



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%
Cinnamon Chip Scone	121	470	170	19	9	0	30	450	68	2	27	6	2%	0%	15%	20%
Cranberry Orange Muffin	142	500	230	26	7	0	90	400	62	2	35	6	6%	6%	2%	10%
Cranberry Orange Scone	128	460	140	15	9	0.5	50	330	76	3	33	6	0%	0%	15%	15%
Honey Bran Muffin	135	360	70	7	1	0	25	590	72	6	31	7	0%	0%	8%	20%
Lemon Poppy Muffin	142	470	160	18	4.5	0	125	560	68	1	39	8	6%	8%	8%	15%
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%
Whole Wheat Multiberry Muffin	113	290	70	8	1.5	0	65	440	49	5	24	8	2%	6%	10%	15%
<b>Loaves &amp; Coffee Cakes</b>																
Banana Nut Loaf	142	440	180	21	5	0	100	450	59	1	35	7	4%	2%	4%	10%
Iced Lemon Loaf	142	470	150	17	4.5	0	120	540	74	<1	45	7	6%	0%	6%	10%
Marble Loaf Cake	148	480	170	19	5	0	120	570	71	1	33	8	4%	0%	6%	15%
Pumpkin Loaf	142	460	150	17	3	0	70	410	72	3	43	6	6%	10%	0%	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%
<b>Croissants, Bagels &amp; Breads</b>																
Butter Croissant	80	290	130	15	9	0.5	40	340	35	1	6	7	8%	2%	4%	10%
Chocolate Croissant	90	340	160	18	11	0.5	40	340	42	2	12	7	8%	2%	4%	10%
Cinnamon Raisin Bagel	138	410	20	2.5	0	0	0	420	80	3	12	14	0%	0%	4%	40%
Multigrain Bagel	142	380	15	1.5	0	0	0	480	78	4	9	16	0%	0%	0%	30%
<b>Doughnuts, Sweet Rolls &amp; Danishes</b>																
Cheese Danish	105	390	170	19	12	0.5	50	410	47	2	16	8	10%	2%	4%	15%
Cinnamon Roll	113	370	90	10	5	0	30	470	63	<1	28	7	2%	0%	4%	15%
Cinnamon Twist	110	420	180	20	12	0.5	50	400	51	2	16	8	10%	2%	6%	15%
Harvest Apple Empanada	88	330	150	17	7	0	20	260	40	1	18	4	10%	0%	0%	8%
Top Pot Apple Fritter	123	480	200	22	10	0	0	290	64	1	27	4	0%	0%	2%	20%
Top Pot Chocolate Sandcastle Doughnut	110	480	230	26	8	0	20	560	57	2	29	5	0%	0%	2%	20%
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%
<b>Brownies, Cookies &amp; Bars</b>																
Blueberry Acai Granola Bar with Nuts	78	340	170	18	6	0	25	300	42	4	24	5	0%	0%	4%	8%
Chocolate Chip Cookie	113	430	170	19	13	1	70	220	61	1	32	5	0%	0%	6%	15%
Cranberry Bliss Bar	71	320	140	16	9	0	45	260	41	1	28	3	8%	0%	4%	6%
Crispy 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%
Iced Gingerbread Man	64	400	100	11	3	0	5	145	73	1	2	3	2%	0%	4%	15%
Molasses Chew Cookie	113	480	190	21	10	0	25	340	69	1	40	5	2%	0%	8%	15%
Oat Fudge Bar	102	440	170	18	11	0	35	250	63	3	41	6	10%	0%	8%	15%
Oatmeal Raisin Cookie	113	490	170	19	12	1	70	380	76	4	41	8	0%	0%	6%	20%
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%
Snowcap Brownie	96	450	240	27	15	0	50	140	48	2	35	3	8%	0%	6%	15%
Toffee Almond Bar	89	400	170	19	8	0	50	340	53	1	34	4	10%	0%	4%	15%
<b>Oven-Toasted Breakfast Items - In Participating Stores</b>																
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%
Spinach, Roasted Tomato, Feta & Egg Wrap	144	240	90	10	3.5	0	140	730	29	7	3	13	50%	20%	10%	15%
<b>Chilled Meals &amp; Snack Items - In Participating Stores</b>																
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 Avocado	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%

© 2008 Starbucks Coffee Company. All Rights Reserved.

Starbucks Nutrition Information.pdf

Zone015

Last Updated 1-1-08

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.