



Starbucks Ireland Food Nutritionals
Updated 4th Nov 2021

Product Name	Serving Size	Energy (KJ)	Energy (Kcal)	Fat	Saturated Fat	Carbohydrates	Sugar	Fibre	Protein	Salt
	N/A	KJ	Kcal	g	g	g	g	g	g	g
Bakery										
Butter Croissant	59g	1072	256	14	9	27	4	1.6	5.3	0.7
Chocolate Twist	76g	1111	265	11	7	35	15	2.2	4.6	0.5
Pain au Chocolate	66g	1174	281	15	10	30	8	2	5.5	0.68
Fruit toast	110g	1515	360	7.8	2.75	60.8	18	3.8	9.4	0.99
Cinnamon Swirl	140g	2016	479	13	3.9	78	28	2.8	11	0.7
Sea Salted Caramel Pecan Swirl	120g	1847	442	15.1	7.1	69.7	19.4	2.5	10.1	0.9
Fruit Scone	95g	1444	343	10	6.7	54	15	2.1	6.8	0.95
Raspberry Twist	71g	951	227	9.2	5.8	35	11	0.62	4.5	0.62
Chocolate Swirl	131g	2023	482	21	9	65	21	10.7	2.9	0.6
Muffins & Loaf Cakes										
Triple Chocolate Muffin	110g	1801	419	23	5.9	50.6	35.1	2.9	5.1	0.41
Blueberry Muffin	110g	1194	341	12.3	1.6	40.8	16.2	5.6	5.6	0.42
Vegan Coconut Lime Mini cake	100g	1573	376	18	8.8	48	29	2.4	4.2	0.47
Lemon Loaf	90g	1660	397	23	11	41	18	1.4	5.9	0.55
Carrot Cake Loaf	100g	1634	390	18	3.3	51	31	3.3	4.4	0.73
Bar Cakes - Core										
Chocolate Chunk Cookie	76g	1509	361	18	11	44	25	2.3	4.5	0.08
Fifteens	80g	1202	285	6.3	3	53.1	31	0.64	2.6	0.45
White Twizzle Stick	48g	855	203	5	3	38	29	0.1	1	0.04
Milk Twizzle Stick	42g	748	178	5	3	31	29	0.2	2	0.04
Trio of favourites	100g	1151	276	16	9.2	29	20	1.4	3.2	0.31
Bar Cakes - Seasonal										
Cranberry & Almond Scone	90g	1510	359	13	6.4	56	14	1	8	0.8
Trillionaire Shortbread	70g	1897	453	23	12	58	37		3.7	0.39
Festive Brownie	90g	2095	499	28	17	55	47	0.3	5.2	0.51
Golden Caramel Crispie	73g	2008	460	20	15	65	54		5.1	0.36
Cookie Dough Brownie	90g	1767	422	23	9.9	49	37	0.9	5	0.24
Spiced Blondie	86g	2035	487	27	13	56	44		5.2	0.34
Apple Crumble Slice	75g	1155	272	14	8.3	36	17	0.5	1.4	0.32
Salted Caramel Biscuit Cake	65g	2042	481	28	9.1	55	42		2.4	0.63
Raspberry & Cream Biscuit Cake	65g	1919	460	30	15	44	35		3.6	0.29
Mince Pie	100g	1657	395	17.5	10.6	57	32.3	1.4	3.1	0.38
South pole Sam Biscuit	43g	987	236	14.0	8.2	25	15.0	0.5	2.4	0.20
North pole Ned Biscuit	44g	1019	244	14	8	27	16	0.5	2.3	0.20
Raspberry & Pistachio Shortbread	73g	1545	369	17	8.0	51	25	1.2	2.3	0.25
Black forest Muffin	110g	1556	378	15.7	2.7	53.5	34.9	2.2	4.3	0.37
Toffee Nut Latte Cupcake	85g	1761	422	26	13	42	31	1.7	4.2	0.63
Breakfast										
Everest - Blueberry Granola Yogurt	200g	1349	322	12	7	43	28	5	7.2	0
Breakfast Panini	198g	2295	548	26	7.7	55	2.8	2.4	23	1.19
Ham And Cheese Croissant	109g	1283	307	16	10	25	3.9	1.4	14	1.6
Omelette & Tomato Croissant	144g	1549	371	22	12	27	5	2.5	15	1.03
Sandwiches										
Vegan Pesto, Chickpea & Red Pepper Sandwich	184g	1845	441	20	1.7	48	5.5	8.5	13	1.27
BLT Sandwich	221g	1861	443	16	4.8	55	10	6.6	18	2.76
Gluten Free Ham, Cheese & Salad Sandwich	204g	1577	376	16	5.1	41	4.0	3.9	15	2.3
Panini's										
Bella Mozzarella Panini	222g	2156	514	22	8.7	54	3.1	3.6	22	0.89
Ham And Cheese Panini	205g	2281	544	23	13	50	2.3	2.3	34	1.85
Wraps										
Chicken Caesar Wrap	249g	2890	692	39	9.5	47	3.7	2.2	38	2.7
Pulled Ham, Cheddar & Spiced Apple Chutney Wrap	212g	2472	590	27	17	53	11	2.7	31	1.99
Savoury - Seasonal										
Festive Sausage Bap	175g	1739	414	17	3.2	48	8.4	2	17	1.84
Turkey Feast Sandwich	234g	2469	587	20	6.6	76	13	5.3	23	3.37
Turkey Christmas Croque	229g	2564	610	23	7.2	75	7.2	2.5	25	2.73
Cranberry & Brie Croque	208g	2354	559	18	10	77	9.2	2.7	21	2.1
Spiced Falafel Pretzel Roll	198g	1870	446	19	1.9	57	13	4.3	10	2.02
Pulled Turkey Pretzel Roll	188g	2082	496	20	6.6	57	10	3.1	21	2.78
Impulse Items										
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
Iced Gingerbread Biscuit	45	792	187	3.96	1.44	35	17	0.85	2.47	0.37
Cookie Straw	1 Piece	377	90	2.6	1.5	15	9.4	0.5	1.4	0.08
Dark Chocolate Bar	40	932	224	15.5	9.2	17.2	15.6		2.8	0.01
Milk Chocolate Bar	40	925	222	14	8.4	20.8	20.4		2.8	0.09
Roasted & Salted Nuts	35	933	225	17.8	1.61	7.7	1.64	2.17	7.35	0.17
Chocolate Gold Coin	28	501	120	6.4	3.8	14	14	0.7	1.4	0.01
Shortbread Biscuits	50	561	135	8	5	14	4.8	0.5	1.4	0.18
Caramel Waffles	78	739	176	8.2	4.7	24	14	0.6	1.2	0.23
Trio of favourites	50	1122	269	16	9	28	16	0.6	2.9	0.3
Bottled Beverages										
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 Sports cap 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