.2	14.3	33.0	7
Grande - Whole Milk	2211	526	26.9	14.1	55.1	46.2	3.1	14.4	0.51	46.2	13.5	32.8	7
Grande - Soy	1861	443	21.2	7.3	49.7	40.8	4.3	11.3	0.42	40.8	N/A	40.8	7
Grande - Coconut	1869	445	24.5	15.4	50.7	40.8	4.3	3.2	0.59	40.8	N/A	40.8	7
Grande - Almond	1393	334	19.4	10.8	34.5	32.1	4.3	3.2	0.23	32.1	N/A	32.1	7
Grande - Oat	2133	510	24.4	15.8	62.6	46.3	10.1	4.9	0.47	46.3	N/A	46.3	7
Venti - Skimmed Milk	2202	524	17.3	6.7	71.2	60.1	3.9	19.0	0.67	60.1	17.6	42.5	9
Venti - Semi Skimmed Milk	2470	588	24.4	11.1	71.2	60.1	3.9	19.0	0.66	60.1	17.6	42.5	9
Venti - Whole Milk	2759	657	32.9	16.9	69.8	58.8	3.9	18.5	0.66	58.8	16.6	42.1	9
Venti - Soy	2300	548	25.3	8.0	62.7	51.7	5.4	14.6	0.54	51.7	N/A	51.7	9
Venti - Coconut	2311	550	29.7	18.7	64.1	51.7	5.4	3.9	0.76	51.7	N/A	51.7	9
Venti - Almond	1689	405	22.5	12.0	43.7	40.6	5.6	4.1	0.30	40.6	N/A	40.6	9
Venti - Oat	2662	636	29.2	18.7	80.6	59.3	13.1	6.3	0.61	59.3	N/A	59.3	9



**Winter 2018 Starbucks Beverage Nutrition Information \***

	kJ	kcal	Fat (g)	of which Saturates	Carbohydrates (g)	Total Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Total Sugars (g)	Natural Sugar (g)	Added sugar (g)	Caffeine (mg) **
<b>MOLTEN CHOCOLATE LATTE</b>													
Short - Skimmed Milk	950	227	10.7	7.3	24.5	22.2	1.9	7.2	0.19	22.2	8.5	13.8	75
<b>Short - Semi Skimmed Milk</b>	<b>1056</b>	<b>253</b>	<b>13.6</b>	<b>9.1</b>	<b>24.1</b>	<b>21.9</b>	<b>1.9</b>	<b>7.5</b>	<b>0.19</b>	<b>21.9</b>	<b>8.1</b>	<b>13.8</b>	<b>75</b>
Short- Whole Milk	1154	277	16.7	11.1	24.0	21.7	1.9	6.8	0.19	21.7	7.9	13.8	75
Short- Soy	991	237	13.4	7.7	21.3	19.0	2.8	6.5	0.20	19.0	0.0	19.0	75
Short - Coconut	990	238	15.5	11.8	21.8	19.0	2.3	1.8	0.11	19.0	0.0	19.0	75
Short - Almond	871	209	12.6	7.4	20.4	18.0	2.4	2.3	0.12	18.0	0.0	18.0	75
Short - Oat	1240	297	15.1	9.9	34.4	25.1	5.3	3.1	0.24	25.1	0.0	25.1	75
Tall - Skimmed Milk	1251	298	12.3	8.3	34.6	31.1	2.4	11.0	0.29	31.1	13.6	17.6	150
Tall - Semi Skimmed Milk	1421	340	16.9	11.2	34.0	30.6	2.4	11.6	0.29	30.6	13.0	17.6	150
Tall - Whole Milk	1578	378	21.8	14.5	33.8	30.3	2.4	10.5	0.29	30.3	12.7	17.6	150
Tall - Soy	1316	315	16.7	9.1	29.4	26.0	3.8	10.0	0.32	26.0	0.0	26.0	150
Tall - Coconut	1315	315	19.9	15.6	30.2	26.0	3.0	2.4	0.17	26.0	0.0	26.0	150
Tall - Almond	1123	269	15.3	8.5	28.1	24.3	3.2	3.2	0.19	24.3	0.0	24.3	150
Tall - Oat	1716	410	19.4	12.6	50.6	35.7	7.8	4.5	0.38	35.7	0.0	35.7	150
Grande - Skimmed Milk	1598	381	15.7	10.5	44.6	40.6	3.3	13.7	0.37	40.6	16.9	23.7	150
Grande - Semi Skimmed Milk	1811	433	21.4	14.1	44.0	39.9	3.3	14.4	0.37	39.9	16.2	23.7	150
Grande - Whole Milk	2007	481	27.5	18.2	43.6	39.6	3.3	13.1	0.37	39.6	15.9	23.7	150
Grande - Soy	1680	402	21.1	11.4	38.2	34.2	5.0	12.4	0.40	34.2	0.0	34.2	150
Grande - Coconut	1678	403	25.1	19.6	39.2	34.2	4.0	2.9	0.21	34.2	0.0	34.2	150
Grande - Almond	1439	345	19.4	10.8	36.5	32.1	4.3	3.9	0.23	32.1	0.0	32.1	150
Grande - Oat	2178	521	24.4	15.8	64.6	46.3	10.1	5.6	0.47	46.3	0.0	46.3	150
Venti - Skimmed Milk	1967	468	17.6	11.6	57.4	51.7	4.2	18.1	0.47	51.7	22.3	29.5	225
Venti - Semi Skimmed Milk	2247	537	25.2	16.5	56.5	50.8	4.2	19.0	0.47	50.8	21.4	29.5	225
Venti - Whole Milk	2505	600	33.2	21.8	56.0	50.4	4.2	17.2	0.47	50.4	20.9	29.5	225
Venti - Soy	2074	496	24.7	12.9	48.9	43.3	6.5	16.3	0.52	43.3	0.0	43.3	225
Venti - Coconut	2072	497	30.1	23.6	50.2	43.3	5.1	3.8	0.27	43.3	0.0	43.3	225
Venti - Almond	1758	421	22.5	12.0	46.7	40.6	5.6	5.2	0.30	40.6	0.0	40.6	225
Venti - Oat	2731	653	29.2	18.7	83.6	59.3	13.1	7.4	0.61	59.3	0.0	59.3	225
<b>MOLTEN CHOCOLATE FRAPPUCCINO®</b>													
Mini - Skimmed Milk	1033	246	11.4	5.9	30.4	27.7	0.9	5.0	0.40	27.7	6.3	21.4	1
Mini - Semi Skimmed Milk	1101	262	13.2	7.0	30.4	27.7	0.9	5.0	0.40	27.7	6.3	21.4	1
<b>Mini - Whole Milk</b>	<b>1175</b>	<b>280</b>	<b>15.4</b>	<b>8.5</b>	<b>30.1</b>	<b>27.3</b>	<b>0.9</b>	<b>4.8</b>	<b>0.40</b>	<b>27.3</b>	<b>5.9</b>	<b>21.4</b>	<b>1</b>
Mini - Soy	1058	252	13.4	6.2	28.3	25.5	1.3	3.8	0.36	25.5	N/A	25.5	1
Mini - Coconut	1061	253	14.6	8.9	28.6	25.5	1.3	1.1	0.42	25.5	N/A	25.5	1
Mini - Almond	928	223	13.7	9.1	22.9	22.0	1.1	1.4	0.07	22.0	N/A	22.0	1
Mini - Oat	1081	259	14.7	10.2	28.7	25.0	2.3	1.7	0.12	25.0	N/A	25.0	1
Tall - Skimmed Milk	1257	299	12.6	6.0	40.8	37.0	1.1	5.2	0.51	37.0	6.4	30.7	2
Tall - Semi Skimmed Milk	1326	316	14.4	7.1	40.8	37.0	1.1	5.2	0.51	37.0	6.4	30.7	2
Tall - Whole Milk	1399	333	16.5	8.6	40.5	36.7	1.1	5.1	0.51	36.7	6.0	30.7	2
Tall - Soy	1282	305	14.6	6.3	38.7	34.9	1.5	4.1	0.48	34.9	N/A	34.9	2
Tall - Coconut	1285	306	15.7	9.1	39.0	34.9	1.5	1.4	0.54	34.9	N/A	34.9	2
Tall - Almond	1156	277	15.1	9.8	32.6	31.4	1.7	1.8	0.09	31.4	N/A	31.4	2
Tall - Oat	1381	330	16.6	11.3	41.2	35.7	3.4	2.3	0.16	35.7	N/A	35.7	2
Grande - Skimmed Milk	1763	420	17.7	8.4	57.4	52.1	1.6	7.0	0.72	52.1	6.7	45.5	3
Grande - Semi Skimmed Milk	1855	442	20.1	9.9	57.4	52.1	1.6	7.0	0.72	52.1	6.7	45.5	3
Grande - Whole Milk	1954	465	23.0	11.9	56.9	51.7	1.6	6.9	0.72	51.7	6.3	45.4	3
Grande - Soy	1797	428	20.4	8.8	54.5	49.3	2.1	5.5	0.68	49.3	N/A	49.3	3
Grande - Coconut	1800	429	21.9	12.5	54.9	49.3	2.1	1.9	0.75	49.3	N/A	49.3	3
Grande - Almond	1626	389	21.1	13.7	46.3	44.4	2.3	2.5	0.12	44.4	N/A	44.4	3
Grande - Oat	1916	458	23.1	15.7	57.3	50.0	4.6	3.1	0.21	50.0	N/A	50.0	3
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

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

\* Nutrition information for beverages is calculated based on Starbucks standard recipes.

Whole milk is based on 3.5% milk fat, this may differ slightly from milks in your region.

Because our beverages are handcrafted and may be customized, exact information may vary.

New product introduction, ingredient changes or recipe changes during the life of this publication may cause this information to be incomplete.

\*\* Caffeine information is approximate. These values reflect Starbucks standard brewing methods.

Values can vary greatly based on the variety of the coffee and the brewing equipment

used. The handcrafted nature of our beverages may result in a variation from the reported values.