



At Starbucks we strive to bring you a variety of foods to meet your lifestyle choices. In addition to the pastry products listed here, you can also find yogurt, juices and other packaged foods in our stores. The following information is for bakery products available at the Starbucks store you identified. Products may vary from store to store. If you'd like information for another location, please identify it at www.starbucks.com/nutrition or ask your local barista.

| | Weight (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A | Vitamin C | Calcium | Iron |
|---|------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|-----------|-----------|---------|------|
| Muffins & Scones | | | | | | | | | | | | | | | | |
| Banana Bran Mini Muffin | 105 | 290 | 90 | 10 | 2 | 0 | 30 | 310 | 48 | 4 | 26 | 6 | 2% | 0% | 15% | 15% |
| Banana Bran Muffin | 149 | 400 | 120 | 14 | 3 | 0 | 45 | 450 | 68 | 6 | 36 | 8 | 2% | 2% | 20% | 20% |
| Blueberry Mini Muffin | 74 | 230 | 80 | 9 | 4.5 | 0 | 30 | 180 | 34 | 1 | 15 | 3 | 6% | 0% | 8% | 6% |
| Blueberry Mini Scone | 60 | 200 | 80 | 9 | 4.5 | 0 | 10 | 210 | 27 | 1 | 8 | 3 | 6% | 0% | 8% | 2% |
| Blueberry Muffin | 170 | 500 | 170 | 19 | 11 | 0 | 70 | 330 | 75 | 2 | 35 | 8 | 10% | 2% | 20% | 15% |
| Blueberry Scone | 120 | 400 | 160 | 18 | 10 | 0 | 25 | 420 | 55 | 2 | 18 | 5 | 10% | 2% | 15% | 10% |
| Cranberry Orange Scone | 128 | 420 | 150 | 16 | 9 | 0 | 20 | 390 | 66 | 2 | 30 | 4 | 10% | 10% | 15% | 10% |
| Lowfat Apricot Blueberry Mini Muffin | 105 | 250 | 30 | 3.5 | 0.5 | 0 | 0 | 150 | 51 | 1 | 31 | 5 | 6% | 4% | 10% | 8% |
| Lowfat Bluberry Muffin | 159 | 390 | 70 | 8 | 4 | 0 | 5 | 450 | 74 | 1 | 39 | 6 | 4% | 2% | 2% | 10% |
| Maple Oat Nut Mini Scone | 65 | 250 | 110 | 12 | 6 | 0 | 20 | 230 | 33 | 1 | 14 | 3 | 8% | 0% | 6% | 6% |
| Maple Oat Nut Scone | 113 | 440 | 190 | 21 | 11 | 0 | 35 | 400 | 57 | 2 | 25 | 5 | 15% | 0% | 10% | 10% |
| Petite Vanilla Scone | 48 | 160 | 60 | 7 | 4.5 | 0 | 20 | 120 | 23 | 1 | 8 | 2 | 4% | 0% | 6% | 4% |
| Pumpkin Cream Cheese Muffin | 150 | 490 | 220 | 24 | 6 | 0 | 85 | 470 | 63 | 1 | 42 | 6 | 15% | 2% | 6% | 15% |
| Pumpkin Mini Scone | 71 | 240 | 90 | 10 | 5 | 0 | 25 | 250 | 35 | 1 | 18 | 2 | 30% | 0% | 6% | 6% |
| Pumpkin Scone | 142 | 470 | 170 | 19 | 10 | 0 | 45 | 500 | 70 | 2 | 36 | 5 | 60% | 2% | 15% | 15% |
| Zucchini Walnut Mini Muffin | 105 | 390 | 220 | 24 | 3.5 | 0 | 40 | 340 | 42 | 2 | 22 | 6 | 2% | 4% | 4% | 10% |
| Loaves & Coffee Cakes | | | | | | | | | | | | | | | | |
| Banana Walnut Loaf | 128 | 410 | 150 | 17 | 2.5 | 0 | 35 | 280 | 60 | 2 | 32 | 6 | 0% | 0% | 2% | 10% |
| Brown Sugar Pecan Loaf | 120 | 470 | 220 | 25 | 5 | 0 | 75 | 360 | 57 | 1 | 36 | 5 | 2% | 0% | 2% | 10% |
| Crumble Coffee Cake | 122 | 500 | 220 | 25 | 7 | 0 | 55 | 410 | 65 | 1 | 32 | 5 | 10% | 0% | 6% | 15% |
| Lemon Loaf | 128 | 430 | 170 | 19 | 3.5 | 0 | 105 | 490 | 62 | 0 | 38 | 6 | 2% | 2% | 4% | 10% |
| Marble Pound Cake | 128 | 370 | 240 | 27 | 5 | 0 | 100 | 45 | 55 | 1 | 33 | 6 | 2% | 0% | 4% | 10% |
| No Sugar Added Banana Walnut Coffee Cake | 124 | 480 | 250 | 28 | 4 | 0 | 45 | 210 | 63 | 3 | 11 | 7 | 2% | 2% | 2% | 20% |
| Old Fashioned Crumb Cake | 125 | 500 | 200 | 22 | 10 | 0 | 95 | 300 | 68 | 1 | 34 | 6 | 15% | 0% | 6% | 10% |
| Pumpkin Loaf | 149 | 480 | 170 | 19 | 3 | 0 | 75 | 360 | 74 | 2 | 51 | 7 | 60% | 2% | 2% | 10% |
| Reduced-Fat Banana Chocolate Chip Coffee Cake | 126 | 390 | 70 | 8 | 4.5 | 0 | 0 | 400 | 76 | 3 | 50 | 5 | 0% | 2% | 6% | 15% |
| Reduced-Fat Blueberry Coffee Cake | 122 | 320 | 50 | 6 | 4.5 | 0 | 10 | 390 | 54 | 1 | 33 | 4 | 2% | 2% | 8% | 8% |
| Reduced-Fat Cherry Lemon Coffee Cake with Oatmeal-Pecan Streusel | 133 | 370 | 80 | 9 | 2.5 | 0 | 50 | 540 | 68 | 3 | 43 | 7 | 2% | 0% | 6% | 10% |
| Reduced-Fat Cinnamon Swirl Coffee Cake | 105 | 290 | 35 | 4 | 3 | 0 | 5 | 330 | 52 | 1 | 33 | 4 | 2% | 0% | 8% | 10% |
| Whole Wheat No Sugar Added Pumpkin Mini Loaf | 96 | 250 | 100 | 12 | 1 | 0 | 45 | 410 | 50 | 3 | 2 | 5 | 70% | 0% | 2% | 8% |
| Croissants, Bagels & Breads | | | | | | | | | | | | | | | | |
| Butter Croissant | 102 | 370 | 190 | 21 | 13 | 0.5 | 65 | 520 | 37 | 1 | 6 | 7 | 15% | 0% | 6% | 10% |
| Lowfat Eight Grain Roll | 153 | 350 | 20 | 2 | 0.5 | 0 | 0 | 480 | 74 | 7 | 15 | 10 | 0% | 20% | 4% | 20% |
| Pain Au Chocolat | 120 | 450 | 220 | 24 | 11 | 0 | 40 | 320 | 56 | 4 | 24 | 8 | 8% | 2% | 2% | 15% |
| Plain Bagel | 113 | 310 | 10 | 1 | 0 | 0 | 0 | 440 | 62 | 2 | 3 | 11 | 0% | 0% | 10% | 20% |
| Strawberry Jam Buttermilk Biscuit | 150 | 490 | 200 | 22 | 14 | 0.5 | 70 | 520 | 65 | 2 | 19 | 7 | 15% | 2% | 15% | 15% |
| Doughnuts, Sweet Rolls & Danishes | | | | | | | | | | | | | | | | |
| Cheese Danish | 120 | 370 | 160 | 18 | 11 | 0 | 55 | 380 | 42 | 1 | 12 | 9 | 10% | 2% | 6% | 10% |
| Cinnamon Roll | 167 | 500 | 130 | 15 | 6 | 0 | 10 | 610 | 83 | 3 | 35 | 8 | 8% | 0% | 8% | 20% |
| Cinnamon Twist | 99 | 450 | 270 | 29 | 14 | 0 | 0 | 370 | 44 | 1 | 24 | 3 | 8% | 0% | 2% | 8% |
| Old Fashioned Doughnut | 120 | 450 | 190 | 21 | 10 | 0 | 20 | 420 | 59 | 1 | 31 | 6 | 0% | 0% | 0% | 0% |
| Pineapple Brown Sugar Empanada | 133 | 360 | 110 | 13 | 8 | 0 | 50 | 160 | 53 | 1 | 22 | 4 | 8% | 4% | 8% | 10% |
| Spicy Cheese Empanada | 139 | 420 | 200 | 22 | 12 | 0 | 70 | 70 | 39 | 3 | 4 | 17 | 20% | 2% | 35% | 15% |
| Top Pot Apple Fritter | 123 | 480 | 200 | 22 | 10 | 0 | 0 | 290 | 64 | 1 | 27 | 4 | 0% | 0% | 2% | 20% |
| Top Pot Chocolate Old Fashioned Doughnut | 113 | 490 | 230 | 25 | 7 | 0 | 20 | 360 | 60 | 2 | 38 | 5 | 0% | 0% | 2% | 15% |
| Top Pot Classic Glazed Old Fashioned Doughnut | 113 | 490 | 210 | 23 | 9 | 0 | 20 | 410 | 65 | 1 | 39 | 4 | 0% | 0% | 2% | 10% |
| Top Pot Peppermint Snowdrift Doughnut | 110 | 480 | 230 | 26 | 8 | 0 | 10 | 440 | 57 | 2 | 36 | 5 | 0% | 0% | 2% | 10% |
| Brownies, Cookies & Bars | | | | | | | | | | | | | | | | |
| Blueberry Oat Bar with Organic Blueberries *Contains Whole Grains | 103 | 390 | 140 | 15 | 5 | 0 | 0 | 300 | 59 | 3 | 26 | 5 | 0% | 4% | 2% | 15% |
| Chocolate Chip Cookie | 91 | 400 | 180 | 21 | 13 | 0 | 70 | 270 | 53 | 2 | 36 | 4 | 8% | 0% | 2% | 6% |
| Chocolate Chip Mini Cookie | 28 | 120 | 45 | 5 | 3 | 0 | 15 | 100 | 18 | 1 | 11 | 2 | 2% | 0% | 2% | 4% |
| Cranberry Bliss Bar | 71 | 320 | 140 | 16 | 9 | 0 | 45 | 260 | 41 | 1 | 28 | 3 | 8% | 0% | 4% | 6% |
| Crispy Marshmallow Square | 96 | 380 | 90 | 10 | 4.5 | 0 | 0 | 440 | 70 | 0 | 36 | 3 | 15% | 10% | 0% | 10% |
| Oatmeal Raisin Cookie | 85 | 350 | 110 | 12 | 7 | 0 | 50 | 100 | 56 | 3 | 30 | 5 | 6% | 0% | 6% | 10% |
| Oatmeal Raisin Mini Cookie | 30 | 120 | 40 | 4.5 | 2.5 | 0 | 15 | 35 | 20 | 1 | 11 | 2 | 2% | 0% | 2% | 4% |
| Penguin Cookie | 77 | 370 | 160 | 18 | 11 | 0 | 15 | 280 | 50 | <1 | 31 | 4 | 6% | 0% | 2% | 6% |
| Peppermint Bark Brownie | 85 | 400 | 200 | 22 | 14 | 0 | 85 | 160 | 48 | 2 | 38 | 4 | 10% | 0% | 2% | 8% |
| Snickerdoodle Cookie | 99 | 420 | 150 | 17 | 9 | 0 | 55 | 310 | 62 | 1 | 37 | 5 | 10% | 0% | 2% | 10% |
| Toffee Almond Bar | 98 | 450 | 180 | 20 | 10 | 0 | 40 | 269 | 61 | 1 | 48 | 5 | 8% | 0% | 0% | 6% |
| Valentines Sugar Cookie | 40 | 170 | 70 | 8 | 5 | 0 | 30 | 45 | 22 | 0 | 10 | 2 | 6% | 0% | 0% | 4% |

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| | Weight (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A | Vitamin C | Calcium | Iron |
|---|------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|-----------|-----------|---------|------|
| Oven-Toasted Breakfast Items - In Participating Stores | | | | | | | | | | | | | | | | |
| Bacon, Avocado, Aged Cheddar & Egg Wrap | 153 | 380 | 210 | 24 | 10 | 0 | 170 | 1010 | 26 | 7 | 3 | 20 | 15% | 8% | 20% | 10% |
| Black Forest Ham, Egg and Aged Cheddar | 178 | 380 | 150 | 17 | 7 | 0 | 170 | 910 | 37 | 2 | 4 | 21 | 10% | 0% | 40% | 20% |
| Classic Sausage, Egg and Aged Cheddar | 191 | 460 | 230 | 25 | 10 | 0 | 185 | 840 | 37 | 2 | 3 | 22 | 10% | 0% | 40% | 20% |
| Eggs Florentine with Baby Spinach and Havarti | 173 | 380 | 170 | 19 | 9 | 0 | 165 | 760 | 38 | 2 | 3 | 17 | 25% | 6% | 40% | 20% |
| Peppered Bacon, Egg and Aged Cheddar | 162 | 390 | 170 | 19 | 8 | 0 | 160 | 830 | 37 | 2 | 3 | 19 | 10% | 0% | 40% | 20% |
| Reduced-Fat Turkey Bacon, Cholesterol-Free Egg, Reduced-Fat White Cheddar | 159 | 350 | 100 | 11 | 4 | 0 | 20 | 810 | 41 | 3 | 5 | 20 | 20% | 0% | 45% | 15% |
| Roasted Red Pepper Omelet Wrap | 170 | 300 | 120 | 13 | 8 | 0 | 150 | 870 | 28 | 3 | 4 | 18 | 15% | 35% | 20% | 15% |
| Spinach, Roasted Tomato, Feta & Egg Wrap | 144 | 240 | 90 | 10 | 3.5 | 0 | 140 | 730 | 29 | 7 | 3 | 13 | 50% | 20% | 10% | 15% |
| Chilled Meals & Snack Items - In Participating Stores | | | | | | | | | | | | | | | | |
| Chicken Cheddar Club with Bacon *with Mayo | 232 | 480 | 160 | 18 | 6 | 0 | 70 | 1180 | 48 | 2 | 8 | 31 | 30% | 10% | 25% | 20% |
| Egg Salad on Multigrain | 215 | 470 | 190 | 21 | 4.5 | 0 | 340 | 810 | 53 | 2 | 11 | 19 | 30% | 4% | 15% | 20% |
| Fiesta Salad | 268 | 320 | 90 | 10 | 1.5 | 0 | 20 | 930 | 44 | 8 | 12 | 16 | 40% | 45% | 4% | 35% |
| Fruit and Cheese Plate | 244 | 400 | 180 | 20 | 10 | 0 | 50 | 560 | 44 | 2 | 26 | 14 | 10% | 40% | 70% | 10% |
| Peachy Raspberry Parfait | 255 | 320 | 35 | 4 | 0 | 0 | 5 | 120 | 61 | 4 | 34 | 11 | 2% | 50% | 25% | 8% |
| Strawberry Banana Parfait | 255 | 340 | 35 | 4 | 0 | 0 | 5 | 110 | 67 | 4 | 38 | 11 | 0% | 35% | 25% | 10% |
| Turkey & Swiss Sandwich *with Mayo | 178 | 310 | 110 | 13 | 4.5 | 0 | 55 | 1060 | 26 | 2 | 3 | 26 | 25% | 4% | 25% | 8% |
| Turkey Club with Avacado | 235 | 390 | 160 | 19 | 5 | 0 | 65 | 1160 | 33 | 5 | 7 | 26 | 30% | 15% | 15% | 10% |
| Vegetable Vinaigrette Salad | 306 | 310 | 130 | 15 | 3.5 | 0 | 5 | 900 | 40 | 10 | 8 | 8 | 380% | 130% | 10% | 10% |

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