



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																
Banana Chip Muffin	136	500	210	23	7	0	50	410	70	2	38	8	0%	0%	4%	15%
Blueberry Muffin	136	500	180	20	4.5	0	60	450	71	2	30	7	0%	2%	4%	8%
Blueberry Scone	115	460	160	18	7	0	25	450	66	3	20	7	2%	0%	15%	15%
Chocolate Scone	120	460	170	19	11	0	55	240	67	3	24	7	10%	2%	25%	20%
Cinnamon Chip Scone	121	470	170	19	9	0	30	450	68	2	27	6	2%	0%	15%	20%
Coffee Cake Muffin	140	500	190	21	4.5	0	55	430	73	2	41	6	0%	0%	4%	10%
Lowfat Multiberry Muffin	142	340	10	1	0.5	0	0	400	76	2	27	6	0%	10%	4%	6%
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%
Raspberry Scone	120	470	190	21	12	0.5	80	510	64	2	25	7	10%	0%	6%	15%
Reduced-Fat Cranberry Oat Bran Muffin	142	380	80	8	2	0	35	470	69	3	29	7	2%	6%	6%	10%
Reduced-Fat Cran-Oat Bran Mini Muffin	57	120	30	3.5	0.5	0	10	130	20	2	9	3	0%	4%	2%	4%
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 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	141	440	140	16	8	0	125	390	69	<1	47	7	8%	0%	8%	10%
Marble Loaf	113	430	200	22	10	0	130	440	52	<1	31	6	10%	0%	6%	10%
No Sugar Added Banana Nut Coffee Cake	124	480	250	28	4	0	45	210	63	3	11	7	2%	2%	2%	20%
Old Fashioned Crumb Cake	125	500	200	22	10	0	95	300	68	1	34	6	15%	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%
Croissants, Bagels & Breads																
Cinnamon Raisin Bagel	114	280	0	0	0	0	0	400	62	2	12	8	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																
Cheese Danish	113	430	210	23	12	0	30	430	49	1	20	7	20%	0%	6%	10%
Cinnamon Twist	85	300	130	14	6	0	15	370	39	1	16	5	10%	0%	4%	8%
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%
Brownies, Cookies & Bars																
Carrot Cake Bar *Contains Nuts	99	390	220	25	8	0	60	380	37	1	27	3	60%	0%	4%	6%
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 Fudge Brownie	89	390	210	23	10	0	50	150	45	2	30	4	15%	0%	4%	15%
Molasses Cookie	113	460	140	16	2.5	0	30	610	72	2	29	6	0%	0%	10%	30%
Oat Fudge Bar	102	440	170	18	11	0	35	250	63	3	41	6	10%	0%	8%	15%
Oat, Fruit and Nut Cookie	81	370	160	18	7	0	55	480	49	3	29	6	8%	0%	4%	10%
Oatmeal Raisin Cookie	113	490	170	19	12	1	70	380	76	4	41	8	0%	0%	6%	20%
Peanut Butter Cookie	106	500	220	25	13	0.5	60	350	61	2	39	11	0%	0%	6%	15%
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%
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.