

# STARBUCKS®

## CHRISTMAS 2016

### Fresh & Packaged Food

### Nutritional Information

Item Number		Product Suitable for:		Made using ingredients that are:			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Fibre (g)		Protein (g)		Salt (g)	
		Vegetarian	Vegan	Wheat Free	Gluten Free	Milk Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
<b>Toast</b>																								
476927	Luxury Fruit Toast	Y	N	N	N	N	1327	1924	314	455	7.1	10.3	2.6	3.8	54.8	79.5	27.2	39.4	3.4	4.9	7.8	11.3	0.37	0.54
<b>Bars, Biscuits, Shortbreads</b>																								
11072029	S'mores "Snowy Mountain"	N	N	N	N	N	1825	1643	432	389	21.1	19.0	11.2	10.1	53.2	47.9	41.5	37.4	2.1	1.9	4.9	4.4	0.40	0.40
11053190	Granola Bar	Y	N	Y	N	N	1815	1450	435	350	20.0	16.0	7.7	6.2	56.4	45.1	32.3	25.8	4.7	3.8	6.6	5.3	0.40	0.30
11053191	Chocolate Brownie	Y	N	Y	Y	N	1780	1245	425	300	28.3	19.8	16.0	11.2	37.2	26.0	31.3	21.9	2.7	1.9	4.9	3.5	0.40	0.30
156749	Chocolate Chunk Shortbread Fairtrade	Y	N	N	N	N	2162	2076	518	497	30.2	28.9	18.9	18.1	53.5	51.4	21.8	20.1	3.1	2.9	6.2	5.9	0.10	0.10
11053192	Chocolate Caramel Shortbread	Y	N	N	N	N	2085	1668	499	399	27.9	22.3	17.0	13.6	57.5	46.0	33.4	26.7			5.5	4.4	0.30	0.30
11025491	Marshmallow Twizzle	N	N	N	N	N	1859	651	442	155	14.6	5.1	8.3	2.9	73.5	25.7	64.3	22.5	1.8	0.6	5.0	1.8	0.00	0.00
<b>Cookies</b>																								
11071327	Pecan & Chocolate Cookie	Y	N	N	N	N	2170	1888	519	452	30.5	26.5	15.3	13.3	53.8	46.8	30.1	26.2	2	1.7	6.3	5.5	0.34	0.3
11071328	Christmas Pudding Cookie	Y	N	N	N	N	2020	1737	483	415	23.8	20.5	16.6	14.3	60.1	51.7	42.6	36.6	2.9	2.5	5.7	4.9	0.48	0.40
11047733	Nutella and Oat Cookie	Y	N	N	N	N	1954	1602	467	383	22.2	18.2	8.9	7.3	58.7	48.1	36.9	30.3	3.5	2.9	6.3	5.2	0.49	0.40
11047695	Milk Choc Chunk	Y	N	N	N	N	1970	1556	471	372	22.9	18.1	14.1	11.1	58.3	46.1	41.2	32.5	2.8	2.2	6.4	5.1	0.34	0.27
<b>Cakes, Loaf Cakes &amp; Mallow Tops</b>																								
11011716	Lemon Loaf Cake	Y	N	N	N	N	1774	1526	424	364	23.5	20.2	6.6	5.7	47.3	40.7	29.4	25.3	1.6	1.4	5.0	4.3	0.50	0.40
11005563	Ginger Loaf Cake	Y	N	N	N	N	1525	1548	362	367	11.1	11.3	3.0	3.0	62.0	62.9	44.0	44.7	1.3	1.3	3.0	3.0	0.49	0.49
11011717	Raspberry Coconut Loaf Cake	Y	N	N	N	N	1890	1663	453	399	26.2	23.1	5.3	4.7	48.9	43.0	35.4	31.1	1.7	1.5	4.5	4.0	2.50	2.20
11072033	Christmas Carrot Cake	Y	N	N	N	N	1766	2578	422	616	20.7	30.3	4.5	6.6	54.9	80.1	41.2	60.1	1.0	1.4	3.9	5.7	0.46	0.70
11072034	Raspberry Red Velvet Cake	Y	N	N	N	N	1779	2242	424	534	19.0	23.9	6.0	7.6	59.0	74.3	47.7	60.1	0.7	0.9	4.3	5.4	0.38	0.50
11072030	Mallow Top - Snowman	N	N	N	N	N	1840	1472	440	323	23.1	18.5	16.5	13.2	54.0	43.2	40.0	32.0	1.6	1.3	4.6	3.7	0.40	0.30
11071379	Mallow Top - Chocolate & Cherry	N	N	N	N	N	1796	1976	414	455	21.9	24.1	8.9	9.8	52.0	57.2	44.1	48.5	2.2	2.4	4.5	5.0	0.30	0.30
<b>Muffins</b>																								
11052113	Blueberry Muffin	Y	N	N	N	N	1622	1979	387	472	19.4	23.6	4.2	5.1	47.1	57.4	21.6	26.3	1.4	1.7	5.4	6.6	0.37	0.45
11052112	Lemon Poppyseed Muffin	Y	N	N	N	N	1509	1977	359	470	13.7	17.9	1.6	2.1	53.4	70	32.7	42.8	1.8	2.4	4.7	6.2	0.34	0.45
11052111	Decadent Chocolate Filled Muffin	Y	N	N	N	N	1687	1991	403	476	20.1	23.7	6.87	8.1	48.2	56.9	30.2	35.6	2.3	2.7	6.2	7.3	0.3	0.4
11071379	Cranberry & White Chocolate Cheesecake Muffin	Y	N	N	N	N	1460	1825	350	438	19.4	24.3	6.75	8.4	38.7	48.4	18.2	22.8	0.8	1	4.8	6	0.32	
11056761	Chocolate Snowball Muffin	Y	N	N	N	N	1580	2070	376	496	15.5	20.3	6.7	9.4	52.8	69.2	30.9	40.5	1.9	2.5	5.3	6.9	0.31	0.4
<b>Pastries Gist Delivery*</b>																								
176561	Almond Croissant	Y	N	N	N	N	1226	1410	293	337	16.2	18.6	8.9	10.2	31.4	36.1	9.7	11.2	1.6	1.8	5.5	6.3	0.50	0.58
104313	Butter Croissant	Y	N	N	N	N	1470	1044	352	250	16.8	11.9	10.9	7.7	42.9	30.5	5.3	3.8	2.0	1.4	7.3	5.2	0.71	0.50
1237356	Pain Au Chocolate	Y	N	N	N	N	1522	1065	364	255	17.6	12.3	11.2	7.8	44.5	31.2	11.6	8.1	2.9	2.0	7.0	4.9	0.60	0.42
110896	Pain Aux Raisins	Y	N	N	N	N	1304	1460	312	349	14.8	16.6	9.7	10.9	39.4	44.1	15.6	17.5	2.1	2.4	5.3	5.9	0.60	0.67
11033626	Chocolate Swirl	Y	N	N	N	N	1351	1797	321	427	13.0	17.4	6.4	8.5	47.4	63.0	20.5	27.3	3.5	4.6	7.2	9.6	0.58	0.77
182021	Cinnamon Swirl	Y	N	N	N	N	1359	1984	323	472	10.2	14.9	4.0	5.8	49.1	71.7	18.4	26.9	2.6	3.8	7.4	10.8	0.42	0.60
11072031	Almond Swedish Bun	Y	N	N	N	N	1644	1644	392	392	16.8	16.8	9.7	9.7	51.2	51.2	17.0	17.0	1.2	1.2	8.9	8.9	0.71	0.71
11072032	Cinnamon Swedish Bun	Y	N	N	N	N	1661	1661	396	396	16.9	16.9	10.1	10.1	52.3	52.3	17.4	17.4	1.7	1.7	8.7	8.7	0.54	0.54
1233135	Mince Pie	Y	N	N	N	N	1551	1629	369	387	14.0	14.7	8.5	8.9	55.0	57.8	32.5	34.1	1.8	1.9	4.9	5.1	0.10	0.00
<b>Pastries Direct Delivery*</b>																								
11028759	Almond Croissant	Y	N	N	N	N	1617	2103	387	503	22.1	28.7	14.5	14.8	39.1	51.3	17.3	22.5	2.2	2.9	9.8	1.00	1.10	
11054595	Hazelnut Knot	Y	N	N	N	N	1577	1183	377	283	20.5	15.4	9.2	6.9	39.8	29.9	13.9	10.4	1.1	0.8	7.4	5.6	0.72	0.50
11054745	Chocolate Knot	Y	N	N	N	N	1533	1150	366	275	17.7	13.3	10.6	8.0	43.7	32.8	15.2	11.4	1.3	1.0	6.9	5.2	0.78	0.60
11028756	Butter Croissant	Y	N	N	N	N	1619	2105	387	503	19.0	24.7	11.6	15.1	45.1	58.6	9.3	12.1	1.6	2.1	7.7	10.0	0.98	1.30
11028781	Pain Au Chocolate	Y	N	N	N	N	1691	1522	404	364	20.0	18.0	12.2	11.0	46.9	42.2	14.7	13.2	1.5	1.4	7.5	6.8	0.88	0.80
11028758	Pain Aux Raisins	Y	N	N	N	N	1422	1706	339	407	14.1	16.9	8.4	10.1	45.9	55.1	20.8	25.0	1.4	1.7	6.1	7.3	0.74	0.90
<b>Porridge</b>																								
11054258	Porridge Dairy	Y	N	Y	N	N	1536	923	364	219	6.7	4.0	1.2	0.7	55.1	33.1	12.7	7.6	7.0	4.2	17.4	10.5	0.33	0.20

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		Vegetarian	Vegan	Wheat Free	Gluten Free	Milk Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
11059019	Porridge Soy	Y	Y	Y	N	Y	1663	915	396	218	11.2	6.2	1.7	0.9	49.7	27.3	2.4	1.3	9.6	5.3	19.2	10.6	1.40	0.80
<b>Fruit</b>																								
11066659	Fruit Mix	Y	Y	Y	Y	Y	219	350	51	82	0.3	0.5	0.0	0.0	11.7	18.7	11.2	17.9	2.3	3.7	0.9	1.4	0.01	0.00
11069049	Fresh and Fruity	Y	Y	Y	Y	Y	173	320	41	76	0.2	0.4	0.0	0.0	9.8	18.1	9.6	17.8	1.5	2.8	0.5	0.9	0.01	0.02
11002121	Fairtrade Banana (per unit =whole)	Y	Y	Y	Y	Y	373	448	90	108	0.4	0.5	0.0	0.0	22.6	27.1	12.4	14.9	2.7	3.2	0.8	1.0	0.00	0.00
	Dried Fruit Mix	Y	Y	N	N	N	1264	379	298	89	0.4	0.1	0.0	0.0	70.4	21.1	68.5	20.6	2.5	0.8	1.9	0.8	0.09	0.03
<b>Yoghurt</b>																								
11066657	Yoghurt with Granola & Honey	Y	N	Y	N	N	562	1349	134	322	4.3	10.3	1.9	4.6	17.0	40.8	11.3	27.1	1.2	2.9	6.0	14.4	0.12	0.29
11036943	Berry Crunch	Y	N	N	N	N	550	1320	130	312	3.8	9.1	2.0	4.8	18.0	43.2	12.8	30.7	1.0	2.4	5.4	13.0	0.12	0.29
11047697	Berry Good Bircher	Y	N	Y	N	N	565	1074	133	253	1.9	3.6	0.3	0.6	22	41	14	26	2.6	4.9	6.1	12	0.05	0.10
11068770	Cinnamon Spiced Apple Bircher	Y	N	N	N	N	389	739	92	175	1.1	2.0	0.2	0.3	16.0	29.0	13.0	24.0	1.2	2.2	4.5	8.6	0.08	0.14
<b>Breakfast</b>																								
11033663	All Day Breakfast Buttie	N	N	N	N	N	1068	1730	255	413	11	17	3.8	6.1	27	44	2.5	4.1	1.0	1.6	13	20	1.3	2.1
11033664	Cheddar and Marmite® Sarnie	Y	N	N	N	N	1184	1539	282	367	13	17	7.7	10	27	35	0.5	0.6	1.2	1.6	14	18	1.2	1.5
11033667	Smoked Salmon Bagel	N	N	N	N	N	1018	1985	242	472	7.4	14	2.4	4.7	30	58	3.4	6.6	3.1	6	13	24	1.1	2.0
11033665	Bacon Butty	N	N	N	N	Y	1311	1639	312	390	12	15	4.1	5.1	32	40	2.1	2.6	1.2	1.5	18	23	2.0	2.4
11033666	Sausage Sarnie	N	N	N	N	Y	1138	1764	271	420	12	18	4.0	6.2	30	46	3.2	4.9	1.0	1.5	12	18	1.4	2.1
11068766	*NEW* All Day Breakfast	N	N	N	N	N	991	2002	237	479	10.5	21.2	3.8	7.7	18.9	38.2	1.7	3.4	2.0	4.0	15.6	31.5	1.80	3.60
11068769	*NEW* Butchers Choice Sausage Sandwich	N	N	N	N	N	1070	1851	256	443	11.0	19.0	4.0	7.0	24.1	41.7	2.0	3.5	3.1	5.4	13.5	23.4	1.60	2.80
11068767	*NEW* Hickory Smoked Bacon Sandwich	N	N	N	N	N	1170	1463	278	348	7.9	9.9	2.7	3.4	28.5	35.6	2.1	2.6	2.8	3.5	21.9	27.4	2.65	3.30
<b>Filled Croissants</b>																								
11033661	Croissant Cheddar and Mushroom	Y	N	N	N	N	1286	2006	308	480	16	24	10	16	31	49	2.1	3.2	2.0	3.1	9.2	14	1.1	1.8
11033662	Croissant Ham and Cheese	N	N	N	N	N	1293	2082	309	497	15	23	9.2	15	30	48	1.7	2.7	1.7	2.7	14	23	1.7	2.7
<b>Toasties</b>																								
11041389	Ham and Cheese Toastie	N	N	N	N	N	1020	1540	244	368	11	16	6.2	9.3	23	34	1.1	1.6	1.7	2.6	13	20	1.3	1.9
11039666	Triple Cheese Toastie	Y	N	N	N	N	1289	1688	309	405	17	22	10	13	25	33	0.6	0.8	1.7	2.2	13	18	1.1	1.4
11068768	Mini Cheese and Ham Toastie	N	N	N	N	N	1050	1323	252	318	11.5	14.5	6.9	8.7	18.8	23.7	2.4	3.0	1.4	1.8	17.5	22.1	1.81	2.30
<b>Sandwiches / Bagels / Wraps / Baguettes</b>																								
11039626	Sure as Eggs is Eggs	Y	N	N	N	N	992	1916	238	460	13	26	1.9	3.7	17	33	1.2	2.4	3.3	6.4	10	20	0.7	1.4
11071935	Turkey & Maple Bacon Sandwich	N	N	N	N	N	923	2215	220	528	7.9	19.0	1.8	4.2	25.0	60.0	5.0	12.0	2.8	6.7	11.0	27.0	1.20	2.90
11054593	Salt Beef Onion Bagel	N	N	N	N	N	895	2059	213	490	5.5	13	2.5	5.7	26	60	4.4	10	1.3	3.0	14	32	1.2	2.8
11065781	Spicy three bean and avocado wrap	Y	N	Y	Y	N	656	1650	156	392	5.0	13	1.0	2.6	23	57.0	4.7	12	3.1	7.9	3.6	9.0	0.63	1.60
11065778	Deep South Prawn Wrap	N	N	N	N	N	923	1938	220	462	10	22	2	4.2	24	51	3.5	7.4	1.5	3.1	6.6	14	1.0	2.2
11061223	Croque Monsieur Baguette	N	N	N	N	N	874	1792	208	426	6.8	14	3.8	7.8	24	48	0.8	1.6	1.2	2.5	13	26	1.4	2.9
11061221	Tomato, mozzarella & red pesto style baguette	Y	N	N	N	N	934	1793	222	426	8.0	15.0	3.6	6.9	26	50	1.9	3.6	2.0	3.8	11	21	0.73	1.40
11061222	Tuna Baguette	N	N	N	N	N	981	2011	233	478	9.3	19	3.3	6.7	25	51	1.1	2.3	1.2	2.5	12	25	1.0	2.0
11071933	Roast Beef & Blue Cheese Brioche Baguette	N	N	N	N	N	1155	2079	275	495	11.0	20	6.3	11.0	30	54	4.5	8.1	1.3	2.3	14	25	0.8	1.4
11071934	Turkey Feast Baguette	N	N	N	N	N	834	1560	198	370	4.5	8.4	2.2	4.1	28.0	52.0	3.0	5.6	1.4	2.6	11.0	21.0	1.10	2.10
11071936	Festive Veggie Feast Baguette	Y	N	N	N	N	811	1914	193	455	7.4	17	4.4	10	25	58	4.5	11	1.4	3.3	6.3	15	0.7	1.6
<b>Salads and Picnic Pots</b>																								
11063940	Falafel, quinoa and lentil salad	Y	Y	Y	Y	Y	549	1784	131	426	5.6	18	0.6	2.0	15	48	4.2	13	3.0	9.9	3.9	13	0.20	0.65
11065780	Caesar Salad	N	N	N	N	N	749	1507	180	362	12	25	2.5	5	5.2	10	1.6	3.2	0.6	1.1	12	24	0.80	1.60
<b>Impulse</b>																								
	Snowman Lolly	Y	N	N	N	N	2253	563	538	135	30.3	7.6	18.9	4.7	58.5	14.6	58.1	14.5	0.2	0.1	7.5	1.9	0.04	0.01
	Reindeer Lolly	Y	N	N	N	N	2258	565	540	135	31.4	7.9	19.6	4.9	57.5	14.4	56.8	14.2	1.5	0.4	6.4	1.6	0.20	0.05
11068191	Christmas Gingerbread Cookie	Y	N	N	N	N	1575	551	375	131	8.0	2.8	5.0	1.8	74.0	25.9	47.0	16.5	1.2	0.4	4.0	1.4	0.50	0.20
1237550	Strawberry candy cane	Y	Y	Y	Y	Y	1661	465	397	111	0.1	0.0	0.1	0.0	99.0	27.7	68.1	19.1	0.0	0.0	0.1	0.0	0.00	0.00

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11068190	Mallow Cookie	N	N	N	N	N	1780	712	415	166	20.0	8.0	12.0	4.8	56.0	22.4	39.0	15.6	2.6	1.0	5.0	2.0	0.40	0.20
11068193	Reindeer Noses	Y	N	N	N	N	2000	500	475	119	19.0	4.8	11.0	2.8	71.0	17.8	59.0	14.8	0.0	0.0	4.9	1.2	0.46	0.10
11049125	Starbucks Raw Raspberry & Nut Bar	Y	Y	Y	Y	Y	1415	778	337	185	7.4	4.1	1.1	0.6	59.6	32.8	43.9	24.1	6.0	3.3	6.0	3.3	0.05	0.03
11049126	Starbucks Peanut and Cashew Bar	Y	Y	Y	Y	Y	1943	875	466	209	27.6	12.4	6.5	2.9	36.1	16.2	22.9	10.3	8.2	3.7	15.7	7.1	0.33	0.15
11049012	Starbucks Sugar-Free Peppermints	Y	Y	Y	Y	Y	1008	15	242	4	0.6	0.0	0.5	0.0	99.0	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
	Starbucks Sugar-Free Spearmints	Y	Y	Y	Y	Y	107		256		0.8		0.8		97.0		0.0		0.0		0.1		0.00	
11049013	Starbucks Sugar-Free Gum	Y	Y	Y	Y	Y	771	12	185	3	0.0	0.0	0.0	0.0	75.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
11049131	Starbucks Sweeties	Y	Y	N	N	Y	1415	85	333	20	0.2	0.0	0.1	0.0	82.0	4.9	70.0	4.2	1.5	0.0	0.1	0.0	0.49	0.01
11049127	Starbucks Dark Chocolate Bar	Y	N	Y	Y	Y	2461	984	594	238	46.3	18.5	29.2	11.7	32.2	12.9	27.0	10.8	10.7	4.3	6.7	2.7	0.00	0.00
11049128	Starbucks Milk Chocolate Bar	Y	N	Y	Y	N	2365	709	567	170	36.5	10.9	23.0	6.9	52.7	15.8	51.8	15.5	1.9	0.6	6.2	1.9	0.30	0.08
11049123	Starbucks Shortbread Biscuits	Y	N	N	N	N	2245	282	538	68	31.6	4.0	19.8	2.5	57.1	7.1	19.0	2.4	1.6	0.2	5.4	0.7	0.71	0.10
11049124	Starbucks Ginger Biscuits	Y	N	N	N	N	1926	481	459	115	17.3	4.3	6.7	1.7	70.0	17.5	38.0	9.5	1.8	0.5	4.8	1.2	0.66	0.20
11049389	Starbucks Almonds, Cashews, Cranberries & Yellow Raisins	Y	N	N	N	N	1950	780	466	187	23.6	9.5	2.9	1.2	49.7	19.9	34.2	13.7	6.0	2.4	10.8	4.3	0.02	0.00
11049388	Starbucks Smoked Almonds	Y	N	N	N	Y	2350	940	567	227	49.0	19.6	3.8	1.5	11.1	4.4	5.4	2.2	0.7	0.3	20.3	8.1	1.40	0.56
11049130	Starbucks Biscotti	Y	N	N	N	N	1870	842	447	201	17.5	7.9	3.9	1.8	61.9	27.9	33.7	15.2	4.5	2.0	10.3	4.6	0.21	0.10
11049367	Chococaramel, Choc, Caramel & Nuts bar	Y	N	Y	N	N	1858	1115	446	268	23.5	14.1	13.2	7.9	51.2	30.8	45.0	27.0			6.5	3.9	0.03	0.19
11049129	Starbucks Caramel Waffles	Y	N	N	N	N	1916	1494	457	356	21.0	16.4	12.0	9.4	63.0	49.0	34.0	26.5	1.0	0.8	3.5	2.7	0.60	0.50
11049122	Starbucks Mini Caramel Waffles	Y	N	N	N	N	1899		453		21.0		12.0		62.0		35.0		1.0		3.5		0.60	
11049281	Starbucks Chocolate Caramel Shortbread	Y	N	N	N	N	2106	1390	504	333	27.6	18.2	16.0	10.6	58.6	8.7	41.3	27.3	1.5	1.0	4.5	3.0	0.51	0.34
11046335	Starbucks Chocolate Coin	Y	N	Y	Y	N	2180	521	501	120	28.0	6.4	17.0	3.8	60.0	13.8	58.7	13.5	3.0	0.7	6.1	1.4	0.12	0.00

\* Select locations only. Please ask your local store to confirm the product that they offer.