



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	128	400	190	21	4	0	82	400	52	3	29	6	2%	0%	4%	8%
Blueberry Scone	126	410	140	16	9	0	35	430	60	2	24	6	15%	4%	6%	15%
Cherry Almond Multigrain Scone	120	420	160	18	9	0	35	400	56	3	22	7	15%	12%	4%	15%
Cinnamon Chip Scone	110	400	160	18	11	0	35	350	52	1	24	5	10%	4%	4%	10%
Cranberry Flax Muffin	128	410	160	17	1	0	0	380	57	8	32	7	0%	2%	2%	10%
Cranberry Orange Scone	126	420	140	15	9	0	35	400	65	2	21	5	15%	30%	4%	15%
Holiday Eggnog Scone	125	480	170	19	10	0	75	470	70	1	20	6	15%	4%	4%	15%
Lowfat Marionberry Muffin	135	280	50	5	1	0	0	390	56	4	28	6	0%	0%	4%	8%
Pumpkin Cream Cheese Muffin	150	490	220	24	6	0	85	470	63	1	42	6	15%	2%	6%	15%
Pumpkin Scone	126	430	150	17	9	0	40	450	62	1	14	6	50%	4%	4%	15%
Triple Berry Cobbler Muffin	132	450	170	18	4.5	0	65	330	67	3	30	6	2%	15%	4%	10%
<b>Loaves &amp; Coffee Cakes</b>																
Banana Loaf	100	260	90	10	1	0	20	260	39	1	19	4	0%	0%	2%	8%
Carrot Cake Mini Loaf with Nuts	131	410	200	22	5	0	50	400	48	2	24	5	90%	6%	4%	15%
Classic Coffee Cake	110	440	190	21	4	0	60	480	62	0	4	5	2%	0%	4%	6%
Lemon Loaf	100	340	140	15	8	0	60	340	47	<1	22	4	10%	2%	4%	6%
Pumpkin Loaf with Nuts	100	330	150	16	1.5	0	30	340	41	2	25	4.5	45%	2%	4%	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%
<b>Croissants, Bagels &amp; Breads</b>																
8-Grain Roll	128	330	50	5	2.5	0	0	400	59	5	20	9	0%	4%	4%	20%
Butter Croissant	89	290	120	14	8	0.5	35	260	37	1	5	6	10%	2%	2%	10%
Butter Mini Croissant	46	150	60	7	4	0	15	135	19	1	3	3	6%	2%	0%	6%
Chonga Bagel	116	310	50	6	2	0	10	560	53	3	5	13	0%	2%	20%	20%
Hawaiian Bagel	113	360	70	8	1	0	40	500	60	2	17	12	0%	0%	4%	20%
Lowfat Raisin Panino Dolce	136	320	15	2	0	0	0	610	63	3	2	12	2%	0%	2%	25%
Pain Au Raisin	103	310	110	12	7	0	30	240	46	5	15	5	10%	2%	2%	10%
<b>Doughnuts, Sweet Rolls &amp; Danishes</b>																
Almond Twist	92	360	170	19	8	0	30	270	40	2	9	7	50%	2%	2%	8%
Cinnamon Roll	153	480	120	13	6	0	10	120	83	3	15	8	10%	6%	6%	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%
<b>Brownies, Cookies &amp; Bars</b>																
Blueberry Oat Bar with Organic Blueberries	103	390	140	15	5	0	0	300	59	3	26	5	0%	4%	2%	15%
Butterhorn *Contains Walnuts	41	160	60	7	1	0	10	110	23	0	13	2	6%	0%	2%	4%
Chewy Marshmallow Square	69	280	50	6	3	0	10	330	55	0	29	2	4%	0%	0%	20%
Chocolate Chip Cookie	100	430	180	20	11	0	40	410	62	1	37	4	15%	0%	2%	10%
Cranberry Bliss Bar	71	320	140	16	9	0	45	260	41	1	28	3	8%	0%	4%	6%
Espresso Brownie *Made with Starbucks® Kenya Coffee	74	340	170	19	8	0	50	135	40	2	27	4	15%	0%	4%	15%
Molasses Cookie	101	400	120	13	6	0	0	320	67	1	35	4	0%	0%	8%	20%
Oat Fudge Bar	102	440	170	18	11	0	35	250	63	3	41	6	10%	0%	8%	15%
Oatmeal Raisin Cookie	100	390	120	13	7	0	40	210	61	4	33	6	10%	0%	2%	15%
Peanut Butter Cookie	113	400	170	19	9	0	40	270	54	<1	30	4	0%	0%	2%	8%
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%
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%

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<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 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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