



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																
Blueberry Muffin	120	310	100	11	3	0	70	270	55	1	31	5	6%	2%	10%	10%
Blueberry Scone	120	480	200	22	12	0.5	80	520	64	2	24	7	10%	0%	6%	15%
Cran-Apple Crumb Scone	128	490	180	20	11	0.5	80	510	74	4	30	7	10%	0%	8%	15%
Pumpkin Cream Cheese Muffin	150	490	220	24	6	0	85	470	63	1	42	6	15%	2%	6%	15%
Raspberry Scone	120	470	190	21	12	0.5	80	510	64	2	25	7	10%	0%	6%	15%
Reduced-Fat Chocolate Muffin	112	290	45	5	4	0	75	460	53	2	31	6	2%	0%	4%	2%
Walnut Bran Muffin	150	430	170	18	2	0	40	400	62	4	26	8	2%	2%	10%	20%
Loaves & Coffee Cakes																
Banana Nut Loaf	113	470	220	24	10	0	105	360	56	2	32	7	10%	0%	6%	10%
Iced Lemon Loaf	158	500	160	18	9	0	140	440	78	1	53	7	10%	0%	8%	10%
Marble Loaf	113	410	200	22	10	0	130	440	52	<1	31	6	10%	0%	6%	10%
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%	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%
Reduced-Fat Pumpkin Chocolate Chip Coffee Cake	95	300	50	6	2.5	0	0	270	58	3	36	5	25%	0%	6%	10%
Croissants, Bagels & Breads																
Butter Croissant	99	370	210	23	15	0	65	310	35	3	4	5	20%	0%	0%	8%
French Toast Bagel	114	280	10	1	0	0	0	400	62	2	10	8	0%	0%	0%	15%
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%
Doughnuts, Sweet Rolls & Danishes																
Cinnamon Roll	125	470	230	26	11	0	45	350	56	1	29	6	10%	2%	6%	15%
Mallorca Sweet Bread	106	420	210	24	11	0	20	560	43	2	14	7	15%	0%	2%	10%
Top Pot Apple Fritter	123	480	200	22	10	0	0	290	64	1	27	4	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 Glazed Ring Doughnut	100	430	220	25	11	0	0	460	45	<1	19	6	0%	4%	0%	10%
Brownies, Cookies & Bars																
Black and White Mini Cookies - 2 Pack	56	240	110	12	1	0	40	160	32	1	22	2	0%	0%	0%	4%
Chocolate Chunk Cookie	97	420	180	20	13	0	55	460	56	6	28	7	8%	0%	4%	8%
Cocoa Crispy Square	100	420	150	17	7	0	25	440	66	1	30	5	15%	8%	10%	2%
Coffee Infused Ginger Cookie	105	470	160	18	11	0.5	75	210	70	2	40	6	15%	0%	4%	20%
Cranberry Bliss Bar	71	320	140	16	9	0	45	260	41	1	28	3	8%	0%	4%	6%
Crispy Square	105	440	150	17	8	0	30	470	70	0	34	4	20%	15%	0%	10%
Double Chocolate Cookie	18	80	45	5	2.5	0	15	25	9	0	7	1	2%	0%	2%	2%
Espresso Brownie	74	340	170	19	8	0	50	135	40	2	27	4	15%	0%	4%	15%
Penguin Cookie	77	370	160	18	11	0	15	280	50	<1	31	4	6%	0%	2%	6%
Rainbow Cookie	97	420	170	19	12	0	65	370	61	1	33	5	10%	0%	2%	8%
Toffee Almond Bar	89	400	170	19	8	0	50	340	53	1	34	4	10%	0%	4%	15%
Cakes, Pies & Tarts																
Rustic Apple Tart	150	190	40	4.5	1.5	0	0	80	37	3	30	1	0%	0%	0%	0%
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%
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%
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 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%

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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.

If you have specific questions, please contact a customer care representative at 1-800-23-LATTE (235-2883). FOO-801
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