

## 9to5strength - Starbucks Food Nutrition Tables

### Starbucks - Bakery & Breads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BAP - SAUSAGE	566	23	49	4	30	12	2.3	4.0
BAGEL - BREAKFAST	541	27	48	8	26	7	3.0	2.6
BAKERY - LUXURY FRUIT BREAD	481	11	81	39	12	5	4.9	0.4
BAKERY MALLOW TOP CHOCOLATE	475	25	57	44	14	5	1.7	0.6
CROISSANT -CHEESE ROASTED MUSHROOM	423	13	33	5	27	17	1.5	1.5
BAKERY - CARROT CAKE MINI'S	420	5	45	34	25	6	1.5	0.7
BAP GLUTEN FREE HAM, EGG & TOMATO	396	17	40	4	17	2	8.4	3.0
CROISSANT -GAMMON HAM AND CHEESE	393	17	32	5	22	14	1.0	1.5
BAKERY-PAIN AUX RAISINS	373	5	44	12	19	11	1.5	0.6
BAKERY - CINNAMON SWIRL	372	11	52	27	15	6	3.8	0.6
BAP - BACON	370	16	39	2	16	6	1.4	2.4
BAKERY - PAIN AU CHOCOLAT	269	4	27	10	20	10	1.7	0.3
BAKERY - BUTTER CROISSANT	266	4	27	4	16	9	0.9	0.6
BAKERY - TOAST 7 SEED	220	12	39	4	2	0	3.7	1.0

### Starbucks - Grab & Go

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
GRAB & GO CARAMEL WAFFLE	356	3	50	27	16	10	0.8	0.4
GRAB & GO DARK CHOCOLATE BAR	259	3	12	12	21	13	4.8	0.0
GRAB & GO MILK CHOCOLATE BAR	242	3	22	22	17	11	1.0	0.1
GRAB & GO - MARSHMALLOW TWIZZLE	212	1	44	37	5	2	0.1	0.0
GRAB & GO IMPULSE ALMOND BISCOTTI	169	4	23	13	7	2	4.3	0.1
GRAB & GO GINGER BISCUIT	133	1	22	12	5	2	0.5	0.2
GRAB & GO GOLD COIN	119	1	14	14	6	4	0.5	0.1

### Starbucks - Other Food

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
CROQUE CHICKEN & PESTO	631	34	63	5	29	6	1.7	4.9
CROQUE MONSIEUR	487	26	61	4	17	8	1.5	4.9
SALAD SMOKED SALMON & GREENS	385	18	15	5	27	4	3.4	0.8
SLIMBO HAM AND CHEESE	257	18	18	2	13	5	1.9	2.2
SCONE FRUIT	252	6	45	17	6	3	1.4	0.4
SCONE PLAIN	252	6	42	9	7	4	1.4	0.4
EVEREST GRANOLA YOGHURT	240	12	30	14	9	5	0.0	0.3
SALAD SPICY CHICKEN NOODLE	223	14	30	7	5	1	2.1	0.9
FRUIT SALAD - STRAWBERRY BERRY	56	1	12	8	0	0	0.0	0.0

### Starbucks - Paninis, Sandwiches & Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
PANINI MEATBALL MARINARA	629	28	65	5	28	11	3.7	3.2
WRAP CHICKEN AND BACON CAESAR	603	31	58	3	31	6	0.0	3.0
WRAP CHICKEN TAGINE	599	21	77	6	22	2	3.0	1.5
PANINI BREAKFAST	576	27	56	4	30	8	2.5	3.8
PANINI HAM AND CHEESE	548	36	52	4	23	12	2.3	3.4

PANINI PESTO, TOMATO & MOZZARELLA	543	26	56	4	23	8	2.9	1.8
SANDWICH CHICKEN & STUFFING	523	24	57	5	28	4	5.1	3.0
WRAP GOATS CHEESE, CRANBERRY & MANGO	477	15	82	7	12	5	4.6	1.1
PANINI GOATS CHEESE, BEETROOT & ROAST VEG	462	17	63	13	15	6	4.0	1.9
SANDWICH SIGNATURE BLT	435	17	44	6	20	4	5.4	3.0
WRAP DUCK HOISIN & CUCUMBER	427	21	66	10	8	2	2.6	0.9
SANDWICH NY DELI	399	26	43	6	12	5	4.8	3.7
SANDWICH EGG MAYO ON GRANARY	378	20	40	3	18	4	4.8	1.7

### Starbucks - Cookies, Cakes & Muffins

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
COOKIE - CHOC HAZELNUT	498	7	62	37	25	12	0.0	0.0
MUFFIN CHOCOLATE	484	6	58	36	25	6	3.1	0.6
COOKIE - CHOC CHIP*	483	4	38	23	22	15	0.0	0.2
BAR CAKE- GLUTEN FREE BROWNIE*	466	3	31	20	14	17	0.0	0.3
BAR CAKE - PEANUT HEAVEN	444	8	45	39	26	9	0.0	0.0
BAR CAKE-ROCKY ROAD	432	6	54	23	22	11	0.0	0.3
MUFFIN BLUEBERRY	424	6	55	26	19	2	1.8	0.6
BAR CAKE- MILLIONAIRE SHORTBREAD	399	4	38	25	18	14	0.0	0.3
BAR CAKE - LOAF RASPBERRY & COCONUT	397	4	44	32	23	5	1.8	0.4
BAR CAKE- PEACAN BROWNIE	368	5	41	31	21	11	0.0	0.3
BAR CAKE - LOAFLEMON	364	4	41	25	20	6	1.4	0.4
BAR CAKE - GRANOLA BAR	348	4	32	14	17	8	0.0	0.0
BAR CAKE - FIFTEENS*	326	2	26	19	3	5	0.4	0.1
MUFFIN LEMON AND POPPYSEED*	320	6	61	36	21	2	2.8	0.6
MUFFIN SKINNY BLUEBERRY	268	5	55	30	3	2	2.2	0.7
BAR CAKE -TOFFEE CRISPIE	190	1	15	9	8	5	0.3	0.2
MUFFIN -MINI GF LEMON TWIN PACK	171	1	22	11	9	1	0.2	0.4
MUFFIN -MINI GF CHOC TWIN PACK	169	2	22	12	8	1	0.3	0.3

\*Data direct from Starbucks but clearly incorrect