



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	142	430	150	16	10	0	70	270	65	2	29	7	10%	2%	15%	15%
Blueberry Scone	120	400	160	18	10	0	25	420	55	2	18	5	10%	2%	15%	10%
Bran Muffin	136	410	160	18	9	0	70	430	60	7	28	9	15%	0%	15%	20%
Chocolate Chip Banana Nut Muffin	153	450	150	17	8	0	60	610	70	2	38	6	8%	2%	4%	10%
Cinnamon Scone	120	450	180	20	11	0	20	380	61	2	26	4	10%	0%	15%	15%
Cranberry Orange Muffin	142	420	290	16	9	0	65	230	63	3	28	6	10%	20%	15%	10%
Cranberry Orange Scone	128	420	150	16	9	0	20	390	66	2	30	4	10%	10%	15%	10%
Maple Oat Nut Scone	113	440	190	21	11	0	35	400	57	2	25	5	15%	0%	10%	10%
Petite Vanilla Bean Scone	71	240	90	11	5	0	15	240	34	0	13	3	6%	0%	10%	2%
Pumpkin Cream Cheese Muffin	150	490	220	24	6	0	85	470	63	1	42	6	15%	2%	6%	15%
Loaves & Coffee Cakes																
Banana Walnut Loaf	116	470	210	23	3.5	0	40	220	59	3	36	5	2%	4%	2%	20%
Classic Coffee Cake	122	490	210	24	7	0	115	590	64	0	37	6	8%	0%	4%	15%
Egg Nog Mini Loaf	128	430	150	17	3	0	70	290	67	0	49	4	0%	0%	2%	8%
Iced Lemon Pound 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%
No Sugar Added Carrot Walnut Mini Loaf	139	400	230	25	3.5	0	40	400	49	3	5	5	90%	4%	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%
Zucchini Nut Loaf	124	400	160	18	2.5	0	60	400	52	2	27	7	2%	8%	4%	25%
Croissants, Bagels & Breads																
Butter Croissant	94	300	130	15	9	0	45	350	36	1	5	7	10%	2%	2%	10%
Chocolate Croissant	126	480	230	25	13	0	35	330	60	4	28	8	8%	2%	2%	20%
Plain Bagel	113	310	15	1.5	0.5	0	0	600	61	2	4	11	0%	2%	2%	20%
Doughnuts, Sweet Rolls & Danishes																
Blueberry Empanada	156	380	130	15	9	0	55	360	59	1	16	4	10%	8%	10%	15%
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%
Pumpkin Empanada	156	400	140	15	9	0	90	370	61	3	23	6	140%	150%	10%	20%
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%
Brownies, Cookies & Bars																
Apricot Nut Energy Cookie	111	440	170	18	9	0	45	160	66	6	41	7	20%	0%	4%	15%
Chocolate Chunk Cookie	85	380	170	18	11	0	60	260	50	2	34	4	8%	0%	2%	15%
Chocolate Truffle Cookie	89	370	210	23	11	0	65	140	49	4	39	5	2%	0%	4%	15%
Cranberry Bliss Bar	71	320	140	16	9	0	45	260	41	1	28	3	8%	0%	4%	6%
Espresso Brownie	74	340	170	19	8	0	50	135	40	2	27	4	15%	0%	4%	15%
Krispy Treat Bar	92	360	90	10	4.5	0	0	420	67	0	34	3	15%	10%	0%	10%
Lemon Crumb Bar	112	440	200	22	7	0	125	260	55	1	34	6	20%	0%	2%	15%
Oatmeal Raisin Cookie	85	350	110	12	7	0	50	100	56	3	30	5	6%	0%	6%	10%
Peanut Butter Cookie	91	420	210	23	10	0	60	240	46	2	24	9	8%	0%	2%	8%
Penguin Cookie	77	370	160	18	11	0	15	280	50	<1	31	4	6%	0%	2%	6%
Peppermint Brownie	96	450	240	27	14	0	45	260	49	2	37	4	15%	0%	6%	15%
Snickerdoodle Cookie	94	400	160	17	11	0	75	190	57	1	33	5	10%	0%	2%	10%
Spiced Brownie with Nuts	98	480	270	30	14	0	55	190	48	3	36	6	10%	0%	6%	15%
Toffee Almond Bar	89	400	170	19	8	0	50	340	53	1	34	4	10%	0%	4%	15%

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 for vitamins and minerals refers to percentage of U.S. Daily Values for a 2,000 calorie diet.



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