



**STARBUCKS AUTUMN FY23  
NUTRITION INFORMATION  
UPDATED 07/09/23**

Product Name	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Bakery</b>										
Butter Croissant	59g	1072	256	14	9	27	4	1.5	5.3	0.7
Pain Aux Chocolat	66g	1149	275	14.5	9.2	27.9	7.3	1.9	5.4	0.7
Cinnamon Swirl	140g	2016	479	13	3.9	78	28	2.8	11	0.7
Luxury Fruit Bread	145g	1901	452	10	3.8	80	39	11	4.9	0.55
Fruit Scone	95g	1444	343	10	6.7	54	15	2.1	6.8	0.95
Almond Croissant	85g	1434	343	14	7	36	13	2.4	7	0.84
Chocolate & Hazelnut Cruffin	95g	1651	386	19	9	44	20	0.8	6	0.71
<b>Muffins</b>										
Double Chocolate Muffin	107g	1801	431	23.4	5.3	50.6	34.5	2.8	5.1	0.41
Blueberry Muffin	110g	1544	373	17.5	1.9	50.2	27.7	1.3	5.3	0.94
Lemon Muffin	110g	1655	395	18.8	2.9	52.1	32.4	1.3	5.4	0.51
Strawberry & Cream Muffin	110g	1873	448	23	7	54	31	1.3	5.5	0.63
Toffee Apple Muffin	110g	1751	418	18	4	58	32	1.9	5.2	0.62
<b>Cookies</b>										
Chocolate Chunk Cookie	76g	1509	361	18	11	44	25	2.3	4.5	0.08
Double Dipped Chocolate Cookie	100g	2003	479	25	17	57	38	2.2	6.1	1.1
Cookies & Cream Sandwich	95g	1504	360	20.5	9.8	40.5	39.8	1.5	2	0.44
Raspberry & White Chocolate Cookie Sandwich	80g	1598	382	19	11	47	35	0.5	4.2	0.42
Coconut & Jam Cookie Sandwich	89g	1193	284	12.1	4.8	42.5	36	0.71	1	0.2
Skeleton Gingerbread Cookie	45g	800	189	4.1	1.6	35	17	0.9	2.6	0.41
Biscoff Cookie Sandwich	80g	1599	382	18	8.4	49	30	0.7	4.1	0.63
<b>Loaf Cakes</b>										
Biscoffee Loaf Cake	100g	1876	450	28	13	42	22	1.8	6.1	0.64
Carrot Cake Loaf	100g	1634	390	18	3.3	51	31	3.3	4.4	0.73
Pumpkin Swirl Loaf	100g	1710	409	23	7.4	42	20	2.8	7	0.71
<b>Bar cakes</b>										
Fifteens	86g	1511	361	16.02	8.46	51.8	30.5	2.3	4.6	0.5
White Twizzle Stick	48g	855	203	5	3	38	29	0.1	1	0.04
Milk Twizzle Stick	42g	748	178	5	3	31	29	0.2	2	0.04
Millionaire Shortbread	73g	1528	365	21	14	40	25	1.6	3.7	0.25
Classic Chocolate Brownie	105g	1877	450	28	17	43	36	1.8	5.1	0.48
Chocolate Caramel Quispie	86g	1577	377	14	7.26	59.1	41.1	0.81	3.1	0.5
Snicker Doodle	112g	2499	599	37	20	58	49	1.8	8.2	0.3
Salted Caramel Cookie Dough	99g	1990	476	25	13	57	45	0.9	3.9	0.99
Smores Brownie	88g	1416	338	15	6.8	47	26	0.5	3.2	0.37
Cookies and Cream Biscuit	110g	2301	550	31	15	63	46	1.3	4	0.74
Coffee & Caramel Brownie	110g	1931	460	19	12	65	49	2.5	4	0.25
Raspberry & Cream Brownie	111g	2108	506	32	16	49	43	1.7	4	0.47

Jammie Bakewell	75g	1144	274	15	6.4	31	14	0.7	4.2	0.23
Seasonal Chocolate Brownie	65g	1472	354	25	13	28	28	0.1	4.1	0.35
<b>Breakfast</b>										
Porridge Made With Water	166g	548	130	2	0.4g	23g	0.3g	2.9g	3.9g	<0.01g
Porridge Made With Semi-Skimmed Milk	166g	919	217	5.3	2.4	32	9.2	2.9	10g	<0.01g
Granola Pot Apple & Cinnamon	200g	1279	305	11.2	5.8	40	28	5.2	8.4	0.14
Granola Pot Raspberry	200g	1265	301	11	5.8	40	32	4.8	8.2	0.14
Ham And Cheese Croissant	109g	1283	307	16.4	10.2	25.1	3.9	1.4	14.2	1.62
Cheese & Mushroom Croissant	129.5g	1353	324	19	12	26	4.4	0	13	1.27
Breakfast Panini	198g	2461	587	26	7.6	65	2.2	0.2	24	2.85
Omelette & Semi-Dried Tomato Rustique	206g	2118	504	18	10	56	3.6	5.3	26	2.4
<b>Sandwiches</b>										
Chicken & Salad Sandwich	225g	1636	389	13.0	2.0	50.0	5.7	6.8	20.0	1.9
Egg Mayo GF Sandwich	165g	1532	366	18.0	2.6	40.0	2.6	3.8	10.0	1.8
Ham & Cheese Sandwich	184g	1711	408	15.2	6.4	41.6	3.4	23.0	6.5	3.3
Tuna Salad Slimbo	104g	773	184	4.9	0.5	22.7	2.7	11.2	2.1	1.0
<b>Toasties</b>										
Chicken & Chorizo Toastie	223g	2609	623	30.8	8.3	55.6	4.3	29.7	2.4	2.6
Goats Cheese Toastie	220g	2403	574	28.6	9.5	58.5	6.6	18.9	3.6	2.7
<b>Panini</b>										
Ham & Cheese Panini	185g	2133	507	16	9.1	60	1.6	0.2	30	3.22
Cuban Panini	200g	2151	511	16.5	6.1	64.6	5.2	25.8	0.4	3.3
Chicken & Pesto Rustique	166g	1676	398	10.9	5.8	46.6	1.5	26.5	3.8	1.6
<b>Bap</b>										
Sausage Bap	180g	2310	542	29	11	48	2.2	2.0	20.0	2.3
<b>Focaccia</b>										
Mediterranean Focaccia	182g	1712	409	21	6	41	4.1	1	14	2.57
<b>Wraps</b>										
Chicken & Bacon Caesar Wrap	221g	2502	599	32	7.8	46	3.3	2.3	30	1.92
Moroccan Wrap	274g	1193	284	9.5	0.8	38.4	13.6	8.8	5.2	2.4
BBQ Pulled Pork Wrap	225g	2128	506	17	7.4	65	15	5.1	22	1.98
<b>Pretzel Roll</b>										
Bacon & Egg Pretzel Roll	180g	1877	447	19	7.6	45	7.9	3	23	3.8
<b>Impulse Items</b>										
Eat Real Hummus Chips	25g	487	116	4	0.3	17.1	0.3	1	2.5	0.27
Nudi Snacks - Cauliflower Crisps Cheese & Caramelised Onion	22g	446	111	6.3	0.5	56.6	3.5	4.4	4.3	2.8
O'Donnell's Crisps - Cheese & Onion	50g	1072	257	14.7	1.4	27	1.6	1.8	3.3	0.75
O'Donnell's Crisps - Salt & Vinegar	50g	1056	253	14.7	1.2	26.9	0.7	1.7	2.6	1.5
Iced Gingerbread Biscuit	45g	792	187	3.96	1.44	35	17	0.85	2.47	0.37
Cookie Straw	1 Piece	377	90	2.6	1.5	15	9.4	0.5	1.4	0.08
Dark Chocolate Bar	40g	932	224	15.5	9.2	17.2	15.6		2.8	0.01
Milk Chocolate Bar	40g	925	222	14	8.4	20.8	20.4		2.8	0.09
Peanut Butter Cup	34g	813	196	15	7.1	9.2	7.5	2.5	4.8	0.1
Roasted & Salted Nuts	35g	933	225	17.8	1.61	7.7	1.64	2.17	7.35	0.17
Chocolate Gold Coin	28g	501	120	6.4	3.8	14	14	0.7	1.4	0.01
Shortbread Biscuits	50g	561	135	8	5	14	4.8	0.5	1.4	0.18

Gold Coin	28g	501	120	6.4	3.8	14	14	0.7	1.4	0.01
Caramel Waffles	78g	739	176	8.2	4.7	24	14	0.6	1.2	0.23
Trio of favourites	100g	1151	276	16	9.2	29	20	1.4	3.2	0.31
GF Fruit & Nut Bar	65g	1296	310	16	8.5	35	19	3.6	4.7	0.29
<b>Bottled Beverages</b>										
Innocent Bubble Lemon, Lime, & Apple	330ml	383	89	0	0	22.4	17.8	0	0	0
Ballygowan Still 500ml	500ml	0	0	0	0	0	0	0	0	0
Ballygowan Sparkling 500ml	500ml	0	0	0	0	0	0	0	0	0
Ballygowan Sportschap 750ml	500ml	0	0	0	0	0	0	0	0	0
Innocent Apple Raspberry	330ml	409	96	0	0	22.1	20.1	0	1.98	0
Innocent Invigorate Super Smoothie	300ml	690	102	1.2	0.4	40	34	3.4	1.6	<0.02
Innocent Strawberry And Raspberry Kids	150ml	315	75	<0.75	<0.15	18	15	0.9	<0.75	<0.015
Innocent orange juice 330ml	330ml	508	119	0	0	25.7	25.7	2.3	2.31	0