

Starbucks Holiday Beverage Nutritionals

Updated 27.10.22

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											
Americano	Tall	43	10	0.2	0	1	0.1	0.2	0.9	0.06	66.2
Americano	Grande	65	16	0.3	0.1	1.5	0.2	0.3	1.4	0.08	99.2
Americano	Venti	86	21	0.5	0.1	2	0.3	0.5	1.9	0.11	132.3
Caffe Latte - semi skimmed milk	Tall	557	132	4.5	4.4	12.9	12.1	0.2	9.8	0.33	66.2
Caffe Latte - semi skimmed milk	Grande	734	174	6	5.9	17.1	16.2	0.2	12.9	0.42	66.2
Caffe Latte - semi skimmed milk	Venti	950	226	7.8	7.5	22.1	20.8	0.3	16.8	0.56	99.2
Caffe Latte - whole milk	Tall	727	173	9.4	5.9	12.7	11.8	0.2	9.6	0.32	66.2
Caffe Latte - whole milk	Grande	963	229	12.5	7.9	16.7	15.9	0.2	12.6	0.42	66.2
Caffe Latte - whole milk	Venti	1244	296	16.1	10.1	21.6	20.4	0.3	16.3	0.54	99.2
Caffe Latte - skimmed milk	Tall	430	102	1	0.4	13.2	12.3	0.2	9.8	0.34	66.2
Caffe Latte - skimmed milk	Grande	563	133	1.3	0.5	17.4	16.5	0.2	12.9	0.43	66.2
Caffe Latte - skimmed milk	Venti	731	173	1.7	0.6	22.5	21.2	0.3	16.8	0.57	99.2
Caffe Latte - almond drink	Tall	305	74	3.4	0.3	7.9	6.7	1	2.3	0.21	66.2
Caffe Latte - almond drink	Grande	395	96	4.5	0.4	10.2	9	1.3	2.7	0.26	66.2
Caffe Latte - almond drink	Venti	516	125	5.8	0.5	13.3	11.6	1.7	3.7	0.35	99.2
Caffe Latte - soya drink	Tall	491	117	4.7	0.8	9.1	8.2	1.5	8.8	0.40	66.2
Caffe Latte - soya drink	Grande	645	154	6.2	1.1	11.9	11	2	11.5	0.52	66.2
Caffe Latte - soya drink	Venti	836	200	8	1.4	15.5	14.2	2.6	15	0.68	99.2
Caffe Latte - oat drink	Tall	641	153	6.6	4.9	17.3	9.8	5.6	3.5	0.35	66.2
Caffe Latte - oat drink	Grande	847	202	8.8	6.5	22.9	13.1	7.4	4.4	0.45	66.2
Caffe Latte - oat drink	Venti	1095	261	11.3	8.4	29.5	16.9	9.5	5.8	0.59	99.2
Caffe Latte - coconut drink	Tall	503	122	6.6	5.9	9.9	9	4	3.5	0.53	66.2
Caffe Latte - coconut drink	Grande	662	161	8.8	7.9	13	12.1	5.4	4.4	0.70	66.2
Caffe Latte - coconut drink	Venti	858	208	11.3	10.1	16.8	15.5	6.9	5.8	0.91	99.2
Latte Macchiato - semi skimmed milk	Tall	557	132	4.5	4.4	12.9	12.1	0.2	9.8	0.33	66.2
Latte Macchiato - semi skimmed milk	Grande	734	174	6	5.9	17.1	16.2	0.2	12.9	0.42	66.2
Latte Macchiato - semi skimmed milk	Venti	950	226	7.8	7.5	22.1	20.8	0.3	16.8	0.56	99.2
Latte Macchiato - whole milk	Tall	727	173	9.4	5.9	12.7	11.8	0.2	9.6	0.32	66.2
Latte Macchiato - whole milk	Grande	963	229	12.5	7.9	16.7	15.9	0.2	12.6	0.42	66.2
Latte Macchiato - whole milk	Venti	1244	296	16.1	10.1	21.6	20.4	0.3	16.3	0.54	99.2
Latte Macchiato - skimmed milk	Tall	430	102	1	0.4	13.2	12.3	0.2	9.8	0.34	66.2
Latte Macchiato - skimmed milk	Grande	563	133	1.3	0.5	17.4	16.5	0.2	12.9	0.43	66.2
Latte Macchiato - skimmed milk	Venti	731	173	1.7	0.6	22.5	21.2	0.3	16.8	0.57	99.2
Latte Macchiato - almond drink	Tall	305	74	3.4	0.3	7.9	6.7	1	2.3	0.21	66.2
Latte Macchiato - almond drink	Grande	395	96	4.5	0.4	10.2	9	1.3	2.7	0.26	66.2
Latte Macchiato - almond drink	Venti	516	125	5.8	0.5	13.3	11.6	1.7	3.7	0.35	99.2
Latte Macchiato - soya drink	Short	302	72	2.9	0.5	5.6	5.1	0.9	5.4	0.24	33.1
Latte Macchiato - soya drink	Tall	491	117	4.7	0.8	9.1	8.2	1.5	8.8	0.40	66.2
Latte Macchiato - soya drink	Grande	645	154	6.2	1.1	11.9	11	2	11.5	0.52	66.2
Latte Macchiato - soya drink	Venti	836	200	8	1.4	15.5	14.2	2.6	15	0.68	99.2
Latte Macchiato - oat drink	Tall	641	153	6.6	4.9	17.3	9.8	5.6	3.5	0.35	66.2
Latte Macchiato - oat drink	Grande	847	202	8.8	6.5	22.9	13.1	7.4	4.4	0.45	66.2
Latte Macchiato - oat drink	Venti	1095	261	11.3	8.4	29.5	16.9	9.5	5.8	0.59	99.2
Latte Macchiato - coconut drink	Tall	503	122	6.6	5.9	9.9	9	4	3.5	0.53	66.2
Latte Macchiato - coconut drink	Grande	662	161	8.8	7.9	13	12.1	5.4	4.4	0.70	66.2
Latte Macchiato - coconut drink	Venti	858	208	11.3	10.1	16.8	15.5	6.9	5.8	0.91	99.2
Freshly Brewed Coffee	Tall	140	35	1.8	0.4	1.4	0.4	1.8	2.1	0.44	101.5
Freshly Brewed Coffee	Grande	188	47	2.4	0.5	1.9	0.5	2.4	2.8	0.59	136.3
Freshly Brewed Coffee	Venti	236	59	3	0.6	2.4	0.6	3	3.5	0.74	171.1
Espresso	Single	22	5	0.1	0	0.5	0.1	0.1	0.5	0.03	33.1
Espresso Doppio	Doppio	43	10	0.2	0	1	0.1	0.2	0.9	0.06	66.2
Espresso Con Panna - Doppio	Double	303	73	6.3	4.4	2.6	1.8	0.2	1.4	0.07	66.2
Espresso Con Panna	Single	240	58	5.2	3.7	1.9	1.4	0.1	0.8	0.04	33.1
Espresso Macchiato - Doppio - semi skimmed milk	Double	76	18	0.5	0.3	1.8	0.9	0.2	1.5	0.07	66.2
Espresso Macchiato - Doppio - whole milk	Double	87	21	0.8	0.4	1.7	0.9	0.2	1.5	0.07	66.2
Espresso Macchiato - Doppio - skimmed milk	Double	68	16	0.3	0.1	1.8	0.9	0.2	1.5	0.07	66.2
Espresso Macchiato - Doppio - almond drink	Double	60	14	0.4	0.1	1.4	0.6	0.3	1	0.07	66.2
Espresso Macchiato - Doppio - soya drink	Double	72	17	0.5	0.1	1.5	0.7	0.3	1.4	0.08	66.2
Espresso Macchiato - Doppio - oat drink	Double	82	19	0.6	0.4	2	0.8	0.6	1.1	0.08	66.2
Espresso Macchiato - Doppio - coconut drink	Double	73	18	0.6	0.4	1.6	0.7	0.5	1.1	0.09	66.2
Espresso Macchiato - semi skimmed milk	Single	32	8	0.2	0.1	0.7	0.3	0.1	0.7	0.03	33.1
Espresso Macchiato - whole milk	Single	36	9	0.3	0.1	0.7	0.3	0.1	0.7	0.03	33.1
Espresso Macchiato - skimmed milk	Single	30	7	0.1	0	0.7	0.3	0.1	0.7	0.03	33.1
Espresso Macchiato - almond drink	Single	27	6	0.2	0	0.6	0.2	0.1	0.5	0.03	33.1
Espresso Macchiato - soya drink	Single	31	7	0.2	0	0.7	0.2	0.1	0.6	0.04	33.1
Espresso Macchiato - oat drink	Single	34	8	0.2	0.1	0.8	0.3	0.2	0.5	0.03	33.1
Espresso Macchiato - coconut drink	Single	31	7	0.2	0.1	0.7	0.3	0.2	0.5	0.04	33.1
Cappuccino - semi skimmed milk	Tall	504	120	4.1	3.9	11.7	10.9	0.2	8.9	0.30	66.2
Cappuccino - semi skimmed milk	Grande	583	139	4.8	4.6	13.5	12.7	0.2	10.3	0.34	66.2
Cappuccino - semi skimmed milk	Venti	813	193	6.6	6.4	18.9	17.6	0.3	14.4	0.48	99.2
Cappuccino - whole milk	Tall	657	156	8.4	5.3	11.5	10.6	0.2	8.7	0.30	66.2
Cappuccino - whole milk	Grande	762	181	9.8	6.2	13.3	12.4	0.2	10	0.34	66.2
Cappuccino - whole milk	Venti	1061	253	13.7	8.5	18.5	17.2	0.3	14	0.47	99.2
Cappuccino - skimmed milk	Tall	390	93	0.9	0.3	11.9	11.1	0.2	8.9	0.31	66.2
Cappuccino - skimmed milk	Grande	449	106	1	0.4	13.8	13	0.2	10.3	0.35	66.2
Cappuccino - skimmed milk	Venti	628	149	1.4	0.5	19.3	18	0.3	14.4	0.49	99.2
Cappuccino - almond drink	Short	150	36	1.7	0.1	3.9	3.3	0.5	1.1	0.10	33.1
Cappuccino - almond drink	Tall	278	67	3.1	0.3	7.2	6.1	0.9	2.1	0.19	66.2
Cappuccino - almond drink	Grande	318	77	3.6	0.3	8.2	7.1	1.1	2.3	0.22	66.2
Cappuccino - almond drink	Venti	446	108	5	0.4	11.5	9.8	1.5	3.3	0.31	99.2
Cappuccino - soya drink	Tall	445	106	4.2	0.8	8.3	7.4	1.4	8	0.36	66.2
Cappuccino - soya drink	Grande	513	123	4.9	0.9	9.5	8.7	1.6	9.2	0.42	66.2
Cappuccino - soya drink	Venti	717	171	6.8	1.2	13.3	12	2.3	12.9	0.58	99.2
Cappuccino - oat drink	Tall	580	138	5.9	4.4	15.6	8.8	5	3.2	0.32	66.2
Cappuccino - oat drink	Grande	671	160	6.9	5.1	18.1	10.3	5.8	3.6	0.36	66.2
Cappuccino - oat drink	Venti	935	223	9.6	7.1	25.2	14.3	8.1	5.1	0.51	99.2
Cappuccino - coconut drink	Tall	456	111	5.9	5.3	9	8.1	3.6	3.2	0.48	66.2
Cappuccino - coconut drink	Grande	527	128	6.9	6.2	10.3	9.5	4.2	3.6	0.56	66.2
Cappuccino - coconut drink	Venti	735	178	9.6	8.6	14.4	13.2	5.9	5.1	0.78	99.2
Misto - semi skimmed milk	Tall	484	116	4.4	3.6	10.3	9.7	0.9	8.2	0.45	53.7
Misto - semi skimmed milk	Grande	589	141	5.3	4.4	12.5	11.9	1.1	10	0.54	62.9
Misto - semi skimmed milk	Venti	802	192	7.2	6.1	17.2	16.3	1.4	13.6	0.72	82.1
Misto - whole milk	Tall	620	148	8.2	4.8	10.1	9.5	0.9	8	0.44	53.7
Misto - whole milk	Grande	755	181	10	5.9	12.3	11.6	1.1	9.7	0.53	62.9
Misto - whole milk	Venti	1031	247	13.7	8.1	16.8	16	1.4	13.3	0.71	82.1
Misto - skimmed milk	Tall	383	92	1.5	0.4	10.5	9.9	0.9	8.2	0.45	53.7
Misto - skimmed milk	Grande	464	111	1.8	0.5	12.8	12.1	1.1	10	0.54	62.9
Misto - skimmed milk	Venti	632	151	2.4	0.7	17.5	16.7	1.4	13.6	0.73	82.1
Misto - almond drink	Tall	283	69	3.5	0.4	6.2	5.5	1.6	2.2	0.35	53.7
Misto - almond drink	Grande	343	84	4.2	0.5	7.6	6.7	1.9	2.6	0.42	62.9
Misto - almond drink	Venti	465									

Misto - soya drink	Venti	714	172	7.4	1.3	12	11.2	3.2	12.2	0.81	82.1
Misto - oat drink	Tall	551	132	6	4	13.7	7.9	5.2	3.1	0.46	53.7
Misto - oat drink	Grande	671	161	7.3	4.9	16.8	9.7	6.3	3.8	0.56	62.9
Misto - oat drink	Venti	915	219	9.9	6.8	23	13.2	8.6	5.1	0.75	82.1
Misto - coconut drink	Tall	442	108	6	4.9	7.8	7.3	4	3.1	0.61	53.7
Misto - coconut drink	Grande	536	131	7.3	5.9	9.6	8.9	4.8	3.8	0.74	62.9
Misto - coconut drink	Venti	731	178	9.9	8.1	13.1	12.2	6.5	5.1	0.99	82.1
Flat White - semi skimmed milk	Short	387	92	3.1	2.9	9	8.1	0.2	6.9	0.24	66.2
Flat White - whole milk	Short	501	119	6.3	3.9	8.8	8	0.2	6.7	0.23	66.2
Flat White - skimmed milk	Short	302	72	0.7	0.3	9.2	8.3	0.2	6.9	0.24	66.2
Flat White - almond drink	Short	218	53	2.4	0.2	5.6	4.6	0.8	1.8	0.16	66.2
Flat White - soya drink	Short	342	82	3.2	0.6	6.4	5.6	1.1	6.2	0.29	66.2
Flat White - oat drink	Short	443	106	4.5	3.3	11.9	6.6	3.8	2.6	0.25	66.2
Flat White - coconut drink	Short	351	85	4.5	4	6.9	6.1	2.8	2.6	0.38	66.2
Caramel Macchiato - semi skimmed milk	Tall	735	174	5	4.5	23.4	22	0.2	8.9	0.33	66.2
Caramel Macchiato - semi skimmed milk	Grande	948	225	6.3	5.7	30.7	29.3	0.2	11.4	0.41	66.2
Caramel Macchiato - semi skimmed milk	Venti	1153	273	7.3	6.7	37.9	35.9	0.3	13.8	0.50	99.2
Caramel Macchiato - whole milk	Tall	885	210	9.3	5.8	23.1	21.8	0.2	8.6	0.32	66.2
Caramel Macchiato - whole milk	Grande	1145	272	11.9	7.4	30.4	29	0.2	11.1	0.40	66.2
Caramel Macchiato - whole milk	Venti	1389	330	14	8.8	37.5	35.6	0.3	13.5	0.49	99.2
Caramel Macchiato - skimmed milk	Tall	623	148	1.9	1	23.6	22.2	0.2	8.9	0.33	66.2
Caramel Macchiato - skimmed milk	Grande	800	189	2.1	1.1	31	29.6	0.2	11.4	0.41	66.2
Caramel Macchiato - skimmed milk	Venti	977	231	2.4	1.2	38.2	36.3	0.3	13.8	0.50	99.2
Caramel Macchiato - almond drink	Tall	514	123	4	0.9	18.9	17.3	0.9	2.2	0.22	66.2
Caramel Macchiato - almond drink	Grande	655	157	4.9	1	24.8	23.1	1.1	2.6	0.26	66.2
Caramel Macchiato - almond drink	Venti	804	192	5.8	1.1	30.8	28.5	1.4	3.3	0.33	99.2
Caramel Macchiato - soya drink	Short	433	103	3.5	1.1	12.7	11.9	0.8	4.7	0.24	33.1
Caramel Macchiato - soya drink	Tall	677	161	5.1	1.4	20	18.6	1.4	7.9	0.39	66.2
Caramel Macchiato - soya drink	Grande	871	207	6.4	1.6	26.2	24.8	1.8	10.2	0.49	66.2
Caramel Macchiato - soya drink	Venti	1061	252	7.5	1.8	32.5	30.6	2.2	12.4	0.59	99.2
Caramel Macchiato - oat drink	Tall	809	192	6.8	4.9	27.2	20	4.9	3.3	0.34	66.2
Caramel Macchiato - oat drink	Grande	1045	248	8.6	6.3	35.7	26.6	6.4	4	0.43	66.2
Caramel Macchiato - oat drink	Venti	1269	302	10.2	7.4	43.9	32.8	7.7	5	0.52	99.2
Caramel Macchiato - coconut drink	Tall	688	166	6.8	5.8	20.7	19.3	3.6	3.3	0.51	66.2
Caramel Macchiato - coconut drink	Grande	886	213	8.6	7.5	27.2	25.7	4.7	4	0.64	66.2
Caramel Macchiato - coconut drink	Venti	1079	259	10.2	8.8	33.6	31.7	5.6	5	0.78	99.2
Mocha - semi skimmed milk	Tall	1010	241	10.6	8.1	25.7	23.7	2.3	9.6	0.24	66.2
Mocha - semi skimmed milk	Grande	1330	317	13.4	10.3	34.6	32.3	2.9	13.2	0.32	66.2
Mocha - semi skimmed milk	Venti	1546	368	14.6	11.2	41.8	38.7	3.7	15.6	0.38	99.2
Mocha - whole milk	Tall	1111	265	13.5	9	25.5	23.6	2.3	9.4	0.24	66.2
Mocha - whole milk	Grande	1481	353	17.6	11.7	34.4	32.1	2.9	12.9	0.32	66.2
Mocha - whole milk	Venti	1716	409	19.4	12.7	41.6	38.5	3.7	15.4	0.38	99.2
Mocha - skimmed milk	Tall	933	223	8.5	5.7	25.8	23.9	2.3	9.6	0.24	66.2
Mocha - skimmed milk	Grande	1218	290	10.2	6.8	34.8	32.5	2.9	13.2	0.33	66.2
Mocha - skimmed milk	Venti	1418	338	11	7.2	42.1	39	3.7	15.6	0.39	99.2
Mocha - almond drink	Tall	859	206	9.9	5.6	22.6	20.5	2.7	5.1	0.17	66.2
Mocha - almond drink	Grande	1108	265	12.4	6.7	30.1	27.6	3.6	6.5	0.22	66.2
Mocha - almond drink	Venti	1293	310	13.4	7.1	36.7	33.4	4.5	8.1	0.26	99.2
Mocha - soya drink	Tall	970	232	10.7	5.9	23.4	21.4	3.1	9	0.28	66.2
Mocha - soya drink	Grande	1272	304	13.5	7.2	31.2	28.9	4.1	12.2	0.38	66.2
Mocha - soya drink	Venti	1479	353	14.7	7.7	38	34.9	5.1	14.6	0.45	99.2
Mocha - oat drink	Tall	1060	253	11.8	8.4	28.2	22.3	5.5	5.8	0.25	66.2
Mocha - oat drink	Grande	1404	335	15.2	10.8	38.4	30.3	7.7	7.5	0.34	66.2
Mocha - oat drink	Venti	1630	389	16.6	11.7	46.1	36.4	9.1	9.3	0.40	99.2
Mocha - coconut drink	Tall	978	235	11.8	9	23.8	21.9	4.5	5.8	0.36	66.2
Mocha - coconut drink	Grande	1283	308	15.2	11.7	31.9	29.6	6.3	7.5	0.50	66.2
Mocha - coconut drink	Venti	1492	358	16.6	12.7	38.8	35.7	7.6	9.3	0.59	99.2
White Mocha - semi skimmed milk	Tall	1306	311	13	10.4	38.2	37.4	0.2	10.2	0.43	66.2
White Mocha - semi skimmed milk	Grande	1672	398	16.1	13.1	50.1	49.3	0.2	13	0.55	66.2
White Mocha - semi skimmed milk	Venti	2087	497	19	15.6	63.9	62.6	0.3	17.5	0.72	99.2
White Mocha - whole milk	Tall	1421	339	16.3	11.5	38.1	37.2	0.2	10	0.42	66.2
White Mocha - whole milk	Grande	1823	434	20.4	14.4	49.9	49.1	0.2	12.8	0.54	66.2
White Mocha - whole milk	Venti	2295	547	24.9	17.4	63.6	62.3	0.3	17.2	0.72	99.2
White Mocha - skimmed milk	Tall	1220	291	10.6	7.8	38.4	37.5	0.2	10.2	0.43	66.2
White Mocha - skimmed milk	Grande	1560	372	13	9.5	50.4	49.5	0.2	13	0.55	66.2
White Mocha - skimmed milk	Venti	1932	460	14.6	10.7	64.2	62.9	0.3	17.5	0.73	99.2
White Mocha - almond drink	Tall	1136	272	12.2	7.7	34.8	33.8	0.8	5.1	0.35	66.2
White Mocha - almond drink	Grande	1450	347	15.1	9.5	45.7	44.6	0.9	6.4	0.44	66.2
White Mocha - almond drink	Venti	1780	425	17.6	10.6	57.7	56.1	1.3	8.2	0.58	99.2
White Mocha - soya drink	Tall	1262	301	13.1	8.1	35.6	34.8	1.1	9.5	0.48	66.2
White Mocha - soya drink	Grande	1614	385	16.3	10	46.8	45.9	1.4	12.1	0.61	66.2
White Mocha - soya drink	Venti	2006	478	19.1	11.3	59.2	57.9	2	16.2	0.81	99.2
White Mocha - oat drink	Tall	1363	325	14.4	10.8	41.1	35.8	3.8	5.9	0.44	66.2
White Mocha - oat drink	Grande	1746	416	17.9	13.5	54	47.3	4.9	7.4	0.56	66.2
White Mocha - oat drink	Venti	2189	522	21.5	16.2	69.2	59.8	6.9	9.7	0.75	99.2
White Mocha - coconut drink	Tall	1270	304	14.4	11.5	36.2	35.3	2.8	5.9	0.57	66.2
White Mocha - coconut drink	Grande	1625	389	17.9	14.4	47.5	46.6	3.6	7.4	0.73	66.2
White Mocha - coconut drink	Venti	2022	484	21.5	17.5	60.1	58.9	5	9.7	0.97	99.2
Cold Coffee											
Cold Brew	Tall	68	16	1	0.2	0	0	1	1.2	0.26	36.9
Cold Brew	Grande	92	22	1.4	0.3	0	0	1.4	1.7	0.35	50
Cold Brew	Venti	116	28	1.8	0.4	0	0	1.8	2.1	0.44	63.2
Cold Brew Latte - semi skimmed milk	Tall	390	93	3.3	2.9	8.8	7.9	0.5	6.6	0.30	38.7
Cold Brew Latte - semi skimmed milk	Grande	517	123	4.4	3.9	11.7	10.5	0.7	8.8	0.40	51.8
Cold Brew Latte - semi skimmed milk	Venti	631	151	5.4	4.6	14.2	12.4	1	10.7	0.53	76.9
Cold Brew Latte - whole milk	Tall	502	120	6.5	3.9	8.7	7.8	0.5	6.5	0.30	38.7
Cold Brew Latte - whole milk	Grande	665	159	8.6	5.2	11.5	10.3	0.7	8.6	0.40	51.8
Cold Brew Latte - whole milk	Venti	806	192	10.4	6.2	14	12.2	1	10.4	0.52	76.9
Cold Brew Latte - skimmed milk	Tall	306	73	1	0.3	9	8.1	0.5	6.6	0.31	38.7
Cold Brew Latte - skimmed milk	Grande	406	97	1.3	0.4	11.9	10.7	0.7	8.8	0.41	51.8
Cold Brew Latte - skimmed milk	Venti	501	119	1.8	0.5	14.5	12.7	1	10.7	0.53	76.9
Cold Brew Latte - almond drink	Tall	225	55	2.6	0.3	5.5	4.4	1	1.7	0.22	38.7
Cold Brew Latte - almond drink	Grande	298	73	3.4	0.4	7.3	5.9	1.3	2.2	0.30	51.8
Cold Brew Latte - almond drink	Venti	373	91	4.2	0.5	9	7	1.8	2.9	0.40	76.9
Cold Brew Latte - soya drink	Tall	346	83	3.4	0.6	6.3	5.4	1.4	6	0.35	38.7
Cold Brew Latte - soya drink	Grande	459	110	4.5	0.8	8.4	7.2	1.8	7.9	0.46	51.8
Cold Brew Latte - soya drink	Venti	563	135	5.5	1	10.3	8.5	2.3	9.6	0.60	76.9
Cold Brew Latte - oat drink	Tall	445	106	4.7	3.3	11.7	6.4	4	2.5	0.32	38.7
Cold Brew Latte - oat drink	Grande	590	141	6.2	4.3	15.5	8.5	5.3	3.3	0.42	51.8
Cold Brew Latte - oat drink	Venti	717	172	7.5	5.2	18.7	10.1	6.5	4.2	0.55	76.9
Cold Brew Latte - coconut drink	Tall	355	86	4.7	3.9	6.8	5.9	3	2.5	0.44	38.7
Cold Brew Latte - coconut drink	Grande	470	115	6.2	5.2	9.1	7.9	4	3.3	0.58	51.8
Cold Brew Latte - coconut drink	Venti	576	140	7.5	6.2	11.1	9.3	4.9	4.2	0.74	76.9
Iced Americano	Tall	43	10	0.2	0	1	0.1	0.2	0.9	0.06	66.2
Iced Americano	Grande	65	16	0.3	0.1	1.5	0.2	0.3	1.4	0.08	99.2
Iced Americano	Venti	86	21	0.5	0.1	2	0.3	0.5	1.9	0.11	132.3
Iced Latte - semi skimmed milk	Tall	412	98	3.3	3.1	9.6	8.7	0.2	7.3	0.25	66.2
Iced Latte - semi skimmed milk	Grande	507	121	4.1	3.9	11.8	10.9	0.2	9	0.30	66.2
Iced Latte - semi skimmed milk	Venti	592	141	4.8	4.5	13.7	12.5	0.3	10.5	0.36	99.2
Iced Latte - whole milk	Tall	534	127	6.8	4.2	9.4	8.5	0.2	7.1	0.25	66.2
Iced Latte - whole milk	Grande	661	157	8.5	5.3	11.6	10.7	0.2	8.8	0.30	66.2
Iced Latte - whole milk	Venti	767	182	9.7	6	13.5	12.2	0.3	10.3	0.36	99.2
Iced Latte - skimmed milk	Tall	321	76	0.8	0.3	9.7	8.9	0.2	7.3	0.26	66.2
Iced Latte - skimmed milk	Grande	392	93	0.9	0.3	12	11.2	0.2	9	0.31	66.2
Iced Latte - skimmed milk	Venti	461	109	1.1	0.4	14	12.7	0.3	10.5	0.37	99.2
Iced Latte - almond drink	Tall	231	56	2.5	0.2	5.9	4.9	0.8	1.9	0.17	66.2
Iced Latte - almond drink	Grande	280	68	3.1	0.3	7.2	6.1	0.9	2.1	0.19	66.2
Iced Latte - almond drink	Venti</										

Iced Latte - soya drink	Tall	364	87	3.4	0.6	6.8	6	1.2	6.6	0.30	66.2
Iced Latte - soya drink	Grande	447	107	4.2	0.8	8.3	7.5	1.4	8	0.37	66.2
Iced Latte - soya drink	Venti	524	125	4.9	0.9	9.8	8.5	1.7	9.5	0.44	99.2
Iced Latte - oat drink	Tall	472	113	4.8	3.5	12.7	7.1	4.1	2.8	0.27	66.2
Iced Latte - oat drink	Grande	583	139	6	4.4	15.7	8.9	5	3.2	0.32	66.2
Iced Latte - oat drink	Venti	678	162	6.9	5	18.2	10.1	5.8	4	0.38	99.2
Iced Latte - coconut drink	Tall	373	91	4.8	4.2	7.4	6.5	3	2.8	0.40	66.2
Iced Latte - coconut drink	Grande	459	111	6	5.3	9	8.2	3.7	3.2	0.49	66.2
Iced Latte - coconut drink	Venti	537	130	6.9	6.1	10.6	9.3	4.3	4	0.57	99.2
Iced Latte Macchiato - semi skimmed milk	Tall	412	98	3.3	3.1	9.6	8.7	0.2	7.3	0.25	66.2
Iced Latte Macchiato - semi skimmed milk	Grande	507	121	4.1	3.9	11.8	10.9	0.2	9	0.30	66.2
Iced Latte Macchiato - semi skimmed milk	Venti	592	141	4.8	4.5	13.7	12.5	0.3	10.5	0.36	99.2
Iced Latte Macchiato - whole milk	Tall	534	127	6.8	4.2	9.4	8.5	0.2	7.1	0.25	66.2
Iced Latte Macchiato - whole milk	Grande	661	157	8.5	5.3	11.6	10.7	0.2	8.8	0.30	66.2
Iced Latte Macchiato - whole milk	Venti	767	182	9.7	6	13.5	12.2	0.3	10.3	0.36	99.2
Iced Latte Macchiato - skimmed milk	Tall	321	76	0.8	0.3	9.7	8.9	0.2	7.3	0.26	66.2
Iced Latte Macchiato - skimmed milk	Grande	392	93	0.9	0.3	12	11.2	0.2	9	0.31	66.2
Iced Latte Macchiato - skimmed milk	Venti	461	109	1.1	0.4	14	12.7	0.3	10.5	0.37	99.2
Iced Latte Macchiato - almond drink	Tall	231	56	2.5	0.2	5.9	4.9	0.8	1.9	0.17	66.2
Iced Latte Macchiato - almond drink	Grande	280	68	3.1	0.3	7.2	6.1	0.9	2.1	0.19	66.2
Iced Latte Macchiato - almond drink	Venti	334	81	3.6	0.3	8.5	7	1.1	2.8	0.24	99.2
Iced Latte Macchiato - soya drink	Tall	364	87	3.4	0.6	6.8	6	1.2	6.6	0.30	66.2
Iced Latte Macchiato - soya drink	Grande	447	107	4.2	0.8	8.3	7.5	1.4	8	0.37	66.2
Iced Latte Macchiato - soya drink	Venti	524	125	4.9	0.9	9.8	8.5	1.7	9.5	0.44	99.2
Iced Latte Macchiato - oat drink	Tall	472	113	4.8	3.5	12.7	7.1	4.1	2.8	0.27	66.2
Iced Latte Macchiato - oat drink	Grande	583	139	6	4.4	15.7	8.9	5	3.2	0.32	66.2
Iced Latte Macchiato - oat drink	Venti	678	162	6.9	5	18.2	10.1	5.8	4	0.38	99.2
Iced Latte Macchiato - coconut drink	Tall	373	91	4.8	4.2	7.4	6.5	3	2.8	0.40	66.2
Iced Latte Macchiato - coconut drink	Grande	459	111	6	5.3	9	8.2	3.7	3.2	0.49	66.2
Iced Latte Macchiato - coconut drink	Venti	537	130	6.9	6.1	10.6	9.3	4.3	4	0.57	99.2
Iced Caramel Macchiato - semi skimmed milk	Tall	652	155	4.3	3.8	21.4	20.1	0.2	7.4	0.28	66.2
Iced Caramel Macchiato - semi skimmed milk	Grande	815	193	5.1	4.6	27.6	26.2	0.2	9.1	0.33	66.2
Iced Caramel Macchiato - semi skimmed milk	Venti	967	229	5.8	5.1	33.6	31.6	0.3	10.6	0.40	99.2
Iced Caramel Macchiato - whole milk	Tall	774	184	7.8	4.9	21.2	19.9	0.2	7.2	0.28	66.2
Iced Caramel Macchiato - whole milk	Grande	969	230	9.5	5.9	27.4	26	0.2	8.8	0.33	66.2
Iced Caramel Macchiato - whole milk	Venti	1142	271	10.7	6.7	33.3	31.4	0.3	10.4	0.39	99.2
Iced Caramel Macchiato - skimmed milk	Tall	561	133	1.8	0.9	21.6	20.3	0.2	7.4	0.29	66.2
Iced Caramel Macchiato - skimmed milk	Grande	700	166	1.9	1	27.8	26.4	0.2	9.1	0.34	66.2
Iced Caramel Macchiato - skimmed milk	Venti	837	198	2.1	1	33.8	31.9	0.3	10.6	0.40	99.2
Iced Caramel Macchiato - almond drink	Tall	471	113	3.5	0.9	17.8	16.3	0.8	2	0.20	66.2
Iced Caramel Macchiato - almond drink	Grande	588	140	4.1	0.9	23	21.4	0.9	2.2	0.23	66.2
Iced Caramel Macchiato - almond drink	Venti	709	169	4.6	1	28.3	26.1	1.1	2.9	0.27	99.2
Iced Caramel Macchiato - soya drink	Tall	605	144	4.4	1.2	18.7	17.3	1.2	6.7	0.33	66.2
Iced Caramel Macchiato - soya drink	Grande	755	180	5.3	1.4	24.2	22.7	1.4	8.1	0.40	66.2
Iced Caramel Macchiato - soya drink	Venti	899	214	5.9	1.5	29.6	27.7	1.7	9.6	0.47	99.2
Iced Caramel Macchiato - oat drink	Tall	712	169	5.8	4.1	24.5	18.4	4.1	2.9	0.30	66.2
Iced Caramel Macchiato - oat drink	Grande	891	212	7	5	31.5	24.1	5	3.3	0.35	66.2
Iced Caramel Macchiato - oat drink	Venti	1053	250	7.9	5.7	38	29.3	5.8	4.1	0.42	99.2
Iced Caramel Macchiato - coconut drink	Tall	614	147	5.8	4.9	19.2	17.9	3	2.9	0.43	66.2
Iced Caramel Macchiato - coconut drink	Grande	767	184	7	6	24.9	23.4	3.7	3.3	0.52	66.2
Iced Caramel Macchiato - coconut drink	Venti	912	219	7.9	6.7	30.4	28.5	4.3	4.1	0.61	99.2
Iced Cappuccino with Cold Foam	Tall	243	58	0.5	0.1	9.7	8.8	0.2	3.6	0.14	66.2
Iced Cappuccino with Cold Foam	Grande	325	77	0.5	0.2	13.4	12.6	0.2	4.5	0.17	66.2
Iced Cappuccino with Cold Foam	Venti	436	103	0.7	0.2	17.9	16.6	0.3	6	0.23	99.2
Iced Mocha - semi skimmed milk	Tall	1153	275	13	10	27.6	25.7	2.3	10.8	0.28	66.2
Iced Mocha - semi skimmed milk	Grande	1518	363	17.6	13.4	36	33.7	2.9	13.6	0.34	66.2
Iced Mocha - semi skimmed milk	Venti	1736	414	18.8	14.3	43.2	40.1	3.7	16.2	0.40	99.2
Iced Mocha - whole milk	Tall	1275	304	16.5	11	27.4	25.5	2.3	10.6	0.27	66.2
Iced Mocha - whole milk	Grande	1672	399	22	14.8	35.7	33.4	2.9	13.4	0.33	66.2
Iced Mocha - whole milk	Venti	1911	456	23.8	15.9	43	39.9	3.7	15.9	0.39	99.2
Iced Mocha - skimmed milk	Tall	1062	253	10.5	7.1	27.8	25.8	2.3	10.8	0.28	66.2
Iced Mocha - skimmed milk	Grande	1403	335	14.4	9.8	36.2	33.9	2.9	13.6	0.34	66.2
Iced Mocha - skimmed milk	Venti	1605	383	15.2	10.2	43.5	40.4	3.7	16.2	0.41	99.2
Iced Mocha - almond drink	Tall	972	233	12.2	7	23.9	21.8	2.8	5.3	0.19	66.2
Iced Mocha - almond drink	Grande	1291	310	16.6	9.7	31.4	28.8	3.7	6.8	0.23	66.2
Iced Mocha - almond drink	Venti	1478	354	17.7	10.1	38	34.7	4.5	8.4	0.28	99.2
Iced Mocha - soya drink	Tall	1105	264	13.1	7.4	24.8	22.9	3.2	10	0.33	66.2
Iced Mocha - soya drink	Grande	1458	349	17.7	10.2	32.5	30.2	4.1	12.7	0.40	66.2
Iced Mocha - soya drink	Venti	1668	399	19	10.7	39.3	36.2	5.1	15.1	0.47	99.2
Iced Mocha - oat drink	Tall	1213	290	14.5	10.3	30.7	24	6.1	6.2	0.29	66.2
Iced Mocha - oat drink	Grande	1594	381	19.5	13.9	39.9	31.6	7.8	7.9	0.35	66.2
Iced Mocha - oat drink	Venti	1822	435	20.9	14.8	47.7	37.8	9.2	9.6	0.42	99.2
Iced Mocha - coconut drink	Tall	1115	268	14.5	11	25.4	23.5	5	6.2	0.42	66.2
Iced Mocha - coconut drink	Grande	1470	353	19.5	14.8	33.2	30.9	6.4	7.9	0.52	66.2
Iced Mocha - coconut drink	Venti	1681	404	20.9	15.9	40.1	37	7.7	9.6	0.61	99.2
Iced White Mocha - semi skimmed milk	Tall	1410	336	15.1	12	39.3	38.4	0.2	10.7	0.45	66.2
Iced White Mocha - semi skimmed milk	Grande	1861	444	20.4	16.2	51.5	50.7	0.2	13.5	0.56	66.2
Iced White Mocha - semi skimmed milk	Venti	2165	516	22.3	17.7	62.7	61.4	0.3	16	0.68	99.2
Iced White Mocha - whole milk	Tall	1532	366	18.6	13.1	39.1	38.2	0.2	10.5	0.44	66.2
Iced White Mocha - whole milk	Grande	2015	481	24.8	17.5	51.3	50.4	0.2	13.3	0.56	66.2
Iced White Mocha - whole milk	Venti	2339	558	27.3	19.3	62.4	61.1	0.3	15.8	0.67	99.2
Iced White Mocha - skimmed milk	Tall	1319	314	12.6	9.1	39.4	38.6	0.2	10.7	0.45	66.2
Iced White Mocha - skimmed milk	Grande	1746	417	17.2	12.5	51.7	50.9	0.2	13.5	0.57	66.2
Iced White Mocha - skimmed milk	Venti	2034	485	18.6	13.6	62.9	61.6	0.3	16	0.69	99.2
Iced White Mocha - almond drink	Tall	1230	294	14.3	9.1	35.6	34.6	0.8	5.3	0.36	66.2
Iced White Mocha - almond drink	Grande	1634	391	19.4	12.5	46.9	45.8	0.9	6.7	0.45	66.2
Iced White Mocha - almond drink	Venti	1906	456	21.1	13.6	57.4	55.9	1.1	8.2	0.56	99.2
Iced White Mocha - soya drink	Tall	1363	325	15.2	9.5	36.5	35.6	1.2	10	0.50	66.2
Iced White Mocha - soya drink	Grande	1801	430	20.5	13	48	47.2	1.4	12.6	0.62	66.2
Iced White Mocha - soya drink	Venti	2097	500	22.4	14.1	58.7	57.4	1.7	15	0.75	99.2
Iced White Mocha - oat drink	Tall	1470	351	16.6	12.4	42.4	36.8	4.1	6.1	0.46	66.2
Iced White Mocha - oat drink	Grande	1937	462	22.2	16.6	55.4	48.6	5	7.8	0.58	66.2
Iced White Mocha - oat drink	Venti	2251	537	24.4	18.3	67.1	59	5.8	9.5	0.70	99.2
Iced White Mocha - coconut drink	Tall	1372	329	16.6	13.1	37.1	36.2	3	6.1	0.59	66.2
Iced White Mocha - coconut drink	Grande	1813	435	22.2	17.5	48.8	47.9	3.7	7.8	0.75	66.2
Iced White Mocha - coconut drink	Venti	2110	506	24.4	19.3	59.5	58.2	4.3	9.5	0.89	99.2
Blonde Iced Shaken Brown Sugar Oat Espresso - semi skimmed milk	Tall	372	88	2.2	2	12.2	11.3	0.2	4.8	0.18	56.7
Blonde Iced Shaken Brown Sugar Oat Espresso - semi skimmed milk	Grande	492	117	2.7	2.4	16.8	15.4	0.3	6.1	0.23	85.1
Blonde Iced Shaken Brown Sugar Oat Espresso - semi skimmed milk	Venti	603	143	3.2	2.8	21.1	19.3	0.5	7.2	0.28	113.4
Blonde Iced Shaken Brown Sugar Oat Espresso - whole milk	Tall	449	107	4.4	2.7	12.1	11.2	0.2	4.7	0.18	56.7
Blonde Iced Shaken Brown Sugar Oat Espresso - whole milk	Grande	586	139	5.4	3.3	16.7	15.3	0.3	6	0.23	85.1
Blonde Iced Shaken Brown Sugar Oat Espresso - whole milk	Venti	710	168	6.2	3.8	21	19.2	0.5	7.1	0.28	113.4
Blonde Iced Shaken Brown Sugar Oat Espresso - skimmed milk	Tall	315	74	0.6	0.2	12.3	11.4	0.2	4.8	0.18	56.7
Blonde Iced Shaken Brown Sugar Oat Espresso - skimmed milk	Grande	422	100	0.8	0.2	16.9	15.6	0.3	6.1	0.24	85.1
Blonde Iced Shaken Brown Sugar Oat Espresso - skimmed milk	Venti	523	123	0.9	0.3	21.3	19.5	0.5	7.2	0.29	113.4
Blonde Iced Shaken Brown Sugar Oat Espresso - almond drink	Tall	258	62	1.7	0.2	9.9	8.9	0.6	1.4	0.13	56.7
Blonde Iced Shaken Brown Sugar Oat Espresso - almond drink	Grande	354	84	2.1	0.2	14	12.5	0.8	1.9	0.17	85.1
Blonde Iced Shaken Brown Sugar Oat Espresso - almond drink	Venti	444	106	2.5	0.3	17.9	16	0.9	2.5	0.21	113.4
Blonde Iced Shaken Brown Sugar Oat Espresso - soya drink	Tall	342	81	2.2	0.4	10.5	9.6	0.8	4.4	0.21	56.7
Blonde Iced Shaken Brown Sugar Oat Espresso - soya drink	Grande	456	108	2.8	0.5	14.7	13.3	1.1	5.5	0.27	85.1
Blonde Iced Shaken Brown Sugar Oat Espresso - soya drink	Venti	561	133	3.3	0.6	18.7	16.9	1.3	6.6	0.33	113.4
Blonde Iced Shaken Brown Sugar Oat Espresso - oat drink	Tall	410	97	3.1	2.2	14.2	10.3	2.6	2	0.19	56.7
Blonde Iced Shaken Brown Sugar Oat Espresso - oat drink	Grande	539	128	3.8	2.7	19.2	14.2	3.3	2.6	0.25	85.1
Blonde Iced Shaken Brown Sugar Oat Espresso - oat drink	Venti										

Classic Hot Chocolate - semi skimmed milk	Tall	1099	262	11.4	8.9	28.3	27.1	2.2	10.6	0.24	0
Classic Hot Chocolate - semi skimmed milk	Grande	1353	322	13.6	10.6	35.7	34.2	2.9	13	0.28	0
Classic Hot Chocolate - semi skimmed milk	Venti	1672	398	15.7	12.6	45.3	43.5	3.6	17.2	0.38	0
Classic Hot Chocolate - whole milk	Tall	1234	294	15.2	10.1	28.1	26.9	2.2	10.4	0.23	0
Classic Hot Chocolate - whole milk	Grande	1513	361	18.1	12.1	35.5	33.9	2.9	12.8	0.28	0
Classic Hot Chocolate - whole milk	Venti	1895	451	22	14.5	45	43.1	3.6	16.9	0.38	0
Classic Hot Chocolate - skimmed milk	Tall	999	238	8.6	5.8	28.5	27.3	2.2	10.6	0.24	0
Classic Hot Chocolate - skimmed milk	Grande	1232	294	10.2	6.9	36	34.4	2.9	13	0.29	0
Classic Hot Chocolate - skimmed milk	Venti	1506	358	11.1	7.3	45.7	43.8	3.6	17.2	0.39	0
Classic Hot Chocolate - almond drink	Tall	900	216	10.5	5.7	24.3	22.9	2.8	4.6	0.14	0
Classic Hot Chocolate - almond drink	Grande	1115	267	12.5	6.8	30.9	29.1	3.6	5.8	0.17	0
Classic Hot Chocolate - almond drink	Venti	1343	322	14.2	7.2	38.7	36.5	4.6	7.3	0.23	0
Classic Hot Chocolate - soya drink	Tall	1047	250	11.5	6.1	25.3	24.1	3.3	9.8	0.29	0
Classic Hot Chocolate - soya drink	Grande	1290	308	13.7	7.3	32.1	30.6	4.1	12	0.35	0
Classic Hot Chocolate - soya drink	Venti	1586	378	15.9	7.9	40.3	38.4	5.3	15.8	0.48	0
Classic Hot Chocolate - oat drink	Tall	1165	278	13	9.3	31.7	25.3	6.4	5.6	0.25	0
Classic Hot Chocolate - oat drink	Grande	1432	342	15.5	11.1	39.8	32	7.9	7	0.30	0
Classic Hot Chocolate - oat drink	Venti	1782	425	18.4	13.2	51	40.5	10.6	8.9	0.41	0
Classic Hot Chocolate - coconut drink	Tall	1057	254	13	10.1	25.9	24.7	5.2	5.6	0.40	0
Classic Hot Chocolate - coconut drink	Grande	1302	313	15.5	12.1	32.8	31.3	6.5	7	0.48	0
Classic Hot Chocolate - coconut drink	Venti	1602	385	18.4	14.6	41.4	39.5	8.6	8.9	0.65	0
Hot White Chocolate - semi skimmed milk	Tall	1322	315	13.3	10.9	38.6	38.6	0	10.3	0.40	0
Hot White Chocolate - semi skimmed milk	Grande	1661	396	16.2	13.3	49.9	49.9	0	12.7	0.51	0
Hot White Chocolate - semi skimmed milk	Venti	2067	492	19	15.9	63.4	63.4	0	16.8	0.66	0
Hot White Chocolate - whole milk	Tall	1457	347	17.1	12.1	38.4	38.4	0	10.1	0.40	0
Hot White Chocolate - whole milk	Grande	1822	434	20.7	14.7	49.7	49.7	0	12.4	0.50	0
Hot White Chocolate - whole milk	Venti	2290	545	25.3	17.9	63.1	63.1	0	16.5	0.66	0
Hot White Chocolate - skimmed milk	Tall	1222	291	10.5	7.7	38.8	38.8	0	10.3	0.41	0
Hot White Chocolate - skimmed milk	Grande	1541	367	12.8	9.5	50.1	50.1	0	12.7	0.51	0
Hot White Chocolate - skimmed milk	Venti	1900	452	14.4	10.7	63.8	63.8	0	16.8	0.67	0
Hot White Chocolate - almond drink	Short	759	182	8.9	5.9	22.4	22.3	0.3	2.7	0.19	0
Hot White Chocolate - almond drink	Tall	1123	269	12.4	7.7	34.6	34.4	0.6	4.3	0.31	0
Hot White Chocolate - almond drink	Grande	1424	340	15.1	9.5	45.1	44.9	0.7	5.5	0.39	0
Hot White Chocolate - almond drink	Venti	1738	415	17.5	10.6	56.8	56.4	1	6.9	0.51	0
Hot White Chocolate - soya drink	Tall	1270	303	13.4	8.1	35.6	35.6	1	9.4	0.46	0
Hot White Chocolate - soya drink	Grande	1599	381	16.3	10	46.3	46.3	1.2	11.7	0.57	0
Hot White Chocolate - soya drink	Venti	1980	472	19.2	11.3	58.4	58.4	1.7	15.5	0.76	0
Hot White Chocolate - oat drink	Tall	1388	331	14.9	11.3	42	36.8	4.2	5.2	0.42	0
Hot White Chocolate - oat drink	Grande	1740	415	18.1	13.8	54	47.7	5	6.6	0.52	0
Hot White Chocolate - oat drink	Venti	2176	519	21.7	16.6	69.1	60.4	7	8.5	0.69	0
Hot White Chocolate - coconut drink	Tall	1280	307	14.9	12.1	36.2	36.2	3	5.2	0.56	0
Hot White Chocolate - coconut drink	Grande	1611	386	18.1	14.7	47	47	3.6	6.6	0.70	0
Hot White Chocolate - coconut drink	Venti	1997	479	21.7	17.9	59.4	59.4	5	8.5	0.93	0
Signature Hot Chocolate - semi skimmed milk	Tall	1241	296	13.2	10.5	29.9	28.6	3.6	12.3	0.31	20.4
Signature Hot Chocolate - semi skimmed milk	Grande	1576	376	16.3	13	38.7	36.9	4.8	15.8	0.39	27.2
Signature Hot Chocolate - semi skimmed milk	Venti	1903	454	18.8	15.1	48	45.8	5.9	19.9	0.50	34
Signature Hot Chocolate - whole milk	Tall	1418	338	18.2	12.1	29.7	28.3	3.6	12	0.30	20.4
Signature Hot Chocolate - whole milk	Grande	1804	430	22.8	15	38.4	36.6	4.8	15.5	0.38	27.2
Signature Hot Chocolate - whole milk	Venti	2194	523	27	17.7	47.5	45.3	5.9	19.4	0.49	34
Signature Hot Chocolate - skimmed milk	Tall	1109	264	9.5	6.3	30.2	28.9	3.6	12.3	0.31	20.4
Signature Hot Chocolate - skimmed milk	Grande	1405	335	11.6	7.7	39	37.3	4.8	15.8	0.40	27.2
Signature Hot Chocolate - skimmed milk	Venti	1686	402	12.7	8.3	48.4	46.2	5.9	19.9	0.51	34
Signature Hot Chocolate - almond drink	Tall	980	235	12	6.3	24.7	23	4.4	4.4	0.18	20.4
Signature Hot Chocolate - almond drink	Grande	1238	297	14.8	7.6	31.9	29.8	5.8	5.7	0.23	27.2
Signature Hot Chocolate - almond drink	Venti	1474	354	16.8	8.2	39.3	36.7	7.3	7	0.29	34
Signature Hot Chocolate - soya drink	Tall	1172	280	13.4	6.8	26	24.6	5	11.2	0.38	20.4
Signature Hot Chocolate - soya drink	Grande	1487	355	16.5	8.3	33.6	31.8	6.6	14.4	0.49	27.2
Signature Hot Chocolate - soya drink	Venti	1790	428	19	9.1	41.4	39.2	8.2	18.1	0.62	34
Signature Hot Chocolate - oat drink	Tall	1328	317	15.3	11	34.4	26.2	9.2	5.7	0.33	20.4
Signature Hot Chocolate - oat drink	Grande	1688	403	19.1	13.7	44.5	33.8	11.9	7.3	0.42	27.2
Signature Hot Chocolate - oat drink	Venti	2046	488	22.2	16	55.3	41.9	15	9	0.53	34
Signature Hot Chocolate - coconut drink	Tall	1186	286	15.3	12.1	26.8	25.4	7.6	5.7	0.52	20.4
Signature Hot Chocolate - coconut drink	Grande	1504	362	19.1	15	34.6	32.8	9.9	7.3	0.67	27.2
Signature Hot Chocolate - coconut drink	Venti	1812	436	22.2	17.7	42.8	40.6	12.4	9	0.84	34
Signature Caramel Hot Chocolate - semi skimmed milk	Tall	1513	360	13.8	10.9	44.9	43.4	3.5	12.1	0.33	20.4
Signature Caramel Hot Chocolate - semi skimmed milk	Grande	1923	458	16.9	13.4	58.1	56.1	4.6	15.7	0.42	27.2
Signature Caramel Hot Chocolate - semi skimmed milk	Venti	2327	553	19.3	15.5	71.8	69.5	5.8	19.7	0.52	34
Signature Caramel Hot Chocolate - whole milk	Tall	1690	403	18.8	12.4	44.6	43.1	3.5	11.9	0.32	20.4
Signature Caramel Hot Chocolate - whole milk	Grande	2151	512	23.4	15.4	57.8	55.8	4.6	15.3	0.41	27.2
Signature Caramel Hot Chocolate - whole milk	Venti	2617	623	27.6	18	71.4	69	5.8	19.3	0.51	34
Signature Caramel Hot Chocolate - skimmed milk	Tall	1381	329	10.1	6.7	45.2	43.6	3.5	12.1	0.34	20.4
Signature Caramel Hot Chocolate - skimmed milk	Grande	1753	417	12.1	8	58.4	56.5	4.6	15.7	0.42	27.2
Signature Caramel Hot Chocolate - skimmed milk	Venti	2110	501	13.3	8.7	72.3	69.9	5.8	19.7	0.53	34
Signature Caramel Hot Chocolate - almond drink	Tall	1252	300	12.6	6.6	39.6	37.8	4.3	4.2	0.20	20.4
Signature Caramel Hot Chocolate - almond drink	Grande	1586	379	15.4	7.9	51.3	49	5.7	5.5	0.25	27.2
Signature Caramel Hot Chocolate - almond drink	Venti	1897	454	17.4	8.5	63.2	60.3	7.1	6.8	0.31	34
Signature Caramel Hot Chocolate - soya drink	Tall	1444	344	13.9	7.2	40.9	39.4	4.8	11	0.40	20.4
Signature Caramel Hot Chocolate - soya drink	Grande	1835	437	17.1	8.6	53	51	6.4	14.3	0.51	27.2
Signature Caramel Hot Chocolate - soya drink	Venti	2214	527	19.6	9.4	65.3	62.9	8	17.9	0.64	34
Signature Caramel Hot Chocolate - oat drink	Tall	1600	381	15.9	11.4	49.4	41	9	5.5	0.35	20.4
Signature Caramel Hot Chocolate - oat drink	Grande	2036	485	19.6	14.1	63.9	53.1	11.8	7.1	0.44	27.2
Signature Caramel Hot Chocolate - oat drink	Venti	2470	588	22.8	16.3	79.2	65.5	14.9	8.9	0.55	34
Signature Caramel Hot Chocolate - coconut drink	Tall	1458	350	15.9	12.4	41.7	40.2	7.4	5.5	0.54	20.4
Signature Caramel Hot Chocolate - coconut drink	Grande	1852	444	19.6	15.4	54	52.1	9.7	7.1	0.69	27.2
Signature Caramel Hot Chocolate - coconut drink	Venti	2236	536	22.8	18.1	66.6	64.2	12.3	8.9	0.87	34
Signature Hazelnut Hot Chocolate - semi skimmed milk	Tall	1457	347	13.2	10.5	42.6	40.9	3.6	12.3	0.31	20.4
Signature Hazelnut Hot Chocolate - semi skimmed milk	Grande	1863	443	16.3	13	55.6	53.3	4.8	15.8	0.39	27.2
Signature Hazelnut Hot Chocolate - semi skimmed milk	Venti	2263	538	18.8	15.1	69.1	66.3	5.9	19.9	0.50	34
Signature Hazelnut Hot Chocolate - whole milk	Tall	1634	389	18.2	12.1	42.4	40.6	3.6	12	0.30	20.4
Signature Hazelnut Hot Chocolate - whole milk	Grande	2091	498	22.8	15	55.3	53	4.8	15.5	0.38	27.2
Signature Hazelnut Hot Chocolate - whole milk	Venti	2553	608	27	17.7	68.7	65.8	5.9	19.4	0.49	34
Signature Hazelnut Hot Chocolate - skimmed milk	Tall	1325	315	9.5	6.3	42.9	41.2	3.6	12.3	0.31	20.4
Signature Hazelnut Hot Chocolate - skimmed milk	Grande	1693	403	11.6	7.7	56	53.7	4.8	15.8	0.40	27.2
Signature Hazelnut Hot Chocolate - skimmed milk	Venti	2046	486	12.7	8.3	69.6	66.7	5.9	19.9	0.51	34
Signature Hazelnut Hot Chocolate - almond drink	Tall	1195	286	12	6.3	37.4	35.4	4.4	4.4	0.18	20.4
Signature Hazelnut Hot Chocolate - almond drink	Grande	1526	365	14.8	7.6	48.8	46.2	5.8	5.7	0.23	27.2
Signature Hazelnut Hot Chocolate - almond drink	Venti	1833	438	16.8	8.2	60.4	57.2	7.3	7	0.29	34
Signature Hazelnut Hot Chocolate - soya drink	Tall	1388	331	13.4	6.8	38.6	36.9	5	11.2	0.38	20.4
Signature Hazelnut Hot Chocolate - soya drink	Grande	1775	423	16.5	8.3	50.5	48.2	6.6	14.4	0.49	27.2
Signature Hazelnut Hot Chocolate - soya drink	Venti	2150	512	19	9.1	62.6	59.7	8.2	18.1	0.62	34
Signature Hazelnut Hot Chocolate - oat drink	Tall	1544	368	15.3	11	47.1	38.5	9.2	5.7	0.33	20.4
Signature Hazelnut Hot Chocolate - oat drink	Grande	1976	471	19.1	13.7	61.4	50.3	11.9	7.3	0.42	27.2
Signature Hazelnut Hot Chocolate - oat drink	Venti	2406	573	22.2	16	76.5	62.4	15	9	0.53	34
Signature Hazelnut Hot Chocolate - coconut drink	Tall	1401	336	15.3	12.1	39.5	37.7	7.6	5.7	0.52	20.4
Signature Hazelnut Hot Chocolate - coconut drink	Grande	1792	430	19.1	15	51.5	49.2	9.9	7.3	0.67	27.2
Signature Hazelnut Hot Chocolate - coconut drink	Venti	2171	521	22.2	17.7	63.9	61.1	12.4	9	0.84	34
Iced Chocolate - semi skimmed milk	Tall	1047	250	12.2	9.2	25.6	24.5	2.2	8.4	0.17	0
Iced Chocolate - semi skimmed milk	Grande	1381	330	16.5	12.4	33.3	31.8	2.9	10.7	0.22	0
Iced Chocolate - semi skimmed milk	Venti	1636	390	18.1	13.8	41.4	39.5	3.6	13.8	0.28	0
Iced Chocolate - whole milk	Tall	1138	272	14.8	10	25.5	24.3	2.2	8.3	0.17	0
Iced Chocolate - whole milk	Grande	1494	357	19.7	13.4	33.1	31.6	2.9	10.6	0.21	0
Iced Chocolate - whole milk	Venti	1789	427	22.4	15.1	41.2	39.3	3.6	13.6	0.28	0
Iced Chocolate - skimmed milk	Tall	979	234	10.3	7.1	25.8	24.6	2.2	8.4	0.18	0
Iced Chocolate - skimmed milk	Grande	1297	310	14.1	9.8	33.5	31.9	2.9	10.7	0.22	0
Iced Chocolate - skimmed milk	Venti	1522	363	14.9	10.2						

Iced Chocolate - original nut blend	Tall	1002	239	12	7.2	25.8	22.4	2.6	5.9	0.22	0
Iced Chocolate - original nut blend	Grande	1326	317	16.2	9.9	33.5	29.2	3.4	7.6	0.27	0
Iced Chocolate - original nut blend	Venti	1560	372	17.7	10.4	41.7	36.1	4.3	9.6	0.36	0
Iced Chocolate - soya drink	Tall	1012	242	12.2	7.3	23.6	22.4	2.9	7.9	0.21	0
Iced Chocolate - soya drink	Grande	1337	320	16.6	10.1	30.8	29.2	3.8	10.1	0.26	0
Iced Chocolate - soya drink	Venti	1576	377	18.2	10.6	38	36.1	4.7	12.9	0.35	0
Iced Chocolate - oat drink	Tall	1092	261	13.3	9.5	28	23.3	5.1	5	0.18	0
Iced Chocolate - oat drink	Grande	1437	343	17.8	12.7	36.2	30.3	6.4	6.5	0.23	0
Iced Chocolate - oat drink	Venti	1711	409	19.9	14.2	45.3	37.5	8.4	8.1	0.30	0
Iced Chocolate - coconut drink	Tall	1018	245	13.3	10	24	22.8	4.2	5	0.28	0
Iced Chocolate - coconut drink	Grande	1346	323	17.8	13.4	31.3	29.8	5.4	6.5	0.35	0
Iced Chocolate - coconut drink	Venti	1588	381	19.9	15.1	38.7	36.8	7	8.1	0.47	0
Iced White Chocolate - semi skimmed milk	Tall	1274	304	14.1	11.2	36.1	36.1	0	8.1	0.34	0
Iced White Chocolate - semi skimmed milk	Grande	1694	404	19.1	15.1	47.6	47.6	0	10.4	0.44	0
Iced White Chocolate - semi skimmed milk	Venti	2034	485	21.4	17.1	59.6	59.6	0	13.5	0.56	0
Iced White Chocolate - whole milk	Tall	1365	326	16.7	12	36	36	0	8	0.34	0
Iced White Chocolate - whole milk	Grande	1806	431	22.3	16.1	47.5	47.5	0	10.3	0.43	0
Iced White Chocolate - whole milk	Venti	2187	522	25.7	18.5	59.4	59.4	0	13.2	0.56	0
Iced White Chocolate - skimmed milk	Tall	1206	288	12.2	9	36.2	36.2	0	8.1	0.34	0
Iced White Chocolate - skimmed milk	Grande	1610	384	16.8	12.4	47.8	47.8	0	10.4	0.44	0
Iced White Chocolate - skimmed milk	Venti	1920	458	18.2	13.5	59.9	59.9	0	13.5	0.57	0
Iced White Chocolate - almond drink	Tall	1139	273	13.5	9	33.4	33.2	0.4	4.1	0.27	0
Iced White Chocolate - almond drink	Grande	1527	366	18.4	12.4	44.3	44.1	0.5	5.4	0.36	0
Iced White Chocolate - almond drink	Venti	1808	432	20.4	13.5	55.1	54.8	0.7	6.7	0.45	0
Iced White Chocolate - soya drink	Tall	1238	296	14.2	9.3	34	34	0.7	7.6	0.38	0
Iced White Chocolate - soya drink	Grande	1650	394	19.2	12.7	45.1	45.1	0.9	9.7	0.49	0
Iced White Chocolate - soya drink	Venti	1975	471	21.5	13.9	56.2	56.2	1.2	12.5	0.62	0
Iced White Chocolate - oat drink	Tall	1319	315	15.2	11.5	38.4	34.9	2.9	4.7	0.35	0
Iced White Chocolate - oat drink	Grande	1749	418	20.5	15.4	50.5	46.1	3.5	6.2	0.45	0
Iced White Chocolate - oat drink	Venti	2109	503	23.2	17.6	63.5	57.6	4.8	7.8	0.58	0
Iced White Chocolate - coconut drink	Tall	1245	298	15.2	12	34.5	34.5	2	4.7	0.45	0
Iced White Chocolate - coconut drink	Grande	1658	397	20.5	16.1	45.6	45.6	2.5	6.2	0.57	0
Iced White Chocolate - coconut drink	Venti	1986	476	23.2	18.5	56.9	56.9	3.4	7.8	0.74	0
Frappuccino®											
Coffee Frappuccino® - semi skimmed milk	Tall	851	203	9.5	7.1	25.7	24.9	0.1	3.7	0.41	23.2
Coffee Frappuccino® - semi skimmed milk	Grande	1167	278	13	9.7	35.5	34.5	0.2	4.7	0.57	32.9
Coffee Frappuccino® - semi skimmed milk	Venti	1318	314	13.2	9.9	43.4	42.1	0.2	5.2	0.69	41.7
Coffee Frappuccino® - whole milk	Tall	905	216	11	7.6	25.6	24.8	0.1	3.6	0.41	23.2
Coffee Frappuccino® - whole milk	Grande	1232	294	14.9	10.3	35.4	34.4	0.2	4.6	0.57	32.9
Coffee Frappuccino® - whole milk	Venti	1389	331	15.3	10.5	43.3	42	0.2	5.1	0.69	41.7
Coffee Frappuccino® - skimmed milk	Tall	812	193	8.4	5.9	25.7	25	0.1	3.7	0.42	23.2
Coffee Frappuccino® - skimmed milk	Grande	1119	267	11.7	8.2	35.6	34.6	0.2	4.7	0.57	32.9
Coffee Frappuccino® - skimmed milk	Venti	1265	301	11.7	8.2	43.6	42.2	0.2	5.2	0.70	41.7
Coffee Frappuccino® - almond drink	Tall	772	185	9.1	5.9	24.1	23.2	0.4	1.3	0.38	23.2
Coffee Frappuccino® - almond drink	Grande	1071	256	12.6	8.2	33.6	32.4	0.5	1.8	0.52	32.9
Coffee Frappuccino® - almond drink	Venti	1213	289	12.8	8.2	41.3	39.9	0.6	2	0.64	41.7
Coffee Frappuccino® - soya drink	Tall	831	198	9.5	6	24.5	23.7	0.5	3.4	0.44	23.2
Coffee Frappuccino® - soya drink	Grande	1142	273	13.1	8.4	34.1	33	0.7	4.3	0.59	32.9
Coffee Frappuccino® - soya drink	Venti	1290	308	13.3	8.4	41.8	40.5	0.8	4.7	0.72	41.7
Coffee Frappuccino® - oat drink	Tall	878	209	10.1	7.3	27	24.2	1.8	1.7	0.42	23.2
Coffee Frappuccino® - oat drink	Grande	1199	286	13.8	9.9	37.2	33.6	2.2	2.3	0.57	32.9
Coffee Frappuccino® - oat drink	Venti	1353	322	14.1	10.1	45.3	41.1	2.5	2.5	0.70	41.7
Coffee Frappuccino® - coconut drink	Tall	835	200	10.1	7.6	24.7	24	1.3	1.7	0.48	23.2
Coffee Frappuccino® - coconut drink	Grande	1147	275	13.8	10.3	34.4	33.3	1.6	2.3	0.65	32.9
Coffee Frappuccino® - coconut drink	Venti	1296	310	14.1	10.5	42.2	40.8	1.8	2.5	0.78	41.7
Caramel Frappuccino® - semi skimmed milk	Tall	1098	261	11.1	8.1	36.5	35.3	0.1	3.9	0.46	23.2
Caramel Frappuccino® - semi skimmed milk	Grande	1496	356	15.1	11	50.2	48.5	0.2	4.9	0.63	32.9
Caramel Frappuccino® - semi skimmed milk	Venti	1744	415	16	11.6	62.4	60.1	0.2	5.4	0.78	41.7
Caramel Frappuccino® - whole milk	Tall	1151	274	12.6	8.6	36.5	35.2	0.1	3.8	0.46	23.2
Caramel Frappuccino® - whole milk	Grande	1561	372	16.9	11.6	50.1	48.4	0.2	4.8	0.63	32.9
Caramel Frappuccino® - whole milk	Venti	1815	432	18	12.2	62.2	60	0.2	5.3	0.78	41.7
Caramel Frappuccino® - skimmed milk	Tall	1058	252	10	6.9	36.6	35.3	0.1	3.9	0.47	23.2
Caramel Frappuccino® - skimmed milk	Grande	1448	345	13.7	9.5	50.3	48.6	0.2	4.9	0.64	32.9
Caramel Frappuccino® - skimmed milk	Venti	1691	402	14.5	9.9	62.5	60.2	0.2	5.4	0.78	41.7
Caramel Frappuccino® - almond drink	Tall	1019	243	10.7	6.9	34.9	33.6	0.4	1.5	0.43	23.2
Caramel Frappuccino® - almond drink	Grande	1400	334	14.7	9.5	48.3	46.4	0.5	2	0.59	32.9
Caramel Frappuccino® - almond drink	Venti	1639	390	15.5	9.9	60.2	57.9	0.6	2.2	0.73	41.7
Caramel Frappuccino® - soya drink	Tall	1077	257	11.1	7	35.3	34.1	0.5	3.5	0.49	23.2
Caramel Frappuccino® - soya drink	Grande	1471	351	15.2	9.7	48.7	47	0.7	4.5	0.66	32.9
Caramel Frappuccino® - soya drink	Venti	1716	409	16	10.1	60.7	58.5	0.8	5	0.81	41.7
Caramel Frappuccino® - oat drink	Tall	1124	268	11.7	8.3	37.9	34.5	1.8	1.9	0.47	23.2
Caramel Frappuccino® - oat drink	Grande	1528	364	15.9	11.2	51.8	47.6	2.2	2.4	0.64	32.9
Caramel Frappuccino® - oat drink	Venti	1779	423	16.8	11.8	64.2	59.2	2.5	2.7	0.79	41.7
Caramel Frappuccino® - coconut drink	Tall	1081	258	11.7	8.6	35.6	34.3	1.3	1.9	0.53	23.2
Caramel Frappuccino® - coconut drink	Grande	1476	353	15.9	11.6	49	47.3	1.6	2.4	0.71	32.9
Caramel Frappuccino® - coconut drink	Venti	1722	411	16.8	12.2	61.1	58.9	1.8	2.7	0.87	41.7
Espresso Frappuccino® - semi skimmed milk	Tall	473	112	1.4	1.3	21.4	20.4	0.2	3.2	0.38	48.4
Espresso Frappuccino® - semi skimmed milk	Grande	667	157	1.8	1.6	31.1	29.7	0.3	4.1	0.53	58.5
Espresso Frappuccino® - semi skimmed milk	Venti	809	191	2	1.8	38.6	36.9	0.3	4.5	0.65	65.5
Espresso Frappuccino® - whole milk	Tall	521	123	2.8	1.7	21.3	20.3	0.2	3.2	0.37	48.4
Espresso Frappuccino® - whole milk	Grande	728	172	3.5	2.1	31	29.6	0.3	4	0.53	58.5
Espresso Frappuccino® - whole milk	Venti	877	207	3.9	2.4	38.5	36.8	0.3	4.4	0.65	65.5
Espresso Frappuccino® - skimmed milk	Tall	437	103	0.4	0.1	21.5	20.5	0.2	3.2	0.38	48.4
Espresso Frappuccino® - skimmed milk	Grande	621	146	0.5	0.2	31.1	29.8	0.3	4.1	0.54	58.5
Espresso Frappuccino® - skimmed milk	Venti	759	179	0.6	0.2	38.7	37	0.3	4.5	0.66	65.5
Espresso Frappuccino® - almond drink	Tall	403	95	1.1	0.1	20	18.9	0.4	1.1	0.34	48.4
Espresso Frappuccino® - almond drink	Grande	576	136	1.4	0.1	29.2	27.8	0.5	1.4	0.49	58.5
Espresso Frappuccino® - almond drink	Venti	710	168	1.6	0.2	36.6	34.8	0.6	1.5	0.61	65.5
Espresso Frappuccino® - soya drink	Tall	455	108	1.5	0.3	20.3	19.3	0.6	2.9	0.40	48.4
Espresso Frappuccino® - soya drink	Grande	643	152	1.9	0.3	29.7	28.3	0.7	3.7	0.56	58.5
Espresso Frappuccino® - soya drink	Venti	783	185	2.1	0.4	37	35.4	0.8	4.1	0.68	65.5
Espresso Frappuccino® - oat drink	Tall	497	117	2	1.4	22.6	19.7	1.7	1.4	0.38	48.4
Espresso Frappuccino® - oat drink	Grande	697	165	2.5	1.8	32.6	28.9	2.2	1.8	0.54	58.5
Espresso Frappuccino® - oat drink	Venti	843	199	2.8	2	40.3	36	2.4	2	0.66	65.5
Espresso Frappuccino® - coconut drink	Tall	458	109	2	1.7	20.6	19.5	1.3	1.4	0.43	48.4
Espresso Frappuccino® - coconut drink	Grande	648	154	2.5	2.2	30	28.6	1.6	1.8	0.61	58.5
Espresso Frappuccino® - coconut drink	Venti	788	187	2.8	2.4	37.4	35.7	1.8	2	0.73	65.5
Mocha Frappuccino® - semi skimmed milk	Tall	960	229	10	7.4	29.8	28.7	0.8	4.5	0.40	22.1
Mocha Frappuccino® - semi skimmed milk	Grande	1315	314	13.8	10.1	41	39.5	1.2	5.9	0.53	30.4
Mocha Frappuccino® - semi skimmed milk	Venti	1566	373	14.3	10.6	53.2	51.1	1.6	7	0.68	40.8
Mocha Frappuccino® - whole milk	Tall	1010	241	11.4	7.9	29.7	28.7	0.8	4.5	0.39	22.1
Mocha Frappuccino® - whole milk	Grande	1376	328	15.5	10.7	41	39.4	1.2	5.8	0.53	30.4
Mocha Frappuccino® - whole milk	Venti	1636	389	16.3	11.2	53.1	51	1.6	6.9	0.68	40.8
Mocha Frappuccino® - skimmed milk	Tall	922	220	8.9	6.2	29.9	28.8	0.8	4.5	0.40	22.1
Mocha Frappuccino® - skimmed milk	Grande	1271	303	12.5	8.7	41.1	39.6	1.2	5.9	0.53	30.4
Mocha Frappuccino® - skimmed milk	Venti	1514	360	12.9	8.9	53.3	51.2	1.6	7	0.69	40.8
Mocha Frappuccino® - almond drink	Tall	884	211	9.6	6.2	28.3	27.1	1	2.3	0.36	22.1
Mocha Frappuccino® - almond drink	Grande	1227	293	13.3	8.7	39.3	37.6	1.5	3.2	0.49	30.4
Mocha Frappuccino® - almond drink	Venti	1463	349	13.9	8.9	51.1	48.9	1.9	3.9	0.63	40.8
Mocha Frappuccino® - soya drink	Tall	940	224	10	6.4	28.7	27.6	1.2	4.2	0.42	22.1
Mocha Frappuccino® - soya drink	Grande	1292	308	13.8	8.9	39.7	38.2	1.7	5.5	0.55	30.4
Mocha Frappuccino® - soya drink	Venti	1539	367	14.4	9.1	51.6	49.5	2.1	6.6	0.71	40.8
Mocha Frappuccino® - oat drink	Tall	985	235	10.6	7.6	31.1	28	2.4	2.6	0.40	22.1
Mocha Frappuccino® - oat drink	Grande	1345	321	14.5	10.3	42.6	38.7	3.1			

White Mocha Frappuccino® - semi skimmed milk	Tall	1030	245	10.6	8	33.1	32.3	0.1	4.5	0.45	22.4
White Mocha Frappuccino® - semi skimmed milk	Grande	1487	354	15	11.3	48.7	47.7	0.2	6	0.63	30.8
White Mocha Frappuccino® - semi skimmed milk	Venti	1638	390	15.2	11.5	56.7	55.4	0.2	6.5	0.76	40
White Mocha Frappuccino® - whole milk	Tall	1081	258	12	8.5	33	32.3	0.1	4.4	0.45	22.4
White Mocha Frappuccino® - whole milk	Grande	1548	369	16.7	11.9	48.6	47.6	0.2	5.9	0.63	30.8
White Mocha Frappuccino® - whole milk	Venti	1706	406	17.1	12.1	56.6	55.2	0.2	6.4	0.76	40
White Mocha Frappuccino® - skimmed milk	Tall	991	236	9.5	6.8	33.1	32.4	0.1	4.5	0.45	22.4
White Mocha Frappuccino® - skimmed milk	Grande	1441	343	13.7	9.9	48.8	47.8	0.2	6	0.63	30.8
White Mocha Frappuccino® - skimmed milk	Venti	1587	378	13.8	9.9	56.8	55.5	0.2	6.5	0.76	40
White Mocha Frappuccino® - almond drink	Tall	953	228	10.2	6.8	31.5	30.7	0.4	2.2	0.41	22.4
White Mocha Frappuccino® - almond drink	Grande	1397	333	14.6	9.9	46.9	45.8	0.4	3.3	0.59	30.8
White Mocha Frappuccino® - almond drink	Venti	1537	366	14.7	9.9	54.6	53.2	0.5	3.5	0.71	40
White Mocha Frappuccino® - soya drink	Tall	1010	241	10.6	6.9	31.9	31.2	0.5	4.1	0.47	22.4
White Mocha Frappuccino® - soya drink	Grande	1463	349	15.1	10.1	47.3	46.3	0.6	5.6	0.65	30.8
White Mocha Frappuccino® - soya drink	Venti	1611	384	15.2	10.1	55.1	53.8	0.7	6.1	0.79	40
White Mocha Frappuccino® - oat drink	Tall	1055	251	11.2	8.2	34.4	31.6	1.7	2.5	0.46	22.4
White Mocha Frappuccino® - oat drink	Grande	1517	361	15.7	11.5	50.3	46.9	2.1	3.7	0.64	30.8
White Mocha Frappuccino® - oat drink	Venti	1672	398	16	11.7	58.4	54.4	2.4	4	0.77	40
White Mocha Frappuccino® - coconut drink	Tall	1013	242	11.2	8.5	32.1	31.4	1.3	2.5	0.51	22.4
White Mocha Frappuccino® - coconut drink	Grande	1468	351	15.7	11.9	47.6	46.6	1.5	3.7	0.70	30.8
White Mocha Frappuccino® - coconut drink	Venti	1616	386	16	12.1	55.4	54.1	1.8	4	0.84	40
Java Chip Frappuccino® - semi skimmed milk	Tall	1184	282	12.9	9.7	35.8	34	1.5	5.1	0.48	22.4
Java Chip Frappuccino® - semi skimmed milk	Grande	1638	391	17.8	13.4	49.9	47.3	2	6.7	0.66	32
Java Chip Frappuccino® - semi skimmed milk	Venti	1916	457	19.4	14.6	61.7	58.4	2.5	7.7	0.82	40.8
Java Chip Frappuccino® - whole milk	Tall	1235	295	14.3	10.2	35.7	33.9	1.5	5.1	0.47	22.4
Java Chip Frappuccino® - whole milk	Grande	1701	406	19.6	14	49.8	47.2	2	6.6	0.66	32
Java Chip Frappuccino® - whole milk	Venti	1985	473	21.3	15.2	61.6	58.3	2.5	7.6	0.82	40.8
Java Chip Frappuccino® - skimmed milk	Tall	1145	273	11.8	8.5	35.9	34	1.5	5.1	0.48	22.4
Java Chip Frappuccino® - skimmed milk	Grande	1591	379	16.5	12	50	47.4	2	6.7	0.67	32
Java Chip Frappuccino® - skimmed milk	Venti	1863	444	17.9	13	61.8	58.5	2.5	7.7	0.82	40.8
Java Chip Frappuccino® - almond drink	Tall	1108	265	12.5	8.5	34.3	32.3	1.7	2.8	0.44	22.4
Java Chip Frappuccino® - almond drink	Grande	1545	369	17.4	11.9	48	45.3	2.3	3.9	0.62	32
Java Chip Frappuccino® - almond drink	Venti	1812	433	18.9	13	59.6	56.2	2.9	4.6	0.77	40.8
Java Chip Frappuccino® - soya drink	Tall	1164	278	12.9	8.7	34.7	32.8	1.9	4.8	0.50	22.4
Java Chip Frappuccino® - soya drink	Grande	1614	385	17.9	12.1	48.5	45.9	2.5	6.3	0.69	32
Java Chip Frappuccino® - soya drink	Venti	1888	450	19.4	13.2	60.1	56.8	3.1	7.3	0.85	40.8
Java Chip Frappuccino® - oat drink	Tall	1209	289	13.5	9.9	37.1	33.3	3.1	3.2	0.48	22.4
Java Chip Frappuccino® - oat drink	Grande	1669	398	18.6	13.6	51.5	46.4	4	4.3	0.67	32
Java Chip Frappuccino® - oat drink	Venti	1950	465	20.2	14.8	63.5	57.4	4.7	5.1	0.83	40.8
Java Chip Frappuccino® - coconut drink	Tall	1168	279	13.5	10.2	34.9	33	2.6	3.2	0.54	22.4
Java Chip Frappuccino® - coconut drink	Grande	1618	387	18.6	14	48.8	46.1	3.4	4.3	0.74	32
Java Chip Frappuccino® - coconut drink	Venti	1894	452	20.2	15.3	60.4	57.1	4.1	5.1	0.90	40.8
Chocolate Cream Frappuccino® - semi skimmed milk	Tall	959	229	10.5	8	27.7	26.8	0.8	5.4	0.41	0
Chocolate Cream Frappuccino® - semi skimmed milk	Grande	1317	314	14.5	10.9	38.4	37.1	1.2	7.1	0.56	0
Chocolate Cream Frappuccino® - semi skimmed milk	Venti	1564	373	15.2	11.6	49.5	47.8	1.5	8.6	0.73	0
Chocolate Cream Frappuccino® - whole milk	Tall	1029	246	12.5	8.6	27.6	26.7	0.8	5.3	0.41	0
Chocolate Cream Frappuccino® - whole milk	Grande	1406	335	17	11.7	38.3	37	1.2	7	0.56	0
Chocolate Cream Frappuccino® - whole milk	Venti	1674	399	18.3	12.6	49.4	47.7	1.5	8.5	0.73	0
Chocolate Cream Frappuccino® - skimmed milk	Tall	906	216	9	6.3	27.9	27	0.8	5.4	0.41	0
Chocolate Cream Frappuccino® - skimmed milk	Grande	1251	298	12.6	8.8	38.5	37.3	1.2	7.1	0.56	0
Chocolate Cream Frappuccino® - skimmed milk	Venti	1483	353	13	9	49.7	48	1.5	8.6	0.73	0
Chocolate Cream Frappuccino® - almond drink	Tall	854	204	10	6.3	25.6	24.6	1.2	2.3	0.36	0
Chocolate Cream Frappuccino® - almond drink	Grande	1185	284	13.9	8.8	35.7	34.3	1.6	3.1	0.50	0
Chocolate Cream Frappuccino® - almond drink	Venti	1403	335	14.5	9	46.3	44.4	2	3.8	0.65	0
Chocolate Cream Frappuccino® - soya drink	Tall	931	222	10.6	6.5	26.2	25.3	1.4	5	0.44	0
Chocolate Cream Frappuccino® - soya drink	Grande	1283	306	14.5	9.1	36.4	35.1	1.9	6.6	0.60	0
Chocolate Cream Frappuccino® - soya drink	Venti	1522	363	15.3	9.3	47.1	45.4	2.4	8	0.77	0
Chocolate Cream Frappuccino® - oat drink	Tall	994	237	11.3	8.2	29.5	25.9	3.1	2.8	0.42	0
Chocolate Cream Frappuccino® - oat drink	Grande	1361	325	15.5	11.2	40.6	35.9	4	3.8	0.57	0
Chocolate Cream Frappuccino® - oat drink	Venti	1618	386	16.6	11.9	52.3	46.4	4.9	4.6	0.74	0
Chocolate Cream Frappuccino® - coconut drink	Tall	937	224	11.3	8.6	26.5	25.6	2.4	2.8	0.49	0
Chocolate Cream Frappuccino® - coconut drink	Grande	1289	309	15.5	11.7	36.8	35.5	3.2	3.8	0.67	0
Chocolate Cream Frappuccino® - coconut drink	Venti	1530	366	16.6	12.6	47.6	45.9	4	4.6	0.86	0
Vanilla Cream Frappuccino® - semi skimmed milk	Tall	863	206	9.8	7.5	25.2	24.7	0	4.2	0.40	0
Vanilla Cream Frappuccino® - semi skimmed milk	Grande	1166	278	13.4	10.2	34.2	33.4	0	5.3	0.54	0
Vanilla Cream Frappuccino® - semi skimmed milk	Venti	1357	323	13.8	10.7	43.5	42.5	0	6.2	0.69	0
Vanilla Cream Frappuccino® - whole milk	Tall	933	223	11.8	8.2	25.1	24.6	0	4.1	0.40	0
Vanilla Cream Frappuccino® - whole milk	Grande	1253	299	15.9	11	34	33.3	0	5.2	0.54	0
Vanilla Cream Frappuccino® - whole milk	Venti	1460	348	16.8	11.6	43.4	42.4	0	6	0.69	0
Vanilla Cream Frappuccino® - skimmed milk	Tall	810	193	8.3	5.9	25.4	24.8	0	4.2	0.41	0
Vanilla Cream Frappuccino® - skimmed milk	Grande	1101	263	11.6	8.2	34.3	33.5	0	5.3	0.54	0
Vanilla Cream Frappuccino® - skimmed milk	Venti	1279	305	11.7	8.3	43.7	42.7	0	6.2	0.69	0
Vanilla Cream Frappuccino® - almond drink	Tall	759	182	9.3	5.9	23.2	22.5	0.3	1.1	0.35	0
Vanilla Cream Frappuccino® - almond drink	Grande	1038	248	12.8	8.2	31.6	30.7	0.4	1.4	0.48	0
Vanilla Cream Frappuccino® - almond drink	Venti	1203	288	13.1	8.2	40.4	39.3	0.5	1.6	0.62	0
Vanilla Cream Frappuccino® - soya drink	Tall	835	199	9.8	6.1	23.7	23.1	0.5	3.8	0.43	0
Vanilla Cream Frappuccino® - soya drink	Grande	1132	270	13.5	8.5	32.2	31.5	0.7	4.8	0.58	0
Vanilla Cream Frappuccino® - soya drink	Venti	1316	314	13.9	8.5	41.2	40.2	0.8	5.6	0.73	0
Vanilla Cream Frappuccino® - oat drink	Tall	897	214	10.6	7.7	27	23.8	2.2	1.6	0.41	0
Vanilla Cream Frappuccino® - oat drink	Grande	1209	289	14.4	10.5	36.4	32.2	2.7	2.1	0.55	0
Vanilla Cream Frappuccino® - oat drink	Venti	1408	336	15.1	11	46.2	41.1	3.3	2.3	0.70	0
Vanilla Cream Frappuccino® - coconut drink	Tall	841	202	10.6	8.2	24	23.4	1.6	1.6	0.49	0
Vanilla Cream Frappuccino® - coconut drink	Grande	1139	273	14.4	11	32.6	31.9	1.9	2.1	0.64	0
Vanilla Cream Frappuccino® - coconut drink	Venti	1324	317	15.1	11.6	41.7	40.7	2.3	2.3	0.81	0
Caramel Cream Frappuccino® - semi skimmed milk	Tall	1038	247	11.4	8.5	31.9	31	0	4.4	0.45	0
Caramel Cream Frappuccino® - semi skimmed milk	Grande	1395	333	15.5	11.5	42.9	41.6	0	5.5	0.61	0
Caramel Cream Frappuccino® - semi skimmed milk	Venti	1656	394	16.6	12.4	55	53.3	0	6.4	0.78	0
Caramel Cream Frappuccino® - whole milk	Tall	1108	264	13.4	9.2	31.8	30.9	0	4.2	0.45	0
Caramel Cream Frappuccino® - whole milk	Grande	1481	353	17.9	12.3	42.8	41.5	0	5.3	0.60	0
Caramel Cream Frappuccino® - whole milk	Venti	1759	419	19.5	13.3	54.8	53.1	0	6.3	0.77	0
Caramel Cream Frappuccino® - skimmed milk	Tall	986	235	9.9	6.9	32.1	31.1	0	4.4	0.46	0
Caramel Cream Frappuccino® - skimmed milk	Grande	1330	317	13.7	9.5	43	41.7	0	5.5	0.61	0
Caramel Cream Frappuccino® - skimmed milk	Venti	1578	376	14.4	10	55.1	53.4	0	6.4	0.78	0
Caramel Cream Frappuccino® - almond drink	Tall	934	223	10.9	6.9	29.8	28.8	0.3	1.2	0.40	0
Caramel Cream Frappuccino® - almond drink	Grande	1267	303	14.9	9.5	40.3	38.9	0.4	1.6	0.54	0
Caramel Cream Frappuccino® - almond drink	Venti	1502	359	15.9	9.9	51.9	50	0.5	1.8	0.70	0
Caramel Cream Frappuccino® - soya drink	Tall	1011	241	11.4	7.1	30.4	29.4	0.5	3.9	0.48	0
Caramel Cream Frappuccino® - soya drink	Grande	1361	325	15.5	9.8	41	39.7	0.7	4.9	0.64	0
Caramel Cream Frappuccino® - soya drink	Venti	1615	385	16.6	10.2	52.6	50.9	0.8	5.8	0.82	0
Caramel Cream Frappuccino® - oat drink	Tall	1073	256	12.2	8.7	33.7	30	2.2	1.7	0.46	0
Caramel Cream Frappuccino® - oat drink	Grande	1437	343	16.5	11.8	45.1	40.5	2.7	2.2	0.62	0
Caramel Cream Frappuccino® - oat drink	Venti	1707	407	17.8	12.7	57.6	51.9	3.3	2.5	0.79	0
Caramel Cream Frappuccino® - coconut drink	Tall	1016	243	12.2	9.2	30.7	29.7	1.6	1.7	0.54	0
Caramel Cream Frappuccino® - coconut drink	Grande	1367	327	16.5	12.3	41.4	40.1	1.9	2.2	0.71	0
Caramel Cream Frappuccino® - coconut drink	Venti	1623	388	17.8	13.3	53.1	51.4	2.3	2.5	0.90	0
White Chocolate Cream Frappuccino® - semi skimmed milk	Tall	995	237	11	8.5	29.6	29.2	0	5.1	0.46	0
White Chocolate Cream Frappuccino® - semi skimmed milk	Grande	1442	344	15.5	12	44.1	43.5	0	6.9	0.64	0
White Chocolate Cream Frappuccino® - semi skimmed milk	Venti	1599	381	16	12.4	51.5	50.7	0	7.8	0.79	0
White Chocolate Cream Frappuccino® - whole milk	Tall	1065	254	12.9	9.1	29.5	29.1	0	5	0.45	0
White Chocolate Cream Frappuccino® - whole milk	Grande	1529	364	18	12.8	44	43.4	0	6.8	0.64	0
White Chocolate Cream Frappuccino® - whole milk	Venti	1703	406	18.9	13.4	51.4	50.5	0	7.6	0.78	0
White Chocolate Cream Frappuccino® - skimmed milk	Tall	943	225	9.5	6.8	29.7	29.3	0	5.1	0.46	0
White Chocolate Cream Frappuccino® - skimmed milk	Grande										

White Chocolate Cream Frappuccino® - soya drink	Grande	1408	336	15.6	10.2	42.2	41.5	0.7	6.4	0.67	0
White Chocolate Cream Frappuccino® - soya drink	Venti	1559	372	16.1	10.3	49.2	48.4	0.8	7.1	0.83	0
White Chocolate Cream Frappuccino® - oat drink	Tall	1030	246	11.8	8.7	31.4	28.2	2.2	2.5	0.47	0
White Chocolate Cream Frappuccino® - oat drink	Grande	1485	354	16.6	12.3	46.3	42.3	2.7	3.7	0.65	0
White Chocolate Cream Frappuccino® - oat drink	Venti	1650	393	17.2	12.7	54.2	49.3	3.3	3.9	0.80	0
White Chocolate Cream Frappuccino® - coconut drink	Tall	973	233	11.8	9.1	28.4	27.9	1.6	2.5	0.54	0
White Chocolate Cream Frappuccino® - coconut drink	Grande	1415	339	16.6	12.8	42.6	41.9	1.9	3.7	0.74	0
White Chocolate Cream Frappuccino® - coconut drink	Venti	1566	375	17.2	13.4	49.7	48.8	2.3	3.9	0.91	0
Strawberries & Cream Frappuccino® - semi skimmed milk	Tall	1015	241	9.8	7.4	34.1	32.5	0.4	4.2	0.39	0
Strawberries & Cream Frappuccino® - semi skimmed milk	Grande	1409	335	13.4	10.1	48.1	45.8	0.6	5.3	0.53	0
Strawberries & Cream Frappuccino® - semi skimmed milk	Venti	1668	396	13.8	10.5	61.6	58.5	0.7	6.1	0.66	0
Strawberries & Cream Frappuccino® - whole milk	Tall	1081	257	11.6	8	34	32.4	0.4	4.1	0.39	0
Strawberries & Cream Frappuccino® - whole milk	Grande	1490	355	15.7	10.8	48	45.7	0.6	5.2	0.52	0
Strawberries & Cream Frappuccino® - whole milk	Venti	1763	419	16.5	11.3	61.4	58.3	0.7	6	0.66	0
Strawberries & Cream Frappuccino® - skimmed milk	Tall	965	230	8.4	5.9	34.2	32.6	0.4	4.2	0.39	0
Strawberries & Cream Frappuccino® - skimmed milk	Grande	1348	320	11.7	8.2	48.2	45.9	0.6	5.3	0.53	0
Strawberries & Cream Frappuccino® - skimmed milk	Venti	1596	379	11.8	8.2	61.7	58.6	0.7	6.1	0.66	0
Strawberries & Cream Frappuccino® - almond drink	Tall	917	219	9.3	5.8	32.1	30.4	0.7	1.2	0.34	0
Strawberries & Cream Frappuccino® - almond drink	Grande	1288	307	12.9	8.2	45.7	43.2	0.9	1.7	0.47	0
Strawberries & Cream Frappuccino® - almond drink	Venti	1526	363	13.2	8.2	58.7	55.5	1.2	1.9	0.59	0
Strawberries & Cream Frappuccino® - soya drink	Tall	989	235	9.8	6.1	32.6	31	0.9	3.8	0.42	0
Strawberries & Cream Frappuccino® - soya drink	Grande	1377	328	13.5	8.4	46.3	43.9	1.2	4.8	0.56	0
Strawberries & Cream Frappuccino® - soya drink	Venti	1630	387	13.9	8.5	59.4	56.3	1.5	5.6	0.70	0
Strawberries & Cream Frappuccino® - oat drink	Tall	1047	249	10.6	7.6	35.8	31.6	2.4	1.7	0.40	0
Strawberries & Cream Frappuccino® - oat drink	Grande	1449	345	14.4	10.4	50.2	44.7	3.1	2.3	0.54	0
Strawberries & Cream Frappuccino® - oat drink	Venti	1715	407	15	10.8	64	57.2	3.7	2.6	0.67	0
Strawberries & Cream Frappuccino® - coconut drink	Tall	994	237	10.6	8	32.9	31.3	1.9	1.7	0.47	0
Strawberries & Cream Frappuccino® - coconut drink	Grande	1383	330	14.4	10.9	46.7	44.3	2.4	2.3	0.62	0
Strawberries & Cream Frappuccino® - coconut drink	Venti	1638	390	15	11.3	59.9	56.7	2.9	2.6	0.77	0
Cookies & Cream Frappuccino® - semi skimmed milk	Tall	1062	253	12.3	9.1	30.4	25.8	0.3	5.3	0.53	0
Cookies & Cream Frappuccino® - semi skimmed milk	Grande	1499	358	17.2	12.6	43.5	36.8	0.4	7.1	0.75	0
Cookies & Cream Frappuccino® - semi skimmed milk	Venti	1768	421	18.7	13.7	54.7	46.1	0.5	8.4	0.95	0
Cookies & Cream Frappuccino® - whole milk	Tall	1132	270	14.3	9.7	30.3	25.7	0.3	5.2	0.53	0
Cookies & Cream Frappuccino® - whole milk	Grande	1590	379	19.8	13.4	43.4	36.7	0.4	7	0.75	0
Cookies & Cream Frappuccino® - whole milk	Venti	1875	447	21.7	14.7	54.6	46	0.5	8.2	0.95	0
Cookies & Cream Frappuccino® - skimmed milk	Mini	714	170	8.3	5.7	20.4	17.4	0.2	3.6	0.35	0
Cookies & Cream Frappuccino® - skimmed milk	Tall	1010	241	10.8	7.4	30.5	25.9	0.3	5.3	0.53	0
Cookies & Cream Frappuccino® - skimmed milk	Grande	1431	341	15.3	10.5	43.6	37	0.4	7.1	0.76	0
Cookies & Cream Frappuccino® - skimmed milk	Venti	1689	402	16.4	11.2	54.9	46.3	0.5	8.4	0.96	0
Cookies & Cream Frappuccino® - almond drink	Tall	959	229	11.8	7.4	28.3	23.6	0.6	2.2	0.48	0
Cookies & Cream Frappuccino® - almond drink	Grande	1364	326	16.6	10.5	40.8	34	0.8	3.1	0.69	0
Cookies & Cream Frappuccino® - almond drink	Venti	1610	385	17.9	11.2	51.6	42.8	1	3.7	0.88	0
Cookies & Cream Frappuccino® - soya drink	Tall	1035	247	12.3	7.6	28.8	24.2	0.8	4.8	0.56	0
Cookies & Cream Frappuccino® - soya drink	Grande	1464	349	17.2	10.7	41.4	34.8	1.1	6.6	0.79	0
Cookies & Cream Frappuccino® - soya drink	Venti	1727	412	18.7	11.5	52.3	43.7	1.4	7.8	1.00	0
Cookies & Cream Frappuccino® - oat drink	Tall	1096	262	13.1	9.3	32.1	24.9	2.5	2.7	0.54	0
Cookies & Cream Frappuccino® - oat drink	Grande	1544	368	18.3	12.9	45.8	35.6	3.3	3.7	0.76	0
Cookies & Cream Frappuccino® - oat drink	Venti	1821	434	19.9	14	57.5	44.7	3.9	4.4	0.96	0
Cookies & Cream Frappuccino® - coconut drink	Tall	1040	249	13.1	9.7	29.1	24.6	1.9	2.7	0.61	0
Cookies & Cream Frappuccino® - coconut drink	Grande	1470	352	18.3	13.5	41.9	35.2	2.5	3.7	0.86	0
Cookies & Cream Frappuccino® - coconut drink	Venti	1735	415	19.9	14.7	52.8	44.2	2.9	4.4	1.08	0
Double Chocolatey Chip Cream Frappuccino® - semi skimmed milk	Tall	1166	278	13.4	10.3	33	31.3	1.4	5.9	0.49	0
Double Chocolatey Chip Cream Frappuccino® - semi skimmed milk	Grande	1610	384	18.5	14.2	45.7	43.4	2	7.7	0.67	0
Double Chocolatey Chip Cream Frappuccino® - semi skimmed milk	Venti	1962	468	20.8	16.1	59.5	56.4	2.6	9.5	0.88	0
Double Chocolatey Chip Cream Frappuccino® - whole milk	Tall	1237	295	15.4	10.9	32.8	31.2	1.4	5.8	0.48	0
Double Chocolatey Chip Cream Frappuccino® - whole milk	Grande	1699	406	21.1	15	45.6	43.3	2	7.6	0.67	0
Double Chocolatey Chip Cream Frappuccino® - whole milk	Venti	2071	494	23.9	17	59.3	56.2	2.6	9.3	0.87	0
Double Chocolatey Chip Cream Frappuccino® - skimmed milk	Tall	1114	266	11.9	8.6	33.1	31.4	1.4	5.9	0.49	0
Double Chocolatey Chip Cream Frappuccino® - skimmed milk	Grande	1544	368	16.7	12.1	45.9	43.6	2	7.7	0.67	0
Double Chocolatey Chip Cream Frappuccino® - skimmed milk	Venti	1880	448	18.5	13.5	59.7	56.6	2.6	9.5	0.88	0
Double Chocolatey Chip Cream Frappuccino® - almond drink	Tall	1062	254	12.9	8.6	30.8	29.1	1.7	2.7	0.44	0
Double Chocolatey Chip Cream Frappuccino® - almond drink	Grande	1479	354	17.9	12.1	43.1	40.6	2.4	3.8	0.61	0
Double Chocolatey Chip Cream Frappuccino® - almond drink	Venti	1800	430	20	13.4	56.2	53	3.1	4.6	0.80	0
Double Chocolatey Chip Cream Frappuccino® - soya drink	Tall	1139	272	13.4	8.8	31.4	29.7	2	5.4	0.51	0
Double Chocolatey Chip Cream Frappuccino® - soya drink	Grande	1576	376	18.6	12.4	43.7	41.4	2.7	7.2	0.70	0
Double Chocolatey Chip Cream Frappuccino® - soya drink	Venti	1919	458	20.8	13.8	57	53.9	3.5	8.8	0.92	0
Double Chocolatey Chip Cream Frappuccino® - oat drink	Tall	1201	287	14.2	10.5	34.7	30.4	3.6	3.2	0.49	0
Double Chocolatey Chip Cream Frappuccino® - oat drink	Grande	1654	395	19.6	14.5	48	42.2	4.8	4.4	0.68	0
Double Chocolatey Chip Cream Frappuccino® - oat drink	Venti	2015	481	22.1	16.4	62.3	54.9	6.1	5.4	0.89	0
Double Chocolatey Chip Cream Frappuccino® - coconut drink	Tall	1144	274	14.2	10.9	31.7	30	3	3.2	0.57	0
Double Chocolatey Chip Cream Frappuccino® - coconut drink	Grande	1582	379	19.6	15	44.1	41.8	4	4.4	0.77	0
Double Chocolatey Chip Cream Frappuccino® - coconut drink	Venti	1927	461	22.1	17	57.5	54.4	5.1	5.4	1.01	0
Matcha Cream Frappuccino® - semi skimmed milk	Tall	911	217	9.9	7.6	26.8	25.4	0.8	4.9	0.41	50.3
Matcha Cream Frappuccino® - semi skimmed milk	Grande	1272	303	13.7	10.5	38.1	36.1	1.2	6.4	0.58	73
Matcha Cream Frappuccino® - semi skimmed milk	Venti	1428	340	14	10.8	45.7	43.2	1.5	7.2	0.70	90.5
Matcha Cream Frappuccino® - whole milk	Tall	984	235	12	8.2	26.7	25.3	0.8	4.8	0.41	50.3
Matcha Cream Frappuccino® - whole milk	Grande	1366	326	16.4	11.3	37.9	35.9	1.2	6.3	0.58	73
Matcha Cream Frappuccino® - whole milk	Venti	1533	365	17	11.7	45.5	43	1.5	7.1	0.70	90.5
Matcha Cream Frappuccino® - skimmed milk	Tall	857	204	8.4	5.9	26.9	25.6	0.8	4.9	0.42	50.3
Matcha Cream Frappuccino® - skimmed milk	Grande	1202	286	11.8	8.3	38.2	36.2	1.2	6.4	0.59	73
Matcha Cream Frappuccino® - skimmed milk	Venti	1350	321	11.8	8.3	45.8	43.3	1.5	7.2	0.70	90.5
Matcha Cream Frappuccino® - almond drink	Tall	804	193	9.4	5.9	24.7	23.2	1.1	1.6	0.36	50.3
Matcha Cream Frappuccino® - almond drink	Grande	1133	271	13.1	8.2	35.3	33.1	1.6	2.3	0.52	73
Matcha Cream Frappuccino® - almond drink	Venti	1273	304	13.3	8.2	42.5	39.9	2	2.5	0.62	90.5
Matcha Cream Frappuccino® - original nut blend	Tall	876	209	9.8	6	26.9	23.8	1.1	2.9	0.45	50.3
Matcha Cream Frappuccino® - original nut blend	Grande	1226	292	13.5	8.4	38.2	33.9	1.6	3.8	0.63	73
Matcha Cream Frappuccino® - original nut blend	Venti	1376	328	13.8	8.4	45.8	40.8	2	4.3	0.75	90.5
Matcha Cream Frappuccino® - soya drink	Tall	883	211	10	6.1	25.2	23.8	1.4	4.4	0.44	50.3
Matcha Cream Frappuccino® - soya drink	Grande	1235	295	13.8	8.5	35.9	33.9	1.9	5.9	0.62	73
Matcha Cream Frappuccino® - soya drink	Venti	1387	331	14.1	8.6	43.3	40.8	2.3	6.6	0.74	90.5
Matcha Cream Frappuccino® - oat drink	Tall	947	226	10.8	7.8	28.7	24.5	3.1	2.2	0.42	50.3
Matcha Cream Frappuccino® - oat drink	Grande	1318	314	14.8	10.7	40.4	34.8	4.1	2.9	0.59	73
Matcha Cream Frappuccino® - oat drink	Venti	1480	353	15.3	11.1	48.3	41.8	4.8	3.3	0.71	90.5
Matcha Cream Frappuccino® - coconut drink	Tall	889	213	10.8	8.3	25.5	24.1	2.4	2.2	0.50	50.3
Matcha Cream Frappuccino® - coconut drink	Grande	1242	298	14.8	11.3	36.4	34.4	3.3	2.9	0.70	73
Matcha Cream Frappuccino® - coconut drink	Venti	1395	334	15.3	11.7	43.8	41.3	3.8	3.3	0.82	90.5
Chai Tea Cream Frappuccino® - semi skimmed milk	Tall	897	214	9.7	7.4	27.3	26.9	0.5	4.1	0.39	20.1
Chai Tea Cream Frappuccino® - semi skimmed milk	Grande	1288	307	13.4	10.2	41	40.4	1	5.2	0.53	37.6
Chai Tea Cream Frappuccino® - semi skimmed milk	Venti	1456	347	13.8	10.6	49	48.1	1	6.2	0.69	38.1
Chai Tea Cream Frappuccino® - whole milk	Tall	964	230	11.6	8	27.2	26.8	0.5	4	0.39	20.1
Chai Tea Cream Frappuccino® - whole milk	Grande	1372	327	15.7	10.9	40.9	40.3	1	5.1	0.53	37.6
Chai Tea Cream Frappuccino® - whole milk	Venti	1558	371	16.7	11.5	48.8	48	1	6	0.68	38.1
Chai Tea Cream Frappuccino® - skimmed milk	Tall	848	202	8.3	5.9	27.4	27	0.5	4.1	0.39	20.1
Chai Tea Cream Frappuccino® - skimmed milk	Grande	1226	292	11.6	8.2	41.2	40.5	1	5.2	0.53	37.6
Chai Tea Cream Frappuccino® - skimmed milk	Venti	1381	329	11.7	8.3	49.1	48.3	1	6.2	0.69	38.1
Chai Tea Cream Frappuccino® - almond drink	Tall	799	191	9.3	5.9	25.3	24.8	0.8	1.1	0.34	20.1
Chai Tea Cream Frappuccino® - almond drink	Grande	1165	278	12.8	8.2	38.5	37.8	1.4	1.5	0.47	37.6
Chai Tea Cream Frappuccino® - almond drink	Venti	1306	312	13.1	8.2	45.9	44.9	1.5	1.7	0.61	38.1
Chai Tea Cream Frappuccino® - soya drink	Tall	871	208	9.8	6.1	25.8	25.4	1	3.7	0.42	20.1
Chai Tea Cream Frappuccino® - soya drink	Grande	1256	300	13.4	8.4						

Peach Iced Tea	Tall	225	53	0.1	0	12.9	12.6	0.1	0.1	0.00	0.6
Peach Iced Tea	Grande	313	74	0.1	0	17.9	17.5	0.1	0.1	0.00	0.9
Peach Iced Tea	Venti	396	94	0.1	0	22.8	22.2	0.1	0.1	0.00	1
Lemon Iced Tea	Tall	223	53	0.1	0	12.8	12.6	0.1	0.1	0.00	0.6
Lemon Iced Tea	Grande	310	73	0.1	0	17.8	17.5	0.1	0.1	0.00	0.9
Lemon Iced Tea	Venti	393	93	0.1	0	22.6	22.2	0.1	0.1	0.00	1
Cool Lime Starbucks Refresha™	Tall	245	58	0.1	0	13.9	13.3	0.4	0.3	0.04	37.2
Cool Lime Starbucks Refresha™	Grande	320	75	0.1	0	18.2	17.5	0.4	0.3	0.05	49.3
Cool Lime Starbucks Refresha™	Venti	398	93	0.1	0	22.7	22	0.4	0.4	0.07	61.9
Strawberry Acai Starbucks Refresha®	Tall	288	68	0.1	0	15.9	15.7	0.5	0.3	0.00	8.4
Strawberry Acai Starbucks Refresha®	Grande	389	91	0.2	0	21.4	21.1	0.7	0.5	0.01	11.1
Strawberry Acai Starbucks Refresha®	Venti	493	116	0.2	0	27	26.7	0.9	0.6	0.01	13.9
Pink Coconut Starbucks Refresha®	Tall	449	107	2.3	2.1	19.1	18.9	1.8	1.2	0.17	8.4
Pink Coconut Starbucks Refresha®	Grande	603	143	3.1	2.7	25.5	25.3	2.5	1.6	0.23	11.1
Pink Coconut Starbucks Refresha®	Venti	761	181	3.9	3.4	32.2	31.9	3.2	2.1	0.29	13.9
Classic Shaken Iced Black Tea	Tall	0	0	0	0	0	0	0	0	0.00	0.5
Classic Shaken Iced Black Tea	Grande	0	0	0	0	0	0	0	0	0.00	0.7
Classic Shaken Iced Black Tea	Venti	0	0	0	0	0	0	0	0	0.00	0.8
Classic Shaken Iced Black Tea Lemonade	Tall	162	38	0.1	0	9.1	9.1	0.1	0.1	0.00	0.5
Classic Shaken Iced Black Tea Lemonade	Grande	217	52	0.1	0	12.3	12.3	0.1	0.1	0.00	0.7
Classic Shaken Iced Black Tea Lemonade	Venti	236	56	0.2	0	13.3	13.3	0.2	0.2	0.00	0.8
Classic Shaken Iced Green Tea	Tall	0	0	0	0	0	0	0	0	0.00	0.6
Classic Shaken Iced Green Tea	Grande	0	0	0	0	0	0	0	0	0.00	0.9
Classic Shaken Iced Green Tea	Venti	0	0	0	0	0	0	0	0	0.00	1
Classic Shaken Iced Green Tea Lemonade	Tall	162	38	0.1	0	9.1	9.1	0.1	0.1	0.00	0.6
Classic Shaken Iced Green Tea Lemonade	Grande	217	52	0.1	0	12.3	12.3	0.1	0.1	0.00	0.9
Classic Shaken Iced Green Tea Lemonade	Venti	236	56	0.2	0	13.3	13.3	0.2	0.2	0.00	1
Classic Shaken Hibiscus Tea	Tall	0	0	0	0	0	0	0	0	0.00	0
Classic Shaken Hibiscus Tea	Grande	0	0	0	0	0	0	0	0	0.00	0
Classic Shaken Hibiscus Tea	Venti	0	0	0	0	0	0	0	0	0.00	0
Classic Shaken Hibiscus Tea Lemonade	Tall	162	38	0.1	0	9.1	9.1	0.1	0.1	0.00	0
Classic Shaken Hibiscus Tea Lemonade	Grande	217	52	0.1	0	12.3	12.3	0.1	0.1	0.00	0
Classic Shaken Hibiscus Tea Lemonade	Venti	236	56	0.2	0	13.3	13.3	0.2	0.2	0.00	0
Hot Teas											
English Breakfast Tea	Tall	0	0	0	0	0	0	0	0	0.00	0.8
English Breakfast Tea	Grande	0	0	0	0	0	0	0	0	0.00	0.8
English Breakfast Tea	Venti	0	0	0	0	0	0	0	0	0.00	1.6
Jasmine Pearls Tea	Tall	1	0	0	0	0	0	0	0	0.00	1.1
Jasmine Pearls Tea	Grande	1	0	0	0	0	0	0	0	0.00	1.1
Jasmine Pearls Tea	Venti	3	1	0	0	0	0	0	0	0.00	2.1
Mint Citrus Green Tea	Tall	0	0	0	0	0	0	0	0	0.00	0
Mint Citrus Green Tea	Grande	0	0	0	0	0	0	0	0	0.00	0
Mint Citrus Green Tea	Venti	0	0	0	0	0	0	0	0	0.00	0
Emperor's Clouds & Mist Tea	Tall	1	0	0	0	0	0	0	0	0.00	0.8
Emperor's Clouds & Mist Tea	Grande	1	0	0	0	0	0	0	0	0.00	0.8
Emperor's Clouds & Mist Tea	Venti	2	1	0	0	0	0	0	0	0.00	1.6
Chamomile	Tall	0	0	0	0	0	0	0	0	0.00	0
Chamomile	Grande	0	0	0	0	0	0	0	0	0.00	0
Chamomile	Venti	0	0	0	0	0	0	0	0	0.00	0
Earl Grey Tea	Tall	0	0	0	0	0	0	0	0	0.00	0.5
Earl Grey Tea	Grande	0	0	0	0	0	0	0	0	0.00	0.5
Earl Grey Tea	Venti	0	0	0	0	0	0	0	0	0.00	1
Mint Herbal Blend	Tall	0	0	0	0	0	0	0	0	0.00	0
Mint Herbal Blend	Grande	0	0	0	0	0	0	0	0	0.00	0
Mint Herbal Blend	Venti	0	0	0	0	0	0	0	0	0.00	0
Hibiscus Tea	Tall	0	0	0	0	0	0	0	0	0.00	0
Hibiscus Tea	Grande	0	0	0	0	0	0	0	0	0.00	0
Hibiscus Tea	Venti	0	0	0	0	0	0	0	0	0.00	0
Chai Tea	Tall	0	0	0	0	0	0	0	0	0.00	0.4
Chai Tea	Grande	0	0	0	0	0	0	0	0	0.00	0.4
Chai Tea	Venti	0	0	0	0	0	0	0	0	0.00	0.8
Youthberry Tea	Tall	2	0	0	0	0	0	0	0	0.00	0
Youthberry Tea	Grande	2	0	0	0	0	0	0	0	0.00	0
Youthberry Tea	Venti	3	1	0	0	0.1	0.1	0	0	0.00	0
Tea Latte											
Matcha Green Tea Latte - semi skimmed milk	Tall	424	101	3.4	3.4	9.9	9.3	0.6	7.3	0.21	38.5
Matcha Green Tea Latte - semi skimmed milk	Grande	622	148	5	4.9	14.6	13.6	1.1	10.7	0.31	65.7
Matcha Green Tea Latte - semi skimmed milk	Venti	773	184	6.2	6.1	18.2	16.8	1.4	13.3	0.38	83.4
Matcha Green Tea Latte - whole milk	Short	348	83	4.5	2.9	6.1	5.8	0.3	4.4	0.13	19.3
Matcha Green Tea Latte - whole milk	Tall	556	132	7.2	4.5	9.8	9.1	0.6	7.1	0.21	38.5
Matcha Green Tea Latte - whole milk	Grande	814	194	10.4	6.6	14.3	13.3	1.1	10.4	0.30	65.7
Matcha Green Tea Latte - whole milk	Venti	1012	241	13	8.2	17.8	16.5	1.4	13	0.37	83.4
Matcha Green Tea Latte - skimmed milk	Tall	325	77	0.7	0.3	10.1	9.5	0.6	7.3	0.22	38.5
Matcha Green Tea Latte - skimmed milk	Grande	479	114	1	0.4	14.9	13.8	1.1	10.7	0.31	65.7
Matcha Green Tea Latte - skimmed milk	Venti	596	141	1.2	0.5	18.5	17.2	1.4	13.3	0.39	83.4
Matcha Green Tea Latte - almond drink	Tall	229	55	2.5	0.2	6	5.2	1.2	1.4	0.12	38.5
Matcha Green Tea Latte - almond drink	Grande	339	82	3.7	0.3	8.9	7.5	2	2.2	0.17	65.7
Matcha Green Tea Latte - almond drink	Venti	422	102	4.6	0.4	11.1	9.4	2.5	2.7	0.21	83.4
Matcha Green Tea Latte - soya drink	Tall	372	89	3.5	0.6	7	6.3	1.6	6.5	0.27	38.5
Matcha Green Tea Latte - soya drink	Grande	548	131	5.1	0.9	10.3	9.2	2.6	9.5	0.39	65.7
Matcha Green Tea Latte - soya drink	Venti	681	163	6.4	1.1	12.8	11.5	3.2	11.9	0.48	83.4
Matcha Green Tea Latte - oat drink	Tall	489	116	5	3.8	13.3	7.6	4.8	2.4	0.23	38.5
Matcha Green Tea Latte - oat drink	Grande	717	171	7.3	5.5	19.5	11	7.1	3.6	0.33	65.7
Matcha Green Tea Latte - oat drink	Venti	891	212	9	6.8	24.2	13.6	8.8	4.4	0.41	83.4
Matcha Green Tea Latte - coconut drink	Tall	382	93	5	4.5	7.6	7	3.6	2.4	0.37	38.5
Matcha Green Tea Latte - coconut drink	Grande	562	136	7.3	6.6	11.2	10.1	5.4	3.6	0.54	65.7
Matcha Green Tea Latte - coconut drink	Venti	699	170	9	8.2	13.9	12.6	6.7	4.4	0.67	83.4
Iced Matcha Green Tea Latte - semi skimmed milk	Tall	404	96	3.2	3.1	9.5	8.7	0.9	6.9	0.20	52.8
Iced Matcha Green Tea Latte - semi skimmed milk	Grande	517	123	4	3.9	12.2	10.9	1.3	8.9	0.25	79.2
Iced Matcha Green Tea Latte - semi skimmed milk	Venti	597	142	4.6	4.5	14.1	12.4	1.7	10.2	0.28	105.6
Iced Matcha Green Tea Latte - whole milk	Tall	526	125	6.7	4.2	9.3	8.5	0.9	6.8	0.19	52.8
Iced Matcha Green Tea Latte - whole milk	Grande	670	160	8.4	5.3	12	10.7	1.3	8.7	0.24	79.2
Iced Matcha Green Tea Latte - whole milk	Venti	771	184	9.6	6	13.9	12.2	1.7	10	0.27	105.6
Iced Matcha Green Tea Latte - skimmed milk	Tall	312	74	0.6	0.3	9.7	8.8	0.9	6.9	0.20	52.8
Iced Matcha Green Tea Latte - skimmed milk	Grande	402	95	0.8	0.3	12.4	11.1	1.3	8.9	0.25	79.2
Iced Matcha Green Tea Latte - skimmed milk	Venti	466	111	1	0.4	14.4	12.7	1.7	10.2	0.29	105.6
Iced Matcha Green Tea Latte - almond drink	Tall	223	54	2.4	0.2	5.9	4.8	1.4	1.5	0.11	52.8
Iced Matcha Green Tea Latte - almond drink	Grande	289	70	3	0.3	7.6	6.1	2	2	0.14	79.2
Iced Matcha Green Tea Latte - almond drink	Venti	339	82	3.5	0.3	8.9	6.9	2.5	2.5	0.16	105.6
Iced Matcha Green Tea Latte - soya drink	Tall	356	85	3.3	0.6	6.8	5.9	1.8	6.2	0.25	52.8
Iced Matcha Green Tea Latte - soya drink	Grande	457	109	4.2	0.7	8.7	7.5	2.5	7.9	0.31	79.2
Iced Matcha Green Tea Latte - soya drink	Venti	529	126	4.8	0.9	10.2	8.5	3.1	9.2	0.35	105.6
Iced Matcha Green Tea Latte - oat drink	Tall	464	111	4.7	3.5	12.6	7	4.7	2.4	0.21	52.8
Iced Matcha Green Tea Latte - oat drink	Grande	592	141	5.9	4.4	16.1	8.9	6.1	3.1	0.26	79.2
Iced Matcha Green Tea Latte - oat drink	Venti	683	163	6.7	5	18.6	10.1	7.2	3.7	0.30	105.6
Iced Matcha Green Tea Latte - coconut drink	Tall	365	89	4.7	4.2	7.3	6.5	3.6	2.4	0.34	52.8
Iced Matcha Green Tea Latte - coconut drink	Grande	468	114	5.9	5.3	9.4	8.2	4.7	3.1	0.43	79.2
Iced Matcha Green Tea Latte - coconut drink	Venti	542	131	6.7	6	11	9.3	5.6	3.7	0.49	105.6
Chai Tea Latte - semi skimmed milk	Tall	885	210	3.8	3.8	35.1	35	1.8	7.9	0.25	68.9
Chai Tea Latte - semi skimmed milk	Grande	998	236	3.5	3.5	42.5	42.4	2.4	7.4	0.24	91.9
Chai Tea Latte - semi skimmed milk	Venti	1307	309	4.9	4.8	54.6	54.4	3	10.3	0.33	114.9
Chai Tea Latte - whole milk	Tall	1032	245	8	5.1	34.9	34.8	1.8	7.7	0.25	68.9
Chai Tea Latte - whole milk	Grande	1134	269	7.4	4.7	42.3	42.2	2.4	7.2	0.24	91.9
Chai Tea Latte - whole milk	Venti	1497	355	10.3	6.5	54.3	54.2	3	10	0.33	114.9
Chai Tea Latte - skimmed milk	Tall	775	183	0.7	0.3	35.3	35.2	1.8	7.9	0.26	68.9
Chai Tea Latte - skimmed milk	Grande	896	212	0.7	0.3	42.7	42.6	2.4	7.4	0.25	91.9
Chai Tea Latte - skimmed milk	Venti	1166	275	1	0.4	54.8	54.7	3	10.3	0.34	114.9

Chai Tea Latte - almond drink	Tall	668	159	2.8	0.2	30.7	30.4	2.5	1.3	0.15	68.9
Chai Tea Latte - almond drink	Grande	797	189	2.6	0.2	38.5	38.2	3	1.3	0.14	91.9
Chai Tea Latte - almond drink	Venti	1027	244	3.7	0.3	48.9	48.5	3.9	1.8	0.20	114.9
Chai Tea Latte - soya drink	Tall	828	196	3.9	0.7	31.8	31.7	2.9	7	0.31	68.9
Chai Tea Latte - soya drink	Grande	945	224	3.6	0.7	39.5	39.4	3.4	6.5	0.30	91.9
Chai Tea Latte - soya drink	Venti	1234	292	5.1	0.9	50.3	50.2	4.5	9.1	0.41	114.9
Chai Tea Latte - oat drink	Tall	958	227	5.6	4.2	38.8	33	6.4	2.4	0.27	68.9
Chai Tea Latte - oat drink	Grande	1065	252	5.2	3.9	46	40.6	6.6	2.3	0.26	91.9
Chai Tea Latte - oat drink	Venti	1401	332	7.2	5.4	59.4	51.9	8.9	3.2	0.35	114.9
Chai Tea Latte - coconut drink	Tall	839	201	5.6	5.1	32.4	32.4	5.1	2.4	0.43	68.9
Chai Tea Latte - coconut drink	Grande	955	228	5.2	4.7	40.1	40	5.4	2.3	0.40	91.9
Chai Tea Latte - coconut drink	Venti	1248	298	7.2	6.5	51.2	51	7.2	3.2	0.56	114.9
Iced Chai Tea Latte - semi skimmed milk	Tall	717	170	2.4	2.3	31.2	31.1	1.8	5	0.16	68.9
Iced Chai Tea Latte - semi skimmed milk	Grande	928	220	3	2.9	40.9	40.8	2.4	6.2	0.20	91.9
Iced Chai Tea Latte - semi skimmed milk	Venti	1197	283	4	3.9	52	51.9	3	8.3	0.27	114.9
Iced Chai Tea Latte - whole milk	Tall	808	191	5	3.1	31	30.9	1.8	4.8	0.16	68.9
Iced Chai Tea Latte - whole milk	Grande	1041	246	6.1	3.9	40.7	40.6	2.4	6	0.20	91.9
Iced Chai Tea Latte - whole milk	Venti	1350	320	8.3	5.3	51.8	51.6	3	8.1	0.27	114.9
Iced Chai Tea Latte - skimmed milk	Tall	648	153	0.5	0.2	31.3	31.2	1.8	5	0.17	68.9
Iced Chai Tea Latte - skimmed milk	Grande	844	199	0.6	0.2	41.1	41	2.4	6.2	0.21	91.9
Iced Chai Tea Latte - skimmed milk	Venti	1082	256	0.8	0.3	52.2	52.1	3	8.3	0.28	114.9
Iced Chai Tea Latte - almond drink	Tall	582	138	1.8	0.2	28.4	28.2	2.2	0.9	0.10	68.9
Iced Chai Tea Latte - almond drink	Grande	761	181	2.2	0.2	37.5	37.3	2.9	1.2	0.12	91.9
Iced Chai Tea Latte - almond drink	Venti	971	231	3	0.3	47.4	47.1	3.7	1.5	0.17	114.9
Iced Chai Tea Latte - soya drink	Tall	681	161	2.5	0.4	29.1	29	2.5	4.4	0.20	68.9
Iced Chai Tea Latte - soya drink	Grande	884	209	3	0.5	38.4	38.3	3.3	5.5	0.25	91.9
Iced Chai Tea Latte - soya drink	Venti	1137	269	4.1	0.7	48.5	48.4	4.2	7.4	0.34	114.9
Iced Chai Tea Latte - oat drink	Tall	762	180	3.5	2.6	33.5	29.9	4.7	1.6	0.17	68.9
Iced Chai Tea Latte - oat drink	Grande	983	233	4.3	3.2	43.8	39.3	5.9	2	0.22	91.9
Iced Chai Tea Latte - oat drink	Venti	1272	301	5.8	4.4	55.9	49.8	7.8	2.6	0.29	114.9
Iced Chai Tea Latte - coconut drink	Tall	688	164	3.5	3.2	29.5	29.5	3.8	1.6	0.27	68.9
Iced Chai Tea Latte - coconut drink	Grande	893	213	4.3	3.9	38.9	38.8	4.9	2	0.34	91.9
Iced Chai Tea Latte - coconut drink	Venti	1149	274	5.8	5.3	49.2	49.1	6.4	2.6	0.46	114.9
Holiday FY23 Promo Beverages											
Toffee Nut Latte - semi skimmed milk	Tall	961	229	10.8	8.9	22.3	21.1	0.2	10.6	0.49	66.2
Toffee Nut Latte - semi skimmed milk	Grande	1191	284	13.1	10.9	28.1	26.9	0.2	13.4	0.62	66.2
Toffee Nut Latte - semi skimmed milk	Venti	1444	344	14.9	12.6	35.2	33.4	0.3	17.2	0.80	99.2
Toffee Nut Latte - whole milk	Tall	1138	272	15.9	10.5	22	20.9	0.2	10.3	0.49	66.2
Toffee Nut Latte - whole milk	Grande	1420	339	19.6	12.9	27.8	26.6	0.2	13	0.61	66.2
Toffee Nut Latte - whole milk	Venti	1737	414	23.2	15.2	34.8	33	0.3	16.8	0.79	99.2
Toffee Nut Latte - skimmed milk	Tall	829	198	7.1	4.8	22.6	21.4	0.2	10.6	0.50	66.2
Toffee Nut Latte - skimmed milk	Grande	1021	243	8.3	5.6	28.5	27.3	0.2	13.4	0.63	66.2
Toffee Nut Latte - skimmed milk	Venti	1224	291	8.7	5.7	35.6	33.9	0.3	17.2	0.81	99.2
Toffee Nut Latte - almond drink	Tall	700	169	9.6	4.7	17	15.6	1	2.7	0.37	66.2
Toffee Nut Latte - almond drink	Grande	854	206	11.6	5.5	21.3	19.8	1.3	3.2	0.46	66.2
Toffee Nut Latte - almond drink	Venti	1010	243	12.9	5.6	26.4	24.2	1.7	4.2	0.59	99.2
Toffee Nut Latte - original nut blend	Tall	874	208	10.4	5	22.6	17.1	1	5.7	0.59	66.2
Toffee Nut Latte - original nut blend	Grande	1079	257	12.6	5.8	28.6	21.7	1.3	7	0.74	66.2
Toffee Nut Latte - original nut blend	Venti	1299	309	14.2	6.1	35.7	26.8	1.7	9.1	0.95	99.2
Toffee Nut Latte - soya drink	Tall	893	214	11	5.3	18.3	17.2	1.6	9.5	0.57	66.2
Toffee Nut Latte - soya drink	Grande	1103	264	13.3	6.2	23	21.8	2	12	0.71	66.2
Toffee Nut Latte - soya drink	Venti	1330	318	15.1	6.5	28.6	26.8	2.6	15.4	0.92	99.2
Toffee Nut Latte - oat drink	Tall	1049	251	12.9	9.5	26.8	18.8	5.8	4	0.51	66.2
Toffee Nut Latte - oat drink	Grande	1304	311	15.8	11.6	33.9	23.8	7.4	4.8	0.65	66.2
Toffee Nut Latte - oat drink	Venti	1588	379	18.4	13.5	42.7	29.5	9.5	6.3	0.83	99.2
Toffee Nut Latte - coconut drink	Tall	906	219	12.9	10.5	19.1	18	4.2	4	0.70	66.2
Toffee Nut Latte - coconut drink	Grande	1120	271	15.8	13	24.1	22.8	5.3	4.8	0.89	66.2
Toffee Nut Latte - coconut drink	Venti	1352	327	18.4	15.2	29.9	28.2	6.9	6.3	1.15	99.2
Gingerbread Latte - semi skimmed milk	Tall	1007	240	10.1	7.9	26.9	25.2	0.2	10.2	0.38	66.2
Gingerbread Latte - semi skimmed milk	Grande	1309	312	13.4	10.5	34.8	32.8	0.2	12.9	0.48	66.2
Gingerbread Latte - semi skimmed milk	Venti	1591	379	15.2	12.2	43.5	41	0.4	16.8	0.61	99.2
Gingerbread Latte - whole milk	Tall	1184	282	15.1	9.5	26.7	24.9	0.2	10	0.38	66.2
Gingerbread Latte - whole milk	Grande	1538	366	19.9	12.5	34.4	32.5	0.2	12.6	0.47	66.2
Gingerbread Latte - whole milk	Venti	1884	449	23.5	14.7	43.1	40.6	0.4	16.4	0.60	99.2
Gingerbread Latte - skimmed milk	Tall	875	208	6.4	3.8	27.2	25.4	0.2	10.2	0.39	66.2
Gingerbread Latte - skimmed milk	Grande	1139	271	8.7	5.1	35.1	33.2	0.2	12.9	0.48	66.2
Gingerbread Latte - skimmed milk	Venti	1372	326	9.1	5.3	44	41.4	0.4	16.8	0.63	99.2
Gingerbread Latte - almond drink	Tall	746	179	8.9	3.7	21.6	19.6	1.1	2.4	0.26	66.2
Gingerbread Latte - almond drink	Grande	972	234	11.9	5	27.9	25.7	1.3	2.8	0.31	66.2
Gingerbread Latte - almond drink	Venti	1157	278	13.2	5.1	34.8	31.8	1.7	3.8	0.41	99.2
Gingerbread Latte - soya drink	Tall	939	224	10.2	4.2	22.9	21.2	1.6	9.2	0.46	66.2
Gingerbread Latte - soya drink	Grande	1220	291	13.6	5.7	29.6	27.7	2	11.5	0.57	66.2
Gingerbread Latte - soya drink	Venti	1477	352	15.4	6.1	36.9	34.4	2.6	15	0.73	99.2
Gingerbread Latte - oat drink	Tall	1095	261	12.2	8.4	31.4	22.8	5.8	3.6	0.40	66.2
Gingerbread Latte - oat drink	Grande	1422	339	16.2	11.2	40.5	29.7	7.4	4.4	0.50	66.2
Gingerbread Latte - oat drink	Venti	1735	414	18.7	13	51	37.1	9.6	5.9	0.65	99.2
Gingerbread Latte - coconut drink	Tall	952	229	12.2	9.5	23.8	22	4.2	3.6	0.59	66.2
Gingerbread Latte - coconut drink	Grande	1238	298	16.2	12.5	30.7	28.7	5.4	4.4	0.75	66.2
Gingerbread Latte - coconut drink	Venti	1499	361	18.7	14.8	38.3	35.8	6.9	5.9	0.96	99.2
Caramel Waffle Latte - semi skimmed milk	Tall	1133	270	11.5	9.4	30.6	28.7	0.3	10.9	0.38	66.2
Caramel Waffle Latte - semi skimmed milk	Grande	1398	333	13.7	11.3	38.7	36.7	0.3	13.6	0.46	66.2
Caramel Waffle Latte - semi skimmed milk	Venti	1708	407	15.6	13.1	48.6	46.1	0.4	17.8	0.60	99.2
Caramel Waffle Latte - whole milk	Tall	1314	313	16.6	11	30.4	28.5	0.3	10.7	0.37	66.2
Caramel Waffle Latte - whole milk	Grande	1628	388	20.2	13.3	38.4	36.4	0.3	13.3	0.45	66.2
Caramel Waffle Latte - whole milk	Venti	2009	479	24.2	15.8	48.1	45.6	0.4	17.3	0.59	99.2
Caramel Waffle Latte - skimmed milk	Tall	998	238	7.7	5.1	30.9	29	0.3	10.9	0.39	66.2
Caramel Waffle Latte - skimmed milk	Grande	1226	292	8.9	5.9	39.1	37.1	0.3	13.6	0.47	66.2
Caramel Waffle Latte - skimmed milk	Venti	1483	353	9.3	6.1	49	46.5	0.4	17.8	0.62	99.2
Caramel Waffle Latte - almond drink	Tall	866	208	10.3	5	25.2	23.1	1.1	2.9	0.25	66.2
Caramel Waffle Latte - almond drink	Grande	1057	254	12.2	5.8	31.9	29.5	1.3	3.3	0.30	66.2
Caramel Waffle Latte - almond drink	Venti	1262	303	13.6	5.9	39.6	36.6	1.8	4.4	0.39	99.2
Caramel Waffle Latte - soya drink	Tall	1063	254	11.6	5.6	26.5	24.7	1.7	9.8	0.45	66.2
Caramel Waffle Latte - soya drink	Grande	1308	312	13.9	6.5	33.5	31.6	2	12.2	0.56	66.2
Caramel Waffle Latte - soya drink	Venti	1591	380	15.8	6.9	41.8	39.3	2.7	15.9	0.73	99.2
Caramel Waffle Latte - oat drink	Tall	1222	292	13.6	9.9	35.2	26.3	5.9	4.2	0.40	66.2
Caramel Waffle Latte - oat drink	Grande	1511	360	16.5	12	44.6	33.6	7.5	5	0.49	66.2
Caramel Waffle Latte - oat drink	Venti	1856	443	19.2	14	56.2	42	9.8	6.5	0.64	99.2
Caramel Waffle Latte - coconut drink	Tall	1076	259	13.6	11	27.4	25.5	4.3	4.2	0.60	66.2
Caramel Waffle Latte - coconut drink	Grande	1326	319	16.5	13.4	34.6	32.6	5.4	5	0.74	66.2
Caramel Waffle Latte - coconut drink	Venti	1613	389	19.2	15.8	43.2	40.7	7.1	6.5	0.96	99.2
Iced Toffee Nut Latte - semi skimmed milk	Tall	617	146	3.4	3.2	21.5	20.2	0.2	7.3	0.49	66.2
Iced Toffee Nut Latte - semi skimmed milk	Grande	772	183	4.2	4	27.3	25.8	0.2	9	0.62	66.2
Iced Toffee Nut Latte - semi skimmed milk	Venti	917	217	4.8	4.5	32.8	30.7	0.3	10.6	0.76	99.2
Iced Toffee Nut Latte - whole milk	Tall	739	175	6.8	4.2	21.3	20	0.2	7.1	0.49	66.2
Iced Toffee Nut Latte - whole milk	Grande	926	220	8.5	5.3	27.1	25.5	0.2	8.8	0.61	66.2
Iced Toffee Nut Latte - whole milk	Venti	1092	259	9.8	6.1	32.5	30.4	0.3	10.3	0.75	99.2
Iced Toffee Nut Latte - skimmed milk	Tall	525	124	0.8	0.3	21.7	20.3	0.2	7.3	0.50	66.2
Iced Toffee Nut Latte - skimmed milk	Grande	658	155	1	0.4	27.5	26	0.2	9	0.62	66.2
Iced Toffee Nut Latte - skimmed milk	Venti	787	186	1.2	0.4	33.1	30.9	0.3	10.6	0.76	99.2
Iced Toffee Nut Latte - almond drink	Tall	436	104	2.5	0.3	17.9	16.3	0.8	1.9	0.41	66.2
Iced Toffee Nut Latte - almond drink	Grande	545	130	3.1	0.3	22.7	20.9	0.9	2.1	0.51	66.2
Iced Toffee Nut Latte - almond drink	Venti	659	157	3.6	0.4	27.6	25.2	1.1	2.8	0.63	99.2
Iced Toffee Nut Latte - soya drink	Tall	569	135	3.5	0.6	18.8	17.4	1.2	6.6	0.54	66.2
Iced Toffee Nut Latte - soya drink	Grande	713	169	4.3	0.8	23.8	22.				

Iced Toffee Nut Latte - coconut drink	Tall	578	139	4.8	4.3	19.3	18	3	2.8	0.64	66.2
Iced Toffee Nut Latte - coconut drink	Grande	724	174	6	5.4	24.5	23	3.7	3.2	0.80	66.2
Iced Toffee Nut Latte - coconut drink	Venti	863	207	6.9	6.1	29.7	27.5	4.3	4	0.97	99.2
Iced Gingerbread Latte - semi skimmed milk	Tall	628	149	3.3	3.1	22.2	20.3	0.2	7.4	0.29	66.2
Iced Gingerbread Latte - semi skimmed milk	Grande	787	186	4.1	4	28.1	26.1	0.2	9.1	0.35	66.2
Iced Gingerbread Latte - semi skimmed milk	Venti	934	221	4.8	4.5	33.8	31.2	0.4	10.6	0.42	99.2
Iced Gingerbread Latte - whole milk	Tall	750	178	6.8	4.2	22	20.1	0.2	7.2	0.29	66.2
Iced Gingerbread Latte - whole milk	Grande	940	223	8.5	5.3	27.9	25.9	0.2	8.8	0.34	66.2
Iced Gingerbread Latte - whole milk	Venti	1109	263	9.7	6	33.5	30.9	0.4	10.4	0.41	99.2
Iced Gingerbread Latte - skimmed milk	Short	400	95	0.6	0.2	16.5	15.3	0.1	5.7	0.22	33.1
Iced Gingerbread Latte - skimmed milk	Tall	537	127	0.8	0.3	22.4	20.5	0.2	7.4	0.30	66.2
Iced Gingerbread Latte - skimmed milk	Grande	672	159	0.9	0.3	28.3	26.3	0.2	9.1	0.35	66.2
Iced Gingerbread Latte - skimmed milk	Venti	804	190	1.1	0.4	34.1	31.5	0.4	10.6	0.42	99.2
Iced Gingerbread Latte - almond drink	Tall	447	107	2.5	0.2	18.5	16.5	0.8	2	0.20	66.2
Iced Gingerbread Latte - almond drink	Grande	559	134	3.1	0.3	23.5	21.3	1	2.2	0.24	66.2
Iced Gingerbread Latte - almond drink	Venti	676	161	3.6	0.3	28.6	25.7	1.2	2.8	0.29	99.2
Iced Gingerbread Latte - soya drink	Tall	580	138	3.4	0.6	19.4	17.6	1.2	6.7	0.34	66.2
Iced Gingerbread Latte - soya drink	Grande	727	173	4.3	0.8	24.7	22.6	1.4	8.1	0.41	66.2
Iced Gingerbread Latte - soya drink	Venti	867	206	4.9	0.9	29.9	27.3	1.7	9.6	0.49	99.2
Iced Gingerbread Latte - oat drink	Tall	688	163	4.8	3.5	25.3	18.7	4.1	2.8	0.30	66.2
Iced Gingerbread Latte - oat drink	Grande	862	205	6	4.4	32	24	5.1	3.3	0.36	66.2
Iced Gingerbread Latte - oat drink	Venti	1021	242	6.9	5	38.2	28.8	5.8	4.1	0.43	99.2
Iced Gingerbread Latte - coconut drink	Tall	590	141	4.8	4.2	20	18.1	3	2.8	0.44	66.2
Iced Gingerbread Latte - coconut drink	Grande	738	177	6	5.3	25.4	23.3	3.7	3.3	0.53	66.2
Iced Gingerbread Latte - coconut drink	Venti	880	211	6.9	6.1	30.7	28.1	4.3	4.1	0.62	99.2
Toffee Nut Cream Cold Brew	Tall	681	164	11.7	6.9	12.5	12.2	1	1.6	0.36	36.9
Toffee Nut Cream Cold Brew	Grande	1033	248	17.4	10.3	20.1	19.6	1.4	2.2	0.50	50
Toffee Nut Cream Cold Brew	Venti	1386	333	23.1	13.7	27.6	27	1.8	2.8	0.63	63.2
Praline Cookie Hot Chocolate - semi skimmed milk	Tall	1181	281	11.1	7.9	35.6	33.9	1.5	9	0.31	0
Praline Cookie Hot Chocolate - semi skimmed milk	Grande	1455	346	13.1	9.4	45.4	43.4	1.9	10.9	0.37	0
Praline Cookie Hot Chocolate - semi skimmed milk	Venti	1796	427	15	11.2	57.4	55.3	2.2	14.7	0.49	0
Praline Cookie Hot Chocolate - whole milk	Tall	1316	313	14.9	9.1	35.4	33.7	1.5	8.8	0.30	0
Praline Cookie Hot Chocolate - whole milk	Grande	1616	385	17.6	10.8	45.1	43.2	1.9	10.7	0.36	0
Praline Cookie Hot Chocolate - whole milk	Venti	2019	480	21.3	13.1	57.1	55	2.2	14.4	0.48	0
Praline Cookie Hot Chocolate - skimmed milk	Tall	1081	257	8.3	4.8	35.8	34.1	1.5	9	0.31	0
Praline Cookie Hot Chocolate - skimmed milk	Grande	1335	318	9.7	5.6	45.6	43.7	1.9	10.9	0.38	0
Praline Cookie Hot Chocolate - skimmed milk	Venti	1630	387	10.3	5.9	57.8	55.6	2.2	14.7	0.50	0
Praline Cookie Hot Chocolate - almond drink	Tall	982	235	10.2	4.7	31.6	29.7	2.1	3	0.21	0
Praline Cookie Hot Chocolate - almond drink	Grande	1217	291	12	5.6	40.6	38.4	2.6	3.8	0.26	0
Praline Cookie Hot Chocolate - almond drink	Venti	1467	351	13.5	5.8	50.8	48.3	3.3	4.8	0.33	0
Praline Cookie Hot Chocolate - soya drink	Tall	1129	269	11.2	5.1	32.6	30.8	2.5	8.2	0.36	0
Praline Cookie Hot Chocolate - soya drink	Grande	1393	332	13.2	6.1	41.8	39.8	3.1	10	0.44	0
Praline Cookie Hot Chocolate - soya drink	Venti	1709	407	15.1	6.5	52.4	50.3	4	13.3	0.58	0
Praline Cookie Hot Chocolate - oat drink	Tall	1247	297	12.7	8.3	39	32.1	5.7	4	0.32	0
Praline Cookie Hot Chocolate - oat drink	Grande	1534	366	15	9.9	49.5	41.3	6.9	4.9	0.39	0
Praline Cookie Hot Chocolate - oat drink	Venti	1906	454	17.6	11.8	63.1	52.3	9.2	6.4	0.51	0
Praline Cookie Hot Chocolate - coconut drink	Tall	1139	273	12.7	9.1	33.2	31.5	4.5	4	0.47	0
Praline Cookie Hot Chocolate - coconut drink	Grande	1405	337	15	10.8	42.5	40.6	5.5	4.9	0.56	0
Praline Cookie Hot Chocolate - coconut drink	Venti	1726	414	17.6	13.2	53.4	51.3	7.2	6.4	0.76	0
Toffee Nut Cream Frappuccino® - semi skimmed milk	Tall	879	210	9.8	7.6	26.1	25.5	0	4.2	0.49	0
Toffee Nut Cream Frappuccino® - semi skimmed milk	Grande	1111	265	11.8	9.1	34.4	33.5	0	5.2	0.66	0
Toffee Nut Cream Frappuccino® - semi skimmed milk	Venti	1367	325	13.9	10.7	44	42.9	0	6.2	0.85	0
Toffee Nut Cream Frappuccino® - whole milk	Tall	949	226	11.8	8.2	26	25.4	0	4.1	0.49	0
Toffee Nut Cream Frappuccino® - whole milk	Grande	1198	285	14.3	9.9	34.3	33.4	0	5.1	0.65	0
Toffee Nut Cream Frappuccino® - whole milk	Venti	1470	350	16.8	11.6	43.9	42.7	0	6	0.84	0
Toffee Nut Cream Frappuccino® - skimmed milk	Tall	826	197	8.4	5.9	26.2	25.6	0	4.2	0.50	0
Toffee Nut Cream Frappuccino® - skimmed milk	Grande	1046	249	10	7.1	34.5	33.7	0	5.2	0.66	0
Toffee Nut Cream Frappuccino® - skimmed milk	Venti	1289	307	11.7	8.3	44.2	43	0	6.2	0.85	0
Toffee Nut Cream Frappuccino® - almond drink	Tall	775	185	9.4	5.9	24	23.3	0.3	1.1	0.44	0
Toffee Nut Cream Frappuccino® - almond drink	Grande	983	235	11.3	7.1	31.8	30.8	0.4	1.3	0.60	0
Toffee Nut Cream Frappuccino® - almond drink	Venti	1213	290	13.2	8.2	40.9	39.6	0.5	1.6	0.77	0
Toffee Nut Cream Frappuccino® - soya drink	Tall	852	203	9.9	6.1	24.5	23.9	0.5	3.8	0.52	0
Toffee Nut Cream Frappuccino® - soya drink	Grande	1077	257	11.9	7.3	32.5	31.6	0.7	4.7	0.69	0
Toffee Nut Cream Frappuccino® - soya drink	Venti	1326	316	14	8.6	41.7	40.5	0.8	5.6	0.89	0
Toffee Nut Cream Frappuccino® - oat drink	Tall	913	218	10.7	7.8	27.9	24.5	2.2	1.6	0.50	0
Toffee Nut Cream Frappuccino® - oat drink	Grande	1154	275	12.9	9.4	36.6	32.4	2.7	2	0.67	0
Toffee Nut Cream Frappuccino® - oat drink	Venti	1418	338	15.1	11	46.6	41.5	3.3	2.3	0.86	0
Toffee Nut Cream Frappuccino® - coconut drink	Tall	857	205	10.7	8.2	24.8	24.2	1.6	1.6	0.58	0
Toffee Nut Cream Frappuccino® - coconut drink	Grande	1084	260	12.9	9.9	32.9	32	1.9	2	0.76	0
Toffee Nut Cream Frappuccino® - coconut drink	Venti	1334	319	15.1	11.6	42.2	41	2.3	2.3	0.97	0
Toffee Nut Frappuccino® - semi skimmed milk	Tall	938	224	9.5	7.2	30.7	29.7	0.1	3.7	0.50	23.2
Toffee Nut Frappuccino® - semi skimmed milk	Grande	1280	305	13.1	9.8	42.1	40.8	0.2	4.7	0.69	32.9
Toffee Nut Frappuccino® - semi skimmed milk	Venti	1455	346	13.3	9.9	51.4	49.7	0.2	5.2	0.85	41.7
Toffee Nut Frappuccino® - whole milk	Tall	992	236	11	7.6	30.6	29.7	0.1	3.6	0.50	23.2
Toffee Nut Frappuccino® - whole milk	Grande	1345	321	14.9	10.3	42	40.7	0.2	4.6	0.69	32.9
Toffee Nut Frappuccino® - whole milk	Venti	1526	363	15.3	10.6	51.3	49.6	0.2	5.1	0.85	41.7
Toffee Nut Frappuccino® - skimmed milk	Tall	898	214	8.4	5.9	30.8	29.8	0.1	3.7	0.51	23.2
Toffee Nut Frappuccino® - skimmed milk	Grande	1232	293	11.7	8.2	42.2	40.9	0.2	4.7	0.69	32.9
Toffee Nut Frappuccino® - skimmed milk	Venti	1402	333	11.8	8.3	51.5	49.8	0.2	5.2	0.85	41.7
Toffee Nut Frappuccino® - almond drink	Tall	859	205	9.2	5.9	29.1	28.1	0.4	1.3	0.47	23.2
Toffee Nut Frappuccino® - almond drink	Grande	1184	283	12.6	8.2	40.2	38.7	0.5	1.8	0.65	32.9
Toffee Nut Frappuccino® - almond drink	Venti	1350	322	12.8	8.2	49.3	47.5	0.6	2	0.80	41.7
Toffee Nut Frappuccino® - soya drink	Tall	918	219	9.6	6	29.5	28.5	0.5	3.4	0.53	23.2
Toffee Nut Frappuccino® - soya drink	Grande	1255	299	13.1	8.4	40.6	39.3	0.7	4.3	0.72	32.9
Toffee Nut Frappuccino® - soya drink	Venti	1427	340	13.3	8.5	49.8	48.1	0.8	4.7	0.88	41.7
Toffee Nut Frappuccino® - oat drink	Tall	965	230	10.2	7.3	32	29	1.8	1.7	0.51	23.2
Toffee Nut Frappuccino® - oat drink	Grande	1312	313	13.8	10	43.7	39.9	2.2	2.3	0.70	32.9
Toffee Nut Frappuccino® - oat drink	Venti	1490	355	14.1	10.1	53.2	48.8	2.5	2.5	0.86	41.7
Toffee Nut Frappuccino® - coconut drink	Tall	922	220	10.2	7.6	29.7	28.8	1.3	1.7	0.57	23.2
Toffee Nut Frappuccino® - coconut drink	Grande	1260	301	13.8	10.3	40.9	39.6	1.6	2.3	0.77	32.9
Toffee Nut Frappuccino® - coconut drink	Venti	1433	342	14.1	10.6	50.1	48.5	1.8	2.5	0.93	41.7
Gingerbread Cream Frappuccino® - semi skimmed milk	Tall	882	211	10.2	7.1	26	24.9	0	3.7	0.42	0
Gingerbread Cream Frappuccino® - semi skimmed milk	Grande	1186	283	14	9.6	34.7	33.4	0	4.6	0.56	0
Gingerbread Cream Frappuccino® - semi skimmed milk	Venti	1375	328	14.4	10	44	42.4	0	5.5	0.71	0
Gingerbread Cream Frappuccino® - whole milk	Tall	953	227	12.2	7.7	25.9	24.8	0	3.6	0.42	0
Gingerbread Cream Frappuccino® - whole milk	Grande	1273	304	16.5	10.3	34.6	33.3	0	4.4	0.56	0
Gingerbread Cream Frappuccino® - whole milk	Venti	1479	352	17.4	10.9	43.8	42.2	0	5.3	0.71	0
Gingerbread Cream Frappuccino® - skimmed milk	Tall	830	198	8.8	5.4	26.1	25	0	3.7	0.42	0
Gingerbread Cream Frappuccino® - skimmed milk	Grande	1122	268	12.2	7.6	34.9	33.6	0	4.6	0.56	0
Gingerbread Cream Frappuccino® - skimmed milk	Venti	1297	309	12.3	7.6	44.2	42.6	0	5.5	0.72	0
Gingerbread Cream Frappuccino® - almond drink	Tall	779	186	9.7	5.4	23.9	22.7	0.3	0.6	0.37	0
Gingerbread Cream Frappuccino® - almond drink	Grande	1058	253	13.4	7.5	32.2	30.7	0.4	0.7	0.50	0
Gingerbread Cream Frappuccino® - almond drink	Venti	1222	292	13.7	7.5	40.9	39.1	0.5	0.9	0.64	0
Gingerbread Cream Frappuccino® - soya drink	Tall	855	204	10.3	5.6	24.4	23.3	0.6	3.3	0.45	0
Gingerbread Cream Frappuccino® - soya drink	Grande	1153	275	14.1	7.8	32.8	31.5	0.7	4	0.60	0
Gingerbread Cream Frappuccino® - soya drink	Venti	1335	318	14.5	7.9	41.7	40.1	0.8	4.8	0.76	0
Gingerbread Cream Frappuccino® - oat drink	Tall	917	219	11.1	7.3	27.7	24	2.2	1.1	0.43	0
Gingerbread Cream Frappuccino® - oat drink	Grande	1229	293	15	9.8	36.9	32.3	2.7	1.3	0.57	0
Gingerbread Cream Frappuccino® - oat drink	Venti	1426	340	15.7	10.3	46.6	41	3.3	1.6	0.72	0
Gingerbread Cream Frappuccino® - coconut drink	Tall	860	206	11.1	7.7	24.7	23.7	1.6	1.1	0.51	0
Gingerbread Cream Frappuccino® - coconut drink	Grande	1159	278	15	10.4	33.2	31.9	2	1.3	0.66	0
Gingerbread Cream Frappuccino® - coconut drink	Venti	1342	321	15.7	10.9	42.1	40.5	2.3	1.6	0.84	0
Gingerbread Frappuccino® - semi skimmed milk	Tall	988	235	10.3	7.1	31.4	30.1	0.1	4.1	0.46	23
Gingerbread Frappuccino® - semi skimmed milk	Grande	1331	317	14.2	9.						

Gingerbread Frappuccino® - skimmed milk	Tall	935	223	8.9	5.4	31.5	30.2	0.1	4.1	0.46	23
Gingerbread Frappuccino® - skimmed milk	Grande	1267	302	12.4	7.6	42.4	40.7	0.2	5.1	0.61	31.7
Gingerbread Frappuccino® - skimmed milk	Venti	1490	354	12.5	7.6	54.2	52	0.2	6.2	0.78	42
Gingerbread Frappuccino® - almond drink	Tall	884	211	9.9	5.4	29.3	27.9	0.5	1	0.41	23
Gingerbread Frappuccino® - almond drink	Grande	1203	288	13.6	7.5	39.7	37.9	0.6	1.2	0.54	31.7
Gingerbread Frappuccino® - almond drink	Venti	1414	337	14	7.6	50.9	48.6	0.7	1.5	0.70	42
Gingerbread Frappuccino® - soya drink	Tall	960	229	10.4	5.6	29.9	28.5	0.7	3.7	0.48	23
Gingerbread Frappuccino® - soya drink	Grande	1298	310	14.2	7.8	40.3	38.6	0.9	4.6	0.64	31.7
Gingerbread Frappuccino® - soya drink	Venti	1527	364	14.7	7.9	51.7	49.5	1	5.5	0.82	42
Gingerbread Frappuccino® - oat drink	Tall	1022	244	11.2	7.3	33.2	29.1	2.3	1.5	0.46	23
Gingerbread Frappuccino® - oat drink	Grande	1374	328	15.2	9.9	44.5	39.4	2.9	1.9	0.62	31.7
Gingerbread Frappuccino® - oat drink	Venti	1618	385	15.9	10.4	56.6	50.5	3.5	2.3	0.79	42
Gingerbread Frappuccino® - coconut drink	Tall	966	231	11.2	7.7	30.2	28.8	1.7	1.5	0.54	23
Gingerbread Frappuccino® - coconut drink	Grande	1304	312	15.2	10.4	40.7	39	2.1	1.9	0.71	31.7
Gingerbread Frappuccino® - coconut drink	Venti	1535	367	15.9	11	52.2	50	2.6	2.3	0.90	42
Caramel Waffle Cream Frappuccino - semi skimmed milk	Tall	885	211	9.9	7.5	26.9	25.6	3.5	3.5	0.40	0
Caramel Waffle Cream Frappuccino - semi skimmed milk	Grande	1189	284	13.4	10.1	36.4	34.9	4.3	4.3	0.54	0
Caramel Waffle Cream Frappuccino - semi skimmed milk	Venti	1329	317	13.6	10.2	44	42.2	4.6	4.6	0.65	0
Caramel Waffle Cream Frappuccino - whole milk	Tall	938	224	11.5	7.9	26.8	25.5	3.4	3.4	0.40	0
Caramel Waffle Cream Frappuccino - whole milk	Grande	1254	299	15.3	10.6	36.3	34.8	4.2	4.2	0.54	0
Caramel Waffle Cream Frappuccino - whole milk	Venti	1400	334	15.6	10.9	43.9	42.1	4.5	4.5	0.65	0
Caramel Waffle Cream Frappuccino - skimmed milk	Tall	845	201	8.8	6.2	27	25.7	3.5	3.5	0.40	0
Caramel Waffle Cream Frappuccino - skimmed milk	Grande	1140	272	12.1	8.5	36.5	35	4.3	4.3	0.54	0
Caramel Waffle Cream Frappuccino - skimmed milk	Venti	1276	304	12.1	8.6	44.1	42.3	4.6	4.6	0.66	0
Caramel Waffle Cream Frappuccino - almond drink	Tall	806	193	9.6	6.2	25.3	24	1.1	1.1	0.36	0
Caramel Waffle Cream Frappuccino - almond drink	Grande	1093	261	13	8.5	34.5	32.8	1.4	1.4	0.49	0
Caramel Waffle Cream Frappuccino - almond drink	Venti	1224	292	13.1	8.5	41.8	40	1.4	1.4	0.60	0
Caramel Waffle Cream Frappuccino - soya drink	Tall	864	206	10	6.4	25.7	24.4	3.1	3.1	0.42	0
Caramel Waffle Cream Frappuccino - soya drink	Grande	1164	278	13.5	8.7	34.9	33.4	3.9	3.9	0.57	0
Caramel Waffle Cream Frappuccino - soya drink	Venti	1301	310	13.7	8.7	42.3	40.6	4.2	4.2	0.68	0
Caramel Waffle Cream Frappuccino - oat drink	Tall	911	217	10.6	7.6	28.3	24.9	1.5	1.5	0.40	0
Caramel Waffle Cream Frappuccino - oat drink	Grande	1221	291	14.2	10.3	38	34	1.9	1.9	0.55	0
Caramel Waffle Cream Frappuccino - oat drink	Venti	1364	325	14.5	10.4	45.8	41.3	2	2	0.66	0
Caramel Waffle Cream Frappuccino - coconut drink	Tall	868	208	10.6	7.9	26	24.7	1.5	1.5	0.46	0
Caramel Waffle Cream Frappuccino - coconut drink	Grande	1169	280	14.2	10.6	35.2	33.7	1.9	1.9	0.62	0
Caramel Waffle Cream Frappuccino - coconut drink	Venti	1307	312	14.5	10.9	42.7	40.9	2	2	0.74	0
Caramel Waffle Frappuccino® - semi skimmed milk	Tall	991	236	10.1	7.5	32.5	30.9	0.2	3.8	0.43	23.2
Caramel Waffle Frappuccino® - semi skimmed milk	Grande	1340	319	13.6	10.1	44.2	42.3	0.2	4.8	0.59	32.9
Caramel Waffle Frappuccino® - semi skimmed milk	Venti	1520	362	13.8	10.3	53.9	51.6	0.3	5.3	0.71	41.7
Caramel Waffle Frappuccino® - whole milk	Tall	1045	249	11.6	8	32.4	30.8	0.2	3.8	0.43	23.2
Caramel Waffle Frappuccino® - whole milk	Grande	1404	335	15.5	10.7	44.1	42.2	0.2	4.7	0.58	32.9
Caramel Waffle Frappuccino® - whole milk	Venti	1591	379	15.8	10.9	53.8	51.5	0.3	5.2	0.71	41.7
Caramel Waffle Frappuccino® - skimmed milk	Tall	951	227	9	6.2	32.5	30.9	0.2	3.8	0.43	23.2
Caramel Waffle Frappuccino® - skimmed milk	Grande	1291	307	12.3	8.6	44.3	42.4	0.2	4.8	0.59	32.9
Caramel Waffle Frappuccino® - skimmed milk	Venti	1467	349	12.3	8.6	54	51.7	0.3	5.3	0.72	41.7
Caramel Waffle Frappuccino® - almond drink	Tall	912	218	9.7	6.2	30.9	29.2	0.4	1.5	0.39	23.2
Caramel Waffle Frappuccino® - almond drink	Grande	1244	297	13.2	8.5	42.3	40.3	0.5	1.9	0.54	32.9
Caramel Waffle Frappuccino® - almond drink	Venti	1415	337	13.3	8.6	51.8	49.4	0.6	2.1	0.66	41.7
Caramel Waffle Frappuccino® - soya drink	Tall	970	231	10.1	6.4	31.3	29.7	0.6	3.5	0.45	23.2
Caramel Waffle Frappuccino® - soya drink	Grande	1314	313	13.7	8.8	42.8	40.8	0.7	4.4	0.61	32.9
Caramel Waffle Frappuccino® - soya drink	Venti	1492	355	13.9	8.8	52.3	50	0.8	4.9	0.74	41.7
Caramel Waffle Frappuccino® - oat drink	Tall	1018	243	10.7	7.7	33.8	30.2	1.8	1.9	0.44	23.2
Caramel Waffle Frappuccino® - oat drink	Grande	1371	327	14.4	10.3	45.9	41.4	2.2	2.4	0.59	32.9
Caramel Waffle Frappuccino® - oat drink	Venti	1555	370	14.7	10.5	55.7	50.7	2.5	2.6	0.72	41.7
Caramel Waffle Frappuccino® - coconut drink	Tall	974	233	10.7	8	31.5	29.9	1.4	1.9	0.50	23.2
Caramel Waffle Frappuccino® - coconut drink	Grande	1319	315	14.4	10.7	43.1	41.1	1.7	2.4	0.66	32.9
Caramel Waffle Frappuccino® - coconut drink	Venti	1498	357	14.7	10.9	52.6	50.3	1.9	2.6	0.80	41.7