



At Starbucks we strive to bring you a variety of foods to meet your lifestyle choices. In addition to the products listed here, you can also find yogurt, juices and other packaged foods in our stores. Product availability may vary from store to store. Nutrition information is calculated with information provided by the suppliers who manufacture food for Starbucks Coffee Company. Starbucks attempts to provide product information that is as complete as possible. Variations may exist due to periodic changes in formulations. Serving sizes may vary from those used to calculate nutrition information. New product introduction or product changes during the life of this publication may cause the information to be incomplete. All of our food products are produced and stored in environments where known allergens may exist.

	Calories	Total Fat (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Protein (g)
Bakery					
Apple Fritter	420	20	59	1	5
Banana Chocolate Chip Muffin	410	21	55	2	5
Banana Loaf	430	17	63	3	6
Bear Claw	350	8	62	1	7
Blueberry Bar	380	19	50	4	5
Blueberry Scone	460	22	61	2	7
Butter Croissant	380	22	39	1	5
Buttermilk Blueberry Muffin	380	18	50	2	5
Chocolate Caramel Pretzel	230	9	34	4	3
Chocolate Chip Cookie	440	21	62	2	6
Double Chocolate Brownie	430	25	49	3	6
Everything with Cheese Bagel	280	2.5	56	2	10
Ginger Molasses Cookie	390	11	67	1	6
Lemon Cranberry Scone	410	14	66	2	5
Lemon Poppyseed Loaf	470	22	63	2	5
Marshmallow Dream Bar	210	4	43	0	1
Multigrain Bagel	300	3	60	6	14
Oat Bar	360	20	43	5	6
Oat Fudge Bar	420	20	56	3	6
Oatmeal Raisin Cookie	400	15	61	4	7
Pain au Chocolate	220	12	25	1	4
Petite Vanilla Bean Scone	140	5	21	0	0
Raisin Bran Muffin	320	12	54	6	6
Reduced-Fat Banana Chocolate Chip Coffee Cake	370	10	65	4	7
Savory Cheese Croissant	340	22	24	1	8
Sesame Bagel	300	2	59	2	11
White Chocolate Macadamia Cookie	480	26	57	1	6
Bistro Boxes					
Cheese & Fruit Bistro Box	470	28	42	7	17
Chicken Caesar Wrap Bistro Box	460	17	58	6	20
Protein Bistro Box	360	18	37	5	15
Petites					
Apple Pie	180	7	27	1	2
Birthday Cake Pop	170	9	22	0	1
Cherry Pie	170	7	24	1	2
Raspberry Truffle Cake Pop	160	8	24	1	2
Salted Caramel Sweet Square	190	11	24	1	2
Hot Breakfast					
Bacon, Egg & Gouda Artisan Breakfast Sandwich	350	18	30	0	17
Chicken Sausage, Cage Free Egg White & Fire Roasted Veggie Breakfast Wrap	300	10	33	5	14
Ham, Egg & Cheddar Artisan Breakfast Sandwich	350	16	31	0	19
Reduced-Fat Bacon Style Turkey, White Cheddar & Egg White English Muffin Sandwich	320	7	43	3	18
Sausage, Egg & Cheddar English Muffin Sandwich	500	28	41	1	19
Spinach, Feta & Egg White Breakfast Wrap	290	10	33	6	19
Veggie & Monterey Jack Artisan Breakfast Sandwich	350	18	31	0	17
Perfect Oatmeal	120	2	21	3	4
Perfect Oatmeal Topping - Dried Fruit	100	0.4	24	2	1
Perfect Oatmeal Topping - Nut Medley	100	9	2	1	2
Perfect Oatmeal Topping - Brown Sugar	50	0	13	0	0
Sandwiches & Wraps					
Butter Chicken Wrap	400	14	52	5	16
Sunflower Turkey Cheddar Sandwich	480	16	49	4	26
Thai Tuna Wrap	490	15	68	3	20
Yogurt Parfaits					
Greek Yogurt Honey Parfait	270	12	37	2	6
Peach & Raspberry Yogurt Parfait	250	4	44	3	10
Strawberry & Blueberry Yogurt Parfait	270	4	49	3	9
Seasonal Items					
Chocolate Caramel Muffin	430	20	60	2	4
Cranberry Bliss Bar	280	14	38	1	3
Frosted Snowman Cookie	390	22	44	1	4
Holiday Gingerbread Loaf	440	14	74	1	5
Holiday Turkey Sandwich	360	8	57	4	15
Lemon Raspberry Loaf	460	18	68	1	4
Nanaimo Bar	290	17	34	2	2
Peaches n Creme Muffin	350	16	49	1	5
Peppermint Brownie Cake Pop	170	8	24	0	1
Pumpkin Cream Cheese Muffin	420	13	71	2	6
Pumpkin Loaf	390	14	61	2	6
Pumpkin Scone	480	17	78	2	6
Raspberry Thumb Print Scone	200	8	40	1	4