

Holiday FY25 IRE BEVERAGE NUTRITIONAL INFORMATION

All our beverages are hand crafted uniquely for you.Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens.Our beverages are prepared where allergens are handled by our partners, and where equipment and utensils are used for multiple menu items, including those containing allergens.Whilst we try to keep things separate we cannot guarantee any item is allergen free. Please remember to check this information regularly as we’re always working on our recipes. For more allergen information please ask your barista.

Menu Item	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Espresso Drinks	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Americano	Tall	29	7	0.1	0	0.9	0.1	0.3	0.4	0.00	89.1
Americano	Grande	44	11	0.2	0.1	1.3	0.1	0.4	0.6	0.00	133.6
Americano	Venti	58	14	0.3	0.1	1.8	0.2	0.5	0.8	0.00	178.2
Caffe Latte - semi skimmed milk	Tall	519	124	4.3	2.7	12.3	11.5	0.3	8.9	0.26	89.1
Caffe Latte - semi skimmed milk	Grande	636	151	5.2	3.4	15	14.2	0.3	10.9	0.32	89.1
Caffe Latte - semi skimmed milk	Venti	858	204	7.1	4.5	20.3	19.1	0.4	14.7	0.43	133.6
Caffe Latte - whole milk	Tall	681	162	8.9	5.6	12.1	11.2	0.3	8.6	0.26	89.1
Caffe Latte - whole milk	Grande	838	200	11	6.9	14.7	13.9	0.3	10.6	0.32	89.1
Caffe Latte - whole milk	Venti	1128	269	14.7	9.3	19.9	18.7	0.4	14.3	0.42	133.6
Caffe Latte - skimmed milk	Tall	398	94	0.9	0.4	12.5	11.7	0.3	8.9	0.27	89.1
Caffe Latte - skimmed milk	Grande	486	115	1	0.4	15.3	14.5	0.3	10.9	0.33	89.1
Caffe Latte - skimmed milk	Venti	657	156	1.4	0.6	20.7	19.5	0.4	14.7	0.45	133.6
Caffe Latte - almond drink	Tall	272	68	3	0.3	6.9	6	0.7	1.6	0.18	89.1
Caffe Latte - almond drink	Grande	330	82	3.7	0.3	8.3	7.5	0.9	1.9	0.22	89.1
Caffe Latte - almond drink	Venti	447	112	5	0.5	11.3	10	1.2	2.6	0.29	133.6
Caffe Latte - soya drink	Tall	458	109	4.7	0.8	7.4	6.2	1.7	8.4	0.24	89.1
Caffe Latte - soya drink	Grande	561	133	5.8	0.9	9	7.6	2.1	10.3	0.30	89.1
Caffe Latte - soya drink	Venti	757	180	7.9	1.3	12.2	10.2	2.8	13.9	0.40	133.6
Caffe Latte - oat drink	Tall	614	145	7.2	0.7	16.7	7.8	2.6	2.3	0.30	89.1
Caffe Latte - oat drink	Grande	753	178	8.9	0.9	20.4	9.7	3.2	2.7	0.38	89.1
Caffe Latte - oat drink	Venti	1015	241	11.9	1.2	27.5	13	4.3	3.8	0.51	133.6
Caffe Latte - coconut drink	Tall	468	114	6.2	5.6	9.4	8.6	3.9	2.8	0.11	89.1
Caffe Latte - coconut drink	Grande	573	139	7.6	7	11.4	10.6	4.8	3.4	0.14	89.1
Caffe Latte - coconut drink	Venti	773	188	10.3	9.3	15.5	14.2	6.5	4.6	0.18	133.6
Latte Macchiato - semi skimmed milk	Tall	476	113	3.9	2.5	11.3	10.5	0.3	8.1	0.24	89.1
Latte Macchiato - semi skimmed milk	Grande	616	147	5.1	3.2	14.6	13.7	0.3	10.6	0.31	89.1
Latte Macchiato - semi skimmed milk	Venti	815	194	6.7	4.3	19.3	18.1	0.4	14	0.41	133.6
Latte Macchiato - whole milk	Tall	624	149	8.1	5.1	11.1	10.3	0.3	7.9	0.23	89.1
Latte Macchiato - whole milk	Grande	811	193	10.6	6.7	14.3	13.5	0.3	10.3	0.31	89.1
Latte Macchiato - whole milk	Venti	1071	255	13.9	8.8	18.9	17.7	0.4	13.6	0.40	133.6
Latte Macchiato - skimmed milk	Tall	365	87	0.8	0.3	11.5	10.7	0.3	8.1	0.24	89.1
Latte Macchiato - skimmed milk	Grande	471	112	1	0.4	14.8	14	0.3	10.6	0.32	89.1
Latte Macchiato - skimmed milk	Venti	624	148	1.3	0.6	19.7	18.5	0.4	14	0.42	133.6
Latte Macchiato - almond drink	Tall	250	62	2.7	0.3	6.3	5.5	0.7	1.5	0.16	89.1
Latte Macchiato - almond drink	Grande	320	80	3.6	0.3	8	7.2	0.8	1.8	0.21	89.1
Latte Macchiato - almond drink	Venti	426	106	4.7	0.4	10.7	9.5	1.2	2.5	0.28	133.6
Latte Macchiato - soya drink	Tall	421	100	4.3	0.7	6.9	5.6	1.6	7.7	0.22	89.1
Latte Macchiato - soya drink	Grande	543	129	5.7	0.9	8.7	7.4	2	10	0.29	89.1
Latte Macchiato - soya drink	Venti	720	171	7.5	1.2	11.7	9.7	2.7	13.2	0.38	133.6
Latte Macchiato - oat drink	Tall	562	133	6.6	0.7	15.3	7.2	2.4	2.1	0.28	89.1
Latte Macchiato - oat drink	Grande	729	173	8.6	0.9	19.8	9.4	3.1	2.7	0.36	89.1
Latte Macchiato - oat drink	Venti	964	228	11.3	1.2	26.2	12.4	4.1	3.6	0.48	133.6
Latte Macchiato - coconut drink	Tall	429	104	5.7	5.1	8.6	7.8	3.6	2.6	0.10	89.1
Latte Macchiato - coconut drink	Grande	555	135	7.4	6.7	11.1	10.3	4.6	3.3	0.13	89.1
Latte Macchiato - coconut drink	Venti	735	179	9.7	8.8	14.7	13.5	6.1	4.4	0.17	133.6
Freshly Brewed Coffee	Tall	109	25	1.1	0.4	2.2	0.4	1.8	1.1	0.01	209.8
Freshly Brewed Coffee	Grande	132	31	1.3	0.4	2.6	0.4	2.2	1.3	0.01	254.6
Freshly Brewed Coffee	Venti	168	39	1.7	0.6	3.4	0.6	2.8	1.7	0.01	324.2
Espresso Doppio	Doppio	29	7	0.1	0	0.9	0.1	0.3	0.4	0.00	89.1
Espresso	Single	15	4	0.1	0	0.4	0	0.1	0.2	0.00	44.5
Espresso Macchiato - semi skimmed milk	Single	25	6	0.2	0.1	0.7	0.3	0.1	0.4	0.01	44.5
Espresso Macchiato - whole milk	Single	29	7	0.3	0.1	0.7	0.3	0.1	0.4	0.01	44.5
Espresso Macchiato - skimmed milk	Single	23	6	0.1	0	0.7	0.3	0.1	0.4	0.01	44.5
Espresso Macchiato - almond drink	Single	20	5	0.1	0	0.6	0.2	0.1	0.2	0.00	44.5
Espresso Macchiato - soya drink	Single	24	6	0.2	0	0.6	0.2	0.2	0.4	0.01	44.5
Espresso Macchiato - oat drink	Single	27	7	0.2	0	0.8	0.2	0.2	0.2	0.01	44.5
Espresso Macchiato - coconut drink	Single	24	6	0.2	0.1	0.6	0.2	0.2	0.3	0.00	44.5
Espresso Macchiato - Doppio - semi skimmed milk	Double	62	15	0.4	0.2	1.7	0.9	0.3	1	0.02	89.1
Espresso Macchiato - Doppio - whole milk	Double	73	18	0.7	0.4	1.6	0.8	0.3	1	0.02	89.1
Espresso Macchiato - Doppio - skimmed milk	Double	54	13	0.2	0.1	1.7	0.9	0.3	1	0.02	89.1
Espresso Macchiato - Doppio - almond drink	Double	46	11	0.3	0.1	1.3	0.5	0.3	0.5	0.01	89.1
Espresso Macchiato - Doppio - soya drink	Double	58	14	0.4	0.1	1.3	0.5	0.4	0.9	0.02	89.1
Espresso Macchiato - Doppio - oat drink	Double	69	16	0.6	0.1	2	0.6	0.4	0.5	0.02	89.1
Espresso Macchiato - Doppio - coconut drink	Double	59	14	0.5	0.4	1.5	0.7	0.5	0.6	0.01	89.1
Cortado - semi skimmed milk	Short	207	49	1.6	1	5.3	4.3	0	3.5	0.10	70.9
Cortado - whole milk	Short	268	64	3.3	2.1	5.2	4.2	0	3.4	0.10	70.9
Cortado - skimmed milk	Short	161	38	0.3	0.2	5.4	4.4	0	3.5	0.10	70.9
Cortado - almond drink	Short	114	28	1.1	0.1	3.2	2.3	0.2	0.8	0.07	70.9
Cortado - soya drink	Short	184	44	1.8	0.3	3.5	2.3	0.5	3.3	0.09	70.9
Cortado - oat drink	Short	242	57	2.7	0.3	6.9	3	0.9	1	0.12	70.9
Cortado - coconut drink	Short	188	45	2.3	2.1	4.2	3.2	1.4	1.2	0.04	70.9
Cappuccino - semi skimmed milk	Tall	432	103	3.5	2.2	10.3	9.5	0.3	7.4	0.22	89.1
Cappuccino - semi skimmed milk	Grande	546	130	4.5	2.9	12.9	12.1	0.3	9.4	0.28	89.1
Cappuccino - semi skimmed milk	Venti	708	169	5.8	3.7	16.8	15.6	0.4	12.1	0.36	133.6
Cappuccino - whole milk	Tall	565	135	7.3	4.6	10.1	9.3	0.3	7.2	0.21	89.1
Cappuccino - whole milk	Grande	717	171	9.3	5.9	12.7	11.8	0.3	9.1	0.27	89.1
Cappuccino - whole milk	Venti	929	221	12	7.6	16.5	15.3	0.4	11.8	0.35	133.6
Cappuccino - skimmed milk	Tall	332	79	0.7	0.3	10.5	9.7	0.3	7.4	0.22	89.1
Cappuccino - skimmed milk	Grande	418	99	0.9	0.4	13.2	12.4	0.3	9.4	0.28	89.1
Cappuccino - skimmed milk	Venti	544	129	1.2	0.5	17.1	15.9	0.4	12.1	0.36	133.6
Cappuccino - almond drink	Tall	229	57	2.5	0.2	5.8	5	0.7	1.4	0.15	89.1
Cappuccino - almond drink	Grande	285	71	3.2	0.3	7.2	6.4	0.8	1.7	0.19	89.1
Cappuccino - almond drink	Venti	373	93	4.1	0.4	9.4	8.2	1.1	2.2	0.24	133.6
Cappuccino - soya drink	Tall	382	91	3.9	0.6	6.3	5.1	1.5	7	0.20	89.1
Cappuccino - soya drink	Grande	482	115	5	0.8	7.8	6.5	1.8	8.8	0.26	89.1
Cappuccino - soya drink	Venti	626	149	6.5	1.1	10.2	8.4	2.4	11.5	0.33	133.6
Cappuccino - oat drink	Tall	510	121	5.9	0.6	13.9	6.5	2.2	2	0.25	89.1
Cappuccino - oat drink	Grande	645	153	7.6	0.8	17.5	8.3	2.7	2.4	0.32	89.1
Cappuccino - oat drink	Venti	837	198	9.8	1	22.7	10.7	3.6	3.2	0.41	133.6
Cappuccino - coconut drink	Tall	390	95	5.1	4.6	7.9	7.1	3.3	2.4	0.09	89.1
Cappuccino - coconut drink	Grande	492	120	6.5	5.9	9.8	9	4.1	3	0.12	89.1
Cappuccino - coconut drink	Venti	639	156	8.4	7.6	12.9	11.7	5.3	3.9	0.15	133.6
Flat White - semi skimmed milk	Short	246	59	2	1.2	6	5.1	0.3	4.2	0.12	89.1
Flat White - whole milk	Short	318	76	4	2.5	5.8	5	0.3	4.1	0.11	89.1
Flat White - skimmed milk	Short	193	46	0.5	0.2	6.1	5.2	0.3	4.2	0.12	89.1
Flat White - almond drink	Short	137	34	1.4	0.2	3.5	2.7	0.5	0.9	0.08	89.1
Flat White - soya drink	Short	219	52	2.2	0.4	3.8	2.8	0.9	4	0.11	89.1
Flat White - oat drink	Short	288	68	3.3	0.4	7.9	3.5	1.3	1.2	0.14	89.1
Flat White - coconut drink	Short	224	54	2.8	2.5	4.7	3.9	1.9	1.5	0.05	89.1
Caramel Macchiato - semi skimmed milk	Tall	704	167	4.9	3.1	22.2	21	0.3	8.5	0.27	89.1
Caramel Macchiato - semi skimmed milk	Grande	900	214	6	3.8	28.9	27.6	0.3	10.9	0.35	89.1
Caramel Macchiato - semi skimmed milk	Venti	1147	272	7.5	4.8	37	35.2	0.4	14	0.44	133.6
Caramel Macchiato - whole milk	Tall	858	204	9.3	5.8	21.9	20.7	0.3	8.3	0.27	89.1
Caramel Macchiato - whole milk	Grande	1099	261	11.7	7.4	28.6	27.3	0.3	10.6	0.34	89.1
Caramel Macchiato - whole milk	Venti	1403	333	14.8	9.3	36.6	34.8	0.4	13.7	0.43	133.6
Caramel Macchiato - skimmed milk	Tall	589	140	1.7	0.9	22.4	21.2	0.3	8.5	0.28	89.1
Caramel Macchiato - skimmed milk	Grande	751	178	1.9	1	29.2	27.9	0.3	10.9	0.35	89.1
Caramel Macchiato - skimmed milk	Venti	956	227	2.2	1.1	37.3	35.6	0.4	14	0.45	133.6
Caramel Macchiato - almond drink	Tall	469	114	3.7	0.8	17	15.8	0.7	1.6	0.19	89.1
Caramel Macchiato - almond drink	Grande	597	145	4.5	0.9	22.3	21	0.9	1.9	0.24	89.1
Caramel Macchiato - almond drink	Venti	757	185	5.6	1	28.4	26.6	1.2	2.6	0.31	133.6
Caramel Macchiato - soya drink	Tall	646	153	5.3	1.3	17.6	15.9	1.6	8.1	0.26	89.1
Caramel Macchiato - soya drink	Grande	826	196	6.6	1.5	23	21.1	2.1	10.3	0.32	89.1
Caramel Macchiato - soya drink	Venti	1051	249	8.3	1.7	29.3	26.8	2.7	13.3	0.41	133.6
Caramel Macchiato - oat drink	Tall	793	188	7.7	1.2	26.3	17.5	2.			

Caramel Macchiato - oat drink	Grande	1016	240	9.6	1.4	34.3	23.2	3.1	2.8	0.40	89.1
Caramel Macchiato - oat drink	Venti	1296	307	12.2	1.7	43.8	29.5	4.1	3.7	0.51	133.6
Caramel Macchiato - coconut drink	Tall	655	158	6.7	5.9	19.4	18.2	3.7	2.8	0.13	89.1
Caramel Macchiato - coconut drink	Grande	837	202	8.4	7.4	25.4	24.1	4.7	3.4	0.16	89.1
Caramel Macchiato - coconut drink	Venti	1067	257	10.6	9.4	32.4	30.6	6.1	4.5	0.20	133.6
Mocha - semi skimmed milk	Tall	962	230	9.7	6.6	25	23.2	2.2	9.4	0.20	89.1
Mocha - semi skimmed milk	Grande	1187	283	11.2	7.5	32.2	30.1	2.8	12	0.26	89.1
Mocha - semi skimmed milk	Venti	1511	360	13.6	9	41.7	38.8	3.6	16.1	0.35	133.6
Mocha - whole milk	Tall	1077	257	13	8.6	24.9	23	2.2	9.3	0.20	89.1
Mocha - whole milk	Grande	1334	318	15.3	10.1	32	29.9	2.8	11.8	0.25	89.1
Mocha - whole milk	Venti	1715	409	19.3	12.6	41.4	38.5	3.6	15.8	0.34	133.6
Mocha - skimmed milk	Tall	877	209	7.3	4.9	25.2	23.4	2.2	9.4	0.21	89.1
Mocha - skimmed milk	Grande	1077	257	8.1	5.3	32.5	30.3	2.8	12	0.26	89.1
Mocha - skimmed milk	Venti	1359	324	9.3	6.1	42	39.1	3.6	16.1	0.36	133.6
Mocha - almond drink	Tall	788	190	8.8	4.8	21.2	19.4	2.5	4.3	0.14	89.1
Mocha - almond drink	Grande	963	232	10	5.3	27.3	25.2	3.2	5.4	0.18	89.1
Mocha - almond drink	Venti	1201	290	12	6	34.8	32	4.2	7	0.24	133.6
Mocha - soya drink	Tall	919	219	10.1	5.2	21.6	19.4	3.2	9.1	0.19	89.1
Mocha - soya drink	Grande	1132	270	11.6	5.7	27.8	25.3	4.1	11.6	0.24	89.1
Mocha - soya drink	Venti	1435	342	14.2	6.6	35.6	32.1	5.4	15.5	0.33	133.6
Mocha - oat drink	Tall	1029	245	11.8	5.2	28.1	20.6	3.8	4.8	0.23	89.1
Mocha - oat drink	Grande	1273	303	13.8	5.7	36.2	26.8	4.9	6.1	0.30	89.1
Mocha - oat drink	Venti	1630	388	17.2	6.6	47.1	34.2	6.5	7.8	0.40	133.6
Mocha - coconut drink	Tall	926	223	11.1	8.6	23	21.2	4.7	5.2	0.10	89.1
Mocha - coconut drink	Grande	1141	274	12.9	10.1	29.6	27.5	6.1	6.5	0.12	89.1
Mocha - coconut drink	Venti	1448	348	16	12.7	38	35.1	8.1	8.5	0.16	133.6
White Mocha - semi skimmed milk	Tall	1113	265	10.5	7.5	34.4	33.6	0.3	8.1	0.36	89.1
White Mocha - semi skimmed milk	Grande	1448	345	12.7	9.1	46.2	45.4	0.3	11.3	0.50	89.1
White Mocha - semi skimmed milk	Venti	1751	417	14.7	10.6	57.1	55.9	0.5	13.7	0.61	133.6
White Mocha - whole milk	Tall	1218	290	13.5	9.4	34.3	33.5	0.3	7.9	0.36	89.1
White Mocha - whole milk	Grande	1603	382	17.1	11.8	46	45.1	0.3	11.1	0.49	89.1
White Mocha - whole milk	Venti	1936	461	20	13.8	56.8	55.6	0.5	13.4	0.60	133.6
White Mocha - skimmed milk	Tall	1034	246	8.3	6	34.6	33.8	0.3	8.1	0.36	89.1
White Mocha - skimmed milk	Grande	1332	317	9.4	6.8	46.4	45.6	0.3	11.3	0.51	89.1
White Mocha - skimmed milk	Venti	1613	384	10.9	7.9	57.3	56.1	0.5	13.7	0.62	133.6
White Mocha - almond drink	Tall	952	229	9.7	5.9	30.9	30.1	0.6	3.4	0.31	89.1
White Mocha - almond drink	Grande	1212	292	11.5	6.8	41	40.2	0.8	4.4	0.42	89.1
White Mocha - almond drink	Venti	1470	353	13.3	7.8	50.9	49.7	1	5.4	0.51	133.6
White Mocha - soya drink	Tall	1073	256	10.8	6.3	31.3	30.2	1.3	7.8	0.35	89.1
White Mocha - soya drink	Grande	1390	331	13.1	7.2	41.6	40.3	1.7	10.9	0.48	89.1
White Mocha - soya drink	Venti	1682	400	15.3	8.4	51.6	49.8	2.1	13.2	0.59	133.6
White Mocha - oat drink	Tall	1174	279	12.4	6.3	37.2	31.3	1.8	3.8	0.39	89.1
White Mocha - oat drink	Grande	1538	366	15.5	7.2	50.4	41.9	2.6	5	0.54	89.1
White Mocha - oat drink	Venti	1859	442	18.1	8.3	62	51.7	3.2	6.2	0.66	133.6
White Mocha - coconut drink	Tall	1080	259	11.7	9.4	32.5	31.7	2.7	4.2	0.26	89.1
White Mocha - coconut drink	Grande	1400	336	14.5	11.9	43.4	42.6	3.8	5.5	0.36	89.1
White Mocha - coconut drink	Venti	1693	406	16.9	13.9	53.8	52.5	4.6	6.8	0.44	133.6
Cold Coffee	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Cold Brew	Tall	72	16	0.6	0.2	1.6	0.1	1	0.8	0.01	188.6
Cold Brew	Grande	97	22	0.8	0.3	2.2	0.1	1.4	1.1	0.01	255.8
Cold Brew	Venti	123	28	1.1	0.4	2.8	0.2	1.8	1.4	0.02	322.9
Cold Brew Latte - semi skimmed milk	Tall	373	88	3.1	1.9	8.6	7.7	0.5	6.4	0.18	159.1
Cold Brew Latte - semi skimmed milk	Grande	520	123	4.3	2.7	12	11.1	0.6	8.9	0.26	166.5
Cold Brew Latte - semi skimmed milk	Venti	598	142	5	3.1	13.8	12.7	0.7	10.3	0.30	204.7
Cold Brew Latte - whole milk	Tall	482	114	6.2	3.9	8.4	7.6	0.5	6.2	0.18	159.1
Cold Brew Latte - whole milk	Grande	677	161	8.8	5.5	11.7	10.9	0.6	8.7	0.25	166.5
Cold Brew Latte - whole milk	Venti	778	185	10.1	6.3	13.5	12.4	0.7	10	0.29	204.7
Cold Brew Latte - skimmed milk	Tall	291	69	0.8	0.3	8.7	7.9	0.5	6.4	0.19	159.1
Cold Brew Latte - skimmed milk	Grande	402	95	1.1	0.4	12.2	11.3	0.6	8.9	0.26	166.5
Cold Brew Latte - skimmed milk	Venti	464	110	1.2	0.5	14	13	0.7	10.3	0.30	204.7
Cold Brew Latte - almond drink	Tall	206	51	2.3	0.3	4.9	4.1	0.9	1.5	0.12	159.1
Cold Brew Latte - almond drink	Grande	280	69	3.1	0.3	6.7	5.8	1	1.8	0.18	166.5
Cold Brew Latte - almond drink	Venti	324	80	3.6	0.4	7.7	6.7	1.2	2.2	0.20	204.7
Cold Brew Latte - soya drink	Tall	332	79	3.4	0.6	5.3	4.1	1.5	6.1	0.17	159.1
Cold Brew Latte - soya drink	Grande	461	109	4.8	0.8	7.3	5.9	2	8.5	0.24	166.5
Cold Brew Latte - soya drink	Venti	531	126	5.5	0.9	8.4	6.8	2.3	9.7	0.28	204.7
Cold Brew Latte - oat drink	Tall	437	103	5.1	0.6	11.5	5.3	2.1	1.9	0.21	159.1
Cold Brew Latte - oat drink	Grande	612	144	7.2	0.8	16.2	7.6	2.9	2.5	0.30	166.5
Cold Brew Latte - oat drink	Venti	703	166	8.2	0.9	18.6	8.7	3.3	2.9	0.34	204.7
Cold Brew Latte - coconut drink	Tall	339	82	4.4	3.9	6.6	5.8	3	2.3	0.08	159.1
Cold Brew Latte - coconut drink	Grande	470	114	6.2	5.5	9.2	8.3	4.1	3	0.11	166.5
Cold Brew Latte - coconut drink	Venti	542	131	7.1	6.3	10.5	9.5	4.7	3.5	0.13	204.7
Iced Americano	Tall	29	7	0.1	0	0.9	0.1	0.3	0.4	0.00	89.1
Iced Americano	Grande	44	11	0.2	0.1	1.3	0.1	0.4	0.6	0.00	133.6
Iced Americano	Venti	58	14	0.3	0.1	1.8	0.2	0.5	0.8	0.00	178.2
Iced Latte - semi skimmed milk	Tall	346	83	2.8	1.8	8.3	7.5	0.3	5.9	0.17	89.1
Iced Latte - semi skimmed milk	Grande	536	128	4.4	2.8	12.7	11.9	0.3	9.2	0.27	89.1
Iced Latte - semi skimmed milk	Venti	545	130	4.4	2.8	13	11.8	0.4	9.3	0.27	133.6
Iced Latte - whole milk	Tall	451	108	5.8	3.6	8.1	7.3	0.3	5.7	0.17	89.1
Iced Latte - whole milk	Grande	704	168	9.2	5.8	12.4	11.6	0.3	8.9	0.26	89.1
Iced Latte - whole milk	Venti	711	170	9.1	5.7	12.8	11.5	0.4	9	0.26	133.6
Iced Latte - skimmed milk	Tall	268	64	0.6	0.2	8.4	7.6	0.3	5.9	0.17	89.1
Iced Latte - skimmed milk	Grande	410	97	0.9	0.4	12.9	12.1	0.3	9.2	0.28	89.1
Iced Latte - skimmed milk	Venti	421	100	0.9	0.4	13.3	12	0.4	9.3	0.27	133.6
Iced Latte - almond drink	Tall	186	46	2	0.2	4.8	3.9	0.6	1.2	0.11	89.1
Iced Latte - almond drink	Grande	280	70	3.1	0.3	7.1	6.3	0.8	1.6	0.18	89.1
Iced Latte - almond drink	Venti	292	73	3.1	0.3	7.4	6.2	0.9	1.8	0.18	133.6
Iced Latte - soya drink	Tall	307	73	3.1	0.5	5.1	4	1.2	5.6	0.16	89.1
Iced Latte - soya drink	Grande	473	113	4.9	0.8	7.7	6.4	1.8	8.7	0.25	89.1
Iced Latte - soya drink	Venti	483	115	4.9	0.8	8	6.3	1.9	8.8	0.25	133.6
Iced Latte - oat drink	Tall	407	97	4.7	0.5	11.1	5.1	1.8	1.6	0.20	89.1
Iced Latte - oat drink	Grande	634	150	7.4	0.8	17.2	8.1	2.7	2.4	0.31	89.1
Iced Latte - oat drink	Venti	642	152	7.4	0.8	17.5	8.1	2.8	2.5	0.31	133.6
Iced Latte - coconut drink	Tall	313	76	4.1	3.7	6.4	5.6	2.6	2	0.07	89.1
Iced Latte - coconut drink	Grande	483	118	6.4	5.8	9.7	8.9	4	2.9	0.11	89.1
Iced Latte - coconut drink	Venti	493	120	6.4	5.8	10	8.8	4.1	3.1	0.11	133.6
Classic Iced Cappuccino - semi skimmed milk	Tall	297	71	2.4	1.5	7.1	6.3	0.3	5	0.14	89.1
Classic Iced Cappuccino - semi skimmed milk	Grande	446	106	3.6	2.3	10.6	9.8	0.3	7.6	0.22	89.1
Classic Iced Cappuccino - semi skimmed milk	Venti	484	115	3.9	2.5	11.6	10.4	0.4	8.2	0.24	133.6
Classic Iced Cappuccino - whole milk	Tall	386	92	4.9	3.1	7	6.2	0.3	4.9	0.14	89.1
Classic Iced Cappuccino - whole milk	Grande	584	139	7.6	4.8	10.4	9.6	0.3	7.4	0.22	89.1
Classic Iced Cappuccino - whole milk	Venti	630	150	8	5.1	11.4	10.2	0.4	8	0.23	133.6
Classic Iced Cappuccino - skimmed milk	Tall	231	55	0.5	0.2	7.3	6.4	0.3	5	0.15	89.1
Classic Iced Cappuccino - skimmed milk	Grande	343	81	0.8	0.3	10.8	10	0.3	7.6	0.23	89.1
Classic Iced Cappuccino - skimmed milk	Venti	375	89	0.9	0.4	11.8	10.6	0.4	8.2	0.24	133.6
Classic Iced Cappuccino - almond drink	Tall	162	40	1.7	0.2	4.2	3.3	0.5	1.1	0.10	89.1
Classic Iced Cappuccino - almond drink	Grande	235	59	2.6	0.2	6	5.2	0.7	1.4	0.15	89.1
Classic Iced Cappuccino - almond drink	Venti	262	65	2.8	0.3	6.7	5.5	0.8	1.7	0.16	133.6
Classic Iced Cappuccino - soya drink	Tall	264	63	2.7	0.4	4.5	3.4	1.1	4.8	0.13	89.1
Classic Iced Cappuccino - soya drink	Grande	394	94	4.1	0.7	6.5	5.2	1.5	7.2	0.21	89.1
Classic Iced Cappuccino - soya drink	Venti	430	102	4.3	0.7	7.2	5.6	1.7	7.8	0.22	133.6
Classic Iced Cappuccino - oat drink	Tall	349	83	4	0.4	9.5	4.3	1.6	1.4	0.17	89.1
Classic Iced Cappuccino - oat drink	Grande	526	125	6.1	0.6	14.3	6.7	2.3	2	0.26	89.1
Classic Iced Cappuccino - oat drink	Venti	569	135	6.5	0.7	15.5	7.1	2.5	2.3	0.27	133.6
Classic Iced Cappuccino - coconut drink	Tall	269	65	3.4	3.1	5.5	4.7	2.3	1.7	0.06	89.1
Classic Iced Cappuccino - coconut drink	Grande	402	98	5.3	4.8	8.1	7.3	3.4	2.5	0.09	89.1
Classic Iced Cappuccino - coconut drink	Venti	438	107	5.6	5.1	9	7.8	3.7	2.8	0.10	133.6
Iced Latte Macchiato - semi skimmed milk	Tall	383									

Iced Latte Macchiato - almond drink	Venti	308	77	3.3	0.3	7.9	6.6	0.9	1.9	0.19	133.6
Iced Latte Macchiato - soya drink	Tall	339	81	3.5	0.6	5.6	4.5	1.3	6.2	0.18	89.1
Iced Latte Macchiato - soya drink	Grande	488	116	5.1	0.8	7.9	6.6	1.8	9	0.26	89.1
Iced Latte Macchiato - soya drink	Venti	512	122	5.2	0.9	8.5	6.7	2	9.3	0.27	133.6
Iced Latte Macchiato - oat drink	Tall	451	107	5.2	0.6	12.3	5.7	2	1.8	0.22	89.1
Iced Latte Macchiato - oat drink	Grande	653	155	7.7	0.8	17.7	8.4	2.8	2.4	0.37	89.1
Iced Latte Macchiato - oat drink	Venti	681	162	7.9	0.8	18.5	8.6	3	2.7	0.33	133.6
Iced Latte Macchiato - coconut drink	Tall	346	84	4.5	4.1	7	6.2	2.9	2.2	0.08	89.1
Iced Latte Macchiato - coconut drink	Grande	498	121	6.6	6	10	9.2	4.2	3	0.12	89.1
Iced Latte Macchiato - coconut drink	Venti	523	127	6.8	6.2	10.6	9.4	4.4	3.3	0.12	133.6
Iced Caramel Macchiato - semi skimmed milk	Tall	615	146	4.2	2.6	20.4	19.1	0.3	6.6	0.22	89.1
Iced Caramel Macchiato - semi skimmed milk	Grande	845	201	5.6	3.6	27.9	26.6	0.3	9.6	0.31	89.1
Iced Caramel Macchiato - semi skimmed milk	Venti	932	221	5.8	3.6	32.2	30.4	0.4	10	0.32	133.6
Iced Caramel Macchiato - whole milk	Tall	732	174	7.5	4.7	20.2	18.9	0.3	6.4	0.22	89.1
Iced Caramel Macchiato - whole milk	Grande	1019	242	10.5	6.6	27.7	26.3	0.3	9.3	0.31	89.1
Iced Caramel Macchiato - whole milk	Venti	1109	264	10.8	6.8	32	30.2	0.4	9.7	0.31	133.6
Iced Caramel Macchiato - skimmed milk	Tall	527	125	1.7	0.9	20.6	19.3	0.3	6.6	0.23	89.1
Iced Caramel Macchiato - skimmed milk	Grande	716	170	2	1	28.2	26.9	0.3	9.6	0.32	89.1
Iced Caramel Macchiato - skimmed milk	Venti	799	189	2.1	1.1	32.5	30.7	0.4	10	0.33	133.6
Iced Caramel Macchiato - almond drink	Tall	436	106	3.3	0.9	16.5	15.2	0.6	1.4	0.16	89.1
Iced Caramel Macchiato - almond drink	Grande	581	141	4.2	1	22.1	20.8	0.8	1.8	0.22	89.1
Iced Caramel Macchiato - almond drink	Venti	662	160	4.4	1	26.3	24.5	0.9	2	0.23	133.6
Iced Caramel Macchiato - soya drink	Tall	571	136	4.5	1.2	16.9	15.3	1.3	6.3	0.21	89.1
Iced Caramel Macchiato - soya drink	Grande	780	185	6.1	1.5	22.8	20.9	1.8	9	0.29	89.1
Iced Caramel Macchiato - soya drink	Venti	865	205	6.3	1.5	27	24.6	2	9.4	0.30	133.6
Iced Caramel Macchiato - oat drink	Tall	683	162	6.3	1.2	23.6	16.5	2	1.9	0.25	89.1
Iced Caramel Macchiato - oat drink	Grande	946	224	8.7	1.5	32.6	22.7	2.8	2.5	0.36	89.1
Iced Caramel Macchiato - oat drink	Venti	1035	245	9	1.5	37	26.5	3	2.8	0.37	133.6
Iced Caramel Macchiato - coconut drink	Tall	578	139	5.6	4.7	18.3	17	2.9	2.2	0.11	89.1
Iced Caramel Macchiato - coconut drink	Grande	791	190	7.7	6.7	24.8	23.5	4.2	3.1	0.15	89.1
Iced Caramel Macchiato - coconut drink	Venti	876	211	7.9	6.8	29.1	27.2	4.4	3.3	0.15	133.6
Iced Mocha - semi skimmed milk	Tall	1027	246	12.9	8.9	23.6	21.7	2.2	7.8	0.15	89.1
Iced Mocha - semi skimmed milk	Grande	1431	342	17.7	12.2	32.9	30.7	2.8	11.6	0.24	89.1
Iced Mocha - semi skimmed milk	Venti	1517	363	17.8	12.3	37	34.1	3.6	11.8	0.22	133.6
Iced Mocha - whole milk	Tall	1105	264	15.1	10.3	23.4	21.6	2.2	7.7	0.15	89.1
Iced Mocha - whole milk	Grande	1560	373	21.3	14.5	32.7	30.5	2.8	11.4	0.24	89.1
Iced Mocha - whole milk	Venti	1629	389	21	14.2	36.8	34	3.6	11.6	0.22	133.6
Iced Mocha - skimmed milk	Tall	969	232	11.3	7.8	23.7	21.9	2.2	7.8	0.16	89.1
Iced Mocha - skimmed milk	Grande	1334	319	15	10.3	33	30.9	2.8	11.6	0.25	89.1
Iced Mocha - skimmed milk	Venti	1433	343	15.5	10.6	37.2	34.3	3.6	11.8	0.22	133.6
Iced Mocha - almond drink	Tall	908	219	12.3	7.7	20.9	19.1	2.4	4.3	0.11	89.1
Iced Mocha - almond drink	Grande	1234	298	16.7	10.3	28.5	26.4	3.2	5.8	0.18	89.1
Iced Mocha - almond drink	Venti	1346	324	17	10.6	33.3	30.4	3.9	6.7	0.16	133.6
Iced Mocha - soya drink	Tall	998	239	13.1	8	21.2	19.2	2.9	7.6	0.14	89.1
Iced Mocha - soya drink	Grande	1382	331	18.1	10.6	29	26.5	3.9	11.2	0.23	89.1
Iced Mocha - soya drink	Venti	1475	353	18.2	10.9	33.7	30.4	4.6	11.4	0.21	133.6
Iced Mocha - oat drink	Tall	1072	256	14.3	8	25.6	20	3.3	4.6	0.17	89.1
Iced Mocha - oat drink	Grande	1506	360	20	10.6	36.3	27.8	4.7	6.3	0.28	89.1
Iced Mocha - oat drink	Venti	1582	378	19.9	10.9	40	31.6	5.2	7.2	0.25	133.6
Iced Mocha - coconut drink	Tall	1002	241	13.8	10.3	22.2	20.3	3.9	4.9	0.08	89.1
Iced Mocha - coconut drink	Grande	1390	334	19.2	14.5	30.5	28.4	5.7	6.8	0.12	89.1
Iced Mocha - coconut drink	Venti	1482	356	19.2	14.3	35	32.1	6.1	7.6	0.11	133.6
Iced White Mocha - semi skimmed milk	Tall	1207	288	13.9	10	33.7	32.8	0.3	7	0.33	89.1
Iced White Mocha - semi skimmed milk	Grande	1680	401	19.1	13.7	46.5	45.7	0.3	10.6	0.48	89.1
Iced White Mocha - semi skimmed milk	Venti	1833	438	19.6	14.2	54.2	53	0.5	10.7	0.52	133.6
Iced White Mocha - whole milk	Tall	1286	307	16.1	11.4	33.5	32.7	0.3	6.9	0.32	89.1
Iced White Mocha - whole milk	Grande	1813	433	22.8	16.1	46.3	45.5	0.3	10.4	0.48	89.1
Iced White Mocha - whole milk	Venti	1951	466	23	16.3	54	52.8	0.5	10.5	0.51	133.6
Iced White Mocha - skimmed milk	Tall	1149	274	12.3	8.9	33.8	33	0.3	7	0.33	89.1
Iced White Mocha - skimmed milk	Grande	1580	377	16.3	11.8	46.7	45.9	0.3	10.6	0.49	89.1
Iced White Mocha - skimmed milk	Venti	1745	416	17.2	12.5	54.4	53.2	0.5	10.7	0.52	133.6
Iced White Mocha - almond drink	Tall	1088	261	13.3	8.9	31	30.2	0.5	3.5	0.29	89.1
Iced White Mocha - almond drink	Grande	1477	355	18	11.7	42.1	41.2	0.7	4.7	0.41	89.1
Iced White Mocha - almond drink	Venti	1653	397	18.7	12.4	50.2	49	0.8	5.4	0.46	133.6
Iced White Mocha - soya drink	Tall	1178	281	14.1	9.1	31.3	30.3	1	6.8	0.32	89.1
Iced White Mocha - soya drink	Grande	1630	389	19.5	12.1	42.5	41.3	1.5	10.3	0.47	89.1
Iced White Mocha - soya drink	Venti	1789	427	20	12.8	50.7	49.1	1.5	10.4	0.50	133.6
Iced White Mocha - oat drink	Tall	1253	299	15.3	9.1	35.8	31.1	1.5	3.8	0.35	89.1
Iced White Mocha - oat drink	Grande	1757	419	21.5	12.1	50.1	42.7	2.3	5.3	0.52	89.1
Iced White Mocha - oat drink	Venti	1902	453	21.8	12.8	57.4	50.3	2.2	5.9	0.55	133.6
Iced White Mocha - coconut drink	Tall	1183	284	14.8	11.4	32.2	31.4	2.1	4.1	0.25	89.1
Iced White Mocha - coconut drink	Grande	1638	393	20.7	16.1	44.1	43.3	3.3	5.7	0.36	89.1
Iced White Mocha - coconut drink	Venti	1796	430	21	16.3	52.1	50.9	3.1	6.3	0.41	133.6
Starbucks Doubleshot™ Iced Coffee	Mini	360	87	8	5	2.2	1.4	0.3	1.4	0.03	89.1
Starbucks Doubleshot™ Vanilla Iced Coffee	Mini	427	103	8	5	6.2	5.3	0.3	1.4	0.03	89.1
Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Tall	367	87	2.1	1.3	12.6	11.8	0.3	4.3	0.12	85.5
Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Grande	485	115	2.6	1.6	17.4	16.2	0.4	5.4	0.15	128.2
Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Venti	593	141	3	1.8	21.9	20.4	0.5	6.2	0.17	171
Iced Brown Sugar Oat Shaken Espresso - whole milk	Tall	444	106	4.3	2.7	12.5	11.7	0.3	4.2	0.12	85.5
Iced Brown Sugar Oat Shaken Espresso - whole milk	Grande	579	138	5.2	3.3	17.3	16.1	0.4	5.2	0.15	128.2
Iced Brown Sugar Oat Shaken Espresso - whole milk	Venti	700	167	6	3.8	21.8	20.2	0.5	6.1	0.17	171
Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Tall	310	73	0.5	0.2	12.7	12	0.3	4.3	0.13	85.5
Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Grande	415	99	0.6	0.2	17.5	16.4	0.4	5.4	0.16	128.2
Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Venti	513	122	0.7	0.3	22.1	20.5	0.5	6.2	0.18	171
Iced Brown Sugar Oat Shaken Espresso - almond drink	Tall	250	61	1.5	0.2	10	9.3	0.5	0.9	0.08	85.5
Iced Brown Sugar Oat Shaken Espresso - almond drink	Grande	342	83	1.9	0.2	14.3	13.1	0.7	1.2	0.10	128.2
Iced Brown Sugar Oat Shaken Espresso - almond drink	Venti	430	104	2.2	0.2	18.4	16.8	0.9	1.4	0.12	171
Iced Brown Sugar Oat Shaken Espresso - soya drink	Tall	338	80	2.3	0.4	10.3	9.3	1	4.1	0.12	85.5
Iced Brown Sugar Oat Shaken Espresso - soya drink	Grande	450	107	2.9	0.5	14.6	13.2	1.2	5.1	0.14	128.2
Iced Brown Sugar Oat Shaken Espresso - soya drink	Venti	553	131	3.3	0.6	18.7	16.9	1.5	5.9	0.16	171
Iced Brown Sugar Oat Shaken Espresso - oat drink	Tall	412	98	3.5	0.4	14.7	10.1	1.4	1.2	0.14	85.5
Iced Brown Sugar Oat Shaken Espresso - oat drink	Grande	540	128	4.3	0.5	19.9	14.1	1.8	1.6	0.18	128.2
Iced Brown Sugar Oat Shaken Espresso - oat drink	Venti	655	155	4.9	0.6	24.8	18	2.1	1.9	0.20	171
Iced Brown Sugar Oat Shaken Espresso - coconut drink	Tall	343	83	3	2.7	11.2	10.5	2	1.5	0.05	85.5
Iced Brown Sugar Oat Shaken Espresso - coconut drink	Grande	456	110	3.7	3.3	15.7	14.6	2.5	1.9	0.06	128.2
Iced Brown Sugar Oat Shaken Espresso - coconut drink	Venti	559	135	4.3	3.8	20	18.5	2.9	2.2	0.07	171
Hot Chocolates	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Classic Hot Chocolate - semi skimmed milk	Tall	1038	247	10.3	7	27.2	26.1	2.1	10.5	0.24	0
Classic Hot Chocolate - semi skimmed milk	Grande	1308	311	12.1	8.1	35.4	34	2.7	13.9	0.32	0
Classic Hot Chocolate - semi skimmed milk	Venti	1616	385	14.5	9.7	44.4	42.6	3.3	17.7	0.41	0
Classic Hot Chocolate - whole milk	Tall	1175	280	14.2	9.4	27	25.9	2.1	10.3	0.23	0
Classic Hot Chocolate - whole milk	Grande	1493	356	17.4	11.4	35.2	33.7	2.7	13.6	0.31	0
Classic Hot Chocolate - whole milk	Venti	1857	442	21.3	13.9	44	42.3	3.3	17.4	0.40	0
Classic Hot Chocolate - skimmed milk	Tall	935	223	7.5	5	27.4	26.3	2.1	10.5	0.24	0
Classic Hot Chocolate - skimmed milk	Grande	1170	278	8.3	5.5	35.7	34.3	2.7	13.9	0.32	0
Classic Hot Chocolate - skimmed milk	Venti	1437	342	9.4	6.2	44.7	43	3.3	17.7	0.42	0
Classic Hot Chocolate - almond drink	Tall	829	200	9.3	4.9	22.6	21.5	2.5	4.3	0.17	0
Classic Hot Chocolate - almond drink	Grande	1026	248	10.7	5.4	29.3	27.8	3.3	5.6	0.22	0
Classic Hot Chocolate - almond drink	Venti	1250	302	12.6	6.1	36.3	34.5	4	6.9	0.28	0
Classic Hot Chocolate - soya drink	Tall	986	235	10.7	5.3	23.1	21.6	3.3	10.1	0.22	0
Classic Hot Chocolate - soya drink	Grande	1239	295	12.7	5.9	29.9	27.9	4.4	13.3	0.30	0
Classic Hot Chocolate - soya drink	Venti	1527	363	15.2	6.8	37.2	34.7	5.5	17	0.38	0
Classic Hot Chocolate - oat drink	Tall	1117	266	12.8	5.3	30.8	23	4.1	4.9	0.27	0
Classic Hot Chocolate - oat drink	Grande	1416	336	15.5	5.9	40.4	29.9	5.4	6.4	0.37	0
Classic Hot Chocolate - oat drink	Venti	1757	417	18.8	6.8	50.9	37.2	6.8	7.9		

Signature Hot Chocolate - almond drink	Grande	1135	275	12.5	6.2	30.3	28.5	5.4	5.4	0.26	26.8
Signature Hot Chocolate - almond drink	Venti	1372	332	14.8	7	37.1	34.9	6.6	6.6	0.34	32.8
Signature Hot Chocolate - soya drink	Tall	1129	269	12.7	6.1	24.3	22.4	5.2	11.7	0.28	20
Signature Hot Chocolate - soya drink	Grande	1388	331	14.9	6.8	31.1	28.6	6.7	14.6	0.35	26.8
Signature Hot Chocolate - soya drink	Venti	1702	405	17.9	7.9	38.1	35.1	8.3	18.6	0.45	32.8
Signature Hot Chocolate - oat drink	Tall	1298	309	15.4	6	34.4	24.3	6.1	5	0.35	20
Signature Hot Chocolate - oat drink	Grande	1599	380	18.2	6.8	43.6	30.9	7.9	6.3	0.43	26.8
Signature Hot Chocolate - oat drink	Venti	1976	470	22.2	7.8	54.4	38.1	9.9	7.8	0.56	32.8
Signature Hot Chocolate - coconut drink	Tall	1140	275	14.3	11.3	26.4	25.1	7.5	5.6	0.14	20
Signature Hot Chocolate - coconut drink	Grande	1402	337	16.9	13.4	33.7	31.9	9.7	7.1	0.17	26.8
Signature Hot Chocolate - coconut drink	Venti	1719	414	20.5	16.4	41.5	39.4	12.2	8.8	0.22	32.8
Hot White Chocolate - semi skimmed milk	Tall	1208	288	11.4	8.2	36.4	36.4	0	9.9	0.43	0
Hot White Chocolate - semi skimmed milk	Grande	1498	357	13.2	9.5	47.1	47.1	0.1	12.3	0.54	0
Hot White Chocolate - semi skimmed milk	Venti	1899	452	16.1	11.5	60.2	60.2	0.1	16.4	0.71	0
Hot White Chocolate - whole milk	Tall	1355	323	15.5	10.8	36.2	36.2	0	9.6	0.42	0
Hot White Chocolate - whole milk	Grande	1680	400	18.3	12.7	46.9	46.9	0.1	12	0.53	0
Hot White Chocolate - whole milk	Venti	2148	511	23.2	16	59.8	59.8	0.1	16.1	0.70	0
Hot White Chocolate - skimmed milk	Tall	1099	261	8.3	6	36.6	36.6	0	9.9	0.43	0
Hot White Chocolate - skimmed milk	Grande	1363	324	9.4	6.8	47.4	47.4	0.1	12.3	0.55	0
Hot White Chocolate - skimmed milk	Venti	1714	407	10.9	7.9	60.6	60.6	0.1	16.4	0.72	0
Hot White Chocolate - almond drink	Tall	985	237	10.3	6	31.5	31.5	0.5	3.3	0.35	0
Hot White Chocolate - almond drink	Grande	1222	294	11.8	6.8	41.1	41.1	0.6	4.2	0.45	0
Hot White Chocolate - almond drink	Venti	1521	366	14.2	7.8	51.9	51.9	0.8	5.3	0.58	0
Hot White Chocolate - soya drink	Tall	1153	275	11.8	6.4	32	31.6	1.4	9.4	0.41	0
Hot White Chocolate - soya drink	Grande	1431	340	13.7	7.3	41.7	41.2	1.7	11.8	0.52	0
Hot White Chocolate - soya drink	Venti	1807	429	16.9	8.6	52.8	52	2.3	15.7	0.68	0
Hot White Chocolate - oat drink	Tall	1307	312	14.2	6.4	40.8	33.4	2.2	4	0.48	0
Hot White Chocolate - oat drink	Grande	1620	386	16.7	7.3	52.6	43.3	2.8	5	0.60	0
Hot White Chocolate - oat drink	Venti	2066	492	21	8.6	67.6	55	3.8	6.4	0.79	0
Hot White Chocolate - coconut drink	Tall	1162	279	13.1	10.8	33.8	33.8	3.3	4.4	0.29	0
Hot White Chocolate - coconut drink	Grande	1442	346	15.4	12.7	43.9	43.9	4.1	5.5	0.37	0
Hot White Chocolate - coconut drink	Venti	1822	437	19.1	16	55.7	55.7	5.6	7.2	0.48	0
Iced Chocolate - semi skimmed milk	Tall	1133	271	13.8	9.5	26.4	25.3	2.1	9.4	0.21	0
Iced Chocolate - semi skimmed milk	Grande	1532	366	18.5	12.8	35.6	34.1	2.7	13.1	0.30	0
Iced Chocolate - semi skimmed milk	Venti	1680	401	19.2	13.2	41.2	39.4	3.4	14.3	0.31	0
Iced Chocolate - whole milk	Tall	1246	298	16.9	11.5	26.2	25.1	2.1	9.2	0.20	0
Iced Chocolate - whole milk	Grande	1694	405	23.1	15.6	35.3	33.9	2.7	12.9	0.29	0
Iced Chocolate - whole milk	Venti	1847	441	23.9	16.2	40.9	39.1	3.4	14.1	0.30	0
Iced Chocolate - skimmed milk	Tall	1050	251	11.4	7.9	26.5	25.4	2.1	9.4	0.21	0
Iced Chocolate - skimmed milk	Grande	1412	337	15.1	10.4	35.8	34.4	2.7	13.1	0.30	0
Iced Chocolate - skimmed milk	Venti	1555	371	15.7	10.8	41.4	39.6	3.4	14.3	0.31	0
Iced Chocolate - almond drink	Tall	963	232	12.9	7.8	22.6	21.5	2.4	4.4	0.15	0
Iced Chocolate - almond drink	Grande	1287	311	17.2	10.4	30.2	28.7	3.2	5.9	0.21	0
Iced Chocolate - almond drink	Venti	1426	344	17.9	10.7	35.6	33.8	3.9	6.8	0.22	0
Iced Chocolate - soya drink	Tall	1092	261	14.1	8.2	23	21.6	3.1	9.1	0.20	0
Iced Chocolate - soya drink	Grande	1472	352	19	10.8	30.8	28.8	4.1	12.6	0.28	0
Iced Chocolate - soya drink	Venti	1618	386	19.7	11.2	36.2	33.9	4.9	13.8	0.29	0
Iced Chocolate - oat drink	Tall	1199	286	15.8	8.2	29.4	22.8	3.7	4.9	0.24	0
Iced Chocolate - oat drink	Grande	1626	388	21.4	10.8	39.9	30.5	5	6.5	0.34	0
Iced Chocolate - oat drink	Venti	1777	423	22.2	11.2	45.6	35.6	5.8	7.6	0.35	0
Iced Chocolate - coconut drink	Tall	1098	264	15.1	11.5	24.3	23.3	4.6	5.2	0.10	0
Iced Chocolate - coconut drink	Grande	1482	356	20.4	15.7	32.7	31.2	6.3	7.1	0.14	0
Iced Chocolate - coconut drink	Venti	1628	391	21.2	16.2	38.2	36.4	7.1	8.1	0.15	0
Frappuccino®	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Coffee Frappuccino® - semi skimmed milk	Tall	890	212	10.6	7.5	25.2	24.4	0.1	3.7	0.40	23
Coffee Frappuccino® - semi skimmed milk	Grande	1187	283	14	9.9	34	33	0.2	4.9	0.54	31.4
Coffee Frappuccino® - semi skimmed milk	Venti	1309	312	14.1	9.9	40.8	39.5	0.2	5	0.65	39.5
Coffee Frappuccino® - whole milk	Tall	942	225	12.1	8.4	25.1	24.4	0.1	3.6	0.40	23
Coffee Frappuccino® - whole milk	Grande	1255	299	15.9	11.1	33.9	32.9	0.2	4.8	0.54	31.4
Coffee Frappuccino® - whole milk	Venti	1377	328	16	11.1	40.7	39.4	0.2	4.9	0.65	39.5
Coffee Frappuccino® - skimmed milk	Tall	851	203	9.5	6.7	25.3	24.5	0.1	3.7	0.41	23
Coffee Frappuccino® - skimmed milk	Grande	1137	271	12.6	8.9	34.1	33.1	0.2	4.9	0.55	31.4
Coffee Frappuccino® - skimmed milk	Venti	1258	300	12.6	8.9	40.9	39.6	0.2	5	0.65	39.5
Coffee Frappuccino® - almond drink	Tall	811	195	10.2	6.7	23.5	22.7	0.3	1.4	0.38	23
Coffee Frappuccino® - almond drink	Grande	1084	260	13.5	8.8	31.8	30.7	0.4	1.8	0.51	31.4
Coffee Frappuccino® - almond drink	Venti	1205	289	13.5	8.9	38.5	37.2	0.4	2	0.62	39.5
Coffee Frappuccino® - soya drink	Tall	870	208	10.8	6.9	23.7	22.7	0.6	3.6	0.40	23
Coffee Frappuccino® - soya drink	Grande	1162	277	14.2	9.1	32	30.8	0.8	4.7	0.54	31.4
Coffee Frappuccino® - soya drink	Venti	1284	306	14.3	9.1	38.8	37.3	0.8	4.8	0.64	39.5
Coffee Frappuccino® - oat drink	Tall	920	219	11.6	6.9	26.6	23.3	0.9	1.6	0.42	23
Coffee Frappuccino® - oat drink	Grande	1226	292	15.2	9	35.8	31.5	1.1	2.1	0.56	31.4
Coffee Frappuccino® - oat drink	Venti	1349	321	15.3	9.1	42.6	38	1.2	2.3	0.67	39.5
Coffee Frappuccino® - coconut drink	Tall	874	209	11.2	8.4	24.3	23.5	1.3	1.8	0.36	23
Coffee Frappuccino® - coconut drink	Grande	1166	279	14.8	11.1	32.8	31.8	1.7	2.4	0.48	31.4
Coffee Frappuccino® - coconut drink	Venti	1288	308	14.9	11.1	39.6	38.3	1.7	2.5	0.59	39.5
Caramel Frappuccino® - semi skimmed milk	Tall	1132	270	12.3	8.5	35.5	34.2	0.1	3.9	0.46	23.1
Caramel Frappuccino® - semi skimmed milk	Grande	1451	346	15.8	11	45.5	43.9	0.2	5	0.59	30.8
Caramel Frappuccino® - semi skimmed milk	Venti	1626	387	16.1	11.1	54.8	52.9	0.2	5.2	0.71	39.5
Caramel Frappuccino® - whole milk	Tall	1184	282	13.8	9.5	35.4	34.2	0.1	3.8	0.46	23.1
Caramel Frappuccino® - whole milk	Grande	1517	362	17.7	12.2	45.4	43.8	0.2	4.9	0.59	30.8
Caramel Frappuccino® - whole milk	Venti	1694	403	18	12.3	54.7	52.8	0.2	5.1	0.71	39.5
Caramel Frappuccino® - skimmed milk	Tall	1093	260	11.2	7.8	35.6	34.3	0.1	3.9	0.46	23.1
Caramel Frappuccino® - skimmed milk	Grande	1401	334	14.4	10	45.6	44	0.2	5	0.59	30.8
Caramel Frappuccino® - skimmed milk	Venti	1575	375	14.6	10.1	54.9	53	0.2	5.2	0.72	39.5
Caramel Frappuccino® - almond drink	Tall	1052	252	11.9	7.8	33.8	32.5	0.3	1.5	0.43	23.1
Caramel Frappuccino® - almond drink	Grande	1350	323	15.3	10	43.3	41.7	0.4	2	0.56	30.8
Caramel Frappuccino® - almond drink	Venti	1522	364	15.5	10.1	52.6	50.6	0.4	2.2	0.68	39.5
Caramel Frappuccino® - soya drink	Tall	1112	265	12.5	7.9	34	32.5	0.6	3.7	0.45	23.1
Caramel Frappuccino® - soya drink	Grande	1426	340	16	10.2	43.5	41.7	0.8	4.8	0.59	30.8
Caramel Frappuccino® - soya drink	Venti	1601	381	16.3	10.3	52.8	50.7	0.8	5	0.71	39.5
Caramel Frappuccino® - oat drink	Tall	1162	277	13.3	7.9	36.9	33.1	0.9	1.8	0.47	23.1
Caramel Frappuccino® - oat drink	Grande	1489	355	17	10.2	47.3	42.4	1.1	2.3	0.61	30.8
Caramel Frappuccino® - oat drink	Venti	1666	396	17.3	10.3	56.7	51.4	1.2	2.4	0.73	39.5
Caramel Frappuccino® - coconut drink	Tall	1115	267	12.9	9.5	34.6	33.3	1.3	1.9	0.41	23.1
Caramel Frappuccino® - coconut drink	Grande	1430	342	16.6	12.2	44.3	42.7	1.7	2.5	0.53	30.8
Caramel Frappuccino® - coconut drink	Venti	1605	383	16.9	12.4	53.6	51.7	1.8	2.7	0.65	39.5
Mocha Frappuccino® - semi skimmed milk	Tall	1002	239	11.1	7.8	29.6	28.5	0.7	4.5	0.40	22.6
Mocha Frappuccino® - semi skimmed milk	Grande	1318	314	14.6	10.2	39.1	37.7	1	5.9	0.52	30
Mocha Frappuccino® - semi skimmed milk	Venti	1516	361	15	10.4	49	47.1	1.3	6.6	0.65	39.3
Mocha Frappuccino® - whole milk	Tall	1053	251	12.6	8.7	29.5	28.5	0.7	4.5	0.40	22.6
Mocha Frappuccino® - whole milk	Grande	1383	330	16.5	11.4	39	37.6	1	5.8	0.52	30
Mocha Frappuccino® - whole milk	Venti	1584	377	16.9	11.6	48.9	47	1.3	6.5	0.65	39.3
Mocha Frappuccino® - skimmed milk	Tall	964	230	10.1	7	29.7	28.6	0.7	4.5	0.40	22.6
Mocha Frappuccino® - skimmed milk	Grande	1270	303	13.3	9.3	39.2	37.7	1	5.9	0.53	30
Mocha Frappuccino® - skimmed milk	Venti	1465	349	13.6	9.4	49.1	47.2	1.3	6.6	0.65	39.3
Mocha Frappuccino® - almond drink	Tall	924	221	10.7	7	27.9	26.8	0.9	2.3	0.37	22.6
Mocha Frappuccino® - almond drink	Grande	1220	292	14.1	9.3	36.9	35.5	1.2	3	0.49	30
Mocha Frappuccino® - almond drink	Venti	1412	338	14.4	9.4	46.7	44.9	1.5	3.5	0.62	39.3
Mocha Frappuccino® - soya drink	Tall	983	234	11.3	7.2	28.1	26.9	1.2	4.4	0.39	22.6
Mocha Frappuccino® - soya drink	Grande	1294	309	14.8	9.5	37.1	35.5	1.6	5.7	0.52	30
Mocha Frappuccino® - soya drink	Venti	1491	355	15.2	9.6	47	44.9	1.9	6.4	0.64	39.3
Mocha Frappuccino® - oat drink	Tall	1031	246	12	7.2	31	27.4	1.5	2.5	0.41	22.6
Mocha Frappuccino® - oat drink	Grande	1356	323	15.8	9.5	40.8	36.2	1.9	3.2	0.54	30
Mocha Frappuccino® - oat drink	Venti	1555	370	16.2	9.6	50.8	45.6	2.3	3.8	0.67	39.3
Mocha Frappuccino® - coconut drink	Tall	986	236	11.7	8.7	28.7	27.6	1.9	2.6	0.35	22.6
Mocha Frappuccino®											

Java Chip Frappuccino® - almond drink	Venti	1782	426	18.9	13	57	52.8	2.7	4.6	0.71	40.3
Java Chip Frappuccino® - soya drink	Tall	1139	272	13.5	9.1	31.7	29.3	1.8	4.8	0.41	21.2
Java Chip Frappuccino® - soya drink	Grande	1564	373	18.1	12.2	44.4	41	2.4	6.5	0.58	30.2
Java Chip Frappuccino® - soya drink	Venti	1862	444	19.6	13.3	57.3	52.8	3.1	7.5	0.74	40.3
Java Chip Frappuccino® - oat drink	Tall	1185	283	14.2	9.1	34.5	29.8	2	3	0.43	21.2
Java Chip Frappuccino® - oat drink	Grande	1626	388	19.1	12.2	48.1	41.7	2.8	4	0.61	30.2
Java Chip Frappuccino® - oat drink	Venti	1929	459	20.7	13.2	61.2	53.5	3.5	4.9	0.77	40.3
Java Chip Frappuccino® - coconut drink	Tall	1142	273	13.9	10.5	32.3	30.1	2.4	3.1	0.38	21.2
Java Chip Frappuccino® - coconut drink	Grande	1568	375	18.7	14.1	45.2	42	3.3	4.3	0.53	30.2
Java Chip Frappuccino® - coconut drink	Venti	1866	446	20.3	15.3	58.1	53.8	4	5.1	0.69	40.3
Chocolate Cream Frappuccino® - semi skimmed milk	Tall	992	237	11.6	8.1	27.5	26.7	0.8	5.3	0.41	0
Chocolate Cream Frappuccino® - semi skimmed milk	Grande	1353	323	15.4	10.8	38.3	37.1	1.1	7.3	0.57	0
Chocolate Cream Frappuccino® - semi skimmed milk	Venti	1510	360	15.8	11.1	45.8	44.3	1.3	8	0.68	0
Chocolate Cream Frappuccino® - whole milk	Tall	1061	253	13.5	9.3	27.4	26.5	0.8	5.2	0.40	0
Chocolate Cream Frappuccino® - whole milk	Grande	1447	346	18.1	12.5	38.2	36.9	1.1	7.1	0.57	0
Chocolate Cream Frappuccino® - whole milk	Venti	1611	384	18.7	12.9	45.7	44.2	1.3	7.9	0.68	0
Chocolate Cream Frappuccino® - skimmed milk	Tall	942	225	10.2	7.1	27.6	26.8	0.8	5.3	0.41	0
Chocolate Cream Frappuccino® - skimmed milk	Grande	1282	306	13.5	9.5	38.4	37.2	1.1	7.3	0.58	0
Chocolate Cream Frappuccino® - skimmed milk	Venti	1434	342	13.7	9.6	46	44.5	1.3	8	0.68	0
Chocolate Cream Frappuccino® - almond drink	Tall	889	214	11.1	7.1	25.2	24.4	1	2.3	0.37	0
Chocolate Cream Frappuccino® - almond drink	Grande	1209	291	14.7	9.4	35.1	33.9	1.4	3.1	0.52	0
Chocolate Cream Frappuccino® - almond drink	Venti	1356	326	15	9.6	42.5	40.9	1.6	3.5	0.63	0
Chocolate Cream Frappuccino® - soya drink	Tall	967	231	11.8	7.3	25.5	24.4	1.4	5.1	0.40	0
Chocolate Cream Frappuccino® - soya drink	Grande	1318	315	15.7	9.7	35.5	34	1.9	7	0.56	0
Chocolate Cream Frappuccino® - soya drink	Venti	1472	351	16.1	9.9	42.8	41	2.2	7.7	0.67	0
Chocolate Cream Frappuccino® - oat drink	Tall	1032	246	12.8	7.3	29.4	25.1	1.8	2.6	0.42	0
Chocolate Cream Frappuccino® - oat drink	Grande	1408	336	17.1	9.7	40.8	35	2.4	3.5	0.60	0
Chocolate Cream Frappuccino® - oat drink	Venti	1569	374	17.6	9.8	48.6	42.1	2.8	3.9	0.71	0
Chocolate Cream Frappuccino® - coconut drink	Tall	971	233	12.4	9.4	26.3	25.4	2.3	2.8	0.34	0
Chocolate Cream Frappuccino® - coconut drink	Grande	1323	317	16.6	12.5	36.6	35.4	3.2	3.8	0.48	0
Chocolate Cream Frappuccino® - coconut drink	Venti	1478	354	17	12.9	44	42.5	3.6	4.2	0.59	0
Vanilla Cream Frappuccino® - semi skimmed milk	Tall	885	212	10.9	7.7	24.4	23.9	0	4.1	0.39	0
Vanilla Cream Frappuccino® - semi skimmed milk	Grande	1214	290	14.5	10.2	34.4	33.7	0	5.6	0.56	0
Vanilla Cream Frappuccino® - semi skimmed milk	Venti	1380	329	14.8	10.4	43	42	0	6.3	0.69	0
Vanilla Cream Frappuccino® - whole milk	Tall	952	227	12.8	8.9	24.3	23.8	0	4	0.39	0
Vanilla Cream Frappuccino® - whole milk	Grande	1306	312	17.1	11.9	34.3	33.5	0	5.5	0.55	0
Vanilla Cream Frappuccino® - whole milk	Venti	1484	354	17.7	12.3	42.8	41.9	0	6.1	0.69	0
Vanilla Cream Frappuccino® - skimmed milk	Tall	836	200	9.5	6.7	24.5	24	0	4.1	0.40	0
Vanilla Cream Frappuccino® - skimmed milk	Grande	1145	274	12.5	8.9	34.6	33.8	0	5.6	0.56	0
Vanilla Cream Frappuccino® - skimmed milk	Venti	1303	311	12.6	8.9	43.1	42.2	0	6.3	0.70	0
Vanilla Cream Frappuccino® - almond drink	Tall	784	189	10.4	6.7	22.2	21.7	0.2	1.1	0.36	0
Vanilla Cream Frappuccino® - almond drink	Grande	1074	258	13.8	8.9	31.3	30.6	0.3	1.5	0.51	0
Vanilla Cream Frappuccino® - almond drink	Venti	1222	294	14	8.9	39.5	38.5	0.3	1.6	0.64	0
Vanilla Cream Frappuccino® - soya drink	Tall	861	206	11.1	6.9	22.4	21.7	0.6	3.9	0.39	0
Vanilla Cream Frappuccino® - soya drink	Grande	1180	282	14.7	9.1	31.7	30.7	0.8	5.4	0.55	0
Vanilla Cream Frappuccino® - soya drink	Venti	1342	320	15.1	9.2	39.9	38.6	0.9	5.9	0.68	0
Vanilla Cream Frappuccino® - oat drink	Tall	924	221	12.1	6.9	26.2	22.4	1	1.4	0.41	0
Vanilla Cream Frappuccino® - oat drink	Grande	1268	302	16.1	9.1	36.9	31.6	1.3	1.9	0.58	0
Vanilla Cream Frappuccino® - oat drink	Venti	1441	343	16.6	9.2	45.8	39.7	1.5	2	0.72	0
Vanilla Cream Frappuccino® - coconut drink	Tall	864	208	11.7	8.9	23.2	22.7	1.5	1.6	0.33	0
Vanilla Cream Frappuccino® - coconut drink	Grande	1185	285	15.6	11.9	32.8	32	2.1	2.2	0.47	0
Vanilla Cream Frappuccino® - coconut drink	Venti	1348	323	16	12.3	41.1	40.2	2.3	2.4	0.60	0
Caramel Cream Frappuccino® - semi skimmed milk	Tall	1063	254	12.6	8.7	31	30	0	4.2	0.45	0
Caramel Cream Frappuccino® - semi skimmed milk	Grande	1408	336	16.3	11.4	41.5	40.3	0	5.8	0.61	0
Caramel Cream Frappuccino® - semi skimmed milk	Venti	1593	380	16.8	11.7	50.8	49.3	0	6.4	0.76	0
Caramel Cream Frappuccino® - whole milk	Tall	1129	270	14.4	9.9	30.9	29.9	0	4.1	0.44	0
Caramel Cream Frappuccino® - whole milk	Grande	1500	358	18.9	13	41.4	40.2	0	5.7	0.61	0
Caramel Cream Frappuccino® - whole milk	Venti	1697	405	19.7	13.5	50.6	49.2	0	6.3	0.75	0
Caramel Cream Frappuccino® - skimmed milk	Tall	1013	242	11.2	7.8	31.1	30.1	0	4.2	0.45	0
Caramel Cream Frappuccino® - skimmed milk	Grande	1339	320	14.4	10	41.7	40.5	0	5.8	0.62	0
Caramel Cream Frappuccino® - skimmed milk	Venti	1515	361	14.6	10.2	51	49.5	0	6.4	0.76	0
Caramel Cream Frappuccino® - almond drink	Tall	962	231	12	7.7	28.7	27.8	0.2	1.3	0.41	0
Caramel Cream Frappuccino® - almond drink	Grande	1267	304	15.6	10	38.5	37.2	0.3	1.7	0.57	0
Caramel Cream Frappuccino® - almond drink	Venti	1435	344	16	10.1	47.3	45.9	0.3	1.8	0.70	0
Caramel Cream Frappuccino® - soya drink	Tall	1038	248	12.7	7.9	29	27.8	0.6	4	0.44	0
Caramel Cream Frappuccino® - soya drink	Grande	1373	328	16.6	10.3	38.8	37.3	0.8	5.5	0.60	0
Caramel Cream Frappuccino® - soya drink	Venti	1554	371	17.1	10.4	47.7	45.9	0.9	6.1	0.74	0
Caramel Cream Frappuccino® - oat drink	Tall	1102	263	13.8	7.9	32.7	28.5	1	1.6	0.46	0
Caramel Cream Frappuccino® - oat drink	Grande	1461	348	18	10.3	44	38.3	1.3	2.1	0.64	0
Caramel Cream Frappuccino® - oat drink	Venti	1653	394	18.6	10.4	53.6	47	1.5	2.2	0.78	0
Caramel Cream Frappuccino® - coconut drink	Tall	1042	250	13.3	9.9	29.8	28.8	1.5	1.8	0.38	0
Caramel Cream Frappuccino® - coconut drink	Grande	1379	331	17.4	13	39.9	38.7	2.1	2.4	0.53	0
Caramel Cream Frappuccino® - coconut drink	Venti	1560	374	18	13.5	48.9	47.5	2.3	2.6	0.66	0
Strawberries & Cream Frappuccino® - semi skimmed milk	Tall	959	229	10.9	7.7	28.3	27.2	0.2	4.2	0.39	0
Strawberries & Cream Frappuccino® - semi skimmed milk	Grande	1300	310	14.4	10.2	39.1	37.6	0.3	5.6	0.54	0
Strawberries & Cream Frappuccino® - semi skimmed milk	Venti	1434	342	14.6	10.3	46.3	44.5	0.4	5.9	0.64	0
Strawberries & Cream Frappuccino® - whole milk	Tall	1025	245	12.8	8.8	28.2	27.1	0.2	4.1	0.39	0
Strawberries & Cream Frappuccino® - whole milk	Grande	1389	331	17	11.7	39	37.5	0.3	5.5	0.54	0
Strawberries & Cream Frappuccino® - whole milk	Venti	1528	364	17.2	11.9	46.2	44.3	0.4	5.8	0.63	0
Strawberries & Cream Frappuccino® - skimmed milk	Tall	910	217	9.5	6.7	28.4	27.3	0.2	4.2	0.40	0
Strawberries & Cream Frappuccino® - skimmed milk	Grande	1234	294	12.6	8.9	39.2	37.7	0.3	5.6	0.55	0
Strawberries & Cream Frappuccino® - skimmed milk	Venti	1364	325	12.6	8.9	46.5	44.6	0.4	5.9	0.64	0
Strawberries & Cream Frappuccino® - almond drink	Tall	859	206	10.4	6.7	26.1	25	0.4	1.2	0.36	0
Strawberries & Cream Frappuccino® - almond drink	Grande	1165	280	13.8	8.8	36.1	34.6	0.5	1.6	0.50	0
Strawberries & Cream Frappuccino® - almond drink	Venti	1292	310	13.9	8.9	43.2	41.3	0.6	1.7	0.59	0
Strawberries & Cream Frappuccino® - soya drink	Tall	935	223	11.1	6.9	26.4	25.1	0.8	4	0.39	0
Strawberries & Cream Frappuccino® - soya drink	Grande	1267	302	14.7	9.1	36.5	34.7	1.1	5.3	0.53	0
Strawberries & Cream Frappuccino® - soya drink	Venti	1399	333	14.9	9.1	43.5	41.4	1.2	5.6	0.63	0
Strawberries & Cream Frappuccino® - oat drink	Tall	997	238	12.1	6.9	30.1	25.8	1.2	1.5	0.41	0
Strawberries & Cream Frappuccino® - oat drink	Grande	1352	322	16	9.1	41.5	35.6	1.6	2	0.57	0
Strawberries & Cream Frappuccino® - oat drink	Venti	1489	354	16.3	9.1	48.8	42.4	1.7	2.1	0.66	0
Strawberries & Cream Frappuccino® - coconut drink	Tall	938	225	11.7	8.8	27.1	26.1	1.7	1.7	0.33	0
Strawberries & Cream Frappuccino® - coconut drink	Grande	1272	305	15.5	11.8	37.5	36	2.3	2.3	0.46	0
Strawberries & Cream Frappuccino® - coconut drink	Venti	1405	336	15.7	11.9	44.6	42.8	2.4	2.4	0.55	0
Cookies & Cream Frappuccino® - semi skimmed milk	Tall	1142	273	13.9	9.6	31.6	27	0.2	5.3	0.57	0
Cookies & Cream Frappuccino® - semi skimmed milk	Grande	1528	365	18.4	12.7	42.7	36.6	0.3	7.1	0.77	0
Cookies & Cream Frappuccino® - semi skimmed milk	Venti	1766	422	19.7	13.6	52.9	45.2	0.4	8	0.96	0
Cookies & Cream Frappuccino® - whole milk	Tall	1212	290	15.9	10.8	31.5	26.9	0.2	5.2	0.57	0
Cookies & Cream Frappuccino® - whole milk	Grande	1621	387	21.1	14.4	42.6	36.5	0.3	6.9	0.77	0
Cookies & Cream Frappuccino® - whole milk	Venti	1870	446	22.7	15.4	52.7	45	0.4	7.8	0.95	0
Cookies & Cream Frappuccino® - skimmed milk	Tall	1090	260	12.5	8.6	31.7	27.1	0.2	5.3	0.57	0
Cookies & Cream Frappuccino® - skimmed milk	Grande	1458	348	16.5	11.4	42.8	36.8	0.3	7.1	0.77	0
Cookies & Cream Frappuccino® - skimmed milk	Venti	1689	403	17.6	12.1	53.1	45.4	0.4	8	0.96	0
Cookies & Cream Frappuccino® - almond drink	Tall	1036	249	13.4	8.6	29.2	24.7	0.4	2.2	0.53	0
Cookies & Cream Frappuccino® - almond drink	Grande	1386	333	17.7	11.3	39.6	33.5	0.6	2.9	0.72	0
Cookies & Cream Frappuccino® - almond drink	Venti	1608	386	18.9	12	49.4	41.7	0.7	3.3	0.90	0
Cookies & Cream Frappuccino® - soya drink	Tall	1116	267	14.1	8.8	29.5	24.7	0.8	5.1	0.56	0
Cookies & Cream Frappuccino® - soya drink	Grande	1493	357	18.7	11.6	39.9	33.6	1.1	6.8	0.76	0
Cookies & Cream Frappuccino® - soya drink	Venti	1727	412	20	12.3	49.8	41.8	1.3	7.7	0.95	0
Cookies & Cream Frappuccino® - oat drink	Tall	1183	282	15.2	8.8	33.4	25.5	1.2	2.5	0.59	0
Cookies & Cream Frappuccino® - oat drink	Grande	1582	378	20.1	11.6	45.2	34.5	1.6	3.3	0.79	0
Cookies & Cream Frappuccino® - oat drink	Venti	1827	436	21.6	12.3	55.7	42.9	1.9	3.8	0.99	0
Cookies & Cream Frappuccino® - coconut drink	Tall	1120	269	14.7	10.9	30.3					

Double Chocolatey Chip Cream Frappuccino® - soya drink	Grande	1556	372	19.1	12.5	41.3	38	2.6	7.5	0.62	0
Double Chocolatey Chip Cream Frappuccino® - soya drink	Venti	1747	417	20.2	13.3	49.2	45.2	3.1	8.2	0.73	0
Double Chocolatey Chip Cream Frappuccino® - oat drink	Tall	1214	290	15.3	9.3	34	28.4	2.3	3	0.48	0
Double Chocolatey Chip Cream Frappuccino® - oat drink	Grande	1645	393	20.5	12.5	46.6	39	3.2	4	0.66	0
Double Chocolatey Chip Cream Frappuccino® - oat drink	Venti	1841	439	21.6	13.3	54.7	46.2	3.6	4.5	0.77	0
Double Chocolatey Chip Cream Frappuccino® - coconut drink	Tall	1153	277	14.9	11.4	30.9	28.7	2.9	3.2	0.39	0
Double Chocolatey Chip Cream Frappuccino® - coconut drink	Grande	1562	375	19.9	15.3	42.4	39.4	3.9	4.3	0.55	0
Double Chocolatey Chip Cream Frappuccino® - coconut drink	Venti	1753	420	21	16.2	50.4	46.7	4.4	4.9	0.65	0
Matcha Cream Frappuccino® - semi skimmed milk	Tall	927	221	11	7.8	25.4	24.9	0.8	4.8	0.41	53.7
Matcha Cream Frappuccino® - semi skimmed milk	Grande	1247	298	14.6	10.3	34.8	34	1.1	6.4	0.56	74.2
Matcha Cream Frappuccino® - semi skimmed milk	Venti	1379	329	14.8	10.4	41.5	40.5	1.4	6.9	0.67	92.7
Matcha Cream Frappuccino® - whole milk	Tall	996	238	13	9	25.3	24.8	0.8	4.7	0.41	53.7
Matcha Cream Frappuccino® - whole milk	Grande	1340	320	17.2	11.9	34.6	33.9	1.1	6.3	0.56	74.2
Matcha Cream Frappuccino® - whole milk	Venti	1478	353	17.6	12.2	41.3	40.4	1.4	6.8	0.66	92.7
Matcha Cream Frappuccino® - skimmed milk	Tall	875	209	9.6	6.8	25.5	25	0.8	4.8	0.41	53.7
Matcha Cream Frappuccino® - skimmed milk	Grande	1178	281	12.7	8.9	34.9	34.2	1.1	6.4	0.56	74.2
Matcha Cream Frappuccino® - skimmed milk	Venti	1304	311	12.7	8.9	41.6	40.7	1.4	6.9	0.67	92.7
Matcha Cream Frappuccino® - almond drink	Tall	821	198	10.5	6.7	23.1	22.6	1	1.7	0.37	53.7
Matcha Cream Frappuccino® - almond drink	Grande	1106	266	13.9	8.9	31.7	30.9	1.4	2.2	0.51	74.2
Matcha Cream Frappuccino® - almond drink	Venti	1227	295	14	8.9	38.1	37.2	1.7	2.5	0.61	92.7
Matcha Cream Frappuccino® - soya drink	Tall	901	215	11.2	6.9	23.4	22.6	1.4	4.6	0.40	53.7
Matcha Cream Frappuccino® - soya drink	Grande	1213	290	14.9	9.2	32	31	1.9	6.1	0.55	74.2
Matcha Cream Frappuccino® - soya drink	Venti	1341	320	15.1	9.2	38.5	37.3	2.3	6.6	0.65	92.7
Matcha Cream Frappuccino® - oat drink	Tall	967	231	12.3	6.9	27.3	23.3	1.8	2	0.43	53.7
Matcha Cream Frappuccino® - oat drink	Grande	1301	310	16.3	9.1	37.3	32	2.4	2.6	0.58	74.2
Matcha Cream Frappuccino® - oat drink	Venti	1437	342	16.6	9.2	44.1	38.3	2.8	2.9	0.69	92.7
Matcha Cream Frappuccino® - coconut drink	Tall	905	217	11.9	9	24.2	23.7	2.3	2.2	0.35	53.7
Matcha Cream Frappuccino® - coconut drink	Grande	1218	292	15.7	11.9	33.1	32.4	3.2	2.9	0.47	74.2
Matcha Cream Frappuccino® - coconut drink	Venti	1347	323	16	12.2	39.7	38.7	3.6	3.2	0.57	92.7

Refreshment	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Peach Iced Tea	Tall	217	51	0.1	0	12.3	12	0.1	0.1	0.00	0.6
Peach Iced Tea	Grande	306	72	0.1	0	17.3	16.9	0.1	0.1	0.00	1
Peach Iced Tea	Venti	347	82	0.1	0	19.7	19.2	0.1	0.1	0.00	1.1
Cool Lime Starbucks Refresha™	Tall	223	53	0.1	0	12.3	11.9	0.4	0.2	0.01	7.4
Cool Lime Starbucks Refresha™	Grande	290	69	0.1	0	16.1	15.6	0.4	0.2	0.02	9.8
Cool Lime Starbucks Refresha™	Venti	361	86	0.1	0	20.1	19.6	0.4	0.2	0.02	12.4
Strawberry Acai Starbucks Refresha®	Tall	262	62	0.1	0	14.3	14.1	0.6	0.3	0.01	3.7
Strawberry Acai Starbucks Refresha®	Grande	333	79	0.1	0	18.4	18.1	0.6	0.4	0.01	4.9
Strawberry Acai Starbucks Refresha®	Venti	409	97	0.1	0	22.8	22.4	0.7	0.4	0.01	6.2
Very Berry Hibiscus Refresha	Tall	315	74	0.1	0	15.9	15.7	2.1	0.6	0.04	37.2
Very Berry Hibiscus Refresha	Grande	392	93	0.1	0	20.4	20.1	2.1	0.6	0.05	49.2
Very Berry Hibiscus Refresha	Venti	475	112	0.1	0	25.2	24.8	2.1	0.7	0.07	62
Very Berry Hibiscus Coconut Refresha	Tall	493	118	2.6	2.3	19.3	19.1	3.6	1.6	0.08	37.2
Very Berry Hibiscus Coconut Refresha	Grande	629	150	3.4	3	25	24.7	4.1	1.9	0.11	49.2
Very Berry Hibiscus Coconut Refresha	Venti	762	182	4.1	3.7	30.7	30.4	4.5	2.3	0.14	62

Hot Teas	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
English Breakfast Tea	Tall	20	5	0.1	0	0	0	0	0.8	0.00	1.2
English Breakfast Tea	Grande	20	5	0.1	0	0	0	0	0.8	0.00	1.2
English Breakfast Tea	Venti	40	10	0.3	0.1	0.1	0.1	0	1.7	0.00	2.4
Emperor's Clouds & Mist Tea	Tall	15	4	0.1	0	0	0	0	0.6	0.00	0.9
Emperor's Clouds & Mist Tea	Grande	15	4	0.1	0	0	0	0	0.6	0.00	0.9
Emperor's Clouds & Mist Tea	Venti	31	7	0.2	0	0	0	0	1.3	0.00	1.8
Earl Grey Tea	Tall	17	4	0.1	0	0	0	0	0.7	0.00	1.1
Earl Grey Tea	Grande	17	4	0.1	0	0	0	0	0.7	0.00	1.1
Earl Grey Tea	Venti	35	8	0.3	0	0.1	0	0	1.4	0.00	2.1
Mint Herbal Blend	Tall	18	4	0.1	0	0.6	0	0.3	0.2	0.00	0
Mint Herbal Blend	Grande	18	4	0.1	0	0.6	0	0.3	0.2	0.00	0
Mint Herbal Blend	Venti	37	9	0.1	0	1.2	0	0.7	0.4	0.01	0

Tea Latte	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Matcha Green Tea Latte - semi skimmed milk	Tall	564	134	4.7	3	12.7	12.7	0.8	10	0.29	57.2
Matcha Green Tea Latte - semi skimmed milk	Grande	679	161	5.6	3.6	15.2	15.2	1.2	12	0.34	83
Matcha Green Tea Latte - semi skimmed milk	Venti	912	217	7.5	4.8	20.4	20.4	1.7	16.2	0.46	111.5
Matcha Green Tea Latte - whole milk	Tall	744	177	9.8	6.2	12.4	12.4	0.8	9.7	0.28	57.2
Matcha Green Tea Latte - whole milk	Grande	894	213	11.7	7.4	14.9	14.9	1.2	11.7	0.34	83
Matcha Green Tea Latte - whole milk	Venti	1201	286	15.7	9.9	20	20	1.7	15.7	0.45	111.5
Matcha Green Tea Latte - skimmed milk	Tall	429	102	0.9	0.4	13	13	0.8	10	0.30	57.2
Matcha Green Tea Latte - skimmed milk	Grande	518	123	1.1	0.4	15.5	15.5	1.2	12	0.35	83
Matcha Green Tea Latte - skimmed milk	Venti	696	165	1.5	0.6	20.9	20.9	1.7	16.2	0.47	111.5
Matcha Green Tea Latte - almond drink	Tall	290	72	3.3	0.3	6.7	6.7	1.4	1.9	0.19	57.2
Matcha Green Tea Latte - almond drink	Grande	351	88	3.9	0.3	8	8	1.9	2.4	0.23	83
Matcha Green Tea Latte - almond drink	Venti	472	118	5.3	0.5	10.8	10.8	2.5	3.2	0.31	111.5
Matcha Green Tea Latte - soya drink	Tall	497	118	5.2	0.8	7.3	6.8	2.5	9.4	0.27	57.2
Matcha Green Tea Latte - soya drink	Grande	598	142	6.2	1	8.8	8.1	3.2	11.4	0.32	83
Matcha Green Tea Latte - soya drink	Venti	804	191	8.4	1.3	11.8	10.9	4.2	15.3	0.43	111.5
Matcha Green Tea Latte - oat drink	Tall	669	158	7.9	0.8	17.5	8.7	3.5	2.6	0.34	57.2
Matcha Green Tea Latte - oat drink	Grande	804	190	9.5	1	21	10.4	4.3	3.3	0.40	83
Matcha Green Tea Latte - oat drink	Venti	1080	256	12.7	1.3	28.2	14	5.8	4.4	0.54	111.5
Matcha Green Tea Latte - coconut drink	Tall	507	123	6.8	6.2	9.5	9.5	4.9	3.2	0.12	57.2
Matcha Green Tea Latte - coconut drink	Grande	611	149	8.2	7.4	11.3	11.3	6	4	0.14	83
Matcha Green Tea Latte - coconut drink	Venti	821	200	11	10	15.3	15.2	8.1	5.4	0.19	111.5
Iced Matcha Green Tea Latte - semi skimmed milk	Tall	345	82	2.8	1.8	7.6	7.6	0.8	6.2	0.17	56
Iced Matcha Green Tea Latte - semi skimmed milk	Grande	492	117	4	2.5	10.9	10.9	1.3	8.8	0.25	84.6
Iced Matcha Green Tea Latte - semi skimmed milk	Venti	569	135	4.6	2.9	12.4	12.4	1.7	10.2	0.28	113
Iced Matcha Green Tea Latte - whole milk	Tall	453	108	5.9	3.7	7.5	7.5	0.8	6	0.17	56
Iced Matcha Green Tea Latte - whole milk	Grande	645	154	8.4	5.3	10.6	10.6	1.3	8.6	0.24	84.6
Iced Matcha Green Tea Latte - whole milk	Venti	744	177	9.6	6	12.2	12.2	1.7	10	0.27	113
Iced Matcha Green Tea Latte - skimmed milk	Tall	265	63	0.6	0.2	7.8	7.8	0.8	6.2	0.18	56
Iced Matcha Green Tea Latte - skimmed milk	Grande	378	90	0.8	0.3	11.1	11.1	1.3	8.8	0.25	84.6
Iced Matcha Green Tea Latte - skimmed milk	Venti	439	104	1	0.4	12.7	12.7	1.7	10.2	0.29	113
Iced Matcha Green Tea Latte - almond drink	Tall	181	45	2	0.2	4	4	1.1	1.3	0.12	56
Iced Matcha Green Tea Latte - almond drink	Grande	260	65	2.8	0.3	5.7	5.7	1.7	1.9	0.17	84.6
Iced Matcha Green Tea Latte - almond drink	Venti	303	75	3.3	0.3	6.6	6.6	2.2	2.4	0.19	113
Iced Matcha Green Tea Latte - soya drink	Tall	305	72	3.1	0.5	4.4	4.1	1.8	5.8	0.16	56
Iced Matcha Green Tea Latte - soya drink	Grande	435	103	4.5	0.7	6.3	5.8	2.6	8.3	0.23	84.6
Iced Matcha Green Tea Latte - soya drink	Venti	504	120	5.2	0.8	7.2	6.7	3.2	9.7	0.26	113
Iced Matcha Green Tea Latte - oat drink	Tall	408	97	4.8	0.5	10.5	5.2	2.4	1.8	0.20	56
Iced Matcha Green Tea Latte - oat drink	Grande	582	138	6.8	0.7	15	7.4	3.5	2.6	0.29	84.6
Iced Matcha Green Tea Latte - oat drink	Venti	671	159	7.8	0.8	17.1	8.5	4.2	3.1	0.33	113
Iced Matcha Green Tea Latte - coconut drink	Tall	312	76	4.1	3.7	5.7	5.7	3.2	2.1	0.07	56
Iced Matcha Green Tea Latte - coconut drink	Grande	445	108	5.9	5.3	8.1	8.1	4.7	3.1	0.10	84.6
Iced Matcha Green Tea Latte - coconut drink	Venti	514	125	6.7	6.1	9.3	9.3	5.6	3.7	0.12	113
Chai Tea Latte - semi skimmed milk	Tall	546	129	2.5	1.6	21.4	21.4	0.2	5.1	0.17	39.3
Chai Tea Latte - semi skimmed milk	Grande	764	181	3.7	2.3	29.4	29.3	0.3	7.4	0.24	52.4
Chai Tea Latte - semi skimmed milk	Venti	958	227	4.6	2.9	36.8	36.7	0.3	9.3	0.30	65.5
Chai Tea Latte - whole milk	Tall	642	152	5.3	3.3	21.3	21.2	0.2	5	0.16	39.3
Chai Tea Latte - whole milk	Grande	905	214	7.7	4.8	29.2	29.1	0.3	7.2	0.24	52.4
Chai Tea Latte - whole milk	Venti	1135	269	9.6	6.1	36.6	36.4	0.3	9.1	0.30	65.5
Chai Tea Latte - skimmed milk	Tall	474	112	0.5	0.2	21.6	21.5	0.2	5.1	0.17	39.3
Chai Tea Latte - skimmed milk	Grande	659	156	0.7	0.3	29.6	29.5	0.3	7.4	0.25	52.4
Chai Tea Latte - skimmed milk	Venti	826	195	0.9	0.4	37.1	37	0.3	9.3	0.31	65.5
Chai Tea Latte - almond drink	Tall	399	96	1.8	0.1	18.2	18.1	0.5	0.8	0.12	39.3
Chai Tea Latte - almond drink	Grande	550	132	2.6	0.2	24.7	24.6	0.7	1.1	0.17	52.4
Chai Tea Latte - almond drink	Venti	689	166	3.2	0.3	30.9	30.8	0.9	1.4	0.21	65.5
Chai Tea Latte - soya drink	Tall	510	120	2.8	0.4	18.5	18.2	1.1	4.8	0.16	39.3
Chai Tea Latte - soya drink	Grande	712	168	4.1	0.6	25.2	24.7	1.5	7	0.23	52.4
Chai Tea Latte - soya drink	Venti	892	211	5.1	0.8	31.5	30.9	1.9	8.8	0.28	

Iced Chai Tea Latte - whole milk	Venti	1034	245	8.3	5.2	34.8	34.7	0.3	7.8	0.26	65.5
Iced Chai Tea Latte - skimmed milk	Tall	484	114	0.5	0.2	21.9	21.8	0.2	5.3	0.18	39.3
Iced Chai Tea Latte - skimmed milk	Grande	656	155	0.7	0.3	29.5	29.4	0.3	7.4	0.24	52.4
Iced Chai Tea Latte - skimmed milk	Venti	769	181	0.8	0.3	35.3	35.2	0.3	8	0.27	65.5
Iced Chai Tea Latte - almond drink	Tall	406	98	1.8	0.2	18.4	18.3	0.5	0.8	0.12	39.3
Iced Chai Tea Latte - almond drink	Grande	548	132	2.5	0.2	24.6	24.6	0.7	1.1	0.17	52.4
Iced Chai Tea Latte - almond drink	Venti	652	157	2.8	0.2	30	29.9	0.8	1.2	0.18	65.5
Iced Chai Tea Latte - soya drink	Tall	521	123	2.9	0.5	18.7	18.3	1.1	5	0.16	39.3
Iced Chai Tea Latte - soya drink	Grande	708	167	4	0.6	25.1	24.6	1.5	6.9	0.22	52.4
Iced Chai Tea Latte - soya drink	Venti	826	195	4.4	0.7	30.5	30	1.7	7.6	0.25	65.5
Iced Chai Tea Latte - oat drink	Tall	618	146	4.4	0.4	24.4	19.4	1.7	1.2	0.20	39.3
Iced Chai Tea Latte - oat drink	Grande	841	198	6.1	0.6	33	26.1	2.3	1.7	0.28	52.4
Iced Chai Tea Latte - oat drink	Venti	971	229	6.7	0.7	39.1	31.6	2.5	1.9	0.30	65.5
Iced Chai Tea Latte - coconut drink	Tall	527	126	3.8	3.5	19.9	19.9	2.5	1.6	0.08	39.3
Iced Chai Tea Latte - coconut drink	Grande	716	171	5.3	4.8	26.8	26.7	3.4	2.2	0.11	52.4
Iced Chai Tea Latte - coconut drink	Venti	835	200	5.8	5.2	32.3	32.2	3.7	2.4	0.12	65.5
Holiday FY26	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Toffee Nut Latte - semi skimmed milk	Tall	806	192	8.4	5.7	21.9	20.9	0.3	7.2	0.46	89.1
Toffee Nut Latte - semi skimmed milk	Grande	993	237	9.5	6.5	28.1	27	0.3	9.5	0.61	89.1
Toffee Nut Latte - semi skimmed milk	Venti	1240	295	11.3	7.7	35.6	34.1	0.4	12.5	0.77	133.6
Toffee Nut Latte - whole milk	Tall	929	222	11.8	7.9	21.7	20.7	0.3	7	0.45	89.1
Toffee Nut Latte - whole milk	Grande	1159	276	14.2	9.4	27.9	26.8	0.3	9.2	0.60	89.1
Toffee Nut Latte - whole milk	Venti	1460	348	17.5	11.6	35.3	33.7	0.4	12.1	0.76	133.6
Toffee Nut Latte - skimmed milk	Tall	714	170	5.8	3.9	22.1	21	0.3	7.2	0.46	89.1
Toffee Nut Latte - skimmed milk	Grande	869	207	6	4.1	28.4	27.3	0.3	9.5	0.61	89.1
Toffee Nut Latte - skimmed milk	Venti	1076	256	6.7	4.5	36	34.4	0.4	12.5	0.78	133.6
Toffee Nut Latte - almond drink	Tall	618	150	7.4	3.9	17.8	16.7	0.6	1.7	0.39	89.1
Toffee Nut Latte - almond drink	Grande	740	180	8.2	4	22.6	21.5	0.8	2	0.52	89.1
Toffee Nut Latte - almond drink	Venti	906	220	9.6	4.4	28.3	26.7	1.1	2.6	0.66	133.6
Toffee Nut Latte - soya drink	Tall	760	181	8.7	4.3	18.2	16.8	1.4	6.8	0.45	89.1
Toffee Nut Latte - soya drink	Grande	931	222	10	4.5	23.2	21.6	1.8	9	0.59	89.1
Toffee Nut Latte - soya drink	Venti	1158	276	12	5	29.1	26.9	2.4	11.8	0.75	133.6
Toffee Nut Latte - oat drink	Tall	878	209	10.6	4.2	25.2	18.1	2.1	2.2	0.49	89.1
Toffee Nut Latte - oat drink	Grande	1090	259	12.5	4.5	32.6	23.3	2.7	2.7	0.65	89.1
Toffee Nut Latte - oat drink	Venti	1368	325	15.3	5	41.5	29.2	3.6	3.6	0.83	133.6
Toffee Nut Latte - coconut drink	Tall	767	185	9.8	7.9	19.7	18.6	3	2.6	0.34	89.1
Toffee Nut Latte - coconut drink	Grande	941	227	11.5	9.5	25.1	24.1	4	3.2	0.45	89.1
Toffee Nut Latte - coconut drink	Venti	1171	282	13.9	11.6	31.7	30.1	5.3	4.3	0.57	133.6
Iced Toffee Nut Latte - semi skimmed milk	Tall	499	118	2.5	1.6	18.4	17.4	0.3	5.3	0.40	89.1
Iced Toffee Nut Latte - semi skimmed milk	Grande	727	172	4	2.5	25.7	24.6	0.3	8.3	0.57	89.1
Iced Toffee Nut Latte - semi skimmed milk	Venti	774	184	3.9	2.4	28.8	27.3	0.4	8.1	0.64	133.6
Iced Toffee Nut Latte - whole milk	Tall	593	141	5.2	3.2	18.3	17.3	0.3	5.2	0.40	89.1
Iced Toffee Nut Latte - whole milk	Grande	878	209	8.3	5.2	25.5	24.4	0.3	8.1	0.56	89.1
Iced Toffee Nut Latte - whole milk	Venti	918	218	7.9	5	28.6	27	0.4	7.9	0.63	133.6
Iced Toffee Nut Latte - skimmed milk	Tall	429	102	0.6	0.2	18.6	17.6	0.3	5.3	0.40	89.1
Iced Toffee Nut Latte - skimmed milk	Grande	614	145	0.8	0.3	25.9	24.8	0.3	8.3	0.58	89.1
Iced Toffee Nut Latte - skimmed milk	Venti	667	158	0.8	0.3	29	27.5	0.4	8.1	0.64	133.6
Iced Toffee Nut Latte - almond drink	Tall	357	86	1.8	0.2	15.3	14.3	0.5	1.1	0.35	89.1
Iced Toffee Nut Latte - almond drink	Grande	497	121	2.8	0.3	20.6	19.5	0.7	1.5	0.49	89.1
Iced Toffee Nut Latte - almond drink	Venti	556	134	2.7	0.3	24	22.4	0.8	1.7	0.56	133.6
Iced Toffee Nut Latte - soya drink	Tall	464	110	2.8	0.5	15.6	14.3	1.1	5	0.39	89.1
Iced Toffee Nut Latte - soya drink	Grande	671	159	4.4	0.7	21.2	19.6	1.6	7.9	0.55	89.1
Iced Toffee Nut Latte - soya drink	Venti	721	171	4.3	0.7	24.5	22.5	1.7	7.7	0.62	133.6
Iced Toffee Nut Latte - oat drink	Tall	554	131	4.2	0.5	21	15.3	1.6	1.5	0.42	89.1
Iced Toffee Nut Latte - oat drink	Grande	815	193	6.7	0.7	29.7	21.2	2.5	2.2	0.61	89.1
Iced Toffee Nut Latte - oat drink	Venti	858	203	6.4	0.7	32.7	24	2.5	2.3	0.67	133.6
Iced Toffee Nut Latte - coconut drink	Tall	470	113	3.6	3.3	16.8	15.7	2.4	1.8	0.31	89.1
Iced Toffee Nut Latte - coconut drink	Grande	680	163	5.8	5.2	23	21.9	3.7	2.7	0.43	89.1
Iced Toffee Nut Latte - coconut drink	Venti	729	175	5.6	5	26.2	24.7	3.6	2.8	0.50	133.6
Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Tall	971	232	10.6	7.5	29.9	29.1	0.1	3.7	0.50	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Grande	1273	303	14	9.8	39.2	38.1	0.2	4.8	0.66	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Venti	1427	340	14.1	9.9	47.7	46.3	0.2	5	0.80	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Tall	1023	244	12.1	8.4	29.9	29	0.1	3.7	0.50	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Grande	1339	319	15.9	11	39.1	38	0.2	4.7	0.65	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Venti	1495	356	16	11.1	47.6	46.2	0.2	4.9	0.80	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Tall	932	222	9.5	6.7	30	29.2	0.1	3.7	0.50	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Grande	1223	292	12.6	8.9	39.3	38.2	0.2	4.8	0.66	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Venti	1376	327	12.6	8.9	47.8	46.4	0.2	5	0.80	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Tall	892	214	10.2	6.7	28.2	27.3	0.3	1.4	0.47	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Grande	1172	281	13.5	8.8	37	35.9	0.4	1.8	0.62	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Venti	1323	316	13.5	8.9	45.4	44	0.4	2	0.76	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Tall	952	227	10.8	6.9	28.4	27.4	0.6	3.6	0.49	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Grande	1248	297	14.2	9	37.2	35.9	0.8	4.6	0.65	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Venti	1402	334	14.3	9.1	45.7	44	0.8	4.8	0.79	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Tall	1002	239	11.6	6.9	31.3	27.9	0.9	1.6	0.51	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Grande	1312	312	15.2	9	41	36.6	1.1	2.1	0.67	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Venti	1467	349	15.3	9.1	49.5	44.7	1.2	2.3	0.82	39.5
Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Tall	955	228	11.3	8.4	29	28.2	1.3	1.8	0.45	23.1
Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Grande	1252	299	14.8	11	38	36.9	1.7	2.3	0.59	30.8
Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Venti	1406	336	14.9	11.1	46.5	45.1	1.7	2.5	0.74	39.5
Toffee Nut Creme Frappuccino® Blended Beverage - semi skimmed milk	Tall	903	216	10.9	7.7	25.4	24.8	0	4.1	0.48	0
Toffee Nut Creme Frappuccino® Blended Beverage - semi skimmed milk	Grande	1229	294	14.5	10.2	35.2	34.5	0	5.7	0.68	0
Toffee Nut Creme Frappuccino® Blended Beverage - semi skimmed milk	Venti	1393	332	14.8	10.4	43.6	42.6	0	6.3	0.85	0
Toffee Nut Creme Frappuccino® Blended Beverage - whole milk	Tall	969	232	12.8	8.9	25.3	24.7	0	4	0.48	0
Toffee Nut Creme Frappuccino® Blended Beverage - whole milk	Grande	1321	316	17.1	11.9	35.1	34.3	0	5.5	0.68	0
Toffee Nut Creme Frappuccino® Blended Beverage - whole milk	Venti	1497	357	17.7	12.3	43.5	42.5	0	6.1	0.85	0
Toffee Nut Creme Frappuccino® Blended Beverage - skimmed milk	Tall	853	204	9.5	6.7	25.5	24.9	0	4.1	0.49	0
Toffee Nut Creme Frappuccino® Blended Beverage - skimmed milk	Grande	1161	277	12.5	8.9	35.4	34.6	0	5.7	0.68	0
Toffee Nut Creme Frappuccino® Blended Beverage - skimmed milk	Venti	1315	314	12.6	8.9	43.8	42.8	0	6.3	0.86	0
Toffee Nut Creme Frappuccino® Blended Beverage - almond drink	Tall	802	193	10.4	6.7	23.2	22.6	0.2	1.1	0.45	0
Toffee Nut Creme Frappuccino® Blended Beverage - almond drink	Grande	1089	262	13.8	8.9	32.2	31.4	0.3	1.5	0.63	0
Toffee Nut Creme Frappuccino® Blended Beverage - almond drink	Venti	1235	297	14	8.9	40.1	39.2	0.3	1.6	0.80	0
Toffee Nut Creme Frappuccino® Blended Beverage - soya drink	Tall	878	210	11.1	6.9	23.4	22.7	0.6	3.9	0.48	0
Toffee Nut Creme Frappuccino® Blended Beverage - soya drink	Grande	1195	285	14.7	9.1	32.5	31.5	0.8	5.4	0.67	0
Toffee Nut Creme Frappuccino® Blended Beverage - soya drink	Venti	1354	323	15.1	9.2	40.5	39.2	0.9	6	0.84	0
Toffee Nut Creme Frappuccino® Blended Beverage - oat drink	Tall	942	225	12.1	6.9	27.2	23.4	1	1.4	0.50	0
Toffee Nut Creme Frappuccino® Blended Beverage - oat drink	Grande	1283	306	16.1	9.1	37.7	32.4	1.3	1.9	0.70	0
Toffee Nut Creme Frappuccino® Blended Beverage - oat drink	Venti	1453	346	16.6	9.2	46.4	40.3	1.5	2	0.88	0
Toffee Nut Creme Frappuccino® Blended Beverage - coconut drink	Tall	882	212	11.7	8.9	24.2	23.7	1.5	1.6	0.42	0
Toffee Nut Creme Frappuccino® Blended Beverage - coconut drink	Grande	1200	288	15.6	11.9	33.6	32.8	2.1	2.2	0.59	0
Toffee Nut Creme Frappuccino® Blended Beverage - coconut drink	Venti	1360	326	16	12.3	41.8	40.8	2.3	2.4	0.76	0
Gingerbread Creme Frappuccino® Blended Beverage - semi skimmed milk	Tall	965	231	12.8	8	24.9	24.2	0.1	4	0.40	0
Gingerbread Creme Frappuccino® Blended Beverage - semi skimmed milk	Grande	1272	304	15.8	10	34.9	33.9	0.1	5.5	0.56	0
Gingerbread Creme Frappuccino® Blended Beverage - semi skimmed milk	Venti	1449	346	16.3	10.3	43.6	42.3	0.2	6.1	0.70	0
Gingerbread Creme Frappuccino® Blended Beverage - whole milk	Tall	1032	247	14.7	9.2	24.8	24.1	0.1	3.9	0.40	0
Gingerbread Creme Frappuccino® Blended Beverage - whole milk	Grande	1364	326	18.5	11.6	34.7	33.7	0.1	5.4	0.56	0
Gingerbread Creme Frappuccino® Blended Beverage - whole milk	Venti	1553	371	19.3	12.1	43.4	42.2	0.2	6	0.70	0
Gingerbread Creme Frappuccino® Blended Beverage - skimmed milk	Tall	916	219	11.4	7.1	25	24.3	0.1	4	0.40	0
Gingerbread Creme Frappuccino® Blended Beverage - skimmed milk	Grande	1203	288	13.9	8.6	35	34	0.1	5.5	0.57	0
Gingerbread Creme Frappuccino® Blended Beverage - skimmed milk	Venti	1372	327	14.2	8.8	43.7	42.5	0.2	6.1	0.71	0
Gingerbread Creme Frappuccino® Blended Beverage - almond drink	Tall	864	208	12.3	7	22.7	22	0.3	1	0.36	0
Gingerbread Creme Frappuccino® Blended Beverage - almond drink	Grande	1132	273	15.1	8.6	31.8	30.8	0.4	1.4	0.51	0

Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Tall	995	238	11.4	7.1	29.6	28.6	0.2	3.7	0.41	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Grande	1266	302	14	8.6	38.9	37.6	0.3	4.6	0.54	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Venti	1431	341	14.2	8.8	47.7	46	0.4	4.9	0.66	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Tall	955	229	12.1	7	27.8	26.7	0.4	1.3	0.38	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Grande	1214	291	14.8	8.6	36.6	35.2	0.5	1.7	0.51	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Venti	1378	330	15.1	8.7	45.3	43.6	0.6	1.8	0.62	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Tall	1014	242	12.7	7.2	28	26.8	0.7	3.5	0.41	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Grande	1290	308	15.6	8.8	36.8	35.3	0.9	4.4	0.53	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Venti	1457	347	15.9	8.9	45.6	43.7	1	4.7	0.65	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Tall	1064	254	13.5	7.2	30.9	27.3	1	1.5	0.42	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Grande	1354	323	16.6	8.8	40.6	36	1.3	2	0.56	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Venti	1522	362	16.9	8.9	49.4	44.4	1.4	2.1	0.68	39.5
Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Tall	1018	244	13.2	8.7	28.6	27.6	1.4	1.7	0.36	23.1
Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Grande	1294	310	16.1	10.8	37.6	36.3	1.8	2.2	0.48	30.8
Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Venti	1461	349	16.5	11	46.4	44.7	1.9	2.4	0.59	39.5
Gingerbread Latte - semi skimmed milk	Tall	938	224	11.3	7.1	23.1	21.7	0.5	7.3	0.23	89.1
Gingerbread Latte - semi skimmed milk	Grande	1148	274	12.8	8	30	28.4	0.5	9.5	0.31	89.1
Gingerbread Latte - semi skimmed milk	Venti	1434	342	15.2	9.6	38.3	36.2	0.7	12.6	0.40	133.6
Gingerbread Latte - whole milk	Tall	1061	254	14.8	9.3	22.9	21.5	0.5	7.1	0.23	89.1
Gingerbread Latte - whole milk	Grande	1314	314	17.5	11	29.8	28.2	0.5	9.3	0.30	89.1
Gingerbread Latte - whole milk	Venti	1653	395	21.4	13.5	38	35.8	0.7	12.3	0.39	133.6
Gingerbread Latte - skimmed milk	Tall	846	202	8.7	5.3	23.3	21.9	0.5	7.3	0.24	89.1
Gingerbread Latte - skimmed milk	Grande	1024	244	9.3	5.6	30.3	28.7	0.5	9.5	0.31	89.1
Gingerbread Latte - skimmed milk	Venti	1270	303	10.6	6.4	38.7	36.5	0.7	12.6	0.41	133.6
Gingerbread Latte - almond drink	Tall	751	182	10.4	5.3	19	17.5	0.8	1.7	0.17	89.1
Gingerbread Latte - almond drink	Grande	895	217	11.5	5.5	24.5	22.9	1	2.1	0.22	89.1
Gingerbread Latte - almond drink	Venti	1099	267	13.5	6.3	31	28.8	1.3	2.7	0.29	133.6
Gingerbread Latte - soya drink	Tall	892	213	11.7	5.6	19.4	17.6	1.6	6.9	0.22	89.1
Gingerbread Latte - soya drink	Grande	1086	259	13.2	6	25.1	23	2	9	0.29	89.1
Gingerbread Latte - soya drink	Venti	1352	322	15.9	7	31.8	28.9	2.7	11.9	0.38	133.6
Gingerbread Latte - oat drink	Tall	1010	241	13.5	5.6	26.4	18.9	2.3	2.3	0.26	89.1
Gingerbread Latte - oat drink	Grande	1245	296	15.8	6	34.5	24.7	2.9	2.8	0.35	89.1
Gingerbread Latte - oat drink	Venti	1562	372	19.2	6.9	44.2	31.2	3.9	3.7	0.46	133.6
Gingerbread Latte - coconut drink	Tall	900	217	12.8	9.3	20.9	19.5	3.2	2.7	0.12	89.1
Gingerbread Latte - coconut drink	Grande	1096	264	14.7	11	27.1	25.5	4.2	3.3	0.15	89.1
Gingerbread Latte - coconut drink	Venti	1365	329	17.8	13.5	34.4	32.2	5.6	4.4	0.20	133.6
Iced Gingerbread Latte - semi skimmed milk	Tall	510	121	2.5	1.6	19	17.7	0.5	5.3	0.17	89.1
Iced Gingerbread Latte - semi skimmed milk	Grande	749	178	4	2.5	26.9	25.4	0.5	8.3	0.27	89.1
Iced Gingerbread Latte - semi skimmed milk	Venti	807	191	3.9	2.4	30.7	28.5	0.7	8.2	0.26	133.6
Iced Gingerbread Latte - whole milk	Tall	603	143	5.2	3.2	18.9	17.5	0.5	5.2	0.17	89.1
Iced Gingerbread Latte - whole milk	Grande	900	214	8.3	5.2	26.6	25.1	0.5	8.1	0.26	89.1
Iced Gingerbread Latte - whole milk	Venti	951	226	7.9	5	30.4	28.3	0.7	7.9	0.26	133.6
Iced Gingerbread Latte - skimmed milk	Tall	440	104	0.6	0.2	19.1	17.8	0.5	5.3	0.17	89.1
Iced Gingerbread Latte - skimmed milk	Grande	636	150	0.8	0.3	27.1	25.6	0.5	8.3	0.27	89.1
Iced Gingerbread Latte - skimmed milk	Venti	700	166	0.8	0.3	30.9	28.8	0.7	8.2	0.27	133.6
Iced Gingerbread Latte - almond drink	Tall	367	89	1.8	0.2	15.9	14.5	0.7	1.1	0.12	89.1
Iced Gingerbread Latte - almond drink	Grande	519	126	2.8	0.3	21.8	20.3	0.9	1.5	0.19	89.1
Iced Gingerbread Latte - almond drink	Venti	588	142	2.7	0.3	25.8	23.7	1.1	1.7	0.19	133.6
Iced Gingerbread Latte - soya drink	Tall	475	112	2.8	0.5	16.2	14.6	1.3	5	0.16	89.1
Iced Gingerbread Latte - soya drink	Grande	692	164	4.4	0.7	22.4	20.4	1.9	7.9	0.25	89.1
Iced Gingerbread Latte - soya drink	Venti	753	178	4.3	0.7	26.4	23.8	2	7.7	0.25	133.6
Iced Gingerbread Latte - oat drink	Tall	564	133	4.2	0.5	21.5	15.6	1.8	1.5	0.19	89.1
Iced Gingerbread Latte - oat drink	Grande	837	198	6.7	0.7	30.9	22	2.7	2.2	0.31	89.1
Iced Gingerbread Latte - oat drink	Venti	891	211	6.4	0.7	34.5	25.3	2.8	2.3	0.30	133.6
Iced Gingerbread Latte - coconut drink	Tall	480	115	3.6	3.3	17.3	16	2.5	1.8	0.08	89.1
Iced Gingerbread Latte - coconut drink	Grande	701	169	5.8	5.2	24.2	22.6	3.9	2.7	0.13	89.1
Iced Gingerbread Latte - coconut drink	Venti	762	183	5.6	5	28.1	26	3.9	2.8	0.13	133.6
Fudge Brownie Hot Chocolate - semi skimmed milk	Tall	977	233	9.6	6.6	27	25.9	1.3	8.7	0.30	0
Fudge Brownie Hot Chocolate - semi skimmed milk	Grande	1223	291	11.1	7.5	35.2	33.9	1.8	11.5	0.39	0
Fudge Brownie Hot Chocolate - semi skimmed milk	Venti	1506	358	13.1	8.8	44	42.6	2.2	14.8	0.49	0
Fudge Brownie Hot Chocolate - whole milk	Tall	1114	265	13.5	9	26.8	25.7	1.3	8.5	0.29	0
Fudge Brownie Hot Chocolate - whole milk	Grande	1408	335	16.3	10.8	34.9	33.7	1.8	11.2	0.38	0
Fudge Brownie Hot Chocolate - whole milk	Venti	1747	416	19.9	13.1	43.6	42.3	2.2	14.4	0.48	0
Fudge Brownie Hot Chocolate - skimmed milk	Tall	874	208	6.8	4.6	27.2	26.1	1.3	8.7	0.30	0
Fudge Brownie Hot Chocolate - skimmed milk	Grande	1085	258	7.2	4.8	35.4	34.2	1.8	11.5	0.40	0
Fudge Brownie Hot Chocolate - skimmed milk	Venti	1326	315	8.1	5.3	44.3	43	2.2	14.8	0.50	0
Fudge Brownie Hot Chocolate - almond drink	Tall	768	186	8.6	4.5	22.4	21.3	1.7	2.5	0.23	0
Fudge Brownie Hot Chocolate - almond drink	Grande	941	227	9.7	4.8	29	27.7	2.3	3.2	0.29	0
Fudge Brownie Hot Chocolate - almond drink	Venti	1140	276	11.2	5.2	35.9	34.6	2.9	4	0.37	0
Fudge Brownie Hot Chocolate - soya drink	Tall	926	220	10	4.9	22.9	21.4	2.6	8.3	0.28	0
Fudge Brownie Hot Chocolate - soya drink	Grande	1154	274	11.7	5.3	29.6	27.9	3.4	10.9	0.37	0
Fudge Brownie Hot Chocolate - soya drink	Venti	1416	337	13.8	6	36.8	34.7	4.4	14	0.47	0
Fudge Brownie Hot Chocolate - oat drink	Tall	1057	251	12.1	4.9	30.7	22.8	3.3	3.1	0.33	0
Fudge Brownie Hot Chocolate - oat drink	Grande	1330	316	14.4	5.3	40.1	29.8	4.5	4	0.44	0
Fudge Brownie Hot Chocolate - oat drink	Venti	1646	391	17.4	5.9	50.4	37.2	5.7	5	0.56	0
Fudge Brownie Hot Chocolate - coconut drink	Tall	934	224	11.3	9	24.5	23.5	4.4	3.5	0.17	0
Fudge Brownie Hot Chocolate - coconut drink	Grande	1165	280	13.3	10.8	31.8	30.6	5.9	4.6	0.22	0
Fudge Brownie Hot Chocolate - coconut drink	Venti	1431	344	16	13.1	39.6	38.3	7.6	5.8	0.27	0
Fudge Brownie Iced Chocolate - semi skimmed milk	Tall	1076	257	13.1	9.1	26.3	25.3	1.3	7.6	0.27	0
Fudge Brownie Iced Chocolate - semi skimmed milk	Grande	1449	346	17.5	12.1	35.4	34.1	1.8	10.7	0.37	0
Fudge Brownie Iced Chocolate - semi skimmed milk	Venti	1564	373	17.8	12.3	40.5	39.2	2.2	11.3	0.39	0
Fudge Brownie Iced Chocolate - whole milk	Tall	1188	284	16.3	11.1	26.2	25.1	1.3	7.5	0.26	0
Fudge Brownie Iced Chocolate - whole milk	Grande	1611	385	22	15	35.1	33.9	1.8	10.5	0.36	0
Fudge Brownie Iced Chocolate - whole milk	Venti	1731	413	22.5	15.3	40.3	38.9	2.2	11.1	0.38	0
Fudge Brownie Iced Chocolate - skimmed milk	Tall	993	237	10.7	7.5	26.5	25.4	1.3	7.6	0.27	0
Fudge Brownie Iced Chocolate - skimmed milk	Grande	1329	317	14.1	9.8	35.6	34.4	1.8	10.7	0.37	0
Fudge Brownie Iced Chocolate - skimmed milk	Venti	1440	343	14.3	9.9	40.8	39.4	2.2	11.3	0.39	0
Fudge Brownie Iced Chocolate - almond drink	Tall	906	219	12.2	7.4	22.6	21.5	1.7	2.6	0.21	0
Fudge Brownie Iced Chocolate - almond drink	Grande	1204	291	16.2	9.7	30	28.8	2.3	3.5	0.28	0
Fudge Brownie Iced Chocolate - almond drink	Venti	1311	316	16.5	9.9	34.9	33.6	2.7	3.9	0.30	0
Fudge Brownie Iced Chocolate - soya drink	Tall	1035	247	13.4	7.8	23	21.6	2.4	7.3	0.25	0
Fudge Brownie Iced Chocolate - soya drink	Grande	1389	332	18	10.2	30.5	28.9	3.2	10.3	0.35	0
Fudge Brownie Iced Chocolate - soya drink	Venti	1502	358	18.3	10.4	35.5	33.7	3.7	10.8	0.37	0
Fudge Brownie Iced Chocolate - oat drink	Tall	1142	272	15.1	7.7	29.3	22.7	3	3.1	0.30	0
Fudge Brownie Iced Chocolate - oat drink	Grande	1543	368	20.4	10.2	39.7	30.5	4.1	4.2	0.41	0
Fudge Brownie Iced Chocolate - oat drink	Venti	1661	396	20.8	10.3	45	35.5	4.6	4.6	0.43	0
Fudge Brownie Iced Chocolate - coconut drink	Tall	1041	250	14.4	11.1	24.3	23.2	3.9	3.5	0.16	0
Fudge Brownie Iced Chocolate - coconut drink	Grande	1399	336	19.4	15	32.5	31.3	5.4	4.7	0.22	0
Fudge Brownie Iced Chocolate - coconut drink	Venti	1512	363	19.8	15.3	37.5	36.2	6	5.1	0.23	0
Nutty Chocolate Mousse Latte - semi skimmed milk	Tall	902	215	8.2	5.1	29.5	28.5	0.4	5.6	0.39	89.1
Nutty Chocolate Mousse Latte - semi skimmed milk	Grande	1210	288	10	6.3	40.4	39.4	0.4	8.7	0.56	89.1
Nutty Chocolate Mousse Latte - semi skimmed milk	Venti	1581	376	13.1	8.2	52.2	50.7	0.6	12.1	0.74	133.6
Nutty Chocolate Mousse Latte - whole milk	Tall	991	236	10.7	6.7	29.4	28.4	0.4	5.5	0.39	89.1
Nutty Chocolate Mousse Latte - whole milk	Grande	1358	323	14.2	9	40.2	39.2	0.4	8.5	0.56	89.1
Nutty Chocolate Mousse Latte - whole milk	Venti	1788	426	18.9	11.9	51.9	50.4	0.6	11.8	0.73	133.6
Nutty Chocolate Mousse Latte - skimmed milk	Tall	835	199	6.3	3.8	29.7	28.7	0.4	5.6	0.40	89.1
Nutty Chocolate Mousse Latte - skimmed milk	Grande	1099	261	6.9	4.2	40.6	39.6	0.4	8.7	0.57	89.1
Nutty Chocolate Mousse Latte - skimmed milk	Venti	1426	339	8.7	5.2	52.5	51	0.6	12.1	0.75	133.6
Nutty Chocolate Mousse Latte - almond drink	Tall	766	184	7.5	3.8	26.5	25.5	0.7	1.6	0.35	89.1
Nutty Chocolate Mousse Latte - almond drink	Grande	984	237	8.9	4.1	35.5	34.4	0.9	2.1	0.49	89.1
Nutty Chocolate Mousse Latte - almond drink	Venti	1265	305	11.4	5.1	45.3	43.8	1.2	2.8	0.63	133.6
Nutty Chocolate Mousse Latte - soya drink	Tall	868	207	8.4	4	26.9	25.6	1.2	5.3	0.38	89.1
Nutty Chocolate Mousse Latte - soya drink	Grande	1154	275	10.5	4.6	36	34.5	1.8	8.3	0.55	89.1
Nutty Chocolate Mousse Latte - soya drink	Venti	1504	358	13.7	5.8	46	43.9	2.5</			

Iced Nutty Chocolate Mousse Latte - skimmed milk	Venti	1266	301	8.4	5.1	47.5	46	0.6	8.4	0.63	133.6
Iced Nutty Chocolate Mousse Latte - almond drink	Tall	766	184	7.5	3.8	26.5	25.5	0.7	1.6	0.35	89.1
Iced Nutty Chocolate Mousse Latte - almond drink	Grande	969	233	8.7	4.1	35.1	34.1	0.9	2	0.47	89.1
Iced Nutty Chocolate Mousse Latte - almond drink	Venti	1160	279	10.2	5	42.7	41.2	1	2.3	0.55	133.6
Iced Nutty Chocolate Mousse Latte - soya drink	Tall	868	207	8.4	4	26.8	25.6	1.2	5.3	0.38	89.1
Iced Nutty Chocolate Mousse Latte - soya drink	Grande	1129	268	10.2	4.5	35.6	34.1	1.7	7.8	0.53	89.1
Iced Nutty Chocolate Mousse Latte - soya drink	Venti	1317	313	11.7	5.4	43.2	41.3	1.8	8	0.61	133.6
Iced Nutty Chocolate Mousse Latte - oat drink	Tall	953	227	9.8	4	31.9	26.5	1.7	2	0.42	89.1
Iced Nutty Chocolate Mousse Latte - oat drink	Grande	1261	300	12.3	4.5	43.5	35.6	2.5	2.6	0.58	89.1
Iced Nutty Chocolate Mousse Latte - oat drink	Venti	1447	344	13.7	5.4	50.9	42.7	2.6	2.9	0.66	133.6
Iced Nutty Chocolate Mousse Latte - coconut drink	Tall	873	209	9.2	6.7	27.9	26.9	2.4	2.3	0.31	89.1
Iced Nutty Chocolate Mousse Latte - coconut drink	Grande	1137	273	11.4	8.7	37.3	36.2	3.5	3	0.42	89.1
Iced Nutty Chocolate Mousse Latte - coconut drink	Venti	1325	317	12.9	9.5	44.8	43.3	3.7	3.4	0.50	133.6
Egg Nog Latte	Tall	1186	284	12.6	7.5	32.7	31.8	1	8.6	0.46	89.1
Egg Nog Latte	Grande	1524	365	16.3	9.7	42	41.1	1.2	11.1	0.60	89.1
Egg Nog Latte	Venti	1958	468	20.9	12.4	54.1	52.7	1.5	14.3	0.77	133.6
Iced Egg Nog Latte	Tall	846	202	9	5.3	23.3	22.4	0.8	6.2	0.33	89.1
Iced Egg Nog Latte	Grande	1055	253	11.2	6.7	29.1	28.2	0.9	7.7	0.41	89.1
Iced Egg Nog Latte	Venti	1473	353	15.7	9.3	40.7	39.4	1.3	10.8	0.57	133.6
Alternative Coffee Bean - Espresso Drinks	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Blonde Americano	Tall	25	6	0.1	0	0.8	0.1	0.3	0.3	0.00	85.5
Blonde Americano	Grande	38	9	0.2	0.1	1.1	0.1	0.4	0.5	0.00	128.2
Blonde Americano	Venti	50	13	0.3	0.1	1.5	0.2	0.5	0.6	0.00	171
Decaf Americano	Tall	31	8	0.1	0	1.2	0.1	0.2	0.3	0.00	3.6
Decaf Americano	Grande	47	11	0.2	0.1	1.8	0.2	0.3	0.4	0.00	5.4
Decaf Americano	Venti	62	15	0.3	0.1	2.3	0.2	0.4	0.5	0.00	7.2
Blonde Caffè Latte - semi skimmed milk	Tall	515	123	4.3	2.7	12.2	11.5	0.3	8.8	0.26	85.5
Blonde Caffè Latte - semi skimmed milk	Grande	632	151	5.2	3.4	14.9	14.2	0.3	10.8	0.32	85.5
Blonde Caffè Latte - semi skimmed milk	Venti	852	203	7.1	4.5	20.1	19.1	0.4	14.6	0.43	128.2
Blonde Caffè Latte - whole milk	Tall	677	161	8.9	5.6	11.9	11.2	0.3	8.6	0.26	85.5
Blonde Caffè Latte - whole milk	Grande	833	199	11	6.9	14.6	13.9	0.3	10.5	0.32	85.5
Blonde Caffè Latte - whole milk	Venti	1122	267	14.7	9.3	19.7	18.7	0.4	14.2	0.42	128.2
Blonde Caffè Latte - skimmed milk	Tall	394	94	0.9	0.4	12.4	11.7	0.3	8.8	0.27	85.5
Blonde Caffè Latte - skimmed milk	Grande	482	114	1	0.4	15.2	14.5	0.3	10.8	0.33	85.5
Blonde Caffè Latte - skimmed milk	Venti	650	155	1.4	0.6	20.5	19.5	0.4	14.6	0.45	128.2
Blonde Caffè Latte - almond drink	Tall	268	67	3	0.3	6.7	6	0.7	1.5	0.18	85.5
Blonde Caffè Latte - almond drink	Grande	326	81	3.7	0.3	8.2	7.5	0.9	1.8	0.22	85.5
Blonde Caffè Latte - almond drink	Venti	441	110	5	0.5	11.1	10	1.2	2.5	0.29	128.2
Blonde Caffè Latte - soya drink	Tall	454	108	4.7	0.8	7.3	6.2	1.7	8.3	0.24	85.5
Blonde Caffè Latte - soya drink	Grande	557	133	5.8	0.9	8.9	7.6	2.1	10.2	0.30	85.5
Blonde Caffè Latte - soya drink	Venti	751	179	7.9	1.3	12	10.2	2.8	13.8	0.40	128.2
Blonde Caffè Latte - oat drink	Tall	610	145	7.2	0.7	16.5	7.8	2.6	2.2	0.30	85.5
Blonde Caffè Latte - oat drink	Grande	749	178	8.9	0.9	20.3	9.7	3.2	2.7	0.38	85.5
Blonde Caffè Latte - oat drink	Venti	1009	239	11.9	1.2	27.3	13	4.3	3.6	0.51	128.2
Blonde Caffè Latte - coconut drink	Tall	464	113	6.2	5.6	9.3	8.6	3.9	2.7	0.11	85.5
Blonde Caffè Latte - coconut drink	Grande	569	139	7.6	7	11.3	10.6	4.8	3.3	0.14	85.5
Blonde Caffè Latte - coconut drink	Venti	767	187	10.3	9.3	15.3	14.2	6.5	4.5	0.18	128.2
Decaf Caffè Latte - semi skimmed milk	Tall	521	124	4.3	2.7	12.6	11.5	0.2	8.8	0.26	3.6
Decaf Caffè Latte - semi skimmed milk	Grande	638	152	5.2	3.4	15.3	14.2	0.2	10.8	0.32	3.6
Decaf Caffè Latte - semi skimmed milk	Venti	861	205	7.1	4.5	20.7	19.1	0.3	14.5	0.43	5.4
Decaf Caffè Latte - whole milk	Tall	683	163	8.9	5.6	12.3	11.3	0.2	8.5	0.26	3.6
Decaf Caffè Latte - whole milk	Grande	839	200	11	6.9	15	13.9	0.2	10.5	0.32	3.6
Decaf Caffè Latte - whole milk	Venti	1131	269	14.7	9.3	20.3	18.7	0.3	14.1	0.42	5.4
Decaf Caffè Latte - skimmed milk	Tall	400	95	0.9	0.4	12.8	11.8	0.2	8.8	0.27	3.6
Decaf Caffè Latte - skimmed milk	Grande	488	116	1	0.4	15.6	14.5	0.2	10.8	0.33	3.6
Decaf Caffè Latte - skimmed milk	Venti	659	157	1.4	0.6	21.1	19.5	0.3	14.5	0.45	5.4
Decaf Caffè Latte - almond drink	Tall	274	68	3	0.3	7.1	6.1	0.7	1.5	0.18	3.6
Decaf Caffè Latte - almond drink	Grande	332	83	3.7	0.3	8.6	7.5	0.8	1.7	0.22	3.6
Decaf Caffè Latte - almond drink	Venti	450	112	5	0.5	11.7	10.1	1.1	2.4	0.29	5.4
Decaf Caffè Latte - soya drink	Tall	460	109	4.7	0.8	7.7	6.2	1.7	8.3	0.24	3.6
Decaf Caffè Latte - soya drink	Grande	563	134	5.8	0.9	9.3	7.6	2	10.2	0.30	3.6
Decaf Caffè Latte - soya drink	Venti	760	181	7.9	1.3	12.6	10.2	2.8	13.7	0.40	5.4
Decaf Caffè Latte - oat drink	Tall	615	146	7.2	0.7	16.9	7.9	2.6	2.2	0.30	3.6
Decaf Caffè Latte - oat drink	Grande	755	179	8.9	0.9	20.7	9.7	3.1	2.6	0.38	3.6
Decaf Caffè Latte - oat drink	Venti	1018	241	11.9	1.2	28	13.1	4.2	3.5	0.51	5.4
Decaf Caffè Latte - coconut drink	Tall	470	114	6.2	5.6	9.7	8.6	3.9	2.7	0.11	3.6
Decaf Caffè Latte - coconut drink	Grande	575	140	7.6	7	11.7	10.6	4.7	3.3	0.14	3.6
Decaf Caffè Latte - coconut drink	Venti	776	189	10.3	9.3	15.9	14.3	6.4	4.4	0.18	5.4
Blonde Latte Macchiato - semi skimmed milk	Tall	472	112	3.9	2.5	11.2	10.5	0.3	8.1	0.24	85.5
Blonde Latte Macchiato - semi skimmed milk	Grande	612	146	5.1	3.2	14.4	13.7	0.3	10.5	0.31	85.5
Blonde Latte Macchiato - semi skimmed milk	Venti	809	193	6.7	4.3	19.1	18.1	0.4	13.8	0.41	128.2
Blonde Latte Macchiato - whole milk	Tall	620	148	8.1	5.1	10.9	10.3	0.3	7.8	0.23	85.5
Blonde Latte Macchiato - whole milk	Grande	807	192	10.6	6.7	14.1	13.5	0.3	10.2	0.31	85.5
Blonde Latte Macchiato - whole milk	Venti	1065	254	13.9	8.8	18.7	17.7	0.4	13.5	0.40	128.2
Blonde Latte Macchiato - skimmed milk	Tall	361	86	0.8	0.3	11.4	10.7	0.3	8.1	0.24	85.5
Blonde Latte Macchiato - skimmed milk	Grande	467	111	1	0.4	14.7	14	0.3	10.5	0.32	85.5
Blonde Latte Macchiato - skimmed milk	Venti	618	147	1.3	0.6	19.5	18.5	0.4	13.8	0.42	128.2
Blonde Latte Macchiato - almond drink	Tall	246	62	2.7	0.3	6.2	5.5	0.7	1.4	0.16	85.5
Blonde Latte Macchiato - almond drink	Grande	316	79	3.6	0.3	7.9	7.2	0.8	1.7	0.21	85.5
Blonde Latte Macchiato - almond drink	Venti	420	105	4.7	0.4	10.5	9.5	1.2	2.4	0.28	128.2
Blonde Latte Macchiato - soya drink	Tall	417	99	4.3	0.7	6.7	5.6	1.6	7.6	0.22	85.5
Blonde Latte Macchiato - soya drink	Grande	539	128	5.7	0.9	8.6	7.4	2	9.9	0.29	85.5
Blonde Latte Macchiato - soya drink	Venti	713	170	7.5	1.2	11.5	9.7	2.7	13.1	0.38	128.2
Blonde Latte Macchiato - oat drink	Tall	558	132	6.6	0.7	15.1	7.2	2.4	2	0.28	85.5
Blonde Latte Macchiato - oat drink	Grande	725	172	8.6	0.9	19.6	9.4	3.1	2.6	0.36	85.5
Blonde Latte Macchiato - oat drink	Venti	958	227	11.3	1.2	26	12.4	4.1	3.5	0.48	128.2
Blonde Latte Macchiato - coconut drink	Tall	425	104	5.7	5.1	8.5	7.8	3.6	2.5	0.10	85.5
Blonde Latte Macchiato - coconut drink	Grande	551	134	7.4	6.7	10.9	10.3	4.6	3.2	0.13	85.5
Blonde Latte Macchiato - coconut drink	Venti	729	177	9.7	8.8	14.5	13.5	6.1	4.3	0.17	128.2
Decaf Latte Macchiato - semi skimmed milk	Tall	478	114	3.9	2.5	11.6	10.5	0.2	8	0.24	3.6
Decaf Latte Macchiato - semi skimmed milk	Grande	618	147	5.1	3.2	14.8	13.8	0.2	10.4	0.31	3.6
Decaf Latte Macchiato - semi skimmed milk	Venti	818	195	6.7	4.3	19.7	18.1	0.3	13.8	0.41	5.4
Decaf Latte Macchiato - whole milk	Tall	626	149	8.1	5.1	11.3	10.3	0.2	7.8	0.23	3.6
Decaf Latte Macchiato - whole milk	Grande	812	194	10.6	6.7	14.5	13.5	0.2	10.1	0.31	3.6
Decaf Latte Macchiato - whole milk	Venti	1073	256	13.9	8.8	19.3	17.7	0.3	13.4	0.40	5.4
Decaf Latte Macchiato - skimmed milk	Tall	367	87	0.8	0.3	11.8	10.7	0.2	8	0.24	3.6
Decaf Latte Macchiato - skimmed milk	Grande	473	112	1	0.4	15.1	14.1	0.2	10.4	0.32	3.6
Decaf Latte Macchiato - skimmed milk	Venti	627	149	1.3	0.6	20.1	18.5	0.3	13.8	0.42	5.4
Decaf Latte Macchiato - almond drink	Tall	252	63	2.7	0.3	6.6	5.5	0.7	1.4	0.16	3.6
Decaf Latte Macchiato - almond drink	Grande	322	80	3.6	0.3	8.3	7.3	0.8	1.7	0.21	3.6
Decaf Latte Macchiato - almond drink	Venti	428	107	4.7	0.4	11.1	9.6	1.1	2.3	0.28	5.4
Decaf Latte Macchiato - soya drink	Tall	422	101	4.3	0.7	7.1	5.6	1.6	7.6	0.22	3.6
Decaf Latte Macchiato - soya drink	Grande	545	130	5.7	0.9	9	7.4	2	9.9	0.29	3.6
Decaf Latte Macchiato - soya drink	Venti	722	172	7.5	1.2	12.1	9.7	2.6	13	0.38	5.4
Decaf Latte Macchiato - oat drink	Tall	564	134	6.6	0.7	15.5	7.2	2.4	2	0.28	3.6
Decaf Latte Macchiato - oat drink	Grande	731	173	8.6	0.9	20.1	9.4	3	2.5	0.36	3.6
Decaf Latte Macchiato - oat drink	Venti	967	229	11.3	1.2	26.6	12.4	4	3.4	0.48	5.4
Decaf Latte Macchiato - coconut drink	Tall	451	105	5.7	5.1	8.9	7.9	3.5	2.5	0.10	3.6
Decaf Latte Macchiato - coconut drink	Grande	537	135	7.4	6.7	11.3	10.3	4.6	3.2	0.13	3.6
Decaf Latte Macchiato - coconut drink	Venti	738	179	9.7	8.8	15.1	13.5	6.1	4.2	0.17	5.4
Blonde Espresso Doppio	Doppio	25	6	0.1	0	0.8	0.1	0.3	0.3	0.00	85.5
Decaf Espresso Doppio	Doppio	31	8	0.1	0	1.2	0.1	0.2	0.3	0.00	3.6
Blonde Espresso	Single	13	3	0.1	0	0.4	0	0.1	0.2	0.00	42.7
Decaf Espresso	Single	16	4	0.1	0	0.6	0.1	0.1	0.1	0.00	1.8
Blonde Espresso Macchiato - semi skimmed milk	Single	23	6	0.2	0.1	0.6	0.3	0.1	0.3	0.01	42.7
Blonde Espresso Macchiato - whole milk	Single										

Blonde Espresso Macchiato - Doppio - semi skimmed milk	Double	58	14	0.4	0.2	1.5	0.9	0.3	0.9	0.02	85.5
Blonde Espresso Macchiato - Doppio - whole milk	Double	69	17	0.7	0.4	1.5	0.8	0.3	0.9	0.02	85.5
Blonde Espresso Macchiato - Doppio - skimmed milk	Double	50	12	0.2	0.1	1.5	0.9	0.3	0.9	0.02	85.5
Blonde Espresso Macchiato - Doppio - almond drink	Double	41	10	0.3	0.1	1.2	0.5	0.3	0.4	0.01	85.5
Blonde Espresso Macchiato - Doppio - soya drink	Double	54	13	0.4	0.1	1.2	0.5	0.4	0.9	0.02	85.5
Blonde Espresso Macchiato - Doppio - oat drink	Double	64	16	0.6	0.1	1.8	0.6	0.4	0.4	0.02	85.5
Blonde Espresso Macchiato - Doppio - coconut drink	Double	55	13	0.5	0.4	1.3	0.7	0.5	0.5	0.01	85.5
Decaf Espresso Macchiato - Doppio - semi skimmed milk	Double	64	15	0.4	0.2	1.9	0.9	0.2	0.8	0.02	3.6
Decaf Espresso Macchiato - Doppio - whole milk	Double	75	18	0.7	0.4	1.9	0.9	0.2	0.8	0.02	3.6
Decaf Espresso Macchiato - Doppio - skimmed milk	Double	56	14	0.2	0.1	2	0.9	0.2	0.8	0.02	3.6
Decaf Espresso Macchiato - Doppio - almond drink	Double	47	12	0.3	0.1	1.6	0.5	0.3	0.4	0.01	3.6
Decaf Espresso Macchiato - Doppio - soya drink	Double	60	14	0.4	0.1	1.6	0.5	0.3	0.8	0.02	3.6
Decaf Espresso Macchiato - Doppio - oat drink	Double	70	17	0.6	0.1	2.2	0.6	0.4	0.4	0.02	3.6
Decaf Espresso Macchiato - Doppio - coconut drink	Double	61	15	0.5	0.4	1.7	0.7	0.5	0.4	0.01	3.6
Blonde Cortado - semi skimmed milk	Short	208	49	1.6	1	5.3	4.3	0	3.5	0.10	75.6
Blonde Cortado - whole milk	Short	269	64	3.3	2.1	5.2	4.2	0	3.4	0.10	75.6
Blonde Cortado - skimmed milk	Short	162	38	0.3	0.2	5.4	4.4	0	3.5	0.10	75.6
Blonde Cortado - almond drink	Short	115	28	1.1	0.1	3.2	2.3	0.2	0.7	0.07	75.6
Blonde Cortado - soya drink	Short	185	44	1.8	0.3	3.5	2.3	0.5	3.3	0.09	75.6
Blonde Cortado - oat drink	Short	243	58	2.7	0.3	6.9	3	0.9	1	0.12	75.6
Blonde Cortado - coconut drink	Short	189	46	2.3	2.1	4.2	3.2	1.4	1.2	0.04	75.6
Decaf Cortado - semi skimmed milk	Short	215	51	1.7	1	5.5	4.4	0.2	3.5	0.10	3.6
Decaf Cortado - whole milk	Short	277	66	3.4	2.1	5.4	4.3	0.2	3.4	0.10	3.6
Decaf Cortado - skimmed milk	Short	170	41	0.4	0.2	5.6	4.5	0.2	3.5	0.10	3.6
Decaf Cortado - almond drink	Short	122	30	1.2	0.1	3.4	2.4	0.4	0.7	0.07	3.6
Decaf Cortado - soya drink	Short	193	46	1.9	0.3	3.6	2.4	0.8	3.3	0.09	3.6
Decaf Cortado - oat drink	Short	251	60	2.8	0.3	7.1	3	1.1	1	0.12	3.6
Decaf Cortado - coconut drink	Short	196	48	2.4	2.1	4.4	3.3	1.6	1.2	0.04	3.6
Blonde Cappuccino - semi skimmed milk	Tall	428	102	3.5	2.2	10.1	9.5	0.3	7.3	0.22	85.5
Blonde Cappuccino - semi skimmed milk	Grande	542	129	4.5	2.9	12.8	12.1	0.3	9.3	0.28	85.5
Blonde Cappuccino - semi skimmed milk	Venti	702	167	5.8	3.7	16.6	15.6	0.4	12	0.36	128.2
Blonde Cappuccino - whole milk	Tall	561	134	7.3	4.6	9.9	9.3	0.3	7.1	0.21	85.5
Blonde Cappuccino - whole milk	Grande	713	170	9.3	5.9	12.5	11.8	0.3	9	0.27	85.5
Blonde Cappuccino - whole milk	Venti	923	220	12	7.6	16.3	15.3	0.4	11.7	0.35	128.2
Blonde Cappuccino - skimmed milk	Tall	328	78	0.7	0.3	10.3	9.7	0.3	7.3	0.22	85.5
Blonde Cappuccino - skimmed milk	Grande	414	98	0.9	0.4	13	12.4	0.3	9.3	0.28	85.5
Blonde Cappuccino - skimmed milk	Venti	538	128	1.2	0.5	16.9	15.9	0.4	12	0.36	128.2
Blonde Cappuccino - almond drink	Tall	225	56	2.5	0.2	5.7	5	0.7	1.3	0.15	85.5
Blonde Cappuccino - almond drink	Grande	281	70	3.2	0.3	7	6.4	0.8	1.6	0.19	85.5
Blonde Cappuccino - almond drink	Venti	367	92	4.1	0.4	9.2	8.2	1.1	2.1	0.24	128.2
Blonde Cappuccino - soya drink	Tall	378	90	3.9	0.6	6.1	5.1	1.5	6.9	0.20	85.5
Blonde Cappuccino - soya drink	Grande	478	114	5	0.8	7.7	6.5	1.8	8.8	0.26	85.5
Blonde Cappuccino - soya drink	Venti	620	148	6.5	1.1	10	8.4	2.4	11.3	0.33	128.2
Blonde Cappuccino - oat drink	Tall	506	120	5.9	0.6	13.7	6.5	2.2	1.9	0.25	85.5
Blonde Cappuccino - oat drink	Grande	641	152	7.6	0.8	17.4	8.3	2.7	2.3	0.32	85.5
Blonde Cappuccino - oat drink	Venti	831	197	9.8	1	22.5	10.7	3.6	3	0.41	128.2
Blonde Cappuccino - coconut drink	Tall	386	94	5.1	4.6	7.7	7.1	3.3	2.3	0.09	85.5
Blonde Cappuccino - coconut drink	Grande	488	119	6.5	5.9	9.7	9	4.1	2.9	0.12	85.5
Blonde Cappuccino - coconut drink	Venti	633	154	8.4	7.6	12.7	11.7	5.3	3.8	0.15	128.2
Decaf Cappuccino - semi skimmed milk	Tall	434	103	3.5	2.2	10.5	9.5	0.2	7.2	0.22	3.6
Decaf Cappuccino - semi skimmed milk	Grande	547	130	4.5	2.9	13.2	12.1	0.2	9.2	0.28	3.6
Decaf Cappuccino - semi skimmed milk	Venti	711	169	5.8	3.7	17.2	15.6	0.3	11.9	0.36	5.4
Decaf Cappuccino - whole milk	Tall	567	135	7.3	4.6	10.3	9.3	0.2	7	0.21	3.6
Decaf Cappuccino - whole milk	Grande	719	171	9.3	5.9	12.9	11.9	0.2	9	0.27	3.6
Decaf Cappuccino - whole milk	Venti	932	222	12	7.6	16.9	15.3	0.3	11.6	0.35	5.4
Decaf Cappuccino - skimmed milk	Tall	334	79	0.7	0.3	10.7	9.7	0.2	7.2	0.22	3.6
Decaf Cappuccino - skimmed milk	Grande	420	100	0.9	0.4	13.4	12.4	0.2	9.2	0.28	3.6
Decaf Cappuccino - skimmed milk	Venti	547	130	1.2	0.5	17.5	16	0.3	11.9	0.36	5.4
Decaf Cappuccino - almond drink	Tall	230	57	2.5	0.2	6.1	5	0.6	1.3	0.15	3.6
Decaf Cappuccino - almond drink	Grande	287	72	3.2	0.3	7.5	6.4	0.7	1.5	0.19	3.6
Decaf Cappuccino - almond drink	Venti	376	94	4.1	0.4	9.8	8.3	1	2	0.24	5.4
Decaf Cappuccino - soya drink	Tall	384	91	3.9	0.6	6.6	5.1	1.4	6.8	0.20	3.6
Decaf Cappuccino - soya drink	Grande	484	115	5	0.8	8.1	6.5	1.8	8.7	0.26	3.6
Decaf Cappuccino - soya drink	Venti	629	150	6.5	1.1	10.6	8.4	2.3	11.3	0.33	5.4
Decaf Cappuccino - oat drink	Tall	511	121	5.9	0.6	14.1	6.5	2.2	1.8	0.25	3.6
Decaf Cappuccino - oat drink	Grande	647	153	7.6	0.8	17.8	8.3	2.7	2.3	0.32	3.6
Decaf Cappuccino - oat drink	Venti	839	199	9.8	1	23.1	10.7	3.5	3	0.41	5.4
Decaf Cappuccino - coconut drink	Tall	392	95	5.1	4.6	8.1	7.1	3.2	2.3	0.09	3.6
Decaf Cappuccino - coconut drink	Grande	494	120	6.5	5.9	10.1	9.1	4.1	2.8	0.12	3.6
Decaf Cappuccino - coconut drink	Venti	642	156	8.4	7.6	13.3	11.7	5.3	3.7	0.15	5.4
Blonde Flat White - whole milk	Short	314	75	4	2.5	5.7	5	0.3	4	0.11	85.5
Blonde Flat White - skimmed milk	Short	189	45	0.5	0.2	5.9	5.2	0.3	4.1	0.12	85.5
Blonde Flat White - almond drink	Short	133	33	1.4	0.2	3.4	2.7	0.5	0.8	0.08	85.5
Blonde Flat White - soya drink	Short	215	51	2.2	0.4	3.7	2.8	0.9	3.9	0.11	85.5
Blonde Flat White - oat drink	Short	284	68	3.3	0.4	7.7	3.5	1.3	1.2	0.14	85.5
Blonde Flat White - coconut drink	Short	220	54	2.8	2.5	4.5	3.9	1.9	1.4	0.05	85.5
Decaf Flat White - semi skimmed milk	Short	248	59	2	1.2	6.2	5.2	0.2	4	0.12	3.6
Decaf Flat White - whole milk	Short	320	76	4	2.5	6.1	5.1	0.2	3.9	0.11	3.6
Decaf Flat White - skimmed milk	Short	194	46	0.5	0.2	6.3	5.3	0.2	4	0.12	3.6
Decaf Flat White - almond drink	Short	139	35	1.4	0.2	3.8	2.8	0.4	0.8	0.08	3.6
Decaf Flat White - soya drink	Short	221	53	2.2	0.4	4.1	2.8	0.9	3.8	0.11	3.6
Decaf Flat White - oat drink	Short	290	69	3.3	0.4	8.2	3.6	1.3	1.1	0.14	3.6
Decaf Flat White - coconut drink	Short	226	55	2.8	2.5	4.9	3.9	1.8	1.3	0.05	3.6
Blonde Caramel Macchiato - semi skimmed milk	Tall	700	166	4.9	3.1	22	21	0.3	8.4	0.27	85.5
Blonde Caramel Macchiato - semi skimmed milk	Grande	896	213	6	3.8	28.8	27.6	0.3	10.8	0.35	85.5
Blonde Caramel Macchiato - semi skimmed milk	Venti	1141	271	7.5	4.8	36.7	35.2	0.4	13.9	0.44	128.2
Blonde Caramel Macchiato - whole milk	Tall	854	203	9.3	5.8	21.8	20.7	0.3	8.2	0.27	85.5
Blonde Caramel Macchiato - whole milk	Grande	1095	260	11.7	7.4	28.5	27.3	0.3	10.5	0.34	85.5
Blonde Caramel Macchiato - whole milk	Venti	1396	332	14.8	9.3	36.4	34.8	0.4	13.5	0.43	128.2
Blonde Caramel Macchiato - skimmed milk	Tall	585	139	1.7	0.9	22.3	21.2	0.3	8.4	0.28	85.5
Blonde Caramel Macchiato - skimmed milk	Grande	747	177	1.9	1	29.1	27.9	0.3	10.8	0.35	85.5
Blonde Caramel Macchiato - skimmed milk	Venti	950	225	2.2	1.1	37.1	35.6	0.4	13.9	0.45	128.2
Blonde Caramel Macchiato - almond drink	Tall	465	113	3.7	0.8	16.9	15.8	0.7	1.5	0.19	85.5
Blonde Caramel Macchiato - almond drink	Grande	593	145	4.5	0.9	22.1	21	0.9	1.8	0.24	85.5
Blonde Caramel Macchiato - almond drink	Venti	751	183	5.6	1	28.2	26.6	1.2	2.4	0.30	128.2
Blonde Caramel Macchiato - soya drink	Tall	642	153	5.3	1.3	17.4	15.9	1.6	8	0.26	85.5
Blonde Caramel Macchiato - soya drink	Grande	822	195	6.6	1.5	22.8	21.1	2.1	10.2	0.32	85.5
Blonde Caramel Macchiato - soya drink	Venti	1045	248	8.3	1.7	29.1	26.8	2.7	13.1	0.41	128.2
Blonde Caramel Macchiato - oat drink	Tall	789	187	7.7	1.2	26.2	17.5	2.5	2.2	0.31	85.5
Blonde Caramel Macchiato - oat drink	Grande	1011	239	9.6	1.4	34.1	23.2	3.1	2.7	0.40	85.5
Blonde Caramel Macchiato - oat drink	Venti	1289	305	12.2	1.7	43.6	29.5	4.1	3.5	0.51	128.2
Blonde Caramel Macchiato - coconut drink	Tall	651	157	6.7	5.9	19.3	18.2	3.7	2.7	0.13	85.5
Blonde Caramel Macchiato - coconut drink	Grande	833	201	8.4	7.4	25.2	24.1	4.7	3.4	0.16	85.5
Blonde Caramel Macchiato - coconut drink	Venti	1060	256	10.6	9.4	32.2	30.6	6.1	4.4	0.20	128.2
Decaf Caramel Macchiato - semi skimmed milk	Tall	706	168	4.9	3.1	22.4	21	0.2	8.4	0.27	3.6
Decaf Caramel Macchiato - semi skimmed milk	Grande	902	214	6	3.8	29.2	27.7	0.2	10.7	0.35	3.6
Decaf Caramel Macchiato - semi skimmed milk	Venti	1149	273	7.5	4.8	37.4	35.2	0.3	13.8	0.44	5.4
Decaf Caramel Macchiato - whole milk	Tall	859	204	9.3	5.8	22.2	20.8	0.2	8.2	0.27	3.6
Decaf Caramel Macchiato - whole milk	Grande	1100	262	11.7	7.4	28.9	27.4	0.2	10.4	0.34	3.6
Decaf Caramel Macchiato - whole milk	Venti	1405	334	14.8	9.3	37	34.8	0.3	13.5	0.43	5.4
Decaf Caramel Macchiato - skimmed milk	Tall	591	140	1.7	0.9	22.7	21.2	0.2	8.4	0.28	3.6
Decaf Caramel Macchiato - skimmed milk	Grande	753	179	1.9	1	29.5	28	0.2	10.7	0.35	3.6
Decaf Caramel Macchiato - skimmed milk	Venti	958	227	2.2	1.1	37.7	35.6	0.3	13.8	0.45	5.4
Decaf Caramel Macchiato - almond drink	Tall	471	115	3.7	0.8	17.3	15.8	0.7	1.5	0.19	3.6
Decaf Caramel Macchiato - almond drink	Grande	599	146	4.5	0.9	22.5	21	0.8	1.8	0.24	3.6
Decaf Caramel Macchiato - almond drink	Venti	760	185	5.6	1	28.8	26.7	1.1	2.4	0.30	5.4
Decaf Caramel Macchiato - soya drink	Tall	648	154	5.3	1.3						

Blonde Mocha - whole milk	Tall	976	233	12.8	8.5	20.3	18.9	1.5	8.6	0.21	85.5	
Blonde Mocha - whole milk	Grande	1260	301	15.5	10.2	27.9	26.2	2.2	11.5	0.27	85.5	
Blonde Mocha - whole milk	Venti	1586	378	18.8	12.3	33.9	33.9	2.9	14.8	0.34	128.2	
Blonde Mocha - skimmed milk	Tall	764	183	6.8	4.6	20.6	19.3	1.5	8.8	0.22	85.5	
Blonde Mocha - skimmed milk	Grande	980	234	7.6	5	28.4	26.7	2.2	11.7	0.28	85.5	
Blonde Mocha - skimmed milk	Venti	1230	293	8.8	5.7	36.9	34.5	2.9	15.1	0.36	128.2	
Blonde Mocha - almond drink	Tall	670	163	8.4	4.5	16.4	15.1	1.9	3.3	0.15	85.5	
Blonde Mocha - almond drink	Grande	855	207	9.7	5	22.8	21.1	2.6	4.5	0.19	85.5	
Blonde Mocha - almond drink	Venti	1072	260	11.5	5.7	29.7	27.4	3.5	5.9	0.24	128.2	
Blonde Mocha - soya drink	Tall	810	193	9.7	4.9	16.8	15.1	2.6	8.4	0.20	85.5	
Blonde Mocha - soya drink	Grande	1039	248	11.4	5.4	23.3	21.2	3.6	11.3	0.26	85.5	
Blonde Mocha - soya drink	Venti	1306	311	13.6	6.3	30.5	27.5	4.8	14.5	0.33	128.2	
Blonde Mocha - oat drink	Tall	925	221	11.6	4.9	23.7	16.4	3.3	3.9	0.24	85.5	
Blonde Mocha - oat drink	Grande	1193	284	13.9	5.4	32.4	22.9	4.5	5.2	0.32	85.5	
Blonde Mocha - oat drink	Venti	1500	357	16.7	6.2	42	29.6	5.9	6.8	0.40	128.2	
Blonde Mocha - coconut drink	Tall	817	197	10.8	8.5	18.3	16.9	4.2	4.3	0.10	85.5	
Blonde Mocha - coconut drink	Grande	1049	253	12.9	10.2	25.3	23.6	5.8	5.8	0.13	85.5	
Blonde Mocha - coconut drink	Venti	1318	317	15.5	12.3	32.9	30.6	7.5	7.5	0.16	128.2	
Decaf Mocha - semi skimmed milk	Tall	964	230	9.7	6.6	25.3	23.2	2.1	9.3	0.20	3.6	
Decaf Mocha - semi skimmed milk	Grande	1189	283	11.2	7.5	32.5	30.1	2.7	11.9	0.26	3.6	
Decaf Mocha - semi skimmed milk	Venti	1514	361	13.6	9	42.1	38.8	3.5	15.9	0.35	5.4	
Decaf Mocha - whole milk	Tall	1078	257	13	8.6	25.1	23.1	2.1	9.1	0.20	3.6	
Decaf Mocha - whole milk	Grande	1336	319	15.3	10.1	32.3	29.9	2.7	11.7	0.25	3.6	
Decaf Mocha - whole milk	Venti	1718	410	19.3	12.6	41.8	38.5	3.5	15.6	0.34	5.4	
Decaf Mocha - skimmed milk	Tall	878	210	7.3	4.9	25.5	23.4	2.1	9.3	0.21	3.6	
Decaf Mocha - skimmed milk	Grande	1079	257	8.1	5.3	32.7	30.3	2.7	11.9	0.26	3.6	
Decaf Mocha - skimmed milk	Venti	1362	324	9.3	6.1	42.4	39.1	3.5	15.9	0.36	5.4	
Decaf Mocha - almond drink	Tall	790	191	8.8	4.8	21.5	19.4	2.5	4.1	0.14	3.6	
Decaf Mocha - almond drink	Grande	965	233	10	5.3	27.6	25.2	3.2	5.3	0.18	3.6	
Decaf Mocha - almond drink	Venti	1204	291	12	6	35.3	32	4.1	6.8	0.24	5.4	
Decaf Mocha - soya drink	Tall	921	220	10.1	5.2	21.9	19.5	3.1	8.9	0.19	3.6	
Decaf Mocha - soya drink	Grande	1134	270	11.6	5.7	28.1	25.3	4.1	11.5	0.24	3.6	
Decaf Mocha - soya drink	Venti	1438	343	14.2	6.6	36	32.1	5.3	15.3	0.33	5.4	
Decaf Mocha - oat drink	Tall	1031	245	11.8	5.2	28.4	20.7	3.8	4.6	0.23	3.6	
Decaf Mocha - oat drink	Grande	1274	303	13.8	5.7	36.5	26.8	4.9	5.9	0.30	3.6	
Decaf Mocha - oat drink	Venti	1633	388	17.2	6.6	47.5	34.2	6.4	7.6	0.40	5.4	
Decaf Mocha - coconut drink	Tall	928	223	11.1	8.6	23.2	21.2	4.7	5	0.10	3.6	
Decaf Mocha - coconut drink	Grande	1143	275	12.9	10.1	29.9	27.5	6	6.4	0.12	3.6	
Decaf Mocha - coconut drink	Venti	1450	349	16	12.7	38.4	35.2	8	8.3	0.16	5.4	
Blonde White Mocha - semi skimmed milk	Tall	961	229	9.9	7	26.8	26.2	0.3	8	0.32	85.5	
Blonde White Mocha - semi skimmed milk	Grande	1250	298	11.7	8.3	37.5	36.9	0.3	10.4	0.43	85.5	
Blonde White Mocha - semi skimmed milk	Venti	1628	388	14.4	10.2	50.1	49.1	0.5	14.1	0.58	128.2	
Blonde White Mocha - whole milk	Tall	1077	257	13.2	9.1	26.7	26	0.3	7.8	0.32	85.5	
Blonde White Mocha - whole milk	Grande	1401	334	16	11	37.3	36.6	0.3	10.2	0.43	85.5	
Blonde White Mocha - whole milk	Venti	1834	437	20.3	13.9	49.8	48.8	0.5	13.8	0.58	128.2	
Blonde White Mocha - skimmed milk	Tall	873	208	7.5	5.3	27	26.3	0.3	8	0.32	85.5	
Blonde White Mocha - skimmed milk	Grande	1137	271	8.5	6.1	37.8	37.1	0.3	10.4	0.44	85.5	
Blonde White Mocha - skimmed milk	Venti	1474	351	10.1	7.2	50.4	49.4	0.5	14.1	0.59	128.2	
Blonde White Mocha - almond drink	Tall	783	189	9	5.3	22.9	22.3	0.6	2.8	0.26	85.5	
Blonde White Mocha - almond drink	Grande	1020	246	10.5	6.1	32.5	31.8	0.8	3.6	0.36	85.5	
Blonde White Mocha - almond drink	Venti	1314	317	12.8	7.1	43.2	42.2	1.1	4.8	0.48	128.2	
Blonde White Mocha - soya drink	Tall	917	219	10.3	5.6	23.4	22.3	1.3	7.7	0.31	85.5	
Blonde White Mocha - soya drink	Grande	1193	284	12.2	6.5	33	31.9	1.7	10	0.42	85.5	
Blonde White Mocha - soya drink	Venti	1551	369	15	7.8	44	42.3	2.3	13.5	0.56	128.2	
Blonde White Mocha - oat drink	Tall	1029	245	12	5.6	30	23.6	2	3.3	0.35	85.5	
Blonde White Mocha - oat drink	Grande	1338	318	14.4	6.5	41.6	33.5	2.5	4.3	0.47	85.5	
Blonde White Mocha - oat drink	Venti	1748	415	18.1	7.7	55.7	44.5	3.5	5.7	0.64	128.2	
Blonde White Mocha - coconut drink	Tall	924	222	11.3	9.1	24.7	24.1	2.9	3.6	0.21	85.5	
Blonde White Mocha - coconut drink	Grande	1202	289	13.5	11	34.8	34.1	3.7	4.8	0.29	85.5	
Blonde White Mocha - coconut drink	Venti	1563	375	16.9	13.9	46.4	45.4	5.1	6.4	0.39	128.2	
Decaf White Mocha - semi skimmed milk	Tall	1114	266	10.5	7.5	34.7	33.6	0.3	8	0.36	3.6	
Decaf White Mocha - semi skimmed milk	Grande	1450	345	12.7	9.1	46.5	45.4	0.3	11.2	0.50	3.6	
Decaf White Mocha - semi skimmed milk	Venti	1754	418	14.7	10.6	57.5	55.9	0.4	13.5	0.61	5.4	
Decaf White Mocha - whole milk	Tall	1220	291	13.5	9.4	34.5	33.5	0.3	7.8	0.36	3.6	
Decaf White Mocha - whole milk	Grande	1605	382	17.1	11.8	46.2	45.2	0.3	11	0.49	3.6	
Decaf White Mocha - whole milk	Venti	1938	462	20	13.8	57.2	55.6	0.4	13.2	0.60	5.4	
Decaf White Mocha - skimmed milk	Tall	1036	247	8.3	6	34.8	33.8	0.3	8	0.36	3.6	
Decaf White Mocha - skimmed milk	Grande	1334	317	9.4	6.8	46.7	45.6	0.3	11.2	0.51	3.6	
Decaf White Mocha - skimmed milk	Venti	1616	384	10.9	7.9	57.7	56.2	0.4	13.5	0.62	5.4	
Decaf White Mocha - almond drink	Tall	954	229	9.7	5.9	31.2	30.1	0.6	3.2	0.31	3.6	
Decaf White Mocha - almond drink	Grande	1214	292	11.5	6.8	41.3	40.2	0.7	4.2	0.42	3.6	
Decaf White Mocha - almond drink	Venti	1473	354	13.3	7.8	51.3	49.7	1	5.2	0.51	5.4	
Decaf White Mocha - soya drink	Tall	1075	256	10.8	6.3	31.5	30.2	1.2	7.7	0.35	3.6	
Decaf White Mocha - soya drink	Grande	1392	331	13.1	7.2	41.8	40.3	1.7	10.7	0.48	3.6	
Decaf White Mocha - soya drink	Venti	1685	401	15.3	8.4	52	49.8	2.1	13	0.59	5.4	
Decaf White Mocha - oat drink	Tall	1176	280	12.4	6.3	37.5	31.3	1.8	3.7	0.39	3.6	
Decaf White Mocha - oat drink	Grande	1540	366	15.5	7.2	50.6	41.9	2.5	4.9	0.54	3.6	
Decaf White Mocha - oat drink	Venti	1861	442	18.1	8.3	62.4	51.8	3.1	6	0.66	5.4	
Decaf White Mocha - coconut drink	Tall	1081	259	11.7	9.4	32.8	31.7	2.6	4	0.26	3.6	
Decaf White Mocha - coconut drink	Grande	1401	336	14.5	11.9	43.7	42.6	3.8	5.4	0.36	3.6	
Decaf White Mocha - coconut drink	Venti	1696	407	16.9	13.9	54.2	52.6	4.6	6.6	0.44	5.4	
Alternative Coffee Bean - Cold Coffee		Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated(g)	Carbohydrates(g)	Of which Sugar(g)	Fibre (g)	Protein (g)	Salt(g)	Caffeine (mg)
Decaf Iced Americano	Tall	31	8	0.1	0	1.2	0.1	0.2	0.3	0.00	3.6	
Decaf Iced Americano	Grande	47	11	0.2	0.1	1.8	0.2	0.3	0.4	0.00	5.4	
Decaf Iced Americano	Venti	62	15	0.3	0.1	2.3	0.2	0.4	0.5	0.00	7.2	
Blonde Iced Americano	Tall	25	6	0.1	0	0.8	0.1	0.3	0.3	0.00	85.5	
Blonde Iced Americano	Grande	38	9	0.2	0.1	1.1	0.1	0.4	0.5	0.00	128.2	
Blonde Iced Americano	Venti	50	13	0.3	0.1	1.5	0.2	0.5	0.6	0.00	171	
Blonde Iced Latte - semi skimmed milk	Tall	342	82	2.8	1.8	8.1	7.5	0.3	5.8	0.17	85.5	
Blonde Iced Latte - semi skimmed milk	Grande	532	127	4.4	2.8	12.6	11.9	0.3	9.1	0.27	85.5	
Blonde Iced Latte - semi skimmed milk	Venti	539	128	4.4	2.8	12.8	11.8	0.4	9.2	0.27	128.2	
Blonde Iced Latte - whole milk	Tall	447	107	5.8	3.6	8	7.3	0.3	5.6	0.17	85.5	
Blonde Iced Latte - whole milk	Grande	700	167	9.2	5.8	12.3	11.6	0.3	8.8	0.26	85.5	
Blonde Iced Latte - whole milk	Venti	705	168	9.1	5.7	12.6	11.5	0.4	8.9	0.26	128.2	
Blonde Iced Latte - skimmed milk	Tall	264	63	0.6	0.2	8.3	7.6	0.3	5.8	0.17	85.5	
Blonde Iced Latte - skimmed milk	Grande	406	97	0.9	0.4	12.8	12.1	0.3	9.1	0.28	85.5	
Blonde Iced Latte - skimmed milk	Venti	415	99	0.9	0.4	13.1	12	0.4	9.2	0.27	128.2	
Blonde Iced Latte - almond drink	Tall	182	46	2	0.2	4.6	3.9	0.6	1.1	0.11	85.5	
Blonde Iced Latte - almond drink	Grande	276	69	3.1	0.3	6.9	6.3	0.8	1.5	0.18	85.5	
Blonde Iced Latte - almond drink	Venti	286	71	3.1	0.3	7.2	6.2	0.9	1.7	0.18	128.2	
Blonde Iced Latte - soya drink	Tall	303	72	3.1	0.5	5	4	1.2	5.5	0.16	85.5	
Blonde Iced Latte - soya drink	Grande	469	112	4.9	0.8	7.5	6.4	1.8	8.6	0.25	85.5	
Blonde Iced Latte - soya drink	Venti	477	114	4.9	0.8	7.8	6.3	1.9	8.7	0.25	128.2	
Blonde Iced Latte - oat drink	Tall	403	96	4.7	0.5	11	5.1	1.8	1.5	0.20	85.5	
Blonde Iced Latte - oat drink	Grande	630	149	7.4	0.8	17.1	8.1	2.7	2.3	0.31	85.5	
Blonde Iced Latte - oat drink	Venti	635	151	7.4	0.8	17.3	8.1	2.8	2.4	0.31	128.2	
Blonde Iced Latte - coconut drink	Tall	309	75	4.1	3.7	6.3	5.6	2.6	1.9	0.07	85.5	
Blonde Iced Latte - coconut drink	Grande	479	117	6.4	5.8	9.5	8.9	4	2.8	0.11	85.5	
Blonde Iced Latte - coconut drink	Venti	487	119	6.4	5.8	9.8	8.8	4.1	3	0.11	128.2	
Decaf Iced Latte - semi skimmed milk	Tall	348	83	2.8	1.8	8.5	7.5	0.2	5.8	0.17	3.6	
Decaf Iced Latte - semi skimmed milk	Grande	538	128	4.4	2.8	13	11.9	0.2	9	0.27	3.6	
Decaf Iced Latte - semi skimmed milk	Venti	548	131	4.4	2.8	13.4	11.8	0.3	9.1	0.27	5.4	
Decaf Iced Latte - whole milk	Tall	453	108	5.8	3.6	8.4	7.3	0.2	5.6	0.17	3.6	
Decaf Iced Latte - whole milk	Grande	706	168	9.2	5.8	12.7	11.6	0.2	8.8	0.26	3.6	
Decaf Iced Latte - whole milk	Venti	714	170	9.1	5.7	13.2	11.6	0.3	8.8	0.26	5.	

Decaf Iced Latte - coconut drink	Grande	485	118	6.4	5.8	9.9	8.9	4	2.8	0.11	3.6
Decaf Iced Latte - coconut drink	Venti	495	121	6.4	5.8	10.4	8.8	4.1	2.9	0.11	5.4
Blonde Classic Iced Cappuccino - semi skimmed milk	Tall	293	70	2.4	1.5	7	6.3	0.3	5	0.14	85.5
Blonde Classic Iced Cappuccino - semi skimmed milk	Grande	442	105	3.6	2.3	10.5	9.8	0.3	7.5	0.22	85.5
Blonde Classic Iced Cappuccino - semi skimmed milk	Venti	478	114	3.9	2.5	11.4	10.4	0.4	8.1	0.24	128.2
Blonde Classic Iced Cappuccino - whole milk	Tall	382	91	4.9	3.1	6.9	6.2	0.3	4.8	0.14	85.5
Blonde Classic Iced Cappuccino - whole milk	Grande	580	138	7.6	4.8	10.2	9.6	0.3	7.3	0.22	85.5
Blonde Classic Iced Cappuccino - whole milk	Venti	624	149	8	5.1	11.2	10.2	0.4	7.9	0.23	128.2
Blonde Classic Iced Cappuccino - skimmed milk	Tall	227	54	0.5	0.2	7.1	6.4	0.3	5	0.15	85.5
Blonde Classic Iced Cappuccino - skimmed milk	Grande	338	80	0.8	0.3	10.7	10	0.3	7.5	0.23	85.5
Blonde Classic Iced Cappuccino - skimmed milk	Venti	369	88	0.9	0.4	11.6	10.6	0.4	8.1	0.24	128.2
Blonde Classic Iced Cappuccino - almond drink	Tall	158	39	1.7	0.2	4	3.3	0.5	1	0.10	85.5
Blonde Classic Iced Cappuccino - almond drink	Grande	231	58	2.6	0.2	5.8	5.2	0.7	1.3	0.15	85.5
Blonde Classic Iced Cappuccino - almond drink	Venti	256	64	2.8	0.3	6.5	5.5	0.8	1.5	0.16	128.2
Blonde Classic Iced Cappuccino - soya drink	Tall	260	62	2.7	0.4	4.3	3.4	1.1	4.7	0.13	85.5
Blonde Classic Iced Cappuccino - soya drink	Grande	390	93	4.1	0.7	6.3	5.2	1.5	7.1	0.21	85.5
Blonde Classic Iced Cappuccino - soya drink	Venti	423	101	4.3	0.7	7	5.6	1.7	7.7	0.22	128.2
Blonde Classic Iced Cappuccino - oat drink	Tall	345	82	4	0.4	9.4	4.3	1.6	1.3	0.17	85.5
Blonde Classic Iced Cappuccino - oat drink	Grande	522	124	6.1	0.6	14.2	6.7	2.3	1.9	0.26	85.5
Blonde Classic Iced Cappuccino - oat drink	Venti	563	134	6.5	0.7	15.3	7.1	2.5	2.2	0.27	128.2
Blonde Classic Iced Cappuccino - coconut drink	Tall	265	65	3.4	3.1	5.4	4.7	2.3	1.6	0.06	85.5
Blonde Classic Iced Cappuccino - coconut drink	Grande	398	97	5.3	4.8	8	7.3	3.4	2.4	0.09	85.5
Blonde Classic Iced Cappuccino - coconut drink	Venti	432	105	5.6	5.1	8.8	7.8	3.7	2.7	0.10	128.2
Decaf Classic Iced Cappuccino - semi skimmed milk	Tall	299	71	2.4	1.5	7.4	6.3	0.2	4.9	0.14	3.6
Decaf Classic Iced Cappuccino - semi skimmed milk	Grande	447	107	3.6	2.3	10.9	9.8	0.2	7.5	0.22	3.6
Decaf Classic Iced Cappuccino - semi skimmed milk	Venti	487	116	3.9	2.5	12	10.4	0.3	8	0.24	5.4
Decaf Classic Iced Cappuccino - whole milk	Tall	387	92	4.9	3.1	7.3	6.2	0.2	4.8	0.14	3.6
Decaf Classic Iced Cappuccino - whole milk	Grande	585	140	7.6	4.8	10.7	9.6	0.2	7.3	0.22	3.6
Decaf Classic Iced Cappuccino - whole milk	Venti	633	151	8	5.1	11.8	10.2	0.3	7.8	0.23	5.4
Decaf Classic Iced Cappuccino - skimmed milk	Tall	232	55	0.5	0.2	7.5	6.5	0.2	4.9	0.15	3.6
Decaf Classic Iced Cappuccino - skimmed milk	Grande	344	82	0.8	0.3	11.1	10	0.2	7.5	0.23	3.6
Decaf Classic Iced Cappuccino - skimmed milk	Venti	378	90	0.9	0.4	12.2	10.6	0.3	8	0.24	5.4
Decaf Classic Iced Cappuccino - almond drink	Tall	164	41	1.7	0.2	4.4	3.4	0.5	0.9	0.10	3.6
Decaf Classic Iced Cappuccino - almond drink	Grande	237	59	2.6	0.2	6.2	5.2	0.6	1.3	0.15	3.6
Decaf Classic Iced Cappuccino - almond drink	Venti	264	66	2.8	0.3	7.1	5.5	0.8	1.5	0.16	5.4
Decaf Classic Iced Cappuccino - soya drink	Tall	266	63	2.7	0.4	4.7	3.4	1	4.6	0.13	3.6
Decaf Classic Iced Cappuccino - soya drink	Grande	396	94	4.1	0.7	6.7	5.3	1.5	7.1	0.21	3.6
Decaf Classic Iced Cappuccino - soya drink	Venti	432	103	4.3	0.7	7.6	5.6	1.6	7.6	0.22	5.4
Decaf Classic Iced Cappuccino - oat drink	Tall	350	83	4	0.4	9.8	4.4	1.5	1.3	0.17	3.6
Decaf Classic Iced Cappuccino - oat drink	Grande	528	125	6.1	0.6	14.6	6.7	2.2	1.9	0.26	3.6
Decaf Classic Iced Cappuccino - oat drink	Venti	572	136	6.5	0.7	15.9	7.1	2.5	2.1	0.27	5.4
Decaf Classic Iced Cappuccino - coconut drink	Tall	271	66	3.4	3.1	5.8	4.7	2.2	1.6	0.06	3.6
Decaf Classic Iced Cappuccino - coconut drink	Grande	404	98	5.3	4.8	8.4	7.3	3.3	2.3	0.09	3.6
Decaf Classic Iced Cappuccino - coconut drink	Venti	441	107	5.6	5.1	9.4	7.8	3.6	2.6	0.10	5.4
Blonde Iced Latte Macchiato - semi skimmed milk	Tall	379	90	3.1	2	9	8.3	0.3	6.4	0.19	85.5
Blonde Iced Latte Macchiato - semi skimmed milk	Grande	548	131	4.5	2.9	12.9	12.3	0.3	9.4	0.28	85.5
Blonde Iced Latte Macchiato - semi skimmed milk	Venti	572	136	4.7	3	13.6	12.6	0.4	9.7	0.29	128.2
Blonde Iced Latte Macchiato - whole milk	Tall	496	118	6.4	4.1	8.8	8.1	0.3	6.3	0.18	85.5
Blonde Iced Latte Macchiato - whole milk	Grande	722	172	9.5	6	12.7	12	0.3	9.1	0.27	85.5
Blonde Iced Latte Macchiato - whole milk	Venti	749	179	9.7	6.1	13.3	12.3	0.4	9.5	0.28	128.2
Blonde Iced Latte Macchiato - skimmed milk	Tall	291	69	0.7	0.3	9.2	8.5	0.3	6.4	0.19	85.5
Blonde Iced Latte Macchiato - skimmed milk	Grande	419	100	0.9	0.4	13.2	12.5	0.3	9.4	0.29	85.5
Blonde Iced Latte Macchiato - skimmed milk	Venti	440	105	1	0.4	13.8	12.8	0.4	9.7	0.29	128.2
Blonde Iced Latte Macchiato - almond drink	Tall	200	50	2.2	0.2	5.1	4.4	0.6	1.2	0.13	85.5
Blonde Iced Latte Macchiato - almond drink	Grande	284	71	3.2	0.3	7.1	6.5	0.8	1.6	0.19	85.5
Blonde Iced Latte Macchiato - almond drink	Venti	302	76	3.3	0.3	7.6	6.6	0.9	1.8	0.19	128.2
Blonde Iced Latte Macchiato - soya drink	Tall	335	80	3.5	0.6	5.5	4.5	1.3	6.1	0.18	85.5
Blonde Iced Latte Macchiato - soya drink	Grande	484	115	5.1	0.8	7.8	6.6	1.8	8.9	0.26	85.5
Blonde Iced Latte Macchiato - soya drink	Venti	506	121	5.2	0.9	8.3	6.7	2	9.2	0.27	128.2
Blonde Iced Latte Macchiato - oat drink	Tall	447	106	5.2	0.6	12.1	5.7	2	1.7	0.22	85.5
Blonde Iced Latte Macchiato - oat drink	Grande	649	154	7.7	0.8	17.6	8.4	2.8	2.3	0.32	85.5
Blonde Iced Latte Macchiato - oat drink	Venti	675	160	7.9	0.8	18.3	8.6	3	2.5	0.33	128.2
Blonde Iced Latte Macchiato - coconut drink	Tall	342	83	4.5	4.1	6.9	6.2	2.9	2.1	0.08	85.5
Blonde Iced Latte Macchiato - coconut drink	Grande	494	120	6.6	6	9.8	9.2	4.2	2.9	0.12	85.5
Blonde Iced Latte Macchiato - coconut drink	Venti	517	126	6.8	6.2	10.4	9.4	4.4	3.1	0.12	128.2
Decaf Iced Latte Macchiato - semi skimmed milk	Tall	385	92	3.1	2	9.4	8.3	0.2	6.4	0.19	3.6
Decaf Iced Latte Macchiato - semi skimmed milk	Grande	554	132	4.5	2.9	13.3	12.3	0.2	9.3	0.28	3.6
Decaf Iced Latte Macchiato - semi skimmed milk	Venti	581	138	4.7	3	14.2	12.6	0.3	9.7	0.29	5.4
Decaf Iced Latte Macchiato - whole milk	Tall	502	120	6.4	4.1	9.2	8.2	0.2	6.2	0.18	3.6
Decaf Iced Latte Macchiato - whole milk	Grande	728	173	9.5	6	13.1	12	0.2	9.1	0.27	3.6
Decaf Iced Latte Macchiato - whole milk	Venti	758	181	9.7	6.1	13.9	12.3	0.3	9.4	0.28	5.4
Decaf Iced Latte Macchiato - skimmed milk	Tall	297	71	0.7	0.3	9.6	8.5	0.2	6.4	0.19	3.6
Decaf Iced Latte Macchiato - skimmed milk	Grande	425	101	0.9	0.4	13.6	12.5	0.2	9.3	0.29	3.6
Decaf Iced Latte Macchiato - skimmed milk	Venti	449	107	1	0.4	14.5	12.9	0.3	9.7	0.29	5.4
Decaf Iced Latte Macchiato - almond drink	Tall	206	51	2.2	0.2	5.5	4.4	0.6	1.1	0.13	3.6
Decaf Iced Latte Macchiato - almond drink	Grande	290	72	3.2	0.3	7.5	6.5	0.7	1.5	0.19	3.6
Decaf Iced Latte Macchiato - almond drink	Venti	311	78	3.3	0.3	8.3	6.7	0.9	1.7	0.19	5.4
Decaf Iced Latte Macchiato - soya drink	Tall	341	81	3.5	0.6	5.9	4.5	1.3	6	0.18	3.6
Decaf Iced Latte Macchiato - soya drink	Grande	489	116	5.1	0.8	8.2	6.6	1.8	8.8	0.26	3.6
Decaf Iced Latte Macchiato - soya drink	Venti	515	123	5.2	0.9	8.9	6.8	1.9	9.1	0.27	5.4
Decaf Iced Latte Macchiato - oat drink	Tall	453	107	5.2	0.6	12.5	5.7	1.9	1.6	0.22	3.6
Decaf Iced Latte Macchiato - oat drink	Grande	655	155	7.7	0.8	18	8.4	2.7	2.3	0.32	3.6
Decaf Iced Latte Macchiato - oat drink	Venti	684	162	7.9	0.8	18.9	8.6	2.9	2.5	0.33	5.4
Decaf Iced Latte Macchiato - coconut drink	Tall	348	85	4.5	4.1	7.3	6.2	2.8	2	0.08	3.6
Decaf Iced Latte Macchiato - coconut drink	Grande	500	122	6.6	6	10.2	9.2	4.1	2.9	0.12	3.6
Decaf Iced Latte Macchiato - coconut drink	Venti	525	128	6.8	6.2	11	9.4	4.3	3	0.12	5.4
Blonde Iced Caramel Macchiato - semi skimmed milk	Tall	611	145	4.2	2.6	20.3	19.1	0.3	6.5	0.22	85.5
Blonde Iced Caramel Macchiato - semi skimmed milk	Grande	841	200	5.6	3.6	27.8	26.6	0.3	9.5	0.31	85.5
Blonde Iced Caramel Macchiato - semi skimmed milk	Venti	926	220	5.8	3.6	32	30.4	0.4	9.8	0.32	128.2
Blonde Iced Caramel Macchiato - whole milk	Tall	728	173	7.5	4.7	20.1	18.9	0.3	6.4	0.22	85.5
Blonde Iced Caramel Macchiato - whole milk	Grande	1015	241	10.5	6.6	27.6	26.3	0.3	9.2	0.31	85.5
Blonde Iced Caramel Macchiato - whole milk	Venti	1103	262	10.8	6.8	31.8	30.2	0.4	9.6	0.31	128.2
Blonde Iced Caramel Macchiato - skimmed milk	Tall	523	124	1.7	0.9	20.4	19.3	0.3	6.5	0.23	85.5
Blonde Iced Caramel Macchiato - skimmed milk	Grande	712	169	2	1	28.1	26.9	0.3	9.5	0.32	85.5
Blonde Iced Caramel Macchiato - skimmed milk	Venti	793	188	2.1	1.1	32.3	30.7	0.4	9.8	0.33	128.2
Blonde Iced Caramel Macchiato - almond drink	Tall	432	105	3.3	0.9	16.3	15.2	0.6	1.3	0.16	85.5
Blonde Iced Caramel Macchiato - almond drink	Grande	577	140	4.2	1	22	20.8	0.8	1.7	0.22	85.5
Blonde Iced Caramel Macchiato - almond drink	Venti	656	159	4.4	1	26.1	24.5	0.9	1.9	0.23	128.2
Blonde Iced Caramel Macchiato - soya drink	Tall	567	135	4.5	1.2	16.8	15.3	1.3	6.2	0.21	85.5
Blonde Iced Caramel Macchiato - soya drink	Grande	776	184	6.1	1.5	22.6	20.9	1.8	8.9	0.29	85.5
Blonde Iced Caramel Macchiato - soya drink	Venti	859	204	6.3	1.5	26.8	24.6	2	9.3	0.30	128.2
Blonde Iced Caramel Macchiato - oat drink	Tall	679	161	6.3	1.2	23.4	16.5	2	1.8	0.25	85.5
Blonde Iced Caramel Macchiato - oat drink	Grande	942	223	8.7	1.5	32.5	22.7	2.8	2.4	0.36	85.5
Blonde Iced Caramel Macchiato - oat drink	Venti	1029	244	9	1.5	36.8	26.5	3	2.6	0.37	128.2
Blonde Iced Caramel Macchiato - coconut drink	Tall	574	138	5.6	4.7	18.2	17	2.9	2.2	0.11	85.5
Blonde Iced Caramel Macchiato - coconut drink	Grande	787	189	7.7	6.7	24.7	23.5	4.2	3	0.15	85.5
Blonde Iced Caramel Macchiato - coconut drink	Venti	870	209	7.9	6.8	28.9	27.2	4.4	3.2	0.15	128.2
Decaf Iced Caramel Macchiato - semi skimmed milk	Tall	617	147	4.2	2.6	20.7	19.1	0.2	6.5	0.22	3.6
Decaf Iced Caramel Macchiato - semi skimmed milk	Grande	847	201	5.6	3.6	28.2	26.6	0.2	9.4	0.31	3.6
Decaf Iced Caramel Macchiato - semi skimmed milk	Venti	934	222	5.8	3.6	32.7	30.5	0.3	9.7	0.32	5.4
Decaf Iced Caramel Macchiato - whole milk	Tall	734	175	7.5	4.7	20.5	19	0.2	6.3	0.22	3.6
Decaf Iced Caramel Macchiato - whole milk	Grande	1021	243	10.5	6.6	28	26.4	0.2	9.2	0.31	3.6
Decaf Iced Caramel Macchiato - whole milk	Venti	1112	264	10.8	6.8	32.4	30.2	0.3	9.5	0.31	5.4
Decaf Iced Caramel Macchiato - skimmed milk	Tall	529	126								

Blonde Iced Mocha - semi skimmed milk	Tall	929	223	12.6	8.7	19.2	17.9	1.5	7.3	0.17	85.5
Blonde Iced Mocha - semi skimmed milk	Grande	1311	314	17.2	11.9	28	26.3	2.2	10.7	0.25	85.5
Blonde Iced Mocha - semi skimmed milk	Venti	1436	344	17.7	12.2	33	30.7	2.9	11.6	0.24	128.2
Blonde Iced Mocha - whole milk	Tall	1017	244	15.1	10.3	19.1	17.7	1.5	7.2	0.16	85.5
Blonde Iced Mocha - whole milk	Grande	1443	345	20.9	14.2	27.8	26.1	2.2	10.5	0.24	85.5
Blonde Iced Mocha - whole milk	Venti	1564	374	21.3	14.5	32.8	30.5	2.9	11.4	0.24	128.2
Blonde Iced Mocha - skimmed milk	Tall	864	207	10.8	7.5	19.3	18	1.5	7.3	0.17	85.5
Blonde Iced Mocha - skimmed milk	Grande	1213	290	14.4	10	28.2	26.5	2.2	10.7	0.25	85.5
Blonde Iced Mocha - skimmed milk	Venti	1341	321	15	10.3	33.2	30.9	2.9	11.6	0.25	128.2
Blonde Iced Mocha - almond drink	Tall	796	193	11.9	7.4	16.3	14.9	1.8	3.4	0.12	85.5
Blonde Iced Mocha - almond drink	Grande	1111	269	16.2	9.9	23.6	21.9	2.5	4.8	0.18	85.5
Blonde Iced Mocha - almond drink	Venti	1241	300	16.7	10.3	28.7	26.4	3.3	5.8	0.18	128.2
Blonde Iced Mocha - soya drink	Tall	896	215	12.9	7.7	16.6	15	2.3	7.1	0.16	85.5
Blonde Iced Mocha - soya drink	Grande	1262	302	17.6	10.3	24.1	22	3.3	10.3	0.23	85.5
Blonde Iced Mocha - soya drink	Venti	1388	332	18.1	10.7	29.2	26.5	4.1	11.2	0.23	128.2
Blonde Iced Mocha - oat drink	Tall	980	234	14.2	7.7	21.6	15.9	2.8	3.8	0.19	85.5
Blonde Iced Mocha - oat drink	Grande	1388	332	19.6	10.3	31.5	23.4	4.1	5.4	0.28	85.5
Blonde Iced Mocha - oat drink	Venti	1511	361	20	10.6	36.5	27.8	4.8	6.4	0.28	128.2
Blonde Iced Mocha - coconut drink	Tall	902	217	13.7	10.3	17.6	16.3	3.5	4	0.09	85.5
Blonde Iced Mocha - coconut drink	Grande	1270	306	18.8	14.3	25.6	24	5.1	5.8	0.12	85.5
Blonde Iced Mocha - coconut drink	Venti	1396	336	19.2	14.5	30.7	28.4	5.8	6.8	0.12	128.2
Decaf Iced Mocha - semi skimmed milk	Tall	1029	246	12.9	8.9	23.8	21.8	2.1	7.7	0.15	3.6
Decaf Iced Mocha - semi skimmed milk	Grande	1432	343	17.7	12.2	33.1	30.7	2.7	11.4	0.24	3.6
Decaf Iced Mocha - semi skimmed milk	Venti	1520	363	17.8	12.3	37.4	34.2	3.5	11.6	0.22	5.4
Decaf Iced Mocha - whole milk	Tall	1107	265	15.1	10.3	23.7	21.6	2.1	7.5	0.15	3.6
Decaf Iced Mocha - whole milk	Grande	1562	373	21.3	14.5	32.9	30.5	2.7	11.2	0.24	3.6
Decaf Iced Mocha - whole milk	Venti	1632	390	21	14.2	37.2	34	3.5	11.4	0.22	5.4
Decaf Iced Mocha - skimmed milk	Tall	971	232	11.3	7.8	23.9	21.9	2.1	7.7	0.16	3.6
Decaf Iced Mocha - skimmed milk	Grande	1336	319	15	10.3	33.3	30.9	2.7	11.4	0.25	3.6
Decaf Iced Mocha - skimmed milk	Venti	1436	343	15.5	10.6	37.6	34.3	3.5	11.6	0.22	5.4
Decaf Iced Mocha - almond drink	Tall	910	219	12.3	7.7	21.2	19.2	2.3	4.2	0.11	3.6
Decaf Iced Mocha - almond drink	Grande	1236	298	16.7	10.3	28.8	26.4	3.1	5.6	0.18	3.6
Decaf Iced Mocha - almond drink	Venti	1349	325	17	10.6	33.7	30.4	3.8	6.5	0.16	5.4
Decaf Iced Mocha - soya drink	Tall	1000	239	13.1	8	21.5	19.2	2.8	7.4	0.14	3.6
Decaf Iced Mocha - soya drink	Grande	1384	331	18.1	10.6	29.3	26.5	3.9	11.1	0.23	3.6
Decaf Iced Mocha - soya drink	Venti	1478	353	18.2	10.9	34.1	30.5	4.5	11.2	0.21	5.4
Decaf Iced Mocha - oat drink	Tall	1074	257	14.3	8	25.9	20	3.2	4.5	0.17	3.6
Decaf Iced Mocha - oat drink	Grande	1508	360	20	10.6	36.6	27.8	4.6	6.2	0.28	3.6
Decaf Iced Mocha - oat drink	Venti	1585	378	19.9	10.9	40.4	31.6	5.1	7	0.25	5.4
Decaf Iced Mocha - coconut drink	Tall	1004	242	13.8	10.3	22.4	20.4	3.9	4.8	0.08	3.6
Decaf Iced Mocha - coconut drink	Grande	1392	335	19.2	14.5	30.8	28.4	5.6	6.6	0.12	3.6
Decaf Iced Mocha - coconut drink	Venti	1485	357	19.2	14.3	35.4	32.1	6	7.4	0.11	5.4
Blonde Iced White Mocha - semi skimmed milk	Tall	1050	251	13.3	9.5	25.9	25.3	0.3	6.8	0.28	85.5
Blonde Iced White Mocha - semi skimmed milk	Grande	1519	363	18.4	13.2	38.7	38.1	0.3	10.4	0.44	85.5
Blonde Iced White Mocha - semi skimmed milk	Venti	1681	402	19.1	13.7	46.6	45.6	0.5	10.6	0.48	128.2
Blonde Iced White Mocha - whole milk	Tall	1138	272	15.8	11.1	25.8	25.1	0.3	6.7	0.28	85.5
Blonde Iced White Mocha - whole milk	Grande	1661	397	22.5	15.7	38.5	37.9	0.3	10.2	0.43	85.5
Blonde Iced White Mocha - whole milk	Venti	1811	433	22.8	16	46.4	45.4	0.5	10.4	0.47	128.2
Blonde Iced White Mocha - skimmed milk	Tall	984	235	11.4	8.2	26.1	25.4	0.3	6.8	0.29	85.5
Blonde Iced White Mocha - skimmed milk	Grande	1414	338	15.5	11.1	38.9	38.3	0.3	10.4	0.44	85.5
Blonde Iced White Mocha - skimmed milk	Venti	1583	378	16.4	11.8	46.8	45.8	0.5	10.6	0.48	128.2
Blonde Iced White Mocha - almond drink	Tall	915	221	12.6	8.2	23	22.3	0.6	2.8	0.24	85.5
Blonde Iced White Mocha - almond drink	Grande	1304	315	17.3	11.1	34	33.3	0.7	4	0.36	85.5
Blonde Iced White Mocha - almond drink	Venti	1482	357	18.1	11.8	42.2	41.2	0.9	4.7	0.41	128.2
Blonde Iced White Mocha - soya drink	Tall	1017	243	13.5	8.4	23.3	22.4	1.1	6.5	0.27	85.5
Blonde Iced White Mocha - soya drink	Grande	1467	351	18.9	11.5	34.5	33.4	1.6	10	0.42	85.5
Blonde Iced White Mocha - soya drink	Venti	1632	390	19.5	12.2	42.7	41.3	1.6	10.2	0.46	128.2
Blonde Iced White Mocha - oat drink	Tall	1102	263	14.9	8.4	28.3	23.3	1.6	3.2	0.31	85.5
Blonde Iced White Mocha - oat drink	Grande	1602	382	21	11.5	42.5	34.9	2.4	4.6	0.47	85.5
Blonde Iced White Mocha - oat drink	Venti	1757	419	21.4	12.1	50.1	42.6	2.4	5.3	0.51	128.2
Blonde Iced White Mocha - coconut drink	Tall	1022	246	14.3	11.1	24.4	23.7	2.3	3.5	0.20	85.5
Blonde Iced White Mocha - coconut drink	Grande	1475	355	20.1	15.7	36.2	35.5	3.5	5.1	0.30	85.5
Blonde Iced White Mocha - coconut drink	Venti	1640	394	20.6	16.1	44.2	43.2	3.4	5.7	0.36	128.2
Decaf Iced White Mocha - semi skimmed milk	Tall	1209	289	13.9	10	33.9	32.9	0.3	6.9	0.33	3.6
Decaf Iced White Mocha - semi skimmed milk	Grande	1681	402	19.1	13.7	46.8	45.7	0.3	10.5	0.48	3.6
Decaf Iced White Mocha - semi skimmed milk	Venti	1836	438	19.6	14.2	54.6	53	0.4	10.5	0.52	5.4
Decaf Iced White Mocha - whole milk	Tall	1288	308	16.1	11.4	33.8	32.7	0.3	6.7	0.32	3.6
Decaf Iced White Mocha - whole milk	Grande	1814	433	22.8	16.1	46.6	45.5	0.3	10.3	0.48	3.6
Decaf Iced White Mocha - whole milk	Venti	1954	466	23	16.3	54.4	52.8	0.4	10.3	0.51	5.4
Decaf Iced White Mocha - skimmed milk	Tall	1150	275	12.3	8.9	34	33	0.3	6.9	0.33	3.6
Decaf Iced White Mocha - skimmed milk	Grande	1582	378	16.3	11.8	47	45.9	0.3	10.5	0.49	3.6
Decaf Iced White Mocha - skimmed milk	Venti	1747	417	17.2	12.5	54.8	53.2	0.4	10.5	0.52	5.4
Decaf Iced White Mocha - almond drink	Tall	1089	262	13.3	8.9	31.3	30.2	0.5	3.3	0.29	3.6
Decaf Iced White Mocha - almond drink	Grande	1479	356	18	11.7	42.3	41.3	0.7	4.5	0.41	3.6
Decaf Iced White Mocha - almond drink	Venti	1656	398	18.7	12.4	50.6	49	0.8	5.2	0.46	5.4
Decaf Iced White Mocha - soya drink	Tall	1180	282	14.1	9.1	31.6	30.3	1	6.6	0.32	3.6
Decaf Iced White Mocha - soya drink	Grande	1632	390	19.5	12.1	42.8	41.4	1.5	10.1	0.47	3.6
Decaf Iced White Mocha - soya drink	Venti	1792	428	20	12.8	51.1	49.1	1.5	10.1	0.50	5.4
Decaf Iced White Mocha - oat drink	Tall	1255	299	15.3	9.1	36	31.1	1.4	3.7	0.35	3.6
Decaf Iced White Mocha - oat drink	Grande	1759	419	21.5	12.1	50.3	42.7	2.2	5.1	0.52	3.6
Decaf Iced White Mocha - oat drink	Venti	1905	454	21.8	12.8	57.8	50.4	2.1	5.7	0.55	5.4
Decaf Iced White Mocha - coconut drink	Tall	1185	284	14.8	11.4	32.5	31.5	2	3.9	0.25	3.6
Decaf Iced White Mocha - coconut drink	Grande	1640	394	20.7	16.1	44.4	43.3	3.3	5.6	0.36	3.6
Decaf Iced White Mocha - coconut drink	Venti	1799	431	21	16.3	52.5	50.9	3.1	6.1	0.41	5.4
Signature Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Tall	426	101	2.1	1.3	16	15	0.3	4.4	0.12	89.1
Signature Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Grande	546	130	2.6	1.6	20.8	19.4	0.4	5.5	0.15	133.6
Signature Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Venti	656	156	3	1.8	25.4	23.6	0.5	6.4	0.17	178.2
Signature Iced Brown Sugar Oat Shaken Espresso - whole milk	Tall	503	119	4.3	2.7	15.9	14.9	0.3	4.3	0.12	89.1
Signature Iced Brown Sugar Oat Shaken Espresso - whole milk	Grande	640	152	5.2	3.3	20.7	19.3	0.4	5.4	0.15	133.6
Signature Iced Brown Sugar Oat Shaken Espresso - whole milk	Venti	763	181	6	3.8	25.3	23.4	0.5	6.2	0.17	178.2
Signature Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Tall	368	87	0.5	0.2	16.1	15.1	0.3	4.4	0.13	89.1
Signature Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Grande	476	113	0.6	0.2	21	19.5	0.4	5.5	0.16	133.6
Signature Iced Brown Sugar Oat Shaken Espresso - skimmed milk	Venti	576	136	0.7	0.3	25.6	23.7	0.5	6.4	0.18	178.2
Signature Iced Brown Sugar Oat Shaken Espresso - almond drink	Tall	309	75	1.5	0.2	13.4	12.4	0.5	1	0.08	89.1
Signature Iced Brown Sugar Oat Shaken Espresso - almond drink	Grande	403	97	1.9	0.2	17.7	16.3	0.7	1.3	0.10	133.6
Signature Iced Brown Sugar Oat Shaken Espresso - almond drink	Venti	493	119	2.2	0.2	21.9	20	0.9	1.6	0.12	178.2
Signature Iced Brown Sugar Oat Shaken Espresso - soya drink	Tall	397	94	2.3	0.4	13.7	12.5	1	4.2	0.12	89.1
Signature Iced Brown Sugar Oat Shaken Espresso - soya drink	Grande	511	121	2.9	0.5	18	16.3	1.2	5.2	0.14	133.6
Signature Iced Brown Sugar Oat Shaken Espresso - soya drink	Venti	616	146	3.3	0.6	22.2	20	1.5	6.1	0.16	178.2
Signature Iced Brown Sugar Oat Shaken Espresso - oat drink	Tall	471	111	3.5	0.4	18	13.3	1.4	1.3	0.14	89.1
Signature Iced Brown Sugar Oat Shaken Espresso - oat drink	Grande	601	142	4.3	0.5	23.3	17.3	1.8	1.7	0.18	133.6
Signature Iced Brown Sugar Oat Shaken Espresso - oat drink	Venti	718	170	4.9	0.6	28.3	21.2	2.1	2.1	0.20	178.2
Signature Iced Brown Sugar Oat Shaken Espresso - coconut drink	Tall	402	96	3	2.7	14.6	13.6	2	1.6	0.05	89.1
Signature Iced Brown Sugar Oat Shaken Espresso - coconut drink	Grande	517	124	3.7	3.3	19.1	17.7	2.5	2	0.06	133.6
Signature Iced Brown Sugar Oat Shaken Espresso - coconut drink	Venti	622	149	4.3	3.8	23.5	21.6	2.9	2.4	0.07	178.2
Decaf Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Tall	428	102	2.1	1.3	16.2	15	0.2	4.3	0.12	3.6
Decaf Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Grande	549	130	2.6	1.6	21.2	19.4	0.3	5.3	0.15	5.4
Decaf Iced Brown Sugar Oat Shaken Espresso - semi skimmed milk	Venti	659	157	3	1.8	26	23.6	0.4	6.1	0.17	7.2
Decaf Iced Brown Sugar Oat Shaken Espresso - whole milk	Tall	505	120	4.3	2.7	16.1	14.9	0.2	4.2	0.12	3.6
Decaf Iced Brown Sugar Oat Shaken Espresso - whole milk	Grande	642	153	5.2	3.3	21.1	19.3	0.3	5.2	0.15	5.4
Decaf Iced Brown Sugar Oat Shaken Espresso - whole milk	Venti	767	182	6	3.8	25.8	23.4	0.4	6	0.17	7.2

Blonde Starbucks Doubleshot Vanilla Iced Coffee	Mini	423	102	8	5	6.1	5.3	0.3	1.3	0.03	85.5
Decaf Starbucks Doubleshot Vanilla Iced Coffee	Mini	429	103	8	5	6.5	5.3	0.2	1.3	0.03	3.6
Alternative Coffee Bean - Frappuccino											
Decaf Coffee Frappuccino - semi skimmed milk	Tall	873	208	10.5	7.4	24.9	24.4	0.1	3.3	0.37	1.7
Decaf Coffee Frappuccino - semi skimmed milk	Grande	1108	265	13.6	9.6	31.3	30.5	0.2	3.9	0.46	2.8
Decaf Coffee Frappuccino - semi skimmed milk	Venti	1226	293	13.6	9.6	38.2	37	0.3	3.9	0.55	4.1
Decaf Coffee Frappuccino - whole milk	Tall	922	220	11.9	8.3	24.8	24.3	0.1	3.3	0.37	1.7
Decaf Coffee Frappuccino - whole milk	Grande	1162	278	15.1	10.6	31.2	30.4	0.2	3.8	0.46	2.8
Decaf Coffee Frappuccino - whole milk	Venti	1278	305	15.1	10.6	38.1	36.9	0.3	3.8	0.55	4.1
Decaf Coffee Frappuccino - skimmed milk	Tall	836	200	9.5	6.7	25	24.5	0.1	3.3	0.37	1.7
Decaf Coffee Frappuccino - skimmed milk	Grande	1068	255	12.5	8.9	31.4	30.6	0.2	3.9	0.46	2.8
Decaf Coffee Frappuccino - skimmed milk	Venti	1187	283	12.5	8.9	38.2	37	0.3	3.9	0.55	4.1
Decaf Coffee Frappuccino - almond drink	Tall	798	192	10.1	6.7	23.2	22.7	0.2	1.1	0.34	1.7
Decaf Coffee Frappuccino - almond drink	Grande	1026	246	13.2	8.8	29.5	28.7	0.3	1.4	0.43	2.8
Decaf Coffee Frappuccino - almond drink	Venti	1147	275	13.2	8.8	36.4	35.2	0.4	1.5	0.52	4.1
Decaf Coffee Frappuccino - soya drink	Tall	855	204	10.6	6.8	23.4	22.8	0.5	3.2	0.36	1.7
Decaf Coffee Frappuccino - soya drink	Grande	1088	260	13.8	9	29.7	28.7	0.7	3.7	0.45	2.8
Decaf Coffee Frappuccino - soya drink	Venti	1207	288	13.8	9	36.6	35.2	0.7	3.7	0.54	4.1
Decaf Coffee Frappuccino - oat drink	Tall	902	215	11.4	6.8	26.2	23.3	0.8	1.3	0.38	1.7
Decaf Coffee Frappuccino - oat drink	Grande	1140	272	14.6	9	32.8	29.3	1	1.7	0.47	2.8
Decaf Coffee Frappuccino - oat drink	Venti	1257	300	14.5	9	39.6	35.8	1	1.7	0.56	4.1
Decaf Coffee Frappuccino - coconut drink	Tall	858	206	11.1	8.3	24	23.5	1.2	1.5	0.32	1.7
Decaf Coffee Frappuccino - coconut drink	Grande	1091	262	14.3	10.6	30.3	29.5	1.4	1.9	0.41	2.8
Decaf Coffee Frappuccino - coconut drink	Venti	1210	290	14.2	10.6	37.2	36	1.4	1.9	0.50	4.1
Decaf Caramel Frappuccino - semi skimmed milk	Tall	1056	252	12	8.4	32.4	31.4	0.1	3.2	0.39	1.5
Decaf Caramel Frappuccino - semi skimmed milk	Grande	1337	319	15.3	10.7	41	39.6	0.2	3.8	0.49	2.6
Decaf Caramel Frappuccino - semi skimmed milk	Venti	1503	358	15.5	10.8	50.1	48.4	0.3	3.9	0.59	3.9
Decaf Caramel Frappuccino - whole milk	Tall	1101	263	13.3	9.2	32.3	31.4	0.1	3.1	0.39	1.5
Decaf Caramel Frappuccino - whole milk	Grande	1388	331	16.8	11.6	40.9	39.6	0.2	3.8	0.49	2.6
Decaf Caramel Frappuccino - whole milk	Venti	1553	370	17	11.7	50.1	48.3	0.3	3.8	0.59	3.9
Decaf Caramel Frappuccino - skimmed milk	Tall	1023	244	11.1	7.8	32.5	31.5	0.1	3.2	0.39	1.5
Decaf Caramel Frappuccino - skimmed milk	Grande	1299	310	14.3	10	41.1	39.7	0.2	3.8	0.49	2.6
Decaf Caramel Frappuccino - skimmed milk	Venti	1466	349	14.5	10.1	50.2	48.4	0.3	3.9	0.59	3.9
Decaf Caramel Frappuccino - almond drink	Tall	989	237	11.7	7.7	30.9	30	0.2	1.2	0.36	1.5
Decaf Caramel Frappuccino - almond drink	Grande	1260	302	14.9	10	39.3	37.9	0.3	1.6	0.46	2.6
Decaf Caramel Frappuccino - almond drink	Venti	1428	341	15.2	10.1	48.5	46.7	0.4	1.7	0.56	3.9
Decaf Caramel Frappuccino - soya drink	Tall	1040	248	12.2	7.9	31.1	30	0.5	3.1	0.38	1.5
Decaf Caramel Frappuccino - soya drink	Grande	1318	315	15.5	10.1	39.5	38	0.6	3.7	0.48	2.6
Decaf Caramel Frappuccino - soya drink	Venti	1485	354	15.7	10.2	48.6	46.7	0.7	3.8	0.58	3.9
Decaf Caramel Frappuccino - oat drink	Tall	1082	258	12.8	7.9	33.6	30.4	0.7	1.4	0.40	1.5
Decaf Caramel Frappuccino - oat drink	Grande	1367	326	16.3	10.1	42.4	38.5	0.9	1.8	0.50	2.6
Decaf Caramel Frappuccino - oat drink	Venti	1532	365	16.4	10.2	51.5	47.2	1	1.9	0.60	3.9
Decaf Caramel Frappuccino - coconut drink	Tall	1043	249	12.6	9.2	31.6	30.6	1.1	1.5	0.35	1.5
Decaf Caramel Frappuccino - coconut drink	Grande	1321	316	15.9	11.6	40.1	38.7	1.3	1.9	0.44	2.6
Decaf Caramel Frappuccino - coconut drink	Venti	1488	355	16.1	11.7	49.2	47.5	1.4	2	0.54	3.9
Decaf Mocha Frappuccino - semi skimmed milk	Tall	948	226	10.9	7.7	27.6	26.8	0.7	3.9	0.34	1.5
Decaf Mocha Frappuccino - semi skimmed milk	Grande	1255	300	14.3	10	37.1	35.8	1	5	0.45	2.8
Decaf Mocha Frappuccino - semi skimmed milk	Venti	1411	336	14.4	10.1	45.4	43.7	1.3	5.2	0.54	4
Decaf Mocha Frappuccino - whole milk	Tall	993	237	12.2	8.5	27.5	26.8	0.7	3.9	0.34	1.5
Decaf Mocha Frappuccino - whole milk	Grande	1308	312	15.8	11	37	35.8	1	4.9	0.45	2.8
Decaf Mocha Frappuccino - whole milk	Venti	1462	349	15.9	11	45.3	43.6	1.3	5.2	0.54	4
Decaf Mocha Frappuccino - skimmed milk	Tall	914	218	9.9	7	27.6	26.9	0.7	3.9	0.35	1.5
Decaf Mocha Frappuccino - skimmed milk	Grande	1215	290	13.1	9.3	37.2	35.9	1	5	0.46	2.8
Decaf Mocha Frappuccino - skimmed milk	Venti	1373	327	13.4	9.4	45.4	43.7	1.3	5.2	0.55	4
Decaf Mocha Frappuccino - almond drink	Tall	879	211	10.5	7	26.1	25.3	0.8	1.9	0.32	1.5
Decaf Mocha Frappuccino - almond drink	Grande	1174	281	13.8	9.2	35.3	34.1	1.1	2.6	0.43	2.8
Decaf Mocha Frappuccino - almond drink	Venti	1333	319	14	9.4	43.7	42	1.4	2.9	0.52	4
Decaf Mocha Frappuccino - soya drink	Tall	931	222	11	7.1	26.2	25.3	1.1	3.8	0.34	1.5
Decaf Mocha Frappuccino - soya drink	Grande	1235	295	14.4	9.4	35.5	34.1	1.4	4.8	0.45	2.8
Decaf Mocha Frappuccino - soya drink	Venti	1392	332	14.6	9.5	43.8	42	1.7	5.1	0.54	4
Decaf Mocha Frappuccino - oat drink	Tall	974	232	11.7	7.1	28.8	25.8	1.3	2.1	0.36	1.5
Decaf Mocha Frappuccino - oat drink	Grande	1286	307	15.2	9.4	38.5	34.6	1.7	2.8	0.47	2.8
Decaf Mocha Frappuccino - oat drink	Venti	1441	343	15.4	9.5	46.7	42.5	2	3.2	0.56	4
Decaf Mocha Frappuccino - coconut drink	Tall	933	223	11.4	8.5	26.8	26	1.7	2.2	0.30	1.5
Decaf Mocha Frappuccino - coconut drink	Grande	1238	296	14.9	11	36.1	34.9	2.2	3	0.40	2.8
Decaf Mocha Frappuccino - coconut drink	Venti	1395	333	15	11	44.5	42.7	2.4	3.3	0.50	4
Decaf Java Chip Frappuccino - semi skimmed milk	Tall	1128	269	13.2	9.5	32.3	30.3	1.3	4.5	0.38	1.5
Decaf Java Chip Frappuccino - semi skimmed milk	Grande	1498	358	17.4	12.6	43.4	40.5	1.8	5.7	0.51	2.7
Decaf Java Chip Frappuccino - semi skimmed milk	Venti	1703	406	18.3	13.3	52.7	48.9	2.3	6.1	0.61	3.9
Decaf Java Chip Frappuccino - whole milk	Tall	1172	280	14.4	10.3	32.2	30.2	1.3	4.4	0.38	1.5
Decaf Java Chip Frappuccino - whole milk	Grande	1551	370	18.9	13.5	43.3	40.4	1.8	5.6	0.51	2.7
Decaf Java Chip Frappuccino - whole milk	Venti	1753	418	19.7	14.2	52.6	48.9	2.3	6	0.60	3.9
Decaf Java Chip Frappuccino - skimmed milk	Tall	1094	261	12.2	8.9	32.4	30.4	1.3	4.5	0.38	1.5
Decaf Java Chip Frappuccino - skimmed milk	Grande	1459	348	16.3	11.8	43.5	40.6	1.8	5.7	0.51	2.7
Decaf Java Chip Frappuccino - skimmed milk	Venti	1666	398	17.3	12.6	52.8	49	2.3	6.1	0.61	3.9
Decaf Java Chip Frappuccino - almond drink	Tall	1060	254	12.8	8.9	30.8	28.8	1.4	2.5	0.36	1.5
Decaf Java Chip Frappuccino - almond drink	Grande	1418	340	17	11.8	41.7	38.7	1.9	3.3	0.48	2.7
Decaf Java Chip Frappuccino - almond drink	Venti	1627	389	17.9	12.6	51	47.3	2.4	3.8	0.58	3.9
Decaf Java Chip Frappuccino - soya drink	Tall	1111	265	13.3	9	31	28.8	1.7	4.3	0.38	1.5
Decaf Java Chip Frappuccino - soya drink	Grande	1478	353	17.5	12	41.8	38.8	2.3	5.5	0.50	2.7
Decaf Java Chip Frappuccino - soya drink	Venti	1685	402	18.5	12.7	51.2	47.3	2.7	5.9	0.60	3.9
Decaf Java Chip Frappuccino - oat drink	Tall	1153	275	14	9	33.5	29.3	2	2.7	0.39	1.5
Decaf Java Chip Frappuccino - oat drink	Grande	1529	365	18.3	12	44.8	39.3	2.5	3.5	0.52	2.7
Decaf Java Chip Frappuccino - oat drink	Venti	1732	413	19.2	12.7	54.1	47.8	3	4	0.62	3.9
Decaf Java Chip Frappuccino - coconut drink	Tall	1114	267	13.7	10.3	31.5	29.5	2.3	2.8	0.34	1.5
Decaf Java Chip Frappuccino - coconut drink	Grande	1481	355	18	13.5	42.5	39.6	3	3.7	0.46	2.7
Decaf Java Chip Frappuccino - coconut drink	Venti	1688	404	18.9	14.2	51.8	48	3.4	4.2	0.56	3.9
Holiday FY26 Alternative Coffees											
Blonde Toffee Nut Latte - semi skimmed milk	Tall	750	179	8.4	5.7	18.6	17.8	0.3	7.2	0.38	85.5
Blonde Toffee Nut Latte - semi skimmed milk	Grande	921	220	9.4	6.4	24.5	23.6	0.3	9.1	0.52	85.5
Blonde Toffee Nut Latte - semi skimmed milk	Venti	1190	284	11.4	7.7	32.5	31.2	0.4	12.5	0.70	128.2
Blonde Toffee Nut Latte - whole milk	Tall	875	209	11.9	8	18.4	17.6	0.3	7	0.38	85.5
Blonde Toffee Nut Latte - whole milk	Grande	1083	258	14	9.3	24.2	23.3	0.3	8.9	0.52	85.5
Blonde Toffee Nut Latte - whole milk	Venti	1413	337	17.7	11.7	32.1	30.9	0.4	12.2	0.69	128.2
Blonde Toffee Nut Latte - skimmed milk	Tall	658	157	5.8	3.9	18.8	18	0.3	7.2	0.39	85.5
Blonde Toffee Nut Latte - skimmed milk	Grande	800	191	6	4.1	24.7	23.8	0.3	9.1	0.53	85.5
Blonde Toffee Nut Latte - skimmed milk	Venti	1023	244	6.7	4.5	32.8	31.5	0.4	12.5	0.71	128.2
Blonde Toffee Nut Latte - almond drink	Tall	561	137	7.4	3.9	14.5	13.6	0.6	1.6	0.32	85.5
Blonde Toffee Nut Latte - almond drink	Grande	675	164	8.1	4	19.1	18.2	0.7	1.9	0.44	85.5
Blonde Toffee Nut Latte - almond drink	Venti	850	207	9.7	4.4	25	23.7	1.1	2.5	0.58	128.2
Blonde Toffee Nut Latte - soya drink	Tall	704	168	8.7	4.3	14.9	13.7	1.4	6.8	0.37	85.5
Blonde Toffee Nut Latte - soya drink	Grande	860	205	9.9	4.5	19.6	18.3	1.7	8.6	0.50	85.5
Blonde Toffee Nut Latte - soya drink	Venti	1107	264	12.1	5	25.8	23.9	2.4	11.9	0.67	128.2
Blonde Toffee Nut Latte - oat drink	Tall	823	196	10.6	4.2	22	15	2.1	2.1	0.42	85.5
Blonde Toffee Nut Latte - oat drink	Grande	1015	241	12.3	4.4	28.8	20	2.6	2.6	0.56	85.5
Blonde Toffee Nut Latte - oat drink	Venti	1320	314	15.4	5	38.5	26.2	3.6	3.5	0.76	128.2
Blonde Toffee Nut Latte - coconut drink	Tall	711	172	9.9	8	16.4	15.6	3.1	2.5	0.27	85.5
Blonde Toffee Nut Latte - coconut drink	Grande	870	210	11.3	9.3	21.6	20.7	3.9	3.1	0.37	85.5
Blonde Toffee Nut Latte - coconut drink	Venti	1120	270	14.1	11.7	28.5	27.2	5.4	4.2	0.49	128.2
Decaf Toffee Nut Latte - semi skimmed milk	Tall	808	193	8.4	5.7	22.2	20.9	0.2	7.1	0.46	3.6
Decaf Toffee Nut Latte - semi skimmed milk	Grande	995	237	9.5	6.5	28.4	27.1	0.2	9.3	0.61	3.6
Decaf Toffee Nut Latte - semi skimmed milk	Venti	1243	296	11.3	7.7	36	34.1	0.3	12.3	0.77	5.4
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Decaf Toffee Nut Latte - coconut drink	Tall	769	185	9.8	7.9	19.9	18.7	3	2.5	0.34	3.6
Decaf Toffee Nut Latte - coconut drink	Grande	943	227	11.5	9.5	25.4	24.1	3.9	3.1	0.45	3.6
Decaf Toffee Nut Latte - coconut drink	Venti	1174	283	13.9	11.6	32.1	30.2	5.3	4.1	0.57	5.4
Blonde Toffee Nut Iced Latte - semi skimmed milk	Tall	461	110	2.7	1.7	15.6	14.8	0.3	5.6	0.33	85.5
Blonde Toffee Nut Iced Latte - semi skimmed milk	Grande	690	164	4.1	2.6	22.8	21.9	0.3	8.6	0.50	85.5
Blonde Toffee Nut Iced Latte - semi skimmed milk	Venti	741	176	4.1	2.6	26.1	24.8	0.4	8.5	0.57	128.2
Blonde Toffee Nut Iced Latte - whole milk	Tall	561	134	5.5	3.5	15.4	14.6	0.3	5.4	0.33	85.5
Blonde Toffee Nut Iced Latte - whole milk	Grande	848	201	8.6	5.5	22.6	21.7	0.3	8.3	0.50	85.5
Blonde Toffee Nut Iced Latte - whole milk	Venti	894	213	8.4	5.3	25.8	24.5	0.4	8.2	0.57	128.2
Blonde Toffee Nut Iced Latte - skimmed milk	Tall	386	92	0.6	0.2	15.7	14.9	0.3	5.6	0.34	85.5
Blonde Toffee Nut Iced Latte - skimmed milk	Grande	572	135	0.8	0.4	23.1	22.2	0.3	8.6	0.51	85.5
Blonde Toffee Nut Iced Latte - skimmed milk	Venti	627	149	0.9	0.4	26.3	25	0.4	8.5	0.58	128.2
Blonde Toffee Nut Iced Latte - almond drink	Tall	308	75	1.9	0.2	12.2	11.4	0.6	1.1	0.28	85.5
Blonde Toffee Nut Iced Latte - almond drink	Grande	449	109	2.9	0.3	17.5	16.6	0.7	1.5	0.42	85.5
Blonde Toffee Nut Iced Latte - almond drink	Venti	508	124	2.9	0.3	20.9	19.6	0.9	1.6	0.49	128.2
Blonde Toffee Nut Iced Latte - soya drink	Tall	423	101	3	0.5	12.6	11.5	1.2	5.3	0.32	85.5
Blonde Toffee Nut Iced Latte - soya drink	Grande	631	150	4.6	0.8	18.1	16.7	1.7	8.1	0.49	85.5
Blonde Toffee Nut Iced Latte - soya drink	Venti	684	162	4.5	0.8	21.5	19.7	1.8	8	0.56	128.2
Blonde Toffee Nut Iced Latte - oat drink	Tall	519	123	4.5	0.5	18.3	12.5	1.7	1.5	0.36	85.5
Blonde Toffee Nut Iced Latte - oat drink	Grande	782	185	7	0.7	27.1	18.4	2.6	2.2	0.54	85.5
Blonde Toffee Nut Iced Latte - oat drink	Venti	830	197	6.8	0.7	30.2	21.3	2.6	2.3	0.61	128.2
Blonde Toffee Nut Iced Latte - coconut drink	Tall	429	104	3.9	3.5	13.8	13	2.5	1.8	0.24	85.5
Blonde Toffee Nut Iced Latte - coconut drink	Grande	640	154	6	5.5	20	19.1	3.8	2.7	0.36	85.5
Blonde Toffee Nut Iced Latte - coconut drink	Venti	693	167	5.9	5.3	23.3	22	3.8	2.8	0.43	128.2
Decaf Toffee Nut Iced Latte - semi skimmed milk	Tall	501	119	2.5	1.6	18.7	17.4	0.2	5.2	0.40	3.6
Decaf Toffee Nut Iced Latte - semi skimmed milk	Grande	729	173	4	2.5	25.9	24.6	0.2	8.2	0.57	3.6
Decaf Toffee Nut Iced Latte - semi skimmed milk	Venti	777	184	3.9	2.4	29.2	27.3	0.3	7.9	0.64	5.4
Decaf Toffee Nut Iced Latte - whole milk	Tall	595	141	5.2	3.2	18.6	17.3	0.2	5	0.40	3.6
Decaf Toffee Nut Iced Latte - whole milk	Grande	880	209	8.3	5.2	25.7	24.4	0.2	7.9	0.56	3.6
Decaf Toffee Nut Iced Latte - whole milk	Venti	921	219	7.9	5	29	27.1	0.3	7.7	0.63	5.4
Decaf Toffee Nut Iced Latte - skimmed milk	Tall	431	102	0.6	0.2	18.9	17.6	0.2	5.2	0.40	3.6
Decaf Toffee Nut Iced Latte - skimmed milk	Grande	616	146	0.8	0.3	26.2	24.8	0.2	8.2	0.58	3.6
Decaf Toffee Nut Iced Latte - skimmed milk	Venti	670	159	0.8	0.3	29.4	27.5	0.3	7.9	0.64	5.4
Decaf Toffee Nut Iced Latte - almond drink	Tall	358	87	1.8	0.2	15.6	14.3	0.5	1	0.35	3.6
Decaf Toffee Nut Iced Latte - almond drink	Grande	499	121	2.8	0.3	20.9	19.6	0.7	1.4	0.49	3.6
Decaf Toffee Nut Iced Latte - almond drink	Venti	558	135	2.7	0.3	24.4	22.5	0.8	1.5	0.56	5.4
Decaf Toffee Nut Iced Latte - soya drink	Tall	466	110	2.8	0.5	15.9	14.4	1.1	4.9	0.39	3.6
Decaf Toffee Nut Iced Latte - soya drink	Grande	673	159	4.4	0.7	21.4	19.6	1.6	7.7	0.55	3.6
Decaf Toffee Nut Iced Latte - soya drink	Venti	723	171	4.3	0.7	24.9	22.6	1.6	7.5	0.62	5.4
Decaf Toffee Nut Iced Latte - oat drink	Tall	555	131	4.2	0.5	21.2	15.3	1.6	1.4	0.42	3.6
Decaf Toffee Nut Iced Latte - oat drink	Grande	817	193	6.7	0.7	30	21.2	2.4	2	0.61	3.6
Decaf Toffee Nut Iced Latte - oat drink	Venti	861	204	6.4	0.7	33.1	24.1	2.4	2.1	0.67	5.4
Decaf Toffee Nut Iced Latte - coconut drink	Tall	472	113	3.6	3.3	17	15.8	2.3	1.7	0.31	3.6
Decaf Toffee Nut Iced Latte - coconut drink	Grande	682	164	5.8	5.2	23.2	21.9	3.6	2.5	0.43	3.6
Decaf Toffee Nut Iced Latte - coconut drink	Venti	732	176	5.6	5	26.6	24.7	3.6	2.6	0.50	5.4
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Tall	897	214	10.4	7.3	26.9	26.3	0.1	3.1	0.42	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Grande	1160	277	13.5	9.6	34.8	33.9	0.2	3.7	0.54	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - semi skimmed milk	Venti	1305	311	13.5	9.6	43.1	41.8	0.2	3.7	0.67	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Tall	941	225	11.6	8.1	26.8	26.3	0.1	3	0.42	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Grande	1211	289	15	10.5	34.7	33.8	0.2	3.6	0.54	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - whole milk	Venti	1355	323	15	10.5	43	41.7	0.2	3.7	0.66	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Tall	864	206	9.4	6.7	26.9	26.4	0.1	3.1	0.42	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Grande	1122	268	12.5	8.8	34.8	34	0.2	3.7	0.54	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - skimmed milk	Venti	1268	302	12.5	8.9	43.1	41.9	0.2	3.7	0.67	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Tall	830	199	10	6.7	25.4	24.9	0.2	1.1	0.40	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Grande	1083	260	13.1	8.8	33.1	32.2	0.3	1.4	0.51	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - almond drink	Venti	1230	294	13.2	8.8	41.4	40.1	0.4	1.5	0.64	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Tall	880	210	10.5	6.8	25.5	24.9	0.5	2.9	0.41	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Grande	1141	272	13.7	9	33.3	32.2	0.6	3.5	0.53	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - soya drink	Venti	1287	307	13.7	9	41.6	40.2	0.7	3.6	0.66	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Tall	923	220	11.2	6.8	28.1	25.3	0.7	1.3	0.43	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Grande	1190	284	14.4	9	36.1	32.7	0.9	1.6	0.55	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - oat drink	Venti	1334	318	14.4	9	44.4	40.7	1	1.7	0.68	3.9
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Tall	883	211	10.9	8.1	26.1	25.5	1.1	1.4	0.38	1.5
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Grande	1144	274	14.1	10.5	33.9	33	1.3	1.8	0.49	2.6
Decaf Toffee Nut Coffee Frappuccino® Blended Beverage - coconut drink	Venti	1290	308	14.1	10.5	42.2	40.9	1.4	1.9	0.62	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - semi skimmed mil	Tall	958	229	12.3	7.7	26.4	25.7	0.2	3	0.34	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - semi skimmed mil	Grande	1201	287	14.9	9.3	34.3	33.2	0.3	3.5	0.43	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - semi skimmed mil	Venti	1359	324	15.1	9.4	42.9	41.3	0.4	3.6	0.53	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Tall	1002	240	13.5	8.5	26.3	25.6	0.2	2.9	0.34	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Grande	1252	299	16.3	10.2	34.2	33.1	0.3	3.4	0.43	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - whole milk	Venti	1409	336	16.5	10.3	42.8	41.3	0.4	3.5	0.53	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Tall	925	221	11.3	7	26.4	25.7	0.2	3	0.34	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Grande	1163	278	13.8	8.6	34.4	33.3	0.3	3.5	0.44	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - skimmed milk	Venti	1321	315	14.1	8.7	42.9	41.4	0.4	3.6	0.54	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Tall	891	214	11.9	7	24.9	24.2	0.3	1	0.32	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Grande	1124	270	14.5	8.6	32.6	31.5	0.4	1.2	0.41	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - almond drink	Venti	1283	307	14.7	8.7	41.2	39.7	0.5	1.3	0.51	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Tall	942	225	12.4	7.2	25.1	24.2	0.6	2.8	0.33	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Grande	1182	282	15	8.7	32.8	31.5	0.8	3.4	0.43	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - soya drink	Venti	1340	320	15.3	8.8	41.4	39.7	0.8	3.4	0.53	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Tall	984	235	13.1	7.1	27.6	24.7	0.8	1.2	0.35	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Grande	1230	294	15.8	8.7	35.6	32	1	1.5	0.45	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - oat drink	Venti	1388	331	16	8.8	44.2	40.2	1.1	1.6	0.55	3.9
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Tall	944	226	12.8	8.5	25.6	24.9	1.2	1.3	0.30	1.5
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Grande	1185	284	15.5	10.2	33.4	32.3	1.4	1.6	0.39	2.6
Decaf Gingerbread Coffee Frappuccino® Blended Beverage - coconut drink	Venti	1343	321	15.7	10.3	42	40.4	1.5	1.7	0.49	3.9
Blonde Gingerbread Latte - semi skimmed milk	Tall	872	209	11.4	7.1	19.2	18.1	0.4	7.2	0.23	85.5
Blonde Gingerbread Latte - semi skimmed milk	Grande	1065	254	12.6	8	25.7	24.5	0.5	9.2	0.29	85.5
Blonde Gingerbread Latte - semi skimmed milk	Venti	1372	328	15.3	9.6	34.5	32.7	0.7	12.6	0.40	128.2
Blonde Gingerbread Latte - whole milk	Tall	996	238	14.9	9.3	19	17.9	0.4	7	0.22	85.5
Blonde Gingerbread Latte - whole milk	Grande	1226	293	17.2	10.8	25.5	24.2	0.5	9	0.29	85.5
Blonde Gingerbread Latte - whole milk	Venti	1596	381	21.6	13.6	34.2	32.4	0.7	12.3	0.39	128.2
Blonde Gingerbread Latte - skimmed milk	Tall	779	186	8.8	5.3	19.4	18.3	0.4	7.2	0.23	85.5
Blonde Gingerbread Latte - skimmed milk	Grande	944	225	9.3	5.6	26	24.7	0.5	9.2	0.30	85.5
Blonde Gingerbread Latte - skimmed milk	Venti	1206	288	10.6	6.4	34.9	33.1	0.7	12.6	0.41	128.2
Blonde Gingerbread Latte - almond drink	Tall	682	166	10.4	5.3	15	13.9	0.8	1.6	0.16	85.5
Blonde Gingerbread Latte - almond drink	Grande	818	199	11.4	5.5	20.3	19	0.9	1.9	0.21	85.5
Blonde Gingerbread Latte - almond drink	Venti	1032	251	13.6	6.3	27.1	25.3	1.3	2.6	0.29	128.2
Blonde Gingerbread Latte - soya drink	Tall	825	198	11.7	5.6	15.5	14	1.5	6.9	0.21	85.5
Blonde Gingerbread Latte - soya drink	Grande	1004	240	13.1	6	20.9	19.1	1.9	8.7	0.28	85.5
Blonde Gingerbread Latte - soya drink	Venti	1289	308	16	7	27.9	25.4	2.7	12	0.38	128.2
Blonde Gingerbread Latte - oat drink	Tall	944	225	13.6	5.6	22.5	15.3	2.2	2.2	0.26	85.5
Blonde Gingerbread Latte - oat drink	Grande	1159	276	15.6	6	30.1	20.8	2.8	2.6	0.34	85.5
Blonde Gingerbread Latte - oat drink	Venti	1502	358	19.3	6.9	40.5	27.7	3.9	3.6	0.46	128.2
Blonde Gingerbread Latte - coconut drink	Tall	833	201	12.8	9.4	17	15.9	3.2	2.6	0.11	85.5
Blonde Gingerbread Latte - coconut drink	Grande	1014	245	14.6	10.9	22.8	21.6	4.1	3.2	0.14	85.5
Blonde Gingerbread Latte - coconut drink	Venti	1302	314	18	13.6	30.5	28.7	5.7	4.3	0.19	128.2
Decaf Gingerbread Latte - semi skimmed milk	Tall	940	225	11.3	7.1	23.4	21.7	0.4	7.1	0.23	3.6
Decaf Gingerbread Latte - semi skimmed milk	Grande	1150	274	12.8	8	30.3	28.5	0.5	9.4		

Decaf Gingerbread Latte - coconut drink	Venti	1367	330	17.8	13.5	34.8	32.3	5.5	4.2	0.20	5.4
Blonde Gingerbread Iced Latte - semi skimmed milk	Tall	460	109	2.7	1.7	15.5	14.5	0.4	5.6	0.17	85.5
Blonde Gingerbread Iced Latte - semi skimmed milk	Grande	700	166	4.1	2.6	23.4	22.2	0.5	8.6	0.27	85.5
Blonde Gingerbread Iced Latte - semi skimmed milk	Venti	763	181	4.1	2.6	27.3	25.5	0.6	8.5	0.27	128.2
Blonde Gingerbread Iced Latte - whole milk	Tall	561	133	5.5	3.5	15.3	14.3	0.4	5.4	0.17	85.5
Blonde Gingerbread Iced Latte - whole milk	Grande	858	204	8.6	5.4	23.2	21.9	0.5	8.4	0.27	85.5
Blonde Gingerbread Iced Latte - whole milk	Venti	916	218	8.4	5.3	27	25.3	0.6	8.3	0.27	128.2
Blonde Gingerbread Iced Latte - skimmed milk	Tall	385	91	0.6	0.2	15.6	14.6	0.4	5.6	0.18	85.5
Blonde Gingerbread Iced Latte - skimmed milk	Grande	582	138	0.8	0.4	23.6	22.4	0.5	8.6	0.28	85.5
Blonde Gingerbread Iced Latte - skimmed milk	Venti	649	154	0.9	0.4	27.5	25.8	0.6	8.5	0.28	128.2
Blonde Gingerbread Iced Latte - almond drink	Tall	307	75	1.9	0.2	12.1	11.1	0.7	1.1	0.12	85.5
Blonde Gingerbread Iced Latte - almond drink	Grande	459	112	2.9	0.3	18.1	16.9	0.9	1.5	0.19	85.5
Blonde Gingerbread Iced Latte - almond drink	Venti	530	129	2.9	0.3	22.1	20.4	1.1	1.6	0.19	128.2
Blonde Gingerbread Iced Latte - soya drink	Tall	423	100	3	0.5	12.5	11.2	1.3	5.3	0.16	85.5
Blonde Gingerbread Iced Latte - soya drink	Grande	641	152	4.6	0.8	18.7	17	1.9	8.1	0.26	85.5
Blonde Gingerbread Iced Latte - soya drink	Venti	706	167	4.5	0.8	22.7	20.5	2	8	0.25	128.2
Blonde Gingerbread Iced Latte - oat drink	Tall	519	123	4.5	0.5	18.2	12.2	1.9	1.5	0.20	85.5
Blonde Gingerbread Iced Latte - oat drink	Grande	792	187	7	0.7	27.6	18.6	2.7	2.2	0.31	85.5
Blonde Gingerbread Iced Latte - oat drink	Venti	852	202	6.8	0.7	31.4	22.1	2.8	2.3	0.31	128.2
Blonde Gingerbread Iced Latte - coconut drink	Tall	429	103	3.9	3.5	13.7	12.7	2.7	1.8	0.08	85.5
Blonde Gingerbread Iced Latte - coconut drink	Grande	651	157	6	5.5	20.6	19.4	4	2.7	0.13	85.5
Blonde Gingerbread Iced Latte - coconut drink	Venti	715	172	5.9	5.3	24.5	22.8	4.1	2.8	0.13	128.2
Decaf Gingerbread Iced Latte - semi skimmed milk	Tall	511	121	2.5	1.6	19.3	17.7	0.4	5.2	0.17	3.6
Decaf Gingerbread Iced Latte - semi skimmed milk	Grande	751	178	4	2.5	27.1	25.4	0.5	8.2	0.27	3.6
Decaf Gingerbread Iced Latte - semi skimmed milk	Venti	810	192	3.9	2.4	31.1	28.6	0.6	8	0.26	5.4
Decaf Gingerbread Iced Latte - whole milk	Tall	605	144	5.2	3.2	19.1	17.5	0.4	5	0.17	3.6
Decaf Gingerbread Iced Latte - whole milk	Grande	902	214	8.3	5.2	26.9	25.2	0.5	8	0.26	3.6
Decaf Gingerbread Iced Latte - whole milk	Venti	953	226	7.9	5	30.8	28.4	0.6	7.7	0.26	5.4
Decaf Gingerbread Iced Latte - skimmed milk	Tall	442	105	0.6	0.2	19.4	17.8	0.4	5.2	0.17	3.6
Decaf Gingerbread Iced Latte - skimmed milk	Grande	638	151	0.8	0.3	27.4	25.6	0.5	8.2	0.27	3.6
Decaf Gingerbread Iced Latte - skimmed milk	Venti	702	166	0.8	0.3	31.3	28.8	0.6	8	0.27	5.4
Decaf Gingerbread Iced Latte - almond drink	Tall	369	89	1.8	0.2	16.1	14.5	0.7	1	0.12	3.6
Decaf Gingerbread Iced Latte - almond drink	Grande	521	126	2.8	0.3	22.1	20.3	0.9	1.4	0.19	3.6
Decaf Gingerbread Iced Latte - almond drink	Venti	591	143	2.7	0.3	26.2	23.8	1	1.5	0.19	5.4
Decaf Gingerbread Iced Latte - soya drink	Tall	476	113	2.8	0.5	16.5	14.6	1.2	4.9	0.16	3.6
Decaf Gingerbread Iced Latte - soya drink	Grande	694	164	4.4	0.7	22.6	20.4	1.8	7.7	0.25	3.6
Decaf Gingerbread Iced Latte - soya drink	Venti	756	179	4.3	0.7	26.8	23.9	1.9	7.5	0.25	5.4
Decaf Gingerbread Iced Latte - oat drink	Tall	566	134	4.2	0.5	21.8	15.6	1.8	1.4	0.19	3.6
Decaf Gingerbread Iced Latte - oat drink	Grande	839	198	6.7	0.7	31.2	22	2.6	2.1	0.31	3.6
Decaf Gingerbread Iced Latte - oat drink	Venti	893	211	6.4	0.7	34.9	25.4	2.7	2.1	0.30	5.4
Decaf Gingerbread Iced Latte - coconut drink	Tall	482	116	3.6	3.3	17.6	16	2.5	1.7	0.08	3.6
Decaf Gingerbread Iced Latte - coconut drink	Grande	703	169	5.8	5.2	24.4	22.7	3.8	2.6	0.13	3.6
Decaf Gingerbread Iced Latte - coconut drink	Venti	765	183	5.6	5	28.5	26	3.8	2.6	0.13	5.4
Blonde Nutty Chocolate Mousse Latte - semi skimmed milk	Tall	793	189	8.2	5.2	23	22.1	0.4	5.6	0.32	85.5
Blonde Nutty Chocolate Mousse Latte - semi skimmed milk	Grande	1058	252	9.7	6.1	32.9	32	0.4	8	0.47	85.5
Blonde Nutty Chocolate Mousse Latte - semi skimmed milk	Venti	1404	335	12.6	7.9	44.1	42.8	0.6	11	0.63	128.2
Blonde Nutty Chocolate Mousse Latte - whole milk	Tall	884	211	10.8	6.8	22.8	22	0.4	5.5	0.32	85.5
Blonde Nutty Chocolate Mousse Latte - whole milk	Grande	1194	285	13.6	8.6	32.7	31.8	0.4	7.8	0.46	85.5
Blonde Nutty Chocolate Mousse Latte - whole milk	Venti	1592	379	17.9	11.2	43.8	42.5	0.6	10.7	0.63	128.2
Blonde Nutty Chocolate Mousse Latte - skimmed milk	Tall	724	173	6.3	3.8	23.1	22.3	0.4	5.6	0.33	85.5
Blonde Nutty Chocolate Mousse Latte - skimmed milk	Grande	956	228	6.9	4.2	33.1	32.2	0.4	8	0.47	85.5
Blonde Nutty Chocolate Mousse Latte - skimmed milk	Venti	1264	301	8.6	5.2	44.4	43.1	0.6	11	0.64	128.2
Blonde Nutty Chocolate Mousse Latte - almond drink	Tall	653	158	7.5	3.8	19.9	19.1	0.7	1.5	0.27	85.5
Blonde Nutty Chocolate Mousse Latte - almond drink	Grande	850	205	8.7	4.1	28.3	27.4	0.8	1.9	0.40	85.5
Blonde Nutty Chocolate Mousse Latte - almond drink	Venti	1118	270	11.1	5.1	37.8	36.5	1.2	2.6	0.54	128.2
Blonde Nutty Chocolate Mousse Latte - soya drink	Tall	758	181	8.5	4.1	20.2	19.1	1.2	5.4	0.31	85.5
Blonde Nutty Chocolate Mousse Latte - soya drink	Grande	1007	240	10.1	4.5	28.8	27.5	1.7	7.6	0.45	85.5
Blonde Nutty Chocolate Mousse Latte - soya drink	Venti	1334	318	13.1	5.7	38.5	36.6	2.3	10.4	0.61	128.2
Blonde Nutty Chocolate Mousse Latte - oat drink	Tall	846	202	9.9	4	25.4	20.1	1.8	1.9	0.35	85.5
Blonde Nutty Chocolate Mousse Latte - oat drink	Grande	1137	270	12.2	4.5	36.5	28.9	2.4	2.5	0.51	85.5
Blonde Nutty Chocolate Mousse Latte - oat drink	Venti	1514	360	16	5.6	49.1	38.6	3.3	3.4	0.68	128.2
Blonde Nutty Chocolate Mousse Latte - coconut drink	Tall	764	184	9.3	6.8	21.3	20.5	2.5	2.2	0.24	85.5
Blonde Nutty Chocolate Mousse Latte - coconut drink	Grande	1015	244	11.4	8.6	30.4	29.5	3.5	2.9	0.34	85.5
Blonde Nutty Chocolate Mousse Latte - coconut drink	Venti	1346	323	14.8	11.3	40.7	39.4	4.8	4	0.46	128.2
Decaf Nutty Chocolate Mousse Latte - semi skimmed milk	Tall	904	215	8.2	5.1	29.8	28.5	0.4	5.5	0.39	3.6
Decaf Nutty Chocolate Mousse Latte - semi skimmed milk	Grande	1212	288	10	6.3	40.7	39.4	0.4	8.6	0.56	3.6
Decaf Nutty Chocolate Mousse Latte - semi skimmed milk	Venti	1584	377	13.1	8.2	52.6	50.8	0.6	11.9	0.74	5.4
Decaf Nutty Chocolate Mousse Latte - whole milk	Tall	993	237	10.7	6.7	29.7	28.4	0.4	5.3	0.39	3.6
Decaf Nutty Chocolate Mousse Latte - whole milk	Grande	1360	324	14.2	9	40.5	39.2	0.4	8.4	0.56	3.6
Decaf Nutty Chocolate Mousse Latte - whole milk	Venti	1791	426	18.9	11.9	52.3	50.4	0.6	11.6	0.73	5.4
Decaf Nutty Chocolate Mousse Latte - skimmed milk	Tall	837	199	6.3	3.8	29.9	28.7	0.4	5.5	0.40	3.6
Decaf Nutty Chocolate Mousse Latte - skimmed milk	Grande	1101	262	6.9	4.2	40.9	39.6	0.4	8.6	0.57	3.6
Decaf Nutty Chocolate Mousse Latte - skimmed milk	Venti	1429	340	8.7	5.2	52.9	51.1	0.6	11.9	0.75	5.4
Decaf Nutty Chocolate Mousse Latte - almond drink	Tall	768	185	7.5	3.8	26.8	25.6	0.6	1.5	0.35	3.6
Decaf Nutty Chocolate Mousse Latte - almond drink	Grande	986	237	8.9	4.1	35.7	34.4	0.8	1.9	0.49	3.6
Decaf Nutty Chocolate Mousse Latte - almond drink	Venti	1268	306	11.4	5.1	45.7	43.8	1.2	2.6	0.63	5.4
Decaf Nutty Chocolate Mousse Latte - soya drink	Tall	870	207	8.4	4	27.1	25.6	1.2	5.2	0.38	3.6
Decaf Nutty Chocolate Mousse Latte - soya drink	Grande	1156	275	10.5	4.6	36.3	34.5	1.7	8.2	0.55	3.6
Decaf Nutty Chocolate Mousse Latte - soya drink	Venti	1506	358	13.7	5.8	46.4	43.9	2.4	11.3	0.71	5.4
Decaf Nutty Chocolate Mousse Latte - oat drink	Tall	956	227	9.8	4	32.2	26.5	1.7	1.8	0.42	3.6
Decaf Nutty Chocolate Mousse Latte - oat drink	Grande	1298	308	12.7	4.5	44.7	36.1	2.5	2.6	0.60	3.6
Decaf Nutty Chocolate Mousse Latte - oat drink	Venti	1704	405	16.8	5.7	58.2	46.1	3.6	3.5	0.79	5.4
Decaf Nutty Chocolate Mousse Latte - coconut drink	Tall	876	210	9.2	6.7	28.2	26.9	2.4	2.1	0.31	3.6
Decaf Nutty Chocolate Mousse Latte - coconut drink	Grande	1165	279	11.8	9	38	36.7	3.7	3.1	0.42	3.6
Decaf Nutty Chocolate Mousse Latte - coconut drink	Venti	1519	365	15.5	11.9	48.9	47	5.2	4.2	0.54	5.4
Blonde Iced Nutty Chocolate Mousse Latte - semi skimmed milk	Tall	803	192	8.3	5.2	23.2	22.4	0.4	5.8	0.33	85.5
Blonde Iced Nutty Chocolate Mousse Latte - semi skimmed milk	Grande	1087	259	10	6.3	33.6	32.7	0.4	8.5	0.49	85.5
Blonde Iced Nutty Chocolate Mousse Latte - semi skimmed milk	Venti	1287	307	11.6	7.3	41.3	40.1	0.6	9	0.57	128.2
Blonde Iced Nutty Chocolate Mousse Latte - whole milk	Tall	898	214	11	6.9	23.1	22.2	0.4	5.7	0.32	85.5
Blonde Iced Nutty Chocolate Mousse Latte - whole milk	Grande	1234	294	14.1	8.9	33.3	32.5	0.4	8.3	0.48	85.5
Blonde Iced Nutty Chocolate Mousse Latte - whole milk	Venti	1436	342	15.8	9.9	41.1	39.9	0.6	8.7	0.57	128.2
Blonde Iced Nutty Chocolate Mousse Latte - skimmed milk	Tall	732	175	6.3	3.8	23.3	22.5	0.4	5.8	0.33	85.5
Blonde Iced Nutty Chocolate Mousse Latte - skimmed milk	Grande	978	233	6.9	4.2	33.8	32.9	0.4	8.5	0.49	85.5
Blonde Iced Nutty Chocolate Mousse Latte - skimmed milk	Venti	1176	280	8.5	5.1	41.6	40.3	0.6	9	0.58	128.2
Blonde Iced Nutty Chocolate Mousse Latte - almond drink	Tall	658	159	7.6	3.8	20	19.2	0.7	1.6	0.28	85.5
Blonde Iced Nutty Chocolate Mousse Latte - almond drink	Grande	865	209	8.9	4.1	28.7	27.8	0.9	2	0.41	85.5
Blonde Iced Nutty Chocolate Mousse Latte - almond drink	Venti	1060	256	10.4	5	36.4	35.1	1.1	2.3	0.49	128.2
Blonde Iced Nutty Chocolate Mousse Latte - soya drink	Tall	768	183	8.6	4.1	20.4	19.2	1.3	5.5	0.32	85.5
Blonde Iced Nutty Chocolate Mousse Latte - soya drink	Grande	1033	246	10.4	4.5	29.2	27.9	1.7	8.1	0.47	85.5
Blonde Iced Nutty Chocolate Mousse Latte - soya drink	Venti	1231	293	12	5.5	36.9	35.2	1.9	8.5	0.55	128.2
Blonde Iced Nutty Chocolate Mousse Latte - oat drink	Tall	859	205	10	4.1	25.8	20.2	1.8	2	0.35	85.5
Blonde Iced Nutty Chocolate Mousse Latte - oat drink	Grande	1173	279	12.6	4.5	37.5	29.4	2.6	2.6	0.52	85.5
Blonde Iced Nutty Chocolate Mousse Latte - oat drink	Venti	1374	327	14.3	5.5	45.3	36.7	2.8	2.9	0.61	128.2
Blonde Iced Nutty Chocolate Mousse Latte - coconut drink	Tall	773	186	9.4	6.9	21.5	20.7	2.6	2.3	0.24	85.5
Blonde Iced Nutty Chocolate Mousse Latte - coconut drink	Grande	1042	250	11.7	8.9	30.9	30.1	3.7	3.1	0.35	85.5
Blonde Iced Nutty Chocolate Mousse Latte - coconut drink	Venti	1240	298	13.4	9.9	38.7	37.4	3.9	3.4	0.43	128.2
Decaf Iced Nutty Chocolate Mousse Latte - semi skimmed milk	Tall	901	215	8.2	5.1	29.5	28.5	0.4	5.6	0.39	89.1
Decaf Iced Nutty Chocolate Mousse Latte - semi skimmed milk	Grande	1180	281	9.8	6.2	39.7	38.7	0.4	8.2	0.55	89.1
Decaf Iced Nutty Chocolate Mousse Latte - semi skimmed milk	Venti	1368	326	11.3	7.1	47.3	45.8	0.6	8.4	0.62	133.6
Decaf Iced Nutty Chocolate Mousse Latte - whole milk	Tall	991	236	10.7	6.7	29.4	28.4	0.4	5.5	0.39	89.1
Decaf Iced Nutty Chocolate Mousse Latte - whole milk	Grande	1319	314	13.7	8.6	39.					

Blonde Egg Nog Latte	Grande	1520	364	16.3	9.7	41.9	41.1	1.2	11	0.60	85.5
Blonde Egg Nog Latte	Venti	1952	467	20.9	12.4	53.8	52.7	1.5	14.1	0.77	128.2
Decaf Egg Nog Latte	Tall	1187	284	12.6	7.5	33	31.8	1	8.5	0.46	3.6
Decaf Egg Nog Latte	Grande	1526	365	16.3	9.7	42.3	41.1	1.1	10.9	0.60	3.6
Decaf Egg Nog Latte	Venti	1961	469	20.9	12.4	54.5	52.8	1.4	14.1	0.77	5.4
Blonde Iced Egg Nog Latte	Tall	842	202	9	5.3	23.2	22.4	0.8	6.1	0.33	85.5
Blonde Iced Egg Nog Latte	Grande	1051	252	11.2	6.7	29	28.2	0.9	7.6	0.41	85.5
Blonde Iced Egg Nog Latte	Venti	1467	351	15.7	9.3	40.5	39.4	1.3	10.7	0.57	128.2
Decaf Iced Egg Nog Latte	Tall	848	203	9	5.3	23.6	22.4	0.8	6.1	0.33	3.6
Decaf Iced Egg Nog Latte	Grande	1057	253	11.2	6.7	29.4	28.2	0.9	7.6	0.41	3.6
Decaf Iced Egg Nog Latte	Venti	1476	353	15.7	9.3	41.1	39.4	1.2	10.6	0.57	5.4