

**Starbucks Beverage  
Nutrition Information \***

	Calories	Kilocalories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
<b>HOT BEVERAGES</b>												
<b>BREWED COFFEE</b>												
Short	3	11	0.1	0.0	0.0	0	5	0	0	0	0.3	160
Tall	4	16	0.1	0.0	0.0	0	8	0	0	0	0.5	240
Grande	5	21	0.1	0.0	0.0	0	10	0	0	0	0.6	320
Venti	6	26	0.1	0.0	0.0	0	12	0	0	0	0.7	400
<b>ESPRESSO</b>												
Solo	6	24	0.0	0.0	0.0	0	0	1	0	0	0.4	75
Doppio	11	48	0.0	0.0	0.0	0	1	2	0	0	0.7	150
<b>ESPRESSO CON PANNA</b>												
Solo	31	129	2.5	1.5	0.1	9	3	2	0	1	0.5	75
Doppio	36	153	2.5	1.5	0.1	9	3	3	0	1	0.9	150
<b>ESPRESSO MACCHIATO</b>												
Solo - Skimmed Milk	7	30	0.0	0.0	0.0	0	2	1	0	0	0.5	75
Solo - Semi Skimmed Milk	8	33	0.1	0.1	0.0	0	2	1	0	0	0.5	75
Solo - Whole Milk	8	35	0.2	0.1	0.0	0	2	1	0	0	0.5	75
Solo - Soy	7	31	0.1	0.0	0.0	0	2	1	0	0	0.5	75
Doppio - Skimmed Milk	13	55	0.0	0.0	0.0	0	3	2	0	0	1.0	150
Doppio - Semi Skimmed Milk	14	59	0.1	0.1	0.0	0	3	2	0	0	0.9	150
Doppio - Whole Milk	15	61	0.2	0.1	0.0	1	3	2	0	0	0.9	150
Doppio - Soy	13	56	0.1	0.0	0.0	0	3	2	0	0	0.9	150
<b>CAFFE AMERICANO</b>												
Short	6	24	0.0	0.0	0.0	0	4	1	0	0	0.4	75
Tall	11	48	0.0	0.0	0.0	0	6	2	0	0	0.7	150
Grande	17	72	0.0	0.0	0.0	0	8	3	0	0	1.1	225
Venti	23	95	0.0	0.0	0.0	0	11	4	0	0	1.4	300
<b>CAPPUCCINO</b>												
Short - Skimmed Milk	55	229	0.1	0.1	0.0	3	61	8	0	7	5.2	75
Short - Semi Skimmed Milk	78	325	2.8	1.8	0.1	12	59	8	0	7	5.1	75
Short - Whole Milk	92	385	4.7	2.7	0.1	14	58	8	0	7	5.0	75
Short - Soy	62	259	2.2	0.3	0.0	0	67	6	0	6	4.3	75
Tall - Skimmed Milk	64	267	0.1	0.1	0.0	3	72	9	0	8	6.1	75
Tall - Semi Skimmed Milk	91	382	3.4	2.2	0.1	14	70	9	0	8	6.0	75
Tall - Whole Milk	108	453	5.6	3.2	0.2	17	69	9	0	8	5.9	75
Tall - Soy	72	302	2.6	0.3	0.0	0	80	6	0	7	5.1	75
Grande - Skimmed Milk	82	344	0.2	0.1	0.0	4	88	12	0	10	7.7	150
Grande - Semi Skimmed Milk	115	483	4.1	2.6	0.1	17	86	12	0	10	7.6	150
Grande - Whole Milk	136	570	6.8	3.9	0.2	21	84	11	0	9	7.4	150
Grande - Soy	92	386	3.2	0.4	0.0	0	97	8	0	8	6.4	150
Venti - Skimmed Milk	109	456	0.2	0.2	0.0	6	121	16	0	14	10.4	150
Venti - Semi Skimmed Milk	155	648	5.7	3.6	0.2	23	118	15	0	13	10.2	150
Venti - Whole Milk	184	768	9.3	5.4	0.3	29	116	15	0	13	10.0	150
Venti - Soy	123	514	4.4	0.5	0.0	0	134	11	1	7	8.6	150
<b>CAFFE MISTO/CAFE AU LAIT</b>												
Short - Skimmed Milk	37	156	0.1	0.1	0.0	2	47	5	0	5	3.7	75
Short - Semi Skimmed Milk	54	227	2.1	1.3	0.1	9	46	5	0	5	3.6	75
Short - Whole Milk	65	271	3.5	2.0	0.1	11	45	5	0	5	3.6	75
Short - Soy	42	177	1.6	0.2	0.0	0	51	3	0	4	3.0	75
Tall - Skimmed Milk	56	234	0.2	0.1	0.0	3	70	8	0	8	5.6	115
Tall - Semi Skimmed Milk	81	340	3.2	2.0	0.1	13	69	7	0	7	5.5	115
Tall - Whole Milk	97	407	5.2	3.0	0.2	16	67	7	0	7	5.3	115
Tall - Soy	63	263	2.4	0.3	0.0	0	77	5	0	6	4.5	115
Grande - Skimmed Milk	73	304	0.2	0.1	0.0	4	91	10	0	10	7.2	150
Grande - Semi Skimmed Milk	106	442	4.1	2.6	0.1	17	89	10	0	10	7.1	150
Grande - Whole Milk	126	529	6.8	3.9	0.2	21	87	9	0	9	6.9	150
Grande - Soy	82	343	3.2	0.4	0.0	0	100	6	0	8	5.9	150
Venti - Skimmed Milk	92	385	0.3	0.2	0.0	5	116	13	0	13	9.2	195
Venti - Semi Skimmed Milk	134	560	5.2	3.3	0.2	21	113	12	0	12	9.0	195
Venti - Whole Milk	160	670	8.6	4.9	0.3	26	111	12	0	12	8.8	195
Venti - Soy	104	434	4.0	0.5	0.0	0	126	8	1	6	7.5	195

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<b>CAFFE LATTE</b>												
Short - Skimmed Milk	67	279	0.1	0.1	0.0	4	76	10	0.0	9	6.4	75
Short - Semi Skimmed Milk	95	399	3.5	2.3	0.1	14	74	9	0.0	8	6.3	75
Short - Whole Milk	113	474	5.8	3.3	0.2	18	72	9	0.0	8	6.1	75
Short - Soy	75	314	2.7	0.3	0.0	0	83	7	0.7	4	5.3	75
Tall - Skimmed Milk	102	428	0.2	0.2	0.0	6	120	15	0.0	14	9.9	75
Tall - Semi Skimmed Milk	148	618	5.6	3.6	0.2	23	117	14	0.0	13	9.7	75
Tall - Whole Milk	176	737	9.2	5.3	0.3	28	114	14	0.0	13	9.5	75
Tall - Soy	116	484	4.3	0.5	0.0	0	132	10	1.1	6	8.1	75
Grande - Skimmed Milk	131	550	0.3	0.2	0.0	7	149	19	0.0	18	12.6	150
Grande - Semi Skimmed Milk	188	786	7.0	4.4	0.2	28	145	19	0.0	17	12.4	150
Grande - Whole Milk	223	934	11.5	6.6	0.4	35	142	18	0.0	16	12.1	150
Grande - Soy	148	618	5.3	0.7	0.0	0	164	13	1.3	8	10.4	150
Venti - Skimmed Milk	168	705	0.4	0.3	0.0	9	195	25	0.0	23	16.3	150
Venti - Semi Skimmed Milk	242	1014	9.1	5.8	0.3	37	190	24	0.0	22	16.0	150
Venti - Whole Milk	289	1207	15.0	8.6	0.5	46	185	23	0.0	21	15.6	150
Venti - Soy	190	796	7.0	0.9	0.0	0	214	16	1.7	10	13.4	150
<b>CAFFE MOCHA with WHIPPED CREAM</b>												
Short - Skimmed Milk	160	671	6.4	3.5	0.2	22	68	22	0.9	17	6.8	90
Short - Semi Skimmed Milk	184	769	9.1	5.2	0.2	31	67	22	0.9	17	6.7	90
Short - Whole Milk	198	830	11.0	6.1	0.3	34	65	22	0.9	17	6.6	90
Short - Soy	167	700	8.5	3.7	0.2	19	85	20	1.5	13	5.9	90
Tall - Skimmed Milk	228	954	8.0	4.2	0.2	27	109	34	1.4	26	10.6	95
Tall - Semi Skimmed Milk	266	1114	12.5	7.1	0.3	42	106	33	1.4	26	10.4	95
Tall - Whole Milk	290	1213	15.5	8.5	0.4	46	104	33	1.4	16	10.2	95
Tall - Soy	239	1002	11.4	4.5	0.2	22	119	29	2.3	20	9.1	95
Grande - Skimmed Milk	288	1205	9.5	4.9	0.2	32	133	44	1.9	34	13.4	175
Grande - Semi Skimmed Milk	335	1400	15.0	8.4	0.4	49	130	43	1.9	33	13.2	175
Grande - Whole Milk	364	1522	18.7	10.2	0.5	55	127	42	1.9	32	13.0	175
Grande - Soy	302	1265	13.7	5.3	0.2	26	146	38	3.0	26	11.6	175
Venti - Skimmed Milk	347	1453	10.2	5.1	0.2	34	174	55	2.4	43	17.3	180
Venti - Semi Skimmed Milk	409	1712	17.5	9.7	0.4	57	170	54	2.4	42	17.0	180
Venti - Whole Milk	448	1875	22.5	12.1	0.6	65	166	53	2.4	41	16.7	180
Venti - Soy	366	1532	15.7	5.6	0.2	26	192	48	3.8	32	14.9	180
<b>CARAMEL MACCHIATO (made with regular Vanilla flavoured syrup)</b>												
Short - Skimmed Milk	97	407	0.9	0.6	0.0	5	73	17	0.0	15	5.6	75
Short - Semi Skimmed Milk	122	510	3.8	2.4	0.1	14	71	16	0.0	15	5.5	75
Short - Whole Milk	137	574	5.7	3.3	0.2	18	70	16	0.0	14	5.3	75
Short - Soy	104	433	3.0	0.8	0.0	2	78	14	0.6	11	4.5	75
Tall - Skimmed Milk	142	594	0.9	0.6	0.0	7	105	25	0.0	23	8.1	75
Tall - Semi Skimmed Milk	178	747	5.3	3.3	0.1	21	102	25	0.0	23	8.0	75
Tall - Whole Milk	201	842	8.2	4.7	0.2	25	100	24	0.0	22	7.8	75
Tall - Soy	153	640	4.2	0.9	0.0	2	115	21	0.9	17	6.7	75
Grande - Skimmed Milk	193	807	1.1	0.7	0.0	9	134	35	0.0	32	10.7	150
Grande - Semi Skimmed Milk	240	1004	6.7	4.3	0.2	26	131	34	0.0	31	10.5	150
Grande - Whole Milk	269	1127	10.5	6.0	0.3	32	128	34	0.0	31	10.3	150
Grande - Soy	207	864	5.3	1.1	0.0	3	147	29	1.1	24	8.8	150
Venti - Skimmed Milk	239	1001	1.2	0.8	0.0	10	168	44	0.0	40	13.4	150
Venti - Semi Skimmed Milk	299	1251	8.3	5.3	0.2	33	165	43	0.0	39	13.2	150
Venti - Whole Milk	337	1408	13.1	7.5	0.4	40	161	42	0.0	39	12.9	150
Venti - Soy	256	1072	6.5	1.3	0.0	3	184	37	1.4	30	11.0	150
<b>VANILLA LATTE (Flavoured Latte)</b>												
Short - Skimmed Milk	101	421	0.1	0.1	0.0	3	71	19	0.0	17	6.0	75
Short - Semi Skimmed Milk	127	532	3.3	2.1	0.1	13	69	18	0.0	17	5.9	75
Short - Whole Milk	144	601	5.4	3.1	0.2	17	68	18	0.0	17	5.7	75
Short - Soy	108	454	2.5	0.3	0.0	0	78	16	0.6	13	4.9	75
Tall - Skimmed Milk	152	637	0.2	0.2	0.0	5	113	28	0.0	27	9.3	75
Tall - Semi Skimmed Milk	195	815	5.2	3.3	0.2	21	110	27	0.0	26	9.1	75
Tall - Whole Milk	221	926	8.6	4.9	0.3	27	107	27	0.0	26	8.9	75
Tall - Soy	165	689	4.0	0.5	0.0	0	124	23	1.0	20	7.6	75
Grande - Skimmed Milk	199	833	0.3	0.2	0.0	7	139	37	0.0	35	11.7	150
Grande - Semi Skimmed Milk	251	1052	6.4	4.1	0.2	26	136	36	0.0	34	11.5	150
Grande - Whole Milk	284	1189	10.6	6.1	0.3	33	133	36	0.0	33	11.3	150
Grande - Soy	214	897	4.9	0.6	0.0	0	153	31	1.2	26	9.7	150
Venti - Skimmed Milk	252	1056	0.4	0.2	0.0	9	183	47	0.0	44	15.2	150
Venti - Semi Skimmed Milk	321	1344	8.5	5.4	0.3	34	179	46	0.0	43	14.9	150
Venti - Whole Milk	364	1523	14.0	8.0	0.4	43	174	45	0.0	42	14.6	150
Venti - Soy	272	1139	6.5	0.8	0.0	0	201	39	1.6	33	12.5	150

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<b>WHITE CHOCOLATE MOCHA with WHIPPED CREAM</b>												
Short - Skimmed Milk	229	957	8.0	5.4	0.2	23	125	32	0.0	30	7.7	75
Short - Semi Skimmed Milk	252	1055	10.8	7.2	0.3	32	123	32	0.0	30	7.6	75
Short - Whole Milk	267	1116	12.7	8.1	0.3	35	122	32	0.0	30	7.5	75
Short - Soy	236	986	10.1	5.6	0.2	20	131	30	0.6	26	6.8	75
Tall - Skimmed Milk	331	1383	10.5	7.1	0.2	29	193	48	0.0	46	11.9	75
Tall - Semi Skimmed Milk	369	1542	15.0	10.0	0.3	43	191	48	0.0	45	11.7	75
Tall - Whole Milk	392	1642	18.0	11.4	0.4	48	189	47	0.0	45	11.5	75
Tall - Soy	342	1430	13.9	7.5	0.2	24	204	44	0.9	40	10.4	75
Grande - Skimmed Milk	425	1777	12.9	8.8	0.2	34	246	64	0.0	60	15.1	150
Grande - Semi Skimmed Milk	471	1972	18.4	12.3	0.4	51	243	63	0.0	59	14.9	150
Grande - Whole Milk	500	2094	22.1	14.1	0.5	57	240	62	0.0	59	14.7	150
Grande - Soy	439	1837	17.0	9.2	0.2	28	259	58	1.1	52	13.3	150
Venti - Skimmed Milk	518	2169	14.3	10.0	0.2	36	315	80	0.0	76	19.5	150
Venti - Semi Skimmed Milk	581	2429	21.7	14.6	0.5	60	312	79	0.0	75	19.2	150
Venti - Whole Milk	619	2591	26.6	17.0	0.6	67	308	78	0.0	74	18.9	150
Venti - Soy	537	2248	19.9	10.5	0.2	29	333	73	1.5	65	17.1	150
<b>HAZELNUT MOCHA with WHIPPED CREAM (Flavoured Mocha)</b>												
Short - Skimmed Milk	197	826	6.2	3.4	0.2	21	76	32	1.0	26	6.7	90
Short - Semi Skimmed Milk	216	902	8.9	5.1	0.2	30	61	31	1.0	26	6.3	90
Short - Whole Milk	229	958	10.6	5.9	0.3	32	60	31	1.0	25	6.2	90
Short - Soy	201	840	8.3	3.6	0.2	19	69	29	1.5	22	5.5	90
Tall - Skimmed Milk	277	1159	7.9	4.2	0.2	27	100	46	1.4	39	9.9	95
Tall - Semi Skimmed Milk	312	1305	12.0	6.8	0.3	40	98	46	1.4	39	9.7	95
Tall - Whole Milk	334	1396	14.8	8.1	0.4	44	96	45	1.4	38	9.6	95
Tall - Soy	288	1204	11.1	4.5	0.2	22	110	42	2.2	33	8.6	95
Grande - Skimmed Milk	356	1490	9.5	4.9	0.2	31	122	62	1.9	51	12.6	175
Grande - Semi Skimmed Milk	399	1668	14.5	8.1	0.4	47	120	61	1.9	51	12.4	175
Grande - Whole Milk	425	1780	17.9	9.7	0.5	53	117	60	1.9	50	12.2	175
Grande - Soy	369	1544	13.3	5.3	0.2	26	134	57	2.9	44	10.9	175
Venti - Skimmed Milk	430	1801	10.1	5.1	0.2	33	160	77	2.4	65	16.2	180
Venti - Semi Skimmed Milk	487	2038	16.8	9.3	0.4	54	157	76	2.4	64	15.9	180
Venti - Whole Milk	523	2187	21.4	11.5	0.6	62	153	75	2.4	63	15.6	180
Venti - Soy	448	1874	15.2	5.5	0.2	26	176	70	3.7	55	14.0	180
<b>BREWED TEA</b>												
Short	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0.0	varies
Tall	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0.0	varies
Grande	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0.0	varies
Venti	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0.0	varies
<b>TAZO CHAI TEA LATTE</b>												
Short - Skimmed Milk	103	431	0.1	0.1	0.0	2	50	22	0.1	21	3.9	50
Short - Semi Skimmed Milk	119	497	2.0	1.3	0.1	8	49	22	0.1	21	3.8	50
Short - Whole Milk	129	539	3.3	1.9	0.1	10	48	22	0.1	21	3.7	50
Short - Soy	108	452	1.6	0.2	0.0	0	54	20	0.5	18	3.2	50
Tall - Skimmed Milk	154	646	0.2	0.1	0.0	3	74	33	0.1	32	5.8	75
Tall - Semi Skimmed Milk	179	747	3.0	1.9	0.1	12	73	33	0.1	31	5.7	75
Tall - Whole Milk	194	810	5.0	2.8	0.2	15	71	33	0.1	31	5.5	75
Tall - Soy	162	676	2.4	0.3	0.0	0	81	31	0.7	27	4.7	75
Grande - Skimmed Milk	204	854	0.2	0.1	0.0	4	97	44	0.2	42	7.5	100
Grande - Semi Skimmed Milk	236	986	4.0	2.5	0.1	16	95	44	0.2	41	7.4	100
Grande - Whole Milk	255	1068	6.5	3.7	0.2	20	93	43	0.2	41	7.2	100
Grande - Soy	213	893	3.2	0.4	0.0	0	105	41	1.0	36	6.2	100
Venti - Skimmed Milk	256	1072	0.3	0.2	0.0	5	123	56	0.2	53	9.5	120
Venti - Semi Skimmed Milk	297	1241	5.0	3.2	0.2	20	120	55	0.2	52	9.3	120
Venti - Whole Milk	322	1346	8.3	4.7	0.3	25	118	55	0.2	52	9.1	120
Venti - Soy	268	1122	4.0	0.5	0.0	0	133	51	1.2	46	7.8	120

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<b>SIGNATURE HOT CHOCOLATE with WHIPPED CREAM</b>												
Short - Skimmed Milk	267	1119	15.0	9.2	0.2	28	77	30	3.3	24	7.8	10
Short - Semi Skimmed Milk	283	1185	16.9	10.3	0.3	34	76	30	3.3	24	7.7	10
Short - Whole Milk	293	1226	18.1	10.9	0.3	36	75	30	3.3	24	7.6	10
Short - Soy	272	1139	16.4	9.3	0.2	26	82	28	3.7	22	7.2	10
Tall - Skimmed Milk	393	1646	21.3	13.0	0.3	37	117	46	5.1	37	11.9	15
Tall - Semi Skimmed Milk	418	1747	24.2	14.8	0.4	46	115	45	5.1	36	11.8	15
Tall - Whole Milk	433	1810	26.1	15.7	0.4	49	113	45	5.1	36	11.6	15
Tall - Soy	401	1677	23.5	13.2	0.3	34	123	43	5.7	33	10.9	15
Grande - Skimmed Milk	505	2114	27.0	16.4	0.3	45	151	59	6.7	48	15.4	20
Grande - Semi Skimmed Milk	537	2245	30.7	18.8	0.5	57	149	59	6.7	47	15.3	20
Grande - Whole Milk	556	2328	33.5	20.0	0.5	61	147	59	6.7	47	15.1	20
Grande - Soy	515	2155	29.8	16.7	0.3	41	160	56	7.5	43	14.2	20
Venti - Skimmed Milk	624	2611	32.4	19.7	0.4	50	191	75	8.5	61	19.6	25
Venti - Semi Skimmed Milk	665	2782	37.2	22.8	0.5	66	189	75	8.5	60	19.4	25
Venti - Whole Milk	690	2887	40.4	24.3	0.6	71	186	74	8.5	60	19.2	25
Venti - Soy	637	2665	36.0	20.1	0.4	45	202	71	9.5	54	18.0	25
<b>STEAMED MILK</b>												
Short - Skimmed Milk	70	292	0.2	0.1	0.0	4	86	10	0.0	10	6.9	0
Short - Semi Skimmed Milk	103	429	4.0	2.6	0.1	16	84	10	0.0	10	6.8	0
Short - Whole Milk	123	515	6.7	3.8	0.2	21	82	9	0.0	9	6.6	0
Short - Soy	80	333	3.1	0.4	0.0	0	95	6	0.8	5	5.6	0
Tall - Skimmed Milk	106	442	0.3	0.2	0.0	6	131	15	0.0	15	10.5	0
Tall - Semi Skimmed Milk	156	651	6.1	3.9	0.2	25	128	15	0.0	15	10.3	0
Tall - Whole Milk	187	781	10.1	5.8	0.3	31	124	14	0.0	14	10.0	0
Tall - Soy	120	503	4.7	0.6	0.0	0	144	10	1.2	7	8.5	0
Grande - Skimmed Milk	138	578	0.3	0.2	0.0	8	171	20	0.0	20	13.7	0
Grande - Semi Skimmed Milk	203	849	8.0	5.1	0.2	32	166	19	0.0	19	13.4	0
Grande - Whole Milk	244	1019	13.2	7.6	0.4	41	162	18	0.0	18	13.1	0
Grande - Soy	157	655	6.1	0.8	0.0	0	187	13	1.5	9	11.1	0
Venti - Skimmed Milk	175	733	0.4	0.3	0.0	10	216	26	0.0	26	17.4	0
Venti - Semi Skimmed Milk	258	1077	10.2	6.5	0.3	41	211	24	0.0	24	17.0	0
Venti - Whole Milk	309	1293	16.7	9.6	0.5	52	206	23	0.0	23	16.6	0
Venti - Soy	199	834	7.8	1.0	0.0	0	238	16	1.9	12	14.1	0
<b>ADD-INS</b>												
<b>WHIPPED CREAM TOPPING (No Sprinkles or Drizzle)</b>												
HOT Short Beverage - 16 g	52	218	5.1	3.2	0.2	19	5	1	0.0	1	0.3	0
HOT Tall Beverage - 19g	62	259	6.1	3.8	0.2	22	6	2	0.0	1	0.3	0
HOT Grande/Venti Beverage	72	301	7.0	4.4	0.2	26	7	2	0.0	2	0.4	0
COLD Tall Beverage - 25 g	81	339	8.0	5.0	0.2	30	8	2	0.0	2	0.4	0
COLD Grande Beverage - 35	114	477	11.2	7.0	0.4	41	11	3	0.0	2	0.6	0
COLD Venti Beverage - 32g	104	435	10.2	6.4	0.3	38	11	3	0.0	2	0.6	0
<b>FLAVOURED SYRUP</b>												
1 Pump - 1/4 fl oz - 10 g	20	84	0.0	0.0	0.0	0	0	5	0.0	5	0.0	0
2 Pumps - 1/2 fl oz - 20 g	40	169	0.0	0.0	0.0	0	1	10	0.0	10	0.0	0
3 Pumps - 3/4 fl oz - 30 g	60	253	0.0	0.0	0.0	0	1	15	0.0	15	0.0	0
4 Pumps - 1 fl oz - 40 g	81	337	0.0	0.0	0.0	0	1	20	0.0	19	0.0	0
<b>FLAVOURED SUGAR FREE SYRUP</b>												
1 Pump - 1/4 fl oz - 10 g	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0.0	0
2 Pumps - 1/2 fl oz - 20 g	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0.0	0
3 Pumps - 3/4 fl oz - 30 g	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0.0	0
4 Pumps - 1 fl oz - 40 g	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0.0	0
<b>BAR MOCHA SYRUP</b>												
1 Pump - 1/2 fl oz - 17 g	26	111	0.6	0.1	0.0	0	1	6	1.0	5	0.6	6
2 Pumps - 1 fl oz - 34 g	53	222	1.1	0.2	0.0	0	1	13	2.0	10	1.3	15
3 Pumps - 1 1/2 fl oz - 51 g	79	332	1.7	0.3	0.0	0	2	19	3.0	14	1.9	20
4 Pumps - 2 fl oz - 68 g	106	443	2.3	0.4	0.0	0	3	26	3.9	19	2.5	25
5 Pumps - 2 1/2 fl oz - 85 g	132	554	2.8	0.5	0.0	0	3	32	4.9	24	3.1	30
<b>TOPPINGS</b>												
Chocolate - 4 g	6	25	0.1	0.0	0.0	0	0	1	0.1	1	0.1	2
Caramel - 4 g	15	62	0.6	0.3	0.0	2	6	2	0.0	2	0.0	0
Sprinkles - 1 g	4	16	0.0	0.0	0.0	0	3	1	0.0	1	0.0	0

**Starbucks Beverage  
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	Calories	Kilocalories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
<b>COLD BEVERAGES</b>												
<b>ICED COFFEE</b>												
Tall	3	11	0.1	0.0	0.0	0	5	0	0.0	0	0.3	180
Grande	4	16	0.1	0.0	0.0	0	8	0	0.0	0	0.5	260
Venti	5	21	0.1	0.0	0.0	0	10	0	0.0	0	0.6	330
<b>ICED CAFFE AMERICANO</b>												
Tall	11	48	0.0	0.0	0.0	0	7	2	0.0	0	0.7	150
Grande	17	72	0.0	0.0	0.0	0	9	3	0.0	0	1.1	225
Venti	23	97	0.0	0.0	0.0	0	13	4	0.0	0	1.4	300
<b>ICED CAFFE LATTE</b>												
Tall - Skimmed Milk	68	283	0.2	0.1	0.0	4	80	10	0.0	9	6.5	75
Tall - Semi Skimmed Milk	97	405	3.6	2.3	0.1	15	78	10	0.0	9	6.4	75
Tall - Whole Milk	115	481	5.9	3.4	0.2	18	76	9	0.0	8	6.2	75
Tall - Soy	80	334	2.9	0.4	0.0	0	92	7	0.7	4	5.6	75
Grande - Skimmed Milk	90	375	0.2	0.1	0.0	5	101	13	0.0	11	8.5	150
Grande - Semi Skimmed Milk	126	529	4.5	2.9	0.1	18	99	13	0.0	11	8.3	150
Grande - Whole Milk	149	625	7.5	4.3	0.2	23	97	12	0.0	10	8.1	150
Grande - Soy	104	437	3.6	0.5	0.0	0	116	9	0.9	5	7.3	150
Venti - Skimmed Milk	100	418	0.2	0.1	0.0	5	116	15	0.0	13	9.5	150
Venti - Semi Skimmed Milk	142	594	5.1	3.3	0.2	21	113	14	0.0	12	9.3	150
Venti - Whole Milk	168	703	8.5	4.9	0.3	26	110	14	0.0	12	9.1	150
Venti - Soy	118	494	4.2	0.5	0.0	0	134	11	1.0	6	8.3	150
<b>ICED CAFFE MOCHA with WHIPPED CREAM</b>												
Tall - Skimmed Milk	212	889	9.8	5.3	0.2	32	71	29	1.4	22	7.2	95
Tall - Semi Skimmed Milk	234	980	12.4	7.0	0.3	40	70	29	1.4	21	7.1	95
Tall - Whole Milk	248	1036	14.1	7.8	0.4	43	68	28	1.4	21	7.0	95
Tall - Soy	221	927	11.8	5.5	0.2	30	80	27	2.0	18	6.6	95
Grande - Skimmed Milk	289	1209	13.6	7.4	0.3	45	89	39	1.9	29	9.5	175
Grande - Semi Skimmed Milk	316	1321	16.8	9.5	0.4	55	88	38	1.9	28	9.4	175
Grande - Whole Milk	333	1391	18.9	10.5	0.5	58	86	38	1.9	28	9.2	175
Grande - Soy	300	1256	16.1	7.7	0.3	41	101	36	2.6	24	8.7	175
Venti - Skimmed Milk	310	1297	13.2	7.0	0.3	42	97	46	2.4	33	10.6	180
Venti - Semi Skimmed Milk	340	1423	16.7	9.2	0.4	53	95	45	2.4	33	10.5	180
Venti - Whole Milk	358	1498	19.0	10.3	0.5	56	93	45	2.4	33	10.3	180
Venti - Soy	322	1347	16.0	7.2	0.3	38	109	42	3.1	29	9.7	180
<b>ICED CARAMEL MACCHIATO</b>												
Tall - Skimmed Milk	139	582	1.2	0.8	0.0	7	98	25	0.0	23	7.1	75
Tall - Semi Skimmed Milk	171	714	4.9	3.1	0.1	19	96	24	0.0	22	7.0	75
Tall - Whole Milk	191	797	7.5	4.3	0.2	23	84	24	0.0	22	6.8	75
Tall - Soy	152	636	4.2	1.0	0.0	3	111	22	0.8	18	6.1	75
Grande - Skimmed Milk	188	785	1.3	0.8	0.0	8	129	34	0.0	31	9.8	150
Grande - Semi Skimmed Milk	231	965	6.3	4.0	0.2	24	126	33	0.0	30	9.6	150
Grande - Whole Milk	257	1077	9.8	5.6	0.3	30	123	33	0.0	30	9.4	150
Grande - Soy	206	860	5.3	1.2	0.0	3	146	30	1.1	24	8.5	150
Venti - Skimmed Milk	215	900	1.3	0.8	0.0	9	140	40	0.0	37	10.6	150
Venti - Semi Skimmed Milk	262	1096	6.8	4.3	0.2	26	138	39	0.0	36	10.4	150
Venti - Whole Milk	291	1218	10.5	6.1	0.3	32	135	39	0.0	36	10.2	150
Venti - Soy	234	979	5.7	1.2	0.0	3	159	35	1.2	29	9.2	150
<b>ICED TAZO CHAI TEA LATTE</b>												
Tall - Skimmed Milk	152	635	0.2	0.1	0.0	3	72	33	0.1	31	5.5	75
Tall - Semi Skimmed Milk	176	736	3.0	1.9	0.1	12	71	33	0.1	31	5.4	75
Tall - Whole Milk	191	799	5.0	2.8	0.2	15	69	32	0.1	31	5.3	75
Tall - Soy	162	677	2.4	0.3	0.0	0	82	31	0.7	27	4.8	75
Grande - Skimmed Milk	205	857	0.2	0.1	0.0	4	99	44	0.2	42	7.6	100
Grande - Semi Skimmed Milk	238	997	4.2	2.6	0.1	17	97	44	0.2	42	7.4	100
Grande - Whole Milk	259	1084	6.9	3.9	0.2	21	95	44	0.2	41	7.3	100
Grande - Soy	219	915	3.4	0.4	0.0	0	113	41	1.0	37	6.5	100
Venti - Skimmed Milk	242	1013	0.3	0.1	0.0	4	106	53	0.2	51	8.1	120
Venti - Semi Skimmed Milk	277	1159	4.4	2.8	0.1	18	104	53	0.2	50	7.9	120
Venti - Whole Milk	299	1251	7.2	4.1	0.2	22	102	53	0.2	50	7.7	120
Venti - Soy	256	1071	3.5	0.5	0.0	0	121	50	1.1	45	7.0	120

**Starbucks Beverage  
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	Calories	Kilocaloules	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
<b>ICED VANILLA LATTE (Flavoured Latte)</b>												
Tall - Skimmed Milk	121	504	0.0	0.0	0.0	2	88	24	0.0	22	6.1	75
Tall - Semi Skimmed Milk	142	596	3.1	2.0	0.1	13	70	23	0.0	21	5.6	75
Tall - Whole Milk	158	663	5.2	3.0	0.2	16	68	22	0.0	21	5.5	75
Tall - Soy	128	534	2.5	0.3	0.0	0	82	20	0.6	18	4.9	75
Grande - Skimmed Milk	155	650	0.2	0.1	0.0	4	90	31	0.0	28	7.4	150
Grande - Semi Skimmed Milk	187	783	3.9	2.5	0.1	16	88	30	0.0	28	7.3	150
Grande - Whole Milk	207	866	6.5	3.7	0.2	20	86	30	0.0	27	7.1	150
Grande - Soy	168	705	3.2	0.4	0.0	0	103	27	0.8	23	6.4	150
Venti - Skimmed Milk	182	761	0.2	0.1	0.0	4	101	37	0.0	34	8.2	150
Venti - Semi Skimmed Milk	218	912	4.4	2.8	0.1	18	99	36	0.0	33	8.1	150
Venti - Whole Milk	240	1004	7.2	4.1	0.2	22	96	36	0.0	33	7.9	150
Venti - Soy	197	824	3.5	0.4	0.0	0	115	33	0.9	28	7.1	150
<b>ICED HAZELNUT MOCHA with WHIPPED CREAM (Flavoured Mocha)</b>												
Tall - Skimmed Milk	315	1320	12.3	8.3	0.3	34	156	44	0.0	41	8.6	75
Tall - Semi Skimmed Milk	337	1411	14.9	9.9	0.3	42	154	43	0.0	41	8.5	75
Tall - Whole Milk	351	1468	16.6	10.7	0.4	45	153	43	0.0	41	8.3	75
Tall - Soy	325	1358	14.3	8.5	0.3	31	165	42	0.5	38	7.9	75
Grande - Skimmed Milk	425	1779	16.9	11.4	0.4	47	202	59	0.0	55	11.2	150
Grande - Semi Skimmed Milk	452	1892	20.1	13.4	0.5	57	201	58	0.0	54	11.1	150
Grande - Whole Milk	469	1962	22.2	14.4	0.5	60	199	58	0.0	54	11.0	150
Grande - Soy	437	1827	19.4	11.6	0.4	43	214	56	0.7	50	10.4	150
Venti - Skimmed Milk	563	2355	18.8	12.9	0.3	45	287	85	0.0	79	15.7	150
Venti - Semi Skimmed Milk	599	2508	23.1	15.7	0.5	59	284	84	0.0	79	15.5	150
Venti - Soy	578	2419	22.2	13.3	0.3	41	302	81	0.9	74	14.5	150
<b>FRAPPUCCINO® BLENDED COFFEE</b>												
<b>COFFEE</b>												
Tall	184	771	2.4	1.5	0.1	10	173	37	0.0	31	3.9	85
Grande	239	1001	3.1	1.9	0.1	13	225	48	0.0	41	5.0	110
Venti	278	1163	3.6	2.2	0.1	15	261	56	0.0	47	5.8	130
<b>MOCHA with WHIPPED CREAM</b>												
Tall	283	1183	10.8	6.5	0.3	39	176	43	0.4	36	4.7	90
Grande	378	1581	14.8	9.0	0.4	54	238	57	0.4	47	6.2	115
Venti	428	1791	14.9	8.8	0.4	53	272	69	0.8	57	7.5	140
<b>ESPRESSO</b>												
Tall	146	611	1.9	1.1	0.1	8	134	29	0.0	24	3.2	120
Grande	209	872	2.7	1.6	0.1	11	192	42	0.0	35	4.6	155
Venti	243	1015	3.1	1.9	0.1	13	224	48	0.0	40	5.3	170
<b>CARAMEL with WHIPPED CREAM</b>												
Tall	302	1265	11.0	6.9	0.3	41	188	46	0.0	39	4.4	85
Grande	382	1598	14.9	9.2	0.4	56	237	57	0.0	48	5.6	110
Venti	431	1805	14.4	9.0	0.4	55	274	69	0.0	58	6.4	130
<b>JAVA CHIP with WHIPPED CREAM</b>												
Tall	345	1445	13.6	8.6	0.4	40	210	54	1.2	44	5.6	95
Grande	456	1909	18.6	12.0	0.5	55	280	69	1.6	57	7.2	120
Venti	520	2175	19.6	12.6	0.5	53	319	83	2.3	68	8.5	140
<b>VANILLA COFFEE with WHIPPED CREAM (Flavoured Coffee)</b>												
Tall	284	1189	10.4	6.5	0.3	40	182	44	0.0	37	4.3	85
Grande	364	1522	14.2	8.8	0.4	54	231	54	0.0	46	5.5	110
Venti	412	1724	13.8	8.6	0.4	53	268	66	0.0	57	6.3	130
<b>WHITE CHOCOLATE MOCHA with WHIPPED CREAM</b>												
Tall	319	1336	11.7	7.4	0.3	40	206	49	0.0	43	5.2	85
Grande	408	1705	15.6	9.8	0.4	55	262	61	0.0	53	6.6	110
Venti	481	2011	16.2	10.4	0.4	53	315	77	0.0	67	8.1	125

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	Calories	Kilocalories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg) **
<b>FRAPPUCCINO® LIGHT BLENDED COFFEE</b>												
<b>COFFEE</b>												
Tall	91	382	0.7	0.4	0.0	3	147	18	1.8	12	4.4	70
Grande	128	535	1.0	0.6	0.0	4	205	25	2.6	17	6.2	95
Venti	151	632	1.2	0.7	0.0	5	243	29	3.0	20	7.3	115
<b>CARAMEL</b>												
Tall	129	538	1.4	0.8	0.0	5	163	25	1.9	19	4.7	70
Grande	158	659	1.6	1.0	0.0	6	211	30	2.5	22	6.1	95
Venti	192	805	1.7	1.1	0.0	6	242	38	2.9	28	7.0	110
<b>MOCHA</b>												
Tall	113	474	1.1	0.5	0.0	3	152	23	2.2	16	5.0	75
Grande	144	601	1.4	0.7	0.0	4	202	29	2.8	20	6.4	95
Venti	184	770	2.0	0.8	0.0	4	236	37	3.6	26	7.9	115
<b>FRAPPUCCINO® BLENDED CRÈME</b>												
<b>VANILLA CREAM with WHIPPED CREAM (Flavored Cream Frappuccino)</b>												
Tall	310	1295	9.8	5.3	0.3	35	241	47	0.0	38	9.0	0
Grande	413	1729	13.6	7.4	0.4	49	323	61	0.0	49	12.0	0
Venti	470	1965	13.0	6.9	0.4	46	375	75	0.0	61	13.9	0
<b>CARAMEL CREAM with WHIPPED CREAM</b>												
Tall	329	1377	10.4	5.7	0.3	37	248	50	0.0	40	9.1	0
Grande	431	1803	14.2	7.8	0.4	51	329	64	0.0	51	12.1	0
Venti	489	2046	13.6	7.3	0.4	48	381	77	0.0	62	14.0	0
<b>CHOCOLATE CREAM with WHIPPED CREAM</b>												
Tall	322	1345	10.4	5.4	0.3	35	240	49	0.6	38	9.7	10
Grande	425	1778	14.2	7.5	0.4	49	322	64	0.6	50	12.7	10
Venti	480	2008	14.1	7.1	0.4	46	366	77	1.0	60	14.9	15
<b>CHOCOLATE CREAM CHIP with WHIPPED CREAM</b>												
Tall	368	1538	12.9	7.4	0.3	35	266	56	1.3	43	10.1	10
Grande	498	2082	18.0	10.6	0.5	49	363	74	1.6	58	13.5	10
Venti	562	2353	18.9	11.0	0.5	46	409	88	2.3	69	15.5	15
<b>FRAPPUCCINO BLENDED JUICE DRINK</b>												
<b>MANGO PASSION FRUIT FRAPPUCCINO (With Passion Tea)</b>												
Tall	157	657	0.2	0.0	0.0	0	104	38	1.0	37	0.6	
Grande	191	799	0.3	0.0	0.0	0	127	46	1.3	45	0.8	
Venti	228	956	0.3	0.1	0.0	0	152	55	1.5	54	0.9	
<b>RASPBERRY BLACKCURRENT FRAPPUCCINO (With Zen Tea)</b>												
Tall	158	660	0.1	0.0	0.0	0	33	39	0.6	38	0.3	
Grande	192	802	0.1	0.0	0.0	0	40	47	0.7	46	0.4	
Venti	229	960	0.1	0.0	0.0	0	47	56	0.8	55	0.5	
<b>LIMITED TIME OFFERINGS</b>												
<b>DARK BERRY MOCHA FRAPPUCCINO® BLENDED COFFEE with WHIPPED CREAM</b>												
Tall	369	1545	13.7	8.9	0.4	40	231	59	2.4	48	6.0	90
Grande	482	2017	18.9	12.3	0.5	55	303	75	3.4	61	8.0	110
Venti	561	2346	20.1	13.2	0.5	53	360	92	4.6	74	9.5	130
<b>DARK BERRY MOCHA FRAPPUCCINO® BLENDED COFFEE without WHIPPED CREAM</b>												
Tall	288	1204	5.7	3.9	0.1	10	223	57	2.4	47	5.6	90
Grande	368	1541	7.8	5.3	0.2	13	292	71	3.4	58	7.3	110
Venti	457	1910	9.8	6.8	0.2	15	350	89	4.6	72	8.9	130
<b>BLACKBERRY CREAM FRAPPUCCINO® BLENDED CRÈME (with whipped cream)</b>												
Tall	310	1295	9.8	5.3	0.3	35	241	47	0.0	38	9.0	0
Grande	413	1729	13.6	7.4	0.4	49	323	61	0.0	49	12.0	0
Venti	470	1965	13.0	6.9	0.4	46	375	75	0.0	61	13.9	0
<b>POMEGRANATE PEACH FRAPPUCCINO® BLENDED JUICE DRINK (WITH ZEN TEA)</b>												
Tall	217	906	0.2	0.0	0.0	0	15	53	0.0	53	0.7	
Grande	282	1181	0.2	0.0	0.0	0	20	69	0.0	69	0.9	
Venti	331	1384	0.2	0.0	0.0	0	23	81	0.0	81	1.0	
<b>HOT &amp; COLD CUP SIZES</b>												
SHORT -- 236 mL (8 fl oz)												
TALL -- 254 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. Values are calculated using ESHA R&D SQL® software. Whole milk is based on 3.25% milk fat and soy milk nutrition is based on Silk Soy Milk, which may differ slightly from the milks used in your region.

Due to the handcrafted nature of these products, nutrient values may vary from those published here. New product introduction, ingredient changes or recipe changes during the life of this publication may cause this information to be incomplete.

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