

Starbucks (US)

Menu Group	Menu Items	Serv Size	Pts +	Org Pts	Cal	Tot Fat	Sat Fat	Fiber	Pro	Carb	Sod	Sugar
Bakery	8-Grain Roll	130g	10	7	350	8	1.5	5	10	67	520	17
Bakery	Apple Bran Muffin	121g	9	7	350	9	2.5	7	6	64	520	34
Bakery	Apple Fritter	124g	12	10	420	20	9	0	5	59	360	27
Bakery	Banana Nut Loaf	121g	13	11	490	19	2.5	4	7	75	210	46
Bakery	Birthday Cake Mini Doughnut	33g	3	3	130	6	2.5	0	0	17	140	10
Bakery	Blueberry Oat Bar	87g	9	8	370	14	7	5	6	47	150	19
Bakery	Blueberry Scone	120g	13	11	460	22	0.5	2	7	61	420	17
Bakery	Bountiful Blueberry Muffin	129g	10	9	370	14	0	0	6	55	320	29
Bakery	Butter Croissant	85g	9	8	310	18	1	0	5	32	290	4
Bakery	Cheese Danish	98g	11	10	420	25	16	0	7	39	370	16
Bakery	Chocolate Chunk Cookie	85g	10	9	380	17	10	2	4	51	230	34
Bakery	Chocolate Croissant	80g	8	7	300	17	10	2	5	34	220	10
Bakery	Chocolate Old-Fashioned Doughnut	107g	12	10	420	21	9	2	5	57	340	35
Bakery	Chonga Bagel	113g	8	6	310	5	2	3	12	52	540	5
Bakery	Cinnamon Chip Scone	120g	13	11	480	18	10	3	7	70	490	34
Bakery	Cranberry Orange Scone	120g	13	11	490	18	9	2	8	73	460	34
Bakery	Double Chocolate Brownie	92g	11	10	410	24	7	3	6	46	75	30
Bakery	Double Fudge Mini Doughnut	31g	4	3	130	7	3	0	0	16	170	9
Bakery	Everything with Cheese Bagel	103g	7	5	280	2	0.5	2	10	56	500	5
Bakery	Ginger Molasses Cookie	84g	10	8	360	12	6	0	3	58	340	29
Bakery	Iced Lemon Pound Cake	127g	14	12	490	23	13	0	5	67	370	46
Bakery	Mallorca Sweet Bread	106g	12	10	420	25	12	0	7	42	600	12
Bakery	Maple Oat Pecan Scone	120g	12	10	440	18	11	3	8	59	490	24
Bakery	Marble Pound Cake	107g	10	8	350	13	6	0	6	54	570	33
Bakery	Marshmallow Dream Bar	57g	6	5	210	4	2.5	0	0	43	250	15
Bakery	Morning Bun	94g	9	8	350	16	9	2	6	45	330	19
Bakery	Multigrain Bagel	117g	8	5	300	3	0	6	15	60	490	5
Bakery	Old-Fashioned Glazed Doughnut	107g	12	10	420	21	10	0	4	57	260	34
Bakery	Outrageous Oatmeal Cookie	89g	10	8	370	14	8	3	5	56	170	36
Bakery	Peaches and Cream Muffin	113g	9	8	330	15	2.5	0	5	47	340	27
Bakery	Petite Vanilla Bean Scone	33g	4	3	140	5	2.5	0	0	21	90	10
Bakery	Plain Bagel	103g	7	5	280	1	0	2	9	59	490	5
Bakery	Pumpkin Bread	121g	11	9	390	14	2.5	2	6	61	480	38
Bakery	Pumpkin Scone	120g	13	11	480	17	9	2	6	78	280	43
Bakery	Raspberry Scone	122g	13	11	480	25	15	3	8	59	630	18
Bakery	Raspberry Swirl Pound Cake	125g	12	10	430	16	9	0	4	69	480	46
Bakery	Reduced-Fat Banana Chocolate Chip Coffee Cake	123g	11	8	400	8	4.5	4	5	80	510	50
Bakery	Reduced-Fat Cinnamon Swirl Coffee Cake	113g	9	7	340	9	5	2	4	62	390	40
Bakery	Reduced-Fat Very Berry Coffee Cake	124g	9	7	350	10	4	4	7	59	480	31
Bakery	Starbucks® Classic Coffee Cake	113g	12	10	440	19	11	0	6	63	450	36
Bakery	Zucchini Walnut Muffin	123g	13	12	490	28	2.5	2	7	52	480	28
Bistro Boxes	Cheese & Fruit	150g	13	11	480	28	10	6	18	39	470	18
Bistro Boxes	Chicken & Hummus	193g	6	5	260	7	1	5	20	25	590	2
Bistro Boxes	Chipotle Chicken Wraps	187g	7	6	290	12	4.5	5	19	26	840	4
Bistro Boxes	Goat Cheese & Garden Veggies Bistro Box	179g	6	5	220	10	5	3	10	24	470	9
Bistro Boxes	Protein	193g	10	8	380	19	6	5	13	37	470	19
Bistro Boxes	Salumi & Cheese	139g	9	8	360	17	8	3	18	34	980	12
Bistro Boxes	Tuna Salad	190g	10	9	380	21	8	5	23	25	780	4
Chocolate Drinks,	Hot Chocolate – no whip	16 oz	9	6	290	9	5	2	14	47	160	41
Chocolate Drinks,	Hot Chocolate – whip	16 oz	11	8	370	16	9	2	14	50	170	43
Chocolate Drinks,	Iced Brewed Coffee	16 oz	2	2	90	0	0	0	0	21	5	20
Chocolate Drinks,	Iced Coffee with 2% Milk	16 oz	3	3	120	1.5	1	0	2	24	30	23
Chocolate Drinks,	Peppermint Hot Chocolate – no whip	16 oz	10	8	360	9	4.5	2	13	65	150	58
Chocolate Drinks,	Peppermint Hot Chocolate – whip	16 oz	13	10	440	16	9	2	13	68	160	61
Chocolate Drinks,	Salted Caramel Hot Chocolate – no whip	16 oz	11	8	360	9	5	2	13	66	280	58
Chocolate Drinks,	Salted Caramel Hot Chocolate – whip	16 oz	13	10	450	16	10	2	13	70	290	62
Chocolate Drinks,	White Hot Chocolate- no whip	16oz	11	9	420	12	8	0	16	62	280	61
Chocolate Drinks,	White Hot Chocolate- whip	16 oz	13	11	490	19	12	0	16	64	280	62
Espresso Drinks	Caffe Americano	16 oz	0	0	15	0	0	0	0	3	15	0
Espresso Drinks	Cappuccino	16 oz	3	3	120	4	2	0	8	12	100	10
Espresso Drinks	Caramel Macchiato	16 oz	6	5	240	7	3.5	0	10	34	150	32
Espresso Drinks	Caramel Macchiato, skinny w/ non fat milk	16 oz	4	3	140	1	0.5	0	11	21	150	18
Espresso Drinks	Cinnamon Dolce Latte - no whip	16 oz	7	6	260	6	3	0	11	40	150	38
Espresso Drinks	Cinnamon Dolce Latte - whip	16 oz	9	8	330	13	8	0	12	42	160	40

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Espresso Drinks	Cinnamon Dolce Latte, Skinny w/ non fat milk	16 oz	3	2	120	0	0	0	12	19	160	16
Espresso Drinks	Espresso	10 oz	0	0	5	0	0	0	0	0	0	0
Espresso Drinks	Espresso Con Panna	10 oz	1	1	30	2.5	1.5	0	0	2	0	0
Espresso Drinks	Espresso Macchiato	10 oz	0	0	10	0	0	0	0	0	0	0
Espresso Drinks	Flavored Latte	16 oz	7	6	250	6	3.5	0	12	37	150	35
Espresso Drinks	Flavored Latte, Skinny w/ non fat milk	16 oz	3	2	120	0	0	0	12	19	160	16
Espresso Drinks	Iced Caffe Latte	16 oz	3	3	130	4.5	2.5	0	8	13	115	11
Espresso Drinks	Iced Caramel Macchiato	16 oz	6	5	230	6	3.5	0	10	34	135	31
Espresso Drinks	Iced Cinnamon Dolce Latte – no whip	16 oz	5	4	200	4	2	0	7	34	95	32
Espresso Drinks	Iced Cinnamon Dolce Latte – whip	16 oz	8	7	280	12	7	0	8	37	105	34
Espresso Drinks	Iced Flavor Latte	16 oz	5	4	190	4	2	0	7	30	100	28
Espresso Drinks	Iced Flavored Latte, Skinny w/ non fat milk	16 oz	2	2	80	0	0	0	7	12	110	10
Espresso Drinks	Iced Mocha, Skinny w/ non fat milk	16 oz	2	1	100	1.5	1	4	9	12	90	8
Espresso Drinks	Iced Peppermint Mocha - no whip	16 oz	8	5	260	5	3	2	8	54	70	45
Espresso Drinks	Iced Peppermint Mocha - whip	16 oz	11	9	390	17	10	2	9	58	80	49
Espresso Drinks	Iced Peppermint White Chocolate Mocha - no whip	16 oz	10	8	380	8	6	0	9	68	170	66
Espresso Drinks	Iced Peppermint White Chocolate Mocha - whip	16 oz	14	12	500	20	13	0	10	73	180	69
Espresso Drinks	Iced Vanilla Latte	16 oz	5	4	190	4	2	0	7	30	100	28
Espresso Drinks	Iced White Chocolate Mocha - no whip	16 oz	9	8	340	9	6	0	11	55	200	52
Espresso Drinks	Iced White Chocolate Mocha - whip	16 oz	13	11	450	20	13	0	11	59	210	55
Espresso Drinks	Latte	16 oz	5	4	190	7	4.5	0	12	18	150	17
Espresso Drinks	Mocha - no whip	16 oz	8	5	260	8	4.5	2	13	42	140	34
Espresso Drinks	Mocha - whip	16 oz	10	7	330	15	9	2	13	44	150	35
Espresso Drinks	Mocha, Skinny w/ non fat milk	16 oz	3	2	140	1.5	1	4	14	18	140	15
Espresso Drinks	Peppermint Mocha - no whip	16 oz	10	7	330	8	4	2	12	60	130	52
Espresso Drinks	Peppermint Mocha - whip	16 oz	12	9	410	15	9	2	13	63	140	54
Espresso Drinks	Peppermint White Chocolate Mocha - no whip	16 oz	12	10	440	10	7	0	13	75	230	72
Espresso Drinks	Peppermint White Chocolate Mocha - whip	16 oz	14	12	520	18	12	0	14	78	240	75
Espresso Drinks	Vanilla Latte	16 oz	7	6	250	6	3.5	0	12	37	150	35
Espresso Drinks	White Chocolate Mocha - no whip	16 oz	11	9	400	11	7	0	15	61	250	58
Espresso Drinks	White Chocolate Mocha - whip	16 oz	13	11	470	18	12	0	15	63	260	59
Frappuccino	Caffe Vanilla Frappuccino - no whip	16 oz	8	6	300	2	1	0	4	68	220	67
Frappuccino	Caffe Vanilla Frappuccino - whip	16 oz	12	9	420	13	8	0	4	72	230	69
Frappuccino	Caffe Vanilla Frappuccino Light	16 oz	5	4	180	0	0	0	3	40	200	39
Frappuccino	Caramel Frappuccino - no whip	16 oz	7	6	270	2	1	0	4	60	230	59
Frappuccino	Caramel Frappuccino - whip	16 oz	11	9	400	14	8	0	4	65	240	63
Frappuccino	Caramel Frappuccino Lighte	16 oz	4	3	140	0	0	0	3	30	190	29
Frappuccino	Chocolate Cookie Crumble Frappuccino – whip	16 oz	13	10	440	19	12	2	7	66	280	60
Frappuccino	Chocolate Cookie Crumble Frappuccino – no whip	16 oz	9	6	310	7	4.5	2	6	61	260	57
Frappuccino	Cinnamon Dolce Creme Frappuccino - no whip	16 oz	6	5	230	2.5	1.5	0	4	46	220	46
Frappuccino	Cinnamon Dolce Creme Frappuccino - whip	16 oz	9	8	340	14	9	0	5	49	230	48
Frappuccino	Cinnamon Dolce Frappuccino - no whip	16 oz	6	5	230	1.5	1	0	3	51	190	51
Frappuccino	Cinnamon Dolce Frappuccino - whip	16 oz	10	8	350	13	8	0	4	55	200	53
Frappuccino	Coconut Creme Frappuccino – no whip	16 oz	6	4	210	2.5	1.5	0	4	43	220	42
Frappuccino	Coconut Creme Frappuccino – whip	16 oz	9	8	330	14	9	0	5	47	240	45
Frappuccino	Coffee Frappuccino	16 oz	6	5	230	2	1	0	3	50	220	50
Frappuccino	Coffee Frappuccino Light	16 oz	3	2	110	0	0	0	3	24	200	23
Frappuccino	Double Chocolaty Chip Frappuccino – whip	16 oz	11	9	400	18	11	2	7	57	270	52
Frappuccino	Double Chocolaty Chip Frappuccino – no whip	16 oz	8	6	280	7	4.5	2	6	53	250	49
Frappuccino	Espresso Frappuccino	16 oz	6	5	220	1.5	0.5	0	3	50	210	48
Frappuccino	Java Chip Frappuccino - no whip	16 oz	9	7	320	6	4	2	5	67	250	62
Frappuccino	Java Chip Frappuccino - whip	16 oz	13	10	440	17	11	2	6	72	260	66
Frappuccino	Mocha Coconut Frappuccino – no whip	16 oz	8	6	270	2.5	1.5	0	4	60	200	57
Frappuccino	Mocha Coconut Frappuccino – no whip	16 oz	11	9	400	14	9	0	5	66	210	62
Frappuccino	Mocha Coconut Frappuccino Light	16 oz	5	3	160	0.5	0	0	4	38	180	32
Frappuccino	Mocha Cookie Crumble Frappuccino – whip	16 oz	13	11	470	18	12	2	6	76	260	69
Frappuccino	Mocha Cookie Crumble Frappuccino – no whip	16 oz	9	7	340	6	4	2	5	70	240	66
Frappuccino	Mocha Frappuccino - no whip	16 oz	8	6	270	3	1.5	0	4	61	230	58
Frappuccino	Mocha Frappuccino - whip	16 oz	11	9	390	14	8	0	5	64	240	60
Frappuccino	Mocha Frappuccino Light	16 oz	4	3	130	0.5	0	0	4	28	170	26
Frappuccino	Peppermint Mocha Frappuccino - no whip	16 oz	8	6	280	2.5	1.5	0	4	64	210	61
Frappuccino	Peppermint Mocha Frappuccino - whip	16 oz	11	9	410	14	9	0	5	68	220	64
Frappuccino	Peppermint Mocha Frappuccino Light	16 oz	5	3	170	1	0	0	4	38	190	35
Frappuccino	Strawberries & Creme Frappuccino – no whip	16 oz	9	7	330	3.5	1.5	0	6	70	270	68

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Frappuccino	Strawberries & Creme Frappuccino – whip	16 oz	12	10	450	15	9	0	7	73	280	71
Frappuccino	Tazo Chai Frappuccino Creme	16 oz	6	5	230	2.5	1.5	0	4	49	220	48
Frappuccino	Tazo Green Tea Frappuccino Creme – no whip	16 oz	8	6	310	3	1.5	0	5	65	220	63
Frappuccino	Tazo Green Tea Frappuccino Creme – whip	16 oz	12	10	420	14	8	0	6	68	230	66
Frappuccino	Vanilla Bean Creme Frappuccino – no whip	16 oz	7	6	270	3	1.5	0	5	56	240	55
Frappuccino	Vanilla Bean Creme Frappuccino – whip	16 oz	10	9	380	14	8	0	5	59	250	57
Frappuccino	White Chocolate Mocha Frappuccino - no whip	16 oz	8	6	290	5	3.5	0	6	56	270	55
Frappuccino	White Chocolate Mocha Frappuccino - whip	16 oz	11	10	410	16	10	0	7	59	290	58
Hot Breakfast	Bacon & Gouda Artisan Breakfast Sandwich	116g	9	9	350	18	7	0	17	30	820	0
Hot Breakfast	Chicken Sausage Breakfast Wrap	170g	7	6	300	10	3	5	14	33	700	7
Hot Breakfast	Ham & Cheddar Artisan Breakfast Sandwich	133g	9	8	350	16	6	0	20	31	790	0
Hot Breakfast	Sausage & Cheddar Classic Breakfast Sandwich	170g	13	12	500	28	9	0	19	41	920	3
Hot Breakfast	Spinach & Feta Breakfast Wrap	158g	7	6	290	10	3.5	6	19	33	830	4
Hot Breakfast	Starbucks® Perfect Oatmeal	38g	3	2	140	2.5	0.5	4	5	25	105	0
Hot Breakfast	Turkey Bacon & White Cheddar Breakfast Sandwich	137g	8	6	320	7	2	3	18	43	700	6
Hot Breakfast	Veggie & Monterey Jack Artisan Breakfast Sandwich	121g	9	9	350	18	7	0	17	30	590	0
Petites, Yogurt & F	Apple Pie	48g	5	4	180	7	4.5	0	2	27	95	16
Petites, Yogurt & F	Birthday Cake Pop	43g	5	4	170	9	5	0	0	22	85	18
Petites, Yogurt & F	Brown Sugar Walnut Tart	44g	6	5	190	12	7	0	2	24	105	12
Petites, Yogurt & F	Cherry Pie	48g	5	4	170	7	5	0	2	24	95	12
Petites, Yogurt & F	Chocolate Crème Whoopie Pie	38g	5	5	190	11	5	0	0	23	115	16
Petites, Yogurt & F	Chocolate Hazelnut Tart	43g	5	4	180	10	6	0	2	23	90	12
Petites, Yogurt & F	Raspberry Truffle Cake Pop	43g	5	4	160	8	4.5	0	2	24	80	18
Petites, Yogurt & F	Red Velvet Whoopie Pie	39g	5	5	190	11	5	0	0	21	180	19
Petites, Yogurt & F	Tiramisu Cake Pop	43g	5	4	170	9	5	0	0	22	90	18
Petites, Yogurt & F	Greek Yogurt with Honey Parfait	172g	9	7	300	12	6	0	8	44	100	32
Petites, Yogurt & F	Greek Yogurt with Mango & Passionfruit	193g	3	2	120	0	0	0	8	23	105	22
Petites, Yogurt & F	Peach Raspberry Yogurt Parfait	230g	8	6	300	4	0.5	3	10	57	135	39
Petites, Yogurt & F	Seasonal Harvest Fruit Blend	170g	2	1	80	0	0	2	0	20	15	17
Petites, Yogurt & F	Strawberry Blueberry Yogurt Parfait	230g	7	5	290	3.5	0.5	4	8	55	180	31
Sandwiches, Panir	Chicken Santa Fe Panini	173g	10	9	400	11	6	2	26	47	950	2
Sandwiches, Panir	Egg Salad Sandwich	186g	13	11	460	27	5	5	22	37	780	8
Sandwiches, Panir	Ham & Swiss Panini	156g	9	8	360	9	4	2	28	43	870	0
Sandwiches, Panir	Roasted Tomato & Mozzarella Panini	145g	11	9	390	18	6	3	15	44	630	3
Sandwiches, Panir	Roasted Vegetable Panini	173g	9	7	350	12	4.5	4	13	48	770	5
Sandwiches, Panir	Tarragon Chicken Salad Sandwich	213g	11	9	420	13	1.5	6	32	46	1000	13
Sandwiches, Panir	Turkey & Swiss Sandwich	182g	10	8	390	13	4.5	2	34	36	1180	5
Smoothies, Tazo T	Apple Juice, cold	16 oz	7	5	250	0	0	0	0	64	25	57
Smoothies, Tazo T	Apple Juice, steamed	8 oz	3	2	110	0	0	0	0	28	10	25
Smoothies, Tazo T	Caramel Apple Spice – no whip	16 oz	8	6	280	0	0	0	0	70	20	65
Smoothies, Tazo T	Caramel Apple Spice – whip	16 oz	10	8	360	8	4.5	0	0	74	30	68
Smoothies, Tazo T	Chocolate Smoothie w/ 2% milk	16 oz	8	6	300	5	2.5	7	20	53	160	34
Smoothies, Tazo T	Cool Lime Starbucks Refreshers	16 oz	1	1	50	0	0	0	0	13	0	13
Smoothies, Tazo T	Flavored Steamed Milk	16 oz	5	4	190	7	4	0	12	18	200	18
Smoothies, Tazo T	Milk	16 oz	7	6	260	10	5	0	17	25	250	25
Smoothies, Tazo T	Orange Mango Smoothie w/ 2% milk	16 oz	7	5	270	1.5	0.5	6	16	53	125	37
Smoothies, Tazo T	Strawberry Smoothie w/ 2% milk	16 oz	9	6	300	2	1	0	16	60	130	41
Smoothies, Tazo T	Tazo Awake Tea Iced Latte	16 oz	3	2	110	1.5	0.5	0	2	24	30	24
Smoothies, Tazo T	Tazo Awake Tea Latte	16 oz	5	4	190	4	2	0	7	31	95	30
Smoothies, Tazo T	Tazo Black Shaken Iced Tea, sweetened	16 oz	2	2	80	0	0	0	0	21	0	21
Smoothies, Tazo T	Tazo Chai Tea Iced Latte	16 oz	6	5	240	4	2	0	7	44	110	42
Smoothies, Tazo T	Tazo Chai Tea Latte	16 oz	7	5	240	4.5	2	0	8	45	115	42
Smoothies, Tazo T	Tazo Earl Grey Tea Latte	16 oz	5	4	180	4	2	0	7	29	95	29
Smoothies, Tazo T	Tazo Green Tea Iced Latte	16 oz	8	6	290	5	2.5	0	10	51	130	49
Smoothies, Tazo T	Tazo Green Tea Latte	16 oz	10	8	350	8	4	0	14	57	180	55
Smoothies, Tazo T	Tazo Shaken Iced Green Tea Lemonade	16 oz	4	3	130	0	0	0	0	33	0	33
Smoothies, Tazo T	Tazo Shaken Iced Passion Tea	16 oz	2	2	80	0	0	0	0	21	0	21
Smoothies, Tazo T	Tazo Shaken Iced Passion Tea Lemonade	16 oz	4	3	130	0	0	0	0	33	0	33
Smoothies, Tazo T	Tazo Vanilla Rooibos Tea Latte	16 oz	5	4	190	4	2	0	7	31	95	30
Smoothies, Tazo T	Very Berry Hibiscus Starbucks Refresher	16 oz	2	1	70	0	0	0	0	17	0	15