

9to5strength - Starbucks Beverages Nutrition Tables

Hot Beverages

Starbucks - Brewed Coffee

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short	3	0	0	0	0	0	3	0	0.0
Tall	4	1	0	0	0	0	4	0	0.0
Grande	5	1	0	0	0	0	5	0	0.0
Venti	5	1	0	0	0	0	5	0	0.0

Starbucks - Caffe Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	70	6	10	9	0	0	70	0	0.2
Short – 2% Milk	100	6	10	9	4	2	100	0	0.2
Short – Soymilk	70	5	6	4	3	0	70	1	0.2
Tall – Nonfat Milk	100	10	15	14	0	0	100	0	0.3
Tall – 2% Milk	150	10	15	14	6	3	150	0	0.3
Tall – Soymilk	110	8	10	6	5	1	110	1	0.3
Grande - Nonfat Milk	130	13	19	18	0	0	130	0	0.4
Grande - 2% Milk	190	12	19	17	7	4	190	0	0.4
Grande - Soymilk	150	10	13	8	5	1	150	1	0.3
Venti – Nonfat Milk	170	16	25	23	0	0	170	0	0.5
Venti – 2% Milk	240	16	24	22	9	5	240	0	0.6
Venti – Soymilk	190	13	16	11	7	1	190	2	0.4

Starbucks - Caffe Mocha (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	110	7	21	17	2	1	110	1	0.2
Short – 2% Milk	130	6	21	17	4	2	130	1	0.2
Short – Soymilk	110	6	19	13	4	1	110	2	0.1
Tall – Nonfat Milk	170	10	32	27	2	1	170	1	0.3
Tall – 2% Milk	200	10	32	26	6	4	200	1	0.3
Tall – Soymilk	180	9	28	20	5	2	180	2	0.2
Grande - Nonfat Milk	220	13	43	34	3	2	220	2	0.3
Grande - 2% Milk	260	13	42	34	8	5	260	2	0.4
Grande - Soymilk	230	11	37	26	7	2	230	3	0.3
Venti – Nonfat Milk	280	17	54	44	3	2	280	2	0.4
Venti – 2% Milk	340	17	53	43	11	6	340	2	0.5
Venti – Soymilk	290	14	47	33	9	3	290	4	0.4

Starbucks - Vanilla Latte (or other Flavour)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	100	6	19	18	0	0	100	0	0.2
Short – 2% Milk	130	6	18	17	4	2	130	0	0.2
Short – Soymilk	110	5	16	13	3	0	110	1	0.2
Tall – Nonfat Milk	150	9	28	27	0	0	150	0	0.3
Tall – 2% Milk	200	9	28	27	5	3	200	0	0.3
Tall – Soymilk	160	7	23	20	4	1	160	1	0.2
Grande - Nonfat Milk	200	12	37	35	0	0	200	0	0.4
Grande - 2% Milk	250	12	37	35	6	4	250	0	0.4
Grande - Soymilk	210	9	31	26	5	1	210	1	0.3
Venti – Nonfat Milk	250	15	47	45	0	0	250	0	0.5
Venti – 2% Milk	320	15	46	44	9	5	320	0	0.5
Venti – Soymilk	270	12	39	33	7	1	270	2	0.4

Starbucks - Caffe Americano

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short	5	0	1	0	0	0	5	0	0.0
Tall	10	1	2	0	0	0	10	0	0.0
Grande	15	1	3	0	0	0	15	0	0.0
Venti	25	1	4	0	0	0	25	0	0.0

Starbucks - Cappuccino

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	50	5	8	7	0	0	50	0	0.2
Short – 2% Milk	80	5	8	7	3	2	80	0	0.2
Short – Soymilk	50	3	4	3	2	0	50	0	0.1
Tall – Nonfat Milk	60	6	9	8	0	0	60	0	0.2
Tall – 2% Milk	90	6	9	8	4	2	90	0	0.2
Tall – Soymilk	70	5	7	4	3	0	70	1	0.2
Grande - Nonfat Milk	80	8	12	10	0	0	80	0	0.2
Grande - 2% Milk	120	8	12	10	4	2	120	0	0.3
Grande - Soymilk	100	7	9	5	4	0	100	1	0.2
Venti – Nonfat Milk	110	10	16	14	0	0	110	0	0.3
Venti – 2% Milk	150	10	16	14	6	3	150	0	0.3
Venti – Soymilk	120	9	11	7	5	1	120	1	0.3

Starbucks - Espresso

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Solo	5	0	1	0	0	0	5	0	0.0
Doppio	10	1	2	0	0	0	10	0	0.0

Starbucks - Skinny Latte, Any Flavour (Nonfat Milk)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short	60	6	9	8	0	0	60	0	0.2
Tall	100	9	14	13	0	0	100	0	0.3
Grande	120	12	18	16	0	0	120	0	0.4
Venti	160	15	24	21	0	0	160	0	0.5

Starbucks - Caramel Macchiato

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	100	6	17	15	1	1	100	0	0.2
Short – 2% Milk	120	5	16	15	4	2	120	0	0.2
Short – Soymilk	100	4	14	11	3	1	100	1	0.2
Tall – Nonfat Milk	140	8	25	24	1	1	140	0	0.3
Tall – 2% Milk	180	8	25	23	5	3	180	0	0.3
Tall – Soymilk	150	7	21	17	5	1	150	1	0.2
Grande - Nonfat Milk	190	11	35	32	1	1	190	0	0.3
Grande - 2% Milk	240	10	34	32	7	4	240	0	0.4
Grande - Soymilk	200	9	29	24	5	1	200	1	0.3
Venti – Nonfat Milk	240	13	43	41	1	1	240	0	0.4
Venti – 2% Milk	300	13	43	40	8	5	300	0	0.5
Venti – Soymilk	250	11	36	31	7	2	250	1	0.4

Starbucks - White Chocolate Mocha (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	180	7	31	29	3	2	180	0	0.3
Short – 2% Milk	200	7	31	29	6	4	200	0	0.3
Short – Soymilk	180	6	28	25	5	3	180	1	0.3
Tall – Nonfat Milk	270	12	47	45	5	4	270	0	0.5
Tall – 2% Milk	310	11	46	44	9	6	310	0	0.5
Tall – Soymilk	280	10	42	39	8	4	280	1	0.4
Grande - Nonfat Milk	350	15	61	58	6	5	350	0	0.6
Grande - 2% Milk	400	15	61	58	11	7	400	0	0.6
Grande - Soymilk	370	13	56	51	10	5	370	1	0.6
Venti – Nonfat Milk	450	19	78	74	7	6	450	0	0.8
Venti – 2% Milk	510	19	77	74	15	9	510	0	0.8
Venti – Soymilk	460	16	70	64	13	6	460	1	0.7

Starbucks - Hot Chocolate (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	130	7	26	23	2	1	130	1	0.2
Short – 2% Milk	150	7	26	22	5	3	150	1	0.2
Short – Soymilk	130	6	23	18	4	1	130	2	0.2
Tall – Nonfat Milk	190	11	37	32	2	1	190	1	0.3
Tall – 2% Milk	230	10	37	32	7	4	230	1	0.3
Tall – Soymilk	200	9	32	25	6	2	200	2	0.2
Grande - Nonfat Milk	240	14	48	41	3	2	240	2	0.4
Grande - 2% Milk	290	14	47	41	9	5	290	2	0.4
Grande - Soymilk	250	12	41	32	7	2	250	3	0.3
Venti – Nonfat Milk	320	18	63	55	3	2	320	2	0.5
Venti – 2% Milk	380	17	63	54	11	6	380	2	0.5
Venti – Soymilk	330	15	55	44	9	3	330	4	0.4

Starbucks - Caramel Apple Spice (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short	140	0	35	33	0	0	140	0	0.0
Tall	210	0	53	49	0	0	210	0	0.0
Grande	280	0	70	65	0	0	280	0	0.1
Venti	360	0	89	83	0	0	360	0	0.1

Starbucks - Tazo Chai Tea Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	100	4	22	21	0	0	100	0	0.1
Short – 2% Milk	120	4	22	21	2	1	120	0	0.1
Short – Soymilk	110	3	20	18	2	0	110	0	0.1
Tall – Nonfat Milk	160	6	34	32	0	0	160	0	0.2
Tall – 2% Milk	190	6	34	32	4	2	190	0	0.2
Tall – Soymilk	160	5	31	28	3	0	160	1	0.2
Grande - Nonfat Milk	210	8	45	43	0	0	210	0	0.3
Grande - 2% Milk	240	8	45	42	5	2	240	0	0.3
Grande - Soymilk	220	6	41	37	4	0	220	1	0.2
Venti – Nonfat Milk	260	10	57	54	0	0	260	0	0.3
Venti – 2% Milk	310	10	56	53	6	3	310	0	0.4
Venti – Soymilk	280	8	51	46	5	1	280	1	0.3

Starbucks - Tazo Green Tea Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	130	7	26	25	0	0	130	0	0.2
Short – 2% Milk	170	7	26	25	4	2	170	0	0.2
Short – Soymilk	140	6	22	20	3	0	140	1	0.2
Tall – Nonfat Milk	210	11	42	41	0	0	210	1	0.3
Tall – 2% Milk	260	10	41	40	6	3	260	1	0.4
Tall – Soymilk	230	9	36	33	5	1	230	2	0.3
Grande - Nonfat Milk	290	14	57	56	1	0	290	1	0.4
Grande - 2% Milk	350	14	57	55	8	4	350	1	0.5
Grande - Soymilk	310	11	50	46	6	1	310	3	0.4
Venti – Nonfat Milk	370	18	73	71	1	0	370	2	0.5
Venti – 2% Milk	450	17	72	71	10	5	450	2	0.6
Venti – Soymilk	390	14	64	58	8	1	390	4	0.5

Starbucks - Tazo Full-Leaf Tea Latte

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Short – Nonfat Milk	80	4	16	16	0	0	80	0	0.1
Short – 2% Milk	90	3	15	15	2	1	90	0	0.1
Short – Soymilk	80	3	14	13	2	0	80	0	0.1
Tall – Nonfat Milk	120	5	23	23	0	0	120	0	0.2
Tall – 2% Milk	140	5	23	23	3	2	140	0	0.2
Tall – Soymilk	130	4	21	19	3	0	130	1	0.2
Grande - Nonfat Milk	150	7	31	31	0	0	150	0	0.2
Grande - 2% Milk	190	7	31	30	4	2	190	0	0.2
Grande - Soymilk	170	6	27	25	4	0	170	1	0.2
Venti – Nonfat Milk	190	9	39	39	0	0	190	0	0.3
Venti – 2% Milk	230	9	38	38	5	3	230	0	0.3
Venti – Soymilk	210	7	34	32	4	1	210	1	0.3

Cold Beverages

Shaken Iced Beverages

Starbucks - Iced Brewed Coffee (with Classic Syrup)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall	60	0	15	15	0	0	60	0	0.0
Grande	90	0	21	21	0	0	90	0	0.0
Venti	130	0	31	31	0	0	130	0	0.0

Starbucks - Iced Brewed Coffee (with Milk & Classic Syrup)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall – Nonfat Milk	80	2	18	18	0	0	80	0	0.1
Tall – 2% Milk	90	2	18	18	1	1	90	0	0.1
Tall – Soymilk	80	2	17	17	1	0	80	0	0.1
Grande - Nonfat Milk	110	2	24	24	0	0	110	0	0.1
Grande - 2% Milk	120	2	24	24	2	1	120	0	0.1
Grande - Soymilk	110	2	23	22	1	0	110	0	0.1
Venti – Nonfat Milk	160	4	36	36	0	0	160	0	0.1
Venti – 2% Milk	180	4	36	36	2	1	180	0	0.1
Venti – Soymilk	170	3	34	33	2	0	170	0	0.1

Starbucks - Shaken Iced Tazo Tea (with Classic Syrup)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall	60	0	15	15	0	0	60	0	0.0
Grande	80	0	21	21	0	0	80	0	0.0
Venti	120	0	31	31	0	0	120	0	0.0

Starbucks - Shaken Iced Tea Lemonade (with Classic Syrup)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall	100	0	25	24	0	0	100	0	0.0
Grande	130	0	33	33	0	0	130	0	0.0
Venti	190	0	49	49	0	0	190	0	0.0

Smoothies

Starbucks - Banana Chocolate Smoothies

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Grande - Nonfat Milk	280	20	53	34	3	2	280	7	0.4
Grande - 2% Milk	300	20	53	34	5	3	300	7	0.4
Grande - Soymilk	290	19	51	31	5	2	290	7	0.4

Starbucks - Orange Mango Banana Smoothies

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Grande - Nonfat Milk	260	16	54	37	1	0	260	6	0.3
Grande - 2% Milk	270	16	53	37	2	1	270	6	0.3
Grande - Soymilk	270	15	53	36	2	0	270	6	0.3

Starbucks - Strawberry Banana Smoothies

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Grande - Nonfat Milk	290	16	58	41	1	0	290	7	0.3
Grande - 2% Milk	290	16	58	41	2	1	290	7	0.3
Grande - Soymilk	290	16	58	40	2	0	290	8	0.3

Frappuccino Blended Coffee

Starbucks - Frappuccino® Blended Coffee

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall – Nonfat Milk	160	3	36	36	0	0	160	0	0.4
Tall – 2% Milk	180	3	36	36	3	2	180	0	0.4
Tall – Soymilk	160	2	35	34	2	0	160	0	0.4
Grande - Nonfat Milk	220	4	51	50	0	0	220	0	0.5
Grande - 2% Milk	240	3	50	50	3	2	240	0	0.6
Grande - Soymilk	220	3	49	47	2	0	220	0	0.5
Venti – Nonfat Milk	310	6	70	69	0	0	310	0	0.8
Venti – 2% Milk	350	5	70	69	5	3	350	0	0.8
Venti – Soymilk	310	5	68	66	3	0	310	1	0.8

Starbucks - Mocha (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall – Nonfat Milk	180	3	42	40	1	0	180	1	0.4
Tall – 2% Milk	200	3	42	40	3	2	200	1	0.4
Tall – Soymilk	180	3	40	38	2	1	180	1	0.4
Grande - Nonfat Milk	260	4	61	58	1	1	260	1	0.6
Grande - 2% Milk	290	4	61	58	4	3	290	1	0.6
Grande - Soymilk	260	4	59	55	3	1	260	1	0.6
Venti – Nonfat Milk	340	7	80	76	1	1	340	1	0.8
Venti – 2% Milk	390	6	80	76	6	4	390	1	0.8
Venti – Soymilk	350	6	78	73	4	1	350	2	0.7

Starbucks - Caramel (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall – Nonfat Milk	180	3	42	41	0	0	180	0	0.4
Tall – 2% Milk	200	3	42	41	3	2	200	0	0.4
Tall – Soymilk	180	2	40	39	2	0	180	0	0.4
Grande - Nonfat Milk	280	4	60	59	0	0	280	0	0.6
Grande - 2% Milk	280	3	60	59	4	2	280	0	0.6
Grande - Soymilk	260	3	58	56	2	0	260	0	0.6
Venti – Nonfat Milk	330	5	78	77	0	0	330	0	0.7
Venti – 2% Milk	370	5	78	77	5	3	370	0	0.8
Venti – Soymilk	340	5	75	73	3	0	340	1	0.7

Starbucks - Java Chip (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall – Nonfat Milk	220	4	47	44	3	2	220	1	0.4
Tall – 2% Milk	240	4	47	44	5	4	240	1	0.4
Tall – Soymilk	220	3	45	42	4	3	220	1	0.4
Grande - Nonfat Milk	310	5	67	62	4	3	310	2	0.6
Grande - 2% Milk	340	5	67	62	7	5	340	2	0.6
Grande - Soymilk	310	4	65	60	6	4	310	2	0.6
Venti – Nonfat Milk	420	7	90	84	5	4	420	2	0.9
Venti – 2% Milk	460	7	90	84	10	7	460	2	0.9
Venti – Soymilk	430	6	88	80	8	5	430	3	0.8

Starbucks - Frappuccino Light Blended Coffee (Tall)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Coffee – Nonfat Milk	90	3	20	19	0	0	90	0	0.4
Coffee – 2% Milk	120	3	26	26	0	0	120	0	0.5
Coffee – Soymilk	160	5	34	33	0	0	160	0	0.7
Mocha – Nonfat Milk	110	3	24	23	1	0	110	1	0.4
Mocha – 2% Milk	150	4	33	30	1	1	150	1	0.5
Mocha – Soymilk	210	6	46	42	1	1	210	1	0.7
Caramel – Nonfat Milk	100	3	23	23	0	0	100	0	0.4
Caramel – 2% Milk	150	3	33	32	0	0	150	0	0.5
Caramel – Soymilk	200	5	44	43	0	0	200	0	0.7
Java Chip – Nonfat Milk	150	4	30	27	3	2	150	1	0.4
Java Chip – 2% Milk	220	5	43	39	4	3	220	2	0.6
Java Chip – Soymilk	290	7	58	52	5	4	290	2	0.8

Frappuccino® Blended Crème

Starbucks - Strawberries & Creme (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall – Nonfat Milk	170	3	39	38	0	0	170	0	0.4
Tall – 2% Milk	190	3	38	37	3	2	190	0	0.4
Tall – Soymilk	170	3	37	35	2	0	170	1	0.3
Grande - Nonfat Milk	230	4	53	52	0	0	230	0	0.5
Grande - 2% Milk	260	4	53	52	4	2	260	0	0.5
Grande - Soymilk	240	3	51	49	2	0	240	1	0.5
Venti – Nonfat Milk	310	6	70	69	0	0	310	0	0.7
Venti – 2% Milk	350	6	70	68	6	3	350	0	0.7
Venti – Soymilk	320	5	67	64	3	0	320	1	0.6

Starbucks - Vanilla Bean (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall – Nonfat Milk	170	4	39	38	0	0	170	0	0.4
Tall – 2% Milk	200	3	39	38	4	2	200	0	0.4
Tall – Soymilk	180	3	37	35	2	0	180	1	0.4
Grande - Nonfat Milk	240	5	56	55	0	0	240	0	0.6
Grande - 2% Milk	280	4	56	55	5	3	280	0	0.6
Grande - Soymilk	250	4	54	51	3	0	250	1	0.6
Venti – Nonfat Milk	320	7	73	71	0	0	320	0	0.8
Venti – 2% Milk	370	6	73	71	7	4	370	0	0.8
Venti – Soymilk	330	6	69	66	3	0	330	1	0.7

Starbucks - Double Chocolatey Chip (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall – Nonfat Milk	190	5	39	36	3	3	190	1	0.5
Tall – 2% Milk	220	4	38	35	6	4	220	1	0.5
Tall – Soymilk	190	4	37	33	5	3	190	2	0.5
Grande - Nonfat Milk	260	6	53	49	4	3	260	2	0.6
Grande - 2% Milk	290	6	53	49	8	6	290	2	0.6
Grande - Soymilk	260	5	51	45	6	4	260	2	0.6
Venti – Nonfat Milk	350	9	71	66	5	4	350	2	0.9
Venti – 2% Milk	400	8	71	65	12	8	400	2	0.9
Venti – Soymilk	360	7	68	61	8	5	360	3	0.8

Starbucks - Green Tea (No Whipped Cream)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Tall – Nonfat Milk	210	4	48	47	0	0	210	1	0.4
Tall – 2% Milk	240	4	48	47	4	2	240	1	0.4
Tall – Soymilk	220	4	46	44	2	0	220	1	0.4
Grande - Nonfat Milk	280	5	65	64	0	0	280	1	0.6
Grande - 2% Milk	320	5	65	63	5	3	320	1	0.6
Grande - Soymilk	290	5	63	60	3	0	290	2	0.5
Venti – Nonfat Milk	390	8	88	87	0	0	390	2	0.8
Venti – 2% Milk	440	7	88	86	7	4	440	2	0.8
Venti – Soymilk	400	7	85	81	4	0	400	2	0.7