



STARBUCKS®

Informed Dining

The Informed Dining program is a nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

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HealthyFamiliesBC

The information in this guide is effective as of June 15, 2018 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by ESHA Genesis R&D Food Formulation & Labeling Software and information provided by our suppliers.

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

Beverage	Size	Milk	Whip	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Apple Juice	Tall	N/A	N/A	354 mL	190	0	0	0	0	20	49	0	44	0	0%	0%	0%	0%
Apple Juice	Grande	N/A	N/A	473 mL	250	0	0	0	0	25	64	0	57	0	0%	0%	0%	0%
Apple Juice	Venti®	N/A	N/A	709 mL	360	0	0	0	0	35	90	0	81	0	0%	0%	0%	0%
Steamed Apple Juice	Short	N/A	N/A	236 mL	120	0	0	0	0	10	30	0	27	0	0%	0%	0%	0%
Steamed Apple Juice	Tall	N/A	N/A	354 mL	170	0	0	0	0	15	44	0	39	0	0%	0%	0%	0%
Steamed Apple Juice	Grande	N/A	N/A	473 mL	220	0	0	0	0	20	55	0	50	0	0%	0%	0%	0%
Steamed Apple Juice	Venti®	N/A	N/A	591 mL	280	0	0	0	0	25	69	0	62	0	0%	0%	0%	0%
Black Tea Latte	Short	Nonfat	N/A	236 mL	80	0.1	0.1	0	5	65	14	0	13	5	10%	0%	20%	2%
Black Tea Latte	Short	0.02	N/A	236 mL	100	3	2	0.1	10	75	13	0	13	5	8%	0%	15%	2%
Black Tea Latte	Short	Whole	N/A	236 mL	120	5	3	0.2	15	65	13	0	13	5	8%	0%	15%	2%
Black Tea Latte	Short	Soy	N/A	236 mL	90	2.5	0.3	0	0	60	11	1	9	4	6%	0%	20%	8%
Black Tea Latte	Short	Coconut	N/A	236 mL	80	3.5	3	0	0	60	11	0	10	0.5	0%	0%	0%	0%
Black Tea Latte	Short	Almond	N/A	236 mL	60	2.5	0.2	0	0	65	9	1	8	1	0%	0%	10%	2%
Black Tea Latte	Tall	Nonfat	N/A	354 mL	130	0.3	0.2	0	5	110	22	1	22	9	15%	0%	30%	2%
Black Tea Latte	Tall	2%	N/A	354 mL	170	5	3.5	0.2	20	125	22	1	21	9	15%	2%	30%	2%
Black Tea Latte	Tall	Whole	N/A	354 mL	200	9	5	0.3	25	115	22	1	21	9	15%	0%	30%	2%
Black Tea Latte	Tall	Soy	N/A	354 mL	140	4	0.5	0	0	100	18	2	15	8	10%	0%	30%	15%
Black Tea Latte	Tall	Coconut	N/A	354 mL	120	6	5	0	0	105	18	1	17	1	0%	0%	0%	2%
Black Tea Latte	Tall	Almond	N/A	354 mL	100	4.5	0.4	0	0	115	14	2	12	2	0%	0%	20%	4%
Black Tea Latte	Grande	Nonfat	N/A	473 mL	160	0.3	0.2	0	5	140	29	1	28	12	20%	0%	40%	4%
Black Tea Latte	Grande	2%	N/A	473 mL	220	7	4	0.3	25	160	28	1	27	11	20%	2%	35%	4%
Black Tea Latte	Grande	Whole	N/A	473 mL	250	11	6	0.3	35	140	28	1	27	11	15%	0%	35%	4%
Black Tea Latte	Grande	Soy	N/A	473 mL	180	5	0.5	0	0	125	23	2	19	10	15%	0%	40%	20%
Black Tea Latte	Grande	Coconut	N/A	473 mL	160	7	7	0	0	130	24	1	22	1	0%	0%	2%	2%
Black Tea Latte	Grande	Almond	N/A	473 mL	130	5	0.5	0	0	140	19	2	16	3	0%	0%	20%	6%
Black Tea Latte	Venti®	Nonfat	N/A	591 mL	210	0.4	0.3	0	10	180	37	1	36	15	25%	0%	50%	4%
Black Tea Latte	Venti®	2%	N/A	591 mL	280	9	6	0.4	35	210	37	1	35	15	25%	2%	50%	4%
Black Tea Latte	Venti®	Whole	N/A	591 mL	330	14	8	0.4	45	190	37	1	35	14	20%	0%	45%	4%
Black Tea Latte	Venti®	Soy	N/A	591 mL	240	7	1	0.0	0	170	30	3	25	13	20%	0%	50%	25%
Black Tea Latte	Venti®	Coconut	N/A	591 mL	210	10	9	0.0	0	170	30	1	28	2	0%	0%	2%	4%
Black Tea Latte	Venti®	Almond	N/A	591 mL	170	7	1	0.0	0	190	24	3	20	3	0%	0%	30%	8%
Iced Black Tea Latte	Tall	Nonfat	N/A	354 mL	70	0	0	0.0	0	55	15	1	14	4	8%	0%	15%	2%
Iced Black Tea Latte	Tall	0.02	N/A	354 mL	90	2	2	0.1	10	60	14	1	14	4	6%	0%	15%	2%
Iced Black Tea Latte	Tall	Whole	N/A	354 mL	100	4	2	0.1	10	55	14	1	14	4	6%	0%	15%	2%
Iced Black Tea Latte	Tall	Soy	N/A	354 mL	80	2	0	0.0	0	50	13	1	11	3	4%	0%	15%	8%
Iced Black Tea Latte	Tall	Coconut	N/A	354 mL	70	2.5	2.5	0	0	50	13	1	12	1	0%	0%	2%	2%
Iced Black Tea Latte	Tall	Almond	N/A	354 mL	60	2	0.2	0	0	55	11	1	10	1	0%	0%	8%	2%
Iced Black Tea Latte	Grande	Nonfat	N/A	473 mL	110	0.2	0.1	0	5	90	22	1	21	7	10%	0%	20%	2%
Iced Black Tea Latte	Grande	2%	N/A	473 mL	140	3.5	2.5	0.2	15	95	21	1	20	7	10%	0%	20%	2%
Iced Black Tea Latte	Grande	Whole	N/A	473 mL	160	6	3.5	0.2	20	90	21	1	20	6	10%	0%	20%	2%
Iced Black Tea Latte	Grande	Soy	N/A	473 mL	120	3	0.4	0	0	80	18	2	16	6	8%	0%	25%	10%
Iced Black Tea Latte	Grande	Coconut	N/A	473 mL	110	4	4	0	0	85	19	1	17	1	0%	0%	2%	2%

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Iced Black Tea Latte	Grande	Almond	N/A	473 mL	90	3	0.3	0	0	90	16	2	14	2	0%	0%	15%	4%
Iced Black Tea Latte	Venti®	Nonfat	N/A	709 mL	170	0.3	0.2	0	5	130	32	1	31	10	20%	0%	35%	4%
Iced Black Tea Latte	Venti®	2%	N/A	709 mL	210	6	3.5	0.2	20	140	32	1	30	10	15%	2%	35%	4%
Iced Black Tea Latte	Venti®	Whole	N/A	709 mL	240	9	5	0.3	30	130	32	1	30	9	15%	0%	30%	4%
Iced Black Tea Latte	Venti®	Soy	N/A	709 mL	180	4.5	0.5	0	0	120	27	2	24	8	10%	0%	35%	20%
Iced Black Tea Latte	Venti®	Coconut	N/A	709 mL	170	6	6	0	0	125	28	1	26	1	0%	0%	2%	4%
Iced Black Tea Latte	Venti®	Almond	N/A	709 mL	140	4.5	0.4	0	0	130	24	2	21	2	0%	0%	20%	6%
Blended Strawberry Lemonade	Tall	N/A	N/A	354 mL	130	0	0	0	0	120	32	0	32	0.1	0%	10%	0%	0%
Blended Strawberry Lemonade	Grande	N/A	N/A	473 mL	190	0	0	0	0	180	48	0	47	0.2	0%	15%	2%	0%
Blended Strawberry Lemonade	Venti®	N/A	N/A	709 mL	270	0.1	0	0	0	250	67	1	65	0.2	0%	20%	2%	2%
Blonde Almondmilk Vanilla Latte	Short	Almond	N/A	236 mL	70	3	0.3	0	0	80	9	1	7	1	0%	0%	10%	2%
Blonde Almondmilk Vanilla Latte	Tall	Almond	N/A	354 mL	110	4.5	0.4	0	0	125	16	1	14	2	0%	0%	20%	4%
Blonde Almondmilk Vanilla Latte	Grande	Almond	N/A	473 mL	150	6	0.5	0	0	160	23	2	19	3	0%	0%	25%	4%
Blonde Almondmilk Vanilla Latte	Venti®	Almond	N/A	591 mL	200	8	0.5	0	0	200	30	2	26	3	0%	0%	30%	6%
Iced Blonde Almondmilk Vanilla Latte	Tall	Almond	N/A	354 mL	80	3	0.2	0	0	80	14	1	12	1	0%	0%	10%	2%
Iced Blonde Almondmilk Vanilla Latte	Grande	Almond	N/A	473 mL	120	3.5	0.3	0	0	100	20	1	17	2	0%	0%	15%	2%
Iced Blonde Almondmilk Vanilla Latte	Venti®	Almond	N/A	709 mL	180	5	0.4	0	0	140	32	1	28	3	0%	0%	20%	4%
Blonde Caffè Americano	Short	N/A	N/A	236 mL	5	0	0	0	0	5	1	0	0	0	0%	0%	0%	0%
Blonde Caffè Americano	Tall	N/A	N/A	354 mL	10	0	0	0	0	10	2	0	0	1	0%	0%	2%	0%
Blonde Caffè Americano	Grande	N/A	N/A	473 mL	15	0	0	0	0	15	3	0	0	1	0%	0%	2%	0%
Blonde Caffè Americano	Venti®	N/A	N/A	591 mL	25	0	0	0	0	15	4	0	0	1	0%	0%	2%	0%
Iced Blonde Caffè Americano	Tall	N/A	N/A	354 mL	10	0	0	0	0	10	2	0	0	1	0%	0%	2%	0%
Iced Blonde Caffè Americano	Grande	N/A	N/A	473 mL	15	0	0	0	0	15	3	0	0	1	0%	0%	2%	0%
Iced Blonde Caffè Americano	Venti®	N/A	N/A	709 mL	25	0	0	0	0	20	4	0	0	1	0%	0%	2%	0%
Blonde Caffè Latte	Short	Nonfat	N/A	236 mL	70	0.1	0.1	0	5	75	10	0	9	6	10%	0%	20%	0%
Blonde Caffè Latte	Short	2%	N/A	236 mL	100	3.5	2.5	0.2	15	85	10	0	9	6	10%	0%	20%	0%
Blonde Caffè Latte	Short	Whole	N/A	236 mL	110	6	3.5	0.2	20	75	10	0	9	6	8%	0%	20%	0%
Blonde Caffè Latte	Short	Soy	N/A	236 mL	70	2.5	0.4	0	0	65	6	1	4	5	6%	0%	20%	8%
Blonde Caffè Latte	Short	Coconut	N/A	236 mL	70	4	4	0	0	75	7	0	6	1	0%	0%	0%	0%
Blonde Caffè Latte	Short	Almond	N/A	236 mL	50	3	0.3	0	0	85	5	1	3	1	0%	0%	10%	0%
Blonde Caffè Latte	Tall	Nonfat	N/A	354 mL	100	0.2	0.2	0	5	120	15	0	14	10	15%	0%	30%	0%
Blonde Caffè Latte	Tall	2%	N/A	354 mL	150	6	3.5	0.2	25	135	15	0	14	10	15%	0%	30%	0%
Blonde Caffè Latte	Tall	Whole	N/A	354 mL	180	9	5	0.3	30	125	15	0	14	9	15%	0%	30%	0%
Blonde Caffè Latte	Tall	Soy	N/A	354 mL	110	4.5	0.5	0	0	105	10	1	6	8	10%	0%	30%	15%
Blonde Caffè Latte	Tall	Coconut	N/A	354 mL	110	7	6	0	0	120	11	0	10	1	0%	0%	0%	0%
Blonde Caffè Latte	Tall	Almond	N/A	354 mL	80	5	0.4	0	0	130	7	1	4	2	0%	0%	20%	4%
Blonde Caffè Latte	Grande	Nonfat	N/A	473 mL	130	0.3	0.2	0	5	150	19	0	18	13	20%	0%	40%	0%
Blonde Caffè Latte	Grande	0.02	N/A	473 mL	190	7	4.5	0.3	30	170	19	0	17	12	20%	2%	40%	0%
Blonde Caffè Latte	Grande	Whole	N/A	473 mL	230	11	7	0.3	35	150	19	0	17	12	15%	0%	35%	0%
Blonde Caffè Latte	Grande	Soy	N/A	473 mL	150	5	0.5	0	0	130	13	1	8	10	15%	0%	40%	15%
Blonde Caffè Latte	Grande	Coconut	N/A	473 mL	140	8	8	0	0	150	14	0	12	1	0%	0%	0%	0%
Blonde Caffè Latte	Grande	Almond	N/A	473 mL	100	6	0.5	0	0	160	9	2	5	3	0%	0%	25%	4%
Blonde Caffè Latte	Venti®	Nonfat	N/A	591 mL	170	0.4	0.3	0	10	190	25	0	23	16	30%	0%	50%	0%
Blonde Caffè Latte	Venti®	0.02	N/A	591 mL	240	9	6	0.4	35	220	24	0	22	16	25%	2%	50%	0%
Blonde Caffè Latte	Venti®	Whole	N/A	591 mL	290	15	9	0.5	45	200	24	0	22	15	20%	0%	50%	0%
Blonde Caffè Latte	Venti®	Soy	N/A	591 mL	190	7	1	0	0	170	16	2	11	13	20%	0%	50%	25%
Blonde Caffè Latte	Venti®	Coconut	N/A	591 mL	170	11	10	0	0	200	18	0	16	2	0%	0%	0%	0%
Blonde Caffè Latte	Venti®	Almond	N/A	591 mL	130	8	0.5	0	0	210	11	2	7	4	0%	0%	30%	6%
Iced Blonde Caffè Latte	Tall	Nonfat	N/A	354 mL	70	0.1	0.1	0	5	80	10	0	9	6	10%	0%	20%	0%
Iced Blonde Caffè Latte	Tall	0.02	N/A	354 mL	100	3.5	2	0.1	15	90	10	0	9	6	10%	0%	20%	0%
Iced Blonde Caffè Latte	Tall	Whole	N/A	354 mL	120	6	3.5	0.2	20	85	10	0	9	6	8%	0%	20%	0%
Iced Blonde Caffè Latte	Tall	Soy	N/A	354 mL	80	3	0.4	0	0	75	7	1	4	5	8%	0%	20%	10%
Iced Blonde Caffè Latte	Tall	Coconut	N/A	354 mL	70	4	4	0	0	80	7	0	6	1	0%	0%	0%	0%
Iced Blonde Caffè Latte	Tall	Almond	N/A	354 mL	50	3	0.3	0	0	85	5	1	3	1	0%	0%	15%	2%
Iced Blonde Caffè Latte	Grande	Nonfat	N/A	473 mL	90	0.2	0.1	0	5	105	13	0	11	8	15%	0%	25%	0%
Iced Blonde Caffè Latte	Grande	2%	N/A	473 mL	130	4.5	2.5	0.1	20	115	13	0	11	8	15%	0%	25%	0%
Iced Blonde Caffè Latte	Grande	Whole	N/A	473 mL	150	7	4.5	0.2	25	105	13	0	11	8	10%	0%	25%	0%
Iced Blonde Caffè Latte	Grande	Soy	N/A	473 mL	100	3.5	0.5	0	0	95	9	1	5	7	10%	0%	25%	10%
Iced Blonde Caffè Latte	Grande	Coconut	N/A	473 mL	90	5	5	0	0	105	10	0	8	1	0%	0%	0%	0%
Iced Blonde Caffè Latte	Grande	Almond	N/A	473 mL	70	4	0.3	0	0	110	6	1	3	2	0%	0%	15%	2%
Iced Blonde Caffè Latte	Venti®	Nonfat	N/A	709 mL	130	0.3	0.2	0	5	140	19	0	16	12	20%	0%	35%	0%
Iced Blonde Caffè Latte	Venti®	2%	N/A	709 mL	180	6	3	0.2	25	160	18	0	15	12	20%	2%	35%	0%
Iced Blonde Caffè Latte	Venti®	Whole	N/A	709 mL	210	10	6	0.3	30	150	18	0	15	11	15%	0%	35%	0%
Iced Blonde Caffè Latte	Venti®	Soy	N/A	709 mL	150	5	0.5	0	0	130	13	1	8	10	15%	0%	40%	15%
Iced Blonde Caffè Latte	Venti®	Coconut	N/A	709 mL	130	7	7	0	0	150	14	0	11	2	0%	0%	2%	0%
Iced Blonde Caffè Latte	Venti®	Almond	N/A	709 mL	100	6	0.5	0	0	160	9	2	5	3	0%	0%	25%	4%
Blonde Caffè Mocha	Short	Nonfat	No Whip	236 mL	90	0.5	0.4	0	5	70	15	1	13	7	10%	0%	20%	8%
Blonde Caffè Mocha	Short	Nonfat	Whip	236 mL	150	6	3.5	0.2	20	75	17	1	15	7	15%	0%	20%	8%
Blonde Caffè Mocha	Short	0.02	No Whip	236 mL	120	4	2.5	0.1	15	80	15	1	13	6	10%	0%	20%	8%
Blonde Caffè Mocha	Short	2%	Whip	236 mL	170	9	6	0.3	30	85	17	1	14	7	15%	0%	20%	8%
Blonde Caffè Mocha	Short	Whole	No Whip	236 mL	140	6	3.5	0.2	15	70	15	1	13	6	8%	0%	15%	8%
Blonde Caffè Mocha	Short	Whole	Whip	236 mL	190	11	7	0.3	30	75	17	1	14	7	15%	0%	20%	8%
Blonde Caffè Mocha	Short	Soy	No Whip	236 mL	100	3	0.5	0	0	60	12	2	9	5	6%	0%	20%	15%
Blonde Caffè Mocha	Short	Soy	Whip	236 mL	150	8	4	0.2	15	65	14	2	10	6	10%	0%	20%	15%
Blonde Caffè Mocha	Short	Coconut	No Whip	236 mL	100	4.5	4	0	0	70	13	1	10	1	0%	0%	0%	8%

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Blonde Caffè Mocha	Short	Coconut	Whip	236 mL	150	9	7	0.2	15	75	14	1	12	2	6%	0%	2%	8%
Blonde Caffè Mocha	Short	Almond	No Whip	236 mL	80	3.5	0.5	0	0	75	11	2	7	2	0%	0%	10%	10%
Blonde Caffè Mocha	Short	Almond	Whip	236 mL	130	8	4	0.2	15	80	12	2	9	2	6%	0%	10%	10%
Blonde Caffè Mocha	Tall	Nonfat	No Whip	354 mL	160	1.5	1	0	5	110	26	2	23	10	15%	0%	30%	15%
Blonde Caffè Mocha	Tall	Nonfat	Whip	354 mL	220	7	4.5	0.2	25	115	28	2	24	11	25%	0%	30%	15%
Blonde Caffè Mocha	Tall	2%	No Whip	354 mL	200	6	4	0.2	20	125	26	2	22	10	15%	0%	30%	15%
Blonde Caffè Mocha	Tall	2%	Whip	354 mL	260	12	8	0.4	40	125	28	2	24	11	20%	2%	30%	15%
Blonde Caffè Mocha	Tall	Whole	No Whip	354 mL	230	10	6	0.3	25	115	26	2	22	10	10%	0%	25%	15%
Blonde Caffè Mocha	Tall	Whole	Whip	354 mL	290	15	9	0.5	45	115	28	2	24	10	20%	0%	30%	15%
Blonde Caffè Mocha	Tall	Soy	No Whip	354 mL	170	5	1	0	0	95	22	3	16	9	10%	0%	30%	30%
Blonde Caffè Mocha	Tall	Soy	Whip	354 mL	230	11	5	0.2	20	100	23	3	18	9	15%	0%	30%	30%
Blonde Caffè Mocha	Tall	Coconut	No Whip	354 mL	160	7	6	0	0	110	23	2	18	2	0%	0%	0%	15%
Blonde Caffè Mocha	Tall	Coconut	Whip	354 mL	220	13	10	0.2	20	110	24	2	20	3	6%	0%	2%	15%
Blonde Caffè Mocha	Tall	Almond	No Whip	354 mL	140	6	1	0	0	120	19	3	14	3	0%	0%	20%	20%
Blonde Caffè Mocha	Tall	Almond	Whip	354 mL	200	11	5	0.2	20	120	21	3	15	4	6%	0%	20%	20%
Blonde Caffè Mocha	Grande	Nonfat	No Whip	473 mL	220	2	1.5	0	5	135	37	3	31	13	20%	0%	35%	25%
Blonde Caffè Mocha	Grande	Nonfat	Whip	473 mL	290	9	6	0.2	30	140	39	3	33	14	25%	0%	40%	25%
Blonde Caffè Mocha	Grande	0.02	No Whip	473 mL	270	8	5	0.3	25	150	36	3	30	13	20%	2%	35%	25%
Blonde Caffè Mocha	Grande	0.02	Whip	473 mL	340	15	9	0.5	45	160	38	3	32	14	25%	2%	35%	25%
Blonde Caffè Mocha	Grande	Whole	No Whip	473 mL	300	12	7	0.3	30	140	36	3	30	13	15%	0%	35%	25%
Blonde Caffè Mocha	Grande	Whole	Whip	473 mL	380	19	11	0.5	55	140	38	3	32	13	25%	0%	35%	25%
Blonde Caffè Mocha	Grande	Soy	No Whip	473 mL	230	7	1.5	0	0	120	31	4	22	11	10%	0%	35%	40%
Blonde Caffè Mocha	Grande	Soy	Whip	473 mL	300	13	6	0.2	20	125	33	4	24	12	20%	0%	40%	40%
Blonde Caffè Mocha	Grande	Coconut	No Whip	473 mL	220	9	8	0	0	135	32	3	25	3	0%	0%	2%	25%
Blonde Caffè Mocha	Grande	Coconut	Whip	473 mL	290	16	12	0.2	20	140	34	3	27	4	8%	0%	2%	25%
Blonde Caffè Mocha	Grande	Almond	No Whip	473 mL	190	7	1.5	0	0	150	28	4	19	5	0%	0%	25%	30%
Blonde Caffè Mocha	Grande	Almond	Whip	473 mL	260	14	6	0.2	20	150	30	4	21	5	8%	0%	25%	30%
Blonde Caffè Mocha	Venti®	Nonfat	No Whip	591 mL	290	2.5	1.5	0	10	180	48	4	40	17	25%	0%	50%	35%
Blonde Caffè Mocha	Venti®	Nonfat	Whip	591 mL	360	10	6	0.2	30	180	50	4	42	18	35%	0%	50%	35%
Blonde Caffè Mocha	Venti®	0.02	No Whip	591 mL	350	11	7	0.4	35	200	47	4	40	17	25%	2%	45%	35%
Blonde Caffè Mocha	Venti®	0.02	Whip	591 mL	420	17	11	0.5	55	200	49	4	42	17	30%	2%	50%	35%
Blonde Caffè Mocha	Venti®	Whole	No Whip	591 mL	400	16	9	0.4	40	180	47	4	40	16	20%	0%	45%	35%
Blonde Caffè Mocha	Venti®	Whole	Whip	591 mL	470	23	14	0.5	65	190	49	4	42	17	25%	0%	45%	35%
Blonde Caffè Mocha	Venti®	Soy	No Whip	591 mL	300	9	2.5	0	0	150	40	5	29	14	15%	0%	45%	50%
Blonde Caffè Mocha	Venti®	Soy	Whip	591 mL	370	16	7	0.2	20	160	42	5	31	15	25%	0%	50%	50%
Blonde Caffè Mocha	Venti®	Coconut	No Whip	591 mL	290	12	10	0	0	170	42	4	33	4	0%	0%	2%	35%
Blonde Caffè Mocha	Venti®	Coconut	Whip	591 mL	360	19	15	0.2	20	180	44	4	35	5	8%	0%	4%	35%
Blonde Caffè Mocha	Venti®	Almond	No Whip	591 mL	250	9	2	0	0	190	36	6	26	6	0%	0%	30%	40%
Blonde Caffè Mocha	Venti®	Almond	Whip	591 mL	320	16	6	0.2	20	200	38	6	28	6	8%	0%	30%	40%
Iced Blonde Caffè Mocha	Tall	Nonfat	No Whip	354 mL	130	1.5	1	0	5	75	22	2	18	7	10%	0%	20%	15%
Iced Blonde Caffè Mocha	Tall	Nonfat	Whip	354 mL	210	9	6	0.3	30	80	24	2	20	8	20%	0%	20%	15%
Iced Blonde Caffè Mocha	Tall	0.02	No Whip	354 mL	150	4.5	2.5	0.1	15	80	21	2	18	7	8%	0%	20%	15%
Iced Blonde Caffè Mocha	Tall	0.02	Whip	354 mL	230	12	8	0.4	35	90	24	2	20	8	20%	0%	20%	15%
Iced Blonde Caffè Mocha	Tall	Whole	No Whip	354 mL	170	6	3.5	0.2	15	75	21	2	18	7	8%	0%	20%	15%
Iced Blonde Caffè Mocha	Tall	Whole	Whip	354 mL	250	14	9	0.4	40	80	24	2	20	7	15%	0%	20%	15%
Iced Blonde Caffè Mocha	Tall	Soy	No Whip	354 mL	140	3.5	1	0	0	65	19	3	14	6	6%	0%	20%	25%
Iced Blonde Caffè Mocha	Tall	Soy	Whip	354 mL	220	12	6	0.3	25	75	21	3	16	7	15%	0%	20%	25%
Iced Blonde Caffè Mocha	Tall	Coconut	No Whip	354 mL	130	4.5	4	0	0	70	19	2	15	2	0%	0%	2%	15%
Iced Blonde Caffè Mocha	Tall	Coconut	Whip	354 mL	210	12	9	0.3	25	75	21	2	17	3	10%	0%	2%	15%
Iced Blonde Caffè Mocha	Tall	Almond	No Whip	354 mL	110	4	1	0	0	75	17	3	12	3	0%	0%	10%	20%
Iced Blonde Caffè Mocha	Tall	Almond	Whip	354 mL	190	12	6	0.3	25	80	19	3	14	3	10%	0%	15%	20%
Iced Blonde Caffè Mocha	Grande	Nonfat	No Whip	473 mL	180	2	1	0	5	95	31	3	25	9	10%	0%	25%	25%
Iced Blonde Caffè Mocha	Grande	Nonfat	Whip	473 mL	290	13	8	0.4	40	100	34	3	28	10	25%	0%	25%	25%
Iced Blonde Caffè Mocha	Grande	2%	No Whip	473 mL	210	6	3.5	0.2	15	105	31	3	24	9	10%	0%	25%	25%
Iced Blonde Caffè Mocha	Grande	2%	Whip	473 mL	320	17	11	0.5	50	110	34	3	28	10	25%	2%	25%	25%
Iced Blonde Caffè Mocha	Grande	Whole	No Whip	473 mL	230	8	5	0.2	20	95	31	3	24	9	10%	0%	20%	25%
Iced Blonde Caffè Mocha	Grande	Whole	Whip	473 mL	340	19	12	0.5	55	105	34	3	28	10	20%	0%	25%	25%
Iced Blonde Caffè Mocha	Grande	Soy	No Whip	473 mL	190	5	1.5	0	0	85	27	4	20	8	8%	0%	25%	35%
Iced Blonde Caffè Mocha	Grande	Soy	Whip	473 mL	300	16	8	0.4	35	95	31	4	23	9	20%	0%	25%	35%
Iced Blonde Caffè Mocha	Grande	Coconut	No Whip	473 mL	180	6	5	0	0	90	28	3	21	3	0%	0%	2%	25%
Iced Blonde Caffè Mocha	Grande	Coconut	Whip	473 mL	290	17	12	0.4	35	95	31	3	24	4	15%	0%	4%	25%
Iced Blonde Caffè Mocha	Grande	Almond	No Whip	473 mL	160	5	1.5	0	0	95	25	4	18	4	0%	0%	15%	25%
Iced Blonde Caffè Mocha	Grande	Almond	Whip	473 mL	270	16	8	0.4	35	105	28	4	21	5	15%	0%	15%	25%
Iced Blonde Caffè Mocha	Venti®	Nonfat	No Whip	709 mL	270	3	2	0	5	125	48	5	38	13	15%	0%	35%	40%
Iced Blonde Caffè Mocha	Venti®	Nonfat	Whip	709 mL	390	14	9	0.4	40	135	51	5	41	14	30%	0%	35%	40%
Iced Blonde Caffè Mocha	Venti®	0.02	No Whip	709 mL	320	8	5	0.2	20	140	48	5	37	13	15%	2%	30%	40%
Iced Blonde Caffè Mocha	Venti®	0.02	Whip	709 mL	430	19	12	0.5	55	150	51	5	41	14	30%	2%	35%	40%
Iced Blonde Caffè Mocha	Venti®	Whole	No Whip	709 mL	350	12	7	0.3	25	130	48	5	37	13	15%	0%	30%	40%
Iced Blonde Caffè Mocha	Venti®	Whole	Whip	709 mL	460	23	14	0.5	60	135	51	5	41	13	25%	0%	30%	40%
Iced Blonde Caffè Mocha	Venti®	Soy	No Whip	709 mL	290	7	2.5	0	0	115	43	6	31	12	10%	0%	35%	60%
Iced Blonde Caffè Mocha	Venti®	Soy	Whip	709 mL	400	18	9	0.4	35	125	47	6	34	13	25%	0%	35%	60%
Iced Blonde Caffè Mocha	Venti®	Coconut	No Whip	709 mL	270	9	7	0	0	120	44	5	33	5	0%	0%	4%	40%
Iced Blonde Caffè Mocha	Venti®	Coconut	Whip	709 mL	390	20	14	0.4	35	130	47	5	36	6	15%	0%	4%	40%
Iced Blonde Caffè Mocha	Venti®	Almond	No Whip	709 mL	250	7	2	0	0	130	40	6	28	6	0%	0%	20%	45%
Iced Blonde Caffè Mocha	Venti®	Almond	Whip	709 mL	360	18	9	0.4	35	135	43	6	32	7	15%	0%	20%	45%

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Blonde Cappuccino	Short	Nonfat	N/A	236 mL	50	0.1	0.1	0	5	60	8	0	7	5	8%	0%	15%	0%
Blonde Cappuccino	Short	0.02	N/A	236 mL	80	3	1.5	0.1	10	70	8	0	7	5	8%	0%	15%	0%
Blonde Cappuccino	Short	Whole	N/A	236 mL	90	4.5	2.5	0.1	15	60	8	0	7	5	6%	0%	15%	0%
Blonde Cappuccino	Short	Soy	N/A	236 mL	50	1.5	0.2	0	0	40	4	0	3	3	4%	0%	10%	6%
Blonde Cappuccino	Short	Coconut	N/A	236 mL	70	4	4	0	0	75	7	0	6	1	0%	0%	0%	0%
Blonde Cappuccino	Short	Almond	N/A	236 mL	50	3	0.3	0	0	80	5	1	3	1	0%	0%	10%	2%
Blonde Cappuccino	Tall	Nonfat	N/A	354 mL	60	0.1	0.1	0	5	70	9	0	8	6	10%	0%	20%	0%
Blonde Cappuccino	Tall	2%	N/A	354 mL	90	3.5	1.5	0.1	15	80	9	0	8	6	10%	0%	20%	0%
Blonde Cappuccino	Tall	Whole	N/A	354 mL	110	6	3	0.2	15	75	9	0	8	6	8%	0%	20%	0%
Blonde Cappuccino	Tall	Soy	N/A	354 mL	70	3	0.4	0	0	65	7	1	4	5	6%	0%	20%	8%
Blonde Cappuccino	Tall	Coconut	N/A	354 mL	100	6	6	0	0	115	11	0	9	1	0%	0%	0%	0%
Blonde Cappuccino	Tall	Almond	N/A	354 mL	80	5	0.4	0	0	125	7	1	4	2	0%	0%	20%	4%
Blonde Cappuccino	Grande	Nonfat	N/A	473 mL	80	0.2	0.1	0	5	90	12	0	10	8	15%	0%	25%	0%
Blonde Cappuccino	Grande	0.02	N/A	473 mL	120	4	2	0.1	15	100	12	0	10	8	10%	0%	25%	0%
Blonde Cappuccino	Grande	Whole	N/A	473 mL	140	7	4	0.2	20	90	12	0	10	7	10%	0%	20%	0%
Blonde Cappuccino	Grande	Soy	N/A	473 mL	100	4	0	0.0	0	80	9	1	5	7	8%	0%	25%	10%
Blonde Cappuccino	Grande	Coconut	N/A	473 mL	130	8	8	0.0	0	150	14	0	12	1	0%	0%	0%	0%
Blonde Cappuccino	Grande	Almond	N/A	473 mL	100	6	1	0.0	0	160	9	2	5	3	0%	0%	25%	4%
Blonde Cappuccino	Venti®	Nonfat	N/A	591 mL	110	0	0	0.0	5	120	16	0	14	10	20%	0%	30%	0%
Blonde Cappuccino	Venti®	0.02	N/A	591 mL	150	6	3	0.2	25	135	16	0	14	10	15%	0%	30%	0%
Blonde Cappuccino	Venti®	Whole	N/A	591 mL	190	9	5	0.3	30	125	16	0	14	10	15%	0%	30%	0%
Blonde Cappuccino	Venti®	Soy	N/A	591 mL	120	5	1	0.0	0	110	11	1	7	9	10%	0%	35%	15%
Blonde Cappuccino	Venti®	Coconut	N/A	591 mL	170	10	10	0	0	190	18	0	15	2	0%	0%	0%	0%
Blonde Cappuccino	Venti®	Almond	N/A	591 mL	130	8	0.5	0	0	210	12	2	7	4	0%	0%	30%	6%
Iced Blonde Cappuccino	Tall	Nonfat	N/A	354 mL	60	0.1	0.1	0	5	75	9	0	8	6	10%	0%	20%	0%
Iced Blonde Cappuccino	Tall	2%	N/A	354 mL	90	3.5	2	0.1	15	80	9	0	8	6	10%	0%	20%	0%
Iced Blonde Cappuccino	Tall	Whole	N/A	354 mL	100	5	3	0.2	15	75	9	0	8	5	8%	0%	15%	0%
Iced Blonde Cappuccino	Tall	Soy	N/A	354 mL	70	2.5	0.3	0	0	65	6	1	4	5	6%	0%	20%	8%
Iced Blonde Cappuccino	Tall	Coconut	N/A	354 mL	60	3.5	3.5	0	0	70	6	0	5	1	0%	0%	0%	0%
Iced Blonde Cappuccino	Tall	Almond	N/A	354 mL	45	2.5	0.2	0	0	75	4	1	2	1	0%	0%	10%	2%
Iced Blonde Cappuccino	Grande	Nonfat	N/A	473 mL	80	0.2	0.1	0	5	95	12	0	10	8	15%	0%	25%	0%
Iced Blonde Cappuccino	Grande	0.02	N/A	473 mL	110	4	2.5	0.2	15	105	12	0	10	8	10%	0%	25%	0%
Iced Blonde Cappuccino	Grande	Whole	N/A	473 mL	140	7	4	0.2	20	95	12	0	10	7	10%	0%	20%	0%
Iced Blonde Cappuccino	Grande	Soy	N/A	473 mL	90	3.5	0.4	0	0	85	8	1	5	6	8%	0%	25%	10%
Iced Blonde Cappuccino	Grande	Coconut	N/A	473 mL	80	4.5	4.5	0	0	90	9	0	7	1	0%	0%	0%	0%
Iced Blonde Cappuccino	Grande	Almond	N/A	473 mL	60	3.5	0.3	0	0	95	6	1	3	2	0%	0%	15%	2%
Iced Blonde Cappuccino	Venti®	Nonfat	N/A	709 mL	110	0.2	0.2	0	5	120	16	0	14	10	15%	0%	30%	0%
Iced Blonde Cappuccino	Venti®	0.02	N/A	709 mL	150	5	3.5	0.2	20	135	16	0	13	10	15%	0%	30%	0%
Iced Blonde Cappuccino	Venti®	Whole	N/A	709 mL	180	9	5	0.3	30	125	16	0	13	10	15%	0%	30%	0%
Iced Blonde Cappuccino	Venti®	Soy	N/A	709 mL	120	4.5	0.5	0	0	110	11	1	7	9	10%	0%	35%	15%
Iced Blonde Cappuccino	Venti®	Coconut	N/A	709 mL	110	6	6	0	0	115	12	0	9	1	0%	0%	0%	0%
Iced Blonde Cappuccino	Venti®	Almond	N/A	709 mL	80	4.5	0.4	0	0	125	8	1	4	3	0%	0%	20%	4%
Blonde Caramel Macchiato	Short	Nonfat	N/A	236 mL	100	1	0.5	0	5	70	16	0	15	5	10%	0%	15%	0%
Blonde Caramel Macchiato	Short	2%	N/A	236 mL	120	4	2.5	0.1	15	80	16	0	15	5	10%	0%	15%	0%
Blonde Caramel Macchiato	Short	Whole	N/A	236 mL	140	6	3.5	0.1	20	70	16	0	15	5	8%	0%	15%	0%
Blonde Caramel Macchiato	Short	Soy	N/A	236 mL	100	3	1	0	0	60	13	1	11	4	6%	0%	15%	8%
Blonde Caramel Macchiato	Short	Coconut	N/A	236 mL	100	4	3.5	0	0	70	14	0	13	1	0%	0%	0%	0%
Blonde Caramel Macchiato	Short	Almond	N/A	236 mL	80	3.5	0.5	0	0	75	12	1	10	1	0%	0%	10%	2%
Blonde Caramel Macchiato	Tall	Nonfat	N/A	354 mL	130	1.5	1	0	10	110	22	0	21	8	15%	0%	25%	0%
Blonde Caramel Macchiato	Tall	0.02	N/A	354 mL	170	6	3.5	0.2	20	120	22	0	20	8	15%	0%	25%	0%
Blonde Caramel Macchiato	Tall	Whole	N/A	354 mL	200	9	5	0.2	25	110	22	0	20	8	10%	0%	25%	0%
Blonde Caramel Macchiato	Tall	Soy	N/A	354 mL	140	5	1	0	5	95	18	1	15	7	10%	0%	25%	10%
Blonde Caramel Macchiato	Tall	Coconut	N/A	354 mL	140	7	6	0	5	105	19	0	17	1	2%	0%	0%	0%
Blonde Caramel Macchiato	Tall	Almond	N/A	354 mL	110	5	1	0	5	115	15	1	13	2	2%	0%	15%	2%
Blonde Caramel Macchiato	Grande	Nonfat	N/A	473 mL	180	1.5	1	0	10	140	31	0	29	11	20%	0%	35%	0%
Blonde Caramel Macchiato	Grande	0.02	N/A	473 mL	230	7	4.5	0.3	30	150	31	0	29	11	20%	2%	35%	0%
Blonde Caramel Macchiato	Grande	Whole	N/A	473 mL	260	11	6	0.3	35	140	31	0	29	10	15%	0%	30%	0%
Blonde Caramel Macchiato	Grande	Soy	N/A	473 mL	200	6	1.5	0	5	120	26	1	21	9	15%	0%	35%	15%
Blonde Caramel Macchiato	Grande	Coconut	N/A	473 mL	190	8	7	0	5	135	27	0	24	1	2%	0%	0%	0%
Blonde Caramel Macchiato	Grande	Almond	N/A	473 mL	160	6	1	0	5	150	23	1	19	3	2%	0%	20%	4%
Blonde Caramel Macchiato	Venti®	Nonfat	N/A	591 mL	230	1.5	1	0	10	170	40	0	38	13	25%	0%	45%	0%
Blonde Caramel Macchiato	Venti®	0.02	N/A	591 mL	290	9	6	0.3	35	190	40	0	37	13	25%	2%	40%	0%
Blonde Caramel Macchiato	Venti®	Whole	N/A	591 mL	330	14	8	0.4	40	180	40	0	37	13	20%	0%	40%	0%
Blonde Caramel Macchiato	Venti®	Soy	N/A	591 mL	240	7	1.5	0	5	150	33	1	28	11	15%	0%	40%	20%
Blonde Caramel Macchiato	Venti®	Coconut	N/A	591 mL	230	10	9	0	5	170	35	0	32	2	2%	0%	0%	0%
Blonde Caramel Macchiato	Venti®	Almond	N/A	591 mL	200	8	1.5	0	5	180	29	2	25	3	2%	0%	25%	4%
Iced Blonde Caramel Macchiato	Tall	Nonfat	N/A	354 mL	130	1.5	1	0	10	105	21	0	20	7	15%	0%	25%	0%
Iced Blonde Caramel Macchiato	Tall	0.02	N/A	354 mL	160	5	3.5	0.2	20	115	21	0	20	7	15%	0%	25%	0%
Iced Blonde Caramel Macchiato	Tall	Whole	N/A	354 mL	180	8	4.5	0.2	25	105	21	0	20	7	10%	0%	20%	0%
Iced Blonde Caramel Macchiato	Tall	Soy	N/A	354 mL	140	4.5	1.5	0	5	95	18	1	15	6	10%	0%	25%	10%
Iced Blonde Caramel Macchiato	Tall	Coconut	N/A	354 mL	130	6	5	0	5	100	18	0	16	1	2%	0%	0%	0%
Iced Blonde Caramel Macchiato	Tall	Almond	N/A	354 mL	110	4.5	1	0	5	105	15	1	13	2	2%	0%	15%	2%
Iced Blonde Caramel Macchiato	Grande	Nonfat	N/A	473 mL	190	2	1.5	0	10	140	33	0	30	10	20%	0%	30%	0%
Iced Blonde Caramel Macchiato	Grande	2%	N/A	473 mL	230	7	4.5	0.2	30	150	32	0	30	10	15%	2%	30%	0%
Iced Blonde Caramel Macchiato	Grande	Whole	N/A	473 mL	260	11	6	0.3	35	140	32	0	30	9	15%	0%	30%	0%

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Iced Blonde Caramel Macchiato	Grande	Soy	N/A	473 mL	210	6	2	0	5	125	28	1	23	8	15%	0%	35%	15%
Iced Blonde Caramel Macchiato	Grande	Coconut	N/A	473 mL	190	8	7	0	5	130	28	0	25	1	2%	0%	2%	0%
Iced Blonde Caramel Macchiato	Grande	Almond	N/A	473 mL	160	6	1.5	0	5	140	25	1	20	2	2%	0%	20%	4%
Iced Blonde Caramel Macchiato	Venti®	Nonfat	N/A	709 mL	270	2.5	1.5	0	15	190	49	0	45	14	25%	0%	45%	0%
Iced Blonde Caramel Macchiato	Venti®	0.02	N/A	709 mL	330	10	6	0.3	35	210	48	0	45	14	25%	2%	45%	0%
Iced Blonde Caramel Macchiato	Venti®	Whole	N/A	709 mL	370	14	8	0.4	45	190	48	0	45	13	20%	0%	40%	0%
Iced Blonde Caramel Macchiato	Venti®	Soy	N/A	709 mL	290	8	2	0	5	170	42	2	36	12	15%	0%	45%	20%
Iced Blonde Caramel Macchiato	Venti®	Coconut	N/A	709 mL	270	10	9	0	5	180	43	0	38	2	2%	0%	2%	0%
Iced Blonde Caramel Macchiato	Venti®	Almond	N/A	709 mL	230	8	2	0	5	190	37	2	32	3	2%	0%	25%	4%
Blonde Cascara Latte	Short	Nonfat	N/A	236 mL	80	0.1	0.1	0	5	75	14	0	13	6	10%	0%	20%	0%
Blonde Cascara Latte	Short	0.02	N/A	236 mL	110	3.5	2	0.1	15	80	13	0	13	6	10%	0%	20%	0%
Blonde Cascara Latte	Short	Whole	N/A	236 mL	130	6	3	0.2	15	75	13	0	13	6	8%	0%	20%	0%
Blonde Cascara Latte	Short	Soy	N/A	236 mL	90	2.5	0.3	0	0	65	10	1	8	5	6%	0%	20%	8%
Blonde Cascara Latte	Short	Coconut	N/A	236 mL	80	4	3.5	0	0	70	11	0	10	1	0%	0%	0%	0%
Blonde Cascara Latte	Short	Almond	N/A	236 mL	60	3	0.2	0	0	80	9	1	7	1	0%	0%	10%	2%
Blonde Cascara Latte	Tall	Nonfat	N/A	354 mL	130	0.2	0.1	0	5	115	23	0	22	9	15%	0%	30%	0%
Blonde Cascara Latte	Tall	0.02	N/A	354 mL	170	5	3.5	0.2	20	130	22	0	21	9	15%	0%	30%	0%
Blonde Cascara Latte	Tall	Whole	N/A	354 mL	200	9	5	0.3	25	120	22	0	21	9	15%	0%	30%	0%
Blonde Cascara Latte	Tall	Soy	N/A	354 mL	140	4	0.5	0	0	100	18	1	15	8	10%	0%	30%	15%
Blonde Cascara Latte	Tall	Coconut	N/A	354 mL	130	6	6	0	0	115	19	0	17	1	0%	0%	0%	0%
Blonde Cascara Latte	Tall	Almond	N/A	354 mL	110	4.5	0.4	0	0	125	15	1	12	2	0%	0%	20%	4%
Blonde Cascara Latte	Grande	Nonfat	N/A	473 mL	170	0.3	0.2	0	5	150	31	0	29	12	20%	0%	40%	2%
Blonde Cascara Latte	Grande	0.02	N/A	473 mL	230	7	4	0.3	25	160	30	0	29	12	20%	2%	35%	0%
Blonde Cascara Latte	Grande	Whole	N/A	473 mL	260	11	6	0.3	35	150	30	0	29	11	15%	0%	35%	2%
Blonde Cascara Latte	Grande	Soy	N/A	473 mL	190	5	0.5	0	0	125	25	1	20	10	15%	0%	40%	15%
Blonde Cascara Latte	Grande	Coconut	N/A	473 mL	180	8	7	0	0	140	26	0	24	1	0%	0%	0%	0%
Blonde Cascara Latte	Grande	Almond	N/A	473 mL	140	6	0.5	0	0	160	21	2	17	3	0%	0%	25%	4%
Blonde Cascara Latte	Venti®	Nonfat	N/A	591 mL	220	0.4	0.2	0	10	190	40	0	38	15	25%	0%	50%	2%
Blonde Cascara Latte	Venti®	0.02	N/A	591 mL	290	9	6	0.4	35	210	40	0	38	15	25%	2%	50%	2%
Blonde Cascara Latte	Venti®	Whole	N/A	591 mL	340	14	8	0.4	45	190	40	0	38	14	20%	0%	45%	2%
Blonde Cascara Latte	Venti®	Soy	N/A	591 mL	240	7	1	0	0	160	32	2	27	12	15%	0%	50%	20%
Blonde Cascara Latte	Venti®	Coconut	N/A	591 mL	230	10	9	0	0	190	34	0	31	2	0%	0%	0%	0%
Blonde Cascara Latte	Venti®	Almond	N/A	591 mL	190	7	0.5	0	0	200	28	2	23	3	0%	0%	30%	6%
Iced Blonde Cascara Latte	Tall	Nonfat	N/A	354 mL	100	0.1	0.1	0	5	80	18	0	17	6	10%	0%	20%	0%
Iced Blonde Cascara Latte	Tall	0.02	N/A	354 mL	130	3.5	2	0.1	15	90	18	0	17	6	10%	0%	20%	0%
Iced Blonde Cascara Latte	Tall	Whole	N/A	354 mL	140	6	3.5	0.2	15	85	18	0	17	6	8%	0%	20%	0%
Iced Blonde Cascara Latte	Tall	Soy	N/A	354 mL	110	3	0.4	0	0	75	15	1	13	5	6%	0%	20%	10%
Iced Blonde Cascara Latte	Tall	Coconut	N/A	354 mL	100	4	3.5	0	0	75	15	0	14	1	0%	0%	0%	0%
Iced Blonde Cascara Latte	Tall	Almond	N/A	354 mL	80	3	0.2	0	0	80	13	1	11	1	0%	0%	10%	2%
Iced Blonde Cascara Latte	Grande	Nonfat	N/A	473 mL	130	0.2	0.1	0	5	105	25	0	24	8	15%	0%	25%	0%
Iced Blonde Cascara Latte	Grande	2%	N/A	473 mL	170	4.5	3	0.2	20	115	25	0	23	8	10%	0%	25%	0%
Iced Blonde Cascara Latte	Grande	Whole	N/A	473 mL	190	7	4	0.2	20	105	25	0	23	8	10%	0%	25%	0%
Iced Blonde Cascara Latte	Grande	Soy	N/A	473 mL	150	3.5	0.5	0	0	95	21	1	18	7	8%	0%	25%	10%
Iced Blonde Cascara Latte	Grande	Coconut	N/A	473 mL	130	5	4.5	0	0	100	22	0	20	1	0%	0%	2%	0%
Iced Blonde Cascara Latte	Grande	Almond	N/A	473 mL	110	3.5	0.3	0	0	105	19	1	16	2	0%	0%	15%	2%
Iced Blonde Cascara Latte	Venti®	Nonfat	N/A	709 mL	200	0.3	0.2	0	5	140	38	0	36	11	20%	0%	35%	2%
Iced Blonde Cascara Latte	Venti®	2%	N/A	709 mL	250	6	4	0.3	25	160	38	0	35	11	15%	2%	35%	0%
Iced Blonde Cascara Latte	Venti®	Whole	N/A	709 mL	280	10	6	0.3	30	150	38	0	35	11	15%	0%	35%	2%
Iced Blonde Cascara Latte	Venti®	Soy	N/A	709 mL	220	5	0.5	0	0	130	33	1	28	9	10%	0%	35%	15%
Iced Blonde Cascara Latte	Venti®	Coconut	N/A	709 mL	200	7	6	0	0	135	34	0	30	2	0%	0%	2%	0%
Iced Blonde Cascara Latte	Venti®	Almond	N/A	709 mL	170	5	0.4	0	0	150	29	2	25	3	0%	0%	20%	4%
Blonde Cinnamon Dolce Latte	Short	Nonfat	No Whip	236 mL	90	0.1	0.1	0	5	70	15	0	14	6	10%	0%	20%	0%
Blonde Cinnamon Dolce Latte	Short	Nonfat	Whip	236 mL	140	5	3.5	0.2	20	75	17	0	16	6	15%	0%	20%	0%
Blonde Cinnamon Dolce Latte	Short	2%	No Whip	236 mL	110	3.5	2	0.1	15	80	15	0	14	6	10%	0%	20%	0%
Blonde Cinnamon Dolce Latte	Short	2%	Whip	236 mL	170	8	5	0.3	30	85	17	0	16	6	15%	0%	20%	0%
Blonde Cinnamon Dolce Latte	Short	Whole	No Whip	236 mL	130	6	3	0.2	15	75	15	0	14	6	8%	0%	20%	0%
Blonde Cinnamon Dolce Latte	Short	Whole	Whip	236 mL	190	11	6	0.3	35	80	17	0	16	6	15%	0%	20%	0%
Blonde Cinnamon Dolce Latte	Short	Soy	No Whip	236 mL	90	2.5	0.3	0	0	65	12	1	10	5	6%	0%	20%	8%
Blonde Cinnamon Dolce Latte	Short	Soy	Whip	236 mL	150	8	3.5	0.2	15	65	14	1	12	5	10%	0%	20%	8%
Blonde Cinnamon Dolce Latte	Short	Coconut	No Whip	236 mL	90	4	3.5	0	0	70	13	0	11	1	0%	0%	0%	0%
Blonde Cinnamon Dolce Latte	Short	Coconut	Whip	236 mL	140	9	7	0.2	15	75	15	0	13	1	6%	0%	2%	0%
Blonde Cinnamon Dolce Latte	Short	Almond	No Whip	236 mL	70	3	0.2	0	0	75	10	1	8	1	0%	0%	10%	2%
Blonde Cinnamon Dolce Latte	Short	Almond	Whip	236 mL	120	8	3.5	0.2	15	80	12	1	10	2	6%	0%	15%	2%
Blonde Cinnamon Dolce Latte	Tall	Nonfat	No Whip	354 mL	140	0.2	0.1	0	5	115	26	0	25	9	15%	0%	30%	0%
Blonde Cinnamon Dolce Latte	Tall	Nonfat	Whip	354 mL	210	6	4	0.2	25	120	28	0	27	10	25%	0%	30%	0%
Blonde Cinnamon Dolce Latte	Tall	2%	No Whip	354 mL	190	5	3.5	0.2	20	125	26	0	24	9	15%	0%	30%	0%
Blonde Cinnamon Dolce Latte	Tall	2%	Whip	354 mL	250	11	7	0.4	40	130	28	0	26	10	20%	2%	30%	0%
Blonde Cinnamon Dolce Latte	Tall	Whole	No Whip	354 mL	220	9	5	0.3	25	115	26	0	24	9	15%	0%	30%	0%
Blonde Cinnamon Dolce Latte	Tall	Whole	Whip	354 mL	280	15	9	0.5	45	120	28	0	26	9	20%	0%	30%	0%
Blonde Cinnamon Dolce Latte	Tall	Soy	No Whip	354 mL	160	4	0.5	0	0	100	21	1	18	7	10%	0%	30%	15%
Blonde Cinnamon Dolce Latte	Tall	Soy	Whip	354 mL	220	10	4.5	0.2	20	105	23	1	20	8	15%	0%	30%	15%
Blonde Cinnamon Dolce Latte	Tall	Coconut	No Whip	354 mL	150	6	6	0	0	110	22	0	20	1	0%	0%	0%	0%
Blonde Cinnamon Dolce Latte	Tall	Coconut	Whip	354 mL	210	12	10.0	0.2	20	115	24	0	22	1	6%	0%	2%	0%
Blonde Cinnamon Dolce Latte	Tall	Almond	No Whip	354 mL	120	5	0.4	0.0	0	120	18	1	15	2	0%	0%	20%	4%
Blonde Cinnamon Dolce Latte	Tall	Almond	Whip	354 mL	180	10	4	0.2	20	125	21	1	17	2	6%	0%	20%	4%

NUTRITION MENU
Starbucks Coffee Canada

June 2018

Blonde Cinnamon Dolce Latte	Grande	Nonfat	No Whip	473 mL	200	0	0	0.0	5	140	36	0	34	12	20%	0%	35%	0%
Blonde Cinnamon Dolce Latte	Grande	Nonfat	Whip	473 mL	270	7	4.5	0.2	30	150	39	0	36	12	30%	0%	40%	2%
Blonde Cinnamon Dolce Latte	Grande	0.02	No Whip	473 mL	250	7	4	0.3	25	160	36	0	33	12	20%	2%	35%	0%
Blonde Cinnamon Dolce Latte	Grande	0.02	Whip	473 mL	320	14	9	0.5	50	160	38	0	36	12	25%	2%	40%	0%
Blonde Cinnamon Dolce Latte	Grande	Whole	No Whip	473 mL	290	11	6	0.3	35	150	36	0	33	11	15%	0%	35%	0%
Blonde Cinnamon Dolce Latte	Grande	Whole	Whip	473 mL	360	18	11	0.5	55	150	38	0	36	12	25%	0%	35%	2%
Blonde Cinnamon Dolce Latte	Grande	Soy	No Whip	473 mL	210	5	0.5	0	0	125	30	1	25	10	15%	0%	35%	15%
Blonde Cinnamon Dolce Latte	Grande	Soy	Whip	473 mL	280	12	5	0.2	20	130	32	1	27	10	20%	0%	40%	15%
Blonde Cinnamon Dolce Latte	Grande	Coconut	No Whip	473 mL	200	8	7	0	0	140	31	0	28	1	0%	0%	0%	0%
Blonde Cinnamon Dolce Latte	Grande	Coconut	Whip	473 mL	270	14	12	0.2	20	150	34	0	31	2	8%	0%	2%	0%
Blonde Cinnamon Dolce Latte	Grande	Almond	No Whip	473 mL	160	6	0.5	0	0	150	27	2	22	3	0%	0%	25%	4%
Blonde Cinnamon Dolce Latte	Grande	Almond	Whip	473 mL	240	13	5	0.2	20	160	29	2	24	3	8%	0%	25%	4%
Blonde Cinnamon Dolce Latte	Venti®	Nonfat	No Whip	591 mL	250	0.4	0.2	0	10	190	47	0	45	15	25%	0%	50%	0%
Blonde Cinnamon Dolce Latte	Venti®	Nonfat	Whip	591 mL	330	7	4.5	0.2	30	190	50	0	47	16	35%	0%	50%	2%
Blonde Cinnamon Dolce Latte	Venti®	2%	No Whip	591 mL	320	9	6	0.4	35	210	47	0	44	15	25%	2%	50%	0%
Blonde Cinnamon Dolce Latte	Venti®	2%	Whip	591 mL	400	16	10	0.5	55	210	49	0	46	16	30%	2%	50%	2%
Blonde Cinnamon Dolce Latte	Venti®	Whole	No Whip	591 mL	370	14	8	0.4	45	190	47	0	44	14	20%	0%	45%	0%
Blonde Cinnamon Dolce Latte	Venti®	Whole	Whip	591 mL	450	21	13	0.5	65	200	49	0	46	15	30%	0%	45%	2%
Blonde Cinnamon Dolce Latte	Venti®	Soy	No Whip	591 mL	270	7	1	0	0	160	39	2	33	12	15%	0%	50%	20%
Blonde Cinnamon Dolce Latte	Venti®	Soy	Whip	591 mL	350	14	5	0.2	20	170	41	2	35	13	25%	0%	50%	20%
Blonde Cinnamon Dolce Latte	Venti®	Coconut	No Whip	591 mL	260	10	9	0	0	180	41	0	37	2	0%	0%	0%	0%
Blonde Cinnamon Dolce Latte	Venti®	Coconut	Whip	591 mL	330	17	14	0.2	20	190	43	0	40	2	8%	0%	2%	0%
Blonde Cinnamon Dolce Latte	Venti®	Almond	No Whip	591 mL	210	7	0.5	0	0	200	35	2	29	3	0%	0%	30%	6%
Blonde Cinnamon Dolce Latte	Venti®	Almond	Whip	591 mL	290	14	5	0.2	20	200	37	2	32	4	8%	0%	30%	6%
Iced Blonde Cinnamon Dolce Latte	Tall	Nonfat	No Whip	354 mL	110	0.1	0.1	0	5	80	21	0	20	6	10%	0%	20%	0%
Iced Blonde Cinnamon Dolce Latte	Tall	Nonfat	Whip	354 mL	190	8	5	0.3	30	85	24	0	23	7	20%	0%	20%	0%
Iced Blonde Cinnamon Dolce Latte	Tall	0.02	No Whip	354 mL	140	3.5	2	0.1	15	85	21	0	20	6	10%	0%	20%	0%
Iced Blonde Cinnamon Dolce Latte	Tall	0.02	Whip	354 mL	220	11	7	0.4	40	95	24	0	22	7	20%	0%	20%	0%