

# Food Facts

## Nutrition by the Plate

Enjoy a variety of tasty options to fit your lifestyle, and your day.



## Just for you.

From delicious pastries—crafted with expertise and passion by La Boulange—to savory salads, sandwiches and wraps, Starbucks is committed to offering a variety of tasty options that let you indulge without excess or eat better without sacrificing flavor.

## Eating better tastes better.

We're particular about what you eat at Starbucks. That's why we offer choices—like our Slow-Roasted Ham, Swiss & Egg breakfast sandwich with sweet Creminelli® Italian-style ham on a signature croissant bun and our Spinach, Feta & Cage-Free Egg White wrap—that not only taste good but are made with simple recipes and ingredients. So your favorite foods have no artificial trans fats, artificial flavors, artificial dyes or high-fructose corn syrup—they're simply delicious.

## Keeping up on nutrition.

For information on your favorite foods and beverages, including seasonal and limited-time offerings that aren't found here, please visit our website at [starbucks.com/menu](http://starbucks.com/menu) or check out the Starbucks® mobile app.

For further questions, ask your barista or contact a customer care representative at 1-800-23LATTE (1-800-235-2883).

The *Dietary Guidelines for Americans*, published jointly every five years since 1980 by the U.S. departments of Health and Human Services and Agriculture, recommends limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories a day. These limits may be higher or lower depending on daily calorie levels. A 2,000-calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary.

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 non-packaged food products are produced and stored in environments where known allergens are present. All data is rounded to meet current U.S. FDA NLEA guidelines. Percentage data for vitamins and minerals refers to percentage of U.S. Daily Values for a 2,000-calorie diet. Products may vary from location to location.

© 2015 Starbucks Coffee Company. All rights reserved. SBX15-151473

# Tasty Eats 350 Calories or Less

	Calories
Seasonal Harvest Fruit Blend	100
Petite Vanilla Bean Scone	120
Chocolate Cake Pop	140
Whole-Grain Oatmeal Toppings: Fresh Blueberries (+20 cal); Organic Agave Syrup (+20 cal); Brown Sugar (+50 cal); Fruit, Nut & Seed Medley (+70 cal); Dried Blueberries (+100 cal); Dried Fruit (+100 cal); Nut Medley (+100 cal)	160
Birthday Cake Pop	170
Flourless Chewy Chocolate Cookie	170
Salted Caramel Cake Pop	180
Reduced-Fat Turkey Bacon, Cheddar & Cage-Free Egg White Breakfast Sandwich	230
Gluten-Free Marshmallow Dream Bar	240
Ham & Cheese Savory Foldover	250
Michigan Cherry Oat Bar	240
Fresh Blueberries & Honey Evolution Fresh™ Greek Yogurt Parfait, Inspired by Dannon® (S)	250
Strawberry Evolution Fresh™ Greek Yogurt Parfait, Inspired by Dannon®	250
Wheat Spinach Savory Foldover	250
Butter Croissant	240
Everything with Cheese Bagel	270
Pepperoni & Tomato Savory Foldover	270
Plain Bagel	270
Dark Sweet Cherry Evolution Fresh™ Greek Yogurt Parfait, Inspired by Dannon	280
Egg & Cheddar Breakfast Sandwich	280
Blueberry Bagel (R)	270
Multigrain Bagel	290
Oatmeal Cookie	290
Spinach, Feta & Cage-Free Egg White Breakfast Wrap	290
Chonga Bagel (R)	300
Chocolate Chip Cookie	310
Cheese Danish	320
Bacon, Gouda & Egg Breakfast Sandwich	350

At participating locations  
(S) Seasonal Item  
(R) Regional Item

