



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](http://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
<b>Muffins &amp; Scones</b>																
Blueberry Muffin	142	320	60	7	1.5	0	90	370	56	2	32	9	4%	4%	8%	15%
Blueberry Scone	115	460	160	18	7	0	25	450	66	3	20	7	2%	0%	15%	15%
Chocolate Cream Cheese Muffin	128	440	210	23	5	0	80	420	54	1	36	5	4%	0%	4%	15%
Cinnamon Chip Scone	121	470	170	19	9	0	30	450	68	2	27	6	2%	0%	15%	20%
Cranberry Orange Scone	128	460	140	15	9	0.5	50	330	76	3	33	6	0%	0%	15%	15%
Lowfat Blueberry Muffin	125	290	45	5	1	0	0	460	56	2	45	7	0%	0%	6%	10%
Maple Oat Nut Scone	122	470	160	18	5	0	20	510	70	3	28	7	6%	0%	15%	20%
Pumpkin Cream Cheese Muffin	150	490	220	24	6	0	85	470	63	1	42	6	15%	2%	6%	15%
Pumpkin Scone	127	470	160	18	7	0	25	610	70	2	32	6	50%	2%	10%	15%
<b>Loaves &amp; Coffee Cakes</b>																
Banana Walnut Loaf	116	470	210	23	3.5	0	40	220	59	3	36	5	2%	4%	2%	20%
Classic Coffee Cake with Nuts	111	450	200	22	9	0	60	240	58	1	34	6	15%	0%	6%	15%
Crumbleberry Coffee Cake	116	440	190	21	8	0	55	390	58	1	34	5	20%	0%	4%	10%
Lemon Loaf Cake	119	390	80	8	5	0	80	380	66	1	45	5	2%	6%	4%	8%
Marble Loaf	102	330	80	9	5	0	85	300	51	1	31	6	2%	0%	4%	15%
No Sugar Added Banana Nut Coffee Cake	124	480	250	28	4	0	45	210	63	3	11	7	2%	2%	2%	20%
Oat Bran Blueberry Coffee Cake	122	490	230	26	4	0	0	200	60	3	32	7	0%	0%	6%	15%
Pumpkin Loaf	124	380	120	14	2	0	55	480	59	2	38	5	80%	2%	2%	15%
Reduced-Fat Banana Chocolate Chip Coffee Cake	126	390	70	8	4.5	0	0	400	76	3	50	5	0%	0%	2%	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%
Sticky Toffee Coffee Cake *Contains Pecans	102	410	170	19	4.5	0	60	230	56	3	36	4	4%	0%	6%	6%
<b>Croissants, Bagels &amp; Breads</b>																
Multigrain Bagel	114	280	30	3	0	0	0	380	60	4	12	10	0%	0%	4%	20%
Plain Bagel	114	280	0	0	0	0	0	440	62	2	8	10	0%	0%	0%	20%
<b>Doughnuts, Sweet Rolls &amp; Danishes</b>																
Cheese Danish	113	430	210	23	12	0	30	430	49	1	20	7	20%	0%	6%	10%
Glazed Doughnut	85	280	100	11	5	0	0	400	40	2	9	5	6%	0%	0%	10%
Old Fashioned Doughnut	92	440	220	24	10	0	40	360	53	1	24	4	4%	0%	4%	4%
<b>Brownies, Cookies &amp; Bars</b>																
Andes® Mint Brownie Bar	96	450	240	27	14	0	45	260	49	2	37	4	15%	0%	6%	15%
Black and White Mini Cookies - 2 Pack	56	240	110	12	1	0	40	160	32	1	22	2	0%	0%	0%	4%
Carrot Cake Bar *Contains Nuts	99	390	220	25	8	0	60	380	37	1	27	3	60%	0%	4%	6%
Chocolate Chunk Cookie	105	470	200	22	13	0	75	310	63	3	39	7	8%	0%	2%	10%
Chocolate Fudge Brownie	67	280	130	15	9	0	90	140	35	2	25	4	10%	0%	4%	8%
Cranberry Bliss Bar	71	320	140	16	9	0	45	260	41	1	28	3	8%	0%	4%	6%
Crispy Marshmallow Square	69	280	50	6	3	0	10	330	55	0	29	2	4%	0%	0%	20%
Espresso Brownie	74	340	170	19	8	0	50	135	40	2	27	4	15%	0%	4%	15%
Ginger Molasses Cookie	113	480	190	21	10	0	25	340	69	1	40	5	2%	0%	8%	15%
Lemon Crumb Bar	112	440	200	22	7	0	125	260	55	1	34	6	20%	0%	2%	15%
Mini Daybreak Cookie with Nuts	28	130	50	6	2.5	0	20	170	18	2	11	2	4%	0%	0%	4%
Oatmeal Raisin Cookie	109	460	150	16	8	0	50	460	73	4	41	7	10%	0%	4%	15%
Peanut Butter and Jelly Cookie	60	290	140	16	5	0	25	200	32	2	16	6	6%	0%	0%	6%
Peanut Butter Cookie	100	490	260	29	9	0	25	370	49	2	27	8	25%	0%	2%	10%
Penguin Cookie	77	370	160	18	11	0	15	280	50	<1	31	4	6%	0%	2%	6%
Rainbow Cookie	113	480	180	20	13	1	70	210	71	1	41	6	2%	0%	10%	20%
Snickerdoodle Mini Cookie	34	160	60	7	3.5	0	15	125	23	<1	13	2	6%	0%	0%	4%
Toffee Almond Bar	89	400	170	19	8	0	50	340	53	1	34	4	10%	0%	4%	15%

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All nutrition information is provided by the food manufacturers for Starbucks Coffee Company, based on their recipes. Starbucks attempts to provide ingredient and nutrition information that is as complete as possible. Variations may exist due to periodic changes in formulations. Serving sizes may vary from those used to calculate nutrition information. New product introduction or product changes during the life of this publication may cause the information included here to be incomplete. All of our non-packaged food products are produced and stored in environments where known allergens are present. All data is rounded to meet current U.S. FDA NLEA guidelines. Percentage data for vitamins and minerals refers to percentage of U.S. Daily Values for a 2,000 calorie diet.