



Starbucks Ireland  
Food Nutritional Details  
Updated 6th May 2021

Full Name	Serving Size	Energy (KJ)	Energy (Kcal)	Fat	Saturated Fat	Carbohydrates	Sugar	Fibre	Protein	Salt
<b>Bakery</b>	<b>In G</b>			<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>
Pain au Chocolat	66	1149	275	15	9.2	30	7.3	1.9	5.4	0.7
Butter Croissant	56	1046	250	14	8.9	27	4	1.5	4.7	0.71
Chocolate Twist	76	1111	265	11	7.1	35	16	2.2	4.6	0.53
Cinnamon Swirl	140	1981	469	12.9	3.9	78.8	27.9	2.8	11.2	0.7
Sea Salted Caramel & Pecan Swirl	123	1847	442	15.1	7.1	69.7	19.4	2.5	10.1	0.9
Luxury Fruit Bread	110	1516	360	7.8	2.8	60.8	18.3	3.8	9.5	0.99
Millionaire Shortbread	75	1489	355	21	10	39	27	0.6	2.6	0.45
Classic Blueberry Muffin	110	1313	375	13.5	17.8	44.9	17.8	6.2	6.16	0.46
Lemon Muffin	110	1527	368	17	3.1	48	28	3.5	5.6	0.4
Triple Chocolate Muffin	110	1981	461	25.3	6.5	55.7	38.6	3.2	5.6	0.45
Muffin Raspberry White Chocolate Muffin	117	1857	450	20	4.6	60.1	39.9	1.6	5.967	0.42
Milk Chocolate Chunk Cookie	76	1516	363	18.2	11.2	43.9	25.3	2.3	4.5	0.1
Banana Bread	90	1425	341	19	1.8	38	20	1.5	4.6	0.43
Chocolate Brownie	80	1669	398	27	18	36	29	0.5	4	0.4
Caramel Crispie	60	1336	319	18	10.8	35.4	25.8	1.26	3.42	0.28
Twizzle Stick Chocolate Marshmallow	42	748	178	5	3	31	29	0.2	2	0.04
Twizzle Stick White Chocolate Marshmallow	42	951	154	4.9	2.2	44.3	37.1	0.1	2	0
Vegan Cherry Crown	80	1216.8	292	17.6	7.68	28	9.8	2	4.1	0.44
Coconut Brownie	80	1531	367	22	14.568	39	33	1.432	3.416	0.24
Vegan Coconut Lime Cake	100	1573	376	18	8.8	48	29	2.4	4.2	0.47
<b>Fresh Food</b>	<b>In G</b>			<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>
Omelette & Tomato Croissant	144	1549	371	22	12	27	5	2.5	15	1.03
Lemongrass Chicken Wrap	249	2415	576	26	2.5	65	12	1.5	20	2.02
Ham & Emmental Croissant	109	1283	307	16	10	25	3.9	1.4	14	1.6
Breakfast Panini	198	2295	548	26	7.7	55	2.8	2.4	23	1.19
Cheddar and carrot chilli jam sandwich	184	1861	444	17	8.6	53	8.6	7.4	16	2.3
Vegan pesto, chickpea and red pepper sandwich	184	1845	441	20	1.7	48	5.5	8.5	13	1.27
Caesar wrap	249	2890	692	39	9.5	47	3.7	2.2	38	2.7
Chicken & Stuffing Sandwich	214	2546	608	27	4.7	63	5.6	6.6	25	2.8
Panini Ham & Cheese Please	205	2281	544	23	13	50	2.3	2.3	34	1.85
Bella Mozzarella Panini	222	2156	514	22	8.7	54	3.1	3.6	22	0.89
Tuna Melt Panini	195	1933	464	29	6.4	33	3.7	6.8	13	2
Granola & Yogurt - Blueberry	200	1208	288	9.8	5.8	36	20	8.4	10	0.2
Porridge - Almond	190	192	46	2.3	0.2	4.9	4.8	0.6	0.95	0.11 g
Porridge -Coconut	190	353	86	4.8	4.4	6.8	6.1	4	1.9	0.10 g
Porridge -Oat	190	608	144	5.1	3	20.9	12.7	3.8	1.9	0.25 g
Porridge -Semi Skimmed Milk	190	338	80	1.9	1.1	9.1	9.1	0	6.65	0.21 g
Porridge -Skimmed Milk	190	315	74	0.6	0.4	10.1	10.1	0	7.22	0.23 g
Porridge -Soy Milk	190	325	78	3.2	0.6	5.9	5.9	1	5.7	0.21 g
Porridge - with Water	190	0	0	0	0	0	0	0	0	0.00 g
Porridge -Whole Milk	190	507	122	6.7	4.2	8.9	8.9	0	6.46	0.21 g
<b>Impulse Items</b>	<b>In G</b>			<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>	<b>In G</b>
O'Donnells Crisps - Ballymaloe Relish	50	1077	258	14.9	1.3	27.4	2.1	1.7	2.8	0.70 g
O'Donnells Crisps - Cheese & Onion	50	1072	257	14.7	1.4	27	1.6	1.8	3.3	0.75 g
O'Donnells Crisps - Salt & Vinegar	50	1056	253	14.7	1.2	26.9	0.7	1.7	2.6	1.50 g
Caramel Waffle	78	739	176	8.2	4.7	24	14	0.6	1.2	0.23
Shortbread Cookies	50	561	135	8	5	14	4.8	0.5	1.4	0.18
Almonds Biscotti	45	842	201	7.9	1.8	28	15	2	4.6	0.1
Smoked Almonds	50	1260	305	26	2.2	3.5	2.7	5	13	0.1
Almonds, Cashews, Cranberries & Raisins	50	975	233	12	1.5	25	17	3	5.4	0.01
Ginger Biscuit	50	561	133	4.6	2.3	22	12	1	1.4	0.25
Chocolate Gold Coin	28	501	120	6.4	3.8	14	14	0.7	1.4	0.01
Trio of favourites	50	1122	269	16	9	28	16	0.6	2.9	0.3
<b>Bottled Beverages</b>	<b>In ml</b>			<b>In ml</b>	<b>In ml</b>	<b>In ml</b>	<b>In ml</b>	<b>In ml</b>	<b>In ml</b>	<b>In ml</b>
Innocent Bubble Lemon, Lime, & Apple	330	383	89	0	0	22.4	17.8	0	0	0.00 g
Ballygowan Still 500ml	500	0	0	0	0	0	0	0	0	0.00 g
Ballygowan Sparkling 500ml	500	0	0	0	0	0	0	0	0	0.00 g
Ballygowan Sportscap 750ml	500	0	0	0	0	0	0	0	0	0.00 g
Innocent Apple Raspberry	330	409	96	0	0	22.1	20.1	0	1.98	0.00 g
Innocent orange juice 330ml	330	508	119	0	0	25.7	25.7	2.3	2.31	0.00 g